

Debbie Jiang and the Forgotten Legacy of Legion Branch No. 9



10th Battalion, Japanese Canadian Platoon. Credit NNMCC



Private Tsunekichi Kitagawa, 10th Battalion; credit: Kitagawa Family Collection

A Richmond historian's search for missing names has helped bring Japanese Canadian war veterans back into the public eye.

by Paul Reid | Historical research by Debbie Jiang

Whenever Richmond historian Debbie Jiang stopped at a traffic light near the city's cenotaph, she found herself wondering whether any soldiers had been left off the memorial. That question eventually led her to two Japanese Canadian men whose names had gone unrecognized for more than a century.

Jiang, a former national coordinator of the Lest We Forget Cenotaph Research Project at Library and Archives Canada, had spent years studying military personnel records, teaching high school students how to interpret them. Her investigation established Richmond connections for Privates Hikotaro Koyanagi and Kazuo Harada, two fishermen who enlisted in the First World War and died overseas. Thanks to her research and advocacy, their names were added to Richmond's cenotaph in 2024.

Their stories form part of a much larger history Jiang has worked to uncover. More than 200 Japanese Canadian men served



Japanese Canadian War Memorial Honour Roll. Credit: City of Vancouver, William Donn



Debbie Jiang

Group portrait L to R: Heikichi Sugitani, Bunkichi Hamade, Nuinosuke Okawa of the 10th Battalion. Credit: George Takahashi Collection

Continued on page 2

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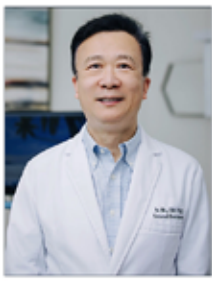
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Debbie Jiang and Legion Branch No. 9: Continued from page 1

in the First World War, even though they were denied the vote in British Columbia. Fifty-four never returned. Those who survived came home to the same discrimination they had faced before leaving.

In 1926, Japanese Canadian veterans established Canadian Legion Branch No. 9 in Vancouver. Among its leaders was decorated veteran Sergeant Masumi Mitsui, MM. The branch helped win voting rights for Japanese Canadian First World War veterans in B.C. in 1931.

But in 1942, the federal government forcibly uprooted Japanese Canadians from the West Coast. Families totalling 22,000 individuals from 195 communities across the province were forcibly displaced, dispossessed and sent to internment camps, Prisoner of War camps and other detention sites; Japanese Canadian war veterans were not spared. Under duress, Branch No. 9 surrendered its charter, and an attempt to recover it after the war failed. Even seven veterans were exiled to Japan in 1946.

Jiang has documented that history in her booklet, *The History of Legion Branch No. 9, 1926-2026*. On May 6, 2026, in the 100th anniversary year of The Royal Canadian Legion, Dominion Command in Ottawa agreed to reinstate the branch's charter—84 years after it had been surrendered. The Japanese Canadian War Memorial Committee is marking the reinstatement as a historic milestone. On July 6, 2026, Legion Branch No. 9 was re-chartered and its new President is David Mitsui, grandson of Sgt Mitsui, MM. He will be presented with the charter in February 2027 by Legion BC/YK Command President, Bob Underhill. Branch No. 9 welcomes new members to join regardless of geographic location as forty members so far have enrolled from four provinces across the country. One does not need to be a veteran to join.

Her work continues. Jiang is also seeking to make the veterans' own voices more accessible through an English translation of a rare, 144-page Japanese-language account

published in 1921, which includes their never-heard-before wartime experiences and perspectives. They fought at Vimy Ridge, too.

The renewed recognition comes as the Japanese Canadian War Memorial in Stanley Park completes a major restoration. A plaque honouring First World War veterans and their fight for voting rights was unveiled there on July 24.

Jiang will present her research at a free public lecture, From Vancouver to Vimy, on Friday, November 6, from 2 to 4 p.m. at Richmond Public Library's Brighthouse Branch, 7700 Minoru Gate, Richmond or via Zoom.

ALL AGES

CANADIAN HISTORY YOU NEVER KNEW
Legion Branch No.9

Friday, November 6, 2026
Time: 2:00pm - 4:00pm
Location: 2/F Program Room
Event Listing: [Link Here](#)

Legion Branch No.9
Legion Branch No. 9, established in 1926 by Japanese Canadian First World War veterans, played a key role in advocating for Japanese Canadians' rights, including a 13-year campaign for the franchise.

Despite their direct participation in helping birth Canada's nationhood at the Battle of Vimy Ridge, Legionnaires were incarcerated, lost their property, were forcibly dispersed and seven were even exiled to Japan during the Second World War. As Legion Branch No. 9 marks its 100th anniversary, its history has been rediscovered, its charter reinstated after 81 years, and we are looking for new members from across Canada to join.

Guest Speaker:
Debbie Jiang
• Community Historian
• King Charles III Coronation Medal Recipient
• Co-Creator of the Richmond Veterans Street Banners Project

RICHMOND PUBLIC LIBRARY

Registration is free and available through the library's website. On November 26, Debbie will give another free presentation, *Service, Sacrifice and Citizenship: Japanese Canadians in the First World War*, from 7 to 8 p.m. at the Museum of Vancouver, Joyce Walley Event Room, Museum of Vancouver, 1100 Chestnut Street, Vancouver. It will be recorded and available on YouTube after.

The public is also invited to a Remembrance Day ceremony at the Japanese Canadian War Memorial, near the Vancouver Aquarium in Stanley Park, on Wednesday, November 11, beginning at 10:30 a.m. A reception will follow at the Stanley Park Pavilion, 610 Pipeline Rd., Vancouver, with light refreshments, a musical performance and historic display about Legion No.9.

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A Little Luck A Lot of Smiles

by Three Links Care Society

A favourite song, a shared laugh, an afternoon in the garden or a visit from a friend. Sometimes, the smallest moments make the biggest difference.

At Three Links Care Society in East Vancouver, these everyday experiences are an important part of helping seniors feel connected, valued and at home. This year, the organization is inviting the community to help create more of these moments through its A Reason to Smile 50/50 Raffle, giving one lucky winner the chance to take home half the jackpot while supporting local seniors.

For more than 45 years, Three Links has provided compassionate care and housing for older adults. Today, the charitable organization operates a 94-bed long-term care home and Three Links Manor, which provides affordable housing for 41 independently living seniors. Many of the older adults Three Links serves face challenges related to aging, disabilities, complex health needs or limited financial resources.

But providing quality care and housing is becoming increasingly challenging. Across British Columbia, rising operating costs and the loss of pandemic-era funding supports are placing growing pressure on nonprofit care providers. At the same time, demand for long-term care continues to rise. According to B.C.'s Office of the Seniors Advocate, the number of people waiting for long-term care increased by 200% between 2016 and 2025.

While government funding supports essential care services, creating a meaningful quality of life goes beyond meeting basic needs. Community fundraising helps Three Links provide recreation and wellness programs, music, outings, gardening, special celebrations, equipment and everyday comforts that bring joy and connection to residents' lives.

It's often the little things that make a place feel like home. Having something to look forward to, opportunities to try something new, and the chance to enjoy time with others all contribute to a happier, more fulfilling life. These are the experiences Three Links works to make possible for its seniors every day.

That's the inspiration behind A Reason to Smile. Running from November 4, 2026, to March 31, 2027, the 50/50 raffle offers a chance to win half the jackpot, while proceeds from the other half will support Three Links and the seniors who call its community home.

And with the holiday season just around the corner, a raffle ticket makes a thoughtful little gift to tuck under the tree or slip into a Christmas card. It's a chance to give someone special a little excitement while supporting a meaningful local cause. One ticket could give you a reason to smile. And help give a senior one, too. Buy your tickets today and help make life a little brighter for local seniors.

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COMMUNITY NEWS 社区新闻

Collingwood Corner Ocean View Cemetery in Burnaby, BC

by Loretta Houben

The mission of this non-profit publication is to provide the residents, businesses and organizations of Renfrew/Collingwood with a medium for community communication.

Paul Reid: Editorial and Layout coordinator

Lisa Symons: Sales and Distribution coordinator

Contributors:

Penny Lim, Loretta Houben, Debbie Jiang, Dr. Angie Choi, TCM, R.Ac, 4Twenty Cannabis Team, Collingwood Policing Centre, Three Links Care Society

We want to hear from you!

Yes, You! Send comments, community events, press releases by regular post, fax or e-mail. Suggestions for improving the paper are welcome.

We welcome appropriate, unsolicited editorial submissions if accompanied by the author's real name, address and telephone number. The author should retain the original as we cannot return submissions without prior agreement nor does submission guarantee publication. We reserve the right to make editorial changes.

The Renfrew/Collingwood Community News does not necessarily support the views of its contributors.

Next submission deadline: Nov 15

You Can Find the RC Community News @

Libraries, Collingwood Neighbourhood House, Renfrew Park Community Centre, The Italian Cultural Centre, Collingwood Policing Office, other organizations, religious institutions, schools, laundromats, Starbucks, Rona, Superstore, Canadian Tire, Walmart, London Drugs and Safeway coffee shops, restaurants, markets, corner stores, other businesses, and coffee tables all over Renfrew-Collingwood.

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In August I lost both of my parents quite suddenly. My dad, Jack Williams, age 97 had been unwell since he had Covid in October 2022. He was a complete invalid and couldn't walk, and he'd been blind since 2013. My mom, Susie, age 93, also had Covid at the same time, but she fully recovered.

One of my sisters, Leona, became their caregiver and moved in with them. Unfortunately, Fraser Health nurses didn't work out for them, so she took care of them completely, while I helped with meals and shopping.

It was a very difficult and time-consuming job, but my parents appreciated Leona living with them and attending to all their health needs. They had a good time together, until July 2026. My mom began to suffer small strokes in the back of her brain, and she went to Burnaby Hospital at the end of July, where she rapidly got worse, and she passed away on August 15. My dad suddenly wound up in the same hospital, and he passed away on August 9, six days before my mom.

It was such a difficult and agonizing time to lose both parents at once, and in the middle of that week, my husband had double hip surgery at a private clinic in Calgary, and I had to go with him. All went well, but the grief at losing both my parents before and after his surgery is something I wouldn't want anyone to experience.

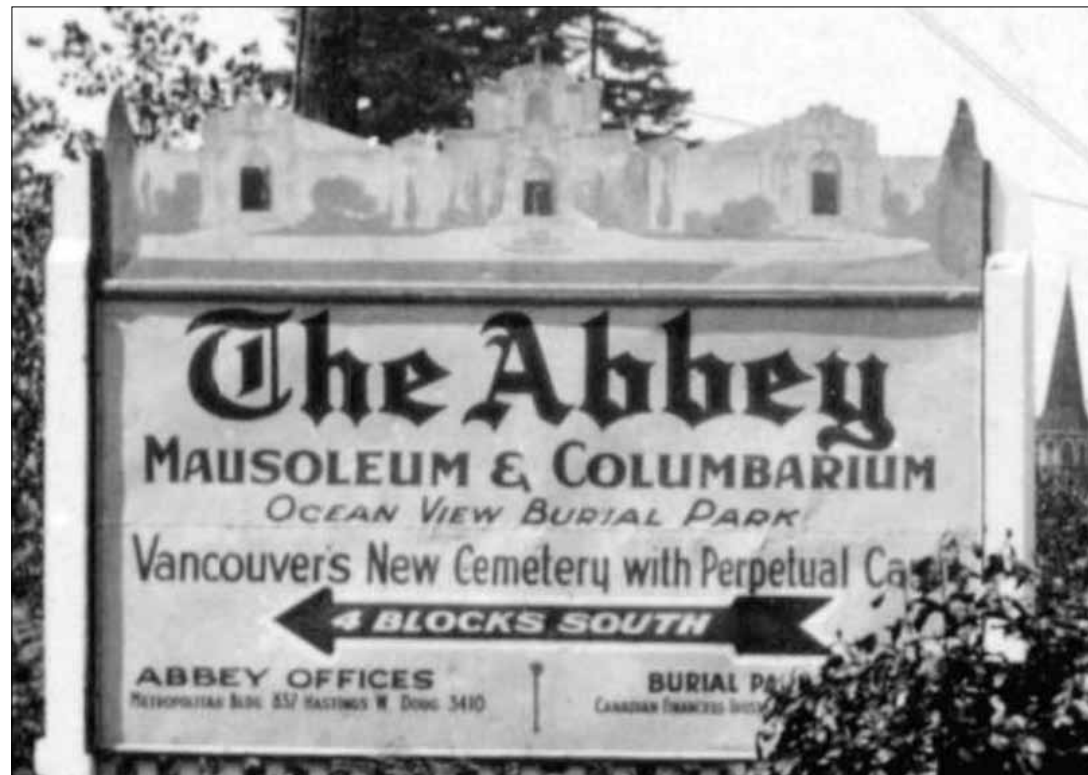
Fortunately, my mom had made all her funeral arrangements in 2014, with Ocean View Funeral Home at 4000 Imperial Street in Burnaby BC. It's very close to Collingwood area, and many Collingwood residents are buried



Advertised in the Vancouver Sun Oct 26, 1919.



The brand new Ocean View Cemetery in 1920, designed by Albert F. Arnold, with 40 acres. (now 100 acres)



Sign for Ocean View Cemetery in 1920, near Kingsway and Patterson.

there. My parents lived in Collingwood from 1958 to 1998.

Ocean View staff were extremely kind and helpful in assisting us to coordinate a double funeral. I've never met such extraordinary and

professional people. They answered all our questions and gave wonderful advice for all our funeral needs. The funeral itself flowed smoothly. I was afraid I couldn't handle it, but it went well and I would highly recommend them for your burial needs.



2205 Commercial Drive
Facebook: Commercial Drive Legion
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November Entertainment

Friday Nights

Nov 6 - **Fairweather Blues Band**
 Nov 13 - **Wishbone**
 Nov 20 - **Blind Pigeon**
 Nov 27 - **The RetroActives**

Saturday Nights

Nov 7 - **Wicked Fun**
 Nov 14 - **The LowDown**
 Nov 21 - **Ira Stevens Band**
 Nov 28 - **Woody James Band**

Royal Canadian Legion Grandview-Collingwood Branch

UPDATE

Remembering Canada's Peacekeepers

Canada has a rich history of involvement in international peacekeeping missions, contributing significantly to global peace efforts since the inception of the United Nations (UN) peacekeeping in 1948.

Canada has participated in over 50 peacekeeping missions, including every UN peacekeeping effort from its start until 1989, with more than 125,000 Canadians serving and about 130 deaths recorded.

National Peacekeepers' Day is celebrated on August 9th and honors the sacrifices of Canadian peacekeepers, particularly remembering those who died in service.

"WE WILL REMEMBER THEM"



See you at the Grandview Cenotaph on November 11
 Grandview Park: Commercial Drive & William Street, Vancouver, BC



Collingwood Community Policing Centre

The candy countdown is officially on, and the streets of Collingwood are about to be over-run by a very enthusiastic mob of tiny ghouls and superheroes. While the kids are busy dreaming of chocolate mountains, safety is our top priority here at the Collingwood Community Policing Centre, so every family has a fantastic night.

Here is your quick survival guide for a safe Halloween night:

- **Light Up the Night:** Choose bright or reflective costumes and hand out flashlights.
- **Treat that flashlight like a magical wizard staff** so drivers can spot your little ninjas in the dark.



- **Master the Sidewalks:** Stick to the sidewalks and always use crosswalks. Trick-or-treat in groups and map out your route ahead of time.
- **Front Door Only:** Never enter a stranger's house, no matter how cool their fog machine looks. Collect your loot strictly at the front door.
- **The Candy Inspection:** Wait until an adult checks the haul at home. Toss anything open or unwrapped. Also, pace the sugar intake because negotiating with a hyperactive goblin at 9:00 PM is a parenting horror movie nobody wants to star in.

From all of us at the Collingwood Community Policing Centre, have a fun, safe, and happy Halloween!

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CW Music: Where Students Become Teachers

As the neighbourhood music school approaches its 25th anniversary, its young musicians are finding friendship, confidence and a place on stage.

by Paul Reid

At CW Music & Performing Arts School on Joyce Street, the students sometimes become teachers. And now, in a lovely example of things coming full circle, one of those former students is teaching the founder's own daughter.

Calix began studying piano and voice with CW Music founder Christine Adela White when he was just six or seven years old. Today, he is a university student pursuing a degree in Early Childhood Education. He teaches the school's music classes for children aged three to five on Thursdays, and Christine's six-year-old daughter is now taking lessons with him.

It's a fitting illustration of what CW Music has become: more than a place to learn an instrument, it's a musical community where relationships can last for generations.

On a busy Saturday afternoon, the rehearsal rooms at 5039 Joyce Street are alive with guitars, keyboards, drums and young voices. Students arrive for lessons, gather for band rehearsals and spend time with friends who share their enthusiasm for music.

Among them is 14-year-old drummer Emil Noquiera, who has attended CW Music since he was six. His band, Music of Five, has built a repertoire of about 25 cover songs, ranging from 1980s rock favourites to the energetic sounds of Paramore.

The group has already performed at shopping centres, festivals, theatres and other public events around the Lower Mainland. Members say they've



CW Music's Music of Five practising at CW Music on Joyce Street. Photo by Paul Reid

played more than ten gigs, sometimes even being recognized by strangers who remember their performances.

Emil says playing music has helped build his confidence and friendships. He enjoys learning new songs and developing his drumming skills. One day, he hopes to follow in the footsteps of other former students and teach drums part-time at CW Music himself.

His older sister, Chanice, provides another example of the school's influence. She began lessons with Christine at age six and later joined a rock band that won several B.C. talent-show awards, including the Youth Talent Search All Stars' Audience Favourite Award.

In 2017, Chanice travelled with CW Music students and teachers to the Philippines to perform in a benefit concert for Bikes for the Philippines, an organization supporting at-risk children.

Christine remembers the experience as a pivotal moment for the school. Her goal, she explains, is not simply to nurture good musicians, but to develop good human beings who use their talents to give back to others.

Chanice has since gone on to study nursing, but the experience illustrates how music can play a meaningful role in students' lives even when they pursue careers outside the arts.

The school's founder understands that connection personally. Christine grew up in Collingwood, attending Carleton and Cunningham elementary schools before graduating from Gladstone Secondary. She began teaching music at just 16, with her entrepreneurial mother helping recruit her first five students.

Initially considering a career in nursing, Christine instead pursued music, studying voice at Capilano College and later attending UBC. Her interest in science never disappeared. As a longtime vocal coach, she became fascinated by the biology of singing and how the human voice is affected by health, emotions and other physical factors.

Music also helped Christine through a deeply difficult period of her own life. She was about 17 when her 15-year-old sister died of cancer. The loss left a lasting impression, and music helped her cope. She has since supported cancer fundraising through the Ride to Conquer Cancer, while the CW Music community has raised more than \$20,000 for cancer-related causes.

As the school grew, Christine began hiring former students. Her first former-student hire was Joram in 2013, the year she opened the Joyce Street studio. He took on students from her growing waiting list, and additional instructors soon followed, expanding the school's offerings into other musical disciplines and music therapy. Today, that tradition continues.

Ms. Louise, a former student now studying jazz at Capilano University, teaches at the studio. Ms. Josephine, also studying at Capilano toward a degree in Early Childhood Education, teaches beginner music classes for children aged six to ten and helps manage the front desk.

Ms. Princess, who began drum lessons at CW Music around age nine, has become one of its drum teachers.

CW Music: continued on page 7

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Idyllic Day

by Penny Lim

A Mountain view discovery told in images. A picture is worth a thousand words. Or, as John Keats, penned centuries ago: "Beauty is Truth, Truth is Beauty."



CW Music: continued from page 6

And there's Dale, who began classical piano studies at age four and progressed through Level 10 piano and theory in the Royal Conservatory of Music program, earning excellent results. Now studying kinesiology at UBC, he returns to teach piano fundamentals, mostly to children. Teaching, he says, helps keep his passion for music alive.

All four teach at the studio on Saturdays, helping maintain the welcoming atmosphere that has become part of CW Music's identity.

The school also has its own teacher band and hopes to encourage more faculty members to join in.

For students, opportunities to perform are an important part of the experience. Music of Five includes Rayne on bass, Evan on keyboards, Anson on guitar, singer Lauren and Emil on drums. Their musical interests span everything from Journey and Bon Jovi to jazz, hip-hop and experimental music. CW Music offers instruction in numerous instruments, singing, music theory and performing arts, along with music therapy and programs for young children. Adults are welcome too.

After approximately five years of operating through Collingwood Neighbourhood House during renovations and the pandemic, CW Music has returned to its Joyce Street location. For Christine, coming back felt like coming home.

And the school continues to grow.

A new Richmond location is scheduled to open in late November, with a special Christmas-themed concert on November 29 featuring CW Music's three main student bands. Unlike regular recitals, where bands may perform only a few songs between solo acts, this concert will give them the spotlight.

With its 25th anniversary approaching in January 2027, CW Music has plenty to celebrate.

But perhaps its greatest accomplishment isn't measured in examination results, awards or concert appearances. It's found in former students returning to teach, young musicians gaining confidence and friendships, and a little girl learning music from someone her mother taught when he was a child.

For more information: www.cwmusic.ca

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Sciatica: Understanding the Causes, Symptoms, and How Acupuncture May Help

by **Dr. Angie Choi, TCM, R.Ac**

*Registered Doctor of Traditional Chinese Medicine
and Acupuncturist*

Sciatica is a common condition that can cause pain, tingling, numbness, or weakness that travels from the lower back through the buttock and down the leg. For some people, the pain feels like a sharp, shooting sensation, while others experience burning, aching, or an electric-like feeling.

Sciatica can interfere with everyday activities such as walking, sitting, working, exercising, and sleeping. Understanding what causes sciatica and how it can be managed is an important first step toward recovery.

What Is Sciatica?

Sciatica refers to symptoms caused by irritation or compression of the sciatic nerve or its nerve roots in the lower spine.

The sciatic nerve is the largest nerve in the body. It originates from nerve roots in the lower back, passes through the buttock, and travels down each leg.

Sciatica usually affects one side of the body, although symptoms can occasionally occur on both sides. Identifying the underlying cause helps guide appropriate treatment.

Common Symptoms of Sciatica

Sciatica symptoms vary depending on the location and severity of nerve irritation. Common symptoms include:

- **Radiating pain:** Pain that travels from the lower back or buttock down the back or side of the leg.
- **Sharp or shooting pain:** A sudden, electric-like sensation that may extend toward the calf or foot.
- **Tingling or pins and needles:** Unusual sensations in the leg or foot.
- **Numbness:** Reduced sensation in parts of the leg or foot.
- **Muscle weakness:** Difficulty lifting the foot, standing on the toes, or moving the affected leg normally.
- **Pain with certain activities:** Symptoms may worsen with prolonged sitting, bending, coughing, sneezing, or specific movements.

Not everyone experiences lower back pain. Some people feel their most significant discomfort in the buttock or leg.

What Causes Sciatica?

Several conditions can irritate or compress the sciatic nerve or its nerve roots.

1. Herniated Disc

A herniated disc is one of the common causes of sciatica. The discs between the vertebrae act as cushions. When part of a disc protrudes or herniates, it may press against a nearby nerve root and cause radiating pain, tingling, numbness, or weakness.

2. Spinal Stenosis

Spinal stenosis occurs when spaces within the spinal canal or nerve passageways become narrower. This can put pressure on spinal nerves, particularly in older adults with age-related changes in the spine.

3. Degenerative Changes in the Spine

As the spine ages, changes in the discs and joints may contribute to narrowing around the nerve roots. These changes do not always cause symptoms, but in some people they can contribute to sciatica.

4. Deep Gluteal Syndrome

The sciatic nerve passes through the deep muscles of the buttock. Irritation or compression in this region can produce buttock pain and symptoms that travel down the leg. The piriformis muscle

may be involved in some cases.

How Can Acupuncture Help With Sciatica?

It may help manage certain types of musculoskeletal pain, including symptoms associated with sciatica.

Potential benefits may include:

Pain management: Acupuncture may help reduce pain for some individuals. Research specifically examining sciatica is still developing, and results vary between patients.

Reduced muscle tension: Muscle guarding around the lower back, buttock, and hip can accompany pain. Acupuncture may help some patients feel more relaxed and comfortable with movement.

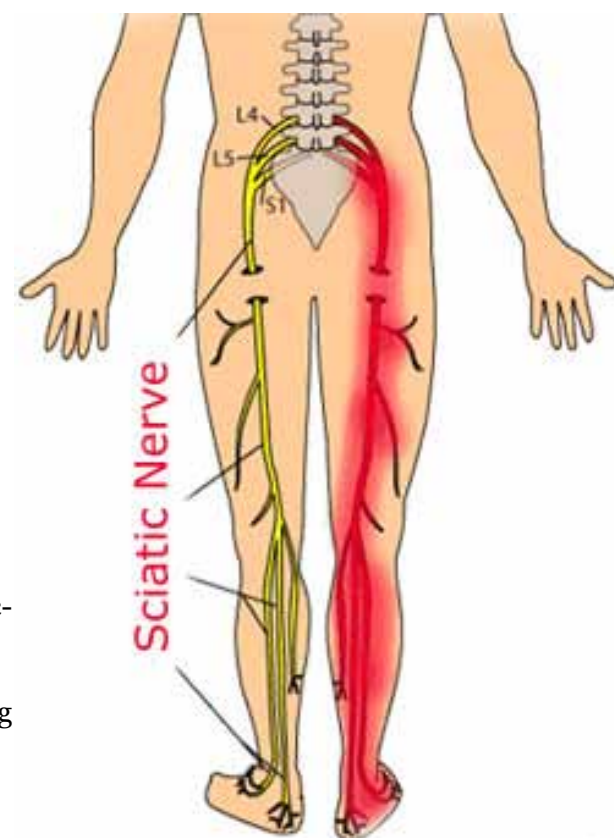
Improved mobility: When pain is better controlled, patients may find it easier to walk, change positions, and participate in appropriate rehabilitation exercises.

Support for daily activities: Managing symptoms may help patients gradually return to normal routines, including work, gentle exercise, and sleep.

The goal of treatment is not simply to relieve pain, but to help you move comfortably, restore function, and return to the activities that matter to you.

Stay healthy and stay happy!

Should you have any further questions regarding the above topic, you are welcome to write to me at: dr.angiechoi@gmail.com



Dr. Angie Choi TCM, R.Ac.

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Dr. Angie Choi, TCM, R.Ac.

Beyond the Buzz: There's More to Cannabis Than THC

by Jacqueline, from the 4Twenty Cannabis team

Ever stood at the cannabis counter comparing THC percentages like you're shopping for the winning lottery ticket? You're not alone. For a long time, the biggest number on the package has been treated like the ultimate measure of quality. But after working behind the counter and learning from product reps, we're discovering there's a lot more to the story.

THC percentage tells you how much THC is in your flower. It doesn't tell you everything about how that flower will smell, taste, or feel.

Follow Your Nose

Ever opened a jar and thought, Why does this smell like somebody parked a diesel truck in here? Or found a flower that smells like citrus, fresh pine, pepper, fruit or something sweet?

That's the work of terpenes. These naturally occurring compounds contribute to the aromas and flavours of cannabis. They're also found in plenty of other plants, which is why cannabis can remind you of everything from lemons to a walk through the forest.

Terpenes help give each flower its own personality. Two products can have similar THC percentages and smell completely different because their terpene profiles differ.

And here's where it gets interesting: research is exploring how terpenes may influence the effects of cannabis alongside THC and other compounds. We're still learning exactly how those interactions work, but there's more to the conversation than THC percentage alone.

In other words, your nose can tell you a lot about a product's personality. It just can't predict your entire afternoon... yet.

Curious about the different terpene aromas? Explore an independent educational resource and terpene aroma wheel at <https://terptester.com/learn>.

So, What Is a Good Terpene Percentage?

As we learn more from product reps and look at what's available on today's market, we're paying closer attention to total terpene content. Here's a practical guide for flower and non-infused pre-rolls:

- Below 1.5%: Aroma and flavour may be very subtle, sometimes barely noticeable.
- 1.5–2.5%: A reasonable middle range, though the individual terpene profile makes a difference.
- 2.5–3%: A good range to look for if flavour and aroma matter to you.
- 3% and above: High terpene content by today's market standards, with the potential for a more pronounced aroma and flavour.

These ranges are a guide, not a guarantee. A percentage can't tell you whether you'll love a particular strain's smell, and freshness and storage matter, too. And no, the highest terpene percentage doesn't automatically mean the best product. It's about finding a profile you enjoy.

A Little Budtender Know-How

When someone asks me for a sativa-style experience, I look beyond the strain name. Myrcene is often associated with more relaxing, potentially sedating experiences, so it isn't necessarily where I'll start if someone is looking for something bright and uplifting.

If someone wants a heavier, settle-into-the-couch kind of evening, I'll approach the terpene profile differently. Terpinolene and pinene are often associated with fresher, brighter aromatic notes, so they may not be my first starting point for that customer.

These aren't hard-and-fast rules. One terpene doesn't dictate the entire experience, and sativa and indica don't tell us everything either. The combination of compounds and individual differences matter, too.

That's why we ask questions. Are you looking for something for daytime or evening? Do you prefer citrus, fruit, earth or pine? Are you after a particular kind of experience, or do

you simply want something that tastes fantastic?

And remember, THC percentage isn't the whole story. A 22% THC flower with a rich terpene profile may be a better fit for someone than a 35% flower with a less pronounced aroma and flavour. That doesn't mean it'll affect everyone the same way or deliver the same amount of THC. It means the biggest number doesn't automatically make a product the best choice for you.

A Quick Word About Botanical Terpenes

Not all terpenes in cannabis products come from cannabis itself. Botanical terpenes are sourced from other plants, such as citrus fruits, pine trees and herbs, and are often found in products like infused joints and vapes to create or enhance particular aromas and flavours.

We're not saying infused joints or vapes made with botanical terpenes are bad. We're just saying there's a difference between terpenes naturally occurring in the cannabis flower and terpenes added to a product afterwards. The molecules can be identical; it's their source and how they're used that differ.

And let's be honest, every budtender loves a good rocket launch now and then. So by all means, enjoy your 40, 50, 60 or even 90+-percenters with their wild flavours and names that sound like they belong on a candy shelf. We're not here to take anyone's fun away! We just want you to know what you're buying.

The more we learn about cannabis, the more we realize there's a lot to explore beyond THC. So next time you're shopping, come chat with us. Tell us what you like, what you're looking for, and what you'd rather avoid. We love helping people discover something new — especially a flower they might have overlooked while chasing the biggest number on the shelf.

Because sometimes, the best flower for you isn't the one with the biggest number. It's the one that makes you open the jar, take a sniff, and say, "Ohhh, that's the stuff."

Stay high,



More Than Just THC

Terpenes. Flavour. Aroma. The Bigger Picture.

TERPENE PERCENTAGE GUIDE

TOTAL TERPENE CONTENT (DRIED FLOWER)

These are general ranges based on what we've learned from product reps and our own experience — not hard and fast rules.

UNDER 1.5%	1.5–2.5%	2.5–3%	3%+
<p>Aroma and flavour may be very subtle, sometimes barely noticeable.</p>	<p>A reasonable middle range, although the individual terpene profile makes a difference.</p>	<p>A good range to look for if flavour and aroma matter to you.</p>	<p>Considered high by today's market standards, with the potential for a more pronounced aroma and flavour.</p>

It's Not Just What's in the Jar...

Cannabis contains a mix of compounds, including terpenes and cannabinoids. They may work together, and that's what we call the **entourage effect**.

BOTANICAL VS. CANNABIS-DERIVED

Not all terpenes come from the cannabis plant. Botanical terpenes come from other plants (e.g. citrus, pine, herbs) and can be added to products to create or enhance aromas and flavours.

Same molecules. Different source.

ROCKET LAUNCHES ARE STILL A THING!

We're not saying infused joints or vapes with botanical terpenes are bad. We're just saying they're not natural. Every budtender loves a good rocket launch, so by all means, enjoy your 40s, 50s, 60s or even 70+-percenters with their wild flavours and candy-shelf names. We're just here to help you know what you're buying.

Different products. Different experiences. Different strokes.

WE'RE JUST GIVING YOU A LITTLE MORE INFORMATION TO HELP YOU FIND YOUR OWN KIND OF HIGH.



November 2026

Halloween in Collingwood October 31, 2026



Thank you all for joining us and participating in the 3rd annual Halloween in Collingwood. Trick or Treaters of all ages came out in their costumes and filled the streets along Kingsway and Joyce Street. We couldn't have done it

without the support of the Collingwood Safeway, the Collingwood Community Policing Centre, St. Mary's School and all the participating Collingwood BIA members!

We'll see you all again next year!



Winter Carnival & Community Tree Lighting – November 28th 3-7pm Safeway Parking lot

The Annual Community Tree Lighting and Winter Carnival has returned. Under the big tent at in the Safeway Parking Lot (corner of Kingsway & Tyne). Arts & Crafts, storytelling with the Vancouver Public Library, St. Mary's Choir, balloon twister, World Famous Lions Gate Chorus, Peter Yap, Windermere Ensemble, hot chocolate, Starbucks coffee, cookies and more. See ad in this newspaper issue. We invite you all to start the holiday season and help us light the community tree.

Food Bank Collections: Bring non-perishable food items. All donations will be going to local families. We are in partnership with the Food Hub program at the Collingwood Neighbourhood House.

Food Donation Boxes November 16- December 16



Look for the Donation Box in participating businesses to donate non-perishable food items. For a list of businesses follow us on Instagram or go the website shopcollingwood.ca

Let's help the families in our community this holiday season.

Collingwood BIA's 12 Days of Gifting – Instagram November 30 – December 15

We are excited to announce that we will be hosting the 12 Days of Gifting again this year. Follow us on Instagram and from November 30 – December 15th, a new Joyce Collingwood business will be featured throughout the day and offering a daily prize. Like, Share and Comment for more chances to win. All prizes can be picked up at the Collingwood BIA's office. Last years' prizes equalled over \$1200. Don't miss this contest, you could win a present for you or for someone special.

@shopcollingwood

Sneak peak of some of the businesses: Jack's Spot, Sigma Eyecare, Joyce Station Dental & Balkan Bakery

Shop Collingwood! It's good for business.

CALENDAR

November 11

Remembrance Day



November 29

Winter Carnival & Tree Lighting 3-7pm

Safeway Parking Lot



E-Newsletters:

Sign up to receive the monthly e-Newsletter for all the latest news in the BIA, social media campaigns to join in and other programs offered to small businesses.

How to Reach Us:



@shopcollingwood



shopcollingwoodvancouver

#300 – 3665 Kingsway,
Vancouver, BC V5R 2W5
604.639.4403

Email info@shopcollingwood.ca
Website shopcollingwood.ca



HAPPY HALLOWEEN

COSTUMES

- Pick a mask that you can clearly see out of.
- Choose light-colored or reflective costumes.
- Avoid long costumes that you might trip on.

STREET

- Carry a flashlight or a glow stick.
- Trick-or-treat with an adult or in a group.
- Stay on the sidewalk and cross at a crosswalk after checking for cars.

CANDY

- Don't eat anything that is open or unwrapped.
- Wait until an adult checks your candy.
- Save some for later! Too much candy will give you a tummy ache.

TALK ABOUT IT!

- The route your child plans to follow.
- Never enter a house. Take candy at the front door only.
- Recognize places along route where the child can get help.

Don Davies MP

戴偉思 डॉन डेवीस Đào Văn Tâm
Vancouver Kingsway

*Honouring those who sacrificed.
Working for a peaceful future.
Best wishes on Remembrance Day.*



Community Office
2951 Kingsway, Vancouver, BC V5R 5J4
604-775-6263 | Don.Davies@parl.gc.ca

 **NDP**
DonDavies.ca



YOU ARE INVITED TO

COLLINGWOOD WINTER CARNIVAL

SATURDAY | **28** | NOVEMBER

3:00 PM TO 7:00 PM

KINGSWAY AND TYNE
(SAFEWAY PARKING LOT)

Arts & Crafts • Live Music with Peter Yap • Carolers
Children & Youth Choirs • Hot Cocoa & Cookies
Balloon Twister • and more!



Scan the QR code
to sign up your business



Collingwood
Business Improvement Association