

## Vancouver History • Sixty years after the Afterthought



by Paul Reid

Last month Jerry Kruz took us back to the 2400 Motel, where the Grateful Dead stayed during their first Vancouver visit. Two weeks later, he invited us on another trip into the city's music history — back to the room where he opened the Afterthought at the Kitsilano Theatre 60 years ago.

Last month, RCC News went exploring with Jerry Kruz at the 2400 Motel on Kingsway. The Grateful Dead stayed at the motel for five days during their first visit to Vancouver in the summer of 1966. During that stay, the band made its way across town to Alexandra Park at English Bay, where it set up at the bandstand and played a free outdoor concert. Two days later, on August 5, Jerry presented the Grateful Dead at the Pender Auditorium. It was a remarkable summer for an 17-year-old Vancouver concert promoter. And Jerry was just getting started.

A couple of weeks after our visit to the 2400, Jerry was nice enough to invite me along for another return to 1966. This time we headed to West Fourth Avenue. The

Continued on page 3



**BACK AT THE AFTERTHOUGHT:** Sixty years after opening the Afterthought at the former Kitsilano Theatre on West Fourth Avenue, Jerry Kruz returned to the room where the dances and concerts were held. Photo: Paul Reid

Left: Poster for opening night of the Afterthought at 2114 West 4th Avenue. This would be the first night of Jerry's concerts in the Russian Community Centre. Photo courtesy of Jerry Kruz (see page 3 for book details)

Right: The Russian Community is still alive and well today with plans to renovate. Photo credit: Google Maps



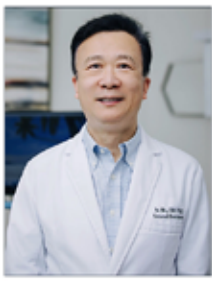
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In October 2026, Renfrew Collingwood Seniors Society (RCSS) will celebrate our 50th year in serving seniors and their caregivers living in our local communities.



We will celebrate this milestone on Sunday, October 18, 2026 at the Italian Cultural Centre. This anniversary is not only a celebration of the past, but also a reaffirmation of our promise to "take seniors to heart" for many years to come—continuing to adapt, grow, and respond to the changing needs of our community while staying true. Here's to another 50 years!

RCSS started with a handful of seniors getting together in a local church. RCSS has since grown to welcome at least 25 seniors each weekday at two adult day centres: Alice Frith Adult Day Centre and Chown Adult Day Centre. Over the past year, we have started to host Community Day Programs one day per week at Kingsway Continental accommodation and at the Alice Frith Adult Day Centre.



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**Jerry Kruz and the Afterthought:** *Continued from page 1*

building at 2114 West Fourth is now the Russian Community Centre. Long before that it was the Kitsilano Theatre, built in 1913 and later operated for years as a neighbourhood movie house. The Russian Community Centre purchased the building in 1958.

On September 30, 1966, Jerry opened the Afterthought at the Kitsilano Theatre. Sixty years later, I followed Jerry back inside.

**Back in the room**

Walking into the hall today, you don't have to work very hard to see the old theatre. The stage is still there. The balcony is still there. So is the proscenium. The building has changed over the decades, but much of its basic shape remains.

Jerry began pointing things out. This was where the bands played. This was where the audience gathered. His mother worked the ticket booth. The light show operated from above. Jerry had a little office under the stairs. We wandered through the hall and into the spaces underneath and behind the stage, where musicians once waited to go on.

It is one thing to read about Vancouver's music scene in the 1960s. It is something else to stand there with the fellow who put on the shows while he tells you where everything was. Sixty years is a long time. But the room is still there.

**From church halls to West Fourth**

Jerry hadn't started the Afterthought at the Kitsilano Theatre. He had already been promoting concerts around Vancouver, using places including church halls and the Pender Auditorium. The Afterthought moved from venue to venue before finding a particularly memorable home on West Fourth Avenue.

By the time Jerry arrived at the old theatre in 1966, something was happening in Kitsilano. Young people were gathering around Fourth Avenue. Coffee houses, music, art and a growing counterculture were changing the neighbourhood. The former movie theatre became one of the rooms where that new Vancouver took shape.



**A rare image of the Afterthought in action**

Jerry brought in local bands and musicians as well as performers coming north from the United States. The Afterthought became part of a musical connection running up and down the West Coast between Vancouver, Seattle and San Francisco.

Some of the musicians who passed through Jerry's shows were just beginning careers that

would become considerably larger. *The Steve Miller Band, Country Joe and the Fish, the Collectors* (who became *Chilliwack*), the *Seeds of Time* (who became *Prism*) and many more performed at the Afterthought.

But standing in the old hall with Jerry, the famous names weren't really the most interesting part. It was the little things. Where his office was. Where his mother sat. Where the lights came from. Where the musicians waited. How people moved through the building. Those details turn an old concert poster into a place.

**The building before the music**

The Afterthought occupies only a small part of the building's much longer life. The Kitsilano Theatre opened in 1913 and was remodelled in 1922. It later became part of the Famous Players chain and operated as a neighbourhood cinema until 1955.

The Russian Community Centre acquired the building in 1958. The building has been adapted repeatedly rather than frozen in time. Rooms have found new purposes. Generations of people have used the stage for entirely different kinds of performances and gatherings.

**Sixty years later**

There is something wonderfully strange about following an 18-year-old concert promoter through Vancouver in 1966 when the same man is standing beside you at 78.

Last month it was the 2400 Motel. There we stood with Jerry at the place where the Grateful Dead stayed during their first Vancouver visit. This month it was the old Kitsilano Theatre. And once again, the history wasn't sitting behind glass in a museum. We could walk through it.

That may be the most remarkable thing about Jerry's story. So much of the Vancouver he remembers has disappeared. Buildings have come down. Clubs have closed. People are gone. But at 2114 West Fourth Avenue, the old theatre still stands. The stage remains. The balcony remains. And sixty years after Jerry Kruz opened the Afterthought there, he can still walk through the door and show us where it happened. For a few hours, anyway, 1966 didn't seem quite so far away.



**Long before it was the Russian Community Centre, it was the Kitsilano Theatre, built in 1913.**

**What will still be here sixty years from now?**

The old Kitsilano Theatre survived because it found another life. Today it is the Russian Community Centre, but enough of the old building remains that Jerry Kruz can return sixty years later and show us where part of Vancouver's music history happened.

That raises a question closer to home. Last month RCC News visited the 2400 Motel with Jerry, where the Grateful Dead stayed during their first Vancouver visit in 1966. The motel property is slated for redevelopment, and much of the discussion about its heritage has centred on preserving its familiar roadside sign. But perhaps we should think a little bigger.

Renfrew-Collingwood has spent decades accumulating photographs, newspapers, documents and memorabilia. Much of that history is scattered or sitting in storage. Our own newspaper archive now stretches back more than a quarter-century. Instead of preserving only the 2400 sign, why not investigate whether one or two of the familiar motel buildings could remain and be given a new purpose?

They could become a small Renfrew-Collingwood museum, community archive and media centre — a place to preserve the neighbourhood's history while continuing to create it. We don't need to save the entire motel. But before every building disappears, surely it's worth asking whether one or two could remain. Sixty years from now, somebody might be very glad we did.

**Read Jerry's story**

Jerry Kruz tells the story of the Afterthought and Vancouver's 1960s music scene in *The Afterthought: Westcoast Rock Posters & Recollections from the '60s*. To order a copy: [Afterthought\\_Enterprises@hotmail.com](mailto:Afterthought_Enterprises@hotmail.com)



COMMUNITY NEWS 社区新闻

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

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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: Oct 15**

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by Paul Reid

Greetings RC!

While our dear Loretta Houben is taking time away following the loss of her parents, I will be handling the historical section for this issue. We look fondly to the return of Loretta and her beloved Collingwood Corner column that usually occupies this space.

Today I will share with you some then and now shots that take place along Kingsway. The 'Then shots' are taken from a film: *BC Road Trip Time Machine* series, a project created by the B.C. Ministry of Transportation and Infrastructure (TranBC). The film covers a continuous 1966 route traveling from Horseshoe Bay to New Westminster.

For the 'Now shots', I took images from *Google Maps*. They are not all exactly 'now'...maybe a couple years old actually. You can see in the image taken at Joyce and Kingsway, the 7-11 is still featured. That is now an apartment.

But still you get the picture. A lot has changed in 60 years. In the first set, we see the stretch just West of Rupert Street. Now we can see that the piece of land that has sat vacant there for decades was once an Esso station.

In the next pair, we see the intersection of Kingsway and Joyce. Again, a massive change: a lot more trees nowadays and one less gas station.

Finally, our final pair down here. You can see the former Mr. Sport Hotel in the distance (now a 123-unit non-market social housing complex known as the Kingsway Continental).

Again, quite a different looking scene. Where Safeway is now on the right-hand side, it looks like there were some yards and housing. And on the left, what is now densely populated with shops, looks like some open area with a billboard or two. Again, who knew?

Thank you folks. Stay tuned for the return of Loretta.



Kingsway, approaching Rupert.



Kingsway at Joyce Street. Sorry for the slightly outdated 'now' photo.



Kingsway, approaching Tyne Street.



# Royal Canadian Legion Grandview-Collingwood Branch

# UPDATE

Address: **2205 Commercial Drive**  
**Facebook:** Commercial Drive Legion  
**Instagram:** Legion179

## October Entertainment

### Friday Nights

Oct 2 - **Jason Lane Band**  
 Oct 9 - **Oliver and the Elements**  
 Oct 16 - **Coyote Creek**  
 Oct 23 - **Revolving Doors**  
 Oct 30 - **The Singles**

### Saturday Nights

Oct 3 - **Wishbone**  
 Oct 10 - **Woody James Band**  
 Oct 17 - **Mojo Stars**  
 Oct 24 - **Front Page Band**

Halloween! - **Step Out Sister**

### Meat draws and 50/50

Meat and 50/50 draws: Every Friday and Saturday from 5 pm to 7 pm with draws every half hour.

## The Legionnaires with Tim Hearsey



On September 25th, our very own Legionnaires, with Bobby (bass), Kelly (drums) and Paul (harmonica) were joined by blues legend Tim Hearsey on guitar and vocals. Tim Hearsey is a highly respected, Juno Award-winning roots and blues guitarist, songwriter, and producer who has been a pillar of the local music scene for over three decades. Known for his soulful, stinging electric guitar work, expressive slide playing, and deep groove, Hearsey is an incredibly in-demand sideman who has played along with the likes of Taj Mahal, Bo Diddley, Hubert Sumlin, Pinetop Perkins, Lowell Fulson and Eddy "The Chief" Clearwater



## A Final farewell to comrade Gerry Vowles

On September 20th, 2026, a multitude of people: friends, family and comrades of Gerry Vowles, filled the canteen at our Royal Canadian Legion, Grandview-Collingwood Branch 179 to pay respects to this great man who passed away on July 31, 2026.

Gerry was a Past BC/Yukon Command President from 2005-2007, and a Past BC/Yukon Command Trustee from 2017-2019. Gerry also served as Treasurer of BC/Yukon Command for ten years from 1993-2003 and was a founding member of the BC/Yukon Legion Foundation. Gerry had 47 years of service to The Royal Canadian Legion and was a long-serving Life Member of Branch #179 Grandview/Collingwood.

He received many accolades, including the Legion's highest honours: the Presidential Citation, the Meritorious Service Medal, and the Palm Leaf. He was also awarded the Queen's Diamond Jubilee medal, the King's Coronation Medal, and the Minister of Veterans Affairs Commendation for his service to the Legion.

Gerry served 28 years with The Royal Canadian Navy. Known for his love of sports, he was heav-



Family and friends were on hand to pay their respects to Gerry Vowles. Rest in peace Gerry

ily involved in coaching youth sports including lacrosse, hockey, swimming, and water polo in his younger years.

Gerry will be remembered for his unwavering dedication to The Royal Canadian Legion, and BC/Yukon Command. His positive influence will be felt for years to come. Farewell to the Chief, Skipper, and our Legion Comrade.



# Remembrance, memory and gratitude

by Penny N. Lim

## REMEMBRANCE - Kamloops Chinese Cemetery

Spontaneous. Jumped off a Kamloops city bus at the North Shore block party. Fortuitously, the Kamloops Heritage Society propelled me towards the renovated Kamloops Chinese Cemetery.

*Canada's Historic Places* states: "The Kamloops Chinese Cemetery is further valued as one of Canada's largest and oldest intact Chinese cemeteries and as a symbol of the transition of the Kamloops Chinese community from temporary to permanent in the 1920s."

In the serene, beautiful and spacious cemetery, I found the peace and harmony created by the Kamloops Chinese Cultural Association's dedication and toil over a decade which involved restoration, revitalization, clean-up, preservation, actively weeding and maintaining the grounds. "Heaven on Earth," declared my Mother.

Ahh, two big brothers off on Lower Mainland adventures. And I, little sister fenced in.

For some time, African elephants of my unfinished canvas hung on the wall. Earth's largest land mammal, largest brain, longevity, excellent memory, sociable, and so charismatic. Communicate by sounds. Elephants feel sounds in their feet and hear them to stay in touch long distances. Versatile trunk multitasks by touch, smell, and communication. It matters who dies -- members react to dead elephant remains -- then silence. Grieving, trunks touch, smell, and roll the bones. Remembering, they return to grieve. Completed the Savanna habitat in foreground; behind is the forest habitat.

A salute to my brothers who explored Cowboy Hill.



**Bones on Cowboy Hill**

I am grateful to first responders, fire fighters, those who serve Canada, fearless leaders, caring citizens, the pioneers and immigrants including my forebears who came to Canada. A salute to our brother, Captain Donald Se Fong Lim's 48 years in the Canadian Armed Forces. Canada is our Home. *En garde!*

## MEMORY - Bones on Cowboy Hill (title of painting)

## GRATITUDE

November 11th every year, Canada celebrates Remembrance Day. Gradually, the recognition has expanded across Canada. I cite the National Peacekeepers Memorial "Reconciliation" in Ottawa. It does illustrate the dangers of alert peacekeeping seeking global resolution and harmony. A humanitarian exemplar. A tribute to all peacekeeping soldiers of today and yesterday.



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# Together we can overcome our worries

Artwork and Fragment by Ricardo Cerna

Dear Readers:

We all face moments of worry. "Pain is inevitable, but suffering is optional." Physical pain is a natural part of life, but prolonged suffering can be transformed by changing our relationship with our thoughts.

"Peace will come from within us, from inside ourselves; therefore, we should not search for it outside." Let us remember that our thoughts can shape the way we experience all our uncertainties and difficulties.

Sometimes we feel that our problems are too great, and we do not know which path is the right one to take to move forward. However, it is important to remember that we are not alone, because we have the potential to overcome all our difficulties.

Overcoming our worries does not mean ignoring them but rather learning to face them with serenity and courage.

We can move forward one step at a time, focusing on what is within our reach and letting go of what we cannot control.

A word of encouragement can give someone hope, just as a helping hand can ease a burden. By sharing a positive attitude, we can also inspire others.

With unity, understanding, hope, and perseverance, we can overcome our worries and continue building a future of peace and harmony in our homes and our communities.

Spiritual teachings offer us clear tools to transform fear and anxiety into inner peace. Let us always remember: *We must make effort to be happy.*



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# What's happening at Collingwood Branch in October

2985 Kingsway | 604.665.3953  
Tuesday & Wednesday: 9.30am - 7pm  
Thursday & Friday: 9.30am - 6pm  
Saturday: 9.30am - 5pm  
Sunday: 9.30am - 5pm



For complete listings visit [www.vpl.ca/events](http://www.vpl.ca/events)

## EARLY YEARS PROGRAMS

### Babytime

Thursdays, Sept 17 - Dec 10  
10:30 - 11:00am  
Rhymes, songs, bounces, and stories for caregivers and their babies. Recommended for newborns to approximately 18 months. Drop-in.

### Baby Stay & Play

Thursdays, Sept 17 - Dec 10  
11:00 - 11:30am  
Drop in to explore library books and toys during this playtime for connecting with other families. For ages 0 - 18 months.

### Family Storytime

Fridays, Sept 18 - Dec 11  
10:30 - 11:00am  
Rhymes, songs, and stories for young children and their caregivers. For ages 0 - 5 years, open to children of all ages and abilities to enjoy and learn together.

### Family Stay and Play

Fridays, Sept 18 - Dec 11  
11:00 - 11:30am  
Drop in to explore library books and toys during this playtime for connecting with other families. For ages 0 - 5 years, open to children of all ages and abilities to enjoy and learn together.

## SCHOOL-AGE PROGRAMS

### Halloween Howl

Friday, Oct 23  
2:30pm - 3:30pm  
Scare yourself silly this Halloween at the library. Take part in scary stories and activities that will give you the jitters and have you howling with laughter.

### Lego Block Party

Saturdays 2:30-3:30pm  
Come to the library for some LEGO® building fun and connect with other kids at this block party! Drop-in. For Grades K-7.

## ADULT PROGRAMS

### Coffee Connect

Thursdays  
9:30 - 11:30 am  
Drop in for a free cup of tea or coffee and meet your neighbours. Everyone is welcome!

### ESL Conversation Practice

Every second Tuesday  
Oct 13 & 27  
5:30-6:30pm  
Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up. For intermediate speakers.

For complete listings visit [www.vpl.ca/events](http://www.vpl.ca/events)

## Renfrew Branch

2969 E 22nd Ave. Contact | 604.257.8705

All programs are FREE. For more information, visit [www.vpl.ca/events](http://www.vpl.ca/events).

**\*\* Library is closed on Monday, October 12th for Thanksgiving Day**

## SCHOOL-AGED CHILDREN

### LEGO Block Party

Wednesday, Oct 14 & 28, 3:30pm-4:30pm  
Drop in for some LEGO building fun! Grades K-7.

### Super Snaps

Wednesday, Oct 7, 3:30pm-4:30pm  
Get tips on how to take great photos and develop your photography skills using our iPads. Learn about selfies, panorama shots and more. Grades 1-7. Adults accompanying children under 9 must stay in the library for the duration of the program. Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)

### Coding with Osmos

Wednesday, Oct 21, 3:30pm-4:30pm  
Learn how to code using Osmos. Grades 4-7. Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)

## CHILDREN & FAMILIES

### Babytime

Mondays, Oct 5th, 19th, and 26th  
11:00-11:30am and 1:30-2:00pm. Drop-in.  
Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months.

### Family Storytime

Mondays, Oct 5th, 19th, and 26th  
10:00-10:30am. Drop-in.  
A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

### \*Special Storytime\*: Halloween

Saturday, Oct 31st, 10:00-10:30am. Drop-in.  
Celebrate Halloween at the library with rhymes, songs and stories for young children and their caregivers. For ages 0 - 5 years, open to children of all ages and abilities to enjoy and learn together. Costumes welcome!

### Family Movies

Fridays, 3:30-5:15pm. Drop-in.  
Visit the library and enjoy free, kid-friendly movies. For children and their accompanying caregivers. Adults accompanying children under 9 must stay in the library for the duration of the program.

October 2: *The Wild Robot*

October 9: *WALL-E*

October 16: *Ratatouille*

October 23: *Captain Underpants AND Dog Man* [starts at 2:00pm]

October 30: *Haunted Mansion*



## ADULTS

### Coffee Connection

Tuesdays, 10:00-11:00am. Drop-in.  
Drop in for coffee and other light refreshments. Play board games, do a crossword, or chat with your neighbours.

### ESL Conversation Practice

Thursdays, 10:00-11:00am. Drop-in.  
Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up. For intermediate speakers.

### Adult Colouring Club

Fridays, 10:00-11:00am. Drop-in.  
Relax and enjoy the many benefits of colouring with like-minded creatives. We'll provide the colouring pages and pencil crayons!

### Story Circle

Wednesday, Oct 21, 10:00-11:00am  
This monthly program is for adults with developmental disabilities and their families, friends and caregivers. Join us in an accessible, relaxed and fun community setting for stories, music and more!

Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)



# Understanding Running-Related Foot Pain

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

*Registered Doctor of Traditional Chinese Medicine  
and Acupuncturist*

Running and jogging are excellent forms of exercise, but repetitive impact can sometimes lead to pain and overuse injuries in the feet and lower legs. Two terms that are sometimes used to describe running-related foot problems are jogger's heel and jogger's foot.

Although these conditions can have different causes and symptoms, both may be associated with repetitive stress, changes in training, improper footwear, muscle tightness, or biomechanical problems. I often see patients who experience persistent foot or heel discomfort after increasing their running distance, frequency, or intensity. Understanding the possible causes of pain is an important first step toward recovery.

## What Is Jogger's Heel?

"Jogger's heel" is commonly used to describe heel pain associated with running, often involving irritation or inflammation of tissues around the heel. One common cause of running-related heel pain is *plantar fasciitis*, in which the plantar fascia, the thick band of connective tissue along the bottom of the foot, becomes irritated.

Other possible causes of heel pain include Achilles tendon problems, stress injuries, heel-pad irritation, and nerve irritation.

## Common Symptoms

People with running-related heel pain may experience:

- Pain underneath or around the heel
- Pain that is worse with the first steps after rest
- Tenderness after running
- Stiffness in the foot or calf
- Pain that increases with prolonged standing or walking

The location and pattern of pain can provide important clues about the underlying problem.

## What Is Jogger's Foot?

"Jogger's foot" is another informal term that may refer to pain or nerve irritation in the foot associated with running. One condition sometimes associated with this term is irritation or compression of the medial plantar nerve, which can cause pain along the inside of the foot.

Symptoms can include:

- Aching or burning pain along the inside of the foot
- Tingling or unusual sensations
- Pain that increases during or after running
- Tenderness around the arch or heel
- Symptoms that improve with rest

Because several different conditions can produce similar symptoms, persistent foot pain should be properly assessed rather than assuming it is simply a running injury.

## Why Do These Problems Develop?

Running places repeated loads on the feet, ankles, calves, and knees. The body generally adapts to this stress gradually. Problems can occur when the amount of stress increases faster than the body can adapt.

Common contributing factors include:

- Suddenly increasing running distance or speed
- Insufficient recovery between workouts
- Tight calf muscles

- Weakness in the foot, ankle, or hip muscles
- Poor running mechanics
- Unsuitable or worn-out footwear
- Running frequently on hard or uneven surfaces
- Returning to running too quickly after an injury

In some cases, several factors may contribute at the same time.

## How Acupuncture May Help

Acupuncture can be incorporated into a comprehensive approach to managing musculoskeletal pain.

Treatment may help some patients by:

- Reducing the perception of pain
- Relieving muscle tightness
- Supporting relaxation
- Improving mobility
- Addressing tension in surrounding muscles and soft tissues
- Supporting a gradual return to normal activity

Depending on the patient's condition, acupuncture may be combined with techniques such as electroacupuncture, cupping, or gua-sha.

Jogger's heel and jogger's foot are terms that can describe different types of running-related foot discomfort. Because heel and foot pain can have many possible causes, identifying the underlying problem is important for effective treatment.

Your feet carry you through every step of your day. Taking care of them early can help you continue doing the activities you enjoy with greater comfort and confidence.

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](mailto:dr.angiechoi@gmail.com)



## Dr. Angie Choi TCM, R.Ac.

Registered Doctor of Traditional Chinese Medicine and acupuncturist.

### Acupuncture helps in these health areas:

- |                       |                       |
|-----------------------|-----------------------|
| • Pain Management     | • Geriatric Illnesses |
| • Digestive Disorders | • Stress Reduction    |
| • Hormone Imbalance   | • Mood Enhancement    |
| • Sleeping Disorders  | • Immunity Boosting   |
| • Seasonal Allergies  | • Relaxation          |

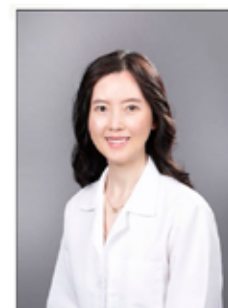
*New clients are welcome.*

Please call or text: **778-522-7101**

Email: **[dr.angiechoi@gmail.com](mailto:dr.angiechoi@gmail.com)**

**Clinic:** 219 - 3665 Kingsway, Vancouver  
N.W Corner of Kingsway & Boundary Rd.  
(Parking Underground)

**Hours:** 10am-6pm, 7 days a week



Dr. Angie Choi, TCM, R.Ac.

# Behind the Counter: What Your Budtender Wishes You Knew

by The 4Twenty Cannabis Team

At 4Twenty, we're not just standing behind the counter waiting to scan your favourite pre-roll. We're educators, inventory detectives, problem-solvers, product matchmakers, and, occasionally, people who are operating on caffeine and good intentions.

Across our four locations, there's a lot happening behind the counter that customers never see. And while every store has its own neighbourhood, personality and regulars, one thing stays the same: there's a lot more to budtending than putting a product in a bag.

The customer sees a shelf. We see everything that had to happen before that product ever made it onto it.

## "Can I see your ID?"

In B.C., you have to be at least 19 to purchase cannabis. If we're not sure you're 19 or older, we're required to take reasonable steps to verify your age. Depending on the situation, that can mean checking two pieces of identification.

We know. You might be 37, have a mortgage, two kids and a lower back that has been making strange noises since 2019—and we're still asking to see your ID.

And honestly, if you happen to be annoyed about being carded, we get it. But we still need to see it.

## Why doesn't every store carry the same thing?

Ever visited a cannabis store in Vancouver, then stopped at one in Langley and wondered why the selection was completely different? That's just how retail works.

Every store has its own inventory, and that includes our four 4Twenty locations. What sells quickly in one neighbourhood might sit on the shelf in another. Each store orders based on its customers, what they're looking for, and what's available to us.

We do our best to carry a variety of products, but we can't carry everything. Sometimes a product is

temporarily unavailable, sometimes we can't get it through our suppliers, and sometimes we're waiting for a shipment that seems to have developed a life of its own.

We wish we could tell you more. We really do.

So if your favourite product isn't at your usual store, it doesn't necessarily mean 4Twenty doesn't carry it. Another location may have it in stock. It's always worth asking.

## Why does this cost more than that?

The price of cannabis can vary from one retailer to another, and even between products that might seem pretty similar.

Brand, potency, format, production method and availability can all affect the price. Retailers also have their own operating costs and business decisions to account for.

As an independently operated small business, 4Twenty has the usual bills to pay: rent, utilities, employees, inventory, and everything else that keeps the doors open.

We also know that everyone has a different budget. A higher price doesn't automatically mean a product is better, and a lower price doesn't automatically mean it's worse.

If you're looking at two products and wondering what's behind the price difference, ask us. We can explain what you're comparing and help you find something that works for you.

## "Why can't I buy more?"

B.C. has a legal purchase limit of up to 30 grams of dried cannabis, or its equivalent, per transaction. Other product types count toward

that limit according to specific equivalency rules.

So if you've reached your limit, unfortunately, there's not much we can do about it.

It's the computer saying no—and this is one time we're not going to argue with it.

There's more to budtending than you might think

Some of the work happens long before a customer walks through the door. Inventory has to be received, counted and entered. Orders have to be placed. Menus need updating. Staff have to learn about new products, and regulations are always part of the job.

## Then there's the product knowledge.

What's the difference between live resin and rosin? What are terpenes? What do cannabinoids like CBD, CBG, CBN and CBC mean? Why does one product cost \$30 while another costs \$60?

You don't need to know any of that before coming in.

Sometimes a customer will simply say, "I don't know what I'm looking for. I just want something good."

Perfect. We can start there.

We'll ask a few questions, talk through the options and help you narrow things down. We might not have every answer memorized, but if we don't know something, we'll do our best to find out.



And not every conversation is about cannabis. We get to know our regulars. We hear about their jobs, their families, their good days and their really, really bad ones. Sometimes we're the person who listens for five minutes while someone gets something off their chest.

We're not therapists. We don't have degrees, couches or an hourly rate. But we're people, talking to people—and sometimes that's enough.

## On the other side of the counter

Every 4Twenty location has its own community. Some customers know exactly what they want and are in and out in a couple of minutes. Others want to ask questions, compare products or have a little conversation along the way.

There's room for both.

Our job is to know our products, follow the rules, help people understand their options and make the experience as straightforward as possible. We don't expect everyone to be a cannabis expert. That's why we're here.

At the end of the day, a transaction might only take a minute. But there's a whole lot of knowledge, work and human interaction behind it.

Because behind every transaction is a person.

And on the other side of the counter, there's another one.

Stay high,

— The 4Twenty Cannabis Team



## OCTOBER 2026

### Remember to Vote on October 17

What you will be voting on:

- 1 Mayor, 10 City Councillors
- 7 Park Board Commissions
- 9 Vancouver School Board Trustees
- 3 Capital Plan Questions
- 2 Plebiscite Questions

For more information: <https://vancouver.ca/your-government/2026-election.aspx>

### Halloween in Collingwood

Join us on Saturday, October 31<sup>st</sup> from 12:00 – 2:00pm to Trick or Treat in Collingwood businesses.



### Another Year's AGM is in the Books

On September 22<sup>nd</sup> the CBIA held the 2026 AGM at Green Thumb Theatre. Thank you to our dedicated board of directors, members and partners. We look forward to working together for another exciting year.

### Upcoming Events

Winter Carnival & Community Tree Lighting on November 28<sup>th</sup>

Stock Joy Online Auction Fundraiser for Food Stash

12 Days of Gifting in December

**Shop Joyce Collingwood! It's good for business.**

## CALENDAR

**October 6**

**Mayoral Candidates Meeting 5-7pm**



Open to business owners, to register email [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca)

Limited spaces available.

**October 17**



**October 31**

**12:00 – 2:00pm**

**Halloween in Collingwood**

**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](mailto:info@shopcollingwood.ca)  
Website [shopcollingwood.ca](http://shopcollingwood.ca)



# Current Threads

Surface Design Association BC+Yukon

38 contemporary  
Canadian textile artists  
share their 2D & 3D art

August 13–October 10, 2026  
Tuesday to Saturday 10AM–5PM



italianculturalcentre.ca  
Tel: 604.430.3337



↑ GET YOUR  
TICKET HERE

49<sup>TH</sup> ANNIVERSARY DINNER NIGHT

# MEDITERRANEO

— SHORE TO SHORE —

OCTOBER 10, 2026

Join us to celebrate 49 years of Italian culture,  
traditions, and community in Vancouver.

Music by Viva! and 2ScoopsProductions



FROM ONE SHORE TO ANOTHER.  
FROM ONE GENERATION TO THE NEXT.

Collingwood | BIA

# HALLOWEEN IN COLLINGWOOD

OCTOBER 31  12:00 - 2:00 PM

**KINGSWAY & TYNE SAFEWAY PARKING LOT**

**Come in your spooky costume and trick-or-treat in Collingwood!**

**Visit the Collingwood BIA tent to pick up a trick-or-treat map of participating businesses, more treats, & safety tips**

**Follow us on Instagram and Facebook @shopcollingwood for more information**