

## PARKS DEPARTMENT PROGRAMS

### \*Night Watch

Explore the park as the sun goes down and the night creatures come out. Look for bats and owls and howl at the moon. Bring a flashlight and book early as spaces limited. Preregistration required. \*An adult must accompany children.

**8+yrs**  
Mar 18 Su 7pm-8pm \$5 #213401

### \*Barn Owl Talk

Discover the secret lives of Richmond's barn owls and learn what is being done to help these mysterious birds. Live owls are available for viewing up close and experts are on hand to answer questions.

**8+yrs**  
May 13 Su 7pm-8:30pm \$5 #214353

### \*Nature Walk – FREE

Meet at the Terra Nova Farm Centre to join this 3km nature walk that covers Terra Nova Natural Area and Terra Nova Rural Park. Follow the signs from Westminster Highway and No. 1 Road. Registration required. \*An adult must accompany children.

**6+yrs**

Jan 8	Su	10am-11am	#213421
Feb 5	Su	10am-11am	#213422
Apr 1	Su	10am-11am	#213410
Jun 10	Su	10am-11am	#213411

### Wildlife in the City - FREE

Get answers about urban wildlife from an expert and learn fascinating facts about city critters all while kids play fun games and get a hug from a giant raccoon!

**All ages**  
Jun 23 Sa 11am-3pm

## COMMUNITY PARTNER PROGRAMS

### \*Food Skills Boot Camp with Chef Ian Lai – 5 sessions

Aimed at giving serious amateurs the building blocks to create delicious and nutritious meals with a minimum of fuss, this series covers fresh ingredients, grains and greens. A knife sharpening session is included for those that sign up for the five-part series. Weekly topics: Stocks, Soups, Grains and Greens, Chicken and Salmon.

**18+yrs**

Apr 3–May 1	Tu	7pm–9pm	#232801
May 8–Jun 5	Tu	7pm–9pm	#232802
Jun 12–Jul 10	Tu	7pm–9pm	#232803

**\$175 / 5 sessions**



### \*Food Skills Boot Camp with Chef Ian Lai – Single Sessions

Apr 3	Tu	7pm-9pm	Stocks	#233151
Apr 10	Tu	7pm-9pm	Soups	#233154
Apr 17	Tu	7pm-9pm	Grains	#233336
Apr 24	Tu	7pm-9pm	Chicken	#233352
May 1	Tu	7pm-9pm	Salmon	#233356
May 8	Tu	7pm-9pm	Stocks	#233152
May 15	Tu	7pm-9pm	Soups	#233155
May 22	Tu	7pm-9pm	Grains	#233337
May 29	Tu	7pm-9pm	Chicken	#233353
Jun 5	Tu	7pm-9pm	Salmon	#233357
Jun 12	Tu	7pm-9pm	Stocks	#233153
Jun 19	Tu	7pm-9pm	Soups	#233156
Jun 26	Tu	7pm-9pm	Grains	#233337

**\$40 / 1 session**

## COMMUNITY PARTNER PROGRAMS

Brought to you by the Richmond Food Security Society, Richmond Fruit Tree Sharing Project and Richmond School Yard Society in partnership with the City of Richmond. All proceeds support these non-profit societies.



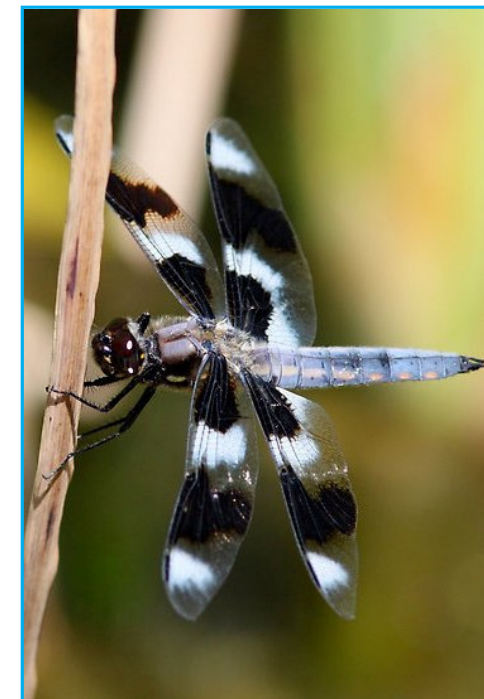
**Terra Nova Rural Park**  
2631 Westminster Hwy, Richmond, BC

For more information about  
Terra Nova Rural Park, call the  
Parks Department:  
**604-244-1208**

# TERRA NOVA RURAL PARK

Parks & Recreation

## Programs & Events



**Winter/Spring  
2012  
January - June**



**richmond**  
schoolyard society  
kids + gardens + healthy food = healthier communities



## COMMUNITY PARTNER PROGRAMS

### Green House Social Club

This program is looking for participants to help grow food for the Food Bank and community meal programs inside the Greenhouse at the Sharing Farm. Garden beds are raised and accessible. Work involves seeding, transplanting and harvesting. No experience required.

#### 55+yrs

Jan 5-Mar 29 Th 10am-12pm

Apr 5-Jun 28 Th 10am-12pm

### Permaculture Meet-up

Permaculture is sustainable land use design. Come learn its principles with hands on activities that include mulching, propagating, composting, building swales and more.

Terra Nova Rural Park

Jan 8 Su 2pm-4pm

Feb 12 Su 2pm-4pm

Mar 11 Su 2pm-4pm

Apr 8 Su 2pm-4pm

May 13 Su 2pm-4pm

Jun 10 Su 2pm-4pm

### \*Fruit Tree Pruning with Dr Mullinix

Learn how to prune a fruit tree properly along with the basics of pruning theory. Then practice on selected trees at Terra Nova Rural Park.

Jan 14 Sa 10am-2pm \$40 #214456

## COMMUNITY PARTNER PROGRAMS

### \*Tai Chi Sun Style

Developed by Dr. Paul Lam of Australia, and in conjunction with a team of tai chi and medical experts, this short form of tai chi has gained immense global popularity. This workshop led by Anthony Lee Hem is geared towards beginner and intermediate participants.

#### 14+yrs

Jan 15-Mar 18 Su 10-11:15am \$80 #219751

Apr 15-Jun 24 Su 10-11:15am \$80 #219752

### Seedy Saturday

Join seed savers and gardening enthusiasts at this 4th annual event. Local seeds, fruit trees, bee supplies and more are on sale with plenty to trade or for free.

Mar 3 Sa 10am-12pm



### Seed Bomb Making Workshop - FREE

Learn how to brighten up a garden by making a seed bomb – a clay ball filled with mixed seeds to be dropped anywhere a lovely garden is wanted.

Mar 3 Sa 10am-12pm

## COMMUNITY PARTNER PROGRAMS

### \*Dinner at Terra Nova by Chef Ian Lai

Enjoy a three-course plated al fresco dinner as the sun sets over Terra Nova. Chef Ian Lai cooks up a delicious meal using and explaining local, seasonal and sustainable ingredients. Bring wine or enjoy complementary light refreshments.

#### 18+yrs

Apr 6 Fr 6:30pm – 8:30pm \$45 #232564

May 4 Fr 6:30pm – 8:30pm \$45 #232567

Jun 1 Fr 6:30pm – 8:30pm \$45 #232569



### \*Baking Bread with Chef Ian Lai

Learn the basics of making yeast breads and see firsthand grains grown locally. Begin the session foraging for herbs, greens and vegetables to use in bread recipes followed by making butter from fresh cream. Bring an appetite, a mug and a large plastic container to bring home extra dough.

#### 18+yrs

Apr 28 Sa 10am-2pm \$35 #232602

May 26 Sa 10am-2pm \$35 #232603

Jun 30 Sa 10am-2pm \$35 #232651

## COMMUNITY PARTNER PROGRAMS

### \*Vegetarian Meals with Chef Ian Lai

Vegetarian dishes have come a long way since steamed broccoli and rice! Learn to cook delicious, healthy and versatile dishes in this demonstration and participation-style class.

#### 18+yrs

May 12 Sa 1pm-3pm \$35 #232601

### \*Brining & Smoking Food with Chef Ian Lai

Most kitchens are stocked with items needed to smoke food right at home. Come learn from Chef Ian Lai how to build a smoker and how to cure salmon for smoking and for making gravlax. A light meal with tofu, fresh greens and grains is created with food samples and smoked salt to take home.

#### 18+yrs

May 19 Sa 10am-12pm \$35 #232751

### \*Fermented Foods with Chef Ian Lai

In this workshop, participants learn how to make flavourful, healthy and nutritious sauerkraut, kimchee, miso, tempeh and yogurt. Plenty of samples are included! Your gut will love you.

#### 18+yrs

Jun 16 Sa 10am-12pm \$35 #232751

## PROGRAM REGISTRATION

*\*Indicates Pre-registration required*

TWO  
Great Ways  
to Register

1. Internet  
[www.richmond.ca](http://www.richmond.ca)

2. Registration Call Centre  
Weekdays 8:30 am – 5:30 pm

**(604) 276-4300**

Classes may be cancelled if a minimum number of registrants for a class are not met one week prior to the start date.

**REGISTER EARLY TO AVOID DISAPPOINTMENT!**