

# **Final Project Report**

#2 Group: West Point Grey Legion

## **Introduction**

The aim of the proposed study is to conduct a food system assessment in West Point Grey Legion. Within this assessment, we will analyze the Legion's institutional food system that focuses on kitchen infrastructure and role of food in meeting organizational objectives. The Royal Canadian Legion has a historical background starting from 1925, and has had up to 233 Legions across Canada since 1934 (#142 Legion). The ultimate mission of the legion is to serve veterans. This includes providing care for veterans and to promote remembrance by linking people together within the community (The Royal Canadian Legion).

## **Significance**

In this section, we provide a review of current literature that relates issues of community, which are food security and food system. Food insecurity refers to a limited access to a sufficient quantity of affordable, nutritious food (Anderson, 1990). Food insecurity can be caused by poor financial condition such low income, undesirable family situation such as single parenthood, and among elderly (Mark et al., 2012; Tarasuk & Vogt, 2009). According to Vancouver.ca statistic, West Point Grey's population groups aged 40-65 and 65 and over are higher compared to the City of Vancouver (Vancouver.ca, 2011). This directly suggests that people who live in the neighborhood of West Point Grey are at

higher risk of food insecurity. In 2003, Vancouver Food Policy Council was created to improve Vancouver's food policy and program with the goal to create a just and sustainable food system for the city (Vancouver, C. O., 2016). We aim to built on overlaps in goal of both serves to protect basic food availability to citizens.

### **Objective**

- Evaluate kitchen infrastructure and food related programs in the Legion.
- Inquire into the Legion's motivation in participating in the project.
- Investigate the barriers between Legions' goals and Vancouver food strategy.
- Determine the link between Legion organization goals and community food access

### **Inquiry Questions:**

- What are the kitchen's infrastructures in the Legion like?
- Are there any food initiatives available? If yes, what are they?
- How are the food initiative funded?
- Does the Legion provide any kind of community food access?

### **Methods**

Naturalistic observation method, specifically semi-structured qualitative was used during the visits to Legion. (Mack & Woodsong, 2005). Researchers just simply record the natural behaviour in natural contexts (Observational Research, n.d.).

To collect data from observation method, members in our group recorded during the interviews, took notes and pictures in visits. Structured interview method was conducted on administrator and members of West Point Grey Legion, and through verbally answering a few questionnaires at formal visits to further understand Vancouver West Point Grey Area. This qualitative analysis provides a detailed insights from individual participants in the community (P. Gill, 2008). Group members collected data by taking notes and briefly write down descriptions from respondents' answers.

### **Data analysis and interpretations:**

Textual data will be applied to interpret and analyse data. It is necessary to give a full description on data that would be used for further analysis. Observation data could improve the design of other methods and guide interview questions. Also it provides context for understanding data collected from other methods (Mack & Woodsong, 2005). From the descriptions of the data such as their properties, categories and relationship among data, an educated conclusion can be made or a concept can be explored deeper (P. Gill, 2008). We compared data collected from interviews and observations. Also, we compared interviews data from administrator and members. These linked data would contribute to a thorough analysis.

### **Ethical considerations:**

Respect on participants' dignity would be the first principle when conducting site visit. Informed consent were provided to ensure that participants understand the project purpose and it's their choice to decide whether to participate in this project. To protect participants, confidentiality would be a potential concern. The interview remains anonymous and information collected will only be used on academic research. Also, when conducting interviews, researchers shouldn't pass along questions that are inconsequential to the project, which might cause concerns of divulgence (Mack & Woodsong, 2005).

## Results

Through the past 10 weeks of class that we've been working on the project, there are many knowledge and learnings that we've received through research among ourselves and visits to the West Point Grey Legion.

<b>West Point Grey</b>					
<b>Community Statistics</b>	<b>1996</b>	<b>2001</b>	<b>2006</b>	<b>2011</b>	<b>2011</b>
<b>Census data</b>	<b>West Point Grey</b>	<b>West Point Grey</b>	<b>West Point Grey</b>	<b>West Point Grey</b>	<b>City of Vancouver</b>
<b>Area of land</b>					
Hectares	455	455	455	455	11,467
<b>Population</b>					
Census Population	12,885	12,676	12,990	12,795	603,502
Population 5 years prior	12,732	12,885	12,676	12,990	578,041
Population change in 5 years	1.2%	-1.6%	2.5%	-1.5%	4.4%
<b>Age Groups</b>					
19 and under	22.0%	21.1%	21.5%	21.4%	16.6%
20-39	31.5%	28.8%	26.0%	23.9%	33.9%
40-64	32.6%	35.9%	38.0%	38.4%	35.9%
65 and over	14.0%	14.2%	14.4%	16.2%	15.4%

Before the visits to the legion, simply looking at Vancouver.ca statistic suggest that West Point Grey's population groups aged 40-65 and 65 and over are higher

compared to the City of Vancouver (Vancouver.ca, 2011). With this knowledge of increasing elderly within the community, our group interviewed the legion's vice president Ron Funnel to get a better understanding on legion's food system, and we found out that the legion has food initiatives such as meat draw, regular events, and donations from Remembrance Day with the purpose of benefiting both members and non-members within the community. Even though the legion does not have a kitchen, they order take outs of Pizza and Chinese Food regularly when they hold events. Meat draw specifically calls for the sponsorship of chain grocery stores such as IGA, Save-on-Food, or Safe Way. Ron also shared with us how they interact with close by Legion such as Kerrisdale Legion or Kitsilano Legion for events and kitchen sharing. The second interview was conducted on a regular volunteer who were asked to share his thoughts on the current food systems and food initiatives within the legion. Both Ron and the volunteer believes that the currently food system requires a sincere improvement. Besides the food initiatives, Ron also updated us with the proposal of legion's near future renovation plan. This renovation includes their desire of kitchen implementation with the purpose of improving their food system to have a healthier diet. Also, we found that the legion has a big social space with pool table, a podium for performance, and bar at the side. The pool table and podium serves the same role of providing entertainment for people in the Legion. The bar, however, only serves simple drinks and alcoholic beverages. These alcoholic beverage becomes the only food source, which further proved the necessity of kitchen implementation.

## **Discussion**

The main objective of our group is to evaluate the food system of West Point Grey Legion, which includes evaluating kitchen infrastructure and food related programs in the legion. As a communicator, Our standpoint is to try to investigate the barrier between Legion's goal and Vancouver Food Strategy and try to satisfy both parties. Barriers we found includes lack of government fundings and high tax imposed on the Legion. For example, the meat draw requires participant to pay \$3 per draw and only the lucky person gets the meat. The rest of the money earned is spent on building infrastructure and tax for the government.

The demographic data shown in result session was obtained from City of Vancouver. With statistic indicating increasing elders, we found out that legion serves as an important community space that not only helps elders increase sense of social belonging, but also alleviate potential food insecurity issues (Vancouver.ca, 2011). Therefore, we believe that with better understanding of Legion's food system, Legion and Vancouver Food Strategy can better collaborate to improve food security in the West Point Grey region.

There was no kitchen infrastructure in West Point Grey Legion. However, they have several food initiatives such as meat draw, they also order pizza or Chinese food from nearby restaurants for special events. From the interview, we know that the Legion will have a renovation consideration to build up a kitchen

which will significantly improve the food environment, providing fresh and healthy food for members.

We interviewed Vice President and a volunteer and both mentioned meat draw event are not enough for food initiatives. They both thought that it is hard to predict the result of member's voting on kitchen infrastructure. There were no discrepancies between the interviewed results.

Based on our methods which are observation and interview, we figured out that observation is kind of limit our point of view since we assume everything works properly. Also, we went to visit the Legion during the afternoon time, so that we didn't have a chance to experience the atmosphere. Therefore, through interview from Ron, we could get sort of information about events but it's difficult to get many details and limits our thought within one person's point view. For improvement, maybe we can try to interview somebody else working in the Legion or the members who have participated in several events to get different thoughts from different people. Also, we can participate several events holding during weekends to get more ideas as a participant.

## **Conclusion**

The purpose of our community-based project was to evaluate the food system of the West point grey legion where the majority of the members are seniors. The legion does not have a kitchen, but has some food initiatives such as meat draw. Overall, the current food system is undesirable and requires a sincere improvement such as kitchen infrastructure, and legion's financial

conditions need to be considered for the improvement. Moreover, The legion's food system plays an important role in enhancing the community food security by physically and financially supporting seniors in the West Point Grey region.

The project suggested that a community food system is influenced by many factors such as food availability and affordability, people in the community and financial condition of these people. Thus, we need to consider these factors during the improvement of the food system.

During an interview of Ron who is the vice supervisor in West Point Grey Legion, he told us they were going to hold a meeting with their members to vote whether they would build a kitchen or not which means if the most member want to have a kitchen, the West Point Grey Legion will close for a while and may combine with Kerrisdale Legion for a while. Till now, we don't know their decision about whether the majority of the members want to have kitchen inside the Legion or not, but for Ron, he desires to have a kitchen while we asked him during the interview.

From here, we can further investigated into the Legion's renovation plan, and see if a kitchen can alleviate the current food system. Starting small, we encourage people to volunteer to help promote events and seek for donations for the legion. Going big, we wish to see more government interventions and collaborations.

## **Critical Reflections**

Students 1 thinks that the CBEL project improves our skills of community working and interviewing. As a FNH student, we rarely have opportunities to work with communities and interview community partners. In this CBEL project, the proposal of the study guide us to conduct the thorough food assessment. To propose, it is critical to find appropriate approaches such as interviews for qualitative analysis. Also from the whole term, I learnt that group dynamics is important for an efficient group work. At the beginning of this term we used to have bad group dynamics. With frequent group communication, group working became easier and we achieved better performance on assignments. My flexible learning experience would be using pikochart website to make a poster. I have never used pikochart website before, and put a lot of effort on the poster to make an eye-catching design with thorough information of our project. We should be careful on choosing icons and graphs for the poster, because they could make implications to the audience. Also for flexible learning, we visited City Studio and shared the findings of different Legions. I am surprised that each Legion is having different conditions on meeting Vancouver Food strategy. Some Legions are satisfied with their current no kitchen situation while our Legion is considering to build up a kitchen.

Through the CBEL project Student 2 thinks that this teamwork experience is really important in improving one's corporation and communication skill. Start from knowing nothing about the Legion, then to learn about how the Legion works and the history of Legion. This transition does not seem to be difficult, however, it requires a lot of hard work such as researching and communicating

with Legion's administrator. And I think that this is the most important lesson I learnt from this CBEL project, which is to construct the food system of the Legion from scraps of information obtained either from interview or research. At the beginning of our project, everything did not go well with bad group work. A discussion was brought up by one of the group member. After the discussion, we found out that frequent communication was important, and so we used two communication methods to make sure that we can reach each other anytime. From that time on, everything went smoothly. The flexible learning experience that i liked most was e-lecturing. Because I can only do one thing at a time, I can either listening to the professor or brainstorming. With e-lecturing I can pause at any time and try to understand what he/she wants to say. It is a great experience to have e-lecturing as part of lecture.

Students 3 thinks that the CBEL project provided us with practical hand-on experience on connecting our academic knowledge about food security and food system with the West point grey legion, and understanding how the legion's system contributes to the community food security in the West point grey regions. There are many considerations for the legion's food system improvements, including financial limitations, space availability and demands of the legion's members. Also, the project made me pay attention to the senior population in our society and looking for methods to satisfy their basic food requirements. Besides, I realized that communication is one of the most important parts in the teamwork. In the beginning, the efficiency and quality of our team works were not desirable

due to the lack of communications in our group. To deal with the situation, each member in our group decided to become more active in sharing their own ideas and discussing our team works together more frequently, which made our following works go very smoothly. My favorite part in flexible learning experience was the interview with our community partners: legion's vice president Ron Funnel and a volunteer. This interview helped me know how the legion's members thought about their current food system and improvement that they would like to make in the future renovation of the legion. It was a great opportunity for me to understand the legion's food environment so that we could provide some suggestions based on their own demands.

Student 4 believes the CEBL project improved her ability of working closely with teammates and interacting with people who she does not know of. This provides me an opportunity to enrich my experiences of working with different people. It also provides me the chance to think more deeply about Vancouver's current food system. Before CBEL project, I thought everyone else in Vancouver has the chance to obtain food security by having enough and nutritious food like me. However, as I studied more as CBEL project progresses, I realized many people in Vancouver are not as lucky as me. Especially the elderly, they have hard time accessing food due to inconvenient transportation and they cannot get food from community like the Legion we have visited. There are many food related issues in the city that the government can help resolving. Updating progression using a blog is a very good way of keeping track of what we have done and reflect upon what we could have done better. Using the "what,

so what, now what” template helps us think more about the course and the importance of it. Our group work went fairly smoothly. Although we encountered some difficulties at the beginning of the course and a member left us, our work ethic and group order did not get affected. We managed to work even better after.

Student 5 thinks CBEL project is quite a great method to apply our academic knowledge involving in community while we were doing some activities. Also, it helps us to invest making positive difference and challenge ourselves in new learning environments to better understand the type of work we would like to pursue. From this project, it encourages me and our group member’s collaboration. Over the duration of the project, at the early stage, our team has no idea what we are going to do with Legion and we all have different thoughts about how to progress and design our project. Also, we had some communication problem among members. In later stage, we were quite understand our project planning and implementation. We became more tacit cooperation and completed assignments faster. We began to hold weekly meeting to communicate with each other to share more thoughts and plan our schedule beforehand. Throughout the whole term, each team of students received valuable experience and have learnt more about how to communicate with each other and use their individual strengths to cooperate as a team.

Student 6 believes that with the chance of being able to collaborate with the community to get to know the neighbor better is a great step into knowing either the culture or background of Canada better, since she personally isn’t from

Canada. This project allowed all of us to experience collaborating with people we either know or do not. We got to perform interviews and connect with organization or people more professionally. Time management was also an important task, which each of the members in the group has to be sure to know when to arrive at meetings and when our assignments are due. This time management also made us to become more responsible individuals to make sure we complete what is assigned to each individual.

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