

Renfrew Collingwood

April 2008

COMMUNITY NEWS

社区新闻

Wally's Final Days

One Last Hurrah

Although Wally's Burgers remained open for a few more days, Sunday, March 23rd, was the official last hurrah for this 46-year-old business.

Hundreds of old time customers came to reminisce, have that final Deluxe Wagon hamburger and to enjoy the last 'show and shine' that Wally's would ever host.





Killarney Secondary School

50th ANNIVERSARY REUNION
April 25, 2008
(9:00 a.m.—11:00 p.m.)

Advisory for all past and present grads, alumni and staff. Please contact the school by phone at (604) 713-8950 or by email to skovaltzen@vsb.bc.ca for more information.

More information is also available via our website: killarneysecondary.com

Killarney 50th Year Reunion
Friday April 25, 2008

PROGRAM OF ACTIVITIES
Welcome Back

9:30 A.M.—NOON OPEN HOUSE
Visitors are welcome to wander through our building, visiting the classrooms listed in a detailed program (that will be available at the Registration Desk in front of the Cafeteria).

2:00—4:00 P.M. SCHOOL CARNIVAL
VENUE: CAFETERIA
You are welcome to experience the fun and adventures of our school's Carnival sponsored by the 2007/2008 Killarney Student Government.

3:00—7:00 P.M. REGISTRATION DESK IS OPEN
(IN FRONT OF THE EAST SIDE OF THE CAFETERIA)

5:00—7:00 P.M. WINE AND CHEESE IN THE CAFETERIA

7:00—8:30 P.M. ENTERTAINMENT THROUGH THE KILLARNEY DECADES
(AUDITORIUM AND VARIOUS ROOMS)

8:30—11:00 P.M. MUSIC/DANCING THROUGH THE DECADES IN THE SCHOOL GYM. "MEET AND GREET" SOCIAL IN THE CAFETERIA




Promote your business here

Reach 15,000 readers in your neighbourhood.

Contact Lisa for advertising rates: phone 604-435-0323 extension 261 or email rcnews-sales@cnh.bc.ca

May advertising deadline: Friday, April 18

Wendy Shum Notary Corporation

- Real Estate Conveyance
 - Wills • Notarizations
- 岑麗蘭法律公証人
- 房地產買賣 • 平安書
 - 單身證明 • 文件公証
- 604-438-2122
208-3316 Kingsway (at Joyce)
www.wendyshumnotary.com
國 • 粵 • 英語

**Sussex
Insurance**



Autoplan

"Ask us how we can
help save you money"

CAR • HOUSE • BUSINESS • TRAVEL

OPEN 9 AM TO 7 PM; MONDAY - FRIDAY
OPEN 9 AM TO 6 PM; SATURDAY & SUNDAY

2599 Kingsway
604.436.3000

Sandy Lanji Paul Saggu

**hm tax
& ACCOUNTING**

~E-file Service Available
~No appointments Necessary

Trusted Name
In Our
Community
For Over
31 Years

- Accounting
- Bookkeeping
- Income Tax Preparation
- Payroll
- Financial Management
- WCB
- GST / PST

3321-KINGSWAY PH: 604-438-3611

EMAIL: paul@hmtax.ca EMAIL: hmtax@shaw.ca
PH: 604-438-3611 FAX: 604-438-6226 TOLL FREE: 1-800-898-5811

Alexander
INCOME TAX

- E-FILE service available
- Computerized tax returns
- Prior year returns welcome
- Small business service

No appointment necessary
New Clients Welcome

Telephone: 604.434.9526
Fax: 604.434.3903

Suite #108 - 3399 Kingsway

Collingwood Hosts World-Renowned Yogi, Rajashree Choudhury

by Rania Hatzioannou

On Sunday, March 16th, Collingwood's own Bikram's Yoga studio at the corner of Boundary and Kingsway hosted Rajashree Choudhury. This was a rare opportunity for yoga practitioners and the general public to have tea with the unbeaten five-time winner of the All-India Yoga Championship Competition from 1979 to 1983, Rajashree Choudhury, wife of famed yoga master, Bikram.

Studio owner Brad Colwell welcomed the dozens of visitors who stopped by and introduced each one to Mrs. Choudhury. "This is your chance to ask any questions you have about Bikram's yoga directly with the Rajashree," he encouraged all who arrived.

Mrs. Choudhury was born in India and started her yoga training at age four. She has received Certification in the Application of Hatha Yoga

Therapy specializing in chronic diseases and disorders. Based out of Los Angeles, she teaches around the world, but particularly enjoys teaching hot yoga style made famous by her husband: Bikram Yoga.

Rajashree has appeared on many national television programs in the United States and abroad and teaches seminars worldwide promoting the countless benefits of yoga.

Bikram's Yoga has 21 studios in BC and is the fastest growing form of yoga, popular with all ages. Beginner's Bikram's Yoga consists of 26 postures practised in a hot room in 90 minutes. Students claim



Rajashree with yoga student Leanne Fukuhara

many fitness and health benefits unparalleled to any other sport or activity.

Although this is not Rajashree's first visit to Vancouver, it is her first visit to Bikram Yoga Metrotown, the Collingwood location. This was a chance of a lifetime as it is rare to be in such intimate quarters with Rajashree.

Class Clash in East Vancouver? by Robert Allen

Ecodensity, zoning and a penchant for truck route villages—these are issues that in coming years may contribute to social division in our 'hood. While city council and bureaucracy toss around the ecodensity hot potato, they are confronted with the righteous indignation of single family lot owners on one side, the development industry imperative on another side, dazed renters in a corner and fear and loathing all around.

With the "single family lot" held as sacred by so many and the not-in-my-back-alley stance of some, the path of least resistance for our overflowing housing requirements is the busy arterial street. Currently in vogue among academics, developers and planners is the idea of focusing growth (commercial, residential, civic and transportation) along major arterial streets or, as I like to call them, highways. In our 'hood, the King's Highway—Kingsway—is a case in point.

This vision (and, yes, it is reflected in our CityPlan Vision document) is that most of the effects of growth will be located around the edges of the single family areas, but that one could easily take advantage of the new benefits, such as local retail stores within walking distance, and then leave the rabble for the tranquility of one's own street.

But what of the citizens of these new truck route villages? Where's the respite going to be from the choking, shuffling, noisy life on their street? There has long been a division in this city between the relatively well-to-do and well-connected west side and an east side that may struggle more for services and amenities. But will ecodensity open up a new social division—within our own neighbourhood? Will we see tensions mount from a growing disparity between the landed, single family lot owners and the corridor dwellers?

We really need to have a broad and inclusive dialogue about the ecodensity changes afoot because it will take

informed public opinion, forcefully voiced, to help our leaders make bold, visionary and difficult decisions. What is decided in the near future will have far-reaching and long-lasting effects on not just the looks of this city but also on the quality of life and neighbourly relations of its residents.

I therefore hold high my banner that says: Dialogue now! And I invite you to join us at the next Visions meeting on Thursday, April 17 in the Computer Lab at the Renfrew Park Community Centre from 7–9 p.m.

Robert Allen's opinions on ecodensity are his own and do not represent the position of the Renfrew-Collingwood CityPlan Visions committee.

CityPlan Visions Committee

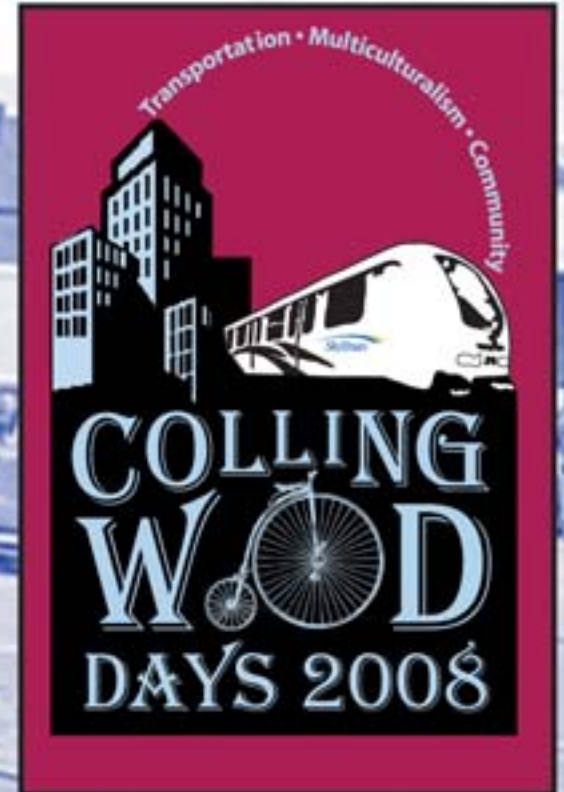
Thursday, April 17; 7–9 pm

Renfrew Park Community Centre
Computer Lab. See page 7 for more details



COLLINGWOOD DAYS

An Old Fashion Fair with a Multicultural Flair



Pancake Breakfast Fundraiser

10 am - 11 am - Joyce Collingwood
Skytrain Station

Evolution of Transportation Parade

11 am - Starts at Joyce Collingwood Station and
ends at Carleton School

For more
information
contact the
Collingwood BIA office
(604-639-4403)



BMX Shows

Carleton Elementary School

3250 Kingsway (Kingsway at Joyce) Vancouver
11 am - 5 pm

- Carnival
- International Marketplace
- Family Entertainment
- Local Talent and Music
- Local History
- Food Court
- Fun, Games, Prizes, and Draws

SATURDAY MAY 31 2008 • VANCOUVER



New Project Aims to Improve Literacy in Renfrew-Collingwood

by Julie Cheng

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.

Paul Reid: staff writer, layout and distribution coordinator
Julie Cheng: editorial coordinator
Lisa Symons: sales and collections coordinator

Contributors: Robert Allen, Maria Jose De la Cerda, Rania Hatzioannou, Carmen Rosen, Yoko Tomita, and Amy Suen and Hassan Haque from Youth Media

We want to hear from you!

Yes, You! Send comments, community events, press releases, etc. by regular post, fax or e-mail. Criticisms and/or suggestions for improving the paper are welcomed and encouraged.

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 RenfrewCollingwood News does not necessarily support the views of its contributors.

The Renfrew Collingwood News is an initiative of the Collingwood Neighbourhood House (CNH). Founded in 1985 CNH's mission is to provide leadership, programs, services and support to community building initiatives in Renfrew Collingwood.

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, Laundry Mats, Coffee Shops, Restaurants, Markets, Corner Stores, other Businesses and on coffee tables all over town.

Contact the RCCNews

Phone: 604-435-0323 extension 261
 Fax: 604-435-1191
 Editorial: rccnews-editorial@cnh.bc.ca
 Advertising: Phone Lisa Symons or email rccnews-sales@cnh.bc.ca

Renfrew/Collingwood Community News
 Collingwood Neighbourhood House
 5288 Joyce Street
 Vancouver, BC V5R 6C9

Group invites community to talk about reading, writing and learning

"You put the card in here," says Kate, age 8. "Then you log in—the last four numbers in our phone number." Kate was showing her mom how to take out books at the library's automatic check-out. She slides each book under the scanner. "See, mom? Easy."

Anna enjoys taking her toddler to the family drop-in. She does not read or write English well, but she found that children at the drop-in loved hearing her stories. She could keep them entertained for hours. "You are a fantastic storyteller," the parents would often say to her.

Kate's and Anna's stories are the kind that the Renfrew-Collingwood Literacy Now Committee would like to hear. The committee's goal is to develop a literacy plan for the neighbourhood. To do this, they are collecting information and personal literacy stories from community leaders, residents and service providers to help create a community vision for literacy.

"We want to hear from people in the neighbourhood," says Bill McMichael, chair of the Literacy Now Committee and president of Collingwood Neighbourhood House. "Literacy and learning are tools for achieving real human needs. So what kind of life do we want for our community, say, two years

from now, five years from now? What literacy and learning opportunities will help take us there?"

What is literacy?

There are many literacies and ways of defining literacy. Literacy often refers to the ability to read and write. In broad terms, literacy is important for lifelong learning, social inclusion and economic well-being. As in Anna's story, literacy allows us to express ourselves and be understood.

We all have literacies. We all are literate in some way. Many youth today, like Kate, are highly computer literate.

Literacy skills let us use and find the information we need to function at home, at work and in the community. For example, we read prescriptions to get healthy again. We take courses to get a job. We search the web to check the weather. We watch news stories about politicians to decide who to vote for.

What does literacy mean to you?

To help guide the community literacy plan, the Literacy Now Committee is interested in finding out the literacy strengths and gifts that are found in Renfrew-Collingwood. You can get involved by answering a survey of such questions as:

- What do you feel most literate in? (When you think of your skills, what are the things you do best?)
- How can you share your literacy skills with your neighbours?
- Are there any literacy skills you would like to learn?

You can also get involved by attending one of the workshops in early May. For information on the survey, workshops or the project, contact Julie Cheng, Literacy Plan Coordinator for Renfrew-Collingwood, at 604-451-1125 or jcheng@cnh.bc.ca.

The **Literacy Now Committee** is made up of individuals from the school board and the local neighbourhood house, library, health centre and crime prevention office. They got together after the Collingwood Neighbourhood House received funding last December from the BC government's 2010 Legacies Now initiative.

COLLINGWOOD LAW OFFICE

Barristers & Solicitors

We specialize in:

<ul style="list-style-type: none"> • Buying & Selling a Business • Buying & Selling a Property • Mortgages • Divorce • Separation Agreement • Cohabitation Agreement • Criminal Law 	<ul style="list-style-type: none"> • Immigration Appeals • Spousal Sponsorship • Family Sponsorship • Student & Visitor Visa • Skilled Workers • Leases • Wills & Estates
--	--

高靈活律師行

Collingwood Law Office

- 物業買賣，轉讓及按揭
- 生意買賣，轉讓及租約
- 成立有限公司
- 分居協議，離婚及家庭糾紛
- 遺囑及財產分配
- 民事或刑事訴訟
- 各類移民申請，拒簽上訴，單身證及解除條件

Phone: 604-434-2977 Fax: 604-434-2967
 2959 Kingsway, Vancouver, BC V5R 5J4



Food Security

What is it anyway?

By Carmen Rosen

Our neighbourhood is blessed with the Renfrew-Collingwood Food Security Institute, which is a fancy name, but what does food security really mean and why should we care?

The term food security has many levels, from being able to get enough to eat to back yard gardening to issues of global food marketing and distribution that affect our access to local food.

We all have to eat. How we make choices about where our food comes from has implications for our community, our region and our planet.

How has food become so cheap and available?

Why is New Zealand lamb less expensive than Salt Spring Island lamb and why are apples from China cheaper than apples from the Okanagan?

In the past 50 years, North Americans have become disconnected from the sources of their food. The miracles of modern supermarkets and worldwide transportation mean we can get just about anything—from anywhere, at any time of the year and for a smaller portion of our monthly expenses—than in previous generations.

Cities are no longer surrounded and supplied by farms. Farms have been replaced by car-oriented suburbs. With the rise of trucking came the “just-in-time” factory farm-to-store-delivery service. Big semis now move our food across the continent, and large ships that load containers onto those trucks ply the oceans.

Small local producers do not have enough product to fill big semis and therefore don't fit easily into the system that favours massive farms and big players that control the delivery and access to the market. Ironically, it becomes more expensive to bring in local lamb and apples than lamb and apples from across oceans. Small producers cannot make a living at the prices they'd have to charge to be competitive, so they shut down and the local supply of food becomes compromised.

Is the current system of getting food from the farmer to our table really sustainable?



Now, at any one time in our city, there are no more than three days of food for our citizens. If a disaster shuts down the border or prevent use of the highways, or even if oil prices become too high, the Lower Mainland would quickly become seriously food “insecure.”

People have begun thinking that they want to be more connected to their food, know where it comes from, and know that it will still be available in difficult times.

Luckily, as a region, we have done many things right

One of the big things that make the Lower Mainland the envy of other cities is the Agricultural Land Reserve, which keeps land affordable for farmers to continue farming. Each year, however, land gets taken out of the Reserve and big box stores and subdivisions are creeping onto our precious farmland, a trend that has food security people concerned.

Another positive trend has been our tourism and restaurant industries that highlight our local foods and wines and make it possible to have a small agricultural business. The recent worldwide interest in the Vancouverites' 100-Mile Diet challenge has further enhanced people's interest in and demand for locally grown food.

What we can do to be promote food security

It is worth spending money on healthy local food. It is worth paying farmers a living wage for producing our food. When our food is grown far away, we lose our connection and our sense of responsibility to the earth and to our fellow humans who bring us the bounty of the earth.

Food security is an exciting and dynamic field with implications for everything from global trade to community building, the environment, human rights and basic delivery of meals to people in need.

Let's all become more conscious around the effects of our food choices—our choices shape our society.

Happy and conscious eating!

Visit the Renfrew/Collingwood Food Security Institute's website at: www.cnh.bc.ca/foodsecurity

Promote your business here

Reach 15,000 readers in your neighbourhood.

Contact Lisa for advertising rates: phone 604-435-0323 extension 261

or email rccnews-sales@cnh.bc.ca

May advertising deadline: Friday, April 18

Shri Mataji Nirmala Devi, founder of Sahaja Yoga

Sahaja Yoga Meditation

Weekly Classes - Always Free
Every Friday 7 to 8:30 pm
Joyce Community Centre
5288 Joyce St., 2nd Floor, Daycare Centre
Info: joanne@freemeditation.ca/604-729-6990
www.FreeMeditation.ca

Collingwood General Store

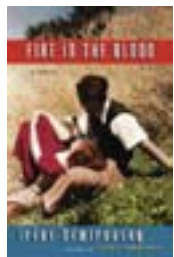


CGS is your home for **Lotto 649** and other lottery tickets.

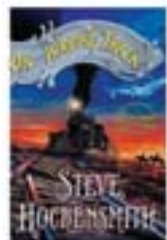


3229 Kingsway
(ACROSS FROM CARLETON SCHOOL)
604.431.0247

New books at Renfrew Library



Fire in the Blood by Irene Nemirovsky
This recently discovered short novel by the author of Suite Francaise is set in the small French village of Issy-l'Éveque. Part mystery, part love story, it follows three interwoven tales of love and betrayal among the villagers over two decades.



On the Wrong Track by Steve Hockensmith
The latest instalment of Hockensmith's Holmes on the Range series has brothers Gustav and Otto Amlingmeyer applying the great Sherlock Holmes' deductive techniques to the sabotage of the Pacific Express rail line and the

grisly murder of its baggage handler. This is a funny and fast-paced melding of the mystery and the western.



HOLLY CLEGG'S TRIM & TERRIFIC DIABETIC COOKING

Packed with clear simple recipes that you'll swear are too good to be good for you, this cookbook also provides nutritional information and cooking tips with each dish.



Jeff Henderson learned to cook in an unlikely school: federal prison while serving 20 years for drug trafficking. *Cooked* is the remarkable story of his turnaround from street criminal to executive chef at Café Bellagio in Las Vegas.



Bringing back the Dodo: Lessons in Natural and Unnatural History

Science writer Wayne Grady examines how the mysteries of

evolution and extinction have shaped the living world. Witty, intelligent essays on subjects ranging from the disappearance of the crested mynah bird in Vancouver to what it meant when humans lost their night vision provide much food for thought.

Cooked: from the Streets to the Stove, from Cocaine to Foie Gras by Jeff Henderson



Earth Then and Now: Amazing Images of Our Changing World

Fred Pearce
The last one hundred years has seen enormous changes in the earth's environment due to climate change, urbanization, wars and the forces of nature. This collection of before and after photographs provides compelling stories of humankind's effect on the planet.

Candida Dias
Notary Public

Member of
Society of
Notaries Public

Bus: 604.454.9788
Fax: 604.454.9789

Email: cdias@notaries.bc.ca
2475 Kingsway



JOEL KORN

Serving Your
Community

604.722.4588

e-mail: kjoel@sutton.com

Sutton Sutton Group - Killarney Realty
An Independent Member Broker
#205 - 2007 East 49th Ave.,
Vancouver, B.C. V5S1J9

Renfrew Library

2969 East 22nd Avenue at Nootka Street
Phone: 604-257-8705

Palmistry for Teens

Saturday, April 12; 3:30 pm

Springtime Storytimes

Regular springtime storytimes at Renfrew Library are:

Babytime	1:00 pm	Mondays, April 7, 14, 21, 28
Toddler time	11:15 am	Wednesdays, April 2, 9, 16, 23, 30
Preschool	11:15 am	Fridays, April 4, 11, 18, 25
Cantonese family	11:30 am	Saturdays, April 12, 26

And: Cantonese Man in the Moon storytime is on Wednesday evenings at 6:30 pm, April 16 to May 28.

Collingwood Library

2985 Kingsway at Rupert, 604-665-3995

Spring Storytimes

Drop-in. Free. All programs are 30 minutes in length. Children must be accompanied by a parent or caregiver.

Babytime	10:30 am	Fridays, April 4–May 16
Toddler	10:15 am	Thursdays, April 3–May 15
Preschool	11:15 am	Thursdays, April 3–May 15

The following is a paid advertisement by
Adrian Dix, MLA for Vancouver/Kingsway

Dear Neighbours:

Senior's Wellness Fair 2008



I would like to thank everyone for participating in our Senior's Wellness Fair at Renfrew Park Community Centre. With almost 400 seniors attending, the day was a complete success. There was a hearing clinic, a number of information health booths and local dance, singing and fitness performances and demonstrations by our own seniors in our community. I would like to thank volunteers from Killarney Secondary School, UBC, Renfrew Community Centre, Renfrew Chinese Seniors Society, and Collingwood Neighbourhood House who have taken time out of their busy schedules to help make this day a great success.

I would like to send a special thanks to the exhibitors for coming out and providing very valuable resources to our seniors. These exhibitors are Seniors Services Society, London Drugs, BC Heart and Stroke Foundation, BC Coalition to Eliminate Abuse Against Seniors, Arthritis Society of BC, Vancouver Alzheimer's Resource Centre, Collingwood Community Policing Centre, South Vancouver Seniors Network, Renfrew Collingwood Food Security Institute, Safeway, Western Institute for the Deaf and Hard of Hearing, Council of Senior Citizens Organization, WE ACT, Evergreen Health Centre, BC Association of Podiatrists, and lastly UBC Geriatrics Dental Program and Elder's Research Group. Also, thank you to the Renfrew Chinese Seniors, Renfrew Hawaiian Dancers, Vietnamese Seniors of Greater Vancouver and the Renfrew Seniors Fitness Group for their lovely cultural performances. And lastly, I would also like to thank our sponsors Tim Hortons Community Cruiser, Community Savings, Caper's Market, Renfrew Park Community Centre and Golden Fish Restaurant for providing the Vietnamese Sandwiches. Thank you all again and we look forward to seeing you all at Seniors Wellness Fair 2009.

Cancer patients left without surgery dates due to funding shortfall

Women getting over the loss of their breasts now face obstacles getting breast reconstruction surgery and other rehabilitative treatment due to a lack of funding for these services. Finding doctors who can perform these services is difficult enough, but now the government is restricting access further by not providing the funding for one of the few doctors who can help breast cancer patients. I appeared at a recent press conference with patients of Dr. Cameron Bowman, a reconstructive surgery specialist who has recently informed 60 breast cancer patients that he has been forced to cancel their surgery because of a lack of funding. As well, 100 women seeking medically necessary breast reduction surgery have had their treatment cancelled.

Gordon Campbell's promise of timely medical care is ringing hollow for these women who have already gone through difficult treatment for breast cancer. The Vancouver Coastal Health Authority has been given a very tight budget by the Campbell Liberal government. This problem with reconstructive surgery is the direct result of the government's inadequate funding of the coastal health region.

For the sake of these women, I am calling on the Ministry of Health and Vancouver Coastal Health Authority to provide the funding to make these treatments possible. This is a problem that can be solved with adequate funding so that these women can get the treatment they need to get on with their lives.

Get Involved in Renfrew/Collingwood

Seedy Saturday

Saturday, April 5; 11 am–2 pm
Collingwood Neighbourhood House
5288 Joyce Street

Swap or buy seeds and plants from local gardeners. There are lots of seeds to choose from, including organic and open-pollinated varieties from West Coast Seeds and Planting Seeds Project. This event is hosted by Collingwood Community Gardens and the Renfrew Collingwood Food Security Institute. For more information contact Heidi at 604-435-0323.

Trout Lake Little League: Don Sheard Major House Team Tournament

Saturday, April 5 to Tuesday, April 8
John Hendry Park (Trout Lake)
Grandview Highway and one block east of Nanaimo

Trout Lake Little League Baseball hosts a preseason tournament at the Majors Division level. All league families are welcome to come out and check out some preseason baseball! Regular season officially starts at the Opening Day Ceremonies on Saturday, April 12. It's not too late to sign up your child up for the 2008 baseball season. To register, go online at www.troutlakebaseball.com, phone 604-873-4822 or e-mail info@troutlakebaseball.com.

CityPlan Visions Committee

Thursday, April 17; 7–9 pm
Renfrew Park Community Centre
Computer Lab

Renfrew-Collingwood CityPlan Committee meets next on April 17 at Renfrew Park Community Centre. The agenda includes discussions about RC's Annual Community Meeting, ecodensity and committee updates. Hope to see you there!

For more information please contact Catherine Sinasac @ 604.871.6321, Renfrew-Collingwood Vision Implementation or email catherine.sinasac@vancouver.ca. Or visit the website at www.vancouver.ca/visions/rc.

Killarney Secondary School 50th Anniversary Celebration

Friday, April 25
Killarney High School is celebrating its 50th Anniversary on Friday, April 25th, 2008. Former students will have the chance to wander through memory lane by visiting the various displays prepared for the event. If you are interested in attending, visit www.killarneysecondary.com.

The Warehouse Food Bank

2650 Slocan St.
Every Thursday 9:30–11 am
April 3, 10, 17 and 24

Parents in need with children welcome. There is a one-time \$5 registration fee. For more information phone Lindsay Tallman 604.254.2489.

Evergreen Youth Clinics

Tuesdays 3:30–6:00 pm and Fridays 2:00–4:30 pm
Evergreen Community Health Centre
3425 Crowley Drive (at Joyce)

Free and confidential drop-in services for youth up to age 24. At a clinic, you can talk to a community health nurse or doctor about the health issues that are important to you. Phone 604-872-2511.

Youth clinics offer free and confidential services on: Birth control options; Emergency contraceptive pills; Condoms; Pregnancy testing; HIV and STI (sexually transmitted infections) testing; Pap tests; Youth counselling; Stress; Drug and alcohol issues; Family issues; Health related issues

Neighbourhood Small Grants Project

Application deadline: **April 30, 2008**
There's still time for neighbours to apply for \$50 to \$500 to work on projects that enhance their neighbourhood. Pick up your application form at local community gathering centres and elementary schools. They are also available at Collingwood Neighbourhood House. Or apply online at: www.cnh.bc.ca/nsgp. For more information contact Sheri Parke at 778-839-6709.

Nominations for Collingwood Neighbourhood House Board of Directors

The Collingwood Neighbourhood House is accepting nominations for its Board of Directors. They are looking for people who live and/or work in Collingwood and can commit 8–10 hours a month over a 3-year term. For more information see Collingwood Neighbourhood House Highlights, page X, or contact Kulwant Kaur at 604-412-3837 email kkaur@cnh.bc.ca. Nominations close on Wednesday, May 7, 2008.

Literacy Project Seeks Community Partners and Supporters

Are there literacy and learning programs that you would like to see in your neighbourhood? What would make it easier for you to participate in such programs?

Community leaders, residents and organizations are invited to join the Renfrew-Collingwood Literacy Now Committee in developing a community literacy plan. Here is your chance to help identify learning needs and create a vision for literacy and learning that will improve local access to learning tools and the well-being of residents. Watch for opportunities throughout April to June to fill out a literacy survey or attend a meeting to share information. The RC Literacy Now initiative is sponsored by the Collingwood Neighbourhood House. For more information contact Julie Cheng, 604-451-1125 or jcheng@cnh.bc.ca.

Do you have a program or event to list here?

Please send it to rccnews-editorial@cnh.bc.ca or call 604-435-0323 extension 261.

Renfrew Park Community Centre

2929 East 22 Avenue at Renfrew
Phone 604-257-8388

Tuesday, April 1

Badminton 8-12yrs
Tai Chi All Levels 19+yrs

Thursday, April 3

Interactive Cantonese for Adults 19+yrs
Hip Hop/Street Jazz Dance 14+yrs

Friday, April 4

Osteoporosis /Are you At Risk 45+yrs

Saturday, April 5

Creative Writing –grades 3-7

And grades 5-7

Gentle Yoga 19+yrs

Monday, April 7

Sing Like a Pop Star

7-11yrs and 9-16yrs

Wednesday, April 9

Yoga Kids 7-12yrs

Gentle Yoga 19+yrs

Thursday, April 10

Art Attack 5-9yrs

Aikido for Parent and Kids Beginners 6-9yrs

Aikido for Youth 9-14yrs.

Friday, April 11

Caring for Families 45+yrs

Saturday, April 12

CPR C Rescuer 1214+yrs

CPR C Recert 14+yrs

Emergency First Aid 14+yrs

Standard First Aid 14+yrs

Computer Workshops 49+yrs

Sunday, April 13

Standard First Aid Upgrade Or

Recert 14+yrs

Ballroom Dance Beginner 19+yrs

Ballroom Dance Intermediate

19+yrs

Monday, April 14

Mandarin Provincial Exam Prep. 16+yrs

Renfrew Art Group 19+yrs

Renfrew Walking Club 40+yrs

Sr. Private Piano Lessons 55+yrs

Synchronize Ballroom Dance 25+yrs

Tuesday, April 15

Scottish Country Dance

Food Dehydration Workshop

19+yrs

Chinese ESL 1 & 11 45+yrs

Yoga For Baby and Me 19+yrs

Pot Luck Social 45+yrs

Wednesday, April 16

Law Clinic 40+yrs

Line Dance all Levels 35+yrs

Middle Eastern Luncheon 45+yrs

Thursday, April 17

Irene's Contemporary Line

Dance 19+yrs

Renfrew Choir 35+yrs

Investment Strategies for

Uncertain Times

Yuen Kek Dance 35+yrs

19+yrs

Friday, April 18

Nutrition 102 45+yrs

English Corner 19+yrs

Saturday, April 19

Basketball 8-14yrs

Learn to Play Softball

5-8yrs

Monday, April 21

Jr. Emergency First Aid

9-13yrs

Wednesday, April 23

Finance 101—Understanding vs Product

19+yrs

Thursday, April 24

Property Rights in a

Renfrew Park Community Centre - continued

Relationship 19+yrs

Olympic Venue Tour (Whistler)

Friday, April 25

Blood Pressure Clinic 40+yr

Sunday, April 27

Phonics & Fun 4-5yrs

Mini math 4-5yrs

Pre-reading Phonic 11

4-6yrs

Arithmetic Helpers 6-9yrs

Back to Basics—

Language Arts 7-10yrs.

Lets Read 1 6-9yrs

Tuesday, April 29

Stanley Park, Gastown and Police

Museum Tour

Wednesday, April 30

Tennis 5-16+yrs

Finance 102 19+yrs

Collingwood Neighbourhood House

5288 Joyce Street at Euclid

Phone: 605-435-0323

Sundays, April 6, 13, 20, 27

Hooping It Up, 10:00 am–12 noon

Ballroom Dancing, 1:00–5:00 pm

Mondays, April 7, 14, 21, 28

ESL Beginner, 10:00 am–12:00 noon

Storytime, 10:00–11:30 am

Music & Movement, 11:00 am–12:00 noon

Pilates, 12:05–1:05 pm

ESL Intermediate, 12:45–2:45 pm

Aerobics, 6:00–7:00 pm

Volleyball, 8:15–10:00 pm

ESL Refugee, 7:00–9:00 pm

Children's Badminton, 4:30–6:00 pm

Tuesdays, April 1, 8, 15, 22, 29

Jazzercise, 12:00 noon–1:00 pm

Tae Kwon Do, 5:15–6:15 pm

Hatha Yoga, 6:45–8:15 pm

T'ai Chi, 7:30–9:30 pm

African Dance, 4:00–5:00 pm

Wednesdays, April 2, 9, 16, 23, 30

ESL Beginner, 10:00 am–12:00 noon

ESL Intermediate, 12:45–2:45 pm

Seniors Strength and Stretch, 11:00 am–12:00 noon

Pilates, 12:05–1:05 pm

Seniors Gentle Fit Chair Exercise, 1:00–2:00 pm

Jazzercise, 6:00–7:00 pm

ESL Refugee, 7:00–9:00 pm

Drop-in Soccer (Adult), 7:15–8:45 pm

Drop-in Badminton (Adult), 8:45–10:00 pm

pm

Thursdays, April 3, 10, 17, 24

Seniors Yoga Drop in, 9:30–10:30 am

Jazzercise, 12:00 noon–1:00 pm

Hatha Yoga, 6:45–8:15 pm

Drop-in Badminton (Adult), 7:00–8:30 pm

Drop-in Soccer (Adult), 8:30–10:00 pm

Fridays, April 4, 11, 18, 25

Seniors T'ai Chi, 9:30–10:30 am

Seniors Strength and Stretch, 11:30 am–12:30 pm

Saturdays, April 5, 12, 19, 26

Visual Arts, 10:30 am–12:30 pm

Jazzercise, 10:00–11:00 am

Orthodox Easter - Traditions in Collingwood

by Rania Hatzioannou



on April 27th this year. Orthodox Easter is celebrated by most of our Greek, Russian and Serbian neighbours.

Easter is a fluctuating holiday on the calendar for both Catholics and Orthodox Christians. The formulas for determining Easter are based on the moon cycle and were determined nearly 1,000 years ago.

In Collingwood, we have a growing number of residents of Serbian background. Many celebrate at their recently built Serbian Orthodox Church on Canada Way in Burnaby. The Collingwood residents of Greek heritage observe Orthodox Easter at the St. Nicholas and Demetrios Church on

Boundary at the north end of Joyce Street.

For most of our neighbours, Easter has passed for 2008. For others, it's still around the corner. The Easter Sunday celebrated last month on March 23rd is also known as the Catholic Easter or Protestant Easter. Orthodox Easter falls

Boundary at the north end of Joyce Street.

Easter is the most sacred observance in the Greek Orthodox faith. Preparations and customs remain some of the most traditional in modern Greek life. Preparations for Easter come to a climax toward the end of Holy Week, between Palm Sunday and Easter Sunday. Traditions vary in Greek communities around the world, but some remain constant with all Greeks. Easter preparations begin on Holy Thursday when the traditional Easter bread, tsoureki is baked and eggs are dyed red. Holy Thursday evening church services include a symbolic representation of the crucifixion, and the period of mourning begins.

The holiest day of Holy Week is Holy Friday. It is a day of mourning. It is also the only day during the year when the Divine Liturgy is not read. The Service of Lamentation mourns the death of Christ. A bier is lavishly decorated with flowers and bears the image of Christ. In towns across Greece, this bier is carried on the shoulders of the faithful in a procession through the community to the local cemetery. Here in Collingwood, worshippers attend a procession that

circles the block. Members of the congregation follow the procession carrying candles.

On the morning of Holy Saturday, preparations begin for the next day's Easter feast. Dishes that can be prepared in advance are made. The midnight service comes to a climax with the lighting of the eternal flame. Worshippers exchange Easter greetings and hugs and head home to eat mayirtsa, a traditional soup that signals the end of the lent fast.

The midnight Service of the Resurrection is attended by Greeks of all ages, each holding a white candle. The Greek Orthodox Church on Boundary often observes this service outdoors as there is not enough room to hold the several hundred worshippers who attend. Easter Sunday involves the gathering of families and extended families for a feast that takes all day to prepare and all day to consume. It revolves around a lamb on a spit, usually cooked by men and a variety of traditional baked dishes prepared by women.

Do you have a tradition you would like to share? We'd love to hear it. Call us at 604-435-0323 extension 261 or email rccnews-editorial@cnh.bc.ca.



Girl Guide
COOKIES
BISCUITS DES
Guides

**Chocolate and
Vanilla
Classic Girl Guide
Cookies
are available April 1**

Look for us at Safeway (Kingsway/Tyne)
Saturday April 12

We offer a program for girls ages 5 to
17+ years old in
Sparks, Brownies, Girl Guides,
Pathfinders and Senior Branches
Opportunities available for female
volunteers

Training provided
Contact us at
1-800-565-8111

info@bc-girlguides.org



**We Need Your
Help to Keep Our
Neighbourhood Clean**

**RENFREW-COLLINGWOOD
ANNUAL NEIGHBOURHOOD CLEAN UP**

Every May, local schools and other community groups clean areas around our schools, parks and public places where we live & work in Renfrew-Collingwood. You can help by joining one of the community groups and/or by cleaning the street or back lane around your house or workplace.

The date the schools will be doing the clean-up is Friday, May 23rd from 10 a.m. – 12 noon. Other groups/individuals will need to organize their clean-up around this date in order to get the Keep Vancouver Spectacular garbage bags and gloves.

To be involved, call
Collingwood Community Policing Centre at (604) 717-2935,
Renfrew Park Community Centre at (604) 257-8388
or
Collingwood Neighbourhood House at (604) 435-0323.

SAINT JUDE'S
ROMAN CATHOLIC CHURCH AND SHRINE

3078 Renfrew Street, two blocks south of Renfrew Stn/Bus 16

SUNDAY SCHEDULE

Holy Mass: Saturdays 5 PM, Sundays 9 & 11 AM and 5 PM

Sung Vespers and Benediction 4 PM

WEEKDAY SCHEDULE

Holy Mass: Monday, Tuesdays, Thursdays, Fridays 8 AM

Wednesdays 7:30 PM with Novena of St Jude

Saturdays & Statutory Holidays 9 AM

Confessions: Saturdays 8:30 AM & 4 to 4:45 PM and one half
hour before weekday Masses

Tel: 604-434-6700 Email: stjudes@rcav.bc.ca



Oral Cancer: An unknown killer

By Maria Jose De la Cerda

Most people go to the dentist for a molar pain or to whiten their teeth, but did you know that your mouth can be affected by different forms of cancer? A simple dentist visit could help you detect a carcinogenic lesion. Around one thousand Canadians die from oral cancer every year.

At first Robert did not notice anything. Then he did not pay attention. Every day he had seen a spot in his mouth, but it did not bother him. When he went to the dentist he forgot to tell about it.

Soon after, Robert went to see a new dentist, who found something strange. A carcinogenic lesion had been growing in Robert's mouth.

Robert had surgery and then a radiation treatment that finally saved his mouth and his life. After radiotherapy, eating and talking were very painful. He had difficulty swallowing for quite a while and only after some time he was able to smile again.

Tiny but dangerous

Oral cancer does not hurt. Only regular check-ups and preventive exams can trace some anomaly. A simple question: how often do you get your mouth checked? Do it! That's your biggest responsibility. Alfredo Esguep, a dentist with a master's of science in oral pathology from the University of London, explains that oral or mouth cancer includes cancers on the lips, gums, tongue, salivary glands and the floor of the mouth. There are also alterations of the oral cavity that can transform into cancer if left untreated.

The World Health Organization (WHO) reports that oral cancer accounts for 2 to 6 percent of all malignancies. Mouth and pharyngeal cancer are the sixth most common ones. The cancer cells that grow in these areas may spread to the lymph nodes in the neck and into the jawbones. The Oral Cancer Foundation, an American public service agency, says that 3 million people die from oral cancer around the world every year.

According to the BC Cancer Agency, there are about 4,600 new oral cancer cases in Canada each year. And the Canadian Cancer Society estimates that 1,100 died from oral cancers in 2007 (720 men and 360 woman).

Catch it early

This terrible disease can be treated successfully if it is caught early enough. If detected early, before the cancer has spread to other tissues, the cure rate is nearly 75 percent, according the National Cancer Institute of Canada.

Unfortunately, more than 50 percent of oral cancers are advanced when the cancer is detected. According to the Canadian Cancer Society, approximately 25 percent of patients with oral cancer die because of delayed diagnosis and treatment.

Don't shut your mouth, Ask!

Prevention is vital. If you have a lump, sore, ulcer or discoloured spot in your mouth that does not go away in two or three weeks, you should see a doctor. Your dentist is your best defence against oral cancer. A thorough oral and head and neck screening should be part of a routine dental exam.

You can take care of your own oral health using a mirror. Look for anything unusual while examining your lips, teeth, gums, tongue and cheeks.

Be careful if you are a smoker or heavy drinker, or both. Tobacco and alcohol are the biggest triggers for this illness. The combined use of both is the main cause of oral cancer in about 75 percent of all cases. According to the Canadian Cancer Society, the common high-risk profile for oral cancer is male, over age 40, who uses tobacco and/or heavy alcohol.

Those who spend many hours exposed to the sun, such as fishermen and farmers, have a greater possibility of developing lip cancer. According to Canadian Cancer Society, more than 30 percent of patients with this kind of cancer work outside.

Vitamin A deficiency has been linked to oral cancer. Eat a diet high in vegetables and fruit. You can find vitamin A in carrots, sweet potatoes and vegetables with green leaves.

The Canadian Cancer Society (www.bc.cancer.ca) offers the Cancer Information Service (CIS), the BC Cancer Agency (www.bccancer.bc.ca) and the National Cancer Institute of Canada (www.ncic.cancer.ca), among many others, can help you with information.



Signs of Oral Cancer

According to BC Health Guide, the most common symptoms are:

- a sore in your mouth that bleeds easily and does not heal
- a lump or thickening in your cheek that you can feel with your tongue
- a white or red patch on your gums, tongue or the lining of your mouth
- unexplained difficulty chewing, swallowing or moving your jaw or tongue
- numbness in your tongue or other areas of your mouth
- swelling in your jaw that makes your dentures fit poorly or causes discomfort

INCOME TAX CLINIC



Wednesdays 10am-4pm
Thursdays 4pm-9pm
Saturdays 10am-6pm

By Appointment Only

COST:
By Donation

LOCATION:
Collingwood Neighbourhood House
5288 Joyce Street
Vancouver, BC V5R 6C9

For appointment and further information, please call us at: (604) 435-0323.

Who's Who in

Historical
Collingwood
Gateway into Vancouver



APRIL

Puneet Dardi Panago

5738 Tyne Street
(West of Safeway)

Phone: 604.310.0001



Who's Who in Collingwood

*Each month a new business
will be highlighted in our
Who's Who feature. If you
would like to be featured
please give us a call.*

Collingwood Business Improvement Association

Suite 300
3665 Kingsway
Vancouver, BC V5R 5W2
www.shopcollingwood.ca
T 604 639.4403
F 604 435.8181
E info@shopcollingwood.ca



Puneet Dardi's
Panago at 5738 Tyne
Street offers health
conscious pizzas and
salads.

Puneet Dardi and his parents have been running our local Panago Pizza franchise since 2002. Formerly located at Rupert & Kingsway, the new location at 5738 Tyne Street (facing Safeway) offers an excellent view of the North Shore mountains.

Contrary to what might be the popular belief around pizza, Puneet explained to me how Panago's pizza is actually quite healthy. Being baked, it is not the type of pizza that is fried in oil and dripping through the pizza box. Panago pizza contains 0 trans fats and is available in regular, thin and multi-grain crust. For those who are lactose intolerant, the goat cheese is a popular alternative to regular cheese. Customers can also request an information sheet that shows the calorie count and nutritional information of each pizza.

Panago Pizza is always coming up with new recipes, feature pizzas and products. One of the current features, the Italia Classic pizza with green olives, is quite popular; one that Puneet thinks may become a regular menu item. Panago has also recently come out with a line of products called Panago Cucina that features different seasonings, oils, vinegars and olives. Also on the menu are 8 different types of salads. One customer was apparently so impressed with his salad that he ordered five more, giving one to the cook in appreciation.

Panago is very involved with the community, providing coupons and fundraising opportunities to local schools and sports teams.

Puneet, who is originally from Calgary, is now a huge Canucks fan. Go Canucks!

Collingwood BIA Updates

- **Collingwood Days 2008** planning is well underway. There are plenty of things for the whole family to see and do at this year's event. Make a full day of it. Contact the Collingwood Business Improvement Association at 604.639.4403 or visit our website at www.shopcollingwood.ca for more information.
- **Spring Banners** - our Spring/Summer banners are now up. We hope to include some 2010 banners into the mix in the coming months.
- **Collingwood Guardians** will be out and about again next month. Look for them as they mix and mingle with Collingwood businesses and residents. For more information on the Collingwood Guardian program please contact the CBIA office.
- **Collingwood is Going Green.** New shopping bags have been produced and will be available for sale at various Collingwood Businesses. The bags are made of recycled 200 denier nylon banners. Proceeds from the bags will go toward assisting Carleton Elementary School in their fire restoration efforts. Check out our website to see what other local businesses are going green.

- **CBIA Board Welcomes New Members** - The Collingwood BIA board is made up of representatives from the local business community. Your participation is of great value to the commercial area as a whole. Currently the BIA board operates with 9 board members, however we are able to increase this number to up to 15. If you are a local business owner/operator, and you care about the community you work in, please give the BIA office a call at 604.639.4403. The board meets on alternating Tuesdays or Wednesdays the first week of each month. We would like to acknowledge and welcome our newest board member, Mr. Gerry Collins, Manager Vancity Savings on Kingsway.
- **BIABC Provincial Conference - Penticton** - If you're interested in networking with other business representatives from across the province, the 2008 annual Business Improvement Areas of BC Conference is a great opportunity to do so. Learn from the professionals, network with your fellow business participants, and enjoy the sights and delights available in the sunny Okanagan. For information go to the BIABC website at www.bia.bc.ca or contact the Collingwood BIA office for more information.

Who's Who in Collingwood!

Collingwood Business Improvement Association Membership List

Part 2 of 3

GROCERIES & LIQUOR

T and P Food Market – 604.434.7024
 3042 Kingsway
 7-Eleven Food Stores – 604.434.0817
 3304 Kingsway
 Los Guerreros Latin Food Products –
 604.451.7850
 #102, 3317 Kingsway
 King's Farm Market – 604.438.2889
 #102, 3320 Kingsway
 Joyce 99 Market – 604.438.1195
 #320, 3320 Kingsway
 Consumer's Produce – 604.432.9912
 3388 Kingsway
 BC Liquor Store – 604.660.5484
 3410 Kingsway
 Safeway – 604.439.0090
 3410 Kingsway
 Hyundai Oriental Food Market –
 604.874.1651
 3488 Kingsway
 Glory Meat- 604.435-8211
 #8, 3490 Kingsway
 Han Kook Meat Trading – 604.436.2113
 3514 Kingsway
 Quick Pick Groceries – 604.431.1881
 3527 Kingsway
 African General Market – 604.434.4555
 3543 Kingsway
 Daisy Deli – 604.435.4099
 5728 Tyne Street

HOME DECOR

Best Window Fashions – 604.436.3738
 #11, 3003 Kingsway
 Sea Horse Household Products –
 604.451.9288
 3003 Kingsway
 N.C. Moving Services & Buy - Sales
 Furniture Ltd. – 604.686.7014
 3030 Kingsway
 Kings-Way Kitchen Centre – 604.438.7324
 3195 Kingsway
 Pacific Western Paints Ltd. – 604.432.6111
 3389 Kingsway
 Sun Shade Blinds Mfg. – 604.322.7080
 3427 Kingsway
 1-2-3 Carpet Inc. – 604.430.1552
 #9, 3490 Kingsway
 Elite Carpet – 604.434.4435
 3511 Kingsway
 Piano Gallery – 604.437.1792
 3528 Kingsway
 Nasim Carpets Inc. – 604.435.1617
 3638 Kingsway

HOUSEWARES

Real Liquidation Store – 604.433.1484
 3287 Kingsway
 T & A Dollar & Gift – 604.325.6285
 #101, 3371 Kingsway
 N.C. Moving Services & Buy –Sales
 Furniture Ltd. 604.676.7014
 3030 Kingsway

LEGAL & IMMIGRATION

W. Masri Notary Corporation –
 604.419.4599
 #3A, 3147 Kingsway
 G. Sodhi and Associates Inc. –
 604.438.3611
 3321 Kingsway
 Visram and Co. Law Office – 604.438.0072
 3445 Kingsway
 Shinil Park Notary Public – 604.433.7275
 3535 Kingsway
 Anderson & Company – 604.430.2733
 #300, 3665 Kingsway
 Cameron Pham – 604.639.4446
 #300, 3665 Kingsway
 Kajoba and Company – 604.430.2121
 #300, 3665 Kingsway
 McLellan, David – 604.434.9929
 #300, 3665 Kingsway
 Xia, Tim – 604.430.2121
 #300, 3665 Kingsway

MEDICAL/HEALTH

Kingsway Medical Building – 604.437.5442
 3039 Kingsway
 Alaa Badreldin Physical Therapist –
 604.873.3900
 #2, 3039 Kingsway
 Anand, Dr. A. C. – 604.437.5929
 3265 Kingsway
 Ng, Dr. Louis – 604.431.5008
 #103, 3325 Kingsway
 Tom, Dr. Tony – 604.431.5008
 #103, 3325 Kingsway
 Kang Health & Foot Massage Center –
 778.861.9518
 #102, 3373 Kingsway
 Takshing – 604.438.4862
 #1, 3377 Kingsway
 See Rite Optometry – 604.261.2811
 3401 Kingsway
 Care Point Medical – 604.436.0800
 3419 Kingsway
 Han Dynasty Acupuncture – 604.438.3737
 3473 Kingsway
 Sorim Acupuncture and Healing Arts –
 604.434.2479
 3518 Kingsway
 Care Plus Acupuncture Clinic –
 604.454.1003
 3544 Kingsway
 Seehra, Dr. J. – 604.432.7771
 #360, 3665 Kingsway
 Pan's Acupuncture & Nutrition –
 604.419.0222
 #219, 3665 Kingsway
 Advance Rehabilitation Management –
 604.435.2777
 #300, 3665 Kingsway
 Hait, Dr. Aaron – 604.430.1118
 #300, 3665 Kingsway
 O'Brien, Dr. Tess – 604.639.4415
 #300, 3665 Kingsway
 Eye Protect Optical Ltd. – 604.438.6602
 5528 Joyce Street
 Dr. Frank W.L. Yue – 604.430.2311
 5570 Joyce Street
 Dr. Rachel N.G. Lee – 604.430.2311
 5570 Joyce Street

PET CARE

Kingsway Veterinary Clinic – 604.435.0222
 3139 Kingsway
 Koit, Dr. Paul – 604.435.0222
 3139 Kingsway
 Absolute K-9 Obedience Plus –
 604.435.5505
 3387 Kingsway
 Coral Ocean Aquarium – 604.733.1888
 3622 Kingsway
 Pacific Pet Clinic – 604.437.3799
 3628 Kingsway

PHARMACY

Unicare Pharmacy – 604.435.5155
 #102, 3325 Kingsway
 Pharmasave – 604.438.5773
 3443 Kingsway
 Koscan Pharmacy – 604.453.0211
 3615 Kingsway
 London Drugs – 604.433.4100
 3328 Kingsway

REAL ESTATE & NOTARY

SunStar Realty – 604.436.1335
 #6, 3003 Kingsway
 Royal Pacific Realty – 604.439.0068
 3107 Kingsway
 Park, Shinil Notary Public – 604.433.7275
 3525 Kingsway

RESTAURANT

Chili Pepper House – 604.431.8633
 #1, 3003 Kingsway
 The Sea House Fish and Chips –
 604.433.7807
 #7, 3003 Kingsway
 Foo Lai Ho Restaurant – 604.430.0443
 3048 Kingsway

Flavour of Asia – 604.432-1882
 3075 Kingsway
 Yo Jing Fresh Noodle House –
 604.438.1820
 3141 Kingsway
 Jambo Grill – 604.433.5060
 3219 Kingsway
 Spice Grill – 604.677.2253
 3293 Kingsway
 Fantastic Restaurant – 604.438.3288
 3309 Kingsway
 Bino's Diner – 604.434.0313
 3312 Kingsway
 Congee Noodle House – 604.435.6670
 3313 Kingsway
 Gold Train Express Restaurant –
 604.433.7577
 #310, 3320 Kingsway
 Lingering Flavor – 604.434.8648
 #110, 3328 Kingsway
 Buddhist Worshipping – 604.454.1914
 3337 Kingsway
 Golden Fid – 604.430.8990
 3337 Kingsway
 Kishu River Japanese Restaurant –
 604.433.8857
 3339 Kingsway
 Honolulu Café – 604.438.8632
 #250, 3340 Kingsway
 Simply Curries Inc. – 604.436.1199
 #2, 3343 Kingsway
 Tasty Idea Ltd. – 604.419.8827
 3353 Kingsway
 Frank's Restaurant – 604.437.6689
 3365 Kingsway
 Kingsway Bubble World – 604.451.7658
 #2, 3377 Kingsway
 Hu's Chinese Restaurant – 604.430.8818
 #3, 3377 Kingsway
 Aunty Ann's Restaurant – 604.435.4333
 3381 Kingsway
 Roman Ristorante – 604.436.4748
 #106, 3399 Kingsway
 Rose Garden Restaurant – 604.451.8738
 3415 Kingsway
 Starbucks Coffee – 604.435.4770
 3451 Kingsway
 Sing Kee Restaurant – 604.438.1010
 3481 Kingsway
 Cho Sun Korean BBQ – 604.434.1222
 3486 Kingsway
 Subway – 604.439.9192
 #1, 3490 Kingsway
 Korean Soup House – 604.451.5177
 #7, 3490 Kingsway
 Mrs. Suave Filipino Cuisine – 604.438.0404
 3499 Kingsway
 Samosa Garden – 604.437.3502
 3502 Kingsway
 Da Rae Oak Restaurant – 604.435.6664
 3510 Kingsway
 Sushi King – 604.431.6283
 3520 Kingsway
 Kingsway Sushi – 604.433.6388
 #110, 3665 Kingsway
 Chinese Cuisine - 604.438.8455
 #4-3377 Kingsway
 Starbucks Coffee – 604.431.7535
 3665 Kingsway
 Domino's Pizza – 604.436.3030
 5520 Joyce Street
 Spicy Enterprises Inc. – 604.430.3980
 5530 Joyce Street
 Di Di Café – 604.288.4138
 5536 Joyce Street
 Van-Ya Japanese Restaurant –
 604.433.1303
 5615 Harold Street
 Panago – 604.713.8100
 4738 Tyne Street



COLLINGWOOD NEIGHBOURHOOD HOUSE HIGHLIGHTS

COLLINGWOOD NEIGHBOURHOOD HOUSE

ANNOUNCES
RAFFLE DRAW 2008
(Gaming Licence #6362)

Draw Date: June 4, 2008 at 2:30 pm

Exciting Great Prizes

- 1st Prize:** Harbour Air Seaplane Roundtrip Ticket for two from Vancouver to Victoria worth \$710
- 2nd Prize:** \$300 Cash
- 3rd Prize:** \$200 Cash
- 4th Prize:** Stanley Park Horse Drawn Tour (4 tickets) worth \$133
- 5th Prize:** Family Day Trip to Capilano Suspension Bridge (4 tickets) worth \$100
- 6th Prize:** Gift Pack from Metropolis worth \$70

Cost \$2 per ticket.

So Hurry up ! Don't miss your chance to win great prizes!

Please purchase the raffle ticket from the Front Desk at
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver, BC V5R 6C9
Tel: 604-435-0323

Semi Annual

Kindercare **GARAGE SALE**
and Daycare programs
are having
a Semi Annual Garage Sale

Saturday, May 24th, 2008
11:00 am - 3:00 pm
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver V5R 6C9
(Gym A)

Entrance Fee: By Donation
People can rent table for \$10.00 each.

Limited number of tables so please reserve early.

Please call Renuka or Jenny at
604-435-0323 ext. 250 for more information.

MOVE FOR HEALTH WEEK

At Collingwood Neighbourhood House
& Renfrew Park Community Centre
from May 5-10, 2008
Mark your calendar!



We are accepting nominations for Collingwood Neighbourhood House Board of Directors

We are looking for people who:

- Live and/or work in Collingwood
- Can commit to a 3-year term
- Can commit 8-10 hours a month
- Have a broad understanding of the whole community
- Come from a variety of areas such as education, business, parents, artists, cultural groups, childcare, seniors
- Have a strong commitment and engagement to improve your community. Of particular interest this year, we are looking for skills to balance existing Board strengths in areas of:
 - Fundraising
 - Strategic Planning
 - Corporate Involvement
 - People from Aboriginal, Vietnamese and Chinese Communities

If you are interested or know someone who is interested, please contact the Nominations Committee Kulwant Kaur at 604-412-3837 email kkaur@cnh.bc.ca

Nominations for these positions are to be gathered by Wednesday, May 7th, 2008.

SENIORS LUNCH

The Collingwood Neighbourhood House seniors invite you to join them for a nutritious and delicious lunch every Tuesday and Thursday at 12:00 noon. Full meal prices are \$4.50 for seniors, \$5.50 for adults and \$3.00 for students. Items can be purchased a la carte and "to go" as well. Please join us and meet some new friends. Please see the menu for April.

Apr 1 Basil & lemon lentil soup Chicken quesadillas Salad, dessert	Apr 17 Sweet & sour meatball Rice & vegetables Dessert
Apr 3 Sole fillet Rice & vegetables Dessert	Apr 22 Turkey mushroom chowder Cheese & onion scones Salad, dessert
Apr 8 Sloppy Joe Salad Dessert	Apr 24 Chicken a la king with Rice & vegetables Dessert
Apr 10 BBQ Chicken Baked potatoes Salad, dessert	Apr 29 Vegetable barley soup Deli sandwiches Salad, dessert
Apr 15 Tuna sandwich Vegetable beef soup Salad, dessert	

CNH Preschool Open House
Saturday, May 24, 2008
1:30 - 3:30 pm

5288 Joyce Street, Vancouver, BC

Spaces now available in our high quality, early learning program!

Children will learn readiness skills and grow through many activities including arts and crafts, circle times and indoor and outdoor free play. Snacks are also provided.

For more information please call
604 435-0323 ext. 238



Norquay School Age Childcare Program

Opening April 2008

Located in Norquay Elementary School

Hours of operation
7:30-9 am and 3-6 pm

Carleton School Age Childcare Program

Located in Carleton Elementary School

Spaces available!

Hours of operation
Mon-Thurs 7:30-9 am and 3-6 pm
Fri 7:30-9 am and 12 noon-6 pm



These are Licensed School Age Programs that provide a safe, caring environment that helps children learn through many activities such as art and crafts, music, games, sports and field trips

Call 604-435-0323 for more information.



RENFREW PARK COMMUNITY COMPLEX

2929 East 22nd Avenue, Vancouver, BC V5M 2Y3

Centre: 604 257-8388 Pool: 604 257-8393 Fax: 604 257-8392

Website: www.renfrewcc.com/

Jointly operated by Renfrew Park Community Association and Vancouver Board of Parks and Recreation.



FOR OUR FULL LISTING OF PROGRAMS CHECK OUT OUR WEBSITE OR DROP BY AND PICK UP A BROCHURE. REGISTER NOW FOR SPRING PROGRAMS. FEES ARE PRORATED FOR PROGRAMS THAT HAVE ALREADY STARTED.

Spring Program Highlights

Family Fun Time (walking-3yrs)

Lisa Dinh

Drop-in to this parent and tot program and have fun with balls of all sizes, tents, tunnels, hoppers, slide and parachute games in our matted room. You can use your Family Gym Time Convenience Card.. Adult participation required. \$3/drop-in, \$1/sibling.

Sat Mar 29-May 31 12:15-1:45pm

Learn to Play Softball (5-8yrs)

An introductory model for young gamers who would like to learn about softball in a non threatening and fun atmosphere. Learning softball skills has never been so fun and easy as this progressive program allows the participant to develop in a busy, fun and positive environment with skilled instructors.

Sat Apr 19-Jun 14 2:00-3:55pm \$25/9 sessions

Girls Only Gym (9-13yrs)

This is a program just for the girls. Come and join us for some fun activities in the gym the girls can play tag, active games or whatever type of game they want to play just speak with the leader. No class May 19th.

Mon Apr 7-Jun 16 4:30-6:00pm FREE with membership

Mandarin Provincial

Exam Prep (16+)

Tania Wei

The instruction will focus on Pin Yin and essay writing as well as understanding of Chinese proverbs. Throughout this course, students will be exposed to a number of sample provincial exams. ***No class May 19***

Mon Apr 14-Jun 9 6:30-8:30pm \$69/8 sessions

The Insomnia Solution- Sounder Sleep

Systems (19+yrs)

Joseph Schumackers

Sounder Sleep System™ is a drug-free approach to insomnia easily learned by everybody. Small ingenious, but simple movements combined with breathing help you to find relaxation and sleep. Visit somaticcounselling.com for more information.

Wed Apr 20-Apr 30 7:00-8:30pm \$75/5 sessions

Wed May 14-Jun 11 7:00-8:30pm \$75/5 sessions

Dehydration Workshop (19+yrs)

Dehydrating foods reduces the moisture in them to levels that inhibit the microbial growth that causes them to rot. This is a hands on workshop.

Tue Apr 15 1:00-2:30pm \$5/1 session

Thu Apr 24 7:00-8:30pm \$5/1 session

Scottish Country Dance (35+yrs)

If you like dancing and enjoy learning new style of dance this class is for you. Drop-in \$5

Tue Apr 15-Jun 17 7:30-9:30pm \$39/10 sessions

Drop In Programs on Saturday at Windermere until April 26th

Held at 3155 East 27th Avenue, Vancouver

Basketball (16+yrs)	2:15-4:00pm	\$2/drop in
Youth Basketball (13-16yrs)	9:00-10:30am	FREE
Youth Volleyball (13-16yrs)	10:30-12:15pm	FREE
Foamball Tennis (55+yrs)	12:30-2:15pm	FREE
Volleyball Level 2 Clinic (16+yrs)	10:45-12:30pm	\$12/drop in
Volleyball Level 3 Clinic (16+yrs)	12:30-2:15pm	\$12/drop in
Sit Volleyball (16+yrs)	2:15-4:00pm	\$5/drop in
Table Tennis (All ages)	9:30-2:00pm	\$2/adult \$1 child/youth/senior

Badminton Court Rentals 9:00-2:00pm \$10/court/hr
Payments to be made by cash only.



NEW FITNESS CLASS ON WEDNESDAY EVENINGS

Zumba is a fusion of Latin and International music- dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are fun and designed for everyone at any fitness level. Classes are held on Mondays from 9-10am and Wednesdays from 7:00-8:00pm in the gymnasium. \$3.50/drop in \$29/10 tickets

FREE class April 2nd & 7th/2008

Special Events/Bus Trips

Middle Eastern Luncheon (45+yrs)

Middle eastern cuisine is a broad term that encompasses a range of cooking styles from Arabia, Syria, Morocco and Greece. There will also be middle eastern entertainment and door prizes.

Wed Apr 16 12:00-2:30pm \$6/person

Olympic Venue Tour (Whistler) 45+yrs

Take part in a guided tour of the future 2010 Olympic Venue sites including Alpine, Sliding Centre for Bobsled, Luge and the Skeleton track, Nordic Centre, and the Athlete's Village Site. Dining at Ric's Grill, Steak, Seafood and Chop House.

Thu Apr 24 9:30-5:30pm \$69/person

West Side Story Matinee (45+yrs)

West Side Story is a musical of remarkable originality, passionately beautiful music, and choreography. At the Massey Theatre, New Westminster. Ticket only. No transportation.

Sat Apr 26 1:00-4:00pm \$34/person

Stanley Park, Gastown & Police Museum Tour (45+yrs)

We will be heading for Stanley Park which is the centerpiece, one of the largest parks in any urban centre in North America. Then we explore and have lunch in Gastown. At about 3:00pm we will head for The Vancouver Police Centennial Museum. Price includes entrance to Vancouver Police Centennial Museum and transportation. Lunch is on your own.

Tue Apr 29 10:00-5:30pm \$15/person

Tennis Lessons

No class May 21st.

Tennis lessons are held at the Slocan Park Tennis Courts behind 29th Street Skytrain Station. For information on rainouts, phone in one (1) hour before class start time 604 257-8388. Tennis program provided by God Hauka's Tennis "The Game For Life, Played for Fun" for questions, contact gord_haukastennis@hotmail.com.

Tennis - Adult Beg (1.0-1.5)(15+yrs)

Beginner, never had lessons or tried tennis before. Come with flat-soled shoes, not cross trainers, aerobic or joggers. Bring a ready to develop self-forgiving attitude, and a racket if you have one. We will give you a racket to use in class if we feel ours will help your learning. 45 min of lesson and 45 min of play

Wed Apr 23-May 14 6:00-7:30pm \$64/4 sessions
Wed May 28-Jun 18 6:00-7:30pm \$64/4 sessions

Tennis - Adult Novice (2.0)

For those who have played some tennis but cannot keep a rally with real tennis balls going 6 times from base line to baseline on forehand and backhand. Cannot do a full service motion to get the serve in, does not volley or lob-on purpose.

Wed Apr 23-May 14 7:30-9:00pm \$64/4 sessions
Wed May 28-Jun 18 7:30-9:00pm \$64/4 sessions

Tennis - Adult Novice Plus (2.5) (15+yrs)

If you can rally on the forehand and backhand from the baseline, but are not consistently hitting shots in play, can volley on the forehand, but not backhand, and serve only a slow flat serve this is your level.

Wed Apr 23-May 14 7:30-9:00pm \$64/4 sessions
Wed May 28-Jun 18 7:30-9:00pm \$64/4 sessions

Progressive Tennis - Stage 1 (5-7 yrs)

Includes skill development where basic coordination and cooperative activities will lead to the development of the basic strokes and fundamentals.

Wed Apr 30-Jun 11 3:45-4:30pm \$60/6 sessions

Progressive Tennis - Stage 2 (7-9 yrs)

The 3/4 Court stage is the most important stage of this progressive development. This step helps ensure the development of an all court game style with net-play.

Wed Apr 30-Jun 11 4:30-5:15pm \$60/6 sessions

Progressive Tennis - Stage 3 (10-12 yrs)

Players will move to full court once they have a full repertoire of skills at the 3/4 court. The final step will be using the regular ball.

Wed Apr 30-Jun 11 5:15-6:00pm \$60/6 sessions

2008-09 Licensed Preschool Information

Open House Thu, April 3rd 4-7:30pm

Registration Fri, May 4th

For children born in 2004 or 2005.

For the 2008-2009 preschool year.

BELIEVE IN BLUE- PRETEEN DANCE



Friday, April 18

7:00-9:00pm \$2 admission

Help Celebrate Canuck Fever.

Wear your favorite Canucks Attire.

Cultural Harmony Walk Banner Project



You may have noticed bright new banners along Joyce Street. Artist Yoko Tomita worked with the community from 2006 to 2007 to create a total of 36 banners, which were recently installed on both sides of the street running from Joyce/Collingwood Skytrain Station toward Kingsway. These banners highlight and celebrate the vibrant multiculturalism of our community, enliven the streetscape and identify non-profit agencies along the way.

With the Neighbourhood Matching Funds community residents created 20 of the banners. There were **182 volunteers** putting in 395 volunteer hours to make this project a success.

Thank you!

Cultural Harmony Walk Banners Project was funded by

**Neighbourhood Matching Fund
Vancouver Board of Parks and Recreation**

Collingwood Neighbourhood House

**Renfrew Collingwood Aboriginal Youth
Canoe Club**

Collingwood Policing Centre

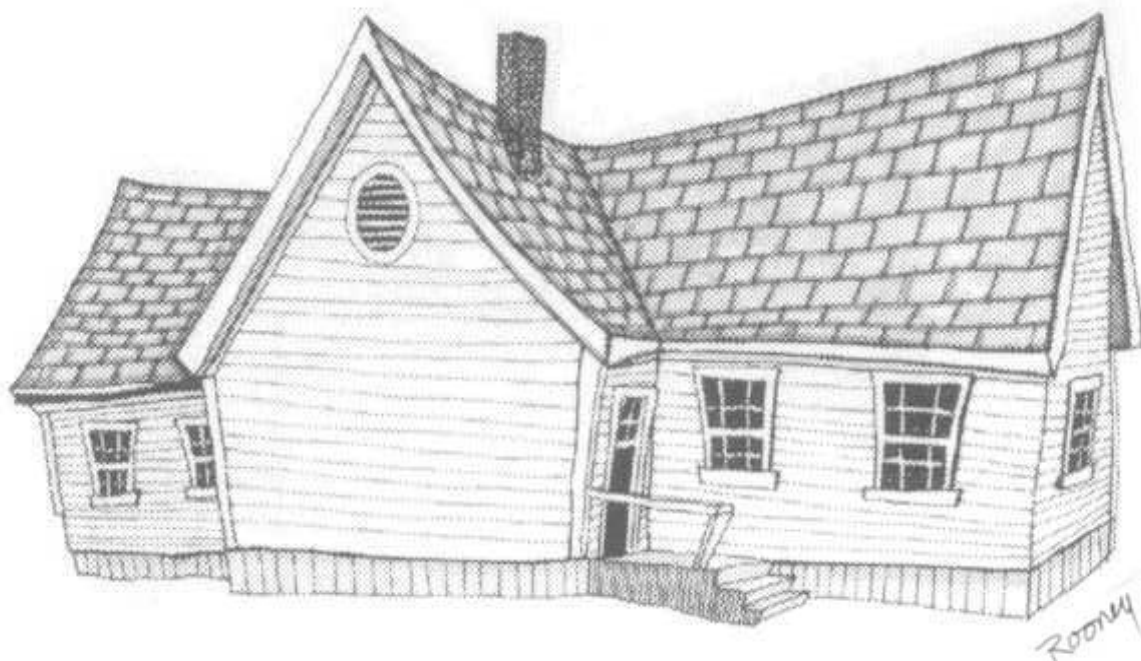
Vancouver Graffiti Management Program

Trans Link

Historic school's fate still unknown

by Paul Reid

Carleton Hall
built 1896



Donations are now being collected to help replace the teaching materials and personal belongings destroyed in the March fire at historic Carleton Elementary's two-room schoolhouse. People can contact Rosemary at Carleton Elementary (phone: 604.713.4810); people will also be able to donate money at this year's Collingwood Days, May 31st.

School officials, although not certain if the schoolhouse will be saved, are hopeful "There is no reason to think that the building will not be saved at this point", said Pat Munton, principal at Sir Guy Carleton Elementary. Still, reports from the insurance adjustor and structural engineer are pending.

Since the fire took place in March, local resident Jackie McHugh has been busy to educate residents as to the school's historical significance with an information board at Collingwood Neighbourhood House. She has also started a petition to show support for the 110 year old school to be restored. Four generations of Jackie's family have attended Carleton.

