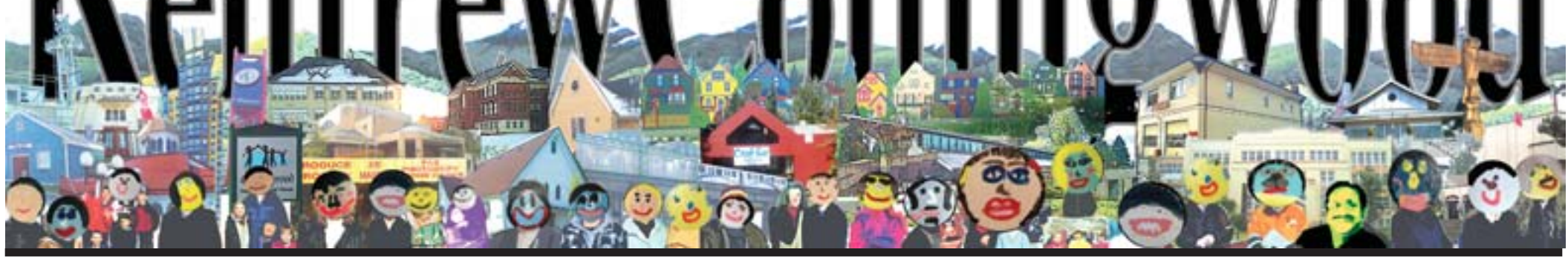
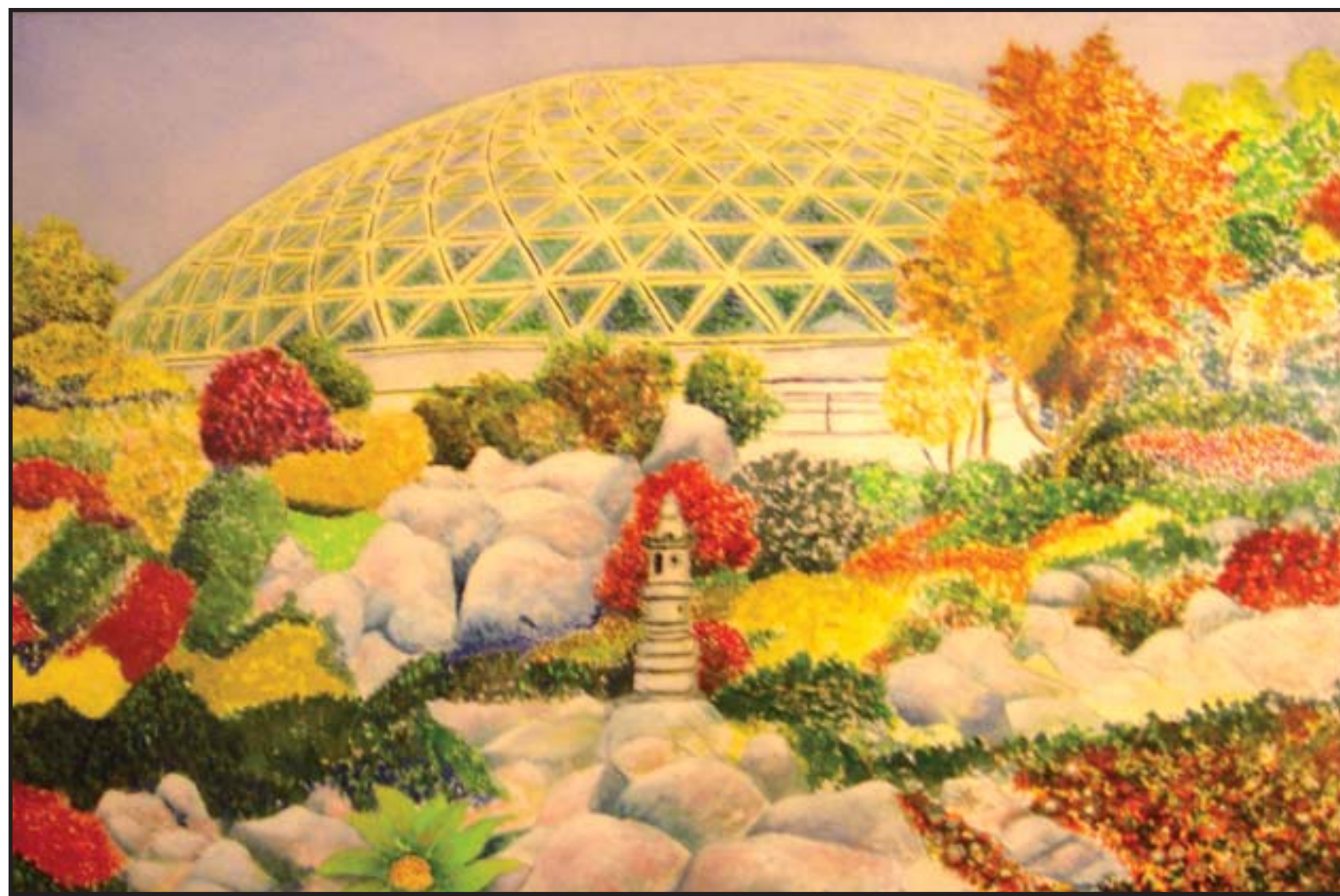


Renfrew Collingwood August 2007



COMMUNITY NEWS

社区新闻



Resident Profile: Gerhard Hastreiter 'Canadian Artist'

The Bloedel Conservatory at Little Mountain
36"x24"
Water Colour by Gerhard Hastreiter

Read about Gerhard's Incredible Life Experiences
Page 3



Paddling Together 2007

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Pulling Together 2007

by Emanuela Sheena



On Saturday, June 23rd, the Aboriginal Youth Canoe Club embarked on the Annual Pulling Together Journey. I along with 19 youth and 7 adults started our Journey in New Westminster. Our 2 canoes, The Soaring Eagle and The Spirit of the Salmon joined 10 other canoes to paddle the Fraser River and the Pacific Ocean. Our first pull saw us pull the canoes into New Westminster Quay. As we waited to go ashore, the drummers were drumming and an eagle flew around the canoes, the more the drummers drummed, the more the eagle would circle the canoes – what an amazing start to our journey. After we left New West for Deas Island, we encountered rain, thunder & lighting. At one point all 12 canoes rafted up to watch the lighting show to the content of many of the paddlers who cheered louder than the thunder. The next day we paddled to Tsawwassen, where we were hosted to a feast of salmon & bannock and entertained with drumming, dancing & story telling in their long house. In following traditional customs, we are only permitted to leave the long house when our guests asked us to leave, lucky for us, we were allowed to sleep in the long house. I was told that you had some wild dreams when you sleep in the long house, but the only thing I heard were people talking in their sleep or snoring away. We were awakened the next morning at 6:00 am by a flute – what a wonderful way to start the day. On this morning, 3 canoes would embark on a 12-hour paddle across the Georgia Strait from Tsawwassen to Duncan. Two of our members were chosen to paddle and we were all there to wish them a safe journey. The rest of the canoes and paddlers got onto the big white canoe (aka: BC Ferries) while our bodies recovered from the previous paddles. In Duncan, the Cowichan Bay First Nation treated us to salmon and Bannock feast



and performances. Never having visited this part of the BC

Coast line, it was fun learning new songs, dances & stories. The next morning we all jumped in the canoes and following protocol, we requested to leave the Cowichan territory and thanked our hosts for their hospitality. We pulled the canoes for 6 hours. Upon arriving at Tsartlip (Brentwood Bay, we followed and asked the chief for permission to come ashore. At Tsartlip, we were allowed to set up camp on sacred land. They considered this site sacred because this was where they scattered the ashes of those who lost their lives many years ago to the small pox epidemic. Although some of our fellow campers decided to go set up camp at a local soccer field instead,



our ground crew asked an elder where we should set up our tepee and he told us to set it up near the water's edge. To those from Collingwood it was a magical space. Where we had placed our tepee, the water began to surround it and the only way to 'Collingwood Island' was by canoe. This night, saw the youth sit around a camp fire, as guest would appear, drum, sing & tell stories. There was quite a feeling of being isolated, away from everything, I like to think that this feeling of peace we all had was what it was like hundreds of years ago. Once all the youth were fast asleep in the tepee, a few of us adults stayed awake, to enjoy our island. In the wee hours of the morning, we could hear the faint noise of a drum, at first it seemed like it was coming from the west, then the east, then north & finally south. We knew at that point that we were not completely alone on our island, that the spirits of the people who lived here many years ago, joined us and drummed for us. The next day after having asked permission to leave, we paddled our way to Tsawout (Saanichton). This was a more challenging paddle as we encountered a

rip tide, which meant we needed to pull hard for 15 minutes without taking a break, at one point we were moving backwards, and had to pull even harder. The hooting and hollering could be heard for miles, as each canoe cheered on the other canoes when they encountered the rip tide. When we arrived at our destination, I literally crawled off the canoe. We were taught that the canoe must always come first, so as soon as we get out of the canoe, we secure it and completely clean it out. This day, I had to ask permission from the skipper to not help with the canoe as I was absolutely exhausted. Fortunately the crew helped and did my portion. Once again, our hosts treated us to salmon & bannock, entertained us in their long house. We were invited to sleep in the long house, which we did – again I had no wild dreams, but I did go to sleep feeling totally exhausted and exhilarated at having accomplished such a physically difficult paddle. Our last pull was from Songhees reserve (Esquimalt) to Victoria harbour. It was truly a site to see 12 canoes come into the harbour on Canada Day. Once again we asked for permission to enter their territory. This time one of our young paddlers stood up on the canoe and announced that over the past 8 days, he had paddled 42,272 strokes. Then everyone broke into a chorus of Oh Canada.

Overall, the 2007 Pulling Together Journey was one of the most challenging trips I have taken. We fought the weather, slept no more than 5 hours per night and showered only 3 times. What made the journey extra

special for me was the spectacular scenery (I love BC), awesome and entertaining hosts, our crew and the friends we made. In particular, thanks to Gerry & Rose Chartrand for becoming instant grand parents to 26 of us, to Dave Hanuse, our junior elder, for your wisdom and showing us all that we can paddle hard at any age, to Jolene Michell, the skipper of the Soaring Eagle, proving that women not only have the heart to skipper, but the strength, Jason Andrew, skipper of the Spirit of the Salmon, for keeping me & my boys safe through out the journey, Stan Thomas, for setting up the tepee every night and helping to manage all the youth (and so much more), to Robert for his awesome support as ground crew, to Dean and Rene for supporting us in every way and to Eileen & Daryl, who I am still trying to figure out they are the youth or youth workers – either way you made the journey so much more fun. But mostly to all the youth who got in the canoe, day in and day out, not matter how tired they were. Can't wait until next pulling together journey!



Resident Profile: Gerhard Hastreiter

By Paul Reid

Another local resident with an amazing story to tell is Gerhard Hastreiter.

Born in Yugoslavia in 1926, Gerhard moved with his family to W.R. Neustadt, Austria. When Austria became part of Germany in 1938 and the Second World War began in 1939, Gerhard, at age 13, was drafted into the German Army. The alternative was to be shot.

We pick up Gerhard's story again in 1945 near the end of the war. Gerhard had recently caught a Russian soldier's bullet in the head and was recovering in a German hospital. As the German soldiers retreated from the Russian army, they left the hospital with all of its patients and staff behind to become prisoners of war.

Gerhard managed to escape from the hospital and made it back to his home town of Vienna, Austria where he was re-united with his sister, brother, and mother. One day, while Gerhard was combing the countryside for things to eat and to bring back to his family, Gerhard was approached by an Austrian Policeman.

"Are you Gerhard Hastreiter?"
 "Yes, I am."
 The man pointed a gun at Gerhard and he was brought to the police station and locked up. He was then beaten, stripped to his underwear, and interrogated under bright lights about his involvement with the German Army. He was eventually sentenced to 25 years of hard labour. This was lenient compared to many who were executed.



For the next several years, Gerhard worked in a number of Siberian 'labour camps'. At this time, the ruthless dictator Stalin was in command of Russia and most of those who came to the camps were Russian citizens themselves. Some were there for merely stealing some bread, for spitting, or for picking up a 'cigarette butt' (tobacco rolled in newspaper).

Gerhard says that the prisoners were treated worse than pigs or dogs. "We were spit on and beaten up and deliberately destroyed - many starved to death". There were about three hundred people housed per 15' by 45' room! It was so crowded that they



could not stretch out their legs. To eat, they were given one slice of bread per day.

Gerhard estimates that approximately 1000 or more men per month died. Since the ground was frozen solid and the dead could not be buried, the bodies were dumped into a pile and burned. Gerhard remembers seeing the black smoke rising up and then, because it was so cold, the smoke would stop rising and travel sideways, forming a big L shape. As quickly as they were dying, the trains continued to bring new prisoners.

For years Gerhard worked in the labour camps. Although he says he never gave up hope, after 6 years, Gerhard was in terrible physical and mental condition and at the end of his rope. He learned

that if he played the part of 'a dummy', that the soldiers would be a little less cruel. They even allowed him out of the prisoners area at

times to paint the soldiers barracks with propaganda type artwork of Stalin etc. After about one year of playing the dummy (who occasionally got mixed up with directions and such) Gerhard took advantage of one of his trips outside the barb-wired, machine-gun enforced prisoners area to take a well planned wrong turn into the surrounding forests.

Took weak to run, Gerhard crawled and walked his way through the thick forests certain that he would either be shot or freeze to death. Surviving on leaves, needles and bark; sleeping in trees, and using the sun as a compass, it was nearly one year before Gerhard made his way over the Ural mountains and out of Russia.

Eventually, Gerhard made his way back to Vienna with the goal of finding his family. First though, he had to spend 6 weeks in a

-continued on page 6

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RenfrewCollingwood

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.

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.

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Car Culture by Amaya Dana O'Duir

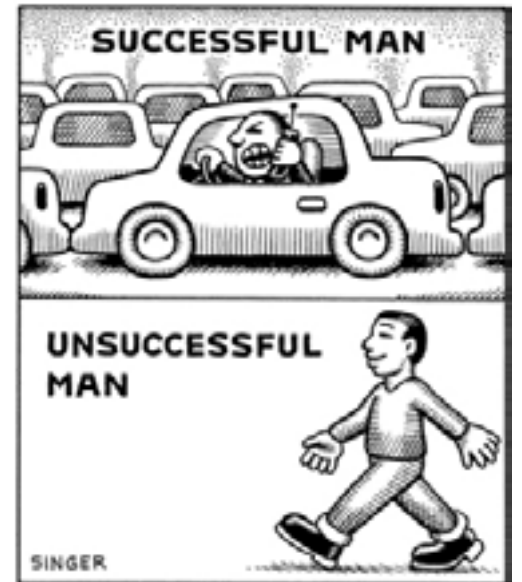
In our densely populated urban environment, we are quickly and unabashedly becoming a car-dominant culture. Despite how "enviro" we appear to be in "postcard-perfect Vancouver" our roads are rapidly becoming over-congested to the point of embarrassing (and rather smelly) car-constipation. Sadly, instead of taking full advantage of our relatively temperate climate, our lush and beautiful, tree-lined streets and ever-improving, undulating bike-routes, healthy, able-bodied people are buying cars instead of getting on bicycles. Why? *For a sense of personal power.*

We have, in our modern, mechanized world, established a sense of personal-collective victory over the insomniac demands of the 9-5 world by co-depending upon the four-wheeled automobile to help us accomplish and succeed under much heavier personal / professional pressures. The car offers a sense of "moving forward", of "getting ahead" or "making progress" with the materialist status-quo. Mobile Autonomy = personal freedom, a sense of hyper-efficiency and professional punctuality, a greater multi-tasking ability and a wider geographical freedom to network, shop,

and work beyond one's home, bio-region or immediate community. The modern era brings with it a teeming urgency to accomplish More and More, and faster, better and stronger versions of the More. We are pressured by social and economic forces to break the speed limit of our own two legs and put our feet on the gas pedal instead. Then, somehow, even More gets done and the stakes are further raised.

Driving a car has become the steroid for status, as we continue to produce fanciful versions of high-class chrome, emphasizing how the luxury of size and its subsequent road muscle will ensure better safety, a more sophisticated style and a sense of esteemed confidence in the driver. The cost of all the additional caviars-of-comfort featured in the latest models, coupled with high insurance rates and sky-rocketing petrol prices makes being a car owner today an expensive lifestyle to uphold - *a status-symbol of wealth and privilege stoically upheld by those motivated to keep up with the fossil-fuel guzzlin' demands of our present conventional reality.*

We are a culture entrenched in a system of economics which often holds us hostage to long-term mortgages,



tirelessly demanding jobs and impossible credit/bank debts, and we marry it with a materialist reward system for all the vital energy, time and commitment given to these. We have become a society of people who covet possessions. When possessions become tangible extensions of personal power, the personal car is elevated to a potentially elitist accessory of wealth and becomes a dangerous kind of modern metal-monster. A monster that swallows its own roads because "I earned it!!", continually spewing out pollutants because, "I payed that much for the gas, I can drive where-ever I darn well please," and on and on we digress.

If people, whether consciously or not, derive a primary sense of personal power from their vehicles, then the size, speed, colour, and value of it become a direct measurement and expression of this power. When we have drivers expressing this entitlement of power through the complex mechanisms of their car in unbalanced ways, we potentially have an aggressive, competitive, and dangerous epidemic of reckless and unpredictable drivers who threaten our collective road safety with their chronic driving violations and infractions. Venting out negative emotions in a power struggle for one-upmanship on the road puts other modest drivers, pedestrians and cyclists at a scary risk. The current epidemic of running red lights and blasting through legal crosswalks, of cutting off obedient cyclists and impatiently blaring heavy horns, have become the outward expressions of this maligned power. And it is precisely this essential personal power that could be refining itself in characteristics more organic and humane, like compassion, respect, nobility, courtesy and honesty.

Mass-motorizing our personal-collective power is hardly the answer to a planet rapidly over-populating and in the midst of environmental crisis. With the increasingly difficult factors which press in upon each one of us, it is becoming more and more necessary for us to remember how to access our sustainable, alternative options and our essential humanity so we can reflexively respond to one another and our precious planet with higher degrees of respect, sensitivity and caring. When we value *qualities* instead of *quantities* in ourselves and others as the true source of power in our inter-relationships, then the real power of our personal/ collective expressions will emerge from truth and kindness; the main life-roads we all need to travel.

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Eating Out In Renfrew/ Collingwood

By Paul Reid

If you remember the game show 'Joker's Wild' you may remember how some contestants would go 'off the board' ("Jack, I'd like to go off the board for \$100"). That's what we're doing here with a lovely local restaurant not quite technically located in good 'ol RC. We're going 'off the board' to a quaint little bar and grill just West of here - a place called 'Hellven'. The name of the restaurant is a word that a friend had thought up, a 'yin-yang' type of word that is a combination of both Heaven and Hell. "The word sat on the shelf of our minds for quite some time until we finally found a use for it," says Arlo, chef and co-partner at Hellven.

Arlo, who grew up in Campbell River, moved to Vancouver approximately 7 years ago. Having spent three years working his way up the kitchen ladder at the Prospect Point Cafe in Stanley Park, Arlo learned what it took to produce quality cuisine. Subsequent cooking jobs re-affirmed this to Arlo as he was frustrated with all of the 'cutting corner' methods used: un-attention to detail, the lack of consistency, the use of low quality ingredients. This frustration compelled Arlo to want to open an establishment of his own - one that served high quality foods, but at prices reasonable enough that the average person could afford. So, when Arlo saw the lease sign on what was previously called 'The Candy Bar' (and before that, the E&B Restaurant), he quickly set into motion and acquired the place that would become 'Hellven'.

Let me tell you about what I had for dinner on this occasion. I had Hellven's Salmon Fettucini in Creamy Rose Sauce with garlic bread and a Caesar salad. (\$12.50) The pasta arrived piping hot - prompting me to dive into my salad and bread for awhile. Both were quite fine - the Caesar salad was delicious. Returning back to my Salmon Fettucini, I was again quite impressed with the quality of this dish.

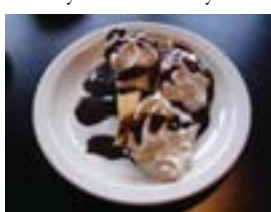
Other items that I have tried in previous visits to Hellven have included their pizza (12.50), nachos (\$6.50 or \$9.50)(don't forget to add the spicy beef dip for \$2.50), and their onion rings. May I also recommend the featured beers by R&B (Rick and Berry) Beer on Tap, an award-winning brewery located in Vancouver. Arlo insisted on having good quality beer. Try the 'Red Devil' pale ale or the 'Bohemian Lager'.

Oh yes, I almost forgot the dessert. I had a piece of Chocolate Cheesecake (\$3.75) and coffee. The cheesecake, swimming in chocolate sauce, rated right at the top of the old cheesecake scale - I would say 9-9.5 out of 10 (and no cheesecake ever scores a ten). The coffee was good too.

So there you have it folks, next time you find yourself along Kingsway, slightly West of the Renfrew/Collingwood border, treat yourself and your loved ones to fine



The Salmon Fettucinni at Hellven comes with a Garden or Caesar Salad and Garlic Toast. (12.50). In the background sits half a pint of Red Devil Pale Ale. (4.50) My lovely and attentive hostess was Rachel.



meals and beers at Hellven. I recommend it.

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Poetry Corner

The Gift of Friendship by Gerhard Hastreiter

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Kindness and Sincerity
Can build true Friendships!

Friendship is the bridge
Built on one's integrity
And on one's Good Will!
Friendship, Trust and Love
Are Life's most precious gifts
Entrusted to man.

Friendship is a ship
That the stormy Sea of Life
Can't drown in its waves
For friendships powers
Are life's gifts to all mankind
That strive with good Will!

Friendship is Life's gift;
The Highway from soul to soul,
The Fortress of Peace!
Friendship is the tree
That can grow thousands of leaves,
Of true happiness!

In your heart and mind
In your thoughts and your actions
Carry Friendship's seeds!
Let Friendship's magic
Be the compass of your life
That directs your soul!

Resident Profile: Gerhard: Continued from Page 3

hospital with yellow fever and dysentery. Near death, Gerard says that it was overhearing the doctor telling the nurse that he would probably not make it that inspired him to fight with all he had to stay alive.

Eventually, again, Gerard was re-united with his mother, sister and brother. He says that he and his mother barely recognized one another – both had grown so old looking in the past 7 years. There was a lot of crying; everyone had assumed that Gerard had likely died long ago. It was only then that Gerard learned of the atrocities committed by Hitler and the German Army; for a long time Gerard could not believe these things were true.

Gerard lived with his family for a short while, but still did not feel safe. If someone talked, he knew that he might be sent back to the labour camp. So, eventually, after a very narrow escape on the train out of Vienna, Gerard eventually made it to England and then in 1957, Gerard came to Canada.

Throughout his time in Canada, Gerard has made a living through a variety of jobs – (mining, sales, as a restaurant owner), and is now retired. In the past 10 years, Gerard has been working on his two greatest passions: poetry and art. He has written over 2500 poems, mostly in the haiku style, and has produced hundreds of artworks in oils, acrylics, and other media.



Right: An oil painting by Gerhard that is symbolic of his struggles. He is represented by the empty boat with no sails.

Left: One of Gerhard's 2500 Haiku style Poems.

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

Dear Neighbours:



Update on the Joyce Street Liquor Store Application

I would like to thank all those who have voiced their opposition to the development application for a private beer and wine liquor store at 5033 Joyce Street. So far, there have over 2000 letters and petitions collected. A decision has not been made by the city so far, and due to the recent municipal labour dispute, there is an expected delay to this process. During that time, I would like to assure you that I will continue on to keep pressure on the city to listen to the concerns of our community.

Under 15 Provincial All Star Soccer Team

I would like to congratulate Vishal Sharma who is a member of the BC under 15 Provincial All-Star Team. Vishal has been playing soccer in our community as a very young child. He was a graduate of Carleton Elementary School and will be attending Windermere Secondary School in the fall of September. The BC All Star Provincial team will be playing in the Western Canadian Games in Edmonton, Alberta from August 3 to 7. I would like to wish Vishal and his team great success.

Raise the Minimum Wage

One thing that we all experience is the rising cost of living, but for those living on the minimum wage it is even more of a challenge. Fewer than 110,000 B.C. workers earn minimum wage or less. After a six year freeze, it's time the government of BC give our province's lowest paid workers a raise.

B.C. is now the only province that has not raised its minimum wage in the past two years, leaving BC workers below the Low Income Cut-Off, the generally accepted standard for poverty. In recent months, I have been hearing from workers in my community who are living on minimum wage and from various concerned groups, including small businesses.

My colleagues and I are continuing to work to increase the pressure on the Campbell government to move on this basic element of economic justice. If you see someone in the community passing around a petition calling for an increase in the minimum wage, I urge you to sign the petition, and join with me in calling on your local municipal council to vote to demand that the provincial government raise the minimum wage. Petitions are also available at my office at 5022 Joyce Street.

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SUN. 星期日,
下午 1.05 – 3.00 p.m.
Beg/Int. 初中级 drop in \$4.75
下午 3.00 – 5.00 p.m. Dance 跳舞
drop in \$2.00

Special 特别 –
1. Those taking lessons can
dance free 学舞者跳舞免费,

Collingwood Neighbourhood
House, 高龄活动中心,
5288 Joyce St, Vancouver
Tel. 电话 604-435-0323

Maple Leaf Cultural Association,
枫叶文化协会
Info. 讯问, Harold Lim, Tel. 电话
604-733-8365
Mr Chuck 604 255-0250 between
5-7pm

E-mail 电子邮件
mapleleaf888@hotmail.com

Newcomers are always welcome!
Collingwood Baptist Church
Sunday worship services: 11:00 am and 6:30 pm
Supervised Nursery and Children's church (11:00 am)
Bible classes for children and teens at 10:00 am

Located just two blocks north of the Skytrain station -
4847 Joyce Street
(call 604-433-5616 or go to www.collingwoodbaptist.org for
more information about our events and activities)

Collingwood Baptist
"reaching the world
in our Community"

4847 Joyce Street
Vancouver, BC V5R 4G4
604-433-5616
www.collingwoodbaptist.org
pastor@collingwoodbaptist.org
paul@morphoyouth.com

AUGUST 2007

Renfrew Collingwood Community Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUMMER CAMPS' AT Collingwood N'House AUG 7-10 Basketball Camp, 9:45 - 11:15 am Ballet Camp, 10:00 - 11:30 am Music Camp, 9:30 am - 12:00 nn AUG 13-17 Piano Camp, 11:00 - 11:45 AUG 20-24 Soccer Camp, 9:45 - 11:15 Drama Camp, 9:30 - 12:00 Piano Camp, 11:00 - 11:45	Mondays at Collingwood N'House: Pilates, 12:05-1:05 pm Aerobics, 6:00 - 7:00 pm Volleyball, 8:15 - 10:00 pm	Tuesdays at Collingwood N'House: Jazzercise, 12:00 nn - 1:00 pm Hatha Yoga, 6:45 - 8:15 pm T'ai Chi, 7:30 - 9:30 pm	Wednesdays at Collingwood N'House Seniors Strength and Stretch 11:00 am - 12:00 nn Pilates, 12:05-1:05 pm Seniors Gentle Fit Chair Exercise 1:00 - 2:00 pm Jazzercise, 6:00 - 7:00 pm Drop-in Soccer (Adult), 7:15-8:45 Drop-in Badminton (Adult), 8:45 - 10:00 pm	Thursdays at Collingwood N'House Seniors Yoga Drop in 9:30 am - 10:30 am Jazzercise, 12:00 nn - 1:00 pm Drop-in Badminton (Adult), 7:15-8:45 pm Drop-in Soccer (Adult), 8:30 - 10:00 pm	Italian Cultural Centre: ALL FRIDAYS SERATE IN PIAZZA Join us for live music, Italian pizza, gelato and wine Entertainment by Gianni Fuoco and Patrizia Coletta. 7:00pm - 10:00pm	Renfrew Library Family Storytime for children 18 months - 5 years and their caregivers 11:15am
Sundays at Collingwood N'House: Ballroom Dancing, 1:00 - 5:00 pm Badminton (Adv & Intermediate) 10:00 am - 1:00 pm	Renfrew CC Harry Potter's Science Chamber Camp 6-12yrs Sponge Bob's Undersea Adventures 4-8yrs "All Sports" Action Camp 8-12yrs.	Renfrew CC Intro. To Flag Football 6-10yrs. Basketball Girls Only 10-14yrs Basketball Boys Only	Renfrew CC Carnival At Renfrew Park -11:30-3:30pm All ages Outdoor Soccer 6-9yrs.	Renfrew CC Aikido for Children 7-12yrs Splashdown Waterpark 8-14yrs Renfrew Library Family Storytime for children 18 months - 5 years and their caregivers 7pm	Italian Cultural Centre: VICENTINI CULTURAL SOCIETY 30TH ANNIVERSARY BANQUET Join us at the ICCS for the arrival of il Coro del Vajo from Chiampo Vicenza as they perform their beautiful selection of songs and arias.	Saturdays at Collingwood N'House Jazzercise, 10:00 - 11:00 am T'ai Chi Intermediate/Beginner 10:00 - 11:00 am T'ai Chi Advance, 11:00 - 12:00
Renfrew Ravine Blackberry Party 604.435.0323 ext: 237 or email organizer Ingrid Tymm at itymm@telus.net More Info: page 11	Renfrew CC Art Attack 4-6yrs Badminton Camp 8-15yrs	Renfrew CC Sidney Tour 35+yrs	Collingwood Neighbourhood House: 5288 Joyce Street: ph: (604) 435-0323 The Italian Cultural Centre Society: 3075 Slocan Street: ph: (604) 430-3337 Renfrew Park Community Centre: 2929 East 22nd Avenue: ph: (604) 257-8388 Please Note: At the Time of Printing: Renfrew Park Community Centre is closed due to the current strike.			Renfrew Library Origami Workshop Free for children 6-12 years 1:00pm Pre-registration is required Call 604-257-8705 or
Italian Cultural Centre EXOTIC ITALIAN CAR SHOW The 7th Annual All Italian Car & Vehicle Display! Rain or shine, featuring a Friends of Ferrari race at 2:30pm in favour of War Amps. From 10:00am - 4:00pm	Renfrew CC Sidney Tour 35+yrs	Renfrew CC Sidney Tour 35+yrs	Vancouver Public Library RENFREW BRANCH: Regular Thursday storytimes Toddlers 10:15 Babytime 11:15 February 1, 8, 15			Vancouver Public Library COLLINGWOOD BRANCH: Stories, songs, puppets and rhymes! Join us for our free, drop-in Storytime programs: Family Storytime: Tuesdays from 7:15 to 7:45 pm Babytime: Fridays from 10:30 to 11:00 am Toddler time: For children 18 months to 3 years old Preschool Storytime: For children 3 to 5 years old www.vpl.ca/branches/Collingwood/home.html

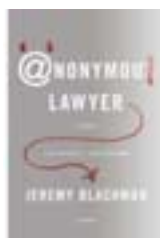


Good Reads at the Vancouver Public Library

Anonymous Lawyer: A Novel (2006)

By Jeremy Blackman

A very funny tongue-in-cheek look at the inner mind of a big firm lawyer, told through the eyes of an ill-tempered, ill-humoured hiring partner in a large Los Angeles firm, via web log and e-mail format



My Year of Meats (2006)

By Ruth Ozeki

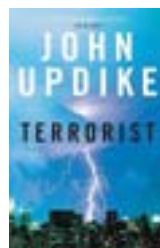
Our 2007 *One Book, One Vancouver* selection! An engaging blend of humour and social and cultural commentary that brings together the media, the global meat industry, and two women from opposite ends of the earth who join forces to expose the meat industry's hazardous practices.



Terrorist (2006)

By John Updike

Motivated by the absolute nature of his beliefs, 18-year-old Ahmed Ashmawy Mulloy must find his way in a godless world where teachers, parents, and leaders have abdicated their responsibility to provide guidance to their young charges.



What It Takes To Be Human (2006)

By Marilyn Bowering

One of the most poetic and satisfying stories you are likely to read this year, Bowering tells the tale of Sandy Grey and his course of treatments at a BC institute for the criminally insane.



What's New About Vitamin D?

By Helen Yeung, RD



Known as the “sunshine vitamin”, vitamin D has been in the news recently. Vitamin D is involved in bone health. It helps absorb calcium and phosphorus. You may be wondering how to get enough vitamin D [to promote overall good health, strong bones, and reduce risk of cancer]. Vitamin D is either made in the skin by exposure to ultraviolet B rays in sunlight or ingested orally (as dietary vitamin D). Public health recommends protecting ourselves against excessive sun exposure [by covering up, using sun screen and shading ourselves]. There are relatively few foods containing vitamin D (fluid milk, fortified soy beverage, margarine, egg yolk, and fatty fish such as salmon). Different organizations recommend different amounts of vitamin D, but the most “official” recommendation comes from Health Canada, which recommends in the 2007 Eating Well With Canada’s Food Guide, “Have 500 mL or 2 cups of milk every day for adequate vitamin D; drink fortified soy beverages” and “In addition to following Canada’s Food Guide, everyone over the age

of 50 should take a daily vitamin D supplement of 10 micrograms (400 IU)”.

The recommended vitamin D intake for healthy individuals between age 1 and 49 years is 200 IU per day (the amount in 2 cups of milk). Breastfed infants should receive a vitamin D supplement of 400 IU per day.

For more information about vitamins, minerals, or general nutrition questions, please contact Dial-A-Dietitian at (604) 732-9191.

Helen Yeung, M.H.Sc., RD
Community Nutritionist
Vancouver Coastal Health
Evergreen Community Health Centre
3425 Crowley Drive
Vancouver, BC V5R 6G3
(604) 707-3640
e-mail: Helen.yeung@vch.ca
web site: www.vch.ca/nutrition



Summer Camp

Spaces are Still Available

Ballet Camp

3 to 5 years - July 30 to August 3 - Full
Aug 7 to 10 (4 days) 6 to 9 years - 7

spaces available

Soccer Camp

5 to 8 years Aug. 20 to 24 - 2 spaces available
9 to 12 years Aug. 27 to 31 - 8 spaces available

Music Camp

6 to 9 years Aug. 7 to 10 - 2 spaces available

Piano Camp

Ages 4 to 6 Aug. 13 to 17 10 am to 10:45am - Full
13 to 17 11am to 11:45 am - Full
Aug. 20 to 24 - Ages 7 to 10 10am to 10:45am - 3 spaces available; 11 am to 11:45am - 3 spaces available

Call Collingwood Neighbourhood House at:
604.435.0323

COMPUTER REPAIR

by Donation*

Got computer problems and need some repair work?

Drop-by one of Collingwood Neighbourhood House's computer repair-shops and have a Volunteer Computer Technician diagnose and repair your computer with a minimum donation*. It could be as simple as adding more RAM, installing a second hard drive, or as complex as troubleshooting a flaky component or even a complete system re-install. PC-Repair forms is available at the Front Desk, some restrictions apply. For questions, details and restrictions, please email cnhsupport@cnh.bc.ca.

Computer Repair Drop-in Schedule

Sundays	4:00pm – 8:00pm	August 12,19,26	September 2,9,16,23
Wednesdays	4:00pm – 9:00pm	August 15,22,29	September 5,12,19,26

* Donation varies pending on the work required.

- (1) PCs running Windows for home use, and in a non-business/server environment.
- (2) All hardware, software media & licenses must be supplied by the Client.
- (3) Due to the complexity of computers and the potential for conflicting or non-resolvable issues, some repairs may not be completed as requested.



How To Wow! (Part 2)

Acing the Job Interview

by Allison Meade

In the last article, you arrived at Company Caliente for your interview.

The interview

The interviewer, Aziz, offers you a seat. Those dress shoes are *really* hurting your feet and you're anxious for a rest. You make yourself comfortable and politely fold your hands in your lap. Oh wait! You'll need a pen and paper. Digging in your purse, you produce an old Superstore receipt and an old pencil.

Aziz thanks you for coming. He explains that the vacancy is full time and briefly tells you about the job. Aziz reviews your application and asks you to tell him about yourself. You're ecstatic. You think, This man is a stranger but he wants to know everything about me! You smile and launch into a five minute diatribe, including the hospital in which you were born, the number of siblings you have, why you left your home country, the nail-biting meeting you had with Canada Customs and Immigration, et cetera, et cetera. You end by saying this is your first job interview and you're so glad they called.

Aziz continues. He wants to know why you want to work for Company Caliente. You

respond that your cousin Eddie told you that Company Caliente pays its employees well. You tell Aziz that you were also impressed about the 2007 BC Bank Gold Customer Service Award that the company was recently given. Aziz looks confused then corrects you. It was Tim Horton's that won the award. Company Caliente was in fifth place.

Next question. How does your work experience qualify you for this position? You explain your skills, then dig into your purse and produce a folded reference letter. Aziz reads the document and comments that it was generous of your grandma to critique your qualifications. You beam with pride.

Aziz stands, shakes your hand and thanks you. You also thank him for his time, give him a wink, and say you're looking forward to hearing from him. On your way out the door, you think, That wasn't too bad at all.

1. **Bring reinforcements.** This includes a folder containing a copy of your resume and job application, a pen, and a pad of paper.
2. **Be polite.** In this case, the interviewer is more powerful than you. Show manners

from the first second of your meeting. Shake hands. Smile. Do not seat yourself before the interviewer. Be brief and concise with your responses. And for goodness sake, don't wink at the recruiter on your way out the door!

3. **"Tell me about yourself."** This doesn't mean the interviewer wants to know what you had for breakfast! Keep all responses related to the job you are interviewing for. You might want to name your hometown, your level of education, where you last worked and the position you held, and why you applied for this job.

4. **"Why do you want to work for us?"** means they are checking to see that you did your homework. What do you know about the company that is interesting to you, to be a place of employment? Perhaps you heard that they are opening a new branch in Kitsilano and you want to participate.

5. **"How does your work experience qualify you for this position?"** Your response



should focus on the exact skills that match with the vacant job. Mention special certificates you have and any reference letters in your possession that you can show your interviewer. Reference letters should be from former managers, customers or clients, rather than a family member.

Follow these tips and your next interview should go smoothly. Good luck!

Allison Meade is a CNH Board member and has instructed English-as-a-Second-Language for refugee students in Settlement Services. In her spare time, she volunteers with Vancouver Police Department and narrates lecture material for blind professors and students at UBC.

Renfrew Ravine Blackberry Party: August 19th

by Ingrid Tymm



Renfrew Ravine at 27th Avenue on Sunday, August 19 will be the site of an afternoon of celebration of the ravine's much loved (and much loathed) Himalayan Blackberry. The "Love 'em, Hate

'em Blackberry Party" features blackberry tarts, jam and juice along with crafts, games, music and information. The aim is to create awareness about the invasive, ecosystem-damaging nature of these blackberries while also recognizing the tasty benefits of the berries.

Organizers have teamed with Collingwood Food Security Institute to help create awareness about local food sources. They are hosting berry picking at the ravine (more fun with friends) in the week leading up to the Blackberry Party, then a canning and baking event in the kitchen of Collingwood Neighbourhood House, 5288 Joyce, on Saturday August 18th afternoon. To try your own hand at berry picking, don protective clothing as blackberries are extremely thorny then head to the ravine to pick the plump,

purple berries as they ripen in mid-August. The berries can be found all around the ravine which is situated between Nootka and Kaslo Streets, running from the 29th Avenue SkyTrain station to 22nd Avenue.

This common Himalayan Blackberry is tasty but greedy. It has been introduced from colder climates and is able to grow here rapidly, crowding out other smaller native coastal plants in the process. This in turn limits the type of birds, animals, insects and soil in the ravine and the result is an unhealthy ecosystem.

One concern is the blackberry's limiting effect on the

lifecycle of ravine trees. Currently alder trees cover most of the ravine. As they approaching the end of their lifespans in the next few decades, young hemlocks, cedars and firs should be springing up. However they are few and far between, in part due to strangulation by invasive plants such as the Himalayan blackberries.

native coastal Trailing Blackberry which is thriving in one portion of the ravine. For further details about the "Love 'em, Hate 'em Blackberry Party", look for signs posted along the ravine or contact the Collingwood Food Security Institute at 604.435.0323 ext: 237 or email organizer Ingrid Tymm at itymm@telus.net.

Clinton Park Community Day

Saturday, August 25, 2007

Join your friends and neighbours for a fun, summer afternoon in the park to celebrate our community. We're planning on crafts, family sports, music, a garden produce exchange, puppet shows and story-telling by local artists.

Organized by Frog Hollow Neighbourhood House and community members.



Who's Who in

Historical
Collingwood
Gateway into Vancouver



AUGUST

Jas Mahal
Director

**Tiny Bubbles
Preschool**

3165 Kingsway
Phone: 604.454.1520
www.tinybubbles.ca



**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 coordinator@shopcollingwood.ca



Jas Mahal has
a passion for
teaching young children
and is living her dream.

Jas Mahal has always had a passion for teaching children. Now she is living her dream - running her own successful Pre-School - Tiny Bubbles. With the knowledge that a child's first school experience is extremely important, influencing how they will respond to learning for the rest of their lives, Jas strives to make this first experiences as positive as she can.

Jas received her Early Childhood Education diploma and ran a child-minding program in a local Community Centre. Three years ago, having taken the 'Self Employment' program, Jas felt confident enough to take the plunge and opened Tiny Bubbles Pre-School.

Following a lot of hard work with help from family and friends, Tiny Bubbles Pre-School was opened. Starting off with 10 children enrolled, Jas is now at full capacity with four classes of twenty children each. Recently, Jas moved Tiny Bubbles to a larger space next door. Again, much work was required to get the new facility ready - "It was just like starting over again." Now there are two floors of fun and learning for the children, plus an outdoor area in the back.

The children go to the nearby park on sunny days; there are also many fieldtrips.

In September, there will be an out of school daycare program added for school age children that runs from 3-6 pm. Tiny Bubbles is a fully inclusive centre, providing services for children with extra support needs: autism, challenging behaviour, speech and hearing problems.

Jas has 3 children of her own - two daughter and a son. She was born in the Punjab Region of India and moved to England when she was two years old. Jas enjoys hiking and going for walks, travelling, camping, and road trips around BC.

Jas would like to thank her husband and her friends for all their support; she also would like to thank the great neighbours that she has in the area, including Bob Plesko at Kingsway Kitchens; those at Spectrum Society for Community Living and the Collingwood Business Improvement Association.

What's Coming Up in The Collingwood BIA ...

- Important notice to all Collingwood BIA members; the Collingwood Business Improvement Association will be holding the 2007 Annual General Meeting on Monday, September 10, 2007 at "Flavours of Asia", Cassandra Hotel - 3075 Kingsway, at 5:30 P.M. Please join us for a special "Wine & Cheese" reception followed by the Annual General Meeting. An Annual General Meeting package will be forwarded to all BIA Business Owner Operators within the next week. If you have any questions please contact the Collingwood BIA (CBIA) at 604-630-4403.

- The Collingwood BIA (CBIA) and Collingwood Community Policing Centre (CCPC) will soon launch a new "Collingwood Ambassador" program. The Ambassadors will work with the CCPC and CBIA staff and volunteers to patrol the Kingsway corridor and assist Collingwood consumers and residents within the Collingwood BIA boundaries (i.e. Kingsway &

Boundary to Kingsway & Rupert). The Ambassadors will be easily identifiable in their red jackets and caps, and black pants. Look for them on the streets of Collingwood later this month.

- Corner of Kingsway & Joyce - you may have noticed the new signs and landscaping at this corner. The BIA hired "Emerging Hope" to remove the overgrown shrubs and vines and to plan new plants and seasonal flowers. In addition, the signs on the fence and at the clock have been replaced. We are currently waiting for our 2 self-watering hanging baskets to arrive. These will be positioned on the clock tower.

- The Collingwood Community Christmas Tree we had planted at the corner of Kingsway and Tyne has unfortunately expired. The City is going to replace the tree for us in time for this year's annual community Tree Lighting ceremony on Saturday, December 1, 2007. More information to follow in the coming months.



COLLINGWOOD NEIGHBOURHOOD HOUSE'S HIGHLIGHTS



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 ala carte and "to go" as well. Please come and join us and meet some new friends. Please see the menu for August.

August 2
parmesan garlic chicken
rice and vegetables, dessert

August 7
tuna caesar sandwich
salad, dessert

August 9
pan fry salmon, potato
vegetables, dessert

August 14
hawaiian ham quesadillas
salad, dessert

August 16
sweet and sour meatball
rice and vegetables
dessert

August 21
corned beef and
pumpnickel sandwich
salad, dessert

August 23
pork chop
rice and vegetables
dessert

August 28
egg/deli sandwich
salad, dessert

August 30
chicken pot pie
salad, dessert

FALL ESL CLASSES September 5 – November 20, 2007 Mondays and Wednesdays

ESL Classes for Refugees
7:00 – 9:00 pm
Cost: \$20.00 for 20 classes
to cover materials expenses

Beginner Level ESL
10:00 - 12:00
Cost: \$100 (cash only)

Intermediate Level ESL
1:00 - 3:00 pm
Cost: \$100 (cash only)

WHERE

Collingwood Neighbourhood House
5288 Joyce Street
Vancouver, BC V5R 6C9
604-435-0323

- Qualified, Experienced ESL Teacher
- Practical English
- Conversation
- Register now at the Front Desk

When you register for the Beginner or Intermediate level, you will be required to do a short test to make sure that you will be placed in the right level.



RECREATION SUMMER CAMPS

Basketball Camp	Aug 7-10	\$45
Ballet Camp	Aug 7-10	\$40
Music Camp	Aug 7-10	\$45
Piano Camp	Aug 13 - 17	\$50
Piano Camp	Aug 20 - 24	\$50
Drama Camp	Aug 20 - 24	\$55
Soccer Camp	Aug 20 - 24	\$45
Soccer Camp	Aug 27 - 31	\$45

Join the summer fun!
Sign up now! Spaces are limited.



For more information or to register, please phone 604 435-0323 or drop by Collingwood Neighbourhood House at 5288 Joyce St.



SUMMER 2007 SCHOOL AGE DAY CAMPS

For only \$135 per week, your child will enjoy theme-based activities with snacks and weekly field trips!

Extended Hours: 7:30 am to 6:00 pm

Sign up for only the weeks you need!

Aug 7-10 Water Wonderland (\$115)
Aug 13-17 The Great Outdoors
Aug 20-24 Art and Drama Week
Aug 27-31 Party in the Park

Locations throughout the Renfrew/ Collingwood Community. To sign up, please call 435-0323 ext. 264



RENTAL SPACE AVAILABILITY



Looking for a place to host a party, meeting, dance class or sports event?

The Collingwood Neighbourhood House offers affordable multi-purpose rooms, a gym and a kitchen to cater for 10 to 300 people. We are your preferred rental choice because we are conveniently located within your community.

For more information, please call Teresa Ha now at 604-435-0323 ext 226.

BOOK TO WHOLESALE

It builds strength, increases flexibility and circulation and teaches deep relaxation through a series of slow and gentle body poses and controlled breathing techniques which can be adapted to any level of ability. It is an ongoing discovery of physical and psychological challenges met with gentleness and sensitivity through which the body may relax, open, come into balance and become healthier. It is important to meet your inevitable resistance with gentleness and to encourage your body to relax. Listen carefully to what your body is telling you about — its limitations — and respect it.

Yoga combines body movement and breathing in synchronicity, creating strength and stamina, skeletal and muscular alignment, cardiovascular health, flexibility and mental clarity. Allowing the mind to float upon the breath and the body to flow into the positions brings one increased vitality and creates a meditative state which can flow into daily life.



Yoga will help keep you healthy because it integrates and balances all the body systems. It keeps the body supple, stretches the spine, strengthens the muscles and massages vital organs. In general sense, yoga is a natural form of stress relief. It is also an excellent form of preventive medicine and will help keep you in good shape for many years.



RENFREW PARK COMMUNITY COMPLEX

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

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

Web site: www.renfrewcc.com/

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



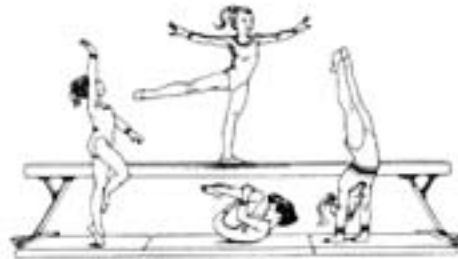
 * The **Fall 2007 Recreation Guide** will be delivered to the local homes, inserted into the Vancouver Courier Newspaper on **Fri, August 10th.**

FALL REGISTRATION
(excluding swimming lessons)
 * Minimum registration must be met 2 weekdays prior to a course start date. Register NOW and don't miss out.
 * **Ways to register:**
 * **On-Line** with Visa or Mastercard ... Mon, Aug 13 @ 9:30am Register now for your Client ID number. It can take up to 48 hours to process and is required for online registration. To register, visit us at www.vancouverparks.ca
 * **In Person**
 * Piano Lessons Only Mon, Aug 13th @ 9:30am
 * Centre Programs Tue, Aug 14th @ 9:30am
 * **By Telephone**.....Wed, Aug 15th @ 9:30am

 * In most cases registration continues until classes are full.

PROGRAMS

Cantonese Summer Adventures
 Mon-Fri Aug 27-31 \$80/week
Cantonese Preschool (3-5yrs) 9:15-11:45am
Cantonese Basics (6-10yrs) 9:15-11:45am
Cantonese Level I/II/III (6-13yrs) 9:15-11:45am
 For more information check out our website.
www.toceducationresources.com



Summer Tumblers (5-12yrs)
 An exciting program where children will develop their strength, flexibility and coordination through a variety of activities, gymnastics, dance and a few other exciting surprises. Children will be placed into groups according to their age and skill level.
 Mon-Thr July 3-Aug 30 5:00-6:45pm \$28/4 day wk
 \$21/3 day week (due to statutory holiday)

Gymnastics Camp for Girls (6-15yrs)
 Intensive training for competitive gymnasts. Last day finishes with a BBQ lunch. Bring a snack and water each day. Additional \$5 for non members to BCGA. Phone in to place your name on our interest list.
 Mon-Fri Aug 27-31 9:00-12:45pm \$99/week

Outdoor Soccer (6-9yrs)
 Join us in a fast paced, high energy sport that focuses on fun and skill development. \$4/drop in
 Wed Aug 1-22 3:30-4:45pm \$15/4 sessions

Splashdown Waterpark (8-14yrs)
 Join us for a day of fun and slides out in Tsawwassen. Includes admission and transportation. Make sure you pack a lunch or bring money for the concession stand.
 Thr Aug 9 9:30-5:00pm \$28/person

Introduction to Flag Football (6-10yrs) Ty Crews
 Learn the game of flag football. This is a NON - CONTACT sport. Children will learn the fundamentals of the game in a fun and interactive way, which will include throwing, passing and catching as well as how to capture a flag and how to avoid you flag being captured. This program will be run on the Renfrew Field.
 Th & Fr Aug 9-31 9:30-11:30pm \$35/8 sessions

"All Sports" Action Camp (8-13yrs)
 May include games and activities involving badminton, hockey, volleyball, soccer, basketball and baseball. T-shirt included.
 Mon-Fri Aug 13-17 9:00-11:00am \$33/week
 Mon-Fri Aug 13-17 11:00-1:00pm \$33/week

Fall 2007 Swim Lesson Registration starts July 23, 2007 @ 9:00am

Junior Lifeguard (13 year +) Swim Kids 8 and up
 Aug 10-31, Fri 5:00-6:30pm \$41.65
Bronze Medallion \$136.75 + manual \$31.80
 Aug 6-10 Mon-Fri 10am-3pm (Aug 6, 12pm-5pm)
 Aug 20-24 Mon-Fri 10am-3pm
Bronze Cross \$113.00
 July 30-Aug 3 Mon-Fri 11am-3pm
 Aug 13-17 Mon-Fri 11am-3pm
 Aug 27-31 Mon-Fri 11am-3pm



Sarita is a student studying video game creation. She has been on staff at Renfrew leading birthday parties, T-ball & soccer, art and science camps, and as a playground leader

Art Attack Camp (7-12yrs) Santa Beaudoin
 Your artistic creations could include painting, lantern making, paper maché sculptures, picture frame making, puppet making and more. Come along and join the fun and have the freedom to decide what you want to do. Your ideas will be incorporated into the program. Bring a lunch and drinks for the full day program.
 Mon-Fri Aug 27-31 3:00-6:00pm \$49/week



CARNIVAL AT RENFREW

Wed, August 8th
11:30am-3:30pm
All ages welcome.

Come and join us for a fun filled afternoon. There will be Carnival Games, box hockey tournament, slip and slide, BBQ, relays, water games and lots of crafts. Slocan, Collingwood and Falaise Park will be closed on this day.

GOLF LESSONS (g+GST)

GOLF LESSONS (16+yrs)

Learn from C.P.G.A. certified professional instructors at Fraserview Golf Club, located at 7800 Vivian St. All equipment will be provided. Class limited to 6 students.

Beginners: putting, chipping and swing.
 Sat Aug 4-25 12:00-1:00pm \$100g/4 sessions
Intermediates: putting chipping & 2 lessons on the swing
 Wed Aug 22-Sep 19 6:00-7:00pm \$130g/5 sessions

Senior Summer Golf Clinics (55+yrs)
 These clinics will cover the basics of the golf swing and short game fundamentals, such as chipping and putting. Great for the beginner to intermediate senior golfer. Equipment provided.
 Thu Aug 2-23 11:00-12:00pm \$90g/4 sessions

Junior Summer Golf Camps (7-12yrs) Fraserview Golf Pro

Do you want to learn how to play golf or improve your existing skills? The emphasis of the camps is on fun with golf skills, such as putting, chipping and full swings are introduced. Equipment provided.

Beginners
 Mon-Fri Aug 13-17 9:30-12:00pm \$140g/week
 Mon-Fri Aug 20-24 1:00-3:30pm \$140g/week
Intermediates
 Mon-Fri Aug 27-31 1:00-3:30pm \$140g/week

First four classes are held at Fraserview Golf Course, 7800 Vivian St. Last class is held at Rupert Pitch & Putt, 3401 Charles St. Register at least one week before class starts.

PLEASE NOTE: At time of printing Renfrew ParkCommunity Centre is on strike.



Renfrew / Collingwood Committees and Initiatives

For more information about these groups, please call 604.435.0323 or visit: <http://www.cnh.bc.ca/rcinitiatives/>

CULTURAL

Aboriginal Initiatives – Synala, Canoe Club & Amlat'si Family Place

- To develop programs that assist in the development of children and youth as well as community relationship building.
- The Canoe Club is culturally-based in order to promote the building of Aboriginal knowledge in the Collingwood community. Our objective is to join with Canoe Journeys such as the 5-day Paddling Together Canoe Journey. We have collaborated on activities with the Urban Native Youth Association and Warriors Against Violence.
- The Amlat'si Family Place focuses on Aboriginal cultural awareness through traditional songs, dances, arts, crafts and storytelling.

Arts Pow Wow

Community development through arts and art projects. Connecting people and allowing them to express themselves.

CNH Collingwood Settlement Services Committee

Coordinates the development and delivery of settlement services in Collingwood. This includes sharing information on services, identifying settlement needs in the area, and planning and implementing these in a collaborative manner drawing on existing resources.

Multicultural Artist Gathering (MAGA)

Multicultural visual artists and artisans who support the development and blossoming of creative expression within our community through public events, exhibition opportunities, workshops and networking.

PLANNING & DEVELOPMENT

Emergency Social Services Committee

Planning and preparedness for emergency situations in the Renfrew-Collingwood Area. CNH is the emergency center for the community.

RC CityPlan Committee

Implements Council-approved Community Vision directions through community initiatives. The group also supports and guides the activities of the sub-committees, expand outreach efforts, and works cooperatively with other community organizations and CityPlan committees to implement Vision Directions.

EVENTS & CELEBRATIONS

Collingwood Days

To plan and create Collingwood Days: an annual outdoor Spring event. The themes of the special event are: The History of Transportation – parade from Joyce Skytrain to Carleton School; Food Growing and Sharing – seed swap and garden opening; Community Celebration – food, live entertainment.

Moon Festival Steering Committee

To provide direction and community feedback for the Renfrew Ravine Moon Festival. The themes of the

Moon Festival are: Environmental awareness of issues surrounding Renfrew Ravine and Still Creek; Multicultural Community Celebration; Art and Cultural Sharing; Linking Harvest Fair and the Asian Mid-Autumn Festival.

Multiculturalism Week

This project is intended to celebrate Multiculturalism Week. This celebration includes a variety of events that enable the public to share their experiences, discuss and learn about common issues of interest or concern, and enjoy cultural performances representing different parts of the world.

CAPACITY BUILDING / NETWORKING / ISSUE RESOLUTIONS

CNH Computer Services Committee

Promotes a “less paper” work environment, computer learning opportunities and access to the internet.

CNH Families Branching Out

The Program focuses on all aspects of the health and well-being of children 0 to 6 and their extended families. This includes all family members and caregivers. The program takes a community development approach focusing on capacity building with parents as leaders and mentors for others in the group. We all want to see our children grow up well and strong, healthy and happy.

CNH Seniors Wellness Pathfinder Group

To promote seniors' health through educational and social activities.

I Can Choose, We Can Choose

Mission Statement: “To develop peer leadership in response to the social, health and cultural needs of Renfrew-Collingwood youth, and to further the well-being of the community as a whole.”

Neighbourhood Integrated Services Team

This group is composed of City of Vancouver staff to work across organizational boundaries to help communities solve problems by dealing with issues that involve more than one department of the City.

Neighbourhood Small Grants Project

To bring together ad hoc groups of local neighbours to organize and run projects that improve their neighbourhoods socially, culturally or physically.

RC Area Services Team

Information sharing, service coordination, advocacy and action on emerging social issues and concerns.

RC Community Leadership Institute

The Renfrew-Collingwood Community Leadership Institute has, so far, offered two six-month learning sessions for community leaders in Renfrew/Collingwood through a non-formal learning approach that continually builds on the body of knowledge in the community that propels and develops our leadership capacity. The Institute develops and nurtures diverse and competent community leadership.

RC Drug and Alcohol Committee

To promote a safer, healthier community by providing a forum for the discussion and resolution of issues related to substance abuse in Renfrew-Collingwood.

RC Food Security Institute

We value the importance of food in overall community capacity building, and the importance of not “stigmatizing” people in need.

- The Food Security Institute is premised on the idea that access to healthy, fresh food is a basic human right and the overall objective of the project is to build a solid food base for our community.

RC Homelessness Committee

Identifying and finding ways to improve the housing situation in Renfrew-Collingwood, and working to resolve issues for the homeless.

RC Open Doors to Learning

To provide early literacy programs for families with children aged newborn to four years, especially those who may be isolated or have not accessed other services. This year we are offering Parent-Child Mother Goose, Man in the Moon (for dads, granddads, and male caregivers and their babies aged newborn to 18 months), and Family Resource Centre Drop-In programs. All of these programs emphasize oral pre-literate communication between parent and child. Songs, stories, rhymes and games comprise the content. The Drop-In program also provides opportunities for parents to observe and join their children in play and craft activities. Emphasis is on building confidence, knowledge and skill in parents who are the prime educators of their children. A side-benefit is that parents form friendships and find support that extends beyond the group meeting.

RC Community News

Provides a medium for residents, businesses & organizations to communicate and promote community-based programs, services and activities, etc.

Windermere Community and Family of Schools

To identify resources and reallocation strategies to support Youth Leadership and Windermere Family of Schools.

NEIGHBOURHOOD ORGANIZATIONS

Collingwood Business Improvement Association

- Develops, encourages and promotes business in the CBIA, aids and researches projects/plans to benefit CBIA
- Encourages and supports entertainment, sports and cultural activities
- Promotes matters of common concern to the business tenants and property owners in the CBIA and to bring them together for the betterment of society.

Collingwood Community Policing Centre/Joyce Street

Acts as a bridge of communications between the community and the police department. The office also provides a referral service and crime prevention education.

CNH Board of Directors

Directs the work and activities of Collingwood Neighbourhood House. Includes planning, policymaking, financial management and employment of staff for community development and services in Collingwood

Italian Cultural Centre

The Italian Cultural Centre was built for the purpose of maintaining, promoting and increasing the Italian Culture in the fields of language, literature, art and music as well as providing a gathering place for social activities and friendships, and not just for the Italians, but for all people that admire and treasure the Italian culture.

Norquay Business Group

To improve business environment along Kingsway between Nanaimo and Rupert.

RC Parents Advisory Council

Agendas are concerned primarily with school issues like fundraising, but also community issues like grow ops and safety.

Renfrew Park Community Association

Provides and supports recreation services in the community in conjunction with Vancouver Parks Board.

PUBLIC SPACE IMPROVEMENTS / ENVIRONMENT

Green Up Clean Up

- Beautification of the area on Joyce Street between Wellington and Euclid.
- The long-term goal is creating the Cultural Harmony Walk and Garden – a walk from Kingsway along Joyce to Wellington with historical plaques, artwork, banners, flowers as well as a garden with more flowers, benches and a mural.

Keep Vancouver Spectacular

Keeps the Renfrew-Collingwood neighbourhood clean by means of allocating one day in the Spring where community members pick up waste from streets. On this day, the Renfrew-Collingwood neighbourhood is divided up into designated areas where leaders and their teams would go about with garbage bags, gloves, and tongs in their hands. This initiative is supported with garbage bags and gloves from the Engineering Department of the City of Vancouver.

Renfrew Ravine Committee

Finds ways to improve community involvement and develop community spirit. Out of this objective has come the Renfrew Ravine project which aims at restoring and enhancing the natural environment of the ravine.

Skytrain Initiatives

Improves ways of connecting the skytrain stations into the local community

Slocan Park Group

Revitalizes Slocan Park through making improvements to the playground and its surrounding areas.

Save Firehall 15 (Build a New One Next Door) Committee

Aims to preserve Fire Hall 15 as a Stickly Heritage Building in a neighbourhood low in heritage architecture

