

Renfrew Collingwood

February 2008

COMMUNITY NEWS

社区新闻



RC Community Shows Off Its Talents Story: Back Page



Host Ravi Khanna with winner of the childrens' division: John Zhixiong, age 11

Judge Bill McMichael with winners of the youth/adult division, F.H.C.

**Renfrew/
Collingwood
Welcomes
Garden of
Loving
Kindness**

Story: Page 2



Inside Nalandabodhi Vancouver's new dharma centre



Lama Rabten Tshering

Applying for Neighbourhood Small Grants p.3	Get Involved in RC p.6	Collingwood Neighbourhood House p.13
The Little Choir That Could p.3	MLA's Message p.6	Renfrew Park Community Centre p.14
A Resident Voice on Ecodensity p.5	Chinese New Year p.11	Where Have All the Snowdrops Gone p.15
	CBIA Who's Who p.12	History in Renfrew/Collingwood p.15

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Renfrew/Collingwood Welcomes Garden of Loving Kindness by Paul Reid

Nalandabodhi Vancouver's new dharma centre at 4610 Earles Street is now open to the public. The centre is called Maitrivana, which is Sanskrit for "Garden of Loving Kindness," and it offers meditation sessions and Buddhist studies.

Nalandabodhi Vancouver is part of a network of Buddhist meditation and study centres established by the Dzogchen Ponlop Rinpoche, a lineage holder in the Kagyu and Nyingma traditions of Tibetan Buddhism. Rinpoche travels all over the world but considers Vancouver his home. Rinpoche is recognized as one of the leading scholars of his generation, speaks fluent English and is known for his concise and often humorous presentation of Buddhist teachings.

Why is this Buddhist Temple here?

The master Rinpoche had a vision of bringing the pure dharma into the west. At the centre, one can study Buddhism academically, learning about Buddhism from beginning to end. One can also go there to meditate. Thanks to Rinpoche's English translations of the Buddhist teachings, "It is one of the few dharma centres with Buddhist studies in English that are the same as what is being taught in Nepal or Tibet." Right here in Renfrew/Collingwood!

Rinpoche has made the Renfrew/Collingwood location the organization's Canadian head office. It is at the corner of Vanness and Earles and is within an easy walk to the 29th Avenue SkyTrain station.

Lama Rabten Tshering

Maitrivana offers programs to the public with their resident lama, Lama Rabten Tshering.

Growing up high in the mountains in a famous region of Tibet called Kham, Lama Rabten comes from a long line of monks. When he was just eight years old, he became interested in meditation and Buddhism. Lama said that this decision was completely his own; he was not forced to study or meditate. This is an



Dzogchen Ponlop Rinpoche

important aspect of Buddhism. "The Buddha taught, 'Don't follow me because I am a Buddha or a prince, but examine what I have to offer you as if trading in gold (cut it, heat it up, analyze it) and if you like it, follow it.'"

At age 16, Lama moved to a monastery, living and studying with 75 other monks. At age 20, he moved to India, where it was more peaceful to study Buddhism. He has one brother and one sister who still live in Tibet.

Meditation is Lama's passion; he looks forward to it every day and spends about one hour, sometimes more and sometimes less. "Meditation is not so much about religion, but more a science of the mind. It is a mental exercise that will make the mind clear and stable. Meditation is the best therapy, the best psychologist," says Lama Rabten. "It is not looking for outside peace—it is looking for inside peace. My wish is that everybody can focus on their own inner peace to change their own selves, to avoid conflicts."

Maitrivana welcomes the community

Those at the new Maitrivana welcome the community to Sunday morning sessions. Lama Rabten's teachings offer an opportunity to meditate and learn with others. The sessions are by donation, and you are welcome to attend all or some of them.

The sessions include meditation from 9:30–10:30 am and teaching on the Paramitas from 10:30 am–12:00 pm:

The Dzogchen Ponlop Rinpoche has asked the Nalandabodhi sangha to continuously practice the six Paramitas, the transcendent actions or virtues that are the basis of Mahayana practice. The Paramitas are Generosity, Morality (Discipline), Patience, Diligence, Mediation, and Wisdom (Prajna). Rinpoche suggests that we study, practice and meditate on one Paramita per month, repeating the cycle in the second half of



Lama Rabten Tshering, originally from Tibet, is the resident lama at the new dharma centre at 4610 Earles Street.

the year. In January, Lama's teachings focused on Generosity; in February it is Morality, and so forth. The purpose of Paramita practice and contemplation is to develop a strong sense of compassion and loving kindness, as well as mental discipline. The Paramita teachings originate in the Sutras, the original teachings of Buddha Sakyamuni.

Upcoming Events in February

The Dzogchen Ponlop Rinpoche
February 22–24, 2008

At the Firefighters' Club, Burnaby, B.C.

- Avalokiteshvara Empowerment
Friday, February 22, 7:30–9:00 pm
- Teachings on Universal Love
Saturday & Sunday, February 23 & 24, 10 am–4 pm
- The Great Canadian Dharma Dinner with
The Dzogchen Ponlop Rinpoche
A Fundraiser for Maitrivana
Saturday, February 23, 6:30–9:30 pm

Email: outreach@nalandabodhi.ca
Website: www.vancouver.nalandabodhi.ca
Calendar: http://vancouver.nalandabodhi.ca/calendar.html
Phone: 604-675-9281



Have an Idea to Improve Your Neighbourhood?

Apply for the Neighbourhood Small Grants Project

“It was fun! I got to put the time capsule in (the ground).”

Kayla York, age 9, has already been involved in several Neighbourhood Small Grant Projects (NSGPs) in her community. Last spring she came up with her own idea and applied (with the help of her mom) for her own small grant.

Kayla wanted make a time capsule to bury in the ground in her neighbourhood. She planned to invite other kids to bring something small but special to contribute. The grant money would be used to purchase a container and a tree to mark the time capsule location. They intend to open the capsule in 10 years.

Her mom, Jacquie, submitted the application on Kayla’s behalf. The application was approved and Kayla was thrilled. Jacquie consulted with the neighbours and decided on a magnolia tree, which produces lovely white blooms each spring.

To their surprise, many neighbours made an effort to place something in the time

capsule. Even teenagers came by with contributions in the hours leading up to the digging and planting event.

Stories like this have been popping up in our community since 2002, the first year that the NSGP took place in the neighbourhoods around South Vancouver and Collingwood Neighbourhood Houses. That year there were 48 grant applications. Since then the popularity and awareness has grown. Ninety applications were submitted in 2007!

NSGP offers from \$50 to \$500 to neighbours wanting to work together on small projects to enhance their neighbourhoods.

If you’ve always wanted to host a multicultural event, make stepping stones



Garden and tree where the time capsule is buried. Inset: Kayla

for your block, set up a local moms-and-babies-group, start a seniors’ weekly gathering or create a neighbourhood quilting group, this is the year you can do it!

Come up with a project that enhances your neighbourhood socially, physically or culturally and you could qualify. A resident committee will review all the

- Continued on Page 4

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The Little Choir That Could

Graham Bruce Choir wins contest

The Graham Bruce Elementary School Choir was surprised and elated to be awarded first place in the Holiday 2007 Choir Contest held at Kids Market at Granville Island. According to principal Judy Ann Nishi, their \$5,000 prize will further support music education at Graham Bruce, a Renfrew-Collingwood school located at 3633 Tanner Street.

The students, their instructor (Lucinda Johnston) and choir parents work hard to develop this wonderful choir and are thrilled with this acknowledgment. The honour of winning first place was a boost for this choir, which is made up of kindergarten to grade 7 students.

Contest organizers recognized the choir as a “talented, enthusiastic and committed group” with “phenomenal” support from parents and “amazing”

direction from their instructor. These are well deserved accolades for this little choir that could.

The Graham Bruce Choir began working as a group under Ms Johnston’s direction in the 2006-2007 school year, singing at their school and in the community. They participated in the District Choral Festival, at Collingwood Days and at local seniors’ residences, bringing their energetic spirits and happy voices to cheer others. They also sang at the Robson Street Chapters bookstore to thank the branch for their work supporting literacy at Graham Bruce.

This year, the choir has added shows at the Vancouver East Cultural Centre with Norman Foote, Burnaby Village Museum and the Granville Island Holiday Choir Contest to their itinerary. Their visible love of music and enthusiasm makes this choir a joy to experience.

Some local wines are getting a great reputation.
(They could be your neighbour's)

There's no doubt that the local wines are creating quite a stir. Especially amongst your friends and neighbours. That's because more and more people are enjoying the fun and satisfaction of making their own.

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Renfrew Collingwood

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.

Contact the RCCNews

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

Phone: 604.727.3993

Fax: 604.435.1191

Email: info@smartcommunity.net

Mail: 5288 Joyce Street Vancouver, B.C.
V5R 6C9

Advertising: Contact Paul @

Phone: 604.727.3993

Email: ads@smartcommunity.net

Neighbourhood Small Grant Projects: continued from page 3



Beloved community mural funded by NSGP

applications and decide which ones will receive funding.

Application Forms

Application forms hit the streets, local community gathering centres and elementary schools starting in February. They are also available at Collingwood Neighbourhood House and South Vancouver Neighbourhood House.

Neighbourhood Small Grants Project Website

Apply online at: www.cnh.bc.ca/nsgp

Who can apply for grants?

Applicants must live in the South Vancouver or Renfrew-Collingwood neighbourhoods. Check the map on the application form. The grants are for projects by neighbours or small groups of residents only; organizations cannot apply for a grant.

Neighbourhood Small Grant Projects in Renfrew-Collingwood in 2007

- Native Berry Trail planting (below Skytrain between Joyce St. and Rupert Street)
- Renfrew Ravine Blackberry Party
- Five Continents Block Party (Euclid Street)
- Friendship through Belly Dancing
- Tai Chi Tea Party (Slocan Park)
- Neighbourhood Barbeque picnic
- Neighbourhood Block Party/Clean Up
- Youth Celebrate Canada Day
- Organic Community Garden
- Kaslo Kafe (community coffee house)
- Diwali Celebration (at Renfrew Community Centre)
- Doggie Theme Day at the Park
- Neighbourhood Block Party
- Collingwood Historical Photos
- Diwali Festival at CNH
- Tanner Street School Mural renovation
- Collingwood Community Garden, adding multilingual information signage to public food trail.

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What is the deadline for applying?

April 30, 2008. You can drop off your application at the Collingwood Neighbourhood House. The resident committees will let applicants know by May 31 whether or not their project was approved. The projects should take place between June and October. A celebration in November 2008 will give grant recipients the opportunity to display and share photographs of their projects and network with other project leaders and members of the NSGP Steering Committee.

Where does the money come from?

Funding for the NSGP comes from the Vancouver Foundation, a community foundation that has been operating in support of our great city since 1950. The Vancouver Foundation "believes that all neighbourhoods can be vibrant and safe places for the people who live there. One way to strengthen neighbourhoods is to build on the capacity of residents. This project is aimed at supporting residents to initiate activities in their communities to benefit the local people." (October 27, 1999). See www.vancouverfoundation.bc.ca/index.htm

For more information

Contact Sheri Parke at 778-839-6709.



A Resident Voice on EcoDensity

by Robert Allen

At the January 17 meeting of the Renfrew/Collingwood CityPlan Visions Committee, residents had a chance to discuss the City's Ecodensity initiative with Mr. Brent Todarian, the director of planning for Vancouver and Ms. Kathleen Kern, one of the planners for Norquay Village. A few new faces from our hood were also in attendance as our planners explained the new initiative to us and did their best to answer questions and take notes.

Ecodensity is a hot button issue in our neighbourhood largely because it has been linked to rezoning issues related to the planning process for Norquay. The basic premise is: a denser city would be a more ecologically and ultimately a more economically responsible city. It has to be done right, as our city planners heard from the residents.

One concern is that to some eyes, it looks like the city is overriding our R/C Neighbourhood Vision with their Ecodensity document. Our planners assured us at the meeting that such is not the case and that if there is a discrepancy between the Ecodensity Initiative and our existing CityPlan Vision, the Vision wins out.

Mr. Todarian also indicated that he will recommend that Council hold off on adopting Ecodensity at its next meeting in favour of more prior outreach and input on the subject, at the neighbourhood level.

There are a number of Ecodensity workshops being held throughout the city this month and the Visions committee will likely have another special meeting to discuss Ecodensity in R/C. City Council will also be listening to anyone who wishes to speak to Ecodensity at the February 26th, 7:30 pm meeting at City Hall.

For more information on the special city council meeting on February 26, see <http://www.vancouver-ecodensity.ca/content.php?id=42>

For more information on Norquay Village Survey data. Open the news release and then the link for Norquay, then under What's New the link for "Further Planning Work Underway" & Norquay Survey Overview: <http://vancouver.ca/ctyclerk/NewsReleases2008/NRnorquaysurvey.htm>

<http://www.vancouver.ca/commsvcs/planning/neighbourcentres/norquay/whatsnew.htm>

For information Norquay Village from the original Renfrew-Collingwood Community Vision: <http://www.vancouver.ca/commsvcs/planning/cityplan/Visions/rc/pdf/neighcentres.pdf>

Next Stage of EcoDensity Consultation

EcoDensity Workshops

Get involved! A number of public workshops are being held on the Draft EcoDensity Charter and Draft Initial Actions in February 2008 where you can:

- o Learn more about the draft Charter and draft Initial Actions;
- o Hear what others are thinking;
- o Submit your comments to City Council through a feedback form.

Please RSVP to ecodensity@vancouver.ca or 604-873-7707

Sunday, February 3, 1-3:30pm
Croatian Cultural Centre
3250 Commercial Drive
*Chinese facilitation available
Transit: Bus #20 – Victoria/Downtown

Tuesday, February 12, 7-9:30pm
St. James Hall
3214 West 10th Avenue (at Trutch Street)
Transit: Bus #9 – Boundary/Broadway Station/UBC

Saturday, February 16, 1:30-4pm
Chinese Cultural Centre
50 East Pender Street (between Carrall Street & Columbia Street)
*Chinese facilitation available
Transit: Bus #3 – Main/Downtown
Bus #16 – 29th Ave Station/Arbutus
Bus #10 – Hastings/Downtown/Granville

Please RSVP to ecodensity@vancouver.ca or 604-873-7707

In addition, please feel free to invite staff to your group's meeting. Please contact us at ecodensity@vancouver.ca or call 604.873.7707 to arrange. Check out our website for more information at www.vancouver.ca/ecodensity.

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Get Involved in Renfrew/Collingwood

Renfrew Ravine Nature Walk (all ages)

Saturday, February 16, 1 - 3 pm
\$2/person or \$5/family
Please Register 604-257-8393

There will be a Renfrew Ravine Eagle Eyes bingo card contest and prizes. Dress for the weather. Meet at Renfrew Park Community Centre -- library side entrance.

Renfrew Ravine Committee Meeting

Tuesday, February 19, 7 - 8:30 pm
Renfrew Library, 22nd at Nootka

Calling all neighbours and nature lovers. Join us at the Renfrew Ravine Committee meeting. Find out about:

- Results/updates on actions of January meeting
Spring Clean Up and Clear out planning
- Developing three-year plan for 26/27th Ave site
- Greenways department involvement

- Goal and objective setting for Renfrew Ravine Committee

Ceilidh: Scottish Country Dancing

Saturday, February 23, 7 pm
Renfrew Park Community Centre
Live music and refreshments provided

Never heard of a "ceilidh?" You pronounce it "kaylee." It is social dancing for the entire family. You won't need a kilt, but here's your chance to wear one. Wear comfortable clothing and flat shoes. Dances are taught by Duncan MacKenzie, and the Vancouver Demonstration Team will perform complex dances. That alone is worth the admission.

Tickets are \$8.00 at the door or \$5.00 in advance. Come with a group of 8 or more and get a \$1.00 off each entry. Contact Cheryl Pallida 604-257-8390 for tickets and additional information on classes. Renfrew Park Community Centre also offers a beginner class each Friday.

Food Security Institute

The Food Security Institute is looking for new people to join the steering committee. They meet the second Wednesday of the month. Call 435-0323 ext 237 and leave your contact info for Carmen Rosen, the interim coordinator until the end of February. The Rooftop Garden is almost finished and we'll soon be hosting workshops up on a newly completed rooftop garden!

Neighbourhood Small Grants Project

Do you have a project in mind that improves your neighbourhood, like hold a block party or paint a mural? Then apply for funding from the Neighbourhood Small Grants Project, funded by the Vancouver Foundation. NSGP offers \$50 to \$500 to neighbours who want to work together on a local project. Look for application forms at local community gathering centres and elementary schools. Or pick one up at the Collingwood Neighbourhood House, 5288 Joyce Street. More information: Sheri Parke 778-839-6709.

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

Dear Neighbours:

Lunar New Year - Year of the Rat

Happy New Year! I would like to wish everyone lots of luck, great health and never-ending happiness this Year of the Rat. Come join me on February 11, 2007 in Chinatown for the annual Chinese New Year Parade starting at 11 am. Bring the whole family and enjoy food, storytelling and crafts.



Liquor Store Update

I would like to thank everyone for their support in our petition against the development application for the Private Liquor Store on 5033 Joyce Street. The City of Vancouver received almost 3000 letters and petitions from residents, businesses and community organizations opposed to this development application. As a result of your support, the city has rejected the application. Thank you again for all your great effort.

Seniors Wellness Fair 2008

On Thursday, March 27, 2008, I would like to invite everyone to the Renfrew Collingwood Seniors Wellness Fair at Renfrew Park Community Centre from 10:30 am to 2:00 pm. Enjoy a cooking show, some local entertainment and a community health discussion with seniors and health service providers from around our community. There will be various information and display booths on senior's health and wellness such as heart and stroke, arthritis, optometry, massage therapy, and Chinese medicine. There will also be a screening clinic. The event is free and lunch will also be provided for those who have registered. If you would like to register for this event, please contact Cheryl Pallida at 604-257-8390 or Easter Tocol at 604-660-0314.

B.C. Residents Wait Longer Than National Average for MRIs

A Canadian Medical Association study shows B.C. patients wait far longer for essential diagnostics than the national average. We know the Campbell Liberals cap funding for MRI procedures so there is plenty of unused MRI capacity that sits idle. If we better used that capacity, we could get the wait lists down. The maximum recommended treatment time is 30 days. Patients may need an MRI to determine the extent of damage and if surgery may be required. Waiting can lead to irreparable damage. Patients in B.C. wait in pain an average of 84 days to access an MRI – more than twice as long as Ontario and a month longer than Alberta. The sad part is that this study doesn't even count the time it takes to see a specialist so wait times are even higher.

There should be no reason that B.C. is doing worse than almost every other province. We can solve this problem if the Campbell Liberals invested in public health care. The report, "The Economic Costs of Wait Times in Canada", reveals the length of time patients wait for care in just four areas - joint replacement, sight restoration, cardiac bypass surgery and MRI scans – cost Canada \$14.8 billion last year and lowered government revenues by \$4.4 billion during the same period. If you would like to see the report, you can find it online at <http://www.csls.ca/events/CMA-CSLS/BCMA-CMA-waittimes.pdf>.

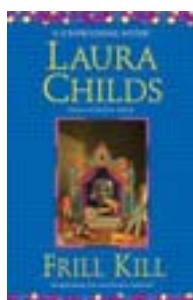
What's New at the Renfrew Library



Herr Schnoodle & McBee by P.K. Paranya

Alexander McBee is an private investigator, trained by watching old movies, and not very successful. He rescues a dog from the sludge called the port of New York one day, despite his allergies, and his one good suit. A PI team is born, ready to solve the mysteries that come their way.

enduring WW II hardships, Kiam-Kim survives a world in upheaval.

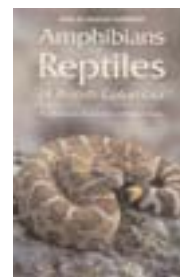


Frill Kill by Laura Childs

Halloween, New Orleans, a sexy tarot reader. Life is sweet for Carmela, until she is attacked, another beautiful woman is found close by, dead, and there is the taro reader again. The tooth marks on the dead woman's neck are weird, and so are strange hairs on her clothes. Nope, this NOT a vampire mystery.

Amphibians and Reptiles of British Columbia

This includes descriptions of sea turtles you might encounter along the shoreline, and of course, toads, frogs, salamanders, and snakes. For those who look at the ground, as well as the scenery.



All that Matters by Wayson Choy

The sequel to Jade Peony, the story of the Chen family continues with the addition of Kiam-Kim, the only son of the patriarch's First Wife. Growing up in the racially divided city of Vancouver in the 30's and the 40's, learning to love,



Waiting for the Macaws by Terry Glavin

Ecologists are calling our times the Sixth Great Extinction. Plants, animals, insects, human cultures and languages are vanishing in the great homogenization of the world. Terry discovered small pockets of deliberately saved space and species. Well written, thoughtful, and interesting.

Collingwood Baptist Church
Sunday worship services: 11:00 am and 6:30 pm
Sunday School during Service for Children.
Newcomers Always Welcome!

New series starting Feb 3.



WHAT WE BELIEVE
...and why it matters.

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FEBRUARY 2008

RENFREW/COLLINGWOOD COMMUNITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sundays at Collingwood N'House: Hooping It Up, 10:00 am - 12 nn Ballroom Dancing, 1:00 - 5:00 pm	Mondays at Collingwood N'House: ESL Beginner, 10:00 - 12:00 Storytime, 10:00 - 11:30 am Music & Movement, 11:00 - 12:00 Pilates, 12:05-1:05 pm ESL Intermediate, 12:45 - 2:45 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 at Collingwood N'House: Jazzercise, 12:00 nn - 1:00 pm Music Therapy, 4:15 - 4:45 pm Tae Kwon Do, 4:45 - 5:15 pm Tae kwon Do, 5:15 - 6:15 pm Hatha Yoga, 6:45 - 8:15 pm T'ai Chi, 7:30 - 9:30 pm	Wednesdays at Collingwood N'House ESL Beginner, 10:00-12:00 ESL Intermediate, 12:45 - 2:45 pm Seniors Strength and Stretch, 11:00 am - 12:00 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 Music Therapy, 4:00 - 4:30 pm Music Therapy, 4:45 - 5:15 pm	Thursdays at Collingwood N'House Seniors Yoga Drop in, 9:30 - 10:30 am Jazzercise, 12:00 nn - 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	Renfrew CC 1 Nutrition 101 40+yrs Fridays at Collingwood N'House Seniors T'ai Chi, 9:30 - 10:30 am Seniors Strength and Stretch 11:30 am - 12:30 nn Kids in Action, 12:30, 2:00 pm Ballet and Creative Dance, 5:15 - 6:15 pm Yolates, 6:00 - 7:00 pm Renfrew CC Eye Classes 40+yrs	Renfrew CC 2 Renfrew Ravine Nature Walk-all ages Mother Goose parent-child Red Cross Babysitting-10-13yrs Computer Workshops 40+yrs Italian CC ICSF Annual Banquet - Entertainment by Sound Fantasy. please contact Marinella Michielin at 604-435-0156
3	4	5	Renfrew CC 6 Embellish your Denims with Ribbon Embroidery 19+yrs Home Buying 201	Chinese New Year 7 (Year of the Rat) 	Renfrew CC 8 Eye Classes 40+yrs	Saturdays at Collingwood N'House 9 Visual Arts, 10:30 am - 12:30 pm Jazzercise, 10:00 - 11:00 am Creative Dance, 11:00 - 11:45 am Creative Dance, 12:00 - 12:45 pm Piano Lessons, 10:30 - 11:15 11:30 - 12:15 12:30 - 1:15 pm
10	11	Renfrew CC 12 Sweet Hart Luncheon 40+yrs	13	St. Valentine's Day 	Renfrew CC 14 Blood Pressure Clinic 40+yrs Argentina Educational Workshop 19+yrs	Renfrew CC 15 Standard First Aid Recert Emergency First Aid Standard First Aid - CPR C Basic Rescuer-CPR C Recert - Standard First Aid Upgrade 14+yrs
17	18	Renfrew CC 19 Back 7 Neck Fit 19+yrs	Renfrew CC 20 Law Clinic 40+yrs Piano Competition at Gateway Theatre Tour 40+yrs	Renfrew CC 21 Wills & Estates 19+yrs	Renfrew CC 22 A Talk with Darren 19+yrs	Renfrew CC 23 Scottish Ceilidh A Family Event Creative Kids 4-6yrs
24	Italian CC 25 Italian Cineforum - "Down by Law" (1986) POPCORN and ADMISSION FREE for all!	Renfrew CC 26 Science World & Granville Island Tour 40+yrs Ecodensity Discussions at City Hall City Council will also be listening to anyone who wishes to speak to Ecodensity, 7 pm at City Hall.	27	28	Renfrew CC 29 Leappin "Youth Dance"	

Collingwood Neighbourhood House: 5288 Joyce Street: ph: (604) 435-0323
The Italian Cultural Centre Society: 3075 Slokan Street: ph: (604) 430-3337
Renfrew Park Community Centre: 2929 East 22nd Avenue: ph: (604) 257-8388



What Is Love?

by the Pre-teen
Creative Writing Class
at Collingwood
Neighbourhood House

February 14th is Valentine's Day... a day we associate with Love. Students in the Collingwood Neighbourhood House Pre-Teen Creative Writing Program wrote down their definitions of love. Here is a sampling:

- "Love is drinking cool lemonade on a hot sunny day, and watching Spongebob Squarepants at home on a rainy day." Amy, grade 5, James Cook Elementary.
- "Love is getting a kiss from your parents while eating sushi." Chalssie, grade 4, Graham Bruce Elementary.
- "Love is having a warm hug when you are hurt or sad." Alger, grade 4, Carleton Elementary.
- "Love is when you really really like. I love to read and draw." Tiger, grade 4, Waverley Elementary School.
- "Love is to be a respectful friend to others, to play your favourite game as long as you want, and to give big hugs to your parents." Isabelo, grade 3, Collingwood Neighbourhood School.
- "Love is sharing a big Hawaiian pizza with a friend and trying to help someone when they fall and hurt themselves." Nirmala, grade 5, Graham Bruce Elementary.
- "Love is in your heart." Tom, grade 4, Waverley Elementary.
- "Love is sharing some candy with your friend." Edmund, grade 2, Carleton Elementary.
- "Love is an extremely good feeling in your heart." Akash, grade 3, Collingwood Neighbourhood School.
- "Love is when I eat sushi with spicy wasabi, watch my favourite show Naruto, and play my favourite game WarCraft." Alex, grade 5, Kingsford Smith.
- "Love is to send big bright red Valentine's to everybody and to buy a toy helicopter and fly it around the house." Michael, grade 3, Renfrew Elementary School.
- "Love is reading a book with nobody bothering you." Bob, grade 4, Waverley Elementary School.
- "Love is when you can eat candy all day and play your PSP." Tigre, grade 3, Graham Bruce Elementary School.
- "Love is a wet, sloppy kiss from your Mom, and a happy greeting to others." Suzy, grade 5, Graham Bruce Elementary School.
- "Love is being kind to others and sharing your things." Karen, grade 4, Kingsford-Smith Elementary School.

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

Fastbreak Basketball

by Hassan Haque

Students from the Leadership 10 program at Windermere Secondary got local elementary school kids running, dribbling and passing at Fastbreak Basketball this past fall. The Leadership 10 students volunteered one day a week to help run nine one-to-two hour sessions.

Fastbreak Basketball is a program for kids grades 4-7. It promotes healthy, active lifestyles, builds good leadership and basketball skills, and provides a fun, inclusive environment in which kids interact with their peers as well as Leadership 10 students.

On December 8, all the children who participated in the Fastbreak sessions had a huge tournament at Windermere. The kids showed off their basketball skills and, since teams were made up of kids from different elementary schools, they made new friends. The tournament was a huge success, and every participant received a fantastic prize.

We would like to thank all the participants and parents who made Fastbreak Basketball a success this year. Thanks also to the Leadership 10 class, Arthur, Nancy, Leanna and Christine, who all made this program possible in 2007.

That "Feel-good" Feeling

Peer Facilitators and Peer Educators learn at the Youth Driven Workshop

by Amy Suen

"What I like most about being in Peer Facilitators is the 'feel-good' feeling I get when I'm there..." Nathan Dinh said to the crowd of elementary school students sitting on the gym floor at Collingwood Neighbourhood House.

A passerby might wonder why there were so many kids out of school on a Monday morning. Were they skipping en masse?

The truth is the absolute opposite. The students are Peer Educators from six elementary schools in the Windermere family. They were participating in the Youth Driven Workshop, held January 14 and organized by their high school counterparts, Peer Facilitators.

The topic of the day was the obsession of most elementary school students: what is high school like?

"I learned that you don't get shoved into lockers," joked Vincent Tan, a grade seven student from Carleton. "The presentation was really funny."

Vincent was referring to a series of short, comical scenes performed by the Peer Facilitators. After the presentations, the

Peer Educators were divided into groups and immediately set off exploring the displays of local youth-related organizations. These included the Evergreen Health Centre, the Kids Help Phone and Windermere Secondary School.

"This is an entirely youth-driven program," says Lani, coordinator of the program. "The Peer Facilitators plan all the events and they come up with their own ideas for skits."

Peer Facilitators come from a variety of grades. Some had just joined this school year while others have been in the program for more than five years.

"I learn so much from being in this program. It's so much fun" one of the Peer Facilitators said enthusiastically.

The fun does not stop with the end of this workshop. Every year, around April, Peer Educators at each elementary school present a topic, on issues such as exploitation, drugs and peer pressure, to all local grade seven students at a large-scale workshop. Until then, the Peer Educators and Facilitators will meet each week to work hard, have fun and learn lots from each other.



Eating Well with Canada's Food Guide and the Chinese Diet

By Helen Yeung, RD, and Mary Lee, RD

Community Nutritionists, Evergreen Community Health Centre

Chinese New Year's Day is February 7th this year. Food plays a big role in Chinese New Year celebrations.

Traditional diets around the globe often are healthy, with the emphasis on whole, unprocessed foods. The traditional diets from Asia include plenty of vegetables, fruits, soy, other plant foods, and less red meat. The Asian diet also includes fish and other seafood, chicken and pork. In addition, in Asian culture, eating together is an important activity, which can help support eating well (remember, "Eat together, Eat Better").

Down sides of the Asian diet include the high sodium content (from sauces and MSG—monosodium glutamate used in some restaurants) and white rice (although some enlightened eaters are choosing brown rice over white, knowing the health benefits of whole grains).

If you are eating more Chinese foods this month, here are some tips:

- **Choose less of the deep-fried foods.** Go for the steamed, boiled and stir-fried foods.
- **Choose dishes that feature more vegetables.** Or add extra broccoli, snow peas, baby corn or mushrooms to your dishes.
- **Avoid adding extra sauces,** like soy sauce and plum sauce, onto your foods.
- **Flavour with garlic, ginger, spices and herbs.** This adds taste

without excess sodium, sugar and fat. (See the recipe for Easy Tofu and Chinese Broccoli Stir Fry.)

- **Drink water or tea while eating** so that you don't mistake thirst for hunger. You might think you're still hungry when your body actually needs fluids, which water will satisfy.

Chinese New Year is a time to visit family and friends. The Chinese hot pot (boiling broth used to cook fresh raw foods) is a communal eating event and quite healthy, with little oil used in cooking. After foods have cooked in the hot broth, diners dip foods into a little bit of sauce (you can use less sauce and use more pepper, green onions and cilantro for flavour).

Gifts of oranges and fruit would be better than candy and cakes, but remember that higher-fat foods can be balanced by healthier choices found in Canada's Food Guide. On the day that you are eating some of the cakes or sweets, at home choose more foods such as vegetables, clear soup and fruits. The total diet is important. To enjoy the special treats at this time of year, savour a small portion size.

Helen Yeung and Mary Lee are registered dietitians at Evergreen Community Health Centre, located at 3425 Crowley Drive. Phone 604-872-2511. Mary is also the dietitian at the Vancouver Chinese Diabetes Education Centre, http://www.vch.ca/diabetes/docs/chinese_centre.pdf.

Easy Tofu and Chinese Broccoli Stir-Fry

75 ml (3 tbsp) canola oil
 4 cloves garlic, minced
 25 ml (1 tbsp) grated ginger
 1 chopped onion
 340 g container tofu (medium or firm), cut into 1 inch cubes
 25 ml (1 tbsp) fermented black beans or black bean sauce
 240 g (8 oz) Chinese broccoli or regular broccoli, cut into 5 cm (2 inch) pieces
 50 ml (2 tbsp) oyster sauce or soy sauce
 Salt and pepper to taste
 Cilantro or Chinese parsley (optional)

Heat oil in a pan over high heat. Add the garlic, ginger, and onion and cook for one minute.

Add the tofu, black beans, broccoli, and cook for 8 minutes on medium-high heat. Season with oyster sauce or soy sauce, salt and pepper, and cilantro.



Customs and Beliefs around Chinese New Year

By Helen Yeung, RD, and Mary Lee, RD

The date of Chinese New Year day, sometimes called Lunar New Year, is determined by the lunar calendar. This system of measuring time is based on the moon and its cycles. Each month begins with a new moon and has either 29 or thirty days.

The Chinese New Year celebration lasts for 15 days. It begins with New Year's Eve on the second new moon after the winter solstice and ends with the Lantern Festival held at the full moon two weeks later. According to the Gregorian calendar used in North America, Chinese New Year falls between late January and late February, but the exact date varies year to year.

This year the celebration is the two weeks after February 7th, until the 21st.

A week before Chinese New Year's Day, families clean the house from top to bottom. They sweep the dust and dirt out the door along with any bad luck that has collected. People believe that if the house is not clean, there will be no room for all the good things the New Year will bring.

When the house is clean, family members decorate it. They hang up red and gold banners called scrolls. On the scrolls they write good wishes for the family in the coming year. Then they put out plants

and flowers that will bring them good luck. Some people believe if flower buds open on New Year's Day, they will have a year of good luck.

Many families keep a kumquat tree in the house for good luck in the coming year. Its fruit looks like a tiny orange. Other families decorate their houses with branches from peach and plum trees. The Chinese believe that peach and plum flowers bring long life.

Many Chinese families shop for new clothes to wear in the New Year. Much of the clothing they buy is red, which stands for happiness. Often, they get their hair cut before New Year's Eve. Everybody tries to pay bills and pay off debt before the New Year. They also try to stop fighting and forgive those who have hurt them.

There are no bad words spoken on New Year's Day—everyone shows good manners. People believe that whatever happens on this day will show what kind of luck they can expect in the coming year! People visit family and friends. Visitors bring special gifts like flowers, fruit, melon seeds and New Year's cakes. Each gift brings with it a special wish for the coming year. Oranges stand for money and wealth. Tangerines stand for good luck. New Year's cakes and candies stand for peace and togetherness (harmony).

Who's Who in

Historical
Collingwood
Gateway into Vancouver



FEBRUARY

Willie Jang
Store Manager

London Drugs

3328 Kingsway
604.448.4828
www.londondrugs.com



**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



Willie Jang, with 21 years' employment with London Drugs, reflects on their reputation as a good employer that promotes from within.

With its beginnings here in Vancouver roughly 63 years ago, London Drugs now has stores all over Western Canada, all the way to Winnipeg.

Store manager Willie Jang believes that customer service is one of the keys to London Drugs' success. The company also spends a lot of time and money to make sure that the stores are bright, clean, and fresh each morning.

London Drugs is also known for its excellent benefits and opportunities for employees, preferring to hire from within. Willie has been with London Drugs for the past 21 years.

Willie was born in Lethbridge, Alberta. When still

very young, Willie moved to the East Vancouver community with his brother, sister and parents. He attended Selkirk Elementary and graduated from Gladstone High School. He also studied at BCIT. Willie likes to play recreational hockey and golf. He and his wife have two boys, aged nine and twelve.

Since arriving at the Kingsway Location, Willie has been quite involved with the Collingwood Business Improvement Association, making sure that London Drugs stays active in the community.

London Drugs will be participating in Collingwood Days again this year with their Family Identification Program for children and adults. The program was pioneered by the Loss & Prevention Division at London Drugs and helps to prevent identity theft.

Collingwood BIA Updates

***Collingwood Days 2008** - The community is invited to participate at this year's Collingwood Days event on Saturday, May 31, 2008. For more information contact the Collingwood BIA at 604.639.4403 or go to our website at www.shopcollingwood.ca.

*** Traffic alteration at Kingsway & Tyne** - The City of Vancouver will be removing the one-way designation on the north side of Kingsway at Tyne to two-way. The one-way designation will be moved half a block north on Tyne at the beginning of the residential neighbourhood. This revised traffic pattern will allow commercial vehicles and consumers of local businesses in this area easier access to the laneways and parking off Tyne.

*** Collingwood Guardians** - Thank you to all Collingwood Commercial Businesses for welcoming our Collingwood Guardians into your business. During the first three months of the program many of you had a chance to meet and interact with the Guardians. The Guardian program is a joint program between the Collingwood Business Improvement Association and the Collingwood Community Policing Centre. For more information

about this program contact the Collingwood BIA at 604.639.4403.

*** Parking Meters** - The Collingwood BIA is interested to know if commercial businesses along Kingsway would welcome parking meters as a way to help regulate parking in the area. Check out our latest newsletter at www.shopcollingwood.ca for information about the POM project we are currently researching. Your comments are appreciated.

*** The Vancouver Fair Tax Coalition** is holding three public meetings: Saturday, February 16th at Van Dusen Gardens - Floral Hall 9:00 AM to 12 Noon; Wednesday, February 20th at City Hall - Community Room #1 7 PM to 10 PM; and Saturday, February 23rd at Killarney High School from 9 AM to 12 Noon. In the last two years, the Vancouver Fair Tax Coalition has made an impact by saving Vancouver business owners and operators an estimated \$24.5 million in property taxes through rebalancing the tax load. However, City Council needs to hear from you and others in the business community to keep up the momentum. For more information on the VFTC or their upcoming public meetings, go to www.fairtaxcoalition.com.



COLLINGWOOD NEIGHBOURHOOD HOUSE'S HIGHLIGHTS

RECREATION PROGRAMS



Music Therapy

Music therapy program provides activities such as music improvisation, receptive music listening, song writing, lyric discussion, music and imagery and learning through music to help children to develop their functional skills.

Ages 5 - 7

Tuesdays, Jan 15 - Mar 18

3:30 - 4:00 pm (children with developmental challenges)

4:15 - 4:45 pm (children with physical challenges)

Cost: \$80 for 10 sessions (materials included)

Ages 8 - 12

Wednesdays, Jan 16 - Mar 19

4:00 - 4:30 pm (children with developmental challenges)

4:45 - 5:15 pm (children with physical challenges)

Cost: \$80 for 10 sessions (materials included)

Creative Movement in Dance

This class will build on the basic principles of dance and will introduce different styles of dance such as ballet, modern, folk, jazz, and Chinese classic dance. Simple movement will be given during the class and students will have the chance to create and explore their own movement potential.

Saturdays, Jan 12 to March 15

11:00 - 11:45 am (Ages 3 - 5)

12:00 - 12:45 pm (Ages 6 - 8)

Drop in Cost: \$4.50

Storytime and Free Play

Sharing, storytelling, singing, popular rhymes and free play. Parents can read with their children. This is a fun, warm time for parents and children who love stories.

Mondays, 10:00 - 11:30 am (Program Ongoing)

Drop in Fee: \$2.00

Tai Chi

The ancient art of self-defence and fitness is practiced by millions each morning in China's courtyards and has become a popular activity in our fast-paced western culture. This form of martial arts benefits your overall health and fitness and calms your mind.

Tuesdays, 7:30 - 9:30 pm (Program Ongoing)

Cost: \$43 for 10 sessions

Drop in fee: \$4.50

Seniors: \$20 for 10 sessions

Aerobics

This aerobics program for both women and men will steadily improve flexibility, endurance and muscle tone. Classes provide an introduction to the various types of fitness class available including step, flexibility, abdominals and boxercise.

Mondays, 6:00 - 7:00 pm (Program Ongoing)

Drop in fee: \$3.75

Yolates

The perfect combination of yoga and pilates. Strengthen, stretch, breath and exhale the Yolates way. Look and feel tall and lean. A unique style of class that combines both yoga and pilates moves to invigorate body, mind and spirit by developing body flexibility, strength, posture, core stability and balance while creating a streamlined shape.

Fridays, 6:00 - 7:00 pm (Program Ongoing)

Drop in fee: \$3.75

Tae Kwon Do

Little Dragons (5 - 7 years old)

A special martial arts program filled with fun drills, street proofing discussions and lots of encouragement. Students are welcome to be themselves as they learn about team play, memory skills, good manners, listening skills and body awareness.

Tuesdays, 4:45 - 5:15 pm (Starts February 12)

Cost: \$25/month (4 classes)

Youth (7 - 13 years old)

A terrific after school activity for fitness, focus and friendship. Our program reviews the 3 rules of concentration, street safety awareness and conflict resolution. At the same time students make new friends and develop valuable life skills such as confidence, focus, self discipline, respect, goal setting, commitment, achievement.

Tuesdays, 5:15 - 6:15 pm (Starts February 12)

Cost: \$35/month (4 classes)

Winter ESL Classes



WHEN

February 4 to April 14, 2008

(20 classes)

TIME

Mondays and Wednesdays

LEVELS

Beginner -- 10:00 - 12:00

Intermediate - 12:45 - 2:45 pm

- Qualified, Experienced ESL Teacher
- Practical English
- Conversation
- Register now at the front desk
- Cash only \$100.00

Pre-registration is required.

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

OPEN HOUSE



CNH Preschool Program

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

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 February.

Feb 5

beef macaroni
and cheese
salad, dessert

Feb 19

tuna sandwich
minestrone soup
dessert

Feb 7

Chinese New Year
Special
sweet and sour
pineapple chicken
over rice
vegetables, dessert

Feb 21

turkey pot pie
salad, dessert

Feb 26

vegetable soup
grilled corned beef
sandwich
dessert

Feb 12

pea soup
cheese and onion
Scone
dessert

Feb 28

spaghetti with
meatballs
salad, garlic bread
dessert

Feb 14

meat loaf
Potato
vegetable
dessert





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.



FOR OUR FULL LISTING OF PROGRAMS CHECK OUT OUR WEBSITE OR DROP BY AND PICKUP A BROCHURE.

Special Events

Sweetheart Luncheon 40+yrs

Bring your favourite person or sweetheart to this event. Price includes lunch, entertainment, door prizes a great way to spend an afternoon.

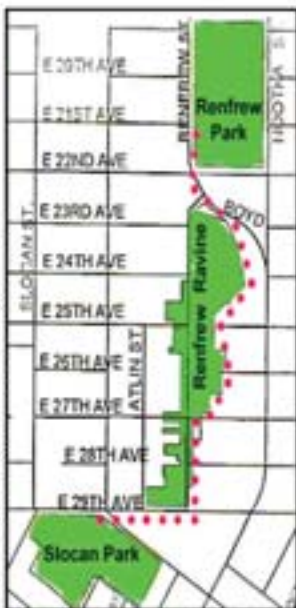


Tue Feb 12 12:00-2:30pm \$6/person



Renfrew Ravine Nature Walk

Enjoy an early spring nature and bird walk along Renfrew Ravine. This will be an easy walk between 22nd and 29th Avenues, along the greenway path. Dress for the weather and bring binoculars and bird guide books if you have them, as everyone is welcome to share their knowledge. Meet at Renfrew Park Community Centre, library side entrance. Register by phone or in person to receive the family rate. Suitable for strollers & wheelchairs.



Sat Feb 16 1:00-3:00pm \$2/person \$5/family

Bus Outing to Tour Piano Competition At Gateway Theatre (40+yrs)

12th Pacific Piano Competition at Gateway Theatre - Matinee performance + River Rock's Runway 26 Buffet + 2 hr. Casino time. Price of tour includes lunch, transportation and entrance to Piano Competition at the Gateway Theatre in Richmond.

Wed Feb 20 10:00-5:30pm \$59/person



Scottish Ceilidh (Kaylee)

Dance to the irresistible rhythms of a Celtic Band. Simple dances—instruction provided—no partner required—wear comfortable shoes. Refreshments will be provided. Save \$1/person with group of 8. Children & youth 16yrs & under/FREE.

Sat Feb 23 7:00-10:00pm \$5/advance tickets \$7/at the door

Bus Tour to Science World & Granville Island (40+yrs)

Price will include entrance to Science World and transportation. Pre-registration with payment is required.

Tue Feb 26 10:00-5:00pm \$20/person

Preteen Leap Year Partay (10-12yrs)

Celebrate the Leap Year!

Fri Feb 29 7:00-9:00pm \$2/person

Workshops

Taiwanese Paper Art (19+yrs)

Yuan Ying Lo

This beautiful art is made from recycled paper. The 1st class you will learn how to fold paper, 2nd to 4th class you will begin to create a paper sculpture.

Wed Feb 13-Mar 5 1:00-3:00pm \$15/4 sessions

Wills & Estates

People's Law School

Come out to a free law class on the topic of Wills and Estates. This class is sponsored by the Renfrew Park Community Centre in partnership with the People's Law School and the Notary Foundation. Pre-register at 604 257-8388.

Thu Feb 21 7:00-8:30pm FREE

Computer Workshops for Adults (40+yrs)

Jeremy Ross

This is a hands-on introduction to using the computer. You will learn how to search for information on the internet (surf the web), use email, how to make documents with Microsoft Word and much more. Pre-register as classes fill up quickly.

Sat Feb 2-Feb 16 10:00-11:30am \$21/3 sessions

Sat Feb 2-Feb 16 11:45-1:15pm \$21/3 sessions

Sat Mar 1-Mar 15 10:00-11:30am \$21/3 sessions

Sat Mar 1-Mar 15 11:45-1:15pm \$21/3 sessions

Programs



Preschool Piano Lessons (4-5yrs)

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/class. Booklet is extra.

Kelly Kirby I

Tue Feb 5-Apr 22 10:00-10:45am 10:45-11:30am
1:15-2:00pm 2:00-2:45pm

Kelly Kirby II

Sun Feb 3-Apr 20 2:00-2:45pm
Cindy Leung \$72/12 sessions

Girls Only Gym (10-14yrs)

Free program for girls to try out a variety of sports: soccer, volleyball, badminton and more. Don't miss out on all the fun.

Mon Jan 14-Mar 10 4:30-6:30pm FREE

Living a Healthy Life with Chronic Conditions

We often know the things we should be doing that will lead to better health, but it can be hard to get started and stay motivated in making those changes. Adults of all ages experiencing any ongoing health issues can Live a Healthy Life with Chronic Conditions: benefit from this fun and practical workshop. Family members, friends and caregivers are also welcome. Information and strategies are provided to help cope with daily physical and emotional challenges. Learn to manage your health, gain confidence and feel more positive about your life! The course and excellent reference book are free, funded by Vancouver Coastal Health. Pre-register by calling 604 257-8388.

Mon Feb 4-Mar 10 9:30-12:00pm FREE/6 sessions

Yoga for Baby and Me

Into Yoga

Connect with your young one with playful asana (exercises) while you stretch, breathe and relax your body back into shape. You will have a chance to share with other parents while your baby is stimulated physically, emotionally and socially. Best suited for moms who have healed after delivery, and for babies who are not yet mobile. No previous yoga experience necessary. Drop-ins accepted if space \$12 +GST

Tue Feb 26-Mar 25 1:45-2:45pm \$52/5 sessions

RENFREW POOL

Registration for Spring 2008 swim lesson starts February 4, 2008. Registration is ongoing. Pick up a swim lesson schedule at the pool office.

RENFREW POOL

CHANGE ROOM RENOVATION

We've just started working on the design for the renovation of the pool/fitness centre change-rooms. The new change-rooms will include better facilities for families and for people in wheelchairs or needing assistance. If you'd like to give us your ideas, fill in a questionnaire at the pool office or phone Sharon at 604 257-8397.

Welcome to Renfrew's New Board Members!

At the R.P.C.A.'s A.G.M. on Wednesday, Nov. 21st, three new Board members were elected in front of 40 Association members. Ingrid Tymms has lived in this community for the past 4 years and in Vancouver for 17 years. By day, she is a Director/Producer with Greater Vancouver T. V. and The Sustainable Region. During the rest of her time, Ingrid is involved in the Renfrew Ravine Committee, Still Creek Stewardship Society and the Renfrew-Collingwood CityPlan Committee. Darren Childs has been working out in the Fitness Centre and swimming pool at Renfrew for the past few years. He enjoys using the centre, feels it's like family to him and is honoured to be able to give back to the community. One area of expertise is around mobility issues which brings a valued perspective to the centre. David Sexton was born in Calgary, grew up in Osoyoos and graduated from BCIT for Electrical Engineering Technologist. He's worked all over the western USA and traveled to many countries around the world. Highlight - Climbed to the top of Mount Kilimanjaro, Tanzania. He has recently moved into the neighborhood and is interested in getting involved.



Where Have All the Snowdrops Gone?

Observations from a garden gazer

by Loretta Houben

Turning over a new leaf for 2008, I've decided to walk for an hour each day as part of a healthier life style and to re-acquaint myself with the neighbourhood I've lived in for over 40 years.

Garden gazing is one of my favourite pastimes. I love to walk down back lanes and peer into back yards. The tiny houses from the past 60 years are quickly vanishing, but I love to find the jewels which are still standing, as their gardens are usually neatly kept. I saw a few greenhouses on my recent walk, and noticed tiny onion shoots poking through the earth and lettuce—lots of lettuce! Is it from last summer and still edible?

On this particular walk in mid-January, I was on the hunt for the dark green shoots of snowdrops, a tiny delicate flower that blooms in early February. Twenty years ago, many gardens had this white flower growing in clumps. I was disappointed. I couldn't find any until I returned home and noticed my own snowdrops pushing up through the drenched earth.

John Atkin, author of *Vancouver Walks*, was one of the people who inspired me to notice the types of houses and gardens in the Collingwood area. I've been on two of his walking tours, and he mentioned that in the 1940s to the 1960s, smaller houses with large yards were built, and the fences were low, so neighbours could chat together. Homeowners were proud of their gardens, spending long hours working in them. A wave of change happened in the 1970s with the large numbers of Vancouver Specials (houses of a particular architectural style) being built. More women also started working outside the home, leaving little time for gardening. Fences were built higher, to afford the homeowner more privacy.

Many of the recently built houses have six-foot-tall fences, so I can't see into their back yards at all. Some of the new homes have vegetable gardens in the front, an economical use of space.

On any street in Collingwood, the variety of buildings is noticeable. When I walk briskly through my neighbourhood, I'm on the lookout for houses of character, with gardens that evoke pleasant memories of the past, before they disappear entirely. It gives my daily jaunt something to look forward to.

Do you have a favourite walk in Renfrew/Collingwood that you would like to share? Please let us know. You can e-mail details of your walk to info@smartcommunity.net or mail to Renfrew/Collingwood Community News, 5288 Joyce Street, Vancouver, BC V5R 6C9.

Gone, too, are the cherry trees

The cherry trees that once stood on the boulevard along Rupert Street around 22nd Avenue have been chopped down. Motorists will soon miss them this spring. "The cherry trees with the mountain backdrop was one of the most spectacular springtime sights in the neighbourhood," says resident January Wolodarsky. "These mature trees bloomed after all the other cherry trees lost their blossoms, so I always looked forward to seeing them in late spring."

History in Renfrew/Collingwood



A #3175 Model 34s Fageol, Twin Coach bus built in 1947. In the 1950s and 1960s this bus travelled along Joyce and turned eastbound on 45th Avenue. At that time 41st Avenue only went up to Rupert Street and didn't go through to Joyce. Charlie was the friendly bus driver. *Photo courtesy of Angus McIntyre.*

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RC Community Shows Off Its Talents

by Amy Suen

On Assignment with **Youth Media**

The only spotlight in the gym at Collingwood Neighbourhood House on Friday, January 18 was the beam focused on the stage. The audience was engrossed listening to the performance of “I Turn to You.” The singing was not done by Christina Aguilera, but by 11-year-old Mariah. The singing, however, was not the only reason the crowd gathered at Collingwood; it was the night of the Renfrew-Collingwood Talent Show, an event funded by a grant from the **Neighbourhood Small Grants Project** and the **Vancouver Foundation** that featured a display of local talent varying from piano recitals to breakdancing.

Vancouver’s ethnic diversity showed through in the performances of the contestants in the children’s division. This included a dance that is traditionally performed in Chile to honour the Virgin Mary, performed by a group of talented young girls in cute matching pigtails. John Zhixiong, age 11, performed two traditional Chinese songs with such gusto and confidence that he was declared, undisputed, the winner of the children’s division. John received a grand prize of a recording session with A-Slam Music Productions and the chance to perform at Collingwood Days, ‘An Old Fashioned Fair with a Multicultural Flair’, that will take place on May 31 at the Carleton School grounds.

The talent of the Renfrew-Collingwood community is not limited to those in elementary school. The youth/adult division wowed audiences with their stage presence and energy. Most notable of all was the winner of this division, F.H.C., a group of five breakdancers from Windermere Secondary School. Their performance was entirely self-choreographed, with difficult moves such as backflips. I asked them how they can agree on the moves.

“We fight all the time,” said Shane Austin. “But we’re like a family, like brothers and sisters, so we don’t take it seriously.”

The second prize went to the duo the Blues Brothers. Their amusing and lively performance of blues and jazz songs along with their matching costumes had the judges swaying with the music and the audience tapping their feet.

The performers were not the only talented and entertaining members in the show. The MC, Ravi Khanna, drew quite a few chuckles from the audience with his charming stage presence. His performance of Marvin Gaye’s classic, “Sexual Healing,” kept the audience entertained while the judges deliberated over who should win the youth/adult division.

“It was all improv,” Ravi commented about his performance as MC. “None of it was scripted, not even the singing. I prefer to just talk to the audience.”

As the night drew to a close, it was certain that the audience enjoyed the show and the performers immensely enjoyed being on stage.

“I’ll definitely come back in the future to perform,” said Sharmia Azan, who came in third in the youth/adult division. “I absolutely love singing.”

The organizers extend a giant thank-you to all of the talent show entrants, **James Anthony Austria** for showcasing his Street Jazz and Hip Hop moves, all of the wonderful judges, Sanjeev and the **Youth Media** crew, **Collingwood Neighbourhood House** and the **VFK Festival Committee**.

Prizes were donated by Hussein at **A-Slam Music Productions**, the **Collingwood Business Improvement Association**, **Poulin’s Pest Control**, and **MLA Adrian Dix**.

