

Renfrew Collingwood

March 2008

COMMUNITY NEWS

社区新闻



Maobong Oku

Maobong brings peace, love and her dancing expertise to Renfrew/Collingwood
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Spring time is ball time!

Local leagues for boys and girls

page 10



Baseball has a long and successful history in Renfrew-Collingwood. The young men on the Carleton Centre Baseball Club won the Senior Twilight League in 1923-24. They played out of the Carleton School grounds.

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Moabong Oku

Bringing Respect, Peace and Love for All of Humankind and the Universe through Dance

Maobong Oku is an accomplished dancer, instructor, and percussionist from the Efik tribe of Calabar, Nigeria. With 'the energy of a child, the wisdom of a wise woman and the ageless spirit of a dancer', Maobong is now sharing her knowledge of dance and rhythm with the children and adults of this community. *(See details below)*

The beautiful and dynamic Maobong Oku began her dancing debut as a child with the "Abang" dance that was held in traditional festivals and ceremonies in her hometown. Her natural talent and passion lead her to pursue her dream in Calabar, Cross-River State where she was educated and trained in all forms of African dance. As a young woman, she became a percussionist and dancer with Eternity Productions Dance Company in Nigeria.

In 1987, Maobong was the lead actress and dancer in the Nigerian Network television's children series called "Tales by Moonlight". At the same time she art directed for the "Paradise City Dance Ensemble" in Calabar. In 1992, Maobong took her childhood dream outside of Nigeria where she began her life as an independent performer here in Vancouver, Canada. As Maobong became popular, she began working with various dance groups, musicians, organizations and choreographers alike.

After years of performing, Maobong decided to share her deep knowledge, experience and philosophy of African Dance and music with others. She traveled across Canada performing at various schools promoting and teaching

Canadian children the African culture and dance.

Maobong has produced and staged the Vancouver 's African World Dance showcase. This success had led up to develop her very own dance and drum group, Eyen Isong Cultural Troupe. This is a group of the best local dancers and drummers that she personally selected to participate in her choreographed performances. Later she opened the first African Dance studio in Vancouver called Eyen Isong.

In 2000, Maobong journeyed back home where she organized a project called "African Friends", a cross cultural exchange program for children, youth and teachers from Africa and Canada. The mission is to educate and promote cultural literacy by bringing art into the classroom. She taught traditional dance, music, and costume making. She coordinated a performance with the schools and was responsible for video documentation, and photography. In addition, Maobong started a writing correspondence program between the African and Canadian children. This successful program provided a deep connection between the two cultures bringing them closer together.

At home in Calabar, Maobong is the Vice President of the NKA-IMA Prayer and faith Healing Fellowship. This is a women



spiritual group dedicated to promoting humanitarian services, counseling and empowering women and youth in Cross River State. The Fellowship has raised donations for local hospitals, youth programs, retirement homes and orphanages.

Maobong's dance classes and workshops integrate the traditional dance and rhythm with the Art of Healing for personal growth and spiritual development. Her life long dedication of preserving and sharing her rich culture has made her a goodwill ambassador.

"Our motto is: 'Respect, Peace and Love for All of Mankind and the Universe.'
IMA EDI OBIO: Love builds community, love builds the world."

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ADULT CLASSES

If you are looking for a workout that combines high energy dance, cardio and FUN, then Afro-Fit is your answer! Your instructor Maobong Oku, who has been featured recently on the *Channel M Workout Series* and CBC's *Living Vancouver* encourages adults of all ages to come and experience a full body workout that develops muscle tone, coordination and a lot of smiles. The class maintains the tradition of dancing barefoot, wear comfortable clothing and bring your water bottle, it's time to get fit and express yourself!

Wednesdays, May 7 – July 18
Time: 6:30 – 8:00 pm
Cost: \$ 120 for 10 sessions
No Class on May 28th

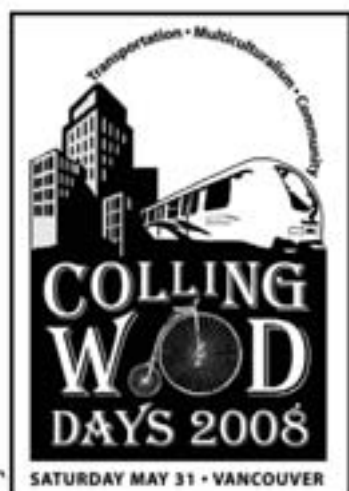
Place:
Collingwood
Neighbourhood House
5288 Joyce Street,
Vancouver BC

CHILDREN'S CLASSES

African Dance & Rhythm classes are created for children to learn traditional African dance movement, rhythm and choral singing. Students will learn basic dance movements, coordination, counting techniques, choreographed routines, self expression and choral singing. The classes maintain the tradition of dancing barefoot, so bring your water bottle and get ready to dance and sing!

Tuesdays, April 22 – June 24
Time: 4:00 – 5:00 pm
Cost: \$ 50 for 10 sessions
Age: 7 to 12 years

Place:
Collingwood
Neighbourhood House
5288 Joyce Street,
Vancouver BC



Collingwood Days, May 31, 2008

An Old Fashioned Fair with a Multicultural Flair!

The Collingwood Business Improvement Association (CBIA), the Collingwood Neighbourhood House (CNH) and the Collingwood Community Policing Centre (CCPC) are busy planning an exceptional day for the whole community. Mark your calendars - Collingwood Days 2008 is coming and you're invited to participate!

ATTENTION

FOOD VENDORS:

Space will be provided at Sir Guy Carleton Elementary School (corner Joyce & Kingsway) for Food Vendors - please contact the Collingwood Business Improvement Association at 604.639.4403 for an application.

INTERNATIONAL MARKETPLACE:

Are you a crafty person, a home-based business looking for a great marketing opportunity, or a commercial business looking for some added exposure? If so, join us at the Collingwood Days 2008 International Marketplace - contact the CBIA at 604.639.4403 for your application.

COLLINGWOOD DAYS PARADE:

Everyone loves a parade and the Collingwood Days 2008 Parade is a great way for you to participate in this year's event. To secure an application, contact the Collingwood Community Policing Centre at 604.717.2935.

For more information about Collingwood Days 2008 - visit the Collingwood BIA website at www.shopcollingwood.ca. We look forward to hearing from you.



RC Rhythmic Gymnasts Win at BC Winter Games

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



Three of the Zone 5 (Vancouver Squamish) girls entered in the Rhythmic Gymnastics competition at this year's BC Winter Games, held in Cranbrook/ Kimberley this February, are from Renfrew-Collingwood. Pictured here with head coach Eva Filcova are RC residents (far left) Tuedon Ariri, Silver Medalist National Stream Rhythmic Gymnastics; (lower left) Marie Pierre Hovasse, Gold Medalist National Stream Rhythmic Gymnastics, and (lower right) Serena Woo, Silver Medalist Provincial Level Rhythmic Gymnastics. Also at upper right is Olivia Hunter, a Westside Vancouver resident..

In British Columbia, rhythmic gymnastics is a thriving sport, with Lori Fung Methorst as President of the B.C. Rhythmic Sportive Gymnastics Federation. Lori, from Vancouver, won the first gold medal awarded in this event at the 1984 Olympics. She runs her gymnastics school out of Killarney Community Centre.

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JOB OPPORTUNITY

SALES AND COLLECTIONS COORDINATOR

RENFREW-COLLINGWOOD COMMUNITY NEWS

Renfrew-Collingwood Community (RCC) News is seeking a Sales and Collections Coordinator to join its current team of editorial and layout and distribution staff.

Responsibilities

Responsibilities of the Sales and Collections Coordinator include:

- Coordinating and selling advertisements for the RCC News
- Collecting outstanding invoices
- Meeting monthly with the administration staff of CNH to follow up on invoicing
- Setting and meeting deadlines for sales and ad submissions
- Reviewing and approving advertisements submitted from all contributors

Application deadline: Monday, March 17, 2008



Statement on Ecodensity

by Robert Allen

The following statement was delivered to City Council by local resident Rob Allen

Thank you your worship, Esteemed councilors and fellow citizens...

Ecodensity was just recently explained to the Renfrew/Collingwood Visions committee, by Mr. Toderian and other planning staff. As this committee has not met since, we have not devised a formal response to the proposed charter. The following comments should therefore be considered my own, though I believe they echo some neighbourhood mumblings, rumblings and grumblings.

Ecodensity is easy to spell but it may be read by some, as "Density....oh yeah, eco". This, I'm sure, is not the interpretation that government, developers or engaged citizens wish to prevail.

Our neighbourhood has been densifying for many years and local residents have helped to shape this growth. When the Expo Line and the Collingwood towers came, so too did an invigorated local resident involvement.

From the protection and restoration of Still Creek and its Ravine to working with marginalized groups like new immigrants or at risk youth to public art and in many more ways, neighbours are helping neighbours build a better tomorrow.

The CityPlan Vision process is the result of inspired, forward thinking by past councils and a testament to the unfailing energy and optimism of the people who live in this city of neighbourhoods. This liaison between very active and involved residents and city staff and council is a brilliant resource that should not be threatened by something perceived as a top down, politically charged and lop-sided initiative, open to charges of greenwashing.

It might behoove council to respell an awkward name, by omitting the den in the middle. Density is a mighty tool but as any good builder will tell you; "you'll need more

than a hammer to construct a piano".... or something to that effect.

The Home Planet is in crisis. We must have full participation by all levels of government and by the population at large to find our way to a more secure, sustainable and happier future. We need a joint task force approach to our shared tomorrow. Please go back to the drawing board to improve the proposed charter and back to the neighbourhoods for an enthusiastic buy-in to comprehensive social, land use, transportation, economic and ecological planning for a thoroughly improved Vancouver.

Let's address tomorrow's challenges with a calm urgency today.

Qualifications

- Post secondary education, training or equivalent experience in marketing and sales
- Minimum two (2) years' experience in a publication environment
- Demonstrated experience in sales and collections
- Strong verbal and written English language skills
- Excellent record keeping and organizational skills
- Experience working in a multicultural community
- Commitment to diversity and respect for all cultures
- Knowledge of the Renfrew-Collingwood community resources, services and programs
- Clear understanding of corporate and local businesses
- Ability to work independently and as part of a team

Remuneration

This is a contract position and will be paid according to the contract rate established within Collingwood Neighbourhood House.

Please send or email cover letter and resume to:
 Kulwant Kaur
 Acting Executive Director/Director of Operations
 5288 Joyce Street
 Vancouver, BC V5R 6C9
 Email: kkaur@cnh.bc.ca

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Time to Play a Sport without Boundaries

Sitting volleyball: bump, set and spike your way to happiness

by Travis Dodds



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2475 Kingsway

Imagine if you could no longer jump, now here's a way you could still play volleyball and love every minute of it with your friends! But where is sitting volleyball being played in Canada? Is there something here in Vancouver?

Sitting volleyball is one of Canada's newest Paralympic sports. It has been played for about 3 decades in Europe and the Middle East. Team Canada's first international competition took place in 2007. And yes, a new program will soon be available for Vancouverites.

With the help of Volleyball Canada, volunteers and recreation programmers, Vancouver is now home to Canada's first integrated, community-level sitting volleyball program. Hosted by Optimum Volleyball and 100% volunteer-driven, the first Train & Play program launched February 21st at G.F. Strong Rehab Centre, with the second program following at Windermere

Secondary School (a program hosted by Renfrew Park Community Centre). There are more exciting features to this program. Volleyball Canada is planning to send coaches and players, and a former player from the German National Team with over 20 years' experience playing sitting volleyball is stepping forward to help coach.

The hope is that one day soon Vancouver will have an established sitting volleyball following and be recognized as a pioneer in Canada as this wonderful sport grows across the country. Let's play ball!!!

Travis Dodds is the coach and co-founder of Optimum Volleyball, www.optimumvolleyball.com. He can be reached at 778-329-7040 or travis@optimumvolleyball.com.

6-week Sitting Volleyball Clinics Starting Saturday, March 15 at Windermere Secondary

Free drop-in on Saturday, March 1
Ages 15 and up
2:00 – 4:00 pm
\$20 for 6 weeks

Sitting volleyball can be played by people with or without a physical disability. If you can sit and use your hands to move and perform a range of volleyball skills, get set for a lot of fun in these train-and-play clinics.

Details and sign-up at www.optimumvolleyball.com or call Travis at 778-329-7040 (office hours 3:00–5:00 pm Wednesdays).

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

Dear Neighbours:

Launching Website
www.adriandix.ca



I want to invite you to visit my website at www.adriandix.ca. This new website will act as a link to the community and my constituency at your convenience. You can always get help from our office, ask questions, suggest ideas, or propose great community projects, and follow up with the latest news in the community through the webpage. I look forward to hearing your ideas and encourage you to subscribe to our newsletter.

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.

Victory!! Liquor Store Appeal Denied

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. In mid-February, we received information that the proponents had filed an appeal to the Board of Variance. Community residents gathered together and collected almost 1600 letters asking the Board of Variance to maintain the decision by the City's Director of Planning. A few days prior to the proponent's presentation, we received information from the City of Vancouver that the proponents had decided to withdraw their appeal. On March 2, 2008, we will present the 1600 letters of opposition to Vancouver City Council Raymond Louie. Come join us and celebrate this community victory outside the proposed sight at 5033 Joyce Street. Thank you again for all your great effort. For more information, you can contact Easter Tocol at 604-660-01-314.

Budget gives millions to big oil companies, zero for reducing transit fares

My colleagues and I have been continuing our campaign for affordable transit fares at various Metro Vancouver SkyTrain stations, gathering more signatures on a petition that calls on the Campbell government to roll back recent fare increases. The Campbell budget gave a \$327 million subsidy to big oil and gas companies, but zero for reduced transit fares. People in Metro Vancouver pay the highest transit fares in the country. Our caucus has been calling on Campbell to be serious about reducing traffic congestion and greenhouse gas emissions, by expanding transit options and making fares more affordable. The combination of the new gas tax and excessive transit fares make it very expensive for people to travel or go to school. I have met with commuters at various Vancouver SkyTrain stations in my riding and gathered signatures for our petition. The petition is also available online at the New Democrat Caucus website: <http://bcndpcaucus.ca> or visit my website at www.adriandix.ca.



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Get Involved in Renfrew/Collingwood

RC CityPlan Committee

Thursday, March 27
7–9 pm
Renfrew Park Community Centre—
Boardroom

Join us at the Renfrew-Collingwood CityPlan Committee's next meeting, Thursday, March 27. The agenda will include discussions about RC's Annual Community Meeting (which will take place in the fall of 2008), next steps for EcoDensity and regular Committee updates. Hope to see you there!

For more information please contact Catherine Sinasac at 604-871-6321, Renfrew Collingwood Vision Implementation, or e-mail catherine.sinasac@vancouver.ca. Or visit the website at www.vancouver.ca/visions/rc.

Renfrew Ravine Spring Clean Up and Barbeque

Saturday, March 29
11am–3pm
Meet at the ravine's 27th Avenue crossover between Nootka and Atlin

There's something for everyone:

- PICK UP litter around the ravine. Tongs, gloves and garbage bags supplied.
- DIG OUT invasive blackberries. Shears and shovels provided but wear long sleeves.
- PULL WEEDS in the ravine's garden boxes and planted areas.

- LOOK at informational displays about the ecology and uses of the greenway and Still Creek.
- MEET your neighbours.
- EAT free snacks and enjoy the barbeque for only \$1 per dog/drink.

Neighbourhood Small Grants Project

Application deadline: April 30, 2008
If you've always wanted to host a multicultural event, make stepping stones 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! NSGP offers \$50 to \$500 for neighbours wanting to work together to enhance their neighbourhood.

Pick up your application form at local community gathering centres and elementary schools They are also available at Collingwood Neighbourhood House. Or apply online at: www.cnh.bc.ca/nsgp. For more information contact Sheri Parke at 778-839-6709.

Gives Us Your Ideas for the Rooftop Garden

The Rooftop Garden is now finished and waiting for inspection. The Food Security Institute is looking for people who are interested in leading garden initiatives. Phone Carmen or Heidi at 604-435-0323 extension 237.

Renfrew Library

2969 East 22nd Avenue
Phone: 604-257-8705

Baby Welcoming

Saturday, March 15
11:30 am–12:30 pm
Bring your baby to Renfrew Library's Baby Welcoming. Featured are songs, rhymes, snacks and early literacy information for parents. Phone 604-257-8705 to register.

Beauty Bootcamp

Saturday, March 15
2:00–3:30 pm
Also on March 15 is a Beauty Bootcamp for teens looking for fashion tips and help with make-up. Fashionista extraordinaire Brie can't wait to show you how to turn a fashion

don't into a fashion do. It's free, it's fun, and all teens are welcome.

Springtime Storytimes

Regular springtime storytimes at Renfrew Library are:

Babytime	1:00 pm
Mondays,	March 3 and 10
Toddler time	11:15 am
Tuesdays,	March 5 and 12
Preschool	11:15 am
Fridays,	March 7 and 14

And: Cantonese Man in the Moon storytime is on Wednesday evenings at 6:30 pm, March 5, 12, 19.

Collingwood Library

2985 Kingsway at Rupert
Phone: 604-665-3995

Spring Storytimes

Babytime	10:30 am	Fridays, March 7 and March 28–May 16
Toddler	10:15 am	Thursdays, March 6 and March 27–May 15
Preschool	11:15 am	Thursdays, March 6 and March 27–May 15

Renfrew Park Community Centre

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

Wednesday, March 5

NEPP / Personal/Family Emergency Preparedness
19+ yrs

Friday, March 7

Free play 7–8:30 am 10–14 yrs; 8:30–9:55 am 14 yrs–adults

Wednesday, March 12

St. Patrick's Day Luncheon, 40+ yrs

Friday, March 14

Free play 7–8:30 am 10–14 yrs; 8:30–9:55 am 14 yrs–adults

Monday, March 17

Spring Break Day Camp
Breakfast Club–Pit Stop 6–12yrs
Fine Arts Camp 5–10yrs
Junior Golf Camp 7–12yrs
Badminton Camp
Co-Ed Basketball Camp 8–12yrs

Tuesday, March 18

Spring Break Day Camp
Breakfast Club–Pit Stop 6–12 yrs
Fine Arts Camp 5–10 yrs
Junior Golf Camp 7–12 yrs
Badminton Camp
Co-Ed Basketball Camp 8–12 yrs
Pot Luck 45+ yrs
High Energy for Life 19+ yrs

Wednesday, March 19

Spring Break Day Camp
Breakfast Club–Pit Stop 6–12yrs
Fine Arts Camp 5–10yrs
Junior Golf Camp 7–12yrs
Badminton Camp
Co-Ed Basketball Camp 8–12yrs

Thursday, March 20

Spring Break Day Camp
Breakfast Club–Pit Stop 6–12yrs
Fine Arts Camp 5–10yrs
Sponge Bob's Undersea 4–8yrs
Junior Astronauts 6–12yrs
Jr. Emergency First Aid Junior Golf Camp 7–12yrs
Badminton Camp
Co-Ed Basketball Camp 8–12yrs



Spring Equinox
Labyrinth Meditation Walk
March 22, 2008

2-4pm

Renfrew Park Labyrinth
@27 Ave. E

Rain or Shine
Contact: Amaya O'Duir
inwardspiral@shaw.ca

Collingwood Neighbourhood House

5288 Joyce Street at Euclid
Phone: 605-435-0323

Sundays, March 2, 9, 16, 23, 30

Hooping It Up, 10:00 am–12 noon
Ballroom Dancing, 1:00–5:00 pm

Mondays, March 3, 10, 17, 24, 31

ESL Beginner, 10:00 am–12:00 noon
Storytime, 10:00–11:30 am
Music & Movement, 11:00 am–12:00 noon
Pilates, 12:05–1:05 pm
ESL Intermediate, 12:45–2:45 pm
Aerobics, 6:00–7:00 pm
Volleyball, 8:15–10:00 pm
ESL Refugee, 7:00–9:00 pm
Children's Badminton, 4:30–6:00 pm

Tuesdays, March 4, 10, 17, 24, 31

Jazzercise, 12:00 noon–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, March 5, 12, 19, 26

ESL Beginner, 10:00 am–12:00 noon
ESL Intermediate, 12:45–2:45 pm
Seniors Strength and Stretch, 11:00 am–12:00 noon
Pilates, 12:05–1:05 pm
Seniors Gentle Fit Chair Exercise 1:00–2:00 pm
Music Therapy, 4:00–4:30 pm
Music Therapy, 4:45–5:15 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, March 6, 13, 20, 27

Seniors Yoga Drop in, 9:30–10:30 am
Jazzercise, 12:00 noon–1:00 pm
Hatha Yoga, 6:–8:15 pm
Drop-in Badminton (Adult), 7:00–8:30 pm
Drop-in Soccer (Adult), 8:30–10:00 pm

Fridays, March 7, 14, 21, 28

Seniors T'ai Chi, 9:30–10:30 am
Seniors Strength and Stretch, 11:30 am–12:30 noon
Kids in Action, 12:30, 2:00 pm
Ballet and Creative Dance, 5:15–6:15 pm
Yolates, 6:00–7:00 pm

Saturdays, March 1, 8, 15, 22, 29

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 noon–12:45 pm
Piano Lessons, 10:30–11:15 am
Piano Lessons, 11:30 am–12:15 pm
Piano Lessons, 12:30–1:15 pm

BOOK SALE!!!

Sir Guy Carleton Elementary
School Gymnasium

Thursday, March 13, 2008
8:45 am - 10:15 am - Open to the
Public - in the gym

Gently used books
(picture books to novels)

Priced from \$0.25 to \$1.00
(cash only)



Sign Up Now to Play Ball by Drew Jackson

Trout Lake Little League's new catchment area includes Renfrew-Collingwood

Baseball season is around the corner! Trout Lake Little League starts up league play in April for boys and girls ages 4 to 12 on the baseball diamonds in the northeast corner of John Hendry Park (also known as Trout Lake park, 12th Avenue and one block east of Nanaimo Street). The league features opportunities to learn baseball, teamwork and sportsmanship in one of Vancouver's most picturesque settings for baseball. All you need is a glove, helmet and protective gear—and learning a new sport awaits!

Trout Lake Little League was formed over 50 years ago, in 1953, when it

was known as the Vancouver Optimist Club. Five years later it became the East Vancouver Optimist Club, and in 1982, changed its name to Trout Lake Little League. Throughout, games have been played at diamonds overlooking Trout Lake, in the shadow of the sweeping willow trees and enjoying one of East Vancouver's best views of the North Shore mountains.

The league this year has an expanded catchment area that stretches east into Burnaby. Bordered by First Avenue on the north and 41st Avenue on the south, the expanded catchment area

includes a significant portion of East Vancouver—including all of Renfrew-Collingwood.

To register for the upcoming season, check out the website at www.troutlakebaseball.com, where online registration continues through the first half of March. The league can also be contacted by phone at 604-873-4822 or e-mail at info@troutlakebaseball.com.



Boys and girls ages 4 to 12 enjoy playing ball at Trout Lake.



The 1956 Optimist Little League, Grandview team.

Vancouver Lakers Softball Girls League

Don't you wish you could hit like a girl? The slogan on one of the girl's sweatshirts says it all.

Girls ages 5 to 18 have been learning to hit, field, throw, catch and play softball in a local league run by the Vancouver Lakers Softball Association. They play out of Bobolink Park, at 63rd and Nanaimo. A Learn to Play program for girls ages 5 to 7 also runs out of the Renfrew Park Community Centre.

Registration dates are on:
 Sat., March 1, 11 am–3 pm at Killarney Community Centre
 Sat., March 8, 1–4 pm at Killarney Community Centre

For more information, contact Shannon MacDougall at 604-209-6901 or visit www.vlfa.org.

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



Trout Lake Little League's new catchment area.



March Is Nutrition Month

By Helen Yeung, MHSc, RD

Each March, Dietitians of Canada sponsors a campaign to promote nutrition. This year, dietitians have come up with a “Top 10 List—What You Need to Know” (see the sidebar).

Start with small steps

The list gives us the best ways to remain healthy and to eat healthfully. Keep these steps in mind as you review the list:

- Pick out the points that you do well and congratulate yourself!
- Think about out the points that need work; pick one to work on and set a specific, realistic goal for yourself or your family
- Make a plan to work on others that need improvement—it’s not easy to work on too many at once.

Example: work on tip #5

Eating enough vegetables and fruit is one of the most important steps towards

good nutrition. Dark green and orange vegetables, such as broccoli, spinach, squash and carrots, as well as fruits such as berries, oranges, and tomatoes are filled with health-promoting phytochemicals and antioxidants.

A menu rich in vegetables and fruit may also help maintain a healthy weight. Try these tips:

- Enjoy vegetables and fruit more often than juice. Drink water for thirst.
- Have fruit for breakfast, along with cereal and yogurt
- Plan a big entrée salad for lunch, for example, red leaf lettuce, red onion, tomatoes, croutons and some almonds or chicken breast.
- Try seasonal vegetables and fruit—simmer or bake some squash, slice up some melon or other soft fruit, serve carrots or pepper slices with a dip.
- Frozen and canned vegetables and fruit can be as nutritious as fresh. Especially in the winter/early spring, frozen vegetables are a good nutritional buy when fresh are

not readily available.

- Plan your dinner around vegetables—stir-fried broccoli or leafy greens, vegetable soup, vegetarian chili, pasta with tomato sauce and peppers. Have your meat or meat alternative as the side dish.
- Get spring started with gardening—planting lettuce, beans and carrots.

Helen Yeung, MHSc, RD, is a community nutritionist at the Evergreen Community Health Centre, 3425 Crowley Drive on Joyce Street, 604-872-2511.

ORANGE HOISIN SALMON

A Recipe from *Simply Great Food*, by Dietitians of Canada, 2007

Makes 4 servings
Preparation time: 5 minutes
Cooking time: 7–10 minutes

2 Tbsp	hoisin sauce	25 mL
1 Tbsp	frozen orange juice concentrate	15 mL
2 tsp	grated orange zest	10 mL
2 tsp	liquid honey	10 mL
Pinch	salt	pinch
Pinch	freshly ground black pepper	pinch
4	salmon fillets (about 1 ½ lbs/750 g total)	4
	vegetable cooking spray	

- Preheat broiler, with rack set 4 inches (10 cm) from the top.
- In a small bowl, combine hoisin sauce, orange juice concentrate, orange zest and honey.
- Place salmon on lightly greased baking sheet and baste both sides with hoisin mixture. Season with salt and pepper.
- Broil for 7 to 10 minutes or until fish is opaque and flakes easily with a fork.

Serve with steamed brown rice and a fresh green salad.

Dietitians of Canada's Top 10 List

What You Need to Know

1. Want to feel your best? Eat well and get physical.
2. Benefit from balance—challenge and support family members to achieve and maintain healthy weights.
3. Quality counts—whether at home, school, work or play, keep healthy food choices top of mind!
4. Give your food portions a makeover—tune in to moderation in serving sizes.
5. Colour your world with vegetables and fruit!
6. Be a savvy shopper—get the nutrition facts on foods from the label.
7. Make meal time a family affair!
8. Healthy eating is more than a flash in the pan—it’s a lifetime commitment.
9. Make www.dietitians.ca/eatwell your “go to” place for trusted nutrition information and fun, healthy eating ideas! Use the recipe analyzer tool to find ingredient substitution tips on how to make your recipes healthier.
10. Have a food or nutrition question? Ask a Registered Dietitian! (Call Dial-A-Dietitian, 604-732-9191, a free nutrition hotline.)

INCOME TAX CLINIC

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

By Appointment Only

COST:
By Donation

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

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

Who's Who in

Historical
Collingwood
Gateway into Vancouver



MARCH

Monita Chan

**B.M. Chan Ltd.
International
Beauty Group**

3012-3018 Kingsway
604.437.3169
www.bmchan.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 info@shopcollingwood.ca



Monita Chan, centre, has been living and building her business in this community for the past 30 years. B.M. Chan International Beauty Group now attracts students and clients from around the world.

Monita is primarily in the beauty business. She learned a long time ago that to be beautiful on the outside, you need to be cleansed and healthy on the inside. This is why, since the early 1990s, she has included inner health as part of her beauty school's curriculum.

Monita has studied Chinese Medicine and Pharmacology, at the University of Beijing, China and Advanced Chinese Medical Massage in Bangkok, Thailand. She has over 100 certificates and diplomas from studying around the World. "In this business, you have to be learning all the time to keep up with the technological advancements."

Monita is proud of her students who come from all over the world to study at B.M. Chan: from France,

Italy, Germany. Monita says that her students are all very successful and that in her last class, 100% of them had a job lined up before graduating. Also in the last semester, Monita's students won 18 trophies in their industry's main award competition.

Monita Chan was born in Shanghai, China and grew up in Hong Kong. She later went to school in London and studied aesthetics in France and Belgium. In 1977, Monita moved to Vancouver on the advice of a friend. Learning and teaching are her passion. She also loves to cut hair and enjoys seeing her customers come back to her year after year with their new families. Monita calculates that most of her customers have known her for, on average, over 25 years.

Collingwood BIA Updates

- The Collingwood BIA is currently working with the City of Vancouver to change the **street signs** along Kingsway. New decorative street signs will be installed as an extension to the area's branding program introduced in 2006. In addition, we are working with the City to install "Welcome Signs" in the median at Kingsway and Boundary and at Kingsway and Rupert. Both projects should be underway within the next couple of months.
- **Leasing information** - The Collingwood BIA is launching a new website feature that will help commercial property owners to inform the public of commercial spaces they have for lease. The website feature will list the location of the various properties, along with the appropriate contact number. In addition, we will supply the property owner with a decorative "Welcome" sign to place in their empty store window. The signs will welcome prospective businesses to the area.

- **Collingwood Days 2008** - Plans are well underway for this year's community event. Join the community as we celebrate our arts, culture, and most of all our community spirit on Saturday, May 31st at Carleton School. Visit the Collingwood BIA website at www.shopcollingwood.ca for on-going information and to download application forms for the Parade, International Marketplace, Food Court and Sponsorship packages.
- **Spring time in Collingwood** - Keep your eyes open for the first signs of Spring at Joyce and Kingsway. Last fall over 80 flower bulbs were planted at the corner by the community clock. Our colourful banners will be added to the streetscape later this month, and will provide a refreshing feel to the area.
- As a gentle reminder to our **member businesses**, please contact the BIA office at 604.639.4403 if you have any comments or concerns that affect or negatively impact your business that we should be made aware of. Our mandate is to work with local business to help keep Collingwood clean, green and crime free.

Who's Who in Collingwood!

Collingwood Business Improvement Association Membership List

PART 1 OF 3

ACCOMMODATION

Cassandra Hotel – 604.430.3441
3075 Kingsway
Ramada Hotel & Suites – 604.433.8255
3484 Kingsway
Palms Motel – 604.435.3347
3505 Kingsway

ACCOUNTING AND TAXATION

HM Tax & Accounting / G. Sodhi & Associates Inc. – 604.438.3611
#105, 3321 Kingsway
H & R Block – 604.713.1400
3325 Kingsway
Alexander Income Tax – 604.434.9526
#108, 3399 Kingsway
Dhanji, BB and Co. – 604.322.1156
#201, 3457 Kingsway
M. Yasin & Co. Inc. – 604.325.4451
#202, 3457 Kingsway
New Era Accounting – 604.431.9889
#211, 3665 Kingsway
Brian Tipper, CA – 604.639.4401
#300, 3665 Kingsway
K. Lagasse, CA – 604.639.4445
#300, 3665 Kingsway
KFS / Kesan Consulting – 604.603.3018
#300, 3665 Kingsway
Douglas Myrdal Inc. – 604.436-0939
#220, 3665 Kingsway

ASSOCIATIONS

I.O.D.E. Provincial Headquarters – 604.451.5596
#9, 3147 Kingsway
Alcoholics Anonymous – 604.434.3933
3457 Kingsway
Construction and Specialized Workers Training Society – 604.433.5523
#216, 3550 Kingsway
Labourer's Membership Services – 604.437.6889
#216, 3550 Kingsway
Collingwood Business Improvement Association – 604.639.4403
#300, 3665 Kingsway

AUTOMOTIVE

Big O Tires – 604.434.0535
3059 Kingsway
Kingsway Auto Repair – 604.433.8985
3059 Kingsway
K - Z Automobile Muffler – 604.430.1890
3429 Kingsway

BAKERIES

Joyce Bakery – 604.435.7541
3281 Kingsway
Marui Bakery – 604.431.7707
#230, 3340 Kingsway
Pine House Bread and Cake Shop – 604.438.3373
3396 Kingsway

BEAUTY & HAIR

B M Chan International School of Hair Design & Esthetics – 604.437.3109
2951 Kingsway
Salon Supreme – 604.451.7873
#10, 3003 Kingsway
BM Chan International Cosmetology College – 604.437.3109
3012 Kingsway
Sam's Hair Design – 604.430.0012
3263 Kingsway
Salmah's Hair & Skin Care – 604.438.1490
3273 Kingsway

Andre Hair Design – 604.434.9824
3367 Kingsway
Perfect Cut & Perm – 604.435.1911
"A", 3375 Kingsway
Hercules Hair & Beauty Salon – 604.431.7868
3383 Kingsway
Sam's Hair Design – 604.430.0012
3395 Kingsway
Kingsway Hair Salon – 604.437.8815
3485 Kingsway
Beauty Look Hair Design – 604.431.8938
#9, 3490 Kingsway
Sassy Cuts – 604.435.7888
#8, 3522 Kingsway
Red Hair – 604.437.4242
3559 Kingsway
Abantu Beauty Products Ltd. – 604.431.8008
3596 Kingsway
Anita Hair Studio – 604.438.3346
3612 Kingsway
La Mirage Salon – 604.437.9331
3632 Kingsway
Sunsations Sun Tanning – 604.437.4458
#120, 3665 Kingsway
Creative Nails – 604.433-5378
3347 Kingsway

BUSINESS SERVICES

Du Monde Digital – 778.885.3468
3275 Kingsway
Active Copy and Stationers – 604.433.1376
3351 Kingsway
Ink Refill – 604.516.5358
3490 Kingsway
Job Wave Personnel – 604.436.6010
#250, 3665 Kingsway
Central Park Business Centre – 604.435.2500
#300, 3665 Kingsway
Creative Design Ad Company – 604.439.7919
3645 Kingsway

COMPUTERS & ELECTRONICS

Cellworld Communications – 604.430.3568
3149 Kingsway
Ho's Electronic and Sound Service – 604.432.6009
3483 Kingsway
Crystal Computer Ltd. – 604.436.4551
#6, 3490 Kingsway
CSP Cantech Computer Service Inc. – 604.439.9100
3553 Kingsway
World Electronic Service – 604.436.4644
3641 Kingsway
Star Electronics Ltd. – 604.439.1588
5556 Joyce Street

CONVENIENCE STORE & POST OFFICE

Collingwood Central Store – 604.431.0247
3229 Kingsway
Kick Pick Grocery – 604.431.1881
3527 Kingsway

DENTAL

London Square Dental Centre – 604.435.4545
#220, 3340 Kingsway
Pioneer Dental Ceramics Inc. – 604.439.0212
#228, 3665 Kingsway
Parkview Dental – 604.438.1555
#230, 3665 Kingsway

FASHION & CLOTHING

Something Special – 604.431.1838
#101, 3317 Kingsway
Lucky & Great Gift Shop – 604.619.6266
3367 Kingsway
Good Styles Family Clothes Store – 604.278.4809
3343 Kingsway
Carnation Fashion Company – 604.431.8638
#101, 3373 Kingsway
Bien Dong – 604.431.8869
3393 Kingsway
Kiddie Castle Children's Wear – 604.677.6976
3491 Kingsway
ADI Urban Wear Boutique – 604.433.2240
#3, 3515 Kingsway

FINANCIAL & INSURANCE

CIBC – 604.665.1288
3297 Kingsway
VanCity Savings Credit Union – 604.877.7130
3305 Kingsway
Royal Bank of Canada – 604.665.3888
3318 Kingsway
Bro Net Communications – 604.438.4445
3335 Kingsway
Active Insurance and Financial Management – 604.437.7878
#200, 3340 Kingsway
Apex Insurance Services Group – 604.434.3178
3355 Kingsway
HSBC Bank Canada – 604.430.3261
3366 Kingsway
Money Mart – 604.606.9670
3398 Kingsway
Mr. Pay Day Easy Loans Inc. – 604.435.2274
3421 Kingsway
Greg Rebane – 604.263.8261
#200, 3550 Kingsway
Eric Madsen Financial Planning Inc. – 604.439.0224
#203, 3550 Kingsway
Quick Stop Business Services – 604.451.7794
3571 Kingsway
Afro Canadian Mortgage – 604.433.6491
#300, 3665 Kingsway
Canada Debt Helpline – 604.639.4447
#300, 3665 Kingsway
Trans Canada Credit – 604.438.7111
5712 Tyne Street
Collingwood Insurance Centre Inc. – 604.438.9888
5750 Tyne Street
TD Canada Trust – 604.654.3975
3363 Kingsway

FITNESS & SPORTS

Dt. Lim's Tae Kwon Do – 604.433.8800
#2, 3058 Kingsway
Soccer West – 604.630.0550
3601 Kingsway
Bikram's Yoga College of India – 604.451.3473
#150, 3665 Kingsway
Lifeworks Health System – 604.630.3070
#300, 3665 Kingsway

FLORAL

Kim's Florist – 604.439.3083
3516 Kingsway

COLLINGWOOD NEIGHBOURHOOD HOUSE HIGHLIGHTS



2008 Visual Art Workshop

Every Saturday from 10:30 to 12:30 pm

April: Collage and multi media painting

Learn to express your creative potential by exploring various art media—acrylics, watercolours, pastels, collage and drawing. Discover the possibilities of your creative expression.

May: Stenciling

A stencil is a template used to draw or paint identical letters, symbols, shapes or patterns. We will learn how to stencil and make your own custom-made stencils, and more.

June: Tie-dye and painting on fabric

Tie-dyeing is as simple as making knots on fabric or tying fabric with string, and soaking it in a dye bath.

Acrylic Painting on Mini Canvas is an ongoing project.

Participants will learn various art techniques based on their individual level. All the materials are provided.

\$6.00 Drop-in for adults

\$5.50 Children 10 years–youth under 18 years

Instructor: Yoko Tomita
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver, BC V5R 6C9
Tel: 604-435-0323

Questions? Please call Yoko at 604-251-6862 or e-mail yokogeo@shaw.ca

Norquay School Age Childcare Program

Opening April 2008
Located in Norquay Elementary School

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

This Licensed School Age Program provides a safe, caring environment that helps children learn through many activities such as art and crafts, music, games, sports and fieldtrips.

Call 604-435-0323 for more information.



Kindercare and Daycare programs are having a Semi Annual Garage Sale

Saturday, May 24th, 2008
11:00 am–3:00 pm

Collingwood Neighbourhood House
5288 Joyce Street, Vancouver
(Gym A)

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

Limited number of tables so please reserve early.

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



5288 Joyce Street, Vancouver, BC V5R 6C9
Phone: 604 435-0323 Fax: 604 431-1191 Website: www.cnh.bc.ca

Volunteer Posting at Collingwood Neighbourhood House

Volunteer Position:
Information and Referral Volunteer

Name of Program:
Neighbours Helping Neighbours

Program Description:
Helping newcomers settle into their community

Day and Time:
Monday–Friday
Shift #1: 9am–12noon;
Shift #2: 12noon–3pm;
Shift #3: 3pm–6pm (Flexible)

Location:
5288 Joyce Street (Main Office); Front Desk

Duties:
Providing information and referral, interpretation and translation and community outreach

Requirements:
Good command of the English language and ability to speak/read a second language (preferably Cantonese, Mandarin or Spanish).
Commitment of at least 6 months.

Benefits:
Helping the community
Workshops
Reference letter upon completion of at least 72 hours of volunteer time.

Contact:
If you are interested in volunteering, please contact:
Cindy Ngan: Office & Volunteer Coordinator
Collingwood Neighbourhood House
604-435-0323 ext 246

OPEN HOUSE



CNH Preschool Program

Saturday, May 24, 2008
1:30–3:30 pm
5288 Joyce Street, Vancouver

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

SENIORS LUNCH

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

March 4

Cheddar corn chowder
Deli sandwich
Salad, dessert



March 6

Spinach quiche
Salad
Dessert

March 20

Crunchy Italian-style fish fillets
Potatoes and Vegetables
Dessert

March 11

Wild rice mushroom soup
Cheese pizza
Salad, dessert

March 25

Pea soup
Grilled cheese sandwich
Salad, dessert

March 13

Ground beef potato pie
Salad, dessert

March 18

Cream of broccoli soup
Eggs benedict and hash brown
Salad, dessert

March 27

Honey mustard chicken
Rice and vegetables
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

Website: www.renfrewcc.com/

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



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

Spring Break Programs (March 17-20th)

Kids Breakfast Club (6-12yrs)

Start the day right. Have breakfast with your pals before Day Camp! Breakfast included.

Mon-Thu Mar 17-Mar 20 8:00-9:00am \$12/4 sessions



Spring Break Day Camp (6-12yrs)

Experience the excitement this Spring Break at Renfrew! The fun filled week includes outings, sports, arts and crafts, games and special events. Flier available at registration. Program subject to change without notice.

Mon-Thu Mar 17-Mar 20 9:00-3:00pm \$79/4 sessions

Pit Stop (6-12yrs)

Wind down from your action-packed time at Day Camp. Activities will include quiet games, reading, cards and more. Bring your favourite book or game too! Gym time and swim time will be available if the group has enough energy.

Mon-Thu Mar 17-Mar 20 3:00-5:30pm \$20/4 sessions

Fine Arts Camp (5-10yrs)

D'Herby Dance Co

D'Herby Dance Co. is pleased to offer an exciting fun-filled five-day Fine Arts Integration camp for children aged 5-10 years old. Children will be divided into age groups and be schooled for 50 minutes twice each day in dance, drama and visual arts, with 10 minute breaks. The age groupings will be determined by the concentration of registrants. Friends are allowed to cross age groupings. Camp times, dates, instructors, mediums and age groupings may vary. Instructors are Jen Morris and Jane Osborne.

Mon-Thu Mar 17-Mar 20 9:30-5:30pm \$140/4 sessions

Sponge Bob's Undersea Adventures Workshop (4-8yrs)

Join Bob and his gang in Plankton's Lab and soak up science fun! Create your own Crabby Patties to eat and Glow-in-the-Dark Jelly Fish Slim to take home!

Thu Mar 20 10:00-12:00pm \$10/1 session

Junior Astronauts (6-12yrs)

Interactive Science Works

Blastoff to the Science Works NASA Lab and learn how to build your own rocket, alien flubber and space snacks. All systems are go to learn what astronauts need to prepare for space flight, weather and invisible space gases. Sign up early, you don't want to be late for lift-off!

Thu Mar 20 1:00-3:00pm \$10/1 session

Jr. Emergency

First Aid (9-13yrs)

St John Ambulance

Learn to recognize bleeding, burns, fractures and management of the unconscious patient. Receive a 3-year certification on successful completion. Bring your lunch.

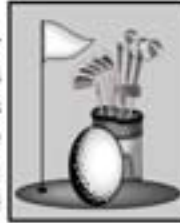
Wed Mar 19 9:30-4:00pm \$47.25/1 session

Junior Golf Camp (7-12yrs)

Do you want to learn how to play golf or improve your existing skills? The emphasis of the camps is on fun. Golf skills, such as putting, chipping and full swings are introduced. Equipment provided. Learn from C.P.G.A. certified teaching professionals at Fraserview Golf Club.

Mon-Fri Mar 17-Mar 21 9:30-12:00pm \$130/5 sessions

Mon-Fri Mar 17-Mar 21 1:00-3:30pm \$130/5 sessions



Badminton Camp (8-12yrs)

Neil Khare

Those with basic badminton skills will refine and improve their skills, learn rules and practice strategies.

Mon-Thu Mar 17-Mar 20 9:00-11:00am \$58/4 sessions



Basketball Camp (8-13yrs)

Neil Khare

This camp helps young basketball enthusiasts develop fundamental skills of ball handling, dribbling, passing and strategy.

Mon-Thu Mar 17-Mar 20 11:00-1:00pm \$29/4 sessions

Community Events

Renfrew Ravine Clean-up

Meet at the Boyd Diversion bench.

Sat Mar 29 10-3pm FREE

Seed Swap at Renfrew Park CC

Sat Mar 29 11-2pm FREE

Health & Wellness Fair

Renfrew Park Community Centre, Collingwood Neighbourhood House and Adrian Dix, MLA office invite you to the 2nd annual older adults Health and Wellness Day. Come register to participate in this event and enjoy a free lunch and various information booths on health issues such as pain management, diabetes and heart disease. Please register by phone 604-257-8388 or in person.

Thu Mar 27 10:30-2:00pm FREE

Special Events/Bus Trips

Stress Management

Fri Feb 29 11:00-12:00pm FREE

Nutrition the Natural Way

Fri Mar 7 11:00-12:00pm FREE

St. Patrick's Day Luncheon (40+yrs)

Bring in the Irish this St. Patrick's Day. Entertainment, full-course menu, 50-50 draw and door prizes. Register early!

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

Pot Luck Social (45+yrs)

Bring a dish to share and play Bingo. Registration required.

Tue Mar 18 12:00-3:00pm FREE

Tea at the Fairmont Empress (40+yrs)

Afternoon Tea at the Fairmont Empress Hotel. Award-winning Pastry Chef D'Oyen Christie works his magic, an authentic and memorable experience. Includes transportation to Victoria & High Tea. Under 65 yrs/additional \$23 for the Ferry.

Tue Mar 25 8:30am-9:00pm \$99/person

Wine Tour & Fort Langley (40+yrs)

We will be taking a tour of Domaine de Chaberton Estate Winery, home of the award-winning wines of Chaberton; Canoe Cove, and the Zagat-rated Bacchus Bistro then to Fort Langley. Includes transportation & admission.

Tue Mar 25 10:00am-5:30pm \$15/person

Windermere Saturday Programs

Held at 3155 East 27th Avenue, Vancouver
No class will be held on March 22nd.

Sit Volleyball (16+yrs)

Free trial class Mar 1st 12:00-4:00pm

Canada's newest Paralympic sport played while sitting on the floor. Able bodied persons welcome to join.

Sat Mar 15-Apr 26 2:15-4:00pm \$20/6 sessions

Indoor Tennis Lessons

Parent & Tot Tennis (3-5yrs)

Sat Mar 15-Apr 26 9:00-9:40am \$39/6 sessions

Mini Aces (5-9yrs)

Sat Mar 15-Apr 26 9:45-10:25am \$33/6 sessions

Junior Smashers (10-13yrs)

Sat Mar 15-Apr 26 10:30-11:10am \$33/6 sessions

Adult Beginner (Level 1.0-1.5)

Sat Mar 15-Apr 26 11:15-11:55am \$61/6 sessions

EASTER Eggstravaganza

Rain or Shine!

Jump into Spring with the Easter Bunny on his special day! Families will have a great time with a Magic Show, Easter Crafts, Face Painting, Games, Door Prizes and our famous

Easter Egg Hunt

Most suitable for 2-10yr olds

Children under 6 yrs must be accompanied by an adult.

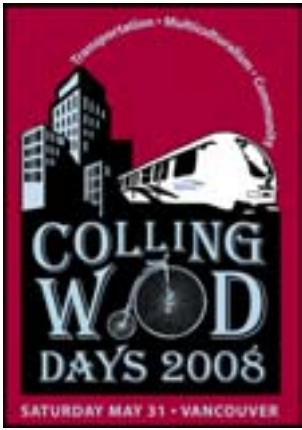
Saturday
March 22nd
12:30-3:00pm
\$4/child

Hours of Operation For the Easter Weekend			
	Pool	Fitness Centre	Centre <small>(Includes gymnasium)</small>
Friday, March 21st	12:00noon-5:00pm	12:00noon-5:00pm	CLOSED
Saturday, March 22nd	8:00am-5:00pm	9:30am-5:00pm	9:00am-5:00pm
Sunday, March 23rd	12:00noon-6:00pm	12:00noon-6:00pm	12:00noon-10:00pm
Monday, March 24th	6:00am-9:00pm	6:00am-9:00pm	CLOSED

Pool Event- Bunny Swim (7-11yrs)

Come join us in the pool for a chocolate celebration! Get hyped up to collect the floating eggs, jump into the bunny challenge and go crazy. Use our craft corner to make your very own bunny ears—the best one will win.

Sun Mar 23 2:00-4:00pm \$1/Child, \$2/Adult



Collingwood Days, May 31, 2008

An Old Fashioned Fair with a Multicultural Flair!

Join us at this year's Collingwood Days community event at Carleton Elementary School. Activities will begin at the foot of Joyce Street by the Skytrain Station, followed by a parade up Joyce Street to Carleton School.

Families will enjoy a full day of activities and events!

PANCAKE BREAKFAST

PARADE

STREET ENTERTAINERS

WORLD CLASS BMX BICYCLE AIRSHOW DEMONSTRATIONS

STAGE PERFORMANCES

FACE PAINTING

CHILDREN'S ACTIVITIES

ART & HISTORY

FOOD COURT

DEMONSTRATIONS

INTERNATIONAL MARKETPLACE

RIDES

GAMES

50/50 DRAWS

CAKE & PIE WALK

RAFFLE

CLOWNS

PLANT SALE

GIVEAWAYS

BICYCLE RODEO FOR KIDS

For more information on Collingwood Days, visit the Collingwood BIA website at www.shopcollingwood.ca. If you are interested in sponsoring and event/activity; or you would like to participate in the International Marketplace or Food Court please give the Collingwood BIA a call. We look forward to welcoming the community to Collingwood Days 2008.

Collingwood Business Improvement Association (CBIA) #300, 3665 Kingsway, Vancouver, B.C. V5R 5W2
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