

Renfrew Collingwood

May 2008

COMMUNITY NEWS

社区新闻

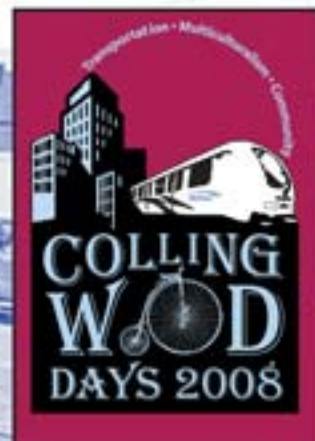
Collingwood Days: Saturday, May 31

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Collingwood Days
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COLLINGWOOD DAYS

An Old Fashion Fair with a Multicultural Flair



Pancake Breakfast Fundraiser

10 am - 11 am - Joyce Collingwood
Skytrain Station

Evolution of Transportation Parade

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

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



BMX Shows

Carleton Elementary School

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

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

SATURDAY MAY 31 2008 • VANCOUVER



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My Mom

My Mom

By Alger Liang, grade 4, age 9, Carleton Elementary School

My smart Mom teaches me how to do my homework. Sometimes she yells across the room and forces me to do homework, but most of the time she is nice. My Mom does pottery and makes things like teapots to sell. My Mom also paints beautiful acrylic flowers. She's also very clean. She mops and vacuums the floor every week. She organizes everything messy that she sees. My Mom is also a very good gardener and a good cook. She cooks Chinese food: chicken, fried corn with pork, and vegetables. Sometimes my Mom gives me a squishy hug. Me and my Mom have a lot of fun together. She is the best Mom in the whole wide world.

My Mommy

By Karen Hien, grade 4, age 10, Kingsford Smith Elementary School

My mom is really nice and pretty. Her name is Tina and she is special to me. She's always helpful, fun, and loving. A long time ago there was lightning so I ran to my mom and she hugged me very tight. After that, I wasn't scared anymore. That's why I think my mom is very caring. So when I grow up, I'm going to buy a big house and take care of my mom, and I will always think my mom is kind and beautiful. I think my mom is great and I'll always love her very much.

My Mommy

By Chalsie Liu, grade 4, age 9, Graham Bruce Elementary School

I love my Mom because she's very nice, helpful, and caring. When she has time, she can be fun. She cooks my favourite food every day. When my brother and I finish our dinner, she takes us to Collingwood Park. She makes a lot of rules and some we don't like. She is scary when she's angry because we didn't listen to her. The rule my brother and I don't like is that we have to study before we do anything else. My Mom is very beautiful and helps me with things I don't know because she is good at Math and Spelling. She is smart. I think my Mom is the nicest in my family. My Mom likes me to go shopping with her because I help her a lot. On Mother's Day I make a card for her because it's a school project. On her birthday I make her a special cake or buy one.



Students of the Creative Writing program at Collingwood Neighbourhood House write about the love they have for their Mothers.

The Creative Writing for Pre-Teens program runs Fridays, 5:30pm to 7:30pm at CNH. The next session starts in mid-May. Space is limited.

From: Alger

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City Developments

By Robert Allen

Translink representatives were in the neighbourhood on April 15th at the Renfrew Library, at a hastily called meeting with the community to discuss initial plans for the renewal of the B.C. Parkway.

The B.C. Parkway includes the foot and bike paths and open areas which parallel the Expo Skytrain line from Vancouver to Surrey. It is slated to receive some much-needed attention over the coming years. At least that's what Translink, the municipalities along the route and other stakeholders are working towards. The desire around the table was that Translink work closely with City Engineering, Parks and Planning and with groups in our neighbourhood in producing a comprehensive design. We hope we can incorporate needed healing of the whole Vanness Corridor through our

hood, including elements that fall within the city's purview and our Vision.

Fortunately, our voices are being heard in these early stages and we can expect to participate throughout the process. Our next opportunity to shape the future of this rustic stretch will come in September. You'll have a chance then and at future dates to share your wild and crazy ideas.

Later that week, on April 17, the Renfrew-Collingwood Visions committee met to discuss our position regarding the proposed Ecodensity Charter and Norquay Village, and the challenge for the R/C Vision (and by extension the community) to embrace new zoning proposals and possible housing types that these two topics imply. A statement from the

committee regarding Ecodensity will likely be sent to city council and the director of planning in early May.

We also looked at ways for more of us to keep up with and participate in the ongoing discussions about planning and development questions that affect our neighbourhood. There was support for bringing more visibility to these issues through posters and models to be placed at Renfrew Park Community Centre and Collingwood Neighbourhood House. We also hope to host some semi-regular "Philosophers' Cafés," a fun and informal way for the community to get together to bounce great (and lesser) ideas around.

The next Visions Committee meeting will be held on Thursday, May 22 at 7:00 pm in the Renfrew Park Community Centre. At this meeting, among other agenda items, we'll learn more about zoning and rezoning. Intrigued? Come on out. Also, keep your eyes open for café dates.

COMMUNITY NEWS 社区新闻

The mission of this non-profit publication is to provide the residents, businesses and organizations of Renfrew/Collingwood with a medium for community communication.

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

Contributors: Robert Allen, Rania Hatzioannou, Karen Hien, Alger Liang, Chalssie Liu, Amaya Dana O'Duir, Helen Yeung.

We want to hear from you!

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

We welcome appropriate, unsolicited editorial submissions if accompanied by the author's real name, address and telephone number. The author should retain the original as we cannot return submissions without prior agreement nor does submission guarantee publication. We reserve the right to make editorial changes.

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

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

You Can Find the RC Community News @:

Libraries, Collingwood Neighbourhood House, Renfrew Park Community Centre, The Italian Cultural Centre, Collingwood Policing Office, other Organizations, Religious Institutions, Schools, Laundry Mats, Coffee Shops, Restaurants, Markets, Corner Stores, other Businesses and on coffee tables all over town.

Contact the RCCNews

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

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

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EVENTS AT THE WAREHOUSE

2650 Slocan St.
Vancouver, BC V5M 4E9
(604) 254-2489

FOOD BANK

The Warehouse invites families in need to participate in the Food for Families nutritional food bank and community kitchen.

DAY: Every Thursday
TIME: 9:30 am-11:00 am

COMMUNITY KITCHEN

DATES:
May 1, 8, 15, 22 (Thursday)
June 3, 5, 10, 12 (Tues. and Thurs.)
TIME: 10:00 am-12:15 pm
Please contact Brenda at 604-254-2489 for more information or to register.

GARAGE SALE

Come find some treasures at the Warehouse garage sale from 8:00 am to 2:00 pm, Saturday, May 10. All proceeds will support kids camp programs.

VOLUNTEERS

The Food for Families program is looking for volunteers. For more information, please contact Lindsay at 604-254-2489, or email lindsayl@cityreach.org.



Mother's Day Within

By Amaya Dana O'Duir
(multi-faceted, multi-talented,
multi-tasking Mother)
inwardspiral@shaw.ca

As cherry-blossom petals fall like snow and tulips widen their circle of petals to catch rain, Mother's Day draws near in the merry, merry month of May. It is a day to honour our biological, adoptive or surrogate mums with gratitude and appreciation, but we may unwittingly find ourselves entangled in a complex web of feeling related to our mothers.

Perhaps our mom is no longer alive or lives too many miles away. Perhaps she is over-involved in our personal lives or has become a symbol of personal grievances and difficulty. How then, can we reconcile such emotional challenges in one day toward a woman so significant, so necessary and so deeply a part of who we are, for better or for worse?

It is a life-long opportunity for us to find peace with the stories of our mamas. However she may or may not have been a healthy role-model throughout our lives, we can discover within ourselves the Mother-archetype who nurtures, consoles, guides and comforts us. We can re-empower ourselves within our *matrilineal legacies by accessing our inner feminine principle. In choosing to have a conscious relationship with the Universal Mother inside our hearts, we can honour and celebrate Her as an extension of ourselves.

Our inner Mother cares deeply about our well-being and our best interests. She is the grounded and wise aspect of our psyche who knows what is best for us in any situation. She guides us with a trusting and holistic awareness of ambition, desire and purpose. She inspires us with a self-care approach to our exhaustive daily routines while teaching self-forgiveness when we fall short of expectations. She is the caring part of us who draws a bubbly bath at the end of a long day, who sings in the garden, who loves to drink hot chocolate in fuzzy socks and who smiles at babies nuzzling in their fathers' arms.

Man or woman, the Universal Mother is associated with the feminine elements of life, nature, compassion, receptivity, creativity and nurturance. When we actively name these elements within ourselves, the Universal Mother aligns with the harmony and balance so needed to integrate our very humanness. She makes our lives significant

and meaningful because She encourages our authenticity and supports our highest dreams and visions.

Our inner Mother lets us be ourselves, without reprimand. She offers space to simply *be*, while embracing our passions and protecting our weaknesses. She knows when to listen and when to speak to us through dreams, poetry and song. Spiritually, She is known by many names: *Mother Mary, Sophia, The Shekinah, Shakti, Isis, Quan Yin, Kali-Ma, Green Tara.*

This Mother's Day, I invite you to remember your inner Mother and to spend some quality time with Her. She can gently integrate and transcend the diverse experiences of our biological mothers in a way which is compassionate and forgiving, while opening us to richer feminine expression in our lives.

Try:
taking yourself for a walk in the woods and naming 7 natural sounds you hear, floating some pink and white flowers in cool water and placing this by your bedside, giving yourself a peppermint foot



massage, blowing yourself a kiss in the mirror, writing down 9 reasons why you are a beautiful person, making a finger-painting of a bouquet of flowers and then putting it up on your fridge, buying yourself a box of chocolates and eating as many of them as you want.

Then Say out loud:
IT IS SOOOOOO GREAT TO BE ALIVE ON THIS EARTH! THANKS MOM!

*matrilineal: related, in the family line, to the mother and *her* mother, grandmother, great-grandmother...etc.



WALKING CLUB

Come join us and walk for Fun!

大家来, 音步尔

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Registration Date:
June 5, 2008

Collingwood Neighbourhood House
5288 Joyce Street, Van., BC

Tel: 604.435.0323

Light Refreshments will be available from 10am - 12am


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May advertising deadline: Friday, April 18



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New at Renfrew Library

2969 East 22 Ave
[Renfrew & 22 Ave]
604-257-8705



The Seduction of the Crimson Rose

by Lauren Willig

A historical romance between two spies during the Napoleonic era in England. The Black Tulip, a most dangerous French spy, prefers black haired women, beautiful of course. Mary is recruited by Lord Vaughn, rumoured to have murdered his first wife, to entice the Black Tulip into indiscretions.

The book is divided into starters, main dishes, side dishes and desserts. The photos look delicious.



Bling: The Hip-Hop Jewelry Book

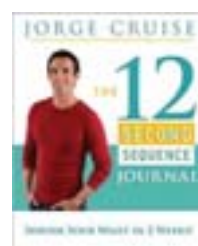
by Osse and Tolliver

Take a look at the history of bright and shiny men's jewellery. From Mister T to Liberace the gold and diamonds get heavier and brighter. Bling-bling is the sound that a diamond makes.



own. The diarist's life back in the USA spans the Roaring 20s and the Dirty 30s, including losing all she had in the

Crash of '29. A work of fiction with wonderful detail and a touch of the afterlife.



The 12 Second Sequence

by Jorge Cruise

A method of resistance training that burns fat, shrinks your waistline and gets you into the best shape of your life. All it takes is two 20-minute workouts each week. There is a chapter to help you get past the night-time munchies and encouraging photos, workout logs and recipes.



Win, Lose or Die

by Famous Mystery Writers

Perfect for that 10 minutes before sleep, a selection of "murderous games" stories by great authors. These mysteries are good ones, and they won't keep you up late trying to read to the end.

Dreamers of the Day

by Mary Doria Russell

In 1921 at the Cairo Peach Conference, Winston Churchill, T. E. Lawrence and Lady Gertrude Bell met to decide the fate of the Arab world—and of our

Renfrew Library

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

Palmistry for Teens

Saturday, April 12; 3:30 pm

Springtime Storytimes

Regular springtime storytimes at Renfrew Library are:

Babytime	1:00 pm	Mondays,
Toddler time	11:15 am	Wednesdays,
Preschool	11:15 am	Fridays,
Cantonese family	11:30 am	Saturdays,

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

Collingwood Library

2985 Kingsway at Rupert, 604-665-3995

Spring Storytimes

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

Babytime	10:30 am	Fridays, until May 16
Toddler	10:15 am	Thursdays, until May 15
Preschool	11:15 am	Thursdays, until May 15

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

Dear Neighbours:

Collingwood Days- May 31st



On Saturday, May 31st, the Collingwood Business Improvement Association in partnership with many of our local community organizations, businesses and residents are hosting the annual Collingwood Days Festival. The main events will take place at Carleton Elementary School on the corner of Joyce and Kingsway. Additional events include a pancake breakfast and parade starting at the Joyce Skytrain Station at the foot of Joyce and Vanness. Bring your families and friends down on May 31st to enjoy the many activities, rides, games, food, entertainment, and local history this neighbourhood has to offer. Hours are from 11 am to 5 pm. Hope to see you there.

Congratulations to Gladstone Secondary School Students

Congratulations to the two teams of engineering and electronics students from Gladstone Secondary in Vancouver-Kingsway who traveled to the Georgia Dome in Atlanta to compete in the World Robotics Championships. Earlier this year the teams won the right to go by winning the B.C. event and then the western regional event held in Seattle, Washington. Out of 100 competitors, the team successfully made it to the quarter finals, but were later eliminated. The 11 students are Alexander Jew, Alex Mui, Angus Lei, Kelvin Tam, Natasha Palmer, Jason Khuu, Tony Lee, Henson Truong, Victor Yang, Henry Lee and Eli Hollett-Feuchtwanger and are accompanied by their teacher Todd Ablett.

I want to thank our community who have pulled together to support our talented, bright students in getting them to Atlanta. The experience has been so positive for these youth and the community. I would also like to make a special thank you to one of the contributors, Rudy Chiang from the Universal Buddhist Temple, who saw the story in my householder and matched my contribution of \$1,200 to allow the students to finally meet their goal.

Finding our Way Home-A Consultation on Homelessness

My colleague David Chudnovsky, the Opposition critic for homelessness and mental health has been traveling the province on a homelessness consultation called FINDING OUR WAY HOME. David has been touring the province to hear from people who are homeless about their experiences, their challenges and obstacles, their hopes and suggestions for a better future. He has been meeting with front line workers who provide services to the homeless and has been consulting with local government officials. British Columbians value equality, decency and democracy. We want to make sure everyone has the basics – food, clothing, shelter and an adequate income – so that we can all benefit from the potential our province has to offer. But homelessness undermines these values and principles. Homelessness threatens the health and safety of our communities. It affects every city and every town in British Columbia including ours.



Easy Everyday Favorites from www.allrecipes.com

The best tried-and-true dishes from a website, contributed by users. The recipes are clear and as easy as cooking gets.

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Get Involved in Renfrew/Collingwood

Thursday, May 8

Still Moon Arts Society Annual General Meeting

7–9 pm

Renfrew Library

Still Moon Arts Society's first annual general meeting as a registered charity! Bring your friends, we'll do the business part quickly then show videos and have a party. Also mark your calendars: Fine Arts Daycamp from July 2–11 and the Moon Festival on September 13. Start thinking about what to plant for your entry in the harvest fair!

Saturday, May 10

Mothers Day Weekend Hanging Basket Fundraiser

10–11 am

Collingwood Roof Garden

Cost: \$20 (including all supplies)

This is a one-hour workshop where everyone will construct their own flower or herb hanging basket—a good Mothers Day gift idea. Please sign up with Heidi in advance at foodsecurity@cnh.bc.ca.

Also from the Food Security Institute:
Fruit Dehydrating Workshop
TBA

Let Heidi know if you're interested in a workshop to make fruit leather and banana chips.

Check out their new blog: <http://rcfsi.blogspot.com/>

Tuesday, May 20

Renfrew Ravine Meeting

7-8:30 pm

Renfrew Community Centre Boardroom
Agenda items include the annual summer Blackberry Party and more. Note the May meeting is held at the Renfrew Community Centre, not the Library.

Thursday, May 22

CityPlan Visions Committee

7–9 pm

Renfrew Park Community Centre

Renfrew-Collingwood CityPlan Committee meets next on May 22 at Renfrew Park Community Centre. Learn more about how zoning and rezoning in our neighbourhood affects you. For more information please contact Catherine Sinasac @ 604.871.6321, Renfrew-Collingwood Vision Implementation or email catherine.sinasac@vancouver.ca. Or visit the website at www.vancouver.ca/visions/rc.

Thursday, May 29

Festival of Bikes

3–5 pm

Windermere High School

In honour of Bike to Work Week (May 26th – June 1st), Windermere ACTION (Active Community Team in Our Neighbourhood) is hosting the festival of bikes. The community is invited! Bike races, obstacle courses, art competitions and performances for all ages.

Do you have a program or event to list here?

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

Community Literacy: From Our Strengths to Our Vision

The Renfrew-Collingwood Literacy Now Committee invites you to participate in a community consultation to develop a vision for literacy. This vision will become part of the community literacy plan for the neighbourhood.

The community visioning consultation looks at these questions:

- What does literacy mean to the community?
- What kind of future do you want for children, youth and adults?
- How can we build on our community's literacy assets to achieve that future?

Please join us at one of these sessions:

Date: Tuesday, May 6, 2008

Time: 6:00–8:30 pm

Location: Collingwood Neighbourhood House, 5288 Joyce Street, Vancouver
Refreshments will be served.

Childminding is available for this session. Please phone Julie at 604-451-1125 or email jcheng@cnh.bc.ca if you require childminding.

Date: Thursday, May 8, 2008

Time: 9:30 am–12:00 noon

Location: Collingwood Neighbourhood House, 5288 Joyce Street, Vancouver
Refreshments will be served.

Your RSVP is required. For more information and to RSVP please contact:

Julie Cheng, Community Literacy Plan Coordinator, Renfrew-Collingwood
Phone: 604-451-1125 • Email: jcheng@cnh.bc.ca

Everyone is welcome.

Renfrew Park Community Centre

2929 East 22 Avenue at Renfrew

Phone 604-257-8388

May 1-07 Youth Week

May 2

Seniors Safe Tea 55+yrs

Constable Heather Brown will share information and tips on how you can keep yourself safe through a presentation and a game of Safety. Lunch will also be provided. Pre-register to save your spot.
11:00-1:00pm FREE

May 05-07

Nordic Pole-Walking Intro. 19+yrs

Nordic walking provides a full body workout including upper body and core while burning up to 40% more calories. Nordic poles provided. Pre-register to ensure your space.

May 05 6:30-7:30pm FREE

May 07 10:00-10:45am FREE

May 06

Back and Neck Fit 19+yrs

Discover how Dr. Kvalheims's holistic approach has helped hundreds of people free themselves of back and neck problems for life! Registration required.
7:30-8:30pm FREE

May 07-14

Lantern Making Workshop 19+yrs

May 09

Dodge Ball Tourney and BBQ

13+yrs

Hostels International 19+yrs

11:00-12:00pm FREE

May 10

Playland Extravaganza

13+yrs

Move For Health All years

May 15-19

Caregiver Education Series 19+yrs

This six-week education series is geared to provide support and education to people caring for a family member or friend who is elderly, chronically ill, or living with a disability. Space is limited and pre-registration is required – 604 877-4699 FREE

May 16

Asian Heritage Month Explore Asian

Tailor Made "Chinatown's Last Tailors" Film Screening

This isn't just a story about a tailor shop. Bill's story is a reminder to us all to live life to the fullest and do what you love doing every day. This is made possible with support from the Arts & Cultural Dept of Vancouver Board of Parks and Recreation.

11:00-12:00 pm FREE

7:00 - 8:00 pm FREE

Collingwood Neighbourhood House

5288 Joyce Street at Euclid

Phone: 605-435-0323

SUNDAYS, MAY 4, 11, 18, 25

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

MONDAYS, MAY 5, 12, 19, 26

ESL Beginner, 10:00 am - 12:00 noon
Storytime, 10:00 am - 11:30 am
Music & Movement, 11:00 am - 12:00 noon
Pilates, 12:05 pm - 1:05 pm
ESL Intermediate, 1:00 pm - 3:00 pm
Aerobics, 6:00 pm - 7:00 pm
Volleyball, 8:15 pm - 10:00 pm
Children's Badminton, 4:30 pm - 5:45 pm

TUESDAYS, MAY 6, 13, 20, 27

Jazzercise, 12:00 noon - 1:00 pm
Hatha Yoga, 6:45 pm - 8:15 pm
T'ai Chi, 7:30 pm - 9:30 pm
Children African Dance, 4:00 pm - 5:00 pm, 1st Class

WEDNESDAYS, MAY 7, 14, 21, 28

ESL Beginner, 10:00 am - 12:00 noon
ESL Intermediate, 1:00 pm - 3:00 pm
Seniors Strength and Stretch, 11:00 am - 12:00 noon
Pilates, 12:05 pm - 1:05 pm
Seniors Gentle Fit Chair Exercise, 1:00 pm - 2:00 pm
Jazzercise, 6:00 pm - 7:00 pm
ESL, 7:00 pm - 9:00 pm, 1st Class April 30, 2008
Drop-in Soccer (Adult), 7:15 pm—8:45 pm
Drop-in Badminton (Adult), 8:45 pm - 10:00 pm

THURSDAYS, MAY 1, 8, 15, 22, 29

Seniors Yoga Drop in, 9:30 am - 10:30 am
Jazzercise, 12:00 noon - 1:00 pm
Hatha Yoga, 6:45 pm - 8:15 pm
Drop-in Badminton (Adult), 7:00 pm - 8:30 pm
Drop-in Soccer (Adult), 8:30 pm - 10:00 pm

FRIDAYS, MAY 2, 9, 16, 23, 30

Seniors T'ai Chi, 9:30 am - 10:30 am
Seniors Strength and Stretch, 11:30 am - 12:30 pm

SATURDAYS, MAY 3, 10, 17, 24, 31

Visual Arts, 10:30 am - 12:30 pm
Jazzercise, 10:00 am - 11:00 am
Piano Lessons, 10:30 am - 11:15 am
Piano Lessons, 11:15 am - 12:00 noon
Piano Lessons, 12:00 noon - 12:45 pm
Music Therapy, 12:00 noon - 12:30 pm
Music Therapy, 12:30 pm - 1:00 pm

Windermere Community Programs Showcase

For the first time this year, Windermere Community Programs has stepped up the traditional piano recital. On March 4th the new Windermere Community Programs Showcase highlighted performances from the Nootka, Bruce and Norquay Cheer Clubs, the Carleton Hip Hop Club as well as our community's learning pianists!

The reception featured cookies baked by the Carleton and Nootka Cooking Clubs, and "Hand-picked flowers" by the Grenfell Arts & Crafts Club.

Parents, teachers, administrators, club leaders and families all enjoyed the show held in Windermere Secondary auditorium.

The third term of Windermere Community Programs is well underway, and we are looking forward to hosting our final Showcase of the year on Wednesday, May 28, which will highlight the talents of Renfrew-Collingwood students.

Windermere Community Programs are after-school programs run out of Renfrew, Nootka, Carleton, Bruce, Norquay, Grenfell and Collingwood Elementary Schools. Led by Windermere students who donate their time to the community, WCP offers a range of clubs: homework, arts and crafts, piano and violin, breakdance, hip hop, reading and more. Any questions? Please contact Leanna Platt, Community Schools Programmer, at 778-229-9775.

Why We Need to Move for Health

We all know that taking a walk, riding a bike, dancing or playing sport makes you feel better. But did you know that regular activity brings you other physical, social and mental health benefits? Getting active helps to:

- Reduce the risk of dying prematurely from heart disease or stroke.
- Reduce the risk of colon cancer.
- Reduce the risk of lower back pain.
- Reduce stress, anxiety and feelings of depression and loneliness.
- Control weight and lower the risk of becoming obese.
- Control or prevent risky behaviours such as tobacco, alcohol or drug use.

- Maintain healthy bones, muscles and joints.
- Keep the brain functioning well.

Regular physical activity benefits communities and the economy by reducing health care costs, increasing productivity and improving performance at schools.

We invite all our Collingwood Renfrew Community to join us in the Move for Health Week, which takes place May 5 to 10, 2008 at Renfrew Park Community Centre and Collingwood Neighbourhood House. Please see the schedule.

Be active and live longer!



MOVE FOR HEALTH WEEK AT COLLINGWOOD AND RENFREW MAY 5 - 10, 2008



Since 2002, The World Health organization has promoted the Move for Health Day as a global day of physical activity. On May 10 groups and organizations in our community will participate in this special event. As part of this initiative Collingwood Neighbourhood House and Renfrew Park Community Centre, Pool and Fitness Centre will host the Move for Health Week, from May 5 to 10. Come and join us in these exciting recreation programs and participate in a special draw.

There will also be a free healthy snack for all programs participants.

Keep Moving! Participate in these exciting fitness programs.

Renfrew Collingwood

Introduction to Nordic Pole-Walking

Monday May 5th, 6:30-7:30 pm (19 yrs and up) at RPCC - FREE
Wednesday May 7th, 10-10:45 am (19 yrs and up) at RPCC - FREE
Space is limited, sign-up in advance to ensure your space.

Foamball Tennis for Kids

Monday May 5th, 3:30-5:00 pm (6-10 yrs) at RPCC - FREE

Dodgeball Tourney & BBQ

Friday May 9th, 6:00-10:00 pm (10-16 yrs) at RPCC - \$1.00

Aquafit in Renfrew Pool

Saturday, May 10th, 9:30-10:30 am -- \$4.95 - Refreshments and prizes

Orientations to the Renfrew Fitness Centre

Saturday, May 10th, 11 am - 12 noon; 1 - 2:30 pm - \$4.95
Sign-up or drop-in for your Free 20-30 minute orientation

Introduction to Line Dancing

Saturday, May 10th, 9-10 am - at RPCC - FREE

Family Fun Time for parents and toddlers

Saturday, May 10th, 12:15 - 3:30 pm - up to 3 years old at RPCC - FREE

Location: 2929 E. 22nd Ave (at Renfrew St.)
Phone 604 257-8388 for information on RPCC events and
604 257-8393 for Renfrew Pool & Fitness Centre events.

Aerobics

Monday May 5th & Friday May 9th, 6:00-7:00 pm FREE

Hatha Yoga

Tuesday May 6th and Thursday May 8th, 6:45 to 8:15 pm FREE

Pilates

Monday May 5th and Wednesday May 7th, 12:05 to 1:05 pm. FREE

Adults T'ai Chi

Tuesday May 5th, 7:30 to 9:30 pm FREE

Jazzercise

Saturday May 10th, 11:00 am to 12:00 noon.
Drop-in fee \$4.25 includes a free snack.

Parents and Tots

Tuesday May 6th and Thursday May 8th 10:00 am to 11:45 am
Drop-in fee \$2.50 includes free snack.

Location: 5288 Joyce Street, Vancouver BC, V5R 6C9
For more information call: 604 435-0323 Ext. 257

Space is limited, sign-up in advance to ensure your space.



True Leadership from Windermere

On March 19, a new crop of Windermere Leadership students continued the legacy started by their Leadership predecessors three years ago. With shovels in hand, 20 grade 8 students and a grade 11 student, all in the Leadership program lead by teacher Bill Jackson, took time out from their weekend to move a truckload of soil to reclaim “forest” land on the west side of the Renfrew Ravine at 25th Avenue. This area of the ravine is heavily used by pedestrians, dogs and joggers. The residents who saw the hard work of these high school students were impressed by their energy, dedication and enthusiasm.



Windermere Secondary Launches School Ground Greening Initiative

Initially, the idea for Windermere’s food garden started out small: Nicole Wood and Christie Leung, two grade 12 students enrolled in the Windermere Leadership program, took on the task of establishing a food garden for their school. Primarily, the project began with a few herbs grown on the windowsill of the Leadership office. This sparked the idea to grow food at Windermere to help supply the Cafeteria and Culinary Arts program. Windermere has a beautiful courtyard perfectly situated in the centre of the school, which the students thought would make a perfect food garden. Research has shown that gardening positively influences food choices, environmental attitudes, social concerns, and student behavior. Overall, there are two main goals for the project: one is to have a food garden that supplies locally produced food to the Culinary Arts program; the other is for teachers to integrate the food garden into their curriculum by using it as an outdoor classroom. The garden is being developed to be as sustainable as possible so it can be enjoyed by future generations at the school. The sole purpose of this

project is to unite students with the food that they eat.

A great deal of work went into launching this project resulting in financial support funding from our PAC (Parent advisory committee) as well as a \$1900 grant from the Toyota Evergreen Learning Grounds program. The Toyota Evergreen Learning Grounds program (www.evergreen.ca) is a national program available to schools across Canada.

It brings teachers, students and community members together to transform typically asphalt school grounds into more beautiful and resourceful ones.

On Monday April 6, a dedicated group of Windermere students and teachers spent their Pro-D Day moving soil, building plastic covers for the raised beds and prepping five cedar planter-boxes. It will not be long before the array of plants being grown in the Leadership office are



transplanted into the planter boxes-built by the pre-employment program at Windermere. This project would not have had its current success without the great contributions and the endless effort of students, school staff and community volunteers working together in determination to get it off the ground. The garden is going to be a fantastic place where students can learn, develop and employ a genuine respect for nature.



3684 Lougheed Highway: Phone: 604.311.1111



604.431.0247 3229 K



604.431.0247 3298 22nd



2887 Grandview Highway: Phone: 604.431.1111



3835 Rupert Street Phone: 604.431.1111

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Reach 15,000 readers in your neighbourhood.

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

May advertising deadline: Friday, April 18



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Phone: 604.435.0323

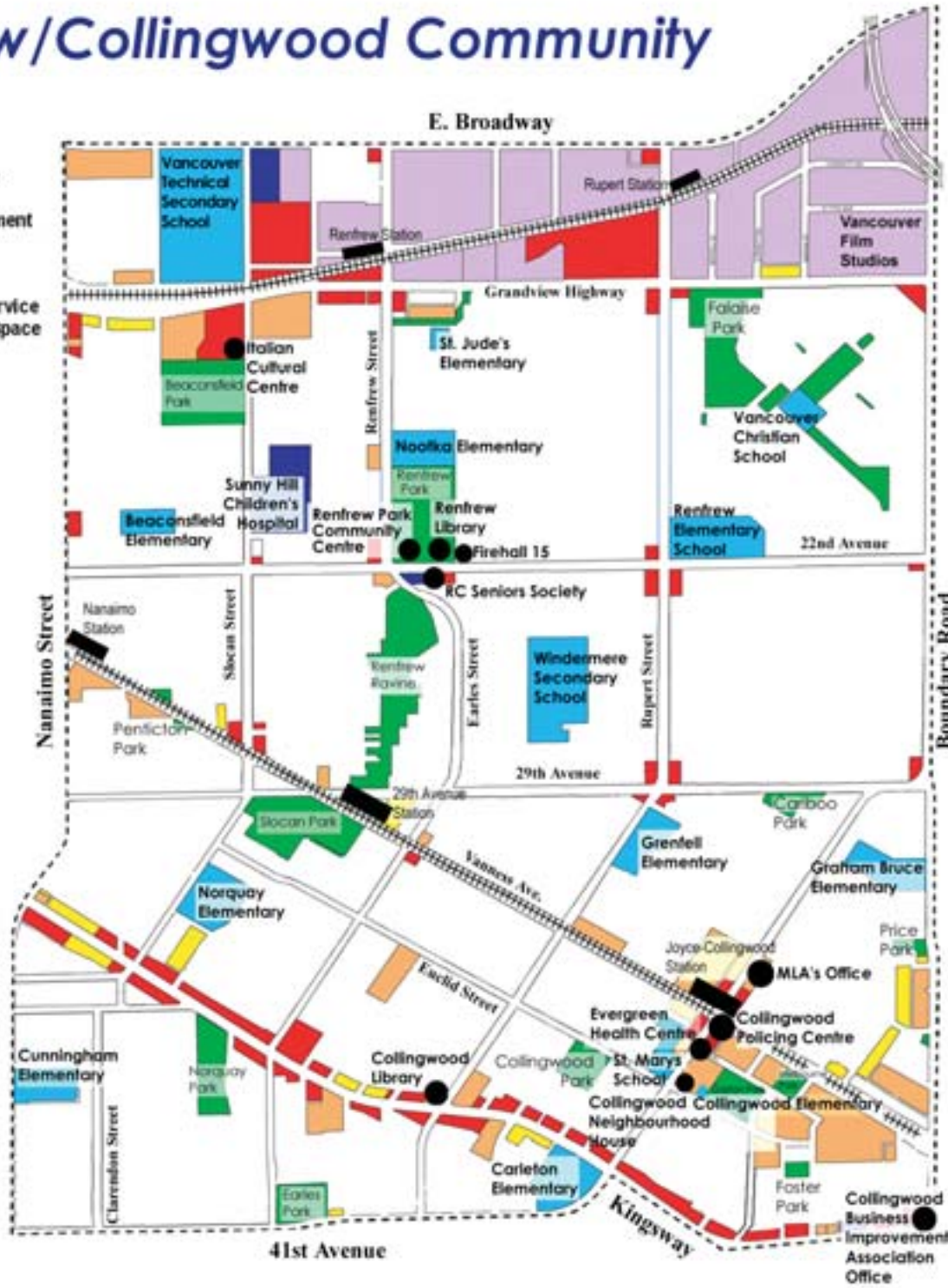


5750 Tyne Street

Phone: 604.438.9888

Renfrew/Collingwood Community

- Single Family
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- Heavy Industrial
- School
- Social or Public Service
- Park/Public Open Space



2621 Kingsway:

Phone: 604.433.2500



5428 College Street:

Phone: 604.430.8115



3321 Kingsway:

Phone: 604.438.3611



5156 Joyce

Phone: 604.451.7680



#2 - 2741 Skeena Street

Phone: 604.434.2739



2400 Kingsway

Phone: 604.434.2464



The Magic of Meal Time

By **Helen Yeung, RD,**
Community Nutritionist

People say they try to stay healthy by eating healthier foods and being active. They say that their busy lives and hectic schedules make it a challenge to eat better. One of the easiest and enjoyable things that people can do is to make time to eat together (whether this means two individuals or ten).

A growing body of research documents the benefits of “eating together” for children, families and seniors. Believe it or not, family meals for children can improve their nutritional intake, communication skills, academic performance and family relationships.

If you already make meals a pleasurable priority every day, then good for you! For others, aim for at least one meal a day when everyone in your household is eating together, without the TV on. Or maybe it would be more realistic to have at least one adult eating with the children at each meal. The meal does not have to be fancy, but enjoyable. For example, vegetables, rice, and chicken or tofu, and a beverage.

Adults say that meal times are an important time for connecting with others.

Parents who eat with their families at least once a day:

- Save money
- Eat more nutritiously
- Share family history
- Establish some traditions around food and meals
- Have more family time

Some tips to get your family back to the table:

- Set regular mealtimes so they become routine.
- Make meals a priority—they are just as important as meetings and practices
- Be creative and flexible about location of meals—meals and snacks can be shared in the park, at home or after a game.
- Keep conversation pleasant. Meal times should be associated with positive feelings.
- Ask children to help with preparation, such as washing, stirring and setting and clearing the table.
- Remember that it's the parents' job to offer a variety of foods from the four food groups (decide

what and when food is offered) but allow children to decide how much and whether or not to eat. From the healthy foods offered, kids need to decide what goes into their mouths, otherwise feeding struggles may result.

- Make grocery shopping a family activity. Even better, go to your local farmers' market together and buy local, fresh food. <http://www.eatlocal.org/> ,or www.bcfarmersmarket.org.

Keep in mind that eating together is a family responsibility. Fathers and children can also plan the meal and, if the children are old enough, help with the grocery shopping. In addition, there are other

“families” out there, not your traditional mom, dad and kids; it could even be college students at the dorm who decide to get together for a meal or two each week.

If you suggestions for future nutrition topics here, please contact Helen Yeung, Dietitian, at the Evergreen Community Health Centre (604-872-2511). For general nutrition questions, please contact Dial-A-Dietitian at 604-732-9191.

Children who eat with their family at least once a day:

- Perform and behave better at school
- Enjoy greater vocabulary
- Observe their parents modeling healthy eating
- Deepen their sense of belonging and security
- Are less likely to smoke, use drugs, drink or attempt suicide

Source: Eat Together and Eat Better by Interior Health, November 2005

For Young Moms and Dads

The Youth Pregnancy & Parenting Program (YPPP—pronounced yippy!) serves Vancouver youth up to 22 years old.



YPPP offers youth-friendly services:

- Complete prenatal, postnatal (up to 6 weeks) and 24-hr emergency care by doctors.
- Pregnancy outreach program provided through Healthiest Babies Possible (HBP). Services are available in many languages.
- Prenatal and parenting classes
- Birth doulas
- Parenting drop-in until baby reaches 18 months old
- Counselling provided by community health Nurses, social workers, dietitians and other support workers

Participants and partners can:

- See a doctor or specialist
- Join in prenatal or parenting groups
- Meet with other youth in a group setting
- Share a nutritious meal
- Participate in recreational activities & special events

JOIN YPPP TODAY

Meets: Thursdays

Time: 2:00–5:30 pm

Location: Evergreen Community Health Centre, 3425 Crowley Drive (corner of Joyce & Crowley Street)

Vancouver

One block south of the Joyce Skytrain Station

Bus tickets are provided as needed.

Prenatal self-referrals are welcome

To join contact 604-707-3604, Monday-Friday 9am–4:30pm

Who's Who in

Historical
Collingwood
Gateway into Vancouver



MAY

Gerry Collins

Vancity

Branch Manager
Kingsway/Joyce location

3305 Kingsway

Phone: 604.877.7130



**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



The caricature above captures Gerry Collins, an avid curler, at his favourite pastime.

Gerry Collins, branch manager at Renfrew/Collingwood's Vancity, explains that Vancity is more than a financial institution; it is a cooperative that aims to help its members and the community to thrive and prosper. "It's a cycle. We thrive from our membership and the members and the community thrive from Vancity's strong financial performance."

Vancity is a financial co-op, part of the cooperative movement along with the fisherman's co-op and the farmer's co-op. Profits are fed back to the membership, unlike a bank where only a small group of shareholders share in the profits. "100% of Vancity's members are shareholders."

For over 60 years now, Vancity has been offering a full range of banking, borrowing, investing

and insurance services to assist its membership in achieving a fulfilling life. Vancity is also very involved with the community, as demonstrated by their on-going support and staff involvement at the annual Collingwood Days festival (May 31st).

Having moved to Vancouver in 1995, Mr. Collins is originally from Newfoundland. He spent a brief time in the Canadian Armed Forces before going to university and entering the financial world.

Gerry is an avid curler who used to play competitively, even playing for the Canadian Men's Championship, the Brier. Married with two daughters, Gerry is now looking forward to his first grandchild who is scheduled to arrive soon. Congratulations Gerry!

Collingwood BIA Updates

The Collingwood BIA would like to welcome the following businesses to Collingwood:

Ling Na Dim Sum Food Co. 3381 Kingsway
Opening in May **IT Rider Solutions Ltd.** #3-3515
Kingsway www.itrider.ca

Sleeping Beauty 3042 Kingsway
www.sleepingbeautymattress.com

BC Folding Bench #3 - 3058 Kingsway
www.foldingbench.com

Pappa John's Pizza 3320 Kingsway
Hoi Sing Seafood Ltd. #2 - 3335 Kingsway
Real Deal 98 Cent Store #101 - 3373 Kingsway

Hugo's Shoe Repair 3389 Kingsway
Ceragem Kingsway Ent. 3405 Kingsway

In addition, **Active Copy and Mail Box** has a new location 3357 Kingsway; actcopy@gmail.com.

• **New Street Signs** - We've been mentioning this for a few months now and can finally say, the signs are

done and will soon be installed on Kingsway. Let us know what you think.

• **Collingwood Days 2008** - Is just around the corner. Included in this issue of the Renfrew Collingwood Newspaper is a complete itinerary of what's in store. Bring your friends, family, and anyone else you know who would enjoy this wonderful community event. The day starts early with a Pancake Breakfast (by donation) at the corner of Joyce & Kingsway. Next, follow the parade as it makes its way from Vanness and Joyce to Carleton Elementary School. A full day of fun and excitement awaits you. For more information on Collingwood Days, please contact the Collingwood BIA office at 604.639.4403 or go to our website at www.shopcollingwood.ca.

• **Collingwood Guardians** - The Collingwood Guardians will be back in force this month and throughout the summer. Look for them in their red & black uniforms as they roam the commercial area.



COLLINGWOOD NEIGHBOURHOOD HOUSE HIGHLIGHTS

RAFFLE DRAW 2008 (Gaming Licence #6362)



Draw Date: June 4, 2008 at 2:30 pm
Exciting Great Prizes

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

Cost \$2 per ticket.

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

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

SEMI ANNUAL GARAGE SALE

Kindercare and Daycare programs are having a Semi Annual Garage Sale

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

Collingwood Neighbourhood House (Gym A)
5288 Joyce Street, Vancouver V5R 6C9

Entrance Fee: By Donation
People can rent table for \$10.00 each.
Limited number of tables so please reserve early.

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



CNH Preschool Open House
Saturday, May 24, 2008
1:30 - 3:30 pm
5288 Joyce Street, Vancouver, BC

Spaces now available in our high quality, early learning program! Children will learn readiness skills and grow through many activities including arts and crafts, circle times and indoor and outdoor free play.

CULTURAL CONNECTIONS

Would you like to be part of community initiatives and get to know more about your community?

Collingwood Neighbourhood House has a very exciting and innovative project. The Cultural Connections project reaches out to isolated community members and connects them with services, programs, community initiatives and with each other. The project also facilitates community development. Presently, we have 3 cultural connectors taking the community development certificate program through Capilano College. The connectors are available to answer any questions and to talk about your ideas of what your community needs. We look forward to hearing from you.

Please contact us at 604-435-0323 ext. 251. Leave us a message in your own language; we will get back to you real soon.

CONNECTORS' NAME

- Nohemi Fuchs - Spanish and English
- Tammy Do - Vietnamese, Cantonese, Mandarin and English
- Mala Nand - Hindi, Punjabi and English

We are accepting nominations for Collingwood Neighbourhood House Board of Directors

We are looking for people who:

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

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

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



HALL RENTAL

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

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

For more information, please call Nelly Yep or Teresa Ha now at 604-435-0323.

Low Cost ESL at Collingwood Neighbourhood House

WHEN: April 30 to June 30, 2008 (20 classes)
TIME: Mondays and Wednesdays
LEVELS: Beginner 7:00 to 9:00 pm

- Qualified, Experienced ESL Teacher
- Practical English Conversation
- \$ 150.00 Cash only



Spring ESL Classes at Collingwood Neighbourhood House

WHEN: April 21 to June 30, 2008 (20 classes)
TIME: Mondays and Wednesdays
LEVELS: Beginner 10:00 - 12:00 noon
Intermediate 1:00 - 3:00 pm

- Qualified, Experienced ESL Teacher
- Practical English Conversation
- \$100.00 Cash only

Register now at the Front Desk
Collingwood Neighbourhood House
5288 Joyce Street, Vancouver, BC
604-435-0323

SENIORS LUNCH

The Collingwood Neighbourhood House seniors invite you to join them for 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 or "to go."

May 1
Spinach quiche
Salad, dessert

May 6
Chicken soup
Pizza bagel
Salad, dessert

May 8
Sole filets
Rice & vegetables
Dessert

May 13
Wild rice mushroom
soup
Deli sandwich
Dessert

May 15
Salisbury steak
Potatoes & vegetables
Dessert

May 20
Vegetable barley
soup
Grilled corn beef
Salad, dessert

May 22
Chicken with plum
sauce
Rice & vegetables
Dessert

May 27
Pea soup
Cheese & onion
scone
Salad, dessert

May 29
Spaghetti & meat
sauce
Garlic bread
Salad, dessert



EMPLOYMENT SERVICES AT COLLINGWOOD

The Employment Support Service will help:

- Identify the job best suited to your skills and needs
- Create a personal action plan to help you get the job you want
- Write resume and cover letter
- Assist connecting with employers
- Train effective approaches to getting a job

These services are tailored to your needs and are offered in English or the language you speak.

Please contact Jackie Bridge at 604-435-0323 ext. 222 or jbridge@cnh.bc.ca

Parking Spaces available for rental at Collingwood Neighbourhood House (CNH) Located at 5288 Joyce St. Vancouver

Monthly Fee \$100 per month

Parking hours of operation (Closed on Statutory Holidays)

Monday - Friday 6:45 am to 8:30 pm
Saturday 8:00 am to 7:45 pm
Sunday 9:30 am to 7:45 pm

Further inquiries, please contact Teresa Ha at 604-435-0323 ext 226.

Youth Celebrate Canada Day

• fun • games • entertainment • food • prizes •



Tuesday July 1 2008

1:00 - 5:00pm

2929 E22nd Ave

(Renfrew Park Community Centre)

All Aboard the Bike Train!

“All aboard!” No, this isn’t our normal, everyday, boring, little train. This is ... the Bike Train!

During Bike to Work Week (May 26th – June 1st), Windermere ACTION (Active Community Team in Our Neighbourhood) will proudly host this event in the Renfrew/ Collingwood neighbourhood to promote a more sustainable and healthier form of transportation.

What is ACTION? We are an environmental youth group at our school dedicated to raising awareness on the issue of global warming and making our school community a greener place to be in. We have started many projects such as the Bike Share program and the Recycling program, and have recently created an organic garden at our school. Our latest project is the Bike Train.

On Thursday, May 29th, hundreds of students from the Renfrew/ Collingwood neighbourhood will meet up at one of three locations— Collingwood Neighbourhood House, Slocan Park and Renfrew Library—at 8:15 am to ride to Windermere. All three parties will join together on the way to the school and will form a huge mass of riders!

The fun doesn’t end there. At 3:00 pm begins the festival of bikes hosted at Windermere. We are inviting the community to come participate in this fun-filled event. There will be many exciting activities such as bike races, obstacle courses, art competitions and performances for all ages. But the fiesta ends at 5:00, so get your bikes, your helmets and your fun hats ready for this year’s Bike Train.

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GREAT WAY TO GET AROUND.**

Cycling is a great mode of transportation. With plenty of fun routes to choose from, get your Cycling Guide and Map and get riding. Visit www.translink.bc.ca/bikes for a retailer nearest you.



Please Share this Issue of the RCCNews with a friend.



Scenes from Earth Day 2008 at Everett Crowley Park



Photo courtesy of Bobbi Senft

Historical Moments in Renfrew/ Collingwood

Blacksmith Bill Shippam at work in the shop at Tyne and Kingsway.

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

Youth Celebrate Canada Day

• fun • games • entertainment • food • prizes •



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1:00 - 5:00pm

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