

RenfrewCollingwood

JULY 2024

COMMUNITY NEWS

RenfrewCollingwoodCommunityNews.com



区新闻

Celebrate Collingwood Days this July



From July 12-20, 2024, join us for a vibrant week filled with art, festivities, and performances.

Experience the rich cultural diversity of Renfrew-Collingwood as local artists and performers showcase their talents through art exhibitions, storytelling, and historical-cultural presentations.

Don't miss this extraordinary celebration of community and creativity!

Festival Day

Saturday, July 20, 2024

11:00 a.m. to 4:00 p.m.

Gaston Park (3470 Crowley Drive)

Collingwood Days' Grand Festival Day at Gaston Park features music and dance performances, storytelling, poetry, workshops, stiltwalkers, games, food trucks and more!

Don't Miss
Collingwood Days
July 12 - July 20
Schedule page 12



Dr. Angie Choi TCM, R.Ac.

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Dr. Angie Choi, TCM, R.Ac.



Note from the Editor

Greetings Renfrew-Collingwood. It is your trusty *RCC News* editor, Paul Reid, here, welcoming you to yet another very fine edition of the *Renfrew Collingwood Community News*.

Can you believe that the *RCC News* is now into its' 25th year of publication?! That's something I guess, so we are going to spend the rest of the year beating everyone over the head with that fact.

For now though, let us turn our attention to the big month of July...time for our yearly community festival...Collingwood Days! I urge our entire community, all fifty-plus thousand of us, to descend on the big finale at Gaston Park on Saturday, July 20. This is our day to celebrate this great community with music, food, entertainment; fun and games for the whole family! So mark your calendar for July 20 and let's make this the most well attended event anyone has ever attended, ever.

Also, don't forget all of the workshops and events leading up to the big day. You can find those on page 12, the back of this issue.

Next, I would like to thank all of

our fine advertisers, past and present, who have been keeping this, our vehicle for community communications, alive all these years. I ask that our readers look again and support these local businesses that have been so generous to give back to their community in this way.

Similarly, I would like to thank all of our contributors, both past and present, who share their skills, knowledge, fun and interesting insights, expertise; artworks and photos with us. Thank you all!

I would like to do a shout-out to our long time contributor, Robert Edwards, a.k.a, the Other Guy, who has been providing us with his amazing insights over the years. Bob has been having a rough go of it so far in 2024, so much so that I had to visit my dear friend in Burnaby Hospital this past week. I will spare you the details, but am happy to report that when I did see Bob, he was up and about; in good spirits and looking forward to writing again for us here. Awesome! We look forward to it Bob.

See you all on July 20!



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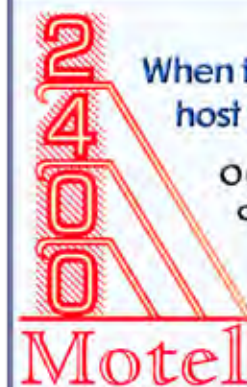
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Still Creek Stewardship

by Connelly Stirling & Clea Moray

Summer has arrived, and Still Moon Arts Society has big stewardship plans for the season! The hot, dry weather takes a toll on Renfrew-Collingwood's Still Creek. The creek is remarkable as one of only two streams in Vancouver that was not completely paved over and rerouted through underground pipes as the city grew. Although it flows through a highly urbanized landscape, the community's work to care for the creek has paid off – since 2012, salmon now periodically return to the creek after being absent for nearly 80 years.

This summer, Still Moon is organizing the community to keep the creek healthy by maintaining shade around the stream, to keep the water cool so that it can support life. Still Moon volunteers will work at several locations along Still Creek, including Renfrew Community Park, Renfrew Ravine, and Cornett Road, maintaining native plantings and keeping invasive species in check. Work has also started at the small section of Still Creek at Nootka & 14th that was daylighted in 2011. This area is overgrown with invasive English Ivy that endangers the trees that provide shade for this part of the creek.

Join a Still Moon Stewardship Session!

Still Moon invites the community to join any of three upcoming events to help take care of Renfrew-Collingwood's Still Creek together.

July 13, 2024: Free the Cottonwoods at Renfrew Ravine (9:30 - 11:30 am)

At this session, we will remove English ivy from the large cottonwood trees in the ravine. Ivy adds significant weight to these trees making them more susceptible to windfall. Cottonwoods are integral in stream ecosystems as they provide shade, erosion control, and habitat for insects, birds, and more! Come to this session to help free the cottonwoods and learn more about the plants found in the ravine.

July 17, 2024: Beaver Pondering Lodging – Meet the Artists, Hear Their Stories, Care for the Creek (NE Corner of Canadian Superstore Parking Lot @ 3185 Grandview Highway, 5:30 - 7:30 PM)

Join Still Moon for an evening of stewardship action at the Beaver Pondering Lodging sculpture. Hear about the process used to create Beaver and RV sculptures out of living willow, and help clean up garbage from the surrounding area to prevent it from ending up in Still Creek.



Still Creek flowing through Renfrew Ravine Park.

July 27, 2024: Retain the Shade at Nootka & E 14th Ave (9:30 - 11:30 am)

This session focuses on removing ivy from trees along the creek bank. This is a new stewardship site for Still Moon, where trees that are covered in ivy may blow down due to the ivy's weight. Help us keep the trees and the shade to protect Still Creek!

Visit Still Moon's website at <https://stillmoonarts.ca> for more event details and to stay in the know about upcoming activities with Still Moon.

Noticed in Vancouver

Noticed in Vancouver...toddler watching her walking, splashing feet at English Bay



Karen Vanon

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

Dear Neighbours,

Rupert and Renfrew Station Area Plan

The City of Vancouver's Rupert and Renfrew draft plan is now available online.



The Draft Rupert and Renfrew Station Area Plan focuses land use changes around the Station Areas at Rupert and Renfrew SkyTrain stations and in two neighbourhood Villages (Renfrew St and 1st Ave, and 22nd Avenue between Rupert St. and Renfrew St.), while preserving the Employment Lands and protecting Still Creek.

Open Houses – An opportunity to learn about the Draft Plan, ask questions of staff, provide feedback, enjoy some refreshments and participate in an arts activity led by Still Moon Arts.

Wednesday, July 3, 2024 – Thunderbird Community Centre, 6:00 – 8:00 pm

Thursday, July 4, 2024 – Renfrew Park Community Centre, 6:00 – 8:00 pm

Tuesday, July 9, 2024 – Thunderbird Community Centre, 6:00 – 8:00 pm

If you have any questions about the Draft Plan or an upcoming event, please email rupertrenfrewplan@vancouver.ca

Preparing for the Heat

As the days continue to get hotter, especially into the evening, I encourage you to speak with your family and friends on emergency preparedness for extreme heat. It is important that we all have a plan in place to stay cool when Heat Warnings and Extreme Heat Emergencies happen. Drop by our office to pick up the province's Extreme Heat Guide as well as guides on how to build a Home Emergency Preparedness Kit which contains valuable information on how to prepare for a power outage, earthquake, severe weather, and more. Please visit to pick up copies for yourself or someone you know who might need this information. Materials are available in Punjabi, Traditional Chinese, Simplified Chinese, and French.

Places to stay cool in Renfrew Collingwood:

Renfrew Library
Collingwood Library
Renfrew Park Community Centre
Collingwood Neighbourhood House
Renfrew Pool

Please call 3-1-1 for location information and hours of operation.

My community office, at 5022 Joyce St. Vancouver, is open to provide services for constituents in person with appointments and via phone and email. Please give us a call at 604-660-0314 or email us at adrian.dix.mla@leg.bc.ca, and we will get in touch with you as soon as we can. 聯絡本辦事處請電郵 adrian.dix.mla@leg.bc.ca 或致電 604-660-0314. 如欲親臨敬請預約。

Thank you very much for all that you're doing and take care.

Sincerely,

Adrian Dix
MLA for Vancouver-Kingsway



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: editorial and layout coordinator
Lisa Symons: sales and distribution coordinator
Julie Cheng: web and social media coordinator

Contributors:
Loretta Houben, Connelly Stirling, Clea Moray Kristy Kassie, Amanda Blake, Dr. Angie Choi, Karen Vanon

We want to hear from you!

Yes, You! Send comments, community events, press releases by regular post, fax or e-mail. Suggestions for improving the paper are welcome.

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 Renfrew/Collingwood Community News does not necessarily support the views of its contributors.

Next submission deadline: Jul 10

The Renfrew-Collingwood Community News is an initiative of the Collingwood Neighbourhood House (CNH).

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, laundromats, Starbucks, Rona, Superstore, Canadian Tire, Walmart, London Drugs and Safeway coffee shops, restaurants, markets, corner stores, other businesses, and coffee tables all over Renfrew-Collingwood.

Contact the RCCNews

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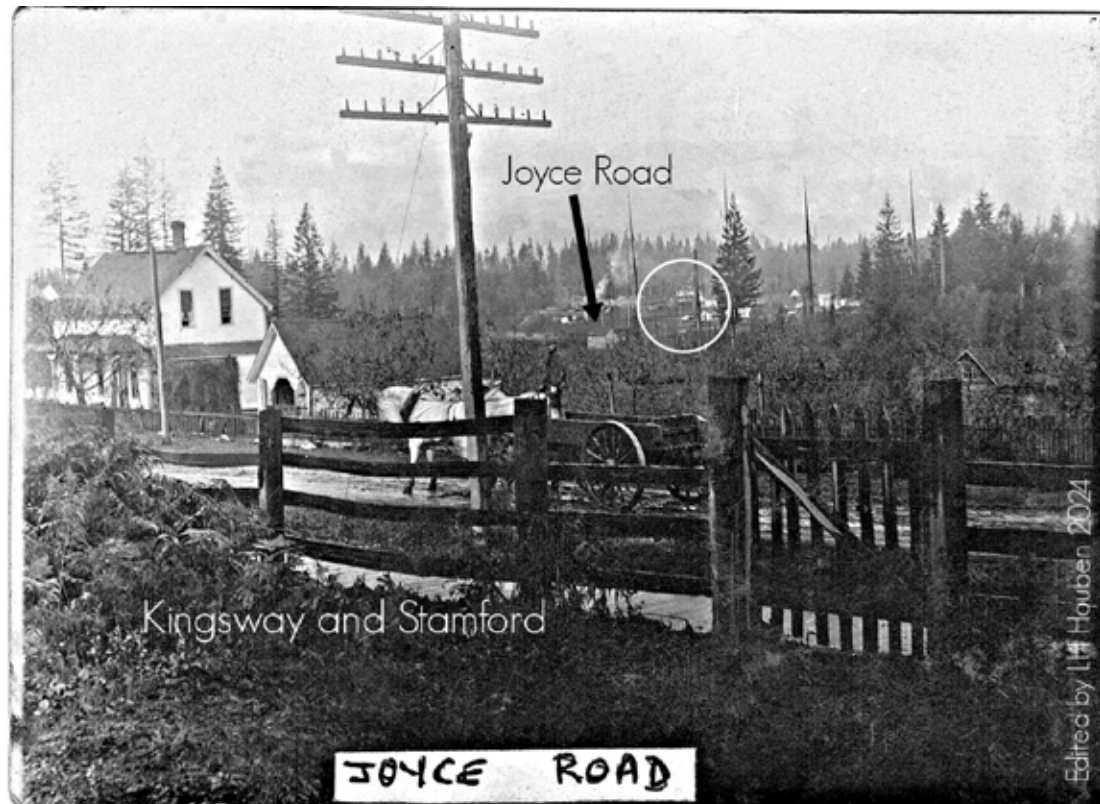
Kingsway at Stamford long ago

by Loretta Houben

I discovered an old postcard on social media in the Nostalgic/Sentimental Vancouver (Pictures) Facebook group around five years ago. Warren Taylor, the one who posted the image said it belonged to his grandfather. I asked questions about it, but Warren never responded.

Everyone in the Facebook group was mystified as to where this was on Joyce road. I believe I have solved the mystery! I think Joyce road is in the distance, as it appears that you can see a faint outline of the mountains in the North, and you can see buildings and houses in the trees. I believe the horse and cart are at the corner of Kingsway and Stamford, and the old house is the Collingwood Inn, also known as the Pig and Whistle.

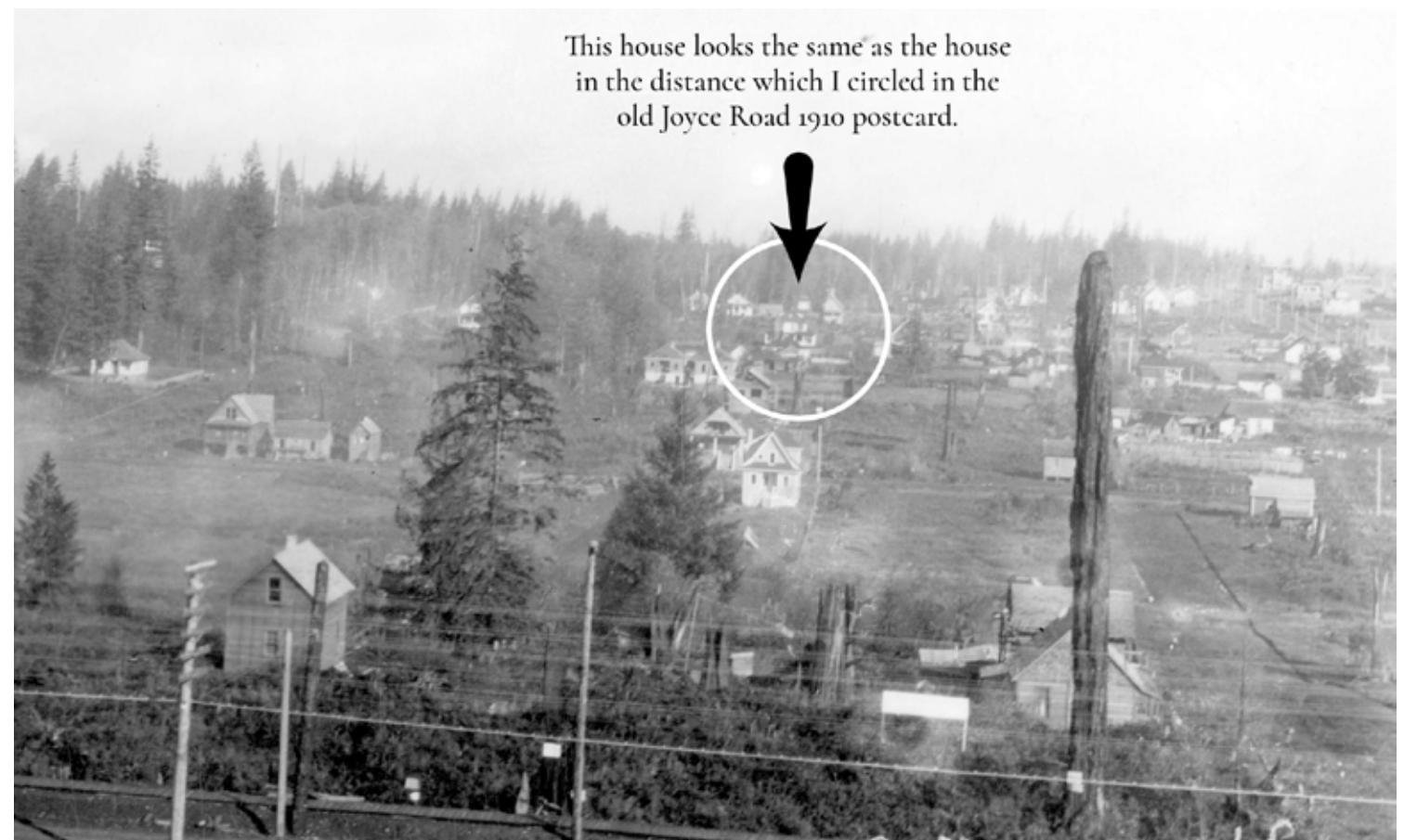
I came to this conclusion because of the location of the buildings to the right and the white house in front of the horse. The building I circled in the distance can also be seen on another old photo from the Vancouver Archives.



1910 postcard from Warren Taylor's grandfather's collection, edited.



Right: 1960 photo of the Pig and Whistle. From Vancouver Archives.



1913 photo of Joyce road area looking N from Kingsway. From Mrs. Walter S Baird, with edits by L Houben.



Exploring Cupping Therapy: Mechanism and Benefits

Cupping therapy, a practice with roots in ancient Chinese medicine, has gained significant popularity among Olympic athletes and swimmers in recent years for its therapeutic benefits.

This holistic treatment involves placing cups on the skin to create suction, which is believed to improve the flow of blood and energy in the body and facilitate healing. As a doctor of TCM and acupuncturist, I often incorporate cupping therapy into treatment plans to address various health concerns. Let's delve into the mechanism behind cupping therapy and explore its numerous benefits.

The Mechanism of Cupping Therapy

Cupping therapy works by creating a vacuum inside the cup, which is then placed on the skin. Once the cup is applied to the skin, the vacuum draws the skin and superficial muscle layer into the cup. This suction effect has several physiological impacts:

- **Increased Blood Circulation:** The suction draws blood to the area, enhancing circulation. This influx of blood brings oxygen and nutrients to the tissues, promoting healing and recovery.
- **Removal of Toxins:** The increased blood flow helps to remove metabolic waste and toxins from the tissues, supporting the body's natural detoxification processes.
- **Relaxation of Muscles:** The suction effect loosens tight muscles and fascia, reducing muscle tension and promoting relaxation.

- **Stimulation of the Lymphatic System:** Cupping can stimulate the lymphatic system, encouraging the removal of excess fluids and waste products from the body.

Benefits of Cupping Therapy

Cupping therapy offers a wide range of benefits, making it a versatile treatment option for various health conditions. Some of the key benefits include:

1. Pain Relief

Muscular Pain: Cupping is highly effective in alleviating muscle pain and stiffness. By improving blood flow and relaxing muscle tissue, it helps reduce discomfort in areas such as the back, neck, shoulders, and legs.

Joint Pain: It can also provide relief for joint pain, including conditions like arthritis. The enhanced circulation and reduction in muscle tension around the joints can alleviate pain and improve mobility.



achieved through cupping therapy can lead to a profound sense of relaxation and stress relief. This can have positive effects on mental and emotional well-being.

5. Detoxification

By promoting the removal of toxins and metabolic waste, cupping therapy supports the body's natural detoxification processes. This can lead to improved overall health and vitality.

2. Reduction of Inflammation

Cupping therapy can help reduce inflammation by promoting blood flow and lymphatic drainage. This is particularly beneficial for conditions like bursitis, tendonitis, and other inflammatory disorders.

3. Enhanced Skin Health

Cupping can improve skin health by increasing blood flow and stimulating the production of collagen. It can help with conditions like acne, eczema, and cellulite, promoting a clearer and healthier complexion.

4. Stress Reduction and Relaxation

The relaxation of muscles and improved circulation

Cupping therapy is a powerful and versatile treatment that offers numerous benefits for both physical and mental well-being. Its ability to enhance circulation, reduce pain and inflammation, skin health, and promote relaxation makes it a valuable addition to holistic health care. As a doctor of TCM and acupuncturist, I have witnessed the transformative effects of cupping therapy on my patients, and I encourage anyone seeking a natural and effective approach to healing to consider this ancient practice. Always consult with a qualified practitioner to ensure that cupping therapy is appropriate for your specific health needs.

Stay healthy and feel relaxed!

Dr. Angie Choi, TCM, R.Ac.
Registered Doctor of Traditional Chinese Medicine and Acupuncturist

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Collingwood Park renewal

Exciting new changes are coming to Collingwood Park at Euclid Avenue and McKinnon Street.

The Vancouver Park Board is renewing Collingwood Park as many of the features in the park were near the end of their lifespan and needed to be replaced or improved. These improvements will include a new playground, skateboard feature, splash pad, pathways and seating.

Construction has now begun, so much of the park, including the playground, wading pool, and sport court, are currently closed. The soft-ball field remains open but temporary fencing will impact the outfield. It is anticipated that this construction will be completed near the end of 2024.

The Vancouver Park Board City of thanks all those who participated in the two rounds of engagement that supported the development of the concept design which was approved by the Board on March 27, 2023.



Collingwood Park, now under renovation, will soon include a new playground and skateboard park.





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Happy Canada Day



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Eating Out in RC: Wally's Burgers



by Paul Reid



Wally's Burgers

2661 49th Ave E

Phone: 604-434-2930

Open: Tuesday to

Saturday. 12pm-7pm.

Greetings food fans. Following the well received artwork of Mark Prosser (above) featured on the RCC News' cover in June last month, it only makes sense to remind our dear readers that Wally's Burgers is still very much alive and kicking out the same delicious burgers that made them famous in the first place. So if Mark's art got your mouth watering for a Deluxe Chuckwagon burger with a fried egg, onion rings, and one of Wally's classic shakes, your prayers can still be answered!

Yes my friends, following its' 46 year residence there on Kingsway, closing in 2008, it was re-opened in 2010 by Gord Bemister and his family where it is still going strong 14 years later.

That new location again is 2661 49th Ave E, (over at the Killarney Centre at 49th and Elliot St.)

Inspired myself, I recently headed over to our dear Wally's to make sure that everyone was still in order...and it sure was. I ordered that Deluxe Chuckwagon burger I was dreaming about (no fried egg this time), those deliciously fat onion rings, and a good ol' Wally's chocolate shake. I was in heaven.

I'm telling you...it really is like stepping back into time. Gord has made sure that the famous Wally's sauce, fries, rings and super delicious milkshakes are still all made according to the stringent standards of the original founder, Wally Stritzel.

Today, everything is cooked to order using only fresh local ingredients as the Bemister family strives to deliver the same delicious burgers Wally's has served for over 50-years. They have a local butcher who prepares their patties; a local baker who bakes the buns fresh every day, and they are proud to be an independent family owned and operated burger house.

The Bemisters hope you and your family will enjoy your food each and every visit. On behalf of the local community, I would really like to extend a heart-felt 'Thank You' to the Bemister family for working to keep Wally's Burgers alive and delicious!



Out on a Lim



A beautiful shot of a white-crowned sparrow by our resident nature photographer, Penny Lim. Penny captured this little guy during her trip to Qualicum Beach on Vancouver Island during BC Nature's annual general meeting. Please send us your best nature photos to rccnews-editorial@cnh.bc.ca

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Read On! A news section for Renfrew-Collingwood learners

Celebration of Light

by Kristy Kassie

A lot of people love watching fireworks light up the night sky. Usually, fireworks happen on special holidays like Canada Day. Every July, Vancouver has three fireworks shows over English Bay. Thousands of people come to the seawall or beaches to watch. Each show is presented by a different country. This year, the countries are United Kingdom, Portugal and Malaysia. Before the fireworks start, there is live music and you can buy food and drinks from trucks or restaurants in the area. Sometimes, there is an airshow where planes perform in the sky.



Festivals like the Celebration of Light cost the city of Vancouver a lot of money. Sponsors like Honda and Concord Pacific contribute money and services to the event in exchange for publicity. Honda is the title sponsor which is why the name of the event

is the Honda Celebration of Light. Honda helps festival organizers arrange concerts and special events like the airshow to attract tourists and residents of Vancouver to attend. Concord Pacific provides seating areas where people can buy tickets to enjoy food and drinks while they watch the show. You can also purchase tickets to bleachers overlooking English Bay. Many people choose to sit on the seawall or sand for free.

You could ask why Vancouver spends so much money on a festival like this. There are so many more important issues – not enough housing, not enough jobs and very high food prices. These problems are not easy or quick to fix. While the government tries to find solutions, cities try to build community spirit. Maybe it's good to remember that, although life in Canada is hard, there is always something to celebrate.

Questions

Level 1 ★

- When is the Celebration of Light?
- Which countries are performing this year?
- What happens before the fireworks start?

Level 2 ★★

- Why does the Celebration of Light need sponsors?
- What are some things sponsors provide?
- Where can you sit if you buy tickets?

Level 3 ★★★

- Why is it important to celebrate even when life is hard?
- Which festivals did you attend in your country?
- If you were a sponsor, what would you include in a festival to make people attend?

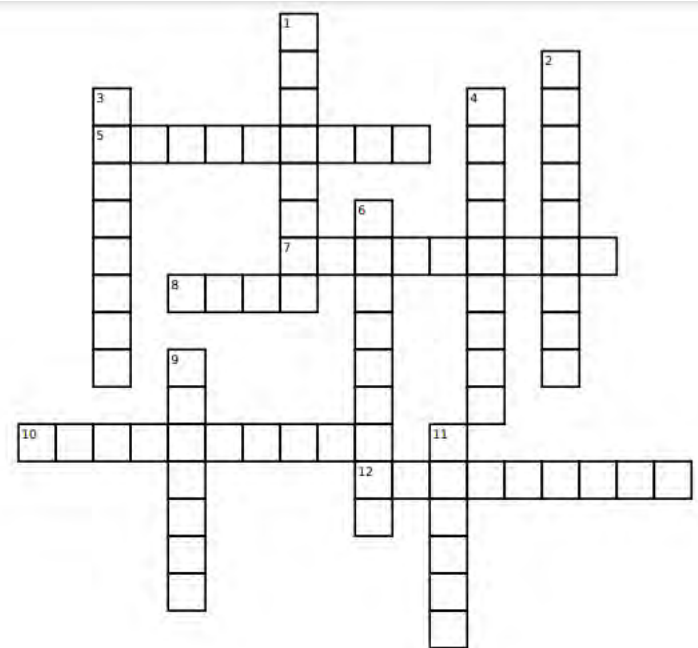


Reading levels on this page

Level 1 ★

Level 2 ★★

Level 3 ★★★



Down:

1. buy
2. put on
3. people or businesses who give money or services to an event
4. large events with entertainment
6. wooden benches where people can watch an event
9. do
11. problems

Across:

5. attention
7. answers
8. in person
10. help with time or money
12. people who live in an area



What's happening at our libraries in July 2024

Renfrew Branch Library 2969 E 22nd Ave. Contact: 604.257.8705



All programs are FREE.

*No programs on Monday, July 1 for Canada Day holiday library closure.

School Aged Children

SUMMER READING CLUB starts June 15 and runs all summer long! This is a free literacy program designed to engage children, ages 5-12, with libraries and reading. This year's BC Summer Reading Club theme is World of Curiosities! Visit any library branch to pick up a Reading Record and learn more about daily challenge activities for your family.

Summer Reading Club Launch

Tuesday, July 2 2:00–3:00pm

Celebrate the Summer Reading Club with fun activities at the library. For Grades K-7.

STEM Explorers

Wednesday, July 03, 3:30pm–4:30pm

Connect with other kids and families over the wonders of Science, Technology, Engineering and Math (STEM)! Play and experiment with the library's STEM toys like Code and Go Robot Mouse, Cubetto, Snap Circuits, OzoBot Evo, and more. Designed for caregivers and children to play together. For kids in K to Grade 7.

Snap Circuit® Party

Thursday, July 04, 2:00pm–3:00pm

Drop in to the library for an electrifying STEM party! Safely experiment hands-on with circuits and electronics while having fun with other kids. Grades K to 7.

Anime & Manga Fan Party

Wednesday, July 10, 2:00pm–3:00pm

Whether you're already part of the fan club or curious about the hype, come meet up with other tweens for a special event celebrating all things Anime or Manga! Express your fandom with creative crafts and cosplay fun. Grades 4 to 7

Happy Pride: Caring Bookmarks

Thursday, July 18, 2:00pm–3:00pm

Turn your creativity into community caring! Meet other kids and have fun creating pride-themed bookmarks, cards, or other paper crafts for people in your community. VPL will deliver the cards to local community organizations serving seniors and help you make someone's day! Grades K-7

Children & Families

Babytime

Mondays*, 11:00-11:30am and 1:30-2:00pm. Drop-in.

Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months.

Family Storytime

Mondays*, 10:00-10:30am. Drop-in.

A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

Lego Block Party

Wednesday, July 17 and 31, 3:30-4:30pm

Drop in for some LEGO® building fun at this block party! Connect with other kids and break out the bricks for a building bonanza at the library. Grades K-7. For children and their accompanying caregivers.

Family Fort Fun

Wednesday, July 24, 2:00–3:00pm

Bring the whole family to the library and build a fort! Share stories together by flashlight – we've got great reads and supplies. All ages welcome.

Family Movies

Fridays, 3:30pm. Drop-in.

Visit the library and enjoy free, kid-friendly movies. For children and their accompanying caregivers.

July 5: The Lion King (1994)

July 12: Turning Red

July 19: Lyle, Lyle Crocodile

July 26: Migration

Adults

ESL Conversation Club

Thursdays (weekly)

10:00-11:00am. Drop-in.

Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up. For intermediate speakers.

Adult Colouring Club

Fridays (weekly)

10:00-11:00am. Drop-in.

Relax and enjoy the many benefits of colouring with like-minded creatives. We'll provide the colouring pages and pencil crayons!

Collingwood Branch

Address: 2985 Kingsway | Contact: 604.665.3953

EARLY YEARS PROGRAMS

Babytime (0-18 months)

Thursdays, July 4 – 25 | 10:30 – 11:00 a.m. Drop-in.

Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months.

Baby Stay and Play (0-18 months)

Thursdays, July 4 – 25 | 11:00 – 11:30 a.m. Drop-in.

Drop in for independent playtime with your baby and a chance to connect with other families. Explore library books, blocks and other toys in this casual, self-led session.

Family Storytime (All ages)

Fridays, July 5 – 26 | 10:30 – 11:00 a.m. Drop-in.

A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

Family Stay and Play (0-5 years)

Fridays, July 5 – 26 | 11:00 – 11:30 a.m. Drop-in.

Drop in for independent playtime with your children aged 5 and under and a chance to connect with other families. Explore library books, blocks and other toys in this casual self-led session.

SUMMER READING CLUB!



LEGO® Block Party (Grades K-7)

Weekly on Saturdays

2:30 – 3:30 p.m. Drop-in.

Come to the library for some LEGO® building fun at this block party! Connect with other kids and break out the bricks for a building bonanza at the library.

Art on the iPad (Grades 3-7)

Wednesday, July 10 | 2:30 – 3:30 p.m. Registration required.

Calling everyone who loves to draw! We start on paper and switch to drawing with fun art apps on library iPads. Please contact the Collingwood Branch at 604.665.3953 to register.

Jam Session for Kids: Ukulele (Grades K-7)

Wednesday, July 17 | 2:30 – 3:30 p.m. Registration required.

You bring the fun, we bring the instruments for an amazing learn-to-jam session. Play and sing along with other kids. No music experience or knowledge needed. All instruments provided. Please contact the Collingwood Branch at 604.665.3953 to register.

Screen-free Minecraft Party (Grades 1-7)

Wednesday, July 24 | 2:30 – 3:30 p.m. Drop-in.

Do you know your Creepers from your Endermen? We have crafts and screen-free games all inspired by the popular video game! Have fun and celebrate the mobs and blocks you know and love.

K-pop Fan Party (Grades 4-7)

Wednesday, July 31 | 2:30 – 3:30 p.m. Drop-in.

Whether you're already a super-fan or curious about the hype, meet up with other kids for a special event celebrating all things K-pop! Express your fandom with creative crafts and tradable zines.

VPL's Children's Services is working to make our programs accessible to all Vancouver kids. Please email us at childrens.teens@vpl.ca to let us know how our program facilitators can support you to participate fully and comfortably. Contact 604-331-3657 to learn more about the Sensory-Friendly Summer Reading Club available at the Firehall Branch.

ADULT PROGRAMS

ESL Book Club: Romeo & Juliet

Tuesday, July 30 | 6:00 – 7:00 p.m. Registration required.

Do you love reading? Would you like to practice your English reading and conversation skills in a fun and supportive environment? Join the Collingwood ESL Book Club! We will read a book and meet to engage in a lively discussion. For intermediate speakers. Register in person on a first come first served basis, and pick up the book for the month at the Information Desk.





Collingwood Neighbourhood House H I G H L I G H T S



Joyce Location: 5288 Joyce St. ; **Tel:** 604-435-0323 / **Annex Location:** 3690 Vanness Ave. ; **Tel:** 604-428-9142 / **Visit:** www.cnh.bc.ca

CNH staff celebrate 5 and 10-year milestones

by Collingwood Neighbourhood House

Collingwood Neighbourhood House (CNH) proudly recognizes its long-serving staff members. At this year's Annual General Meeting (AGM) in September 2023, CNH staff and contractors who have reached the milestones of 5, 10, 15, 20, and 25 years of service to the neighbourhood house were thanked by the Board of Directors.

We recognize and celebrate the following staff for 10 and 5 years of service to Collingwood Neighbourhood House:

Over 10 years — Heng Wang, Qhairuzan Marikar, Jimmy To, Marcia Parrales, Kalvinder Kular, Mandy Fok, Robert Moya, Josie Osorio, Pilar Ramirez, Sharon Xu, Helen Su, Juanito Dellava, Cristina Mangalindan, Paula Wong

Over 5 years — Gulshan Mawji, Natalia Grzesiak, Angelica Varas, Mik Turje, Herald Kane Bustamante Cabaddu, Benjamin Balagbag, Conrado Marquez, Anna Hofmarks

Thank you to these individuals for their ongoing contributions to CNH. To read more about their connections to CNH, visit cnh.bc.ca/blog. For more news and stories on our incredible staff, visit www.cnh.bc.ca/blog.



Collingwood Neighbourhood House Board call for nominations

Collingwood Neighbourhood House (CNH) is accepting nominations for three spots on its Board of Directors. This is an exciting opportunity to join the Board of such a vibrant organization.

Applicants should live and/or work in Renfrew-Collingwood, have a broad understanding of the neighbourhood, feel committed to becoming engaged in improving all aspects of our neighbourhood, and be able to bring expertise and perspectives that increase our organization's capacity to be equitable and inclusive.

We are interested in hearing from people from all backgrounds and ages but are especially interested in applicants who have experience in organizational change management, faith-based/spiritual associations, and fundraising. We are also particularly interested in youth candidates who are passionate about improv-

ing their community, and candidates with relevant lived/living experience or who are representative of a historically marginalized group.

The CNH Board of Directors is committed to an anti-oppressive, anti-racist approach to its work and welcomes those who thrive in a vibrant, welcoming environment.

Our Strategic Plan has three strategic priorities:

- Connect with and be more accessible, equitable and inclusive for people in the community.
- Build community capacity to advocate for the future of the people in Renfrew-Collingwood.
- Invest in our organizational foundation to support our sustainability and growth.

Applicants should be able to spend 8-10 hours per month on Board-related work and be able to commit up to a three-year term, starting this October.

The deadline for applications is July 10.

Members of the Board's Nominations Committee will be contacting applicants during the following two weeks. If you are interested or have any questions, please contact Board President Leila Trickey at president@cnh.bc.ca and include:

- Your name
- Contact information
- Years in the Renfrew-Collingwood Neighbourhood
- A few lines on why you are interested in joining the CNH Board of Directors

Thank you for your interest in joining the CNH Board of Directors.



JULY 2024

Collingwood Days 2024 – July 12-20

The 21st Annual Collingwood Days Festival.

It will begin on July 12th with an Indigenous Opening Day & Ceremony at the Collingwood Neighbourhood Annex in the Plaza. (Ormidale St and Vanness St) at 10:00 a.m. We invite everyone to partake in learning, planting orange flowers, music and arts.

Later that evening there will be Movie in the Park, @Gaston Park.

Throughout the week many activities, workshops, events will be occurring throughout the Renfrew Collingwood neighbourhood.

Follow the festival at @collingwooddays on Instagram and Facebook. Click on the QR Code for more information.



BIABC Business Survey - Open Now

With the provincial election on the horizon, BIABC is undertaking a survey of BC businesses. The survey will help us hone our messages and will provide up-to-date information on the state of small and medium sized businesses in BC. Restoring the health and vitality of our business districts and neighbourhoods is essential - and key to a thriving economy. However, increasing layers of taxation, fees, regulations and the impact of street disorder and vandalism are impacting businesses throughout the province.

The survey focusses on three key topics:

- 1) The cost of doing business - particularly as it relates to the impact of governmental fees, taxes and policies.
- 2) Street disorder
- 3) Vandalism

A request has gone out to all BIABC member BIAs to forward the survey link to their members. In addition, we ask that all readers of this e-newsletter, who run a business in BC, complete the survey www.surveymonkey.com/r/HGVPGKY

The survey takes approximately five minutes to complete and will be open through **June 28, 2024**.

Thank you for taking the time to assist us.

FOLLOW US:

Follow us on Instagram & Facebook for the latest in contests, event information and upcoming events.

Calendar of Events

July 1

Canada Day



July 12

Collingwood Days
Indigenous Opening Day –
10:00a.m.- 2:00 p.m.

Collingwood Neighbourhood House
Annex 3690 Vanness Ave.

July 12 – 20th

Collingwood Days 2024

- See Schedule in this issue.



How to Reach Us:

- @shopcollingwoodvancouver
- @shopcollingwood
- @shopcollingwood

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Vancouver, BC V5R 5W2
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E: info@shopcollingwood.ca

W: shopcollingwood.ca

Sign up to receive the monthly e-Newsletter

Email info@shopcollingwood.ca

**Shop Collingwood! It's
good for business.**



Schedule of Events

Friday, July 12th

Indigenous Opening Ceremony

10am-2pm CNH Annex Plaza
3690 Vanness Ave
Elders, Indigenous Artisans, Planting,
Drumming

Fil Can Book Fest & Massy Arts Society

5-9 pm at the CNH Annex Multipurpose AB

Saturday, July 13th

Fil Can Book Fest & Massy Arts Society Day 2

10 am-9pm CNH Annex Multipurpose AB

Monday, July 15th

Senior-Led Historic Walk

10:30 am-12:30pm CNH Main House
5288 Joyce St

11am-4pm @ MOSAIC 3575 Boundary Rd

Tai Chi with Kim and Ann, Knitting with Love
with Fen, Pauline and Mrs. Wong, A Taste of
Chinese Cultural Art, and Line Dance with
Loretta

Wednesday, July 17th

Shedding Light Talk @ Beaver Pondering Lodging Sculpture

5:30pm-7:30pm 3185 Grandview Hwy
facilitated by Still Moon Arts Society

Thursday July 18th

Collingwood Days Babytime

10:30am-11am Collingwood Branch Library,
2985 Kingsway

Music at the Park

6-7pm Renfrew Community Centre

Artist Fiesta Day @CNH Annex

1-3pm EOM Workshop and Artist Exchange -
Movement Workshop

3:30-5:30pm

Make Your Mark! with Yoko Tomita

4-8pm Data Tree Project - Art Installation

4-8pm Portraits of Collingwood - Media
Installation

4:30-5:30pm Outdoor Zoomba with Mildred
Laguerta

5:30-6:30pm Contemporary Dance Sharing
by Amok Project

6:30-7pm Refreshments and Socialize!

7-8pm Hula & Storytelling with Rani
Wangsawidjaya

Friday, July 19th

Collingwood Days Family Storytime

10:30am-11am Collingwood Branch
Library, 2985 Kingsway

CCPC Movie Night in the Park

Dusk Gaston Park 3470 Crowley
Movie: School Rock (2003)

Saturday July 20th

Festival Day!

11am-3pm at Gaston Park (3470 Crowley)

Indigenous Blessing and Artisans, Main
Stage Performances, Roving Performers,
Marketplace, Kids Zone, Food Trucks (Yo-
Bones BBQ and Potato Corner)

11am Opening Blessings

12pm CCPC 30th Anniversary Cake

1pm Watermelon Eating Contest

2:30 Raffle Draws

2:45 Closing Ceremony

Artists:

MC HK - Master of Ceremony

CW Music School

Hula Dance

SEACHS

Elite Squad

Still Moon Arts Society (roving
performers)

Indigenous performers



Scan QR code
for schedule
updates and
more details



www.collingwooddays.com



Collingwood Days



@collingwooddays



For info contact Collingwood BIA
(604) 639-4403