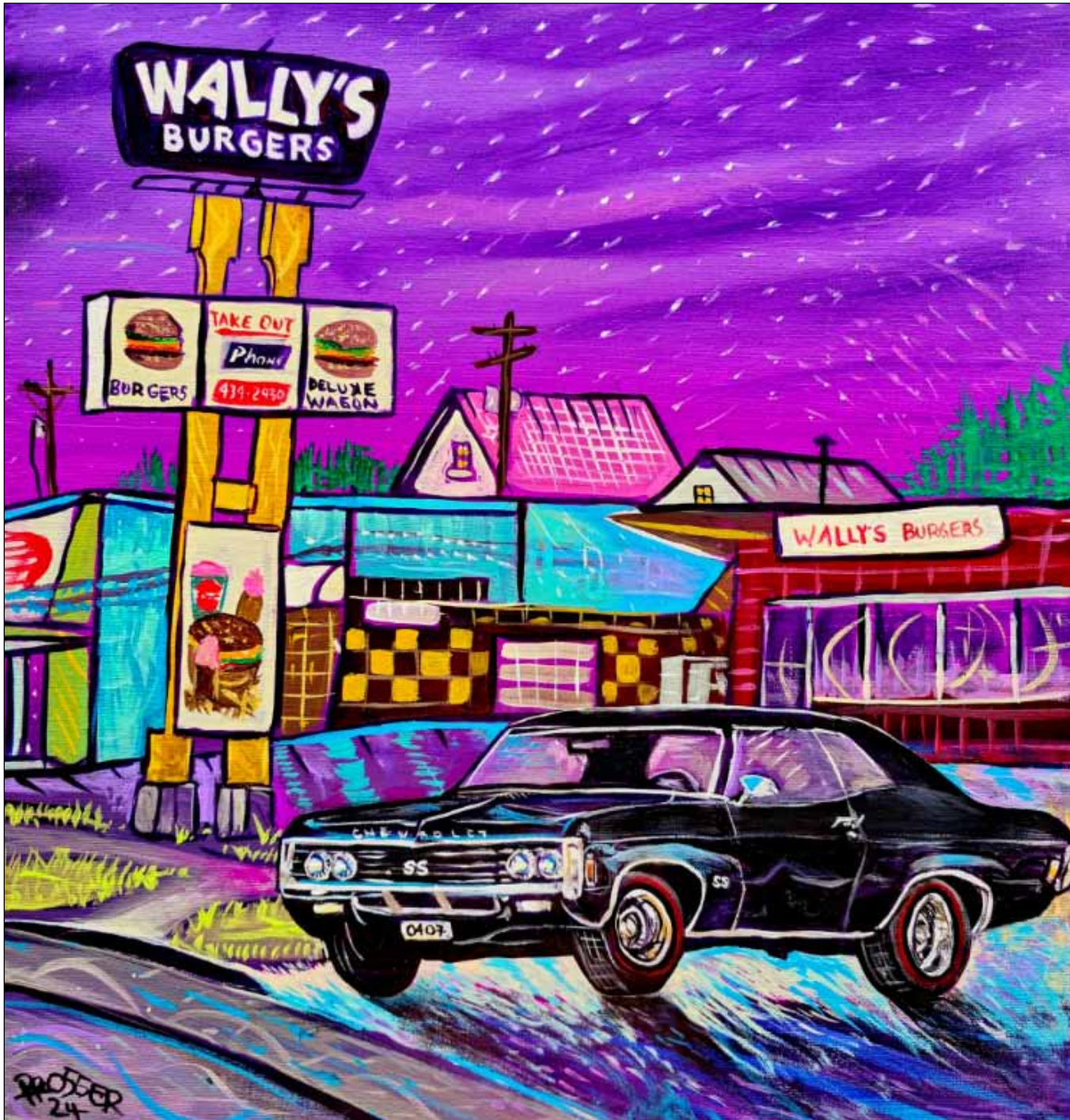


### A lifetime of learning the Art of Mark Prosser



A scene from historic Collingwood: our beloved Wally's Burgers on Kingsway. Artwork by Mark Prosser

After 20 yrs of painting as a hobby, chasing a dream and making tonnes of mistakes, Mark Prosser thinks he finally learnt a few things.

"I've been an artist for as long as i can remember. Growing up in Thompson, Manitoba I drew all the time but after high school art was definitely not a career choice. I moved to Vancouver when I was 24 and started painting a couple years later. For the last 10 years I only did a few paintings every year for friends but didnt ever paint for myself. I forgot that I simply loved to paint and create.

In May of 2020 my wife Richelle made me buy a set of 5 canvases just for me.. It was the first time I painted for fun in so long and the outcome was beyond anything I expected. I challenged myself to do 5 animal paintings in 5 days and did it. I then posted them and to my absolute shock i sold 3 of them the next week. The pandemic gave me clarity and having the world pause made me realize what i was missing so i decided it was now or never to chase my dream full time. I knew everyone was at home and this was my opportunity.

I had become so focused on the destination that I actually forgot the journey. Instead of agonizing over every last detail and trying to polish each painting to perfection like a diamond I'm letting my creativity flow free and doing and not overthinking.

I used to second guess everything but now I don't assume or judge anything and let the painting come to it own life, its let loose a tsunami of creative energy that i just can't and won't control."



Continued on page 2

#### Dr. Angie Choi TCM, R.AC.

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Dr. Angie Choi, TCM, R.AC.



**The Art of Mark Prosser - Continued from page 1**

“I’m focused on the process of creating and enjoying the journey no matter what the outcome is. Painting everyday has made me so much more of a happier person and that makes my family happy which is everything to me.

overwhelmingly positive. Art is meant to be shared and seen because without that your just looking into a mirror. You can spend a lifetime painting one canvas and paint over and over forever trying to reach perfection which does not truly exist, or you can have fun and not take yourself too seriously and create art that is raw and real and has flaws. Art does in fact imitate life in all its shapes and forms and that in itself is just so beautiful.”

I hope you enjoy this new chapter of my art and I think the fun I’m having is showing in my work. The response and feedback has been so



You can check out more about Mark Prosser and his art at [www.prosserart.com](http://www.prosserart.com)





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# Let's Celebrate Italian Heritage Month A festival of food, culture and life!

by Angela Clarke

Every year the Government of Canada designates and dedicates the month of June to celebrating Italian Heritage month. June is also recognized internationally as Pride month, at which time the LGBTQ-2SIA+ community is honoured. This year the Italian Cultural Centre is celebrating both simultaneously. In support of these concurrent events the ICC is hosting two art and literary events.

First, the exhibition: *They, They, & It: Reflections on Trans Identity* continues its run throughout Italian Heritage Month. The show features new work by two trans artists Shel Stefan and Mickey Vescera who thoughtfully explore notions of gender, personal identity and personal safety.

Second, the Museum is hosting the launch of its Canada-wide *Italian Canadian Queer Anthology: Here and Now*. This publication features the experiential writings of over 50 queer Italian Canadian authors. It was edited by Licia Canton from Montreal who will be present for the event. There will also be many authors, especially the BC contingent of writers, who will be on hand on June 20 at 7 to offer readings from this Italian community landmark publication. There will also be refreshments available afterwards. Both the book launch and the exhibition are free.

In addition to the celebration of the queer community other planned events will take place showcasing all aspects of traditional Italian heritage. This includes: food, wine, music, literature, art, comedy, and cars!

To initiate Italian heritage month *Festa della Repubblica* opens the month-long celebrations at 7- 9:30 pm on June 3, 2024. The evening features musical entertainment with speeches from local dignitaries. To follow up on June 6 at 7pm is *Books and Biscotti*, an evening devoted readings from members of the Italian Canadian Writers Association. For automotive enthusiasts there is the *Classic Italian Auto Show* on June 16 at 11 am. All events are free and located at the Italian Cultural Centre.

Other events such as the *Day on The Drive* take place on Commercial drive on June 9. Included will be a youth talent show which will take place at the event main state.

Finally, there are many more events planned which can be attended for only a nominal fee, such as the launch of the World War II movie *Gino: Child of War* taking place on



June 2 (7-10 pm) for \$16.00. It tells the story of a young Italian boy Gino who is befriended by Canadian Soldiers when his hometown Torrice, Italy is liberated in 1944. Finally, there is a performance by Italian comedian *Terra Cannistraci* who will be at Il Centro on June 22. The cost is \$54.58.

Please join us in celebrating both Italian Canadian Heritage in Vancouver and Gay pride. For more information check the Italian Cultural Centre website: [www.italianculturalcentre.ca](http://www.italianculturalcentre.ca)

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

Dear Neighbours,



### Congratulations to High School Graduates!

Congratulations to all graduating students from Gladstone and Windermere Secondary Schools. A new chapter of adulthood begins as you head off to post-secondary, new job prospects, or perhaps a gap year to explore what opportunities lie ahead. This is an exciting time for all of you and your families and I wish you all the very best in your future endeavours. I am proud to sponsor scholarships annually for graduating students and look forward to attending this year's graduation ceremonies. Good luck class of 2024!

### ICBC \$110 rebate

Starting in May, ICBC is providing a \$110 rebate to eligible drivers. Additionally, basic rates will be maintained until March 31, 2026, marking six years in a row with no increases.

All eligible customers will receive a letter with details on how they will receive their rebate. If you've recently moved or changed your address, make sure you update your address by May 21 to avoid any delays in receiving your rebate. You can update your address online or contact your Autoplan broker.

Most customers will receive their rebate via the payment method used to pay for their eligible policy. If you have multiple policies and paid using different payment methods, you could receive your rebates in multiple ways.

Learn more at: <https://icbc.com/insurance/2024rebate>

As always, 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](mailto: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](mailto: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

## Navy commemorates the Battle of the Atlantic



It's official. Following this year's successful Battle of the Atlantic commemoration in May, Navy veterans John Appler, Pat Johnson, Mark Mathews and Gerry Vowles are committed to making the after-fest at 179 even bigger and better in the years to come. This year's festivities at RCL Branch 179, complete with *The Vancouver Naval Veterans Band H.M.C.S. Discovery*, were a real treat. Mark your calendar for the first Sunday in May 2025.

Photos: Joy Leimanis and Paul Reid



# Collingwood Corner Stumping a property in 1893

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, Angela Clarke, Kristy Kassie, Amanda Blake, Dr. Angie Choi, Mark Prosser, Karen Vanon, Joy Leimanis

## 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: Jun 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.

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

by Loretta Houben

Have you ever imagined what Kingsway looked like 130 years ago? The early settlers in the Collingwood area worked hard on their land before adding a cabin, chicken house, barn and well. They had to get rid of the tall fir trees which had been here for thousands of years. The photo shows one of the first settlers in this area. John Connon is working on a gigantic stump on his property. He immigrated from Scotland in 1889 when he was 60.

The stump pictured was one of many on John's 7.9 acres of land, where Subway is currently situated at 3490 Kingsway. John appears to be wearing a kilt while chopping the stump! He was 64 but interested in clearing out land in the Collingwood wilderness, even though he owned a



**Gordon Villa at 633 Cambie Street. John Connon is pictured sitting on the steps. He and his family lived here for a few years. Vancouver Archives.**

large mansion on Cambie street in downtown Vancouver (where the present

Queen Elizabeth Theatre now stands) known as Gordon Villa.

## Noticed in Renfrew Collingwood

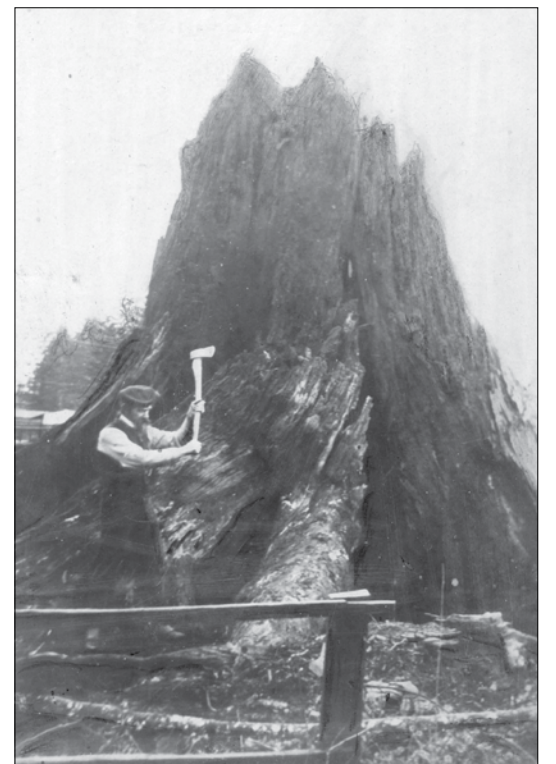
Noticed in Renfrew Collingwood...skateboarders at Boyd/Renfrew



Karen Vanon

The BCER railway was built along the same pathway as the current Skytrain in 1891 and the potential for Collingwood to rapidly grow into a large town was not lost on the real estate developers.

The Collingwood Hotel, also known as The Pig and Whistle, was near John's property, and in 1894 he witnessed a potential murderer walking near the hotel just before the crime was committed, but that's a story for another day. Collingwood wasn't as peaceful as it looked. (the murder is mentioned in great detail in the Vancouver Daily World newspaper for May 1895)



**John Connon attacking a large stump on his property in 1893. Photo by A. Risem, Vancouver Archives; Log P34.**



# Artists & Performers: Be Part of the 2024 Renfrew Ravine Moon

by Amanda Blake

Are you a performing, visual, or installation artist? Are you a creative individual seeking opportunities to explore your artistic impulses and meet like-minded people?

Still Moon Arts Society is seeking folks like yourself to be an integral part of the 22nd annual *Renfrew Ravine Moon Festival*. The festival celebrates the fusion of arts, environment, and community in the Renfrew-Collingwood neighbourhood, featuring live music, dance, shadow puppets, eco-art workshops, youth performances and more. For over two decades, the Moon Festival has engaged over 5,000



people each year by providing arts-related jobs, visibility for artists, and opportunities for local businesses and residents to experience art in the beautiful Renfrew Ravine.

Now, here's where you come in—Still Moon Arts invites diverse artists to apply for the

**Kick off the Truck Collective's Chandelier TUB-SPACE at 2023 Moon Festival Streamside Lantern Installation**

Festival's signature events: *the Harvest Fair and Streamside Lantern Installation*. *The Harvest Fair* is a family-friendly event at Slocan Park (2750 E 29th Ave) where attendees can make crafts, play games, and enjoy acts by local musicians and performers. It also features the popular vegetable competition, which celebrates the neighbourhood's best homegrown produce. Harvest Fair Artists can be musicians, dance groups, stilt walkers, clowns, balloon artists, puppeteers, and any other performance artists.

*The Streamside Lantern Installation* is an evening spectacle set against a magnificent backdrop of towering trees, welcoming guests to walk through Renfrew Community Park (2929 E 22nd Ave), transformed by giant lanterns, illuminated art, and enchanting live music, movement performance and the sound of running water. Streamside Lantern Artists can use lanterns, electronic-art, eco-art, land-art, movement, performance, music or any other work that is audible and/or visible in the dark.

- 2024 Moon Festival Theme: *Water*

*Reflections*

- Application deadline: *Thursday, June 27th, 2024* at 11:59 PM (PST)
- Event date: *September 21st, 2024* (Harvest Fair: 4-7 PM; Streamside Lantern Installation 7 PM - 8:30 PM)
- Selected applicants will receive a fee and opportunities to connect



**Tamami Maitland Trio performs at 2023 Moon Festival Harvest Fair**

When writing, applicants are encouraged to reflect on our complex relationship with water's past, present, and future—from childhood memories to current joys and worries. Come, flow into the stream and drift into reflections with us.

For more details and to apply, visit [www.StillMoonArts.ca](http://www.StillMoonArts.ca)

# How Acupuncture Treats Trigger Finger

by Dr. Angie Choi, TCM, R.Ac.

Acupuncture offers a complementary or alternative approach for managing mild to moderate symptoms of trigger finger. Acupuncture provides a non-invasive alternative to manage one's condition effectively.

Trigger finger, medically known as stenosing flexor tenosynovitis, is a condition where a finger or thumb becomes stuck in a bent position and then snaps straight, much like pulling and releasing a trigger. It occurs when inflammation narrows the space within the sheath surrounding the tendon in the affected finger. Individuals may experience stiffness, especially in the morning, along with a popping or clicking sensation as they move their finger. In severe cases, the finger may become locked in a bent position.

## Causes and Risk Factors

Trigger finger commonly results from repetitive motion or forceful use of the finger or thumb. Certain health conditions, such as rheumatoid arthritis, diabetes, and

gout, can increase the risk of developing trigger finger. It is also more prevalent in women and in individuals whose work or hobbies require repetitive gripping actions.

## Symptoms of Trigger Finger

- Finger stiffness, particularly in the morning
  - A popping or clicking sensation when moving the finger
  - Tenderness or a bump (nodule) at the base of the affected finger
  - Finger locks in a bent position and then suddenly snaps straight
  - Pain and swelling in the finger
- Acupuncture Treatment**
- Reducing Inflammation and Swelling: Acupuncture points are selected to promote circulation and reduce inflammation in the affected area. This can alleviate the pain and facilitate easier movement of the finger.
  - Enhancing Local Circulation: By stimulating points along the affected area, acupuncture can enhance local circulation, helping to resolve stagnation that contrib-

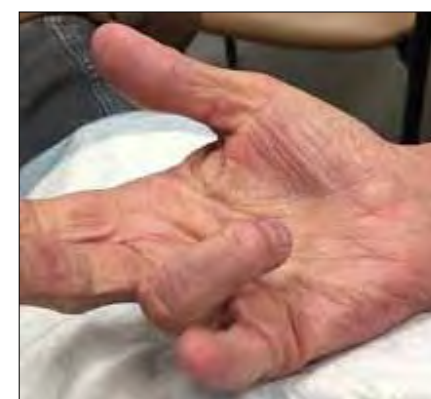
utes to swelling and pain.

- Relaxing Tendon and Muscles: Acupuncture can help relax the muscles and tendons around the affected area, reducing spasms and improving mobility.

## Preventive Tips and Lifestyle Adjustments

- Ergonomic Adjustments: For those whose work involves repetitive gripping, making ergonomic adjustments can help reduce strain.
- Warm-Up and Stretch: Regular stretching and warming exercises for the hands and fingers can help maintain flexibility and reduce the risk of injuries.
- Strengthening Exercises: Strengthening the muscles of the hand and fingers can also help prevent trigger finger, especially for individuals prone to this condition.

If you are suffering from trigger finger and looking for a holistic approach to avoid invasive operations or steroidal injections, consider giving acupuncture a try. It's safe,



effective, and can be tailored to your specific needs. By addressing both the physical manifestations and the underlying energetic imbalances in energy and blood flow, acupuncture can provide significant relief and help prevent future occurrences. As always, it is advisable to consult with a healthcare provider to discuss the most customized treatment for your specific condition.

Stay healthy and move freely!

Dr. Angie Choi, TCM, R.Ac.  
Registered Doctor of Traditional Chinese Medicine and Acupuncturist  
[dr.angiechoi@gmail.com](mailto:dr.angiechoi@gmail.com)



# Introducing...Collingwood Recreation Society

by Paul Reid

Following the success of the Save Bruce Field campaign at Graham Bruce Elementary and an outdoor mini world cup event, Melanie Cheng received donations from Microsoft, Canva, Google and the Whitecaps! Using the funding, she put together a digital calendar project to help promote events, activities and programming in the neighbourhood to make them more accessible.

The calendar aims to assist the community by providing information on low-cost and easily accessible events and services. The community calendar can be instantly translated into 15 languages, aligning with the goal to bridge information gaps for newcomers and English language learners.



**Phoebe Lin, Suresh Yenuga and Melanie Cheng: founders of Collingwood Recreation Society. Photo by Paul Reid**

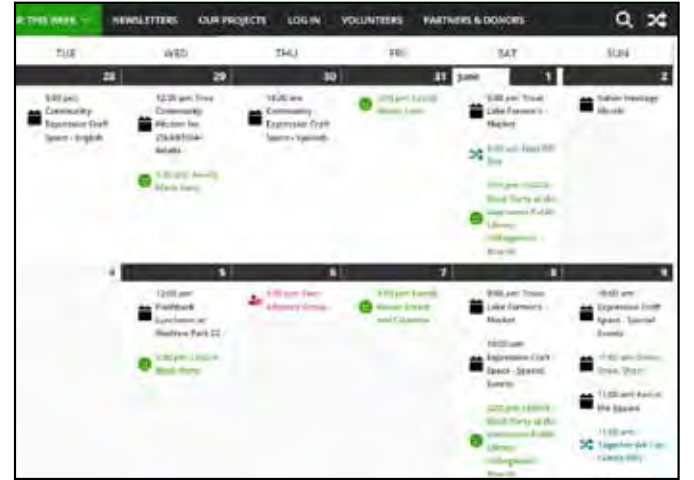
In addition to the community calendar, another project that the Collingwood Recreation Society is focused on is their *Youth Soccer Festival: Uniting the Community through Sport*.

“We hope to again host our annual *Youth Soccer Festival* which provides a unique opportunity for children of diverse backgrounds to come together and be introduced to soccer.”

“The event starts with drills and then children are split into teams. Last year, we successfully enrolled about 40 children in this friendly tournament, providing most of them with their first and only opportunity to participate in a sports tournament.

The tournament concludes with a festival including a youth rock band performance and a community-wide outdoor movie night. Last year this event drew over 200 people, was attended by elected representatives, and was covered by Global TV.

*Youth Soccer Festival* will be on Saturday, August 17, 2024 from 5 pm to 9 pm. The event takes place in partnership with the Collingwood



**The community calendar can be instantly translated into 15 languages, aligning with the goal to bridge information gaps for newcomers and English language learners.**

**Visit: [www.collingwoodrecsociety.com](http://www.collingwoodrecsociety.com)**

Community Policing Centre. This free event for children from kindergarten to 7th grade is in the Renfrew-Collingwood area of East Vancouver at a school site with support from the Vancouver School Board.

Beyond the field, the event seeks to build connections among participants, encouraging teamwork and mutual respect.



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# Read On! A news section for Renfrew-Collingwood learners

## Vancouver Celebrity Animals

by Kristy Kassie

Many people enjoy seeing or hearing about animals on the news. It is always interesting to hear about unusual animals like killer whales or sea lions instead of dogs and cats. People who live in British Columbia love saving wild animals when the animals are in danger. Two famous animals in the news lately were a killer whale named Brave Little Hunter, and a sea lion named Emmerson. Brave Little Hunter got stuck in a lagoon after its mother died and could not find its way back to the ocean. Rescuers tried lifting the killer whale onto a truck to move it but that didn't work. Another plan was to lift the whale out of the water with a plane. After a month, Brave Little Hunter found its own way out, swimming over a large hill of sand into the ocean. People who had been giving the whale food were very happy to see it swim free.

Emmerson the sea lion prefers to hang around people. This noisy animal attracted many tourists when it decided to make a beach in Victoria its home. When people started feeding Emmerson and taking selfies with him, environmentalists decided it was safer to relocate Emmerson to a remote beach where he could live undisturbed by people. Everyone was amazed when Emmerson swam back to the Victoria beach five days later. Four more attempts have been made to move Emmerson but he always returns. Emmerson has crossed streets, climbed stairs and walked through public gardens in Victoria.

These stories of celebrity wild animals are popular in BC because of the mountains and oceans that surround us. People in BC don't just enjoy looking at wild animals; they take pride in creating sanctuaries for them. There are several organizations dedicated to caring for and rescuing wild animals. Watching a wild animal return to their natural habitat is amazing. The Vancouver Aquarium rescues injured sea lions and other ocean mammals, heals their injuries and releases them into the wild again. This is a great way to respect the natural environment around us.

### Questions

#### Level 1

- What stories do people enjoy on the news?
- What do people do when a wild animal is in danger?
- What two animals were in the news in the last two months?

#### Level 2

- Who is Emmerson?
- Why is taking a selfie with Emmerson a bad idea?
- What is amazing about Emmerson?

#### Level 3

- What would you do if you saw Emmerson on the beach?
- Would you rescue a wild animal if it was trapped? Why or why not?
- What wild animals can you see in public in your home country?

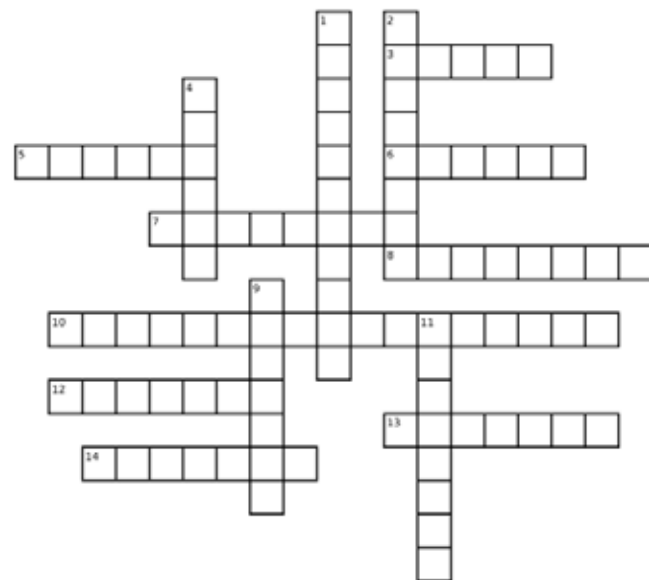


### Reading levels on this page

Level 1 ★

Level 2 ★★

Level 3 ★★★



#### Down:

- safe homes
- painful things like broken arms or cuts that bleed
- trouble
- strange
- tries

#### Across:

- loud
- salt water separated from the ocean by tall sand
- far away
- move
- all around us
- people who care about trees and animals
- likes better
- photos you take of yourself
- home for animals





# Renfrew Park Community Community Centre

2929 East 22nd Avenue, Vancouver, BC V5M 2Y3  
Phone: 604-257-8388 ext. 1 Fax: 604-257-8392  
[www.renfrewcc.com](http://www.renfrewcc.com)



Summer 2024 Brochure Available Now

**60<sup>th</sup>** Announcing Renfrew Park Community Centre's 60th Anniversary Celebrations! **Saturday, September 7th, 2024**

Join us for a full day of festivities. We are hosting family friendly activities for all ages indoors and outdoors. Enjoy a free hot dog during our lunch BBQ. Stay tuned and save the date with more announcements to come!

[www.renfrewcc.com/community/60thanniversary](http://www.renfrewcc.com/community/60thanniversary)

Contribute your thoughts and suggestions on how we can unite in celebration of this significant milestone. We are curating a collection of stories, historical artifacts, and photographs from Renfrew Park CC's past.

Looking to participate, volunteer or have something to share?  
Email: [angela.lee@renfrewcc.com](mailto:angela.lee@renfrewcc.com).

**Music in THE PARK**  
OPEN FOR ALL AGES

JOIN US FOR OUR MUSIC IN THE PARK CONCERT SERIES  
LOCATED AT RENFREW PARK PLAYGROUND  
- FROM 6-7PM EVERY THURSDAY IN JULY  
- FREE FOR ALL PARTICIPANTS  
- FAMILY FRIENDLY ENTERTAINMENT AND MUSIC  
- WADING POOL WILL BE OPEN UNTIL 6PM  
- CASH CONSESSION SUPPORTED BY THE RENFREW YOUTH

**JULY 4 - Penny Pom Pom**      **JULY 18 - Jeff Bryant**  
**JULY 11 - Illuma Studios**      **JULY 25 - Rock n' Beau**

**New to You Sale**  
Saturday, June 29th from 10am - 3pm  
#503044 \$25/table

Clear the clutter and grab a table at the Spring New to You Sale, Renfrew Park Community Centre. Act fast – \$25 per table for sellers, contract and seller's rules and responsibilities will be available at registration.

Don't miss out! Find special treasures for yourself or gifts for family/friends. Explore 40+ tables filled with unique items. Free admission to the sale.

**Seniors (55 years+)**

**Swinging Summer BBQ Luncheon on Wednesday, August 7th**

Put on your summer hat and your coolest sunglasses. Then, join us for an afternoon BBQ and toe tapping entertainment.

**Menu:** Gourmet BBQ beef hamburgers with all the trimmings, cool summer salads and cool refreshing drinks. (Contact us if you need alternative to beef burgers)

**511654 12:00pm-2:00pm \$12.38/person**

**Bus Trip - Squamish Logger's Show-Squamish BC on Sunday, August 4th**

Travel along the Sea to Sky Highway to picturesque Squamish, BC. Here we will take in, the annual Logger's Show. An annual event that showcases lumberjack skills such as pole climbing races, axe throwing, log rolling and so much more. A stop will be made at Shannon Fall to see the falls and to stretch your legs. Before the Logger's Show we will watch the Squamish Days parade. Dress for the weather and wear comfy shoes.

**512158 9:00am-5:00pm \$34.29/person**

**Leadership Activity Camp (10-14yrs)**

There are 8 weeks of camp available for registration, from July 2 - August 23.

Camp runs Monday - Friday (except holidays) 9:30am-3:30pm

\$112/4 day week  
\$140/5 day week

This is a camp that will keep you on the move! We will be going a different adventures everyday of the week. From hiking through the Ravine to exploring downtown; this camp is designed for those who like to have variety and new experiences. Interspersed in each week will be teachable moments regarding many aspects of being a leader and leadership skills. Participants will be required to dress for the weather and to wear proper footwear as we will be walking and hiking daily.

Waiver forms are required before the start of the program and are available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

**Playgrounds and Wading Pools**

Open July 2nd - September 2nd

**Renfrew Park**  
Mon-Fri 11:30AM - 6:00PM  
Sat & Sun 11:30AM - 5:00PM

**Slocan Park**  
Everyday 11:30AM - 6:00PM

Looking for a cooling off spot or even just something fun to do? Join us at any of the below parks for an afternoon of fun in the wading pools, games and crafts.

Wading pool will drain 30-60 min. before closing and will be closes once the water is drained. \*Programs may be cancelled on poor weather days, Stat Holidays are dependant on staffing

Connect with us @RenfrewParkCC



# Collingwood Neighbourhood House HIGHLIGHTS



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

## CNH staff celebrate 15-year milestones in youth services, childcare and recreation

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.*

*This year, we recognize and celebrate Elisa Casilla, Jyotsna Patel, Karen Wong, and Lisa Symons for 15 years of service. Read more about their contributions to CNH below.*

### Elisa Casilla



Elisa first joined CNH in 2007 as a casual accounting assistant and learned the work very quickly. In 2008, she was hired as a temporary accounting assistant. Elisa worked diligently and was promoted to payroll and benefits manager in 2010. She is very hardworking, extremely trustworthy, very dedicated and does not hesitate to help other staff even if she is extremely busy with very tight deadlines. If you know Elisa well, she is calm and has a good sense of humour but can get very serious, too, especially if it is about payroll. Elisa takes her responsibilities very seriously. There is a funny quote when new staff are introduced

to Elisa, their supervisor would say to be nice to her as she does payroll.

Elisa says she has enjoyed working at CNH for all these years because of its family-oriented and flexible work environment. Her daughter even attended our school-age child care program at Graham Bruce and is now in university.

### Jyotsna Patel



Jyotsna has been a childcare casual with the Department of Early Years at CNH since March 4, 2008. As a casual, she works in multiple programs, sometimes with very little notice for a shift start time. Jyotsna is flexible and always wants to work as much as possible. There have been multiple occasions when she has worked in the same program for months at a time.

Her colleagues describe her as being helpful and hard-working and say she is always friendly with the children and staff. She is very generous, kind and thoughtful. When asked why Jyotsna has stayed with CNH for so long, she said it's because she likes CNH, she likes the children and she simply just wants to stay with us. Jyotsna says that when she started working with small children at CNH she just had to continue.

### Karen Wong



Currently working in administration support for CNH's preschool and early learning care programs, Karen is a hardworking, reliable and passionate individual. She is especially great with children with special needs. CNH Preschool Coordinator Renuka Bhardwaj still remembers when Karen went back to school to get her special needs certification so she could support a particular child in our preschool.

Karen is also an executive member of the *Vancouver branch of Early Childhood Educators of BC (ECEBC)* and is always ready to help her coworkers.

Karen loves the family-friendly environment of CNH, which made her stay at CNH for over 15 years. She initially moved to another neighbourhood house but decided to come back because she loves CNH.

When asked about her favourite work-related memory, Karen says, "I love spending time with all the great colleagues every day. On graduation day, seeing children getting ready to move on to the next stage is a very special experience. I love our Pro-D outings."

### Lisa Symons



Lisa's journey with CNH has followed a familiar path: first, her children got involved in programs. Then, she saw a volunteer opportunity and grabbed it. Soon, she was working as a contractor for CNH. In the blink of an eye, more than 20 years have passed, 15 of those as a CNH contractor.

Lisa is such a natural relating to people that CNH recruited her to the *Renfrew-Collingwood Community News*, where she remains today, selling advertising for the newspaper. She's a critical member of the newspaper's team which works collaboratively to ensure that the paper represents the neighbourhood and recruit people to write for it. She's well-known to local business owners and managers who hear from her regularly as she reaches out to organize their advertisements to run in the paper.

Lisa continues to volunteer her time with CNH, most recently doing volunteer grocery shopping for homebound seniors during the pandemic. She has also had a role in contacting seniors to let them know about CNH's services and classes and helping to register them for programs.

As to why she has stayed so long at CNH, Lisa said: "The CNH environment's inclusiveness and diversity makes it so rewarding; you feel it's a special organization to work for. Many services and programs operate out of CNH, with countless employees, but as a part-time contractor I've always thought my contribution was encouraged and valued."

*Thank you to these individuals for their ongoing contributions to CNH.  
To read more about their connections to CNH, visit [cnh.bc.ca/blog](http://cnh.bc.ca/blog).*



**JUNE 2024**

**Collingwood Days 2024 – July 12-20**

Next month will be the 21<sup>st</sup> Annual Collingwood Days Festival.

It will begin on July 12<sup>th</sup> 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, @Collingwood 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.



**Expanding the Collingwood BIA to include Joyce Street Kingsway to Wellington St.**

Thank you to the businesses who attended the Collingwood BIA Expansion meeting on May 7<sup>th</sup>. We also thank Graeme Jones, from the City of Vancouver for providing more information on the BIA program within the City.

Next steps will be to set up a committee with members from Joyce Street and set up priorities for the area. The proposed budget will be presented at the Annual General Meeting in September for all members to vote on Renewal and Expansion of the CBIA.

By expanding the boundaries, the BIA can provide the services and benefits to the businesses. Such as street banner program, street cleaning, graffiti removal services, street enhancements and beautification projects. Along with the Collingwood Guardians to help businesses and their staff in safety practices. The BIA hosts community events and advocate for small businesses with the city and at the provincial level. To learn more:

Email [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca) or call 604.639.4403

**Who's Who in Collingwood**

We are looking for business to be featured in the "Who's Who in Collingwood". Our staff will come and interview, take photos and videos to share on our social media platforms. There is no cost to the businesses. Our goal is to bring the local businesses closer to the community. You can also contact our office at 604.639.4403 or email [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca)

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

**Calendar of Events**

**June 16**

Father's Day



**June 21**

National Indigenous Day



**July 12 – 20<sup>th</sup>**

Collingwood Days 2024

- Save the Day and Call to Action
- see ad in this issue.



**How to Reach Us:**

- @shopcollingwoodvancouver
- @shopcollingwood
- @shopcollingwood

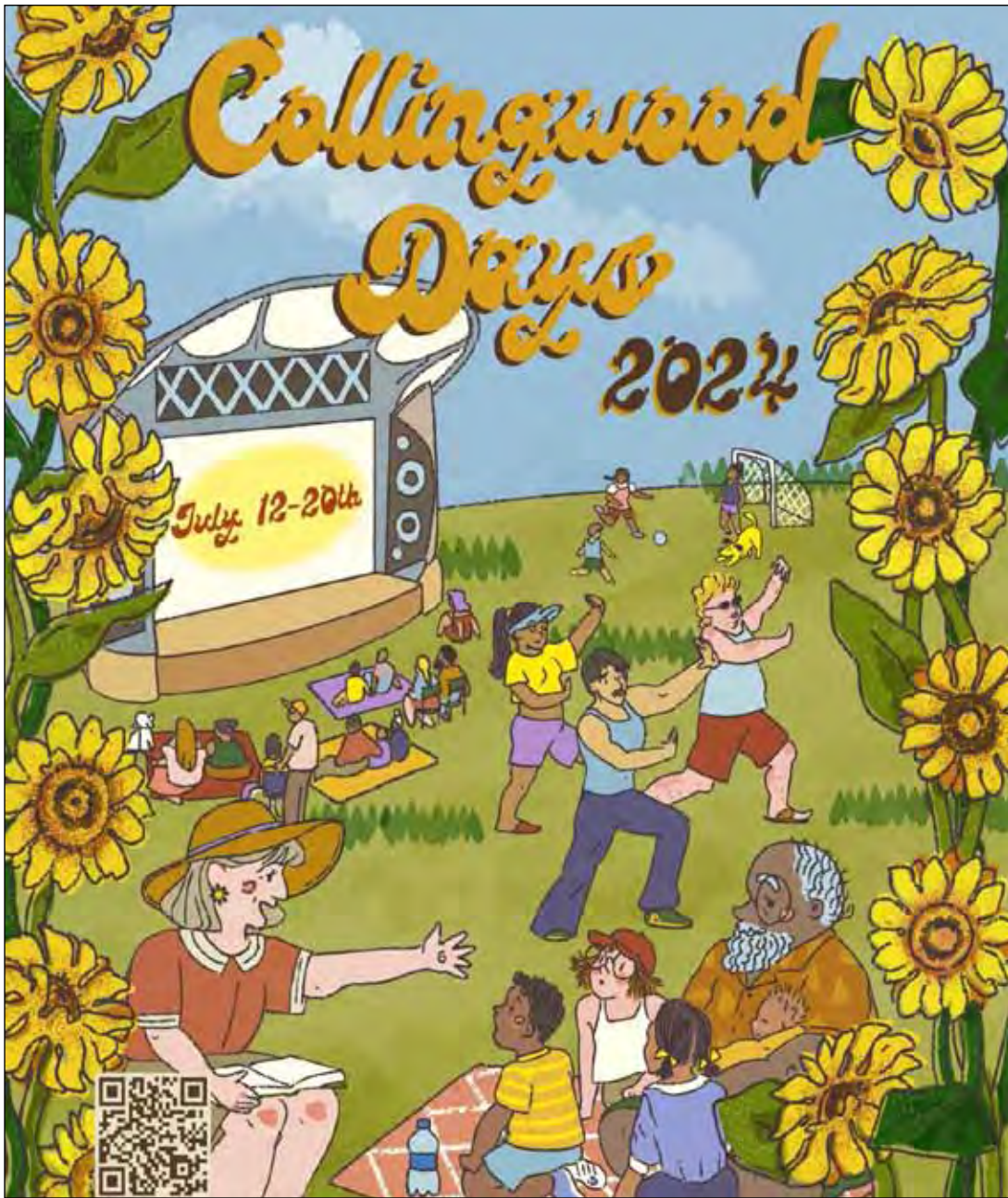
**Office:**  
 #300 – 3665 Kingsway,  
 Vancouver, BC V5R 5W2  
 T: 604.639.4403  
 E: [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca)

W: [shopcollingwood.ca](http://shopcollingwood.ca)

Sign up to receive the monthly e-Newsletter

Email [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca)

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



### Join Us For Collingwood Days!

Friday July 12<sup>th</sup> – Saturday July 20<sup>th</sup>

7/12 Indigenous Opening Day  
10am -1pm at the Annex

7/20 Celebration Day  
11am – 3pm at Gaston Park



Music, Rides, Art, Dog Show, Marketplace,  
and much more!



Follow us for updated information:

Facebook @ Collingwood Days  
Instagram @collingwooddays



How to get involved:

Sign-up on our website  
[collingwooddays.com](http://collingwooddays.com) by scanning QR code  
(see lower left corner)

- Volunteers
- Food trucks
- Community groups
- Marketplace vendors
- Sponsors
- Performers



# JOIN OUR BOARD

The Renfrew Collingwood Seniors' Society (RCSS) is looking for volunteers\* to join our Board of Directors. This is a great opportunity to be involved in RCSS' direction and mission.

Our Board is made up of people with diverse lived experience and professional backgrounds. If you want to be a part of RCSS' leadership, ensure our seniors receive the best services, and contribute your skills and expertise to the community then please consider applying. Current and previous experience with caregiving, information technology, finance, human resources, and policy development and governance would be beneficial. To apply, send a letter of interest and resume to [boardchair@rencollseniors.ca](mailto:boardchair@rencollseniors.ca) by **June 12, 2024**. If you have any questions, email, or leave a message for the Nominating Committee at 604-430-1441.

\*Please note: Members that attend RCSS programs are not eligible for Board positions.

### OUR MISSION

To enhance the quality of life of older adults and elders within our diverse community by promoting wellness and independence through the provision of responsive person-centered programs, services and advocacy in a safe and caring environment.

### OUR VISION

A safe and trusted environment where older adults and elders feel valued as contributing members and mentors of an intergenerational community that fosters their desired health outcomes.

### OUR VALUES

In fulfillment of our mission and in pursuit of our vision, our values are: Sensitivity to the people we serve; Adaptation in a changing world; Agency and enjoyment for older adults; Commitment to diversity, equity, inclusion, and reconciliation; Leadership in our community; Commitment to staff success; and Accountability for our actions.

Apply by June 12 | [boardchair@rencollseniors.ca](mailto:boardchair@rencollseniors.ca) | 604-430-1441