

Tiny worlds, giant puppets at the Renfrew Ravine Moon Festival



Still Moon Arts Society is proud to announce the 24th annual Renfrew Ravine Moon Festival, honouring the harvest moon, community, art and the diverse cultural traditions of Renfrew-Collingwood.

The festival features 15 events throughout September to connect you with local artists, nature, and your creativity. On the main festival day, Saturday, September 26th, experience enchanting live music, dazzling lanterns, performances and illuminated art set against a backdrop of towering trees and the flowing waters of the Renfrew Ravine! Most events are free or by donation.

This year's festival theme, *Tiny Life*, invites you to slow down, look closely, and celebrate the small, often overlooked wonders that thrive in Renfrew Ravine and our local greenspaces: a dragonfly hovering in the sun, a caddisfly weaving its shell of silk and stones, darting waterfleas



Continued on page 3

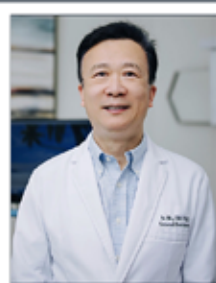
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Welcome to the September 2026 Edition

September is upon us. We hope everyone had a fantastic summer!

Of course, we are all looking forward to the activities that *Still Moon Arts* has for us in September, including the main event on Saturday, September 26th. See you there! And if you have never yet attended the *Renfrew Ravine Moon Festival*, you are in for a BIG treat!

Thank you to all of our contributors this month. We are so thankful for our local artists such as *Karen Vanon* and *Ricardo Cerna* who consistently come through in sharing their beautiful works of art with us. Amazing!

We also have more wonderful reporting from our roving reporter, *Penny Lim*, who has prepared another wonderful photo review from her trip to the Mission. Thank you Penny!

We have another nice contribution from our local expert in Acupuncture, this time informing us about strains and sprains. Thank you again to *Dr. Angie Choi, TCM, R.Ac* for sharing her knowledge to help keep us RC'ers healthy.

We also have a nice article from *Lightwell Learning*, explaining more about two local programs for neurodivergent children and children with learning, communication or developmental differences. Thank you!

Another contribution this month comes from *4Twenty Cannabis*, our local experts in the cannabis department. For their first editorial contribution with RCC News, they have prepared a nice article: *Beyond the Stereotype: Dismantling the Stigma of Cannabis Use*. Thank you 4Twenty!

And we have yours truly, Mr. Reid, continuing the saga surrounding our beloved 2400 Motel. On page seven, see where the *Grateful Dead* slept.

One voice missing this month is that of *Loretta Houben*. Our thoughts and prayers are with her and her family as both of her parents passed away in August within a week of one another. Take care Loretta!

THANK YOU!

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Renfrew Ravine Moon Festival: *Continued from page 1*



The Fedoras perform at the 2025 Renfrew Ravine Moon Festival. Photo by Avery Warren.

feeding on jewel-like diatoms, a water strider gliding across the water surface like a tiny skater. This year's festival also goes large, with a finale performance, *Welcoming Water Woman*, that features a giant puppet that was created by a group of local artists with contributions from over 750 community members.

2026 festival highlights include two immersive outdoor experiences: *Voices in the Garden* on September 12, a sunset concert in a flower-filled garden featuring local vocalists *Ace Fable* and *Las Satyas*, alongside the mesmerizing Estonian-Canadian trio *Salalaul*; and the *Equinox Labyrinth Walk* on September 22, a contemplative walking meditation accompanied by an acoustic cello soundscape performed by award-winning cellist *Marina Hasselberg*.

The main events take place on September 26th. Travel along with the crowd from the *Harvest Fair* along the

Twilight Lantern Procession and on to *Streamside Lanterns*. The five-hour experience is a journey that passes through two different parks and transitions between different atmospheres and experiences along the way.

- **Harvest Fair:** 4:00 pm to 7:00 pm at Slocan Park: The afternoon opens with a welcome from *Sesemiya* (Tracy Cameron), a fifth-generation cedar weaver and proud member of the Skwxwú7mesh (Squamish) Nation. Enjoy live music, dance, and art workshops. Warm up with a hearty bowl of harvest soup, browse items for sale by local artisans, and make a last-minute lantern to carry in the lantern procession that starts at sunset. Featured performers include alt-folk/rock songwriter *BallyClaire*; the *Windermere Jazz Band*; *Uncle Trent and Friends*; *Bharatanatyam* from *House of Indian Dance*; and multidisciplinary artist *MAUVEY*, whose immersive, emotionally charged performances blend Afro-influenced rhythms with pop, hip-hop, alternative, and electronic music.

- **Twilight Lantern Procession:** 7:00 - 7:15 pm. At sunset, join the procession behind parade band *Balkan Shmalkan*, East Vancouver's *Trubaci orchestra*, from Slocan Park along the edge of Renfrew Ravine to Streamside Lanterns.

- **Streamside Lanterns:** 7:15 - 9:15 pm at Renfrew Community Park. Explore hundreds of handmade lanterns and live music hidden among towering trees and the flowing waters of Still Creek, including solo lantern installations by *Joey Mallett*, *Mengya Zhao* and *Naomi Singer*. At 8:40 pm, take in the finale performance *Welcoming Water Woman*, which features a giant puppet that embodies our community's relationship with water, built by *Carmen Rosen* with *Willoughby Arévalo*, *Liz Oakley* and *Sesemiya* (Tracy Cameron), with participation from over 750 community members. The performance was created by *Isabelle Kirouac* with community members.

For full #RenfrewRavineMoonFestival details and registration, visit moonfest.ca

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

Dear Neighbours,

I hope you had a restful summer.



This year's wildfire season has impacted our communities in so many horrific ways -- we will see and feel the long-lasting impacts for many years to come. My gratitude to all our firefighters, everyone involved in the wildfire effort, our emergency health service providers, and every frontline worker for all that they continue to do. If you are able, please consider donating to the Canadian Red Cross 2026 British Columbia Wildfires Appeal. For more information, please visit <https://give.redcross.ca/page/26BCF/>

Renfrew Ravine Moon Festival

Join me at the Renfrew Ravine Harvest Fair on Saturday, September 26 from 4PM-7PM at Slocan Park (2750 E 29th Ave.) to celebrate the full moon, harvest abundance, and diverse cultural traditions in our community. Highlights include local art and artists, music, environmental stewardship, and community participation. Throughout the event, musicians and dancers prepare the way for the twilight lantern parade along the ravine. Be sure to visit other Moon Festival events taking place September 7-26. For more details, visit www.stillmoonarts.ca.

Strengthening consumer protection in B.C.

Changes to B.C.'s consumer protection laws are now in effect. This will provide stronger protections against automatic contract renewals, high-pressure direct sales and other business practices that can lead to unexpected costs. The changes apply to any business that offers subscription services, including internet, phone, streaming, food delivery and other renewable services.

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@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-Renfrew

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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

Contributors:

Loretta Houben, Penny Lim, Jenny Zhang, Hannah Babki, Ricardo Cerna, Dr. Angie Choi, TCM, R.Ac, Alger Ji-Liang, Clea Moray, Avery Warren

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: Sep 15

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

Editorial

Email: editorial@rccnews.ca

Advertising

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A Place to Play, Connect, and Be Yourself

For many children, learning how to connect with others can be just as important as learning to read, write, or do math.

Joining a game, communicating a need, managing a transition, understanding a joke, or navigating a disagreement may come easily to some children. Others benefit from more time, understanding, and support. Neurodivergent children and children with learning, communication, or developmental differences may also spend considerable energy trying to fit into environments that were not designed with them in mind.

Two in-person programs in Renfrew-Collingwood are creating spaces where children can play, connect, learn, and build confidence while being themselves.

Early RISers

Early RISers is a weekly play-based early learning program for children ages 3 to 6 and a parent or guardian. Families learn and play together in a preschool-like environment, supported by a team of early childhood and allied professionals.

Through child-led play, group activities, routines, and transitions, children have opportunities to strengthen communication, social-emotional skills, early learning skills, and confidence. At the same time, parents and caregivers can better understand their child's development and gain practical, research-informed strategies they can use at home, at preschool, and as their child prepares for kindergarten.

The program is neuroaffirming, strengths-based, and designed for children at different developmental stages and with different abilities. Groups are small, with four to eight families participating together. Early RISers runs in nine-session cohorts in the fall, winter, and spring, with Saturday morning and afternoon options.

Social Communication Group

For older children, Lightwell Learning's Social Communication Group provides a welcoming place to develop communication skills, emotional awareness, confidence, and friendships.



Developed and led by a Speech-Language Pathologist, the group supports neurodivergent learners in Grades 4–5 and 6–7 through engaging activities and opportunities to practise skills such as starting and sustaining conversations, understanding non-verbal communication, navigating peer conflict, and responding to humour, teasing, or sarcasm.

The goal is not to teach children to hide their differences or imitate one "correct" way of socializing. Instead, the neuroaffirming approach recognizes different communication styles and helps participants build skills for connecting authentically with others.

The Grades 4–5 group meets Thursdays from 4:00 to 5:20 p.m. from September 17 to January 14. The Grades 6–7 group begins January 28 and runs until May 27.

Both programs take place at 3292 East Broadway, across from Rupert SkyTrain Station. Fees are offered on a sliding scale to help make programs accessible. To learn more or apply, visit ldsociety.ca.

Lightwell Learning, formerly LDS – Learn. Develop. Succeed., is a BC-based nonprofit providing research-informed, individualized and neuroaffirming programs for people with learning and brain-based differences, including dyslexia, ADHD, and autism.



A Place to Play, Connect, and Be Yourself



Lightwell Learning





Royal Canadian Legion Grandview-Collingwood Branch

UPDATE

Address: **2205 Commercial Drive**
Facebook: Commercial Drive Legion
Instagram: Legion179

September Entertainment

Friday Nights

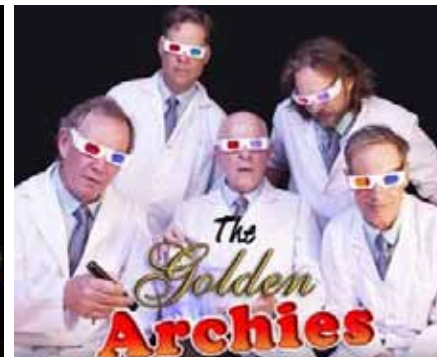
Sept 4 - **Licence to Dance**
 Sept 11 - **WingNutz**
 Sept 18 - **Wishbone**
 Sept 25 - **To Be Announced**

Saturday Nights

Sept 5 - **Wicked Fun**
 Sept 12 - **Ira Stevens Band**
 Sept 19 - **Chris Newton Band**
 Sept 26 - **The Golden Archies**

Right: Every Thursday is Jam Night with hosts: Kelly, Bob and Paul, aka: The Legionnaires.

Meat draws and 50/50
 Meat and 50/50 draws: Every Friday and Saturday from 5 pm to 7 pm with draws every half hour. Come Join the fun!



Tango for Two plays 179

Tango for Two specializes in high-energy acoustic performances that fuse classical music technique with fiery Latin rhythms.

The group performs completely acoustically, blending two classical guitars (played by Noah and Gabriela) with a lead violin (played by Cat).



Despite the name, they do not just play tango. Their setlists span romantic Argentine tangos, vibrant flamenco arrangements, and warm Latin melodies repack-

aged with classical refinement. Their sound is designed to be sophisticated yet highly passionate, transitioning easily from upscale background mu-

sic to an energetic performance that fills dance floors.

We look forward to having *Tango for Two* back soon.

Beyond the Stereotype: Dismantling the Stigma of Cannabis Use

For decades, cannabis culture carried an invisible weight—shadowed by old prohibition-era myths, tired tropes of laziness, and quiet social judgments. But as legalization has matured and communities have evolved, society is finally starting to see the plant, and the people who enjoy it, through a much clearer lens.

It is time to officially retire the outdated stereotypes and look at cannabis for what it truly is: a diverse, mainstream, and wellness-focused part of modern life.

“Reality is merely an illusion, albeit a very persistent one—though a good joint definitely helps.”

Rewriting the “Lazy Stoner” Narrative

One of the most persistent myths is the idea that cannabis consumers fit a single, unproductive mold. The reality on the ground—

and behind our shop counters every single day—couldn’t be further from the truth.

Our customers are everyday community members. They are hard-working professionals, parents, artists, tradespeople, athletes, and seniors. They are people managing demanding careers, running businesses, or winding down after a long week of taking care of others. Just like a glass of wine at the end of the day or a morning cup of coffee, cannabis fits seamlessly into balanced, active, and successful lives.

Health, Wellness, and the Curious Senior

Another huge shift in dismantling stigma comes down to education and wellness. For a long time, cannabis was viewed strictly through the narrow window of getting intoxicated. Today, people are discovering the incredible,

targeted benefits of non-intoxicating and minor cannabinoids like CBD and CBN.

Seniors and wellness-seekers who would never have dreamed of stepping into a dispensary a decade ago are now exploring soothing topicals for aching joints, CBD oils for daily balance, or gentle CBN gummies to help them finally get a good night’s sleep. Opening up conversations about health and relief—without judgment—allows people to take control of their own well-being.

Normalizing the Culture

Normalizing cannabis means treating it with the same normalcy, respect, and openness as any other legal social choice, for example the way society has normalized alcohol. Whether someone prefers an infused sparkling drink at a backyard barbecue instead of beer,

a pre-roll on a Friday night hike, or a precise dose of oil to manage chronic pain, it is all valid.

Breaking the stigma isn’t just about changing how society views a plant; it’s about letting people be open about what helps them feel good, relax, or heal, free from shame. After all, a great community rule to live by is simple: pass joints, not judgments.

Stop by and chat with us anytime—we are always here to break down the barriers, answer your questions, and share a welcoming space with our community!

Follow us on Instagram at @4twenty_eastvan.

Stay high,
 — The 4Twenty Cannabis Team



by Penny N. Lim

Bears PAX on its coat of arms, Order of St Benedict. Oldest of Catholic religious orders, 6th Century Rule of St. Benedict. There are Benedictine monks as well as nuns I learned!

Of the vast layout of land and architecture, I concentrated on the Abbey church, spiritual centre



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The Compassion and Gratitude of the Hummingbird

Artwork and Fragment by Ricardo Cerna

Once upon a time, there was a little hummingbird who was trying to save a forest that was on fire. The little bird would dip its tiny wings and its little beak into a lake, then return again and again to drop a few drops of water onto the flames.

The hummingbird knew that those tiny drops were not enough to put out the fire. Nevertheless, it continued without stopping. The truly beautiful part of its actions was not the amount of water it could carry, but the compassion and gratitude that lived in its heart.

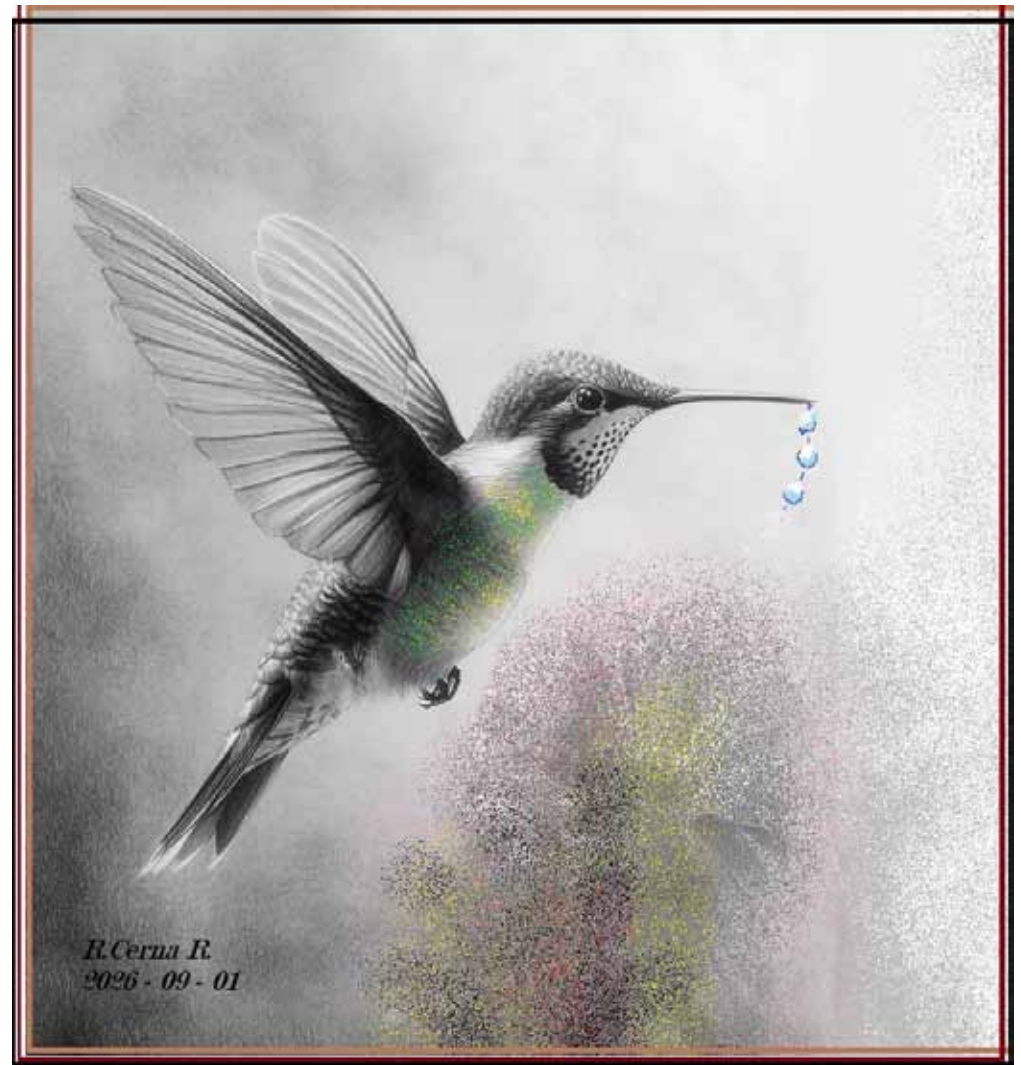
That forest had provided it with shelter, food, and protection throughout its entire life. It was there that the hummingbird had built its home, and among its trees, its little chicks had been born. The forest had protected the hummingbird and its family, and now, in the face of danger, the little bird simply wanted to give back, with love and gratitude, a small part of everything it had received.

Perhaps it could not put out the fire, but it could do its part.

And sometimes, that is what truly matters: doing what is within our power, no matter how small it may seem, when compassion, love, and gratitude arise in our hearts.

Dear brothers and sisters of the soul, each one of us can, in our own way, become that little hummingbird. We must look at our world with compassion, recognize its gifts, and understand that every blessing we receive also carries a responsibility: to care, to be grateful, and to share.

The most beautiful expression of gratitude can be found through love and compassion. Once again, thank you for making it all the way to these lines. I simply ask you to remember that we must strive to be happy each and every day.



Little hummingbird by Ricardo Cerna

Jerry Kruz, the Grateful Dead, and the 2400 Motel

by Paul Reid

Greetings RC. I have a fantastic story to share. I will keep it short for now, but I do intend to revisit this in the future.

In the June edition of the *RCC News* regarding saving more than the sign of the 2400 Motel (as it's slated for redevelopment), I mentioned how the iconic *Grateful Dead*, apparently stayed there at one point.

Skip forward to July 11...I am at the *Khatsahlano Street Party*, looking through one of the vendor's collection of psychedelic concert posters from the 60's. He also had a complete book for sale that caught my eye, so I'm leafing through it and I see some photos of the *Grateful Dead*. I say to him, "I heard that the *Grateful Dead* stayed at the 2400 Motel."

"It's true. I'm the one who put them up there," was his reply.

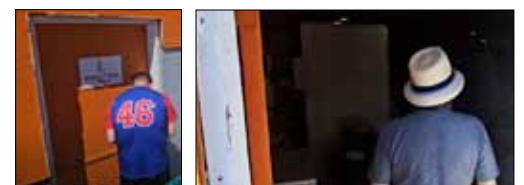
What!? Little did I know that I was talking with the one and only Jerry Kruz! Jerry was likely the single most

instrumental person in bringing the hippy culture (and a lot of great bands) to Vancouver in the 1960's. All when he was just 17 years old!

I could go on and on about Jerry (and I will in a future issue), but for now, let's stick to the facts around the 2400. The following is an excerpt from Jerry's book: *The Afterthought: Westcoast Rock Posters & Recollections from the '60s*:

Where do you put up the Grateful Dead for a week, and what should it cost? I talk it over with my dad. He and I don't get along all that well but he is a commercial printer and lots of his customers are hotel owners. He tells me of a customer with a motel on Kingsway, one of the main routes into Vancouver. I go over there and meet the owner and explain to him what I need. He shows me a very large room with a lot of beds in it. How many beds I was not sure but it looks good to me and reminds me of the dormitory at St. Vladimir's, the minor seminary I attended before I became a rock promoter...I make the deal and I now have accommodations for the band.

I meet the Dead after the festival and take them to their digs for the next week. I pack as many of them into my car as will fit and have the rest of them follow us to the motel. I have a chance to talk with Jerry, as he is sitting in the front seat of my hot car. I find him to be a great guy and he tells me they have been staying at a crash pad since they arrived, so whatever I have will be better. I park the car, get the room keys and show the band the large single room in the basement (I would rather think of it as ground level). The band all let it show that they are not impressed. Then, what I perceived as a very large man comes up to me and introduces himself as Owsley. He tells me he is the band's manager and that the accommodations are not good enough and the fee I am paying the band is not acceptable. I tell him too bad, I made my deal with Jerry Garcia and as far as I was concerned it was Jerry's band. Only later would I learn that Owsley Stanley was a somewhat infamous LSD manufacturer and dealer who would also become a pioneer concert audio guy. Who knew?



Thank you to Kevin, the 2400 Motel manager who led us to the infamous room...now the laundry room. Among other things, Jerry recalled how having only one bathroom was something Owsley did not like. Photos by Paul Reid

With the decision on whether or not to demolish the *2400 Motel* looming, here is another cool reason to have more than just the sign survive.

What's happening at Collingwood Branch in September

2985 Kingsway | 604.665.3953
Tuesday & Wednesday: 9.30am - 7pm
Thursday & Friday: 9.30am - 6pm
Saturday: 9.30am - 5pm
Sunday: 9.30am - 5pm



For complete listings visit www.vpl.ca/events

EARLY YEARS PROGRAMS

Babytime

Thursdays, Sept 17 - Dec 10
10:30 - 11:00am
Rhymes, songs, bounces, and stories for caregivers and their babies. Recommended for newborns to approximately 18 months. Drop-in.

Baby Stay & Play

Thursdays, Sept 17 - Dec 10
11:00 - 11:30am
Drop in to explore library books and toys during this playtime for connecting with other families. For ages 0 - 18 months.

Family Storytime

Fridays, Sept 18 - Dec 11
10:30 - 11:00am
Rhymes, songs, and stories for young children and their caregivers. For ages 0 - 5 years, open to children of all ages and abilities to enjoy and learn together.

Family Stay and Play

Fridays, Sept 18 - Dec 11
11:00 - 11:30am
Drop in to explore library books and toys during this playtime for connecting with other families. For ages 0 - 5 years, open to children of all ages and abilities to enjoy and learn together.

SCHOOL-AGE PROGRAMS

Summer Reading Club Celebration

Friday, Sept 4
2:30 - 3:30pm
Celebrate the Summer Reading Club with fun activities at the library. Grades K-7. Drop-in.

Lego Block Party

Saturdays
2:30 - 3:30pm
Come to the library for some LEGO® building fun and connect with other kids at this block party! Drop-in. For Grades K-7.

ADULT PROGRAMS

Coffee Connect

Thursdays
9:30 - 11:30 am
Drop in for a free cup of tea or coffee and meet your neighbours. Everyone is welcome!

ESL Conversation Practice

Every second Tuesday
Sept 1, 15, 29
5:30 - 6:30pm
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.

For complete listings visit www.vpl.ca/events

Renfrew Branch

2969 E 22nd Ave. Contact | 604.257.8705

All programs are FREE. For more information, visit www.vpl.ca/events.

***Library is closed on Monday, September 7th for Labour Day and September 30th for National Day for Truth and Reconciliation*



SCHOOL-AGED CHILDREN

LEGO Block Party

Wednesday, Sep 2 & 16, 3:30pm - 4:30pm
Drop in for some LEGO building fun! Grades K-7.

Summer Reading Club Celebration!

Saturday, Sep 5, 11:00am - 12:00pm
Celebrate your Summer Reading Club achievements with fun activities at the library. Adults accompanying children under 9 must stay in the library for the duration of the program. Grades K-7. Drop-in.

Mystery Box Challenge

Wednesday, Sep 9, 3:30pm - 4:30pm
Do you love a challenge? Put your out-of-the-box thinking skills to the test by opening one of our mystery boxes and inventing a solution to its funny challenge. Adults accompanying children under 9 must stay in the library for the duration of the program. Grades K-7. Drop-in.

Jumbo Size Board Games

Wednesday, Sep 23, 3:30pm - 4:30pm
Have giant-sized fun playing with the library's collection of jumbo board games! This time we are playing Jumbo Jenga and Jumbo Snakes & Ladders. Adults accompanying children under 9 must stay in the library for the duration of the program. Grades K - 7. Drop-in.

CHILDREN & FAMILIES

Babytime

Mondays, Sep 21st and 28th
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, Sep 21st and 28th
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.

Family Movies

Fridays, 3:30 - 5:15pm. Drop-in.
Visit the library and enjoy free, kid-friendly movies. For children and their accompanying caregivers. Adults accompanying children under 9 must stay in the library for the duration of the program.
September 4: *The Mitchells vs. the Machines*
September 11: *Migration*
September 18: *High School Musical*
September 25: *Hoppers*

ADULTS

Coffee Connection

Tuesdays, 10:00 - 11:00am. Drop-in.
Drop in for coffee and other light refreshments. Play board games, do a crossword, or chat with your neighbours.

ESL Conversation Practice

Thursdays, 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, 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!

Story Circle

Wednesday, Sep 16, 10:00 - 11:00am
This monthly program is for adults with developmental disabilities and their families, friends and caregivers. Join us in an accessible, relaxed and fun community setting for stories, music and more!

Registration is required. Register at www.vpl.ca/events

Understanding Strains and Sprains

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



Muscle and joint injuries are among the most common reasons people experience pain and limited mobility. Whether you twisted your ankle while exercising or strained your back lifting a heavy object, knowing the difference between a strain and a sprain can help you seek the right treatment and recover more effectively.

What is a Strain?

A strain is an injury to a muscle or tendon (the tissue that connects muscle to bone). Strains usually occur when a muscle is overstretched or overloaded.

Common causes include:

- Lifting heavy objects incorrectly
- Sudden or repetitive movements
- Sports-related activities
- Poor posture or muscle fatigue

Symptoms of a strain may include:

- Muscle pain or tenderness
- Swelling
- Muscle spasms
- Weakness
- Difficulty moving the affected areas

Common locations for strains include the neck, lower back, hamstrings, calves, and shoulders.

What is a Sprain?

A sprain is an injury to a ligament, the strong connective tissue that stabilizes joints by connecting bones to one another. Sprains typically occur when a joint is forced beyond its normal range of motion.

Common causes include:

- Twisting an ankle
- Falling
- Sudden changes in direction during sports
- Direct impact to a joint

Symptoms of a sprain may include:

- Joint pain
- Swelling
- Bruising
- Instability
- Reduced range of motion

The ankle, wrist, knee, and thumb are among the most commonly sprained joints.

How are they different?

Although strains and sprains share many symptoms, they affect different tissues.

Strain	Sprain
Injures muscles or tendons	Injures ligaments
Often caused by overuse or overstretching	Usually caused by twisting or impact
Muscle weakness or spasms are common	Joint instability is more common

How acupuncture helps

Each treatment plan is individualized based on the patient's condition, stage of healing, and overall health. Many people choose acupuncture as part of a comprehensive treatment plan for musculoskeletal injuries.

Depending on the individual's condition, treatment may help:

- Reduce pain
- Ease muscle tension and spasms
- Promote local circulation
- Improve range of motion
- Support the body's natural healing response

- Encourage relaxation, which may help reduce pain perception

From a Traditional Chinese Medicine (TCM) perspective, injuries may disrupt the smooth flow of Blood, resulting in pain and stiffness. Treatment aims to restore balance and improve circulation in the affected area.

Self-care during recovery

For many mild injuries, early self-care can support healing.

- Rest the injured area while avoiding complete inactivity for prolonged periods.
- Apply ice during the first 24–48 hours if recommended by your health-care provider.
- Use compression and elevation when appropriate to help manage swelling.
- Gradually return to normal activities as pain improves.
- Follow rehabilitation exercises to restore strength and flexibility.

Avoid returning to sports or strenuous activity too soon, as this can increase the risk of reinjury.

Strains and sprains are common injuries that can affect people of all ages and activity levels. Early assessment, appropriate treatment, and a structured rehabilitation plan are key to a successful recovery.

Acupuncture may be a valuable part of that recovery by helping manage pain, reducing muscle tension, and supporting overall function. When combined with appropriate medical care, exercise, and healthy lifestyle habits, many patients can return safely to their daily activities with improved comfort and confidence.

If you have recently experienced a strain or sprain, consult a qualified healthcare professional to determine the most appropriate treatment plan for your specific condition.

Stay healthy and stay happy!

Should you have any further questions regarding the above topic, you are welcome to write to me at: dr.angiechoi@gmail.com

Dr. Angie Choi TCM, R.Ac.

Registered Doctor of Traditional Chinese Medicine and acupuncturist.

Acupuncture helps in these health areas:

- Pain Management
- Digestive Disorders
- Hormone Imbalance
- Sleeping Disorders
- Seasonal Allergies
- Geriatric Illnesses
- Stress Reduction
- Mood Enhancement
- Immunity Boosting
- Relaxation

New clients are welcome.

Please call or text: **778-522-7101**
Email: **dr.angiechoi@gmail.com**

Clinic: 219 - 3665 Kingsway, Vancouver
N.W Corner of Kingsway & Boundary Rd.
(Parking Underground)
Hours: 10am-6pm, 7 days a week



Dr. Angie Choi, TCM, R.Ac.



Renfrew Park Community Community Centre

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

2929 East 22nd Avenue, Vancouver, BC V5M 2Y3

Phone: 604-257-8388 ext. 1 Fax: 604-257-8392

www.renfrewcc.com



**FALL
2026**

**Brochure
Available
Now**

**Register
Today!**



SEEKING NOMINATIONS FOR BOARD OF DIRECTORS

Help shape our association's direction.

We're seeking volunteers with ties to the Renfrew catchment area.

- Two-year term, 4-10 hours/month depending on committee involvement.
- Candidates must be 18+ by November 22, 2025.

Get info at the centre office or email

board@renfrewcc.com

Diwali Festival

Saturday, November 9th

12:30pm - 3:00 pm

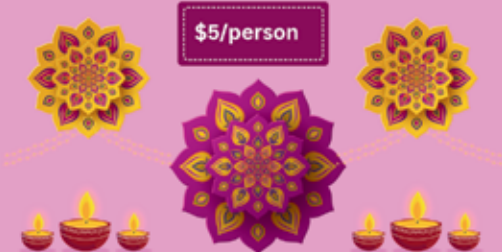
#631572

pre-registration required

The Festival of Diwali is a unifying celebration with different significance, but equal importance in many communities.

Please join us in celebrating this cultural event.

- There will be entertainment, crafts, and light refreshments while supplies last. Space is limited.



**Did you
know?**

Renfrew
Park
Community
Association
Membership
is FREE!
Ask us.



**Renfrew Park Community
Association
General Meeting**

**A
G
M**

- Meet the board, elect new members, and hear about our achievements and goals. Voting open to members 16+. Bring your RPCA card or register at the AGM.

Sat Nov 21

628648

12:00pm-2:00pm

SPOOKTACULAR HALLOWEEN PARTY

Saturday, October 31st

12:00pm - 3:00 pm

#631573



Join us for some scary fun! Bounce your way into Halloween with our bouncy castle! Dress up in your costume and join us for some Halloween games and crafts.

Haunted house in Room 108.
(Lights only display for younger children)
Tickets are limited, buy them early.

Spaces are limited, so secure your spot by registering early. Registration required for children 13 years old and younger

\$7/child

RENFREW PRESCHOOL

Sept 2026-June 2027

SPOTS STILL AVAILABLE

CHOOSE FROM:

2 DAYS/WEEK (T/TH)

3 DAYS/WEEK (MWF)

5 DAYS/WEEK (M-F)

MORNING OR AFTERNOON

(8:30AM-11AM)

(12PM-2:30PM)

MORE INFO AT
WWW.RENFREWCC.COM

***LICENSED PRESCHOOL**

**Join us for
Community
Lunches on
Fridays**

**SEP 11 - DEC 11
12 - 1pm**

All Ages

0-18yrs: \$6.19
19+yrs: \$7.62



NATIONAL DAY FOR TRUTH AND RECONCILIATION

Bannock & Orange Shirt Pins

Visit with Elder and survivor Linda Tallio, enjoy housemade bannock, and make or purchase an Orange Shirt Pin – worn for Residential School Survivors, their families, and the children who never came home. Supplies provided, while quantities last.

Su SEP 27 1:00PM-4:00PM
FREE

Kahkwa with Kanatiio: Bison, Truth, and Reconciliation

***registration required**

Inspired by the Kanien'kehá:ka (Mohawk) word Kakhwí:io – meaning good food – join us for a day of learning and reflection on the connection between the near-extinction of the North American Bison and the residential school system: two acts that sought to eradicate Indigenous peoples, cultures, and ways of life. Through two short films, discover how the Bison has become a symbol of Indigenous resilience and renewal. Participants will prepare and share a bison meal together, plus make a dish to take home.

W SEP 30 1:30PM-4:30PM
\$10 #636236



**Fall registration for centre programs and
swimming lessons are now open!**

Connect with us @RenfrewParkCC

All activities take place on the unceded territories of the Coast Salish Nation, the xʷməθkʷəy̓əm (Musqueam), sḵwxwú7mesh (Squamish) and sel̓íl̓wítulh (Tsleil-Waututh), where we live, work and play.



SEPTEMBER 2026

Notice of Annual General Meeting – September 22ND 5:30-7PM



National Day of Truth & Reconciliation – September 30

September 30 is dedicated to honouring children who never returned from residential schools, Survivors, their families, and communities. Public recognition of this history and its effects is essential for reconciliation. To commemorate this day, we encourage everyone to wear an orange shirt.

Upcoming Events

Halloween In Collingwood on October 31st

Winter Carnival & Community Tree Lighting on November 28th

12 Days of Gifting in December

Shop Joyce Collingwood! It's good for business.

CALENDAR

September 7



September 22

5:30 – 7PM



September 30

National Day for Truth & Reconciliation



E-Newsletters:

Sign up to receive the monthly e- Newsletter for all the latest news in the BIA, social media campaigns to join in and other programs offered to small businesses.

How to Reach Us:

 @shopcollingwood

 shopcollingwoodvancouver

#300 – 3665 Kingsway,
Vancouver, BC V5R 2W5
604.639.4403

Email info@shopcollingwood.ca
Website shopcollingwood.ca



Current Threads

Surface Design Association BC+Yukon

38 contemporary Canadian textile artists share their 2D & 3D art

August 13–October 10, 2026
Tuesday to Saturday 10AM–5PM



italianculturalcentre.ca
Tel: 604.430.3337

戴偉思 ੜੋਨ ਡੇਵੀਸ Đào Vĩ Tâm

Don Davies, MP

Vancouver Kingsway

Working hard for working people



Community Office
2951 Kingsway, Vancouver, BC V5R 5J4
604-775-6263 | don.davies@parl.gc.ca



Collingwood | BIA

HALLOWEEN IN COLLINGWOOD

OCTOBER 31  12:00 - 2:00 PM

KINGSWAY & TYNE SAFEWAY PARKING LOT

Come in your spooky costume and trick-or-treat in Collingwood!

Visit the Collingwood BIA tent to pick up a trick-or-treat map of participating businesses, more treats, & safety tips

Follow us on Instagram and Facebook @shopcollingwood for more information

