

## Celebrating National Indigenous People's Day

by Paul Reid

For the second year in a row now, Grandview-Collingwood RCL Branch 179 was happy and honoured to celebrate National Indigenous People's Day in June.

The festivities were located throughout the branch on Commercial Drive (at 6th) and included indigenous foods, hand-made crafts and awesome entertainment.

Featured this year were grass dancers Jonathen Daniels and Joseph Cardinal. This is a fast-paced dance of beautiful sweeping motions and symmetry where the dancers bring his foot down on the drum beat while mimicking waving grass and the moves of a fighting warrior.

The MC again this year was the always humorous Randy Tait who kept the day moving along. At closing, Randy performed a prayer and blessing for all attendees who then shared hugs before heading out. It was an entertaining, heart-warming and tasty event that Branch 179 looks forward to continuing in the years to come.

Remember RC to frequent our beloved Legion branch that is still alive, well and serving the coldest, cheapest beer on the Drive! All welcome to join the fun that serves a great cause.



Grass dancers Jonathen Daniels and Joseph Cardinal.

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# Join in a community collaboration to explore what makes Joyce-Collingwood special

by Carmen Lee



Martin L., Carmen L., and Sakshi J. are excited to host a series of events during Collingwood Days 2023 and to meet new neighbours and community members. Photo by Airam S.

This summer, a group of passionate neighbours and community members are gathering to explore the question "What makes Joyce-Collingwood special?"

Together, we will spend time getting to know each other, explore different ways to tell stories and create something through collaboration. The goal is to create something to share with the community at Collingwood Days 2023.

The program is loosely structured so that participants who join will help decide what and how we do things together. Our small but mighty group will be hosting a series of events throughout Collingwood Days 2023, including a jam circle, painting, community kitchen and a talent show. There's still time to get involved; we will meet every Wednesday in July from 6 to 8 pm in the Art Room at CNH Annex (3690 Vanness Avenue). Come and hang out with us!

This project is offered in partnership with Collingwood Neighbourhood House, who is generously providing space for this initiative to take place.

**How to get involved**  
Are you someone who lives, works or spends time in Joyce-Collingwood and interested in creating something with other community members? Join this project by registering through the Collingwood Neighbourhood House online portal. If you have any questions, concerns or would like to connect with the program facilitator, you can reach Carmen at 778-385-5128 (call or text) or carmenjlee@uvic.ca.

**Program details**  
Program sessions are scheduled for 6 to 8 pm on June 1, 7, 14, 28, and July 5, 12, 18, 22 (Collingwood Days) and 26. Sessions will be held in the Art Room at Collingwood Neighbourhood House Annex (3690 Vanness Avenue).

Depending on the weather and group preference, some sessions may occur at a local park such as Slocan Park (2750 East 29th Avenue), Aberdeen Park (3525 Foster Avenue), Gaston Park (3470 Crowley Drive), or Collingwood Park (5275 McKinnon Street). Food will be provided for all participants.



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# Voices





# Collingwood Neighbourhood House Board call for nominations

Collingwood Neighbourhood House (CNH) is accepting nominations for 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 executive recruitment, are a lawyer, or have experience in religious/spiritual associations. We are also particularly interested in candidates with relevant lived 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



**The deadline for applications is July 10.**

Board-related work and be able to commit 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, please contact Board President Leila Trickey at [president@cnh.bc.ca](mailto:president@cnh.bc.ca).

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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:** staff writer and layout coordinator  
**Lisa Symons:** sales and distribution coordinator  
**Julie Cheng:** editorial coordinator

**Contributors:** Airam S., Alia Bhimji, Bryden Fergusson, Carmen Lee, Julie Cheng, Loretta Houben, Paul Reid, Ricky Chen, Sophia Han

**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.

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

# Collingwood Corner: A little home on Euclid and Tyne

by Loretta Houben

In 1959, my parents, Jack and Susie Williams, purchased their second home at 3496 Euclid for \$9,000. Across the street was an old apple orchard. Shortly afterwards, the trees were all replaced by a warehouse development, which remained until the early 1990s. Gaston Park now fills this large area.

If you look closely, there is a small orchard growing again at the corner of Euclid and Tyne. A stone plaque is set in the ground which states "Orchard commemorates the 25th anniversary of Collingwood Neighbourhood House and honours our supporters. September 2011."

Early on the morning of April 30, 1961, my mom was deeply frightened by an explosion close by and a huge fire that erupted. It happened at 3439 Euclid in the BC Clay Products plant. My mom said she could feel the heat of the fire when she stood outside the house, watching the blaze. She was terrified it would spread, but the fire department got it under control. The fire was caused by a short circuit. No one was hurt but the fire took five hours to extinguish and destroyed



*3496 Euclid Avenue Vancouver BC  
 Jack & Susie's 2nd home 1959*

**Loretta Houben was brought to this house as a newborn in 1960 and lived here until 1963.**

\$100,000 worth of clay products. It took me years to track down details of the event, mentioned in the Province and Sun newspapers.

The plant produced red clay flowerpots and had been there since 1933. A house was on the northeast corner of Joyce and Euclid, with the BC Clay Products

building in behind. The house was saved. Shortly after, a warehouse development replaced it.

Today the Collingwood Neighbourhood House and the Collingwood Neighbourhood elementary school are there.

**Pick up your copy of Collingwood Chronicles at Collingwood Days**



Loretta Houben, an avid Collingwood history fan, was given a 2022 Neighbourhood Small Grant and has written *Collingwood Chronicles*, a short book filled with stories on the history of the Collingwood area.

This book is now ready, and you can pick up a copy on Saturday, July 22, 2023, at the Collingwood Days Event in Gaston Park. Loretta will be at a booth for two hours, and copies are limited. Please drop by if interested.

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# More heart-healthy vegetarian meals to fight cholesterol

by Julie Cheng

No more French fries, no more barbeque pork, no more bread with my butter. All those years eating deep-fried foods and saturated fats have given me high cholesterol, and I need to get it under control, fast.

According to the Heart and Stroke Foundation of Canada, high cholesterol increases the risk of heart disease and stroke because it can cause plaque build-up in your arteries, making it harder for blood to flow and increasing the chance of a blood clot developing.

I'll become vegetarian rather than take medication like statins to reduce cholesterol, I vowed. For now, I'll eat more vegetarian meals, which generally contain only a little saturated fat and a lot of nutrients and fibre.



**Fresh, in-season vegetables are packed with nutrients and fibre that are essential for heart health.**

Recently, I discovered a Japanese store called the J Zone (1663 Renfrew near 1st Avenue) that offers many beautiful sauces that can make a tasty noodle dish. Some sauces can be simply tossed with hot or cold buckwheat noodles and vegetables, and some sauces need to be cooked. Just ask the kind person at the counter what to do. I tried a sweet, salty soy-mirin sauce, and it made a quick, delicious meal.

I truly believe that eating more vegetables has helped lower my cholesterol levels, according to my latest blood test. It's a reason to celebrate with a French fry or two.



**A quick and delicious vegetarian meal. Photos by Julie Cheng**

## Heart-healthy soy-sesame buckwheat noodles with vegetables

- 3–4 cups fresh vegetables such as carrots, asparagus, broccoli, spinach and green onion, julienned or chopped
- 3 dried shiitake mushrooms, rehydrated (soaked in water overnight), sliced thin
- 1 tablespoon olive oil
- 2–3 tablespoons soy-mirin sauce, or more to taste
- 12 ounces (350 grams) buckwheat noodles
- 2 tablespoons toasted sesame oil

Bring a large pot of salted water to boil and add the buckwheat noodles. Turn heat to medium and simmer until done, about 8 to 10 minutes.

Meanwhile, julienne the carrots and chop the asparagus, broccoli and green onion into bite-size pieces. Thinly slice the shiitake mushrooms.

In a large pan, heat the olive oil and add carrots and mushrooms. Stir fry for 2 minutes. Add the asparagus and broccoli and stir fry for another 2 minutes. Stir in the soy-mirin sauce, spinach and green onion. Remove from heat and cover.

When the buckwheat noodles are done, drain in a colander and rise with cold water. Return the noodles to the pot and toss with the

sesame oil. Add the vegetable mixture and toss. Serve warm or cold.

**Julie Cheng has been the editor of the Renfrew-Collingwood Community News for more than 15 years.**



**You can get all kinds of sauces and noodles from J Zone on Renfrew near 1st Avenue. Photos by Julie Cheng**

THE FOLLOWING IS A PAID ADVERTISEMENT BY ADRIAN DIX, MLA FOR VANCOUVER/KINGSWAY

Dear Neighbours,



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.

### New survey will help fill gaps in government services

Everyone living in BC is encouraged to take the BC Demographic Survey to help identify systemic racism in government services. The information collected through the BC Demographic Survey will help the BC government deliver stronger, more accessible, and more inclusive programs and services for everyone. The survey was created through engagement with Indigenous, Black and other racialized communities. It includes questions related to race, ethnicity, ancestry and other areas of identity.

The survey is online and available in 15 languages at: <https://antiracism.gov.bc.ca/bcdemographicsurvey>

People without access to a computer or smartphone, please call 1-833-376-2452 (toll free)

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



20th Anniversary!



# COLLINGWOOD DAYS

## July 14 - 22

**EVERYONE WELCOME!**

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### EVENTS

- Indigenous Opening Day on July 14 curated by Leona Brown
- Balkan Shmalkan
- Hula and Storytelling Performances
- Dances from SEACH
- CW Music School
- Waacking Group
- Melanny Banda
- Peter Yap
- Plants Walks
- Arts & Dance Workshops
- Tai Chi
- Kid Zone
- Marketplace
- Food Trucks
- Artisan Village
- Friday Movie Night
- Much more ...



#CollingwoodDays2023

CollingwoodDays

For the full event schedule and more information, go to [www.collingwooddays.com](http://www.collingwooddays.com) or call the Collingwood BIA at 604.639.4403



Logo by Jolene Andrews



**Friday, July 14th**

**Indigenous Opening Ceremony**

10am- 3pm CNH Annex (3690 Vannes Ave)  
Children's arts and crafts, drum circle, storytelling, spoken word

**CCPC Movie Night in the Park**

Dusk Collingwood Park (5275 McKinnon St)  
Movie: Epic (2013)

**Monday, July 17th**

**Jane's Senior Walk (RR)**

10:30am- 11:30am CNH Lobby (5288 Joyce St)  
Community walking conversations

**Activities at MOSAIC**

10am- 11am Tai Chi  
11am - 12pm Line dancing  
12pm - 1pm Knitting  
1pm - 2pm Calligraphy/  
Chinese painting

**Wednesday, July 19th**

**Art Workshop with Carl Randa (RR)**

1pm- 3pm Annex Art Room (3690 Vanness Ave)  
Join Carl for family fun art!

**Thursday, July 20th**

**Activities at the Annex (RR)**

12pm- 1pm Embodied Wellness with Marco Escer

3:30pm- 5:30pm Make Your Mark! With Yoko Tomita

5:30pm- 7pm Data Visualization Tree with Sophia Han

7pm- 8pm Hula & Storytelling with Rani Wangsawidjaya

9pm- 9:45pm Film Screening - Surfacing by Donna Redlick

**Friday, July 21st**

**Family Story Time**

10am- 11am VPL Collingwood Branch (2985 Kingsway)

**All Bodies Dance Project Performance**

4pm- 5pm Italian Cultural Center Plaza (3075 Slocan St)

**CCPC Movie Night in the Park**

Dusk Gaston Park (3470 Crowley Drive)  
Movie: Shana The Wolf's Music (2014)

**Saturday, July 22nd**

**Festival Day**

11am- 4pm Gaston Park (3470 Crowley)  
Opening by Senaquwlla Wyss Marketplace, Kids Zone, Food Trucks

12:30pm 20th Anniversary cake  
1:30pm Watermelon eating contest  
3:30pm Raffle prize draw  
3:45pm Closing Ceremony

**Main Stage and Roving Performers**

CW Music School  
Wacking Group  
SEACHS Group  
Peter Yap  
Hela & Storytelling  
Melanny Banda  
Kin Balam  
Balkan Shmlaken  
Stilt Walkers

Scan QR code for schedule updates and more details



\*RR = registration required  
<https://tinyurl.com/5c8sptsv>





## What's happening at Collingwood Branch July 2023



### Summer Reading Club

VPL's Summer Reading Club is a library program for school-aged children (K-Gr.7) that helps kids keep reading skills strong and makes summertime learning fun.

From July through August, kids can discover great reads and take part in free activities, challenges, contests and fun programs for the whole family to enjoy.

Participants receive a reading record, set their own goals and track their accomplishments to earn online badges, collectible stickers and a Summer Reading Club medal at the end of the program. *Registration required.*

### EARLY YEARS PROGRAMS (Drop-in)

#### Babytime (0-18 months)

Weekly on Thursdays from July 6  
10:30-11:00 am

#### Family Storytime (all ages)

Weekly on Fridays from July 7  
10:30-11:00 am



### SCHOOL-AGE PROGRAMS (Drop-in)

#### Far Out Future: Time Capsules

Wednesday, July 5

2:30-3:30 pm

Help create a time capsule! Write a story or draw a picture about what life is like today or what you think it will be like in 25 years. Your original creation and neighbourhood memorabilia will be sealed and stored in a secret location to be opened in 2048. For Grades K-7.

#### KidsZone: Make Your Own Bookmark

Wednesday, July 12

2:30-3:30 pm

Meet other kids and make bookmarks! For Grades K-7.

#### Pokemon Character Party

Wednesday, July 19

2:30-3:30 pm

Don't you wish that you could party with your favourite book characters? We have crafts and games all inspired by the characters from Pokemon! For Grades K-7.

#### Be the Hero: A Role Playing Game

Wednesday, July 26

2:30-3:30 pm

Create your own character and join a group of adventurers as they go on their latest quest. With a bit of storytelling and teamwork, you could be the hero of your own story! For Grades 3-7.

For complete listings visit [www.vpl.ca/events](http://www.vpl.ca/events)

## Volunteer for the 2023 Renfrew Ravine Moon Festival

by Alia Bhimji

Still Moon Arts Society is looking for volunteers to help bring the 21st Annual Renfrew Ravine Moon Festival to life.

### The festival

A celebration that has captivated the Renfrew-Collingwood neighbourhood for more than 20 years, the Moon Festival will take place from September 9 to 30 this year to honour the harvest moon, the autumn equinox, the Still Creek watershed and the diversity of the Renfrew-Collingwood community.

This year's theme is Water's Wisdom, and attendees can expect live music, dance, art, ecological arts workshops, youth performances, bird costumes and more at Sloan Park and Renfrew Ravine Park.

### The volunteers (You?)

One of the essentials for a successful festival is having a committed group of passionate, skilled and caring volunteers of various ages, abilities, backgrounds and interests on board – a true reflection of the neighbourhood's diverse communities.

- Have you attended previous festival and are interested being more involved this time around?
- Are you passionate about art and/or nature and want to build experience in these fields?
- Do you love to help others and give back to the community?

If you answered yes to any of these questions, then this opportunity is for you! Still Moon would love to hear from you. Visit [www.StillMoonArts.ca](http://www.StillMoonArts.ca) to sign up.

### The benefits

As a volunteer, you'll meet like-minded people and learn about running community events and the non-profit work Still Moon does through their eco-arts and environmental stewardship programming. To thank you for your support, you'll also receive a festival t-shirt and sticker package, a volunteer appreciation dinner and meals for the main festival events.

### The opportunities

Still Moon is seeking volunteers to assist at the Harvest Fair and Streamside Lantern Installation (Saturday, September 23) and the Consciousness of Streams Festival finale (Friday, September 29). Shifts will range from four to eight hours, and please note that all volunteers will be required to attend one to two mandatory training sessions.

Everyone is welcome to sign up!

Still Moon is particularly seeking volunteers with the following skills/certifications:

- First aid
- Fire marshaling
- Food Safe Level 1
- Class 5 driver's license

Consider lending a hand this year to help keep the Moon Festival accessible and enjoyable for all.

If you aren't able to volunteer this time around or would like to support Still Moon through other way, visit [www.StillMoonArts.ca](http://www.StillMoonArts.ca) to learn more about how you can contribute.

We look forward to seeing you at the Moon Festival in whatever capacity suits your circumstances!



**Moon festival volunteers. Photo by Ricky Chen**





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

## CELEBRATING OUR COMMUNITIES THROUGH ART

by Sophia Han

### What is community art? ★★

Community art is art that can be found in parks and neighbourhoods. It is different from the art that we see in museums and galleries. It is art that is created with input and help from people in the community.

Community art projects beautify neighbourhoods and tell powerful stories.

Walk on Vanness Avenue between Rupert Street and the Joyce-Collingwood SkyTrain station and you will see a colourful mural that tells the story of the neighbourhood's history. The mural was designed by artist Bert Monterona in 2017 and painted with help from a local youth group.

The brightly painted park benches and murals in front of Collingwood Neighbourhood House are also examples of community art projects.

### Art and community celebrations ★★★

Some community art projects are temporary and can only be viewed at certain times of the year. This type of art is called an installation because it is put up in one place for a short time. The time, setting and audience participation is just as meaningful as the artwork. Each year, the Still Moon Arts Society creates a beautiful lantern installation at Renfrew Community Park with help from volunteers and participants who help to make the lanterns.

This month, enjoy new art installations, storytelling and all kinds of performances during the weeklong Collingwood Days Festival starting on Friday, July 14. Since 2003, this annual event has celebrated the traditions, history and diversity of its 55,000 residents. Events take place at local parks and the Annex Plaza at 3690 Vanness before the main festivities on Saturday, July 22 at Gaston Park. Come join the fun, listen to the music and watch the performers!

### VOCABULARY

**community** — a community is a group of people with something in common

**input** — the ideas and information used to create or do something

**beautify** — to make something beautiful

**designed** — something that has been planned

**brightly** — with colors that are strong

**temporary** — lasting for a limited time

**Installation (art)** — a type of artwork where the time, setting and audience experience is important

**put up (phrasal verb)** — to build something

**setting** — place

**participation** — when you take part in something

**just as** — use just as before an adjective to say that one thing is equal to another: Oranges are just as delicious as bananas.

**performance** — a show or presentation before an audience

**weeklong** — lasting a week

**diversity** — the different races, cultures and genders of a people

**festivities** — the activities that take place during a festival



The Community Data Tree is one of many artworks and performances on view during the Collingwood Days Festival. Photo by Sophia Han

**Read On!**  
has a web page. You can:

Read the articles

<http://renfrewcollingwoodcommunitynews.com/category/read-on/>

### Reading levels on this page

Level 1 ★



Level 2 ★★



Level 3 ★★★

### Celebrating Communities Through Art

O	P	E	R	F	O	R	M	A	N	C	E	S	D
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- COMMUNITY
- STORYTELLING
- MUSICIANS
- DIVERSITY
- ARTWORK
- BEAUTIFY
- DANCERS
- PERFORMANCES
- PARTICIPATION
- MURAL
- CELEBRATIONS
- CREATIVITY
- TOGETHER
- FESTIVITIES



# 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

## Honouring volunteers at CNH

By Collingwood Neighbourhood House

The 2023 National Volunteer Week is from April 16-22! On April 19, we celebrated folks at our Volunteer Appreciation Event at CNH to thank and honour them for their continued generosity in contributing to and building an interconnected community.

This year's theme is "Volunteering Weaves us Together," and this couldn't ring more true to the hundreds of folks who poured in hours to volunteer for our programs and services. Our continued growth and expansion is thanks in huge part to our volunteers, who continue to generously share their time, talent, and energy to support one another and in turn, the community.

We are sharing some stories from our staff—and the volunteers themselves—that celebrate these volunteers' collective impact through their kindness, generosity, and commitment.



From Sandra Bodenhamer, Director of RISE Community Health Centre: "The RISE Community Health Centre Advisory Committee is a devoted team of volunteers that meet monthly. They report on community trends, and provide advice on how to improve health services. This summer, they helped run the RISE CHC grand opening event. They helped by providing Naloxone training, giving tours in different languages and sharing information about CNH."



Tess I (@handprintsstudio3 on Instagram) has been a dedicated and passionate volunteer on the Advisory Committee since the very beginnings of RISE Community Health Centre. Last year, she created an opportunity for local artists to paint murals throughout RISE. As an artist herself, she donated a beautiful art piece called ROOTS which creates a soothing environment for clients.



From Dovana Singh, Better At Home Manager: "Charis Chu is a Better At Home volunteer admin assistant extraordinaire. She has been volunteering with the Seniors' Team for over 2 years now and is a behind-the-scenes all-star. She processes payments, tracks interactions, does all kinds of miscellaneous tasks, and is always timely. Thank you for all you do Charis!"



From Eda Ertan, Seniors Health/Literacy Manager: "Alan Widdows started engaging with CNH as a Social Prescribing Program participant. Currently, he is bringing his love for reading by volunteering for the Literacy Outreach Program's EAL Book Club. His deep knowledge and previous experience working with Indigenous communities and his purpose

to contribute to meaningful causes made him a strong asset to CNH. In addition to his role at CNH, he volunteers his time on the Patient Advisors Network for the Canadian Institute for Social Prescribing to enhance the health and well-being of older adults in Canada."

From Maxx, a volunteer for the Youth Services Peer 2 Peer's All Genders Program: "I was looking for a place that would be filled with queer people. I found CNH and I've been going to All Genders for over a year now.



We're like a little family, always there for each other."

Lastly, CNH's Board Directors are all volunteers who not only sit on the Board but also work on Board committees and come to various CNH events. They are our ambassadors beyond CNH, too. The Board President, in particular, spends hours of time every month on CNH-related tasks. Together, Board directors weave together the strands of advocacy, oversight, ideas, representation and work to lead this thriving organization. A deep thanks to them for their caring!



July 2023

Collingwood Days 20th Anniversary July 14 - 22nd, 2023

It's finally here! Collingwood Days 2023! Scan the QR Code for event schedules. There is a two page insert in this issue as well. We welcome everyone to come out and celebrate our community. The Opening Ceremony will be at the Collingwood Days Annex from 10a.m.- 4p.m. Two Movie Nights in our local parks, activities will be hosted by different community organizations throughout the week. On July 22nd, the big festival with Main Stage, Marketplace, Kid Zone and Food Trucks will be located at Gaston Park from 11a.m.-4p.m. Thank you for our wonderful sponsors and partners.



Scan for more information.

New Mural at Tyne and Kingsway

There will be a new addition to the Murals in Collingwood. Our first large mural is located on the Cassandra Hotel's wall. The artist is @KrisAbrigo, he is from the Philippines and wanted to bring a Balikbayan Box to Vancouver. Collingwood is also known for the many Bubble Tea shops within 10 blocks. The latest mural will reflect our Bubble Tea culture and will for sure by an Instagram hot spot. It will be located at the corner of Tyne St. and Kingsway. Grab a coffee and take a seat on the bench. Make to tag @shopcollingwood

AGM in September

Date to be announced next month. We will looking for new board members and committee members to sit on the Safety, Marketing and Street Beautification and Expansion committees. We meet monthly on the third Thursday for each month at 11:00a.m. If you interesting in helping create the future of Collingwood please contact, Angela at [angela@shopcollingwood.ca](mailto:angela@shopcollingwood.ca)

Watering the Planter Boxes

During the warm and hot days this summer please take a few minutes to add water to the planter box near your business. For instructions, call the office at 604.639.4403.



Shop Collingwood! It's good for business.

Calendar of Events

July 1

Canada Day

July 14 -22

Collingwood Days 2023 (see ad in this issue for more information)

July 16

Ice Cream Day

Stop by Milk & Sugar for a cone!



How to Reach Us:

- @shopcollingwoodvancouver
@shopcollingwood
@shopcollingwood

Office:

#300 - 3665 Kingsway, Vancouver, BC V5R 5W2
T: 604.639.4403
E: info@shopcollingwood.ca

W: shopcollingwood.ca

Sign up to receive the monthly e-Newsletter



# Renfrew-Collingwood Instagram Photo of the Month



Do you know where the most tranquil place is in Renfrew-Collingwood? This video clip shows you. It was taken by Bryden Fergusson and shared @BestOfRenfrewCollingwood.

Follow *Renfrew-Collingwood Community News* on Instagram @RCCNewsPhotos and stay connected to the great things happening in the neighbourhood.

Tag your Instagram photos with one of these hashtags #RCCNewsPhoto #BestOfRC #EatingOutInRC #GetInvolvedInRC and you may see your photo here in next month's issue.



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戴偉思 鄧恩 戴維斯 Đào Vĩ Tâm  
Vancouver Kingsway

**Happy Canada Day**



*Reflecting on our past  
Taking action in the present  
Working together for a better future*

**Community Office**  
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604-775-6263 | Don.Davies@parl.gc.ca

  
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