

COMMUNITY NEWS

RenfrewCollingwoodCommunityNews.com



# Stop the subdivision of school grounds at Graham Bruce Elementary



The Graham Bruce's field is in danger of being sub-divided by the Vancouver School Board. Photo by Melanie Cheng

#### by Priscilla of the Graham Bruce Elementary School Parent Advisory Council

On June 2, 2022, the Vancouver School Board sent a letter to parents of Graham Bruce Elementary School, located at 3633 Tanner Street, advising that the City of Vancouver has granted preliminary approval to subdivide the school's play field.

The Board held a private meeting on May 29, 2023 to approve the following motion:

"The Board of Education approve proceeding with the consultation process, as described in Policy 20: Disposal of Land and Improvements, to consider the potential declaration of the eastern portion of the Graham Bruce Community Elementary school site as surplus to the education needs of the school district." (source: VSB School District letter dated June 2, 2023)

District staff are proposing to sell or long-term lease the eastern portion to generate "necessary capital revenue to address Board capital commitments and priorities that would benefit students in the VSB."

Funds from the subdivision will not go to seismic upgrades for Bruce Elementary, even though the school building is rated as "very poor" according to the VSB's own reports. The VSB has rated the school as H1, which means that it is the most vulnerable structure at highest risk of widespread damage or structural failure and seismic upgrades are required.

The Bruce Catchment is comprised of two schools. Graham Bruce is the larger school (the mother

Continued on page 2











胡豪偉 Dr. Peter Hu

Vancouver Main Dental is now open in the Renfrew-Collingwood community. Dr. Bo Hu and Dr. Peter Hu bring with them a brand new facility.

Now accepting new patients: Call

話:604-879-2526

We speak English, Mandarin and Cantonese.

HOURS

Monday, Tuesday, Wednesday, Friday: 09:30am - 05:30pm Saturday: 09:00am - 05:00pm Thursday and Sunday: Closed COVID:19 Safety Plan

3585 Kingsway, Vancouver Parking Available

Vancouver BC V5R 5G9

www.2400motel.com

www.vancouvermaindental.com

Toll-Free: 1-888-833-2400

reservations@2400motel.com



Stop the subdivision: Continued from page 1

school) and the smaller school is the Collingwood Annex. Children who attend the Collingwood Annex usually attend Graham Bruce after Grade 3.

VSB's data states that the enrollment at the Bruce catchment would decline. In fact, it has not.

Since 2016 a number of developments have occurred in the Bruce catchment. The Wall Centre Central Park Tower Project completed in 2017 with 1,054 new homes. The Westbank Tower Project at 5050 Joyce, completed in 2017, is now housing 256 new homes. In 2019, new expansion services were performed at the Joyce SkyTrain station, which makes the station bigger to host more people to commute to the area easily. A new development is currently underway across from the Westbank Tower project.

In addition, there are currently other smaller developments in the area, such as the ones on Vanness Avenue and McHardy Street and Vanness Avenue and Clive Avenue, underway. It is very clear that there are many more people and families in the area now.

Since 2016, Bruce's enrollment did not decline. It actually grew from the developments in the area. The VSB's projection of enrollment in the Bruce Catchment did not take into account the projected developments. The actual number of Bruce catchment enrollment is shown in the table at the top of page 3.

In the next 10 years, the City of Vancouver estimates that housing in the Renfrew-Collingwood area will further increase. There are nine more developments approved or pending approval to create over 1,600 new homes in the Joyce-Collingwood area over the next five years.

The VSB's decision to sell or permanently sub-lease the field at Bruce Elementary makes no sense. This last school year, there were 275 students enrolled at Bruce. In the 2023/2024 school year, it is estimated that enrollment at Bruce Elementary will exceed that number to over 280 students. One can predict that enrollment at this school will only go upwards.

This motion to potentially sub-divide the land at Bruce Elementary will only set a new precedent for all Vancouver schools. On April 11, 2023, at a Special Board meeting, the VSB voted to declare the Queen Elizabeth Annex, located in the Dunbar area, as "surplus" and closed the school for good despite their Parent Advisory Council's petitions and argument to close the school.

The VSB will base their decision on the sub-division of Bruce Elementary, like the Queen Elizabeth Annex, on consultation and engagement with the stakeholders, the three host Nations, school communities in the vicinity of Bruce Elementary, as well as other civic agencies. The engagement process will begin in the fall of 2023 and it is to help inform the Board's decision, which will be made at a public Board meeting later on in the year.

#### We need your help now

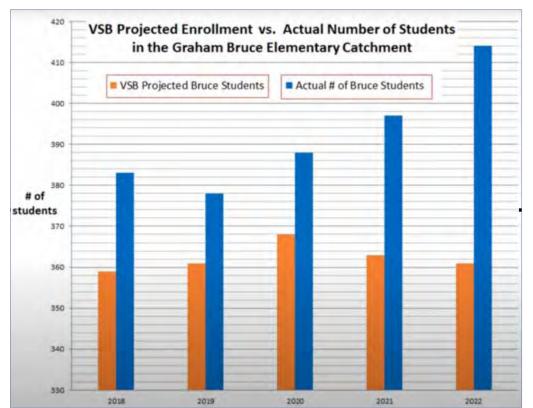
If you feel that the VSB's private meeting held on May 29, 2023 and motion that was brought forward was without transparency to the community, we agree. The Parent Advisory Council at Bruce Elementary is acting on this now and we are informing the Jovce-Collingwood and Renfrew communities. This decision of the VSB's will impact both communities, and more. The VSB needs to plan ahead and not redraw catchment lines. They

need to be aware that selling school lands is not a future forward way of thinking in this ever-changing urban development world. Schools and local businesses are a necessity for the future.

VSB's decision is mainly to aid in their capital commitments, not the people and the population at large. By developing more housing, we need more schools to educate future generations. We need schools, more specifically Graham Bruce Elementary, to be maintained and seismically upgraded in order to be in a position of educating future generations. If the VSB gets away with sub-dividing the land, the school itself will be next! We need Graham Bruce and Graham Bruce needs you!

Please visit our website at www. savebrucefield.com. Sign the petition, which can be found on the website. Come help us with our petition or volunteer to help us get the word out to the community and Vancouver at large.

Join us at the school field every Wednesday evening for a summer's night with the community. We will also be hosting a movie night on August 25, 2023 with a live band! We will also be at Collingwood Days on



(Source: compiled by Melanie Cheng, vice president of Graham Bruce PAC from VSB data and Bruce catchment data)

July 22, 2023, so please come visit us at our booth.

We look forward to seeing you at our summer events. Bring a lawn chair, or mats and cold drinks.

Please be reminded that the VSB's current and future actions could potentially affect many Vancouver

communities, and not just the Renfrew/Joyce-Collingwood community.

If you wish to download the petition from our website, please return the signed petition to Mr. Adrian Dix's office located at 5022 Joyce Street, Vancouver, BC.

We appreciate you and your support!









#### You can find the RCC News throughout Renfrew-Collingwood.

#### **Distributors**

- 1. 2400 Motel
- 2. Adrian Dix's MLA Office
- 3. Banana Grove
- 4. Boundary Business Center
- 5. Canadian Tire
- 6. Collingwood Library
- 7. Collingwood Neighbourhood House
- 8. Don Davies
- 9. Evergreen Community Health
- 10. Fresh Slice Pizza
- 11. Italian Cultural Center
- 13. Mosaic
- 14. Old Ramada Inn
- 15. Papa John's Pizza
- 16. Renfrew Library
- 17. Renfrew Park Community Center
- 18. Renfrew-Collingwood Seniors Society
- 19. Save On Foods
- 20. Shoppers Drug Mart
- 21. Starbucks
- 22. Superstore
- 23. Three Links Care Center
- 24. Tipper Restaurant



# Renfrew Collingwood

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:** Priscilla, Melanie Cheng, Carmen Lee, Airam S, David Penny, Loretta Houben, Gillian Guilmant-Smith, Grace Wampold, Alia Bhimji, 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: Aug. 10

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

### You Can Find the RC Community News @

Libraries, Collingwood Neighbourhood House, Renfrew Park Community Centre, The Italian Cultural Centre, Collingwood Policing Office, other organizations, religious institutions, schools, laundromats, Starbucks, Rona, Superstore, Canadian Tire, Walmart, London Drugs and Safeway coffee shops, restaurants, markets, corner stores, other businesses, and coffee tables all over Renfrew-Collingwood.

#### Contact the RCCNews

Phone: 604-435-0323 extension 261 Fax: 604-451-1191

Editorial:

rccnews-editorial@cnh.bc.ca

Advertising:

Phone Lisa Symons at 604.435.0323 email: rccnews-sales@cnh.bc.ca

Renfrew/Collingwood Community News

Collingwood Neighbourhood House 5288 Joyce Street Vancouver, BC V5R 6C9

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

#### by Carmen Lee

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 Jovce-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



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.

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.

#### THE INCOME TAX EXPERTS



#### & accounting

A Trusted Name In Our Community For Over 33 Years

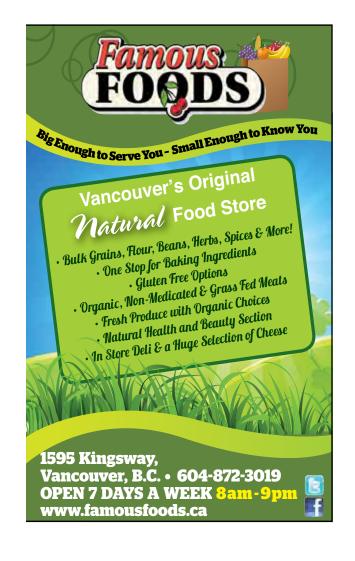
- E-FILE SERVICE AVAILABLE
- WESTERN UNION SERVICES AVAILABLE
- NO APPOINTMENTS NECESSARY
- EXTENDED HOURS FOR TAX SEASON

INCOME TAX PREPARATION
ACCOUNTING, BOOKKEEPING
PAYROLL, FINANCIAL MANAGEMENT, WCB,
HST RETURN FILING

Ph: 604-438-3611 3321 Kingsway

Fax: 604.438.6226 Email: gsodhi@shaw.ca hmtax@shaw.ca

www.hmtax.com





### Finally living at 44 years old: Reflecting on four years sober

#### by David Penny

Last month, I turned 44, but it's only been for the last four years that I have really started living life. You see, this month, four years ago, I decided to change my life and get sober.

As I approach the milestone of celebrating four years of sobriety on the 14th, I reflect on the incredible journey I've embarked upon. The possibilities that have unfolded since I decided to break free from addiction have been life-altering. I want to share my experiences and insights as someone who has witnessed firsthand the transformative power of sobriety. Whether you're just beginning your journey or supporting a loved one, I hope my reflections inspire and encourage you to embrace the limitless possibilities.

The first and most remarkable possibility that emerges from embracing sobriety is liberation from what seems like an unbreakable addiction. For years, substances controlled my life, dictating my actions, thoughts and emotions. But with sobriety, I broke free from those chains. I discovered a newfound sense of freedom and autonomy.

One of the most beautiful possibilities that arose during my journey to sobriety was the opportunity to rediscover my authentic self. Substance abuse had distorted my sense of identity, and I had lost sight of who I truly was. Now, I am reconnecting with my passions, hobbies and interests that I had neglected for years; this allowed me to nurture my talents, pursue my dreams and cultivate healthier relationships.

#### Relationships

Addiction wreaks havoc not only on the individual but also on their relationships. However, one of the most rewarding possibilities that sobriety brings is the opportunity to rebuild and strengthen those relationships. Through sobriety, I mended broken bonds, rebuilding trust, and fostered genuine connections. I learned to communicate effectively, empathize with others and be present in their lives. Sobriety taught me the importance of healthy relationships and surrounded me with a supportive network that continues to uplift and encourage me.

Sobriety not only transformed my relationship with substances but also significantly improved my mental and physical well-being. In the early stages of recovery, I faced emotional challenges and had to confront underlying issues that had led me down the path of addiction.

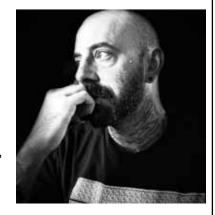
Through therapy, support groups and self-reflection, I gained invaluable tools to navigate life's ups and downs without substance abuse. Sobriety also allowed my body to heal, restoring my physical health and vitality.

With a clear mind and renewed spirit, I discovered the courage to pursue new passions, set ambitious goals and step out of my comfort zone. Sobriety opened doors I never thought possible, leading me to personal and professional opportunities that once seemed out of reach. Every day becomes an invitation to embrace new possibilities, savour life's joys and make a positive impact on the world.

#### Things to think about

Remember, the path to sobriety can be challenging. There

will be moments of temptation, doubt and maybe even setbacks. But with each passing day, your strength and resilience will grow, empowering you to overcome any obstacles that may arise.



As you embark on this journey, surround yourself with a supportive network of friends, family or support groups who understand and respect your decision to live a sober life. Lean on them for encouragement, guidance and accountability. They will get you through those dark days.

#### Things to do

Take time to celebrate your milestones and achievements, no matter how small they may seem. Each day of sobriety is a triumph, a testament to your strength and determination. Use these celebrations as reminders of how far you've come and the limitless possibilities.

Embrace self-care as an integral part of your sober lifestyle. Engage in activities that bring you joy, peace and serenity. Whether it's practising mindfulness, indulging in a hobby or pursuing a new passion, prioritize self-care to nurture your physical, mental and emotional well-being.

Lastly, remember that your sobriety journey is unique to you. It is not a race but a voyage of self-discovery and growth. Be patient and kind to yourself along the way. Celebrate the progress you make, even if it's not always linear.

#### Reflection

As someone celebrating four years of sobriety in just a few weeks, I can confidently say that the possibilities of living a sober life are boundless. Sobriety has granted me the chance to live authentically, cherish meaningful relationships and embrace new experiences with a clear mind and open heart. I'm working full-time, and going to school, something I never thought would happen at my age.

I leave you with a quote that has guided me throughout my journey: "We have two lives, and the second begins when we realize we only have one." May you find the courage to embark on this transformative journey and discover the remarkable possibilities that await you.

David Penny is the digital communications coordinator at Together We Can: Drug & Alcohol Recovery & Education Society.



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

Dear Neighbours,

I hope that you've all had time to enjoy the sunny weather while still being mindful of the heat. I thoroughly enjoyed my time meeting and engaging



with folks at the many returning events and festivals this year, including Graham Bruce's Annual Year-End BBQ, Greek Summer Festival, Fiji Fest, and of course Collingwood Days.

#### **Health Connect Registry**

If you live in B.C. and need a family doctor or nurse practitioner, you can register for the Health Connect Registry. You can register yourself and your family members as well. People will be connected to a primary-care provider based on their health needs, the provider's ability to take on those needs, and the region.

Register online at healthlinkbc.ca/health-connect-registry or call 8-1-1 to register for the Health Connect Registry in languages other than English. Translation services are available in over 130 languages.

Portable Air Conditioners for People who are medically vulnerable to the heat The Energy Conservation Assistance Program (ECAP) has been expanded to include free, publicly funded portable air conditioners, meaning more people who are the most vulnerable during extreme heat emergencies will have access to more cooling options to stay safe.

ECAP participants that live in a singlefamily home, duplex or townhouse may also receive energy saving products such as efficient shower heads, light bulbs, draft proofing and some may be eligible for fridge replacement and/or insulation upgrades (these additional upgrades are not available for condos and apartments). All products and services are provided at no cost.

Learn more at bchydro.com or contact 1-800-224-9376 for more information.

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

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

Sincerely,

Adrian Dix MLA for Vancouver-Kingsway



#### Find Collingwood Chronicles at Collingwood Library

**Local historian Loretta Houben** and head librarian Gillian Guilmant-Smith at the Collingwood **Branch Library,** 2985 Kingsway at Rupert. Loretta graciously donated three copies of her **Collingwood Chronicles to** the Vancouver **Public Library** and it will be available to borrow soon.



Loretta says, "I'm so excited!

The Collingwood library was the first library I ever visited as a child, and I have many happy times going there and borrowing stacks of books. The thought of it being in the library collection is a dream come true."

**Photo courtesy of Collingwood Branch Library** 

· Prescription Diets

Spay/Neuter

· X-ray/Lab

Ultrasound

Flea/heartworm Products

### You are invited

to join the new Renfrew Collingwood Community News editorial committee



If you are someone who lives and/or works in the Renfrew-Collingwood community who would like to help in guiding the editorial direction of this amazing community newspaper, then please contact the *RC CNews* team at rccnews-editorial@cnh.bc.ca or one of the other ways listed on page 4.

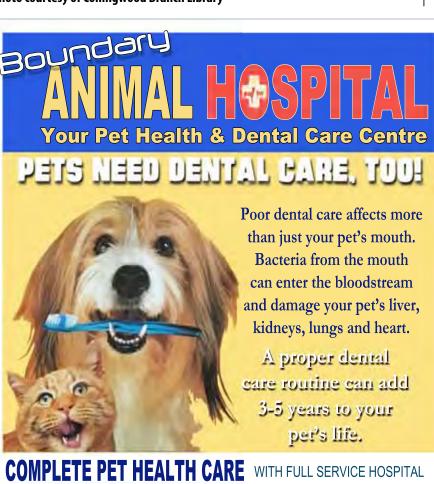
The new editorial committee will begin to meet monthly, via zoom and in person. There will be no real commitments or skills required - just a desire to contribute to this paper's content via discussion and possibly writing, reporting, or editing as people are interested. Otherwise, feel encouraged to continue sending us your contributions at anytime to: rccnews-editorial@cnh.bc.ca



#### THANK YOU!

to the contributors and advertisers that make the *RCCNews* possible.

To Advertise with the RCCNews
Contact Lisa at 604-435-0323
or email: rccnews-sales@cnh.bc.ca

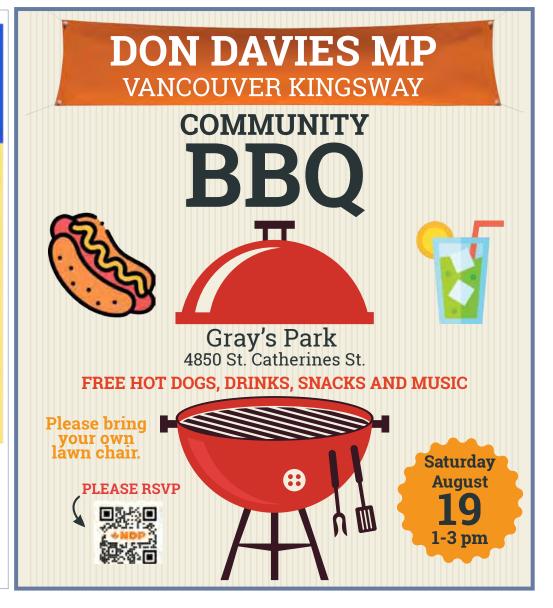


· Vaccinations

· Laser Surgery

Medicine
 Surgery

· Dentistry





#### Towards a more equitable, just and climate-resilient food future

#### by Grace Wampold

This past spring, the Renfrew Collingwood Food Hub gathered on the rooftop garden at Collingwood Neighbourhood House in collaboration with



GrandviewWoodlands
Food Connection, the Vancouver Urban
Food Forest
Foundation
and Ancestral
Foodways to
build a bokashi compost

Bokashi is a Japanese word meaning fermentation. Over the last year, the foodlands team at the Food Hub has collaborated with other Indigenous food garden projects to build a community of practice that supports a connected corridor of Indigenous plants across the city. We have come together to create shared language and values to carry forward in our land-based work.

To support native plant species, we decided to begin with the soil. Bokashi compost is a live fermented compost that includes forest microbes, oceanic nitrogen and, most importantly, the salmon of our great rivers and ocean. Feeding the soil felt like a natural starting point to grow and build our foodland corridor because soil feeds the plants that feed us.



#### Building a bokashi compost on the rooftop garden at Collingwood Neighbourhood House. Photos by Grace Wampold

Volunteers and gardeners from all four of our teams joined this workshop. The compost will be shared amongst our gardens and offered to other similar project teams who participate in future events. To some, this compost may just be a pungent pile of dirt but, for us, it is a symbol of our joint efforts towards a more equitable, just and climateresilient food future for our communities.

#### Participant experience at the bokashi workshop

While I didn't know much about composting or what to expect that day, I was excited to be part of an event that brought together various food justice organizations and Indigenous foodlands partners.

One aspect that resonated with me is the larger goal of connecting land and waterways across the city. Ingrid, representing Ancestral Foodways, shared that the salmon heads were generously gifted by Martin Sparrow and family of the Musqueam Nation. The soil we used was gathered from Squamish Territory, and the ash came to us through ceremony from the Tsleil-Waututh Nation. We also incorporated corn husks from the Mayan gardens, intentionally connecting our bokashi soil to the land and the Peoples who have been its stewards since time immemorial and ash from ceremonial fires held at Strathcona park.



Participating in this workshop has left me feeling grateful, knowing that it marks just the beginning of collaborative projects aimed at reconnecting the land and waters in the Coast Salish territory, colonially known as Vancouver.

Grace Wampold is the manager of the Renfrew Collingwood Food Hub.



# What's happening at Collingwood Branch August 2023



EARLY YEARS PROGRAMS (Drop-in)

#### Babytime (0-18 months)

Weekly on Thursdays until August 24 10:30 – 11:00 am

#### Family Storytime (all ages)

Weekly on Fridays until August 25 10:30 – 11:00 am

SCHOOL-AGE PROGRAMS (Drop-in or Registration Required)

#### **LEGO® Block Party**

Weekly on Saturdays 2:30 – 3:30 pm Come to the library for some LEGO® building fun at this block party! Connect with other kids



and break out the bricks for a building bonanza at the library. For Grades K-7. Drop-in.

#### **Amazing Mazes**

Wednesday, August 2 2:30 – 3:30 pm

Use your building skills to engineer a fast, tricky or just plain silly maze to race a marble through. For Grades K-7. Drop-in.

#### **Dynamic Dinosaurs**

Wednesday, August 9 2:30 – 3:30 pm

Calling all amateur paleontologists! Dinosaur bones have been found at the library and we need your help to investigate them. For Grades K-7. Registration required.

#### **Build the Future**

Wednesday, August 16 2:30 – 3:30 pm

Get creative as you explore architecture of the past, present and future. Have fun working with other kids to design and build your own amazing structures, skyscrapers or bridges. For Grades K-7. Drop-in.

#### **Summer Reading Club Summer Celebration**

Wednesday, August 23 2:30 – 3:30 pm

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

For complete listings visit www.vpl.ca/events

# Save the date: The 21st Annual Renfrew Ravine Moon Festival is on its way

by Alia Bhimji

It's that time of year again! Temperatures are warm, summer vegetables are ready to be harvested, Leo season is in full swing and the Renfrew Ravine Moon Festival is only a few weeks away.

Join Still Moon Arts Society this September to celebrate the changing season, the harvest



The Moon Festival's Lost Streams Parade features stilt walkers, live music, mythical creature costumes and wildlife puppets. Photo by Ricky Chen

moon, the Renfrew-Collingwood community and our beloved natural neighbour, Still Creek. The theme for the 2023 Moon Festival is Water's Wisdom, and our hope is that it inspires community members like you to reflect upon the knowledge that water holds and all that it can teach us.

#### Mark your calendars!

Saturday, September 23rd is:

- **the Harvest Fair**, where musicians and dancers of all genres, sounds, and styles will be presenting free, live shows from 4:00 to 7:30 pm at Slocan Park (2750 East 29th Avenue, Vancouver). Enjoy the performances while participating in drop-in workshops, browsing the community booths and food pop-ups, or entering the neighbourhood vegetable competition.
- the **Lost Streams Parade**, beginning at sunset at Slocan Park and ending at Renfrew Community Park (2929 East 22nd Avenue, Vancouver). This community march honours the buried streams beneath the Renfrew-Collingwood neighbourhood. The parade features stilt walkers, live music, mythical creature costumes and wildlife puppets.
- the **Streamside Lantern Installation**, a public exhibition at Renfrew Community Park where over 20 local artists will showcase work that involves light and sound. Lanterns cast light around the ravine as live music is performed at this 7:00 to 9:30 pm spectacle. Key artists include designer and geometer Ari Lazer, Elektra Women's Choir, musician and lantern artist Isaac Rufus, musical trio Gamelan Turtle Bliss, sound therapist and Quantum Care founder Eda Ertan and interdisciplinary artist and mycologist, Willoughby Arévalo.

Friday, September 29th is:

• the **Consciousness of Streams** finale, closing out the month-long festival celebrations with a public performance that explores the themes of the moon and water through movement, stilting, music, paper marbling and costume. Join us from 7:00 to 8:30 pm at Renfrew Community Park to enjoy the waxing crescent moon and bid adieu to the 21st Moon Festival.

Plus, don't miss the Moon Festival workshops and side events that are happening all September long.

#### Last call for volunteers

Extended Deadline: August 15th. Volunteers of all abilities, skills and interests are encouraged to sign up.

Head to www.StillMoonArts.ca/Moon-Festival to stay updated on the festival buzz and upcoming workshops, register for a volunteer shift and plan your Moon Festival experience this September.

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

### COOL OFF WITH ASIAN SUMMER DISHES

#### by Sophia Han

LOWER INTERMEDIATE \*\*

#### Cold noodle dishes

We often eat smaller and lighter meals on sweltering summer days. In East and Southeast Asia, one of the most refreshing ways to keep cool is to enjoy cold noodle dishes.

Somen is a type of thin wheat noodle from Japan. It is dipped in a tasty sauce made from rice wine, sake, bonito flakes and soya sauce. Soba is a similar dish but it uses noodles made from buckwheat. A spicy version popular in Taiwan and China is flavoured with green onions, sesame oil and Sichuan peppers.

Cold noodle dishes are popular in Asia because they are tasty, satisfying to eat and easy to prepare.

**UPPER INTERMEDIATE \*\*\*** 

#### **Refreshing Asian desserts**

Asian desserts are often lighter and less sweet than desserts in Western countries. In many homes and restaurants, dessert might only consist of cut fruit.

A unique Asian fusion dessert from the Philippines is halo-halo. Made from shaved ice, coconut milk and an assortment of fruit jellies, sweetened red beans and sometimes, ube ice cream, this dish is as filling as it is refreshing.

Halo-halo means "mixed" in Tagalog and its origin can be traced to recipes brought to the Philippines by Japanese immigrants.

#### Local eats

Joyce Bistro Kamome (5228 Joyce Street) is a cozy Japanese restaurant that serves up soba and other homemade dishes. For dessert, try the halo-halo at Bao Bakery (5115 Joyce Street).

#### **VOCABULARY**

**lighter** — lighter can describe food that is less filling and easy to digest

**sweltering** — when the weather feels both hot and wet **one of the most** — use when you want to describe an example of something: "Oranges are one of the most delicious fruits you can eat."

**refreshing** — something that makes you feel energetic **a type of** — an example of something

 $\mbox{\it version}$  — a copy of something that is a little different from the original

**satisfying** — food that is satisfying makes you feel full **Asian fusion** — in cooking, Asian fusion means that ingredients and methods of cooking from different Asian cultures are combined to make new dishes

**assortment** — when there are many different types of similar things

**as/as it is** — use as and as it is to compare two qualities of the same thing: "An orange is as healthy as it is delicious."

origin — the beginnings of somethingtrace — to follow something to its origin



Halo-halo is a refreshing summer treat from the Philippines. Photo by Sophia Han

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

Read the articles

http://renfrewcollingwood communitynews.com/category/ read-on/

#### Reading levels on this page

Level 1 ★

ITERACY NOW

Level 2 ★★

BRITISH COLUMBIA

Level 3 ★★★

#### Asian Summer Dishes

S	0	N	N	Ε	F	N	S	R	Т	Т	Т	Т	0
Α	G	J	F	0	I	Ε	S	N	F	Α	Α	W	S
T	N	s	0	Р	I	s	Ε	I	U	Ε	U	0	L
I	Ε	L	S	L	Ε	I	S	L	S	R	R	I	G
S	S	s	L	L	Т	Ε	F	N	I	Т	С	Ε	N
F	Υ	Ε	D	S	S	N	I	0	0	Ε	S	N	I
Υ	J	0	G	Т	W	Ε	U	N	N	N	Ε	F	Н
I	0	G	N	R	Ε	S	G	L	Ε	D	Т	I	s
N	R	N	S	Ε	Ε	С	0	С	0	N	U	Т	Ε
G	G	I	N	С	Т	Α	S	Т	Υ	L	I	Ε	R
Α	G	L	Α	I	Ε	Ε	U	R	Т	N	Ε	Υ	F
N	Т	L	I	P	N	R	I	N	L	S	F	N	Ε
I	T	Ι	R	Ε	Ε	G	S	0	0	С	S	Ε	R
W	N	F	F	S	D	S	Ε	I	P	0	Ι	С	I

FUSION
RECIPES
COCONUT
NOODLES
JELLIES
REFRESHING
TREAT
FILLING
SATISFYING
ICE
TASTY
SWEETENED





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



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

# Weaving a stronger neighbourhood through volunteering

By Collingwood Neighbourhood House

We would like to thank our valued volunteers who contribute their time and talents across the lower mainland. At CNH, each volunteer helps us weave a stronger neighbourhood through their experience, perspective, and abilities.

In our Volunteer
Appreciation Event awhile back, we acknowledged the unique ways our volunteers give back by reciprocating the love and appreciation they have shown to the community.

Thanks to our donors for supporting us in this event as well: *Jambo Grill, Liberté Café and Restaurant, London Drugs,* and *Safeway*.

Our volunteers' continued support of our programs and services reinforce our ability to grow, thrive and create change in our community. We are privileged to witness their contributions in our community – Thank you Volunteers!













#### August 2023

#### Collingwood Days 20th Anniversary Celebration

Gaston Park was buzzing with community members, organizations, residents and guests, making this 20<sup>th</sup> Anniversary Celebration a HUGE success! The weather was a true summer day. The performances on the main stage were world class. Many traditional South Asian dances and songs were shared. Resident Elvis aka Peter Yap sang to the crowd. There was cake served to over 375 people. The winner of the watermelon eating contest, took less than a minute. Stilt walkers in amazing bird costumes, fluttered the park. The Kid Zone had everyone jumping and enjoy a game of mini golf. There were over 34 organizations, artists and artisans showing and sharing with the community. The volunteers were the heart and muscle for the event and we are all so grateful.

Check out the website and the social media platforms for photos and learn how you can participate next year. www.collingwooddays.com

#### **New Mural at Tyne and Kingsway**

We are so pleased to have the mural completed at Tyne and Kingsway. This particular wall was a target for many taggers. The CBIA, commissioned, Mara Cortez to design a mural to bring colour and vibrancy to the Collingwood area. Go by and have a seat at the bench and make sure you take a photo and tag us in it. @shopcollingwood

#### **Annual General Meeting September 20, 2023**

Mark your calendars and look out for the AGM package in your email and it will also be hand delivered by the Collingwood Guardians. 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 <a href="mailto:angela@shopcollingwood.ca">angela@shopcollingwood.ca</a>

#### **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.



#### **Stay Cool in Collingwood!**

We are so fortunate to have many businesses in Collingwood to help keep us cool during these warm and hot days and evenings. We are desserts, bubble teas, ice cream, slushies along Kingsway. Visit them all! Follow us on Instagram to see how you can Stay Cool in Collingwood.

#### **Calendar of Events**

**August 5 – 6** 

Vancouver Pride Festival

August 7

**BC** Day

August 19 – Sept. 4

PNE

September 4

**Labour Day** 

September 5

Back to School

**Annual General Meeting** 

September 20



#### **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

Email info@shopcollingwood.ca



# INTERNATIONAL OVERDOSE AWARENESS DAY COMMUNITY GATHERING

REMEMBERING OUR LOST LOVED ONES

NORQUAY PARK 5050 WALES ST. VANCOUVER

5PM-9PM







BRING ALONG
A PHOTO OF A
LOST LOVED ONE
FOR THE
MEMORIAL
DISPLAY

COMMUNITY RESOURCES
NALOXONE TRAINING
MEMORIAL DISPLAY
MUSICAL PERFORMANCES
6:30PM SPEAKERS

FOOD TRUCKS & A WATER STATION
BRING A REUSABLE WATER BOTTLE AND
LAWN CHAIR OR BLANKET



# ENDOVERDOSE