

Lions Gate Chorus Named World Champions



Vancouver a cappella group breaks records and brings home the gold at international championship competition!

Lions Gate Chorus, a Vancouver-based chorus of 100 a cappella singers, secured the title of International Champions on November 4th 2023, at the 75th Annual Sweet Adelines International Convention and Competition in Louisville, Kentucky, with record-breaking scores.

This is the first time in the chorus' 69 year history to win the coveted international gold medal. Not only did Lions Gate win the contest, but they were also the first chorus in Sweet Adelines history to receive a perfect score in any category from the panel of judges.

The group is well-known in the global barbershop singing community for their creative shows and musical excellence. Moments before the announcement of their championship title, Lions Gate was also named the audience's choice for "Most Entertaining Chorus" of the competition — an award they won in 2009, 2017, and 2019.

Watch their gold medal performances here:

<https://youtu.be/IgBz1jDRER4?si=Fwqjl4LgK7juvsAf> (semi-finals) and <https://youtu.be/AcLcQN6hGIs?si=urVMV0AxquYfu8tf>

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Coastal City Ballet Presents
An Evening of Classical & New Work La Bayadère
- "The Kingdom of the Shades" and "Lull"



Featuring
Collingwood
resident
Rachel Gibbs.
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Local Resident Wins World Championship!

Hello. My name is Meghan and I've lived in the Joyce-Collingwood neighbourhood for 13 years now. Earlier this month, my Vancouver-based chorus, Lions Gate Chorus (pictured above) competed in an International Competition and for the first time ever, we won the gold medal! I'm incredibly proud of this accomplishment; we all worked so hard to achieve this goal. No matter how I'm feeling, joining with 96 other voices lifts my spirit and brings me so much joy. I feel so lucky to have found this group, with whom I've been singing for nearly 17 years. Thank you, Meghan Fell.

Thank you Meghan for this wonderful contribution and congratulations to you and all of the Lions Gate Chorus! International Champions! Gold Medal! Holy smokes!
Paul, RCC News editor

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Lions Gate Chorus wins gold: Continued from page 1

Under the leadership of their Musical Director, Sandy Marron, Lions Gate has been in the top 5 of more than 500 Sweet Adelines International choruses worldwide since 2007.



Sandy Marron

"As soon as they announced 2nd place and it wasn't us, I knew that after 32 years of directing this fabulous group of singers, we had finally achieved "the impossible dream" of becoming world champions. This was a life goal for me, and I couldn't be any happier. These singers are not only my chorus members, they are my best friends," said director Marron.

"This truly is the Olympics of acapella singing where everyone is excellent!" said Cammi MacKinlay, Lions Gate member and Past International President of Sweet Adelines International. "It has taken years and years of hard work, determination, dedication, perseverance, a willingness to learn and grow and of course, lots of joy and laughter to finally be able to say 'We did it!'"

Chartered in 1954 and based in Vancouver, British Columbia, Lions Gate Chorus is Canada's longest-standing Sweet Adelines chorus. With over 100 singing members, they perform at concerts, local community events and in regional and international competitions. Lions Gate Chorus exists to create a place where members from all walks of life can come together and work toward a common goal of excellence in performance, singing, and leadership in a safe environment that centres on the experiences of women.

Lions Gate Chorus rehearses every Tuesday at 7:00pm at the Croatian Cultural Centre in Vancouver.

About Lions Gate Chorus



Lions Gate Chorus, founded in 1954, is a renowned a cappella choir captivating audiences with their exquisite 4-part harmonies and exceptional showmanship. With over 100 members from diverse backgrounds, the auditioned choir performs a variety of popular styles. Under the direction of Sandy Marron, Lions Gate Chorus delivers performances that resonate deeply, offering a masterclass in musicality and emotion. In November 2023, they earned the title of International Chorus Champion and Most Entertaining Chorus from Sweet Adelines International.

Beyond their musical excellence, Lions Gate Chorus fosters an inclusive and empowering intergenerational community, welcoming singers in a safe and accepting space. Members actively contribute, forging lasting bonds and celebrating the art of a cappella. Singers interested in auditioning can learn more at <https://www.lionsgatechorus.ca/join-us>. Lions Gate Chorus is a non-profit, charitable arts organization, run by volunteers, and funded through the generous support of donors, performances fees, and grants. Event organizers interested in hiring Lions Gate Chorus to perform can learn more at <https://www.lionsgatechorus.ca/hire-us>.

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Collingwood's favourite paper boy Dennis Alexander Reid

Delivered: October 30, 1937 - Last delivery: November 4, 2023 at 4:20 PM (nailed it)

by Paul Reid

Yes, my dear fine father has left the building. What can I say, he was the best dad that money can't buy and I will miss him to no end!

Or 30 or 40 years, even less, before I join him beyond the ol pearly gates. Till then Dad...be good. Thank you to Rev. Sylvia Schmidt for presiding over the ceremony at First Lutheran Church and to everyone who attended and volunteered. It was a wonderful send-off!

Yes, my father was quite a little rascal it seems when he wasn't delivering his papers down Kingsway. We featured him awhile back when he won the 2400 Motel Puzzle. The 2400 Motel, was his last paper delivery, and he says he heard rumours that sometimes the boys (not him) would peak into the windows at night there to see what they might see. Not him though. He did admit that he used to sneak into the old theatre on Kingsway (across from Carleton). Whatta scamp.

I have fond memories of Dennis and I growing up together. I remember us building a fort in an empty field. We built a fire for toasting marshmallows. It was a peat field, so we set the whole field on fire. The VFD was not happy.

Ken Daly
Friend
November 20, 2023

And here's another story that just came to light that was news to my mother and two brothers and I. I'll just paste it here as it appeared in an online obituary comment section. Thank you Ken Daly for this insightful peice of local history and my father.



My dad grew up in Collingwood, attending, Carleton Elementary, Gladstone Highschool, and later Van Tech for grade 13. His house was at the NW corner of 43rd and Lancaster. He remembers when the area around Collingwood Neighbourhood House was a farm with many fields. I wonder if that was where his little VFD incident occurred. Those peat fires are not easy to put out! Love ya Dad! Photos courtesy of the Reid family

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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
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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: Dec. 5

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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Collingwood Neighbourhood House
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Vancouver, BC V5R 6C9

THE STORY OF CHRISTMAS

ONE OF OUR FAVORITE TIMES OF THE YEAR.

By Vince Prasad.

Collingwood community is blessed with many new comers to Canada, just like the early settlers in year 1600, 1700, 1800, who Came to Canada because they were looking for a better place to live and raise their family.

We have many new comers in our community, and they will be experiencing their first Christmas in Canada.

This gives us an opportunity to witness the true meaning of Christmas.

In December Christians will be celebrating the Jesus' birth. Some will celebrate this special holiday by decorating their homes with as many lights while singing Christmas carols and waiting in anticipation of freshly baked food or just as a holiday to get together and spend time with the loved ones.

Not everyone does things this way. Some families open Christmas presents on Christmas day, or have different dinners, meatless dishes, seafood, meatballs, goat meat and side dishes. Christmas in Canada is a combination of a lot of traditions, since Canada is very ethnically diverse.

For those who wish to celebrate Christmas meaning fully and biblically, need to focus

our hearts and minds on Jesus. Let's apply the message of Christmas in our lives.

In the Gospel of (Luke)1: 26-38) an Angel promises the Birth of Jesus to Mary.

In order to celebrate Christmas meaningfully and biblically, we need to focus our hearts and minds on Jesus. This is a good opportunity if we have not done so; this year let us apply the message of Christmas in our lives.

In the Gospel of Luke 2:11 "For unto you is born this day in the city of David a Savior, which is Christ the Lord.

He offers us more than temporary political or physical changes -he offers us new hearts that will last for eternity.



On this Christmas day, if you find dark places in your life, take hope God knows. Christ will light the way, for He is with you.

When trials come our way, we long for peace -peace of heart, peace of mind- and peace of life, when we have the Prince of Peace ruling in our heart, we have the most precious gift – the peace of God, this day we focus of Him, praise his name, and worship Christ, the new born King.

MERRY CHRISTMAS.

Vince prasad is a resident of Collingwood and worships at Faith Fellowship Baptist Church in Vancouver, BC

Christmas at Collingwood Baptist Church

We invite you to worship with us this Christmas

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Christmas Eve Service at 10:30 am

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Youth Connect Program by Still Moon Arts Society

by Ada Dragomir



Youth Connect Cohort during the first Medicine Making Workshop at Still Moon's Alder Field House. Photo Credit Ada Dragomir

Youth Connect links youth who belong to underserved communities to their environment, artistic creativity and one another.

In 2023, Still Moon led 3 cohort-based sessions for Renfrew-Collingwood youth. We were elated to have such wise young people participate.

In partnership with PosAbilities—a program that assists people with disabilities to lead meaningful lives—eager Connect participants visited Colour Me Local Dye Garden (CML) by Renfrew Ravine. We explored gardening, watering, and using natural dye. We learned a beautiful water song and experienced joy tending the land and each other.

Starting in late July, our second cohort began. The Frog Hollow Youth Advisory Committee experienced the joyful messiness of working together.

Our first sessions took place during a two-week long adventure in natural building. Together with a group of dedicated volunteers, natural builders, and the Still Moon team, Connect participants mixed sand, clay and straw to build our very own Cob Garden Shed. Later in the month, youth returned to pick fresh coreopsis tinctoria (dyers tickseed) and prepared a dye bath. We produced vibrant orange cotton handkerchiefs.

Our final session was another messy hands-on experience! Connect participants worked to produce a folk style salve for minor wounds. Each participant went home with a small jar of this healing preparation. During this session,

we co-created a silk scarf for guest facilitator, Lori Snyder. Many of the youth joined Lori during Moon Festival for an Orange Shirt workshop where we combined decoloniality-focused reflection with further plant-based dye techniques.

The third and final cohort began, somewhat unsurprisingly, with a giant mountain of compost. 13 young people from the neighbourhood joined us to tuck our hard-working garden away for the winter with a blanket of nutrient rich soil.

Later, we used our last harvest to play with bound resist techniques, working with wooden blocks, marbles, and elastic bands to form patterns on cloth. We were lucky to have herbalist Laura Cisneros join us for a medicine-making session full of plant wisdom in early November, and during our native shrub planting session with Stewardship Manager, Adrian Avendano, we realized that digging a good hole on a steep hill is harder than it looks!

As a new hire at Still Moon, running this program has been the absolute highlight of my tenure.

Learn more about Youth Connect, and pre-register for a future cohort at: StillMoonArts.ca/what-we-do/connect

Collingwood Corner: A Happy Christmas in 1963

by Loretta Houben

Life was less complicated in 1963, sixty years ago. I was a young girl only 3 years old. My parents had bought a brand-new house that summer, so it was our first Christmas there. We always had a fresh live Christmas tree, purchased from Simpsons-Sears garden centre in Burnaby. My parents kept it outside in a bucket of water until one week before Christmas, when it was brought inside where my dad put on the strings of coloured lights, including the popular bubble lights, and my mom decorated the tree with new ornaments, and some heirloom ones. She also carefully put on lead tinsel which was heavy and needed to be placed strand by strand on the branches. It was a beautiful sight.

My mom often ordered our toys from the Simpsons-Sears Christmas catalogue. The parcels were delivered to the house, wrapped in brown paper. One day my mom received a large box from the delivery man and hurried into her room to hide it. I followed her and wanted to know what was in the box. She took the item out and gave it to me. But even at that young age, I knew there had been something in the box, and I wasn't fooled. I sniffed the box, and I could detect the odour of a new doll. I began to cry. I cried until my mom gave in and gave me the doll! It was a lovely baby doll dressed in a christening gown and cap. She was impressed that I could tell what was in the box just by the smell.

I also got a new red velvet dress, sewn by my mom who hated sewing, a play stove with dishes and a plastic turkey, and a fire engine to ride on. My little sister got a wooden train set with a large track. It was a lovely Christmas.





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Coastal City Ballet Presents - An Evening of Classical & New Work La Bayadère - “The Kingdom of the Shades” and “Lull”

Collingwood resident, Rachel Gibbs, is featured as a main protagonist



Rachel Gibbs

On December 2nd, Coastal City Ballet proudly opens its 2023-2024 season with the critically acclaimed scene from La Bayadère “Kingdom of the Shades “. The evening’s program will also premier newly commissioned work “Lull” by emerging choreographer Anya Saugstad.

La Bayadère originally premiered in 1877 with the third act Kingdom of the Shades receiving the most praise. The scene Kingdom of the Shades ranks as one of the most celebrated excerpts in all of classical ballet, it is often performed independently from the full-length work. With 20 shades entering in a moonlit mist descending from the mountains, the stunning scene will take your breath away. Choreographed by Marius Petipa and music composed by Ludwick Minkus, Kingdom of the Shades is an iconic piece that every ballet lover will not want to miss.

The upcoming fall program will also feature world premiere “Lull”, a choreographic work by Anya Allegra Saugstad, with original music composition by Stefan Nazarevich. Anya was the recipient of the Iris Garland Emerging Choreographer Award for the 2023/24 season for her work ‘Paper Mountains.’ Anya’s company creates and presents live, digital, and site-adaptive performance works that provide space for emerging femme artists to tell their stories through movement. Stefan Nazarevich is a Ukrainian-Canadian musician and sound artist and a frequent interdisciplinary collaborator.

Lull is a mesmerizing movement piece that follows two beings drifting from one another. The work explores themes of water, it’s calm, storms,



tides, and movements, embodied through a swarm of 25 dancers. “Lull” invites audiences to witness this work like an ocean.

About Coastal City Ballet

Coastal City Ballet is a pre-professional ballet company located in Vancouver, BC. Coastal City Ballet provides postsecondary age dancers with professional-level performance, training, and mentorship opportunities in preparation for a career in dance. Company members maintain a rigorous training schedule modeled on that of a professional ballet company with daily class, rehearsals, and scheduled performances throughout the season.



Coastal City Ballet specializes in a diverse range of dance styles including neoclassical and classical ballet, as well as contemporary works and the creation and presentation of story ballets. Our repertoire showcases the fusion of traditional techniques with modern innovations, providing audiences with a unique and captivating experience.

The company is helmed by Andrea Allen as Company Director, while featuring a team of acclaimed dance professionals from North & South America, Europe, and Asia on its artistic staff. Learn more about Coastal City Ballet at: www.coastalcityballet.com

Out on a Lim



Some shots of colour from Penny Lim to help chase away the winter blahs. Thank you Penny!



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Don Davies MP

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Best wishes for the holidays



Merry Christmas and Happy Hanukkah!
However you celebrate this season, remember to do it safely

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What's at Collingwood Branch in December

EARLY YEARS PROGRAMS



Babytime (0-18 months)

Weekly on Thursdays until December 14

10:30 – 11:00 a.m. Drop-in.

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

Family Storytime (All ages)

Weekly on Fridays until December 15

10:30 – 11:00 a.m. Drop-in.

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

Baby Stay and Play (0-18 months)



Thursday, December 21 & 28

10:30 – 11:30 a.m. Drop-in.

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

Family Stay and Play (0-5 years)

Friday, December 22 & 29

10:30 – 11:30 a.m. Drop-in.

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

SCHOOL-AGE PROGRAMS

LEGO® Block Party (Grades K-7)

Weekly on Saturdays

2:30 – 3:30 p.m. Drop-in.

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

Keva® Plank Party (Grades K-7)

Friday, December 8

3:30 – 4:30 p.m. Drop-in.

Drop in to the library for some Keva® construction fun! Connect with other kids and explore the excitement of engineering

ADULT PROGRAMS

ESL Conversation Practice

Tuesday, December 5, 6 p.m.- 7 p.m. Drop-in.

Tuesday, December 19, 6 p.m. – 7 p.m. 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.

For complete listings visit www.vpl.ca/events

Fun at Collingwood's Tree Lighting Ceremony

Photos by Paul Reid



Noticed in Renfrew-Collingwood

Noticed in Renfrew-Collingwood...Translink Reindeer Bus



With this month's neighbourhood winter carnival happening at Kingsway/Tyne, and with the Christmas tree that will be there throughout the holiday season, I decided to feature the Translink Reindeer Bus stopping at that Kingsway/Tyne corner.

Karen Vanon



Renfrew Branch Programs: December 2023

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



All programs are FREE.

For more information, visit www.vpl.ca/events.

Special Events

Make It! Winter Paper Plant Craft

Wednesday, December 20th, 3:30pm – 4:30pm. Drop-in. Grades K-7.

Flex your creative muscle in this pop-up maker space event!

In this session, we will be creating beautiful handmade plants out of paper.

For Children

Babytime

Mondays, December 4th and 11th at 11:00am and 1:30pm. 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, December 4th and 11th at 10:00am. 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.

Toddler Box Party

Friday, December 22nd, 10:00am – 11:00am. Drop-in. A special box party just for toddlers. We'll provide crayons, music and cardboard boxes of all sizes to play with and draw on; you provide the toddlers! For ages 1-3.

Family Movies

Fridays at 3:30pm. Drop-in.

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

December 1: Abominable

December 8: Frozen

December 15: Frozen II

December 22: The Grinch

December 29: The Incredibles

For Teens

Teen Advisory Group

Thursday, December 7th, 4:00pm – 5:00pm. Visit www.vpl.ca/teens to register.

TAG stands for Teen Advisory Group – a place where you can share your ideas about the library's teen programs, services and collections!

For Adults

Adult Colouring Club

Thursdays, 10:00am

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



Family Movie: Abominable

DECEMBER 1, 2023

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



This week: Abominable

When teenage Yi encounters a young Yeti named Everest on the roof of her Shanghai apartment building, she and her mischievous friends embark on an epic quest to reunite the magical creature with his family.

3:30pm – 5:00pm Renfrew Branch

Famous FOODS

Big Enough to Serve You - Small Enough to Know You

Vancouver's Original Natural Food Store

- Bulk Grains, Flour, Beans, Herbs, Spices & More!
- One Stop for Baking Ingredients
- Gluten Free Options
- Organic, Non-Medicated & Grass Fed Meats
- Fresh Produce with Organic Choices
- Natural Health and Beauty Section
- In Store Deli & a Huge Selection of Cheese

1595 Kingsway, Vancouver, B.C. • 604-872-3019
 OPEN 7 DAYS A WEEK 8am - 9pm
www.famousfoods.ca

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

Dear Neighbours,



Happy holidays and best wishes in the new year to you and your loved ones. We've accomplished a lot together this year and I'm grateful for each one of you for your support. I'll be taking time to reflect on 2023 and all the changes that have come our way.

Collingwood Winter Carnival

This year's Winter Carnival was again a wonderful success. I hope everyone stayed warm and toasty with lots of hot cocoa and holiday treats. I want to express how grateful I am to the organizers, and all of the volunteers, performers and artists who contribute to such a magical event.

Pay Transparency

Everyone deserves to be paid fairly and our communities are stronger when everyone is treated equally. However, too many women in B.C. are still making less than men. Last year, women in B.C. earned 17% less than men. The pay gap also disproportionately impacts Indigenous women, women of colour, and immigrant women, as well as women with disabilities and non-binary people. Beginning November 1, 2023, all employers in B.C. must include the expected pay or the expected pay range for a specific job opportunity that they advertise publicly.

Securing Small Business rebate program

Recognizing the increased costs to businesses due to property crime and vandalism in rural and urban communities across the province, the Ministry of Jobs, Economic Development and Innovation has launched its \$10.5 million Securing Small Business Rebate Program, which will provide small businesses with funds for eligible commercial property crime and vandalism repairs, or to implement eligible preventative measures.

Businesses will be able to apply for as much as \$2,000 per business for the cost of repairs due to vandalism, and up to \$1,000 for prevention measures. Applications are retroactive to Jan. 1, 2023, to help businesses recoup costs incurred this year.

Applications open now at <https://bcchamber.org/securing-small-business-rebate>.

As always, my community office, at 5022 Joyce St. Vancouver, is open to provide services for constituents in person with appointments and via phone and email. Please give us a call at 604-660-0314 or email us at adrian.dix.mla@leg.bc.ca, 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



Read On! A news section for Renfrew-Collingwood learners

Beating the winter blues ☆☆☆

by Tony Wanless

Doctors have long understood that, in these months, most people begin to feel sad, less energetic, quieter and, often, sleepier.

Our moods aren't as cheerful as they were in the summer. Life seems more difficult. Happiness has gone.

In Vancouver, this end-of-the-year sadness is stronger. The dark, cold, rainy days and constant gloom make many people feel tired and glum.



These feelings are often called the "blahs" or "The Blues" – like in the songs about trouble and heartache.

Because our bodies need light to create the chemicals in our brains that make us happy or energetic, we often feel sad and unhappy, more tired, and, sometimes, hopeless, in the darkest times of the year.

But not everyone is affected by the year-end blues. Some people live through the period with few problems while others are so sad they want to pull a blanket over their heads until springtime.

This last feeling is more formally termed seasonal affective disorder (SAD) – a form of mental illness caused by a lack of light.

Doctors say that the best way to survive the year-end months is by being involved in activities like exercise and spending more time with friends and family.

These keep you energized during the dark period. Joyful activities produce chemicals in the brain that make you happy and so help beat the blues.

Also, most religions have created something to help the (mostly western) world survive the blues.

It's called Christmas, which began as a religious ceremony in much of the Northern world as a way to cheer up people in the darkest time of year. Now, it is almost a month-long celebration that makes us happier.

So have a merry, happy Christmas, everyone. And try to remain cheerful.

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 ☆☆☆

N O T K Q K T D E D E L S C W
 E O X H L N O J E D X U L N D
 B P I T O C X Z U S E F A L F
 T V T T T P I F A B R Y C E I
 A L X O A G E D Q R C O I Z W
 E I R R R R Y L H W I J M P W
 A S A E I I B P E V S B E D N
 I Z N G Q B B E P S E L H M U
 F E G L O O M A L A S A C U S
 T S L E E P I E R E H H X D M
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 G U R U N U M I K E M X Z I A
 K U C K Q G S X F R E E N O F
 F W N O S A K E H W B R T F Q

doctors
sad
quieter
sleepier
moods

gloom
blah
chemicals
unhappy
hopeless

exercise
energized
joyful
cheer
celebration

Definitions:

disorder: a state of confusion

affected: acted upon; influenced

formally: in accordance with the rules of convention or etiquette

western: living in or originating from the west, in particular Europe or the US



RENFREW PARK COMMUNITY COMPLEX

2929 East 22nd Avenue, Vancouver, BC V5M 2Y3
 Complex Office: 604 257-8388 ext 1 Fax: 604 257-8392



BALLET

Buffy Sherreitt

Participants can look forward to learning the fundamentals of dance. With an introduction to barre, centre and across the floor work, students will learn to articulate and express themselves with grace and fluidity of ballet movement through imaginary characters and more! ***no program Feb 19**



3-4yrs

Mon* Jan 15-Mar 11
 487376 9:30am-10:15am
 \$40/8 sess

3-4yrs

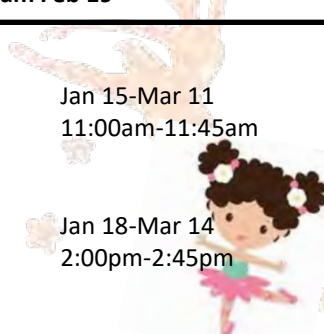
Thur Jan 18-Mar 14
 487374 12:30pm-1:15pm
 \$45/9 sess

4-5yrs

Mon* Jan 15-Mar 11
 487377 11:00am-11:45am
 \$40/8 sess

4-5yrs

Thur Jan 18-Mar 14
 487375 2:00pm-2:45pm
 \$45/9 sess



Watercolour—Paint Night

BUTTERFLIES

19+

Chloe Greenberg
 Discover the captivating world of watercolour painting in our beginner-friendly workshop, where we'll focus on the beauty of butterflies. No prior experience is needed; this workshop is designed for those taking their first steps into the world of watercolour.

Mon Mar 11

486787

6:30pm



Japanese Flower

Arranging

55+

Aggie Chan
 Affie will teach you how to do silk or fresh flower arranging. You will make one interesting and fashionable arrangement each session. Materials are provided.

Thur 480692

Jan 11-Feb 1
 2:00pm-4:00pm
 \$34/4 sess



Leadership Camp at Slocan Hall

9-13yrs

This is a great mix of fun out-trips and onsite leadership learning. In this week we will work on various skills such as Active Listening, Equity & Diversity, Public Speaking along with Empathy. All this will be incorporated with tangible lessons that provide for fun and team building while being in a safe space.

Monday will be the only day that we are onsite for the whole day—while Tuesday through Friday will have us mixing together learning and active out-trips. Out-trips are still being planned out but will be along the lines of swimming, ice-skating, movies and more.

Mon-Fri March 18-Mar 22
 4857142 9:00am-3:00pm
 \$125/5 days



Beverages Workshop

(55+)

Explore the health risks and benefits of various beverages. OASIS© is here to help you make informed choices and stay refreshed while enhancing your well-being. Sip, learn, and thrive!

Fri 483344
 FREE

Mar 15
 10:00am-12:00pm



Hearing Health

(55+)

Join our Hearing Health Workshop and embark on a journey to better hearing. Discover the importance of maintaining your auditory well-being. Learn about the latest advancements in hearing technology and techniques to protect your hearing. Our experts at COSCO will provide invaluable insights and resources to ensure you live your life to the fullest.

Fri 483356
 FREE

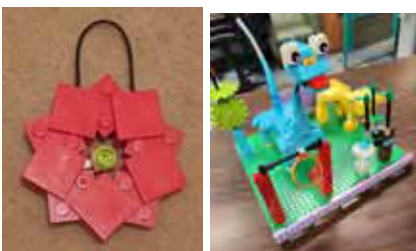
Jan 12
 10:00am-12:00pm



Lego® Club 8-12 yrs

This is a fun social program where we will build together, solve problems and challenge each other in our building projects. Each week we will be building with various tasks to complete. Working on your creative thinking and story telling while building friendships.

Sat Jan 20-Feb 10 485705
 Sat Feb 24-Mar 16 485706
 \$40/4 session
 12:30-1:45



Pre-teen & Teen Social 9-15yrs

Jesse W. & Emily N. & Shukari M. Movies, swimming, ice-skating are just a sample of the fun things you will get to do in this program. Way better than sitting home by yourself on a Friday night! All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking and taking public transit.

Fri Jan 12-Mar 15 485693
 \$100/10 sess
 5:30-9:30



My First Job - Workplace Preparation 14-18yrs

- ◆ Food Safe Training Certificate (valid for 5 years)
- ◆ First Aid & CPR/AED Level C (valid for 3 years)
- ◆ Resume writing & Interview Skills
- ◆ Information on Worksafe BC rules and regulations—including a special presentation from ALIVE AFTER 5
- ◆ Information on Employment Standards
 - * What employer can and cannot ask of you
 - * Where to go if you need assistance



Due to the training, some days may be longer than the times posted*—a detailed schedule will be emailed to participants the week prior to the program starting. For the First Aid certificate there is online work that is required to be completed prior to our in-person day—participants will be emailed a link to complete one week prior to the program.

This camp is run out of Slocan Hall at **2750 East 29th Ave.**
 If you have additional questions please email: starla.bayley@vancouver.ca
 Mon-Thur Mar 25-Mar 28 485710
 \$250/4 days 9:00-3:00*

All activities take place on the unceded territories of the Coast Salish Nation, the x̱m̱əθḵw̱əy̱əm (Musqueam), s̱kw̱x̱w̱ú7mesh (Squamish) and seḻílwiṯulh (Tsleil-Waututh), where we live, work and play.



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

Recognizing Renuka Bhardwaj

By Collingwood Neighbourhood House

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

This year, we recognize and celebrate Renuka Bhardwaj, Julie Cheng, Walda Gorn and Thomas Wong for 25 years of service.

Renuka Bhardwaj

Twenty-five years ago, Renuka Bhardwaj was both an Early Childhood Educator (ECE) practicum student and parent of an infant in childcare at CNH. Shortly after, she became a preschool staff and then took over as the supervisor of the program. Renuka has been with the program as a coordinator ever since.

If I had to pick one memory of Renuka, it would be of the time we spent together with Leadership Initiative, a course offered by Early Childhood Educators of BC (ECEBC), where we spent many hours together learning about and working on advocacy for childcare. We created a project called "Children Are Everybody's Business" and when the program came to an end, Renuka's journey of advocacy was far from over. She continued on to become a board member with the Vancouver branch of ECEBC and recently became a shop steward.

Outside of her typical work, Renuka takes opportunities when she can in order to support CNH. During the pandemic, Renuka was a tremendous support for community food distribution. Emily Rees, Director of Community Development, says Renuka stepped up without hesitation and was such



Renuka Bhardwaj

a pleasure to work with. Renuka worked behind the scenes organizing food orders, registering clients, and working directly with community members to maintain safety, answer questions and receive food. Renuka was able to pivot her skillset and apply her knowledge from childcare to a new setting. She was also open to learning new skills. We were so grateful for Renuka's contributions and are proud to share that Renuka continues to support other initiatives at CNH, such as our annual volunteer recognition event.

Renuka's colleagues say they enjoy working with her because she is open to new ideas, passionate about her work and fun to work with. Renuka's favourite work-related memories are our Christmas parties in the multi-purpose room (a long time ago) and our ECE trip to Reggio Emilia in Italy.

Renuka says, "CNH is not only my workplace, it was also my childcare place. I have made some good friends, I know I can go to for advice and help." Additionally, Renuka says she has stayed with CNH for so long because CNH is a family-friendly workplace and it became the village that helped raise her child.

When asked about her future plans and goals, Renuka says, "Let's see what the future holds for me."

Renuka would like to acknowledge her daughter, Nikita, who now works at CNH with the Department of Operations.

To learn about career opportunities at CNH, visit www.cnh.bc.ca/about/careers.



December 2023

Annual Winter Carnival & Community Tree Lighting

Thank you to everyone for joining us at the annual Community Tree Lighting and Winter Carnival event on November 25th. This year we had the Vancouver Public Library begin with a preschool age story and craft time. The tent was filled with the musical talents of Peter Yap, The Lion’s Gate Chorus, St. Mary’s School Choir, and the Windermere Ensemble. Full Thank you can be found in this issue.

We wish you all a happy holiday with peace and joy.

Securing Small Business Rebate Program

On October 30th, the Province of BC announced the \$10.5 million **Securing Small Business Rebate Program** to address the rising costs of vandalism repairs and vandalism prevention. BIABC advocated for this program extensively over the last year and is pleased to see the government implement it.

The BC Chamber of Commerce has been selected to administer the program. Applications will be open on November 22, 2023, and will continue through January 31, 2025, for eligible expenses incurred between January 1, 2023, and December 31, 2024.

There are two streams of rebates available:

- Reparative - available as a one-time rebate of up to \$2,000 for each of 2023 and 2024.
- Preventative - available as a one-time rebate of up to \$1,000 for either 2023 or 2024.

Quick Facts:

- The rebate will be administered on a first-come, first-served basis for eligible applicants.
- Under the Reparative Stream, eligible vandalism repairs could include work undertaken to replace broken glass and remove graffiti.
- Under the Preventative Stream, eligible prevention measures include the purchase and installation of security cameras or gates.

Complete details of the program can be found on the [BC Chamber of Commerce website](#).

12 Days of Gifting – See ad in this issue for more information. Prizes every day from December 11 – 22!

Follow us on Instagram and Like, Share and Tag to Win Dailly Prizes from 12 different Collingwood BIA businesses. Sharing the Joy

Boxing Day Sales – Look for all the Boxing Day Sales

Calendar of Events

November 22 – January 31, 2025

Small Business Rebate Program

December 7

Joyce Street New Banner Celebration

2 – 5p.m at Collingwood Neighbourhood House

December 11- 22nd

12 Days of Gifting

December 24

Christmas Eve

December 25

Christmas Day

December 26

Boxing Day

December 31

New Years Eve



How to Reach Us:

- @shopcollingwoodvancouver
- @shopcollingwood
- @shopcollingwood

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E: info@shopcollingwood.ca

W: shopcollingwood.ca

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Shop Collingwood! It’s





MERRY
Christmas

AND HAPPY NEW YEAR
FROM ALL OF THE STAFF,
VOLUNTEERS, AND RESIDENTS OF
TOGETHER WE CAN

SINCE 1993, WE'VE BEEN PROUD TO
CALL RENFREW-COLLINGWOOD HOME



TOGETHER WE CAN

DRUG & ALCOHOL RECOVERY & EDUCATION SOCIETY

