

Care centre fights off Omicron outbreak



by Three Links Care Society

Just over one year since their last positive COVID-19 test, the Three Links Care Centre team found themselves among the 100-plus long-term care homes in Metro Vancouver staring down another round of COVID-19 outbreaks over the past few months.

“With the unprecedented spread of the Omicron variant in the community, it has been sad to see seniors and front-line care providers exposed again to this vicious virus,” said Three Links CEO David Hurford. “While a lot has changed since our 2020 outbreak, two things have not. The valour of our staff and resiliency of residents continue to inspire us during tough times.”

Three Links discovered their first COVID-19 case on December 18 when a staff member tested positive in the community. Within days, a second member tested positive, and another was home with symptoms. Based on previous experience and the dizzying spread of Omicron, the Three Links’ leadership team started planning for the worst.

Over the next two weeks, 16 staff tested positive before the first positive resident test was confirmed on January 8. Eight other residents tested positive over the next 11 days. Sadly, two of these beloved Three Links residents passed away.

As of February 10, the last resident to test positive at the Care Centre was January 19.

Health Minister Adrian Dix shows his appreciation of Three Links staff in a recent visit. Enhanced screening and rapid testing all staff and visitors have helped to keep Omicron away from the long-term care centre. Photos by Dawne Koke

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Care centre fights off Omicron - continued from page 1

In total, 40 staff members and nine residents have tested positive for COVID-19 since December 18.

Last fall, during the second wave, 41 Three Links staff and 39 residents tested positive. Fourteen beloved residents died of COVID-19 at the care centre during the 2020 outbreak.

David Hurford credits the significant gap in staff and resident cases in the current outbreak to enhanced screening and rapid testing all staff and visitors on a regular basis.

"Thanks to the support of Vancouver Coastal Health, we were able to participate in a rapid testing pilot project for the past year," Hurford said. "With this support, we have been able to build a culture of regular testing for staff and families that has helped keep this highly contagious virus away from vulnerable residents as long as possible."

To combat the rapid spread of Omicron in B.C. long-term care homes, the provincial government introduced new family visitation restrictions on December 31. However, unlike previous orders, the new policies allowed Three Links to continue welcoming a designated visitor for each resident during the

crisis. This policy was increased to two visitors per resident in February.

"Health Minister Adrian Dix and public health officials deserve credit for listening to care providers and making sure these vital family connections are maintained, regardless of the circumstance," said Hurford. "We have seen first-hand the essential nature of each family visit over the past year and the extraordinary impact they have on the quality of life for the residents we serve."

In addition to rapid testing and maintaining family connections, the vaccine has been a significant difference-maker regarding the severity of COVID positive cases during this outbreak. All Three Links staff and 97% of residents are fully vaccinated. Moreover, 100% of eligible residents and 67% of eligible staff have received their third shot.

Staff vaccination rates have increased since public health officials started allowing long-term care homes to host on-site clinics for staff in January. Previously, their only option was to wait for an appointment at community location. The care centre hosted two on-site clinics since the policy change with more planned.

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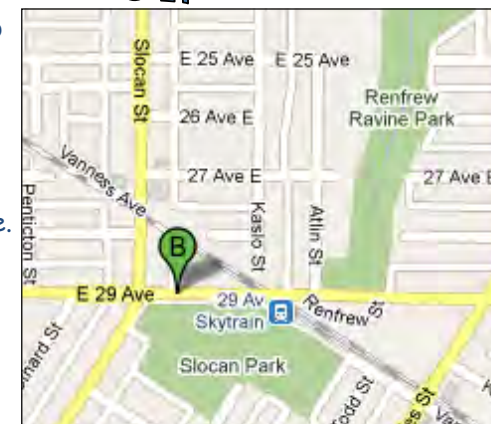
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If you would like more information please email the Community Youth Worker at starla.bayley@vancouver.ca



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Introducing Renfrew Park Community Centre's Youth Staff



Jesse Woolverton—Friday Night Social

What do you like about working with Youth?

They are always so full of energy, it reminds me of the amazing time that I had being a youth in the community. It feels good to help them create good memories too.

If you were stranded on a deserted island what is the one movie you would want to have with you to watch again and again?

Forest Gump—through all the challenges that Forest goes through he just has the unwavering positivity that has stuck with me for my entire life.

Best Pizza Topping: Chorizo

Rock or Hip-Hop: Hip Hop

What is your best memory of high school?

Prom—mainly because it was great to be able to celebrate the end of the year with everyone and it didn't matter how close we were to each other. We were all just able to celebrate the end of an era.

You have been given an elephant. You can't give it away or sell it. What would you do with the elephant?

I would look up the best to take care of the elephant and try to give it the best life. In the end because I would not have enough space, I would pay a reserve to house the elephant so that it would have enough room to be healthy.

Roxanna Wang—Friday Night Social

What do you like about working with Youth?

I love having the opportunity to have impact on their lives and help them with such an important transitioning time in their lives. Learning about what their generation is doing. I like learning about they are into and seeing the differences between I was their age and now.

If you were stranded on a deserted island what is the one movie you would want to have with you to watch again and again?

Hamilton—because it is a musical and so I could listen to the songs over and over again and not get bored.

Best Pizza Topping: Bacon

Rock or Hip-Hop: Hip Hop

What is your best memory of high school?

During the carnival I did the colour run and I was a rainbow for the next couple of hours when hanging out with my friends. I thought it was really funny.

You have been given an elephant. You can't give it away or sell it. What would you do with the elephant?

Obviously I would learn how to take care of it and then start a YouTube channel so that people could help me to learn how to take the best care of my elephant; I wouldn't want to do it on my own!



Starla Bayley—Community Youth Worker

What do you like about working with Youth?

Youth have a willingness to learn and experience life to it's fullest. They are resilient and earnest in their personalities. I enjoy being part of helping them to discover their full potential through all their trials and tribulations.

If you were stranded on a deserted island what is the one movie you would want to have with you to watch again and again?

Secondhand Lions—it's funny, has life lessons and shows the adaptability of people, no matter how old you become.

Best Pizza Topping: Feta Cheese

Rock or Hip-Hop: Rock

What is your best memory of high school?

Being Zalman in our high school play—Village of Idiots. None of my friends could recognize me as the Jewish man selling schnapps to my wife!

You have been given an elephant. You can't give it away or sell it. What would you do with the elephant?

What a way to commute to work! Although I wonder if the food would be cheaper than the cost of fuel....



Collingwood Corner: Fire Hall Station No. 1

by Loretta Houben

The mission of this non-profit publication is to provide the residents, businesses and organizations of Renfrew/Collingwood with a medium for community communication.

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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: Mar. 10

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

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

Vintage photos from the Vancouver Archives of Collingwood fascinate me because images of this area are scarce. Collingwood grew rapidly after the British Columbia Electric Railway line was built from New Westminster to Cedar Cottage in 1891. The area became quite populated from 1908 onwards, as land was much cheaper than downtown Vancouver.

Fire protection was needed as the population increased, and fire hall station number one was built in the 1911 on the northwest corner of Carleton School grounds, near Joyce and Kingsway. In 1909 water main installation was begun but was still incomplete in 1911. Hydrants had not been installed, and water pressure was low and inadequate for fire purposes.



Fire Hall Station No. 1 horse and cart and hose, 1915.
 Vancouver Archives, snip from CVA354-439

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Chemical apparatus was the solution, with a 100-gallon, two-wheel hand chemical engine and hose. In August 1911, five of these chemicals were bought and formed the nucleus of South Vancouver's first fire department. Five small stations were erected and about one thousand feet of hose purchased.



Fire Hall Station No. 1 on corner of Carleton School grounds, 1915.
 Vancouver Archives, snip from CVA354-439



Fire Brigade beside the No. 1 fire hall station, 1911. Vancouver Archives, AM54-S4-LP293

A fire chief was engaged and given one man for each station. Volunteer fire brigades were formed, and only called out for fires and paid by the hour while at work.

Fortunately, no very serious fires occurred. In February 1913, Chief Lester was engaged and given charge of the department. Captain Eberhardt and C.E. Mitchell were in charge of No. 1 fire hall at Joyce and Kingsway. The hall was equipped with a one-horse wagon and one-hand chemical engine.



Firehall No. 1 located on Carleton School grounds. It's the white building in the middle of the photo. Vancouver Archives, dated 1911, CVA371-2265

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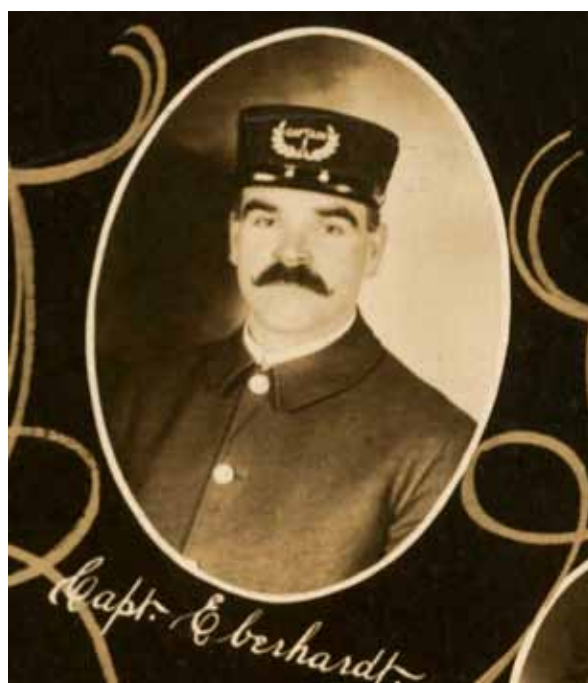
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My information was derived from an article in the Vancouver World newspaper, dated July 17, 1915. By checking the BC Directories, I noted that fire hall station No. 1 lasted from 1911 until 1920, when it was closed. Captain Eberhardt served from 1913 until 1919.

Loretta Houben is a long-time contributor to the *Renfrew-Collingwood Community News*. She enjoys solving historical mysteries in the Collingwood area, where she has lived for more than 50 years.



Captain John Eberhardt. Vancouver Archives, 1915, snip from CVA354-439


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Eating out in RC: Dami Sushi and Korean Restaurant

by Emily Tam

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Dami Sushi and Korean Restaurant opened their doors in January 2021, almost a year after Vancouver's initial lockdown due to the pandemic. It seems as though both consumers and businesses have accepted that the COVID regulations have become the "new normal," as restaurant grand openings are no longer postponed.

The restaurant has been successful over the past year, withstanding the closures that other businesses have faced. Dami offers 10% off take-out orders and is available for delivery through DoorDash and UberEats.

I personally enjoy having a local Korean restaurant within walking distance from home and appreciate their

portion sizes since I always have leftovers and don't need to meal prep for the next day.

My favourite thing to order is their spicy pork rice bowl as it is packed with flavour and isn't too hot for my taste buds. Insider tip: order the rice bowls instead of the hot plates because it is the same amount of food at a lower price.

I haven't tried their Japanese food yet because there are so many good sushi places in RC and Dami is my local go-to for Korean food specifically. The next time I visit Dami, I'd like to order their kimchi stew since I'm trying to re-create this dish at home.

Find more of Emily's food reviews on her Instagram page, @hungrygirl_emily.



The spicy pork rice bowl is packed with flavour. Also pictured are a large seafood pancake and free side dishes (kimchi, fish cake, sweet potatoes). Photos by Emily Tam



Lilian Broca: (Detail) Mary Magdalene, The Sacred Union

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The bulgogi is beef marinated in a delicious Korean sauce and comes with rice.

Emily Tam has been a resident of Renfrew-Collingwood since she was a child. She attended the Renfrew Community Centre Preschool Program, Renfrew Elementary and Wintermere Secondary and recently graduated from Capilano University located on the North Shore. She attained her bachelor's degree in business with double concentrations in international trade & logistics and finance. Emily is an avid learner of new things and one of her passion projects includes running an Instagram food blog, @hungrygirl_emily.





Celebrating the Year of the Tiger



February 12, Collingwood Neighbourhood House and its annex joined the community in celebrating the Year of the Tiger. Photos courtesy of Collingwood BIA

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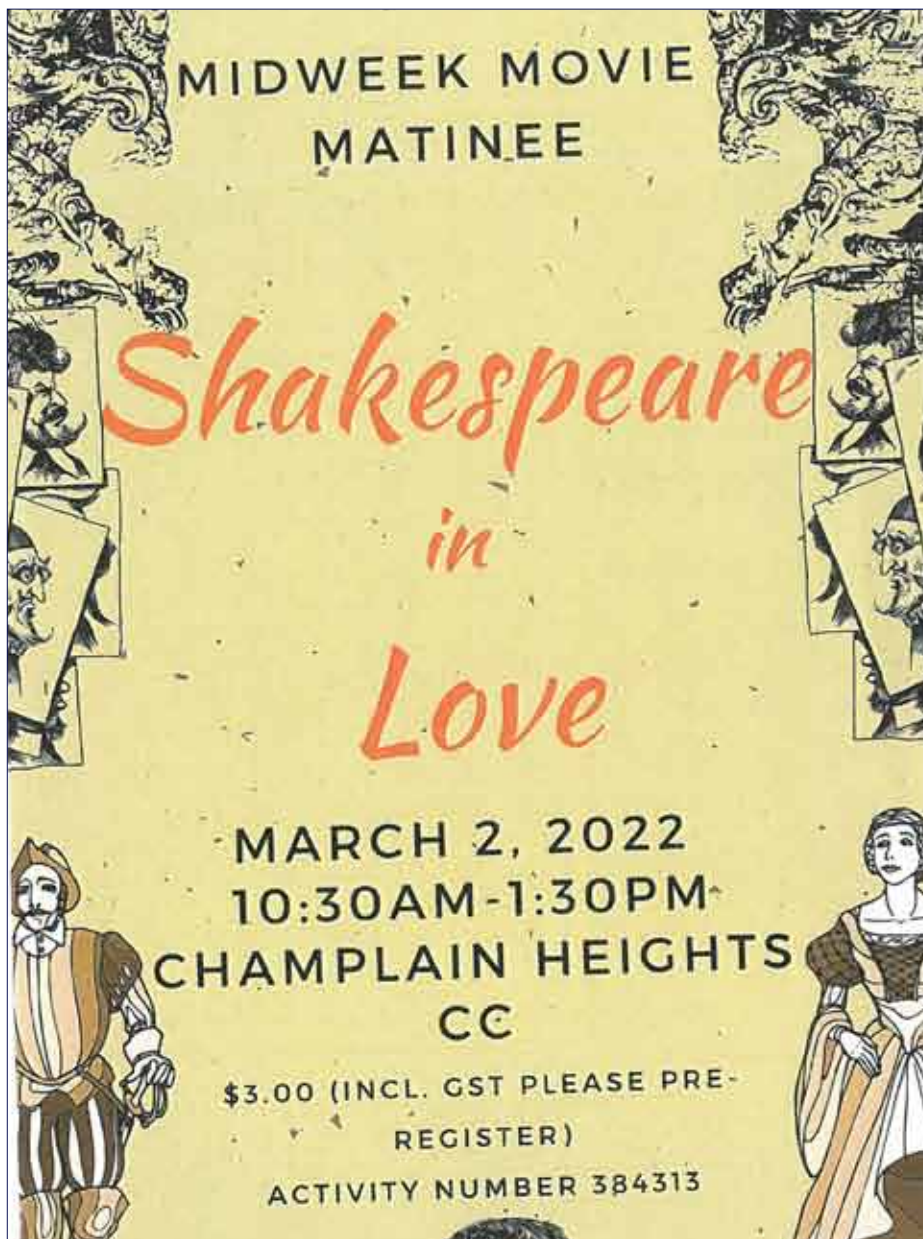
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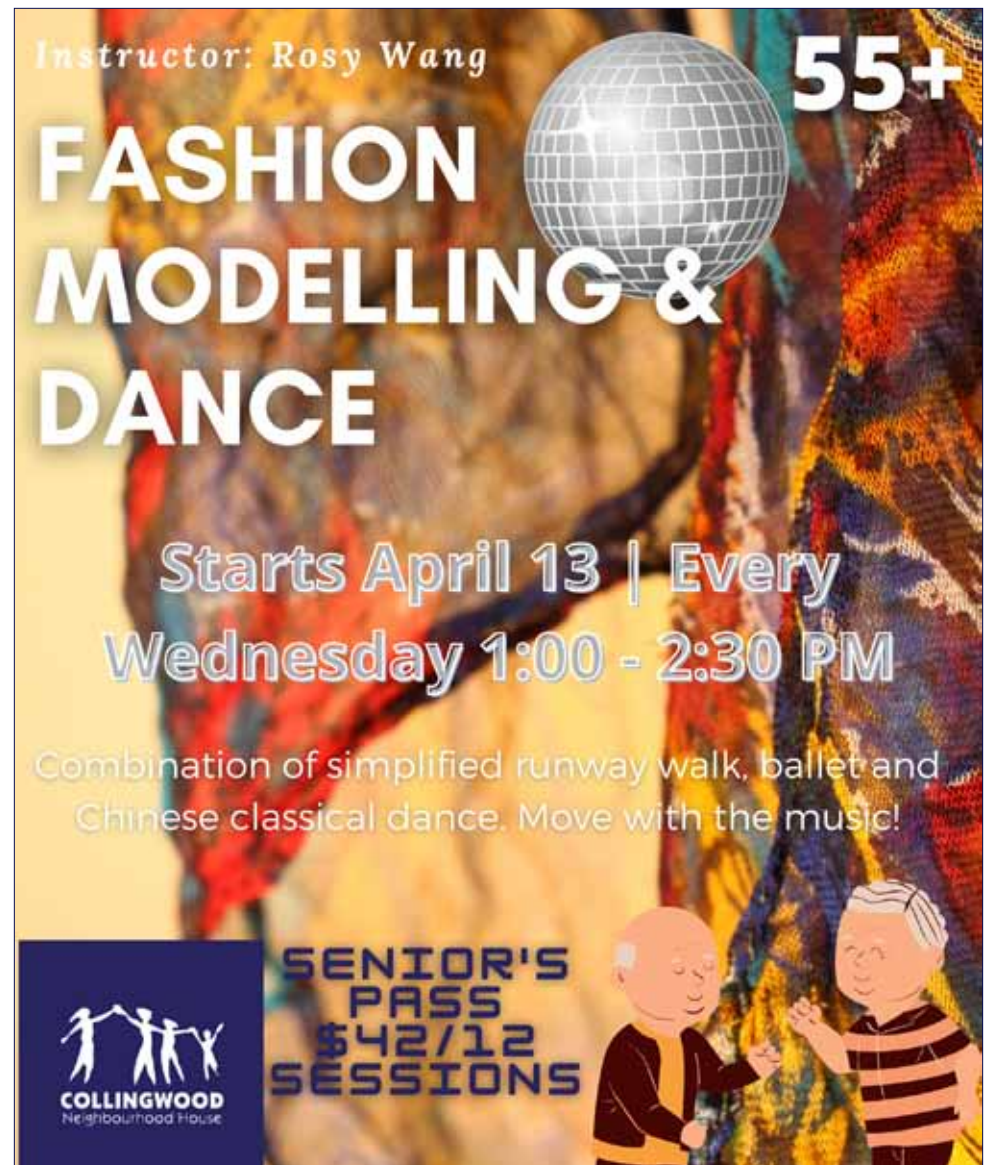
Seniors movie matinees at Champlain Heights



In partnership with the Collingwood Policing Centre, Champlain Heights Community Centre invites older adults 55-plus to come meet new friends and watch movies, Wednesdays 10:30 am to 1:35 pm. A light lunch is provided. Fee: \$3.33. Registration is required; visit champlainheightscc.ca/event/midweek-movie-matinees/ for more information and to register.

Fashion Modelling & Dance

New senior's recreation program at Collingwood Neighbourhood House



Age gracefully by walking the runway and dancing to the beat of the music. This program offers a combination of simplified runway walk, ballet and Chinese classical dance. After a warm-up, participants will learn body-shaping movements led by the instructor. Towards the end of class, participants will show off their moves with music. This training is aimed to help older adults with balancing and body coordination with rhythm and beat,

Dear Neighbours,

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Spring is just around the corner and I'm looking forward to longer, brighter days. I hope you had a wonderful Lunar New Year and Family Day with your families and loved ones. Thanks to your tireless efforts at keeping yourself and others safe through these difficult times I'm happy that we're now able to gather together once again with everyone in our communities. There are so many great spots to explore in Renfrew-Collingwood -- I'd love to hear where you enjoy spending time in the neighbourhood!

Post-secondary students continue to face uncertainties and challenges during the COVID-19 pandemic and Here2Talk is available to help. Free mental-health supports are available 24 hours a day for B.C.'s post-secondary students who may be coping with anxiety, depression and other

concerns. Here2Talk is a virtual counselling service that provides immediate mental-health support to students via the downloadable Here2Talk app, over the phone, or through online chat sessions. Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app or visiting: <https://here2talk.ca/>

If you or a loved one is in search of other programs and services in their home communities including available COVID-19 relief programs, please get in touch with BC211 by dialing or texting 2-1-1 or visiting bc211.ca. 211 Navigators help connect callers to a variety of support services including mental health, housing, employment services, newcomer supports, youth programs, and much more. 211 is free, confidential, and available 24/7, 365 days a year in 150+ languages.

As we move into a new phase of this pandemic, we are now seeing the results of all the efforts made by British Columbians with the easing of some COVID-19 restrictions, in line with the science to continue keeping people safe and supporting our health care system. Safety measures like wearing a mask and proof of vaccination are still in place and as always, I ask for your continued patience and to follow all the Provincial Health Orders. For non-health related information and services over the phone, please dial 1-888-COVID19 (1-888-268-4319) between 7:30AM – 8:00PM. Translation service is also available in 120 languages.

My community office will continue to provide services for constituents via phone and email. Please leave us a voicemail at 604-660-0314 or

we are best reached at adrian.dix.mla@leg.bc.ca, and we will get in touch with you as soon as we can. You can also visit us on our website

at www.adrian.dix.mla.bcndpcaucus.ca/. 基於防疫措施，本辦事處暫時只提供電郵及電話服務，如需協助請電郵 adrian.dix.mla@leg.bc.ca 或 604-660-0314 留言。詳盡及最新資訊，請遊覽辦事處網頁 www.adrian.dix.mla.bcndpcaucus.ca/.

I hope this finds you and your loved ones well!

Take care.

Sincerely,
Adrian Dix, MLA Vancouver-Kingsway





Read On! A news section for Renfrew-Collingwood learners

Waste not, want not – Reducing food waste

by Sophia Han

Tips to reduce waste ★★

A proverb is a short sentence that gives advice. "Waste not, want not" is an old proverb that reminds us not to waste something we might need later.

While everyone knows that food should not be wasted, 25% of the garbage thrown out by households in B.C. are leftovers and spoiled food.

There are many things you can do to reduce household food waste.

- You can buy only the food you will cook and eat in a few days.
- Before shopping, check your fridge so you do not buy food you already have.
- Store fruits and vegetables properly so they will last longer.

Leftover food can be used to make compost for gardens, but you can also donate extra groceries to a food bank or community fridge.

What is a community fridge? ★★★

A community fridge is a free, outdoor fridge that is available in a neighbourhood all day, seven days a week, so that people experiencing food insecurity can enjoy fresh fruits and vegetables.

This February, the Renfrew Collingwood Food Justice program set up a community fridge and pantry at Collingwood Neighbourhood House where people can take what they need or leave donations of food.

While food banks are places to drop off canned food, a community fridge is an ideal place to drop off extra apples, bananas or other perishable food items.

If you would like to get involved with the project as a volunteer, please email communitydevelopment@cnh.bc.ca. You can also stop by 5288 Joyce Street to check out the community fridge.

VOCABULARY

remind – to make you think of something

might – use might to talk about something that will possibly happen

households – everyone in a family or living together in a house

leftovers – food left after a meal

reduce – to make smaller in size

only – use only before a noun to be more specific: "I will buy only the food I need and nothing else."

properly – to do something in a correct way

groceries – food purchased in a store

available – something easy to find or get hold of

experiencing – to live through a situation

food insecurity – when someone experiences hunger because they cannot find food that is nutritious and affordable

set up – to make something happen

perishable food items – foods that do not stay fresh for long

get involved – to take part in an activity



Enjoy fresh foods in a market but also try to reduce your food waste. 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

UPPER INTERMEDIATE

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LOWER INTERMEDIATE

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Reducing food waste

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Collingwood Neighbourhood House (CNH) HIGHLIGHTS

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

Outdoor library box unveiled at CNH

by Sylvia Barnett & Jim Chow, CNH community members

The 'Take a Book, Leave a Book' book box is officially installed on the front lawn at CNH! The book box was designed and built with the idea of promoting learning and community connection through literacy. Community members can take a book and leave a book!

The bookcase was built by Jim YC Chow, a CNH patron, who sourced 98% of the upcycled materials from construction sites around the lower mainland that were going to the garbage facility. Chow designed and built the bookcase with tools from the tool library, CNH, and his own, as materials became available over the course of a few months.

The project was initiated in the spring of 2021 by Sylvia Barnett, a community member, who ran the idea by Chow and got approval from the CNH board and grant funding from Neighbourhood Small Grants, a program by Vancouver Foundation, for miscellaneous parts, materials, and other expenses, such as transporting materials and purchasing plexi-glass and paint from Lowes, which is located in the neighbourhood.

After months of meetings with CNH patrons on the design, logistics, materials, and artwork done by CNH's Families Branching Out program, the official book box was finished on December 19, 2021.





March 2022

Happy Lunar New Year – 2022 Year of the Tiger

Lion Dance – February 12

Thank you to all 25+ businesses and organizations for participating in the Lion Dance Celebrations. Good health and may 2022 be prosperous for everyone.

Covid – Updates:

Vaccine passports are required until June 30th, 2022.

Covid protocols and Provincial Health Orders are continuing to change, and we encourage you to follow the news and go to the website frequently www.2.gov.bc.ca

Collingwood Micro Beautification & Improvement Grants – Deadline March 4, 2022

Deadline is approaching, get your applications fast. The CBIA has granted 9 grants as the end of February.

Grants up to \$1,000 are available to businesses to make improvements to their exterior and interior.

Some examples of approved projects are:

- Installation of security cameras
- Lighting
- New flooring
- Improving accessibility

For more information email info@shopcollingwood.ca or click on link to the application:

<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:d0ebd86d-ec97-4de1-9a77-31554f422a63>

Collingwood BIA is Exploring an Expansion along Joyce Street

We are excited to announce that the Board of Directors have approved to explore expanding the Collingwood BIA to include the commercial businesses on Joyce Street, between Euclid Street and Wellington Avenue. The next steps is to survey the businesses along that strip and enquire if they would like to be a part of the Collingwood BIA. What are the benefits?

- Street Clean Team x 3 per week
- Collingwood Guardians Safety Patrol
- Graffiti Removal and Patrols
- Banner Program
- Advocacy for commercial businesses
- Much more

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Coming Events

March 1

Mardi Gras Day

March 13

Daylight Saving Time Begins

March 17

St. Patrick's Day

March 16 – April 4




Spring Break

March 20

First Day of Spring



How to Reach Us:

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Don Davies MP

戴偉思 डॉन डेविस Đào Vĩ Tâm
Vancouver Kingsway

Small Businesses Need Federal Support

Don Davies and the NDP have a plan to:

- Reduce credit card fees to businesses
- Waive the GST on small business transactions
- Re-establish a temporary wage subsidy program
- Extend timeline for the COVID loan repayment



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

NDP
DonDavies.ca

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