

## Connection - March 2026



*Katie, Carys and Yaimel at the February Landscape Party*

## Member Spotlight: Jen Candela



Connection asked **Jen Candela in 1E**: Hey Jen, what have you been up to lately?

“I was doing a lot of hand knitting and found it too slow, so I decided to take the leap and purchase a knitting machine. There’s a high learning curve, but eventually I will be able to knit a sweater in 2-3 hours vs. 25 hours of hand knitting! I currently sell my work at local markets and through my website - check it out at <https://www.jencandela.ca>.”

## Goodbye to Candace Moss

Candace Moss in 62W gave birth to baby Maxton about 5 months ago. She wrote to Connection:

“We are all doing great, but we have actually made the very difficult decision to leave Twin Rainbows at the end of February because we need a second bedroom for Maxton and we cannot get one here. I have loved living at Twin Rainbows for the past 11 years, so it will be very sad to say goodbye.”

Best wishes to Candace and her family - we're sorry to see them go.

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## Musical Chair Moves

With Candace Moss' departure, the Board has approved the following moves:

- Gary Chu in 2W will move to Candace's 62W.
- Gillian Jerome and her family in 41W will move to 2W.
- Damla Tamer and her son in 4W will move to 41W.
- Mohammed Zaqout and his family in 37W will move to 4W.

The Membership Committee still has to sort out who will move into 37W. So stay tuned.

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## Remembering Sam Logan



Fern Logan, 51E

## *The Artist*

With his mind set he stretches his canvas.  
Now that he's ready, he uncovers the paints.  
With his yellow and green, his red and his blue,  
He picks up his brushes and knows what to do.  
The pale canvas is no longer bare  
And the thin brush with great ease does it flow.  
He leans over to adjust the light  
Then steps back and smiles with delight.  
It is ready for its final touch;  
Darken the brown, maybe a little more pink.  
With the violet so perfect and the blue in the sky,  
All that's left is to let it dry.  
So the work is complete, his job is done,  
And the pay will not come for many a day.  
He's a man without wealth yet plenty of pride,  
For art is his life, his home and his bride.

- *Author Unknown*

Someone wrote that for Sam. The paper is folded and tattered, and Sam must have carried it in his wallet for a long time. His work as an artist can be seen online at [GastownSam](#). Sam wore jeans, a white shirt, and his favorite blue hat nearly every day. Something about his dad always wearing a white shirt.

Sam and I met online in 2006, followed by a first date that December at Bridges on Granville Island. Four years later, we married at his sister Lisbeth's family greenhouses. Though Sam usually preferred to "wing it," our Cuban honeymoon won him over with all you-can-eat bars, beachside pizzas and morning Spanish coffee. We later celebrated with a blessing ceremony back in Vancouver.

Sam went from a bachelor at 55 to being a grandfather and then a great grandfather. He heard my grandson Devon call me Granny; after some adjustment, he came to love it.

Family meant the most to Sam. Originally born in Denmark, he visited his family in Newmarket, Ontario often, mostly at Christmas. His family, the food, and his mother's birthday on Boxing Day drew him back year after year. He loved his mother and often said, "You only get one mother."

Volunteering at Utz B'ey in Guatemala broke Sam's heart wide open. He became like a child himself, teaching the 3-to-5-year-olds their English colors and coaxing them through snack time. His favorite task was pushing the boys around the playground on a bicycle. Exhausted but beaming, he'd trail a chorus of kids shouting, "Samuel, bicicleta!" It wore him out, but it filled his heart.

A friend told me to find someone who made me laugh because the looks go and the sex goes but humour goes on. Sam - ever the jokester - fit the bill. Here are a few examples:

- The “Littles” at the Utz B’ey started calling me “Fernana! Fernana!” leaving out the d. Sam picked up on this and, as he rode the kids on the bike and they got close to me, they’d chorus “Fernana banana!”
- Walking past a construction site, he’d ask a guard or worker, “Do you think you’ll get it finished today?”
- To someone with a dog he’d ask, “Is it for sale?”
- At the opera he’d ask, “How many will die this time?”
- Always inventing something - ask me about “The Bladder Buddy.”

I’m spontaneous, but Sam was my logical anchor. I’d suggest an idea, and he’d instantly return with a full internet research report to guide my decisions. He deeply loved our life in Vancouver; every night, he’d light candles and the electric fireplace, telling me, “I’ve made a place for you.” He doted on our lovebirds, Mango and Peaches, with endless treats, and cherished every cat we shared. When he wasn’t home, he was on his motorcycle, finding joy in long rides up the Sea to Sky to Pemberton or Lillooet, always returning home happily exhausted. He was the best travelling companion and life partner I could have asked for.

Thank you all for being such a good neighbour to us both. My heart is full. For those interested in making a donation in Sam’s name, please consider Utz B’ey Guatemala Children’s Village; [utzbeyguatemala.org](http://utzbeyguatemala.org) OR [unityofvancouver.org](http://unityofvancouver.org)

Thank you to Sharon Esson...



... who served on the CHF Canada Board for the last two years.

**AND CONGRATULATIONS TO HER ...**

... for winning the 50/50 draw at the Christmas Social in December! (Pictured here with Julia).

**Note:** on your computer, the entire newsletter may not show unless you click on "view entire message" at the end of the email.

## BOARD AND COMMITTEES

### BOARD REPORT

Norma Jean McCallan, 64W (President)

The Board has been working hard for our Members. Some of the highlights include:

- Dealing with the unfinished courtyard between the east & west parking.
- Dealing with the crack in the retaining wall leading down to the underground parking at Harbour Terrace.

- Finding volunteers and hiring security person who patrolled the east building at night during Christmas.
- Growing Beyond & Healing: a members security and satisfaction survey and 4 facilitated workshops

**Courtyard Update:** East and West Buildings Following the major floods caused by a broken water pipe a few years ago, repairs to the courtyard between our buildings remain in progress. While the city repaired the watermain and BC Hydro replaced a damaged electrical conduit, these delays led to further erosion. The city is currently assessing site safety before work can resume.



To protect our interests, we have moved beyond a simple insurance adjuster's visual inspection by hiring an independent engineering firm for a physical examination. We expect their report shortly. Once reviewed, the Board will decide on an insurance claim. Please note that a key challenge remains: the temporary fire hydrant hose supplying our neighbor's building is currently protected by a steel plate at our East garage entrance, which complicates the start of repairs.



As to the crack in the retaining wall, our neighbours are trying to find the most reasonable solution to fix their section of the crack.



Regarding the security patrol, in the days leading up to Christmas, an atmospheric river damaged the control panel in the east building fire suppression system. As it was December 23 our fire safety equipment company had already closed for the holidays and no repair to the fire panel could be started until January 5. By city bylaws, if there is no proper fire alarm system there has to be hourly patrols of the building and grounds. We were lucky that three members of the coop volunteered to patrol: Rod Hogan, Guy Martin, and Dave Prince - with Guy and Rod doing the majority of shifts. There was also a security company hired for 10 pm to 6 am. Thank you to all three volunteers.

The Board, in collaboration with CHF BC, are bringing a new 4-part facilitation series to Members titled Growing Beyond & Healing. The intention is to build shared ways of understanding and being in community together by setting foundations for navigating difficult conversations together. The first two sessions will be on March 11, 7-9 pm and April 1, 7-9 pm in the West Lounge and online.

Prior to this, a survey will be conducted by CHFBC to help determine member feelings on member security and satisfaction. [Please fill out the survey here](#). If we do not have sufficient involvement there will be no progress. All answers will be completely confidential.

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## **MAINTENANCE COMMITTEE UPDATE**

John Pringle, 41E (Chair)

With winter still upon us, it's really important to prevent mold growth and avoid water damage in our units. Please take the time to review the [Tips to reduce mold](#) info sheet.

A couple of other reminders:

- Please do not store any items in the emergency stairwells. All items in the stairwells must be removed.
- Parking stalls must be kept neat and the only items allowed for storage in parking stalls are vehicles, bikes, and metal storage containers. Notices will be posted on stalls that need items to be removed. We will coordinate this with the annual garbage bin for disposal of unwanted items.

If anyone is interested in joining or volunteering, we meet every 3rd Monday at 7 pm in the West Common Room.

Our current members are: John Pringle (chair), Morning Star Trickey, EJ Garrison, Jerimiah Hart, and Theo Trickey. Our Board liaison is Dave Prince.

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## **LANDSCAPE COMMITTEE UPDATE**

Lori Boland, 1W (Chair)

A Work Party was held on Sunday, February 22. Thanks to everyone who came out to make it a success!



*Photos of the Landscape Work Party. Above (left to right) is Will, Raes, Lori, Audrey, Rory, and Will again. Below is Rory, Thomas (our landscaper) and Yaimel. Thanks to Katie for the photos!*



You will see our landscaper Thomas around more this spring. He will be gradually building out the front of both buildings in the same style as the new East building front entrance. He also has exciting plans for the gardens. This is his plan:

- Keeping established shrubs and trees and perennials, optimizing plant health, removing weeds, and shaping/pruning to garden style.
- Installing 50% or more native plants as they are genetically programmed for our climate and benefit our local ecology; working with our seasons and pollinators.
- Moving towards layered gardens of stepped groundcovers, rock gardening, bulbs and annuals, short perennials and shrubs, taller perennials, bushes, trees and vines in successional groupings for maximum interest in a small area.

Committee shout-out to Bruce McConnell for all his coordination behind the scenes. And to Carol Attenborrow for volunteering to help with the irrigation system upgrade research. And to all the landscape committee members who help keep our gardens, paths and sidewalks looking good.

The committee is always accepting new members!

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## SOCIAL COMMITTEE UPDATE

Marni Abbott, 45E (Committee Member)

Thank you to all Twin Rainbows members who joined in and supported our community events last year. Your participation, good humour, and volunteer spirit continue to make our neighbourhood a welcoming and great place to live.

### *Upcoming Social Events*

#### **Pizza Night – March 22 – West Lounge – 3:00-6:00 PM**

Come enjoy an afternoon of pizza and good company! We want your input: What's your favourite pizza topping? Send in your suggestions so we can build the perfect community pizza menu.

#### **Pancake Breakfast – May 24 – West Lounge – 11:00 AM-2:00 PM**

Join us for a relaxed brunch with pancakes, syrup, and friendly faces.

### *2026 Social Budget Plans*

This year's social calendar plans include:

- The Four annual community events
- Movie nights
- Treats for the General Meeting
- Kids' events
- A community work party – still deciding between storage unit cleanup or building cleanup (member feedback welcome!)

We look forward to another great year of community fun and connection at Twin Rainbows!

Below are the fabulous photos from our Holiday Party (Dec 2025) taken by Katie Evans.











*Pictured above are (top down, left to right) Shannon and Cyndie, Norma Jean and Lori; Steve Edge - or Santa? - Ellie and friend; Daniel and Doug, Sharon and Carole; Zosia, Will and Carys, Aga, Julia and Marnie; Claudia, Anna, Estefany and friend, Chad and Gary; Angie, Mike and Kyong-ae, Rory and Audrey; Bob, Betty's daughter, Betty, Sharon and Sue; and finally Bruce on his fabulously decorated East 4th floor!*

## **AGING IN PLACE WORKING GROUP UPDATE**

Lorraine Smith, 4E



### **Need a Buddy / Be a Buddy Update**

In November 2025, the 'Buddy Tea' was in full swing! Tea, coffee, and cookies were enjoyed by the over 20 people that stopped in. Thanks to everyone who came out, and to all of the buddies who help their neighbours take out garbage, shop, and sometimes check in to say hi.

### **The Broadway Group's Seniors Support Project**

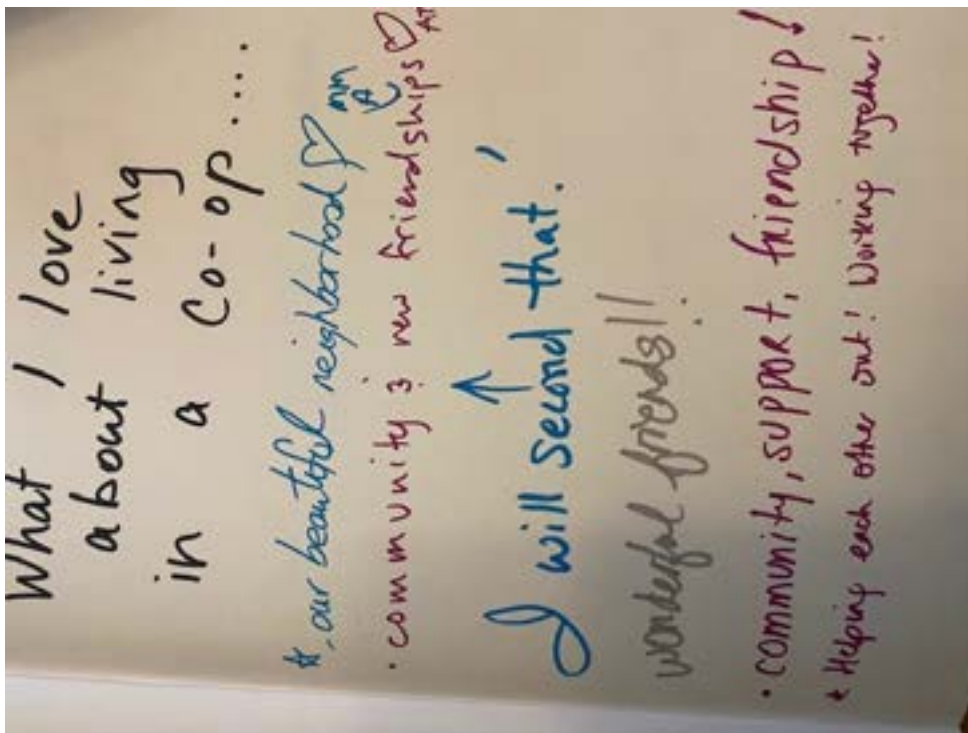
A new proposal is set to transform how our community supports its older residents. Here's what you need to know about the proposed "Campus of Care":

- The Build: Rebuilding and combining Broadway Lodge and False Creek Residences into one state-of-the-art facility.

- Comprehensive Care: A one-stop campus featuring long-term care, assisted living, and enhanced independent options.
- Support at Home: Neighborhood services including nursing, meal delivery, fitness programs, and even handyman help.
- Community Impact: By helping seniors downsize into tailored spaces, the project opens up much-needed larger housing for families, fostering a diverse, all-ages neighborhood.

It's a thoughtful step toward a more vibrant, multi-generational community. Thanks to Dierdre Bradshaw for attending these meetings.

CHF BC Aging in Place resource page is chock full of interesting articles. Check it out [here](#).



## COMMUNICATIONS COMMITTEE UPDATE

Kyong-ae Kim, 11W (Chair)

Our committee has gone through a number of changes in composition in the past few months. Angie Descalzi and Audrey Zahir have joined after Katie Evans and Gillian Jerome resigned to focus on other co-op commitments. But Katie still stepped up to lay out the January Rainbow Express since we needed help. Tremendous thanks to both Katie and Gillian for all their work on the committee – we will miss their wonderful help in producing the newsletter and bulletin.

This means our current members are: Lorraine Smith, Dheeraj Waran (participating remotely

from India), Angie Descalzi, Audrey Zahir, and me. And, of course, all of you who submit photos and articles! Thanks also go to Leo Candela, who distributes paper copies of Connection and puts up our posters. It's a great team, and if you are interested in joining us, please contact us at [twinrainbowsnewsletter@gmail.com](mailto:twinrainbowsnewsletter@gmail.com).

Putting together an issue takes a fair bit of work:

1. First, we have to solicit input from members.
2. We edit content to ensure readability (including proper grammar and punctuation), relevance, and appropriateness.
3. We upload and lay out the content, both written material and photos, so it's well organized and visually appealing.
4. Finally, we email it using MailChimp, and ensure paper distribution to members without email addresses.

Given all this work, we appreciate members taking the time to read the newsletters and providing contributions (MailChimp shows an open rate of 50%, which I understand is pretty high). We hope you enjoy our efforts.

Finally, as noted in our Valentine's Day notice, the committee has updated Twin Rainbows' website: <https://www.twinrainbowscoop.ca/> (password "website" for the Members Only area). So you can now easily access things like:

- [The Member Handbook](#)
- [Member Directory](#)
- [Work Orders](#)
- [Twin Rainbows Booking Calendar](#)
- [Twin Rainbows Mission and Values](#)

Thanks to Dheeraj for their work on this; we couldn't have done it without their dedication, skills, and expertise.

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### **Don't forget to check out the Member Gallery sample on our updated website!**

Have you checked out the new Twin Rainbows website? The Member Gallery has a few profiles, but it needs way more! Please submit your profiles. You can do so by filling out this form [here](#). Or you can just email your profile and photo to [twinrainbowsnewsletter@gmail.com](mailto:twinrainbowsnewsletter@gmail.com). Thanks to those who have already done this!

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## MEMBERSHIP COMMITTEE REMINDER

If you have applied to be on the co-op's internal waitlist, please remember to alert the Membership Committee whenever there is a change in household circumstances or a change in desire to be on the waitlist. The committee email address is:

[trmembershipcommittee@gmail.com](mailto:trmembershipcommittee@gmail.com).

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## BE IN THE KNOW

### BLUE (AND PINK!) BINS UPDATE

Katie Evans, 6W

We now have a new recycling provider, called "Recycling Alternative" for our BLUE BIN pick up. They've added a PINK BIN too! Recycling Alternative is a local Vancouver based company.

See the poster (also on top of the bin), which explains what can go in the pink bin. Ensure any plastic is CLEAN & DRY. For example, empty bread crumbs out of the plastic bread bag. No styrofoam is allowed.

Also a reminder to make sure the containers you are putting in the blue bins have been rinsed and are clean and dry.

Please try to be tidy around the bins so others don't have to clean up your garbage. Please visit [RecycleBC.ca](http://RecycleBC.ca) for more info.

Thanks! From Blue & Pink Bin Teams (Evans family in West & Guy/Jillian in East)

# FLEXIBLE PLASTICS



Place inside a larger pouch, plastic bag, or overwrap

## ✓ ACCEPTED



Plastic Bags, Outer Bags and Overwrap



Crinkly Wrappers and Bags



Flexible Packaging with Plastic Seal



Zipper-lock and Stand-up Pouches



Woven Plastic Bags



Protective and Squishy Cushion Packaging



## ✗ NOT ACCEPTED

- ✗ Garbage bags
- ✗ Crinkly wrap for tea, floral arrangements, etc.
- ✗ Plastic squeeze tubes

- ✗ Plastic-lined paper
- ✗ Paper-lined plastic
- ✗ Plastic strapping
- ✗ 6-pack rings

- ✗ Biodegradable, compostable, oxo-degradable plastic
- ✗ Vinyl



Go to Recycle BC's website or download the App to:

- Find your provider's contact information
- Search our waste wizard to learn what to recycle
- View your schedule and the nearest depots



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## YES CAMP

Does your youth like camping, games and canoeing? Would they enjoy learning about communicating effectively, understanding themselves, and being a leader?

[Watch this YES Camp video here.](#) Some of the comments from campers included “They wrap you with love” and “Safe risk taking”

Keep your eye on the CHF BC [Sponsorship Draw linked here.](#) Several Twin Rainbows Youth have ‘won’ sponsorships, and as you can see from the photos, enjoyed every minute of the experience.



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## FREE CELLPHONE FOR SENIORS IN NEED

The Vancouver Police Department offers free cellphones to seniors in need to enhance safety. The phone can only make outgoing calls to 911 and cannot receive incoming calls or texts. For more information, go to: <https://vpd.ca/crime-prevention-safety/seniors-safety/#CellphoneSeniors>

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## CHF CANADA DELEGATE FERN LOGAN

Fern recently attended several workshops with CHF Canada. Here she shares some of her

notes for a workshop on Diversity, Equity and Inclusion (also known as DEI). Some people believe a more complete perspective is actually JEDDI Principles:

### **Justice**

The quality of being fair, impartial, or equitable. It can also refer to the idea that people should be treated, fairly and equally in our communities, and by the law.

### **Equity**

Equity is the practice of ensuring that everyone has access to their unique needs to survive or succeed without barriers. Equity may require changes at structural or systemic levels.

### **Diversity**

The range of human differences, including, but not limited to race, ethnicity, gender, gender, identity, sexual orientation, age, social class.

### **Decolonization**

Decolonization is the process of dismantling the control and domination of one nation over another nation's, land, people, and culture.

### **Inclusion**

The act of creating environments where people can feel welcomed, respected, and valued, and are able to fully participate.

### **Anti-Oppression**

Decolonization is the backbone and goes hand-in-hand with capitalism. See the photo.

### **Decolonizing our Mindset:**

Look at the gifts, and the community structures that are seen as important, and abundance approach first, instead of a deficit mindset.

### **Power dynamics:**

Who holds what kind of power?

Keeping an eye to power dynamics is important for having everyone feel valued. Sometimes it is as simple as ensuring everyone has equal opportunity to be heard.

### **What is Conflict:**

Conflict can be defined as a serious disagreement or argument arising from incompatible or opposing interests, needs, desires, or values. It involves a situation, where one party perceives that its interests are being opposed or negatively affected by another party.

Conflict is typically characterized by efforts to assert one's position over another, and can involve emotional, psychological, and/or manifestations.

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# Thank you!

This Newsletter was put together by Lorraine Smith, Dheeraj Waran, Angie Descalzi, Audrey Zahir, and Kyong-ae Kim. Thank you TR for your submissions!

Enjoy this photo of our neighbourhood by Paul Kinsella, titled “West End Fog.”



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## Quick Links

[Subscribe to the Twin Rainbows Newsletter](#)



## [Twin Rainbows Website](#)



## [Twin Rainbows Documents](#)

Governing Documents  
General Meetings  
Committee Documents and minutes  
Board of Directors  
Annual Calendars



## [Join the Twin Rainbows Private Facebook group!](#)

The group is administered by the Communications Committee, and requires you to join through the link to start posting.

If you are waiting to be accepted to the Facebook group, please contact Katie at [jeffandkatie.evans@gmail.com](mailto:jeffandkatie.evans@gmail.com).

**[Join now](#)**

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