

**ANYONE INTERESTED** in and loving classical music and opera? If you'd like to get together for some listening and conversation, let me know. I have a large CD collection and a few opera DVDs, and would love to have company to enjoy. Call **Tom 604-867-9033**.

**CANYON DISPOSAL:** Weekly Waste **PICK-UP** \$39.85 quarterly. Please call 604-867-9272 Tuesday to Thursday between 10 am—2 pm to arrange your weekly service.

**FRASER CANYON MOBILE HOME & RV PARK:** 50610 Trans-Canada Hwy., Boston Bar. Housing Available. Please call 604-867-9011

PLEASE NOTE THE **UPDATE DEADLINE** FOR ALL SUBMISSIONS IS THE **25TH** OF EACH MONTH

**BOX ADS:** As seen on page 5 & 6. These ads are now available in your choice of black and white or colour to suit your budget. Please contact Karen for assistance in your ad's design, for current rates and for more information.

**SPECIALTY ADS ARE AVAILABLE in 3 SIZES:** 1/4, 1/2 and full page—starting from \$50 b/w or \$60 colour

**CLASSIFIEDS RATE:** Monthly: \$2.00 for 1 line ad, 3 lines are \$5.00

**ANNUAL CLASSIFIED RATES:** 2 lines \$24.00 (3 lines \$36.00)

Please call Karen @ 604-206-6006 to place an advertisement

**Out-of-town subscription** to the Update: \$15/year. Please include name & mailing address with cheque. Send inquiries in an email to: kbt@lookieloo.net or call 604-206-6006  
Cheques are to be made payable to: Boston Bar/North Bend Enhancement Society  
P O Box 251, Boston Bar, BC V0K 1C0

### MEMBERS OF THE BOSTON BAR-NORTH BEND ENHANCEMENT SOCIETY

**Executive Director** - Nancy Carmichael  
**Chairman** - Robert Dufresne  
**Vice-Chair** - Diane Johnson  
**Treasurer** - Lori Walters

**Secretary** -Tom Durrie  
**Members at Large -**  
Karen Tillotson, Howard Johnson, Lorna Regehr,  
and Dawn Fox




This newsletter is published monthly by the  
Boston Bar/North Bend Enhancement Society with  
**SPECIAL THANKS** to the  
United Way and Fraser Valley Regional District's  
Grant in Aid Program for their support.



Visit us online at  
www.bostonbarbc.net



Editor: Karen Tillotson  
604-206-6006  
kbt@lookieloo.net

Boston Bar  North Bend Enhancement Society  
www.bostonbarbc.net Editor: 604-206-6006

**UPDATE** DECEMBER 2017

 In support of our local Food Bank, our RCMP members are hosting this important annual event....

*Stuff the Cruiser*  
**Saturday, December 2nd**  
**10 am - 4 pm**  
**Canyon Tirecraft Parking Lot**  
Canyon Tire is graciously hosting a Pancake Breakfast!  
**PLEASE GIVE GENEROUSLY**  
*Cash and non-perishable food donations are welcome!*

**ALL PROCEEDS go towards supporting our own community members who are in need.**  
(Please check expiry dates and packaging integrity of food products you are able to donate.)  
**YOUR KINDNESS AND GENEROSITY IS APPRECIATED AND GRATEFULLY ACKNOWLEDGED!**

All Our Local Community's Seniors  
55 yrs & up are invited to attend the Annual  
**SENIORS' CHRISTMAS DINNER**  
(sponsored by the BB-NB Enhancement Society)  
**BOSTON BAR COMMUNITY HALL**  
**Sunday, December 3rd**  
**Doors Open 4 pm**  
**Dinner Served at 5 pm**  
WINE WILL BE AVAILABLE AT  
\$1.00 PER OUNCE BY DONATION



HAVE A SAFE AND HAPPY  
HOLIDAY SEASON  
ALL THE BEST IN 2018!  
from the  
BOSTON BAR-NORTH BEND  
ENHANCEMENT SOCIETY!

**FAMILY PLACE**  
**CHILDREN'S CHRISTMAS PARTY**  
**TUESDAY, DECEMBER 5TH**  
10:30 AM—1:00 PM, Lunch Included  
at **BOSTON BAR HALL (SANTA'S COMING TO TOWN!)**

<b>HARM REDUCTION PROGRAM</b> Wednesdays at Family Place Boston Bar Band also offers cooperation and support within the Harm Reduction Program.	<b>ANDERSON CREEK HEALTH CENTER</b>  Doctors and Nurse Practitioners <b>Every WEDNESDAY 10am—3pm</b> Appts call <b>Hope Med. Clinic 604-869-5648</b>  Wednesdays call 604-867-9380 Mental Health Appts. Call 604-860-7733  <b>ALLEN ROSCOE</b> , Family Counsellor <b>Every Tuesday Morning</b>  Every other <b>Friday</b> afternoon. <b>Child &amp; Family Worker,</b> <b>MELISSA NEILSON</b> , to register please contact the BB Band office at: <b>867-8844</b>  Employment Assistant Services, Literacy Help, Early Childhood Development call <b>604-869-2279</b>  <b>BOSTON BAR FIRST NATIONS</b> <i>COMMUNITY HEALTH REPRESENTATIVE</i> <b>PAMELA ROBERTSON</b> CHR & LSS (Legal Aid) DRUG & ALCOHOL ADDICTIONS NAVIGATOR Help is available to ALL CITIZENS Please contact Pamela at ph. <b>604-867-8844 or 604-860-3114</b> (fax 604-867-9317) Email: pamelarobertson3@yahoo.ca
<b>BARBER AT CANYON LANES</b> <b>December 4th</b> (Usually 1st Monday of the Month) Kids \$10 Men's \$15	
<b>FOOD BANK DAY - December 14th</b> 1-3 pm in Meeting Room, <b>CANYON LANES</b> , <u>rear entrance!</u> Please bring your own bags or containers. Donations can be dropped off at Canyon Lanes. Applications available at Post Office, Family Place & Canyon Lanes.	
<b>COMMUNITY LUNCH PROGRAM</b> <i>at Family Place</i> Everyone Welcome! Wednesdays Noon-1pm Senior Hour 1pm—2pm. <b>(\$2 minimum donation please!)</b>	
<b>LANDFILL:</b> 50390 Chaumox Road (3 km. east of North Bend) <b>OPEN: TUES., THURS. &amp; SAT. 10AM—5PM</b> Contact Lloyd Forman: <b>867-9775</b> or 604-206-4673  For pickup: see Canyon Disposal Ad on Pg 16	
<b>Fraser Canyon Better at Home</b> Coordinator: Dawn at 604-869-1831 Call to reserve your seat on our weekly shuttle bus. This service is available to everyone!	
<i>Ask about renting our Shuttle Bus and Driver for your private functions. Call Karen at 604-206-6006</i>	 The Boston Bar/North Bend Enhancement Society normally meets the 3 <sup>rd</sup> Monday of every month.  The next meeting is Dec. 18, 2017 at 1:30 pm at Canyon Lanes. <u>All are welcome.</u>
<b>ALCOHOLICS ANONYMOUS</b> Call Mike at <b>867-9114</b>	

<b>NORTH BEND COMMUNITY CENTRE</b> <b>Tuesdays &amp; Saturdays</b> <b>12pm—3pm</b> Thrift Shoppe, Art Gallery/Gift Shoppe, Museum, Wellness Center & Spa, Aman's 'U Like A Diamond', Seniors' Drop-In Free computer and internet access. Send email to the museum at : <a href="mailto:bbar_museum@nili.ca">bbar_museum@nili.ca</a>
<b>COMMUNITY CHURCH</b> Sundays 11 am followed by lunch and fellowship. For info or if you need a ride, please leave a message at Church PH 867-9010  <b>CHURCH OF CHRIST</b> The Church of Christ welcomes you to worship with them on Sundays 10:30am at North Bend Hall. Call 867-9613 for information.
<b>COMMUNITY DIRECTORY</b>  <b>Boston Bar Community Hall Bookings</b> Call Canyon Lanes 867-8800  <b>Food Bank:</b> Morris Tillotson 867-9358  <b>North Bend Community Hall:</b> H & D Johnson 867-9613  <b>North Bend Community Center:</b> Lillian Forman 867-9775  <b>Family Place:</b> Nancy Carmichael 867-9204  <b>Cable Television:</b> Ann Schudeleit 867-8846  <b>Emergency Services Reps:</b> Howard Johnson 867-9613 or Al Regehr 867-9203  <b>FVRD Acting Director:</b> Robert Dufresne 604-206-4235  <b>Editor:</b> Karen Tillotson 604-206-6006  <b>BaHP:</b> Dawn Fox 604-869-1831

UPDATE ON CREOSOTE RECYCLING AT JONES’ MILL SITE

Recently, Lloyd Forman met with the principal owners of the creosote recycling business at the site. Owners are Wilfred and Carolyn Verchares. Their daughter contracted a serious disease from creosote exposure. That motivated Verchares to spend the last several years working on a solution to ensure safe disposal of wood treated with this dangerous chemical.

The correct amount of heat will break down the chemical solution and render it safe. Verchares has been selling his ‘bio fuel’ to the cement plant in Richmond for the past three years.

At the site here in Boston Bar, the creosote ties and wharf pilings which will have had approximately 2 inches removed from the outside of the forms, will then chipped and shipped out. The main body of the timbers will be cut into dimensional lumber. At this point in time, only the chip -ship process will happen here.

It is now recognized that creosote present in soil and water produces toxic effects. For that reason, Verchares’ revolutionary processing could result in a major economic boost to our community, while providing a service that will be invaluable to all people everywhere.

F.V.R.D MEETS WITH AREA A LANDFILL SOCIETY

A very productive meeting was held in Chilliwack on November 22nd, with six community members and six regional district employees.

We (the landfill society) will produce a budget within a two week time frame of that meeting. There was a proposal put on the table that landfill profit would come back to the community as economic development money. The decision would be made at a well advertised town hall meeting where the community will have the opportunity to debate the issues and take a vote as to how to proceed going forward.

We will provide another update to our negotiations in a month’s time.

~ Lloyd Forman, Chairman, Landfill Society



Free WiFi is Available to the public at BOTH LIBRARIES which is only accessible during hours they are open. Come on in with your laptop, or other electronic device and try it out!

**BOSTON BAR: Tuesday & Thursday** 1:00—5:00 pm (dinner) 5:30—7:30 pm.  
Ph. 604-867-8847 (fax 867-9549). **Karen Rushlow**, Library Supervisor

*Both Yale and Boston Bar Libraries will have OPEN HOUSE all through December as an appreciation for our patrons. Coffee or other hot drinks available as well as some goodies to nibble on.*

**Christmas Storytime and holiday event for all ages:** Tuesday December 12th, from 6 pm—7:30 pm  
Stories, activities and refreshments. Come get some Christmas spirit

**Boston Bar Library Book Club** meets online at Facebook Site: Boston Bar Library Book club on the last Tuesday of every month to discuss what we liked or didn't about the book we are reading.

**YALE: Wednesdays** 1:00-5:00 pm (dinner) 5:30-7:30 pm & **Saturdays** 10:30 am-12 pm (lunch) 12:30-5:00 pm. Ph. 604-863-2279 (fax 863-0138). **Karen Rushlow**, Library Supervisor

**Christmas crafting for all age groups:** Wednesday, December 13th from 6 pm- 7:30 pm

**Garden Club Meetings: Every Wednesday** at 7—8 pm. Join us for discussions on various topics. Come share your ideas, knowledge and experience with others. The coffee will be on!



BBESS HALLOWEEN 2017



1-45950 Cheam Ave.  
Chilliwack, BC  
V2P 1N6

*Terry Raymond*  
Director, Electoral Area A

traymond@fvrd.bc.ca  
[www.fvrd.bc.ca](http://www.fvrd.bc.ca)  
Direct: 604-867-8891

**Acting Director: Robert Dufresne: 604-206-4235**



1-45950 Cheam Ave.  
Chilliwack, BC  
V2P 1N6

*Dennis Adamson*  
Director, Electoral Area B

dadamson@fvrd.bc.ca  
[www.fvrd.bc.ca](http://www.fvrd.bc.ca)  
Direct: 604-860-3410

## A Holiday Reminder

The winter holiday season is a time of giving, a time to cheerfully share with our neighbours and to help those in need. As the days grow colder, we should turn our thoughts to those in our community who have undergone recent hardship.

In the Boston Bar area, we have a number of great organizations and volunteers who have dedicated themselves to helping others. The food bank, the holiday hamper and children's gift program (by way of "The Giving Tree"), the weekly community luncheon at Family Place, the weekly clinic at Anderson Creek, and the weekly shuttlebus to Hope and Chilliwack (a partnership between United Way's Better at Home Program and Care Transit) - all are fantastic examples of community-minded people and organizations in action.

These organizations are wonderful examples of caring and make a difference for people in our communities. From the volunteer Board of Directors, volunteer workers, many generous donors, to the recipients of this generosity – our local groups give us much to be proud of providing for those in need.

I would like to thank all of our local organizations and especially our volunteers for working to make our region a better place.

Happy holidays everyone!

*Jackie Tegart*

**The North Bend Community Center** will be **CLOSED** starting *December 17th* and will reopen *Tuesday, January 30th, 2018*.

Come visit our Thrift Shoppe and take advantage of the everyday deals and be sure to stop by the Christmas Room located upstairs! We are open Tuesdays and Saturdays from noon until 3 pm.

There are also some great gift ideas on the second floor in the **Art Gallery**—it's filled with wonderful creations made by our local talented artists! Don't forget to stop by **Shoneena's Wellness Center** for soothing treatments and her all-natural products.



Need help with a  
federal government issue?  
My staff and I are  
happy to help.

**Jati Sidhu**

Member of Parliament  
Mission-Matsqui-Fraser Canyon  
604-814-5710 | [jati.sidhu@parl.gc.ca](mailto:jati.sidhu@parl.gc.ca) | @JatiSidhuMP  
1-866-599-4999 | [facebook.com/jatisidhuMP](https://www.facebook.com/jatisidhuMP)





**November 11th Remembrance Day Ceremony** was well attended and it was great having *Terry Raymond* back to emcee the ceremony for us. We were honoured to have *Warrant Officer Matt Pronk* (Babs Hambly's son-in-law) join in leading the march.

A big "Thank-you" to *Linda Carmen* and *Cora Dunlop* for arranging the coffee and desserts, and to all those who participated in making this a memorable day. A special "Thank-you" to *Hope Legion* for gifting several replacement wreaths to us this year.

Although attendance at the **Christmas Bazaar** held on *November 23rd* was hampered by the serious slide situation on the Trans Canada Highway, several vendors and guests still managed to enjoy the Christmas Fair and the dinner!

**Thanks to all** who attended and purchased items from our local crafters and product vendors! Thanks also goes to *Boston Bar Elementary Secondary School's PAC* members for organizing the event and preparing the wonderful dinner.

The members of **Emergency Support Services** would like to thank the community for their support of the raffle at the Christmas Bazaar. The winner of the lovely basket was **Joanne Kerr**.

Members of the **Boston Bar Enhancement Society** would like to thank the community for their support of the BBNBES raffle at the Christmas Bazaar. The Chocolate Gift Basket was won by **Nancy Hill**.

*Congratulations to the winners and thanks everyone for your Support!*

**BOSTON BAR WORKBC SATELLITE OFFICE**

**ANDERSON CREEK MEDICAL BUILDING – WEDNESDAYS FROM 10 AM – 2 PM**

**WorkBC** comes up to Boston Bar on Wednesdays from 10 am until 2 pm to assist people in their search for employment. Come see us at the Anderson Creek Medical Building or book an appointment by calling our Hope office at **604-869-2279** or via email [info@freereinassociates.ca](mailto:info@freereinassociates.ca). If you have questions about the current labour market, job search techniques, training, and other employment related services, please contact us.


The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

**COME VISIT OUR CANYON LANES FACEBOOK PAGE !**  
[www.facebook.com/canyonbowl](http://www.facebook.com/canyonbowl)



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**Business Hours:**  
**Sundays & Holidays We are CLOSED**

<b>Mon</b>	<b>11am-6pm</b>
<b>Tues</b>	<b>11am-9pm</b>
<b>Wed</b>	<b>9 am-6pm</b>
<b>Thurs</b>	<b>11am-6pm</b>
<b>Fri.- Sat.</b>	<b>3pm-9pm</b>

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Faxing

**CLOSED** on Christmas & Boxing Days! **Note:** *On Dec. 30* we're open **only** from 3-5

**LEAGUE & YBC HIGH SCORES**

Week	Club 55+ WOMEN	Club 55+ MEN
Oct-23	Cora Dunlop 191	John Black 215
Oct-30	Cora Dunlop 195	Lloyd Forman 205
Nov-7	Kelly Conn 214	Bill Moore 209

	Adult WOMEN	Adult MEN
Oct-23	Cheryl Davidson 220	J. J. Campbell 221
Oct-30	Sherri Forman 181	Jabal Forman 257
Nov-7	Cheryl Davidson 227	Joe Campbell 257

	SMURFS GIRLS	SMURFS BOYS
Oct 23	Sequoia Campbell 82	J R Fountain 106
Oct-30	Sequoia Campbell 111	J R & Jayce Hope 117
Nov-7	Sequoia Campbell 137	J.R & Jayce Hope 115

	JETS BOYS	SENIOR GIRLS
Oct 23	Aug Bellerose 102	Kaitlynn Rogers 146
Oct-30		Kaitlynn Rogers 172
Nov-7	Cassius Feeley 85	Kaitlynn Rogers 180

	BANTAM GIRLS	BANTAM BOYS
Oct 23	Abigail Bellerose 91	Cedar Walters 111
Oct-30		Eagle Williams 78
Nov-7	Summer Hanson 88	Cedar Walters 129

	JUNIOR GIRLS	JUNIOR BOYS
Oct 23	Julianna Campbell 108	Nate O'Donahey 163
Oct-30	Julianna Campbell 84	Bruce Williams 225
Nov-7	Julianna Campbell 96	Gage Campbell 183

**BBFN SPONSORED YOUTH NIGHT : DECEMBER 22<sup>ND</sup>, 6—10 PM**

**YBC CHRISTMAS PARTY : DECEMBER 19<sup>TH</sup> AFTER SCHOOL!**

**Call Now** to Book your **Birthday Party of Special Event!**



**CONGRATULATIONS TO OUR YBC JUNIORS FOR WINNING 3RD PLACE**

In The YOUTH GAMES held at Scottsdale Lanes on November 19<sup>TH</sup>!

*Left to right are Julianna Campbell, Gage Campbell, Damian Florence and Bruce Williams with our YBC Coordinator Pat Clelland*

**BRING YOUR FAMILY & FRIENDS AND RING IN THE NEW YEAR at CANYON LANES**

**Sunday, December 31st from 7 pm-1 am**  
\$7 per person or \$30 for family of 5  
(Children under 12 yrs. must be accompanied by an adult)

Unlimited Bowling, Pool, Games, Prizes, 50/50 Draw, Snacks and More!  
**Bring along an appetizer and join in the FUN!**  
(No alcohol or drugs please)

**Come on in and purchase your ticket for a chance to win the Lottery Ticket Tree!**

Pick your lucky number on our **PRIZE BOARD** for a chance to win!  
Only \$5/ticket  
1st Prize \$200– 2<sup>nd</sup> Prize \$100  
3rd Prize \$50

**NO YBC DURING SCHOOL WINTER BREAK!**



## Update at Boston Bar Elementary Secondary School— by Lisa Oike, Principal

The month of November flew by for students and staff at BBESS. The last two days in October were also very busy with the BBESS Open House and Halloween celebrations. We were so pleased to see so many family members at the school on Monday, October 30th, to celebrate our students learning and growth.

On Tuesday, October 31st we had a school full of fun and exciting costumes and we are very thankful to PAC for the wonderful goodie bags and the 1st, 2nd and 3rd place prizes provided for every class.

On November 1st, we hosted an ISPARC Archery Clinic for all students. Everyone trained in safety and sportsmanship and participated in the sport of Archery for 2 hour sessions. In addition, the school continued to practice safety through our drill day. Congratulations to everyone for your excellent behaviour and listening skills during our Fire, Earthquake and Lockdown drills.



Photo courtesy Lisa Oike

As staff we are always so proud of our students but especially on Thursday, November 9th. They proved to us, many community members and special guests, that they are kind, compassionate, and respectful citizens as they participated in the school Remembrance Day Service.

Finally, we had a wonderful awards assembly hosted by Ms. Fraser and the K-1-2 class. They shared their learning of the new BC Curriculum Core Competencies with a focus on Creative and Critical thinking and a First Nations cultural project led by our First Nations Support Worker, Janelle McMillan.

At every assembly we see more family and community members coming out to celebrate their children's success and we look forward to our next assembly in December.

### Important Dates and Events

**Friday, December 1st and 15th:** Off Reserve Tutoring from 9:00 to 12:00 at BBESS

**Tuesday, December 5th:** Family Place Christmas Party (K-2's and Strong Start) Free Lunch, from 10:30am—1 pm. Visit with Santa!

**Thursday, December 7th:** Christmas Concert provided by Hope Secondary School Grade 8/9 Band at 9:45 am in BBESS gymnasium.

**Wednesday, December 13th:** Bully-Back-Off sessions for K-12.

**Wednesday, December 20th:** Christmas Holiday Concert & Community Dinner:

WINTER BREAK:: Last Day: Thursday, **December 21st.. Return:** Monday, **January 8th, 2018**

**Camp Week #2:** Monday, **January 15th, to Thursday, January 18th, 2018**

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## BUSINESS SERVICES

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## BUSINESS SERVICES

**MILL STREET BARBER SHOP**  
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 Jane Murray

**HOURS:** "Walk-ins Welcome"  
 Tuesday - Saturday: 8:30 = 5:30 Phone: 604-792-9112

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Special Prices on Groceries for local community only  
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**VISIT OUR DOLLAR STORE DOWNSTAIRS!**

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 Open 6am ~ Close

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 Downtown Boston Bar  
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## Constable's Corner



Royal Canadian Mounted Police  
 Gendarmerie royale du Canada

In eleven short months, we are once again, back at the month that brings us so much. From the busy, stressful time of trying to organize events to the happy and joyful moments with our friends and family, December is sure to deliver. With that said, we want to remind everyone that safety is our number one priority this holiday season and we want everyone to enjoy this special time.

### ROAD CHECKS ON NOW



As in previous years, police agencies all over the Province will be conducting checks for impaired drivers. That will be no different for us here in Boston Bar. We will be out at random times making sure that everyone is being safe. Between Fraser Valley Traffic Services, Integrated Road Safety Units, Phil, Darren and I, we will be looking out for drivers who choose to consume alcoholic beverages and or illegal drugs.

### ANNUAL 'STUFF THE CRUISER' EVENT...

The annual event is back again and we want to see another great turnout this year. The event is scheduled to take place on December 2<sup>nd</sup> between 10 a.m. and 4 p.m. With this year's changeover in personnel, Darren has graciously taken over Boston Bar RCMP's representation at the event and we are all looking forward to being with the community during this time. "Every season our community has embraced the Stuff the Cruiser campaign and we know the same will occur again this year. In the past, folks have donated over 1,000 pounds in food and cash to the Stuff the Cruiser Event in support of our local food bank," says Constable Darren McKay of the Boston Bar RCMP.

### GREAT POLICE WORK...

A North Vancouver man faces charges after great police work by our own. The arrest of the North Vancouver man occurred after Bar RCMP received a report of a home invasion. After the robbery and theft of an automobile, Constable Phil attended and conducted excellent police work gathering pertinent information sharing them with neighbouring detachments.

Around one hour later, due to diligent and detailed work done by Phil, neighbouring detachment police officers were able to identify the North Vancouver man and alert Phil of the man's arrest. Subsequent investigation by Phil secured a number of criminal charges.

The North Vancouver man faces charges of break and enter, robbery, disguising face with intent to commit an offence, theft of motor vehicle, uttering a threat to cause bodily harm, assault with a weapon, assault using a motor vehicle, and dangerous operation of a motor vehicle. The man remains in custody pending a later court date.

### BEST WISHES...

And just like that, we say good bye to one year and welcome another. 2017 was an exciting year and we do not expect less from 2018. As in the previous years, we want to thank you all for being the best community we have ever lived and worked in and we cannot wait to spend the next one with you all.

From Phil, Darren and myself,  
**Merry Christmas and Happy New Year!**  
 ~ Cst. R. TUMBAS

*Thank You!*

*As you know, we recently lost a member of the Abbotsford Police department, who died in the line of duty protecting his community.*

*Each day we go to work to keep our communities safe, knowing fully well that we may not come home to our families.*

*To all who have expressed their condolences, we thank you and appreciate your support during such a hard time.*



United Way

Better at Home is funded by the Government of British Columbia



United Way helping seniors remain independent

[www.betterathome.ca](http://www.betterathome.ca)

Fraser Canyon Better at Home Coordinator  
**Dawn Fox** phone: **604-869-1831**.

CALL NOW to book your seat on the weekly THURSDAY SHUTTLE for your ride to *Hope* or *Chilliwack*

FRASER CANYON SHUTTLE SCHEDULE  
**December 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Hope bus departs BB at 9 am ~ Chilliwack bus departs at 8 am

As well as helping seniors stay in their homes longer, we provide a shuttle service to Hope and Chilliwack, for shopping and appointments and also transportation on Wednesdays to Anderson Creek Medical Clinic. Subsidy for this transportation service is dependent upon a senior's verified income level.

**\*\*IF YOU ARE A SENIOR 55+** and are having difficulty with light housekeeping, yard work, minor household maintenance and repairs and/or if you are *in need of transportation* to shops or appointments, **please call 869-1831**, Dawn Fox at 604-869-1831 to complete an intake form. Forms are available also at Family Place and Canyon Lanes.

**If you have a minimum unrestricted Class 4 driver's license, enjoy meeting people and would be willing to be an ON CALL DRIVER for our Fraser Canyon Shuttle Bus, please call Dawn at 604-869-1831**

**VOLUNTEERS** are always needed to help out our Better at Home clients. If you are able to lend a hand, please call Dawn at **869-1831**. Often this is simply a ride needed to attend the weekly luncheon at Family Place or get to an appointment at Anderson Creek Medical Clinic.



**HOPE CARE TRANSIT** supplies a transportation service to folks from our area that need to get to a medical specialist appointment or diagnostic procedure out of our area. This service is available to **ANYONE** needing a ride. The amount of subsidy available is determined by an individual's needs and financial circumstances (donations are gratefully accepted.) **IF YOU REQUIRE TRANSPORTATION TO MEDICAL APPOINTMENTS OUTSIDE OF OUR IMMEDIATE AREA, YOU MUST FIRST BECOME A CARE TRANSIT CLIENT BY CONTACTING THE HOPE CARE TRANSIT OFFICE: 604-869-3396**. Rides to MEDICAL APPOINTMENTS in the lower mainland are then arranged for you through the Hope Care Transit Office. (*Client Referral Forms are also available for our community's Better at Home clients. Contact Dawn at 604-869-1831.*) **Referrals for anyone can be obtained from the health care staff at the Anderson Creek Clinic on Wednesdays, at 867-9380. Care Transit is a Non-Profit Service powered by caring volunteers!** If you live in the Boston Bar-North Bend area and are interested in becoming a Care Transit volunteer DRIVER, please contact **Wanda** at the **Hope Care Transit office at 604-869-3396**. Drivers are remunerated for all travel on a per kilometer basis.



Family Place News

**POSITIVE PARENTING PROGRAM**  
Tuesdays 10:30 till noon at Family Place

**A YOUTH MENTAL HEALTH WORKER**  
is at Family Place most Wednesdays!

**FAMILY PLACE WILL BE CLOSED FROM DECEMBER 14TH TO JANUARY 3RD, 2018**

**2018 FOOD BANK DAYS Thursdays at Canyon Lanes 1-3 pm**

January 18th

June 21st

February 15th

July 19th

March 15th

August 16th

April 19th

September 20th

May 17th

October 18th

The Children's Christmas Party is on **Tuesday December 5th** at Boston Bar Community Hall from 10:30 am to 1 pm. Santa usually parks his sleigh and reindeer on the roof around noon so that he is able to spend a few minutes with all the little children!

Thank you to all our **Community Members** for giving generously to the children of our community via **THE CHRISTMAS GIVING TREE**. It is such a wonderful program and your generosity is so appreciated. *The Deadline for delivering your Giving Tree gift is **December 12th**. Please take the unwrapped gifts to Canyon Lanes.*

**Wednesday's Community Lunch Program** is sponsored by the BB-NB Enhancement Society.

A nutritious meal is served from 12 pm—1 pm. (Monthly Menu is on the Update Calendar.)

Everyone is Welcome. You are also invited to stay from 1 pm—2 pm to play card games and socialize.

**A \$2 MINIMUM DONATION** is needed in order to continue our lunch program.

**MANY THANKS** to our community members for all cash and food donations and to our friends at **BUY-LOW FOODS** and **SAVE-ON FOODS** for their frequent generous donations to our Food Bank.

Thanks to a 'Healthy Communities' grant, **Jeet Kune Do** is a 24-week program being taught by Jamen Zacharias at **Boston Bar School** every Monday (except holidays) from 4—5 pm.

**IF YOU REQUIRE THE SERVICES OF THE FOOD BANK** and are not already registered with us, you can pick up an application at Canyon Lanes, Family Place or the Post Office.

When applying you need to show **proof** of residence in our area and **proof** of all the people living in your home.

**Please hand in your application on the Friday before Food Bank Day.** The Next Food Bank Day is Thursday, November 16th. **You need to pick up your hamper between 1 & 3 pm** or you could miss out. Canyon Lanes staff cannot be responsible for getting your hamper for you *after* Food Bank hours. Access to products on the **Choices Table** is **ONLY** available from **1 to 3 pm**. If you have questions or concerns regarding your application or your hamper, please contact our volunteer **Morris** on his cell# **604-867-9358**.

FREE CONDOMS AND PREGNANCY TESTS ARE AVAILABLE AT FAMILY PLACE. CONFIDENTIALITY AND DISCRETION IS ASSURED.

DECEMBER 2017

FAMILY PLACE HOURS  
Monday & Tuesday 10 am - 2 pm  
Wednesday 10 am - 1 pm  
Wed. Community Lunch 12-1 pm  
CLOSED Thursday, Friday & Stat Holidays

STRONG START AT BBESS  
Monday ~ Tuesday: 11 am - 3 pm  
Wednesday - Thursday: 8:30 am - 12:30 am  
Friday when school is in session 8:30 am - 12:30 pm

PHONE NUMBERS 604-867-  
Family Place -9204  
Canyon Lanes (CL) -8800  
Boston Bar School—9222  
RCMP non emergency—9333

Anderson Creek Health Center  
Make Appts with Hope Medical Center 604-869-5648  
On Wednesdays call 867-9380  
BB First Nations Band Office (programs): 867-8844

SUN	MON	TUE	WED	THU	FRI	SAT
See School News page 12 for Important Events	Need a ride to attend our Family Place programming? Cap C, Better Beginnings, Triple P, and Drop in. Please call 867-9204.	FLU SHOTS Wed., Nov. 29th Boston Bar Library 11am—1pm	Our Volunteer Fire Dept. welcomes NEW MEMBERS. Come to the Fire Hall and meet with us! Fire Practice is Every Wednesday at 6pm	SHUTTLE PICKUPS START AT 9am—Hope 8am—Chilliwack Call 869-1831 to book your seat!	1  BBESS Off Reserve Tutoring	2 STUFF THE CRUISER 10am-4pm AT THE CANYON TIRECRAFT PARKING LOT
3 SENIORS (55+) DINNER AT THE BOSTON BAR COMMUNITY HALL. DOOR OPENS AT 4!	4 Cap C & Better Beginnings 10:30—2pm Lunch & Snacks  BARBER at Canyon Lanes  JEET KUNE DO 4-5pm at BBESS	5 Family Place Christmas Party 10:30 AM —1:00 PM BOSTON BAR HALL Lunch will be served  NBCC 12-3pm	6 Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 CABBAGE ROLL CASSEROLE  Anderson Creek Clinic 10-3	7 Christmas Concert BBESS at 9:45 in Gymnasium  Shuttle: HOPE	8	9  NBCC 12-3pm
10	11 Cap C & Better Beginnings 10:30—2pm Lunch & Snacks perinatal specialist LANA  JEET KUNE DO 4-5pm at BBESS	12 Cap C Drop In 10-2 Playtime-Literacy-Crafts Triple P 10:30—Noon Lunch & Snacks Christmas crafts for Kids Deadline for GIVING TREE gifts to CL  NBCC 12-3pm	13 Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 HAM & CHEESY POTATOES  “Bully Back Off” at BBESS Anderson Creek Clinic 10-3	14 FOOD BANK DAY 1-3 at CANYON LANES PLEASE USE BACK ENTRANCE  Shuttle: CHILLIWACK	15  BBESS Off Reserve Tutoring	16  NBCC 12-3pm LAST DAY TO SHOP!
17	18 FAMILY PLACE CLOSED TILL JANUARY 3 2018  JEET KUNE DO 4-5pm at BBESS  BBNBES Mtg. 1:30 @ Canyon Lanes	19  YBC Christmas Party after school. Santa will be visiting!	20  Christmas Concert & Community Dinner at BBESS  Anderson Creek Clinic 10-3	21 LAST DAY OF SCHOOL Before Winter Break. RETURN JAN. 8,2018  Shuttle: HOPE	22 BBFN Sponsored Youth/Family Night from 6—10 pm. At Canyon Lanes! All Are Welcome!	23
24	25  MERRY CHRISTMAS	26	27  Anderson Clinic CLOSED	28  Shuttle: CHILLIWACK	29	30  Limited opening Canyon Lanes from 3—5 pm only
31 New Year’s Party @ Canyon Lanes 7pm—1am See PAGE 13 For details	January 1  HAPPY NEW YEAR	2	3  Family Place Reopens!	4  Shuttle: HOPE	5	6 NBCC & THRIFT SHOPPE WILL BE CLOSED AFTER DECEMBER 17TH AND WILL REOPEN TUESDAY, JANUARY 30, 2018