CLASSIFIEDS

JOB OPPORTUNITY: Hallcon housekeeping. Casual, on-call position: $10.85/hour. For more information, please direct enquiries to email address: **nbhallcon@hotmail.com**

LARGE GARAGE SALE! June 1st to **June 15th** at 48723 Chaumox Road, North Bend. Flooring, lumber, drywall, furniture, horse gear *and more!* Please call ahead: 604-860-3540 ask for Jim.

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: **Please call for our quarterly & annual rates!**

SPECIALTY ADS— 1/4 page $40 b/w—or $50 colour

CLASSIFIEDS RATE: Monthly: $2.00 for 1 line ad, $3.00 for 2 lines, $5.00 for 3 lines

ANNUAL RATES: 2 lines $24.00 and 3 lines: $ 36.00

*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 email to: kbt@lookieloo.net

Cheques 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
Chair & Treasurer - Lori Walters
Vice-Chair - Robert Dufresne
Secretary - *Patricia Davison, Resigned*

Members at Large: -Shirley Crow
-Howard Johnson
-*Joanne Kerr, Resigned*
-Karen Tillotson

United Way COMMUNITY PARTNER

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.

Fraser Valley Regional District

Visit us online at www.bostonbarbc.net

Boston Bar North Bend Enhancement Society

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

Country Icon Tribute Band put on a great concert at BB Hall.
Photo: Alison Ross

Wonderful talented dancers and their beautiful Regalia!
Photo: A. Ross

Pictured l. to r. with 2016 May King Jayden Cairnes and 2017 May Queen Kaitlynn Rogers (center) are: Cheryl Campbell-Davidson 1986, Sandy Walters 1998, Donna Wiebe-Wilson 1960, Terrie Ann Campbell-Davidson 1975, Roslind Vonberg-Wells 1974, Kathleen Davidson 2008, Sherri McAbee-Ross 1972, Betty Davidson 2014, Patti Thomas 1979 and Leslie Campbell 2013. **Thank you** to all those who travelled to be part of our 90th May Day Celebration!!!!
~photo K. Tillotson

Elsa, the Disney Princess with Kaitlynn.
Photo: A. Ross

2017 MAY DAY RAFFLE WINNERS!

2 Nights River's Edge:	*Kenny Wilson*
Old Towne Inne:	*Sandra Clark*
Reo Rafting:	*Mary Ann Campbell*
5 Salmon:	*Darlene Howard*
Pharmasave Gift Certificate:	*Sherri Forman*
Valley Helicopter T–Shirt:	*Evan Chernoff*
Valley Helicopter T–Shirt:	*Pat Clelland*
Adult Season Pool Pass:	*Nancy Hill*
10 Visit Pool Pass:	*Jackie Winters*

All of us on the **May Day Committee** would like to thank all those who came out and supported our **90th May Day Celebration**!
Thanks also goes to all the volunteers who came out and helped to make this year's event a success.
Without all of you, there would be no May Days!
SEE YOU ALL NEXT YEAR!

COMMUNITY

Weekly & Monthly Programs

HARM REDUCTION PROGRAM
Wednesdays at Family Place
Boston Bar Band also offers cooperation and support within the Harm Reduction Program.

BARBER AT **CANYON LANES**
June 5th
(Usually 1st Monday of the Month)
Kids $10 Men's $15

FOOD BANK DAY - June 15th
1-3 pm in Meeting Room, **CANYON LANES**, rear entrance! Please bring your own bags or containers. Donations can be dropped off at Canyon Lanes. Applications available at Post Office, Family Place & Canyon Lanes.

COMMUNITY LUNCH PROGRAM
at Family Place
Everyone Welcome!
Wednesdays Noon-1pm
Senior Hour 1pm—2pm.
(Donations greatly appreciated!)

LANDFILL: 50390 Chaumox Road
(3 km. east of North Bend)
OPEN: TUES., THURS., & SAT. 10AM—5PM
Contact Lloyd Forman: **867-9775** or 604-**206-4673**

For pickup: see Canyon Disposal Ad on Pg 16

A **Women's Group** meets every other Tuesday at the old North Bend Clinic from 12:30-2 pm - lunch included. This is open to ALL women. Contact Pam at 604-860-3114 for info. See calendar for next session.

Fraser Canyon Better at Home
Coordinator: Dawn at 604-**869-1831**
Call to reserve your seat on our weekly shuttle bus. This service is available to everyone!

ALCOHOLICS ANONYMOUS
Call Mike at 867-9114

ANDERSON CREEK HEALTH CENTER
Doctors and Nurse Practitioners
Every WEDNESDAY 10am—3pm
Appts call Public Health 604-**860-7630**
Wednesdays call 604-**867-9380**
Mental Health Appts. Call 604-**860-7733**

ALLEN ROSCOE, Family Counsellor
Every Tuesday Morning

Every other **Friday** afternoon.
Child & Family Worker,
MELISSA NEILSON, to register please contact the BB Band office at:
867-8844

Employment Assistant Services, Literacy Help, Early Childhood Development call **604-869-2279**

HEALTHY LIVING GET-TOGETHER
TAI CHI (with SOOYEON ZACHARIAS) **CALL Sooyeon** at 1-**250-455-2711** Please see PAGE 12 for dates & times

BOSTON BAR FIRST NATIONS
COMMUNITY HEALTH REPRESENTATIVE
PAMELA ROBERTSON
CHR & LSS (Legal Aid)
DRUG & ALCOHOL
ADDICTIONS NAVIGATOR
Help is available to ALL CITIZENS
Please contact Pamela at
ph. **604-867-8844 or 604-860-3114**
(fax 604-867-9317)
Email: pamelarobertson3@yahoo.ca

The Boston Bar/North Bend Enhancement Society meets the 3rd Monday of every month.

The next regular meeting & **AGM** is **June 26th** Regular -1:30 pm and **AGM - 2:30** pm at Canyon Lanes. All are welcome.

NORTH BEND COMMUNITY CENTRE
Tuesdays & Saturdays
12pm—3pm
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 :
bbar_museum@nili.ca

COMMUNITY CHURCH
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

CHURCH OF CHRIST
The Church of Christ welcomes you to worship with them on **Sundays** 10:30am at North Bend Hall.
Call 867-9613 for information.

COMMUNITY DIRECTORY

Boston Bar Community Hall ***Bookings***
Call *Canyon Lanes* *867-**8800***

Food Bank: *Morris Tillotson* *867-**9358***

North Bend Community Hall:
H & D Johnson *867-**9613***

North Bend Community Center:
Lillian Forman *867-**9775***

Family Place:
Nancy Carmichael *867-**9204***

Cable Television:
Ann Schudeleit *867-**8846***

Emergency Services Reps:
Howard Johnson *867-**9613***
or Al Regehr *867-**9203***

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

Editor: *Karen Tillotson* *604-**206-6006***

BaHP: *Dawn Fox* *604-**869-1831***

BBESS NEWS

Boston Bar Elementary Secondary School
HONOUR ROLL

Grade 4 to 12 Students with at least a 2.5 GPA to 4.0 GPA
In descending order:

Sil Baziuk
Logan Westerlund
Lucas Westerlund
Bruce Williams
Sophie Olsen
Caelan Chernove
Aydon Hanson-Holmberg
Charlie Olsen
Louise Boake
Jayden Cairns
Justin Cairns
Mellisa Stovin
Gage Campbell
Kaitlynn Rogers
Julianna Campbell
Winifred Boake
Ethan Angus

PRINCIPAL'S LIST 3.25 GPA to 4.0 GPA
Logan Westerlund (3.25)
Sil Bazuik (3.5)
Lucas Westerlund (3.25)
Bruce Williams (3.25)

There is a great deal of beauty that surrounds Highway 1 through the twists and turns of the Fraser Canyon and every time I drive it, my heartbeat slows down and I am thankful for the privilege to see it. Though its beauty is undeniable, the people that reside in this small town of Boston Bar will be unforgettable to me.

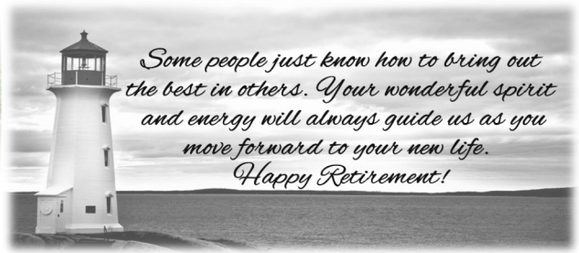
August of 2014, I unpacked my wagon and entered the school doors of Boston Bar Elementary Secondary School as the new Principal and was greeted by our Parent Advisory Committee members: Amanda Westerlund, Tara-lyn Gray and Shoneena Loss-Walters. They spent time with me building a Kindness Tree in our front entryway where students could hang their leaves for Acts of Kindness upon it. Their kindness and support has always stayed with me.

So many moments stand out to me during these past three years and possibly way too many to mention. I would like to thank you all for the many hours you have volunteered within our school, donations for student activities, sharing your knowledge and skills, and for supporting teachers in teaching your children. You made a difference for all of us connected with this school and I am truly grateful to you.

And for me personally, you opened up your arms of friendship to me on numerous occasions, and ensured that I knew of all the community activities going on, so I wouldn't miss them. From the May Days, community dinners, potlucks, music nights and Remembrance Day Ceremony, it was great to meet everyone and learn their stories of moving to this small town. I loved it all! From the ages of 1 month to 100 years old, there has been much kindness shown here in this small town. It has a large heart—you can see it everyday in our students' acts of kindness.

I will miss you all, the wonderful staff here and the students. I will forever have you in my memory and my heart. But for now, I'll load up the wagon and head east for lazy days on my porch. *Thank you so very much Boston Bar!*

~ ***Debra Devine***, Principal BBESS



BBESS NEWS

COME OUT AND SUPPORT THE PAC CARWASH & PANCAKE BREAKFAST
ON JUNE 17TH FROM 10AM TO 1PM IN THE CANYON TIRECRAFT PARKING LOT!!

DATES TO REMEMBER:

JUNE 10TH:	HS GRAD CEREMONIES 2PM: WILLIE CHARLIE, CHEYENNE CAMPBELL AND CHRISTIAN BERG
JUNE 15TH:	LAST DAY OF HIGH SCHOOL AND ALL SCHOOL FIELD TRIP TO BRIDAL FALLS
JUNE 17TH:	PAC CARWASH AND PANCAKE BREAKFAST
JUNE 18TH TO 21ST:	SWIMMING LESSONS AT ALMER CARLSON POOL - KINDERGARDEN TO GRADE 8
JUNE 22ND	LAST DAY OF SCHOOL! **10 AM** AWARDS CEREMONY AT SCHOOL.
	12:00 PM BBQ AND POOL PARTY AT ALMER CARLSON POOL

FVRL FRASER VALLEY REGIONAL LIBRARY

Read. Learn. Play www.fvrl.ca

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

Boston Bar Bookclub: We meet online on the last Tuesday of the month, at our Facebook page, *Boston Bar Library Bookclub* to discuss the book we are reading this month! Check it out!

Children's Drop-in Story time—Thursday, June **8th** at 2:30 pm

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

Children's Drop in storytime—Saturday, June **24th** at 3:30 pm

July 1st Canada Day Celebration 1 – 4 pm *in partnership with Yale Historic Site. To be held at the Yale Heritage/Museum Site on Douglas St. in Yale.*

SUMMER READING CLUB starts June 1st at Boston Bar and Yale libraries.
Other libraries will be starting their programs on June 21, 2017.
Sign up to get reading and enter the contests to win prizes!

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 | @JatiSidhuMP
1-866-599-4999 | facebook.com/jatisidhuMP

Fraser Valley Regional District

Dennis Adamson
Director, Electoral Area B

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

dadamson@fvrd.bc.ca
www.fvrd.bc.ca
Direct: 604-860-3410

RAFFLE TICKETS
1st Prize $250
2nd Prize $150
3rd Prize $75

PLEASE SUPPORT THIS FUNDRAISER
sponsored by the BB-NB Enhancement Society.
Your ticket purchase will go towards materials required to refurbish our
BOSTON BAR COMMUNITY HALL
Our community hall does not generate a profit. The building belongs to all of us and it supports a wide variety of functions that benefit all our citizens!
YOUR SUPPORT IS APPRECIATED!
GET YOUR TICKETS NOW! $2 ea. Or 3/$5
Raffle Tickets can be purchased at Canada Post ~ Canyon Lanes ~ Family Place
Draw date: July 1, 2017 at CANADA DAY Celebration

CANADA POST CORPORATION
is inviting proposals for the provision of Janitorial Services at BOSTON BAR POST OFFICE
Proposals will be accepted until
JUNE 12TH, 2017
For further details, please contact the Postmaster.
All bids for the provision of Janitorial Services for the Boston Bar Post Office should be sent to:

Loran Lilwall, Postmaster
47854 Old Boston Bar,
Boston Bar, BC V0K 1C0
604-867-9712
Reference: Boston Bar Post Office—Janitorial Contract

CANADA 150 Canada

Join us at the Almer Carlson Pool for Canada's 150th Birthday!

Starts at NOON
Drink & Hot Dog $5

Free Canada Day Cupcakes thanks to Canada Heritage Grant!

FREE swimming for ALL!
(Bring a lawn chair!)

As a THANK YOU to Residents of our Community!
PAULINE & DAVE FROM HOPE BUY-LOW FOODS ARE COMING TO BOSTON BAR TO HOST A
CUSTOMER APPRECIATION DAY BARBECUE!!!
SATURDAY, JUNE 17TH, Starts at NOON
AT THE RAYMOND MEMORIAL PAVILION AND PARK!
COME ON OUT AND ENJOY LUNCH, COMPLIMENTS OF THE GENEROUS FOLKS AT BUY-LOW FOODS!
BRING THE KIDS! THEY'LL HAVE FUN MAKING SPECIAL FATHER'S DAY CRAFTS!

DURING THIS EVENT, CASH DONATIONS TO OUR BOSTON BAR FOOD BANK WOULD BE GREATLY APPRECIATED!

Yale's 3rd Annual Hog Roast

65050 Albert Street, Yale
July 15th, 2017
Festivities Start at 2 PM
Kids' Waterslide - Live Entertainment - Dancing
Dinner: 5 - 6 pm
$15 PER PERSON. KIDS 12 & UNDER FREE
For More Info Call Gail 1-604-863-0001

EVERYONE IS WELCOME TO ATTEND THE ABORIGINAL DAY/ WELLNESS EVENT on Wednesday June 21st from 10am—2 pm at Tuckkwiowhum Village! There are PRIZES to be won!

The North Bend Community Association would like to thank all those who came out on May 6th in support of our Lasagna Dinner. The evening was well attended and a good time was had by all!

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 util 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**. If you have questions about the current labour market, job search techniques, training, and other employment related services, please contact us.

Canada BRITISH COLUMBIA WorkBC Employment Services Centre

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

Alexandra Bridge Project on Highway 1

Surespan Construction will be working on Highway 1 completing deck rehabilitation and seismic safety retrofit to the Alexandra Bridge approximately 3 km north of Spuzzum, BC.

The deck rehabilitation will start May 23rd, 2017. There will be single alternating traffic along the Alexandra Bridge - 24 hours a day until approximately late October, 2017. Traffic delays to the public will be minimized as much as possible.
Surespan Construction Ltd. appreciates your patience as they complete this work along the bridge.

From **Jonathan Au,** Project Coordinator for Surespan Construction Ltd.

Carrying on the traditional Maypole Dance were students of Boston Bar Elementary-Secondary School! *Photo: A. Ross*

HUGE THANKS TO THE FOLLOWING FOR THEIR GENEROUS DONATIONS OF PRODUCTS, TIME AND HARD WORK IN BEAUTIFYING THE CHILDREN'S PLAY AREA AT **FAMILY PLACE**:

Evergreen Turf. Kamloops
Hope Machine Shop
Home Depot, Chilliwack
Rona, Hope
'**Canyon Cable,** Hope
George & George Jr. Kirszenstein

The hard working crew: Rob, Rick, Barry, Mike, Belinda and Shelagh
GREAT JOB EVERYONE!!

Telephone: **604-867-8800** *(fax 867-9112)*

CANYON Lanes

Tom Dunlop Recreation Center
47585 Trans Canada Highway

Adult Leagues
Club 55+
YBC
(Youth Bowling Club)

Mon	11am-6pm
Tues	11am-6pm
Wed	11am-6pm
Thurs	11am-6pm
Fri.- Sat.	3pm-9pm

Please note our summer hours!

Sundays & Holidays We are CLOSED

Bowling 5-pin
Pool tables
Air Hockey
Water Store

Big screen TV
Wi-fi
Kid's Play Zone
Meeting Room

Birthday Parties
Private Events
Photo-copying
Faxing

SINCERE THANKS TO BOSTON BAR FIRST NATIONS FOR SPONSORING MONTHLY FAMILY/YOUTH NIGHTS!

YOUTH NIGHTS will resume in September, 2017!

CALL NOW TO BOOK
Your Birthday Party or Private Event!
Phone 604-**867-8800**
for more information!

SMURFS

	BOYS	SCORE
04/24	Jayce Hope	91

YBC will resume in *September*.
Have a safe happy summer!

BANTAMS

	GIRLS	SCORE	BOYS	SCORE
04/24	Kay Dales	138	Bruce Williams	95
05/01	Siara Johnson	141	Bruce Williams	137

JUNIORS

	GIRLS		BOYS	
04/24	Louise Boake	139	Damian Florence	117
05/01			Gage Campbell	241

SENIORS

	GIRLS	
05/01	Cheyenne Campbell	119

COMING SOON!
KIDS BOWL FREE!
SUMMER BOWLING PROGRAM!

SIGN UP NOW FOR OUR
SUMMER LEAGUE!
Our 'No Tap" league will be on Thursdays at 6:30 pm.
Starts July 6th until August 24th.
Call for more information!

Exercise & Socialize

ADULT DROP IN BOWLING !

WEDNESDAYS AT 11 AM

PLAY 3 GAMES FOR THE PRICE OF 2!

YOGA at Canyon Lanes

Thursdays at 4:30 pm

DROP IN—BY DONATION!

On Tuesday, May 16th a team of Canyon Lanes Club 55+ members bowled in the Zone 3 Playoffs held in Surrey, BC. The team consisted of ***Betty Davidson, Pat Clelland, Cora Dunlop, Lloyd Forman*** *and* ***Linda Lewin***. They earned a 2nd place win, which means they will be going to the **BC Senior Games** in **Vernon** this coming September.
Congratulations Team! We wish all of you the very best at the September Games!

Barber Days
at Canyon Lanes

June 5th
July 10th
August 14th
September 11th
October 2nd
November 6th
December 4th

BUS EXCURSION
June 28th to
Agassiz's Farm House Natural Cheeses

A certified organic farm producing a wide variety of cow and goat milk cheeses, butter, yogurt and non-homogenzied milk from grass-fed cows and goats.
Visit the farm shop and sample award winning cheeses and shop for local products and gift items.
Watch the cheese-making process through viewing windows and take a stroll around the farm to visit the animals.
Winner of the 2016 Agriculture & Agri-Food Innovation Excellence Award!

Stroll along the beautiful water front. Stop in at one of the several fabulous restaurants to grab a bite to eat. Visit the galleries and artisan gift shops - it's all up to you!

Departs Boston Bar: 9:00 am ~ Departs Harrison at approx. 2:30 pm (door to door)

FARE: **$22.00** PER PERSON.

SEAT MUST FIRST BE BOOKED BY CALLING 604-869-1831

THEN TICKET PURCHASED (cash only) AT CANYON LANES.

LIMITED SEATING! SO BOOK NOW!

Wheelchair/Scooter Friendly

Two Coolers will be on board to store any Farm House products you might purchase

TRY OUT THESE FULLY SPONSORED HEALTHY LIVING PROGRAMS AVAILABLE TO EVERYONE

TUESDAYS:	**TAI CHI** *10:30 AM* TUCKKWIOWHUM VILLAGE LONGHOUSE
	FITNATION *AT NOON*, BOOTHROYD
WEDNESDAYS:	**TAI CHI** *10 AM* LYTTON SENIOR COMPLEX
	EVERYONE FITNESS 11 AM LYTTON GYM
THURSDAYS:	**TAI CHI** *10:30* AM W. CAMPBELL CENTER, BOOTHROYD
	WALKING GROUP *2 PM* AT TUCKKWIOWHUM VILLIAGE LONHOUSE

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BUSINESS SERVICES

MILL STREET BARBER SHOP
9341 Mill Street, Chilliwack, BC V2P 4N1
Jane Murray
HOURS: "Walk-ins Welcome"
Tuesday - Saturday: 8:30 = 5:30 Phone: 604-792-9112

Canyon TIRECRAFT
Centrally located in The Fraser Canyon!
JANET
1-604-867-9614 • Boston Bar, BC
Hours: Mon-Fri 8am - 5pm
Saturdays 9am - 1pm
canyontire@telus.net

FRASER CANYON MARKET
48045 TransCanada Highway
LIQUOR, GROCERY, HARDWARE
604-867-9422
★ Chester Fried Chicken To GO ★
Special Prices on Groceries for local community only
10 - 15% Off (*minimum purchase $25.00*)
Regular SPECIALS on BEER!
Open 7 days a week 8:30 am - 10:00 pm
VISIT OUR DOLLAR STORE DOWNSTAIRS!

Fat Jack's BAR & GRILL
the best eats in the canyon
AT THE MIGHTY FRASER MOTEL
50864 TransCanada Highway,
Boston Bar, B.C.
604-867-9296

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Abbotsford / Mission 604-850-0351 Chilliwack 604-792-9415

Esso
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BC LIQUOR AGENCY

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Constable's Corner

Royal Canadian Mounted Police / Gendarmerie royale du Canada

SOCIAL MEDIA

What is social media? The definitions range from person-to-person and site-to-site but in general, the common term usually describes social networking sites such as **Facebook, Twitter, Snapchat, LinkedIn, YouTube** and others. So why are we bringing this up, you ask? Our goal this month is to bring awareness about social media's negative side as well as it's positive side, some of which we hear about, even though we might not want to know that we know! Confused yet?

As with most things in life, a balance is important! For those who are familiar with Aristotle, he believed that one should avoid extremes and seek moderation in all things. Social media can be a wonderful thing, in moderation. Whether you are involved in an online business or you use the social media to update the community, social media is a wonderful tool if used correctly and ethically. Social media can aid in finding lost family members, family pets, warn of potential scams and even provide updates on highway closures.

The problem arises when social media is used for negative reasons which we have all seen. Whether people use it for criminal activity or your neighbour or friend uses it for publicly shaming someone else, social media can create issues for multiple persons directly and indirectly involved with a simple click of a button. So the next time you want to send a message or respond to a message, ask yourself before clicking on that "Send" button, is this a positive message and or a reply and will it affect others in a positive way! If not, perhaps you should not send that message out for everyone to see!

If unsure at the time, implement the "24 hour rule!" Type the message to the person you want to address and do not send the message. Instead, leave your device and come back to it the next day. If you still think the message needs to be sent, be prepared to deal with the consequences. You will be surprised how many messages you will end up not sending out into the public world of social media.

~ Cst. R. TUMBAS

If you have a question, an idea or a topic that you would like to see in the Constable's Corner, please let us know by contacting us or Karen Tillotson, editor of the BB-NB Update Newsletter

Photos: K. Tillotson

Fraser Valley Regional District
1-45950 Cheam Ave.
Chilliwack, BC
V2P 1N6

Terry Raymond
Director, Electoral Area A
traymond@fvrd.bc.ca
www.fvrd.bc.ca
Direct: 604-867-8891

Acting Director: Robert Dufresne: 604-206-4235

Laurie Throness
MLA Chilliwack-Hope
Parliamentary Secretary For Corrections

Constituency Offices:
#10-7300 Vedder Road
Chilliwack, BC V2R 4G6
604-858-5299
366A Wallace Street
Hope, BC V0X 1L0
604-860-2113
Laurie.Throness.MLA@leg.bc.ca

FRASER CANYON BETTER at HOME PROGRAM

United Way

Better at Home

United Way helping seniors remain independent

Better at Home is funded by the Government of British Columbia
www.betterathome.ca

Fraser Canyon Better at Home Coordinator
Dawn Fox at **604-869-1831.**
CALL NOW to book your seat on the weekly shuttle for your ride to Hope or Chilliwack

ANYONE CAN RIDE THE SHUTTLE *which goes to Hope weekly and to Chilliwack usually on the last Thursday of the month.*
Hope return is **$20.** Chilliwack return is **$30**.

You must reserve your seat by calling 604-869-1831 on or before Wednesday. Non-seniors can purchase tickets at Canyon Lanes. (Cash only please). This is a door to door ride so an address or pickup location must be provided. **Seniors 55+** yrs. may qualify for subsidized fare. ***See below**.***

Please note there is NO BUS Thursday June 1st. Rescheduled to Friday, June 2nd.

JUNE 2017

Su	Mo	Tue	We	Th	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	

Hope Shuttle: **June 2, 8 & 22**
Chilliwack: **June 15 & 29**

NEXT MONTH'S SHUTTLE!
Hope: ***July 6, 13, 20***
Chilliwack: ***July 27***

Excursion *to Farmhouse Cheese and Harrison Hot Springs Recreation Area: Wednesday,* ***June 28th.*** *See page 12*

We would like to welcome our new Better at Home Coordinator, Dawn Fox. Dawn, a Boston Bar resident, has extensive experience in the health care industry and is very much looking forward to serving the many seniors in our area.

The goal of Better at Home is to make it easier for seniors (55 yrs. plus) to stay in their homes as long as possible by providing a variety of non-medical services. Surveys have consistently indicated that **transportation** is the main concern of people living in our surrounding area: *Boston Bar, North Bend, Boothroyd, Anderson Creek, Spuzzum and Yale.*

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 income level. Often this subsidy is 70% and as much as 100% for qualifying seniors**.

****IF YOU ARE A SENIOR 55+** and are having difficulty with light housekeeping, minor household maintenance and repairs and/or if you are *in need of transportation* to shops or appointments, **please contact** B@H Coordinator, Dawn Fox at 604-869-1831 to complete an intake form.

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.

CARE TRANSIT **HOPE CARE TRANSIT** supplies a transportation service to folks from our area that need to get to a **medical specialist appointment** or **diagnostic procedure** in the lower mainland. 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 .**
Rides to MEDICAL APPOINTMENTS in the lower mainland are then arranged for you through the **Hope Care Transit Office** at **604-869-3396**. Client Referral Forms are also available for our community's **Better at Home clients.** Contact Karen at **869-1831** or the health care staff at the **Anderson Creek Clinic**.
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 travel at .42/kilometer.

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!

MONDAYS 10:30 am ~ 2 pm AT FAMILY PLACE! FREE LUNCH & SNACKS!

STORY TIME IN THE PARK 2017

Date	Book	Craft/Activity	Volunteer Reader
July 3rd	**Frog & Toad All Year**	Cut out frogs & hopping	……
July 10th	**Tinyville Town: I'm a Firefighter**	Visit from Fire Engine	……
July 17th	**The Little Mouse, the Red Ripe Strawberry And the Big Hungry Bear**	Colouring pages	……
July 24th	**Astronaut Handbook**	Make a rocket	……
July 31st	**There's no Place Like Space: All About Our Solar System**	Make & colour stars & planets	……
August 14th	**The Book With No Pictures**	Drawing pictures for story	……
August 21st	**Brown Bear, Brown Bear**	Colouring cut-out Bears. Who knows a word in another language?	
	What do You See? *Bilingual English/Spanish Book*		……
August 28th	**Bad Kitty Gets a Bath**	Bubble Fun!	……

We need volunteer readers *for this fun summer program. If you can spare a little time and enjoy kids, please consider picking a day to read to these children that enjoy Story Time in the Park so much! It's FUN!!*

Wednesday's Community Lunch Program is sponsored by the BB-NB Enhancement Society. A nutritious meal is served from 12pm—1pm. (Monthly Menu is on the Update Calendar.) Everyone is Welcome.
You are also invited to stay from 1pm—2pm to play card games and socialize.
Any Amount of a CASH DONATION is always greatly appreciated!

Sincerest Thanks to everyone who donates cash and food; and also to BUY-LOW FOODS and SAVE-ON FOODS for their very generous and frequent donations to our FOOD BANK RECIPIENTS.

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, June 15th**.** You are required to pick up your hamper between 1 & 3pm or you could miss out. Canyon Lanes staff cannot be responsible for getting your hamper for you after 3pm. Please note that access to products on the Choices Table is also only available from 1 to 3pm. If you have any 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.

June 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
Monday & Tuesday **11:00-3:00**
Wednesday & Thursday **8:30-1230**
Fridays when school is in session **8:30-12:30**

PHONE NUMBERS 604-867-
Family Place **-9204**
North Bend Community Centre (NBCC) **-9163**
Canyon Lanes (CL) **-8800**
Boston Bar School—**9222**

Anderson Creek Health Center
Make Appts with Hope Health Unit 604-**860-7630**
On Wednesdays call **867-9380**
BB First Nations Band Office *(all programs)*: **-8844**

SUN	MON	TUE	WED	THU	FRI	SAT
See Page **14** for Important Dates at Boston Bar Elementary Secondary School!	**Need a ride** to attend our Family Place programming? Cap C, Better Beginnings, Triple P, Drop in, and Community Lunch. Please call **867-9204.**	SEE PAGE 12 for the **HEALTHY LIVING PROGRAMS** Available at **ANDERSON CREEK, BOOTHROYD** and **LYTTON ALL ARE WELCOME!**	Join us WEDNESDAYS **12-1pm** at FAMILY PLACE For **Our Community Lunch** *Cash Donations are always Welcome*	SHUTTLE PICKUPS START AT 9am—Hope 8am—Chilliwack Call **869-1831** to book your seat!	*All are Welcome!* The Boston Bar-North Bend Enhancement Society's **Annual General Meeting** will be held **Monday June 26th at 2:30pm** at Canyon Lanes. *The position of **Secretary** is available!*	
***Boston Bar Elders** are hosting BINGO 6-9 pm every Thursday at old North Bend Clinic. Funds will support attendance to 2017 Elder's Conference*			Our **Volunteer Fire Dept.** welcomes **NEW MEMBERS.** Come to the Fire Hall and meet with us! Fire Practice is **Every Wednesday at 6pm**	**1** Shuttle: HOPE	**2**	**3** NBCC 12-3pm
4	**5** Cap C & Better Beginnings 10:30—2pm Lunch & Snacks **Kyriel—COHI Dental** BARBER at Canyon Lanes	**6** Cap C Drop In 10-2 POW WOW DANCE Etiquette Lessons Crafts & Lunch NBCC 12-3pm	**7** Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 CABBAGE ROLL SKILLET Anderson Creek Clinic 10-3	**8** Shuttle: HOPE	**9**	**10** NBCC 12-3pm
11	**12** Cap C & Better Beginnings 10:30—2pm Lunch & Snacks **Lana—Perinatal Specialist**	**13** Cap C Drop In 10-2 POW WOW DANCE Etiquette Lessons Crafts & Lunch NBCC 12-3pm	**14** Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 COLD PLATE HAM & SALAD Anderson Creek Clinic 10-3	**15** **FOOD BANK DAY 1-3** at **CANYON LANES** PLEASE USE BACK ENTRANCE Shuttle: CHILLIWACK	**16**	**17** *PAC CARWASH AT TIRECRAFT 10-1* **BUY-LOW FOODS** *Customer Appreciation Day* **BBQ** Memorial Park at 12 PM! NBCC 12-3pm
18 *Happy Father's Day*	**19** Cap C & Better Beginnings 10:30—2pm Lunch & Snacks **Health Nurse Jenn**	**20** Cap C Drop In 10-2 POW WOW DANCE Etiquette Lessons Crafts & Lunch NBCC 12-3pm	**21** Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 MEAT LOAF & FIXINGS Aboriginal/Wellness Day 10am-2pm Anderson Creek Clinic 10-3	**22** Shuttle: HOPE	**23**	**24**
25	**26** Cap C & Better Beginnings 10:30—2pm Lunch & Snacks Open discussion **BBNBES** Meeting **1:30** **AGM**: at **2:30** ~ **Canyon Lanes.**	**27** Cap C Drop In 10-2 POW WOW DANCE Etiquette Lessons Crafts & Lunch NBCC 12-3pm	**28** Cap C Drop-in 10-1pm LUNCH: 12-1 * SENIOR HOUR 1-2 SPAGHETTI LUNCHEON BUS EXCURSION page 12 Anderson Creek Clinic 10-3	**29** Shuttle: CHILLIWACK	**30**	**July 1** CANADA 150