

CLASSIFIEDS

To place a classified ad call **Patricia at 869-1308** or email **patriciadavison1@gmail.com**. Ads can also be dropped off at Canyon Lanes. Rates are \$3 , annual rate for a two line ad is \$12, a three line ad \$24 plus GST. See Page 13 for more rates.



GREAT NEWS



We will be getting funding to repair the roof at NBCP.

REGAL—Patricia Davison **869-1308** (cell), **patriciadavison1@gmail.com**

CANYON DISPOSAL— Weekly Waste pick-up \$41.66 quarterly. Call Tuesday—Friday, 10 am—2 pm **867-9272**.

PHOTOGRAPHY, PRINTING & PHOTO RESTORATION—Restore your old, damaged photos and/or negatives. Contact Karen at 604-**867-9358** (**ktilotson@lookieloo.net**)

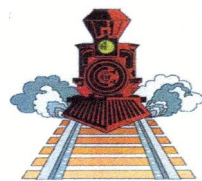
HOUSE for SALE or RENT—4 BEDROOM, 1 1/2 BATH, recently remodelled. Also, rental house on the same property. Needs TLC. Please contact Donna Kneller for details. 604-**869-5702**.

Housing Rentals Available at Fraser Canyon Trailer Park. Call **867-9011**

WANTED, AVON REP-Avon to buy or sell contact **shawna.polywkan@avon.com** or 604-**539-0008**. Only \$10 to start your own home-based business! No inventory, no order quotas!

INCOME TAX RETURNS Will do basic tax returns for individuals. Call Patricia at **869-1308**

DISCLAIMER: This Update Newsletter is a “labor of love” by an unpaid volunteer. It is put together by a human so you can expect to find human errors in it. I apologize for any and all mistakes of the past or future editions that may cause inconvenience.



This newsletter is brought to you by the Boston Bar / North Bend Enhancement Society with special thanks to the United Way for their support.



Published monthly by the Boston Bar /North Bend Enhancement Society. See **www.bostonbarbc.net**

Editor: Patricia Davison at **patriciadavison1@gmail.com** or **869-1308** Entry deadline **25th** of month.

NOTE: If you have a “no flyer” notice on your P.O. Box—you will not receive this newsletter. Extra copies can be picked up at Canyon Lanes.

All cheques made payable to: Boston Bar Enhancement Society, P.O. Box 251, Boston Bar, BC V0K 1C0

Box ads: \$15 per month or \$165 for year, plus tax

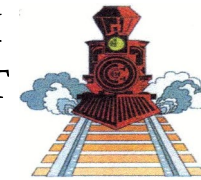
Specialty Ads— 1/4 page \$40 b/w -\$50 colour

Classifieds: rate \$3 & tax for 2 line ad

Charitable receipts available for one year subscription.

DEADLINE for all submissions: 25th of Month

BOSTON BAR/NORTH BEND ENHANCEMENT SOCIETY



UPDATE

www.bostonbarbc.net

March 1, 2014

WHAT'S NEW AT FAMILY PLACE



Don't have a ride to Family Place? Now you do! Thanks to a new stream of funding provided by our provincial government, we are able to offer child-friendly rides for you, to and from Family Place. Phone Nancy or Margaret at 604-**867-9204** for more details or to arrange your ride. With this new service available—we hope to inspire new and old participants to take part in some of our programs, such as:

Creative Cooking-you learn to make a new dish—we provide all the ingredient and the techniques—you bring an empty dish, learn how to make it, and take home a new and free dish for your family.



Better Beginnings-designed to assist expectant moms and moms of babies aged 0—1yr. We offer a variety of informative classes, monthly guest visits from a health nurse (you can arrange for baby's immunization shots to be delivered in the comfort of Family Place) and a perinatal specialist that can be streamlined to your needs. We have weekly free grocery vouchers for groceries available locally, also we have a ton of resources available for lending, such as: parenting books and DVD's, breast pumps, car seats, bassinets, play pens, and tons of other stuff.

Fun Craft Classes—we can offer lots of fun craft classes such as jewelry making, scrapbooking, sewing and whatever the parents would like to choose. You tell us your ideas and we will do our best to make it happen.

Fun-Filled Field Trips-these will be announced once we have gathered all of your ideas to make these trips extra special and specifically designed around your wishes.










Special Classes –watch for Children and Infant First Aid course and car seat safety to be offered in the near future with free registration.

Phone Nancy or Margaret at 604-**867-9204**



Community

MONTHLY & WEEKLY PROGRAMS

<p>Call 867-8800 Hairdresser MARCH 31st</p> 	<p>North Bend Community Place</p> <p>Open Tuesdays & Saturdays</p> <p>11 am - 4 pm</p> <p>Thrift Shoppe</p> <p>Wellness Centre & Spa</p> <p>Museum Room</p> <p>Seniors Drop-In -</p> <p>(Sat's jam session & sing along)</p> <p>Free computer and internet access.</p>	<p>DIVINE WORSHIP </p> <p>Everlasting Gospel</p> <p>48822 Highland Rd. N.B.</p> <p>Saturdays 11 am</p> <p>Bible Study 8 pm Tuesdays</p> <p>All are welcome.</p>
<p>Barber</p> <p>Monday, MARCH 3rd</p> <p>Usually first Monday of Month</p> <p>Kids \$10 Men's \$15</p>	<p>ANDERSON CREEK HEALTH CENTRE</p> <p><u>Wed's:</u> Dr. Greggain or Nurse Practitioner</p> <p><u>Every Other Wednesday 10 am - 3 pm:</u></p> <p>Public Health Appts. 860-7630 ext. 0</p> <p>Wednesdays: Phone 867-9380</p> <p>Mental Health Appts. 860-7733</p> <p>Free Rein - Maureen Kehler 10 am-3 pm</p> <p> Employment Assistant Services;</p> <p>Literacy Help; Early Childhood Develop.</p> <p>604-869-2279</p>	<p> COMMUNITY CHURCH</p> <p>Sundays 11 am followed by</p> <p>lunch and fellowship</p> <p>For info Call Church</p> <p>or</p> <p>if you need a ride leave a</p> <p>message at Church # 867-9010</p>
<p>TOWN HALL MEETING</p> <p>March 20th at 7 pm</p> <p>at Canyon Lanes</p> 	<p>Dr. Fritz Every Monday 11-12 pm</p> <p>Healthy Living get together,</p> <p>every other</p> <p>Monday Noon-3 pm</p> <p>Allen Roscoe, Family Counsellor</p> <p>Tuesday mornings.</p> <p>Lunch is provided at</p> <p>ANDERSON CREEK HEALTH CENTRE</p> <p>Still looking for a Dentist</p>	<p>CHURCH of CHRIST </p> <p>The Church of Christ welcome you</p> <p>to worship with them on</p> <p>Sundays 10:30 am</p> <p>at North Bend Hall</p> <p>Call 867-9613 for information.</p>
<p>FOOD BANK 1-3 pm</p> <p>Donations can be dropped off at</p> <p>Canyon Lanes. Please bring your</p> <p>own bags or containers</p> <p>Next <u>Food Bank Day</u> MARCH 20th</p> 	<p>ALCOHOLICS ANONYMOUS </p> <p>Call Mike 867-9114</p>	<p>Boston Bar FIRST NATIONS</p> <p>Community Health Representative</p> <p>(CHR) & (LSS) Legal Aid</p> <p>Addictions Navigator</p> <p>867-8844 Fax 867-9317 or email</p> <p>georgina.campbell36@gmail.com</p>
<p>COMMUNITY FREE LUNCH PROGRAM</p> <p>FAMILY PLACE</p> <p>Everyone welcome!</p> <p>Wednesdays</p> <p>Noon - 1 pm</p> <p>Free but donations appreciated.</p> 	<p>Fraser Canyon Better at Home Program</p> <p>has come to Boston Bar and area</p> <p>This program is a door to door</p> <p>transportation to Hope for</p> <p>seniors in our community. This</p> <p>program also includes</p> <p>snow removal in the Winter.</p> <p>For more information call:</p> <p>604-869-1831</p>	

 See page 4.

The Chilliwack Division of Family Practice is pleased to announce the prize draw winners of the **GP for Me** Community Survey that took place in Fall 2013.

Congratulations!

Grand Prize: Stan Nickel, Two Day Manning Park package (or \$250.00 prepaid Visa)

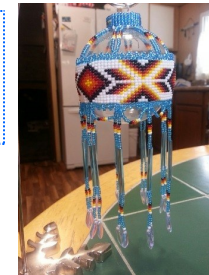
Second Place: Gary Strahl, \$250 gift certificate from Cheam Source for Sports

Third Place: Violet Armstrong, \$100.00 credit at the Chilliwack YMCA

We would like to sincerely thank you for taking the time to complete the survey and lending us your voice. The data collected from the surveys completed by over 3000 residents from Chilliwack to Boston Bar will be used to inform the activities we will be undertaking in our communities to improve access to primary health care.

Results of the survey will be presented at the Partners in Health Care Forum at Squiala Community Hall in Chilliwack on February 26 from 5:00 to 9:00pm. This forum is presented in partnership with Chilliwack Healthier Community and everyone is welcome to participate. As we are planning to provide food and refreshments, advance registration is required. Register online at: <http://chilliwackhealthiercommunity.eventbrite.ca> or call the Division at 604-795-0034.

BEADED BALL
CREATED BY DONNA
SEWARD



RAFFLE for 2014 GRADS

One of the prizes is this beautiful Beaded Ball along with several other prizes.

Tickets available at Canyon Lanes, from a Grad or the School

FRASER CANYON YOUTH SOCIETY

Monday's - Soccer 6-8 pm 

at the school gym

Tuesday's - Hand Drumming 6-8 pm

at Anderson Creek Longhouse

6 yrs +, adults welcome too.

if you have a drum, bring it.

Wednesday's - Volleyball 6-8 pm 

at the school gym

Children under 6 must be attended by an adult.

For more info call

Georgina Campbell at 867-8844

The 2014 Grads would like to thank everyone for supporting their fund raising: dinner, 50/50 board and the bottle drive.

50/50 Winners:

C. Traun \$250

L. Forman \$100

I. Basaraba \$100



See upcoming events on **page 2** regarding **Spring Fling**.

The Upper Fraser Valley Regional Detachment (UFVRD) RCMP is beginning its public process to determine the community priorities in relation to Crime and Public Safety.

RCMP Detachments are mandated to create strategic priorities which reflect the concerns and issues of their specific communities and to assist with this we seek out the community opinion on a variety of Policing issues. To facilitate this, the RCMP will be holding a series of public forums; one in each of the four communities comprising the UFVRD (*Chilliwack, Agassis and Hope/Boston Bar*).

On Tuesday, **March 4**, 2014 a Public Forum will be held at the District of Hope Municipal Hall, 325 Wallace Street, Hope. The Forum will start at **6:00** pm and is open to the citizens of Hope, Yale, Laidlaw, Dogwood Valley, Sunshine Valley and the First Nations communities policed by Hope/Boston Bar.

Suki Manj, Staff Sergeant

HIGHLINE HOUSES



The response to the ad for these two houses has been overwhelming. We received over 200 responses. The advertisement was to get expression of interest for the houses, and the side-effect was a tremendous amount of free advertising for our area. When the FVRD gets the legal work done, we will call for Request For Proposals (RPF). We will then put together a small local committee to select the proponents and that recommendation will go to the FVRD for ratification.

Lloyd Forman, Area A Rep.

www.bostonbarbc.net

WHO TO CALL;

Fraser Canyon Better at Home Program—
Patricia Davison, Coordinator 869-1381

.Boston Bar Community Hall—Shirley
Crow 604-867-8800

Family Place—Nancy Carmichael ,
867-9204

Editor: Update Newsletter—Patricia Davison
869-1308 Deadline 25th of month.

Parks—Shirley Crow 604-867-8800

Food Bank—Nancy Carmichael, 867-9204

NBCP—Lillian Forman 867-9775

May Day—Shirley Crow 867-8800, Lillian
Forman 867-9775

Events



SPRING FLING

THURSDAY

APRIL 10th

4—8 pm

School Gym

Lasagna Dinner by
Grads & P.A.C.



Tables \$10

Call Pat 604-867-9004 or
Kathy 604-867-9222

FRASER CANYON SHUTTLE BUS
EVERY WEEK in MARCH for a door to
door ride to Hope. See *Page 4* for
further information or call 604-869-1831



KAL TIRE
Customer Appreciation Day

Celebrating 25th
Anniversary

Saturday, March 22

10 am—2 pm

Free Hot Dogs & Hamburgers

Door Prizes

Video Presentation of 25
years in business!



SHUTTLE BUS to
CHILLIWACK LAST
FRIDAY OF THE MONTH.
See *Page 4* or call 604-869-1831

BB/NB Enhancement Society Meeting 2 pm
Monday, March 17th at Canyon Lanes



United Way
Better at Home is funded by the Government of British Columbia.

Better at Home
United Way helping seniors remain independent.

For more info go to: www.betterathome.ca



FRASER CANYON SHUTTLE
BUS to Hope every Week & to Chilliwack the last Friday of the month. Call 869-1831 to book a

SHUTTLE BUS SCHEDULE & RATES

In an effort to support clients who cannot get a Friday medical appointment, the bus schedule is changing to:



First **Friday**, Second **Thursday**, Third **Thursday**, to Hope and the Fourth **Friday** to Chilliwack.

Please keep in mind that the Murakami Clinic will try their best to accommodate your appointment; just mention you are a Boston Bar or Better at Home client. If you have a medical appointment in Chilliwack and you cannot schedule it for a Friday, please call and we will try our best to find a ride for you.

On the last Friday of the month, the bus will continue on to **CHILLIWACK**. The bus will only take passengers to three locations: Cottonwood Mall, Wal Mart and the third will be determined by the majority of passengers. Medical appointments will try to be accommodated. The cost is **\$30** for unqualified seniors or non-seniors and subsidized seniors pay nothing.

STAND-BY SEATING for BUS RIDERS. Anyone can ask to be put on the standby list and by Thursday afternoon, you will be notified if there are any seats available. If you get to ride that day, the cost will be **\$5**. Qualified client's and persons paying full price (\$20) will get seats first, stand-by's will have to be at Canyon Lanes by 9:30 am. Stand-by's will not be a door to door service.

JUST A REMINDER THAT ANYONE CAN TAKE THE BUS. Tickets can be purchased at Canyon Lanes. Please note that Canyon Lanes does not take Interac—cash please.

If you are from **YALE** the bus can pick you up on its way to Hope/Chilliwack. Please register by calling the number below. Unqualified seniors and/or non-seniors will pay **\$10** per trip to Hope. Yale to Chilliwack is **\$15**. Hope to Chilliwack is **\$12**.

Continued on Page 12

PLEASE REMEMBER IF YOU WANT TO TAKE ADVANTAGE OF THESE SERVICES, YOU MUST CALL THE OFFICE TO SCHEDULE THE SERVICE AT 604-869-1831.



Ladies Pins Over		Score	Men's Pins Over		Score
<u>Wednesday CLUB 55 LADIES</u>		<u>Score</u>	<u>CLUB 55 MENS</u>		<u>Score</u>
5	Cora Dunlop	72			
12	Lillian Forman	55			
19	Pat Clelland	18			
26	Pat Clelland	28	Lloyd Forman		63
<u>Wednesday SENIOR GIRLS</u>		<u>Score</u>	<u>SENIOR BOYS</u>		<u>Score</u>
12			Nick Clelland		246
<u>Wednesday JUNIOR GIRLS</u>		<u>Score</u>	<u>JUNIOR BOYS</u>		<u>Score</u>
5			Austyn Campbell		157
19			Austyn Campbell		127
26			Antoine Jackson		135
<u>Thursday BANTAM GIRLS</u>		<u>Score</u>	<u>BANTAM BOYS</u>		<u>Score</u>
6			Antoine Jackson		125
13			Antoine Jackson		127
27			Antoine Jackson		93
<u>Thursday JET GIRLS</u>		<u>Score</u>	<u>JET BOYS</u>		<u>Score</u>
27	Juliana Campbell	66			
<u>Thursday SMURF GIRLS</u>		<u>Score</u>	<u>SMURF BOYS</u>		<u>Score</u>
6			Cedar Walters		35
13			Cedar Walters		44
27			Cedar Walters		66

HARM REDUCTION PROGRAM

1st Wednesday of the month at Family Place 11:30—2:00 pm

3rd Wednesday of the month at Anderson Creek

Health Clinic 11:30—2:00 pm



CANYON LANES

Community Recreation Centre

Mon.—Thur.9 am—7 pm
Friday—Sunday & Holidays 4—7 pm
(League Nights open til 9)

Bowling, leagues, YBC, Club 55+

- ◆ Sears Catalogue pick-up,
- ◆ Video rentals
- ◆ Big screen TV & Wii
- ◆ Meeting room
- ◆ Pool tables & Air Hockey
- ◆ Greyhound Depot
- ◆ Photocopies (now in colour)

YOUR LOCAL WATER STORE



Tel: 604-867-8800
Fax: 604-867-9112

PHOTOCOPIES at Canyon Lanes

Letter size	Black/white	\$.15
Letter size	Colour	\$.25-.50
Legal size	Black/white	\$.30
Legal size	Colour	\$.50-\$1

FLYERS—CALL FOR A QUOTE

Highway Closures &/or Power Outages

Most people are aware of the latest event where the highway was closed for six hours and I am sure you share the same concerns: Men, women and children trying to stay warm in the midst of a snow storm for so many hours. The same applies for lengthy power outages.

BB/NBES wants to put a friendly plan together to help residents and travellers since Emergency Social Services (ESS) does not kick in until 72 hours have passed.

As a suggestion, perhaps wives of highway workers or RCMP can start a telephone tree (*since they are often the first people to know what is happening in respect to the highway being closed*) to gather people to help open the door to BB Hall, help make coffee, sandwiches, cookies, etc. One obstacle could be trying to reach the Hall ourselves but I am sure some can get there. In the case of power outages, we need to make a list of people who do not have generators, etc. and would like to be checked-on and/or need a ride to BB Hall.

If you would like to volunteer in a time of need, please come to a meeting at Family Place to share your ideas and be put on the “phone tree” list of volunteers. Meeting will take place at Family Place on Thursday, **March 13th at 7 pm** or call Patricia Davison at 604-869-1831 or Family Place at 604-867-9204.

Better at Home Program..... Continued from Page 4

Rides to Anderson Creek Health Clinic and free lunch at Family Place on Wednesdays are available. If you are a (qualified) client registered with the BaHP there will be no cost to you and all others will pay **\$10** to Anderson and **\$5** to free lunch per trip. If you can provide rides, please contact the BaHP Coordinator.

SENIORS SOCIAL HOUR Right after Wednesday's free-lunch at Family Place. Socialize, play games (*crib, scrabble, card games, etc.*), and /or do crafts. 1-2 pm.

PLEASE REMEMBER IF YOU WANT TO TAKE ADVANTAGE OF THESE SERVICES, YOU MUST CALL THE OFFICE TO SCHEDULE THE SERVICE AT 604-869-1831.



FAMILY PLACE NEWS

TRIPLE P

MANAGING MISBEHAVIOUR cont'd



Page 5



Act quickly when you see a problem behaviour occurring. Get close and gain your child's attention by bending down to their eye level and use their name. Tell your child what to do, be specific. Give your child time to cooperate, then praise their cooperation, if not, repeat your instructions.

Back up your instructions with logical consequences. Consequences work best if it is for a brief period and fits the circumstances. Withdraw the activity until the child is compliant and be sure to keep your word about allowing them to resume the activity.

Use quiet-time (*in the same room*) providing it is brief and the behaviour is mild.

Use time-out for more serious behaviour (*in a different room*). When it is used correctly, it can be an extremely effective way of helping children learn self-control and more acceptable behaviour. Time out starts when all noises and protesting stops.

Common problems with time-out: when a child is allowed to decide when to come out; when time-out has been used inconsistently; and when the child comes out of time-out when he/she is still upset.

Family Survival Tips

Work as a team:

- * support each other's parenting efforts;
- * avoid arguments in front of your child;
- * get support-talk with family, friends, other parents and share ideas and/or experiences;
- * have a break—it is the quality of time spent with your child rather than the amount of time.



COMMUNITY FREE LUNCH PROGRAM

March 5th —*Roast Pork Loin, cheesy potatoes*

March 12th—*Taco Rice*

March 19th —*Cabbage Rolls, Buttered Noodles*

March 26th—*Coconut Curried Chicken on rice*

Kid Friendly sandwiches are always available.

SENIORS stay afterwards to play games, crafts and enjoy friendly visiting.

The meals are free but donations are always appreciated.

Everyone is welcome!

NOTE: There will be visits from the health nurse and from the perinatal specialist during March but dates could not be confirmed when this paper went to print. For more information phone

Nancy or Margaret at 604-867-9204.

**YALE**

604-863-2279

Karen Rushlow, Library Supervisor
Takiya Lee, Library Page

**Wednesday**

1:00—5:00 pm

5:30—7:30 pm

Saturdays

10:30-12:00 pm

12:30 —5:00 pm

Tech Help with Michelle Saturday,
March 1st from 1-5 pm. Phone Michelle
who can help you with I-Pod, I-Phone, E-
Readers, laptops and computer pro-
grams. Call 604-863-2279 to book
time.

Yale Garden Club Meeting— Wednes-
days at 7 pm at Yale Library where we
meet for discussion and share our
knowledge and ideas.

St. Patrick's Day Event—Saturday,
March 15th at 4 pm. Come join us for
stories and fun!

BOSTON BAR

604-867-8847

Karen Rushlow, Library Supervisor
Lesley Campbell, Library Page

**Tuesday & Thursday**

1:00—5:00 pm (dinner)

5:30—7:30 pm

Hawaii via Michelle Dekok—March 6th at 6 pm.

Come see what Michelle has to share about her trip
to Hawaii.

St. Patrick's Day Event—Thursday, March 13th at
2:30 pm at the Library. Come join us for stories
and fun!

Book Club—Join us March 25th at 4 pm or if you
are not able to come to the library, join us on our
Facebook site: Boston Bar Library Book Club to dis-
cuss what we just read.

World Cultures Month

March is World Culture's Month where we will
have lots of travel DVD's and books on display
for checking out. There will be quizzes to try
your hand at and a draw for a nice prize that
you could win! Come see what we are offering!



- ◆ Each Tuesday in February, Harvey Robinson, SD78 Aboriginal Education Resource Elder, and Bonnie Millward, Aboriginal Mentor for BBESS continued working with grades 6—9 students, providing opportunities to experience sharing circles, creating cedar feathers, and learning about drums and drum-making.
- ◆ Tuesday, February 4th, Cheryl Davidson, Kathy Green, Eric Wong, Richard McIntyre and Bonnie Millward prepared and served delicious Indian Tacos to students and staff of BBESS at lunch. Thanks to Cheryl, Kathy, Eric, Richard and Bonnie for their contributions to a great lunch. Special thanks to Lorna Krosgaard for donation beef burgers and to Boston Bar Band for providing a selection of fruits and juices.
- ◆ Wednesday, February 12th, Captain Derek Bales presented information about the Bold Eagle Program to students' grades 6-12.

March Dates to Remember:


- * Monday, February 24th start of Term Four
- * Thursday, February 27th Term 3 report cards sent home
- * Monday, March 3rd—Little Pear Collective: Chinese dance and music for k-12 students at 9 am.
Younger siblings, parents and community are welcome to attend. Please phone the school and let us know you are interested in attending, and we'll make sure we have a seat for you!
- * Monday, March 3rd—PAC meeting, room 25 at 3:45 pm. All parents welcome to attend.
- * Thursday, March 6th—Discover Trades at UFV for students grades 8 & 9. More information TBA.
- * Friday, March 7th—no school.
- * Tuesday, March 11th at 9 am—awards assembly to recognize students successes during Terms 1, 2, and 3. Parents and community members are welcome to attend.
- * Friday, March 14th—no school. Spring Break begins.
- * Monday, March 31st—School re-opens.

Theresa Dantuma



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792-9112



Patty Thomas 604-869-1332
Ainslie Creek GRAPHIX & Apparel
 47715 Alder Road, Boston Bar, B.C., V0K-1C0
 ainsliecreek@gmail.com

t-shirts/sweats/hoodies/hats/hi-vis
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 stickers Patty **869-1332** Rob **206-4235**

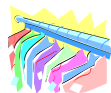
**Boston Bar/North Bend
 Community Thrift Shoppe**

Open Tuesday & Saturdays

11am—4 pm

Sherri Forman (Manager)

604-867-9163



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Bill Evans - Owner
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This publication is sent directly to your mail box once a month only with the support of our advertisers.
 Without them we would not be able to offer this service to you, so, please support these businesses.

Thank you,
 Boston Bar/North Bend Enhancement Society.



Page 10

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 ASSISTANT MANAGER: IAN HARRY
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 TF: 866-411-9614
 Fax: 604-867-9774
 EMAIL: Catherine_Harry@kaltire.com
 Box 386
 48075 Trans Canada Hwy
 BOSTON BAR, BC V0K 1C0

867-9614

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869-2407

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 Without them we would not be able to offer this service to you, so, please support these businesses.

Thank you,
 Boston Bar/North Bend Enhancement Society.

Page 7

Fraser Canyon Towing Inc.

 Ph: 604-867-9113
 Toll Free: 1-877-882-9113
 frascanyontowing@hotmail.com
 48240 Cottonwood Road, Boston Bar, B.C.
 V0K-1C0


867-9113

**Canyon Mobile
 Property Management**
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FAMILY PLACE HOURS

Monday & Tuesday 10:00-2:00 pm
Wednesday 10—1 pm
Community Lunch—12-1 pm
Closed Thursday & Friday

STRONG START HOURS

Monday—Thursday
11:30 am—3 pm



Note: phone 604-867
FP = Family Place 9204
NBCP =NB Community Place 9163
Canyon Lanes = 8800

Black = Family Place
Red = North Bend Community
Place (NB School)
Blue = Canyon Lanes
Brown = School News
Green = All other venues

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					BUS RESERVATIONS CALL 869-1831	1 NBCP—11-4
2 	3 CapC Drop-In & Better Beginnings 10—2 pm. Barber at CL	4 NBCP—11- 4 Cap C Drop-In 10-2 pm. Lunch is free.	5 Anderson Creek Clinic 10-3 Cap-C Drop-In 10-1 pm COMMUNITY LUNCH at FP 12-1 Roast Pork Loin, cheesy potatoes & veggies.	6	7  NO SCHOOL	8 NBCP — 11-4
9 Daylight Savings Begins Leap forward One hour 	10 CapC Drop-In & Better Beginnings 10—2 pm.	11 NBCP 11-4 Cap C Drop-In 10-2 pm	12 Anderson Creek Clinic 10-3 Cap-C Drop-In 10-1 pm COMMUNITY LUNCH at FP 12-1 Taco Rice	13  Meeting at Family Place 7 pm re: hwy closures (see page 12)	14 NO SCHOOL SPRING BREAK BEGINS	15 NBCP — 11-4
16	17 CapC Drop-In & Better Beginnings 10—2 pm. Happy  St. Patricks Day Enhancement Meeting 2 pm at CL	18 NBCP 11-4 Cap C Drop-In 10-2 pm. Lunch is free.	19 Anderson Creek Clinic 10-3 Cap-C Drop-In 10-1 pm COMMUNITY LUNCH at FP 12-1 Cabbage Rolls, Buttered Noodles & Onions & Rolls	20  Food Bank Day 1-3 pm TOWN HALL MEETING 7 pm at Canyon Lanes	21	22 NBCP— 11-4 KAL TIRE Customer Appreciation Day 10-2 pm
23 30	24 CapC Drop-In & Better Beginnings 10—2 pm. 31 SCHOOL RE-OPENS Hairdresser at CL 	25 NBCP 11-4 Cap C Drop-In 10-2 pm Lunch is free.	26 Anderson Creek Clinic 10-3 Cap-C Drop-In 10-1 pm COMMUNITY LUNCH at FP 12-1 Coconut Curried Chicken on Rice with Veggies or Salad	27	28  CHILLIWACK TRIP	30 NBCP— 11-4