

BECOME A MEMBER OF THE BOSTON BAR NORTH BEND ENHANCEMENT SOCIETY!

To be a member of the **Boston Bar North Bend Enhancement Society**, residents must pay their annual membership of **\$5.00** at least 60 days prior to the **Annual General Meeting (AGM)**.

The ANNUAL GENERAL MEETING of the Boston Bar North Bend Society has been postponed to SEPTEMBER 27th at 6 PM. at the BOSTON BAR HALL (COVID restrictions if applied)

Memberships are available at Canyon Lanes or call Lorna Regehr at 604-867-9203

THE REGULAR MONTHLY MEETINGS HAVE BEEN ONGOING BUT THE

ATTENDANCE HAS BEEN RESTRICTED TO BOARD MEMBERS ONLY IN ORDER TO ENABLE 'SAFE DISTANCING'.

Please note the 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. Contact Stephanie for current rates & information. (*Assistance in design of your Ad is also available*).

SPECIALTY ADS ARE AVAILABLE in 3 SIZES: 1/4, 1/2 and full page in black & white or colour. Call for pricing.

CLASSIFIEDS RATE: Monthly: 1 line **\$2.00** : 2 lines **\$3.00** : 3 lines : **\$5.00** (*Call for a yearly rate*)

Please call Stephanie @ 604-860-3668 or email bbnbupdate@gmail.com

SUBSCRIPTIONS to the Update are **\$17/year**. Please include name & mailing address with your cheque made out to Boston Bar/North Bend Enhancement Society. Box 251 Boston Bar BC V0K 1C0

BOARD MEMBERS of the BOSTON BAR-NORTH BEND ENHANCEMENT SOCIETY

Executive Director - Nancy Carmichael	Secretary Acting - Ang Hunter
Chairman Diane Johnson 'pro tempore'	Members at Large ~
Vice-Chair Diane Johnson	Ang Hunter, Howard Johnson, and Lorna Regehr.
Treasurer Lori Walters	



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



EDITOR: Stephanie Tillotson
604-860-3668
bbnbupdate@gmail.com



Visit us online at
www.bostonbarbc.net



Boston Bar-North Bend Enhancement Society

Visit us online at www.bostonbarbc.net

Editor: ph.604-860-3668 or email: bbnbupdate@gmail.com

UPDATE **SEPTEMBER**
2021

NEW COVID RESTRICTIONS

As of Wednesday, August 25th, Public Health officials have declared that masks are mandatory and to be worn in all indoor public spaces throughout **British Columbia**. The hope is to slow down the rapid transmission of the **COVID-19 Delta Variant**.

This new order, requires anyone 12 years of age and older to wear masks in indoor public settings, regardless of vaccination status.

As of Monday, September 13th, *proof of COVID vaccinations will be required in B.C. to access certain businesses and events.* Please note: vaccination cards will not be required in group lodging sites and reception centres, pending the nature of the situation.

Masks are required in all public settings for everyone 12+ and up. This includes:

- ⇒ malls, shopping stores, coffee shops and retail and grocery outlets;
- ⇒ liquor stores and pharmacies;
- ⇒ airports, city halls, libraries, community and recreation centres;
- ⇒ restaurants, pubs and bars (unless seated);
- ⇒ public transportation, in a taxi or ride-sharing vehicle;
- ⇒ areas of office buildings where there's access to the public;
- ⇒ common areas of sport and fitness centres when not engaged in physical activity;
- ⇒ common areas of post-secondary institutions and non-profit organizations; inside schools for all K-12 staff, visitors and students in grades 4-12.

There are exceptions:

- * People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- * People who cannot remove a mask on their own
- * Children under the age of 12
- * People who need to remove their masks to communicate due to another person's hearing impairment

A face shield is not a substitute for a mask as it has an opening below the mouth.

Note: This new order will be reassessed when after the proof of vaccination and B.C.'s vaccine cards are fully implemented.

For more information listing Provincial wide restrictions -

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

Boston Bar Food Bank

We would like to start by saying thank you for understanding the changes which occurred last month due to the recent COVID variant outbreak. Moving forward, we will be following recommended protocols. We ask that you please wear a mask, sanitize your hands, and adhere to social distance rules.

We would like to announce that we have joined **Canada Food Bank Group**. Which means, more support with donations and extras. We received our first delivery last month. Each month the hampers will be different.

We would also like to thank these companies for support and looking forward to our future: **Food Bank of Canada, Alpine RV & Campground, Chilliwack Salvation Army and Chilliwack Walmart. The Salvation Army** delivered some goods to us recently for which we are grateful.

A big thank you to everyone whose donated to the **Boston Bar Food Bank**.

Please drop off all donations at **Canyon Lanes** during business hours (see page 12 for those hours).

Please note, there will be NO holding of hampers at the service of **Canyon Lanes** anymore unless arranged beforehand with **Dave** and **Alana**. **Please allow** for a 24 hour grace period.

If you have any further questions, please call Alana 604-869-4133 or Dave 604-869-4246

Happy Fall to everyone!!

LIONS CLUB BINGO IS BACK!!

Thursday, September 9th, 6:00pm—7:00pm.

Tickets are available starting *September 3rd* at **Esso Gas Station, Tuckkwiowhum Gasbar, Canyon Market,**

Canyon Lanes and Fat Jack's.

Tickets are \$5.00 each.

GOOD LUCK EVERYONE!!

Remember that 40% of the money you spend, goes towards our community.

Call **Tom 604-860-5121** or **Gail 604-798-2395**

Honoring The Volunteers

Appreciation Luncheon

Boston Bar First Nation, would like to show our gratitude to ALL of the **Volunteers** who worked tirelessly at the **Lytton Disaster Relief Centre** at the **Tuckkwiowhum Long House**. There will be delicious food and an Honoring Ceremony.

September 15th

11:30am—2:00pm

Located at **Tuckkwiowhum Long House**

(COVID Protocols in place)

Call **604-860-9286** for any information



Canyon Alpine Restaurant
IN THE FRASER CANYON, HWY #1, BOSTON BAR, B.C.

HOME COOKED MEALS

During this difficult time, we are open to serve you!

TRY OUR GREEK FOOD!

Call ahead to order **(604)867-9339**

50530 Trans-Canada Hwy, Boston Bar, BC, V0K 1C0

Please See Page 7 for an UPDATE on the Programs and Weekly Luncheons at FAMILY PLACE .

A.A/N.A Meetings: Contact Stephanie
Meetings will be held weekly
Call 604-860-3668. Sponsored by **BBFN**.

NORTH BEND COMMUNITY CENTRE

64901 North Bend Station Road

OPEN TUESDAYS & SATURDAYS, 12—3

Building manager: **Adrian Boons: 604-855-8370**

Thrift Shoppe manager: **Arlene 604-867-8874**

ALL CUSTOMERS MUST WEAR MASKS

BOSTON BAR MUSEUM: bbar_museum@yahoo.com

FRASER CANYON BETTER AT HOME

Coordinator: Dawn at 604-869-1831

Shuttle service and all housekeeping services

remain cancelled until further notice.

Outdoor yard work/maintenance is still an available service.

FOOD BANK DAY - September 16th 1-3 pm at CANYON LANES,
Rear entrance! You will not be allowed to enter the building.
Applications are at Post Office. Or call **Alana/Dave at 604-869-4246.**

Boston Bar-North Bend Enhancement Society Meetings are being held regularly by board members but due to Covid, the public is not allowed to attend *until further notice.*

LANDFILL: 50390 Chaumox Road (3 km. east of North Bend) **OPEN: TUES., THURS., & SAT. 10 AM—5:00 PM**
Please respect others - maintain social distance at all times.

FOR PICKUP: see **Canyon Disposal Ad** on page 6

FRASER CANYON COMMUNITY CHURCH

47774 Old Boston Bar Road.

For info, please leave a message.

Cheryl: 604-206-9696

THE CHURCH OF CHRIST

Call 867-9613 for information.

ANDERSON CREEK HEALTH CENTER

Allen Roscoe, Family Counsellor

Jazzmin O'Donaghey, Addictions Worker

Phone: 778-928-9063 Email: jazzmin25@gmail.com

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

One practitioner only during Covid-19 **Every WEDNESDAY**
Call **Hope Med. Clinic 604-869-5648** to set up a phone consult or make an appointment **Wednesdays call 604-867-9380**
Mental Health Appts. Call 604-860-7733

BOSTON BAR FIRST NATIONS

Tuckkwiowhum Heritage Village & Campground

For campground bookings please go to tuckkwiowhum.ca or call **604-378-1279.**

For information on guided tours and events call **604-860-9286.**

COMMUNITY DIRECTORY

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

Food Bank: **Alana Dawn Der & Dave Wells 869-4133**

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

NBCC : **Adrian 855-8370 * Thrift Shoppe : Arlene 867-8874**

Family Place: **Meaghan Briggs 867-9204**

Landfill: **Dustin Singh 867-9500**

Cable Television: **Christel Aktinson 867-9552**

Emergency Services Rep: **Howard Johnson 867-9613**

FVRD Director: **Terry Raymond 867-8891**

Update Editor: **Stephanie Tillotson 604-860-3668**

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

Read. Learn. Play

FOR MORE INFORMATION, PLEASE CONTACT YOUR LIBRARIAN

BOSTON BAR: 604-867-8847

YALE: 604-863-2279

FVRL has a exciting online database program called **Creative Bug**. Teaching you various crafts through online video with no ad interruptions popping up. It has all access for ALL AGES and it's easy to use. How to access it: sign in with your library card number and PIN number to catch *the Creative Bug!*

FVRL website is offering Online Storytime for babies and toddlers.

At our local library we are offering Take & Make Craft Bags. They're simple crafts to do at home or in our libraries.

Boston Bar and Yale libraries have DVD's and books on sale.

Come see what we have for you and your family!

Summer reading Club is coming to an end in a couple of weeks. Have you been recording your readings online or paper? If finished, your Children's reading record with seven weeks of reading before Summer Reading Club has finished you're eligible for a medallion. Have you entered in the draws at your local Boston Bar Library for prizes? There's prizes for all ages.


HOURS AT BOSTON BAR:

Tuesdays and Thursdays 11:30 am — 1:30 pm / 2:00 pm — 6:00 pm
Closed for Lunch from 1:30 pm — 2:00 pm

Hours AT YALE:

Wednesdays 11:30 am — 1:30 pm / 2:00 pm — 6:00 pm
Closed for Lunch from 1:30 pm — 2:00 pm
 Saturdays 10:00 am — 1:00 pm / 1:30 pm — 4:30 pm
Closed for Lunch from 1:00 pm — 1:30 pm

All Fraser Valley Regional Libraries now have **DISINFECTING SUNSHINE LAMPS** for borrowing items!



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



Fraser Valley Regional District

Terry Raymond
 Director, Electoral Area A

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

traymond@fvrd.bc.ca
 www.fvrd.bc.ca
 Direct: 604-867-8891

Jackie Tegart, MLA Fraser-Nicola

Leadership of parents and educators will bring us another successful school year

As September rolls around and our schools reopen their doors to students, British Columbians were hoping we wouldn't be facing many of the same challenges our education system and communities faced last year. Unfortunately, as our province tackles the 4th wave of COVID and case numbers continue to rise, our families and education staff are going to have to approach this September with the same level of caution as before.

It was through the incredible resilience of our teachers and support staff as well as the compassion and commitment of parents and families that our students were able to continue their education last year despite the incredible challenges of COVID — and it is through their guidance and leadership that we must navigate these opening months of this school year.

As your MLA and the Official Opposition's Education Critic, I will be spending these crucial months connecting with community advocates, school districts, teachers and support staff to help lobby government to provide the additional supports our schools and staff need. This




Jackie Tegart, M.L.A.
(Fraser-Nicola)

Ashcroft Constituency Office
 Box 279, 405 Railway Avenue
 Ashcroft, BC V0K 1A0

Phone: 250 453-9726 Toll Free: 1 877 378-4802
 Email: Jackie.Tegart.MLA@leg.bc.ca

WORKING HARD FOR RURAL COMMUNITIES

includes distance learning options for students, HVAC and improved ventilation in schools, and additional funding for PPE and protective measures in classrooms.

Together, we will keep our kids learning, no matter what this year may throw at us.



945 WATER AVENUE, HOPE, B.C.
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WWW.GARDNERGM.COM
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Brad VIS MP
 MISSION—MATSQUI—FRASER CANYON
HERE TO SERVE YOU!

CONSTITUENCY SERVICES

- Canada Revenue Agency
- Refugees and Citizenship Canada
- Employment insurance
- Immigration
- Passports
- Invite MP Vis to attend an event

Office of Brad Vis: 604.814.5710 or brad.vis@parl.gc.ca
 Alison Rachel - Community Outreach Liaison: 604.615.9385



A special Thank you

On behalf of everyone in this community *I believe* our prayers and our efforts have been answered. We have rain in the forecast and much cooler temperatures. This is exactly what we need to help with the wildfires. We are not out of the woods just yet however so let's remain diligent. Let's keep up the good work! Soon, we can all celebrate!

I would like to say a special thank you to all our firefighters and all other agencies involved in monitoring and battling these wildfires. We will be forever grateful for your tireless work during those tough times.

Fall is here!

Now with more precipitation on the horizon and cooler temperatures, please be cautious for falling rocks on the road and mud or rock slides. Please report any incidents to the local **Boston Bar RCMP** and to **Emil ANDERSON**.

Number's in case of road / highway Emergencies

Boston Bar RCMP: 604-867-9333

Emil Anderson: 1-800-667-5122

Thank you,

-Constable Evelyne **JEAN**

THE SHUTTLE BUS IS GOING BACK ON THE ROAD!

The bus will be running every Thursday. **Hope** trip dates are September 2nd, 9th and 23rd and departs at 9 AM.: **Chilliwack** trip dates September 16th and 30th and departs at 8 AM.

Fares: Hope Return trip is \$20. Chilliwack return trip is \$30.

The bus will only run provided with the COVID Rules. Masks MUST be worn. As space is limited to meet social distancing requirements, please only use the bus once or twice a month so everyone gets an opportunity to use this service. **Tickets will be *prepaid* at Canyon Lanes in order to get ensure your seat on the bus.**

Important Message from **The Boston Bar North Bend Enhancement Society:**

The **AGM** for *September 20th* has been postponed to *September 27th* at *6:00pm* at the **Boston Bar Hall** due to the **Federal Elections** having been called the same day. Positions to be elected—Secretary and 2 Member at Large. (*COVID Restrictions in effect*).

UPDATE FROM **PRINCIPAL L. OIKE**—BOSTON BAR NORTH BEND ELEMENTARY SECONDARY

Welcome back to the *2022/2022* school year. As we leave summer behind we look forward to new year with some very positive changes. The staff is excited to have our students back and they are working hard to prepare and provide rich learning experience for all. Moving ahead, we will follow the Ministry guidelines to provide a safe and healthy environment for everyone at **BBESS**. As most of you know, there is a mask requirement as outlined in the Provincial Guidelines for **K-12** Settings and we will continue with daily health checks, hand hygiene, enhanced cleaning and promoting staying home when sick but most other operations are back to normal. Students will be able to enjoy safely working together, attending celebrations, presentations and events and taking part in extra-curricular and sports activities. On our Facebook page, you will find a welcome back letter, **BBESS** Communicable Disease Prevention Plan, term one calendar of important dates and the bell and bus schedules. These will be sent home in paper copy on the first day of school.

This year we welcome two new teachers, **Ms. Jody Phibbs** teaching **K-3** and **Mr. Colin Watchorn** teaching **Grade 4-12**. In addition, our school will be following a minor upgrade plan through to *March 2022* so changes will be happening weekly in our building. Finally, we will be moving towards a Standards Based Assessment process for grades **K-9**. This is an excellent reporting method that will promote the growth and development of our student's skills, strategies and process in all curricular areas.

As always, we want to provide the most supportive, caring, kind and safe environment for everyone that attends, works or visits **BBESS**. Families and community members are invited to get involved with the school and help build those vital relationships that ensure our children find success each and every day. We are truly looking forward to a wonderful year at **Boston Bar E-S School**.



IMPORTANT DATES

First Day of School: Tuesday, September 7th (8:24 am to 10:30 am)

First Full Day: Wednesday, September 8th (8:24 am to 3:30 pm)

Term 1: Tuesday, September 7th to Thursday, November 4th

Welcome Back Lunch: Friday, September 10th

BBESS PAC Meeting: Monday, September 20th (3:00 pm)

Orange Shirt Day: Wednesday, September 29th

National Day of Truth and Reconciliation: Thursday, September 30th (no school)

Terry Fox Run: Date TBA

www.facebook.com/canyonbowl



604-867-8800 (fax 867-9112)
 Email: canyonlanes1991@gmail.com
 47585 Trans Canada Highway
 Adult Leagues * Club 55+* YBC

High Scores:

CLUB 55+	SCORE
CORA DUNLOP	240
ROY CAMPBELL	199
PAT CLELLAND	136
BETTY DAVIDSON	130

LEAGUES:

*All leagues must adhere to current health regulations

We have a few spaces available on the Tuesday League.

If you are interested in joining one of our leagues, please give us a call! Leagues generally run from Fall to May, with periodic breaks over the Holidays.

Tuesday Night Mixed Adults 19yrs & up

Sept. 7th @ 7pm

Club 55+ 55yrs & up

Sept. 8th @ 10:30am

YBC open to youth 4-18yrs

October 5th – 7th (After school program)

Thank you to our sponsors:

- Boothroyd Indian Band
- Boston Bar First Nation
- KidSport BC



BUSINESS HOURS:

CLOSED: Sunday & Stat Holidays
Monday to Thursday: 11 am – 6 pm
Friday & Saturday: 3 pm – 9 pm
CLOSED: September 6th & 30th

BOWLING NEWS

MASKS ARE MANDATORY

Effective Sept. 13th Customers 12yrs & older will be required to present proof of vaccination. Prescription pickup & water refills will be exempt.

PLEASE DO NOT VISIT IF YOU ARE NOT FEELING WELL!

Thank you for wearing your mask!

Our Lanes are open for play!

Reservations are recommended

YOUTH NIGHT FRIDAY, SEPT. 24TH

Open to all youth. FREE bowling & games! Children 6 and under must have an adult supervisor accompany them. (Vaccination rules apply to 12yrs and older).



Birthday Special:

Bowl on your Birthday...
 1 Free Game (Shoe rental \$1.50)

Kids Bowl Free will be available afternoons between 1pm—3pm weekdays and 3pm—8pm on Fridays & Saturdays.



BUSINESS SERVICES

Cathy Harry, Manager

BUS: 604.869.2426
 CELL: 604.869.1618
 FAX: 604.869.2445
 Cathy_Harry@kaltire.com

595 Raab St
 Hope, BC VOX 1L4

Email: canyonglass@telus.net
 Email: glassmandave@gmail.com

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Mon-Fri: 9am to 3pm
Calls: 9am to 9pm

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Sat: System Emergency Only

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 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
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CANYON VALLEY ELECTRIC LTD.
 canyonvalleyelectric@gmail.com
 604-869-1312


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 Manager
CANYON TIRE
604-867-9614
 chonnross@gmail.com
 48075 Trans-Canada Hwy
 Box 396
 Boston Bar, BC V0k 1C0

A Letter from Sue Lawrence

Hello Everyone,

It is with very mixed emotions that I'm writing this letter to let you know that I will be retiring from being a Nurse Practitioner (NP) at the end of *September*.

When I started here at the **Hope Clinic** in *July 2010*, I was still a fairly new **NP**. It has been a very interesting journey through these past 11 years with everyone. It has been a privilege to provide health care for each of you. I am honored that you felt safe to share your many personal health care issues with me. I am happy that I have been there to walk with you through life's challenges and surprises, which were sometimes wonderful, sometimes painful and sometimes sad or difficult. I have learned so much as I went along this journey with you all. Thank you for sharing in your laughter and tears. Thank you for supporting me as I grew as an **NP**.

I also had tremendous support from **Hope GPs, NPs, health care nurses, home care nurses, mental health clinicians, outreach workers** and the amazing **staff of Hope clinic** during these 11 years. I consider myself very lucky to have had all of you to lean on when I needed support. I could not have done it without you.

During these 11 years I was able to provide health care in so many settings; **Hope Senior Secondary School, Public Health, the Walk-In Clinic** and the **Youth Walk in Clinic at the Fraser Clinic, the Thunderbird and House of Hope** and **Mindfulness Groups** on Zoom. Thank you also to the people of **Spuzzum, Boothroyd, Anderson Creek** and **Boston Bar** who welcomed me into your communities to do outreach clinics. I really enjoyed getting to know your communities. **Hope** and **Fraser Canyon** communities are all amazing places to work. I would not have wanted to work anywhere else but here. I feel very fortunate to have met you all.

Please be assured that you will still be able to access health care at **Hope Clinic**. The **NP's** and **physician's** will be able to provide health care for you until the new **NP** is hired for my position. I will still be around the **East Fraser area**, so I may see you again as I come through **Hope**. I may come back to do some locums or some more mindfulness groups and I will look forward to seeing you again if I do.

~Sue Lawrence



United Way
Lower Mainland

Better at Home is funded by the Government of British Columbia



United Way helping seniors
remain independent

www.betterathome.ca

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

Fraser Canyon Shuttle Service is back in service but in keeping with the Public Health directives, the numbers of passengers that will be allowed on the bus will be very limited. **You must go to Canyon Lanes to purchase a ticket.** Seniors who are exempt due to their income are STILL required to obtain a ticket at **Canyon Lanes**. **RIDES CAN NO LONGER BE BOOKED BY TELEPHONE.**
Due to Covid-19 the in-home housekeeping service for registered seniors is currently unavailable.



WE ARE A REGISTERED CHARITY
THAT PROVIDES TRANSPORTATION FOR MEDICAL APPOINTMENTS OR TREATMENTS TO THOSE WHO HAVE NO OTHER MEANS OF GETTING TO THEM.

Our services are made possible through:

- A Fraser Health grant
- Client donations
- Grants from our local Corporate sponsors
- Service Clubs & Local Individuals
- Our amazing volunteer drivers

WE DO NOT RECEIVE ANY GOVERNMENT FUNDING

Boston Bar Care Transit is currently providing transportation services to folks in our area for medical appointments and/or treatments who have no other means of getting there.

This service is available to ANYONE of any age but you must first become a registered client by contacting Hope Care Transit at **604-869-3396**.

Registration referral forms are also available on our website at:

<http://www.caretransit.ca/medical-rides>

You can reach **to Hope Care Transit** during the following times:

Monday's 9:00am — 12:00pm, Tuesday's 9:00am — 11:00am, and Wednesday's 10:00am — 3:00pm.

Care Transit requires 2 – 3 days notice prior to appointments



Early Years Coordinator:

Meaghan Briggs Ph: 403-863-3316

Marg H. Ph: 604-860-3029

Family Place Hours:
Mondays 10am—1pm
Tuesdays 10am—1pm
Wednesdays 10am—1pm

We have SNACKS! We have CRAFTS!! We have BOOKS!!! Want to come read with us!?

Family Place is VERY excited to be back full time for our early years programming. Masks are mandatory again except for out in the yard.

Our community lunch will operate from **Family Place** on **Wednesday at 12:00pm as TO GO Meals**. You are free to eat outside, but remember to clean up after yourselves. The menu will be dependent on grocery availability.

Please look for our **Fraser Canyon Family Place Facebook page**. We will keep this page updated with info pertaining to our programming and lunches. Email is frasercanyonfp@gmail.com

Family Place is still accepting any and all **SAVE ON FOODS** grocery receipts and they can be dropped off during our business hours or at the bowling alley.

We hope to see you soon!
Meaghan and Marg

Many Thanks to BUY LOW FOODS and SAVE ON FOODS for generously supporting our FOOD BANK!

THANKS AS WELL TO ALL OUR GENEROUS COMMUNITY MEMBERS WHO DONATE NON-PERISHABLE FOOD AND CASH TO OUR FOOD BANK!
DONATIONS CAN BE DROPPED OFF AT CANYON LANES DURING THEIR BUSINESS HOURS.

FOOD BANK DAY WILL BE ON THURSDAY, SEPTEMBER 16TH at Canyon Lanes. Please line up at the back entrance, maintain a 2 meter distance from others & wear a MASK.

No one will be allowed into the building at this time. **Do not attend if you are unwell!**

YOU NEED TO PICK UP YOUR HAMPER BETWEEN 1 and 3 pm. If you are ill or can't pick it up for any reason, please arrange for someone to pick it up for you. Call or text **Alana or Dave 604-869-4246** and let them know who that individual will be. *We do not deliver.*

If there are any changes to your circumstances or personal information (phone/address), or **IF YOU NO LONGER REQUIRE THE SERVICES OF THE FOOD BANK, PLEASE LET US KNOW BEFORE FOOD BANK DAY! PLEASE CONTACT ALANA OR DAVE.**

We will be holding hampers for a period of 24 hours up front at Canyon Lanes. If you haven't picked up your hamper after that, you will have to wait until next month to receive one. If you haven't shown up for two months, your name will be removed from the list and will have to reapply.

PLEASE MAKE A NOTE OF FOOD BANK DAYS ON YOUR CALENDAR SO YOU DON'T MISS OUT!

THANK YOU!

SEPTEMBER 2021

To ride the **shuttle bus**,
you must purchase a ticket
at **Canyon Lanes**

North Bend Community Center
Building Manager, Adrian Boons 604-855-8370
Thrift Store Manager, Arlene 604-867-8874

FIRE PRACTICE at Fire Hall
6 PM every WEDNESDAY.
Our VFD always needs
more **VOLUNTEERS!**

Call 604-
BBESS—867-9222
Canyon Lanes—867-8800
Canada Post Boston Bar—867-9712
RCMP non emergency—867-9333
Fire & Ambulance—call 911

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

SUN	MON	TUE	WED	THU	FRI	SAT
	Family Place Schedule 10am—1pm Mondays—Wednesdays	Thursday's LIONS CLUB BINGO 6PM—7PM	Hearing Clinic on September 15 th . Call Pam 604-860-3114 to book	Chilliwack Shuttle Bus September 16 th & 30 th Hope Shuttle Bus: September 2 nd , 9 th & 23 rd	Dental Hygienist will be here September 23 rd & 24 th . For October Appts Call Tom/Gail to book.	If you feel unwell, please stay home!
			1 COMMUNITY LUNCH Family Place at 12pm Anderson Creek Clinic	2 	3	4 NBCC 12—3
5 Last day of Almer Carlson Pool Market at Canyon Alpine 10:00am—2:00pm	6 Happy Labour Day!	7 First Day of School 8:24am—10:30am NBCC 12—3	8 COMMUNITY LUNCH Family Place at 12pm Anderson Creek Clinic	9 LIONS CLUB BINGO RETURNS!! 6PM-7PM 	10	11 NBCC 12—3
12	13	14 NBCC 12—3	15 COMMUNITY LUNCH Family Place at 12pm Hearing Clinic Anderson Creek Clinic	16 Food Bank Day 1-3 pm at Canyon Lanes Rear Entrance to Building (Wear a mask & social distance please) 	17	18 NBCC 12—3
19	20	21 NBCC 12—3	22 COMMUNITY LUNCH Family Place at 12pm Anderson Creek Clinic	23 Dental Hygienist 	24 Dental Hygienist	25 NBCC 12—3
26	27	28 NBCC 12—3	29 COMMUNITY LUNCH Family Place at 12pm Anderson Creek Clinic	30  Orange Shirt Day 		