



TUCKWIOWHUM RESTAURANT

at Anderson Creek a big hit.

If you haven't had breakfast or lunch overlooking the grounds at Tuckwiowhum Restaurant on the road to Anderson Creek campground you are missing a treat.

Head chef and general factotum Dan Mainwaring works his magic in a well equipped kitchen in quiet and serene surroundings.

Open Friday through Sunday serving breakfast and lunch from 7:00 am - 2 pm area residents

have a great choice for alternate cuisine.

Breakfast features *Call of the River* - 2 eggs and 4 ounces of salmon served with hash browns, bannock and fresh wild berry preserves or maybe the *Tuckwiowhum Omelette* stuffed full of Indian spinach, onions, peppers, bacon, mushrooms cheddar cheese, cream cheese, ham or sausage (and you can add salmon for \$2 more) delicious! There are *Flap-*

BATE ELECTRICAL CONTRACTING REG. #22905

Business and Residential
Electrical Repairs and Installations
Oil & Electric Furnace Repairs
Boston Bar & Lytton

phone: 604-867-9336
fax: 604-867-9157
email: rbate@uniserve.com

ROD BATE

KALOTIRE TRUE SERVICE

ASSOCIATE DEALER

MANAGER: CATHERINE HARRY
ASSISTANT MANAGER: IAN HARRY

Bus: 604-867-9614
TF: 866-411-9614
Fax: 604-867-9774

Box 386
48075 Trans Canada

jacks, the *Hungry Camper* and a *Bannock Bunnich* to round out the menu.

Lunch features salmon chowder and soup of the day or a tasty fresh salad served with bannock and wild berry vinaigrette and your choice of burgers, sandwiches, salmon croissant or a perfectly grilled steak sandwich topped with mushrooms and onions rings. You won't be disappointed. And feel free to just stop in for coffee, the peace & quiet is worth it.

CANYON ALPINE MOTEL

604-867-9295

- d.d. phone
 - Cable colour TV
 - Wireless internet
 - Air conditioning
 - kitchenettes
- Major cards accepted.
5 km n. on Hwy 1

BOSTON BAR

NORTH BEND

UPDATE

Vol. 1 Issue 1

September 15, 2009



Anderson Creek Health Centre

opens for patients Wednesday September 16

Call 604-860-7630 Ext. 0 to book an appointment.

All the people who call the Boston Bar, North Bend area of the fabulous Fraser Canyon home can rightfully be proud of the new primary health centre at Anderson Creek.

This centre, the realization of a vision held fast by the Chief of the Boston Bar Band Dolores O'Donaghey and band councilors Roy Campbell, Christine Grafinger and Roy (Allie) O'Handley, is a testament to the power of faith to incubate a dream and see it grow into reality.

This dream, over ten years in the making and resulting in a partnership between the Boston Bar Band, Fraser Health and Health Canada was dedicated Wednesday, September 9th to serve everyone who lives in the Fraser Canyon. Whatever your nationality, creed or roots, if you call this area home this clinic will welcome you and help you with all your primary health needs.

The dedication ceremonies recognized the talents and gifts of everyone responsible for bringing this vision to fruition. From ar-

chitects, builders, artists and health care providers working with government agencies both federal and provincial and with coordination through the Boston Bar band, many different personalities, skills and abilities were utilized and have resulted in a health clinic that will provide a centre of healing for our community.

All the services currently established at

Continued to page 7

Boston Bar/North Bend UPDATE

Published twice monthly by Gail Paquette and the Boston Bar /North Bend Enhancement Society.

Editor: Gail Paquette 604-867-9387 email gailp@lookieloo.net
Executive Committee: BB/NB Enhancement Society Executive.

Classifieds: rate \$3 for 2 line ad for month (2 editions)

TUCKWIOWHUM RESTAURANT

AT ANDERSON CREEK

Open Fridays - Saturdays - Sundays

7 am - 2 pm

604-867-9107

catering & private parties

Family Wellness Centre & Spa

at a North Bend Community Place



Tuesdays & Saturdays 11 am - 4 pm or by appt. Call 604-867-9163 (North Bend Community Place)

PERMITS, ZONING & REGIONAL DISTRICT

are items that are going to be discussed at the next **Community Meeting** on September 17th, 7 pm at Canyon Lanes.

There will be a vote at this meeting to determine whether to continue with the existing system or work to find a new system that better meets the needs of this community. We are all affected by this issue so do your best to attend.



Vandalism continues to take its toll

It seems the *Boston Bar/North Bend Enhancement Society* will need to set up a special fund for donations to cover the costs of the sudden epidemic of ongoing vandalism, theft and damage to community property.

Unlike other areas where these costs are absorbed by the taxpayers, in our small community all these amenities have been provided free, or almost free, to the community through donations and the

hard work and continuing generosity of selfless volunteers, our railroads and other employers and businesses.

In recent months Canyon Lanes, Frances Harrington Park, Family Place, Boston Bar Community Hall and our Memorial Park have all been hit with senseless acts of vandalism or theft costing hundreds, and sometimes, thousands of dollars to repair.

...continued to page 4

BB/NB COMMUNITY THRIFT SHOPPE

Open Tuesdays & Saturdays 11 - 4 pm

Sherri Forman (Manager)
604-867-9163
North Bend Community Place

Boston Bar North Bend Heritage Room

At North Bend Community Place

Joan Blakeborough,
Historian

604-867-9717

The Zoo Art Gallery

Featuring 11 local artists

50450 Trans Canada Hwy
Boston Bar, BC, V0K 1C0

Crystal: (604) 867-9516

Janet: (604) 867-8815

Open by Appointment

And generally Friday & Sunday, 12 - 5 Call,
or watch for the open sign

THE ROCKET

serving reasonably priced food
that is out of this world!

HOURS: 10 AM TO 2 PM

604-867-9002

Your hosts: Elizabeth & Ed

COMING EVENTS

September 16th

- ◆ Anderson Creek Health Centre open to the public

September 17th

- ◆ Mom's time out at Family Place 6 pm
- ◆ Community Meeting 7 pm Canyon Lanes
- ◆ Food Bank Canyon Lanes 1 - 3 pm

September 25th

- ◆ Shuttle bus to Hope 10:30 am sharp at Canyon Lanes

September 26th

- ◆ Car boot sale and Thrift Shoppe barbeque 11 am - 4 pm NB Community Place
- ◆ Jeff Bodner at Elvis Rocks the Canyon Café show and dinner Dinner 6:30 pm Show 7:30 pm

September 27th

- ◆ COPS for Cancer riding through the Canyon. Arriving at the School at noon.

Please show up and give them your support and a donation.

Weekly Programs

- ◆ **FREE LUNCH PROGRAM** Wednesdays 11:30 am - 1 pm Family Place
- ◆ **ALCOHOLICS ANONYMOUS** call Mike 604-867-

Please notify Gail of any public service announcements or events.

CLASSIFIEDS

All phone numbers start with 604-867 unless otherwise listed.

To place a classified ad call Gail at 9387 or email gailp@lookieloo.net. Rates are \$3 for the two line ad for the month (2 editions) and \$5 for a 4 line ad for the month. Please leave a contact number where Gail can reach you.

17' alum. canoe \$75 - 9387

Upright piano - good sound & well maintained \$500 - 9387

Looking for gifts - the Thrift Shoppe has a good selection - call 9163 Tues & Sat.

AVON - Pat Clelland -8800 (Canyon Lanes) or -9004 (home) patclell@hotmail.com

This publication is sent directly to your mail box twice a month by the support of the businesses who advertise here. Without them we would not be able to offer this service to you, so, please support these local businesses as they are supporting us.

Thank you, Gail Paquette and the *Boston Bar/North Bend Enhancement Society*.

Family Place – Mom's Time Out

FP was lucky enough to receive a grant which will allow four possibly five nights where mom's can gather, without their kids or partners, and participate in programs of their own choosing.

What we provide is: All materials, the place, and the host/instructor. Possible babysitting expenses may be covered. This is open to all moms or dads of young children who need a "time out" for themselves. But you must sign up, as space is limited. Phone Nancy or Marg at Family Place 604-867-9204 and sign up for a space.

On **September 17th** we are making Cabbage Rolls that you can take home to your family.

On **September 24th** we are making & canning Salsa that you can take home to your family.

These are evening classes starting at 6pm.

Space for these workshops is limited to 6 moms. So book it

Community Garden News

We are thinking of throwing a **Potluck "Harvest Wind-Up"** Party to end the season.

It will take place in early October and we need your ideas.

There is funding for food – but it would be wonderful if this party featured some dishes made from the fruits of your

labour.

We need your input so please call either Kevin at 867-9210 or Nancy at 867-9440 with your ideas.

It wouldn't hurt to put your name in now for next year's plot.

"Darma Punx"

Is the topic of the first meditation training session being held on Tuesday, September 22 at 4:30 pm at the North Bend Hall (next to the pool.)

Lead by Shoneena Loss these weekly meditation sessions will give training and inspiration to anyone seeking to improve themselves and gain serenity through meditation.

JB's Drive In

Home of the FAMOUS
foot long hotdog

604-867-9230

Downtown Boston Bar

Fraser Canyon Market

Liquor & Grocery

604-867-9422

**Chester Fried
Chicken to go**

Recycling starts in our community

The barrels are in place, painted and ready for you to bring your items. Sitting next to the Quonset hut at *North Bend Community Place* we now have a spot to drop off our paper, cardboard, plastic, tin and glass items so they no longer need to go to the landfill.

This program has been a long time in coming but it needs full community support in order to be viable.

So now is the time to start sorting out your recyclable items and dropping them off whenever you get a chance.

Lets keep as much as possible out of the landfill.



Community bids farewell to Joy Peterson

The small close-knit communities of Boston Bar and North Bend gathered in sorrow on Saturday, September 12th to bid farewell to one of our most beloved residents, Joy Peterson.

Mourners came from far and wide to express their love and appreciation of a truly fine woman who left us without warning and much too soon.

The memorial service, presided over by Norm Weir was heartfelt and moving as family and friends expressed their shock and sorrow over their loss.

Joy was the epitome of the biblical verse extolling a virtuous woman who's worth is far above rubies. Never judgmental, always supportive, loving and giving Joy's gentle nature endeared her to all who knew her.

Just two days after celebrating her 76th birthday and with no indications or forebodings, Joy took her leave of her husband, children, grandchildren and great grandchildren to be with her lord, saviour and personal confidante Jesus Christ.

I'm Free

Don't grieve for me, for now I'm free
I'm following the path God laid for me
I took his hand when I heard his call
I turned my back and left it all.
I could not stay another day
To Laugh, to love, to work or play
Tasks left undone must stay that way
I've found that Peace at the close of day.

If my parting has left a void,
Then fill it with remembered Joy
A friendship shared, a laugh a kiss
As, yes these things I too will miss.
Be not burdened with times of sorrow
I wish you the sunshine of tomorrow
My life's been full, I savoured much,
Good friends, good times, a loved one's touch.

Perhaps my time seemed all too brief
Don't lengthen it now with undue grief
Lift up your heart and share with me
God wanted me now; He set me free.

Vandalism *continued*

This tiny community provides an enormous amount of benefits and services to our residents, from the free lunch on Wednesdays at Family Place to 82 consecutive May Days, Christmas dinner for seniors, concerts, fundraisers for people hit with sudden disasters, all without taxpayer support.

It would be hard to find a better or more generous community in which to take up residence and one can only pre-

sume the perpetrators of these acts have no idea of how much good is accomplished by the very people they are hurting.

The sense of community here is strong and that will not change and those in need will continue to be helped.

But every dollar spent repairing damage or replacing stolen items is a dollar that does not go to someone in crisis or to a worthy project that enhances our community.

THE GOOD FOOD BOX

This program is running well and providing great fresh food to all participants. A small box is \$12 and the family size box is \$20 and you can be sure you are getting your money's worth.

You can order and pay for a box at Canyon Lanes, Family Place, or with Shoneena Loss at the Family Wellness Centre and Spa.

Pick up of the boxes is the first Tuesday of the month at Canyon Lanes. This is a great program bringing fresh food almost to your door at great prices.

I am saying a big **THANK YOU!** to everyone who helped me move into my new home.
All your time and effort on my behalf is deeply appreciated.
JULIA BOLDT

Elvis Rocks the Canyon
604-867-9260
Great food in the heart of the Fraser Canyon just south of Hell's Gate.
Open Wednesday to Monday
7 am - 6 pm (closed Tuesdays)

YOUNG'S GAS BAR
Convenience store
Liquor Store Agency
604-867-8868
Trans Canada Hwy
in Boston Bar

Canyon Lanes
Recreation Centre
Cosmic bowling, leagues, YBC, Club 55+ parties, meeting room, pool tables, dvd rentals, Greyhound Depot & Sears
YOUR LOCAL WATER STORE
T-604-867-8800
F-604-867-9112

GREEN CANYON
MOTOR INN
Motel - 604-867-8831
Pub - 604-867-90054.5
Restaurant - 604-867-9280
50865 Trans Canada Hwy
Boston Bar, BC

Arts & craft group forming at NB Community Place

One of the original mandates for our **Community Place** was a place for arts and craft people to meet, take workshops, work on their projects and share their work with the community.

Our first meeting was held on Tuesday,

September 8 but it is never too late to join the group.

Workshops are in the works and currently well-known Art Machine instructor Diane Ferguson has indicated a willingness to come and teach here.

Currently the group

is working on getting the space ready with a painting bee (as in painting walls) tentatively scheduled for Thursday, Sept. 17th. Once the Thrift Shoppe is able to move downstairs then the upstairs can be reorganized.

If you have an art or

Anderson Creek Clinic continued



the clinic - health practitioner, mental and public and new services that are planned will be accessed through a single phone call to Public health in Hope. Simply call **604-860-7630 ext. 0** to book your appointment.

Currently the nurse practitioner, Sean Young, will be seeing patients on Wednesdays and Mental

Health and Public Health will be coming on alternate Wednesdays.

Within a short time we should have a women's health clinic providing pap tests and hopefully the mobile mammography clinic will also be scheduled.

Planning is underway for dentistry, for Crystal Vision and Hearing to come once very three

craft you would be interested in learning or teaching please talk to Janet Baughman. The plan is for this space to be utilized by all different types of artists and crafters. From jam sessions for musicians and work bees for fabric artists this space is available for everyone to utilize. For more information contact **Janet Baughman at 8815.**

THE OLDE TOWNE INNE
With a new outdoor
Licensed Patio
604-867-9321
DAILY SPECIALS
Hours:
Saturday and Sunday: 11:30 - 8:00 pm
Monday - Friday: 11:30 - 9:00 pm

months, for foot clinics and many other health services. One of the most exciting capabilities is the ability to video conference with a health care specialist right from our clinic. Truly high-tech and greatly needed.

Check out the pamphlet included in this edition of the *Update* to see the areas of expertise and scope of practice for the nurse practitioner.

There is no doubt the Anderson Creek Health Centre is already a vital part of this community and a heartfelt thank you needs to go to Chief Dolores, the councillors & the Boston Bar Band members for including all the residents of our community in the clinic service area, a first in Canada!