



RiverSprings

NEWSLETTER

OCTOBER 2011

AGM Meeting

October 19, 2011, 7pm

Newsletter Deadline

Sunday November 6, 2011

In this Issue

- Contact Info - Pg 2
- Announcements - Pg 2
- Events Around Town - Pg 4
- Community Activity
Calendar - Pg 5
- Business Directory - Pg 6
- For Sale - Pg 7
- Kids' Corner - Pg 11
- Babysitting Directory - Pg 12
- Green Space - Pg 12



STOP BY FOR HOT CHOCOLATE!

Come by 1231 Brian Drive on October 31st (Halloween) for some hot chocolate and some scares! As many people know we put up quite a display for Halloween and this year will be no different with the exception of two things. We will have a table setup outside where you and your children can grab a cup of hot chocolate and warm up & at the same time you will have the opportunity to donate to the Canadian Cancer Society! Every year our team - the Cancer Crushers - participates in raising money to fight cancer by joining the Relay For Life put on by the Canadian Cancer Society; this Halloween we will have a collection box out front giving you the opportunity to join the fight by leaving a donation to the Canadian Cancer Society.

So be sure to stop by grab a hot chocolate, say hi, and donate as every cent helps and will go directly to the fight against cancer.



Canadian
Cancer
Society



River Springs Newsletter

Strata Staff/Council

Strataco MgMt. Ltd.

101- 4126 Norland Ave
Burnaby, BC, V5G 3S8
Allan Grandy 604.294.4141

Rec Centre Rentals

Jan Gash 604.294.4141

Caretaker

Nigel Chapman 604.315.2503
rscaretaker@shaw.ca

Relief Caretakers (weekends, stat holidays)

Eran Roubini 604.315.2503
eranr@shaw.ca

Newsletter Coordinator

Laura Woodward 778.899.3647
laura@mydogmark.com

2011 Council Members

Darren Berg

Peter McKenna

Arlene Lambert

Jose Lopez

Stan Kovtchega

Chris King

Council members may be contacted by email at:

info@riversprings.ca

Big Bin Day

October 29, 2011
9am-3pm

- 1) The service is for River Springs residents only. Proof of residency at River Springs will be required.
- 2) No items which can be recycled using normal recycling centers will be accepted.
- 3) Hazardous materials will not be accepted, eg. batteries, paint
- 4) Electronic devices, such as TV's, computers, monitors and the like will not be accepted.

Halloween Fireworks

Come by the rec center this halloween for the annual Halloween fireworks. 8pm start.

Annual General Meeting

OCTOBER 19th, 2011, 7pm

Let's talk about socks!

Do you have orphaned socks in your closet? Want to find a good home for them? How about a package of new ones or old ones you don't wear anymore?

Socks are in high demand right now and we could really use your help to make sure the clients and tenants of Rain City Housing are able to keep their feet clean and dry. If you have socks you would like to donate (adult sizes only please) we'd really appreciate them.

Triage Shelter, 707 Powell Street, Vancouver, BC
www.raincityhousing.org

Program Supervisor Darlene Boulette
1271 River Drive

(Please leave at front door)

Be Bear Aware

The bears are out and about and looking for food. Remember to keep your garbage secure, pet food inside and bird seed out of reach. To report a problem bear, contact 1.877.952.7277

For more tips visit bearaware.bc.ca

Announcements

Have a birthday or retirement coming up in your family?
Expecting a new baby?

Place your announcements here for free.

Submit your announcements to the Newsletter Editor

laura@mydogmark.com or phone 778.285.3647



The poster features a central movie screen with a background image of Nemo. Above the screen, two spotlights illuminate the title "Finding Nemo" and "Retro Family Movie Night" against a backdrop of stars. To the left, a cartoon camera on a tripod is shown. The Gaby Davis Foundation logo is in the top left corner. The movie screen contains the following text:

Disney Pixar
FINDING NEMO

When: Friday Nov 4, 2011
Time: doors 6:30pm
Movie starts 7:30pm sharp
Where: Coquitlam River Elem Gym
4250 Shaughnessy St.

Tickets \$5 per person
Limited tickets at door, call
604.464.4229 to reserve

Bring your PJ's, blankets, teddy's, foams and pillows and watch Finding Nemo on the big screen!

Concession stand items for purchase.
(sorry no outside food permitted)

Children 11 and under must be accompanied by an adult.

FUN filled night to help families affected by childhood cancer.

www.gabydavisfoundation.com



River Springs Newsletter

Events Around Town

Skate, Movie & Pizza

October 7, 2011, 7-10pm

2150 Wilson Avenue

7-10 year olds are invited to attend this exciting and popular program. **604-927-PLAY**. or parksrec@portcoquitlam.ca

Stanley Park Ghost Train

October 7 - 31, 2011

Stanley Park's Ghost Train is one of Vancouver's most beloved traditions. A ride on The Ghost Train is a perfectly spooky way to kick off your Halloween festivities. For the price of a train ticket, riders can also enjoy face painting, crafts, pumpkin carving, costume contest & the Haunted Maze.

Creatures of the Night

October 7 - 31, 2011

Join the Stanley Park Ecology Society for Creatures of the Night a 30-minute lantern-lit walk alongside the popular Miniature Railways Halloween Ghost Train. An educational and thrilling look at elusive wildlife in Stanley Park. Admission \$3-\$4. 604-718-6522 or programs@stanleyparkecology.ca

Fort Langley Cranberry Festival

October 8, 2011

Did you know that British Columbia is the third largest producer of cranberries in the world? The village of Fort Langley hosts the annual Cranberry Festival, featuring cranberry vendors, live music, entertainment, prizes, a pancake breakfast, food vendors and a canoe regatta. This is a free community event and is attended by approximately 15,000 visitors each year. www.pc.gc.ca/fortlangley

Cranberry Day at Meadows Maze

October 8, 2011

Entertainment, cranberry product tastings and tour of the Cranberry bog await you at Cranberry day, our final event of the season. www.meadowsmaze.com/events.

Fright Nights at Playland

October 14 - 31, 2011

Fright Nights at Playland is for the far out, freaked out, fun lovers of the Halloween spirit. Dare your friends to ride the roller coaster at night. Double dare yourself to step foot in one of the many horrifying haunted houses.

www.frightnights.ca

Fresh Air Hike

October 15, 2011

Low Knoll and Addington Marsh Lookout at Minnehaha Regional Park. Walk through moss-strewn rainforests, by quiet marshes, and over natural granite knolls. Spot migrating birds while you enjoy the views. This is a moderate hike with hill sessions and natural rock stairs. **604-520-6442**

West Coast Chocolate Festival

October 15 to November 20, 2011

The West Coast Chocolate Festival is a non-profit organization which creates mentored work experiences for youth in chocolate-themed events. Indulge in decadent chocolate in 150 events throughout the lower mainland. Enjoy gourmet chocolates with wine, scotch, and tea pairings. The Festival also features all-ages events which include chocolate-themed cooking classes and factory tours.

www.chocolatefestival.ca

Halloween Howl Family Fun Night

October 22, 2011, 1-6pm

1379 Laurier Avenue

Come dressed in costume and enjoy a howling good time

Spooky Splash 1-3pm, \$1

Carnival Games 3-5pm, \$3

Chocolate Extravaganza 3-6pm, \$2

NEW Haunted House 3-6pm, \$1 for ages 9+ 5-6pm!

or enjoy all of the activities for \$6 per person!

604.927.7946

Jelly Bean Dance

October 28, 2011, 6:15-9:15pm

1379 Laurier Avenue

Come enjoy a night of fun-filled activities - door prizes, carnival games, professional DJ and supervision for children in Grade 4, 5 or 6! Tickets are available at Hyde Creek Recreation Centre or the Port Coquitlam Recreation Complex the Sunday prior to the dance!

604.927.7946 or kulhanekj@portcoquitlam.ca

Burnaby Museum Haunted Village

October 28 - 30, 2011

Come have fun with superstitions, legends and the magic of Halloween. Witches, trolls, gravediggers, and undertakers greet you as you walk through our haunted village in the dark of the night. Children - wear your costumes to trick-or-treat; see the latest styles in coffins and get measured for yours; visit the fortune teller; savour tasty toes at the Voodoo cafe; take in the fashions for Dead Victorians; enjoy our circus sideshow; and ride the 1912 carousel.

www.burnabyvillagemuseum.ca

Skate, Movie & Pizza

November 4, 2011, 7-10pm

2150 Wilson Avenue

7-10 year olds are invited to attend this exciting and program.

604-927-PLAY. or parksrec@portcoquitlam.ca

Please be sure to check event details prior to attending as details may have changed since the time of this publication.

Summer Endings/ Fall Beginnings

During my humble rural upbringing, in spring we planted huge vegetable gardens for harvest intended to secure canning and winter cold storage levels. I have fond summer memories of vinegar, spices, cutting boards and bags of vegetables that were made into any kind of pickle, relish or preserve that only a Maritimer can appreciate. For my mother it was indeed an accomplishment to begin fall with the assigned basement cupboard topped up shiny jars of new and family old recipes each labeled with her scratchy handwriting.

Can planting life be compared to sowing a garden? To plant a garden the steps include: explore options of what to plant, preparing the ground, planting the seeds and finally nurturing to the garden. If we look at any new beginning, we explore options, analyze findings, create a plan of action, and set goals and schedules to accomplish this objective. Metaphorically, people are often able to identify with transitional stages when put in these agricultural terms.

As a professional coach, I utilize this analogy often for clients moving through career decisional shifts. A second idea for change management is a seasonal view. During fall investigate options, internalize and analyze alternatives in winter months, spring's energy will instigate the call for action and credit summer for your new beginning.

However one identifies and copes with the bumps and bounces of life's shifts, appreciate that that life is a journey of endings, discoveries and new beginnings which ultimately formulate the unique individual you were meant to be.

Life in Transition/ Perspectives of Change
Jean Singer, BA, Certified Career Development Practitioner
Resident of River Springs

ANNUAL FALL FAIR

SATURDAY, NOVEMBER 5
9:00 AM - 3:00 PM

ASSUMPTION PARISH SCHOOL
3141 Shaughnessy Street
Port Coquitlam.

White Elephant, Used Sports Sale, Baked Goods (including home-made pies), Crafts, Filipino food, '50s Diner, Bingo, Games, Cakewalk, Cotton Candy/Popcorn, Religious Articles, Bouncy Castle (weather permitting), Silent Auction, Lottery, 50/50 and more!

BRING THE WHOLE FAMILY...GOOD FOR ALL AGES!

Looking for submissions for the newsletter

This is our community newsletter and it would be wonderful to feature artwork, photography, articles or short stories done by residents of the community. Adults and children can submit their works by email to laura@mydogmark.com or in hard copy form at the rec center (please note hard copies will not be returned unless previously discussed with the newsletter coordinator).

Community Activity Calendar

River Springs Bike Club

Contact: Jose 604.468.7849
Sundays (Rain or Shine)
7:30-9:30

*Please call if you are planning on coming

Karate

Contact: Brent 604.464.6186
Sundays 10:30-12:30
Tuesday 18:00- 20:00
Fridays 18:00- 20:00

New Students are welcome!

Pilates

Contact: Denise 604.464.5941
Mondays 19:30-20:30
Starts September 12th!
New Students welcome!

River Springs Kids Club

Contact: 604.468.8633
Tuesdays 15:00- 16:30

Zumba Fitness

Contact: Toni Da Silva 604.803.7176
Thursdays 7:00-8:00pm
Wednesday 10:00 - 11:00am
Visit readysetzumba.com if you plan on coming!

Please note that the rec centre is not available for rental during the time set aside for Community events

River Springs Newsletter

Business Directory

Avon Consultant	River Springs Avon Lady - Not just makeup anymore. Call me to receive a copy of the latest catalogue. Sandy 604-942-9217 or sassysandy36@hotmail.com
Childcare/ Babysitting	In your neighbourhood (River Springs). Available evenings, stat holidays, and weekends. Experienced, first aid certificate, loving, patient and in comfortable home. 778.235.8036 or 604.945.9939 or email me at lily_sim@hotmail.com
Creative Memories Consultant	Christl Ina - Simple solutions to get your photos off the computer and out of drawers where you can display them and share them with your family and friends. Your life/your story/your way. Easy digital and traditional scrapbooking solutions. www.mycmsite.com/cina or cina4cm@shaw.ca or 604.552.1904
Esthetic Services	Grace - Licensed & Certified Esthetician. Affordable and excellent quality services for ladies only, in a comfortable, private home spa dedicated to your well-being and beauty. 604.202.8588 or 604.552.3340
Heating, Hot Water and Air Conditioning	River Springs consultant on residential and commercial heating & A/C for over 25 years. Grant Qualified deluxe furnace at installed price of \$3500 (limited number) Licensed Technician. Qualify for up to \$1290 in Energy Grants! Hot water tanks & tankless also available. 604-345-6657 or bluespruce100@gmail.com
New Healthy Weight Loss	Tired of battling your weight? I have lost 21 pounds and counting! All natural, easy, healthy, full of fiber, protein, vitamins, minerals and 10 servings of fruits and vegetables. Ask me about Reveal (RVL) by Monavie. Peni at 604.468.7140 or bpserenity@shaw.ca
Norwex	Norwex - Cleaning can be fun, safe and fast! No chemical residue left behind to breathe, touch or ingest because you are just using water! Call me to book a demonstration or to host a party. Tanya Davis 604-817-8655 or www.tdavis.ca
Pet Care	Wandering Tails Pet Care. Dog Walking, puppy and cat sitting, house sitting, pet taxi service. TLC, experienced, close to home. Jayne Boyer, ladyjayne@shaw.ca or 604.464.3177
Piano Lessons	Irena Marakhova - Music Teacher. Classical piano, pop, rudiments, RCM exams, recitals. Welcome to my studio. marakhov@shaw.ca or 604.941.0401 Tanya Prakopava - experienced piano teacher. Whether you want to learn just for fun, or prepare for RCM exams or music competitions, I can help you to reach your goal. Welcome to my lessons for ages 3 and up. tatsianapro@gmail.com 778.216.0081 or 778.989.0029

Business Directory Continued

Piano Lessons	Jeneka MacRae RMT - Music Teacher. Offering piano lessons, music theory, Music for Young Children and baby/toddler music classes. A member of the BC Registered Music Teacher's Association with 15 years teaching experience. Phone: 604.787.6706 or jhmmyc@gmail.com
Regal Representative	Christl Ina . Great gifts and accessories for holidays, your home, and every season of the year at affordable prices. Call me today to receive a free copy of our current catalogue. 604.552.1904 or cina4cm@shaw.ca
Tutoring	Need to improve school grades? Certified teacher available for tutoring. Qualified in most academic subjects K-12, including Spanish. Please contact Kim at kim@all-proservices.ca or 604-209-8360 . Rate: \$30/hr or \$25/hr for River Springs addresses.
Want To Create Your Own Pension?	Brand New Business Opportunity in MonaVie for the people that have not a lot of time! NO MORE RECRUITING!!! We have now reached an earning level in 3 weeks--that previously took us 2 years! Get HEALTHIER & WEALTHIER! Barry & Peni Wilson, 604.468.7140 or bpserenity@shaw.ca
Zumba Fitness	Zumba is a dance based fitness program set to Latin and international rhythms. The program involves cardiovascular training and whole body muscle conditioning - only we do it in a fun way! Contact Toni at toni.dasilva@me.com or go to readyssetzumba.com Join the party!
Put your Ad	Advertise your business here for only \$20/year (2-3 lines). It is a great way to get business in your area and is a service offered only to River Springs Residents.

Classifieds

For Sale

Ikea Twin Birchwood Frame and headboard with or without clean boxspring and mattress. Price negot.

Pls Call 604.941.0224

Advertise in the River Springs Newsletter.

Classified ads are only \$2 (\$5 with picture).

Call 778.285.3647 or email laura@mydogmark.com

River Springs Newsletter



Owls Hollow Child Care

Before and After School Care
for Coquitlam River
Elementary

Now Enrolling for the School Year!

Owls Hollow is a before and after school child care program dedicated to working together with families to help children grow to be healthy, caring, competent adults.

- Providing an environment for children, which is safe, supportive and equal.
- Promoting good health with daily nutritional snacks and active outdoor play
- Enriching a child's time away from home through dramatic play, music, science and nature
- Respecting each other and treating everyone equally

Please call Ashley at 604-468-2585

Child Care Hours: 7am - 9am & 2:45pm - 6pm

Drop off and pick up at children's classroom

Open for Pro-D Days, Spring Break and Summer Break

More info at: www.owlshollowchildcare.ca



River Springs Nisei Karate Club

**Family Fun and Fitness in
your Community**

Classes are three times a week at the River Springs Rec. Centre.

New students always welcome.

Tuesday: 6pm-7pm: open class

7pm-8pm: sparring for advanced students

Friday: 6pm-7pm: open class

7pm-8pm: weapons class for
advanced students

Sunday: 10:30am-11:30am: open class

11:30am-12:30am: senior class for
advanced students

Individual rate: \$30.00 per month

Family rate: \$40.00 per month for the whole family

No additional costs for belts/grading

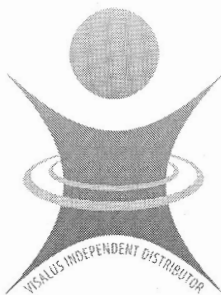
To register call Sensei Brent Hall at 604-464-6186

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INDEPENDENT DISTRIBUTOR

Sue Jackson
604-307-5714

WWW.SOOJ.MYVI.NET



Learn and Play Preschool

is proud to provide an exciting program! Come join teacher Bonnie Woinoski and teacher assistant Yanna Qing for a great learning experience.

Classes available for both 3yr (starting at 30 months) & 4yrs olds.

Teacher with Degree in Education and E.C.E Certificate

Daily development art or baking activities

Monthly field trips

Music, stories and a variety of educational centers

Daily outdoor activities - tricycles, sandbox & balls

Class pet bunny Home visits on weekends

Classes:


4yrs 9am-11:15am & 12:15pm-2:30pm Mon, Wed & Fri

3yrs 9am-11:15am & 12:15pm-2:30pm Tues & Thurs

Located at 1237 Beedie Dr. on Shaughnessy Street

Serving the Port Coquitlam & Coquitlam areas

Tel: 604-944-8113 or 604-464-9656



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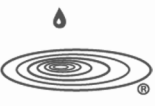
604 552-3340 River Springs

**19 Years of Real Estate Sales
experience and a 12 year
Resident of River Springs**




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possession you have. Doesn't it just make sense to
have a professional with 19 years of Real Estate
sales experience and a vast knowledge of River
Springs handle the sale?

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www.tdavis.ca



A portion of my revenue will
be donated to the
Gaby Davis Foundation

Call Dwayne Giesbrecht of J.K. Cooper Realty Ltd.
now for your **Free Consultation.**
604-817-4578

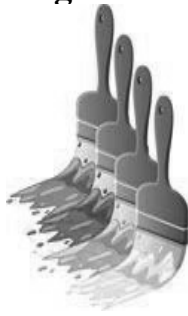
River Springs Newsletter

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tedkirsh@gmail.com

604-612-7499

Need a job done
around the house
or office? Call Ted



Advertise your business in the River Springs Newsletter

Rates are very affordable and the newsletter is delivered to all River Springs Residents 11 times a year

Advertising rates

Listing the Directory - \$20/year (11 issues)
Business Directory - Full Page - \$50/month
Business Directory - 1/2 page - \$25/month
Business Directory - 1/4 page - \$15/month
Business Directory - Business Card - \$5/month
Classified Ad - \$2 item (\$5 with picture)

Community events, non-profit ads, freebies,
announcements, lost and found – FREE

Babysitting directory - FREE

Prices based on month-by-month basis for residents only.
Non-residents pay increased fees. Discounts available for listings that will run for 6 months or more. Classified ads and listings in the directory are available for residents only. Non-residents may not run ads for more than 6 months consecutively.



The High Note in Music Learning!

*Inspire your children to be
creative, inventive, imaginative
and expressive through music!*

We provide the best quality music education to young children by blending the pleasure and the joy of music making with sound instruction. **Music for Young Children®** is the ideal way for kids to learn to play piano in an effective, supportive and fun way!

Register now for fall classes!

Music Pups classes also available.

Please contact: Jenneka MacRae
604.783.3894 jhmmyc@gmail.com

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Owls Hollow Child Care

Before and After School
Care for Coquitlam River
Elementary

Now Enrolling for the School Year!

Owls Hollow is a before and after school child care program dedicated to working together with families to help children grow to be healthy, caring, competent adults.

- Providing an environment for children, which is safe, supportive and equal.
- Promoting good health with daily nutritional snacks and active outdoor play
- Enriching a child's time away from home through dramatic play, music, science and nature
- Respecting each other and treating everyone equally

Please call Ashley at 604-468-2585

Child Care Hours: 7am – 9am & 2:45pm – 6pm

Drop off and pick up at children's classrooms

More info at www.owls Hollow child care.ca

\$1000 Cash Back!



List with me and get \$1000 cash back upon the sale of your home.
Another reason to be thankful this Fall!

List with me today !
604-839-8239

The River Springs Expert

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f: 604-476-0060 / e: scottleaf@kw.com / twitter: scottleaf

Not intended to solicit clients already under contract with a Real Estate Brokerage

Kids Corner

Paper Plate Ghost

What you'll need:

- * 9" paper plate
- * Black construction paper
- * White construction paper
- * Black and pink markers
- * Glue stick
- * Scissors
- * White crepe paper streamers
- * 12" piece of white yarn
- * Tape
- * Pattern



How to make it:

1. From the pattern, cut two large ovals from black paper and two small ovals from white paper. (See photo.)
2. Use glue stick to attach the white ovals to the black ovals. Use a black marker to add pupils to the white ovals.
3. Using the pattern cut two arms from white paper and the mouth from black paper.
4. Glue the facial features to the front of the paper plate. Glue the arms to the back of the paper plate. (See photo.)
5. Cut crepe paper into five strips, 24 inches long each. Glue crepe paper to the back of the paper plate so that they hang down from the bottom. (See photo.)
6. Add cheeks with pink marker and eyebrows with the black marker. (See photo.)
7. Fold yarn in half and tape the open ends to the back of the plate for the hanger.

Tips:

1. This can be simplified by having kids draw the face on with black crayons or markers. Simple filled in circles work great for eyes and mouth.
2. Try different facial patterns yourself by drawing mouths with teeth, smiley faces, or whatever you like.
3. Instead of crepe paper, try lengths of yarn for the body.

Green Space - Tips for Halloween

Use what you've already got at home, or shop at the thrift store for costume components. Never buy those cheap throwaway costumes that fall apart after one night. You can easily put together something far more impressive just by getting a little creative with your materials, and you don't have to spend a ton of money. Get creative with scrap fabric, thrift store clothing and accessories, and even cardboard.

Buy organic pumpkins, and use every part of them. Don't let those seeds go to waste! They're delicious roasted, or you can simply allow them to dry and leave them out for birds to eat - they're a high-protein snack. Once Halloween is over, compost your Jack-o-lantern

Pass out healthy, fair-trade candy to the trick-or-treaters that come knocking on your door. Endangered Species chocolate has a line of Halloween-themed candies including 'Organic Dark Chocolate Bug Bites'. Other ideas include organic fruit leather, dried fruit and fair trade chocolate 'gold coins'.

Don't buy tons of plastic and paper decorations that'll get tossed on November 1st. Choose decorations that will last for years to come, so you won't have to keep buying new ones. Use rechargeable batteries to power battery-operated decorations, and check out a great list of solar-powered Halloween lights over at InventorSpot.

Give your costume away when you're done with it, or trade it for a new one. Post an ad on a classifieds site like Craigslist.com asking to trade your costume with one in a similar size. It might just help you get past that whole "I don't know what I want to be this year" conundrum, because you'll get all kinds of wacky offers. This is also a great way to get new costumes for your kids - get hand-me-downs from friends and co-workers with kids that are a little older than yours.

For more green ideas visit: www.nowpublic.com



Bring your bottles and cans to the Biggar Bottle Depot (2577 Kingsway, PoCo) to support the Gaby Davis Foundation. The account is set up under "G" for the Gaby Davis Foundation.



Thank you for your continued support to help families affected by childhood cancer.

www.gabydavisfoundation.com
604-464-GABY

The most comprehensive plastic recycling service, accepting STYROFOAM, POLYCARBONATE, ACRYLIC, PLEXIGLASS, POLYPROPYLENE, ABS, SOFT/FILM & HARD/RIGID plastics. They also recycle FOIL-LINED bags, non-refundable DRINK CARTONS & TETRA PAKS, as well as ALL your ELECTRONICS (much more than BC's Encorp program), as well as BALLASTS & AUTOMOTIVE BATTERIES. www.pacificmobiledepots.com

For info on where to take items not accepted by garbage collection, call the Recycling Hotline 604.732.9253 or visit www.rcbc.bc.ca

Happy Stan's Recycling Depot is around the corner and accepts a variety of household items for recycling. For more information: www.happystan.com 604.464.0242

One man's trash, another man's treasure. Freecycle. www.bluepixeldesign.com/tricities_freecycle/