

## **Happy New Year!**

## NEWSLETTER JANUARY 2011

This complimentary E-Newsletter is emailed throughout Steveston to about 1500 persons businesses and residents monthly. We will include all advertising it as space permits. Send graphic, Logo, as 24 bit. jpeg's and text as Word documents in 10 point Arial font [as all text is converted to that font]

This newsletter is also posted monthly on the Community website, www.steveston.bc.ca, with 3.4 million visitors in 2009. It is part of the community services provided by the Steveston Villager Business Directory.

The Steveston Community E-Newsletter reserves the right to refuse any items it may deem to be inappropriate. It is not our intent to send out unsolicited junk email. If you feel at any time that this is, please return it with "remove" in the subject line and we will remove you from our trio of products.





Please contact the Community Groups individually for more details or TBA activities. In some cases, calendars were not all in place for publishing exact dates.



#### Better get ... pass it on to a friend!!

#### **CALENDAR OF EVENTS 2011**

This complimentary listings of the **Calendar of Events** has been compiled from the best
information available, however The Steveston
Community E-Newsletter, The Steveston
Villager or The Steveston Community Website,
does not assume responsibility or liability for
any omissions, errors or subsequent changes
of any information.

No part of this E-Newsletter may be reproduced mechanically or otherwise, without the express written permission of the Publisher, Phone: 604-275-9452, emailinfo@steveston.bc.ca ©

BHS Britannia Heritage Shipyard, \*call for ages, info times & to register for classes, 604-276-4300 or 604-718-8050

**GOG** Gulf of Georgia Cannery Nat'l Hist. Site - 604-664-9134

AG Artisans' Galleria

LHF London Heritage Farm 604-271-5220

RHF Richmond Hospital Foundation – 604-244-5252

SCC Steveston Community Centre 604-718-8080

SCS Steveston Community Society 604-718-8094

SR Steveston Rotary Club - 604-277-8882

SOS SOS Children's Village, 604-574-2964

**SBC** Steveston Business Community

**SBT** Steveston Buddhist Temple, 604-277-232

SFG Steveston Folk Guild 604-272-9294

**SMA** Steveston Merchants Association

\* See details below

Jan 2, 16, 30	Steveston Winter Market, GOG
Feb 13, 27	Steveston Winter Market, GOG
Mar 13	Daylight Saving Time
Mar 13, 27	Steveston Winter Market, GOG
Apr 10, 24	Steveston Winter Market, GOG
Apr 22	Earth Day
Apr 24	Easter
May 8	Steveston Winter Market, GOG
May 23	Victoria Day
Jun 3 – 7	Tall Ship 2011
Jul 1	Salmon Festival
Nov 6	Daylight Saving Time
Nov 27	Christmas In Steveston
Dec 23	Steveston Santa Parade
Dec 25	CHRISTMAS DAY
Dec 26	BOXING DAY

\*ALSO SEE SPECIFIC ENTRIES BELOW FOR CALENDAR EVENTS

#### THE RICHMOND ORCHID CLUB meets every



third Sunday of the month from 1pm - 3pm in the Brighouse Public Library building, 100-7700 Minoru Gate. We don't meet in July and August, so make a note

in your September calendar. Please check the web for more details of the club's activities. www.richmondorchidclub.com

# Ö.

## STEVESTON COMMUNITY POLICE STATION

4371 Moncton Street, Richmond, BC V7E 6M2, **Phone: 604-713-2323, Fax: 604-713-2309** 

**New Hours of Operation:** Open 7 days a week: 9:00am - 5:00pm\* Closed on Statuary Holidays, except July 1<sup>st</sup> \*Pending Officer Availability.



<u>CATCH OF THE DAY -</u> at *Fisherman's Wharf* is now online. Consumers can view available seafood daily for sale on the Wharf at the link below. Sellers at the Sales Float can call in their Catch at (604) 272-5539.

http://www.stevestonharbour.com/SHA\_Site/Sales\_Float.html



#### **STEVESTON MUSEUM**

Exciting upgrades have happened at the Steveston Museum, the little museum in the big heart of Steveston. Check out our newly refreshed photo room upstairs or explore our updated exhibits throughout

our beautiful 1905 heritage building.

Surrounded by boardwalks reminiscent of Steveston's bustling past, the museum is also famous for its friendly full-service post office.

Entrance is free and donations are appreciated.

Our updated photo room has just been unveiled. Stop by to discover more about the fascinating history of Steveston and the beautiful Steveston Museum building.

For more information, please call the Steveston Museum Coordinator on 604-718-8439.

And don't forget the Museum also houses the charming and full-service Steveston Post Office. Buy your stamps through the Steveston Post Office that the Post Office is run by the Society and all proceeds are used to operate the Museum. **SUPPORT YOUR LOCAL MUSEUM.** 



## INDEPENDENT LIVING IS COMING TO STEVESTON

Independent Living is ideal for seniors who are healthy and able to care for themselves; want to live independently; desire the security to be found in a seniors-only community; no longer want the hassle of maintaining a house; prefer to live among their peers; can communicate with doctors and caregivers by themselves.

One of the biggest advantages of independent living is that it allows seniors to make new friends and stay social. Social interaction helps keep a senior's mind sharp and active. Just hop on the bus with your friends and head to a play, concert, or event without having to worry about logistics or details. This type of daily interaction is perfect for keeping seniors, happy and enjoying life.

Wow.. how time flies. In August we were a pile of dirt and now at the end of December we can see visible changes to the site. For those living nearby, both the visual and auditory changes are apparent.

So what's happening that you can and cannot see? The most visible is that the 157 stall parkade is starting to take shape. So, let's see what all this noise has been about:

- Foundation walls and columns approx. 30% complete
- Underslab rough in for plumbing & electrical started
- · Main hydro service conduit installed
- Continuation of raft slab on ground
- Foundation walls and columns (forming, reinforcing steel & concrete placement)
- Start of forming for first 3rd of suspended slab

Our project is being awarded via RFP (Request for Proposal) sent to select proponents. If a contractor wants to be part of the bidding process, contact the Society (via our website) and we will provide the necessary contact information so you can get in on the RFP. It should be noted that all companies bidding for contracts over \$700,000 must be bondable.

If you cannot make it out to the site to see first-hand what the changes are, check out <a href="http://steveston284seniorshousing.webs.com/developmentupdates.htm">http://steveston284seniorshousing.webs.com/developmentupdates.htm</a> to see photos of what is happening and click on "join to receive updates" and we will send you information as it becomes available – or be one of the first to get your name on our waiting list.

### ARTISANS' GALERIA

#### **ANNUAL GENERAL MEETING**

THE COMMUNITY ARTS COUNCIL OF RICHMOND will hold it's Annual General Meeting on Thursday January 20<sup>th</sup> 2011 at 7:00P.M.

The meeting will be held at the new location for the Artisans' Galleria at #150-8040 Garden City Rd., Garden City Shopping Centre, Blundell and Garden City Rd. The Galleria faces west on to Garden City Road.

The current board is willing to stand for another year, but nominations from the floor will be accepted and welcomed for either executive or board positions.

All members are requested to attend, refreshments will be served and an RSVP is requested to 604-241-2790 or cacrinformation@shaw.ca

Doors will open at 6:30 for arrival and will be locked at 7:15.

## THE COMMUNITY ARTS COUNCIL OF RICHMOND

Supporting local arts and artists for 40 years! also operating

THE ARTISANS' GALLERIA GARDEN CITY SHOPPING CENTRE 604-241-2790



20 I I

The Richmond Lions are pleased to announce our 21st Annual Sockeye Run Car Show & Shine will be held on June 19, 2011 at Steveston Park in Richmond BC. We are happy to be back at our "home" location where the Lions Sockeye Run has been held for 19 years.

We thank the City of Richmond for providing Steveston Park for Sockeye Run 2011.

Thank you to ADESA Richmond Public Auto Auction for hosting the 20th Sockeye Run in June of 2010 at their Richmond public auto auction facility. We appreciate your support.

June 19, 2011 is Fathers Day. We will have something special for all Dads so mark your calendar to attend.

Please come back to this space for more information as we finalize our plans for Sockeye Run 2011. http://www.richmondlionsclub.org

A fund-raising event of the Richmond Lions Club

## ANAF Unit # 284, Re-Opens in a Temporary Location

The Army, Navy & Air Force Veterans in Canada are Canada's oldest veterans', exservice persons' and community service organization with more than 18,000 members throughout Canada. The first unit was formed in 1840 in Montreal and our non-profit organization was incorporated by a special ACT of Canada's Parliament in 1917.

In 1946, thirty Steveston area vets approached the Army, Navy & Air Force Veterans in Canada for a Charter to open their own Veterans club in Steveston. Now here we are in 2010 – 64 years later – going strong and building a new clubhouse. Most Richmond residents and visitors have noticed the landmark ANAF Clubhouse on the corner of No. 1 Road and Chatham Street came tumbling down late last Fall. We then spent some time as the neighbourhood kitty litter pan, and now today the site sits bare with the pre-load removed and ready for the site servicing to begin shortly.

The obvious question is where will all these veterans', ex-service persons' and volunteers meet to continue their community support while the old site is under construction? If you stand on the site of the old clubhouse and look 'over yonder' you will spot the Coast Capital Credit Union. The second floor above the Credit Union is the temporary home for all the ANAF members to come together and continue their community support through various fundraisers, including their Thursday night free BINGO, their Friday and Saturday Meat Draws and the standby favorite – the LA Sunday Fundraiser.

The pool tables are set-up and the kitchen is open each day for lunch, so stop up have a bite to eat and watch out the window as things start to take shape kitty-corner to the temp location.

If you have any questions about the hours or services, you can check out the ANAF website at http://www.anaf284.bravehost.com/

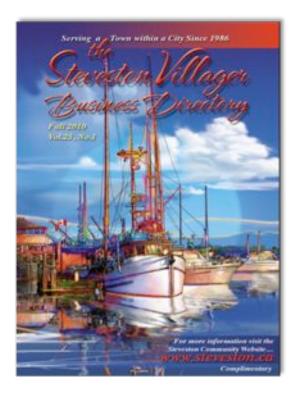
When the new ANAF clubhouse rises from the ground, it will bring with it, the Maple Residences, a 144 unit Seniors' Independent Living facility. Information about the Maple Residences can be found on their website: http://steveston284seniorshousing.webs.com/

## The Oprah Winfrey Network and a Vancouver production company are

looking for people from one Canadian town to be in a new TV series! We will be giving members of one community the opportunity of a lifetime to get out of debt, save money and live better lives.

This new TV series currently in development will give one select community access to top financial experts. Experts will help people reach their financial goals and launch a national movement! With household debt at record highs, people across the country feel the never-ending cycle of working too much without ever getting ahead. We want to help people of one community realize their lifelong dreams.

We're wondering if Steveston is the adventurous and spirited community for this new show. We'd love to hear from people who want to earn and save more money, or get out of debt like so many hardworking Canadians across the country. Tell us what you'd do if suddenly you had more time and resources to truly live the life you've always wanted! Email: research@forcefour.com



## BUSINESSES AND BUSINESS HAPPENINGS

It's published! For information on where you can pick up your copy, drop us a line at <a href="mailto:info@steveston.bc.ca">info@steveston.bc.ca</a>. The only complete business directory for Steveston.

For advertisers, it is the most economical solution to your advertising needs. Always fresh, widest circulation, always complete, and the most popular resource and No. 1 in advertiser satisfaction.

All space is allocated on a first come basis. If you wish to keep your position or update it for the next issue, please let us know by

January 11, 2011!

For more information please contact: info@steveston.bc.ca

www.steveston.bc.ca STILL NO. 1 LISTING

#### **AFTER 14 YEARS**

To find out how the Steveston Community Website can help you increase your business, contact us at info@steveston.bc.ca

> Steveston Village Community Website o Connecting businesses and community groups with the world since 1996

Steveston Village Community & Newsletter Connecting businesses and residents since 2000





#### COMING SOON to a website near you!



It's been a while since you've seen them.....

We know you've missed them and wondered where they went ... their time has come again! Exciting new ideas ... updated for the times! Keep watching here for the latest news and developments.

THERE BACK .... watch for their new website coming soon to Steveston's only REAL website!!! www.stevestonyachtclub.ca





Happy holiday packages for all the 'hard to buy for' on your list especially last minute shoppers – call us we will get you the package for your special family & friends.

Coffee Lovers: Starbucks, Tim Horton's, Movie Magic or for the **Big Screen lovers** Movie Magic package. or Just take the **SPA King Room** and make your own **Lovers** package.

Call today: 604-241-1830 or go to <a href="https://www.hierichmond.com">www.hierichmond.com</a> or for fun check out the blog, see the new post on the Tall Ships 2011 at <a href="http://hierichmond.wordpress.com">http://hierichmond.wordpress.com</a>

Email: reservations@hieRichmond.com

Staying safe in the holidays, stay with us. Happy holiday rates, great holiday gift ideas, Starbucks, Tim Horton, SPA and movies too. A package for everybody on your list! call today 604-241-1830 Holiday Inn Express Riverport, Richmond, BC.





"Want to get warm and stay healthy this winter? Basic Nature is offering 15% off all Infrared Sauna packages until January 31st, 2011. Infrared saunas are a great way to assist in pain reduction, injury healing, weight loss, detoxing the body, and keeping warm in these chilly months! Treat yourself or someone close with one of our great package deals. All packages also include 10 minutes on the whole body vibration machine and 4L of alkaline water. Drop in or give us a call for prices and appointments. Basic Nature Health & Body Store 190-12420 No. 1 Rd. Richmond BC V7E 6N2 | 604-271-1142"







Once again, proud to sponsor The Steveston Farmers & Artisans Market





Want to come home after work to a happy dog? Is your precious pooch alone? Are you working long hours? No time to walk your pooch? We can fix all that .... We have been in business for 5 years and come with great references.

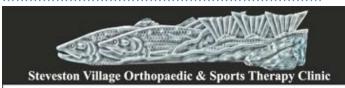
For an evaluation interview please contact us!

#### BARK N' FLY PETCARE

We go play while you're away!!!

Mobile: 604 351 0336 Phone: 604 277 4686

## www.barkandflypetcare.com



In Your Community Since 1990



BScPT.



Acute Care And Rehabilitation Services Skilled Treatment By Hand

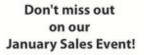
- . Treatment Of Low Back And Neck Pain Sports Injury Rehabilitation
- . Post-Surgical Rehabilitation
- Physical-Functional Exercise Instruction And Education
- . Core Muscle Control Instruction And Training

Clinic staff will assist with processing of ICBC and WorkSafeBC claims Extended clinic hours: early mornings / weekday evenings / Saturdays Therapeutic and exercise products available on site

Tel (604) 241-0933 www.stevestonphysiotherapy.ca 102 - 3811 Chatham Street, Richmond

Plenty of FREE Parking
Easy Access: Ground Floor Steveston Medical Building





#120 - 3900 Bayview St. (behind Blenz Coffee) 604-304-3492 www.buttonsandsoles.com

Thoes and Accessories Boutiqu

Don't miss out on our January Sales Event!

3991 Moncton St. at No. 1 Road 604-304-0602 www.stepinoutshoes.com



www.movementstudio.ca 604-272-0607 gabriela@movementstudio.ca

DANCE INTO THE NEW YEAR WITH GABRIELA! CLASSES STARTING ON JANUARY 4, 2011

## CREATIVE MOVEMENT AND ART AND/OR BALLET. classes for boys and girls.

Specializing in toddlers, preschoolers and the young child, 2 ½ to 9 years old. Groups are small, allowing for more personal attention.

- -Our atmosphere is family oriented and you and your child will feel at home in our studio. Each family is special, and each child is unique. All of our students are given the opportunity to challenge themselves and develop their skills and talents at their own pace.
- -Our classes are FUN! Your child will have a great time, all while learning, through dance, skills that help their minds and bodies develop as they learn coordination, memorization, and social skills.



We've been a Richmond based company since 1993 offering year round Tax Preparation. Call Elly Fenton at 604-241-7595 for more information





## Mardon & Campbell Insurance Brokers Ltd.

Fast, friendly, knowledgeable staff for all your insurance needs!

#### 604-274-9971

Monday - Friday 8:30 - 5:30 Saturday 9:00 - 4:00 145 - 3900 Steveston Hwy No. 1 Road and Steveston Hwy. www.mardoncampbell.com

Map #9

HOME, AUTO, MARINE, COMMERCIAL, TRAVEL















#### New at H2O HAIR & NAIL CO.

### BRAZILIAN BLOWOUT SMOOTHING SYSTEM FOR FRIZZY HAIR!

It's a **HUGE** success! Naturally gentle and won't compromise your hair.

It actually has accumulative benefits each time you have this treatment done. Makes your hair stronger, smoother and healthier, leaving it full of body!

Also now available the complete
SEGAL SOLUTIONS FOR HAIR LOSS
AND... COLD LASER THERAPY TREATMENTS FOR
HAIR LOSS.

To learn more call to book a free consultation!

We're in our 9<sup>th</sup> year and always looking to add new and exciting services

And products especially for you.

A big **CONGRATULATIONS to SIMON** for being selected in the TOP

THREE BEST STYLISTS IN RICHMOND!!

#### WE'RE THE CHANGE YOU'RE LOOKING FOR

So call us at 604 241 5593 or drop in at 230-12240 SECOND AVE.

In Steveston Village for all your hair service needs.





Gord Hall is pleased to announce the opening of his new clinic in West Richmond, in the heart of historic Steveston, after 16 years of practice as a Registered Massage Therapist in and around Richmond, British Columbia. The new clinic offers massage therapy and rehab treatments, to help promote optimal health and well being.

Suite 268, 3580 Moncton Street Richmond, BC V7E 3A4 Tel: **604-284-5095** www.westrichmondmassage.com

On-line booking available. New patients welcome!

<u>DYNAMIC HOME SERVICES</u> - our company, has been washing windows, cleaning gutters and pressure washing homes in Richmond for 25 years.

Our office recently moved to Steveston. www.gutterandwindowcleaning.com



#### Now Open!

- French style cakes and pastries
- Freshly baked croissants
- Wedding and special occasion cakes
- House made ice creams and confections
- Savoury items ~ sandwiches, quiche, meals to go
- Salt Spring coffee

110 – 12000 First Avenue at Chatham Steveston Village, BC (604) 271-8865 thesweetspotbakery@shaw.ca (604) 271-8865

......

# INVEST IN A CANADIAN ICON



\* Yield effective 01/06/2011, subject to availability. Yield and market value may fluctuate if sold prior to maturity, and the amount you receive from the sale of these securities may be more than, less than or equal to the amount originally invested. Bond values may decline in a rising interest rate environment. Any bond called prior to maturity may result in reinvestment risk for the bond owner.

#### You're Invited ...

To learn more about investing to help reach your financial goals, please attend our Building Your Financial Framework seminar.

When: 4:00pm, Jan 26, 2011

Where: Branch office

Call today to reserve your seat for this event.



Amanda Y Li, CFP® Financial Advisor 3671 Chatham Street Unit# 120 Richmond, BC V7E 2Z1 604-231-7621

www.edwardjones.com

Member - Canadian Investor Protection Fund

Edward Jones

THE CLOTHES ENCOUNTER child and baby boutique now carrying more new then ever! Shop local this Xmas and check out our many new lines, also Canucks logo wear in stock now. Open Monday-Saturday 10:00-5:00 and on market Sundays.

Visit our store in beautiful Steveston 3820 Moncton Street, Richmond, BC (Steveston) Tel 604.271.0310 contact@theclothesencounter.com

.....



Hi Folks, I just wanted to say a BIG THANK YOU for making 2010 OUR BEST YEAR YET! and DECEMBER 2010 OUR BEST MONTH EVER!!!!

In celebration drop by in the New Year and pick up and use your

\$2:00 OFF COUPON\* from the BEATMERCHANT Record Store.

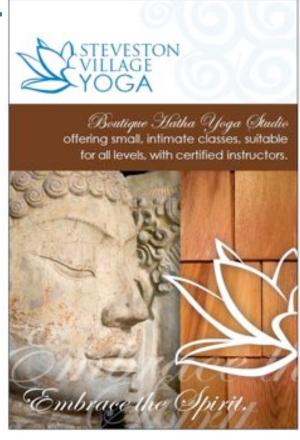
\*Some restrictions apply ~ which means only if we like the look of your happy smiling face! Happy New Year and drink and drive responsibly.

> Frankie Neilson The Beatmerchant Record Store Steveston Village 604 204 0044



Welcome to Lacquer Beauty Bar where one stop for all your beauty maintenance can lead you to a chic, affordable and hygenic experience you will never forget.

Call us at 604-275-7575 or visit us at www.lacquerbeautybar.com







#### Meow +Bark Avenue

Hello, 2011!

Put on your coats & booties cause

It's c-c-cold out there!

Trot over & See our selection

Meow + Bark Avenue

12020 First Ave.



#### **Jodie Blaney Contemporary Art**

Online Gallery www.jodieblaney.com <a href="http://www.jodieblaney.com">http://www.jodieblaney.com</a>







Centered Lifestyle Services is dedicated to delivering the highest standard of professional care to children, youth and families by providing a responsive client-centered service that is ethical in approach and accountable in action.

#### CLINICAL SERVICES

Our service build on the strength and capacity of each child and their family unit to explore and clarify underlying client issues with the intention of alleviating stress and enhancing quality of life.

Our Approach - At Centered Lifestyle Services, we may set out to connect with children and youth through alternatives to office-based therapy including home consultation, school collaboration, dog-walking, jogging and hiking.

#### Chidlren, Youth & Families

Centered Lifestyle Services creates an inviting atmosphere for children and their caregivers while utilizing a mix of innovative counselling techniques and research.

#### ATHLETE SERVICES

Maximizing the Emotional Fitness of Athletes

Centered Lifestyle Services provides highly specialized services for elite athletes, coaches and team management. Our staff recognize the challenges high performance athletes face in balancing sport and life. In combining elements of counselling and sports psychology, Centered Lifestyle Services has developed a unique approach geared towards enhancing athletic performance, personal well-being and life potential of elite athletes.

Matthew Johnston, RCC Direct Line: 604-253-5434 Email: matt@centeredlifestyle.com

#### **NOBBY'S SERVICE (2007) LTD.**

In business since 1961 and operating in Steveston since 1974, has moved to Hammersmith Way (by Aircare station). Same owner, same great service in all automotive care.

Call us at **604 – 277 8090** or visit us at **2145 – 12191 Hammersmith Way, Richmond** Monday to Friday 8:30 am to 5:30 pm Saturday – by appointment only



We want you feeling, strong, healthy and empowered. Whether you are looking to sculpt your body, or just have fun, Fusion Fitness offers something for everyone. Pilates classes available daily. All levels welcome! Call today and schedule your free orientation class. www.fusionfitnessstudio.com, 604.275.1110

## TOTAL PACKAGE COMPUTERS INCORPORATED



130-3900 Steveston Highway, Richmond 604-241-4000

Email: <a href="mailto:sales@totalpackage.com">sales@totalpackage.com</a> www.totalpackage.ca

We specialize in:

- Computer Service and Repair
- Hardware Upgrades
- Virus & Spyware Removal
- On-site Servicing
- Desktop, Notebook and Parts Sales
   Total Package Computers Incorporated
   130-3900 Steveston Highway, Richmond
   604-241-4000

Email: <a href="mailto:sales@total-package.com">sales@total-package.com</a> www.totalpackage.ca

What's your fancy?
Order your custom cake today
www.willowtreecakery.com
604-272-3895





#### beWILDered ABOUT AFRICA?

Widely travelled and born in South Africa, Christine Boecker, C.T.C. (Certified Travel Counselor) of TravelBoecker takes pride in the fact that she herself has experienced the tours she promotes. Having lived in Europe and settled in Steveston 7 years ago, Boecker has over 30 years travel experience exploring much of the African Continent, Europe, Asia, the Americas and sailing on an icebreaker through the Arctic Sea. ("What a trip that was!")

"My goal is to provide you with an extraordinary travel experience from start to finish - every time!" she says.

Boecker recently took her own 10-year-old daughter on a camping safari to one of the last unspoiled African wildlife paradises – the stunningly scenic Okavango Swamps in Botswana. She recalls the trip: "Ronald, our guide, awaited us in an open safari vehicle and soon we spotted our first elephants - a family with a baby, feeding at the side of the road... At sunset, we arrived at the camp – tired and exhilarated. Our cook, Richard served a delicious, healthy meal, Soon afterwards, we retired to our canvas accommodation with comfy mattresses on stretch beds. covered with crisp sheets and warm duvets. We even had an en-suite washroom complete with a flush toilet and bucket shower attached to the back of our tent. "Early in the morning, we were off on another game drive. The grass shimmered with dew and the air was crisp and fresh. Not far from our camp, we came across more elephants, many bird species, including fish eagle and saddle-billed stork, and then we spotted a group of seven cheetahs. What a thrill to watch these graceful animals interact with each other.

"Later we enjoyed a 'mokoro' ride – a dug-out canoe which glides silently through the maze of waterways that make up the 'Okavango swamps.' And then our patience was rewarded with a sighting of three lionesses lounging by the side of the road. We watched them for a long time – just mesmerized by these powerful cats.

"I am unabashedly smitten with the beauty of the scenery and wildlife of the Okavango Delta. Its reputation as 'the best safari experience' is well-deserved. So if Africa is on your bucket list for a getaway, and you want to get away from it all to one of the world's largely untouched wildlife havens, this is the place to go."

For Authentic Journeys ~ Unforgettable Memories call Steveston Travel Consultant

Chris Boecker 604.338.9211

#### www.TravelBoecker.com

Expert Travel Planning for safaris, cruises, family vacations and adventure get-aways.

#### 12th HOUSE HEALING ARTS

25 years caring for your health

#### Classical Homeopathy vs suppressing symptoms

"Your health is as strong as your weakest link". Pharmaceuticals suppress symptoms. Homeopathy can help your body to overcome chronic disease or acute conditions. Most of all, Homeopathic treatment strengthens your resistance to stress and anxiety, often a precursor to illness.

#### Support your body's Bio-chemisty

**Douglas Labs and Pure Encapsulations** supplements are professional standard and therefore high quality and potency. Provide your

body with necessary vitamins, minerals, and Essential Fatty Acids. Build the health of specific body systems. Cleanse the digestive system periodically – the center of the immune system.

#### Remove congestion and improve energy flow

Bio-Energy Massage 60 or 90 minute treatments Aroma therapy, Hand on Healing. Hot Stones, Reflexology, Shiatsu, in one treatment!

#### Why you are here?

#### **Pleiades Astrology**

A spiritual understanding of your life's lessons and gifts and guidance to comprehend current cycles.

Catherine Dean RCSHom, DCH Classical Homeopath www.12th-HouseHealingArts.ca 604-271-Heal (4325)



Jet-Lag Travel Fashion Boutique www.jet-lagtravelfashion.com #110-12031 2nd Ave., Richmond 604-277-3331 Open daily



- All fitness levels \*Indoor/outdoor classes
- Year round classes—join anytime
- Located in Richmond
- Russel Sean Favel-604-341-4288
- www.russelseanfitness.com
- Email: rsfitness@telus.net

Personal Training Also Available

#### TREASURES BOUTIOUF

fashions & accessories

#### Barbara Corder #140-12240 Second Avenue

Steveston, BC V7E 3L8 Tel: 604.275.7119 treasuresb@shaw.ca



#### Happy New Year from

#### Treasures Boutique

Fun and fabulous one-of-a-kind fashions. Top, bottoms, skirts, dresses, Unusual accessories and

Locally designed and crafted jewelry.

Everything from basics to bling. Sizing - Small to Voluptuous Treasures has it all!



Gentle Steps Child Care is conveniently located on Steveston Hwy between Railway Ave & No.2 rd. Run as a licensed Multi-Age group daycare we accept children 0 months to 10 years of age. We currently have space for children 3 years and older and provide a preschool based curriculum for children between the ages of 3-5. If you are in need of before or after school care or would like to know what your child care options are, please contact Sonia at 604-285-1173 or email me at gentlestepscc@hotmail.com. Full-time, Part-time, permanent and temporary spaces are available! Call now for more information.

Phone: 604-285-1173 Fax: 604-285-3318

Owner/Manager/Licensee: Sonia Dhudwal

#### **Seppo's Automotive**

We are a family run business with licensed technicians. We work on foreign and domestic automobiles. Our services include oil changes and filters, lube, tune up, tires, brakes, front end suspension, batteries, exhaust and engine. Located at the Marine Garage 3611 Moncton Street, Steveston, B.C.

V7E 3A5

Phone no.: 604 204-0415

Monday - Friday 8:30am - 5:30pm Contact: Dave Nivala, Jamie Nival



THE DOORKNOCKER B&B

A luxury Richmond B&B in a beautiful Tudor Mansion Indoor pool, gourmet breakfasts and great rates. please see www.thedoorknocker.com or call 604 277-8714 for details and reservations.



Your Boating, Fishing & Home hardware Store!

Steveston Marine & Hardware 3560 Moncton St. Richmond, BC, V7E 3A2 604-277-7031

www.stevestonmarine.com



Specializing in Custom Decorated Cookie Gifts & Party Favours

www.heidiscookiecreations.ca

#### **Steve's Board Shop**

150-12240 Second Ave, Steveston www.stevesboardshop.com T: 778.297.7422

Greetings Steve's Board Shop Clients,

As a valued email subscriber/client we would like to offer you the first opportunity to take advantage of our enormous sale!

Buy 1 item get the 2nd item at **75% off**, of equal or lesser value. The sale officially starts on January 5th, but you get first dibs on all the

sale products!

This does not include - OGIO, Rickshaw, VZ's, Saxx or Kway.

Look forward to seeing you soon. Happy Shopping!



## Exciting News!!! Steveston Massage Therapy & Health Centre

has moved

#120-3631 Chatham St NOW OPEN 7 DAYS A WEEK!!!!! with extended hours 604.272.2747



www.thestonehedge.com

**The Stone Hedge B&B** is celebrating our 10<sup>th</sup> Anniversary with recessionary prices till May, 2011.

Family coming for Christmas and you have no room at your home for them, give The Stone Hedge a call at 604-274-1070. Our home is professionally decorated for Christmas and the total Christmas spirit. Enjoy a wonderful time with family and friends without blowing up air mattresses or digging out lost futons. Where is that air pump anyway? A wonderful breakfast will start them on their day after a restful night sleeping on a pillow top mattress buried in a snuggly down comforter. We have a Jacuzzi

tub for them to soak in after a hard day of visiting.

Think – No hassle.

Think – cozy fireplace with a warm glass of brandy.

Think – The Stone Hedge B&B.

## Living in the Heart of Transformation with Penny Allport

A 5 Month Journey of inquiry in Embodiment, Movement and Life

Alternating Tuesday evenings 7 - 9:30 p.m. (1st and third of month)

Pioneer Church, No. 3 Rd and Steveston Hwy. February - June, 2011

Begins Tuesday, Feb. 1st, 2011

## The Relaxation of Effort, When the Body Says YES!

A Six Month inquiry in Embodiment, Movement and Life

Alternating Thursday mornings 9:30 - 12 noon(1st and third of month)

Pioneer Church, No. 3 Rd. and Steveston Hwy. January - June, 2011

Begins Thursday, Jan. 6th, 2011

Call or email to inquire or register: pennyallport@gmail.com or 604 803 4607



Erl'signs specialises in traditional sign painting and gold leaf work, but also offers the following services...

computer cut vinyl, large format digital printing, vehicle wraps, pinstriping /custom paintwork, sandblasted signs, logo design and printing.

We are also a distributor and installer for Gemini dimensional lettering and logos.

Contact:

Erlend (Erl) Rump

Tel: 604 250 3958, Email erlsigns@telus.net

Website: www.erlsigns.com

Steveston Villager

Business Directory

Sewing a Toute within a City

since 1956

the

Steveston Village

Steveston Village

Community Website

Community Community E-newsletter

Community when the world since 1976

Community business and rendents since 2000

www.steveston.bc.ca

For more information or comment, contact: Tel: 604-275-9452

Email: info@steveston.bc.ca

"Helping to keep our community connected; Committed to the promotion of Businesses and Community Groups in Steveston since 1984"

The complimentary Newsletter, as well as the Steveston Community Calendar information has been compiled from the best information available. However, The Steveston Villager Business Directory does not assume responsibility or liability for any omissions, errors or subsequent changes of any information. No part of this publication may be reproduced mechanically or otherwise, without the express written permission of the publisher, Phone 604-275-9452, email-info@steveston.bc.ca ©



**Artico Communications Group Inc.**