

The

Elkford Focus

Free
Pass along
to a friend

focus@elkfordlibrary.org

April 2016

Volume 10 Issue 3



Once Upon A Skate

The Elkford Figure Skating Club held their 39th Annual Ice Show on the weekend of February 26 - 27. Under the direction of Head Coach, Lisa Skubovius, and Assistant Coach, Jenna Herrad, the audience saw Smurfs, Robots, Detectives, and Princesses just to name a few. The opening number gave a little taste of what the audience was to expect for the night. The skaters all had a lot of fun performing in front of a packed crowd and the audience showed their appreciation with the applause that was received for each group. We said good bye to two of our senior skaters, Kaelyn Finlay, as she heads off to University in the fall (we wish her good luck!) and Josie Ellice, who has since moved to Ontario. We would like to thank everyone who attended our ice show and made it such a great success!

Photos by Denise Reker & Rosalyn Pumphrey

ASPIRE SALON

ANNETTE SHEPPARD
HAIR STYLIST



1156 NASHTON CRES..
ELKFORD B.C.
VOB 1H0

250-865-7345
250-433-1399
HOOPER@HOTMAIL.COM

T.O.P.S.

(Taking Off Pounds Sensibly) #5097 Elkford Chapter

Meet regularly every Tuesday at the
Elk Valley Congregational Church Basement
Confidential weigh in: 4:00 p.m. – 4:30 p.m.
Meetings: 4:30 p.m. 'til 5:30 p.m.

Everyone is welcome and we strive to educate each
other pertaining to nutrition and food values.

For further information call Renie @ 250-910-1944
or Lila @ 865-7190

AGNES CREEK TRADING

Reno Decks Flooring
Handyman Projects

Call Jack. Cell: 425-5327
865-7221

Workshops

If you are interested in sharing your talents with the
community by holding a workshop
please call the Elkford Public Library at
250-865-2912

Our goal is to cultivate a Focus on Elkford and we welcome your
submissions of events, announcements, classifieds, ideas and
opinions to focus@elkfordlibrary.org or bring your legible copy to
the Library. The Elkford Focus, Board and Staff of the Library do
not promote the opinions expressed. We reserve the right to edit
or refuse to print submissions due to legality, length, religious or
political reasons, good taste or discriminating beliefs. The Focus
is published on the web and may be accessed and searched by
anyone. We are not responsible for any unauthorized use of
submitted information. Copyright of all material remains with the
author.

LAHUE'S BOOKKEEPING & TAX SERVICES LTD

Personal Income Tax Returns including but not
limited to:

- Investments
- Family Tax Credit
- Search & Rescue Volunteer Amount
- RRSP's
- Audit Assistance
- Instant Refund *some conditions apply*
- Business Income Tax Returns
- RRSP Over Contribution Returns
- Tax Free Savings Account Over Contribution Returns
- Bookkeeping Services
- And More....

70-101 Red Cedar Drive (Sparwood Mall)

Monday to Friday 8:30 a.m. – 5:30 p.m.
Saturdays 9:00 a.m. – 2:00 p.m.
Walk ins, Drop offs and Appointments
250-425-2822

*Proudly providing service all year
to the Elk Valley for 8 years!*

wiggles&waggs



Cindy hancock

Dog grooming

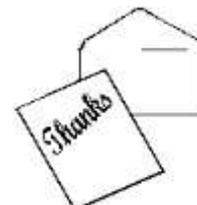
24 delta cres
Elkford bc

250-433-7220

Big dogs welcome!

We wish to thank those who distribute the Elkford Focus:

Chauncey Ridge Food Mart
Elkford Conference Centre
Elkford Mini-Mart/Fas Gas
Race Trac Gas
Elkford Motor Inn & Restaurant
Kapps Pizza House
Kootenay Market
District of Elkford
BC Elkford Liquor Store



Elk Valley Congregational Church

elkvalleycongregational.org

We have just celebrated Easter and are now looking forward to the spring season. When we envision spring, what are the things that pop into our minds? Easter, green grass, thinking about planting a garden, being able to wear spring jackets and no winter boots.

We all look forward to a change of season. We can put our winter outfits away, get out doing more walking without the concern of slipping on the ice. We can also enjoy the longer days. When you wake up and start your day, the sun is beginning to come up over the horizon. In our lives we go through seasons also: birth, childhood, adolescence, adulthood.

Every season of life brings with it new, exciting, and sometimes sad events. We need to be willing to walk through these seasons and learn from them. As we learn, we mature (hopefully), and can in turn walk through the seasons of life gracefully and with strength. There is so much to enjoy in our world, in our community, and with our family and friends. I recognize that many people like to look at the negative when we are walking on this journey called life. But we need to look up daily and give thanks for where we live, for the family we have, for the roof over our heads, and the clothing on our backs.

Psalm 1:1-3 says to us: Blessed is the man who walks not in the counsel of the ungodly, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in season, whose leaf also shall not wither; and whatever he does shall prosper.

We are in a new season of the year so let us joyfully await the green grass and enjoy every day that we are given.

Blessings, Pastor Kay

The Elkford Wine Steward
U-BREW ON PREMISES



Dave & Kathy Scott
Email: djscott4@telus.net
Phone: (250) 865-4403 Cell: 250-421-8603
Box 459, #7 Bear Paw Crescent
Elkford, BC V0B 1H0

You can find us on facebook

Wal -MART ISN'T THE ONLY SAVING PLACE!

Join us at Immanuel Lutheran Church
2700 Balmer Drive
across from
Rocky Mountain Elementary School
Sunday service at 4:00 pm

Need to talk to a Pastor?
Call toll free 1-866-426-7564
check out our website at www.eklutheran.ca

Volunteers Needed

On July 8, 9 and 10, 2016, Elkford Minor Ball is hosting the 2016 Alberta Bantam Girls C Fastball Championships.

If you will be around that weekend and would like to help our Club put on an awesome playdown we would be so grateful. We need volunteers in the following areas:



- **Concession Duties** (flipping burgers and hot dogs, selling food at Devonian building);
- **Ball Diamond Maintenance** (dragging fields, lining diamonds);
- **Opening Ceremonies** (music, organizing teams, following agenda);
- **50/50 Draws** (selling tickets to spectators, reconciling income);
- **Pre-tournament set up** (setting up tables and chairs in tennis courts - Thursday);
- **Score Keeping** (official score keepers for games - semi and final games);
- **Monday clean up** (taking down tents, tables, chairs, general concession) .

There will be other committees if you are interested in helping somewhere.

If you can help us out, please email us at sport865@telus.net and we will be sure to contact you. Any help that you can offer would be greatly appreciated.

*Blaine Borys
Kathleen Murray
Terry Vandale
Jodi Borys Trischuk
Elkford Minor Ball*



Coalminer's Gallery
A Picture Framing Ltd.
You Name It - We Frame it
By appointment only

Richard & Darlene Mosiondz

4165 HIGHWAY 43
 PO BOX 69
 ELKFORD BC V0B 1H0

Phone: (250) 865-2236
 Toll Free: 1-888-649-5577

coalminersgallery@gmail.com



Elkford | 814 Michel Road | 250-865-2261

Home | Auto | Business | Life | Travel | Financial Services

**Thank you for saving resources!
 Pass this paper on for
 more people to enjoy!**



Mountain Electric
250-433-1707 Ltd.

residential - commercial - industrial

Jason Heyboer, FSR electrician
jason.mountainelectric@yahoo.ca
 Box 1278 Elkford, BC V0B 1H0

**“There is nothing certain in life
 except for death & taxes.”**

And fortunately you have me to help you with the latter. Yes, it is Tax Time again and this is your reminder.

Do you know that CRA is phasing out writing cheques? You need to set up Direct Deposit to be ready for CRA to put your tax funds (and any other moneys coming from the Federal Government) right into your bank account.

CRA continues doing more processing reviews of our tax returns in their effort to squeeze a few more dollars from us all. Don't just pay any amount they say you owe before you look into it, as it is often a matter of providing information to back-up your claim.

What's New and Reminders:

You have benefits for your children for their attendance in art and/or physical activity programs and new this year is an equipment amount.

Teachers and Assistants can claim an amount for coaching.

The family tax cut continues this year.

An important item in the Elk Valley, where we have to travel for a good portion of our medical care, is to claim expenses. Depending on the situation, you can claim travel, meals and accommodation.

When you bring me your tax information, please remember to bring the assessment or re-assessment that the government sent after filing your 2014 taxes.

I am looking forward to seeing all my prior clients again. Thank you for your business. referrals are welcome and so are new clients.



Bookkeeping
 for Small Business

Heather Y. MacKenzie

Phone 250-865-7330
 Cell 250-203-3956
 Fax 250-865-7360
 Email hr_mac@telus.net

14B Caribou Drive
 Elkford, BC V0B 1H0
 P.O. Box 1013

Payroll, Income Tax | Using Simply Accounting | Pick up & Delivery

IT'S BACK!!

ELKFORD LIONS

COMMUNITY CALENDAR

HELP BRING OUR
COMMUNITY SPIRIT
CALENDAR BACK

THE CALENDAR OFFERS :

- LOCAL SHIFT CALENDAR
- FRIENDS AND FAMILY 'S BIRTHDAYS, ANNIVERSERIES MEMORIAL
- GROUP MEETING DAYS
- EMERGENCY NUMBERS
- BUSINESS ADS IN FULL COLOUR
- LOCAL PHOTO CONTEST EACH YEAR

FOR MORE INFORMATION PLEASE CALL

DEBBY 250-865-2650

EMAIL :elkfordlionsclub@gmail.com



GIVING CANADIANS A NEW *Leash* ON LIFE

Lions Foundation of Canada
**Purina Walk
FOR
Dog Guides**



CANINE VISION * HEARING EAR * SERVICE * SEIZURE RESPONSE * AUTISM ASSISTANCE * DIABETIC ALERT



Saturday, May 28th 2016
10:00 AM Registration / 11:00 AM Walk
Elkford Campground
Elkford
250-425-5946 for more info
A project of the Elkford Lions Club
www.purinawalkfordogguides.com



ELKFORDPROPERTY.COM

YOUR REAL ESTATE & INFORMATION RESOURCE FOR THE BEAUTIFUL TOWN OF ELKFORD, B.C



VANESSA LEE SMITH
Royal LePage East Kootenay Realty
Toll Free Cell: 1.855.825.1323
Residence: 1.250.865.7471
Fax: 1.778.521.1323
Email: vanessa@elkfordproperty.com

Find me on



ELKFORD TRIATHLONS 2016

Such little snow this winter may have had you outdoors pounding the pavement instead of skiing the slopes. So you'll *really* be ready for this year's triathlon!

It will take place on Sunday, June 5 at the Elkford Aquatic Centre.

Last year we tried holding the kid's tri on the same day as the adults, and we received only positive feedback, so we'll be doing this again. The adult race will begin at 8 am and the kids' at 11 am. Check-in begins at 7 am for the adults and 10 am for the kids. Race packages for all are available to be picked up the day before the race from 3 to 5 pm in the pool's multi-purpose room.

The adult's triathlon is sprint distance: 750m pool swim, 20km bike (down the highway towards Sparwood, or the Extreme: up the mine road to the Forging River bridge and back) then 5km run (on the dirt road towards the Elk Lakes) and it finishes back at the pool. The kid's race is 400m pool swim (or the easier swim option: 200m), 5km bike and 2.5km run. All ages have the option of doing the race solo or on a 2 or 3 person team.

Join us after the race for a BBQ in the space behind the pool. Lunch for all athletes and volunteers is included, and for all family and friends: lunch tickets can be purchased for \$4.

Sign up by May 12th to receive early-bird pricing and a technical t-shirt! Registrations continue until June 1st (but with no shirts).

Register at: www.elkfordtri.ca



Volunteers are an important part of these events. If we did not have all our volunteers on the day of the event, it would not take place. If you would like to be a sponsor or a volunteer, please call Brandee Dean at 1-250-910-0278.

Thank you and happy training!!

Elkford Drug Store



778-521-5181 **4 Front Street, Elkford**

Fast, Friendly, Professional Service while you shop
Easy Prescription Transfers
All Insurance Plans Accepted
Convenient Quick Fill Prescriptions
Diabetic Supplies
Vaccinations and Injection Administration
Medication Counselling
Over the Counter Medications

AHMED ELMADDAH
PHARMACY MANAGER
elkforddrugstore@yahoo.com

ELKFORD DRUG STORE

4 Front St., Suite B, Box 370 Tel: 778-521-5181
Elkford, BC Fax: 778-521-5182
V0B 1H0 Cell: 778-869-6976

Open 9:00 am to 6:00 pm (Monday to Friday)
And now for your convenience: Saturdays 11:00 am to 4:00 pm

Elkford Deer Re-location in Action

March 10th, 7 AM at the Fire Station: day three of the urban deer relocation pilot project. I was going to be wet and chilled all morning; it had been snowing all night. At least I'd thought ahead enough to collect my waterproof gear: pants, jacket, and gaiters. The permit was for the relocation of up to 20 deer, and we'd already found, sedated, sampled, radio-collared, and relocated 10 animals.

Wildlife biologists, the veterinarian, Rod and Gun club members, and the other volunteers like me decided to begin back where we had seen a large herd the previous day. Two of us walked up to the water tower and then eastward to move the herd toward the others who were searching above Balmer Crescent.

A suitable doe was selected for darting and the relocation of one more deer began.

It takes about 12 minutes for the tranquilizer to take effect. You spend that time following the darted deer to make sure she doesn't endanger herself. You watch as she gets wobbly and then lies down. You wait until she lays her head down and goes fully unconscious. Then the biologist goes over and puts a cover over her eyes and we begin our various tasks: the deer is placed to aid breathing and proper digestive actions, someone holds her head (head up, nose down) so that she doesn't choke or regurgitate. Someone else attaches hobbles on her hooves, the dart gets removed, a tissue sample (from inside her ear) is taken and a tag is inserted in the hole. A hair sample is taken, as is a good-sized stool sample (rubber gloves and small hands are mandatory for that part!). 30 cc of blood is collected, and the deer is judged for general health/fat/meat 'on the bone'. A search for ticks is done (from about the same location as the stool sample in case you were curious). Finally, a radio collar is attached to the deer.

Then she is moved into the carrying hammock and carried to the van for transport to the trailer behind the fire station. Yes, someone is always holding the deer's head in the proper position (usually by holding the base of her ears) while the animal is carried out of the woods. Sometimes someone slips on the ice, but the animal is protected by everyone every step of the way.

If things get busy, the animal is brought to the trailer before the sampling and collaring. Once the deer is ready to be placed in the trailer the hobbles come off, and the deer is placed inside the trailer (butt first), and the reversing drugs are injected into her. The deer comes out of its tranquilized state within a few minutes.

The trick here is doing all of this while there are active deer already in the trailer. Explaining that method is for another day.

The experience was amazing—biology and ecology in action. The biologists, the rod and gun folks, the other volunteers—everyone involved—were amazing. To say these people acted in a completely professional manner does not do justice to the care and concern given to the health and safety of the animals that we interacted with.

The deer were transported to the Flathead for release later in the day. There is some video on YouTube (search for 'Elk-a-holic Elkford elk herd' on Facebook or <https://www.facebook.com/elkaholism/videos/1676042342613507/>) to see the day's relocated deer being released.

The relocated deer will be tracked by those radio collars for the life of the battery (about 1 year) as well as through information gathered when or if the tag number is reported to the Ministry. Let's all hope that the deer stay in their new home 'forever'.

By Steve Fairbairn

Photo by Wendy Huisman



DARLA REGIER
Financial Service Officer
Tel 250.865.4661
dregier@ekccu.com

JENN LAU
Financial Service Officer
Tel 250.865.4661
jlau@ekccu.com

814 Michel Rd,
Elkford Square

WWW.EKCCU.COM

For all your investment
and lending needs,
call your local Financial
Service Officer.

EK East Kootenay
COMMUNITY
CREDIT UNION

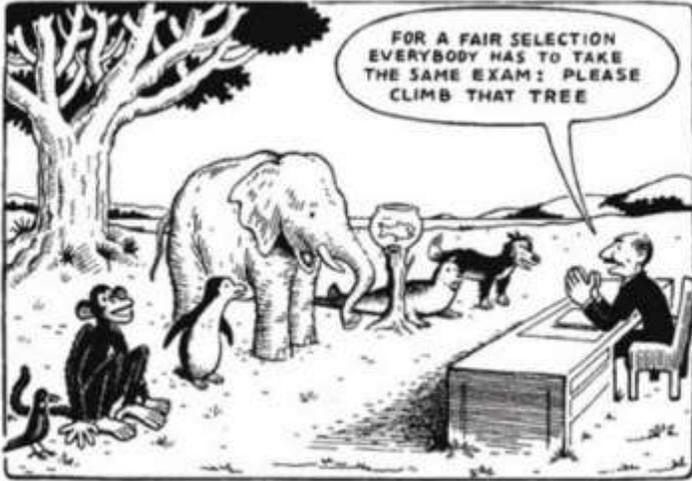
EKC WHY EKC?

~~93%~~ 97%

of members surveyed said they would recommend EKC to their friends and family

Worry less, live more.
Together we'll make it happen.

Age Is Just a Number



Growing up I always wanted to be a mom; I just never knew how hard that journey would be. After many years my husband and I decided it was time to adopt, and what a journey that put us on. We were matched with a sweet little boy who had Fragile X. Fragile X is the leading cause of inherited intellectual impairment and the leading known genetic cause of autism. It is caused by a change or mutation on the x-chromosome so both males and females can have it. It's a spectrum disorder, ranging from mild to severely profound. It is diagnosed through a DNA blood test. Evan and I knew that by taking this child on we would have to pave the road for him, and that he probably would live with us forever, but we also knew God made him to be our son.

The most difficult part of raising a child with an intellectual disability is the way we think of inclusion. Sean is 8 years old, so he should only participate in an activity that is labeled for 8 year olds. I have been blessed with a few activities in town that truly understand that Sean might be an 8 year old boy, but he is more functioning on a 4-5 year level, so to bring him to the 8 year old class would not benefit Sean at all. Sean's favorite times of the week are yoga, skating and private swim lessons.

He attends the preschool yoga class on Tuesdays and he just loves being there, and sometimes he gets to be the leader of the group. Vanessa Smith has been so amazing and dedicated by including Sean in this class. It took a few weeks but now he cries when he has to leave. We have been in figure skating for the past 3 years. Sean has been in beginners all 3 years, and the kids all love him. This year he finally caught on to how to skate and he is pretty proud of his backwards skating. Coach Lisa has been very dedicated to helping Sean reach this goal.

This brings me to swimming and lessons. Just because Sean is 8 doesn't mean I will take him to the pool and drop him off because the age limit is 7. Swimming lessons for my children are super hard they aren't at the same level as their peers, but do you keep them behind because they can't say "call 9-1-1?" I'm not sure I really want to teach Sean this number as he loves using the phone and we might have a few cops showing up to our house regularly if we do teach him 9-1-1. This year we have enrolled Sean in private lessons. We have an amazing lady in Elkford who not only understands Sean but loves him so much, and I don't know where we would

be without Judy Zimmer. She has been so helpful in the swim area and is so eager to help Sean meet his and our goals.

Inclusion is great. I am thankful that Sean gets invited to some 8th birthday parties and that kids do understand him, but there is also a time when we need to stop and think that because an age limit is set, does that mean a class is only for 3 to 5 year olds? What if there is a child who is struggling in life, and developmentally would do amazing in this class if they were 7,8,9 etc.? Why do we set numbers? I think the Elkford Early Years is amazing. They offer programs for children aged 0 to 6, but siblings are always welcomed. They have always been open to us attending, and know that this is the age group that Sean does best with.

A very proud mother to 4 special children
Denise Reker

New Registered Acupuncturist



Accommodating health needs in the valley has now become even easier as Sparwood Chiropractic welcomes their newest practitioner, Registered Acupuncturist Laurie Sibbeston.

Laurie first became interested in Acupuncture after witnessing incredible treatment results following sports injuries. "It seemed kind of magical" she says. Laurie's drive to share this type of healing brought her to Pacific Rim College in Victoria, B.C., where she completed her studies and later relocated to the Elk Valley. "I absolutely love it, we've been super happy with our choice to live here and our children really love the area as well" says Sibbeston.

While healing injuries is what attracted Laurie to Acupuncture, she says it is certainly not limited solely to that. "Some of the other common areas of treatment I provide patients with include emotional issues, fertility, digestion, headaches and pain management."

Laurie says her treatment involves stimulating an area to bring in new blood and oxygen, therefore increasing circulation to promote healing of the body. She adds that although part of her treatment does entail the use of needles, they are very small and assures that it is not a painful experience.

Laurie is very pleased to be offering her techniques to the Elk Valley community and looks forward to meeting new faces. She is offering free 15 minute consults to people interested in learning more about Acupuncture and what it can do for you. For more information or to book an appointment phone Sparwood Chiropractic at (250) 425-6330.



(250) 425-6330

**CHIROPRACTIC
MASSAGE THERAPY
ACUPUNCTURE
CUSTOM ORTHOTICS**



Dr. Amanda Wyss



Dr. Ryan Hoetmer



Annesa Thompson, RMT



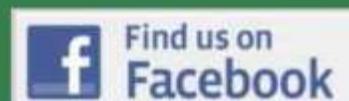
Laurie Sibbeston, RAc

NEW
**REGISTERED
ACUPUNCTURIST**

Sparwood in the Greenwood Mall
Mon-Fri 8:30am - 6:00pm

Elkford @ Teck Elkford Community Centre
Tues 3:00 - 6:00pm
Thurs 2:00-5:00pm

www.sparwoodchiro.com



Elkford Public Library



Spring Workshop

Hunting for your Ancestors?

Whether you are new to creating a family tree, or trying to find a few lost branches, it is amazing what you can discover online.

The Elkford Public Library has free access to records, available through Ancestry.ca. Learn the best ways to use this resource, find others with connections all over the world, and even make a chart of your family.

Sign up at the Library if you are interested in this Spring workshop.

Monday, April 11th, 1:00 to 2:30 pm
or
Monday, April 18th, 2:00 to 3:30 pm

For more information and to register for a workshop, please call the library at 250-865-2912.

RMES Book Club

in partnership with the
Elkford Public Library

Our next Grade 6 book club meeting at RMES will be
Thursday, April 28th
during lunch break.

We will be discussing
"Dealing with Dragons"
by Patricia C. Wrede



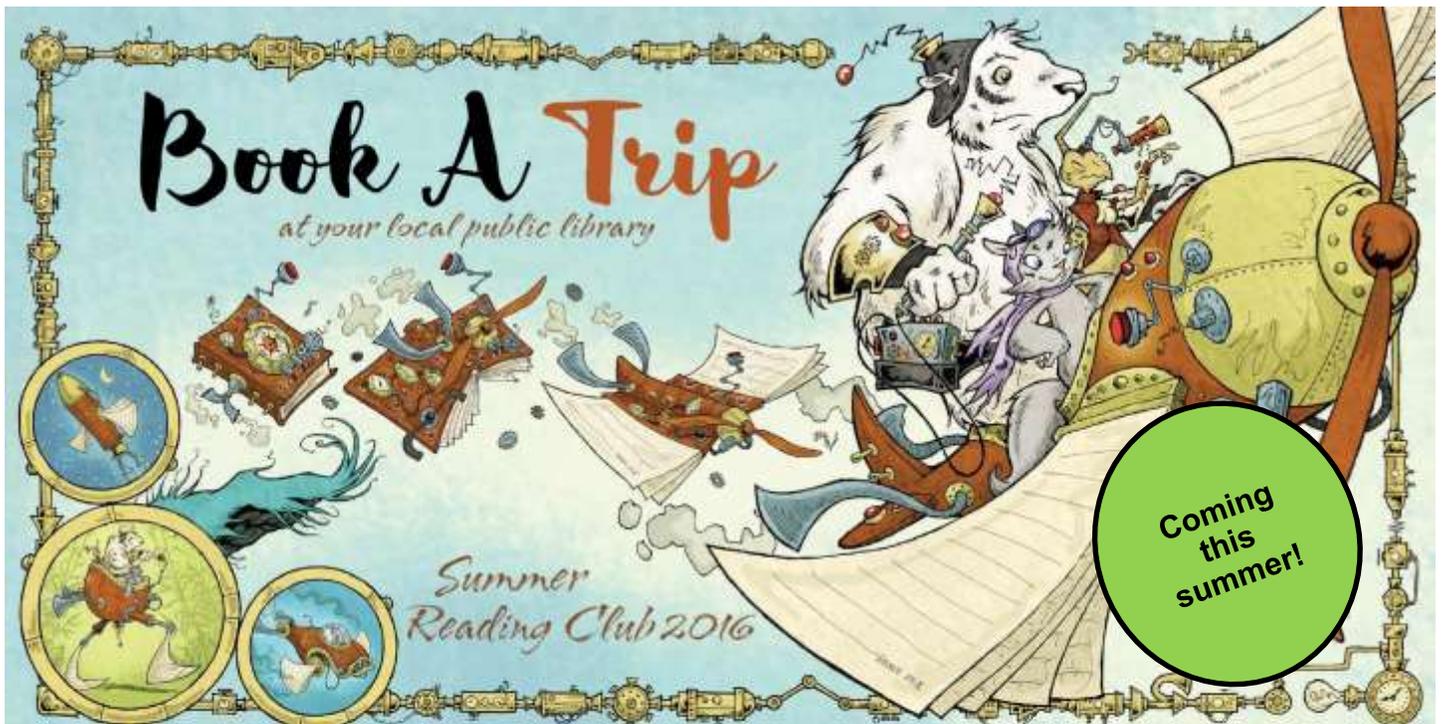
Send us an email:

For the Focus:
focus@elkfordlibrary.org

For other library matters:
library@elkfordlibrary.org

To contact us personally:
diane@elkfordlibrary.org
rosalie@elkfordlibrary.org
sandra@elkfordlibrary.org

Website:
<http://elkford.bclibrary.ca>



FOR RENT IN ELKFORD

CHRISTAL KLASSEN, Re/Max Elk Valley Realty
Local Licensed Property Manager

Home Phone: (250) 865-7789

Email: crklass@telus.net

Cell: (250) 425-4295

www.4RentInElkford.com



www.facebook.com/ChristalKlassenElkfordPropertyManager

Brokerage: 106-101 Red Cedar Dr, PO Box 1505, Sparwood, BC V0B 2G0

Several units recently renovated! Available for rent either Immediately or in the next month ~ Contact me for more info!

No Smoking, No Pets. References Required. Minimum 1 month term.

RENT MAY STILL BE NEGOTIABLE.

# Bedrooms + Bathrooms	Furnished / Unfurnished	Monthly Rent
* HOUSE (Upper floor plus garage, driveway & yard!) 3 bedroom + 1 bathroom	Unfurnished, Ws/Dr	\$1150
3 bedroom + 2 bathroom	Furnished, Ws/Dr	\$1200-1300
2 bedroom + 2 bathroom	Furnished, Ws/Dr	\$1150
2 bedroom + 2 bathroom	Furnished	\$1025-1050
2 bedroom + 1 bathroom	Furnished, Ws/Dr	\$950
2 bedroom + 1 bathroom	Furnished	\$875
1 bedroom + 1 bathroom	Furnished	\$650-800
studio + 1 bathroom	Furnished	\$550-625
2 bedroom + 1 bathroom	Unfurnished	\$750
1 bedroom + 1 bathroom	Unfurnished	\$575

Availability is subject to change.

AGNES CREEK TRADING CO. LTD. Est. 1997
Local provider for all projects

*RESIDENTIAL
*FENCING

*DECKS

*COMMERCIAL
*RENOS

Call us for quotes on your project

Phone Office: 250-865-7221

Jack's Cell: 250-425-5327

Fax: 250-865-7355

Email: agnes11@telus.net



ENJOY GROWING YOUR OWN PRODUCE
***SHORTEN THE WINTER *LENGTHEN THE SUMMER!**

**** COMING THIS SPRING—GREENHOUSES****
PRE-FABBED HERE IN ELKFORD AT OUR MILL

10'X10' 8'X10' 8'X8' 6'X8'



**IT'S A JOURNEY.
GO THE DISTANCE.**

#AcceptTheBaton



relayforlife.ca

Accept the baton. Register today!

Elk Valley Relay for Life 2016

Elkford Secondary School Sports Track

Saturday June 18th

4:00 pm – 10:00 pm

Elk Valley vs Cancer

... which Sport will your team represent?

For more info contact **Karen 250-425-3608** [**jkgemills@hotmail.com**](mailto:jkgemills@hotmail.com)

**Happy 40th Wedding Anniversary on April 24th
to Heather and Richard Smuin!
All the best for the next 40 years!
Love from the whole gang.**



Volunteers Needed

The Cultural Society of Elkford is initiating a roster of persons in Elkford who wish to be on a list of contributors for funeral luncheons.

There are many who are willing to contribute. Whoever wishes to be on the list for luncheon contributions, please contact the Elkford Cultural Society to place your name on the rotation roster for future service to our community.

The churches always feed the mourners, yet there are many others who would happily donate sandwiches or squares to those who support the grieving. This list is available by emailing Faye Sigurdson, or simply calling 250-865-7119 to register.



ROYAL LEPAGE
East Kootenay Realty
INDEPENDENTLY OWNED AND OPERATED
120 Spruce Ave., PO Box 1854
Sparwood, BC V0B 2G0

Paula J. Smith
Sales Representative

Toll Free: 1 (866) 425-3690
Res: (250) 865-7506
Elkford Specialist 26 Cherokee Drive Elkford BC
Fax: (250) 865-7798
paula@elkfordrealestate.net • www.elkfordrealestate.net

DIAMOND AWARD
REALTOR'S 2010 AWARD



**Rocky Mountain
Driver Training**

“Drive to Survive”

Dave Bird

39 Ridgemont Ave.
Fernie, BC V0B 1M2

Phone: (250) 423-4058
Email: dbird10@telus.net

Look no further for the perfect cut, perm, colour...

*Fair
Eloquence*

1362 Needles Crescent
250-865-7119

*Faye has been serving the hair concerns for the
great people of Elkford since January 1980
Super Family Hair Care*

Active Member of Elkford Chamber of Commerce, Community Futures East Kootenay

Elkford Early Years

Digitally for our most precious resource.

Elkford Community Resource Numbers

POLICE 911
AMBULANCE 911
BCNurseLine 1-866-215-4700
POISON CONTROL 911 or
 1-800-461-9911
RMES 250-865-4625
Recreation Centre 250-865-4010
Aquatic Centre 250-865-4012
Public Library 250-865-2912



If you would like the Kid's Calendar emailed to you or you have any information you would like included or updated in this calendar please contact:

Jennifer Cherney
 EEY Information Coordinator
 cherneyjennifer@gmail.com
 250-865-7156



KID'S COMMUNITY CALENDAR APRIL 2016

PROGRAMS, EVENTS AND INFORMATION FOR KIDS AGES 0-12

All programs, meetings, and events are subject to change. Please contact the individual on the back for confirmation of times and details.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Best Footway Friends of Children Assisting families with Children in Distress Library Medical Help www.friendsofchildren.ca Phone: 1-866-564-2217	Men and Me Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club	Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club Early Years Meeting 6:30-8:30	Parent / Tot Parties Public Swim 10:30-12:00 Swim Club	Public 10:30-12:00 Swim Club Public Swim 6-8 Sports, Brownies & Outlets	RMES NE Day Public Swim 10:30-12:00 Public Swim 1:15-3:15 Public Swim 6-8	Healthy Start Program Family Swim 1:30-2:30 Public Swim 2:30-5 & 6-8
Family Swim 1:30-2:30 Public Swim 2:30-5:00	Men and Me Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club Beavers, Cubs, Scouts	Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club Early Years Meeting 6:30-8:30	Parent / Tot Parties Public Swim 10:30-12:00 \$3 Swim 10:30-12:00 Swim Club	Public 10:30-12:00 Swim Club Public Swim 6-8 Sports, Brownies & Outlets	RMES NO SCHOOL Men and Me Beavers, Cubs, Scouts	Healthy Start Program Family Swim 1:30-2:30 Public Swim 2:30-5 & 6-8
Family Swim 1:30-2:30 Public Swim 2:30-5:00	Men and Me Public Swim 10:30-12:00 Public Swim 1:00-4:00 Swim Club RMES PAC Meeting 6:30-8:30	Parent / Tot Parties Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club	Parent / Tot Parties \$3 Swim 10:30-12:00 Swim Club	Public Swim 10:30-12:00 Swim Club Public Swim 5-8 Sports, Brownies & Outlets	Healthy Start Program Family Swim 1:30-2:30 Public Swim 2:30-5 & 6-8	Healthy Start Program Family Swim 1:30-2:30 Public Swim 2:30-5 & 6-8
Family Swim 1:30-2:30 Public Swim 2:30-5:00	Men and Me Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club Beavers, Cubs, Scouts	Parent / Tot Parties Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club	Parent / Tot Parties Public Swim 10:30-12:00 Public Swim 1:00-3:00 Swim Club	Public Swim 10:30-12:00 Swim Club Public Swim 5-8 Sports, Brownies & Outlets	RMES 30 SCHOOL Public Swim 10:30-12:00 Swim Club Public Swim 5-8	Healthy Start Program Family Swim 1:30-2:30 Public Swim 2:30-5 & 6-8

Sponsors and Partners:

TURN OVER FOR MORE
DETAILED INFORMATION



Elkford Early Years Committee is an assembly of individuals and interested groups working together to address the importance of the first 6 years of a child's life.

Meetings are the first Tuesday of each month from 6:30pm
 Contact: Ravneet Gill, EEEY Coordinator ~ elkfordecd@gmail.com or FB Elkford Early Years Committee
 Phone: 250-865-2222



RMES PAC is a council open to all parents and/or guardians of students of Rocky Mountain Elementary School.
 Meetings are the third Tuesday of each month from 6:30-8:30pm
 Contact: Jennifer Gerson, RMES PAC Chair ~ rmespac@yahoo.ca
 Phone: 250-865-4686



Mom & Me is a free drop-in program for children 0-6 and their parents / caregivers.
 Mondays from 9:30 - 11:30 at the Elkford Alliance Church
 1803 Alpine Drive
 Contact: Ravneet Gill, EEEY Coordinator ~ elkfordecd@gmail.com or FB Elkford Early Years Committee
 Phone: 250-865-2222



Parent/Tot Fun Times is a free drop-in program for children ages 0-6 and their parents/caregivers.
 Wednesdays at the Elkford Congregational Church
 500 Alpine Way
 9:30 - 10:30 Parent Support Group (childcare on site)
 10:45 - 11:15 Rhyme Time (sing songs and story time)
 11:15 - 12 noon Playtime
 Contact: Petrea Palmer ~ evcapc@gmail.com
 Find us on Face Book at Parent/Tot FunTimes



Elk Valley Dolphins Swim Club
 Contact: Jera Kipnik ~ 250-433-7475



Elkford Healthy Start is a free drop-in program for parents and children 0-5yrs. Everyone welcome and parent participation is required!
 Saturdays at the Elkford Play School 10am-12pm
 Contact: Ravneet Gill, EEEY Coordinator ~ elkfordecd@gmail.com
 Phone: 250-865-2222



Love 2 Learn is a free Parent/Child program for children aged 3-5
 Thursdays at the Elkford Alliance Church 9:30-11:00am
 Contact: Chrissy Hill to register ~ elkvalleycoordinator@cbaal.org
 Phone: 250-946-7257

Elkford Leisure Service Department

Contact: Jody or Chantel ~ recreation@elkford.ca
 Phone: 250-865-4010
 Visit www.elkford.ca or call for more program information.

To register for programs, please stop by the Elkford Community Conference Centre, Monday - Saturday from 9:00am - 5:00pm. All programs are on a first come first serve basis. They accept cash, debit, Visa MasterCard and cheque. To avoid disappointment, please register early. Low registrations one week prior to the class start date could result in the class being cancelled.

Elkford Aquatic Centre

Contact: Judy James ~ jjames@elkford.ca
 Phone: 250-865-4012

Please check the Leisure Guide for dates and times for swimming lessons. Lessons are on a first come, first serve basis and payment is required at the time of registration. Visit the web site for the complete public swim schedule ~ www.elkford.ca

Elkford Play School

750 Forbing Drive
 Contact: Kim Bauer ~ ewtf@telus.net
 Phone: 250-433-1863 EWTF: 250-865-2031

Sparks, Brownies, & Guides

Meetings every Thursday:
 Sparks (grades K & 1) 5:30-6:30pm
 Brownies (grades 2 & 3) 5:30-6:30pm
 Guides (grades 4, 5, 6) 5:30-7:00pm
 Contact:

Dalys Kniecik ~ dallyswildeman@telus.net
 Phone: 250-865-2793
 Christal Klaassen ~ crklass@telus.net
 Phone: 250-865-7789

Beavers, Cubs, & Scouts

Registration is ongoing. All programs are co-ed.
 Meetings every Monday:
 Beavers (ages 5-7) 4:30-5:30pm
 Cubs (ages 8-10) 6:00-7:30pm
 Scouts (ages 11-14) 6:00-7:30pm
 Contact: Kris Wilde ~ doug.kris.wilde@gmail.com

RESOURCE NUMBERS:

- Elkford Medical Clinic 250-865-2215
- Elkford Health Care Centre 250-865-2247
- Public Health Nurse Elkford 1-800-644-6144 or Spar. 1-250-425-2064
- BCNursesline 24hrs 1-866-215-4700
- Mental Health 1-800-661-0329 or 1-250-425-4584
- Addiction Services 1-800-644-6144 or 1-250-423-4423
- Ministry of Human Resources 1-866-866-0800
- Ministry for Children & Family Development 1-800-667-5623
- BCAA Car Seat Information 1-877-247-5551
- CCRR 1-800-661-2445
- East Kootenay Crisis Line 1-800-667-8407
- East Kootenay Friends of Children 1-866-564-2217
- Elk Valley Safe Homes 1-800-200-3003
- Elk Valley Victim Assistance 1-250-425-0499 or 1-250-423-7500
- Elkford Women's Task Force 250-865-2031
- Infant Development Program 1-877-989-2543
- Elk Valley Preschool Speech-Language Program 250-430-7026
- Family Support Institute 1-800-441-5403
- Fernie Counselling 250-423-2608
- Kids Count Too 250-423-6800
- Sexual Abuse Intervention 250-423-5311
- CB Family Resource Society 250-430-1136
- Women's Resource Centre 1-250-423-4687

EKkids.ca is a website that was created as a resource for parents and children in the East Kootenays. The links take you to our community pages where you'll find information about the Early Years Teams for each community, along with resources, ways to get involved, and a community calendar which tells you what is going on in that community on a given day.

Check it out now!



Coming Events

Elkford Community Cinema:

\$2 per person - \$5 per family at the Elkford Community Conference Centre. Bring your own snacks, For more information please go to:
<http://elkfordcommunitycinema.weebly.com/>

April 11 or April 18. Ancestry Workshops at the library. Call 865-2912 to register.

June 5. Elkford Triathlons. at the Elkford Aquatic Centre. Register at: www.elkfordtri.ca. To sponsor or volunteer, call Brandee Dean: 1-250-910-0278

July 8, 9 & 10, 2016, Elkford Minor Ball is hosting the **2016 Alberta Bantam Girls C Fastball Championships.**

BOOKED!

FERNIE 'WRITERS' SERIES 2016

Presented by the Fernie Heritage Library

SHELAGH ROGERS

Host of The Next Chapter

★ ★ ★ ★ ★

Friday April 8th, 7:00 pm

At the **Fernie Heritage Library**



"Think of her as Canada's ear. Then add a brain, a heart... and a very recognizable voice. That's Shelagh Rogers."

~Shelley Ambrose,
The Walrus



Not Quite Classified Ads

2 Bedroom Furnished Condo for Rent

\$950/month with a \$150 move in credit for the first month
 Corner ground floor unit with lots of natural light in middle town. Freshly painted and nicely furnished.
 Call Carmen at [250-865-2411](tel:250-865-2411) for more information.

Katherine Russell, Glass Artist

www.katherinerussellglass.blogspot.com
 studio range + one of a kind commissions + exhibitions

ELKFORD ONLY-BUY/SELL/TRADE/FREE

<https://www.facebook.com/groups/433106850178548/permalink/471406429681923/>

Curbside Recycling

is now available in Elkford
 For more info call Dustin or Nicholle at 865-4341
 Email: elkford.recycles@gmail.com
 Website: www.elkfordrecycles.com

Food Bank

If you need assistance from the Food Bank, or you know somebody who does, please call:

(250) 865-4029

and leave a message. We will get back to you.

Elk Valley Safe Homes

Women's Shelter & Helpline
 1-800-200-3003

Elkford Womens Task Force
 250-865-2031

Kids Count Too

Kids Counselling
 250-425-4202



Did we mention that classified ads are free?
 Short descriptive ads,
 no more than 50 words.

If you wish to add a picture, then we charge you our regular ad rates (see below).

But our rates are so inexpensive, they are the next best thing to free!

Advertising Rates per month effective March 1, 2013

	Black & White	Colour
Business Card	\$ 5.00	\$10.00
Quarter Page	\$10.00	\$30.00
Half Page	\$15.00	\$45.00
Full Page	\$20.00	\$80.00

Deadline for submissions for the next issue of the Elkford Focus is the 20th of each month.

Please email your classified ads to focus@elkfordlibrary.org and put classified ads in the subject line. If you are sending us a coming event, please put coming event in the subject line.



SPRING CLEAN UP

Lawn and Pavement Sweeping

Aerating, Dethatching, Fertilizing

Tree Trimming, Leaf and Debris Clean Up

LANDSCAPING

Lawn Care, Tree Removal and Sod Installation

Construct Retaining Walls, Fences and Decks

Cement Sidewalks, Driveways and Garage Pads

FOR SALE

Firewood, Sand and Gravel, Screened Topsoil and Clean Fill

Quotes Available

Call and Book Today

250.603.9935 or 250.603.9934