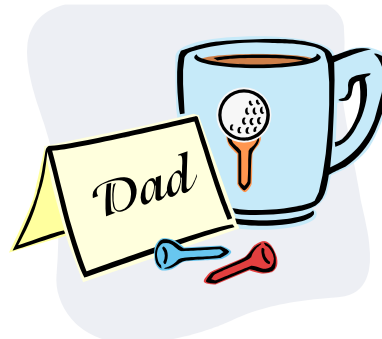


A newsletter for New Westminster parents

## Father's Day: Sunday, June 16



Check out these awesome family friendly Father's Day events in your neighbourhood!

### In this issue:

June Events	2
Meal Planning	3
Camping Bureau	4
Free Library Events	4
July & August Events	5
ECD Committee	6

### Fathers Day Concert in the Park: New Westminster & District Concert Band Society

**When:** June 16, 2013 @ 2 – 4pm

**Where:** Queens Park Bandshell, New Westminster

**Cost:** FREE

### Car Free Day Vancouver

**What:** Hop on the SkyTrain and head to Commercial Drive for this fun, family friendly street festival. Enjoy music, food and fun!

**When:** Sunday, June 16 @ 12 - 7pm

**Where:** Commercial Drive, Vancouver

**Cost:** FREE

**More info:** <http://www.carfreevancouver.org/>

### Family Swim

**What:** Family Swim time at Canada Games Pool

**When:** June 16, 11am – 1pm

**Where:** Canada Games Pool

**Cost:** Regular admission rates apply.

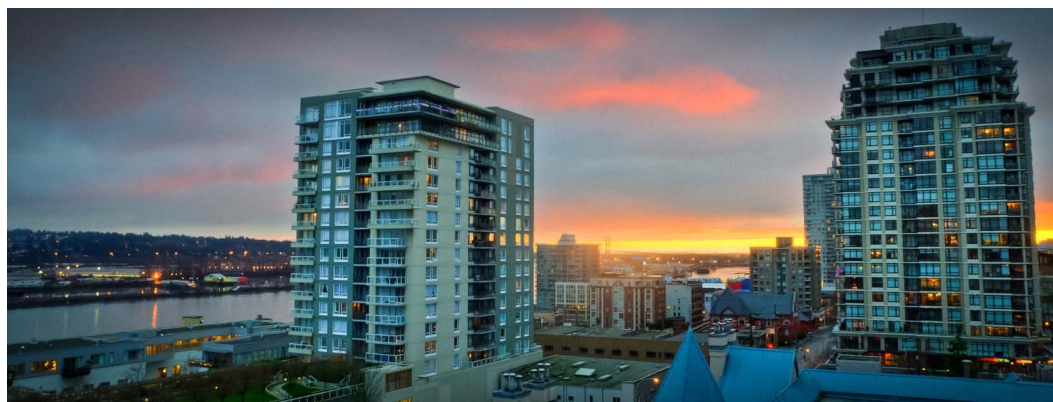
**More info:** 604-526-4281



### Brought to you by:



**Family Services**  
of Greater Vancouver



### New Westminster Shred-a-thon!

**What:** Shred your personal and business documents securely on site while supporting a local charity! Join the New West Firefighters and friends at their annual Shred-a-thon. Please bring your paperwork in easy to carry boxes and containers. Stay for a BBQ hotdog, and popcorn.

**When:** Sat., June 22 - 10 am to 3 pm

**Where:** Parking Lot – Canada Games Pool-65 East 6th Avenue, New West

Tax receipts available for donations \$20 or more.



### 14th Annual GNRA Garage Sale

**When:** Saturday, June 15, 9am to 3pm.

Calling all sellers & buyers to Reduce-Reuse-Recycle. The Glenbrooke North neighbourhood extends from Tenth Avenue to the north side of Sixth Avenue, from McBride Blvd to the east side of Sixth Street.

More information will be posted at [www.glenbrooknorth.ca](http://www.glenbrooknorth.ca) or contact Marya McLellan at (604) 525-3975 or [marya@glenbrooknorth.ca](mailto:marya@glenbrooknorth.ca) with "garage sale" in the subject line.

A G.N.R.A and Monarch Place volunteer will go throughout the neighbourhood on Saturday collecting donations for Monarch Place, a local transition house offering shelter and support for women and children fleeing violence.



## June Events

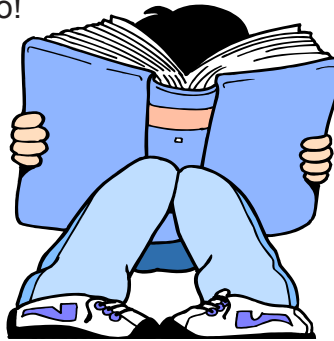
### Summer Reading Club Kick-Off Party!

**When:** Wednesday, June 19th 3:30-4:30

**Where:** New Westminster Library

It's back again and this year's theme is Up, Up and Away! and we'll be signing kids up and enjoying our guest performer Kellie Haines, ventriloquist, singer, entertainer.

The summer reading club is for kids ages 3-11 years. Enjoy reading and keep your mind strong over the summer holidays! Remember 7 weeks of reading gets you a medal too!



### Royal City Farmers Market

The summer season of the market runs every Thursday from 3-7 at Tipperary Park in New Westminster (4th Street and Royal Avenue, next to City Hall).

**Check out various seasonal produce, dairy products, meat & fish, bakery items & more! Enjoy the eat on site vendors and music while you browse the stalls.**



Eating well starts with planning meals at home

#### Start with a plan:

- Planning meals and snacks helps make healthy eating easier.
- Write down meal and snack ideas.
- Keep a grocery list handy and add items as you run out.
- Use coupons to save money.

#### Stock your kitchen well:

- Keep your cupboards stocked with healthier foods that are lower in fat, sodium and sugar.
- Chop extra veggies and fruit when making dinner so you have some ready for snacks, lunch or dinner the next day.

#### Create a meal plan with your family:

- Involve your family in planning meals and snacks.
- Nurture healthy habits for life. Show your children how to plan and make healthy meals.
- Post your meal plan in the kitchen. Talk about how each person can help out. One person can help make the food while another sets the table.
- Encourage your family to try a new food or recipe.

Learn more at: [HealthyCanadians.gc.ca/eatwell](http://HealthyCanadians.gc.ca/eatwell)

# Parents on the go

New Westminster Library **Free**  
Events

## Summer Storytime And Craft

(2 - 6 years)

Come and share stories and do a Summer Reading Club craft.

Wednesdays, 10:30 am

July 3 - August 7

## Summer Fun Days

(5 - 10 years)

Summer Fun Days will include a variety of exciting presentations, stories, crafts and special visitors.

Tuesday, 10:30 am

July 2 - August 6

## Babytimes

(1 - 22 months)

Come to the library to join in the singing and learn rhymes to take away.

Thursdays, 10:30 am

August 1 - August 29

## French Storytime

(all ages)

Come and share stories, songs and rhymes "en francais".

Mondays, 10:30 am

August 12 - August 26

Drop-in Fee: Free

More info call: 604.527.4660

Page 4

## Fraserside Camping Bureau

Summer camps can be anything from a half day, week long soccer camp to a 2-week overnight wilderness camp.

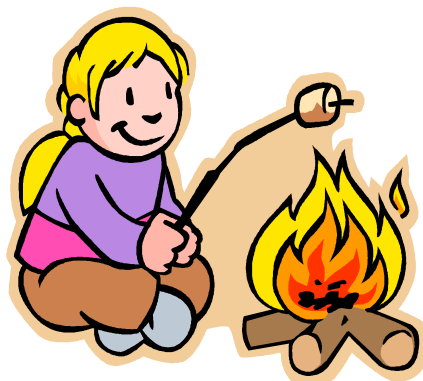
**Who can Participate:** Low income families living in New Westminster

**Contact:** Camping Bureau Coordinator 604-522-3722 (114)

**Hours of Operation:** Tuesday – Friday 9 am – 5 pm (the day after the long weekend in May to mid August)

**Location:** Fraserside Camping Bureau, 768 Columbia St., New Westminster

The New Westminster Summer Camping Bureau offers financial assistance with registration fees for summer camps to low income families living in New Westminster. The camps themselves often provided a reduced rate to campers registering through the camping bureau.



## July & August Events

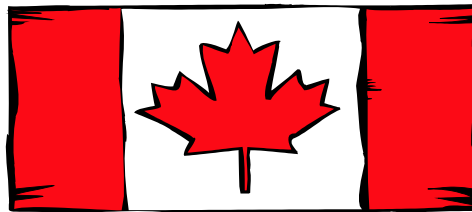
### Canada Day - July 1

The City of New Westminster and the Arts Commission invites you to celebrate Canada's 146th Birthday!

Fabulous fun for the entire family includes world class entertainment, interactive community display booths and delicious Maple Crème Cookies! New in 2013 - the Canada Day fun doesn't stop in the afternoon! Carry on to Westminster Pier Park for evening celebrations. hosted by Hyack Festival!

Visit [www.newwestprc.ca](http://www.newwestprc.ca) in June for more details.

Queen's Park Bandshell  
11:30 am - 3:30 pm  
Westminster Pier Park  
Times are TBA  
FREE Admission



Now Open:

### The Queensborough Community Centre

Check out the newly renovated community centre in Queensborough. Now complete with a fitness centre, fitness classes, basketball courts & a seniors centre. They have all sorts of fun activities going on during the summer. For more information call 604.525.7388

#### Tiny Tot Playtime (3 - 5 years)

Our Playtime program features fully qualified preschool instructors and specially equipped rooms with scaled down furniture, toys and play areas. The main program objective is socialization through play and fun.

Tues., Wed., or Thurs.  
9:15 - 11:15 am

Classes begin: week of July 2  
Classes end: week of August 26  
Registration Fee: \$11.00 per day (call to register)  
\$96.30 one day a week (9 weeks)  
(Tues./Wed./Thurs.)

#### Indoor Playland (1 - 6 years)

Come on down and enjoy our indoor playground! This is a morning of energy burning activities and play. We have lots of different and interactive equipment to help bounce the energy away. Our leader will ensure that your morning is fun and interactive. This is also great opportunity to meet other families and kids in the neighborhood. Parent Participation.

Thursday, 9:30 - 11:30 am  
July 4 - Aug 29 (no class Aug. 1)  
Drop-in Fee: \$3.50 for parent and one child  
\$1.00 for each additional child  
\$27.00 for a 10-session pass  
\$51.00 for a 20-session pass

### Summer in Pier Park - Free Events!

#### Park Night At Pier Park

(6 - 12 years)

Play games like capture the flag, tag, bean bag golf & skipping games. Bring a water bottle and wear running shoes. Rain or shine.

Thursday, July 4, 18 & August 8,  
22 @ 6:30 - 8:00 pm  
More info: 604.777.5100

#### Team Yellow Tuesdays

(3 - 12 years)

These special theme days take place on good weather days and are filled with fun and games. Call the Parks Info Hotline if the weather is questionable: 604.527.4634

Tuesday, 1:00 - 2:00 pm  
July 9 Art Smarts  
August 6 Sports Day

#### Music And Theatre Academy (All Ages)

Get to know your voice. Sing, dance, play musical instruments and take part in some adventure! Rainy day option at RiverMarket.

Sunday, 11:00 - 11:30am  
July 7, 21 & August 11, 18, 25  
More info: 604.777.5100

# Parents on the go

## The ECD Committee

### The New Westminster Early Childhood Development (ECD) Committee

The committee is made up from several non-profit agencies in New Westminster that encourages public awareness of the strengths, needs and gifts of young children and their families, and builds capacity within communities to promote their health and well being.

Learn more at:  
[www.kidsnewwest.ca](http://www.kidsnewwest.ca)



### The Importance of Early Childhood Development

The Importance of Early Childhood Development During the Early Years key learning takes place in a child's first six years. This first learning that occurs in a young child lays the base to how that child will develop and grow for success in school and life. Parents and caregivers play a vital role in stimulating a baby's brain for learning.

From a child's first breath to a first day at kindergarten, a loving and caring relationship are the best teachers. Raising a child is too big a job to be done alone.

#### Outdoor Movies at Queen's Park Stadium

The City of New Westminster (with Derrick Thornhill from Park Georgia Realty and the G & F Financial Group) are offering eight outdoor movies this summer! Bring your friends and family and join us Fridays during the summer. Call the Parks Info Line on rainy days: 604.515.3801

**July 12** Back to the Future

**July 19** Finding Nemo

**July 26** ET

**August 2** Indiana Jones and the Raiders of the Lost Ark

**August 9** Field of Dreams

**August 16** UP

**August 23** Grease (Sing A Long!)

**August 30** Wizard of Oz

Movies will begin at dusk (approx 8:30pm)

#### Spray Parks

Queen's, Hume, Moody, Ryall, & Sapperton Park Spray Parks  
Daily, 10:00 am - 7:00 pm  
May 18 - September 2  
Drop-in Fee: Free

Grimston Park Wading Pool  
Good Weather Days  
12:00 - 4:00 pm  
June 28 - September 2