

# "A Hand for the Downed Rider" The Helping Rider

#### A.I.M VANCOUVER

Vancouver Toy Run, see back page for info.

Happy Halloween!

We will be There

Gospel Riders Annual Christmas Dinner Dec 02, 2017 and you will see us there!

Wishing you all a Very Merry Christmas.

Might be scouting for a new location for AIM meetings in 2018. Any Ideas? Must have good coffee and food :)



#### "HELPING INJURED RIDERS SINCE 1983"

Serving over 250,000 on-and-off road motorcyclists throughout the province, A.I.M. is a benevolent, non-profit society registered under the provincial Societies Act and holding a Federal Charitable Tax Number. A.I.M. is committed to assisting injured motorcyclists by providing legal assistance, knowledge of rights, assistance with emotional support as well as regular hospital visits and helping with aspects of recovery not covered by other agencies. It is operated solely by volunteers and relies on memberships and donations for funding.

Ride like you are Invisible, Ride Defensively!



#### The Helping Rider #132~Fallr~ 2017

#### Vancouver A.I.M.

#37 - 13320 116th Ave, Surrey, B. C. V3R 0R8 Tel: 604-580-0112 Fax: 604-580-0114 www.aimvancouver.com info@aimvancouver.com

The Helping Rider is published by The Association For Injured Motorcyclists Vancouver Chapter Free to all interested readers. Advertisements are welcome. Articles and letters to the editor are also welcome.

#### **CHAPTERS**

#### Vancouver Island, BC Northern (Prince George BC)

Please forward to Vancouver address

#### A.I.M. Interior

P.O. Box 2152 Station "R" Kelowna, B.C. V1X 4K6 http://www.aiminteriorbc.org/ aim@aiminteriorbc.org

#### A.I.M. Meets

Third Thursday of the Month 7:00 pm ABC Country Restaurant 15373 Fraser Highway Surrey, BC All are Welcome! Rain or Shine!

President Dave Munro

Vice President Rocky Weinstein

Secretary Nancy Williams

Treasurer Yvonne Rydberg

Communications Gary Richardson

Visitations Gary Richardson Bob Hamilton Membership Bob Hamilton

Entertainment Debbie Massullo

Newsletter Nancy Williams

Directors @ Large Blane Williams Stan Meskis Sheila Lightheart

> Past President Steve Lazaroff

#### Newsletter Ad Rates

per Issue	\$ per 4 issues		
60	200		
120	420		
240	900		
	60 120		

#### Disclaimer

We welcome your input, articles printed in the newsletter do not necessarily reflect the opinions of the Association For Injured Motorcyclists

Events, posters, and other information presented within this Newsletter are, to the best of our knowledge, true and accurate; although we make a genuine effort to provide accurate information about third party events, you are ultimately responsible for verifying the Information to rule out the possibility of errors, omissions, and unexpected changes or cancellations. -Thank you!

#### **Baby, It's Cold Outside**

Frank Loesser

Special thanks to David L. Hough: " **Proficient Motorcycling:** The Ultimate Guide To Riding Well", Second Edition, 2008.

Not all of us are fair weather riders. Some ride all year long, regardless of the weather. Given unpredictable road conditions, a long trip can be challenging. especially in the cold. For those of you diehards, listen up!

**Beware Hypothermia** When your body starts to get cold, it will restrict the blood flow to the extremities in order to retain heat in the core. It starts with the fingers and toes in order to save the vital organs. after proper gloves, is the neck muff. When you are Commonly referred to as "frostbite", prolonging this riding on the highway, a 100 km/hr wind is attacking can result in amputations. At first your fingers will go your neck coverage trying to find a way in. numb and then it is painful when you warm them up, estimated that half of your heat loss comes from your clutching your hot cup of coffee in the restaurant with neck and head. Large arteries on both sides of your both hands to bring them back to life.

A further problem arises as blood flow is also restricted to the brain and due to lack of oxygen this causes cognitive impairment. You may become emotionally labile and start engaging in silly and stupid behavior that can cause death. Depending on how far hypothermia (oxygen starvation to the brain) has progressed, you might forget to put your foot down neck muff. when you stop, you might cross the centerline without being aware, you might go to wide on the curve and They should extend over your jacket sleeves to prevent hit a power pole, or at the extreme you might even air getting in to your wrists and arms. Be sure they lean the bike up against a tree and go to sleep, are comfortable and not restrictive. Tight fingers can freezing to death. Your mistakes will generally be compress the capillaries (the tiny blood vessels that "silly" mistakes (are there any other kind?).

Apparel

dress warm, but I found that what I thought I needed was not always so. I would ride out and inevitably find that I needed one more layer to be comfortable and not chilled. I developed a habit of figuring out what I thought I would need, and then add one more layer of clothing, maybe a sweater. If I got too hot, I could always take one layer off and store in the luggage. But if I was too cold, the ride would become miserable.

I am assuming that you have a decent helmet. You can get them with a partial neck muff that attaches to the liner which goes partly down your neck. You will find it very effective but not completely.

#### 50 Percent

#### The amount of heat lost by the neck and head

Probably the most important item of clothing, It is neck radiate a powerful lot of heat and you will feel chilled guite guickly. The helmet keeps your head warm but you need something to cover your neck and a muff works wonders. Get one that goes up into your helmet and also goes down around your shoulders and chest. No air should be able to get down your neck. There should be no gap between your helmet and the

Use thermal gloves suitable for cold riding. deliver to the skin) and restrict the flow. Ideally, buy The first item is clothing. Of course you gloves that have the finger curves built in. Con't page 4



Rider went down??? Call us at 604-580-0112 with full name and hospital if you know it.

You will, of course, wear your usual layers of undershirt, shirt, vest, jacket. The more layers you wear, the more air pockets are created and act as insulation. A sweater over the vest is a good bet as the vest will not let heat past it and the sweater will help to keep it from leaking out at the openings.

#### 2 degrees

#### Reduction in body core temperature that is life threatening

You will want a <u>good</u> winter jacket which closes up completely and does not allow cold to get in anywhere. The standard Marlon Brando style black leather jacket does not always do a good job, especially as they generally do not cover your lower back. You want the back to be long enough to cover your kidneys and low back when you are sitting on the bike. Make sure the jacket has elastic cuffs at the wrists and neck opening and at the bottom. Wind loves to crawl up underneath otherwise.

Proper motorcycle boots will keep your feet and ankles warm and good warm socks (woollen) add to your comfort. Leather pants or chaps will keep the wind off your legs and knees which will get cold quickly otherwise.

**Electric Heating** Electrically heated gloves are a godsend and are a must for winter riding.

Another godsend is an electric vest or jacket. This will keep your core warm and your body will not be restricting the blood flow to your extremities, thus they stay warm also. You can either get an electrically heated jacket which is really expensive, or you can get an electrically heated vest which fits under your current jacket. You can even get electrically heated socks, but unless it is really cold, this usually is not necessary.

**Warning** Be sure and check with your motorcycle shop that you are not draining a higher wattage higher that will overload your alternator. This should include running with the high beam on. Electrically heated gloves, jacket or vest with sleeves create a large additional drain on the alternator. Draw too much and your alternator will burn out. Make sure you won't end up with an electrical failure on the road in the middle of nowhere.

Also, take extra clothing with you in case the electric heating fails. It happened to me once up near Whitehorse and Baby, It Was Cold Outside. I ended up buying extra shirts and sweaters and put plastic bags around my gloves to cut down the wind (haven't you been there?).

#### Max Heat: 135°F @ 77W

Electrical draw of a Gerbing 12 volt heated jacket liner

**<u>Riding Behaviour</u>** Pay attention. If you feel cold, pull in at a restaurant and have a bowl of hot soup which provides both nourishment and liquid. Coffee and tea are acceptable but avoid alcohol beverages. Get warmed up before you head back out on the road again. Stop at a laundromat and throw your gear in the dryer to warm it back up.

Shivering is an important warning sign. Definitely take a break in a warm place when you start shivering. Then you are in danger of not thinking properly and making silly, life threatening mistakes. You may appear confused, or show irritability, slurred speech, attention loss, lessening of pain, stiff muscles symptoms similar to being drunk.

It is worse when you stop shivering; now you are in real trouble and need to seek assistance immediately as this is life threatening.

As recommended for hot weather riding, use the buddy system and agree beforehand that if either one of you feels the other is not riding properly, pull over and seek a warm place to recover.

Fair weather rider or hard ass, you can't beat mother nature, so suit-up properly when riding in the cold and maybe take a snuggle bunny with you to keep you warm.

Gary Richardson—Visitation Director



Newsletter in Color at http://www.aimvancouver.com/news/

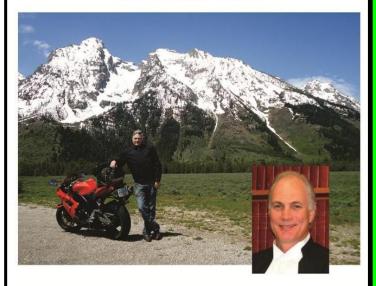


#### Proven Results for Injured Riders

#### DARYL J. BROWN Barrister & Solicitor

**INJURED?** The insurance company is not working for you. Our team of experienced injury lawyers care about you and can help your case. Ask what we can do for you. *Call today.* 

#### NO RECOVERY. NO FEE.



- Lawyers Who Ride
   Province Wide Claims
- •Brain Injury
- •Spinal Cord Injury
- Orthopaedic Injury
- Free Consultation

102-4664 Lougheed Hwy Burnaby, BC V5C 5T5 Direct 604-612-6848 Fax 604-428-5222 Toll Free 1-844-BIKE-LAW daryl@motorcyclelawyer.ca

A VERY IMPORTANT REMINDER

One does NOT need to be a member of AIM for us to visit a downed rider, talk to the family and or share info.

Nor does one need to be a member or even ride a motorcycle to volunteer. Just be you, open heart and mind, willing to learn and share, and be around a great bunch of people. Association for Injured Riders Since 1983 Nominations October 19, 2017

> *Elections* November 16, 2017

#### AIM is a Non-Profit -Charitable Organization.

Anytime you see the AIM info table and those working it, are Volunteers and some of who you do not see at events that volunteer behind the scenes. Volunteers are a special breed, to nate their time, energy and talents.

Teamwork is required. Each Volunteer is both a teacher and student, sharing info and learning from each others talents, creativity knowledge and wisdom, applying where it is needed to the benefit of the Injured Riders and their Families.

Would like to say a BIG Thank you to all the Directors, Members, Non-Members who Volunteered with AIM through out all the years

Another BIG thanks to all the Businesses, Organizations, Supporters & Sponsors. Some again have been with AIM for years.

Its because of you all that AIM has been able to help Injured Riders and their families.

Our meetings are monthly (Third Thursday except December - no meeting) and open to all, member or non-member. Come check us out, laugh with us, say something or nothing at all. Wait, say hi at least! Other than saying hi, you are not obligated in any way.

All is welcome!

Bunnii

#### TATA NANO YANO

In an article in the Vancouver Province on Feb 7, David Booth, aka "Motor Mouth", reveals that the East Indian automobile manufacturer Tata has produced a car called the Nano for \$ 2,200 US. Powered by a 35 horsepower 624 cc two-cylinder engine, mated to a four-speed manual transmission and with 12 inch wheels, the Nano is ridiculously inexpensive. Mr. Booth advises not only is the Nano <u>not fun</u> to drive, but it accelerates like a rickshaw and handles with equal verve. He goes on to point out that it is not available here in Canada because it cannot meet the safety standards. In fact the Nano failed an impact safety test so badly that it received no stars out of a possible five. It is so bad that even fitting air bags would not help the risk of serious injury.

We now have information that Tata has produced a motorcycle, but it too, has been refused entry into Canada due to not meeting government safety standards. Leaning on the car's branding, Tata calls it the Nano Yano or, as some call it, the Yano Nano. The official company brochures refer to it as the Tata Nano Yano which some insist on callling it the Tata Yano Nano.

It comes in two sizes: a "beginner's" Tata Nano Yano Jr. ( or as some call it the Tata Yano Nano Jr. ), at 27.836 cc rated at 6.237 hp and 5.8 pound-feet of torque at maximum torque revolutions of 1,742 per minute., and an "expert's" Tata Nano Yano Sr. (or as some call it the Tata Yano Nano Sr. ), of 1,678 cc with 14.287 hp and 10 pound-feet at maximum torque revolutions of 829 per minute. The engines have a compression ratio of 4:1 which, Tata brags, allows them to run on any form of organic fuel including waste oil, decomposed plastic, tallow, candle wax, cow dung of which there is an abundance, and even whale blubber. It is unclear how the latter would benefit those living in the interior plains and the mountainous highlands of the Himalayas since whales don't reside there, but Tata emphases it just the same. Perhaps they are attempting to boost the import industry. Both models are mostly made of plastic, have small eight-inch interchangeable wheels, and are extremely light, all these features allowing them both to attain a maximum speed of 38 mph or 61.155072 kph.

Safety Canada and the Department of Transport, which in future will be referred to as the D.O.T., have refused entry of



### MOTORCYCLE ACCIDENT?

#### WE ARE THE ONLY LAW FIRM WHO:

All ride motorcycles; we know what's right and wrong Attack "cloak-and-Dagger" investigations by Police & ICBC Never work for ICBC

Access the best experts

Consistently go to trial against ICBC – and Win! Organize support while you recover Supports the motorcycle community

#### **OUR MISSION IS TO:**

Protect your rights Receive fair compensation, and fight to the very end

#### TURN THE TABLES ON YOUR ICBC CLAIM CALL YOUR LAWYER FIRST 1.800.535.6565

#### McNENEY McNENEY SPIEKER

Is a full service injury litigation law firm which has advocated for Motorcyclists' recognition and fair treatment by legal authorities and I.C.B.C. for over 30 Years. We fill the gaps left by Police and Insurers through client support: from investigation and rehabilitation, to specialist referrals, to fair financial compensation through settlement or trial.

Motorcyclists are often seen as "Trouble" or "Blameworthy" for riding. We use our experience as riders and as Trial Lawyers to transform such prejudices through witness management, case presentation, and courtroom techniques.

Get a Team of Lawyers on your side! Call us for a FREE CONSULTATION 604.687.1766

SERVING ALL OF BRITISH COLUMBIA

the Tata Nano Yano Jr., also known as the Tata Yano Nano Jr., and of the Tata Nano Yano Sr., also known as the Tata Yano Nano Sr. due to failure to pass the following tests.

1. With regard to the impact safety test, Government Testers found that if the motorcycle runs into an immovable object, the rider can be thrown over the handlebars and sustain serious injury, possibly death.

2. Tata engineers have implemented a new "Wheel Technology". The wheels are square which the engineers claim makes turning corners more efficient and simpler. The Canadian Safety Gurus acknowledge that while this may be true, in straight line riding at higher speeds the square corners on the wheels create a severe vibration which can cause the motorcycle to go out of control.

3. Tata heralds their new concept: "Organic Brakes". In a further effort to reduce costs, they have provided a wider opening at the top of the forks. When the rider wishes to slow down or stop, they simply insert their foot into the opening between the fork and the tire and apply pressure against the revolving tire with the sole of their shoe. However, Government Testers found <u>significantly increased</u> stopping distances using this method which were not aligned with current acceptable norms.

4. The fourth and final rejection again concerns operation of the Organic Brake mechanism. With reference to "Political Correctness", the Government Testers noted that a girl wearing a short skirt would be revealing herself when actuating the braking mechanism and this would not be appropriate in today's society. They further pointed out that a male Scottish rider wearing a kilt would also be revealing what is underneath the kilt and they felt that some secrets are best kept just that.

Gary Richardson



Tel: (604) 580-0111 • Fax: (604) 580-0114 • Toll Free: 1-877-580-0111 Website: www.bccom-bc.com • Email: office@bccom-bc.com Unit No. 37 - 13320 - 116th Avenue, Surrey, B.C. V3R 0R8 **Working for your freedom to ride!** 

Visitations							
<u>Jul 20 -</u>	<u>Aug 17</u>	<u>Jan 1 - Aug 17</u>					
Visitations	12	66					
Riders Helped	5	34					
Family Members Helped	1	7					
Currently Visiting		2					

Gospel Riders Annnal Chri<u>stmas Dinner</u>

Everyone is Welcome Bring the little ones too! December 2,2017 @ 5:30 pm

Eagle Ridge Gymnasinm 1160 Lansdowne Drive, Cognitlam Jnfo: 604-377-8769

If you know of a downed rider that would like a visit from A.I.M, please let us know by calling us at 604.580.0112

http://www.aimvancouver.com/news/ in color!

#### GF Strong Show n Shine 2017

As always, a great turn out, weather was awesome, and this year seemed exceptional. Food was delicious thanks to the Gospel Riders who volunteer their expertise every year and Ruth Harder cooked a huge pot of chilli (oh so Delicious) of which you could add to your hotdog, hamburger or have just a bowl. Then sit back listening to great music as always from Rhythm Street or walk around and socialize.

Show n Shine was fully attended by some great bikes and the competition for the trophies was fierce.

As some of you know AIM is one of several organizations

invited to attend meetings with ICBC relating to Part 7. They ask a lot of questions on what we do and how we help. This year they donated towards the food, attended and set up a



booth, available for general Q&A's.



which we asked the Staff at the ICBC table to cut and serve to all. Thank you!!

Another Big thanks to Roberta Milne who has been baking the cakes for this event and this year totally out did herself. She saw the stuffed Bear that Dave had at other events and made two bodacious Bear Cakes and I want the recipe lol.

For the last several years we would hire someone setup a booth and give out free



tattoos to those that wish it and thanks to Jim at McNeney & McNeney for support in this. This year Charmaine of Nails by Charmaine attended with her Staff and the amazing choices of tattoos, large and small as well as the face painted tattoos They had a lineup the whole time, working quickly and efficiently. Plus they donated back their fee to AIM. Thanks you all for your fantastic work.

And Always a Super Big thanks to the Sponsors Daryl Brown, Rose Keith, Carp's Cycle, Barber Prosthetics, Iver's Custom, Up Your Leather, Clark Hill Motors, Trev Deeley, Russell Prosthetics, Super Save Group and Sure Copy Centre (*who gives us amazing service and prices*) who donate towards Trophys, donations of Merchandise, Fuel cards, etc.

Con't on page 9

Enjoy Riding Everyone!!!!!! Be Safe and Wear your Motorcycle Gear

Hypnotherapy

"Helping You Ride with Confidence again"

Karen Laskey RTC, MTC, CHt 406-555 Sixth Street New Westminster, BC V3L 5H1

(778) 397 5300 www.laskeytherapy.com karen@laskeytherapy.com Con't from page 8



And another year of a Big Thanks to the Amazing Mark Houlden (above pic on Right) and his Staff at G.F. Strong who inform all the patients and their families, bring out the table, chairs, normally the stage (not this year as it was in use elsewhere) spending the whole day monitoring

TRUSSIDIC PROSINITMECOSIN **Russell Prosthetics** is a **CBCPO Accredited Facility whose** certified staff stay current with the latest trends and technology. With our knowledge and experience we can provide a comprehensive range of prosthetic treatments to meet our patients needs and help scan louon them achieve their goals. VIEW WITH Scott Hedlund C.P. (C) lauar 604-520-3777 russellprosthetics.ca 452 East Columbia St.

making sure everyone's needs are taken care of.

We always ask, what they need for the patients, equipment etc and this year they had a fund setup for a speciality wheelchair so AIM donated \$1000.00 towards it.

At this event, we try and setup around 9 am, take in bike registration (by donation) till noon. BBQ is usually ready after 11 am. Food and beverages are free to the Patients and the price is right for the rest of us, Burger or Hotdog and beverage is normally \$5.00. The event usually ends between 2-3 pm. Hope to see many new faces next year!

If you know of a downed rider that would like a visit from A.I.M, please let us know by calling us at 604.580.0112

Rose Keith, J.D. Trial Lawyer 1486 West Hastings Street Vancouver BC V6G 3J6 T 604.669.2126 D 604.484.2638 C 604.218.9772 F 604.669.5668 TF 1.888.651.6638 E rkeith@rosekeith.bc.ca www.rosekeith.bc.ca



#### October 2017

October 1, 2017 - 39th Annual Vancouver Motorcycle Christmas Toy Run - Sunday: 9:30 leaves Coquitlam Centre. All Motorcyclists welcome. Sponsored by the Christmas Bureau. Entrance fee ~ new toy wrapped in plastic. The Christmas Bureau kindly requests more sports and educational toys. Toys are distributed throughout the Lower Mainland. Limited commemorative shirts and pins available. Info @ BCCOM: 604-580-0111.

October 19, 2017 - A.I.M. MONTHLY MEETING -Every third Thursday @ 7:00 pm at the ABC Restaurant, 101 - 15373 Fraser Highway, Surrey, BC. 604-580-0112; <u>info@aimvancouver.com</u>; http:// www.aimvancouver.com

#### November 2017

November 16, 2017 - A.I.M. MONTHLY MEETING -Every third Thursday @ 7:00 pm at the ABC Restaurant, 101 - 15373 Fraser Highway, Surrey, BC. 604-580-0112; <u>info@aimvancouver.com</u>; http:// www.aimvancouver.com

November 25, 2017 - A.I.M. HELLRAISERS DANCE -7pm - 1am @ Sangam Palace, 11267 - 125A St., Surrey, BC. Door Prizes. Food Sales 8pm. Fundraiser Dance to support A.I.M. Tickets \$ 15.00. 604-580-0112 or info@aimvancouver.com.

December 2017 December 2, 2017 - Gospel Riders Christmas Dinner -Info Dan 604-377-8769

**December 21, 2017 - A.I.M. MONTHLY MEETING -**THERE IS NO MEETING THIS MONTH.

#### January 2018

January 19, 2018 to January 21, 2018 - Vancouver Motorcycle Show - Friday - Sunday at Tradex, Abbotsford, 1190 Cornell St., Abbotsford, BC. Laurie Paetz, 403-457-1080; toll-free: 855-598-3511; lpaetz@powersportsservices.ca CUSTOM CYCLES LTD. COQUITLAM B.C. Custom CYCLES LTD. COQUITLAM B.C. Suite 22 - 2710 Barnet Hwy Coquitlam, BC V3B 1B8 Phone: 604-474-0711 Fax: 604-474-0714

#### Relocation of the AIM Meetings??

We were informed at the last meeting that ABC Country Restaurant on 153/ Fraser Hwy has been bought by another company. We will still have the next 2 meetings at the above location but for January 2018 meeting, please refer to www.aimvancouver.com and click on Calendar to see if there is a address change or call us at 604-580-0112



<section-header>Neter Nussbaum#130, 3355 North RoadBurnaby, B.C. V3J 779Ete 604.420.6689FA 604.420.62666Mail surenorth@shaw.caWeb www.surenorth.comControl of the sure of the sure

HERE I SIT, LATE AT NIGHT TRYING TO REMANDER WHAT EVENTS WERE THE AIM VOLUNTEERS DURING THIS YEAR TO DATE TO SAY THANKS AND OF COURSE, I CANNOT ASK, THEY ARE ALL SLEEPING...DUH.

LET'S SEE ...... WOULD LIKE TO SAY THANK YOU TO:

TODD OF THE CLASSIC M/C SWAP MEET

DALE WALLIS, WALLY LEVY AND MONICA CHURCHER FROM VINTAGE IN THE VALLEY

CONNIE AT DUKES COUNTRY PUB

To the staff for the nicer location at the sasquatch inn

PATRICK AND THE CREW FROM CANDRA

FRASER VALLEY TOY RUN, NOTE THIS YEAR IT WAS ON SEPT 10, 2017 SO ANIGHT WANT TO KEEP AN EYE OUT FOR AN EARLIER DATE IN 2018.

Bradley James Smith

March 31, 1960 - Hugust 9, 2017



Donations in lieu of Flowers

THANK'S TO TO THE FLORIEN KNIGHT'S FOR THE DONATION AND ALSO HAVING US AT THEIR EVENT

DID SOMMETHING DIFFERENT AND SPENT PART OF THE DAY AT THE GOSPEL IRIDERS LABOUR DAY CAMPOUT "RELAXING" WITH BOWLS OF DELICIOUS CHILLI IRUTH MADE

K, STILL THINKING ......



Association for Injured Motorcyclists #37— 13325 115th Ave, Surrey BC V3R 0R8 Ph. 604.580.0112 Fax. 604.580.0114 www.aimvancouver.com



Whether you are an accident victim or a sincerely interested party, all help is greatly appreciated in this endeavor. All of AIM'S funds come from Memberships and Donations. WE NEED YOU! ... Become a member and give us support for effective representation on all matters of concern to Injured Motorcyclists.

Name:	Cell:				
Address:					
City:		Prov:	P/C:		
Ph:	Emai	l:			
Please return this application with your payment to the address above. Make checks payable to (A.I.M.) Association for Injured Motorcyclists Thank you for your Support!	<ul> <li>Would you like Newsletter by Email</li> <li>Would you like to Volunteer ?</li> </ul>	New Single Membership Couple Membership Club Membership	Renewal \$25.00 \$35.00 \$35.00	OFFICE UNE	

# ANCOUVER Otorcycle histmas

# OCTOBER

All Motorcyclists Welcome **Entry Fee: New** Child's Toy wrapped in plastic

All toys donated to the **Christmas Bureau are for** distribution throughout the Lower Mainland. The Christmas Bureau kindly

requests more sport & educational toys.

## **LEAVING COQUITLAM CENTRE AT 9:30AM**

Limited Commemorative Pins & Shirts Available

THANK YOU TO OUR 2017 SPONSORS Special Thanks to the Cities of Coquitlam, Port Moody, Burnaby, & Vancouver

For More Information: 604-580-0111 bccom-bc.com

UNIVERSAL

ROCK (11)

