



DHF 2013

"Chronic Disease Prevention"

5th Annual Diversity Health Fair
Saturday, May 18 • 11am-3pm
 Ag-Rec building (Abbotsford Exhibition Park) 32470 Haida Drive, Abbotsford

Please join us for a health fair where you will have an opportunity to learn about healthy living, local health resources as well as the importance of prevention and early diagnosis. Also, there will be many health screenings, presentations and educational resources available.

DEMOS:

- Yoga
- Martial arts
- Dances
- Fitness

KIDS ACTIVITIES:

- Crafts
- Face painting
- Blood glucose
- Henna
- Free popcorn

FREE SCREENINGS:

- Child development screening
- Vision Test
- Nutrition clinic
- Blood glucose
- Hearing test
- Light therapy
- Diabetes test

For more information please call 604-217-2299
 or email rimple.mohindra@abbotsfordcommunityservices.com
 or visit us at www.abbotsfordcommunityservices.com

FREE ADMISSION & ATTRACTIVE DOOR PRIZES!

Unwanted horses find second chance at Circle F

Upcoming fundraiser will support efforts to save horses

Alex Butler
 Abbotsford News

When horses are unwanted, abused or neglected, Circle F Horse Rescue provides an option to keep them safe and, and hopefully, find a permanent home.

Circle F is a volunteer-based organization funded by donations, with 100 per cent of the money going directly to care for horses.

The organization currently rents a piece of land on Matsqui Prairie near Glenmore and Harris roads, where unwanted horses are cared for and prepared to be adopted into a new home.

Joy Smith, a volunteer with the organization, arrives at Circle F every Monday to help care for the animals and assist with administrative duties.

"Monday is the best



ALEX BUTLER Abbotsford News

Circle F Horse Rescue is a volunteer-based organization that finds new homes for unwanted horses.

day in my life - every week."

Smith said some of the horses are surrendered due to abuse or neglect, while some are given up for other reasons, including owners moving away, or getting a horse with the wrong personality for the intended rider.

Smith said the economic recession has also meant more people getting rid of horses they can no longer afford.

The Circle F facility can keep seven or eight horses at a time, and adopts out about 15 annually.

After losing her horse, 19-year-old Claire Mercier adopted Sophie from Circle F. Her mother had heard about the organization from a co-worker.

"My mom has been rescuing animals ever since I was born ... and I'd heard so many good things about

Circle F"

Volunteers visited their farm to make sure it was suitable for Sophie, and they've since visited to check to see how she is doing. Mercier said Sophie is also 19, making her an easy-going companion.

"It makes me feel good that I can adopt a horse who really needs a home instead of going to buy a \$15,000 horse."

The Circle F volunteers work in shifts, split into teams that focus on specific tasks including horse care and conditions, assessment of the animals coming into the program, visits to potential homes, fundraising and administration.

Horses that arrive at Circle F following a rescue are placed in an isolation paddock with their own food and shelter. They are slowly introduced to horses over a fence and eventually integrated into the herd. Horses are monitored for health issues and behavioral issues and acclimated to people and other horses before the groundwork for adoption can begin.


Smith said most of the awareness surrounding Circle F comes by word-of-mouth. They operate based on donations, striving for sustainability of their operations, but also hoping to eventually settle into a permanent location.

Circle F will be holding a "country hoedown" fundraising event at The Grand Ballroom in Richmond on Saturday, April 27.

Tickets cost \$15 in advance and \$20 at the door, with \$5 from each ticket going to Circle F. Doors open at 6:30 p.m. and there will be cowboy cha cha lessons from 7 p.m. to 8 p.m., followed by dancing until midnight.

There will be a bake sale, a silent auction and a raffle at the event with proceeds going to Circle F.

For more information visit www.circlef.ca.



The Valley Concert Society

OUR 30TH SEASON 2012/2013

Our 30th Anniversary Celebratory Concert featuring B.C.'s own

BEN HEPPNER

Monday, May 27, 2013, 7:30 pm
 at the Abbotsford Arts Centre
 2329 Crescent Way, Abbotsford

Ticket price \$50.00
 Available at Kings Music, House of James, and The Reach Gallery & Museum in Abbotsford, on line at www.valleyconcertsociety.com or phone 604-859-5192

2013 Myrtle Evertt Woman of the Year



BUSINESS & PROFESSIONAL WOMEN'S CLUB OF ABBOTSFORD

THE NOMINEES ARE...

PAT CHRISTIE

VICKI RAW

WENDY McCLELLAND

WENDY NEUFELD

WENDY MARTIN-STROYAN

More information on our website: www.bpwabbotsford.ca

2013 Myrtle Evertt Woman of the Year Award
WEDNESDAY, MAY 15, 2013
AT GARDEN PARK TOWERS
 2825 Clearbrook Rd, Abbotsford

Reception: 5:30 pm | Dinner: 6:30 pm
 Individual: \$55 early bird (\$65 after May 3rd)
 Table of 8: \$400 early bird (\$480 after May 3rd)

Tickets are available for purchase online at woty2013.eventbrite.ca

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