

# Kettle River Echo

Trails to the Boundary Society  
3990 Hwy 3, Rock Creek, B.C., V0H 1Y0

Distributed to: Bridesville, Rock Creek,  
Midway, Greenwood, Westbridge, and Beaverdell

News Items & Ads: [echoeditor@trailstotheboundary.com](mailto:echoeditor@trailstotheboundary.com)

Contributions for the next newsletter are asked to be submitted no later than the 15th of the month.

## CHRISTMAS WISHES FULFILLED



A sincere thank you to the Riverside Centre volunteers, the Rock Creek Lions Club, Ginette Wheeler and WBES staff for their dedicated efforts in bringing the 2023 Christmas Wish Tree to life. Your hard work and commitment have made a meaningful impact on our community during this festive season. We also extend our gratitude to our incredible community for the overwhelming support received, turning this initiative into a memorable Christmas for many. Your generosity has truly made a difference and brightened the holidays for those in need.

Together, we've created a festive atmosphere of compassion and goodwill that will be cherished by all. Thank you for making this holiday season extra special.

For any feedback or suggestions, please don't hesitate to reach out to Ginette at [ginette.wheeler@sd51.bc.ca](mailto:ginette.wheeler@sd51.bc.ca)

Christmas magic is silent. You don't hear it -- you feel it. You know it. You believe it.  
~Kevin Alan Milne



On behalf of the board of directors on Trails To The Boundary Society, and the many volunteers at Riverside Centre, I'm extending heartfelt wishes for a safe, secure, and happy holiday season.

May you have the opportunity to make warm, lasting memories in the year ahead.

~Pat Henley  
President TTTBS

"We make a living by what we get. We make a life by what we give" (Churchill)



## THE BOUNDARY FOOD HUB

The Boundary Food Hub is the first initiative of Boundary Community Ventures Assn (BCVA). The bulk of the funding for the Food Hub came from 3 large provincial grants applied for through the Regional District of Kootenay Boundary (RDKB). The RDKB application for these grants followed a study of bottlenecks in meat processing and the development of the Boundary Area Food and Agriculture Plan. BCVA has been contracted to deliver the Food Hub project.

### And what is a Food Hub you ask?

We describe our Food Hub as "a suite of facilities and services to support the commercialization of local food processing". We build and manage infrastructure that we rent to food processing businesses. We help them navigate food safety requirements, business planning, marketing and distribution. We call this "business incubation". Over time, some of the businesses we support will outgrow our facilities and new startups will begin.

Our current initiatives:

- We own 2 reefer trailers which we rent to food businesses
- We have funds in place to construct a meat processing facility on 9 acres of publicly owned land in Rock Creek
- The facility will include a value added processing area for meat and other products. It will be stocked with equipment that individual processors couldn't afford to purchase and allow them to rent it by the hour, making the equipment available to many businesses.
- We are collaborating with other organizations and food hubs to develop a Supply Chain Logistics app (Food Map), that will identify all points in the food system (farms, processing facilities, retail, farmers markets, institutional) and where, when and how food needs to be shipped. This interactive map can be used to create distribution opportunities.

We are 1 of 14 food hubs in the BC Food Hub Network who were funded through the FeedBC Program: <https://www2.gov.bc.ca/gov/content/industry/agriculture-seafood/growbc-feedbc-buybc/feed-bc-and-the-bc-food-hub-network>. This site provides impressive data on the impacts of a strong, local food industry.



Continued on page 2

**It's not just about business: the social and environmental sides of our work**

In 2023, we took over two programs started by Gospel Chapel in Grand Forks:

- **Boundary Food Security Network** This is an ad hoc network that started in 2015 and includes all of the organizations in the Boundary that are involved with food security (including School District, Boundary Family Services/Better at Home, Boundary Women's Coalition and community based organizations from Christina Lake to Big White)
- **Food Recovery Program** We operate 1 of 2 large food recovery programs in the area that rescue unsold food from going to the landfill. We recover food 5 days a week, 52 weeks a year from No Frills (formerly Extra Foods). About 11,000 pounds of food is recovered monthly. It is washed, processed and distributed to 15 non-profits in the Boundary to then be distributed to the public. What is not suitable for human consumption is picked up daily by farmers for animal feed and composting.

**More about BCVA**

BCVA is a non-profit society that was incorporated in 2020 with a mandate for economic development in the Boundary. We are a directors-only society. Our Board members are Grace McGregor (President), Donna Wilchynski, David Turner, Chris Stevenson, Rose Zitko and Vicki Gee.

We have two half-time staff:

- Lumin McCutcheon, Economic Development Manager, who works with businesses
- Tammy Battersby, Social Enterprise Coordinator, who manages the Food Security Network and Food Recovery Programs

We have been successful at applying for more grants for the Food Hub, including two for feasibility of constructing more facilities.

[vicki@boundarycommunityventures.ca](mailto:vicki@boundarycommunityventures.ca)

**SPRAY PARK THANK YOU**

“Over the years, PlaySpace Adventures has worked on many projects outside of the Lower Mainland. During that time, we have never worked with such dedicated professionals. Pownall Construction (washroom construction), Shadow Creek Properties (excavation & aggregate supply), and Public Works staff. Public Works stopped by every morning to see if we had any questions and always supplied beneficial information. Other valuable contributors were Anvil Plumbing, Kettle Valley Electric, and Kreative Krete Designs. The Kettle Spray Park would not have been completed so quickly and efficiently without their collective knowledge and help. Many thanks to the Village project manager, CAO and Village staff. Without their involvement, this project would not exist, nor would it have been completed before the cold and snow arrived. Midway should be proud of these people!”

-Bill, PlaySpace Adventures Ltd.

**MINISTRY OF SOCIAL DEVELOPMENT AT RIVERSIDE CENTRE**

**Debbie Pownall, from the Ministry of Social Development and Poverty Reduction, will be at the Riverside Centre on Thursdays between 10:00am and 12:30pm (weather permitting).**

**Debbie is a Community Integration Specialist whose role is intended to increase the Ministry's community presence to improve access for clients that have barriers using their other service channels. She can assess a person's situation and guide them to appropriate resources, or assist with their application for assistance.**

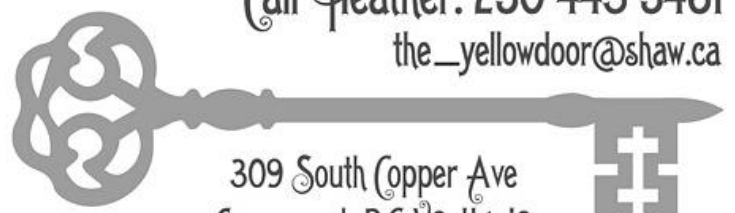
[deborah.pownall@gov.bc.ca](mailto:deborah.pownall@gov.bc.ca)  
250-666-0322 (direct line)

**OCU COMMUNITY GIVING PROGRAM GRANTS SUPPORT**

The Rock Creek Medical Centre in Rock Creek is in the midst of a facility expansion project to provide better space for our Medical Officer Assistants and an enlarged examination room to serve its patients better. In recognition of this expansion, the Osoyoos Credit Union, through its Community Giving Program, awarded the Rock Creek Community Medical Society a grant of \$5,000 on Tuesday, November 28, 2023 (as shown in the attached photo). The Rock Creek Community Medical Society really appreciates this grant. This would be the third time that the Osoyoos Credit Union, through its Community Giving Program, has given the Rock Creek Community Medical Society significant grants for its various capital projects.



Call Heather: 250 443 5461  
[the\\_yellowdoor@shaw.ca](mailto:the_yellowdoor@shaw.ca)



309 South Copper Ave  
Greenwood, BC V0H 1J0

follow us  [facebook.com/TheYellowDoorBoutique](https://facebook.com/TheYellowDoorBoutique)

## E&R BEAUTY BOUTIQUE

Meet the two sisters behind E&R Beauty Boutique! For those of you who don't know us, we are Rachel (Yamaguchi) and Emma (Bosovich). We were born in Kelowna, BC, grew up in Rock Creek and are now raising our families in the area, too. We have always wanted to run our own shop and thanks to our wonderful vendors, that dream has come true!

It all started one day, Emma and I were chatting about starting a business together. We came up with the idea to make natural beauty products – and started planning! Two years later we are running our own boutique stocked with our very own line of exquisite skincare.

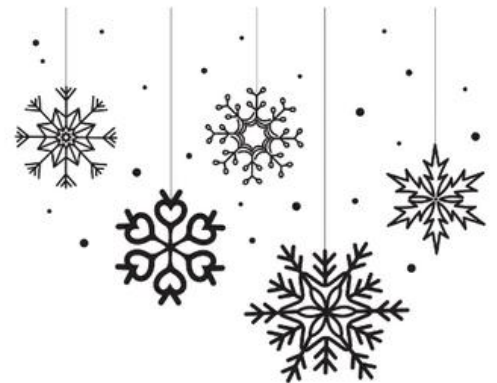
At E&R Beauty Boutique we carry high quality products made by some of the members in our surrounding area from Christina Lake to Kelowna, Penticton, Vernon and everywhere in between - we have sourced out such exclusive, handmade items. We have so much talent in our area, and we are so honored to be carrying some of their creations.

We have arranged our shelves and walls with an assortment of dried flower arrangements, rare handmade crochet animals and other creations like headbands, hats and more. We have a great amount of baby/child items like handmade baby booties, baby teething, baby blankets, rice beanies, beeswax crayons, and wooden toys. We carry striking jewelry from multiple artisans, Christmas décor, macrame, make-up and so, so much more! We thrive on supporting local, small businesses for the sole purpose to nurture innovation and growth. That is a main reason why we started our boutique, to help the people in our community expand their product regions.

Thank you to everyone who has supported us this far – if you haven't had a chance to check out our unique boutique there is still time!

We hope to see you in the near future.

You can also find us/contact us on Facebook at E&R Beauty Boutique or on Instagram @erbeautyboutique



### ***Holiday Party***

***Bridestville Community Hall***

***Music by "Rebel Luv"!***

***Friday - Dec. 29, 2023***

***8pm to midnight***

***No minors - advance tickets only.***

***\$25 per person***

***Tickets at Freeman's or***

***Call Liz 250 462 2380***

## Mind Body Love collective

Fine Yarns & Art Supplies \* Books \* Natural  
Health \* Locally Made Goods \* Gifts

276 South Copper in Greenwood  
(236) 867-6760

## NEW HORIZONS for SENIORS

From Programme Coordinator, Michele (Shelly) Garrison – NEW HORIZONS for SENIORS:

Well, 2023 has been a fascinating year of programmes. For example, we've met with experts from the RDKB getting us up to speed on issues of importance in our watershed; Forrester, Dan Macmaster on the state of Boundary forests; and brilliant travelogues by Boundary sojourners, Leslie Hall (Newfoundland) and Brenda Schmalz (Iceland). Brenda Arychuck, retired Registered Dietician, gave us a very useful overview of "Diet as a Tool for Healthy Ageing."

Our ongoing project is writing and preserving our personal stories, which can really be our most valuable legacies of Boundary life. On December 14, Ginger regaled us with her verses of "Big Ray" heroically, and with his quick thinking, rescuing her horse from having fallen into the well. Who knew about Ray, our "Man of Few Words."



Wishing you all Happy Holidays and hope to see you on January 11, 2024 for our first Programme of the New Year! (For listings of programmes January 18th and 25th, and February 2024 – check "Seniors Being Seen" at West Boundary Connect.

**SEE YOU NEXT YEAR**

## KETTLE RIVER FOOD SHARE

KRFS reports that it is happy to receive items on the following list as donations:

- Kraft Dinner
- cereal
- pasta/spaghetti noodles
- canned soup and vegetables
- oil
- coffee and tea
- sugar and flour
- hamburger helper
- margarine and butter
- feminine hygiene products
- toiletries



If you have donations (monetary, perishables, or non-perishables) they are located at 4000 Hwy. 3 in Rock Creek and are open Thursdays 9:30 am - 1:00 pm. Refundable beverage containers are also accepted. The board of directors would like to thank the community for their generous donations over the year.

# FREEMAN'S

COUNTRY SUPPLY

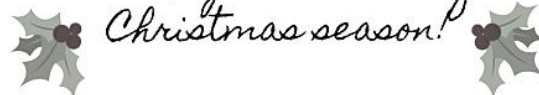
Hwy 3 Rock Creek 250-446-2899

GIFT IDEAS FOR EVERYONE ON YOUR LIST!



- ✓ toys, puzzles & games
- ✓ clothing & footwear
- ✓ hunting & fishing supplies
- ✓ garden seeds & growing gear
- ✓ pet toys & treats
- ✓ tack & show products
- ✓ jewelry, bags, and giftware

*From our family to yours,  
we wish you a wonderful  
Christmas season!*



# Winter Solstice

By: Vic Boychuk

The Winter Solstice (also known as Yule) marks the shortest daylight hours of the year. The Solstice has been celebrated as a pagan holiday for thousands of years. Many Christmas traditions that are celebrated today with the Christian holiday are actually "borrowed" from the pagans. By this we mean firstly condemned and then eventually repurposed. Most of the people of the pagan belief did not want to give up their traditions in order to join the Christian Church.

## CHRISTMAS TREE OR YULE TREE

Evergreen trees were a symbol of continual life during the solstice. The Yule Tree was decorated with trinkets that symbolized wishes for the New Year like coins, corn, and candles which meant to bring wealth, sunlight and a good harvest in the New Year.

The Yule Tree has been a pagan tradition for thousands of years before it became known as the Christmas Tree (somewhere in the 1840's). The decorated tree was frowned upon from every Christian denomination until Queen Victoria wanted to have one for herself, so then, of course, everyone had to adjust and that's how the Christmas Tree came about.

## MISTLETOE AND HOLLY

Mistletoe, holly and every evergreen plant was a solstice tradition first. These evergreen plants and flowers were brought indoors to decorate homes during every holiday of the year and holly and mistletoe were the ones most associated with Winter Solstice. Mistletoe was used by the ancient Celts as a symbol of fertility, sexuality and abundance.

## YULE LOGS

Yule logs were named after the Yule celebration of the Solstice. The Wiccans welcomed the new year with light which included burning candles and Yule logs.

## FOOD AND DRINK

Food and drink is another tradition which was borrowed from the pagan holiday. Even though food was scarce people would feast during the solstice, hoping for abundance of food in the new year. Elaborate Yuletide activities were common during the Middle Ages. The wealthy would compete with one another to see who could be more charitable, which meant that the poor ate well and received gifts. Homemade wassail ( a spiced apple cider) was passed out so everyone had a good time.

## GIFT GIVING

Gift giving symbolized their love and warship of nature. which included oranges, apples, and cloves.

Most of today's Christmas celebrations are ancient. People have been celebrating these traditions since the Roman times. Pagans were the original practitioners of the Winter Solstice holiday which were later adopted by Christians to become the birth of the son of God instead of the birth of the new Sun. No matter which way you look at it, it is the start of a new year, more light and what we have to be thankful for.

We wish you all a Merry Christmas and a Happy New Year

Vic & Monika

**I promise, you cannot read these and not laugh out loud. These are real notes written by parents in the GRPS (Grand Rapids Public School) district. Spelling has been left intact.**

- My son is under a doctor's care and should not take PE today. Please execute him.
- Please excuse Lisa for being absent she was sick and I had her shot.
- Dear school: please excuse John being absent on Jan.. 28, 29, 30, 31, 32 and also 33.
- Please excuse Gloria from Jim today. She is administrating.
- Please excuse Roland from p.e. for a few days. Yesterday he fell out of a tree and misplaced his hip.
- John has been absent because he had two teeth taken out of his face.
- Carlos was absent yesterday because he was playing football. He was hurt in the growing part.
- Megan could not come to school today because she has been bothered by very close veins.
- Chris will not be in school cus he has an acre in his side.
- Please excuse ray Friday from school... He has very loose vowels.
- Please excuse Lesli from being absent yesterday. She had the shits.
- Please excuse tommy for being absent yesterday. He had diarrhea, and his boots leak.
- Irving was absent yesterday because he missed his bust.
- Please excuse jimmy for being. It was his father's fault.
- I kept Billie home because she had to go Christmas shopping because I don't know what size she wear.
- Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday. We thought it was Sunday.
- Sally won't be in school a week from Friday. We have to attend her funeral.
- My daughter was absent yesterday because she was tired. She spent a weekend with the marines.
- Please excuse Jason for being absent yesterday. He had a cold and could not breed well.
- Please excuse Mary for being absent yesterday. She was in bed with gramps.
- Gloria was absent yesterday as she was having a gangover.
- Please excuse Brenda. She has been sick and under the doctor.
- Maryann was absent December 11-16, because she had a fever, sorethroat, headache and upset stomach. Her sister was also sick, fever an sore throat, her brother had a low grade fever and ached all over. I wasn't the best either, sore throat and fever... There must be something going around, her father even got hot last night.

**Now we know why parents are screaming for better education for our kids**

## JUST CHAT by Liz Bryan: Pilgrimage

Geoffrey Chaucer's famous Canterbury Tales, written sometime in the late 1300s, and still read and loved, is a collection of stories recounted by 31 imaginary participants on a pilgrimage along the rough winding tracks of medieval England, from London to Canterbury, (about 120 kms) to visit the shrine of Saint Thomas Beckett. These pilgrims came from all walks of life, both men and women, saintly and otherwise, and their stories, most of them comic and rather scurrilous, were to be judged, and the winner would enjoy a free dinner at the Tabard Inn where their trek began and ended. In the book, twenty-four of these tales were told, although there might have been more had Chaucer not died in suspicious circumstances around 1400.

This great work is one of the first to be written in the English vernacular speech of the common people, (most literature of the time was in Latin or French) and thus he is known as the father of the English Language, setting the stage for the great writers who followed. When, years and years ago, I first read the book (in a modern translation), I vowed that one day, somehow, somewhere, I, too, would make a pilgrimage. And I have.

This fall, our small pilgrim group of four (two from England, two from Rock Creek) travelled perhaps the world's most famous Pilgrim's Way to the little town of Santiago de Compostella in Northern Spain. There are several routes of this Camino that spiderweb across Europe to converge on the cathedral where Saint James is said to be buried. We took the French route, the Camino Frances, 700 miles east from Paris, but thank goodness, we didn't have to walk the entire length to qualify as authentic pilgrims, just the last 10 days through Galicia. We each carried the mandatory large white scallop shell, a sign that we were pilgrims and had to get our special Camino "passports" stamped along the way to prove that we had travelled in the footsteps of thousands.

It was all very pleasant, all very easy — too easy. Once a rough track through the hills, today's trail is the width of a small road and well signposted. The weather was beneficent, not too hot, with some lovely misty mornings, and the scenery, much of it forest plantations and farmland was pretty enough. Each night we stayed in pre-arranged small inns which provided breakfast. Our overnight stuff was transported to the next location so all we had to do was walk with a small day pack. The grades were gentle, and we were never far from civilization with villages along the way outfitted with cafes and trinket shops. There were some beautiful old churches and historic bridges, and sometimes we walked right through the farmer's yards. The only dangers were being swept along by one of the large groups of fast walking and chattering groups of young people or of being run down by cyclists. There were only a few, mainly older couples with walkers or wheelchairs, who seemed aware of the true purpose of the journey.

Santiago, with its old winding narrow streets, was crowded and busy, but still beautiful. The cathedral is a fairytale confection of intricately carved spires stretching heavenward and fronted by a large open square where, it seemed, people from all over the world gathered with their picnics and cell phones — not all of them pilgrims. There were several huge tour busses on the scene.

Thousands of people walk the Camino every year. It has risen to the top of nearly everyone's bucket list of travel adventures and the journey has become very much a commercial cakewalk. I should have known this, but dreamy-eyed and inspired mainly by my own ancient vow, I was somewhat disappointed. I associated pilgrimage with hardship and piety, with perhaps a faint hope of redemption. But all I got from it was a great walk. No stories were told en route, only when we returned. None of them too scurrilous!

# SUDOKU

Solution on page 9

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As I'm rounding out my first year as the elected official for Area E, there's a lot to talk about. Our Advisory Planning Commission, a knowledgeable group of volunteers encompassing Beaverdell-Carmi to Greenwood, have



Regional District of Kootenay Boundary

been working hard to ensure all referrals to the Regional District, including farmland and forestry, is managed properly. Big White has a separate APC and a group of residents is currently working on updating the Official Community Plan there. APC's in each Electoral Area are valuable to the RDKB Board of Directors in order to be informed regarding concerns from local residents.

The RDKB is responsible for managing:

- Solid waste management (landfill, recycling depot, and transfer stations)
- Residential services outside municipal boundaries
- Regional parks and recreation
- Rural area planning and development
- 911 operation
- Fire dispatch
- Heritage conservation

The learning curve is quite steep the first year, but there's a wealth of experience on our Board of Directors and knowledgeable staff to help navigate the policies and bylaws.

I'm extremely grateful for the small "army" of volunteers in the area who devote their time and energy helping the variety of societies in the West Boundary. I've been fortunate to have the means to help through grants including the Rock Creek Medical Society, Midway Curling Club & Library, Greenwood Medical Centres & Board of Trade,

Transportation, Ski Hills, Youth Sports Groups, Seniors, First Nations, and various Community Clubs and Events including Farmers Markets. The Boundary area has a well-organized Food Security Network which I was happy to support as well.

As 2023 comes to a close, and however you choose to celebrate the holiday season, my greeting is to wish you a very Merry Christmas and a Happy and Prosperous New Year. May your health be your riches and your family and friends bring you joy!

**DIRECTOR'S**

**CORNER**

Sharen Gibbs  
 Director: RDKB/E West Boundary  
 C: 250.689.0177  
 E: [areaedirector@rdkb.com](mailto:areaedirector@rdkb.com)

**RDKB HIGHLIGHTS**

**GRANTS-IN-AID DISTRIBUTED FOR AREA E**

(Nov. 29 & Dec. 13, 2023 Board meeting)

- Beaverdell Community Club
  - \$400 for Farmers Market
  - \$500 for Community Christmas Dinner
  - \$450 for Hot Lunch Program Recreation - food bank: \$3,000
- RDKB Regional Transit Services - Boundary Area Operations Deficit: \$3,346

**HELPING HOMES SMARTEN UP**

(Nov. 29 Board Meeting)

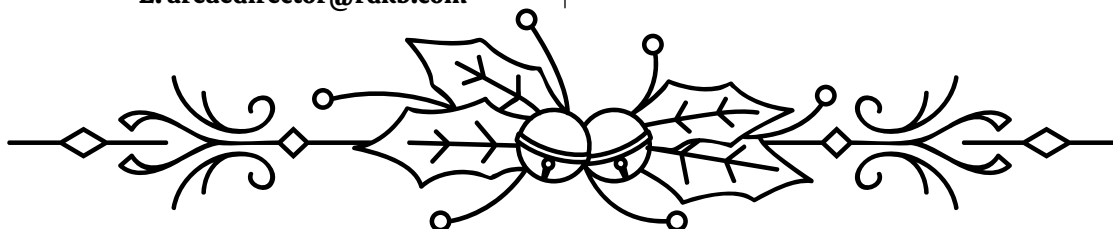
The RDKB will help homeowners in the regional district improve their dwellings' IQs with its new HomeSmart program. The program aims to assist residents who are considering home improvements by simplifying the energy and resiliency retrofit journey and assisting residents who access home improvement programs. The initiative will be launched on January 8, 2024. Stay tuned!

**BUDGETING BEGINS**

(Nov. 29 Board meeting)

The Board of Directors saw the first draft of the 2024 - 2028 Five Year Financial Plan. The Board and staff will work over the winter on the document. The public will have an opportunity to learn more and provide feedback through our Town Halls. Check out our website in the new year to learn more about these open houses, which are held in February and March

To subscribe to RDKB Board Highlights directly:  
<https://jointheconversation.rdkb.com/board-highlights>





**From the Hill**

To be frank, last week in Ottawa ended with incredible frustration and disappointment as we saw the Conservatives use their time in Parliament to play games with vital funding to government services, turning what should have been a couple of hours of supply funding votes into a 30-hour debacle of political games. During that marathon session, which cost Canadians over a million dollars to run, the Conservatives voted to cut funding to everything from a suicide prevention hotline, school lunch programs, aid to Ukraine, Indigenous housing, the RCMP, the armed forces, Canada Border Services Agency, and so many more.

Of course, they were completely unsuccessful as all other MPs worked together to ensure the services you rely upon were safe from cuts.

This week, on the other hand, started spectacularly with the biggest expansion of our health care system in half a century. Thanks to sustained pressure and direction from the NDP, and as the centrepiece of our Confidence and Supply Agreement, the government rolled out our national dental care program, which will save millions of families across Canada around \$1300 a year. More importantly, the program will allow those families to live with good dental health and without the visible shame of decay. Today's national program will expand from previous announcements of coverage of children under 12 to cover 4.5 million seniors, people with disabilities, and children under 18 who don't have private insurance and make under \$90,000.

I know many have asked about the specifics of the dental program so here are some of the concrete details you can plan around.

To ensure a successful and smooth rollout of the program, Service Canada will accept applications in phases. Starting now, letters will be mailed to seniors aged 87 and above who may qualify, followed by those aged 77 to 86 in January 2024, then those aged 72 to 76 in February 2024 and those aged 70 to 71 in March 2024. These letters will include a personalized application code and instructions on how to apply. Seniors aged 65-69 will be able to apply starting in May 2024 and people with disabilities and children under 18 will be able to apply in June 2024. Applications for all remaining eligible Canadian residents (those who don't have private insurance and make under \$90,000) will start by 2025.

Once enrolled, plan members will be sent a welcome package by Sun Life with a member card and the start date for their dental care services. They will be able to start seeing dentists as early as May 2024, depending on when they apply.

So what services are covered? The full list is longer, but main services include cleaning, polishing, fluoride; x-rays, fillings, root canals, complete and partial removable dentures, and extractions.

Those with coverage won't need to pay upfront, rather dentists will have to submit claims directly to Sun Life. If you earn under \$70,000, there is no co-payment. Those earning between \$70,000-\$90,000, will be responsible for 40% of costs and for those earning between \$80,000-\$89,9999, 60%.

Our national dental program will be life-changing for over a third of Canadians who have no dental insurance, and especially the nearly 9 million Canadians who avoid the dentist because they simply can't afford it. I frequently hear from parents in our community who are worried about covering the cost of their kid's dentist check-ups or from seniors who can't afford the dental work they desperately need. Getting your teeth fixed isn't a luxury; it's something everyone should be able to have, and now they will. While the Conservatives used every tool at their disposal this week to try to cut programs, including opposing this crucial dental program, New Democrats still managed to get this done for Canadians.

I'll close by saying Merry Christmas to everyone and I hope you all have a holiday season full of love, joy and rest.

**Richard Cannings, MP**  
**South Okanagan-West Kootenay**



**StellerVista**  
 credit union

West Boundary Branch 250.445.9900  
 heritagecu.ca  
 greenwood@heritagecu.ca

256 S. Copper PO BOX 76 Greenwood BC V0H 1J0  
 StellerVista Credit Union formerly Heritage Credit Union

Serving the West Boundary Since 2004



## UPCOMING FAMILY CONNECTIONS

There will be one more group at the Westbridge Community Hall: Friday, December 22.

Starting January 5 we will be at the Rock Creek Medical Center every Friday from 9:30-11:00.

This is a free weekly play group for families with at least one child between the ages of 0 and 6. Older children are welcome to attend. A healthy snack will be provided.

Registration is not required for this program. It is provided by Boundary Family Services and funded by the Public Health Agency of Canada.

For more information please contact [mary-ann.dennis@bfiss.org](mailto:mary-ann.dennis@bfiss.org)

## Is This Really The Happiest Time of The Year?

The holiday season often brings unwelcome guests — anxiety and stress. But you can minimize these with some tips:

1. Acknowledge your feelings. It's normal to feel sadness if you are living with a loss. It's OK to take time to cry or express your feelings.
2. Be realistic. The holidays don't have to be perfect. As families change and grow, traditions and rituals often change as well.
3. Set aside differences. Try to accept others as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time.
4. Stick to a budget. Decide how much money you can afford to spend and stick to your budget.
5. Plan ahead. Set aside specific days for activities.
6. Say no. Friends will understand if you can't participate in every activity. If it's not possible to say no, try to remove something else from your agenda to make up for lost time.
7. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

## West Boundary Family Connections

Rock Creek Medical Centre  
Every Friday 9:30 – 11:00

Starting January 5th



freepik.com

A free play group for families with at least one child aged 0-6.

A healthy snack will be provided.

Registration is not required for this program

For any further information please email: [mary-ann.dennis@bfiss.org](mailto:mary-ann.dennis@bfiss.org)



This program is presented by Boundary Family Services and funded by the Public Health Agency of Canada

Boundary Family Services  
[info@bfiss.org](mailto:info@bfiss.org)  
[www.boundaryfamily.org](http://www.boundaryfamily.org)



1200 Central Ave  
Grand Forks, BC V0H 1H0  
250-442-2267 or 1-877-442-5355



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6	9	4	7	1	2	3	5	8
1	3	2	5	4	8	9	7	6

## NEON COUNSELLING

**Q:** What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Mental health is more than the absence of a mental health condition or illness: it is a positive sense of well being, or the capacity to enjoy life and deal with the challenges we face. Mental health can change daily based on a number of concerns such as workplace stress, financial stress, school, parenting, grief, trauma and physical health.

Just because you have the above, does not mean you have a mental illness. Mental health does not mean mental illness. It means health of your mental state. Having a mental illness is something that needs to be diagnosed and medically treated. Mental health is something that affects your daily well-being, doesn't get diagnosed or treated with medication.

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Wanda  
MACP, RCC, RPC  
Registered Clinical Counsellor

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# SCUTTLEBUTT IN SCHOOLS



Greenwood Elementary School has had a busy couple weeks and connected with the Greenwood and Midway communities in a variety of ways.

December 5th saw Mrs. Eaton's grade 4/5 class start at Parkview Manor where they delivered 25 days of advent gifts (handcrafted, written, and illustrated by the students) to the residents. This is the third year of spreading joy to the seniors for the month of December.

The ice was booked for 2 hours, at the arena, and all K-7 students took part in skating. The first busload of students back to Greenwood held the primaries, and they were lucky to have a story and craft at Greenwood Public Library with Librarian Lesley.

Deadwood Junction was the meeting place when the busload of intermediates arrived, and staff and students were treated to a delicious lunch, courtesy of Bruce and Katie and their elves, prior to the arrival of Santa Claus (delivered by the Greenwood Fire Dept.) Santa even joined in when the students were carolling for the crowd.

Greenwood Elementary took their carolling on the road and stopped at a number of businesses along main street. The Legion caught wind that this was happening and invited the group right in to do their singing. The carolling finished with the seniors centre (aka. Thrift Shop) before the bus came to return the students to the school. It was a great day.

On December 13th, the school performed the Christmas play titled "How To Train Your Reindeer (How To Fly)". This took many practices and a few dress rehearsals but, in the end, it was a big hit and was truly enjoyed by the audience.

An invitation for the grade 4/5 and grade 6/7 classes to BCSS' the "Last Christmas" concert speared another busy day of community connection on December 14th. The group returned to Parkview Manor, had breakfast with the seniors, and then sang some Christmas carols and songs from their winter concert.

At Midway Public Library, Geneva and Brenda opened early so the students could spend some time exploring the library and sign out books. Students with a Greenwood Public Library card could also sign out books in Midway, and then return them to the Greenwood library.

Leading up to this day, Math in the two classes had revolved around budgeting, place value and adding the cost of items. They got to put their skills to the test at McMynn's Family Foods where they were challenged to create a Christmas Dinner for \$100-\$110. There were lots of fun discussions and interesting meal combinations.

At BCSS, the final destination, students ate their lunch in the commons, marvelled at the size of the building, and then were awed by the musical theatre grads' hour-and-a-half long presentation of Christmas songs. It is always inspiring for students to see what opportunities lay ahead for them. Thank you, Mrs. Tripp, for the invitation, it was wonderful, and led to a great day in Midway!

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## Types of Performers in the School Holiday Concert

www.adriennehedger.com — FB: Hedger Humor

Super loud singer      Only one who really knows the choreography      Fancy dresser      Unenthused lip syncher



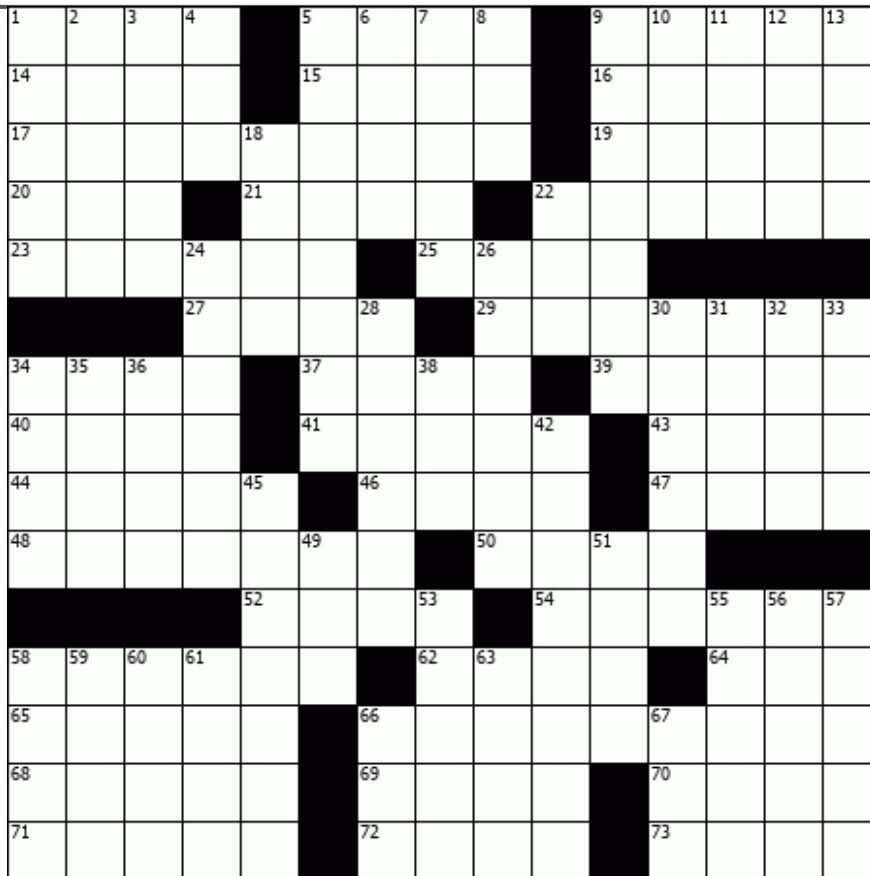
Thrower-upper      Not-fancy dresser      Statue



Crossword

Across

- 1. Aid
- 5. Stick around
- 9. Stockpile
- 14. Buffalo's canal
- 15. Alaskan city
- 16. Mechanical man
- 17. Maryland's capital
- 19. Chip dip
- 20. Disencumber
- 21. Wise birds
- 22. Falling star
- 23. Pekoe server
- 25. Witnessed
- 27. Moistureless
- 29. Kenya's capital
- 34. Carpenter's tools
- 37. Commando attack
- 39. Yuletide tune
- 40. Close
- 41. Roast host
- 43. Train track
- 44. Soothed
- 46. \_\_\_ belt



Down

- 1. Valentine symbol
- 2. Tennessee \_\_\_ Ford
- 3. Singer \_\_\_ Ronstadt
- 4. Garden vegetable
- 5. Winter car part (2 wds.)
- 6. Turnpike fee
- 7. Wrong
- 8. Affirmative
- 9. Poisonous element
- 10. Defensive trench
- 11. Skilled
- 12. Fair (hyph.)
- 13. Big Dipper component
- 18. Impoverished
- 22. "Cry \_\_\_ River" (2 wds.)
- 24. Pale color
- 26. Make attractive
- 28. \_\_\_ in distress
- 30. Most exceptional
- 31. Voiced
- 32. Simmer
- 33. Misfortunes
- 34. Out of port
- 35. Which thing?
- 36. Luxurious
- 38. \_\_\_ cream
- 42. Forever
- 45. Arid wastelands
- 49. Foil metal
- 51. Performer
- 53. Classic song
- 55. Postpone
- 56. Actress \_\_\_ Burstyn
- 57. Property documents
- 58. Angel's instrument
- 59. Balm
- 60. Amtrak stops (abbr.)
- 61. \_\_\_ pilot
- 63. Warning sign
- 66. Increase
- 67. Rearward

Solution on page 9



Why did Rudolph have to attend summer school?

-----  
Because he went down in history.



"Apparently there's no good or bad children anymore...only misunderstood!"

What does Santa suffer from if he gets stuck in the chimney?

-----  
Claustrophobia



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## MARK YOUR CALENDAR

### MONDAYS

- **Cribbage** @ Parkview Manor (6:30 pm)

### TUESDAYS

- **Mix Musical Jam** @ Midway Seniors' Center (2 pm - 3 pm)
- **Blue Grass Jam** @ Midway Seniors' Center (3 pm - 4 pm)

### WEDNESDAYS

- **Potluck** @ Midway Seniors' Center (last Wednesday of the month) 5 pm - 7 pm

### THURSDAYS

- **Kettle River Horse Club** meetings @ 7 pm @ the Riverside Centre in RC (second Thursday of each month)
- **Kettle River Art Club** in Greenwood meets on the 1st Thursday of each month for a potluck at 12 pm, and meeting at 1 pm. Guests welcome! The Art Club is located in the McArthur Centre, side entrance, at 1375 Veterans Lane. [www.KRAC.ca](http://www.KRAC.ca) (250) 449-5026
- **Fibre Arts** @ Midway Seniors' Centre 9:30 am - 11:30 am

### FRIDAYS

- **Let the Games Begin** @ Midway Seniors' Center (2 pm - 4 pm)
- **West Boundary Family Connections** @ Westbridge Hall (9:30 am - 11:00 am) - more information on page 9

### FRIDAY, DECEMBER 22 (9:30 AM - 11:00 AM)

- Family Connections @ Westbridge Community Hall

### FRIDAY, DECEMBER 29 (8 PM - MIDNIGHT)

- Holiday Party @ Bridesville Community Hall

### FRIDAY, JANUARY 5 (9:30 AM - 11:00 AM)

- Family Connections @ Rock Creek Medical Center

### THURSDAY, JANUARY 18 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen resumes



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## WESTBOUNDARY CONNECT

A hub for all things West Boundary

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Important Announcements  
Relevant Information

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