

# 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.

## BOUNDARY WOMEN OF INFLUENCE

On Wednesday, March 6th, 2024, the Boundary Women's Coalition celebrated their "Women of Influence" evening in Grand Forks.

Nominations were received in ten categories:

- Arts & Culture
- Business & Professionalism
- Community & Volunteerism
- Health & Wellness
- Agriculture & Agrifoods
- Educational Excellence
- Sports & Recreation
- Exceptional Youth 16-19
- Phenomenal Women 65 years+
- Overall Women of Influence



Successful people keep moving. They make mistakes but they don't quit.

—Conrad Hilton



The West Boundary was well represented in eight of the ten categories.

- Arts & Culture: April Ace Borgnetta
- Overall Women of Influence: Lisa Sims, Vicki Gee, Lynn McKillican
- Business & Professionalism: Katie Jepsen, Wanda Sexton
- Community & Volunteerism: Patricia Henley, Vicki Gee, Barb Stewart
- Health & Wellness: Justice McGonigle (**Winner: Justice McGonigle**)
- Agriculture & Agrifoods: Angie Morris, Alison Anderson, Kendall Lee (**Winner: Angie Morris**)
- Educational Excellence: Ginette Wheeler
- Phenomenal Women 65 years+: Patricia Henley, Cathy Staume (**Winner: Patricia Henley**)

Congratulations to all the nominees and winners. We're proud of all our influential, community-focused women.

*here's to*  
**STRONG WOMEN.**  
*may we know them.*  
*may we BE THEM.*  
*may we raise them.*



## Bird Day

**Saturday, March 23rd 2024**

—at the—

**The Riverside Centre**

3990 Highway 3, Rock Creek, B.C.

**Doors Open at 10:00**

**Presentations Start at 10:30**

Ciel Sanders - Birding on the Trans Canada Trail

Emmalee Williamson - B.C. Bird Trails

Barb Stewart - Bird Nests in the Boundary

**Also Refreshments and  
Door Prizes!**

## KETTLE RIVER FOOD SHARE SOCIETY RECOGNIZES SUPPORT

On behalf of the Board of Directors for the Kettle River Food Share Society we would like to take this opportunity to thank all the businesses, organizations, and numerous private donors that have assisted us in keeping Food Share running for 2023. A special "thank you" to the Estate of Leona Pringle for its continuing support with the use of the building. Leona Pringle has donated the use of the building for us at Food share for many years and to those who donate their refundable cans/bottles (we use the funds to purchase food items)

Duncan Scott - President  
Rick Steingard - Vice President  
Vivien Scott - Secretary  
Sam Hall - Treasurer  
John Blackmon  
Cheryl Trainer  
Russ Brister



Thank you to the following donors:

- Nesters Foods (Osoyoos)
- Boundary Community Food Bank (Grand Forks)
- Boundary District Teachers Association
- Bridesville Womens Institute
- Buy-Low Foods (Osoyoos)
- Central Okanagan Food Bank (Kelowna)
- Dave and Heather Remillard (Midway RV Park)
- Dave Dale Insurance (Grand Forks)
- Estate of Leona Pringle (Rock Creek)
- Fred Abma (Bridesville)
- Freemans Country Supply (Rock Creek)
- Gerlinde Klumpp (Rock Creek)
- Greenwood Food Bank
- Kettle River Lions Club (Rock Creek and area)
- King of Kings Church (Midway)
- Lynn Tribe (Bridesville)
- Magnum Meats (Rock Creek)
- Main River Womens Institute
- Maria Robichaud and Florian Landry (Bridesville)
- Mary Cannon (Rock Creek)
- Midway Community Garden
- Midway Fire Department
- Morley MacDonald (Bridesville)
- Norma Tilgner (Rock Creek)
- Osoyoos Credit Union (Osoyoos)
- Prospector Pub (Rock Creek)
- Regional District Kootenay Boundary
- Riverside Center (Rock Creek)
- Rock Creek Christmas Craft Fair
- Rock Creek Fall Fair
- Rock Creek Farmers Market
- Rod Hummel Estate (Rock Creek)
- Sandy Fairburn (Rock Creek)
- Shivan Gautam (Rock Creek)
- Stellar Vista Credit Union (Greenwood)
- The Bridge (Midway)

## BCSS GRAD 2024 FUNDRAISER



SCAN THE QR CODE TO  
ORDER ONLINE

GrowingSmiles  
FUNDRAISING

<p><b>\$42</b></p> <p><b>12" PATIO PLANTER</b> An upgraded blend of our top performers set to thrive in full sun. It's the ticket to springtime paradise right in your own space! Mixes vary.</p>	<p><b>\$42</b></p> <p><b>12" HANGING BASKET</b> Say hello to our latest flower mixes! These hanging baskets are perfect for sunny spots, blooming with color &amp; trailing plants. Mixes vary.</p>	<p><b>\$27</b></p> <p><b>11" STRAWBERRY BASKET</b> Enjoy the treat of fresh, homegrown strawberries all summer. Blossoms in white or pink, these everbearing varieties are beautiful &amp; delicious!</p>	
<p><b>\$50</b></p> <p><b>2G PATIO ROSE</b> Floribunda roses in 2-gallon patio pots with bamboo arches are bred to bloom year after year. Potential colors range from light pink to red.</p>	<p><b>\$42</b></p> <p><b>10-PK GERANIUMS</b> These easy-to-grow bedding plants available in red, white, or pink, stay resilient again pesky intruders like deer &amp; rabbits. 10x 4" pots.</p>	<p><b>\$42</b></p> <p><b>10-PK PETUNIAS</b> Elevate your gardens and baskets with the popular, cascading Wave Petunias, available in purple, white, or pink. Don't miss out! 10x 4" pots.</p>	<p><b>\$35</b></p> <p><b>LETTUCE GARDEN</b> Orange marigolds promise more than just a pop of color - they're also great companions for various veggies. 10x 4" pots.</p>
<p><b>\$42</b></p> <p><b>INDOOR FOLIAGE TRIO</b> Welcome the cascade of a trailing Pothos, the vibrant pop of color from a Tradescantia, &amp; the elegant stature of a Dieffenbachia! Display beautifully in 5x 4" deco pots. <small>Duplicates/Substitutes may occur.</small></p>	<p><b>\$35</b></p> <p><b>10-PK HERBS</b> An assortment of our finest herbs! Varieties may include: Basil (Sweet &amp; Thai), Thyme, Chives (Onion &amp; Garlic), Mint (Mojito &amp; Peppermint), Oregano, Parsley, &amp; Rosemary. <small>Duplicates/Substitutes may occur.</small></p>	<p><b>\$35</b></p> <p><b>10-PK VEGGIES</b> Savor the goodness of having homegrown veggies in your garden! Varieties may include: Romaine, Kale, Cucumber, Squash, Zucchini, Tomatoes (x4) and Peppers (x2). <small>Duplicates/Substitutes may occur.</small></p>	<p><b>\$15</b></p> <p><b>ORGANIC SOIL (30L)</b> A blend of compost, kelp, fish meal, peat moss, glacial rock dust &amp; rice hull. <b>FERTILIZER SHAKER (1.6 kg)</b> Confidently nourish your plants with a GardenPro Veggie+Flower shaker.</p>

**Please keep in mind:**  
Baskets and planters are grown in a variety of mixes, plants/colors/pots will vary from photos. Herb and Veggie packs may contain duplicates and substitutions.  
10-packs are sold as one item, and cannot be mixed/matched. Specific colors cannot be selected for the roses.

**Orders accepted until April 18th at 8 pm**

**Pick up dates: Wednesday May 8th and Thursday May 9th at BCSS between 8 am and 4 pm**

**Prize draw - Each \$50 spent earns a ticket into the prize draw**

<https://boundarycentralsecondary.growingsmilesfundraising.com>

The  
Yellow Door  
Boutique



Call Heather: 250 443 5461  
the\_yellowdoor@shaw.ca

309 South Copper Ave  
Greenwood, BC V0H 1J0

follow us facebook.com/TheYellowDoorBoutique



## BCSS IS BOUND FOR PROVINCIALS!

On March 1, BCSS students competed at the 2024 Kiwanis Music Festival Classical Voice competition in Penticton and represented!

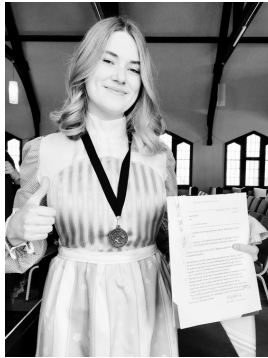
Congratulations to Sylvie Harpur, who won first place. She will proceed to compete at the 2024 BC Performing Arts Festival in June.

Joining Sylvie, are Nik Tsigonias and Mackenzie Eaton who move forward as alternate competitors, and Elise Atkinson-Price, who has been selected to attend as a participant.

The Kiwanis Musical Theatre Competition takes place April 12/13. We can't wait to see our students shine there also!

Provincials are in Fort Saint John this year. Stay tuned for upcoming fundraising events to support our kids! Shout out to all vocalists and Mrs Tripp for their time and dedication.

Next concert at BCSS is Friday, April 5th -- entrance by donation.



## BOUNDARY "C" 4-H CLUB UPDATE

The Boundary "C" 4-H Club has been bustling with activity over the last month. The club has held their monthly meetings for February and March, a workshop to help members prepare their speeches, and each division has had a meeting or two to begin working on their specific projects.

The annual Speech Day was also held, seeing members gather on March 2nd to present their speeches to a panel of judges. Junior speeches are between 3 and 5 minutes long, while Senior speeches are between 5 and 7 minutes. Senior members are also required to speak about an impromptu topic, with their speech to be 1 to 2 minutes long. Our members did an outstanding job this year, and we are proud of everyone's efforts.

For the Junior level, third place went to Blaine Rosin, second place went to Alyana Molloy, and first place went to Josiah Wamsley.

At the Senior level, third place went to Carly Fraser, second place went to Elizabeth Tsigonias, and first place went to Sylvie Harpur.

These members are off to District Speeches, which are being hosted by Boundary "C" this year on April 13th.

We also had several members do Demonstrations as part of their public speaking skills at Speech Day. Second place went to Duncan & Callum Harfman and first place to Elizabeth Tsigonias & Sophie Schneider.

We would like to take a moment to thank all the wonderful volunteers that agreed to be our judges this year: Christine Danyluk, Diana Bartelings, Gail Bryan, Amanda Turanski, Tristan Wintrup, Erika Fossen, Kerry Unrau, Jason Goodnough, Wendy Malakoff, Ken Hesketh, Norma Howes, and Marnie Best.

Now that the speeches are over, the club is looking forward to this year's Cattle Baron's Ball, and planning is already underway. Keep your eyes peeled for more info coming soon.



Ministry of  
Water, Land and  
Resource Stewardship



Ministry of  
Agriculture  
and Food

## Decoding Drought Management: Agriculture Community Engagement Session

This series is designed to build understanding within the agriculture sector about B.C.'s legislative framework for water management including regulatory tools and decision-making under the Water Sustainability Act. The sessions will highlight supports available to farmers and ranchers to prepare for and reduce the impacts of drought. Workshops will be co-delivered by staff from the Ministry of Agriculture and Food, and the Ministry of Water, Land and Resource Stewardship.

### Westbridge, B.C.

Wednesday, April 3, 2024, from 5:30pm to 8:00pm  
Westbridge Community Hall, 2935 Hwy 33, Westbridge, B.C.

### Grand Forks, B.C.

Thursday, April 4, 2024, from 9:00am to 11:30am  
Grand Forks Curling Club, 7230 21<sup>st</sup> Street, Grand Forks, B.C.

### Cawston, B.C.

Thursday, March 7, 2024, from 6:00pm to 8:00pm  
Cawston Community Hall, 2119 Main St, Cawston, B.C.

*This session is being delivered in the Regional District of Okanagan-Similkameen but may be a closer option for participants to attend*

### Topics

AGRICULTURAL DROUGHT SUPPORTS | 2024 CONDITIONS  
DISCUSSION | SCIENCE | DROUGHT RESPONSE ACTIONS

For information, contact:

[events02@vgnresources.ca](mailto:events02@vgnresources.ca) or call 1-877-906-1131

Booking support provided by VGN Resources Group. Logistical support provided by VGN Resources Group and other project partners

<https://www.eventbrite.com/e/decoding-drought-management-engagement-session-boundary-country-tickets-8394017121177aff=oddtcreator>





**Richard Cannings, MP**  
**South Okanagan-**  
**West Kootenay**  
*From the Hill*



Last week Canada took another major step forward truly universal healthcare with the tabling of the NDP's Pharmacare Act. When fully implemented this legislation will allow all Canadians to use their health card to obtain their prescription drugs, just as they use it to see a doctor or use hospital facilities. And it will save Canada as much as \$10 billion or more every year through the power of a single payer for prescription drugs and reduced health care costs because Canadians will simply be healthier.

Our present pharmacare system is a patchwork of coverage paid for by federal and provincial governments, businesses and individual Canadians. There are more than 100 public and tens of thousands of private insurance plans. That means we have no bargaining power at all with big pharmaceutical companies and, not surprisingly, end up paying the second highest drug costs in the world. Countries that have single payer models pay much less—New Zealand pays one-tenth of what we pay for some common prescription drugs.

Why is this important? Well, for one thing, about 20 percent of Canadians simply can't afford to buy medicines prescribed to them by their doctor because of high costs. That not only impacts their health directly, but it also clogs up our health care system as more people end up in emergency rooms and hospital wards. So it adds billions of dollars in health care costs that could have been avoided if people had access to free prescription medications.

The new Pharmacare Act also adds coverage for contraceptives and diabetes medications and devices. The contraceptive coverage copies that brought in by the BC NDP a month ago. The diabetes coverage is critically important to the 20 percent of Canadians that suffer from that disease, a number that has doubled in the last 20 years.

Diabetes causes 30 percent of strokes in Canada, 40 percent of heart attacks, 50 percent of kidney failure, and is the leading cause of blindness. And, most critically, about 7000 Canadians, many of them young Canadians, die every year as a direct result of diabetes. Many of these diabetic complications are caused by poor management of the disease because many Canadians cannot afford the devices and tests that are necessary, or even afford the insulin.

The new Pharmacare Act is a necessary step to implement a universal, public, single-payer pharmacare system in Canada. Like the universal health care coverage we've all enjoyed since Tommy Douglas brought it into effect in Canada over 60 years ago, it will require negotiations with the provinces, since they share responsibility for health care in our country.

This Act is a framework for those negotiations—it sets out the ground rules for a national pharmacare plan in which the federal government will be the single buyer of prescription drugs. There will obviously be some spirited discussions with provincial governments, as there was with our original health care system, but pharmacare is such an obvious benefit for all Canadians and all provinces and territories, that I'm sure that we will see clear progress on that front. We should see the plan in place with coverage for diabetes and contraceptives by the end of 2024. The big pharmaceutical companies that have been gouging us for too long may not approve, but for the rest of us, a universal, public pharmacare program will keep us all healthier and save us billions in the bargain.

## WOLFGANG SCHMIDT, IN MEMORY

Wolfgang Wilhelm Sichenel Schmidt was born in Dortmund, Germany on November 24, 1934. He passed away at the Silver Kettle in Grand Forks on March 1, 2024.

He is survived by his daughter, Marina Nadke.

Wolfgang emigrated to Canada in 1964. He studies psychology and received his doctorate in that field. He worked in tourism for many years, in Toronto, and won several awards. He was vice-president of a publishing company, and publisher and chief editor of a trade magazine.

He retired to BC and operated Canyon Creek Ranch, a coffee shop for tourists. He also taught marketing at Selkirk College, published a book, and helped other people publish their own books.

Wolfgang was an enthusiastic member of the Kettle River Lions Club for many years and took on roles in the district. He was always very community-minded.

Wolfgang was a very proud Canadian and enjoyed living in "Paradise". When asked, he was always "Virtually Perfect". He will be missed by all who knew him.



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**YOUR GO-TO GEAR IS HERE IN FRESH NEW COLOURS!**

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## The Kettle Valley

By: Vic Boychuk

One of the first settlers in the Kettle Valley was Stanley Bubar, who purchased land on the north side of the river in 1891. This land remained in the family for 104 years. Henry Nicholson also had land adjacent to the Fair Grounds, which was known as Nicholson Flats. McMynn brothers had land on Myers Creek. Most of the farmers grew grain and hay for their cows and horses. Some of the farmers had irrigation and grew vegetables for the mining market in Phoenix and Greenwood area.

In 1907 the K.V.I. Fruit Lands and the Rock Creek Irrigation Co., supported by British Capital, bought 2000 acres on the South side of the river between Ingram Bridge and Rock Creek. The land was cleared and subdivided into lots of around 9 acres which sold for \$150.00 to \$200.00 per acre. Pamphlets were sent to England advertising this land. A lot of military personnel from England bought up lots. A dam was built on Rock Creek, and 5 miles of flumes and ditches brought the water to the orchards. As more settlers came, houses were built, as well as a one room school, and church. Young apple trees were planted. A post office opened in 1913 and closed in 1975. St Mary's Anglican Church was built in Riverside in 1911 and then was moved to Kettle Valley in 1920.

The community of Kettle Valley was off to a great start until World War One was declared. In 1914 many of the reservists were called back to England. The ones that were left carried on and in 1916 they harvested their first crop of apples. The apples were shipped to Vancouver and only brought less than a dollar per box of 40 lbs. The cold winters of 1917-18 killed a lot of trees.

Many young Canadians joined the army, so there were very few people to tend to the orchards. The English investment dried up and at times there wasn't enough water. There was no one to maintain the irrigation system. They could not compete with the Okanagan, as many were unfamiliar with agriculture. The winters were too cold. As a result, the people started to leave. In 1928 Major Grey was the last Military settler to leave the valley.



## Big White Mountain Community Greenhouse



Big White Mountain Community Development Association's High Altitude, Heavy Snowload Engineered Greenhouse is here.

The BWMCDA has been addressing the impact of food security issues in our community in many ways. It all started for us in 2016 with the implementation of our Community Garden. Our Food Security program was expanded during the pandemic with the need to supplement residents with Covid isolation packages and emergency food boxes during these trying times. The program grew again in 2022 and now includes an ongoing food hamper program in partnership with the Central Okanagan Food Bank.

Along with these programs was a hope that one day we could increase the volume of fresh produce to our community by extending our growing season. Thanks to the hard work of our volunteers and to our major funders believing in us and our vision, the Greenhouse has made our vision a reality.

The official grand opening of our Greenhouse was in August 2023, and we are so excited to implement a longer growing season in 2024. Our plan is to broaden the season from 2-3 months to 5-6 in 2024 & 2025 with small increases being implemented annually as we learn and incorporate the knowledge learned from our expert volunteers and experiences.

400 Happy Valley Road, Big White, Big White  
Implemented and managed by Big White Mountain  
Community Development Association

For additional details please contact us at  
[bwmcdacares@gmail.com](mailto:bwmcdacares@gmail.com)

Thank you!



CUMULATIVE HYDROLOGICAL IMPACTS,  
DISTURBANCE THRESHOLDS AND  
HYDROLOGICAL SENSITIVITIES

## IN FORESTED LANDSCAPES

### INTRODUCTION

Forest Hydrology, Eco-hydrology processes  
& some of the research from Dr. Wei's team.

### MAIN PRESENTATION & PHD THESIS RESEARCH

The cumulative effect of forest disturbance  
and impacts on hydrology in large  
watersheds - with a focus on the Kettle  
River basin



THE UNIVERSITY OF BRITISH COLUMBIA  
Okanagan Campus

### JOIN US!

FRIDAY, APRIL 5  
1:30PM-2:30PM  
RIVERSIDE VISITORS  
CENTRE, ROCK CREEK  
(SNACK PROVIDED)

### PRESENTERS:

DR. ADAM WEI (INTRODUCTION)  
AND DR. YIPING HOU

Have a Question? E-mail: [watershedplanner@rdkb.com](mailto:watershedplanner@rdkb.com)

REGISTER ONLINE:

[https://ubcoResearch\\_ForestsAndWater.eventbrite.ca](https://ubcoResearch_ForestsAndWater.eventbrite.ca)

**Cinco de Mayo  
DANCE**

**May 4**  
**Doors Open at 7 PM**

**Mexican Theme, Mexican Food**  
**Live Music by 4th Street**

**Greenwood Legion #155**  
**\$20 Per Person**

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## SUDOKU

Solution on page 8

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## DEPRESSION

A lot of people come into my office and ask, "Am I depressed or am I just having a sad day?" Or my personal favourite, "I checked out my symptoms on Google ..."

There are mental symptoms that come with depression such as loss of interest or pleasure, feelings of guilt, low self-worth, poor concentration and such. Physical symptoms are also common and sometimes more noticeable to others as well as ourselves.

1. Sleep problems (Too much or sometimes insomnia)
2. Headaches (Migraines included)
3. Sexual problems (Lack of interest; impotence)
4. Aching muscles and joints
5. Agitated and restless (Easily annoyed; can't sit still)
6. Back pain (Anywhere on the back)
7. Fatigue and exhaustion
8. Changes in appetite or weight (Increase or decrease)
9. Digestive problems (Flatulence, constipation, aches)
10. Chest pain

If any of the above symptoms, mental or physical occur, please see your family doctor and seek out counselling if needed.

*while you might  
be doubting  
yourself, someone  
else is admiring  
your strength.*

## RDKB BOARD HIGHLIGHTS

### GRANTS-IN-AID DISTRIBUTED FOR AREA E/WEST BOUNDARY

- Trails to the Boundary Society – for conference attendance: \$2,000
- Horse Association Central Kootenay – for Memorial Ranch Riding Horse Show: \$300
- Kettle River Museum – for museum set up by residents in Midway & Area E: \$5,000
- Boundary Country Regional Chamber of Commerce – for website updates: \$3,000
- **Kudos for RDKB's Energy Specialist** Freya Phillips, RDKB's Senior Energy Specialist, was appointed to the Provincial Climate Solutions Council which provides strategic advice to government on climate action and clean economic growth.
- **Grant Opportunity – UBCM 2024 Community Emergency Preparedness Fund (CEPF) Emergency Operations Centre** The Board will provide a resolution in support of staff submitting an application to the Union of BC Municipalities for a Community Emergency Preparedness Fund grant for its Emergency Operations Centre.

### GRANTS-IN-AID DISTRIBUTED FOR AREA E/WEST BOUNDARY

(February 14, 2024 Board Meeting)

- Grand Forks Farmers Market Society – for Nutrition Coupon Program: \$2,000
- The Boundary Women's Coalition – for catering costs: \$2,000
- Kettle River Museum – for 2024 BC Economic Summit: \$1,464.51

This is a portion of the RDKB Board Highlights. To subscribe directly to the full RDKB Board Highlights: <https://jointheconversation.rdkb.com/board-highlights>

## NEON COUNSELLING

**Q:** What is Mental Health?

**A:** 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.



Wanda  
MACP, RCC, RPC  
Registered Clinical Counsellor

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**NEON Counselling**  
 250-320-4536 [www.neoncounselling.com](http://www.neoncounselling.com)

West Boundary

## Family Connections

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

Starting January 5th



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@bfss.org](mailto:mary-ann.dennis@bfss.org)

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



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



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



**Kettle River Lions Club**  
**COMMUNITY**  
**EASTER DINNER**

**Saturday March 30th - 5pm**  
**@ Rock Creek Pavillion**

JOIN US FOR OUR ANNUAL EASTER DINNER

NO TICKETS NEEDED  
MINIMUM DONATION OF \$5 PER PERSON

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## Women's Yoga Burlesque Evenings Are Back!!



Three Wednesdays April 10, 17 and/or 24, 5:30 pm to 7:30 pm  
Blooming Yoga Studio, 1895 Hulme Creek Rd, Rock Creek  
Sponsored by United Way, Red Earth Medicine, lead by April Borgnetta



- Focus on healing energy, strength, courage, passion and joy
- Burlesque / yoga wellness event
- Class capped at 8 participants
- Free, donations to the local food share welcome!
- Advance registration required (for any or all evenings)

Bring your yoga mat

Registration by email to [tracy.redearth@gmail.com](mailto:tracy.redearth@gmail.com)



Teaching from an alignment-based approach, April implements mindfulness to create a practice based on integrity. Both yoga and burlesque are one and the same for April. Many traditions and techniques have been a cross-over, allowing for beautiful synergy in practice and performance. With the fusion of yoga and burlesque, April offers a movement class, created to explore space in the body while creating confidence and an appreciation for oneself. April has performed burlesque for over a decade, performing festivals and appearing on TV and in magazines. Her yoga practiced began as a teen while living in the Boundary area. Both yoga and burlesque has allowed April to explore many opportunities, including travels for festivals, conventions and continued training. She is happy to return home to the Boundary area and share her passion and practice.



# StellerVista

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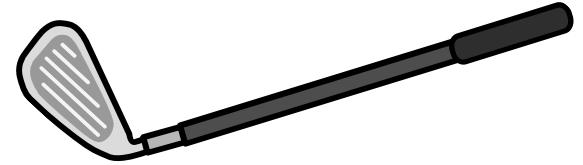
250-449-2764 CELL: 250-449-1700

## KETTLE VALLEY GOLF CLUB AGM

**Date: April 14, 2024**

**Time: 11:00 am**

**Place: Kettle Valley Golf Club**



## Red Earth Medicine's Spring Womens' Wellness Events

On 7 dates between March 23 and April 29, 2024 the following health practitioners will be providing Acupuncture, Massage, Energy work, and/or Reiki as well as Indigenous drum work at 2899 Westbridge Road, Westbridge BC.

Sheri Preschel is a registered Acupuncturist, trained in traditional Chinese Medicine (TCM), acupuncture, cupping, fire cupping and TCM diet therapy. Sheri offers a gentle style of needling, and individually tailored treatment plans.

Judy Letendre is a counselling therapist offering energy work, a light touch or no touch form of healing. Integrating craniosacral, meridian, healing touch, sound and plant medicines.

Lisa Collins is a registered Massage Therapist, who incorporates Swedish Relaxation massage, myofascial release, trigger point release, lymphatic drainage, neuromuscular and graston techniques. She is high intuitive and very effective.

Rossana Garcia is a Reiki Master, an ancient system of healing which uses Universal Energy to reconnect the client with their life force.

\*These events are sponsored by a grant to Red Earth Medicine through United Way BC. Priority to Indigenous women and open to others if space is available.

- No cost for the events
- Donations to the local Food Share gratefully accepted

• Register by email to [tracy.redearth@gmail.com](mailto:tracy.redearth@gmail.com)



## Pennie's Cut Above

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### ACUPUNCTURE OR MASSAGE??

Looking for a new way to relax and thinking that acupuncture or massage might be helpful?

While acupuncture and massage are both therapeutic, they are quite different. Knowing the difference between the two, may help you figure what fit is best for you.

Both massage and acupuncture can help relieve body pain. Acupuncture is most often used to treat nerve pain or injury, and other health conditions, whereas massage therapy often does a better job of treating muscle injuries and pain.

Additionally, many people use the two techniques in tandem for the best of results.



## Immunization Services

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year. However, travel can be a challenge in the Interior, especially this time of year.

This February and March IH is bringing immunization services to a number of communities in the Kettle Valley and South West Kootenays.

We will be in:

- Christina Lake: Monday Feb 26 and March 25
- Beaverdell: Tuesday Feb 27 and March 26
- Rock Creek: Wednesday Feb 28 and March 27
- Greenwood: Thursday Feb 29 and March 28



If you or your children are due for routine or seasonal immunizations, you can learn more about these clinics and through the Interior Health Website.

Scan this QR Code to book an appointment time to get immunized, or just to speak with a Public Health Nurse.



## SAVE THE DATE!

Trails to the Boundary" is hosting the 5th annual Emergency Preparedness fair.

Food insecurity, drought, and wildfires will be among the topics discussed.

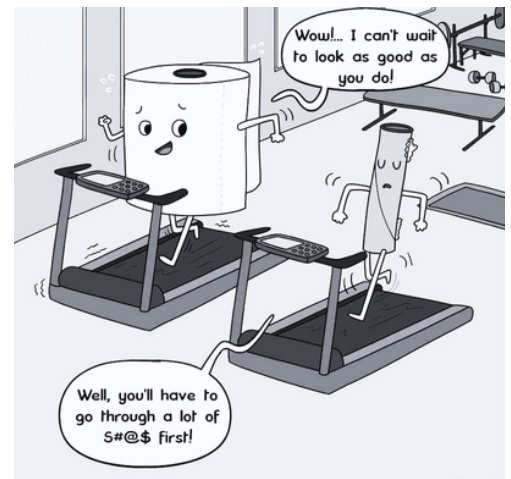
Join us Sunday, April 7th, 11-2 at the Rock Creek Fall Fair pavilion. Refreshments will be served at no cost.

**11:30 am**  
Mark Stephens - RDKB Emergency Management

**12:15 pm**  
Tammy Battersby - Food Recovery Program

**1:00 pm**  
James Katasonoff - Wildfire Branch

We gratefully acknowledge the support of Director Sharen Gibbs of RDKB Electoral Area 'E'/West Boundary.



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maureen200850@hotmail.com



### West Boundary Lil' Explorers

When: Tuesdays 2:00 – 3:00  
Fridays 11:30 – 12:30  
following the Family Connections group  
Where: Rock Creek Medical Centre



Lil' Explorers is an outdoor, play-based group for families with at least one child aged 0 – 6.

Registration is not required.

For more information email  
Mary-ann.dennis@bfiss.org

Boundary Family Services 1200 Central Ave  
info@bfiss.org Grand Forks, BC V0H 1H0  
www.boundaryfamily.org 250-442-2267 or 1-877-442-5355

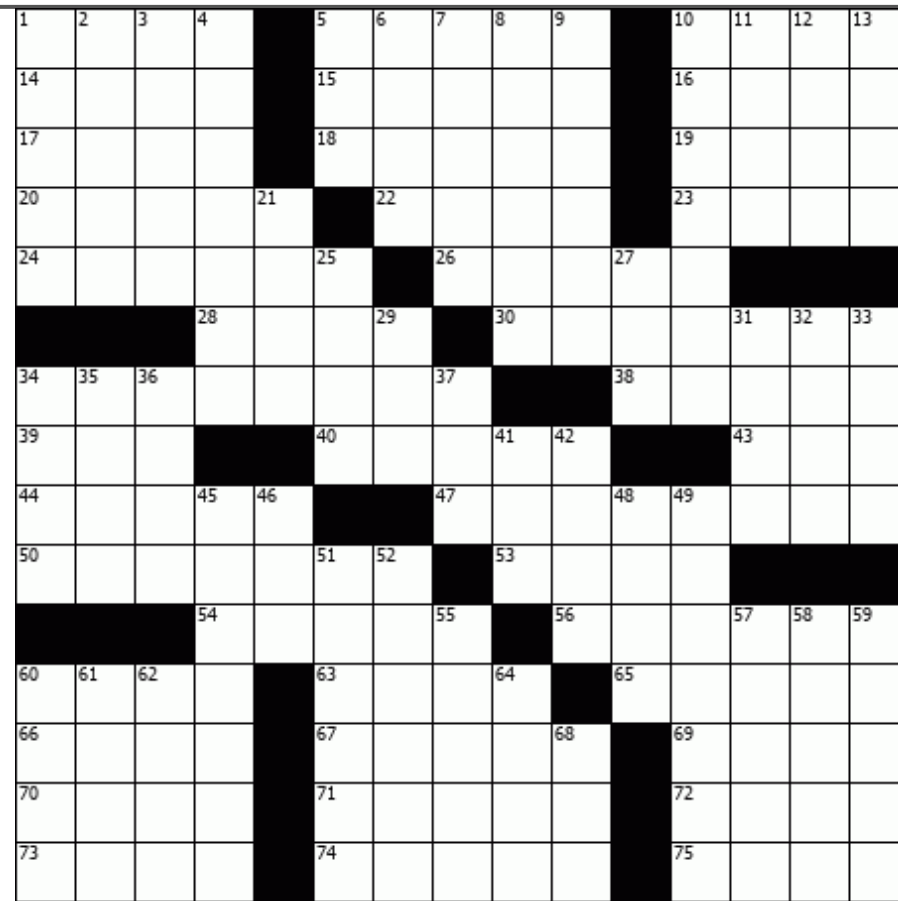




## Crossword

## Across

1. Bullring shouts
5. Of the sun
10. Oh, dear!
14. Food shop
15. Angry
16. \_\_\_\_ Skywalker
17. Cookie cooker
18. Transplant
19. Foremost
20. Summarize
22. Teamster's rig
23. Mother's sister
24. Decide
26. Fine fabric
28. Unmannerly
30. Card game
34. Decoration
38. Sneer at
39. Promissory note
40. Some tides
43. \_\_\_\_ Quixote
44. Skier's cabin
47. Produce
50. Stricter
53. Swipe
54. Said further
56. Annoy
60. Whirl
63. Ledger entry
65. Glistened
66. Superman, e.g.
67. Shy
69. Initial wager
70. Vocal
71. Wear down
72. Pare
73. Large food fish
74. Jeans fabric
75. Makes a mistake



## Down

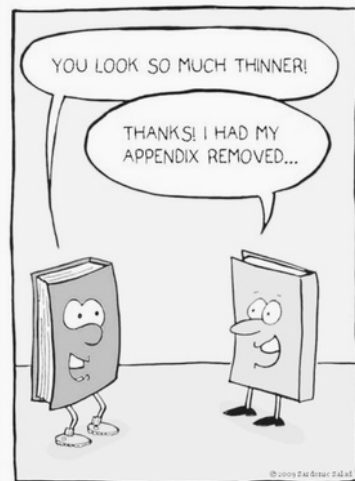
- |                        |                        |                   |
|------------------------|------------------------|-------------------|
| 1. Scents              | 25. Eve's garden       | 48. Scrapes by    |
| 2. Embankment          | 27. Naval off.         | 49. Form again    |
| 3. Choose by vote      | 29. Vane letters       | 51. Rewrote       |
| 4. Singer Frank ____   | 31. Baking ____        | 52. Go to bed     |
| 5. Man's title         | 32. Jog                | 55. Evil spirit   |
| 6. Raw metals          | 33. Novelist ____ Rice | 57. Copier's need |
| 7. Coat part           | 34. Greases            | 58. Computer key  |
| 8. ____ energy         | 35. Origin             | 59. Staggers      |
| 9. Eye part            | 36. Undressed          | 60. Fired a gun   |
| 10. Yearly publication | 37. Label              | 61. Lima's land   |
| 11. Hawaiian cookout   | 41. Teacher's favorite | 62. Modern Persia |
| 12. Similar            | 42. Easy task          | 64. Skirt length  |
| 13. Exported           | 45. Breakfast food     | 68. JFK's party   |
| 21. Purple fruit       | 46. Culmination        |                   |

Solution on page 8



What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle?

Attire



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Commercial Support Officer  
OCU Rock Creek



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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)
- **West Boundary Lil' Explorers** @ Rock Creek Medical Centre (2 pm - 3 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** @ Rock Creek Medical Centre (9:30 am - 11:00 am)
- **West Boundary Lil' Explorers** @ Rock Creek Medical Centre (11:30 am - 12:30 pm)

### SATURDAY, MARCH 23 (10 AM) @ RIVERSIDE CENTRE

- Bird Day

### SATURDAY, MARCH 30 (5 PM) @ ROCK CREEK FALL FAIR PAVILION

- Kettle River Lions Club Annual Community Easter Dinner

### WEDNESDAY, APRIL 3 (5:30 PM) @ WESTBRIDGE COMMUNITY HALL

- Decoding Drought Management: Agriculture Community Engagement Session

### FRIDAY, APRIL 5 (1:30 PM) @ RIVERSIDE CENTRE

- Cumulative Hydrological Impacts, Disturbance Thresholds, and Hydrological Sensitivities in Forested Landscapes

### SUNDAY, APRIL 7 (11 AM - 2 PM) @ ROCK CREEK FALL FAIR PAVILION

- 5th Annual Emergency Preparedness Fair

### WEDNESDAY, APRIL 10 (5:30 PM) @ BLOOMING YOGA STUDIO

- Women's Yoga Burlesque Evening

### SUNDAY, APRIL 14 (11 AM) @ KETTLE VALLEY GOLF CLUB

- Kettle Valley Golf Club AGM

### WEDNESDAY, APRIL 17 (5:30 PM) @ BLOOMING YOGA STUDIO

- Women's Yoga Burlesque Evening

### WEDNESDAY, APRIL 24 (5:30 PM) @ BLOOMING YOGA STUDIO

- Women's Yoga Burlesque Evening

### SATURDAY, MAY 4 (7 PM) @ GREENWOOD LEGION

- Cinco de Mayo Dance

## KETTLE RIVER LIONS CLUB



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## WESTBOUNDARY CONNECT

A hub for all things West Boundary

Community Calendar  
Important Announcements  
Relevant Information

[www.westboundaryconnect.com](http://www.westboundaryconnect.com)

admin@westboundaryconnect.com

f@WestBoundaryConnect

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