

# 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.

## FLOWER DAY

Submitted by Pat Henley

On May 11th, 2024, "Trails to the Boundary" hosted a "flower" day at Riverside Centre. Twenty people took advantage of three informative and enjoyable presentations given by local flower aficionados.

Olivia Schneider, (Boundary Invasive Species), spoke about the beautiful yet extremely invasive plants that should not be planted and offered choices on what to plant as alternatives.

She explained the detrimental effects invasive species have on animals, soil, and our ecosystem. Anyone wondering about invasive species may direct their questions to Olivia at the Boundary Invasive Species Society office in Riverside Centre.

Ciel Sander, trail coordinator for "Trails to the Boundary Society" compiled a slide show of our local wildflowers. Her beautiful photos were a balm for the soul on a Mother's day weekend.

After lunch, (donated by Riverside volunteers), Kasey of "Rebel Craft Farm" in Beaverdell, chatted about her journey growing cut flowers for sale at local markets. She recounted how her business is changing and growing. She answered questions from the audience who were anxious to hear more from her.

Happily, she will be presenting again in July at 'Seniors Being Seen' sessions held every Thursday afternoon 1:30 -3:00 at the centre. Watch [westboundary.com](http://westboundary.com) and the echo for upcoming presentations.

Sincere thanks to Olivia, Kasey, and Ciel for sharing your passion and knowledge with us.



Anyone who thinks they  
are too small to make a  
difference has never  
met the honeybee.

Find Me



Olivia



Kasey



"Jon Heaven playing Hang Pan for 'Seniors Being Seen' at Riverside Centre, Friday, April 26th.

For those of you who missed Jon's performance:

1. he will be coming back, and
2. words to describe hearing him are: transformative, centring, healing, calming, delicate, celestial.

Jon suggests you look at YouTube's 'Panart Hang - a Discrete Revolution' to get a feel for what this rarely heard music is about.

We will let you know well in advance of Jon's next appearance at 'Seniors Being Seen.' Jon Heaven is a truly brilliant and gifted musician - one of our hidden treasures here in Kettle Valley."

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

## FOOD FOR FIREFIGHTERS

Thanks to the Boundary Neighborhood Watch Facebook page and an early morning idea from a resident who lives near the multiple structure fire that took place May 10, 2024 in Greenwood, Boundary Food Recovery was able to quickly supply 18 bagged lunches for firefighters. Times like these demonstrate the value of networking throughout the region and of having available kitchen space stocked with ingredients. A special thank you to the Friday volunteer team, student volunteers Elise and Laila Atkinson from BCSS, and delivery driver Jean Klinosky from Greenwood.



### THE TRAVELLING HYGIENIST

Are you ready to experience dental care like never before?

Serving all of BC, we are proud to bring top-notch, patient-centered care right to your doorstep.

#### Wherever You Are, We'll Be There

Our mission is to provide exceptional dental care that suits your lifestyle. Whether it's a grandparent in a care facility, a busy parent, a professional, or a child in the comfort of their home, our skilled team is ready to cater to your unique needs.

#### Personalized Comfort

Our cutting-edge instruments and portable equipment ensure a setup that aligns with your preferences. Want to relax on your couch during treatment? No problem. Need a dental chair? We've got you covered. Everything is meticulously sanitized, guaranteeing your safety.

#### Explore Your Options

Uncertain if our services are right for you? Let's chat! Schedule an online video call or phone call.

We can't wait to see you smile!

info@thetravellinghygienist.com  
778 231 0475



## TRAVELLING DENTAL CARE

THE TRAVELLING HYGIENIST IS COMING TO ROCK CREEK! WE WILL BE SETTING UP AT THE LOCAL COMMUNITY HEALTH CENTER.

WE ARE DEDICATED TO PROVIDING EXCEPTIONAL DENTAL CARE IN A FRIENDLY AND COMPASSIONATE ENVIRONMENT, ALL OVER BRITISH COLUMBIA. BASED IN VANCOUVER, THIS INNOVATIVE ORAL HEALTH CARE PROVIDER IS ON A MISSION TO ENSURE THAT EVERYONE RECEIVES TOP-NOTCH CARE RIGHT WHERE THEY ARE. THE TEAM'S COMMITMENT TO PATIENT-CENTERED STANDARDS AIMS TO MAKE EVERY INDIVIDUAL FEEL COMFORTABLE AND VALUED.

JACKIE TONG, THE OWNER OF THE TRAVELLING HYGIENIST, HOLDS A DEGREE IN DENTAL SCIENCES FROM THE UNIVERSITY OF BRITISH COLUMBIA. HER JOURNEY WAS SHAPED BY EXPERIENCES VOLUNTEERING WITH VARIOUS ASSOCIATIONS, ALLOWING HER TO UNDERSTAND THE CHALLENGES FACED BY VULNERABLE POPULATIONS IN BOTH URBAN AND RURAL SETTINGS. THIS INSIGHT DROVE HER TO FREELANCE WRITING FOR A DENTISTRY MAGAZINE, INSTRUCTING COMMUNITY CLINICS AT UBC, AND ESTABLISHING THIS UNIQUE PRACTICE FOCUSED ON ENHANCING ACCESS TO ORAL HEALTH CARE FOR ALL COMMUNITIES.

ONE STANDOUT FEATURE OF THE TRAVELLING HYGIENIST'S SERVICES IS THEIR ABILITY TO DIRECT BILL INSURANCE COMPANIES, INCLUDING THE NEW CANADA DENTAL PLAN. THIS SIMPLIFIES THE PROCESS FOR PATIENTS, ALLOWING THEM TO FOCUS ON THEIR ORAL HEALTH WITHOUT WORRYING ABOUT INSURANCE PAPERWORK.

RESIDENTS ARE INVITED TO VISIT THE COMMUNITY HEALTH CENTER TO EXPERIENCE THE CONVENIENCE AND QUALITY OF CARE OFFERED BY THE TRAVELLING HYGIENIST. WITH A COMMITMENT TO BRIGHTER, HEALTHIER SMILES, THE TEAM LOOKS FORWARD TO SERVING THE ROCK CREEK COMMUNITY.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, RESIDENTS CAN CONTACT THE TRAVELLING HYGIENIST DIRECTLY. UNCERTAIN IF OUR SERVICES FIT YOUR REQUIREMENTS? LET'S CHAT! SCHEDULE AN ONLINE VIDEO CALL TO ADDRESS ANY QUERIES OR CONCERNS YOU MAY HAVE BY VISITING OUR WEBSITE  
[WWW.THETRAVELLINGHYGIENIST.COM](http://WWW.THETRAVELLINGHYGIENIST.COM)

## SENIORS BEING SEEN

Upcoming Sessions...

**Thurs. June 6th**

**"Cowboy, Farmer, Ferrier: Challenges -- Past and Present"**  
Dave Arkell talks with us about his fascinating career in the Boundary.

**Thurs. June 13th**

**"About Livestock Behaviour and Savvy Livestock Handling," or,  
"How DOES That Little Lady Move Those Big Animals Without Getting Herself Smushed-up?" -**  
Emmalee Williamson, Agriculturalist

**Thurs. June 20th**

**"CBD for Senior Aches and Pains?"**

Tracy Davies from "Cahoots" in Rock Creek, talks with us about CBD medicinals (the non-psychoactive compound derived from the cannabis plant). Many seniors find CBD compounds helpful for inflammatory issues such as arthritis. [As with ALL herbal remedies, Riverside Centre provides such information for individuals to discuss with their personal physician BEFORE using; ONLY YOUR M.D. CAN SAFELY ADVISE you to use any topical or ingested plant product, as individual bodies respond differently.]

**Thurs. June 27th**

Rachael Lautard of Lind Creek Saddlery, will speak with us about her  
**"Custom Leather Work and Repairs - Saddles, Tack, Chaps and More"**

Come and join us for lively presentations, socializing and great locally-catered refreshments. Our free-of-charge programmes with refreshments are Thursdays at 1:30 p.m. at Riverside Centre, 3990 Hwy 3, Rock Creek, BC.

For additional information, please contact Programme Coordinator – Michele (Shelly) Garrison at [shellygarrison1@gmail.com](mailto:shellygarrison1@gmail.com) 250-442-2415 or check our monthly schedule online at West Boundary Connect.



## BOUNDARY ART TRAIL

### SHOWCASING: THE TRANS CANADA TRAIL

Explore the breathtaking Trans Canada Trail in Boundary Country! Stretching nearly 225 km, it's the longest intact section of the Trans Canada trail system. Nature enthusiasts flock here to witness its stunning landscapes. Thousands of global visitors discover local gems along the way, while residents relish its social and health benefits.

Join us in celebrating the Trans Canada Trail with an art exhibition from Big White to Christina Lake in September. Artists of all mediums are invited to capture their unique perspective. Painters, photographers, quilters, woodworkers, and more can showcase their talents. Short stories and poetry submissions are welcome too. Don't miss this opportunity to immerse yourself in the beauty of our world as you journey through our communities.

Artwork will be collected in August and displayed for public enjoyment in a variety of communities. Venues will be revealed at a later date.

**CALL FOR ARTISTS**

#### AGE CATEGORIES

0-12 years old

13-18 years old

19-64 years old

65+ years old

Questions: 250-528-0227

Pat Henley: Trails To The Boundary Society - president

**FREEMAN'S**  
COUNTRY SUPPLY

Hwy 3 Rock Creek 250-446-2899

**FATHER'S DAY  
JUNE 16TH**

**"A DAD IS SOMEONE YOU LOOK UP TO  
NO MATTER HOW TALL YOU GROW"**

We have thoughtful gift ideas, such as Carhartt & Wrangler apparel and accessories, belts & wallets, hunting and fishing supplies, and more!



## Wild Turkeys in the Kootenays By: Vic Boychuk

Wild turkeys in BC are non-native, the same as partridge, pheasant, quail, rainbow trout in Region 4 and the plains bison in Northern BC.

The wild turkey is a species of bird native to the United States. There are six subspecies two of which have populations in Canada: the Eastern wild turkey and Merriam's wild turkey. The Eastern wild turkey is native to southern Ontario and Quebec, while Merriam's wild turkey was introduced to Manitoba in 1958 and to Alberta in 1962. Merriam's wild turkey can also be found in Saskatchewan.

In the 1960s Merriam's wild turkey naturally came from the northwestern United States to Southern British Columbia.

The strongest population of wild turkeys are in the Kootenays where hunters take over 600 turkeys annually. There is a small population in the southeastern Okanagan.

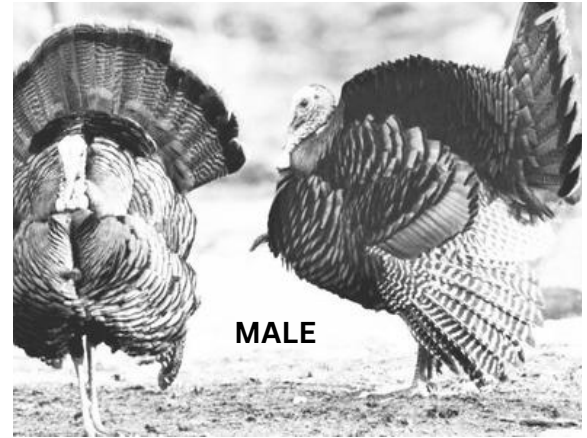
Wild turkeys are big and tasty (up to 25lbs), so they have a long list of predators, from cougars and coyotes to eagles and owls. They learn early in life to be alert and run or fly away at any sign of danger, and that includes humans.

When displaying their fantail, males ("Toms" or "Gobblers" as they are known) appear almost twice their size and the call they make to attract females is known as a gobble. Female turkeys are called "hens." They do not have fantails, and although they may have the same colors as toms, the colors are much duller. Wild turkeys mostly inhabit forests but often wander into open fields and grasslands to feed, nest and reproduce. At night they fly up into the trees to roost. Wild turkeys are not fussy eaters, they eat seeds, hazelnuts, oak nuts, hickory nuts, beech nuts, acorns, apples, fruit, snails, worms, and any bug that moves. Turkeys nest on the ground, at the base of trees, in areas that provide some form of cover from above. Hens often reposition their eggs in order to make sure all surface areas receive adequate body heat. Wild turkey hatchlings are born fully developed and by 14 weeks they've developed their distinctive male and female plumage.

Turkeys can see very well. A turkey's eyes are located on the sides of their head and that gives them about 300 degrees of view. There is a small blind spot directly behind, but with a slight head movement, that is also covered. They can see in full color and their eyes are sensitive to motion. At 300 feet, turkeys can spot a hunter blinking his eyes. Turkeys can also see the ultraviolet end of the light spectrum. The phosphates in laundry soap brightens the colors, so it makes hunters extra visible to a bird that can see UV light. With their eyes placed on the sides of their head, their sight is monocular (compared to a human's binocular vision). They see you, but they're not sure how far away you are.

They make such a variety of sounds that a sense of hearing is important. Most mammals have cuplike external ears to help gather sound, but the turkey has a hole just behind and below their eyes, which leads to the ear canal. The ear holes are covered with fine hairs that cut down on wind noise yet allow sound waves to pass through. Without the cuplike ear parts, the turkeys hear sounds from all around them. The difference in the volume in each ear helps determine the direction of a sound. This system is quite accurate, and they can turn their head to look toward whatever made the sound. Turkeys can hear possibly four times better than us humans. So, for new turkey hunters, it is important to be still and be quiet, but thanks to a turkey's poor sense of smell it is less important to have had your morning shower.

In British Columbia, wild turkeys are classified as upland birds (small game) with other species like grouse, pheasant, partridge, and quail. Across the border wild turkeys are classified as big game. Turkey hunting is still quite localized in BC, but in the US, with millions of these birds, turkey hunting is a passion.



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## ANSWERS

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

**LIVER & GALL BLADDER CLEANSE****14:00** Do not eat or drink after 14:00Prepare Epsom salts drink:4 Tbsp epsom salts + 3 cups water - stir until all salt is dissolved  
Divide into 4 servings of ¼ cup each**18:00** Drink one serving of epsom salt mix

You may drink some lemon water or rinse your mouth

**20:00** Drink second serving of epsom salts

You may drink some lemon water or rinse your mouth

**21:00** Prepare olive oil and grapefruit juice:Use the lightest virgin olive oil you can find  
Squeeze and strain juice from 2 grapefruits  
Save the rest of juice to drink after the "potion"½ cup olive oil + ½ cup grapefruit juice  
Shake well in a small jar with tight lid**21:30** Prepare night tray:

- Olive oil & grapefruit juice potion
- Leftover grapefruit juice
- 2 jars with ¼ cup of epsom salt mix in each
- Bottle of lemon water
- Peppermint essential oil
- Alarm clock set for 6:00

**21:45** Get bed time chores done, be ready for bed, visit the bathroom  
Get night bucket**22:00** Drink olive oil & grapefruit juice.Drink it standing up. Get it down within 5 minutes  
Drink some grapefruit juice, this helps the nausea  
Rinse mouth with a bit of lemon waterLie-down immediately, flat with head high up  
Use peppermint oil on the stomach if you feel nauseous  
Be still for 20 minutes  
Focus on the process of stones eliminating  
Go to sleep**6:00** Drink third portion of epsom salts

Go back to sleep

**8:00** Drink the last dose of epsom salts

Go back to bed

**10:00** You may eat

Start with warm herbal tea or fruit juice

**10:30** Have some cooked apples or other fruit**11:00** Eat regular food, keep it light

Stay close to the bathroom. The cleansing process may last for most of the day

**Country Love A Fair****CONTEST ALERT!!**

The Rock Creek &amp; Boundary Fall Fair is inviting you to be a part of our 2024 Fair Theme "Country Love A Fair" by sharing with us:

- Your favorite memory from a Fair you have attended; or
- What you love most about the Fair

Your submission must be:

- Handwritten/printed or typed, unless otherwise defined
- No more than 300 words
- On letter size paper (8 ½ x 11)
- Must be your own personal memory or account
- Must include your full name, birthdate, email and/or telephone number
- Must be "family friendly" and the selection committee reserves the right to approve submissions before displaying publicly
- Only ONE entry per person and must be submitted in only ONE of the following categories (ages are as of July 31, 2024):

- Age 5 and under – can be a hand drawn picture OR printed story
- Age 6 to 12
- Age 13 to 18
- Age 19 to 64
- Age 65+
- Volunteer – favorite memory of volunteering at the Fair

One winner from each category will be chosen by a selection committee and will receive some amazing prizes that may include Fair Passes, Amusement Ride Passes, Fair Food Vouchers and MORE!!! A Grand Winner will be chosen from the winners of each category and will be invited to participate in the Fair Opening Ceremony, share their submission, and officially open the 2024 Rock Creek &amp; Boundary Fall Fair.

Entries can be submitted in the following ways:

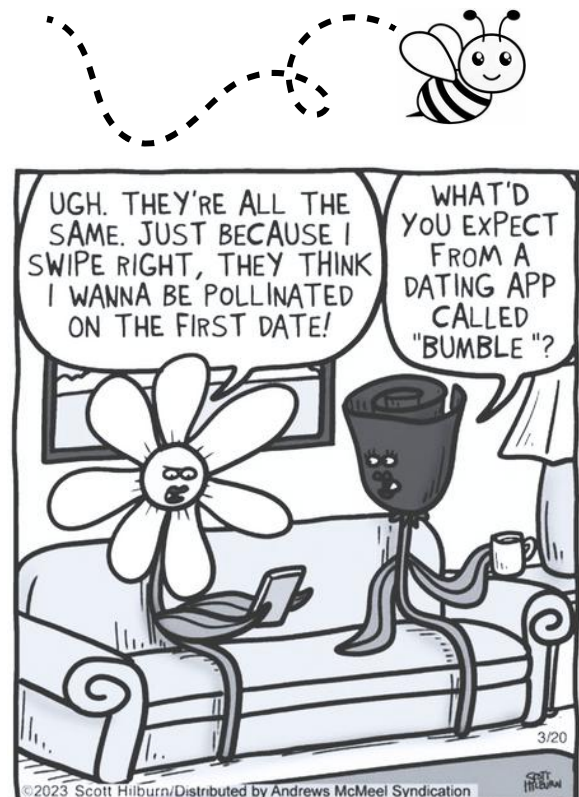
- Via email to [office@rockcreekfallfair.ca](mailto:office@rockcreekfallfair.ca) - Full name, birthdate and telephone must be in the body of your email
- Mail to RCBFA at 3880 Kettle Valley Rd S, Rock Creek, BC V0H 1Y0 - Full name, birthdate, email and/or telephone number must be on the back of your submission
- Drop off at the Fair Office Monday to Friday between the hours of 9:00 am and noon - Full name, birthdate, email and/or telephone number must be on the back of your submission

**ALL ENTRIES MUST BE RECEIVED NO LATER THAN JULY 31, 2024****Entries will be displayed on "walls of memories" throughout the Fair Grounds.**


**Mind Body Love**  
collective

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

276 South Copper in Greenwood  
(236) 867-6760





### Summit Artists' Market

The Mongolian Yurt @ Summit RV Resort is now dedicated to showcasing the works of Local Artists and Crafters!

---OPEN THURSDAY THROUGH SUNDAY---

Outdoor Markets start in June

6075 Highway 3, Bridesville BC

Submissions will be on an ongoing basis- for info about the Outdoor Market or Store, email: SummitArtistMarket@gmail.com

## RDKB BOARD HIGHLIGHTS

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

(April 24, 2024 Board Meeting)

- Kettle River Food Share Society - insurance: \$2,222
- Greenwood Recreation Association - first Annual Soapbox Derby: \$1,500
- Midway Seniors Centre #117 - painting the interior: \$4,820
- Boundary Central Secondary School Theatre Trust - travel costs to Provincials: \$2,000

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

(May 8, 2024 Board Meeting)

- Greenwood Founders Day Committee - Founders Day: \$1,500
- West Kootenay Kennel Club - West Kootenay Dog Show: \$1,000
- Boundary Community Partners Association - 30 AED/First Aid courses: \$4,050

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



## Pennie's Cut Above

*Located in the basement of parkview manor. Open on Mondays call ahead to make a appointment*

*Been cutting and perming hair for*

*40 yrs!!*

670-9th ave midway

Call (250) 449-2145



JOIN US FOR OUR

PROSPECTOR PUB



## RIB DINNER

BORDERLINE 4-H FUNDRAISER

**SATURDAY MAY 25 5:30 PM**

DANISH BABY BACK RIBS, MASHED POTATOES,  
BAKED BEANS, COLESLAW, DINNER ROLL &  
DESSERT BUFFET

SILENT AUCTION • 50/50 DRAW • LIVE MUSIC

FAMILY FRIENDLY  
TILL 9 PM!

TICKETS: PROSPECTOR PUB OR  
CALL DORIS @ 250-869-7441

**\$29.95**

1620 HWY 33 ROCK CREEK • 250.446.2000

Hello Community Members,

My name is Adeline and I'm the new Borderline club reporter. I am 10 years old and I am excited to introduce you to the new 4-H Borderline Club.

We have 4 Divisions in our club: the Horse Division led by Melanie Bakker and Angelica Moline, the Outdoor Living Division led by Michell Weiberg, the Small Engines Division led by Les Best, and the Cloverbuds led by Daniela Harfman.

We are newly formed, but already have 31 members! We have done a lot in the past few months. We elected our club executives and have learned how to run our club meetings. Each division has met to start different activities, and we have also all started working on our record books.

We had a Spaghetti fundraiser dinner, and we will also host a Rib Dinner and silent auction at the Prospector Pub on May 25th. We will be collecting bottles for our bottle drive on June 8th.

We have enjoyed some activities altogether, like learning how to line dance, learning how to write speeches, doing speeches, and participating in rally day with the other 4-H clubs in the Boundary.

We are excited to be learning new things and helping out around the community. We look forward to future 4-H events and hope to see you there!

Want more information about our club? Email: [borderline4hclub@gmail.com](mailto:borderline4hclub@gmail.com)

## BORDERLINE 4-H CLUB BOTTLE DRIVE

### WHEN & WHERE

SATURDAY, JUNE 8TH

9 AM TO 1 PM

WEST BOUNDARY ELEMENTARY



### SUPPORT OUR NEW CLUB!

Our new 4-H club has 31 members and 4 divisions, including: the cloverbuds, horse, small engine, and outdoor living club.

### WAYS TO DONATE



1. Come meet the new 4-H club members and drop off your bottles on Saturday, June 8th between 9-1pm at West Boundary Elementary
2. Can't make it on Saturday? We will have a cargo trailer parked at the school where you can drop off bottles during the day from June 3rd-6th
3. Have a big load? Call Graeme at 604-374-3052 to schedule a pick up for Saturday, June 8th from our 4-H members

THANK YOU FOR YOUR SUPPORT!

[borderline4hclub@gmail.com](mailto:borderline4hclub@gmail.com)



## ROCK CREEK COMMUNITY MEDICAL SOCIETY

The Rock Creek Community Medical Society will be holding its Annual General Meeting on Thursday, June 20, 2024 at 6:00 pm in the Boardroom of the Rock Creek Medical Centre located at 100 Rock Creek Cutoff Road, Rock Creek. All Society members are invited to attend. Residents of Rock Creek / Bridesville / Westbridge / Beaverdell are invited to become members of the Society.

Current annual membership fee is \$5.00 per person. A major agenda item is to elect nine Directors for the ensuing 2024-2025 year. Currently, there are vacancies for positions of director. New directors will be needed. So come and support your Rock Creek Community Medical Society. For additional information contact Harald Zinner, President, at [hgzinner@gmail.com](mailto:hgzinner@gmail.com) or 250-446-2517 or Hazel Self, Vice-president at [hdself@proton.me](mailto:hdself@proton.me) or 250-446-2863.

**"We make a  
living by what  
we get, but we  
make a life by  
what we give."**

**Winston Churchill**



**StellerVista**  
credit union

West Boundary Branch 250.445.9900

[heritagecu.ca](http://heritagecu.ca)

[greenwood@heritagecu.ca](mailto: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



**POURBOYS MECHANICAL**

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- GOVT INSPECTION FACILITY
- AUTO REPAIRS
- COMMERCIAL TRUCK REPAIRS
- TIRES

805 MURRAY ST.  
MIDWAY, BC

**Darrin Metcalf**

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

Hi there, my name is Barb Gladue and I have recently moved to Greenwood. I have brought my **Mediation and Counselling** practise here. My practise is built on my diverse training in counselling. Whether trauma, domestic violence, youth counselling, family difficulties, addiction, I feel privileged to walk alongside families.

I have specialized as a Sexual Recovery Therapist. Whether it's been helping people heal from sexual trauma or bringing understanding and freedom to the sex addict. I offer discrete, confidential sessions either online or in person.

I believe in the POWER of story...  
And facing our SHADOWS together...  
...Because the hurt is complicated.  
...Because healing is POSSIBLE.

I am a trauma informed, mediator, helping families wade through some of the murky water associated with (but not limited to):

- Elder Mediation
- Parenting plans
- Pre - cohabitation
- Family Business
- Parent - Teen
- Pet Custody

The ripples in your lives can be calm again. Whether it's through counselling or mediation, I hope to bring heart to tricky conversations.

**Barb Gladue**

MC,SRT,CPC

**PH: 778-363-2272**

barb@bproactivecounselling.ca  
www.bproactivecounselling.ca

735-9th Ave  
Midway, BC V0H 1M0



**B Proactive  
Counselling  
&  
Mediation**

## KETTLE VALLEY BURSARY & SCHOLARSHIP SOCIETY

We are a registered charity that has been supported by community donations and helping students from Boundary Central Secondary School continue on with their post-secondary education since 1965.

**Anyone wishing to make a donation and help support Boundary students can send it to:**

**By mail:**

Box 362 Midway, BC V0H1M0  
Cheque can be made out to KVBSS  
Include your name and mailing address

**Online donations at:**

Canadahelps.org



Kettle Valley Bursary and Scholarship Society

**All donations will be issued a tax receipt.**



**YOUR GENEROSITY IS GREATLY APPRECIATED BY THE  
SOCIETY AND THE 2024 GRADUATING CLASS.  
THANK YOU!**

**2023 Recipient Winners**

Reine Fossen, Yashvardhan Balinan, Taylor Vu,  
Sean Davies, Devon Kohler

**BCSS Class of  
2024**

**CONGRATULATIONS GRADUATES!**

- |                        |                 |                      |
|------------------------|-----------------|----------------------|
| • Elise Atkinson Pryce | • Sylvie Harpur | • Kieran Schneider   |
| • Bertinia Boyo        | • Steven Harsch | • Nikolaos Tsigonias |
| • Kira Christison      | • Bailey Hatch  | • Clayton Wheeler    |
| • Siarrah Corfe        | • Ryland Ketler | • Dane Yost          |
| • Lyla Deacon          | • Trevor Koenig |                      |
| • Mackenzie Eaton      | • Divjot Powar  |                      |
| • Solamon Elliot       | • Taylor Ramsey |                      |
| • Carly Fraser         | • Ashley Reeds  |                      |
| • Brayden Goddard      | • Cohen Salz    |                      |

**Be Safe!  
Be Smart!  
Have Fun!**

## 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

*"play is the work of the child"*  
~ Maria Montessori

## West Boundary Li'l Explorers

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



Freepik.com

### May to June:

Wednesdays 2:00 – 3:00 and

Fridays 11:00 – 12:00 (following the Family Connections group)  
Rock Creek Medical Centre

### July and August:

Wednesdays 9:30 – 10:30  
McMynn Village Park, Midway

Registration is not required.

For more information email  
[Mary-ann.dennis@bfiss.org](mailto:Mary-ann.dennis@bfiss.org)



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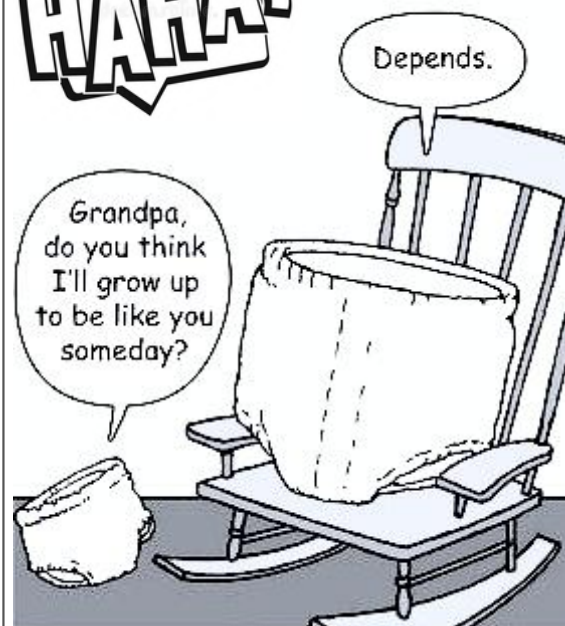
RV / boating season is here. Don't forget to have a fire extinguisher on board.



**HAHA!**

Depends.

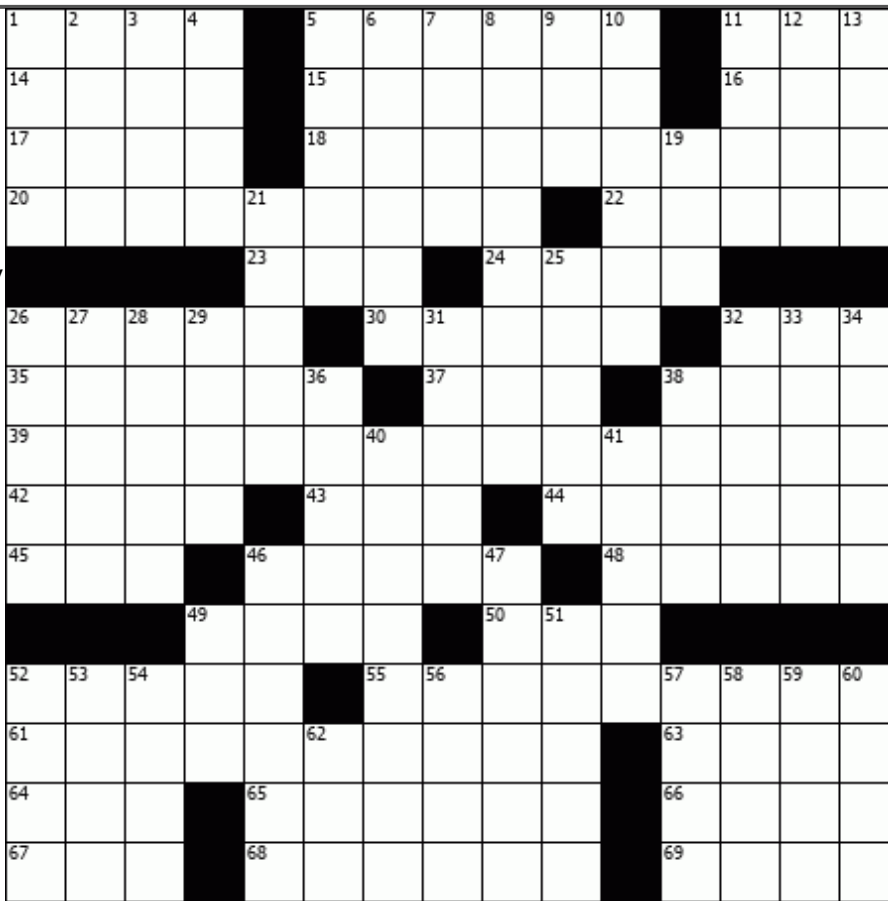
Grandpa, do you think I'll grow up to be like you someday?



## Crossword

## Across

1. "The Lord of the Rings: The Fellowship of the Ring" for on  
 5. First name among 5-Down  
 11. "When Harry \_\_\_\_ Sally ..."  
 14. "Star Wars" guru  
 15. Conceptualize  
 16. Losing tic-tac-toe line  
 17. Love child?  
 18. Uruguay's capital  
 20. An Oscar  
 22. Campaign-button word  
 23. "\_\_\_\_ was saying ..."  
 24. Garlic relative  
 26. Word with moth or worm  
 30. Sheds pounds  
 32. \_\_\_\_ de deux  
 35. Seattle rock  
 37. Lennon's lady  
 38. Ten recipient  
 39. An Oscar  
 42. "Lucky Jim" author  
 43. Bolt fastener  
 44. Aggregate  
 45. Some hip-hop  
 46. Sahara sights  
 48. University of Florida footballer  
 49. Part of a crossword  
 50. Put to work  
 52. '60s protest leader Hoffman  
 55. An Oscar  
 61. Peters of film and stage  
 63. "\_\_\_\_ a heart!"  
 64. Ipswich potable  
 65. Successfully put back on the market  
 66. Neglect to include  
 67. Atrocious  
 68. Agreeable words  
 69. Certain crayons



## Down

1. Word with bug or googly  
 2. Sweat site  
 3. "American \_\_\_\_"  
 4. Hidalgo's house  
 5. Silent screen stars?  
 6. Handsome lad of myth  
 7. Lease subject  
 8. California resort island  
 9. Monte Carlo season  
 10. Flood stoppers  
 11. Style  
 12. Limo passenger, often  
 13. Horn sound  
 19. It's almost silk?  
 21. Grazing area  
 25. Overdramatize lines  
 26. Samantha of "The Collector"  
 27. Sweet smell of success?  
 28. Cup-shaped flower  
 29. Pass masters?  
 31. Lenya of "From Russia With Love"  
 32. Kind of jury  
 33. Roger Clemens, in 2004  
 34. Move the tiller  
 36. World weariness  
 38. Aristotle's B  
 40. Hot weather wear  
 41. Lemmon in "The Odd Couple"  
 46. Like rainy days, to some  
 47. Not so easy to dig?  
 49. Bar staple  
 51. Ranked players  
 52. Rhyme scheme  
 53. Caped Lugosi  
 54. Sired  
 56. Siouan-speakers  
 57. Hammer-wielding deity  
 58. Word with time and place  
 59. "Metamorphoses" poet  
 60. Trawlers' needs  
 62. Poor grade

Solution on page 5

Life Is Too  
 Short For Bad  
**COFFEE**

What do you  
 call a woman  
 with one leg?

Eileen



What does a  
 storm cloud  
 wear under its  
 raincoat?

Thunderwear



What was a more  
 useful invention  
 than the first  
 telephone?

The second telephone.

Credit  
Union

**Liz White**  
 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
- **West Boundary Li'l Explorers** @ RC Medical Centre 2 pm - 3 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 Li'l Explorers** @ RC Medical Centre 11 am - 12 pm

### SATURDAYS

- **Rock Creek Farmer's Market** @ Rags, Relics & Rutabagas 9 am - 1 pm (starting May 4)

### SATURDAY, MAY 25 (5:30 PM) @ PROSPECTOR PUB

- Borderline 4-H Club's Rib Dinner fundraiser

### SATURDAY, JUNE 2 (10 AM - 2 PM) @ SWEET ADELINE'S

- Beaverdell Farmers Market

### SATURDAY, JUNE 8 (9 AM - 1 PM) @ WEST BOUNDARY ELEM. SCHOOL

- Borderline 4-H Club's Bottle Drive

### SATURDAY, JUNE 8 (11 AM) @ MIDWAY BOUNDARY EXPO ARENA

- BCSS Grad Ceremony

### THURSDAY, JUNE 6 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: "Cowboy, Farmer, Ferrier: Challenges -- Past and Present" with Dave Arkell

### THURSDAY, JUNE 20 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: "About Livestock Behaviour and Savvy Livestock Handling," with Emmalee Williamson

### THURSDAY, JUNE 20 (6 PM) @ RC MEDICAL CENTRE BOARDROOM

- Rock Creek Community Medical Society AGM

### THURSDAY, JUNE 27 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: "Custom Leather Work and Repairs - Saddles, Tack, Chaps and More" with Rachel Lautard

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