

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

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



5TH ANNUAL
Bird Day

RIVERSIDE CENTRE
3990 Highway 3 Rock Creek B.C.
MARCH 21ST 2026
DOORS OPEN AT 10:00 AM
PRESENTATIONS START AT 10:30 AM

CHRISTMAS BIRD COUNT
BIRDS AND BUNCH GRASS
BIRDS OF THE GRASSLANDS BY BARB STEWART
WHERE WATER MEETS WINGS
BIRDS OF RIPARIAN CORRIDOR BY JENNY COLESHILL

Also Refreshments and Door Prizes!

SPONSORED BY TRAILS TO THE BOUNDARY SOCIETY




Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath



HOTEL MIDWAY IS OPEN!

We are so excited to share with you that our hotel rooms are up and running for the 2026 season!

This has been a huge labour of love for us, and every smile and word of encouragement from the community has meant so much!

To show our appreciation, anyone local who wants to book themselves, or friends and family, into the hotel will receive a "friends and family discount". We have four rooms with queen beds, and two rooms with two twin beds each, so we can provide sleeping for 12 people.

We are now hard at work getting the main floor ready for food service. If you, or someone you know, might be interested in taking that on, please get in touch!

Check us out here at www.hotelmidway.ca and if you're not following us on facebook or instagram yet, just look for the Hotel Midway.

Reach out to Carissa at hello@hotelmidway.ca



SENIORS BEING SEEN

Upcoming Sessions...

Thursday, February 19, 2026 - 1:30 pm

- EMT, Spencer Condon presenting “Exercises for Seniors: Flexibility, Strength and Joint Wellness.”

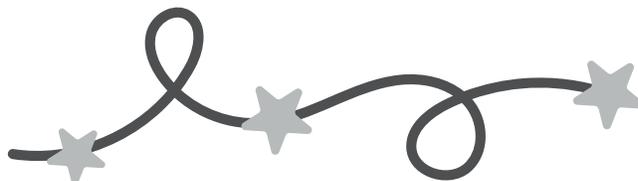


Thursday, February 26, 2026 - 1:30 pm

- “Horticulturist, Jeff Hicks presenting “Resilient Planting Choices for the Boundary.” Since 1983, Mr. Hicks has worked as a commercial horticulturist and in advisory roles with the BC Invasive Species and North American Invasive Species advisory councils. His remarks will address resilient planting choices that take into account significant changes in our seasonal temperatures and water resources.

Thursday, March 5, 2026 - 1:30 pm

- To Be Announced



Thursday, March 12, 2026 - 1:30 pm

- “Pressingly Fraught Community Issues: Creating Respectful and Productive Discussions Moving to Solutions.” Our guest speaker will share with us how she initiated this process in her community. This is a follow-up to our own, in-house discussion, held January 29th on minimal prerequisites for civil, safe and productive community action – or, “... how NOT to go off the rails, together...”

Thursday, March 19, 2026 - 1:30 pm

- “Further Information on Cybersecurity and AI.” – back by popular request, Christina Werry, Boundary Family Services Society Seniors Navigator, returns with more solutions to address ever-evolving complex issues in protecting sensitive financial and personal information when we use our cell phones, computers, etc.

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 pm at Riverside Centre, 3990 Hwy 3, Rock Creek, BC.

For suggestions and/or further information, please contact Programme Coordinator – Michele (Shelly) Garrison at shellygarrison1@gmail.com 250-442-2415 or check our monthly schedule online at www.westboundary.com

2026 is the Board of Trade’s 127th year of community service.

Mission Statement: The object of the Greenwood Board of Trade shall be to promote and improve trade and commerce and the economic, civic and social welfare of the district. Any reputable person, directly or indirectly engaged or interested in trade, commerce or the economic and social welfare of the district, shall be eligible for membership in the Board.

The BOT is looking for active community and regional citizens, who are inspired to be the change they want to see in our community.

March 11th is this year’s Board of Trade’s AGM at 309 Copper St (Pacific Grill – downtown Greenwood) at 6pm.

For those wishing to bring their business to Greenwood, main street store-fronts are available.

“An engaged community is a progressive community working together.”



GREENWOOD BOARD OF TRADE

P.O. BOX 430,
GREENWOOD, B.C. V0H 1J0

➤ FACEBOOK/GREENWOODBOT

IT'S CONTEST TIME!

We've already chosen "Gold Pans & Cattle Brands" as our 2026 theme, but we're looking ahead – and we want your help!

Submit your idea for the 2027 Rock Creek Fall Fair Theme, and if your idea is selected, you'll win a 2026 Fall Fair Prize Package that includes:

- Weekend Passes for 4 people
- 3-night Camping Pass
- 2 all-day Shooting Star Amusement Ride Wristbands

How to Enter:

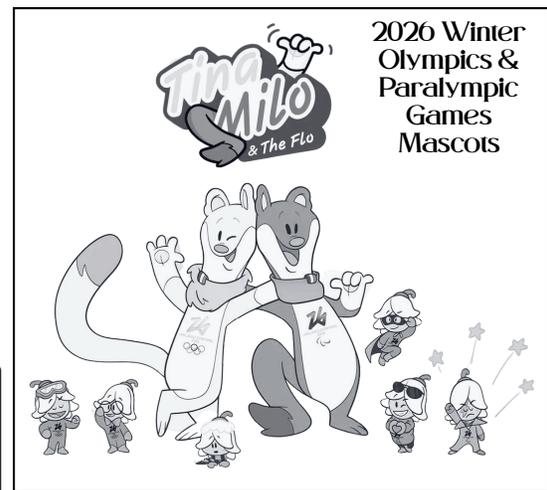
Send your theme idea by email to office@rockcreekfallfair.ca
Please include your full name and telephone number with your submission.

Deadline: February 28, 2026

Winner Selection: March 18, 2026 – chosen by the Fair Board & Membership.

If multiple entries feature the winning theme idea, all those names will be placed into a barrel, and one name will be drawn at random as the prize winner.

Get creative and help shape the future of the Rock Creek Fall Fair!



BETTER TOGETHER



BOUNDARY
COMMUNITY PARTNERS
ASSOCIATION

Boundary Community Partners Association is looking for an Economic Development Coordinator. To be successful in this role, a post-secondary education in a related field and relevant prior experience is considered an asset. An equivalent combination of education and experience will be considered. Strong communication skills and the ability to work collaboratively in a professional environment are essential. You should have general knowledge of computer applications, be able to navigate social media in a professional capacity and be proficient in Microsoft Office applications and experience design tools such as Canva is considered an asset.

The role:

- Reporting to the Boundary Community Partners Board of Directors, the Economic Development Coordinator will work in the Boundary community and develop and implement strategies and programs that support business attraction, retention, and expansion in the community
- Identify and secure funding through grants, government programs, and other financial opportunities to support economic development initiatives
- Build and maintain positive, non-political relationships with government agencies, industry partners, societies, and community members to advance economic goals

WHO ARE WE LOOKING FOR

You have education, experience, or an equivalent combination. You are community-minded, detail-oriented, have a willingness to contribute to a team and are an excellent communicator.

Remuneration starts at \$35/hr for 64hrs/month per contract.
Please email your interest and qualifications by Feb 25, 2026 to:
boundarycpa@gmail.com



BOUNDARY INTEGRATED WATERSHED SERVICE 2026 GRANT APPLICATIONS ARE OPEN



THIS GRANT PROVIDES FINANCIAL SUPPORT FOR COMMUNITY PROJECTS THAT MEET ACTION ITEMS FROM LOCAL WATERSHED MANAGEMENT PLANS.

WHO CAN APPLY:

- Not-for-profit organizations
- Community coalitions and stewardship groups; under a not-for-profit umbrella organization to administer the funds
- First Nations governments
- Schools or school districts

2026 BIWS GRANT APPLICATION FORM



kettleriver.ca/biws-grant

CHECK project eligibility and requirements on application form

APPLICATION DEADLINE:
MARCH 2, 2026

✉ watershedplanner@rdkb.com



YOU CAN HELP THE ROCK CREEK MEDICAL SOCIETY

The Rock Creek Medical Society meets on the 1st Thursday of every month at 6:00 pm, downstairs at the Rock Creek Medical Centre.

Please help us by becoming a member. A thriving membership makes grant funding more accessible.

For \$5, memberships are available by attending meetings or giving to staff at the Medical Centre, along with your name, email and phone number.



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Solution on page 9

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FREEMAN'S

COUNTRY SUPPLY

Hwy 3 Rock Creek 250-446-2899

Perfect for this muddy shoulder season, DryShod Haymaker boots keep your feet warm, dry, and ready to work hard. Freeman's carries six rugged options for men and women.

DRYSHOD

Haymaker Hard Working Farm Boot



The Secret Life of The Sockbird

Some socks escape through the air duct. Others hitch a ride on husband's shirt and end up halfway to Rock Creek. There is a colony of runaway socks living somewhere between Midway and Bridesville, thriving on pine needles and freedom.

Some people believe socks simply vanish in the dryer. But we here in Boundary Country know better. We have long suspected that socks don't just disappear— they mate. They slip out through the air duct, find each other in some warm, lint-lined hideaway, and start a new life together. How else do you explain argyle socks? No one buys argyle socks. They simply appear one day, smug and patterned. So don't be alarmed if you find yourself holding one lonely sock while its partner gallivanted around town on your husband's back.

The Sockbird of Boundary Country

The Boundary Country holds the perfect place for the Sockbird. A small, plump creature, shaped suspiciously like a rolled-up ankle sock. Its wings are mismatched, of course — one plain, one patterned — because no self-respecting Sockbird would ever match its mate. The tail feathers look exactly like the ribbed cuff of a sock, fluttering behind it as it zips past the clothesline with the confidence of something that has escaped the dryer and lived to tell the tale. The plain white Sockbirds are shy. The striped ones are show-offs. And the argyle Sockbirds? Those are the scandalous ones — they enjoy Breadcrumbs that fall into the toaster tray. The odd Cheerio that escapes from a toddler's fist. Fluff from sweaters that have seen better days and the occasional popcorn kernel that didn't quite pop.

You can sometimes spot a Sockbird perched on a fencepost near the Kettle River, sunning itself like it owns the place. They build nests out of dryer lint, lost buttons, and the occasional earring that vanishes from one of the ladies who plays Bridge on Tuesdays. You know the ones — they wear cardigans with shoulder pads and bring lemon squares in Tupperware older than most of their grandchildren. They settle in like they're negotiating a peace treaty, and leave with fewer earrings than they came with.

The Sockbird's call is a soft fwip-fwip, like a sock being snapped before folding. Not loud. Not showy. Just enough to say, "I'm here. I've made it. I've survived the spin cycle." So, today, if you feel the urge to escape, take a lesson from the Sockbird — find your wings, choose your pattern, and fly toward whatever feels like freedom. Eat lightly. Take only what you need. And leave room for lemon squares.

Yours in lint and liberation,
Adrienne Haynes

We're soliciting "sock birds" from any members of the community. Please drop them off at Riverside Centre, before March 21, and they will be on display for the 5th annual bird day.



Mind Body Love collective

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

276 South Copper in Greenwood
(236) 867-6760



BEAUTY SALON

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

RCBFA PRESIDENT'S MESSAGE

-Dean Corbett

Is your infrastructure tired and worn out? Some of the RCBFA's assets are wrinkled and sagging! Over the years many of the buildings at the fairgrounds were built by volunteer labour and donated materials without the benefit of large budgets. Many of them have been patched up, upgraded, replaced but some now need repair or replacement.

The old chicken barn was demolished and replaced by a new multi-use structure. The 45-year-old wooden bleachers were dismantled and replaced by new steel ones on concrete foundations and can now seat over 1200 spectators. The Bingo Parlour roof is new with upgraded electrical wiring and lights so is now safe from overzealous bingo callers and exuberant winners. The "Bridesville Booth" has been repurposed on the cooking side to be the first aid facility, but no cooking is allowed as the roof structure has absorbed a lot of cooking grease. I have read that saturated fat is not supposed to be good for you, nor I guess for cooking facilities! The former first-aid side of that building has a very sketchy floor and some rotten joists, so probably should not be used for anything until proper repairs can be carried out, if possible.

The Dais (bandshell) experienced some sparky electrical problems a few fairs ago, but that has been repaired. Funding permitting, we plan to repair and protect the stage flooring with a vinyl membrane and retractable fabric covering for our talented stage performers to have sun/rain protection while entertaining the crowds.

The wooden floor of the pavilion was shored up several years ago due to some rotting in one corner and the crawly-creepy crawlspace was vapour barriered, waterproofed and properly vented. The dance floor, one of the best in BC, had the very gross carpeting removed from the perimeter, then sanded, stained and refinished. The pavilion washrooms and meeting room have been remodeled and upgraded to be more modern, sanitary, and inviting. Over the last several years, our kitchen has been upgraded to commercial standards and a remodeled kitchen storage area was completed in 2025. Trophy and display cases have been fixed up to show the many current trophies and historic hardware handed out to hundreds of winners over the last 80 years.

The equine arena announcers' booth lets you sway to the music, but that is a bit problematic when seven or more enthusiastic lawnmower race lap counters get up there on fair day. It needs replacing and is planned to be the major spring building project this year. We hope to have it ready for the first KR Horse Club event. The Margaret Harpur Memorial Gazebo has been repaired to be an inviting, dry, shady, and relaxing refuge during busy fair days. The information booth has been patched up, but it may need more upgrading soon.

New additions have been the Memorial Garden and 50/50 Ticket Booth. For these types of new build projects and those repair/replacement jobs above, the RCBFA is most grateful for grants from local, provincial, and federal governments, many volunteer hours and reduced pricing by local contractors. The 50/50 money from 2025 is earmarked for a new tractor purchase. We hope the 2026 Fifty/Fifty money will help with some of these building and maintenance projects this year.

Keep your eyes open for some dismantling and perhaps building work bees this spring. If you are not a construction or destruction enthusiast, think about supporting these projects by purchasing 50/50 tickets which should be available at \$10 each starting Sunday, Feb 15. The winner in 2025 took home over \$55 000!! Call the office at 250-446-2465 or buy on-line at rockcreekfallfair.ca/50-50 to get your tickets and to support the fair. RCBFA Board Members do lots of things around the grounds including building and maintenance jobs, but they do not participate in the 50/50 lottery.

RDKB BOARD HIGHLIGHTS

January 28, 2026 meeting

Consolidated 2026-2030 Five-Year Financial Plan - First Draft

The RDKB Board of Directors received the first draft of the consolidated 2026-2030 Five-Year Financial Plan and provided directions to staff for any changes. RDKB Directors and staff will take the draft Plan to the public during the Town Hall meetings. Check our Join the Conversation page for dates and times.

Appointments to the Solid Waste Management Public and Technical Advisory Committee (PTAC)

30 individuals have been appointed to the Public and Technical Advisory Committee as of January 28, 2026. They comprise the following: RDKB Board (2 members), representatives from member municipal local governments within the RDKB (8), RDKB staff (4), adjacent regional districts (2), interested members (10), commercial & institutional solid waste generators, operators, haulers &/or recyclers (4)

Resolutions to The Association of Kootenay Boundary Local Governments (AKBLG)

RDKB staff will forward backgrounders on the following subjects to the AKBLG for its 2026 Convention:

- Long-term care
- Restrooms at rest stops
- Biosolids
- Bill M 216 - 2025 Professional Reliance Act
- FortisBC PSPS
- Cell service in Lower Columbia communities
- Community Works Funding and Third Parties

1920: Area E/Big White Zoning Bylaw Amendment Bylaw

Staff will schedule a public hearing for proposed Bylaw No. 1920, 2025 with the Electoral Area E/West Boundary Director delegated the authority to chair the public hearing and the Electoral Area D Director to act as alternate.

Area E Grant-in-Aid approved

- BC Seniors Games - document, catalog, and make accessible activities to all - \$100
- Okanagan Nation Alliance - Fish in Schools Program support - \$1000

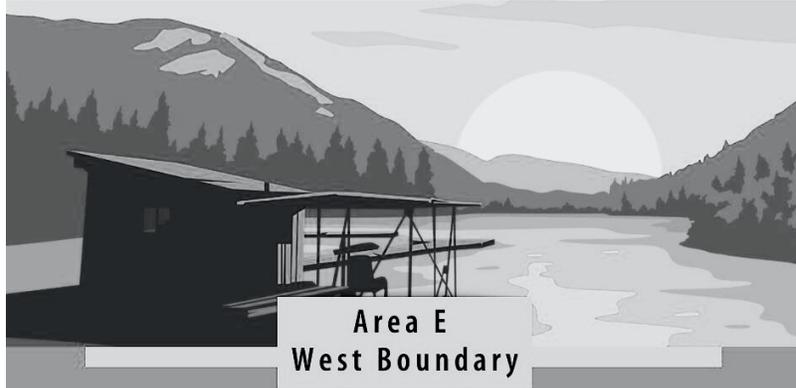
February 11, 2026 waiting for RDKB to publish

Next Board meetings: Wednesday, Feb 28, 2026

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



Join us! For YOUR Town Hall Meeting



Tuesday, March 3 | 6pm
Rock Creek Pavilion

ITS TOWN HALL MEETING TIME!

The RDKB's Area E/West Boundary Town Hall Meeting will take place at the Rock Creek Pavilion, on Tuesday, March 3 at 6pm.

Explore the proposed 2026 Budget and 2026–2030 Five-Year Financial Plan.

Meet Sharen Gibbs Regional Director & RDKB staff, find out how the RDKB operates, what your tax dollars fund and learn more about your programs and services.

There will be door prizes too. See you there!

In the meantime, you can find out more and ask the RDKB team a question on its town hall page:

<https://jointheconversation.rdkb.com/2026-town-hall-meetings>

ARE YOU CERTIFIED TO RUN A CHAINSAW?

Trails to the Boundary will be hosting a Basic Chainsaw Operator training course (March 7 @ Riverside Centre in Rock Creek).

The charge for this 2-day course is \$300 per person.

To register, or for more info, please email admin@trailstotheboundary.com



Settlement & Language Services

Free support for immigrants in the Kootenay & Boundary region!



If you are a ...

- Permanent Resident
- Refugee
- Temporary Foreign Worker
- Naturalized Citizen
- Provincial Nominee
- International Student

We can help with...

- Learning about your community
- English language training
- Referrals and access to services
- Workplace skills
- Preparing for citizenship
- Making connections
- ...and so much more!

Contact the Settlement Worker in your community to learn more about this FREE program!



Funded by / Financé par: Immigration, Refugees and Citizenship Canada / Immigration, Réfugiés et Citoyenneté Canada

Boundary Office: 486 72nd Ave, Grand Forks
boundarysettlement@cbal.org · 250-584-4449 · www.cbal.org

Working together to bring Government services to you.



Service Canada

- Get a Social Insurance Number
- Receive a PAC access code to sign up for My Service Canada
- Canadian Dental Care Plan (CDCP)
- Employment Insurance
- Pension information for Canada Pension Plan and Old Age Security
- Passport Information
- Canada Disability Benefit

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A-Pension, T4A-OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, direct deposit, etc.)

Ministry of Social Development and Poverty Reduction

- Supporting people in navigating the government system(s)
- Supporting the Province's complex care housing sites
- Expedited Intakes
- Shelter and health requests
- Intensive case management
- Homeless outreach
- Coordinated housing inspections
- Responding to inquiries from community partners
- Coordination of services, supports and referrals

Community Volunteer Income Tax Program (CVITP) Free Tax Filing*

- You may be eligible if you have a modest income and a simple tax situation.

*Availability may be limited.

DROP-IN CLINIC

Representatives will be in your community:

DATE

March 18th 2026

TIME

10:00-3:00

LOCATION

Oliver Library, Oliver Place Mall
5955 Main St, Oliver

ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

Presented by: Service Canada, the Canada Revenue Agency, CVITP and the Ministry of Social Development and Poverty Reduction



Valentine's Day By: Vic Boychuk

During the Middle Ages, it was commonly believed, in France and England, that February 14 was the beginning of the mating season of birds, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poems "The Parliament of Fowls" and "The Complaint of Mars". "For this was on Saint Valentine's Day, when every fowl comes there his mate to take", reads one of the verses. At the time of Chaucer's writing, February 14 also happened to be considered the first day of spring in Britain.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl, possibly his jailor's daughter, who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.

Although the truth behind Valentine legends is murky, the stories all emphasize his appeal as a heroic and romantic figure. By the Middle Ages, thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Valentine is likely based on a combination of two Valentines who were executed on February 14 in different years by Roman Emperor Claudius II in the 3rd century A.C.E. The Catholic Church might have established St. Valentine's Day to honor these two martyrs. Legend says that one of these men, Saint Valentine of Terni, had officiated weddings for Roman soldiers in secret, going against the emperor's wishes, making him seen to some as a proponent of love.

The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

It's not all about St. Valentine! Cupid, that winged baby boy often seen on Valentine's Day cards, is another symbol of this love-filled holiday, and it's easy to understand why. In Roman mythology, Cupid was the son of Venus, goddess of love and beauty. He was known for shooting arrows at both gods and humans, causing them to fall instantly in love with one another. While it's unclear exactly when Cupid was brought into the Valentine's Day story, certainly is clear why.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine", made elaborate creations with real lace, ribbons and colourful pictures known as "scrap."

By the middle of the 18th century, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Today, according to Hallmark, Valentine's Day cards sent each year, make Valentine's Day the second largest card-sending holiday after Christmas.



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FireSmart in the Kootenay Boundary: Let's Open the Toolbox

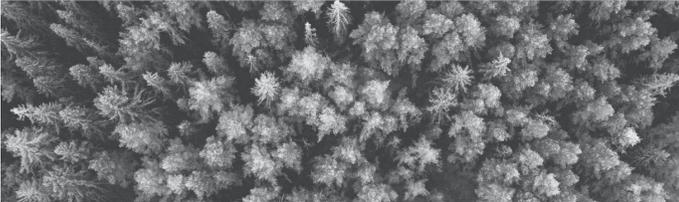
Wildfire resiliency isn't one-size-fits-all — it takes the right tools, used in the right places.

Join the RDKB FireSmart & Emergency Management team, Cabin Resource Management and CR Professional for a community conversation about wildfire risk reduction and fuel management in your area.

Learn how landscape-level plans, fuel treatments (including prescribed fire), and in-community FireSmart actions all work together to strengthen community resiliency.

Join us!

For YOUR OPEN HOUSE in the City of Greenwood



FireSmart in the Kootenay Boundary:
A Conversation about Wildfire Risk Reduction
and Tools for Fuel Management

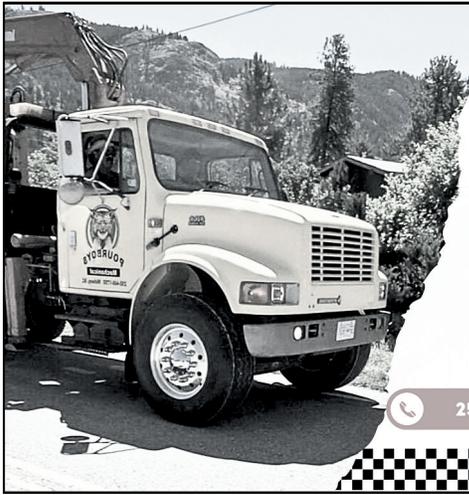
Thursday, February 26 | 6pm
McArthur Centre, 1355 Veterans' Lane

SCAN
ME!



[jointheconversation.rdkb.com/
wildfire-risk-reduction](http://jointheconversation.rdkb.com/wildfire-risk-reduction)





POURBOYS MECHANICAL

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805 MURRAY ST.
MIDWAY, BC

Darrin Metcalf

250-449-2764

CELL: 250-449-1700

COME AND WORSHIP WITH US

every Saturday morning
@ Westbridge Community Hall
(2935 Highway 33, Westbridge)

Bible Study (Sabbath School) is at 10 am
Divine Worship is at 11:30 am
Vegetarian Potluck to follow

Speakers for March

- March 7: Harald Zinner
- March 14: Harald Zinner
- March 21: Pastor Dirk Zinner
- March 27: Pastor Frank McMiller



West Boundary Family Connections

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

September to June



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

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



Boundary Family Services
info@bfiss.org
www.boundaryfamily.org

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



DRUG PROBLEM? WE CAN HELP.

NA is a nonprofit Fellowship, or society, of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other stay clean. Narcotics Anonymous has opened a weekly meeting, as of October 22, 2023, and all are welcome to attend.

100 Rock Creek Road
(around back, lower parking lot)
in Rock Creek, BC.

Time: 12:30 pm - 1:30 pm every Sunday.

Come join us. It is an open meeting - everyone is welcome

Call: 1-855-852-5687
bcna.ca



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StellerVista credit union

West Boundary Branch - 250.426.6666

StellerVista.com

256 S Copper, Greenwood



Serving the West Boundary for more than 20 years

KETTLE VALLEY



DINNER CLUB

is open for NEW members to join...

(Anyone wanting to explore healthy eating/cooking alternatives in PLANT-BASED cookery (No meat/animal products))

- Attendance is FUN & FREE
- Each Session usually contains a **FOOD DEMO**, and/or **Educational Segment & Shared Meal** experience.
- So...you could be asked to contribute a favorite **Plant-based dish** for the shared **DINNER/SUPPER** menu.
- **Dinner Club Sessions** are attempted *bi-monthly* or (at least quarterly...4 times a year).

NEXT SESSION:
SUN. MAR. 29 - 4:00PM
Kettle Wildlife Assn. Hall

1635 Dump Rd., Rock Creek

FOOD DEMO: "Super Salami Substitute"
"terrific taste & texture!"

- Presenters: **Liisa Rowat & Bonnie Franks** from Kelowna

PHONE 604.226.3111 for More Info / to REGISTER
(Leave Name & No. for a Return Call (Back-up NO. - 250.446.2517))

A Community Service Initiative of the Kettle Valley Seventh-day Adventist Church

CLIP this
Fridge
Door
AD



Mark your
Calendar

Westbridge Recreation Society's New Executive

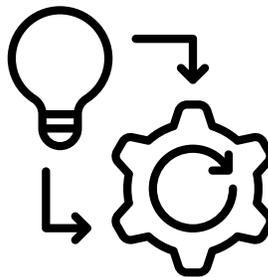


Executive (L-R):
Colleen Boutland (Treasurer),
Adrienne Hildebrand (President),
Lynne McKillican (Secretary).

Our AGM was on Tuesday February 10 at 6:00 pm.
Everyone is welcome to come to our next meeting on March 10 at 6:00 pm.



Directors (L-R):
Kat McLaughlin, Tamara Wheeler, Joyce Evans, Harald Zinner (second from right), Lynne McKillican (far right)



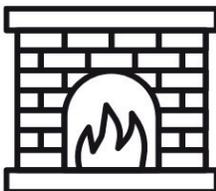
March 8, 2026
set your clocks one hour ahead
DAYLIGHT SAVINGS TIME



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This is winter time.
Remember to be safe and have a fire extinguisher close to your wood-burning fireplace and stove.



Mobile Service
maureen200850@hotmail.com



Crossword

ACROSS

- 1. Went by train
- 5. Rooster's walk
- 10. Appendages
- 14. Poetic lament
- 15. Run after
- 16. Pilot's stunt
- 17. Engaged in festivities
- 19. Wind instrument
- 20. ____ Kippur
- 21. Diner
- 22. Seaside
- 23. Throat-clearing sound
- 25. Delighted
- 26. Spud
- 28. Pebble
- 31. Diva's offering
- 32. Most sensitive
- 37. Acquire knowledge
- 39. 14th letters
- 40. Basil sauce
- 41. Dialect of Chinese
- 43. Stretch across
- 44. Frenchman's cap

DOWN

- 1. Risqué
- 2. Bogus butter
- 3. Spotted dog
- 4. Vane letters
- 5. Vamoose!
- 6. "All ____ Jazz"
- 7. At any ____
- 8. Customer
- 9. Actor ____ Danson
- 10. Honolulu greeting
- 11. Mechanical man
- 12. Roger ____ (007 actor)
- 13. Velocity
- 18. Pub drink

| | | | | | | | | | | | | | | |
|----|----|----|----|--|----|----|----|----|----|--|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
| 17 | | | | | 18 | | | | | | 19 | | | |
| 20 | | | | | 21 | | | | | | 22 | | | |
| | | 23 | 24 | | | | | | 25 | | | | | |
| 26 | 27 | | | | | 28 | 29 | 30 | | | | | | |
| 31 | | | | | | 32 | | | | | 33 | 34 | 35 | 36 |
| 37 | | | | | 38 | 39 | | | | | 40 | | | |
| 41 | | | | | 42 | | | | | | 43 | | | |
| | | | | | 44 | | | | | | 45 | | | |
| 46 | 47 | 48 | 49 | | | | | | 50 | | | | | |
| 51 | | | | | | 52 | 53 | 54 | | | | 55 | 56 | 57 |
| 58 | | | | | | 59 | | | | | 60 | | | |
| 61 | | | | | | 62 | | | | | 63 | | | |
| 64 | | | | | | 65 | | | | | 66 | | | |

- 22. Snooze
- 24. Purple ____
- 25. Culmination
- 26. After-bath powder
- 27. Realm
- 28. Guide
- 29. Edgy
- 30. Beginning
- 33.
- 34. CIA activity
- 35. Celebrity
- 36. Heavy weights
- 38. Honorable
- 42. Born
- 45. Ticked off
- 46. Small pies
- 47. Farewell, to Pierre
- 48. Carved pole
- 49. Lock of hair
- 50. Not tipsy
- 52. Richard ____ of "Pretty Woman"
- 53. Loads (2 wds.)
- 54. Ocean movement
- 56. List entry
- 57. Berths
- 59. Clinton's party (abbr.)
- 60. Scrap of cloth

SOLUTION ON PAGE 8



You DON'T NEED TO BE AN EXPERT TO DO SOMETHING GREAT

What do you call it when the hockey teams show up on time for their match?

Puck-tual!

Why did all the ice melt after the Olympics were over?

gone.
All the fans were

APPARENTLY, IT'S RUDE TO POKE SOMEONE IN THE FOREHEAD AND SAY "SKIP INTRO" WHEN THEY START TALKING TO YOU.

We've Merged!



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MARK YOUR CALENDAR

MONDAYS

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

TUESDAYS

- **Music Jam** @ Midway Social Centre (1 pm - 3ish) 1st and 3rd Tuesday
- **Greenwood Senior's Thrift Store** open 11 am - 3 pm

WEDNESDAYS

- **Greenwood Seniors Bingo** (1 pm)

THURSDAYS

- **Kettle River Horse Club** meetings (7 pm) @ the Riverside Centre in RC (second Thursday of each month)
- **Crafts** @ Midway Social Centre (9 - 11:30 am)
- **Kettle River Art Club** McArthur Centre, 1375 Veteran's Lane, Greenwood meets on the 1st Thursday of each month. Meeting times vary. Please email for more details: info@kettleriverart.org
- **Greenwood Senior's Thrift Store** open 11 am - 3 pm
- **Westbridge Thrift Store** open 10 am - 3 pm

FRIDAYS

- **Family Connections** (9:30 am - 11 am) @ Rock Creek Medical Centre
- **Games:** @ Midway Social Centre (12:30 - 3 pm)
- **Games:** @ Greenwood Seniors Centre (1 - 4 pm)
- **Westbridge Thrift Store** open 10 am - 3 pm

SATURDAYS

- **Greenwood Senior's Thrift Store** open 11 am - 3 pm (closed Saturdays of a long weekend)
- **Lions Meat Draw & 50/50** from 3-5 pm at Prospector Pub in Rock Creek
- **Westbridge Thrift Store** open 10 am - 3 pm

SUNDAYS

- **Beaverdell Farmer's Market** (10 am - 2pm) starting May 4
- **Narcotics Anonymous** (12:30 pm - 1:30 pm) Rock Creek Medical Centre basement room

THURSDAY, FEBRUARY 19 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: Spencer Condon - "Exercises for Seniors: Flexibility, Strength and Joint Wellness."

THURSDAY, FEBRUARY 26 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: "Horticulturist, Jeff Hicks presenting "Resilient Planting Choices for the Boundary."

THURSDAY, FEBRUARY 26 (6 PM) @ MCARTHUR CENTRE

- RDKB FireSmart & Emergency Management Open House

TUESDAY, MARCH 3 (6 PM) @ ROCK CREEK PAVILLION

- RDKB's Area E/West Boundary Town Hall Meeting

THURSDAY, MARCH 5 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: program TBA

SATURDAY, MARCH 7 @ RIVERSIDE CENTRE

- Basic Chainsaw Operating Course

SUNDAY, MARCH 8

- Daylight Savings Time - Spring clocks ahead one hour

THURSDAY, MARCH 12 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: "Pressingly Fraught Community Issues: Creating Respectful and Productive Discussions Moving to Solutions."

WEDNESDAY, MARCH 18 (10 AM - 3 PM) @ OLIVER LIBRARY

- Service Canada, The Canada Revenue Agency, CVITP, and the Ministry of Social Development and Poverty Reduction services available

THURSDAY, MARCH 19 (1:30 PM) @ RIVERSIDE CENTRE

- Seniors Being Seen: Christina Werry - "Further Information on Cybersecurity and AI."

SATURDAY, MARCH 21 (10 AM - 1 PM) @ RIVERSIDE CENTRE

- 5th annual Bird Day

SUNDAY, MARCH 29 (4 PM) @ KETTLE WILDLIFE ASSN. HALL

- Kettle Valley Dinner Club

KETTLE RIVER LIONS CLUB



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Bridenville & Westbridge

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