

# FRUITVALE & AREA A NEWS

January 2022

2022  
happy New Year

## CANDY CANE LANE 2021 - Acknowledgements from Councillor Vickie Fitzpatrick



THANK YOU Allison for decorating and helping with the movie! Robin THANK YOU for helping with the movie, for all the crafts you made as well as being a gopher along with me!

To Diane and Councillor Kniss THANK YOU for weathering the cold and working the market. To Mayor Morissette THANK YOU for being you!! To Colleen, Brian and LeeAnne Prodaniuk, Larry Fitzpatrick, Kelli Tuttle, Robin Piche, Susan Alexandre, Vince Treverton, Allison Unti, Catherine Ellison, Madeline Harlamovs, Robyn Tremblay, the Beaver Valley Dynamic Aging Team of Ingrid & Amber Hope, Danielle Morissette, Monica Kabatoff, THANK YOU!! Our volunteers are one of the most valuable assets we have and without you these events would not be possible! THANK YOU never feels enough!! THANK YOU to our vendors for making this day

great! To our sponsors, Village of Fruitvale, FortisBC, RDKB Area A Director Grieve, Canco, Kurtis' No Frills, Liberty Foods, Beaver Valley Youth Action Network, Fruitvale Elementary School (for the beautiful snowflakes) and the Fruitvale Firefighters' Society - THANK YOU!!!! To the Community - thank you for joining us at the event, we hope you enjoyed yourselves!

## CHRISTMAS TREE DISPOSAL

The Village of Fruitvale will once again be taking Christmas trees to the landfill free of charge after the Christmas season. Please bring your tree to the designated area (look for the sign) in the Pole Yard before January 12. There will be no curb-side tree collection. Please ensure all decorations and plastic tree bags have been removed when you drop off your tree. Thank you.



## 2022 DOG TAGS (licenses)



The procedure for purchasing dog licenses (tags) is changing. Beginning in 2022, the Village of Fruitvale will be sending invoices to those people who purchased licenses (tags) over the past two years. When you received your invoice, please visit the Village Office to pay your invoice and we will issue you a tag. Tags will not have an expiration date - you will only get a new tag if your dog loses the current tag, or if you need to license a new dog.

At the beginning of every subsequent year, an invoice will be sent to previous year's purchasers. If you receive an invoice but no longer have the dog it covers, please contact the Village Office so we can update your records.

All dogs in the Village are required to be licensed. Cost for a license is \$25.00 for a spayed or neutered dog and \$75.00 for an unaltered dog. A tag on your dog's collar will ensure that it is returned to you if it is found out of your yard. It's a small price to pay for the safe return of your family pet.

Please remember that it is a contravention of the Animal Responsibility Bylaw No. 922 to allow your dogs to run free or not be on a leash. Dogs at large run the risk of being picked up by the SPCA and fines levied to the dog owner.

And please, for the safety, peace and comfort of your neighbours, ensure your dog(s) are secure in your house or yard and do not let them bark continually at all hours day and night as is also a bylaw contravention.

Thank you for your cooperation.

## BEAVER VALLEY MAY DAYS 2022 ANNUAL GENERAL MEETING

The BV May Days Committee are planning to hold the AGM in person *and* virtually via ZOOM on:



Wednesday, January 17, 2022 @ 7:00pm  
Fruitvale Christian Fellowship Church  
1878 Columbia Gardens Road, Fruitvale, BC

<https://us02web.zoom.us/j/87110558225?pwd=cVYvSW9meUQ1NmRTdjBORitzCHVrZz09>  
Meeting ID: 871 1055 8225



## Happy New Year!

**Weather Events** This past year brought some alarming weather events, and we are likely to see more of the same. So how do we prepare for heat domes and atmospheric rivers? A great first step to prepare for local emergencies is to register with the [RDKB Emergency Voyent Alert System](#). That system will support your safety, and will also keep you updated on events, and informed re: changing situations, disruptions, safety tips and communication channels. Communication procedures will be critical – make it your choice to stay informed.

**Water, or “Blue Gold”** as [Maude Barlow](#)\* called it, is a precious, limited resource. We must respect and protect this natural resource; known as the lifeblood of Mother Earth. The Beaver Valley watershed is located on Kelly Mountain and covers approximately 2,392 hectares. The main source is Kelly Creek that is supported by an aquifer in Fruitvale that feeds two wells, all forming part of the larger system. RDKB owns the water system, and the Village of Fruitvale holds the contract to operate and maintain the system. The service provides clean potable water to about 757 parcels in Fruitvale and 308 parcels in Area A, which makes it a sub-regional service of the RDKB. While the management of the system is with the Village, governance lies with the RDKB Utilities Committee. Voting rights are held by the stakeholders of the service: one elected representative from Village Council and the representative for Area A (me). It is through the oversight of the Utilities Committee that water safety and capacity is monitored. Some key responsibilities of the service include:

- Review annual budgets that align with short & long term strategies
- Monitor & record monthly usage noting trends & weather patterns
- Liaise with Interior Health to ensure ongoing compliance with health standards
- Liaise with local forestry companies regarding logging activities in the water shed
- Develop policies on water restrictions, conservation, source protection; establish appropriate user rates that stay in line with operational costs
- Track available grant opportunities/have improvement projects shovel ready
- Track potential & new connections for subdivisions, secondary suites & homes
- Document usage and be prepared for future needs

The 2022 budget will include a Water Ambassador role that will be shared with two other water systems within the RDKB. Past experience with an Ambassador was a success; that person helped to educate high water users on current water restrictions, which resulted in a higher level of compliance and conservation during the hot, dry summer months. Of the many committees I participate in with the RDKB, water conservation will always require special attention and vigilance with the goal of maintaining a sustainable water service for generations to come. I value and respect our “Blue Gold”. Please, make it your **NEW YEAR’S RESOLUTION** to do the same.

*\*Maude Barlow is one of the Co-founders of the Council of Canadians and the Blue Planet Project. Co-author of many books, including “Blue Gold”, Maude is known as a “water warrior” who fights for water conservation, rights and accessibility among other social causes. In 2008 was appointed Senior Advisor on water to the United Nations.*



# HAPPY NEW YEAR!



**Mayor Steve Morissette**

## Happy New Year!

2022 promises to be a whirlwind year full of new projects in the Village of Fruitvale.

We have a number of projects that we have been working diligently on behind the scenes that we will see physical action on in 2022 such as Phase 1 on the Middle School site, completion of our Economic Development and Re-branding Plan, notification from the Provincial Government on whether or not they will support our Childcare Centre Application, partnership with Beaver Valley Recreation, ATCO Wood Products and the Columbia Basin Trust to build our replica train station and moving the historical Park Siding School building into Railway Park, and 10 months from now, the Municipal Election. It will be a busy year!

As mentioned above, provincially, the Municipal Elections will be held on October 15, 2022. I encourage people to consider putting their name forward to run for a spot on Village Council. As of right now, it is looking like most of our councillors will not be running for re-election, unless they have a change of heart by September. Unless things change personally for me, I intend to run for re-election but I encourage anyone interested in running for mayor to seriously consider it. A healthy competition, giving residents a choice, is good for our Community.

I would also like to encourage everyone to consider joining the BV May Days Committee. They have had a loss of volunteers and need some support to continue with the annual BV May Days celebrations. Join up, the rewards of volunteering far outweigh the small commitment.

Wishing you all a Happy and Healthy New Year from Mayor and Council.

1947 Beaver Street, Box 370, Fruitvale, BC V0G 1L0 | T: 250.367.7551 | F: 250-367-9267

### **REGIONAL DISTRICT OF KOOTENAY BOUNDARY UPCOMING MEETINGS**

All meetings are held via Zoom Video Conference

#### **Board of Directors**

Wednesday, January 12 & 26, 2022 @ 1:00pm

#### **Electoral Area Services Committee**

Thursday, January 13, 2022 @ 10:00am

#### **East End Services Committee**

Tuesday, January 18, 2022 @ 9:00am

#### **BV Regional Parks & Trails Committee**

Wednesday, January 19, 2022 @ 10:00am

#### **Board of Directors**

Wednesday, January 26, 2022 @ 1:00pm

### **VILLAGE OF FRUITVALE UPCOMING COUNCIL AND COMMITTEE OF THE WHOLE MEETINGS**

Meetings are held at 4:00 pm via

Zoom Video Conference at

<https://us02web.zoom.us/j/3353726693>

Meeting ID: 335 372 6693

**Regular Council** - January 10, 2022

- February 7, 2022

**Committee of the Whole** - January 24, 2022

- February 28, 2022

# DID YOU KNOW...

**This is budget season.** Council will spend the next few months reviewing services and how much they cost in order to bring residents value for their tax dollars.

## For snow removal purposes residents are remind that:

- vehicles must not be parked on the boulevards as this is where the snow must be plowed;
- when shoveling, ensure that snow is placed onto your property, not onto the road or your neighbours' yard.
- vehicles should not be parked on the street as this narrows the width of the street and emergency vehicles are not able to get by.

## Beaver Valley Youth Action Network



The 'Ski Red' program starts as soon as the snow flies and Red Mountain opens.

If you are interested in the program and would like more information or want to register for their programs or events, please contact Tammy, BVYAN Coordinator, at [beavervalleyyan@gmail.com](mailto:beavervalleyyan@gmail.com) and don't forget to follow BVYAN on Facebook at Beaver Valley Youth Action Network to keep up-to-date on their events.

## Village of Fruitvale Garbage & Recycling

Please keep household garbage and recycling in a secure location until the morning of your garbage day and recycling day.

### JANUARY 2022

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### LEGEND

- South Side Garbage
- North Side Garbage
- South Side Recycling
- North Side Recycling

## Beaver Valley Recreation Programs

**Babysitting Course** – Saturday, Feb. 26, 9:00am-5:00pm, \$65, ages 11+

**Stay Safe Home Alone** – Sunday, Feb. 27, 9:00am-2:00pm, \$40, ages 9+

**Body Weight, Bands & Balls** – Fridays, starting Jan. 28, Noon-1:00pm, Fruitvale Hall

**Gentle Yoga with Wendy Robertson** – Tuesdays, starting Jan. 25, 7:00-8:15pm, Fruitvale Hall

**Gentle Yoga with Jodi Ihas** – Thursdays, starting Jan. 27, 7-8:15pm, Fruitvale Hall

**A.C.T. (Aerobics Chair Tone) Fitness** – Tues & Thurs, starting Jan. 25, 9:45-10:45am, Fruitvale Hall

**Seniors Line Dancing** - Fridays, starting Jan. 28, 10:00-11:00am, Fruitvale Hall

**Public Skating** – Tuesdays/Thursdays Toonie Skates from 10:00-11:00am; Sundays (Glow Skates) Jan.16, 23, 30 from 3:00-4:30pm. \$2.50 child, \$3.50 adult, \$9.00 Family

**Ages 3-8 Drop-in hockey** is on Jan. 23 from 1:30-2:30pm and Jan. 30 from 5:00-6:00pm. Nets and pucks are provided. Full gear is recommended. \$5 admission at skate shop.

**Ages 9-15 Drop-in hockey** is on Jan. 16 & 22 from 5:00-6:00pm. Full hockey gear is required. Nets and pucks are provided. \$5 admission at skate shop.

Beaver Valley Recreation is on Facebook. Please like and follow our page to get up-to-date information on skating, programs and events. Information can also be found at [www.rdkb.com](http://www.rdkb.com)

To register for any of the above programs, please call Kelly at 367-9319 or email [kwalker@rdkb.com](mailto:kwalker@rdkb.com)

## Beaver Valley Dynamic Aging Society

Beaver Valley Dynamic Aging Society is hosting a family snow event, **Up To SNOW Good** in Mazzochi Park on Saturday February 12, 2022 from 11:00 am - 2:00 pm. There will be games, active events, food and prizes. More information to follow. If you or your group would like to help, please contact Ingrid @ 250-512-9185.

## Beaver Valley May Days 2022!



Have you started to think about what your New Year's resolutions will be for the upcoming year? Think about volunteering! **Beaver Valley May Days NEEDS YOU!**

2022 marks the 111<sup>th</sup> year of May Days celebrations in the Beaver Valley, and we are sending out a CALL FOR VOLUNTEERS!

We want to get started early this year as there will be some changes in the Executive members. Steve Van Hemert, President; Kyla Crockett, Vice President; and Krystal McKimmie, Secretary/Treasurer intend to step down from their Officer positions and Erin Robson intends to resign from her position as Director.

Your contribution and interest are necessary to get this exciting and well-loved local tradition back up and running!

What to expect: as a team, you work together in the available positions to help with strategic direction and financial oversights, and more. The positions are engaging, rewarding, and full of community spirit!

We welcome all applications from persons with diverse backgrounds and all abilities, if this sounds like something you can help with, please join us at our Annual General Meeting on January 17, 2022!



# BEAVER VALLEY AGE FRIENDLY COMMUNITY

## JANUARY 2022 AGE FRIENDLY NEWSLETTER

### Tuesday Take-Away Christmas Lunch



Our December lunch was a huge success! Santa and his Elves served 175 lunches.

This lunch would not have been possible without the support from ATCO Wood Products, Columbia Power, Corporation, Marino Wholesale, Liberty Foods and the four volunteers that work tirelessly every month to make sure the lunches go out.



On behalf of all of us at Beaver Valley Age Friendly, we wish you all a very Happy New Year and hope for better things to come in 2022.

The next Tuesday Take-Away Lunch is on **Tuesday, January 18, 2022**. Please register with the Village of Fruitvale Office on or before January 14, 2022 by telephone at 250-367-7551 or email to [info@village.fruitvale.bc.ca](mailto:info@village.fruitvale.bc.ca) with the name(s) of who the lunch is for, the municipality where you reside and your phone number. Lunches must be picked up between 12:30 pm and 1:00 pm at the front door of the Fruitvale Memorial Centre. Please ensure a mask is worn when picking up lunches. If you need to cancel your lunch, please call Vickie at 250-512-9379.

### BV Age Friendly Fundraising Draw



Congratulations to Robin Piche and Marlene Stephenson, winners of the beautiful artwork generously donated by local artist Alan LaRocque in support of the Beaver Valley Age Friendly program. Thank you to everyone who entered the draw. All donations go to support future Age Friendly programs.

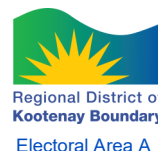


### Connecting Generations Thru Letter Links Program



Beaver Valley Age Friendly in conjunction with the Fruitvale Elementary School students continue with their *Connecting Generations Thru Letter Links* program. Keep an eye on your mailbox.

**THANK YOU TO OUR SUPPORTING PARTNERS**







## What can I do if stuck home all day?

Well, you don't have to look out the window, sit twiddling your thumbs or watch reruns on TV. Here are some ideas for those times you find yourself alone.

**Improve Your Brain.** Playing physical and mental games keeps your mind active and sharp so it doesn't deteriorate.

**Connect with others and reestablish relationships.** No matter how old we are, human beings remain to be social beings that need connection. Call that old friend you haven't heard from in years, your long lost cousin or neighbor you used to live next to years ago.

**Connect with nature as you are able.** Activities for seniors such as gardening, walking, bird watching, nature photography, will help keep you fit and healthy for a long time and also make you appreciate nature and avoid stress.

**Active Learning** shouldn't end just because we age. Learning is not only fun but it's also an amazing way to keep your brain active. Try turning on that laptop or tablet that's just been sitting around your house. Now's a good time to just play around with it and see if you can figure it out. You have nothing to lose and everything to gain! If you get it working, that leads to more exploring with games and browsing the internet to look up something you've always wondered about. OR, you can open one of the coffee table books you've had lying around collecting dust!

Here are some websites for free online printable worksheets and adult coloring pages:

<https://www.puzzles.ca/>  
<https://thewordsearch.com/printable/>  
<https://www.math-drills.com/>  
<http://www.onlinecrosswords.net/>  
<https://englishforeveryone.org/>  
<https://mondaymandala.com/m>  
<https://www.justcolor.net/>

Caregivers: Remember, a phone call can brighten a day, the dollar stores have simple craft kits, cooking together with your loved one is quality time (have them peel potatoes, slice veggies or dry the dishes. People need to feel a sense of usefulness and purpose. You can do that for your loved one and in turn you will feel good, too.

## Simple Chair Exercises

Too cold to go outside? Stay active by doing simple chair exercises. **Be sure you are seated in a sturdy chair and stop a movement if it hurts. Stay hydrated while exercising.** Have a glass of water beside you while exercising.

### Directions

- ⇒ Sit in chair, take three deep breaths, lifting arms above head for inhale and down for exhale each time.
- ⇒ Reach one hand toward ceiling, hold for 5 seconds. Repeat with the opposite hand - Relax your shoulders
- ⇒ Shrug your shoulders 5 times.
- ⇒ Stretch arms to the sides, move in circles-10 times forwards, then 10 times backwards.
- ⇒ Relax your shoulders - Place your hands on your shoulders and roll them forward 10 times, then backwards 10 times.
- ⇒ Keeping your shoulders relaxed and hands on your shoulders, touch your elbows together 10 times
- ⇒ Reach both hands toward the ceiling, lean to the right and hold for 10 seconds. Then lean to the left and hold for 10 seconds, repeat.
- ⇒ Take three deep breaths - Relax your shoulders, lean head to right shoulder, hold for 5 counts, then left shoulder.
- ⇒ Move your hand down your leg reaching toward your foot, and back up again. Repeat 5 times, switch to opposite leg.
- ⇒ Place your hands on your thighs, keep your back straight and lean forward and hold for 5 counts and back 5 times.
- ⇒ Stamp your feet 10 times - Wiggle your toes for 10 counts.
- ⇒ Place your feet flat on the floor. Point your toes up toward the ceiling, hold for 5 counts. Repeat 5 times
- ⇒ Lift your knees one at a time holding for 5 counts. Repeat 5 times each.
- ⇒ Bend at waist, reaching hand to opposite toe. Hold for 5 counts. Repeat with opposite, hand 5 times.
- ⇒ Wiggle your fingers for 10 counts.
- ⇒ Place hand on opposite knee and turn to look behind you, hold for 5 counts, repeat other side
- ⇒ Cool down by taking three deep breaths, lifting arms above head for inhale and down for exhale each time.
- ⇒ Give yourself a hug and hold for 5 counts!

