

# Beaver Valley Bulletin

## BEAVER VALLEY BULLETIN ELECTRONIC

To receive the newsletter electronically, please send your email address to [newsletter@village.fruitvale.bc.ca](mailto:newsletter@village.fruitvale.bc.ca). Paper copies will be available at the Village Office. Please visit our local websites for the Beaver Valley Bulletin

**SEPTEMBER 2025**



[www.fruitvale.ca](http://www.fruitvale.ca)



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



[www.montrose.ca](http://www.montrose.ca)



## 🌲 Beaver Valley Family Park - YURT Update! 🌙

Exciting things are happening out at **Beaver Valley Family Park**, just a couple of kilometers east of Fruitvale!

Thanks to a **Provincial Grant** to Area A, funds have been dedicated to creating a unique and versatile space for the community: a **multi-purpose rental yurt**—and it's coming together beautifully!

After budgets were finalized in late March, we wasted no time moving forward with this one-of-a-kind project for the Beaver Valley. We placed an order with **Yurtz by Design** (Langley, BC), and the structure was delivered to the **Beaver Valley Family Park** in late July.

Construction is currently underway! At the time of this writing, a local contractor has been busy building the **deck foundation**, and once that's complete, the Yurt itself—affectionately named **Moonlit Meadows**—will be assembled and styled with cozy, functional interior design.

### What's in store for Moonlit Meadows Yurt?

This **multi-purpose community space** will be available for:

- **New Recreation Programs**
- **Overnight stays**
- **Small gatherings & meetings** (up to 20 people)
- **Wedding & baby showers**
- **Card nights and game nights**
- **And more!**

If you can imagine it—you can rent it!

📅 **Mark your calendars** – We HOPE to host a **soft launch in September**, with a public event to showcase the finished yurt. Stay tuned to our **social media pages** for official dates and more sneak peeks!

We can't wait to welcome you to Moonlit Meadows Yurt—your new favorite gathering space in the Beaver Valley!



### Stay Longer, Experience More at Beaver Valley Family Park!

The CURRENT season will run until the end of September — and the brand-new ‘Moonlit Meadows’ yurt is coming soon! Keep an eye on the RDKB website and socials for booking info, the soft opening, and your chance to win prizes.....

If you love spending time at Beaver Valley Family Park, we’ve got great news! This year, the park will stay open longer — right until the end of September instead of closing after the Labour Day long weekend. That means more time to enjoy crisp fall mornings, colourful leaves, and late-season gatherings in this beautiful Area A destination.

A brand new yurt is well on it’s way too! The ‘Moonlit Meadows’ yurt is currently under construction and will soon be available for rent, thanks to 100% Provincial Grant Funding allocated to Area A. That means no local tax dollars were used for this project.

The yurt will be perfect for:

Unique overnight stays (think a cozy couples Airbnb-style experience)

Recreation opportunities

Small meetings and workshops

Wedding showers, community classes, and more!

If you can think it you can rent it!

Watch the RDKB website and social media channels for:

Booking details for “Moonlit Meadows”

Information on the soft yurt opening, where you can visit the park, step inside the yurt, and enter to win door prizes AND a free nite stay for the 2026 season!

These upgrades at the park, which also include a new outside breakfast bar off the kitchen, are all about making Beaver Valley Family Park an even better place for residents and visitors to connect, celebrate, and make memories. Keep an eye out for updates — we can’t wait to welcome you!

Ali Grieve: Area A Director RDKB





**Ali Grieve, Director Area A**

**Dear Area A Residents,**

As we approach another budget cycle at the Regional District of Kootenay Boundary (RDKB), I want to seek your input on next year’s budget. Each year, the RDKB Board makes difficult decisions about the level of services we provide to our communities and the associated taxation. I want to hear your thoughts about these services, through a short survey customized for Area A. As your Director, I’m only one vote at the RDKB Board table but I take that responsibility seriously. I want to reflect your priorities in every discussion. Your feedback is vital in helping me do that.

In 2025, the tax rate for Area A went down by 0.55% (table below). The tax rate is determined by the cost of the services provided to Area A residents and the assessed value of their properties. During this period, Area A service costs increased by 4% and overall, assessed values increased by 5.19%, resulting in a decrease in the property tax rate.

Consequently, on a per-thousand basis, the Area A tax rate decreased. Here is the comparative tax rate for Area A.

Class Name	Rate Description	2024 Tax Rate	2025 Tax Rate	Change
Residential	A KOOTENAY BOUNDARY	3.05855	3.04165	-0.55%

**The residential cost per \$100,000 was \$293.06 in 2024; in 2025 it dropped to \$290.03.**

This information is verified by the province and publicly available at <https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/tax-notice/tax-rates>

Residents of Area A contribute to and benefit from a variety of shared services throughout the RDKB. These services are funded by your property taxes and include:

- Solid Waste (garbage, recycling)
  - Fire Protection
- Building Inspection
- Bylaw Enforcement

- Planning & Development
- General Administration
- Grants-in-Aid
- Transit
- Beaver Valley Water System
- Recreation & Culture
- Emergency Management
- Victims Services

**A SHORT survey will be mailed out soon.** Please share your thoughts with me at that time. We guarantee that your responses will remain anonymous.

In addition to collecting your input through the coming survey, I will host TWO public follow-up meetings. Meeting dates will be shared in the survey. Your voice is needed for conversations around service delivery, taxation, and what matters most to our community.

We encourage you to take a few minutes to complete the survey and then join us for both meetings as we navigate another challenging budget cycle together. Your voice helps shape our shared priorities.



# Beaver Valley

## SENIORS' LUNCH

### Tuesday, September 16

FRUITVALE MEMORIAL HALL  
SERVED BUFFET  
DRAW PRIZES  
12:30PM



Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island

**Ticket Cost: \$10.00**

For individual or group bookings(6+)  
RSVP to Jayme Fowler by September 9:  
T: 250-231-7260 E: bvevents@rdkb.com



Regional District of  
Kootenay Boundary





# Mayor Wes Startup Village of Fruitvale



The last two months have been busy and as we approach the dog days of summer it does not seem to be slowing down.

I'll provide a brief overview of where we are as a Village below:

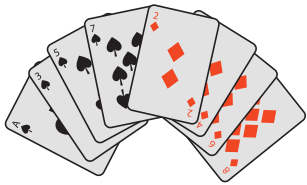
- Chief Administrative Officer – our CAO, Prab Lashar has resigned and taken on the role of CAO in Lantzville on Vancouver Island. We wish Prab the best in this new adventure and thank her for her work and service to our Village. We have engaged Trish Dehnel to act as our interim-CAO on a short-term contract. The posting for the now vacant CAO position closed on August 22nd and we have received a very good number of applications. Council met on August 27th to come up with a shortlist of candidates to move to the interview process. This will unfold over the coming weeks as we carefully and methodically move towards a new hire and installation of a new Chief Administrative Officer.
- Middle School Demolition – Work on demolishing and removal of hazardous materials at this location is on-going. Our contractor is working diligently to take down the remains of the gym and adjoining structure and safely remove the asbestos containing materials. Once this work is completed and the site secured the property will be in a much more marketable condition. On target and on budget.
- McHale Lane Sewer Line Upgrade – this project is nearing completion. The main goal of this project is to reduce or eliminate spring melt and rainwater from leaking into the sewer line thus reducing run time on our sewer treatment plant. Life extension of our plant is very important from a fiscal perspective and the longer we can keep it going the better.
- Contract Negotiations – Village staff and management have met and discussed renewal of our Collective Agreement. More meetings are planned for early October as we move towards final sign-off.

Please mind the school zone speed limits as our children return to school and our day care centre ramps up for the fall intake.

## Help Us Stay Connected!

Have you changed your phone number or email address recently or are you a new resident? The Village of Montrose is updating our contact records to ensure we can reach you with important notices, emergency alerts, and community updates. If you have had any changes to your contact information—such as a new cell phone number, email address, or mailing address—please let us know! You can update your information by calling the Village Office at 250-367-7234 or emailing us at admin@montrose.ca.

Thank you for helping us stay in touch!



### Crib & Whist Card Nights

Join us at the Montrose Hall for Crib and Whist card nights! We welcome all new players. The fee is just \$2.00, with cash prizes and a refreshment break.

Call Linda for more information 250-367-7126

Time: 7:00 – 9:00 PM - Every Second Tuesday starting September 9th!



Infrastructure Replacement – 500 Block of 11th Avenue



Construction on the infrastructure replacement project along the 500 block of 11th Avenue is expected to continue through to the end of October.

Please note that this section of road may be closed to traffic, with access limited to residents living on the 500 block of 11th Avenue for the duration of the project.



We appreciate your patience and cooperation during this important upgrade.

If you have any questions or concerns,  
please contact the Village Office at 250-367-7234 or email  
admin@montrose.ca.



## 2025 / 2026 REGULAR SEASON PROGRAMS

Sept 29/25 to Dec 19/25 & Jan 5 to March 13/26



### CANSKATE: Sept 29 , 2025 – Mar 9, 2026

CanSkate is fun for all ages (even adults) and abilities and is an essential starting block to learn to skate safely. This program includes the development of specific skills that pertain to hockey, ringette, speed skating and figure skating while promoting the development of skills that are used in everyday life.

**Mondays 4:00-5:00 pm**

### JUNIOR ACADEMY: Oct 1, 2025 – Mar 11, 2026

This program introduces skaters to the STARSkate program. Group lessons provide the next level of basic skills, dance, spins, jumps and turns for figure skating. Skaters in the STAR 2 program and up also have the option of purchasing extra practice ice to create routines and compete and/or take Skate Canada tests.

Junior Academy (Rising Stars): Oct 1, 2025 – Mar 11, 2026

**Wednesday 4:00- 5:00 pm (off ice 5:15-6:15 pm)**

**Sunday 12:30-1:30 pm**

To register and for  
questions



### STARSKATE, Adults: Oct 3, 2025-Mar 13, 2026

These programs are for those skaters who choose to continue with their skating development and who may compete and/or take Skate Canada tests. Private lessons are extra.

Star 2 and Up: Oct 3, 2025 – Mar 13, 2026

**Wednesday 6:15-7:15 am**

**Friday 4:30- 5:45 pm**

**Sunday 1:30-2:30 pm**

Star 3 and Up: Oct 7, 2025 – Mar 10, 2026

**Tuesday 6:15- 7:30 pm (off ice 4:45-5:45 pm)**



## BRANCH 44 SENIORS



Branch 44 Seniors is starting activities again

**Mondays: Bingo 1:00-3:30**

**Tuesdays: Carpet Bowling starts October 13 10:00 -11:00**

**Wednesdays: Wellness Wednesday ( activities, exercise, lunch \$2) 10:00-1:00**

**Thursdays: Cards 1:00- 3:00**

**Seniors 50+ come join us, membership is \$15 for the year**

**Call Brenda for more information 250 367 3839**





RDKB  
HomeSmart

Discover ways to make YOUR home more  
efficient and resilient

Begin your retrofit  
journey with us.

## INCOME QUALIFIED & LIVE IN A MANUFACTURED HOME?

Changes to the Energy Conservation Assistance Program  
could benefit you. Some homes may qualify for FREE  
insulation and /or a heat pump.

That's **comfort, lower energy bills, AND resilience**  
— all at no cost to you.

### The best part?

Sign up for the FREE RDKB HomeSmart Program and our  
team will guide you every step of the way.

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RAVEN ATHERTON  
RETROFIT COORDINATOR  
RDKB HOMESMART

Don't miss out on this  
opportunity!



Register today:  
[homesmart.rdkb.com/Sign-Up](https://homesmart.rdkb.com/Sign-Up)

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# Fall Clean Ups & Winter Preparation

## WINTER PREPARATIONS - BOULEVARDS

It's time for residents to prepare for the upcoming snow removal season, which means all recreational vehicles, basketball hoops, construction material, solar lights, flower planters, etc., must be removed from boulevards by **October 20**. It also means that it's time for residents to find off-street and off-boulevard parking for their vehicles.

Residents with fences bordering Village streets are reminded to ensure their fences are strong enough to withstand loads from snow plowed and pushed back to widen streets. Public Works takes extreme care when pushing back snow, but damage is possible. The Village of Fruitvale is not responsible for damage to fences or other objects that may occur during the course of performing regular duties.



# PLEASE FOLLOW NEW TRAFFIC RULES



JUST A REMINDER TO WATCH FOR THE NEW  
TRAFFIC SIGNS AND CROSSWALK IN FRONT  
OF CHILD CARE CENTRE!



Drive responsibly  
— your safety  
matters.



## THE CORPORATION OF THE VILLAGE OF FRUITVALE

*In the "HEART OF THE BEAVER VALLEY"*

Post Office Box 370, 1947 Beaver Street  
Fruitvale, BC V0G 1L0  
Phone: 250-367-7551 / Fax 250-367-9267

## NOTICE TO USERS OF McHale Lane (Main Street Alley)

### Sewer Mains Rehabilitation Project Nearing Completion

Please be advised that contractors are nearing completion of the Sewer Mains Rehabilitation Project on MCHale Lane.

The Village of Fruitvale appreciates your patience and cooperation throughout the duration of this project.

**Please note that these dates are subject to change** based on weather conditions, contractor availability, and other unforeseen factors.

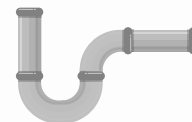
Thank you for your cooperation during this time. If you have any questions, please feel free to contact the Village Office, 250-367-7551.



## VILLAGE OF FRUITVALE WATER AND SEWER UTILITIES

Reminder to users that outstanding water & sewer utilities are due October 31, 2025, to avoid a 10% penalty. Payment can be made by cash, cheque, online banking, or e-transfer to [finance@village.fruitvale.bc.ca](mailto:finance@village.fruitvale.bc.ca).

If you have any questions regarding 2025 utilities, please contact Misti at the Village Office, 250-367-7551 (ext3) or email [finance@village.fruitvale.bc.ca](mailto:finance@village.fruitvale.bc.ca).



## VILLAGE OF FRUITVALE PROPERTY TAX SALE

The Village of Fruitvale's 2025 Tax Sale is scheduled for 10:00 am sharp on Monday, September 29, 2025, at the Village of Fruitvale Office. Letters have been sent to those property owners in a tax sale situation. If your property taxes are in delinquent status (three years of unpaid taxes - 2023, 2024 and 2025) you must pay the delinquent (2023) taxes and interest before 9:59 am September 29, 2025, to keep your property from being sold at the tax sale.

A listing of tax sale properties will appear in the September 18 & 25 editions of the Trail Times. To keep your property from appearing in the newspaper advertisements, the delinquent taxes and interest must be paid in full prior to September 15, 2025.

Payment of delinquent taxes and interest must be made by cash, certified cheque, online banking, or e-transfer to [finance@village.fruitvale.bc.ca](mailto:finance@village.fruitvale.bc.ca). If you have any questions regarding delinquent taxes or the 2025 Tax Sale please contact Misti at the Village Office, 250-367-7551 (ext. 3) or email [finance@village.fruitvale.bc.ca](mailto:finance@village.fruitvale.bc.ca).



# BV YOUTH NEEDLE FELTING WORKSHOP

**FREE**  
(ages 12-18)

Come learn how to  
needle-felt little critters  
in this fun workshop held by  
Nordic Studios! Youth also get  
to pick a craft to take home!



WITH NORDIC STUDIOS

**Sept 20**

**10:30-12:30**

Located at Nordic Studios  
(295 Columbia Ave, Castlegar)

**Registration Required, Limited Space!**

If you want to register or have any questions, email us at:  
[beavervalleyyan@gmail.com](mailto:beavervalleyyan@gmail.com)





# BVYAN MOVIE NIGHT!

*w/ the Trail, Warfield and Rossland YANs*



## KPOP DEMON HUNTERS

**FREE**

Youth ages  
12-18

Located at the Royal Theatre  
Sept 19, 2025 | 3:30-5:30pm



Questions? Email us at - [beavervalleyyan@gmail.com](mailto:beavervalleyyan@gmail.com)



# BVYAN CRAFTERNOONS

Check out our featured craft! (Or check out our range of supplies and try something new!)

## FREE

Sept 26, 5-8  
Located at the  
Fruitvale Memorial Hall  
(ages 12-18)

### **Featured Craft** **Perler Beads**

Make your own fun creations,  
or follow along with one of ours!

### **Also Available..**

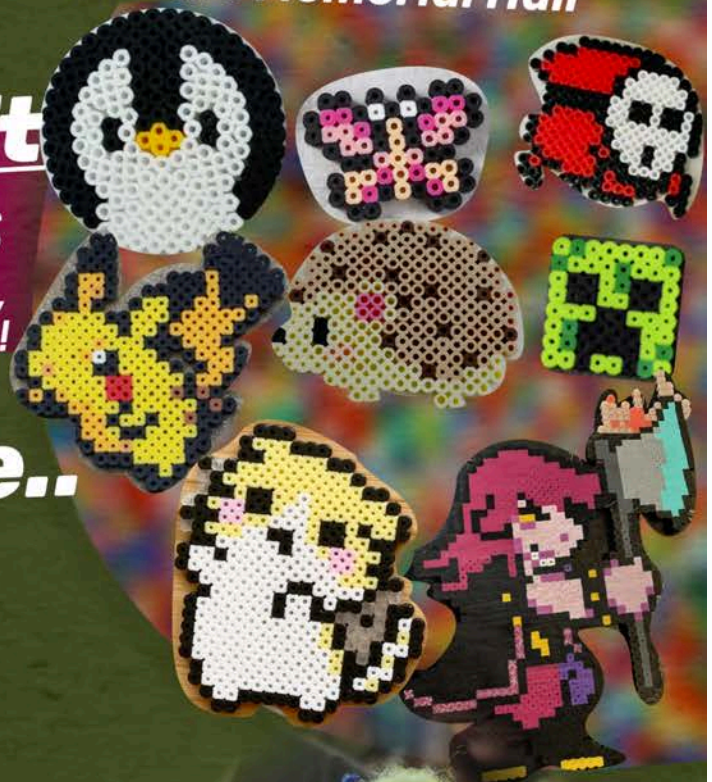
- Button Maker
- Diamond Painting
- Paper Crafts
- Scrapbooking
- **Needlefelting**

...and more!



If you are interested in a craft we don't have, feel free to leave  
an **anonymous suggestion here** and we'll bring it in!

Contact us anytime @ [beavervalleyyan@gmail.com](mailto:beavervalleyyan@gmail.com)



want to learn how? check out our  
**FREE needlefelting workshop!**  
(Sept 20)





# BV YOUTH GLOW SKATE

*Come skate with your friends!  
(and enjoy free food and treats!)*

**Sept 28 ~ 6:30-8pm**

*Beaver Valley Arena  
(1777 Green Rd, Fruitvale)*



*Check out our socials  
for upcoming events, or  
join our newsletter!*

# FREE

*(Youth 12-18)*

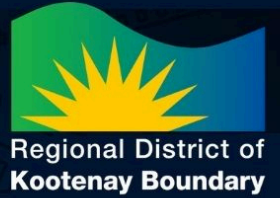
## Questions?

Email us at [beavervalleyyan@gmail.com](mailto:beavervalleyyan@gmail.com)





# BEAVER VALLEY RECREATION PRESENTS



## MOVIE AT MAZZOCCHI

★ FREE FAMILY EVENT ★  
★ UNDER THE STARS ★

★ ★ ★ **DESPICABLE ME 4** ★ ★ ★

SPONSORED BY

Columbia Basin **trust**

SEPT

6

SATURDAY  
AT DUSK

★ NiteHawks Concession  
hotdogs, drinks, popcorn & candy  
\* CASH ONLY \*

Bring your  
lawn chairs &  
blankets





**Regional District of  
Kootenay Boundary**

# Beaver Valley Recreation

Follow us on Instagram & Facebook under Beaver Valley Recreation  
[www.rdkb.com](http://www.rdkb.com) Click on Recreation & Culture, Beaver Valley

## SENIOR'S LUNCHES

Tuesdays at 12:30 pm  
Sept 16, Oct 21, Nov 18, Dec 16  
Fruitvale Hall  
\$10 admission at the door  
Please rsvp to Jayme one week  
prior at 231-7260  
[bvevents@rdkb.com](mailto:bvevents@rdkb.com)

## STAY SAFE Ages 9+

Instructor: Nicole Morrison  
Canadian Red Cross Course.  
Basic first aid and safety skills  
will be included. Bring a lunch.  
September 13, 2025  
9 am – 1:30 pm  
\$43  
Montrose Hall  
Call BV Recreation at 231-5172

## BABYSITTING COURSE

Instructor: Nicole Morrison  
Ages 11+  
Learn childcare, injury prevention  
and basic first aid. Bring a lunch.  
September 20, 2025  
9 am – 4:30 pm  
\$70  
Montrose Hall  
Call BV Recreation at 231-5172

## SENIOR LINE DANCE

Instructor: April Biscaro  
Learn the basic steps of Country  
& Western Line Dancing.  
Fridays  
Starting October 17, 2025  
(omit November 7 & 21)  
10 - 11 am  
\$2 drop in  
Fruitvale Hall  
Call April at 921-9733 for more info.

## PM GENTLE YOGA & NEW 6AM YOGA!!

Instructor: Jodi Ihas  
Thursdays, starting September 4  
7 - 8:15 pm  
Mondays, starting September 8  
6 – 7 am (omit Oct 13)  
\$75 - 6x, \$120 – 12x, \$14 drop in  
(Pass can be used at all regular  
Yoga classes and BWB&B)  
Fruitvale Hall  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to Jodi at class

## BODY WEIGHT, BANDS & BALLS

Instructor: Wendy Robertsen  
Fitness bands and 2-5 lb weights  
are required. For all fitness levels.  
Mondays & Thursdays  
Starting September 4, 2025  
Noon – 1 pm at Fruitvale Hall  
\$75 - 6x, \$120 – 12x, \$14 drop in  
(Pass can be used at all regular  
Yoga classes)  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to Wendy at class

## ZUMBA GOLD

Instructor: April Arnot  
A low-impact modified Zumba®  
Wednesdays, starting September 3  
9:30 - 10:30 am  
\$50 - 5x, \$92 - 10x, \$172 - 20x,  
\$12 drop in  
Tae Kwon Do Gym  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to April at class

## AM GENTLE YOGA

Instructor: Wendy Robertsen  
Wednesdays  
Starting September 3, 2025  
9 – 10:15 am  
\$75 - 6x, \$120 – 12x, \$14 drop in  
(Pass can be used at all regular  
Yoga classes and BWB&B)  
Montrose Hall  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to Wendy at class

## ZUMBA ages 12+

Instructor: April Arnot  
Mondays at Fruitvale Hall  
Thursdays at Montrose Hall  
Starting September 4, 2025  
(omit October 13)  
6:30 - 7:30 pm  
\$50 - 5x, \$92 - 10x, \$172 - 20x,  
\$12 drop in  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to April at class

## CHAIR YOGA

Instructor: Abby Verigin  
Tuesdays from 10 - 11 am  
Fridays from noon - 1 pm  
Starting September 2, 2025  
(omit Sept 16, Oct 21,  
Nov 7, 11, 18, 21, Dec 5)  
A gentle, seated style of yoga made  
for all bodies & abilities.  
\$75 - 6x, \$120 – 12x, \$14 drop in  
(Pass can be used at all regular  
Yoga classes and BWB&B)  
Fruitvale Hall  
To pay over the phone, call BV  
Recreation at 231-5172 or bring  
cash or cheque to Abby at class

## MOVEMENT for MAMAS

Instructor: Abby Verigin

\*Payment only through Abby\*

Enjoy gentle exercises and yoga poses that are safe and fun for you and your child (ages 0-3).

**Mondays**

Sept 8 – Oct 20 (omit Oct. 13)

October 27 – December 1, 2025

3:15 - 4:15 pm at the Montrose Hall

\$100 for the series, \$20 drop in

Email [absverigin@gmail.com](mailto:absverigin@gmail.com)

## YOGA THERAPY FOR STRESS

Instructor: Abby Verigin

\*Payment only through Abby\*

Join C-IAYT Abby Verigin for a chance to calm your nervous system through yoga.

**Wednesdays**

September 3 - October 8, 2025

October 15 – November 19, 2025

6 - 7:15 pm at Montrose Hall

\$120 for the series, \$25 drop in

Email [absverigin@gmail.com](mailto:absverigin@gmail.com)

## BOX, KICK, STRENGTH

Instructor: April Arnot

A cardio boxercise class with weights, abs and some HIIT intervals to classic rock music.

**Sundays**

Sept 21 – Oct 26 (omit Oct 12)

Nov 16 – Dec 14

9:30 – 10:30 am

\$60 per session, \$14 drop in

Need minimum 6 registered

Tae Kwon Do Gym

To pay over the phone, call BV Recreation at 231-5172 or bring cash or cheque to April at class

## BREAKFAST WITH SANTA December 6, 2025

9 – 11 am at the Fruitvale Hall

The Fruitvale Fire Department is behind the scenes cooking and the Beaver Valley Nitehawks serving eggs, sausages and pancakes.

## ZUMBA KIDS

Instructor: April Arnot

Kids Jr. (ages 4-6) and Zumba Kids (7-11) are great classes to get the kids moving!

**Mondays**

Sept 15 – Oct 27 (omit Oct 13)

Nov 3 – Dec 15 (omit Nov 10)

3:30 - 4 pm Kids Jr. \$35

4:15 – 5 pm Kids \$45

Fruitvale Hall

Call BV Recreation at 231-5172

## OCT PUBLIC SKATING

Friday	3	6 – 7:30 pm
Sunday	5	3:15 – 4:45pm
Friday	10	6 – 7:30 pm
Friday	17	6 – 7:30 pm
Saturday	18	4:30 – 6 pm
Sunday	19	3:15 – 4:45pm
Friday	24	1:30 – 3 pm
Sunday	26	3:15 – 4:45pm

## NOV PUBLIC SKATING

Saturday	1	4:30 – 6 pm
Sunday	2	3:15 – 4:45pm
Friday	7	6 – 7:30 pm
Sunday	9	3:15 – 4:45pm
Monday	10	1:30 – 3 pm
Saturday	15	4:30 – 6 pm
Sunday	16	3:15 – 4:45pm
Saturday	22	4:30 – 6 pm
Sunday	23	3:15 – 4:45pm
Sunday	30	3:15 – 4:45pm

## DEC PUBLIC SKATING

Friday	5	6 – 7:30 pm
Sunday	7	3:15 – 4:45pm
Friday	12	6 – 7:30 pm
Saturday	13	4:30 - 6 pm
Sunday	14	3:15 – 4:45pm

## FREE CHRISTMAS PUBLIC SKATING

December 20 at 4:30-6pm

December 21, 22, 23 at 1-2:30pm

December 24 at 11:30-1:30pm

December 27, 28, 29 at 3:30-5pm

December 30 at 1-2:30pm

January 4 at 3:30–5pm

## SHOOT WITH THE NITEHAWKS

Friday, October 24

6 – 7:30 pm

\$3 Youth, \$4 Adult, \$10 Family

Bring your stick and helmet.

## GLOW SKATES

Fridays & Sundays

During public skating sessions

## TOONIE SKATES

Tuesdays & Thursdays

10 - 11 am, starting October 14

## BV YAN GLOW SKATE

September 28 6:30 - 8 pm

All BV youth ages 12-16 are welcome to attend FREE!

## HALLOWEEN SKATE & HAUNTED HOUSE

October 26 3:15 - 4:45 pm

Wear your costume and get in free!

## X-MAS EVE SKATE

Wednesday, December 24

11:30 – 1:30 pm

Free admission, skate rentals, hot dogs and juice boxes. Compliments of the BV Lions Club. Get your picture taken with Santa!

## MOVIE IN THE PARK

Saturday, September 6

Mazzocchi Park at dusk

Cost: Free!

Showing: Despicable Me 4

Beaver Valley Nitehawks will have a concession selling hotdogs, drinks, popcorn and candy (cash only).

## BV CURLING CLUB

Come join us this fall for a season full of fun and good curling. To receive an email once the AGM, registration, and drop-in practice dates are confirmed, please contact Hayley Colussi at [bvcurlingclub@outlook.com](mailto:bvcurlingclub@outlook.com).





www.heartandsoulmartialarts.ca

**MetKon Rx**

heartandsoulmartialarts.ca  
250.921.9090  
heartandsoulmartialarts@gmail.com



**Total Body Group Workout for all ages, sizes, and fitness levels!**

**Morning sessions 6am-6:45am**  
\$110/mo  
Price may change based on session length.

**Wednesday Drop-in 6:30 pm (\$12)**

**\$110 for 10 punch pass (evening class only)**

**MetKon:** Stands for "Metabolic Conditioning".  
**Rx:** Indicates that the workout is done as written, following the prescribed format.  
**Science-Driven:** The class is designed to be efficient for building muscle, burning fat, and improving athletic performance.  
**Full Body, High-Intensity:** MetKon Rx is a full-body class that uses high-intensity intervals to challenge different energy systems and multiple muscle groups.  
**Functional Strength Training:** Incorporates exercises that mimic movements you'd use in everyday life.  
**Cardio Conditioning:** Combines strength training with cardio to improve cardiovascular health.  
**EPOC Effect:** The class is designed to create the EPOC effect (Excess Post-exercise Oxygen Consumption), which means your metabolic rate remains elevated for hours after the workout.

**MetKon Rx is smart, safe, and accessible for all fitness levels.**



**INCREDIBLE FARMERS MARKET -FRUITVALE-**

**OUTDOOR MARKETS**

Bi-weekly Tuesdays  
Pole Yard Lane  
3pm - 6pm

**May 13 & 27**  
**June 10 & 24**  
**July 8 & 22**  
**August 5 & 19\***  
**September 2\* & 16\* & 30\***  
**October 14\***

\*themed markets



**SPECIAL MARKETS**

**Easter Market**  
March 29

**Try-it-Out Market**  
August 19

**Zucchini Contest**  
September 2

**Try-it-Out Zumba**  
September 16

**Pet Contest**  
September 30

**Spooktacular**  
October 14

**Fruitvale Christmas Market**  
November 21 & 22

@fruitvalesfarmersmarket  
incrediblefarmersmarket.com  
fruitvalesfarmersmarket@gmail.com





**Beaver Valley Lions  
BINGO  
is back!**

The BV Lions Club members would like to welcome all bingo players back to Wednesday night BINGO at the Fruitvale Memorial Centre

September 10th.

Doors open at 3:30pm

Bingo starts at 6pm

Bring a friend or two - we hope to see your there!



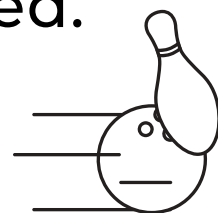
## BEAVER VALLEY YOUTH BOWLING



Weekly YBC League begins  
Wednesday September 10, 2025  
New Registrations are Welcomed.



3:30 pm Ages 10 and under  
4:00 pm Ages 11 to 19 (as of December 31, 2025)





# Community Comes Together for Dementia Awareness in the Beaver Valley



<https://rdkb.com/Regional-Government/Latest-News>

<https://rdkb.com/Regional-Government/Latest-News>

**Picture Caption: Some of the volunteers who made the event a night to remember (Left to Right): Brian Henry, Thea Hanson, Stephanie Haukass, Gail Potter, Connor Chandler, April Wilmot, Maggie Shirley, Donna Thomas, Marie Cooper, Jayme Fowler, Corrie Baker, Ali Fillmore, Mary Billingsley, Darren Fowler.**

## **A Night to Remember, Indeed: Community Comes Together for Dementia Awareness in the Beaver Valley**

Over 80 guests recently gathered under the golden summer skies at Mountain Soul Winery for An Evening to Remember, a sold-out wine gala and community celebration dedicated to fun and dementia awareness. Hosted in collaboration by Beaver Valley Recreation, Greater Trail Hospice Society, and Trail FAIR Society's Better at Home program, the event was both heartfelt and high-spirited — a true celebration of community compassion.

"This was such a powerful example of what we can do when we come together," said Area A Director Ali Grieve, who took part in the festivities. "There was music, laughter, learning — and most of all, connection. It was incredible to see so many people engaging with the topic of dementia in such a thoughtful and open-hearted way."

Guests were invited to explore interactive stations designed to build empathy and awareness — including a dementia simulator, memory games, story-sharing spaces, and the beloved "Memory Lane" exhibits created by the Beaver Valley Pend d'Oreille Historical Society and the Trail Museum & Archives.

The "passport challenge" encouraged guests to visit at least five stations, and with a 72% participation rate, over 50 passports were returned and entered to win a \$50 gift card to The Velvet at the Josie Hotel.

"We were blown away by the level of engagement," said Jayme Fowler, Recreation Coordinator with Beaver Valley Recreation. "People weren't just walking through — they were asking questions, sharing stories, and really taking the time to understand what it means to live with dementia."

From there, the evening transitioned into a relaxing affair at the winery itself, where hosts Trevor and Lora of Mountain Soul Winery served up delicious food and local wine pairings. Trish Jamieson set the mood with live music, and a lively performance by Altitude Entertainment kept spirits soaring and the good vibes flowing throughout the night.

Realtor and Trail City Councillor Thea Hanson, who also serves on the advisory committee for the Dementia Project, brought her signature warmth and wit as the evening's emcee.

The event wouldn't have been possible without the generous support of sponsors: Teck Trail Operations, Columbia Seniors Wellness Society, Columbia Power, Fortis BC, Beaver Valley Lions Club, and the Senior Citizens Association of BC Branch 44. Special thanks also go to the many local businesses who contributed to the wildly popular basket draw, and to Jillian Maddin Jewelry for the donation of a stunning custom-made piece.

The event has generated over \$3500 in donations which will stay in the community and help with dementia support, awareness and projects—building a more compassionate, dementia-inclusive community right here in the Kootenays.

If you missed the event but want to learn more or get involved, reach out to:  
Jayme Fowler, Beaver Valley Recreation – [beavervalleycrn@gmail.com](mailto:beavervalleycrn@gmail.com)  
Maggie Shirley, Greater Trail Hospice Society – [navcare\\_dementia@trilhospice.org](mailto:navcare_dementia@trilhospice.org)  
Stephanie Haukaas, Better at Home – [SHaukaas@trailfair.ca](mailto:SHaukaas@trailfair.ca)

You can still support the cause by donating online at [trailhospice.org](http://trailhospice.org).





LOWER COLUMBIA  
**COMMUNITY  
HEALTH CENTRE**

*The Lower Columbia Community Health Centre is a community-owned non-profit organization, with a Board of Directors chosen by the five municipal councils, two RDKB areas and other community members.*



# OPEN HOUSE

## LOWER COLUMBIA COMMUNITY HEALTH CENTRE

• **SEPTEMBER 20, 2025**

**1:00 TO 3:00**

**#106 – 1101 Dewdney Avenue, Trail. BC**

Key features of Community Health Centre's in Kootenay Boundary:

- **Integrated Services:**

The Lower Columbia Community Health Centre (LCCHC) provides an interdisciplinary team of professionals and dedicated staff working together to offer quality care for our whole community.

- **Community Focus:**

The LCCHC is oriented to the needs of our local communities, with special attention to the social determinants of health, such as poverty, housing, transportation and cultural barriers. It aims to be inclusive of our entire community, to eventually ensure, together with other health entities in the Lower Columbia, that no one is without the care they need.

- **Participation:**

The LCCHC is local people caring for local people. Residents of the Lower Columbia can be members and serve as volunteers. ***It is our CHC.***

- **Access:**

The LCCHC is designed to be accessible, with a particular mandate to reach the vulnerable residents in our communities, and to greatly reduce the number of people who have not healthcare provider.