
SUMMER

2024

MOYIE LEADER

The Newsletter of The Moyie Lake Valley

NEW MOYIE COMMUNITY ASSOCIATION BOARD OF DIRECTORS

Your new MCA Board of Directors for the 2024/25 year is:

Steve Rogers – President
Paul Weevers – Treasurer
Paul Jeffery – Secretary

The position of Vice President was unfilled. If you have interest in becoming involved with the MCA please contact us at:

moyiecommunityassociation@gmail.com

MOYIE VOLUNTEER FIRE DEPT

First and foremost, I would like to thank the organizing committee, the sponsors and the community for their amazing support with our most successful fundraiser ever.

Once again Wanda Cavelle, Tricia Scheller, June Evenson, Marilyn Sanderman and their volunteers made it all happen. After expenses we were able to raise over \$8,900.

These funds will go directly to the operating expenses of the fire department when it is completed.

Special thanks to Derek Chauncey for again hosting this year's fundraiser at the Lakeside Grill and to Karan Juneja for his skill in creating our Moyie VFD tee shirts.

In June we were awarded a \$34,000 Columbia Basin Trust ReDi Grant through the RDEK, which will provide the funds needed to complete firehall construction.

The firehall is now connected to hydro and the spray foam insulation and ceiling drywall are complete. Exterior metal siding, ceiling insulation

and propane heating will all be installed over the next two months.

The community's sincere gratitude goes out to the following:

- John Facey from High 'R' Expectations for donating much of the cost of insulation.
- Ian Hill, John Loader and their volunteers for donating the electrical wiring labor.
- All of the volunteers that came out to help frame the hall

The first AGM for the fire department society will be held in April/May of 2025 at which time formal elections will be held for a Board of Directors. If you have business or organizational skills and would like to get involved with formation and operation of the fire department, contact us at moyieER@gmail.com

ELLIS PARK

Work on Ellis Park continues with excellent volunteer help.

The picnic table shelter is nearing completion with only the metal roofing remaining to be installed.

Funding from a RDEK Discretionary Grant, as well as a \$1,600.00 grant from Tech Legacy Properties have made the material costs affordable and were augmented by generous donations from park users.

Big kudos to the volunteer construction team consisting of Brian Conrad, Kim Chilton, Ben Rust, Andrew MacWatt, Jim Duff, Mark Rogers, Mike Rogers, Al Stiles and Bill Sanderman.

The community is fortunate to have this large public, fenced multi-purpose field and facility.

DID YOU KNOW?

- Driving directly south from Detroit Michigan actually takes you into Canada.
 - Reno Nevada is actually further west than Los Angeles, California.
 - The most southerly point in Alaska and London England both sit on the same latitude.
 - The northernmost point of California is at a higher latitude than the southernmost point of Ontario.
 - Russia and the USA are only 4 kilometers apart at its closest point.
 - The USA has more land area than Canada because so much of Canada's surface area is water.
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FORGOTTEN MOYIE

The Moyie Historical Committee is currently working with Keith Powell of Wildhorse Creek Press to publish *Forgotten Moyie*, a photo history of early Moyie and district. This publication should be available in late 2024.

Keith Powell is a Cranbrook author and publisher who has written a number of books about historical aspects of the East Kootenays including *Forgotten Cranbrook*, *Forgotten Kimberley*, *Living in the Shadow of Fisher Peak*, *Abandoned Kootenays* and *Koocanusa Burning*.

CEMETERY COMMITTEE

Thanks to some ambitious pre-cleanup work by Jenna, the main job was done by noon. The back side will need some light work however, the sudden rainstorm cut that part short. Thanks again to Jim Renny for getting rid of the old piles that saved burning on site.

As per the dangerous tree assessment that was completed, 8 trees were removed by Steve Wills. The slash piles were burned, and it appears the majority of the bucked wood was picked over. The assessment will continue to be completed every year or possibly every second year to assure the area is as safe as possible.

The parking lot improvement is still in the endless paperwork line and will hopefully be completed as soon as possible.

A winter project will be producing a Moyie Cemetery journal that will be based on a packet of information and history provided by Joan Zirk. This journal will be a document with history of all those known to be buried in Moyie Cemetery.

QUILTING REPORT

This year's winning ticket on the Raffle Quilt will be drawn on August 25th BBQ. It will be held at the MCA Community Hall. Come on out for supper and find out who the lucky winner is. Almost all the tickets are sold so contact us to get yours. Sanderman@telus.net



PICKLEBALL

Interested in playing pickleball? The Moyie pickleball group plays at 9:00 am Mondays and Thursdays on the courts behind the Community Hall.

For more information contact Rob Beatt (robwbeatt@gmail.com)

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REQUEST FOR HISTORICAL DOCUMENTS

With over 100 years of history many of Moyie's historical documents have been scattered throughout the community. For the past year the MCA Board has been working at collecting this information, so it is not permanently lost for future

generations. Check your closets and basements for anything relating to Moyie's history and contact Moyie Board to have any findings picked up. Contact us at:

Moyiecommunityassociation@gmail.com

UPCOMING EVENT

A promotional poster for a BBQ Party and Quilt Draw. The background is a vibrant blue with green leaves and orange autumn leaves. In the center, a black charcoal grill is shown with various meats cooking on it. To the right of the grill, the text 'MOYIE COMMUNITY BBQ Party and Quilt Draw' is written in white. Below the grill, the date and location are listed: 'Sunday August 25, 2024 Moyie Community Hall'. At the bottom, there is a black bar with white text: 'Outdoor Games | 4:00 - 7:00 pm | MUSIC'. Below the black bar, the price and details are listed: 'BBQ Hamburger or hotdog, sides and a drink for \$12.00 per person'. At the very bottom, it says 'Brought to you by the MCA Social Activities Committee in partnership with the Moyie Lake Quilters Guild. To help us in our planning please RSVP to rmclogger9856@gmail.com'.

MOYIE COMMUNITY
BBQ
Party
and Quilt Draw

Come in person to see who will win this year's fabulous quilt by the Moyie Lake Quilters Guild.

Sunday August 25, 2024
Moyie Community Hall

Outdoor Games | 4:00 - 7:00 pm | MUSIC

BBQ Hamburger or hotdog, sides and a drink for \$12.00 per person

Brought to you by the MCA Social Activities Committee in partnership with the Moyie Lake Quilters Guild. To help us in our planning please RSVP to rmclogger9856@gmail.com

BLUE ZONES

“Blue Zones” is a non-scientific term given to geographic regions that are home to some of the world’s oldest people.

The term was first used by author Dan Buettner, who was studying areas of the world in which people live exceptionally long healthy lives.

Blue Zones share several characteristics that contribute to health and longevity.

These characteristics include:

Sense of Purpose – Blue Zone residents have a strong sense of purpose and meaning in their lives. They often have a strong connection to their community, a hobby or passion that brings them joy.

The Japanese call it *Iigai* and the Nicoyans call it *plan de Vida*; for both, it translates to “why I wake up in the morning”. Knowing your sense of purpose is worth up to 7 years of extra life expectancy.

Strong Social Network – Blue Zone residents have strong social networks, including family, friends and community groups. These social connections provide emotional support, a sense of purpose and a reason to stay active and engaged with others. From strong family values to neighborly bonds, relationships are a high priority – community building is etched into the very essence of their lifestyle.

Regular Natural Exercise – The world’s longest-lived people do not pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and do not have mechanical conveniences for house and yard work. They also have access to environments that encourage physical activity such as walking trails, parks and bike lanes.

Eat Fresh, Whole Foods – People in the Blue Zones follow a mostly plant-based diet, with plenty of whole grains, a little sugar, and maybe some oily fish. Food is fresh and rarely processed.

80% Rule – Stop eating when your stomach is 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they do not eat any more the rest of the day.

Plant Slant – Beans, including fava, black soy and lentils are the cornerstone of most centenarian diets. Meat – mostly pork is eaten on average only 5 times per month. Serving sizes are 3 to 4 oz about the size of a deck of cards.

Wine at 5:00 – People in all Blue Zones drink alcohol moderately and regularly. Moderate drinkers outlive nondrinkers. The trick is to drink 1 to 2 glasses per day with friends and/or with food. And no, you cannot save up all week and have 14 drinks on Saturday.

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SUPPORT OUR LOCAL BUSINESSES



Local businesses enhance our community, support Moyie events and create local jobs.

For every \$100 spent locally, \$63.00 is recirculated back into the BC economy versus \$14.00 for multinational corporations. Local restaurants recirculate 63% versus 14% for chains.

The simple act of shopping locally can have a huge impact on the health of Moyie.

You support your neighbors, keep money in the community and contribute directly to a thriving village.

MOYIE GENERAL STORE



Coffee – Grab your favorite brew to start your day right.



Ice – Perfect for keeping your drinks cold and your picnic fresh



Bundles of Wood – ready for your next campfire or cozy night in



Groceries & More – Snacks, pantry staples and all the essentials you need



Beverages – An extensive selection of wine, liquor and beer to suit every palate



Fuel – Fill up with our regular and premium marked gasoline



Canada Post – Convenient postal services right in town



Amazon Depot – Pick up your amazon packages with ease

Phone: (250) 829-0608

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MOYIE FISH AND CHIPS

The Moyie Fish and Chips truck is a local family owned and operated business that specializes in British style fish and chips.

We have outside tables with umbrellas or grab an order and head to your boat.

PHONE: (250) 464-4969



LAKESIDE GRILL

A piece of Moyie history, the Lakeside Grill is Moyie's hometown hospitality Spot. Join us after a day on the lake for beer and great food.

For reservations phone: (778) 687-1973



ARGAMECH INSTALLATIONS

- New Construction Plumbing
- Emergency Plumbing Repairs
- Tankless Water Heater Installation
- Radiant Floor Heating solutions

Contact Rob Argatoff – Phone (250) 417-5020

Email: rob@argamech.com

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BLAZING BILLS FERMENTED HOT SAUCES

***Looking for a little adventure in your food?
Ignite your taste buds with Blazing Bills
Fermented Hot sauce!***

If you are looking to spice up your food, you have come to the right place. Our artisan hot sauces are made by hand from start to finish, right here in Moyie, using only the freshest ingredients sources from local farms.

Available at Moyie General Store and the Lakeside Grill

Visit us at Blazingbillshotsauce.ca

CONTACT US

If you would like to submit articles, ideas or announcements or know someone who would like to be added to our email list, contact us at sanderman@telus.net