

Cat Hovestad
PHOTO CREDIT

The Valley Voice

The Voices of the Columbia Valley

INSIDE THIS EDITION

DOUBT

Sometimes, it's a whisper insisting you double-check your work or question a too-good-to-be-true offer. Other times, a heavy fog settles over everything, making you second-guess your choices and abilities - even yourself.

CELEBRATING EASTER TRADITIONS

How Families and Communities Mark the Holiday

PREPARING FOR WILDFIRE SEASON

Early Steps for Rural and Urban Homeowners

THE BASICS OF BUILDING A STEALTH ANTENNA FOR URBAN ENVIRONMENTS

Operating an amateur radio station in urban environments presents unique challenge.

The Summit Youth Centre Hub
Connect • Inspire

April

@THE HUB

YOUTH OF THE MONTH:
Shae

PRIDE & ALLIES MON	TUE	OUTDOOR ACTIVITY 4PM WED	CANAL FLATS & EDGEWATER OPEN THU	JAM NIGHT! 5PM FRI
7 PAINTING	8 PRETZEL MAKING	9 FORNITE FRENZIE	10 INVERMERE CENTRE CLOSED	11 MAKE TANGHULU OPEN GYM @DTSS 1:30-5
14 YOUTH OF THE MONTH MEAL PICK	15 BAKING	16 PING PONG TOURNI	17 INVERMERE CENTRE CLOSED	18 CLOSED (STAT)
21 YOUTH OF THE MONTH ACTIVITY PICK	22 WEREWOLF	23 TEAMS KAHOOT	24 INVERMERE CENTRE CLOSED	25 GLOW DANCE PARTY OPEN GYM @DTSS 1:30-5
28 PRO D DAY 12-6PM	29 KARAOKE	30 CAGE NECKLACE MAKING	AFTER SCHOOL TIL' 8PM	

NO OPEN GYM ON SATURDAYS

LETTER FROM THE VOLUNTEERS

Happy Easter! 🌸🐣 We hope your spring is off to a warm and joyful start. Be sure to check out our Easter article in this issue—it's filled with heartfelt stories, local celebrations, and even a few sweet treats. We're also tipping our hats to nature this month with a nod to Arbor Day—a great reminder to plant something green and appreciate the trees around us. 🌳

As we reflect on the season of renewal, we're also taking stock of our journey here at The Valley Voice. We've been sharing stories and building community together for four amazing years, and with our 100th issue fast approaching, we're excited to refresh and evolve. A new look is in the works, and we'd love to hear your input. Is there anything you'd like to see changed or added? Let us know!

That said, we need to be honest: it's getting harder to fill these pages without more community submissions. This month was a

challenge, and we want to keep going—but we can't do it alone. If you or someone you know can contribute—whether it's an article, local photos, business ads, or creative content—please reach out. Every bit helps, and every voice matters.

We are incredibly thankful for those who have submitted content, supported us, and kept this little paper alive month after month. To our amazing readers, thank you for sticking with us, sharing us with your friends, and believing in what a community publication can do.

Let's make this spring the season where we grow our reach, deepen our roots, and keep the Valley Voice going strong.

The Valley Voices Volunteers (VVV)

SPRING YOUTH SPORTS!
AT MT. NELSON ATHLETIC PARK

MONDAYS
4-5PM CONDITIONING (AGE 10+)
5-6PM SOCCER (AGE 6-10)
6-7PM SOCCER (AGE 11-14)

TUESDAYS
3-4PM SOCCER MINIS (AGE 3-5)

THURSDAYS
1-2PM HOMESCHOOL PE (AGE 5-10)
2-3PM HOMESCHOOL PE (AGE 11+)
4:25-5:25PM BASKETBALL (AGE 8-12)

7TH APRIL - 12TH JUNE

SEE FULL POST FOR REGISTRATION!

25th ANNUAL BUSINESS EXCELLENCE AWARDS
 NEW BUSINESS OF THE YEAR AWARD
 VALLEY SPORTS HUB

VALLEYSPORTS HUB
 250-409-5592
 VALLEYSPORTSHUB.BC@GMAIL.COM

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Ticks are small arachnids that thrive in damp, wooded, or grassy areas.

HOW ARE WE DOING?

The Volunteers of the Columbia Valley Voices Online Magazine are dedicated to providing content that is generated and supported by our valley residents.

We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram [@thevoicecv_official](https://www.instagram.com/thevoicecv_official)

OR

by email to news@thevoicecv.ca

SUBMIT CONTENT

This only works if we all do. Your content is what DRIVES this publication. We need it all because we need you.

NEXT EDITION May 6, 2025

SUBMISSION DEADLINE May 7, 2025

WE NEED

BUSINESS ADS

Any and all businesses, organizations and entrepreneurs are welcome to submit a business ad for free. *Ads must be refreshed periodically. Once an ad is out of date or stale, we will remove it.*

LOCAL PHOTOGRAPHY

Any and all are welcome and encouraged to submit their photos. Credit given when requested. Great way to get your art out to more eyes.

PERSONAL INTEREST

Got something to say? Expert in something? Know how to handle a season with skill? Send it in! We'll edit it only if requested. We'd LOVE to publish your brilliant works.

NEWS

Did you hear about it or see it? We could use your help! Snap a photo and send a blurb/article and we'll make sure it get included.

BECOME A VOLUNTEER!

We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

Email us at news@thevoicecv.ca

VISIT US ONLINE
thevoicecv.ca

VISIT US ON SOCIAL
[@Thevoicecv_official](https://www.instagram.com/Thevoicecv_official)



**DISTRICT OF INVERMERE
& RE/MAX INVERMERE
PRESENTS**



EGGCELLENT EGG HUNT 2025

SATURDAY APRIL 19TH

**FREE FOR CHILDREN AGES 12 & UNDER.
BRING YOUR OWN BASKET.**

**KINSMEN BEACH
INVERMERE
11:00AM SHARP**



Sometimes, it's a whisper insisting you double-check your work or question a too-good-to-be-true offer. Other times, a heavy fog settles over everything, making you second-guess your choices and abilities - even yourself. Doubt can be a helpful companion, pushing us to think critically and avoid mistakes, but it can also be a relentless roadblock, keeping us stuck in place. Where does doubt come from, and how do we know when to listen to it or when to push through?

Author Suzy Kassem said it best: "Doubt kills more dreams than failure ever will." Think about that for a second. Failure at least means you tried. It means you learned something. But doubt? Doubt keeps you frozen. It convinces you that you're not good, not ready, or talented enough. And before you know it, you've talked yourself out of something that could've been amazing.

According to Wiki - Doubt is a mental state in which the mind remains suspended between two or more contradictory propositions and is uncertain about them. Doubt on an emotional level is indecision between belief and disbelief. It may involve uncertainty, distrust or lack of conviction on specific facts, actions,

motives, or decisions. Doubt can result in delaying or rejecting relevant action out of concern for mistakes or missed opportunities.

We've all been there - wondering if we're good enough, smart enough, or capable enough. Self-doubt has a way of creeping in just when we're about to take a big step. The good news? You don't have to listen to it. Start by reminding yourself of your wins, no matter how small. Surround yourself with people who lift you up, not tear you down, and most importantly, take action because confidence isn't something you wait for. It's something you build. The more you push past self-doubt, the quieter it gets.

Poet and novelist Charles Bukowski pointed out a frustrating truth: "The problem with the world is that the intelligent people are full of doubt, while the stupid ones are full of confidence." It's a harsh take, but there's something to it. If you've ever second-guessed yourself while watching someone else barrel ahead with blind confidence, you know exactly what he meant. Smart people question things, overanalyze, and hesitate. Meanwhile, the people who should be asking themselves the most seem never to do it at all.

The internet is full of information - and let's be honest, how much of it is truthful? We see wild headlines, deepfake videos, and sketchy "facts" everywhere. That's where a little doubt can be helpful. Before you believe something, ask: Where is this info coming from? Does it seem too crazy to be real? A little skepticism can save you from falling for fake news. But don't let doubt make you cynical - stay curious, ask questions, and always check your sources!

That brings us to an important distinction - there's a difference between self-doubt and critical thinking. 19th-century Danish theologian and philosopher Søren Kierkegaard once said, "The most common form of despair is not being who you are." This insight highlights how self-doubt can be a form of stagnation, whereas critical thinking is about becoming more - more aware, more questioning, more alive to possibility. Doubt can be an accelerant for growth if you channel it wisely.

So, what do we do with doubt? French writer André Gide had a simple but powerful idea: "Believe those who are seeking the truth. Doubt those who find it." In other words, stay curious. Stay open to new ideas. Be skeptical of people who think they have all the answers. Doubt, when used wisely, isn't a weakness - it's a tool. It helps us separate fact from fiction, truth from lies, wisdom from arrogance. The trick is knowing when to listen to it and when to tell it to step aside so we can chase our dreams.

The 18th-century philosopher Voltaire once stated, "Doubt is not a pleasant

condition, but certainty is absurd." In other words, doubt can be uncomfortable and unsettling, but believing you're sure about everything is unrealistic - even a little ridiculous. He's suggesting that it's natural to have doubts because the world is complex, and we can't know everything for sure. So, while doubt might feel bad, it's more honest and reasonable than acting like we know everything with total certainty.

Doubt isn't the enemy - it's the invitation. Self-doubt? Just proof you care. Skepticism? A tool, not a roadblock. The world is loud with falsehoods, but truth? It whispers, steady and unshaken. You won't always have clear answers, but you have you - your mind, your heart, your strength. So, question boldly, trust wisely, and step forward. The path is yours to walk, and you're more ready than you think.



Wings over the Rockies

NATURE FESTIVAL

MAY 5-11, 2025



OUR PLACE IN NATURE

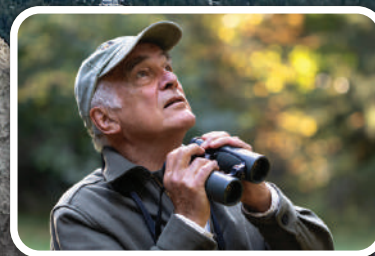
PHOTO: PRIYA AND ARCHIE PHOTOGRAPHY



Film Screening & Director's Presentation
Wildflowers
Thursday, May 8, 2025



Music Concert
Multi-award Winning
Harry Manx
Friday, May 9, 2025



Gala Dinner
Keynote Speaker
Dr. Rob Butler
Saturday, May 10, 2025

- Online Auction
- Photo Contest
- Events Calendar available March 27
- Online Ticket Sales begin April 8 at 10am MDT



www.wingsovertherockies.org

VALLEY PROMOTIONS



Radium Hot Springs Public Library

Join us for our annual

EASTER EGG-STRAVAGANZA

On Saturday April 19th 2025 Between 9:00 am - 10:00 am

@ the Radium Centre



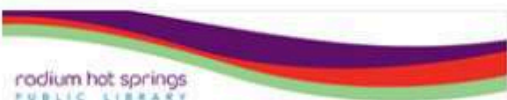
Free Entry - Donations Welcome



GOODIE BAGS ●

EGG HUNT ●

EASTER CRAFTS



Radium Hot Springs Public Library

4863 Stanley St

Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434

<https://radium.bc.libraries.coop/>



CELEBRATING EASTER TRADITIONS

How Families and Communities Mark the Holiday

Easter is a celebration filled with hope, renewal, and community connection. While its religious roots run deep, Easter has become a cherished time for families and neighborhoods to gather and enjoy time-honored traditions. From egg hunts and festive meals to faith-based services and creative crafts, the holiday offers a moment to pause, celebrate spring's arrival, and share joy with others. Across the Kootenays and in small communities like ours, Easter traditions are rich, personal, and often infused with local charm.

A Season of Renewal

Falling each year between March 22 and April 25, Easter aligns with the changing seasons. Snow melts, rivers swell, and the first green shoots appear in gardens. This makes Easter feel not only like a spiritual celebration but also a reminder that winter is ending, and brighter days are ahead.

Many local families mark the season by cleaning out their homes, opening windows to let in the fresh air, and

setting out pastel decorations. For some, it's a time for planting seeds—both literal and metaphorical—as they begin new projects, start their gardens, or set intentions for the months to come.

Faith-Based Observances

For those who observe Easter as a religious holiday, Holy Week begins with Palm Sunday and culminates in Easter Sunday. Local churches often host special services, including Maundy Thursday gatherings, Good Friday reflections, and joyful sunrise services on Easter morning.

Churches across the region, from Cranbrook to Nelson, often hold community events open to all—regardless of religious background—including potluck brunches, hymn sings, or seasonal choir performances. In smaller parishes, Easter is a deeply personal time, with multigenerational families gathering to honor tradition and reflect on themes of rebirth and grace.

The Iconic Egg Hunt

Of course, no Easter celebration would be complete without the beloved egg hunt. Whether it's plastic eggs filled with candy or carefully decorated hard-boiled ones, the search for eggs is a favorite activity for children and a nostalgic joy for parents and grandparents.

Community centers, local businesses, and even volunteer groups often organize egg hunts in parks or town squares. In recent years, we've seen creative twists on the classic event—like glow-in-the-dark egg hunts at dusk, scavenger-style hunts around neighborhoods, and even dog-friendly egg chases for our furry companions.

Families who prefer a quiet holiday often hide eggs in their own backyards or living rooms, making the hunt an intimate event with personalized clues and homemade treats.

Easter Crafts and Creativity

The weeks leading up to Easter often involve bursts of creativity. Children (and adults) spend time decorating eggs, making cards, and creating bunny-themed decorations. Some households dye eggs using traditional store-bought kits, while others experiment with natural dyes made from onion skins, beets, red cabbage, and turmeric for a rustic, earthy palette.

Local libraries, art centers, and schools frequently host Easter-themed workshops where kids can build Easter baskets, fold origami bunnies, or design spring-themed window art. These crafts not only create lasting memories but often become keepsakes brought out year after year.

Food, Feasts, and Family Time

Easter is also a time to gather around the table. Depending on family heritage and personal tradition, meals might include roast lamb, glazed ham, perogies, spring vegetables, or a table full of baked goods. In many households, Easter brunch is the star—a spread of deviled eggs, fresh fruit, cinnamon rolls, and coffee shared with friends and family.

Local bakeries and markets also join in the celebration, offering themed goodies like hot cross buns, carrot cake, Easter bread, and bunny-shaped cookies. In multicultural communities, traditional foods from across the globe find their way to Easter tables—like Greek tsourekis, Ukrainian paska, or Italian colomba di Pasqua.

Many families use the day as a chance to pass down recipes, cook together, and spend uninterrupted time catching up. It's these small rituals—the peeling of potatoes, the setting of the table, the shared stories—that make the holiday so meaningful.

Local Events and Community Spirit

Our communities go beyond the home to mark the holiday together. From spring markets featuring handmade goods to community brunches at local halls or churches, Easter brings people out of winter hibernation and into shared spaces.

Some towns host Easter parades complete with colorful costumes and floats, while others hold fundraisers or donation drives to support neighbors in need. You might spot window displays along Main Street decorated with eggs, chicks, and blossoms—or even a person in a bunny suit waving to passersby.

Libraries may offer storytimes with spring themes, and small businesses often provide Easter-themed promotions or prizes. Local seniors' homes might host egg-decorating parties with visiting grandchildren, or schools may hold community concerts filled with songs of the season.

Modern Twists and New Traditions

As families change and communities grow, Easter traditions continue to evolve. Some families opt for eco-friendly celebrations, using reusable eggs and baskets, or incorporating sustainability into their gift-giving by choosing handmade or local items.

Others incorporate new cultural or secular traditions—planting a tree in honor of spring, crafting a gratitude tree, or spending Easter weekend camping or hiking. For those who don't celebrate the religious aspects of the

holiday, Easter becomes a celebration of nature, creativity, and community.

Technology has also made its mark, especially in recent years. Virtual egg hunts, video-call brunches with distant family members, and sharing craft tutorials online have become part of the holiday landscape for some.

Keeping the Heart of Easter Alive

At its core, Easter is a celebration of new life, togetherness, and hope. Whether observed through church services, family dinners, or playful hunts in the garden, the holiday reminds us to reconnect—with the land, with loved ones, and with the promise of warmer, brighter days ahead.

Here in our community, these moments are magnified. We see neighbors helping neighbors prepare for spring. We hear the laughter of children searching for eggs in a park

surrounded by snow-capped peaks. We taste the familiar dishes passed from hand to hand, generation to generation. And we feel the strength of being together—even in a small town, even after a long winter.

This Easter, we encourage you to embrace both tradition and creativity. Whether you're revisiting old family customs or starting a new one, take time to celebrate in a way that brings you joy. Attend a local event, share a meal with someone new, or simply sit in the sunshine and listen to the birds returning.

In doing so, we not only honor the season—we strengthen the bonds that make our communities feel like home.

Happy Easter from all of us at The Valley Voice. May your celebrations be warm, joyful, and filled with connection. 🐰 🌸

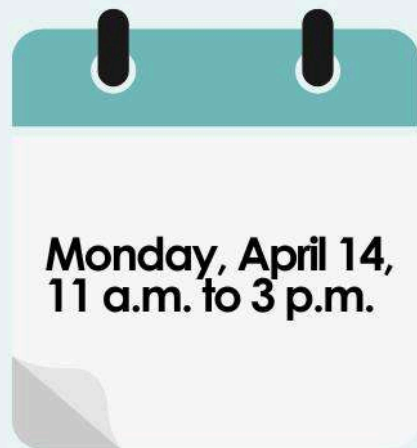


Important Housing Survey

No place to rent?
Couch surfing at friends?
No fixed address?
Living In a vehicle?
Nowhere to sleep?

We need to hear from you.

Take a 3-minute, **anonymous** survey to help inform housing programs that will help us all. Gift Cards, Pizza and refreshments available.



at Street Angels

46 17 Ave S,
Cranbrook, BC

at Community Connections

209a 16th Ave N,
Cranbrook, BC

by Phone

Call 236-363-2249
on April 14th and
ask for Jean



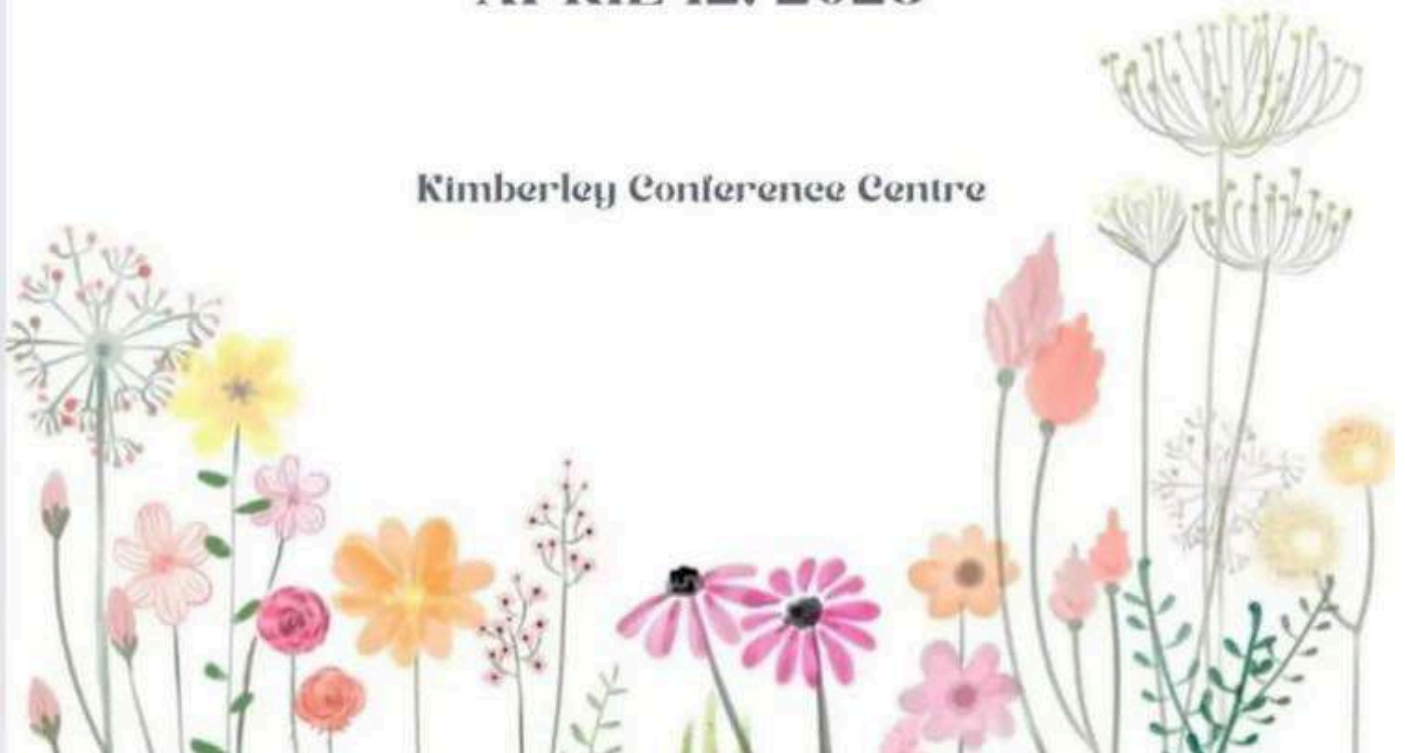
SPRING VENDOR MARKET

JOIN US FOR A FUN-FILLED DAY OF SHOPPING TO KICK OFF EASTER AND SPRING WITH 40PLUS FANTASTIC LOCAL VENDORS. A LITTLE SOMTHING FOR EVERYONE

10A.M to 4 P.M

APRIL 12, 2025

Kimberley Conference Centre



VALLEY PROMOTIONS

Spring has Sprung

Legion Spring Market

Saturday April 12

10:00am to 4:00pm

in the Legion

to reserve stall space call

250 688 0640

Legion 
Windermere District #71



PREPARING FOR WILDFIRE SEASON

Early Steps for Rural and Urban Homeowners

As the snow melts and the days get longer, many Canadians begin to look forward to summer adventures and time outdoors.

However, in recent years, wildfire season has become an increasingly urgent concern. From smoky skies to sudden evacuations, wildfires are no longer confined to remote forests—they're reaching communities, neighborhoods, and backyards. Whether you live in a rural setting surrounded by trees or in a more urban neighborhood, preparing early can help protect your home, your family, and your peace of mind.

Understanding the Risk

Wildfires are a natural part of many

ecosystems, but factors such as climate change, drought, and human activity have increased both the frequency and intensity of fires. Drier conditions and higher temperatures make it easier for fires to start and spread rapidly. In British Columbia and across Canada, the wildfire season typically begins in late spring and can stretch well into the fall.

Although rural areas are more directly impacted due to their proximity to forests and grasslands, urban and suburban communities are not immune.

Embers can travel kilometers on the wind and ignite homes or vegetation, especially in neighborhoods that border green belts or forested areas.

Early Steps for Everyone

Whether you're in the heart of town or out in the countryside, there are steps you can take right now to prepare for the season ahead.

1. Create a Defensible Space Around Your Home

A defensible space is a buffer between your home and the flammable vegetation that surrounds it. This can slow or stop the spread of wildfire and help protect your home from catching fire.

Zone 1 (0-1.5 meters): Remove all combustible materials directly next to your house—this includes firewood piles, planters, dried leaves, and even mulch. Opt for gravel or rock landscaping.

Zone 2 (1.5-10 meters): Mow grass regularly, prune shrubs, and remove lower branches of trees to prevent ground fires from climbing.

Zone 3 (10-30 meters): Thin trees and reduce brush to decrease fuel load.

Maintaining this space not only protects your home but gives firefighters a safer area to defend your property.

2. Harden Your Home Against Fire

It's not just the landscape that matters—your home's construction can make a big difference.

Roofing: Use fire-resistant materials like metal, asphalt shingles, or tile. Regularly clear your gutters of dry leaves and needles.

Siding and Windows: Opt for non-combustible siding materials such as stucco or fiber cement. Tempered glass windows are more resistant to heat, and metal screens can stop embers.

Vents: Cover exterior vents with 1/8-

inch metal mesh to prevent embers from entering your attic or crawl spaces.

Decks and Fences: Use fire-resistant materials and keep these areas clear of debris and combustible furniture.

Small changes can significantly reduce the risk of your home igniting during a wildfire event.

3. Prepare an Emergency Plan

Even with the best precautions, wildfires can move quickly. It's essential to have a plan in place:

Know Your Evacuation Routes: Identify at least two ways out of your area in case one is blocked.

Create a Grab-and-Go Bag: Pack essentials like water, food, medications, important documents, clothing, and phone chargers.

Have a Family Plan: Decide on a meeting point, share contact information, and practice your plan regularly.

Pet Preparedness: Make sure you have carriers, food, and water ready for pets.

Programs like FireSmart and PreparedBC offer downloadable checklists to guide your planning.

4. Stay Informed

During wildfire season, information changes rapidly. Staying updated can help you make timely decisions.

Sign Up for Alerts: Many communities have emergency alert systems that send notifications via text, email, or phone.

Use Trusted Sources: Follow provincial wildfire services (like BC Wildfire Service) and local emergency management on social media.

Know the Symbols: Learn what different fire danger ratings and evacuation notices mean.

Make checking fire conditions a regular part of your summer routine.

5. Get Involved in Community Preparedness

Fire doesn't respect property lines. The safety of your neighborhood depends on everyone being prepared.

Join or Start a FireSmart Committee: FireSmart Canada helps communities organize and apply for recognition and funding to reduce wildfire risk.

Host a Cleanup Day: Gather neighbors to clear brush, remove flammable materials, and educate one another.

Support Local Emergency Services: Volunteer with your local fire department or donate to local response funds.

Community engagement builds resilience and can make a life-saving difference when a wildfire threatens.

6. Rural Homeowners: Be Extra Vigilant

For those living outside city limits, the risk is more direct—and so is the responsibility.

Install a Water Supply: A pond, pool, or large tank can provide critical water for firefighting.

Clearly Mark Your Driveway: Make sure emergency vehicles can access your property and your address is visible from the road.

Create Fuel Breaks: Roads, driveways, and gravel paths can act as fire barriers.

Maintain Equipment: Ensure generators, pumps, and hoses are in good working order.

A few proactive steps can help firefighters help you more effectively in the event of an emergency.

7. Urban Homeowners: Don't Underestimate Risk

Even in densely populated areas, a stray ember can set off a rooftop fire or spark in nearby green space.

Inspect Rooftops and Gutters: Keep your home's exterior free from debris and flammable clutter.

Secure Green Spaces: Encourage landlords, HOAs, or city councils to maintain local parks and greenbelts.

Have Insurance Up to Date: Review your home insurance policy and ensure it covers wildfire damage.

Urban homes may be surrounded by pavement, but fire can still find its way in through unguarded spaces.

A Safer Season Starts Now

Wildfire season may seem far away, but preparation begins long before the first spark flies. By taking practical steps now—clearing defensible space, hardening your home, planning for evacuation, and staying informed—you can reduce risk for yourself and your community.

As we move into spring and summer, let's remember that being proactive isn't just about protecting property—it's about protecting lives, memories, and the places we call home.

For more information, visit firesmartcanada.ca, check your local emergency management office, and talk to your neighbors. We're all in this together.



BIKE & GEAR SWAP

SAT, APRIL 12TH 11:30-1:30
COLUMBIA VALLEY CENTRE



BIKE SWAP, BUT **BIGGER** & BETTER

BIKE | HIKE | PADDLE | CAMP | GOLF
SELL YOUR SURPLUS SUMMER SPORTS GEAR!

(Non-motorized equipment only—ebikes welcome)

9am-11am: Drop off your gear for sale
11:30am-1:30pm: The BIG Sale
1:30pm-2:30pm: Pick up your money & unsold gear

A 10% commission up to a maximum of \$250 will apply on all gear sold in support of the CVCS

This year's fund will support bikes for the Youth Bike Club



IN COLLABORATION WITH:



L'Association Francophone Rocheuses
Sud (AFRS) vous invite à

VENDREDI LE 11 AVRIL ~ FRIDAY APRIL 11
5 – 7pm Senior's Centre (1309 – 14th St)

**SOIREE DE
JEUX EN
FRANÇAIS**

**GAMES NIGHT
IN FRENCH**

Tout le monde est le bienvenu à une soirée divertissante de jeux en français et d'amuse-gueules. Familles bienvenue, apportez un plat à partager et un jeu si vous le souhaitez. Certains jeux seront fournis.

~

Everyone is welcome to an entertaining evening of games in French and finger foods. Families welcome, bring a dish to share, and a game if desired. Some games will be provided.

5 – 7pm Senior's Centre (1309 – 14th St)

MORE INFO:
AFRSCOLUMBIAVALLEY@GMAIL.COM

VALLEY PROMOTIONS



COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket

Households of all sizes benefit from our food baskets.



Five Person
Food Basket



Eight Person
Food Basket

Choose a donation option here from \$74.00 to \$335.00.

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

We provide one week of food per household. When more support is needed an emergency food basket is a solution.



Emergency Food Basket



Emergency Food Baskets (\$39.00)



4 FESTIVE SHOTS AND COCKTAILS PERFECT FOR YOUR APRIL EASTER CELEBRATION

IRISH GOLD

Ingredients:

½ oz blue curaçao
½ oz white chocolate liqueur
½ oz Irish cream
Optional: drizzle of chocolate syrup

Directions:

1. Drizzle chocolate syrup inside a shot glass (optional) and chill briefly.
2. Slowly pour in blue curaçao as the base layer.
3. Using the back of a spoon, gently layer the white chocolate liqueur on top.
4. Repeat with the Irish cream, carefully layering it last.
5. Serve immediately for a beautifully layered, sweet treat!!

SPRING BLOOM FIZZ

Ingredients:

1 oz elderflower liqueur
1 oz gin
2 oz club soda
Squeeze of lemon juice
Garnish: edible flower or lemon twist

Directions:

1. Fill a glass with ice.
2. Add elderflower liqueur and gin.
3. Squeeze in a bit of fresh lemon juice.
4. Top with club soda and stir gently.
5. Garnish with a lemon twist or an edible flower for a delicate spring touch.



CARROT CAKE SHOOTER

Ingredients:

- ½ oz coffee liqueur
- ½ oz Irish cream
- ½ oz cinnamon schnapps
- Optional: whipped cream and nutmeg

Directions:

1. Combine all liqueurs in a shaker with ice.
2. Shake well and strain into a shot glass.
3. Top with a dollop of whipped cream and a sprinkle of nutmeg (optional).
4. Sip or shoot for a dessert-like finish!

PASTEL PUNCH

Ingredients:

- 1 oz vodka
- ½ oz peach schnapps
- 2 oz pink lemonade
- Lemon-lime soda (to top)
- Garnish: strawberry slice or pastel candy skewer

Directions:

1. Fill a glass with ice.
2. Pour in vodka, peach schnapps, and pink lemonade.
3. Top with lemon-lime soda.
4. Stir gently.
5. Garnish with a fresh strawberry or skewer a few pastel candies for festive flair.

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

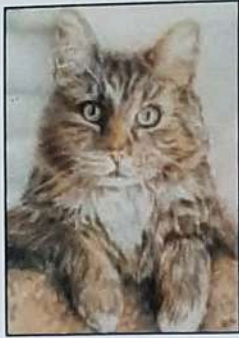
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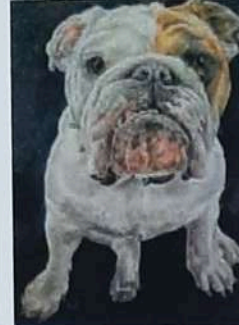
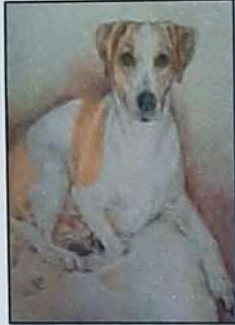


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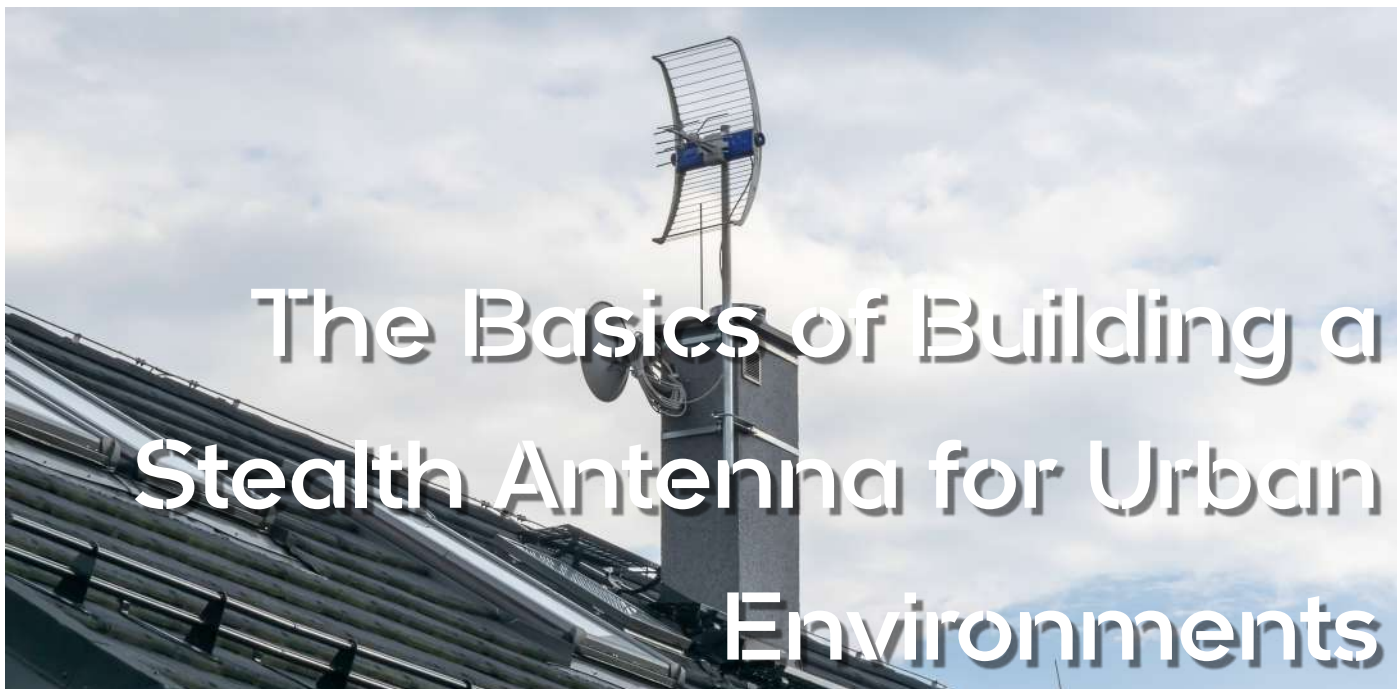
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The Basics of Building a Stealth Antenna for Urban Environments

Operating an amateur radio station in urban environments presents unique challenges, particularly when it comes to installing effective antennas without drawing unwanted attention. Whether due to homeowner association (HOA) regulations, restrictive covenants, or simply a desire to maintain aesthetic harmony with your surroundings, building a stealth antenna becomes a practical necessity. This guide delves into the essentials of constructing stealth antennas tailored for urban settings, ensuring you remain on the airwaves while keeping a low profile.

Understanding Stealth Antennas

A stealth antenna is designed to be inconspicuous or hidden, blending seamlessly into its environment to avoid detection. These antennas are particularly beneficial for amateur radio operators residing in areas with strict aesthetic guidelines or antenna restrictions. The primary goal is to achieve optimal radio performance without compromising the visual appeal of your property or violating local regulations.

Challenges in Urban Environments

Urban settings often come with specific obstacles that necessitate the use of stealth antennas:

Space Constraints: Limited outdoor space can restrict the installation of traditional antenna systems.

Regulatory Restrictions: HOAs and local ordinances may impose strict rules against visible antennas.

Interference: High-density electronic devices can introduce significant radio

frequency interference.

Designing Your Stealth Antenna

When planning a stealth antenna, consider the following factors to ensure both functionality and discretion:

1. Antenna Type Selection

End-Fed Wire Antennas: These antennas can be easily concealed along structures such as fences or under eaves. Their simplicity and effectiveness make them a popular choice for stealth installations.

Loop Antennas: Compact and versatile, loop antennas can be installed indoors or disguised as outdoor decorations. Their closed-loop design helps in reducing noise, which is advantageous in urban environments.

Vertical Antennas: Slim and unobtrusive, vertical antennas can be camouflaged as flagpoles or integrated into existing structures like drainpipes.

2. Material Considerations

Thin Gauge Wires: Utilizing thin, insulated wires can make the antenna less visible against various backgrounds.

Camouflage Techniques: Painting antennas to match their surroundings or using materials that blend with the environment can significantly reduce visibility.

3. Installation Strategies

Utilizing Existing Structures: Incorporate antennas into pre-existing elements such as gutters, downspouts, or window frames to mask their presence.

Attic Installations: If outdoor installation isn't feasible, placing antennas in the attic can be an effective alternative, provided the roofing materials do not excessively attenuate signals.

Temporary Deployments: For operators who cannot maintain permanent installations, portable antennas that can be set up and taken down quickly offer a practical solution.

Practical Examples of Stealth Antennas

Drawing inspiration from successful implementations can guide your own stealth antenna project:

Flagpole Antennas: By integrating a vertical antenna within a flagpole, operators can maintain functionality while adhering to aesthetic standards.

Rain Gutter Antennas: Utilizing metal gutters as radiating elements can serve dual purposes, though ensuring proper insulation and grounding is crucial.

Fence Antennas: Running wire antennas along wooden fences allows for effective transmission capabilities without drawing attention.

Overcoming Regulatory and HOA Challenges

Navigating the complexities of HOA regulations requires a strategic approach:

Review Governing Documents: Thoroughly examine HOA bylaws and local ordinances to understand specific restrictions related to antenna installations.

Seek Approval When Necessary: In cases where regulations are ambiguous, proactively seeking permission can prevent future disputes.

Emphasize Aesthetics: Presenting antenna designs that are virtually invisible or harmoniously integrated into the environment can alleviate concerns from HOA boards and neighbors.



Performance Considerations

While stealth antennas offer discretion, they may come with performance trade-offs:

Efficiency: Compact or camouflaged designs might reduce antenna efficiency, potentially impacting transmission range.

Bandwidth Limitations: Some stealth antennas may have narrower bandwidths, necessitating more precise tuning.

Signal Attenuation: Materials used for concealment, especially in attic installations, can attenuate signals. Testing different configurations can help identify optimal setups.

Enhancing Stealth Antenna Performance

To mitigate potential performance issues:

Use of Antenna Tuners: Employing a quality antenna tuner can help match the antenna impedance to your transmitter, improving efficiency.

Incorporate Baluns or Ununs: These devices can aid in impedance matching and reduce unwanted RF on the feedline.

Regular Maintenance: Periodic inspections ensure that the antenna and its camouflage remain in good condition, preserving both performance and stealth.

Community Insights and Resources

Engaging with the amateur radio community can provide valuable insights:

Local Radio Clubs: Organizations like the Cranbrook Radio Club Society (CRCS) offer a platform to share experiences and solutions related to stealth antennas.

Online Forums/Groups: Participating in online discussions can expose you to a variety of stealth antenna designs and success stories.

Educational Workshops: Attending

workshops or webinars focused on antenna design can enhance your understanding and skills.

Building a stealth antenna in an urban environment requires a blend of creativity, technical knowledge, and an understanding of local regulations. By thoughtfully selecting designs and materials, and by integrating antennas seamlessly into existing structures, amateur radio operators can enjoy effective communication without attracting unwanted attention. Embracing the challenge of stealth antenna construction not only ensures compliance with regulations but also fosters innovation within the amateur radio community.



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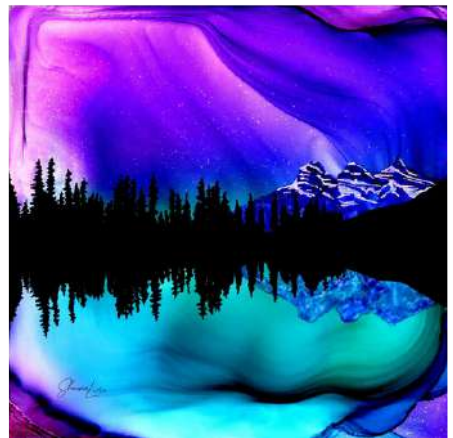
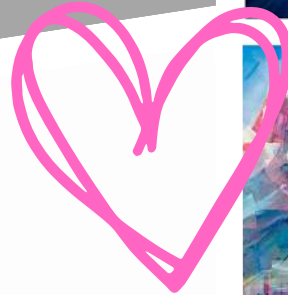
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Gardening in the Kootenays: What to Plant This Month

Spring has arrived in the Kootenays, and for gardeners, that means it's time to get your hands in the soil! April is an exciting time to begin planning and planting your garden, especially as the risk of frost begins to ease—though it's always smart to keep an eye on the weather forecast and be ready to cover tender plants.

Now is the perfect time to start hardier vegetables and prepare your beds for a bountiful summer. Here's a guide to what you can plant this month:

Outdoors - Direct Sow

If the ground is thawed and workable, you can begin direct sowing cool-weather crops:

- Peas - Sugar snap, snow, and shelling peas thrive in cooler temperatures.
- Spinach - Grows quickly and prefers cool spring weather.
- Radishes - Fast-growing and easy for beginner gardeners.
- Lettuce - Choose a variety of loose-leaf and romaine for a long harvest window.
- Carrots - Sow early, but be patient—they take a while to sprout.
- Beets - Hardy and sweet, these do well with early planting.

Indoors - Start Seeds

To get a head start on warmer crops, now's the time to start seeds indoors for

transplanting in May:

- Tomatoes - Choose early-maturing varieties for best results.
- Peppers - Need lots of warmth and time to grow strong.
- Cabbage, Broccoli & Cauliflower - These brassicas do well with an indoor start.
- Herbs - Basil, parsley, thyme, and oregano are great candidates.

Tips for Success

- Use a cold frame or row covers to protect early sprouts from unexpected frost.
- Keep seedlings under grow lights or in a bright window to prevent legginess.
- Test your soil—adding compost now can do wonders later.

Gardening in the Kootenays takes patience and planning, but with the right timing, your efforts will bloom into something beautiful. Happy planting!





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SPRING'S FIRST NUISANCE: THE TICK

Ticks are small arachnids that thrive in damp, wooded, or grassy areas. They're most active from early spring to late fall, and the Kootenays are no exception to their seasonal appearance. The most common tick in this region is the Rocky Mountain wood tick, but black-legged ticks (also known as deer ticks) are also occasionally found here and are known carriers of Lyme disease.

Where They Hide

Ticks wait for a host to brush past on trails, tall grass, or brush. They can latch onto pets, people, and gear. Contrary to popular belief, they don't jump or fly—they simply cling to anything warm-blooded that brushes by.

How to Protect Yourself

Wear protective clothing: Long sleeves, pants tucked into socks, and light-colored clothing make ticks easier to spot.

Use repellents: DEET- or icaridin-based repellents can help keep ticks at bay.

Perform tick checks: After time outdoors, inspect your body (and your pets) carefully, especially behind the ears, around the waist, under the arms, and behind the knees.

Shower soon after being outdoors: This helps remove unattached ticks and is a great time for a full-body check.

If you find a tick, remove it with fine-tipped tweezers by grasping it close to the skin and pulling straight out. Avoid twisting or crushing the tick. Clean the area and monitor for symptoms like fever, rash, or fatigue, and consult a healthcare provider if needed.

Allergy Season Is in Bloom

For many, spring means sneezing, itchy eyes, and congestion—classic signs of seasonal allergies, also known as hay fever. As trees and grasses pollinate, they release tiny particles into the air. For those with sensitivities, this pollen triggers an immune response.

In the Kootenays, tree pollen (from birch, poplar, alder, and pine) is usually the first culprit, followed by grass pollen later in the season.

Recognizing the Symptoms

Sneezing
Runny or stuffy nose
Itchy or watery eyes
Coughing
Postnasal drip
Fatigue

These symptoms can mimic a cold or mild flu but usually linger longer and occur in response to time spent outdoors.

Coping Strategies

Monitor pollen levels: Check daily pollen forecasts and limit outdoor activities during peak levels (typically early morning and windy days).

Keep windows closed: Use air conditioning or HEPA air filters to reduce pollen exposure indoors.

Change clothes after being outside: Pollen can stick to clothing and hair, so changing and showering can help reduce indoor exposure.

Try over-the-counter medications: Antihistamines, decongestants, and nasal sprays can provide relief. Consult with your pharmacist or doctor for the best options.

Natural remedies: Some people find relief using local honey, saline nasal rinses, or herbal supplements. These should be discussed with a healthcare provider to avoid interactions or side effects.

Your Pets Aren't Immune

Pets are especially vulnerable to ticks

as they love to roll in grass and explore wooded areas. Check your pets daily during tick season and talk to your vet about tick prevention treatments. Dogs can also suffer from pollen allergies, though symptoms may present as skin irritation, paw licking, or ear infections.

When to Seek Medical Help

Both tick bites and allergies can usually be managed at home, but there are times when you should reach out to a medical professional:

Tick bites: If a red rash resembling a bull's-eye develops, or you experience fever, muscle aches, or unusual fatigue within a few weeks of a tick bite.

Allergy symptoms: If over-the-counter medications aren't effective, or if you have trouble breathing, wheezing, or swelling of the face and throat—these could indicate a more serious allergic reaction.



Prevention Is the Best Medicine

The best way to enjoy all that spring has to offer is by being prepared. Whether you're heading out for your first hike of the season, cleaning up the garden, or just taking a walk with the dog, a little awareness goes a long way.

A Spring Checklist for Outdoor Wellness:

- ✓ Check the pollen forecast before planning outdoor activities
- ✓ Wear long sleeves and use tick repellent
- ✓ Shower and change clothes after being outside
- ✓ Keep pets protected and inspected
- ✓ Keep windows closed during high pollen days
- ✓ Stock up on allergy medication

and know your options

- ✓ Know the signs of tick-borne illnesses

Spring is a season of new beginnings, and with a bit of preparation, it doesn't have to come with sneezes or itchy surprises. Embrace the return of green grass, budding trees, and sunshine—just do it smartly. Keep your health and comfort in mind, and you'll be well on your way to a safer, more enjoyable season.

And if you've got a great local tip or spring allergy strategy that works wonders, consider submitting it to The Valley Voice! Your insight could help your neighbors get through the season just a bit more comfortably.

Let the sun shine, the flowers bloom—and may the ticks stay far, far away.



🌿 Did You Know?

Quick Spring Facts About Ticks & Allergies in the Kootenays

🕷️ Tick season starts early! Rocky Mountain wood ticks can become active once daytime temperatures consistently reach 4°C (39°F).

🌲 Ticks don't fall from trees. They wait on tall grass or low brush and latch on as you pass by.

🐾 Pets are tick magnets. Dogs (and even outdoor cats) are often the first family members to bring ticks into the home. Daily checks are key!

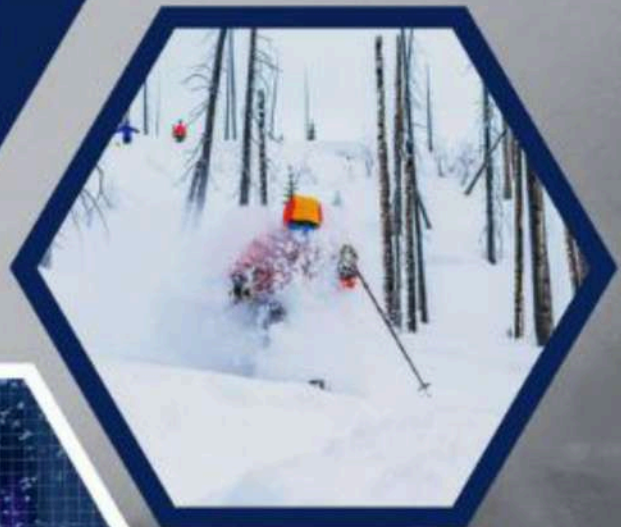
🌸 Tree pollen peaks in early spring. In the Kootenays, birch, alder, poplar, and pine are common spring allergens.

🌼 Allergy symptoms can mimic a cold. If you're sneezing and congested but don't have a fever, pollen might be the cause.

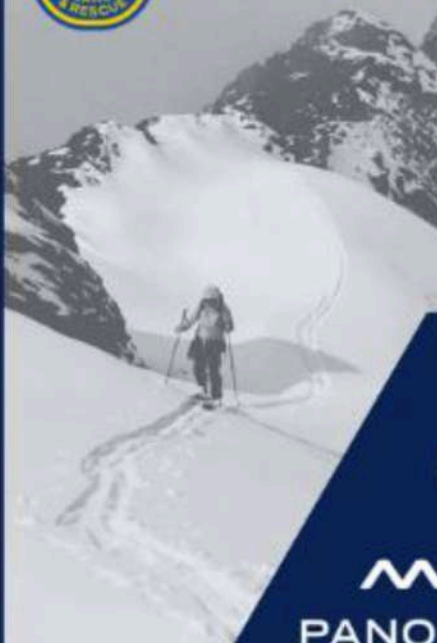
🍯 Local honey myth? Some believe eating local honey helps with allergies. While evidence is limited, many still swear by it as a gentle home remedy.



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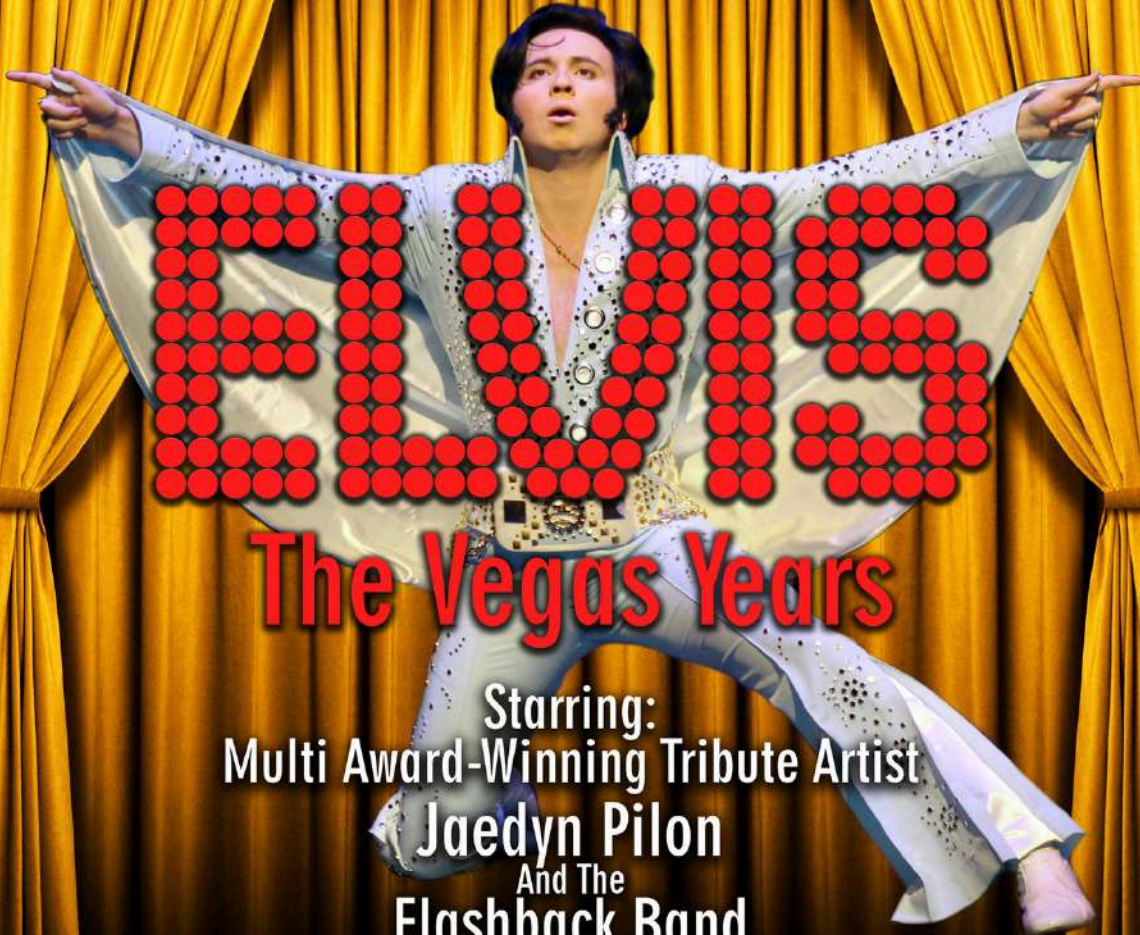
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PHOTO CREDIT

Gamer's Corner

Game Review: Atomfall

Available on PS5, PS4, Xbox Series X|S, Xbox One, PC
By The Valley Voice Team

Developer: Rebellion
Genre: Action-Adventure, Open World
Rating: M for Mature
Platforms Reviewed: Xbox Series X

Set in an alternate-history Britain, Atomfall plunges players into a rural dystopia shaped by nuclear disaster and government paranoia. Inspired by real-life events surrounding the 1957 Windscale disaster, Rebellion's newest title is a moody, narrative-driven open-world adventure filled with eerie silence, conspiracy theories, and mutated horrors lurking in the hedgerows.

Atmosphere and Setting

Atomfall does an incredible job creating an unsettling version of the British countryside. Rolling green hills are littered with rotting cars, deserted villages, and militarized checkpoints. The game's unique aesthetic mixes post-war optimism with Cold War dread, blending historical realism with science fiction in a way that feels grounded yet disturbing. Think Fallout meets Vera Drake.

Dynamic weather and a haunting ambient soundtrack build tension as you explore. Rain batters abandoned homes while radio crackles from still-running government speakers add to the feeling that you're always being watched.

Gameplay and Exploration

You play as a nameless survivor thrown into the heart of the quarantine zone, searching for answers after a nuclear leak and government cover-up unravel normal life. The gameplay leans heavily on exploration, survival, and narrative choices.

Weapons and resources are scarce, encouraging stealth and smart decision-making. Choices you make have real consequences, affecting how factions treat you and which of the multiple endings you'll experience. Whether aiding scared villagers, confronting roaming military forces, or dealing with radioactive wildlife, every interaction adds weight to your journey.

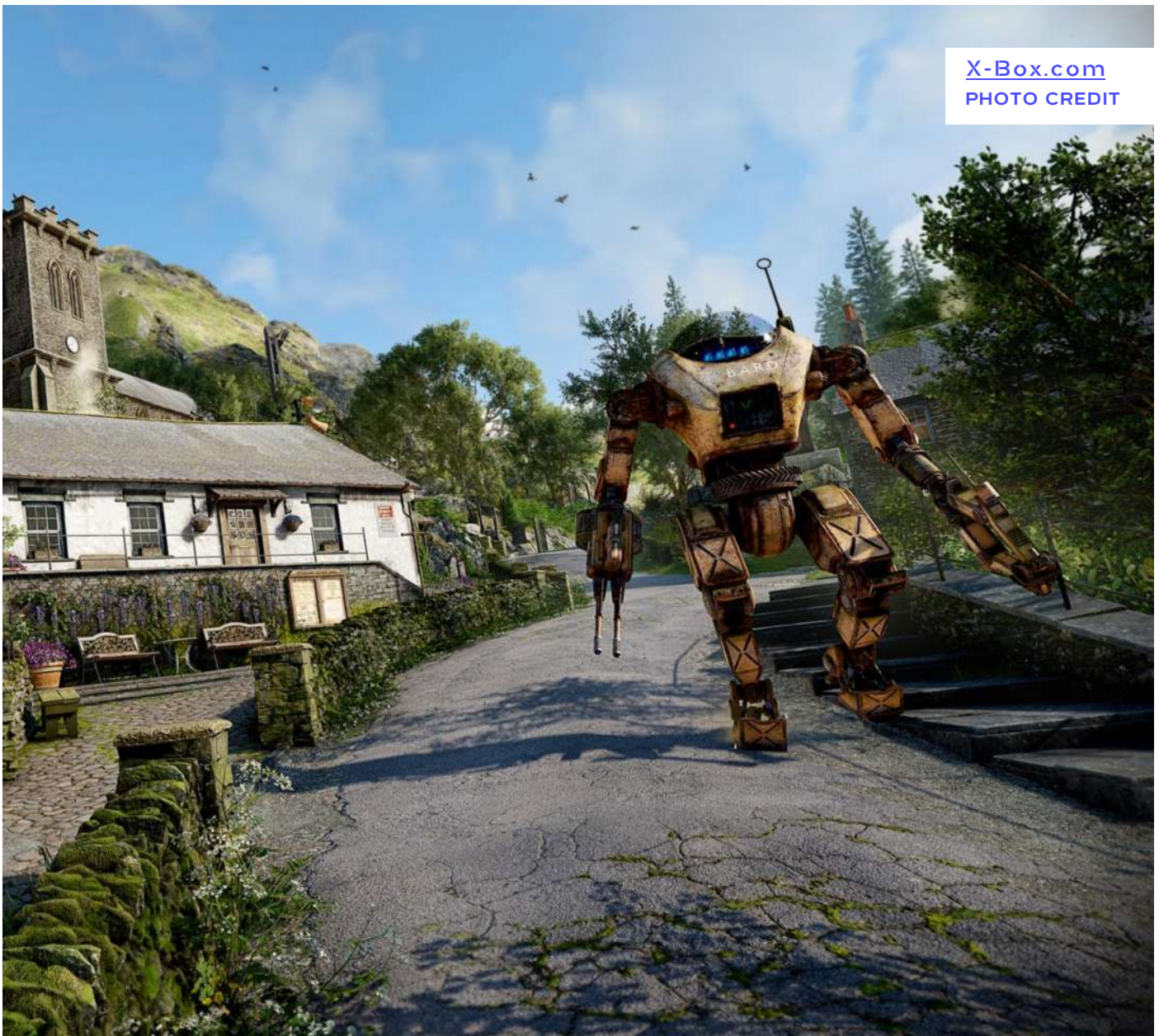
While some animations and controls feel a bit clunky compared to bigger-budget titles, the game makes up for it with heart and originality.

Final Thoughts

Atomfall is not your typical open-world shooter. It's slow-burning, thoughtful, and steeped in atmosphere. For players craving a story-rich experience with political undertones and a dash of horror, this haunting alternate-history adventure is well worth the trip into the quarantine zone.

Rating: ★★★★★☆ (4/5)

A compelling journey through a Britain that never was—tense, thoughtful, and undeniably eerie.



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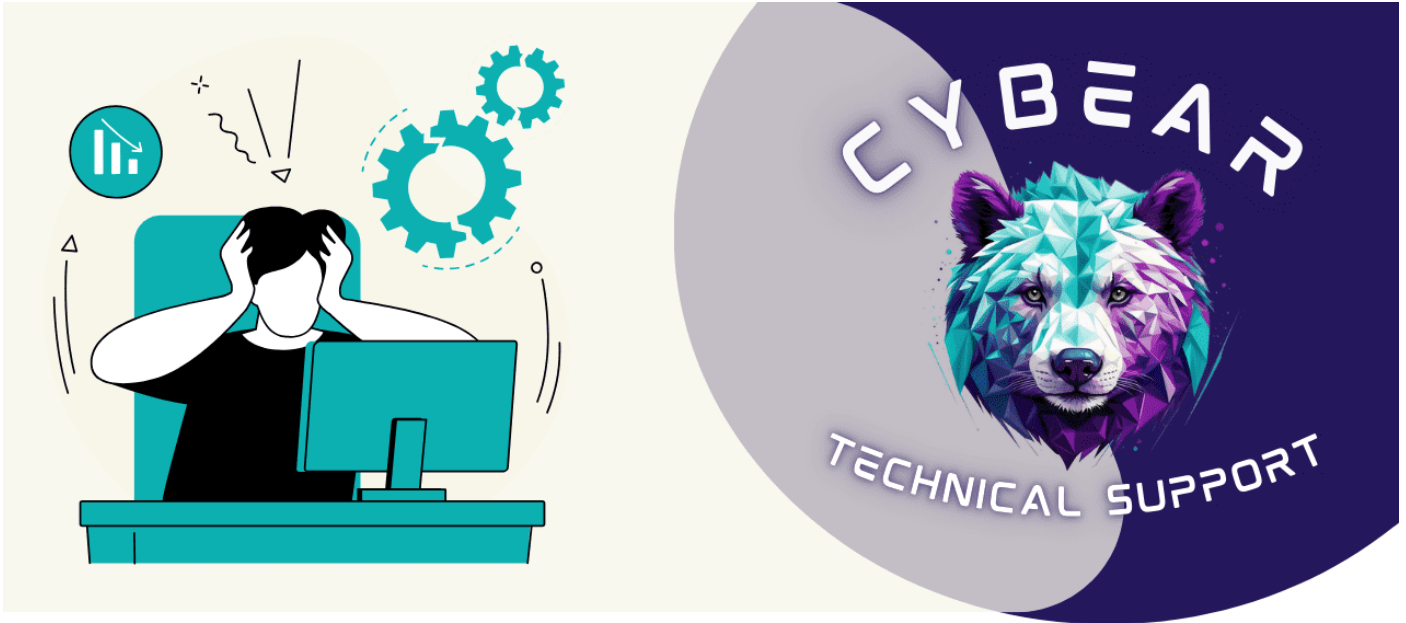
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Movie Review:

Sleeping Dogs (2024)

Director: Adam Cooper

Starring: Russell Crowe, Karen Gillan, Marton Csokas, Thomas M. Wright

Genre: Mystery / Drama / Thriller

Rating: R

Russell Crowe returns to form in *Sleeping Dogs*, a psychological thriller adapted from the novel *The Book of Mirrors* by E.O. Chirovici. This moody, cerebral drama takes viewers on a winding journey through memory, murder, and the unreliability of truth.

The Plot

Crowe plays Roy Freeman, a retired detective grappling with the onset of Alzheimer's. When a previously closed murder case is reopened, Freeman is drawn back into the investigation that once defined his career – the killing of a prominent professor. As he begins retracing the old case, Freeman is haunted by the holes in his own memory, as well as inconsistencies in the original testimony.

The film elegantly shifts between past and present, blurring the line between what was real and what was remembered. With the help of a determined journalist (played by Karen Gillan), Freeman attempts to piece together the fragments of a murder that may have never been solved correctly.

Performances

Russell Crowe delivers a deeply human performance, capturing Freeman's vulnerability and confusion with nuance and empathy. It's a character-driven piece, and Crowe's portrayal anchors the film in emotional realism. Karen Gillan provides a strong counterbalance with her energy and drive, and Marton Csokas, as always, brings an unsettling presence to the screen.

RUSSELL CROWE

SLEEPING DOGS

Cinematography and Direction

Director Adam Cooper creates a moody, noir-like atmosphere, using shadows, muted tones, and slow pacing to keep the audience unsettled. The cinematography reflects Freeman's faltering memory—sometimes clear, sometimes murky—adding to the film's dreamlike, introspective tone.

Final Impressions

Sleeping Dogs is not a fast-paced thriller—it's a quiet, creeping mystery that invites viewers to examine how memory shapes truth. While the pacing may feel slow at times, the emotional payoff and philosophical undercurrents make it a rewarding watch for fans of character-driven mysteries.

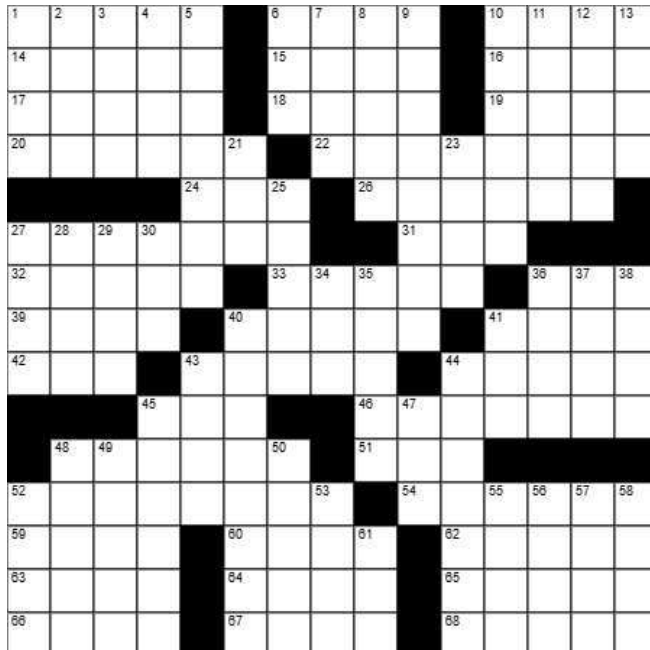
Rating: ★★★★★☆ (4/5)

Thought-provoking and elegantly performed, *Sleeping Dogs* is a haunting exploration of memory, regret, and the stories we tell ourselves.

A LITTLE FUN

Across

1- Musical drama; 6- Woe is me!; 10- It's a long story; 14- Thorny flowers; 15- ___ Alto, CA; 16- Snare; 17- Mortarboard tossers; 18- Nobel Peace Prize city; 19- To Live and Die ___; 20- Workroom; 22- Owner of an upscale inn; 24- Madrid Mrs.; 26- Blanch; 27- Writing space; 31- ___ and outs; 32- Those against; 33- Sierra ___; 36- Warmed the bench; 39- Large cat; 40- Label anew; 41- ___-Rooter; 42- Mrs. McKinley; 43- Hit back, perhaps; 44- Paddled; 45- Pouch; 46- Inhabited by ghosts; 48- Slowpokes; 51- Collector's goal; 52- Happening every two years; 54- North African desert; 59- Dies ___; 60- Long and Peeples; 62- Festive occasions; 63- Permits; 64- Prepare a book or film for release; 65- Actress Verdugo; 66- Nautical speed unit; 67- Hard to find; 68- Oktoberfest vessel;



Down

1- Assns.; 2- Any will do in a storm; 3- Biblical birthright seller; 4- Comedian Foxx; 5- Aids; 6- GI mail drop; 7- Whip; 8- Permit; 9- Comforting; 10- Circus props; 11- Golfer Palmer, to his army; 12- Physician to Marcus Aurelius; 13- On ___ with (equal to); 21- Spanish gold; 23- Mozart's "___ kleine Nachtmusik"; 25- Cop ___; 27- Surrealist Salvador; 28- Novelist Bagnold; 29- Greek portico; 30- They're related; 34- List ender; 35- Vows; 36- Put in order; 37- To ___ (just so); 38- Mary ___ Lincoln; 40- Easy chair; 41- Did a marathon; 43- Shower; 44- Power problems; 45- Most reasonable; 47- DDE opponent; 48- Femme fatale; 49- Peachy!; 50- You ___ mouthfull; 52- Cheat; 53- Hideout; 55- Sentry's shout; 56- Away from the wind; 57- Rajah's wife; 58- Strong ___ ox; 61- Sault ___ Marie;

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5	1			6			3	
	3		7		1	6		



Why was the Easter bunny running late?

He just had so many hare-ends to run!

