

Justin Spilly  
PHOTO CREDIT

# The Valley Voice

*The Voices of the Columbia Valley*

## INSIDE THIS EDITION

### FROM SNAGS TO SOAKS: AN EARLY SPRING KAYAK KICKOFF

Mid-April seemed like the perfect time to shake off winter and hit the water for our first kayak trip of the season.

### THE MOONLIGHT GARDEN: THE MAGIC OF THE INVISIBLE

In the quiet corner of a busy town, under the arching branches of an old oak tree in her backyard, lived a woman named Leah.

### REGRET: IT DOESN'T DESERVE THE POWER WE GIVE IT

Regret is a powerful and often paralyzing emotion. It can draw our attention backward, telling us to revisit decisions we cannot undo and roads we didn't take.

### BUILDING COMMUNITY: WHY EVERY OPERATOR SHOULD JOIN A LOCAL CLUB

In the world of amateur radio, there's a common thread that binds operators across all frequencies, continents, and decades: the spirit of connection.





# POOCH PLUNGE

with proceeds to ICAN & GALS

**DATE:** Wednesday MAY 7th

**TIME:** 12:30 - 2:30pm

**COST:** \$10 per dog

**LOCATION:** Fairmont Hot Springs Resort Public Pool

All friendly, socialized dogs are welcome!



## LETTER FROM THE VOLUNTEERS

This month, we'd like to wish a heartfelt Happy Mother's Day to all the incredible moms, grandmothers, stepmoms, and mother figures in our communities. We hope you'll take a moment to read our special Mother's Day article in this issue—it's one we truly enjoyed putting together in celebration of all the love and care mothers give every day.

As always, we want to thank YOU, our wonderful readers, for continuing to support The Valley Voice. Your enthusiasm and encouragement are what keep this publication going. A special thank you goes out to those who have sent in guest submissions—your photos, articles, poems, and local business ads help shape this little paper into something meaningful and full of heart.

However, we do need to share something important. This month was another challenge in gathering enough content to fill our pages. We want to be honest: without regular contributions from our community, we simply

won't be able to keep producing the Valley Voice. We're a small volunteer-run team doing our best, and your stories, ideas, and creativity are vital to keeping this project alive.

If you or someone you know can write, take photos, share community events, promote a local business, or highlight something special happening nearby—please consider submitting. Every little bit helps. You don't have to be a professional; you just have to care about your community.

We've been around for four years now, and we would love to reach even more people in 2025. Please share The Valley Voice with a friend, a neighbor, or your favorite local shop. Growing our readership and our contributor base makes all the difference.

With deepest thanks for your continued support,

The Valley Voices Volunteers (VVV)



# Golf Fore PAWS



**Support your local animal rescue**

**Date:** Sept 6, 2025

**Where:** Radium Course

**REGISTRATION IS OPENING SOON!**



Sponsorship opportunities are available!!

Email: [info@icanbc.com](mailto:info@icanbc.com)

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As the ground thaws and the first signs of green peek through the soil, spring brings both the joy of renewal and the responsibility of care.

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.facebook.com/thevoicecv)

OR

by email to [news@thevoicecv.ca](mailto: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 June 3, 2025

SUBMISSION DEADLINE June 4, 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?

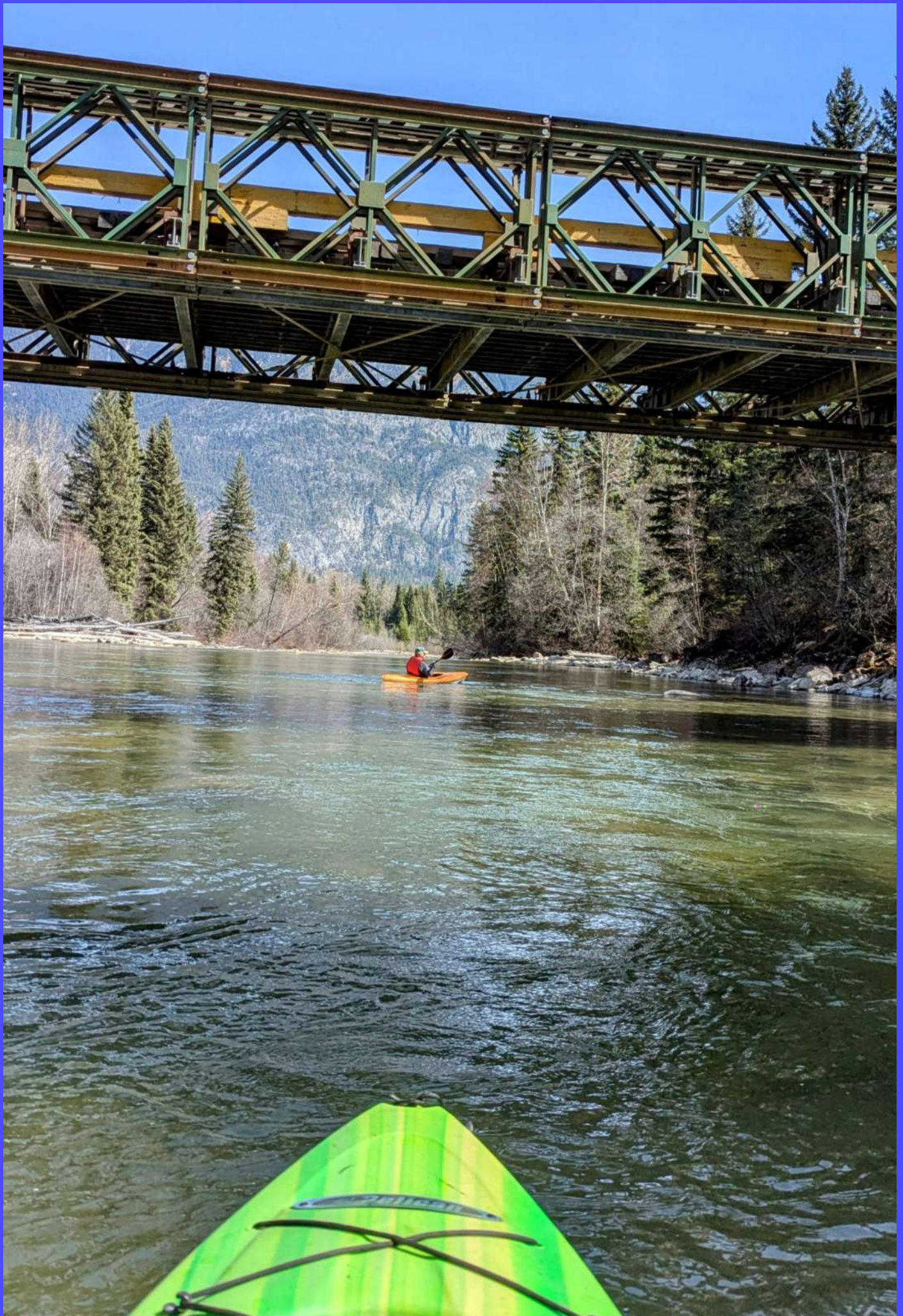
Email us at [news@thevoicecv.ca](mailto:news@thevoicecv.ca)

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[thevoicecv.ca](http://thevoicecv.ca)

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









Mid-April seemed like the perfect time to shake off winter and hit the water for our first kayak trip of the season. The sun was out, the snow was mostly gone, and we were itching for a bit of adventure. So, we packed up and headed out to a tight and twisty side channel that had just enough water running for us to make it down.

It started off peacefully, with birds chirping, a few lazy bends, and that incredible feeling of being back on the river. But it didn't take long before we hit our first set of small rapids, and things got interesting. We got hung up on some sneaky rocks, then we got absolutely blasted by a stretch of strong current. Ice-cold water straight to the face - nothing like it to wake you up! Soaked clothes and huge smiles we continued on, letting the sun do its best to dry us off.

Another challenge came with a portage over a mess of massive downed trees. It took some teamwork and maybe a little clumsy climbing, but we made it.

We pulled over onto a thick sheet of leftover river ice for a quick break - cold, sure, but perfect. We just wondered at the beauty and stillness of the surroundings. We spotted plenty of birds in the air and on the water. Eventually, the channel fed us out onto the Columbia River, wide and calm, like it was welcoming us back.

It was only a few hours, but it felt like the perfect way to launch into the season - great friends, wild water, and the kind of day you'll be talking about for a while. By the time we wrapped up, we were still a bit soaked and a little tired and looking forward to plenty more days ahead.









# Wings over the Rockies

NATURE FESTIVAL

MAY 5-11, 2025

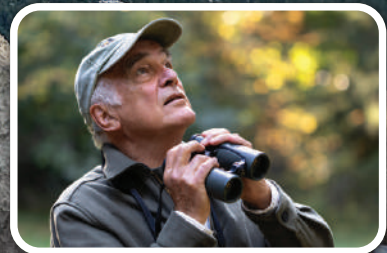
OUR  
PLACE  
IN **NATURE**



**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

PHOTO: PRIYA AND ARCHIE PHOTOGRAPHY

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



[www.wingsovertherockies.org](http://www.wingsovertherockies.org)

# VALLEY PROMOTIONS



## Radium Hot Springs Public Library

# Birding 101

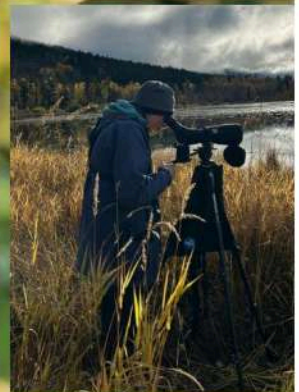


Join Catriona Leven, an ecologist and a bird enthusiast for an introduction to birding! Discover the birds in your own backyard, learn where to begin your birding journey, and connect with the natural world around you. Whether you're a beginner or a seasoned enthusiast, this talk will help you deepen your understanding of the land and its wildlife!

\* **Birders of ALL ages welcome.**

**Saturday,  
May 17 | 1:30 p.m.**

Radium Public Library  
program room



radium hot springs  
PUBLIC LIBRARY

[info@radium.bclibrary.ca](mailto:info@radium.bclibrary.ca) | 250-347-2434



# THE MOONLIGHT GARDEN

The Magic of the Invisible





In the quiet corner of a busy town, under the arching branches of an old oak tree in her backyard, lived a woman named Leah. She wasn't quite like everyone else. While others rushed through life with phones in hand and earbuds in ears, Leah listened - to the wind, to the whispers in the leaves, and to the stories that only the night seemed to tell.

She believed in magic. It wasn't the kind of magic with sparkles and spells - though she wouldn't have minded those - but the old kind: soft, secret, and patient, the kind that needed a gentle nudge and a believing heart to be seen.

So, one spring morning, Leah began building a tiny fairy garden beneath the roots of the tree. Not crafted for show, but for welcome - each piece placed with care, a quiet offering to the unseen souls who wander moonlit paths. She handcrafted a magical doorway at the base of the tree, arranged moss like rugs, placed a winding stone walkway leading up to it, and nestled it all among a ring of cheerful, spotted mushrooms - like a secret invitation to something waiting just beyond the veil. She worked quietly, humming to herself, her hands gentle and her heart hopeful.

By day, the garden sat still - just a dollhouse scene tucked into the shade. But Leah knew better.

At night, under a sky stitched with stars, the garden bloomed with life. The air shimmered with laughter too soft for most ears - tiny winged folk dashed from flower to flower. Pixies raced ladybugs through flower-ring tracks, cheering and tumbling with laughter. A hedgehog in a waistcoat poured tea into a thimble. A band of mice hosted midnight dances, while the wind carried sweet music only a few could hear.

As the first blush of dawn painted the sky, the fairy garden began to hush. Lanterns dimmed, and laughter faded into soft sighs. One by one, fairies tucked themselves into blossoms and curled beneath mushroom caps. The garden exhaled a final sparkle, slipping into slumber until the moon called it to life once more.

Some say only those with pure hearts can see such magic. Leah never claimed to see them directly - but she believed with a knowing smile on her face. And in the world of moonlight and miracles, belief is often the key.

So if you ever pass a tiny garden under a big tree on a moonlit night, and it seems quiet - lean in close, you might just hear the faint sound of laughter - and know that the garden is only waiting for night to remember how to dream.







# May

PRIDE & ALLIES <b>MON</b>	FREE DINNER! <b>TUE</b>	<b>WED</b>	CANAL FLATS & EDGEWATER OPEN <b>THU</b>	MOVIE NIGHT! <b>FRI</b>
<b>@THE HUB</b>			HUB CLOSED FIND US IN EDGEWATER AND CF <b>1</b>	<b>2</b>
<b>5</b> PAINTING	<b>6</b> NACHO NITE!!	<b>7</b> MOTHER'S DAY GIFT MAKING	HUB CLOSED FIND US IN EDGEWATER AND CF <b>8</b>	<b>9</b> MOVIE NIGHT! @5PM
<b>12</b> YOGA! MINDFULNESS MONDAY	<b>13</b> SPAGHETTI & MEATBALLS	<b>14</b> WITH PRIZES!! MUSIC BINGO!	HUB CLOSED FIND US IN EDGEWATER AND CF <b>15</b>	<b>16</b> POTTERY PLAYGROUND SIGN UP REQUIRED
<b>19</b> CLOSED (STAT)	<b>20</b> WELCOME GRADE 6S	<b>21</b> PHOTO SCAVENGER HUNT! WITH PRIZES!!	HUB CLOSED FIND US IN EDGEWATER AND CF <b>22</b>	<b>23</b> MOVIE NIGHT! @5PM
<b>26</b> COLLAGE NITE!	<b>27</b> BREAKFAST FOR DINNER	<b>28</b>	HUB CLOSED FIND US IN EDGEWATER AND CF <b>29</b>	<b>30</b> TRIVIA! @5PM WITH PRIZES!!

AFTER SCHOOL  
TIL' 8PM

# Valley Promotions



# Yaqan Nukiy 32nd Annual Traditional Pow Wow



Celebrating  
Intergenerational Wellness

May 16-18, 2025

830 Simon Rd. Creston, BC

**MC : Ruben Littlehead**

**Host Drum : Young Spirit**

**AD : Xavier Littlehead**

**Honor Drum : Eya Hey Nakoda**

**Grand Entry**

**Friday : 7:00pm**

**Saturday : 1:00pm & 7:00pm**

**Sunday : 1:00pm**

**Specials :**

**All ages Grass vs Jingle - Jared Basil celebrating 10 years back in the Pow Wow circle**

**2Spirit all genders, all categories - sponsored by Smokii Sumac**

**Women's traditional 18+ Honouring Robin Roberts - 3 places paid, 3 consolations**

**65+ Womens Buckskin - sponsored by Tina Jimmy**

**All ages, all categories generational team dance - committee special**

**Hoop Dancers Exhibition all weekend**

**Craft and Food Vendor Market**

**Hand Drummers welcome**

**For more information, contact committee : [powwowyaqannukiy@gmail.com](mailto:powwowyaqannukiy@gmail.com)**

**This is a drug and alcohol free event. Lower Kootenay Band, and the committee  
are not responsible for any injuries, loss, or theft.**



**Legion** 

Windermere District #71

**GARAGE**

**& BAKE**

**SALE**

**Saturday May 17th  
from 9 to 2**

**Rent a stall**

**\$10 for members \$15 for non members**

**Call Elizabeth 250 688 0640**





# Regret

## It Doesn't Deserve The Power We Give It

**Regret is a powerful and often paralyzing emotion. It can draw our attention backward, telling us to revisit decisions we cannot undo and roads we didn't take. While reflection is essential for growth, regret tends to trap us in cycles of self-blame or longing for different outcomes - neither of which moves us forward.**

Socrates once observed, "Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable." His words still ring true. Often, it is not our missteps that linger in our minds, but the opportunities we never pursued - the words left unsaid, the passions left unexplored, the chances we allowed to pass us by.

When regret starts to take hold, it's easy to become discouraged or overwhelmed. However, as Confucius reminds us, "Our greatest glory is not in never falling, but in rising every time we fall." Mistakes are inevitable; they are part of the human experience. But they do not define us. What shapes our character is how we respond - how we learn, adapt, and move forward.

And the best way to move forward is to remain grounded in the present. Timeless wisdom from past sages and philosophers pointed out, "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." Dwelling on what might have been distracts us from what still can be.

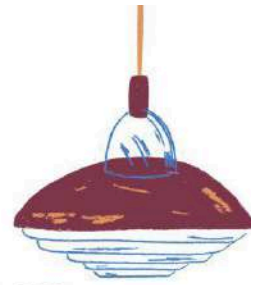
Focusing on the present allows us to take meaningful action, free from the weight of regret or the anxiety of future uncertainty.

Ultimately, living without regret is less about perfect decision-making and more about authenticity. As poet and novelist Rainer Maria Rilke wrote, "The only regret you will ever have is not living your truth." When we align our actions with our values and speak and live from a place of honesty, we reduce the space that regret can occupy in our lives.

When everything around us is moving fast - pulling us forward or dragging us back - choosing to be present is both a discipline and a kind of freedom. It's here, in the moment, that real growth takes place. It's where we get honest with ourselves, where our truth rises to the surface, and where regret finally begins to loosen its grip. The more we show up for this moment - not lost in what was or anxious about what's next - the less power the past has over us and the more space we create for what's still possible.



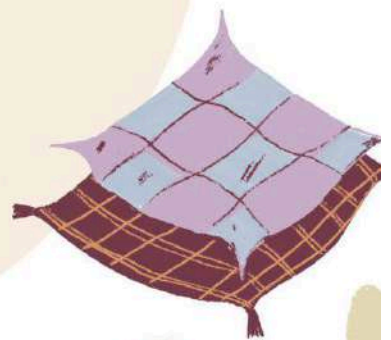
**4802 RIVERVIEW DRIVE,  
EDGEWATER**



**ONE DAY ONLY!  
CLOTHING, FURNITURE, TOYS, TRINKETS, VINTAGE,  
HOUSE & YARD WARES**

**SUNDAY MAY 25TH  
10:00 AM – 1:00 PM**

**MULTI-FAMILY  
YARD  
SALE!**



**VALLEY PROMOTIONS**





COLUMBIA VALLEY  
FOOD BANK

## Buy a Food Basket For A Household



Two Person  
Food Basket



Five Person  
Food Basket



Eight Person  
Food Basket

Households of all sizes  
benefit from our food baskets.

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  
Baskets (\$39.00)



Emergency Food Basket





## MAY MOTHER'S DAY CELEBRATION DRINKS

### MOM-MOSA

**Ingredients:**

2 oz sparkling wine or champagne  
1 oz orange juice  
1 oz pineapple juice  
Splash of grenadine  
Garnish: orange slice or strawberry

**Directions:**

1. In a champagne flute, pour the orange juice and pineapple juice.
2. Slowly top with the sparkling wine or champagne.
3. Add a gentle splash of grenadine for a layered, sunrise effect.
4. Garnish with an orange slice or fresh strawberry.
5. Serve immediately and toast to Mom!

### STRAWBERRY SHORTCAKE SHOT

**Ingredients:**

½ oz vanilla vodka  
½ oz strawberry liqueur  
½ oz Irish cream  
Optional: whipped cream and a strawberry slice on top

**Directions:**

1. In a cocktail shaker, add the vanilla vodka, strawberry liqueur, and Irish cream with ice.
2. Shake well until chilled.
3. Strain into a shot glass.
4. Top with a dollop of whipped cream and a strawberry slice if desired.
5. Cheers to something sweet!





## LAVENDER LEMON FIZZ

### Ingredients:

1 oz gin  
 ½ oz lavender syrup  
 1 oz fresh lemon juice  
 2 oz club soda  
 Garnish: lemon twist or edible flower

### Directions:

1. In a shaker, combine the gin, lavender syrup, and lemon juice with ice.
2. Shake well and strain into a tall glass filled with fresh ice.
3. Top with club soda and stir gently.
4. Garnish with a lemon twist or edible flower.
5. Sip and savor the floral vibes.

## BLUSHING MOTHER

### Ingredients:

1 oz elderflower liqueur  
 1 oz vodka  
 2 oz cranberry juice  
 Splash of lime juice  
 Garnish: cherry or flower petal

### Directions:

1. Fill a cocktail shaker with ice.
2. Add elderflower liqueur, vodka, cranberry juice, and lime juice.
3. Shake well and strain into a chilled martini or coupe glass.
4. Garnish with a cherry or a delicate flower petal.
5. Elegant and refreshing—just like Mom!



# Sierra Says

## HYPNOTIST

## ENTERTAINMENT

90 MINUTES OF FAMILY  
FRIENDLY FUN!

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

Sierra Franklin

EMAIL TO BOOK

[MovingMountainsHypnotherapy@gmail.com](mailto:MovingMountainsHypnotherapy@gmail.com)



Lasting Memories & Big Laughs!

# VALLEY PROMOTIONS





# PET *and people* PORTRAITS

- Unique • Memorable
- Realistic • Reasonable
- Professional
- Quick turn-around
- Shipping available
- Specializing in memorial portraits

betty106@telus.net

250 342 5448







# Building Community: Why Every Operator Should Join a Local Club

In the world of amateur radio, there's a common thread that binds operators across all frequencies, continents, and decades: the spirit of connection. While we may spend hours at our rigs chasing DX or perfecting antenna builds, the greatest signal strength comes from something more human: building community. At Cranbrook Radio Club Society (CRCS), we believe that local clubs are the heart of amateur radio. Whether you're newly licensed or a seasoned ham, joining a local club offers benefits that no piece of gear or upgrade can match.

## Why Building Community Matters in Amateur Radio

Radio is a solitary hobby—until it isn't. While many of us enjoy the independence that comes from working the bands alone, the true joy often comes from shared experiences. Building community means:

- Sharing knowledge
- Mentoring new operators
- Participating in events and public service
- Collaborating on projects
- Creating lifelong friendships

When you engage with a local amateur radio club, you become part of something larger. You plug into a network of knowledge, experience, and support that enhances your skills and enjoyment of the hobby.

## The Role of Local Clubs in Supporting Operators

Local clubs are more than just social groups. They provide structure, resources, and opportunities for amateur radio operators at all levels.

### 1. Education and Mentorship

Most clubs offer training sessions, license exam prep, and technical workshops. For new hams, the learning curve can be steep. Having an Elmer (experienced mentor) nearby can make all the difference. CRCS regularly hosts workshops on antenna tuning, digital modes, propagation tools, and more.

### 2. Emergency Communication

Many clubs coordinate with emergency services to provide backup communication during disasters. By joining a club, you gain access to emergency nets, drills, and ARES (Amateur Radio Emergency Service) opportunities. You'll be prepared to serve your community when it matters most.

### 3. Group Activities and Events

From Field Day to fox hunts to community outreach, clubs organize engaging events that put your skills to use and help you grow. These experiences foster teamwork, spark friendly competition, and offer a chance to try new operating modes.



#### 4. Access to Equipment and Resources

Some clubs maintain club shacks with high-end gear, towers, and antennas. Others offer loaner equipment or group discounts. This can be especially helpful for operators with limited budgets or living restrictions.

#### Personal Growth Through Building Community

Being part of a local radio club isn't just about radio—it's about growing as a person. Leadership opportunities, event planning, public speaking, and teaching are all part of the club experience. These skills carry over into other areas of life.

As you give back to your club, you become a stronger, more confident operator. Helping others troubleshoot a signal path, guiding a new ham through their first QSO, or organizing a club activation all contribute to personal development.

#### How to Find and Join a Local Amateur Radio Club

Finding a club near you is easier than ever. Here's how to get started:

- Check with National Associations: In Canada, check Radio Amateurs of Canada (RAC). In the U.S., try ARRL's club search.
- Search Online: Look for amateur radio clubs in your city or region. Many have websites, Facebook

groups, or meetups.

- Visit Local Repeater Nets: Tune into local nets and introduce yourself. Many club-affiliated nets welcome check-ins from new operators
- Attend a Meeting: Most clubs allow visitors to sit in on a meeting or event. This is a great way to see the group dynamic before committing.

When you find the right club, join in! Contribute your time, attend regularly, and volunteer when possible. The more you put in, the more you get out.

#### Real-World Impact of Radio Clubs

At CRCS, we've seen firsthand how building community transforms the hobby. We have:

Co-built antennas and launched portable stations in remote areas

Assisted local emergency services with real-time comms during fire seasons

Mentored dozens of new hams into the hobby

Run successful license classes, helping the next generation get on the air

This spirit of service and camaraderie reflects the best of amateur radio. It ensures that radio continues to thrive—not just as a technical pursuit, but as a way of connecting people.





## Tips for Strengthening Your Club Community

Already part of a local club? Here are a few ways to keep building community and making it better for all:

- Welcome Newcomers: A smile, a handshake, and an offer to help go a long way.
- Encourage Inclusivity: Amateur radio is for everyone, regardless of age, gender, or background.
- Host Hands-On Events: Build nights, soldering clinics, and outdoor activations foster learning and fun.
- Stay Active Online: Keep your website, email list, and social channels up to date.
- Celebrate Achievements: Recognize new licensees, contest winners, and volunteers publicly.

The more vibrant and welcoming your club is, the stronger and more resilient

it becomes.

## The Power of Building Community

Amateur radio is built on curiosity, communication, and care. While the gear and gadgets keep evolving, the foundation remains the same: people coming together to share, learn, and support one another. By joining a local amateur radio club, you're not just joining a group—you're joining a tradition.

At Cranbrook Radio Club Society, we've seen how building community can amplify not just your signal, but your whole experience in the hobby. Whether you're logging your first contact or celebrating your 50th year as a ham, your local club is where the heart of ham radio truly lives.



Originally posted on

<https://cranbrookars.ca/>





# Open House & Community Garage Sale

A fundraiser supporting the Friends of the Radium Library,  
Rotary Gardens, and the Radium Fire Department.



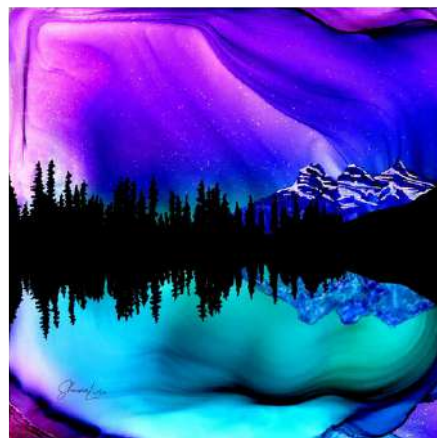
Donations accepted May 2 to 15.

Please text Todd Logan at (250)-342-1753 to arrange a drop-off time for gently used items (no clothing or large furniture).

**Saturday May 17 | 9 a.m. to 2 p.m. |  
Radium Fire Hall**



VILLAGE ARTS  
*Art for everyone!*



Visit Us At:

1045 7th avenue Invermere

[www.instagram.com/village.arts](http://www.instagram.com/village.arts)

[www.facebook.com/villagearts](http://www.facebook.com/villagearts)

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



# VALLEY PROMOTIONS





[hobbithousecollectibles.com](http://hobbithousecollectibles.com)

**Welcome to Hobbit House Collectibles!**

**Nestled just 4km south of Radium Hot Springs, we invite you to explore our whimsical collection of antiques and treasures at 8288 Hobbit Frontage Rd, Hwy 93/95. Our charming shop is bursting with unique finds that are sure to spark joy and nostalgia! Have you visited us before? Share your favorite discovery in the comments on Facebook! If you haven't, what kind of collectible are you hoping to find? Don't forget to swing by and say hello, we're open and ready to help you uncover your next great treasure! #HobbitHouseCollectibles #AntiqueAdventure #RadiumHotSprings**



## BBQ Fundraiser for ICAN







**Where:** Home Hardware

**When:** Sunday May 18th

**Time:** 11-2pm with all the fixings!

Rain or Shine!! By Donation for ICAN



FAMILY FUN | FOOD VENDORS | LIVE MUSIC

## FAIRMONT HOT SPRINGS PICNIC PALOOZA

11:00am - 4:00pm  
**SATURDAY MAY 24**

Fairmont Hot Springs Park  
(Next to the big Fairmont Hot Springs Resort sign)

Sponsored By:






### Radium Hot Springs Public Library

## Wholesome Hobbies Projects & Activities for Adults

Every Third Friday of the Month  
2:00pm-3:30pm

Join us on the third Friday of each month to try out a new project! Intended for adults 50+ but all adults welcome. Foster your creativity and make connections! Supplies will be provided.



\*Registration is required for every session & space is limited to 10 participants per session. To register call 250-347-2434



## EMERGENCY PREPAREDNESS FAIR / MAY 10

**EDDIE MOUNTAIN MEMORIAL ARENA  
BACK PARKING LOT • 11 AM - 3 PM**







# Managing Seasonal Allergies Naturally

As spring returns to the Kootenays, so do the sneezes, sniffles, and itchy eyes for many allergy sufferers. Seasonal allergies—also known as hay fever or allergic rhinitis—are caused by the immune system reacting to airborne pollen. While medications can help, many people are turning to natural remedies and lifestyle tweaks to manage their symptoms.

## What's Blooming in the Kootenays?

Understanding local bloom cycles can help you stay ahead of allergy flare-ups. In April and May, common culprits include:

- Alder and birch trees, which begin releasing pollen early in spring
- Grasses, such as timothy and bluegrass, which begin blooming in late May
- Dandelions, often harmless in terms of pollen but can stir up allergies when disturbed
- Pine and spruce, which produce visible pollen but are typically low-allergenic

If you're unsure which pollen bothers you most, keeping a symptom journal or seeing an allergist can help pinpoint your triggers.

## Natural Ways to Ease Allergies

- Local honey: Some believe that small amounts of local, raw honey can help build tolerance to local pollen (though scientific evidence is limited).
- Nasal rinses: A saline spray or neti

pot can flush out allergens from nasal passages, offering relief.

- Herbal teas: Nettle tea, peppermint, and chamomile may help reduce inflammation and calm symptoms.
- HEPA filters: Using air purifiers and changing filters in your home can reduce indoor allergens.
- Shower after outdoor activities: Pollen can cling to hair, skin, and clothes—rinsing off helps minimize exposure.
- Quercetin-rich foods: Apples, onions, and berries contain quercetin, a natural antihistamine.

## When to Seek Help

If natural methods aren't doing the trick, or if symptoms are affecting your daily life, consult your healthcare provider. Some allergies can worsen over time without treatment.

Spring in the Kootenays is a beautiful time to enjoy the outdoors—don't let allergies hold you back! With a little planning and support, it's possible to breathe easy and embrace the season naturally.





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# VALLEY PROMOTIONS





# Mother's Day Craft

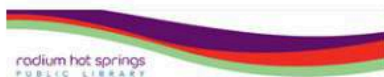


Saturday, May 10th, 2025  
@ 11:00am

Create a tissue paper bouquet to give to a special loved one!

\*Children under 12 must be accompanied a by an adult.

Space is limited!



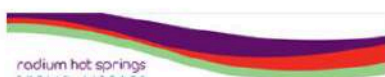
## Radium Hot Springs Public Library

4863 Stanley St  
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434  
<https://radium.bc.libraries.coop/>

# WorkBC Community Visit

Friday, May 9, 2025  
11:00 AM - 1:00 PM

WorkBC wants to make it easier for you to meet them, so they've partnered with the library to come and meet you! Join Sara from WorkBC here in the Radium Library on Friday, May 9, to get your questions answered right here in Radium Hot Springs.

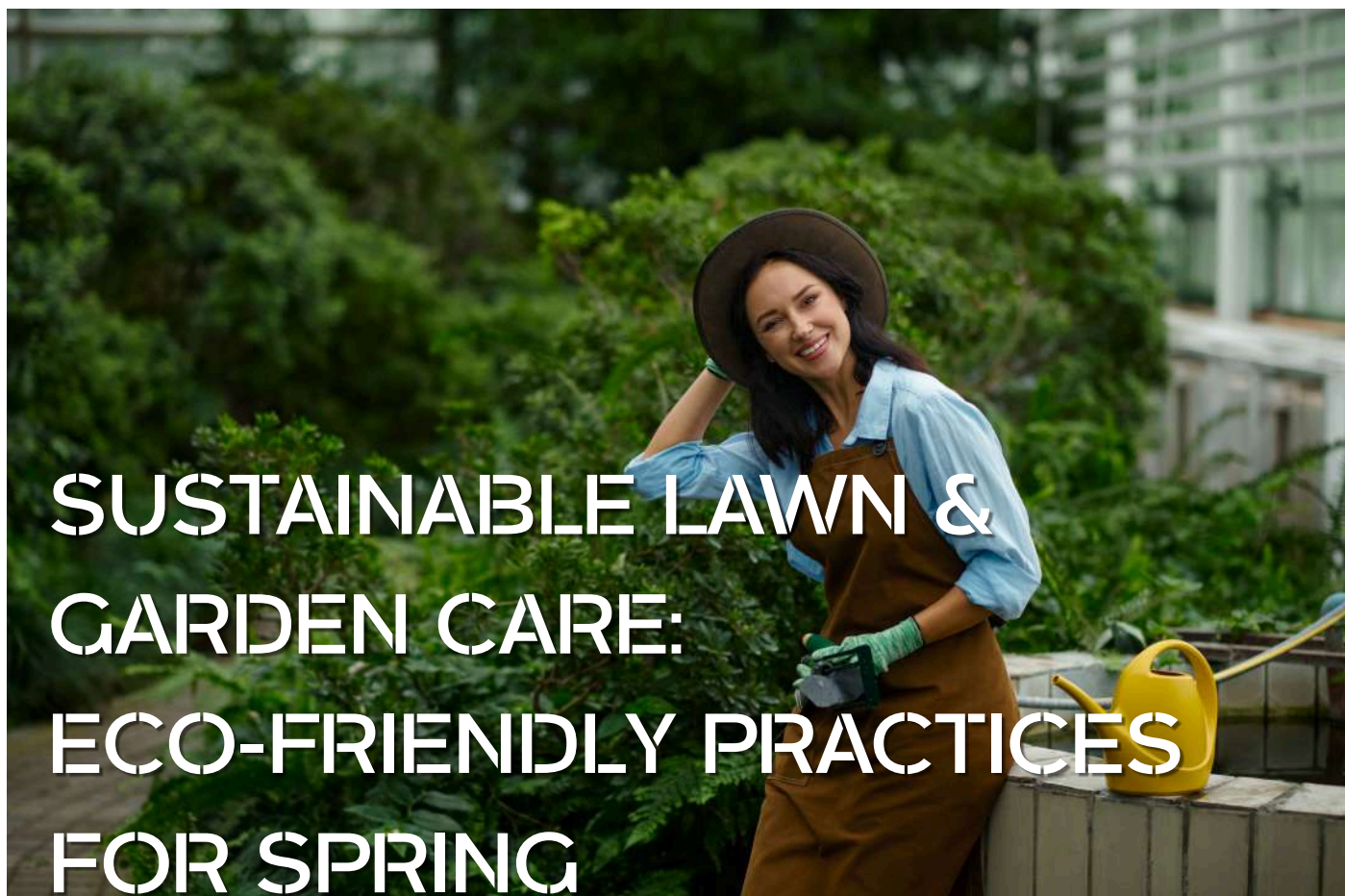


## Radium Hot Springs Public Library

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Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434  
<https://radium.bc.libraries.coop/>







# SUSTAINABLE LAWN & GARDEN CARE: ECO-FRIENDLY PRACTICES FOR SPRING

**As the ground thaws and the first signs of green peek through the soil, spring brings both the joy of renewal and the responsibility of care.**

For many in the Kootenays, gardening isn't just a hobby—it's a way of connecting with the land, growing food, and finding peace outdoors. But as climate concerns grow and sustainability becomes increasingly important, more gardeners are seeking ways to care for their lawns and gardens that protect the planet while still producing lush, thriving results.

This spring, consider embracing a few eco-friendly practices in your yard. From composting to choosing organic fertilizers and natural pest control, sustainable gardening is easier (and more rewarding) than you might think.

## **Composting: Black Gold for Your Soil**

There's no better place to begin your sustainable garden journey than with composting. Often referred to as "black gold," compost is rich in nutrients, improves soil structure, and reduces the need for synthetic fertilizers.

## **Why compost?**

Composting keeps food and yard waste out of landfills, where it would otherwise generate methane, a potent greenhouse gas. It also creates a closed-loop system—your kitchen and garden scraps feed your plants, and your plants feed you.

## **How to start:**

All you need is a compost bin or pile, and a balance of "greens" (nitrogen-rich materials like fruit and veggie scraps, coffee grounds, and grass clippings) and "browns" (carbon-rich materials like dried leaves, cardboard, and shredded paper). Keep it moist and turn it occasionally for aeration. You'll have usable compost in as little as a few months, depending on conditions.

If you're tight on space, vermicomposting (composting with worms) is a great indoor solution that produces high-quality castings—ideal for container gardens or houseplants.



## Organic Fertilizers: Feeding Your Soil Naturally

Conventional fertilizers often contain synthetic chemicals that can leach into waterways and harm beneficial microbes in the soil. Organic fertilizers, on the other hand, support soil life and offer a slower, more balanced nutrient release that your plants can absorb over time.

Common organic options include:

- Compost: As mentioned above, this is one of the best overall fertilizers
- Worm castings: A supercharged soil amendment full of beneficial bacteria and nutrients.
- Fish emulsion or seaweed extract: Great for leafy greens and young seedlings.
- Bone meal and blood meal: High in phosphorus and nitrogen, respectively, for root and foliage development.
- Manure (aged): Well-rotted manure from cows, horses, or chickens adds organic matter and nutrients.

Before adding anything, consider having your soil tested. Knowing what your garden lacks can help you choose the right organic amendments and avoid over-fertilization—even the natural kind.

**Pro Tip:** Apply organic fertilizers in the early morning or evening and water them in well to help nutrients penetrate the soil.

## Natural Pest Control: Encouraging Balance, Not Battle

One of the hallmarks of eco-friendly gardening is working with nature instead of against it. That's especially true when it comes to dealing with pests.

Instead of reaching for chemical sprays, which can harm pollinators and other beneficial insects, try these natural pest control strategies:

### Companion Planting

Some plants help protect others simply by growing nearby. For example:

- Marigolds repel aphids and nematodes.
- Basil deters flies and mosquitoes.
- Nasturtiums attract aphids away

from veggies like kale and broccoli.

- Garlic and chives can deter slugs and other soft-bodied pests.

### Attract Beneficial Insects

Ladybugs, lacewings, hoverflies, and parasitic wasps all feast on common pests. To invite them into your garden, plant pollinator-friendly flowers like yarrow, dill, cosmos, and alyssum. Provide habitat with small piles of stones, logs, or native shrubs.

### Manual Removal and Barriers

Sometimes, the simplest solution is hand-picking pests like cabbage worms or beetles and relocating them. You can also use:

- Row covers to block pests from laying eggs.
- Copper tape around raised beds to deter slugs and snails.
- Beer traps for slug control.

### Homemade Sprays

Try mild homemade remedies like:

- Insecticidal soap: Mix 1 tablespoon of mild liquid soap with 1 liter of water.
- Garlic-chili spray: Blend garlic, chili, and water, strain, and spray on leaves (test a small area first!).





## Lawn Care: Greener Grass, Fewer Chemicals

If you're maintaining a lawn, there are still ways to go greener—literally and environmentally.

- Leave grass clippings on the lawn after mowing. They decompose quickly and return nutrients to the soil.
- Ditch chemical herbicides and pull weeds manually or use vinegar-based sprays.
- Overseed with clover or drought-tolerant grasses to reduce water and fertilizer needs.
- Mow high—keeping grass a bit

longer (around 3 inches) helps shade out weeds and retain moisture.

- Water wisely: Early morning is best to reduce evaporation. Consider installing a rain barrel to harvest water for the garden.

Thinking Beyond the Garden Gate  
Sustainability is about community, too. Share seeds with neighbors. Swap tools with friends. Donate extra produce to a local food bank. Support nurseries and farms that grow plants without harmful chemicals.



## Did You Know?

A healthy compost pile can reach temperatures of 55-70°C (130-160°F), hot enough to kill many weed seeds and pathogens.

One earthworm can produce its weight in castings each day, enriching your soil naturally.

Clover lawns require less water and stay green longer into the summer.

A single ladybug can eat up to 5,000 aphids in its lifetime!



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**Sunday, May 25th, 2025**



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# VALLEY PROMOTIONS



# **Community Garage Sale Donations Drive**

Hosted By:

Radium Rotary Gardens, Friends of the Radium Library  
Radium Fire Department

**Garage Sale Date: Saturday May 17  
9:00 AM – 2 PM**

**Place: Radium Hot Springs Fire Hall**

**Firefighters will be hosting their Annual Open House  
including a BBQ Lunch**

**This is a wonderful long weekend event for everyone and we  
hope to see you there!**

**Donations are accepted May 2, 2025 to May 15, 2025 by  
appointment. Text 250- 342-1753 to arrange a drop-off  
time. All donations must be in good condition and in  
working order. NO large items or adult clothing please**

## **We Accept the Following Items:**

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**Sporting Goods, Camping Gear**

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Mittens)**

**Luggage and storage bins**

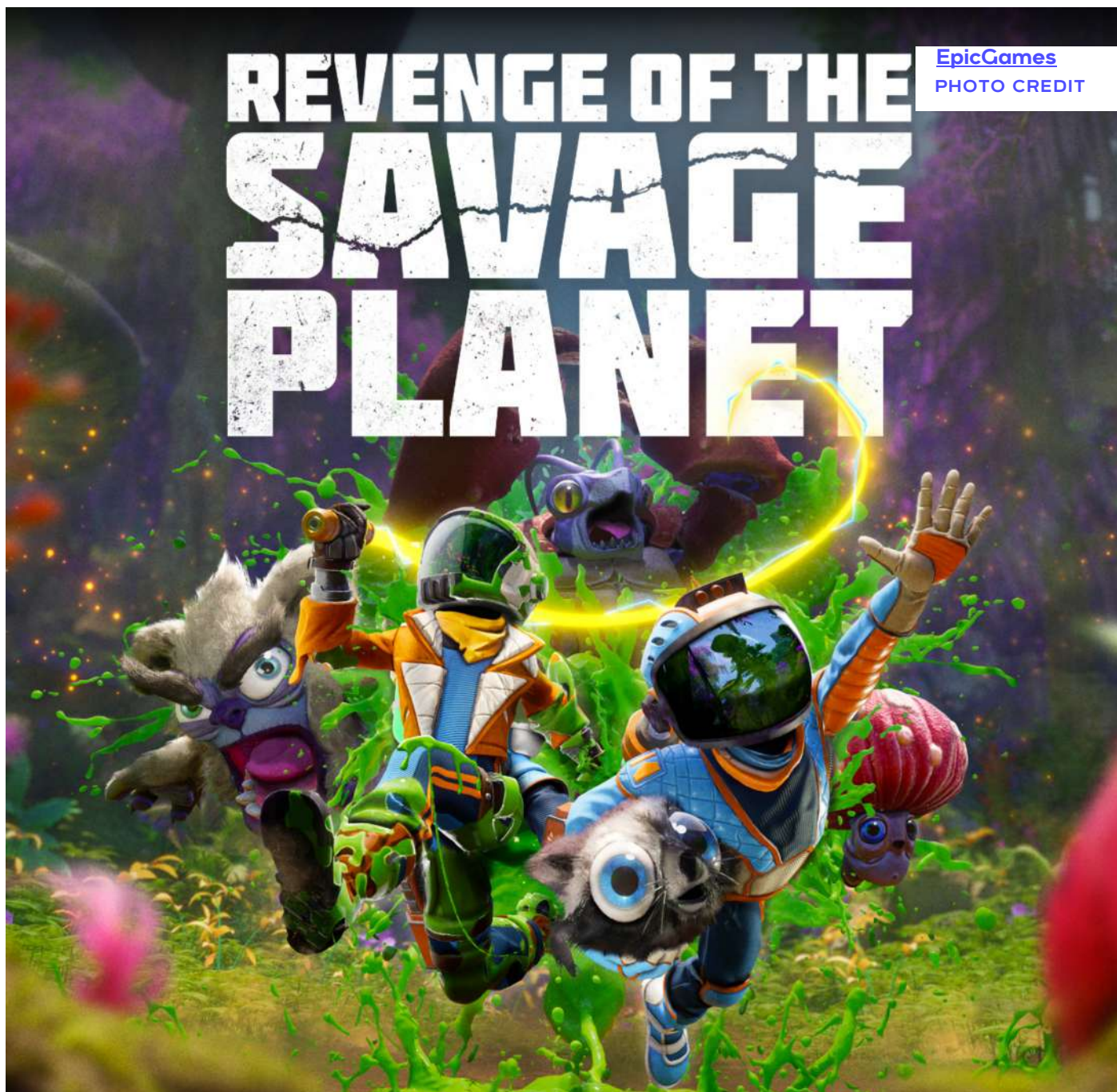
**Toys, Games, Puzzles**

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PHOTO CREDIT

# Gamer's Corner

## Game Review: Revenge of the Savage Planet

Available on: PS5, Xbox Series X|S, PC

The sequel to 2020's cult hit *Journey to the Savage Planet*, *Revenge of the Savage Planet* returns with more absurdity, chaos, and vibrant extraterrestrial exploration—but does it evolve enough to justify the journey back?

### **A Planet Worth Visiting (Again)**

Set once more on a lush, wildly colorful

alien world, *Revenge of the Savage Planet* picks up with *Kindred Aerospace's* "not-the-best-but-we-try" ethos. The environments are larger, stranger, and more vertical this time, offering a satisfying playground of biomes teeming with both danger and comedic charm. From bouncing mushrooms to acidic slugs, the game's ecosystem continues to delight in unexpected ways.



### Gameplay: Refined Chaos

The game blends first-person exploration with platforming, light combat, and scavenger-hunt mechanics. While the core loop of scanning, shooting, and crafting is familiar, there are meaningful upgrades: improved traversal tools, better enemy AI, and more freedom in how you approach objectives. Co-op returns and is more seamless, making it a fantastic choice for shared laughs and mayhem.

Still, the platforming can feel floaty at times, and some combat scenarios suffer from repetitive design. Fortunately, the game's tongue-in-cheek tone—complete with snarky AI companions and commercial parodies—helps smooth out the occasional rough edge.

### Visuals & Sound

The sequel runs beautifully on new-gen hardware, with bright, imaginative visuals and improved load times. The creature designs are grotesque and adorable in equal measure, and the sound design—full of bizarre alien squeals and over-the-top voiceovers—amplifies the game's offbeat tone.

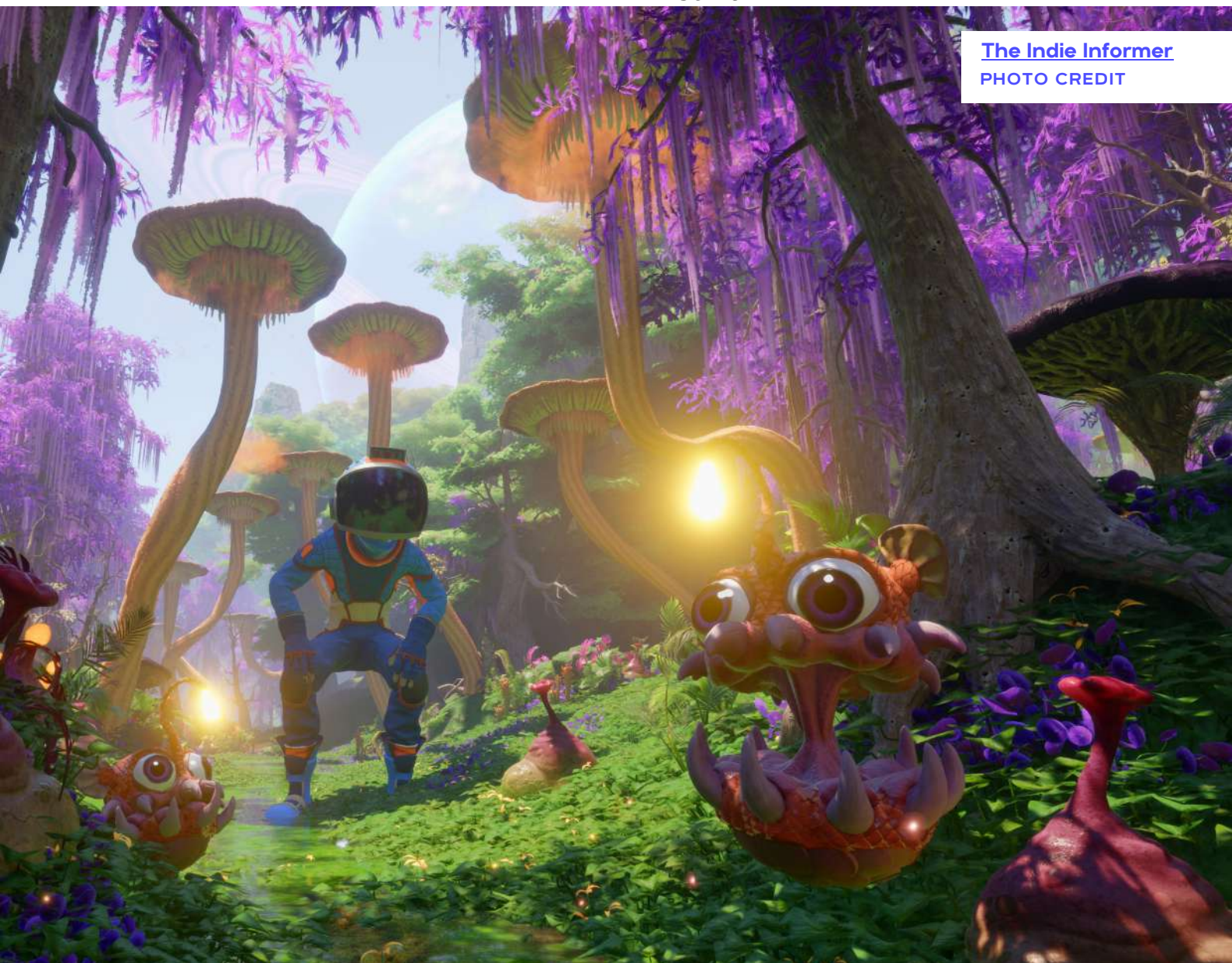
### Final Verdict

Revenge of the Savage Planet doesn't reinvent the formula but polishes it with enough charm, variety, and oddball humor to make it a worthy return trip. It's a quirky, joyful romp for those looking to escape into a world that doesn't take itself too seriously—just watch out for sentient goo.

Rating: ★★★★★☆ (4/5)

Great for: Fans of sci-fi comedy, light survival exploration, and co-op mischief.

[The Indie Informer](#)  
PHOTO CREDIT





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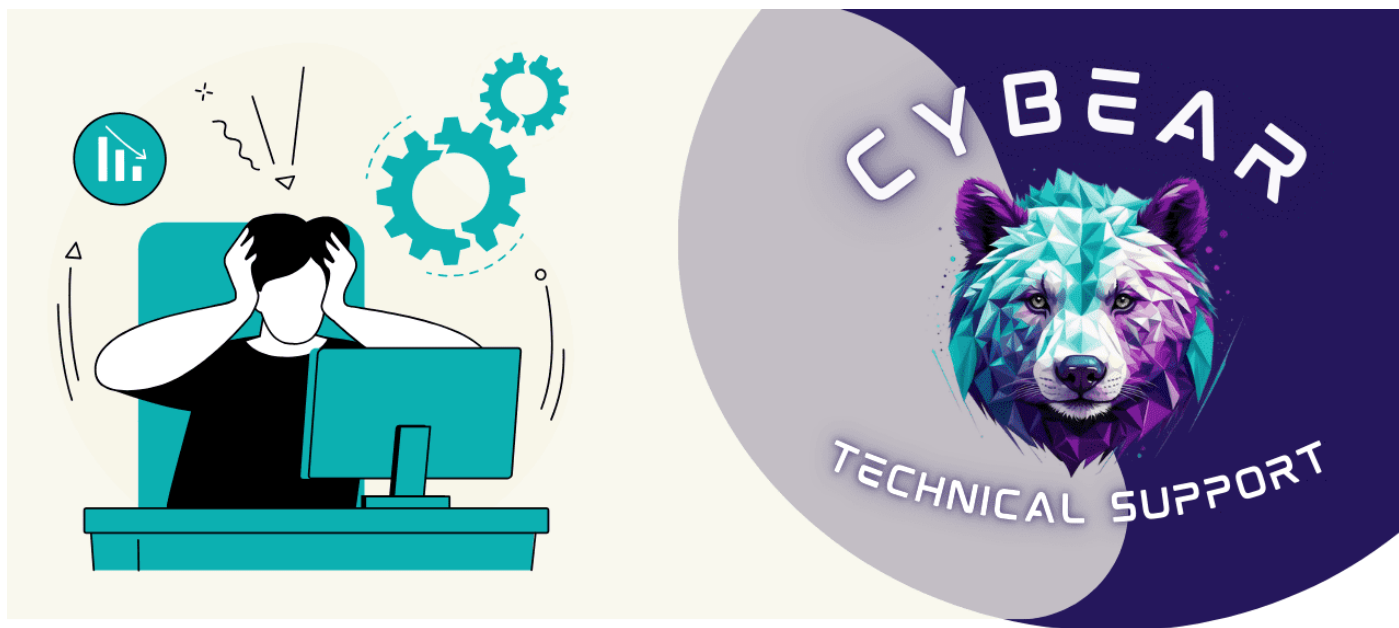
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# Movie Review:

## The Legend of Ochi

**Directed by Isaiah Saxon | Runtime: 95 minutes | Rated PG**

Isaiah Saxon's directorial debut, *The Legend of Ochi*, is a visually enchanting fantasy that pays homage to the tactile charm of 1980s cinema. Utilizing practical effects like puppetry and animatronics, the film crafts a nostalgic aesthetic that stands out in today's CGI-dominated landscape.

### Plot Overview

Set on the fictional island of Carpathia, the story follows Yuri (Helena Zengel), a reserved teenager who defies her father's warnings to venture into the wilderness. There, she discovers a wounded baby Ochi—a mythical creature feared by her community. Determined to return the creature to its family, Yuri embarks on a journey that challenges her perceptions and familial bonds.

### Visuals and Production

The film's strength lies in its handcrafted visuals. Shot in Romania's Transylvanian landscapes, the movie employs puppetry and matte paintings

to create an immersive world. The baby Ochi, operated by a team of seven puppeteers, exudes a blend of innocence and mystique, reminiscent of creatures from *The Dark Crystal* and *Gremlins*.

### Performances

Helena Zengel delivers a compelling performance as Yuri, capturing the character's internal conflict and growth. Willem Dafoe portrays Maxim, Yuri's father, with a stern intensity, while Emily Watson adds depth as Dasha, Yuri's estranged mother. Finn Wolfhard's role as Petro, though limited, provides moments of levity.

### Narrative and Pacing

While the film excels in visual storytelling, its narrative structure has drawn mixed reactions. Some critics note that the plot lacks depth and emotional resonance, with characters that feel underdeveloped. The pacing is deliberate, which may appeal to viewers who appreciate atmospheric storytelling but could deter those seeking a more dynamic plot.



[LWLies](#)  
PHOTO CREDIT



### Themes

At its core, *The Legend of Ochi* explores themes of empathy, understanding, and the courage to challenge societal fears. Yuri's journey symbolizes a break from inherited prejudices, emphasizing the importance of forging one's path.

### Conclusion

*The Legend of Ochi* is a visually captivating film that offers a unique cinematic experience. Its commitment to practical effects and atmospheric storytelling sets it apart, though its narrative may not resonate with all audiences. For those who cherish the artistry of handcrafted cinema and are open to a slower-paced, contemplative narrative, this film is a worthwhile watch.

Rating: ★★★★★



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# Spring into Summer

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BAND**

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**6:00pm - 11:00pm**

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# VALLEY PROMOTIONS



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&

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6 - 8 pm  
@ROTARY PARK

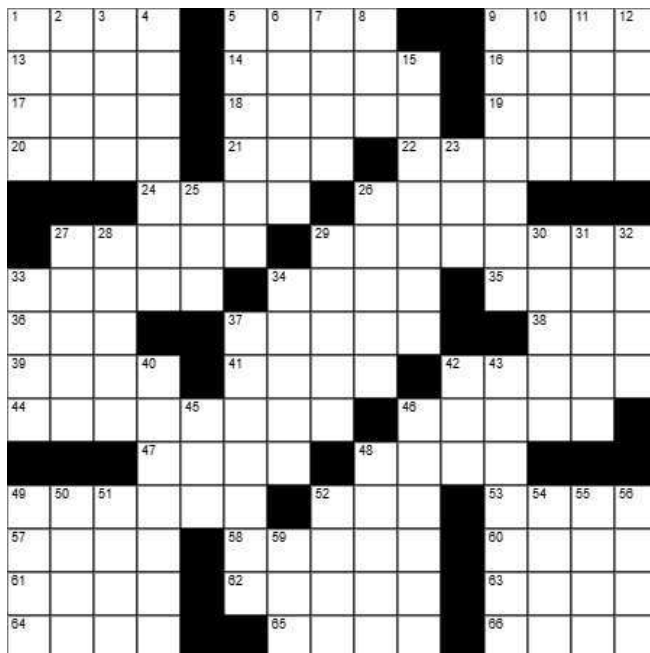
KEY CITY  
THEATRE



# A LITTLE FUN

## Across

1- Musical Horne; 5- Letterman rival; 9- Story line; 13- Jacob's brother; 14- Staggering; 16- \_\_\_\_-Rooter; 17- Leave in, to an editor; 18- Iraqi port; 19- Sound effect; 20- Canadian gas brand; 21- Pothook shape; 22- Potpourri bag; 24- Lacking color; 26- Eyelid irritation; 27- Flat-topped hills; 29- Caribou; 33- Country singer Tucker; 34- Physical suffering; 35- Vogue rival; 36- ABA member; 37- Inanimate object; 38- Doctor's org.; 39- Suggestive look; 41- Ascended, flower; 42- Church council; 44- Annoy; 46- West Yorkshire city; 47- Snack in a shell; 48- Competes; 49- Curdled milk; 52- \_\_\_\_ Tin Tin; 53- Milky Way maker; 57- First name in jazz; 58- Like most sumo wrestlers; 60- Sir Guinness; 61- Sharon of "Boston Public"; 62- Redbreast; 63- \_\_\_\_-ran; 64- Scottish boys; 65- Stable staple; 66- Damon of "Good Will Hunting";



## Down

1- \_\_\_\_ majesty; 2- Ballpark figs.; 3- Scottish refusals; 4- Postmortem examination; 5- Tabs; 6- Clear the board; 7- Scottish loch, home to a monster!; 8- \_\_\_\_ the ramparts we watched...; 9- Come before; 10- \_\_\_\_ Ness monster; 11- Will-\_\_\_\_-wisp; 12- Horn sound; 15- Enduring; 23- Author Rand; 25- Motorists' org.; 26- Paris divider; 27- Alma \_\_\_\_; 28- Go in; 29- Bluffer's ploy; 30- Oxlike antelope; 31- St. \_\_\_\_ fire; 32- Went through, as the paper; 33- Anklebones; 34- Snapshot; 37- Farm vehicle; 40- Codes of ceremonies; 42- Perceive; 43- Polite agreement; 45- Paving material; 46- Sheets and such; 48- Drop in on; 49- Shout; 50- Olive genus; 51- Pleased; 52- Country singer McEntire; 54- \_\_\_\_ breve; 55- Take a breather; 56- Edinburgh native; 59- Halloween greeting;

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9			8					



Who conducts the spring orchestra?

A May-stro.

