

Justin Spilly
PHOTO CREDIT

The Valley Voice

The Voices of the Columbia Valley

INSIDE THIS EDITION

HISTORIC GARDENS OF THE REGION

Across the Kootenays, our landscapes are dotted not only with natural beauty but with cultivated spaces that tell the stories of generations.

LIVING WITH WILDLIFE: COEXISTENCE IN SUMMER MONTHS

Summer in the Kootenays is one of nature's finest showcases. The lakes sparkle, trails unfurl into cool green forests, and the mountains hum with life.

KEEPING COOL: AFFORDABLE WAYS TO BEAT THE HEAT AT HOME

As the temperatures climb and summer settles in, many households across the Kootenays begin to feel the strain—both from the rising heat and rising utility bills.

HOW TO BUILD A SOLAR- POWERED PORTABLE STATION

In the world of amateur radio, the ability to operate independently of the power grid is a significant advantage.



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

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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

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 July 2, 2025

SUBMISSION DEADLINE July 1, 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)



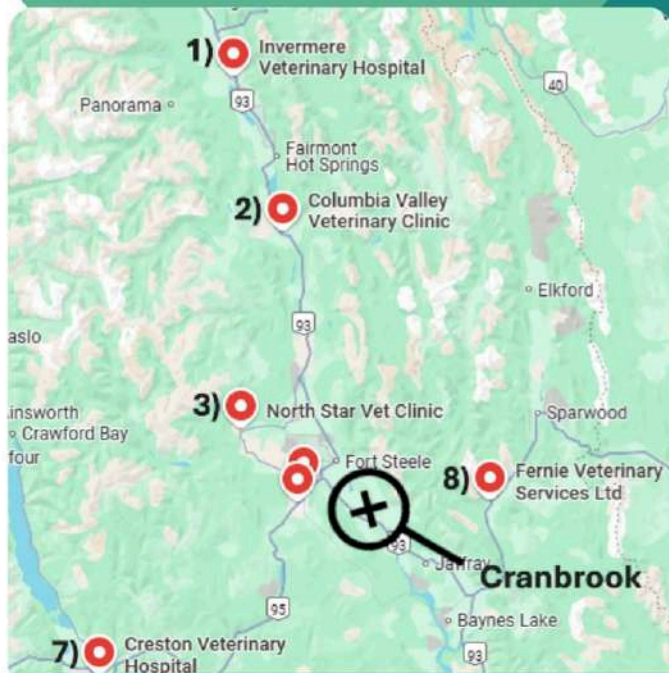
The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

Our goal is to support veterinary professionals by reducing burnout and improving work-life balance, allowing more veterinarians to remain in our community. This means better access to care for all pets now and in the future.

Together we are making emergency care more accessible for the Kootenays.

East Kootenay Veterinary Group Emergency Services Our Locations

- 1) **Invermere Veterinary Hospital**
250-342-7007
4854 Athalmer Rd, Invermere, BC V0A 1K3
- 2) **Columbia Valley Veterinary Clinic**
250-349-0514
9039 Thunderhill Rd, Canal Flats, BC V0B 1B0
- 3) **North Star Vet Clinic**
778-481-5288
550 Mark St, Kimberley, BC V1A 2B8
- 4) **Steeple's Veterinary Clinic**
250-489-3451
3410 Victor Rd, Cranbrook, BC V1C 7B7
- 5) **Tanglefoot Veterinary Services**
250-489-1655
315 Industrial Road F, Cranbrook, BC V1C 6N4
- 6) **Cranbrook Veterinary Hospital**
250-426-8517
106 5 Ave S, Cranbrook, BC V1C 2G2
- 7) **Creston Veterinary Hospital**
250-428-9494
1605 Dogwood St, Creston, BC V0B 1G0
- 8) **Fernie Veterinary Services**
250-423-2620
1161 7 Ave, Fernie, BC V0B 1M0



All emergent calls will be triaged by an experienced, registered veterinary technician who will help clients determine whether emergency service is required and, if so, direct them appropriately. Clients will be given clear direction on where emergency after hours service will be offered based on the day and nature of the emergency.



250-342-7007
All calls to our regular line after hours will automatically connect to triage.

Historic Gardens of the Region

A Living Legacy of Beauty and Tradition

Across the Kootenays, our landscapes are dotted not only with natural beauty but with cultivated spaces that tell the stories of generations. From pioneer homesteads to community landmarks, the region's historic gardens offer a glimpse into the lives, tastes, and ingenuity of those who came before us.

Columbia Valley Botanical Gardens - INVERMERE

Three acres of botanical gardens with plantings of heritage perennials, vegetable gardens, native plants, composting centre and first nation's food plants. Enjoy the self-guided trail network that follows around Pynelogs Cultural Centre and Dorothy Lake. Complete with a viewpoint to see Painted Turtles basking on logs in the sun.

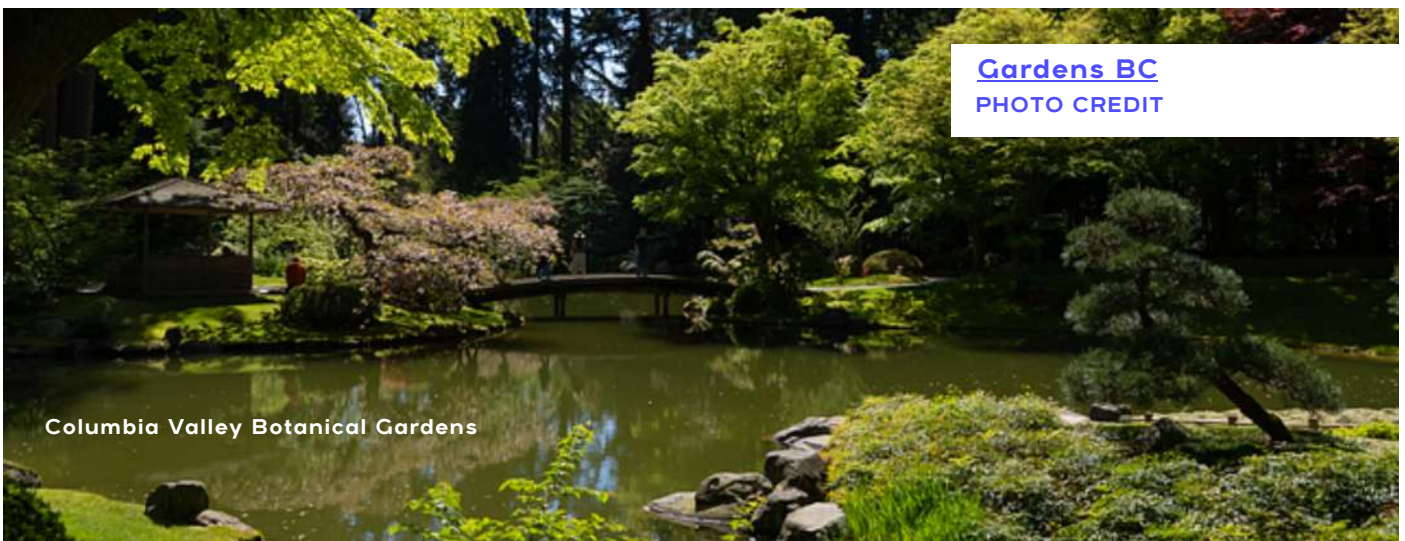
Cominco Gardens - KIMBERLEY

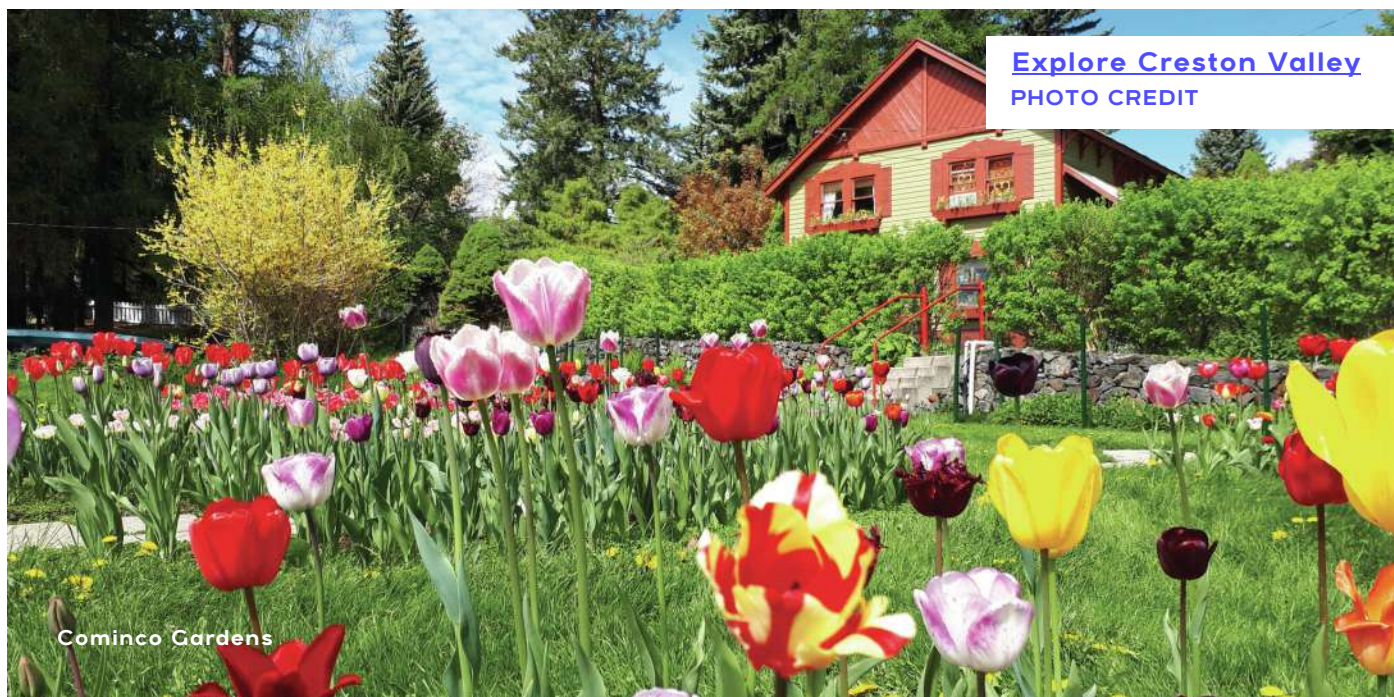
Take a scenic stroll through Cominco Gardens where 45,000 flowers bloom

each year! The 2 1/2 acres, filled with different varieties of flowers is minutes from the downtown Platzl.

Millennium Park - CASTLEGAR

Castlegar's Millennium Park has a mountain bike park and three natural swimming pools complete with sandy beaches. It's located five blocks from downtown and fronts the Columbia River so there's also opportunities to swim, fish and paddle. There's also beach volleyball courts, soccer fields, pickleball & tennis courts, outdoor green gym, playground, walking trails, concession stand and more.





[Explore Creston Valley](#)
PHOTO CREDIT

Cominco Gardens

Millennium Park - CRESTON:

This park features walkways, one-of-a-kind wooden benches and an amphitheatre, often used for musical and theatrical productions during the summer. One of the park's most striking features is the Japanese Garden which was developed as a result to a donation from Creston's Japanese Sister City: Kaminoho.

Nelson Lakeside Park

The gardens of Lakeside Park offer a magnificent show of annuals. Sculpture by Nelson artist, John McKinnon, augments the landscape design. A waterfront pathway and an antique Streetcar #23 connect the park with the city wharf to the south.

These gardens are more than ornamental—they're living, breathing

archives. The varieties planted, the layout of paths, the presence of native plants alongside imported ones—all of it speaks to the region's evolving relationship with the land.

As you explore local trails and townsites this season, keep an eye out for heritage plantings and public gardens. Many are cared for by volunteers or historical societies who welcome support or visitors. Whether you're looking for gardening inspiration or simply a quiet place to reflect, our historic gardens offer a rooted, beautiful pause.

Have a favorite historic garden or planting memory to share? Send your story or photos to news@thevoicecv.ca to be featured in an upcoming issue!



[Kimberly Bultin](#)
PHOTO CREDIT

Millennium Park Creston



Ride. Aim. Release.

Discover the Thrill of Horse Archery!

Ever dreamed of mastering the bow and riding like a warrior?

**Whether new or experienced,
this is your chance to combine two skills into one fantastic adventure!**

No experience needed

All equipment provided

Expert training

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Saddle up at Spur Valley Mounted Archery

Contact Doug Goodwin

250 - 347 - 9048



VALLEY PROMOTIONS

EDGEWATER LEGION BRANCH #199

50/50

RAFFLE

FUNDRAISER

1st prize: 1/2 ticket sale \$\$

2nd prize: \$300 cash

1000 tickets printed



TICKETS \$10 EACH



cash or etransfer:

legionedgewater@yahoo.ca

Draw Date: June 20, 2025 @3pm

LICENSE # #159262 19+ 250-357-9725

Tickets available at the Branch:

4858 Cordillera Ave Edgewater BC



Living with Wildlife

Coexistence in Summer Months

Summer in the Kootenays is one of nature's finest showcases. The lakes sparkle, trails unfurl into cool green forests, and the mountains hum with life. As we enjoy the beauty of our backyard, we also share it with an incredible variety of wildlife—from curious deer nibbling backyard gardens to black bears foraging along creek beds.

Living in a region where urban spaces blend so seamlessly with wilderness means human-wildlife interactions are inevitable. And while these encounters can be awe-inspiring, they also come with responsibilities. Respecting boundaries, reducing attractants, and staying informed are all part of coexisting with the wild neighbors that call this valley home.

Bear Aware: Prevention and Presence

Bears are among the most talked-about visitors during the summer months. Drawn into communities by unsecured garbage, compost, bird feeders, and even fruit trees, black bears can quickly become a safety concern for both humans and themselves.

According to WildSafeBC, one of the

most effective ways to reduce bear encounters is proper waste management. Garbage should be stored in secure bins and kept indoors or in a bear-proof enclosure until collection day. Bird feeders, often forgotten in spring and summer, should be taken down altogether during warmer months—seeds are high in calories and easily attract bears.

Bear Safety Tips:

- Keep garbage secured and only place it outside on collection day.
- Remove bird feeders from April to November.
- Harvest fruit trees promptly and pick up fallen fruit.
- Freeze strong-smelling waste like meat and fish until disposal day.
- Carry bear spray and make noise when hiking in bear country.

The Deer Dilemma

White-tailed and mule deer are a common sight in the Kootenays, especially in residential neighborhoods. Their gentle demeanor makes them a favorite among wildlife watchers—but they're also infamous for raiding gardens and landscaping efforts.

Deer are particularly active in the early morning and late evening hours. Fencing remains the most effective method to keep them out, though motion-activated sprinklers and natural deterrents like garlic spray can offer short-term relief.

Deer Coexistence Tips:

- Use tall fencing (minimum 6–8 feet) around gardens.
- Plant deer-resistant varieties where possible.
- Avoid feeding deer, which increases habituation and risk of road accidents.
- Be extra cautious when driving at dawn and dusk—deer collisions peak during these hours.

Coyotes, Cougars, and Coexistence

While less visible than bears and deer, coyotes and cougars also roam the valley—especially in more rural or wooded areas. They're usually shy and avoid humans, but if food sources are readily available (like pet food, unsecured compost, or small domestic animals), they can lose that natural fear.

Cats and small dogs should be kept indoors or supervised when outside, especially near forest edges or after dark. If walking dogs in areas where coyotes or cougars are known to roam, keep pets leashed and stay alert.

Coyote & Cougar Tips:

- Never feed wildlife intentionally or unintentionally.
- Keep pets indoors at night and supervise them outdoors.
- Store pet food indoors.
- Report aggressive or habituated animals to conservation officers.

Sharing the Trails

Summer means more people hitting the trails—and more opportunities to cross paths with wildlife. From marmots sunning themselves on boulders to moose wading through marshy trails, it's important to stay respectful and cautious.

If you do encounter wildlife while hiking or biking, give them space. Do not approach, feed, or try to photograph them at close range. In most cases, animals will move along if given time and distance.

Trail Safety Tips:

- Make noise to avoid surprising wildlife (bear bells, talking, clapping).
- Travel in groups and during daylight hours.
- Keep dogs leashed on trails to avoid triggering a chase response.
- Carry bear spray and know how to use it.

A Delicate Balance

Living with wildlife is part of the privilege—and the challenge—of life in the Kootenays. Our actions have a direct impact on the safety and survival of the animals we share this land with. Habituated wildlife often has a much shorter life expectancy, as animals that lose their fear of people are more likely to be injured, euthanized, or hit by vehicles.

The good news? Coexistence is entirely possible when we adopt mindful practices and help our neighbors do the same.

Get Involved

Several organizations across the Kootenays offer workshops, updates, and resources on coexisting with wildlife:

- **WildSafeBC:** Community programs and bear awareness training
- **BC Conservation Officer Service:** Report dangerous wildlife or learn more about prevention
- **Kootenay Wildlife Heritage Fund:** Supporting long-term habitat conservation

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PROUDLY PRESENTS



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VALLEY

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POTHOLE PARK
DOWNTOWN INVERMERE

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JULY 9-TYLER DEL PINO &
THE BRASSTRONAUTZ

JULY 16-MILES CANYON

JULY 23-BAIDEN HOLLAND

JULY 30-ROCKINOMIX

AUG 6- MADDISUN

AUG 13-L8

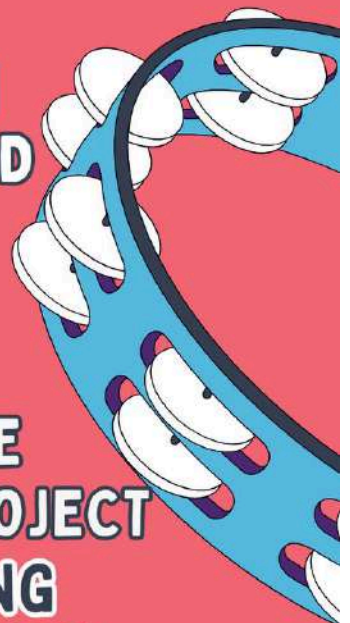
AUG 20-SHADES OF BLUE

AUG 27- THE RADIUM PROJECT

COMMUNITY DRUMMING

JULY 2[AT] 6:15PM & 7:15PM

AND AUG 6[AT] 6PM



VALLEY PROMOTIONS

Krush

DANCE
PRESENTS



YEAR END SHOWCASE

Featuring local dancers from Krush Dance Invermere

JUNE 15
1:00 PM
AND
3:30 PM



LOCATION
Invermere
Community
Centre

www.krushdance.com



SAFE AND ACTIVE

Outdoor Fitness for All Ages

As the days grow longer and the weather warms, it's the perfect time to take advantage of the Kootenays' stunning landscapes and get moving outdoors. Staying active doesn't require a gym membership—our region offers an abundance of safe, scenic, and family-friendly ways to boost your health and enjoy the great outdoors.

Local trails are a great place to start. The Slocan Valley Rail Trail stretches over 50 kilometers of level, well-maintained paths, ideal for walking, biking, or even pushing a stroller. With multiple access points and picnic areas along the way, it's perfect for short outings or full-day adventures.

In Nelson, the Waterfront Pathway offers a paved, accessible route along Kootenay Lake with breathtaking views, gentle terrain, and benches for resting. It's popular among all ages and abilities, making it a welcoming space for solo walkers, families, and seniors alike.

Looking for a little social motivation? Several local walking and hiking clubs host regular meetups throughout the region. Groups like the Kootenay

Mountaineering Club and community-led walking groups in towns like Creston and Castlegar offer guided outings with varying difficulty levels, encouraging connection and outdoor fitness at your own pace.

For families, try setting up a nature scavenger hunt or building a backyard obstacle course. Bring sidewalk chalk to your local park and map out a hopscotch trail or maze. Activities like these help kids stay active and engaged while enjoying time outdoors together.

Staying active doesn't have to be complicated—just stepping outside for a 20-minute walk each day can benefit your physical and mental health. Whether you're a trail runner or a toddler chasing bubbles, the Kootenays are full of opportunities to move safely and joyfully.

Have a favorite trail, outdoor activity, or walking group to recommend? We'd love to hear from you! Submit your tips and photos to news@thevoice.ca and help inspire others to stay active this season.



Edgewater SUMMER Daze Parade!

MOSURE FAMILY HORSE DRAWN CARRIAGE
LEADING & BRISCO RIDING CLUB
RIDE A HORSE/BIKE/SCOOTER, PULL A
WAGON, OR WALK! CLASSIC CARS, OR
PARADE FLOATS? YES PLEASE!
EVERYONE WELCOME!

FRIDAY JUNE 20 2025 3-6 PM
Decorate/Dressup, win a Prize!
4858 Cordillera Ave (Edgewater Legion)

Parade Line Up 3:45pm
FREE Hotdogs, Chips, & Juice to follow
FREE Icecream & Cotton Candy!
Parade route map coming soon!, SPECTATORS wanted!

Columbia Basin **trust**

Legion 

Keeping Cool

Affordable Ways to Beat the Heat at Home



As the temperatures climb and summer settles in, many households across the Kootenays begin to feel the strain—both from the rising heat and rising utility bills. Keeping cool during summer doesn't have to mean blasting the air conditioner all day or spending a fortune on utilities. With a little creativity, some eco-friendly upgrades, and a few old-fashioned tricks, you can stay comfortable, save money, and reduce your environmental footprint.

1. Use Fans Wisely

While air conditioning offers fast relief, fans use significantly less energy. Ceiling fans should rotate counterclockwise in the summer to create a wind-chill effect. Even a box fan placed near a window during the cooler evening hours can draw fresh air in and push hot air out. For a DIY cooling boost, place a bowl of ice in front of a floor fan and enjoy the cool mist it creates.

2. Close Curtains and Blinds

Windows can act like magnifying glasses for sunlight, rapidly heating up your home. Keep your blinds or curtains closed during the hottest part of the day—typically from noon to 5 p.m. For added insulation, consider thermal or blackout curtains, which help keep the cool air in and the heat out. If possible, install reflective window films to reduce solar gain.

3. Strategic Ventilation

One of the most effective (and free!) ways to cool your home is to use natural airflow. Open windows on opposite sides of your house to create cross-ventilation. In the evenings, when the outdoor temperature drops, open windows wide to let cooler air in, then close them in the morning to trap the coolness indoors.

4. Switch to LED Lighting

Traditional incandescent bulbs generate a surprising amount of heat. By switching to LED bulbs, which emit far less heat and use less electricity, you'll both cool your home and reduce energy costs.

5. Cook Smarter

Summer is the perfect excuse to take your cooking outside. Grilling or using a slow cooker or air fryer will keep your kitchen from becoming a sauna. If you must cook inside, try to do so in the early morning or late evening when it's cooler.

6. Hydrate and Dress for the Weather

Sometimes the simplest solutions are the most effective. Drink plenty of cold water throughout the day and wear light-colored, loose-fitting clothing made of breathable fabrics like cotton or linen. Keep a spray bottle in the fridge and mist yourself when needed—your skin will thank you.

7. Create a Cool Sleeping Environment

Sleeping in hot weather can be miserable. Try these tips:

1. Use lightweight cotton sheets.
2. Freeze your pillowcase or keep a gel cooling pillow.
3. Place a shallow pan of ice water in front of a fan near your bed.
4. Sleep downstairs if you have a multi-story home (hot air rises).

8. DIY Air Conditioner Tricks

If you don't have central air or a window unit, you can simulate the effects with a few creative hacks:

1. Fill a hot water bottle with cold water and freeze it to use as a bed chiller.
2. Soak a top sheet in cold water, wring it out, and place it over you like a wet sheet trick—effective and refreshing.
3. Turn your exhaust fan on for 15–20 minutes after showering or cooking to help remove excess heat.

9. Seal and Insulate

It may not be the most glamorous solution, but checking for drafts and sealing leaks can significantly improve your home's ability to stay cool. Insulate around doors, windows, and even attic hatches. This prevents warm air from seeping in and keeps cool air inside where it belongs.

10. Plant Strategically

If you're thinking long-term and have outdoor space, consider planting shade trees or installing climbing vines near sun-facing windows. Not only will this reduce heat indoors, but it also beautifies your surroundings and helps absorb CO₂—good for you and good for the planet.

11. Switch Off Unused Appliances

Many electronic devices continue to emit heat even when not in use. Unplug laptops, televisions, chargers, and kitchen gadgets when they're not needed. Turn off lights in unused

rooms. The cumulative effect can cool your home noticeably.

12. Cool Down With Water

A lukewarm shower can help regulate body temperature. You can also fill a tub or kiddie pool and soak your feet in the shade. Keeping a cool, wet washcloth on your neck, wrists, or ankles can also provide instant relief.

13. Budget-Friendly Cooling Upgrades

If you're open to a small investment, consider these:

- Evaporative coolers (also called swamp coolers) are a low-energy alternative to AC.
- Thermal curtains to block sunlight and heat.
- Reflective roof coatings or window awnings to reduce indoor temps.

Many of these options pay for themselves quickly by cutting down on your energy usage.

Kootenay-Specific Tips

Residents of the Kootenay region are lucky to live in an area where evenings often cool off significantly. Take advantage of that by:

- Sleeping with windows open (with screens to keep out bugs!).
- Airing out your home in the early morning.
- Exploring local lakes and rivers for a refreshing mid-day dip.
- Keeping your outdoor patio area shaded with DIY sun sails or umbrellas to create a cool retreat.

If you're heading into town, check if your local library or community center has cooling areas on exceptionally hot days. These spaces often provide water and air-conditioned rest spots during heat waves.

By adopting some of these habits and solutions, you can beat the heat without burning through your budget or the planet's resources. Comfort, after all, should be both responsible and attainable.

So grab a glass of something cold, set your fan to high, and enjoy all that summer in the Kootenays has to offer—without breaking a sweat.

Spring into Summer

TRAVIS
PICKERING
BAND

NEW DATE
Saturday, June 14th
6:00pm - 11:00pm

Put on yer best C&W garb and yer dancin' boots!

Tickets \$35 includes a
Smokehouse 93 Pulled Pork on a Bun.

Tickets on sale at the Branch 250 342 9517
Members and Guests Welcome

Legion 
Windermere District #71





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
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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



FATHER'S DAY CELEBRATION DRINKS

SMOKY OLD FASHIONED

Ingredients:

2 oz bourbon or rye whiskey
1 sugar cube
2 dashes Angostura bitters
Splash of water
Optional: Smoke the glass for flair
Garnish: Orange peel and cherry

Directions:

Muddle sugar, bitters, and water in a rocks glass. Add ice and whiskey, stir well. Smoke the glass before pouring (optional) for a rich, dramatic touch.

DAD'S COFFEE SHOT

Ingredients:

½ oz coffee liqueur
½ oz Irish cream
½ oz vanilla vodka
Optional: whipped cream topping

Directions:

Shake all ingredients with ice and strain into a shot glass. Top with whipped cream for a creamy finish.



GRILLMASTER'S RUM PUNCH

Ingredients:

1 oz dark rum
 ½ oz coconut rum
 1 oz orange juice
 1 oz pineapple juice
 Splash of lime juice
 Garnish: grilled pineapple or orange slice

Directions:

Shake and serve over ice in a rocks glass or tumbler. Add a grilled fruit garnish for the ultimate backyard cocktail.

LUMBERJACK DROP

Ingredients:

½ pint amber ale
 ½ shot maple whiskey
 ½ shot butterscotch schnapps

Directions:

Drop the shot into the beer and enjoy quickly—smooth, sweet, and strong!

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY
FRIENDLY FUN!

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

Sierra Franklin

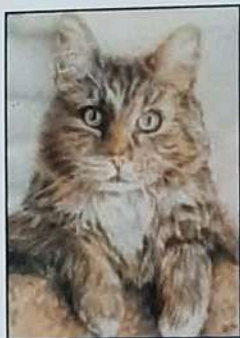
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VALLEY PROMOTIONS



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How to Build a Solar-Powered Portable Station

In the world of amateur radio, the ability to operate independently of the power grid is a significant advantage. A solar-powered portable station offers this independence, allowing operators to set up in remote locations, participate in emergency communications, or simply enjoy the freedom of off-grid operation. This guide will walk you through the essential components and considerations for building your own solar-powered portable station.

Understanding the Basics

Before diving into the specifics, it's important to understand the core components of a solar-powered portable station:

Solar Panels: These capture sunlight and convert it into electrical energy.

Charge Controller: This device regulates the voltage and current coming from the solar panels to prevent overcharging the batteries.

Battery Storage: Batteries store the energy generated by the solar panels for use when sunlight is not available.

Power Distribution: This system distributes the stored energy to your radio equipment and other devices.

Selecting the Right Solar Panels

For portable operations, the choice of solar panels is crucial. Foldable or rollable panels are popular due to their lightweight and compact design. When selecting panels, consider the following:

Wattage: Ensure the panels can generate enough power for your needs. A 60 to 120-watt panel is typically sufficient for most portable

operations.

Portability: Look for panels that are easy to transport and set up.

Durability: Choose panels that can withstand the elements, especially if you'll be operating in harsh conditions.

Choosing an Appropriate Charge Controller

The charge controller is a vital component that ensures your batteries are charged safely and efficiently. There are two main types:

PWM (Pulse Width Modulation): These are simpler and more affordable but less efficient.

MPPT (Maximum Power Point Tracking): These are more efficient, especially in variable light conditions, and are recommended for larger systems.

When selecting a charge controller, ensure it's compatible with your battery type and has the necessary features for your setup.

Battery Storage Options

Batteries store the energy generated by your solar panels for use when sunlight isn't available. For portable operations, Lithium Iron Phosphate (LiFePO₄) batteries are a popular choice due to their lightweight, long lifespan, and safety features. When choosing a battery:

Capacity: Ensure the battery has enough capacity to power your equipment for the desired duration.

Voltage: Match the battery voltage with your equipment requirements.

Portability: Consider the weight and size, especially if you'll be transporting the battery frequently.

Setting Up Power Distribution

A power distribution system allows you to connect multiple devices to your battery safely. Features to look for include:

Multiple Output Ports: To connect various devices.

Fuses or Circuit Breakers: For safety and protection against overcurrent.

Voltage and Current Monitoring: To keep track of power usage and battery status.

Some power distribution units also include USB ports for charging mobile devices, adding versatility to your setup.

Integrating Your Radio Equipment

Once your power system is set up, it's time to connect your radio equipment. Consider the following:

Voltage Requirements: Ensure your radio operates within the voltage range provided by your battery.

Current Draw: Be aware of your radio's current consumption, especially during transmission, to ensure your battery can handle the load.

Connectors: Use appropriate connectors and cables to ensure a secure and efficient connection.

Practical Considerations for Field Use
Operating in the field presents unique

challenges. Here are some tips to ensure a successful setup:

Sunlight Availability: Position your solar panels to maximize exposure to sunlight throughout the day.

Weather Conditions: Be prepared for changes in weather, and protect your equipment from moisture and extreme temperatures.

Transport and Setup: Choose equipment that is easy to transport and quick to set up and dismantle.

Backup Power: Consider carrying an additional battery or alternative power source as a backup.

Maintenance and Safety

Regular maintenance ensures the longevity and reliability of your solar-powered station:

Inspect Connections: Regularly check all connections for signs of wear or corrosion.

Clean Solar Panels: Keep panels clean to maintain efficiency.

Monitor Battery Health: Use a battery monitor to track the health and charge status of your battery.

Safety Precautions: Always follow safety guidelines when handling electrical components.

Building a solar-powered portable station is a rewarding project that enhances your amateur radio capabilities. By carefully selecting and integrating the right components, you can achieve a reliable and efficient setup that provides independence from the power grid. Whether you're operating in remote locations, preparing for emergencies, or simply seeking the freedom of off-grid communication, a solar-powered station is a valuable asset for any amateur radio enthusiast.



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Bugged Out: Dealing with Summer Pests Naturally

Natural solutions for mosquitoes, ticks, ants, and other common nuisances

When summer hits full swing in the Kootenays, so does the bug population. Mosquitoes buzz through evening air, ants find their way into kitchens, and ticks lurk in tall grasses. While pests are a part of outdoor life, there are natural ways to manage them without reaching for harsh chemicals.

Mosquitoes are drawn to standing water and active bodies. To reduce their presence, empty birdbaths, flowerpot trays, and gutters weekly. Add plants like citronella, lavender, and basil to patios and garden edges—they naturally repel mosquitoes and smell fantastic. For personal protection, try essential oil sprays with lemon eucalyptus, tea tree, or geranium.

Ticks thrive in tall grasses and wooded areas. To avoid bites, wear light-colored clothing, tuck pants into socks, and use natural tick repellents made with geranium oil or cedarwood. After hikes, check yourself, kids, and pets carefully—ticks often hide behind knees, ears, or collars. Showering soon after time outdoors can help remove unattached ticks.

Ants may seem harmless, but once

inside, they're hard to banish. Skip the chemical sprays and use white vinegar or lemon juice around entry points to mask scent trails. Sprinkling cinnamon or diatomaceous earth along windowsills and doorways can deter them, too. Keeping counters crumb-free and sealing food goes a long way.

For wasps, prevention is key. Seal up any small holes or eaves where nests could form, and place decoy nests early in the season to discourage colony building. If they've already moved in, a mixture of peppermint oil and water sprayed around nesting sites may encourage them to relocate.

Nature has its challenges, but also its answers. Many pest problems can be managed with a combination of good housekeeping, herbal solutions, and garden allies. By working with the environment instead of against it, we can enjoy a summer that's both vibrant and bite-free.

Got your own natural bug remedy or prevention tip? Send it to news@thevoice.ca—we will feature it in an upcoming issue!



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MENTAL HEALTH CHECK-IN: AVOIDING SUMMER BURNOUT

Gentle reminders to pace yourself and keep mental wellness a priority.

As the sun stretches its hours and the world bursts into full bloom, summer often arrives with a wave of expectation: vacations, barbecues, community festivals, camping trips, and more. It's the season of "go, go, go"—but while the energy can feel exciting, it can also become overwhelming. For many people, the rush to make the most of every sunny day can leave them feeling depleted, overstimulated, and out of sync.

Burnout isn't just a winter phenomenon. While we often associate it with long work hours, isolation, or emotional exhaustion, burnout can creep in even during the sunniest months. That's why summer is a great time to pause, check in with yourself, and gently prioritize your mental well-being.

What Is Summer Burnout?
Summer burnout happens when we overextend ourselves—socially, physically, and mentally—without taking time to rest. The longer daylight

hours, pressure to be outdoors, social obligations, and even the heat can contribute to feelings of exhaustion and irritability. Add in financial stress from vacation plans, kids being out of school, or the expectation to constantly be "doing something," and it's easy to see how summer can turn from joyful to draining.

Signs of summer burnout may include:

- Feeling unmotivated or unusually tired
- Becoming easily overwhelmed or irritable
- Withdrawing from social events you once enjoyed
- Trouble sleeping or disrupted sleep patterns
- A sense of guilt for not "making the most of summer"

If any of this feels familiar, take a breath—you're not alone. Here are gentle ways to care for your mental health this summer.

1. Give Yourself Permission to Rest

Not every sunny day needs to be filled with activity. It's okay to take a break indoors, watch a movie, nap in a hammock, or simply read a book in the shade. Rest is productive. Rest is necessary. In a culture that often equates busyness with value, allowing yourself to slow down can be an act of self-care.

Instead of packing every weekend, try setting aside time that's intentionally unscheduled. You don't have to earn your rest—your well-being is reason enough.

-
- 2. Set Boundaries with Your Calendar
- Summer social calendars can fill up fast: weddings, reunions, markets, camping trips, and events. While many of these are enjoyable, saying yes to everything can quickly lead to burnout.
-
- Before committing, pause to ask yourself:
-
- Do I genuinely want to do this, or do I feel obligated?

Will this energize me or drain me?

Can I attend without overloading the rest of my week?

Creating space in your calendar is an act of respect for your energy. Saying no—or even “maybe next time”—leaves more room for the things that truly nourish you.

3. Protect Your Sleep

Longer days and warmer nights can disrupt natural sleep cycles. Add in later social events or summer travel, and your rest may take a hit. Sleep is vital for mood regulation, mental clarity, and emotional resilience.

Try these tips for better summer sleep:

Keep a consistent bedtime—even on weekends

Use blackout curtains or a sleep mask to block early sunrise

Limit caffeine and alcohol in the evenings

Wind down with a screen-free hour before bed

Protecting your sleep is one of the kindest things you can do for your mental health.

-
- 4. Practice Mindful Presence
- You don't need a retreat or a perfect meditation setup to be mindful. Taking five minutes to sit quietly on your porch, noticing the sounds of birds, or sipping your morning tea slowly can be powerful.

Try integrating small moments of mindfulness into your day:

Notice the texture of the grass under your feet

Watch the light filter through the trees

Take three deep breaths before starting a new task

These gentle pauses help reconnect you to the present and soften the mental noise.

5. Stay Nourished—Inside and Out

Busy summer days can lead to skipped meals, too much caffeine, or overindulgence. None of these are “bad”—but balance is key. Keep your body fueled with fresh, whole foods and hydration.

Simple ways to stay nourished:

-
- Keep a reusable water bottle nearby
-
- Eat regular meals, even if they're small
-
- Enjoy summer produce like berries, greens, and cucumbers
-
- Listen to your body's cues for hunger, rest, and movement

And don't forget sunscreen, hats, and breaks from the sun—caring for your physical self supports your mental health too.

6. Limit Social Media Pressure

Social media can heighten the “I’m not doing enough” feeling. Endless posts of vacations, outings, and “perfect” summer moments can create unrealistic comparisons.

Remind yourself:

Social media is a highlight reel, not real life

Your summer doesn’t need to look like anyone else’s

Slower, quieter, or messier seasons are just as valid

If scrolling starts to make you feel anxious or inadequate, consider taking a digital break, muting certain accounts, or curating your feed to include more positive, grounding content.

7. Stay Connected in Meaningful Ways
Social connection is vital—but quality matters more than quantity. Instead of spreading yourself thin, aim for deeper connections.

Send a letter to a friend. Call someone you miss. Have a quiet cup of tea with someone you trust. These moments don’t have to be extravagant to be meaningful.

If you’re feeling lonely, summer can also be a great time to volunteer, join a community garden, or explore local events with no pressure to perform—just show up as you are.

8. Check in With Yourself Often
Mental health check-ins don’t need to be complicated. Take a few minutes each day or week to reflect:

How am I feeling emotionally and physically?

What do I need more of? Less of?

Is there anything I’m avoiding that’s weighing me down?

What’s one small act of care I can give myself today?

Writing these down in a journal or speaking them aloud can help

ground your experience and clarify your needs.

Gentle Summer, Gentle You

You deserve a summer that feels like yours. One that honors your capacity, your rhythms, your needs. Whether that means packed weekends or peaceful mornings, the key is to check in, slow down when needed, and remember: your mental wellness is worth protecting.

So this summer, let’s celebrate joy without the pressure. Let’s seek connection without overextension. Let’s savor the season gently, and most of all—let’s be kind to ourselves.





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Gamer's Corner

Game Review: RoadCraft

Saber Interactive's RoadCraft (released May 20, 2025) revs up the vehicle-simulation genre with a satisfying blend of construction, exploration, and disaster recovery. If you've ever dreamed of piloting massive machinery to rebuild roads, bridges, and infrastructure in the wake of natural calamity, this game delivers—especially in co-op mode.

What's Under the Hood?

In RoadCraft, you manage a post-disaster recovery company, rebuilding devastated regions using heavy equipment. With over 40 vehicles, including bulldozers, cranes, trench diggers, and excavators, the gameplay involves clearing debris, laying down roads, maintaining logistics networks, and automating your fleet. Maps vary from flooded regions to storm-ravaged forests and industrial ruin.

The Good Stuff

- Best in class within the heavy-machinery sim genre. GamingBolt writes that RoadCraft “feels like the culmination of everything Saber Interactive learned... rebuilding a place that got wrecked by natural disasters can be incredibly rewarding” gamingbolt.com
- Variety & realism. The game excels at realistic physics and vehicle handling. From muddy trenches to asphalt rolling, every machine feels distinct.
- Co-op shines. Up to four players can team up and divvy up rebuilding tasks, making it “an enormously fun playground... especially in co-op” metacritic.com
- High praise: OpenCritic gives it an 81 “Strong” rating, placing it in the top 14% of games opencritic.com

Challenges & Rough Terrain

- Pacing can drag. Some players find the gameplay repetitive, especially solo. While the core gameplay is fun, it may feel like a chore to some. [Gamingbolt.com](https://www.gamingbolt.com)
- Minor technical quirks. A few texture pop-ins or UI hiccups appear during hectic scenes—nothing game-breaking, but noticeable. [Gamingbolt.com](https://www.gamingbolt.com)
- No fuel or damage systems. It's designed to be fun, not punishing. Some simulation purists might miss added realism. [Bordersdown.net](https://www.bordersdown.net)

Final Verdict

RoadCraft is a heavy-duty joyride—brimming with machines to master, terrain to conquer, and construction puzzles to solve. It might be slow-going at times, but the payoff is a deeply

rewarding sandbox experience. The co-op mode makes it really shine; solo players may find it a bit plodding, but still worthwhile.

Feature	Rating
Graphics & Physics	8/10
Gameplay Depth	8/10
Replayability	9/10
Technical Polish	7/10
Overall	8/10

For fans of SnowRunner or thoughtful, machine-heavy simulators, RoadCraft is a standout new arrival on PS5, Xbox Series X|S, and PC. Load up, gear up, and pave the way to recovery.



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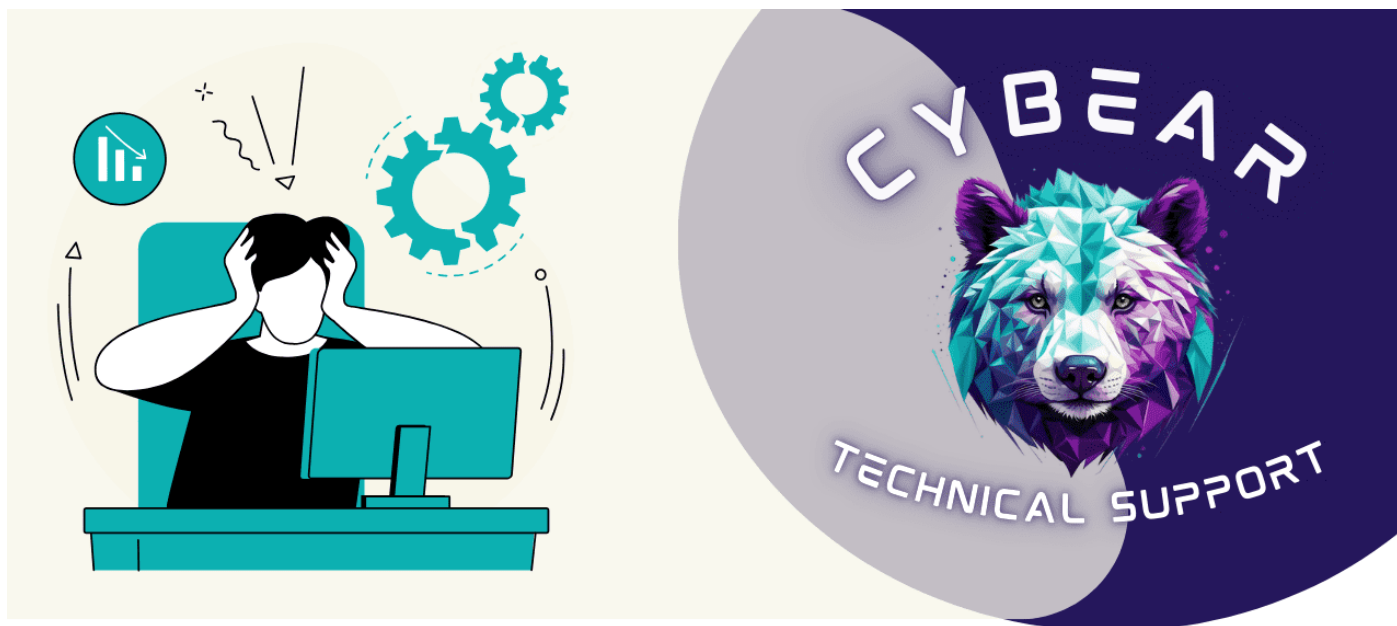
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Movie Review:

Hurry Up Tomorrow

A hauntingly relevant and powerfully personal documentary, *Hurry Up Tomorrow* dives deep into the troubled past of Riverview Hospital, one of British Columbia's most storied and controversial mental health institutions. Directed by pioneering filmmaker M. Louise Valley, this feature-length documentary is more than a historical exploration—it's a sobering reminder of how society has often failed its most vulnerable.

Through intimate interviews, rare archival footage, and chilling reenactments, *Hurry Up Tomorrow* brings the audience into the lived experiences of former patients, staff, and family members. Their stories are as heartbreaking as they are illuminating, revealing the layers of

trauma, neglect, resilience, and resistance within the walls of the hospital that once stood as a cornerstone of psychiatric care in the province.

What stands out in the film is its ability to hold a mirror to our collective memory. It doesn't sensationalize the tragedies or play into horror tropes, as so many mental health documentaries unfortunately do. Instead, it offers dignity to the survivors while exposing the systemic issues that plagued Riverview's legacy—from overcrowding and forced treatments to the abandonment of long-term care in favor of deinstitutionalization without adequate community supports.

SFAYE JENNA ORTEGA AND BARRY KEOGHAN

HURRY UP TOMORROW

ONLY IN THEATERS
MAY 16

The pacing is deliberate and thoughtful, allowing the gravity of each testimony to settle before moving forward. The cinematography reflects the mood—muted tones, long shadows, and archival textures layer the film in a kind of visual melancholy. The musical score, a blend of minimalist piano and ambient soundscapes, underscores the film’s emotional weight without overwhelming it.

Valley’s direction is both empathetic and incisive. By centering marginalized voices—particularly Indigenous patients and women—the film widens its lens to critique broader patterns of institutional harm. *Hurry Up Tomorrow* is not just a historical document; it’s a call for accountability and reform in

how we care for mental health in Canada today.

Verdict:

★★★★½ (4.5/5)

Hurry Up Tomorrow is a necessary and unforgettable film. It’s a must-watch for anyone interested in mental health, social justice, or the power of storytelling to inspire change.



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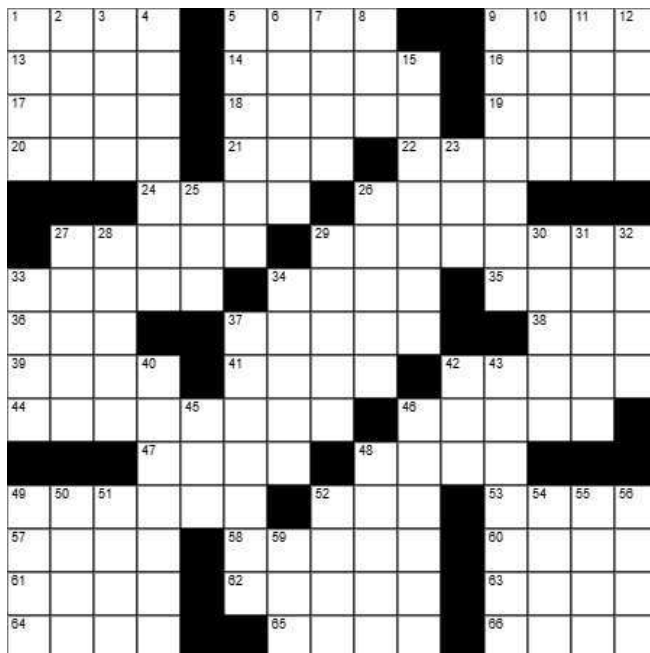


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A LITTLE FUN

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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