

NSIDE THIS EDITION

WOOLLY WONDERS -TRES, CUATRO, CINCO: THREE LITTLE LAMBS

In the snow-capped mountains of the Columbia Valley, where the air smells of pine and the wildflowers wake up early, something extraordinary happened on a crisp spring morning.

ESCAPING THE CAVE: WHAT PLATO CAN TEACH US ABOUT LIFE TODAY

Imagine being stuck in a dark cave your whole life. All you see are shadows on a wall-flickers of reality cast by things you can't fully understand.

WHISKERS OR WOOFS : SURVIVING THE DAILY DRAMA, DROOL, AND PERSONAL SPACE

Once upon a Saturday morning, in a suburban household not unlike your own, a dog was already halfway through a joyinduced seizure because the human blinked twiceclearly a sign...

BEST HANDHELD RADIOS FOR BEGINNERS IN 2025

If you're new to amateur radio, one of the best ways to get started is with a handheld radio, often called an HT (handie-talkie).



LETTER FROM THE VOLUNTEERS

As we wave our flags and celebrate this beautiful country we call home, we're reminded of the importance of community-of coming together to share stories, support one another, and lift our voices. That's what The Valley Voice is all about.

This month, we're keeping the spirit alive, but we have to be honest-it's been another tough one. We struggled again to gather enough content for this issue. We understand that summer gets busy, but we truly need your help. Without community contributions-whether that's an article, a photo, an upcoming event, or even a small business ad-we simply can't continue to bring this publication to life each month.

If you or someone you know has something to share, please consider submitting. Every piece of content makes a big difference. Your stories, your creativity, and your perspectives are what make this little local paper something special. Whether it's a poem, recipe, gardening tip, or event notice-we'd love to include it.

To those who have already contributed, thank you from the bottom of our hearts. Your generosity and support mean the world to us. And to our loyal readers-thank you for sticking with us, sharing our issues, and helping keep the Valley Voice thriving.

As we move deeper into summer, let's also work together to help The Valley Voice reach more people. We've been going strong for four years now, and we'd love to expand our reach. So please-share us with a friend, leave a copy at your favorite café, or send someone our way who might want to get involved.

We believe in this community and its stories. Let's keep telling them-together.

With gratitude, -The Valley Voice Volunteers (VVV) 🍁







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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As the warm summer months arrive in the Columbia Valley and across British Columbia, so does the increased risk of wildfires.

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!

Instagram <u>@thevoicecv_official</u>

OR

by email to news@thevoiceca.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 August 6, 2025 SUBMISSION DEADLINE August 5, 2025

WE NEED

BUSINESS ADS

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

PERSONAL INTEREST

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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.

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 <u>news@thevoicecv.ca</u>

VISIT US ONLINE





The East Kootenay Veterinary Group was formed with the mission to improve access region. By providing dedicated after-hours and urgent care, we help ensure local pets 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.



and nature of the emergency.

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) Steeples 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 Saint Eugene Mission 93 Steeples Veterinary Clinic Tanglefoot 5) 🖸 Veterinary Services Cranbrook 6) 0 Veterinary Hospital All calls to our regular VIEW line after hours will appropriately. Clients will be given clear direction on where emergency after hours service will be offered based on the day



Tres, Cuatro, Cinco: Three Little Lambs and Their First Days on the Farm

In the snow-capped mountains of the Columbia Valley, where the air smells of pine and the wildflowers wake up early, something extraordinary happened on a crisp spring morning.

Eloise, the old ewe with a speckled nose and a wise, motherly air, had just delivered a fluffy white lamb. She was tiny, with legs like twigs and eyes full of wonder. The farmer's daughter, Susie, knelt beside her in the straw, gently scooping her up.

"Hello there, Tres," she whispered. "Welcome to the world."

A few days later, in the pen next door, another ewe named Felicity - young, nervous, and just a bit dramatic - was about to give birth to two new lambs. She'd been pacing for hours, bleating like the sky was falling, until finally, with some encouragement and a lot of patience, out came a white lamb, just like Tres, another girl. And then, to everyone's surprise, a second - sleek and dark as a raven's wing. A little black lamb, a boy, with a patch of white on his nose and the tiniest tail you've ever seen.

Susie laughed, delighted. "Oh my goodness, twins! Let's call you Cuatro and Cinco."





Though from two different mamas, the three little lambs became fast friends within hours. Cuatro was the explorer, always the first to bound toward the gate or attempt to nibble on Susie's boots. Tres was quieter, always tucked up against her mama or snuggling beside Cinco, who was bold and curious, often found standing on rocks like a little queen surveying her domain.

The Columbia Valley held its breath as spring took root - snow melting into creeks, songbirds filling the morning air with cheerful tunes, and three lambs leaping through tufts of grass like popcorn on a skillet. Visitors to the farm couldn't help but smile when they saw the trio playing together, their white and black wool-like little clouds skipping across the field.

Eloise and Felicity kept watch, proud and protective, while Susie sat on the fence rail each evening with a warm mug in her hands and a heart full, watching the lambs wobble through their first steps, nuzzle close to their mothers, and slowly begin to explore the world around them.

Three little lambs, one big valley, and a spring full of promise. Sometimes, the smallest things bring the most joy.

And if you listen just right, you can still hear their tiny bleats carried on the wind - Tres, Cuatro, and Cinco - forever bouncing in the heart of the Columbia Valley.









Horse Archery



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VALLEY PROMOTIONS



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Escaping the Cave



What the Greek Philosopher Plato Can Teach Us About Life Today

Imagine being stuck in a dark cave your whole life. All you see are shadows on a wall–flickers of reality cast by things you can't fully understand. This is the famous metaphor from Plato's Allegory of the Cave, written over 2,000 years ago.

In the story, prisoners are chained in a cave, facing a wall. Behind them is a fire, and objects pass by between the the prisoners, casting fire and shadows on the wall in front of them. The prisoners believe the shadows are real because that's all they've ever known. One day, someone escapes the cave. At first, the outside world blinds him, but then he sees the sun, the source of all truth and knowing. When he returns to the cave to tell the others, they reject him, call him crazy and shun him.

Friedrich Nietzsche said, "Sometimes

people don't want to hear the truth because they don't want their illusions destroyed." Accepting a new reality is tough when the old one feels safe and familiar. Sound familiar?

Philosopher Alan Watts develops this further by pointing out that "our most private thoughts and emotions are not actually our own." We're shaped by culture, language, and expectationstrained to see shadows as reality from the moment we're born. Questioning that can feel like pulling apart the very essence of who we think we are.

And then there's the world we live inwars, injustice, endless streams of conflicting information, massive gaps between rich and poor, natural disasters, health crises, and riots. The news never stops, and it all starts to blur. It's no wonder so many of us feel overwhelmed-burned out, anxious, disconnected, or just numb. In a way, we're each stuck in our own mental caves, trying to make sense of the chaos. But the more we shut it out or pretend it's not happening, the deeper we sink into the shadows. Facing reality might be hard, but it's the only way out. That's where clarity beginsand where real change can start.

Psychologist Carl Jung drops this heavy truth: "People will do anything, no matter how absurd, to avoid facing their own souls." The cave isn't just out there in the world-it's inside you. It's the stories you tell yourself to feel safe. The beliefs you inherited without question. The shadows you've mistaken for truth because they kept the deeper parts of you hidden.

The journey out of the cave is like waking up. It's inner work-painful, messy, but freeing. Spending time alone, opening up and sharing with someone, meditation, or just slowing down can help you sort through your thoughts and feelings. **Søren Kierkegaard, a Danish philosopher** from the early 1800s, offers a riddle when he says, "There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true."

It's that crossroads the freed prisoner reaches-do you trust what you're starting to see, even if it's uncomfortable and messes with everything you thought you knew? Or do you go back to the safety of what's familiar, even though it might not be real? The truth isn't simple, and it won't give you quick answers. But once you've seen even a glimpse of what's real, you can't unsee it. The journey from here is yours.



NOVIES

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Viewer discretion is advised. May contain content that is not suitable for some audiences.

VALLEY PROMOTIONS



STAYING HYDRATED & Healthy in the Heat

When the summer sun is blazing over the Kootenays, it's important to take extra steps to stay cool, hydrated, and healthy. Whether you're working outdoors, exploring the trails, or simply relaxing in the garden, hot weather can sneak up on you-leading to fatigue, dehydration, or even heatstroke if you're not careful. The good news? A few small habits can make a big difference.

Drink More Water

It may sound simple, but staying hydrated is one of the most effective ways to stay well in the heat. Carry a reusable water bottle and aim to sip throughout the day, not just when you feel thirsty. If you're active or sweating a lot, consider adding an electrolyte drink to replenish lost salts and minerals.

Eat Water-Rich Foods

Snacking on fruits and vegetables like watermelon, cucumber, strawberries, and oranges is a great way to boost hydration. These foods are light, refreshing, and provide important vitamins that support your overall wellbeing during the summer months. Avoid Sugary and Caffeinated Drinks While that iced coffee or soda may be tempting, too much caffeine or sugar can actually contribute to dehydration. Alcohol also increases your risk of overheating. If you indulge, follow up with a big glass of water.

Dress for the Weather

Choose light-coloured, breathable clothing made from natural fibres like cotton or linen. A wide-brimmed hat and UV-protective sunglasses can help keep your body temperature down and protect your skin from sun exposure.

Plan Around Peak Heat

Try to schedule outdoor activities in the early morning or later in the evening when temperatures are lower. If you must be outside during the heat of the day, take frequent breaks in the shade and pace yourself.

Know the Signs of Heat Illness

Watch for symptoms like dizziness, headache, muscle cramps, or rapid heartbeat. If you or someone else experiences these, seek shade, hydrate, and cool down immediately.

Sunday July 20 10am-4pm

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HANDMADE IN



VALLEY PROMOTIONS



Whiskers or Woofs



and Personal Space Violations

Once upon a Saturday morning, in a suburban household not unlike your own, a dog was already halfway through a joy-induced seizure because the human blinked twice-clearly a sign they might be getting up. Meanwhile, a cat was perched on a bookshelf, plotting their seventh silent coup of the week.

Welcome to the eternal sitcom that is Cats vs. Dogs: Who's the Best Pet? (Spoiler alert: neither. It's the goldfish. The goldfish minds its business!)

Let's begin with dogs, the

overenthusiastic interns of the animal kingdom. Dogs greet you like you've just returned from war. You went to the mailbox? OH MY GOD, YOU'RE BACK. They bring you gifts-sticks, socks, halfeaten tennis balls-like slightly confused toddlers who are just so proud of their finds.

But they also have no concept of personal space. Ever tried going to the bathroom with a dog? They follow you in as if you're the star of a suspense thriller, and the toilet might be the assassin. Make eye contact with your dog while they're pooping, and congratulations-you're now in a legally binding emotional contract. You'll be thinking about it during your wedding vows.

Then there's cats, those aloof, purring contradictions in a fur coat. Cats love you, but only on odd-numbered days and never before 2 p.m. They demand food despite having a full bowl, knock things off counters as if it's an Olympic event, and scream into the void at 3 a.m. because... reasons. They want affection but on their own terms. Pet them once-purr. Pet them twice-purr louder. Pet them a third time-bite. It's not that they're mad, they just don't believe in consistency. And they will 100% judge your life choices from the top of the fridge.

Dogs are emotionally needy. Cats are emotionally cryptic. Dogs will wake you up by licking your face; cats will wake you up by sitting on your chest like a fuzzy sleep paralysis demon, staring deep into your soul.

And yet, somehow, it works.

Because when your dog curls up next to you after a chaotic day, tail thumping like a soft drum of love, your stress dissolves. And when your cat, after ignoring you all week, climbs into your lap and makes biscuits on your thigh, you feel chosen by royalty.

Sure, dogs eat socks, and cats puke in your shoes. But for every mess, there's a moment: a wag, a headbutt, a warm curl of fur by your feet. It's a furry rollercoaster ride, and we're all willingly buckled in.

Because deep down, pet owners know the truth: you don't own a cat or a dog. You serve them-and you'll do it again tomorrow with a smile.

What's the difference between cats and dogs? Cats don't work for the cops! :)



FAMILY DYNAMIX **SUMMERICE SUMMERICE SUMERICE SUMMERICE SUMERICE SUMMERICE SUM**

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Bring your littles and enjoy a play and ice cream from 11am-12pm

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



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Emergency Food Basket

JULY SUMMER FUN COCKTAILS AND SHOTS

🙀 FROZEN BLUE BREEZE COCKTAIL

Ingredients:

- 1 oz coconut rum
- 1⁄2 oz blue curaçao 2 oz pineapple juice
- 1 cup crushed ice
- t cup crushed ice

Directions:

- 1. Add all ingredients into a blender.
- 2. Blend on high until smooth and slushy.
- 3. Pour into a chilled hurricane or highball glass.
- 4. Garnish with a pineapple wedge and a paper umbrella.
- 5. Serve immediately with a straw for ultimate refreshment.

BERRY SUNSHINE SPARKLER

Ingredients:

1 oz strawberry vodka ½ oz elderflower liqueur

2 oz sparkling lemónade

Directions:

- 1. Fill a tall glass with ice.
- 2. Add strawberry vodka and elderflower liqueur.
- 3. Top with sparkling lemonade and stir gently.
- 4. Garnish with fresh berries (strawberries, raspberries) and a lemon twist.



WATERMELON WAVE SHOT

Ingredients:

½ oz watermelon schnapps
½ oz vodka
½ oz lemon juice
Splash of simple syrup

Directions:

- 1. Add all ingredients into a cocktail shaker filled with ice.
- 2. Shake well until chilled (about 15 seconds).
- 3. Strain into a chilled shot glass.
- 4. Optional: Rim the glass with sugar for added sweetness.
- 5. Garnish with a mini wedge of watermelon on the rim.

CAMPFIRE SHOT

Ingredients:

1/2 oz coffee liqueur 1/2 oz Irish cream 1/2 oz vanilla vodka

Directions:

- 1. Add all ingredients into a shaker with ice.
- 2. Shake well and strain into a shot glass.
- 3. Optional: Top with a toasted mini marshmallow on a skewer or sprinkle a dash of cocoa powder.

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Best Handheld Radios for Beginners in 2025

If you're new to amateur radio, one of the best ways to get started is with a handheld radio, often called an HT (handie-talkie). These compact, portable transceivers are ideal for local communications, emergency preparedness, and getting a feel for ham radio operations. At Cranbrook Radio Club Society (CRCS), we believe every beginner deserves equipment that is reliable, accessible, and suited to learning. That's why we've compiled this 2025 guide to help you find the best handheld radios for getting started.

Why Start with a Handheld Radio?

800 900 1

Handheld radios are the go-to for many new operators because they're:

Affordable: Lower cost compared to mobile or base station rigs. Portable: Great for field use, hiking, or community events. Simple: Fewer setup requirements and easier to operate. Practical: Excellent for local 2-meter and 70-centimeter communication.

If you're looking to talk to local repeaters, check into nets, or be part of public service events, an HT is a perfect first step.

Key Features to Consider

When choosing your first handheld,

keep these features in mind:

Frequency Range: Most new operators will want dual-band (VHF/ UHF, 144/440 MHz) capability to access local repeaters.

Battery Life: Look for long-lasting batteries and optional extended packs or USB charging.

Ease of Programming: Radios with intuitive interfaces or computer programming options are a plus. Durability: Weather-resistant or ruggedized designs are handy if you plan to operate outdoors.

Output Power: Typically 1-5 watts; more power can help with range but uses more battery.

Community Support: Widely used models have better documentation and tutorials available.

Best Handheld Radios for Beginners in 2025

1. Yaesu FT-4XR

Bands: VHF/UHF Power: 5W/2.5W/0.5W selectable Battery: 1750 mAh Li-ion Pros: Compact, durable, solid audio, easy to use

Why It's Great for Beginners: Simple menu system, solid build, and dependable performance. The FT-4XR has great audio and good reception. It's a solid choice for getting started without overwhelming complexity.

2. Baofeng UV-5R (2025 Version) Bands: VHF/UHF

Power: Up to 8W (varies by model) **Battery:** 1800 mAh standard (with higher-capacity options) **Pros:** Very budget-friendly, loads of

online support Why It's Great for Beginners: This radio is everywhere. While it lacks some polish and precision of pricier units, it's a great entry point with a lot of community support, video tutorials, and software compatibility.

3. Anytone AT-D878UVII Plus

Bands: VHF/UHF + DMR Digital Power: 7W max Battery: 3100 mAh Pros: Analog and digital modes, GPS, Bluetooth

Why It's Great for Beginners: If you're ready to dip into digital voice (DMR), this unit combines flexibility with a professional feel. It's more advanced, but great for those ready to grow into their radio.

4. Icom ID-52A

Bands: VHF/UHF + D-STAR Digital Power: 5W

Battery: 2350 mAh (with larger options available)

Pros: Large color screen, high build quality, GPS and Bluetooth Why It's Great for Beginners: For those with a bigger budget who want something to last, the ID-52A is versatile and feature-rich, including digital communication via D-STAR.

5. Kenwood TH-D74A (limited availability)

Bands: VHF/UHF + APRS/D-STAR Power: 5W Battery: 1800 mAh **Pros:** Excellent audio, GPS, APRS integration

Why It's Great for Beginners: Though being phased out, the TH-D74A is still available through some vendors. It's beloved for APRS and digital use and serves as a learning tool for serious newcomers.

Programming and Accessories

Programming your radio can be the biggest hurdle for new hams. Most radios come with software or are compatible with CHIRP, a free tool that makes setup easier. You'll want a programming cable (usually sold separately) and a little time to get familiar with your local repeaters.

Other useful accessories include:

- · Spare batteries or extended packs
- High-gain antennas (stock antennas are often mediocre)
- Speaker-mics or earpieces for hands-free use
- Belt clips, carrying cases, or lanyards

What Can You Do With a Handheld?

A lot more than you think! Here are just a few ideas:

- · Join your local repeater nets
- Participate in emergency communication drills
- Connect during public service events
- Experiment with APRS or DMR (with supported models)
- Learn about propagation by trying simplex contacts

Budget Breakdown

Here's a price range for beginnerfriendly HTs in 2025:

Baofeng UV-5R: \$30-\$50 CAD Yaesu FT-4XR: \$80-\$120 CAD Anytone AT-D878UVII Plus: \$200-\$300 CAD Icom ID-52A: \$500-\$650 CAD Kenwood TH-D74A: \$600+ CAD (if available)

Start with what fits your budget and goals. You can always upgrade later.

Recommendations for Beginners

If you're just getting your feet wet and want to keep it simple, the **Yaesu FT-4XR** hits the sweet spot for reliability, audio quality, and ease of use. If budget is your top concern, the **Baofeng UV-5R** will absolutely get you on the air.

For those already interested in digital voice or APRS, stepping into the **Anytone AT-D878UVII Plus** or **Icom ID-52A provides room to grow.**

Handheld radios open the door to a world of communication, learning, and community. With the right radio in hand, you'll be able to check into nets, contribute to events, and gain real experience on the air.

















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Welcome to Hobbit House Collectibles!

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Nature Watch: What Birds, Bugs, and Blooms to Spot in

July in the Columbia Valley is a treasure trove for nature lovers. With long, warm days and an explosion of life, it's the perfect time to slow down, look around, and appreciate the creatures and colours of midsummer.

Birds on the Wing

Keep your eyes (and ears) open for some of the valley's most active feathered friends. Calliope and Rufous hummingbirds dart through gardens in search of nectar, while mountain bluebirds and tree swallows can be seen swooping over open fields. Along lakeshores and wetlands, you might spot great blue herons, ospreys fishing, or the occasional bald eagle soaring above.

Beautiful Bugs

Not all bugs are bothersome. July is peak season for pollinators, and you'll see bees, butterflies, and dragonflies hard at work. Look for monarchs and swallowtails among the flowers, and let the colourful damselflies and dragonflies dazzle you near water sources. Ladybugs and lacewings are also out and about, helping control garden pests naturally.

Blooms in Abundance

The wildflower show is in full swing! Look for brilliant Indian paintbrush, purple lupines, fireweed, yarrow, and wild roses growing along trails and roadsides. In your own garden, July is a great time to enjoy daisies, delphiniums, poppies, and daylilies. These blooms don't just brighten your yard-they provide critical food for bees and butterflies.

Get Involved with Nature

Why not take a journal or sketchbook on your next walk and see what you can identify? There are free apps like iNaturalist and Merlin Bird ID that help you recognize species on the spot. Kids love bug spotting and bird watching too-it's a great way to nurture curiosity and care for the environment.

Spending time in nature boosts mental health, reduces stress, and deepens our connection to the world around us. So step outside, take a deep breath, and enjoy the symphony of sights, sounds, and scents that July has to offer. There's always something buzzing, blooming, or chirping just around the corner.





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- Assistance with meeting BC service dog regulations.
- A compassionate approach to support both handler and dog.



WILDFIRE AWARENESS: STAYING SAFE DURING PEAK

As the warm summer months arrive in the Columbia Valley and across British Columbia, so does the increased risk of wildfires.

With longer days, drier conditions, and higher temperatures, it's crucial that and property residents, visitors, owners stay alert and prepared for wildfire season. Whether you're camping in the backcountry or maintaining your home in town, taking a few simple precautions can make all the difference when it comes to safety and prevention.

Understanding the Risk

Wildfires are a natural part of many forest ecosystems, but recent years have shown us how quickly they can grow into dangerous, destructive events-especially during prolonged dry spells and high winds. Human activity is responsible for nearly half of all wildfires in B.C., which means prevention is largely in our hands.

Pay Attention to Fire Bans and Restrictions

The first and most important step to wildfire prevention is to stay informed about local fire bans and restrictions. During periods of high fire danger, campfires, open burning, fireworks, and certain equipment use may be prohibited.

You can find up-to-date information on the BC Wildfire Service website, via local news outlets, or by calling your local fire department. Ignoring these bans doesn't just put lives and properties at risk-it can also lead to hefty fines or legal action.

Tip: If you're heading out camping or hiking, check both your departure point and destination for restrictions. Fire danger levels can vary drastically from one area to another.

Build a Grab-and-Go Emergency Kit

In the event of an evacuation, having a pre-packed emergency kit ready can save valuable time and reduce panic. Your kit should include:

- Water (4 litres per person per day)
- Non-perishable food (3-day supply)
- First-aid supplies
- Flashlights and extra batteries
- Important documents (ID, insurance, prescriptions)
- Phone charger and power bank
- A change of clothes
- Personal hygiene items
- Pet supplies, if applicable

Store your kit in a portable bag or bin near the front door or another easily accessible location. It's also a good idea to practice a home evacuation plan with your family, so everyone knows where to go and what to do.
Defend Your Property: FireSmart Your Home

Wildfire doesn't only threaten rural cabins. If you're living in or near forested areas, it's essential to "FireSmart" your property. FireSmart is a set of guidelines developed to reduce the vulnerability of structures to wildfires.

Key steps include:

- Clear vegetation and debris: Maintain a 1.5-metre noncombustible zone around your home. Keep grass short, remove dead branches, and avoid storing flammable materials like firewood close to buildings.
- Clean gutters and roofs: Dry leaves and needles are highly flammable. Regularly check your roof and gutters for debris buildup.
 Screen vents and decks: Install 3
- Screen vents and decks: Install 3 mm metal mesh screens on vents, eaves, and decks to prevent embers from entering.
- Use fire-resistant materials: When building or renovating, opt for fireresistant roofing, siding, and decking materials.
- You can download a FireSmart

home assessment guide from firesmartbc.ca to help evaluate and improve your home's defenses.

Report Smoke and Wildfires Promptly

If you see a column of smoke or an unattended fire, don't assume someone else has reported it. Call 1-800-663-5555 or 5555 from a cell phone to reach the BC Wildfire Service. Quick reporting can prevent small fires from becoming large-scale disasters.

Travel Smart During High-Risk Months For those travelling through B.C. during the summer, especially in highrisk zones, keep an emergency map or GPS on hand. Be aware of evacuation alerts, road closures, or air quality warnings in the regions you'll be visiting.

Carry extra water, snacks, and fuel. If you're caught in an area with a sudden wildfire or smoke hazard, your preparedness will help keep you and your passengers safe.



Monitor Air Quality

Even if you're not in direct danger from fire, smoke exposure can still affect your health-especially for children, seniors, or anyone with respiratory conditions.

Check your local air quality index and minimize outdoor activities when smoke levels are high. Use HEPA air purifiers indoors and consider wearing N95 masks when spending time outside during heavy smoke days.

Help Protect Our Forests and Wildlife

Preventing wildfires doesn't just protect human communities-it safeguards wildlife habitats and ancient forests. When you're out hiking, camping, or exploring:

- Never leave a campfire unattended.
- Fully extinguish fires with water and dirt until cold to the touch.
- Don't discard cigarette butts or matches outdoors.
- Avoid driving or parking vehicles on dry grass.

Many fires have started from preventable mistakes. Taking personal responsibility is a powerful way to protect the natural beauty that surrounds us.

Know Your Neighbours

In rural communities, mutual support is crucial. Talk with your neighbours about wildfire readiness, share resources, and look out for one another-especially vulnerable individuals who may need help evacuating or preparing.

Some neighbourhoods even organize FireSmart committees or local emergency response plans. If yours doesn't have one, consider starting the conversation.

Wildfire season doesn't need to bring fear-it should bring awareness. The more we understand, prepare, and act responsibly, the safer our communities will be. Whether you're a homeowner, renter, or visitor, every effort counts.

Let this summer be one of fun, relaxation, and safety. Keep your eyes

on the weather, respect fire bans, and take the small steps that add up to big protection for the Columbia Valley and beyond.

Sidebar: Stay Informed

BC Wildfire Service

FireSmart BC

Local fire departments and municipal websites

Emergency info app: Alertable

Emergency Contact: BC Wildfire Reporting Line 1-800-663-5555 5555 (from cell)

Stay safe, stay smart, and stay connected.







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Questions and Registration

Founder and manager : Sophie Timmermans

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Throughthenightmares.com PHOTO CREDIT

Game Review: <u>Through The Nightmares</u>

Available on PS5, PS4, Xbox Series X|S, Xbox One, Nintendo Switch, and PC

Ready for a platformer that slams into your reflexes and persistence like a freight train? Through the Nightmares, released June 19, 2025 after nine years in development by Ukraine's Sandman Team, is a meticulously designed, unforgiving precision platformer that gives you very little slack-but rewards every carefully placed move.

🕴 🖸 👘 Story & Setting

You play as Sandman, a benevolent spirit who journeys into children's nightmares-twisted realms created by Morpheus-to rescue them. The game spans six diverse dreamscapes across 45 handcrafted levels, ranging from spider-haunted suburbs to mystical Nordic ruins and eerie castles. The narrative unfolds subtly through found items and environmental details-enough to inspire curiosity, even if the emotional depth is mostly implied.

Core Mechanics & Difficulty

Through the Nightmares demands precision. One wrong step kills. Sandman isn't armed-his tools are clever mechanics:

Size-shifting: Shrink to slip through tight gaps or avoid weight-triggered traps; return full-size to run faster or execute bigger jumps.

Downward strike: Mid-air stomp that breaks fragile floors or activates switches.

Checkpoint flasks: Uncover these items to place manual save points. Each flask supports three respawns before dissolving, forcing strategic placement.

These mechanics evolve as levels progress, creating a learning curve that starts forgiving and becomes brutally satisfying. 🞨 Visuals, Audio & Design

The game uses a haunting low-poly aesthetic that feels dreamlike and surreal. Sandman glows golden amid dim environments, lending clarity to platforming focus. Levels pulse with dangers synced to a driving soundtrack that enhances tension and rhythm-based gameplay.

Pros

Innovative size-shifting gameplay

Tight controls with satisfying feedback

Instant respawns keep momentum alive

Cons

Extreme difficulty may frustrate casual players

Gimmick chase levels (e.g. being pursued) feel rushed and uneven

Short overall playtime-only about 5-6 hours

Solution: What Reviewers Say Critics praise its precision:

"Through the Nightmares... great sizeshifting mechanics... visuals and dramatic soundtrack keep you going." – The Xbox Hub

"A satisfying precision platformer full of cool ideas." – GameGrin (8/10 rating)

"Sleep well or die trying... it wants you to get good." – Shacknews Shacknews

o Final Verdict

Score: 8/10 - Through the Nightmares isn't for the faint-hearted but offers deep satisfaction for players who love mastering mechanics. Its size-shifting, rhythmic traps, and thoughtful level design create a haunting playground for precision platforming fans. Yes, you'll die-often-but each attempt sharpens your skills and awareness. Perfect for players seeking an intense, short-form challenge with plenty of replay value.

If you're into Super Meat Boy, Celeste, or just enjoy games that sharpen your focus and patience, this dreamscape nightmare awaits.





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NOW IN THEATERS Movie Review: 40 Acres

Directed by: Mo McRae

Starring: Shamier Anderson, Eric Lange, Uzo Aduba, and Patrick Robinson

Release Date: July 19, 2024 (Canada)

Mo McRae's 40 Acres is a taut psychological thriller that blends social commentary with suspense, raising sharp questions about power, race, and justice in modern America. Based on the novel by Dwayne Alexander Smith, this cinematic adaptation updates the traditional thriller formula with a deeply unsettling, timely twist.

Plot Overview

Shamier Anderson stars as Martin Grey, a successful Black attorney whose life takes a terrifying turn when he's invited to join an elite Black men's society-a seemingly prestigious group of powerful thinkers, businessmen, and intellectuals. However, what begins as an opportunity to connect with others who share his heritage and values quickly devolves into a nightmarish ordeal. Martin uncovers that this secretive group has a dark, violent agenda: to exact historical revenge through modern means.

As Martin navigates the group's expectations and uncovers the horrifying truth, he's forced to question his own morality, identity, and how far he's willing to go for justice-or survival. Uzo Aduba delivers a powerful performance as Martin's wife, whose instincts and grounded presence add emotional depth to the narrative. Eric Lange is chilling in his role as the



Themes and Tone

40 Acres is not just a thriller-it's a social critique. The film explores generational trauma, the weight of historical injustice, and the blurred lines between justice and vengeance. It raises difficult questions about reparations, privilege, and the systems that perpetuate inequality-all wrapped in an intense, edge-of-your-seat narrative.

Visuals and Direction

Director Mo McRae brings a slick, polished style to the film, with crisp cinematography and tight pacing. The tension is maintained through minimalistic sound design, clever lighting, and well-placed flashbacks. McRae knows how to build unease, letting the film simmer before boiling over in its final act.

Final Verdict

40 Acres is gripping, provocative, and unsettling in the best way. It may not be a film for the faint of heart, but it's a must-watch for fans of smart thrillers that challenge the status quo. Bold, timely, and unafraid to provoke conversation, this film stays with you long after the credits roll. 02227

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A LITTLE FUN

Across

1- Scottish refusals; 5and desist; 10- Sigmund's daughter; 14-Sect; 15- Kate & ___; 16- ___-do-well; 17-Away from the gusts; 18- Express gratitude; 19- It transforms carbon dioxide into oxygen; 20- Call attention to; 22- Role for Valerie; 23- Comrade; 24- White ball, in pool; 25- Large rock; 29- Citadel of Moscow; 33- Bowling alley divisions; 34- Cuatro doubled; 36-Rational; 37-Addams family cousin; 38- Stub; 39- Camera type, briefly; 40-Singer Young; 42- Tent stick; 43-Warhorse; 45- Unrealistic person; 47-Snappy comebacks; 49- At the present time; 50- Blemish; 51- Fill with joy; 54-Explain; 60- Mah-jongg piece; 61-Sports card name; 62- Eliel Saarinen's son; 63- Drop of water expelled by the eye; 64- Label anew; 65- "Great" dog; 66- Paradise; 67- "Who's there?" response; 68- Mine finds;



Down

1- Final Four org.; 2- ____ Lang Syne; 3- Mtn. stat; 4- Spire; 5- Bovine animals; 6- K through 12; 7- Word of woe; 8- Trig function; 9- A mouse!; 10- National songs; 11- Roman emperor; 12- Lack; 13- Space; 21- X-ray units; 22- Bemoan; 24- Field yield; 25- Unable to see; 26- Shoot-'em-up; 27- Loosen; 28- Helicopter part; 29- Inhabitant of Cambodia; 30- Modern surgical tool; 31- Cove; 32- Dweebs; 35- ____- de-sac; 38- Gush forth; 41- Portable lamp; 43- Hollywood headliner; 44- Underwater missile; 46- A Stooge; 48- Come out; 51- Kitchen add-on?; 52- Fibbed; 53- Wings; 54- Belinda Carlisle's "Should _____ You In?"; 55- Trawler equipment; 56- Side; 57- Backside; 58- Fish-eating eagle; 59- Digits of the foot; 61- Calendar abbr.;

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