

PoPo Makes Art

This week's Valley Spotlight highlights local artist Pauline Chevanne.

Would You Like a Drink with That?

You can now purchase a tasty alcoholic beverage with your meals on wheels.

TICK'S Are Back!

Know how to check for ticks, remove them, and prevent them.

COVER PHOTO TAKEN AND SUBMITTED BY ADELE TRASK



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

OR

by email to news@thevoiceca.ca



LETTER FROM THE VOLUNTEERS

Since the launch of our first issue, we have had plenty of rave reviews and positive support.

We have also had to deal with our share of nay-sayers and haters. In fact - that's why our core team chooses to remain anonymous.

The fact that it makes some people, businesses, and organizations uncomfortable is not a bad thing. Sometimes, one needs to be uncomfortable to grow.

To all those out there that are refusing to work with us, choosing not to respond, or spreading rumors - have fun! We understand folks need something to talk about. It won't stop us or slow us down in the slightest.

CHEERS

Cheers to the Mainroads crew for cleaning up the highway this weekend by Fairmont. Sorry you have to pick up after all the litterbugs out there but thanks for doing it!

Cheers to Dwight at Skandia. He goes the extra mile to make sure a plan works.

HAVE YOU SEEN THESE?

After the fire new carvings have spouted, according to Syd Danis, a locally renowned photographer. These carvings, shown right, are strikingly similar to those that you could find at the House of a Thousand Faces prior to the blaze in 2018. This also comes after the passing of the artist known for creating them, Rolf Heer, passed away last year.

Do YOU know where they came from? Let us know - news@thevoicecv.ca



Images submitted by Syd Danis



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VALLEY SPOTLIGHT: POPO MAKES ART

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LET'S EAT WITH OUR EYES

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Social Media Marketing For Your Business: Advertising on Facebook

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GAMER'S CORNER

PG 17

TICKS ARE BACK!



It's not shopping, it's a treasure hunt!

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Would You Like a Drink with That?

You can now purchase a tasty alcoholic beverage with your meals on wheels.

With great struggle comes great ingenuity. Our society has been delivering eats on the go for quite some time now; To-go is not a new concept. However, thanks to the confines and restrictions surrounding COVID-19, BC has decided to make things a little easier (and a little more interesting).

The B.C. government has announced liquor-primary and food-primary licensees are able to sell and deliver sealed, packaged liquor products alongside the purchase of a meal. (Sorry folks, you WILL need fries with that.)

According to e-know.ca, Mike Farnworth, Minister of Public Safety and Solicitor General had this to say,

"Making this authorization permanent will provide approximately 8,000 businesses with long-term financial support and certainty and will aid in the hospitality industry's recovery from the COVID-19 pandemic." While the government is making it easy to get your sip on, they are not prepared to loosen any age verification restrictions so be prepared to whip out that DL! Those who are delivering liquor products, even if on behalf of a licensee, are still required to be certified with Serving It Right.

In addition to this, the government announced in February 2021 bars and tourism operators with liquor licences can purchase beer, wine and spirits at wholesale prices permanently. (SCORE!)

With any luck, this little, tiny bit of government leeway will give a huge boost to our local economy and to our nightly take-out!

VALLEY SPOTLIGHT: POPO MAKES ART

Meet Pauline Chevanne, the creative mind behind PoPo Makes Art, and this week's Valley Spotlight! The volunteers put together their best questions to get the scoop on this amazing valley resident.

VV: You are a local artist, who as we understand has been living here for 7 years, though you originally hailed from France. Why did you choose to leave France and what made you want to settle down here?

PoPo: I came to Canada in March 2013, with a one-year Work Holiday Visa. I visited Quebec, Ontario, and Alberta, I had a taste of the Northwest Territories and the Yukon, but my favourite was British Columbia. I had scored a great job in the recreation department of Sunchaser, in Fairmont, for my first summer in the country. At the end of my Visa, I was fortunate enough to be offered a manger position, I came back to Sunchaser and decided to settle in the valley. I will always be grateful to the management of Sunchaser, who trusted me and allowed me to start a new life here.





VV: What would you say are the biggest differences from your life in France to your life here in the Columbia Valley?

PoPo: I have changed career paths many times since moving to Canada, especially here in the valley. I think the fact that you can change your mind and be given a chance to try yourself at something new is the main difference. I graduated university with Masters in management of tourism and culture. Since moving here, I have worked in recreation, discovered there is a little artist in me, worked at the library, i was even given a chance at landscaping. Now, I work as an EA at Laird, I am also a support worker for Family Dynamix, I will be returning to EK Parks for the third time this summer and I will also be running art camps with Black Star. This Valley is full of opportunities for those who want to try.

VV: How long have you been painting? Is it your only artistic medium?

PoPo: I started to paint for my recreation job, to lead small classes at the resort, and then I really got into it, and started to paint also for myself. Painting is my only medium per say, but I craft a lot; knitting, crocheting, refurbishing... I love to "do it myself".

VV: We know that, before the pandemic, you were hosting live Paint Nights! Can you share with us why you started this program and what success you've had?

PoPo: It was actually a visitor at the resort who had suggested to me to start doing "those paint nights like they do in the city". I looked into it, I talked to my boss at Huckleberry's where I was also working at the time and we gave it a try. It was great! I always had a great time sharing my painting with all these ladies (over the three years I did it, I only had five gentlemen). I ran paint nights at Huckleberry's, at the games store, in Fairmont and in Kimberley. The biggest group I painted with was for a breast cancer fundraiser in Invermere, where 26 ladies showed up.





VV: What inspires you to paint? How do you get your ideas and motivations?

PoPo: I have different ways of starting a painting. Sometimes I just want to play with different colours and techniques, try out new mediums; so I will start playing around on the canvas. Sometimes it leads to a painting, sometimes it just stays an experiment canvas. Other times, I take pictures of things around me. I love sunflowers and I have been growing a few every year on my deck. I have a painting of the first one that ever grew, the first one that survived my experimenting yellow thumb, and the attacks of my cat. I also painted my favourite view of Whiteswan lake. There are a few things I am quite in love with that I like to incorporate in my painting: mountains, sunflowers, flowers in general, dragons, Doctor Who, and Harry Potter.

VV: Out of all the pieces you've painted - which is your favorite and do you still have it?

PoPo: I had made a mixed medium (gels, acrylic paints and collage) of a dragon soaring over mountains that I loved, and now someone gets to look at it and loves it too. Sometimes I feel like I foster my paintings until they get adopted: I love them, but I am thrilled when someone wants to have them in their home.

VV: What kinds of things can we expect to see from PoPo Makes Art in the upcoming months?

PoPo: I have a canvas smeared in gels and other mediums; I am not sure yet where this is going, but spring is here and a lot of things are still germinating.

VV: Final question, so we like to make it a doozy. If you had your way, what is one of the major (or minor) changes you'd like to see made to the Columbia Valley?

PoPo: Our valley is beautiful and thrives on tourism. Even though I am grateful for the revenue the tourists bring, I wish we had a better way to regulate their negative impact. Locals often need to work several jobs to be able to afford rent or buy a house, only because of million-dollar secondary houses that stay empty and raise the market value to a point we cannot afford. We live where people want to go on vacation, I only wish we could find a way to balance it and make it more affordable for us locals.



My artist name is "PoPo", my knitting/crocheting brand is "by PoPo". My knitted products can be found at "My Best friend's closet", in Kimberley. I am on Facebook and Instagram as @PoPoMakesArt

You can find my art also on RedbubblePoPoMakesArt.redbubble.com and my website https://paulinepopochevanne.wixsite.com/mysite



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LET'S EAT WITH OUR EYES KAT MAGUIRE

Acorn Squash Stuffed with Pork, Apple and Rice. Topped off with Smashed Goji Trail Mix

Adapted from Stuffed Acorn Squash with Beef, Apple & Rice | The Rising Spoon

Yup, this will be another baking adventure with me! I get repetition can lead to overkill, but I'm still making up for lost time. Our oven 'kicked the bucket' on us, while we were making dinner, Christmas Day! We didn't have a working oven for over a month, while waiting for the new one to be delivered. So, I am playing catchup on all those casseroles we missed out in January! After finally getting our new, professional series oven with all the bells and whistles, I've been on a baking kick. So here we go...

This dish is that cozy, winter bake that will give you all the feels! The squash acts as a delectable, edible bowl, to hold all the comforting goodness of the seasoned pork and rice. While the squash and apple literally sweeten the pot even more. Top it all off with the gooey goodness of a cheese that is worthy of this glorious combination and you will definitely be drooling before it even gets on your plate.



INGREDIENTS

2 acorn squash cut in half, deseeded & scraped

2 tsp oregano

1 yellow onion diced

ground Himalayan pink rock salt

1 Gala apple peeled, cored and diced

ground pepper to season

4 or 5 flavored pork sausage de-cased to crumble in pan Pork Sausage Honey Garlic 500 g | Panache.ca 2 cups of cooked Basmati rice

smashed Goji Trail Mix (optional)

non-stick cooking spray or EVOO (whatever is available)

old fort cheddar cheese shredded fine

1 ½ tbsp thyme topped with arugula and balsamic Reduction (optional)

1 tbs granulated or ground garlic (Smashed Organically Grown Dried Garlic from Homestead Harvest Homestead Harvest | Facebook)

DIRECTIONS

Preheat oven to 400 degrees

Cut, deseed and scrape inside of squash. Place squash half side up on aluminum covered baking sheet. Rub squash with non- stick spray. Season with S & P; place in oven. Bake for 35- 40 mins.

Cook rice as suggested. Put aside for later.

In a large skillet, heat EVOO. Sauté onions for about 5 mins till translucent. Crumble pork out of the casing into the pan, in small chunks to cook evenly. Add apple, thyme, garlic, oregano, S & P and smashed goji trail mix. Combine everything and cook for another 5 minutes to merge all the flavors together. Turn heat to pan off and cover to keep warm.

Pull squash from oven, leave oven on though. Let cool for few mins. To make a slightly larger bowl within the squash, scrap a hearty spoonful of innards from each squash and add to pork mixture.

Crumble small handfuls of rice to mixture in pan and combine evenly.

Scoop mixture back into each of the squash on baking sheet, cover with cheese and place back in oven to reheat whole dish and melt cheese. Leave in oven till cheese is bubbling, about 7-10 mins.

Remove squash from oven top off with a small amount of fresh arugula and a few dashes of balsamic reduction. Now enjoy away!



As soon as the onions hit that pan, your kitchen will start filling with all those aromas that get you salivating. The acorn squash is creating its own smells, as it bakes away down below. Start crumbling in that sweet pork to start sizzling away in the pan. Now the aromas will start to get everyone's attention. Once the apples are added to the mix, the cooking process is slowed to cook out all that moisture from the apples. Let the ingredients meld away in the pan for a few minutes. Now let's get those aromas going again, by adding all the seasonings to the pan. Now smash up any healthy trail mix and toss into the mix, for some added texture. Let the dish soak in all that earthiness. Crumble the room temperature rice with everything else in the pan till it's perfectly combined, glistening with all the dishes' oils and seasonings peppered throughout. Now spoon that mixture into the squash bowls, but don't overfill them. Top everything with a bit of the finely grated cheese, to melt the whole dish to the satisfying conclusion you have been waiting for. Place in oven for final melt and get prepared to dig in!

*Because we had it, we finished our dish with a bit of arugula and a pomegranate balsamic reduction. Along with the Goji trail mix, these aren't essential ingredients to dish. Yet, after making this a few times, both me and my hubby agree, that these added that 'je ne sais quoi' bite to the dish that may be considered missing. It's all what is available in the pantry, so use what you got .

Now, eat to your stomachs content,

Till we eat again,

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Social Media Marketing For Your Business

ADVERTISING ON **F**ACEBOOK

Most local businesses advertise on Facebook. The platform boasts a staggering number of over 2 billion visitors monthly.

Facebook has done many upgrades and improvements to allow advertisers to create ads that are within budget.

To advertise, you need to have a business page. If you haven't set one up yet do so first. Simply click on Create A Page on your personal account to start your business page.

Next, search for business.facebook.com in your desktop/laptop browser and sign up. There is a mobile app version called Facebook Business Suite which is recommended to download for your phone. The app allows for quick insights and to create ads but it's definitely more practical to set up ads on a desktop/laptop.

Once you are signed in the

business.facebook.com page you will find many unique features that let you create different types of ads and you are able to view Insights on all your advertising and posts.

To advertise, you can start with a budget as low as \$5/day and reach a certain amount of viewers. It is clearly up to your budget how many users will see your ad.

You can choose between a boosted post or to create an ad.

Boosted Post is used to simply boost a post. It's a quick set up and your post is seen beyond your followers. Easy to set up on the phone and great for engagement. Setting up an ad in business.facebook.com let's you link your website, create a sign up form for email marketing and add a call to action button.

Set your preferred audience location and the duration of the ad.

Choose a powerful image or even a short video clip.

Choose placement manually: Placement let's you choose which platform you want your ad to be seen. There are options for Facebook, Instagram and Messenger-Stories, Feeds, Marketplace and In-stream videos.

If your ad falls into the Special Ad Category you will have to select which category the ad needs to be placed in (Social Issues, Housing, Employment or Credit). Facebook will decline your ad if you skip that step.

Happy Advertising and stay tuned for next week's column: Facebook Advertising Analytics.

, j

Andrea M.

Andrea Meadus is an experienced Social Media Manager with a demonstrated history of working in the marketing and advertising industry.





Have I caught your attention yet? If you got as excited thinking about this as I did writing it, you need to fire up your console and plug in No Man's Sky.

No Man's Sky was a complete failure on launch, I know. The concept was confusing, there was really nothing to do, which all made the gameplay clunky and not enjoyable. However, No Man's Sky has undergone countless updates, including the massive Origin update last year, which has added countless hours of additional Gameplay.

From the time you start the game you're on an abandoned planet and have zero clue what to do. This is the perfect start to the open-world, sandbox environment No Man's Sky gives to you. The game has some sort of guidance through story quests; however, the real fun of No Man's Sky is the discovery. There are thousands upon thousands of planets within different galaxies to explore. Each planet has their own unique set of resources and habitat environment, meaning each planet is a completely different experience. Personally, I absolutely love resource mining and building. That's what first brought me to playing No Man's Sky. However, it's much more than that. The game wants you to explore everything each planet has to offer, which is why you can scan plants, animals, and other items in the environment. Doing so awards you with credits that can be used at the Space Station or Space Anomaly to purchase upgrades and resources.

Since it's release on the infamous gaming streaming service, Xbox Game Pass, No Man's Sky has seen an increase of over a million players to the game. The game can be played single player or with a friend through online multiplayer. If you're a firsttime player to No Man's Sky, take your time. Enjoy what the game has to offer and learn the mechanics before you get to far. The game has a lot to offer, if you're willing to look for it.

CONGRATULATIONS GRACE

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Seeing in the Dark for Around the Clock Surveillance Specifying a security camera for low-light environments isn't a one size fits all solution. Each application has its own set of challenges, lighting constraints and budget requirements and this dilemma and offers four low-light technology ties, Basis Startight, Enhanced Startight, Startight+, and Night Goor Technology to make it easy to choose the correct camera that this your needs and your budget.



Adventures Are Better With Pals





BUY BC GETS ROUND 2 FUNDING

The B.C. government program offers B.C. farmers, fishers and food and beverage producers funcing to place a "buyBC" logo on their products.

On March 10, the government announced that the Buy BC Partnership Program will provide an additional \$2 million in 2021 to help eligible applicants with their marketing efforts using the Buy BC logo on their products, or promotional materials to help consumers easily identify their product as a B.C. product.

The hope is that placing this logo on their product will help to promote products and boost local sales as well as build a greater awareness of, and demand for, local food and beverage products across the province.

The buyBC program has provided funding to more than 114 businesses with over 500 B.C. companies attaining a license to use the logo.

Source: peacearchnews.com



The window to apply runs from March 10 until April 7, 2021



For application details, visit: https:// iafbc.ca/buy-bc. For more information about Buy BC: https:/ /buybc.gov.bc.ca.

FALL BACK? FALL OFF!



B.C. Premier John Horgan hopes time change will be a thing of the past.

B.C. Premier John Horgan said Friday he hopes the annual changes between daylight and standard time will be scrapped by fall, but the government is still waiting on three U.S. states to go along with the plan.

The BC Premiuer belives it's important for many local industries for BC to maintain the same time zone as our southern partners -Washington, California and Orgegon.

The idea being that there are heft advantages to operating on the same time zone as Hollywood, an industry most believe is headed into a massive production uptake.

The time change went ahead as planned at 2am on March 14th as we "sprung forward" an hour resulting in more evening light.

"I am hopeful we will make progress before the fall when we would be scheduled to fall backwards," said Horgan on Friday.

"For now my message to British Columbians is we are springing forward, and change your batteries in your smoke alarms and enjoy the spring and summer ahead."

Some U.S. senators have introduced bills such as the Sunshine Protection Act and Daylight Act to make daylight time permanent, but those seem to have stalled.

Source: theprovince.com





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TICKS ARE BACK

Yes, it's that time of year again folks, it's TICK SEASON. Sure, ticks are a year-round phenomenon, though the springtime (March to June) is when they are their most active and most likely to bite.

Ticks are tiny bugs which feed on blood. While most tick bites do not result in diseases, some can. Some of the diseases passed on by ticks include relapsing fever, tularemia, Rocky Mountain Spotted Fever (RMSF), Q Fever and anaplasmosis. The most well-known is Lyme disease.

In our beautiful Columbia Valley, we have many potential carriers (deer, elk, moose, etc) though one of the more prevalent species is the Big Horn Sheep. Keep this in mind next time you want to get a little closer for that oh-so-perfect photo op. That's why it's so important to know how to check for ticks, remove them, and prevent them.



Photo Credit: Syd Danis



We have many potential carriers though one of the more prevalent species is the Big Horn Sheep.

CHECKING FOR TICKS

Ticks are effective little crawlies that can travel from outdoors to indoors on clothing, outdoor gear, pets and more. Checking promptly and thoroughly is supremely important to catching and treating it quickly.

- Each time you come in from the outdoors, check your groin, head, underarms, all over your body for ticks. Using a fine-toothed comb to comb your hair and/or having someone check your scalp never hurts.
- Do a check for ticks on your clothing and outdoor gear and remove any you find. You can kill any ticks that are still around by putting your clothes in a dryer on high heat for one hour.
- Any pets you had with you or had been outdoors, check them for ticks also.

REMOVING TICKS

The best tool to use when removing ticks is a pair of fine-tipped tweezers. If you don't have tweezers available, use gloves or cover your hands with tissue paper so you can use your fingers to grab the ticks. Do not handle ticks with your bare hands.

- When removing the tick, grab it as close to its mouth as you can. This is the part stuck to your skin, the body will be above your skin.
- It's important not to grab the tick around its belly. This could possibly push infected fluid from the tick into your body.
- Pull the tick straight out, gently, until it lets go of your skin. Pulling the tick straight out is important as if you twist it, there's a chance it's head can be left in your skin.
- In the event the mouth breaks off and pieces remain in the skin, use tweezers to remove them. If you're unable to remove them easily, leave them alone and let the skin heal then visit your health care professional.
- Place the tick in a dry jar or ziplock bag for later identification.

Once you have the tick removed, wash the area where the tick bite is with lots of warm, clean water. Wash your hands will with soap and water also. Use a thin layer of petroleum jelly and a non-stick bandage to cover the wound. You may need to rinse-repeat this as needed.



Photo Credit:(s) Syd Danis



PREVENTING TICKS



Some ticks can be hard to see because they're extremely tiny. It makes it hard to tell whether ot not the tick's head has actually been removed. It's safe to assume you've removed the tick if there's no obvious pieces around the bite.

- Be aware of areas where ticks and animals who carry ticks are found in your community. Avoid those areas when possible.
- Wear a long-sleeved shirt, long pants, hat, and cover up as much of your body as possible when you're outdoors. Wearing light coloured clothing will be helpful to spot any ticks that attach themselves to you.
- You can reduce ticks and rodents by clearing leaves, brush, tall grass, and woodpiles from around your house.
- Deers carry ticks and plants attract deer. Remove any plants around that may attract deer and utilize barriers to keep them out.
- Treat your yard for ticks with non-chemically safe methods.
- If you have any of these symptoms mentioned, call your doctor as you could have an illness related to a tick bite.



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BestCrosswords.com - Puzzle #1 on 3/15/2021

Across

1- Kid; 6- Beancurd; 10- Pocket problem; 14- Copland ballet; 15-Winged god; 16- about (roughly); 17- Country album?; 18- Poet Teasdale; 19- Dark purple; 20-Designer Geoffrey; 21- Indolent; 23-NFL scores; 25- Debussy's "La 26- "The Farmer in the Dell" syllables; 29- Drinks (as a cat); 32- Of some benefit; 37- ... ___ mouse?; 38- Old Italian money; 39- Key with no sharps or flats; 40- Boundary; 43- Insecure; 44- Whirlpool; 45- U.S. soldiers; 46-Brazilian ballroom dance; 47- Dies ; 48- Ovid, e.g.; 49- Family; 51-

Recolor; 53- Stand astride; 58- Stop on ; 62- Nothing more than; 63- Yarn spinner; 64- Like Fran Drescher's voice; 65- Dry and waterless; 66- Selfimages; 67- Talent; 68- New Mexico art colony; 69- Wine choice; 70- Eye sores:

Down

1- Kvetch or whinge; 2- Table d'___; 3-Goofing off; 4- Makeshift shelter; 5- Gave a measured amount; 6- Dick Tracy's love; 7- Like some history; 8- Public meetings; 9- Practice; 10- Kachina doll maker; 11- Responsibility; 12- Scottish body; 13- It may come before long; 22- Grouchy; 24- Goo-covered; 26- Hoax; 27- One of Chekhov's "Three Sisters"; 28- Seraglio; 30- ___ longa, vita brevis; 31- Nervous person, maybe; 33- ___ for tat; 34-Architect Jones; 35- Sarge's superior; 36- Dadaist Max; 38- Capital of Zambia; 39- Assisted; 41- Taxi; 42- Nutritional fig.; 47- Blue dye; 48- Scholar; 50- Do-nothing; 52- Jerks; 53- Lab fluids; 54- Small combo; 55- Cincinnati club; 56- Neighbor of Cambodia; 57- Gaelic language of Ireland or Scotland; 59-____, old chap!; 60- Clublike weapon; 61- Lodge members; 62- Slip preventer;

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7		1		8		2		9
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5		4		9		8		6
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Mystery Kitchen UTENSIL...

My collection of vintage kitchen utensils includes one whose intended purpose was always a mystery. It looks like a cross between a metal slotted spoon and a spatula, so I use it as both. When not in use, it is prominently displayed in a decorative ceramic utensil caddy in my kitchen. The mystery of the spoon/spatula was recently solved when I found one in its original packaging at a rummage sale. It's a pooperscooper.



WE DON'T WANT YOUR MONEY

We get it, you're a business owner and you want to pay to get your ad in front of folks bigger and better than your competitors. That's nice.

That's not how we do things. If you want MORE exposure than the FREE QUARTER PAGE BUSINESS AD you already get, here are some options:

FOR A FULL-PAGE PLACEMENT

Donate a product or service for giveaway through the Valley Voice. Help us give back to the readers and we will help place you. Though, we will likely reserve this to one per issue. Businesses can choose to host more than one giveaway through Valley Voices to obtain additional feature pages.

FOR A FULL-PAGE FOOD WRITE UP

We will ask you to provide the meal set you want tasted, at no charge, to our public food writer. (One of the front facing volunteer positions through the Valley Voice where anonymity is not always possible.) You will be notified when to expect the critic and they will introduce themselves. Once the meal has been completed, you can expect a full-page review, complete with photography of your food, to appear in a future issue.

TO GET ON THE COVER

This one is really easy... take the best photo. If the best photo has been submitted by a business, it's the business who will be credited on the front page.

BECOME A VOLUNTEER TODAY



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

Want to get involved?

Email us at news@thevoicecv.ca