

#5 ISSUE

The Valley Voice

The Voices of the Columbia Valley



COMFORTING SHEPHERD'S PIE

This week's recipe from Kat Maguire is a flavourful rustic dish you'll want to make again and again.

SUPPORT LOCAL BUSINESSES

Live Columbia Valley offers some great suggestions on ways to support our local economy during new COVID restrictions. Pick one and support your local favorite today.

ADVERTISING ON LINKEDIN

More value and insight this week from social media guru Andrea Meadus as she shares valuable insight on LinkedIn Advertising.

COVER PHOTO TAKEN AND SUBMITTED BY JESSIE BLAKLEY



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

ANECDOTES

The cool part about naming your kid is you don't have to add six numbers to make sure the name is available. @billmurray

My cousin always "borrows" money from her older brother's piggy bank, which drives him crazy. One day, she found the piggy in, of all places, the freezer. Inside was this note: "Dear sister, I hope you'll understand, but my capital has been frozen."

Photo Credit: Jen Bewski



LETTER FROM THE VOLUNTEERS

Local Businesses,

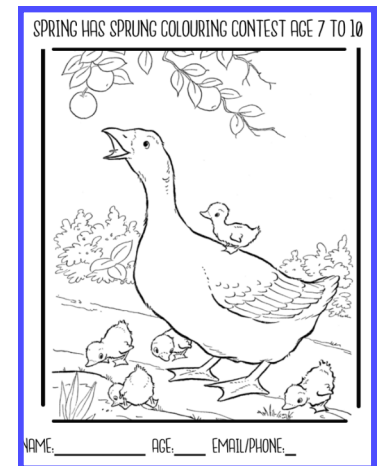
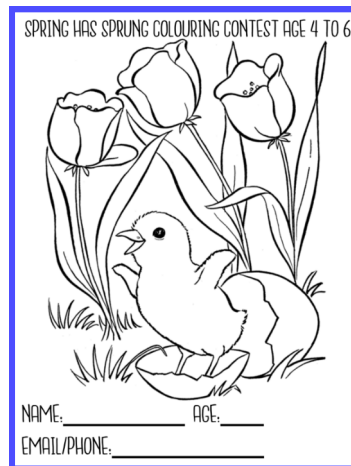
We adore you and everything you do for your communities. You'll notice that if you've ever submitted an ad to us it is here in this week's issue. Last week we reminded everyone that business ads need to be refreshed at least once every 4 issues so we can ensure your ad is still relevant AND to give our readers something new to look at. If your running the same business ad over and over, it starts to lose its effectiveness.

With the recent changes in social climate and the Easter weekend, we decided to give everyone an extra week to update their ad. BUT, we will be removing ads who have not updated in the last 4 weeks for the next issue. If you would like to still be included, please send us an updated ad for your business to news@thevoicecv.ca

We want and will continue to ensure we promote all businesses who get involved the best we can.

KIDS SPRING COLOURING CONTEST

Think you've got what it takes to win a colouring contest? Choose from one of three designs and be entered to win an age-friendly gift basket!



Click the image above to download (online connection required) and enter to win!

Source: BC Wildlife
<https://www.bcwildlife.org/aprilupdate.htm#>

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DOOM ETERNAL**

SUPPORT LOCAL BUSINESSES



With the amended BC Health Orders announced Monday March 29, we are urging the Columbia Valley community to support local businesses and particularly those in the restaurant, fitness and other highly impacted industries.

What this may look like:

- Order delivery or take-out
- Write a 5 star Google review
- Give them a shout out on social media
- Attend a virtual fitness or yoga class
- Purchase a gift card to use later
- Share a post by a local business
- Post photos of their products
- Share a positive business experience

Let's keep doing the right thing as a community so we can get all our businesses through, and beyond, April 19th!

News Source:
[Live Columbia Valley](#)





Broadstreet plumbing and contracting is locally owned and operated by Richard Vernon.

With over 18 years of experience, Richard specializes in new construction plumbing, plumbing service, water heaters, boilers, hydronic heating and water treatment.

Broadstreet also offers customizable property check-ins and home utility maintenance for insurance purposes and your peace of mind.

Check us out online at:
www.broadstplumbing.com

INSTA: [@BROADSTREETPLUMBING](https://www.instagram.com/broadstreetplumbing)
 EMAIL: RVBROADSTREET@GMAIL.COM
 PHONE: (250)688-4868



Who's your MK Beauty BFF?

MARY KAY

Mary Kay Beauty Advisor, April Williams invites you to join our....

Free Virtual Beauty Sessions every Wednesday at 7 pm.
 On Zoom: 915 944 0510
 Password: Fearless

Or....

Message me to book an easygoing beauty session where we can talk about your skin care concerns, makeup techniques you want to master, anything! I'll come to you with samples, recommendations and plenty of fun. Because that's what Beauty BFF's are for!

April Williams
 call or text: (250) 341-1572
 website: www.marykay.ca/awilliams2

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VALLEY PROMOTIONS

LET'S EAT WITH OUR EYES

COMFORTING SHEPHERDS PIE

Adapted from [Shepherd's Pie - Spaceships and Laser Beams](#)

After consuming a ton of chocolate eggs, I thought this week's recipe should be an easy peasy attempt. I decided to go with the tried and true classic, Shepherd's Pie. A saucy meat mixture with a silky-smooth flavoured mash topping. With the assistance of my chef of a hubby, we added a few treats too.

First, my added ingredient in this dish is BBQ sauce! Being that I can't stand ketchup, unless its house made, it's a shock that adding BBQ would be the star of this dish. I'm a fan of the extra flavouring, and the sauce gives the filling a glistening shine to appreciate.

We went to check out [Konig Meat and Sausage Co](#) for a couple staples, and their sandwiches! Have you tried their sandwiches yet? My hubby partook in his 1st sandwich creation from them last week, and he has already devoured 2 more. The price point on these sammies is worth the visit alone, so go grab one for yourself! I was looking for some key ingredients for my savoury pie, so hubby delt with sandwiches while I scoured store for some offerings that would meld into this dish. Was happy to see old school canisters of Smoked Paprika, so grabbed one for another days' cooking adventure. Gravitated to their sauce collection, and landed on a solid pick of Bbq sauce, which I later read was a world competition winning [Uncle Dougie's Sneaky Spicy Small Batch BBQ Sauce](#). It's got a nice bite that will dress our filling exactly right. Grabbed the last of their ground lamb, and of course our warm sands to immediately devour right outside.

Back at home, we started boiling away potatoes and sauteing ingredients for filling. Starting off with the veggies and lamb filling the kitchen with all those wonderful aromas, that are the teaser to this delectable supper. Once the filling was all melded together go back to whip those potatoes into a cloudy topping, we all salivate for.

We added an infused cream sauce with the dairy and rosemary to fold into the potatoes. Once it's to the desired taste and consistency lets get this dish layered and, in the oven, to crisp and bubble away with just enough time to clean the kitchen before dinner is served.



COMFORTING SHEPHERDS PIE

MASHED POTATOES

2 lbs peeled, halved yellow potatoes
4 tbsp soft butter- ½ of a stick
¼ cup sour crème
½ cup whipped crème
2 tbsp goat cheese
fresh stick of Rosemary- [Hopkins Harvest](#)
1 clove of garlic, diced- *Organic Russian Garlic-*
[Hopkins Harvest](#)
S & P to taste

FILLING

cooking oil
1 lb ground lamb- [Konig](#)
1 medium yellow onion, diced
2 cloves of garlic, diced or presses
2 cups of fresh or frozen medley of corn, peas,
and carrots
2 tbsp of flour
¼ - ½ cup beef broth
1 tbsp tomato paste
1 tbsp Worcestershire sauce
3 tbsp BBQ sauce- [Uncle Dougie's Konig](#)
1tsp Rosemary- [Hopkins Harvest](#)
½ tsp fresh or dry thyme
1 bay leaf
S & P to taste
Parmesan to sprinkle on top



DIRECTIONS

1. In a medium sized pot boil water and season with salt. Add potatoes and reduce water to a soft rolling boil. Cook potatoes till tender. Strain potatoes and mash in same pot till free of chunks.
2. In a small sauce pot on low- med heat butter, whipped crème, sour crème, the stick of Rosemary, garlic, and S & P. Heat cream mixture till warm; but be careful to not overheat to a boil. Remove stick of Rosemary from sauce. Fold goat cheese and crème sauce into mash potatoes in batches. Be sparing adding crème sauce, as to not thin out mash too much. Make sure mash is folded and seasoned to preference and put aside till later. Heat cooking oil at medium-high, in a large sauté pan. Add lamb to the pan and brown for few minutes. Add onions and cook till translucent. Add garlic and cook for a minute, add veggie medley and flour. Continue to cook all veg and meat for few more minutes. Add the rest of ingredients for filling and meld together while cooking for few more minutes. Remove bay leaves from mixture.
3. Preheat oven to 350 degrees. Grease a 9x13 baking dish and fill with meat mixture. Smooth filling flat with spatula and top with mashed potatoes. Top off with rosemary leaves for aesthetics and place in oven. Bake dish for 30 minutes. Remove from oven and let dish cool and firm up. Top with parmesan, serve up, and enjoy!

Once this masterpiece is bubbling away after 30 mins, and crispy around the edges, take it out and make sure it's cooked to your satisfaction and top with a little parm. Let dish firm and cool for few mins than divvy it amongst the fam. Toppings are optional, and pairings are up to you. A side salad would work nicely, it's all about what you got in your fridge!

The velvety potatoes hit the roof of your mouth, and the flavours of that rosemary sauce warms your heart and brings a smile to your face. The gaminess of the lamb is balanced out by the glistening BBQ sauce, while still having enough of a bite to stand out with its own flavours. Feeling all this warmth and goodness flow down to your tummy, gets everyone ready to settle into the rest of the evening in a warm and cuddly way, that will hopefully bring a calm to be appreciated by all!



**TILL WE EAT AGAIN,
K**

[Spatulas And Tongs | Facebook](#)

[Spatulas and Tongs \(@spatulasandtongs\) · Instagram photos and videos](#)

<https://pin.it/7D3rzMx>



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

There's something for everyone at Pretty Old Things. Stop in and see our special selection of vintage, antique, unusual and pretty old things.

Store hours are Thursday to Saturday 10 to 5 and Sunday 11 to 4.

Located at Ponderosa Place 4957 Burns Ave, Canal Flats, BC.

Contact Marjorie @ 250-919-3609

email prettyoldthings2020@gmail.com

VALLEY PROMOTIONS

SOCIAL MEDIA MARKETING FOR YOUR BUSINESS

ADVERTISING ON LINKEDIN

When you start to advertise your business it is very important to determine a goal for each campaign.

A goal could be to increase traffic to your website or to create paying customers and generate new leads.

Creating a goal can help determine the audience and platform needed to reach the desired outcome.

LinkedIn offers great options for you to create and reach exactly the goal you are hoping to achieve.

For example, if you want to market your products to other businesses, LinkedIn is likely the best choice since the platform's members are mostly business owners and employees.

If you want to generate leads, LinkedIn members are interested in new products and services as they either work in the same field or want to learn more about your uniqueness.

If you are in a situation where your advertising efforts seem to be not reaching the right market try LinkedIn and you might be surprised of the new growth and new audience interested in your products.

Stay tuned as we talk about creating effective campaigns in our next article.



Andrea M.

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

THE PROVINCE OF BRITISH COLUMBIA COMMITS TO INVESTING \$16.25 MILLION INTO THE MANUFACTURING SECTOR

The COVID-19 pandemic has highlighted the importance of B.C.'s manufacturing sector. The economic impact felt in this industry ripples through to others as the critical goods it provides and the jobs it provides in all regions of the province are vital.

In an effort to fight back, the Province of British Columbia has committed to a \$16.25 million one-time investment in the manufacturing sector. This initiative is designed to support economic recovery through the "B.C. Supply Chain Resiliency and Value-Added Manufacturing Project" announced in StrongerBC.

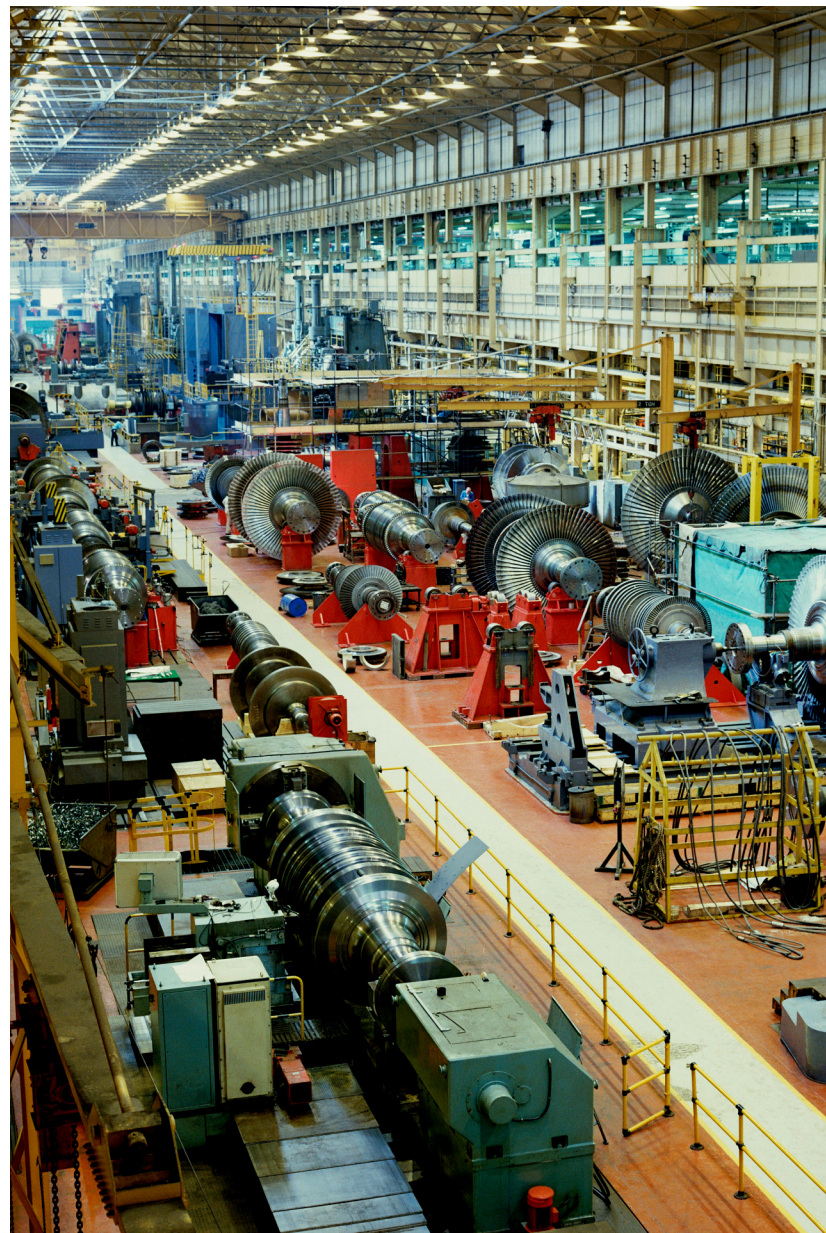
The "B.C. Supply Chain Resiliency and Value-Added Manufacturing Project" will include \$10 million in funding for the Accelerating Manufacturing Scale-Up Grant Program (the 'Program').

Small and medium-sized businesses that manufacture or process value-added products can obtain support in order to:

- Advance innovations that can support enhanced productivity and sustainability, including the reduction of greenhouse gas emissions from industry practices and processes;
- Adjust to the economic changes created by the COVID-19 pandemic by retooling manufacturing lines or scaling-up production;
- Advance the production of manufactured goods that are on the verge of commercialization; and
- Localize portions of supply chains where B.C. businesses can be competitive.

Expected outcomes from the program include accelerated innovative capacity in the manufacturing sector, strengthened provincial critical supply chains, and new, sustainable economic opportunities for businesses to diversify and increase revenue streams and create jobs throughout the province.

The Fund is administered by PwC Canada on behalf of the Province of British Columbia.



News Source (and to apply): <https://bcmanufacturinggrant.ca/>



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VALLEY PROMOTIONS

TRUCK WITH KEYS LEFT IN STOLEN IN INVERMERE



On Sunday, April 4, a resident on 15th Avenue in Invermere reported the theft of a 2011 Silver Nissan Frontier, B.C. license plate KB0 551, from his property sometime overnight. The truck has an aftermarket ARB bumper, a six-foot lift and a headache rack. Residents are reminded to remove their keys from their vehicles and to lock their doors.

Anyone with information is asked to contact the Columbia Valley RCMP or Crimestoppers.

News Source:

Sgt. Darren Kakuno is Columbia Valley RCMP Detachment commander





<https://www.e-know.ca/regions/columbia-valley/columbia-valley-rcmp-report-332/>

THE BEARS ARE BACK IN TOWN

WildSafe Bear Tips

Garbage is the most reported attractant involved in human-bear conflicts.

Bears that access garbage may be injured, cause property damage or become a risk to the community.

-  Keep garbage, recyclables, compost and other attractants secure - indoors is best!
-  Keep containers that store garbage and recycling clean and odour free.
-  If you have curbside pick up, do not place containers out until the morning of collection.
-  Freeze smelly items until the morning of collection or when you can transport to a solid waste depot.



Keeping Wildlife Wild and Communities Safe www.wildsafebc.com

AS BEARS EMERGE, THEY WILL BE SEEKING OUT FRESH GRASSES AND HEDGES TO FEED ON AS WELL AS WINTER-KILLED ANIMALS. DO NOT LET GARBAGE DRAW THEM INTO YOUR COMMUNITY.

PLEASE SHARE THIS INFORMATION TO HELP REMIND YOUR NEIGHBOURS AND FRIENDS THAT THE BEARS ARE BACK! TOGETHER WE CAN HELP BREAK THE CYCLE OF BEAR CONFLICTS BY SECURING ALL ATTRACTANTS. HELP KEEP BEARS WILD AND YOUR COMMUNITY SAFE.

Source: <http://www.wildsafebc.com/>



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Joel.hamilton74@gmail.com
250-341-5523

VALLEY PROMOTIONS



A woman called our airline customer-service desk asking if she could take her dog on board.

"Sure," I said, "as long as you provide your own kennel." I further explained that the kennel needed to be large enough for the dog to stand up, sit down, turn around, and roll over.

The customer was flummoxed: "I'll never be able to teach him all of that by tomorrow!"



My three-year-old daughter stuck out her hand and said, "Look at the fly I killed, Mommy." Since she was eating a juicy pickle at the time, I thrust her contaminated hands under the faucet and washed them with antibacterial soap.

After sitting her down to finish her pickle, I asked, with a touch of awe, "How did you kill that fly all by yourself?"

Between bites, she said, "I hit it with my pickle."



My husband was waterskiing when he fell into the river. As the boat circled to pick him up, he noticed a hunter sitting in a duck boat in the reeds.

My husband put his hands in the air and joked, "Don't shoot!"

The hunter responded, "Don't quack."



Scene: A conversation with my friend's father, who knows I do Web design.

Father: How hard is it to make a Facebook?

Me: Oh, very easy.

Friend: He doesn't mean to make a Facebook profile. He means to remake all of Facebook.

Me: Oh. Very hard.

Father: Oh, OK.



COLOR ME! **SOME HARMLESS, SAFE, EASTER FUN**

Color it and send it in and we'll feature you in our next edition!

Email to: news@thevoicecv.ca



Spring



W H M Z A L K R S G U B E C H T Q I
 F T U L Y I J B E P Q N O P A S D X
 S J N I B O R H L V M C S U T L E K
 P E D W G X E K J O A Z R M C Q F B
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 N E D R A G M W K U L G S O R C L E
 H Z M T U L I P V E B A D Y W F X J



BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM

Tree Valley Academy



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. Dahua understands this dilemma and offers four low-light technology tiers, **Basic Starlight**, **Enhanced Starlight**, **Starlight+**, and **Night Color** Technology to make it easy to choose the correct camera that fits your needs and your budget.

Multiple Low-light Levels to Meet Your Needs

Basic Starlight Good low-light performance for applications down to 0.008 to 0.009 lux. Features an IR cut filter.	Enhanced Starlight Enhanced low-light performance under dark conditions down to 0.005 to 0.007 lux. Features an IR cut filter.	Starlight+ The best low-light performance down to 0.004 lux or lower. Features an IR cut filter.	Night Color 24/7 low-light color surveillance without an IR cut filter.	White-light Night Color 24/7 full-color surveillance with white-light LEDs.

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VALLEY PROMOTIONS



WATCH FOR BIG HORN SHEEP IN RADIUM

It's hard not to see wildlife at Radium Hot Springs, thanks to its wetland, valley, and canyon setting at the base of the Rockies. A herd of 140 bighorn sheep (as of 2018) are permanent residents, often trotting through town and around the visitor centre from March until early June.

In summer, groups of males or females with lambs travel together, and the best time to view them is in the morning or at dusk. You might even meet a few on your way to soak in the natural hot springs.

Source: [HelloBC.com](https://www.hellobc.com)

DOOM ETERNAL

THE ANXIETY, THE DEMAND, THE VIOLENCE

I have never played a game more anxiety inducing than Doom Eternal. 5 minutes in and my palms are completely sweaty (yeah knees weak, arms heavy) but instead of spaghetti I have Doritos.

Anyways, Doom Eternal is a celebration of excessivity of first person shooter games. In violence, scale, speed, volume of enemies, complexity, and weaponry Doom has shown they are the leaders of FPS.

It's demanding pace mixed with pounding heavy metal music makes for a heart-throbbing experience. Whether you're walking down hallways or running around corners to hide from giant, flying enemies, the pace stays the same. For those familiar with Doom, it feels like a modern classic. There's characters from previous installments and upgrades of others that give you the nostalgic feel with an updated twist.

Doom never skips a beat with it's high performance engine and graphics rendering. Explosions, weapon effects, the wild environment, none of it is phased as I went through my 15-hour playthrough. Each arena is filled with dozens of demons at once for you to take out with your plethora of weaponry. However, your resources can be sparse the higher your level so be cautious.

Doom Eternal is the most demanding shooter I have ever played. Once you've played it for so many hours, everything begins to become muscle memory as you proceed through the remaining levels. The game is bright, loud, full of violence, but still completely draining. If you're going to play Doom Eternal, side aside some time.

JOSH GRIEVE



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VALLEY PROMOTIONS

A LITTLE FUN

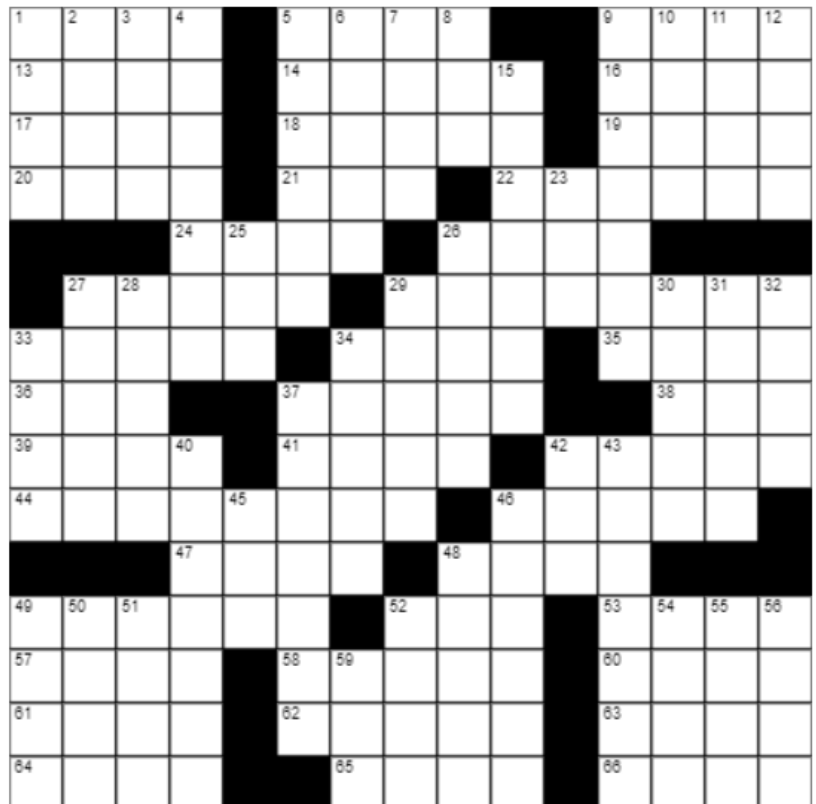
BestCrosswords.com - Puzzle #1 on 4/6/2021

Across

1- Quickly, quickly; 5- Composed; 9- Jutting rock; 13- Prepare for takeoff; 14- Sporting blades; 16- Like the White Rabbit; 17- Apply powder to oneself; 18- Stadium used for sports or musical events; 19- Scraps; 20- Assist, often in a criminal act; 21- Sun. talk; 22- Take offense at; 24- Employs; 26- Teen spots?; 27- Pub game; 29- Receive an academic degree; 33- Taken in; 34- Cong. meeting; 35- Equal; 36- Compete; 37- Billiards shot; 38- Hit sign; 39- Son of Isaac and Rebekah; 41- Song in praise of God; 42- Smells; 44- Harmony of sounds; 46- Fancy pancake; 47- Bank takeback; 48- Sod; 49- Economize; 52- ___-relief; 53- Hoist; 57- Dutch name of The Hague; 58- Exodus origin; 60- Together, musically; 61- Foot part; 62- Rate; 63- Small gull; 64- Run into; 65- Division of a school year; 66- Bridge seat;

Down

1- Kofi ___ Annan; 2- Swedish auto; 3- Car bar; 4- Visible image; 5- Stops; 6- ___-ski; 7- Lewd look; 8- Game pieces; 9- Photo of a raindrop on a rose petal, e.g.; 10- Hard to find; 11- Env. notation; 12- Adventurous exploit; 15- Bitter derision; 23- Stop; 25- RR stop; 26- Burning desire?; 27- Noted duck; 28- Starters; 29- Infected; 30- Man of morals; 31- ___ Haute; 32- Cupid's counterpart; 33- Nights before; 34- Decline; 37- Helicopter; 40- Vertical; 42- Bobby on the ice; 43- Puncture; 45- Skirt stitching; 46- Habitual practice; 48- Rhino relative; 49- Ersatz; 50- Attention; 51- Speed contest; 52- Memory unit; 54- Impression; 55- Animal pelts; 56- Camp sight; 59- Gangster's gun;



7	6	9		1		
	2	7	4			
	4	6	5			
	1	7	9		3	
3	8	9	4		5	2
	6		3		9	1
			7	5		6
		3	1			5
	3		9	2		8



WHY DID THE BEE GET MARRIED?

He finally found his HONEY!!

GET INVOLVED

There are MANY ways you can get involved with this awesome online publication! We hope to hear from you.

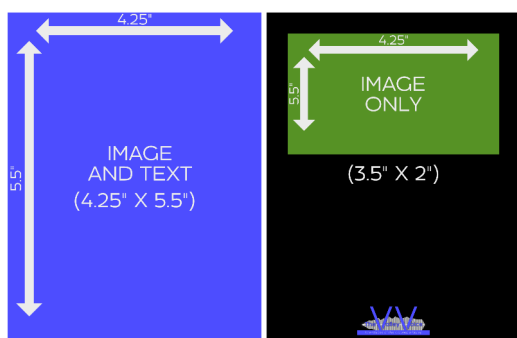
BUSINESS ADS

Any and all businesses, organizations and entrepreneurs are welcome to submit a business ad for free. You may also submit (through our website) a request to be featured as a Valley Spotlight or Food Write-Up.

Business Ad Sizing Rules

IMAGE AND TEXT
If you have a completed ad that you are submitting, use the image and text sizing below, 4.25"x5.5"

IMAGE ONLY
If you are submitting image with separate word copy, use the image only sizing below, 3.5"x2", with the understanding the copy will be sized to fit the remainder.



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, front-facing liaisons, photographers, and promoters.

Want to get involved?

Email us at news@thevoicecv.ca

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VISIT US ONLINE

thevoicecv.ca