

#8 ISSUE

# The Valley Voice

*The Voices of the Columbia Valley*

## JAMIE OLIVER'S AWESOME SUMMER CHICKPEA SALAD

This week's recipe from Kat Maguire is a summer staple in her home and this week it can be in yours too!

## INSTAGRAM TOOLS

Struggling to make Instagram work for your business? Andrea Meadus provides a look into her favorite Instagram tools.

## #CVSIGNWARS

What started out as a fun little way to boost morale, especially for the businesses impacted by the newest wave of restrictions, turned into a massive project. Take a look at some of the punny signs coming out from the Valley Businesses since the sign wars began.

COVER PHOTO TAKEN AND SUBMITTED BY SARA FERGUSON



## 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](mailto:news@thevoiceca.ca)

Photo Credit: Jessie Blakley



## LETTER FROM THE VOLUNTEERS

Hey You Lovely Readers, You!

We know that there are sometimes some "charged" articles that some may feel shouldn't be run in a publication. Since this is something we've been asked about, we thought it would be a good time to clarify:

We WILL run your anonymous opinion editorials - HOWEVER - they need to be clear examples of opinions, aim to share and communicate issues or concerns without slandering (making false and damaging statements about (someone).) people, places or businesses.

Not to be confused, of course, with sharing one's opinions and experiences. Using statements like "I feel" and sharing what you know to be true. Racism, hate speech, confirmable falsehoods, or actually most of the -isms will not be published.

We are a publication for your voice to be heard. Uncomfortable that may be for some...

- The VVV

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\*Departures from Ft. Lauderdale only. Call us for details and apply.

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# TREE PLANTING AT CANAL FLATS GATEWAY

The beautification project in the village is underway!



Images supplied by Syd Danis



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# OVERDOSE ALERT



Increased Overdose Activity

CRANBROOK

April 23, 2021

An increase in overdose activity is occurring in Cranbrook based on 911 calls, BC Ambulance attended calls and a surge in service provider overdose response.

**For your safety:**

- Avoid using different drugs at the same time or using drugs and alcohol together.
- **Get your drugs checked** – see service information below.
- Don't use alone. Leave door unlocked. Tell someone to check on you.
- If you feel you must use while alone, consider using the [Lifeguard app](#) which can connect you with 911 emergency responders in the event of an overdose. Download at the [App Store](#) or [Google Play](#). **When downloaded Lifeguard app also provides notifications for future alerts.**
- Test by using a small amount, then go slow.
- Carry a Naloxone kit and know how to use it.
- Use at an overdose prevention or supervised consumption site if one is near you.

**Know the signs of overdose and how to respond**

- Recognize the signs of an OD: slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to rouse (awaken), non-responsive.
- Call 9-1-1 immediately
- Open airway and give rescue breaths
- Give naloxone (Narcan) if you have it.

**Naloxone Kits and Training available at:**

- ANKORS, EKASS, Ktunaxa Nation (health clinic and Street Angels)
- IH Public Health & Mental Health Substance Use Locations
- EK Hospital Emergency Department
- Pharmacies located throughout Cranbrook

<https://towardtheheart.com/site-finder>

**Drug checking:**

- ANKORS 250-426-3383
- EKASS – 250-489-4344
- EK Hospital – Emergency Department
- IH MHSU – 250-420-2210

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

**IH operated Episodic Overdose Prevention Service in Cranbrook:**

- This is open to new and existing clients of Interior Health
- Wed-Fri 10am -6pm
- Call 250 – 919-2282 for more info



ALERT IN EFFECT UNTIL: April 30<sup>th</sup> PLEASE REMOVE AFTER THIS DATE.

# #CVSIGNWARS

After a member of the community posted in a Facebook group about seeing other cities/towns holding "sign wars" they asked if anyone would be interested in getting this going in OUR little neck of the woods. One of the local favourites, Hopkins Harvest, jumped on the idea and fired the first shot at Ullr Bar.

What started out as a fun little way to boost morale, especially for the businesses impacted by the newest wave of restrictions, turned into a massive project. Now supported by the Columbia Valley Chamber of Commerce, there are well over 20 Columbia Valley businesses that have played along and continue to do so. Make sure to check out all the amazing signs as you're out and about in your community today.

PHOTOS TAKEN BY/FROM THE [COLUMBIA VALLEY CHAMBER OF COMMERCE'S FACEBOOK PAGE](#). IF YOU AREN'T ALREADY, BE SURE TO FOLLOW THEM [HERE!](#)



# ULLR FIRES BACK!

Who doesn't love a good sport? Ullr decided to join the fun and fired right on back. This sparked a sign war that is still ongoing today.

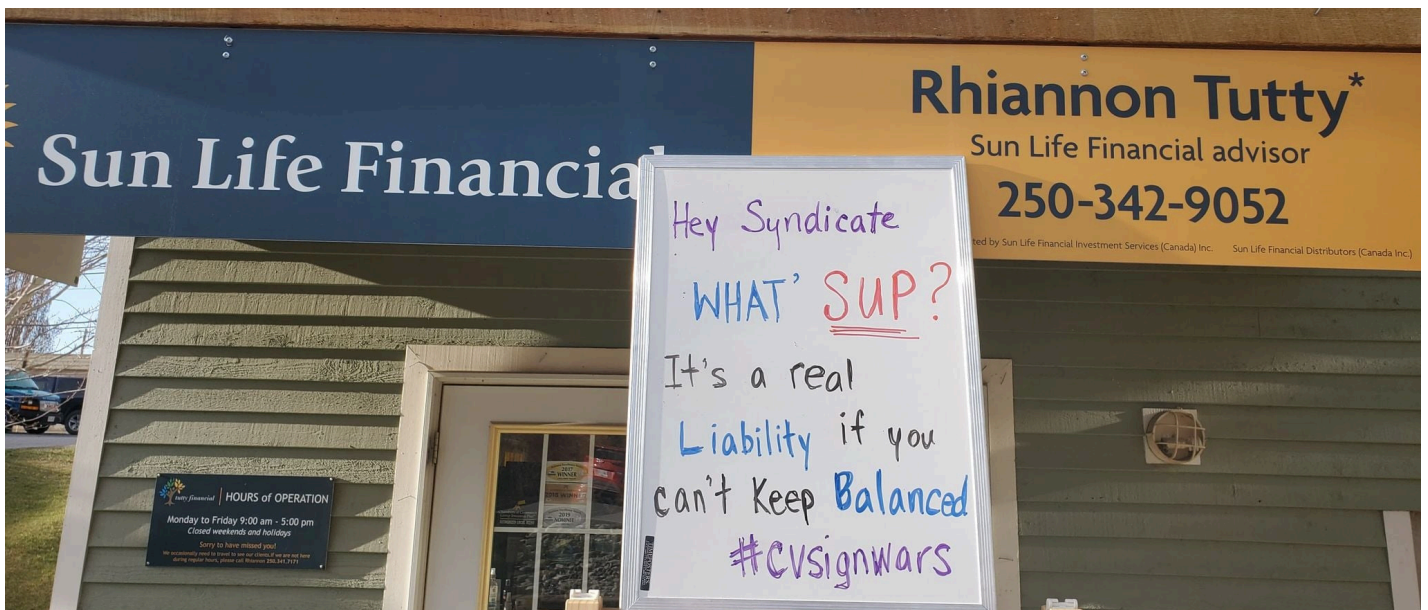
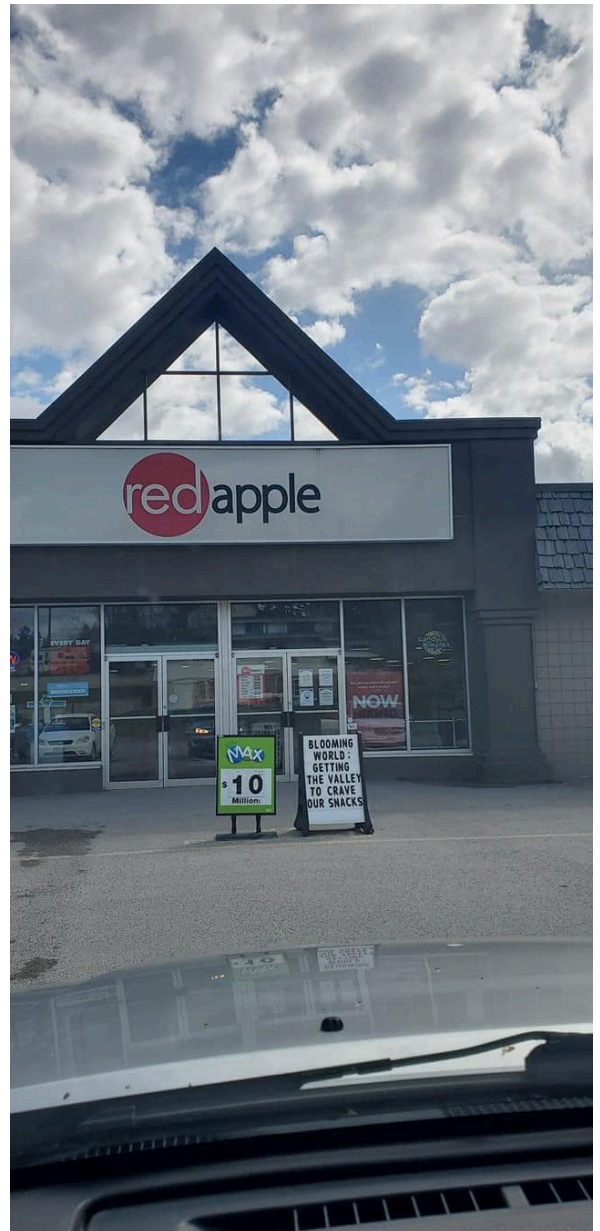
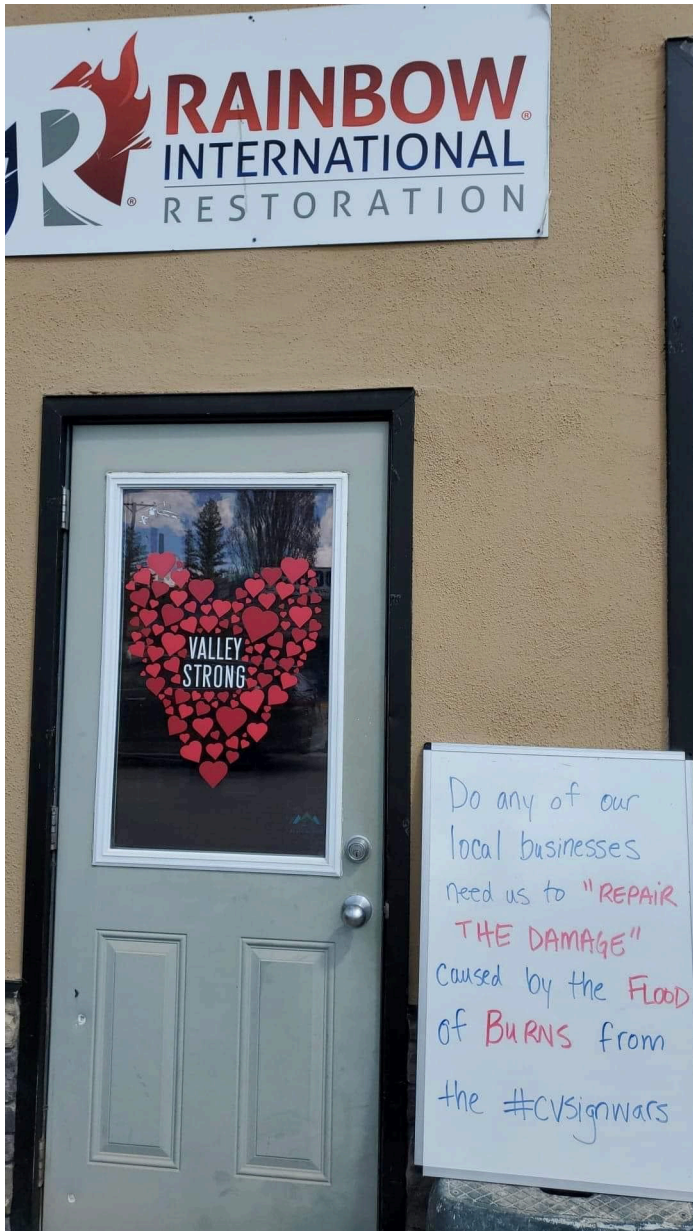


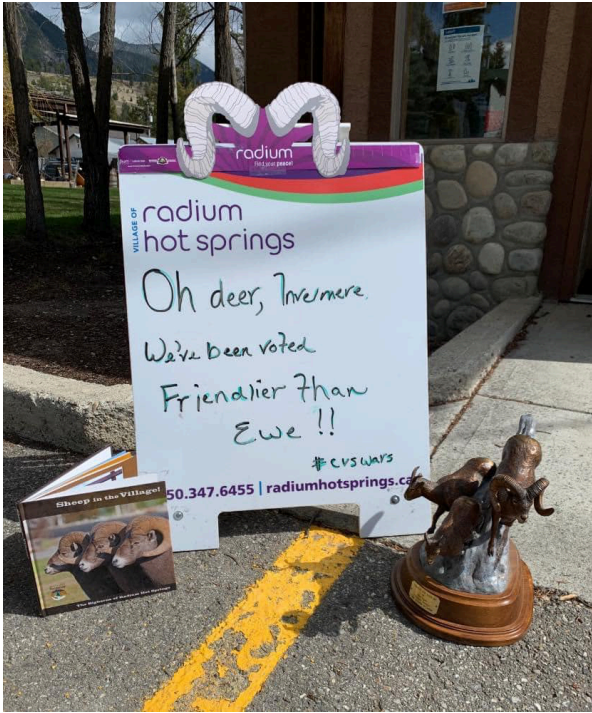














# CIRCUIT BREAKER RELIEF GRANT TO SUPPORT MORE BC BUSINESSES



Over \$75 million has been provided by the B.C. Government towards the Circuit Breaker Business Relief Grant as well as an expansion to the eligibility criteria. The grant was originally opened to bars, breweries, wineries, restaurant, and fitness facilities that were impacted by the recent shutdown by the Provincial Government. However, the recent change from the Provincial Government will open the grant up to include short-term accommodations that have been impacted by the recent provincial health orders.

The news comes after further restrictions were implemented by the B.C. Government on Friday, clamping down on non-essential travel across health regions. This expansion will provide over \$125 million to almost 20,000 businesses in B.C. Eligible businesses will be able to receive up to \$20,000 to support expenses such as rent, utilities, wages, etc. The amount provided is dependent on the number of employees you have.

Zero - \$2,000.

One to Four - \$4,000.

Five to 99 - \$10,000.

100 and up - \$20,000.

Applications will be received until June 4th on a first come first serve basis.

# SOCIAL MEDIA MARKETING FOR YOUR BUSINESS

## INSTAGRAM TOOLS

Instagram is a wonderful platform to introduce and showcase your business.

It is basically a photo sharing app but also allows for different lengths of videos. It is basically a photo sharing app but also allows for different lengths of videos. About 1 billion people are active and most users spend about 50 minutes per day to scroll through their feeds. Instagram for Business offers amazing tools and if you use them it allows to turn your Instagram page into an entertaining and educating platform for your customers to learn more about your services, products, news and sales discounts.



## DIFFERENT TOOLS AVAILABLE TO USE:

**Regular Posts:** You want to choose content that represent your business and is easy to understand. Use a short and informative caption. Choose images that allow your audience to connect with your business instantly.

**Instagram Shopping:** Turn your Instagram Business page into a fabulous store front. Simply build your catalogue with items on your Facebook E-Commerce page in your Facebook Business Manager and transfer it to Instagram to start selling your products. You can then tag your products on ads, posts and Stories which allows viewers to easily shop your products.

**Instagram TV (IGTV):** Create videos (1min or longer) and add them to your IGTV channel. Add a title and description and your website link to the description for viewers to have the option to direct link from your videos. You can link these Videos to your Stories and Feed.

**Instagram Reels:** create videos that are about 20 seconds long or shorter to add entertaining content to your page. If you have news or new products and you want to engage your audience in a fun short clip, Instagram Reels is perfect for that and allows for great exposure.

## DIFFERENT TOOLS AVAILABLE TO USE (CONT):

**Instagram Guide:** this feature is one of my favourite tools to use, simply because it lets you feature up to two posts of a product or topic you are posting about in each guide you are creating. You can also add a Reel or IGTV video to it. If you notice that you have some products that you promoted earlier and you want to introduce them again place them in your guide.

The guide is also great to introduce your services. Create a guide for each of your services for your viewers to see.

**Instagram Stories:** This feature lets you post a short clip or a few images and you can add music. You can also share other user's posts to your stories, add a tap button and viewers can click on it to get redirected to the source of the post. If you have a follower base of 10,000 or more Instagram Stories will let you use Swipe Up Links to view your website. Mix up your Stories with a few quizzes/polls to learn more about your followers.

**Story Highlight:** After you post a Story you have the option to highlight them under different categories. Instagram Stories are available to viewers for 24h only but if you choose to add your Stories to highlights they will be visible until you delete them.

**Direct Messaging:** Get in contact with clients via Direct Messaging directly on your account. This is very useful for customers who want more information about your business.

**Hashtags:** Hashtags are acting as categories for your posts. When you post an image with a caption always add hashtags. For example: you want to sell an item or are offering a service beyond your local region just simply add hashtags of the places you choose the post to be seen. You can also choose to use hashtags based on your services and to engage with other posts. Follow local or business related hashtags which can yield to create new networking opportunities and enhance your follower base.

**Profile/Bio:** Use your business logo as a profile picture, add a short description to introduce your services, your business location and business name as well as place your website link.

Give it a try, use all tools and you will quickly learn how fast you can grow your Instagram Business page.

Stay tuned for my next article where I talk about advertising options for Instagram.



## Andrea M.

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

## A LATE GRADUATION

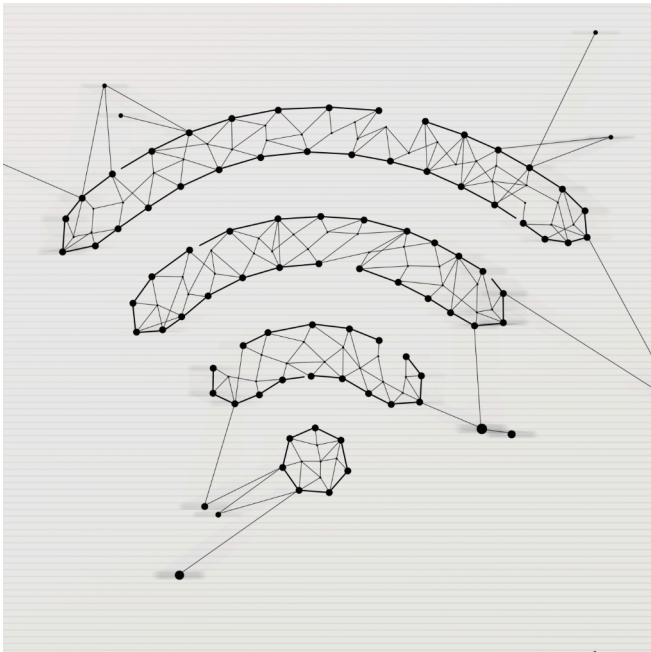


At the age of 55, I finally got my bachelor's degree and set out to become a substitute teacher.

One day, a seventh grader asked if I'd been teaching long. "Actually, I'm brand-new," I told him. "I just graduated."

Looking me up and down, he asked, "How long were you in college?"

## SUPERSIZE THAT WiFi



A friend was ordering her meal at a drive-through when she noticed she could get a side dish gratis.

"And I'll take the free wiffie also," she said.

"What?" asked the clerk.

"The free wiffie," she said, pointing to the sign.

"Ma'am, that's 'Free Wi-Fi.'"

## WINTER PUNDERLAND



As we waited for a bus in the frosty weather, the woman next to me mentioned that she makes a lot of mistakes when texting in the cold.

I nodded knowingly. "It's the early signs of typothemia."

## I PREFER TO PUSH



Recently, I woke up to find that two of my car's tires had been stolen.

When the police officer arrived, he asked, "When were you last driving the car?"

"Last night at 11:00," I said.

"And the tires were on it then?"



# THEY'RE NOTHING TO FAWN OVER

While you're out on the trails this season, keep an eye out for fawns and know what to do when you encounter one. Healthy fawns can easily be mistaken or thought to be orphaned. Follow this guide to be prepared should you encounter a fawn.

If you find a fawn you believe is orphaned or in danger:

- Is the fawn lying quietly or appear to be uninjured? If so, leave the fawn alone. It is normal for them to be left alone for long periods of time. Mama deer will be wary of you and if you linger in the area, your presence could discourage her from returning.
- Keep your pets away from the area where the fawn was located.
- If you suspect the fawn may be orphaned, return to the spot the next day. If the fawn is still there and crying out or attempting to follow you, these are signs it may have been orphaned by their mother.
- If you believe a fawn has been orphaned or injured at any point, do not attempt to approach it. Contact your local wildlife authority as soon as possible.

Fawns are the size of cats when they're born and it's normal to look weak and small. They are unable to follow their mothers for the first two weeks of their life.

Do not move or touch the fawn. If at any point you handled or moved the fawn, wipe down the fawn to remove your scent and return it to its original location. Should the fawn be dangerously close to the road, move it to the side to safety. Do not attempt to capture and care for fawn yourself, it is illegal to keep wildlife without an appropriate permit.

Handling orphaned or injured fawn correctly and carefully is crucial to ensuring it has the best chance of returning to the wild.



If you see a young animal truly orphaned or injured, contact the BC SPCA wildlife hotline at 1-855-622-7722.

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# VALLEY PROMOTIONS

# LET'S EAT WITH OUR EYES

## JAMIE OLIVER'S AWESOME SUMMER CHICKPEA SALAD

Adapted from [Chickpea salad recipe | Jamie Oliver salad recipes](#)

Now that the sun has started shining and the temperature has gone up, my craving for raw veggies has also increased. Less of the comfort food, and more of nature's harvest for this gal. (But let's be honest, the season of comfort food never ends! Lightning it up in the warming months, just makes me feel better.)

Having made this many times, I crave it year-round. Many packed work lunches and easy solo dinners consisted of this awesomeness. Being that JO did such a good job on this recipe, I only diverted from his version slightly for the sake of adaption. We have many of his books, and this recipe is definitely a stand out. The chickpeas add a ton of protein that makes it a substantial meal by itself. With the freshness of the herbs rounded out by a pile of raw veggies and a simple dressing; there is little guilt in devouring multiple servings, so have at er!

Knowing not all have a love of raw veggies like me, this may not be the recipe for everyone. Yet, there are some amazing components to this dish. So, if you can, scale down the aspects you aren't a fan of, and tweak to your preference. Use what you like and have on hand.



# JAMIE OLIVER'S AWESOME SUMMER CHICKPEA SALAD

## INGREDIENTS

½ of small onion, diced  
1 or 2 Thai chillies, deseeded  
a pint of mixed or cherry tomatoes, quartered  
2 lemons  
4 tbsp of EVOO  
S&P to taste  
19 oz can of chickpeas, drained and rinsed  
small bunch of fresh basil, finely chopped  
smaller bunch of mint, finely chopped  
10 oz feta, crumbled

## DIRECTIONS

Start by dicing onion and quarter tomatoes. Deseed chillies and finely dice up. Add all to large bowl. Use the zest 1 of the lemons and squeeze juice of both lemons into bowl. Top with EVOO and season with S & P. Mix everything together to marinate.

In large pan, heat EVOO and add chickpeas. Heat for few mins to dry chickpeas. Add 90% of chickpeas to bowl. Smash rest of chickpeas and add to bowl. (Adds more texture!)

Crumble most of Feta into bowl. Chop herbs, put aside a bit of both for topping. Add the rest to bowl and mix everything together to marinate. Place in fridge, or leave on counter, to chill/marinate for 30 mins.

Once ready, season to taste and give a final mix. Portion out and top with remaining herbs and crumble feta over top.





Putting this meal together allowed me to test out our new salad bowls and serving claws that were gifted from family. The bigger bowl was a little big for this salad. This allowed me to get my hands and new claws in there and mix and coat everything together, to get all those flavours marinating together. Once dressed, tossed, and marinated to perfection, it's time to serve up this raw beauty. Topping with that last bit of the fragrant herbs and Feta, I was ready to invite my palate to the party!

It's a super easy recipe, with minimal ingredients and easy clean up. Perfect for those warm days, when one wants to do as little work as possible to get back to enjoying outside to it's fullest! Not to mention the salad itself is awesome! It's such a great meal all around, I suggest doubling recipe. You'll devour it no problem!

**TILL WE EAT AGAIN,  
K**

[Spatulas And Tongs | Facebook](#)

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

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

VolunteerConnector.org is **FREE** to use and has many exciting features that will make volunteer recruitment and management easier for you.



**VolunteerConnector**

# ASTRAZENECA VACCINE OPENS TO MORE AGE GROUPS

The National Advisory Committee (NACI) is now recommending the AstraZeneca COVID-19 vaccine be offered to individuals 30 years of age or older.

Those who don't want to wait for an mRNA vaccine and have no pre-existing symptoms or medical conditions can take this vaccine instead of delaying your vaccination.

To date, there have been five cases in Canada of a serious blood clotting condition stemming with taking the AstraZeneca/COVISHIELD vaccine. However, these cases are rare and NACI advised provinces/territories are responsible for determining their vaccination policies.

The Canadian Government has now authorized the use of the AstraZeneca COVID-19 vaccine for distribution in Canada to adults 18 years of age or older. The vaccine has also been labelled safe and effective by Health Canada.



# A VIIBRANT TALE



I am a resident of Canal Flats and have been watching the Viibrant Earth Cafe as it started and progressed here in our little town.

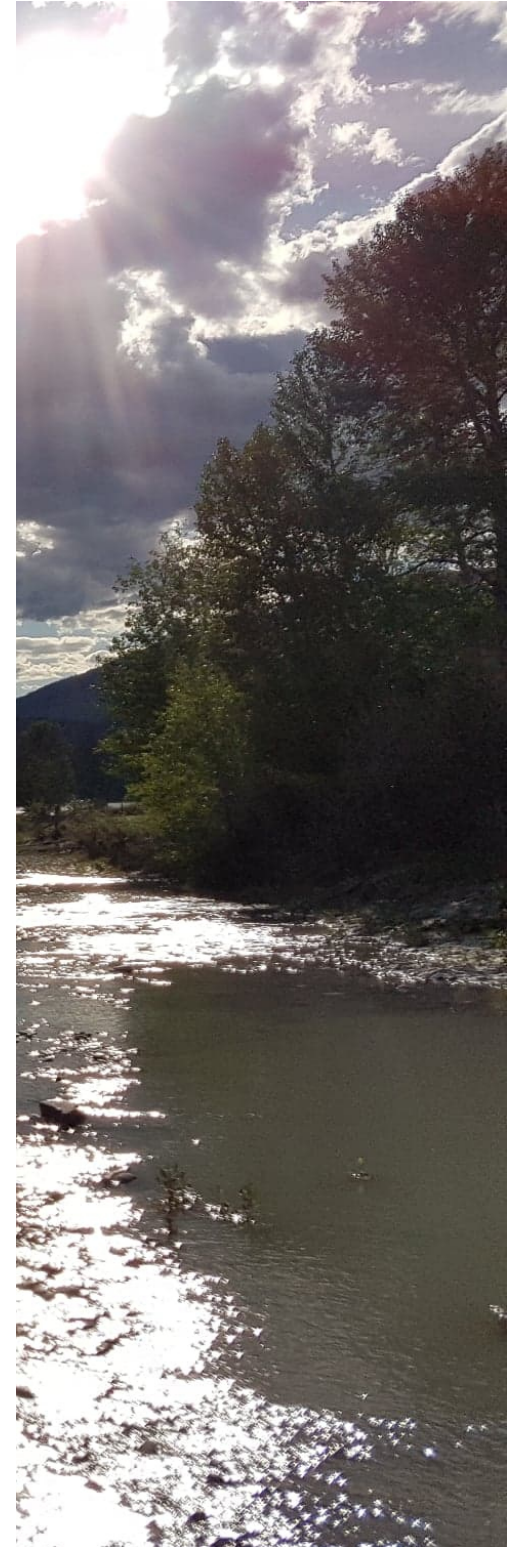
Now, recently many of you may have seen that they are shutting their doors. You may have also seen the videos, calls for support, and one-sided drama leaking all over social media.

Here's what you may NOT know:

- The business owners of the cafe were constantly overheard saying comments like "We don't need the support of our community to survive."
- Locals have been turned away because "they don't serve locals"
- The cafe owners engaged in business relations with other businesses in town - many of which were ended without warning, consideration, or concern for the others involved.
- The cafe owner was witnessed CRASHING HIS VEHICLE into a lightpole in town because he was more concerned with VERBALLY ABUSING his wife than driving.
- The owners were against the mask mandate and were inviting those against the orders, out-of-towners, and "freedom fighters" to come in, sit down, and break mandates together. (As far as I know, this was the tipping point.)
- As far as had been heard around town (this I can't personally confirm) is that they are also in the midst of being sued after part of their ceiling fell on a patron.

Like me, you'll form your own opinion, however with all the slanted social media garbage and folks talking about protests, we thought you might want the REST of the story. What we hear in town and see all the time. Maybe then it will be a little easier for you to understand why they were asked to leave, why it seems "all of a sudden" and why *this* community member thinks it's the best move the town has made yet - ousting the impostors.

This is an opinion editorial submitted anonymously by a member of the Canal Flats community.







## **NOBODY PUTS BABY FAWN IN THE CORNER**

Deer fawning season is approaching and a reminder has come from Wildsafe BC to leave any baby deer they see to themselves. Doe will often leave their babies alone for hours and returning throughout the day to nurse. Should the fawn be moved their chances of survival are drastically reduced due to not having a scent while they still have their spots. Making it very difficult, or even impossible, for their mother to find them after being displaced.

This period generally runs from May to June and during this time, residents of the valley are asked to stick to marked trails and keep their pets close by while outside. Deer may attack you if they perceive a threat to their young.

Should you have any questions or need assistance you can contact the COS RAPP line at 1-877-952-7277

# GAMERS, MAKE ROOM FOR DARTH REVAN

## KOTOR IS MAKING A COMEBACK

Breathe, I know how excited you are. Star Wars: Knights of the Old Republic is FINALLY getting the next-generation remaster it deserves. Regarded as one of the highly renowned Star Wars games ever created, gamers were introduced to RPG elements and characters of the Star Wars universe we hadn't yet been introduced to. Released on Xbox and PS2 consoles, Star Wars KOTOR decades later continues to be acclaimed by gamers everywhere.

After a recent appearance on the MinnMax podcast, Jason Schreier confirmed the project is a remake of the original game and not another addition to the series. Best news of all gamers? EA IS NOT DEVELOPING IT!

That's right, ICYMI, EA lost their exclusivity agreement for producing Star Wars games earlier this year. Not sure how you could've missed out over the collective cry of joy from gamers worldwide.

The game focuses on a Jedi turned Sith who lived approximately 4,000 years before the events of the original Star Wars trilogy. The gameplay is similar to other BioWare titles of the time, like Dragon Age: Origins. Except you utilize the Force instead of magical abilities! The characters and story provided a very interesting take on the Star Wars universe. Sprawling the scope and depth of the narrative only made it better with dialogue trees you can utilize to influence so much of the story.

It's been confirmed that Aspyr is the company working on development of the KOTOR remake. You may have heard of them, they're the company who has allowed us to continue playing KOTOR decades later through porting to different devices. We are still very early in the developmental stages of the KOTOR remake so no release date has been confirmed as of yet.

**JOSH GRIEVE**



# A LITTLE FUN

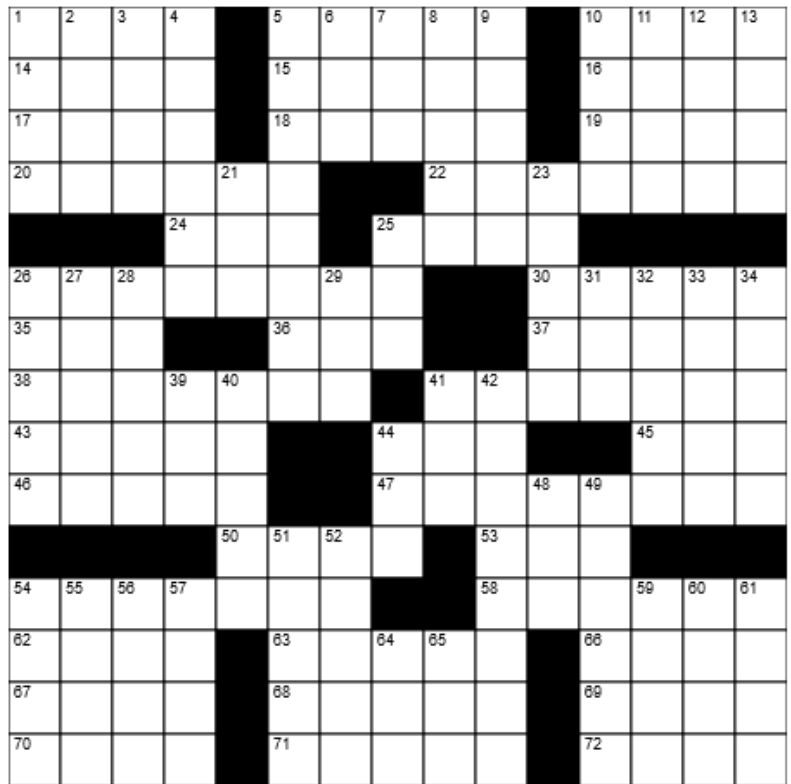
BestCrosswords.com - Puzzle #1 on 4/27/2021

## Across

1- Actor Cobb; 5- Lofty nest; 10- Egyptian cobras; 14- Converse competitor; 15- Glide along smoothly; 16- Final Four org.; 17- Filmmaker Riefenstahl; 18- Flower-part; 19- Follow; 20- Threat finale; 22- Readable; 24- Hesitant sounds; 25- Member of the Conservative Party; 26- Personal magnetism; 30- Less common; 35- Tool of a fisherman; 36- Eccentric; 37- Yoga posture; 38- Makes beloved; 41- Speaking; 43- Appears; 44- Upper limb; 45- Sprechen \_\_\_\_ Deutsch?; 46- Thick sweet liquid; 47- Darnel; 50- Fort \_\_\_\_, captured by U.S. forces in 1814; 53- Foot digit; 54- North Star; 58- Shout; 62- Draft picks; 63- Bestly; 66- Saab model; 67- \_\_\_\_ dancing is popular with cowboys!; 68- Satisfies; 69- Soviet news service; 70- Cubs slugger Sammy; 71- Dazzling display; 72- Blunted blade;

## Down

1- Composer Schifrin; 2- At all; 3- Mozart's "\_\_\_\_ kleine Nachtmusik"; 4- Lockup overseer; 5- Estimator; 6- Barely manage, with "out"; 7- Knock vigorously; 8- Author Calvino; 9- Conger catcher; 10- Word that can precede war, biotic and climax; 11- Strike breaker; 12- Bucket; 13- Cut-price retail event; 21- Hindu honorific; 23- Rotating; 25- Tiny bit; 26- Salad green; 27- Bee stuff; 28- Milk snake; 29- Rx writers; 31- Pop the question; 32- Mikhail's wife; 33- Bandleader Skinny \_\_\_\_; 34- Fads; 39- Large flightless bird; 40- According to; 41- Give it a shot; 42- February birthstone; 44- Just the Way You \_\_\_\_; 48- Sticky substance; 49- Narrate; 51- Wash cycle; 52- Stern with a bow; 54- Friends; 55- A dish with many ingredients; 56- Optical device; 57- In the Black?; 59- Jump; 60- Gaelic language of Ireland or Scotland; 61- Wine choice; 64- Letters on a Cardinal's cap; 65- Green or black, e.g.;



Easy Puzzle 7,664,386,182

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



**2 MEN CHARGED WITH PETTY THEFT AFTER STEALING CALENDAR**

They got six months!!



# GET INVOLVED

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

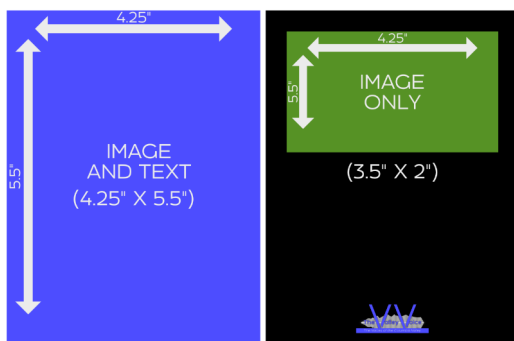
## BUSINESS ADS

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

We are still looking for content curators, front-facing liaisons, photographers, and promoters.

Want to get involved?

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

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