

#9 ISSUE

The Valley Voice

The Voices of the Columbia Valley

THE NEW STATION PUB

Food writer and owner of a local restaurant, Steven Holliday took a trip over to the new and improved Station Pub to tell you all about it.

BE PREPARED FOR WILDFIRES

It's crucial to know what to do before, during, and after a wildfire.

RUSTIC SWEET AND SAVOURY FLATBREAD

This week's recipe from Kat Maguire will soon become a sweet and savoury regular on your docket.

COVER PHOTO TAKEN AND SUBMITTED BY SYD DANIS



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.

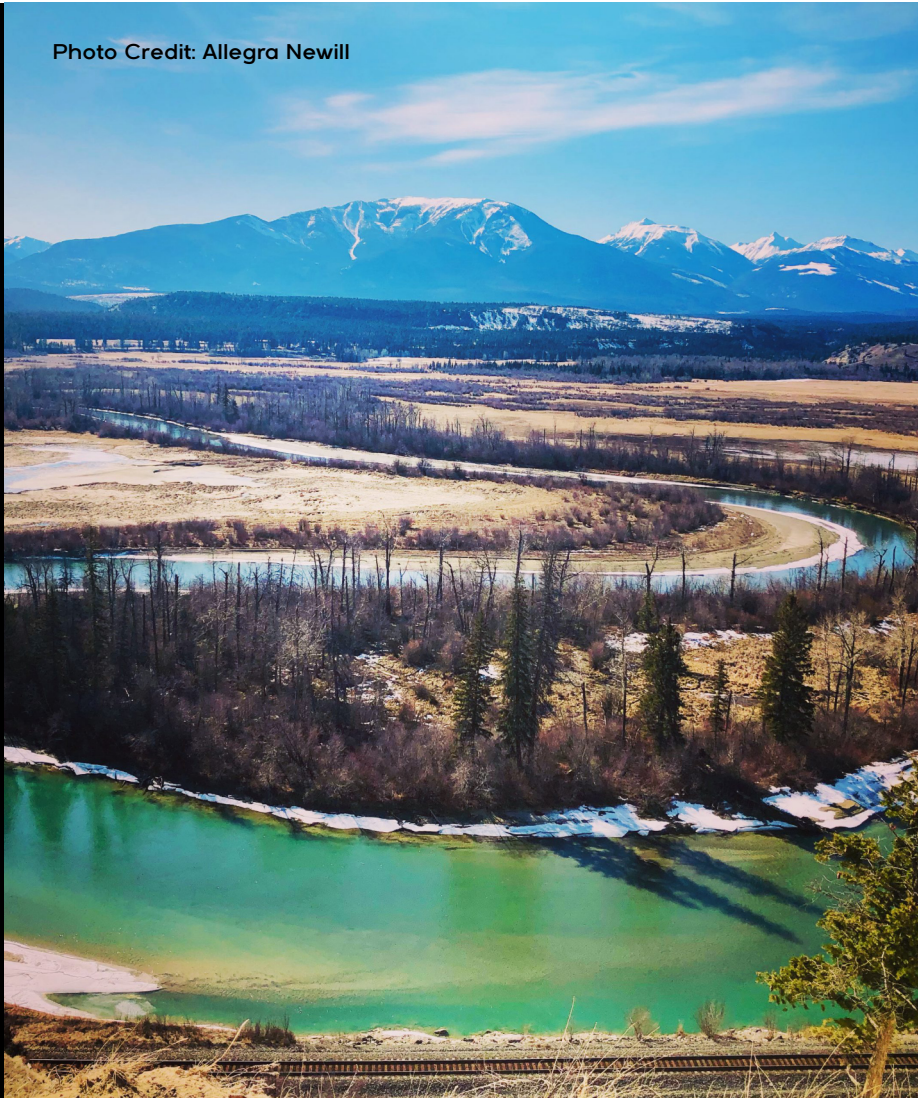
We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram @thevoicecv

OR

by email to news@thevoiceca.ca

Photo Credit: Allegra Newill



LETTER FROM THE VOLUNTEERS

Hello Our Lovely Readers!

Thank you for continuing to check out The Valley Voice. As we continue to grow and learn, we will always make changes that are for the good of our community, our readers, and our supporters. We listen to all your feedback and then our volunteers sit down and figure out the best way to tackle what we're receiving.

Business owners - we hear you. Refreshing your ad monthly is tiresome and too much work for most, we completely understand. That's why we are changing our policy on business advertising - we will no longer be removing ads after they have been running for 4 weeks. Any ad that is submitted to The Valley Voice will now be published for 3 consecutive months. We hope this helps encourage more local businesses to take part and advertise with us.

We are here to support our community, businesses, and residents. Please send any feedback you have for us to news@thevoicecv.ca, we are always looking to improve.

- The VVV

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GET VACCINATED - GET PAID

Workers are now entitled to up to three hours of paid leave to receive each dose of their COVID-19 vaccination, retroactive to April 19th, 2021. Bill 3 and these amendments to the Employment Standards Act are law and ensures the financial safety of employees to ensure they receive their vaccinations.

In a released statement by Harry Bains, B.C. Minister of Labour to e-know.ca,

“Guaranteeing paid leave for workers to get vaccinated is an important way to keep workers safe, while reducing risks to businesses. Our government believes it’s in everyone’s interest to remove all barriers to a worker getting vaccinated when they are eligible to do so,” said Harry Bains, Minister of Labour. “Supporting workers to get their COVID-19 vaccine when it’s their turn will greatly benefit everyone. Workers will be able to protect themselves and their families from this terrible virus, businesses can protect staff and customers from getting sick, and communities will benefit from reducing the chance of an outbreak.”

This change comes to make leaving the workplace as easy as possible for residents to ensure they can receive their vaccine. Including being flexible to the hours available at their local clinics. Unpaid leave for COVID-19 vaccinations is still in place for those who require more than 3 hours to accommodate themselves and their families for their vaccination.

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WARDENS RETURN!**

BC EMERGENCY ALERT INBOUND TO ALL WIRELESS DEVICES

On Wednesday, May 5th at 2:55pm MT, there will be a test of the B.C. wireless alerting system. During this time, an alert will be broadcasted on wireless devices along with radio and television statements.

The message received will state the following:

"This is a TEST of the British Columbia Emergency Alerting System, issued by Emergency Management British Columbia. This is ONLY a TEST. If this had been an actual emergency or threat, you would now hear instructions that would assist you to protect you and your family. For further information go to www.emergencyinfbc.gov.bc.ca. This is ONLY a TEST, no action is required."

This is a bi-annual test of the national Alert Ready System to improve the safety of the public in the event of an emergency situation.



THE NEW STATION PUB

Let me begin by saying that I have been visiting The Station Pub since I moved to Invermere 8 years ago. I've been on dates, seen many live bands, shared many drinks and meals with friends, and have even been hypnotised at the Pub. So when I heard of a change in ownership I was admittedly a bit skeptical.





But all those nerves disappeared after having a sit down with one of the new owners Ryan Karl, but if you are from the Invermere area there's a good chance you know him as Butter, a nickname given to him as a child as he could always be found hanging around the kitchen. Butter has owned 2 businesses before however, this is his first time as a restaurateur. But that doesn't mean he's new to the game. His first step into the service industry was at the age of 11 working for his parents who happened to be the second owners of Invermere's Dairy Queen.

Through the years he found himself managing over at Rocky River Grill, owned by friends Justin Atterbury, Jason Powers and Chris (third owners of Invermere's Dairy Queen) who also owned and operated The Station Pub. When the opportunity presented itself Butter and co-owner Chris P jumped at the chance and have been firing on all cylinders since. Partner Chris has been working the kitchen at the station for over 12 years now, so if anyone knows the ins and outs it's him.

The menu is quite similar to how I remembered it last summer, a solid variety of pub food ranging from bison burgers to buddha bowls. I am told that Butter and Chris have big plans for the menu that will suit the beautifully executed interior renovations. If you have not yet visited the Station Pub it boasts one of the greatest views of any restaurant in the Valley, and the boys plan on taking full advantage of them.

I ordered something I haven't seen on the menu before, Chris P's Fried Chicken. The presentation was well executed and made me want to dive in as soon as it hit the table. The chicken was cooked perfectly, juicy inside with a nice golden crispy outside, nice seasoning as well. The fries were also cooked to perfection. The house salad was nice and fresh and a great way to finish the meal.



As I mentioned before, I have seen several bands play at the Station. So of course I had to ask what their plan was with regards to hosting events. I was not let down by the response. As soon as the BC government allows it, there will not only be bands booked, but comedy nights and even the famous Station Trivia will be making a comeback.

I left feeling confident that Butter and Chris will not only carry on the legacy that is this Pub, but will breath new life into it attracting a new audience while seamlessly maintaining the loyal following it has come to receive over the many years.



Steven Holliday
[@hungry.holliday](https://www.instagram.com/hungry.holliday)

Food writer for @thevoicecv
I am researching food culture, looking for food that tells a story, speaks to the soul, and warms the heart.



ESSENTIAL TRAVEL ONLY

In an effort to enforce the B.C. Government travel restrictions imposed on April 23rd, the government will be implementing site-specific road checks between regions. The province will be authorizing site-specific and marked police road checks to help prevent non-essential travel across the province.

The travel restrictions are expected to be lifted on May 25th, after the May long weekend, so expect these road checks to be used right up until then. These stops could be set up on highway corridors that connect the regions.

If you are stopped at one of these road checks, police have the authority to request your name, license, and address. Along with any available documentation to confirm your identity and the purpose of your travel. This does not include arbitrary searches or street vehicle checks. There must be reasonable grounds for a police officer to search your vehicle.

The fine for breaking the Emergency Program Act could result in monetary penalties up to \$575.



There's a guy in town who walks around talking to himself using only figurative language.

We call him the Village Idiom.



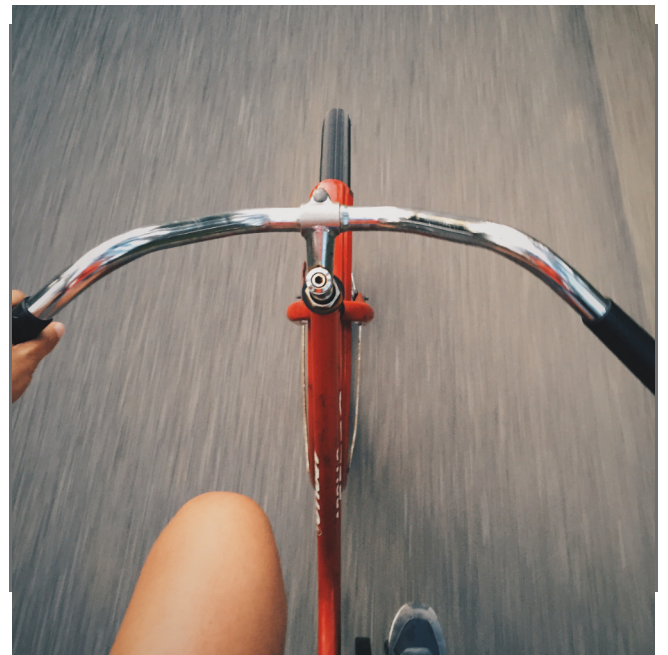
Q. What did one blade of grass say to another about the lack of rain?

A. I guess we'll just have to make dew.



Q. Why was King Arthur's army too tired to fight?

A. It had too many sleepless knights.



What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?

Attire.

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VALLEY PROMOTIONS

LET'S EAT WITH OUR EYES

RUSTIC SWEET AND SAVOURY FLATBREAD

Adapted from [Rustic Italian Pizza Dough Recipe Video · CiaoFlorentina](#); The Swag from [The Parlour](#), Yaletown, Vancouver

Lately, I have been craving specific menu items from some of my favorite menus in Vancouver's ever changing food scene. Having had the pleasure of being apart of this bustling industry for over two decades, I definitely devoured some fantastic dishes along the way. While trying to enjoy all dishes presented, some dishes have magic as one of the ingredients, allowing the dish to seep into ones' dreams, and creep back later to whisper in your ear, every so often.

Once all this craziness settles, there are many local spots in the valley that we are looking to experience and gain new cravings. Yet, for the moment, if a craving with a whisper sneaks up, it's up to me to create a dish to satiate that hunger.

Now, this dish was partially inspired by introducing my hubby to [Hopkins Harvest](#) this past weekend. He is a major pizza fan, so we grabbed one of their pizzas packaged to-go. We also did a shop and picked out some goodies to line our fridge and pantry.

Once home, popped that pie in the oven for a well-earned afternoon snack after our errands and afternoon drive to the stand. With few stand out ingredients, and a crust to salivate over, we will be back to Hopkins Harvest to partake again. This crust intrigued me enough to invest the time to try and create my own flatbread worth the effort.

The toppings of this recipe were inspired by an old local pizza joint from my time living in Yaletown, [The Parlour](#). A few lovingly prepared ingredients oozing in a savoury richness, topped with a sweetness from the perfect amount of ricotta and honey. This pizza is a winner all around.

This recipe for the crust creates 6, 8-inch personal pizzas, and the toppings are enough to top about 4 pies. Freezing 2 dough balls for a later is always a good plan. Also choosing to prepare 2 garlic heads and 2 onions is suggested, because leftovers will be devoured or used for the other 2 balls?! I would also suggest preparing dough, onions, and garlic the day before and build pies later. Distributing labour, makes task as a whole, seem easier.



RUSTIC SWEET AND SAVOURY FLATBREAD

DOUGH

5 cups of all purpose flour- extra for dusting
1 ½ tsp active dry yeast
1 ½ tsp sea salt
2 ¾ cup cold water
1 tbsp EVOO

TOPPINGS

EVOO, to brush dough
S & P to season dough
dusting of parmesan to season dough
1 or 2 heads of garlic, roasted in foil and EVOO: [Hopkins Harvest](#)
1 yellow onion, caramelized: [Hopkins Harvest](#)
small handful of kalamata olives, roughly chopped
small handful roasted peppers, roughly diced
4 tbsp ricotta
1 tbsp [Tegarts](#) honey: [Circle Market + Cafe](#)



DIRECTIONS

DOUGH

Add dry ingredients to mixer or bowl to mix. Add half of water and combine dry ingredients with water. Combine rest of water into dough to combine into large ball. If ball too sticky, add flour. If ball is too dry, add a bit more water.

Remove dough ball from mixing bowl. Cut large ball into 6 small pieces and roll into balls and grease with EVOO. Place all balls on a baking tray, and cover with a damp cloth. Leave to proof for 2 hours at room temperature.

TOPPINGS

Preheat oven to 350 degrees. Cut top off head of garlic to expose fleshy inside and remove 1st few outer layers of garlic skin. Place head in square foil piece. Douce in EVOO and crumple foil to create an open vessel to bake garlic. Place in small baking pan and bake for 45 minutes. Once baked to point of garlic being smearable, peel and put aside for later.

In the meantime, heat EVOO in a medium pan on low. Slice onion thin strips and sauté for 40 mins to caramelize to a jammy, brown consistency. Add small amounts of water to create a steamy cooking process to reduce onions down, while not over cooking onions too quickly. Don't let onions stick to pan, stir occasionally. After 40 mins, remove from heat and put aside till building pizza.

Dice up peppers and olives. Put aside till building pizza.

BUILDING PIZZA

Preheat oven and pizza stone or whatever vessel you choose to place pizza on to 450 degrees. Dust working surface with flour and course cornmeal. (Ideally dust paddle or cutting board that will be used to transfer pizza to stone.)

Take small dough ball use fingers to gently flatten ball into a rustic round or oval dough bed about ½ inch thick for toppings. Making pizza a personal size of about 8 inches around. Brush dough with EVOO. Season crust with S & P and dust with small amount of parmesan. Break up garlic cloves and smear a clove and a bit evenly, over each crust. Distribute peppers, olives, and onions to cover crust. Don't pile too many toppings on crust to keep integrity of pie. Crumble small amounts of ricotta on top. Use a spoon or, honey dipper, drizzle small amount of honey over top of pie. Use honey sparingly, can add more later if desired.

Use paddle or cutting board to do an easy transfer of pizza onto preheated cooking surface in oven. Bake for 9-13 minutes, depending on oven. Wait till onions, crust, and cheese start to turn crispy brown on the edges. Cut, dress, and serve to your content!



Being that pizza crusts can be a fussy beast to create, I have found flatbread to be more forgiving. This concept saved me from a possible recipe failure, so it seems the best bet. This thought process paid off, as both me and hubby were happy with the outcome.

Also, following a few key pizza crust rules paid off too. Preheat pizza stone or pan the pie will be baked in. This allows the crust to crisp up nicely. Also use cornmeal under crust, to make transferring the pie a cinch. EVOO is pizzas' friend, so use it as generously with the flatbread crust to get that glistening effect that pairs so nicely with the crust. Use few ingredients to not weigh down crust. Devour entire pie in one sitting!

Turn that oven light and watch the onion edges crisp up, crust brown, and the oil and cheese bubble. Once your satisfied pull this puppy out the oven and drizzle just a bit of honey over top. It's now time for your mouth to enjoy your labours.



**TILL WE EAT AGAIN,
K**

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BE PREPARED FOR WILDFIRES

There are more than 1,600 wildfires throughout British Columbia every single year. This includes everything from houses and infrastructure to the landscape and environmental challenges we face in the province. It's crucial to know what to do before, during, and after a wildfire.

Preparing your home is a great place to start because you can be more in control of the environment and the elements within it. Here are 10 tips from FireSmart BC that will help prepare your home in an event of a Wildfire.

- Move firewood 10-30 meters away from your home.
- Ensure your roof and gutters are clear of leaves, pine needles, and other debris.
- Put together a wildfire evacuation plan with your household so everyone knows what to do in the event an evacuation needs to take place.
- Keep your grass cut to less than 10cm.
- Trim and prune any trees that overhang your roof.
- Have a map or ensure that everyone in the household is away of where your gas, electrical, and water mains shut-off are located.
- Ensure your roof and chimney are clean and free of soot or debris.
- Ensure any propane tanks on your property are kept within 10-30 meters from your home.

Another helpful tip is to have grab & go bags ready in the event you need to leave your home quickly to evacuate a wildfire area. Start by putting together a basic list of items your household will need and gather those items into a ready-to-go bag for when a wildfire strikes. Have a plan in place for your pets, young children, or seniors and people with disabilities in your household.





In the event you are camping, ensure you have checked any local fire bans and restrictions. It's your responsibility to ensure your campfire is no larger than 0.5 by 0.5 meters, a shovel is kept close or at least eight litres of water, and your campfire is never left unattended. Call 1-800-663-5555 or *5555 on your cell if you spot smoke, flames or an unattended campfire.

In the event of a wildfire, it's crucial to ensure the information you are receiving is trusted and accurate. When a wildfire is rampaging through your community, provincial sources will be the best place to find information on evacuation orders and procedures. EmergencyInfoBC and BC Wildfire Service will both have notifications on evacuation alerts, orders issued by local authorities, and any current wildfire activity within the province. In the event you receive an Evacuation Alert, take the following steps to ensure you and your household a successful evacuation.

- Gather your grab-and-go bags along with any important documents and place them at the front door or pack your vehicle.
- Move any patio furniture or mats indoors.
- Take down any flammable curtains or window treatments that could spread a flame across the home.
- Connect your garden hoses and fill areas of your property with water to help slow any advancing flames.
- Keep your house number visible so firefighters can quickly locate your home.

When an evacuation order is pleased, you are at immediate risk and most leave right away. Close any doors and windows, turn off all the lights, and ensure your entire household has been evacuated before leaving.

After a wildfire, it is very important to ensure you assess the damage properly and steer clear of any elements that may still present danger. Obey any and all signage in place and have an understanding of the notices provided by your local government. These notices will confirm whether or not a structure is suitable for entry or is restricted.

- Make sure your property is secured and have supplies such as a flashlight, water, and tools needed to sift through the damage.
- Assess the perimeter of the structure before entering and take note of any gas smells, debris, hanging wiring, and taking photos of all the damage.
- Once you enter the structure, do so with caution and check the main power breaker is off.
- Do not utilize your toilet/sewage system until you are confident it is capable of handling waste.
- If you are utilizing propane, gas, or heating oil ensure you have contacted the appropriate supplier for inspection and service.

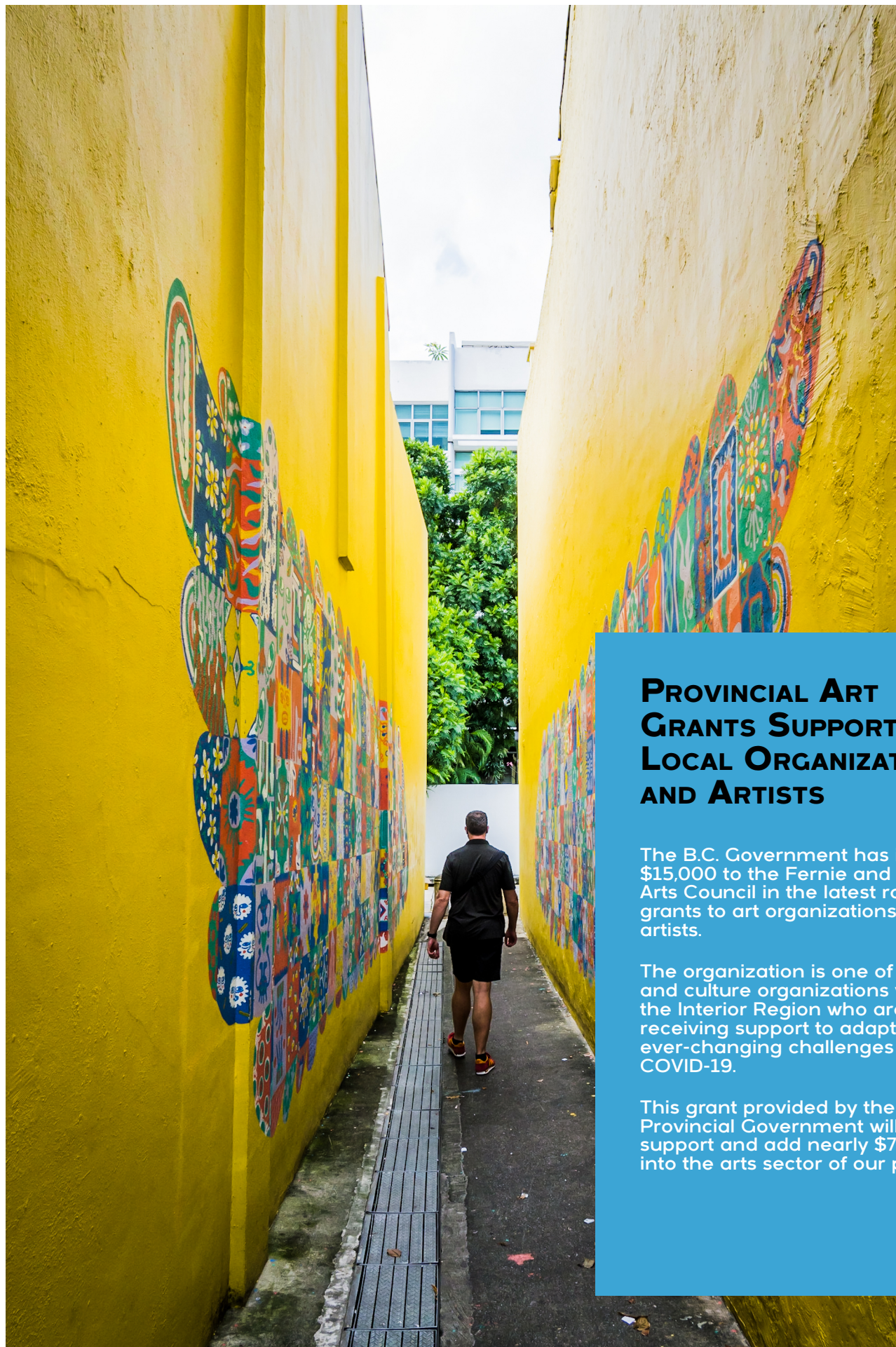
Any leftover water or food that is not canned, discard it. Until local officials have advised the water is safe to consume, use bottled water or boil tap water to ensure what you are consuming is safe. Discard any food that is not canned as it has been without power and is spoiled. Any items also exposed to heat, ash, chemicals, soot, water, or smoke needs to be discarded. including bottles, jars, food in cupboards, etc.

Depending on your insurance policy, the clean up and repair of your home may be covered. In the event you are going to clean your home yourself, make sure to follow these tips to stay safe:

- Wear gloves and goggles, keep all children and pets away from the area you're cleaning.
- Keep in mind that smoke odours last a long time which means you may need to clean everything multiple times.
- Vacuum all surfaces and change all your filters.
- Clean dirt and soot off furniture, remove drawers and scrub wood surfaces
- Wood and carpet flooring can be vacuumed and washed, linoleum flooring may require replacement depending on the level of damage.
- Take apart locks and hinges to thoroughly clean and oil.
- Dispose of any hazardous materials like garden chemicals that may show signs of damage.

Before making any repairs on your home, make sure you have a reputable contractor who can help you with restoration. Verify their work and licensing, beware of potential scams. Before the job begins, get a written estimate and a copy of the final signed contract. It's important to be prepared for a wildfire, especially if you live in an area that can experience wildfires.

Be prepared with the Wildfire Preparedness Guide provided by the B.C. Government. [CLICK HERE](#)



PROVINCIAL ART GRANTS SUPPORT LOCAL ORGANIZATIONS AND ARTISTS

The B.C. Government has issued \$15,000 to the Fernie and District Arts Council in the latest round of grants to art organizations and artists.

The organization is one of 30 arts and culture organizations within the Interior Region who are receiving support to adapt with the ever-changing challenges of COVID-19.

This grant provided by the Provincial Government will help support and add nearly \$782,000 into the arts sector of our province.

OMGZ DRAGON AGE 4 TEASES GREY WARDENS RETURN!

JOSH GRIEVE

OKAY, I AM A MASSIVE DRAGON AGE FAN.

Before I was introduced to the beauty that is No Man's Sky, Dragon Age: Origins was my favorite game of all time. It still remains my second favorite game EVER in terms of game play, map size, graphics, and the emotionally gripping story that immediately brings you in. Dragon Age 2 was a complete flop and a border-line insult to fans of DA:Origins, there's no argument there. However, Dragon Age: Inquisition brought fans back to the original combat system and skill trees we had come to love. While some elements had carried over from DA 2, it was the ones we actually enjoyed and not the cumbersome action-adventure combat style.



I am beyond excited to hear the latest update from Bioware on the Dragon Age franchise. New concept art for DA 4 has been released, and it's teased the return of the Grey Wardens. The warriors from DA: Origins who were responsible for fighting back the Darkspawn may be returning in a whole new form, AS A PLAYABLE CHARACTER. No joke, we might finally, FINALLY, be able to play Dragon Age as a Grey Warden. I'm getting goosebumps just typing this.

Executive producer of the game, Christian Dailey, shared this recent concept art on his Twitter along with other concepts from DA 4. It's still unclear whether or not the concept art teases are for characters we can physically play or if it will just be characters we interact with throughout our journey. Either way, this is a new and welcomed update into the Dragon Age universe.

New books released from BioWare confirm Tevinter is one of Dragon Age 4's main locations which is just slightly west of Weisshaupt Fortress - the headquarters of the Grey Wardens. We won't know anything for sure until it's confirmed or the game is released. As of right now, all we have is speculation and our best guesses because there is no official title or release date yet for Dragon Age 4.

A LITTLE FUN

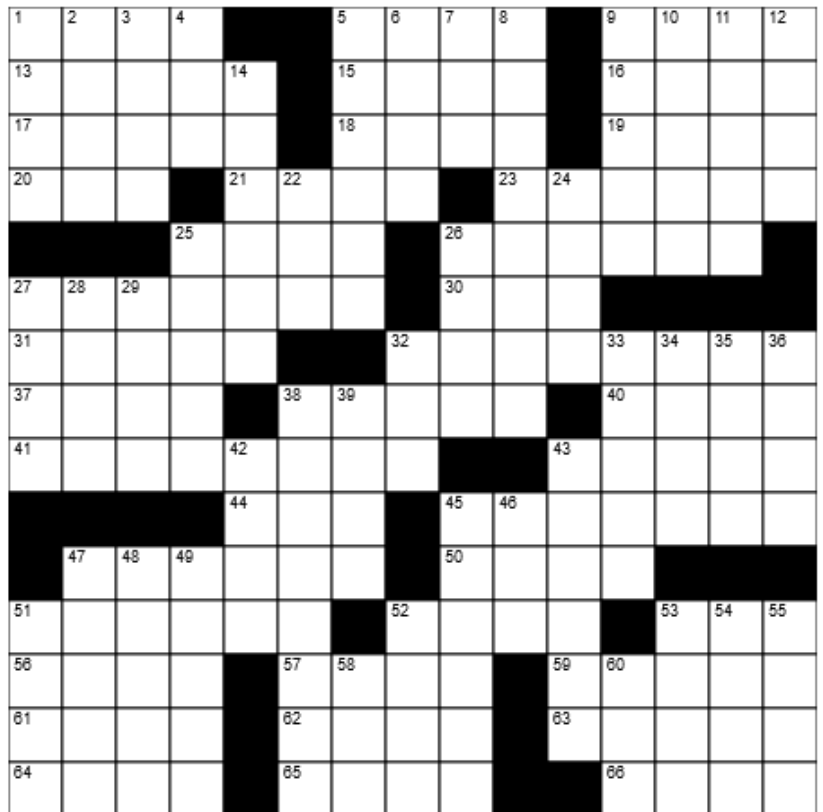
BestCrosswords.com - Puzzle #4 on 5/4/2021

Across

1- Med school subj.; 5- Madam, I'm ____; 9- Brief letter, paper money; 13- Extremely; 15- Han ____ was a "Star Wars" character; 16- Richard of "A Summer Place"; 17- Draw off liquid gradually; 18- Attack a fly; 19- Architect Saarinen; 20- ____ Saud; 21- Secluded spot; 23- Commands; 25- Swiss peaks; 26- Stylish; 27- Large, striped female feline; 30- Whiz; 31- Flight segment; 32- Adult male horse; 37- Soccer legend; 38- Western; 40- ____ account (never); 41- Very young children; 43- Dispute; 44- Toward the stern; 45- Ailment; 47- Steeples; 50- Uh-uh; 51- Kind of garage; 52- Nick and Nora's pooch; 53- ____ chi ch'uan; 56- Miffed; 57- "____ She Lovely?"; 59- Wagons; 61- Cubs slugger Sammy; 62- Baseball team; 63- Maker of Pong; 64- Zenith; 65- Clench; 66- Latin lesson word;

Down

1- Autobahn auto; 2- Workers' rights org.; 3- ____ impasse; 4- Part of TNT; 5- Evaluate; 6- Feathers; 7- After; 8- Automobile; 9- Food and water; 10- Curved moldings; 11- Dawdle; 12- Son of Seth; 14- Person who fishes; 22- CD precursors; 24- Winder for holding flexible material; 25- Disney mermaid; 26- Go out with; 27- Cookbook aunts.; 28- Single, individual unit; 29- Big bash; 32- Messy place; 33- TV producer Michaels; 34- "Splendor in the Grass" screenwriter; 35- Weight; 36- Denials; 38- Part of a church service; 39- Plastic or liberal, e.g.; 42- Pasternak heroine; 43- Llama's cousin; 45- Part of the foot; 46- Used car locale; 47- Pry; 48- In itself; 49- Mountaineer's tool; 51- Greek peak; 52- Years in old Rome; 53- Streetcar; 54- Gillette brand; 55- Fertility goddess of Egypt; 58- McCartney title; 60- ____ glance;



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Easy Puzzle 10,218,144,538

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1	3			8	9		4	6
	4	5			1			9
6						1		



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The were PRIME MATES

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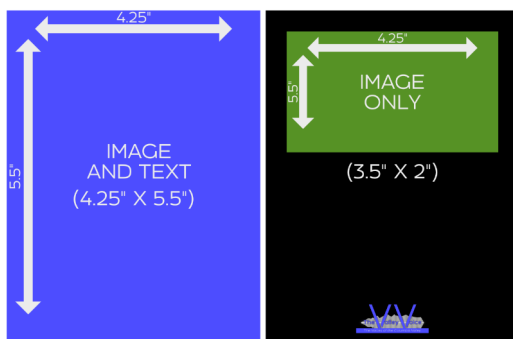
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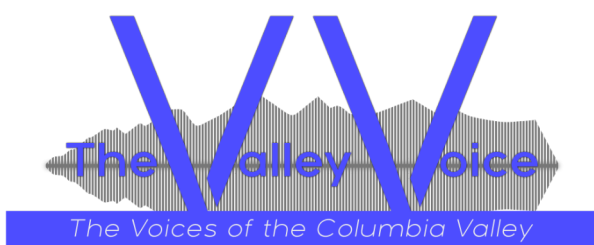
Donate a product or service for giveaway through the Valley Voice. Help us give back to the readers and we will help place you. Though, we will likely reserve this to one per issue. Businesses can choose to host more than one giveaway through Valley Voices to obtain additional feature pages.

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.

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