

#12 ISSUE

The Valley Voice

The Voices of the Columbia Valley

SWEET COUNTRY CORNBREAD

SACHA BRINGS US ANOTHER RECIPE - THIS TIME IT'S ONE FROM HER PERSONAL VAULT. USE THIS QUICK AND EASY CORNBREAD RECIPE TO KICKSTART ANY DAY.

WATCH OUT FOR HORSES

With good weather approaching, drivers are reminded to be vigilant and share the road with horses and their riders.

CABIN CANNABIS

This edition's Valley Spotlight highlights Fairmont's newest business - a cannabis provider.

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: Kat Maguire



LETTER FROM THE VOLUNTEERS

Thank you for reading the Valley Voice each week - we appreciate you so much.

We offer new ways to have your voice heard, business advertised, or get the word out on something you're doing. Whatever it is, we want to know about it, so visit our website or send us an e-mail so we can include you in our next issue! Content submissions are FREE and there are no plans on changing that.

Our community thrives on supporting each other. If you have photos, stories, news, announcements, or a business to advertise, get in touch with us. We would love to include you in our online magazine. Even if you have questions, we are always ready to chat with our readers. You can send us an e-mail anytime or shoot us a message on Facebook or Instagram. We LOVE questions and above all - feedback.

This is a platform for everyone in the Columbia Valley to be included and we want to make our online magazine available for all.

- The VVV

LET'S MAKE SHOPPING LOCAL EASIER

COMING SUMMER 2021

Visit us on FB or IG
@shopcolumbiavalley

Columbia Valley



Photo Credit: Jen Bewski

CONTENTS

PG 9

SWEET COUNTRY CORNBREAD

PG 4

VALLEY SPOTLIGHT: CABIN CANNABIS

PG 12

MOMENT IN HISTORY

PG 8

**EVACUATION ALERT ISSUED FOR
FAIRMONT AREA**

PG 13

**REMEMBER DRIVER? WE ALMOST
GOT A NEW ADDITION.**

VALLEY SPOTLIGHT: CABIN CANNABIS

Meet Chris, Sacha and Lee, the owners of the newly launched Cabin Cannabis in Fairmont, BC. We interviewed them to get the scoop on this new valley crew.

VV: Tell us your story. How did Cabin Cannabis start and what drew you towards a Cabin feel?

CABIN: The idea to open a Cannabis Store started as a conversation in the pub. After the initial Covid lockdown, our individual plans changed and there was a lot of uncertainty what we should do. The fact that Cannabis Stores are deemed an essential service and that Fairmont did not have a store already made us think that there was an opportunity in front of us. When the ideal store location came available in the Fairmont Village Mall we took the opportunity to lease the space.

The idea for The Cabin theme came from the feel that people are looking for in Fairmont. Many people come to the Valley to relax and unwind and we wanted to create a unique atmosphere with the mountainous relaxing vibe that people are looking for when they visit Fairmont.

VV: Do you offer education to your customers and try to pair them with the best product for their needs?

CABIN: We know that Cannabis has not been available for recreational use for long and that there are many out there that could use education and support - we want to help.

When customers enter the store they are greeted by our staff and asked if they need help finding anything. Based on what they say we offer product suggestions to fit their needs.

There have been a number of occasions where customers come in to the store having not used cannabis products previously. We will try to educate people about the benefits of our products and the effects that they may have.



Photo: Owners Lee Klas (left) and Sacha Elwakeel (right) and owner/manager Chris Jaunzemis (center)

VV: What's new, upcoming, and exciting at the Cabin Cannabis?

CABIN: We are continually working to build up our inventory and bring in new products to provide a variety to cover all of our customers needs. We are excited that our website is currently being developed and we will soon be putting up a billboard outside of town, both of which will hopefully build awareness of the store and attract business.

VV: How can the sale of cannabis positively affect the community?

CABIN: It is our hope that our presence in the Fairmont Village Mall will help benefit other local business owners in the community. When customers come to see us we would love to see them check out the other stores in town so that we are all able to prosper.

We also believe that Cannabis products can benefit people with different ailments and conditions. While we are not medical professionals, we do believe in Cannabis as a natural alternative to help various help concerns. It is our hope that in the future we will also be able to give back to the community through charitable donations.

VV: Share with us a story about a cannabis strain you love!

CABIN: Currently, I (Chris) am really enjoying a strain called Cali-O which is produced by Kiwi. It is a low THC, high CBD Sativa strain. It has a nice mellow cerebral effect where I still have the energy to go out and enjoy myself, or be productive and get things done at home. It's a nice vibe for people that want a good day-high to partake in some fun outdoor activities this Summer.

VV: What's something new or upcoming in the marijuana industry?

CABIN: We are always hearing about new products coming available that we can offer to our customers. Edibles have been a popular item so far and we are excited to offer a healthy alternative to the chocolates and gummie. This week we will be receiving the Mango Tango Dried Fruit from Rilaxe, which is infused with 10mg of THC. This will be the first of several healthy edible options that we hope to offer our customers.

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?

CABIN: This may seem like an obvious answer to your question and it is more Provincial, but we want to see the Covid restrictions lifted and get back to the business of life. We have not been open for long, but we have felt the effects of the restrictions, as have all small businesses. We want to see all of our friends in business be successful and prosper.



Chris Jaunzemis is originally from Ontario and has lived in the Valley since 2018. He came here after living abroad for 3 1/2 years with the intention of staying for a season. However, he fell in love with the Valley and have decided to make it home.

Lee Klas moved to Fairmont Hot Springs at age 11. He is a contractor and currently operates LFK Construction.

Sacha grew up in Fairmont Hot Springs and currently resides in Toronto.

Facebook - @thecabinfairmont
Instagram - @thecabincannabis
Web page - www.thecabincannabis.ca (in progress)

WEDNESDAYS ARE "WEED WEDNESDAY"!



Just say "It's Weed Wednesday" and receive 10% off of your purchase.



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



VolunteerConnector



Book your next vacation with Travel World, and be entered into a draw for a Travel Gift Certificate in the amount of \$500-. Contact Brenda or Samantha 250-342-6978



Save Thousands!!

With our 5 year vacation plan starting at under \$1,000 per week for 6-8 people.

Fairmont Hot Springs, BC Canada
 mountainsidevillas.com (250) 342-5724

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

facebook.com/groups/aprilsvipinkzone

On Instagram as: Aprils Pink Bubble

Love your skin.
 Love yourself!

MARY KAY

Made with PosterMyWall.com

VALLEY PROMOTIONS

EVACUATION ALERT ISSUED FOR FAIRMONT AREA



Following intense rainfall, 229 properties in the Fairmont Hot Springs area have been issued an evacuation alert. The alert issued by RDEK ensures residents are aware of the potential dangers and be ready to evacuate should an evacuation order be issued.

The RDEK weather station in the Fairmont area recorded close to 44mm of rain between Sunday and Monday morning. As of Monday evening, the creeks have not flowed over their banks. However, the concern is the upper debris flow traps have reached capacity. More rain is expected to come this week which RDEK believes brings potential for additional sedimentation and debris flooding or a debris flow as a result.

RDEK has dispatched a crew who is on-site monitoring both Fairmont Creek and Cold Spring Creek. Mainroad East Kootenay has also been in the area checking on its culverts, which are flowing freely as of Monday evening.

Residents around Fairmont Creek and Cold Spring Creek are encouraged to sign up for the Evacuation Notification System.

SWEET COUNTRY CORNBREAD

SACHA BRANT

Corn bread - a personal favorite and secret slice of portable heaven. MANY ways to do the same thing, many ways to enjoy it, and that's why it's a staple in my home these days. I'll admit I never intended to share this recipe, being one that I like to bake and bring to folks to be nice, but when the voice volunteers reached out in need of a new article, how could I say no?

This isn't my mother's recipe - but she did inspire it. When I was a kid, we always went to the Calgary Stampede parade each year. And each year, while we watched, we ate special road-muffins (which in my youth I did not understand were cornbread muffins with other yummy things added, like bacon) and so this brings back a fond memory or two.

However, unlike my mother's recipe which was made to be a hearty breakfast item to grab and go, I prefer the sort of cornbread you put a little time, effort and love into, drizzle it with syrup and sit down to enjoy for breakfast with a nice cup of tea and a few lovely sunbeams for warmth. Let's get started!

Note: I am lactose intolerant, I always try to use lactose-free ingredients whenever I can. YOU do not have to.

INGREDIENTS

- 1 cup Flour
- 1 cup Yellow or Golden Cornmeal
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1 tsp salt
- 3 ½ tsp baking powder
- 1 egg
- 1 c. milk
- 1/3 cup unsalted butter (melted)
- 6-inch round pan (springform works wonders)



DIRECTIONS

1. Preheat your oven to 400° F
2. Combine the milk and cornmeal, leave to soak for 15 minutes
3. Combine dry ingredients in a separate bowl, mix well
4. Spray 9-inch round baking pan with cooking spray (bottom and sides)
5. Combine milk/cornmeal mixture with the dry ingredient mixture and blend well.
6. Add your egg and butter, mix until completely blended.
7. Pour the mixture into your 9-inch pan and bake in the oven for 20-25 minutes depending on your preference.

When you take that pretty puppy out of the oven, be sure to use the toothpick test. If you can slide a toothpick or fork in and then out again without taking any of the mixture with it, it's done. When it comes out it should be golden brown and well formed. I always recommend letting it cool a touch before trying to completely remove it, though keeping a bit of warmth makes this cornbread perfect for breakfast.

I like to toss a little bit of powdered sugar on top and drizzle it with syrup before consuming. Some also enjoy butter on it, it's really up to you!

ENJOY!
~S



**20% OFF SERVICES
MONDAY TO THURSDAY UNTIL MAY 31!**



**SPA &
SALON
SERVICES**

ELEVATION MASSAGE & SPA
7493 MAIN STREET WEST, RADIUM
WWW.ELEVATIONMASSAGE.CA
778-527-5090

*Restrictions apply

DIGITAL MARKETING EXPERTS OF THE COLUMBIA VALLEY

**HELPING YOU BUILD
A BETTER ONLINE BUSINESS**

* Branding * Social Media * Graphic Design
* Web Development * Digital Marketing *

778-523-5006 BRANDSCRUBBERS.COM




**WIN A 7 DAY
Caribbean Cruise for 2**

Airfare Included

**7 DAY CARIBBEAN CRUISE from
FT. LAUDERDALE**

Fill in an entry form for a chance to win a
7 Day Caribbean cruise with **Celebrity Cruises**,
including accommodation in a Veranda Stateroom, Classic
Beverage Package, Wi-Fi Surf and tips.

Trip includes
roundtrip airfare for 2 with Air Canada
to Ft. Lauderdale from any major Canadian gateway.*



Valid for departures between Jan. 1 and Dec. 31, 2022.
*The draw for the winner will be held on Dec. 20, 2021.
*Departure must be from any major Canadian gateway where Air Canada
offers flight to Ft. Lauderdale. *Certain blackout dates apply.



CELEBRITY Cruises | **AIR CANADA**

SCAN ME

CP60801518 www.triptician.ca T100#5002 082

VALLEY PROMOTIONS

MOMENT IN HISTORY

SUBMITTED BY

[@LOVE.COLUMBIAVALLEY](https://www.instagram.com/love.columbiavalley)



Operated by Fred Mulholland, The Mines Development Company had acquired the Swansea Mine as it looked very promising. In late 1898, there were three new townsites being surveyed and promoted.

These sites being Copper City, Althalmer, and Columbia City between Toby and Horsethief Creeks. There was excitement surrounding the townsites as there was a mining boom in the area bringing a flood of prospectors and potentially prosperous mines to promote. There were a number of mining properties with high potential and there was a rush to create the "next big boom town" which brought out all the fortune seekers and intense competition between towns. Mines such as the Delphine, the Red Line, and the Paradise among the Swansea Mine. Towns competed for supremacy and specifically the real estate market saw a very lucrative boom with people flooding the area.

Unfortunately, the townsite of Copper City didn't do so well in competition with other towns. Althalmer had the luxury of being located close to the river crossing and steamboat landing on the Columbia River, and Columbia town. Althalmer had the luxury of being located close to the river crossing and steamboat landing on the Columbia River, and

City being in closer proximity to the Toby and Horsethief Creek mines. Copper City being on the opposite side of the river had to ship ore through Windermere. However, Copper City still had the advantage of being "the favorite among old timers" which was a driving force to keeping it operating.

Based on the geographic location of Copper City, it prompted Fred Mulholland to pivot away from promoting Copper City as a mining town and more towards tourism. This brings us to September 1899 where Mulholland declared a name change of Copper City along with a \$5,000 hotel constructed in addition to a \$1,000 stables.

Until 1909, the townsite hadn't seen real growth. This was when the townsite was purchased by the Columbia Valley Irrigated Fruit Lands Ltd. The townsite was promoted to English and Scottish immigrants and this was when the town became what we know today, Invermere. The name deriving from Scottish origin describing the town's location (inver meaning "mouth" and mere "lake").

Agriculture was established and beef production began, but that's for another time. Make sure to tune into this space for your next moment in Columbia Valley history.

REMEMBER DRIVER? WE ALMOST GOT A NEW ADDITION.

JOSH GRIEVE



WHEN DEVELOPERS AT UBISOFT WERE TASKED WITH CREATING A NEW INSTALLMENT TO THE DRIVER FRANCHISE, THE TEAM AT UBISOFT GOT HARD TO WORK.

However, the game began to take a life of its own and turned into the game we now today as Watch Dogs, the successful hacking RPG franchise.

A source within Ubisoft revealed that when Ubisoft Montreal was developing a new Driver game, they decided to upgrade its mechanics which involved on-foot segments and shooting, it soon became very much like GTA in play style and design. However, the development team introduced a whole new feature to the game which would eventually be the staple for Watch Dogs, the ability to hack technology.

“The game that was released as Watch Dogs started life as a sequel in the Driver franchise but was always largely what you see in the final product,” the source told VG247. “It was always modern day, it had on foot, parkour, combat as well as driving, all set in a large open-world city, and the main hook was always modern technology and hacking. After a while trying to make this concept fit into the Driver franchise, the decision was made to turn it into its own, new IP.”

Another former Ubisoft employee told VG247 that Watch Dogs was born due to the failure of Driver: San Francisco. The idea was for Ubisoft to “have their own version of GTA” which Ubisoft CEO Guillemot saw as dollar signs. However, it’s quite obvious the addition of hacking technology in-game is exactly what caused Ubisoft to turn this game into its own IP. Adding these additional elements makes it a completely different experience than previous installments in the Driver franchise.

Watch Dogs itself is an amazing game, with multiple games in the franchise already out in the world. The game hit the scene in 2014 and immediately impressed gamers with its blend of open world, driving, and hacking. With the addition of Watch Dogs Legion to the franchise, your hacking fun is expanded with the hacking sandbox. This game focuses more on the hacking style of gameplay at the expense of the prominent driving elements we’re used to in previous games.

BC RESIDENTS 12+ CAN REGISTER FOR THEIR VACCINATION

If you are born in 2009 or earlier, you can now register to receive your vaccination against COVID-19.

In a media release, Premier John Horgan said, “Young people have faced immense challenges throughout this pandemic and have responded with strength and resilience.”

The premier continued, “If you’re between 12 and 17, your turn is here. Vaccines are how we get our lives back and get back to seeing our friends and all the activities we miss. You can help us put this pandemic behind us by registering today, getting vaccinated and encouraging everyone in your life to do the same.”

Parents, guardians and trusted adults are also able to register and book for young people, with booking invites sent to those who are older first. To make it easier for households and groups, there are options available to be immunized at the same time. Multiple young people in the same household can be booked into one appointment together.

To register online for a vaccine appointment, everyone will need:

- * their personal health number (found on their CareCard, driver’s licence or BC Services Card);
- * postal code;
- * first and last name;
- * date of birth; and
- * an email address that gets checked regularly or a phone number that can receive text messages.





MOUNTAINSIDE VILLA'S

Spring Rentals

1 bedroom per night \$150
2 bedroom per night \$180
(for multiple nights)

1(855) 341-6341 9am - 5pm daily
www.mountainsidevillas.com

Subject to taxes and availability
from Feb 12 - June 11th 2021



#MSVillas




CNC By Design

You dream it, we will build it.
All products are custom made to order
Brian Daviduke (250) 342-5959

SERVICE YOU CAN COUNT ON



- Security Systems • Audio/Video
- Internet and Wifi
- Home Automation

RFEALARMS.COM (250) 342-6549



PET
and people
PORTRAITS

- Unique • Memorable
- Realistic • Reasonable
- Professional
- Quick turn-around
- Shipping available
- Specializing in memorial portraits

betty106@telus.net

250 342 5448





VALLEY PROMOTIONS

SPRING IS HERE

WATCH OUT FOR HORSES



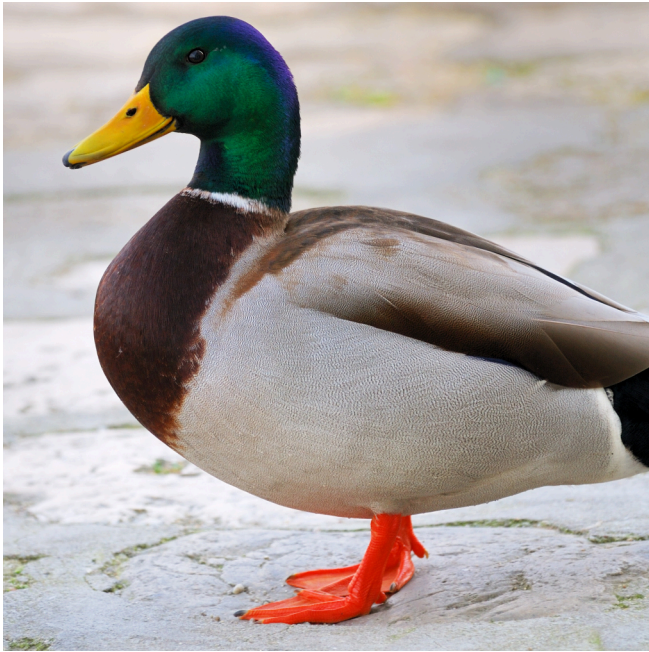
WITH GOOD WEATHER APPROACHING, DRIVERS ARE REMINDED TO BE VIGILANT AND SHARE THE ROAD WITH HORSES AND THEIR RIDERS.

Watch for signs in rural areas alerting you of the possibility of passing horses and riders. These signs can be at the start of any roadway or along narrow/winding rural roads.

Loud noises such as horns or even simply passing can be startling to horses and cause a massive risk to the rider, animal, and you as a driver. Be cautious and share the road when you're out there on your travels.

When travelling near horses, use the following tips to keep yourself and those around you safe:

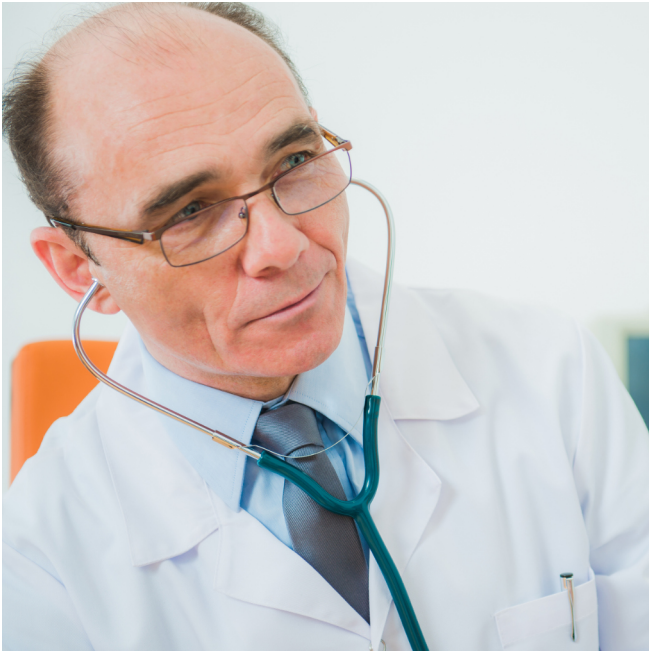
1. Slow down when approaching
2. Pass the horse at a slow speed and give the rider a wide berth
3. When braking and accelerating, do so gently to avoid noise or spraying gravel
4. Turn off all loud noises and do not honk
5. If the horse appears in distress or agitated, wait for the rider to get the horse under control before passing.



Don't Quack!

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!"



Concerns of Children

When my three-year-old was told to pee in a cup at the doctor's office, he unexpectedly got nervous.

With a shaking voice, he asked, "Do I have to drink it?"



No, Your Wife

The photographer was positioning my new wife and me for our wedding photos when he asked, "Have you ever modeled?"

My cheeks instantly turned red. "No, I haven't," I said. "But I always thought ..."

The photographer interrupted me: "I meant her."



Husband Goggles

The party's host paid me a great compliment. "You are a good-looking woman," he said. "Honest—I've had only one beer."

My glow was only slightly dimmed when my husband interjected, "Imagine how great she'll look after two!"

A LITTLE FUN

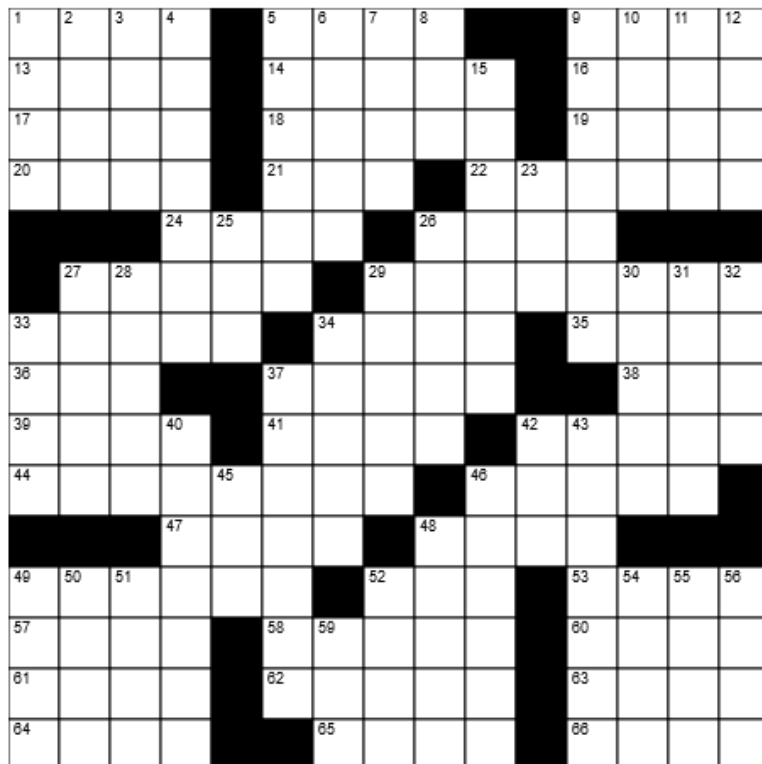
BestCrosswords.com - Puzzle #1 on 5/25/2021

Across

1- Thought-provoking; 5- Capri, for one; 9- Run away; 13- Pan's opposite; 14- Cursed; 16- Mutual fund fee; 17- Manipulator; 18- Radiolocation; 19- Farming prefix; 20- Computer list; 21- Hydrocarbon suffix; 22- Take as an affront; 24- Takes to court; 26- Course; 27- Bit of wisdom; 29- Paternal; 33- Hot stuff; 34- Dress often worn by Hindu women; 35- Jeff MacNelly comic strip; 36- Young man; 37- Room at the top; 38- ... mouse?; 39- On the main; 41- Ladies of Spain: Abbr.; 42- European viper; 44- Forgiving; 46- Dutch painter Jan; 47- Stuff; 48- Staff leader?; 49- Turmoil; 52- Second-century date; 53- Like the White Rabbit; 57- Linebacker Junior; 58- Eagle's home; 60- Fighting; 61- The Emerald Isle; 62- Bridges; 63- Legal wrong; 64- Mailed; 65- Skeptic's scoff; 66- Blunted blade;

Down

1- Percussive instrument; 2- Smooth sailing; 3- Level; 4- Scrutiny; 5- Sharon's land; 6- Graceful birds; 7- Prospector's find; 8- Noteworthy period; 9- Flares; 10- Expensive seating area; 11- Pull down; 12- Prepare a book or film for release; 15- Unpredictable; 23- Biblical verb ending; 25- "Mentalist" Geller; 26- Seine spot; 27- Facet; 28- Duck with soft down; 29- Deadly; 30- ___ Island; 31- Sophia of the screen; 32- Age unit; 33- A type of bake; 34- Play chords; 37- To the extent that; 40- Narrative; 42- Consumed, usually food; 43- Puncture; 45- Roth ___; 46- Most cunning; 48- "Crazy" singer Patsy; 49- Employs; 50- French father; 51- Picnic spoiler; 52- Kvetch or whinge; 54- Perched on; 55- Air-filled rubber hoop, become fatigued; 56- Kitchen addition; 59- Center starter;



Easy Puzzle 4,850,042,028

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



I went to the bank today to deposit a check, and they asked me for ID.

I said, "WAIT - Are you telling me other people are trying to put money into my account and you're telling them no!?"



GET INVOLVED

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

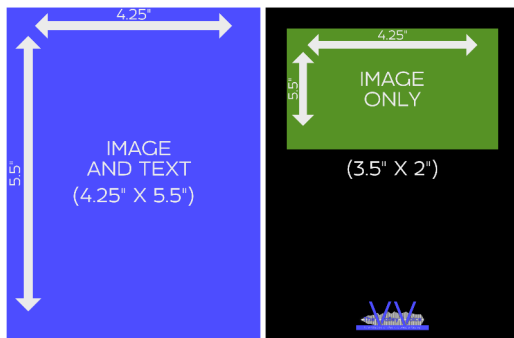
BUSINESS ADS

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. *Ads must be refreshed every 3 months*

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

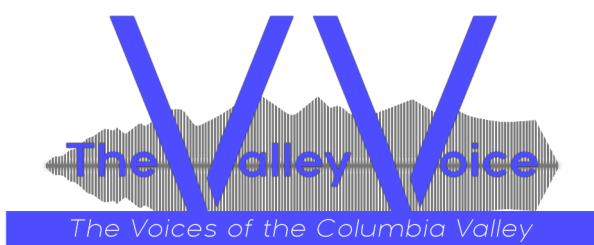
Donate a product or service for giveaway through the Valley Voice. Help us give back to the readers and we will help place you. Though, we will likely reserve this to one per issue. Businesses can choose to host more than one giveaway through Valley Voices to obtain additional feature pages.

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

VISIT US ON SOCIAL

@thevoicecv

VISIT US ONLINE

thevoicecv.ca