

#13 ISSUE

# The Valley Voice

*The Voices of the Columbia Valley*

# 215

On Thursday, the bodies of 215 children were found at a former residential school set up to assimilate indigenous people.

## EASY TRAILS FOR NOVICE HIKERS

Jen Bewski shares her take on the novice hiking trails around the valley in preparation for June 5th Trail Day.

## THE POWER OF YOU

HOW MANY TIMES HAVE YOU WOKE UP IN THE MORNING FEELING DOWN? MANY PEOPLE ARE EXPERIENCING THIS, ESPECIALLY SINCE THE START OF THE PANDEMIC.

COVER PHOTO TAKEN AND SUBMITTED BY JEN BEWSKI



## 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

Dear Readers,

Our country mourns the loss of 215 indigenous children found in a mass grave in Kamloops. This is an absolutely devastating moment to our indigenous community and a painful reminder of our past mistakes.

Our hearts and prayers go out to the families and communities who have been impacted by this tragedy.

During this time, it is important to remember our history and what we can do to rectify for our mistakes.

- The VVV

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# WE MOURN THE LOSS OF 215 INDIGENOUS CHILDREN

On Thursday, the bodies of 215 children were found at a former residential school set up to assimilate indigenous people.

The mass grave was found at Kamloops Indian Residential School which was closed in 1978. The First Nation Elders are working with museum specialists and the coroner's office to determine the cause and time of death. The preliminary findings represent the unthinkable loss that was never documented by school administrators.

From around 1863 to 1998, over 150,000 indigenous children were forcibly taken from their families and placed in residential schools. These children were not allowed to speak their own language, practice their culture, and were horribly mistreated. These residential schools were compulsory boarding schools run by the government with the goal of assimilating indigenous youth.

At this time, these are considered missing children and undocumented deaths with some as young as three years old. The tribe has reached out to the communities of the children who attended the school and expect to have preliminary findings come mid-June. The reaction of the nation has been one of shock, awe, and grief. As tweeted by Prime Minister, Justin Trudeau,

"The news that remains were found at the former Kamloops residential school breaks my heart - it is a painful reminder of that dark and shameful chapter of our country's history. I am thinking about everyone affected by this distressing news. We are here for you."

# #REMEMBER215



# BC SEES MINIMUM WAGE INCREASE



Effective June 1st, the general minimum wage will be increasing to \$15.20/per hour. The general minimum wage of the province has seen an increase of \$3.85/per hour over the past four years which has benefited almost 400,00 BC workers.

**This day also ends the discriminatory lower minimum wage for B.C. liquor servers. Statistics state that over 60% of workers in the liquor industry are female meaning this move will effectively support more women workers in British Columbia.**

Prior to the work of the provincial government to increase the general minimum wage, British Columbia had one of the lowest minimum wages in the country while also being one of the most expensive places to live. Now, B.C. has the highest minimum wage of any province as of next year and increases will be tied to inflation.

Here are the official minimum wage increases effective June 1st as reported by e-know.ca:

- General minimum wage increases to \$15.20 an hour from \$14.60 an hour.
- Liquor server minimum wage of \$13.95 an hour is being eliminated and replaced with the general minimum wage of \$15.20 an hour.
- Live-in camp leader minimum wage, per day, increases to \$121.65 from \$116.86; and resident caretaker minimum wage, per month, increases to \$912.28, plus \$36.56 per suite for those who manage nine to 60 residential suites and to \$3,107.42 for 61 or more suites.

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# VALLEY PROMOTIONS



# EASY TRAILS FOR NOVICE HIKERS

If the upcoming June 5th Trail Day inspires you to take up hiking, here are a couple of ideas for the novice hiker.

We have been in the valley full time less than a year, so we are newbies to BC trails too. We've enjoyed several of the local trails such as the Hoodoo Trail, Old Coach Trail, Findlay Falls and Sinclair Canyon. The views from the top of the Hoodoos tops the favourites list although it's hard to pick just one favourite. Watching the turtles walking around Dorothy Lake by Kinsmen Beach is low key fun too. Right now, we use the All Trails app to find Trail ideas. Next on the list is tackling a trail from the book "Waterfall Hikes in Southern British Columbia" by Steve Tersmette.

The route to get to the Hoodoo Trail from Invermere involves taking the 93/95 to Westside Road. You'll find the parking area on the west side of the road just over 1 km from the highway junction. The Trail to top of Hoodoos, by Dutch Creek, has an easy path but constant gradual incline. We did have to stop a couple times to take in the fantastic scenic views and bonus, catch our breath. As you go up you have a fantastic view of Fairmont and start to catch glimpses of Columbia Lake. Once at the top the views of Columbia Lake are spectacular.

For anyone nervous about the reaching the crest, there are guard rails so that you can't go over the edge while soaking it all in. (Don't worry, you can still get those selfies without taking risks!) I'm sure some people live dangerously and have climbed over the rails. We did not want an unexpected trip down to the highway, so we opted out of that choice and kept on safe side as signs request.

There are two great look outs. I tried to finish the loop while the smart one of us started back on same path we used coming up. I stopped at a point where there is a downward slope of loose sand and no clear landing point of footing was lost. Anyone who likes watching Ninja Warrior shows knows how easy it is to lose your footing and it was starting to feel like I was the newest Ninja Warrior contestant. Maybe younger me would have tried but older, wiser, me opted to admit the hoodoos won the challenge and headed back the same way I came. My defeat felt slightly better when the next group made same choice.



Photo: Hiking Trail taken by Jen Bewski



For those who need a rest, fear not, there is a bench mid-way on the trail. The trail is for all ages but don't let younger kids sprint ahead to the top alone. If you struggle with inclines, allow a bit more time and include scenic breaks. Bring a water bottle and wear decent footwear. Expect that likely the only wildlife you will encounter will be birds and deer. We were wary as it felt like other animals might also enjoy the area. In case you're wondering, the views are definitely worth it.

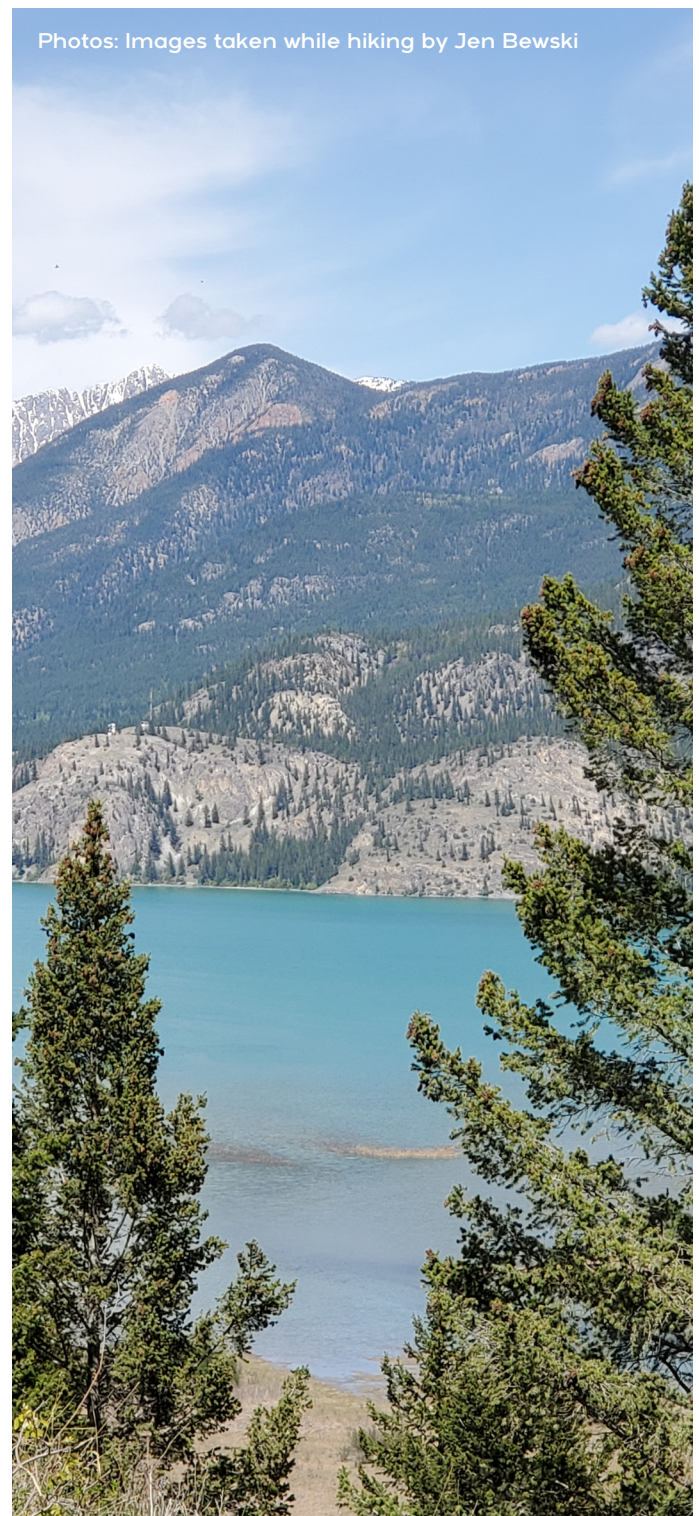
Sinclair Canyon is another easy gem. There are several entrances off Foresters Landing Road in Radium. We usually take the first entrance in Rotary Park closest to the highway (there is sign with the trail map). Once you get to bottom of the trail stay to right and you'll find the creek. The amount of water will depend on time of year. Right now water is running quite quickly. Make sure to stop along the way, smell the trees and enjoy. There are information signs along the trail if you're looking for learning opportunities. Once you get to end of the trail, there is a loop to go back or you can take the path up the hill to Borrego Ridge Road. There is a trail map at Borrego Ridge Road end that you'll be able to orient yourself with to walk back to the highway. Once back at the highway take sidewalk back across canyon towards the Roundabout Radium Horns. Animals we have encountered in the area are Big Horn Sheep, deer and turkeys.



Regardless which trail you decide to test out, besides your proper shoes, hat, and water, always have your wildlife smarts about you and don't forget to pack out what you packed in.

If you're looking to start your novice hiking journey, or even if you're already a seasoned mountain goat, consider checking out the All Trails app. It's what we use to find hiking trail ideas. The next on the list is tackling a trail from the book "Waterfall Hikes in Southern British Columbia" by Steve Tersmette so stay tuned!

-Jen





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# VALLEY PROMOTIONS



# INVERMERE PROVIDES UPDATE TO STRATEGIC PRIORITIES

An updated strategic priorities chart was presented at the most recent council meeting to Invermere council members.

At the top of the most pressing priorities is the 13th Avenue sewer replacement project beginning this summer and expected to last until 2023. The next top priority is to update Althamer planning policies and complete a memorandum of understanding with the BC government regarding the district taking control of James Chabot Provincial Park and completing an assessment of the park. The goal is to complete this priority by the summertime. The third top priority has been a hot topic in many of our communities which deals with policies relating to attainable housing, the timeline for this is ongoing. The final top priority set to be finalized this spring is to collaborate with the Shuswap Indian Band. A facilitator will be recruited under the Community Economic Development initiative which aims to foster relationships between local municipalities and neighbouring First Nation communities.

Other priorities mentioned were including the development of a draft subdivision servicing bylaw, securing an operator for the community garden, decide on the future of the community hall, next steps for organic waste diversion, and providing a land decision on the Rotary ball diamond. The district will also follow up with the federal and provincial government regarding the ban bylaw on plastic bags, second phase financing from the provincial and federal government for the Columbia Valley Centre, with CEDI and the Shuswap Indian Band about their ongoing economic development partnership, and with the Lake Windermere Ambassadors about lake and river health.



# THE POWER OF YOU

How many times have you woke up in the morning feeling down? Many people are experiencing this, especially since the start of the pandemic. We all know the impacts the past year has had on the mental health of everyone. Life can sometimes feel like one disappointment after another, however that's our perception. A change in perspective can take you on a journey to internal happiness.

There are going to be days when you wake up feeling like something is wrong with your world. It's in moments like these that it's important to make the extra effort to get out and do something positive. Now, I saw EXTRA effort because it's already going to take you so much effort to just get out of bed and live your life. Don't be hard on yourself, just push yourself to do something positive that will help get you out of this mindset. Only YOU have the power to make YOU happy.

That's right, only you have the power to make yourself happy. Life doesn't need to be perfect all the time, but you need to put yourself in situations that make you happy. If you're in an environment you're not happy with and doesn't resonate with who you are, finding happiness is going to be extremely difficult. Take the time to determine what it is YOU want and make it happen for yourself.

Here are 5 tips to help boost your spirits and get your day back on the positivity train:

1. Start writing down every single thing in your life that you love and appreciate. Look at this list constantly throughout the day to remind yourself of the things that make you happy.
2. Make an effort to schedule time for YOU. Self-care is crucial to keeping you on the positivity train. Take time out of your day to do things you love and keep your sanity.
3. Find something that makes you laugh, laughter is always the best medicine!
4. Be creative! Letting your inner creative out can be fun and inspiring. It's a great way to help shift your perspective and keep in a positive mindset.
5. Go for a walk, get out into the nature and breath her air. Appreciate your surroundings.

These are just a few things you can try to keep yourself in a positive state of mind. Everyday won't be a good day but you can always make the effort to turn it into one. You have the power - use it wisely.





# CAN YOU STAY HUMAN? DYING LIGHT 2 TITLE AND RELEASE DATE REVEALED

**JOSH GRIEVE**

**DYING LIGHT 2: STAY HUMAN HAS BEEN OFFICIALLY ANNOUNCED AND WILL BE RELEASED ON DECEMBER 7TH, 2021 FOR PS5, PS4, XBOX SERIES X|S, XBOX ONE, AND PC.**

A new gameplay trailer was revealed that shows the current development state of Dying Light 2 and gives us a new story synopsis.

"Players will take control of Aiden Cauldwell, a survivor trying to piece together his past. Three factions are vying for power over the scraps of civilization. Aiden can work for or against each of these factions to help shape your story. But at night all three factions are at the mercy of the zombies."

The trailer showed off core mechanics like the parkour travel players are very familiar with from the franchise's first iteration. The combat of the game is tailored completely to your play style, do you like to beat on your enemies or shoot them in the face? Either way, the combat will be adjusted to how you most like to play. The world of Dying Light 2 is full of different NPCs you can either ally with or turn against depending on the path you choose for your character. You may be in a race against time in order to stay human.

Pre-orders for the game are now available in three different editions, Standard Edition, Deluxe Edition, and Collector's Edition which comes with physical goods like a figurine, flashlight, art book from the game, and a steelbook case. Those who pre-order Dying Light 2 will receive a free DLC Reload Pack including a unique outfit, weapon, and paraglider skin. The developers have touted the game is great for everyone, including those who haven't yet played the first Dying Light game. However, if you want to catch up a Platinum Edition of Dying Light was announced which includes all released DLC for the game.





  
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# VALLEY PROMOTIONS





### Irritated Scalp

Suffering from an unsightly scaly rash, my friend Denise made an appointment with a dermatologist who happened to be very attractive. After a full examination, the doctor cocked his head and asked, "Denise, did you get your hair done?" "Why, yes. Thank you for noticing," said Denise, flattered. "I thought so," the doctor replied. "Because your scalp looks red and irritated."



### Drinking and Driving With Straws

A few of us were discussing the perils of drinking and driving when my five-year-old granddaughter threw in her two cents. "I can see why it would be dangerous to drink and drive," she said. "The straw could go up your nose."

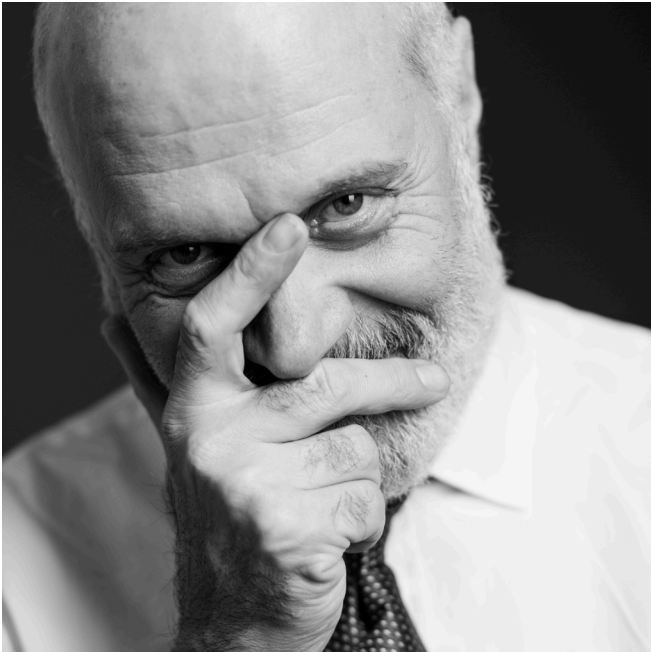


### Kids Say The Darrest Things

My three-year-old son: I don't know what I want to be when I grow up.

Me: You can be anything you want.

Son: (after a few seconds) I think I'll be a mother.



### 18 Months

My great-aunt looked confused when I told her that my daughter was 18 months old. "Oh," she said. "I thought she was a year and a half."

"But Aunt Marie," I said, "18 months and a year and a half are the same."

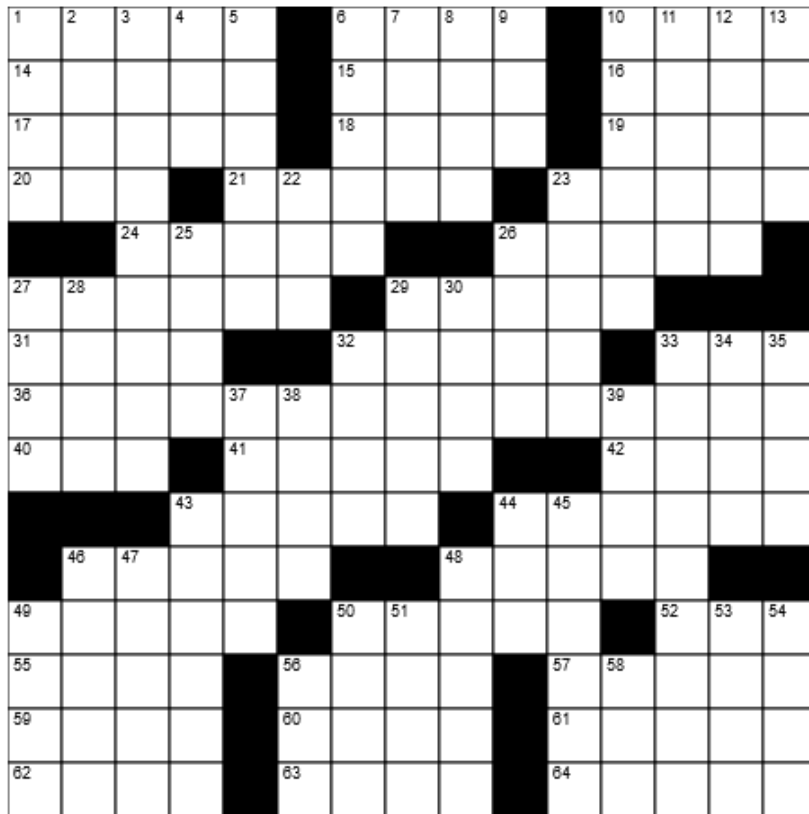
She shrugged. "What do I know? I never had kids."

# A LITTLE FUN

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

## Across

1- Conclude by; 6- As to; 10- Actor Omar; 14- View; 15- Enlarge, as a hole; 16- Work up lather; 17- Unsaid; 18- Vintner's prefix; 19- Fork feature; 20- Penlight battery; 21- Artist Rousseau; 23- Snooped; 24- Head lock; 26- Drive back; 27- On solid ground; 29- Sporting blades; 31- Go it alone; 32- Evade; 33- Go out with; 36- Make a trade?; 40- Capitol Hill abbr.; 41- Bloodsucking worm; 42- Indigo source; 43- 3 grains troy weight; 44- Wirelasses; 46- Trunk line; 48- Type of pitch; 49- Aquarium buildup; 50- Rhythm; 52- \_\_\_-Bo; 55- Realtor's sign; 56- Indonesian holiday resort; 57- Dawdle; 59- Cad; 60- Part of MIT; 61- To talk, usually in a pompous manner; 62- "\_\_\_ quam videri" (North Carolina's motto); 63- Double curve; 64- Put away papers;



## Down

1- This, in Tijuana; 2- Final Four org.; 3- Athletic contest; 4- Singer DiFranco; 5- Hopple; 6- Golf clubs; 7- \_\_\_-do-well; 8- Royal Indian; 9- Comedian Philips; 10- Bars legally; 11- Composure; 12- Discussion group; 13- Raced; 22- End for Siam; 23- I \_\_\_ vacation!; 25- It's over your head; 26- Bridle part; 27- Egyptian cobras; 28- Peeved; 29- Eject; 30- Milne creation; 32- In the Black?; 33- Pertaining to the left side; 34- Pinza of "South Pacific"; 35- Electric fish; 37- Delight; 38- Lab fluids; 39- Put aboard; 43- Tiny bed; 44- Blame; 45- Many; 46- Healing plants; 47- Leers at; 48- Strike hard; 49- Tennis great Arthur; 50- Zingy taste; 51- More; 53- Commedia dell'\_\_\_; 54- Checked out; 56- Short life?; 58- Uris hero;

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"I make mistakes; I'll be the second to admit it."



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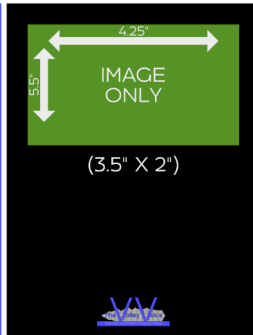
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