

#17 ISSUE

The Valley Voice

The Voices of the Columbia Valley

Heatwave Edition

RECORD BREAKING TEMPERATURES FOR B.C.

Dangerous temperatures are persisting across B.C. currently and are expected to continue until at least next week.

HAPPY CANADA DAY

July 1st we celebrate Canada Day and acknowledge the history that comes with our Country.

DIY: KEEPING YOURSELF COOL

Been on the hunt for an A/C unit? Yeah, so has everyone else. Don't worry, there are tips on how to keep you, your family and pets cool in this record-breaking heat.

COVER PHOTO TAKEN AND SUBMITTED BY JESSIE BLAKLEY



HOW ARE WE DOING?

The Volunteers of the Columbia Valley Voices Online Magazine are dedicated to providing content that is generated and supported by our valley residents.

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

Send us a note on Facebook or Instagram @thevoicecv

OR

by email to news@thevoiceca.ca



Photo Credit: Allegra Newill

LETTER FROM THE VOLUNTEERS

Dear Readers,

Are we all hot enough yet?! Phew, it sure has been hot in the Valley (and nearly everywhere else in BC) and we know it's been a challenge to keep yourself, family, and pets cool.

That's why this week the volunteers came together to create content to help you battle the heatwave that we're in the middle of.

Take a read and let us know what you think of our themed issue and if you'd like us to keep doing them. If you have ideas as to themes YOU would like to see, please let us know!

Drink some water, stay out of the heat, and enjoy this week's heatbuster edition.

The VVV

PET

and people

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GAMER'S CORNER: XBOX WILL TAKE OVER THE GAMING INDUSTRY WITH CLOUD GAMING

HAPPY CANADA DAY



JULY 1ST - A DAY WE CELEBRATE CANADA WHILE ACKNOWLEDGING THE HISTORY THAT MADE OUR COUNTRY WHAT IT IS.

With the recent surfacing of unmarked graves beneath several former residential schools, it's no surprise that there is a lot of EMOTION surrounding Canada Day this year, and the various practices we use to observe it.

The history of any country is littered with questionable history. We, as a society, need to consistently acknowledge that. Atrocities have and continue to occur. There will never be a time where we will stop working towards becoming better as individuals and as a society. However, buying into cancel culture to "cancel" Canada Day celebrations seems short-sighted.

Canada Day is also a time of reflection. Not only to reflect on ourselves and how we support our communities, but on the history and what part we play in it. What does Canada mean to you? This is a time of acknowledgment and reflection of our Canadian history.

Speaking of history, Canada was "born" on July 1, 1867 when the colonies Nova Scotia, New Brunswick, and the Province of Canada (now known as Ontario and Quebec) were united as Canada. The day was originally deemed Dominion Day as the country was considered a single dominion within the British Empire. The name change came in 1982 once Canada separated from the British Empire and signified themselves as much more than just a British colony.

Everyone celebrates Canada Day a little differently, especially in today's times. Some people prefer to celebrate with friends and family in their backyard while others enjoy travelling and enjoying nature. Consider taking a moment of silence, in respect, before taking in a cultural piece of Canada you may not yet be familiar with. Be proud of the cultural melting pot we call home. Use your voice to lift each other, each community, and CANADA up.

Whatever you decide to do, it's guaranteed you'll be hearing Canadian bands playing everywhere with the red and white colours waving high.

CANADA DAY COMMUNITY CONNECTIONS

YOGA & DRUM CIRCLE

Join us for a morning of yoga and/or drumming. All ages welcome.

Registration by donation with all proceeds supporting local Every Child Matters initiatives. Advanced registration required:
www.valleyfoundation.ca/canada-day

- JULY 1, 2021 -

YOGA - 8:00AM | DRUM CIRCLE - 10:00 AM

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Valley Promotions



RECORD BREAKING TEMPERATURES FOR B.C.

Dangerous temperatures are persisting across B.C. currently and are expected to continue until at least next week.

Environment Canada has released a statement urging people to stay cool while these record-breaking temperatures are happening. The heatwave started moving across the province on Saturday and is expected to start the downward trend come Friday.

Daytime highs are ranging anywhere from 35-45 degrees with overnight lows between 20-24 degrees. It is highly urged to drink plenty of water and stay cool in these temperatures to avoid risk to your health. Pets should also not be left in the heat or a parked vehicle.

Environment Canada had the following to say:

"An exceptionally strong ridge of high pressure will develop over British Columbia likely resulting in record-breaking temperatures. The duration of this heatwave is concerning as there is little relief at night with elevated overnight temperatures. This record-breaking heat event will increase the potential for heat-related illnesses and increase the risk of wildfires due to drought conditions."

Be vigilant for symptoms of experiencing a heatstroke. These symptoms can include dizziness/fainting, nausea/vomiting, rapid breathing and pulse, extreme thirst, and decreased urination with unusually dark urine.

CAMPFIRE BAN FOR BRITISH COLUMBIA

Press Release From the Provincial Government

Effective at noon (Pacific time) on Wednesday, June 30, 2021, campfires, Category 2 and Category 3 open fires will be prohibited throughout the province of British Columbia.

This prohibition will remain in effect until noon on Oct. 15, 2021, or until the order is rescinded. The provincial weather forecast calls for record-breaking high temperatures throughout B.C. this week and follows a spring of lower-than-average precipitation in the southern half of the province. These conditions are expected to persist in the coming weeks.

Camping is a long-standing tradition in this province. The B.C. government recognizes that people also enjoy having campfires, so it takes any decision to implement a campfire ban very seriously.

The BC Wildfire Service takes these extreme heat conditions seriously. Additional precautions are being undertaken throughout the province, including fire warden patrols, fixed-wing aircraft patrols and an active enforcement presence. Wildfire prevention is a shared responsibility. Human-caused wildfires are completely preventable and divert critical resources away from lightning-caused fires.

The BC Wildfire Service is constantly monitoring current and forecast conditions and maintaining preparedness.

A campfire is defined as any fire smaller than 0.5 metres high by 0.5 metres wide.

In addition to campfires, Category 2, and Category 3 open fires, the following activities are also prohibited:

- The use of fireworks
- The use of sky lanterns
- The use of burn barrels or burn cages of any size or description
- The use of binary exploding targets
- The use of tiki and similar kinds of torches
- The use of chimineas
- The use of outdoor stoves or other portable campfire apparatus without a Canadian

Standards Association (CSA) or Underwriter Laboratories of Canada (ULC) rating

The use of air curtain burners in Cariboo, Coastal, Northwest, Prince George and Southeast fire centres

To report a wildfire, unattended campfire, or open burning violation, call 1 800 663-5555 toll-free or *5555 on a cell phone.

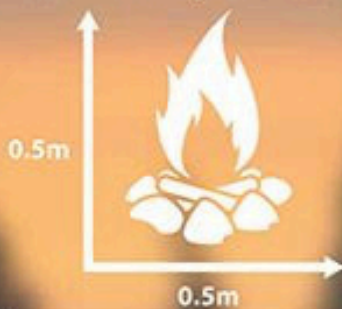
Anyone found in contravention of an open-burning prohibition may be issued a violation ticket for \$1,150, may be required to pay an administrative penalty of up to \$10,000 or, if convicted in court, may be fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

OPEN FIRE REGULATIONS



40% of B.C. wildfires are human-caused and therefore preventable

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?



CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

REGULATIONS:



You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.



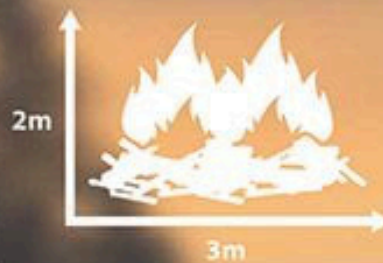
Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)



During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.



You must build a fire guard around your campfire.



CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:



A fuel break must be established around any Category 2 burn area.



Fireworks are banned when a Category 2 fire prohibition is in effect.



Burning barrels are banned when a Category 2 fire prohibition is in effect.



At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:



A fuel break must be established around any Category 3 burn area.



Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.



You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

GENERAL REGULATIONS:



Never burn in strong wind conditions.



Your fire must be extinguished before leaving the area.



Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.



Do not conduct Category 2 or Category 3 burns when venting conditions are "Poor" or "Fair". Always check here first: www.bcairquality.ca/readings/ventilation-index.html

*Further bans and restrictions can be implemented at the BC Wildfire Service's discretion.



Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.



Ministry of
Forests, Lands and
Natural Resource Operations



www.bcwildfire.ca



@BCGovFireInfo



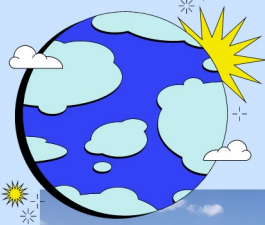
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VALLEY PROMOTIONS

COOLING ROOM

Find relief from the heat in this air conditioned space! A cooling room has been set up in the basement of the Invermere Fire Hall. 626 4th St. Entrance located in the lower parking lot.

HOURS OF OPERATION:

11am-8pm

Tuesday June 29th, Wednesday June 30th
& Friday July 2nd

All services will be delivered following ongoing COVID-19 protocols. This includes encouraging physical distancing, the mandatory use of masks, and hand washing.



DIY: KEEPING YOURSELF COOL

Been on the hunt for an A/C unit? Yeah, so has everyone else.

With the high demand of air conditioning units, many are finding themselves out of luck when going to make a purchase. They're either sold out or find someone re-selling them at a ridiculous price.

Ever thought of making your own Air Conditioner? Crazy thought right, but it can be done for under \$15! You're going to need a small cooler, preferably Styrofoam or some other material you can cut. You'll also need two dryer vents and a small fan.

Step 1: Trace a circle around the dryer vent on the side of the cooler.

Step 2: Cut out the hole just smaller than the line you traced.

Step 3: Repeat for the other side.

Step 4: Cut a hole in the top.

Step 5: Trace a circle around your fan face down on top of the cooler.

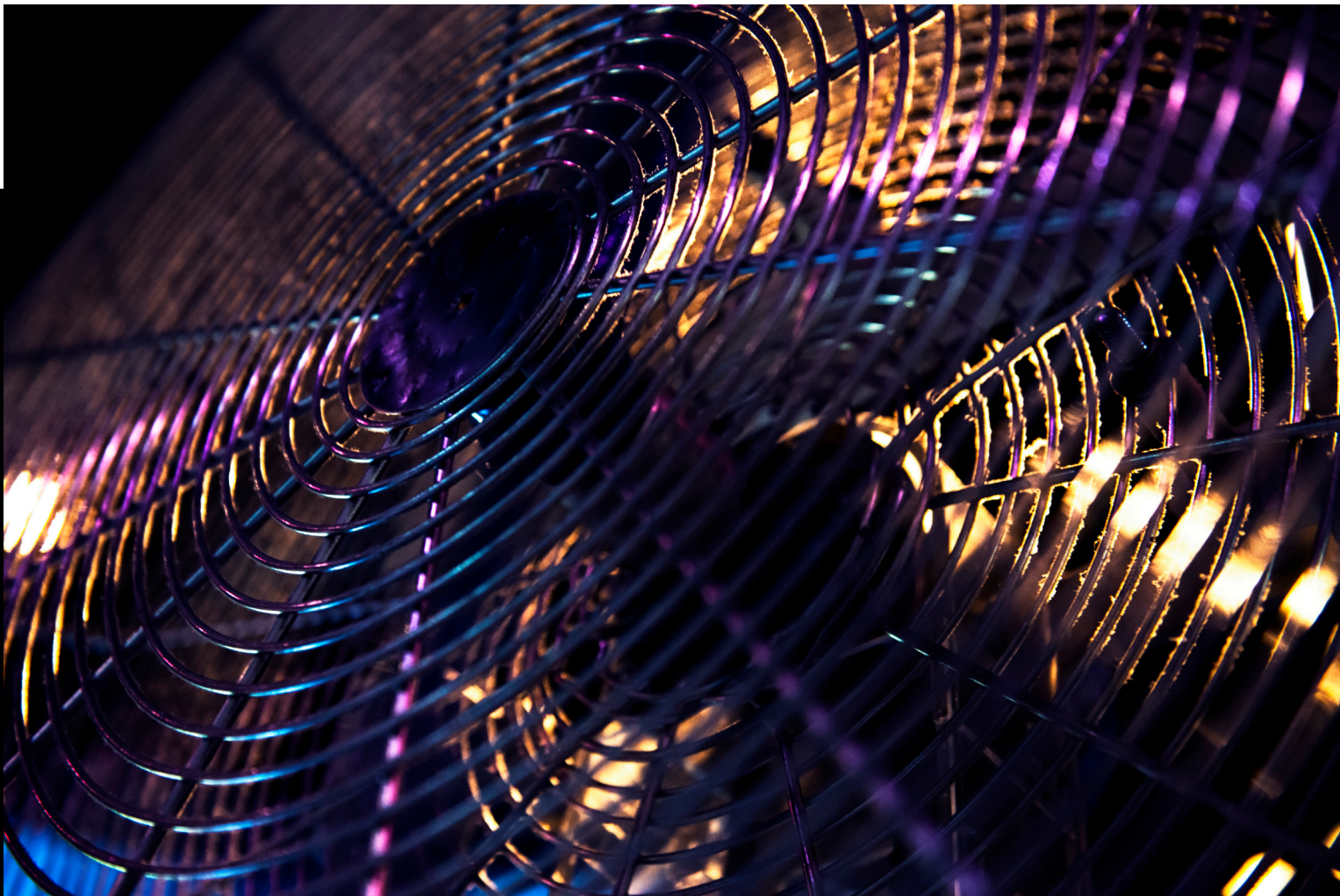
Step 6: Cut out the traced circle just smaller than the fan itself.

Step 7: Put the lid and fan face down on top of cooler.

Step 8: Find ice or anything frozen to put in the cooler and make it cold.

Step 9: Plug in the fan and turn it on.

Voila! You now have your own homemade A/C unit to try and keep yourself cool during this historic heatwave.



PREVENT SWEATING AT HOME

IS IT HOT ENOUGH FOR YOU YET?



Hot and humid temperatures will impact your living environment almost immediately. It's difficult to stay motivated when you feel damp, sticky, and sweaty, it's absolutely uncomfortable. You could try and buy an A/C unit, if you can find one, but there is an alternative. Try and keep your home cool!

Here are some tips on how you can try and keep your home cool during this crazy heat.

1. Keep your windows open at night. It becomes cooler during the evening hours when the sun is down which can help bring down the temperatures inside your home. You can pair this up with a fan to create tunnels of cool air circulating through your home. One fan blows cold air from the window and another sucks it in to blow it throughout the rest of your home.
2. Keep all of your blinds closed during the day to prevent more heat coming into your home from sunlight. Up to 30% of unwanted heat in your home comes through windows from the sun. Keeping your blinds closed prevents the sun from coming in and can lower your temperature significantly.
3. An important aspect of keeping your home cool is ensuring nothing is producing heat inside of it. Including YOU! When you breathe, do actions, walk around, you're creating heat in your space. This includes doing chores, laundry, dishwasher, etc. All these appliances create and let off heat in your home. Do these at night when the temperatures are cooler.
4. Cooking - this is where you'll find the majority of your heat comes from. You need heat to cook, however the moment you turn on your oven, get ready for sweltering heat. Try and find meal ideas that don't use the oven and use the grill instead! It's also a great time for cool meals like salads and sandwiches!
5. Keep your doors open, inside your home. Keeping them closed in the winter is a great way to keep heat trapped, which is the exact opposite of what you want to do for summer! Keeping your doors open allows for better airflow throughout the home.
6. Replace incandescent lightbulbs, these kick off a lot of heat.

Staying cool this summer will be difficult with the increasing temperatures coming into the province. By following these tips, hopefully they bring more cool air into your home this summer!

KEEPING YOUR PETS COOL

The temperatures are hot,

The temperatures are hot, thick, humid, and makes it difficult for humans to do much of anything let alone or pets. It's important to ensure your pets remain cool during this heatwave and prevent heatstroke.

The number one thing you should absolutely not do is leave your pets in a parked car. Not even if you're just going to run into the store. No. Temperatures inside a vehicle can rapidly rise to dangerous levels within a matter of minutes, effectively damaging and harming your pet including organ damage or death. Another aspect to watch out for is the current level of humidity. Taking your dogs temperature is a good way to determine whether there is a problem as they should never be over 40°C / 104°F

Limit exercising your pets on hot days or try to keep them in shady areas so they can stay cool. On very hot days, early morning or late evening are good times to take your pet out when temperatures are going to be at their coolest for the day. Not only are your pets hot internally from the temperatures, they have to walk on hot asphalt which is not comfortable.

Keeping your pets cool is important and can be done simply by ensuring they have a cool space to relax and get cool when they need it. Whether it's a space in the backyard, under a tree, they need to have a space where they can cool down and not get heatstroke.



DRY DROWNING - A WARNING FOR Dog OWNERS

Did you know dry drowning is actually a thing? It's something to be very careful of with your pets during the hot weather.

Inhaling water while swimming builds up excess fluid in the lungs, effectively making breathing difficult. This can impact your dog even long after you've been swimming and will seem like your dog is a drunk human. Other things to watch out for is vomiting with slow and dazed movements, these will happen immediately.

This can be prevented by making your dog take a break. Chances are low your dog won't let you know once they're done playing in the water, sometimes we need to put those breaks in place for them. They'll chase that stick for as long as you will let them. Also keep an eye on them while they're swimming in the water. If they look to be taking in a lot of water, give them a break. Diving for things under water, shallow or deep, can be a cause to dry drowning. Use things that float when you're playing fetch in the water with your dog. Flat toys are better than round toys since it will help keep your dogs mouth shut more, preventing them from gulping down water.

If you bring your dog into a pool, make sure they know where the stairs are so they can get out when they need to. They'll try to get up the side first until they know where the stairs are for them to get out. Ensuring they know where they are is being proactive and will help prevent safety issues. In the event you identify your dog is dry drowning, take them to the vet immediately.





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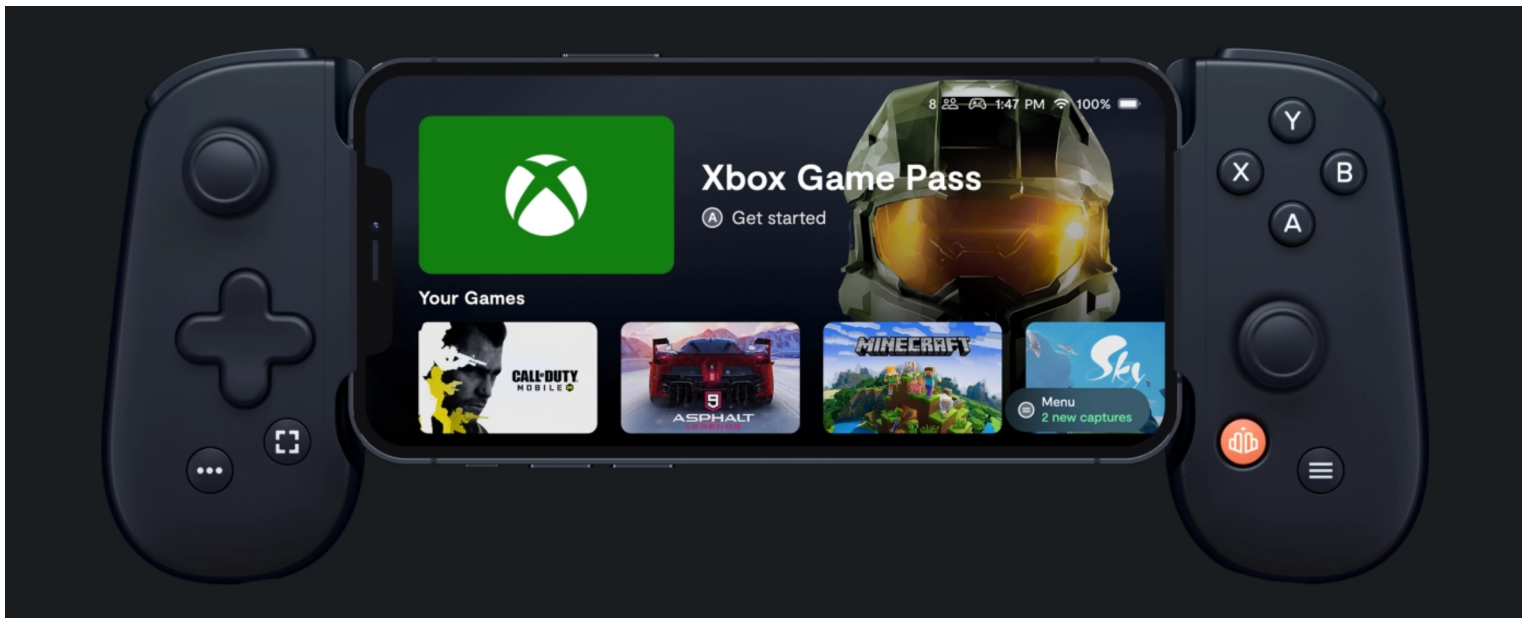
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VALLEY PROMOTIONS

XBOX WILL TAKE OVER THE GAMING INDUSTRY WITH CLOUD GAMING

JOSH GRIEVE



XBOX AND BACKBONE HAVE OFFICIALLY ANNOUNCED THAT XBOX CLOUD GAMING SERVICES WILL BE COMING TO THE FAMOUS MOBILE CONTROLLER.

The Backbone One currently supports other cloud and mobile gaming services like Google Stadia, PlayStation Remote Play, NVIDIA GeForce Now, Amazon Luna, and more.

Xbox has been rolling out its cloud gaming services on any platform that will take it. Their mission is obvious, allow their players to play wherever and whenever they want to. They've already released cloud gaming services through Xbox Game Pass on Android and iOS devices which has been showing great promise for the future of cloud-based gaming.

The Backbone controller is however a unique platform as it seamlessly integrates a handful of services into an app-like structure that allows you to swiftly switch between games on the fly. Microsoft is also offering users three months free of Xbox Game Pass Ultimate to users who purchase a Backbone One controller on their website. This also gives you unlimited access to EA Access which has a plethora of games from the EA library. This is a great way for new and veteran gamers alike to try new gaming experiences and play with each other on whole new levels. I'm personally excited for the future of cloud gaming. The Backbone One controller can be purchased for \$99 USD and is also available directly through the Microsoft Store, however you won't receive your free three months of game pass ultimate!

There is still progress that needs to be made with the cloud gaming service. Such as iOS users having a native app to play instead of going through a web app in Safari.



Free Maps

Traveling through the Midwest, I stopped at an Ohio welcome center to pick up a state map. I found plenty of brochures but no maps. Then I spotted two employees and asked whether they had any.

"Sure," said the first guy. "I'll get you one."

As he walked to the back, the second guy explained, "We keep them in the storage room. If we leave them out on the counter, people just come in and take them."



Dollar Store

During a job interview at the 99 Cents store, my son was asked, "Where do you see yourself in five years?"

My son's reply: "At the Dollar Store."

He got the job.



Dead Man Credit

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request.

The fact that he'd been dead for 40 years didn't sway her.

Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?"

"Well, yes," she said reluctantly. "But that would ruin his credit."



Legs on the Table

My dad used to sing little ditties. This was my favorite:

There was a young lady named Mabel.
She danced on the dining room table.
Her face grew red,
When the gentleman said ...
"Look at the legs on that table!"

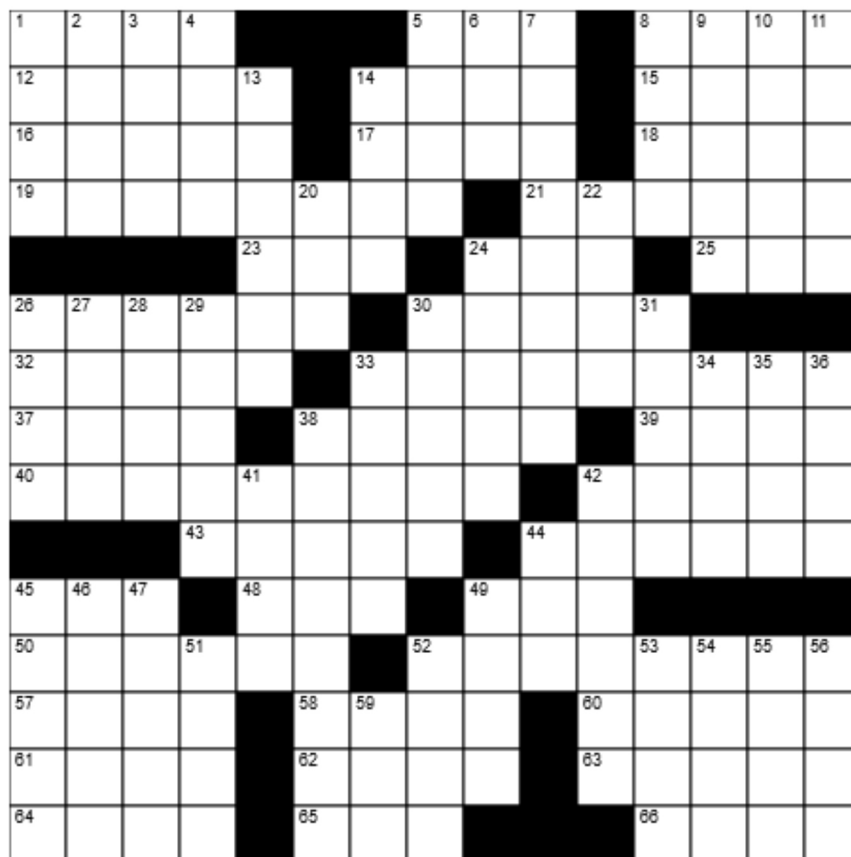
A LITTLE FUN

Across

1- Baby powder; 5- Spider's creation; 8- Give the eye; 12- Separated; 14- Melt together; 15- Entre ____; 16- Book after Jonah; 17- In the Black?; 18- Swabbies; 19- Remittances; 21- System of social perfection; 23- Fish eggs; 24- Loss leader?; 25- Dreyer's partner in ice cream; 26- Drinking spree; 30- Eject; 32- Reserved; 33- Artisan; 37- Biblical birthright seller; 38- Crackers; 39- Monetary unit of Nigeria; 40- Dutch painter; 42- Greeting; 43- Hint; 44- Saturated; 45- Yes, in Yokohama; 48- Turkish honorific; 49- Sticky substance; 50- Alloy of copper and zinc; 52- Pertaining to ships; 57- Jumps on one leg; 58- Riding; 60- Chew the scenery; 61- Employs; 62- Deities; 63- Blathered; 64- Prefix with drama; 65- Woman created from the rib of Adam; 66- Exec's note;

Down

1- Pack firmly; 2- Capital city of Western Samoa; 3- Fine and delicate; 4- Burn the midnight oil, studying; 5- Wimp; 6- Wind dir.; 7- Adorn; 8- Not tricked by; 9- Flip out; 10- Sensational; 11- Short literary composition; 13- 1994 Denis Leary comedy; 14- Kismet; 20- Hide-hair link; 22- Sensitivity; 24- ____-garde; 26- Boxer Max; 27- Different; 28- Linguist Chomsky; 29- Distrust; 30- Eat away at; 31- Expressed disapproval; 33- Line dance; 34- Shape; 35- Competent; 36- High time?; 38- Tongue; 41- Unit of currency in Iran and Yemen; 42- Owl, e.g.; 44- Former coin of France; 45- Dull; 46- "____ by any other name..."; 47- Urge forward; 49- Openings; 51- ____ buco (veal dish); 52- Network point; 53- Muslim leader; 54- Pine fruit; 55- Molecular component; 56- Carson's successor; 59- Mazel ____!;



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VolunteerConnector

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

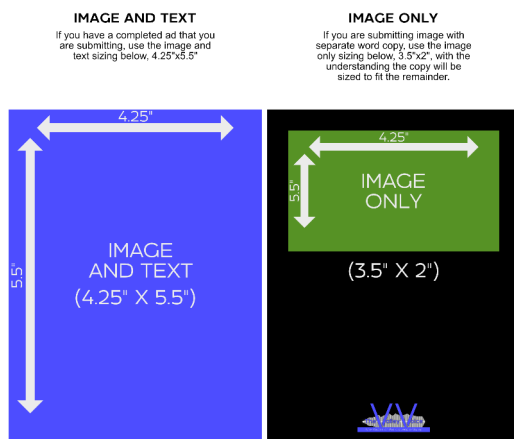
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Business Ad Sizing Rules



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?

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