

# The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#106 Issue

Columbia Valley, BC

## INSIDE THIS EDITION

### TELL THE TRUTH?

Truth builds courage, clarity, and self-respect by asking us to speak honestly—sometimes wounding, often healing, and ultimately setting us free.

### FROZEN PHOTOGRAPHY: TIPS FOR CAPTURING WINTER LANDSCAPES

For amateur photographers, winter offers a world of opportunity, but also a few chilly challenges.

### WINTER WELLNESS FOR SENIORS: STAYING ACTIVE AND CONNECTED

The snow-glazed landscapes and crisp air are a wonder to behold, but icy sidewalks, shorter days, and chilly temperatures can make it harder for older adults to stay active and engaged.

### WHAT'S AN IDIOM, ANYWAY? Pt 7

The Weird, Wild World of Everyday Expression



PHOTO CREDIT: JUSTIN SPILLY

## ➤ SUBMIT CONTENT

This only works if we all do. Your content is what DRIVES this publication. We need it all because we need you.

NEXT EDITION March 4th, 2025

SUBMISSION DEADLINE March 3rd, 2025

### EVENTS

Any and all businessess, organizations and entrepreneurs and members of the public are welcome to sumbit an add of any size to promote local events. We WANT to promote your event, seriously, send it in.

### LOCAL PHOTOGRAPHY

Any and all are welcome and encouraged to submit their photos. Credit given when requested. Great way to get your art out to more eyes.

### BUSINESS ADS

Any and all businessess, organizations and entrepreneurs are welcome to sumbit a business ad for free. \*Ads must be refreshed periodically. Once an add is out of date or stale, we will remove it.\*

### PERSONAL INTEREST

Got something to say? Expert in something? Know how to handle a season with skill? Send it in! We'll edit it only if requested. We'd LOVE to publish your brilliant works.

### NEWS

Did you hear about it or see it? We could use your help! Snap a photo and send a blurb/article and we'll make sure it get included.

## BECOME A VOLUNTEER!

We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

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

### VISIT US ONLINE

[thevoicecv.ca](http://thevoicecv.ca)

### VISIT US ON SOCIAL

[@Thevoicecv\\_official](https://www.instagram.com/Thevoicecv_official)

# TABLE OF CONTENTS

## 08 Tell The Truth?

Truth builds courage, clarity, and self-respect by asking us to speak honestly—sometimes wounding, often healing, and ultimately setting us free.

## 12 Frozen Photography: Tips for Capturing Winter Landscapes

For amateur photographers, winter offers a world of opportunity, but also a few chilly challenges.

## 16 Mental Health Matters: Coping with Cabin Fever in February

Learn the Lesson, Stop the Stressin', Release the Pain, and Reclaim Your Lane, for It's a New Day, so Find Your New Way

## 24 Winter Wellness for Seniors: Staying Active and Connected

The snow-glazed landscapes and crisp air, are a wonder to behold, but icy sidewalks, shorter days, and chilly temperatures can make it harder for older adults to stay active and engaged.

## 30 What's An Idiom, Anyways? Part 7

The Weird, Wild World of Everyday Expressions

## 40 Sustainable Winter Travel: Eco-Friendly Tips for Getting Around

At The Valley Voice, we believe every journey matters. With a little planning, a dash of community spirit, and some practical tools, winter travel can be both sustainable and satisfying. Here are our top tips for eco-friendly travel during the coldest months.

## 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\\_official](https://www.facebook.com/thevoicecv_official)

OR

by email to [news@thevoiceca.ca](mailto:news@thevoiceca.ca)



## LETTER FROM THE VOLUNTEERS

Welcome to February! It's the shortest month of the year, yet somehow, it often feels like the longest stretch of winter. Here in the Columbia Valley, Kimberley, and Cranbrook, we know the feeling well: the holidays are behind us, the days are still short, and the cold can sometimes feel relentless. But this is also the month of heart-of Valentine's Day, of Family Day, and of looking forward to the upcoming school break. It's a time to hold onto the warmth of community, even when the thermometer says otherwise.

We want to take a moment to talk about resilience. Pushing through the bleakest parts of winter takes effort, but seeing the creativity and spirit in this valley makes it so much easier. Whether it's a photo of a frozen sunrise, a story about a local hero, or a simple recipe shared by a neighbour, your contributions bring light to these pages and to our days.

We also want to send out a massive, heartfelt thank you to everyone who continues to submit content and support us. As we

mentioned last month, our core team of volunteers has shrunk down quite a bit recently. It's been a challenge, but it has also shown us the incredible power of this community. Every article, every photo, and every hour volunteered helps keep The Valley Voice alive. We truly couldn't do this without you.

As we move deeper into 2026, our hope remains the same: to reach more readers and fill these pages with even more local voices. We've been proudly serving this region for four years now, and we are eager to grow. If you enjoy what you read here, please consider sharing The Valley Voice with a friend, a new neighbour, or a family member. Helping us reach a wider audience is the best way you can support our work.

So, let's embrace the chill, celebrate the love in our lives, and keep pushing through together. Spring is coming, but until then, let's make February memorable.

—The Valley Voice Volunteers (VVV) 🍁



# A MOTORCYCLE ADVENTURE DOCUMENTARY FILM EVENT

RIDING FROM CAIRO TO CAPE TOWN

# BEYOND SAHARA



Narrated by Charley Boorman  
Hosted by Justin Sain

**February 21, 2026**

**Edgewater Community Hall**

**7:00 PM / Doors 6:30**

By  
Donation

*Fun  
Travel  
Culture  
Adventure  
Motorcycles*



*1 Tour  
80 Days  
16 Riders  
17, 800 km  
11 Countries*

**4818 Selkirk Ave, Edgewater**

# Valentine's Day

## BAKE SALE FUNDRAISER



When: February 12 & 13 2026

Where: Western Financial  
Group on Baker Street

All Proceeds to go  
*Angel Flight East Kootenay*



Western Financial Group | 907 Baker Street - Cranbrook



**Western**  
FINANCIAL GROUP  
Communities Foundation





# Galentine's Pajama Party

**Key City Zumba  
Friday Feb. 13th  
6:00-7:30pm  
St. Mary's School  
gymnasium**

**\$12**

**"Fun & Sassy Girl"  
Zumba class**




 FALSE

TRUE

# TELL THE TRUTH?

Truth builds courage, clarity, and self-respect by asking us to speak honestly—sometimes wounding, often healing, and ultimately setting us free.

Telling the truth is one of those things everyone claims to value, but few actually practice it when it gets uncomfortable. Truth is supposed to set us free, yet we often treat it like a wild animal we'd rather keep behind thick glass. But the moment we stop running from it, truth becomes something far more powerful than just "facts." It becomes a force that shapes us, sharpens us, and quietly demands that we live with a little more courage.

Roman emperor and philosopher, Marcus Aurelius, said it clearly centuries ago: "If anyone can refute me—show me I'm making a mistake or looking at things from the wrong perspective—I'll gladly change. It's the truth I'm after." That's a level of humility most of us only pretend to have. He isn't just talking about correcting opinions. He's talking about the willingness to let the truth change you when it demands growth.

What makes truth so powerful is that it's unforgiving but never malicious. It doesn't bully; it just reveals. And once something is exposed, you can't unsee it. We can ignore it, deny it, or bury it—and no matter how long we try to avoid it, eventually it rises back up and waits for us to be ready to face it.

English poet and philosopher, G.K. Chesterton, offered a sharper angle when he wrote, "There is a case for telling the truth; there is a case for avoiding the scandal; but there is no possible defence for the man who tells the scandal but does not tell the truth." It's almost prophetic in a time where "truth" often gets twisted into whatever makes the best headline, gains the most followers, or stirs the biggest outrage. We've normalized broadcasting scandals but lost our appetite for hon-





esty. And when scandal replaces truth, we lose the ability to see each other clearly.

Truth isn't just about accuracy—it's about alignment. When we speak the truth, even quietly, we line up our inner world with the world outside. And that alignment changes how we move through life. People sense it. You feel it. It becomes easier to stand, easier to breathe, easier to look someone in the eye. Telling the truth might sting for a moment, but living a lie is like carrying a stone in your shoe—you can keep walking, but eventually it tears you up.

American economist and social theorist Thomas Sowell put it clearly, stating, "When you want to help people, you tell them the truth; when you want to help yourself, you tell them what they want to hear." It reminds us that dishonesty is almost always an act of self-preservation, while truth-telling is an act of respect.

And the more we choose honesty, the less energy we waste holding up something that was never real.

Telling the truth isn't just a service to others—it's a liberation for ourselves. Every truth we speak, even the small ones, is a reminder that we're strong enough to face reality as it is, not as we wish it to be. And every time we choose honesty over comfort, we become a little more trustworthy, a little more grounded, and a little more free.

Truth doesn't ask for perfection—just sincerity. It doesn't require us to know everything, only to stop pretending that we do. And the more we practice it, the more we realize that truth isn't a weapon or a threat. It's a map. It shows us where we stand, where we're headed, and who we're becoming—because the truth, lived and spoken, really does set us free. And if we let it, it might just turn us into people worth believing.

# Spaghetti Dinner

## FUNDRAISER

SUNDAY, FEBRUARY 15<sup>TH</sup> | 5:00–8:00 P.M.

WILMER COMMUNITY HALL

Join us for an evening of community support, connection, and giving. Admission is by donation, and there will be silent auction items available to bid on. All proceeds will go directly to supporting Arya and her family.



### *Our Story*

Arya was born prematurely at 27 weeks and 6 days and is currently receiving care in the NICU at BC Children's Hospital in Vancouver. Her parents have relocated to remain by her side and are facing significant financial strain while also being separated from their 5-year old daughter. There is currently no clear timeline for Arya to come home.

**If you're unable to attend but would still like to help, please send donations to:**  
caitlynfranken1@hotmail.com

For questions, please contact Rhonda:  
(250) 688-0705







**6<sup>th</sup> Annual Ice Fishing Derby**  
**Sunday, February 15<sup>th</sup>/26**



**6:00 am- 4:00 pm**

*Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in*

*Mens, Ladies & Children*

*1<sup>st</sup> for Best overall*

*1<sup>st</sup> for combined weight*

*for couples*

*\$15 Adult*

*\$5 under 12*

*100 Km radius*

*of Wasa*

**Registration:**

*By Telephone: 780-668-5977*

*In Person: Wasa Gas Station parking Lot 6 am-9am*

*Or online: [adamsarmy.ca](http://adamsarmy.ca)*

*Weigh in no later than 4 pm at the Wasa Lions  
Grounds*

**Charity BBQ at weigh in!**

**\*\*must be present to win prizes\*\***



## Here are five easy, highly photogenic photo ideas

### 1. The Pop of Red (Nature's Ornaments)

**The Shot:** Look for a bush of wild rosehips, mountain ash berries, or a red dogwood branch sticking out of a snowbank.

**Why it works:** Winter landscapes can be very monochromatic (white, grey, blue). A splash of bright natural red creates instant, striking contrast that grabs the viewer's eye.

### 2. The Leading Line (The Snowy Path)

**The Shot:** Find a freshly plowed road, a fence line, or a set of cross-country ski tracks that stretch away from you toward the mountains. Center the path in your frame so it leads the eye deep into the photo.

**Why it works:** This adds depth and perspective to your image, making the viewer feel like they are stepping right into the scene.

### 3. The Winter Sunburst

**The Shot:** Position yourself so the low winter sun is partially hidden behind the trunk of a pine tree or a mountain peak. Adjust your angle until just a sliver of light peeks through.

**Why it works:** Hiding the sun slightly prevents the photo from being "blown out" (too white) and often creates a beautiful "starburst" effect with the light rays.



# FROZEN PHOTOGRAPHY

## Tips for Capturing Winter Landscapes

There's something truly magical about winter in the Columbia Valley, Kimberley, and Cranbrook. Frost-dusted trees, shimmering ice, and snow-blanketed hillsides transform the familiar into a wonderland—inviting us to slow down and see our home with fresh eyes. For amateur photographers,

winter offers a world of opportunity, but also a few chilly challenges. Here are some expert tips to help you capture the Valley's frosty beauty, even when the thermometer dips.

### 1. Dress the Part:

Before you head out, layer up! Cold fingers can end a



photo session quickly, so invest in touch-sensitive gloves and warm, waterproof boots. Bring extra batteries and keep them close to your body—cold drains them fast.

## 2. Embrace the Light:

Winter's low sun creates long shadows and soft, golden light, especially early in the morning or late in the afternoon. Overcast days also offer gentle, even illumination—perfect for capturing subtle details in snow and ice.

## 3. Watch Your Exposure:

Snow can trick your camera's light meter, resulting in dull or grayish images. To keep your whites bright and true, try slightly overexposing your shots (+0.3 to +1 on your camera's exposure compensation). Check your photos on screen and adjust as needed.

## 4. Seek Out Contrast and Texture:

Look for shapes, patterns, and pops of color—red berries against white snow, animal tracks, or the intricate patterns of frost on a window. These details add visual interest and tell a deeper story of winter in the Valley.

## 5. Protect Your Gear:

Moisture is the enemy of electronics. Use lens hoods to keep falling snow off your camera, and let cold gear warm up slowly in a sealed bag when you return indoors to avoid condensation.

Winter is fleeting, but the images you capture can last a lifetime. So breathe in the crisp air, follow the light, and let your camera tell the story of this remarkable season. And if you snap a shot you love, share it with The Valley Voice—we'd be thrilled to showcase our community's winter wonders!







The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

Our goal is to support veterinary professionals by reducing burnout and improving work-life balance, allowing more veterinarians to remain in our community. This means better access to care for all pets now and in the future.

Together we are making emergency care more accessible for the Kootenays.

# East Kootenay Veterinary Group Emergency Services

## Our Locations

### 1) Invermere Veterinary Hospital

250-342-7007

4854 Athalmer Rd, Invermere, BC V0A 1K3

### 2) Columbia Valley Veterinary Clinic

250-349-0514

9039 Thunderhill Rd, Canal Flats, BC V0B 1B0

### 3) North Star Vet Clinic

778-481-5288

550 Mark St, Kimberley, BC V1A 2B8

### 4) Steeple's Veterinary Clinic

250-489-3451

3410 Victor Rd, Cranbrook, BC V1C 7B7

### 5) Tanglefoot Veterinary Services

250-489-1655

315 Industrial Road F, Cranbrook, BC V1C 6N4

### 6) Cranbrook Veterinary Hospital

250-426-8517

106 5 Ave S, Cranbrook, BC V1C 2G2

### 7) Creston Veterinary Hospital

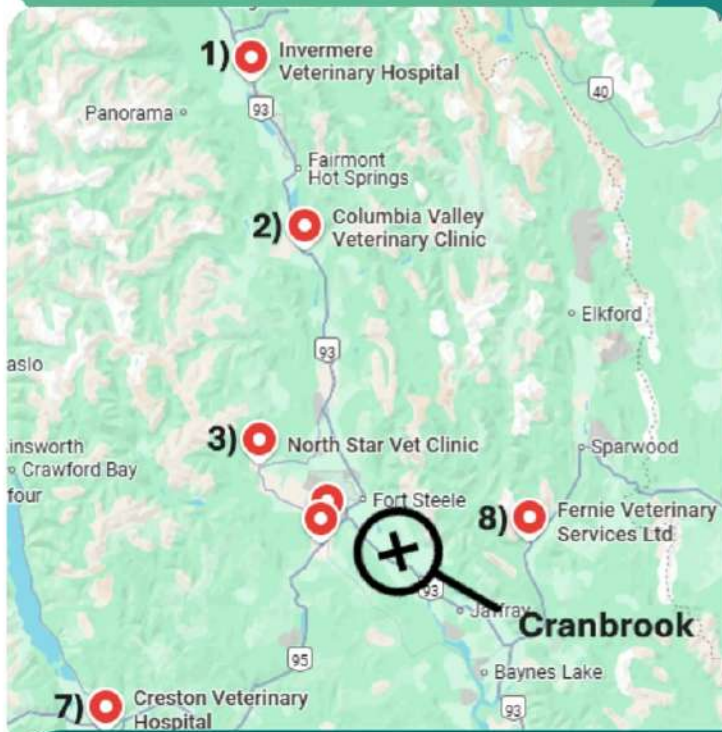
250-428-9494

1605 Dogwood St, Creston, BC V0B 1G0

### 8) Fernie Veterinary Services

250-423-2620

1161 7 Ave, Fernie, BC V0B 1M0



All emergent calls will be triaged by an experienced, registered veterinary technician who will help clients determine whether emergency service is required and, if so, direct them appropriately. Clients will be given clear direction on where emergency after hours service will be offered based on the day and nature of the emergency.



250-342-7007

All calls to our regular line after hours will automatically connect to triage.



# Legion Legend

*Our story is well known. Come join us for fun & memories, downtown at the Invermere Legion*

## WEDNESDAY NIGHT DINNERS!

RESERVATIONS MUST BE MADE BY SATURDAY NIGHT FOR WEDNESDAY  
CALL THE BRANCH 250-342-9517 ♥ DELICIOUS HOMEMADE FOOD!!



**WEDNESDAY, FEBRUARY 18<sup>TH</sup>**  
**CHINESE NEW YEAR DINNER**

**GUESTS**  
**\$22.50**  
LEGION MEMBERS  
RECEIVE DISCOUNT

**WEDNESDAY, FEBRUARY 25<sup>TH</sup>**  
**BEEF STROGANOFF DINNER!**

**GUESTS**  
**\$22.50**  
LEGION MEMBERS  
RECEIVE DISCOUNT

**WEDNESDAY, MARCH 4<sup>TH</sup>**  
**CAJUN CHICKEN DINNER!**

**GUESTS**  
**\$22.50**  
LEGION MEMBERS  
RECEIVE DISCOUNT

**WEDNESDAY, MARCH 11<sup>TH</sup>**  
**ROAST BEEF DINNER! WITH ALL THE TRIMMINGS!**

**GUESTS**  
**\$25.00**  
LEGION MEMBERS  
RECEIVE DISCOUNT

**THURSDAY, MARCH 12<sup>TH</sup> @ NOON**  
**SENIOR'S LUNCH**

**GUESTS - \$8.00**  
LEGION MEMBERS RECEIVE DISCOUNT

**RESERVE YOUR SPOT BY MARCH 10<sup>TH</sup> PLEASE**  
**CALL JAN @ 250-342-1196**

**HAVE  
YOU  
JOINED  
US?**

**BECOME A  
MEMBER,  
PRE-PAY FOR  
2027  
MEMBERSHIP  
AND YOU  
COULD WIN A  
NEW TRUCK!!**

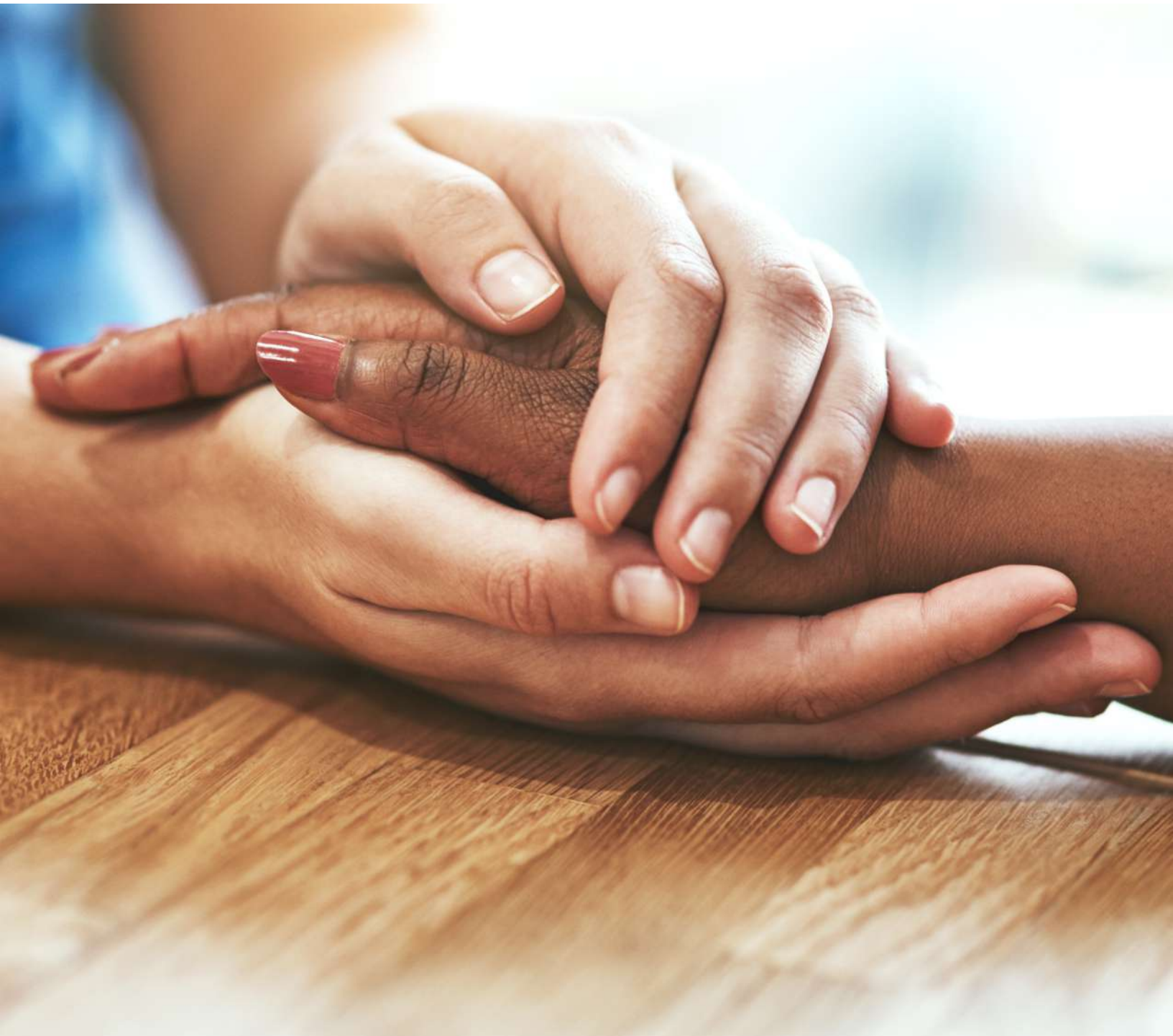


**MEAT DRAW 3 DAYS A WEEK WEDNESDAY, FRIDAY AND SATURDAY!!  
STARTS AT 6:30 PM, TIL THE MEAT IS GONE!**

*The community get-together place... Where you're not just a face...  
Bring a friend and ADD TO THE LEGEND.*

# MENTAL HEALTH MATTERS

Coping with Cabin Fever in February





As February settles over the Columbia Valley, many of us feel the winter stretching on—long nights, snowy days, and the slow countdown to spring. It's no wonder that "cabin fever" can seep in, bringing feelings of restlessness, irritability, or even sadness. The good news? There are practical ways to nurture your mental health and weather the winter, one day at a time.

First, remember that you're not alone. Many people experience a dip in mood or energy during the colder months. Acknowledging those feelings is the first step toward taking action. One of the simplest ways to boost your well-being is to get outside, even briefly. A short walk in the fresh air, sunlight on your face, or the crunch of snow under your boots can have a powerful effect on your mood.

Staying connected is just as important. Reach out to friends, family, or neighbors for a chat or a shared coffee—whether in person or by phone. Community centers, libraries, and faith groups often offer winter programs, workshops, and social gatherings that provide a welcome sense of belonging.

Structure can help, too. Try keeping a daily routine, even if it's simple: regular wake-up times, meals, and a balance of activity and rest. Setting



small goals—like trying a new recipe, reading a book, or working on a craft—can bring satisfaction and break up the monotony of the season.

For those who need extra support, local resources are available. Many health clinics offer counseling services, and the Canadian Mental Health Association's BC branch has helpful programs and phone lines. Don't hesitate to reach out if you're struggling—seeking help is a sign of strength.

Above all, be gentle with yourself. Winter is a season of slowing down and turning inward. With a few mindful strategies and a little help from your community, you can keep cabin fever at bay and nurture your mental health until spring's thaw returns to the Valley.

If you have tips or stories about winter wellness, share them with The Valley Voice—we're here to listen and support, every season of the year.





COLUMBIA VALLEY  
FOOD BANK

## Buy a Food Basket For A Household



Two Person  
Food Basket



Five Person  
Food Basket



Eight Person  
Food Basket

Households of all sizes  
benefit from our food baskets.

Choose a donation  
option here from  
\$74.00 to \$335.00.

Tax receipts provided.



Households  
of 1,3,5 and 7  
people



Households  
of 2,4,6 and 8  
people

## Help Relieve Hunger in the Columbia Valley

We provide one week of food  
per household. When  
more support is needed an  
emergency food basket  
is a solution.



Emergency Food  
Baskets (\$39.00)



Emergency Food Basket





**DISTRICT OF INVERMERE  
PRESENTS**

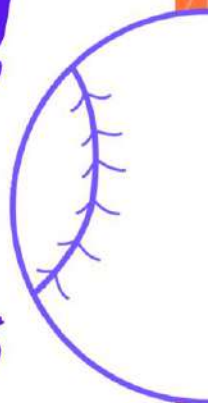
# **COMMUNITY CONNECTIONS & SIGN UP DAY!**

**COLUMBIA VALLEY CENTRE  
SATURDAY MARCH 14<sup>TH</sup>, 2026  
12PM - 4PM**

**THIS EVENT IS YOUR ONE STOP  
SHOP FOR COMMUNITY ACTIVITIES,  
INFORMATION AND REGISTRATION!**

**IF YOU ARE A SPORT, RECREATION OR LEISURE  
BUSINESS, NON-PROFIT OR COMMUNITY GROUP, MAKE  
SURE YOU SIGN UP FOR A TABLE TO LET OUR  
COMMUNITY KNOW ABOUT YOUR GREAT ACTIVITIES!**

**CONTACT [EVENTS@INVERMERE.NET](mailto:EVENTS@INVERMERE.NET)**





# THE ART OF ICE

## Sculpting with Nature's Miracle



In the Columbia Valley, winter doesn't just cover our landscape; it transforms it. While we often bundle up against the chill, there is a quiet sect of artists among us who see the dipping mercury not as a nuisance, but as a medium. From the intricate carvings at winter festivals to the humble backyard slide, ice sculpting is a practice that turns the coldest days into the brightest art.

There is something inherently magical about working with ice. It is a material that demands patience and respect. Unlike clay or wood, ice is transient. It captures light in a way no other medium can, bending sunshine into prisms by day and glowing with an ethereal inner fire when lit by candles at night. For local sculptors—whether they are wielding chainsaws at a competition or kitchen spoons in a snowbank—the act of creating something so temporary is a lesson in being present.

You don't need to be a professional artist to tap into this frozen creativity. Across Kimberley and Cranbrook, we see families freezing balloons filled with coloured wa-





ter to create "ice marbles" for their walkways. We see elaborate forts with windows made of clear river ice. These small acts of creation do more than decorate a yard; they change our relationship with the season. Instead of hiding from the cold, we engage with it.

For those looking to try their hand at this chilly craft, the key is preparation. Professionals suggest starting with

"slush molding"—mixing snow and water to create a cement-like paste that freezes solid overnight. For clearer ice, boiling water before freezing it (to remove air bubbles) can result in glass-like clarity perfect for sun catchers or ice lanterns.

As February unfolds, take a walk through your neighbourhood. Look for the glint of a frozen sculpture or the glow of an ice luminary.

These frozen masterpieces remind us that beauty in the Valley isn't just found in the enduring mountains, but also in the fleeting, fragile moments of winter. So, grab your mittens and a bucket—nature has provided the canvas, the rest is up to you.



# PET *and people* PORTRAITS

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

betty106@telus.net

250 342 5448






## OUR SERVICES INCLUDE:

- ✓ SYSTEM OPTIMIZATION
- ✓ MALWARE AND VIRUS REMOVAL
- ✓ DATA BACKUP
- ✓ SYSTEM RECOVERY
- ✓ NEW DEVICE SETUP

### We Offer REMOTE ASSISTANCE



Call or Text  
**250-341-8772**

E-mail  
[support@cybear.ca](mailto:support@cybear.ca)

LOCATED IN FAIRMONT HOT SPRINGS





# Rotary



## Club of Radium Hot Springs

### We are doing it again!!!!

**\$560**  
in  
Cash Prizes

THE ROTARY CLUB OF RADIUM HOT  
SPRINGS WILL BE HOSTING



# BINGO NIGHT



Radium Hot Springs Centre  
4863 Stanley St,  
Radium Hot Springs

## February 19th

5 BINGO GAMES ... CASH PRIZES  
50/50 DRAW & DOOR PRIZES

**A fun night!**  
**Snacks, pop & water for sale.**

**CASH  
CREDIT  
DEBIT**

Must be 19 years or older.  
Know your limit, play within it!  
BC Gaming Licenses 154995 & 154996

**Doors open 6:30 – Games start 7 pm**



KODI-LEE LOGAN  
EVENT SPONSOR



February is often thought of as the month of love—and what better way to celebrate than by caring for ourselves and each other?

## WINTER WELLNESS FOR SENIORS

Staying Active and Connected

February brings its own blend of beauty and challenge—especially for our senior community. The snow-glazed landscapes and crisp air are a wonder to behold, but icy sidewalks, shorter days, and chilly temperatures can make it harder for older adults to stay active and engaged. Yet, winter doesn't have to mean isolation or inactivity. With a little planning and creativity, seniors can enjoy a season filled with warmth, movement, and meaningful connections.

At The Valley Voice, we've gathered practical tips, local resources, and inspiring ideas to help older adults thrive through February and beyond.

### Embracing Movement Indoors and Out

Staying active is essential for physical health, mood, and independence. Even

when the weather isn't inviting, there are plenty of ways for seniors to keep moving:

#### 1. Gentle Indoor Exercise:

Local community centers and seniors' groups often host indoor fitness classes suited for all abilities—think chair yoga, stretching, or gentle aerobics. Can't make it in person? There are excellent free online programs designed for older adults, from seated routines to balance exercises. Even a few minutes a day can boost circulation, energy, and mood.

#### 2. Walking Safely Outdoors:

For those who love a brisk walk, winter offers quiet beauty and peaceful trails. Choose well-cleared paths, wear sturdy boots with good tread, and consider walking poles for extra

stability. Microspikes or ice cleats can help prevent slips on icy patches. Walking with a friend or group not only increases safety but makes the outing more social and enjoyable.

#### 3. Active Hobbies:

Dancing in the living room, doing household chores to music, or tending to indoor plants can all help keep the body moving. Activities like tai chi, light weights, or even hallway "laps" are simple ways to stay fit.

### Cultivating Social Connections

Isolation can creep in during winter, but nurturing social ties is as important as physical wellness. Connection brings joy, purpose, and resilience.

#### 1. Join Local Groups:

Many community



centers, libraries, and churches in the Valley offer winter programming for seniors—book clubs, craft circles, coffee mornings, and more. Don't hesitate to try something new or reconnect with an old hobby; these gatherings are welcoming and often a highlight of the week.

## 2. Virtual Visits:

If travel is difficult, technology can bridge the gap. Video calls with family and friends are easier than ever with user-friendly apps. Some organizations offer “tech help” sessions for seniors to get started. Virtual game nights, movie watch parties, or even online classes can keep you connected and learning.

## 3. Volunteer:

Giving back is a powerful way to beat the winter blues. Whether it's knitting for local charities, mentoring youth, or helping with community projects, volunteering keeps you active and engaged with others.

## Nourishing Body and Mind

Winter wellness isn't just about movement; it's also about fueling the body and mind with what they need.

## 1. Eat for Warmth and Health:

Nutritious, warming meals are winter's best medicine. Soups, stews, and casseroles packed with vegetables, lean proteins, and whole grains are both comforting and easy to digest. Keep healthy snacks handy, and stay hydrated—even when it's cold, our bodies need plenty of fluids.







## 2. Mind Your Mood:

Shorter days can lead to the “winter blues.” Open blinds during daylight hours, sit near windows, or bundle up and step outside for a few minutes to soak in natural light. If low mood persists, reach out to your healthcare provider or a local support group—there’s no need to face it alone.

## 3. Challenge Your Brain:

Puzzles, crosswords, reading, or learning something new (like a craft or language) can help keep the mind sharp and spirits high.

## Staying Safe in Winter

Winter brings unique risks, but a few

precautions can make a world of difference.

### 1. Prepare for Slick Surfaces:

Keep walkways and steps clear of ice, use sand or cat litter for traction, and ask for help if shoveling becomes too much. Wear bright or reflective clothing to stay visible during shorter days.

### 2. Ready Your Home:

Check that heating systems are working well and keep extra blankets handy. Store emergency supplies—like flashlights, batteries, and non-perishable food—in case of power outages.

## 3. Medication and Health Needs:

Make sure you have enough medication on hand and know how to reach your healthcare team. Many pharmacies offer delivery, and some clinics provide virtual appointments in winter.

### Local Resources for Seniors

- Columbia Valley Seniors Centre, Kimberley Seniors Centre, and Cranbrook Seniors Hall: All offer regular activities, social events, and information sessions.
- Public Libraries: Host workshops, book clubs, and tech support for seniors.



- Volunteer Organizations: Many coordinate friendly check-in calls, rides to appointments, or meal delivery for those in need.
- HealthLink BC (8-1-1): For non-emergency health advice, available 24/7.

### Celebrating Connection and Community

February is often thought of as the month of love—and what better way to celebrate than by caring for ourselves and each other? Reach out to friends, neighbors, or family, whether it's for a shared meal, a walk, or a simple phone call. If you know a senior who might be feeling isolated, a small gesture can make all the difference.

And remember: it's never too late to try something new, join a group, or ask for help. The Valley is rich with resources and neighbors who care. Staying active and connected isn't just about getting through winter—it's about making the most of this beautiful, snowy season.

If you have tips, stories, or favorite winter pastimes to share, The Valley Voice invites you to write in. Together, let's keep our community warm and welcoming, every day of the year.





# Movement Monday

United Way helping seniors remain independent.

**Come join us for Bocce and  
Good Company**

**Colombo Lodge**  
Address:  
**2530 8<sup>th</sup> Ave S**

**Call or Email to register:  
250-426-2943**

**[betterathome@ccssebc.com](mailto:betterathome@ccssebc.com)**



**January 12 1-3pm**

**February 9 1-3pm**

**March 9 1-3pm**





[hobbithousecollectibles.com](http://hobbithousecollectibles.com)

**Welcome to Hobbit House Collectibles!**

**Nestled just 4km south of Radium Hot Springs, we invite you to explore our whimsical collection of antiques and treasures at 8288 Hobbit Frontage Rd, Hwy 93/95. Our charming shop is bursting with unique finds that are sure to spark joy and nostalgia! Have you visited us before? Share your favorite discovery in the comments on Facebook! If you haven't, what kind of collectible are you hoping to find? Don't forget to swing by and say hello, we're open and ready to help you uncover your next great treasure! #HobbitHouseCollectibles #AntiqueAdventure #RadiumHotSprings**

# WHAT'S AN IDIOM, ANYWAYS? PT. 7

The Weird, Wild World of Everyday Expression

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words. In other words, if you take it literally, it won't make much sense—like "When hell freezes over" or "You have a chip on your shoulder."



## LET SLEEPING DOGS LIE

Don't stir up old problems, arguments, or sensitive issues. If something is currently peaceful, it's usually wiser to leave it alone rather than risk causing trouble.

The phrase dates back to at least the 14th century and appears in English literature as early as Geoffrey Chaucer (1343-1400), often called "the Father of English literature." It comes from a very literal piece of wisdom: waking a sleeping dog might get you bitten. Over time, it became a metaphor for avoiding unnecessary conflict.

Let sleeping dogs lie...or at least back away very, very quietly, and step away from the drama nap.



## SNAKE IN THE GRASS

Someone who appears harmless or friendly but is actually deceitful or dangerous.

The phrase traces back to ancient Rome, from Virgil's *Eclogues* (one of ancient Rome's greatest poets, 70-19 BC): "Latet anguis in herba" - "A snake lurks in the grass." It warned of hidden danger beneath calm appearances.

Not all greenery is friendly, which explains why my instincts keep telling me to wear hiking boots.



Idioms are frequently used in everyday language to convey ideas more vividly or creatively. They often originate from old stories, cultural traditions, or historical events, and many have been passed down for centuries. Let's take a look at a few of them, and I'll promise not to "Spill the beans."

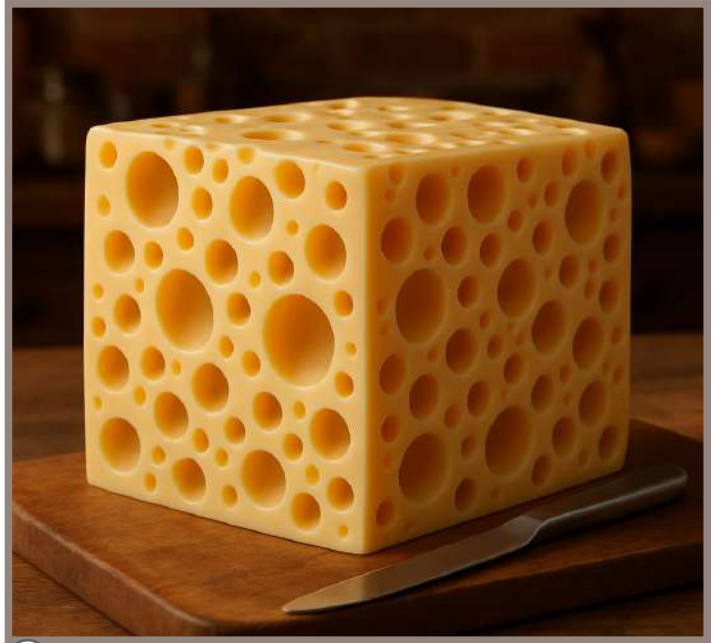


### TO HAVE A CHIP ON YOUR SHOULDER

You carry resentment or defensiveness, often from past insults, and are quick to take offence. You hold a grudge or feel resentment.

In 19th-century America, young men would place a literal chip of wood on their shoulder and dare others to knock it off—an open invitation to start a fight.

Carried that chip so long it started charging rent.



### MORE HOLES THAN SWISS CHEESE

Something full of flaws, gaps, or weaknesses—especially an argument, plan, or story. Inspired by Emmental Swiss cheese, famous for its holes. The phrase became popular in the early 20th century as a flashy way to describe faulty logic, comparing something unreliable to the famously holey cheese.

Turns out confidence doesn't fill holes, it just decorates them—with fewer holes. Structural integrity? Optional.

# WHAT'S AN IDIOM, ANYWAYS? PT. 6

CONTINUED

Idioms are tiny storytelling shortcuts—drop one, and everyone instantly knows the vibe.



## AIR YOUR DIRTY LAUNDRY

To publicly reveal private problems, secrets, or embarrassing matters.

The phrase comes from an old French proverb, "Il faut laver son linge sale en famille," One must wash one's dirty laundry within the family. Warning that private problems should be handled at home, not in public. It dates back to a time when laundry was washed in shared spaces, making "dirty laundry" an obvious—and embarrassing—thing to expose.

Some things feel lighter once shared—others just wrinkle.



## WHEN HELL FREEZES OVER

Something that will never happen—or only under impossible circumstances.

Used as early as the 17th century by Dante, playing on the idea of hell as eternally hot. Dante was a medieval Italian poet best known for *The Divine Comedy*, which shaped how the Western world imagines heaven, hell, and human consequence.

When hell freezes over...guess I'll bring a sweater and my regrets, and I'll finally reply to that email, apparently with climate conditions attached.



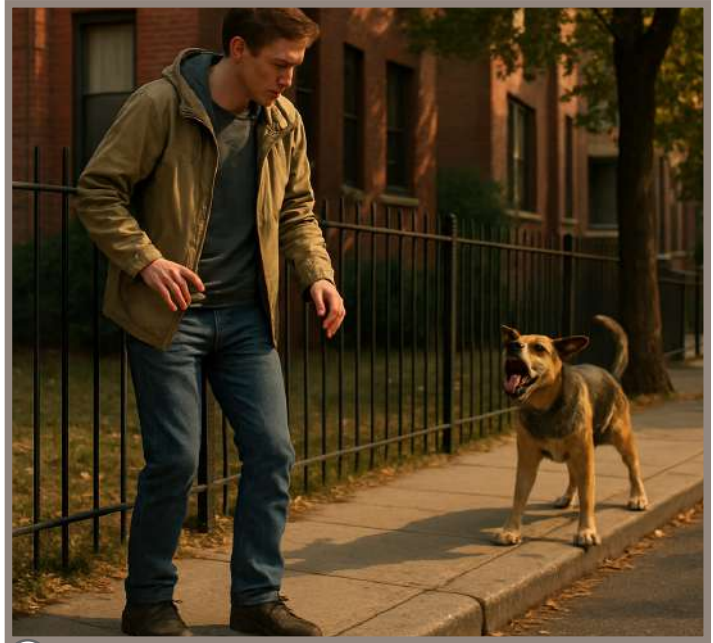


## WE'RE OFF TO THE RACES

Meaning something has started energetically or successfully, often with momentum and optimism right out of the gate.

The phrase comes from horse racing, where once the gates open and the horses surge forward, there's no easing into it—the race is fully underway. By the early 20th century, it was commonly used to describe any fast or promising start.

We're off to the races...the excitement arrived before the plan did, and I'm already questioning our footwear choices.



## ONCE BITTEN, TWICE SHY

After a bad experience, you become more cautious and hesitant about repeating it.

The idea dates back to ancient Roman and medieval proverbs, with early English versions appearing in the 14th century. The imagery is simple and universal: get bitten once, and you're naturally wary the next time.

Turns out memory is a very good survival tool. Call it caution or call it overthinking—experience has a long memory.





# Valentine's Day ART & CRAFT MARKET

FEBRUARY 14TH-10AM TO 4PM  
HERITAGE INN-CRANBROOK B.C  
803 CRANBROOK ST N

FEATURING A WIDE VARIETY  
OF ARTISANS AND  
ENTREPRENEURS FROM  
AROUND THE KOOTENAYS.

HOSTED BY PAYING IT FORWARD  
KINDNESS IN THE KOOTENAYS GROUP

COME JOIN THE FUN!!

## Supported EMPLOYMENT WITH CLBC PROVINCIAL EMPLOYMENT TEAM

Register by QR code or email  
[diversefamilyroots@gmail.com](mailto:diversefamilyroots@gmail.com)

**March 4** **Annette Borrows** Deciding About Disclosure and your Human Rights

**April 1** **Jay Townsend** Potpourri of Employment – includes Annual Earning Exemptions (AEE) including reporting self-employment, value in contract and gig work, what to expect from your CLBC Employment Services

**April 29** **Christina Baird** L.I.F.E. Services overview


**ALL DATES BEGIN AT  
6 PM PACIFIC 7 MOUNTAIN**

Founded in 2023, Diverse Family Roots Society is the only grassroots, non-profit, parent-led support network—the only one of its kind in the Kootenays—supporting families with children or loved ones with diverse abilities and disabilities.

Diverse Family Roots Society is grateful to live, work, and raise our families on the traditional territories of the Sinixt, Syilx, Ktunaxa, and Secwépemc peoples, and honours all Indigenous, Métis, and Inuit peoples who steward this land.



## FREE EVENT



**MIKE SELBY**

### A 100 YEARS OF HISTORY! WITH THE CRANBROOK LIBRARY

**February 25 | 7:00 - 8:30 pm | Please Register Online**

ED TALKS

CRANBROOK HISTORY CENTRE

Sponsored by **Teck**

## PERSON CENTERED PLANNING

PRESENTED BY SHELLEY NESSMAN, PLAN



**"What is a good life for my loved one and how do we plan for it?"**

Founded in 2023, Diverse Family Roots Society is the only grassroots, non-profit, parent-led support network—the only one of its kind in the Kootenays—supporting families with children or loved ones with diverse abilities and disabilities.

**This three-part online series aims to support you to think about future planning for your loved one.**

**Bring your questions, thoughts, ideas and concerns and take part in this important conversation.**

**Register with QR code or email  
[diversefamilyroots@gmail.com](mailto:diversefamilyroots@gmail.com)**

**OFFERED: FEB 18<sup>TH</sup>, MAR 18<sup>TH</sup>, MAY 13<sup>TH</sup>  
6PM PACIFIC 7PM MOUNTAIN**

Diverse Family Roots Society is grateful to live, work, and raise our families on the traditional territories of the Sinixt, Syilx, Ktunaxa, and Secwépemc peoples, and honours all Indigenous, Métis, and Inuit peoples who steward this land.



Diverse Family Roots Invites you to attend:

## For the Love of Grandkids!

WITH DONNA GYLANDER

Raising grandchildren with disabilities can bring unique financial and emotional challenges for grandparents, along with added stress. At the same time, they play a powerful role in providing love, stability, and advocacy. Join us in a safe space to connect, share experiences, and support one another.

**Feb 11, Mar 11, Apr 8, May 6  
6PM PACIFIC 7PM MOUNTAIN**

**To Register use QR code or email:  
[diversefamilyroots@gmail.com](mailto:diversefamilyroots@gmail.com)**

Diverse Family Roots Society is grateful to live, work, and raise our families on the traditional territories of the Sinixt, Syilx, Ktunaxa, and Secwépemc peoples, and honours all Indigenous, Métis, and Inuit peoples who steward this land.



Founded in 2023, Diverse Family Roots Society is the only grassroots, non-profit, parent-led support network—the only one of its kind in the Kootenays—supporting families with children or loved ones with diverse abilities and disabilities.







# ROCKINOMIX & THE LOCAL STARS

A TALENT SHOWCASE AND CONCERT  
FUNDRAISER

February 28th  
7:00 PM

Columbia Valley Centre



## VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



- Fostering Cats / Queens with kittens
- Event planning & preparation
- Daily Cat Care & Feeding
- Sorting cans & delivery to the depot
- Grant writing for the kitties!
- Assist with vaccinations
- Assist with adoption events
- Plan our Marketing Events
- Transportation to the Vet
- Board Members

**JOIN US!**

INFO@ICANBC.COM | WWW.ICANBC.COM



**EVERY DAY 24/7**

Drop off your cans or bottles at ICAN behind the front gate... We are raising funds for the Kitties!!

# CAN & BOTTLE DRIVE



**SERVICE YOU CAN COUNT ON**



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

**RFEALARMS.COM (250) 342-6549**

## CRA & Tax Info Session

**Thursday, February 26th @ 11am-12:30pm**



The CRA will host a virtual information session about personal taxes, benefits and credits, CRA services and tools, and how to be scam smart.

Join us for a screening at the library, or **click on the link in the description** and join the conversation from home!

No registration required.



250-342-6416  
publiclibrary@invermere.net  
invermere.bc.libraries.coop

# Spirits for the V-Day Spirit!

Here are four festive shots and cocktails perfect for February and Valentine's Day in the Valley.



## ✔ Velvet Valentine

1 oz raspberry liqueur (like Chambord)  
1 oz vanilla vodka  
Splash of half-and-half

**Instructions:** Fill a shaker with ice. Add raspberry liqueur, vanilla vodka, and a splash of half-and-half. Shake well and strain into a chilled shot glass. Garnish with a fresh raspberry, if desired.



## ✔ Winter Rose Martini

2 oz gin  
0.75 oz fresh lemon juice  
0.5 oz rose syrup (or simple syrup with a dash of rose water)  
1 egg white (optional, for froth)

**Instructions:** Add all ingredients to a shaker without ice and shake vigorously (if using egg white). Add ice and shake again. Strain into a martini glass.



## ✔ Cupid's Arrow Shot

1 oz white chocolate liqueur  
1 oz strawberry liqueur

**Instructions:** Pour the white chocolate liqueur into a shot glass. Slowly layer the strawberry liqueur on top by pouring over the back of a spoon. Enjoy!



## ✔ Fireside Romance

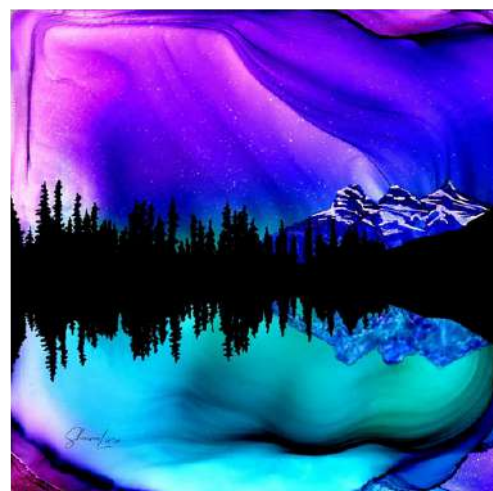
1.5 oz bourbon  
0.5 oz sweet vermouth  
0.25 oz cherry brandy  
Dash of bitters

**Instructions:** Fill a mixing glass with ice. Add bourbon, sweet vermouth, cherry brandy, and bitters. Stir well and strain into a rocks glass with a large ice cube.



# VILLAGE ARTS

*Art for everyone!*



VILLAGE ARTS

Visit Us At:

1045 7th avenue Invermere

[www.instagram.com/village.arts](http://www.instagram.com/village.arts)

[www.facebook.com/villagearts](http://www.facebook.com/villagearts)

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







# Horse Archery

**Give it a shot!**

**Whether new or experienced,  
combine two skills into one!**

**No experience needed'**

**Equipment available**

**Expert training**

**Spur Valley Mounted Archery**

**Contact Doug Goodwin**

**250 - 347 - 9048**





# Siblings

With Lori Watters

## SIBLINGS OF KIDS WITH DIVERSE ABILITIES

Zoom, chat, laugh, and share with other kids who get it! Hang out, swap stories, and connect in a fun, supportive space made just for you.

**To register use QR code or email:**

**[diversefamilyroots@gmail.com](mailto:diversefamilyroots@gmail.com)**

**Feb 25    Mar 25  
Apr 22    May 20**

**6PM PACIFIC  
7PM MOUNTAIN**

**Brought to  
you by  
Diverse  
Family Roots**

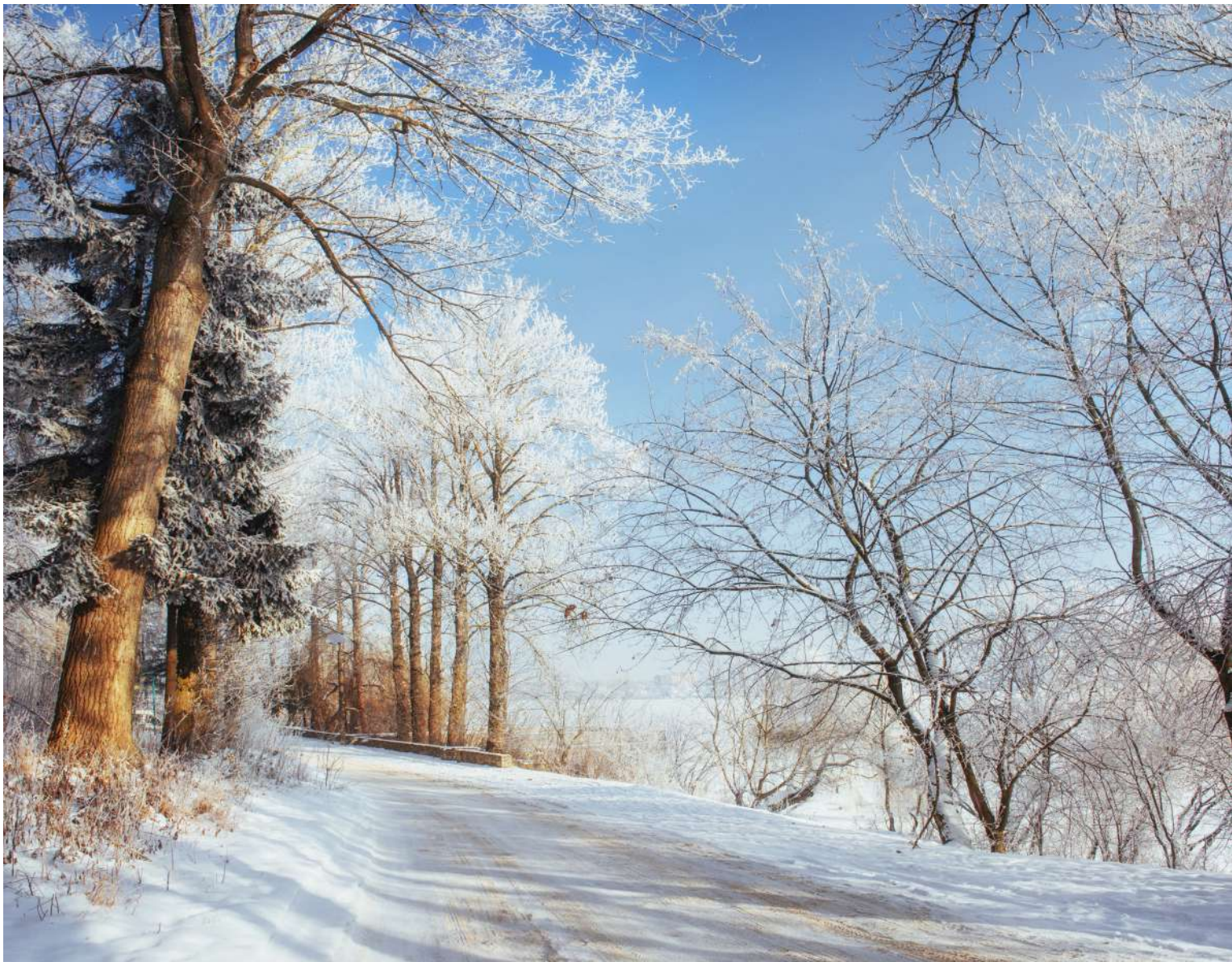


Founded in 2023, Diverse Family Roots Society is the only grassroots, non-profit, parent-led support network—the only one of its kind in the Kootenays—supporting families with children or loved ones with diverse abilities and disabilities.

Diverse Family Roots Society is grateful to live, work, and raise our families on the traditional territories of the Sinixt, Syilx, Ktunaxa, and Secwépemc peoples, and honours all Indigenous, Métis, and Inuit peoples who steward this land.







# SUSTAINABLE WINTER TRAVEL

## Eco-Friendly Tips for Getting Around

As the Columbia Valley settles into the heart of winter, familiar routines shift to accommodate snowy roads, icy sidewalks, and bone-chilling temperatures. While winter can tempt even the most eco-conscious among us to hop into a warm car and drive solo, this season also offers plenty of

opportunities to rethink how we get around—and reduce our environmental footprint in the process.

At The Valley Voice, we believe every journey matters. With a little planning, a dash of community spirit, and some practical tools, winter travel can be both

sustainable and satisfying. Here are our top tips for eco-friendly travel during the coldest months.





## **CARPPOOLING: SHARE A RIDE, SHARE THE WARMTH**

Carpooling is one of the most effective ways to cut down on emissions, save money, and make winter travel more enjoyable. When two or more people share a ride, it means fewer cars on the road, less congestion, and a lighter load on both the environment and your wallet.

### **How to Make Carpooling Work in Winter:**

- **Find Your Crew:** Start with neighbors, co-workers, or fellow students who have similar schedules and destinations. Community bulletin boards, social media groups, and local apps can help connect drivers and passengers.
- **Plan Ahead:** Set a regular schedule and pick-up locations. Allow for a little extra time in case of snowy conditions or the need to clear off vehicles.
- **Take Turns Driving:** Rotating drivers makes carpooling fair and gives everyone a break from winter driving.
- **Stay Safe:** Make sure all vehicles are winter-ready with snow tires, emergency kits, and plenty of windshield washer fluid. If the weather turns nasty, don't be afraid to change plans or stay off the roads.

Carpooling isn't just about getting from A to B—it's a chance to connect, swap stories, and share a little warmth on chilly days.



## **PUBLIC TRANSPORTATION: RELIABLE, AFFORDABLE, & GREEN**

Public transportation systems in the Valley may not rival those of big cities, but they are a lifeline for many—especially in winter. Buses are more efficient than single-occupancy vehicles, moving more people with fewer emissions. Plus, you can sit back, relax, and let someone else do the driving!

### **Winter Transit Tips:**

- **Know the Schedule:** Check your local transit website for winter schedules, weather delays, and route changes. Many systems offer real-time tracking apps so you can avoid long waits in the cold.
- **Bundle Up:** Dress in layers and keep gloves, hats, and scarves handy for those brisk walks to and from bus stops.
- **Be Prepared:** Carry a small flashlight or wear reflective gear for early morning or evening commutes. Keep a reusable travel mug with you for a hot drink on the go.
- **Try It for Special Events:** Even if you don't use public transit daily, consider it for outings, festivals, or trips to the ski hill. Many events offer free or discounted shuttle service.

By supporting public transit, you're investing in cleaner air, less traffic, and a more connected community.



## ACTIVE TRAVEL: WALKING, SNOWSHOEING, BIKING

### Walking and Snowshoeing:

- Choose Safe Routes: Stick to well-plowed sidewalks, trails, or community paths. Many towns prioritize clearing walkways near schools, downtowns, and community centers.
- Dress the Part: Layer up, wear waterproof boots with good grip, and use walking poles for added stability.
- Make It Social: Invite a friend or neighbor for a “walking bus” to the store, library, or coffee shop. It’s safer, more fun, and a great way to catch up.

### Winter Biking:

- Gear Up: Fat-tire bikes are designed for snowy conditions, while studded tires can turn a regular bike into a winter commuter.
- Stay Visible: Short days mean more darkness. Use bright lights front and back, wear reflective clothing, and obey road rules.
- Plan Your Route: Some towns maintain winter cycling paths or multi-use trails. Check local maps for the best options.

Active travel not only cuts emissions—it boosts your mood, fitness, and resilience against the winter blues.



## GREEN DRIVING: MAKE EVERY TRIP COUNT

Sometimes, driving is unavoidable. When you do need to drive, a few simple strategies can make your travel more eco-friendly—even in the depths of winter.

- Combine Errands: Plan your trips so you can accomplish several tasks in one outing, reducing overall mileage.
- Drive Smoothly: Accelerate and brake gently, and avoid idling for long periods. Modern engines don’t need extended warm-ups—just 30 seconds is enough before you start driving gently.
- Maintain Your Vehicle: Keep your car in top shape with regular oil changes, tire checks, and maintenance to maximize fuel efficiency.
- Pack Light: Remove roof racks, snow gear, or other heavy items when not in use—they decrease your car’s aerodynamics and fuel economy.

For those considering a new vehicle, winter is a great time to research electric or hybrid options. Many models now come with all-wheel drive and excellent cold-weather performance.





## COMMUNITY SOLUTIONS: THINK BIGGER

Sometimes, the best ideas come from working together. Community-driven solutions can make winter travel greener and more accessible for everyone.

- **Support Local Shuttle Programs:** Many ski hills, festivals, and markets offer shuttles or group buses. Using them reduces parking hassles and emissions.
- **Advocate for Better Infrastructure:** Speak up for more sidewalks, bike lanes, and transit options in your town. Community voices matter in shaping greener futures.
- **Share Rides Beyond the Commute:** Organize group trips to grocery stores, medical appointments, or cultural events—especially for seniors or those without cars.



## ECO-FRIENDLY TRAVEL EXTRAS

- **Keep Reusables Handy:** Pack a reusable shopping bag, coffee mug, and water bottle for errands and outings.
- **Offset When You Can:** For long trips, look into carbon offset programs or donate to local tree-planting initiatives.
- **Explore Local:** February is a wonderful month to rediscover treasures close to home—a cozy café, art gallery, or winter market—without burning extra fuel.

### A Greener Winter, Together

Winter travel in the Valley is about more than just getting from point A to point B—it's about building community, caring for our beautiful landscape, and making choices that matter for generations to come. Whether you carpool, hop on a bus, walk, or bike, every small step adds up.

If you have creative winter travel tips, carpool stories, or favorite transit routes to share, The Valley Voice would love to hear from you. Here's to a season of safe, sustainable journeys—and the joy that comes from traveling together.



HEATING — COOLING — PLUMBING — DRAINAGE  
AVAILABLE IN SURREY 24/7

# GURU PLUMBING

*Local Emergency Plumbing and  
HVAC Company in Surrey, BC*

Our plumbing professionals are here to help  
with all your plumbing needs throughout  
Surrey and Metro Vancouver areas.  
Schedule your service today!



Call to find out more  
**604-227-8104**



Visit Our Website  
**guruplumbing.ca**



## Train Your Own Service Dog with Dog Zone Services!



### What We Offer:

- Individualized training sessions.
- Assistance with meeting BC service dog regulations.
- A compassionate approach to support both handler and dog.

### Why Choose Dog Zone

- ✓ Customized Training Plans
- ✓ Experienced Trainer
- ✓ Comprehensive Support
- ✓ Focus on long-term success and reliability



**Board & Train options**

Visit  
**www.dogzoneservices.ca**  
for more details



**10TH ANNUAL POLAR PLUNGE BEACH PARTY**  
INVERMERE, BC

**RAD RECREATION ADAPTED SOCIETY**

**MHP** Mountain Home Productions

- COLD PLUNGE
- HOT TUB & SAUNA
- BEACH PARTY VIBES POWERED BY SPLIT CIRCUIT SOUND
- SNACKS & DRINKS STATION
- HOCKEY SLEDGES

**12:00 PM – 4:00 PM MST**  
**INVERMERE, BC**  
**AT KINSMEN BEACH**

**REGISTER - DONATE**  
**LEARN MORE**

**\$20 per plunger**  
**All ages and abilities welcome!**  
**To View, Register & Donate,**  
**visit [www.radsociety.ca](http://www.radsociety.ca)**

**FEBRUARY 14 & 15, 2026**

**MUSIC TOWN BC**  
**INVERMERE**

# Return to Silent Hill (2026)

Movie Review



IMAGE CREDIT: [Variety.com](https://www.variety.com)

"Return to Silent Hill" marks a chilling, atmospheric comeback for the cult horror franchise, and director Christophe Gans delivers a film that's both a love letter to longtime fans and a haunting introduction for newcomers.

## Story & Themes:

Inspired by the plot of the beloved "Silent Hill 2" game, the film follows James Sunderland (Jeremy Irvine) as he returns to the fog-shrouded

town searching for his lost love, Mary. What unfolds is a hallucinatory blend of psychological torment and supernatural horror, with the story diving deep into grief, guilt, and the shadows we carry. The script wisely balances faithfulness to the game's narrative arcs with a few fresh twists, keeping viewers guessing without alienating those familiar with the source material.

## Visuals & Atmosphere:

The film's greatest

strength is its relentless mood. Gans masterfully conjures the eerie, claustrophobic streets and decaying interiors that define Silent Hill. The use of practical effects and unsettling sound design create an immersive sense of dread, while the monsters—especially fan favorites like Pyramid Head—are brought to life with grotesque artistry. The fog, the flickering lights, the ever-present radio static: it's all here, and it's as unsettling as ever.



IMAGE CREDIT: [FirstShowing.net](http://FirstShowing.net)

#### Performances:

Jeremy Irvine brings vulnerability and intensity to James, and supporting turns from Hannah Emily Anderson and the rest of the cast flesh out a desperate, haunted ensemble. While some of the dialogue can veer into melodrama, the performances ground the supernatural horror in real emotional stakes.

#### Overall Impression:

"Return to Silent Hill" isn't just a retread; it's a thoughtful, suspenseful horror film that understands what made the games so enduring. Occasional pacing hiccups and a few heavy-handed moments aside, the film delivers scares, atmosphere, and heart.

#### Final Verdict:

A tense, visually striking journey into fear and regret, "Return to Silent Hill" earns a strong four out of five stars—a must-see for horror fans and series devotees alike.

★ Rating: 4 out of 5



# SPRING BREAK CAMP

**MARCH 23 - MARCH 26 2026 8:30 AM - 4:00 PM**

## **MARCH 23/2026 ALL ABOUT GAMES/SPORTS**

**A DAY FILLED WITH GAMES FUN  
INDOOR/ OUTDOOR GAMES ALL DAY!  
LUNCH INCLUDED (HOT DOG, MINI CHIPS , JUICE OR WATER)**

## **MARCH 24TH/2026 ART AND SCIENCE**

**A DAY FILLED WITH ART AND SCIENCE  
CRAFTS, GAMES, SCIENCE FUN, AND MORE....  
LUNCH INCLUDED ( PANCAKE DAY, MINI CHIPS , JUICE OR WATER)**

## **MARCH 25TH/2026 LEGO DAY**

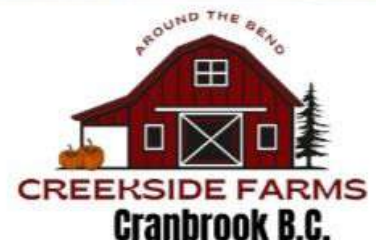
**A DAY FILLED WITH LEGO THEME FUN  
LEGO CHALLENGES, GAMES, SCAVENGER HUNT, INDOOR/OUTDOOR ACTIVITIES  
AND MORE....  
LUNCH INCLUDED ( GRILL CHEESE, MINI CHIPS , JUICE OR WATER)**

## **MARCH 26TH/2025 ROBLOX / MINECRAFT DAY**

**A DAY FILLED WITH ROBLOX /MINECRAFT FUN  
GAMES, ROBLOX MINI GAMES, CRAFTS AND MORE....  
LUNCH INCLUDED ( HOT DOG, MINI CHIPS , JUICE OR WATER)**

**Camp hours 8:30 am- 4:00pm Ages 6+  
For Pricing please message or email**

**For more details and registration please email  
[aroundthebendcreeksidefarms@gmail.com](mailto:aroundthebendcreeksidefarms@gmail.com)**





# SUMMIT HUB COWORKING



Looking for a productive, professional space to work, meet, or create? Join our vibrant co working community and enjoy all the perks of an office without the 9-5.

**memberships &  
drop in available**

**OPEN** MONDAY TO THURSDAY  
9.00 AM - 2.30 PM  
FRIDAY 9.00 AM - 12.30 PM



HIGH SPEED  
WI-FI



NO CHORES  
STARING AT  
YOU

**f** FOR MORE INFORMATION  
SUMMIT HUB, INVERMERE  
[www.invermeresummitouthcentre.org](http://www.invermeresummitouthcentre.org)



MEETING  
ROOM X 2

get out of the house **&** get down to business

# Romeo is a Dead Man

Game Review

(PS5, Xbox Series X|S, PC)



IMAGE CREDIT: [Eurogamer.net](https://www.eurogamer.net)





IMAGE CREDIT: [Xbox](#)

"Romeo is a Dead Man" takes a bold swing at classic literature, reimagining Shakespeare's tragic romance as a stylish, action-packed adventure with a darkly comedic twist. The game drops players into the heart of Verona, but this time, Romeo is less star-crossed lover and more reluctant antihero—caught in a supernatural conspiracy spinning far beyond the original play.

**Gameplay & Mechanics:** Blending narrative-driven exploration with fast-paced combat, "Romeo is a Dead Man" keeps players on their toes. The combat system is fluid and surprisingly deep, mixing swordplay with unlockable mystical abilities tied to Shakespearean motifs. Dialogue choices influence the branching story, allowing for a range of outcomes—tragic, re-

demptive, or somewhere in between.

#### Visuals & Audio:

The game's art direction is a standout, with moody, gothic cityscapes, dramatic lighting, and expressive character design that give the familiar setting a fresh, cinematic flair. The soundtrack cleverly fuses classical themes with modern beats, amplifying tension and emotion in equal measure.

#### Story & Atmosphere:

While steeped in Shakespearean references, the writing is witty and accessible, offering nods to both die-hard fans and newcomers. Juliet, Mercutio, and other familiar faces are reimagined with depth and agency, and the supernatural elements add an intriguing layer of suspense. At times, the pacing stutter-

s—some missions feel padded and certain plot twists can border on melodrama, but the overall journey is compelling.

#### Overall Impression:

"Romeo is a Dead Man" isn't afraid to take risks, and most of them pay off. The game's blend of action, branching narrative, and literary charm create a unique experience, even if a few rough edges remain. Occasional technical hiccups and uneven pacing prevent it from achieving perfection, but it's a memorable, inventive ride.

#### Final Verdict:

A bold, atmospheric adventure that breathes new life into a classic tragedy—"Romeo is a Dead Man" earns a strong four out of five stars.

★ Rating: 4 out of 5



# Kimberley Clue

Help Us

Same game ...  
live in person.

Solve

Outside

The

Family Day Afternoon  
Monday Feb 16th  
Platzl Gazebo - 1pm

Mystery

Who, Where, How?



Join us for a FREE fun outdoor family-friendly activity. Whether you've played the board game before or not, we will provide you with all the clues and rules you need to solve the mystery.

Entry into the game is FREE and you can pre-register at the following link:

<https://kootenayorienting.com/events/view/6084>

Check-in and walk-up registration: 1230-1pm, Game 1-230pm  
There will be PRIZES

Donations at the event supporting the Kimberley Heritage Museum's Interpretive Heritage Panel Project will be gratefully accepted, and all donations over \$25 get a tax receipt.

## Easter EGGstravaganza

**April 4th/2026 10:00- 12:30**  
**April 4th/2026 1:30- 4:00**

### FAMILY EVENT

<b>EGG HUNT</b> (AGE GROUP EGG HUNTS)	<b>Adult \$ 7.00</b>
<b>EASTER GAMES</b> (Game stations)	<b>Child \$ 14.00</b>
<b>Craft Station</b>	<b>Ages 0-3 Free</b>
<b>Concession</b> (Cash only)	<b>Game pass \$5.00</b>

**This is a registration required event, limited spots available**  
**Family event, parental supervision is required**

**Registration Please Email**  
**[aroundthebendcreeksidefarms@gmail.com](mailto:aroundthebendcreeksidefarms@gmail.com)**

**Location : Cranbrook B.C.**

## CRANBROOK SEEDY SATURDAY

February 14th ~ 10:00 a.m.-3:00 p.m.

Cranbrook Public Library : Manual Training School

1212- 2nd street North, Cranbrook, BC

Seedy Saturdays are fun events where you can pick up and/or swap locally grown seeds, get favorite varieties that other gardeners and seed savers are sharing (as well as the stories that come with them), meet and chat with other gardeners, and browse displays about seed saving, composting and more. Whether you are a first-time or master gardener, seed enthusiast or experienced seed saver there really is something for everyone.

Exchanging and educating the public about seed saving and environmentally responsible gardening practices.

This is a FREE event sponsored by Kimberley Cranbrook Food Network, Cranbrook Public Produce Garden & Cranbrook Public Library



## Baby Goose

Learn songs and rhymes!  
Meet new friends!

For babies and their caregivers.

**When:** Tuesdays, Feb 17 – Mar 24 • 10:30 – 11:30 AM

**Where:** Invermere Public Library

\*Drop-ins are welcome; registration is required.

To register or learn more contact:

Misty Hawes  
Community Literacy Outreach Coordinator

✉ [wvcoordinator@cbl.org](mailto:wvcoordinator@cbl.org)  
☎ or text 250-409-4251  
🌐 [cbl.org](http://cbl.org)

Decoda  
Literacy Solutions

**cbl**  
Columbia Basin Alliance for Literacy



invermere is supported by  
Columbia Basin **trust**





# Edgewater Community Garage Sale

**Edgewater Community Hall  
Saturday February 28, 2026**

**10:00am - 2:00pm**

**20 Tables Full of Goods  
\$\$ Cash is Best \$\$**

Kids Toys  
Clothes  
Artwork  
Tools

Kitchen items  
Gardening  
Home Decor  
Pet Stuff  
Fresh Baking

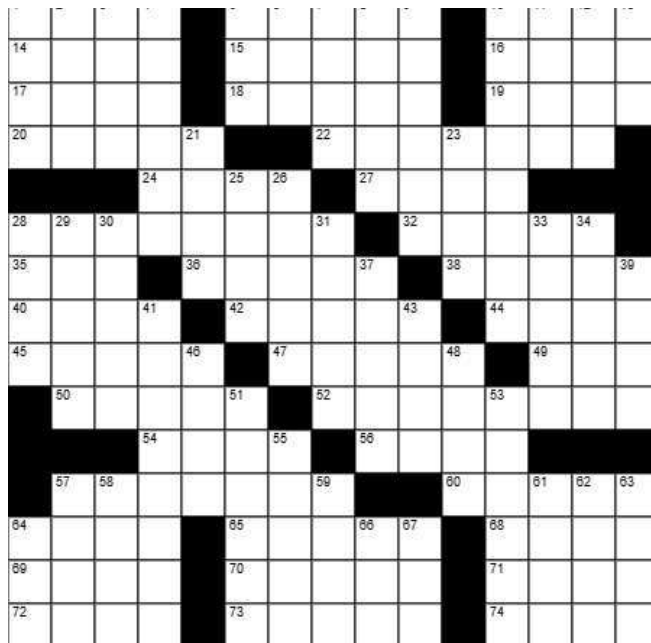


For More Information  
or Book a Table  
Email: Nicole  
[ngionette@hotmail.com](mailto:ngionette@hotmail.com)

# A LITTLE FUN

## ACROSS

1- Prefix with conference; 5- Teheran native; 10- Furthermore; 14- Destroy; 15- Examine account books; 16- Chimney grime; 17- Writer Sarah \_\_\_\_ Jewett; 18- Sound of a horse; 19- Attack a fly; 20- \_\_\_\_ is human; 22- More substantial; 24- Hiker's snack; 27- Some TVs; 28- Aquatic rodent; 32- \_\_\_\_ Is Born; 35- Tell it like it isn't; 36- Newly married woman; 38- Early photo color; 40- Woody Guthrie's son; 42- Continental identity of a Chinese person; 44- Sketch; 45- Tractor pioneer John; 47- Unit just above a yard; 49- Give \_\_\_\_ rest!; 50- Stately; 52- Lay beneath; 54- At the apex of; 56- Scandinavian capital; 57- Rainy season; 60- Alpine song; 64- Amos or Spelling; 65- Vehicles with runners; 68- Rescue; 69- Juniors, perhaps; 70- Refrain in a children's song; 71- Math course; 72- Nautical speed unit; 73- "WarGames" org.; 74- Normandy battle site;



## Down

1- Horse's gait; 2- Monetary unit of Greece; 3- \_\_\_\_ dancing is popular with cowboys!; 4- Vigor; 5- Golfer Woosnam; 6- Feel bad about; 7- Take \_\_\_\_ view of; 8- Chad neighbor; 9- Home of Odysseus; 10- Aided; 11- Actor Rob; 12- Fly; 13- Giant Mel; 21- Former Virginia senator Charles; 23- Soviet news service; 25- \_\_\_\_ avis; 26- Rainbow maker; 28- Dressed; 29- Broadcaster; 30- Martinique volcano; 31- French farewell; 33- The cruelest month?; 34- Gaucho's rope; 37- Jack Sprat could \_\_\_\_ fat; 39- Apart; 41- Person who plays the cathedral pipes?; 43- Actor Beatty and others; 46- Breaks bread; 48- Be dependent; 51- Give some slack; 53- Perches; 55- Salk's conquest; 57- Earth's satellite; 58- Yes \_\_\_\_?; 59- At no time, poetically; 61- Pub missile; 62- Heinous; 63- Kid's building block; 64- Sound of disapproval; 66- Cinco de Mayo, e.g.; 67- Turf;

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



What flowers get the most kisses on Valentine's Day?

Tulips.

