



# The Valley Voice

*The Voices of the Columbia Valley*

# ISSUE 100

## I N S I D E   T H I S   E D I T I O N

### WHAT'S AN IDIOM, ANYWAY?

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 "kick the bucket" or "bite the bullet."

### THE RULE OF 100: SMALL STEPS, BIG CHANGE

What if I told you that in just 18 minutes a day, you could become better at something than 95% of the people in the world?

### MY MOTHER HAS ALZHEIMER'S

My mother has Alzheimer's. That short sentence carries more weight than I ever thought a few words could.

### SUMMER HEAT & RADIOS: AVOIDING THERMAL SHUTDOWNS

Summer brings long days, better propagation, and more opportunities to get on the air from the great outdoors.



## Fuel Up Fridays

Starting July 11,  
get **6 cents off per litre**  
**EVERY Friday**  
thru **July & August**



- **Save big at the pumps**
- **Enter to win a \$100 Gift Card to St. Eugene's Resort** - just come inside to enter
- **Support local:** Visit our awesome lineup of **local vendors** each week

Let Fridays fuel your adventures. See you soon



## LETTER FROM THE VOLUNTEERS

This month is a very special one for us – it marks our 100th issue! For over four years, we've worked together to create something that celebrates our community, shares stories, and connects us all. None of this would have been possible without the incredible support from YOU – our readers, contributors, and advertisers. From the bottom of our hearts, thank you.

Over the years, we've been blessed with amazing guest submissions – articles, photos, event announcements, recipes, business ads, and more. Each piece adds to the heart and personality of our publication, making it what it is today. But we still need your help to keep it thriving! If you or someone you know can share content – whether it's a story, a local update, a picture from around town, or an upcoming event – we'd love to hear from you. Every submission matters.

As we head into the rest of 2025, we're hoping to reach even more readers than ever before.

We'd like to see more community content, more local voices, and more shared moments that make our publication truly ours. Please, help us spread the word – share this with a friend, a family member, or a neighbor who hasn't yet joined our growing community of readers.

Your support – through submissions, readership, and word-of-mouth – is the reason we've been here for four years and why we can keep going for many more. You make the difference, and we're so grateful to be on this journey together.

Here's to 100 issues, countless stories, and an even brighter future ahead.

With gratitude,  
–The Valley Voice Volunteers (VVV) 🍁



# Canal Flats Car Show 2025

**Justin Spilly**  
PHOTO CREDIT



## TABLE OF CONTENTS

### 06 WHAT'S AN IDIOM, ANYWAY? The Weird, Wild World of Everyday Expressions

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words.

### 10 THE RULE OF 100: SMALL STEPS, BIG CHANGE

What if I told you that in just 18 minutes a day, you could become better at something than 95% of the people in the world?

### 14 LATE SUMMER GARDEN TIPS: WHAT TO PLANT, HARVEST & PREP FOR FALL

As August brings longer evenings and the last bursts of summer sunshine, it's the perfect time to tend your garden.

### 18 MY MOTHER HAS ALZHEIMER'S: HER MEMORY FADES, BUT HER LOVE HOLDS ON

My mother has Alzheimer's. That short sentence carries more weight than I ever thought a few words could.

### 26 SUMMER HEAT & RADIOS: AVOIDING THERMAL SHUTDOWNS

Summer brings long days, better propagation, and more opportunities to get on the air from the great outdoors.

### 36 HOW TO HOST A ZERO- WASTE SUMMER GATHERING

Eco-Friendly Party Tips for Long Weekends and BBQs

### 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.instagram.com/thevoicecv_official)

OR

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

# 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 September 10, 2025

SUBMISSION DEADLINE September 9, 2025

## WE NEED

### BUSINESS ADS

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

### 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.

### 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)

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**VISIT US ONLINE**  
[thevoicecv.ca](http://thevoicecv.ca)

**VISIT US ON SOCIAL**  
[@Thevoicecv\\_official](https://www.instagram.com/Thevoicecv_official)





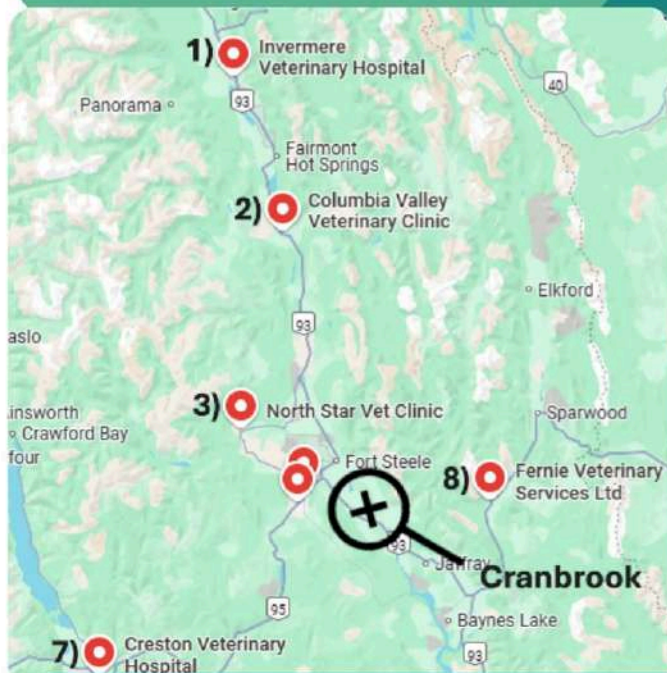
The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

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.





## The Weird, Wild World of Everyday Expressions

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 "kick the bucket" or "bite the bullet."



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 "break the ice."

**Break the ice:**

To initiate conversation in a socially awkward situation.

Originally, "break the ice" referred to clearing a path for others to follow. In the days before modern icebreakers, small chunky wooden boats with reinforced hulls would be sent ahead to literally break the ice, allowing trade or exploration ships to pass.

**Kick the bucket:**

This is used to refer to someone dying. This has a grim origin. Some think it comes from the old English slaughterhouse, where a "bucket" referred to a wooden beam, not the pail we think of today. Animals were hung from this beam by their feet, and during their final moments, they might

kick out—hence, "kick the bucket."

Another theory involves suicide by hanging, where a person might stand on a bucket and then kick it away to end their life.

Today, it's used in a light or humorous context, especially to soften the seriousness of talking about death—"Uncle Joe finally kicked the bucket at 97—said he was aiming for 100!"

**Bite the bullet:**

To do something unpleasant or challenging that you've been avoiding. Back in the day (pre-anesthesia), soldiers were literally given a bullet to bite during surgery to help them endure the pain. Can you imagine biting actual lead while someone cuts you open with a knife?

**Spill the beans:**

To reveal a secret, especially by accident.

In some Greek voting systems, people cast their votes using beans—a white bean for "yes," a black or dark one for "no." These were placed in a jar and kept hidden. If someone literally spilled

the beans before the official count, it would reveal the results early and spoil the secrecy of the vote. Spilled beans = exposed results. Beans have been causing drama for over 2,000 years.

**The ball is in your court:**

It's your turn to make a decision or take action.

It comes straight from the world of tennis, where once the ball lands on your side of the court, it's your move—literally. The phrase popped up in a more figurative sense around the 1950s and quickly became a go-to way to pass the buck. Also, a low-key way to dodge responsibility.

**Hit the sack:**

To go to bed.

The phrase dates back to the early 20th century, when people slept on cloth sacks stuffed with straw. Saying "hit the sack" or "hit the hay" became a casual way to talk about turning in for the night.

Idioms are like the spice rack of language—use 'em right, and everything gets a little more flavorful.





# COLOUR Your Summer!

## SUMMER READING CLUB 2025 WITH THE INVERMERE LIBRARY

**in Invermere, Canal Flats & Edgewater!**

*Fun, FREE program with games, activities, crafts & reading!*

**Tuesdays at the Invermere Library**

**July 8th-August 26th**

11:00 am-12:30 pm for kids heading into gr. 1-3

2:00-3:30 pm for kids heading into gr. 4-7

**Thursdays at Edgewater Community Park**

**July 10, August 7 & 21**

11:30-12:30 for kids heading into grades 1-7

**Preschool Storytime at 10:30 am on above  
dates in the park too!**

**Thursdays at Canal Flats Lions Park**

**July 3, 17 & 31, August 14**

11:30-12:30 for kids heading into grades 1-7

**Preschool Storytime at 10:30 am on above  
dates in the park too!**

### ONE-TIME REGISTRATION REQUIRED

Registration on our  
website:

[invermere.bc.libraries.coop](http://invermere.bc.libraries.coop)



**AND...**

**Free Magic Show!**  
**July 24<sup>th</sup> at Radium  
Community Hall**  
**10:00 am**  
**All ages welcome**



5 year-olds must be finished  
Kindergarten to attend SRC.

[publiclibrary@invermere.net](mailto:publiclibrary@invermere.net)  
250-342-6416  
[invermere.bc.libraries.coop](http://invermere.bc.libraries.coop)

# VALLEY PROMOTIONS



ReDi Grants  
RESIDENT DIRECTED

A PROGRAM OF  
Columbia Basin **trust**

DELIVERED BY  
East Kootenay

**Jumpstart  
Bon départ**

# TEEN HIKING PROGRAM



**TEENS, explore your backyard with your friends this summer!**

Join our FREE summer hiking program and experience **breathhtaking views** and unforgettable adventures in nature.

Connect with fellow adventurers and develop your hiking skills under the professional guidance of **Play West**

**Mondays**  
July 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> and  
August 11<sup>th</sup> and 18<sup>th</sup>.

Spots are limited. Contact the Summit Youth Centre to register.

**[summit.centre@gmail.com](mailto:summit.centre@gmail.com)**

**PARTICIPANTS MUST BE BETWEEN 12 AND 18**

*Registration and waivers must be signed by a parent or guardian  
Register now, spaces are limited*







# The Rule of 100: Small Steps, Big Change

What 18 Minutes a  
Day Can Do for Your Life

**What if I told you that in just 18 minutes a day, you could become better at something than 95% of the people in the world?**

Sounds crazy, but that's the idea behind the Rule of 100. If you spend 100 focused hours in a year on one skill—whether it's drawing, coding, writing, dancing, playing guitar, or learning a new language—you'll likely surpass the vast majority of people in that area. That's just 18 minutes a day—less time than most of us spend scrolling on our phones.

The aviation pioneer Amelia Earhart said, "The most difficult thing is the decision to act, the rest is merely tenacity." You don't need to have it all

figured out before you start. You just have to start.

The part that catches a lot of us is the belief that we need big blocks of time to make progress. We imagine we need to clear a whole afternoon, take a course, or change our lives before we can start. But the Rule of 100 says otherwise. Just 18 minutes. Every day. That's it.

And as you start showing up every day—for those few minutes—your mindset starts to shift. It builds





confidence. It gives your days a sense of purpose. It creates momentum. And momentum is a powerful thing.

As Aristotle put it, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." That's what 18 minutes a day can do. It's less difficult to start than it is to show up again tomorrow. And the day after that. But if you can stick with it—if you can keep carving out those 18 minutes—you'll look up a year from now and be amazed at how far you've come.

Whatever it is you've been wanting to improve or learn, start today. Don't wait for the perfect moment. Set a timer. Pick up the pen, the guitar, the book.

Whatever it is, do it for 18 minutes. One session at a time, and you're building something bigger than you realize.

The Rule of 100 is simple: do the thing, a little bit, every day. And watch what happens. Start now.





# 2025 MOVIES IN THE MOUNTAINS

Monday Nights at Dark  
Pothole Park  
Downtown Invermere

July 7 The Sandlot

July 14 Summer Rental

July 21 Transformers One

July 28 Wicked

Aug 4 Paddington in Peru

Aug 11 Adventures in Babysitting

Aug 18 Teenage Mutant Ninja Turtles

Aug 25 Encanto

*Presented by the  
District of Invermere*

Cash Concession Available  
[events@invermere.net](mailto:events@invermere.net)

Viewer discretion is advised.

May contain content that is not suitable for some audiences.



## VALLEY PROMOTIONS



THE DISTRICT OF INVERMERE  
PROUDLY PRESENTS



SPONSORED  
BY:



TRAVEL  
COLUMBIA  
VALLEY

# LOCALS 25<sup>CONCERT</sup> SERIES LIVE

JOIN US FOR FREE MUSIC ENTERTAINMENT  
**WEDNESDAYS 6:30PM-8:00PM**

**POTHOLE PARK  
DOWNTOWN INVERMERE**

**JULY 2-DTSS SOUL MACHINE**

**JULY 9-TYLER DEL PINO &  
THE BRASSTRONAUTZ**

**JULY 16-MILES CANYON**

**JULY 23-BAIDEN HOLLAND**

**JULY 30-ROCKINOMIX**

**AUG 6- MADDISUN**

**AUG 13-L8**

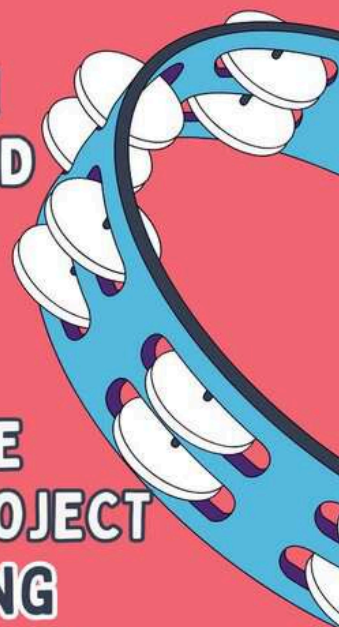
**AUG 20-SHADES OF BLUE**

**AUG 27- THE RADIUM PROJECT**

**COMMUNITY DRUMMING**

**JULY 2[AT] 6:15PM & 7:15PM**

**AND AUG 6[AT] 6PM**







## What to Plant, Harvest & Prep for Fall

As August brings longer evenings and the last bursts of summer sunshine, it's the perfect time to tend your garden with an eye toward both late-season harvests and fall readiness. Whether you're new to gardening or a seasoned grower, here are some helpful tips to keep your green space thriving.

### What to Plant Now:

Late summer is ideal for planting quick-maturing crops and cool-weather vegetables. Consider sowing leafy greens like spinach, arugula, and kale—they'll germinate quickly and can withstand early fall chills. Radishes, turnips, and bush beans also do well when planted in early August, giving you a bonus harvest before frost arrives.

### Harvesting Tips:

If you planted early in the season, now's the time to start enjoying the fruits of your labor. Tomatoes, zucchinis, cucumbers, and peppers are typically abundant in August. Be sure to pick vegetables regularly to encourage continued production. For herbs, trim

back leafy growth to promote new shoots and preserve flavor by drying or freezing extras.

### Prepping for Fall:

Now's a great time to refresh your garden beds. Pull out spent or diseased plants, amend your soil with compost, and consider planting a cover crop like clover or rye to enrich your soil over winter. If you're planning on a fall crop, use row covers or cold frames to extend the growing season.

Mulching your beds helps conserve moisture during late-summer heat and protects roots as the temperature dips. It's also a good time to clean and sharpen your tools so you're ready for the change in season.

Your garden doesn't have to end with summer. With a little planning, you can keep the harvest going and set yourself up for success next spring. Whether you're sowing a fall salad bed or simply tidying up your plot, now is the time to give your garden some thoughtful attention.



# Canal Flats Car Show 2025

**Justin Spilly**  
PHOTO CREDIT







# 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**



# VALLEY PROMOTIONS



**BIG BOOK SALE**

**Invermere Courthouse  
Parking Lot  
7<sup>th</sup> Ave. & 4<sup>th</sup> St.**

**Saturday, August 2<sup>nd</sup>  
9AM – 1PM**  
(Rain-Out Date: August 9<sup>th</sup>)

**All funds raised support the  
Invermere Public Library**

**FRIENDS**  
OF THE INVERMERE PUBLIC LIBRARY



# My Mother Has Alzheimer's



## Her Memory Fades, But Her Love Holds On

**My mother has Alzheimer's. That short sentence carries more weight than I ever thought a few words could. It's a quiet devastation—a slow, invisible unravelling of everything familiar. It creeps in gently, then refuses to let go.**

My mother doesn't remember the day, the year, or her age—I often tell her she's 29—and she laughs as if it might be true. She doesn't remember what she did the moment before, if she's eaten, whether it's morning or evening, or where she left her lighter to light her cigarette—yes, she still has one or two a day and remembers that she does, so let it be that way.

She forgets words mid-sentence, forgets who just called, forgets what she was doing seconds past, and conversations loop and restart like echoes. But somehow, through all the fog and fading, she still remembers me, and for now, that's more than enough.

When I walk into the room, her eyes light up. Her face softens. She doesn't always say my name, but the recognition is there, like sunlight

breaking through a clouded sky. And every time, it felt like a gift I wasn't sure I'd get again.

I remind her of stories from her childhood past—she remembers them all and tells me new ones that I've never heard before. Are they true or not? She tells them with conviction, and I choose to believe them to be so. She listens to my joking ways and always laughs, then sings and hums her old songs from her youthful past.

And in those moments, she's still here. Not the version that Alzheimer's is trying to erase—but the woman who she used to be: feisty, witty and fun.

This condition steals in small, merciless ways. It chips away at who my mother was. But it has not—and will not—take everything.



I carry sadness while she's still here and  
love who she continues to be—even as  
pieces quietly fade.

I visit once every now and often then. I  
speak gently to my mother, play the fool,  
and make her laugh, make her remember  
her past, and I remember for her, if only for  
that moment.

And she remembers me in the way that  
matters most.

Though Alzheimer's clouds her mind, it  
hasn't touched her heart.

And when she looks at me—really looks—I  
know.

She may be forgetting the world, but she  
has not forgotten me.

She entered her 81st year just weeks ago.

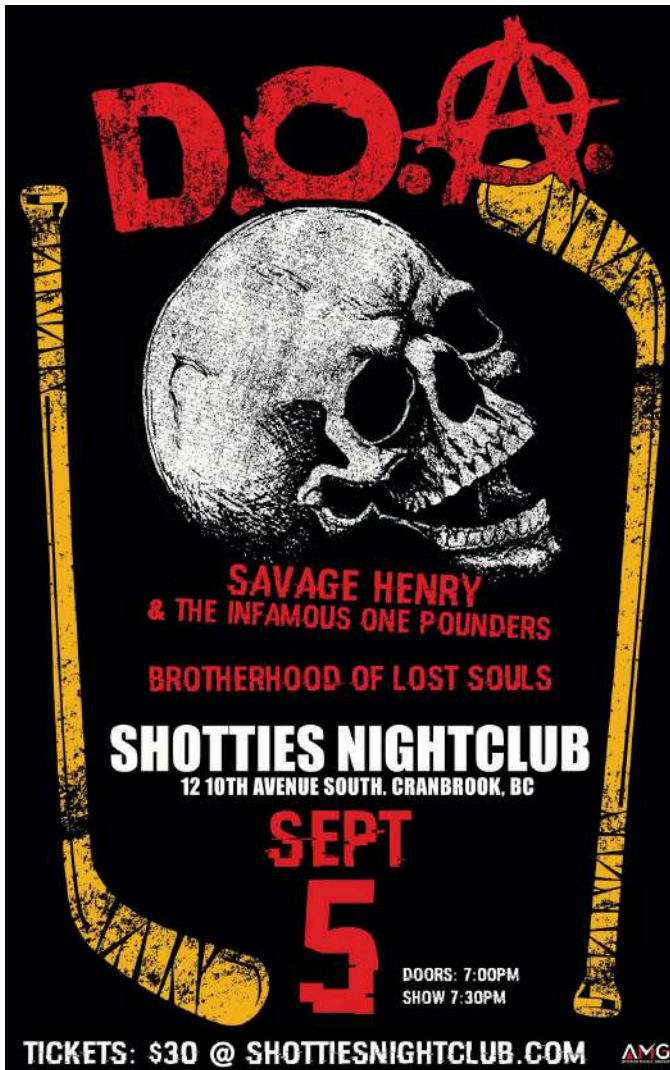
An old poem titled "The Mother" tells it well.

When your mother has grown older,  
When her dear, faithful eyes  
no longer see life as they once did,  
When her feet, grown tired,  
No longer want to carry her as she walks –  
Then lend her your arm in support,  
Escort her with happy pleasure.  
The hour will come when, weeping, you  
Must accompany her on her final walk.  
And if she asks you something,  
Then, give her an answer.  
And if she asks again, then speak!  
And if she asks yet again, respond to her,  
Not impatiently, but with gentle calm.  
And if she cannot understand you properly  
Explain all to her happily.  
The hour will come, the bitter hour,  
When her mouth asks for nothing more.

If your mother still walks this earth, hug her  
or call her today and tell her you love her—  
time slips quietly away, but love spoken now  
echoes forever.







**D.O.A.**

**SAVAGE HENRY  
& THE INFAMOUS ONE POUNDERS**

**BROTHERHOOD OF LOST SOULS**

**SHOTTIES NIGHTCLUB**  
12 10TH AVENUE SOUTH, CRANBROOK, BC

**SEPT 5**

DOORS: 7:00PM  
SHOW: 7:30PM

TICKETS: \$30 @ SHOTTIESNIGHTCLUB.COM

AMG



**House of Cars Cochrane**  
SALES / SERVICE / FINANCE

**2ND ANNUAL**  
COCHRANE ALTITUDE

**FMX + AUTO SHOW**

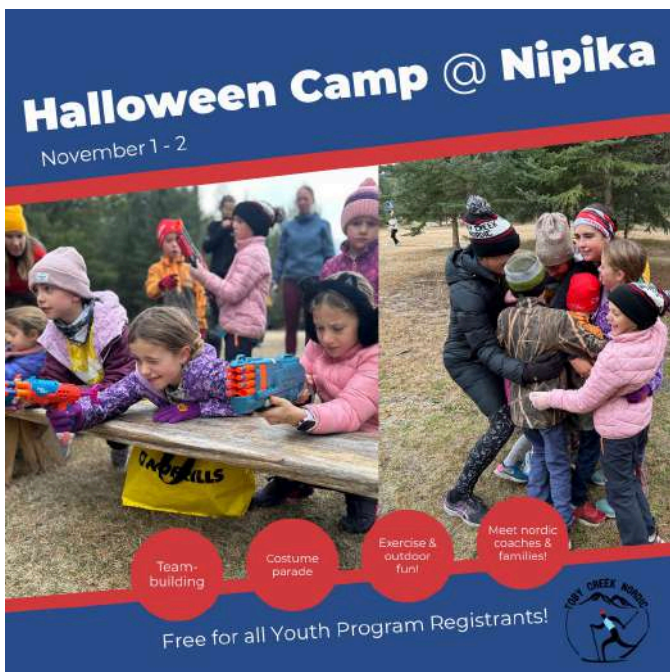
AUTO SHOW / FOOD TRUCKS 2PM • FMX SHOW 5PM

**SEPTEMBER 1ST**

COCHRANE SEARCH & RESCUE ROUTE 1A CRUISE COCHRANE ALIENATED AUTOS HYDRA-CASUAL CO. COCHRANE EVERYTHING

ALL PROCEEDS GO DIRECTLY TO SUPPORTING CSAR AND THEIR LIFESAVING EFFORTS.

544 RAILWAY ST, COCHRANE, AB T4C 2C5  
WWW.HOUSEOFCARS.COM 587.441.3612



**Halloween Camp @ Nipika**  
November 1 - 2

Team-building  
Costume parade  
Exercise & outdoor fun!  
Meet nordic coaches & families!

Free for all Youth Program Registrants!

100 CREEK RACING



**FIRST FRIDAYS** INVERMERE downtown & all around

JUNE 06 • JULY 04 • AUG 01 • SEPT 05

**LIVE MUSIC**  
OPEN ART walk  
SHOPS OPEN LATE 5-8PM

**12th** street park  
selection of GREAT FOOD LOCAL BREWS

# VALLEY PROMOTIONS





COLUMBIA VALLEY  
FOOD BANK

## Buy a Food Basket For A Household



Two Person  
Food Basket

Households of all sizes  
benefit from our food baskets.



Five Person  
Food Basket



Eight Person  
Food Basket

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 Hung

We provide one we  
per household.  
more support is ne  
emergency food  
is a solution



Emergency Food  
Baskets (\$39.00)

FREE  
EVENT

BRITTANY ELIADIS, EKISC EDUCATION & OUTREACH MANAGER

ED TALKS

WATERCOLOURS WITH WEEDS

WORKSHOP AND PAINT NIGHT WITH EKISC

August 27 | 6:00 - 8:00 pm | Please Register Online

CRANBROOK  
HISTORY CENTRE

EAST KOOTENAY  
INVASIVE SPECIES  
COUNCIL

Emergency Food Basket





## SUMMER BBQS COCKTAILS AND SHOTS

### GRILLED PINEAPPLE MOJITO

**Ingredients:**

2 oz white rum  
1/2 cup grilled pineapple chunks  
6-8 fresh mint leaves  
1/2 oz lime juice  
1 tsp sugar  
Soda water  
Ice

**Directions:**

Muddle grilled pineapple, mint, lime juice, and sugar in a shaker. Add rum and shake with ice. Strain into a glass filled with ice, top with soda water, and garnish with a grilled pineapple slice and mint sprig.

### BBQ SHOT: MAPLE BACON WHISKEY BITE

**Ingredients:**

1 oz whiskey  
1/4 oz maple syrup  
Small bacon strip (garnish)

**Directions:**

Mix whiskey and maple syrup in a shaker with ice. Shake and strain into a shot glass. Garnish with a crispy bacon strip on the rim.





## SMOKY PEACH BOURBON SMASH

### Ingredients:

2 oz bourbon  
1/2 peach, grilled  
1/2 oz lemon juice  
1/2 oz simple syrup  
Splash of soda water  
Ice

### Directions:

Muddle grilled peach in a shaker with lemon juice and syrup. Add bourbon and ice. Shake and strain over ice in a rocks glass. Top with soda water and garnish with a peach slice.

## CUCUMBER WATERMELON COOLER

### Ingredients:

1.5 oz vodka  
1/4 cup fresh watermelon chunks  
2 slices cucumber  
1/2 oz lime juice  
Ice  
Mint for garnish

### Directions:

Muddle watermelon and cucumber in a shaker. Add vodka, lime juice, and ice. Shake and strain into a chilled glass. Garnish with a mint sprig and cucumber ribbon.



VILLAGE ARTS  
*Art for everyone!*



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)



# VALLEY PROMOTIONS





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

8288 Hobbit Frontage Rd. Hwy 93/95  
Radium Hot Springs BC

[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**





# Summer Heat & Radios: Avoiding Thermal Shutdowns

Summer brings long days, better propagation, and more opportunities to get on the air from the great outdoors. But with sunshine comes a hidden threat to your rig—heat. Overheating can cause radios to shut down mid-QSO, behave erratically, or even suffer permanent damage. In this post, we're taking a deep dive into Summer Heat & Radios, exploring why heat is a problem, what thermal shutdown means, and how you can prevent heat-related issues in both shack and field environments.

Whether you're activating a summit, hosting a field day, or just operating from a sunny patio, a little preparation goes a long way in protecting your gear—and your fun.

## Why Summer Heat Is Hard on Radios

Radios generate heat as part of normal operation. Transmitters especially produce a lot of thermal energy, particularly at high power. Add summer sun, high ambient temperatures, and direct sunlight on your equipment, and you've got a recipe for thermal overload.

The Signs of Heat Stress in Radios

- Sudden power loss or shutdown

- Audio distortion or signal instability
- Fan running continuously or abnormally loud
- Display dimming or flickering
- Failure to key the transmitter

Many modern radios have built-in thermal protection features. These usually involve a thermal shutdown mechanism—if the internal temperature reaches a critical threshold, the rig automatically powers down to avoid damage.

While this is a great feature, it's not ideal to have your gear drop out mid-QSO or during a contest.



## How Thermal Shutdown Works

Thermal shutdown is a failsafe built into transceivers, amplifiers, and other RF gear. A temperature sensor (usually near the final amplifier) constantly monitors internal heat levels. Once the sensor detects a set threshold—often around 70–80°C (158–176°F)—the rig will:

- Lower output power (thermal throttling)
- Sound an alarm or warning
- Eventually shut off completely

Unfortunately, in summer conditions, especially in enclosed or poorly ventilated spaces, it doesn't take long to reach this point.

## How to Prevent Overheating in Your Radio Equipment

### 1. Ventilation Is Key

Airflow is the single most important factor in heat management.

In the shack:

- Leave space around your rig's cooling vents.
- Avoid stacking equipment directly on top of each other.
- Use small USB or desktop fans to move air around equipment.
- Keep equipment off carpeted surfaces that can trap heat.

In the field:

- Set up your station in shaded areas—trees, awnings, tents.
- Place rigs on hard, ventilated surfaces—not grass or dirt.
- Use elevated platforms like milk crates or wood boards to promote airflow.

### 2. Add Supplemental Cooling

External fans and heatsinks can make a big difference, especially during heavy operating sessions or contesting.

Options to consider:

- Laptop cooling pads placed under your rig.
- USB-powered fans directed at rear vents or finals.
- Custom fan setups using 12V DC fans mounted in enclosures or brackets.

- Passive heatsinks on amplifier housings or external tuners. Some hams even 3D-print cooling ducts that channel air through the radio's own venting system.

### 3. Monitor Internal Temperature

Knowing your rig's temperature is half the battle.

Many modern radios offer built-in temperature readouts, accessible through system menus. For example:

- Icom IC-7300: Check under "Menu > Set > Function > Temp Meter"
- Yaesu FT-991A: Use the "Display > Moni" setting

If your rig doesn't offer this, consider an external sensor like:

- Infrared temperature guns
- Thermocouple probes
- Digital thermometers taped to the case

Monitoring lets you back off before you hit shutdown territory.

### 4. Use Lower Power When Possible

The more power you run, the more heat you generate. If you're in a hot environment, consider dialing it down:

- Switch from 100W to 25–50W for casual QSOs
- Run QRP (under 5W) when testing or ragchewing
- Use CW or digital modes that produce less average power than voice SSB

Not only does this reduce internal heat, it extends battery life in field setups.

### 5. Plan Operating Times Smartly

Avoid peak heat hours—usually between 11 a.m. and 4 p.m. Instead:

- Operate early mornings or evenings when temperatures are cooler
- Take regular breaks to let your gear cool down
- Keep rigs off when not in use to prevent idle heating

Bonus: Propagation on 40m and 80m often improves later in the day anyway.



## 6. Be Mindful of Direct Sunlight

Direct sun can rapidly heat radio equipment even when the air temperature feels comfortable.

Solutions:

- Operate under a tarp, canopy, or umbrella
- Use white towels or thermal blankets to cover gear in the sun
- Position displays and buttons away from direct sunlight to preserve readability and function

Don't forget your coax, either—some coax jackets degrade under UV exposure.

## Summer Shack Adjustments

Even indoor shacks aren't immune to summer heat. Basements and garages can heat up quickly, especially if unventilated.

Check for:

- Adequate room ventilation (consider adding a vent fan)
- Air conditioning or portable coolers
- Heat buildup from computer equipment nearby

Avoid running multiple high-draw devices on the same power supply in hot conditions—it increases load and heat buildup.

## Best Practices for Portable Setups

Field Day, SOTA, and POTA are popular summer activities. Here's how to make sure your portable rig handles the heat:

- Pack lightweight, heat-tolerant gear (FT-818, KX2, IC-705)
- Bring shade, like a tarp or even a sun hat for your radio
- Use passive ventilation, like mesh tables or wire racks
- Charge batteries at cooler times, as charging can produce heat

Don't underestimate how hot it gets inside your go-box, either. If you use a plastic or metal case, keep it cracked open or fan-cooled.

## Consider Environmental Durability When Buying Gear

If you frequently operate outdoors in warm weather, it's worth investing in radios designed for rugged conditions.

Look for:

- Integrated fans
- High-temp operating specs (above 50°C)
- Weather-resistant or sealed chassis
- Efficient thermal designs (like the Elecraft KX line)

Check the spec sheets and operating temps before you buy.

## Stay Cool and Stay On the Air

Summer heat and radios don't have to be enemies. With a few smart practices—ventilation, monitoring, and strategic planning—you can avoid thermal shutdowns and keep your rig happy even on the hottest days.

Operating in warm weather can be rewarding, especially when you're out in nature or enjoying contest season. But your gear needs a bit of TLC to keep performing.

At CRCS, we believe ham radio should be fun and functional year-round. Whether you're running a home station or backpacking with a QRP rig, keeping your gear cool is just as important as your antenna choice.





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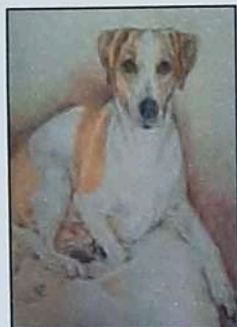
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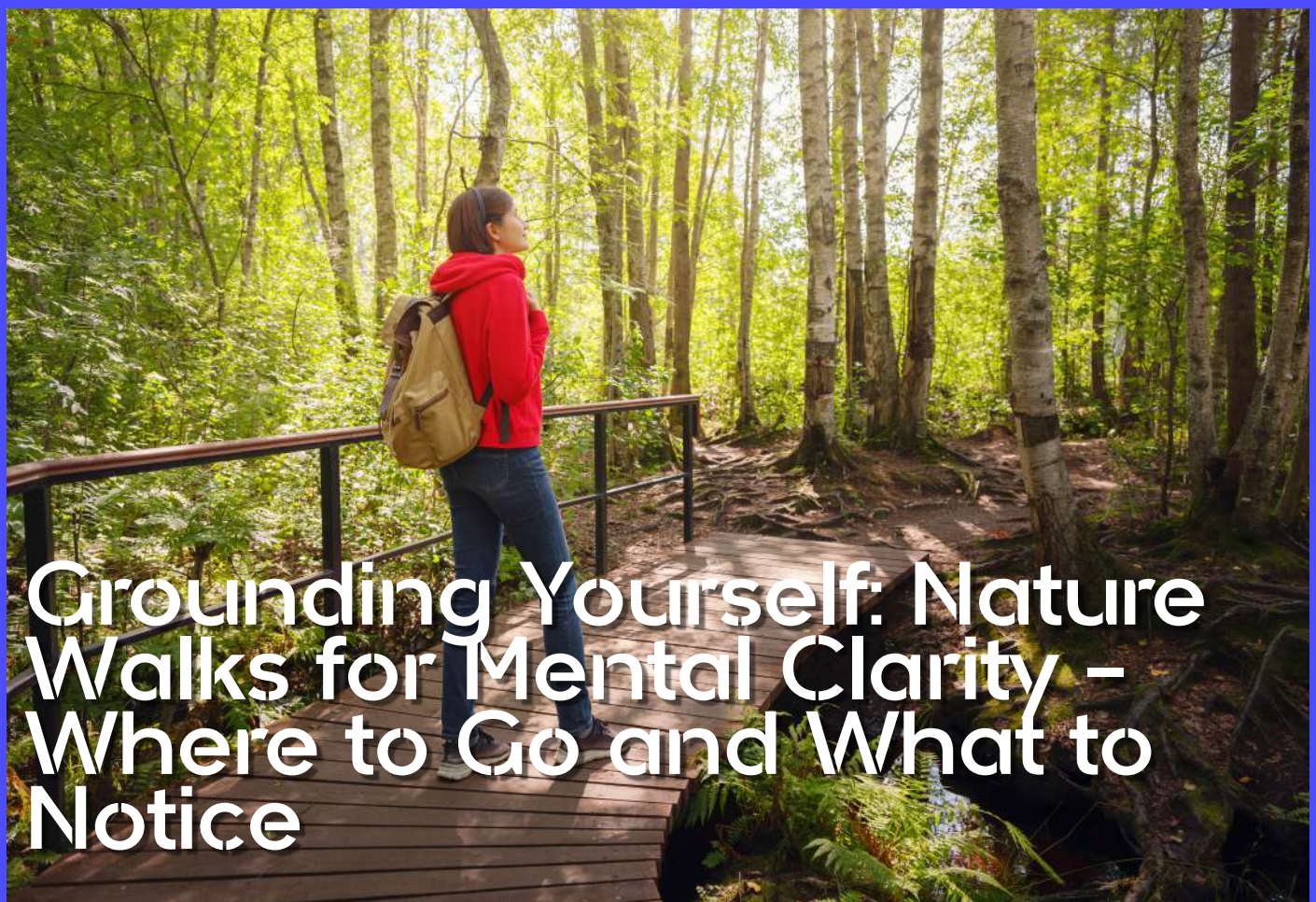
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# Grounding Yourself: Nature Walks for Mental Clarity – Where to Go and What to Notice

In a world where our minds are constantly pulled in every direction by screens, schedules, and stress, taking time to ground yourself is more important than ever. One of the most effective (and underrated) ways to find clarity is by stepping outside and immersing yourself in nature. A simple walk among trees, water, or open fields can reset your mind in ways that no to-do list app ever could.

## Where to Go

Start with what's close to home. Local parks, riverside trails, conservation areas, or even a quiet neighborhood street lined with trees can provide a refreshing change of pace. If you're able, explore provincial or national parks for a deeper escape into the natural world. Forest hikes, or paths that wind through meadows all offer unique sights, sounds, and sensations to reconnect you with the present moment.

## What to Notice

Grounding is all about awareness—anchoring yourself to the here and now. Pay attention to the rhythm of your footsteps and the sound they make on gravel, grass, or fallen leaves.

Notice the scent of the air—maybe fresh pine, earthy soil, or salt from a nearby shoreline. Observe the way light filters through leaves, casting shifting shadows on the path. Listen for birdsong, the hum of insects, or the rustle of wind.

Even small details can have a big effect: the roughness of tree bark beneath your fingers, the coolness of a shaded path, the feeling of sun warming your skin. These sensory experiences draw you out of overthinking and into a state of mindful presence.

## Why It Works

Nature has an incredible ability to slow our mental chatter. Studies have shown that time outdoors lowers stress hormones, improves focus, and enhances mood. By regularly taking nature walks—whether for 10 minutes or an hour—you're giving your mind space to untangle, recharge, and see life with fresh perspective.

So, next time life feels overwhelming, lace up your shoes, step outside, and let nature work its quiet magic. Sometimes, the path to clarity is simply a walk away.



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# HOW TO HOST A ZERO-WASTE SUMMER GATHERING

Eco-Friendly Party Tips for Long Weekends and BBQs

There's nothing like a summer gathering. Warm weather, good company, and the smell of something sizzling on the grill—these moments become treasured memories. But let's be honest: many summer celebrations also bring heaps of garbage, single-use plastics, and food waste. Thankfully, it doesn't have to be that way.

Hosting a zero-waste summer gathering is easier than you might think. With a little planning, you can throw a beautiful, welcoming event that's low on waste and high on good vibes. Whether it's a backyard BBQ, picnic by the lake, or long weekend block party, here's how to keep it sustainable.

## 1. Start with Mindful Invitations

Skip the paper invites and send digital ones instead. Free tools like Evite, Canva, or even a simple group message will do the trick. Not only does this save trees, but it also makes RSVPs easier to manage. Be sure to include that it's a low-waste or eco-conscious event, so guests come prepared!

Pro tip: Encourage guests to bring

their own reusable containers, cups, or cutlery if you're comfortable with that level of sharing.

## 2. Rethink Party Supplies

Plastic cutlery, paper plates, red Solo cups—it's a lot of landfill for one night. Instead, consider these options:

Use real dishes and cutlery - Even for a big group, a mix of your own dishes plus thrifted extras can work great.

Borrow or rent - If you don't have enough, ask around! Many communities have "library of things" networks or Facebook groups where you can borrow items.

Compostable options - If reusable isn't realistic, choose compostable plates, napkins, and cups (made from bamboo or sugarcane), and make sure you compost them properly.

Cloth napkins - They feel fancy, are reusable, and look better than paper.

Set up clearly marked stations: one for recycling, one for compost, and one for dishes to wash. Label everything to prevent confusion.

### 3. Plan a Low-Waste Menu

This is where you can really shine. Local, seasonal food is the most eco-friendly choice—plus it tastes better. Here are a few tips:

Avoid single-serve packaging - Buy in bulk and serve buffet-style or family-style.

Serve finger foods - Cut down on the need for cutlery and plates altogether.

Use pitchers or dispensers - Skip canned drinks and serve lemonade, infused water, or iced tea in large containers.

Go vegetarian or flexitarian - Plant-based options have a lower environmental impact and are delicious! Try grilled veggie skewers, bean-based burgers, or locally sourced mushroom dishes.

Bonus: Support a local farmer or bakery by sourcing ingredients or baked goods from them—it keeps your dollars local and your ingredients fresher.

### 4. Get Creative with Decor

You don't need balloons and plastic banners to make your gathering feel festive. Natural and reusable decor adds charm and personality.

Use what you already have - Jars, baskets, string lights, and cloth tablecloths go a long way.

Decorate with nature - Flowers from your garden, pinecones, driftwood, or even fresh herbs in jars.

DIY signs and centerpieces - Get the kids involved in painting signs on recycled cardboard or rocks.

Avoid confetti, glitter, and plastic tablecloths—they're not recyclable and often end up in the landfill or waterways.

### 5. Keep Hydration Eco-Friendly

Summer heat calls for lots of hydration. Instead of bottled water:

Set up a hydration station with a big water jug and cups (labelled for guests).

Offer fun options like cucumber-mint or citrus water for flavor without waste.

Have guests bring their own water bottles or glasses.

### 6. Manage Leftovers Wisely

Food waste is a big issue at most gatherings. To cut down:

Offer reusable containers for guests to take leftovers home.

Encourage second helpings rather than tossing food out.

Compost scraps properly—fruit rinds, veggie peels, and more.

If you're part of a community garden or have chickens, they'll love your clean veggie scraps!





## 7. Entertainment with a Sustainable Twist

Skip plastic party favors or novelty items. Instead, focus on shared experiences:

- Lawn games like bocce, cornhole, or badminton
- A playlist and dancing area
- Campfire stories or acoustic jam sessions
- A DIY photo booth with thrifted props

If you want to give party favors, consider seed packets, homemade jam, or baked goods wrapped in paper or cloth.

## 8. Transportation Matters

Encourage guests to carpool, bike, or walk to your event if they're nearby. You can even offer a prize for the person who arrived with the lowest footprint!

If you're gathering in a public space, pack everything out, including waste, and leave the area cleaner than you found it.

## 9. Involve Your Guests

The best zero-waste gatherings are collaborative. When guests know the purpose and feel part of it, they often go above and beyond.

Make an announcement at the beginning:

"This is a low-waste event! Thank you for helping us reduce single-use items.

There are clearly marked bins for compost and recycling. If you brought reusable items—thank you!"

Even one or two helpers can make cleanup and waste sorting much smoother.

## 10. Reflect and Improve

After the party, take a moment to evaluate. What worked? What didn't? Make notes for next time, and share what you learned with others.

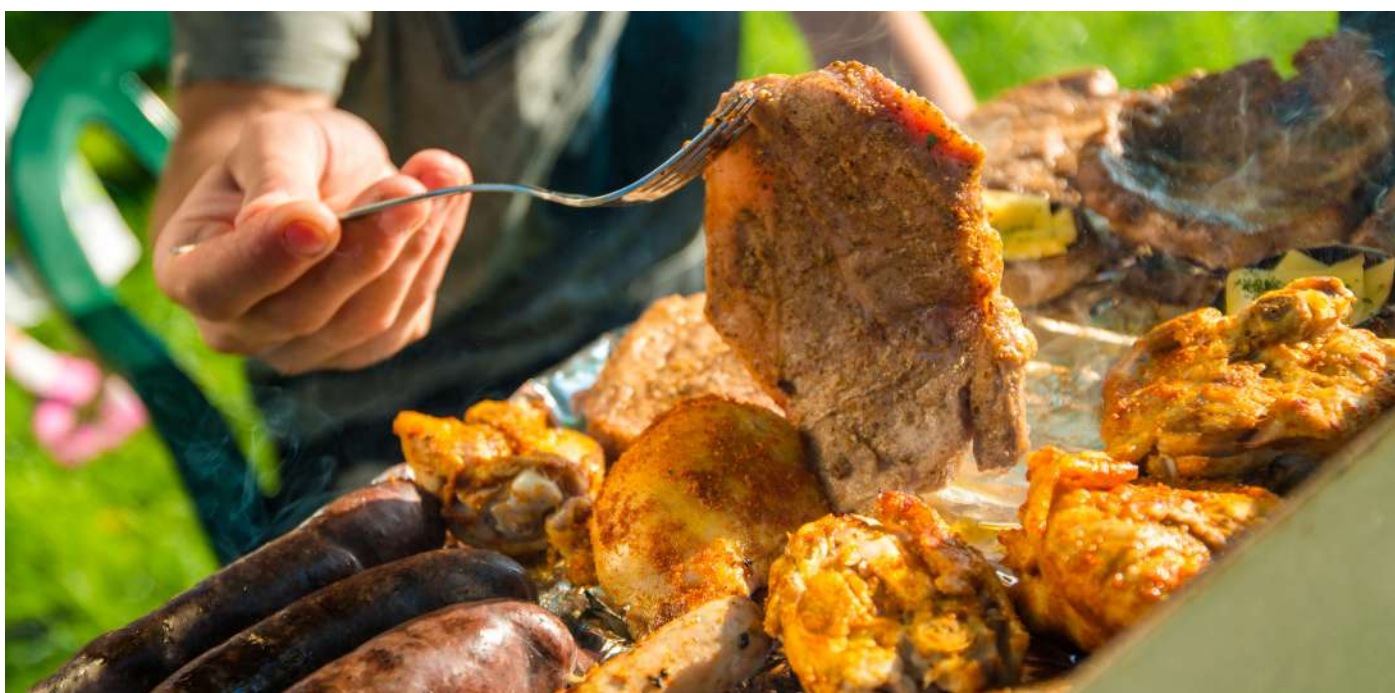
## The Bigger Picture

Choosing to host an eco-friendly gathering isn't just about reducing trash—it's a way of showing respect for the land, your community, and future generations. By rethinking how we celebrate, we can create traditions that are just as joyful, but more sustainable.

The best part? People notice. Your guests will go home inspired, with new habits they can bring to their own homes. And over time, those ripple effects matter.

So this August long weekend, raise your reusable glass, toast your friends, and celebrate summer with heart, soul, and a little less waste.

Have your own tips or stories from a sustainable gathering? Send them in for next month's Valley Voice! We love reader contributions. Let's keep the celebration going—mindfully.





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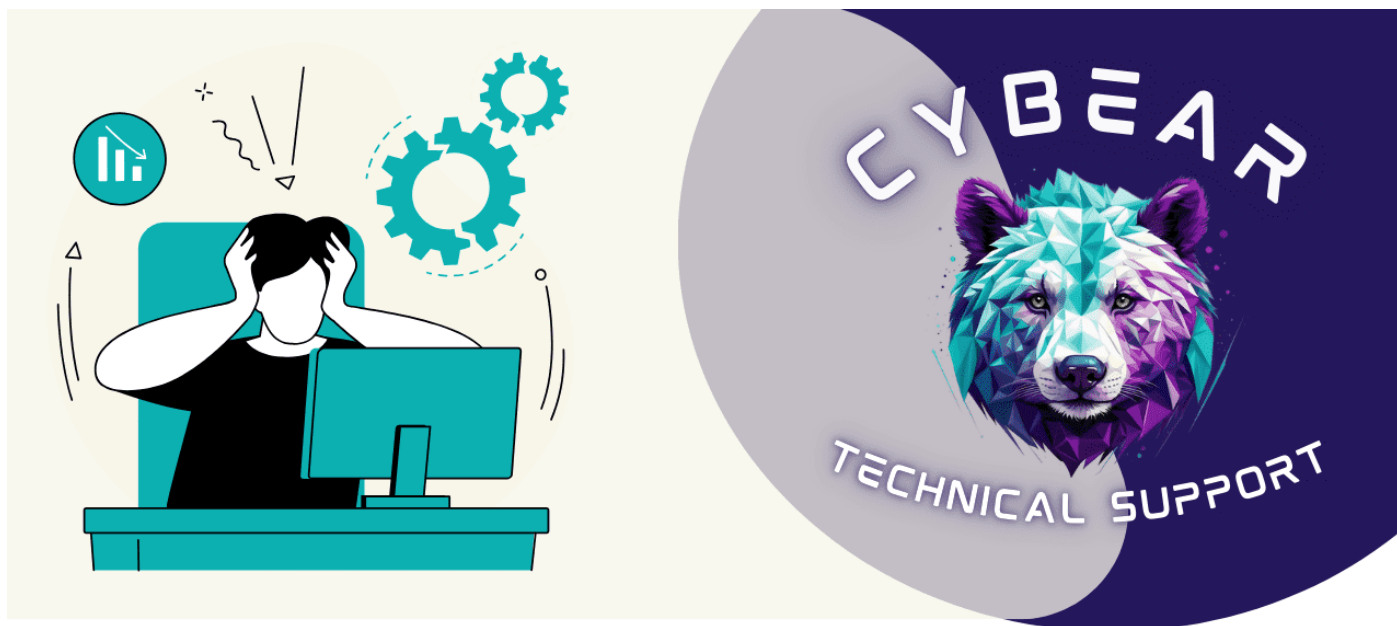
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# Gamer's Corner

## Game Review: Eriksholm: The Stolen Dream

Eriksholm: The Stolen Dream is a moody, atmospheric stealth adventure that takes players deep into a 20th-century industrial dystopia filled with secrets, betrayal, and family loyalty. With a strong narrative focus and a hauntingly detailed world, this debut title from River End Games manages to stand out in a genre that's often dominated by flashier titles.

The game follows Hanna, a brave and determined young woman searching for her brother, who's been taken by the regime. Set in the fictional city of Eriksholm, where towering smokestacks loom over cobbled streets and political unrest simmers below the surface, the game balances tension and empathy in equal measure.

What Eriksholm does best is world-building. Every alley, rooftop, and underground tunnel feels lived in, with atmospheric lighting and immersive sound design that draw you into the setting. The soundtrack is subtle but powerful, evoking melancholy and resistance.

Gameplay is focused on stealth and puzzle-solving rather than combat. Hanna isn't a warrior—she's a survivor. This choice grounds the game in realism and makes each escape feel earned. You'll spend a lot of time hiding, sneaking, and making tough decisions that impact the story's outcome. Dialogue choices and exploration rewards are well-integrated, encouraging you to slow down and think before you act.

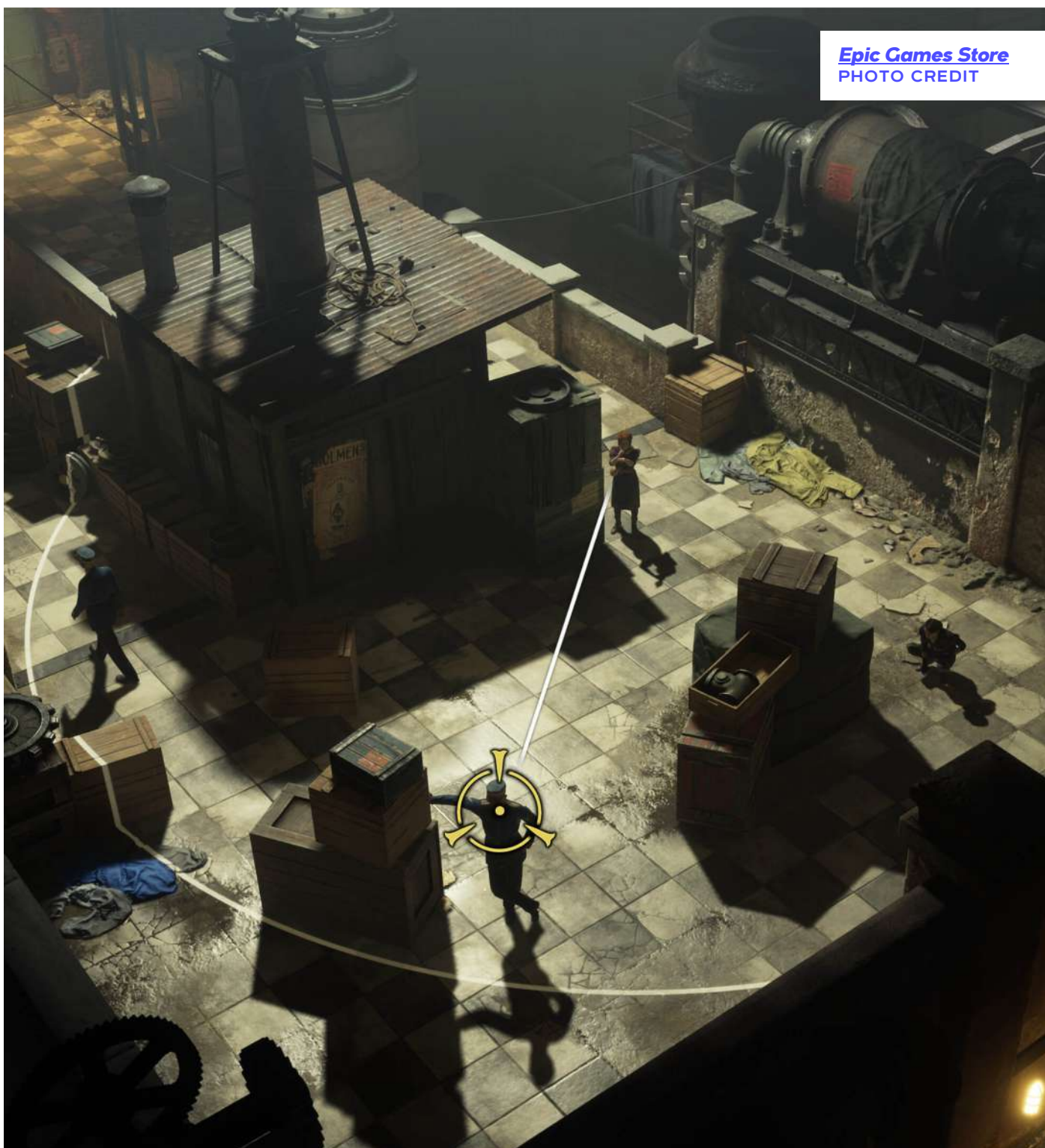
The story, inspired by the developer's Scandinavian roots, explores themes of oppression, hope, and rebellion. It's not always fast-paced, but it's emotionally resonant. Hanna's relationship with other resistance members unfolds organically, making you genuinely care about their fate.

While the stealth mechanics are mostly solid, there are a few rough edges—some inconsistent AI behavior and a handful of frustrating checkpoint placements. However,

these don't overshadow the compelling storytelling and unique setting.

#### Final Verdict

Score: 8/10 - Eriksholm: The Stolen Dream is a thoughtful, beautifully crafted stealth adventure that will appeal to fans of Dishonored, Inside, and This War of Mine. It's a slow burn, but one that leaves a lasting impression.







## Rotary Club of Cranbrook – Upcoming Events

**Thursday, Aug 7, 2025**

Aug 7	Thursday	Noon	Program: District Governor – David Keyes
Aug 8-10			Rock the Kootenays 50/50 at Western Financial Place, parking lot
Aug 14	Thursday	Noon	Program: Debra Parker, Gran Fondo
Aug 14	Thursday	7pm	JCI meeting, Chamber Boardroom. Rotarians always welcome!
Aug 21	Thursday	Noon	Program: Troy Dulmage 0 history of the cenotaph and restoration
Aug 24	Sunday		Rotary on the Rocks – Bocce at Colombo Lodge. Details to come!
Aug 28	Thursday	Noon	Program: Cranbrook Public Library 100 year anniversary

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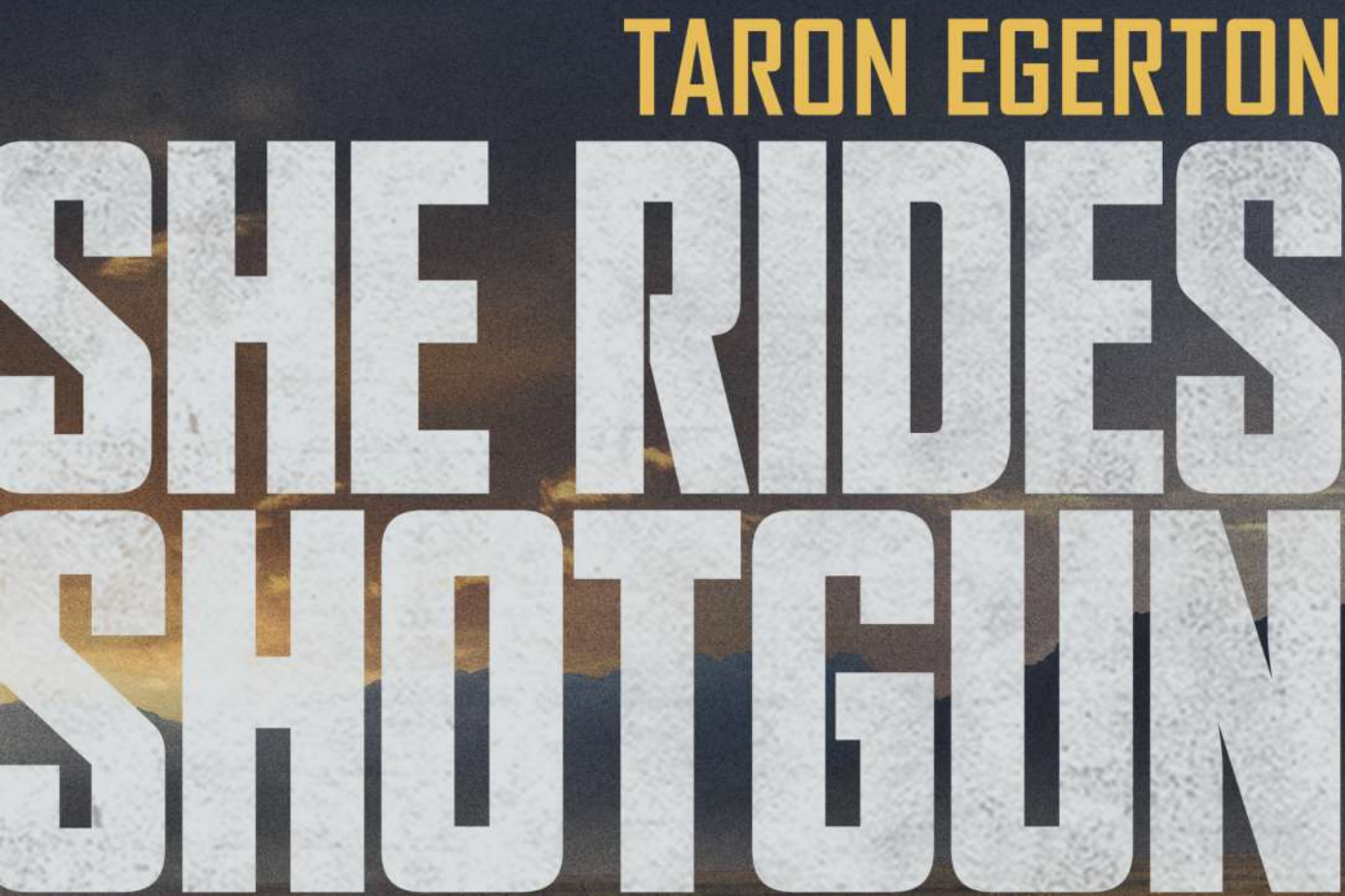
**Runtime: 1h 52m | Genre: Action/Drama | Rating: R**

*She Rides Shotgun*, based on the novel by Jordan Harper, delivers a raw, emotionally intense story that blends high-stakes survival with the tenderness of an unlikely father-daughter bond. Directed with gritty realism, the film throws viewers into a tense chase across the California desert, where ex-con Nate and his fiercely determined daughter Polly must outrun a violent gang set on revenge.

The film opens with Nate's release from prison, only to discover that his past affiliations have painted a target on both him and his daughter. What follows is a road-trip thriller that doesn't

let up, mixing heart-pounding action with moments of startling vulnerability. The real heartbeat of the movie lies in the performances—especially the young actress portraying Polly, who manages to bring both innocence and strength to the screen in equal measure. Her evolution from a scared girl into a capable survivor is gripping and believable.

The cinematography leans into dusty highways, shadowy motels, and the wide, desolate sprawl of desert landscapes, reinforcing the film's themes of isolation and danger. The score, a mix of tense ambient tones and haunting acoustic guitar, keeps the tension tight without being overwhelming.

Amazon Prime Video  
PHOTO CREDIT

# TARON EGERTON

# SHE RIDES SHOTGUN

What sets *She Rides Shotgun* apart from typical action flicks is its emotional core. It's as much about healing as it is about survival. Nate isn't a perfect father—he's not even a good one at the start—but his commitment to protecting Polly gives the film its moral spine.

That said, the film is not without its flaws. Some of the violence feels overdone, and a few supporting characters fall into cliché. Still, the pacing is solid, and the emotional payoff by the end is worth the ride.

### Final Verdict

Score: 8/10 - *40 Acres* is gripping, provocative, and unsettling in the best way. It may not be a film for the faint of heart, but it's a must-watch for fans of

smart thrillers that challenge the status quo. Bold, timely, and unafraid to provoke conversation, this film stays with you long after the credits roll.



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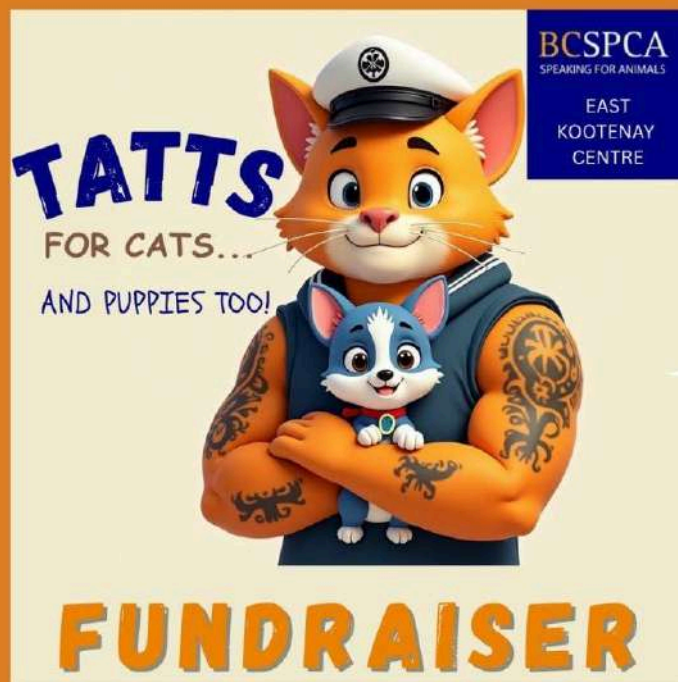
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MYSTIC CREATIONS 123 WILL BE PARTICIPATING IN THIS GREAT FUNDRAISER, ALONG WITH OTHER SKILLED TATTOO ARTISTS, WHO WILL BE BOOKING SEPARATELY.

I AM NOW BOOKING FOR THIS EVENT. NO WALK-INS.

### \$125 PET REPEAT FLASH

All prices + 5% GST. \$60 is to be paid upon booking as a non-refundable deposit. All measurements are approximate.



THESE ARE THE TATOOS YOU CAN BOOK WITH ME

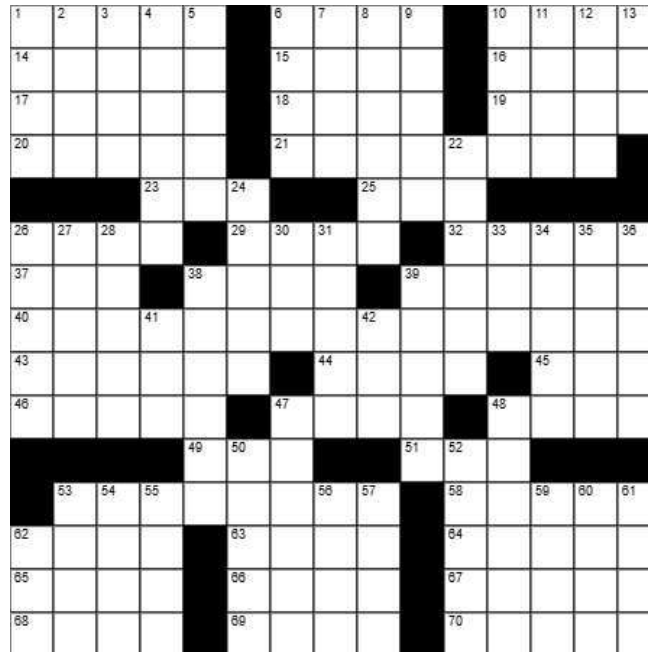
THIS FLASH IS AVAILABLE FROM ME, OUTSIDE THIS EVENT, HOWEVER, WHEN BOOKED DURING THIS EVENT, ALL PROCEEDS WILL GO TO THE SPCA.



# A LITTLE FUN

## Across

1- Personal histories; 6- Cooking fat; 10- Dispatch; 14- "The covers of this book are too far \_\_\_\_" — Bierce; 15- Addict; 16- Gen. Robert \_\_\_\_; 17- Boat often made of birchbark, canvas, or fiberglass; 18- Assistant, particularly to heads of state; 19- Util. bill; 20- Vacuum tube filler; 21- Undeserved; 23- Luau dish; 25- Prior to, poetically; 26- Tax experts: Abbr.; 29- Sir's counterpart; 32- Take to the ice; 37- Source of iron; 38- Lucy's husband; 39- Checked; 40- In spite of; 43- Swiss city; 44- Wear well; 45- Reverse of NNW; 46- Stradivari's teacher; 47- "Pirates of the Caribbean" star; 48- Honey producers; 49- Batman and Robin, e.g.; 51- "\_\_\_\_ loves you, yeah, yeah, yeah"; 53- Fatherly; 58- Brewer's need; 62- Castro's country; 63- Not acid; 64- Sleep disorder; 65- Expel gas or odor; 66- Suit to \_\_\_\_; 67- French beans?; 68- Leaf of a book; 69- Approach; 70- Lock of hair;



## Down

1- Tailless rodent; 2- On \_\_\_\_ with; 3- Squealed; 4- Soldiers; 5- Shorthand pro; 6- Island feast; 7- Z \_\_\_\_ zebra; 8- Cash in; 9- Gloomy, in poetry; 10- Spotted; 11- Glamour rival; 12- Have to have; 13- Last mo.; 22- Take offense at; 24- \_\_\_\_ man with seven wives; 26- Line dance; 27- Introduction; 28- MetLife competitor; 30- Volcanic output; 31- Brides walk down it; 33- Young goat; 34- Licorice-like flavoring; 35- Stressed; 36- Peripheries; 38- Separate; 39- Rough files; 41- Rainy; 42- Faucet; 47- Give; 48- Pager; 50- Citified; 52- Marriott competitor; 53- Cougar; 54- You're making \_\_\_\_ mistake!; 55- London gallery; 56- On a cruise; 57- Sly look; 59- Kitty starter; 60- Meets with; 61- Soviet news service; 62- Brown-capped boletus mushroom;

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Why is summertime camping not for the faint-hearted?

It's in tents.

