

#41 ISSUE

The Valley Voice

The Voices of the Columbia Valley

KEEP WARM, WITHOUT THE FIRE

Did you know that fire departments on average respond to over 250 structure fires caused by Christmas trees alone? Reduce the risk of fire in your home this holiday season.

STAY Ho-Ho-HOLIDAY HEALTHY

Keep yourself healthy through the holiday season.

VIDEO GAME AWARDS: SONY EDITION

The Video Game Awards took place on December 9th and was a great show of gaming and entertainment.

COVER PHOTO: JESSIE BLAKLEY

PHOTO CREDIT: JEN BEWSKI



HOW ARE WE DOING?

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

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

Send us a note on Facebook or Instagram @thevoicecv

OR

by email to news@thevoiceca.ca

LETTER FROM THE VOLUNTEERS

Dear Readers,

Have you seen our [XMAS lights map](#)? We are so warmed by the support the community has given us this year. As of right now we have 39 stops across 6 different communities in the Columbia Valley where you can see Christmas Lights! Our map will be up and available all season and we'd love to keep adding more addresses onto it.

If you're putting up Christmas lights at your home or business, please send us your address and we'll include your on our XMAS lights map. Help us spread Christmas cheer from Radium to Cranbrook. We're so thrilled with the success of this that we'll be launching this map every single Christmas! Our volunteers have also been cooking up some ideas on ways we can use the map for other events so stay tuned.

We hope you enjoy this week's issue and thank you for continuing to read The Valley Voice.

The VVV

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Blankets needed!



ANKORS

Weather is getting colder... let's all help those living rough by giving a little warmth!

donate blankets/sleeping bags to be distributed directly to people in need in Cranbrook:

ANKORS Office
1324 2nd Street N Cranbrook
Monday -Thursday 10am-2pm



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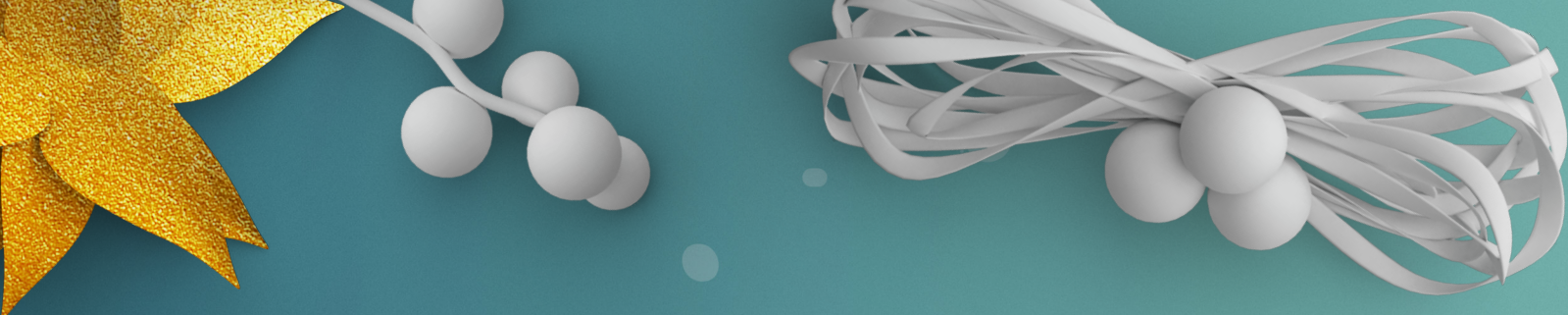
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VIDEO GAME AWARDS: SONY EDITION



STAY HO-HO-HOLIDAY HEALTHY

KEEP YOURSELF HEALTHY THROUGH THE HOLIDAY SEASON.

Winter has arrived. Snow is on the ground, temperatures have dropped below zero, and Christmas is 11 days away. The winter season brings grunts, grumbles, and a few bah humbugs due to the cold temperatures and inclement weather we experience every year. Despite winter being known as cough, cold, and flu season, the decrease in temperature can bring health benefits, as hard as that may be to believe.

When your body is exposed to colder temperatures, your body temperature also decreases and undergoes thermoregulation to adjust to the new climate. This process has been found to fight through several winter season diseases and effectively increasing the inherent immunity your body has. Although, this isn't an excuse to not take the time to boost up your immune system and nurture your body this winter.

HEALTHY DIET

It goes without saying that your diet can be a deciding factor on your health. If you want to stay healthy year-round, let alone in the Winter, you need to have a healthy diet. Eating a well-balanced diet which includes the necessary food groups such as whole grains, lean meats, fish, poultry, herbs, fruits, vegetables, etc will help boost your bodies immunity to illness. Vitamin C also helps to strengthen your immune system which keeps your body healthy so including more foods with Vitamin C will strengthen out your diet. Citrus fruits are a great source as they are rich in Vitamin C. There are a variety of citrus fruits to choose from such as grapefruit, orange, clementine, tangerine, lemon, and lime!

The body also needs other vitamins to stay healthy and keep the body in good condition. Broccoli is a super-food that is packed with vitamins and minerals. You can get Vitamin A, C, E, fiber, and other antioxidants by consuming broccoli. The best way to cook your broccoli is by steaming it to keep as many of the nutrients in the food as possible. There are also foods that can help strengthen your immune system after you get sick. Ginger is great to help decrease inflammation, sore throat, nausea, or an inflammatory illness. Green tea can also help you build back those antibodies you need to fight your illness. Both green and black tea are full of antioxidants that enhance immune function in the body.



EXERCISE

Many people look at the word exercise as “working out”. Your body needs movement and activity to stay healthy, though it doesn’t need to be strenuous. Have a little one at home? That’s enough exercise. Though if you don’t have a little one running around to chase, simply adding a yoga routine or going for a walk during the day is enough to kick your body into gear. Exercising your body improves the immune system which aids in defending you against winter season illnesses. Getting outside also gives you a source of Vitamin D, which is very important for your immune system. The sun gives us the Vitamin D we need to maintain a healthy immune system and is also known for regulating moods.

The winter season is a challenging time for many to stay active. Going outside seems daunting because of the frigid temperatures, while staying inside can have negative impacts on your mental health. On top of this, there’s also all the things you need to do for the holidays. There’s a lot! Though staying active is an important component of staying healthy. Thankfully, there are options for those who don’t want to leave their home and still be active. There are many virtual exercise classes and even equipment you can purchase to use in your home. Resistance bands and yoga mats are great inexpensive pieces of equipment that can get you started on being active at home.



SLEEP

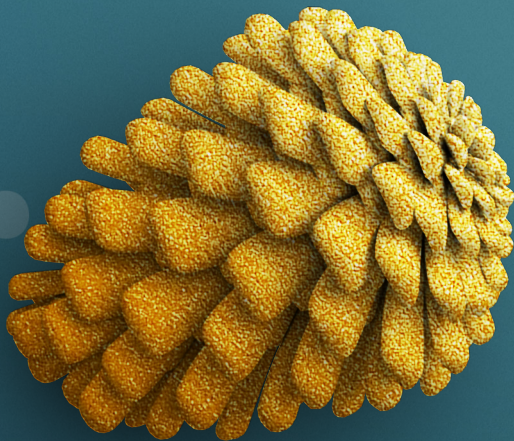
Sleep is one of the most important components of good health. Sleep allows the body's immune system to remain healthy and eliminate stress hormones and burn calories. The [Public Health Agency of Canada recommends](#) adults get 7-9 hours of sleep per night. Though, 25% of adults aged 18-34, 33% of adults aged 35-64, and 25% of adults aged 65-79 do not get enough sleep per night.

There are many factors outside of the frigid temperatures that could cause a lack of sleep. Sedentary time can play a factor in ensuring you get enough rest the night of. Adults who have an average of 4 hours sedentary time a day reported insufficient sleep where those with 3.5 hours of sedentary time report adequate sleep. Chronic stress also plays a factor in getting adequate sleep.

To achieve a better, more consistent, sleep each night, avoid consuming alcohol, caffeine, or nicotine before bed. Maintaining a regular bed/wake time will also support your body's natural rhythm.

STAYING WARM

Whether indoors or outdoors, the cold temperatures will still reach you. Keeping yourself warm is crucial to keeping the winter illnesses at bay. If you're inside, make sure to check out our article in last week's issue surrounding winterizing your home. We share a bunch of tips and tricks that will help keep your home warm during the winter season.



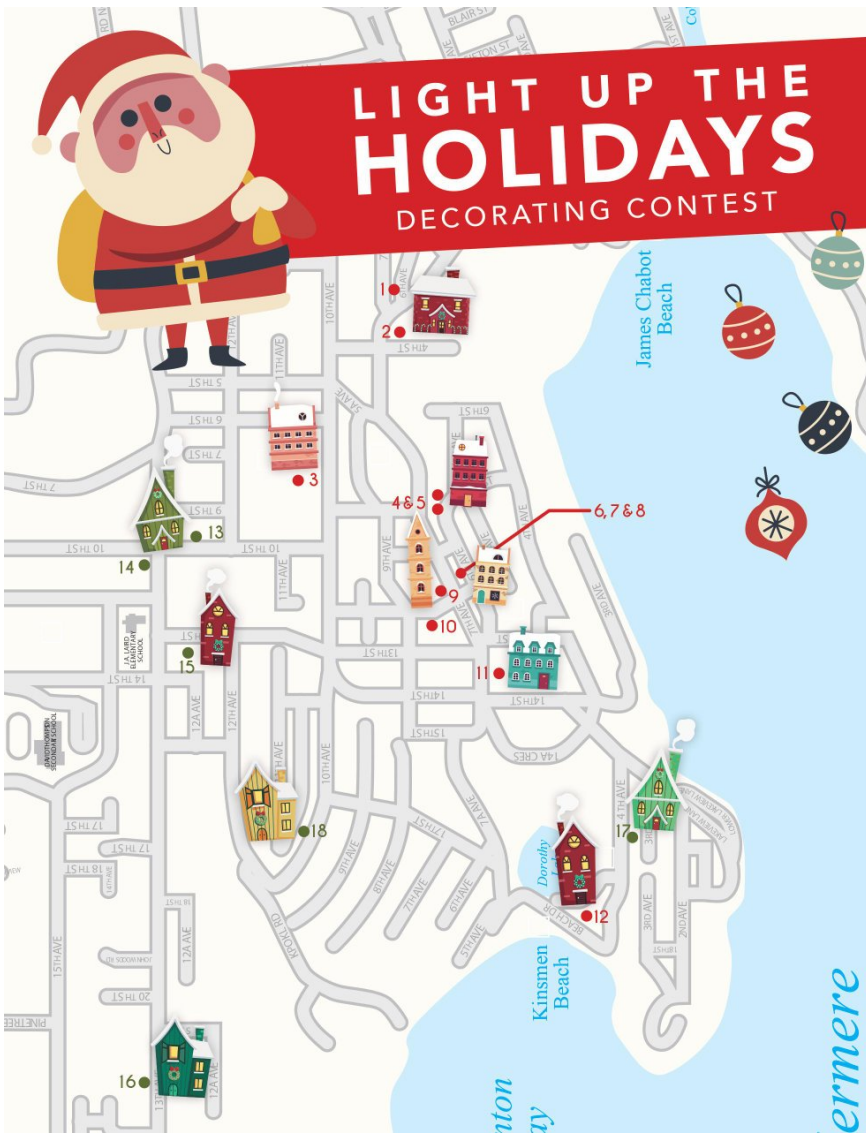


WATER

Alongside a healthy diet, staying hydrated is just as important. According to [a study released by USGS](#) up to 60% of the human adult body is water. The brain and heart consist of 73% water, lungs are approximately 83% water, your skin contains 64% water, muscles and kidneys 79% water, and even our bones contain 31% water. On an average day it's recommended for adults to consume 2.2-3 liters of water. This doesn't include any additional stress or illness on the body that requires even more water to be consumed. Thankfully, not all water needs to be consumed through drinking as we also consume water through food.

Water also helps clean our system and remove toxins from our body while carrying nutrients to the body cells and balance body fluid. If you're exercising outside, chances are you've added on a few extra layers to help keep yourself warm. Though doing this will cause you to sweat and release even more water from your body, which will need to be replenished. If you're going to be exercising outdoors this season, make sure to bring enough water with you to stay hydrated.

For those going outdoors, bundle up! Make sure you're dressing appropriately for the temperature to avoid any chance of catching an illness. Wool clothes are a great option as they help keep the warmth inside your clothing. There are many winter related illnesses you can catch from being exposed to frigid temperatures such as hypothermia, frostbite, and more. Make sure you're layered up and wearing a winter jacket before you step outside this winter season!



VOTE FOR YOUR FAVOURITE IN EACH CATEGORY

between December 6th-20th.

Three winners will be chosen and awarded cash prizes for the following categories:

1. **Best Decorated House in Invermere** Top prize \$100
2. **Clark Griswold (House with the most lights)** Prize \$75
3. **Best Commercial: Businesses & Organization** Prize \$50

Vote for your favourites: Link also found on the Invermere BC Events Facebook Page!

bit.ly/DOIHolidayLights2021



VOTE FOR BEST BUSINESSES OR ORGANIZATION

BUSINESSES/ORGANIZATION	ADDRESS	#
CV Makerspace	201 7th Ave	1
Invermere Public Library	646 4th Street	2
Columbia Garden Village - Ivy House	800 10th Ave	3
The Inside Edge Boutique and Sports	915, 7th Ave	4
Three Bears Gift Shop	#101 - 905 7th Ave	5
Black Star Studios	1021 7th Ave	6
Effusion Art Gallery + Cast Glass Studio	1033 7th Ave	7
Village Arts Society	1045 7th Av	8
Kootenay Collective	1036 7th Ave	9
Avenue Ladies Boutique	733 12 Street	10
Spice Hut	1321 7th Ave	11
Columbia Valley Arts	1720 4th Ave	12

VOTE FOR BEST DECORATED HOUSE IN INVERMERE & CLARK GRISWOLD (MOST LIGHTS) CATEGORIES.

RESIDENTS	#
1226 10th Street	13
1301 10th Street	14
1229 13th Street	15
2140 13th Avenue	16
1529 4th Avenue	17
1726 10th Avenue	18



December 26 - 29 • 11:00am - 5:00pm

Experience the magic of a Sleigh Ride in the Village!



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VALLEY PROMOTIONS



SANTA ON THE TOWN

SANTA IS COMING BACK TO INVERMERE!

Christmas cheer is being spread far and wide across the valley this year. The District of Invermere is adding more cheer to the town on December 18th. Santa Claus will be making his return tour through Invermere starting at 4pm. The event is being handled by Invermere Fire/Rescue, Invermere Home Hardware, RCL Branch #71 Windermere District - Invermere, and the District of Invermere.

On December 18th starting at 4pm, Santa will be making his way around the neighbourhoods of Invermere to wish everyone a safe and happy holiday season. No need to stand outside or at your window though waiting for a chance to catch a glimpse of Santa. You'll know he's coming because you'll see flashing lights of a fire truck as Invermere Fire/Rescue will be escorting Santa on his travels. There will also be special guests on the trip which you'll have to keep an eye out for.

It's encouraged to keep your distance and not approach Santa or his escorts. You can wave to Santa from the end of your driveway, lawn, or from your window. This is to ensure roads remain clear for Santa's journey and we can reduce the spread of illness this holiday season.

More details including a map of the route and approximate times Santa will be arriving can be found on the [Invermere BC Events Facebook](#) page soon.



THE BUS GOT STUFFED

THOUSANDS OF POUNDS OF NON-PERISHABLE GOODS WERE DONATED.

A two-day event was held by NextGen Transit in Cranbrook on December 3rd and December 4th to help raise donations for the Cranbrook Food Bank.

NextGen Transit parked one of their largest transit buses in the Safeway parking lot to allow for donations to pour in throughout the day. Residents came to the bus with non-perishable food items in hand and some generously gave cash donations as well.

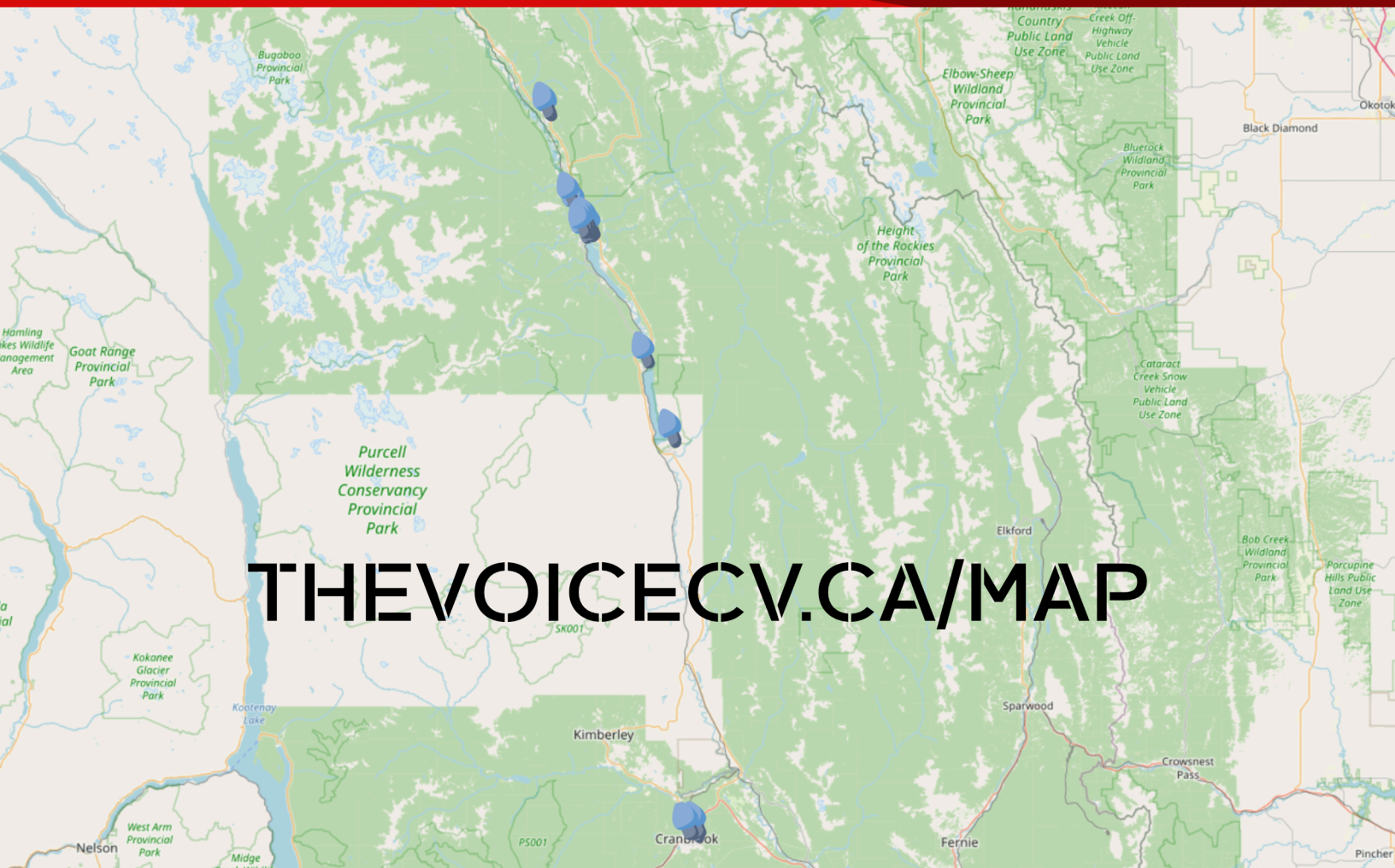
This was the first Stuff the Bus program in Cranbrook and has been deemed a roaring success. In total, 4,334 pounds of non-perishable food items were donated along with over \$3,000 in cash donations with all the proceeds going towards the Cranbrook Food Bank.

In a statement reported by [Cranbrook Daily Townsman](#), Transit Supervisor for NextGen transit Bill Roberts shared his gratitude for their supporters.

"We would like to thank everyone who participated in this much needed program to help some of our less fortunate people in the community through the holidays. We would also like to thank local businesses such as Freightliner Cranbrook, Bridge Interiors, SolComm Technologies, Salvador Ready-Mis, Safeway Foods, 1st Choice Motorcycle School, as well as the awesome participation of 102.9 Rewind Radio, B104FM and 2DayFM, to make this all work. Thank you so much."

Alongside these amazing organizations, COTR Avalanche Volleyball team and Starbucks in Cranbrook were there to help the team unload all the donations off the bus.

Columbia Valley 2021 Interactive Online Xmas Lights Map



THEVOICECV.CA/MAP

Featuring 6 Communities in the Valley!

Thank you to everyone who submitted their address to be included. The map is literally growing by the day and we want to include as many XMAS lights as we can.

Send us over your address if you're putting up Christmas lights this year! Here's the updated list of locations and number of stops to check out!

Edgewater - 4 Stops
Wilmer - 1 Stop
Invermere - 23 Stops
Fairmont - 1 Stop
Canal Flats - 3 Stops
Cranbrook - 5 Stops

If you'd like to be included, send us a message or email (news@thevoicecv.ca) with your address and we'll add you to our XMAS lights map!

*Jillian & Gonyea
Presents*

SANTA CLAUS MEET AND GREET



THE CANAL FLATS CIVIC CENTER

December, 19th 2021



- *FREE PHOTO WITH SANTA
- *CHRISTMAS COOKIE DECORATING
- *GOODY BAGS
- *GIFTS FOR THE CHILDREN
- *GINGERBREAD HOUSE DRAW

FREE Concession!

Hotdogs, Hot Choco, Coffee, Juice, Water, Christmas Baking and more!



Drop-ins welcome as capacity allows, or by Reservation

- Seating 1 at 11:00
- Seating 2 at 12:30
- Seating 3 at 2:00



- Masks Required
- 50 people MAX allowed in at each sitting
- Signatures for contact tracing



There will be a bin for collecting items for the local food bank

Deadline to register is Dec. 12th

Facebook message

"Canal Flats Festivities", or email **jnsevents@hotmail.com**

to book your spot!



LANDSLIDE RISKS FROM LOGGING

A B.C. CONSERVATIONIST RAISES LANDSLIDE CONCERNS.

Warning has come from a B.C. conservationist and forest management expert that logging roads which are built on hillsides can be a contributor to landslides. As the weather becomes more severe, the issue has become more pressing with running water accumulating on roads built on a slope, interrupting the natural flow of water.

Landslides have shown their destructive power across the province in recent weeks. Due to extreme rainfall, mudslides were triggered across the province which in turn severed transportation routes and damaged homes. These landslides also have negative impacts on local water supply. Logging roads in remote areas are especially susceptible as when operations occur in community watersheds, landslides can result in water contamination. Eroded soil and debris can also find its way into the spaces of gravel beds in the streams salmon rely on for spawning. If the space is filled with sediment, the eggs can be washed away if being laid or smothered if already laid.

When trees are removed through clearcut logging, the risk of landslide increases. The roots of trees provide an underground network of organisms and microbes that help keep the soil in place. Once the tree is cut, the underground network is disrupted and the infrastructure holding the soil in place starts to crumble.

In a statement provided to [CBC](#), the B.C. Ministry of Forests, Lands, Natural Resource Operations and rural Development acknowledged the risk of flooding that comes with logging.

"In general, any stand-replacing disturbance, be it through harvesting, wildfires or mountain pine beetle, can contribute to flooding because they create soil conditions less conducive to absorbing water."

The Forest and Range Practices Act governs forestry on public lands. When harvesting timber or commencing road construction, the foresters must ensure a landslide is not caused that has a material adverse effect on the environment such as soil, water, wildlife, cultural heritage resources, etc. Foresters are required by law to conduct a field assessment to evaluate the stability of the terrain and potential impacts of their work before commencing logging or building a service road. Recommendations of the assessment must also be considered and measured to reduce the likelihood of a landslide must also be presented.



KEEP WARM, WITHOUT THE FIRE

**REDUCE THE RISK OF FIRE IN YOUR HOME THIS
HOLIDAY SEASON.**

Reduce the risk of fire in your home this holiday season.

The holidays bring so much joy and many festivities into our homes. Did you know that fire departments on average respond to over 250 structure fires caused by Christmas trees alone? 50% of these are due to electrical problems and 25% are caused by a heat source close to the Christmas tree. You never want to have a fire break out in your home, let alone during the holiday season.

This doesn't mean you need to get rid of your Christmas tree or spray it with flame retardant. There are things you can put in place that will help reduce the risk of a fire starting inside your home.

CHRISTMAS CHEER

Heat sources and flammable objects don't mix very well. When placing your tree, make sure you're keeping it at least 3 feet away from any heat source. If your tree is too close to heat, the chance of it igniting and catching fire drastically increases. This also goes for your gifts, wrapping paper, and decorations that you hang off your tree. Anything that is flammable, especially anything wrapped in paper, needs to be kept at least 3 feet away from all heat sources.

If you have a real tree in your home, make sure it stays fresh and alive by watering it daily. If your tree gets too dry the risk of it igniting increases. You can also choose to spray your tree with flame-retardant and utilize non-combustible decorations. This will decrease your risk of a fire breaking out on your Christmas tree. It's also important to make sure you're not leaving lights on for too long as they can produce heat over time. This heat can grow to eventually ignite your tree, another reason to make sure your lights are off before you head to bed.

COOK SAFELY

Cooking fires can happen at anytime, regardless of the occasion. It's important to be careful and pay attention when cooking in the kitchen. If you need to leave the kitchen for any period of time, make sure you turn off your stove unless you can keep it within eyesight. Anytime you are baking, simmering, boiling, frying, etc. make sure you remain close by the oven and check it regularly. These are common situations where kitchen fires start and can easily be avoided.

In the event you experience a grease fire in your home, never pour water over it. Instead, smother the flame using a lid or pan to cover the area. Once you have it covered you can turn off the burner, leave the pan where it is until completely cool. If you experience an oven fire, turn off your heat immediately and keep your door closed. This will effectively trap the heat and flames within the oven and eventually they will be extinguished. Before using the oven again it should be checked and/or serviced to ensure it is in functional working condition.

FIRE PLANNING

Nobody thinks a fire will happen in their home until it does. Being prepared can mean all the difference between life and death. If a fire breaks out in your home, you need to be aware of it immediately and take action. Ensuring your smoke alarms are functional and installed on every level of the home and outside every sleeping area will help alert you in the event of a fire. Even though you may think it'll never happen to you, smoke alarms should be cleaned and tested regularly in case the time comes where you need them. Change your batteries in the smoke alarm at least twice a year to ensure you have power to the alarm in the event of a fire.

It's also effective to have a plan in place should a fire break out in your home. It's great to be alerted by the smoke alarm, but what are you going to do at that point? These are things you need to be prepared for so you don't have to waste time in the moment. Develop a fire escape plan and practice it with your family regularly. Make sure everyone knows where to meet in the event you are split up and all exits are clear of any debris.

Nobody wants a fire to break out in their home. The damage can be devastating and especially during the Christmas season, can be tragic. Being prepared and taking the steps you need to keep your family safe is important. By being prepared and doing everything you can to prevent a fire from breaking out in your home, you can enjoy a safe holiday season.

Pretty Old Things Christmas Pop-Up
 Opening Dec 1 until Dec 24
 10-5 Wednesday to Sunday
 Drop in and enter our Free draw
 for a \$25 gift certificate.
 I also have a special Free Gift for
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Ponderosa Place, 4957 Burns Ave,
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 Entrance through Pretty Old Things



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VALLEY PROMOTIONS



Family Storytime



**NOW INDOORS!
SATURDAYS @ 11:00AM**



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AFTER-SCHOOL DROP-IN

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FREE FOOD	Upstairs Hang Out	Outdoor Chill Zone	Friday Skate Night
Virtual Reality	Music Room	Gaming Computers	

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LIFE IS BETTER AT THE CABIN

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Visit us on Wednesday's and mention "Weed Wednesday" for 10% off your purchase.

Visit us at 4992 Frontage Rd, Fairmont BC

A BAD RECORD TO BREAK

201 LIVES WERE LOST IN THE PROVINCE DUE TO DRUG TOXICITY IN OCTOBER.

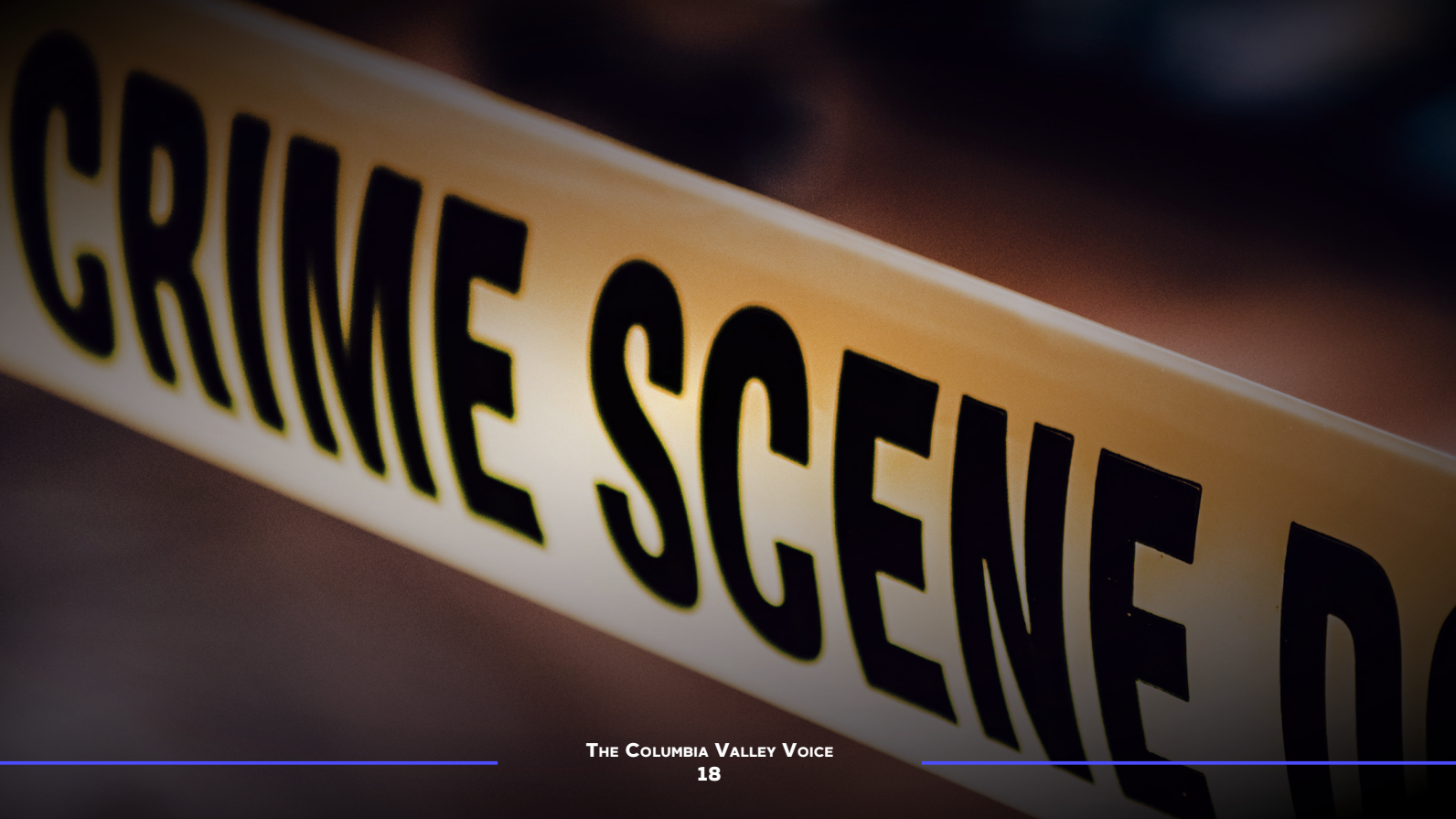
The number of deaths across the province in relation to toxic drugs is astounding with no decrease in sight. October became the month where British Columbia saw the most deaths caused from drug toxicity in a single month. It was also the first month where the death toll exceeded 200 in a 30 day period. In 2020 there were a total of 1,765 deaths reported due to drug toxicity. The B.C. Coroners Service has reported that a total of 1,782 deaths have occurred so far this year with numbers for November and December being waited for.

The Government of British Columbia declared a public health state of emergency in response to the drug toxicity crisis back in April 2016. Since the state of emergency was declared, over 8,300 people have died from toxic drug use across the province. The overall death rate has also doubled since 2016 to 41.2% per 100,000 people.

In a statement reported by myeastkootenaynow.com, B.C.'s chief coroner Lisa Lapointe made the following statement.

"Today is a heart-rending milestone for our province. The deaths of more than 200 of our community members in one month due to toxic drugs is a devastating loss. In the sixth year of this public health emergency, we are experiencing a record loss of life and I know this news will resonate with tremendous sadness among the thousands of families who have lost a loved one to this crisis. My thoughts continue to be with every family and community that is grieving the loss of a loved one. This is a health crisis. I cannot stress enough how urgent this emergency has become. A comprehensive plan to ensure access to safe supply for the thousands of B.C. residents dependent on these substances is essential. Shifting from a punishment and stigmatizing regime to a decriminalized, health-focused model is also a critical step to reduce suffering and save lives."

Within our communities, two people have died in the East Kootenays due to drug toxicity in the month of October. This year, 23 lives were lost within the Kootenay Boundary region and 19 lives lost within the East Kootenays this year.



Monthly Mastermind

questionnaire

StartUp Columbia Valley will be hosting monthly mastermind meetings in the New Year at no cost.

Interested? We'd love to hear what would make your mastermind the best it can be. Please follow the link to share your insights!

Answer the Questionnaire Here

<https://forms.gle/CaB8AxNCnyoXmpVf9>

Learn More at startupcv.ca



PROVINCIAL FUNDING FOR EVENTS

FESTIVALS, EVENTS, FAIRS, AND MORE TO RECEIVE FUNDING FROM THE PROVINCIAL GOVERNMENT.

It's not news that our community events have been severely impacted since the start of the pandemic. Due to lockdowns and other government restrictions, the thought of an in-person event seemed almost impossible. Though, some certainly have been able to achieve great events in our communities during this time. Now the provincial government is stepping in with additional support to bring our events back.

The B.C. government is releasing \$30 million in funding through one-time grants. The funding is set to be spread over 680 events, including 44 within the Kootenays. Kimberley's July Fest event is set to receive \$22,742.00 in funding, Cranbrook Pro Rodeo will see \$33,048.00 towards the event, and the Wapiti Music Festival in Fernie will receive \$45,000.00 in funding.

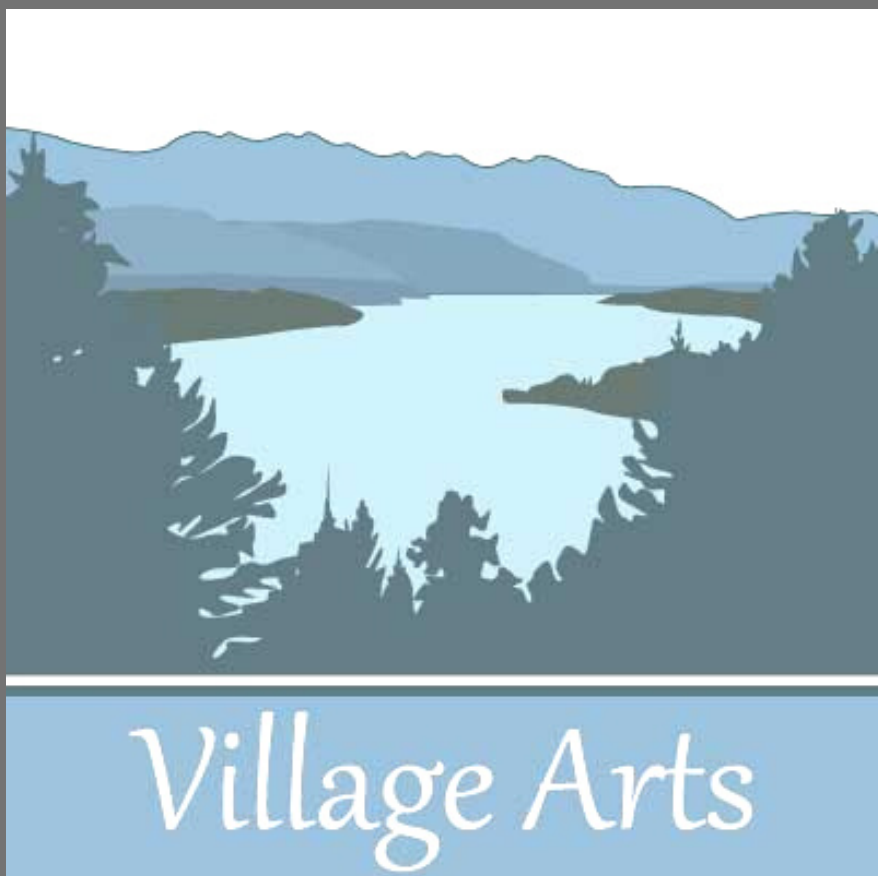
In a statement reported by myeastkootenaynow.com, Minister of Tourism, Arts, Culture, and Sports Melanie Mark had the following comments.

"We're thrilled that people can once again safely enjoy their local fairs, festivals and events with their families and friends. We heard overwhelmingly from event organizers that grants, not loans, were key to keeping their doors open to the public and workers employed. Our government answered their call to action, as we know the major impact these community gatherings have on our mental health and local businesses around them."

Each grant will cover up to 20% of the total budget for the event, to a maximum of \$250,000. The funding can be utilized towards operational costs, health and safety measures, venue rental, marketing, staff, and marketing. For more information on the grant recipients and their funding amounts can be found [HERE](#).

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starting
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1st!**

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VALLEY SHARES

PARTICIPANTS NEEDED FOR ONLINE RESEARCH STUDY

Understanding the social networks of adults 50 years and older with mental health concerns in rural BC



Are you:

- 50 years of age or older?
- Do you have a mental health concern, such as symptoms of depression, anxiety, or problems with drug or alcohol use?
- Do you live in a rural community or small town in BC?

If you answered 'yes' to the above questions you may be eligible to take part in our online survey.

Interested in participating? Please follow this link: https://ubc.ca1.qualtrics.com/jfe/form/SV_dnemK0B5YGF2Zme

Participants will have a chance to win one \$150 or one of five \$75 prizes!

Have any questions? Contact Kendra Corman at kmcorman@mail.ubc.ca



THE UNIVERSITY OF BRITISH COLUMBIA

PARTICIPANTS NEEDED FOR AN ONLINE SURVEY

Invermere community members needed for a study called: **Understanding the social networks of adults 50 years and older with mental health concerns in rural BC**

The social connections that make up our social network are very important for our well-being. Researchers from UBC Okanagan are interested in learning more about the social networks of adults 50 years and older in rural BC with mental health concerns.

We hope to gain insight into the social connections that make up the social networks in order to help us better understand how to improve the quality of these relationships and, hopefully, enhance well-being.

Are you 50+ years old? Do you have a mental health concern, such as depression, anxiety, or problems with drug or alcohol use? Do you live in a rural BC community? If you answered yes to these questions, you may be eligible to participate. Please note, a formal diagnosis from a health care or mental health professional is NOT required to participate.

Survey participants will have the opportunity to enter a draw for a chance to win one \$150 or one of five \$75 prizes! Have questions? Please contact Kendra Corman at kmcorman@mail.ubc.ca

To start the online survey - [CLICK HERE.](#)



FEED THE TOWN

They say it takes a village, but really it takes a valley! On Sunday, December 5, Copperpoint Golf course hosted Feed The Town, the 18th year that it has been held! It continues to be an ever more successful fundraiser for CVFB, as the Valley came out in support once again. A big shout-out to Brian Schaal, and his staff for all their work to host it as the drive through format allowed folks to pick up prepared meals- all 1,200 of them!! Thanks as well to the Chabot family of Columbia valley Freight who donated their truck to get the donations over to the Food bank. We can't forget the Rockies who came and provided some extra helping hands and

muscle either. Thanks also to volunteers who helped hand out meals and accept donations, and also those at the CVFB who sorted and stacked them. Santa (sounding suspiciously like Scott) and The Grinch were also on hand to greet folks and wish them a Merry Christmas. The support from the valley is so awesome and we are so grateful! Thank you everyone!



LEGION CHRISTMAS

Over 50 people were in attendance at the Tim Hortons drive-thru in Cranbrook the night of November 27th. A candlelight vigil was held in honour of Nolan Wiebe, the voice heard every morning through the drive-thru speaker at the Tim Hortons location. Those who were impacted by the positive spirit of Nolan Wiebe gathered in a circle to remember him. Nolan was known as a community supporter for those in need through his church and additional community work projects. The vigil was organized by Hailey Palmer, Megan Jenson, and Collin Martina Clark.





2021 DECEMBER

CALENDAR YEAR CALENDAR MONTH MONDAY FIRST DAY OF WEEK

Sunrise Rotary Club Of Radium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	01 Send greeting card(s) to someone	02 Tip Big for Breakfast, Lunch or Dinner	03 Donate to Food Bank or Charity of Choice	04 Buy Gift - Locally	05 Call Single Or Senior Or Friend you have lost touch with
06 Put an Ornament or Holiday Baking at Someone's Door	07 Friend Need Groceries?	08 Thank You Card To Local Business	09 Take a Friend to Bingo	10 Donate to Radium Rotary Mental Health & Wellness Fund on CVCF website	11 Volunteer your time for a cause of your choice	12 Place Rock!
13 Donate to Family Dynamix or other Charity	14 Take someone Soup or secretly purchase meal for another table	15 Write a note to a person who made a difference in your life	16 Take Treat to local post office or other local business	17 Eat Locally, Tip Big!	18 Pass out Candy Canes or leave Secret Santa gift(s) for friend(s)	19 Buy Scratch Ticket for Friend
20 Neighbour Need Groceries or Driveway Shoveled?	21 Take Treats To Front Line	22 Go for a nature walk with a neighbour or friend	23 Buy Someone Coffee	24 Call Family - Send Love	25 ENJOY!	26 ENJOY Sleigh Ride!
27 ENJOY Sleigh Ride!	28 ENJOY Sleigh Ride!	29 ENJOY Sleigh Ride!	30 ENJOY!	31 ENJOY!	01 Happy New Year!	02

<---Color Me!



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VIDEO GAME AWARDS: SONY EDITION

I'M A LITTLE SALTY ON THE LACK OF XBOX LOVE.

The Video Game Awards took place on December 9th and was a great show of gaming and entertainment. Though on a quick personal note, it really felt like Sony threw money at the awards show to get their exclusive games at the forefront of everything. Enough ranting!

We got to see a bunch of new game trailers and play reveals, along with announcements we weren't expecting!



KICK OFF

The show starts off by giving us a cinematic gameplay trailer for the Hellblade sequel. If you've played the games in this series, you understand the concept and how it relates to mental illness. In the first few seconds of the trailer, you're led to believe it's following this same concept. Though quickly after you realize it's not bold or innovative at all and may actually steer away from the core concept of the series. Then we get a reveal along with a trailer for the new Star Wars Eclipse game.

They literally gave us a trailer of animatronic Star Wars footage with no real sense of story, era, gameplay, nothing. As a Star Wars fan, this just felt like a quick grab of our attention that left us with no real substance.

Bethesda swung in with a few laughs by releasing an ad for coders and developers. The ad itself was retro and produced in a campy way with the comment of "We're running out of platforms to port Skyrim too" that made this writer almost die of laughter. There's always humour in the truth.

Then we get to some more lacklustre gaming reveals in a new PVP MMO Lost Ark and what appears to be a single-player Wonder Woman game. The latter looks like they took the Arkham Asylum games and threw a Wonder Woman skin over it. Though perhaps more will be revealed in upcoming gameplay trailers.



NEW GAMES FOR EXISTING FRANCHISES

One that nobody saw coming was Alan Wake getting a sequel in 2023. Not only that but it will be a survival-horror style game which was met by delight from fans of the franchise. The Sonic franchise will also see a new installment which appears to be an open-world concept like Breath of the Wild and other open-world style platformers. A new trailer for the live-action Sonic movie was also unveiled by Jim Carrey and Ben Schwartz.

We're then graced with a nice change of pace in the video game reveal department. A new game is announced called Horizon: Forbidden West which holds a strong female lead alongside a team of companions. From the trailer, it looks to be a co-op style RPG or action-adventure game with stunning visuals. Then they announced FF7 coming to PC and nobody cared. After some exciting game reveals and trailers, we get to our first award of the night for Best Action. The Sony exclusive Returnance took home the award.



BACK TO THE GAME REVEALS!

This is the Video Game Awards after all. Next, we see a new game coming from the creator of Silent Hill called Slitterhead. The trailer is absolutely terrifying and contains many of the elements Silent Hill fans adore in their horror games. The graphics and visuals are absolutely incredible and appear to have been developed using the Unreal Engine 5. Though what was most interesting from the trailer was the accuracy of cultural representation. This is one game I will personally be keeping my eyes on.

Another horror game is revealed by veteran developers called Nightingale. At first the trailer completely had my attention and I was on board to play. Then they revealed it was a PC only MMO, which I take no part in *gestures hand*. Though for those who are fans of the genre, this may be a great game to scare yourself with when it's released.

We're then introduced to a new game by Jumpship called Somerville, which I still have no idea what it's about. The visuals are very similar to Flame in the Flood, though the gameplay from the trailer doesn't fall in line with the same style. What brought my attention back was the 50s style big band we were introduced to after this reveal. The band themselves were amazing and definitely brought that 50s style and culture to their performance. It was all for a reveal of a new Cuphead game which is still in the same side scrolling platformer genre, though the charm and wit that comes with this game may be enough to persuade even the toughest critics. From the trailer, your immediately mesmerized by the visuals, graphics, and music.

The next award of the night was ready to be handed out for Best Art Direction. I noticed Deathloop was one of the nominees and since it's a Playstation exclusive, I knew it would win. It did. Are you starting to understand my previous opinion at the start of this article?



FAN VOTED PLAYERS CHOICE AWARD

Now, in what I found to be the shock of the night, The FAN Voted Players Choice Award was handed out. An award that is voted on by the fans. Halo Infinite won. An INCOMPLETE game, won the Players Voice award. It's incidents like this that give us Cyberpunk 2077 and buggy games on launch. Seriously gamers. Though the next award handed out for best Role Playing Game made up for it as It Takes Two took home the award which is by far one of the best modern co-op games of this generation.

Nier Replicant took home best music, Genshin Impact best Mobile Game, and It Takes Two also landed the Best Multiplayer Game award.

Warhammer fans were then treated with a reveal of a new in-game character for Warhammer Vermintide. The Warrior Priest was revealed and looks absolutely stunning. At first, I had thought this was a reveal for a new Dragon Age game it looked so good.

Next was the award for Best Narrative which was given to Marvel's Guardians of the Galaxy which has been heralded as one of the best story driven games this year. Ironically, the award was presented by Ming Na Wen from Marvel's Agents of SHIELD which I thought was a funny coincidence.

In another coincidental turn, after Marvel's wins their award we're greeted by Amanda Waller of Argus. She's here to inform us of a mission being taken by the Suicide Squad and reveals the first gameplay trailer of the game. My jaw was dropped the entire time watching this trailer. I am beyond excited for this game. The graphics and visuals are stunning, definitely built using the Unreal Engine 5. The game will feature RPG and co-op elements so you can be villains alongside your friends. From the gameplay trailer, it looks like we'll get to play as Captain Boomerang, King Shark, Deadshot, and Harley Quinn. There was also an appearance from Flash in the trailer, though it's yet to be seen if he's a playable character or perhaps the antagonist of the game.



THE GAME AWARDS



ANOTHER SONY EXCLUSIVE

Then we're on to ANOTHER Sony exclusive in Forspoken which did nothing to entice me to get a Playstation. Seriously if you're going to have exclusive games, you'd think they'd be enticing to gamers that don't own your console.

After the painful Sony exclusive reveal, we get treated with a new gameplay trailer for the Saints Row game coming out in August, 2022. This is a franchise I have personally played since the beginning. The lure of the game comes in it's off-the-wall brash and goofiness, almost like a goofy GTA. Though from

this gameplay trailer, it seems the franchise may have shed those roots. It feels much more serious in tone, though the gameplay and customization options seem to be on par with previous installments. The next award being handed out for the night was for Best Action Adventure, which in my opinion was an upset. Metroid Dread, Psychonauts 2, Ratchet & Clank, and Resident Evil Village were nominated for the award. My immediate pick was Resident Evil Village, especially considering the competition. Yet, Metroid Dread took home the award for Best Action Adventure game!

We're then graced with more game reveals which show much promise for gamers. The first is Dune: Spice Wars which is based off the hit sci-fi novel and appears to be a strategy-based game for PC. The next game reveal is one I'm also personally excited for, Tiny Tina's Wonderlands. A spin-off from the hit Borderlands franchise surrounding the iconic Tiny Tina character. The trailer had much to reveal, including old characters making a return, such as Brick! The gameplay is completely true to the Borderlands franchise and it appears we'll also have different classes as we got a sneak peek at character customization.

Next we see a trailer for Steelrising which is set to release on June 2022 across all platforms. The trailer shows off a steampunk environment with different characters to choose from. Overall seems to have some promise. Though the next gameplay reveal, which was done by Matt Heafy from Trivium by the way, is called Metal Hellsinger and will arrive next year. It looks like Doom though geared towards metalheads who want to see things blow up while banging your head.

Now on to an exciting reveal. A trailer appears on the screen that shows us in space with different alien races around. The camera pans out slowly to show a Starfleet Commander Officer standing on a bridge of a ship. Immediately, you know this is a new Star Trek game. Not many details were revealed as to the type of game it will be. Though, it looks stunning and is coming from veteran developers from Telltale and the Star Trek: Online game.



BEST ONGOING GAME

We're then up to the award for Best Ongoing Game and I was immediately perplexed as to why No Man's Sky was not nominated considering the updates and innovations they've made over the past year. Seriously, not even nominated and should've won it. The award was handed out to the ever-popular MMO Final Fantasy 14.

More games are announced alongside trailers including Rumbleverse along with a sequel to Plague Tail and Dying Light. All three games did nothing to really entice gamers to want to play. Rumbleverse comes across as a corny battle royal with cartoonish characters that is sure to bring boredom into your life after playing for 20 minutes. Announcing a sequel to Plague Tail is the equivalent to making a game where you watch paint dry. Dying Light 2 has been in development for years with the release date constantly changing, it's great to see more gameplay though a firm release date would be nice.

Wait, is this an Xbox exclusive game I see being released? WOW! There is one! Crossfire was announced which is yet another war game that looks like they took too much inspiration from Metal Gear Solid. Based on the trailer, it's your typical war game with no originality or innovation. This was then followed by an announcement on Fortnite Season 3 and how it's more of an open world concept now (barf).

A short musical intermission from Imagine Dragons split up the show. It was a great set and made for a great break in the show. The musical act was followed up with the award for Innovation & Accessibility which highlights games that open the doors for those with disabilities to enjoy gaming. The award went to Forza horizon 5 for their innovation in adding a sign-language interpreter within their game to translate the audio. The fact that an Xbox exclusive took the award home for Innovation & Accessibility warms my gamer soul.

Then we get a new game reveal from the developers of the Payday franchise. It appears to be a horror FPS co-op survival game focused on annihilating hordes of enemies. Not much was revealed through the trailer outside of the creepy cinematics and dark ambience. Following this was an advertisement for Halo Infinite that they tried really hard to remind everyone it's free on Game Pass. Only to follow it up with news on the Halo TV series set to come out in 2022. The visuals look amazing, though not much was revealed on story or how the show is expected to develop.

BEST GAME DIRECTION



Next is the award for Best Game Direction, which I couldn't help but notice Deathloop was nominated again. Guess what!?! Deathloop won again. Though keep reading, I get my sweet revenge. Awards were handed out in a spit-fire round for Best Family Game which went to It Takes Two.

Best Fighting Game was awarded to Guilty Gear -Strive-, Best Sim Game was awarded to Age of Empires 4 (over Evil Genuis 2 might I add), and Best Anticipated Game went to Elden Ring. How Starfield did not win most anticipated game, I do not know. It may have been to coincide nicely with a new trailer for Elden Ring which they made sure to highlight is produced by George R.R. Martin. The game itself looks great, though has huge similarities to Lord of the Rings games. Action seems intense and the characters seem relatable. Definitely a game to keep your eye on.

Finally, the big moment of the night. The reveal of Unreal Engine 5 by Keanu Reeves and Carrie-Anne Moss alongside a new trailer for the upcoming Matrix movie. Now, I could write pages on how amazing the Unreal Engine 5 looks. The ray tracing is almost exact to the point where the characters lips move in conjunction with the dialogue. Not to mention the visuals make it challenging to determine whether you're actually playing a video game. Watching the trailer, there were times I was unsure if this was live video production or still within the engine. The reveal proved the next generation of gaming is bright and full of innovation.

GAME OF THE YEAR



To end of the night was the award for Game of the Year. I knew Deathloop was nominated, though It Takes Two and Resident Evil Village were too so I had hope! Thankfully, It Takes Two took the award home for Game of the Year which was very well deserved.

Overall, I was disappointed in the nominations across all the awards. Most of the games being nominated were AAA games, the lack of indie games astounds me considering their better than most AAA games I've played.

And again, where was No Man Sky's nomination? Disappointed.

JOSH GRIEVE



**THE
GAME
AWARDS**



Chastity Car

My friend took her teenage daughter to a new doctor for a checkup. The nurse asked the usual questions, including if she had an STD.

"No," said the teen. "We have a Toyota."



Familiar Reflection

Two regulars are sitting at a bar when one of them casually points to a couple of drunks across from them.

"That's us in ten years," he says.

His friend takes a sip from his beer, sets it down on the bar, turns to his friend, and slurs, "That's a mirror."



Waste of Time

My mother and I suffered through an overlong, confusing movie at an art theater. Apparently, we were not the only dissatisfied patrons.

Walking back to our car afterward, we overheard a man complain to his wife, "We left the dog home alone for that?"



Birds and the Bees

My three-year-old grandson asked his mother whether his younger brother used to be in her stomach. "Yes," she said.

"How did he get there?" he asked.

"I'll tell you when you're a little older."

"Just tell me this," he said, concerned. "Did you eat him?"

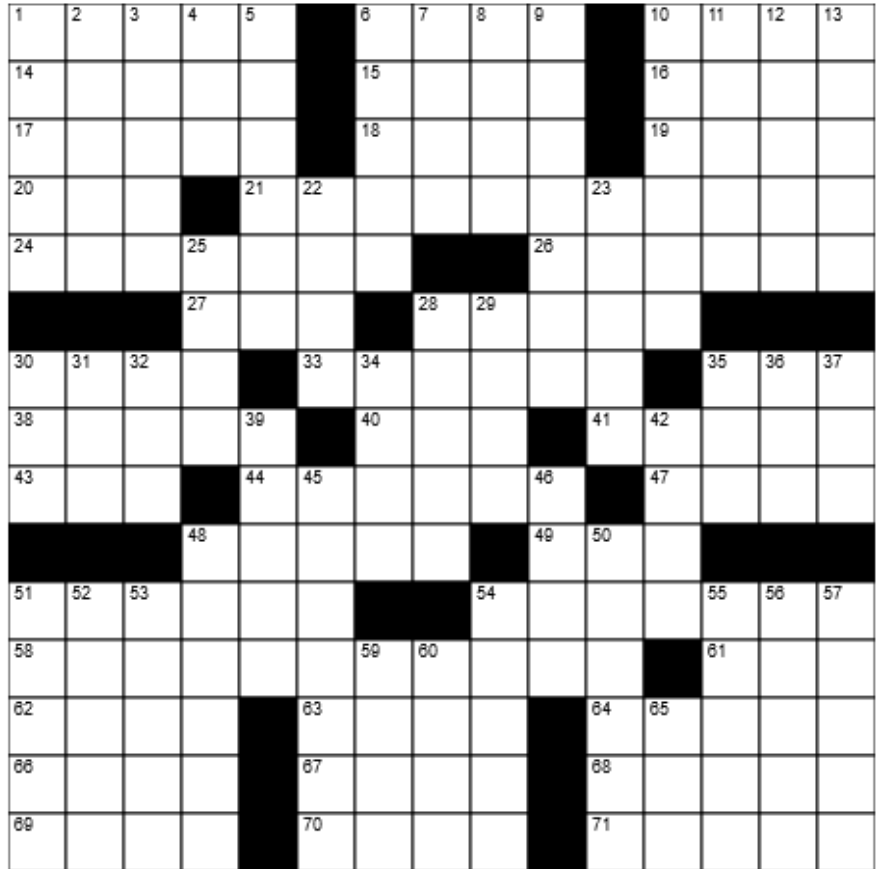
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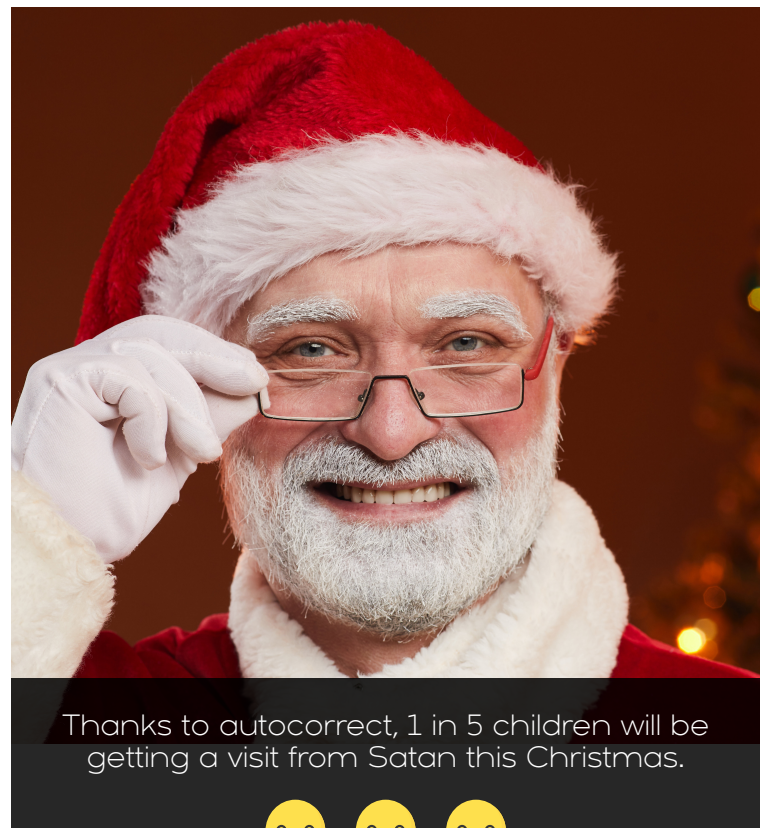
1- Flip out; 6- Cumberbund; 10- Tirade; 14- Stormed; 15- Duration; 16- Banned apple spray; 17- Maker of Pong; 18- Doozy; 19- Sup; 20- Open mesh fabric; 21- Ornamental table feature; 24- Table support; 26- Decreased?; 27- Literary monogram; 28- Ways to the pins; 30- Bit; 33- Journey; 35- Jockey Turcotte; 38- Burning; 40- Bobby of hockey; 41- Wanting; 43- Mil. officers; 44- Naysayer; 47- Wine choice; 48- Son of Abraham; 49- Euripides drama; 51- Meditate; 54- Supposed; 58- Petty; 61- From ___ Z; 62- Actress Heche; 63- Second hand, took advantage of; 64- Relative by marriage; 66- Yarn spinner; 67- Sense; 68- Chairs; 69- Aggregate; 70- Celebration; 71- "Siddhartha" author;

Down

1- Give; 2- Western; 3- Playing marble; 4- RPM part; 5- Decrees; 6- Rock; 7- "Is so!" rebuttal; 8- "Peter Pan" pirate; 9- Food fish; 10- Wirelasses; 11- Extra-terrestrial being; 12- John ___ Garner; 13- Cornered; 22- Hgt.; 23- Primp; 25- Celestial body; 28- Song part; 29- Swiss river; 30- Proverb ending?; 31- Frequently, in verse; 32- ___ the season...; 34- The last Mrs. Chaplin; 35- Stutz contemporary; 36- Takes too much; 37- Comic Louis; 39- Ford flop; 42- Sea eagle; 45- Cold weather head protector; 46- Make angry; 48- Loafers; 50- Somewhat aged; 51- Sacred song; 52- ___ vincit amor; 53- Grannies; 54- Confuse; 55- Balls; 56- Les ___-Unis; 57- Use a divining rod; 59- Uh-huh; 60- Nair rival; 65- Maiden name indicator;



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Thanks to autocorrect, 1 in 5 children will be getting a visit from Satan this Christmas.



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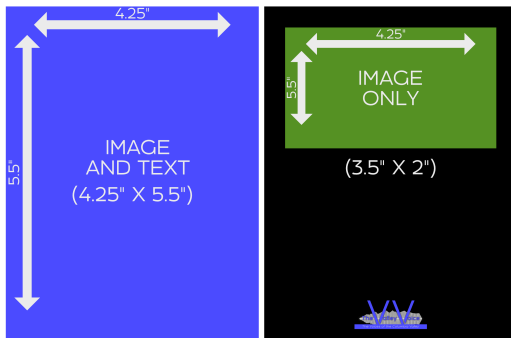
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