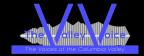
#42 Issue he Voices of the Columbia COVID RESTRICTIONS UPDATE The spread of the Omicron variant DROP THE STRESS brings more restrictions for the holidays. The holidays are a stressful time as FREE DENTAL is, don't make it worse. IN INVERMERE The district is looking into a free dental clinic for residents.

Cover Photo: 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.

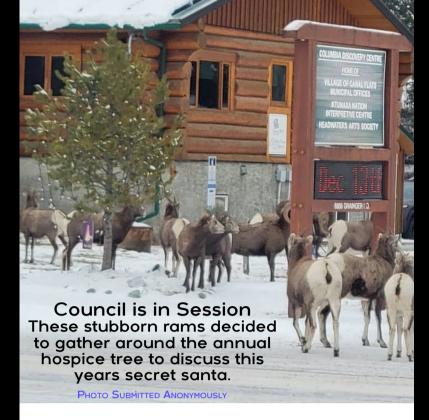
We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram @thevoicecv

OR

by email to news@thevoiceca.ca





LETTER FROM THE VOLUNTEERS

It's Christmas week! Saturday is Christmas day and our volunteers are already gearing up for bellies full of turkeys and fingers sore from unwrapping. We also have our XMAS Lights Map up for everyone who wants to travel through our communities and take in the holiday spirit of residents.

Since our volunteers will have their minds full of candy, turkey, and lollipop kingdoms, we'll be releasing a year-in-review issue next week to highlight everything happening in our communities this year. We would love to hear what your biggest moments in the valley were in 2021. We'll include them!

Send us a message on social media or an e-mail to news@thevoicecv.ca with your biggest moment of 2021. We would love to get the opinions and voice of everyone in our communities so we can celebrate the year we've had.

The VVV

Ban (ets ankors need ed!



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 Monday -Thursday 10am-2pm



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DROP THE STRESS

IT'S TIME FOR A REVOLT AGAINST THE FIGHTING GENRE.

COVID RESTRICTIONS UPDATE

THE SPREAD OF THE OMICRON VARIANT BRINGS MORE RESTRICTIONS FOR THE HOLIDAYS.

The Omicron variant continues to spread across the province with over 130 reported cases. As this number continues to grow, the provincial government has implemented revised restrictions towards public and private gatherings. These new measures will be in effect from December 20th until at least January 31st, 2022 and could be extended depending on the state of the Omicron spread.

REVISED MEASURES BY THE PROVINCIAL GOVERNMENT:

Anyone in attendance of an indoor personal gathering must be fully vaccinated if over the age of 12. These gatherings are also limited to contain one household plus ten guests or one additional household.

Any organized event will require proof of vaccination via the BC Vaccine Card, regardless of the size of event. Events which have a venue capacity of 1,000 people or more are capped at 50% capacity limits.

Masks must be worn in all indoor establishments and movement between tables at bars and restaurants is limited.

Sports tournaments are suspended though single games are allowed.

New Year's Eve events are restricted to seated-only events with no mingling or dancing allowed.

In a statement reported by <u>myeastkootenaynow.com</u>, Provincial Health Officer, Dr. Bonnie Henry had the following comments on the Omicron variant and updated restrictions.

"While vaccination remains the best defense against COVID-19, we are now dealing with the new threat of a more transmissible variant," said Dr. Bonnie Henry, provincial health officer. "We need to take these measures until we understand the full impact Omicron will have in the B.C. context. It is imperative people follow the new orders in how they celebrate this season. However, there are many things we can now do safely with reasonable and prudent measures like wearing a mask, staying home when sick, getting tested and, most importantly, getting fully vaccinated."

OMICRON VARIANT AND TESTING

Over the past week, the B.C. government has reported the COVID-19 case rate has almost doubled with 135 cases of the Omicron variant reported, so far. The province is urging residents to limit indoor gatherings to vaccinated people only and ensure proper ventilation indoors. Both the provincial and federal government are also urging Canadians to avoid international travel at this time. These advisory warnings come as the spread of Omicron increases globally.

The federal government is bringing back the requirement of pre-arrival PCR tests for any travelers leaving the country for any duration. This requirement comes into effect December 21st, 2021. With the return of the PCR test, Canadian officials have released the travel ban on ten African countries where the Omicron strain was initially identified. These countries include South Africa, Mozambique, Botswana, Zimbabwe, Lesotho, Eswatini, Namibia, Nigeria, Malawi, and Egypt.

COVID-19 VACCINES AT PHARMACIES

Pharmacies across the province will soon have access to administer COVID-19 vaccines to walk-in patients. Over 350 pharmacies in 80 communities across British Columbia currently are giving out COVID-19 vaccines. These communities include Cranbrook, Castlegar, Kimberley, and Nelson with close to 700 pharmacies expected to also be included by mid-January. The goal is by early 2022, pharmacies will be the main source to receive booster shots. Those eligible to receive the booster shot will receive an invitation when the time comes to book your appointment.



Sunrise Rotary Club Of Radium



2021 DECEMBER CALENDAR YEAR CALENDAR MONTH

CALENDAR MONTH FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Send greeting card(s) to someone	Tip Big for Breakfast, Lunch or Dinner	03 Donate to Food Bank or Charity of Choice	04 Buy Gift - Locally	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	Donate to Radium Rotary Mental Health & Wellness Fund on CVCF website	Volunteer your time for a cause of your choice	12 Place Rock!
Donate to Family Dynamix or other Charity	14 Take someone Soup or secretly purchase meal for another table	Write a note to a person who made a difference in your life	Take Treat to local post office or other local business	17 Eat Locally, Tip Big!	Pass out Candy Canes or leave Secret Santa gift(s) for friend(s)	19 Buy Scratch Ticker for Friend
20 Neighbour Need Groceries or Driveway Shoveled?	21 Take Treats To Front Line	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!
ENJOY Sleigh Ride!	28 ENJOY Sleigh Ride!	ENJOY Sleigh Ride!	ENJOY!	ENJOY!	Happy New Year!	

MONDAY

<---Color Me!



Mourtainside Villas

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1-Bedroom Villa \$135 2-Bedroom Villa \$165

Plus tax for multiple nights from Oct 29 - Feb 11th

Reservations (855) 345-6341 7 days a week from 9am to 5pm www.mountainsidevillas.com

VALLEY PROMOTIONS



Coaches Ashley and Christian have a combined 17 years experience. We offer both adult and kids Brazilian Jiu jitsu programs, as well as women's options for both Brazilian Jiu Jitsu and self defense.

We can be contacted via:

e mail @ <u>journeybjj2020@gmail.com</u> phone @ 250-421-7886

Facebook @ Journey Brazilian Jiu Jitsu Instagram @ journeybrazilianjiujitsu

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DROP THE STRESS

THE HOLIDAYS ARE A STRESSFUL TIME AS IS, DON'T MAKE IT WORSE.

Christmas time is almost upon us. By the end of the week, many of us will be celebrating the holidays and spreading festive cheer with our friends and families. While this sounds great, the stress leading up to this time can take a toll on anybody. It's important to drop the stress during the holidays so you can actually enjoy all the work you've put in during the year. This is a time for rest, relaxation, and rejuvenating the mind. Take the time when you can.

De-stressing can be a challenge, for some more than most, though there are ways you can chill-out (haha) during the holidays without being cold.

Shift your Mindset

The power of positive thinking is real. What you focus on plays a big part in your overall mindset. If you're spending time focusing on what went wrong or what other people think, you're not allowing yourself the space to relax. Anxiety skyrockets during this time, between having to fill out cards and get gifts for family, plus the aspects of your life outside of the holiday season, there's a lot to have on your mind. Focus on what's important. While everyone in your life may be important to you in someway, there are those who are close to you such as your family. Focus on the people in your life most important to you. There's always social media to wish everyone else a Merry Christmas.



CHRISTMAS RITUALS

Tradition is a big deal around Christmas time. Many families have their own unique traditions and some share in the same as others. Traditions like Elf on a Shelf, singing Christmas carols, advent calendars, etc. These are all fun things some of us look forward to during the Christmas season, though these can also add additional stress.

Not to say you shouldn't have Christmas traditions or rituals, though you shouldn't let these dictate how you feel and experience the Christmas season. If you find yourself in a situation where you planned something that can't go through, adapt to the situation. Instead of feeling stressed or frustrated at the situation, figure out how you can make the best out of it for a happy holiday.

STAYING ORGANIZED

There's a lot going on during the holidays, especially if you're the one coordinating everything. Learn to love lists, they will be your best friend. Take note of the things you may still need or actions you need to complete. Looking at everything you need to do from a birds eye view will allow you to effectively get each item done.

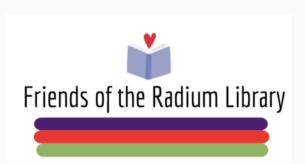
You can also use your lists to delegate specific tasks to other friends or family members. Get help where you can so you don't burnout when Christmas day comes.

HAVE FUN

This is the most important aspect of the Christmas season. It only comes once a year and it's magical every single time. Celebrate your family and the hard work you put in this year and allow yourself to have fun. Kick back, relax, enjoy some egg nog or hot chocolate. Bundle yourself up in your favourite pair of jammies and kick back with your favourite TV show.

TAKE CARE OF YOURSELF

Your time is valuable and so is your mental health. Everyone wants to see each other during the holiday season, though with the updated provincial restrictions, it may be a slim family reunion for some. Though for others, there's just not enough time in a day. Sometimes you have to say, no. This can be difficult for many, especially during the holidays because we want to make everyone happy. Though in the process, you can't make yourself unhappy. Enjoy the holiday season and say no when you need to.





On behalf of the Friends and staff at Radium Public Library, we extend our gratitude for your generous support of our November 20th Book Sale. Through the book sale, we raised \$1200 which will be a great asset to our library. We extend our warmest wishes to you and your family this holiday season and look forward to providing you with great programming and services in the New Year!



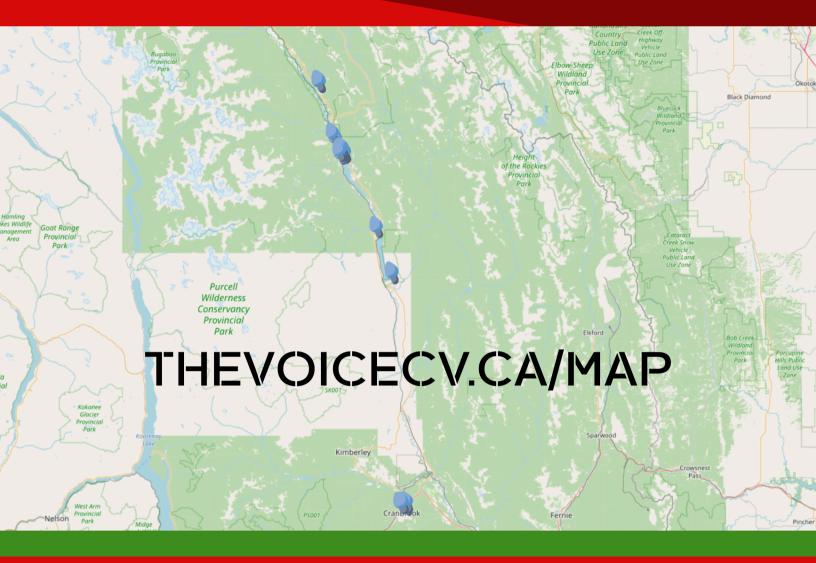
December 26 - 29 • 11:00am - 5:00pm Experience the magic of a Sleigh Ride in the Village!



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VALLEY PROMOTIONS

Columbia Valley 2021 Interactive Online Xmas Lights Map



Featuring 7 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 - 2 STOPS
INVERMERE - 24 STOPS
FAIRMONT - 1 STOPS
CANAL FLATS - 3 STOPS
CRANBROOK - 5 STOPS
WINDERMERE - 1 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!

MISSING WOMAN DENTIFIED

Remains have been identified of a woman missing since 2019.

On November 9th, 2021 Columbia Valley RCMP responded to a report of human remains found near the District of Invermere on the bank of Toby Creek. The RCMP has now identified the remains of a woman missing since 2019.

Officials with the RCMP worked closely with the B.C. Coroners Service to identify the remains and in a statement <u>reported by Cranbrook Townsman</u>, the RCMP made the following <u>statement</u>.

"Sadly, on December 4, 2021, it was confirmed the remains were that of a 77-year-old woman who had been reported missing from Invermere in 2019. Our thoughts are with them as they grieve her loss. They have asked for privacy during this difficult time."

Officers from the Columbia Valley RCMP detachment have been communicating with the family of the missing women to update them on any new information they uncover. Cause of death is still being determined though foul play or criminal acts have been ruled out by the RCMP. The B.C. Coroners Service continues to investigate, how, where, when, and by what.





questionaire

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



FREE DENTAL IN INVERMERE

THE DISTRICT IS LOOKING INTO A FREE DENTAL CLINIC FOR RESIDENTS.

The Cranbrook-based group Mouthminders has reached out to the District of Invermere in reference to providing free dental services through a dental clinic. The group is focused on providing essential dental services to those who cannot afford the expenses associated with proper dental care. Recently, the group has released a letter thanking the Salvation Army for their support in establishing a free dental clinic for eligible adults across the East Kootenays.

Mouthminders consists of a group of volunteer dentists who, in a statement reported by myeastkootenaynow identified emergency rooms in medical facilities have been crowded with dental-related issues, to which they do not have the adequate resources to provide necessary treatment.

"We want to express our gratitude to the Salvation Army for its vision and commitment in establishing and supporting our unique dental clinic that has offered free urgent pain and dental infection services. Hospital emergency rooms are not equipped to offer more than pain or antibiotic medications. However, our clinic has been able to help people who suffer pain and avoid seeing a regular dental office due to a lack of funds."

The letter which was received by the Cranbrook municipal government on December 14th also contains a call to action for local municipalities. Funds need to be secured in order for the organization to continue to do their work. The group has called upon government representatives to assist them in strategizing sustainable funding for the organization.







LOOKING FOR A SPECIAL GIFT FOR THE 2021 HOLIDAY SEASON?

Consider Dedicating a Donation to ShelterBox Canada in your special persons name.

A Donation to ShelterBox Canada is a great way to give an alternative gift to family, friends, colleagues, or someone special on your Christmas Gift List.

Ways to make a difference and donate:

- BEST SITE TO DEDICATE A DONATION to someone on you Christmas list. Go to: <u>www.shelterboxcanada.org/donate/</u> Enter a donation amount. Click Yes Please, under Dedicate this Donation. Complete the details on the form. The person you are dedicating your donation to will receive an email from ShelterBox that indicates you made a donation in their name but not how many dollars you donated.
- Drop into Kootenay Savings Credit Union in Kimberley and make your donation in person. Complete the donation form to ensure you get a tax receipt for donations.

All donations of \$20.00 or more will receive a CRA charitable tax receipt from ShelterBox Canada and you will have the option of downloading an e-card.



A complete Shelter Box with tent for 10 and supplies. \$1,200

Your gift will not only provide a family in need with the tools and supplies to rebuild and recover from disaster, but also a sense of hope for the future.



Solar Lights.



A Water Purification Kit. \$108

A ShelterBox Tent. \$500



Blankets & Ground Sheets. \$85

Hats, Mitts and Scarf Set. \$10



A Shelter Kit with supplies to repair a damaged home. \$150



Kitchen Set \$60



Mosquito nets for a family. \$35

Practical Tools to build a shelter for a family. \$50

OUTDOOR IMPROVEMENTS

A NEW GRANT WILL PROVIDE IMPROVEMENTS FOR OUTDOOR COMMUNITY SPACES.

Nine projects across our communities will receive funding that is dedicated to the improvement of outdoor community spaces. The funding is coming from the Community Outdoor Revitalization Grant and is being administered by the Columbia Basin Trust (CBT) with close to \$1.43 million being allocated towards the projects.

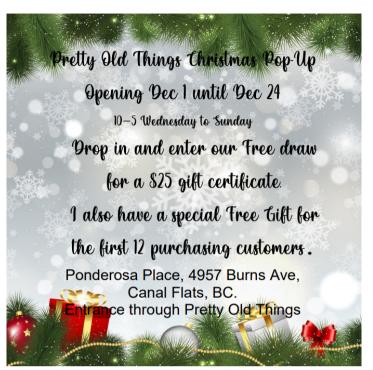


The funding from the grant can be utilized for creating, restoring, and/or enhancing outdoor spaces dedicated for community use. Two projects in the East Kootenays will receive funding. The first is in Elkford, the district will receive \$351,750 towards enhancing the Boivin Creek Corridor with a trail upgrade, access improvements, increased security with additional fencing, lighting, signage, and seating.

The District of Invermere is also set to receive a portion of this funding. \$150,000 is set to be distributed to the district towards the downtown revitalization project. The funding will ensure the downtown area remains the beautiful and cultural centre it has become for residents and visitors.

For more information on the grant recipients including their funding amount can be found <u>HERE</u>.











VALLEY PROMOTIONS











VALLEY SHARES



LIGHT UP THE HOLIDAYS

Decorating Contest Winners have been announced! Number 15 on the map at 1229 13th St has one for "Best Decorated" AND the "Clark Griswold Award". They've won a prize totalling \$175!

The prize for Best Commercial went to Black Star Studios at 1021 7th Ave with the runners up going to 1226 10th St and Invermere Public Library at 646 4th St.







CHRISTMAS IN INVERMERE

The District of Invermere was greeted by special guests this past weekend who were spreading Christmas cheer and passing out holiday greetings. Santa Claus, along with Minnie Mouse, Mickey Mouse, and The Grinch were travelling through the streets of Invermere on Saturday to see all the smiling faces who are sharing in the Christmas spirit. These special guests coming to visit Invermere was made possible by the Invermere Home Hardware Building Centre, Invermere Fire Rescue – Station 2200, RCL Branch 71 Windermere District, and the District of Invermere.







WILMER FIREWORKS

The Christmas season is a time to spend enjoying the company of friends and family. Though it can be difficult to do so with the restrictions we face. Wilmer Community Club has announced they will be having Christmas Eve fireworks on December 24th at 8:00pm.

More information can be found by contacting the <u>Wilmer Community Club on Facebook</u>.



SAME GAME, NEW SKIN BY JOSH GRIEVE

It's time for a revolt against the fighting genre.

Mortal Kombat 11 recently hit Xbox Game Pass and I personally could not have been more excited. I've played every single Mortal Kombat game in existence and this entry was going to be no different. I boot up the game and immediately I can see the game itself has more features and customization options than previous MK games. There is a plethora of unlockable items for each character such as new move sets, skins, gear, and more. There's also rotating towers that allow you to unlock new items and experience new ways to play every single day.

Then I realized something. I'm playing Injustice 2 with Mortal Kombat characters. It's the same game, with a different skin. Injustice 2 was the DC fighting game brought by the same development team behind Mortal Kombat. All of the updated features and gameplay in Mortal Kombat 11, we already played in Injustice 2. Not to mention, the game itself does not differentiate itself from other fighting games.



Being Mortal Kombat is one of the heaviest hitting games in the genre, you'd think they would take the forefront of innovation for the fighting genre. But no, instead they produce the same games each time with updated skins. When I started my Mortal Kombat 11 playthrough, I picked my favourite Mortal Kombat character, Cassie Cage. She's a hard-hitting martial artist with limited special moves so I can initiate the combos I want. As a test, I didn't view her moves beforehand. Instead, I decided to use move set combinations that were attached to previous characters in the series. What did I find? I was initiating combos without any challenge, because they literally swapped the move set onto a new character skin.

This is not a new game, this is not innovation, this is a cash grab for little-to-no effort being put into game development. Each installment in a gaming franchise should be new and different yet familiar to players of previous installments. When it comes to the fighting genre, there are so many titles that are innovative and bring something new for players. Look at games like Dead or Alive, King of Fighters, and Soul Calibur (Before 5). These games introduce strategy and tact in their gameplay with 8-way fighting styles and unique move set combos. It's not a simple press 2 buttons and you initiate a crazy combo, there's a strategy to how you play the game.

Though, nothing will change when gamers continue to spend their hard earn money on these games and take the time to play it. We need to stand up and tell developers that we won't stand for repeat games on updated consoles. We want creativity, innovation, and updated gameplay.



Waist Line

I was at the customer-service desk, returning a pair of jeans that was too tight. "Was anything wrong with them?" the clerk asked.

"Yes," I said. "They hurt my feelings."



Or A Finger?

An ad for a hedge clipper that I had to read twice:

"A built-in safety switch prevents accidental starting, and blades will stop when you take one hand off."



Puff, Puff, Pizza

A Twitter exchange between an angry customer and an apologetic Domino's Pizza:

Customer: Yoooo I ordered a Pizza & Came with no Toppings on it or anything, Its Just Bread

Domino's: We're sorry to hear about this!

Customer (minutes later): Never mind, I opened the pizza upside down



Can't Fix Stupid

A man called, furious about an Orlando, Florida, vacation package we had booked for him: He was expecting an ocean-view hotel room.

I explained that was not possible, since Orlando is in the middle of the state.

"Don't lie to me," he said. "I looked on the map, and Florida is a very thin state."

A LITTLE FUN

Across

1- Frustrate: 5- It may be checkered: 9-Recolor, 12- Memo opener, 13- Different, 15-Gator's cousin: 16- Stuffed shirt: 17-Grenoble's river; 18- Quasimodo's creator; 19- Illicit drug; 21- Forbidden by law; 23- Pro follower: 24- Musical aptitude: 25-Commendation: 28- Heliopsis-shaped design: 33- Shorthand taker: 34- River sediment: 35-Indonesian resort island; 36- Large body of water; 37- Hammer parts; 38- Puppeteer Baird; 39- Goes astray; 41- Actress Olin; 42-Parenthetical remark: 44- Short composition: 46- Dwells: 47- Singer Damone: 48- Allege: 49- Craftsperson; 53- Yo-Yo Ma, e.g.; 57-Hero: 58- Start of a saving on forgiveness: haven't heard; 61- A reel 60- That's problem: 62- Politico Kefauver: 63- Neighbor of Turkey; 64- Like 1 and 3, e.g.; 65-Effortlessness; 66- Evening, informally;

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Down

1- Money-related: Abbr.; 2- ____ account (never); 3- Camaro model; 4- Bygone Chrysler; 5- Having a sharp tip; 6- Clueless; 7- Yonder yacht; 8- Actress Hatcher; 9-

Medicine; 10- Indian exercise method; 11- Environmental sci.; 14- Becomes less severe; 15- Winged child; 20- Othello villain; 22- Test site; 25- Much of Mississippi?; 26- In ____ (unborn); 27- Live's partner; 28- City in Tuscany; 29- It parallels a radius; 30- Violently intense; 31- Slip; 32- Roofing items; 34- Witnessed; 37- Pleated; 40- Thrifty; 42- The third man; 43- Beef portion; 45- ____ the season...; 46- Disinclined; 48- Green ____ is the place to be; 49- What's more; 50- Lemon peel; 51- Tailless amphibian; 52- It smells; 54- Cross inscription; 55- Show to a table; 56- Fork feature; 59- Greek vowel;

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GET INVOLVED

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

BUSINESS ADS

Any and all businessess, organizations and entrepreneurs are welcome to sumbit a business ad for free. *Ads must be refreshed every 3 months*

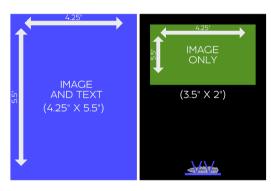
FOR A FULL-PAGE PLACEMENT

Donate a product or service for giveaway through the Valley Voice. Help us give back to the readers and we will help place you. Though, we will likely reserve this to one per issue. Businesses can choose to host more than one giveaway through Valley Voices to obtain additional feature pages.

Business Ad Sizing Rules







FOR A FULL-PAGE FOOD WRITE UP

We will ask you to provide the meal set you want tasted, at no charge, to our public food writer. (One of the front facing volunteer positions through the Valley Voice where anonymity is not always possible.) You will be notified when to expect the critic and they will introduce themselves. Once the meal has been completed, you can expect a full-page review, complete with photography of your food, to appear in a future issue.

TO GET ON THE COVER

This one is really easy... take the best photo. If the best photo has been submitted by a business, it's the business who will be credited on the front page.

BECOME A VOLUNTEER!

We are still looking for content curators, front-facing liaisons, photographers, and promoters.

Want to get involved?

Email us at news@thevoicecv.ca