

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#107 Issue

Columbia Valley, BC

INSIDE THIS EDITION

ANNUAL POLAR PLUNGE

Take a look at some amazing local photography of this year's polar plunge!

SPRING GARDENING: SOWING SEEDS OF HOPE IN THE VALLEY

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

SIGNS OF SPRING: EARLY BLOOMS AND BIRD CALLS IN THE VALLEY

With each passing day, the Columbia Valley shakes off winter's chill a little more. Gardeners across the region are dusting off their gloves and peeking hopefully at the thawing earth.

WHAT'S AN IDIOM, ANYWAY? PT 8

The Weird, Wild World of Everyday Expression



PHOTO CREDIT: JUSTIN SPILLY

➤ SUBMIT CONTENT

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

NEXT EDITION April 8th, 2025

SUBMISSION DEADLINE April 7th, 2025

EVENTS

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

LOCAL PHOTOGRAPHY

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

BUSINESS ADS

Any and all 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 Once an ad is out of date or stale, we will remove it.*

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

VISIT US ONLINE

thevoicecv.ca

VISIT US ON SOCIAL

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

TABLE OF CONTENTS

08 Annual Polar Plunge

Take a look at some amazing local photography of this year's polar plunge!

14 Spring Equinox Traditions

As winter loosens its grip and daylight stretches a little longer each evening, communities across the Columbia Valley find their own ways to welcome the spring equinox.

18 Spring Gardening: Sowing Seeds of Hope in the Valley

With each passing day, the Columbia Valley shakes off winter's chill a little more. Gardeners across the region are dusting off their gloves and peeking hopefully at the thawing earth.

26 Wildlife Watch: Beavers, Otters, and Creatures Emerging from Winter

As the ice recedes from the rivers and lakes and the sun lingers a little longer each day, the valley comes alive with the quiet stirrings of wildlife.

36 What's An Idiom, Anyways? Part 8

The Weird, Wild World of Everyday Expressions

46 Bike Tune Up: Preparing for Spring Rides

With the first warm breezes of spring and the promise of dry trails, the urge to dust off the bicycle and hit the open road or winding path becomes irresistible.

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](#)

OR

by email to news@thevoiceca.ca

**Change your clocks.
Check your smoke alarms.**



Spring forward safely:
This is a good time to
test your smoke alarms
and **change** replaceable
batteries, if needed.



LETTER FROM THE VOLUNTEERS

March has arrived, and with it comes the unmistakable energy of change. Here in the Columbia Valley, we can feel spring stirring beneath the surface—even if there’s still a chill in the air. This month brings a flurry of special days: St. Patrick’s Day, spring school breaks, and soon, the Easter holiday. Each is a welcome opportunity to gather, celebrate, and shake off the last of winter’s hibernation.

St. Patrick’s Day always adds a bit of whimsy and green to our Valley, reminding us to seek joy, laughter, and maybe a little luck along the way. School break gives our students and families precious time to reconnect and look forward to the new season. And as Easter approaches, we’re reminded of renewal, hope, and the beauty of fresh beginnings.

Through all these changes, one constant remains: our immense gratitude for everyone who supports and contributes to The Valley Voice. As many of you know, our core team of volunteers is smaller these days, and every story, photo, and helping hand means more

than ever. If you’ve written for us, snapped a picture, or simply passed along a copy to a neighbour—thank you. You are the heartbeat of our community paper.

Looking ahead, our goal is to reach more readers and fill these pages with even more local voices. We’ve proudly served the Valley for four years now, and we’d love to see our circle grow. If you enjoy The Valley Voice, please share us with a friend, a family member, or someone new to the region. Every recommendation helps us connect, inform, and inspire.

Thank you for your ongoing support. Here’s to a March filled with celebration, rest, and the bright promise of spring.

—The Valley Voice Volunteers (VVV) 🍁

Easter EGGstravaganza

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

April 4th/2026 1:30- 4:00

FAMILY EVENT

EGG HUNT

(AGE GROUP EGG HUNTS)

EASTER GAMES

(Game stations)

Craft Station

Concession

(Cash only)

Adult \$ 7.00

Child \$ 14.00

Ages 0-3 Free

Game pass

\$5.00

**This is a registration required event,
limited spots available**

Family event, parental supervision is required

Registration Please Email

aroundthebendcreeksidefarms@gmail.com

Location : Cranbrook B.C.



SPRING FORWARD INTO THE THE PARSON HALL PUZZLE CHALLENGE

SUN, MARCH 15TH

12pm-5pm

Parson hall

Teams of 4

1000pc puzzle - Intermediate

\$50/team

Cash prizes

Refreshments provided

**For additional info &
registration contact**

Jamie Brown at

250-272-5101



Radium Hot Springs Public Library

Wholesome Hobbies Projects & Activities for Adults

Every Third Friday of the Month
2:00pm-3:30pm

Join us on the third Friday of each month to try out a new project!
Intended for adults 50+ but all adults welcome. Foster your creativity and make connections!
Supplies will be provided.



***Registration is required for every session & space is limited to 10 participants per session.**
To register call 250-347-2434



Radium Hot Springs Public Library

4863 Stanley St | Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434 | <https://radium.bc.libraries.coop/>



IMAGE CREDIT: Justin Spilly



IMAGE CREDIT: Justin Spilly





IMAGE CREDIT: Justin Spilly

ANNUAL POLAR PLUNGE



IMAGE CREDIT: Justin Spilly

IMAGE CREDIT: Justin Spilly



IMAGE CREDIT: Justin Spilly

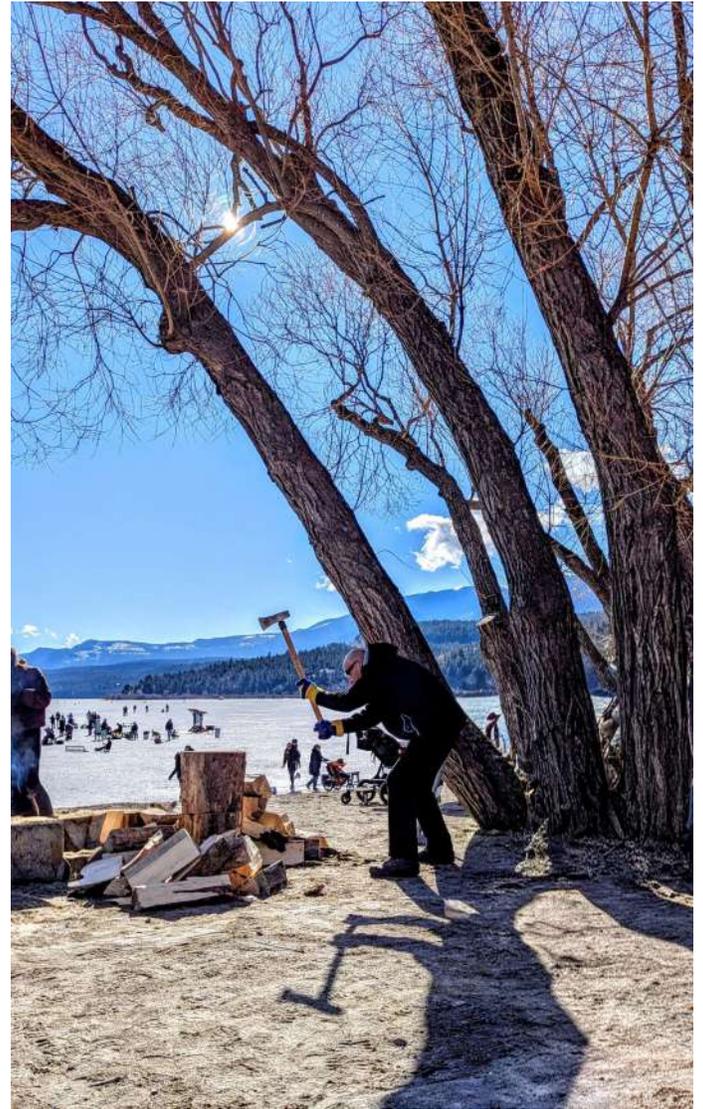


IMAGE CREDIT: Justin Spilly





IMAGE CREDIT: Justin Spilly



Columbia Valley Skating Club
presents



Jumping for Joy

Ice Show

An afternoon of sparkle, skill & celebration on ice!

Sunday, March 15, 2026

1 to 3 p.m.

Eddie Mountain Memorial Arena



GET YOUR TICKETS NOW! ♥

Tickets

\$10 - General admission

\$5 - Children 12 and under

*Tickets also available at the door



zeffy.com/en-CA/ticketing/ice-show--2026



50/50 RAFFLE FUNDRAISER



Help our skaters shine!

rafflebox.ca/raffle/cvsa2026





CRUISE COCHRANE



2026 RED DEER SPRING SWAP MEET AT WESTERNER PARK

MEET UP AT HOUSE OF CARS IN COCHRANE
AT 10AM ON SATURDAY, MARCH 21



This moment—when day and night stand in perfect balance—has long been a source of celebration, hope, and renewal for people everywhere. Here in the Valley, our spring rituals are as diverse and heartfelt as the landscape itself.

You'll find families gathering for sunrise walks along the Columbia Wetlands, bundled against the morning chill but eager to catch the first birdsong of the season. For many, witnessing the sky blush pink over frosty fields is a gentle reminder that warmth and growth are on their way. Some groups mark the equinox with a shared breakfast outdoors, complete with hot cocoa, homemade muffins, and a thermos of strong coffee, savoring both the company and the shifting light.

Spring Equinox Traditions

As winter loosens its grip and daylight stretches a little longer each evening, communities across the Columbia Valley find their own ways to welcome the spring equinox.

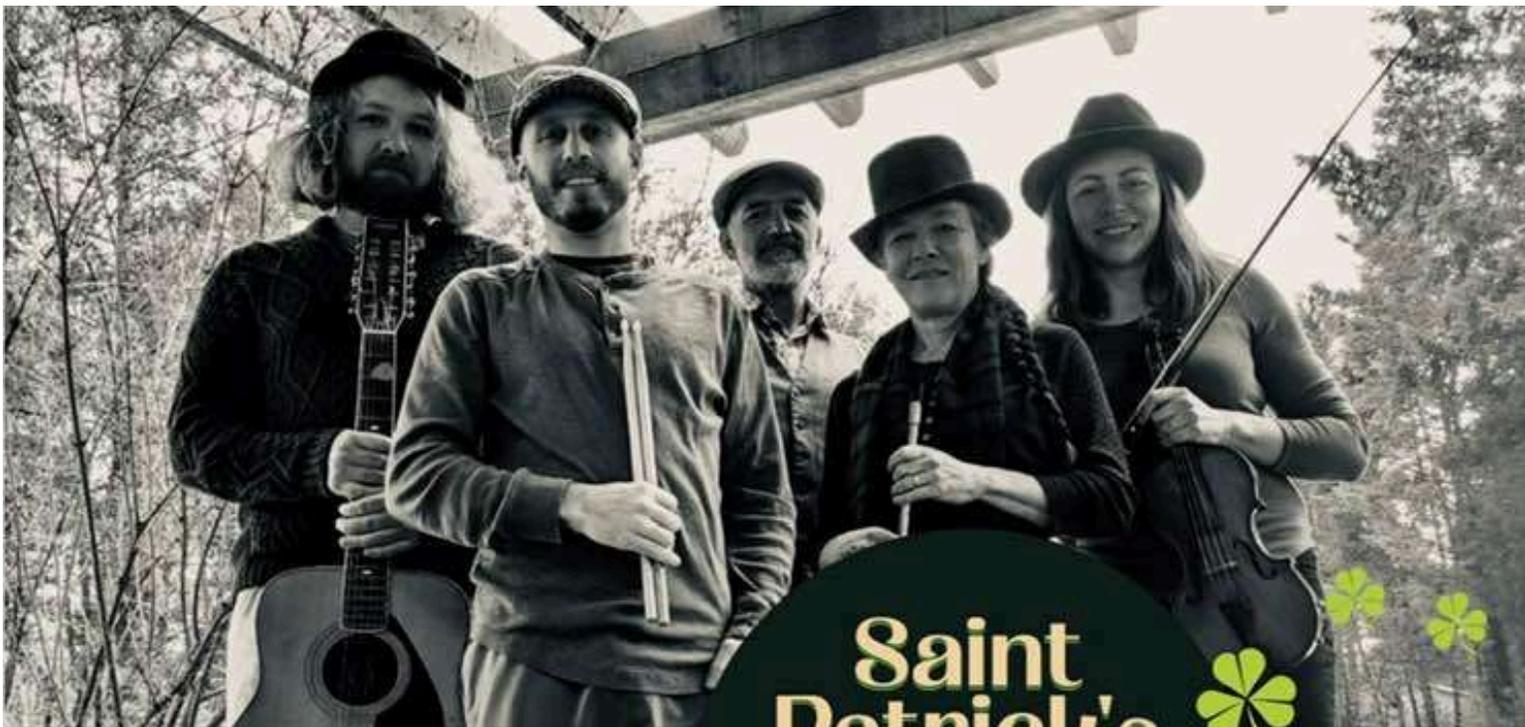


In Kimberley, the Community Garden's "Seeds of Spring" event has become a cherished equinox tradition. Neighbours swap seeds, stories, and gardening tips, while children plant their first peas and radishes in the thawing earth. There's a feeling of optimism as hands get dirty and plans for summer harvests take root.

Cranbrook's multicultural community brings its own richness to equinox celebrations. Persian families observe Nowruz, the Persian New Year, with tables adorned in green sprouts, painted eggs, and sweets—symbols of rebirth and hope. Indigenous knowledge keepers share stories of renewal and balance, inviting all ages to listen, reflect, and connect with the land.

For some, the equinox is a quieter affair: a solitary hike, a moment of meditation by a creek, or simply opening the windows to let in the fresh, brisk air. Whatever the tradition, the heart of the equinox is the same—a collective breath in, a readiness to grow, and a sense of gratitude for making it through another winter.

This March, The Valley Voice encourages everyone to find a moment to celebrate the turning of the season. However you mark the equinox, may it fill you with hope, warmth, and the promise of new beginnings.



Saint Patrick's Day

with *The O'Sullivan's*

March 17 from 5 - 9PM

Join us on St. Patrick's Day for The O'Sullivan's live performance while enjoying our T-Bar specials!

-  \$10 Guinness Pints
-  \$24 Lamb Stew & Mash
-  \$30 Stew & a Pint

Not done celebrating? Don't miss DJ Styler Nazo at 10pm to continue the party!



T BAR & GRILL

PANORAMA
PURE CANADA

WINDERMERE WHITEHOUSE PUB

Feelin' Lucky for March?

TRIVIA EVERY THURSDAY

@ 7:30PM

POOL TOURNAMENTS EVERY
SATURDAY @ 9PM

ST PATRICK'S DAY DRINK
SPECIALS ALL WEEK -

MARCH 13TH - 19TH INCLUDING
GREEN BEER ON ST PADDY'S
DAY!

KARAOKE ON

FRIDAY MAR 20TH @ 9PM
(START OF
SPRING BREAK)



SPRING SEED IDEAS

1. Peas

One of the earliest and most reliable spring crops, peas thrive in the cool, moist soil of early spring. Plant sugar snap or shelling peas as soon as the ground is workable—often in late March or early April. They'll be ready to harvest before the summer heat sets in.

2. Lettuce and Leafy Green Greens like lettuce, spinach, arugula, and Swiss chard love the Valley's cool spring temperatures. Sow seeds directly into the garden for a quick, continuous harvest. These greens do best before the heat of July.

3. Potatoes

Plant seed potatoes in mid to late April, once the soil has dried out and warmed a bit. Potatoes are hardy, productive, and store well—perfect for the Valley's home gardens.

4. Carrots

Carrots can be sown as soon as the soil is workable. They love the sandy, well-drained soils found in much of the Columbia Valley. Try a rainbow mix for fun and variety!

5. Native Perennials (like Wild Columbine or Yarrow)

Spring is also an ideal time to plant native perennials. These flowers support pollinators, require little maintenance once established, and thrive naturally in our Valley climate.



SPRING GARDENING

Sowing Seeds of Hope in the Valley

With each passing day, the Columbia Valley shakes off winter's chill a little more. Gardeners across the region are dusting off their gloves and peeking hopefully at the thawing earth. There's a special optimism that comes with planning your spring garden—a sense that, through patience and care,

we can coax new life from even the coldest ground.

Whether you're a seasoned grower or just sowing your first seeds, spring is the perfect time to set the stage for a vibrant, rewarding garden. Here are a few Valley Voice tips to help you dig in: **Check Your Soil:** Before you



seeds indoors now or pick up sturdy seedlings from a local nursery once the risk of frost has passed. Native plants—like goldenrod or wild columbine—are a great choice for supporting pollinators and thriving in our Valley climate.

Prune and Prep: Now's the time to prune fruit trees and shrubs before buds break. Clear away last year's dead growth, but leave some leaf litter and stems for beneficial insects who might still be sheltering.

Plan for Pollinators: A diversity of blooms throughout the season brings bees and butterflies to your garden. Try

mixing flowering herbs like chives and thyme alongside your veggies.

Connect with Community: Don't forget—gardening is always more fun together. Swap seeds and stories with your neighbours, join a community garden plot, or attend a spring gardening workshop.

As the sun climbs higher, remember: every trowel of earth and scattering of seed is an act of hope. Here's to a season of green thumbs and growing dreams in the Valley!

plant, take a moment to assess your soil. Is it still clumpy or waterlogged? Wait until it crumbles easily in your hand—working wet soil can cause compaction and trouble later on. Consider adding compost or well-rotted manure to boost nutrients and improve texture.

Start Slow and Local: Cool-season crops like peas, spinach, and radishes can be sown directly into the ground as soon as it's workable. For tomatoes, peppers, and squash, start





East Kootenay Veterinary Group Emergency Services

Our Locations

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.

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

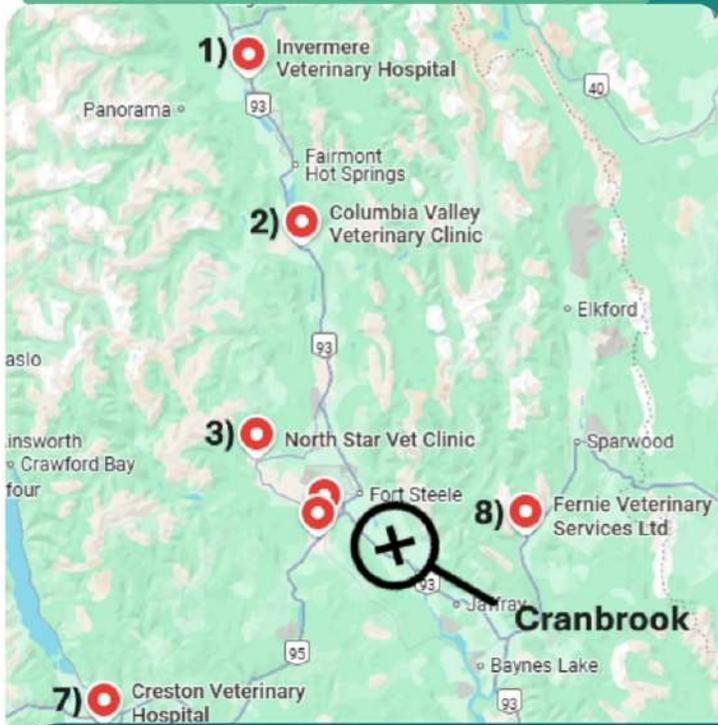
250-428-9494

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.

MULLIGAN'S BAR PRESENTS

Mulligan's SHAMROCKS & SHENANIGANS

ST. PATRICK'S DAY

Tuesday, March 17

— DOORS OPEN —
7:30 PM

Amazing Drink Features
Guinness Prize Giveaway

Cornhole Tournament
Teams Event

Tournament Starts at 8 PM

LIMITED TEAM SPOTS - SIGN UP EARLY!

MULLIGAN'S BAR • RIVERSIDE GOLF COURSE

5097 RIVERVIEW ROAD,
FAIRMONT HOT SPRINGS



SUSTAINABLE DECLUTTERING TIPS

Spring Cleaning, Valley Style



As the snow melts and sunlight lingers longer in the Columbia Valley, many of us feel that familiar pull to freshen up our homes and lives. Spring cleaning is more than a tradition—it's a chance to shake off winter's dust and start anew. This year, why not add a sustainable twist to your decluttering?

Sustainable decluttering means being thoughtful about what we let go of and where those items end up. Instead of tossing everything into a black bag destined for the landfill, let's look at ways to lighten our load while caring for our community and environment.

Start by sorting items into three categories: keep, donate, and recycle. Be honest with yourself—if you haven't used an item in over a year, consider whether it truly adds value. If it doesn't, it might be just what a neighbour needs! Local thrift stores, shelters, and community organizations are always grateful for gently used clothing, kitchenware, and books.

For those items past their prime, recycling is key. Electronics, batteries, and old paint shouldn't go in the trash. Take advantage of the Valley's recycling programs—most communities have designated drop-off spots for hazardous or hard-to-recycle items. Check the RDEK (Regional District of East Kootenay) website



for details on where and how to dispose of tricky materials.

Get creative with upcycling. Old jars become planters or storage containers, worn-out t-shirts turn into cleaning rags, and mismatched dishes make unique bird feeders. Host a "swap day" with friends and neighbours—one person's clutter is another's treasure.

Don't forget about the paper trail. Sort through old files and mail, recycle

what you can, and shred sensitive documents. Go digital with bills and subscriptions to cut down on future clutter.

Finally, remember that sustainable decluttering is a process, not a sprint. Tackle one room at a time, and celebrate your progress. Every item thoughtfully rehomed or recycled is a win for our Valley and the planet. Here's to a lighter, brighter, and more sustainable spring—one mindful step at a time!



COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket



Five Person
Food Basket



Eight Person
Food Basket

Households of all sizes benefit from our food baskets.

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

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

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



Emergency Food Baskets (\$39.00)



Emergency Food Basket

Legion Legend

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

WEDNESDAY NIGHT DINNERS!

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



WEDNESDAY, FEBRUARY 18TH
CHINESE NEW YEAR DINNER

GUESTS
\$22.50
LEGION MEMBERS
RECEIVE DISCOUNT

WEDNESDAY, FEBRUARY 25TH
BEEF STROGANOFF DINNER!

GUESTS
\$22.50
LEGION MEMBERS
RECEIVE DISCOUNT

WEDNESDAY, MARCH 4TH
CAJUN CHICKEN DINNER!

GUESTS
\$22.50
LEGION MEMBERS
RECEIVE DISCOUNT

WEDNESDAY, MARCH 11TH
ROAST BEEF DINNER! WITH ALL THE TRIMMINGS!

GUESTS
\$25.00
LEGION MEMBERS
RECEIVE DISCOUNT

THURSDAY, MARCH 12TH @ NOON
SENIOR'S LUNCH

GUESTS - \$8.00
LEGION MEMBERS RECEIVE DISCOUNT

RESERVE YOUR SPOT BY MARCH 10TH PLEASE
CALL JAN @ 250-342-1196

**HAVE
YOU
JOINED
US?**

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



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

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

WILDLIFE WATCH

Beavers, Otters, and Creatures Emerging from Winter



As the ice recedes from the rivers and lakes and the sun lingers a little longer each day, the Valley comes alive with the quiet stirrings of wildlife. For many of us in the Columbia Valley, spring is a season of anticipation—when the patient observer is rewarded with glimpses of beavers, otters, and other remarkable creatures waking from winter’s hush.

The beaver, our national emblem, is often spotted at dawn or dusk, gliding silently through open water or busily repairing winter-worn dams. With their dense fur and remarkable underwater skills, beavers are true Valley engineers, shaping wetlands that benefit countless other species. If you’re lucky, you might see a beaver hauling branches or hear the slap of a flat tail on the water—nature’s alarm call warning others of danger.

River otters, playful and elusive, are another springtime delight. Watch for them slipping in and out of thawed riverbanks, leaving winding trails in the mud. Otters often travel in family groups, rolling and sliding down muddy slopes with infectious energy. Their return is



a sign that the waterways are healthy and rich with life, as they feast on fish, frogs, and crustaceans.

But it's not just the headline makers emerging now. Muskrats, with their sleek brown coats, can be seen gathering reeds for their lodges. Mallard pairs and Canada geese stake out nesting territories, and the air fills with the calls of black-birds and the whistle of early

songbirds. If you're quiet and patient, you might even spot a mink darting along the shore or a painted turtle sunning itself on a log.

For those eager to catch a glimpse, early mornings along the Wetlands or gentle evening strolls by local ponds offer the best chance. Bring binoculars, tread lightly, and remember to respect the animals' space—this is a season of

hard work for them, too.

As we welcome spring's return, let's celebrate the resilience and beauty of our wild neighbours. Their presence reminds us of the Valley's rich natural tapestry and the importance of protecting these habitats for generations to come.

PRICE LIST

Want to advertise your business or services?

All designs come with 2 rounds of revisions. Any additional rounds will be estimated on a case-by-case basis. Please note that services do not include any printing or stock photography costs. Final files will be formatted to fit your desired needs.



VECTOR LOGO DESIGN	VECTOR SIGN DESIGN
Single Concept _____ \$62	Single Concept _____ \$44
2 Concepts _____ \$107	Price based on existing Logo, Logo Design sold separately.
3 Concepts _____ \$125	
LETTERHEAD DESIGN _____ \$26	LABEL DESIGN
Price based on existing Logo, Logo Design sold separately. First round includes 2 layouts.	Single Concept _____ \$35
FLYER DESIGN	2 Concepts _____ \$44
Single Layout Concept _____ \$35	Price based on existing Logo, Logo Design sold separately.
MENU DESIGN	BROCHURE DESIGN
Priced Per Page _____ \$26	Tri-Fold _____ \$44
KIDS COLOURING MENU	
8.5" X 11" _____ \$35	
11" X 17" _____ \$44	
MAGAZINE DESIGN	3D PRINTING AVAILABLE!!
Starting at _____ \$314	PRICES VARY BASED ON COMPLEXITY AND SIZE.
Prices vary based on the amount of pages.	
BOOK COVER DESIGN	3D CUSTOM DESIGN
Single Sided _____ \$53	Starting at _____ \$82
Double Sided _____ \$71	Prices vary depending on complexity.
CUSTOM COLOURING PAGE	
Priced Per Page _____ \$17	
TAROT/ORACLE CARD CUSTOM ART	BRISCO HERMIT
40-Cards _____ \$1,108	250-549-0247
78-Cards _____ \$2,105	BRISCOHERMIT@GMAIL.COM
Additional Cards +\$35 per card	@ f @BRISCOHERMIT
Price includes one back card design.	

Sierra Says

HYPNOTIST ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
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Sierra Franklin

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LOCATED IN FAIRMONT HOT SPRINGS

Legion 
Windermere District #71


1926 - 2026

Saint Patrick's Day Party



Saturday, March 14th
6:00 - 11:00pm

the O'Sullivan's

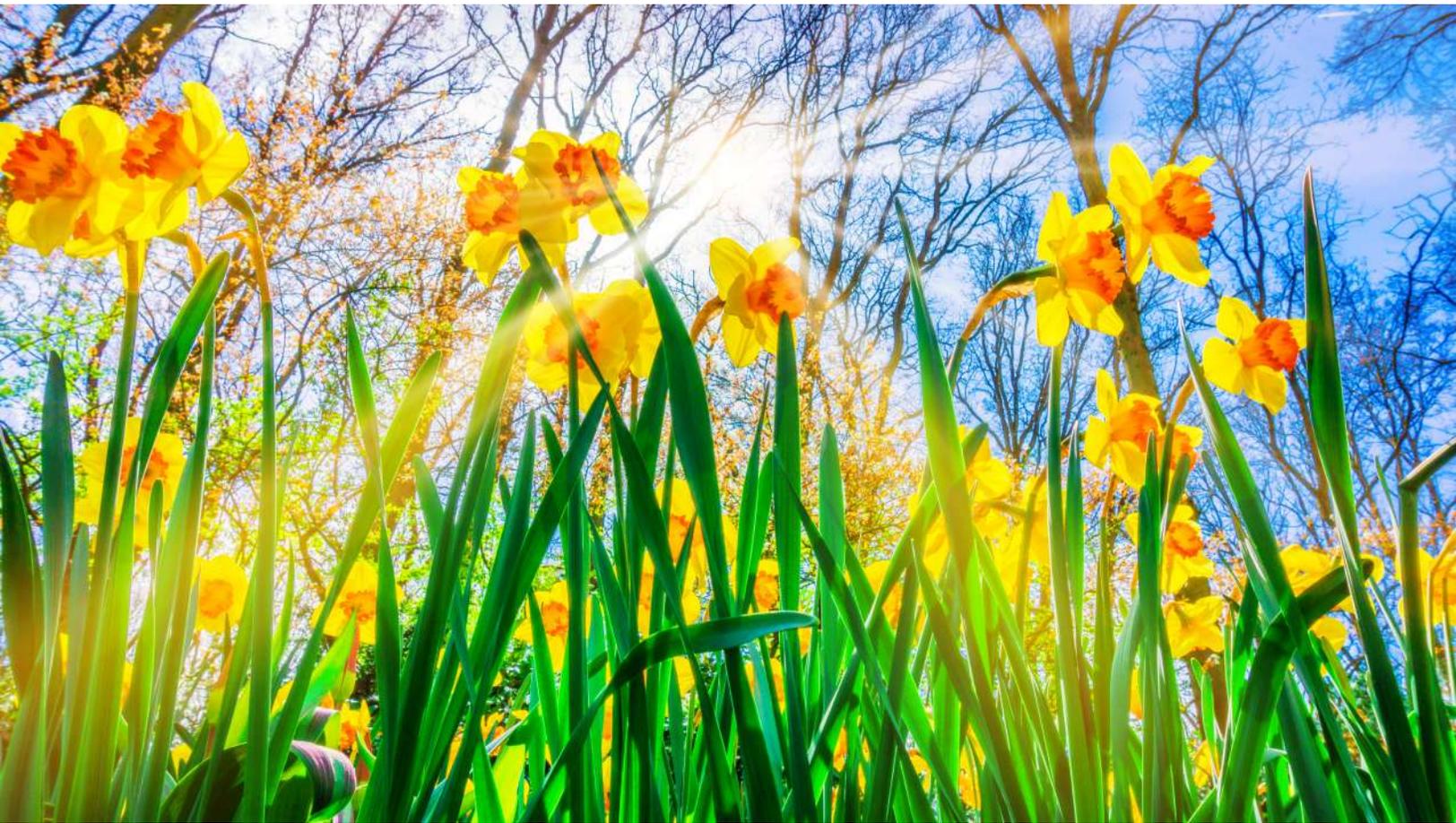
Sing, Listen and Dance to Invermere's Best
from 8:00 to 11:00

Entry by Donation for the Legion Van
Irish Stew and Beer Bread \$20 (Limited)

from 6:00 to 8:00

Members and Guests Welcome
Sign up at the Bar





SIGNS OF SPRING

Early Blooms and Bird Calls in the Valley

There is a quiet, unmistakable magic in the way spring arrives in the Columbia Valley. The change is rarely dramatic; it is a slow, gentle turning, a shift in the air and the light that only the most attentive among us notice at first. Yet, for those who watch, listen, and breathe deeply, the signs of spring are everywhere—hidden in a patch of melting snow, the call of a distant bird, or the first fragile blossom daring to greet the world.

As the calendar moves into March, the Valley's long winter finally begins its slow retreat. The days, imperceptibly at first,

grow longer and the sun's rays carry a new warmth. It is as if the whole region, weary from months of cold and grey, draws a collective breath and dares to hope. For many of us, these subtle cues are cause for celebration—a promise that, even after the bleakest winter, renewal is on its way.

The First Blooms:

Nature's Gentle Rebellion
One of the earliest and most beloved signs of spring in our region is the appearance of wildflowers. These small, resilient plants are the true pioneers of the season, pushing through

the last crusts of snow and ice to bring colour back to the landscape.

In sheltered corners and sun-warmed slopes, you may spot the familiar purple and white faces of crocuses and the delicate pink of wild shooting stars. On south-facing hillsides, the first yellow bells—tiny, nodding flowers—begin their quiet dance. The native sagebrush buttercup, a cheerful yellow bloom, braves the chilly air, sometimes appearing while snow still clings to the ground.

Gardeners, too, keep a close watch on their flowerbeds. The earliest

cultivated blooms—snowdrops, crocuses, and hellebores—are the harbingers of the season, their green shoots and gentle petals standing as proof that the ground, at last, is thawing. For many, the annual tradition of searching for the first snowdrops is a ritual of hope and patience, a gentle reminder of the cycle of the seasons.

Birdsong Returns: Nature's Alarm Clock

If flowers are the visual heralds of spring, then birds are its chorus. After the silence of winter, the return of birdsong is one of the most joyful—and unmistakable—signs that the Valley is waking up.

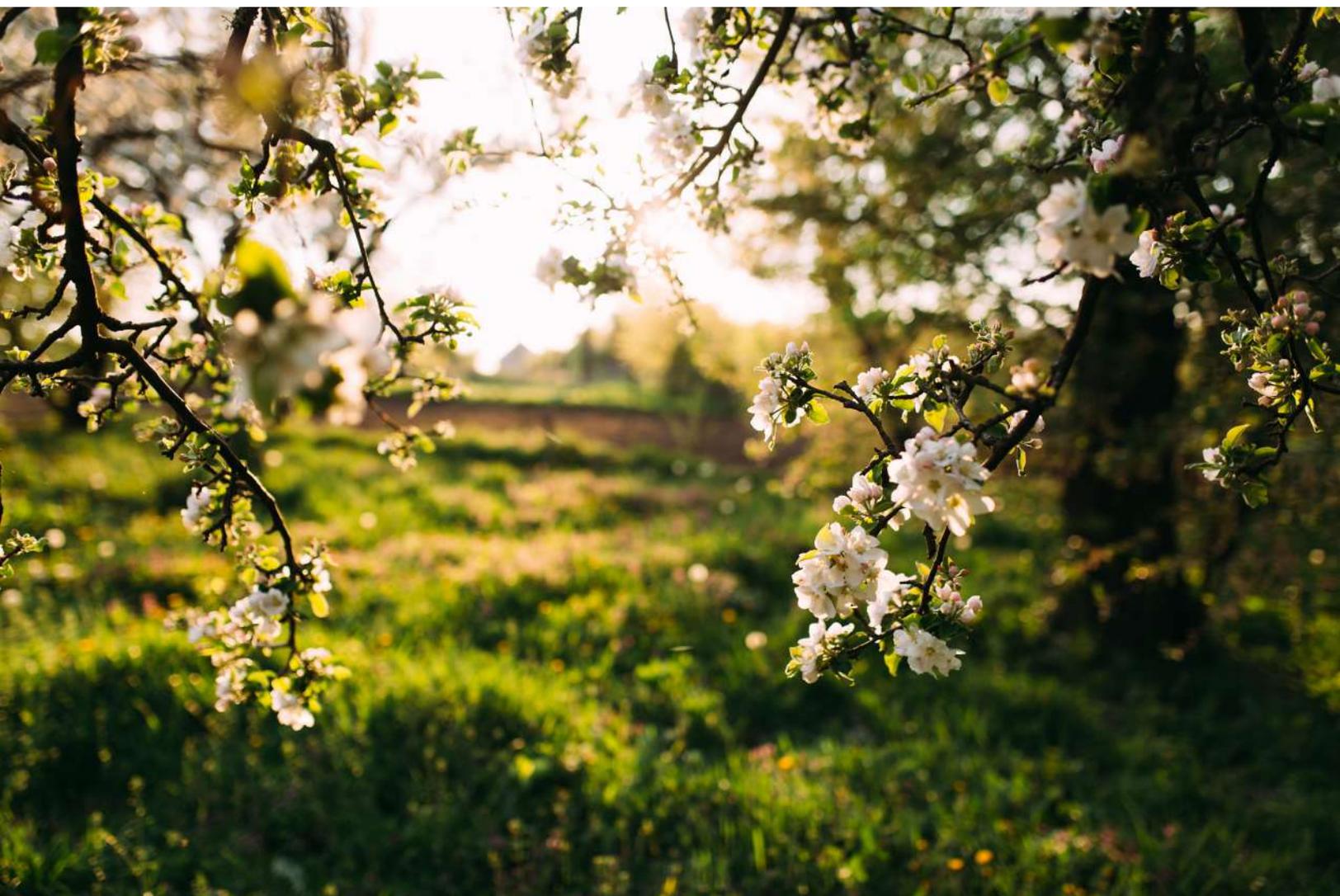
Red-winged blackbirds are among the first to return, their liquid “conk-a-ree!” echoing around marshes and wetlands. It is a sound that, for many, marks the true beginning of spring. Soon after, the clear, whistling notes of robins—Canada’s unofficial harbinger of spring—can be heard from backyard gardens and city parks. Their cheerful presence, hopping across lawns in search of thawed earthworms, brings a sense of familiarity and delight.

In the forests, the drumming of woodpeckers and the haunting calls of the varied thrush add to the Valley’s growing symphony. Overhead, flocks of Canada

geese return from southern journeys, flying in their distinctive “V” formation and honking encouragement to one another. Watch the sky for the shimmering, acrobatic flight of tree swallows, who return as soon as the air is thick with insects.

For the keen birder, March and April are months of excitement. Every dawn brings the possibility of a new voice—a warbler, a sparrow, or perhaps a returning pair of great blue herons, wading once more in the wetlands. Keeping a birding journal or participating in a local migration count can deepen the joy of these discoveries and connect you with fellow enthusiasts.

Subtle Cues and Quiet



Miracles

Not all signs of spring shout for attention. Many are subtle, revealing themselves only to those who take the time to look, listen, and feel. The snow, for example, shifts in character, becoming wetter and heavier, pulling away from the trunks of trees and leaving small, bare circles at their bases—known as “tree wells.” The ice on local lakes and ponds begins to recede from the edges, forming intricate patterns as it melts.

Buds swell on willows and poplars, their branches taking on a crimson or golden hue as sap begins to flow. If you run your

may feel the first softness of new catkins—tiny, fuzzy flowers that will soon open to the wind. The air itself changes, carrying a new scent—damp earth, last year’s leaves, and the first hints of green growth.

Wildlife, too, responds to the longer days. Squirrels and chipmunks become more active, darting through the undergrowth in search of hidden caches. Deer shed their thick winter coats for sleeker spring fur, and the first black bears may be seen emerging sleepily from their dens, searching for roots and tender shoots.

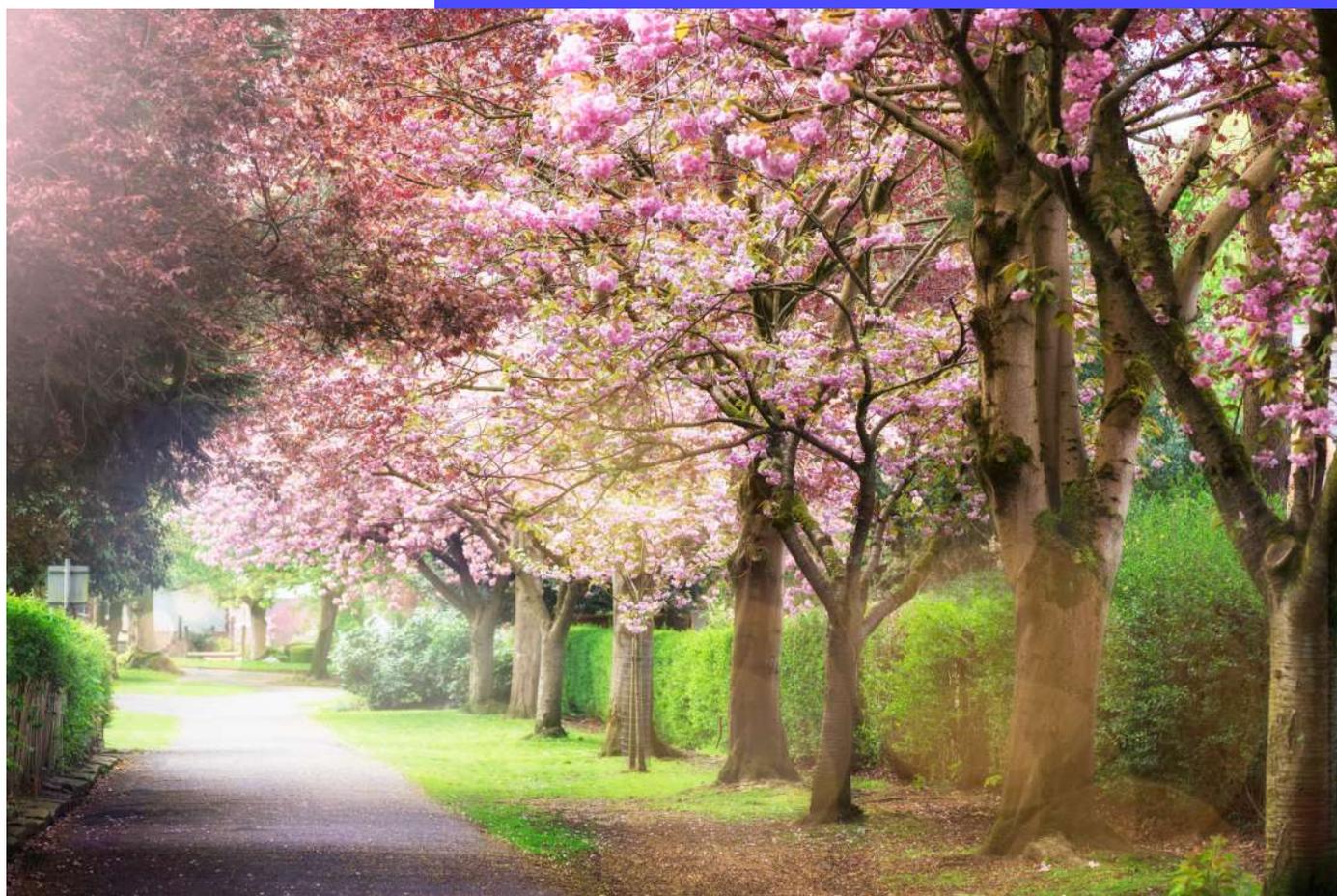
Celebrating the Season:

Community Traditions

and Simple Pleasures

In the Valley, the arrival of spring is a time for community and celebration. Local schools and clubs organize nature walks and “first bloom” contests, encouraging children and adults alike to record the earliest signs of the season. Gardeners gather for seed swaps, and community gardens begin to stir with activity as beds are prepared for planting.

For many families, spring means returning to favourite trails—some still muddy, others already lined with wildflowers. The first picnic of the year, even if enjoyed in wool hats and mittens, is a cherished tradition.





Birdhouses are cleaned and readied for new tenants, and feeders are stocked to welcome the migrating flocks.

Photographers take to the trails and riverbanks, hoping to capture the fleeting beauty of a crocus dusted with frost or the flash of a bluebird's wing. Artists and writers find inspiration in the shifting light and the sense of anticipation that fills the air.

Bringing Spring Indoors

Not everyone can get outside each day, but the spirit of spring can be invited indoors, too. For those eager to celebrate the season at home, try forcing a few branches of forsythia or willow in a vase of water—they will bloom within days, filling your

home with colour and the sweet promise of warmer days ahead.

Start a windowsill herb garden, or plant a tray of wheatgrass for a burst of green. Listen for birdsong each morning, and keep a journal of the subtle changes you notice—whether it's the angle of the sunlight, the melting of an icicle, or the first sighting of a butterfly.

A Season of Hope

Spring in the Valley is rarely loud or immediate. It is a gradual unfurling, a series of gentle hints and hopeful whispers that urge us onward. After months of snow and silence, each sign—no matter how small—feels like a gift.

So, as March unfolds, take

a moment each day to notice the world around you. Pause to listen for a new birdcall, search for the first green shoots, and let your heart be lifted by the slow, steady return of life to our valley. In every blossom and every song, spring reminds us that renewal is always possible—and that warmth, colour, and hope are just around the corner. from the edges, forming intricate patterns as it melts. corner.

ART WORKSHOPS WITH DIANA

SPRING IS FOR THE BIRDS!

Saturday, March 28, 2026

12 p.m. to 4 p.m.

Pynelogs Cultural Centre, Invermere BC

Welcome the birds of spring in this fun, stress-free painting workshop with local artist Diana Skelhorne.

In this workshop you will paint a beautiful, colourful bird on a canvas panel using a variety of mixed media, including collage, spray paint, acrylic paint, stencils, molding paste and more.

Suitable for all skill levels

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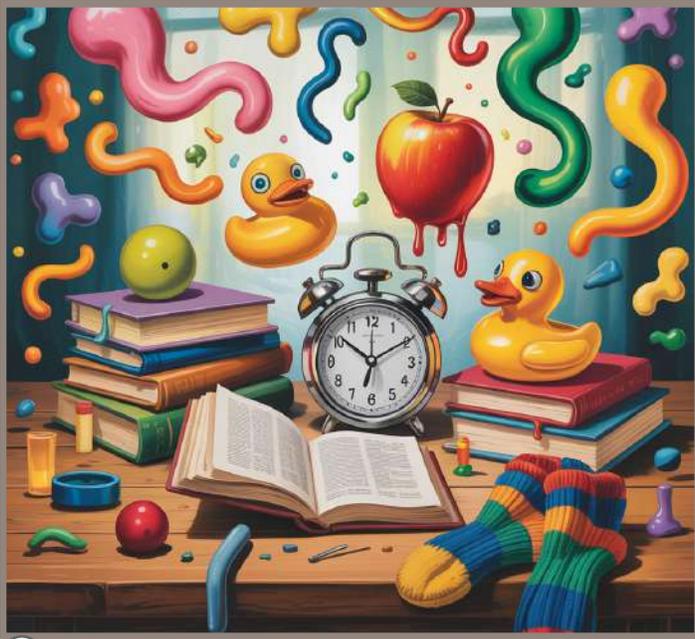
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WHAT'S AN IDIOM, ANYWAYS? PT. 8

The Weird, Wild World of Everyday Expression

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words. In other words, if you take it literally, it won't make much sense—like "when hell freezes over" or "hell or high water."



NO RHYME OR REASON

Something that has no logical explanation, order, or clear purpose.

This phrase dates back to the 15th century. One of the earliest recorded uses appears in 1460 in a letter by John Russell, who wrote that something lacked "rhyme nor reason." The phrase arrives from poetry—rhyme is for creative structure, and reason for clear thinking or logic. If something had neither, it was completely chaotic, without pattern or sense.

My Wi-Fi works perfectly in every room... except the one I'm in.



WHEN HELL FREEZES OVER

Something that will never happen—or is extremely unlikely to happen.

The phrase dates back to at least the 1800s in American humour and folklore. Since hell is traditionally described as a place of fire and eternal heat, the idea of it freezing is deliberately impossible.

I'll give up coffee when volcanoes start serving iced water.

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 please "don't kill the messenger."

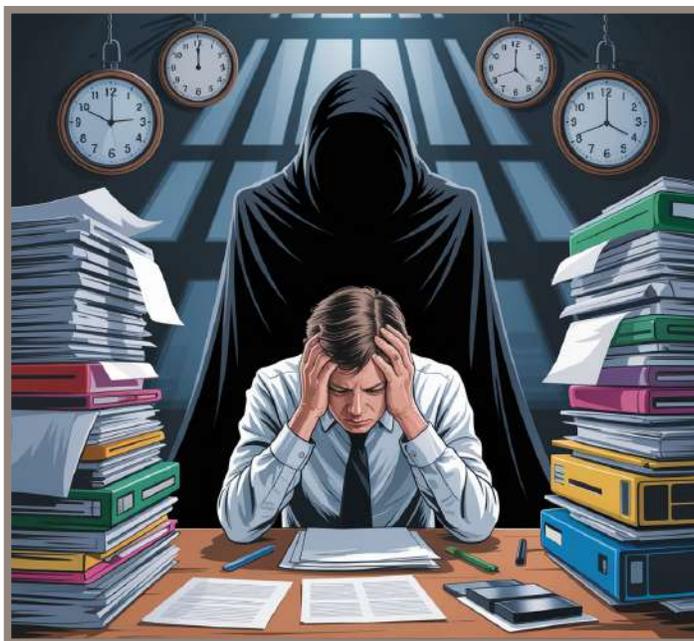


KEEP ON THE STRAIGHT AND NARROW

To behave responsibly, stay out of trouble, and follow a disciplined or honest path.

This phrase comes from the Bible, specifically Matthew 7:14, which speaks of the "strait and narrow" path that leads to life. "Strait" meant "difficult" or "strict," not "straight" like a line. Over time, people began saying "straight and narrow," blending the ideas of moral correctness (straight) and discipline (narrow path).

I'm trying to make good choices – but the snack aisle keeps testing my character.



YOU'LL BE THE DEATH OF ME

A joking way to say someone is stressing you out, embarrassing you, or wearing you down – often said with affection.

This phrase has been used for hundreds of years in English writing and speech. Writers like Shakespeare often used dramatic expressions of love or stress that could lead to "death." It was never meant to be taken literally – just a dramatic way to show strong emotion.

My blood pressure just noticed you walked in the room.

WHAT'S AN IDIOM, ANYWAYS? PT. 6

CONTINUED

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



ALL ROADS LEAD TO ROME

Different methods or choices can lead to the same result.

This phrase comes from the days of the Roman Empire, when Rome was the center of a vast network of roads connecting the empire. No matter where you traveled within the system, the roads were designed to lead back to Rome.

No matter what I Google, I somehow end up watching cat videos.

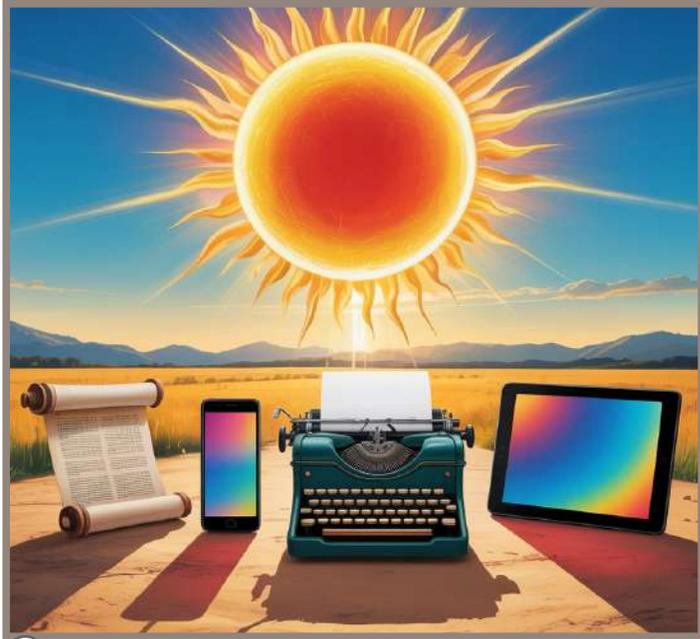


BLIND LEADING THE BLIND

When people who don't know what they're doing try to guide others, often making things worse.

This phrase comes from the Bible (Matthew 15:14), where it warns that someone without guidance will lead others equally unaware. It shows clearly the danger of following someone who doesn't know the way.

We're all trying to assemble IKEA furniture... and no one read the instructions.



NOTHING NEW UNDER THE SUN

There's nothing truly original; everything has been seen, done, or thought before.

This phrase also comes from the Bible (Ecclesiastes 1:9), where it reflects on the idea that everything that happens has already happened before. It shows clearly that most events, trends, or ideas aren't truly original—they're just repeats of what's come before.

I tried a "new" diet... turns out my grandma was already doing it in the 80s.



HELL OR HIGH WATER

No matter what happens, you will do something or make something happen—nothing will stop you.

This phrase comes from 19th-century America, originally referring to stubborn determination in the face of floods or disasters. It shows clearly the idea of pushing through any obstacle—whether it's extreme difficulty or outright chaos.

I'm finishing this project, even if my coffee machine explodes.

WHAT'S AN IDIOM, ANYWAYS? PT. 6

CONTINUED

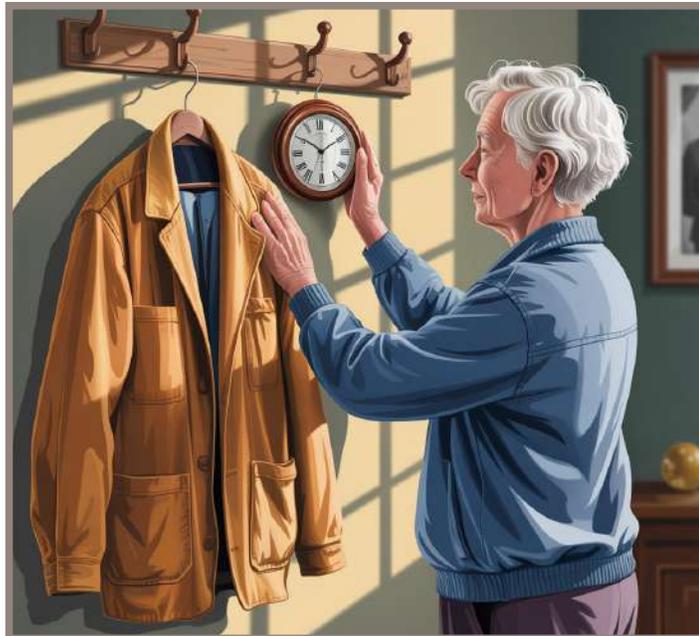


DON'T KILL THE MESSENGER

Don't get angry at the person who tells you bad news—they're just passing it along.

This phrase dates back to ancient times, when people sometimes blamed the bearer of bad news for the message itself. It shows clearly that the problem isn't with the person delivering the news, but with the situation or information.

I bring updates, not solutions—please keep your pitchforks in the closet.



TIME TO HANG IT UP

To quit, retire, or stop doing something—sometimes permanently.

This phrase comes from sports and work, where players or workers would literally hang up their gear or tools when retiring. It shows clearly that it's time to stop doing something, usually after a long effort or career.

After losing yet another sock in the laundry, I'm officially retiring from clothes folding.

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ST. PATRICK DELIGHTS

Here are four festive shots and cocktails perfect for celebrating St. Patrick's Day in March.



✓ Emerald Isle Shot

1/2 oz Irish whiskey
1/2 oz green crème de menthe
1/2 oz white crème de cacao

Instructions: Fill a shaker with ice. Add Irish whiskey, green crème de menthe, and white crème de cacao. Shake well and strain into a shot glass. Serve immediately for a minty, chocolatey delight.



✓ Shamrock Sour

2 oz Irish whiskey
1 oz fresh lemon juice
1/2 oz simple syrup
Splash of club soda

Instructions: In a shaker filled with ice, combine Irish whiskey, lemon juice, simple syrup. Shake thoroughly and strain into a rocks glass filled with ice. Top with a splash of club soda.



✓ Pot o' Gold Shot

1/2 oz butterscotch schnapps
1/2 oz Irish cream liqueur
1/2 oz vanilla vodka

Instructions: Pour the butterscotch schnapps into a shot glass. Layer Irish cream over the schnapps using the back of a spoon. Top with vanilla vodka, also layered gently. Enjoy this creamy, dessert-like shot!



✓ Celtic Mule

2 oz Irish whiskey
1/2 oz fresh lime juice
Ginger beer

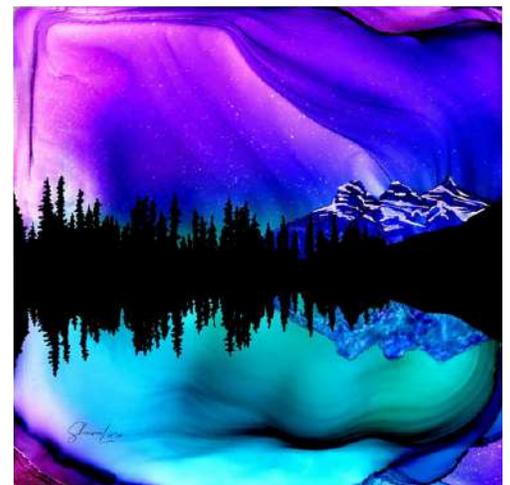
Instructions: Fill a copper mug or highball glass with ice. Pour in Irish whiskey and lime juice. Top with ginger beer and stir gently. Garnish with a lime wedge and a sprig of fresh mint.

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





BIKE TUNE-UP

Preparing for Spring Rides

With the first warm breezes of spring and the promise of dry trails, the urge to dust off the bicycle and hit the open road or winding path becomes irresistible. Yet, after months of hibernation, your trusty two-wheeled

companion needs some attention before it's ready for the season ahead. A well-executed bike tune-up not only ensures a smoother and safer ride but can also rekindle your enthusiasm for cycling.

Whether you're a seasoned rider or just starting out, here's expert advice on how to get your bike out of winter storage and back into top spring form.



✓ GIVE IT A GOOD CLEANING

Winter storage can leave your bike dusty or grimy, and any lingering dirt from last season can accelerate wear on components. Start by giving your bike a thorough wash. Use a bucket of warm, soapy water (dish soap works well), a sponge or soft brush, and a gentle spray from a hose. Scrub the frame, wheels, chain, and gears. Avoid using high-pressure water, which can force grime into bearings and other sensitive parts.

After rinsing, dry your bike with a soft cloth to prevent rust. This is also a great opportunity to inspect for any damage, cracks, or signs of excessive wear that might have gone unnoticed last fall.

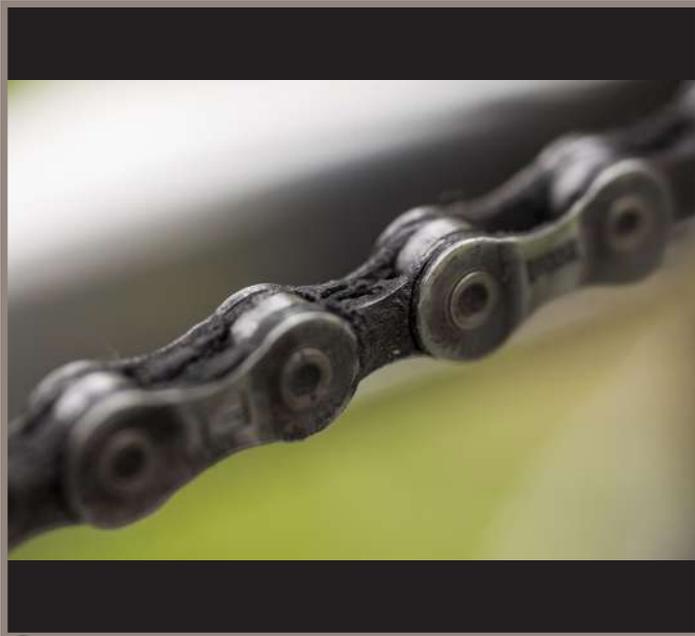


✓ CHECK YOUR TIRES AND WHEELS

Tires lose air over time, especially during long storage. Inflate your tires to the recommended pressure (printed on the tire's sidewall), and check for cracks, dry rot, or embedded debris. Worn or damaged tires should be replaced to avoid flats or blowouts on the road.

Spin each wheel and observe its motion: it should rotate smoothly and stay true (not wobbling side-to-side). If you notice a wobble or a persistent "bump," your wheel may need truing, which can often be done at your local bike shop. Give the spokes a gentle squeeze to ensure none are loose or broken.

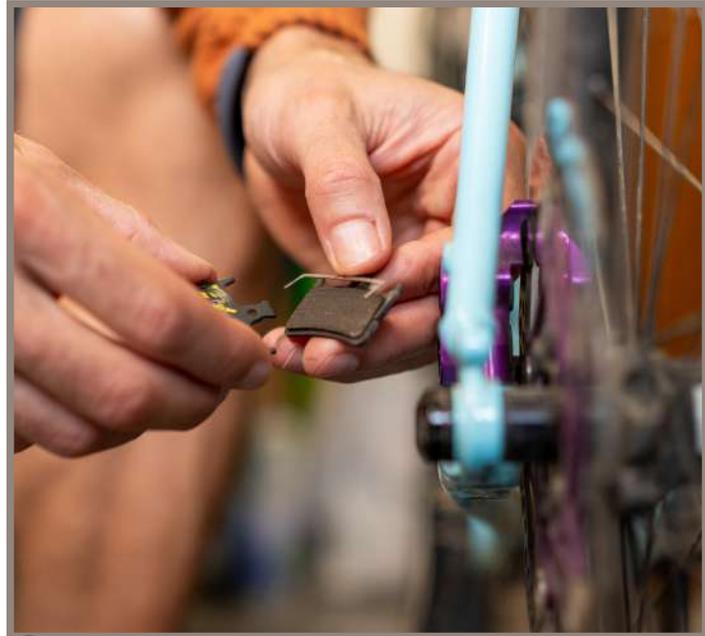
Don't forget to inspect the quick-release levers or axle bolts, ensuring they're tight and secure.



INSPECT AND LUBE THE CHAIN

A clean, well-lubricated chain is vital for efficient pedaling and smooth shifting. Check the chain for rust or stiff links. If it looks dry or dirty, use a degreaser and a brush to clean it. Let it dry completely, then apply a few drops of bike-specific chain lube while slowly rotating the pedals backward. Wipe off any excess lube to prevent attracting dirt.

If your chain is very rusty or stretched out (a chain checker tool can measure this), consider replacing it before spring rides.



EXAMINE BRAKES AND PADS

Brakes are your most important safety system. Squeeze both brake levers—each should feel firm and engage the brakes before the lever touches the handlebar.

Check the brake pads for wear: they should have at least 1/8 inch of material and should press squarely against the rim (for rim brakes) or rotor (for disc brakes). If the pads are glazed, cracked, or worn unevenly, replace them.

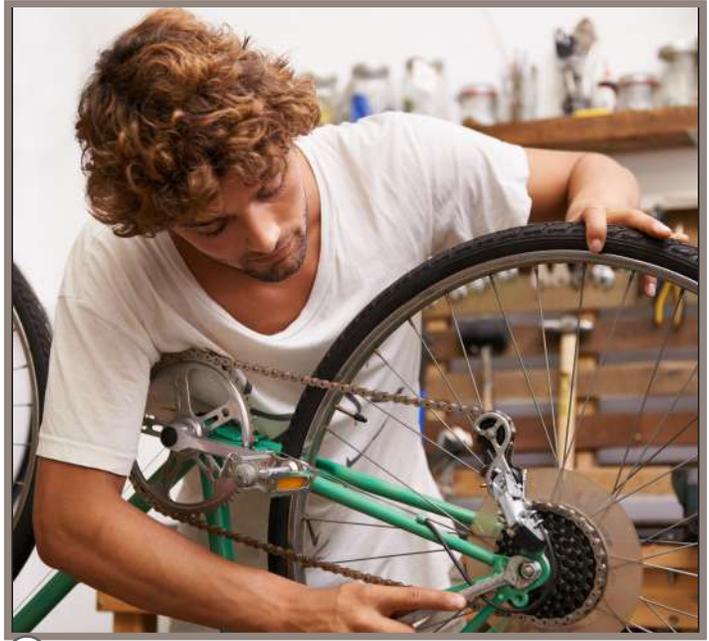
Inspect brake cables or hydraulic lines for fraying, rust, or leaks. Lubricate the cables lightly if they feel stiff, or consider replacing them if they're damaged.



✓
TUNE UP THE DRIVETRAIN

Shift through all your gears, both front and rear. The chain should move smoothly up and down the cassette and chainrings without skipping, hesitation, or grinding noises. If shifting is rough, check for frayed or sticky cables, bent derailleur hangers, or misaligned derailleurs.

Clean the derailleurs with a brush and degreaser, and lightly lubricate the pivot points. If your bike has been shifting poorly for a while, new cables and housing can make a world of difference.



✓
TIGHTEN BOLTS AND CHECK THE BEARINGS

Using a set of Allen wrenches, check all the bolts on your bike—handlebars, stem, seat-post, crank arms, and racks or accessories. Tighten any that are loose, but take care not to overtighten and strip the threads.

Wiggle the headset (hold the front brake and rock the bike back and forth); there shouldn't be any play. Check the bottom bracket and wheel hubs for looseness or grinding. If you detect any roughness, it may be time for a professional overhaul.



ADJUST SADDLE AND HANDLEBARS

Your comfort and efficiency depend on proper fit. Check the height and angle of your saddle—your knee should be slightly bent at the bottom of the pedal stroke. Adjust the handlebars for reach and height, ensuring you can comfortably grip the brakes and shifters.

If your riding style or needs have changed, consider a professional bike fit at your local shop.



TEST LIGHTS, BELLS AND ACCESSORIES

Spring rides can start in the early morning or run into dusk, so check that your front and rear lights are working and fully charged or have fresh batteries. Clean the lenses for maximum visibility.

Ring your bell to make sure it's loud and clear—an essential tool for alerting pedestrians and other cyclists on multi-use trails. Inspect racks, fenders, and water bottle cages to be sure they're tight and rattle-free.



✓ STOCK UP ON SUPPLIES

Nothing spoils a spring ride like a flat tire or mechanical issue miles from home. Make sure you have a basic repair kit: spare tube, patch kit, tire levers, mini pump or CO₂ inflator, and a multi-tool. Toss in a few dollars and your ID, just in case.

Check your helmet for cracks or damage, and replace it if it's more than five years old or has taken a hard hit.



✓ TAKE A TEST RIDE

Once your tune-up is complete, take your bike for a short spin around the block or in a safe area. Listen for unusual noises, pay attention to shifting and braking, and make any final adjustments. A short test ride will help you catch any issues before you head out on longer adventures.

If you're not comfortable making certain adjustments, or if your bike needs more serious repairs—like hydraulic brake service, wheel truing, or bearing replacement—your local bike shop is your best friend. Many shops in the Valley offer spring tune-up specials and are happy to help you get rolling safely.



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STARBRIGHT (2026)

Movie Review



IMAGE CREDIT: [Metacritic](#)

"Starbright" (2026) arrives as a whimsical coming-of-age fantasy, blending heartfelt drama with a shimmering touch of magic. Directed by rising talent Lila Jensen, the film follows the journey of 17-year-old Cassie (Ella Purnell), a restless dreamer who escapes her troubled reality by retreating into a vivid world of stars, stories, and imagination.

Story & Themes: At its core, "Starbright" is a tale of hope and resilience.

Cassie's adventures—both real and imagined—mirror her struggles with loss, friendship, and self-discovery. The film weaves in fantastical elements as Cassie embarks on a starlit quest guided by a mysterious celestial companion. While the story sometimes leans into familiar YA territory, it's saved by sincere performances and an earnest heart.

Visuals & Direction: Jensen's direction brings

a soft, dreamy glow to the film, with cinematographer Jordan Lee's work especially shining during the fantasy sequences. The mix of practical effects and gentle CGI creates a magical realism that is inviting without overwhelming the senses. The contrast between Cassie's everyday world and her star-filled escape is handled thoughtfully, even if the transitions sometimes feel abrupt.

Performances: Ella Purnell anchors the film with sensitivity and charm, carrying both the emotional weight and the wonder of Cassie's journey. Supporting roles, including Cassie's grandmother (portrayed by the legendary Kathy Bates), provide warmth and grounding. Some secondary characters, however, aren't given enough depth, and a few storylines feel underdeveloped.

Overall Impression:

While "Starbright" doesn't reinvent the coming-of-age fantasy genre, it offers a gentle, visually pleasing ride that will resonate with younger audiences and anyone who remembers the power of imagination as a lifeline. Occasional pacing issues and predictable turns hold it back from greatness, but there's no denying its sincere, starry-eyed spirit.

Final Verdict: A sweet, if somewhat safe, journey through grief and hope, "Starbright" earns a solid three out of five stars. Worth a watch for dreamers and believers in a little movie magic.

★ Rating: 3 out of 5

IMAGE CREDIT: [IMBD](#)



SPRING BREAK CAMP

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

MARCH 23/2026 ALL ABOUT GAMES/SPORTS

**A DAY FILLED WITH GAMES FUN
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MARCH 25TH/2026 LEGO DAY

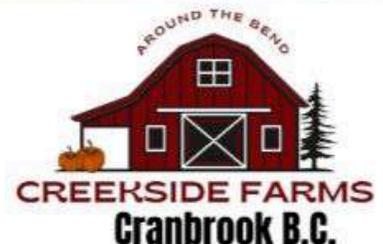
**A DAY FILLED WITH LEGO THEME FUN
LEGO CHALLENGES, GAMES, SCAVENGER HUNT, INDOOR/OUTDOOR ACTIVITIES
AND MORE....
LUNCH INCLUDED (GRILL CHEESE, MINI CHIPS , JUICE OR WATER)**

MARCH 26TH/2025 ROBLOX / MINECRAFT DAY

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Mirage 7

Game Review

(PS5, PS4, Xbox Series X|S,
Xbox One, PC)



IMAGE CREDIT: [The Box Hub](#)





IMAGE CREDIT: [The Box Hub](#)



The latest entry in the acclaimed Mirage series, "Mirage 7," delivers a dazzling, dreamlike adventure that's as challenging as it is beautiful. Building on the surreal storytelling, inventive puzzles, and atmospheric world design that the franchise is known for, this installment elevates the formula without losing its signature charm.

Gameplay & Mechanics:

"Mirage 7" is a first-person puzzle-platformer that plunges players into an ever-shifting world where reality and illusion blur. Each level introduces clever new mechanics—light manipulation, gravity shifts, and time reversals—that keep the experience fresh and the player guessing. The puzzles are rarely easy, but always fair, rewarding creative thinking and careful observation. The game's

controls are responsive on both console and PC, though some platforming sections can feel unforgiving at times.

Visuals & Audio: The visual presentation is nothing short of stunning. Mirage 7's environments are a feast for the eyes, filled with floating architecture, impossible geometry, and bursts of vibrant color. The soundtrack, a haunting blend of ambient textures and ethereal melodies, perfectly complements the game's otherworldly vibe. Sound design cues also help guide players subtly through trickier segments.

Story & Atmosphere:

Narratively, "Mirage 7" continues the enigmatic approach of its predecessors, delivering its story through environmental clues, cryptic dialogue, and evocative set pieces.

While some players may crave a more direct narrative, those who enjoy piecing together mysteries will find plenty to ponder.

Overall Impression: "Mirage 7" stands as a testament to the power of imagination in game design. A few minor frustrations with platforming and pacing don't detract from the overall experience. The game is a must-play for fans of the series and anyone seeking a thoughtful, visually arresting adventure.

Final Verdict: A captivating journey through the surreal and the sublime, "Mirage 7" earns a well-deserved four out of five stars.

★ Rating: 4 out of 5



RADIUM HOT SPRINGS PUBLIC LIBRARY PRESENTS

AN EXPLORATION OF CANADIAN POETRY

WHO: Curious lifelong learners no matter their familiarity with poetry.

WHAT:

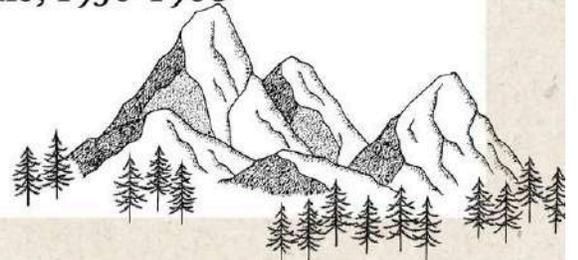
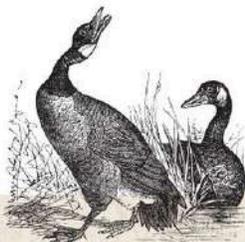
- Engaging explorations of celebrated Canadian poets.
- Close readings of noted Canadian poems.
- Discussions with fellow learners regarding what the poems reveal about our human and Canadian experiences.

WHEN: March 10, 17, 24, 31 at 7 pm

WHERE: Radium Hot Springs Public Library (4863 Stanley Street)

"There is a crack in everything. That's how the light gets in."

Leonard Cohen, Selected Poems, 1956-1968



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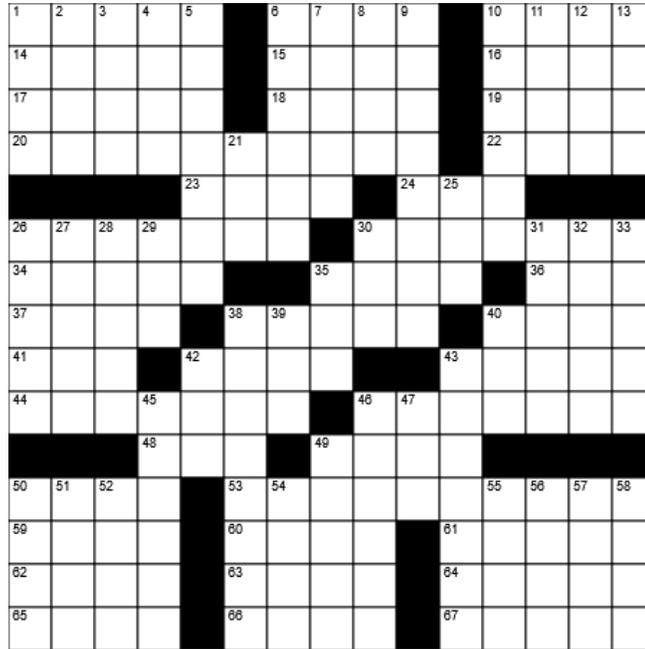
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A LITTLE FUN

Across

1- Low-budget prefix; 6- Tartan skirt;
 10- Compass direction; 14- Ecclesiastical rule; 15- Pop singer Brickell; 16- Neighborhood; 17- Singer Della; 18- High schooler; 19- ___ avail; 20- Comprehend; 22- Lays down the lawn; 23- Monet medium; 24- Mr. Onassis, to friends; 26- Employ too often; 30- Trap; 34- Legumes; 35- Diplomat's forte; 36- ___ Abner; 37- Energy units; 38- Disputed matter; 40- Trudge; 41- U-turn from NNW; 42- Break sharply; 43- Gettysburg general; 44- Jewelry typically worn by women; 46- Nor's partner; 48- Granada gold; 49- Electric fish; 50- Yemeni, for one; 53- RCMP officer, e.g.; 59- Structure for storing grain; 60- Prepare for publication; 61- Novelist Zola; 62- Beat it!; 63- Brief letter, paper money; 64- Thespian; 65- Driving aids; 66- Romanov ruler; 67- Outmoded;



Down

1- Sandy hue; 2- Capital of Calvados; 3- Like a line, briefly; 4- Centrepiece of the human face; 5- Burdensome; 6- Pot; 7- Concepts; 8- Legal claim; 9- Attention; 10- Dines at home; 11- Suffix with buck; 12- Transmit; 13- New Mexico art colony; 21- Bro's counterpart; 25- They appear before U; 26- Like most sumo wrestlers; 27- Vice ___; 28- ___ beaver; 29- ICU workers; 30- ___ de Cologne; 31- God of Islam; 32- ___ Janeiro; 33- Born before, senior churchman; 35- Sugar amt.; 38- Without sin; 39- Droop, sink; 40- Teacher's favorite; 42- Round Table title; 43- Engage in textual misprision; 45- Automaton; 46- Less cluttered; 47- Building annex; 49- Madonna role; 50- Kind of D.A.; 51- Starchy food grain; 52- Caesar's wings; 54- Fussess; 55- Village People hit; 56- Catcher's glove; 57- Soothing succulent; 58- Geek;

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



Q: What's Irish and comes out in Spring?
 A: Paddy O'Furniture!

