

Jen Bewski
PHOTO CREDIT

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

YOGURT: THE NUTRITIOUS TRUTH

I don't know about you, but I love Yogurt! It's hands down one of my favorite treats / life fuel.

10 RULES FOR THE HIGHLY EFFECTIVE HOUSE HUSBAND: PART 12

Welcome back readers! I am excited about this issue of the valley voice, I get to bring to you the next two rules of the highly effective house husband.

NEW TECH REVIEW

Have you heard about this cool new tech? No? This articles talks about AI art and living concrete!

BEAUTIFUL PLACES OF THE WORLD

Check out these two beautiful places as submitted by the community.



The Voice of the Columbia Valley



Your voice, your valley, your magazine

LETTER FROM THE VOLUNTEERS

Happy September!

Are you excited for fall? We are. The weather is perfect, the leaves are changing, and things are settling into the next phase of the year.

Since we are still struggling to get volunteers and participation, we're keeping our publication to once a month for now. That gives you plenty of chances to get something in!

Don't forget, we accept a BUNCH of things, like ads, articles, recipes, reviews and editorials. Nothing gives us more pleasure than

publishing content from the residents in the valley.

If you have something to submit, you can do so online at thevoicecv.ca or via email to news@thevoicecv.ca

Next issue is October 5th, submission deadline by the 4th.

Can't wait to see what you've got for us.

The VVV



ARE THERE RULES FOR DRIVING AROUND A SCHOOL BUS?

YES!

- ❖ It is illegal to pass a stopped school bus with its red light flashing
- ❖ All vehicles traveling in the **same or opposite direction** must stop
- ❖ The red light is a legal stop sign and failing to yield could result in a **\$368 fine**



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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

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 AUGUST 3, 2022.

SUBMISSION DEADLINE AUGUST 2, 2022.

WE NEED

BUSINESS ADS

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 Once an ad is out of date or stale, we will remove it.*

LOCAL PHOTOGRAPHY

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

PERSONAL INTEREST

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

NEWS

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

BECOME A VOLUNTEER!

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

Want to get involved?

Email us at news@thevoicecv.ca

VISIT US ONLINE
thevoicecv.ca

VISIT US ON SOCIAL
[@thevoicecv](https://www.instagram.com/thevoicecv)

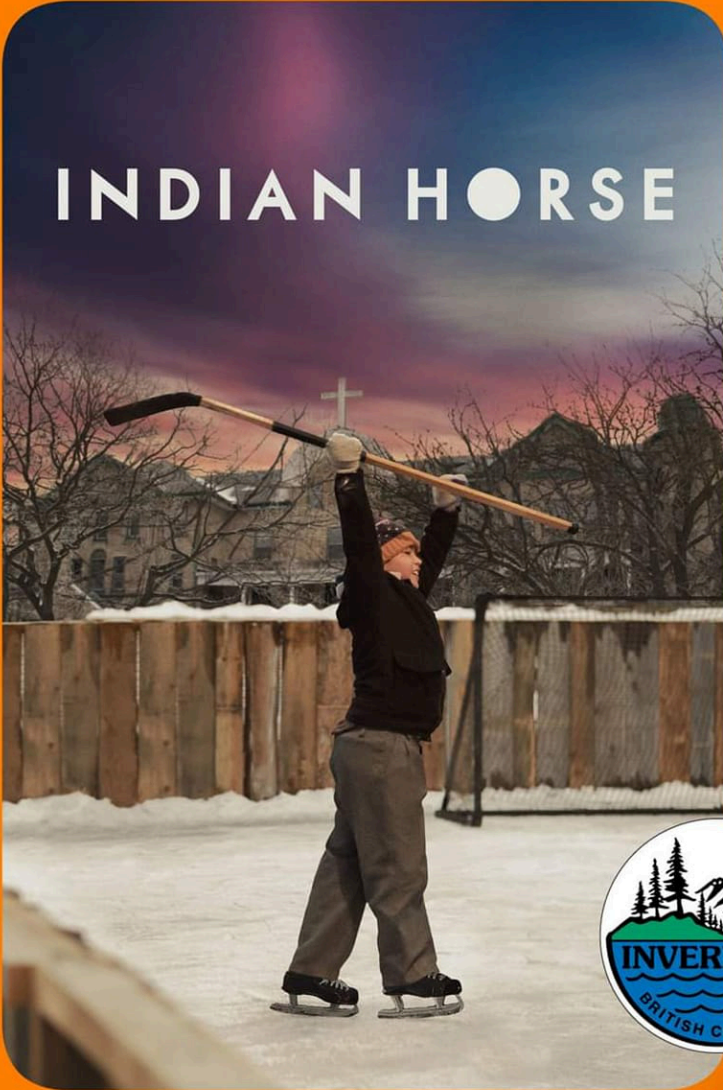
ORANGE SHIRT DAY MOVIE SCREENING

SEPTEMBER 30TH 2022

COLUMBIA VALLEY
CENTRE- 646 4TH ST
INVERMERE 1PM

FREE ENTRY &
FREE POPCORN!

ALL ARE WELCOME!



INDIAN HORSE



NATIONAL DAY FOR TRUTH AND RECONCILIATION

We honour survivors of Canada's Residential School System, as well as those children who did not survive, and the ongoing inter-generational impact on Indigenous communities.



EVERY CHILD MATTERS



YOGURT: THE NUTRITIOUS TRUTH

I don't know about you, but I love Yogurt! It's hands down one of my favorite treats / life fuel.

It's very nutritious, and eating it daily can boost several areas of your health. For example, yogurt has been found to reduce the risk of heart disease and osteoporosis, as well it aids in weight management and taming IBS symptoms.

So, you might be wondering what just is yogurt?

Yogurt is a dairy product made by fermenting milk with a yogurt culture.

It provides protein and calcium. Nowadays, there are non-dairy options as well.

You may have heard that yogurt is not good for you, well the fact of the matter is that, like cars, not all yogurts are created equal. Added sugar and processing can make some yogurt products unhealthy. Depending on the brand you like best, you might have to trade out that piece of cake for your yogurt.

HOW TO KNOW IF YOU ARE CHOOSING A HEALTHY YOGURT BRAND.

Look at the ingredients:

The list of Ingredients should be short. "Milk, active cultures, and sometimes there's added vitamins depending on what the brand chosen" Keep in mind if you are eating a desert yogurt It will have more ingredients, and it is intended as a desert not a healthy meal alternative. Not to say you can't eat them, some of them are fantastic! I am a big fan of the [Chobani Orange and Cream](#). A 5.3oz serving has 11 grams of protein and only 3.75% milk fat.

Boost the protein: For cow's milk yogurt, the average amount of protein per serving you want to look for is a minimum of 5 grams. Choosing a strained yogurt brand, like a Greek yogurt, can boost that number significantly upwards of 11-13 grams of protein, which can ultimately help you stay fuller for longer.

To help you pick the best high-protein yogurt on your next trip to the grocery store go by this criteria:

- Amount of protein per serving
- Amount of sugar per serving
- Other nutrients
- Taste and texture

So far the highest protein yogurt I have been able to find is

[Siggi's Icelandic Yogurt:](#)

- 18 grams of protein
- 5 grams of sugar
- lots of probiotics

Don't over do the sugar:

The American Heart Association recommends limiting daily sugar to 24 grams for women and 36 grams for men. Many yogurts can hit way beyond 20 grams per So before you eat make sure you know what your intake for the day was.

If you want a fantastic low sugar option, I would suggest Chobani Complete.

This Drinkable yogurt is a "game-changer." It's tasty without completely throwing you off your health goals." This yogurt uses natural sweeteners such as stevia leaf and monk fruit for its sweetener, it has 0 grams of added sugars,"

[Chobani® Complete](#). Advanced, lactose-free yogurt that solves the nutrition puzzle, with up to 25g of complete protein*, 3g of fiber, and 0g added sugar**" quote from the website



DID YOU KNOW YOGURT CONTAINS SOME OF NEARLY EVERY NUTRIENT THAT YOUR BODY NEEDS?

Most Yogurts contain a lot of calcium, a mineral necessary for healthy teeth and bones. Just one cup provides 49% of your daily calcium needs.

It's also high in B vitamins, importantly vitamin B12 and riboflavin, both of which may protect against heart disease and certain neural tube birth defects

One cup also provides 28% of your daily phosphorus, 10% for magnesium, and 12% for potassium. These minerals are essential for several biological processes, such as regulating blood pressure, metabolism, and bone health.

It's really hard to say anything bad about yogurt, the only advice I can give you is this. " Just like anything else enjoyable in life, moderation is key".

If you took the time to read this today, thank you so much for reading my rant on yogurt! In all honesty, I have recently been watching a lot of Burn Notice, The main character loves yogurt, it's all you ever see him eat. Which, me being very easily influenced, have now fallen under the grouping of yogurt loyalist.

I Thank the Valley Voice for printing this article, and I can't wait to see what other stories and articles readers come up with. Don't forget to submit your content here → [Content Submission Form - The Valley Voice \(thevoicecv.ca\)](https://www.thevoicecv.ca/content-submission-form)

Captain Dairy





Salmon Festival

Date: September 10, 2022

Time: 11:00 am

Location: James Chabot Park

Canoe Brigade

Hand Drummers

Cultural performances

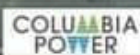
Vendor displays

Free Salmon Dinner

Presentations throughout the day

We welcome one and all to join us in celebrating resilient and remarkable creatures and welcome them home!

Partnered with:



Bring the whole family to enjoy the fun and tradition of the annual

KOOTENAY COUNTRY FAIR

SUNDAY, SEPTEMBER 11TH
FORT STEELE HERITAGE TOWN

Fair exhibits, demonstrations, wagon rides, music, animals, craft market, food & more!

ADMISSION:

Adults \$6.00/Family \$15.00
Seniors & 6-13 yrs \$5.00

Note: Fort Steele waives regular gate admission for this day.

Pick up entry forms at:
Top Crop Cranbrook
Top Crop Too Kimberley
Cranbrook Photo

GATES OPEN 9am:

Pancake Breakfast 9am- 11am
BBQ - 11am - 1pm
Food Vendors - 9am - 4pm

CHILDREN'S GAMES EARLY
AFTERNOON

AUCTION - 4:30PM
AT THE OPERA HOUSE

VENDORS:

Email: info@fortsteele.bc.ca

Fees: \$25 (Crafts - Bring your own table)
\$100 (Food Vendors)

Booking Deadline:
Thursday September, 8th

Visit our website: www.kootenaycountryfair.com

LAST TRAIN RIDE OF THE SEASON!

FORT STEELE

• HERITAGE TOWN •



Sept. 20

6:30 p.m.

Invermere Senior's Hall

\$300 Jackpot

All CASH Prizes

All over 19 welcome

11 games for \$20 (6 cards)

Lucky 7 & diamond extra games \$2

Doors Open at 5:30 p.m.

BREAKING

NEWS

KOOTENAY INVESTORS STEP UP TO SEED TECH STARTUPS

The Kootenay Association for Science and Technology (KAST) has scheduled an Investor Information Session geared toward Kootenay region investors who want to learn more about angel and direct investments and how these investments can support the local economy and tech community.

This Zoom information session will be on Thursday, September 8, from 4 - 5 pm PST.

Learn more [here](#).

AGRICULTURE FUNDING STREAM ADDED TO B.C. PROGRAM

B.C. agriculture producers and processors can now apply for funding to help increase innovation and resiliency as they compete with the international market.

The Knowledge and Technology Transfer Program (KTTP) began accepting applications on Sept. 1, with three funding streams, including a new stream for regenerative agriculture practices.

Learn more [here](#).

2022
KOOTENAY INVESTMENT CHALLENGE
 Investor Info Session
 September 8 from 4 - 5 PM PST
 REGISTER NOW
 POWER THE INNOVATION THE WORLD NEEDS

Knowledge and Technology Transfer
PROGRAM GUIDE

MORE ACCESSIBLE SUPPORTS COMING TO ARTS AND CULTURE SECTOR

On Sept. 21, the BC Arts Council (BCAC) will launch its Accelerate Program, a two-year pilot initiative offering multi-year, flexible funding up to \$30,000 over two years to eligible equity-deserving arts and cultural organizations and collectives.

It will cover costs associated with artistic growth, development, production or exhibition, and organizational capacity-building, expansion and o p e r a t i o n s .

Learn more [here](#).



LOCAL CONSERVATION FUND ACCEPTING 2023 PROPOSALS

Kootenay Conservation Program (KCP), on behalf of the Regional District of East Kootenay (RDEK), is now accepting 2023 project proposals for the Columbia Valley Local Conservation Fund.

Learn more [here](#).





Cranbrook Radio Club Society

We are a not for profit society located in Cranbrook BC

About The Club

The club was designed to mentor new radio operators, on proper procedures for communication. Also to work with the community in case of an emergency like fire, flood or environmental emergency.

Join Now

va7kjl@cranbrookarc.ca

Facebook Page

www.facebook.com/groups/401498182023574

For more info Call

250-919-6146
14-9762 Ermacora Road

Field Of Scope

- Mentorship and Training
- Financially viable projects
- Community Oriented
- Public Safety

Club Benefits

- Participation
- Networking with public
- Helping our community
- Enjoying the Hobby

CRCS CRANBROOK

IPHONE 13 PRO

Get your lucky Ticket Today.



**FOR INFO CALL:
250-919-6146**



www.cranbrookarc.ca

10 Rules for the Highly Effective House Husband

Part 2



Welcome back readers! I am excited about this issue of the valley voice, I get to bring to you the next two rules of the highly effective house husband.

I want to start by saying I am a house husband and I love it. It's been about 6 years now that my role in the household has been "home specialist". 2 of those years, I have also been known as Dad to one cool little dude. Life has been interesting, that is for sure.

Before I get into the meat and potatoes of this article, I wanted to give a special shout out to my wife, AKA the bacon winner. Without your patience and care, I would never have been

able to take this journey. It is because of you and your desire for growth and the support you give, I finally feel like I am making steady progress in the house husband role. You also remind me that change never stops and growth can always happen. I love you, xoxo.

To quickly recap for our last article, we will be in time covering the 10 rules to becoming a highly effective house husband.

RECAP FROM LAST ISSUE

1. Focus

Taking care of a household is no easy task. There are a million things to do at any given time, and any number of these things can have another possible million interruptions. That right there is why the number one trait any house husband must master is focus.

2. Cherish your loved ones and family members

Let's face it, Without a family and loved ones, there would be no need for house husbands. Cherishing your partner and dependants is the whole base of our existence, the pride we take in our work and the exhaustion we overcome is all in the name of the ones we love.

This month, I have had some time to really think about the 10 rules. Please know that I am in no way ranking these rules, and each one rule is just as important as the last. It is only when we use all the rules in conjunction are we truly fulfilling our potential as a house husband.

3. COMMUNICATION

If there is one rule of house husband I suffer with, it's this one, guys. Honestly though, communication is one of the pillars of any good relationship and the main pillar that must be rebuilt first for any relationship to heal.

As the home maintenance expert, communication on your part will be key to your success. There are going to be a lot of areas that will require concise and prompt communication. This might feel overwhelming to a lot of men, just because we as house husbands does not make us women.

We still suffer from the same afflictions as working men, and healthy communication is one most of us will need to work on. You will need to relay things to your partner. Items like important dates, ie.. Doctor appointments, groceries, household maintenance and so on. In fact, a really easy way to look at a situation and decide if you need to communicate on it is this. Does the choice you are about to make only impact you, or does it impact others in your life. If the answer is the latter, then you need to talk to the other parties effected.

Communication is not just about a system of checks and balances to ensure all parties feel heard and understood. Communication is the healthy conversation between friends, loved ones and others. In the household, that means taking the time to slow down and enjoy your partner and dependants. Life for a house husband is not just about a million and one responsibilities, it's about dialog with your family and understand what is going on with them and how you can help.

In turn, if you are not communicating with everyone else in the household, how will they ever know if you need help?



4. CONSISTENCY

There are very few things quite as frustrating as inconsistencies where consistency should be.

Where that applies to the house husband is this; You will have a lot of responsibilities, and often you will be running behind on these responsibilities, especially if your day to day also includes the care of a child. I find it helpful to plan out what sections of time will be used for certain chores. Though even then I find, as a house husband and a dad, that consistency is a struggle. More often than not, you are faced with having to triage what gets done and what gets put off. When given the chance to get ahead, it is important that you do so. It does not matter if you have your time chunked out, or you are working around your kid, consistency in the

household provides safety and structure to those who need it.

What can consistency look like? It's similar to that of any running household. Things like having meals roughly done on time or getting the laundry done? We need to know what we have on hand in the house and what we need to restock. Is the house clean? Are the kids following their routines? Expectations are set between partners, so consistency will look different from couple to couple.

Once you know what the household and family expectations are of you, it will be up to you to figure out how to keep up with everything and to do it consistently. More importantly, when you can't be constant with something, use rule 3!



PERSONAL NOTE

Thanks again for checking out the 10 rules for a highly effective house husband. Being able to write for

whom ever may read, this gives a much-needed brake to otherwise go go go husband.

ASK

I would love to hear from any of the readers out there that might have opinions or stories on the subject I have presented. If you feel like reaching out, you can get a hold of me by sending your material through to news@thevoicecv.ca

Come back next moth for the next two rules of the highly effective house husband.

Signed,

H.H.

HALLOWEEN PARTY & LIVE MUSIC

The Columbia Valley's very own:

ROCKINOMIX

High Energy Classic Rock & Blues



WINGS
till 8pm

COSTUME PRIZES - DOOR PRIZES - SNACKS

Edgewater Legion Branch #199

HDWA



Friday, October 28th

Show: 7pm

\$20

Advance / Door tickets at the Legion
or by emailing: rockinomix@gmail.com

100 ft Inflatable Obstacle Course • Raffle Baskets • Free Lawn Games • Blackstar Art Projects



CARNIVAL
OVER 23 ATTRACTIONS
RUN BY THE ROCKIES
HOCKEY TEAM



WINDERMERE
★ ★ ★
COMMUNITY
CARNIVAL

Windermere Elementary School is excited to be hosting a fun carnival for all families in the Columbia Valley to enjoy!



Laser Tag
BOUNCY HOUSES
Mechanical Bull
REPTILES
Prizes & Food

ADULT \$5 **CHILD \$3** **FREE**
★
★ 4 & under ★

AGES
1 TO 13

SUNDAY
18
SEPTEMBER
2022

11
TO
3

A FUNDRAISER FOR WINDERMERE SCHOOL
ALL PROCEEDS TO WINDERMERE ELEMENTARY SCHOOL PARENT ADVISORY COUNCIL (PAC)



VALLEY SHARES

FAIRMONT AIRPORT OPEN HOUSE AND FLY-IN A SUCCESS

On Saturday, Aug. 27, the Columbia Valley Airport Society hosted its first public open house and aircraft fly-in event at the Columbia Valley Airport. Although the inclement weather over the Rockies and Purcell Mountains prevented most expected planes from visiting, the event was an overwhelming success with more than 400 people attending. In addition to the large crowd, the 50/50 raffle sold out, more than 350 breakfast plates were served and hundreds of tours were conducted. Read the rest [here](#).



THE 46TH ANNUAL LAKESIDE EVENT

Tex Deagon has been officially recognized as the Regional District of East Kootenay (RDEK) 2022 Electoral Area F Volunteer of the Year.

“Tex has been a tireless and enthusiastic volunteer, visionary and advocate for the community and residents of Fairmont Hot Springs. His commitment to serving our area has bettered the lives of all that work and play here in the Columbia Valley,” said RDEK Electoral Area F Director Susan Clovechok. Read more [here](#).





LAKE BIODIVERSITY PHOTO CHALLENGE WINNERS ANNOUNCED

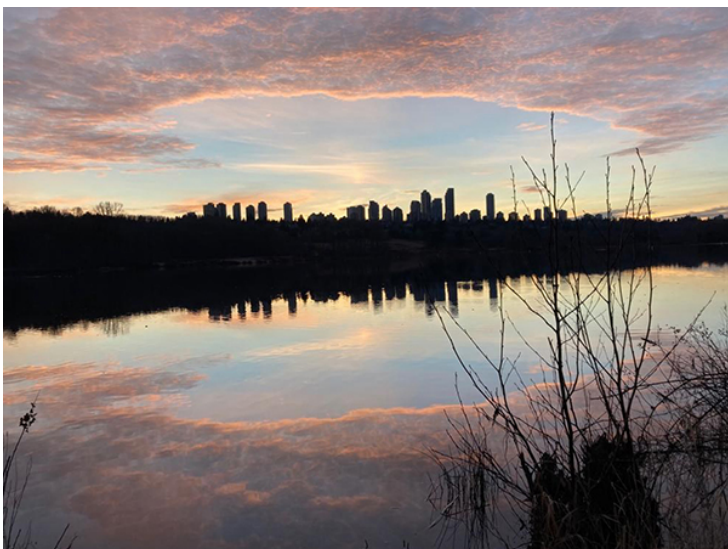
Living Lakes Canada thanks everyone whose participation in this year's Challenge and contributed to an amazing snapshot of lakes across the country. The entire online gallery can be viewed [HERE](#).

To learn more, to get involved next year visit lakeblitz.livinglakescanada.ca or email the Lake Blitz Coordinators at lakeblitz@livinglakescanada.ca.

To read the original article, go [here](#).

Below: Winner of Public Favourite in the Kids Category: Braelyn Sterling, Golden Lake, ON

Right: Winner of Public Favourite for Most Impacted: Kyndra Jones, Middle Joffre Lake, BC



Schedule of Events

Friday, September 16, 2022

10:00 a.m. – 12:00 p.m. Registration for the Columbia Valley Classics Poker Run – Radium Community Centre

10:00 a.m. – 7:00 p.m. Columbia Valley Classics Poker Run – throughout the Columbia Valley

4:00 p.m. – 7:00 p.m. Market on Main – Radium Visitor Centre lawn. Want to be a vendor? Apply [here](#).

7:00 p.m. Car Show Pre-Registration at the Radium Community Centre (for participants in the show), entertainment with live music from the Soulmen (a.k.a the Blues Brothers)

Saturday, September 17, 2022

7:00 a.m. – 10:30 a.m. Fireman Pancake Breakfast – Radium Hot Springs Centre.

10:00 a.m. – 4:00 p.m. Columbia Valley Classics Car Show & Shine – Springs Golf Course

8:00 p.m. – 12:00 a.m. Show & Shine Dance – Radium Hot Springs Centre. Tickets available during registration or at the door on a first-come, first-served basis.

Columbia Valley Classics Annual Show & Shine returns for 2022!

Mark Your Calendars! Columbia Valley Classics Annual Show & Shine is back for 2022! Come take a look at the beautiful classic cars on display at the Springs Golf Course in Radium Hot Springs on **Saturday, September 17.**

The Columbia Valley Classics Car Club dedicates the 2022 Show & Shine to Emil Dalke “Bucky” as he was a valued member of the Car Club.

Columbia Valley Classics Poker Run

The 4th Annual [Columbia Valley Classics Poker Run](#) is back on Friday, September 16! Registration is at the Radium Hot Springs Centre from 10:00 a.m. – 12:00 p.m. Complete the poker run by picking up cards at stops through the Columbia Valley from Edgewater to Fairmont Hot Springs. Once you have completed the poker run, hand in your poker sheet by 6:00 p.m. at the Radium Hot Springs Centre!

In 2021, top prizes ranged from \$750 to \$1000. Registration is \$25/hand. Find full event details at CVPokerRun.com.

New Tech Review

AI IMAGE-GENERATION

Artificial intelligence continues to perform jobs just like humans, and there is a new industry to add to the list – the world of art. Researchers have created a software that is able to create images from just worded prompts.

Type in ‘a dog wearing a cowboy hat singing in the rain’ and you’ll get a host of completely original images that fit that description. You can even choose what style of art your request will come back in. However, the technology isn’t perfected and still has issues, though as the tech learns and grows it is

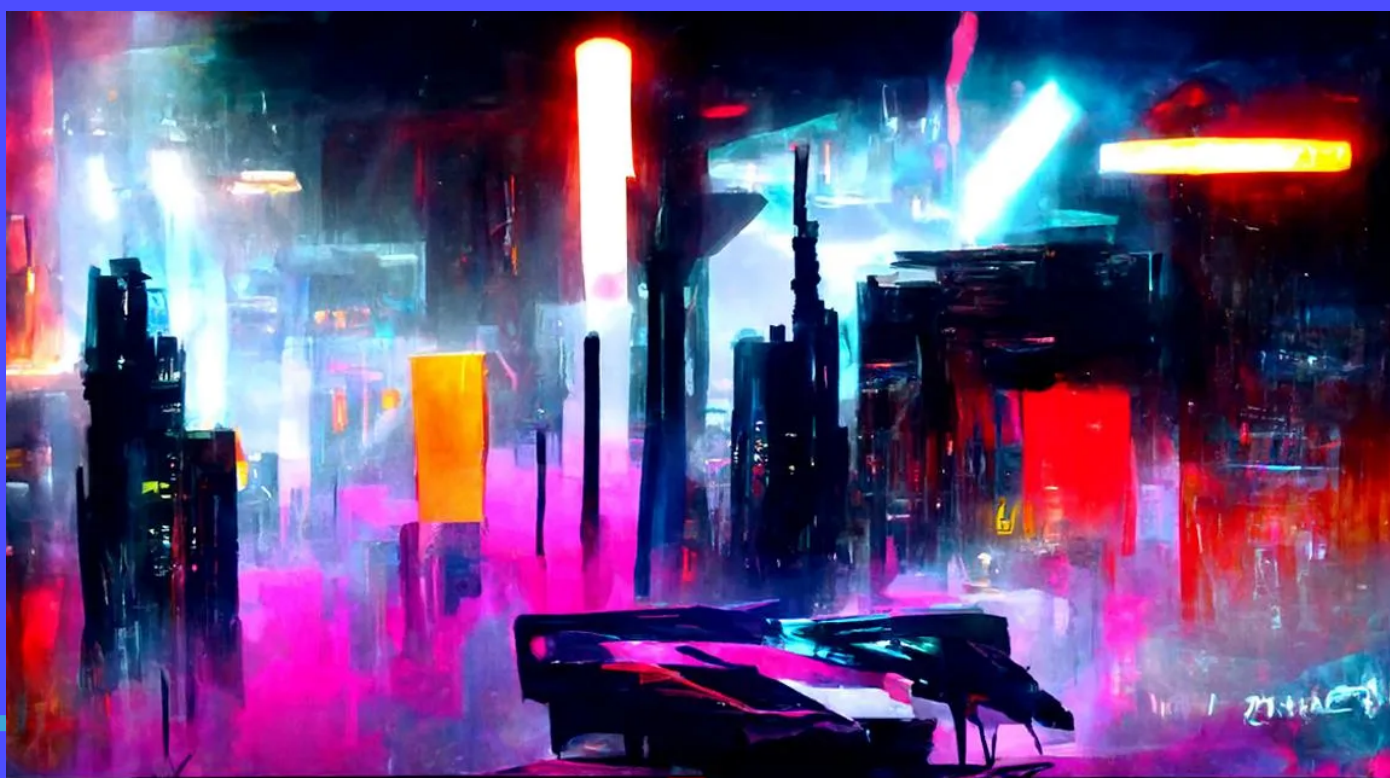
fantastic to see what it comes up with from our prompts

Does this sound interesting to you? Want to try making some AI original art pieces to show off to your friends? Here are a few options you can try for AI art

[AI Art Generator: make images with AI - Hotpot.ai](#)

  [AI Art Generator, AI Art Maker - NightCafe Creator - Free](#)

[Artbreeder](#)



SELF-HEALING LIVING CONCRETE

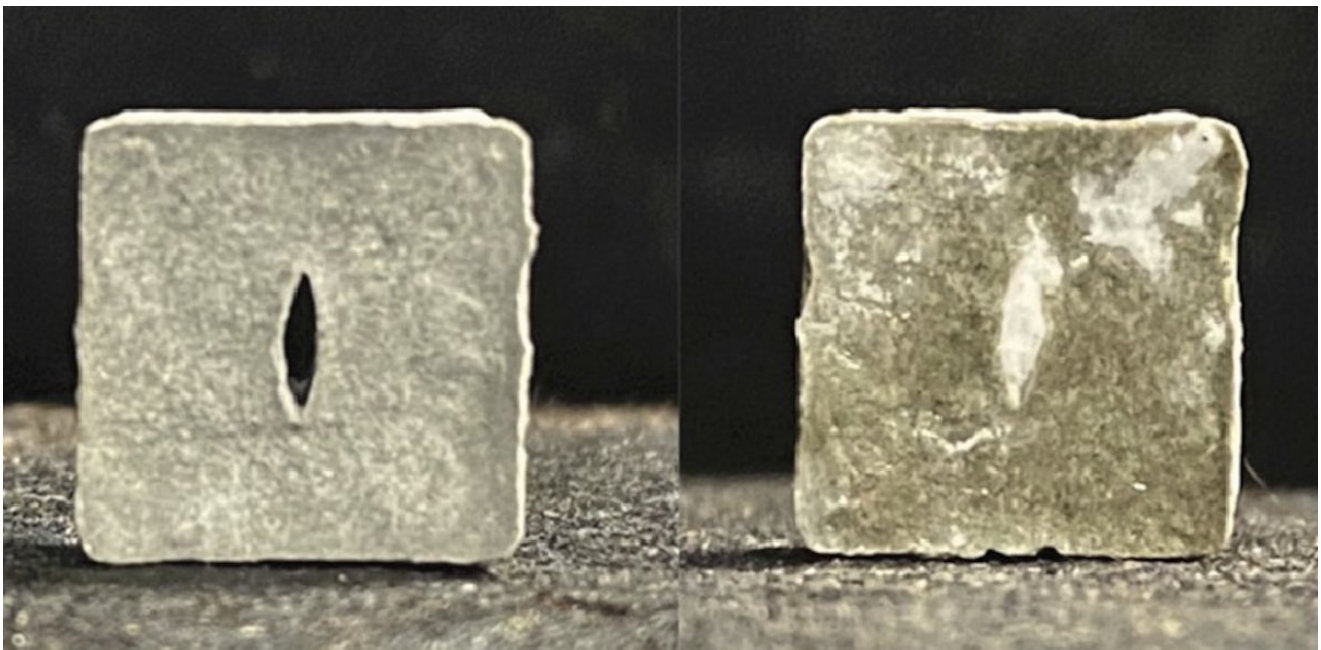
Scientists have created what they call living concrete by using sand, gel and bacteria.

Researchers have been quoted saying this building material has structural load-bearing function, is capable of self-healing and is more environmentally friendly than concrete - which is a good thing, Since concrete is the second most-consumed material on Earth after water.

The team from the University of Colorado Boulder Thinks their work

paves the way for future building structures that could "heal their own cracks, suck up dangerous toxins from the air or even glow on command". How cool is that, Just think of the possibilities for future construction for brands if you could make your business glow in brand colors! Or how much could be saved on repair costs as the building took care of that on its own.

Check it out in action here, This self-healing concrete automatically fills in cracks (fastcompany.com)



**THE DISTRICT OF INVERMERE
PRESENTS**

THE GREAT SCARECROW COMPETITION & TOUR

OCTOBER 7TH- 21ST, 2022

**BUILD A SCARECROW, TOUR AROUND
TOWN TO VIEW SCARECROWS &
VOTE FOR YOUR FAVOURITES!**



Legion 

OKTOBERFEST


BEER-MUSIC-FOOD-ARTISANS

FRIDAY SEPTEMBER 30TH & SATURDAY OCTOBER 1ST 2022

VALLEY PROMOTIONS

**COLUMBIA VALLEY
CLASSICS POKER RUN
SEPTEMBER 16, 2022**

We invite you to participate in the 4th Annual
Columbia Valley Classics Car Club Poker Run!


PREVENTION ACTIVITY SURVEY 

TELL US ABOUT YOUR EXPERIENCES WITH PREVENTIVE HEALTHCARE FOR A CHANCE TO WIN A \$50 GIFT CARD

Are you 19+ years old and do you live in a rural BC community? If you answered yes to these questions, you are eligible to participate.

Survey Link:
https://ubc.ca/qualtrics.com/jfe/form/SV_9oQtOffu34IN8

Contact: Lindsay Burton, UBCO
l.burton@ubc.ca



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Beautiful Places of the World

ZHANGYE DANXIA GEOPARK, CHINA

Geology lovers and Social media lovers alike will be drawn to the Fantastical hues of the "Rainbow Mountains." The colors were formed by the layering of sedimentary mineral deposits over millions of years, but it's hard to look at the flowing reds, yellows, and oranges and not feel like you're in your own personal wonder land.

Linze Danxia Scenic Area is the most popular and most developed area of the park. Binggou is a second area located on the Liyuan River. Although it is visited less, it offers additional views of amazing landscapes.



FIORDLAND NATIONAL PARK, NEW ZEALAND

The park is renowned for the rugged grandeur of its fjords (fjords), mountains, forests, waterfalls, and lakes, including Lake Hauroko, New Zealand's deepest lake.

There are also limestone caves, and the Sutherland Falls, one of the highest waterfalls in the world! It drops 1,904 feet. The water falls from Lake Quill in three cascades, The base of Sutherland Falls, is a 90-minutes walk from Quintin Public Shelter on the Milford Track.



BECOME A MENTAL HEALTH FIRST AIDER!



Similar to Physical First Aid, which gives you skills to assist someone with a sudden physical illness or injury, **Mental Health First Aid** is the support offered to someone developing or experiencing a mental health problem or crisis.

Course Type: MHFA Certification - Supporting Youth Virtual

Course Dates: Sept 24th, and 25th 2022 8:00am - 12:00pm Pacific Time
Live Virtual Classroom (Modules 2 & 3)
 *Self study (Module 1) due Sept 21st, 2022

Description: This 10 hour First Aid Certification includes 3 Modules: a 2 hour self study, followed by two 4 hour live Zoom classroom modules. Although the course is geared towards adults who interact with youth, the skills and information learned are transferable to people of all ages.

Participants learn how to:

- * recognize the signs of declining mental health
- * initiate conversations about mental health
- * help someone access professional and personal supports
- * assist in a mental health crisis situation
- * assess their own mental well-being and take action as needed

Topics Reviewed: the role of a first aider; stigma; risk & protective factors; non-judgmental communication; signs of crisis; self-care; anxiety disorders; substance use disorders; mood disorders; suicidal ideation; non-suicidal self injury; feeding and eating disorders; psychotic disorders

Registration: Contact Kym via e-mail at kym@outofthewoodsmentalhealth.com or via phone/text at (306) 941-8384

Cost: Certification is \$200
 *ask about discounts for group registrations, educators and health care professionals





CALLING ALL INDIGENOUS ARTISTS

Ktunaxa Kinbasket Child and Family Services Society (KKCFSS) is currently working on giving a new face and name to our current Prevention Services Programming.

Prevention Services is made up of various program areas, including Early Years, Family & Youth Support, Youth Justice, and Wellness.

The goal of Prevention Services is, through voluntary family-based and culturally-centered programming, ensuring Indigenous children, youth, and families have the supports needed to thrive to their fullest potential.

KKCFSS VISION STATEMENT:

All services provided by KKCFSS are delivered to all people in a culturally relevant manner regardless of their cultural descent. KKCFSS strives to serve the Aboriginal (First Nation, Metis, and Inuit) population within the Ktunaxa Traditional Territory in a culturally relevant and holistic manner.

KKCFSS MISSION STATEMENT:

KKCFSS is committed to working collaboratively with Indigenous children, youth, families, and their communities, to increase their ability to fulfil their responsibility for caring for their children in a culturally relevant manner.

PLEASE SUBMIT
QUESTIONS AND LOGO'S TO:
Chelsea.Cross@ktunaxa.org
For more information on KKCFSS,
check out our website at:
www.kkcfss.org

LOGO'S SHOULD INCORPORATE KKCFSS
MISSION/ VISION STATEMENT
AS BEST AS POSSIBLE

FIRST PRIZE:
\$50 AMAZON GIFT CARD & APPLE iPad
SECOND PRIZE:
AN APPLE iPad & SWAG BAG



**Ktunaxa Kinbasket
Child & Family
Services Society**

DEADLINE FOR SUBMISSION IS: SEPTEMBER 9TH, 2022



Community Events team and tea

Akisqnuq is recruiting/looking for people who would be interested in being in an events team to assist in planning events for the community. Honorium will also be provided for your time



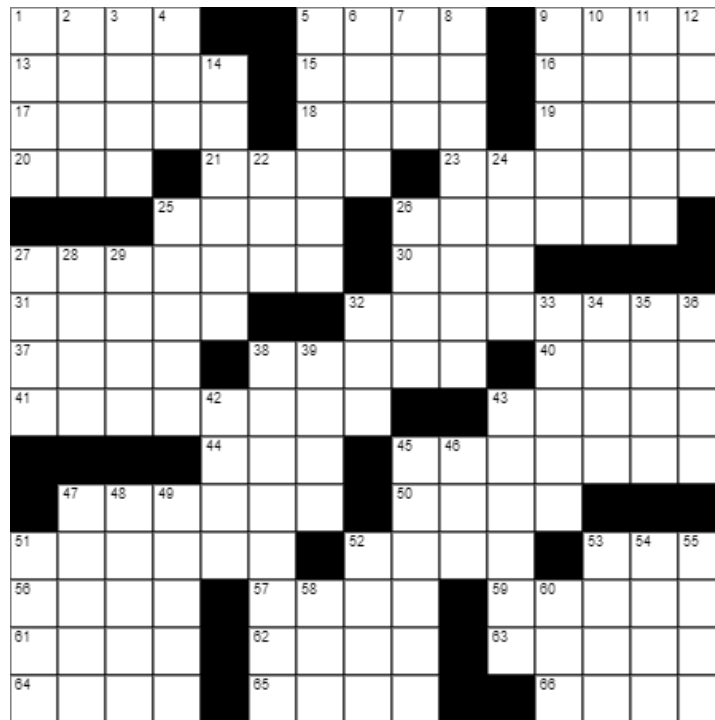
If your interested in being apart of the events team will be meeting every thursday at the rec center at 1:30pm, zoom can be made available. if that works best for you. You may send ideas to communication@akisqnuq.org



A LITTLE FUN

Across

1- Mogul capital until 1658; 5- Prophetic sign; 9- Portico; 13- Climb; 15- Actress Foch; 16- Small batteries; 17- Follows orders; 18- Formerly, formerly; 19- Open ___ night; 20- Young goat; 21- Ferrara family; 23- Sardonic; 25- Do a slow burn; 26- Fly; 27- State in W Mexico; 30- Goose egg; 31- Remain; 32- Ingoing; 37- Kind of ticket; 38- Marshal; 40- Romance lang.; 41- Job change or marriage, psychologically speaking; 43- Old French expression meaning "goodbye"; 44- Barcelona bear; 45- Official permit; 47- Conviction; 50- Foreign dignitary; 51- Military decorations; 52- Somewhat; 53- Sloth, for one; 56- Got off; 57- Riverbank component; 59- Absurd; 61- Fermented grape juice; 62- Give the eye; 63- Discontinue; 64- Be a mother to; 65- Laugh loudly; 66- Horse's gait;



Down

1- Hog-wild; 2- Mongolian desert; 3- Regretted; 4- ___ day now...; 5- Ring combo; 6- Bog; 7- Nav. officer; 8- Birth of Christ; 9- Mead subject; 10- Spoil; 11- Jack of "The Great Dictator"; 12- Just ___!; 14- African fly; 22- Dry, as wine; 24- Make angry; 25- Move sideways; 26- Editor Wintour; 27- Packs tight; 28- Encourage in wrongdoing; 29- One telling tales; 32- Go off course; 33- Bill attachment; 34- Pack ___ (quit); 35- Scottish refusals; 36- Adhesive; 38- Estimator; 39- Mouth part; 42- Potting need; 43- Like toxic rainfall; 45- Mailed communique; 46- ___ little teapot...; 47- Give a false impression of; 48- Minneapolis suburb; 49- "See ya!"; 51- Bryn ___ College; 52- ___ breve; 53- Coal-rich region; 54- Words before "many words"; 55- Nair rival; 58- Can ___ now?; 60- Can be used to catch fish or surf!;

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



Maybe she's born with it.

Maybe it's maple leaves.

