

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#108 Issue

Columbia Valley, BC

INSIDE THIS EDITION

THE ART OF FORAGING: EDIBLE PLANTS AND WILD GREENS IN APRIL

For those with patient eyes and a spirit for discovery, the first shoots of spring signal more than just the changing season—they announce nature's own farmers' market, right underfoot.

WINTER'S SNEAKY COMEBACK

Just when I was ready to pack away the sled and snow boots and dream of bike rides and paddle boards, winter pulled a fast one.

LOCAL LEGENDS: FOLKLORE AND STORIES OF APRIL IN THE VALLEY

This is the season when the land itself seems to whisper, reminding us that beneath every blooming willow and along every swelling creek, the Valley holds tales as rich and varied as the wildflowers that soon will carpet its meadows.

WHAT'S AN IDIOM, ANYWAY? Pt 9

The Weird, Wild World of Everyday Expression

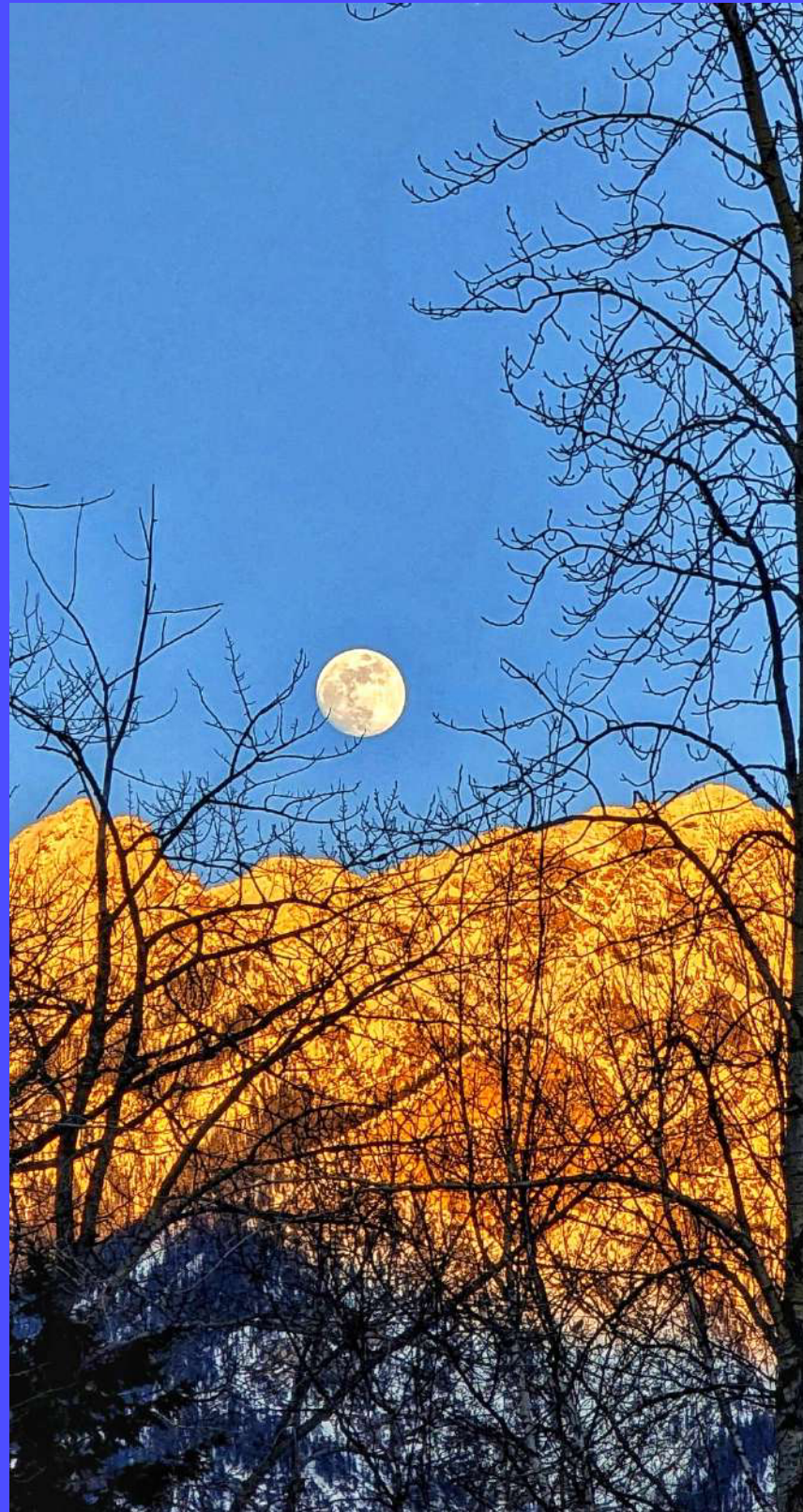


PHOTO CREDIT: JUSTIN SPILLY

➤ 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 May13th, 2025

SUBMISSION DEADLINE May 12th, 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 Once an ad is out of date or stale, we will remove it.*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

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thevoicecv.ca

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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_official](#)

OR

by email to news@thevoiceca.ca

FOE EAGLES NEST & JUST MUSIC PRESENTS

YOU BE THE STAR

KARAOKE with KEON and Music Trivia

April 11th
7PM to 11PM
715 Kootenay Street
Eagles Hall (Upstairs)

The Eagles Nest is a 19+ Venue

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LETTER FROM THE VOLUNTEERS

All around us, the land is waking up—rivers are running swift, green shoots are pushing through the earth, and the sound of birdsong greets us each morning. It's a season of hope, new beginnings, and gathering together, however we can.

Easter brought with it traditions old and new. Whether you hunted for eggs in the backyard, shared a meal with family and friends, or simply enjoyed the lengthening days, we hope your Easter brought warmth and joy to your home. In a world that can sometimes feel hurried and uncertain, these small celebrations—laughter on the lawn, a vase of daffodils on the table—remind us of the simple gifts that matter most.

We want to extend a heartfelt thank you to everyone who continues to submit stories, photos, and ideas, and to all who support The Valley Voice in so many ways. Our core team has shrunk down quite a bit lately, making every contribution more valuable than ever. Whether you share a recipe, a memory, a local event,

or a candid snapshot of Valley life, your efforts help our little paper keep going strong.

Looking ahead, we're eager to reach more readers and gather even more voices from across the region. As we celebrate four years of The Valley Voice, we invite you to share us with a friend, a neighbour, or anyone who might enjoy a dose of local connection. Your support is what allows us to keep growing and connecting.

Thank you for helping us continue this community tradition. Every little bit—every story, every suggestion, every shared moment—makes a real difference. Here's to a season of renewal, and to the many hands and hearts that make it all possible.

—The Valley Voice Volunteers (VVV) 🍁

I'm a Vendor

at The Cranbrook Witches Market: Beltane



Friday April 17th 5-9pm
Saturday April 18th 11-5pm

@ The Cranbrook History Center

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CRANBROOK B.C.*

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CRANBROOK B.C
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PHOTO CONTEST

Capture the Wild!

How to Participate:

- ➔ \$20 entry for up to 5 images
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Submission Deadline:
20 April, 2026

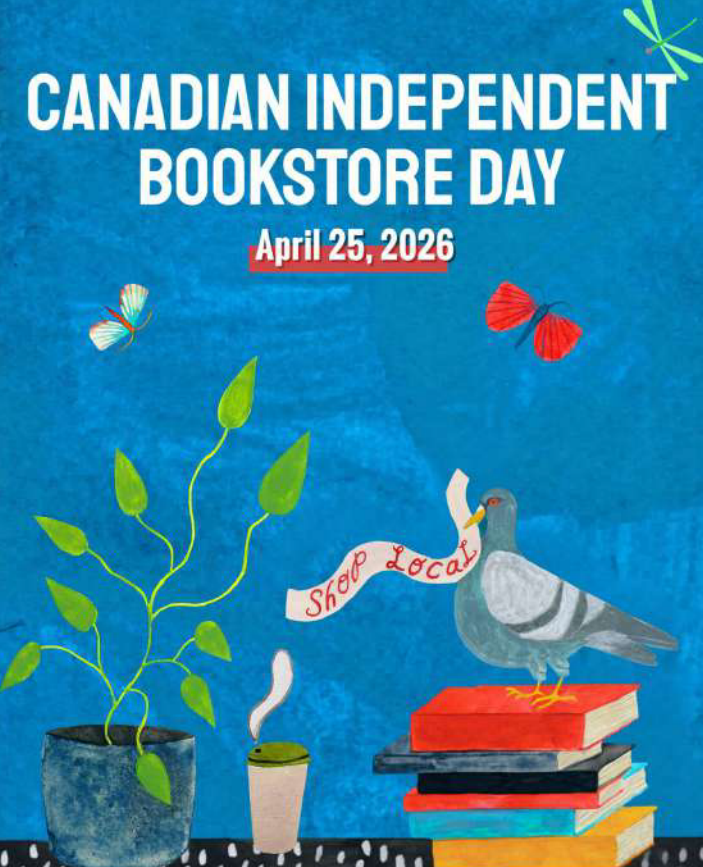
WINGSOVERTHEROCKIES.ORG



CANADIAN INDEPENDENT BOOKSTORE DAY

April 25, 2026

Shop Local





THE ART OF FORAGING

Edible Plants and Wild Greens in April

As April's gentle warmth begins to coax the Columbia Valley awake, a new world emerges beneath the receding snow and last season's fallen leaves. For those with patient eyes and a spirit for discovery, the first shoots of spring signal more than just the changing season—they announce nature's own farmers' market, right underfoot. Foraging for edible plants and wild greens is an ancient tradition, one that blends adventure, stewardship, and a delicious connection to the land we call home. But before you grab a basket, it's essential to approach foraging with

respect, knowledge, and care. Our region's wild bounty is a shared resource—and a fragile one. The Valley Voice invites you to explore the art of foraging this April with curiosity, caution, and gratitude.

Why Forage?

Foraging connects us to the Valley in a way few activities can. It's a chance to slow down, breathe in the earthy scent of thawed soil, and rediscover landscapes you thought you knew. Gathering your own greens is also a celebration of self-sufficiency and sustainability—you're reducing food miles,

expanding your palate, and learning the subtle language of the land. For many, foraging is a family affair. Children delight in searching for hidden treasures, and elders share wisdom passed down through generations. It's a living tradition, one that links us to Indigenous knowledge and the seasonal rhythms that have shaped this place for thousands of years.

Foraging Ethically and Responsibly

Before you set out, keep these golden rules in mind:

Know Your Plants: Learn to identify wild edibles

with certainty, using multiple sources—field guides, apps, and, most importantly, local experts. Many edible plants have poisonous lookalikes. If you're unsure, don't pick or eat it.

Harvest Lightly: Take only what you need, and never more than a third of any patch. This ensures the plant population can recover and wildlife aren't deprived of food.

Respect Private and Indigenous Lands: Always seek permission before foraging on private property or Indigenous territory, and respect any posted signs or local bylaws.

Leave No Trace: Tread

gently, avoid damaging roots, and pack out any litter you find. Foraging should leave the landscape as welcoming as you found it.

April's Edible Offerings: What to Look For

April is a month of subtle abundance in the Columbia Valley. The snow may linger in shady hollows, but south-facing slopes and riverbanks come alive with edible greens and shoots. Here are some of the most beloved—and safest—spring finds:

1. Stinging Nettle (*Urtica dioica*): Don't let the name scare you off! Nettles are packed with vitamins and minerals, with a taste reminiscent of spinach.

Use gloves to pick the tender, bright green tops before the plant flowers. Once steamed or cooked, the sting disappears. Nettles are delicious in soups, pestos, or simply sautéed with garlic.

2. Dandelion (*Taraxacum officinale*): Often maligned as a weed, dandelions are entirely edible. Young leaves are less bitter and perfect for salads or wilted greens. The golden flowers can be used for fritters, tea, or even homemade dandelion wine. Leave some behind for pollinators and future generations.
3. Wild Onion (*Allium* spp.): Look for the subtle, oniony scent and hollow, grass-like leaves. Wild



onions add a gentle zing to omelets, soups, and breads. Always double-check your identification, as some toxic plants (like death camas) look similar but lack the onion smell.

4. Miner's Lettuce (*Claytonia perfoliata*): A West Coast native, this succulent green has soft, rounded leaves and a mild, refreshing taste. It thrives in moist, shady spots. Use it as a spring salad base or toss it into sandwiches.
5. Fiddleheads (*Ostrich Fern*, *Matteuccia struthiopteris*): These tightly coiled fern fronds are a seasonal treat. Only harvest fiddleheads from ostrich ferns, and always cook thoroughly to remove

natural toxins. Sautéed in butter or olive oil, they taste like a cross between asparagus and green beans.

6. Cottonwood Buds (*Populus balsamifera*): While not a green, sticky, aromatic cottonwood buds can be collected (responsibly and sparingly) to infuse oils for salves and balms—a traditional remedy for sore muscles and dry skin.

Tools of the Trade

Foraging requires little more than curiosity and a keen eye, but a few simple tools can make your outing safer and more productive:

- A small basket or cloth bag (plastic can cause

greens to wilt)

- Garden gloves for stinging nettle or prickly plants
- A sharp knife or scissors for clean harvesting
- A field guide to edible plants of the Kootenays (or a local forager friend)

Foraging Safely

While the Valley is home to abundant wild foods, it's also home to plants that are toxic or harmful if misidentified. Here are a few safety reminders:

- Never eat a plant unless you're 100% certain of its identity.
- Avoid foraging near busy roads, industrial sites, or areas with chemical runoff.





- Try new wild foods in small quantities—some people have allergies or sensitivities.
- Wash all harvested greens well before eating.

Cooking With Wild Greens

The joy of foraging doesn't end in the woods. Once home, rinse your bounty thoroughly and experiment in the kitchen. Try adding nettles or dandelion greens to soups, frittatas, or quiche. Miner's lettuce makes a tender salad, and wild onions can be used anywhere you'd use chives or scallions. Fiddleheads are best sautéed with a bit of lemon and garlic, or pickled for later.

For an easy spring tonic, steep dandelion flowers or young nettle leaves in hot water for a bright, herbal tea.

Learning Together

The best way to learn foraging is alongside someone with experience.

Join a local nature walk, workshop, or gardening club. Indigenous knowledge keepers and long-time Valley residents often share guidance on what to harvest, how to do so respectfully, and which wild foods have sustained people here for generations.

If you'd like to connect with other foragers, check community bulletin boards, social media groups, or ask your local librarian for resources.

A Note on Conservation

As foraging grows in popularity, it's more important than ever to tread lightly. Some wild edibles, like wild leeks or certain mushrooms, are threatened by overharvesting in other regions. Be a steward: leave more than you take, and consider planting native greens in your own garden to relieve pressure on wild populations.

A Taste of Spring

Foraging is about more than food—it's about attentive walking, quiet mornings, and the thrill of discovery. It's about teaching children the names of plants, feeling the pulse of the Valley, and understanding that our wellbeing is woven into the land. This April, let curiosity be your guide, and gratitude your compass.

Whether you return home with a basket full of greens or simply a pocketful of stories, you'll find that the art of foraging brings you closer to the Valley, to spring, and to the gentle abundance that surrounds us all.

Free Event for youth Grade 6-12

Edgewater YOUTH NIGHTS

At The Edge Under The Community Hall

Thursday April 2nd, 16th & 30th 4-8PM

**April 2nd Painting
with Black star 6-7:30pm**



**April 16th Making Clay Mes
with Black star 6-7:30pm**

Join us at the Edge under the Community Hall every other Thursday 4-8pm for youth night. Don't miss special guest events with Black Star Studios.

Snacks will be provided.



Contact Angela Miller at 250-688-7458 or amiller@fdx.family to pre-register for Black Star activities.

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Parson Recreation Park

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AT 4PM** |  **PARSON
RECREATION PARK**

CALL OR EMAIL TRINA FOR TICKETS:
twandgrady@yahoo.ca | 250-344-0925

 Check out Parson Community Hall facebook site for total list of prizes.

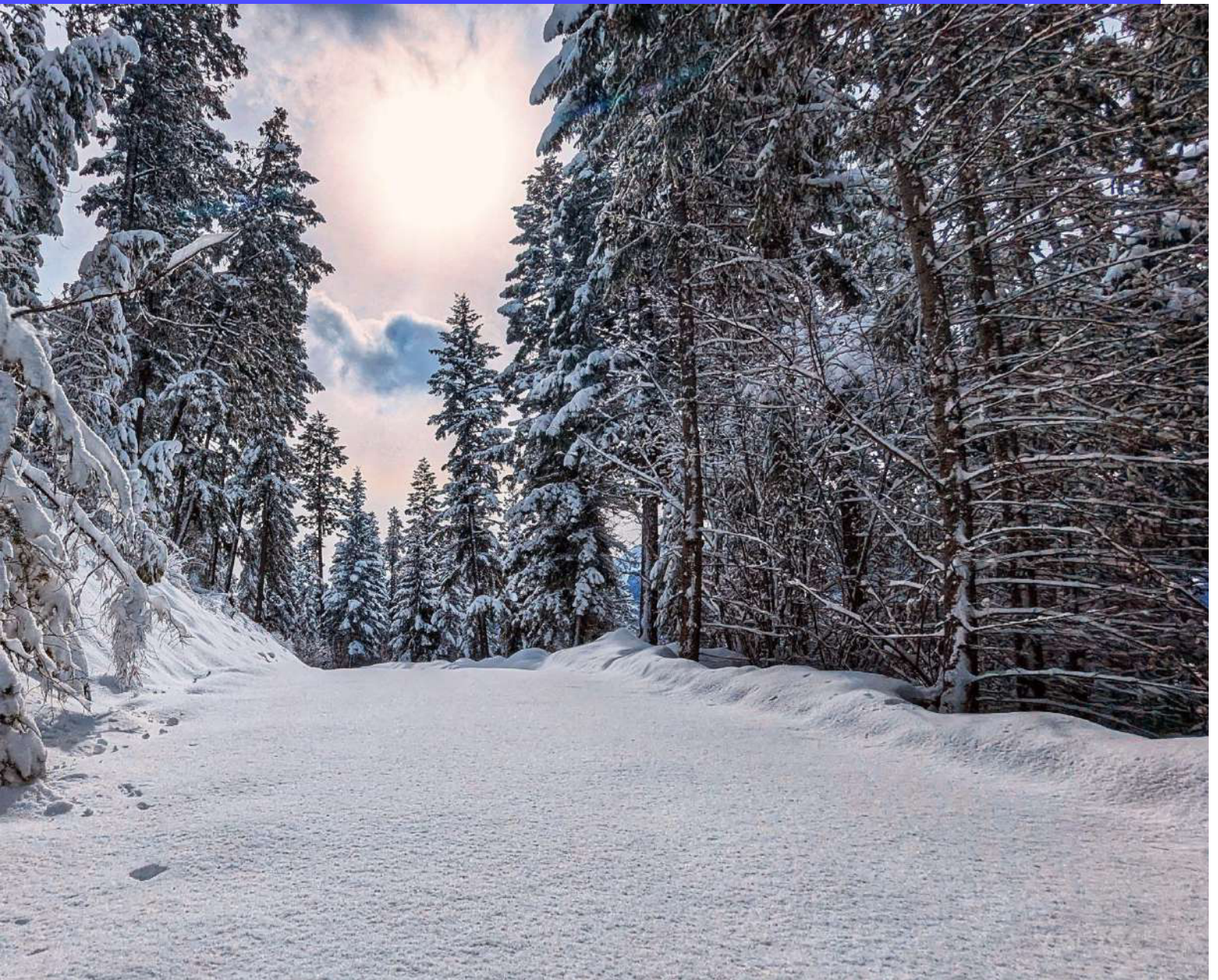


WINTER'S SNEAKY COMEBACK

Just when I was ready to pack away the sled and snow boots and dream of bike rides and paddle boards, winter pulled a fast one.

Thursday night, March 11, must have been plotting because by morning, the valley had flipped back into a sparkling winter wonderland. Snow lay thick everywhere—trees, cars, rooftops—like someone had shaken a giant snow globe while we slept. The sidewalks begged for a shovel, the driveway groaned under the weight, shovels and snow-blowers working at a feverish pace. But let's be honest... it probably won't last long.

Down at the ski hill, early birds didn't waste a second. Grins



stretched from ear to ear, skis and snowboards carving fresh tracks in the pow, before the crowds even thought about leaving their beds. The kind of morning that reminds you why snow is magical, even when it's late in the season, or maybe it's part of the season.

Later that day, I took a short walk amongst the trees, on a quiet trail. The sun warmed my face, and the sparkling snow, the peaceful forest felt like its own little winter world, and every step crunched underfoot like a tiny celebration.

As for me, I, for one, definitely won't be disappointed if there isn't another surprise overnight dumping of thick snow. The bike and paddle board are itching for spring adventures, but winter clearly still has a few tricks up its sleeve, and the dump did leave for some nice scenery.



BIKE & GEAR SWAP

SATURDAY, APRIL 11

At the Columbia Valley Centre

**Open to all non-motorized
summer equipment - Ebikes Welcome**

Details below.

In collaboration with:



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SPRING PADDLING CHECKLIST

Here is a quick handy checklist for your next paddling adventure!

- Personal Flotation Device (PFD) or Lifejacket
- Paddle (plus a spare, if possible)
- Dry bag for valuables (phone, keys, snacks)
- Weather-appropriate clothing (layers, wetsuit/drysuit for cold water)
- Waterproof phone case or whistle (for emergencies)
- First-aid kit
- Map or GPS and knowledge of your route
- Water bottle and snacks
- Sun protection (hat, sunscreen, sunglasses with strap)
- Throw rope or tow line
- Repair kit and multitool
- Check local conditions and tell someone your plan

Paddle safe and enjoy the water!



WATERWAYS AWAKENING

Spring Paddling and Safety Tips

As the ice recedes from the Columbia River and the last frosty mornings give way to the gentle warmth of April, paddlers across the Valley feel the familiar pull of the water. There's nothing quite like the first paddle of spring—gliding through glassy reflections, watching osprey wheel overhead, and feeling

the world wake up around you. Our region's rivers and lakes offer endless opportunities for discovery, whether you're a seasoned canoeist, a weekend kayaker, or just finding your balance on a stand-up paddleboard (SUP). Spring paddling is truly special, but it does come with



chosen route ahead of time. River currents can be swift and unpredictable, and some lakes may still have floating ice. Local outfitters and paddling clubs can offer up-to-date advice.

Gear Up: Bring a whistle, a waterproof phone case, dry bags for spare clothing, and a small first-aid kit. Even a short trip can turn challenging if weather shifts or you take an unexpected dip.

Paddle with a Friend: Whenever possible, head out with a buddy—spring conditions are best tackled together. Always let someone know your plans.

Respect Wildlife: Keep a respectful distance from

nesting birds and emerging beavers or otters. Our waterways are their home, too.

Whether you're launching from Wilmer's quiet backwaters, exploring Lussier River's twists, or taking your first SUP strokes on Wasa Lake, spring paddling is a celebration of the Valley's renewal. Take it slow, savour the views, and start your season safely—there's a whole world waiting to be explored, one paddle stroke at a time.

unique challenges. Rapid snowmelt means water levels can fluctuate quickly, and the water remains icy cold long after the air has warmed. Before you set off, take a moment to review these safety tips to ensure a smooth start to your paddling season.

Dress for the Water, Not the Weather: Spring sun can be deceiving—always wear a properly fitted lifejacket or PFD, and consider wearing a wetsuit or drysuit if you'll be on chilly waters. Hypothermia is still a real risk.

Check Conditions: Scout your





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

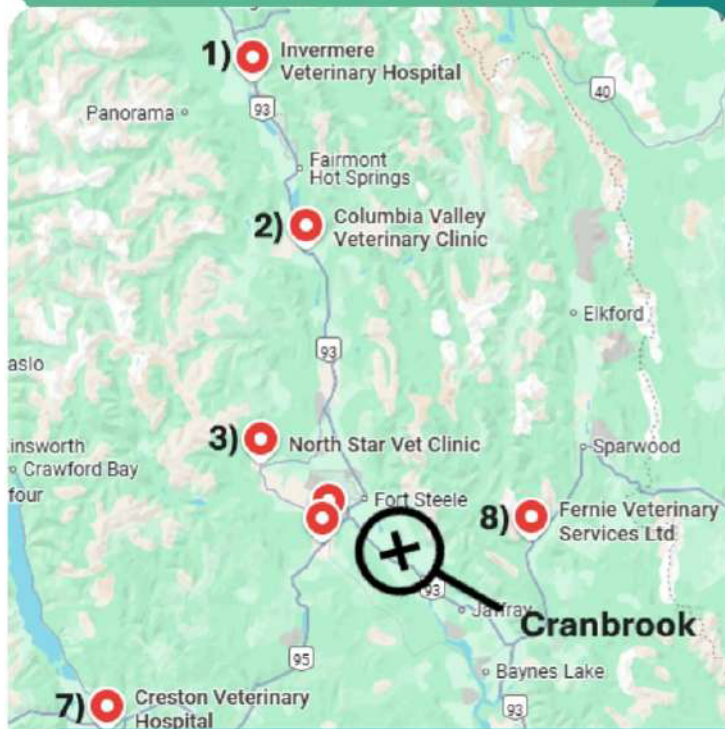
250-428-9494

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.



Wildsight Invermere Presents



EARTH DAY FAIR & CLEAN-UP

SATURDAY, APRIL 18TH • 10AM - 2PM

Community Clean up Starting at 9am at CV Centre

MINI WORKSHOPS ON HOME ENERGY, REPAIR & WASTE REDUCTION



**Gear & Electronics Fixes at
THE ON-SITE REPAIR ZONE**

REPAIR



TALK TO Local Organisations Doing
Amazing Work For the Sustainability of the
Columbia Valley

Kids Arts & Crafts



**Coffee
& Refreshments**

Live Music!



At the Columbia Valley Centre, Invermere



BIRDWATCHING

SPRING GUIDE

Whether you're a seasoned birder or just beginning to notice the flurry outside your window, now is the perfect time to grab your binoculars and head outdoors.





Among the earliest arrivals are the tree swallows, darting acrobatically over the Columbia Wetlands, their iridescent blue-green backs flashing in the sun. Watch for American robins tugging worms from lawns, a sure sign that nesting season has begun. Listen for the clear, whistling “cheerio” call of mountain bluebirds—these radiant sky-blue birds are a Valley favourite, often seen perching on fenceposts or swooping through open fields.

Along quieter waters, the common merganser and hooded merganser return to nest in tree

cavities, while pairs of Canada geese defend their grassy nesting spots, honking warnings at any who wander too close. If you’re lucky, you might spot the elegant great blue heron stalking shallows, or the dazzling flash of a rufous hummingbird at a backyard feeder.

For those just starting out, birdwatching is a wonderfully accessible hobby. All you need is a field guide (the Merlin Bird ID app is a local favourite), a pair of binoculars, and a little patience. Early mornings are often the most rewarding, as birds are most active and the air is filled with their calls.

To support local birds, consider setting up a nest box or leaving parts of your garden wild with native shrubs and grasses. Above all, remember to tread gently—keep a respectful distance from nests and feeding grounds, and let the birds go about their spring rituals undisturbed.

This April, take a slow walk or simply pause in your backyard. You’ll find the Valley has a chorus waiting, ready to welcome you into a new season of wonder, one song at a time.



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Emergency Food Basket



Emergency Food
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Radium Hot Springs Public Library

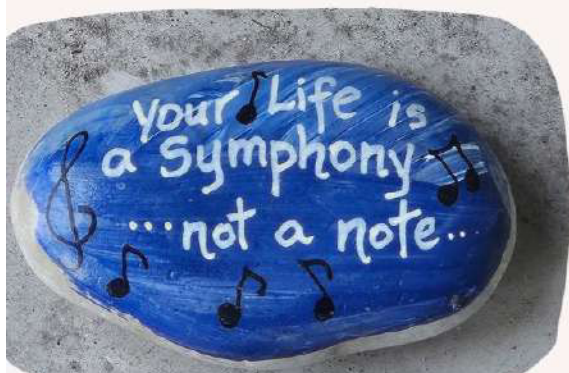
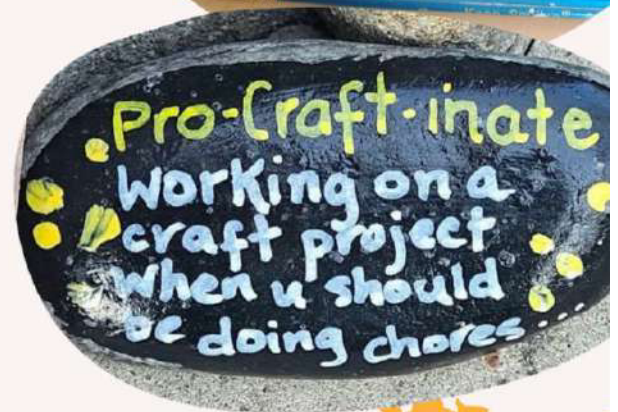


Wholesome Hobbies Projects & Activities for Adults

Radium Rocks

Friday, April 17 at 2 PM

Join us for a creative and much loved "Radium Rocks" rock painting session to paint uplifting quotations, positive affirmations and messages of kindness onto rocks and place around our community to brighten someone's day when they need it most!



REGISTRATION REQUIRED

Phone: 250-347-2434

Email: info@radium.bclibrary.ca

THE RETURN OF THE BEARS

Coexisting Safely with Wildlife



As the snow retreats up the slopes and the first green shoots emerge along the Valley's edges, an unmistakable sign of spring returns to the Columbia Valley, Kimberley, and Cranbrook: the awakening of our local bears. Each April, black bears and the occasional grizzly rouse from their winter dens, hungry and on the move, searching for food to replenish their depleted reserves.

For many residents, spotting a bear is a cherished reminder of the wild beauty that surrounds us—but it also comes with the responsibility to be good neighbours, both to the bears and to one another. Coexisting safely with wildlife means understanding bear behaviour and taking simple, proactive steps to prevent unwanted encounters.

Why Now?

Bears emerge from hibernation lean and curious, often with cubs in tow. Their first meals are typically roots, shoots, and early green plants, but easy calories—like garbage, birdseed, or pet food—can tempt them to linger near human settlements. A bear that finds a food reward near homes is



more likely to return, putting itself and the community at risk.

Best Practices for Home-owners:

- **Secure Garbage:** Store bins in a sturdy garage or shed until collection day. Never leave trash outside overnight.
- **Remove Birdfeeders:** Take down feeders as soon as snow melts. Spilled seed is a bear magnet.

- **Feed Pets Indoors:** Don't leave pet food or dishes outside.
- **Clean Barbecues:** Scrub grills after use and store them securely.
- **Pick Fruit Promptly:** Harvest apples, cherries, and other fruit as soon as it ripens, and clean up fallen fruit.

If you do encounter a bear, give it plenty of space. Don't approach for photos—appreciate from a distance and encourage others to do

the same. Teach children to be “bear smart” and keep dogs leashed when out walking.

By taking these simple steps, we help keep bears wild and ensure our communities remain safe. Living in bear country is a privilege—one that asks for respect, vigilance, and a shared commitment to harmony with the Valley's wildest residents.

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 _____ \$82	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
	2 Concepts _____ \$44
	Price based on existing Logo, Logo Design sold separately.
FLYER DESIGN	BROCHURE DESIGN
Single Layout Concept _____ \$35	Tri-Fold _____ \$44
MENU DESIGN	
Priced Per Page _____ \$26	
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	@BRISCOHERMIT
Price includes one back card design.	



Sierra Says

HYPNOTIST ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTE
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

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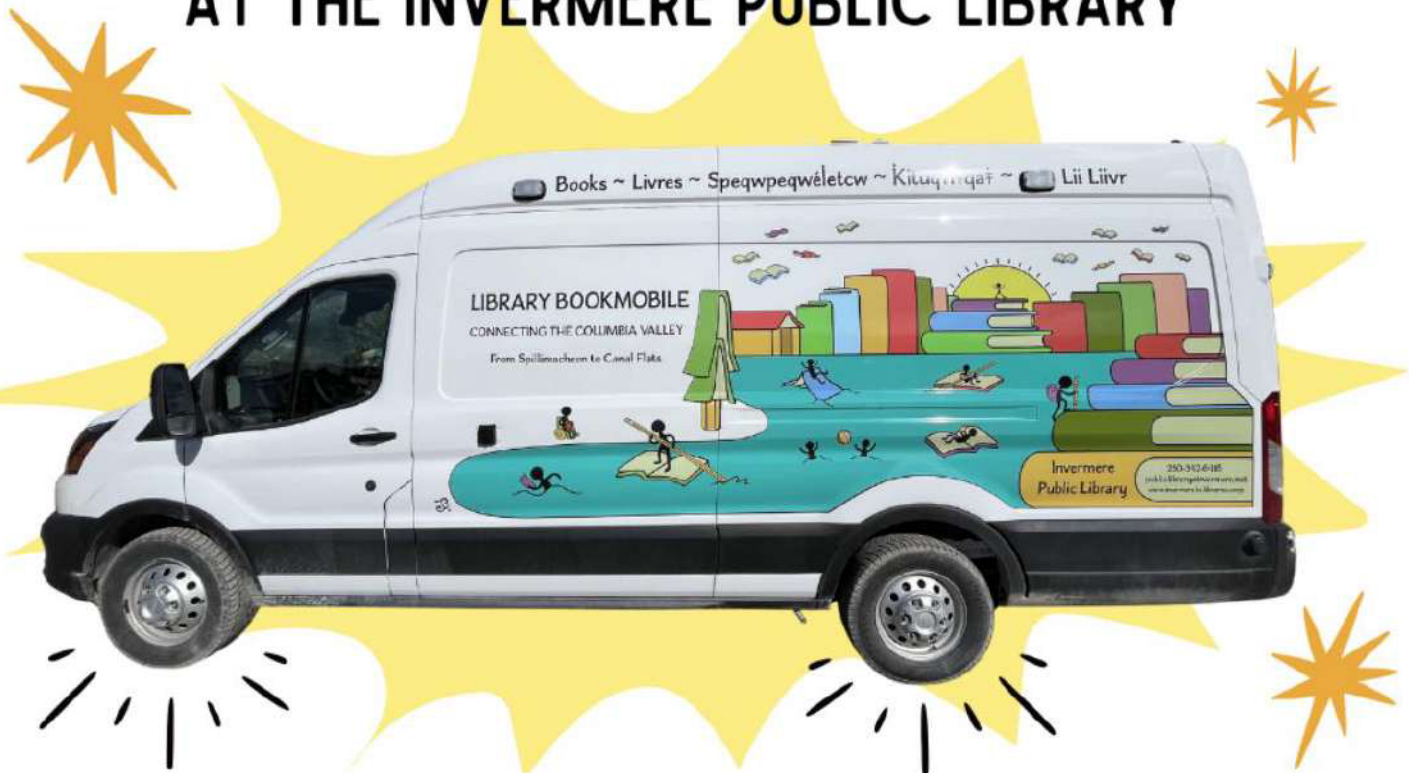
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WHAT'S AN IDIOM, ANYWAYS? PT. 9

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 "Hit the road, Jack" or "Show me the money."

(Songs)



IMAGE CREDIT: [Wikipedia](#)

Another one bites the dust

The 1980 song by Queen.
 Something else has failed, broken, or been defeated.
 Another houseplant just joined the compost club.



IMAGE CREDIT: [Wikipedia](#)

Let it be

By The Beatles (1970).
 Accept things as they are and stop worrying.
 The laundry pile has reached its natural habitat.



IMAGE CREDIT: [Wikipedia](#)

Hit the road, Jack

The 1961 hit Hit by Ray Charles.
 Leave, go away, or get out.
 My alarm clock and I are no longer on speaking terms.



IMAGE CREDIT: [Wikipedia](#)

I heard it through the grapevine

Made popular by Marvin Gaye's 1968 version. Hearing news through gossip or unofficial sources.
 My neighbour's dog apparently knows everything.



IMAGE CREDIT: [Wikipedia](#)

Don't stop believin'

By the 1980s band, Journey.
 Keep hoping or stay optimistic.
 I'm confident the Wi-Fi will come back...eventually.



IMAGE CREDIT: [Wikipedia](#)

Go your own way

Recorded by Fleetwood Mac in 1976.
 Do things your own way or follow your own path.
 My GPS and I have agreed to disagree.

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, otherwise we're back to square one.

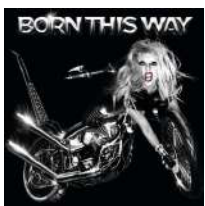


IMAGE CREDIT: [Wikipedia](#)

Born this way

From Born This Way by Lady Gaga, released in 2011.
 Accept who you are; accept your natural self.
 Coffee addiction arrived at birth.



IMAGE CREDIT: [SoundCloud](#)

At the end of the day

The opening number from the musical Les Misérables, original recording in 1987. When all is said and done, the most important truth after everything else has been discussed.
 You stayed focused...and still forgot why you walked into the kitchen.

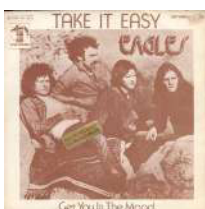


IMAGE CREDIT: [Wikipedia](#)

Take it easy

Written by the Eagles in 1972.
 Relax and don't stress too much.
 My stress level has officially clocked out.



IMAGE CREDIT: [Spotify](#)

Here comes the sun

Written and recorded by the Beatles in 1969
 Things are about to improve.
 Friday has entered the building.

WHAT'S AN IDIOM, ANYWAYS? PT. 9

CONTINUED

Language evolves, but idioms stick around like classic songs and famous movie lines—reminding us that a few well-chosen words can travel a very long way.

(Films)

IMAGE CREDIT: [Wookieepedia](#)

May the force be with you

From the movie Star Wars, created by George Lucas.

A way of wishing someone good luck, confidence, or success.

Good luck opening that pickle jar.

IMAGE CREDIT: [Wiki - Fandom](#)

I'll be back

From The Terminator, starring Arnold Schwarzenegger.

A dramatic way of saying you'll return.

The snooze button and I have unfinished business.

IMAGE CREDIT: [Wikipedia](#)

Here's lookin' at you, kid

From Casablanca, spoken by Humphrey Bogart.

A friendly or affectionate toast or acknowledgment.

Here's to finding matching socks today.

IMAGE CREDIT: [Wikipedia](#)

Houston, we have a problem

From Apollo 13, based on the mission involving NASA.

Something has gone terribly wrong.

The recipe said, "simple." It lied!

IMAGE CREDIT: [Wikipedia](#)

You can't handle the truth

From A Few Good Men, spoken by Jack Nicholson.

Used jokingly when someone might not want to hear reality.

The Wi-Fi password never changed.

IMAGE CREDIT: [Wikipedia](#)

I see dead people

From The Sixth Sense, starring Bruce Willis.

Used jokingly when noticing something strange or spooky.

That plant died weeks ago.



IMAGE CREDIT: [Wikipedia](#)

Show me the money

From Jerry Maguire, starring Tom Cruise.
A playful way of asking for payment or proof.
My wallet finally smiled.



IMAGE CREDIT: [Wikipedia](#)

Nobody puts baby in the corner

From Dirty Dancing, starring Patrick Swayze.
Standing up for yourself or someone else.
Not during trivia night.



IMAGE CREDIT: [Wikipedia](#)

You talkin' to me?

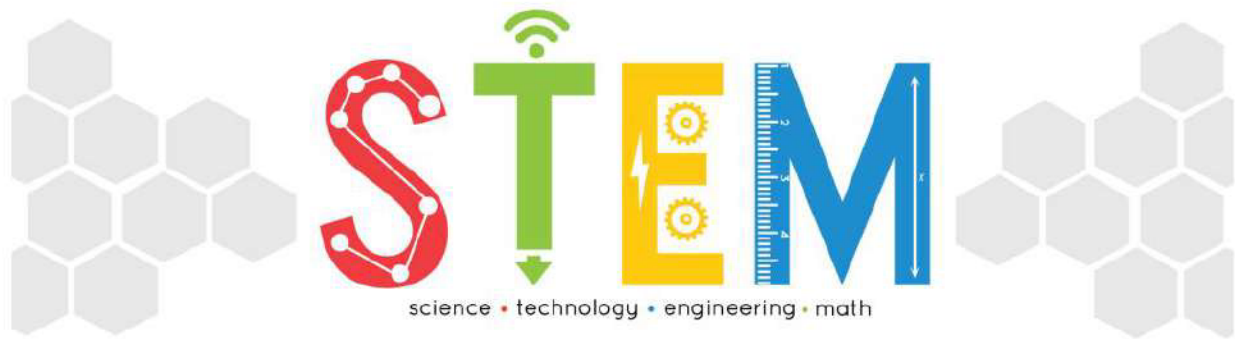
From Taxi Driver, starring Robert De Niro.
Said when someone seems to be addressing you unexpectedly.
When the boss says "volunteer."



IMAGE CREDIT: [Wikipedia](#)

Life is like a box of chocolates

From Forrest Gump, starring Tom Hanks.
Life is unpredictable.
Sometimes you get the couch all day.

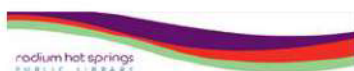


STEM Program at the Radium Library
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EASTER TREATS!

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✓ Peep-tini

1 oz vanilla vodka
1 oz white chocolate liqueur
1 oz half-and-half or cream
Marshmallow Peep, for garnish

Instructions: Fill shaker with ice. Add vodka, white chocolate liqueur, and cream. Shake well and strain into a chilled martini glass. Garnish the rim with a marshmallow Peep for fun.



✓ Bunny Hop Fizz

2 oz gin
1 oz fresh lemon juice
1/2 oz simple syrup
Club soda

Instructions: Fill a highball glass with ice. Add gin, lemon juice, and simple syrup. Top with club soda and stir gently.



✓ Carrot Cake Shot

1/2 oz butterscotch schnapps
1/2 oz Irish cream liqueur
1/2 oz cinnamon schnapps

Instructions: Pour the butterscotch schnapps, Irish cream, and cinnamon schnapps into a shaker with ice. Shake and strain into a shot glass. Top with a dollop of whipped cream and a sprinkle of cinnamon.



✓ Chocolate Egg Shooter

1/2 oz crème de cacao
1/2 oz coffee liqueur
1/2 oz Irish cream liqueur
Mini chocolate egg, for garnish

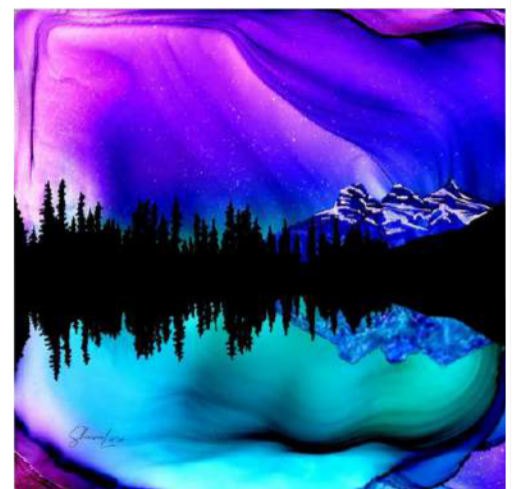
Instructions: Layer the crème de cacao, coffee liqueur, and Irish cream in a shot glass. Garnish with a mini chocolate egg on the rim or drop it in before drinking.

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LOCAL LEGENDS

Folklore and Stories of April in the Valley

As the long shadows of winter recede and the Columbia Valley begin to thaw, April brings with it not just the promise of new growth, but the gentle awakening of old stories. This is the season when the land

itself seems to whisper, reminding us that beneath every blooming willow and along every swelling creek, the Valley holds tales as rich and varied as the wildflowers that soon will carpet its meadows.

At The Valley Voice, we believe that folklore is more than just entertainment—it's a thread that weaves communities together, connecting us to our neighbours, to the past, and to the landscape itself. This



THE SLEEPING GIANT'S AWAKENING

Look westward on a clear April morning, and you might catch the sun gilding the summit known locally as The Sleeping Giant. According to Ktunaxa oral tradition, this distinctive ridge is not just a mountain, but the resting form of a great protector, laid down to safeguard the Valley's people and wildlife.

As the story goes, each spring, the warming earth stirs the Giant from his slumber—not to rise, but to breathe life back into the rivers and forests. Elders say that the first thunder of the season is his gentle reminder to respect the land and all who call it home.

While hikers and explorers scale the slopes for panoramic views, many locals still pause in April to offer a silent greeting or small token—a stone, a feather, a whispered hope—at the foot of the Giant, honouring the bond between land and legend.

April, we invite you on a ramble into the myths, legends, and historical anecdotes that have shaped our region's springtime spirit.



THE GHOSTS OF DEWDNEY TRAIL

Long before paved highways stitched together the communities of the Valley, the Dewdney Trail was a vital artery for traders, gold seekers, and hopeful settlers. Stretching from Hope to Wild Horse Creek, the trail comes alive each spring with wild roses, violets, and, if you listen closely, the echoes of travelers past.

One enduring legend tells of a prospector named Old Jonas, who vanished one April during the great gold rush. Each year, as the snow melts along the trail's hidden stretches, some say you can glimpse Jonas's lantern swinging in the twilight—still searching for the fortune that eluded him in life. Whether a trick of the light or a reminder that the Valley's history is never far beneath our feet, the tale encourages hikers to tread with curiosity and respect.



THE MYSTERIOUS APRIL LIGHTS

In the early days of settlement, Kimberley miners and Cranbrook ranchers swapped stories of strange lights flickering over the wetlands and foothills on April nights. Known as "spring lanterns," these bluish glows were said to dance along the water's edge, disappearing when approached. Some believed them to be the restless spirits of fur traders; others, a sign of good luck and a bountiful spring.

Modern science chalks up the phenomenon to marsh gases or reflections, but for many, the sight of an unexpected light in the April dusk still carries a shiver of wonder. There are families who quietly mark the first appearance of the "lanterns" with a wish for health and happiness in the coming season.



☑

THE LEGEND OF THE WILLOW WOMAN

By the banks of the Columbia River, where willows turn golden-green in April, children once whispered about the Willow Woman—a gentle guardian spirit who helped lost wanderers find their way home. According to the tale, the Willow Woman would appear at dusk, her hair long as river grass, singing ancient songs that only the animals understood.

Some say she was a Ktunaxa healer, transformed by the river into a spirit of spring renewal. Others claim to have heard her voice in the wind, especially on evenings when the river runs high and the air is thick with the scent of new growth. To this day, many locals leave ribbons or small offerings in willow branches on their first spring picnic by the water—an old tradition to ensure safe passage and good luck.



☑

APRIL'S FOOL: THE TRICKSTER RETURNS

Not all Valley legends are solemn. April's arrival also signals the return of Coyote, the Trickster of Indigenous stories, who is said to wake from his winter sleep ready for mischief. As the snow melts, tales are told of Coyote's pranks—hiding snowshoes, leading hunters in circles, or swapping the footprints of animals to confuse trackers.

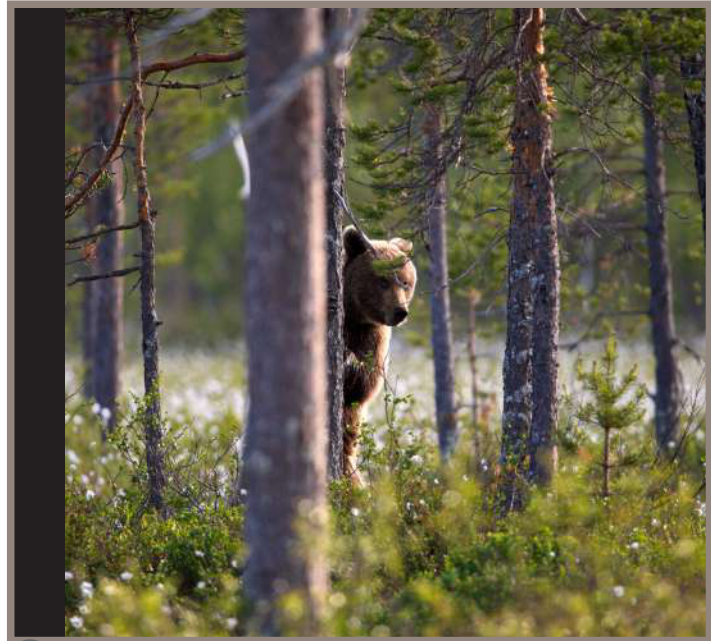
For generations, Valley children have delighted in playing small tricks on April 1st, invoking Coyote's spirit of laughter and humility. These gentle jests serve as a reminder not to take ourselves—or the unpredictable spring weather—too seriously. As one old-timer put it, "If your boots are on the wrong feet in April, blame Coyote and be glad for the mud."



THE SALMONBERRY MOON AND RETURNING SWALLOWS

Many of the Valley's stories are intertwined with the turning of the seasons. Indigenous knowledge keepers speak of the Salmonberry Moon, the period in April when the first pink blossoms signal the time for swallows to return. According to tradition, the swallows bring with them messages from loved ones who have passed on, their acrobatic flights a sign that the world is waking up.

Families gather to watch the swallows' arrival, sharing stories of ancestors and planting salmonberry canes in their honour. These living memorials not only nourish the land but root each generation more firmly in the Valley's story.



MODERN LEGENDS IN THE MAKING

Folklore doesn't end with old tales—it grows with every generation. In recent years, new stories have taken hold: the mysterious "April Bear," a large, cinnamon-coloured bruin spotted raiding birdfeeders on the same day each year; the "Midnight Gardener," who leaves wildflower seedlings in neglected lots; and the "Valley Hare," rumoured to deliver chocolate eggs to children on Easter morning.

Whether rooted in fact, imagination, or a bit of both, these contemporary legends are a testament to the Valley's enduring sense of play and community. After all, every story—tall or true—has a role in weaving the rich tapestry of our region.



✓

INVITING YOUR STORIES

As spring unfolds, The Valley Voice encourages you to share your own stories and memories of April in the Valley. What legends were whispered in your family? Which places hold special meaning, and what signs tell you that spring has truly arrived?

By passing these tales along, we keep the Valley's spirit alive and ensure that new generations will have their own myths to cherish.



✓

THE POWER OF STORY IN SPRING

April is a month of awakening—not just for flowers and rivers, but for the imagination. As you walk the trails, picnic by the water, or watch the first thunderclouds gather over the Sleeping Giant, remember that you are part of a landscape woven with stories. Pause to listen, to wonder, and perhaps to add a line or two of your own.

From all of us at The Valley Voice, happy spring—and may the legends of the Valley inspire wonder and connection in your heart this April, and for many years to come.



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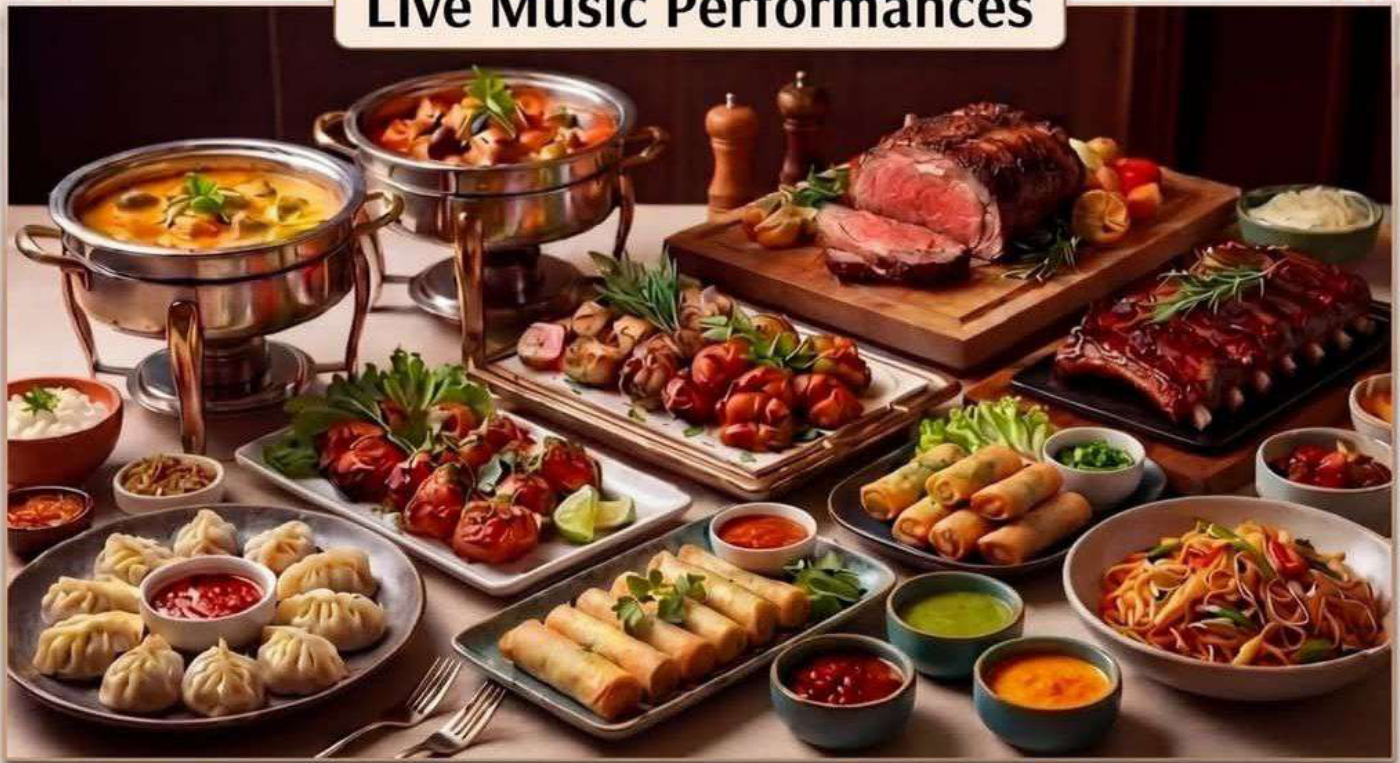
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Mike & Nick & Nick & Alice (2026)

Movie Review

IMAGE CREDIT: [ABC.com](https://www.abc.com)



BenDavid Grabinski's "Mike & Nick & Nick & Alice" is a wild, genre-bending ride—a sci-fi action-comedy that somehow manages to be both a sharp crime caper and a heartfelt exploration of messy relationships. Anchored by Vince Vaughn (pulling double duty as both Present and Future Nick), the film confidently blends mobster intrigue with time travel mayhem, balancing big laughs, kinetic action, and surprisingly touching moments.

Plot & Pacing: The story

kicks off in classic crime-movie territory: mob boss Sosa (Keith David) celebrates his adopted son's release from prison, while Nick (Vaughn), his wife Alice (Eiza González), and "Quick Draw" Mike (James Marsden) get tangled in affairs and betrayal. Then, things take a delirious turn—Mike tries to chloroform Nick, only to discover he's actually working for a future version of Nick sent back by a malfunctioning time machine. From here, the plot gleefully spirals through mistaken identities, assassins (including

a scene-stealing turn by Dolph Lundgren as "The Barron"), and double-crosses, all set to a break-neck pace.

Cast & Performances:

Vince Vaughn is at his comedic best, playing off his own dual roles with snappy timing and genuine pathos. James Marsden brings swagger and self-doubt as Mike, while Eiza González's Alice is more than the femme fatale—she's resourceful, funny, and, in the film's explosive finale, a force to be reckoned with. The sup-

porting cast—Keith David, Jimmy Tatro, Emily Hampshire, and Ben Schwartz—add flavor and quirk to every scene.

IMAGE CREDIT: [ABC.com](https://www.abc.com)



Direction & Style: Grabinski's direction, paired with Larry Fong's slick cinematography, gives the film a stylish, kinetic energy. The action is inventive, the humor lands, and the time-travel conceit adds both chaos and a surprising emotional core. Joseph Trapanese's score and an irreverent script keep things lively and unpredictable, even as bodies pile up and timelines twist.

Overall Impression: "Mike & Nick & Nick & Alice" doesn't just mash up genres—it revels in them. It's a crowd-pleaser for fans of action, comedy, and sci-fi alike, and never takes itself too seriously. While the plot's complexity occasionally teeters on the absurd, the film's wit, energy, and strong ensemble keep it grounded and engaging.

Final Verdict: A fresh, funny, and action-packed romp—four out of five stars. If you're up for a time-traveling mobster movie with heart, this Hulu/Disney+ original delivers..

★ Rating: 4 out of 5

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Screamer

Game Review

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



IMAGE CREDIT: [Xbox Wire](#)



IMAGE CREDIT: [Xbox Wire](#)

The 2026 reboot of "Screamer" roars onto the scene with all the high-octane energy and nostalgic thrills that arcade racing fans could hope for. Building on the legacy of the 1995 original, this new edition modernizes the classic formula without losing the spirit of pure, pedal-to-the-metal fun.

Gameplay & Mechanics:

"Screamer" is all about speed, style, and tight controls. The game offers a vibrant selection of tracks—ranging from neon-lit cityscapes to perilous mountain passes—each packed with shortcuts and hazards that reward repeat play. Vehicle handling is satisfyingly responsive, striking a sweet spot between arcade accessibility and enough nuance for those who crave mastery. The inclusion of a

"Turbo" meter adds a strategic twist, encouraging players to time their boosts for maximum effect.

Visuals & Audio: Visually, "Screamer" is a treat. The graphics pop with saturated colors and dynamic weather effects, capturing the adrenaline rush of racing at break-neck speeds. The soundtrack pays homage to its roots with pulse-pounding electronic beats, while engine sounds and crash effects are equally engaging.

Modes & Features: The game shines in both solo and multiplayer modes. A robust single-player campaign challenges players with tournaments, time trials, and unlockable vehicles. Online play is smooth and competitive, making every race feel like an

event. Local split-screen is a welcome nod to old-school couch competition.

Overall Impression:

While "Screamer" doesn't reinvent the wheel, it delivers exactly what fans of the franchise—and arcade racers in general—are after: fast, accessible, and addictive fun. Occasional difficulty spikes and a desire for more track variety are minor gripes in an otherwise exhilarating package.

Final Verdict: A thrilling return to arcade racing glory, "Screamer" earns a well-deserved four out of five stars. Strap in, hit the gas, and get ready for a wild ride!

★ Rating: 4 out of 5

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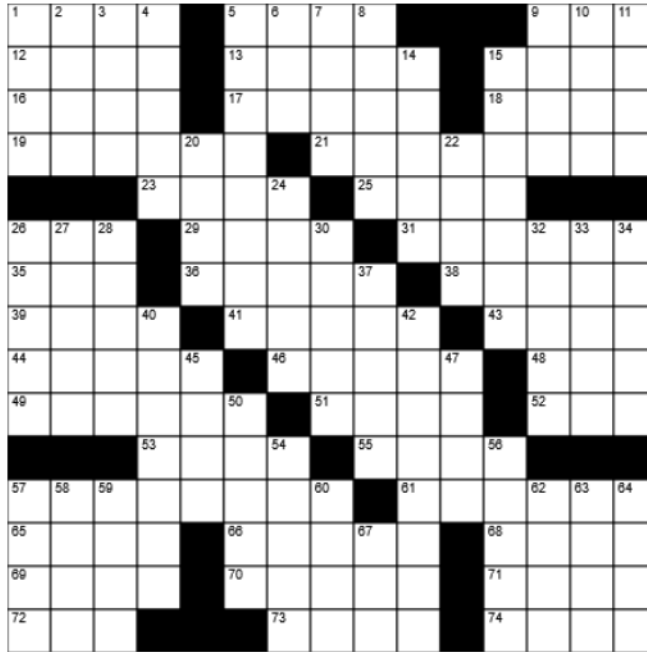
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Across

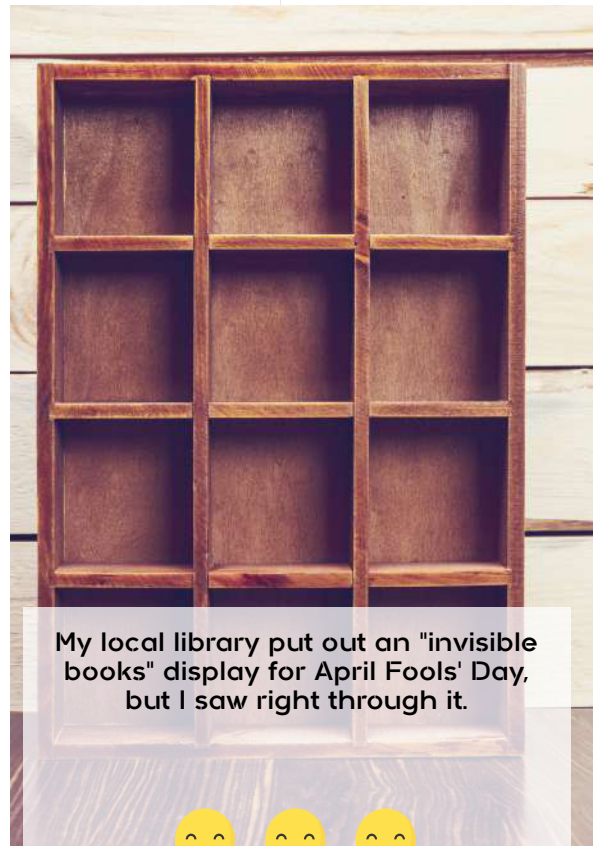
1- Highway hauler; 5- Frees; 9- Pother; 12- Idyllic place; 13- Ham it up; 15- Author Haley; 16- Actress Bonet; 17- Circus employee; 18- Emit coherent light; 19- Simple shed; 21- German physicist; 23- Sins; 25- The world's longest river; 26- Witch; 29- Energy source; 31- Breadwinner; 35- U of U athlete; 36- Doctor; 38- Light grayish brown; 39- Jazz flutist Herbie; 41- Palm fruits; 43- "Jurassic Park" actress; 44- For all to hear; 46- Four-door; 48- So-so grade; 49- Closer; 51- Tear; 52- Summer along the Seine; 53- Did the butterfly; 55- Celestial body; 57- Type of melon; 61- Greek island in the Aegean Sea; 65- Skunk's defense; 66- Prince Valiant's wife; 68- ___-bitsy; 69- Whirling water; 70- Label anew; 71- Marine mammal, secure something; 72- Puncture sound; 73- Exxon predecessor; 74- "The Thin Man" pooch;



Down

1- Puddle; 2- Pop singer Brickell; 3- Big butte; 4- Mindlessly stupid; 5- Answered sharply; 6- The Monkees' "___ Believer"; 7- Planetarium roof; 8- Lager holder; 9- Wings; 10- He played Ricky; 11- Farm team; 14- Bert's roomie; 15- Changed; 20- Mine car; 22- Thick piece; 24- Fountain treats; 26- Pertaining to people; 27- Start of a Dickens title; 28- Columbus's birthplace; 30- Bishop's headdress; 32- Bridget Fonda, to Jane; 33- White heron; 34- Actress Zellweger; 37- Gives up; 40- Room for infants; 42- Capital of Chile; 45- Like grass in the morning; 47- Mont. neighbor; 50- "M*A*S*H" name; 54- Donnybrook; 56- Mikhail's wife; 57- Weed whackers; 58- Probability; 59- Agrees tacitly; 60- Dampens; 62- Hwys.; 63- The wolf ___ the door; 64- "The Clan of the Cave Bear" heroine; 67- Univ. aides;

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



My local library put out an "invisible books" display for April Fools' Day, but I saw right through it.

