

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#109 Issue

Columbia Valley, BC

INSIDE THIS EDITION

CHUCK NORRIS

How to Kick Fear in the Face, Laugh at Limits, and Become Unstoppable—Life Lessons from the Legend Who Doesn't Do Push-Ups—He Pushes the Earth Down!

SPRING FISHING: WHERE AND HOW TO CAST A LINE

Spring fishing is a tradition here—a chance to reconnect with nature, share stories on the riverbank, and maybe even bring home dinner.

ECO-FRIENDLY LAWN CARE: SUSTAINABLE PRACTICES FOR MAY

The Valley Voice invites you to cultivate a lawn that's as gentle on the planet as it is beautiful.

WHAT'S AN IDIOM, ANYWAY? Pt 10

The Weird, Wild World of Everyday Expression the final instalment - Animals - Extended Version



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 June 3rd, 2025

SUBMISSION DEADLINE June 2nd, 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 Once an ad is out of date or stale, we will remove it.*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?

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The Valley Voice invites you to cultivate a lawn that's as gentle on the planet as it is beautiful.

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](https://www.facebook.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca



“Canada Through the Decades”

CANADA DAY PARADE



Downtown Invermere

Wednesday July 1st, 2026

11:00am

Pothole Park- 7th Ave to 13th St- Arena

**Please register your participation
by email: invermerecanadadayparade@gmail.com**



LETTER FROM THE VOLUNTEERS

May is here in the Columbia Valley, Kimberley, and Cranbrook, and with it comes the fresh energy of spring—warmer days, blooming gardens, and the gentle hum of life returning. This month, we celebrate Mother’s Day, a time to honour the mothers, grandmothers, and caregivers who shape our families and communities with love and devotion. Whether you’re marking the occasion with a backyard brunch, a phone call, or a quiet moment of gratitude, we hope this season brings joy and connection to your home.

We want to send a heartfelt thank you to everyone who submits stories, photos, recipes, 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 from the community more valuable than ever. If you’ve ever shared a memory, sent in a local event, or simply encouraged a neighbour to check out our paper, please know that your efforts are what keep us going.

Looking ahead, we’re eager to reach more

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

This month, let’s continue to lift each other up, celebrate our Valley’s stories, and inspire new traditions. Every little bit—every story, every suggestion, every shared moment—makes a real difference. Here’s to the spirit of spring, and to the many hands and hearts that make our community vibrant.

Thank you for helping us continue this tradition. Your help truly makes the difference.

—The Valley Voice Volunteers (VVV) 🍁

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5:30-8:30 PM

SUNDAY, MAY 10
9:00 AM-4:00 PM

Register Now! →

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EMAIL: SALES@MMOUTDOORS.CA

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OF THE COLUMBIA VALLEY

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June 13, 2026 - 5:30 PM

YOUR SUPPORT *helps* CHANGE LIVES

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www.hospicesocietycv.com

2026 - STEAMBOAT MOUNTAIN
MUSIC FESTIVAL

LAUNCH PARTY!

FRIDAY, MAY 22 6PM - 10PM
EDGEWATER LEGION

15th ANNUAL

Background Design by Brad Lawrence



YOUR MUSIC HOST -
BRAD LAWRENCE



- Volunteer Sign-up
- Memberships
- Duck Race Tickets
- Early Bird Tickets
- 2026 Music Lineup
- Live Music
- Open Mic/ Jam Night

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FESTIVAL TICKETS

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1. July 13th-17th
2. July 20th-24th
3. July 27th-31st
4. August 3rd-7th
5. August 10th-14th



CHUCK NORRIS

How to Kick Fear in the Face, Laugh at Limits, and Become Unstoppable—Life Lessons from the Legend Who Doesn't Do Push-Ups—He Pushes the Earth Down!

Rumours are swirling that Chuck Norris died on March 20, 2026, at 86... but seriously—Death doesn't take Chuck Norris; Chuck Norris stares it down until it backs off. And if he did step into the great unknown, you can bet it wasn't quietly—it was with a roundhouse kick that shook the universe. (A roundhouse is a powerful kick that comes around fast and hits hard—a full commitment move.) Somewhere right now, Death is probably looking over its shoulder, wondering if it's still running the show. Because legends like Chuck don't fade away—they level up.

You've probably seen him somewhere in his 5 decades of laying down justice in *Walker, Texas Ranger*, throwing fists in *Delta Force*, facing off with Bruce Lee in *Way of the Dragon*, or carrying entire action films like *Missing in Action*, *Lone Wolf McQuade*, and *Code of Silence* on his shoulders. Back then, if explosions outnumbered lines of dialogue, there was a good chance Chuck was in it—calm, steady, and letting his fists do the talking.

Chuck wasn't born a legend—he built it, earned it, and fought for it, long before anyone ever turned his name into a

myth.

Born Carlos Ray Norris in 1940 in a small town, Oklahoma, he was a quiet kid who got bullied. He joined the Air Force, discovered martial arts in Korea, and came back with something most people never develop—discipline. He trained. He lost. He got back up. He didn't stop—and that's where the truth sits, not in the memes, but in the grind it took to become a legend.

Of course, the memes (more like Chuck Facts) are legendary too. For example, Chuck Norris can slam a revolving door. When Chuck Norris

went off to college, he told his father, You are the man of the house now. Chuck Norris can unscramble eggs. And, Chuck Norris counted to infinity—twice. Maybe ridiculous, but also perfect. Because those one-liners didn't fall out of the sky—they came from a guy who stared the rules down, worked harder than them, and eventually made them tap out.

Chuck once said, "A lot of people give up just before they're about to make it." That's not a movie line—that's real life. People don't fall short because they can't do it. They fall short because they hesitate, stall out, and convince themselves it's not worth the fight, and walk away right before things start to turn.

Chuck also said, "Nobody is coming to save you. There's no shortcut, no magic moment where everything

suddenly gets easy. If you want something—really want it—you've got to go get it. Train for it. Work for it. Show up when you don't feel like it—especially when you don't feel like it." So roundhouse your excuses—don't negotiate with them, don't entertain them, just shut them down and move forward.

Even later in life, Chuck lived with that mindset. At 84, he posted a video boxing and stated he felt like he was 48. He talked about listening to his body, staying disciplined, and refusing to slow down. He said progress isn't about perfection—it's about having the courage to keep going. That's it, and that's the secret most people are looking for.

On January 19, 2026, he shared a serene Instagram photo from a snowy landscape, captioning it: "I love it out here in the snow. You can't beat views like these. Life is a gift, so cherish

today and never take a single breath for granted. Here's to a great 2026! God Bless."

Maybe he was out here in the valley on a quiet ridge, taking it all in—exactly the kind of place a legend like Chuck would choose to stand.

So, maybe Chuck is gone. Or maybe he just moved on to a place that needed a little more order, or maybe Death hasn't worked up the courage to tell him yet. Either way, the lesson sticks:

Stay sharp. Stay disciplined. Stand your ground—and learn to laugh when things get difficult. When life steps up to challenge you, don't flinch and don't fold—meet it head-on and finish it. Obstacles don't stop Chuck Norris... they get out of the way.

Be the person that your doubts are afraid of.



Mother's Day Barnyard Tea

Zimmer Ranch is pleased to offer a
complimentary afternoon...

for Moms 

Bring your mom and spend an
afternoon together on the farm!

Farm Walk

Afternoon Tea

Cookie Decorating

Sunday May 10th

1pm-4pm



Sunridge Road, Windermere



Have

You

Heard!

*There's a Plant and Seed Sale in
Edgewater!!*

*It's on May 10th from 10 - Noon
At the Community Hall*

*It's at the same time as the pancake breakfast.
How convenient!!*

*If you'd like to donate any plants or seeds
please have them there by 9:30.*



THE BUZZ ON BEES

Supporting Pollinators in Your Yard

As the first blossoms unfurl, a familiar sound returns to our gardens: the gentle, busy hum of bees. These tireless pollinators are both the heartbeat and the hidden engine of spring, weaving through petals and carrying the promise of fruit, flowers, and food for months to come. Yet, in recent years, bees and other pollinators have faced mounting challenges—from habitat loss and pesticides to changing climate patterns.

Why Bees Matter

Before we get our hands dirty, let's talk about why bees are so important. Bees, including honeybees, bumblebees, and a host of solitary species, play a crucial role in pollinating plants. They transfer pollen from flower to flower, enabling fruits, seeds, and vegetables to grow. Without bees, our gardens would be less vibrant, our food supply would dwindle, and the Valley's wild landscapes would lose much of their diversity. But pollination isn't just about food—it's about the interconnected web of life. Bees support birds, mammals, and countless other creatures by helping plants reproduce and provide habitat and nourishment. The Columbia Valley is home to dozens of native bee species, each with unique behaviours and preferences. Supporting them means supporting the entire ecosystem.

Understanding Local Bees

Contrary to popular belief, not all bees live in hives or produce honey. Many of our local bees are solitary, nesting in the ground, hollow stems, or wood. Bumblebees are social but form small colonies, often in abandoned mouse burrows. Mason bees, leafcutter bees, and mining bees are among the solitary types you might spot in your yard, each with their own pollinating superpowers.

Native bees are especially valuable. They're often more efficient pollinators than honeybees and are adapted to our local climate and plants. By welcoming native bees, you're strengthening the Valley's resilience and supporting unique local biodiversity.

Creating a Pollinator-Friendly Garden

You don't need acres of land or elaborate landscaping to help

bees.

Even a small patch, balcony planter, or wild corner can make a difference. Here's how to get started:

1. Plant for Pollinators

The most effective way to attract bees is to fill your yard with nectar and pollen-rich plants. Choose a variety of native flowers that bloom from early spring through late fall. Some Valley favourites include:

- Wild lupine
- Phlox
- Goldenrod
- Echinacea (coneflower)
- Bee balm
- Yarrow
- Sunflowers
- Saskatoon berry
- Wild rose
- Oregano, thyme, and other herbs

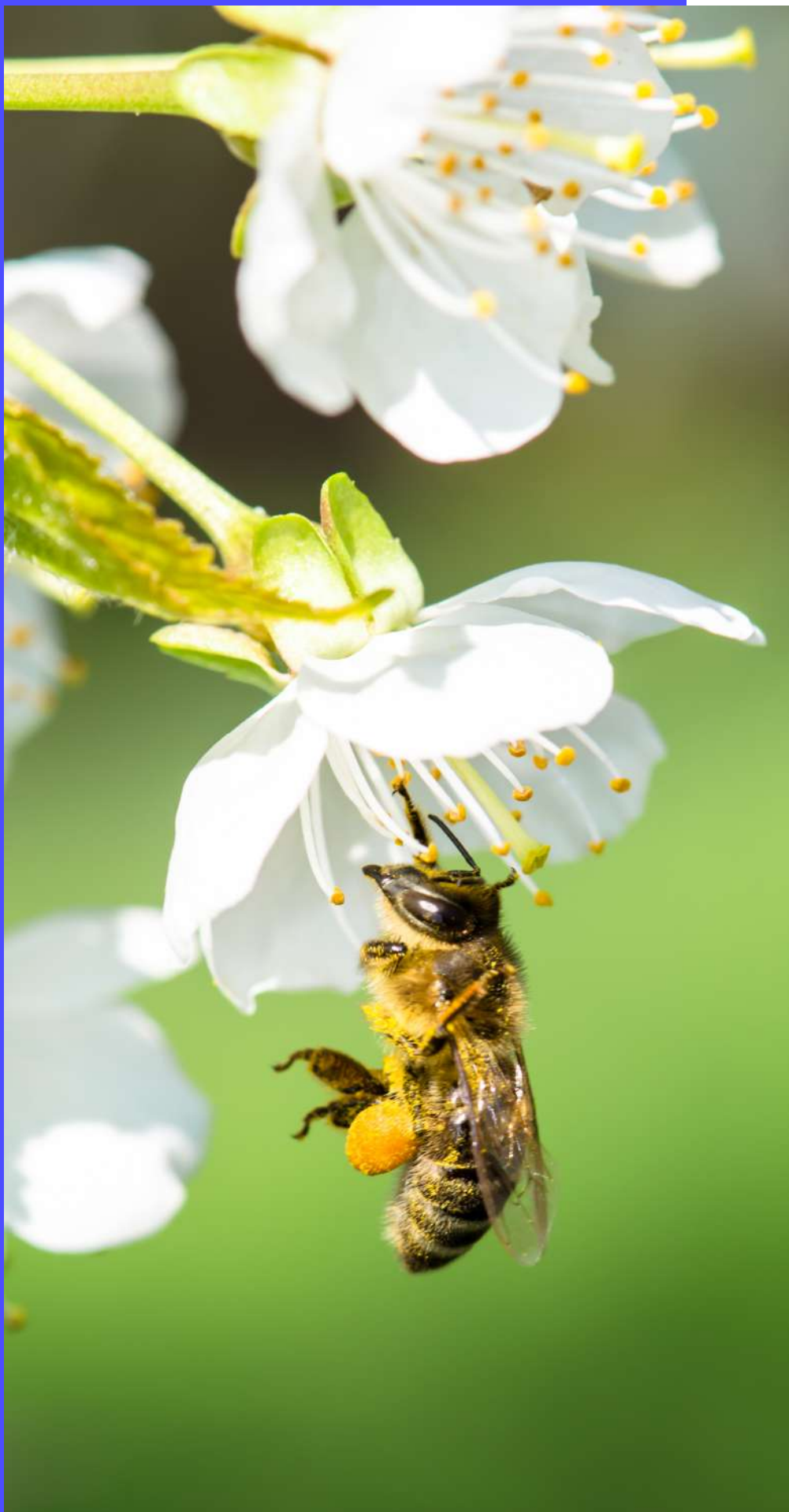
Aim for diversity—different shapes, colours, and heights. Bees are drawn to blue, purple, and yellow flowers, but a mix ensures support for many species. Group similar plants together in clusters to make it easier for bees to forage.

2. Go Pesticide-Free

Many pesticides—even those labelled “natural”—can harm bees. Instead of spraying, try integrated pest management: hand-pick pests, use row covers, or encourage natural predators like ladybugs. If you must use a product, apply it in the evening when bees are less active and always follow label directions.

3. Provide Nesting Sites

Solitary bees need places to nest. Leave some bare patches of soil, dead wood, or hollow stems. You can install bee houses (with tubes or blocks) for mason bees, but keep them clean and dry to pre-



vent disease. Avoid mulching every inch of your garden—some bees nest underground and need access to bare earth.

4. Offer Water

A shallow dish with pebbles and water is a lifeline for thirsty bees. Place it near your flowers and change the water regularly. Bees can't swim, so pebbles or marbles give them a safe landing spot.

5. Let Your Garden Be Wild

Don't rush to tidy up every fallen leaf or spent flower. Bees appreciate the "mess"—it provides shelter, nesting material, and late-season food. Leave some areas unmowed and resist the temptation to remove dandelions and clover, which are important early nectar sources.

6. Avoid Hybrid Plants

Many modern hybrids have been bred for showy blooms but lack nectar or pollen. Stick to heirloom varieties and native species whenever possible.

Beyond the Backyard: Community Efforts

Supporting bees isn't just a solo effort. The Valley has seen wonderful initiatives—from community gardens planting pollinator strips to schools creating "bee highways" along fences and walkways. Local nurseries offer native plant sales, and conservation groups run workshops on pollinator identification and habitat creation.

If you're involved in a community project, consider adding pollinator-friendly zones, working with neighbours to reduce pesticide use, or starting a "bee count" to track local populations. Every patch matters, and together, we can create a mosaic of habitats across the Valley.

Recognizing Our Pollinator Friends

Learn to identify some of the bees you'll encounter:

Honeybees: Golden-brown, often seen in groups, visiting flowers or water sources.

Bumblebees: Large, fuzzy, with black and yellow stripes. Slow, gentle fliers—often in gardens and wild meadows.

Mason bees: Metallic blue-green, smaller, solitary; nest in holes and tubes.

Leafcutter bees: Carry pieces of leaf back to their nests; look for neat, circular cutouts in leaves.

Mining bees: Small, often dark or metallic, nest in sandy soil.

Many wasps, flies, and butterflies are also pollinators. Hoverflies mimic bees but have large eyes and short antennae—don't fear them, they're helpful allies!

Teaching the Next Generation

Invite children to help plant flowers, build bee houses, or observe pollinators in action. Turn it into a game: who can spot the first bumblebee of spring, or count how many different insects visit a single flower? By nurturing curiosity and respect, you're raising future stewards of the Valley.

Schools and clubs can run "Pollinator Weeks," host art contests, or create signs explaining the importance of bees. Every conversation plants a seed for tomorrow.

A Word on Honeybees vs. Native Bees

While honeybees are important for agriculture and honey production, native bees are often overlooked. They're key pollinators for wildflowers, fruits, and many crops, and often more resilient to weather. Supporting native bees ensures a healthy, balanced ecosystem—so plant for all





pollinators, not just the honey-makers!

A Valley in Bloom

Supporting bees is a simple act with outsized rewards. You'll enjoy more flowers, better harvests, and the satisfaction of helping the Valley's wild beauty endure. As you sip your morning coffee and watch bees float from blossom to blossom, remember: each one is a tiny ambassador, connecting your yard to the wider

world.

This May, let your garden be a haven for bees and other pollinators. Celebrate their buzz, their colour, and their quiet work. The Valley Voice will be here, sharing your stories, tips, and successes—because together, we can ensure the buzz never fades.

Happy gardening, Valley friends!

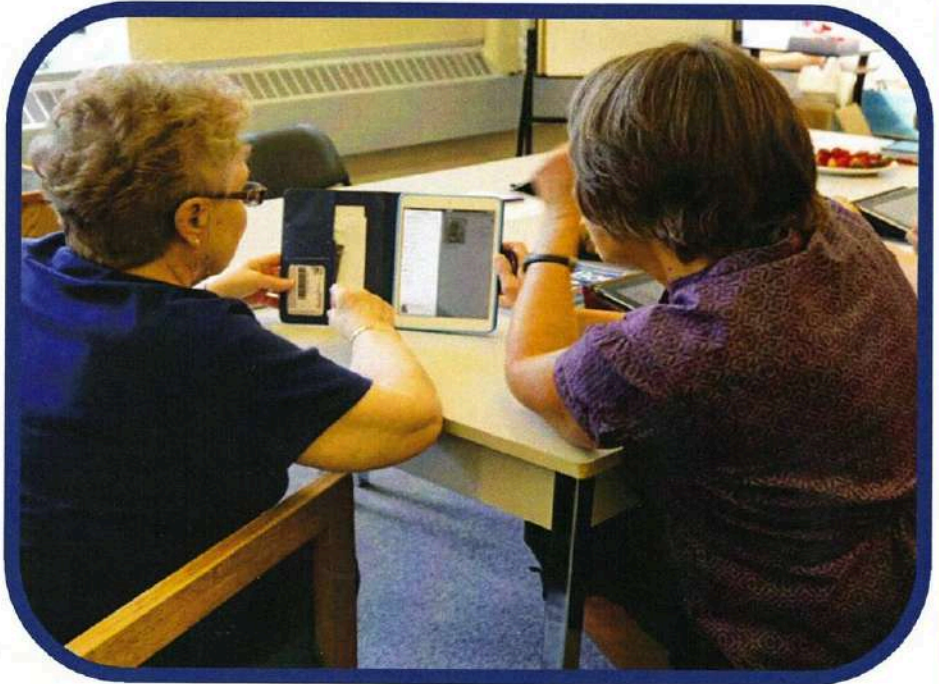
Tech Tutoring

Guiding you through your digital journey

Thursdays,
April 02 to May 14
by appointment

Invermere Public Library
10:15 a.m. – 1:00 p.m.

Radium Public Library
2:00 p.m. – 4:00 p.m.



- Need help with your computer, phone, or tablet?
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- Want to learn how to play games on your phone or iPad?

To book a free appointment, please call:

Invermere Public Library 250-342-6416

or

Radium Public Library 250-347-2434

To learn more contact:

Misty Hawes

Community Literacy Outreach Coordinator

 wvcoordinator@cbal.org

 or text 250-409-4251

 cbal.org


Columbia Basin Alliance for Literacy

Columbia Basin Alliance for Literacy



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Container Gardening Workshops

A FREE Program for Seniors!

When:

May 12, 19, & 26

12:30 p.m. to 2:30 p.m.

Where:

Groundswell
Community
Greenhouse



Lean into the joy of container gardening!
Plant your own container garden.
Learn about containers, soil, plants & watering.
Tour the Groundswell greenhouse.
Meet others interested in gardening and food security.

May 12 – Grow Sprouts and Micro Greens

May 19 – Plant a Veggie or Flower Container Garden

May 26 – A Food Conversation: Food security and food services

Registration is required. You may sign up for as many workshops as you like.

To register or learn more contact:

Misty Hawes
Community Literacy Outreach Coordinator

 wvcoordinator@cbal.org

 or text 250-409-4251

 cbal.org



Key Fish Species in Columbia Valley/ Kootenay Region

Trout & Char:

- **Rainbow Trout:** Popular in the Columbia River, including the famous Gerard strain.
- **Bull Trout:** A native char species found in regional rivers and lakes.
- **Westslope Cutthroat Trout:** Common in the region's lakes and rivers.
- **Kokanee:** Landlocked sockeye salmon that are popular with anglers

Other Native Species:

- **Rocky Mountain Whitefish:** Found throughout the Columbia River and its tributaries.
- **Lingcod (Burbot):** Present in the Tourism Golden wetlands area.
- **White Sturgeon:** Present in the Columbia River, but protected.
- **Northern Pikeminnow:** Often caught in the Columbia River.

Invasive/Introduced Species:

- **Walleye:** Found in the Hooked Magazine Columbia River system, particularly near Castlegar.



SPRING FISHING

Where and How to Cast a Line

As May arrives and the Columbia Valley, Kimberley, and Cranbrook shake off the last chills of winter, local anglers know it's time to dust off their rods and tackle boxes. Spring fishing is a tradition here—a chance to reconnect with nature, share stories on the riverbank, and maybe even bring home

dinner. Whether you're a seasoned angler or a complete beginner, the Valley offers a wealth of opportunities to cast a line and soak up the scenery.

Where to Go: The Columbia River is the undisputed star, with its slow-moving stretches teeming with



rainbow trout, mountain whitefish, and even the occasional burbot. Early mornings along the river's edge offer quiet waters and active fish. For those seeking a more tranquil experience, Lake Windermere is a favourite for families, with plenty of shoreline access and a mix of perch and kokanee salmon. Further afield, Wasa Lake and St. Mary Lake are local gems, perfect for canoe fishing or simply relaxing under the spring sun.

Tips for Beginners: Spring

fishing is all about patience and preparation. Start with a simple setup—a light spinning rod, a handful of hooks, and some live bait or lures. Dress in layers; mornings can be brisk, but the afternoon sun is quick to warm. If you're unsure about where to fish, local tackle shops and community bulletin boards often share recent reports and advice.

Remember to check local regulations. Licensing is required for most spots, and seasonal closures help protect spawning fish. Respecting these rules ensures healthy populations for future generations.

Making It Memorable: Bring a thermos and snacks, and don't forget a camera—spring is prime time for wildlife sightings. Whether you're fishing solo or sharing the experience with family, take time to appreciate the Valley's natural beauty. Leave no trace, and pack out all gear and garbage.

This season, find your favourite spot, cast a line, and enjoy the gentle rhythm of spring fishing. The Valley Voice wishes you tight lines and peaceful days by the water!





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.

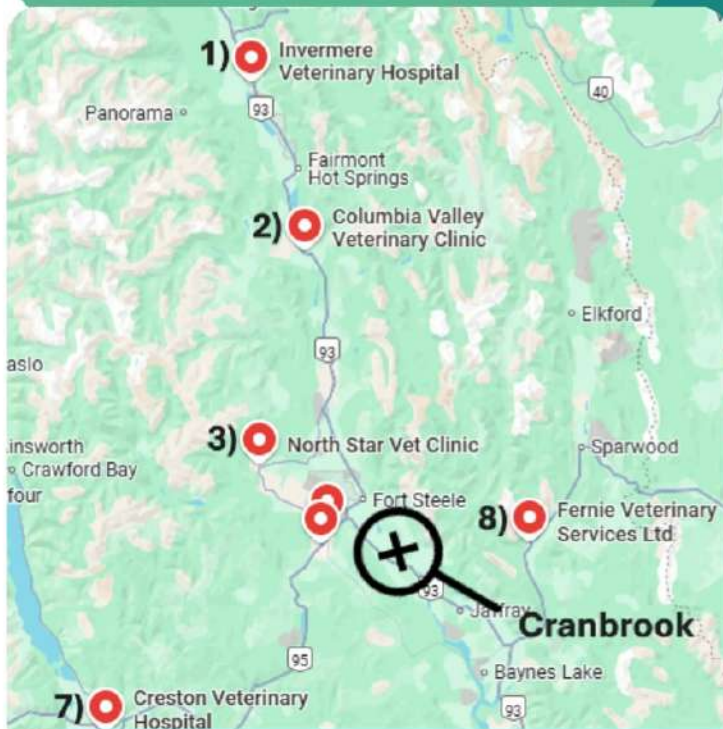
Our goal is to support veterinary professionals by reducing burnout and improving work-life balance, allowing more veterinarians to remain in our community. This means better access to care for all pets now and in the future.

Together we are making emergency care more accessible for the Kootenays.

East Kootenay Veterinary Group Emergency Services

Our Locations

- 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.

KIS PARENT SUPPORT GROUP

FUN RUN & FESTIVAL

SUNDAY MAY 31ST, 2026

START AT 12:30 PM | KIMBERLEY NORDIC CENTRE

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EARLY BIRD REGISTRATION

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MORE INFORMATION AND REGISTRATION

[HTTPS://KISFUNRUNANDFESTIVAL.EVENTBRITE.COM](https://kisfunrunandfestival.eventbrite.com)



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Food Basket



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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

I'LL BE AT THE CRANBROOK MISSION THRIFT STORE

PARKING LOT!

SATURDAY
JUNE
20TH
10:00 AM - 12:00 PM

Soft Serve
ICE CREAM!



ROCKIESFEST
PARADE
SPIRIT OF THE ROCKIES



See You There!

THE VALLEY'S HIDDEN WATERFALLS

Adventure Guide



IMAGE CREDIT: [CranbrookBC.com](https://www.cranbrookbc.com)



As spring breathes new life into the Columbia Valley, Kimberley, and Cranbrook, our local waterways surge with snowmelt, revealing a network of waterfalls—some celebrated, others quietly tucked away and waiting to be discovered. For those with an adventurous spirit and sturdy boots, May is the perfect time to seek out these lesser-known cascades, where rushing water and mossy rocks offer a magical escape from the everyday.

Where to Begin: While many are familiar with the thunderous spectacle of Bridal Veil Falls or the easy stroll to Marysville Falls, the Valley is dotted with hidden gems. Try Dewdrop Falls, a short hike off the Old Coach Trail near Invermere, where delicate ribbons of water tumble over limestone ledges. Or venture to Lost Creek Falls, north of Cranbrook, which rewards persistent explorers with a tranquil pool and lush fern-lined banks.

Getting There Safely: Spring means trails can be muddy and slippery, so sturdy footwear is a must. Bring trekking poles if you have them, and always



check trail conditions before heading out. Many hidden falls require crossing streams or navigating uneven terrain—never attempt crossings during high water, and let someone know your plans before you go.

A good map or GPS app can help; some falls are unmarked, relying on local knowledge or clues from seasoned hikers. Respect private property and follow posted signs—our Valley's beauty is best enjoyed with

care and gratitude.

Pack Smart: Water, snacks, a camera, and a small first-aid kit are essentials. Don't forget to bring a garbage bag to pack out any litter, and consider a waterproof jacket—mist from the falls can be unexpectedly chilly.

Making Memories: Pause to watch sunlight catch the spray, listen for the chorus of birds, and enjoy the peaceful rhythm of water against stone. Hidden waterfalls of-

fer solitude, wonder, and a chance to see the Valley from a new perspective.

This May, venture beyond the well-trodden paths and discover the secrets of our hidden falls. Adventure awaits—just follow the sound of water.

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
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	
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WHAT'S AN IDIOM, ANYWAYS? PT. 10

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 "the elephant in the room" or "living high on the hog."



Look what the cat dragged in

Said jokingly or sarcastically when someone arrives unexpectedly or looks messy.

Dates to the early 1900s, based on the common sight of cats bringing home



As busy as a bee

Very busy or constantly working. Goes back to at least the 1500s, when bees were already widely recognized as symbols of constant activity and hard work.



Snakes in his boots

Feeling nervous, jumpy, or scared. Popularized in 1995 by the character Woody in the movie Toy Story.



Living high on the hog

Living in comfort or luxury. Became popular in the early 1900s in the US, referring to eating the best cuts of meat from the upper parts of a pig, which were more expensive.



Quit horsing around

Stop fooling around or behaving in a silly, rowdy way.

From the mid-1800s, inspired by the playful, energetic behaviour of horses when they run, kick, and play.



Bats in the belfry

To be a little crazy or eccentric. From the late 1800s and early 1900s, mostly in the US. A belfry is the part of a church tower where bells hang, and where bats might live. The "belfry" is the

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 quit horsing around and take a look at a few of them.



Monkey on my back

A persistent problem or burden. Early 19th century; likened to a literal monkey sitting on someone's back, heavy and annoying. Often used for addiction or nagging troubles.



A wolf in sheep's clothing

Someone who appears harmless but is actually dangerous or dishonest. Comes from a Bible story (1st century AD) warning of false prophets who disguise themselves as innocent.



The elephant in the room

An obvious problem or issue that everyone avoids talking about. Popularized in the mid-1900s. It refers to something so big and obvious that it can't realistically be ignored—yet people try



Kill two birds with one stone

Achieve two things with a single action. Dates back to at least the 1600s in English writing, based on the idea of efficiently hitting two targets with one throw.



Flogging a dead horse

Wasting effort on something that has no chance of success. Dates back to the mid-1800s in Britain, referring to the pointless act of whipping a horse that is already dead—nothing will



Cat got your tongue

Said when someone is unusually quiet or at a loss for words. Likely from the late 1800s, the exact origin is unclear, tales of punishment or fear-based silence, or just the humour of a cat

WHAT'S AN IDIOM, ANYWAYS? PT. 10

CONTINUED

Tons of idioms abound. The more you see, the more you find. So keep your eyes peeled and your ears to the ground—idioms are everywhere, hiding in plain sight. Once you start noticing them, you'll realize they're a dime a dozen, yet worth their weight in gold. Don't be afraid to throw them into



Straight from the horse's

Information from the original or most reliable source.
Early 1900s, possibly from horse racing, where checking a horse's teeth could reveal its true age and condition—direct



Make a beeline

To go quickly and directly toward something.
First recorded in the early 1800s, based on how bees fly straight back to their hive after finding nectar.



The early bird catches the

Success comes to those who act quickly or start early.
First recorded in the 1600s, reflecting the natural advantage of birds that get up early to find food.



Monkey see, monkey do

People copy what they see others doing, often without thinking.
Dates to the early 1900s, inspired by the imitative behaviour of monkeys.



A wild goose chase

A pointless search or pursuit that leads nowhere.
From the 1500s, used by William Shakespeare in Romeo and Juliet. It may have referred to a chaotic horse race



Hold your horses

Slow down, be patient, or wait a moment.
Dates to the 1800s, when riders or carriage drivers had to literally hold their horses to keep them from moving too quickly.

conversation; it's a piece of cake once you know the ropes. Sure, you might trip up by the skin of your teeth at first, but that's no reason to throw in the towel. Idioms add colour, humour, and humanity to language. Use them well, and you won't just hit the nail on the head—you'll paint the whole town red with words. It's time to hang it up and hit the road, 'cause I think we got the lion's share. Now back to the drawing board.



Like a bull in a china shop

Clumsy or careless in a situation where careful behaviour is needed. First appeared in the early 1800s, based on the image of a large, uncontrolled bull loose among fragile china—guaranteed



Cry wolf

To raise a false alarm or ask for help when it's not needed. Comes from Aesop's fable The Boy Who Cried Wolf (around 600 BC), where a boy repeatedly tricks villagers into thinking a wolf is coming—until a real wolf



The lion's share

The largest or best part of something. Also from an Aesop's fable, where a lion claims all the spoils of a hunt, leaving nothing for the other animals.



Ruffle someone's feathers

To upset, annoy, or offend someone. Dates back to the early 1800s, inspired by birds fluffing or ruffling their feathers when agitated or threatened.



A dark horse

Said jokingly or sarcastically when someone arrives unexpectedly or looks messy. Dates to the early 1900s, based on the common sight of cats bringing home



You can't teach an old dog

It's difficult for people to change long-established habits or learn new skills later in life. Dates back to at least the 1500s, reflecting the idea that older animals are less



Black Swan Event

A rare, unexpected event that has a major impact—often something no one saw coming, but that people try to explain afterward as self-evident. The idea dates back to ancient times when Europeans believed black swans didn't exist. That changed in 1697, when Dutch explorers discovered real black swans in Australia. The modern concept was popularized in 2007 by Nassim Nicholas Taleb in his book The Black Swan, where he described unpredictable, high-impact events. The rare moment that rewrites the rules, the single surprise that can change

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✔ Rhubarb Spritz

1 oz rhubarb syrup (homemade or store-bought)
2 oz sparkling wine
1 oz club soda
Lemon slice, for garnish

Instructions: Pour rhubarb syrup into a wine glass filled with ice. Add sparkling wine and club soda. Stir gently and garnish with a lemon **slice**.



✔ Wildflower Mule

1.5 oz vodka
0.5 oz elderflower liqueur
4 oz ginger beer
Lime wedge, for garnish

Instructions: Fill a copper mug or glass with ice. Add vodka and elderflower liqueur. Top with ginger beer and stir. Garnish with a lime wedge.



✔ Spring Green Shot

0.5 oz Midori (melon liqueur)
0.5 oz lemon juice
0.5 oz vodka
Lemon twist, for garnish

Instructions: Combine Midori, lemon juice, and vodka in a shaker with ice. Shake well and strain into a shot glass. Garnish with a lemon twist.



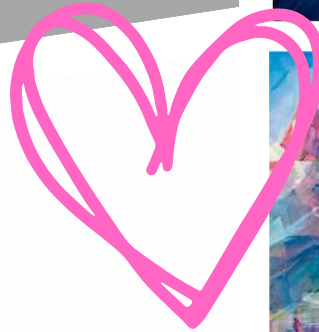
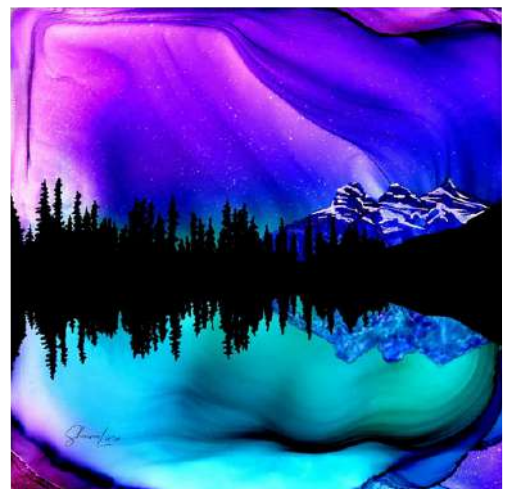
✔ Strawberry Basil Smash

2 oz gin
4 fresh strawberries
4 basil leaves
0.5 oz simple syrup
0.5 oz lemon juice

Instructions: Muddle strawberries and basil with simple syrup in a shaker. Add gin and lemon juice, then ice. Shake well and strain into an old-fashioned glass over fresh ice.

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WINDERMERE - MAY 10

Education Event • Invasive Species • Debris Bin

The Windermere FireSmart Group will host a community education event on May 10, starting at 1:00 PM. The East Kootenay FireSmart Program will be on hand to discuss how you can remove materials that would act as fuel during a wildfire.

RDEK Invasive Plant Technician, Chelsea Tully, will also be speaking on invasive plants within the RDEK. Local FireSmart Representative, Nate Breeze, will discuss how this relates to the FireSmart Program and how you can make FireSmart landscaping choices.

When: May 10th at 1:00 PM

Where: Windermere Community Hall (4726 North St)

Who: Windermere residents

There will also be a debris bin placed at the community hall from May 11 to 25.

Please follow the debris bin guidelines discussed at the education event.

Accepted:

- ✓ Tree limbs up to 13cm in diameter
- ✓ Brush
- ✓ Leaves
- ✓ Grass Trimmings
- ✓ Weeds
- ✓ Needles
- ✓ Pine cones



NOT Accepted:

- ✗ Garbage
- ✗ Soil
- ✗ Treated Wood
- ✗ Disposal Materials
- ✗ Root Balls
- ✗ Tree limbs over 13cm in diameter
- ✗ Construction Materials



Important things to remember:

- Absolutely **NO GARBAGE**.
- The use of the debris bin is limited to those residents living within the community hosting the event.
- Material in the bin must not exceed the height of the bin sides.
- Bin events are meant to facilitate the FireSmarting of Home Ignition Zones surrounding existing homes and outbuildings.

For more information, contact:

- FireSmart Neighbourhood Champion: Wolf Juchem • wjuchem@shaw.ca
- Local FireSmart Representative: Nate Breeze - LFRCVFireSmart@rdek.bc.ca

engage.rdek.bc.ca/firesmart

ECO-FRIENDLY LAWN CARE

Sustainable Practices for May

As the Columbia Valley, Kimberley, and Cranbrook shake off the last traces of winter, lawns everywhere begin their annual transformation—green shoots push through thawed earth, robins hunt for worms, and homeowners step outside, mower in hand. May marks the true start of lawn care season, but with growing awareness about environmental impacts, many Valley residents are rethinking how they care for

their patch of green. Eco-friendly lawn care isn't just about aesthetics; it's about stewardship, supporting local biodiversity, and ensuring the health of our soil, water, and wildlife.

The Valley Voice invites you to cultivate a lawn that's as gentle on the planet as it is beautiful. Whether you're tending a sprawling yard or a compact city plot, there's never been a better time to adopt sustainable practices—

and see your lawn thrive.

Why Eco-Friendly Lawn Care Matters

Traditional lawn care often relies on chemical fertilizers, pesticides, frequent watering, and heavy-duty mowing—all of which can stress local ecosystems. Runoff from fertilizers can pollute rivers and lakes, pesticides harm pollinators and beneficial insects, and excessive watering strains our



resources. By taking a more sustainable approach, you'll help protect local wildlife, reduce pollution, and create a space that's safer for children, pets, and the community.



MOWING: LESS IS MORE

The first step toward a healthier, eco-friendly lawn is reconsidering your mowing habits.

1. **Set Your Mower High:** Cut grass at 3-4 inches, rather than the traditional short crop. Taller grass shades the soil, retains moisture, and encourages deeper roots—making your lawn more drought-resistant and less prone to weeds.

2. **Mow Less Frequently:** Let your lawn grow a little longer between cuts. This reduces stress on the grass and gives pollinators and beneficial insects more habitat. In May, as growth surges, aim for mowing every 7-10 days, adjusting for conditions.

3. **Leave the Clippings:** Known as “grasscycling,” leaving clippings on the lawn provides natural mulch, returning nutrients to the soil and reducing the need for fertilizers. Modern mowers with mulching blades make this easy.

4. **Sharpen Your Blades:** Dull mower blades tear grass, making it more susceptible to disease. Sharp blades ensure clean cuts and healthier turf.



WATERING WISELY

Water is a precious resource in the Valley. Eco-friendly lawns use less water and make every drop count.

1. Water Early and Deep: Water early in the morning before sun and wind increase evaporation. Aim for deep, infrequent watering—about once a week—so roots grow deeper and lawns become more resilient.
2. Use Rain Barrels: Capture rainwater from your roof for irrigation. It's free, chemical-free, and gentle on plants.
3. Adjust for Rain: Skip watering after a good rainfall. Overwatering not only wastes resources but encourages shallow roots and fungal diseases.



MULCHING: NATURE'S BLANKET

Mulch isn't just for flower beds—it's a vital tool for eco-friendly lawn care.

1. Mulch Your Clippings: As mentioned, grass clippings act as a natural mulch. They break down quickly and enrich the soil.
2. Use Organic Mulch in Borders: Apply wood chips, straw, or shredded leaves around trees, shrubs, and garden beds. Mulch suppresses weeds, retains moisture, and provides habitat for beneficial insects.
3. Leave Some Areas Wild: Designate portions of your yard for wildflowers, tall grasses, or native plants. These "wild corners" need less maintenance and support pollinators and birds.



✓
NATURAL PEST CONTROL

Chemical pesticides can harm bees, butterflies, and other allies. Instead, try these gentle, effective methods:

1. Encourage Beneficial Insects: Ladybugs, lacewings, and ground beetles eat aphids and other pests. Plant nectar-rich flowers and leave some leaf litter to attract them.
2. Spot Treatment: If pests appear, treat only affected areas with insecticidal soap or neem oil. Avoid blanket spraying.
3. Hand-Picking: For larger pests like slugs or caterpillars, hand-picking is surprisingly effective. Early morning or evening is best.
4. Use Barriers: Row covers, netting, or collars around young plants protect them without chemicals.
5. Healthy Soil: Healthy soil fosters strong plants that resist pests naturally. Add compost, aerate your lawn, and test your soil to maintain balanced nutrients.



✓
FERTILIZING SUSTAINABILITY

Skip the synthetic fertilizers and opt for natural solutions.

1. Compost: Apply a thin layer of compost in May to boost soil health. Homemade or locally sourced compost is best.
2. Overseed with Clover: White clover fixes nitrogen in the soil, reducing the need for fertilizers and providing nectar for bees. Mix clover seeds with grass seed for a lush, eco-friendly lawn.
3. Avoid “Weed and Feed” Products: These often contain persistent chemicals. Spot-treat weeds instead, or embrace a few dandelions—they’re an important early food source for pollinators.



SUPPORTING BIODIVERSITY

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.

Reducing Your Lawn's Footprint

Consider shrinking your lawn by expanding garden beds, planting shrubs, or adding edible landscaping. Less lawn means less mowing, watering, and fertilizing—and more habitat for wildlife.

Tools and Techniques

Eco-friendly lawn care doesn't require fancy gadgets, but a few simple tools help:

- Reel mowers or electric mowers: Quieter and less polluting than gas-powered models.
- Rain gauges: Monitor rainfall and adjust watering accordingly.
- Soil test kits: Determine what your lawn needs—prevents over-fertilizing.
- Compost bins: Turn kitchen and yard waste into rich fertilizer.

Teaching the Next Generation

Invite children to help plant wildflowers, build compost piles, or spot pollinators. Make lawn care a family activity focused on stewardship and discovery. Schools and clubs can run "Lawn Care Days" or create eco-friendly demonstration plots.

Community Connections

Eco-friendly lawn care grows stronger when shared. Swap tips, seeds, and compost with neighbours. Join local gardening clubs or community garden projects. Share your successes (and failures!) with The Valley Voice—we love hearing how Valley residents are making a difference.

Success Stories

A Kimberley resident reports that mowing less and overseeding with clover brought more butterflies and bees to her yard. In Invermere, a family used rain barrels and compost, reducing their water bill and seeing healthier grass. Cranbrooks community gardens have embraced mulching and organic pest control, resulting in bumper harvests and more wildlife sightings.

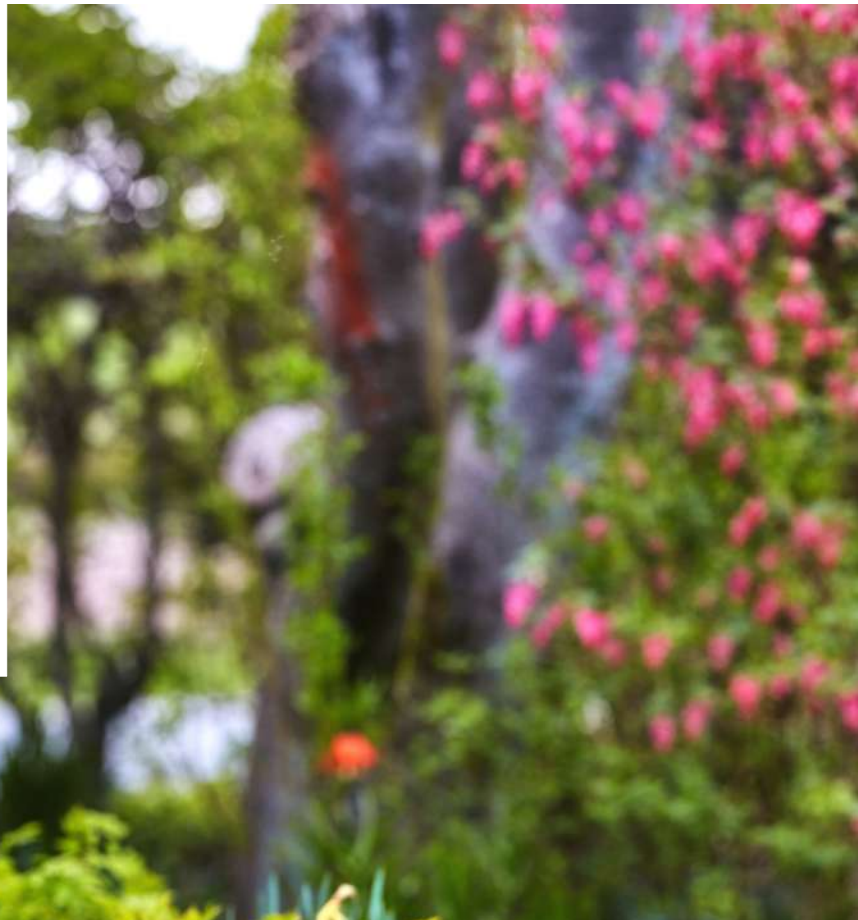
A Lawn for All Seasons

Eco-friendly lawn care isn't about perfection; it's about balance. A few weeds, wild corners, and buzzing bees are signs of a healthy ecosystem. Your lawn can be a

haven for wildlife, a playground for children, and a source of pride—all while protecting the Valley's natural beauty.

This May, as you step out onto your lawn, consider how your actions ripple outwards. Every sustainable choice helps keep our rivers clean, our pollinators thriving, and our community strong. The Valley Voice is here to support you with tips, stories, and inspiration—because together, we can make every patch of green count.

Happy mowing, mulching, and making a difference, Valley friends!





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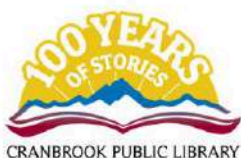
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3:00 PM - 4:00 PM



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Apex (2026)

Movie Review

📌 IMAGE CREDIT: [IMBD.com](https://www.imdb.com)



Baltasar Kormákur's *Apex* delivers a taut, adrenaline-pumping survival thriller that makes the most of its stunning Australian wilderness setting and powerhouse lead performance. Charlize Theron stars as Sasha, a woman carrying the weight of loss who seeks solace—and perhaps redemption—on a solo climbing expedition. But peace is short-lived when she crosses paths

with Taron Egerton's chillingly unpredictable local, and a deadly game of survival begins.

The film's greatest strength is its relentless pacing and palpable sense of isolation. Kormákur, known for his mastery of man-versus-nature stories, turns the wild bush into both a breathtaking backdrop and an ever-present threat. The cinematography captures dizzying cliff

faces, tangled forests, and the harsh beauty of the outback, immersing viewers in Sasha's perilous journey.

Charlize Theron anchors the film with a raw, physical performance, conveying grit, vulnerability, and resourcefulness in equal measure. Egerton is a haunting adversary—his portrayal of the antagonist is unnerving yet, at times, disturbingly sym-

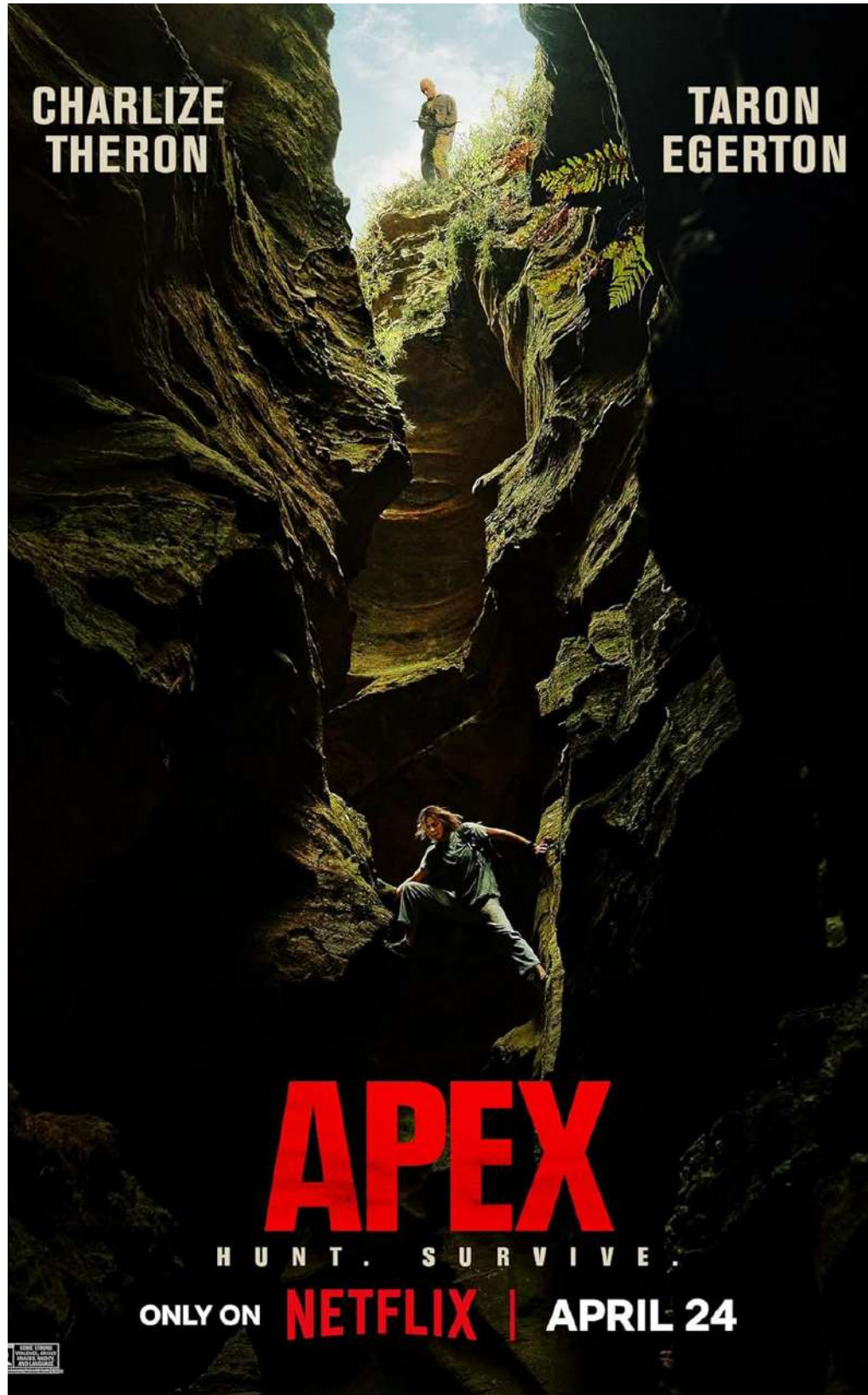
pathetic. Their cat-and-mouse dynamic keeps tension high, with clever twists that avoid genre clichés.

While *Apex* doesn't reinvent the survival thriller, it executes its premise with sharp focus and emotional weight. Some secondary character development is thin, and the ending may feel abrupt to some, but the film's visceral thrills and strong central performances more than compensate.

Final Verdict: *Apex* is a gripping, visually arresting survival tale elevated by Theron and Egerton's riveting performances. If you're in the mood for suspense, danger, and the raw beauty (and menace) of the wild, this Netflix original is a must-watch. Four out of five stars.

★ Rating: 4 out of 5

IMAGE CREDIT: [IMBD.com](https://www.imdb.com)



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REWARD

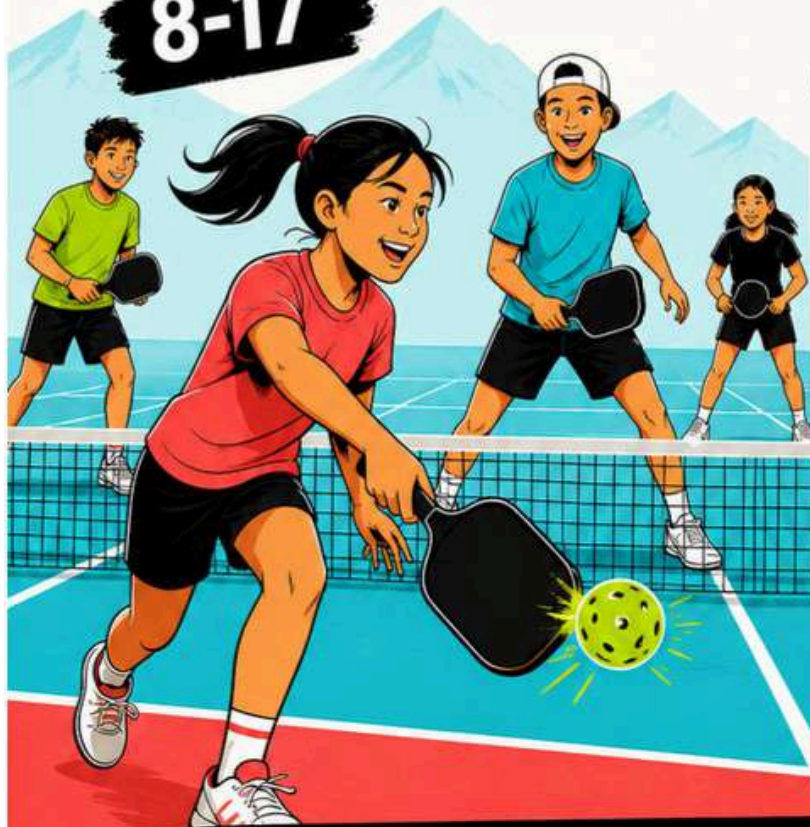
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AGES
8-17



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Inkonbini: One Store. Many Stories

Game Review

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



IMAGE CREDIT: [Playstation.com](https://www.playstation.com)

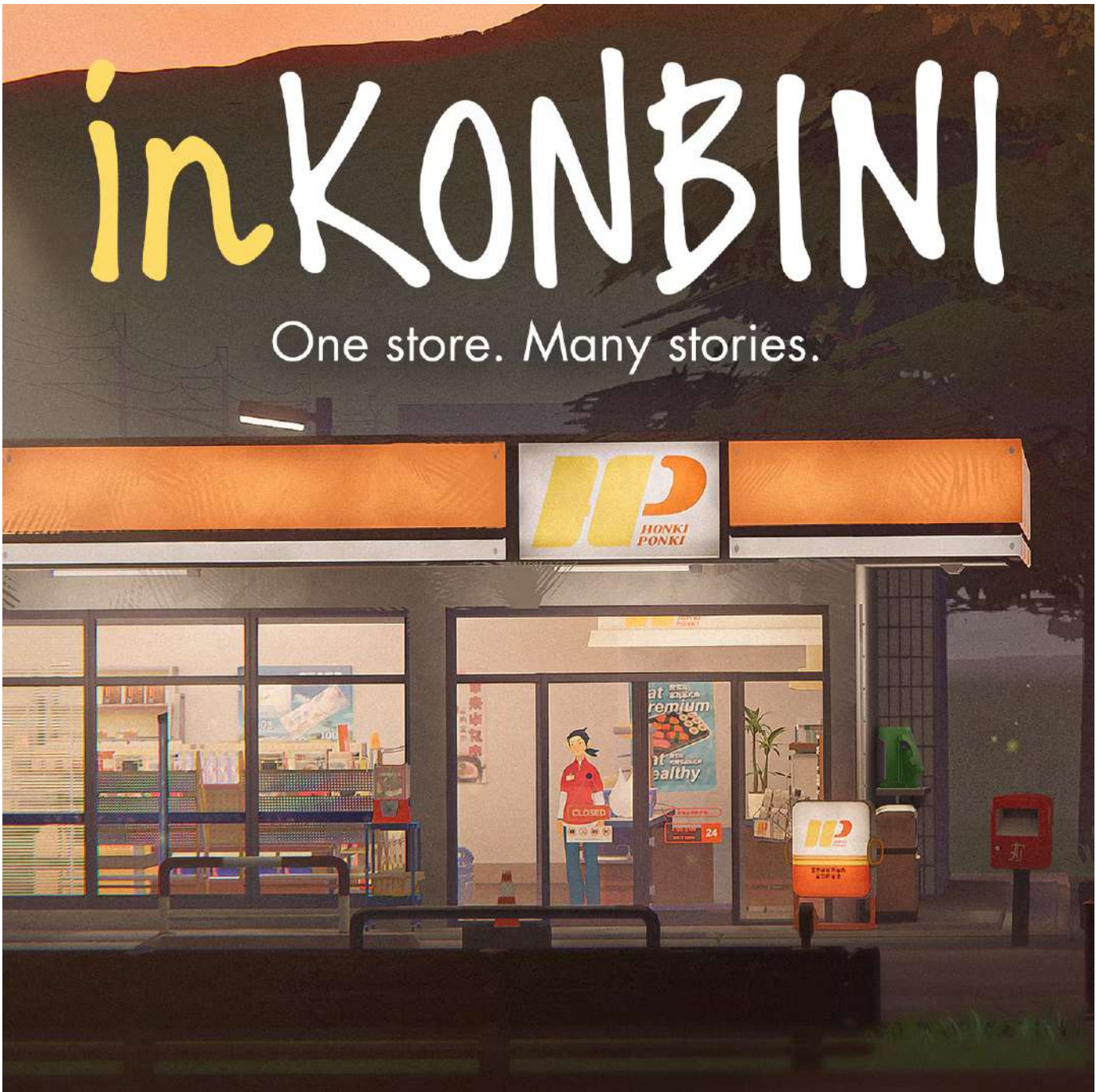


IMAGE CREDIT: [Playstation.com](https://www.playstation.com)

Inkonbini: One Store. Many Stories is a heart-felt and quietly captivating narrative adventure, blending slice-of-life storytelling with light management gameplay. Available on PS5, Xbox Series X|S, Switch, and PC, the game situates players in the shoes of a convenience store manager in a bustling Japanese neighborhood, where every customer holds a tale and every decision shapes the rhythm of daily life.

Gameplay & Mechanics:

The game offers a refreshing mix of store management—stocking shelves, handling deliveries, and juggling quirky co-workers—with rich narrative moments. Players interact with regulars, uncovering their stories through branching dialogue, personal quests, and subtle choices. The

mechanics are intuitive, with enough challenge to keep seasoned players engaged but accessible for newcomers. The day-night cycle and seasonal events add variety without overwhelming.

Story & Atmosphere:

Where Inkonbini shines is its storytelling. Characters are diverse, memorable, and often surprising, from the lonely student seeking comfort to the retiree reminiscing about better days. The writing is gentle and authentic, painting a picture of community and connection. The store itself becomes a hub for laughter, drama, and everyday magic, and the game encourages empathy and curiosity.

Visuals & Audio: The art direction is charming: bright, cozy interiors, expressive character ani-

mations, and detailed environmental touches. The soundtrack is soothing, with mellow tunes that transition smoothly with the game's moods.

Overall Impression:

Inkonbini is not a fast-paced blockbuster, but a thoughtful, engaging experience that rewards patience and attention. Some may wish for deeper management complexity or more dramatic stakes, but the game's gentle pace and focus on personal stories are a welcome change. Final Verdict: A standout for fans of narrative adventures and cozy sims, Inkonbini: One Store. Many Stories earns a solid four out of five stars. It's a warm invitation to slow down, listen, and find meaning in the everyday.

★ Rating: 4 out of 5

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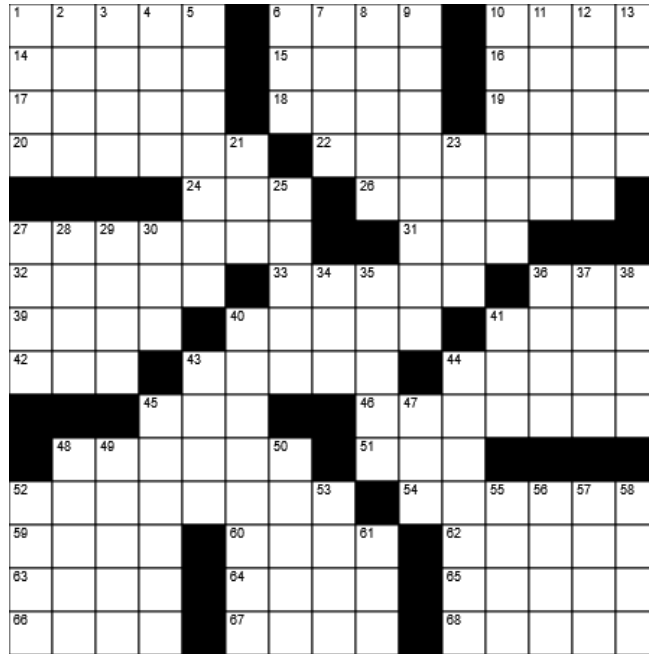
MEETING ROOM X 2

get out of the house **&** get down to business

A LITTLE FUN

Across

1- Monetary unit of Nigeria; 6- Centrepiece of the human face; 10- Plays a part; 14- Continental cash; 15- Slaughter of baseball; 16- Stable female; 17- Cream-filled cookies; 18- Dinghy pair; 19- "So be it"; 20- Capital of the Bahamas; 22- Unnecessary; 24- Strike caller; 26- Slowpokes; 27- Student; 31- Alphabet trio; 32- Used up; 33- Roast host; 36- First name in Notre Dame football; 39- Poi ingredient; 40- Unfolds; 41- Took to court; 42- Puncture sound; 43- Enthusiasm; 44- Recording of acoustic signals; 45- Cockpit abbr.; 46- Converting to leather; 48- Collar; 51- Rescue squad VIP; 52- Astronaut; 54- What Richard III offered "my kingdom" for; 59- Ballerina Pavlova; 60- Woeful word; 62- At attention; 63- Anthropologist Margaret; 64- Repose; 65- Angry with; 66- Crown of the head; 67- Winter Palace resident; 68- Night noise;



Down

1- Noble gas; 2- Mystical glow; 3- Angers; 4- Outback hoppers; 5- Onslaught; 6- Classical starter; 7- ___ even keel; 8- Sensitive spots; 9- Concentrated extracts; 10- Charlotte ___, Virgin Islands; 11- Humped ruminant; 12- Lock of hair; 13- Chamber workers: Abbr.; 21- Actress Thurman; 23- Florida's Miami-___ County; 25- Gets ready; 27- Grounded fleet; 28- Tax experts: Abbr.; 29- Towel word; 30- Lennon's mate; 34- Was introduced to; 35- Benjamin; 36- Quattro maker; 37- Harness part; 38- Work like ___; 40- Baffle; 41- Sky light; 43- Merriment; 44- National songs; 45- Area with coin-operated games; 47- Doc's bloc; 48- Sleeping disorder; 49- Charged; 50- Stories; 52- Coarsely ground corn; 53- Astronaut's insignia; 55- Port of Algeria; 56- Decorate anew; 57- Skin marking, often due to injury; 58- Novel ending?; 61- Orch. section;

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What is a cow's favorite May holiday?
Moo-ther's Day.

