

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#110 Issue

Columbia Valley, BC

INSIDE THIS EDITION

THE CURRENT OF ENOUGH

Why Life is Not Give-and-Take, But a Continuous Flow of Giving and Re-giving

FIRESMART YOUR HOME

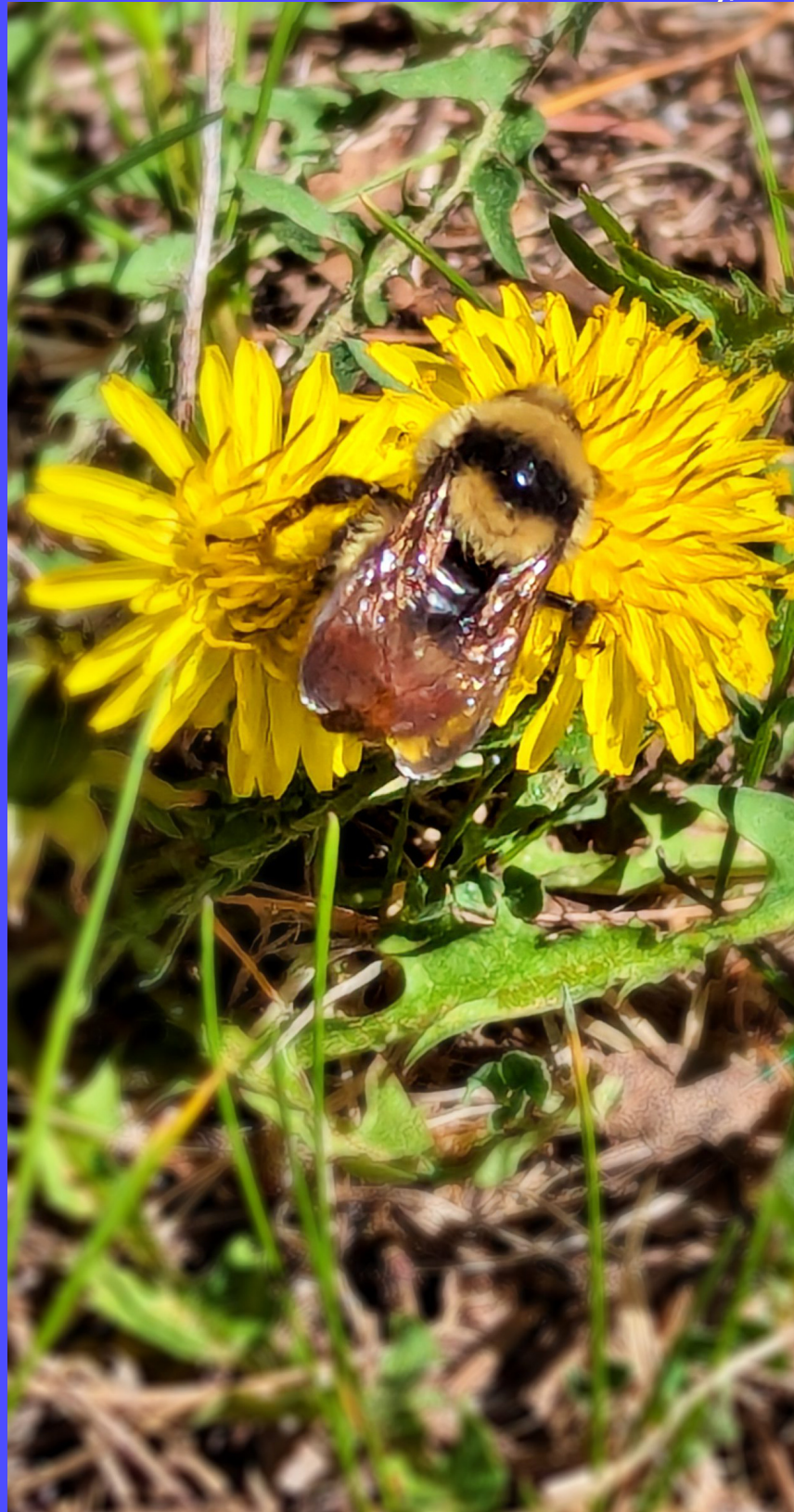
Wildfire Readiness for Valley Residents

THE BACON

The Salty Strip of Truth, the Crispy Confessor, the Sizzlin' Sermon of the Skillet, the Porky Prophet of Breakfast, the Grease-Stained Gospel of Glory—To Eat or Not to Eat? That Is the Sizzle.

FROM NEAR DEATH TO BACK AT WORK AGAIN

A tiny rescue felt like a reminder that even the smallest lives carry a remarkable will to keep going.



➤ 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 July 8th, 2025
SUBMISSION DEADLINE July 7th, 2025

EVENTS

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

LOCAL PHOTOGRAPHY

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

BUSINESS ADS

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 Once an ad is out of date or stale, we will remove it.*

PERSONAL INTEREST

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

NEWS

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

BECOME A VOLUNTEER!

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

Want to get involved?

Email us at news@thevoicecv.ca

VISIT US ONLINE

thevoicecv.ca

VISIT US ON SOCIAL

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

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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



“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

As summer settles over the Columbia Valley, the days are longer, the air is warmer, and the excitement for outdoor adventures is building! June is always a special month, with the promise of backyard barbecues, lakeside picnics, and plenty of time spent soaking up the sunshine. We hope you're finding new ways to embrace the season—while staying cool and safe during those hotter stretches.

This month, we're sending a special shout-out to all the dads, granddads, and father figures in our community. Happy Father's Day! Whether you're celebrating with family traditions, fishing trips, or a quiet afternoon in the garden, we hope your day is filled with laughter and love.

We also want to remind everyone to keep hydrated and take care in the summer heat. Don't forget hats, sunscreen, and shady breaks—especially for the little ones and our elders. Staying mindful ensures we can all enjoy the best of what June has to offer.

A big thank you goes out to everyone who submits stories, shares photos, and supports the Valley Voice. Our core volunteer team has shrunk a bit lately, so every contribution truly makes a difference. Whether you've sent in a recipe, told a story, or simply passed along our newsletter to a friend, your involvement keeps our community strong and connected.

This year, we're hoping to reach more readers than ever and fill our pages with even more community content. If you enjoy what we do, please share Valley Voice with a friend or neighbour—help us celebrate our fourth year by inviting others to join in. Your support is the heartbeat of everything we do.

Thank you for being part of the Valley Voice family. Here's to a safe, joyful, and adventure-filled June—happy Father's Day, and happy summer!

—The Valley Voice Volunteers (VVV)

INVERMERE CURLING CLUB SOCIAL NIGHT!

GOOD PEOPLE, GREAT DRINKS, ZERO CURLING.

LET'S CATCH UP.



A NIGHT FOR ALL CURLERS

We share laughs and good times all winter, then never see each other all summer.

LET'S CHANGE THAT.



TUESDAY, JUNE 16



BAR OPENS AT 8:30PM

SEE YOU AT THE CLUB!





JULY 11th
8am - 12pm
320 - 10th Avenue Invermere



COMMUNITY YARD SALE

Can't Wait To See You All!!!
Calling all to Stop & Shop

All proceeds go to Child Care Programming
GRAB A COFFEE & TREAT NO EARLY BIRDS PLEASE * OPEN 8 AM

FOR MORE INFO OR TO DONATE ITEMS CALL 250-341-6224 OR EMAIL BNMCHILDCARE@GMAIL.COM



SUMMER SOCCER SCHOOL



SATURDAY'S
JULY 11th - AUGUST 15th

9:00-10:30AM AGES 7-10
10:30AM-MIDDAY AGES 11-13

BALL MASTERY SKILLS, RONDO'S, GAMES, GIVEAWAYS & MORE!
PASSIONATE, EXPERIENCED QUALIFIED COACHES

\$165 FOR FULL BLOCK (6 SESSIONS)

MT. NELSON ATHLETIC PARK

HOSPICE SOCIETY OF THE COLUMBIA VALLEY

Spring **GALA**

June 13, 2026 - 5:30 PM

YOUR SUPPORT *helps* CHANGE LIVES

Indulge in a chef-inspired three-course gourmet dinner with thoughtfully paired wines, our popular dessert auction and an evening of meaningful stories and connection. Together, we can make a difference for individuals and families facing end-of-life and bereavement.

TICKETS: \$150 (\$50 eligible for a charitable Tax receipt)
RADIUM COURSE | PALLISER ROOM

www.hospicesocietycv.com

Elder Abuse Happens - Let's Help

Monday June 15, 4 - 7pm
Columbia House Healing Gardens



WORLD ELDER ABUSE AWARENESS DAY

20 YEARS



BC ASSOCIATION OF **Community Response Networks**
Stopping Adult Abuse and Neglect ...Together.

Columbia Valley **food and FARM**

Nourish
COLUMBIA VALLEY



★ Black Star Summer ARTI! CAMPS

one whole week getting **CREATIVE**
& **HAVING FUN** at the beach!

Book online
www.blackstarstudios.ca



Monday to Friday
10am – 2.30pm
ages 7 and up

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



THE CURRENT OF ENOUGH

Why Life is Not Give-and-Take, But a Continuous Flow of Giving and Re-giving

Most people grow up believing life works through give and take—that for everything given, something else must be taken or returned. Everything becomes an exchange, a trade, a running balance sheet. But there is another way to look at life entirely—one where there is no real “taking” at all. There is only giving and re-giving.

In this view, nothing truly disappears when it is given in the right spirit and in the right measure. Life itself works more like circulation than transaction. What seems to come back to us is often just life returning what we already set into motion.

American philosopher and Renaissance man Walter Russell (1871-1963) wrote about this kind of rhythm in his ideas about energy, balance, and the nature of the universe. Energy does not negotiate; it moves. Light does not argue; it radiates. Nature itself operates through balanced flow, not through keeping score.

Applied to everyday life, this changes the meaning of generosity completely. Real giving is not supposed to drain you. In fact, one of the healthiest principles is surprisingly simple: do not give more than you have—only give what you

truly have in excess. Anything beyond that often leads to exhaustion, resentment, guilt, or imbalance. And once giving becomes forced or self-destructive, it ceases to be life-giving at all.

That idea connects deeply with the old understanding that our outer lives are shaped by our inner ones. The quality of what we give to others depends largely on the condition of our own minds. As James Allen, author of *As a Man Thinketh*, wrote in 1903, “A man is literally what he thinks, his character being the complete sum of all his thoughts.”

The core idea behind Allen's work is that thought quietly builds character, and character eventually shapes circumstances. We become what we repeatedly think about. The mind is not separate from life—it helps create the direction of life itself. In that sense, giving is never just an external act. It reflects what is already happening inside us.

Allen also wrote, "Circumstance does not make the man; it reveals him." Pressure exposes what already exists beneath the surface. The same is true with giving. When there is inner stability and a sense of enoughness, generosity feels natural. But when there is fear, emptiness, or confusion underneath, giving can become conditional, performative, or quietly bitter.

Another of Allen's observations runs even deeper: "Men do not attract that which they want, but that which they are." What returns to us often mirrors the state we live in consistently. Re-giving, then, is not some cosmic reward system—it is the continuation of a pattern already in motion.

Ralph Waldo Emerson (1803 - 1882), the American philosopher, expressed a similar truth in a single unforgettable line: "What you are speaks so loudly that I cannot hear what you say." Presence matters more than performance. People feel the reality behind actions.

And Lao Tzu (6th century BC, Chinese philosopher, founder of Taoism and author of the Tao Te Ching—read it) offered the balancing wisdom behind all of this: "He who knows

others is wise; he who knows himself is enlightened." Self-knowledge matters because it prevents unhealthy giving—the kind that tries to rescue others, control outcomes, win approval, or keep giving when there's nothing left to give.

Taken together, these ideas point toward a different way of living: develop inner clarity, know honestly what you have to give, and give only from your overflow rather than your survival reserve. In this way, giving stops feeling like a sacrifice and becomes participation in the natural movement of life itself—a steady rhythm of giving and re-giving, where nothing real is ever lost, only carried forward in another form.



FAMILY FRIENDLY!



COLUMBIA VALLEY CYCLING 4 A CAUSE POKER RIDE

20 JUNE 2026

POKER RUN STYLE RIDES 10AM -2 PM
JOIN THE AFTER PARTY CELEBRATION AT MT
NELSON ATHLETIC FIELD- 4PM



Register here!

FOUR GREAT TRAILS TO CHOOSE FROM

**SWANSEA
MTN**

**JOHNSON
TRAIL**

**JR
JOHNSON
SCAVENGER HUNT
FOR KIDDOS**

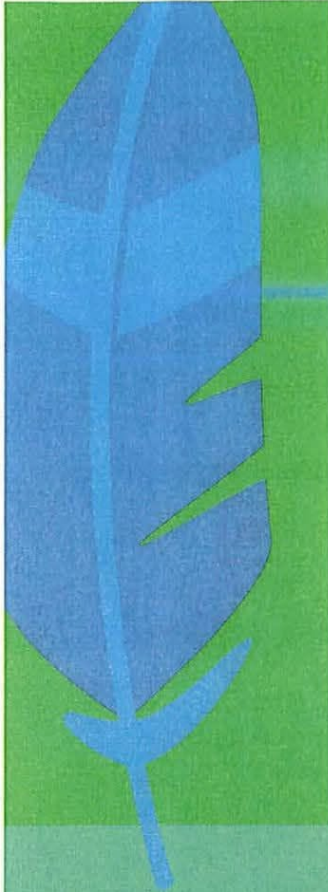
**WESTSIDE
LEGACY TRAIL**

**A COLLABORATION WITH CVCS
IN SUPPORT OF SUMMIT YOUTH HUB & RAD SOCIETY**



RAD SOCIETY





NATIONAL INDIGENOUS PEOPLES DAY



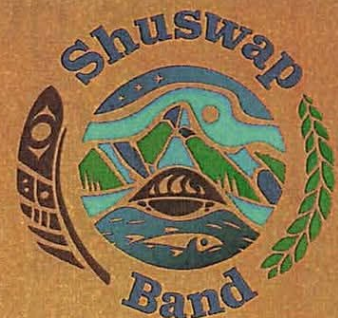
Immerse yourself in a celebration with traditional games/ presentation, medicinal plant/ tea station, Shuswap department info tents, Indigenous merchants market, BBQ by donation and door prizes!

June 21 • 11AM- 2PM
All are welcome.

Shuswap Band Community Hall
9975 Kinbasket Trail,
Invermere, BC V0A 1K2

FOR MORE INFORMATION:

Joshua Martin- Director of Culture and Heritage
jmartin@shuswapband.ca





FIRESMART YOUR HOME

Wildfire Readiness for Valley Residents

In recent years, smoky skies and evacuation alerts have become all too familiar. But there's good news—by taking practical steps now, each of us can help protect our homes, our neighbours, and the wild places we love.

At The Valley Voice, we believe that preparation is power. This month, we've gathered advice from local experts, FireSmart coordinators, and neighbours who've weathered fire seasons past. Here's how you can make your property—and our whole community—more resilient, one step at a time.

Understanding the Risk

Our region's forests, grasslands, and mountain slopes are beautiful—but they're also prone to wildfires, especially as summers grow hotter and drier. Lightning strikes, backyard campfires, and even a stray cigarette can spark a blaze. The good news is that homes and communities don't have to be helpless in the face of fire. The FireSmart program, developed by wildfire experts across Canada, offers proven strategies to reduce risk and slow the spread of wildfire.

Step One: Start with the Home Ignition Zone

Wildfire experts recommend thinking in "zones" around your home, focusing first on the area closest to your house—the Home Ignition Zone.

Within 1.5 metres (5 feet):

- Keep this area non-combustible. Remove all flammable material—wood piles, patio furniture, planters, and even decorative bark mulch.
- Replace with gravel, stone, or bare earth if possible.
- Clean gutters and roofs regularly, as pine needles and leaves can ignite from embers.
- Store firewood and propane tanks well away from the house.

1.5 to 10 metres (5 to 30 feet):

- Trim back shrubs and low branches, especially near windows or decks.
- Mow grass regularly and keep it short.
- Space out trees and remove deadfall.
- Prune tree branches up to two metres off the ground to prevent flames from climbing.

10 to 30 metres (30 to 100 feet) and beyond:

- Thin out dense stands of trees.
- Dispose of brush, fallen branches, and yard waste.
- Create fire breaks with drive-ways, gravel paths, or even a well-watered garden.

Step Two: FireSmart Landscaping

What you plant and where you plant it can make a big difference.

- Choose fire-resistant plants like lilac, potentilla, or deciduous trees (think aspen, maple, or poplar).
- Avoid highly flammable species such as juniper, cedar, and pine right next to your home.
- Keep lawns and gardens green and healthy—well-watered plants resist ignition.
- Mulch with gravel or river rock instead of wood chips near structures.

Step Three: Maintain and Monitor

Wildfire readiness isn't a one-time chore. Make it a family or neighbourhood activity:

- Clean roofs, gutters, and under decks of leaves and debris every few weeks in summer.
- Check vents, screens, and attic openings for blockages or buildup.
- Test hoses, sprinklers, and water sources. Know where your water shutoff is.

Step Four: Emergency Planning

Even with the best prevention, wildfires can still pose a threat. Being ready to act quickly is key.



- Make a family evacuation plan. Decide where you'll go, what you'll bring, and how you'll communicate.
- Prepare an emergency kit with water, food, medications, important documents, and pet supplies.
- Sign up for local emergency alerts through the Regional District or municipality.
- Keep vehicles fuelled and parked facing the road for a quick getaway.
- Make a list of neighbours who may need help evacuating, and check in during high-risk times.

Community Programs and Resources

You're not alone in this effort! Across the Valley, FireSmart programs offer hands-on help, education, and support:

- **Free Home Assessments:** Many communities provide FireSmart home assessments, where trained volunteers or fire department staff visit your property and offer tailored advice.
- **Chipping and Yard Waste Days:** Watch for community clean-up events—bring your brush and branches for safe disposal.
- **Neighbourhood Champions:** Some neighbourhoods have FireSmart committees or “champions” who organize work bees, share information, and connect with local fire services.
- **Workshops and Webinars:** Check the Regional District of East Kootenay, local fire departments, and the FireSmart Canada website for upcoming events.

Small Steps, Big Difference

You don't have to do everything

at once. Start small—clear your gutters, move your woodpile, trim that overgrown hedge. Every action you take reduces risk not just for your home, but for the whole community. Wildfire knows no fences, but neither does prevention.

Get Involved: Neighbours Helping Neighbours

FireSmart is most effective when it's a team effort. Consider organizing a “FireSmart Day” on your block. Bring coffee and snacks, divide up tasks, and celebrate your progress together. Kids can help pick up branches or deliver flyers, while older neighbours might appreciate a helping hand. The Valley Voice encourages you to share your stories and photos—let's inspire each other to make wildfire readiness a Valley tradition.

A Safer Summer Starts Now

As we look forward to sunny days, lakeside picnics, and starry nights, let's remember that our Valley's beauty—and our way of life—depends on all of us. By taking practical steps now, we can reduce worry and increase resilience. Wildfires are part of our landscape, but together, we can be ready.

For more resources, visit firesmartcanada.ca, check with your local fire department, or contact your municipality. And as always, The Valley Voice will keep you informed about upcoming programs, community efforts, and safety tips.

Here's to a safe, smoke-free summer, and to a Valley that stands strong—come what may.





POWDER

FIRE EXTINGUISHER
5 LITRE WATER

FIRE EXTINGUISHER



USE UPRIGHT
REMOVE SAFETY PIN
DIRECT NOZZLE AT
BASE OF FIRE FROM
AT LEAST 1 METRE
SQUEEZE HANDLES
TO OPERATE

DO NOT USE IF
PRESSURE INDICATOR
ENTERS RED SECTION
DO NOT USE OUTSIDE
SPECIFIED TEMPERATURE
RANGE

CO₂

FIRE EXTINGUISHER
5 LITRE WATER

FIRE EXTINGUISHER



USE UPRIGHT
REMOVE SAFETY PIN
DIRECT NOZZLE AT
BASE OF FIRE FROM
AT LEAST 1 METRE
SQUEEZE HANDLES
TO OPERATE



WARNING!
DO NOT USE IF PRESSURE
INDICATOR ENTERS RED SECTION
DO NOT USE OUTSIDE SPECIFIED
TEMPERATURE RANGE

WATER

FIRE EXTINGUISHER
5 LITRE WATER

USE UPRIGHT
REMOVE SAFETY PIN
DIRECT NOZZLE AT
BASE OF FIRE FROM
AT LEAST 1 METRE
SQUEEZE HANDLES
TO OPERATE



WARNING!
DO NOT USE IF PRESSURE
INDICATOR ENTERS RED SECTION
DO NOT USE OUTSIDE SPECIFIED
TEMPERATURE RANGE

WET CHEMICAL

FIRE EXTINGUISHER
5 LITRE WATER

FIRE EXTINGUISHER



USE UPRIGHT
REMOVE SAFETY PIN
DIRECT NOZZLE AT
BASE OF FIRE FROM
AT LEAST 1 METRE
SQUEEZE HANDLES
TO OPERATE



WARNING!
DO NOT USE IF PRESSURE
INDICATOR ENTERS RED SECTION
DO NOT USE OUTSIDE SPECIFIED
TEMPERATURE RANGE



Grab the Mic
BE THE STAR! ☆

IT'S

KARAOKE

TIME!



NEXT
KARAOKE
JUNE 12TH
AND
JUNE 26TH

SING LOUD.
HAVE FUN.
GREAT TIMES!

All Voices
WELCOME!

COLD BEER ☆ GOOD PEOPLE ☆ GREAT TIMES



Multicultural **CANADA DAY**

Golden Museum

July 1 ~ 11 AM ~ 3 PM

Journée du multiculturalisme du **CANADA**

Musée de Golden

1 juillet • 11 h ~ 15 h



Jam It Up for Canada! : Fêtez le Canada en musique!

**Curtis Butala • Sarah Osadetz • Travis & Larry Pickering
Mike Pecora**

12 PM: National Anthem & Cake Cutting

Old-Fashioned Games for Kids

Jeux d'antan pour enfants

Please Bring Your Own Chair

Veuillez apporter votre propre chaise



MAKE YOUR OWN CANDIED BACON

Ingredients:

12 strips bacon (about 1 lb,
not thick-cut)
1/4 cup light brown sugar
1/2 teaspoon black pepper
(optional)

Instructions:

Prep: Preheat oven to 375°F. Line two baking sheets with foil and place wire racks on top. Lay bacon strips across racks (don't overlap). Sprinkle each strip with brown sugar and, if desired, black pepper.

Bake: Bake bacon for 9-15 minutes, rotating pans once for even cooking. Start checking at 7 minutes; bacon is done when sugar melts and bacon is deep brown.

Cool & Serve: Let bacon cool on the rack for a few minutes to crisp up. Enjoy!



THE BACON

The Salty Strip of Truth, the Crispy Confessor, the Sizzlin' Sermon of the Skillet, the Porky Prophet of Breakfast, the Grease-Stained Gospel of Glory—To Eat or Not to Eat? That Is the Sizzle.

There comes a time in every person's life when they're faced with a crucial, soul-searching question: Should I eat that bacon? And before you start listing cholesterol counts, heart disease risks, or that one health documentary you watched half of on Netflix, take a breath. Step back. Look at the bigger picture. Because bacon—the

crunchy oracle of morning temptation—is more than just food. It's the philosophy of life, a love letter written in grease, the crunchy counsellor of hungry souls.

As every breakfast lover knows—if you've ever tasted bacon, you know. It's not just crispy fat and sizzling meat. It's joy. It's comfort. It's the edible embodiment of that



the enemy. Bacon, the meaty mirage of morning happiness, is the ancient elixir of bravery, sizzling with courage, cured in rebellion, and smoked in the fires of pure delight.

And if you are a coward? Even better. Bacon, the holy hymn of hog heaven, will transform you. It's not a food, it's a training montage for your soul. You eat bacon, and suddenly you're ready to wrestle bears, climb mountains, or at least take on your Monday with a slightly cockier strut. You say, "It's just a strip of pork." I say, "It's a strip of hope." It's crispy motivation. It's breakfast armour. It's the salty, greasy thread that ties the universe together and whispers, "This moment is

yours!"

So the next time you're staring down that piece of bacon, the grease-anointed gospel of the breakfast table, wondering if you should eat it, remember this: The answer is always yes. Because bacon isn't just food—it's a reason to keep going.

And when the grease settles: if you don't want to feel like angels are frolicking on your tongue, you've clearly never had good bacon—it's the sassy sizzle that started civilizations.

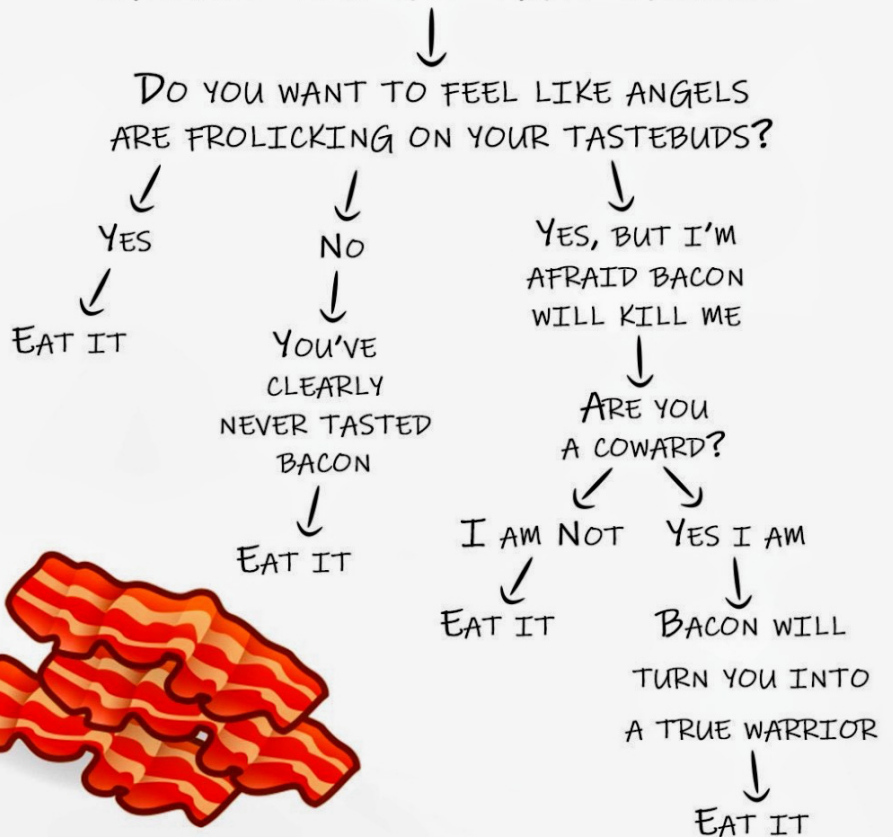
Now go forth and bring home the sizzle with courage: grill it, bake it, smoke it, and—Eat The Bacon!

feeling when you wake up and realize it's Saturday, not Monday. When your taste buds get a whiff, they don't just say "yum," they burst into a gospel choir performance. Angels? Frolicking? Absolutely. Bacon, the fatty philosopher of the frying pan, doesn't knock politely at the door of your senses - it kicks it open with a hot skillet and says, "Let's live a little."

Now, maybe you're hesitating. "But bacon might kill me!" First off, we're all headed that way eventually. Might as well get there with a smile and a crispy strip in hand. Secondly, are you a coward? No? Then seize your destiny, warrior. Bacon is not

SHOULD YOU EAT THAT BACON? FLOWCHART

SHOULD YOU EAT THAT BACON?





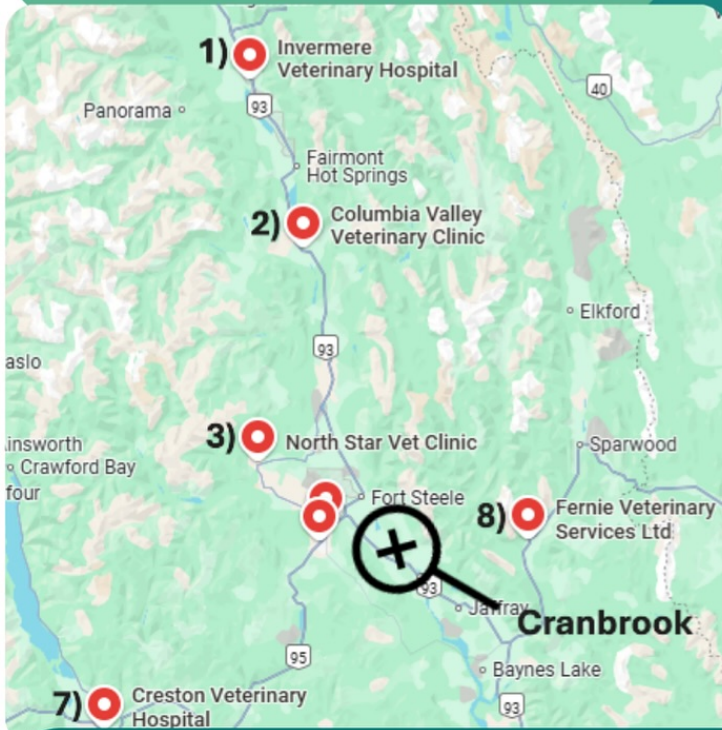
East Kootenay Veterinary Group Emergency Services

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) **Steeples 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.



Spring into **PICKLEBALL** for JUNIORS



6 PROGRESSIVE SESSIONS

LIMITED TO 10 PARTICIPANTS

Introduce kids to the fun of pickleball through play, movement, and approachable skill building!

This program is led by a **NCCP certified coach.**



DATES

Mondays & Wednesdays

3:30 – 5:00 PM

June 8 • June 10 • June 15
June 17 • June 22 • June 24



LOCATION

Mount Nelson Athletic Park
(at the basketball courts)



COST

AGES 8-11

\$50

AGES 12-17

\$40



SPACES ARE LIMITED!
EMAIL ang.duong@icloud.com TO REGISTER.

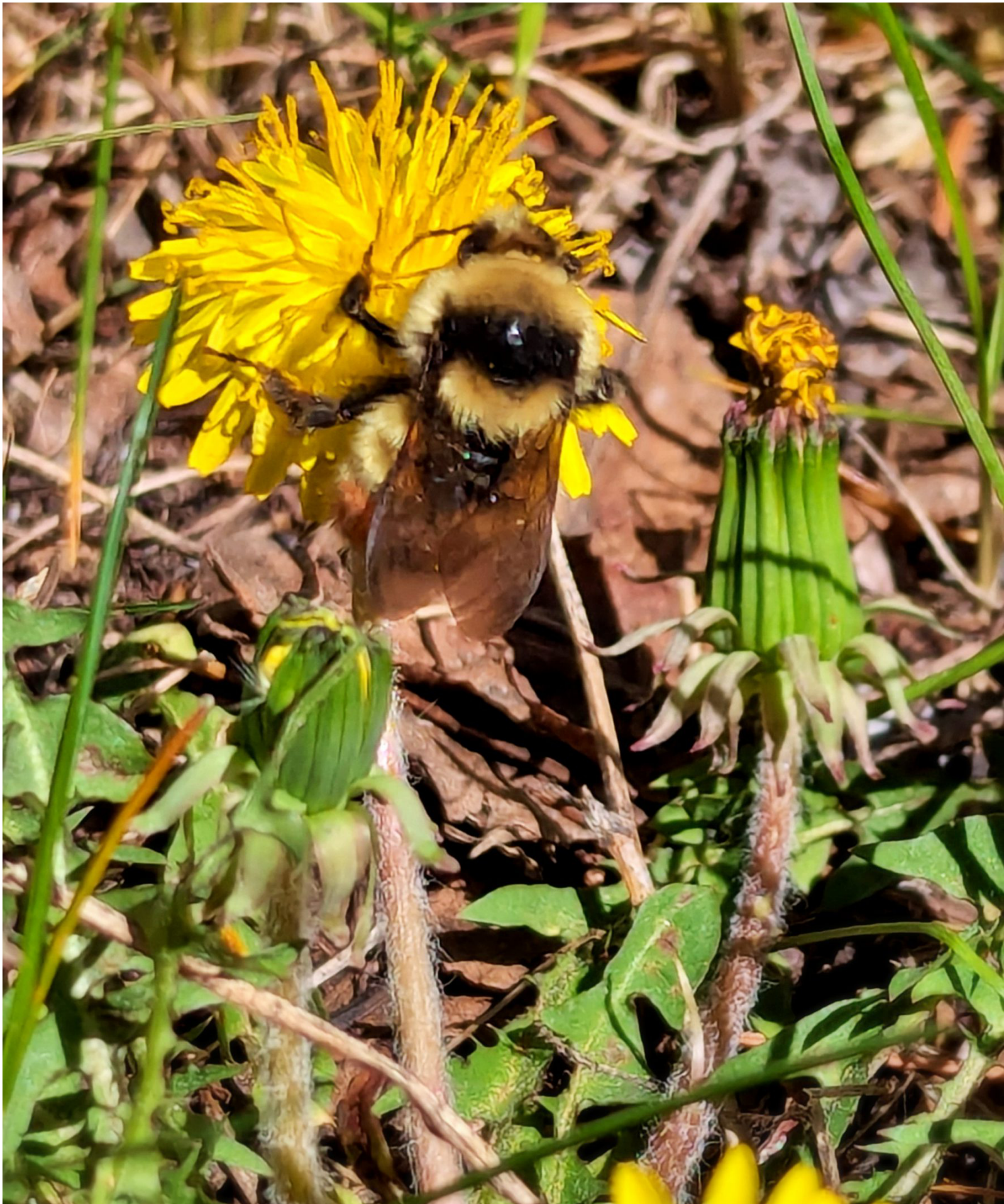




FROM NEAR DEATH TO BACK AT WORK AGAIN

One quiet morning, I wandered down into the basement and spotted something tiny on the floor near the wall—it was a bumblebee, barely moving in the dim light. It looked exhausted, almost defeated, as if it had used up the last of its strength trying to escape the darkness. I gently scooped the little survivor into my hand and carried it outside into the warm, sunny morning air, where a patch of bright yellow dandelions seemed the perfect place to help it recover. I carefully set the bee onto one of the flowers, but it was so weak it could hardly stay upright. A couple of times it tipped and slipped, and each time I softly steadied it again, hoping it still had enough strength left to make it. For a moment, nothing happened, but then, slowly, almost like watching life return in real time, the bee began to recover. Its tiny legs started moving with purpose, it found its balance, and soon it

began exploring the flower. A minute later, its wings buzzed faintly, lifting it just inches into the air before settling back down again. Then suddenly it was flying—not perfectly at first, but enough to move from flower to flower collecting pollen like it had remembered exactly who it was. In just a few short minutes, this little creature had gone from near death in a cold basement to back at work among the dandelions, doing what bees do best, and somehow that tiny rescue felt like a reminder that even the smallest lives carry a remarkable will to keep going.





COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket



Five Person
Food Basket



Eight Person
Food Basket

Households of all sizes benefit from our food baskets.

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

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

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



Emergency Food Basket



Emergency Food Baskets (\$39.00)

Lake Windermere District Rod and Gun Club

RANGE DAY

The Lake Windermere District Rod and Gun Club welcomes people of all ages to come explore what our club has to offer on range day!

Try out a new activity and stay for lunch on the club.

JUNE 6TH

10am-12pm Archery and Air Rifles

12-1pm Lunch and Awards

1pm -3pm .22 shoot

(\$5 youth / \$10 adult winner takes 1/2)

1pm -3pm Try out our Shotgun range
(\$25/person to cover the cost of clays/shells)

located 5.5 KM west of Radium roundabout

info@lwdrodgun.com

www.lwdrodgun.com



VALLEY CREATURES

Nightlife of Bats, Owls, and Fireflies



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



As twilight deepens across the Columbia Valley, Kimberley, and Cranbrook, a quiet transformation unfolds. The chorus of daytime birds softens, the air cools, and a cast of nocturnal creatures emerges to claim the Valley's night. For those willing to step outside after dark, the world is alive with silent wings, glittering lights, and mysterious sounds—a wild nightlife waiting to be discovered.

Bats: The Acrobats of Dusk

Bats are among the first to appear as evening falls, darting and swooping in search of mosquitoes and moths. The little brown bat and the hoary bat are common Valley residents, often glimpsed near water or streetlights. Far from being spooky, bats are vital for keeping insect numbers in check. If you sit quietly in your yard or by a pond, you might spot their rapid, fluttery flight silhouetted against the last light of day.

Owls: Silent Hunters

Nocturnal explorers may be rewarded with the haunting call of an owl. Great horned owls hoot from forest edges, while the smaller northern saw-whet owl's song is a high, rhythmic whistle in the



dark. Look for owls perched on fence posts or gliding silently between trees. Their keen hearing and soft feathers make them masters of stealth—seeing one is a special treat, so bring binoculars and keep noise to a minimum.

Fireflies: Nature's Lanterns

In early summer, fields and meadows sometimes sparkle with fireflies—tiny beetles that flash gentle

greenish lights to attract mates. The best nights for firefly spotting are warm and humid, just after sunset. Find a quiet, grassy spot away from artificial lights, and watch the show begin. Fireflies are rare in some areas, so consider yourself lucky if you catch their magical display.

A Nighttime Adventure

Grab a flashlight, a friend, and a sense of wonder.

Whether you're listening for an owl's call, watching bats skim the water, or hoping for a glimpse of firefly glow, the Valley's nightlife is full of surprises. Sometimes, the wildest adventures happen after dark—right in your own backyard.

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Summer Specials!

Here are four refreshing shots and cocktails perfect for June gatherings.



✔ Lavender Lemonade Cooler

2 oz vodka
1 oz fresh lemon juice
0.5 oz lavender syrup
Club soda

Instructions: Shake vodka, lemon juice, and lavender syrup with ice. Strain into a tall glass filled with ice. Top with club soda and stir gently.



✔ Raspberry Mojito

2 oz white rum
5 fresh raspberries, 6 mint leaves
1 oz lime juice
1 oz simple syrup
Club soda

Instructions: Muddle raspberries and mint with lime juice and simple syrup in a glass. Add rum and ice, then top with club soda. Stir.



✔ Cucumber Basil Shot

1 oz gin
0.5 oz cucumber juice
0.25 oz fresh lime juice
1 basil leaf

Instructions: Muddle the basil leaf in a shaker. Add gin, cucumber juice, lime juice, and ice. Shake well and strain into a chilled shot glass.



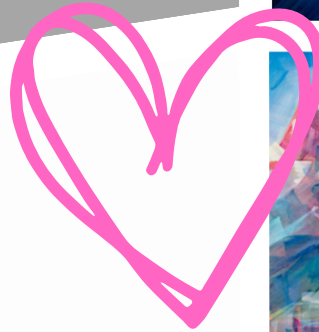
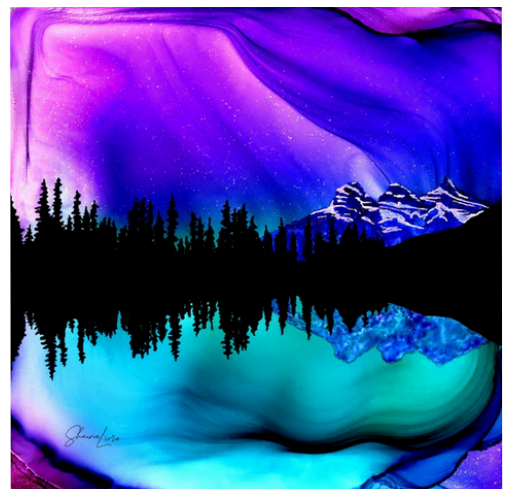
✔ Summer Sunset Spritz

1.5 oz Aperol
2 oz prosecco
1 oz orange juice
Splash of soda water

Instructions: Fill a wine glass with ice. Add Aperol, prosecco, and orange juice. Top with a splash of soda water.

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- How to spot common online scams
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- Answers to your questions about online safety

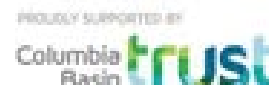
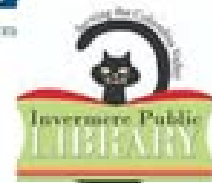
Space is limited so please book your spot by calling:

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





RIVER SAFETY 101

Staying Smart on the Water This Summer

From the steady flow of the Columbia to the sparkling stretches of the St. Mary and Kootenay Rivers, water draws us out of our homes and into nature's playground. Whether you're casting off in a canoe, floating with friends, or watching your children splash near the shore, the Valley's waterways invite adventure, relaxation, and a healthy dose of awe. But as every local knows, rivers are powerful, unpredictable forces. Each

year, emergency responders answer calls about lost paddlers, overturned boats, and swimmers caught in fast current. With a little planning and respect for the water, you can ensure your summer memories are safe, joyful, and worry-free. The Valley Voice spoke to local experts—lifeguards, search and rescue volunteers, and seasoned paddlers—to bring you their top tips for staying smart on the water this season.

Know Before You Go

"Conditions on the river change daily, especially in spring and early summer," says Mark Jensen, a veteran paddler and member of Columbia Valley Search and Rescue. "Snowmelt, rain, and dam releases can all affect water levels and current. What was safe last week might not be safe today." Before heading out, check the latest water levels and weather reports. The BC



River Forecast Centre and local information boards are good sources, as are local paddling shops and tourism offices. Pay attention to posted signs and warnings at boat launches—these are updated for a reason.

If you're new to a stretch of river, ask someone who knows it well for advice. "Locals are happy to help," Mark adds. "It's part of the paddling culture here."



BOATING BASICS: SAFE STARTS AND SMART CHOICES

Whether you're piloting a powerboat, paddling a kayak, or drifting on an inflatable, preparation is key. "The most important thing you can do is wear a properly fitted lifejacket every time," says Susan Lee, a certified lifeguard and frequent canoeist. "It doesn't matter how strong a swimmer you are—rivers are unpredictable, and a PFD gives you time to react if something goes wrong."

Other boating must-dos:

- **File a Float Plan:** Let someone know where you're going, your route, and when you expect to return. This simple step can make all the difference in an emergency.
- **Inspect Your Gear:** Check your boat for leaks, make sure paddles and oars are in good condition, and bring a spare if possible. Test your whistle, lights, and bailer.
- **Dress for the Water, Not the Weather:** Even on a hot day, river water can be dangerously cold. Wear layers made of quick-drying, insulating materials (like synthetic fabrics or wool) and avoid cotton, which stays wet and cold.
- **Pack Essentials:** Bring water, snacks, sun protection, a first aid kit, and a dry bag for valuables. Don't forget a throw rope and a knife—both can help in a rescue.
- **Respect Alcohol:** Save the celebratory drinks for after your trip. Alcohol impairs judgment and increases risk on the water, even more than on land.



SWIMMING SAVVY: STAYING SAFE AND HAVING FUN

There's nothing like a cool dip on a hot day. But rivers are not pools, and swimming in moving water requires extra caution.

- **Scout the Spot:** Always check for hazards like rocks, logs, sudden drop-offs, or strong currents before entering the water. If you're unfamiliar with a swimming hole, wade in slowly to test depth and current.
- **Buddy System:** Never swim alone. Children should be supervised by an adult—within arm's reach for young kids and weak swimmers.
- **Stay Sober:** Alcohol and swimming are a dangerous mix. Most drowning incidents involve impaired judgment.
- **Avoid Ropes and Jumping:** Swing ropes and cliff jumps are tempting but can hide shallow rocks or change with water levels. When in doubt, choose a safer entry.
- **Know the Signs of Trouble:** If caught in a current, don't fight it. Float on your back with your feet downstream and steer yourself toward shore. Call for help immediately if someone is in trouble—throw a rope or reach with an object rather than jumping in yourself.



PADDLE WITH PURPOSE: CANOES, KAYAKS, AND SUPS

Paddling is one of the Valley's great joys, connecting us to rivers in an intimate, peaceful way. But it's not without risks, especially in high water or cold conditions.

Local paddling instructors recommend:

- **Take a Course:** A few hours with a certified instructor can teach you basic strokes, rescue techniques, and how to read the river. It's a small investment that pays off for years.
- **Scout Rapids on Foot:** If you're unsure about a rapid, pull over and walk the shoreline to assess. Portaging (carrying your boat around obstacles) is a smart choice.
- **Avoid Solo Trips:** Paddle with a buddy, especially on unfamiliar or challenging stretches.
- **Leash Your Gear, Not Yourself:** For stand-up paddleboarders, use a quick-release leash and ensure it's attached to your lifejacket, not your ankle, in fast-moving water.
- **Dress for Immersion:** Even if you don't plan to swim, be prepared in case you do.



RESPECT WILDLIFE AND OTHER RIVER USERS

Our rivers are home to more than just people—beavers, otters, fish, and birds all share the water. Give wildlife space, keep noise to a minimum, and pack out all garbage. Anglers, boaters, and swimmers should communicate clearly and respect each other’s space on busy stretches.

When Things Go Wrong

Despite best efforts, emergencies can happen. “The key is to stay calm and act quickly,” says Mark from Search and Rescue. “If someone falls in, call for help and keep your eyes on them. Don’t put yourself in danger—use a rope, reach with a paddle, or throw a float if you can.”

Cell coverage can be spotty along some rivers. Carry a whistle, bright clothing, and, if going far, consider a personal locator beacon. Know basic first aid and how to treat hypothermia.



A SUMMER TO REMEMBER

The rivers and lakes of the Valley are more than recreation spots—they’re where we gather, celebrate, and make lasting memories. With a little planning and a lot of respect, you can enjoy every moment the water has to offer.

This summer, let’s look out for one another, listen to local wisdom, and make safety a shared priority. The Valley Voice wishes you safe journeys, sunny days, and the simple pleasure of cool water on warm skin—today and all season long.



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Pressure (2026)

Movie Review

IMAGE CREDIT: [TVInsider.com](https://www.tvinsider.com)



Pressure (2026) delivers a gripping historical drama that pulls audiences into the nerve-wracking hours leading up to D-Day, where world history pivoted on weather reports and a handful of men's resolve. Director Greta Scardino crafts a tense, atmospheric portrait of leadership under fire, focusing on the fraught relationship between Gen. Dwight D. Eisenhower (Brendan Fraser) and the

enigmatic meteorologist Capt. James Stagg (Andrew Scott).

Brendan Fraser brings gravitas and vulnerability to Eisenhower, portraying him as a leader burdened by the fate of millions but humanized by doubt and empathy. Andrew Scott is a revelation as Stagg, whose quiet intensity and obsessive dedication to his forecasts add emotional

weight to what could have been a dry technical role. Their scenes together spark with urgency, mistrust, and the underlying hope that their decisions will change the course of the war.

The film excels at building suspense, even for viewers who know the outcome. Rain-soaked airfields, crowded map rooms, and the ever-present tick of the clock

create a claustrophobic tension, heightened by a stirring score and crisp cinematography. The supporting cast—especially Annabelle Wallis as Eisenhower’s confidante Kay Summersby—add warmth and complexity to the unfolding drama.

IMAGE CREDIT: [NYTimes.com](https://www.nytimes.com)



If the film falters, it’s only in its middle act, where the dialogue occasionally drifts into the melodramatic and the pacing slows. Still, these are minor quibbles in a film that otherwise masterfully blends history, character, and suspense.

Final Verdict: *Pressure* is a smart, well-acted historical drama that brings fresh intensity to a pivotal moment in world history. Fraser and Scott are both in top form, making the weight of their decisions and the humanity behind them resonate long after the credits roll. Four out of five stars—a must-see for history buffs and fans of taut, character-driven cinema.

★ Rating: 4 out of 5



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Life Below

Game Review

(PC)



IMAGE CREDIT: [Kasedo Games](https://www.kasedo.com)





IMAGE CREDIT: [Kasedo Games](#)



Life Below plunges the city-building genre into uncharted waters, delivering a mesmerizing and deeply rewarding experience that stands out as one of the year's best indie games. Set in a vibrant, living ocean and guided by the evocative narrative voice of Rhianna Pratchett, Life Below invites players to nurture, heal, and shape the fate of the sea itself.

From the outset, Life Below enchants with its lush visuals and immersive soundscape. Coral gardens ripple with color, schools of fish dart through kelp forests, and sunlight filters through the depths—every detail is a celebration of underwater wonder. The interface is intuitive, letting players focus on the joy of creation rather than micromanagement.

The gameplay is fresh and inventive. Rather than building cities of concrete and steel, you cultivate coral reefs, introduce sea life, and restore balance to collapsing ecosystems. Each decision reverberates through the environment: plant the wrong species, and you might trigger a chain reaction that attracts predators or triggers algae blooms. Success isn't about expansion at all costs, but about harmony, resilience, and adaptation—a welcome shift from traditional city-builders.

The heartfelt narrative, woven throughout, gives Life Below soul. As the ocean's final hope, you'll face challenges ranging from pollution and invasive species to climate change—each handled with nuance and emotional weight. Rhianna

Pratchett's writing ensures that every victory feels meaningful, and every setback is a call to deeper stewardship.

What truly sets Life Below apart is its message. It's a game about healing, hope, and the interconnectedness of life. By the time the credits roll, you'll not only have built a thriving seascape but gained a new appreciation for the fragile beauty of our oceans.

Final Verdict: Life Below is a stunning, innovative masterpiece—offering both a meditative escape and a powerful ecological message. Five out of five stars. Dive in; the ocean is counting on you.

★ Rating: 5 out of 5

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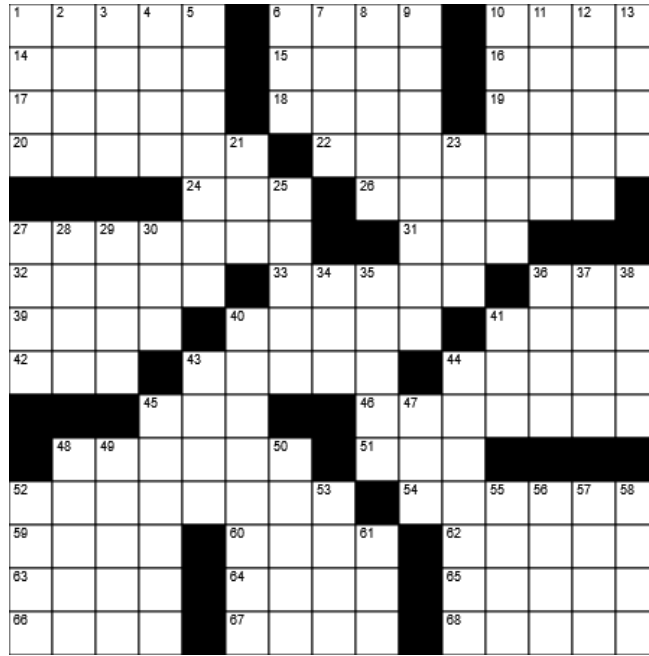
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A LITTLE FUN

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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June asked Yoda: "Do you think April will march in the parade?"
 Yoda replied: "March, April May, June."

