

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

#111 Issue

Columbia Valley, BC

INSIDE THIS EDITION

WHY I'M GRATEFUL TO CALL THIS PLACE HOME

As a lifelong resident—well, almost—I can tell you there's truly nowhere like the Columbia Valley.

THE BALL OF ALL

Nothing to Find. Nothing to Become. Nothing Missing. Remember What Has Never Been Lost.

WATER WISE: HOW TO CONSERVE AND CARE FOR YOUR GARDEN IN JULY HEAT

At the Valley Voice, we've gathered advice from local green thumbs to help you conserve water and care for your plants during the summer's hottest days.

FAMILY FUN: DIY BACKYARD GAMES AND ACTIVITIES FOR SUMMER GATHERINGS

As the days grow longer and the evenings beckon us outside, there's no better way to celebrate than gathering family and friends for backyard games and activities.



IMAGE 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 August 5th, 2025

SUBMISSION DEADLINE August 4th, 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 Once an ad is out of date or stale, we will remove it.*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](https://www.facebook.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca

Join us for a

B BBQ

FUNDRAISER

IN SUPPORT OF
KESA GIRLS
 U16 SOCCER TEAM
 as they travel to
ROME *in 2027!*

THANK YOU
to our amazing sponsor!

BRIDGE
INTERIORS
 furniture & appliance

KOOTENAY
ROVERS
 FC

 **SATURDAY**
JULY 11TH

 **11:00 AM**
TO 3:00 PM

 **BRIDGE INTERIORS**
 125A Slater Rd., Cranbrook

GOOD FOOD. GREAT COMMUNITY. SUPPORT OUR TEAM!

LETTER FROM THE VOLUNTEERS

The air is buzzing with excitement for outdoor adventures, community gatherings, and warm afternoons spent with friends and family. July is a time to celebrate all the beauty our Valley has to offer—and this year, we’re especially grateful for the spirit and support that keeps our community connected.

Canada Day is always a highlight, bringing neighbours together to mark our shared history, enjoy local festivities, and reflect on the vibrant tapestry of cultures that make the Valley such a special place. Whether you cheered at a parade, enjoyed a barbecue, or simply spent time with loved ones, we hope your Canada Day was filled with joy and pride.

As the temperature rises, we want to remind everyone to stay cool and safe in the summer heat. Be sure to hydrate, find shade, and check on those who might need a little extra care—especially our elders, young children, and furry friends. Small actions can make a big difference during these warm months.

We’d like to extend a heartfelt thank you to everyone who submits stories, shares photos, and supports the Valley Voice. Our core volunteer team has grown smaller recently, so every contribution—big or small—is more valuable than ever. Your creativity, kindness, and participation keep our newsletter thriving and meaningful.

This year, we’re hoping to reach even more readers and fill our pages with fresh, local content. If you enjoy what we do, please share us with a friend or neighbour. As we celebrate our fourth year, your help spreading the word makes all the difference in building a wider, stronger community.

Thank you for being part of the Valley Voice family. Here’s to a safe, vibrant, and adventure-filled July—may your summer be full of laughter, connection, and the simple joys that make the Valley truly shine.

—The Valley Voice Volunteers (VVV)



2026 SCHEDULE

FRIDAYS

July 10th, 17th, 24th, 31st

Aug 7th, 14th & 21st

Ages 5-12: 2:00 - 3:00 PM



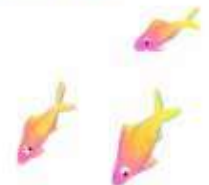
UNDER the SEA

FREE WEEKLY PROGRAM

Join us for a summer full of stories, creativity and fun!

This year we're offering a FREE weekly program for children ages 5-12, packed with exciting games, hands-on crafts, activities, learning and plenty of opportunities to make new friends.

Registration will be required. You can use the QR code to register:



About SRC

BC Summer Reading Club is a free literacy program that encourages reading throughout the summer and engages children with their local public library.

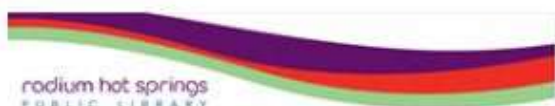


Radium Hot Springs Public Library

4863 Stanley St

Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434

<https://radium.bc.libraries.coop/>





Peaks Gymnastics summer camps

- Week 1: July 6-10
- Week 2: July 13-17
- Week 3: July 20-24
- Week 4: July 27-31
- Week 5: August 4-7 (4 day week)
- Week 6: August 10-14
- Week 7: August 17-21

Ages 6-12

info@peaksgymnastics.com
 Ph: 250-270-0273
 www.peaksgymnastics.com

More Info Here:



SUMMER SOCCER SCHOOL



MT. NELSON ATHLETIC PARK



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)

FRANCOFOLIES CAMP

French and Fun Activities:

- The Learning Hour
- Fantastic French
- Hands on project
- Outdoor exploring
- Games
- The big WHY? Reflection time

JULY 2026 20-24

AUGUST 4-7

FROM 9:30 TO 3
 \$300/WEEK
 \$70/ DROP IN
 \$240 AUG WEEK



Register :Francofolies.invermere@gmail.com
 250-688-8448



radium MUSIC ON MAIN



THE CORAZONES

JULY 10

MAIN STREET WEST @ RADIUM BREWERY
 5:00 - 7:00PM



250.342.6663

Book online
www.blackstarstudios.ca



★ Black Star Summer ARTI! CAMPS

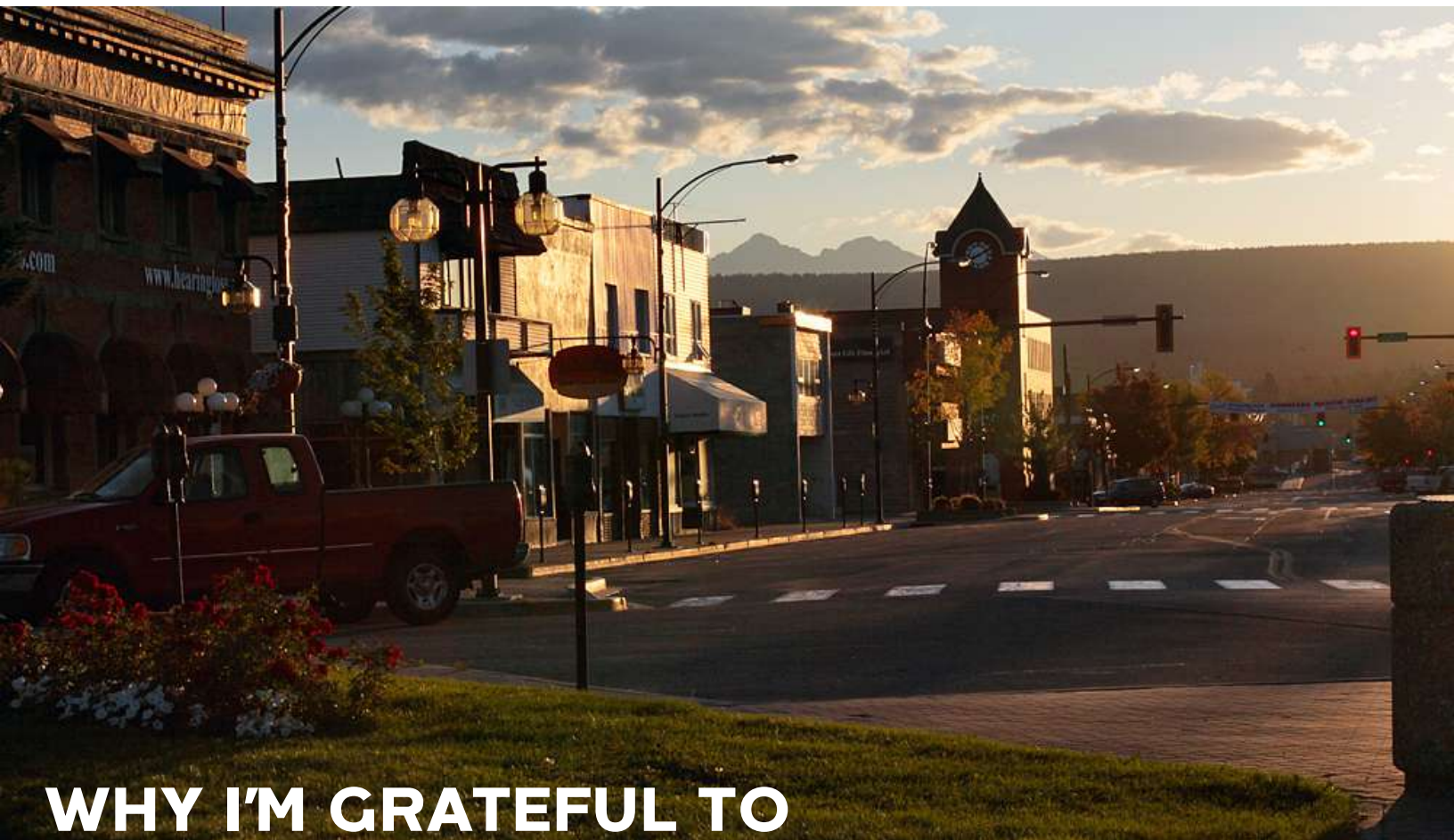
one whole week getting **CREATIVE**
& **HAVING FUN** at the beach!

2026



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



WHY I'M GRATEFUL TO CALL THIS PLACE HOME

As a lifelong resident—well, almost—I can tell you there's truly nowhere like the Columbia Valley.

My roots stretch back to childhood summers spent in Windermere, when my family would escape the bustle of Calgary and settle into lakeside days and mountain air. Those summers were the highlight of my youth; they felt like endless vacation, full of freedom and adventure, even as the rest of the year was spent in the city.

Calgary got bigger and busier as the years passed, and eventually, I found myself longing for something quieter, something more meaningful. I count myself incredibly privileged to have made the Valley my full-time home as an adult. Now, every day feels like living my summer vacation dream, but with even more to discover and enjoy.

One of the joys of adulthood here is the sheer variety of experiences, both familiar and new. Radium, for instance, is home to my favorite activity—nothing beats a relaxing “sploosh” in the hot springs after a long week, whether it's a solo visit for reflection or a fun outing with friends. There's something magical about the mineral waters, surrounded by towering cliffs and pine forests, that melts away stress and makes you appreciate the simple pleasures in life.

Invermere's strip is always lively, with niche shops that are perfect for finding treasures and gifts. It's a great place to walk on a calm day, soaking in the atmosphere and chatting with local shop

owners who are always happy to share a story or recommend their favorite item. The town's cafes and restaurants offer cozy spots for catching up with friends or simply watching the world go by. Invermere feels like a community hub—welcoming, creative, and always buzzing with activity.

Kimberley, with its own unique spirit, is another gem. From the quirky boutiques to the charming pedestrian Platzl, there's a warmth and friendliness that's unmistakable. I love wandering through the town, discovering new artisan goods and enjoying the mountain-town charm that brings both locals and visitors together. Kimberley's sense of community is strong, and it's

clear that people here care deeply about the place and each other.

Cranbrook may be a bit bigger, but it never loses that Valley feel. It offers the convenience of larger box stores and services without feeling like a big city. I appreciate being able to access what I need, but still return home to quieter streets and familiar faces. Cranbrook is a great reminder that balance is possible—where commerce and community can coexist and thrive.

But what truly makes the Valley special is the people. There's a strong sense of connection across the area, and I've seen neighbors and

businesses pull together in times of need, support local not-for-profits, and celebrate successes big and small. Whether it's helping someone through a tough time, pitching in for a community event, or simply sharing a smile at the Farmers Market, the spirit of generosity and togetherness is everywhere. Even though much of the Valley caters to vacationers, it remains a beautiful, genuine place to call home, where locals are valued and visitors are welcomed.

And of course, the mountains. Having lived elsewhere in Canada, I can honestly say life just isn't as sweet anywhere the mountains aren't. They are my literal and figurative

rock: grounding, inspiring, and always present. The views never get old, whether it's a sunrise hike, a quiet evening stroll, or simply gazing out the window while sipping coffee.

The mountains provide a sense of stability and awe—a reminder to slow down and appreciate the natural beauty that surrounds us.

I could be living anywhere—or still stuck in the big city rush—but instead, I get to call this Valley home. For that, I'm grateful every single day. The Columbia Valley is more than just a place; it's a feeling, a community, and a way of life that I wouldn't trade for anything.



KIDS MUSICAL THEATRE SUMMER CAMP

**INVERMERE, B.C.
JULY 13-17 AND JULY 20-24
9AM-3PM**

**REGISTER NOW
SPACE IS LIMITED-SEE YOU THERE!!**

www.bryantolenderpresents.com



A 5 DAY SUPER FUN EXPERIENCE YOU'LL REMEMBER FOR A LIFETIME

WE ARE
EXCITED
to have the
BACK

FAIRMONT
ARTISAN
&
CRAFTERS
MARKET

AND TO SAY...

WE ARE GOING TO BE A
VENDOR!



STARTING
Sunday
JULY 5
TO
SEPTEMBER 6

10AM - 2PM

AT THE FAIRMONT
VILLAGE MALL



THE BALL OF ALL

Nothing to Find. Nothing to Become.
Nothing Missing. Remember What Has
Never Been Lost.

A short tale about who we are, where we are, and what this strange experience of existence might actually be.

I was sitting on a weathered tree stump beside a small creek winding through the woods on one of those rare days when Everything seems perfectly content to be exactly as it is. Sunlight filtered through the leaves overhead, birds drifted lazily across the sky, and the water moved downstream with no concern whatsoever about where it was going. It was peaceful enough to make a person stop thinking about life for a moment and simply notice it.

Yet there I was, contemplating the largest question imaginable: What exactly is Everything?

Not just the forest surrounding me, but the entirety of existence itself. The trees, the creek, the clouds, the moon and stars, every living creature, every thought ever thought, every emotion ever felt, every triumph, tragedy, mystery, and miracle. I wondered if there was anything around me that could symbolize this vast totality. I looked at a nearby branch, but it was merely a branch. I examined a blade of grass, a stone, the flowing creek, the stump beneath me, and the birds overhead. Each was undeniably part of Everything, yet none could represent the whole. They were pieces of the puzzle, not the puzzle itself.

As I sat quietly, eventually abandoning the search, something unexpected happened. A realization appeared—not as a thought constructed by the mind, but as something remembered. Everything I had been looking for was already present. It had never been hidden. It had never been absent. It had never existed somewhere else waiting to be discovered. It was here, exactly

where I was.

Without moving from my seat, I reached into the apparent emptiness before me and gathered a small handful-sized ball of this Everything, this Allness itself. I placed it carefully into the pocket over my heart, where it seemed most at home, and I carried it here to show you.

Now, if I remove it from my pocket and hold it out before you, you'll likely notice that my hands appear empty. To the eyes, there is nothing there at all. Yet appearances can be remarkably deceptive. This Ball of All cannot be seen, but it possesses a peculiar quality. As I open my hands, it expands beyond measure. It grows larger than worlds, larger than galaxies, larger than any conceivable universe. It stretches into infinity itself. Yet with the slightest movement, I can compress it between my thumb and forefinger until it occupies no space whatsoever. Whether infinitely vast or impossibly small, it remains unchanged because what it contains never changes.

Within this invisible sphere exists Everything that has ever been. Every grain of sand, every mountain range, every star that has burned in distant skies. Every person who has lived, every animal that has walked the Earth, every laugh, every tear, every hope and disappointment. It contains all history and all futures, every dream, every memory, every fear, every act of courage, and every question humanity has ever asked. Most remarkably, it contains both the one writing these words and the one reading them—you and me.

At this point, the human mind begins to protest. It wants definitions, explanations, measurements,



and proof. It wants to examine the mystery and arrange the pieces into neat intellectual categories. Yet this is precisely where the mind reaches its limits. The harder one tries to understand the Ball of All, the more elusive it becomes. The more one attempts to grasp it as an object, the further away it seems. It is like trying to capture the sky in a jar or hold sunlight in a clenched fist.

Then something extraordinary occurs. Exhausted from seeking, analyzing, and pursuing answers, one finally stops, not out of surrender, but out of stillness. And in that stillness, a startling truth begins to emerge. The Ball of All was never something to acquire. It was never a secret hidden from you. It was never separate from you.

You are it.

You always have been.

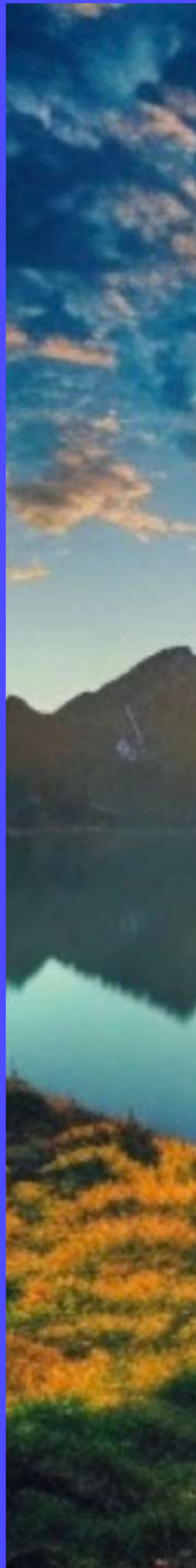
The branch, the creek, the birds overhead, the stars beyond imagination, the thoughts passing through your mind, and the awareness observing those thoughts are not disconnected pieces scattered across existence. They are expressions of the same indivisible reality appearing in different forms. What you have spent a lifetime searching for is what has been looking through your eyes from the very beginning.

Perhaps this is the greatest forgotten truth of all. We spend our lives believing we are travellers attempting to find our way home, never considering that we may have never left. We search for meaning, peace, freedom, and wholeness as though they exist somewhere beyond the next achievement, the next revelation, or the next spiritual breakthrough.

Yet what if the destination has always been present? What if the seeker and the sought are the same thing?

The Ball of All is not a symbol, a philosophy, or an idea. It is simply a reminder. A reminder that beneath every label, every belief, every fear, and every story we tell ourselves lies something vast, timeless, and whole. Something that cannot be gained because it was never lost.

And perhaps, as you sit quietly with that possibility, another question begins to arise—not whether this could be true, but whether somewhere deep within yourself, you already remember that it is. Remember?





District of Invermere
Presents

MOVIES IN THE MOUNTAINS

Monday Nights at Dark
Pothole Park

Downtown Invermere

Mon July 6- Anaconda

Mon July 13- Twister

Mon July 20-Mama Mia

Mon July 27-The Mask

Mon Aug 3 -Barbie

Mon Aug 10- Captain Ron

Mon Aug 17-Zootopia 2

Mon Aug 24- Camp Nowhere

Mon Aug 31- Goat

Concession Available
events@invermere.net

Viewer Discretion is Advised.

May contain content that is not suitable for some audiences.





MARQUEE

Food Festival

Live Music
Face Painting



Food Trucks

Free Ice Cream

Under the
BIG TENT
Hwy 93 Radium

Saturday July 11th
5 to 9 pm



TIPS FROM VALLEY STARGAZERS

1. Seek Out Dark Skies

The Columbia Valley boasts areas with minimal light pollution. Head away from town centres—try lakesides, forest clearings, or mountain look-outs for optimal darkness.

2. Check the Moon Phase

A new moon or crescent moon means darker skies and better visibility for stars, planets, and the Milky Way. Full moons are beautiful, but can wash out fainter objects.

3. Let Your Eyes Adjust

Give yourself 20–30 minutes without bright lights to let your eyes adapt to the darkness. You'll see more stars and fainter celestial objects.

4. Bring a Star Map or App

Print a star chart or download a stargazing app. These tools help you identify constellations, planets, and special events in real time.

5. Use Red Lights

If you need to read maps or adjust equipment, use a red flashlight. Red light preserves your night vision much better than white or blue light.



STARGAZING NIGHTS

Astronomy Events and Tips for July's Skies

As summer evenings unfold across the valley, the night sky becomes a canvas for celestial wonders. July brings some of the year's best stargazing opportunities—and all you need is a clear night, a little curiosity, and a comfortable spot beneath the stars.

For this July, sky-watchers are in for a treat. The Delta Aquariid meteor shower peaks in late July, sending swift streaks of light across the southern horizon. On clear nights, the Milky Way stretches overhead, its luminous band revealing the heart of our galaxy. Venus shines brightly after sunset, while Jupiter and Saturn rise

Celestial Events to Watch



backyards, parks, or lakeshores work beautifully. Bring a blanket or lawn chair, dress warmly, and give your eyes 20 minutes to adjust to the darkness.

Valley's night offers endless beauty and inspiration. So go outside, look up, and let the cosmos be your guide.

A simple star chart or a smartphone app can help you identify constellations like Cygnus, Scorpius, and the Summer Triangle. Practice tracing their shapes and spotting familiar stars. For meteor showers, look up and be patient—some bursts are subtle, while others light up the whole sky.

A Summer of Discovery

July's skies invite us to slow down, wonder, and connect with the universe. Whether you're new to astronomy or a seasoned sky-watcher, the

later, offering brilliant views with or without binoculars. The full Buck Moon graces the sky mid-month, bathing gardens and lakesides in silvery glow. If you have a telescope—or a pair of binoculars—look for craters and mountain ranges on the lunar surface. Don't miss the International Space Station, which passes overhead several times this month; check online for local timings and wave as it speeds by!

Getting Started with Stargazing

You don't need expensive equipment to enjoy the night sky. Head out to a dark spot away from city lights—





East Kootenay Veterinary Group Emergency Services

Our Locations

The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

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

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

1) Invermere Veterinary Hospital

250-342-7007

4854 Athalmer Rd, Invermere, BC V0A 1K3

2) Columbia Valley Veterinary Clinic

250-349-0514

9039 Thunderhill Rd, Canal Flats, BC V0B 1B0

3) North Star Vet Clinic

778-481-5288

550 Mark St, Kimberley, BC V1A 2B8

4) Steeple's Veterinary Clinic

250-489-3451

3410 Victor Rd, Cranbrook, BC V1C 7B7

5) Tanglefoot Veterinary Services

250-489-1655

315 Industrial Road F, Cranbrook, BC V1C 6N4

6) Cranbrook Veterinary Hospital

250-426-8517

106 5 Ave S, Cranbrook, BC V1C 2G2

7) Creston Veterinary Hospital

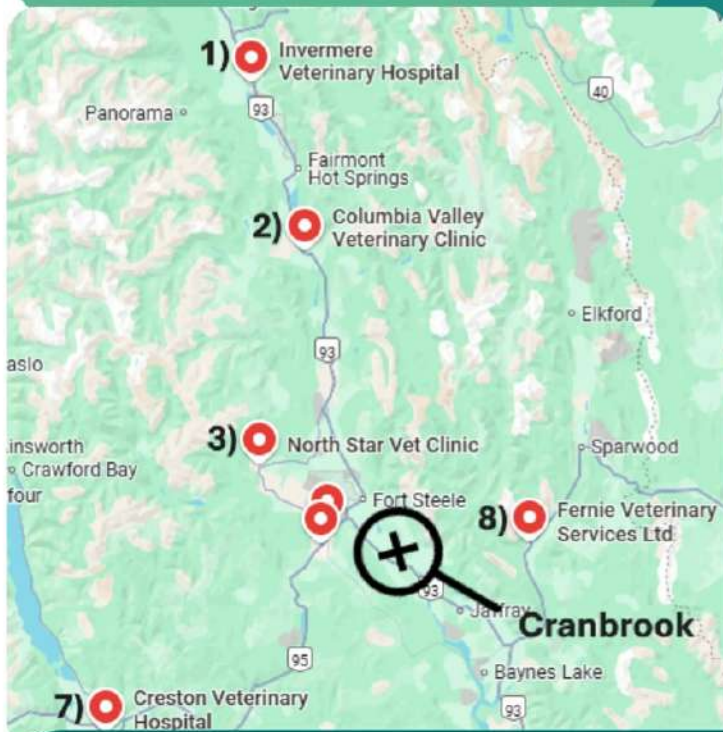
250-428-9494

1605 Dogwood St, Creston, BC V0B 1G0

8) Fernie Veterinary Services

250-423-2620

1161 7 Ave, Fernie, BC V0B 1M0



All emergent calls will be triaged by an experienced, registered veterinary technician who will help clients determine whether emergency service is required and, if so, direct them appropriately. Clients will be given clear direction on where emergency after hours service will be offered based on the day and nature of the emergency.



250-342-7007

All calls to our regular line after hours will automatically connect to triage.

2026 Farm Camps



4825 The Dell Road, Windermere BC
Registration Open!

Games, Farm animal visits, Gardening fun & More!

Summer Farm camps 9-1pm

July 6-9th
July 13-16th
July 20-23rd
July 27-30th

We will play games, do an art activity each day, learn gardening tips and how to care for farm animals.

Contact Angela Miller at 250-341-5216 or serenityfarmcv@outlook.com for more info.



Serenity Farm



HOW TO RECOGNIZE HEAT STROKE AND WHAT TO DO

As summer brings soaring temperatures to the Valley, staying vigilant about heat safety is crucial for everyone—whether you're hiking, gardening, or simply enjoying an afternoon in the sun. Heat stroke is a serious, potentially life-threatening condition that can sneak up quickly, especially during the hottest days. Knowing how to spot the signs and respond can make all the difference.

Recognizing Heat Stroke

Heat stroke occurs when the body overheats and can no longer regulate its temperature. It often follows prolonged exposure to high temperatures and dehydration. The key signs to watch for are:

- High body temperature: Core temperature of 40°C (104°F) or higher.
- Altered mental state: Confusion, agitation, slurred speech, dizziness, or even loss of consciousness.
- Flushed skin: Skin may be hot, red, and dry, though in some cases it can be sweaty.
- Rapid pulse: Heart rate becomes fast and strong.
- Headache: Often severe and persistent.
- Nausea or vomiting: Feeling sick or actually being sick.
- Muscle weakness or cramps: Difficulty moving or controlling muscles.

If you notice these symptoms in yourself or someone else, act immediately—heat stroke is a medical emergency.

What to Do

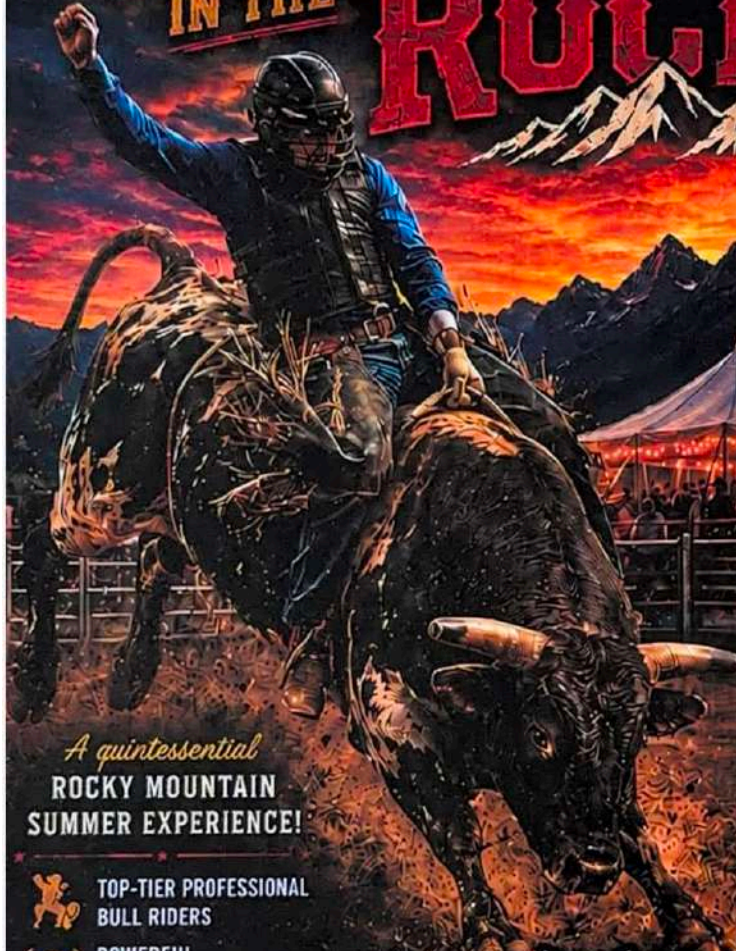
- Call for help: Dial 911 or seek emergency medical care right away.
- Move to a cooler place: Get the affected person out of the sun and into shade or an air-conditioned space.
- Cool down: Remove excess clothing and apply cool, wet cloths to the skin. If possible, spray with cool water or use fans to help lower body temperature.
- Hydrate carefully: If the person is alert, offer sips of cool water. Avoid drinks with caffeine or alcohol.
- Monitor: Stay with them until help arrives, watching for changes in breathing, responsiveness, or other symptoms.

Prevention is Key

Stay hydrated, take frequent breaks in the shade, and avoid strenuous activity during peak heat. By staying aware and prepared, you can help everyone in the Valley stay safe and enjoy summer to the fullest.

★ COLUMBIA VALLEY ROCKIES' PREMIER SUMMER EVENT ★
★ & BIGGEST FUNDRAISER ★

BULL RIDING IN THE ROCKIES



★ FRIDAY ★
JULY 17,
2026

EDDIE MOUNTAIN MEMORIAL
ARENA GROUNDS

★ *Invermere, BC* ★

A quintessential
**ROCKY MOUNTAIN
SUMMER EXPERIENCE!**



TOP-TIER PROFESSIONAL
BULL RIDERS



POWERFUL
BUCKING BULLS



LOCAL FOOD
VENDORS



FAMILY-FRIENDLY
ENTERTAINMENT



LIVELY POST-EVENT
DANCE UNDER THE BIG TENT



Rockies

★ EVENT SCHEDULE ★



4:30 PM
GATES OPEN &
CONCESSIONS BEGIN



4:30 PM
PRE SHOW ENTERTAINMENT
STARTS FEATURING
EMMA KADE



6:00 PM
BULL RIDING
STARTS



Following
THE RODEO
DANCE TO
COLE MALONE

★ GET YOUR TICKETS ★



Scan for Tickets!

TICKETS & INFO:
ROCKIESHOCKEY.CA

Facebook Instagram TikTok @CVROCKIES

HUGE **50/50** DRAW

LOCAL TALENT
EMMA KADE
COLE MALONE

OUR WEBSITE:
ROCKIESHOCKEY.CA

★ PRESENTED BY THE COLUMBIA VALLEY ROCKIES ★



COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket



Five Person
Food Basket



Eight Person
Food Basket

Households of all sizes benefit from our food baskets.

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

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

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



Emergency Food Baskets (\$39.00)



Emergency Food Basket



DISTRICT OF INVERMERE
PRESENTS

LOCALS LIVE



2026 CONCERT SERIES

JOIN US FOR FREE MUSIC ENTERTAINMENT
EVERY WEDNESDAY IN JULY & AUGUST

POTHOLE PARK
DOWNTOWN INVERMERE
6:30PM-8:00PM

CANADA DAY JULY 1-ROCKINOMIX

JULY 8-SHADES OF BLUE

JULY 15-MADDISUN

JULY 22- L8

JULY 29- THE RADIUM PROJECT

AUGUST 5- MILE HIGH CLUB

AUGUST 12-NATHAN TURNER

AND THE ECHO RANGERS

AUGUST 19-SKELLERUP

AUGUST 26- THE 4 GROOVE KINGS

BRING YOUR OWN LAWN CHAIR



WATER WISE

How to Conserve and Care for Your Garden in July Heat



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



July's sun brings both bounty and challenge to gardeners. With soaring temperatures and sometimes scarce rainfall, keeping your garden healthy and vibrant means being smart about water. At the Valley Voice, we've gathered advice from local green thumbs to help you conserve water and care for your plants during the summer's hottest days.

Timing is Everything

Early mornings or late evenings are the best times to water. Cooler temperatures mean less evaporation and more water reaching the roots. Avoid watering during midday, when sun and heat whisk moisture away before plants can use it.

Go Deep, Not Often

Deep, infrequent watering encourages roots to grow downward, searching for moisture and building resilience. Aim for a thorough soak once or twice a week, rather than a light sprinkle each day. Use mulch—like straw, bark, or compost—to keep soil cool and lock in moisture.



Choose Heat-Proof Plants
Native and drought-tolerant plants are your allies in July. Think yarrow, lavender, sedum, and ornamental grasses. These hardy varieties thrive in sun and need less water than thirsty annuals. If you're planning new beds, ask your local nursery for xeriscape-friendly options.

Smart Irrigation Solutions
Drip irrigation and soaker hoses deliver water directly to roots, reducing waste and keeping foliage dry (which helps prevent disease). If you're

watering by hand, aim for the base of each plant, not the leaves. Rain barrels are a sustainable way to collect and reuse water—just remember to cover them to keep out debris and mosquitoes.

Care for Container Gardens

Pots and planters dry out fast in the heat. Group containers together in a shady spot, add mulch on top, and check soil moisture daily. If you're away, ask a neighbour to lend a hand, or set up a simple self-watering system.

A Sustainable Sum-

mer Thoughtful watering and tough plants make for a garden that's beautiful, productive, and water-wise. With a little planning, your garden can thrive—even in July's heat—while conserving precious resources for the whole Valley.

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July Jewels!

Here are four refreshing shots and cocktails for July get-togethers.



✔ Blueberry Lemon Drop

2 oz vodka
1 oz lemon juice
0.5 oz simple syrup
6 fresh blueberries

Instructions: Muddle blueberries in a shaker. Add vodka, lemon juice, and simple syrup. Shake with ice and strain into a chilled shot glass.



✔ Watermelon Cooler

2 oz white rum
2 oz fresh watermelon juice
0.5 oz lime juice
Splash of club soda

Instructions: Shake rum, watermelon juice, and lime juice with ice. Strain into a glass filled with ice. Top with club soda.



✔ Peach Basil Smash

1.5 oz gin
0.5 oz peach schnapps
2 fresh basil leaves
1 oz peach nectar

Instructions: Muddle basil leaves in a shaker. Add gin, peach schnapps, and peach nectar. Shake with ice and strain into a chilled shot glass.



✔ Raspberry Mojito Spritz

2 oz white rum
1 oz raspberry puree
1 oz lime juice
6 mint leaves
Splash of sparkling water

Instructions: Muddle mint leaves with raspberry puree and lime juice. Add rum and ice; shake well. Strain into a glass, top with sparkling water.



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JULY 25TH
2026

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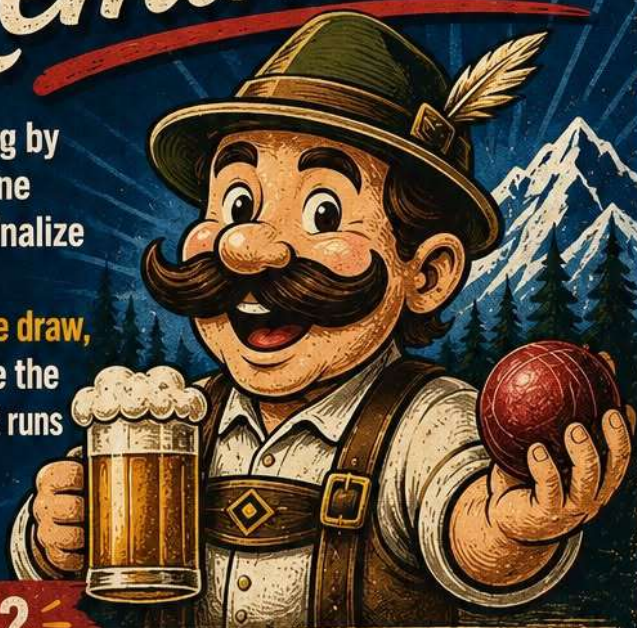
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DON'T WAIT! REGISTRATION DEADLINE Reminder!



Registering by the deadline helps us finalize divisions, prepare the draw, and ensure the tournament runs smoothly.



MISS THE DEADLINE?



LATE REGISTRATIONS MAY BE ACCEPTED ONLY IF SPACE IS STILL AVAILABLE.



TEAMS REGISTERING AFTER JULY 10 WILL BE SUBJECT TO A \$25 LATE REGISTRATION FEE.



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Sunday, July 19

FREE Breakfast and Registration at 9:00 am
The Hunt starts at 11:00 am Sharp! Finishes at 2:30 pm

PRIZES FOR BEST COSTUME

OPEN TO ALL - AND IT'S FREE!

Pre-registration at the Legion or District of Invermere is required by Tuesday, July 14.

Complete information is at the Legion
 Solve the clues and riddles to win prizes





FAMILY FUN

DIY Backyard Games and Activities for Summer Gatherings

Summer is a time for laughter, sunshine, and togetherness. As the days grow longer and the evenings beckon us outside, there's no better way to celebrate than gathering family and friends for backyard games and activities. Whether you're planning a weekend

barbecue, a spontaneous picnic, or a neighbourhood get-together, simple DIY lawn games can turn any gathering into a memorable event.

At the Valley Voice, we believe that fun doesn't need to be complicated—or expensive. With a little creativity and some basic

supplies, you can set up classic games and invent new challenges that delight kids and adults alike. Here's your guide to easy backyard games and activities that will keep the good times rolling all summer long.



✓
BEAN BAG TOSS (CORNHOLE)

What You Need:

- Two sturdy boards (about 2 feet by 4 feet), each with a hole cut near the top
- Bean bags (store-bought or home-made from fabric and dried beans/rice)
- Paint for decoration (optional)

Setup and Play:

Place the boards about 20 feet apart. Players take turns tossing bean bags, aiming for the hole in the board. Score 3 points for a bag in the hole, 1 point for a bag on the board. First to 21 wins!

DIY Tip:

If you don't have boards, use cardboard boxes with holes cut in the top and decorate them with colourful paint or stickers.



✓
LAWN BOWLING

What You Need:

- 10 empty plastic bottles
- A ball (soccer or volleyball works well)
- Sand or water to weigh the bottles (optional)
- Paint or tape for decoration

Setup and Play:

Arrange the bottles in a triangle. Mark a starting line and take turns rolling the ball to knock down as many bottles as possible. Keep score, or just play for fun!

DIY Tip:

Fill bottles with a little sand or water to keep them steady in the wind. Decorate them with bright colours for extra flair.



GIANT JENGA

What You Need:

- 54 wooden blocks (about 2x4 inches each), sanded smooth

Setup and Play:

Stack the blocks in alternating layers to build a tower. Players take turns removing one block at a time and placing it on top without letting the tower fall. The game ends—and laughter ensues—when the tower topples.

DIY Tip:

If you don't have access to wood, use empty cereal boxes filled with newspaper. This lightweight version is perfect for younger kids.



WATER BALLOON TOSS

What You Need:

- Water balloons (biodegradable options recommended)

Setup and Play:

Pair up and stand facing your partner, starting a few feet apart. Toss the balloon back and forth, stepping further apart with each successful catch. The last pair with an intact balloon wins!

DIY Tip:

Use sponges soaked in water for a more eco-friendly, reusable game.



✔
DIY OBSTACLE COURSE

What You Need:

Household items: cones, chairs, pool noodles, hula hoops, buckets, ropes

Setup and Play:

Arrange items to create a course with jumping, crawling, and balancing challenges. Time each participant, or encourage teamwork to complete the course together.

DIY Tip:

Let kids help design the course—it’s half the fun! Use sidewalk chalk to mark lanes or add creative stations like “spin three times” or “hop like a frog.”



✔
TUG-OF-WAR

What You Need:

A sturdy rope

Setup and Play:

Divide into two teams. Mark a center line and pull until one team crosses the line. This classic game is a crowd-pleaser for groups of all ages.

DIY Tip:

Tie a ribbon in the middle of the rope for easy center marking.



FRISBEE GOLF

What You Need:

- Frisbees
- Targets: buckets, laundry baskets, or hula hoops

Setup and Play:

Set up targets around the yard. Players compete to reach each target in as few throws as possible. Keep score or simply enjoy the challenge.

DIY Tip:

Use plastic plates as frisbees for younger kids, and create fun obstacles like “throw under the picnic table” or “bounce off the tree.”



DIY SACK RACE

What You Need:

- Burlap sacks, pillowcases, or large reusable shopping bags

Setup and Play:

Mark a starting line and a finish line. Participants step into their sacks and hop to the finish. First across wins!

DIY Tip:

Decorate sacks with fabric paint or markers for extra fun.



RING TOSS

What You Need:

- Rings: rope or plastic, taped into circles
- Pegs: dowels, empty bottles, or sticks pushed into the ground

Setup and Play:

Players toss rings, aiming to land them on pegs. Assign different point values to each peg for a competitive edge.

DIY Tip:

Use glow sticks for evening games.



BACKYARD SCAVENGER HUNT

What You Need:

- List of items found in the yard: pinecones, leaves, rocks, flowers, toys

Setup and Play:

Divide into teams or play individually. Whoever finds all the items first wins a prize or bragging rights!

DIY Tip:

Create themed hunts—nature, colours, or shapes—to keep things interesting.



CAPTURE THE FLAG

What You Need:

- Two flags (bandanas, towels, or coloured fabric)
- Two teams

Setup and Play:

Divide the yard into two territories. Each team hides their flag. The goal is to retrieve the opposing team's flag and bring it back without getting tagged.

DIY Tip:

Set clear boundaries and rules to keep the game safe and fair.



BALLOON POP RELAY

What You Need:

- Balloons
- Chairs or buckets

Setup and Play:

Players race to a chair, sit and pop a balloon, then run back to tag the next teammate. The first team to pop all balloons wins.

DIY Tip:

For less noise, use foam balls and "squish" them instead.



DIY MINI GOLF

What You Need:

- Plastic cups
- Balls (ping pong, golf, or tennis balls)
- Clubs (toy golf clubs or wooden spoons)

Setup and Play:

Set up cups as holes around the yard. Create obstacles with boxes, books, or sticks. Keep score or just play for fun.

DIY Tip:

Let kids create their own holes and decorate each with a theme.



NATURE ART STATION

What You Need:

- Leaves, rocks, sticks, flowers
- Paper, glue, crayons

Setup and Play:

Set up a table with art supplies and encourage everyone to create masterpieces using natural items from the yard.

DIY Tip:

Display the finished art for everyone to enjoy.

Make Your Summer Gatherings Unforgettable

With these easy, DIY backyard games and activities, your summer gatherings will be filled with laughter, teamwork, and friendly competition. The best part? Most can be made with items you already have at home, and all can be adapted for different ages and group sizes.



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GOLF

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REGISTRATION DEADLINE IS AUGUST 5.



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Limited space available.

The Death of Robin Hood (2026)

Movie Review

IMAGE CREDIT: Wbur.org



The Death of Robin Hood is not your grandmother's swashbuckling tale. Director Michael Sarnoski, known for his atmospheric and character-driven work in *Pig* and *A Quiet Place: Day One*, takes a bold, somber approach to the fabled outlaw, stripping away the myth and exposing the man beneath. This revisionist thriller is as much about regret and mortality as it is about legend.

Hugh Jackman delivers a haunting, transformative performance as an aging Robin Hood, far removed from the green-clad vigilante of earlier films. Here, Robin is a remorseful, broken soul, living in exile, tormented by memories of violence and the ghosts of those he's lost.

Jackman's portrayal is quiet, intense, and vulnerable—a far cry from his action-hero days, and all

the more compelling for it.

Jodie Comer is a standout as Sister Brigid, whose compassion and moral clarity anchor Robin in his final days. Bill Skarsgård's Little John is equally nuanced, bringing both menace and melancholy to his role as Robin's longtime ally and occasional adversary.

Sarnoski's direction is

moody and unhurried, focusing on atmosphere and character rather than spectacle. The forests are shadowy and oppressive, the violence is gritty and realistic, and the pacing is deliberate—sometimes almost meditative. Fans expecting high adventure may be surprised by the film's introspective tone, but those open to a darker, more psychological exploration will find much to appreciate.

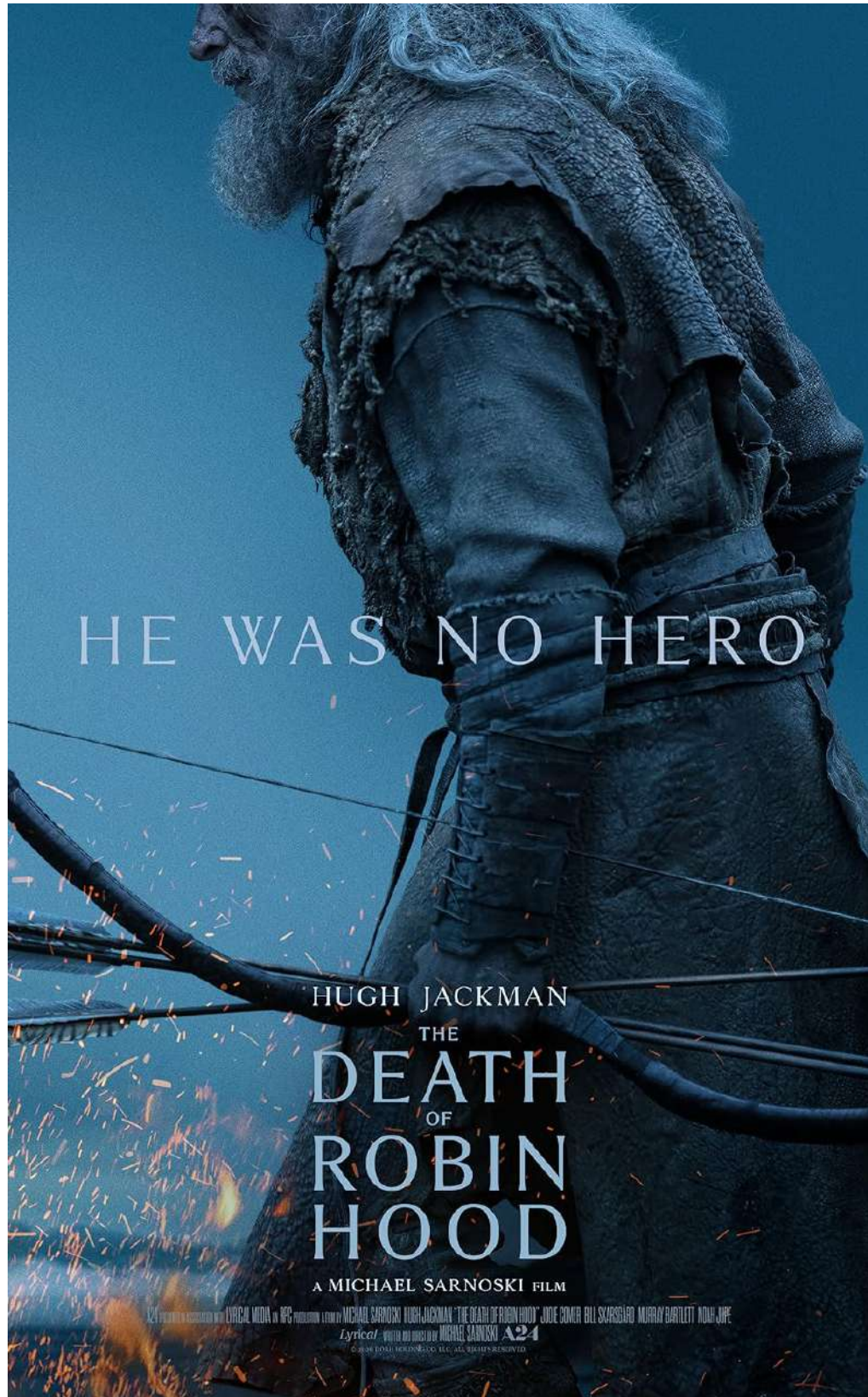
The script deftly deconstructs the legend, asking hard questions about justice, legacy, and whether redemption is possible for a man haunted by his own myth. While the film occasionally lingers too long in its despair and could benefit from tighter editing in the middle act, its emotional payoff is undeniable.

Final Verdict:

The Death of Robin Hood is a daring, beautifully acted reimagining of the classic tale. With standout performances and a thought-provoking script, it earns four out of five stars—a must-see for fans of revisionist cinema and those who appreciate a story that challenges the legend.

★ Rating: 4 out of 5

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

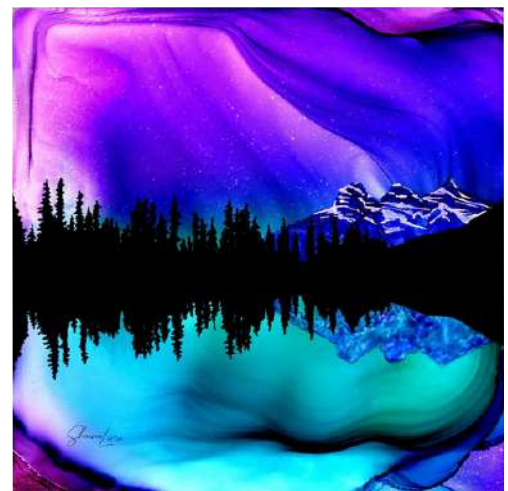


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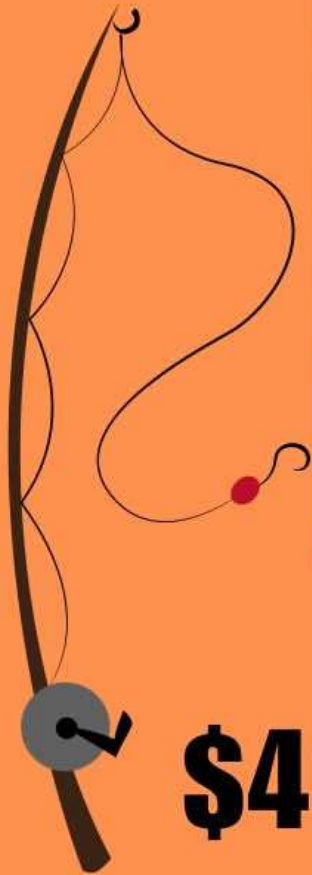
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Solarpunk

Game Review

(PC)



IMAGE CREDIT: [Epic Games](#)





IMAGE CREDIT: [Xbox Hub](#)



Solarpunk puts a fresh spin on the survival genre, inviting players into a bright, technically advanced world where floating islands and lush landscapes are the norm. Whether you're embarking alone or teaming up with friends, the game offers a vibrant blend of creativity, exploration, and eco-friendly engineering that feels both relaxing and rewarding.

From the moment you set foot on your first island, the game's aesthetic is a breath of fresh air—literally. Instead of grim post-apocalyptic settings, Solarpunk embraces sunlight, greenery, and a sense of optimism. Building your own futuristic homestead is intuitive; the controls make construction, gardening, and gadget-crafting easy and enjoyable, no matter your platform.

The centerpiece is the

airship, which becomes both your mobile base and your ticket to adventure. Upgrading and customizing your airship is a joy, and exploring distant islands offers a steady stream of surprises, resources, and challenges. The world feels alive and interconnected, with floating islands just waiting for your sustainable touch.

Survival mechanics are well balanced, focusing on food production, energy management, and environmental harmony. Unlike many survival games, Solarpunk encourages cooperation and creativity over conflict, making it a fantastic choice for families and friend groups. The multiplayer experience is smooth, with shared tasks, communal builds, and plenty of opportunity for teamwork.

Crafting gadgets and automating tasks adds a

layer of technical depth, and the game's progression keeps you engaged without overwhelming you. While some mechanics—like weather and resource management—could be a bit deeper, the overall experience is satisfying, accessible, and refreshingly non-violent.

Minor drawbacks include occasional bugs and a few repetitive resource hunts, but the developers are actively patching and expanding the game. The atmosphere, design, and message of sustainability make Solarpunk a standout.

Final Verdict:

Solarpunk is a creative, hopeful survival game with gorgeous visuals and cooperative gameplay. Four out of five stars—a must for anyone seeking a bright, engaging escape with friends or solo.

★ Rating: 5 out of 5

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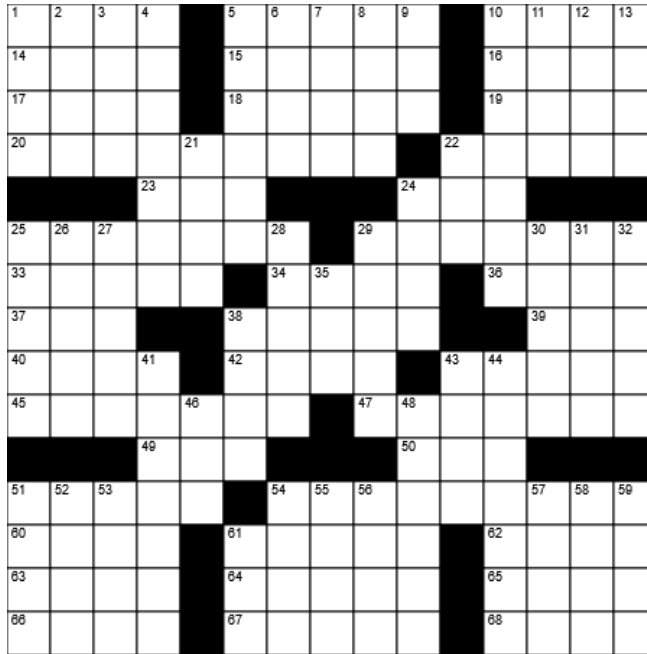
MEETING ROOM X 2

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

A LITTLE FUN

Across

1- Play to ___ (draw); 5- French farewell; 10- Overfill; 14- Not so much; 15- Scout unit; 16- Get wind of; 17- Very dry champagne; 18- Marriage announcement; 19- Circle segments; 20- Cuts off; 22- "Silas Marner" author; 23- Illustrative craft; 24- Down with the flu; 25- Person devoted to love; 29- Stupid; 33- Capital of Japan; 34- As well as; 36- Had on; 37- Period of history; 38- Egg exterior; 39- Lon ___; 40- ___ sow, so shall...; 42- Very small quantity; 43- 1985 Kate Nelligan film; 45- Communication; 47- Singer Etheridge; 49- Chile ___ carne; 50- Liturgical vestment; 51- Artificial waterway; 54- Where you find teachers and pupils; 60- At the apex of; 61- Commandment verb; 62- Thomas Edison's middle name; 63- Went by horse; 64- Slight trace; 65- Spool; 66- Captain Hook's sidekick; 67- Speeder spotter; 68- Days of ___;



Down

1- Jessica of "Dark Angel"; 2- Division of a school year; 3- The jig ___!; 4- Tidal river; 5- Plate appearances; 6- "Damn!"; 7- Actress Skye; 8- Ages and ages; 9- FedEx alternative; 10- Lacking depth; 11- Ethereal: Prefix; 12- ___ Bell; 13- Prefix for while; 21- The Supremes, e.g.; 22- Lilly of pharmaceuticals; 24- Object of worship; 25- Varsity starters; 26- Code name; 27- Green-lights; 28- California border lake; 29- Religion of the Muslims; 30- Musical sounds; 31- Golf clubs; 32- Salsa singer Cruz; 35- Permit; 38- Autograph; 41- Fugitive; 43- Building wings; 44- Collection of books; 46- "You've got mail" co.; 48- Christian festival; 51- Limos, hatchbacks, and coupes; 52- Energy source; 53- Lymph ___; 54- Pet plant; 55- Ground; 56- Pond organism; 57- Toast topping; 58- Above, finished; 59- Boy or man; 61- Orch. section;

3				9	5	2		
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		6	4	8				3



What is a blue whale's favorite James Bond film?

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