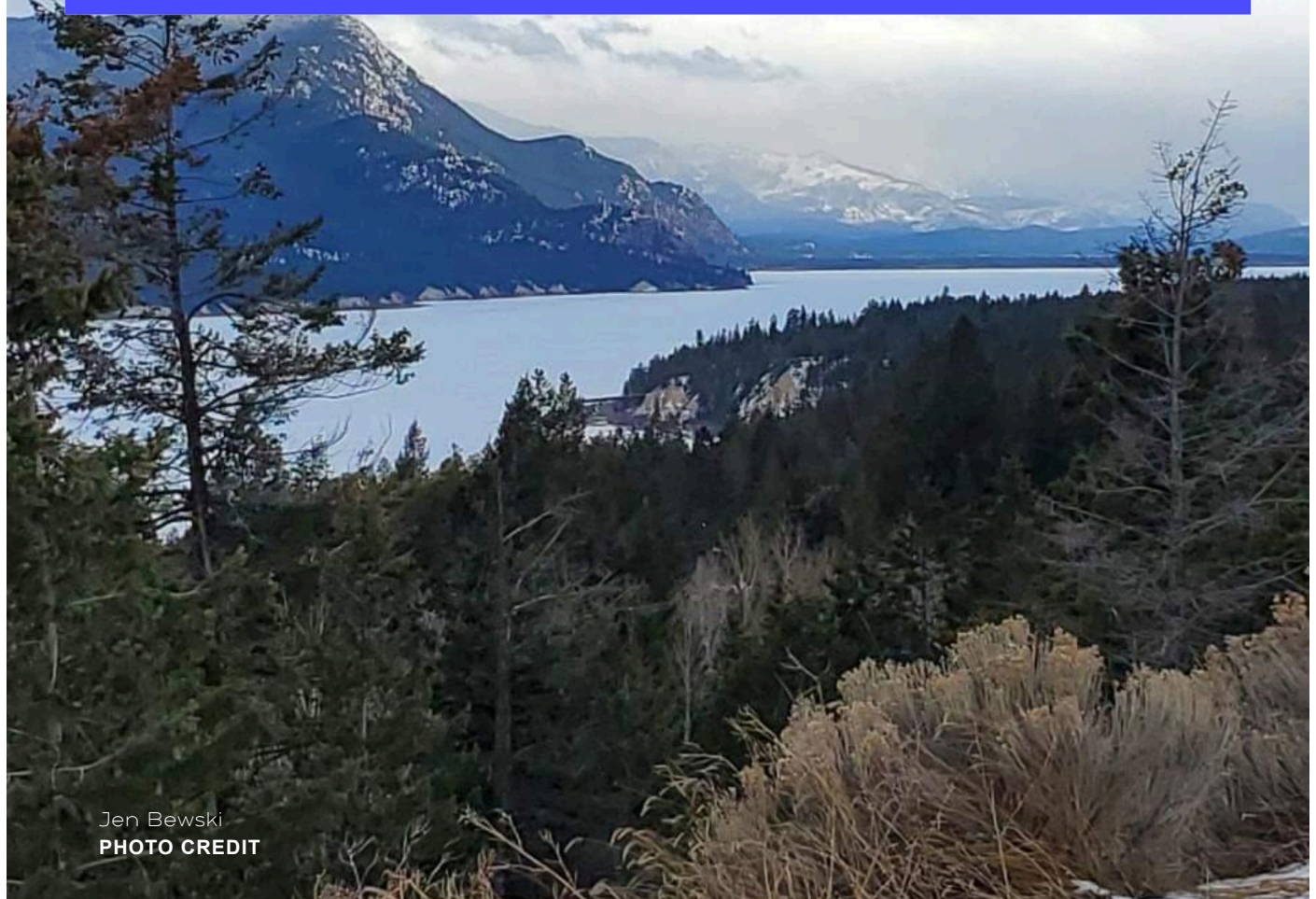


# The Valley Voice

*The Voices of the Columbia Valley*



Jen Bewski  
**PHOTO CREDIT**

## INSIDE THIS EDITION

### THE TRANQUILITY OF ICE FISHING

Ice fishing is the perfect way to unplug, relax, and reconnect with nature.

### VALLEY SPOTLIGHT: INVERMERE

Invermere, BC is a picturesque town located in the heart of the Columbia Valley.

### UPCYCLING: WHY THROW OUT WHEN YOU CAN CREATE?

Upcycling has become an increasingly popular trend in recent years, with more and more people looking to create unique and sustainable items from old or discarded materials.

### FRONTIER LIFE IN THE COLUMBIA VALLEY BC

The Columbia Valley in British Columbia is a region of breathtaking natural beauty, with towering mountains, winding rivers, and lush forests.

# The Voice of the Columbia Valley



Your voice, your valley, your magazine

## LETTER FROM THE VOLUNTEERS

---

Spring is just around the corner - are you as excited as we are? Spring means flowers, showers, and a flush of wildlife. It's a great time to live in the valley.

We have some amazing content for you this issue, our volunteers and community members really turned it out!

Just a reminder - team work makes the dream work, so the more help we get from the community, the better the content we can provide.

So, make sure to send in your recipes, articles, photos and more - it really helps us out!

The VV



# COLUMBIA VALLEY JOB FAIR & CAREER EXPO 2023

THURSDAY MARCH 2 1:00-5:00PM  
COLUMBIA VALLEY CENTRE, INVERMERE



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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.instagram.com/thevoicecv_official)

OR

by email to [news@thevoicecv.ca](mailto:news@thevoicecv.ca)

# SUBMIT CONTENT

This only works if we all do. Your content is what DRIVES this publication. We need it all because we need you.

NEXT EDITION AUGUST 3, 2022.

SUBMISSION DEADLINE AUGUST 2, 2022.

## WE NEED

### BUSINESS ADS

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 Once an ad is out of date or stale, we will remove it.\*

### LOCAL PHOTOGRAPHY

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

### PERSONAL INTEREST

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

### NEWS

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

### BECOME A VOLUNTEER!

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

Want to get involved?

Email us at [news@thevoicecv.ca](mailto:news@thevoicecv.ca)

---

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Syd Danis  
**PHOTO CREDIT**





## THE TRANQUILITY OF ICE FISHING

Ice fishing is the perfect way to unplug, relax, and reconnect with nature. It is an easy-to-learn activity and allows for an excellent way to pass the time and enjoy the outdoors during the long winter months. It also provides the opportunity to catch some fish! Ice fishing is also a great way to spend quality time with family and friends. It's a relaxing and peaceful experience, perfect for unwinding and enjoying each others company.

With the success of the Ice Fishing Derby on February 4th, participants, new and seasoned, had their hand at ice fishing, even competing for the largest fish caught. It was an incredible opportunity to learn something new as experienced anglers shared their tips, tricks and stories and bonded over the day's activities. It was incredibly engaging for the youngsters, as it allowed them to learn about ice safety and how to use a variety of tackle. Knowing the basics of how to get started is essential.

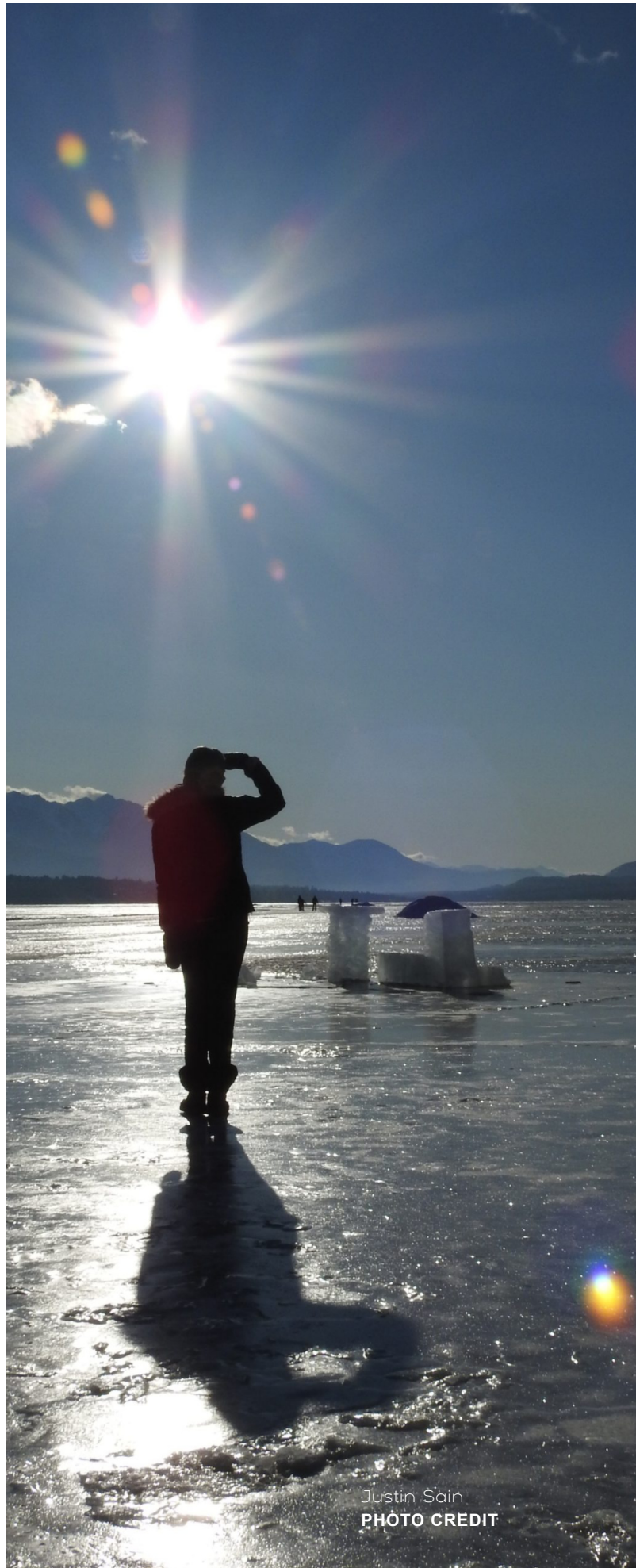


The best thing about ice fishing is that it's an accessible activity for anyone, regardless of age or skill level. Fishers can enjoy a unique and sociable ice fishing experience with the proper knowledge, equipment, and environment. The equipment needed to go ice fishing can range from basic fishing rods and tackle to sophisticated ice augers and depth finders. Ice fishing can be an inexpensive hobby, as you can typically rent most of the gear or even borrow the items.

Plenty of tranquil moments come along with being on the lake, and there is always the potential to catch a fish and make a memory. The angler's anticipation of the strike and the thrill of the catch is an enriching experience beyond words.

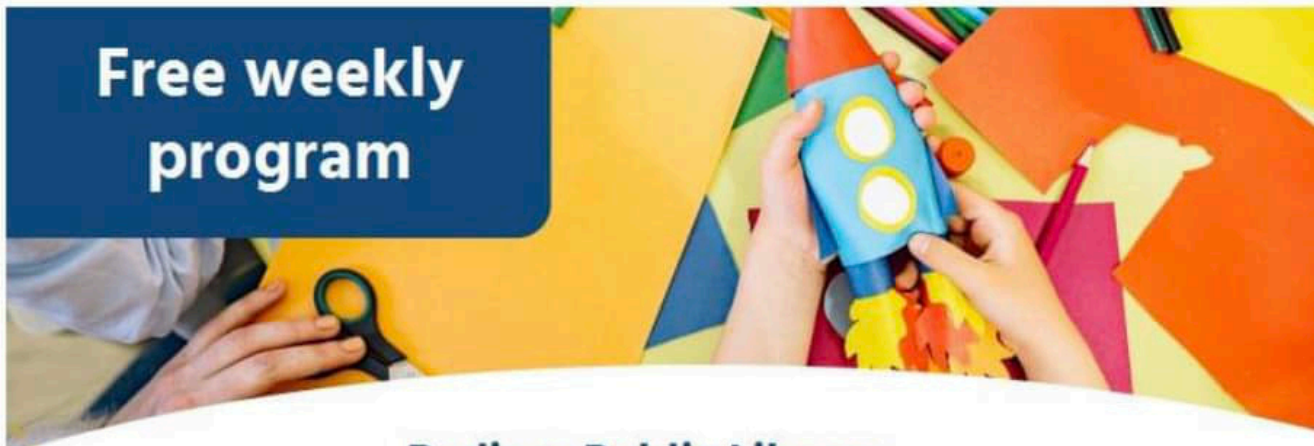
One of the most incredible things about ice fishing is that you don't necessarily have to catch fish to have a successful outing. If you're looking for a great way to spend your winter with minimal cost and an opportunity for solitude and relaxation, reach for the ice fishing gear. Whether you catch a fish or not, the peacefulness and tranquility of being on the lake help rejuvenate and refresh the mind.

Ice fishing season is far from over. Wanna go fishin'?



Justin Sain  
PHOTO CREDIT

**Free weekly  
program**



**Radium Public Library**

# **Crafty Saturdays For Kids!**

**Every Saturday | 10:30am-12:00pm**

**All Ages Welcome**

(Younger children may require assistance)

No registration required

\*Children under 12 must be accompanied by an adult.



**Radium Hot Springs Public Library**

4863 Stanley St

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

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

# **VALLEY PROMOTIONS**



ELK VALLEY



TRAVEL CLUB

**CUISINE & CULTURE  
IN SOUTHERN ITALY - ADULT ONLY TOUR  
OCTOBER 17 -26, 2024**

Information and Enrollment ZOOM  
Meeting  
March 12,2023 at 7pm

ADULT  
**\$5,843**  
or \$298/ 19 mos

**Tour price includes:**

**Airfare & transportation, Hotels, Breakfast and Dinner daily, Entrances, Full-time Tour Director, expert local guides, Global Travel Protection Plan, Cooking Class in Rome**

**For more information & too request the meeting invite  
Contact Jen Hegedus -Elk Valley Travel Club Tour Leader  
[elkvalleytravelclub@gmail.com](mailto:elkvalleytravelclub@gmail.com)**





## VALLEY SPOTLIGHT: INVERMERE

Invermere, BC is a picturesque town located in the heart of the Columbia Valley. Situated between the Rocky Mountains and the Purcell Mountains, Invermere offers stunning views of the surrounding natural beauty.

With a population of just over 3,000, Invermere has a small-town charm and friendly community feel. Visitors to the area can enjoy a range of outdoor activities, from hiking and mountain biking in the summer to skiing and snowboarding in the winter. The town is also home to several parks, including James Chabot Provincial Park and Kinsmen Beach, which offer access to the beautiful Lake Windermere.

Invermere also boasts a thriving arts and culture scene. The Columbia Valley Arts Council hosts a range of events throughout the year, including concerts, art exhibits, and theatre productions. The annual Invermere MusicFest is a highlight of the summer, featuring local and international musicians performing on an outdoor stage.



For those interested in history, Invermere offers a glimpse into the region's past. The Windermere Valley Museum showcases artifacts and exhibits related to the area's pioneer days and early settlement, while the Pynelogs Cultural Centre hosts a range of events and exhibits related to local history and culture.

Invermere is also home to a variety of restaurants, cafes, and shops, offering visitors a chance to experience the town's unique charm and hospitality. From cozy coffee shops to upscale restaurants, there is something for everyone in Invermere. Overall, Invermere is a hidden gem in the heart of the Columbia Valley. With its stunning natural beauty, vibrant arts scene, and friendly community, it's a must-visit destination for anyone looking to experience the best of British Columbia.

Things to do!

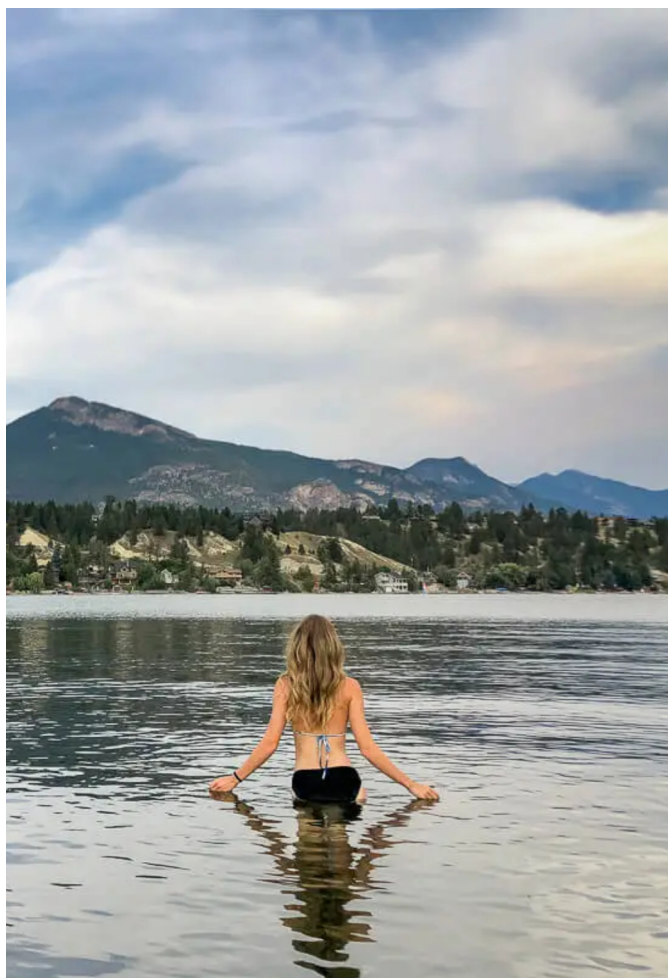
If you're planning a trip to Invermere, BC, here are some of the top things to do in the area:

1. Explore Lake Windermere: Invermere is situated on the shores of Lake Windermere, which offers plenty of opportunities for outdoor activities such as swimming, boating, kayaking, paddle boarding, and fishing.
2. Hike or bike the trails: Invermere and the surrounding area is home to numerous hiking and biking trails, ranging from easy walks to challenging hikes. Some popular options include Mount Swansea, Panorama Mountain Resort, and the Columbia Valley Trail.
3. Soak in the hot springs: Radium Hot Springs is located just a short drive from Invermere and offers a natural hot springs pool that is open year-round. This is a perfect spot to relax and unwind after a day of outdoor adventure.
4. Visit the Windermere Valley Museum: Learn about the history of the area at the Windermere Valley Museum, which showcases artifacts and exhibits related to the region's pioneer days and early settlements.
5. Attend an event at the Pynelogs

Cultural Centre: The Pynelogs Cultural Centre hosts a variety of events and exhibits related to local history and culture, including art exhibitions, concerts, and theatre productions.

6. Golf: The Columbia Valley is a golfer's paradise, with numerous courses to choose from. Some of the most popular options include the Greywolf Golf Course, Copper Point Golf Club, and Eagle Ranch Golf Resort.
7. Ski or snowboard: In the winter, the nearby Panorama Mountain Resort offers excellent skiing and snowboarding opportunities, with over 2,800 acres of skiable terrain.
8. Shop and dine: Invermere has a variety of unique shops and boutiques, as well as a range of restaurants and cafes offering everything from casual eats to fine dining.

Whether you're looking for outdoor adventure, cultural experiences, or just a chance to relax and unwind, Invermere offers something for everyone.



# Telling Our Life Stories

Wednesdays (Mar. 8 – Apr. 26)

12:30 – 2:30 pm

Invermere CBAL Office  
712B - 10th St.

A FREE program for anyone wishing to write down some of their life stories.

Try fun and interesting techniques for remembering, organizing, and writing your thoughts.

No previous autobiography writing experience is necessary.

Registration is required – [chill@cbal.org](mailto:chill@cbal.org) 250-946-7257

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TOGETHER



TO REGISTER OR LEARN MORE, CONTACT:

Chry Hill, Community Literacy Outreach Coordinator

 [chill@cbal.org](mailto:chill@cbal.org)

 or text 250-946-7257

 [www.cbal.org](http://www.cbal.org)



# VALLEY PROMOTIONS





## ANNUAL GENERAL MEETING

\*\*\*

**WHEN: SUNDAY MARCH 19TH, 2023**

**TIME: 12:30 PM**

**WHERE: LIONS CLUB HOUSE**

**651 Hwy 93/95, Invermere, BC V0A 1K0**

\*\*\*

**Become a Member of ICAN: You can vote at our ICAN AGM.  
Membership numbers give ICAN more credibility when we apply for grants  
and funding.**

**Being a member does not mean that you are  
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**Cash, cheque, or send \$10 etransfer to info@icanbc.com  
(automatic deposit – no password required)**

**Check out our website www.icanbc.com or ICAN's Facebook page for more  
information about the organization.**

# BREAKING

# NEWS

## COLUMBIA VALLEY SKI RESORTS SEE RECORD-BREAKING SEASON

As winter comes to a close, local ski resorts are celebrating a successful season. According to the Columbia Valley Ski Association, the area's ski resorts saw a record-breaking number of visitors this year, with more than 500,000 skiers and snowboarders hitting the slopes. This is a 20% increase from last year's numbers, and local business owners are thrilled with the boost in tourism. The association credits the early and consistent snowfall this year, as well as the growing popularity of winter sports, for the increase in visitors.



## COLUMBIA VALLEY RESIDENTS CONCERNED ABOUT PROPOSED HIGHWAY EXPANSION

Residents of the Columbia Valley are expressing concern over a proposed expansion of the highway that runs through the valley. The project, which would widen the highway and add new lanes, is intended to improve traffic flow and reduce congestion. However, some residents worry that the expansion could have negative impacts on the valley's natural beauty and wildlife. A public forum is scheduled for next month to discuss the proposed project, and residents are encouraged to attend and share their concerns.





## COLUMBIA VALLEY SCHOOLS IMPLEMENT NEW MENTAL HEALTH PROGRAMS

As mental health becomes an increasingly important issue, schools in the Columbia Valley are taking steps to support their students. Several schools in the area have implemented new mental health programs, including counseling services, mindfulness training, and peer support groups. Teachers and staff are also receiving training on how to identify and address mental health issues in their students. The programs have been well-received by students and parents alike, and school officials hope they will make a positive impact on students' well-being.



## COLUMBIA VALLEY HOSTS ANNUAL ART FESTIVAL

The Columbia Valley is gearing up for its annual art festival, which showcases the work of local artists and artisans. The festival features a variety of art forms, including painting, sculpture, pottery, and jewelry. Visitors can browse the exhibits and purchase pieces directly from the artists. The festival also includes live music, food vendors, and children's activities. Organizers are expecting a large turnout, and they hope the festival will promote the arts in the community and support local artists.





# WEDDING FAIR VENDOR CALL

FORT STEELE HERITAGE TOWN

SATURDAY, MAY 27, 2023

11am - 3pm

Connect with couples and future clientele  
as they plan for their special day!  
Mingle with other vendors, and showcase your offerings  
in the historic setting of Fort Steele Heritage Town.



*Image: Estelle Gonord Photography*

Questions? Email [weddings@fortsteele.bc.ca](mailto:weddings@fortsteele.bc.ca)



# VALLEY PROMOTIONS






**MERCHANTS  
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HARVEST  
PRESENTS**

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market*




**JANUARY 29  
FEBRUARY 26  
MARCH 26  
\* 10AM-4PM \***

Contact us if you'd like  
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spots available.  
More to come for April.



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# Local Highlights

## THE OLD BAUERNHAUS RESTAURANT

The Old Bauernhaus Restaurant is a cozy and charming restaurant located in the picturesque town of Kimberley, BC. This restaurant is a must-visit for anyone looking for an authentic German dining experience. The restaurant's unique atmosphere and delicious cuisine have made it a popular destination for locals and tourists alike.

The restaurant's interior is designed to resemble a traditional Bavarian farmhouse, complete with wooden tables and benches, a stone fireplace, and rustic decor. The ambiance is warm and inviting, and the staff is always welcoming and attentive. The restaurant also has a large outdoor patio, which is perfect for enjoying the beautiful Kimberley weather during the summer months.

The menu at The Old Bauernhaus Restaurant is extensive and features many classic German dishes, such as schnitzel, sausages, and spaetzle. The portions are generous, and the food is always fresh and flavorful. The restaurant also offers a selection of vegetarian and gluten-free options, ensuring that there is something for everyone.

One standout dish is the schnitzel, which is hand-breaded and served with a variety of delicious sides, such as red cabbage, sauerkraut, and spaetzle. The sausages are also a popular choice, and come in several varieties, including bratwurst and weisswurst. The restaurant also has a great selection of German beers and wines, which pair perfectly with the food.

In addition to its delicious food and cozy atmosphere, The Old Bauernhaus Restaurant also hosts regular events and live music performances. These events add to the restaurant's lively and fun atmosphere and are a great way to experience German culture.

Overall, The Old Bauernhaus Restaurant is an excellent choice for anyone looking for an authentic German dining experience in Kimberley, BC. The restaurant's cozy atmosphere, friendly staff, and delicious cuisine make it a must-visit for locals and tourists alike.





## MOUNTAIN SPIRIT RESORT

Mountain Spirit Resort is a luxury resort nestled in the stunning Rocky Mountains of Kimberley, BC. The resort offers a range of accommodations, including spacious one and two-bedroom suites and private villas, making it the perfect destination for families, couples, and groups.

One of the standout features of the resort is the breathtaking views of the mountains from every room. The suites are elegantly decorated with high-end furnishings and modern amenities, including full kitchens, gas fireplaces, and private balconies. The villas are even more luxurious, with private hot tubs, outdoor fireplaces, and stunning views of the surrounding scenery.

The resort also offers a range of on-site amenities, including a fitness center, outdoor hot tub, and a heated pool. There is also a spa on site, offering a range of treatments to help guests relax and unwind. The resort's restaurant, Stemwinder Bar & Grill, offers a menu of delicious and creative cuisine, along with a great selection of craft beers and wines. The location of the resort is another

highlight, with easy access to outdoor activities such as skiing, hiking, and golfing. The resort is just a short drive from the Kimberley Alpine Resort, one of the best ski resorts in BC. During the summer months, guests can enjoy hiking and biking on the nearby trails, or playing a round of golf at the nearby golf course.

The staff at Mountain Spirit Resort are friendly and knowledgeable, always willing to help guests plan their activities and make the most of their stay. The resort also offers a complimentary shuttle service to the ski resort, making it easy for guests to get around without worrying about transportation.

Overall, Mountain Spirit Resort is a top-notch resort that offers a luxurious and comfortable stay in one of the most beautiful areas of BC. Whether you're looking for a relaxing getaway or an action-packed adventure, this resort has something for everyone. The stunning views, spacious accommodations, and fantastic amenities make it a must-visit for anyone traveling to Kimberley.



# Local Highlights

## CABIN CANNABIS

Cabin Cannabis is a top-notch cannabis dispensary located in the heart of the stunning Fairmont Hot Springs, BC. The dispensary is known for its excellent selection of high-quality cannabis products, knowledgeable staff, and commitment to providing a comfortable and welcoming environment for all customers.

The dispensary's website is well-designed and easy to navigate, making it easy to browse their wide selection of cannabis products. They offer a variety of strains, including indica, sativa, and hybrid varieties, as well as concentrates, edibles, and accessories. The website also provides detailed product information and customer reviews, helping customers make informed decisions about their purchases.

One unique feature of Cabin Cannabis is its commitment to supporting local businesses. They offer a range of locally sourced products, including artisanal edibles and handmade accessories. These products are a great way to get a taste of the unique culture of Fairmont Hot Springs while supporting the local community.

The dispensary's staff is friendly and knowledgeable, always willing to answer questions and help customers find the right products for their needs. They offer personalized recommendations based on customers' preferences and have a deep understanding of the benefits and effects of different cannabis strains.

Cabin Cannabis is conveniently located in Fairmont Hot Springs, making it easy to visit for both locals and tourists. The dispensary is located near several popular outdoor activities, including skiing, hiking, and hot springs, making it a great stop for anyone looking to enhance their experience in the area.

Overall, Cabin Cannabis is an excellent choice for anyone looking for a high-quality cannabis dispensary in Fairmont Hot Springs. With its friendly staff, locally sourced products, and commitment to providing a comfortable and welcoming environment, it's easy to see why this dispensary is so popular among locals and visitors alike.





## HOPKINS HARVEST

Hopkins Harvest is a charming farm-to-table café and market located in Windermere, British Columbia. I recently had the pleasure of visiting this establishment, and I was thoroughly impressed with the quality of the food, the friendly service, and the cozy atmosphere.

One of the standout features of Hopkins Harvest is the emphasis on local and seasonal ingredients. The café and market source most of their produce from their own farm or from other local farms in the area. This commitment to sustainability and supporting local agriculture is evident in the freshness and flavor of the food. I had a delicious quiche that was made with eggs from their own chickens, and the freshness of the ingredients really shone through.

The café itself is small but cozy, with rustic décor and a warm and inviting atmosphere. The staff were all friendly and welcoming, and it was clear that they take pride in their work and are passionate about the food they serve.

They were happy to answer any questions we had about the ingredients or the farm, and they made us feel right at home.

In addition to the café, Hopkins Harvest also has a market where they sell a variety of local and organic produce, as well as other goods such as baked goods, preserves, and crafts. It's clear that they have a strong connection to the local community, as many of the items for sale are made by other local producers.

Overall, I would highly recommend a visit to Hopkins Harvest for anyone in the Windermere area. The emphasis on local and sustainable food, the friendly service, and the cozy atmosphere make for a truly delightful experience. It's clear that the owners and staff are passionate about what they do, and it's a wonderful thing to see a business that is so committed to supporting local agriculture and providing high-quality, delicious food.



## MARCH GROUP CLASSES



**DOG ZONE SERVICES**

**Rocket Recall** 4 WEEK CLASS

- Wednesday March 1st at 5:00 p.m
- Thursday March 2nd at 6:00 p.m
- Saturday March 4th at 12:00 p.m

**Puppy Foundations** 4 WEEK CLASS

- Thursday March 2nd at 4:00 p.m
- Thursday March 2nd at 5:00 p.m

**Lifeskills** 4 WEEK CLASS

- Friday March 3rd at 5:00 p.m

**Tricks on Tricks** 4 WEEK CLASS

- Saturday March 4th at 1:00 p.m

**Reactive Rescue** 4 WEEK CLASS

- Saturday March 4th at 2:00 p.m

Sign up at: [www.dogzoneservices.ca](http://www.dogzoneservices.ca)

LOCATION: 5040 Crownsnest Highway

Study title: The role of family support in preventing T2D in rural BC  
**Are you living in a rural community? WE WANT TO HEAR FROM YOU!**  
 We are interested in learning how family members influence diet and exercise behaviours among those living in rural communities.

All participants will receive \$50 as compensation for their time!

**How to participate? Contact:**  
 Kyra Braaten [kyra.braaten@ubc.ca](mailto:kyra.braaten@ubc.ca)  
 or Dr. Mary Jung [small.steps@ubc.ca](mailto:small.steps@ubc.ca)

**What is involved?**  
 ~1 hour zoom or phone call with a member of the Diabetes Prevention Research Group

**Who is eligible?**  
 Individuals living in rural communities who may be at risk of developing type 2 diabetes and their family members



Diabetes Prevention Research Group | SMALL STEPS FOR BIG CHANGES

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# VALLEY PROMOTIONS



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Sierra Franklin 

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Lasting Memories & Big Laughs!

**Cranbrook Radio Club Society**

We are a not for profit society located in Cranbrook BC



**About The Club**

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

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**For more info Call**  
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**Field Of Scope**

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

**Club Benefits**

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

**COLUMBIA VALLEY**

**Talent Show**

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@ INVERMERE'S COLUMBIA VALLEY CENTRE  
**2-4 PM**

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## UPCYCLING: WHY THROW OUT WHEN YOU CAN CREATE?

Upcycling has become an increasingly popular trend in recent years, with more and more people looking to create unique and sustainable items from old or discarded materials. The practice of upcycling involves taking something that might otherwise be considered waste and transforming it into something of value. This process not only benefits the environment by reducing waste, but it also has many other benefits that make it an attractive option for people looking to make positive changes in their lives.

One of the main values of upcycling is sustainability. By upcycling, we are reducing the amount of waste that ends up in landfills or incinerators. According to the Environmental Protection Agency, in 2018, the United States generated 292.4 million tons of municipal solid waste, and only about 32% of that waste was recycled or composted. By upcycling, we can reduce the amount of waste that we generate and help to conserve resources such as energy, water, and raw materials.





Another value of upcycling is creativity. Upcycling encourages people to think outside the box and find new and innovative ways to use old materials. This can be a fun and rewarding process, as it allows people to exercise their creativity and imagination. Upcycling also allows people to express themselves and create items that are unique and one-of-a-kind.

Upcycling also has economic benefits. By upcycling, we can save money by using materials that we already have rather than purchasing new ones. This can be particularly useful for people who are on a tight budget or who are looking to save money. Additionally, upcycling can be a source of income for those who are able to create items that others are willing to purchase.

In addition to these values, upcycling can also have social benefits. Upcycling can bring people together and create a sense of community. For example, some upcycling projects involve groups of people coming

together to transform old materials into something new and useful. This can be a great way to meet new people, build relationships, and work towards a common goal.

Finally, upcycling can be a source of pride and satisfaction. Creating something from old materials can be a fulfilling and rewarding experience, and it can give people a sense of accomplishment and pride in their work. Upcycling can also be a way for people to make a positive impact on the world by reducing waste and conserving resources.

In conclusion, upcycling has many values that make it an attractive and worthwhile practice. By reducing waste, promoting sustainability, fostering creativity, saving money, building community, and creating a sense of pride and satisfaction, upcycling has the potential to make a positive impact on both individuals and society as a whole. So the next time you consider throwing something away, take a moment to think about how you might be able to upcycle it instead.



CANAL FLATS  
COMMUNITY SOCIETY

COMMUNITY HELPING COMMUNITY



# 12TH ANNUAL 2023 FUNSPIEL

## MARCH 24, 25 & 26 IN THE CANAL FLATS ARENA

PRIZES FOR BEST TEAM COSTUME  
AND A, B & C EVENTS. ALL SKILL  
LEVELS (OR NO SKILL) WELCOME!



Deadline  
to Register  
**MARCH 17**

Included  
**SATURDAY DINNER  
& GUARANTEED 3  
GAMES**

**\$150**  
Per Team

**Come out to cheer on the  
teams and enjoy...**

- ✓ Watching curling!
- ✓ Beverage Garden
- ✓ 50/50 Draw
- ✓ Silent Auction

**To Donate for Silent Auction**

Email [flatscommunitysociety@gmail.com](mailto:flatscommunitysociety@gmail.com)

All proceeds go back into the community  
for projects and future events.



**PLEASE CALL 250-349-5617 to REGISTER your team today  
and secure your spot...limited space available!**

# VALLEY PROMOTIONS



# 2023 Wings over the Rockies NATURE FESTIVAL

Sunday, May 14<sup>th</sup>

## SÉAN MCCANN

*#shantyman*

*Co-founder of  
Great Big Sea*

Columbia Valley Centre  
Doors Open at 6:30 p.m.  
Main event: 7 - 9 p.m.

Online ticket sales  
begin Tuesday,  
April 11, 2023.  
10 a.m. MDT



ADVENTURE  
CANADA



Wings over  
the Rockies

NATURE FESTIVAL

Invermere  
**Home**  
hardware  
building centre



[www.wingsovertherockies.org](http://www.wingsovertherockies.org)

# SONG: SPRING

By William Shakespeare

(from Love's Labours Lost)

When daisies pied and violets blue

And lady-smocks all silver-white

And cuckoo-buds of yellow hue

Do paint the meadows with delight,

The cuckoo then, on every tree,

Mocks married men; for thus sings he,

Cuckoo;

Cuckoo, cuckoo: Oh word of fear,

Unpleasing to a married ear!

When shepherds pipe on oaten straws,

And merry larks are plowmen's clocks,

When turtles tread, and rooks, and daws,

And maidens bleach their summer smocks,

The cuckoo then, on every tree,

Mocks married men; for thus sings he,

Cuckoo;

Cuckoo, cuckoo: Oh word of fear,

Unpleasing to a married ear!





# TO DAFFODILS

By Robert Herrick

Fair Daffodils, we weep to see  
You haste away so soon;  
As yet the early-rising sun  
Has not attain'd his noon.

Stay, stay,  
Until the hasting day  
Has run  
But to the even-song;  
And, having pray'd together, we  
Will go with you along.

We have short time to stay, as you,  
We have as short a spring;  
As quick a growth to meet decay,  
As you, or anything.

We die  
As your hours do, and dry  
Away,  
Like to the summer's rain;  
Or as the pearls of morning's dew,  
Ne'er to be found again.





# FRONTIER LIFE IN THE

# COLUMBIA VALLEY BC

**The Columbia Valley in British Columbia is a region of breathtaking natural beauty, with towering mountains, winding rivers, and lush forests.**

For centuries, this area has been home to indigenous peoples, who have thrived off the land and its resources. But as European settlers arrived in the region, the frontier life of the Columbia Valley began to take shape.

The first wave of settlers arrived in the 1800s, drawn to the area by the promise of gold and other precious minerals. They were rugged and determined individuals, willing to endure harsh conditions in order to make a living. Many settled in the town of Golden, which became a hub for the region's mining and logging industries.

Life in the frontier was tough and unpredictable. The winters were long and bitterly cold, with heavy snowfalls making travel and transportation difficult. The summers were short but intense, with wildfires and droughts often devastating the local crops and livestock.

Despite the challenges, the people of the Columbia Valley were resilient and resourceful. They built homes, farms, and businesses from scratch, using whatever materials were available. They learned to adapt to the harsh climate and terrain, developing skills like hunting, fishing, and trapping in order to survive.

As the region grew and evolved, so too did its economy. Agriculture and forestry became major industries, with crops like potatoes, grains, and fruits thriving in the fertile soil. The construction of the Canadian Pacific Railway in the late 1800s also opened up new opportunities for trade and commerce, as goods could be transported more easily and quickly across the country.

Today, the frontier life of the Columbia Valley may seem like a distant memory, but its legacy lives on in the region's culture and traditions. Many of the descendants of the first settlers still live in the area, and their stories and experiences have been passed down through generations. The region's natural beauty and resources continue to attract people from all over the world, drawn by the promise of adventure, exploration, and discovery.

In many ways, the Columbia Valley is still a frontier, a place where people come to build new lives and make their mark on the world. And while the challenges of the past may have been different from those of the present, the spirit of resilience and determination that characterized frontier life is still very much alive today.



# Spring Break Farm Camp



Bookings available online now!

*Games, Farm animal visits, Gardening fun & More!*

March 20th-23rd 9:30-2:30PM

4825 The Dell Road, Windermere BC

We are excited to be offering a Spring break camp March 20th-23rd  
9:30-2:30pm. Cost for camp is \$225 plus gst per camper.

We will play games, do an art activity each day, learn gardening tips  
and how to care for farm animals. You can book now on our website at  
[Serenity-farm.ca](http://Serenity-farm.ca)

Contact Angela Miller at 250-341-5216 or  
[Serenityfarmcv@outlook.com](mailto:Serenityfarmcv@outlook.com) for more info.

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# STRAWBERRY BASIL GIN JAMMER

The perfect cocktail to kick off spring - in-season strawberries are muddled with fresh basil, topped with a refreshing gin and jam mixture.

## Ingredients

- 2 fresh strawberries, sliced
- 3-4 fresh basil leaves
- 1 tablespoon strawberry jam
- 2 ounces gin
- More whole strawberries for garnish (if desired)

## Directions

1. In a rocks glass, muddle the strawberries and basil.
2. In a cocktail shaker filled with about  $\frac{3}{4}$  cup of ice, combine the strawberry jam and the gin. Shake vigorously for about 20 seconds and then pour contents of shaker (including ice) into the rocks glass.
3. Garnish with a fresh strawberry if desired.





# BRAIDED SWEET BREAD

Braided sweet bread is a delicious and gorgeous homemade bread that looks as good as it tastes. With a sweetened golden top crust and fluffy bread inside, you're going to love this sweet bread recipe.

Sweet bread is really popular during Spring as people seek out sweet braided Easter bread recipes. This braided bread is perfect for the

## Ingredients

- 2 TBSP yeast
- 1 cup warm water
- 1/4 cup granulated sugar
- 1/3 cup canola oil
- 1 egg
- 1 1/2 tsp salt
- 3-3 1/2 cups flour
- 1 egg whisked with 1 TBSP water for textured top
- 2 TBSP turbinado sugar



## Directions

1. In a large bowl, dissolve sugar in warm water. Add yeast; let stand for 5 minutes.
2. Add the canola oil, egg, salt and enough flour to form a soft dough. Knead for 5 minutes.
3. Form dough into a smooth ball. Keeping the dough in the bowl, spray with non-stick spray and cover bowl with plastic wrap. Let rise in a warm place for 15-20 minutes.
4. Punch down dough. Knead for 1 minute, then divide the dough into 3 same-sized portions.
5. Roll each out into long logs and set them up on the counter side by side.
6. Braid the three pieces of bread together and then pinch together then end pieces and tuck them under the roll. Carefully place the loaf on the parchment paper-lined baking sheet.
7. Brush thoroughly with egg mixture and then sprinkle with the turbinado sugar.
8. Let the loaf sit while the oven is preheating to 350 degrees F, or about 10 minutes.
9. Bake for 30-35 minutes, until the outside is golden brown and the internal temperature of the loaf registers 195-200 degrees. Let cool. Slice & enjoy with butter!

# Gamer's Corner

## Game Review: Dead Space (2023)



**Dead Space is a horror-themed third-person shooter game developed by EA Motive and published by Electronic Arts.**

It is a reimagining of the original Dead Space game that was released in 2008. The game is set in the 26th century, where players assume the role of Isaac Clarke, an engineer who finds himself on a mission to investigate a derelict spaceship named O'Bannon.

The game's storyline follows Isaac as he explores the abandoned

spaceship, which was once a mining vessel, and uncovers a terrifying alien presence. The gameplay involves navigating through the spaceship's dark corridors and fighting off various alien creatures using an array of weapons and tools, including the iconic plasma cutter.



One of the game's strongest aspects is its atmosphere. The developers have done an excellent job of creating an eerie and oppressive environment that keeps players on the edge of their seats. The game's sound design is particularly noteworthy, with unsettling sound effects and an eerie soundtrack that adds to the game's horror elements.

The graphics are also impressive, with detailed character models and environments that add to the game's immersive experience. The game's lighting and shadow effects are particularly noteworthy, creating a sense of dread and tension that is hard to shake off.

The combat mechanics are fluid and satisfying, with a variety of weapons and tools that players can use to take down the game's enemies. The game's upgrade system allows players to customize their weapons and gear to their liking, making each playthrough unique.

One minor drawback of the game is its relatively short length. The game can be completed in around 10-12 hours, which may disappoint players who were expecting a longer experience. However, the game's replayability factor is high, with multiple difficulty levels and different playstyles to try out.

Overall, Dead Space is a masterclass in horror gaming, combining atmospheric tension, satisfying combat mechanics, and an immersive experience that will leave players on the edge of their seats. The game is a must-play for fans of the genre and a solid choice for anyone looking for a thrilling gaming experience.







ELK VALLEY



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IN THAILAND**

March 14-25, 2024



**ELK VALLEY TRAVEL CLUB  
Enrollment Meeting**



**Sunday, November 13**  
7Pm on Zoom



**Contact Jen Hegedus**  
Email: [elkvalleytravelclub@gmail.com](mailto:elkvalleytravelclub@gmail.com)  
Phone: 250 433 1291

**VALLEY PROMOTIONS**



COLUMBIA VALLEY SKATING CLUB PRESENTS

# DREAMLAND

## *Ice Show*

**SATURDAY, MARCH 18**

1:00pm - 3:00pm  
Eddie Mountain Memorial Arena

ADMISSION  
BY DONATION



DOOR PRIZES  
& PROGRAMS  
AT THE DOOR



# Mansion of Evil

## The Jeepers Creepers Series



The Jeepers Creepers movies are a series of horror films that have gained a significant following over the years. The movies, which were directed by Victor Salva, revolve around a mysterious creature known as the Creeper and the terror it unleashes on its victims.

The first film, released in 2001, follows siblings Trish and Darry as they drive home from college for spring break. They soon encounter a sinister-looking truck that seems to be following them. When they investigate, they discover that the driver is actually a monster known as the Creeper, who hunts and eats humans every 23 years. The film is a classic slasher flick, with plenty of jump scares and tense moments that keep audiences on the edge of their seats.





The sequel, *Jeepers Creepers 2*, was released in 2003 and takes place a few days after the events of the first movie. This time, a group of high school athletes on a bus trip home are terrorized by the Creeper, who has returned to finish its feast. The film is more action-packed than its predecessor, with plenty of chase scenes and thrilling set pieces that showcase the creature's terrifying powers.

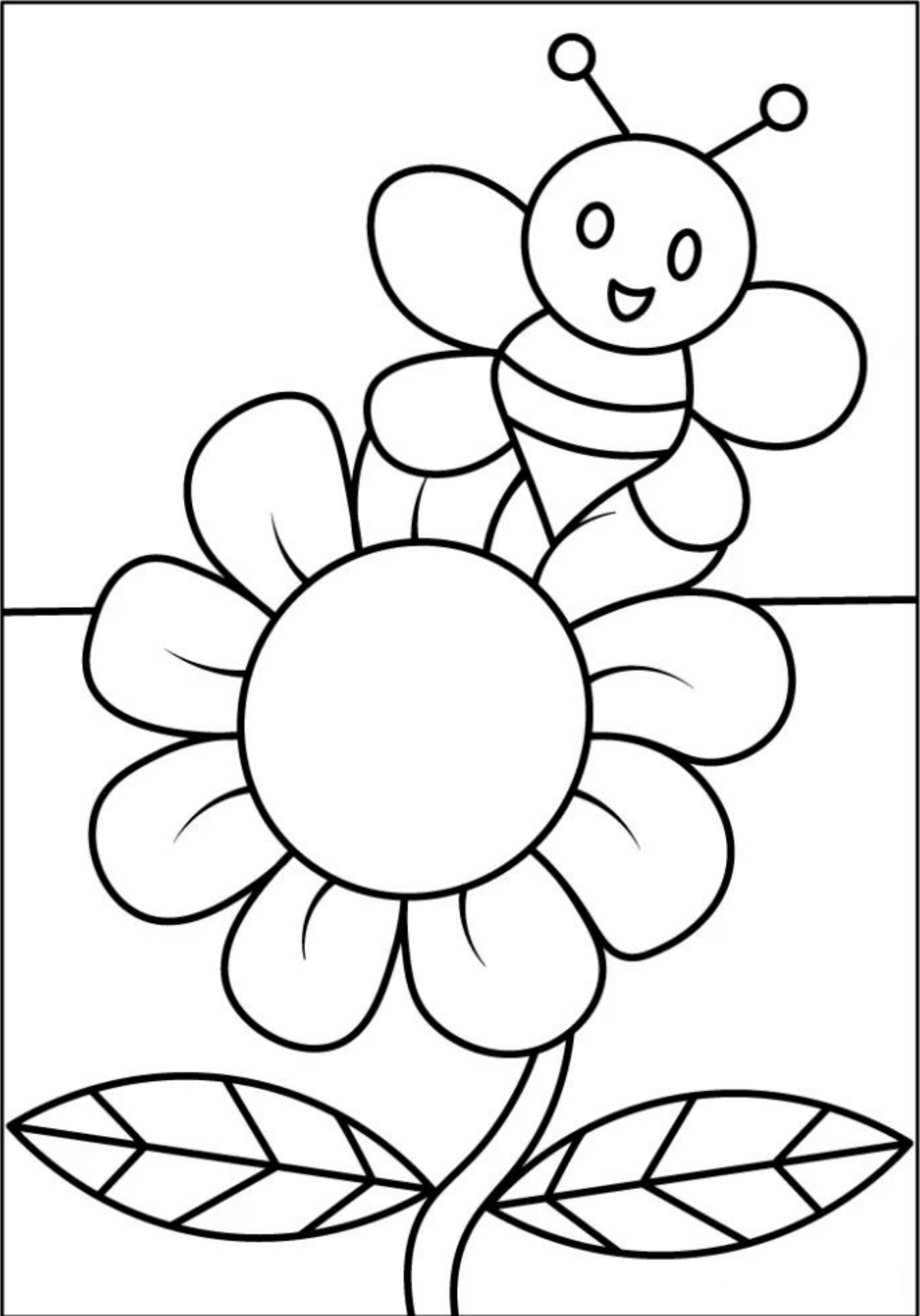
In 2017, *Jeepers Creepers 3* was released, picking up where the second film left off. The story follows Trish as she teams up with a group of hunters to track down and kill the Creeper once and for all. The film was met with mixed reviews, with some praising its return to the franchise's roots while others criticized its reliance on recycled tropes and clichés.

One of the strengths of the *Jeepers Creepers* movies is their use of practical effects and creature design. The Creeper itself is a unique and terrifying creation, with its bat-like wings, sharp teeth, and insatiable hunger. The films also rely heavily on suspense and atmosphere to build tension, with the monster lurking just out of sight for much of the runtime.

Another standout feature of the franchise is the performances of its cast. Justin Long and Gina Phillips give compelling performances as the leads in the first film, while the ensemble cast in the second and third movies bring a diverse range of characters to life. The films also feature memorable appearances by actors such as Ray Wise, Jonathan Breck, and Meg Foster.

Overall, the *Jeepers Creepers* movies offer a thrilling and terrifying viewing experience for fans of horror. While the franchise has had its ups and downs, it remains a cult favorite and a testament to the power of practical effects and creature design in modern horror cinema.









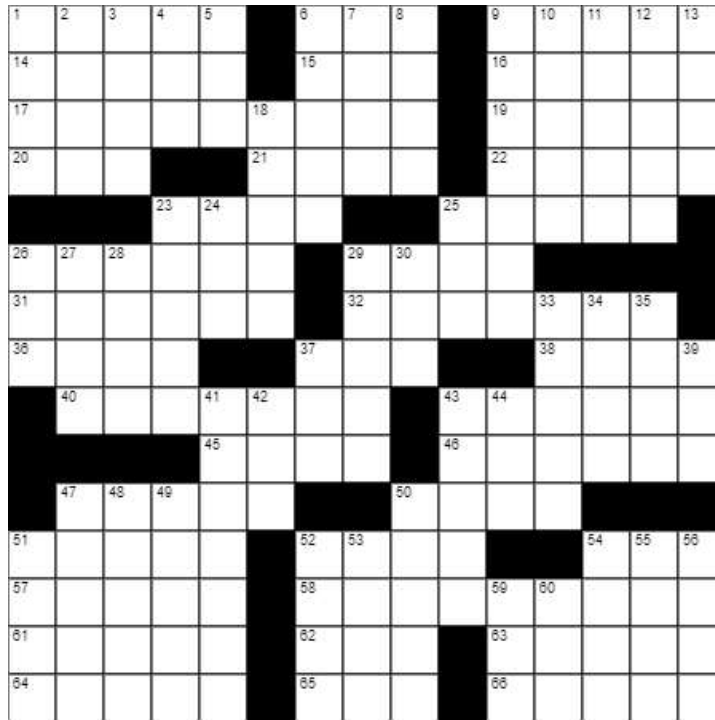
# A LITTLE FUN

## Across

1- Wooden shoe; 6- Fairway position; 9- Bread; 14- Make one's case; 15- Neither Rep. nor Dem.; 16- Rich tapestry; 17- Pay more than one can afford; 19- Quite bright; 20- Faucet; 21- Looking up; 22- Time being; 23- In a jiffy; 25- Profundity; 26- White rat, e.g.; 29- Border on; 31- Somewhat; 32- Cart driver; 36- Portico; 37- Car club; 38- Prepare a book or film for release; 40- Begin, e.g.; 43- Swindle; 45- Editorial notation; 46- Capital of New South Wales; 47- Chip dip; 50- Hwys.; 51- Trio; 52- Scott of "Charles in Charge"; 54- Mousse alternative; 57- Radiolocation; 58- Dissipate; 61- Give it \_\_\_!; 62- Small child; 63- Skip \_\_\_; 64- Languishes with longing; 65- "SNL" alum Gasteyer; 66- Murders;

## Down

1- Primer pet; 2- Thomas Edison's middle name; 3- High-pitched tone; 4- Dinghy thingy; 5- NFL 6-pointers; 6- Rest atop; 7- Hostelries; 8- Whirlpool; 9- Electric generator; 10- Lowermost deck; 11- Praying figure; 12- Coniferous tree; 13- \_\_\_ sow, so shall...; 18- Validation; 23- Lute of India; 24- Lennon's lady; 25- Made a hole; 26- Pompous fool; 27- Monetary unit of Lesotho; 28- Warner \_\_\_; 29- Expect; 30- Bleat of a sheep; 33- Food and water; 34- Biblical garden; 35- Starchy staple; 37- Pub pint; 39- Mystery writer Josephine; 41- States; 42- Greek H; 43- Camera setting; 44- Drain-cleaning chemical; 47- Puppeteer Lewis; 48- "As You Like It" forest; 49- Flat contract; 50- Lasso; 51- Pitfall; 52- Second letter of the Greek alphabet; 53- Mary Kay rival; 54- Scottish Celt; 55- Bibliography abbr.; 56- Permits; 59- Durable wood; 60- Slugger's stat;



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