



# The Valley Voice

*The Voices of the Columbia Valley*

Syd Danis  
PHOTO CREDIT

## INSIDE THIS EDITION

### BIRD WATCHING

A blast as a hobby, sport, or profession.

### VALLEY SPOTLIGHT: RADIUM HOT SPRINGS

Nestled in the heart of the Rocky Mountains, Radium Hot Springs, BC, is a hidden gem that deserves to be discovered.

### PART 1 CLIMATE FRIENDLY HOME: ROOFS, SIDING AND TRIM!

Why GO LIGHT for home exteriors? Cool it off!

### GAME REVIEW: LEAGUE OF LEGENDS

League of Legends is a multiplayer online battle arena (MOBA) game developed and published by Riot Games.

# The Voice of the Columbia Valley



Your voice, your valley, your magazine

## LETTER FROM THE VOLUNTEERS

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We received so much great content from the community for the issue, and we really appreciate it! It makes our job so much easier when everyone pitches in!

We hope you enjoy this issue, we sure did. And keep sending in all the great content, it really does make a difference.

And businesses, don't forget, you can always submit your business ads for free, just make sure to follow submission guidelines, show on page 4!

The VVV

Deb Hovestad  
PHOTO CREDIT



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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@thevoiceca.ca](mailto:news@thevoiceca.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 May 3, 2023

SUBMISSION DEADLINE May 2, 2023.

## 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 Once an ad is out of date or stale, we will remove it.\*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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**VISIT US ONLINE**  
[thevoicecv.ca](http://thevoicecv.ca)

**VISIT US ON SOCIAL**  
[@thevoicecv](https://www.instagram.com/thevoicecv)

# Come paint with us At Screamers Ice Cream in Radium

Grades 6-12

Thursday, May 4th

6-8pm



Come join us in Radium to help paint a set of wings that will be hung in a public place in your Community. Ice Cream and Refreshments available as well.



For more info contact Angela Miller at 250-688-7458 or [amiller@fdx.family](mailto:amiller@fdx.family)



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# BIRD WATCHING

**A blast as a hobby, sport, or profession.**

The Wings over the Rockies festival continues this year from May 8th to May 14th, for the 26th straight year, in the stunning upper Columbia River Valley, with its focal point being the charming mountain town of Invermere.

Bird watching, also known as birding, is a popular activity involving observing and identifying bird species in their natural habitats. It has become a popular pastime, sport, and profession for people of all ages and backgrounds.

As a hobby, bird watching is accessible to anyone with an interest in birds and nature. It can be done in various settings, including local parks, nature reserves, and backyards. All you need is a pair of binoculars, a field guide, and a willingness to spend time in nature. Bird watching can be a fun and relaxing way to explore the outdoors and connect with the natural world. Many people find it a rewarding hobby that helps them to relax and unwind.

Bird watching is also popular as a sport, especially among competitive birders. Competitive birding involves spotting as many bird species as possible within a specific time frame or geographic area. Birding competitions range from everyday challenges among friends to organized events with strict rules and guidelines. Some of the most popular birding competitions include the World Series of Birding, the Great Texas Birding Classic, and the Big Year, which involves trying to see as many bird species as possible in a single calendar year.

In addition to being a hobby and a sport, bird watching can also be a profession for those passionate about birds and wildlife. Professional bird watchers, also known as ornithologists, study birds and their behaviours, habitats, and populations. They often work for conservation organizations, government agencies, or research institutions. Their work is crucial for understanding and protecting bird species and their ecosystems. Professional bird watchers use various tools and techniques to study birds, including bird banding, radio tracking, and remote sensing.

One of the reasons bird watching has become so popular is that it can be enjoyed by people of all ages, backgrounds, and skill levels. It is a great way to connect with nature and learn about local flora and fauna. It can also be a social activity, with many

birding clubs and organizations hosting events and outings for members. Bird watching has also become more accessible in recent years, thanks to technological advancements. Birders can now use smartphone apps to identify birds and track their sightings, making it easier than ever to get started with this rewarding hobby.

Overall, bird watching is an activity that offers something for everyone, from those who want to enjoy a relaxing day outdoors to those who are passionate about observing and studying birds. It is an activity that can be pursued at any level, from novice to expert, and continues to be a popular pastime worldwide.

Strap on your boots, grab your cameras, binoculars, and field guides, and let's capture some beautiful memories.

Deb Hovestad  
**PHOTO CREDIT**



FIRST FRIDAYS

Art  
Walk<sup>At</sup>



Friday May 5th

5pm-8pm

Black Star



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WITH ALISON BELL

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and watch art in the making!

**VALLEY PROMOTIONS**



# FIRST FRIDAYS Art Walk

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OF EVERY MONTH

5-8 PM

INVERMERE

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CHECK OUT OUR ONLINE CALENDAR FOR  
FRIDAY EVENTS AND FUN WITH THE ART SPOTS





## VALLEY SPOTLIGHT: RADIUM HOT SPRINGS

Nestled in the heart of the Rocky Mountains, Radium Hot Springs, BC, is a hidden gem that deserves to be discovered. This charming mountain town is known for its soothing natural hot springs, breathtaking scenery, and endless opportunities for outdoor adventures. In this feature article, we'll take a closer look at what makes Radium Hot Springs, BC, such a special place.

### Hot Springs: The Jewel of Radium Hot Springs

One of the main draws of Radium Hot Springs is its namesake - the natural hot springs that bubble up from the ground. These hot springs have been soothing sore muscles and rejuvenating visitors for thousands of years. The water, which is naturally heated by the earth's core, is rich in minerals such as calcium, sodium, and magnesium, which have therapeutic properties.

The hot springs are open year-round, so visitors can enjoy them no matter the season. In the winter, the warm water provides a welcome respite from the cold, while in the summer, the pools offer a refreshing break from the heat. There are several pools of varying temperatures, so visitors can find the perfect spot to relax and unwind.

## Outdoor Adventures in Radium Hot Springs

Beyond the hot springs, Radium Hot Springs is a paradise for outdoor enthusiasts. The town is surrounded by the stunning scenery of the Rocky Mountains, which offer endless opportunities for hiking, biking, and skiing.

Kootenay National Park is just a short drive away and offers some of the best hiking trails in the region. Visitors can explore the stunning vistas of the Marble Canyon, trek to the top of Mount Wardle for a panoramic view of the park, or take a leisurely stroll through the lush forests.

In the winter, the nearby ski resorts of Panorama and Fairmont Hot Springs offer some of the best skiing and snowboarding in the Rockies. The snow-covered mountains and pristine runs are a winter wonderland for all ages.

### The Charm of Radium Hot Springs

Radium Hot Springs has a charm that is hard to resist. The town is small and intimate, with a population of just over 800 people. The streets are lined with quaint shops and restaurants, and the locals are friendly and welcoming. Visitors can stroll along Main Street, stopping in at the unique boutiques and galleries, or sit down for a meal at one of the many cozy restaurants. The town's location on the edge of the Rockies provides a breathtaking backdrop for any activity, from a leisurely stroll to an adrenaline-pumping adventure.

In conclusion, Radium Hot Springs, BC, is a hidden gem that offers something for everyone. The natural hot springs, stunning scenery, and endless opportunities for outdoor adventures make it a must-visit destination for anyone seeking a relaxing getaway or an adrenaline-pumping adventure. With its small-town charm and welcoming locals, Radium Hot Springs is a place that visitors will never forget.





Ready, Set, Learn!



**FAMILY FUN FEST**



**FOOD!**

**GAMES!  
FREE GIFT BAG!  
ACCESS LOCAL  
SERVICES!**



**May 6, 2023**

9:00AM - 12:00PM



**Pothole Park**

639 7th Ave. Athalmer (Invermere)

**FREE Event!**

**FOR FAMILIES  
WITH CHILDREN  
AGED 0-5 YEARS**

Join other families and caregivers with pre-school aged children at a FREE Ministry of Education and Child Care funded family oriented event. Receive information about FREE local early learning programming and services available for you and your child!



# VALLEY PROMOTIONS



# CINCO DE MAYO

TRADITIONAL MEXICAN DANCE PERFORMANCE!

By: Eric's Dear Mother ...

*Rosa Carmen*



# Letter to the Editor

## PART 1 CLIMATE FRIENDLY HOME: ROOFS, SIDING AND TRIM!

Why GO LIGHT for home exteriors?  
**Cool it off!**

Choosing light colours for the outside of our homes helps reduce heat absorption. This is important as our temperatures climb due to climate change. Think of the white buildings of Greece - roofing, siding and trim. White cools because it reflects the sun. A white roof helps reduce the heat in our attics making it easier to keep our homes cool in summer (and additionally, reduces thaw/freeze in winter, and may add snow cover insulation).

A local homeowner reported that their dark green asphalt roof had summer

attic temperatures up to 52C when the outside temperature was 35C. After installing a white metal roof, the attic temperature was the same as outside. Now their home is warmer in the winter and cooler in the summer thanks to their white roof and R62 insulation in the attic. Choosing lighter colours helps moderate temps in our homes and when more homes do it, the neighbourhood benefits.

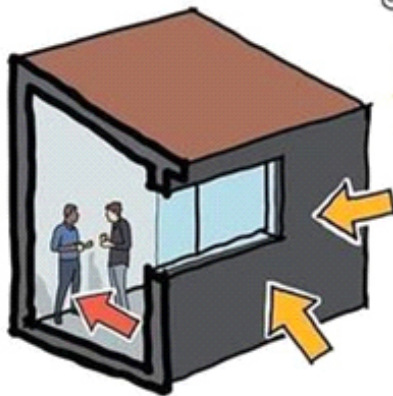
Find more great information at [greenvalues.cnt.org](http://greenvalues.cnt.org)

Submitted by:

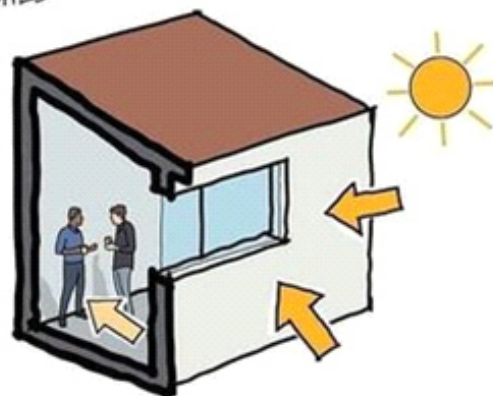
[EK Climate Hub](#)

### HEAT ABSORPTION

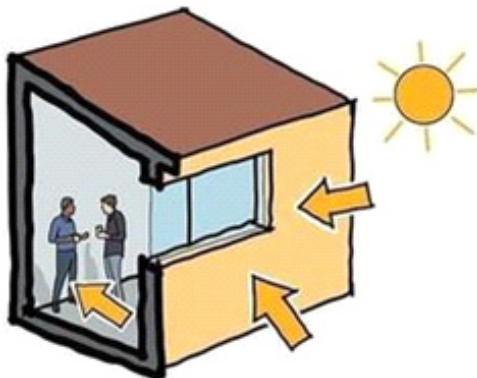
@07SKETCHES



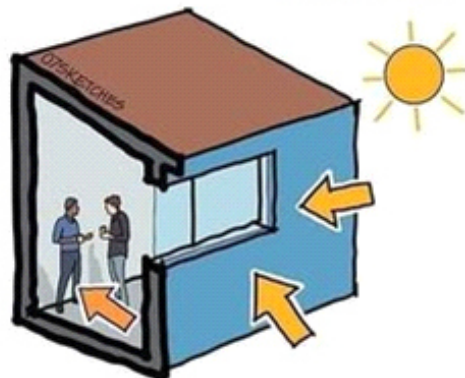
98% ABSORPTION BLACK



20% ABSORPTION WHITE



28% ABSORPTION YELLOW



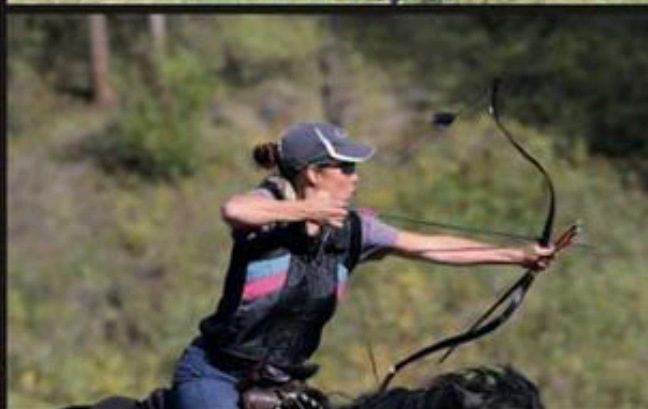
35% ABSORPTION BLUE

# Spur Valley Mounted Archery Club Presents **HORSE ARCHERY CLINIC**

**May 30 - June 2, 2023**

# World Federation of Equestrian Archery **WFEA WORLD CUP COMPETITION**

**June 3 & 4, 2023**



**Clinic Taught by**  
Konkoly Merse  
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Kassai Equestrian Archery School  
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Clinic open to intermediate and advanced level.  
4 full days of training with immersion into horse archery.

*Participants must be competent riders and be able to shoot from a cantering horse.*

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**Spectators welcome**

Events start at 9 am.  
Please bring a chair

- \$10** Individual admission
- \$25** Family admission  
Immediate family (3+ members)

# LET'S TALK MONEY

May 17th 6:30-8:00pm  
at the Invermere Library



Mindset &  
Money Rox  
website:



Who feels the financial industry overcomplicates things to keep us confused?  
Do you want to get started on building a financial future?  
Do you have questions about building wealth, savings, or retirement income?  
Do you want to learn strategies the wealthy utilize?  
Are you wondering about estate planning?

**IF SO COME OUT FOR A NIGHT OF VALUABLE INFORMATION AND LEARNING MONEY IN A STRAIGHTFORWARD WAY THAT MAKES SENSE!**

All welcome to attend! No registration required



publiclibrary@invermere.net

250-342-6416

invermere.bc.libraries.coop

# VALLEY PROMOTIONS



# ARCHERY TAG FRIDAYS

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**\$10 single drop in  
or  
\$50 for team of 7  
6 pm - 8 pm  
all ages welcome!!!**



**3050 Highway 93 / 95 Windermere, BC  
friends@columbialakerecentre.com  
250-342-0804**

# CLASSIC MOJITO

Can any cocktail beat the refreshing taste of a mojito? Among the classic cocktails, this iconic Cuban drink stands out as one of the best. This mojito recipe is a perfect balance of sweetness, bubbiness, and minty freshness. Like the margarita, the authentic version is less sugary and more complex than what is commonly served in bars and pre-made mixes. It is ideal for savoring on the patio during warm weather, and just as satisfying during the cold winter months when you long for the beach. Follow this straightforward recipe to create a delicious mojito!

Are you interested in making a classic mojito? This sour cocktail has its roots in Havana, Cuba, but its exact origins are unclear, with some claiming it was created in the 1500s while others believe it was popularized in the 1800s with the rise of the Bacardi rum company. Regardless, it gained iconic status as a Cuban drink by the 1930s, thanks in part to the influence of Ernest Hemingway.

The mojito is one of the official cocktails of the International Bartender Association (IBA), meaning it has an "exact" recipe, although different bartenders around the world interpret it in their unique ways. A traditional mojito recipe typically includes fresh mint, lime juice, rum, simple syrup, and soda water.

## Ingredients

1. 6 mint leaves, plus extra for garnish
2. 1 ounce (2 tablespoons) of lime juice
3. 1 ounce (2 tablespoons) of simple syrup
4. 2 ounces (4 tablespoons) of white rum
5. 2 to 4 ounces (½ cup) of soda water

## Directions

1. Begin by muddling the mint leaves in a cocktail shaker. To learn how to muddle mint, follow these instructions.
2. Add the lime juice, simple syrup, and rum to the cocktail shaker, and fill it with ice. Shake the mixture until it becomes cold.
3. Put ice into a glass, and then strain the liquid into it. Fill up the glass with soda water, and garnish with a few extra mint leaves.
4. If you want to make a pitcher of mojitos, check out our Mojito Pitcher recipe.



# ASIAN SLAW

The recipe for this Asian slaw embodies everything I adore about summer salads. Bursting with a rainbow of colors, textures, and tastes, it incorporates the freshest fruits and vegetables currently in season. While I enjoy salads throughout the year, the summertime version has my heart.

This particular Asian slaw recipe exemplifies the possibilities of a perfect summer salad. It comes together effortlessly in under 30 minutes, and the diverse ingredients provide a tantalizing fusion of flavors and textures. This dish makes an ideal accompaniment to a cookout, but it is also substantial enough to serve as a complete meal.

You'll love taking this Asian slaw to summer picnics or BBQs! It's easy to make ahead, so it's also one of my favorite choices for a quick weekday lunch. Vegan and gluten-free.

## Ingredients for Dressing

1. ¼ cup cashew or peanut butter
2. 2 tablespoons white miso paste
3. 2 tablespoons lime juice
4. 1 teaspoon sesame oil
5. 1 teaspoon grated ginger
6. 2 to 5 tablespoons water, or as needed



## Ingredients for Dressing

1. 6 to 7 cups shredded red and/or green cabbage
2. Mix of peppers: I used 3 Anaheim and 3 banana peppers; or use 1 red bell and 1 poblano.
3. 2 scallions, chopped
4. ½ cup chopped cilantro, including stems
5. ½ cup fresh basil, Thai basil, and/or mint
6. 2 Thai chiles or 1 serrano pepper, diced
7. Sea salt
8. ¼ cup toasted peanuts, pepitas, and/or sesame seeds
9. 1 ripe peach, thinly sliced
- 10.

## Directions

1. Make the dressing: In a small bowl, whisk together the cashew butter, miso paste, lime juice, sesame oil, and ginger. Whisk in enough water to create a drizzable consistency. Set aside.
2. In a dry cast-iron skillet over medium heat, char the peppers whole, rotating until the edges have a little char, about 2 minutes per side. Remove. When cool to the touch, slice in half lengthwise, remove the stem, ribbing, and seeds and slice horizontally into thin strips.
3. In a large bowl, combine the cabbage, peppers, scallions, cilantro, basil, chiles, and ¾ of the dressing. Toss until combined. Add the remaining dressing, if desired, and season to taste with a few pinches of sea salt.
4. Serve topped with the toasted nuts, seeds, and sliced peaches.

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# VALLEY PROMOTIONS

# Sierra Says

## HYPNOTIST ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

EMAIL TO BOOK  
MovingMountainsHypnotherapy@gmail.com



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.

**Join Now**  
va7kjl@cranbrookarc.ca

**Facebook Page**  
[www.facebook.com/groups/401498182023574](https://www.facebook.com/groups/401498182023574)

**For more info Call**  
250-919-6146  
14-9762 Ermacora Road

### 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

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# SUMMERTIME IN COLUMBIA VALLEY

Oh, Columbia Valley, how you shine In the summertime, so divine Nestled between  
the mountains grand Your beauty, oh so vast and grand

The air is warm, the sky is blue The perfect time to visit you With lakes so clear and  
trees so green A paradise that must be seen

The scent of wildflowers fills the air As you walk without a single care The sound of  
water rushing by A symphony that satisfies

The sun beats down upon your face As you explore this wondrous place Hiking  
trails that wind and bend A journey that never seems to end

And when the day draws to a close The sunset paints the sky with rose The stars  
come out, the night grows cold A perfect end to a day so bold

Oh, Columbia Valley, how you shine In the summertime, so divine A treasure that  
we all should seek And memories that we'll forever keep.

# THE GRIZZLY

Amidst the towering pines and rushing streams Where nature's beauty reigns  
supreme Lurks a creature fierce and strong A symbol of the wild and untamed  
for so long

The grizzly bear, a sight to behold With its massive size and fur of gold A  
predator of the highest order Its power and majesty hard to ignore

Through rugged terrain and snowy peaks The grizzly roams, a king it seeks Of  
all the creatures in the land None can match its might or stand

Yet, with such strength and ferocity Comes a gentle side, a rarity For the grizzly  
cares for its young And protects them with a love so strong

So let us respect this wondrous beast And give it the space and freedom it  
needs For the grizzly is a symbol of the wild A reminder of nature's majesty, so  
mild.

# HERE'S TO SONG!

## Valley Voices in Concert



**Featuring:**

*Jana Van Urk, Mezzo Soprano*

**-and-**

*Ruth Zehnder, Soprano*

May 5 and 6, 2023

7:30pm

Christ Church Trinity

**General Admission \$15**

Tickets available at:

\*cash only – no holds on tickets

Radium Hot Springs Public Library – Radium

Inspire Floral Boutique – Invermere

Purple Cow Gift Shop - Fairmont

# VALLEY PROMOTIONS





Help send teens to camp at YoungLife's RockRidge Canyon!

Sign up for a 5 minute photo session with **Vincent Photography** and receive 3-5 edited photos!

Cost is \$25 per 5 minute session.

Please message Kelly Frampton to book your session.

**Saturday May 27th**  
**11:00am-3:00pm**  
**Lower Idlewild parking lot**

**IMPORTANT INFORMATION**

**SCHEDULED TEST**

**11AM - MAY 5**

**ENS SYSTEM**

Regional District of **East Kootenay**

1-888-478-7335 | www.rdek.bc.ca



**BC Invasive Species ACTION MONTH**

**WEEK ONE - DON'T LET IT LOOSE**



Join us

**Crazy Soles Nipika Trail Run**

**Saturday, May 27**



Choose a distance  
25km, 10km, 5km, 2.5km

Sign up  
nipika.com/crazysoles

Invite family or friends  
Start training



**CALL FOR LOCAL ARTIST ARTISANS AND HOBBYISTS!**

Do you create beautiful, whimsical, rustic, and just plain adorable garden ornaments? If yes—this event is for you! Groundswell Network is looking to sell outdoor spots for our Annual Mothers' Day Plant Sale.

When: **Saturday, May 13 11AM to 3PM** Cost: **\$30 per booth**


Please contact Anna Grant to register 519-819-3629



2023 **Wings over the Rockies** NATURE FESTIVAL


May 8<sup>th</sup> - 14<sup>th</sup>

**KEYNOTE SPEAKER**



**Dr. Dale Leckie**  
Saturday, May 13<sup>th</sup>

**MUSIC CONCERT**



**Séan McCann**  
Sunday, May 14<sup>th</sup>


**Wildlife and Landscapes**  
Exploring Connections

100+ events ~ Photo Contest ~ Online Auction

Website Events Calendar Preview begins Thursday, March 30, 10 AM MDT

Website Ticket Sales begin Tuesday, April 11, 10 AM MDT

www.wingsovertherockies.org



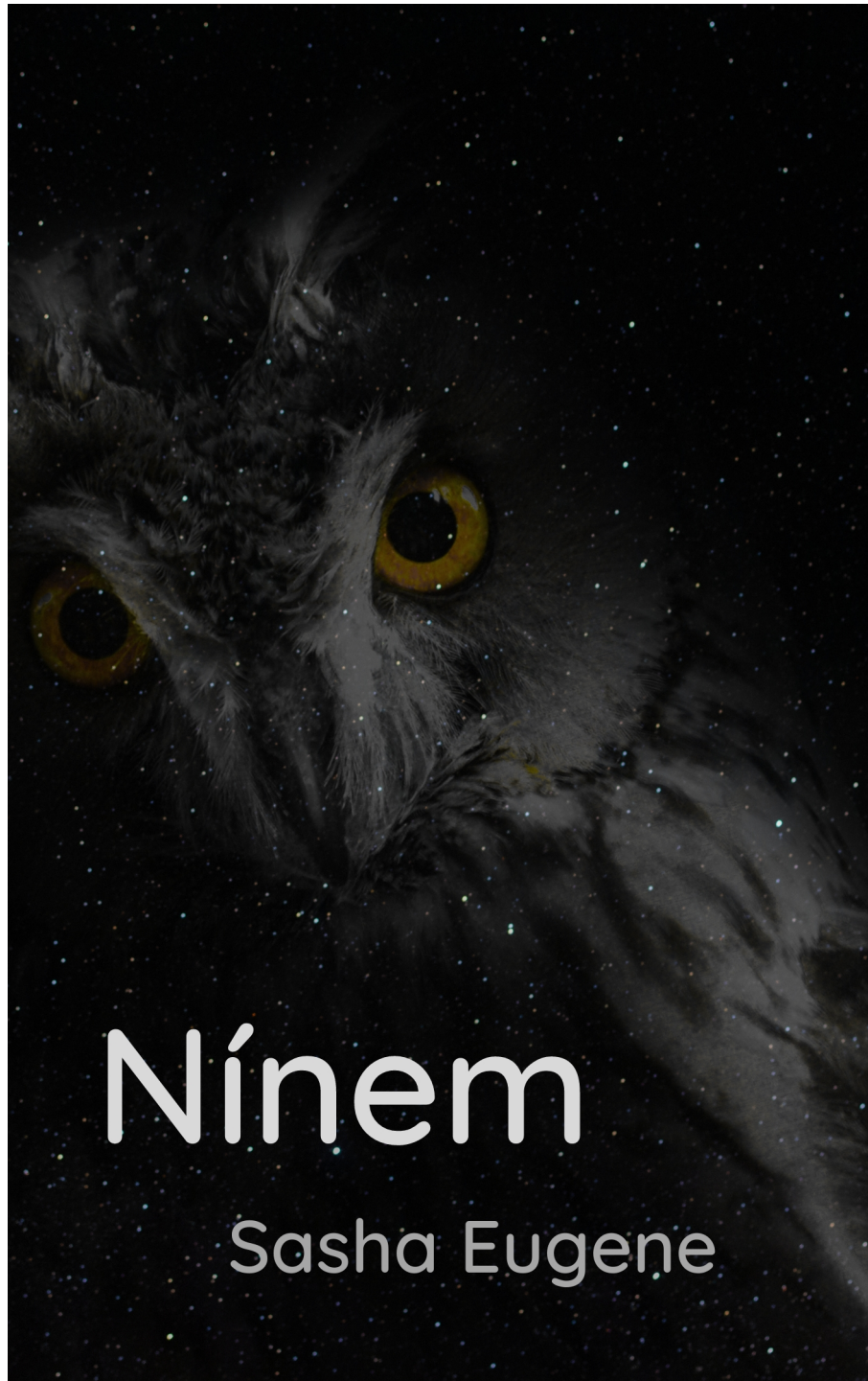
# SACHA EUGENE'S

## NINEM

Sacha Eugene's debut book series, Ninem, consists of three planned books, with the first one centering on poetry related to grief and originating straight from Sacha's soul.

Pre-orders for the e-book version of the first book are now open and will be automatically delivered to your Kindle library upon release. Paperback and hardcover versions are also already available for purchase.

Sacha would like to express her gratitude towards Maegan and Debra for their contributions to her journey as an author.



# MOVIES IN THE MOUNTAINS

Monday Nights at Dark  
Pothole Park  
Downtown Invermere

Mon July 3- The Princess Bride  
Mon July 10- The Sandlot  
Mon July 17-Weekend at Bernie's  
Mon July 24-The Wolf and the Lion  
Mon July 31-Footloose  
Mon Aug 7- Sonic the Hedgehog  
Mon Aug 14-Free Guy  
Mon Aug 21- Luca  
Mon Aug 28- Fireheart

*Presented by the  
District of Invermere*

**Cash Concession Available**  
**events@invermere.net**

Viewer Discretion is Advised.

May contain content that is not suitable for some audiences.





## REQUIRED IMMEDIATELY

We are seeking a collaborative team player with excellent communication skills to support our day-to-day operations at ICAN. The successful candidate will be highly organized and possess strong administrative skills and abilities.

### Responsibilities and requirements:

- Ability to pivot with emerging/changing priorities as multi tasking is the norm.
- Main contact for all visitors and stakeholders to the shelter.
- Onboarding, training, monitoring, and scheduling all volunteers.
- Proficiency with multiple computer software applications such as: e- mails, calendars, scheduling, databases etc.
- Passion for animal care and facilitating foster and forever homes for homeless pets.
- Previous experience working with animals or within a shelter or rescue organization an asset but not mandatory for the right individual.
- Organized and caring leader who can inspire and coordinate a team of volunteers and service providers.
- Must be bondable.

### Terms and compensation:

10AM to 4:30PM Daily (includes a 30-minute unpaid lunch)

Tuesday to Saturday (Sundays and Mondays off)

3 Month probationary period

Starting at \$20/hr

### Please submit your resume to

455 – Panorama Drive V0A 1K7

Or email: [communications@icanbc.com](mailto:communications@icanbc.com)

# VALLEY PROMOTIONS



**If you have what it takes to work with a  
great Landscape Maintenance team,  
we want you!**

We're expanding our team and looking for hard working people, whether you have years of experience or you're new to the green industry.

Our company embraces life outdoors, we appreciate the satisfaction of hard physical work, and we take pride in keeping our clients' properties healthy and looking fantastic using an established system. You will be taught how to safely operate mowers, weed eaters, blowers, and other tools and equipment. We want you to be part of a team that works in, and appreciates, the weather of the Columbia Valley. We work on very hot days, very cold days, rainy days, and very beautiful days.

If you're the best, you won't ever have to worry about being paid above industry standards, our starting wage is \$20/hr. We also offer an extremely flexible benefits package for team members who stay with us year round.

If this is the kind of challenge you are looking for, please email enquiries to:

**[info@brigadeltd.com](mailto:info@brigadeltd.com)**

# Gamer's Corner

## Game Review: League of Legends



**League of Legends is a multiplayer online battle arena (MOBA) game developed and published by Riot Games.**

It is one of the most popular esports games in the world, with millions of active players and fans around the globe.

The game features a 5v5 gameplay where two teams of players compete against each other on a map called Summoner's Rift. Each player takes control of a champion with unique abilities, strengths, and weaknesses, and the objective is to destroy the

enemy team's Nexus, which is located in their base.

League of Legends has a steep learning curve, and mastering the game requires a combination of skill, strategy, and teamwork. Players need to work together to secure objectives, control the map, and defeat their opponents.

The game has a diverse roster of over 150 champions, each with its own unique playstyle, abilities, and backstory. Players can choose their champions based on their preferred role and playstyle, such as damage dealers, tanks, or support.

In addition to the traditional 5v5 gameplay, League of Legends also has several game modes, including ARAM (All Random All Mid) and TFT (Teamfight Tactics), which offer different gameplay experiences and challenges.

Overall, League of Legends is an

excellent game that provides endless hours of fun and excitement for players of all skill levels. With its engaging gameplay, diverse champions, and thriving esports scene, it is no wonder why it has become one of the most popular games in the world. Whether you are a seasoned MOBA player or a newcomer to the genre, League of Legends is definitely worth checking out.



**BINGO**

**May 16**

**6:30 p.m.**

**Invermere Senior's Hall**

**\$300 Jackpot**

**All over 19 welcome**

**Only CASH Prizes**

**11 games for \$20 (6 cards)**

**Lucky 7 & diamond extra games \$2**

**Doors Open at 5:30 p.m.**

**VALLEY PROMOTIONS**





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

Information and Enrollment ZOOM Meeting March 12, 2023 at 7pm	ADULT <b>\$5,843</b> or \$298/ 19 mos
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**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

**Every smile cookie™ makes a difference.**

100% of proceeds go to local charities & community groups.



**Tim's** **NOW MAY 1-7**

At participating restaurants in Canada. © Tim Hortons, 2023

**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



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

**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)



# Mansion of Evil

## Ghost Adventures



**Ghost Adventures is a popular television show that follows a team of paranormal investigators as they explore haunted locations around the world. The show has gained a massive following over the years and is known for its intense investigations, spine-tingling encounters, and use of high-tech equipment.**

Led by lead investigator Zak Bagans, the Ghost Adventures team includes Aaron Goodwin, Billy Tolley, and Jay Wasley. Together, they travel to some of the most haunted places on earth, seeking to uncover the truth about the paranormal.

Zak Bagans, the show's host and lead investigator, was born on April 5, 1977, in Washington D.C. He became interested in the paranormal at a young age and started investigating haunted locations in his hometown. Zak has always been fascinated by the unexplained and has dedicated

his life to uncovering the truth about ghosts and hauntings.

After graduating from film school, Zak started his career as a documentary filmmaker, creating films that explored paranormal phenomena. In 2008, he created Ghost Adventures and has been the show's host and lead investigator ever since. Zak is known for his bold approach to investigating, often putting himself in dangerous situations to capture evidence of the paranormal.

Aaron Goodwin, the show's camera operator, was born on April 1, 1976, in Portland, Oregon. He met Zak while working as a camera operator for a local news station and was soon brought on board as part of the Ghost Adventures team.

Aaron is known for his comedic personality and his willingness to confront the unknown. He has been a part of the show since its inception and has become a fan favorite for his bravery and his ability to make even the scariest situations seem less intimidating.

Together, Zak and Aaron make up the heart and soul of Ghost Adventures, with their unique personalities and their dedication to uncovering the truth about the paranormal. Their passion for their work and their unwavering commitment to their fans have made them one of the most beloved teams in the world of paranormal investigation.

Over the years, the Ghost Adventures crew has explored some of the most haunted locations in the world. From abandoned prisons to historic mansions, they have encountered some of the most terrifying paranormal activity imaginable. Here are just a few of the most haunted locations the Ghost Adventures crew has gone:

1. The Trans-Allegheny Lunatic Asylum - Located in West Virginia, this former mental institution is known for its violent past and is believed to be haunted by the spirits of former patients. The Ghost Adventures crew has visited this location multiple times and has captured some of their most terrifying evidence here.
2. The Winchester Mystery House - This sprawling mansion in San Jose, California, was built by Sarah Winchester, the widow of the founder of the Winchester Repeating Arms Company. It is believed to be haunted by the spirits of those killed by Winchester rifles, and the house's bizarre design only adds to its eerie atmosphere.
3. Bobby Mackey's Music World - This

country music club in Wilder, Kentucky, is believed to be built on top of an old slaughterhouse and is said to be haunted by the ghost of a murdered woman. The Ghost Adventures crew has captured some of their most compelling evidence at this location, including EVPs and full-body apparitions.

4. The Stanley Hotel - This historic hotel in Estes Park, Colorado, is famous for inspiring Stephen King's novel "The Shining." It is believed to be haunted by several ghosts, including the former owner, F.O. Stanley. The Ghost Adventures crew has visited this location multiple times and has captured some of their most disturbing evidence here.
5. The Old Charleston Jail - This former prison in Charleston, South Carolina, is believed to be haunted by the spirits of former inmates and the victims of the prison's notorious hangman, who operated on the premises. The Ghost Adventures crew has captured some of their most shocking evidence at this location, including the sound of ghostly footsteps and disembodied voices.

These are just a few of the many haunted locations that the Ghost Adventures crew has explored over the years. Whether you believe in the paranormal or not, their investigations are sure to leave you with chills down your spine.



# Elk Valley Travel Club

PARTNERED WITH EF TOURS

## EDUCATIONAL TRAVEL OPPORTUNITIES

### Youth grade 8-12

Elk Valley Travel Club provides international education travel opportunities for youth to experience travel abroad. Providing experiences that encourage critical thinking, problem solving, teamwork and a new understand of the world around them. We offer Education, Volunteer Service and Adventure tours in over 50 countries around the globe.

Students that participate on our tours are positively impacted and often return home more confident, motivated, leaders and role models in their community.

Our travel partner EF Tours are the world leaders in international education with over 55 years experience and provide exceptional safety and security while traveling abroad.

### BELL'ITALIA October 17, 2023

Venice, Florence, Rome,  
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<https://www.eftours.ca/2505890vf>



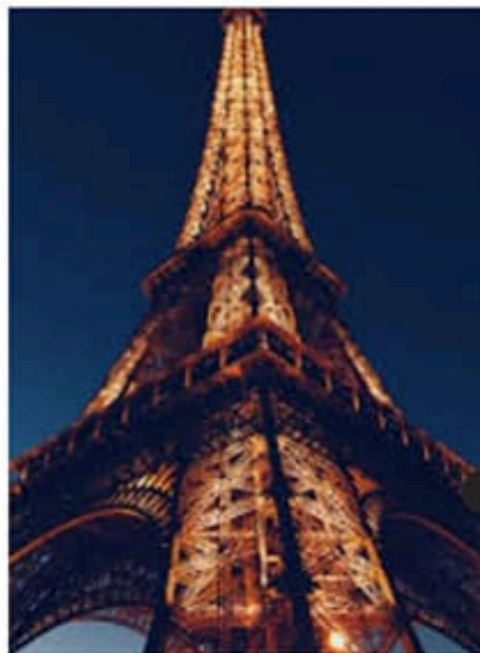
# VALLEY PROMOTIONS

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Enrollment in NOW open !

View our tour page for all the details!  
[www.eftours.ca/2603865zm](http://www.eftours.ca/2603865zm)



## CONTACT

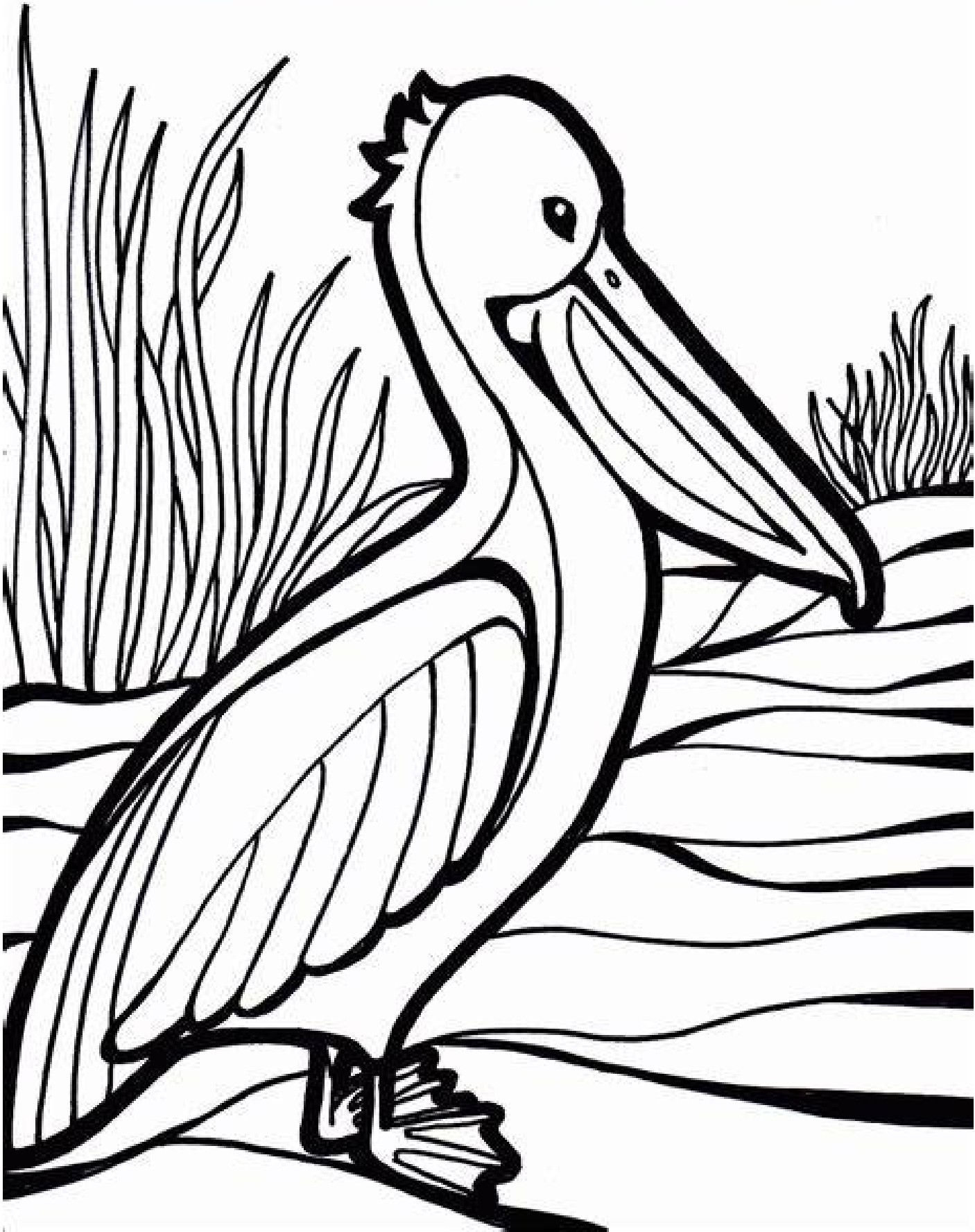
Elk Valley Travel Club  
Jennifer Hegedus - Tour Leader  
C: 250 433 1291  
E: [elkvalleytravelclub@gmail.com](mailto:elkvalleytravelclub@gmail.com)

ELK VALLEY



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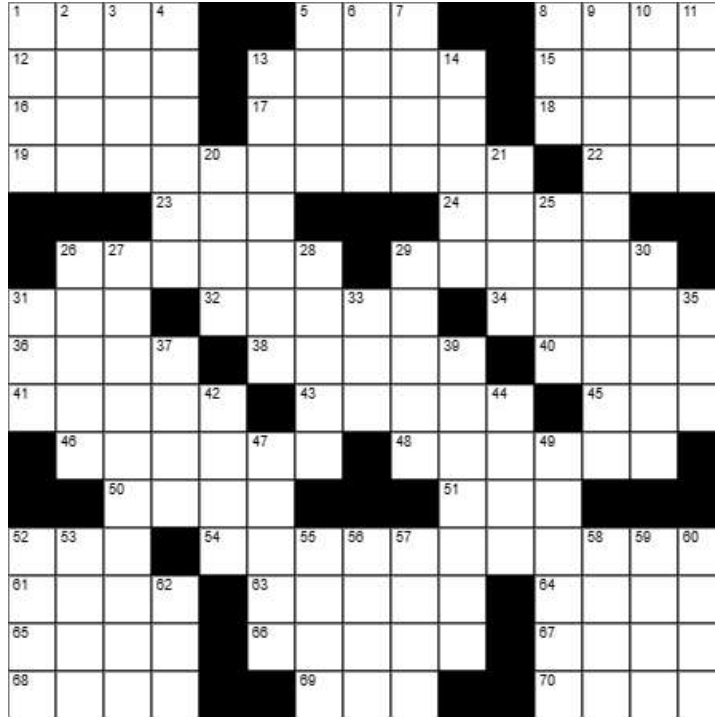




# A LITTLE FUN

## Across

1- Fabled loser; 5- Rita Hayworth's Khan; 8- Hebrew month; 12- Up and \_\_\_!; 13- Place; 15- Taylor of "Mystic Pizza"; 16- Graceful horse; 17- Maker of Pong; 18- Aeons; 19- Sac in which bile is stored; 22- Like cool cats; 23- Use, consume; 24- Sharp to the taste; 26- Apex; 29- Human mind; 31- Have a title; 32- Licorice-like flavoring; 34- Campfire treat; 36- Adjutant; 38- Gives off; 40- Run smoothly; 41- Prepared to pray; 43- Best of a group; 45- Mama's boy; 46- Rubbed out; 48- Large soup dish; 50- Rorschach's "spill"; 51- Loud noise; 52- Primate with a short tail or no tail; 54- Bloodroot; 61- Boy or man; 63- Fluff, as bangs; 64- Places to sleep; 65- Eyeball; 66- Satisfied; 67- Vichyssoise ingredient; 68- Lock openers; 69- \_\_\_ diem; 70- Designer Schiaparelli;



## Down

1- Dutch name of The Hague; 2- Gillette brand; 3- Sincere; 4- Symbol; 5- Kofi \_\_\_ Annan; 6- Be in front; 7- American football measure; 8- Guido's high note; 9- Tower for the guidance of mariners; 10- Peter Fonda title role; 11- Speech issue; 13- Brie base; 14- Eats to a plan; 20- Crimson Tide, for short; 21- Beams; 25- Dudley Do-Right's org.; 26- Pigs; 27- Lower abdomen; 28- Measured with a watch; 29- Minor, in law; 30- \_\_\_ the side of caution; 31- Cask wood; 33- Part of RSVP; 35- Ocean flier; 37- Airline to Tel Aviv; 39- Learned; 42- General \_\_\_ chicken; 44- The Emerald Isle; 47- Les \_\_\_-Unis; 49- Allow; 52- One way to run; 53- Leaf of a book; 55- Type of tide; 56- Movable barrier; 57- Manipulator; 58- Winder for holding flexible material; 59- Bad day for Caesar; 60- \_\_\_ silly question...; 62- Some MIT grads;

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	7		3		8	9		2
	1	5				6	8	
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			8			2	4	
	8	4		7				
9	5		4			8		3

Beach goers don't want the sun tan gold medal. They want the bronze.

