

The Valley Voice

The Voices of the Columbia Valley

Justin Spilly
PHOTO CREDIT

INSIDE THIS EDITION

NEW YEAR'S RESOLUTION OPTIONAL

The Transformative Power of Living by Intention, Creating a Fulfilling Life One Decision at a Time and Cultivating Purpose and Direction Beyond Annual Promises.

ENSURING YOUR PET'S SAFETY IN EXTREME COLD

As winter blankets the world in frost and snow, it's essential to extend our care to those who may not have the means to communicate their discomfort—the furry

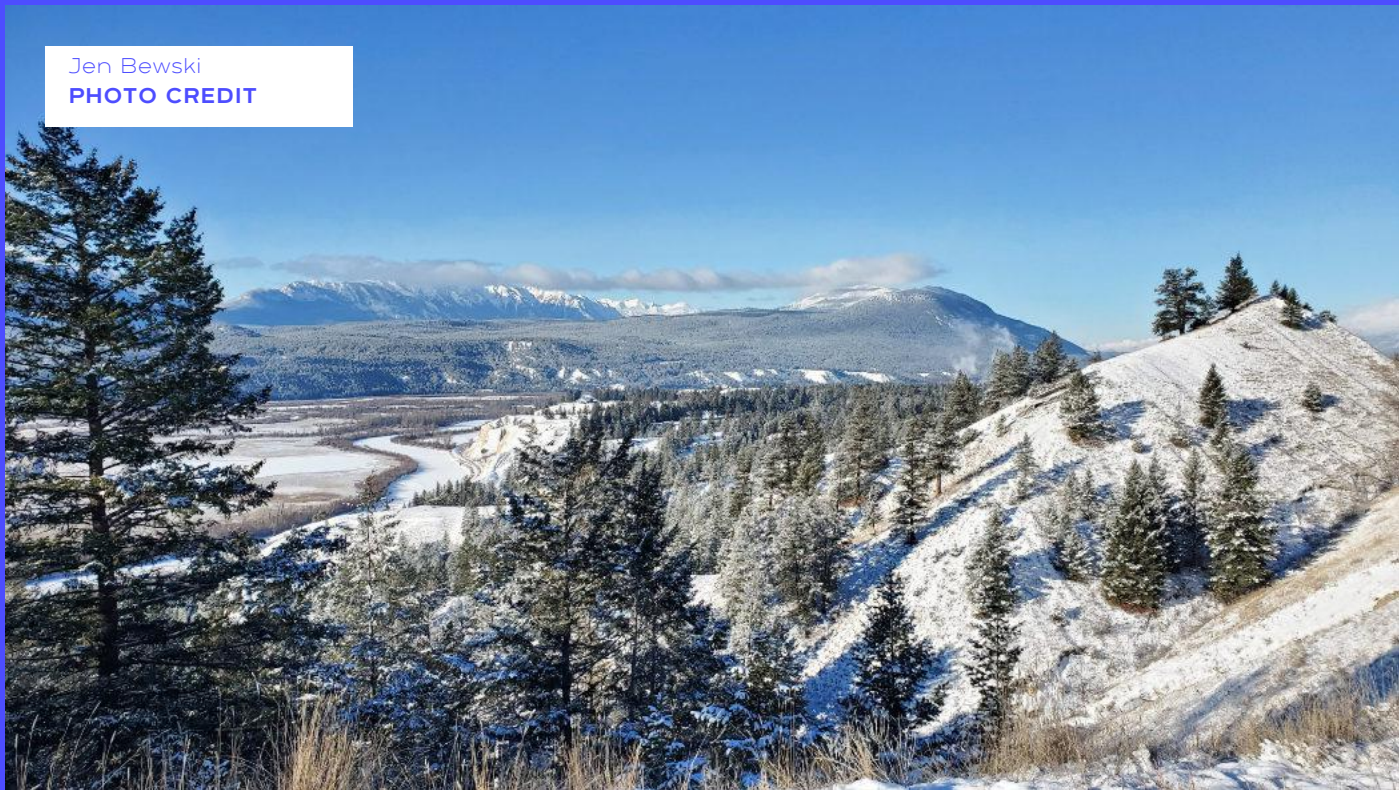
WARM HEARTS IN WINTER

Unique Dating Activities in Columbia Valley, BC

ICAN BC - INVERMERE COMPANION ANIMAL NETWORK

A True Example of compassion and care for our furry friends.

Jen Bewski
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As we step into the crisp embrace of January, a month that often wraps us in winter's icy arms, we extend our warmest wishes to you all. The New Year brings promises of fresh starts and new adventures, but it's also a time to extend the spirit of warmth and kindness to those around us.

In the heart of winter, as frost adorns the landscape and temperatures plummet, we want to remind everyone to be mindful of their well-being and that of their neighbors. A simple check-in, a shared cup of cocoa, or a thoughtful gesture can make a world of difference during these colder days. Frostbite can be a real concern, so please take extra precautions when venturing into the chilly outdoors. Stay warm, layer up, and be vigilant about the signs of extreme cold.

We're grateful for the sense of community that binds us together, and we encourage everyone to share that warmth. It's during these sometimes challenging weather conditions that acts of kindness shine the brightest. A helping hand with shoveling snow, an offer to pick up groceries, or just a friendly chat can be a source of great comfort.

We extend our deepest gratitude to those who have contributed their stories, insights, and

creativity to our publication. The guest submissions we've received are like a tapestry, weaving together diverse voices and perspectives. Thank you for enriching our community with your words and experiences.

To our treasured readers, thank you for being the heartbeat of our publication. Your engagement, your feedback, and the joy you find in the content we share inspire us to continue creating and growing together. Your support means the world to us.

As we embark on this new year, we invite you to keep the spirit of community alive. Share your stories, your thoughts, and your creative endeavors. Let's make this year a tapestry woven with the threads of our collective experiences.

Stay warm, stay safe, and above all, stay kind. Here's to a January filled with warmth, connection, and the promise of a bright and inviting new year ahead.

The Valley Voices Volunteers

BOARD MEMBER RECRUITMENT

Do you have a passion for animals and business?

Are you a decision maker? A team player?

ICAN's Annual General Meeting is March 17/24

ICAN is a no kill, non-profit animal shelter and is recruiting business minded, passionate animal lovers to sit on our Board of Directors.

* Advocate * Educate * Provide *

Apply for: President, Vice Chair, Secretary, Treasurer and Members at Large to steer head Fund-raising, Events and Grant writing.

Apply with your interest by email to:

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www.icanbc.com/about-ican/our-mission



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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

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 February 7, 2024

SUBMISSION DEADLINE February 6, 2024

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?

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and people

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NEW YEAR'S RESOLUTION OPTIONAL

The Transformative Power of Living by Intention, Creating a Fulfilling Life One Decision at a Time and Cultivating Purpose and Direction Beyond Annual Promises.

As the clock strikes midnight, champagne flutes clink and voices unite in a chorus of Auld Lang Syne, we welcome the dawn of a new year. With it comes the time-honoured tradition of New Year's resolutions as we pledge to hit the gym, shed those extra pounds, cut the sugar, save more money or taper the booze, coffee or cigarettes. But as January transforms into February, our determination wanes, and our resolutions often crumble into mere echoes of well-intentioned promises. Is it time to reconsider this age-old practice and reflect on whether New Year's resolutions genuinely possess the transformative potential we attribute to them?

Resolutions, it seems, are as transient as the snowflakes that blanket the ground during the heart of winter. The enthusiasm accompanying a fresh start can be intoxicating, but it often

disguises the true essence of resolutions. More frequently than not, they are nothing more than transient dreams that quickly evaporate in the harsh light of reality. Gyms, teeming with hopeful souls in January, become deserted wastelands by March. That tempting sweet treat starts looking irresistible again, and cutting down on coffee was definitely a mistake.

Perhaps the very concept of New Year's resolutions is counterproductive. The obligation to establish goals on this arbitrary date can lead to hasty decisions and impractical expectations. As soon as we falter, we are tempted to abandon our resolutions altogether, postponing the chance to begin anew until the following year. This cycle is more dispiriting than inspiring, perpetuating that meaningful change is solely reserved for a particular day on the calendar.

Yet, what if we informed you that change doesn't need to be confined to the turning of a year's page? What if we could uncover a more efficient and meaningful way to attain our objectives and aspirations? In reality, you can change your life at any moment – not tomorrow, not in the future, but right at this very instant. The strength of unwavering determination lies in recognizing that waiting for a new year to arrive is a passive approach to life.

Rather than resolutions, we should focus on making strong, disciplined choices. A choice established with unwavering conviction is not constrained by the calendar. It does not require a change in the seasons or a shift in the calendar pages to become effective. It flourishes in the present moment and thrives on your commitment.

Living life to the fullest does not entail waiting for the perfect moment but seizing the imperfect ones. It involves embracing each day as an opportunity to make progress, irrespective of the season. When you opt to transform your life right now, you are not bound by the constraints of a resolution. You are free to map your path, gain insights from your errors, and adapt your goals as you grow.

Genuine change does not unfold in a straightforward, linear manner. It is not a one-time decision but an ongoing journey filled with twists, turns, and moments of uncertainty. It is vital to acknowledge this and avoid becoming disheartened by setbacks. In your pursuit of goals, be compassionate with yourself and recognize that you are a work in progress. By accepting imperfections and consistently making disciplined choices, you empower yourself to shape your destiny.

New Year's resolutions have their place in the mosaic of our lives, but they should not become the sole determinants of our personal development and transformation. Instead, let's appreciate the significance of the present moment and the potential it holds. The power

to change, grow, and live life to the fullest is always within your reach. So, when contemplating your aspirations for the future, remember that the ideal time to embark on your journey of self-discovery and transformation is now. Do not await the New Year; embrace the opportunity for immediate change and create the life you envision.

So, as we approach the dawn of January 2024, let's embrace a fresh perspective and dive into our inner thoughts. It's a time for personal evolution, a chance to cultivate new habits and mindsets that align with our aspirations. Picture the upcoming year as a canvas waiting for your creative strokes—an opportunity to reprogram your mindset and explore uncharted territories. As we navigate this journey of self-discovery, let's aim to simplify complex thoughts and invite transformative changes. Welcome the power of your thoughts and language, using them to inspire and shape a more profound understanding of oneself and the world around us.



COLUMBIA VALLEY SKATING CLUB PRESENTS

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JANUARY 19-21, 2024
EDDIE MOUNTAIN MEMORIAL ARENA
INVERMERE, BC



 Community Connections

**coldest
*night**
OF THE YEAR

it's cold out there
February 24, 2024
cnoy.org



VALLEY PROMOTIONS

new
TODDLER TUESDAY
art + movement activities

DATE & TIME: **FEBRUARY 13**
10:30 - 11:30 AM

LOCATION:

IN PARTNERSHIP WITH:

REGISTRATION REQUIRED | WWW.CRANBROOKHISTORYCENTRE.COM/EVENTS | FREE PROGRAM

Club Navigator

APPLIED SCIENCE & ENGINEERING

Doug Vanhooren, Club Leader

Doug has a Masters of Engineering degree and 20+ years experience in the fields of engineering, applied science, and business management. His mechanical engineering practice is based in Kimberley and focused on commercial and institutional construction and energy efficiency.

FIND OUT MORE ABOUT THIS AND OTHER CLUBS BEING OFFERED DURING THE 2023-24 SCHOOL YEAR

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www.purcellcollegiate.ca

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WITH RICO

Thurs Feb 1
6:00-9:00
Adult & Mature Teen

\$50

All Materials Provided

Registration Closes Jan 28

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All sizes

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Enrollment & Information Meeting

Adventure in Belize
Spring Break 2026

INFORMATION & ENROLLMENT MEETING
ZOOM JANUARY 18, 2024 @ 7PM

CONTACT JENNIFER HEGEDUS
ELKVALLEYTRAVELCLUB@GMAIL.COM
250-433-1291

ELK VALLEY TRAVEL CLUB

ELKVALLEYTRAVELCLUB.COM

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Legion
Edgewater, BC

Friday, Jan 19

"ALL DAY WINGS"
- Doors Open at Noon -

OPEN MIC Jam Night

6:30pm - 9:30pm

Your Music Host
Brad Lawrence

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JANUARY 27th & 28th, 2024

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Always check DriveBC.ca for the most current information.



Ensuring Your Pet's Safety in Extreme Cold

As winter blankets the world in frost and snow, it's essential to extend our care to those who may not have the means to communicate their discomfort—the furry members of our families.

Our pets rely on us to provide them with the care and protection they need, especially when temperatures plummet. Here's a guide to ensuring your pet's safety in extreme cold.

****1. Limit Outdoor Exposure:**

Pets, like humans, can suffer from hypothermia and frostbite. Limit your pet's time outdoors, especially during extremely cold weather. Shorten walks, and if possible, choose the warmer parts of the day for outdoor activities.

****2. Dress for the Weather:**

Certain breeds, particularly those with short fur, may benefit from extra protection in the form of pet-friendly sweaters or jackets. Ensure that the clothing is dry, as wet fabric can exacerbate the cold.

****3. Provide Adequate Shelter:**

If your pet spends time outdoors, make sure they have a shelter that

shields them from wind, rain, and snow. Ensure the shelter is elevated to avoid contact with cold ground, and add extra insulation like blankets or straw. It's crucial to check that the shelter remains dry and draft-free.

****4. Check Paws for Ice and Salt:**

Snow and ice can accumulate between your pet's paw pads, causing discomfort or potential injury. After outdoor activities, wipe your pet's paws with a damp cloth to remove any ice, salt, or chemicals. Consider using pet-friendly de-icing products on sidewalks to reduce the risk of irritation.

****5. Stay Hydrated:**

Hydration is just as important in the winter as it is in the summer. Ensure your pet has access to fresh, unfrozen water. Dehydration can occur quickly in cold weather, and snow is not a sufficient substitute for water.



****6. Beware of Antifreeze:**

Antifreeze is highly toxic to pets and can be lethal even in small amounts. Be cautious when using or storing antifreeze, and clean up any spills immediately. Consider using pet-safe antifreeze products.

****7. Monitor Behavior:**

Pay attention to your pet's behavior in cold weather. If you notice signs of discomfort, such as shivering, lethargy, or seeking warmth, it's crucial to bring them indoors promptly. If the behavior persists, consult your veterinarian.

****8. Warm Bedding Indoors:**

Ensure your pet has a warm and comfortable place to sleep indoors. Consider providing extra bedding to shield them from drafts. If your pet sleeps in a crate, ensure it is in a warm area.

****9. Regular Grooming:**

A well-groomed coat provides better insulation. Regular brushing helps to remove excess fur and promotes a

healthy coat. However, avoid shaving your pet's fur too short in winter, as longer fur provides more warmth.

****10. Consult Your Veterinarian:**

If you have specific concerns about your pet's ability to handle the cold, especially if they have underlying health issues, consult your veterinarian. They can provide guidance on your pet's individual needs and any necessary adjustments to their care routine.

By taking these precautions and remaining vigilant to your pet's needs, you can ensure they stay safe and comfortable throughout the winter months. Remember, just as you wouldn't want to be exposed to extreme cold for extended periods, your pets deserve the same consideration and care.

**District of Invermere
2024 SCHEDULE
REGULAR MEETING OF
COUNCIL**

The District of Invermere Council meets regularly throughout the year on the second and fourth Tuesday of each month at 7:00 p.m. in the Council Chambers at the Municipal Office (914 – 8th Avenue, Invermere).

January 9th & 23rd
February 13th & 27th
March 12th & 26th
April 9th & 23rd
May 14th & 28th
June 11th & 25th
July 9th
August 13th
September 10th & 24th
October 8th & 22nd
November 12th & 26th
December 10th

Agendas are posted on our website www.invermere.net prior to the meetings.

VALLEY PROMOTIONS



903 10th Street South
Cranbrook BC V1C 1S9
theleash@telus.net
www.theleashcando.com
250.581.2169
Deb Girvin



PUPPY SOCIALIZATION CLASS

Puppies under 4 months of age

Location: 903 - 10th Street South
Cranbrook BC

Mondays & Wednesdays 5:30 - 6:30pm

January 29 - February 14, 2024



Start your puppy on the right paw! Proper socialization of puppies is an extremely important phase of their training and development and ensures that your puppy becomes an enjoyable, polite and trusted member of your family. This Class exposes your puppy to a variety of situations that will help build his confidence and teach him to respond appropriately around people and other dogs.

Email theleash@telus.net or text/call 250.581.2169 for Registration Form or further information

BEVERAGES TO STAY WARM ON A CHILLY WINTER NIGHT

Here's a delightful list of four shots and cocktails designed to keep you warm and cozy in the chilly embrace of January!

HOT TODDY

Ingredients:

1. 2 oz Whiskey
2. 1 tablespoon Honey
3. 1/4 Lemon (squeezed)
4. 1 cup Hot Water
5. Cinnamon Stick (for garnish)
6. Cloves (optional)

Instructions:

1. In a mug, combine whiskey, honey, and freshly squeezed lemon juice.
2. Pour hot water into the mug and stir until the honey is dissolved.
3. Optionally, add a couple of cloves for extra warmth.
4. Garnish with a cinnamon stick.
5. Enjoy the soothing warmth of a classic Hot Toddy.

IRISH COFFEE

Ingredients:

1. 2 oz Irish Whiskey
2. 1 cup Hot Coffee
3. 1 tablespoon Brown Sugar
4. Whipped Cream (optional)

Instructions:

1. In a heat-resistant glass, combine hot coffee and brown sugar.
2. Stir until the sugar is dissolved.
3. Add Irish whiskey and mix well.
4. Top with a dollop of whipped cream if desired.
5. Sip and savor the comforting blend of coffee and whiskey.



SPIKED CHAI LATTE

Ingredients:

1. 2 oz Spiced Rum
2. 1 Chai Tea Bag
3. 1 cup Hot Milk
4. 1 tablespoon Honey
5. Ground Cinnamon (for garnish)

Instructions:

1. Steep the chai tea bag in hot water for 3-5 minutes.
2. In a mug, combine the steeped chai tea, spiced rum, hot milk, and honey.
3. Stir well until the honey is dissolved.
4. Garnish with a sprinkle of ground cinnamon.
5. Indulge in the rich and aromatic flavors of a Spiked Chai Latte.

WINTER WARMER

Ingredients:

1. 1 1/2 oz Brandy
2. 1 oz Amaretto
3. 1/2 oz Cinnamon Syrup
4. Hot Water
5. Orange Peel Twist (for garnish)

Instructions:

1. In a heat-resistant glass, combine brandy, amaretto, and cinnamon syrup.
2. Top with hot water and stir gently.
3. Express the oils from an orange peel twist over the drink by giving it a twist and then drop it into the glass.

These delightful shots and cocktails are sure to add a touch of warmth and coziness to your January evenings. Enjoy responsibly!



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BRAZILIAN JIU-JITSU

WINTER REMINDER KEEP ALL VENTS CLEAR OF SNOW AND ICE BUILDUP!



Blocked vents can lead to carbon monoxide build up inside your home. Remove snow and ice away from appliance and heating system vents. Also, make sure smoke and carbon monoxide detectors are working properly.

VALLEY PROMOTIONS

UPGRADE YOUR HEATING SYSTEM



GET UP TO **\$11,000** REBATES

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SATURDAY
20 JAN 2024
4:00-6:00PM


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Embracing the Chill

5 COZY ACTIVITIES FOR REALLY COLD NIGHTS

As winter wraps its icy tendrils around us, the allure of cozy nights spent indoors becomes all the more irresistible. When the temperatures plummet and the wind howls outside, it's the perfect time to embrace the warmth of home and engage in activities that bring comfort and joy. Here are five delightful activities to make those really cold nights extra cozy:

****1. Movie Marathon with Hot Cocoa:**

There's something magical about snuggling up on the couch with a blanket, a steaming mug of hot cocoa, and a series of your favorite movies. Create a cozy movie den with pillows and blankets, and let the cinematic magic transport you to different worlds. Whether it's classic films, a series marathon, or holiday favorites, the warmth of cocoa and the glow of the screen make for a perfect winter night.

****2. Board Game Bonanza:**

Gather your family or friends for a board game night that promises laughter and friendly competition. From classic board games like Monopoly and Scrabble to modern favorites like Settlers of Catan and Codenames, board games offer a fantastic way to bond and enjoy each other's company. The friendly rivalry and strategic thinking are sure to heat up the room even on the coldest nights.

****3. DIY Home Spa Night:**

Combat the winter chill by treating yourself to a DIY spa night. Fill your home with the soothing scents of

lavender or eucalyptus, run a warm bath with luxurious bath salts, and pamper yourself with a face mask. Don your coziest robe, play some calming music, and let the stresses of the day melt away. Don't forget to keep a warm towel nearby for ultimate comfort.

****4. Winter Reading Nook:**

Create a winter wonderland for your mind by setting up a reading nook. Pile on the blankets and cushions, add some soft lighting, and dive into a good book. Whether it's a gripping novel, a heartwarming romance, or a thrilling mystery, the immersive escape of a well-crafted story can turn a cold night into a literary adventure.

****5. Fireside Storytelling:**

If you're fortunate enough to have a fireplace, make the most of it by hosting a fireside storytelling session. Gather your loved ones, share tales, and revel in the warmth of the flames. It could be personal anecdotes, childhood stories, or even creating spontaneous stories together. The crackling fire provides the perfect backdrop for weaving narratives that will be cherished long after the embers fade.

As the winter nights grow colder, these activities offer a wonderful blend of warmth, connection, and relaxation. Whether you're seeking quiet solitude or bonding with loved ones, these cozy pursuits are sure to make your really cold nights a time of joy and contentment. Embrace the chill, and turn it into an opportunity to create lasting memories within the snug confines of your home.



COLD WEATHER SAFETY FOR DOGS

PRESERVE FUR

- Avoid closely shaving your dog in the winter.
- Keep fur longer for extra warmth.

PROTECT PAWS

- Clip long fur between toes to prevent ice balls.
- Clean and dry paws to remove snow, salt, and mud.

WATCH THE TIME

- Shorten your walks in extreme cold and limit time outdoors.
- Look for signs of cold intolerance in your dog, such as shivering, shaking, tucking tail, curling up, and/or slower movement.

BUNDLE UP

- Short-haired pets may benefit from a coat or sweater while outdoors.
- Boots can also protect your pup's paws from the cold.

CHECK FOR FROSTBITE

- Signs of frostbite include painful ear tips, tail tips and/or feet.
- If your pet exhibits these signs after a period of exposure to cold, seek veterinary attention.
- Be sure to thoroughly dry off your pet when they come inside.



What to do if you find a hypothermic animal

DO NOT feed.

DO NOT submerge in water.

DO bring inside out of the weather.

DO dry the animal off.


DO stroke to stimulate blood flow.

DO get to a vet immediately.

If you feed a kitten with a temperature <97, you can kill it!
If you warm them up too fast, you can kill it!

If it is frozen to the ground, DO NOT pull it off! Instead, get LUKEWARM water and pour it around and under the animal.

DO NOT use hot water. Once free, immediately dry it off, wrap it in a dry towel and get it to the nearest vet.





DISTRICT OF INVERMERE
PRESENTS

Invermere SNOWFLAKE Festival

LOCAL FOOD › LIVE MUSIC › ICE CARVING › SKATING › FIREWORKS

5:30pm-8:30pm
Kinsmen Beach

"BONSPIEL ON THE LAKE"
CURLING TOURNAMENT
January 19, 20, 21

LIVE MUSIC FEATURING
RIVER TOWN
5:30 PM-8:30 PM

FIREWORKS AT 8:00 PM

19
Jan
2024




Columbia Basin **trust**

VALLEY PROMOTIONS

Family Ice Skating!


2:30-4 PM January 21st

Eddie Mountain Memorial Arena



Join the Little Badger team for a free family skate. If anyone in your family requires skate rentals please reach out prior to the event. Helmet use is encouraged.

For More Info
little.badger.windermere@gmail.com





Visit Buena Vida at the **Snowflake Festival**
 Friday, January 19th | 5:30PM-8:30PM
 at Kinsmen Beach

Menu

Potaje
 A flavourful Cuban black bean soup

Cochinita Pibil Tacos
 Mexican pulled pork tacos served on corn tortillas

Champurrado
 Creamy, spiced Mexican hot chocolate made with Mexican chocolate



WINTER FUN DAY PRO-D DAY CAMP

JANUARY 26TH / 2024

A FULL DAY OF WINTER FUN!
 SKATING, SLEDDING, GAMES, AND HOT CHOCOLATE WARM UP!!
 (ACTIVITIES ARE DEPENDING ON WEATHER)

LUNCH INCLUDED: HOTDOG, MINI CHIP, JUICE OR WATER

AGES 6+




For Details on cost please send an email our way!
 Camp 8:30 - 3:30
 For More Details and Registration please email:
aroundthebendcreeksidefarms@gmail.com



Friends of the Cranbrook Public Library

WINTER Book Sale



Fri, Feb 2 3:00 - 5:00pm (members only)
 Sat, Feb 3 10:00 - 4:00pm (everyone welcome)

books, puzzles, magazines, dvds & cds

cash or cheque only

Manual Training School - adjacent to the Cranbrook Public Library

Warm Hearts in Winter

UNIQUE DATING ACTIVITIES IN COLUMBIA VALLEY, BC

When winter blankets Columbia Valley in a soft, snowy embrace, the landscape transforms into a picturesque wonderland. It's a season that invites romance, providing the perfect backdrop for memorable dates. If you're looking to kindle the flame or celebrate a longstanding love, here are some unique winter dating activities to explore in the enchanting Columbia Valley, BC.

****1. Snowshoe Strolls at Panorama Mountain Resort:**

Embrace the winter wonder at Panorama Mountain Resort with a romantic snowshoeing adventure. The resort offers guided moonlit snowshoe tours where you can explore snow-covered trails hand in hand. The magical experience of walking through pristine snow, surrounded by towering trees and the soft glow of moonlight, creates a setting that's perfect for shared moments and quiet conversations.

****2. Ice Skating at Kinsmen Beach:**

Lace up your skates and twirl hand in hand at Kinsmen Beach in Invermere. The crisp winter air and the frozen lake create a stunning backdrop for a

day or evening of ice skating. Warm up with a thermos of hot chocolate and enjoy the simple pleasure of gliding over the ice, surrounded by the beauty of the Columbia Valley.

****3. Sleigh Rides in Radium:**

For a touch of old-world charm, embark on a horse-drawn sleigh ride with Sleigh Rides in Radium. Alright, we're a little late as this is offered over Christmas but there are always other opportunities to make this happen. Snuggle under warm blankets as the horses pull you through snow-covered fields. The gentle jingle of sleigh bells and the breathtaking scenery make this an unforgettable experience.



****4. Winter Wine Tasting at Local Vineyards:**

Columbia Valley is home to some exquisite wineries, and winter is the perfect time to explore them in a unique way. Many vineyards offer winter wine tasting experiences where you can sample rich reds and crisp whites in the warmth of cozy tasting rooms. The serene winter landscapes add an extra layer of beauty to the wine-tasting adventure.

****5. Scenic Hot Springs Soak at Radium Hot Springs Resort:**

Indulge in the ultimate winter relaxation with a visit to Radium Hot Springs Resort. Soak in the soothing waters of the natural hot springs surrounded by snow-covered mountains. The resort offers a tranquil setting for unwinding together, making it an ideal retreat for couples looking to escape the winter chill.

****6. Winter Hiking and Waterfalls at Johnston Canyon:**

For couples who love a bit of adventure, a winter hike to Johnston Canyon provides a captivating experience. The frozen waterfalls and snow-draped trees create a magical landscape. Bundle up, hike the icy trails hand in hand, and marvel at the frozen beauty of the canyon. It's an opportunity to connect with nature and each other in a unique winter setting.

Winter in Columbia Valley, BC, offers a canvas of snowy landscapes and a myriad of activities to ignite the flame of romance. Whether you prefer the thrill of outdoor adventures or the tranquility of indoor wine tastings, this enchanting region provides the perfect backdrop for winter dating escapades. So, bundle up, share some laughter, and create lasting memories in the heart of winter's embrace.



Alert!

Due to inclement weather, numerous flights have been cancelled in and out of YXC for Wednesday, January 17th.

PLEASE CONTACT YOUR
AIRLINE FOR MORE
INFORMATION

flyyxc.com

VALLEY PROMOTIONS

TRIVIA NIGHT

RADIUM BREWING
HOTSPRINGS COLUMBIA VALLEY

JANUARY 19TH
FRIDAY Starts @ 7pm
FREE ENTRY & PRIZES TO BE WON

7537 Main St. W., Radium Hot Springs

ROADPONIES
STAND-UP COMEDY FEB. 2ND

EDGEWATER LEGION BRANCH #199 4858 CORDILLER AVE.
7:00PM DOORS OPEN 8:00PM SHOWTIME

MIKE DAMBRA
ZAC WIGGINS
YOUR HOST BEN BAUGH

EXPLICIT CONTENT

\$20 TICKETS PRESALE & @ THE DOOR

Legion

CRANBROOK
MULTI-CULTURAL
SOCIETY
AGM

Lunch Provided

Jan 25, 2024
12:00 PM

Bay Leaf Restaurant

Call or text

9-8-8

Suicide Crisis Helpline
For suicide prevention support 24/7

CANADA.CA/MENTAL-HEALTH

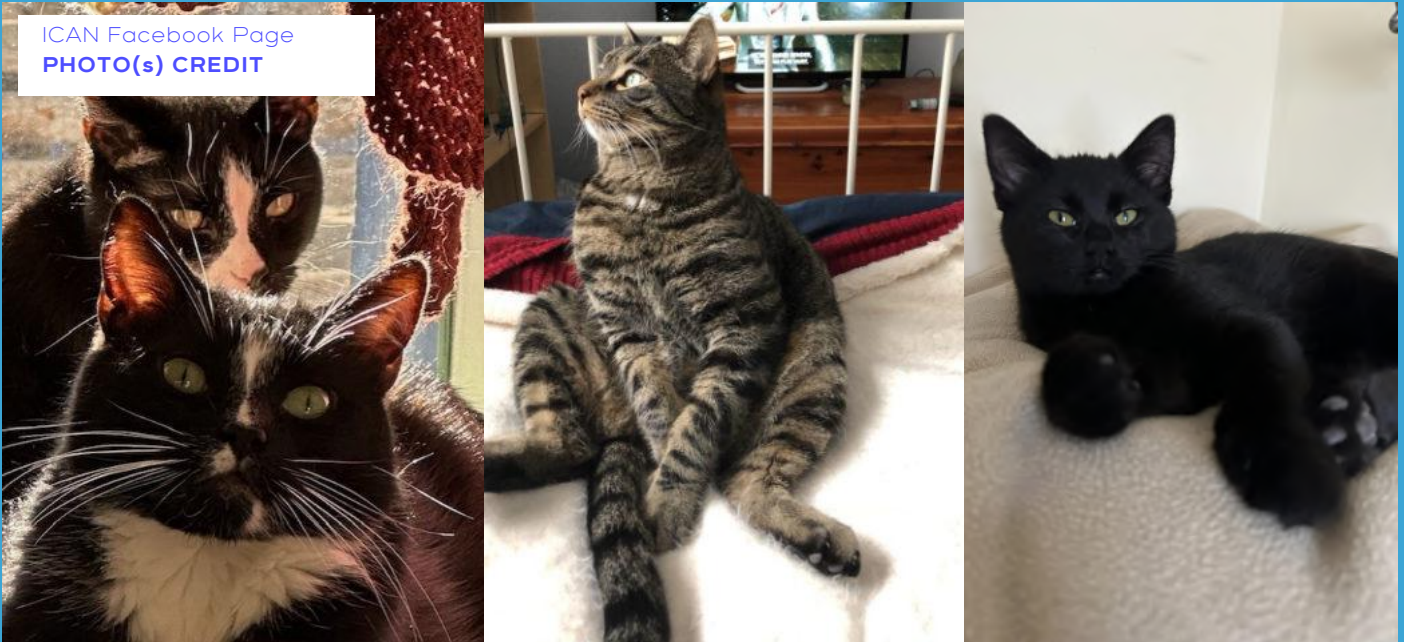
Canada

STAY WARM THIS WINTER WITH OUR HEATING SERVICES

TRUST US TO KEEP YOUR HOME COZY AND COMFORTABLE

Red Seal Cooling

ICAN Facebook Page
PHOTO(s) CREDIT



ICAN BC - Invermere Companion Animal Network

**A TRUE EXAMPLE OF COMPASSION AND CARE FOR
OUR FURRY FRIENDS.**

Nestled in the heart of Invermere, ICAN BC (Invermere Companion Animal Network) stands as a beacon of compassion and care for our furry friends. As a devoted advocate for animal welfare, this organization has consistently demonstrated a commitment to making a positive impact on the lives of companion animals and the community as a whole.

****1. Community-Centric Approach:**

ICAN BC has embedded itself seamlessly into the fabric of the Invermere community. Their community-centric approach goes beyond animal rescue; it involves education, outreach, and fostering a sense of responsibility among pet owners. Their efforts extend to creating a community where animals are respected, cared for, and understood.

****2. Dedicated and Compassionate Team:**

One of the key strengths of ICAN BC is its dedicated team of professionals and volunteers. Their passion for

animal welfare shines through in every initiative, from rescue operations to educational programs. The team works tirelessly to provide a safe haven for animals in need and to raise awareness about responsible pet ownership.

****3. Inclusive Programs for All Creatures:**

ICAN BC doesn't limit its care to specific animals; their programs are inclusive and cover a broad spectrum of creatures. From rescuing dogs and cats to providing support for other small animals, ICAN BC recognizes the diversity of companion animals and tailors its services to meet their unique needs.

****4. Educational Initiatives:**

Beyond rescue and care, ICAN BC places a strong emphasis on education. They believe in empowering pet owners with knowledge about responsible pet care, spaying and neutering, and the importance of adoption. Through workshops, community events, and online resources, ICAN BC is fostering a community that understands and values the well-being of animals.

****5. Collaborations and Partnerships:**

ICAN BC's collaborative spirit is evident in its partnerships with local businesses, veterinarians, and other animal welfare organizations. These collaborations amplify the impact of their initiatives, creating a network of support that benefits both animals and the broader community.

****6. Transparency and Accountability:**

Transparency is a hallmark of ICAN BC's operations. The organization keeps the community informed about its activities, achievements, and challenges. This commitment to openness fosters trust among supporters and ensures that everyone is on the same page


regarding the organization's mission and goals.

****7. Positive Impact on Adoptions:**

ICAN BC's adoption programs have resulted in countless success stories, with animals finding loving homes and families discovering the joy of adopting a companion animal. Their thorough adoption process ensures that animals are placed in environments where they can thrive, creating lasting bonds between pets and their new families.

ICAN BC is not just an animal rescue organization; it's a compassionate force that is transforming the lives of animals and the community. Their unwavering commitment to the well-being of companion animals, coupled with their educational initiatives and community engagement, makes ICAN BC a shining example of how organizations can create a positive impact on the lives of our furry friends. Whether you're a pet owner, an animal lover, or a community member, ICAN BC is an organization worth supporting and celebrating.






ULLR BAR
PRESENTS



**LED ZEPPELIN
TRIBUTE BAND**

HEAVY AIRSHIP



JAN 19TH 2024 DOORS OPEN 9:00 PM
SHOW AT 10PM
722 13TH ST, INVERMERE

**\$20 TICKETS AT
EVENTBRITE**
SEARCH ULLR BAR
WWW.ULLRBAR.COM

Screamers Ice Cream Café

Sip & Paint Night



January 30th, 2024 • 6:30-8:30

Grab a ticket for a night of pottery painting, appetizers, and drinks at Screamers!
Beverages are available for purchase.

\$50/per person | Tickets are sold at Screamers



Fishing Accessible to All
FISHING FOREVER

Fishing Forever allows people of all abilities to experience a day of fishing. We welcome all who need support to enjoy the event. We provide all the fishing equipment, and participants and volunteers will be provided lunch. There will be opportunities to help set up and take down equipment and assist participants with baiting hooks and landing fish. If you would like to attend, please register via email. info@lwdrg.com

FEB 3, 2024
10AM -2PM

LWDRG ICE SHACK
LAKE WINDERMERE. INVERMERE BC
BELOW BAYSHORE CONDOS.



<https://lwdrodgun.com/>

info@lwdrg.com

HOSTED BY *Wanda Dine* **PERFORMANCE HORSES + EQUESTRIAN CARE**



EQUINE First Aid

Most Comprehensive Hands On Course

APR 27TH - EQUINE FIRST AID
BASIC CARE & PREVENTION
PAIN DETECTION & PREVENTION
BLEEDING WOUNDS/BANDAGING
SHOCK / COLIC / CHOKE / HEAVES / CAST HORSE
HOOF DISEASE & INJURIES / LAMINITIS / FOUNDER
BURNS / ULCERS / EYE INJURY
AND MUCH MORE!

APR 28TH - ADVANCED FIRST AID
TOXINS / POISONS / PLANTS
CONDITIONING FOR WORK / CONFORMATION
BROKEN BONES / FOREIGN BODY / IMPALMENT
SEVERE GUT WOUNDS / SUCKING CHEST WOUNDS
EAR INJURIES / EXHAUSTION / HYPOTHERMIA
HYPERTHERMIA / TRAPPED HORSES
PLANNING FOR THE TRAIL / GETTING FOUND

\$159/person/course
Includes Manual, Vitals Card & Certificate of Completion





CRANBROOK, BC

Couragefirstaid@gmail.com
@COURAGEK9

VALLEY PROMOTIONS

PINK SHIRT DAY

FEBRUARY 28TH, 2024

**WITH THE SALE OF EACH PINK SHIRT
YOU CAN'T REWIND LIFE
WILL BE DONATING \$5 TO THE
CRANBROOK BOYS & GIRLS CLUB**

Invitation!!

*Paying it Forward Kindness
in the Kootenays Group is
hosting a ValentinesxDay
Market on
Saturday February 10th 2024
from 10 am till 3pm at the
Heritage Inn located at 803
Cranbrook St N in Cranbrook,
B.C.*

*We have 20 tables available
at \$40/table.*

*Chairs and tables provided
but you bring your table
cover.*

*Please msg Aileen Ingram at
250 919 2999,
payingitforward@telus.net or
find us on Facebook,*



BOTTLE DRIVE

fundraiser to support our youth hockey team

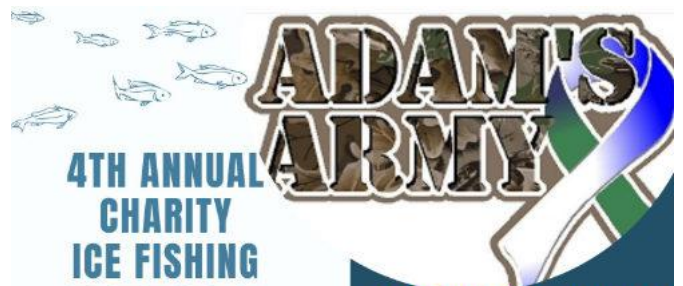
Pick-up date extended

please call or text **250-489-9241** to
schedule a pick up date & time

pick-up available **until January 31st**



thank you for supporting the
**UIIB DEVELOPMENT
BUCKS**



4TH ANNUAL CHARITY ICE FISHING DERBY

Saturday, Feb 24/24

06.00 AM - 04.00 PM

**PRIZES FOR 1ST, 2ND, 3RD PLACE
IN MENS, WOMENS, CHILDRENS
1ST FOR BEST OVERALL
1ST FOR COMBINED WEIGHT FOR
COUPLES**

**\$15/ADULT
\$5/UNDER 12
100 KM RADIUS OF
WASA LAKE**

**HALF PROCEEDS TO SUPPORT
OLIVIA POTORTI**

Registration:

**BY TELEPHONE:
780-668-5977
IN PERSON: WASA GAS
STATION FROM 6 AM- 9
AM ON FEB 24/24
WEIGH IN NO LATER
THAN 4 PM AT THE
WASA LIONS GROUNDS**

****must be present to
win prizes****

**CHARITY BBQ
AT WEIGH IN**



Winter Slump?

WE'VE GOT 10 TIPS ON HOW TO GET YOU OUT OF IT

As the winter months settle in, it's not uncommon to find ourselves in a bit of a slump. The cold, dark days can sometimes take a toll on our mood and energy levels. But fear not, because there are simple and effective ways to lift yourself out of that winter funk and bring some warmth and positivity back into your life. Here are 10 tips to help you get out of the winter slump:

1. Embrace Natural Light:

Lack of sunlight can contribute to feelings of lethargy and sadness. Make a conscious effort to get outside during daylight hours, even if it's just for a short walk. Open curtains and blinds to let natural light into your home, and consider investing in a light therapy box if you're in an area with limited sunlight.

2. Stay Active:

Exercise is a powerful mood booster. Even if outdoor activities are limited, find indoor workouts or activities that you enjoy. Whether it's yoga, dancing, or a home workout routine, moving your body releases endorphins and helps combat the winter blues.

3. Connect with Loved Ones:

Socializing is crucial for mental well-being. Schedule virtual hangouts, phone calls, or even outdoor meet-ups with friends and family. Connecting with

loved ones can bring warmth and support during the colder months.

4. Create a Cozy Space:

Make your home a haven of comfort. Add soft blankets, warm lighting, and your favorite scents. Creating a cozy atmosphere can make a significant difference in how you feel, turning your home into a comforting retreat.

5. Set Small Goals:

Break down your tasks into manageable goals. Achieving even small accomplishments can provide a sense of purpose and motivation. Whether it's completing a household chore or starting a new hobby, set realistic goals to work towards.



6. Explore Winter Hobbies:

Instead of resisting the winter weather, embrace it by exploring winter hobbies. Whether it's skiing, snowshoeing, or simply building a snowman, engaging in seasonal activities can make winter more enjoyable.

7. Practice Mindfulness:

Mindfulness and meditation can help alleviate stress and improve your mood. Consider incorporating mindfulness practices into your daily routine, such as deep breathing exercises or guided meditation sessions.

8. Dress for the Weather:

Invest in warm, comfortable winter clothing. Feeling cold and uncomfortable can contribute to a negative mood. Dressing warmly allows you to enjoy outdoor activities without the discomfort of the cold.

9. Plan Something to Look Forward To:

Give yourself something to look forward to, whether it's a weekend getaway, a virtual event, or a special project. Having positive events on the horizon can provide motivation and excitement.

10. Prioritize Self-Care:

Winter is an excellent time to focus on self-care. Take warm baths, read a good book, practice self-reflection, and indulge in activities that bring you joy. Taking care of your mental and physical well-being is essential, especially during the winter months.

Remember, it's normal to feel a bit low during the winter, but with a mindful approach and intentional self-care, you can navigate this season with a positive mindset. Incorporate these tips into your routine, and before you know it, you'll be well on your way to shaking off that winter slump.



**Avalily Permaculture and
The Earthskills Institute**



Resilient Homestead & Garden Series Level 1 Live Online Workshops

\$35 per course | 3 for \$99 | 6 for \$186 | All 12 for \$348

Register at www.avalilypermaculture.com

Seed Starting

Thurs. Feb. 1
10:00-11:30am MST



Greenhouse Design

Mon. Feb. 6
10:00-11:30am MST



Greenhouse Growing

Mon. Feb. 6
2:00-3:30pm MST



Intro to Food Forests

Thurs. Feb. 15
10:00-11:30am MST



Pruning, Grafting & Propagation

Wed. Feb. 21
2:00-3:30pm MST



Healthy Soil

Fri. Feb. 23
10:00-11:30am MST



Backyard Chickens

Tues. Mar. 5
10:00-11:30am MST



Crop Planning & Companion Planting

Tues. Mar. 26
10:00-11:30am MST



Composting 101

Tues. Apr. 9
10:00-11:30am MST



Gardening for Beginners

Tues. Apr. 30
10:00-11:30pm MST



Gardenless Growing

Thurs. May 2
10:00-11:30am MST



Seed Saving

Mon. May 6
10:00-11:30am MST

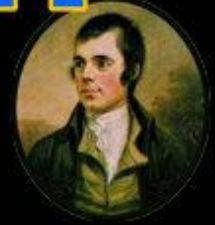


Course recordings available for 1 month following the live class

VALLEY PROMOTIONS

SATURDAY JANUARY 27, 2024

BURNS NIGHT



CEILIDH

LIVE MUSIC AND CEILIDH DANCES

ALL DANCES WILL BE CALLED AND WALKED THROUGH

ADMISSION INCLUDES

LIVE MUSIC, DANCE, FUN FOR ALL AND

A WEE TASTE O' SCOTLAND

HAGGIS, NEEPS N TATTIES

WITH A DRAM OF UISGE BEATHA

DOORS OPEN AT 6PM

CEILIDH FROM 7PM TO 10PM

BY RESERVATION FOR MEMBERS AND GUESTS

MUSIC BY INVERMERE'S OWN

THE O'SULLIVANS

FOOD BY WINGS&THINGS@71

ADIMISSIION \$30 FOR MEMBERS \$35 FOR GUESTS

CALL 250 342 9517 OR RESERVE AT THE BAR

250 342 9517

525 13 St, Invermere, BC, VoA 1K0



Gamer's Corner

Game Review: SteamWorld Build

Release Date: December 1, 2023
Developer: The Station
Publisher: Thunderful Publishing

Embark on a riveting journey into the heart of SteamWorld Build, a captivating blend of resource management, exploration, and strategic town-building set against the rugged backdrop of the Old West. Developed by The Station and published by Thunderful Publishing, this game takes you on a dig-or-die adventure as you strive to build a new home in the face of a dying planet.

A New Frontier Beckons:

SteamWorld Build thrusts players into a final landrush scenario, where the survival of your town hinges on the resources you can extract from the depths below. The narrative is driven by the urgency of your mission - find ancient technology rumored to be hidden beneath the surface, a potential solution to the planetary predicament.

Dynamic Town-Building:

The heart of SteamWorld Build lies in its bustling town-building mechanics. As your borders expand, new steamfolk join your community, each with their quirks and needs. Balancing the complex requirements of these crotchety bots becomes a challenge, and it's up to you to ensure their satisfaction. Barter, strategize, and manage resources efficiently to keep the town steaming along.

Dig Deep, Spread Wide:

The gameplay revolves around a

harmonious cycle of resource collection and expansion. Digging below ground for valuable ores, while managing resources above ground, becomes a delicate dance. Your success hinges on the development of a thriving town, and strategic planning is key to unearthing ancient technologies that could potentially save your community.

Defend and Explore:

However, it's not all peaceful digging. As you delve deeper, creepy crawlies emerge to challenge your efforts. Armed with a trusty gun, you'll defend your mines from these varmints in action-packed encounters. The game skillfully combines the thrill of exploration with strategic defense, keeping players on their toes.

Old West Aesthetics:

The visuals of SteamWorld Build pay homage to the Old West, creating a charming and immersive atmosphere. The bustling town, the vast landscapes, and the quirky



Steam
PHOTO CREDIT

steamfolk all contribute to the game's unique aesthetic appeal. It's a delightful blend of steampunk aesthetics and the rugged charm of the frontier.

Innovative Controls:

Developed for both mouse and controller, SteamWorld Build accommodates a variety of playstyles. Whether you prefer the precision of a mouse or the comfort of a controller, the game ensures a seamless and enjoyable experience.

Varied Difficulty Levels:

With four difficulty levels, including a sandbox difficulty for those who just want to build without constraints, SteamWorld Build caters to players of all skill levels. This flexibility allows for a tailored experience, whether you're seeking a challenging adventure or a more relaxed town-building escapade.

Exploration and Secrets:

The game features five distinct maps

filled with secrets waiting to be discovered. The discerning SteamWorld explorer will find hidden gems, adding an extra layer of excitement to the exploration aspect of the game.

SteamWorld Build is a gem in the town-building and resource management genre. With its engaging narrative, dynamic gameplay, and charming aesthetics, it successfully combines elements of exploration, defense, and strategic planning. Whether you're a seasoned town-building enthusiast or a newcomer to the genre, SteamWorld Build offers an immersive and entertaining experience that is well worth the dig. So, grab your shovel, defend your town, and embark on a thrilling adventure in the world of SteamWorld Build.

JANUARY 2024 INVERMERE LIBRARY PROGRAMS

ALL PROGRAMS ARE FREE TO ATTEND!

Hours:
 Mon., Tues: 10-5 **Wed: 10-8**
Thurs: 10-8 Fri: 10-5
 Sat: 10-5 Sun: Closed



Monday	Tuesday	Wednesday	Thursday OPEN until 8pm!	Friday	Saturday	Sun
1 CLOSED	2 School-Break Crafts 2-4 pm	3 School-Break Crafts 2-4 pm	4 Needles & Hooks 2pm School-Break Crafts 2-4 pm	5 Storytime 10:30 am School-Break Crafts 2-4 pm	6 Storytime 10:30 am Lego Club 11:00-12:30 Buddy Reading	7
8	9 Homeschool Meetup 10:30-11:30	10 After School Club 3:00-4:30 pm	11 Senior's Tea 2pm Graphic Design Club 3:45 pm	12 Storytime 10:30 am STEAM 2-3pm	13 Storytime 10:30 am Lego Club 11:00-12:30 Buddy Reading	14
15	16 Homeschool Meetup 10:30-11:30 Homeschool + Canva design	17 After School Club 3:00-4:30 pm	18 Needles & Hooks 2pm Graphic Design Club 3:45 pm	19 Storytime 10:30 am Crafternoon 2-3pm	20 Storytime 10:30 am Lego Club 11:00-12:30 Buddy Reading	21
22	23 Homeschool Meetup 10:30-11:30 Novel Idea 2 pm	24 After School Club 3:00-4:30 pm Write On! 6pm	25 Senior's Tea 2pm Read it & Eat 6:30 pm	26 Storytime 10:30 am STEAM 2-3pm	27 Storytime 10:30 am Lego Club 11:00-12:30 Buddy Reading	28
29	30 Homeschool Meetup 10:30-11:30	31 After School Club 3:00-4:30 pm Craft Connections Club 6pm	FEB. 1 Needles & Hooks 2pm	FEB. 2 Storytime 10:30 am Crafternoon 2-3pm	FEB. 3 Storytime 10:30 am Lego Club 11:00-12:30 Buddy Reading	FEB. 4

Needles and Hooks: Drop-in with your yarn project and meet with other makers. All welcome!

Senior's Tea: Drop-in for tea and a chat at 2:00 pm

Craft Connections Club: Adult craft night! Registration required

Novel Idea: Ask about this month's pick at the front desk

Write On!: Writing love poems and project sharing. Email us to get on the writing group email list.

Read it & Eat!: New cookbook club. Choose a recipe from featured cookbook at the front desk & bring the dish to the meeting.

Storytime: Stories, songs & a craft! Different books & facilitators on Fridays and Saturdays.

Lego/Duplo Club: Drop-in free play with Lego & Duplo.

School-Break Crafts: Drop-in for a new craft each day! Not a supervised program, for families to craft together.

Homeschool Meetup: All ages program with open ended activities. From 10:30-11:30 am weekly. Drop-in

Homeschool +: Design a book cover in Canva. Ages 10+ registration required. 11:45-12:45

After School Club: Come colour, bead or play with Lego. All school-aged kids welcome, drop-off allowed for grade 2 & up after registration form filled.

STEAM/Crafternoon: Drop-in after school for STEAM fun or a fun craft! Drop-off allowed for ages 7 and up.

Buddy Reading: One-on-one reading practice. 30 min slots on Saturdays between 2-4:00 pm. Registration required.

Graphic Design Club: an intro to the basics of graphic design where we'll create a book cover. Ages 10+ and registration is required.

250-32-6416
 publiclibrary@invermere.net
 invermere.bc.libraries.coop

- Adult program
- Kid program
- Family Program
- Teen program
- All ages

Rotary
 Club of Radium Hot Springs

We are doing it again!!!!

CASH CREDIT DEBIT

THE ROTARY CLUB OF RADIUM HOT SPRINGS WILL BE HOSTING

BINGO NIGHT

Radium Hot Springs Centre

Doors open 6:30 – Games start 7 pm

January 18th

5 BINGO GAMES ... CASH PRIZES
 50/50 DRAW & DOOR PRIZES

A fun night!

Must be 19 years or older.
 Know your limit, play within it!
 BC Gaming licenses 145522 & 145521

Jan. 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



A Weekly Gathering for Artists:

Art In the Afternoon

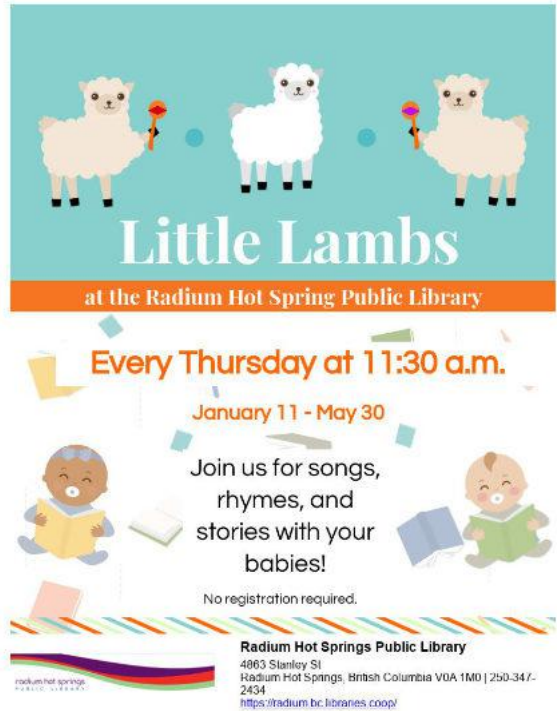
January 9th - April 30

Every Tuesday
1:00pm-3:30pm
@ the Radium Library

A free program for local artists and art enthusiasts!

Whether you sketch, paint, carve, knit or crochet, bring your supplies and work alongside fellow artists

Radium Hot Springs Public Library
4063 Slanley St
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434
<https://radium.bc.libraries.coop/>



Little Lambs

at the Radium Hot Spring Public Library

Every Thursday at 11:30 a.m.

January 11 - May 30

Join us for songs, rhymes, and stories with your babies!

No registration required.

Radium Hot Springs Public Library
4063 Slanley St
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434
<https://radium.bc.libraries.coop/>



PARENT TOT YOGA

with Laura & Winnie

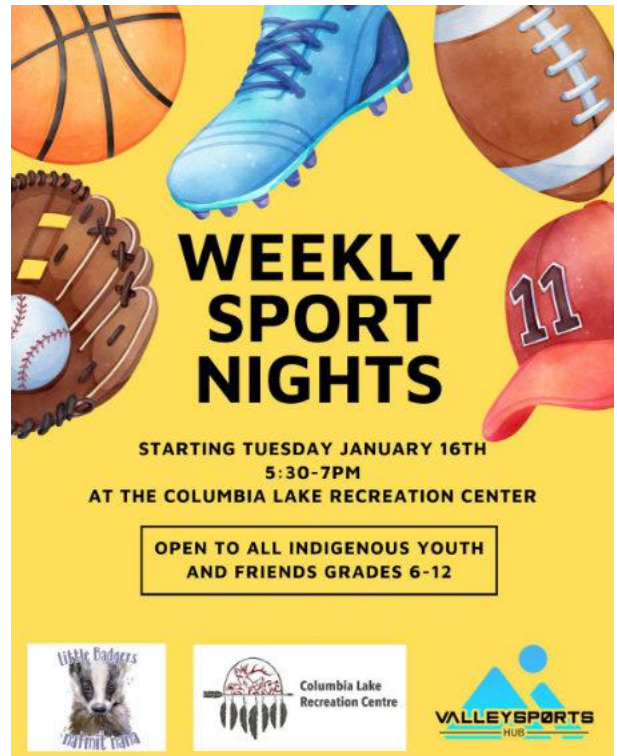
PRACTICE + PLAY

Inviting the littlest of us to practice mindfulness, loving-kindness, breath and postures with their loved one.
All ages welcome!

MONDAYS 9:30-10:30AM
INVERMERE WELLNESS HUB
503 7TH AVENUE

PURCHASE A PUNCHPASS
10 CLASSES \$100
5 CLASSES \$60
DROP IN \$15-\$20

PLANTSANDPOSES@GMAIL.COM
250-688-5788



WEEKLY SPORT NIGHTS

STARTING TUESDAY JANUARY 16TH
5:30-7PM
AT THE COLUMBIA LAKE RECREATION CENTER

OPEN TO ALL INDIGENOUS YOUTH AND FRIENDS GRADES 6-12

Valley Badgers
Columbia Lake Recreation Centre
VALLEYSPORTS HUB



Senior's Tea

at the Invermere Public Library

Join us for a cup of tea and some company!
All welcome.
2nd & 4th Thursday of each month at 2pm.

250-542-6476
publiclibrary@invermere.net
invermere.bc.libraries.coop

Invermere Public Library



HOLDING hope

Supporting, connecting, and sharing without stigma

ARE YOU IN NEED OF SUPPORT?

Holding Hope Peer Support Groups are for parents, spouses, siblings, and friends supporting loved ones of all ages (including youth 12-24) struggling with substance use.

In person Holding Hope Support Group
Invermere

FOR MORE INFORMATION, EMAIL
holdinghopeinvermere@gmail.com
www.holdinghopecanada.org

Movie Review

"The Family Plan" (2023)

THE FAMILY PLAN



Release Date: December 15, 2023
Director: Simon Cellan Jones
Distributed by: Apple TV+
Music by: Kevin Matley
Producers: David Ellison, Dana Goldberg, Don Granger, Mark Wahlberg, Stephen Levinson

"The Family Plan" unfolds as a gripping action-comedy that takes a unique twist on the classic family road trip. Directed by Simon Cellan Jones and featuring a stellar cast, this Apple TV+ original provides an adrenaline-pumping escape with a healthy dose of humor and heart.

Plot Overview:

Dan, a former elite government assassin, finds himself facing a perilous predicament when enemies from his shadowy past resurface. Faced with the threat to his family, Dan doesn't opt for the conventional protective measures. Instead, he packs up his unconventional family—a wife, a teen daughter, a teen son, and a 10-month-old baby—into their minivan and embarks on an unplanned cross-country road trip to Las Vegas.

Family Dynamics Amidst Chaos:

At the heart of "The Family Plan" is the delicate balance between intense action sequences and the dynamics of a quirky, yet endearing, family. Mark Wahlberg, portraying the resolute and resourceful Dan, injects the character with a blend of toughness and vulnerability. As the minivan hurtles across highways and byways, the family's bond is tested and strengthened in unexpected ways.

Thrills, Laughter, and Heartfelt Moments:

The film skillfully weaves moments of intense action with humor and heart. The juxtaposition of high-stakes car chases and family squabbles brings a unique charm to the narrative. The chemistry between the family members, each with their quirks and strengths, creates a dynamic that is both entertaining and relatable. The script, penned by an ensemble of talented writers, successfully navigates between thrilling sequences and genuinely heartfelt moments.

BlackFilmAndTv.com
PHOTO CREDIT



Directorial Prowess and Cinematic Flair:

Simon Cellan Jones demonstrates a keen directorial eye, seamlessly blending genres to create a movie that appeals to a broad audience. The pacing is brisk, keeping viewers engaged from start to finish. The visuals capture the diverse landscapes of the cross-country journey, from sunlit highways to neon-lit Las Vegas, enhancing the overall cinematic experience.

Musical Score by Kevin Matley:

Kevin Matley's musical score complements the film's tone, enhancing the emotional beats and amplifying the suspense during action sequences. The soundtrack adds a layer of energy that contributes to the overall immersive experience.

Production Excellence:

"The Family Plan" benefits from a stellar production team, with David Ellison, Dana Goldberg, Don Granger, Mark Wahlberg, and Stephen Levinson

joining forces. The collaborative effort is evident in the seamless execution of the film's ambitious concept, combining action and family dynamics in a way that feels both authentic and entertaining.

"The Family Plan" is a delightful surprise that combines the adrenaline of an action-packed thriller with the warmth of a family comedy. Mark Wahlberg's charismatic performance, coupled with the film's sharp writing and effective direction, creates a cinematic experience that is both exhilarating and heartwarming. Whether you're drawn to intense action sequences or the charm of a quirky family on a road trip, this film delivers on multiple fronts. Strap in for a rollercoaster ride that proves family, even in the most unconventional circumstances, is the ultimate anchor.





GRANT APPLICATION GUIDELINES

KidSport BC Provincial Fund

KidSport provides funding for kids from families that need financial support to help cover the cost of sport registration fees #SoALLKidsCanPlay! KidSport BC's Provincial Fund supports kids from communities that don't have a KidSport chapter. Max grant: up to \$400 per child per calendar year.

HOW TO APPLY

1

REGISTER YOUR CHILD IN A SPORT

- Sport must be affiliated with the member sport organizations of Sport BC (see sportbc.com/members)
- Programs should be a min. of 6 weeks with at least one session per week

2

SUBMIT A GRANT APPLICATION

- Applications can be submitted online or using our paper form, ideally prior to the start of the sport program
- Online applications require your Notice of Assessment showing line 15000 from the most recent tax year* for all income earners in the household, OR
- If you're applying using the paper form you must submit one of:
 - Your most recent Notice of Assessment for all income earners in the household
 - Proof of foster parent status, income assistance or disability assistance
 - OR have a trusted professional endorse your application to verify your financial need
- Completed paper applications can be submitted by email, mail or fax.

3

IF APPROVED, FUNDS ARE SENT TO THE SPORT CLUB

- Please allow up to 60 days for notification of application status
- The KidSport chapter must be notified if the athlete withdraws from the sport activity

WHO IS ELIGIBLE?

- ✓ Kids years old 18 and younger
- ✓ Facing financial hardships*
- ✓ Registered in an eligible sport program
 - Camps, equipment, dance, travel, fundraising, and championships do not qualify
- ✗

*KidSport considers social and economic barriers facing the athlete's family when determining eligibility for funding. Statistics Canada's Low Income Guidelines (LICO) are used as a guideline to determine financial eligibility. If your income is higher, extenuating circumstances can also be taken into account.

CONTACT US

KidSport BC
250-999 Canada Place
Vancouver, BC V6C 3C1

kidsport@sportbc.com

tel 604-333-3434
fax 604-333-3401

kidsport.ca/british-columbia

Privacy and Confidentiality

KidSport™ respects your privacy. We never sell, trade or loan your information to any other organization. Information provided in this application is being collected for the purpose of administering KidSport grants. This information will only be disclosed to KidSport personnel who need the information to carry out the responsibilities of their job, and to other organizations who may need to be contacted to process the application. Statistics are reported at the regional, provincial, and national level. Individuals are not personally identified. By completing this application form you agree to have all collected information stored in our online database system.



JUNE 26, 2020

ASIA TRAVEL

MORRIS FAMILY

VALLEY PROMOTIONS

THIS YEAR THEY GAVE ME A BUDGET FOR **COLOUR** PRINTING!!!

\$320?! YOU CAN'T AFFORD TO NOT TO GO!

2024 Steel Skins Men's Spiel !

- **WHO?: YOU!**
- **WHAT?: Play for SKINS worth REAL CASH!**
- **WHERE?: Invermere District Curling Centre**
- **WHEN?: February 16-18, 2024**
- **WHY?: Because you like CURLING and MONEY and BEER!**
- **HOW?: Probably right handed, but I'm sure there's some Mollydookers out there, too. (google it)**
- **IS DINNER INCLUDED?: DINNER IS INCLUDED thanks to our EXOTIC corporate SPONSORS, including: WOODY'S PLUMBING!**
- **ARE YOU GOING TO WIN THE 50/50 AGAIN, BARRETT?: PROBABLY!**

All rendering, event may not be exactly as pictured:


Organization

TO ENTER YOUR TEAM, SPONSOR A TEAM, OR IF YOU JUST NEED SOMEONE TO TALK TO, CONTACT THESE GUYS:

Joe JR:(250) 341-7045

Dean: 250-342-5591

Barrett: (250) 342-1385

Email: barrettcowles@hotmail.com



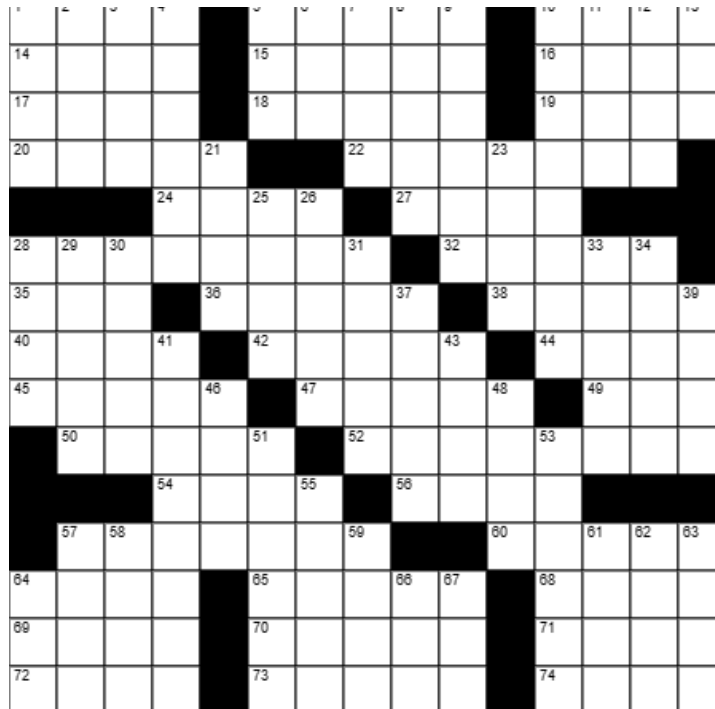




A LITTLE FUN

ACROSS

1- Boris Godunov, for one; 5- Turn over; 10- Composed; 14- Wings; 15- Hawkins of Dogpatch; 16- Olive genus; 17- Sportscaster Albert; 18- Checking out; 19- Capone foe; 20- Use a broom; 22- Angers; 24- Chemical used on trees; 27- Planetary revolution; 28- Announces formally; 32- Construct; 35- Feel bad about; 36- Gossipmonger; 38- Fiddlesticks!; 40- "Trinity" author; 42- Maker of Pong; 44- Beget; 45- It merged with Exxon; 47- City in Tuscany; 49- Vespa rider, perhaps; 50- Begin's co-Nobelist; 52- Income; 54- School founded in 1440; 56- Pasternak heroine; 57- Duchy; 60- None of the above; 64- Painter of limp watches; 65- Above it all; 68- San ____, Italy; 69- Novelist Waugh; 70- Foot bones; 71- Alpo alternative; 72- Stink; 73- Go into; 74- Pottery material;



Down

1- Highland hats; 2- Deli side; 3- Bern's river; 4- Uncover; 5- Employ, utilise; 6- Remuneration; 7- Singer Adams; 8- Simpleton; 9- Extent; 10- Formal assembly; 11- Sheltered, nautically; 12- Not so much; 13- Barker and Bell; 21- Drama; 23- Over-50 org.; 25- Carpenter's measurement; 26- Leases; 28- Percussive instrument; 29- Continental cash; 30- Silk cotton; 31- Flight segment; 33- Jane Goodall subject; 34- Fortune-telling cards; 37- Staggering; 39- Marries; 41- Close friend; 43- Member of a great Peruvian people; 46- Overdue; 48- Dynamic beginning; 51- So far; 53- Medical; 55- Atari founder Bushnell; 57- Roy's "singin' pardner"; 58- Peter Fonda title role; 59- "Beetle Bailey" cartoonist Walker; 61- Get better; 62- Austen novel; 63- Cheerful; 64- ___ es Salaam; 66- Sugar suffix; 67- Cone maker;

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