



The Valley Voice

The Voices of the Columbia Valley

Justin Spilly
PHOTO CREDIT

I N S I D E T H I S E D I T I O N

WINGS OVER THE ROCKIES NATURE FESTIVAL: THEN AND NOW

In 1996 a group of enthusiastic naturalists and adventurers got together with the desire to share the beauty of the Upper Columbia Valley with other like-minded people.

HUNGARIAN MOUNTED ARCHERY: ITS ART AND PHILOSOPHY

Gallop into the past with Hungarian master archer Lajos Kassai and discover the elaborate dance of bow, arrow and horse in a modern renaissance of an ancient martial tradition.

CELEBRATING WOMEN

Showcasing the Driving Force of Your Business on International Women's Day

SUMMIT COMMUNITY SERVICES SOCIETY: FOR COMMUNITY WELL-BEING

Offering services in Cranbrook since 1971, Summit Community Services Society (SCSS) stands as a testament to the power of community-driven initiatives.

Claude Rioux
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As March unfolds, we find ourselves at the threshold of vibrant celebrations, and we want to extend our warmest wishes for a joyful and safe St. Patrick's Day to each and every one of you!

St. Patrick's Day is a time to embrace the spirit of camaraderie, and perhaps a touch of green beer. As we revel in the festivities, we also want to emphasize the importance of celebrating responsibly. If you plan on indulging in the festivities with a pint or two of the infamous green brew, please ensure you have a designated driver or a safe means of getting home. Let's keep the celebration joyous and worry-free!

This month, we are brimming with gratitude. To our incredible community of readers, contributors, and supporters, thank you for making Valley Voices a vibrant tapestry of voices and perspectives. Your enthusiasm and engagement continue to inspire us.

A special note of appreciation goes to all the fantastic individuals who have shared their stories, insights, and talents with us through

guest submissions. Your contributions enrich our publication and make it a true reflection of the diverse and dynamic community we cherish.

As we move through March, we want to encourage everyone to keep those submissions coming. Your stories, articles, and perspectives matter, and we're eager to hear more from you. Whether it's a personal reflection, a community event, or a topic close to your heart, your contributions make Valley Voices the exceptional community platform that it is.

Remember, your voice is the heartbeat of our publication, and we're immensely thankful for the privilege of sharing it with the world.

Wishing you a March filled with joy, warmth, and perhaps a hint of Irish luck.

The WVV

ICAN Annual General Meeting

Date: March 17/24 **Time:** 1-4pm

Location: Columbia Valley Chamber of Commerce
651 Hwy 93/95, Invermere, BC

**** Everyone is welcome ****

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:

info@icanbc.com

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



TABLE OF CONTENTS

06 WINGS OVER THE ROCKIES NATURE FESTIVAL: THEN AND NOW

In 1996 a group of enthusiastic naturalists and adventurers got together with the desire to share the beauty of the Upper Columbia Valley.

10 HUNGARIAN MOUNTED ARCHERY: ITS ART AND PHILOSOPHY

Gallop into the past with Hungarian master archer Lajos Kassai and discover the elaborate dance of bow, arrow and horse.

18 WINDERMERE VALLEY YOUTH CENTRE NEWSLETTER

Take a look at the February Edition of the Newsletter

22 CELEBRATING WOMEN

Showcasing the Driving Force of Your Business on International Women's Day

26 SUMMIT COMMUNITY SERVICES SOCIETY: FOR COMMUNITY WELL-BEING

Summit Community Services Society (SCSS) stands as a testament to the power of community-driven initiatives.

30 SPRING INTO ACTION

How to Start Your Spring Cleaning Early This March

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 April 3, 2024

SUBMISSION DEADLINE April 2, 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?

Email us at news@thevoicecv.ca

VISIT US ONLINE
thevoicecv.ca

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

Wings over the Rockies

NATURE FESTIVAL

MAY 6-12, 2024

WINGS 'WAY OVER'
THE ROCKIES -
THE BIG PICTURE

100+ events

Online Auction

Online Events Calendar

Preview begins

Thursday, March 28

10am MDT

Online Ticket Sales begin

Tuesday, April 9

10am MDT



www.wingsovertherockies.org



Music Concert

Over the Moon

Friday, May 10, 2024



Gala Dinner

Keynote Speaker

Bob McDonald

Saturday, May 11, 2024



ADVENTURE
CANADA





In 1996 a group of enthusiastic naturalists and adventurers got together with the desire to share the beauty of the Upper Columbia Valley with other like-minded people.

In 1996 a group of enthusiastic naturalists and adventurers got together with the desire to share the beauty of the Upper Columbia Valley with other like-minded people. The following year with the support of local businesses, government, wildlife specialists and patrons like the wildlife painter Robert Bateman, the first nature festival was born celebrating the return of Spring. Over the following years, the festival expanded from a birding event to a true nature festival.

For over 25 years, the beautiful Upper Columbia Valley has celebrated the return of the Spring migration, and the re-awakening of nature, with the Wings over the Rockies Nature Festival. The rich and varied habitats found along the Columbia River, flanked by the Canadian Rockies and Purcell mountains, offer a welcoming environment for wildlife, and for the birds returning to their nesting sites.

Wings over the Rockies Nature Festival is based out of the mountain town of Invermere, BC, Canada, with the events stretching from Golden to the north, down to Wasa in the south. One of the premier Nature festivals in Western Canada, participants can choose from over 100 events during the 7 days from in-the-field excursions, luncheon and evening presentations,

a gala dinner with keynote address, and large music concert. Our presenters and field leaders aim to improve our understanding, appreciation and stewardship of the natural world around us through diverse and engaging events.

Come and join us May 6 - 12, 2024 for the week-long nature festival. Our theme this year is Wings 'Way Over' the Rockies - The Big Picture. The festival will focus on the interconnections of wildlife, landscapes, people and beyond into the starry skies. The live music concert will feature the Juno award nominated duo "Over the Moon" band. The traditional gala dinner will feature keynote speaker, Bob McDonald, CBC Radio Quirks & Quarks host.

The 2024 Events Calendar preview will begin March 28, 10:00 AM MDT. On-line ticket sales will begin April 9, 10:00 AM MDT.

www.wingsovertherockies.org

Come join like-minded lovers of nature and enjoy the wonders of the Upper Columbia Valley.

Claude Rioux
Promotions Coordinator

Claude Rioux
PHOTO CREDIT



Claude Rioux
PHOTO CREDIT



Claude Rioux
PHOTO CREDIT



MARCH 23, 2024

PUPPY LOVE 11



All proceeds go to Global Animal Lovers! Come out and help us raise money for all of our furry, feathered and scaly friends!

COLUMBIA VALLEY CENTRE

TATTOOS & SILENT AUCTION ALL DAY (11AM-6PM)

PARTY ALL NIGHT (7:30PM-1AM, 19+)

CALL FIRE VIXEN TATTOOS TO BOOK YOUR TATTOO TODAY!

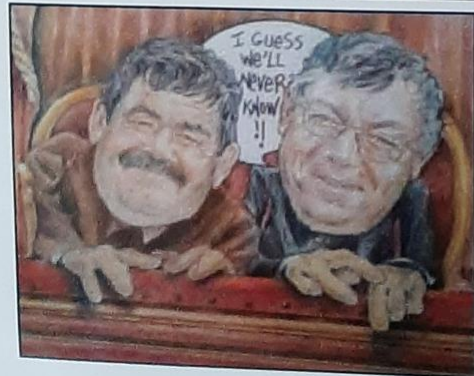
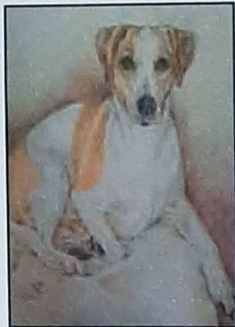
250-342-8844



MANY THANKS TO OUR SPONSORS:



VALLEY PROMOTIONS



PET

and people

PORTRAITS

- Unique • Memorable
- Realistic • Reasonable
- Professional
- Quick turn-around
- Shipping available
- Specializing in memorial portraits

betty106@telus.net

250 342 5448





Hungarian Mounted Archery

ITS ART AND PHILOSOPHY

Gallop into the past with Hungarian master archer Lajos Kassai and discover the elaborate dance of bow, arrow and horse in a modern renaissance of an ancient martial tradition.

In the active world of equestrian sports, Lajos Kassai is a modern-day maestro, orchestrating the revival and transformation of Hungarian mounted archery. Born on September 16, 1960, Kassai has spent a lifetime revitalizing this ancient martial art, and his name has become synonymous with adapting the art into a dynamic and thrilling sport that has captured the imagination of enthusiasts worldwide.

Kassai's significant contribution centers around the distinctive competitive rule system he developed for horse archery in the late 1980s, rejuvenating traditional horseback

archery. In Hungarian mounted archery competitions, participants blend horsemanship and archery on specially designed courses, employing various bow shooting styles to hit targets, focusing on timed precision.

What sets Hungarian mounted archery apart is its sporting dimension and the profound philosophy underpinning it. Kassai has instilled in his students a deep appreciation for this ancient skill's cultural and historical significance. The sport surpasses the realm of competition, becoming a homage to the martial and military traditions of the past.

The training regimen devised by Kassai is a blend of martial arts and military discipline. Students undergo rigorous physical and mental conditioning, channeling the discipline of a warrior while astride a galloping steed. Precision, focus, and a connection with the horse are paramount, turning each archer into a harmonious force of nature and skill.

Central to the allure of Hungarian mounted archery is the intricate combination and mastery of the bow, arrow, and horse. The bow, a symbol of power and finesse, becomes an extension of the archer's intent. The arrow, a swift messenger of precision, sails through the air with purpose. The horse, a majestic partner in this symphony, carries the archer into the contest and responds to subtle cues with grace.

Executing this trivium of skills flawlessly demands expertise that exceeds mere athleticism. It requires understanding the nuanced relationship between archer and mount, where instinct and training meld into a seamless dance of agility and focus. Each shot becomes a testament to the mastery of not just one but three distinct disciplines working in unison.

Once confined to the realms of Hungarian tradition, this captivating sport has become a world phenomenon. Kassai's influence has spurred the creation of international horseback archery competitions, attracting participants and spectators worldwide. The allure of mastering a skill that dates back to the annals of history has resonated with an eclectic array of individuals, further propelling Hungarian mounted archery into the spotlight.

Surprisingly, you don't need to traverse continents to embark on this thrilling journey. Right here in our own Columbia Valley, two world-class training centers beckon those eager to ride into the world of Hungarian mounted archery. These centers provide a unique opportunity to learn from seasoned instructors, unravel

the secrets of this ancient art, and discover the transformative power of archery atop a thundering steed.

Look no further than the towns of Spur Valley, with Spur Valley Mounted Archery, and Brisco, with Rocky Mountain Mounted Archers, and their respective FB pages for information on training, competitions, special events, and updated news.

In Lajos Kassai and Hungarian mounted archery, the bow, arrow, and horse merge to create a sport and a way of being. It celebrates tradition, a testament to skill, and an invitation to embrace a piece of history that gallops boldly into the future. Breathe, slow down, shoot fast, and be one with mount and arrow.

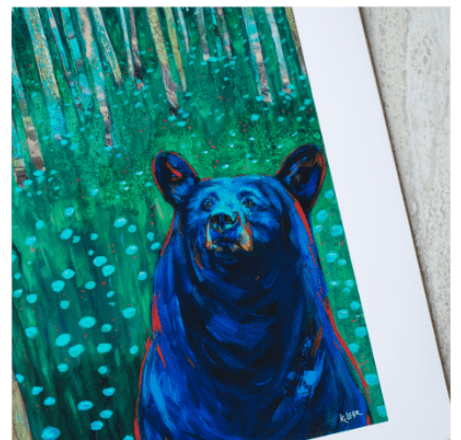
We are not to follow our ancestors; we are to follow what they were following.
Lajos Kassai



VILLAGE ARTS
Art for everyone!



VILLAGE ARTS



Visit Us At:

1045 7th avenue Invermere

www.instagram.com/village.arts

www.facebook.com/villagearts

www.villagearts.ca

VALLEY PROMOTIONS

SATURDAY, MARCH 9TH

Freddy J



\$10

19+

THE STATION PUB

INVERMERE BC



LOCAL MOTIVE EVENTS

ST. PATRICK'S DAY CHEERS

4 SHAMROCKIN' SHOTS/COCKTAILS

St. Patrick's Day calls for a celebration filled with the luck of the Irish and a touch of liquid gold. Whether you're hosting a festive gathering or just toasting to the occasion, these four shots and cocktails will add a splash of emerald elegance to your St. Patrick's Day revelry.



IRISH MULE

Ingredients:

1. 2 oz Irish whiskey
2. 1 oz fresh lime juice
3. Ginger beer
4. Lime wedge for garnish

Instructions:

1. Fill a copper mug (or your preferred glass) with ice.
2. Pour in the Irish whiskey and lime juice.
3. Top with ginger beer.
4. Gently stir and garnish with a lime wedge.
5. Sláinte!

EMERALD ISLE SHOOTER

Ingredients:

1. 1 oz Midori (melon liqueur)
2. 1 oz Irish cream liqueur
3. Whipped cream for topping

Instructions:

1. In a shaker with ice, combine the Midori and Irish cream.
2. Shake well and strain into a shot glass.
3. Carefully layer whipped cream on top for a delightful contrast.
4. Sip and savor the sweet and vibrant flavors.



LUCK OF THE IRISH WHISKEY SOUR

Ingredients:

1. 2 oz Irish whiskey
2. 3/4 oz simple syrup
3. 3/4 oz fresh lemon juice
4. Maraschino cherry for garnish

Instructions:

1. In a shaker with ice, combine Irish whiskey, simple syrup, and lemon juice.
2. Shake well and strain into a rocks glass filled with ice.
3. Garnish with a maraschino cherry.
4. Enjoy the perfect balance of sweet and sour.

POT O' GOLD SHOTS

Ingredients:

1. 1 oz Goldschlager (cinnamon schnapps with real gold flakes)
2. 1 oz Bailey's Irish Cream
3. Chocolate shavings for garnish

Instructions:

1. Pour Goldschlager into a shot glass.
2. Layer Bailey's Irish Cream on top by pouring it over the back of a spoon.
3. Garnish with chocolate shavings for a touch of indulgence.
4. Sip and discover your own pot o' gold.

Whether you're raising a glass to your Irish roots or simply joining the festivities, these St. Patrick's Day shots and cocktails are sure to bring a smile to your face and a bit of luck to your celebration. Cheers to a shamrockin' good time! 🍀 🍷



HEATING — COOLING — PLUMBING — DRAINAGE
AVAILABLE IN SURREY 24/7

GURU PLUMBING

*Local Emergency Plumbing and
HVAC Company in Surrey, BC*

Our plumbing professionals are here to help with all your plumbing needs throughout Surrey and Metro Vancouver areas. Schedule your service today!



Call to find out more
604-227-8104



Visit Our Website
guruplumbing.ca



STAY WARM THIS WINTER WITH OUR HEATING SERVICES

TRUST US TO KEEP YOUR HOME COZY AND
COMFORTABLE



VALLEY PROMOTIONS

UPGRADE YOUR HEATING SYSTEM



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

HOME PERFORMANCE CONTRACTOR NETWORK

BOOK A FREE QUOTE TODAY

GREAT DEAL ON FURNACE INSTALLATION

GET **\$1600 OFF**

7 DAYS A WEEK
\$88 AN HOUR
2022 CONSUMER CHOICE WINNER
\$800 REBATE FROM FORTISBC IS INCLUDED

BOOK A FREE QUOTE TODAY


GREAT DEAL ON COMBI-BOILER & TANKLESS SYSTEMS INSTALLATIONS

GET **\$2000 OFF**

7 DAYS A WEEK
\$88 AN HOUR
2022 CONSUMER CHOICE WINNER
\$2000 & \$500 REBATE FROM FORTISBC IS INCLUDED

GET **\$1500 OFF**

BOOK A FREE QUOTE TODAY



HOSPICE SOCIETY OF THE COLUMBIA VALLEY

Become a Hospice Society Volunteer!

Nav-CARE: Navigation: Caring, Accessing Resourcing, Engaging.

Nav-CARE volunteers help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.

Please visit hospicesocietycv.com for more detailed information or drop by our office at Frater Landing to learn more.

SERVICE YOU CAN COUNT ON



RFE
ALARMS AND SOUND

- Security Systems • Audio/Video
- Internet and Wifi
- Home Automation

RFEALARMS.COM (250) 342-6549



Hobbit House Collectibles

Web: hobbithousecollectibles.com

John and Marjorie Hague
 email John: jhobbit@shaw.ca
 email Marjorie: mhobbitt@shaw.ca
 Phone: 250 347-9877
 Cell 250 342-1585

8288 Hobbitt Frontage Rd. Hwy 93/95
 4 km south of Radium Hot Springs BC

WINDERMERE VALLEY YOUTH CENTRE

FEBRUARY 2024

NEWSLETTER



WHAT'S NEW AT THE HUB?

We thought it was time to re-introduce the staff, after all, they spend a LOT of time with your teens!



FROM LEFT TO RIGHT

PoPo - Mischief and Shenanigans Manager

Bubbles - Coordinator of the fun stuff

Smalls - Zoomies instructor

Red - Mayhem supervisor

Bix - Outreach Wizard

aka Pauline, Sierra, Jack, Heather, and Emmett

[www.http://invermeresummit youthcentre.org](http://invermeresummit youthcentre.org)

PROJECTS ON THE GO

Thanks to the generous contributions of Brett Wilson through the Columbia Valley Community Foundation, **a free counseling program** in association with Hearthstone is now available. If you're a teenager between the ages of 12 and 18 or know someone who would benefit from counseling but is unable to afford it, please contact Emmett, our youth outreach worker, at 250-688-9989.

Thanks to the efforts of the Rotary Club of Radium Hot Springs and Brett Wilson, again through the Columbia Valley Community Foundation, an **open indoor gym program** has been made available. Effective from February 2nd, registered youth who present their Summit Youth Centre membership card will have access to the DTSS High School gymnasium on Fridays and Saturdays. We're starting with Volleyball, badminton and soccer. Join us Friday at 2pm, Saturday at 11 am.

WHAT? THERE'S MORE?

The second series of **Skills for Life workshops** are about to start. Contact Sierra at pc.summitcentre@gmail.com to register. The schedule and details follow on the next page.

The Summit Youth Hub is collaborating with **Invermere Film Fest** in February. We will be involved in the film making workshops on February 2nd.

The **Creativity Collective**, in collaboration with the Columbia Valley Youth Network is about to start their series of workshops, ask your youth in grade 7 if their class is participating!

On December 5th, 2024 the Youth centre turns **30** years old.

THIRTY !!! We just want you to keep this in mind. Were you around then? Do you have pictures and memories you would like to share? Send memories our way!

summitcentre@gmail.com



Golden's FIRST Latino Celebration

FIESTA DORADA 2024

27 | April 2024
4 Pm - 9+ Pm

FREE Family Friendly Event
4:00 - 9:00

- Vendor & Artisan Market
- Latino Dance Lessons
- Face Painting
- + More Activities



TICKETS & MORE INFO

Live Music 9:00 PM +



Tickets \$20

VALLEY PROMOTIONS



BOOK OUR PARKS & FACILITIES SUMMER 2024

Are you planning an event in one of our parks or outdoor spaces this summer? Please book ahead!

BOOKING AND INQUIRIES: Call our Events & Facilities Booking Clerk 250-342-9281 ext 1230 or email facilities@invermere.net www.invermere.net



Need boots for your pooch?



Keep paws warm

All sizes

Great for winter

Check out Leslie Long Rescue Charity Shop on Facebook



Celebrating Women

SHOWCASING THE DRIVING FORCE OF
YOUR BUSINESS ON INTERNATIONAL
WOMEN'S DAY

March 8 marks a significant day on the global calendar - International Women's Day (IWD). It's not just a day; it's a celebration, a recognition, and a powerful reminder of the incredible achievements and contributions of women worldwide. For businesses, it's an opportune moment to spotlight the women who play pivotal roles in making your organization thrive.

The Essence of International Women's Day:

International Women's Day is not only about acknowledging the struggles women have overcome but also about celebrating their triumphs, resilience, and the progress achieved. It's a day to honor the women who have shattered glass ceilings, paved the way for change, and continue to inspire generations.

A Global Celebration:

What makes IWD unique is its global nature. From boardrooms to classrooms, communities to corporations, people across the world come together to celebrate the achievements of women. This shared celebration emphasizes unity, equality,

and the importance of gender diversity.

Spotlighting Women in Your Business:

For businesses, International Women's Day is an excellent opportunity to shine a spotlight on the incredible women who contribute to the success and growth of the organization. Here are some ways to make the most of this occasion:

Employee Spotlights:

Feature profiles of women in various roles within your organization. Share their stories, experiences, and the impact they've made. This not only recognizes their contributions but also inspires others.



Leadership Acknowledgment:

If your business has women in leadership roles, acknowledge their achievements and leadership. Highlight their journey, challenges they've overcome, and the positive impact they've had on the company.

Employee Recognition:

Create a platform for recognizing the hard work and dedication of all women in your workforce. Whether through awards, shout-outs, or a simple thank-you note, acknowledging their efforts fosters a culture of appreciation.

Share Success Stories:

Showcase success stories of projects or initiatives led by women. Demonstrate how their skills, innovation, and leadership have contributed to the success of these endeavors.

Educational Initiatives:

Use this day to educate and raise awareness about gender equality within your workplace. Conduct workshops, panel discussions, or

training sessions that promote a more inclusive and supportive work environment.

Why It Matters:

Beyond being a gesture of appreciation, celebrating women in your business is a strategic move. Diverse teams are known to be more innovative, creative, and ultimately more successful. By actively promoting and supporting women in your workforce, you contribute to a culture of diversity and inclusion, which benefits everyone.

International Women's Day is not just a day on the calendar; it's a mindset, a commitment to recognizing, appreciating, and uplifting the women in your business. By celebrating the achievements of women within your organization, you not only foster a positive work culture but also contribute to the broader movement towards gender equality. So, this March 8, let's celebrate, appreciate, and continue the journey towards a more inclusive and diverse future.



HOSTED BY



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 / IMPAILMENT
- 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

FULL MOON CACAO & SOUND HEALING

With Kelsey Baker

Sacred Ceremonialist, Cacao
Facilitator, Sound healer



Join Kelsey in weaving
connection and community.

Sunday March 24th 2024
630-830pm

Living Wellness Hub
503 7th Ave #1
Invermere BC

\$33
Email
Kelsbaker@hotmail.com to
register





SCSS Website
PHOTO CREDIT

Summit Community Services Society: For Community Well-Being

OFFERING SERVICES IN CRANBROOK SINCE 1971, SUMMIT COMMUNITY SERVICES SOCIETY (SCSS) STANDS AS A TESTAMENT TO THE POWER OF COMMUNITY-DRIVEN INITIATIVES.

Founded and incorporated in 1973, SCSS has been a steady pillar in the community for over four decades. The society's commitment to providing quality, accessible, and client-centered support is evident in its multifaceted approach to community services. With a mission rooted in promoting well-being, SCSS offers a range of programs that span from early childhood development to counselling services for all ages.

Services Offered:

Childcare Excellence:

SCSS manages and owns daycare centers, ensuring that children in Cranbrook and Kimberley receive not

just childcare but a nurturing environment crucial for their early years. This commitment to early childhood development reflects SCSS's dedication to fostering the future generation.

Comprehensive Counselling Services:

SCSS goes beyond conventional services by providing various forms of counselling tailored to individual needs. This approach ensures that the community has access to vital mental health resources, reducing stigma and fostering a culture of support.

Community Involvement:

The essence of SCSS lies in its deep roots within the community. The organization is not just a service provider; it's a community partner. Guided by a Board of Directors composed of local volunteers, SCSS ensures that its services align with the evolving needs of the community.

Impactful Staff:

The 35 full-time and part-time employees at SCSS are the driving force behind the organization's success. Their dedication and passion for community service contribute to creating a positive impact on the lives they touch.

Summit Community Services Society embodies the true spirit of community well-being. Its longevity, coupled with its diverse and impactful services, reflects an unwavering commitment to the

betterment of Cranbrook and Kimberley. SCSS is not merely an organization; it's a beacon of support, breaking down barriers, and fostering a sense of unity within the community.

For those seeking assistance, guidance, or a caring environment, Summit Community Services Society is more than a service provider; it's a community ally, offering a helping hand and a source of strength for all. In the tapestry of Cranbrook's community services, SCSS is a shining thread weaving together a story of compassion, resilience, and well-being.

Summit
COMMUNITY SERVICES SOCIETY

Men's Group

SCSS Facebook Page
PHOTO CREDIT

Boundaries

Managing Thoughts

Relationships

Health & Wellness

Values & Strengths

Understanding Emotions

Thursday's from 12-1:30
Starting April 11 - May 30

For an intake and to register, contact Josh at mensgroup@summitfamily.ca or (250) 919-7775

COLUMBIA VALLEY YOUTH NETWORK PRESENTS

BOWLING

YOUTH NIGHT

At Valley Alley Bowling



FRIDAY, MARCH 8TH

Arrive at 5:30 to sign in, Bowling 6-8PM

PIZZA | FUN | BOWLING

Free event for youth grade 6-12

Pre-register by texting

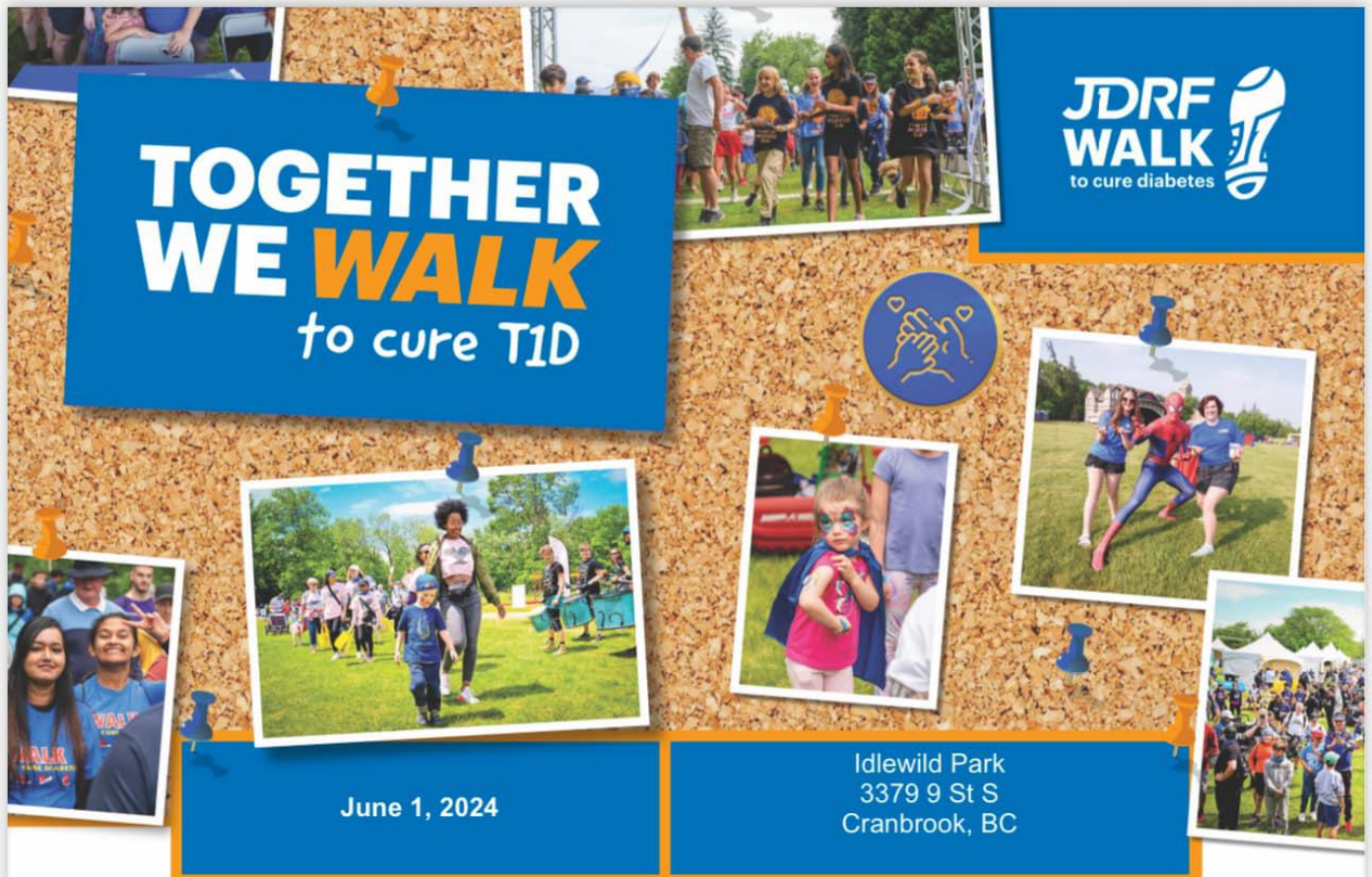
250-688-7458 or email

amiller@fdx.family



Made with PosterMyWall.com

VALLEY PROMOTIONS



TOGETHER WE WALK to cure T1D



June 1, 2024

Idlewild Park
3379 9 St S
Cranbrook, BC

Want to help raise funds in support of Type 1 Diabetes research? Come join us!

2024 East Kootenay JDRF Walk to Cure Diabetes
Registration is now open!

To register or donate, please visit the QR code below!

For more information please contact:

Jessica Simard

2024EKWalk@gmail.com

jdrfwalk.ca



Spring into Action

HOW TO START YOUR SPRING CLEANING EARLY THIS MARCH



As the last traces of winter melt away, the arrival of March signals the promise of warmer days, blooming flowers, and the perfect opportunity to refresh our living spaces with a good old-fashioned spring cleaning.

Instead of waiting for the official start of spring, why not get a head start on decluttering, organizing, and revitalizing your home? Here's a guide on how to kickstart your spring cleaning early this March.

1. Set Clear Goals:

Before diving into the cleaning frenzy, take a moment to set clear goals. Identify specific areas or rooms you want to tackle, and create a checklist of tasks. Having a roadmap will not only keep you organized but also make the process more manageable.

2. Declutter Mindfully:

Spring cleaning is the perfect opportunity to declutter your space. Be ruthless in evaluating your belongings – if you haven't used or worn something in the past year, it might be time to let it go. Donate, sell, or recycle items to clear up space and give your home a fresh, open feel.

3. Room-by-Room Approach:

Divide and conquer by adopting a room-by-room approach. Focus on one area at a time to avoid feeling overwhelmed. Tackling individual rooms or zones allows you to see tangible progress, boosting your motivation to continue.

4. Deep Cleaning:

Once the clutter is gone, it's time for the deep clean. Dust surfaces, scrub floors, and pay attention to often-neglected areas like baseboards and light fixtures. Consider renting or investing in professional cleaning equipment for a more thorough job.

5. Organize Efficiently:

As you clean, take the opportunity to reorganize spaces. Invest in storage solutions like bins, baskets, or shelves to keep things tidy. An organized space not only looks better but also makes day-to-day living more efficient.



6. Don't Forget the Outdoors:

Spring cleaning isn't limited to the indoors. Take advantage of the milder weather to spruce up your outdoor spaces. Sweep patios, clean outdoor furniture, and prune overgrown plants. Your exterior spaces deserve a fresh start too.

7. Involve the Whole Family:

Spring cleaning doesn't have to be a solo endeavor. Get the whole family involved by assigning tasks and making it a collective effort. Not only does this lighten the workload, but it also turns cleaning into a shared experience.

8. Refresh Your Décor:

Consider making small changes to refresh your home's décor. Swap out winter textiles for lighter spring fabrics, add some greenery with potted plants, or rearrange furniture for a new look. These simple changes can breathe new life into your space.

9. Safety First:

Remember to prioritize safety during your cleaning spree. Ventilate rooms when using cleaning chemicals, use proper lifting techniques to avoid injuries, and take breaks to prevent burnout.

10. Celebrate Your Progress:

Finally, take a moment to celebrate your achievements. Completing a thorough spring cleaning is no small feat, and your home will thank you for the effort. Treat yourself to something special as a reward for a job well done.

Starting your spring cleaning early not only prepares your home for the upcoming season but also sets a positive tone for the rest of the year. Embrace the opportunity to create a clean, organized, and inviting space that you can fully enjoy as the days get longer and warmer. Happy cleaning!

FREE JELLY
BEAN
GUESS!



EDGEWATER COMMUNITY EASTER EGG HUNT!

ADULT ONLY
EASTER
BASKET
RAFFLE!
(Must be 19 or older)

FRANKS RINK AND BALL DIAMOND!

CONCESSION/WASHROOMS OPEN:
HOT CHOCOLATE, COFFEE,
OR TEA & DONUTS/MUFFINS

SUNDAY MARCH 31 2024

10AM SHARP!

BONFIRE SOCIAL!

HUNT FOR AGES 12 AND UNDER
SPECIAL AREA FOR UNDER 5YRS OLD!

HOSTED BY EDGEWATER LEGION BRANCH #199



Columbia Basin **trust**

BCLC LICENSE #150049 19+



VALLEY PROMOTIONS



Saturday, March 9th
11:00am

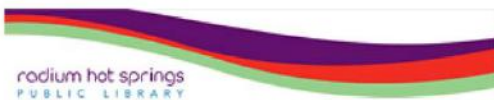
@ the Radium Public Library

Come on over and see if we can find
a way to trap a Leprechaun.



Ages 5+

*Children under 12 must be accompanied by an adult. Space is limited.



Radium Hot Springs Public Library

4863 Stanley St
Radium Hot Springs, British Columbia V0A 1M0 |
250-347-2434
<https://radium.bc.libraries.coop/>

Gamer's Corner

Game Review:
Nightingale



Developers: Inflexion Games, Inflexion Games Inc.

Platform: Microsoft Windows

Initial release date: February 20, 2024

Mode: Multiplayer video game

License: proprietary license

Genres: Survival game, Role-playing video game, Adventure game, Shooter game, Fighting game, Adventure, Early Access

Publishers: Inflexion Games, Inflexion Games Inc.

In the haunting gaslamp fantasy of the Victorian era, where shadows whisper secrets and survival is not guaranteed, Nightingale, the latest creation from Inflexion Games, offers players an immersive journey into a world cloaked in mystery. Released in early access on February 20, 2024, Nightingale beckons players to navigate its enigmatic landscape, blending elements of survival, role-playing, and adventure.

A Glimpse into the Victorian Abyss:
Nightingale opens the gateway to a meticulously crafted gaslamp fantasy world, dripping with the atmosphere of a bygone era. The attention to detail in the Victorian setting is exquisite, from cobblestone streets to flickering gas lamps, creating an ambiance that feels both enchanting and ominous.

Survival Unveiled:
Survival is the name of the game, and Nightingale doesn't hold back. Players

find themselves thrust into a world where resource management is key, and every decision can be a matter of life or death. From scavenging for supplies to crafting essential tools, the survival mechanics are robust, providing a challenging yet rewarding experience.

Gaslamp Fantasy Meets Role-Playing:
The infusion of light role-playing elements adds depth to Nightingale's narrative. Engaging quests propel

[Hardcore Gamer](#)
PHOTO CREDIT



NINGALE™

players forward, each unveiling a piece of the mysterious puzzle that surrounds the world. The choices made along the way shape the unfolding story, giving a sense of agency to the player within the rich lore.

A Symphony of Genres:

Nightingale is a harmonious blend of genres, seamlessly weaving survival, role-playing, adventure, and elements of shooters and fighting games. This fusion creates a unique gaming experience that caters to a broad audience. The world is both dangerous and alluring, with challenges that demand a strategic approach.

Early Access Dynamics:

Entering the realm of Nightingale during its early access phase is akin to stepping into a canvas as it takes form. While the foundations are strong, there may be occasional rough edges. The developers, Inflexion Games, are actively engaged with the community, addressing concerns and incorporating player feedback to refine the gaming experience.

Visual Symphony and System

Requirements:

Nightingale presents a visual symphony with its attention to period detail and atmospheric effects. The game, while visually stunning, is optimized to run smoothly on Microsoft Windows systems. The proprietary license ensures that the developers have the creative freedom to continuously enhance and expand the game.

Inflexion Games' Nightingale is a captivating journey into the heart of a gaslamp fantasy, where survival is an art, and mysteries unfold with each step. The fusion of survival, role-playing, and adventure elements creates a gaming experience that is both challenging and enchanting. As the game evolves through its early access phase, it promises to become a masterpiece that resonates with a diverse audience. For those who dare to tread the gaslit streets of Nightingale, an atmospheric and gripping adventure awaits.

Note: As with any game in early access, the experience may evolve over time as developers refine and expand the gameplay based on player feedback.

Learn To Crochet Group

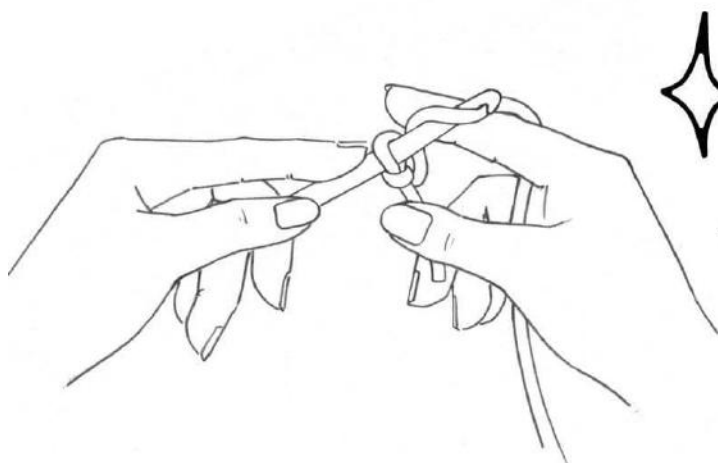
Want to **learn how to crochet?**

Want to **meet fellow fibre artists?**

Need a **quiet place to work on all those unfinished projects?**



Every **Wednesday** at the
Invermere Public Library from **5-6!**



Please bring your own hooks and yarn, if you can't there will be some extras provided!



Invermere Crochet Group

VALLEY PROMOTIONS



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

March 21st

**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

Movie Review

"Lisa Frankenstein" (2024)



Release date: February 9, 2024 (Canada)

Director: Zelda Williams

Distributed by: Focus Features, Universal Pictures

Budget: \$13 million

Cinematography: Paula Huidobro

Music by: Isabella Summers

In the realm of unconventional love stories and quirky comedies, "Lisa Frankenstein," directed by the talented Zelda Williams, invites audiences on a whimsical journey that defies the norms of both romance and horror. Released on February 9, 2024, this film, distributed by Focus Features and Universal Pictures, weaves together the threads of humor, romance, and the supernatural in a way that is both bizarre and heartwarming.

A Tale of Unlikely Companionship:

At the heart of "Lisa Frankenstein" is an unexpected duo - a misunderstood teenager and a reanimated Victorian corpse. This odd pairing sets the stage for a darkly comedic and utterly unique adventure. The narrative, while

embracing the macabre, manages to inject a surprising amount of warmth into the story.

Love, Laughter, and Missing Body Parts: The plot revolves around the central characters' quest for love, happiness, and a few missing body parts. As the duo embarks on a murderous journey, the film navigates the challenges of societal expectations, self-acceptance, and the pursuit of one's desires. The humor is both dark and light-hearted, creating a delicate balance that keeps the audience engaged.

Zelda Williams' Directorial Flair:

Zelda Williams, in her directorial debut, demonstrates a flair for the unconventional. The film's visual style, captured by cinematographer Paula Huidobro, mirrors the whimsy of the narrative. The use of vibrant colors and atmospheric lighting adds to the overall surreal experience.

[Vanity Fair](#)
PHOTO CREDIT



Budget Well Utilized:

With a modest budget of \$13 million, "Lisa Frankenstein" makes resourceful use of its financial constraints. The film's charm lies not in elaborate CGI or grandiose sets but in its storytelling and character dynamics. The practical effects contribute to the film's quirky charm, reminiscent of classic horror comedies.

Isabella Summers' Musical Touch:

The film's musical score, crafted by Isabella Summers, complements the eclectic nature of the story. From eerie melodies to whimsical tunes, the music adds depth to the film's emotional beats and comedic timing.

A Fresh Take on Romance:

"Lisa Frankenstein" challenges conventional notions of romance. It's a love story that transcends the boundaries of life and death, exploring themes of acceptance and finding connection in the most unexpected places. The film's ability to find humor in the dark corners of its narrative is a testament to its creative approach.

"Lisa Frankenstein" is a breath of fresh air in a cinematic landscape often saturated with predictable narratives. Zelda Williams' directorial debut brings a unique vision to the screen, offering a love story that is as charming as it is unconventional. With a blend of dark humor, romance, and a touch of horror, the film creates an experience that lingers in the minds of audiences. For those seeking a departure from the ordinary, "Lisa Frankenstein" is a delightful journey into the extraordinary.

Note: Viewer discretion is advised due to the film's dark comedic themes and unconventional narrative.

USED TACK SALE & SILENT AUCTION FUNDRAISER

Proceeds to help the Family of the late Jordan Flint of Cranbrook



MARCH 16, 2024

Top Crop Garden Farm & Pet
2101 Cranbrook St N Cranbrook
Through the Front Door to the Green House

10:00am - 4:00pm

Admission at the Door by Donation



EXHIBITORS

Table Rentals : \$20 each
Setup March 16th 8:00am - 9:30am
Open to the Public at 10:00am
Bring a Lawn Chair & Dress for the Weather
Doors will Close to the Public at 4:00pm

SILENT AUCTION DONATIONS

Silent Auction Donations Welcomed
Drop off at Haddad Financial Services
127B Kootenay St N, the entrance is off of 2nd St N
Weekdays between 9:00am & 3:00 pm
Mark with Full Name & Retail Value of the Item
Donations accepted until March 8th

RESERVE A TABLE

Email cora@haddadfinancial.ca
Deadline March 11th
Limited Tables Available

**100% of PROCEEDS FROM ADMISSION,
TABLE RENTALS AND SILENT AUCTION
WILL GO TO JORDAN'S FAMILY**

SPONSORED BY



HardRockMtnRanch
BJ McLuckie & WandaDee Haddad



Poster Design by DeeJayBe Decal & Design

VALLEY PROMOTIONS

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTE
- STAFF EVENT
- BARS
- ETC.

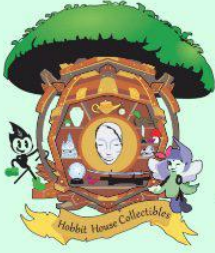
Sierra Franklin

EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



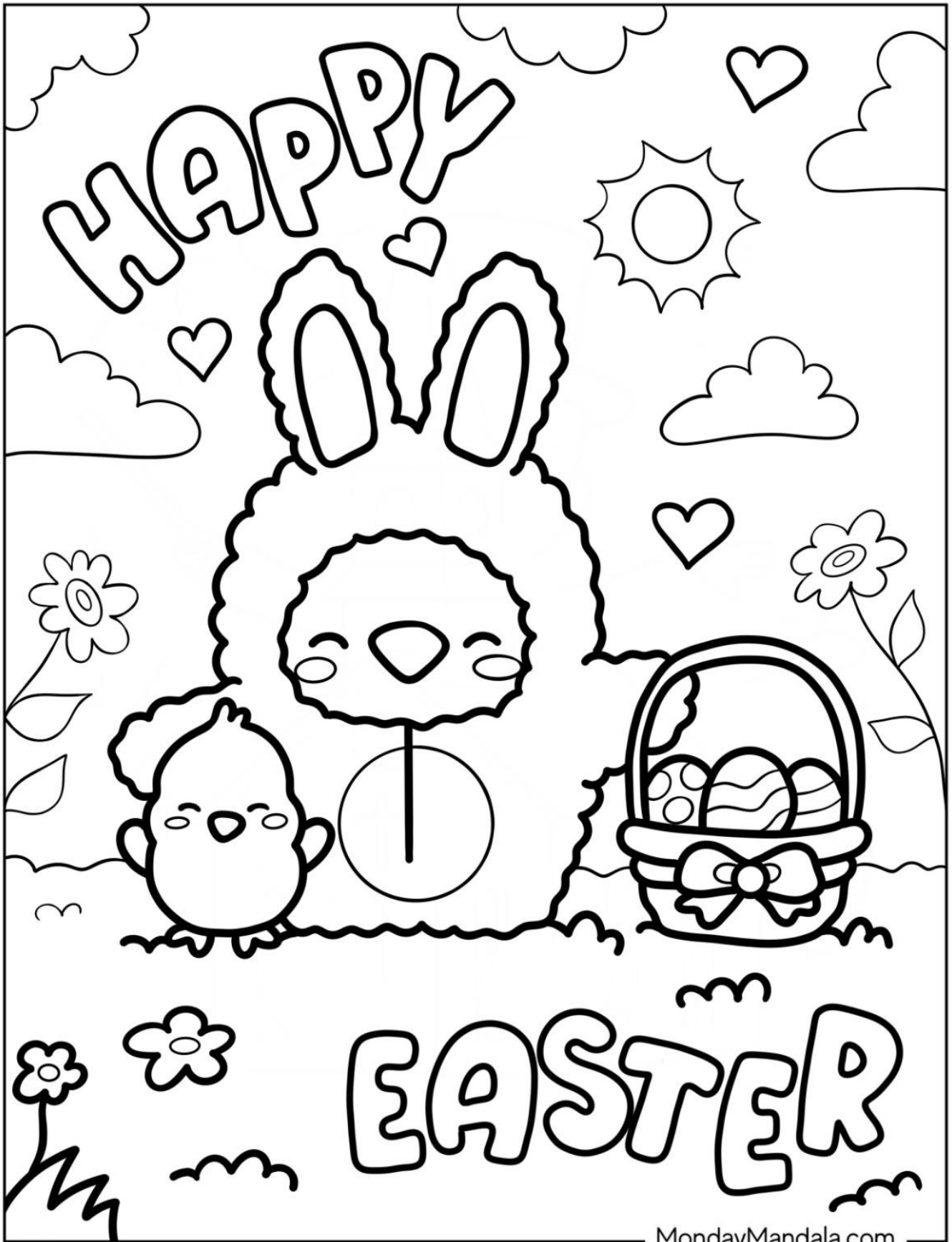
Lasting Memories & Big Laughs!



Hobbit House Collectibles
Web: hobbitousecollectibles.com

John and Marjorie Hague
email John: jhobbit@shaw.ca
email Marjorie: mhobbit@shaw.ca
Phone: 250 347-9877
Cell 250 342-1585
8288 Hobbit Frontage Rd. Hwy 93/95
4 km south of
Radium Hot Springs BC



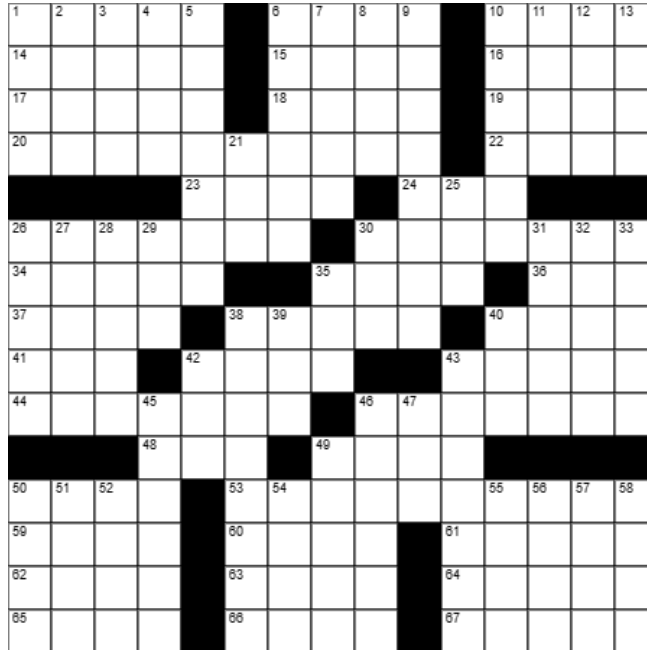


MondayMandala.com

A LITTLE FUN

Across

1- Pelvic bones; 6- Mil. school; 10- Tailor's line; 14- Old anesthetic; 15- Sauce brand; 16- Outer limit; 17- Bothered; 18- Q.E.D. part; 19- Film spool; 20- Hostile; 22- Concludes; 23- Ladies of Spain: Abbr.; 24- Amusement; 26- Becomes visible; 30- Weapons supply; 34- Killed; 35- ___ yellow ribbon...; 36- Guadalajara gold; 37- Galley propellers; 38- ___ Island Red; 40- Corrida cries; 41- U-turn from SSW; 42- Meander; 43- Machine for lifting heavy loads; 44- Hearing distance; 46- Abilities; 48- Not neg.; 49- Dynamic beginning; 50- Deep wound; 53- Next largest scoop after tea; 59- Gen. Robt. ___; 60- And others, briefly; 61- Jack Sprat could ___ fat; 62- Imitator; 63- Speed contest; 64- Come together; 65- "Titanic" heroine; 66- The closest one to us is the sun; 67- Rio Grande feeder;



Down

1- Linebacker Junior; 2- Envelope abbr.; 3- Cook; 4- The back end of something; 5- Craftsperson; 6- Places of contest; 7- Parlor game; 8- I've Got ___ in Kalamazoo; 9- Like some airport shopping; 10- Tranquil; 11- Garden of ___; 12- Got on in years; 13- "Alice" diner; 21- Blow it; 25- Country bordered by Canada and Mexico; 26- In unison; 27- Primary strategy; 28- Kitchen gadget; 29- Sue Grafton's "___ for Evidence"; 30- Help; 31- Pitcher Ryan; 32- ___ we all?; 33- Misplaces; 35- Aunt Polly's nephew; 38- Cocks; 39- Magician's prop; 40- Galena or bauxite; 42- Letter after pi; 43- Photo of a raindrop on a rose petal, e.g.; 45- Globe; 46- Bank employee; 47- Exist; 49- Manila hemp plant; 50- Equipment; 51- lams alternative; 52- Gets the picture; 54- Rat-___; 55- Window piece; 56- Ear-related; 57- Not fooled by; 58- Denials;

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

