

The Valley Voice

The Voices of the Columbia Valley

Coloring Contest Inside
 See page 6 for your chance to win prizes!

Syd Danis
PHOTO CREDIT

INSIDE THIS EDITION

MASTERING DISTRACTION: RESPONDING, NOT REACTING

How we respond to life's challenges matters much more than the challenges themselves.

UNVEILING THE MYSTERIES: EXPLORING SPRING MYTHS AND MYTHOLOGY

As the earth awakens from its winter slumber, spring emerges as a season of renewal, growth, and transformation.

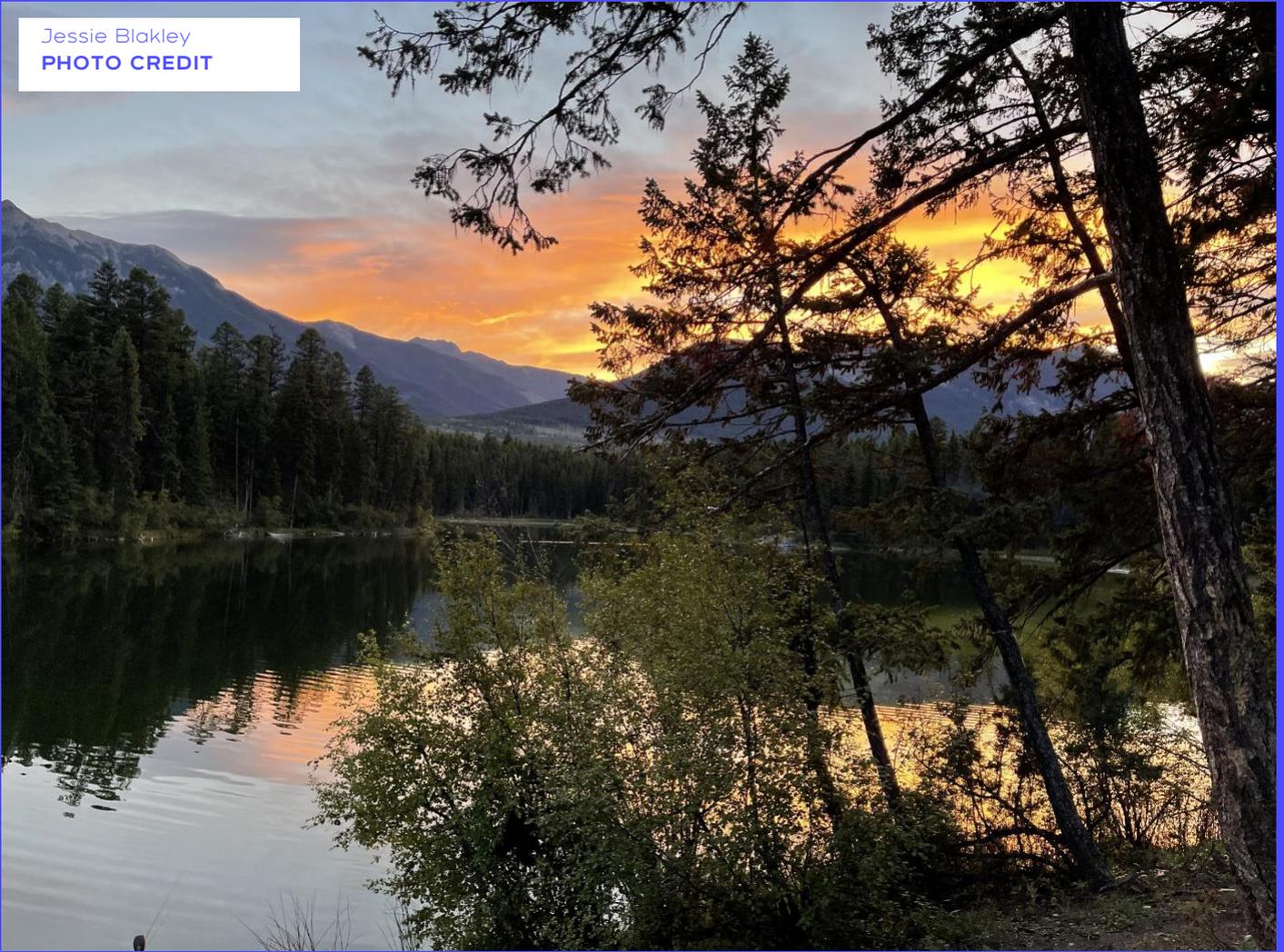
MASTERING THE FLAMES: CRCS GUIDE TO WILDFIRE PREPAREDNESS

In the face of the fiery wilderness, the Cranbrook Radio Club Society (CRCS) extends a guiding hand. Join us on a journey into "Wildfire Preparedness," where safety meets strategy.

CRANBROOK FOOD BANK SOCIETY

The Cranbrook Food Bank Society, a pillar of support for the community, this non-profit organization is dedicated to alleviating hunger and providing essential resources.

Jessie Blakley
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As April arrives, we hope you had a wonderful Easter celebration surrounded by loved ones and filled with joy and laughter. The warmth of the spring season is finally upon us, bringing with it longer days, blooming flowers, and the promise of new beginnings.

However, as the temperatures rise, so do our concerns for fire safety. With the arrival of spring, it's crucial to remain vigilant and mindful of local fire bans and restrictions. Let's all do our part to prevent wildfires and ensure the safety of our community and natural surroundings.

We extend our heartfelt gratitude to all who have contributed their voices to the Valley Voice. Your submissions enrich our publication and inspire us with your creativity and insight. We are immensely thankful for your continued

support and participation.

To our dedicated readers, we appreciate you more than words can express. Your enthusiasm and engagement drive us to continue delivering content that informs, entertains, and connects our community. Thank you for being an essential part of the Valley Voice family.

As we move forward into the warmer months, we encourage you to keep sharing your stories, ideas, and perspectives with us. Your contributions make the Valley Voice the vibrant and dynamic publication that it is. Together, let's keep the spirit of community alive and thriving.

The VV

VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST KIND PEOPLE



- Fostering Cats / Queens with kittens
- Event planning & preparation
- Daily Cat Care & Feeding
- Sorting cans & delivery to the depot
- Grant writing for the kitties!
- Assist with vaccinations
- Assist with adoption events
- Plan our Marketing Events
- Transportation to the Vet
- Board Members

JOIN US!
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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](#)

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 May 8, 2024

SUBMISSION DEADLINE May 7, 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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NATURE FESTIVAL

MAY 6-12, 2024

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THE ROCKIES -
THE BIG PICTURE

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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



Coloring Contest

ARE YOU READY TO UNLEASH YOUR INNER ARTIST?

Grab your coloring tools because it's time for an exciting coloring contest hosted by The Voice CV!

How to Participate:

Download the coloring page from our website or print it out - the choice is yours!

Get creative and color the page to your heart's content.

Submission Details:

Submissions are open from **April 3rd to April 17th**.

Submit your colored photo to us via email at News@thevoicecv.ca

Alternatively, drop off your masterpiece at Hobbit House Collectibles located at 8288 Hobbit Frontage Rd, Hwy 93/95.

Prizes:

Generously sponsored by Hobbit House Collectibles, there are fabulous prizes awaiting the winners:

1st Prize: \$50 cash or a \$100 gift certificate for purchases at Hobbit House Collectibles.

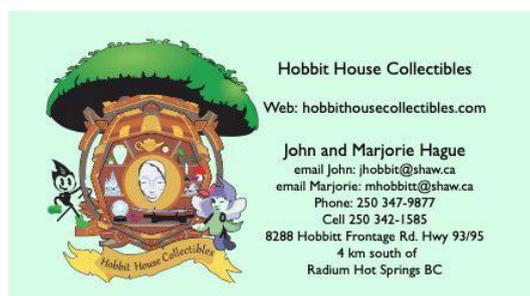
2nd Prize: \$30 cash or a \$60 gift certificate for purchases at Hobbit House Collectibles.

3rd Prize: \$20 cash or a \$40 gift certificate for purchases at Hobbit House Collectibles.

Contest Rules:

The contest is open to everyone willing to showcase their coloring skills. Winners will be announced in the May 8th edition of The Voice CV.

Don't miss this chance to win amazing prizes and showcase your artistic talents! Let your colors speak louder than words. Get coloring and join the fun!







Mastering Distraction

RESPONDING, NOT REACTING

How we respond to life's challenges matters much more than the challenges themselves. It reminds us that while we can't always control what happens, we can control our attitude, actions, and reactions, powerfully influencing our life's direction.

In today's fast-paced world, we are constantly surrounded by an overload of distractions that compete for our attention. From the moment we open our eyes to the hour we lay our heads down to sleep, we are bombarded with stimuli designed to capture our focus and provoke our reactions. These distractions manifest in various forms, such as constantly checking social media notifications, scrolling through news apps, binge-watching TV series, responding to work emails after hours, attending to constant phone notifications, and being bombarded with advertisements everywhere we look.

The impact of this constant information overload cannot be understated. It's not just about feeling overwhelmed; it's about the toll it takes on our mental and emotional well-

being. Studies have shown that excessive exposure to negative news can lead to increased stress, anxiety, and even feelings of helplessness. Essentially, the more we consume these distractions, the more they can disrupt our peace of mind and clarity of thought.

A significant problem that emerges from being constantly bombarded with distractions is our inclination to react impulsively instead of responding thoughtfully and considerately. Our reactions, whether driven by outrage, fear, or sadness, often stem from immediate emotional triggers. For instance, a shocking news headline or a provocative social media post can instantly evoke strong emotions that compel us to react without pausing to consider the consequences.

It's important to differentiate between reacting and responding. Reacting is an immediate, emotional response triggered by external factors. In contrast, responding involves thoughtful, conscious contemplation, viewing our actions' broader context and potential long-term effects.

Consider a scenario where you encounter a controversial social media post that incites anger. Reacting impulsively might involve leaving a heated comment or engaging in a heated argument, which only escalates the situation and adds to your stress. Conversely, responding thoughtfully would entail stepping back, evaluating the situation objectively, and choosing a constructive way to address the issue, such as initiating a respectful dialogue or refraining from negativity.

Mindfulness and self-awareness is instrumental in cultivating the ability to respond rather than react. Mindfulness involves being present at the moment, observing our thoughts and emotions without judgment, and choosing how we want to answer. It's about recognizing that we have the power to control our reactions and not letting external stimuli dictate our behaviour.

One effective strategy for developing mindfulness is incorporating moments of stillness and reflection into our daily routine. This could involve a short meditation, deep breathing exercises, a walk through the trees, or simply taking a few minutes to re-ground ourselves. Doing so creates space to pause, reflect, and make intentional choices rather than succumb to impulsive reactions.

Another aspect to consider is the role of external triggers in influencing our reactions. Our environment, including media platforms and advertising, is designed to capture our attention and evoke specific responses. For instance, sensationalized news headlines or clickbait social media posts are engineered to elicit immediate reactions, often tapping into emotions like fear, outrage, or curiosity.

We can regain control over our

responses by becoming aware of these external triggers and detaching ourselves. Detachment doesn't mean entirely disconnecting from the world but developing a healthy relationship with external stimuli. It's about recognizing when to engage and disengage, prioritizing our mental well-being and inner peace.

Moreover, mastering the art of responding thoughtfully requires ongoing effort, patience, and dedication. It's a skill that can be honed through consistent practice and self-reflection. As we become more adept at responding with intention and purpose, we experience a profound shift in navigating life's challenges.

Ultimately, amidst the chaos of modern life and constant distractions, it's essential to focus on what truly matters. Our personal relationships, connections with loved ones, and contributions to our communities are the pillars of a fulfilling life. While staying informed about global events is essential, it shouldn't overshadow the significance of nurturing meaningful connections and fostering our well-being.

By welcoming mindfulness, practicing self-awareness, and learning to respond rather than react, we can reclaim our sense of control, inner peace, and clarity of thought. It's about making conscious choices, setting boundaries with external distractions, and prioritizing what brings us genuine fulfillment and happiness.

Life
is 10%
what happens to you
AND 90%
how you react to it



PET *and people* PORTRAITS

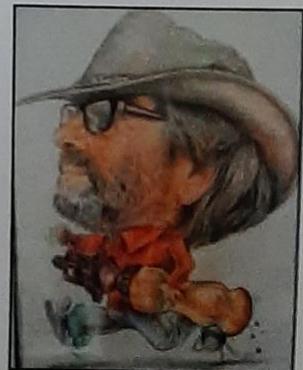
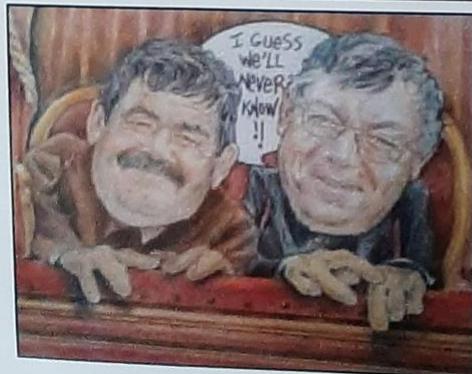


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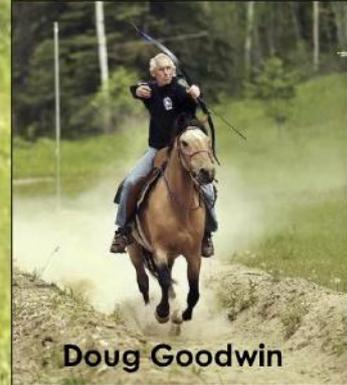
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VALLEY PROMOTIONS



Merse Konkoly



Doug Goodwin

May 28 – 31, 2024
Horseback Archery Clinic
International Instructor Merse Konkoly

Four days of mounted archery instruction following proven methods taught by the Kassai School of Equine Archery.



Cost: \$500 pre-registration required

Registration: Doug Goodwin 250-347-9048
E-transfers to: degoodwin@mac.com

June 1, Saturday – WFEA Competition
June 2, Sunday – Korean Competition
 Spectators Welcome – Admission \$15 daily

Location
[Luxor Corrals at Spur Valley](#)
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Hosted by
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Unveiling the Mysteries

EXPLORING SPRING MYTHS AND MYTHOLOGY

As the earth awakens from its winter slumber, spring emerges as a season of renewal, growth, and transformation.

Throughout history, cultures around the world have celebrated the arrival of spring with rituals, festivals, and myths that seek to explain the mysteries of this vibrant season. From ancient legends to modern interpretations, let's embark on a journey to uncover the myths and mythology surrounding spring.

The Tale of Persephone and Demeter:

In Greek mythology, the story of Persephone and Demeter offers one of the most enduring explanations for the changing seasons. According to the myth, Persephone, the daughter of Demeter, was abducted by Hades, the god of the underworld, and taken to the realm of the dead. Demeter, grief-stricken by the loss of her daughter, caused the earth to wither and die in her despair. Eventually, Persephone was allowed to return to the surface for half of the year, marking the arrival of spring and the rebirth of nature. This myth symbolizes the cyclical nature of life, death, and renewal that is echoed in the changing seasons.

The Festival of Ostara:

In Germanic paganism, the festival of Ostara (also known as Eostre) was celebrated in honor of the goddess of spring and fertility. According to legend, Ostara once saved a bird whose wings had frozen in the winter snow by transforming it into a hare. To show her gratitude, the hare laid colorful eggs as gifts to the goddess. This myth is believed to be the origin of the tradition of decorating eggs during the spring equinox, which later became associated with Easter celebrations.

The Dance of the Green Man:

In Celtic mythology, the Green Man is a symbol of rebirth, regeneration, and the cycle of life. Often depicted as a face surrounded by leaves and foliage, the Green Man is said to embody the spirit of nature and the vitality of the earth. In springtime, as the land bursts forth with new life, the Green Man is said to awaken from his winter slumber and dance through the forests and fields, bringing fertility and abundance to the land.

Modern Interpretations:

While many of these myths originated in ancient times, their influence can still be felt in modern culture. Today, the arrival of spring is celebrated with festivals, parades, and rituals that pay homage to these ancient traditions. From the colorful displays of flowers and foliage to the symbolic imagery of eggs and rabbits, the myths and mythology of spring continue to inspire and captivate us.

As we welcome the arrival of spring, let us not forget the rich tapestry of myths and mythology that surround this magical season. From the ancient legends of Persephone and Demeter to the modern interpretations of Ostara and the Green Man, these stories remind us of the eternal cycle of life, death, and rebirth that defines the natural world. So as we witness the earth burst forth with new life once again, let us pause to honor the myths and legends that have shaped our understanding of this wondrous time of year.

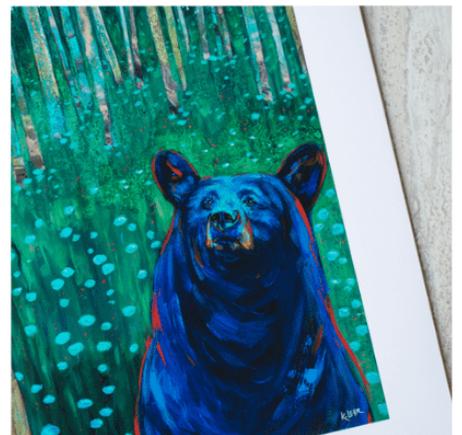


Justin Spilly
PHOTO CREDIT

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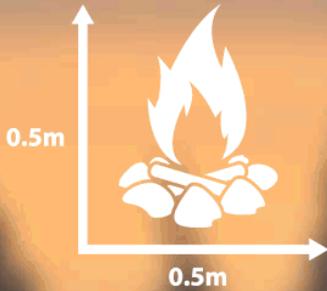
VALLEY PROMOTIONS

OPEN FIRE REGULATIONS



40% of B.C. wildfires are human-caused and therefore preventable

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?



CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

REGULATIONS:



You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.



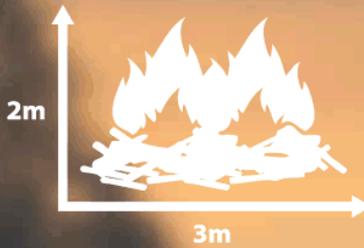
Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)



During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.



You must build a fire guard around your campfire.



CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:



A fuel break must be established around any Category 2 burn area.



Fireworks are banned when a Category 2 fire prohibition is in effect.



Burning barrels are banned when a Category 2 fire prohibition is in effect.



At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:



A fuel break must be established around any Category 3 burn area.



Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.



You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

GENERAL REGULATIONS:



Never burn in strong wind conditions.



Your fire must be extinguished before leaving the area.



Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.



Do not conduct Category 2 or Category 3 burns when venting conditions are "Poor" or "Fair". Always check here first: www.bcairquality.ca/readings/ventilation-index.html

*Further bans and restrictions can be implemented at the BC Wildfire Service's discretion.



Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.



Ministry of Forests, Lands and Natural Resource Operations



www.bcwildfire.ca



@BCGovFireInfo



www.facebook.com/BCForestFireInfo



www.youtube.com/user/ProvinceofBC

SPRING SPIRITS

Here are four refreshing shots/cocktails perfect for welcoming the spring season.



SPRING FLING SHOT

Ingredients:

1. 1 oz vodka
2. 1 oz elderflower liqueur
3. 1 oz freshly squeezed lemon juice
4. Splash of soda water

Instructions:

1. Add vodka, elderflower liqueur, and lemon juice.
2. Shake well and strain into a shot glass.
3. Top with a splash of soda water for a fizzy finish.
4. Garnish with a lemon twist or edible flower.

BASIL GRAPEFRUIT MARTINI

Ingredients:

1. 1 ½ oz gin
2. ½ oz grapefruit juice
3. ½ oz basil syrup
4. Basil leaves for garnish

Instructions:

1. In a shaker, muddle a few basil leaves.
2. Fill the shaker with ice.
3. Add gin, grapefruit juice, and basil syrup.
4. Shake well and strain into a martini glass.
5. Garnish with a fresh basil leaf.



BERRY BLOSSOM SPRITZER

Ingredients:

1. 1 oz vodka
2. ½ oz St-Germain elderflower liqueur
3. 2 oz club soda
4. Mixed berries (such as raspberries, blueberries, or strawberries)

Instructions:

1. In a glass, muddle a few mixed berries.
2. Fill the glass with ice.
3. Add vodka and St-Germain elderflower liqueur.
4. Top with club soda and stir gently.
5. Garnish with a skewer of fresh berries.

POT O' GOLD SHOTS

Ingredients:

1. 1 oz tequila
2. ½ oz triple sec
3. ½ oz freshly squeezed lime juice
4. Sugar for rimming
5. Lime wedge for garnish

Instructions:

1. Rim a shot glass with sugar by running a lime wedge around the rim and dipping it into sugar.
2. Fill the shot glass with ice to chill.
3. In a shaker, combine tequila, triple sec, and lime juice with ice.
4. Shake well and strain into the prepared shot glass.
5. Garnish with a lime wedge on the rim.



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Outdoor Learning for children ages 2 – 6 and caregivers.
Siblings Welcome!



Come explore with us!

Age-appropriate learning about our natural surroundings – nature walks, hunts, games and crafts.

Come prepared to have fun outdoors, get dirty and dressed appropriately for the weather!

Registration is required.

Date: Mondays, April 8 – May 13, 2024

Time: 2:00 PM – 4:00 PM

Location: Kinsmen Beach, Invermere.
Meet near the picnic shelter. Look for the CBAL sign.

To register or learn more contact:

Misty Hawes
Community Literacy Outreach Coordinator

 wvcoordinator@cbal.org

 or text 250-409-4251

 cbal.org



VALLEY PROMOTIONS



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 +



LIVE SHOW

The Latin Beat & Deejay Zorrow

Tickets \$20



Mastering the Flames

CRCS GUIDE TO WILDFIRE PREPAREDNESS

In the face of the fiery wilderness, the Cranbrook Radio Club Society (CRCS) extends a guiding hand. Join us on a comprehensive journey into “Wildfire Preparedness,” where safety meets strategy. Together, let’s master the flames and forge a path through the critical steps to safeguarding lives and property.

Understanding the Wildfire Menace
In the face of nature’s fury, comprehending the wildfire menace is the first crucial step toward effective preparedness. Wildfires are dynamic, uncontrollable infernos fueled by combustible vegetation, often exacerbated by dry conditions, strong winds, and varying topographies. Their rapid spread can turn a small spark into a roaring blaze, covering vast expanses within moments. The unique challenge of wildfires lies in their ability to change direction swiftly, creating unpredictable patterns that challenge conventional containment efforts. Understanding fire behavior is fundamental - wildfires can exhibit erratic movements, producing embers that travel ahead, starting new fires in seemingly isolated areas. Identifying high-risk zones, where factors like dry vegetation, wind patterns, and terrain converge, is essential for preemptive measures, turning knowledge into the primary defense against this formidable menace.

Navigating the complexities of the wildfire menace demands an awareness of the environmental factors that contribute to their ignition and propagation. Beyond the visible flames, wildfires generate intense heat that can create its weather patterns, further complicating firefighting efforts. The topography of an area significantly influences fire behavior, as slopes can accelerate the spread, and valleys may funnel the flames. Urban-wildland interfaces amplify the threat, placing communities at the frontline of potential danger. Recognizing these nuances enables proactive planning and strategic decision-making in the face of impending fire events. In essence, a comprehensive understanding of the wildfire menace empowers communities to develop informed strategies, allocate resources effectively, and implement measures that can mitigate the devastating impact of these natural disasters.

Fire-Resistant Landscaping: Creating a Buffer Zone

In the realm of wildfire preparedness, harnessing the power of landscaping transforms your property into a strategic defense against encroaching flames. Opting for fire-resistant landscaping practices is akin to creating a green shield, acting as a formidable barrier to protect your home. The selection of the right plants is paramount, favoring those with higher moisture content and lower flammability. Native plants like succulents, deciduous trees, and well-maintained lawns contribute to creating defensible spaces around your property. These spaces act as vital firebreaks, hindering the progress of wildfires and providing firefighters with a safer zone to work from. Additionally, strategic placement of fire-resistant plants around structures can fortify your perimeter, reducing the risk of flames reaching vulnerable points and enhancing the overall resilience of your property in the face of a wildfire threat.

The concept of fire-resistant landscaping extends beyond the choice of plants; it encompasses the arrangement and maintenance of outdoor spaces to minimize fire hazards. Creating defensible spaces involves maintaining a safe distance between trees, removing dead vegetation, and thinning out dense plantations to disrupt the continuity of potential fuel. This approach not only impedes the fire's progress but also enhances the chances of successfully defending your property. Regular landscaping practices, such as pruning overhanging branches and clearing debris, contribute to reducing the available fuel for fires. By implementing these strategic landscaping measures, homeowners can significantly bolster their defenses, creating a well-prepared and fire-resilient haven amid the threat of wildfires.

Emergency Evacuation Plans: Routes to Safety

As the specter of a wildfire looms, having a well-crafted emergency evacuation plan is instrumental in ensuring the safety of both individuals and communities. Begin by outlining clear and well-defined routes to safety, taking into account multiple exit options and considering alternative

paths in case primary routes are compromised. Establishing a family evacuation kit is pivotal - a carefully curated collection of essential items including important documents, medication, non-perishable food, water, and clothing. This kit serves as a lifeline during evacuation, providing sustenance and critical supplies to weather the transition to safety. Moreover, ensuring that each family member is familiar with the evacuation plan and the location of the designated meeting point enhances coordination, minimizing confusion during the critical moments of evacuation.

Communication protocols play a central role in the effectiveness of any evacuation plan. Emphasize the importance of staying informed through official channels, such as local authorities or emergency services, and maintaining constant communication with family members, neighbors, and community members. Designate a reliable point of contact outside the affected area to serve as a hub for updates and information exchange. This ensures that everyone is on the same page regarding evacuation routes, safe zones, and potential changes in the wildfire situation. By prioritizing clear communication, families and communities can navigate the challenges of evacuation with a unified and informed approach, facilitating a swift and secure escape from the path of the advancing blaze.

Wildfire Preparedness: Wildfire-Resistant Structures

Transforming your home into a fortress against the ferocity of wildfires begins with embracing wildfire-resistant construction practices. Consider advocating for the use of building materials that demonstrate a high resistance to fire, such as non-combustible roofing materials, tempered glass windows, and fire-resistant siding. These choices fortify the structure, creating a robust line of defense against ember attacks and direct flame exposure. In addition to material selection, delve into design considerations that enhance the overall fire resilience of your home. This may include strategically placing structures away from the forested edges, employing firebreaks, and adopting landscaping practices that

minimize the proximity of flammable vegetation to the building.

Retrofitting your home with wildfire-resistant techniques is a proactive measure that significantly contributes to its resilience. Explore retrofit options such as adding spark arresters to chimneys, installing ember-resistant vents, and sealing any gaps or openings in the structure that might allow embers to infiltrate. Consider upgrading windows to double-paned glass, which is more resistant to radiant heat. The goal is to create a defensible space around your home, reducing the risk of ignition from flying embers and radiant heat. By implementing these construction practices and retrofitting techniques, your dwelling evolves into a resilient sanctuary, better equipped to withstand the challenges presented by the relentless advance of wildfires.

Radio Communication in Wildfire Scenarios

Amidst the chaos of a raging wildfire, effective communication stands as the crucial lifeline for both responders and residents alike. Radio communication plays an indispensable role in wildfire scenarios, providing a reliable means to coordinate emergency responses, disseminate crucial information, and ensure the safety of communities in the fire's path. Establishing robust communication networks becomes paramount, utilizing radio systems that can withstand the challenges posed by dense smoke, rapidly changing conditions, and potential infrastructure damage. In this dynamic environment, the ability to swiftly relay information is not just a convenience but a necessity, enabling timely evacuations, resource allocation, and coordination of firefighting efforts.

Navigating through the complexities of wildfire scenarios requires a strategic approach to radio communication. Emphasize the use of emergency frequencies dedicated to wildfire response, ensuring that crucial messages cut through the noise and chaos. Encourage the adoption of reliable communication protocols, allowing for clear and concise exchanges even in the face of adversity. Additionally, the deployment of radio networks that are resilient to

interference and capable of adapting to challenging terrain becomes pivotal. In essence, understanding the role of radio communication in the context of wildfires empowers communities to maintain connectivity when traditional channels might falter, fostering a cohesive response that is instrumental in mitigating the impact of these destructive events.

Wildfire Drills and Training: Preparation Par Excellence

Preparation for wildfire incidents is a cornerstone of resilience, and CRCS underscores the vital role of wildfire drills and training as an essential element of this readiness. Through engaging in realistic simulations, communities can effectively enhance their preparedness levels by familiarizing residents with crisis protocols, evacuation procedures, and coordinated response efforts. Wildfire drills provide a practical avenue for residents to experience the urgency and decision-making required during an actual emergency, fostering a sense of readiness and confidence in the face of a potential wildfire threat.

A comprehensive wildfire preparedness plan is incomplete without a commitment to ongoing training initiatives. CRCS encourages communities to prioritize continuous learning, ensuring that residents remain well-versed in the evolving dynamics of wildfire response. By participating in regular training sessions, community members can stay informed about the latest firefighting techniques, emergency communication protocols, and safety measures. This proactive approach not only bolsters individual preparedness but also contributes to the collective resilience of the community, fostering a culture of shared responsibility and mutual support in the face of the ever-present wildfire risk.

Staying Informed: Weather Watch

In the intricate ballet between wildfires and the environment, understanding the nuances of weather patterns is a critical aspect of wildfire preparedness. Staying informed about weather conditions is paramount, as wildfires are profoundly influenced by factors such as wind speed, humidity levels, and temperature variations.

CRCS emphasizes the importance of recognizing fire weather conditions, where a combination of dry vegetation and specific meteorological elements creates an environment conducive to rapid fire spread. By staying attuned to approved forecasting tools and weather updates, individuals can gain the wisdom needed to navigate the ever-changing dynamics of the fire weather landscape.

In the realm of wildfire preparedness, the ability to interpret weather forecasts becomes a powerful tool for preemptive action. CRCS encourages communities to stay abreast of official weather forecasts, utilizing reliable sources to receive timely and accurate information. By understanding upcoming weather patterns, residents can make informed decisions about outdoor activities, implement protective measures, and remain vigilant during periods of heightened fire risk. This proactive approach, grounded in meteorological awareness, empowers individuals and communities to take preemptive measures, reducing the potential impact of wildfires and fostering a culture of resilience in the face of dynamic environmental conditions.

Coordinating the Battle Against Wildfires

As wildfires unleash their fury, the coordinated efforts of emergency response teams become the frontline defense against encroaching flames. Establishing emergency response coordination centers is a pivotal aspect of wildfire preparedness. These centers serve as command hubs, strategically located to facilitate rapid deployment and effective coordination of resources. CRCS underscores the importance of real-time information exchange within these centers, enabling timely decision-making and resource allocation. Coordinating agencies, including fire departments, law enforcement, and other relevant entities, collaborate seamlessly in these centralized hubs to orchestrate a comprehensive response to the dynamic challenges posed by wildfires.

Within the emergency response coordination centers, strategies for

efficient resource deployment take center stage. CRCS advocates for a well-organized system that optimizes the allocation of firefighting personnel, equipment, and support services. The coordination extends beyond local efforts, often involving regional and national collaborations to pool resources and expertise. Effective communication networks are established to relay critical information, ensuring that response teams are synchronized in their efforts. This strategic coordination not only enhances the efficiency of firefighting operations but also reinforces the ability to adapt swiftly to the evolving nature of wildfires. The establishment of these coordination centers embodies a collective commitment to combatting the wildfire menace through a unified and organized front.

Forging a Future Beyond the Blaze

As we conclude this expedition into wildfire preparedness, CRCS invites you to forge a future beyond the blaze. Together, let's master the flames through knowledge, strategy, and unity. The journey to wildfire resilience starts with CRCS, your steadfast companion in facing the untamed wilderness.

By embracing CRCS strategies for wildfire preparedness you not only secure your own safety but also contribute to the collective resilience of your community. Stand with CRCS and face the flames with wisdom, courage, and a vision for a future beyond the blaze.



Originally posted on

<https://cranbrookarc.ca/>



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Dixie

Maremma Sheepdog

Female (spayed)

80 pounds

Contact: (403) 477-3929

CFBS Website
PHOTO CREDIT



Cranbrook Food Bank Society

THE CRANBROOK FOOD BANK SOCIETY, A PILLAR OF SUPPORT FOR THE COMMUNITY, THIS NON-PROFIT ORGANIZATION IS DEDICATED TO ALLEVIATING HUNGER AND PROVIDING ESSENTIAL RESOURCES TO THOSE IN NEED.

With a mission to nourish the body and uplift spirits, the Cranbrook Food Bank Society stands as a testament to the power of community solidarity and kindness.

A Lifeline for Those in Need:

The Cranbrook Food Bank Society serves as a lifeline for individuals and families facing food insecurity. Through its dedicated efforts, the organization ensures that no one in the community goes hungry. From providing emergency food hampers to offering support services and resources, the Cranbrook Food Bank Society extends a helping hand to those experiencing hardship.

Compassion in Action:

At the core of the Cranbrook Food

Bank Society is a team of compassionate volunteers and staff members who go above and beyond to make a difference. Their unwavering commitment to serving others is reflected in every aspect of the organization's work, from organizing food drives to distributing supplies with care and respect.

Community Collaboration:

The strength of the Cranbrook Food Bank Society lies in its collaboration with the community. Through partnerships with local businesses, organizations, and volunteers, the organization is able to expand its reach and impact. Together, they create a network of support that uplifts the entire community and fosters a sense of belonging and solidarity.

Empowering Individuals and Families:

Beyond providing immediate relief, the Cranbrook Food Bank Society is dedicated to empowering individuals and families to overcome food insecurity in the long term. Through education, advocacy, and access to resources, the organization equips community members with the tools they need to build a brighter future.

Transparency and Accountability:

Transparency and accountability are fundamental values upheld by the Cranbrook Food Bank Society. The organization operates with integrity and openness, ensuring that donations are used efficiently and effectively to serve those in need. Donors can trust that their contributions make a meaningful impact on the lives of individuals and families in the community.

How You Can Support:

Whether through donations, volunteering, or spreading awareness, there are numerous ways to support the Cranbrook Food Bank Society in its mission. By coming together as a community, we can ensure that everyone has access to the nourishment and support they need to thrive.

The Cranbrook Food Bank Society embodies the spirit of compassion, resilience, and community that defines Cranbrook, British Columbia. Through its tireless efforts, the organization brings hope, nourishment, and support to those facing food insecurity. As a beacon of

kindness and solidarity, the Cranbrook Food Bank Society reminds us that together, we can make a difference in the lives of others.

Visit <https://cranbrookfoodbank.ca/> to lend a hand or learn more about the amazing ways they support our community.



SCSS Facebook Page
PHOTO CREDIT



SCSS Facebook Page
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TOGETHER WE WALK
to cure T1D

JDRF WALK
to cure diabetes

June 1, 2024

Idlewild Park
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Cranbrook, BC

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

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For more information please contact:
Jessica Simard
2024EKWalk@gmail.com

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CITIZEN OF THE YEAR 2023

CALL FOR NOMINATIONS

- ✓ **Who is your unsung hero?**
- ✓ **Whose volunteer work has made our Community { Spillimacheen to Canal Flats } a better place to live, learn, work or play?**
- ✓ **Whose exemplary civic engagement and dedication to others has had a profound positive impact on our quality of life?**
- ✓ **Who selflessly embodies the spirit of the Columbia Valley through their contributions to community projects?**

Nomination letters containing as much Information as possible - mailed to:

Rotary Club of Invermere, PO Box 877, Invermere, BC V0A 1K0

Nominations must be received by April 15th, 2024.



Conquer Spring Allergies

EFFECTIVE STRATEGIES FOR RELIEF

As the flowers bloom and the trees burst into leaf, many of us eagerly welcome the arrival of spring.

However, for allergy sufferers, this season can bring a host of unwelcome symptoms, from sneezing and congestion to itchy eyes and scratchy throat. If you find yourself battling spring allergies, fear not - there are steps you can take to minimize your symptoms and enjoy the season to its fullest. Here are some effective strategies for beating spring allergies:

1. Identify Your Triggers:

First and foremost, it's essential to identify the specific allergens that trigger your symptoms. Common culprits during the spring months include pollen from trees, grasses, and weeds, as well as mold spores. By pinpointing your triggers, you can take proactive steps to minimize your exposure and reduce your symptoms.

2. Monitor Pollen Counts:

Stay informed about local pollen counts

by checking weather forecasts or using online pollen trackers. On days when pollen levels are high, consider limiting your time outdoors, especially during the early morning and late afternoon when pollen levels tend to peak.

3. Keep Windows Closed:

While it may be tempting to throw open the windows and let in the fresh air, doing so can also invite allergens into your home. Keep windows closed during peak pollen seasons and rely on air conditioning to circulate and filter the air indoors.

4. Invest in Air Purifiers:

Consider investing in a high-quality air purifier with HEPA filters to help remove allergens from the air in your home. Place these purifiers in key areas such as the bedroom and living room to create allergy-friendly zones where you can retreat for relief.



5. Practice Good Hygiene:

After spending time outdoors, be sure to shower and change your clothes to remove any pollen that may have accumulated on your skin and clothing. Additionally, washing your hands frequently can help prevent allergens from being transferred to your face and eyes.

6. Use Nasal Irrigation:

Nasal irrigation with a saline solution can help flush out allergens and mucus from your nasal passages, providing relief from congestion and sinus pressure. Consider using a neti pot or saline nasal spray as part of your daily allergy management routine.

7. Consider Allergy Medications:

Over-the-counter allergy medications such as antihistamines, decongestants, and nasal corticosteroids can provide effective relief from allergy symptoms. Talk to your healthcare provider about which medications may be right for you and how to use them safely and

effectively.

8. Explore Natural Remedies:

Some allergy sufferers find relief from symptoms by exploring natural remedies such as herbal supplements, acupuncture, and aromatherapy. While these approaches may not work for everyone, they can be worth exploring as part of a holistic allergy management plan.

By taking proactive steps to minimize your exposure to allergens and manage your symptoms effectively, you can beat spring allergies and enjoy the beauty of the season with confidence and ease. Remember to consult with your healthcare provider if you have any concerns or questions about managing your allergies safely and effectively. With the right strategies in place, you can embrace springtime with open arms and breathe easy all season long.



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Featuring fashions from:

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\$50 a Ticket

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Tickets are 1/2 spoken for already.

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**This year decorate a
spring purse to win.**



Gamer's Corner

Game Review: South Park: Snow Day

SOUTH

SNOW

Initial release date: March 26, 2024

Developer: Question

Platforms: PlayStation 5, Nintendo Switch, Xbox Series X and Series S, GeForce Now, Microsoft Windows

Genre: Adventure game

Publisher: THQ Nordic

Engine: Unreal Engine 5

Mode(s): Single-player, multiplayer

As the latest addition to the South Park gaming franchise, "South Park: Snow Day" brings the irreverent humor and zany antics of the beloved animated series to the world of gaming with hilarious results. Developed by Ubisoft and released for multiple platforms, including PlayStation, Xbox, and PC, this game offers fans of the show a chance to dive into an interactive snow-filled adventure with their favorite characters from the town of South Park.

The premise of "South Park: Snow Day" revolves around a particularly epic snowstorm that blankets the town of South Park, leading to a rare snow day for the residents. As the kids of South Park rejoice in the prospect of a day off from school, chaos ensues as they embark on a series of misadventures throughout the town. From epic snowball fights to outrageous sledding races, players are thrust into the midst of the action as they navigate through the snowy

streets of South Park.

One of the standout features of "South Park: Snow Day" is its faithful recreation of the show's iconic humor and wit. From the quirky dialogue and absurd situations to the clever references and pop culture nods, the game captures the essence of what makes South Park so beloved by fans around the world. Whether you're a longtime fan of the series or a newcomer to the world of South Park,

H PARK W DAY!

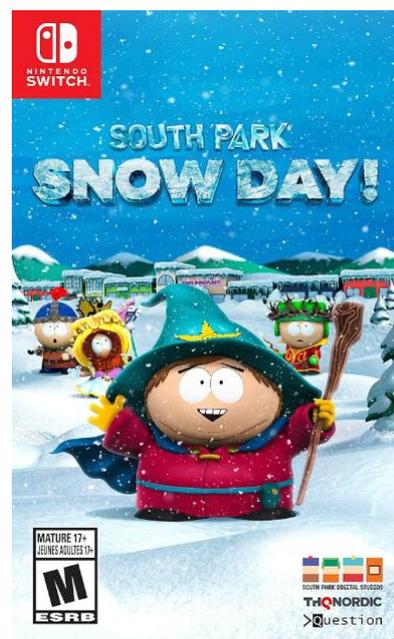
there's plenty to enjoy in this hilarious and irreverent gaming experience.

In terms of gameplay, "South Park: Snow Day" offers a variety of entertaining activities and challenges to keep players engaged. From completing side quests and mini-games to exploring hidden areas and unlocking Easter eggs, there's no shortage of content to discover in the snowy streets of South Park. The game also features a multiplayer mode, allowing players to team up with friends for cooperative snow day shenanigans or engage in competitive snowball battles.

Visually, "South Park: Snow Day" stays true to the distinctive art style of the animated series, with colorful graphics and cartoonish character designs that perfectly capture the look and feel of South Park. The game's soundtrack also complements the action with catchy tunes and familiar melodies that will have players humming along as they embark on their snowy adventures.

Overall, "South Park: Snow Day" is a delightful and entertaining gaming experience that delivers on the humor,

charm, and wit of the beloved animated series. With its engaging gameplay, hilarious dialogue, and faithful recreation of the South Park universe, this game is sure to delight fans of all ages. So grab your snow gear, round up your friends, and get ready for a snow day like no other in the wacky world of South Park.



[Amazon](#)
PHOTO CREDIT



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April 25th

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The community get-together place... Where you're not just a face... Bring a friend and ADD TO THE LEGEND.

Movie Review

Damsel (Netflix Movie)



Release date: March 8, 2024
Director: Juan Carlos Fresnadillo
Distributed by: Netflix
Cinematography: Larry Fong
Edited by: John Gilbert
Music by: David Fleming

In the realm of fantasy adventure, "Damsel" emerges as a refreshing and empowering tale that subverts traditional fairy tale tropes with a modern twist. Directed by Juan Carlos Fresnadillo and distributed by Netflix, this captivating film takes viewers on a thrilling journey filled with danger, deception, and resilience.

The story centers around a young woman who finds herself ensnared in a treacherous trap after agreeing to marry a handsome prince. Expecting a fairy tale wedding, she instead discovers that her betrothal was a ruse designed to lure her into a perilous situation. Cast into a dark cave inhabited by a fire-breathing dragon, she must rely on her wits, courage, and resourcefulness to survive.

One of the film's greatest strengths lies in its protagonist, portrayed with depth and conviction by the talented lead actress. Rather than a passive damsel in distress, she proves herself to be a formidable heroine who refuses to be defined by her circumstances. As she confronts the challenges before her, she undergoes a journey of self-discovery and empowerment, transforming from a vulnerable victim into a resilient survivor.

Visually stunning and atmospherically rich, "Damsel" transports viewers to a fantastical world teeming with danger and intrigue. From the shadowy depths of the cave to the fiery breath of the dragon, every scene is meticulously crafted to evoke a sense of wonder and suspense. The cinematography by Larry Fong and the haunting musical score by David Fleming further enhance the film's immersive experience, drawing audiences deeper into its enchanting world.



[Netflix](#)
PHOTO CREDIT

In addition to its captivating story and visuals, "Damsel" also delivers powerful themes of courage, perseverance, and the indomitable spirit of the human heart. Through the trials and tribulations faced by its protagonist, the film offers a poignant reminder of the strength that lies within each of us, waiting to be unleashed in the face of adversity.

Overall, "Damsel" is a triumph of storytelling and cinematic artistry that will leave audiences spellbound from beginning to end. With its compelling characters, thrilling action sequences, and heartfelt message of empowerment, this Netflix original film is sure to captivate viewers of all ages. So venture forth into the realm of "Damsel" and prepare to be swept away on an unforgettable adventure unlike any other.



[Netflix](#)
PHOTO CREDIT

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**6th Annual
Divas, Diamonds
& Dames**

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CENTENNIAL HALL, Kimberley

6:00 PM - \$50/ticket

Entertainment by: Ray's Music



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Sierra Says

HYPNOTIST

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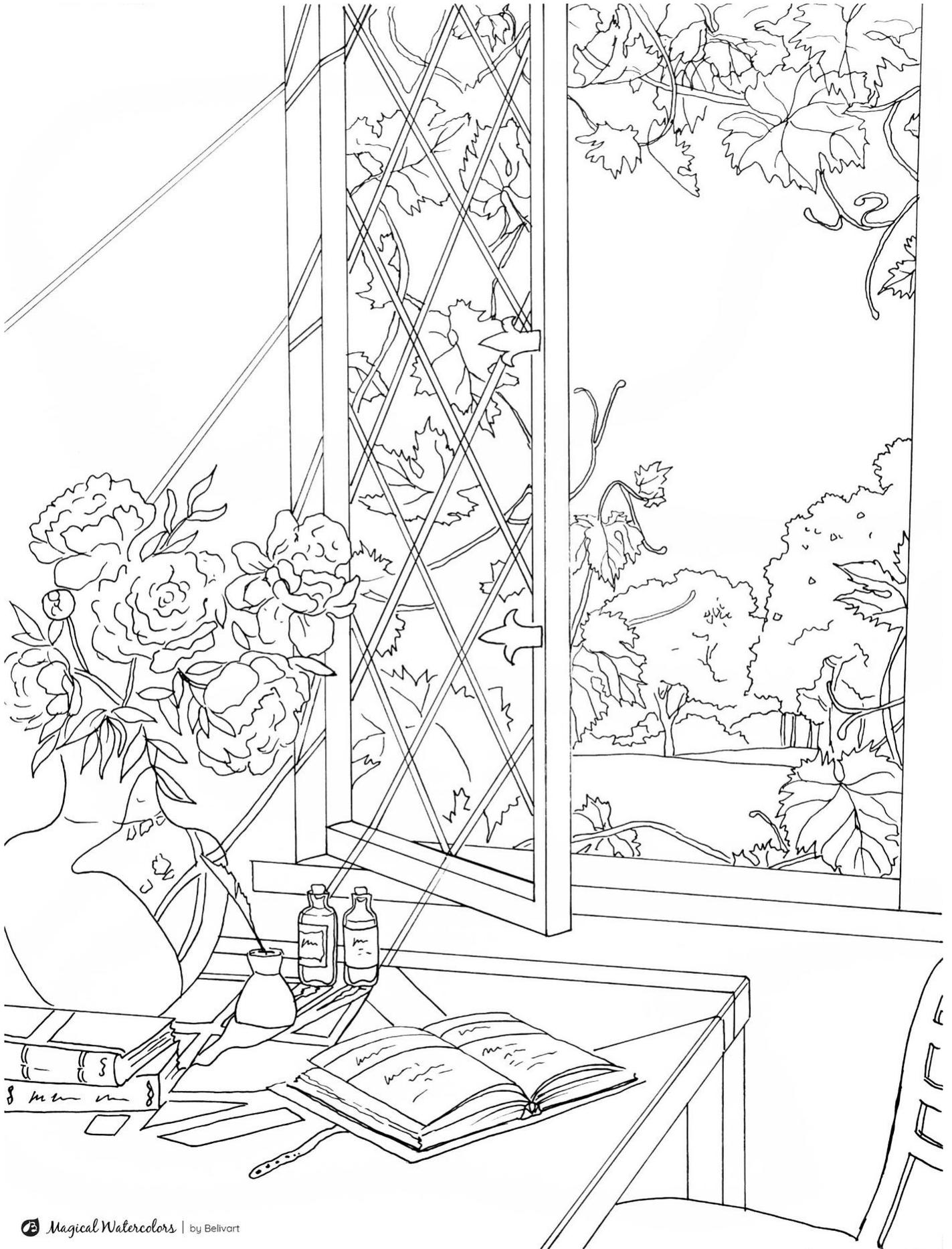
Sierra Franklin

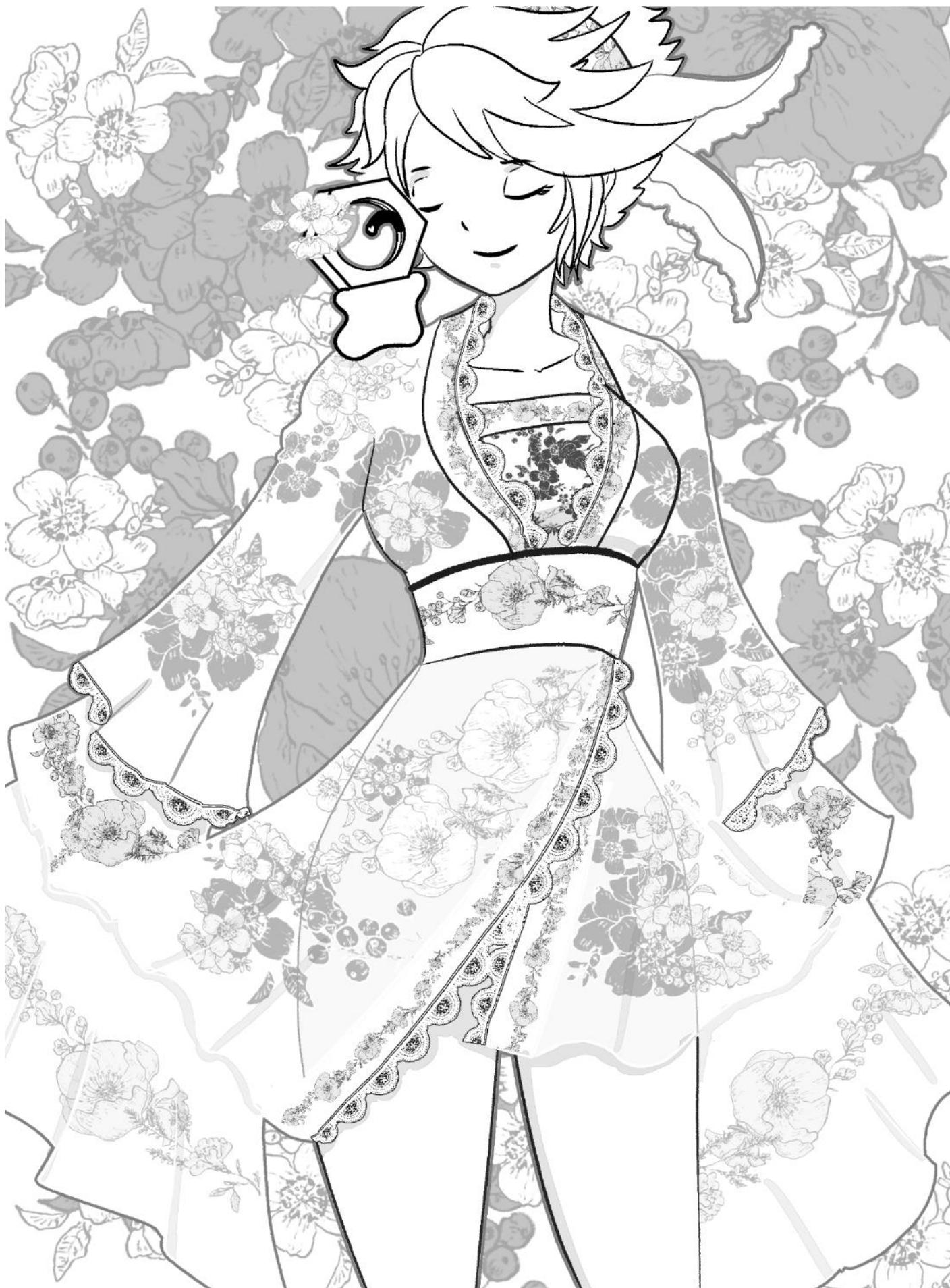
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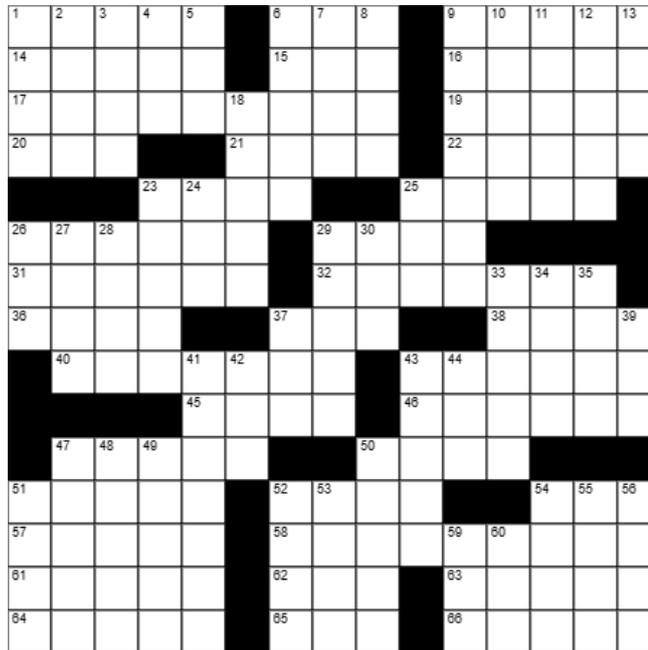




A LITTLE FUN

Across

1- San Antonio landmark; 6- Common ID; 9- Spine-tingling; 14- Furnishings; 15- Leaves in a bag; 16- Sports venue; 17- Mutual arrangement; 19- Rudner and Moreno; 20- Shad delicacy; 21- Chorus voice; 22- Limited; 23- Great Lake; 25- Chicago's airport; 26- Loose overcoat; 29- Norway's capital; 31- Tranquil; 32- Assembly; 36- ___ II (razor brand); 37- ___ Clemente; 38- Poor grades; 40- Flightless bird; 43- Scoffs; 45- Type of song, to be sung solo; 46- Perfectly; 47- Somewhat; 50- Commits a faux pas; 51- Dizzying designs; 52- Writer Bombeck; 54- 1970 Jackson 5 hit; 57- Kidney-related; 58- Ally; 61- Minotaur's island; 62- Become firm; 63- Queen of Spain; 64- Late bloomer; 65- Kid of jazz; 66- Nerd;



Down

1- Hebrew month; 2- Kid's building block; 3- Plot unit; 4- "The Simpsons" bartender; 5- Bauxite, e.g.; 6- Inscribed pillar; 7- Mailed; 8- Defense grp. since 1949; 9- Hearing distance; 10- Writer Jong; 11- Pave over; 12- Ridiculous; 13- ___ of Eden; 18- Lobster state; 23- Vote into office; 24- Jogged; 25- Chihuahua cheer; 26- Queue after Q; 27- Aviation prefix; 28- Mardi ___; 29- Mutual of ___; 30- D.C. pol; 33- Thoughts; 34- Nair competitor; 35- Richard of "Chicago"; 37- Chem., for one; 39- U-turn from NNW; 41- Dangerous snake, familiarly; 42- Wrathful emotion; 43- Backpack part; 44- And not; 47- Copycats; 48- "Olympia" painter; 49- Hot under the collar; 50- Vacant; 51- Shamu, for one; 52- Exxon predecessor; 53- Repentant one; 54- End in ___ (draw); 55- Nota ___; 56- Cancer's critter; 59- Old California fort; 60- Remote button;

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