

# The Valley Voice

*The Voices of the Columbia Valley*

## Content Winners Inside

See page 6 for the winners and artwork!

Jen Bewski

PHOTO CREDIT

### INSIDE THIS EDITION

#### THE RUSTY KNIGHT

A Journey of Discovery and Finding Strength Through Vulnerability and Self-Reflection.

#### HOME RETROFITS

We're hearing a lot about retrofits lately, but what does that word mean?

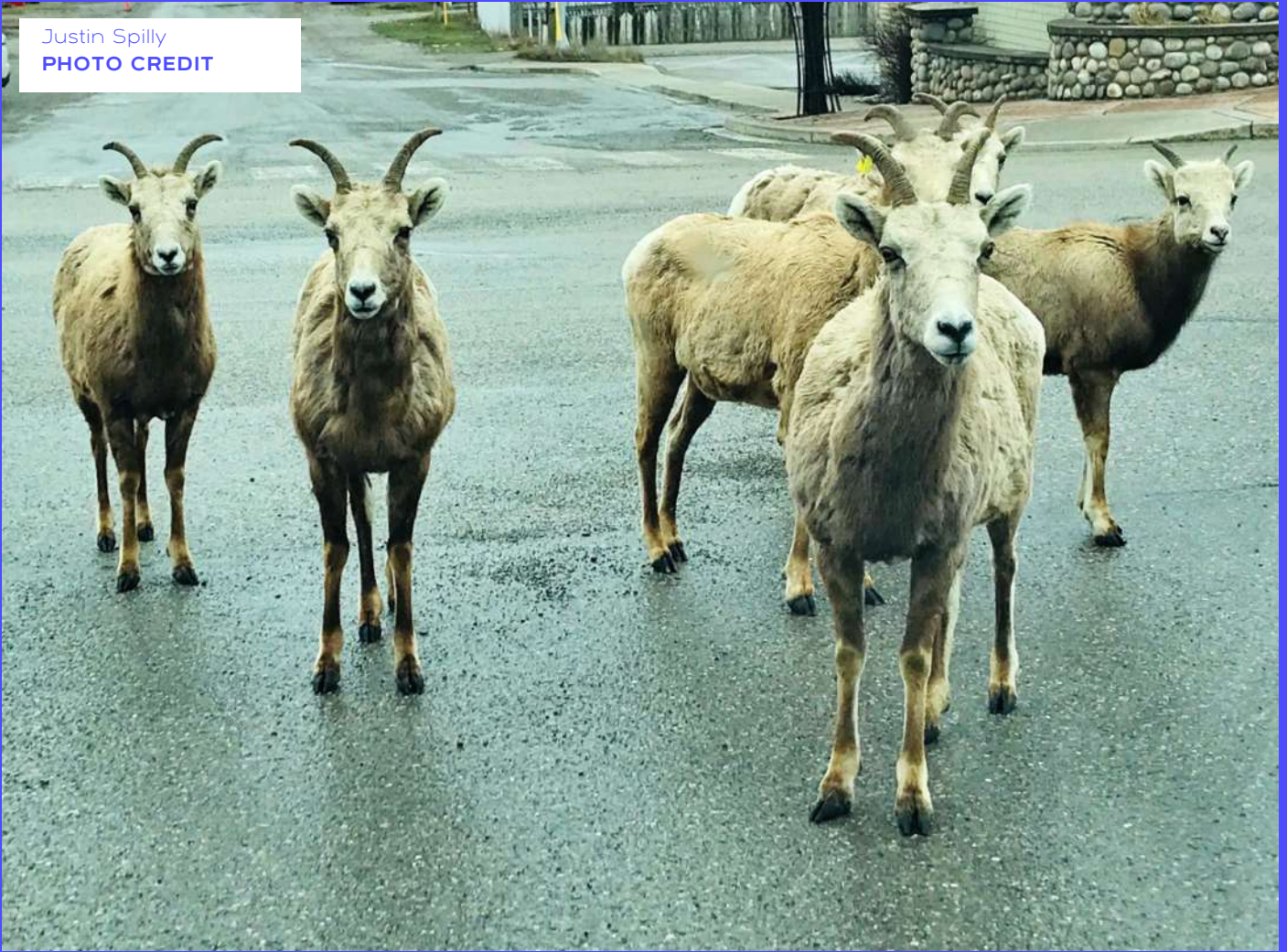
#### UNDERSTANDING FIRE BANS

Why They're Implemented and How to Stay Safe

#### CRANBROOK ARTS

Cranbrook Arts is more than just an organization - it's a vibrant community hub dedicated to nurturing local talent, fostering connections, and enriching the cultural landscape.

Justin Spilly  
PHOTO CREDIT



## LETTER FROM THE VOLUNTEERS

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As the temperatures rise and we welcome the arrival of May, we wanted to take a moment to remind everyone about important safety measures for the upcoming season. With warmer weather comes an increased risk of wildfires, so please stay informed about local fire bans and exercise caution when enjoying outdoor activities. Let's all do our part to prevent wildfires and keep our communities safe.

Additionally, as we spend more time outdoors, don't forget to protect yourself from the sun's rays by using sunscreen and wearing protective clothing. Taking these simple steps can help prevent sunburn and reduce the risk of skin damage.

We'd also like to express our gratitude to all our wonderful contributors who have shared their stories, articles, and insights with us. Your contributions enrich our publication and help

create a vibrant community of readers and writers.

To our amazing readers, thank you for your continued support and engagement. Your enthusiasm fuels our passion for bringing you informative and entertaining content.

As we move forward into the month of May, we encourage you to keep submitting content and sharing your ideas with us. Whether it's a story, an article, or a creative piece, we welcome your contributions and look forward to showcasing your work in our upcoming editions.

Stay safe, stay informed, and enjoy the beauty of spring!

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!**  
**INFO@ICANBC.COM**



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Mother's Day is a special occasion to honor and show appreciation for the incredible women in our lives.

### HOW ARE WE DOING?

The Volunteers of the Columbia Valley Voices Online Magazine are dedicated to providing content that is generated and supported by our valley residents.

We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram [@thevoicecv\\_official](https://www.instagram.com/thevoicecv_official/)

OR

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

# SUBMIT CONTENT

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

NEXT EDITION June 5, 2024

SUBMISSION DEADLINE June 4, 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](mailto:news@thevoicecv.ca)

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**VISIT US ONLINE**  
[thevoicecv.ca](http://thevoicecv.ca)

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



# Open House Saturday May 11 10-2

Please join us at the Invermere Fire Hall

- Learn about local fire response
- Learn how to FireSmart your property
- Sign up for emergency alerts
- Tour the Fire Hall
- Witness flammability of local flora
- Eat some pizza
- Meet your local fire response crews
- Bouncy castles
- Meet Ember the FireSmart fox
- Information about Camp Ignite

[Firesmart@invermere.net](mailto:Firesmart@invermere.net)



# Coloring Contest

## WINNERS

### 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.

Winner's will be contacted by Hobbit House Collectibles for pickup of prizes. Thank you to all who participated!!



**FIRST PLACE**

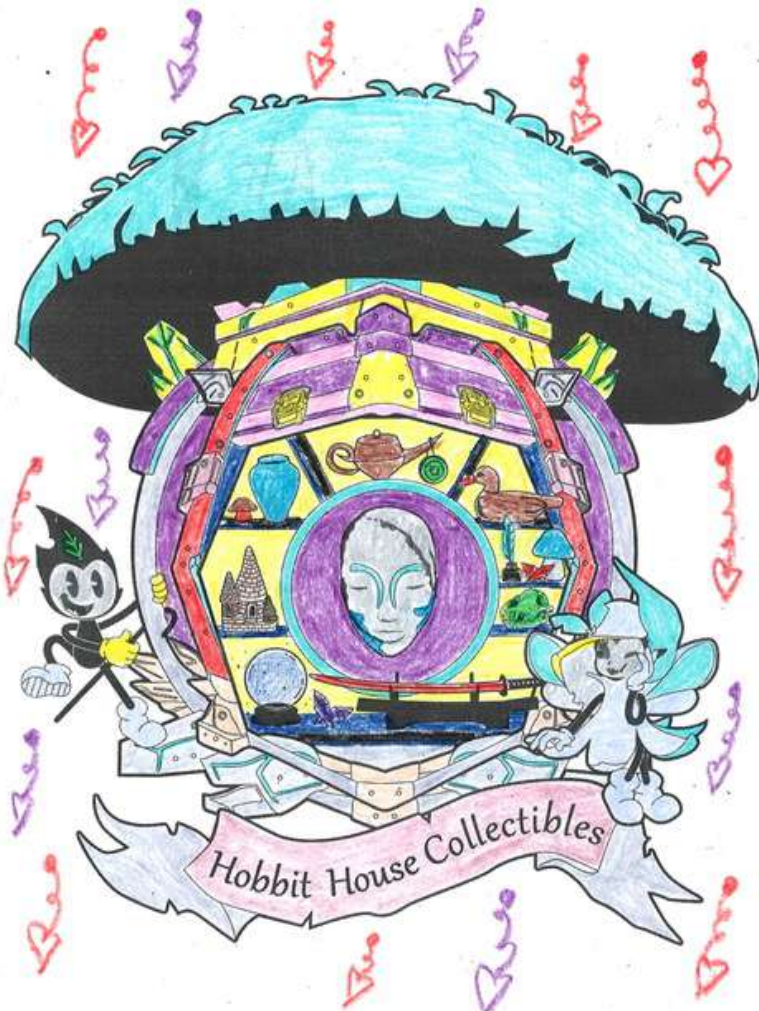
**Angeline**



Hobbit House Collectibles  
Web: hobbit-housecollectibles.com  
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Phone: 250 347-9877  
Cell 250 342-1585  
8288 Hobbit Frontage Rd. Hwy 93/95  
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Radium Hot Springs BC

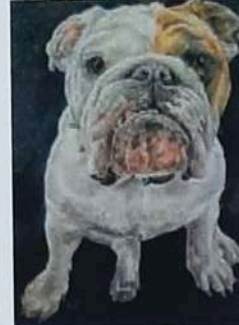
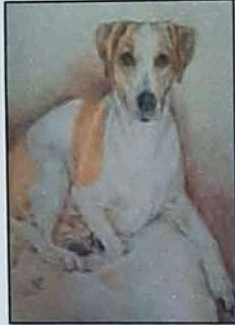
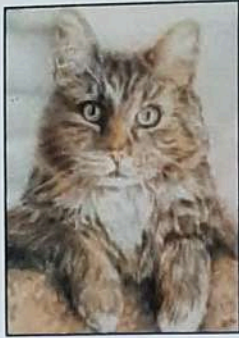
## SECOND PLACE

Laura



## THIRD PLACE

Ali



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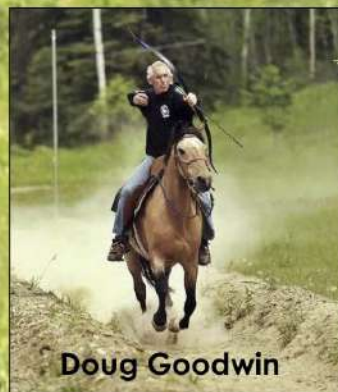


# VALLEY PROMOTIONS





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](mailto:degoodwin@mac.com)

**June 1, Saturday – WFEA Competition**

**June 2, Sunday – Korean Competition**

Spectators Welcome – Admission \$15 daily

**Location**

[Luxor Corrals at Spur Valley](#)

250-347-9048

**Hosted by**

[Spur Valley](#)

[Mounted Archery Club](#)





# The Rusty Knight

**A JOURNEY OF DISCOVERY AND FINDING STRENGTH THROUGH VULNERABILITY AND SELF-REFLECTION.**

**Once upon a time, in the Kingdom of Columbia, there lived a knight whose armour was the talk of the empire. It wasn't the gleaming armour of legends but a rusty, weathered suit that clung to him like a second skin. Yet, despite its worn appearance, the knight wore it with pride, believing it to be a mark of his strength and invincibility.**

The people of Columbia admired the knight from afar, impressed by his imposing figure and unwavering determination. But little did they know that beneath the rusty exterior lay a heart weighed down by fears and doubts.

One fateful day, a wise hermit appeared at the castle gates, offering counsel to those who sought enlightenment. Curious yet skeptical, the knight decided to pursue the hermit's wisdom. As they sat by the crackling fire, the hermit spoke of the armour that defined the knight's identity.

"You believe your armour protects you from harm," the hermit began, "but it also shields you from the truth of who you are."

The knight bristled at the suggestion, but a seed of doubt had been planted. That night, as he lay in his chamber, he couldn't shake the hermit's words from his mind. Was his armour a barrier preventing him from truly connecting with others?

Determined to find answers, the knight ventured on a journey of self-discovery. Along the way, he encountered a loyal squire who stood by his side through thick and thin. The perceptive and caring squire noticed the toll the armour took on the knight's spirit.

"It's not your armour that makes you strong," the squire said one evening as they made camp under the stars. "It's your courage, kindness, and willingness to face your fears."

The knight pondered these words, feeling a glimmer of hope amidst his uncertainty. Could his courage lay not in the metal that encased him but in the virtues he embodied?

As the journey continued, the knight met a travelling minstrel whose songs spoke of life's joys and sorrows. Intrigued by the minstrel's tales, the knight shared his struggles and doubts. To his surprise, the minstrel listened without judgment, offering empathy and understanding.

"It's the cracks in our armour that let the light in," the minstrel remarked, strumming a melodic tune on his lute. "Welcome your vulnerabilities, for they are the pathways to growth and connection."

With each encounter, the knight's perspective shifted. He began to see his armour not as a symbol of strength but as a barrier to authenticity. It weighed him down, preventing him from fully expressing himself and forging meaningful relationships.

At last, after many trials and introspective moments, the knight stood before a shimmering lake reflecting the starlit sky. He gazed at his reflection in the water, seeing not a knight in rusty armour but a soul yearning to be free.

With a deep breath, the knight made a decision. He removed his armour piece by piece, feeling lighter with each clank of metal hitting the ground. As the last piece fell away, he stood before his reflection, unmasked and vulnerable yet freed and whole.

The people of Columbia, who had watched the knight's journey unfold, gathered around in awe. They saw not a knight diminished but a knight transformed – radiant with newfound authenticity and inner peace. And so, the legend of the Rusty Knight became a tale of courage, strength, and self-discovery.

The moral of the story is that true strength and fulfillment come from welcoming vulnerability, self-reflection,

and authenticity. It teaches us that wearing masks or hiding behind external facades may provide a sense of protection, but it ultimately hinders genuine connection and self-awareness. By peeling away these layers and confronting our fears and insecurities, we unlock the power to live authentically and develop deeper, meaningful relationships with others. It also emphasizes the importance of inner growth, self-acceptance, and the courage to be true to oneself.



# ROCKIN' ROTARY PARK

The  
HOODIKATZ

*With special guest*

**BILL BURGESS**

**31 MAY, 2024 - 6PM**

**ROTARY PARK, CRANBROOK**

**BRING YOUR CHAIRS  
&  
DANCING SHOES!**

# VALLEY PROMOTIONS



- Mixed Gender
- Weekly, May 2nd to end of Sept
- Thursdays 6:30pm-8:00pm
- Giegrich Field in Kimberley



Check out our facebook page  
"Kimberley Ultimate Frisbee"  
or email [kimberleyultimatefrisbee@gmail.com](mailto:kimberleyultimatefrisbee@gmail.com)  
for more info and link to registration.

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# Home Retrofits



We're hearing a lot about retrofits lately, but what does that word mean?

Retrofits are simply home renovations that make your house more energy-efficient and comfortable all year long. Properly done, they can also save you money and increase your home's value. Federal, Provincial, and Municipal grants and loans are available to help complete the work, especially for income-qualified households.

Let's examine a recently retrofitted single-family house in Radium. The first step was to complete an energy audit to determine which improvements were needed and to help prioritize them. Completed work included adding another layer of insulation in the ceiling, upgrades to the electrical panel, and replacing the propane furnace with a heat pump. Total cost was \$21,500, subtract \$17,500 in rebates received, for a net cost of \$4,000. Not a bad price for a less draughty, more comfortable home! The heat pump has the added benefit of filtering the air (think wildfire smoke) and provides air conditioning to help with those hot summer days! No more fluctuating propane bills either, just a steady predictable

electrical bill. Less spent per year on utilities will help pay back the \$4000 invested in 3-5 years, then save money going forward.

So why aren't we all rushing out to retrofit our homes? People are often unaware of the benefits; rebates can be hard to navigate; and qualified contractors are difficult to find. Let your elected officials know that retrofits are important and that you want continued and increased access to grants and loans. While you are at it, ask for funding for a retrofit concierge program - a program that helps homeowners navigate the retrofit process from start to finish. Encourage local contractors to become certified so their work will qualify for rebates.

Contact the East Kootenay Climate Hub if you'd like to learn more or help advance the move to cleaner more comfortable homes.

[ekclimatehub@gmail.com](mailto:ekclimatehub@gmail.com)

Submitted by the **East Kootenay Climate Hub**

# FOOD DRIVE

HELP FIGHT HUNGER IN OUR  
VALLEY!

**MAY 10TH - 12TH**

## ABOUT US

We are two graduating students – Enya and Alisha, running a food drive as our grade 12 final project. If you have any non perishable food that will go unused, please help us support the CV Food Bank and feed the valley!

## LOCATION:

**Open Doors Alternate School**  
*214 7th Ave (north of Sobeys, across from  
the Summit Youth Centre)*

## CONTACT:

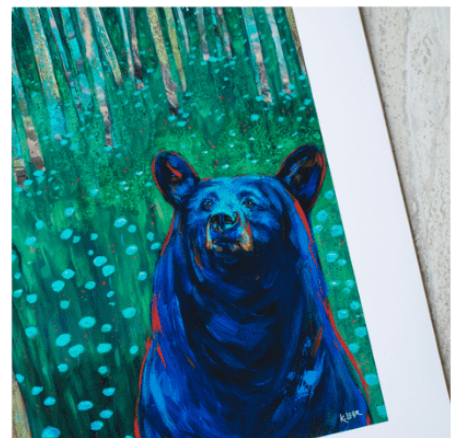
[Alisha.Malfet@sd6.bc.ca](mailto:Alisha.Malfet@sd6.bc.ca)  
for any questions



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[www.facebook.com/villagearts](http://www.facebook.com/villagearts)

[www.villagearts.ca](http://www.villagearts.ca)

# VALLEY PROMOTIONS



**ALL RDEK ELECTORAL AREAS**

**SALE OF FIREWORKS PROHIBITED MAY 1-OCT 1**

Regional District of East Kootenay  
1-888-478-7335 | www.rdek.bc.ca

**IMPORTANT INFORMATION**

**SCHEDULED TEST**

**2PM - MAY 10**

**ENS SYSTEM**

Regional District of East Kootenay  
1-888-478-7335 | www.rdek.bc.ca

**Intro Sourdough Class**

→ Saturday, May 25th  
11am-3pm **\$100**

Explore the fundamentals of sourdough baking in a supportive environment and prepare your own sourdough loaf from start to finish!

email for more details / to register  
clamshellsourdough@gmail.com

**Eolin James**

Limited number of Early Bird Discounted Tickets and VIP Passes

**Boogie Bash!**

Saturday MAY 18<sup>th</sup> 2024

Eddie Mountain Memorial Arena - Invermere, BC.

LATINOS IN THE EAST KOOTENAYS

**Black & White FIESTA LATINA**

FRIDAY **24** 8:00 PM  
MAY, 2024

Cranbrook Eagles Hall  
115 Kootenay St N

**SCHEDULE**

8:00 PM - 9:00 PM	Latin Dance Class
9:00 PM - 11:00 PM	Salsa, Cumbia, Merengue
11:00 PM - 1:30 AM	Bachata, Reggaeton & More

DRESS CODE: BLACK & WHITE

NO OUTSIDE ALCOHOL | 19+ WELCOME

Tickets can be purchased in advance at **HOT SHOTS CAFE**

Contact Julio for more info 250-421-8922

Sponsored by: **GIOVANNA PAZ REALTOR**

**\$5**

**BE PREPARED.**

Regional District of East Kootenay

**FOREST or WILDLAND FIRES**  
cell \*5555 or 1-800-663-5555

**FLOODING**  
250-489-9677

**OTHER** (spills, landslides, avalanche)  
250-489-9677

**Know the Important Emergency Numbers.**

# CHEERS TO MOM!

Here are four delightful shots/cocktails perfect for celebrating Mother's Day.

## MIMOSA

### Ingredients:

1. 1 part orange juice
2. 1 part champagne/sparkling wine

### Instructions:

1. Pour chilled orange juice into a champagne flute.
2. Top off with chilled champagne or sparkling wine.
3. Gently stir and serve.

## STRAWBERRY LEMON DROP SHOT

### Ingredients:

1. 1 oz vodka
2. 1/2 oz triple sec or Cointreau
3. 1/2 oz fresh lemon juice
4. 1/2 oz strawberry liqueur

### Instructions:

1. Rim a shot glass with sugar (optional).
2. Fill a cocktail shaker with ice.
3. Add vodka, triple sec, lemon juice, and strawberry liqueur.
4. Shake well and strain into the prepared shot glass.
5. Garnish with a strawberry slice.



## COSMOPOLITAN

### Ingredients:

1. 1 1/2 oz vodka
2. 1 oz triple sec or Cointreau
3. 1/2 oz fresh lime juice
4. 1/2 oz cranberry juice

### Instructions:

1. Fill a cocktail shaker with ice.
2. Add vodka, triple sec, lime juice, and cranberry juice.
3. Shake well and strain into a chilled martini glass.
4. Garnish with a lime twist.

## FRENCH KISS SHOT

### Ingredients:

1. 1/2 oz Chambord (raspberry liqueur)
2. 1/2 oz Baileys Irish Cream

### Instructions:

1. Pour Chambord into a shot glass.
2. Gently float Baileys Irish Cream on top by pouring it over the back of a spoon.
3. Serve and enjoy!

These delightful drinks are sure to add a special touch to your Mother's Day celebration. Remember to enjoy responsibly and raise a toast to all the amazing moms out there!



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MUSICAL PERFORMANCES BY

**THE CONFLUENTIALS**  
HEATHER GEMMELL  
JAMIE NEVE  
PHAETON  
PRETTY FOR THE PEOPLE

**DAVE PRINN**  
JACK SPRING  
THE TUNESMITHS  
TWO TICKS  
VOODOO RHYTHM KINGS

**FRIDAY MAY 31**

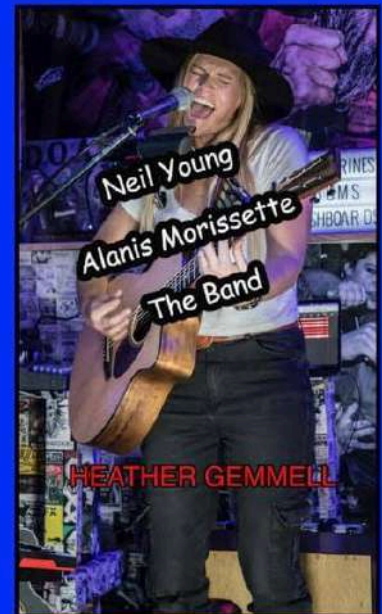
7:00pm start

**KEY CITY THEATRE**  
KEY CITY THEATRE, CHAMBRON BC

RELLA PAOLINI ROGERS

\$30 GENERAL  
\$25 SENIORS  
\$20 YOUTH

## FEATURING



# VALLEY PROMOTIONS

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2022 CONSUMER CHOICE WINNER  
\$500 & \$500 REBATE FROM FORTISBC IS INCLUDED

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**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](http://hospicesocietycv.com) for more detailed information or drop by our office at Frater Landing to learn more.

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**Hobbit House Collectibles**

Web: [hobbithousecollectibles.com](http://hobbithousecollectibles.com)

**John and Marjorie Hague**  
 email John: [jhobbit@shaw.ca](mailto:jhobbit@shaw.ca)  
 email Marjorie: [mhobbitt@shaw.ca](mailto: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



# Understanding Fire Bans

WHY THEY'RE IMPLEMENTED AND HOW TO STAY SAFE

**In the serene landscapes of our beloved countryside, where nature's beauty unfolds, the specter of fire bans emerges as a crucial safeguard against potential devastation. Join us as we delve into the realm of fire bans, unraveling the reasons behind their implementation and offering insights on how to navigate these restrictions safely.**

**Unveiling the Purpose of Fire Bans**  
Fire bans, often instituted by local authorities during periods of heightened fire risk, serve as proactive measures to mitigate the threat of wildfires. These bans restrict or prohibit the use of open flames, including campfires, fireworks, and outdoor burning, in designated areas. The primary goal is to prevent human-caused fires, which can swiftly escalate out of control and pose significant risks to lives, property, and natural habitats.

**Understanding the Factors Influencing Fire Bans**  
Several factors contribute to the implementation of fire bans, reflecting the dynamic interplay of environmental, climatic, and human elements. One of the primary drivers is weather conditions, particularly periods of drought, high temperatures, and low humidity, which create optimal conditions for fire ignition and spread. Additionally,

factors such as dry vegetation, strong winds, and lightning activity further elevate the risk of wildfires, prompting authorities to enact precautionary measures to reduce the likelihood of fire incidents.

**Navigating the Impact of Fire Bans**  
While fire bans may inconvenience outdoor enthusiasts and recreationalists, their implementation is a critical step in safeguarding public safety and preserving natural resources. It is essential for individuals to adhere to these restrictions diligently and exercise caution to prevent accidental fire starts. Alternative methods of outdoor cooking, such as portable stoves and grills, can offer safe alternatives during fire ban periods. Additionally, practicing proper fire safety measures, such as extinguishing cigarettes responsibly and avoiding activities that could spark wildfires, is paramount in mitigating fire risks.

### Educating the Community on Fire Prevention

Education and awareness play pivotal roles in fostering a culture of fire prevention within our community. CRCS advocates for proactive measures to educate residents and visitors about the importance of fire bans, fire safety practices, and the potential consequences of disregarding fire restrictions. By raising awareness through outreach programs, signage, and public service announcements, we can empower individuals to make informed decisions and take responsibility for their actions to prevent wildfires and protect our natural environment.

### Embracing a Collaborative Approach to Fire Management

Effective fire management requires a collaborative effort involving government agencies, emergency services, community organizations, and the public. CRCS encourages partnerships and collaboration among stakeholders to develop comprehensive wildfire prevention strategies, emergency response plans, and community resilience initiatives. By working together, we can enhance our collective capacity to detect, respond to, and mitigate wildfire risks, ensuring the safety and well-being of our communities for generations to come.

**Upholding Vigilance in Fire Prevention.** As stewards of our land and guardians of our communities, we must remain vigilant in our efforts to prevent wildfires and protect our natural heritage. Fire bans serve as essential tools in our arsenal against the threat of wildfires, reminding us of our responsibility to act responsibly and respect the delicate balance of nature. By understanding the reasons behind fire bans, adhering to restrictions, and promoting fire prevention education, we can safeguard our homes, our environment, and our way of life from the destructive impacts of uncontrolled fires. Together, let us uphold vigilance, resilience, and unity in our commitment to fire prevention and community safety.

Fire bans are crucial measures implemented to mitigate the risks of wildfires during periods of heightened fire danger. By understanding the

reasons behind fire bans, adhering to restrictions, and promoting fire prevention education, we can collectively reduce the likelihood of human-caused fires and protect our communities and natural environment. Let us embrace a culture of responsibility, vigilance, and cooperation in our efforts to prevent wildfires and ensure the safety and well-being of all.



Originally posted on

<https://cranbrookarc.ca/>



# BOOK BITES

## BALLOON GAMES

Wed, May 15  
3:30 - 4:45pm



Game on! Join us for all kinds of fun balloon challenges



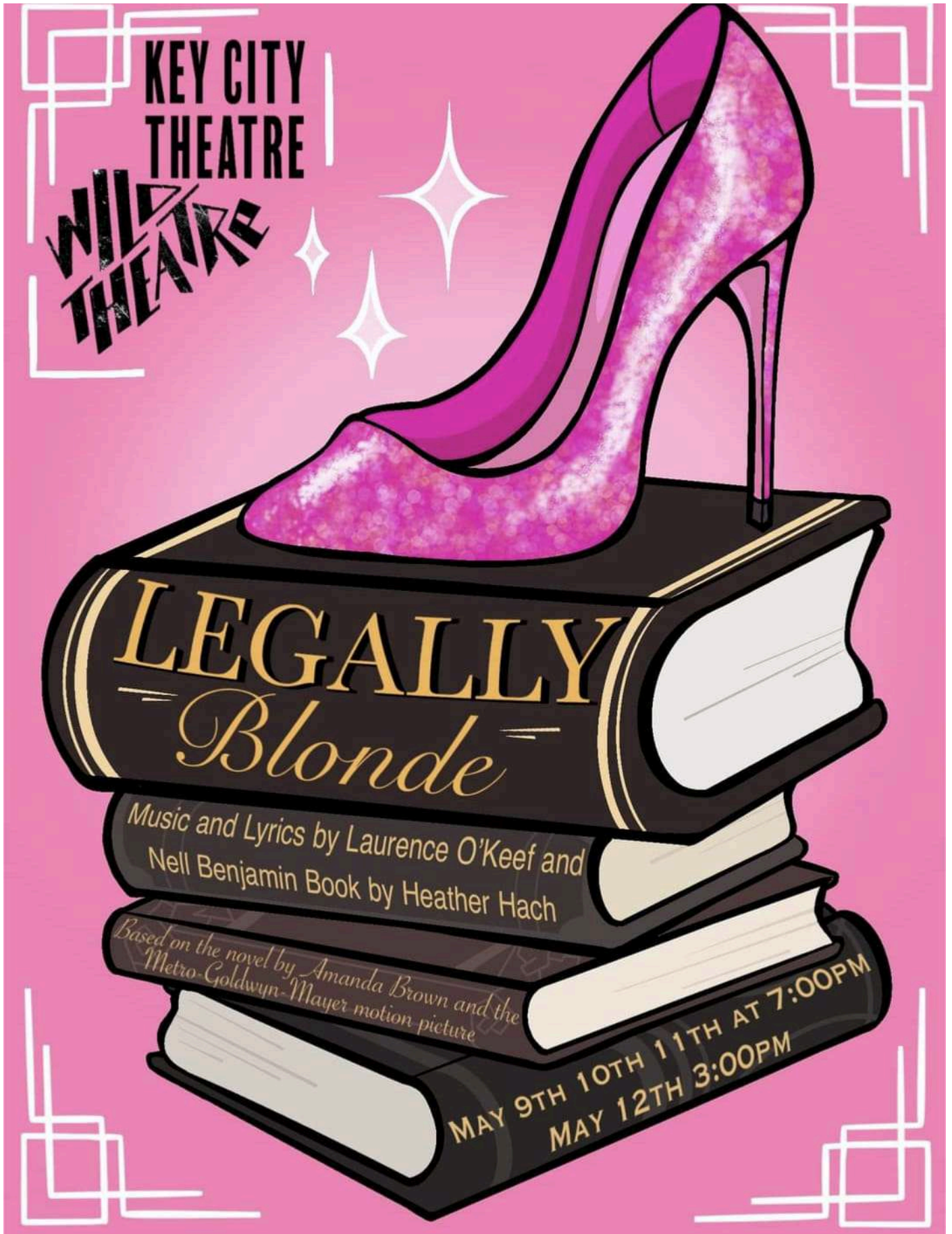
CRANBROOK PUBLIC LIBRARY  
*expand your universe*

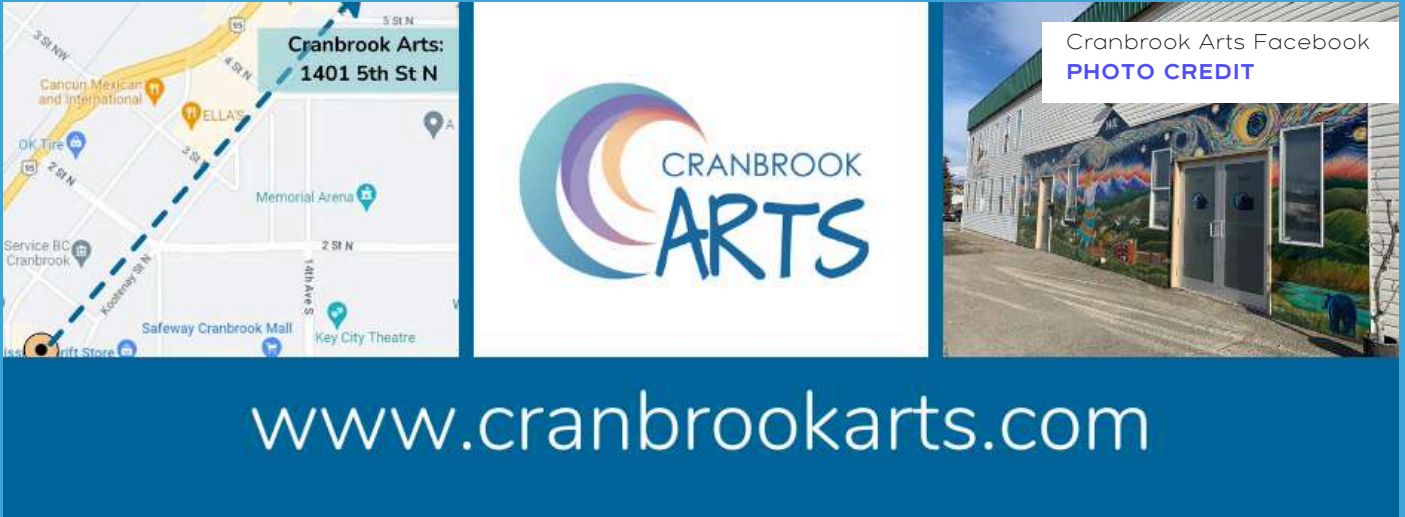
snacks and supplies provided

\*For ages 9 - 12

# VALLEY PROMOTIONS







[www.cranbrookarts.com](http://www.cranbrookarts.com)

# Cranbrook Arts

**CRANBROOK ARTS IS MORE THAN JUST AN ORGANIZATION - IT'S A VIBRANT COMMUNITY HUB DEDICATED TO NURTURING LOCAL TALENT, FOSTERING CONNECTIONS, AND ENRICHING THE CULTURAL LANDSCAPE OF THE EAST KOOTENAY REGION.**

Cranbrook Arts is more than just an organization - it's a vibrant community hub dedicated to nurturing local talent, fostering connections, and enriching the cultural landscape of the East Kootenay region. As a non-profit charitable organization, Cranbrook Arts is on a mission to support and promote the visual arts, providing valuable resources and opportunities for artists and art enthusiasts alike.

## **Inspiring Creativity | Expanding Minds | Fostering Connections**

At Cranbrook Arts, their mission is clear: to support and promote the visual arts while nurturing a vibrant artistic community. As a non-profit charitable organization, Cranbrook Arts is committed to enriching the cultural landscape of Cranbrook and the surrounding areas through a range of impactful initiatives.

## **Education and Engagement**

One of Cranbrook Arts' core mandates is to educate the public through exhibitions and artistic

presentations. By showcasing a diverse range of artworks, they inspire curiosity and appreciation for the arts, fostering a deeper understanding of creativity among visitors and residents alike.

## **Encouraging Excellence and Opportunity**

Cranbrook Arts is dedicated to encouraging excellence in the arts through the granting of awards and scholarships. By recognizing and supporting local talent, they empower artists to pursue their passion and elevate their craft, contributing to the cultural enrichment of our community.

## **Artistic and Cultural Experiences**

Through workshops, classes, and cultural events, Cranbrook Arts provides invaluable learning opportunities for individuals of all ages and backgrounds. These experiences not only nurture artistic skills but also promote cultural awareness and personal growth within our community.

## Promotion and Support for Local Artists

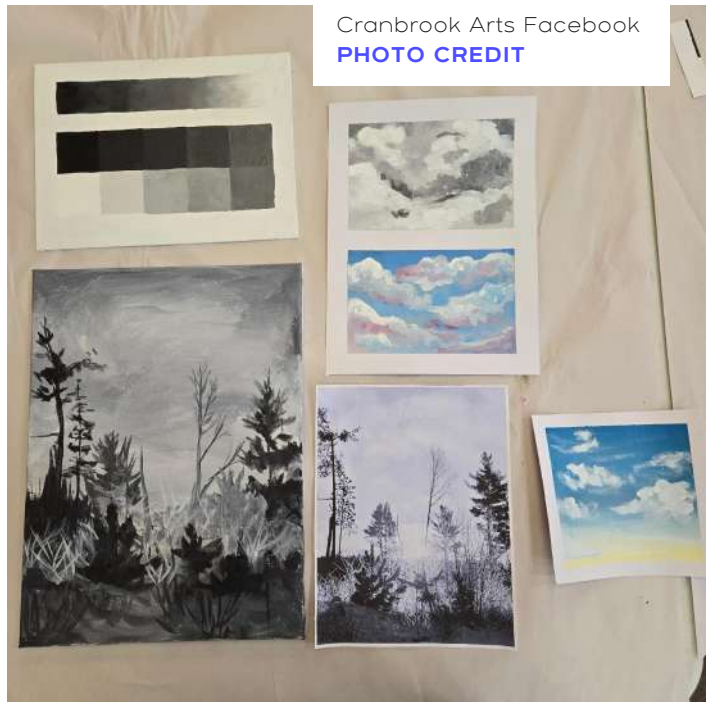
Cranbrook Arts serves as a vital platform for local artists and artisans, offering promotional and sales opportunities through their Gallery Shop and exhibitions. This support not only helps artists showcase their work but also strengthens the local arts scene, fostering economic and cultural vibrancy in our region.

## A Hub of Creativity: The Cranbrook Arts Facility

Located at 1401 5th St N, Cranbrook Arts boasts a vibrant and welcoming facility that includes a professional Art Gallery, a fully functional Art and Pottery Studio, and a Gallery Shop featuring artworks from talented local artists. Since opening its doors in 2019, Cranbrook Arts has become a focal point for artistic expression and community engagement.

Cranbrook Arts is a testament to the power of creativity and community spirit. We, the volunteers of The Valley Voice, applaud their dedication to promoting the visual arts and enriching the lives of individuals across Cranbrook and the East Kootenay area. We encourage everyone to visit Cranbrook Arts, support local artists, and experience the joy of artistic expression firsthand.

For more information about Cranbrook Arts and their upcoming events, please visit their website at [cranbrookarts.com](http://cranbrookarts.com).



Cranbrook Arts Facebook  
**PHOTO CREDIT**



Cranbrook Arts Facebook  
**PHOTO CREDIT**



Cranbrook Arts Facebook  
**PHOTO CREDIT**



Cranbrook Arts Facebook  
**PHOTO CREDIT**

**TOGETHER WE WALK**  
to cure T1D

**JDRF WALK**  
to cure diabetes

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](http://jdrfwalk.ca)

# VALLEY PROMOTIONS





**Open House & Award Ceremony**  
**10:00am-12:00pm, May 11th**  
**Royal Alexandra Hall**

The East Kootenay Heritage Fair showcases and celebrates our local students' projects on Canadian history!

**2024 EAST KOOTENAY HERITAGE FAIR**

**CRANBROOK HISTORY CENTRE**

<https://www.cranbrookhistorycentre.com/learn/heritage-fair>






**WILDLIFE FESTIVAL**

**CRANBROOK HISTORY CENTRE** **May 17th-19th, 2024**



GOLDENCRUST FAMILY | SLOW JOE CROW | KARIMA ESSA | MOUNTAIN SONG | POW WOW DANCERS & DRUMMERS | GREEN FOOL'S CIRCUS | CHRISTINA THE CRAZY HOOPER | SANDOR BOUNCY CASTLE | KTUNAXA TIFI | FACE PAINTING | SWEETHEARTS ELECTRIC HAIR | CASEY'S PLANT-A-FLOWER | CITY SPECTACULAR VEHICLES | PAINT THE VAN | COYR SCIENCE STATION | WISHING TREES | FIRETRUCK | FISH POND | FARMERS MARKET | SENSORY CHILLOUT AREA | WE BIKE | A.B.B. BASKETBALL | SAVE-ON-FOODS WATERMELON STATION | DOC BRACES ROULETTE WHEEL



**Kootenay CHILDREN'S Festival**  
 by KEY CITY THEATRE

**MAY 10 - 11, 2024**  
 ROTARY PARK, CRANBROOK, BC



**Boarding Pricing**



<p><b>Regular suites</b></p> <p><b>\$55/NIGHT</b></p> <ul style="list-style-type: none"> <li>4x6 Fully enclosed suite.</li> <li>\$35 for another dog in shared suite.</li> <li>5 Suites available.</li> <li>Extended stay discounts.</li> <li>24/hr Surveillance</li> </ul> <p>AVAILABLE MAY 16TH</p>	<p><b>Luxury Suites</b></p> <p><b>\$75/NIGHT</b></p> <ul style="list-style-type: none"> <li>Dog Friendly living room inspired suite.</li> <li>\$45 for another dog in shared suite.</li> <li>Separate building</li> <li>24/Surveillance</li> <li>Radio available to keep company.</li> </ul> <p>AVAILABLE MAY 16TH</p>	<p><b>Add ons Available</b></p> <p><b>\$15</b></p> <ul style="list-style-type: none"> <li>30 minute Long Line adventure walk.</li> <li>15 minutes Fetch in fenced yard.</li> </ul> <p>AVAILABLE MAY 16TH</p>
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WWW.DOGZONESERVICES.CA  
 DOGZONEBOARDING@GMAIL.COM  
 250-421-0854  
 5040 CROWNEST HIGHWAY, CRANBROOK, BC.

**Senior's Tea**  
 at the Invermere Public Library



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

250-342-6416  
 publiclibrary@invermere.net  
 invermere.bc.libraries.coop




**VENDORS WANTED**

**MARYSVILLE DAZE 2023!**

**Saturday, June 1st**

Contact us:  
 - Call Erin @ 250-908-3746  
 or  
 - Email [erin.markcreeklions@gmail.com](mailto:erin.markcreeklions@gmail.com)  
 or  
 - DM us on FB @markcreeklions





# Thoughtful Mother's Day Gift Ideas to Celebrate Mom

**Mother's Day is a special occasion to honor and show appreciation for the incredible women in our lives. If you're looking for the perfect gift to make your mom feel loved and cherished this Mother's Day, consider these thoughtful gift ideas that are sure to bring a smile to her face:**

**Personalized Jewelry:** Delight your mom with a piece of jewelry that holds sentimental value. Consider a necklace engraved with her initials, a birthstone ring representing her children, or a bracelet with a meaningful charm.

**Spa Day Experience:** Treat your mom to a day of relaxation and pampering at a local spa. Gift her a spa package that includes massages, facials, and manicures, allowing her to unwind and indulge in self-care.

**Customized Photo Book:** Compile cherished family photos into a beautifully designed photo book. Include pictures from special moments and milestones, creating a keepsake that celebrates the bond you share with your mom.

**Gourmet Gift Basket:** Create a gourmet gift basket filled with her favorite treats and goodies. Include decadent chocolates, artisanal teas, savory snacks, and a bottle of her preferred wine or champagne.

**Handwritten Letter or Poem:** Express your love and gratitude through heartfelt words. Write a touching letter or poem that reflects your appreciation for everything your mom has done for you. Frame it for a meaningful keepsake.

**Home Spa Essentials:** Bring the spa experience to her with a selection of luxurious bath and body products. Include bath salts, scented candles, a plush robe, and skincare items to help her create a soothing retreat at home.



**Cooking Class or Food Tour:** If your mom enjoys culinary adventures, consider gifting her a cooking class or food tour experience. Choose a class based on her interests, whether it's mastering a new cuisine or exploring local food markets.

**Subscription Box:** Treat your mom to a subscription box tailored to her interests. Whether she loves gardening, reading, or trying new snacks, there's a subscription box out there that will delight her month after month.

**Personalized Home Decor:** Enhance her living space with personalized home decor items. Consider a custom-made throw pillow, a decorative photo frame, or a stylish wall art piece featuring a meaningful quote.

**Outdoor Adventure:** Plan a memorable outdoor excursion for quality bonding time. Whether it's a scenic hike, a picnic in the park, or a day at the botanical gardens, create lasting memories

together in nature.

No matter which gift you choose, the most important thing is to show your mom how much she means to you. Celebrate her on Mother's Day with a thoughtful and heartfelt gift that reflects her unique personality and interests.

Remember, the best gifts come from the heart, so take the time to choose something that truly resonates with your mom and expresses your love and gratitude. Happy Mother's Day to all the amazing moms out there!

# ROADPONIES STAND-UP COMEDY MAY.10

EDGEWATER LEGION BRANCH#199 4858 CORDILLER AVE.  
WINGS ALL DAY!!  
8:00PM SHOWTIME



BRITTANY LYSENG



SAM BENTY



ROBYN SANSON



BEN BAUCE YOUR HOST



\*\*EXPLICIT CONTENT\*\*

\$20 TICKETS PRESALE &  
@ THE DOOR

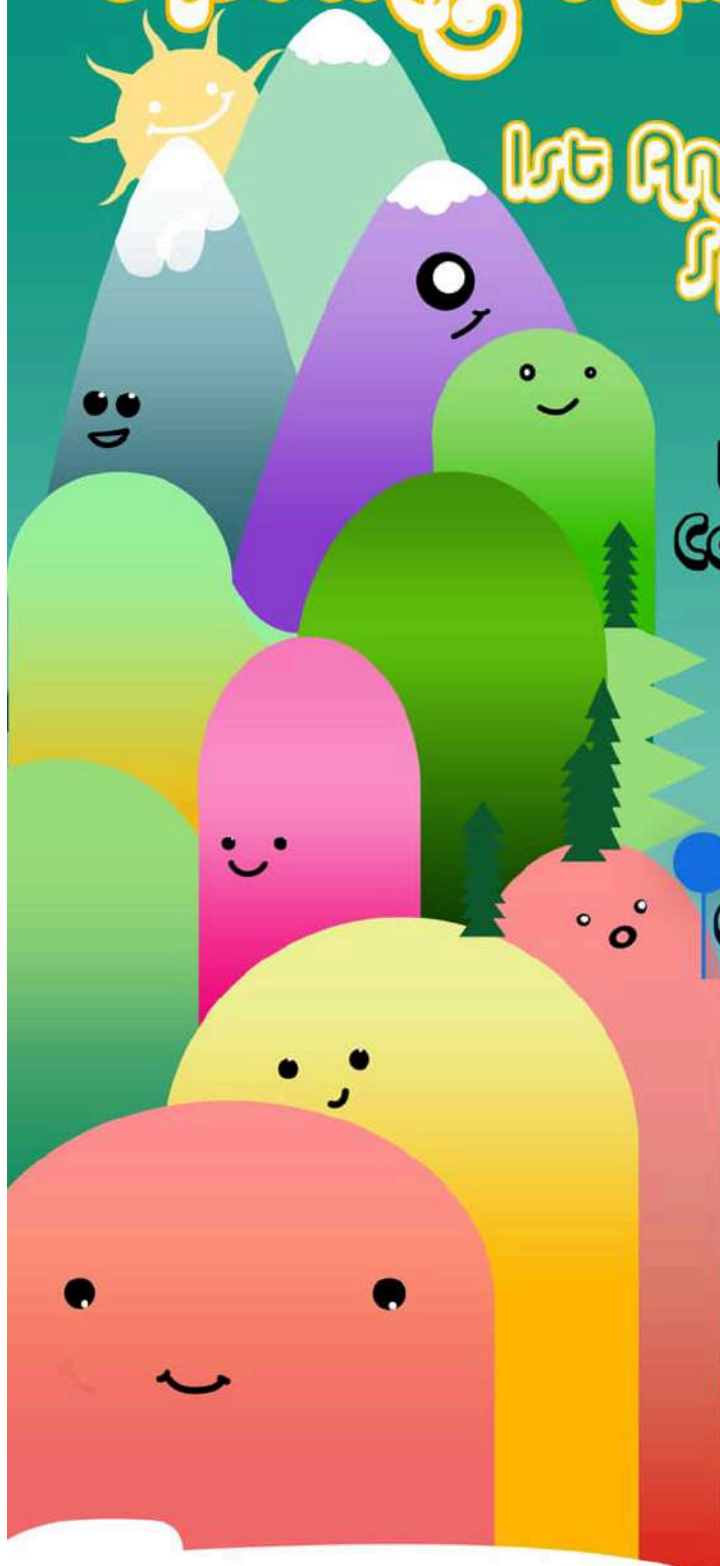


# VALLEY PROMOTIONS



# Spring Has Sprung!

## 1st Annual WINDERMERE Spring Festival



Windermere  
Community Hall

Local Artisan  
Market

First Nations  
Cultural Exhibit

Live Music  
with

# ROCKINOMIX

## May 18 2 pm

Face  
Painting

Food  
Snacks  
Drinks

Dunk  
Tank!

Music starts 7 p.m. @ the White House  
tickets available online through:

wcabrd@gmail.com  
or at the door -  
\$20 cover charge

Local artisans and merchants welcome to join in! Email above for further information!

# Gamer's Corner

## Game Review: Harold Halibut

**Platforms:** PlayStation 5, Xbox Cloud Gaming, Microsoft Windows, Xbox Series X and Series S

**Initial release date:** 2024

**Developer:** Slow Bros.

**Genres:** Adventure game, Indie game, Casual game

**Designer:** Onat Hekimoglu

**Publisher:** Slow Bros.

**Engine:** Unity

**Embark on a captivating underwater adventure in "Harold Halibut," a visually stunning narrative-driven game crafted by the talented team at Slow Bros. Set in a beautifully handcrafted 3D world with a unique stop-motion aesthetic, Harold Halibut invites players to immerse themselves in a compelling story of discovery, friendship, and exploration.**

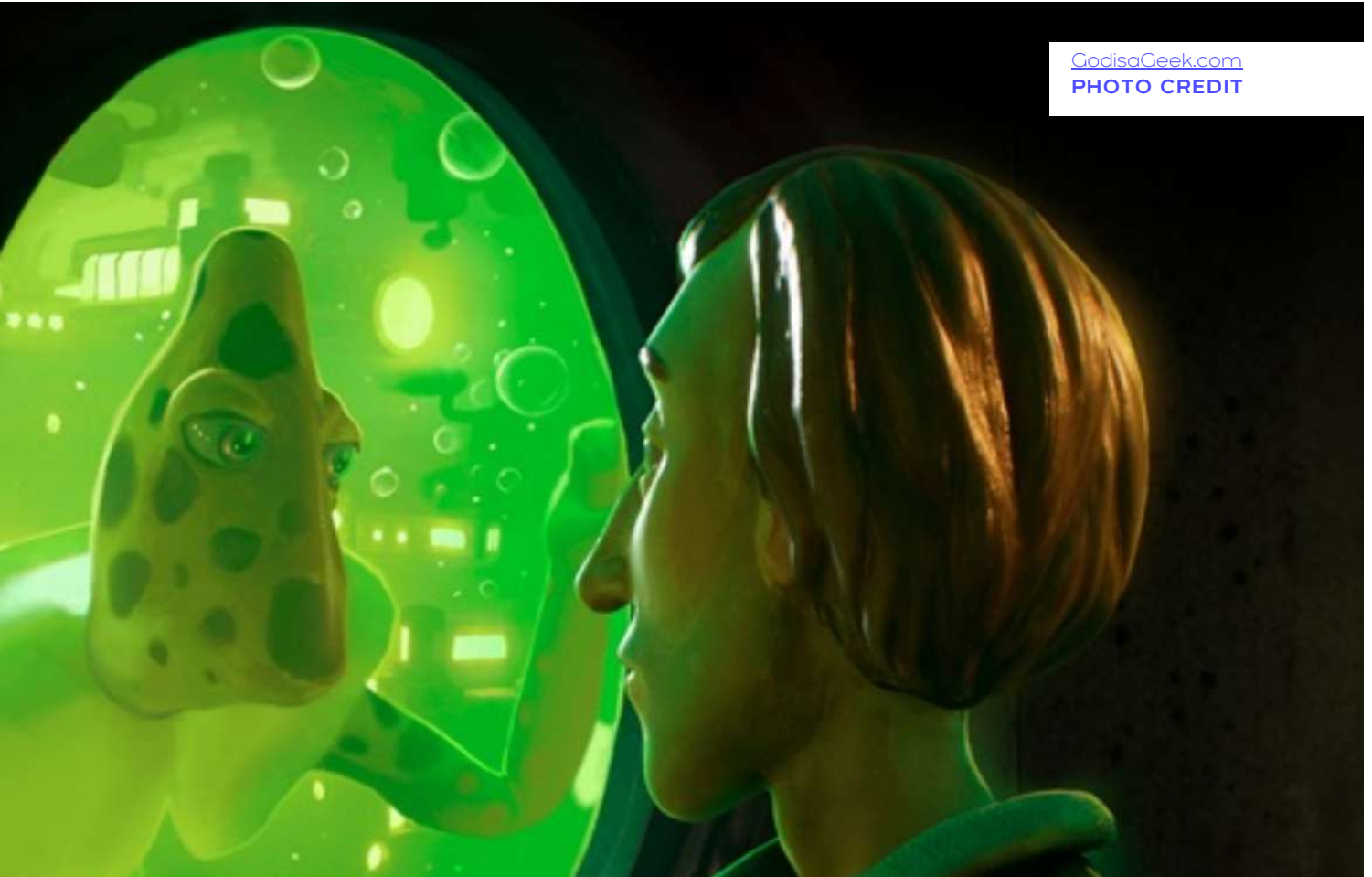
### Visuals and Art Style

One of the standout features of Harold Halibut is its striking visual design. Every aspect of the game is meticulously crafted with real-world materials and photographed in stop-motion animation, creating a tangible and immersive environment. From the intricate details of underwater landscapes to the expressive character animations, the game's art style captivates players and breathes life into its enchanting world.

### Narrative and Characters

At the heart of Harold Halibut lies a captivating narrative that unfolds as players guide the titular character, Harold, through a series of intriguing challenges and encounters. As a lab assistant aboard a submerged spaceship, Harold embarks on a quest to uncover the mysteries of his underwater world and forge meaningful connections with its diverse inhabitants. The game's narrative is richly layered, filled with moments of humor, suspense, and heartfelt emotion.

[GodisaGeek.com](http://GodisaGeek.com)  
PHOTO CREDIT



### Gameplay and Exploration

Harold Halibut combines elements of adventure, exploration, and puzzle-solving to create an engaging gameplay experience. Players navigate through beautifully crafted environments, interact with quirky characters, and unravel the secrets hidden beneath the ocean's depths. From solving clever puzzles to engaging in meaningful conversations, every interaction in the game feels purposeful and contributes to the overarching narrative.

### Soundtrack and Atmosphere

Complementing the game's stunning visuals is an atmospheric soundtrack that enhances the mood and ambiance of each scene. From tranquil underwater melodies to tense and dramatic compositions, the music in Harold Halibut adds depth to the overall experience, drawing players further into its captivating world.

### Final Thoughts

Harold Halibut is a testament to the creative vision and dedication of its

development team. With its innovative stop-motion animation, engaging narrative, and immersive gameplay, the game offers a refreshing and unforgettable journey for players of all ages. Whether you're a fan of narrative-driven adventures or simply appreciate unique artistry in gaming, Harold Halibut is a must-play title that promises to leave a lasting impression.

Rating: 9/10

Recommended for: Fans of narrative-driven adventures, indie gaming enthusiasts, and anyone looking for a visually stunning and emotionally resonant gaming experience.

Immerse yourself in the captivating world of Harold Halibut and embark on an unforgettable underwater odyssey. Experience the magic of stop-motion animation brought to life in a gaming masterpiece that defies convention and celebrates creativity.



[The New Indian Express](http://TheNewIndianExpress.com)  
PHOTO CREDIT

# COLUMBIA VALLEY

## F.I.N.D

(Family Inclusion Network for Diverse Abilities)

### MEET & GREET POTLUCK

**FIND will be meeting every 4th Saturday of the month!**

Individuals with Diverse Needs and their families are invited to come and connect with others in the Valley!

**Our first meeting will be on May 25th!**

Share your 3 wishes for your family!

Share resources & events in the Valley!

Plan for future events!

Thank you to Summit Youth Centre for the providing a space to connect!

*BRING YOUR FAVOURITE SNACK TO SHARE*

**Date: Saturday, May 25**

**Time: 10am - 1pm**

**Where: Summit Youth Hub**

Email: [ColumbiaValley\\_FIND@outlook.com](mailto:ColumbiaValley_FIND@outlook.com)



# VALLEY PROMOTIONS

# BINGO

May 21  
6:30 p.m.

Invermere Senior's Hall

\$300 Jackpot

All over 19 welcome

Only CASH Prizes

11 games for \$20 (6 cards)

Lucky 7 & diamond extra games \$2

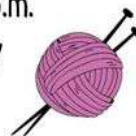
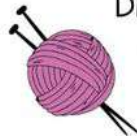
Doors Open at 5:30 p.m.

# Wild Woolies

Every First & Third Friday of the Month

Drop in: 2:00 p.m. to 4:30 p.m.

@ Radium Public Library

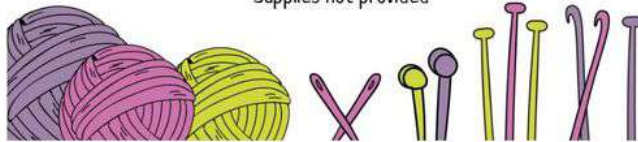


Join our fibre arts circle!

Whether you are a seasoned crocheter or picking up a set of knitting needles for the first time, everyone is welcome to share techniques, enjoy friendly conversation, and connect with fellow craftspeople as you work on your project.

No registration required.

\*Supplies not provided



Radium Hot Springs Public Library

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



# Learn To Crochet Group

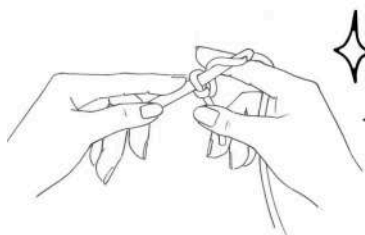
Want to learn how to crochet?

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

# May Craft Sale

Cranbrook Seniors Hall

125 17th. Avenue South

Admission -1 loonie



Saturday May 25th.

10:00am – 2:00pm

Book your Artisans table now for \$25.00

Contact: [carolinebonham@telus.net](mailto:carolinebonham@telus.net)

250-417-9343



## Movie Review

### The Fall Guy

**Release date:** May 3, 2024 (Canada)

**Director:** David Leitch

**Box office:** \$71.2 million

**Distributed by:** Universal Pictures

**Based on:** The Fall Guy; by Glen A. Larson

**Music by:** Dominic Lewis

"The Fall Guy" catapults viewers into the adrenaline-fueled world of Hollywood stunts and suspense, offering a thrilling ride that keeps audiences on the edge of their seats from start to finish. Directed by the talented David Leitch and inspired by the classic television series of the same name, this action-packed film delivers a captivating blend of mystery, intrigue, and heart-pounding excitement.

The story follows Colt Seavers (played by a charismatic lead actor), a seasoned stuntman who retired from the business after a harrowing accident. However, Colt's quiet life is disrupted when the lead actor of a major studio production mysteriously vanishes, prompting Colt to step back into the spotlight and unravel the

sinister web of deception surrounding the disappearance.

David Leitch's direction shines as he expertly navigates the film's high-octane action sequences and intricate plot twists. From breathtaking car chases to heart-stopping stunt sequences, "The Fall Guy" pays homage to the golden age of Hollywood stunts while infusing the story with a modern edge.

The cast delivers standout performances, with the lead actor embodying Colt Seavers' rugged charm and unwavering determination. Supporting performances add depth to the narrative, each character contributing to the film's suspenseful atmosphere and palpable sense of urgency.

Dominic Lewis's musical score enhances the film's intensity, heightening pivotal moments and elevating the overall cinematic experience. The combination of dynamic visuals, gripping storytelling,



and a powerful soundtrack makes "The Fall Guy" a must-watch for action aficionados and fans of thrilling mysteries.

While the film's plot may tread familiar ground in the action genre, its execution is undeniably entertaining and engaging. Viewers are treated to a rollercoaster ride of suspense and excitement, culminating in a climactic finale that delivers both emotional resonance and pulse-pounding thrills.

In conclusion, "The Fall Guy" is a gripping action thriller that pays homage to classic Hollywood while offering a fresh and exhilarating cinematic experience. With its charismatic performances, adrenaline-pumping action, and compelling narrative, this film is sure to leave audiences craving more. Strap in for a wild ride and prepare to be dazzled by the spectacle of "The Fall Guy."

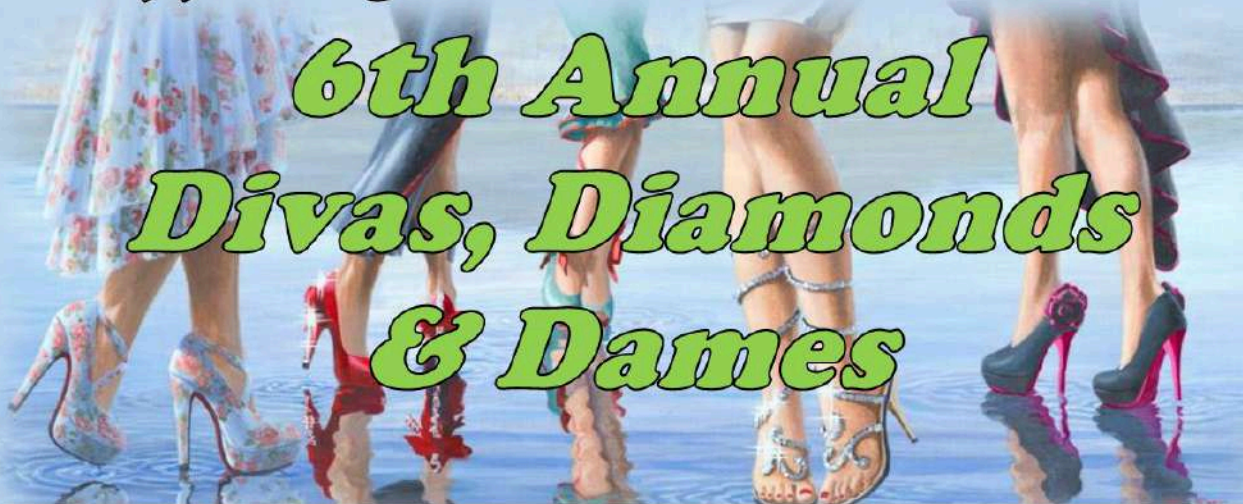
Rating: 8/10  
 Recommended for: Action movie

enthusiasts, fans of mystery thrillers, and anyone looking for a thrilling escape into the world of Hollywood stunts and intrigue.

Experience the heart-stopping excitement of "The Fall Guy" and witness Colt Seavers' daring journey through a world where danger lurks behind every corner. This action-packed film is a testament to the enduring appeal of adrenaline-fueled storytelling and cinematic spectacle.

***Supporting the Mark Creek Lions Club***

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



**SO MUCH DANCING FUN LADIES!**

**Women 19+ / CASH ONLY EVENT (No ATM on Site)**

**Door Prizes, Entertainment & Raffles \* Live Fashion Show Auction!**

**Semi-Formal—No Jeans—Let's get dressed up!**

**Walking Appetizers all Evening \* Midnight Soup & Bun \* Chocolate Fountain**

**For more information or to reserve tickets, please call or text  
event coordinator "JJ" at 250-427-0473**

**LIKE OUR FACEBOOK PAGE: "DIVAS, DIAMONDS & DAMES"**

**\*\*TICKETS AVAILABLE AT\*\***

**TWO J'S CAFÉ, OUR PLACE OR BEAN TREE, Kimberley, B.C.**

**Saturday, April 27th**

**CENTENNIAL HALL, Kimberley**

**6:00 PM - \$50/ticket**

**Entertainment by: Ray's Music**



**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](mailto:MovingMountainsHypnotherapy@gmail.com)



Lasting Memories & Big Laughs!





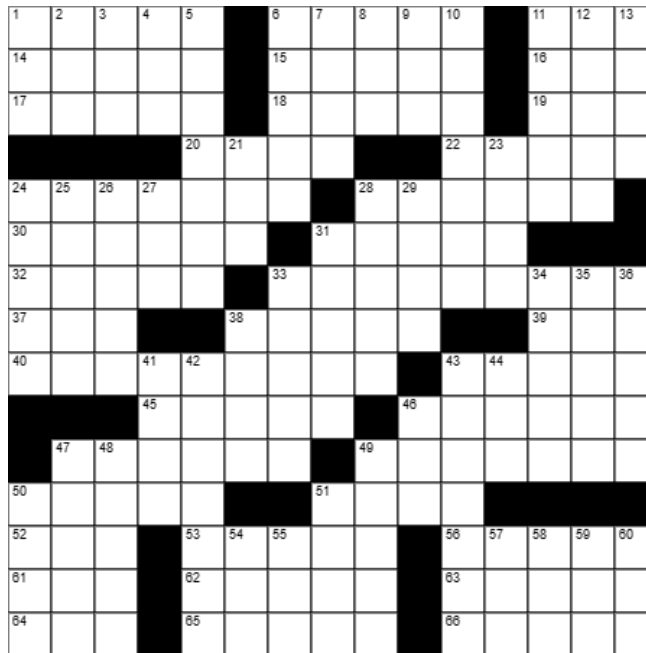
[www.CuteColoringPagesForKids.com](http://www.CuteColoringPagesForKids.com)



# A LITTLE FUN

## Across

1- Turkish title; 6- Doc; 11- Cry of discovery; 14- Preminger et al.; 15- Notre Dame's Fighting \_\_\_; 16- \_\_\_ King Cole; 17- Springs; 18- Polynesian porch; 19- Brian of rock music; 20- Angers; 22- Home run king Hank; 24- Letter opener; 28- Dwarfed tree; 30- Familiar with; 31- Pennies; 32- Kett and James; 33- Eradicate; 37- 1980's movie starring Bo Derek and Dudley Moore; 38- Unaccompanied; 39- Hosp. staffers; 40- Examining carefully; 43- Company emblems; 45- Having wings; 46- Memorandum; 47- River in a Strauss waltz; 49- Ten plus five; 50- Fertile area in a desert; 51- Not punctual; 52- Collection agcy.; 53- Fortuneteller's card; 56- Newly made; 61- \_\_\_-Foy, Quebec; 62- Put into law; 63- Loosen; 64- Body shop fig.; 65- Hazardous; 66- Wears well;



## Down

1- Campaign pro; 2- Thanks, I already \_\_\_; 3- RR stop; 4- Short flight; 5- Aids; 6- Distance runner; 7- Chapters of history; 8- Cacophony; 9- This \_\_\_ test; 10- Dry red table wine of Italy; 11- The end of \_\_\_; 12- Capital of Vietnam; 13- Like \_\_\_ of bricks; 21- \_\_\_ de Janeiro; 23- Org.; 24- Songs for two; 25- Lauder of cosmetics; 26- Big name in insurance; 27- Old vitamin bottle abbr.; 28- Existence; 29- Treater's words; 31- Duplicate; 33- Best of the best; 34- Dispute; 35- Govt. security; 36- German industrial city; 38- Pequod captain; 41- Rajah's wife; 42- Group of stars; 43- Animated; 44- Thunder Bay's prov.; 46- Cambridge sch.; 47- Pub game; 48- Item having exchange value; 49- Containing lard; 50- Seine tributary; 51- Device for securing; 54- Black cuckoo; 55- Dorm overseers, for short; 57- Genetic material; 58- UFO crew; 59- Canine command; 60- For \_\_\_ a jolly...;

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

