

Justin Sain
PHOTO CREDIT

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

**THE HO-OPONONO
 MANTRA**

Practical Application of the Ho'oponono Mantra. Ho'oponono roughly translates to "to make things right" or "to make things balance."

**STAYING HYDRATED
 DURING SUMMER
 ACTIVITIES**

As the summer sun beckons us outdoors for thrilling adventures and recreational pursuits, it's crucial to prioritize our health and well-being by staying hydrated.

**PET-FRIENDLY PATIOS IN
 THE COLUMBIA VALLEY**

Looking for the perfect spot to enjoy a meal or a drink with your furry companion in the Columbia Valley? You're in luck!

**EXPLORING COLUMBIA
 VALLEY WITH TRAVEL
 COLUMBIA VALLEY**

At the heart of the breathtaking Columbia Valley lies an organization dedicated to showcasing the region's natural wonders and vibrant community spirit: Travel Columbia Valley.

Justin Spilly
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As June rolls in, so does the warm weather and the promise of summer adventures. However, with the rising temperatures also comes the risk of wildfires. We urge everyone to stay vigilant and adhere to local fire bans to prevent the spread of wildfires in our beautiful valley.

Additionally, as the sun shines brighter, don't forget to slather on sunscreen and stay hydrated. Drinking plenty of water and taking breaks in the shade can help prevent heat stroke and keep you feeling refreshed throughout the day.

June also marks the beginning of a season filled with exciting events and activities. From outdoor concerts to community festivals, there are plenty of free and low-cost events happening throughout the summer months. Take advantage of these opportunities to connect with your community and make lasting memories with friends and family.

We want to express our gratitude to all the wonderful individuals who have contributed

guest submissions to the Valley Voice. Your insights, stories, and perspectives enrich our publication and contribute to the vibrant tapestry of our community. Thank you for sharing your talents and voices with us.

And of course, we are immensely thankful for our dedicated readers who support us week after week. Your enthusiasm and engagement inspire us to continue delivering content that informs, entertains, and uplifts our community. We appreciate each and every one of you.

As we embark on the summer months ahead, we encourage you to keep submitting content, whether it's articles, photos, or event listings. Your contributions help make the Valley Voice a true reflection of our community's spirit and vitality.

Stay safe, stay hydrated, and enjoy all the wonders that summer has to offer.

The VV

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- Assist with adoption events
- Plan our Marketing Events
- Transportation to the Vet
- Board Members

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As the sun-kissed days of summer beckon, many of us find ourselves seeking refuge from the heat in the cool embrace of lakes and rivers.

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.facebook.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca

SUBMIT CONTENT

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

NEXT EDITION July 3, 2024

SUBMISSION DEADLINE July 2, 2024

WE NEED

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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.

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We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

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Justin Sain
PHOTO CREDIT



10 Fun Summer Activities

IN THE COLUMBIA VALLEY, BC

As the warm summer months approach, the Columbia Valley transforms into a playground of outdoor adventures and recreational opportunities.

From breathtaking hikes to adrenaline-pumping water sports, there's something for everyone to enjoy in this picturesque region of British Columbia. Whether you're a thrill-seeker, nature lover, or simply looking to unwind and soak up the sun, here are 10 must-try activities to make the most of your summer in the Columbia Valley.

1. **Explore Lake Windermere:** Dive into the refreshing waters of Lake Windermere, one of the largest lakes in the Columbia Valley. Whether you prefer swimming, kayaking, paddleboarding, or simply lounging on the beach, Lake Windermere offers endless aquatic adventures for all ages.

2. **Hit the Trails:** Lace up your hiking boots and explore the vast network of trails that crisscross the Columbia Valley. From leisurely strolls along scenic lakeside paths to challenging hikes in the rugged backcountry,

there's a trail for every skill level and interest.

3. **Tee Off at a Championship Golf Course:** With several world-class golf courses dotting the landscape, the Columbia Valley is a golfer's paradise. Tee off against breathtaking mountain backdrops and lush fairways at courses like the Copper Point Golf Club and Eagle Ranch Resort.

4. **Soar Above the Valley:** Experience the thrill of paragliding or hang gliding and take in panoramic views of the Columbia Valley from above. Local outfitters offer tandem flights and lessons for adventurers of all experience levels.

5. **Go Whitewater Rafting:** Feel the rush of adrenaline as you navigate the exhilarating rapids of the Kootenay River on a whitewater rafting adventure. With experienced guides leading the way, you'll paddle through stunning river canyons and

experience the thrill of whitewater rafting firsthand.

6. Visit Hot Springs: Relax and rejuvenate in the natural hot springs that dot the Columbia Valley. Whether you prefer the rustic charm of Lussier Hot Springs or the modern amenities of Fairmont Hot Springs Resort, a soothing soak in these mineral-rich waters is the perfect way to unwind after a day of adventure.

7. Explore Columbia Lake: Head to Columbia Lake, the headwaters of the Columbia River, for a day of boating, fishing, or picnicking along its scenic shores. With its pristine waters and unspoiled natural beauty, Columbia Lake offers a tranquil escape from the hustle and bustle of everyday life.

8. Attend a Summer Festival: Immerse yourself in the vibrant local culture by attending one of the many summer festivals and events held throughout the Columbia Valley. From music festivals and farmers' markets to art exhibitions and cultural celebrations, there's always something exciting happening in the valley.

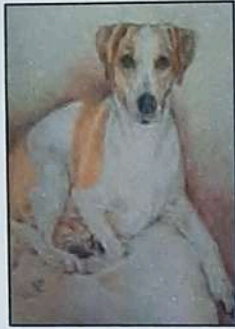
9. Go Wildlife Watching: Keep your eyes peeled for wildlife as you explore the Columbia Valley's diverse ecosystems. From majestic elk and deer to elusive bears and eagles, the valley is home to an abundance of fascinating wildlife waiting to be discovered.

10. Enjoy a Scenic Drive: Take a leisurely drive along the scenic highways and byways of the Columbia Valley and soak in the breathtaking views at every turn. From the iconic Kootenay National Park to the picturesque towns of Radium Hot Springs and Invermere, there's no shortage of stunning vistas to behold.

No matter if you seek excitement, adventure and thrills or you prefer to kick back, relax and take it easy, there is no shortage of summer fun for everyone in the Columbia Valley. You can be sure you are in for an unforgettable time in this mountain paradise.

Cat Hovestad
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The Ho-oponopono Mantra

PRACTICAL APPLICATION OF THE HO'OPONOPONO MANTRA

The Ho'oponopono Words of the 4-phrase Hawaiian Forgiveness and Healing Mantra, taught by Dr. Ihaleakala Hew Len, a renowned therapist at the Hawaii State Hospital.

Ho'oponopono roughly translates to "to make things right" or "to make things balance." The Ho'oponopono practice has its roots in ancient Hawaiian culture and is widely recognized as a powerful personal and spiritual growth tool today.

The Ho'oponopono Mantra in 4 simple steps or phrases:

- 1: I'm Sorry
- 2: Please Forgive Me
- 3: Thank You
- 4: I Love You

I'm Sorry, Please Forgive Me

This mantra encourages self-forgiveness and responsibility for internal issues stemming from beliefs, thoughts, or inherited memories. It seeks Divine assistance in addressing problems like anger, fear, addiction, or weight struggles. When facing conflicts with others, it prompts introspection on what might be triggering these issues. For example, if

you're frustrated by recurring challenges in managing your weight, addiction, or emotions, reciting this mantra helps you seek Divine forgiveness and acknowledge the internal factors contributing to your struggle.

Understanding that our memories are shared means recognizing that what we see in others reflects something within ourselves, prompting us to address and resolve these aspects through cleansing. This principle, central to Ho'oponopono, entails taking full responsibility for everything in our lives, including what we notice in others, and actively influencing our reality rather than passively accepting circumstances. By owning and nurturing these aspects within ourselves, we heal personally and contribute to collective healing, as cleansing ourselves extends to others, creating a ripple effect of positive change.

Thank You

Expressing gratitude, whether simply by saying "thank you" or elaborating with "Thank you for erasing this belief; thank you for removing negativity and limitations from my mind and body," is vital. Deeply feeling this gratitude is crucial. The Ho'oponopono Mantra, "I Love You, I'm Sorry, Please Forgive Me, Thank You," serves as a powerful tool for cleansing internal programs that block experiencing pure love and limitless states. By expressing gratitude, we show appreciation and faith that the problem will be resolved for the highest good of all involved.

I Love You

Saying "I love you" to the Divine cleanses and unblocks stagnant energies, allowing a miraculous experience of the present moment and reconnecting you with pure love. This phrase is the key to healing yourself and promoting love for all aspects of life, even challenging ones. When faced with recurring memories causing problems, silently express love to them, freeing yourself and these memories. Repeating "I love you" quietly and regularly is effective in addressing underlying issues, even preemptively. It's a simple yet powerful practice that is applicable before any activity, encouraging a proactive approach to problem-solving.

These four phrases, "I'm sorry, please forgive me, thank you, I love you," hold immense power. They represent repentance, forgiveness, transmutation, and gratitude. You can say these phrases aloud or silently, "I'm sorry, please forgive me, thank you, I love you," in any order that feels right, but feeling them deeply brings quicker results. Repeat them as much as you'd like; the more, the better, as there's much to cleanse.

Making this a regular mental practice will eventually become a habit, leading to continuous cleansing and gradually disappearing your problems. Trust in divine guidance may inspire specific actions. If unsure, use the healing phrases to clear confusion until you know what steps to take. This practice isn't just for personal benefit; it also spreads to others. Once cleansed,

take action confidently and watch positive changes unfold.

Warning: This story may cause uncontrollable smirks and raised eyebrows. Proceed with a sense of humour, caution and a pinch of salt. It's important to approach any spiritual or religious practice critically and prioritize one's well-being and freedom by taking responsibility for one's thoughts, emotions, and actions. If a practice resonates with you, consider it and respond accordingly.

**Ho'oponopono -
The Four Mantras:**

Ho'oponopono is about taking responsibility for everything that affects your state of being. It's the art of acceptance, forgiveness, and cleansing of the energies that you attract into your life.

I'm Sorry:

When you say "I'm sorry", you are recognizing and accepting responsibility for the actions, thoughts, and emotions that have caused conflict to manifest into your reality.

Please Forgive Me:


The words "please forgive me" are said as a request to make amends with your higher self and the universe alike.

Thank You:

"Thank you" is the opportunity to show gratitude to your higher self as well as the universe for allowing your negative thoughts, actions, and emotions to be cleared.

I Love You:

"I love you" can be emitted out to the universe (God, source energy etc) as a form of gratitude. When you use the words in this way you are saying "I love you for allowing me this earth experience"


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Spring Garden Party

June 13th 3pm-5pm

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Staying Safe During Fawning Season

As spring unfolds and nature bursts into life, fawning season arrives, bringing with it an influx of adorable newborn deer.

While encountering these delicate fawns can be a delightful experience, it's important to remember that their presence also comes with certain risks. To ensure the safety of both humans and wildlife during fawning season, here are some essential tips for navigating encounters with these precious creatures.

Keep Your Distance: When you come across a fawn in the wild, resist the urge to approach or touch it. While they may appear helpless and in need of assistance, fawns are usually left alone by their mothers for extended periods as part of their natural behavior. Interfering with this process can cause unnecessary stress and potentially harm the fawn's chances of survival.

Watch for Signs of Distress: If you encounter a fawn that appears injured, distressed, or abandoned, observe from a safe distance for a period of time before taking action. In many cases, the fawn's mother may be nearby, waiting for humans to leave before returning to care for her offspring. However, if you notice persistent signs of distress or injury, contact local wildlife authorities for guidance on how to proceed.

Keep Pets Leashed: If you're out walking with your furry friends during fawning season, it's essential to keep them securely leashed at all times. Even well-behaved dogs can pose a

threat to vulnerable fawns, and a chance encounter can quickly escalate into a dangerous situation. By keeping your pets under control, you can help minimize the risk of unintended wildlife interactions.

Be Vigilant on the Roads: Fawning season coincides with increased deer activity, making roads and highways more hazardous for both drivers and wildlife. Exercise caution when driving in areas known to be frequented by deer, especially during dawn and dusk when they are most active. Keep an eye out for deer crossing signs, and reduce your speed to give yourself ample time to react to any unexpected encounters.

Educate Yourself: Take the time to learn about deer behavior and ecology to better understand their needs and how to coexist peacefully with these magnificent creatures. By educating yourself and others about fawning season and proper wildlife etiquette, you can help ensure the safety and well-being of both humans and deer alike.

By following these simple guidelines, you can help promote a safe and harmonious environment for all inhabitants of the wilderness during fawning season. Together, we can appreciate the beauty of nature while respecting the delicate balance of life in the wild.

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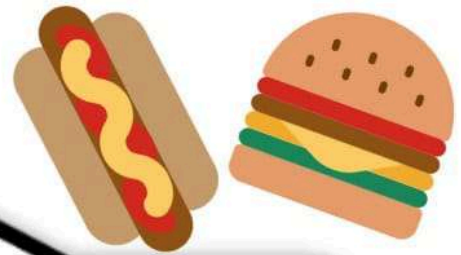
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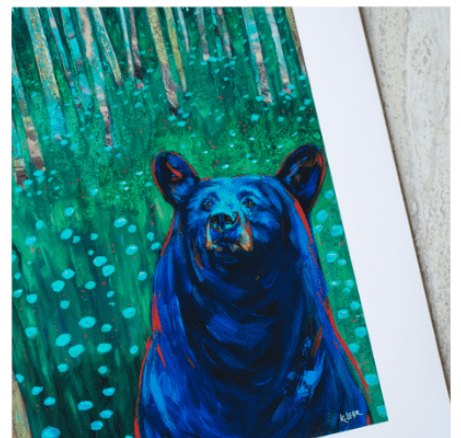


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VALLEY PROMOTIONS

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Tim Richards

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Hosted by DJ Dancin' Dave



TASTE OF SUMMER

Here are 4 shots/cocktails for Summer Barbecues!

WATERMELON MOJITO SHOT

Ingredients:

1. 2 oz watermelon juice
2. 1 oz white rum
3. 1/2 oz fresh lime juice
4. 1/2 oz simple syrup
5. Fresh mint leaves

Instructions:

1. Muddle a few mint leaves in the bottom of a shot glass.
2. Add watermelon juice, white rum, lime juice, and simple syrup.
3. Stir well to combine.
4. Garnish with a mint sprig and a small watermelon wedge.

TEQUILA SUNRISE SHOT

Ingredients:

1. 1 oz tequila
2. 1/2 oz grenadine
3. 1/2 oz orange juice

Instructions:

1. Fill a shot glass halfway with tequila.
2. Slowly pour grenadine over the back of a spoon to create a layered effect.
3. Top with orange juice.
4. Serve immediately.



PINEAPPLE UPSIDE-DOWN CAKE SHOT:

Ingredients:

1. 1 oz vanilla vodka
2. 1/2 oz pineapple juice
3. 1/2 oz grenadine

Instructions:

1. In a shot glass, pour vanilla vodka and pineapple juice.
2. Carefully pour grenadine over the back of a spoon to create a layered effect.
3. Serve chilled.

FROZEN STRAWBERRY MARGARITA SHOT

Ingredients:

1. 1 oz silver tequila
2. 1 oz triple sec
3. 1 oz lime juice
4. 1 oz strawberry puree
5. Ice

Instructions:

1. In a blender, combine tequila, triple sec, lime juice, strawberry puree, and a handful of ice.
2. Blend until smooth.
3. Pour into shot glasses and serve immediately.
4. Optional: Rim the shot glasses with salt before pouring for a classic margarita twist.



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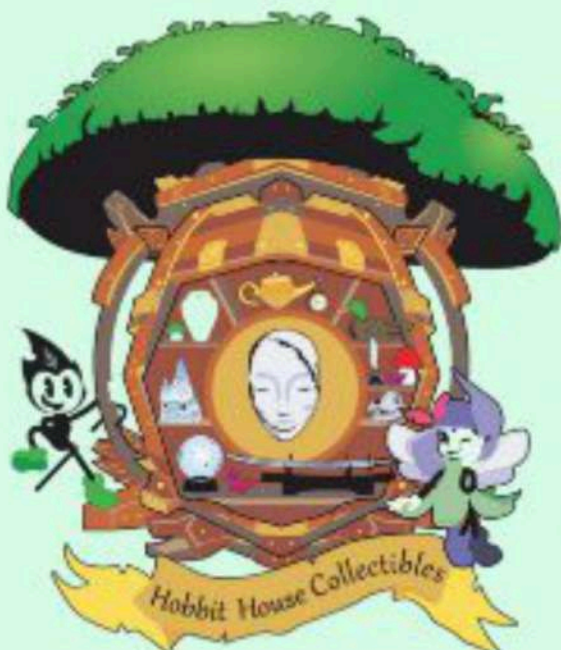
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PHOTO CREDIT

Staying Hydrated During Summer Activities



ESSENTIAL TIPS FOR HEALTH AND SAFETY

As the summer sun beckons us outdoors for thrilling adventures and recreational pursuits, it's crucial to prioritize our health and well-being by staying hydrated. Join us as we explore the importance of staying hydrated during summer activities and uncover essential tips to ensure optimal hydration for a safe and enjoyable summer season.

Understanding the Importance of Hydration:

Proper hydration is essential for maintaining overall health and well-being, particularly during the hot summer months when the risk of dehydration is heightened. Water plays a vital role in regulating body temperature, lubricating joints, aiding digestion, and transporting nutrients throughout the body. Dehydration occurs when the body loses more fluids than it takes in, leading to a range of adverse effects, including fatigue, dizziness, headaches, and even heat-related illnesses such as heat exhaustion and heatstroke. By staying hydrated, we can support our body's vital functions and reduce the risk of dehydration-related

complications during summer activities.

Exploring the Impact of Summer Activities on Hydration:

Summer activities such as hiking, biking, swimming, and outdoor sports can increase the body's fluid loss through sweating and increased respiratory rate. Additionally, exposure to high temperatures and prolonged sun exposure can further exacerbate fluid loss, putting individuals at greater risk of dehydration. Whether you're exploring nature trails, lounging by the pool, or engaging in intense physical exertion, it's essential to replenish lost fluids regularly to maintain hydration levels and prevent dehydration.

Tips for Staying Hydrated During Summer Activities:

Drink Plenty of Water:

Make it a habit to drink water regularly throughout the day, especially before, during, and after engaging in summer activities. Carry a reusable water bottle with you to ensure easy access to hydration wherever you go.

Hydrate Before Exercising:

Drink water or electrolyte-rich beverages before starting your summer workout or outdoor adventure to ensure proper hydration and electrolyte balance.

Monitor Urine Color:

Check the color of your urine to gauge your hydration status. Pale or light-colored urine indicates adequate hydration, while dark-colored urine may signal dehydration.

Eat Hydrating Foods:

Incorporate hydrating foods such as fruits (e.g., watermelon, oranges) and vegetables (e.g., cucumber, lettuce) into your summer diet to boost your fluid intake and replenish electrolytes.

Avoid Excessive Alcohol and Caffeine:

Limit your consumption of alcoholic and caffeinated beverages, as they can contribute to dehydration. Opt for water or electrolyte-rich drinks instead.

Take Breaks in the Shade:

When engaging in outdoor activities, take regular breaks in shaded areas to rest, cool down, and hydrate.

Wear Lightweight, Breathable Clothing: Choose lightweight, breathable clothing made from moisture-wicking fabrics to help keep your body cool and minimize sweating during summer activities.

Staying hydrated during summer activities is essential for maintaining health, preventing dehydration, and ensuring a safe and enjoyable outdoor experience. By following the tips outlined above and prioritizing hydration, you can support your body's needs and stay healthy and hydrated throughout the summer season. Remember to listen to your body, stay vigilant for signs of dehydration, and take proactive

measures to replenish lost fluids regularly. With proper hydration, you can stay energized, focused, and ready to embrace all the adventures that summer has to offer. Join us at CRCS in promoting hydration awareness and empowering individuals to stay healthy and hydrated during their summer activities.

[Giorgio Trovato on Unsplash](#)
PHOTO CREDIT



Originally posted on

<https://cranbrookarc.ca/>

Upcoming Events

WASA, MOYIE & KIKOMUN
BC PARKS

DISCOVER PARKS PRESENTS: July 2024 FREE PROGRAMING!

June 27-June 30

MOYIE

Celebrate Canada Day!

Join us for a fun filled weekend celebrating Canada's Birthday. A Canada Pride Bike Parade, Sand Castle Competition, local history walks and much more. You may even meet BC Parks Mascot Jerry the Moose himself!

July 04-07

WASA

Local History Week

Here we focus on the rich history we have in the Columbia Valley. Hunt for our famous trilobite fossils, learn about the Ktunaxa, or the Wildhorse Gold Rush and Fort Steele. There are so many stories to tell!

July 11-14

MOYIE

Enchanted Forests

Discover the magic and wonder of BC Forests. Fun and Fantasy collides with fishing for facts as we delve into the mystical world of Moyie's enchanted forests. Tread lightly, Fairies, Gnomes and Elves are said to gather here...

July 18-21

KIKOMUN

BC Parks Weekend; Campers vs Wild!

Help celebrate BC Parks Day. We Honor our legendary BC Parks through survival themed activities. Also a Sandcastle building competition judged by BC Parks mascot Jerry the Moose!

July 25-28

MOYIE

Earth Warriors

This week we are going green! Join us for a variety of games, crafts and activities introducing ideas that see children build lifelong sustainable habits to help protect our Parks and the Earth!

For more information about our programs and schedules please visit:

www.discoverparks.ca



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VALLEY PROMOTIONS

Upcoming Events

WASA, MOYIE & KIKOMUN
BC PARKS

DISCOVER PARKS PRESENTS:

August 2024 FREE PROGRAMING!

Aug 01-04

WASA

Drama-O-Rama

This long weekend we are on a star search. Get ready to showcase your skills in the 'Wasa Lake has Talent' show! Also a Sandcastle building competition celebrating Aug long weekend. Judged by BC Parks mascot Jerry the Moose!

Aug 08-11

KIKOMUN

Turtles, Turtles, Turtles

Did you know Kikomun Park has the highest concentration of Western Painted Turtles in BC? Have fun with us learning about the Western Painted Turtle, an endangered species at risk.

Aug 15-18

MOYIE

Nature Scientists

It's time to explore Earth Sciences like Geology, Palentology, and more. Search for and identify gems and minerals. Learn about Fossils and go on a Trilobite hunt. Maybe we can find Gold in dem der hills!

Aug 22-25

WASA

Wild about Wildlife

There is nothing better than enjoying the beautiful and fasinating wildlife living in our BC Parks. Find out more about Bear safety, or Learn to Fish with BC Fisheries and so much more....

For more information about our programs and schedules please visit:

www.discoverparks.ca



Discover Parks
Ambassadors





PET-FRIENDLY PATIOS IN THE COLUMBIA VALLEY

Looking for the perfect spot to enjoy a meal or a drink with your furry companion in the Columbia Valley? You're in luck!

You'll find a variety of pet-friendly patios where you and your pup can relax and delight in some outdoor dining. From sunny patios to all-season spots, here are some top picks for pet-friendly patios in the Columbia Valley.

Patios In Radium Hot Springs

Radium Brewing

Radium Brewing boasts an especially sunny patio, making it an ideal spot to soak up that Columbia Valley sunshine. This welcoming brewery allows you to bring in food from nearby eateries like Wildside Pizzeria, or Conrad Kain's so you can enjoy your favorite local bites while sipping on a Purcell Pilsner, looking out at the Purcell Mountain range. The relaxed atmosphere and friendly staff make sure both you and your pet feel right at home.

Big Horn Cafe

Big Horn Cafe offers a warm and welcoming atmosphere, perfect for both you and your furry friend. Enjoy a delicious cup of 49th Parallel coffee, a light snack, or a hearty lunch while relaxing on their pet-friendly patio along Main Street in Radium Hot Springs. Take advantage of the free Wi-Fi and open space to work, or browse their boutique featuring locally crafted food items and artwork by local artists.

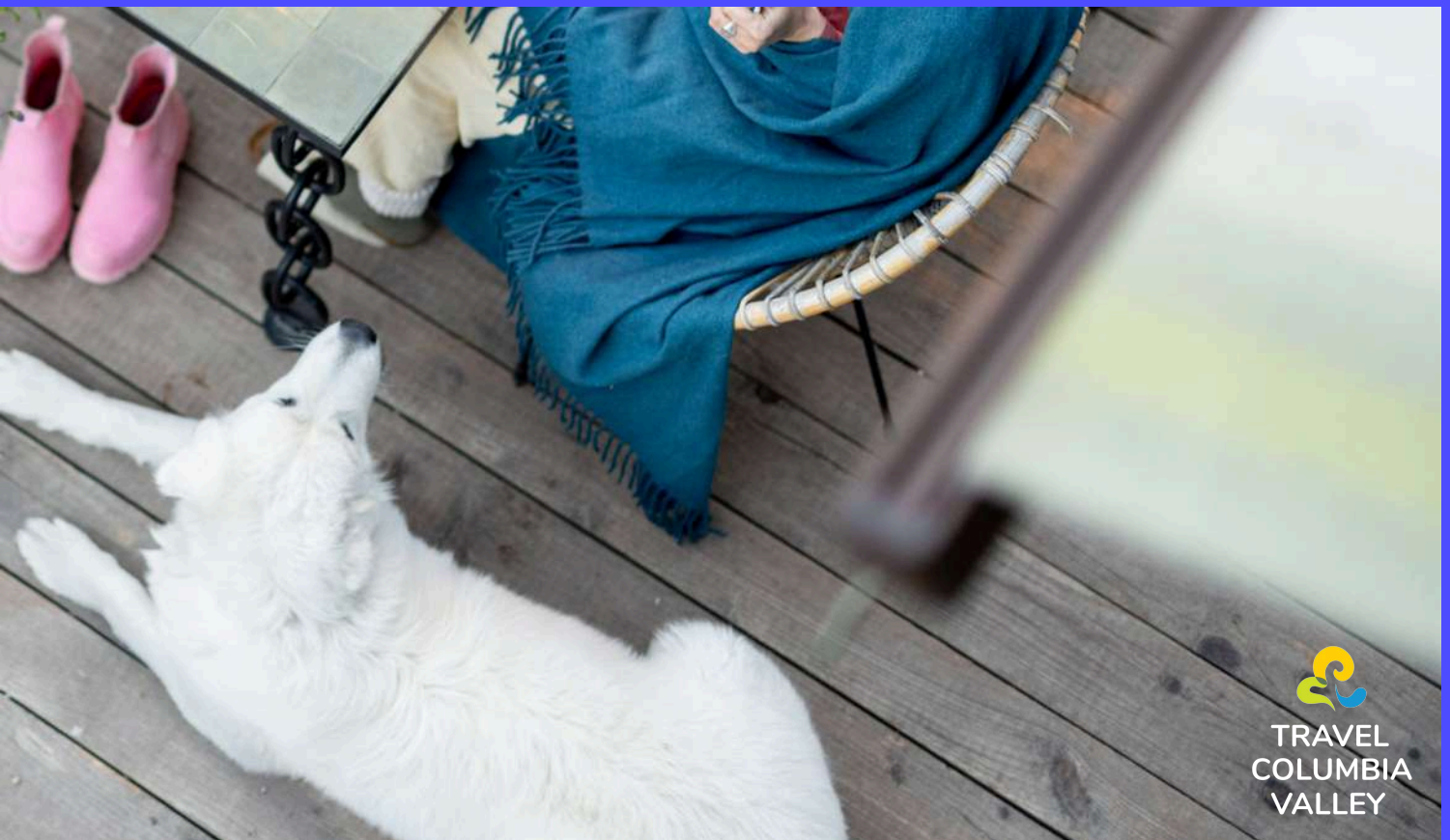
The Snack Bar

Located along Main Street in Radium Hot Springs, The Snack Bar is a must-visit for street food lovers and pets alike. Known for their authentic Quebec poutine, Wild Pacific Cod fish & chips, and Nathan's Famous hot dogs, The Snack Bar offers authentic food that's perfect for a grab-and-go meal. Their pet-friendly outdoor patio provides a welcoming space for you and your pet to relax and enjoy a tasty treat in downtown Radium. Whether you're a staying in Radium or just passing through, The Snack Bar is a delightful stop for you and your four-legged companion.

Patios In Invermere

ULLR Bar

Known as "Asgarden," the mythical patio at Ullr Bar is a vibrant and pet-friendly space for good food and good company. Famous for their handcrafted cocktails made with freshly squeezed ingredients, homemade shrubs and syrups, Ullr Bar offers a drink and food selection that's simply too extensive and amazing to list here. Relax and explore their menu while your furry friend lounges comfortably on the lawn.



Arrowhead Brewing Company

Step back in time at Arrowhead Brewing Company's 1950s Gastown taproom, featuring an all-season dog-friendly patio. With at least 12 beers on tap, including 2 or 3 seasonal brews, there's often something new to try. Arrowhead Brewery prides itself on craft brewing with only natural ingredients and mountain spring water, free from additives or preservatives.

Smokehouse 93

Located just off Highway 93 near Invermere, Smokehouse 93 is known for their daily-made, slow-smoked BBQ, complete with house-made BBQ sauces. Enjoy a hearty meal on the outdoor patio with a BC craft beer from their selection. Whether you're looking for spot to sit in the sunshine or a quick bite to go, Smokehouse 93 is a must-visit spot for BBQ fans and their four-legged friends.

Rocky River Grill

Family-owned and locally operated, the Rocky River Grill has become a favorite for both locals and visitors in the Columbia Valley. Known for their extensive burger menu, as well as delicious salads and eggs benedict, Rocky River Grill is the kind of restaurant with something for everyone. Enjoy a meal on their pet-friendly patio during

the warmer seasons, where your furry friend can relax by your side.

Stolen Church Gelato & Coffee

Located in downtown Invermere, Stolen Church Gelato & Coffee offers a delightful outdoor pet-friendly patio. Specializing in fresh-roasted coffee and house-made gelato, this family-owned micro coffee roastery and gelateria prides itself on freshness and quality. Enjoy a wide variety of flavors with over 50 gelato options, including their classics like Cookies n Cream, Pistachio, Salted Caramel, and Raspberry Cheesecake or try one of the always-changing seasonal flavours.

BONUS: The Radium Visitor Information Centre

While not a patio, we do love it when you bring your pets by to visit! Stop in to discover Radium Hot Springs and the Columbia Valley—peruse the interpretive displays to learn about the local Indigenous peoples, geography, history, and wildlife. We're here to offer suggestions, directions, and provide information on all of the best sights to see, things to do, places for you and your pet to stay. Not to mention, we're always ready with water bowls and dog treats—so come say hi!

Originally posted on

travelcolumbiavalley.com

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.


256-342-6416
publiclibrary@invermere.net
invermere.bc.libraries.coop



A PEAKS GYMNASTICS PRESENTATION

EMPOWERED

CV CENTRE
JUNE 14th
4:00 DINNER / 6:00 SHOW
TICKETS ON SALE MAY 21st @ PEAKS
TICKETS \$20



ʔAKISQNUK CELEBRATES

PRIDE

WE ARE EXCITED TO SUPPORT THE COLUMBIA VALLEY PRIDE FESTIVAL!




PLEASE JOIN US AND BE SURE TO STOP BY THE HEALTH + WELLNESS TEAM'S BOOTH!

JUNE 15, 2024
1:00-4:00 PM
Pothole Park | Invermere BC

INVASIVE SPECIES

PUT YOUR DOG'S NOSE TO WORK

JUNE 18TH
6:30 - 8:00 PM




JOIN **MORAG TURNBULL** AND **DAVE ZENDER** AND INCREASE YOUR STEWARDSHIP AND CARE OF OUR ENVIRONMENT.

Invermere Dog Park - 4340 Toby Creek Rd
Members \$15, Non-members \$25

[HTTPS://GROUNDSWELNETWORK.CA/EVENTS](https://groundswellnetwork.ca/events)




19 June 7:30pm

Firefighter fundraiser
Trivia Night!
\$10/PLAYER
MAX. 6 PLAYERS/TEAM




LET'S SEND 2 LOCAL VOLUNTEER FIREFIGHTERS TO HELP LEAD CAMP IGNITE: A FIREFIGHTING EXPERIENCE IN CRESTON FOR GRADE 11 & 12 GIRLS!



WINNING TEAM WINS A SWEET PRIZE PACK!



VALLEY PROMOTIONS



June is National Adopt a Shelter Cat Month



ADOPTION RATES ARE REDUCED BY \$50 IN JUNE

Age 1-7 years old, is reduced to \$100
Age 7 and up is reduced to \$25

Please consider adopting one of our beautiful cats who would love their forever loving home. View all our adoptable cats at www.icanbc.com/companions/adoptables/

ICAN is open Tues-Sat from 11-3pm....
Come visit us!



Pet of the Week



Featured On: 

Sponsored By: 

IAN

Personality: Ian is an amazing guy, so friendly and approximately 3-5 years of age. He likes his pets, brushes, treats and lots of love...

DOB: 2020 (approx.)
Health: Excellent, neutered & vaccinated
Diet: Regular wet food and adult kibble

Adopt today at:
www.icanbc.com

Open Tues-Sat from 11-3pm
Email: info@icanbc.com



Exploring the Beauty of Columbia Valley

with Travel Columbia Valley

At the heart of the breathtaking Columbia Valley lies an organization dedicated to showcasing the region's natural wonders and vibrant community spirit: Travel Columbia Valley.

Mission and Vision

Travel Columbia Valley is more than just a tourism agency; it's a passionate advocate for the diverse experiences and attractions that make our valley a destination like no other. With a mission to inspire exploration and celebrate the rich tapestry of our region, Travel Columbia Valley invites visitors and locals alike to discover the endless possibilities that await them here.

Community Engagement

One of the most commendable aspects of Travel Columbia Valley is its unwavering commitment to community engagement. By

collaborating with local businesses, organizations, and residents, Travel Columbia Valley plays a vital role in supporting the economic vitality of our region while preserving its natural and cultural heritage.

Comprehensive Resources

Whether you're a first-time visitor or a seasoned local looking for new adventures, Travel Columbia Valley provides a wealth of resources to help you make the most of your time in our valley. From informative guides and maps to curated itineraries and event listings, their website serves as a valuable hub for planning your next Columbia Valley adventure.

Promoting Sustainability

Travel Columbia Valley recognizes the importance of responsible tourism and sustainable practices in preserving our valley for future generations. Through initiatives focused on environmental stewardship and community resilience, they strive to ensure that the beauty and integrity of our natural landscapes remain intact for years to come.

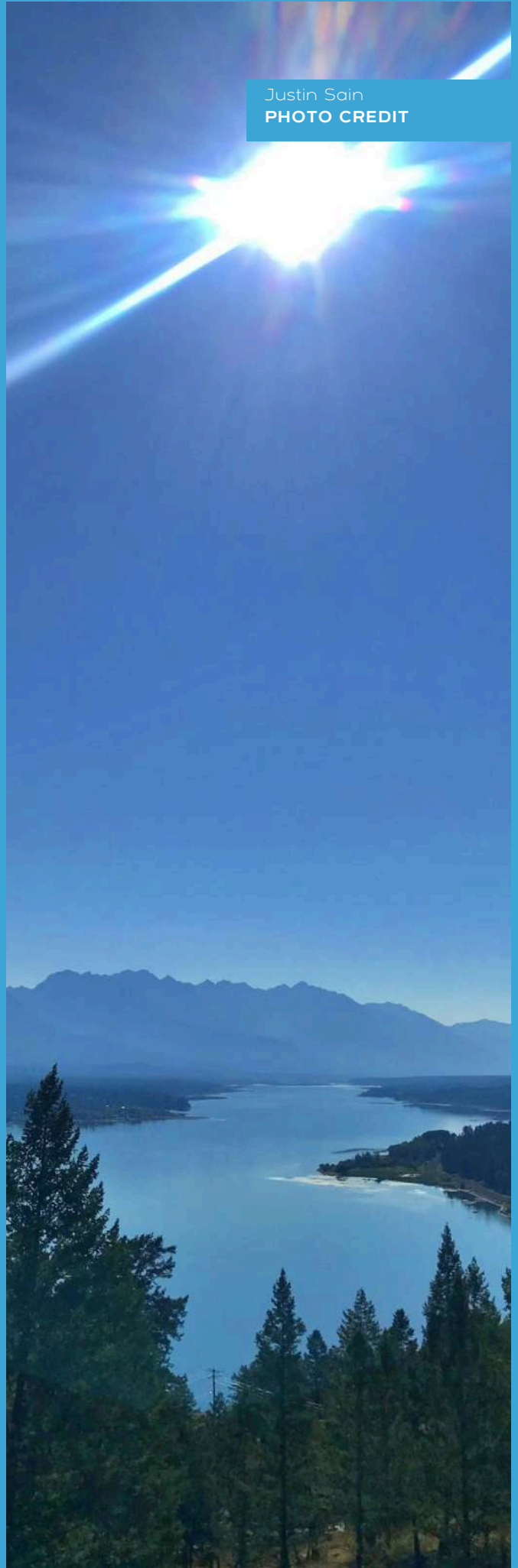
Celebrating Diversity

From the towering peaks of the Purcell Mountains to the tranquil shores of Lake Windermere, the Columbia Valley offers a diverse array of experiences for visitors to enjoy. Travel Columbia Valley celebrates this diversity by showcasing the unique attractions, activities, and cultural offerings that make our valley a dynamic and welcoming destination for all.

Travel Columbia Valley is a beacon of hospitality, adventure, and community spirit in our beloved valley. As volunteers of Valley Voices, we wholeheartedly commend their efforts to promote and preserve the beauty of the Columbia Valley, and we encourage visitors and locals alike to explore all that our region has to offer with the help of Travel Columbia Valley.



TRAVEL COLUMBIA VALLEY



Justin Scin
PHOTO CREDIT



DAY CAMP

GUESTS AND NON-GUESTS WELCOME!

INCLUDES: MINI GOLF. NATURE WALK. CRAFTS & SNACK FROM SNAK SHAK!

KIDS

AGES 5-12 YRS \$40


**EVERY WEDNESDAY!
JULY 3 - AUG 28
9:00AM-1:00PM**

REGISTER ON OUR WEBSITE!


RidgeView Resort
www.ridgeviewresort.ca

FULLY SUPERVISED


VALLEY PROMOTIONS




PANCAKE BREAKFAST

Pakisq̓nuk First Nation invites everyone to a **FREE** pancake breakfast for Pride!

WHEN: SATURDAY, JUNE 15TH | 9:00 - 11:00 AM
LOCATION: #625 4TH STREET INVERMERE B.C



COLUMBIA VALLEY
PRIDE



EKR CORRAL ANNUAL BBQ

Join us Friday, June 14th for a BBQ in support of the Spirit of the Rockies Festival

BURGER CHIPS & POP \$10

25 10th Avenue South
11:30am - 1:30pm





HARDCORE PARKOUR SUMMER JUMP-OFF

**LOCATED @ KICKING HORSE GYMNASTICS CLUB
907 10TH STREET NORTH
GOLDEN, BRITISH COLUMBIA
V0A 1H2**

JUNE 29TH 2024

REGISTRATION IS FOR ANYONE BEGINNERS OR ADVANCED AGE GROUPS 4-5-6-8-9-11-12-14 OR 15+
SCHEDULE:

- 10:30-11:30AM: AGES 4-5 MINI PARKOUR COURSE (AWARDS AT 11:30AM)
- 11:30AM-1:00PM: SKILL PRELIMINARY ROUNDS FOR ALL AGES
- 11:30AM-12:00PM: WARM-UP AND COURSE EXPLANATION
- 12:00PM-12:30PM: AGES 11- SKILL PRELIMS
- 12:30PM-1:00PM: AGES 12- SKILL PRELIMS
- 1:00-2:00PM: SKILL FINALS FOR ALL
- 1:00PM-1:15PM: COURSE EXPLANATION
- 1:15PM-2:00PM: SKILL FINALS
- 2:00-2:15PM: LUNCH BREAK
- 2:15-4:00PM: AGES 6-11 SPEED COMPETITION
- 4:00-5:15PM: AGES 12-15+ SPEED COMPETITION
- 5:15-5:45PM: AWARDS CEREMONY (WOMEN'S AND OPEN CATEGORIES)

REGISTRATION: \$40
 COMPETITION FEE \$5 TO VIEW

CONCESSION OPEN FROM 11:30AM-1:30PM (ALL FUNDRAISING GOES TOWARD MORE PARKOUR EQUIPMENT)



To Register go to <https://hardcoreparkour.usetopscore.com/> or for any more information Email and E-transfer to coachlisaparkour@gmail.com



ElectroRecycle 

SMALL APPLIANCE & POWER TOOL RECYCLING EVENT

For an Accepted Products List visit ElectroRecycle.ca

Recycle 400+ types of small appliances, power tools, & electric yard equipment for **FREE!**

15th June | Invermere
10AM - 2PM | 709 10th Street, Invermere

Please note, computers, printers, TVs, & gas-powered products NOT ACCEPTED.

Dive into Safety: Essential Tips for Swimming and Beach Safety



As the sun-kissed days of summer beckon, many of us find ourselves drawn to the allure of the water, seeking refuge from the heat in the cool embrace of lakes, rivers, and oceans.

While swimming and beach activities offer endless opportunities for fun and relaxation, it's crucial to prioritize safety to ensure a day of enjoyment without unexpected mishaps. Here are some essential tips to keep in mind for swimming and beach safety:

1. Know Your Environment:

Before diving in, take a moment to familiarize yourself with the surroundings. Be aware of any potential hazards such as strong currents, underwater obstacles, or hazardous marine life. Pay attention to warning signs and heed the advice of lifeguards or local authorities.

2. Swim Near Lifeguard Stations:

Whenever possible, choose swimming

areas that are supervised by lifeguards. Lifeguards are trained to respond quickly in the event of an emergency and can provide assistance and guidance to swimmers in distress.

3. Buddy Up:

Swimming with a buddy is not only more enjoyable but also safer. Always swim with a companion, and keep an eye on each other while in the water. If one person gets into trouble, the other can provide assistance or seek help if necessary.

4. Respect Your Limits:

Know your swimming abilities and avoid pushing yourself beyond your limits. If you're not a confident swimmer, stick to shallow waters or areas with lifeguard



supervision. Avoid swimming in rough conditions or strong currents if you're not experienced in handling them.

5. Stay Hydrated:

Spending time in the sun and water can lead to dehydration, so be sure to drink plenty of fluids throughout the day. Bring water with you to the beach and take regular breaks to rehydrate, especially if you're engaging in physical activity.

6. Use Sun Protection:

Protect your skin from the sun's harmful rays by wearing sunscreen with a high SPF rating, and reapply it regularly, especially after swimming. Wear a wide-brimmed hat, sunglasses, and lightweight clothing to shield yourself from the sun's glare and heat.

7. Be Prepared for Emergencies:

Carry a basic first aid kit with you,

including items such as bandages, antiseptic wipes, and a CPR mask. Familiarize yourself with basic water rescue techniques, such as reaching or throwing assistance to someone in trouble, but avoid entering the water yourself unless trained to do so.

By following these essential tips for swimming and beach safety, you can enjoy a day of fun in the sun with peace of mind, knowing that you're taking the necessary precautions to stay safe. Whether you're swimming in a calm lake, frolicking in the waves at the beach, or simply lounging by the water's edge, prioritizing safety ensures that your aquatic adventures remain enjoyable for everyone involved.

Storytime



with



Ktunaxa Kinbasket Child & Family Service Society



at the Radium Public Library
on Wednesday, June 12th at 11:30am

Join us for stories,
songs and a
craft with a special
guest from
KKCFSS!



*Geared toward preschool ages
but all ages are welcome!



Ktunaxa Kinbasket
Child & Family
Service Society



VALLEY PROMOTIONS

Edgewater
SUMMER
Daze Parade!

MOSURE FAMILY HORSE DRAWN
CARRAIGE LEADING!
RIDE A HORSE/BIKE,/SCOOTER
PULL A WAGON, OR WALK!
EVERYONE WELCOME!

FRIDAY JUNE 28 2024 3-6 PM

Decorate/Dressup, win a Prize!

4858 Cordillera Ave (Edgewater Legion)

Parade Line Up 3:45pm

FREE Hotdogs, Chips, & Juice to follow
Facepainting! FREE Icecream!
Parade route map coming soon!, SPECTATORS wanted!

Columbia Basin **trust**

MAQUILLAGE
FACE PAINTING
Stephanie

Legion Edgewater Branch #189

Made with PosterMyWall.com



Gamer's Corner

Game Review: V Rising

Developer: Stunlock Studios
Platforms: PC
Release Date: TBA
Genre: Action RPG

V Rising, the latest creation from Stunlock Studios, transports players to a dark and mysterious world filled with vampires, mythical creatures, and treacherous landscapes. As an immortal vampire awakening from centuries of slumber, players must navigate through this open-world action RPG, forging alliances, battling enemies, and ultimately ascending to become the most powerful vampire lord.

Gameplay:

The gameplay of V Rising seamlessly combines elements of survival, exploration, and strategy. From the moment players emerge into the world, they are faced with a multitude of choices: Will you hunt for blood to sustain your immortal existence? Will you build a fortress to defend against rival vampire covens? Or will you explore ancient ruins in search of powerful artifacts and arcane knowledge? The choices are yours to make, and each decision shapes the destiny of your vampire empire.

Features:

Open-World Exploration: V Rising boasts a vast and immersive open world, ripe for exploration. From dense forests to desolate wastelands, each region is teeming with secrets waiting to be uncovered.

Base Building: Construct and customize your own fortress, fortifying it with traps, defenses, and minions to protect against rival vampires and other dangers lurking in the shadows.

Dynamic Day-Night Cycle: Embrace the darkness of night to unleash your

[VRising Facebook](#)
PHOTO CREDIT



V RISING

AVAILABLE NOW



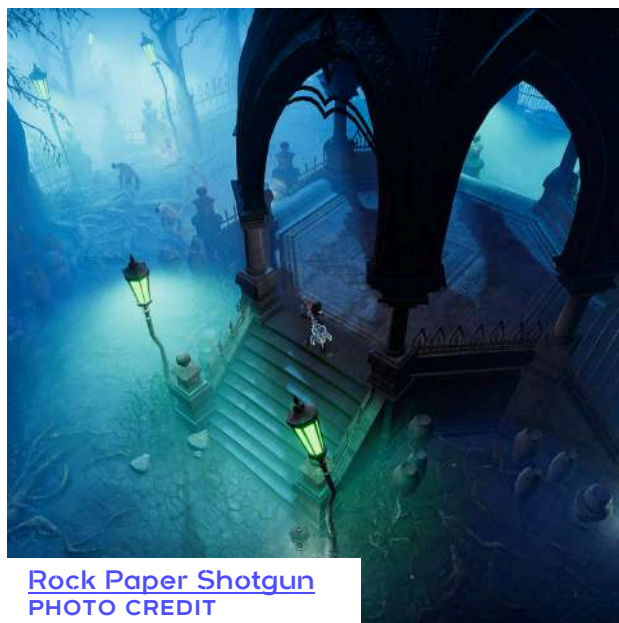
vampiric powers, but beware the light of day, which weakens your abilities and exposes you to mortal danger.

Character Progression: As you gain experience and hone your skills, customize your vampire's abilities to suit your playstyle, from mastering the art of stealth and seduction to unleashing devastating magical attacks.

Multiplayer Interaction: Join forces with other players to form alliances, conquer territories, and compete for dominance in the unforgiving world of V Rising.

Graphics and Sound: Visually stunning and atmospherically rich, V Rising immerses players in a dark and hauntingly beautiful world. From the eerie glow of moonlit forests to the ominous silhouette of towering castles, every detail is meticulously crafted to evoke a sense of dread and wonder. Accompanied by a haunting musical score and immersive sound design, the audiovisual experience of V Rising is truly captivating.

V Rising is a captivating and ambitious addition to the action RPG genre, offering players an expansive world to explore, challenges to overcome, and the opportunity to embrace their inner vampire lord. With its compelling gameplay mechanics, immersive world-building, and dynamic multiplayer features, V Rising is sure to leave a lasting impression on fans of the undead and adventurers alike.



[Rock Paper Shotgun](#)
PHOTO CREDIT

**KINSMEN
CANADA DAY
FIREWORKS
JUNE 30 AT MIDNIGHT**

**FIREWORKS LAUNCH BELOW THE EDDIE MOUNTAIN MEMORIAL ARENA IN INVERMERE
ONCE THE TRAINS ARE SAFELY THROUGH. THANKS TO CPR FOR THE USE OF THEIR PROPERTY**

FIREWORKS OVER LAKE WINDERMERE PHOTO BY BRAM ROSSMAN

**IF YOU ENJOY THE FIREWORKS, PLEASE DONATE VIA E-TRANSFER TO INVERMEREFIREWORKS@GMAIL.COM
OR MAIL THE KINSMEN CLUB OF WINDERMERE VALLEY BOX 2039 INVERMERE BC V0A 1K0
FOLLOW US ON FACEBOOK @KINSMENCLUBOFWINDERMEREVALLEY**

 **Kin Canada**
Kinsmen Club
of Windermere Valley

 KINSMENWV

 **INVERMERE**
Funded by the Government of Canada
Financé par le gouvernement du Canada

 **INVERMERE
FIRE-RESCUE**

 **Legion**
MARCH 71 WINDERMERE DISTRICT

 **Canada**

VALLEY PROMOTIONS

*Better
Together*

Canada Day Parade



*11:00am, Monday July 1st
Downtown Invermere*

**PARADE VOLUNTEERS
WANTED 9-NOON**

EMAIL:

INVERMERE CANADA DAY PARADE@GMAIL.COM





FURIOSA A MAD MAX SAGA

Movie Review

Furiosa: A Mad Max Saga

Release Date: May 15, 2024
Director: George Miller
Distributed by: Warner Bros. Pictures

"Furiosa: A Mad Max Saga" serves as a prequel to the critically acclaimed "Mad Max: Fury Road," delving deep into the origin story of one of cinema's most iconic characters. Directed by George Miller, the visionary mastermind behind the Mad Max franchise, this action-packed film takes audiences on a thrilling journey through the post-apocalyptic wasteland, exploring the untold backstory of the enigmatic Furiosa.

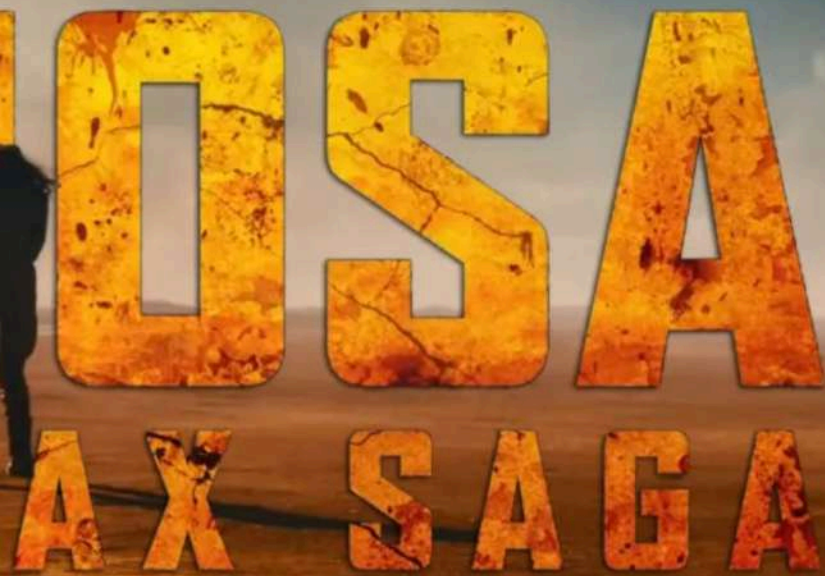
Plot Summary:

Set against the backdrop of a desolate and unforgiving world, "Furiosa" follows the eponymous heroine, played with fierce intensity by Anya Taylor-Joy, as she rises from the ashes of her tragic past to become a symbol of hope and resistance. Born into captivity in the tyrannical Citadel, Furiosa embarks on

a perilous quest for freedom, teaming up with a band of rebels led by the charismatic warrior, Valkyrie, portrayed by Jodie Comer. Together, they must confront the ruthless warlord Immortan Joe, portrayed by Hugh Keays-Byrne, and his army of fanatical followers in a battle for survival and redemption.

Visuals and Action Sequences:

True to the stylistic flair of the Mad Max franchise, "Furiosa" dazzles viewers with its breathtaking visuals and adrenaline-fueled action sequences. From the thundering roar of souped-up vehicles tearing across the barren landscape to the bone-crunching combat choreography, every frame is a testament to George Miller's unparalleled talent for cinematic spectacle. The film's practical effects and practical stunts, combined with stunning cinematography, create an immersive and visceral viewing experience that leaves audiences on the edge of their seats.



Character Development:

Anya Taylor-Joy delivers a tour de force performance as Furiosa, capturing the character's complexity and inner strength with nuance and depth. As the narrative unfolds, we witness Furiosa's evolution from a reluctant survivor to a fearless warrior determined to defy the odds and forge her own destiny. Supported by a talented ensemble cast, including Jodie Comer, Hugh Keays-Byrne, and Charlize Theron in a cameo appearance, the film explores themes of courage, sacrifice, and the enduring power of the human spirit.

"Furiosa: A Mad Max Saga" is a triumph of storytelling and spectacle, delivering a thrilling cinematic experience that pays homage to the beloved Mad Max universe while blazing its own trail. George Miller once again proves himself as a visionary filmmaker, crafting a prequel that is both exhilarating and emotionally resonant. Whether you're a die-hard fan of the

franchise or a newcomer to the wasteland, "Furiosa" is a must-see film that will leave you breathless and hungry for more.

BC'S FAMILY FISHING WEEKEND

**Lake Windermere District Rod & Gun Club
is proud to host**

**25th ANNUAL
Family
Fishing
WEEKEND
JUNE 14-16, 2024**

A celebration of recreational fishing, with community events throughout the province and **FREE** fishing for B.C. Residents. For more information, visit bcfamilyfishing.ca

Saturday, June 15 at Lake Lillian 10 am - 3 pm

BBQ and Fishing - no license required for British Columbia residents. Our boat Captains will take you out fishing with all the gear provided. A great family friendly experience and information about fishing.

Visit our website - lwdrodandgun.com and follow us on Facebook!



VALLEY PROMOTIONS

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

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

Sierra Franklin

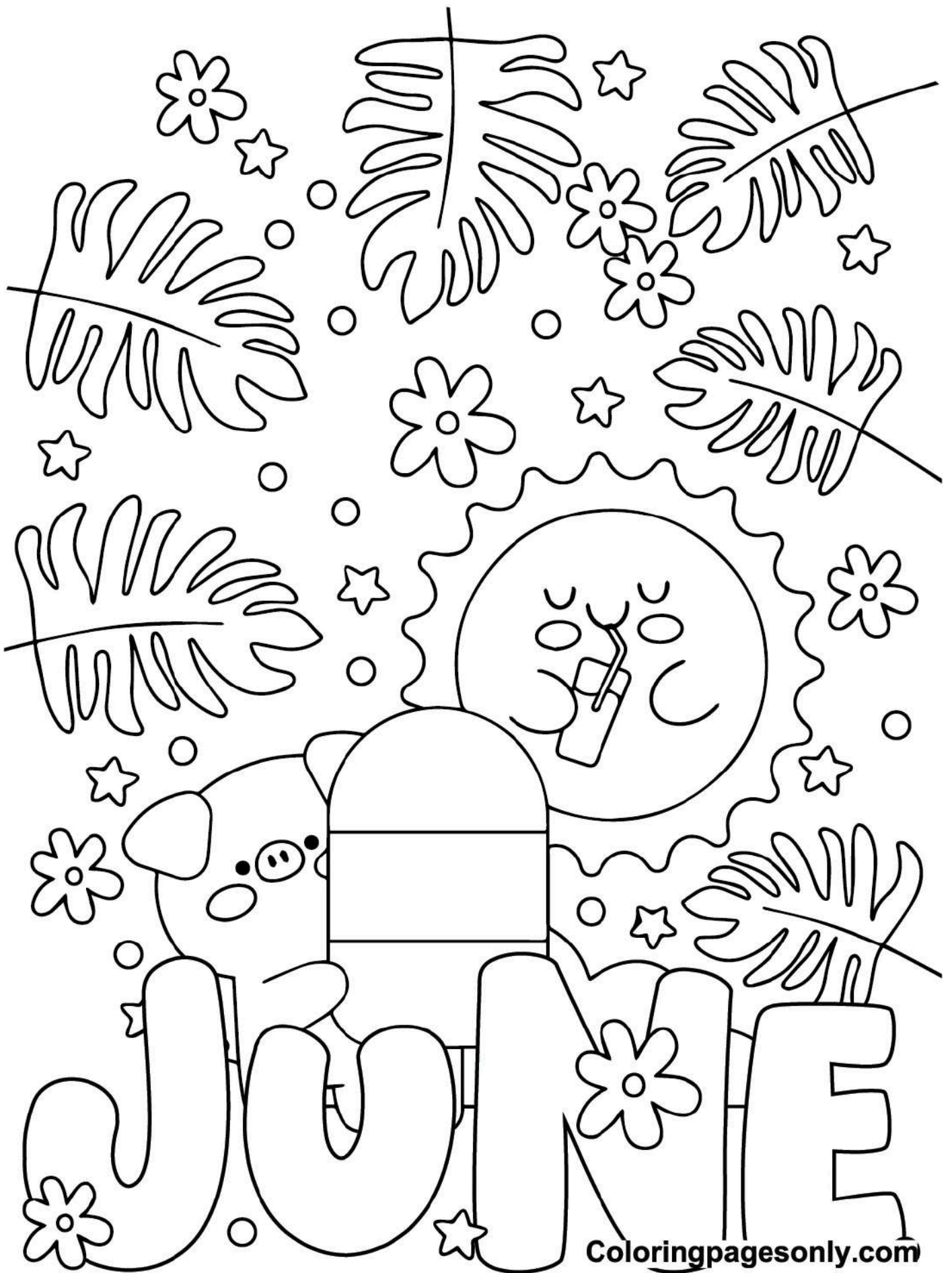
EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



Lasting Memories & Big Laughs!



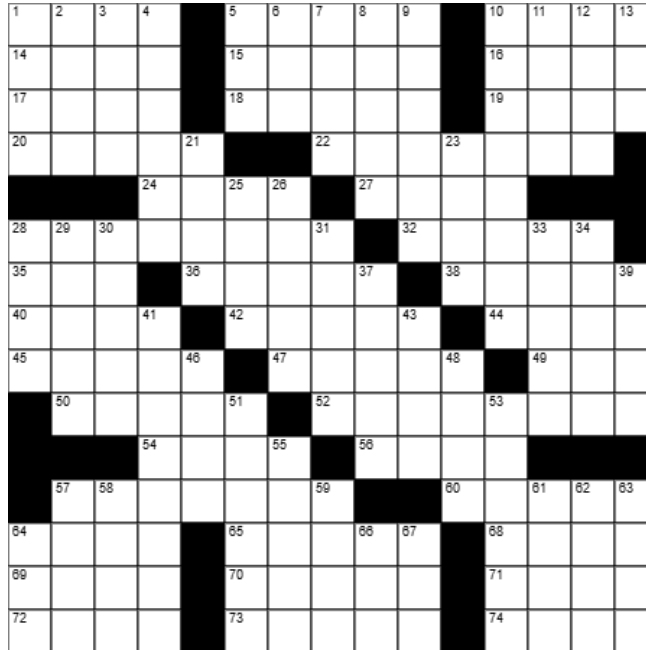




A LITTLE FUN

Across

1- Work up lather; 5- Perch; 10- Sensible; 14- Exxon predecessor; 15- Writer Loos; 16- ___-friendly; 17- Catalog; 18- Affirmatives; 19- Perlman of "Cheers"; 20- Take ___ at (try); 22- Went in; 24- Orchestral heavyweight; 27- Vintner's prefix; 28- Learned persons; 32- Distrust; 35- "Hollywood Squares" win; 36- Lasting a short time; 38- Hagar the Horrible's dog; 40- Comedian Carvey; 42- Lover of Juliet; 44- Woodland animal; 45- View; 47- Name; 49- ___ kwon do; 50- Marriott competitor; 52- Implies; 54- Bugs, clunkers, and rides, e.g.; 56- River to the Moselle; 57- Quarantine; 60- Satan; 64- ___ for All Seasons; 65- Like some vbs.; 68- Give up; 69- Aforementioned; 70- Stressed; 71- ___ yellow ribbon...; 72- Bruins' sch.; 73- Be in a bee; 74- Break sharply;



Down

1- Actress Ward; 2- Medical suffix; 3- Mgr.'s helper; 4- Edible tuber; 5- Narrow beam of light; 6- Any person; 7- Seine tributary; 8- Shorthand taker; 9- Sampled; 10- Encompass; 11- 1975 Wimbledon champ; 12- Call for; 13- Period; 21- Future tulip; 23- Baseballer Slaughter; 25- Roseanne, once; 26- Running wild; 28- Lays the lawn down; 29- Carriage; 30- Bee stuff; 31- Big rigs; 33- Borscht veggies; 34- Rare delight; 37- Unborn child; 39- Very, in Versailles; 41- South American boa; 43- Gymnast Korbut; 46- List finish; 48- Holy smokes!; 51- Characteristics; 53- Puts up; 55- Throat bug; 57- Colorful computer; 58- Travel on water; 59- Fish-eating eagle; 61- Blood vessel; 62- Think tank output; 63- Spring; 64- Tempe sch.; 66- Subj. for immigrants; 67- Toothpaste type;

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



Why do people eat so many hot dogs in the summer?

Because they're be cold dogs in the winter.

