

Jen Bewski

PHOTO CREDIT

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

INTO THE DUST

My Adventure as a First-Time Volunteer at the Rocky Mountain Rally

CELEBRATE ANTI-BOREDOM MONTH: WAYS TO FIGHT THE BOREDOM BUG

July is more than just the height of summer; it's also Anti-Boredom Month—a perfect time to break free from monotony and infuse life with excitement.

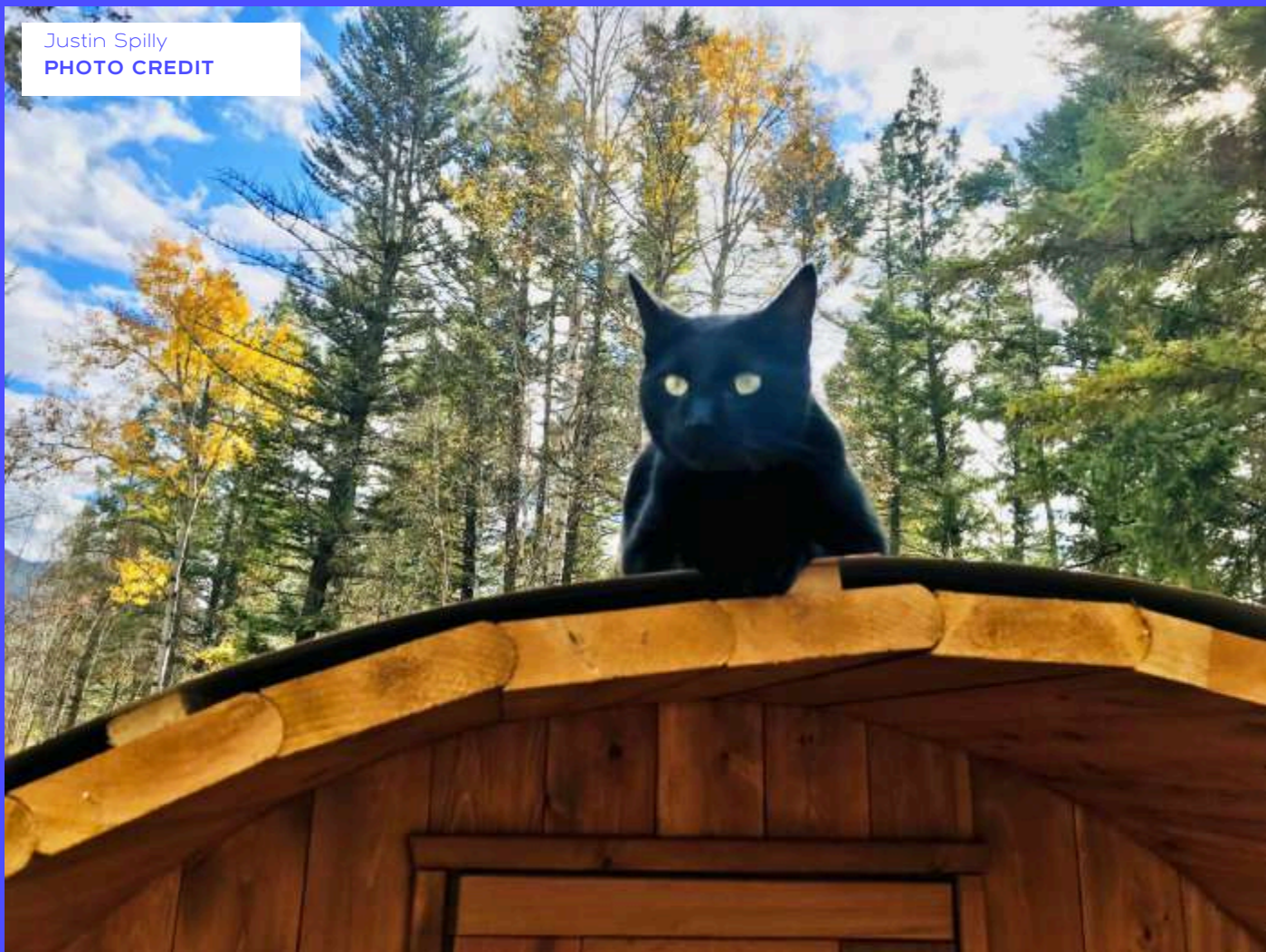
BOATING SAFETY RULES AND REGULATIONS FOR SUMMER ACTIVITIES

As summer rolls in, boating enthusiasts eagerly anticipate the chance to enjoy the open waters.

FRIENDS OF THE RADIUM PUBLIC LIBRARY

Located Radium Hot Springs, the Friends of the Radium Public Library exemplify dedication and passion for fostering literacy and community engagement.

Justin Spilly
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

July brings with it a plethora of exciting events and activities to enjoy in our vibrant community. Whether you're drawn to the bustling farmers markets brimming with fresh produce and local crafts, the soul-stirring melodies of live music under the stars, or the enchanting allure of outdoor movies under the moonlit sky, there's something for everyone to relish this season.

Amidst all the hustle and bustle, we encourage you to seize every opportunity to immerse yourself in these joyful experiences. Embrace the warmth of the sun as you explore our beautiful valley and partake in the festivities that make our community shine. However, as temperatures rise, it's crucial to prioritize your well-being. Stay hydrated, seek shade when needed, and remember to apply sunscreen to safeguard yourself from the summer sun's embrace.

We extend our heartfelt gratitude to all who have contributed their unique perspectives and stories to enrich our publication. Your submissions continue to inspire and educate our readers, fostering a sense of unity and

connection within our community.

To our loyal readers, thank you for your unwavering support and enthusiasm. Your engagement fuels our commitment to delivering content that resonates and uplifts. We invite you to keep sharing your voices, ideas, and stories with us. Your contributions are invaluable in shaping the diverse tapestry of the Valley Voices.

As July unfolds with its promise of warmth and wonder, let's make the most of this vibrant season together. Whether you're exploring new adventures or savoring cherished traditions, may each moment be filled with joy, laughter, and cherished memories.

The VV



TABLE OF CONTENTS

06 INTO THE DUST

My Adventure as a First-Time Volunteer at the Rocky Mountain Rally

14 ARE YOU AWAKE?

Have you ever felt like life is just one big, repetitive loop?

16 CELEBRATE ANTI-BOREDOM MONTH: WAYS TO FIGHT THE BOREDOM BUG

Essential Tips for Health and Safety

26 BOATING SAFETY RULES AND REGULATIONS FOR SUMMER ACTIVITIES

As summer rolls in, boating enthusiasts eagerly anticipate the chance to enjoy the open waters.

32 EXPLORING THE NATURAL GEMS: PROVINCIAL PARKS IN AND AROUND THE VALLEY

As National Parks and Recreation Month unfolds, there's no better time to delve into Columbia Valley's provincial parks.

36 SUPPORTING COMMUNITY ENRICHMENT: FRIENDS OF THE RADIIUM PUBLIC LIBRARY

The Friends of the Radium Public Library exemplify dedication and passion for fostering literacy and community engagement.

HOW ARE WE DOING?

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

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

Send us a note on Facebook or Instagram [@thevoicecv_official](#)

OR

by email to news@thevoiceca.ca

SUBMIT CONTENT

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

NEXT EDITION August 7, 2024

SUBMISSION DEADLINE August 6, 2024

WE NEED

BUSINESS ADS

Any and all businesses, organizations and entrepreneurs are welcome to submit a business ad for free. *Ads must be refreshed periodically. Once an ad is out of date or stale, we will remove it.*

LOCAL PHOTOGRAPHY

Any and all are welcome and encouraged to submit their photos. Credit given when requested. Great way to get your art out to more eyes.

PERSONAL INTEREST

Got something to say? Expert in something? Know how to handle a season with skill? Send it in! We'll edit it only if requested. We'd LOVE to publish your brilliant works.

NEWS

Did you hear about it or see it? We could use your help! Snap a photo and send a blurb/article and we'll make sure it get included.

BECOME A VOLUNTEER!

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

Want to get involved?

Email us at news@thevoicecv.ca

VISIT US ONLINE
thevoicecv.ca

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



PRESENTED BY FISHER PEAK PERFORMING ARTISTS SOCIETY AND BEVERAGE GARDEN BY FISHER PEAK BREWING



SUMMER SOUNDS 2024



DANCING IN THE PARK

ROTARY PARK, CRANBROOK

JULY 4

ROCKINOMIX
BRENT HALLIDAY



JULY 11

BAKER ST. BLUES
UNFAITHFUL SERVANTS



JULY 18

HURRIE BROWN TRIO
LORD KNOWS

RELLA • PAOLINI • ROGERS
LAWYERS

JULY 25

SHRED KELLY
TRENA



AUG 1

ORACLE JONES
ANIE RADISH



AUG 8

BLUES STEEL
TOM BUNGAY



AUG 15

TURTLE VALLEY BAND
VELVET VIXEN

KEY CITY
THEATRE

AUG 24
SATURDAY 4PM

WHITE LIGHTNING BAND
IVAN PALOMARES
CHILI COOK-OFF!

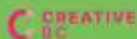


AUG 29

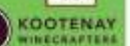
PRETTY FOR THE PEOPLE
HEATHER GEMMELL



SPECIAL THANK YOU TO OUR FUNDERS



AND SPONSORS



Into The Dust

MY ADVENTURE AS A FIRST-TIME VOLUNTEER AT THE ROCKY MOUNTAIN RALLY

The alarm buzzes. It's 5 a.m., and my day as a volunteer at the Rocky Mountain Rally (RMR) is about to begin.

Justin Spilly
PHOTO CREDIT

Groggy but excited, I spring out of bed, pull on my gear, and head out toward the crisp morning air of Invermere for our group meeting. The town is still asleep, but I can feel the energy building. Today marks the opening day of one of the most thrilling events in the rally racing calendar, and I'm about to be a part of it.

The Rocky Mountain Rally, which ran the weekend of June 1st and 2nd, is celebrating its 12th year in Invermere and its 51st year overall. This legendary event kicked off in 1973 in Alberta, but as the cars began to push the province's 130 km speed limit, the organizers found a new home in the scenic and challenging terrains of Invermere.

At the morning briefing, the atmosphere is buzzing with anticipation. Upwards of 100 volunteers have gathered, ready to ensure the smooth running of the rally. We receive instructions, gather supplies, and set off to our scheduled stages. Some volunteers are stationed at road closure sites, others as spectator marshals, and a large majority, myself included, are assigned as time control marshals at the start/finish line. Our mission is to keep the event running like a well-oiled machine.

The drive to our post is an adventure in itself. We weave through the dense forest, the early morning light filtering



through the trees, casting a mystical glow over the rugged terrain. The road is a mix of dirt, rocks, potholes, and gravel, winding through the heart of the wilderness. It's easy to see why this location was chosen; the challenging landscape promises an exhilarating drive for the racers.

When we reach our stage, the sun is climbing, and the day's heat is building. The air is thick with anticipation and the scent of pine. We set up our station, ensuring everything was in place for the long day ahead. My job as a time control marshal is simple but vital: accurately recording each car's start and finish times. The role offers the best seat in the house for the action.

As the first cars roar to life, the stillness of the forest is shattered by the thunderous growl of engines. Dust clouds rise in their wake, adding to the intensity of the moment. Each car, a marvel of engineering and driver skill, tackles the course with a ferocity that leaves me in awe. The drivers,

cocooned in their high-tech machines, are battling not each other but the clock and the unforgiving terrain.

One of the most striking aspects of rally racing is the camaraderie among the participants. Unlike other forms of racing where competitors are often at each other's throats, rally racers share a bond in these challenging conditions. In the service park, between stages, drivers and their teams offer each other support, advice, and even spare parts. It's a community built on mutual respect and shared passion.

As a volunteer, I'm quickly welcomed into this close-knit family. Fellow volunteers swap stories of past rallies, sharing tips and laughter. The amateur radio operators, the unsung heroes of the rally, keep us all connected and ensure the event runs smoothly. Their dedication and expertise are critical, and their calm voices over the radio provide reassurance as the day continues.

Justin Spilly
PHOTO CREDIT



Justin Spilly
PHOTO CREDIT



Day one draws to a close after twelve hours of dust, dirt, and adrenaline. We bid farewell, knowing we'll do it all again tomorrow. Exhausted but exhilarated, I can't help but marvel at the day's events. The RMR is more than just a race; it's a testament to human endurance, engineering prowess, and the unbreakable spirit of community.

As I lay down to rest, my thoughts drift to the racers, now preparing for another grueling day, and my fellow volunteers, who will once again rise before dawn to support this incredible event. The RMR has given me an unforgettable experience that has deepened my appreciation for the sport and the people who make it possible.

For anyone who loves cars, racing, and the thrill of the unknown, volunteering at a rally is an opportunity not to be missed. It's a chance to step off the beaten path, to be a part of something bigger, and to forge memories that will last a lifetime. As I drift off to sleep, I can already hear the engines revving for tomorrow's

adventure, and I can't wait to get back into the dust and excitement.

If you're looking for a weekend filled with heart-pounding action, new friendships, and a front-row seat to one of the most exciting sports on earth, consider volunteering at the next Rocky Mountain Rally. You won't regret it.

Cat Hovestad
PHOTO CREDIT



Cat Hovestad
PHOTO CREDIT



VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



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

JOIN US!

INFO@ICANBC.COM | WWW.ICANBC.COM



Marshmallows & Moonlight



FRIDAY NIGHT GATHERING
JUNE 28 - AUG 30
8:00-10:00PM COURTYARD CAMPFIRE
SOCIALIZING & MARSHMALLOWS!

radium
MUSIC
ON MAIN



Fridays this Summer
MAIN STREET WEST • 6 - 8 PM

FAIRMONT FARMERS MARKET

Sunday
10am - 2pm

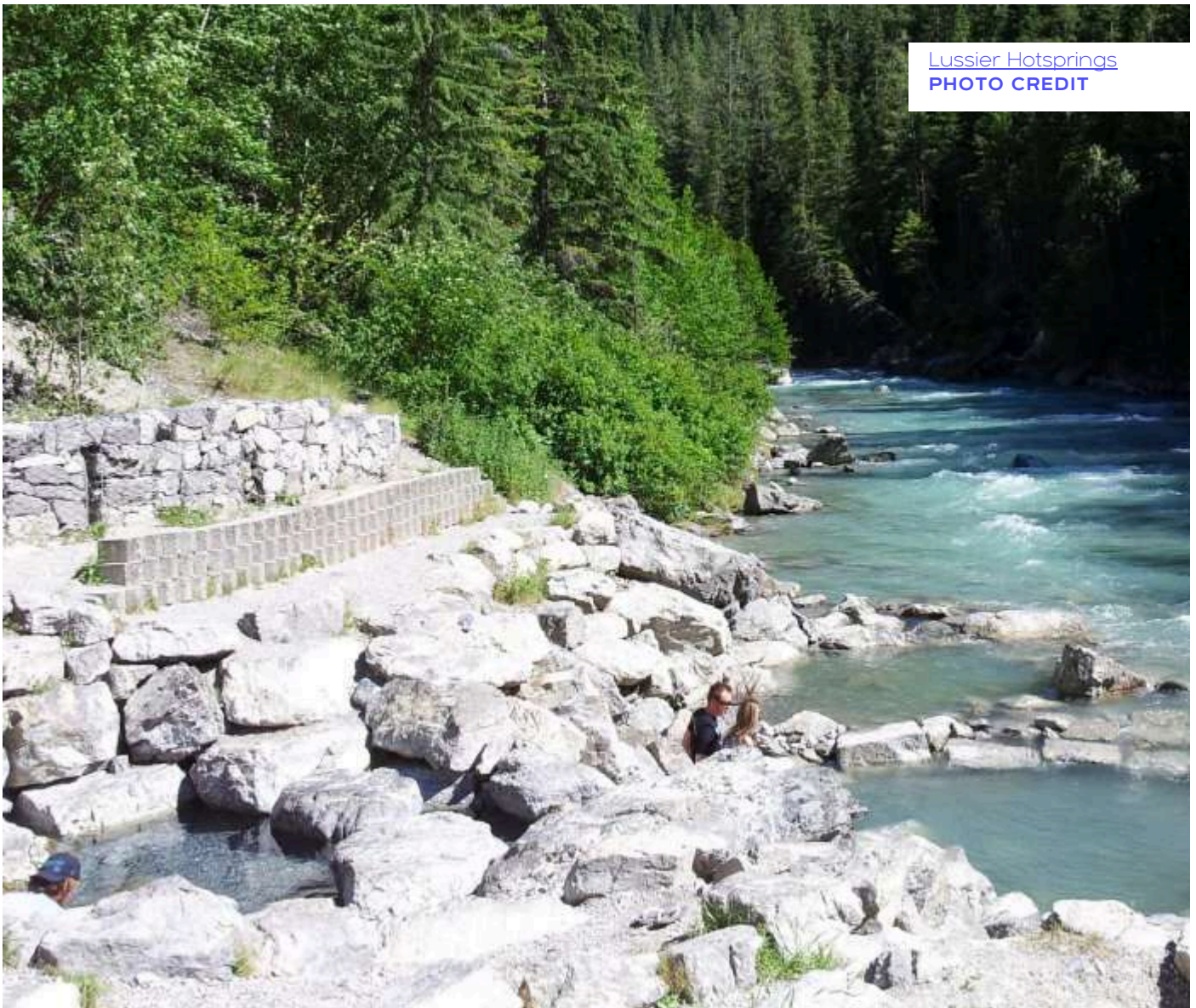
VALLEY PROMOTIONS

*******ATTENTION*******

**LUSSIER HOTSPRINGS @ WHITESWAN
PROVINCIAL PARK IS**

*******CLOSED*******

**DUE TO FALLING ROCKS!!!!
PLEASE STAY OUT!!!
RE-OPENING DATE TO BE DETERMINED.**

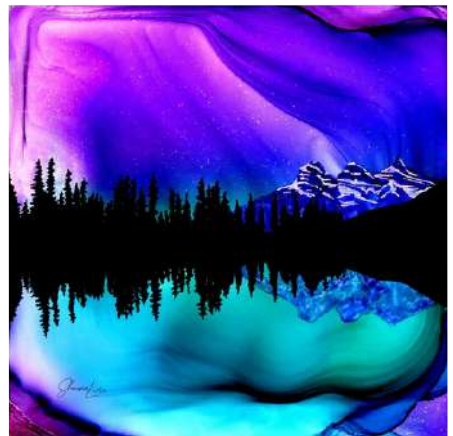


[Lussier Hot Springs](#)
PHOTO CREDIT

VILLAGE ARTS
Art for everyone!



Visit Us At:
1045 7th avenue Invermere
www.instagram.com/village.arts
www.facebook.com/villagearts
www.villagearts.ca



VALLEY PROMOTIONS

Let's fill up the Food Bank, not the Landfill

Downsizing? Items left over from your garage sale? Upgraded and no longer have a use for the used? Drop them off at Treasures in the Wind and know that 25% of the proceeds go to our Food Bank 3 days a week.

Drop off areas at the front and back of store are always open and we accept all gently used items.

**1313 7th ave Invermere
under Valley Hair
in between Invermere Bakery and Spice Hut**



Are You Awake?

Have you ever felt like life is just one big, repetitive loop? It seems like everything around us goes through the same cycles over and over again. From how we live our lives to the cultural trends we follow, a sense of déjà vu saturates our existence. But have you ever stopped to wonder why this is? What's the purpose of all this repetition?

Life is inherently cyclical, an endless loop of existence. We see it everywhere in nature: the changing seasons, the lifecycle of plants and animals, and even our own daily experiences. Birth, growth, decay, and rebirth are the natural order of things. This cycle isn't just limited to biology; it also extends to our culture and society.

Take a look at movies and music today. How often have you seen a "new" film that is a remake of an older one? Songs are frequently covered, remixed, and re-released. Records and record players have made a massive comeback; even fashion trends resurrect every few decades. What was once old becomes new again. Each generation believes it is original, yet it often unknowingly mirrors the past.

The modern hustle and bustle of life can feel like a relentless race. We are constantly busy making a living, paying bills, planning vacations, and acquiring more possessions. We accumulate possessions until we have too many, then pass them on, sell them, or lose them. This cycle of accumulation and disposal raises an important question: What is the point of all this?

We spend so much time rushing from one place to another, rarely stopping to ask why. We're so consumed with this scurrying and hurrying that we often neglect the deeper questions. Why are we here? Where did we come from? What is our purpose, and where are we going after? The search for purpose and these fundamental questions have puzzled humanity for centuries. Yet, in today's life, not many contemplate these mysteries.

Socrates (Greek philosopher, 470 - 399 BC) famously said, "The unexamined life is not worth living." This statement advises us to reflect on our existence to question our routines and the meaning behind our actions. Are we just going through the motions, living day to day without any real sense of purpose?

The idea of living in an endless cycle can feel frustrating. Some suggest that our reality might be a simulation, a concept popularized by free-thinkers, philosophers and scientists alike. Others believe everything is made up of vibration, where our reality is shaped by the frequencies and energies we emit and receive. Most people, however, never challenge any of it, content to accept things as they are. Is this reality, though, worth questioning?

So, how do we break free from this cycle? A good starting point is through introspection. Examining our beliefs, habits, and goals can help us make more conscious choices. Living authentically and aligning our actions with our true values and desires can bring greater fulfillment. Connecting with others, special relationships, hobbies, and community can provide a sense of purpose and belonging.

Being present and mindful in our daily lives allows us to appreciate the moment and make more deliberate decisions. It's about finding joy in the simple things and not always rushing to the next big thing. By slowing down, we can break the cycle of mindless busyness and start living more intentionally rather than reactively.

Life's cyclical nature is both a challenge and an opportunity. While it's easy to get caught up in the repetition, we have the power to break free and live more consciously. By examining our lives, questioning our reality, striving for authenticity, and occasionally stepping off the beaten track, we can create a life rich with purpose and meaning.

The next time you feel trapped in the sameness of your daily routine, take a moment to pause and reflect. Ask yourself: Are you simply going through

the motions, or are you fully awake and engaged with your life? Recognize that the power to choose how you live is entirely in your hands.



2024



JULY

@THE HUB

MOBILE SKATEPARK & BBQ 2-7PM
WEDNESDAYS EDGEWATER
THURSDAYS CANAL FLATS

**SUMMER HOURS:
MON-FRI
2-7PM**

PRIDE & ALLIES MON	COOKING & CRAFT CLUB 3PM TUE	MOBILE SKATEPARK & BBQ EDGEWATER WED	MOBILE SKATEPARK & BBQ CANAL FLATS THU	JAM NIGHT! 5PM FRI
CLOSED I Join us for the Parade 10am Pothole Park	2 COOKING NIGHT	3 IMPROV CLUB 3PM RECYCLE DAY!	4 PAINTING	5 POPCORN & CHILL
8 YOUTH OF THE MONTH MEAL PICK WATER FIGHT	9 BRACELET MAKING	10 IMPROV CLUB 3PM CINNAMON BUNS	11 SUPER SMASH BROS TOURNAMENT	12 WATER FIGHT!
15 YOUTH OF THE MONTH ACTIVITY PICK CINNAMON BUNS	16 COOKING NIGHT	17 IMPROV CLUB 3PM D N D	18 SMOOTHIES & OUTDOOR GAMES	19 SEWING
22 NAME THAT TUNE	23 COOKING NIGHT	24 IMPROV CLUB 3PM	25 NAME THAT TUNE	26 BEACH DAY! MEET @KINSMIN PARK 3PM
29 SEWING	30 COOKING NIGHT	31 IMPROV CLUB 3PM FALL GUYS FRENZY	YOUTH OF THE MONTH: Arsyn!	



Lake Windermere Alliance Church VBS

July 8-12
9am - 12noon

GAMES! STORIES! FOOD!
CRAFTS! MUSIC! FRIENDS!

diving into friendship with God

\$30 / week • Grades K-6
Register at LWAC.ca
vbs@lwac.ca • (250)342-9535
limited spaces available

VALLEY PROMOTIONS



Summit Youth Centre
7th Annual Jail N Bail
Fundraiser

How can I get involved? Call **250-342-3033**
 Email: summit.centre@gmail.com

1. Pick Anyone

*Friends, Teachers,
 Firefighters, Police,
 Business Owners... Anyone*

2. Buy a Warrant

*Raise \$\$\$ with family
 and friends to put
 someone in 'jail'*

OR

3. They go to Jail!

*They must be willing to volunteer to
 go to 'jail' for 10 minutes*

1. Volunteer to be Jailed!

*You will be required to be in 'jail'
 for 10 minutes*

2. Raise Bail

*Ask your friends and family to help
 you raise money by pledging to bail
 you out of 'jail'*

3. Go to Jail!

*Spend your time in 'jail' and get
 bailed out by your friends
 through pledges raised*

www.invermeresummit youthcentre.org

Charitable Registration # 894841154 RR 0002



July is more than just the height of summer; it's also Anti-Boredom Month—a perfect time to break free from monotony and infuse life with excitement.

Whether you're lounging at home or exploring the great outdoors, here are several engaging activities to stave off boredom and make the most of this vibrant season.

Explore Nature's Bounty: Take advantage of the sunny days by immersing yourself in nature. Embark on a hiking trail, visit a nearby beach or lake for a refreshing swim, or simply have a picnic in a local park. Connecting with nature not only rejuvenates the spirit but also provides endless opportunities for adventure.

Try New Recipes: Use your culinary skills to whip up delicious dishes. Experiment with seasonal fruits and vegetables to create refreshing salads, smoothies, or homemade ice creams. Cooking can be a therapeutic and rewarding way to spend your time, plus you get to enjoy the delightful results.

Engage in Creative Pursuits: Unleash your artistic side by picking up a paintbrush, sketching pad, or camera. Whether you're capturing stunning landscapes, painting vibrant abstracts, or crafting DIY home decor, creative activities can spark inspiration and provide a fulfilling outlet for self-expression.

Learn Something New: Challenge

yourself to acquire new knowledge or skills. Dive into a captivating book, enroll in an online course, or explore podcasts on topics that intrigue you. Cultivating intellectual curiosity not only broadens your horizons but also keeps your mind engaged and sharp.

Connect with Loved Ones: Strengthen your bonds with family and friends through meaningful interactions. Organize a game night, host a virtual hangout, or plan a weekend getaway together. Sharing laughter, stories, and experiences fosters a sense of connection and joy.

Volunteer or Give Back: Make a positive impact in your community by volunteering your time or resources to a cause you care about. Whether it's organizing a neighborhood cleanup, helping at a local food bank, or supporting a community event, contributing to the greater good can be immensely rewarding.

This Anti-Boredom Month, embrace the opportunity to break away from routine and infuse your days with excitement and fulfillment. By exploring new interests, connecting with others, and immersing yourself in enriching experiences, you can banish boredom and create lasting memories during this vibrant season of summer.

MOVIES IN THE MOUNTAINS



Presented by the
District of Invermere

**Monday Nights at Dark
Pothole Park
Downtown Invermere
2024**

- Mon July 1- Cool Runnings**
- Mon July 8- Happy Gilmore**
- Mon July 15-Top Gun Maverick**
- Mon July 22-The Call of the Wild**
- Mon July 29-She's All That**
- Mon Aug 5- Migration**
- Mon Aug 12-Soul**
- Mon Aug 19- Hook**
- Mon Aug 26- Elemental**

**Cash Concession Available
events@invermere.net**



Viewer Discretion is Advised.

May contain content that is not suitable for some audiences.

Made with PosterMyWalls.com



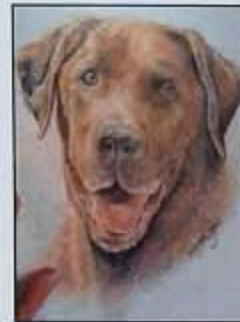
PET

and people

PORTRAITS



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



betty106@telus.net

250 342 5448



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
for more info and link to registration.

Made with PosterMyWall.com



SIZZLING SUMMER SHOTS

These shots/cocktails are not only delicious but also perfect for enjoying the summer vibes in July. Cheers to a delightful and refreshing month!

WATERMELON MARGARITA SHOT

Ingredients:

1. 1 oz silver tequila
2. 1 oz watermelon schnapps
3. 1/2 oz triple sec
4. Fresh lime juice
5. Salt (for rimming, optional)

Instructions:

1. Rim a shot glass with salt (optional).
2. In a shaker, combine tequila, watermelon schnapps, triple sec, and a splash of fresh lime juice.
3. Shake well with ice and strain into the prepared shot glass.
4. Garnish with a small watermelon wedge or lime wheel.

PALOMA SHOT

Ingredients:

1. 1 oz silver tequila
2. 1/2 oz grapefruit juice
3. 1/2 oz lime juice
4. Pinch of salt
5. Club soda

Instructions:

1. Combine tequila, grapefruit juice, lime juice, and a pinch of salt in a shaker with ice.
2. Shake well and strain into a shot glass.
3. Top with a splash of club soda.
4. Garnish with a grapefruit or lime wedge.



FIRECRACKER SHOT

Ingredients:

1. 1 oz vodka
2. 1/2 oz blue curaçao
3. 1/2 oz grenadine

Instructions:

1. Fill a shot glass halfway with vodka.
2. Slowly pour blue curaçao over the back of a spoon to layer it on top of the vodka.
3. Repeat the process with grenadine, layering it on top of the blue curaçao.
4. The layers should create a red, white, and blue effect resembling a firecracker.

PEACH FIZZ SHOT

Ingredients:

1. 1 oz peach schnapps
2. 1/2 oz vodka
3. 1/2 oz lemon juice
4. Club soda

Instructions:

1. Fill a shot glass with peach schnapps and vodka.
2. Add lemon juice and stir gently.
3. Top with a splash of club soda for a fizzy finish.
4. Garnish with a slice of peach or lemon twist.



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

GURU PLUMBING

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

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



Call to find out more
604-227-8104



Visit Our Website
guruplumbing.ca



Hobbit House Collectibles

Web: hobbitousecollectibles.com

John and Marjorie Hague

email John: jhobbitt@shaw.ca

email Marjorie: mhobbitt@shaw.ca

Phone: 250 347-9877

Cell 250 342-1585

8288 Hobbitt Frontage Rd. Hwy 93/95

4 km south of

Radium Hot Springs BC

VALLEY PROMOTIONS

BE PREPARED.



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.



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



HOSPICE SOCIETY
OF THE COLUMBIA VALLEY

Become a Hospice Society Volunteer!

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

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

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

SERVICE YOU CAN COUNT ON



RFE
ALARMS AND SOUND

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

RFEALARMS.COM (250) 342-6549



Saturdays from 9am to 1pm

Lakeview Parkinglot
Downtown Invermere

June 15th to September 14th

www.invermerefarmersmarket.com



INVERMERE

★★  ★★

Farmers & Artists

MARKET



Boating Safety Rules and Regulations for Summer Activities

As summer rolls in, boating enthusiasts eagerly anticipate the chance to enjoy the open waters.

However, it's crucial to remember that safety should always come first. Understanding and following boating safety rules can ensure a fun and incident-free experience for everyone on board. In this comprehensive guide, we will explore the essential boating safety rules and regulations, especially tailored for summer activities.

The Importance of Boating Safety Rules

Boating safety rules are designed to protect everyone on the water. They help prevent accidents, reduce the risk of injury, and ensure that boating remains a safe and enjoyable activity. Following these rules is not just about compliance; it's about safeguarding lives and preserving the beauty of our waterways.

Key Boating Safety Rules

1. Wear a Life Jacket

Every person on board should wear a life jacket at all times. Life jackets are the most important piece of safety equipment on a boat. They can save lives by keeping individuals afloat if they fall overboard or in the event of a capsizing.

2. Understand and Follow Navigation Rules

Boating has its own set of "rules of the road" known as navigation rules. These guidelines dictate how vessels should interact on the water, including who has the right of way, how to overtake another vessel, and how to navigate in crowded areas.

3. Avoid Alcohol Consumption

Operating a boat under the influence of alcohol is illegal and extremely dangerous. Alcohol impairs judgment, balance, and reaction times, increasing the risk of accidents. Boating under the influence (BUI) can lead to severe penalties, including fines and imprisonment.

4. Check Weather Conditions

Always check the weather forecast before heading out. Sudden storms can turn a pleasant day on the water into a hazardous situation. If the weather looks questionable, it's best to stay onshore.

5. Perform Regular Safety Checks

Ensure your boat is in good working condition. Check the engine, fuel levels, batteries, and safety equipment before every trip. Having a well-maintained boat reduces the likelihood of mechanical failures on the water.

6. Carry Essential Safety Equipment

Equip your boat with necessary safety gear such as fire extinguishers, flares, first aid kits, and a VHF radio. These items can be crucial in an emergency situation.

7. Take a Boating Safety Course

Enroll in a boating safety course to learn the fundamentals of boating safety, navigation, and emergency procedures. Many states and provinces require boat operators to have completed a safety course.

Boating Safety Regulations

Boating safety regulations vary by location, but there are common requirements that apply universally. These regulations are enforced to ensure that all boaters adhere to safety standards.

Licensing and Registration

In most places, boaters must register their vessels and obtain a boating license. The requirements for registration and licensing can vary, so it's important to check with local authorities.

Age Restrictions

Many regions have age restrictions for operating different types of boats. Younger operators may need to be accompanied by an adult or have completed a boating safety course.

Mandatory Equipment

Boats must be equipped with specific safety gear. This includes life jackets for all passengers, fire extinguishers, sound-producing devices (like a horn or whistle), visual distress signals (flares), and navigation lights.

Environmental Regulations

Boat operators must adhere to environmental regulations to protect water quality and marine life. This includes proper disposal of waste, fuel management, and avoiding damage to sensitive areas like coral reefs and wetlands.



Summer Boating Safety Tips

Summer is a popular time for boating, but it also comes with unique challenges. Here are some additional tips to keep in mind during the summer months:

1. Stay Hydrated and Sun-Protected
Dehydration and sunburn are common issues during summer boating trips. Drink plenty of water, wear sunscreen, and use protective clothing like hats and sunglasses.

2. Be Mindful of Crowded Waters
Summer often means busier waterways. Be extra cautious in crowded areas and maintain a safe distance from other boats, swimmers, and watercraft.

3. Avoid Overloading the Boat
Boats have weight limits for a reason. Overloading can affect the boat's stability and increase the risk of capsizing. Distribute weight evenly and do not exceed the recommended capacity.

4. Watch for Swimmers and Water Sports Enthusiasts
Stay vigilant for people swimming or engaging in water sports. Slow down in areas where these activities are common and keep a lookout for anyone in the water.

5. Practice Good Etiquette
Be courteous to other boaters. Avoid creating excessive wake in no-wake zones, respect fishing areas, and follow all posted signs and markers.

Emergency Preparedness

Even with the best preparation, emergencies can still happen. Being ready to handle emergencies can make a significant difference in outcomes.

Man Overboard

If someone falls overboard, immediately throw a life buoy or floatation device. Turn the boat around carefully and approach the person from downwind. Use a boat hook or reach to assist them back on board.

Engine Failure

If your engine fails, drop anchor to prevent drifting. Use your VHF radio to call for assistance and signal nearby boats using visual distress signals.

Fire Onboard

In case of a fire, alert everyone on board and move them away from the fire source. Use a fire extinguisher to tackle the flames and call for help using your VHF radio.

Boating is a delightful way to enjoy summer, but it comes with responsibilities. By following boating safety rules and adhering to regulations, you can ensure a safe and enjoyable experience on the water. Remember, safety is everyone's responsibility. Whether you're a seasoned boater or a newcomer, prioritizing safety will help you make the most of your time on the water.



Originally posted on

<https://cranbrookarc.ca/>



BECOME A LIFEGUARD BECOME A LIFESAVER

Cranbrook Aquatic Centre

Learn about water safety practices, as well as how to rescue others drowning or in distress in any body of water! The Bronze certifications will prepare candidates to use their skills to rescue others safely and efficiently, and is useful for anyone in and around water, not just lifeguards! It's worthwhile to be emergency prepared on the gorgeous Kootenay Lakes this summer!

BRONZE MEDALLION

Pre-requisite: 13 years old

July 8th 12-5pm

July 10th 12-5pm

July 12th 12-5pm

July 15th 12-5pm

July 17th 12-5pm

BRONZE CROSS

Pre-requisite: Bronze Medallion

July 22nd 12-5pm

July 24th 12-5pm

July 29th 12-5pm

July 31st 12-5pm

August 2nd 12-5pm

BRONZE MEDALLION

Pre-requisite: 13 years old

August 7th 12-5pm

August 9th 12-5pm

August 12th 12-5pm

August 14th 12-5pm

August 16th 12-5pm

BRONZE CROSS

Pre-requisite: Bronze Medallion

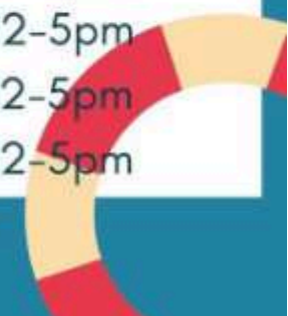
August 19th 12-5pm

August 21st 12-5pm

August 23rd 12-5pm

August 26th 12-5pm

August 28th 12-5pm



For more information or a swimming assessment contact:
emma.murtagh@cranbrook.ca or 250-421-8410

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



Discover Parks
Ambassadors



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



Justin Spilly
PHOTO CREDIT

Exploring the Natural Gems: Provincial Parks in and Around Columbia Valley, BC

As National Parks and Recreation Month unfolds, there's no better time to delve into the breathtaking beauty of Columbia Valley's provincial parks.

Nestled amidst the Canadian Rockies and renowned for their diverse landscapes and recreational opportunities, these parks offer something for every nature enthusiast. Here's a guide to some of the must-visit provincial parks in the area:

1. Kootenay National Park

Located just north of Columbia Valley, Kootenay National Park boasts rugged mountain peaks, serene hot springs, and pristine forests. Hiking trails like the Stanley Glacier Trail and the Paint Pots offer stunning vistas and glimpses of wildlife.

2. Mount Assiniboine Provincial Park

Often referred to as "The Matterhorn of the Rockies," Mount Assiniboine Provincial Park is a paradise for hikers and backpackers. Accessible via helicopter or a multi-day hike, it features alpine meadows, turquoise lakes, and the iconic Mount Assiniboine.

3. Bugaboo Provincial Park

Known for its dramatic granite spires and world-class rock climbing, Bugaboo Provincial Park is a haven for adventure seekers. Even if you're not scaling the peaks, the Conrad Kain Hut offers breathtaking views of the Bugaboo Glacier.

4. Purcell Wilderness Conservancy Provincial Park

For those seeking solitude and pristine wilderness, Purcell Wilderness Conservancy Provincial Park is an ideal destination. It spans over 200,000 hectares of untouched landscapes, including old-growth forests and alpine meadows.

5. Whiteswan Lake Provincial Park

Situated in the heart of the Purcell Mountains, Whiteswan Lake Provincial Park is perfect for camping, fishing, and boating enthusiasts. The park's clear waters and picturesque surroundings make it a popular spot for family outings.

Tips for Visitors:

- Check local park regulations and fire restrictions before visiting.
- Respect wildlife and leave no trace to preserve these natural habitats.
- Carry essentials like water, sunscreen, and insect repellent for a safe and enjoyable experience.

This National Parks and Recreation Month, immerse yourself in the wonders of Columbia Valley's provincial parks. Whether you're hiking through ancient forests, lounging by pristine lakes, or marveling at majestic peaks, these parks promise unforgettable outdoor adventures for all ages.



THE DISTRICT OF
INVERMERE PRESENTS

LOCALS LIVE²⁴ CONCERT SERIES

POTHOLE PARK 6:30 PM-8 PM
DOWNTOWN INVERMERE

JOIN US FOR FREE MUSIC ENTERTAINMENT
EVERY WEDNESDAY IN
JULY & AUGUST!

BRING YOUR OWN LAWN CHAIR!

JULY 3- OLS'MOBILE

JULY 10-TWO LANE BLACKTOP

JULY 17- ELISE BOULANGER

JULY 24-BAIDEN HOLLAND

JULY 31- USUAL SUSPECTS

AUGUST 7-L8

AUGUST 14-SANDY PANTIES

AUGUST 21- GHOSTLY HOUNDS

AUG 28- RIVERTOWN



RHYTHM BY NATURE COMMUNITY DRUMMING
6:00PM JULY 24 & AUG 28

DAY CAMP

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

KIDS

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

REGISTER ON OUR WEBSITE!

GUESTS AND NON-GUESTS WELCOME!

AGES 5-12 YRS
\$40

FULLY SUPERVISED

RidgeView Resort
www.ridgeviewresort.ca

VALLEY PROMOTIONS

Radium Hot Springs Public Library presents

STORYTIME in Edgewater!

Every Thursday at 10:30 a.m.

July 4th to August 22nd

Located at the Edgewater Community Hall Park

Join us for stories, songs, and a craft!



Geared towards preschool ages but all are welcome!



Radium Hot Springs Public Library

4863 Stanley St
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434

<https://radium.bc.libraries.coop/>



Supporting Community Enrichment



Friends of the Radium Public Library

Located in Radium Hot Springs, the Friends of the Radium Public Library exemplify dedication and passion for fostering literacy and community engagement.

As a registered charitable organization, this volunteer-driven group plays a pivotal role in enhancing the library's programs and services, ensuring they cater to the diverse needs of local residents.

Community-Oriented Initiatives

The Friends of the Radium Public Library are not just volunteers; they are advocates for knowledge and supporters of cultural enrichment. Throughout the year, they diligently organize and host various fundraising events. These efforts are not solely aimed at financial support but also at creating a vibrant atmosphere where

the library thrives as a hub of learning and discovery.

Strategic Partnership for Growth

At the onset of each year, the Friends collaborate closely with Radium Library staff to align their fundraising endeavors with the library's strategic initiatives. This partnership ensures that funds raised are channeled effectively towards enhancing library programs, services, and addressing specific needs identified by the library itself. Moreover, a portion of the annual funds contributes to the RHSPL Endowment Fund, ensuring long-term sustainability and growth.

Get Involved

Whether through volunteering time or participating in fundraising activities, community members have ample opportunities to support the Friends of the Radium Public Library. By contributing to these initiatives, individuals not only bolster the library's capacity but also promote a sense of communal pride and connectivity.

Contact Information

For those inspired to join this noble cause or seek further information, the Friends of the Radium Public Library encourage interested parties to drop by the library or reach out via contact channels provided. Your involvement can make a profound impact on the cultural fabric of our community.

The Friends of the Radium Public Library exemplify the spirit of community stewardship and dedication to knowledge. Through their tireless efforts, they continue to enrich lives and foster a love for learning among residents of Radium Hot Springs and beyond.



radium hot springs
PUBLIC LIBRARY

RADIUM SUMMER READING CLUB 2024

**EVERY
FRIDAY
July 5 -
August 16**



WORLD of CURIOSITIES

**A FREE weekly program with fun
crafts and activities for ages 5-12
- Registration required!**

BC Summer Reading Club is a free literacy program that encourages reading throughout the summer and engages children (ages 5-12 years old) with their local public library. (5 year-olds must be finished Kindergarten)

This year we will be offering a weekly drop-off program at the Radium Library that will run for seven weeks beginning July 5th, 2024.



**Radium SRC
Program Schedule**

Fridays

July 5th, 12th, 19th, 26th
Aug 2nd, 9th & 16th

Age 5-8: 10:30am-11:45am
Age 9-12: 1:15pm-2:30pm

**Registration opens on
Tuesday, June 4th
at noon!**



Register Here!

info@radium.bclibrary.ca | 250-347-2434 radium.bc.libraries.coop/for-you/kids/programs/summer-reading-club/

VALLEY PROMOTIONS

radium hot springs
PUBLIC LIBRARY

EDGEWATER SUMMER READING CLUB

2024

**EVERY
OTHER
THURSDAY**
July 4 -
August 15



WORLD of CURIOSITIES

**A FREE bi-weekly program with fun
crafts and activities for ages 5-12
- Registration required!**

BC Summer Reading Club is a free literacy program that encourages reading throughout the summer and engages children (ages 5-12 years old) with their local public library. (5 year-olds must be finished Kindergarten)

This year we will be offering a bi-weekly drop-off program at the Edgewater Community Hall Park that will run every other Thursday beginning July 4th, 2024.



**Edgewater SRC
Program Schedule**

Thursdays

July 4th, 18th,
Aug 1st, 15th

Age 5-12: 11:15am-12:30pm

**Registration opens on
Tuesday, June 4th
at noon!**



Register Here!

info@radium.bclibrary.ca | 250-347-2434

radium.bc.libraries.coop/for-you/kids/programs/summer-reading-club/

Uncover the

SMOKING GUN

Gamer's Corner

Game Review: Uncover the Smoking Gun

Steam: [Buy Here](#)

Genres: Indie game, Simulation video game, Casual game, Adventure, Strategy

Platform: Microsoft Windows

Developer: ReLU Games

Publisher: ReLU Games

"Uncover the Smoking Gun" by ReLU Games invites players into a unique detective adventure where artificial intelligence takes center stage in unraveling a murder mystery. Released on Steam with a promising 9/10 rating, this game combines traditional investigative gameplay with AI-generated dialogue, promising a fresh twist to the detective genre.

Immersive Detective Experience

At its core, "Uncover the Smoking Gun" challenges players to solve intricate murder cases by meticulously gathering evidence, interrogating suspects, and piecing together the puzzle of each crime. The game's interactive elements allow players to engage with ChatGPT-powered robot suspects, where dialogue is dynamically generated based on the player's inquiries. This innovative approach offers a novel experience, although initial gameplay clips suggest that AI-generated responses lack the nuance of human-crafted

dialogue, focusing more on functional information than character depth.

AI-Powered Interrogations

The game's use of AI in dialogue simulation is a significant experiment in gaming technology. It allows for open-ended questioning, enabling players to probe suspects with freeform queries like "What were you doing last night?" or "When did you leave?" However, the AI's tendency to generate misleading or nonsensical responses, termed as "system overloads," adds a layer of c

[ReLu Games](#)
PHOTO CREDIT

JN

challenge and unpredictability to the detective work. Developers have ingeniously integrated these inconsistencies into the gameplay, portraying them as deliberate attempts by suspects to mislead the detective, enhancing the game's intrigue and complexity.

Visuals and Soundtrack

While AI enriches the dialogue experience, "Uncover the Smoking Gun" doesn't extend this technology to its artwork or music. The visual style draws inspiration from dystopian classics like "Blade Runner" and "I, Robot," creating a gritty, atmospheric setting that complements the narrative. The soundtrack, composed by a clarinet player using GarageBand, reflects the game's noir aesthetic despite budget constraints.

"Uncover the Smoking Gun" emerges as a bold experiment in blending AI with traditional gaming mechanics. It challenges players with complex mysteries and AI-driven interactions, offering a fresh perspective on detective gameplay. While the AI's

dialogue generation occasionally falters, the game compensates with engaging storytelling and immersive detective experiences. For enthusiasts of the genre and those curious about AI's role in gaming, this title promises an intriguing journey into the world of virtual crime-solving.

"Uncover the Smoking Gun" is now available on Steam, with a demo version and the full version dropped June 24.



[Steam](#)
PHOTO CREDIT



BC Gov News



Water, Land and Resource Stewardship

Hunting regulations for 2024-26 released

The Province has updated the 2024-2026 Hunting and Trapping Regulations Synopsis to sustainably manage B.C. wildlife, respect First Nations' hunting rights and provide hunters with a diversity of recreational and economic opportunities.

Hunting regulations are reviewed by the Province every two years and amended as necessary. Changes are informed by the best available information on wildlife populations, as well as collaboration and consultations with First Nations and extensive engagement with the public and affected stakeholder groups, including the BC Trappers Association, the Guide Outfitters Association of British Columbia and the BC Wildlife Federation.

Regulation changes coming into effect on Monday, July 1, 2024, include:

- lifting restrictions, such as the removal of motor vehicle prohibitions implemented after the severe wildfires of 2021;
- presenting new hunting opportunities or reducing hunting opportunities in various parts of the province based on local needs, including one regulation that provides a new season on six-point bull elk from Oct. 1-9 in the Bulkley Valley of the Skeena Region;
- taking assertive actions aimed at combatting the spread of chronic wasting disease; and
- improving reporting requirements for moose and caribou hunters, which will provide managers with increased and timely data for wildlife stewardship.

VALLEY PROMOTIONS



RECURVE

COMPOUND

LONG BOW

CROSSBOW

SHOOT

TWO -20 ROUND COURSES
PLUS EXTREME COURSE OPTION
ALL DAY CONCESSION AVAILABLE
50/50 • RAFFLE
FUN SHOOT

LAKE WINDERMERE DISTRICT ROD & GUN CLUB



RADIUM HOT SPRINGS, BC
FOR MORE INFORMATION, EMAIL:
info@lwdrodgun.com

START TIME:
8:30 am both days
Awards at 2 pm Sunday

WEEKEND RATES:
Adult \$45 • Family \$85 • Youth - 18 and under \$25
Adult Members \$35 • Member Family \$65 • Children - 6 and under FREE

RAIN OR SHINE • DRY CAMPING AVAILABLE

At the Radium Hot Springs round about, proceed west on Foresters Landing Road, just prior to the Canfor Sawmill. Turn left onto the Horsethief Creek Forest Service Road (gravel). Cross the railway tracks and keep proceeding west along the Columbia River, crossing two bridges. Remain on the main gravel road, starting up the hill and stay straight and up the hill at the 2.8 km marker on the Horsethief Creek FSR. Keep driving on this gravel road until the 5 km marker. Keep driving straight 200 meters and you will see the Rod and Gun shooting facility entrance and signage on your left. Welcome!

JULY 6th & 7th • 2024

BEACHES • HOT SPRINGS • FISHING • ATV • SIGHT SEEING • SHOPPING • HIKING
lwdrodgun.com • radiumhotsprings.com • columbiavalley.com


 The image shows the title 'Disney Pixar Inside Out 2' in a stylized font. 'Disney' is in its signature script, 'Pixar' is in a bold sans-serif, and 'Inside Out' is in a very large, bold, white sans-serif font. The background is a dark blue and purple gradient with a faint, glowing circular pattern.

Movie Review

Inside Out 2

Release date: June 14, 2024
(Canada)
Director: Kelsey Mann
Distributed by: Walt Disney Studios
Motion Pictures
Box office: \$1.015 billion
Budget: \$200 million
Edited by: Maurissa Horwitz

"Inside Out 2," directed by Kelsey Mann and distributed by Walt Disney Studios Motion Pictures, returns viewers to the imaginative world of emotions within Riley's mind with a refreshing twist. Released on June 14, 2024, this animated sequel has swiftly become a box office sensation, crossing the unprecedented milestone of \$1 billion globally within weeks of its release.

Plot and Themes

In this sequel, Riley, now a teenager, faces a new set of emotional challenges as she navigates adolescence. The core emotions—Joy (voiced by Amy Poehler), Sadness

(voiced by Phyllis Smith), and Anger (voiced by Lewis Black)—have been successfully guiding Riley through life. However, the arrival of Anxiety (voiced by Maya Hawke) introduces a dynamic shift in Riley's emotional landscape. Anxiety refuses to take a passive role, creating turmoil and uncertainty within Riley's mind.

Visuals and Animation

Pixar's mastery in animation shines through in "Inside Out 2." The vibrant and imaginative depiction of Riley's inner world captivates audiences, enhancing the emotional depth of the narrative. The animation seamlessly integrates new emotions like Envy, Embarrassment, and Nostalgia, each contributing to the richness of Riley's emotional journey. Director Kelsey Mann's debut feature ensures a visual feast that complements the film's thematic exploration.



Box Office Success and Audience Reception

"Inside Out 2" has not only met but exceeded expectations at the box office. It achieved a staggering \$151 million in its opening weekend in North America alone, establishing itself as the highest-grossing film of 2024 globally. The sequel's success underscores its universal appeal and enduring popularity among audiences of all ages.

Impact and Cultural Significance

Beyond its commercial success, "Inside Out 2" resonates with viewers by addressing complex emotions and the challenges of growing up. Its portrayal of Anxiety and other new emotions adds a contemporary relevance that audiences appreciate. The film's ability to engage with deep emotional themes while maintaining Pixar's trademark humor and heart reinforces its status as a cultural phenomenon.

"Inside Out 2" is a triumphant return to the beloved world of Riley's emotions, delivering a compelling narrative enriched by stunning animation and stellar voice performances. It surpasses its predecessor in scope and emotional depth, setting a new standard for animated storytelling. Whether you're revisiting the inner workings of Riley's mind or experiencing it for the first time, "Inside Out 2" offers a poignant and entertaining journey that is not to be missed.

"Inside Out 2" is currently playing in theaters, inviting audiences to embark on a heartfelt and visually stunning adventure through the complexities of emotions and adolescence.

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



Lasting Memories & Big Laughs!

VALLEY PROMOTIONS

Full Moon Cacao & Sound Healing

*Sun July 21 2024
6:30-8:30pm \$33
Living Wellness Hub
Invermere, BC*



With Kelsey Baker

Sacred Ceremonialist,
Sound Healer,
Cacao Facilitator



Join us in an evening of
connection and community.
Email kelsbaker@hotmail.com
To register



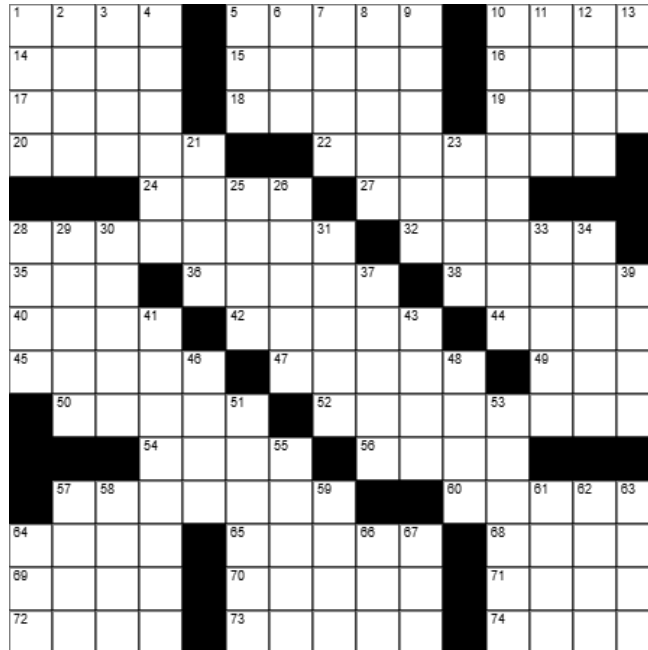


FREECOLOURINGPAGESFORKIDS.COM

A LITTLE FUN

Across

1- Joie de vivre; 5- Belt site; 10- Career golfers; 14- Swiss river; 15- The color of honey; 16- Workout count; 17- ___ yellow ribbon...; 18- Coming down; 19- Statesman Abba; 20- Maker of Pong; 22- Impassive; 24- Witty Bombeck; 27- BMW competitor; 28- Not a direct hit; 32- Circus sights; 35- Petroleum; 36- Sailing; 38- Fish covering; 40- Prepare a book or film for release; 42- Bay city; 44- Stadium level; 45- Cut off; 47- Wild dog of Australia; 49- ___-X; 50- Hit back, perhaps; 52- View of the ocean; 54- Sir's counterpart; 56- Woody's boy; 57- Reporter; 60- ___ lunch; 64- Prefix with drama; 65- Actress Verdugo; 68- Broad smile; 69- Prophet; 70- Flight of steps; 71- Top-of-the-line; 72- Hard journey; 73- Spud; 74- Hwys.;



Down

1- I could ___ horse!; 2- Cafe au ___; 3- Zone; 4- Closer; 5- Armed conflict; 6- I ___ Rock; 7- African wading bird; 8- Actress Berger; 9- Audition; 10- District; 11- Singer McEntire; 12- October stone; 13- Taxpayer's ID; 21- ___ la Douce; 23- Mid-month times; 25- Catcher's glove; 26- Syrian president; 28- Turndowns; 29- Breed of duck revered for its feathers; 30- Animated; 31- Big rigs; 33- Coniferous evergreen forest; 34- Bed down; 37- Sleep disorder; 39- Sea-going eagle; 41- Cooperative effort; 43- Culture medium; 46- Some VCRs; 48- 1952 Winter Olympics site; 51- Least feral; 53- Puma; 55- Island near Sicily; 57- ___-do-well; 58- Robt. ___; 59- Cool!; 61- Horse's gait; 62- Pitchfork part; 63- Washington bills; 64- Colo. clock setting; 66- Never, to Nietzsche; 67- Part of ETA;

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



Did you hear about the killer whale that learned to play the flute?
He wanted to be in the orca-stra.

