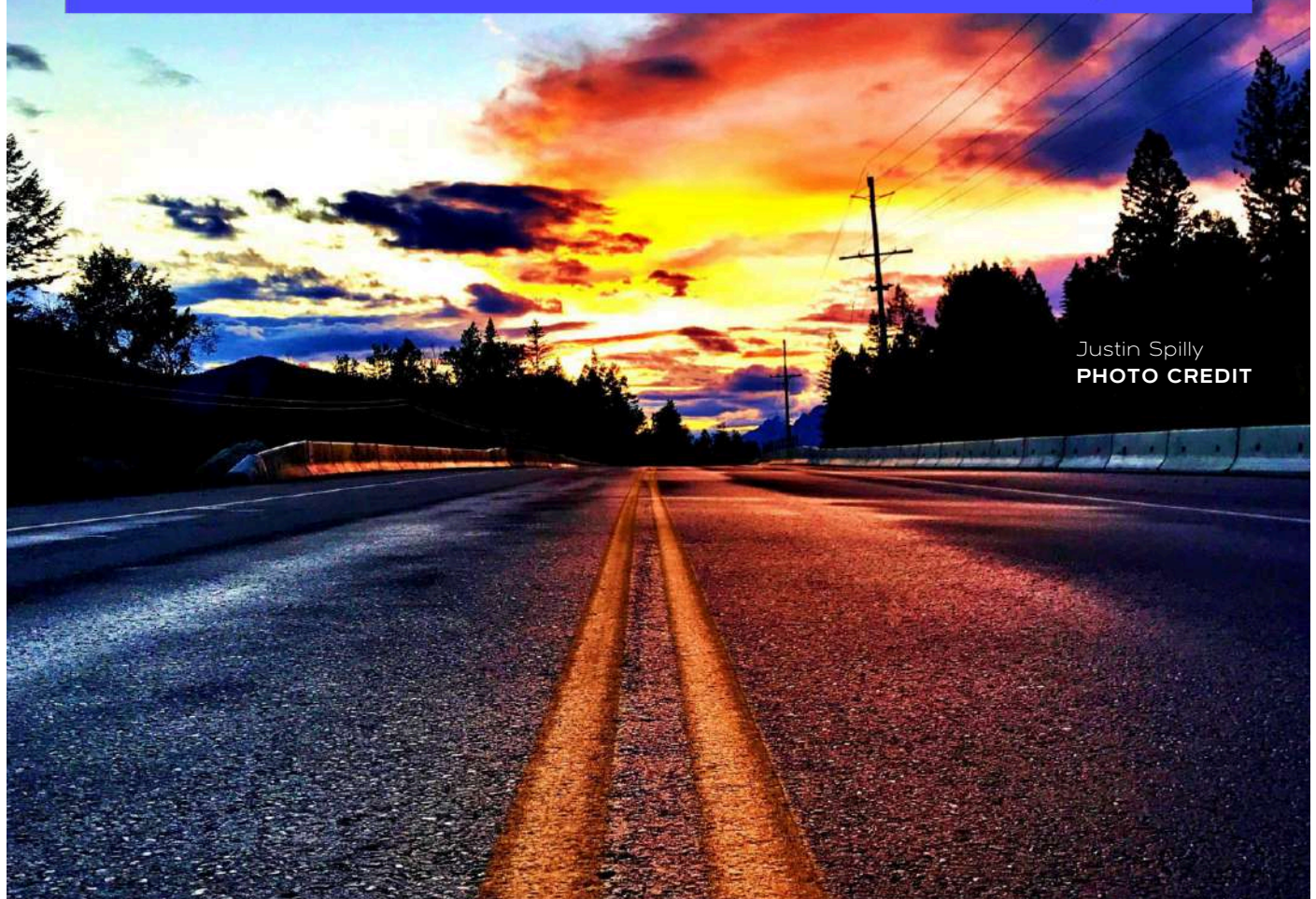


The Valley Voice

The Voices of the Columbia Valley



Justin Spilly
PHOTO CREDIT

INSIDE THIS EDITION

GUT FEELINGS, INTUITION, AND ANXIETY - WHAT'S THE DIFFERENCE?

Gut feelings, intuition, and anxiety can often feel like a confusing mix of emotions, but each one tells us something different.

REGIONAL WILDFIRE UPDATE FROM RDEK

Area updates on current wildfire situations.

HAM RADIO FOR KIDS: ENGAGING THE NEXT GENERATION OF OPERATORS

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

UNITED WAY BRITISH COLUMBIA'S BC WILDFIRE RECOVERY FUND

Shining a spotlight on the incredible work being done by the United Way British Columbia (UWBC) through their BC Wildfire Recovery Fund.



LETTER FROM THE VOLUNTEERS

As August rolls in with its intense summer heat, we hope you're finding ways to stay cool and enjoy the season safely. It's been a hot, hot, hot summer, and while we're soaking up the sunshine, it's crucial to stay informed about any potential wildfires in the area that might affect you. Please keep an eye on local updates and take the necessary precautions to stay safe.

If you're out and about enjoying the summer activities, remember to take good care of yourself in the heat. Stay hydrated, wear sunscreen, and take breaks in the shade to avoid heat exhaustion. Your health and well-being are important, and a little extra care can make a big difference.

We also want to express our heartfelt gratitude to all the amazing readers and contributors who have supported us throughout our journey. Your guest submissions have enriched our content, and we are incredibly thankful for the diverse voices and stories you bring to our community. Your engagement and feedback continue to inspire us.

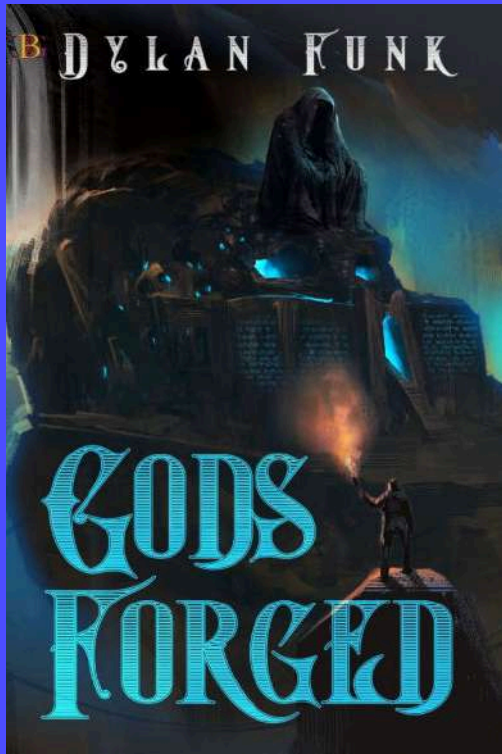
Did you know we've been around for 4 years? We're excited to reach even more people who would benefit from what we offer. If you enjoy what we do, please help us spread the word by sharing Valley Voices with your friends and family. Your support makes a significant difference, and together, we can expand our reach and connect with more wonderful individuals in our valley and beyond.

Thank you for being a part of our community and for your ongoing support. We look forward to continuing to provide valuable content and to celebrating many more milestones with you.

Stay cool, stay safe, and keep those submissions coming!

The VVV

Congratulations To Dylan Funk



Congratulations to Dylan Funk on publishing your first book GODS-FORGED! We are so very proud of you for your hard work, determination, imagination, and talent. We invite everyone to have a read! Love Paddy and Claudette Flanagan

TABLE OF CONTENTS

06 GUT FEELINGS, INTUITION, AND ANXIETY - WHAT'S THE DIFFERENCE?

Gut feelings, intuition, and anxiety can often feel like a confusing mix of emotions, but each one tells us something different.

14 BACK TO SCHOOL: TIPS AND TRICKS FOR A SMOOTH TRANSITION

As summer winds down and the new school year approaches, both parents and students can find themselves facing a whirlwind of excitement and anxiety.

18 SUMMER GARDEN TIPS: HOW TO KEEP YOUR GARDEN THRIVING IN AUGUST

August can be a challenging month for gardeners as temperatures soar and the garden enters its peak growth phase.

26 HAM RADIO FOR KIDS: ENGAGING THE NEXT GENERATION OF OPERATORS

Ham radio, officially known as amateur radio, is a fascinating hobby that connects enthusiasts around the globe.

32 WILDLIFE SPOTTING: TIMES AND PLACES TO SEE ANIMALS IN THE COLUMBIA VALLEY

There's no better time to delve into the breathtaking beauty of Columbia Valley's provincial parks.

36 UNITED WAY BRITISH COLUMBIA'S BC WILDFIRE RECOVERY FUND

Shining a light on the work being done by the United Way British Columbia (UWBC) through their BC Wildfire Recovery Fund.

How Are We Doing?

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

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

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

OR

by email to news@thevoiceca.ca

SUBMIT CONTENT

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

NEXT EDITION September 4, 2024

SUBMISSION DEADLINE September 3, 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



Columbia Basin



MOUNTAINS OF OPPORTUNITY
CRANBROOK



AND SPONSORS



KOOTENAY
WINECRAFTERS

Gut Feelings, Intuition, and Anxiety

WHAT'S THE DIFFERENCE?

Gut feelings, intuition, and anxiety can often feel like a confusing mix of emotions, but each one tells us something different. Learning to understand and really trust these feelings can help us make better decisions and live more fulfilling lives.



Imagine standing at a crossroads, feeling a sudden knot in your stomach, an instinctual reaction to an unseen force. That's your gut feeling, a natural, ancient response designed to protect and guide you. It's that little voice telling you to avoid a dark alley at night because something feels off. This gut feeling comes from your enteric nervous system, a network of neurons in your digestive tract often called the "second brain." This network of neurons in your digestive tract processes emotional and experiential data, helping you react quickly and instinctively.

Intuition, on the other hand, is a deeper, calmer understanding that comes without overthinking. It's that clear sense of knowing what's right for you, even when you can't explain why. The gut houses a vast neural network, allowing it to process information independently and speak with the brain. Intuition, though often dismissed as mystical, has a strong neurological

foundation, using memories and past experiences to guide you toward the best decision.

While gut feelings are quick and physical, intuition is more thoughtful and calm. It helps you through life's challenges with ease. Anxiety, however, is a different beast. It's the ongoing worry and nervousness about the future, often accompanied by physical symptoms like a racing heart or sweating. Unlike the quick flash of a gut feeling or the calm of intuition, anxiety sticks around, making it hard to think clearly.

To make the most of your gut feelings and intuition, you need to tell them apart from fear and anxiety. Fear feels tight and panicky, pushing you to avoid danger. Intuition feels like a gentle nudge toward what's best for you, bringing a sense of calm or excitement. Trusting your intuition takes practice, especially in a world that values logic over inner wisdom.

Start by making small decisions based on your gut. Pick an outfit without overthinking or speak up in a meeting without holding back. These small steps build your confidence in trusting your instincts. For bigger decisions, imagine different outcomes and see how each one feels. This "test driving" helps you figure out what you really want.

Another helpful technique is the snap judgment test: write down a question, take a short break, then return and quickly circle your answer. This method taps into your quick-thinking intuition. Also, consider your core values like freedom, stability, family, and honesty, and choose options that align with them. Creating a calm environment is also helpful for hearing your intuition. Your inner voice can get drowned out in a busy, stressful life. Give yourself space to relax and connect the dots, trusting that your intuition is a powerful guide.

When should you trust your gut? Your instincts are most reliable in areas where you have a lot of experience. Your subconscious mind is full of knowledge from years of learning. But watch out for biases that can cloud your judgment. Sometimes, your gut reaction might be influenced by past experiences or prejudices. Step back and see if your instinct is guiding you or being swayed by something else.

In high-pressure or quick decision-making situations, gut feelings can be especially helpful. Experienced people often rely on intuition when they need more time to analyze everything. Combining your intuitive insights with logical thinking gives you a balanced approach to making decisions.

It's also very important to keep a healthy gut, literally. Be aware of what you eat and drink to maintain a strong intuitive sense. A healthy gut enhances your ability to trust and act on your gut feelings.

In the end, understanding the differences between gut feelings, intuition, and anxiety helps you make better choices. By trusting your inner voice and recognizing anxiety, you can improve your decision-making

and live a more balanced life. Remember that you have this inner wisdom; let it guide you.

The primary wisdom is intuition. Ralph Waldo Emerson (1803-1882, American author)



VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



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

JOIN US!

INFO@ICANBC.COM | 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

ROAD PONIES

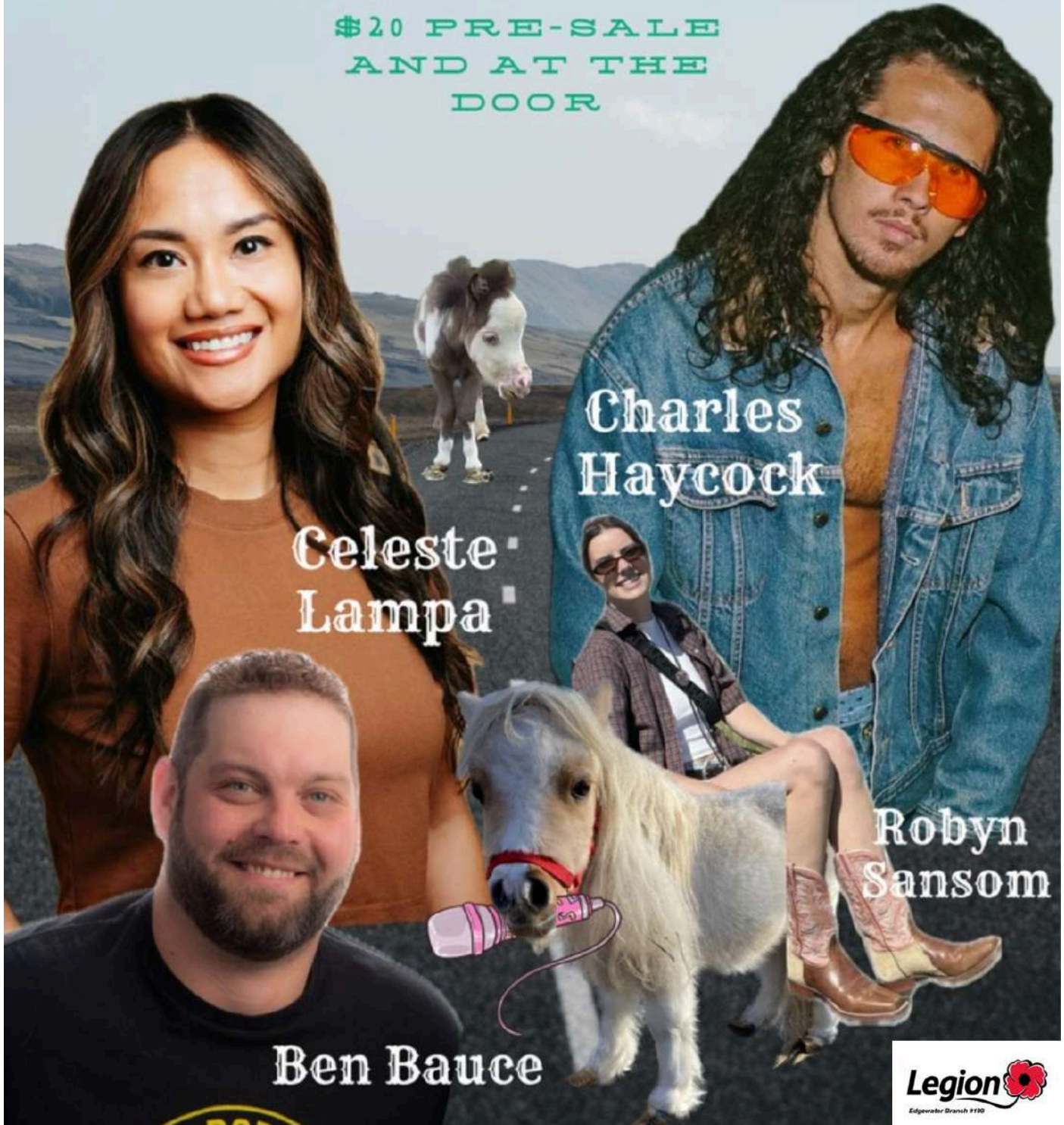
STAND-UP COMEDY

AUG. 23

WINGS ALL DAY!!
8:30PM SHOWTIME

Edgewater Legion branch #199 4858 Cordiller ave.

\$20 PRE-SALE
AND AT THE
DOOR



Celeste Lampa

Charles Haycock

Robyn Sansom

Ben Bauce



AUG 6, 2024



REGIONAL WILDFIRE UPDATE

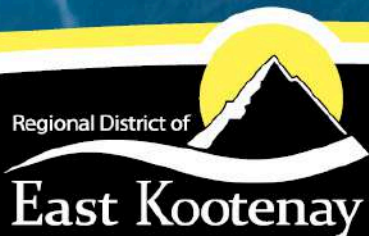


PHOTO CREDIT: BC WILDFIRE SERVICE
Ravenshead Fire

A Severe Thunderstorm WATCH remains in effect for much of the East Kootenay (not including the Columbia Valley) and there is a chance of heavy rain, erratic winds, lightning and possibly hail with these isolated convective cells. There was a Thunderstorm WARNING issued a short time ago for the Elk Valley; however, that has been downgraded again.

FIRE UPDATES:

Ground Green Waste Pile Smoldering Fire - We had a small, smoldering fire in a ground green waste pile at our Central Landfill today. Our contractors did an excellent job of quickly isolating the pile and are on site spreading it out to cool and extinguish any hot spots. There are no impacts to the access or operations of the landfill. Full news release: <https://tinyurl.com/pmutzkwc>

WILDFIRE UPDATES: for fires within the RDEK with information from the BC Wildfire Service

🔥 ****NEW**** N21852 - in the Mount Forester area approximately 13.5km W/SW of Radium. It is sized at 0.25 ha and is being actioned

🔥 ****NEW**** N21848 - in the Castor Creek area approximately 12.8km W/SW of Edgewater. It is sized at 0.01 ha and is being actioned

🔥 **N21014** - Mount Morro - (25km east/northeast of Wasa)

- The most recent size is estimated at 11,483 ha.

- The Evacuation ORDER was RESCINDED this afternoon for 6 properties in the Whiteswan Lake Area including Inlet Basin and Home Basin Campgrounds.

- The Area Restriction issued by BC Wildfire remains in effect and there is no public access to Lussier Hot Springs, Alces Lake, Whiteswan Provincial Park, Whiteswan Lake and Top of the World Provincial Park. Travel is not permitted along any roads within the restricted area. To view the map of the Area Restriction, visit www.bcwildfire.ca

- They continue to fly the fire regularly to monitor fire behaviour.

- There are no other significant changes to report today.

🔥 **N21610** - Ravenshead - 18 km east of Invermere

- The Evacuation ORDER for 9 properties in the Palliser / Cross River area including Nipika Mountain Resort remains in effect. You can view the Order and map [here](#).

- The fire is estimated at 8,292 ha

- They are monitoring and assessing the fire for a possible planned ignition.

- There are no significant changes to report on this fire today.

- The Area Restriction remains in effect and can be viewed on www.bcwildfire.ca.

- Parks Canada's area closure remains in effect for Cobb Lake Trail and a portion of Settler's Road and Kootenay River.

🔥 **21284** and N11212 - Lost Dog Area (approx. 14 km west of

Skookumchuck)

- An Area Restriction remains in effect for the Lost Dog Area and no public access is permitted within the restricted area. To view the Restriction: www.bcwildfire.ca.

- Mt. McMillan (N21284) It is now sized at 884 ha. There are no significant changes to report as fire growth has mostly been at higher elevations. Guard construction continues.

- Bradford Creek (N11212) - It is sized at 41 ha and continues to burn largely in steep, inoperable terrain at high elevation.

Although we are getting rain in various parts of the region, we are expecting to see new starts pop up throughout the week as we have received extensive lightning over the past 24-48 hours. Some of these fires can take 3 to 5 days to start getting visible, and early reporting is key. If you see a new fire, or open burning violation, please call 1-800-663-5555 or *5555 (on a cell phone) or use the BC Wildfire App reporting tool.

There is still a FULL OPEN BURNING BAN.

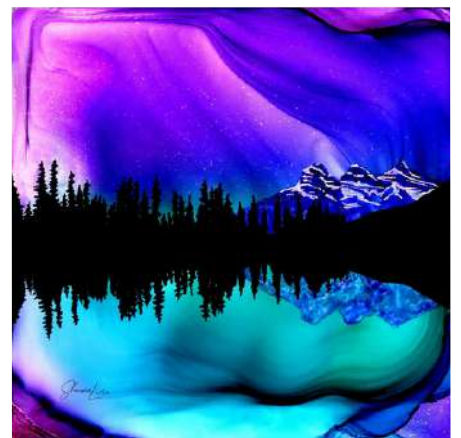
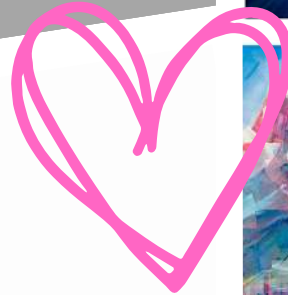
🚫 No campfires

🚫 No fireworks

🚫 No outdoor burning of any kind.

✅ Propane fires ARE allowed - but must be ULC or CSA approved, and the flame height must not exceed 15cm. If you see a campfire, before you report it, please verify that it is not a propane fire.

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**



Tips and Tricks for a Smooth Transition

As summer winds down and the new school year approaches, both parents and students can find themselves facing a whirlwind of excitement and anxiety. Here's a comprehensive guide to help you navigate the back-to-school season with ease.

1. Organize School Supplies

A well-stocked and organized set of school supplies can make a big difference in how smoothly the school year starts. Here's how to tackle this task:

Create a Checklist: Start by making a list of all required school supplies. This list can usually be found on your child's school website or through the teacher's communication. Include everything from notebooks and pencils to specialized items like calculators or art supplies.

Shop Smart: Take advantage of back-to-school sales to stock up on essential items. Look for discounts and bulk buying options to save money. Don't forget to check your home for leftover supplies from last year; you might already have some items on hand.

Organize Supplies: Use storage solutions like bins, drawers, or pencil cases to keep supplies organized. Label each container to ensure that everything has its place, which will help your child find what they need quickly.

Personalize: Allow your child to personalize their supplies, such as decorating their binder or choosing a unique pencil case. This can make them more excited about using their supplies and getting back to school.

2. Establish Routines

Establishing routines can ease the transition back to school and set a positive tone for the year ahead. Here's how to build effective routines:

Adjust Sleep Schedules: A few weeks before school starts, gradually adjust your child's sleep schedule to align with school hours. This will help them get back into the rhythm of waking up early and feeling rested.

Create a Morning Routine: Develop a consistent morning routine that includes time for breakfast, getting dressed, and packing school bags. Practice this routine a few times before school starts to help your child get used to the new schedule.

Set Up a Homework Station: Designate a quiet and well-lit area in your home for homework. Equip it with all necessary supplies and ensure it's free from distractions. Establish a specific time each day for homework to create a habit and help your child stay on track.

Plan for After-School Activities: Coordinate after-school schedules, including extracurricular activities and family commitments. Having a clear plan will help manage your child's time effectively and reduce stress.

3. Prepare Meals and Snacks
Healthy eating plays a crucial role in your child's academic performance and overall well-being. Consider these tips for meal and snack preparation:

Plan and Prep: Create a weekly meal plan that includes breakfast, lunch, and dinner. Prep ingredients or make meals in advance to save time during busy school days. Having a plan in place can also help you avoid last-minute unhealthy food choices.

Pack Balanced Lunches: Focus on packing nutritious and balanced lunches that include protein, whole grains, fruits, and vegetables. Avoid sugary snacks and opt for healthier alternatives like yogurt, nuts, or fresh fruit.

Involve Your Child: Let your child help with meal planning and preparation. This can be a fun activity and also teaches them about healthy eating and responsibility.

4. Find Local Resources for Educational Support

Making use of local resources can provide additional support and enrichment for your child's education. Here's how to find and utilize these resources:

Explore Library Programs: Local libraries often offer reading programs, educational workshops, and other resources that can complement your child's learning. Check with your local library for upcoming events and programs.

Connect with Organizations: Look for community organizations and non-profits that provide educational support, tutoring, or enrichment activities. Many offer programs designed to enhance learning outside the classroom.

Join Parent Groups: Engage with parent groups or school committees to stay informed about school events, volunteer opportunities, and educational resources. These groups can also be a great source of support and advice from other parents.

Utilize Online Resources: There are many online platforms that offer educational resources, such as tutoring services, interactive learning games, and study guides. Explore these options to supplement your child's learning and provide additional

support.

5. Emotional and Social Readiness
Returning to school can be an emotional transition for both students and parents. Address these aspects to ensure a smooth adjustment:

Discuss Expectations: Have a conversation with your child about their expectations for the new school year. Address any concerns or anxieties they may have and discuss strategies for handling challenges.

Foster Independence: Encourage your child to take responsibility for their schoolwork and personal belongings. Teaching them organizational skills and time management will help build their confidence and independence.

Encourage Social Connections: Help your child reconnect with friends from school or make new connections through extracurricular activities. Social interaction plays a key role in a positive school experience.

Monitor Stress Levels: Be attentive to signs of stress or anxiety. If your child is struggling emotionally, consider seeking support from school counselors or mental health professionals.

Preparing for the back-to-school season involves more than just purchasing supplies and setting up routines. It requires thoughtful planning and attention to both practical and emotional aspects of the transition. By organizing supplies, establishing routines, planning meals, utilizing local resources, and addressing emotional readiness, you can help ensure a smooth and successful start to the new school year.

As you prepare for the school year ahead, remember that every child's needs are unique. Be flexible and willing to adjust your plans to best support your child's individual needs.

GOLDEN ACTIVE LADIES X GOLDEN CYCLING CLUB

FAT VIBER

G.A.L. ENDURO RACE

AFTER PARTY - RIVERHOUSE
LADIES ONLY
SEP 21ST 2024

CRANBROOK DAILY TOWNSMAN

Wildfires News More Contests Shop E-Editions Classifieds Auto Jobs

INTERNATIONAL DARK DRAMA FILM FESTIVAL
AUGUST 9th
STUDIO STAGE DOOR CRANBROOK BC

BLEEDING TREE

Bleeding Tree International Film Festival is Aug. 9 at Studio Stage Door in Cranbrook

Ever wanted to try tap dancing or get back into it?

Beginner & Intermediate
ADULT TAP CLASSES

400 Laurier Street, Invermere, BC
krushdance.com
or call Kelly @403-391-1148

INN ON CANYON

A Home Away from Home in *Radium*

Our Victorian-style rooms are perfect for a cozy and memorable stay.

Book your room at the Inn on Canyon today!

innoncanyon.ca (250) 347-9392

VALLEY PROMOTIONS

34th ANNUAL SHOW & SHINE

The date for our 34th Annual Columbia Valley Classics Show & Shine weekend will be September 20 & 21, 2024. Don't miss out on one of the biggest car shows in BC.

50

Days

01

Hrs

21

Mins

15

Secs

BOX SOCIAL SUNDAYS

Join us every Sunday of the summer for a lunch social! Bring your lunch and join us for a few hours of visiting and maybe some games! We have a limited number of lunches available if you can't pack one, GF and vegetarian options available.

11:00-2:00

EVERY SUNDAY OF
JULY + AUGUST

 Groundswell
Greenhouse

ALL AGES
WELCOME!



Made possible by



Questions? Need directions?
Can't bring your own lunch?
Call or text Stephanie at
(250) 688-0059

Cranbrook Area Poster Drive!



The Public Relations Committee of Chinook NA invites you to a BBQ picnic and poster drive at the Idlewild Park in Cranbrook BC on September 1st at 12pm

Located at the north pavilion/park area on the north side of the lake

Fellowship, food and a meeting followed by information poster handouts to be put up in your hometown.

BBQ food provided; we welcome you to bring a side dish if you are able to

Families welcome, there are lots of activities at the park!

Hope to see you all there!

7th Tradition donations greatly appreciated to offset costs but are NOT required



August can be a challenging month for gardeners as temperatures soar and the garden enters its peak growth phase. To ensure your garden remains vibrant and healthy throughout the late summer season, here are some essential tips on watering, pest control, and harvesting.

1. Efficient Watering

In August, maintaining proper hydration is crucial for your garden. Water deeply but less frequently to encourage root growth and drought resistance. Early morning is the best time to water, allowing plants to absorb moisture before the heat of the day. Avoid watering in the evening, as this can promote fungal diseases. Use mulch around plants to retain soil moisture and reduce the need for frequent watering. Additionally, consider installing a drip irrigation system to provide consistent water directly to the roots, minimizing water waste and ensuring efficient hydration.

2. Pest Control

Late summer often brings an increase in pests. Regularly inspect your plants for signs of insects such as aphids, spider mites, and caterpillars. Natural remedies, like neem oil or insecticidal soap, can be effective against many common garden pests without harming beneficial insects. Encourage natural predators, like ladybugs and lacewings, which help control pest populations. For severe infestations,

consult with local gardening experts or extension services for targeted treatments. Additionally, keep your garden clean by removing dead or decaying plant matter that can harbor pests and diseases.

3. Harvesting

August is a rewarding time for harvesting the fruits of your labor. Regularly check your plants for ripe produce and pick it promptly to encourage continued fruiting. For vegetables like tomatoes and peppers, harvesting them at their peak flavor will improve taste and prevent over-ripening. For herbs, trim them back to promote new growth and prevent them from going to seed. Ensure you handle harvested produce gently to avoid bruising and store it properly to maintain freshness.

By following these summer garden tips, you can keep your garden thriving and continue to enjoy the beauty and bounty of your hard work throughout August. With careful attention to watering, pest control, and harvesting, your garden will remain a vibrant and productive haven.

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 PosterMyWays.com



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



AUGUST QUENCHERS

Here's a list of refreshing shots and cocktails perfect for enjoying in August.

TROPICAL BREEZE SHOT

Ingredients:

1. 1 oz coconut rum
2. 1/2 oz pineapple juice
3. 1/2 oz blue curaçao

Instructions:

Layer the ingredients carefully in a shot glass, starting with coconut rum, followed by pineapple juice, and top with blue curaçao. The result is a visually stunning shot that captures the essence of a tropical vacation.

SUMMER SANGRIA

Ingredients:

1. 1 bottle of white wine
2. 1/4 cup brandy
3. 1/4 cup orange liqueur
4. 1 cup chopped fresh fruit (such as peaches, strawberries, and oranges)
5. 2 cups sparkling water
6. ice

Instructions:

In a large pitcher, combine white wine, brandy, and orange liqueur. Add the chopped fruit and let it sit in the refrigerator for at least 2 hours to allow the flavors to meld. Just before serving, add sparkling water and ice. Stir gently and serve in glasses garnished with extra fruit slices.



CUCUMBER MINT MOJITO

Ingredients:

1. 1.5 oz white rum
2. 1 oz lime juice
3. 1 oz simple syrup
4. 3-4 fresh mint leaves
5. 3-4 cucumber slices
6. club soda

Instructions:

Muddle the mint leaves and cucumber slices in a glass. Fill the glass with ice, then add rum, lime juice, and simple syrup. Top with club soda and stir gently. Garnish with a cucumber slice and a mint sprig for a refreshing summer drink.

PEACH BELLINI

Ingredients:

1. 2 oz peach puree
2. 4 oz chilled prosecco
3. 1/2 oz lemon juice

Instructions:

In a glass, combine peach puree and lemon juice. Gently pour in the chilled prosecco, allowing it to mix naturally with the peach puree. Stir lightly and serve immediately. Garnish with a peach slice for a delightful summer sip.




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: jhobbit@shaw.ca

email Marjorie: mhobbitt@shaw.ca

Phone: 250 347-9877

Cell 250 342-1585

8288 Hobbitt Frontage Rd. Hwy 93/95

4 km south of

Radium Hot Springs BC

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

 **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



- 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



Ham Radio for Kids:

Engaging the Next Generation of Operators

Ham radio, officially known as amateur radio, is a fascinating hobby that connects enthusiasts around the globe.

While traditionally popular among adults, ham radio offers unique educational and recreational opportunities for kids as well. In this blog post, we will explore the benefits of ham radio for kids, provide tips on how to get them involved, and highlight some fun activities to keep them engaged. With the right approach, ham radio can become a rewarding and educational experience for the next generation of operators.

The Benefits of Ham Radio for Kids

Engaging kids in ham radio can have numerous benefits. From enhancing their technical skills to fostering a sense of community, here are some key advantages:

Educational Growth

Ham radio provides an excellent platform for learning about science, technology, engineering, and mathematics (STEM). Kids can learn about radio waves, electronics, and

communication protocols, which are integral parts of modern technology. This hands-on experience can spark an interest in STEM subjects and inspire future careers in engineering, physics, or computer science.

Development of Practical Skills

Operating a ham radio requires a variety of practical skills. Kids will learn how to use radio equipment, understand signal propagation, and even build their own antennas. These activities enhance problem-solving abilities, manual dexterity, and technical know-how.

Communication Skills

Ham radio is fundamentally about communication. By talking to other operators locally and globally, kids can improve their verbal communication skills. They will learn how to exchange information clearly and concisely, which is valuable in both personal and professional settings.

Sense of Community

Ham radio fosters a sense of community and belonging. Kids can join local amateur radio clubs, participate in events, and connect with operators worldwide. This sense of belonging can boost their confidence and provide a support network of like-minded individuals.

Getting Kids Involved in Ham Radio

Introducing kids to ham radio requires a thoughtful approach to ensure they find it enjoyable and engaging. Here are some tips to get started:

Start with the Basics

Begin by explaining what ham radio is and how it works. Use simple terms and relatable examples to make the concepts easy to understand. Show them a basic ham radio setup and let them listen in on some conversations to pique their interest.

Use Age-Appropriate Equipment

Choose age-appropriate equipment that is easy for kids to use. Handheld transceivers, also known as HTs, are a good starting point. They are portable, relatively inexpensive, and user-friendly. Brands like Baofeng and Yaesu offer models suitable for beginners.

Find a Mentor

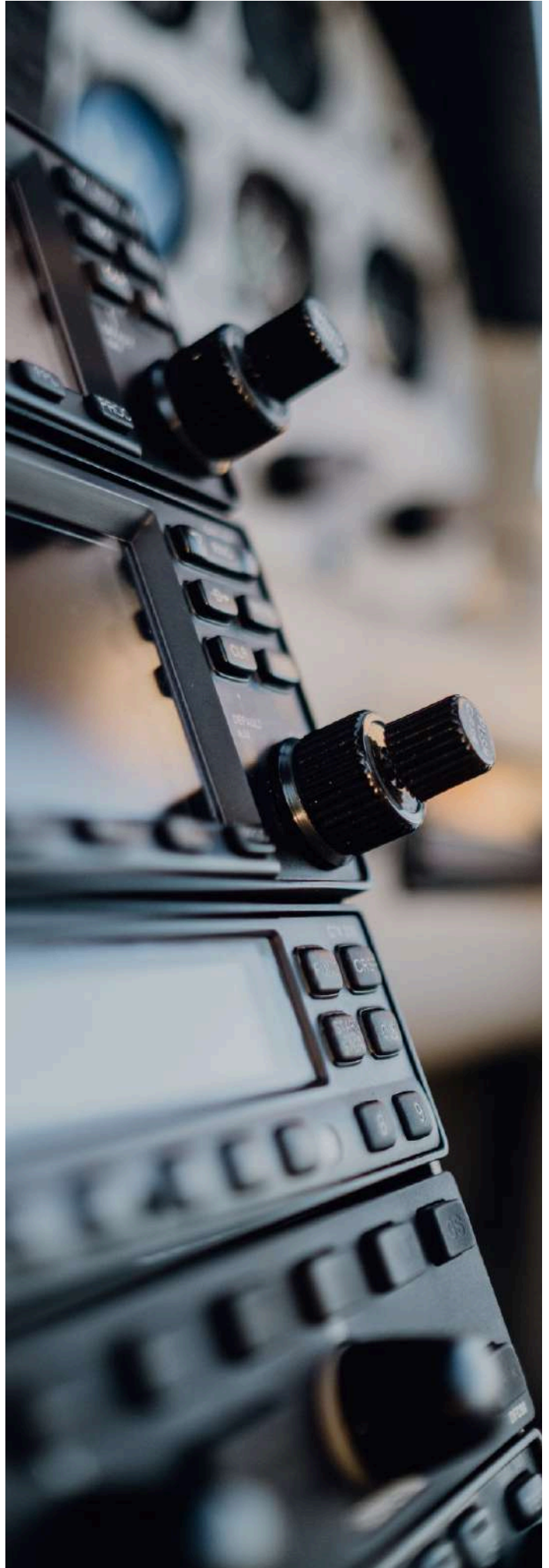
A mentor can make a significant difference in a child's ham radio journey. Look for experienced operators in your local amateur radio club who are willing to teach and guide young enthusiasts. Mentors can provide hands-on training, answer questions, and share their passion for the hobby.

Join a Radio Club

Joining a local amateur radio club can provide valuable support and resources. Clubs often have regular meetings, events, and workshops that can help kids learn and stay motivated. They will also have the opportunity to meet other young operators and make new friends.

Encourage Participation in Events

Participating in ham radio events, such as Field Day or Kids Day, can be a fun and educational experience. These events provide an opportunity to practice communication skills, learn



from others, and see the broader ham radio community in action.

Fun Activities to Keep Kids Engaged

Keeping kids engaged in ham radio involves incorporating fun and interactive activities. Here are some ideas to make their ham radio experience enjoyable:

Fox Hunts

Fox hunts, or transmitter hunts, are a popular ham radio activity where participants use radio direction finding techniques to locate a hidden transmitter. This activity combines physical exercise with radio skills, making it an exciting challenge for kids.

Building Projects

Hands-on building projects can be very engaging for kids. Start with simple projects like building a basic antenna or a crystal radio. As they gain confidence and skills, they can move on to more complex projects like assembling a QRP (low-power) radio kit.

Contests and Awards

Ham radio contests and awards provide goals and incentives for kids to improve their skills. Contests like the ARRL Kids Day encourage young operators to make as many contacts as possible in a short period. Awards such as Worked All States (WAS) or DX Century Club (DXCC) can motivate kids to reach specific milestones.

Learning Morse Code

Learning Morse code can be a fun and rewarding challenge. Kids can start with simple letters and numbers, gradually building up to more complex messages. Morse code practice apps and online resources make learning accessible and enjoyable.

Satellite Communications

Communicating via amateur radio satellites can be an exciting aspect of ham radio. Kids can learn about satellite orbits, tracking, and making contacts through these "birds." With the right equipment, they can even attempt to communicate with the International Space Station (ISS).

Overcoming Challenges

While introducing kids to ham radio can be rewarding, there are some challenges to be aware of:

License Requirements

In most countries, operating a ham radio requires a license. The process typically involves passing an exam that tests knowledge of radio regulations, operating practices, and basic electronics. While this may seem daunting, with proper guidance and study, many kids can successfully obtain their licenses.

Maintaining Interest

Maintaining a child's interest in ham radio can be challenging, especially with so many other distractions. Regularly introducing new activities, projects, and goals can help keep their interest alive. Encouraging them to participate in club events and contests can also provide ongoing motivation.

Balancing Screen Time

While ham radio is a hands-on activity, some aspects, such as logging contacts or using digital modes, involve screen time. It's important to balance this with outdoor activities like fox hunts and field days to ensure a well-rounded experience.

Ham radio offers a unique blend of education, skill development, and community engagement, making it an ideal hobby for kids. By understanding the benefits, getting kids involved, and keeping them engaged with fun activities, we can inspire the next generation of ham radio operators.



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: 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



VALLEY PROMOTIONS



THE DISTRICT OF
INVERMERE PRESENTS

LOCALS LIVE²⁴ CONCERT SERIES

POTHOLE PARK
DOWNTOWN INVERMERE

6:30 PM-8 PM

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

Wildlife Spotting:

Jen Bewski
PHOTO CREDIT

Best Times and Places to See Animals in the Columbia Valley

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

Whether you're a seasoned wildlife enthusiast or a casual observer, knowing the best times and places to spot animals can enhance your experience. Here are some top tips and locations to help you make the most of your wildlife spotting adventures in the Columbia Valley.

Best Times for Wildlife Spotting

Early mornings and late evenings are prime times for wildlife observation. Animals are generally more active during these cooler parts of the day. Dawn is particularly excellent for spotting deer, elk, and various bird species as they start their day. Similarly, dusk is ideal for seeing animals like black bears and moose as they come out to feed. During the summer months, wildlife tends to be more active in the cooler parts of the day to avoid the midday heat.

Top Places to Spot Wildlife

Kootenay National Park: This expansive park offers a variety of habitats, from alpine meadows to dense forests. Look for mountain goats on the rocky slopes and deer in the forested areas. The Stanley Glacier Trail is a good spot for seeing diverse wildlife.

Bugaboos Provincial Park: Known for its stunning mountain scenery, Bugaboos is also home to black bears, marmots, and various bird species. Early mornings are best for wildlife spotting in this rugged terrain.

Columbia Wetlands: This wetland area

is teeming with birdlife, including cranes, herons, and ducks. A leisurely walk along the wetland trails in the early morning or late afternoon can yield exciting birdwatching opportunities.

Radium Hot Springs: While known for its geothermal pools, the surrounding area also offers wildlife spotting opportunities. Keep an eye out for deer and elk, especially during dawn and dusk.

Responsible Wildlife Viewing Tips

Keep a Safe Distance: Always observe animals from a safe distance to avoid disturbing them or putting yourself at risk. Use binoculars or a camera with a zoom lens for a closer view.

Respect Wildlife: Do not feed or approach animals. This can alter their natural behavior and potentially lead to dangerous situations.

Follow Local Guidelines: Adhere to local wildlife viewing guidelines and regulations to ensure both your safety and the well-being of the animals.

Stay Quiet: Minimize noise to avoid startling wildlife. Keeping a quiet demeanor increases your chances of seeing animals and ensures a more peaceful experience for them.

By following these tips and choosing the right times and places, you can enjoy rewarding wildlife encounters while helping to protect the natural beauty of the Columbia Valley.

**CANADIAN
FIREARMS
SAFETY COURSES**



CORE Conservation
Outdoor
Recreation
Education
British Columbia Hunter Safety

PAL

CORE

Hello, I will be coming to Invermere this August to teach the PAL and the CORE programs.

CFSC (PAL) #1

August 15/16 (Thursday and Friday from 8:30 AM to 4:30 PM)

Cost is \$150 per person

I welcome adult and youth, and the minimum age is 12 years old.

CFSC (PAL) #2

August 18/19 (Sunday and Monday from 8:30 AM to 4:30 PM)

Cost is \$150 per person

I welcome adult and youth, and the minimum age is 12 years old.

CORE August 20 and 22 (Tuesday and Thursday from 8:30 AM to 5 PM)

Cost is \$200 per person

I welcome adult and youth, and the minimum age is 10 years old.

A little bit about me:

I am very aware of how difficult it can be to find PAL and CORE Instructors in some areas, and it is my pleasure to go to communities to offer the courses whenever I can. I never charge extra to cover my transportation and accommodation costs. Which is why I ask for a \$50 deposit as confirmation of your commitment.

My background is quite diverse. I was a medic in the Canadian Army, then I went to teacher college, where I focused on teaching adults and people with learning disabilities. In addition to the PAL and the CORE programs, I've been teaching Wilderness Safety with the BC Wildlife Federation and First Aid with the Red Cross. I love teaching and use a student centric approach to make sure that the information makes sense and is remembered.

I live Logan Lake where I spend most of my time in the woods with my dog Ranger.

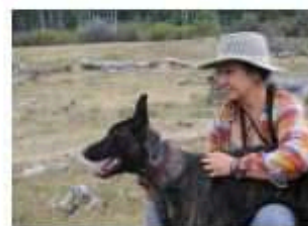
I look forward to meeting you 😊



All courses will be at the Invermere Legion on 13th Street

To Register, or if you have any questions, contact me directly via call/text at 604.505.7177

You can also check out my Facebook page and send me a private message at www.facebook.com/chezmartyne





COLUMBIA VALLEY ROCKIES

8TH ANNUAL GOLF TOURNAMENT

**COPPER POINT
RIDGE GOLF COURSE**

**FRIDAY 6TH
SEPTEMBER**

DETAILS

\$115 ENTRY INCLUDES GOLF + CART + DINNER + SOCIAL
HOLE IN ONE PRIZES
FUN COMPETITIONS
SILENT AUCTION

CHECK IN AT 2:00 PM
SHOTGUN START AT 2:30 PM
TEAM SCRAMBLE FORMAT

\$115
PER
PLAYER

HOW TO REGISTER:

BY PHONE: TOLL FREE AT 1-877-418-4653 OR LOCAL 250-341-3392 EXT 1

BY EMAIL: RESERVATIONS@COPPERPOINTGOLF.COM

VALLEY PROMOTIONS

LASSO YOUR TICKETS ONLINE
@ HOSPICESOCIETYCV.COM

\$70



YEE HAW! HOSPICE SOCIETY 2024 BARN DANCE

SATURDAY SEPTEMBER 7, DOORS OPEN 5pm

BRADY CREEK RANCH, 2175 Westside Road

Our gratitude to the Davidson family for use of their barn

BEER & WINE \$6

Food by

Smokehouse 93

Music by

Bryant & the Branson Bound Band



***\$30 entry to
the Block Party
On presentation of
Barn Dance Ticket***



UNITED

for BC wildfire recovery

Shining a Light on Community Support: United Way British Columbia's BC Wildfire Recovery Fund

Shining a spotlight on the incredible work being done by the United Way British Columbia (UWBC) through their BC Wildfire Recovery Fund.

This initiative exemplifies community resilience and support in the face of adversity, and we are proud to share how UWBC is making a meaningful difference in wildfire-affected areas across British Columbia.

The BC Wildfire Recovery Fund was established to aid communities recovering from the devastating wildfires that have impacted various regions. The United Way British Columbia, known for its commitment to fostering positive change, has stepped up to address the urgent needs of those affected. The fund is a testament to the power of collective action and compassion, bringing

together individuals, businesses, and organizations to support recovery efforts.

One of the standout features of the BC Wildfire Recovery Fund is its focus on providing immediate relief and long-term recovery assistance. The fund supports critical services such as emergency relief, temporary housing, mental health support, and rebuilding efforts. By addressing both immediate needs and long-term recovery goals, UWBC ensures a comprehensive approach to disaster relief that helps communities rebuild and heal.

The transparency and efficiency of



the BC Wildfire Recovery Fund are noteworthy. Contributions are carefully allocated to ensure they reach the areas most in need. The United Way British Columbia provides regular updates on the impact of the fund, keeping donors informed about how their contributions are making a difference. This transparency fosters trust and encourages continued support from the community.

Additionally, the BC Wildfire Recovery Fund highlights the strength of collaboration. UWBC partners with local organizations, government agencies, and other stakeholders to maximize the effectiveness of their efforts. This collaborative approach not only amplifies the impact of the fund but also ensures that resources are used efficiently to address the unique needs of each community.

We extend our deepest gratitude to the United Way British Columbia for their unwavering dedication to wildfire recovery. Their commitment to supporting affected communities, combined with the generosity of donors, is a powerful force for good. We encourage everyone to visit the United Way British Columbia website to learn more about the BC Wildfire Recovery Fund and consider contributing to this vital cause.

In times of crisis, it is heartening to see

organizations like the United Way British Columbia leading the way in recovery efforts. Their work embodies the spirit of community support and resilience, and we are honored to share their inspiring story with our readers.


While United Way BC does not have grants available to individuals, you can connect with their 211 service where their resource navigators will work with you to explore options and look for available supports for your situation. You can reach out 24/7 by dialing or texting 211, through email at 211-help@uwbc.ca, or through their online chat at bc.211.ca.

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/


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/>

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/

Amy Woodland School

Book Drive

Books for Bright Futures



Amy teachers have possibly lost all their classroom contents due to damage from the recent fire. Help us rebuild their classroom libraries by donating books suitable for children in Kindergarten to Grade 6. Your generosity will not only help rebuild classroom libraries, it will also instill a love of reading and learning in their students! Thank you for your support.

Here are two ways to help

Drop off your new or gently used books at one of these local businesses:

Huckleberry Books
Pages Book Emporium

Can't make it to a drop-off location? No problem! Contact Angela at 250-919-3227 to arrange a pick-up.

Purchase Gift Cards:
Buy a gift card from Huckleberry Books or Pages Book Emporium. These gift cards will allow teachers to choose the books they need most for their classrooms.

VALLEY PROMOTIONS

Les Francofolies

FALL SESSION



LES
Francofolies

Register for the Monday program

<https://www.surveymonkey.com/r/8NYY7QZ>

Fall Session	Sept 9th - Dec 9th
Mondays	9:30 am - 2:30 pm
Age Group	8 - 12 years old
Fees	\$175/month

Fridays
Full

Concept

Les Francofolies is a new alternative learning program offered in Invermere. We will be learning French and going on all kinds of outdoor adventures to witness the concepts we will be discussing throughout our time together. Nature/ecology, diversity, creativity, thinking and self-reflection are only a few of the themes we will be exploring.

Need more info ?



250-688-8448 (Sophie)



Soph.timmermans@gmail.com





Gamer's Corner

Game Review: Vampire Therapist

Developer: Little Bat Games
Publisher: Little Bat Games
Platforms: Microsoft Windows, Linux, macOS
Genres: Indie game, Simulation video game
Steam Rating: 3.6/5
GOG.com Rating: Not Available

In the realm of indie games, "Vampire Therapist" from Little Bat Games presents a unique and intriguing concept that blends the supernatural with psychological simulation. This game places players in the role of a therapist working with a clientele of vampires, each bringing their own set of issues and challenges.

Gameplay and Concept

"Vampire Therapist" distinguishes itself by combining traditional therapy simulation with a fantastical twist. Players interact with various vampire clients, each suffering from unique problems that span the spectrum of psychological and existential crises. The game tasks players with diagnosing and treating these issues through a series of dialogue-based interactions, decision-making processes, and problem-solving scenarios.

The premise is fresh and creative,

offering a novel take on the simulation genre. The challenge lies in balancing the therapeutic needs of each vampire client while navigating their often otherworldly and complicated backstories.

Visuals and Audio

Visually, the game adopts a charming indie aesthetic with simple yet effective graphics that support the narrative and gameplay mechanics. The character designs are distinct, aligning with the various types of vampire personalities players will encounter. The game's art style complements its

[GOG Games](#)
PHOTO CREDIT



quirky and fantastical elements, making the experience both engaging and enjoyable.

The audio design features a fitting soundtrack that enhances the game's atmosphere. While not groundbreaking, the music and sound effects contribute positively to the overall immersive experience.

Reception and Critique

With a Steam rating of 3.6/5, "Vampire Therapist" has received a mixed reception from players. While the concept is innovative and the game offers a unique take on the simulation genre, some players may find the execution lacking in depth or polish. Reviews suggest that while the game's premise is intriguing, its gameplay mechanics and overall execution might not fully meet the expectations of all players.

"Vampire Therapist" is a creative indie game that offers a unique twist on the simulation genre by integrating vampire lore with therapeutic simulation. While its concept is fresh

and engaging, the mixed reviews indicate that the game may appeal more to those who appreciate its niche theme rather than those seeking a more refined gaming experience. If you're intrigued by the idea of counseling vampires and are a fan of indie games, "Vampire Therapist" might be worth a try.

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

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

Sierra Franklin

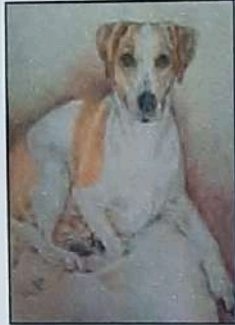
EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



Lasting Memories & Big Laughs!

VALLEY PROMOTIONS



PET *and people* PORTRAITS

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

betty106@telus.net

250 342 5448



PRICE LIST

Want to advertise your business or services?

All designs come with 2 rounds of revisions. Any additional rounds will be estimated on a case-by-case basis. Please note that services do not include any printing or stock photography costs. Final files will be formatted to fit your desired needs.

VECTOR LOGO DESIGN

Single Concept \$62
 2 Concepts \$107
 3 Concepts \$125

LETTERHEAD DESIGN \$26

Price based on existing Logo, Logo Design sold separately. First round includes 2 layouts.

FLYER DESIGN

Single Layout Concept \$35

MENU DESIGN

Priced Per Page \$26

KIDS COLOURING MENU

8.5" X 11" \$35
 11" X 17" \$44

MAGAZINE DESIGN

Starting at \$314
 Prices vary based on the amount of pages.

BOOK COVER DESIGN

Single Sided \$53
 Double Sided \$71

CUSTOM COLOURING PAGE

Priced Per Page \$17

TAROT/ORACLE CARD CUSTOM ART

40-Cards \$1,106
 78-Cards \$2,105
 Additional Cards +\$35 per card
 Price includes one back card design.

VECTOR SIGN DESIGN

Single Concept \$44
 Price based on existing Logo, Logo Design sold separately.

LABEL DESIGN

Single Concept \$35
 2 Concepts \$44
 Price based on existing Logo, Logo Design sold separately.

BROCHURE DESIGN

Tri-Fold \$44



3D PRINTING AVAILABLE!!

PRICES VARY BASED ON COMPLEXITY AND SIZE.

3D CUSTOM DESIGN

Starting at \$62
 Prices vary depending on complexity.

BRISCO HERMIT

250-549-0247

BRISCOHERMIT@GMAIL.COM

Instagram and Facebook icons followed by @BRISCOHERMIT

VALLEY PROMOTIONS

ROCK RUSH PRESENTS

THE ROCK AND GEM SHOW AND SALE

AUGUST 16-18 ▪ PRESTIGE LAKESIDE RESORT ▪ NELSON, BC

Friday, August 16, 3pm-8pm ▪ Saturday, August 17, 10am-6pm ▪ Sunday, August 18, 10am-4pm

FEATURING: WHITE RAVEN EMPORIUM ▪ L.A. ORIGINALS
HARLAN RUUD ▪ ROCK RUSH ▪ THE CRYSTAL NATION
AVALON MYSTIC INC. ▪ CAROLE'S RIVERGEMS ▪ TIMELESS GEMS
KELOWNA ROCKS & GEMS ▪ ROBERT AND ROZALIA BROWN
STONES AND WEAVE ▪ TINDALE EXPLORATION SERVICES
8TH AVENUE ART ▪ DIANE'S ROCKS OF ART & **MORE**

**ROCKS, GEMS, LOCAL MINERALS,
AND RELATED ARTISAN GOODS**



Movie Review

Release Date: July 26, 2024 (Canada)
Director: Shawn Levy
Distributor: Walt Disney Studios Motion Pictures
Box Office: \$879.3 million

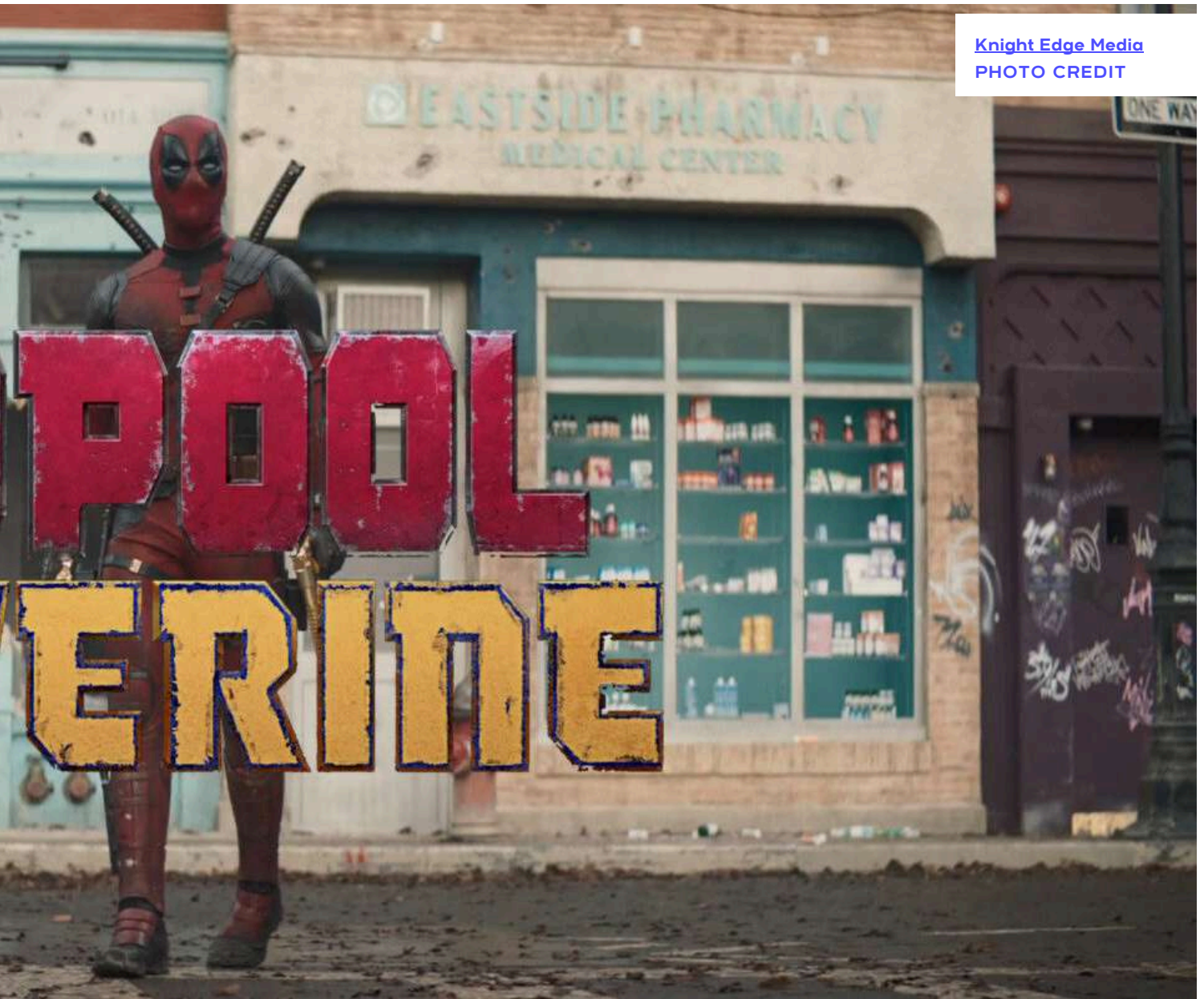
In a cinematic mashup that fans have long been dreaming of, "Deadpool & Wolverine" delivers a rollercoaster of action, humor, and superhero spectacle. Directed by Shawn Levy, this film brings together the irreverent anti-hero Deadpool (Ryan Reynolds) and the grizzled mutant Wolverine (Hugh Jackman) in a high-stakes multiverse adventure.

The story kicks off with Deadpool enjoying a rare moment of peace, only for his tranquil existence to be shattered when the Time Variance Authority (TVA) recruits him for a mission that involves safeguarding the

multiverse from an existential threat. Deadpool's journey becomes even more intriguing when he teams up with Wolverine, who initially appears as a reluctant partner but soon proves to be an invaluable ally.

The film excels in its character-driven humor, with Reynolds and Jackman bringing their iconic characters to life in a way that feels both fresh and nostalgic. The chemistry between the two leads is palpable, making their banter and camaraderie one of the film's highlights. Their on-screen dynamic adds a layer of depth to the storyline, balancing intense action sequences with comedic moments.

Cinematography by George Richmond captures the film's vibrant visuals and action-packed scenes effectively. The multiverse concept is



is explored with impressive special effects that enhance the overall experience. The action sequences are well-choreographed, and the film's pacing keeps the audience engaged throughout.

While "Deadpool & Wolverine" has garnered a respectable 79% on Rotten Tomatoes and an 8.1/10 on IMDb, Metacritic's 56% indicates a more mixed reception. Despite this, 95% of Google users have expressed their enjoyment, highlighting that the film resonates strongly with its audience.

In conclusion, "Deadpool & Wolverine" is a thrilling and entertaining addition to the Marvel universe. It successfully combines humor and action with the star power of Reynolds and Jackman, delivering an experience that is both enjoyable and memorable. If you're a

fan of the Marvel franchise or simply enjoy a well-executed superhero film, this one is certainly worth a watch.



YOU CAN COLOR THIS



THE ART SHERPA





FLY IN

Pancake Breakfast and Public Open House

Everyone Welcome
Saturday September 7, 2024

5192 Fairmont Airport Road
Fairmont Hot Springs, BC
9:00 am to 1:00 pm

Learn about our airport and the essential services we support

Pancake Breakfast Online Auction 50/50 Raffle Kid Games

Pilots register today by emailing:
operations@columbiavalleyairport.com



VALLEY PROMOTIONS



COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket

Households of all sizes benefit from our food baskets.



Five Person
Food Basket



Eight Person
Food Basket

Choose a donation option here from \$74.00 to \$335.00.

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

We provide one week of food per household. When more support is needed an emergency food basket is a solution.



Emergency Food Basket

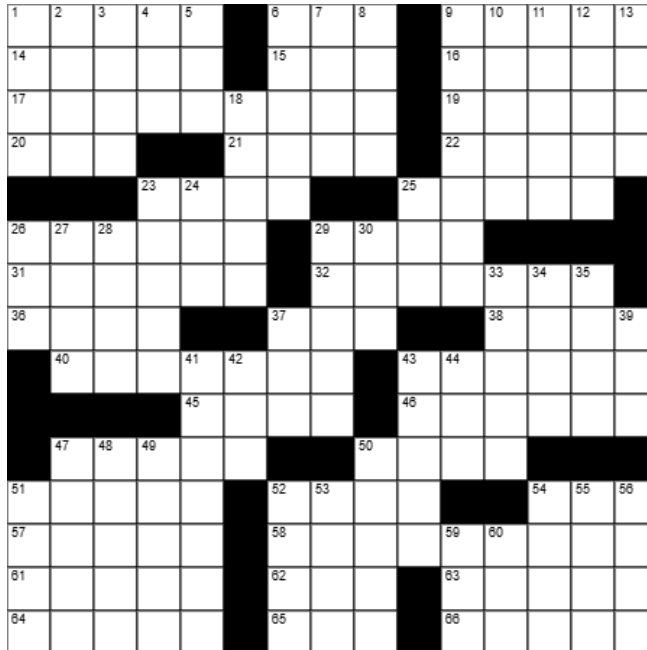


Emergency Food Baskets (\$39.00)

A LITTLE FUN

Across

1- Give it ___!; 6- Actress Thurman; 9- Numbers game; 14- Stiller's partner; 15- Doze; 16- On ___-to-know basis; 17- Convert into a fossil; 19- Island in the Bay of Naples; 20- Colo. clock setting; 21- Roman road; 22- Marketing connection; 23- Thick cord; 25- Apple centers; 26- Out, in bed; 29- Farrow and Hamm; 31- Frost's field; 32- Went in; 36- Europe's highest volcano; 37- ICU workers; 38- Suffix with buck; 40- Not blind; 43- Occupied by a metropolis; 45- Egyptian cobras; 46- In ___ (sort of); 47- Skin of the upper part of the head; 50- Memorable times; 51- Sash; 52- Grime; 54- Thrice, in prescriptions; 57- Shaft shot from a bow; 58- Fellow student; 61- Capital of Yemen; 62- CIA predecessor; 63- Components; 64- Abrasive mineral; 65- Not for a Scot; 66- Personal quality of material belonging;



Down

1- Kind of radio; 2- Classic cars; 3- Bridge seat; 4- SAT takers; 5- Mai ___; 6- Band together; 7- Labyrinth; 8- Copycat; 9- Milk sugar; 10- Studio sign; 11- Conical shelter; 12- Garr and Hatcher; 13- Sleipnir's rider; 18- Impudent (slang); 23- Label anew; 24- ___ the fields we go...; 25- Siamese, calico, or tabby; 26- Gibbon, e.g.; 27- Drunkards; 28- Director Riefenstahl; 29- Fixes; 30- ___ and outs; 33- Gives a 9.8, say; 34- ___ Brockovich; 35- Female rabbits; 37- Agent, briefly; 39- Keats piece; 41- To midpoint; 42- Recipe amt.; 43- Wagons; 44- This ___ test...; 47- Beat it!; 48- Chili con ___; 49- Bellowing; 50- Wipe out; 51- Manuscript enc.; 52- Pest control brand; 53- "Casablanca" role; 54- Sailors; 55- Novel ending; 56- Take five; 59- Hot tub; 60- Barker and Bell;

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

