



FREE - Please Take a copy! - The Columbia Valley's Entertainment Guide

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Fresh Every Thursday!!!

### CANADIAN SPORTS TRIVIA

Which Vancouver Canuck has the all-time record for most goals in a single season and during which season did it occur?  
(Answer on page 5)

April 8-14, 2010 Volume 8 Issue 15

### Spring Fling

Windermere Community Association is hosting a 'Spring Fling' Family Dance on Friday, April 16 between 6 and 9 pm. The dance is at Windermere Hall and everyone is invited. There will be music to suit all ages, a pizza concession and face painting for the kids.

There will also be special student dance performances by members of Colleen Wagner's School of Dance. For further information call Cheri at 250-341-3383.

### Thoughts to Ponder

Do not eat natural foods. I used to eat a lot of natural foods until I learned that most people die of natural causes.

Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.

Have you noticed since everyone has a camcorder these days, no one talks about seeing UFOs like they used to?

### Debbie Neault Fundraiser

Please remember that the Deb Neault Fundraiser event is this Friday, April 9 at 6 pm at Eagle Ranch Clubhouse. Tickets can

be picked up at Home Hardware, Skookum Inn or Details by JoAnne for \$50.

Deb has done a lot for this community and has a long road ahead of her. Money raised from this event will assist her with this journey. Live entertainment, auction items, awesome prizes and a great time for a great cause. How can you go wrong? Call Joan for information at 250-342-6293.

### Support Advertisers

Nearly every day and several times on some days, I am approached by a faithful reader who tells me they love The Valley Peak. Everyone seems to enjoy different parts of it whether it is trivia, riddles, jokes, birthdays, 'What's Up' or just the random writing and rambling that I do. It seems to appeal to all ages and lifestyles as folks are waiting for it to be delivered. Thank you for the positive feedback and of course, keep it coming.

A huge part of The Valley Peak is the advertisers who support it. Please let them know you have seen their ad in that great little coffee paper with all the jokes and smiles. They are the ones keeping things coming.



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**Women In Business**

Donna Chen of Tim Hortons and Elizabeth Klein of Te Papa Nui are hosting a 'Women in Business' get-together on Thursday, April 15 at 7 pm. It will be a casual, fun and informative time at Te Papa Nui Antiques. If you are interested in attending or want a bit more information, email Elizabeth at [klein@nucleus.com](mailto:klein@nucleus.com).

**Riddliculous**

I had a chance to see 'Evan Almighty' the other evening and it reminded me of an old standby riddle.  
How many of each animal did Moses actually take onto the Ark? See page 6.

**Safe Transportation**

Summer is coming quickly in the Columbia Valley! As you start planning your vacation time and group events in the Invermere area, ensure that your time is jam-packed with fun and sensible decisions. Plan and organize to have the Fundamental 15-Passenger Van for your outings and let them drive, so you and your friends don't have to. They will customize services to fit your needs and provide a unique service to the Valley by offering private transportation, shuttle service, and Fundamental hosts. Enjoy all your good times but please plan a safe form of transportation. Call Lindsay at 250-342-0240 or contact her on the Internet at [lindsay@fundamentalevents.com](mailto:lindsay@fundamentalevents.com).

**Message From Heaven**

One day God was looking down at Earth and saw all of the rascally behaviour going on. He sent one of his angels to Earth to look into it. When the angel returned, he told God, "Yes, it is bad on earth; 95% are misbehaving and only 5% are not." God was not pleased so he decided to e-mail the 5% who were good, because he wanted to encourage them and give them a little something to help keep them going. Do you know what the e-mail said? That's okay! I was just wondering because I didn't get one either.

**ICAN News**

ICAN is holding a pet adoption event on Sunday, April 18 to help all their feline friends find forever homes. Check the ad on page 6.

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**Robservations**

Again I find myself scrambling to get The Valley Peak to the printer in time for production and delivery on the regular days. During the winter I was finding it a bit tough due to commitments to my other job. I wish I could use the same excuse now. Fortunately, I am finding myself very busy doing other things. Fun, relaxing and recreational things such as golfing, fishing and camping. I am finding myself attending fundraisers, watching a bit of television, reading other publications (ouch) and just enjoying life.

I have also been catching up with advertising clients (thanks for hanging in there) and friends. I hope you enjoy this week's edition of The Valley Peak and that you continue to read it in the future.

**Dinner Prayer**

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the little girl replied.

"Just say what you hear Mommy say," the mother said.

The little girl bowed her head and said, "Dear Lord, why on Earth did I invite all these people to dinner?"

**Camper Complete?**

With this being the start of camping season, it is important to have your recreational vehicle in tip-top shape. Invermere Wash and Lube specializes in camper tune-ups.

They are experts at 'summerizing' (spell check hates that word but I get to make up my own words occasionally) your RV as well as winterizing it later in the year.

Remember also that they have a sanidump facility at their shop in the Athalmer industrial area. They can offer great advice on camping spots in our area.

P.S. You might as well get an oil change and wash your vehicle while you are there. They have great facilities.

**Camper Comedy**

I saw a comedian the other day talking about the show 'Survivor'. He suggested that we will never see a Canadian on the show because we already know how to camp.

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1. Mount Logan is the highest peak in which country?
  2. Which Greek physician gave his name to an oath taken by medical students?
  3. The Swathing Cup is competed for in which sport?
  4. How many movements are usually in a symphony?
  5. What name is given to a visible cloud of gas or dust in space?
  6. In the Bible, who was the first-born son of Isaac?
- (Answers to #s one, two and three on page 8; #s four, five and six hidden in ads in this issue)

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**Birdsong Dinner**

Reserve your seat early for the Windermere Community Association's Birdsong, Sing Along Dinner. This is a fundraiser in conjunction with the 'Wings Over the Rockies' on May 6 at the Windermere Community Hall.

Anne Riches will be catering a 'fowl' dinner. There will be entertainment by the Valley Voices Choir as well as a fun-filled evening of 'birdsong'. There are plenty of door prizes and prizes for best bird costume, etc.

Tickets are only \$35 each or \$60 per couple but they must be reserved soon. A minimum of 65 seats must be sold for the event to be a go. Tickets are available at all Wings outlets.

**What Am I?**

I spend the summer feeding on high mountain pastures and the winter foraging at lower levels. I can survive on very little vegetation but must have daily access to water and periodic access to salt. My sense of smell is poor so my safety depends on my acute vision.

My distinctive horns are sought after by trophy hunters. They are massive in construction, brown in colour and marked with growth rings. As a young male, my horns are very similar to the females'. What am I?  
See page 7.

**Bad Golf**

Taking advantage of a balmy day in New York, a priest and three other men of the cloth swapped their clerical garb for polos and khakis and time out on the golf course. After several really horrible shots, their caddy asked, "You guys wouldn't be priests by any chance?"

"Actually, yes, we are," one cleric replied.

"How did you know?"

"Easy," said the caddy, "I've never seen such bad golf and such clean language!"

**Sad In Cranbrook**

Well, I guess not enough of us got our votes in for Cranbrook as Hockeyville 2010. Cranbrook had a huge lead going into the final five but two places overtook it during the last few days. The winner was Dundas, Ontario.

Maybe next year folks. It is a pretty big honour to make the top five.



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**Star Struck**

I was out doing a bit of camping this past weekend and I have to admit that I love the night sky. Getting away from all light sources and looking up on a clear night is unbelievable. I only can name a few of the constellations but on a night like that I wish I knew more.

Very bright and distinct was last week's 'Brain Drain' question number 4, Sirius. Sirius is actually two stars lined up with one another giving it a twinkling effect. It is in the Southern Hemisphere and actually seems to change colours as you look at it. It is the star that some of my family members call 'Dad's Star'.

**Canadian Sports Trivia Answer**

The Vancouver Canucks' record for most goals in a season occurred during the 1992/1993 season when Pavel Bure scored 60 times. Bure also holds the record for most points (110) during the same season. He also has the most points by a rookie with 60 during the 1991/1992 season.

**Hat Shop**

In a hat shop a saleslady gushed: "That's the hat for you! It makes you look ten years younger."

"Then I don't want it," retorted the customer. "I certainly can't afford to put on ten years every time I take off my hat!"

**Great Laughs**

Thanks to everyone who passes jokes on for printing in The Valley Peak. Everyone needs a good laugh and you help provide it. I love when I am at an event and I hear someone tell one of the jokes they have read here. It is a great feeling. Special thanks to Kelly for all the effort she puts into it. You make it all that much easier for me.

**Doctor?**

An acquaintance of mine who is a physician told this story about her then-four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it. "Be still, my heart," thought my friend, "my daughter wants to follow in my footsteps!" Then the child spoke into the instrument: "Welcome to McDonald's. May I take your order?"



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- 9th-Daffodil Day
- 13th-Council Meeting at 7 pm
- 22nd-Earth Day
- 24th-Valley Pride
- 27th-Council Meeting at 7 pm
- 30th-Utility Bills are due
- April 25th to 30th is**  
**Anti-Idling Week**

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### Dangerous Move

As I wrote today's 'What Am I?' question, I was reminded of something I witnessed two weeks ago. I was driving through the Kootenay Pass between Salmo and Creston and saw a vehicle pulled over. There were no people anywhere near it.

I glanced up the hillside to see two crazy fools climbing amongst a group of bighorn sheep. They were right in the middle of the herd taking pictures. I wonder how anyone could be so ignorant of the danger they were in as well as the disruption they placed on the animals.

I hope they made it out safely but I also hope they get a clue. I somehow doubt my second hope came true.

### Riddliculous Answer

I have a group of friends that get almost all of the trivia and riddles unless they are Bible related. I assume they would have gotten this one though.

Moses did not take any animals onto the Ark because it was built by Noah.

### Sometimes it Only Takes One Line

I have seen the truth and it makes no sense.

A lot of pessimists get that way from financing optimists.

I'd rather visit the zoo than most of my relatives.

If only the good die young then what does that say about senior citizens?

With fuel prices skyrocketing, they should now call them gasp pumps!

Buffet is a French term, it means, "get up and get it yourself."

Is it my imagination, or do Buffalo wings taste like chicken?

Nagging is the repetition of unpalatable truths.

Yes, I'm lost . . . but I'm making GREAT time!

Psychiatry enables us to correct our faults by confessing our parents' shortcomings.

### Lucky Tummy

Thanks to Andi and Suzanna for their great hospitality on Friday. I had ordered a couple of loaves of the chocolate brioche and as always, it was amazing. I shared with a couple of friends camping and they were very pleased. I feel confident that I can never go wrong eating bread made by Andi. It is always fantastic.

# HI HEAT

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**Awards Night**

The Columbia Valley Chamber of Commerce is hosting its 12<sup>th</sup> Annual Business Excellence Awards 2010 this coming Wednesday, April 14. The event is being held at Fairmont Hot Springs Resort and tickets are very limited at \$50/person. Entertainment will be provided by Canadian comedian Glen Foster.

Outstanding businesses and individuals making the valley a pleasant and positive community will be honoured. Your nominations have helped determine the winners. Contact Heather at 250-342-2844 or email [info@cvchamber.ca](mailto:info@cvchamber.ca) for ticket information. Next year The Valley Peak will be eligible to be nominated so prepare yourselves for some intensive promoting by me and voting by you.

**What Am I Answer**

Very common in the Radium Hot Springs and Kootenay Park area, the Bighorn Sheep is a relative of the farmyard nanny goat. Be careful around these animals as they are strong and quick.

**Baggage**

My dear friend, a divorcee, never remarried, and her daughter wanted to know why. "The men I know would bring too much heavy baggage to the marriage and I simply don't want to put up with it," she explained.

Taking her mother's hand in hers, my friend's daughter said sweetly, "I hate to break the news to you, Mom, but you're not exactly carry-on yourself."

**Environmental Health**

'Precycle!' Preventing waste before it happens is called 'precycling.' Reduce your waste footprint by reducing the amount of packaging you throw away. Buy as much as you can in bulk as well as buy concentrated laundry and cleaning products.

Most grocery stores offer reusable shopping bags at a reasonable cost. They are larger, stronger and easier to use than traditional plastic bags and help reduce our impact. Remember to save your plastic shopping bags for vendors at the Farmers' Market and Hopkins' Harvest.

**Brisco Crib Nos**

Disappointing for all of you from the North is the fact that Brisco Crib Notes are not

available this week. I hope everyone enjoyed their Easter weekend.

**Some Short Ones**

Two cows standing next to each other in a field, Daisy says to Dolly, "I was artificially inseminated this morning."

"I don't believe you," said Dolly.

"It's true, no bull!" exclaimed Daisy.

Two hydrogen atoms walk into a bar. One says, "I've lost my electron."

The other says, "Are you sure?"

The first replies, "Yes, I'm positive..."

**Wisdom**

Inside of us, we all have some good news. The good news is that we don't know how great we can be! How much we can love! What we can accomplish and what our potential is!

Spread the news to yourself, your friends, family and acquaintances.



**Names We've Heard**

- 8 Patricia Arquette, Julian Lennon
- 9 Dennis Quaid, Rachel Stevens
- 10 Omar Sharif, Steven Seagal
- 11 Tricia Helfer, Joss Stone
- 12 Andy Garcia, Shannen Doherty
- 13 Vince Gill, Thomas Jefferson
- 14 Sarah Michelle Gellar, Pete Rose

**Local Celebrities**

- 8 Walter & Glenda Verge anniversary
- 9 Mark Renzetti, Don Jumaga, Dan Marshall, Pat Godlien
- 10 Doris Hansen, Kristine Vogel, Robin Carlson
- 11 Norma Sadler, Glenda Verge, Don & Clara Arnold anniversary
- 12 Bev Beingessner, Sandy Woods, Bob Hickey, Lorne Hansen
- 13 Greg Mantyka, Sue Hoyne, Jessica Fairhart, Edith Dunn
- 14 Mick Eldstrom, Lorna Hogg, Jodi Seitz

Submit your free birthday or anniversary greetings to [valleypeak@telus.net](mailto:valleypeak@telus.net) or call 250-341-7243

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

<p><i>I can collaborate with you to resolve concerns related to:</i></p> <ul style="list-style-type: none"> <li>◆ Depression</li> <li>◆ Anxiety</li> <li>◆ Work stress</li> <li>◆ Relationship distress</li> <li>◆ Isolation</li> </ul>	<p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>• Professional assistance one click away</li> <li>• On your schedule                             <ul style="list-style-type: none"> <li>• Anytime</li> <li>• Anywhere</li> </ul> </li> <li>• Confidential</li> <li>• Cost-effective</li> <li>• Tailored to your needs</li> </ul>
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# ★ WHAT'S UP ~~~~~ down the valley ★

## FREE LISTINGS FOR COMMUNITY EVENTS

### Every Thursday

Men's Night at Windermere Valley Golf Course. 250-342-3004.

Ladies' Night at Coy's Par 3 at 5 pm.

Yoga at Radium Seniors' Hall 6:30-8 pm. Drop-in only \$10. 250-270-0377.

Adult lap swim 6:30-7:30 pm at Radium Pools.

Kyoshin Karate 7-9 pm at Kicking Horse Coffee. \$10 drop-in fee. 250-342-5385.

Judo Club at Invermere Judo Hall 7-8:30 pm. 250-688-0319.

### 3rd Thursday of Every Month

Parkinson's Disease Support Group Meeting at Heritage Inn in Cranbrook at 7 pm.

### Every Friday

Duplicate Bridge at 1:00 pm at Invermere Seniors' Hall. \$2 drop-in, bring a partner, everyone welcome. Invermere Seniors' Cribbage at 7:30 pm.

### Last Friday of Every Month

'Soup and a Bun' luncheon at Edgewater Legion for only \$5.

### Every Saturday

Any outdoor activity you like in this awesome valley.

### Every Sunday

Crib at Brisco Community Hall 2 pm.

Psychic/Tarot and Oracle readings by Anicka 12:30-4:30 pm at Smoking Water Coffee Company in Fairmont.

Drop-in badminton at DTSS 7:30-10 pm. 250-342-3825.

Japanese Ju Jitsu 7-9 pm at Invermere Judo Hall. \$10 drop-in. 250-342-5385.

### Every Monday

Yoga at Radium Seniors' Hall 6:30-8 pm. Drop-in only \$10. 250-270-0377.

Invermere Seniors' Carpet Bowling at 1:30 pm.

Duplicate Bridge at Invermere Seniors' Hall at 6:30 pm. \$2 drop-in fee, bring a partner, everyone welcome.

Adult lap swim 6:30-7:30 pm at Radium Pools.

Judo Club at Invermere Judo Hall 7-8:30 pm. 250-688-0319.

### 1st and 3rd Monday Each Month

OPTions for Sexual Health. Confidential low-cost birth control, STI testing. 6:30-8:30 pm. 250-342-2362.

### Every Tuesday

Purcell Mountain Painters meet at Invermere Seniors' Hall from 9 am to 12:30 pm.

Take Off Pounds Sensibly (TOPS) meets at the Lake Windermere Alliance Church at 326-10 Ave. from 6 pm to 7 pm. If interested, call Bev at 250-342-3992 or

Barb 250-342-5342.

Kyoshin Karate 7-9 pm at Kicking Horse Coffee. \$10 drop-in fee. 250-342-5385.

### 1st and 3rd Tuesday Each Month

Steamboat Mountain Quilters' Guild at Edgewater Hall 7 to 9 pm.

### Every Tuesday & Thursday

Spring Training/Boot Camp. Rotary Park at 5:30 pm. All fitness levels. Fun! By donation. 250-688-8355.

### Every Wednesday

Men's Night at Coy's Par 3 golf course. 250-345-6504. Ladies' Night at Windermere Valley Golf Course at 2 pm. Starts April 21.

Red Hat-Foxy Red Bonnets meet at Tim Hortons at 10 am. 250-342-0198.

Open jam at Hoodoo Grill after 9 pm.

Badminton at J.A. Laird 7-9 pm. 250-342-3825.

slo-pitch league at 7 pm at the College of the Rockies.

### April 6-25

'Art From The Heart' local elementary students artwork on display at Pynelogs Cultural Centre.

### April 7-10, Wed-Sat.

'The Spy Next Door' showing at Toby Theatre at 7:30 pm.

### April 9, Friday

Debbie Neault silent auction benefit at Eagle Ranch. Tickets at Home Hardware, Skookum Inn or Details by JoAnne.

### April 14, Wednesday

12th Annual Business Awards 2010 held by the Columbia Valley Chamber of Commerce. For tickets or information call 250-342-2844 or email info@cvchamber.ca.

### April 15, Thursday

Forestry \$100 fire suppression refresher course at 9 am at Brisco Hall. 250-346-3294.

Relay For Life Kickoff Party at Copper Point Golf Club at 6:30 pm. 250-342-9059.

'Women in Business' get together at Te Papa Nui at 7 pm. RSVP to Elizabeth at klein@nucleus.com.

### April 16, Friday

Spring Fling Family Dance at Windermere Community Hall, 6-9 pm. Everyone welcome, all ages. Call 250-341-3383.

Catholic Women's League hosting a soup and bun luncheon and bake sale from 11:30 am to 1:30 pm at Christ Church Trinity. Adults \$5, children \$3.

### April 18, Sunday

ICAN Adoption Event between 10 am and 3 pm. Call 250-341-7888 for more information.

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