

Justin Spilly
PHOTO CREDIT

The Valley Voice

The Voices of the Columbia Valley



INSIDE THIS EDITION

WHEREVER YOU GO - THERE YOU ARE

A New Year is here again, and maybe you're feeling that familiar mix of excitement and worry. It's another chance to reset, right?

SNAPSHOT: "THE ADDAMS FAMILY"

I am always pleasantly surprised at the quality of local talent when it comes to live theatre.

YOUTH SUMMIT HUB TURNS 30!!

Summit Youth Centre Hub-marked an incredible milestone: 30 years of empowering and supporting the youth in our valley!

TOP AMATEUR RADIO PROJECTS TO KICKSTART THE NEW YEAR

The start of a new year is the perfect time to dive into creative amateur radio projects. Whether you're a seasoned operator or new to the hobby, there's always something exciting to build, customize, or explore.

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LETTER FROM THE VOLUNTEERS

Happy New Year, everyone! Woo hoo! A brand-new year is here, and with it comes a fresh start and exciting plans for the months ahead. We're thrilled to kick off 2025 with you, our amazing readers and contributors, by our side.

As we step into this new year, we're already hard at work on something special. Our 100th issue is just around the corner, and we're planning a brand-new look to celebrate this milestone! This is the perfect time to let us know what you'd like to see in the publication. Have ideas for topics? A fresh layout suggestion? We'd love to hear from you! After all, this magazine exists for our community, and your input means everything to us.

This year, one of our goals is to reach even more readers and encourage even more community content than ever before. We want to hear your stories, your voices, and your perspectives. Whether it's a heartfelt letter, an engaging article, or a fun snapshot of local happenings, we welcome your contributions. It's these submissions that make each issue special, bringing our community to life on every page.

To our incredible contributors: thank you! Your passion, creativity, and willingness to share are what keep us going month after month. And to our loyal readers: you are the heart and soul of what we do. Your support, enthusiasm, and engagement inspire us to keep striving to make each issue better than the last.

If you love what you see, please consider sharing us with a friend. We've been around for four wonderful years, and we're eager to grow our audience even more in 2025. Every share, recommendation, or conversation helps us connect with new readers and continue doing what we love.

Here's to a year filled with fresh ideas, growing connections, and, of course, a little fun! Thank you for being part of this journey—we couldn't do it without you. Let's make 2025 our best year yet!

The Valley Voices Volunteers (VVV)

January 2025



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|--|--------|----------|
| 29 | 30 | 31 | HAPPY NEW YEAR 2025! 1 | 2 Canal Flats centre closed | 3 | 4 |
| 5 | 6 | 7 Workout at Copper City. Contact Angela for more info | 8 6-8pm Screamers cooking night in Radium | 9 Canal Flats Youth Night Gr 6 & 7, 4-6pm Gr 8-12, 6-8pm | 10 | 11 |
| 12 | 13 12:30-2pm Homeschool Leadership Training | 14 Workout at Copper City. Contact Angela for more info | 15 1-2pm Homeschool workout 4-5:30pm Leadership Training for gr 8-12 | 16 No Canal Flats Youth Night | 17 | 18 |
| 19 | 20 12:30-2pm Homeschool Leadership Training | 21 Workout at Copper City. Contact Angela for more info | 22 1-2pm Homeschool workout 4-5:30pm Leadership 6-8pm Edgewater Youth Night | 23 Canal Flats Youth Night Gr 6 & 7, 4-6pm Gr 8-12, 6-8pm | 24 | 25 |
| 26 | 27 No leadership today | 28 Workout at Copper City. Contact Angela for more info | 29 1-2pm Homeschool workout 4-5:30pm Leadership 6-8pm Fairmont swimming | 30 Canal Flats Youth Night Gr 6 & 7, 4-6pm Gr 8-12, 6-8pm | 31 | 1 |



To register for an activity or for more information contact Angela Miller at amiller@fdx.family or 250-688-7458

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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 December 4, 2024

SUBMISSION DEADLINE December 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

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Running Lights ON



Tail Lights OFF



Headlights ON



Tail Lights ON

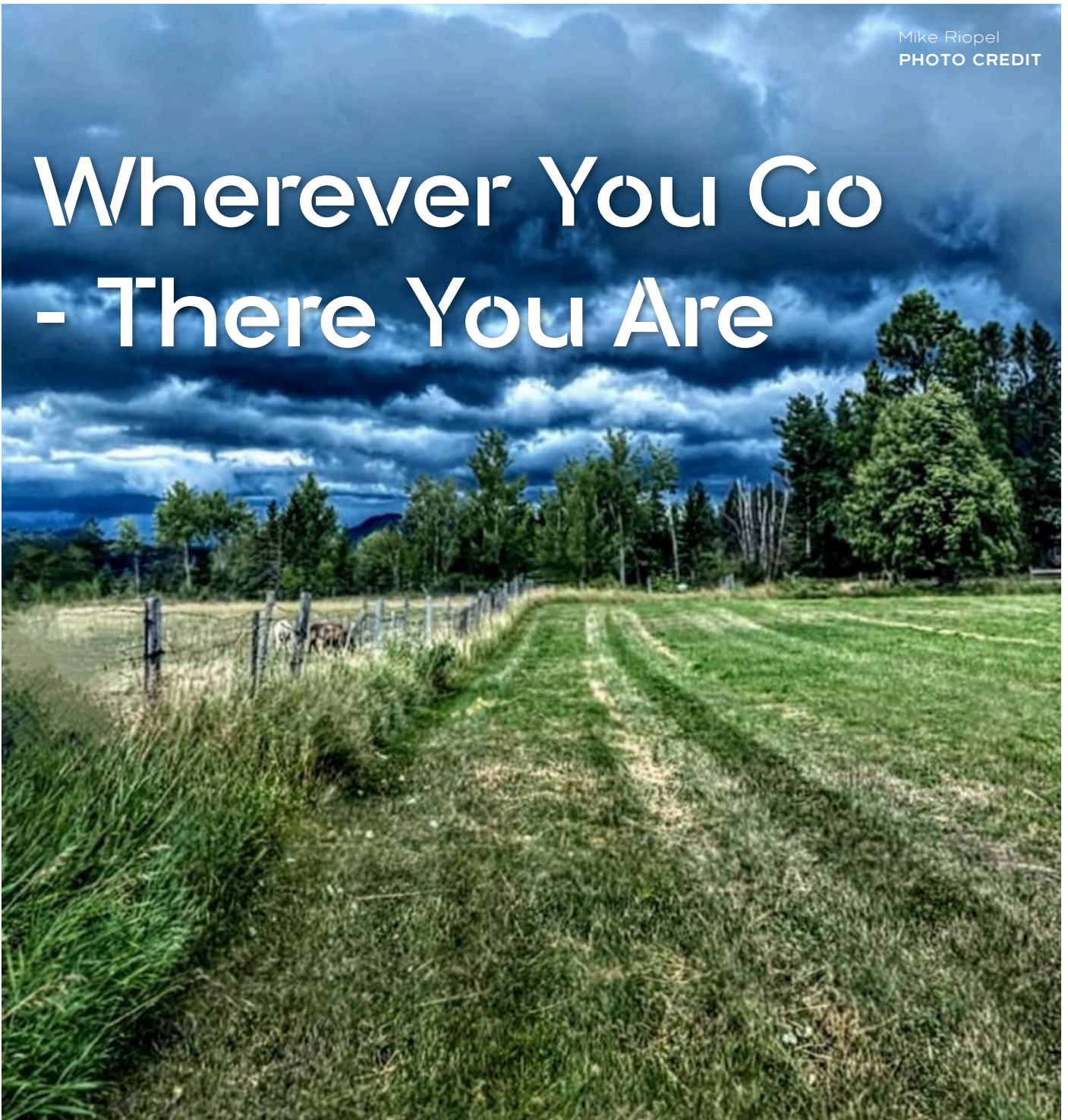
TURN YOUR LIGHTS ON...

AND BE SEEN IN *BOTH* DIRECTIONS.

DAYTIME RUNNING LIGHTS DON'T TURN ON YOUR TAIL LIGHTS

Mike Riopel
PHOTO CREDIT

Wherever You Go - There You Are



A New Year is here again, and maybe you're feeling that familiar mix of excitement and worry. It's another chance to reset, right?

You might even have a list of resolutions - eat healthier, lose weight, save more money, or tackle that big project. But deep down, do you wonder if this year will be any different? How many times have those good intentions faded away by February? What if the real change you're looking for isn't out there somewhere but waiting quietly within you?

Be honest with yourself; how often do you point fingers when things go wrong? "It's their fault," or "If only this hadn't happened, I'd be fine." It's natural and even feels justified sometimes. But here's something to think about, when you point one finger at someone else, three fingers point back at you. It's a little reminder that no matter what's happening around you, the most important change starts with you.

There is an old story called The Parable of the Two Villages. A traveller, looking to start fresh, stumbled upon a farmer in his field. "What are the people like in the next village?" he asks. The farmer paused and replied, "What were the people like in the last village you visited?" The traveller smiled. "Oh, they were kind, generous, and welcoming." The farmer nodded. "You'll find the people in the next village are the same."

Later, another traveller approached the same farmer and asks "What are the people like in the next village?". Again, the farmer asked, "What were the people like in the last village you visited?" This traveller scowled. "They were rude, selfish, and unfriendly." The farmer gave the same reply: "You'll find the people in the next village are the same."

This story is more than just a clever fable. It's a truth you've likely experienced yourself - wherever you go, there you are. Changing your surroundings, your job, or even your relationships won't magically fix things if you carry the same mindset. It's like mopping up water from a leaking pipe without repairing the leak. You might clean up the mess, but the issue keeps coming back.

Think about the words of Miyamoto Musashi, the legendary Japanese swordsman: *"There is nothing outside of you that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself."* So ask yourself: how much of your life is shaped by what's going on around you, and how much is shaped by what's within you? Your thoughts, values, beliefs, and quiet inner strengths determine how you see the world.

Let's not sugarcoat this, self-reflection isn't easy. It's not something you'll knock out on a weekend or check off a to-do list. It takes courage to ask yourself tough questions, look at your patterns and reactions, and own your part in the story. But here's the good news: You're not broken. Everything you're searching for, all the strength and clarity you think you need from somewhere else, is already inside you.

Just uncover it.

But how do you get there? Start by being honest with yourself, not in a critical way, but with curiosity and compassion. What are you carrying with you that's no longer serving you? What patterns keep holding you back? Carl Jung put it beautifully: *"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes."*

This awakening is rarely comfortable. It's messy and awkward, and sometimes it feels like two steps forward, one step back. But those small moments, when you pause before reacting, when you see a challenge as an opportunity, or when you simply accept your own growth, those are the moments that matter. They're the bricks that build a stronger, freer, more genuine you.

Life will still throw you curveballs. People will still disappoint you. Plans will still fall apart. There will still be setbacks. But here's the truth, none of that defines you. What defines you is how you choose to respond. Instead of chasing the "new you," start seeing the real you. The one who's been there all along, waiting to wake up. The one who doesn't need fixing because they were never broken. Make the choice to grow. Not because you have to but because you can.

This year, challenge yourself to make one resolution - look inward. Examine the lens through which you see the world. Adjust it, clean it, or replace it altogether if you need to. When you do, you'll find that the people, circumstances, and challenges around you lose their grip. You'll respond instead of react. You'll choose growth instead of blame. You've got everything you need. Trust yourself.

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- Grant writing for the kitties!
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CAN & BOTTLE DRIVE

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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.

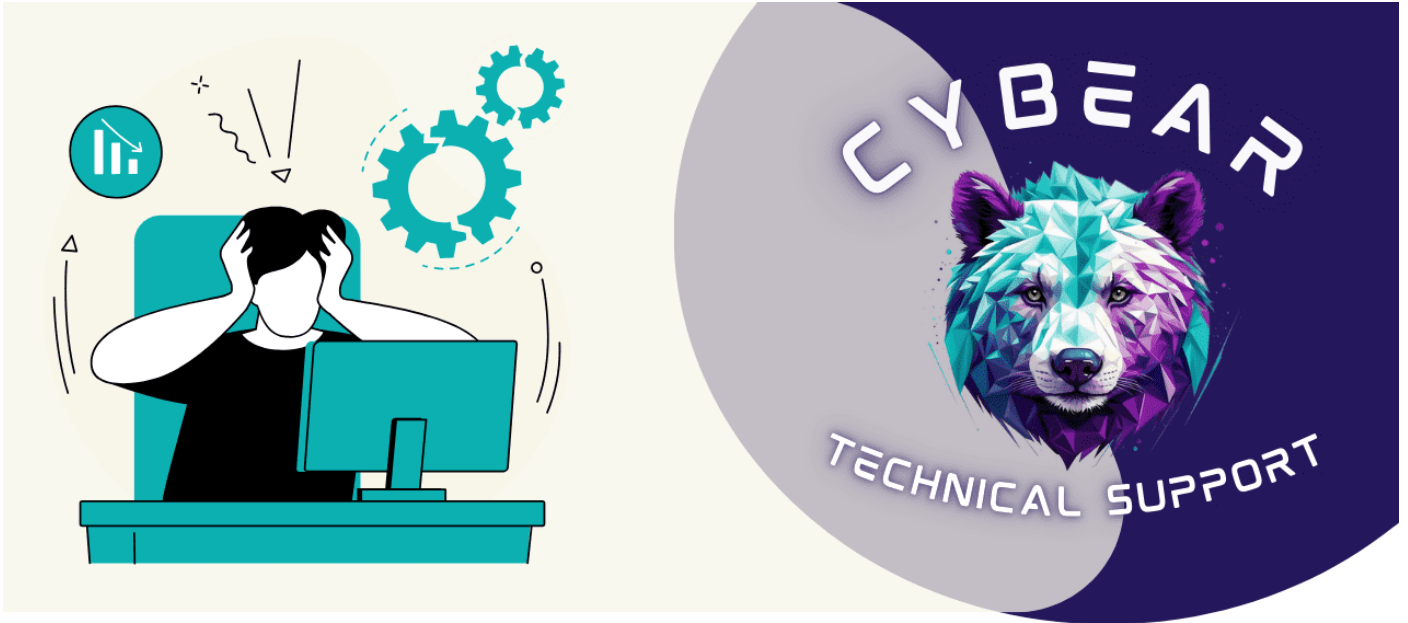
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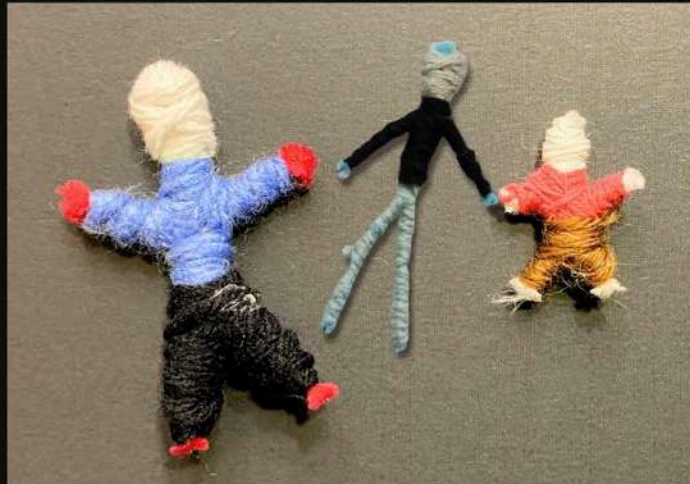
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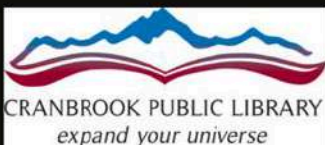
SNACKS

CRAFTS

GAMES

MAKE YOUR OWN WORRY DOLLS

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



AGES 9-12

VALLEY PROMOTIONS



hobbithousecollectibles.com

Welcome to Hobbit House Collectibles!

Nestled just 4km south of Radium Hot Springs, we invite you to explore our whimsical collection of antiques and treasures at 8288 Hobbit Frontage Rd, Hwy 93/95. Our charming shop is bursting with unique finds that are sure to spark joy and nostalgia! Have you visited us before? Share your favorite discovery in the comments on Facebook! If you haven't, what kind of collectible are you hoping to find? Don't forget to swing by and say hello, we're open and ready to help you uncover your next great treasure! [#HobbitHouseCollectibles](#) [#AntiqueAdventure](#) [#RadiumHotSprings](#)



Snapshot: "The Addams Family"

I am always pleasantly surprised at the quality of local talent when it comes to live theatre. As house photographer for our beautiful Key City Theatre I was requested to photograph the latest stage production, The Addams Family. "Over the top" is an understatement. After its premier at the New Years Eve gala it will run January 10, 11, 12, 16, 17 and 18. A rollicking good time is guaranteed.

Brian Clarkson



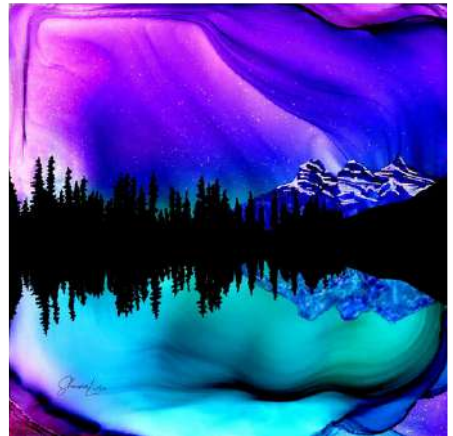


We found Brian's photos and post on Facebook shared publicly, so we thought to share it with all of you. Thank you, Brian, for your beautiful work.





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ARTIST CALL OUT

art

EXHIBITION

2025

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FOR ARTIST APPLICATIONS SEND AN EMAIL TO CUARTSCURATOR@GMAIL.COM

YOU HAVE UNTIL 25 JANUARY TO SEND IN YOUR APPLICATIONS.

WWW.COLUMBIAVALLEYARTS.COM

CVA



THE SCIENCE OF ICE: HOW LAKES AND RIVERS FREEZE



As temperatures drop and winter sets in, lakes and rivers begin to transform into icy wonderlands. But have you ever stopped to wonder how this process works? The formation of ice on bodies of water is a fascinating natural phenomenon that combines physics, chemistry, and environmental factors.

When temperatures dip below freezing, water molecules slow down and form a crystalline structure, otherwise known as ice. Interestingly, water is densest at around 4°C (39°F). As it cools further and reaches 0°C (32°F), it becomes less dense and floats, which is why ice forms on the surface rather than at the bottom. This unique property of water is crucial for aquatic ecosystems—if ice sank, bodies of water would freeze solid from the bottom up, making life nearly impossible for the creatures below.

The freezing process starts at the water's surface when heat escapes into the cold air above. This causes the top layer to cool first. Eventually, the surface solidifies into a sheet of ice, insulating the water below and preventing it from freezing completely. This thermal insulation is vital for fish and other aquatic life, as it provides a stable environment beneath the ice even during the harshest winters.

For rivers, the process is slightly different due to their constant movement. Flowing water resists freezing because the motion distributes heat more evenly, making it harder for the temperature to drop uniformly. However, slower sections of rivers, or areas with obstructions like rocks or bends, can create ice formations such as "anchor ice" or "frazil ice"—small ice crystals suspended in the water.

Beyond the science, ice plays an essential role in the environment. It shapes landscapes, supports ecosystems, and provides winter recreational activities like skating and ice fishing. So the next time you see a frozen lake or river, take a moment to appreciate the intricate science at work beneath the icy surface—it's nature's way of adapting to the chill of winter while preserving life.

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- ◆ Become a stronger person today
- ◆ Prepare for the future and make growth fun!

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Cost:

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Register:

**Call Mac at 250-899-0177
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NextChaptersWellnessSociety.com



Call for Submissions

Everybody has a favorite book! We want to see yours - as a piece of art! Choose your favorite passage, character or scene from a book and share it with us in this unique exhibition:

January 25 to March 1, 2025

100 Years of Stories:

Celebrating the Cranbrook Public Library

All art formats are welcome!

- 2-dimensional: Painting, Drawing, Collage, Photography, Digital Art
- Sculpture, Dioramas
- text-based work, poetry, responsive writing

Everyone is invited to participate: this exhibition is open to all ages and all skill levels!

Submissions due January 17

work can be dropped off Jan 18 and Jan 20 to 22

FOR SUBMISSION FORM AND MORE DETAILS

- visit www.cranbrookarts.com,
- stop by Cranbrook Arts (1401 5th St N)
- or scan the QR code



VALLEY PROMOTIONS

TRIVIA

JUDO

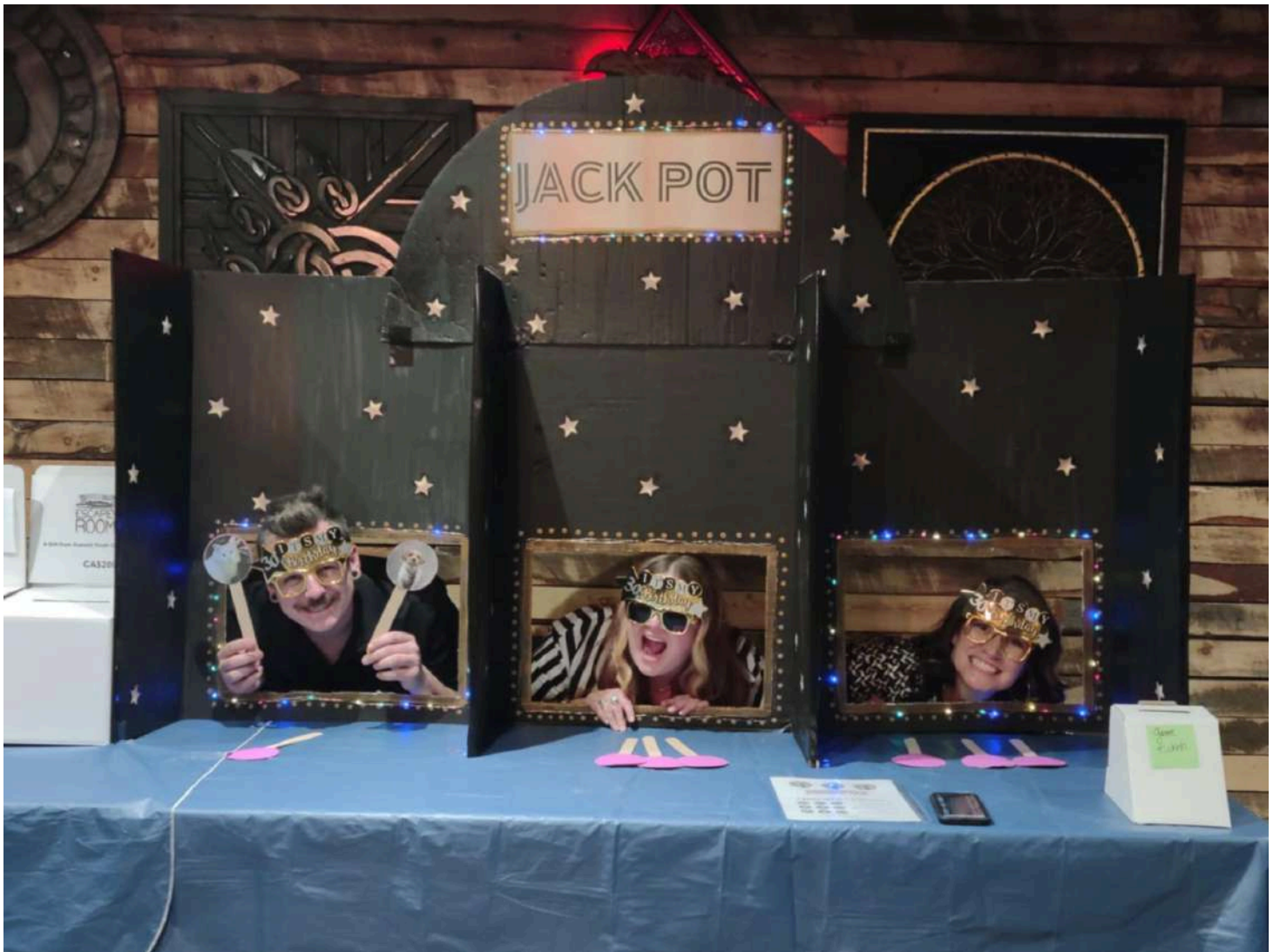
Enjoy an afternoon supporting the Invermere Judo Club. Send them to Provincials with your love for trivia

SUNDAY - JAN 26, 3-5PM

AT STATION PUB

PARTY | PRIZES | FUN





SUMMIT YOUTH CENTRE TURNS 30!

On December 5th, 2024, the Windermere Valley Youth Centre Society—better known as the Summit Youth Centre Hub—marked an incredible milestone: 30 years of empowering and supporting the youth in our valley!

To celebrate this momentous occasion, we hosted a fantastic fundraiser at Ullr Bar, featuring games, draw prizes, a live auction, and an unforgettable performance by Ricky Diamonds. The evening was a resounding success, and we are deeply grateful to everyone who made it possible.

A Heartfelt Thank You to Our Generous Donors

We couldn't have done it without the incredible support from local businesses and individuals who contributed over \$6,000 in prizes for our games and auctions:

- Live Auction Donors: Panorama Mountain Resort, Winderberry, Endeavour Fitness, Radius Retreat, Valley Fitness Centre, Jayden Daniels Wild Imagery, Leslie Cartwright, and Estelle Gonord.
- Game Prize Donors: Black Star Studio, Kicking Horse Coffee, Fuze, Valley Zipline, Columbia Valley Escape Room, Carm'Haven, Pottery Playground, McDonald's, the Horsethief Pub, the Trading Post, Nipika, Konig, Certainteed, Lakeside Bikeshop, and Columbia River Paddle.
- Draw Prize Donors: Canadian Tire, Kootenay Clothing Company, Serenity Farm, Columbia Valley

Zipline, Columbia Valley Escape Room, J2 Ranch, the Black Forest Restaurant, Lordco, and Estelle Gonord.

Special Thanks

A huge thank you to Ullr Bar and their fantastic staff for hosting our event, and to Ricky Diamonds for not only running the live auction but also delivering a show that had everyone on their feet.

To Our Supporters

Thank you to everyone who attended and contributed to this celebration. Your passion and support mean the world to us. Together, we raised over \$1,600, which will go directly into funding programs for youth in our valley.

Here's to 30 years of making a difference—and to many more ahead!

250-409-5592

FACEBOOK/VALLEYSPOSSHUB

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2025 YOUTH SPORTS PROGRAM

AT COLUMBIA LAKE REC CENTRE!

MONDAYS

**SPORTS CONDITIONING
(AGE 10-14)
4-5PM**

TUESDAYS

**SOCCER MINIS
(AGE 3-5)
3-4PM**

THURSDAYS

1-2PM HOMESCHOOL PE (AGE 5-10)

2-3PM HOMESCHOOL PE (AGE 10+)

3:30-4:30PM SOCCER JUNIORS (AGE 6-10)

4:30-5:30PM SOCCER STARS (AGE 10+)

5:30-6:30PM BASKETBALL (AGE 8-12)

**REGISTRATION
NOW OPEN!!**



STARTS MONDAY 13TH JANUARY!

8 WEEK BLOCK \$125

DROP-IN CLASS \$20

VALLEY PROMOTIONS



COLUMBIA VALLEY FOOD BANK

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Two Person
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Households of all sizes
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Five Person
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Food Basket

Choose a donation
option here from
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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)



The start of a new year is the perfect time to embrace fresh beginnings and set goals that reflect your aspirations. While many of us eagerly craft resolutions, the reality is that a significant portion of these promises fizzle out by mid-January. But don't worry—with the right strategies, you can break that pattern and turn 2025 into a year of meaningful progress. Here's how to set goals that stick and tips for staying motivated when challenges arise.

Step 1: Define Your Goals Clearly

One of the biggest reasons resolutions fail is vagueness. Instead of setting generic goals like “get healthy” or “save money,” dig deeper and make them specific and actionable. For example, instead of “get healthy,” aim for something like “exercise 30 minutes, five days a week” or “eat vegetables with every meal.” Specificity not only clarifies your intentions but also gives you measurable markers to track your progress.

The SMART Framework

Use the SMART goal framework to make your resolutions stick:

Specific: What exactly do you want to

achieve? Break it down.

Measurable: How will you track progress and know you've succeeded?

Achievable: Is your goal realistic given your time and resources?

Relevant: Does this goal align with your values and priorities?

Time-Bound: Set a clear deadline to create urgency.

Step 2: Break Down Your Goals

Big goals can feel overwhelming, leading to procrastination. Instead, break them down into smaller, manageable steps. If your resolution is to run a marathon by the end of the year, start with a goal of running 1 mile three times a week. Then gradually build up over time. Each small success will build your confidence and keep

Step 4: Build New Habits

Success often comes down to habits. Goals are the destination, but habits are the vehicle that will get you there. Focus on forming small, consistent habits that align with your goals. If you want to read more, start with just 10 minutes of reading before bed each night. Over time, these small actions compound into significant results.

Use the 21/90 Rule

There's a popular idea that it takes 21 days to build a habit and 90 days to make it part of your lifestyle. While timelines may vary for individuals, the principle is clear: consistency is key. Commit to your new habits for at least 21 days, and they're more likely to stick.

Step 5: Stay Motivated

Motivation can wane, especially when the initial excitement fades. Here are some strategies to keep your momentum going:

- **Celebrate Small Wins:** Acknowledge and reward yourself for progress, no matter how small. Achieving mini-milestones can reignite your drive.
- **Visualize Success:** Picture yourself reaching your goal. Visualization can create a positive emotional connection to your objectives, making them feel more attainable.
- **Surround Yourself with Support:** Share your goals with friends or family who can encourage you and hold you accountable. Joining a group or community with similar aspirations can also provide motivation and support.
- **Track Your Progress:** Use a journal, app, or calendar to track your achievements. Seeing your progress laid out can be incredibly motivating.

Step 6: Anticipate and Overcome Setbacks

Setbacks are inevitable. What matters is how you respond to them. Instead of giving up at the first sign of difficulty, anticipate potential obstacles and create a plan for overcoming them.

For example, if your goal is to exercise

regularly but you know you struggle with time management, schedule your workouts early in the morning before the day gets busy. If you encounter a setback, such as missing a week of workouts, don't dwell on it. Accept it, learn from it, and get back on track.



Step 7: Be Flexible

Life is unpredictable, and rigid goals can sometimes feel suffocating. Be open to adjusting your goals as circumstances change. For example, if an injury prevents you from running, consider switching to a low-impact activity like swimming or yoga. Flexibility doesn't mean abandoning your goals—it means adapting them to stay aligned with your overall intentions.

Step 8: Focus on the Why

Understanding the deeper reason behind your goal can help you stay committed. Ask yourself why the goal is important to you. For instance, if your goal is to eat healthier, your "why" might be to have more energy, improve your long-term health, or set a positive example for your family. When motivation wanes, reconnecting with your "why" can reignite your passion.

Step 9: Use Tools and Resources

In today's digital age, there's no shortage of tools to help you achieve your goals. Use apps, planners, and other resources to stay organized and motivated. For example, apps like MyFitnessPal can help you track fitness goals, while budgeting tools like Mint can help you manage your finances.

Step 10: Reflect and Adjust

At regular intervals, take time to reflect on your progress. What's working? What isn't? Are you still passionate about your goal, or does it need tweaking? Reflection allows you to celebrate your successes and make adjustments to overcome challenges.

Examples of Resolutions and Tips

Health and Fitness Goals: Start small with activities you enjoy, such as walking or dancing, and gradually increase intensity.

Financial Goals: Automate savings to remove the temptation to spend.

Personal Growth Goals: Set aside time for hobbies, reading, or online

courses.

Relationship Goals: Schedule regular quality time with loved ones, free from distractions.

Staying Inspired Throughout 2025

The journey toward achieving your resolutions is just as important as the destination. Focus on progress, not perfection. Celebrate every step forward, and don't let setbacks discourage you. Remember, the new year isn't about becoming a "new" you—it's about growing into the best version of yourself.

With these strategies, you're well-equipped to make 2025 a year of meaningful accomplishments. So, set those goals, embrace the journey, and watch your efforts turn into lasting success. Happy New Year! 🎉

DISTRICT OF INVERMERE



BUDGET OPEN HOUSE

MUNICIPAL SHOWCASE

@ COLUMBIA VALLEY CENTRE

**NETWORK,
LEARN & CONNECT
WITH OUR MAYOR,
COUNCIL AND
STAFF!**

**JANUARY
9TH
5PM-7PM**

**FOOD WILL
BE PROVIDED**

**THE DISTRICT OF INVERMERE WILL BE HOSTING AN
OPEN HOUSE TO SHOWCASE THE MANY SERVICES
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WITH CHELSEA DAWN &
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\$33

JANUARY THEME:

"Envision Your Future"

Join us for a yoga and sound experience aimed at tapping into the subconscious with visualization and embodiment.

We will then capture and contain this energy into a vision board to take home

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VALLEY PROMOTIONS



OPEN MIC

JAN 9

JAN 23

6-8ish

All skill levels and styles welcome!

Minors welcome with 19+ guest



JANUARY POST-HOLIDAY RECOVERY COCKTAILS & SHOTS

CUCUMBER GINGER REFRESHER

Ingredients:

2 oz vodka (optional for a mocktail,
replace with sparkling water)
1 oz fresh cucumber juice
1/2 oz ginger syrup
1/2 oz lime juice
Sparkling water to top

Instructions:

Combine cucumber juice, ginger syrup, lime juice, and vodka in a shaker with ice. Shake well and strain into a glass with ice. Top with sparkling water and garnish with a cucumber slice.

CRANBERRY SPARKLING CLEANSE

Ingredients:

2 oz cranberry juice (unsweetened)
1 oz orange juice
1 oz vodka or gin (optional)
Sparkling water to top

Instructions:

Add cranberry juice, orange juice, and vodka/gin (if using) to a glass with ice. Stir gently and top with sparkling water. Garnish with a sprig of rosemary for an aromatic touch.



MINTY MATCHA REVIVER

Ingredients:

1 tsp matcha powder
1 oz coconut milk
1/2 oz honey or agave syrup
1/2 oz vodka (optional)

Instructions:

Whisk the matcha powder with coconut milk until smooth. Add honey and vodka (if using) and shake with ice. Strain into a shot glass.

CITRUS DETOX SPRITZER

Ingredients:

2 oz grapefruit juice
1 oz lemon juice
1/2 oz honey syrup
Sparkling water to top

Instructions:

Shake grapefruit juice, lemon juice, and honey syrup with ice. Strain into a glass and top with sparkling water. Garnish with a lemon wheel or grapefruit wedge.




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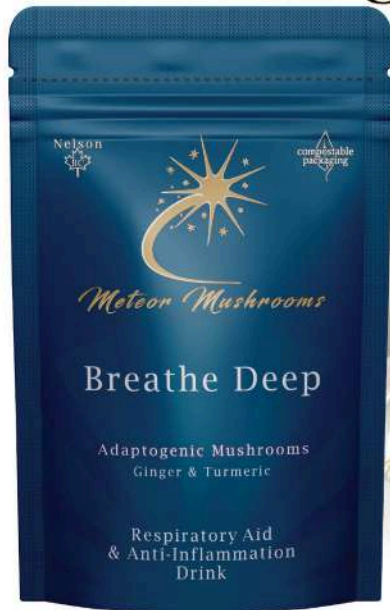
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Top Amateur Radio Projects to Kickstart the New Year

The start of a new year is the perfect time to dive into creative amateur radio projects. Whether you're a seasoned operator or new to the hobby, there's always something exciting to build, customize, or explore. Engaging in hands-on projects not only enhances your technical skills but also deepens your appreciation for amateur radio. Here are some top amateur radio projects to kickstart your year, designed to inspire and challenge operators of all skill levels.

1. Build Your Own Dipole Antenna

A dipole antenna is one of the simplest and most effective antennas you can build. It's a versatile project suitable for beginners and experienced hams alike.

Materials Needed:

- Wire (e.g., 14-16 AWG)
- Balun or coaxial feed line
- Insulators
- Rope or mounting hardware

Steps:

1. Measure and Cut the Wire: Calculate the total length using the formula: $\text{Length (feet)} = 468 / \text{Frequency (MHz)}$. Divide by two for each leg.
2. Assemble the Antenna: Attach the

wires to the balun and secure them with insulators at the ends.

3. Mount and Test: Suspend the antenna between two supports, ensuring it's clear of obstructions. Use an SWR meter to fine-tune.

Benefits:

This project enhances your understanding of antenna design and propagation, and it's adaptable to multiple bands.

2. Create a Go-Kit for Emergency Operations

Having a portable go-kit ensures you're prepared for emergency operations. This project combines functionality with creativity.

Items to Include:

- Handheld transceiver (HT)
- Portable antenna
- Battery pack and chargers
- First aid kit
- Notebook and pen

Customization Tips:

Power Management: Add a solar panel or power bank for extended operations.

Weatherproofing: Use a rugged, waterproof case to protect gear.

Personal Touch: Include laminated frequency charts, maps, and a compact multitool.

Benefits:

Building a go-kit helps you organize essential gear and ensures readiness for public service events or emergencies.

3. Construct a Weatherproof Remote Station

A remote station allows you to operate your radio from anywhere. Winter is an ideal time to design a setup that's protected from the elements.

Key Components:

- Weatherproof enclosure
- Internet-connected remote control hardware (e.g., Raspberry Pi or RigPi)
- Reliable power source (solar, battery, or mains)
- Antenna with weatherproof fittings

Steps:

1. **Choose a Location:** Find a site with good coverage and minimal interference.
2. **Assemble the Station:** Mount the radio and accessories in a sealed enclosure.
3. **Connect Remotely:** Use remote control software to manage operations.

Benefits:

This project offers hands-on experience with networking and remote technology while expanding your operating possibilities.

4. Experiment with Digital Modes

Digital modes like FT8, PSK31, and JS8Call are gaining popularity for their efficiency and low signal requirements. Setting up for these modes is an excellent project for any operator.

What You'll Need:

- Computer or tablet
- Digital interface (e.g., Signalink USB)
- Software (e.g., WSJT-X, FLDigi)

Steps:

- **Install Software:** Download and configure software compatible with your transceiver.
- **Connect Hardware:** Use the digital interface to link your radio to the computer.
- **Test and Operate:** Practice decoding and transmitting signals.

Benefits:

Exploring digital modes enhances your technical knowledge and expands your operating skills.

5. Build a Magnetic Loop Antenna

Magnetic loop antennas are compact and efficient, making them perfect for operators with limited space.

Materials Needed:

- Copper tubing or coaxial cable
- Variable capacitor
- PVC pipe for support

Steps:

1. **Form the Loop:** Bend the tubing or coaxial cable into a circular shape.
2. **Attach the Capacitor:** Connect the variable capacitor to adjust resonance.
3. **Tune and Test:** Use an antenna analyzer to fine-tune for your desired frequency.

Benefits:

This project challenges your skills and provides a practical antenna for portable or home use.

6. Create a Solar-Powered Repeater

A solar-powered repeater is a sustainable project that supports local communication networks.

Components:

- Solar panel
- Charge controller
- Deep-cycle battery
- Repeater hardware (transceiver, duplexer, controller)

Steps:

1. Set Up Power: Connect the solar panel to the charge controller and battery.
2. Assemble the Repeater: Mount the hardware in a weatherproof enclosure.
3. Deploy: Install the repeater at a high location for optimal coverage.

Benefits:

This project combines renewable energy with radio technology to create a valuable community resource.

7. Design a Compact Go-Box

A go-box is a portable, all-in-one amateur radio station. It's ideal for field operations and contests.

Features to Include:

- Transceiver
- Power supply and battery
- SWR meter
- Speaker or headphones

Customization Tips:

1. Use a lightweight, durable case.
2. Include pre-labeled connections for quick setup.
3. Add internal LED lighting for visibility in low-light conditions.

Benefits:

This project enhances portability and organization for on-the-go operations.

8. Develop a Packet Radio Node

Packet radio enables digital communication over radio frequencies. Setting up a node is a rewarding technical challenge.

Components:

- TNC (Terminal Node Controller) or software-based solution
- Transceiver
- Computer or Raspberry Pi

Steps:

1. Install Software: Use programs like Direwolf for software TNC functionality.
2. Configure Equipment: Connect and program the TNC and radio.
3. Test and Operate: Exchange digital messages and explore networks.

Benefits:

This project introduces you to data communication and expands your amateur radio capabilities.

9. Build a Direction-Finding Antenna

Direction-finding antennas are essential for activities like fox hunting or signal tracking.

Materials Needed:

- PVC pipe for frame
- Coaxial cable
- Balun

Steps:

1. Assemble the Frame: Build a lightweight, portable structure.
2. Attach the Elements: Position the antenna elements for optimal performance.
3. Calibrate: Test the antenna's directional accuracy.

Benefits:

This project enhances your understanding of antenna theory and directional propagation.

10. Upgrade Your Shack's Audio System

Improving your shack's audio system can make listening more comfortable and enjoyable.

Upgrades to Consider:

- Noise-canceling headphones
- External speakers
- Audio filters

Steps:

1. Evaluate Needs: Identify audio weaknesses in your current setup.
2. Install Components: Add and test new audio hardware.
3. Optimize Settings: Adjust equalizer settings for clarity.

Benefits:

Better audio quality enhances long operating sessions and contest performance.

Engaging in amateur radio projects is a fantastic way to start the year with creativity and purpose. From building antennas to experimenting with digital modes, these projects offer opportunities to learn, grow, and connect with the amateur radio community. Choose one that excites you, gather your materials, and enjoy the satisfaction of bringing a new project to life. At CRCS, we're here to support your journey—share your progress with us and let's make this year one to remember in amateur radio!



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New Year Financial Reset:

Tips for Budgeting and Saving in 2025

The beginning of a new year is the perfect time to take control of your finances and lay the foundation for a financially secure future. Whether you want to save for a dream vacation, pay off debt, or build an emergency fund, here are some actionable tips to kickstart your financial journey in 2025:

1. Assess Your Current Financial Situation

Start by taking an honest look at your finances. Review your income, expenses, savings, and debts. Use this information to identify where you stand and areas for improvement. Understanding your spending habits is the first step toward building a practical budget.

2. Set Clear Goals

Define your financial priorities for the year. Be specific—whether it's saving \$5,000, paying off credit card debt, or investing in your retirement fund, a clear goal provides motivation and focus. Break larger goals into smaller milestones for easier tracking.

3. Create a Realistic Budget

A budget is your financial roadmap. List all your income sources and fixed expenses like rent, utilities, and groceries. Allocate a portion of your income toward your financial goals and keep some room for discretionary spending. Free apps like Mint or YNAB can help you monitor your budget and stay on track.

4. Build an Emergency Fund

If you don't already have one, make building an emergency fund a top priority. Aim to save 3–6 months' worth of essential expenses. This cushion will provide financial stability in case of unexpected situations like medical bills or job loss.

5. Automate Your Savings

Set up automatic transfers to your savings account so you're consistently building your nest egg without having to think about it. Even a small, regular contribution adds up over time.

6. Cut Unnecessary Expenses

Audit your spending for areas where you can cut back, like subscriptions you rarely use or dining out too often. Redirect those funds toward your goals.

By implementing these strategies, you can reset your finances and make 2025 your best year yet. Small, consistent steps now will lead to big financial rewards in the future. Happy saving!

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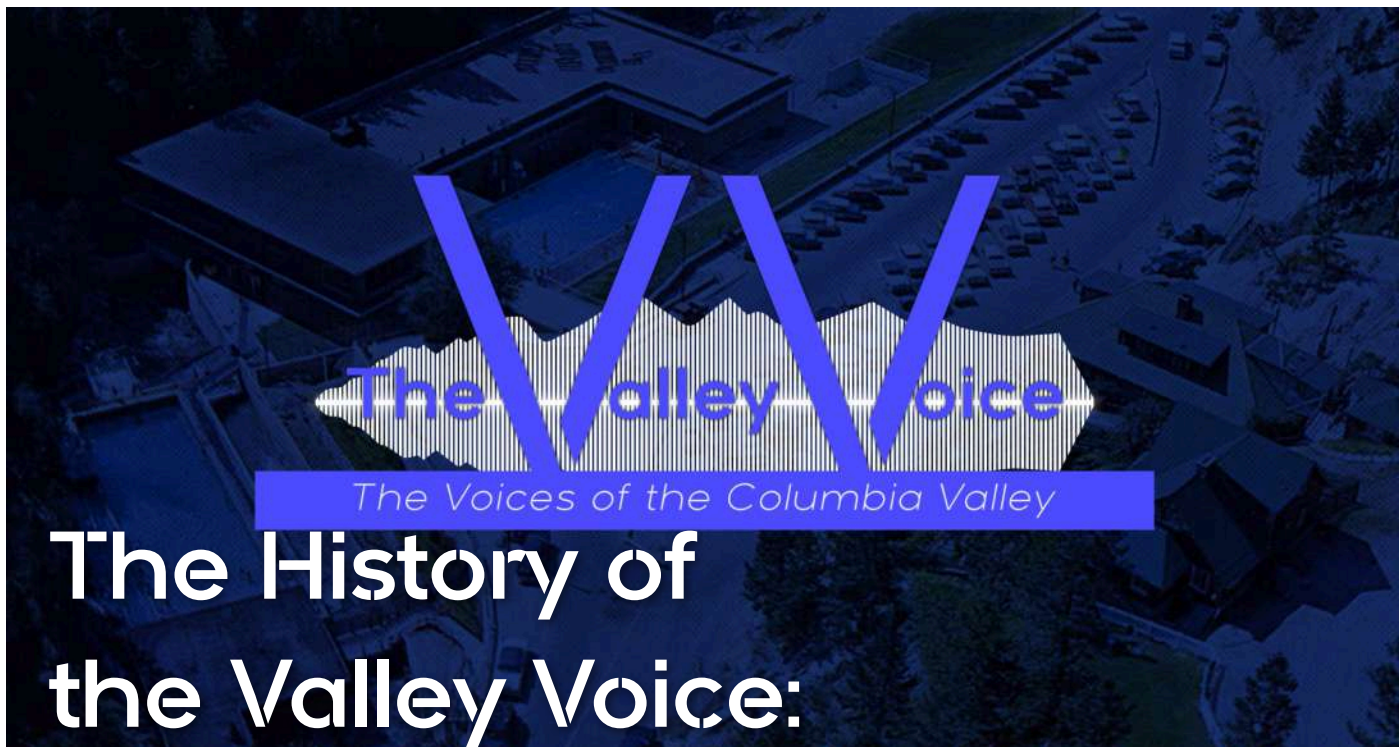
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The History of the Valley Voice:

Celebrating 100 Issues

As The Valley Voice approaches its landmark 100th issue, it's the perfect time to reflect on the journey that has brought us to this incredible milestone. What started as a modest local publication has blossomed into a beloved community hub that connects, informs, and inspires its readers. Let's take a walk down memory lane and celebrate the story behind The Valley Voice—its humble beginnings, evolution, and impact on our vibrant community.

The Birth of The Valley Voice

The Valley Voice was born out of a simple yet powerful idea: to give a voice to the people of our community. Founded four years ago in [insert year], the publication was created by a small but passionate group of volunteers who recognized the need for a platform that would share local stories, events, and achievements. At a time when larger media outlets often overlooked small-town narratives, The Valley Voice set out to fill the gap.

With limited resources and an all-volunteer team, the first issue was published as a modest newsletter. It featured community announcements, a handful of stories, and a commitment to serve as a reliable source of information for residents. The response was overwhelmingly positive, and it was clear from the beginning that The Valley Voice was here to stay.

Growing with the Community

As the publication gained traction, so did its ambitions. From its early days as a newsletter, The Valley Voice evolved into a full-fledged magazine, complete with in-depth articles, vibrant photography, and dedicated sections for arts, culture, business, and community initiatives. Each issue brought something new to the table, thanks to the creativity and dedication of its contributors.

Over the years, The Valley Voice became more than just a publication—it became a reflection of the community's heart and soul. Local voices were amplified, whether through guest submissions, letters to the editor, or feature stories that showcased the people, businesses, and organizations making a difference. The magazine also played a vital role in promoting local events, from farmers' markets to charity fundraisers, ensuring that residents stayed connected and engaged.

The Power of Volunteers

At the core of The Valley Voice's success is its team of volunteers. From writers and photographers to editors and designers, countless individuals have contributed their time, talents, and passion to make each issue a reality. Their dedication has been instrumental in maintaining the publication's quality and authenticity.

Volunteers have not only shaped the content but also forged a unique sense of camaraderie behind the scenes. The production of each issue—from brainstorming ideas to delivering the final product—has been a labor of love, driven by a shared belief in the importance of community storytelling. Without these tireless efforts, reaching 100 issues would not have been possible.

Challenges and Triumphs

Like any long-term endeavor, The Valley Voice has faced its share of challenges. From securing funding to navigating the logistics of distribution, the journey hasn't always been smooth. However, the team's resilience and the community's unwavering support have ensured that The Valley Voice continues to thrive.

One of the magazine's greatest triumphs has been its ability to adapt to changing times. Embracing digital platforms, The Valley Voice launched an online presence to reach an even wider audience. This move allowed readers to access content from anywhere, ensuring that the publication remained relevant in an increasingly digital world. Despite these changes, The Valley Voice has stayed true to its roots, maintaining its focus on local stories and authentic connections.

Milestones and Memorable Moments

As we look back on 100 issues, there are countless milestones and memorable moments worth celebrating. From covering breaking news to highlighting heartfelt community achievements, The Valley Voice has been there for it all. Here are just a few highlights:

First Issue Release: The publication's inaugural issue marked the beginning of an incredible journey, setting the tone for the community-first approach that remains its hallmark.

Spotlight Features: Over the years, The Valley Voice has shone a light on inspiring individuals, from local artists and entrepreneurs to unsung heroes who embody the spirit of the valley.



Special Editions: Holiday-themed issues, anniversary celebrations, and special features have brought unique flair to the magazine, making each edition a keepsake for readers.

Collaborative Projects: Partnering with local schools, nonprofits, and businesses has enriched the content and strengthened ties within the community.

Looking Ahead

As The Valley Voice prepares to celebrate its 100th issue, the team is excited to unveil some exciting updates and plans for the future. A fresh new look is in the works, and readers are encouraged to share their ideas and feedback to help shape the next chapter of the magazine's story.

The goal remains the same: to serve as a trusted source of information, inspiration, and connection for the community. With the continued support of readers, contributors, and volunteers, The Valley Voice is poised to reach even greater heights in the years to come.

Thank You, Readers!

None of this would have been possible without you—our readers. Your loyalty, engagement, and contributions have been the driving force behind The Valley Voice's success. Whether you've shared a story, submitted an article, or simply taken the time to read each issue, your involvement has made all the difference.

As we approach this milestone, we invite you to join us in celebrating the journey so far and looking ahead to the future. Here's to 100 issues of community storytelling—and to many more to come!





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THE CABIN FACTORY

キャビンファクトリー

Gamer's Corner

Game Review: The Cabin Factory

Platform: PC
Release Date: December 2024
Developer: Northern Pines Interactive
Genres: Simulation, Strategy, Indie

The indie gaming scene has delivered countless charming and creative simulation games, and *The Cabin Factory* is no exception. Developed by Northern Pines Interactive, this unique title immerses players in a peaceful, yet highly strategic environment where they take on the role of a cabin-making entrepreneur in a sprawling, snowy wilderness. Balancing resource management, customer satisfaction, and environmental sustainability, *The Cabin Factory* offers a fresh take on simulation and strategy gaming.

Gameplay Overview

At its core, *The Cabin Factory* is a business simulation game with a cozy, handcrafted aesthetic. Players are tasked with building and managing a cabin factory, starting with a modest workshop and growing into a full-fledged production empire. From sourcing materials to designing

unique cabins for clients, every aspect of the business requires careful planning.

The game introduces players to a serene forest environment where sustainability is paramount. Resource collection, primarily through logging and mining, is balanced with a dynamic ecosystem system—overharvest, and you'll face the wrath of Mother Nature, complete with dwindling resources and unhappy woodland creatures.

Customer satisfaction is another key element. Players must tailor their cabins to suit each client's tastes, which range from simple rustic aesthetics to luxurious retreats. Meeting deadlines and staying within budgets adds another layer of challenge, making this game as much about strategy as creativity.

Graphics and Sound

Visually, *The Cabin Factory* leans into a stylized, cartoonish look that captures the essence of a snowy woodland paradise. The cabins are highly customizable, allowing for intricate designs that give players room for creativity. The game world feels alive, with critters scurrying about and weather effects adding to the immersive experience.

The soundtrack is relaxing and reminiscent of crackling fireplaces and gentle snowfall. Combined with sound effects like the creak of falling trees and the rhythmic hum of factory tools, the game establishes an atmosphere that keeps players engaged.

Strengths

- **Sustainability Mechanics:** The emphasis on eco-conscious resource management is a welcome addition, setting the game apart from others in the genre.
- **Creative Freedom:** The robust customization tools for cabins allow players to unleash their inner architects.
- **Relaxing Yet Challenging:** The balance between a soothing atmosphere and strategic gameplay keeps things engaging without becoming overly stressful.
- **Replayability:** With random events, varying customer requests, and multiple strategies for growth, *The*

Cabin Factory offers plenty of replay value.

Weaknesses

- **Pacing Issues:** The early game can feel slow, especially as you grind for resources to expand your operations.
- **Steep Learning Curve:** Managing all the systems (resource collection, production, and customer satisfaction) can be overwhelming for new players.
- **Limited Multiplayer Options:** While a co-op mode would fit perfectly, the game is strictly a single-player experience for now.

The Cabin Factory is a delightful and innovative addition to the simulation genre. Its emphasis on sustainability and creativity, coupled with its charming aesthetic, makes it a standout choice for fans of games like *Stardew Valley* or *Planet Zoo*. While it has a few shortcomings, particularly in pacing and accessibility for newcomers, the overall experience is deeply satisfying and rewarding.

For those looking to escape into a snowy wilderness and test their entrepreneurial and creative skills, *The Cabin Factory* is well worth your time. It's a warm and cozy game for those cold winter nights—a testament to the endless possibilities of indie gaming.

Rating: 8.5/10



Sierra Says

HYPNOTIST

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- STAFF EVENT
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Sierra Franklin

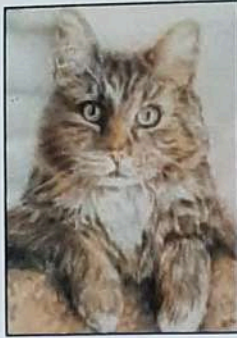
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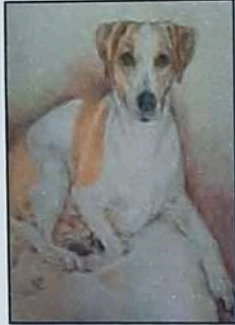


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Movie Review: Better Man

Director: Michael Gracey
Stars: Robbie Williams, Jonno Davies, Steve Pemberton, Alison Steadman
Release Date: TBA 2024
Genre: Biographical Drama, Musical

Robbie Williams, the pop icon known for his dynamic stage presence and cheeky charm, takes center stage in *Better Man*, a biographical drama chronicling the highs and lows of his life and career. Directed by Michael Gracey, the visionary filmmaker behind *The Greatest Showman*, this highly anticipated film delves into the triumphs, struggles, and personal journey of one of the UK's most beloved entertainers.

Plot Overview

Better Man invites viewers into the turbulent and fascinating life of Robbie Williams, from his early days as a boy-band sensation in Take That to his meteoric rise as a solo artist. The narrative doesn't shy away from

exploring Williams' battles with addiction, mental health, and the pressures of fame, while also celebrating his charisma, humor, and musical genius.

The film cleverly weaves together key moments from Williams' career, juxtaposing his public persona with his private struggles. Using a mix of biographical storytelling and musical numbers, *Better Man* creates a narrative as larger-than-life and multifaceted as the artist it portrays.

Supporting performances are also stellar, with Steve Pemberton and Alison Steadman bringing warmth and complexity to the roles of Williams' parents. Michael Gracey's direction ensures that even the secondary characters feel essential to the story.

Supporting performances are also stellar, with Steve Pemberton and Alison Steadman bringing warmth and



Roger Ebert
PHOTO CREDIT

complexity to the roles of Williams' parents. Michael Gracey's direction ensures that even the secondary characters feel essential to the story.

Music and Visuals

As expected, music plays a pivotal role in *Better Man*. The film features a stunning soundtrack of Williams' greatest hits, reimagined for the big screen. The musical sequences, directed with Gracey's signature flair, are visually spectacular and emotionally resonant. From high-energy performances to intimate ballads, the music amplifies the story's emotional beats and keeps the audience captivated.

Visually, the film is a feast for the eyes, blending gritty realism with moments of dreamlike surrealism. The cinematography captures the glamour of the stage and the starkness of Williams' personal struggles, creating a dynamic contrast that reflects the duality of his life.

Themes

Better Man isn't just a celebration of Robbie Williams' career—it's a poignant exploration of identity, self-worth, and the human cost of fame. The film delves into the darker sides of success, addressing issues like addiction, loneliness, and the relentless pressure to perform. At its core, however, it's a story about resilience, self-acceptance, and the power of music to heal and connect.

Strengths

- **Authentic Storytelling:** The film doesn't shy away from the messy, complicated aspects of Williams' life, making it both relatable and inspiring.

- **Dynamic Musical Sequences:** The reimagined versions of Williams' hits are a treat for fans and newcomers alike.
- **Strong Performances:** Jonno Davies' portrayal of Robbie Williams is both captivating and heartfelt.
- **Emotional Depth:** The film balances humor, drama, and introspection, delivering an emotionally rich experience.

Weaknesses

- **Pacing Issues:** At times, the narrative feels uneven, with certain moments lingering too long while others are rushed.
- **Niche Appeal:** While fans of Robbie Williams will find much to love, those unfamiliar with his career might not feel as deeply connected to the story.
- **Predictable Biopic Tropes:** Despite its unique touches, the film occasionally falls into familiar patterns seen in other musical biopics.

Better Man is a heartfelt and visually stunning tribute to Robbie Williams, capturing the essence of his life and career with sincerity and style. While it occasionally stumbles in pacing and predictability, the film's emotional depth, strong performances, and electrifying musical sequences make it a must-watch for fans of the artist and the genre.

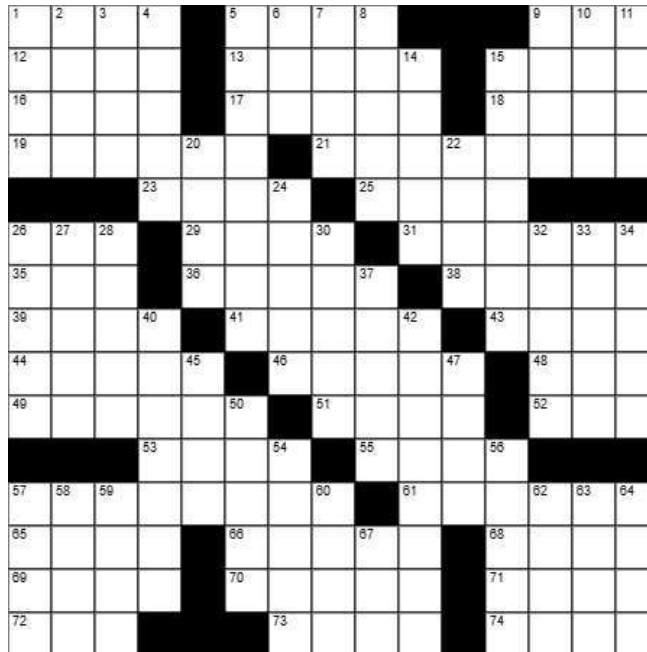
With Michael Gracey at the helm, *Better Man* delivers a biographical drama that is as entertaining as it is moving—a testament to the enduring legacy of Robbie Williams and the power of music to shape our lives.

Rating: 8/10

A LITTLE FUN

Across

1- Gillette razor; 5- Flying start?; 9- Actress Charlotte; 12- James of "The Godfather"; 13- Crystal ball users; 15- In a minute; 16- "Born Free" lion; 17- Slowpoke; 18- Desire; 19- Shrimp dish; 21- Vagrant; 23- Simplicity; 25- Final Four org.; 26- Angel dust; 29- Former Fords; 31- One or the other; 35- Musical aptitude; 36- George of "Just Shoot Me"; 38- Depart; 39- Large cat; 41- Strong blue cotton fabric; 43- Regrets; 44- Scout unit; 46- Postpone; 48- Explosive letters; 49- Cushion, as a blow; 51- Steak order; 52- Little green men; 53- Type of song, to be sung solo; 55- Pessimist's word; 57- To disconnect; 61- African fly; 65- Persia, today; 66- God of Islam; 68- ___ go brag; 69- Achy; 70- Capital of Japan; 71- Social misfit; 72- 1860s insignia; 73- "Pure Guava" band; 74- Canonized Fr. women;



Down

1- Breezes through; 2- Apply powder to oneself; 3- Tabula ___; 4- Make ___ for oneself; 5- Aided; 6- Bard's nightfall; 7- Authentic; 8- Betelgeuse's constellation; 9- Laugh heartily; 10- Top-of-the-line; 11- ___'acte; 14- Pizzeria order; 15- Knitted jacket; 20- Buddies; 22- Follow; 24- Created a border; 26- Raw hides; 27- City on the Nile; 28- Evidence; 30- Less bananas; 32- Terre ___, IN; 33- Incident; 34- Takes five; 37- Pale purple; 40- Zero; 42- Long-distance race; 45- Lima's land; 47- Itches; 50- Try to bite; 54- Permit; 56- Mall frequenters; 57- Frisbee, e.g.; 58- Greek love god; 59- Irene of "Fame"; 60- Actress Sommer; 62- Waste allowance; 63- Father; 64- Breaks off; 67- Answer to a sea captain;

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

