

The Valley Voice

The Voices of the Columbia Valley

TheVoiceCV.ca

INSIDE THIS EDITION

OWN IT

Quit blaming. Start owning. Responsibility is your ultimate power move.

COMPOSTING 101

Turning Fall Leaves Into Garden Gold

MINDFUL MOMENTS

Slowing Down with the Season - Mental Health Reflections for Shorter, Quieter Days

WHAT'S AN IDIOM, ANYWAY? Pt 3

The Weird, Wild World of Everyday Expression

#102 Issue

Columbia Valley, BC



PHOTO CREDIT: JUSTIN SPILLY

➤ 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 November 7th, 2025

SUBMISSION DEADLINE November 6th, 2025

EVENTS

Any and all businesses, organizations and entrepreneurs and members of the public are welcome to submit an ad of any size to promote local events. We WANT to promote your event, seriously, send it in.

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.

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 Once an ad is out of date or stale, we will remove it.*

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

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[@Thevoicecv_official](https://www.instagram.com/Thevoicecv_official)

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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

October 2025

Open Gym is BACK

FRIDAY 2:00 - 5:00 Saturday 12:00 - 3:00

Oct 3

Oct 4

Oct 10

-

Oct 31

Nov 1

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED TRUTH & RECONCILIATION	30 OPEN 3-8 Pizza from scratch!	1 Open 3-8 Paint a Spook Rock	2 Open 3-8 Rice Krispies squares	3 Open 1-8 Trivia Night Open Gym 2-5
6 Open 3-8 Pride & Allies Monday	7 Open 3-8 Eyeball pasta	8 Open 3-8 Halloween Decorations	9 Open 3-8 Monster Cookies	10 Open 1-8 Halloween Bingo Open Gym 2-5
13 Open 3-8 Pride & Allies Monday	14 Open 3-8 Halloween Nachos	15 Open 3-8 Halloween Salt Dough Ornaments	16 Open 3-8 Eerie Eyeball Jelly	17 Open 1-8 Ghostly Karaoke Battle
20 Open 3-8 Pride & Allies Monday	21 Open 3-8 Mini Monster Burgers	22 Open 3-8 Skull Bean Art	23 Open 3-8 Spooky Chocolate Halloween Pops	24 Open 1-8 Scavenger hunt
27 Open 3-8 Pride & Allies Monday	28 Open 3-8 Spooky sushi	29 Open 3-8 Pumpkin Carving	30 Open 3-8 Apple Crisp	31 Open 1-8 Beware enter if you dare



OPEN AFTER SCHOOL UNTIL 8

M	 Pride & Allies
T	Kitchen Takeover Check out the kitchen menu or tell us what you want
W	Different projects each week, what are you creating today? Arts and Crafts
T	Let's get baking
F	Chill, it's Friday! Tabletop games, popcorn, chat and relax

LETTER FROM THE VOLUNTEERS

Fall is here, and the days are growing shorter and cooler. Back-to-school routines are in full swing, and we hope everyone is settling into the season with ease. The vibrant colors of autumn remind us how quickly time passes, and it's the perfect moment to slow down and appreciate our community.

We want to extend a heartfelt thank you to everyone who contributes to the Valley Voice. Our core team has shrunk over the years, and every submission, photo, business ad, and shared story truly makes a difference. Your support keeps this magazine alive, and we couldn't do it without you.

This month, we're looking to reach even more readers and gather more community content than ever. If you or someone you know has articles, pictures, local business highlights, or other content to share, please consider submitting it. Every little bit helps, and your contributions help the Valley Voice remain a true reflection of our community.

Please also take a moment to share the Valley Voice with a friend. We've been bringing the community together for four years now, and our goal is to continue expanding our audience so even more people can enjoy what makes the Valley special.

Thank you again for being part of our journey. Your engagement, creativity, and generosity allow us to celebrate our community each month, and we are deeply grateful for every reader and contributor.

Here's to a cozy and colorful fall season!

—The Valley Voice Volunteers (VVV) 🍁



OWN IT

Quit blaming. Start owning. Responsibility is your ultimate power move.



We all know someone who seems to have everything going for them—smarts, education, opportunity—and yet, their life keeps circling the same track. Problems follow them like shadows, relationships blow up, jobs stall out, and somehow, it's always someone else's fault.



The hard truth is all it takes is one negative emotion you refuse to let go of—one grudge, one bitterness, one ego-driven resentment—and you can spend years spinning your wheels. The ego loves to point fingers. "That person hurt me. That boss screwed me over. That ex ruined everything." And while those things may be true, holding on keeps you stuck.

The Greek philosopher Aristotle cut right to the point centuries ago: "It is absurd to make external circumstances responsible and not oneself." In other words, you may not control what happens to you, but you are always responsible for how you respond to it.

That's where accountability comes in—not as punishment, but as a means of empowerment. The author Stephen R. Covey reframed accountability as "responsibility." It's the freedom to choose your reaction, your mindset, your next step. And that's powerful, because it means you're not at the mercy of the past, other people, or even your own wounded pride.

Here's a simple practice: the

moment stress or resentment rises up, stop and say to yourself, "I am responsible." Not because you caused the problem, but because you own the power to decide how you'll let it shape you. Say it again, louder this time: "I am responsible. I like myself. I am in charge of my emotional life."

It may feel cheesy at first. But try it for a week. Every time your peace of mind wavers, remind yourself: I am responsible. You'll notice when you take ownership, the weight of old stories begins to slip from your shoulders.

The choice is yours—stay hooked on resentment, or jump into responsibility. Keep spinning in circles, or finally take the wheel.

Because the truth is, your peace of mind doesn't come from anyone else. It starts the moment you decide to own it.



The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

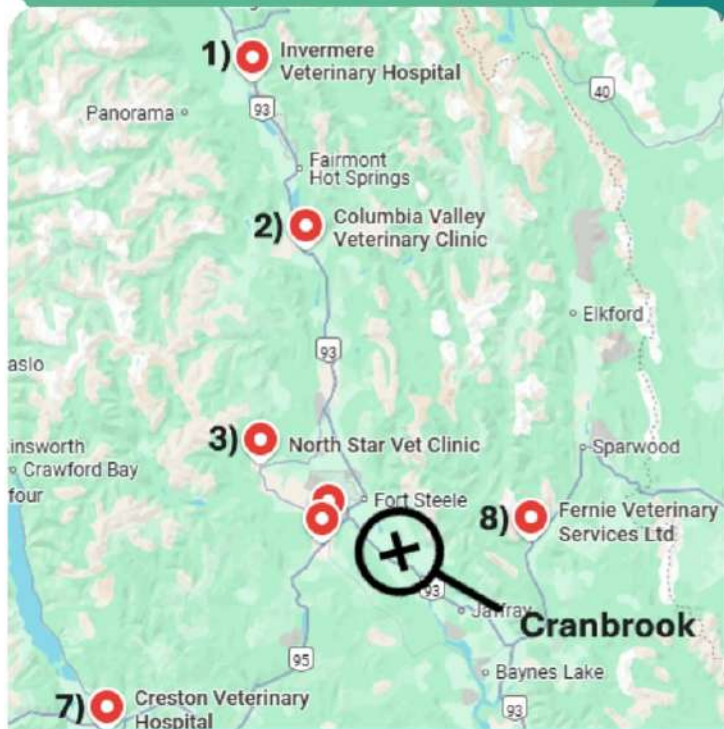
Our goal is to support veterinary professionals by reducing burnout and improving work-life balance, allowing more veterinarians to remain in our community. This means better access to care for all pets now and in the future.

Together we are making emergency care more accessible for the Kootenays.

East Kootenay Veterinary Group Emergency Services

Our Locations

- 1) **Invermere Veterinary Hospital**
250-342-7007
4854 Athalmer Rd, Invermere, BC V0A 1K3
- 2) **Columbia Valley Veterinary Clinic**
250-349-0514
9039 Thunderhill Rd, Canal Flats, BC V0B 1B0
- 3) **North Star Vet Clinic**
778-481-5288
550 Mark St, Kimberley, BC V1A 2B8
- 4) **Steeple's Veterinary Clinic**
250-489-3451
3410 Victor Rd, Cranbrook, BC V1C 7B7
- 5) **Tanglefoot Veterinary Services**
250-489-1655
315 Industrial Road F, Cranbrook, BC V1C 6N4
- 6) **Cranbrook Veterinary Hospital**
250-426-8517
106 5 Ave S, Cranbrook, BC V1C 2G2
- 7) **Creston Veterinary Hospital**
250-428-9494
1605 Dogwood St, Creston, BC V0B 1G0
- 8) **Fernie Veterinary Services**
250-423-2620
1161 7 Ave, Fernie, BC V0B 1M0



All emergent calls will be triaged by an experienced, registered veterinary technician who will help clients determine whether emergency service is required and, if so, direct them appropriately. Clients will be given clear direction on where emergency after hours service will be offered based on the day and nature of the emergency.



250-342-7007

All calls to our regular line after hours will automatically connect to triage.

**“EVERY STRAND OF FAKE SPIDERWEB
STRETCHED ACROSS BUSHES
IS A DEADLY TRAP FOR BIRDS
SEARCHING FOR FOOD.”**



SKIP THE FAKE WEBS—PROTECT WILDLIFE INSTEAD

Wildlife Watch

Preparing for Migration and Hibernation



As September settles over the Columbia Valley, the natural world begins its subtle transformation. With cooler temperatures and shorter days, many local animals are preparing for migration or hibernation, making it an exciting time for wildlife watchers. Observing these seasonal behaviors can be both fascinating and educational.

Bird Migration

September marks the start of migration for many bird species. Waterfowl like ducks and geese can be spotted in large flocks heading south, often stopping at wetlands and lakes to rest and feed. Songbirds, including warblers and sparrows, also begin their long journeys. Keep an eye on berry-laden bushes and trees, as these provide critical fuel for their travels. Local parks, riversides, and open fields are ideal vantage points for spotting these migratory travelers.

Preparing for Hibernation
Many mammals are busy



storing food and preparing dens for the long winter ahead. Black bears, for instance, are in the midst of hyperphagia—eating almost constantly to build fat reserves for hibernation. Squirrels and chipmunks gather and stash nuts, acorns, and seeds to survive the colder months. Deer and elk can often be seen grazing more actively as they bulk up for winter. Respect their space and observe from a distance to avoid stressing wildlife during this critical time.

Insect and Amphibian Activity

Some insects, like monarch butterflies, are preparing for their long migrations to warmer climates. Amphibians, including frogs and toads, are beginning to slow down as ponds and wetlands cool. Listen for the last evening choruses of frogs near water bodies before winter quiets the amphibian world.



TIPS FOR RESPONSIBLE WILDLIFE WATCHING

- Keep your distance and avoid disturbing animals.
- Use binoculars or a zoom lens for close-up observations.
- Do not feed wildlife, as it disrupts natural behavior and diets.
- Take note of seasonal changes—your sightings can contribute to local wildlife records.

September is a month of transition for the Columbia Valley's wildlife. By paying attention to these signs, you can enjoy observing nature while helping local species prepare safely for the colder months ahead.

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ROOM X 2

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MEETING
ROOM X 2

get out of the house  get down to business

COMPOSTING 101



Turning Fall Leaves into Garden Gold

As autumn paints the Kootenay Valley in golds, reds, and oranges, our yards become a carpet of fallen leaves. While raking can feel like a chore, those leaves are more than just yard waste—they're a valuable resource that can enrich your garden soil. Composting is an eco-friendly, productive way to transform seasonal debris into nutrient-rich "black gold" for your plants.

Why Composting Matters
Composting reduces the amount of organic waste sent to landfills while returning essential nutrients to your soil. Instead of tossing leaves and garden scraps, composting allows them to decompose naturally, creating a fertile medium that improves soil structure, retains moisture, and supports plant growth.

Getting Started
You don't need a huge yard or expensive equipment to start composting. A simple compost bin, pile, or even a corner of your garden can work. The key is balancing "greens" (nitrogen-rich materials like vegetable scraps, coffee grounds, and fresh grass clippings) with "browns" (carbon-rich materials like fallen leaves, straw, and shredded paper). Fall leaves are the perfect brown component.

Tips for Leaf Composting



Shred your leaves: Smaller pieces break down faster, speeding up the composting process.

Mix greens and browns: Layer your leaves with kitchen scraps or garden clippings to maintain a good balance. Too many leaves can slow decomposition, while too many greens can create odor.

Moisture matters: Your compost should be damp, like a wrung-out sponge. Add water if it's dry, or more browns if it's too wet.

Turn it regularly: Aerating the pile every few weeks helps speed up decomposition and

prevents compacting.

Using Your Finished Compost
After a few months, your compost will transform into dark, crumbly soil that smells earthy and rich. Use it to top-dress your garden beds, enrich flower pots, or even mix into new planting soil. Your plants will thrive, and your yard waste will have been repurposed efficiently.

Composting is a small step with a big impact—helping your garden, reducing waste, and embracing sustainable living. This fall, let those colorful leaves work their magic and turn your seasonal chore into garden gold.

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!

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- Realistic • Reasonable
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- Quick turn-around
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memorial portraits

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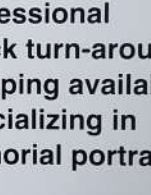
250 342 5448



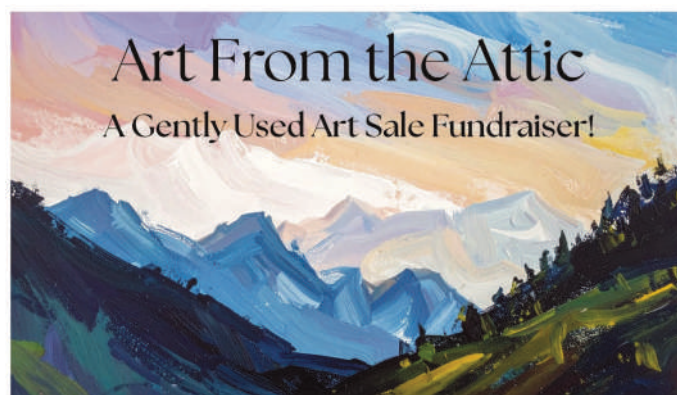






A graphic advertisement for Cybear Technical Support. The top half features a light blue background with a stylized illustration of a person sitting at a desk with a computer monitor, holding their head in their hands in frustration. Above the person are several teal gears and a bar chart icon. To the right is a circular logo with a purple and teal bear head in the center. The word 'CYBEAR' is written in a white, stylized font above the bear head, and 'TECHNICAL SUPPORT' is written in a white, sans-serif font below it. The bottom half of the graphic has a dark blue background. It features the text 'OUR SERVICES INCLUDE:' in a large, bold, white font. Below this is a list of five services, each preceded by a white checkmark in a square box: 'SYSTEM OPTIMIZATION', 'MALWARE AND VIRUS REMOVAL', 'DATA BACKUP', 'SYSTEM RECOVERY', and 'NEW DEVICE SETUP'. A white banner with a blue border runs across the bottom, containing the text 'We Offer REMOTE ASSISTANCE' in a bold, black, sans-serif font. Below this banner, on the left, is a circular logo with a white globe icon. To its right is a grey rounded rectangle containing the text 'CYBEAR . CA' in a bold, black, sans-serif font. On the right side of the bottom section, there are two circular icons: a white telephone handset and a white envelope. To the right of these icons is the text 'Call or Text 250-341-8772' and 'E-mail support@cybear.ca' in a white, sans-serif font. At the very bottom, the text 'LOCATED IN FAIRMONT HOT SPRINGS' is written in a large, bold, black, sans-serif font.



9am - 3pm, Saturday, October 11th
David Thompson Secondary School - 1535 14th St.

100's of pieces of all kinds of art!

6TH ANNUAL

THE GREAT SCARECROW COMPETITION & TOUR

OCT 1ST-OCT 14TH, 2025

VOTE FOR THE WINNERS

(One vote allowed per person). Use link provided:
<https://questionnaire.simplesurvey.com/f/s/scarecrows2025>
 or Email your favourites to: events@invermere.net
SUBJECT: Scarecrow Voting
MESSAGE: Your full name and your favourite scarecrow number for each category. *Business, Resident & Community Group.*

BUSINESS		ADDRESS	
A&W	255 3rd Ave	1	
Bird's Eye Boutique	4-1206 7th Ave	2	
Treasures in the Wind	1313 7th Ave	3	
Roi's Resale	729 12th Street	4	
Mountain Kids Childcare	1324 12th Ave	5	
Black Star Studios	1021 7th Ave	6	
District of Invermere	914 8th Ave	7	
Windermere Valley Child Care Society	620 B 4th Street	8	
Invermere Veterinary Hospital	4854 Athalmer Road	9	
Kicking Horse Coffee	491 Arrow Road	10	
NexaTek Business Support	910 8th Ave	11	
RONA North Star Hardware	410 Borden Street	12	

COMMUNITY GROUP		ADDRESS	
Summit Youth Centre Hub	201A 7th Ave	13	
Invermere Seniors Association	1309 14th Street	14	
Invermere Pickleball Club	509 13th Street (by curling rink)	15	
Columbia Valley Search and Rescue	645 4th Street	16	
The Legion	525 13th Street	17	
Signal Youth	326 10th Ave	18	
Invermere Public Library	646 4th Street	19	
Bright New Minds Childcare Society	320 10th Ave	20	

RESIDENT		ADDRESS	
	2140 13th Ave	21	
	1022 14th Street	22	
	817 12th Ave	23	
	1418 13th Ave	24	
	1726 8th Ave	25	
	Appletree Park (Radium)	26	
	410 3rd Ave (Athalmer)	27	

MINDFUL MOMENTS

Slowing Down with the Season – Mental Health Reflections for Shorter, Quieter Days



✔ Listening to Nature's Rhythms

The changing seasons are nature's reminder that everything has its cycle—growth, harvest, rest, and renewal. In modern life, it's easy to forget that we're part of that same rhythm.

When the world around us begins to slow, it's not a cue to push harder. It's an invitation to pause.

Take a mindful walk on a cool autumn morning. Listen to the crunch of leaves beneath your boots, breathe in the woodsmoke in the air, and notice the golden light filtering through the trees. The world is constantly offering gentle grounding moments if we choose to notice them.

By aligning your pace with nature's, you can find balance and reduce the sense of rushing that often leads to burnout and anxiety.

✔ Embracing the Art of Rest

Rest doesn't always come easy. We live in a world that glorifies productivity and constant motion—but rest is not laziness. It's a vital part of the wellness cycle.

As daylight decreases, your body naturally begins to crave more downtime. Listen to it. Go to bed earlier. Read instead of scrolling. Swap late-night work for a warm bath, a slow cup of tea, or quiet time with family.

Even small acts of rest—like sitting by the window and watching the rain—can reset your nervous system and bring calm to your day.

✔ Practicing Mindfulness in Everyday Tasks

Mindfulness isn't only about meditation (though that helps). It's about bringing attention and awareness to ordinary moments.

When you cook dinner, notice the scent of herbs, the sound of a simmering pot, the warmth of the kitchen. When you're sipping your morning coffee, let yourself taste it fully before reaching for your phone.

These moments may seem small, but they anchor you in the present and quiet mental noise. Over time, this simple practice can reduce stress, improve focus, and deepen your sense of gratitude.

✔ Finding Comfort in Routine

As the seasons shift, our bodies and minds crave stability. Establishing a gentle daily rhythm can be deeply comforting.

Try setting small, nourishing routines—like lighting a candle before starting your workday, taking an afternoon walk, or journaling before bed. Structure helps calm the mind by creating a sense of predictability and care.

If you struggle with seasonal affective changes (the “winter blues”), adding intentional rituals—like opening the curtains to catch morning light or spending a few minutes stretching—can make a noticeable difference in your mood and energy.

✔ Nurturing Emotional Warmth

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✔ The Beauty of Doing Less

Fall and winter are the seasons of less. Less light. Less noise. Less movement. But in that simplicity, there's a profound kind of beauty.

Use this season to say “no” to unnecessary obligations. You don't have to fill every moment. Slowing down isn't about missing out—it's about making space for what truly matters.

Maybe it's reading that book you've been putting off, trying a creative hobby, or simply spending a morning with no agenda at all. When you allow yourself to stop rushing, you begin to notice life's smaller joys—the ones that often get lost in busyness.



✓ Tending to Your Mental Health

With the darker months can come shifts in mood or energy. It's important to check in with yourself regularly and notice how you're feeling.

If you find yourself struggling—feeling persistently low, tired, or disconnected—don't hesitate to reach out for support. Whether it's talking to a friend, counselor, or local community resource, sharing how you feel can lighten the load.

Self-care doesn't always mean bubble baths and candles. Sometimes it means asking for help, setting boundaries, or taking time off to recharge.

✓ Mindful Creativity

The slower pace of the season makes space for creativity. Journaling, painting, knitting, baking—any activity that lets your mind settle into a quiet flow can be deeply restorative.

Don't worry about the outcome or perfection. The goal isn't to produce, but to express. Let creativity become a gentle meditation.

If you're not sure where to start, try keeping a gratitude journal. Write down three small things each day that bring you joy—a color, a smell, a sound. Over time, this simple habit trains your brain to focus on what's nourishing instead of what's missing.

✓ Cultivating Gratitude and Reflection

As the year winds down, take time to reflect on what's changed—within yourself and your surroundings. What did you learn this year? What moments made you proud, or taught you resilience?

Gratitude and reflection go hand in hand. When you take stock of your life with gentle awareness, you create space for peace and appreciation, even amidst challenges.

Try a nightly reflection ritual: light a candle, take a few deep breaths, and think of one thing that brought you comfort or joy that day. These mindful pauses remind us that even in quiet seasons, life continues to bloom in small, beautiful ways.

✓ Accepting the Stillness

One of the greatest lessons of fall and winter is acceptance. Nature doesn't resist slowing down—it embraces it. Trees let go of their leaves. Animals rest. The earth prepares for renewal.

We, too, can learn to rest in stillness. Instead of fighting the darker, quieter days, we can lean into them as a time to recharge, reconnect, and rebuild.

There's strength in softness, and clarity in quiet. When we allow ourselves to slow down, we create the space to listen—to our bodies, our minds, and the world around us.

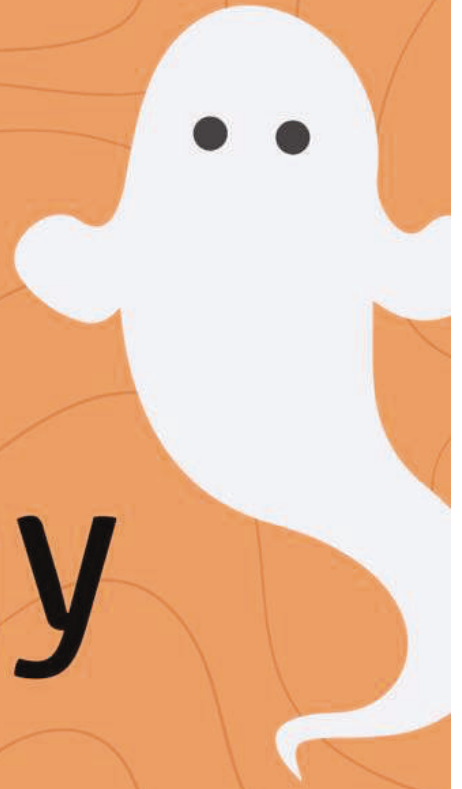
SLOWING DOWN WITH THE SEASON ISN'T ABOUT DOING NOTHING

it's about doing things more intentionally. It's about listening deeply, caring gently, and giving yourself permission to move at a pace that feels sustainable.

So as the days shorten and the air cools, embrace the beauty of stillness. Brew your favorite tea. Sit by the window and watch the fog roll through the valley. Feel the peace that comes when you stop rushing, even just for a moment.

In the end, the gift of mindful living is this: you don't have to wait for the world to slow down—you can create calm within it, one mindful moment at a time.

BOOK BITES



squeegy ART



Wed, Oct 15th
3:30 - 4:45pm

games, crafts and snacks!



CRANBROOK PUBLIC LIBRARY

Free for ages 9 - 12

No registration necessary



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

WHAT'S AN IDIOM, ANYWAYS? PT. 3

The Weird, Wild World of Everyday Expression

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words. In other words, if you take it literally, it won't make much sense—like "hit the nail on the head" or "by the skin of my teeth."



HIT THE NAIL ON THE HEAD

To be exactly right about something. One of the rare idioms that's literal and figurative.

This likely comes from carpentry, where hitting a nail squarely on the head is the precise and effective way to drive it in. The phrase has been around since at least the 1500s.

My therapist said I hit the nail on the head. I told her I wasn't even holding a hammer.



BY THE SKIN OF MY TEETH

Barely made it. A close call.

This odd-sounding phrase comes from the Bible, specifically Job 19:20: "I am escaped with the skin of my teeth." Teeth don't have skin, so it emphasizes a very narrow escape.

I passed my exam by the skin of my teeth. Which is ironic, because I forgot to brush them that morning.



CAUGHT RED-HANDED

Caught in the act of doing something wrong or illegal.

This phrase originated in Scottish law during the 15th century. It referred to being caught with blood on your hands after committing a crime, usually poaching.

I was caught red-handed... turns out finger-painting with ketchup was a dead giveaway.

Idioms are secret treasure maps in conversation—follow them, and you'll find hidden layers of meaning.

Idioms are frequently used in everyday language to convey ideas more vividly or creatively. They often originate from old stories, cultural traditions, or historical events, and many have been passed down for centuries. Let's take a look at a few of them and "kick up our heels."



A BLESSING IN DISGUISE

Something bad turns out good.

First appeared in a poem by James Hervey (1746). The idea is that something that initially seems bad turns out to be beneficial.

My car broke down on the way to work.

Total pain... until I found out the office was on fire. A blessing in disguise and a free day off.



DON'T CRY OVER SPILLED MILK

Don't waste time being upset over something you can't change.

Origin: Old-timey wisdom, 1600s. Traced back to the 1600s, this phrase likely refers to the idea that crying won't change the fact that something's already happened—like milk you can't unspill.

I didn't cry over spilled milk. I screamed—because it was oat milk, and that stuff costs \$6 a carton.



KICK UP YOUR HEELS

To relax and have fun.

Dates back to the 1600s, dancing and parties—when people would literally kick up their heels in celebration. Possibly a horse frolicking or showing off its energy by kicking up their hind legs.

I wanted to kick up my heels—but I tripped on them, and now I'm kicking back with an ice pack instead.

HALLOWEEN SPIRITS!

Colorful, creepy, and perfect for cozy autumn gatherings. 🎃 🍸



✔ Vampire's Kiss Shot

½ oz vodka
½ oz raspberry liqueur (like Chambord)
Splash of cranberry juice
Optional: red sugar for rimming

Instructions: Rim your shot glass with red sugar for a “bloody” touch. Shake vodka, raspberry liqueur, and cranberry juice with ice. Strain and serve cold.



✔ Witches' Brew Cocktail

1 oz Midori or melon liqueur
1 oz coconut rum
2 oz pineapple juice
Splash of club soda
Garnish: lime wheel or candy eyeball

Instructions: Combine Midori, coconut rum, and pineapple juice in a shaker with ice. Shake and strain into an ice-filled glass. Add a splash of club soda.



✔ Grave Digger Shot

½ oz coffee liqueur
½ oz Irish cream
½ oz chocolate vodka

Instructions: Layer ingredients carefully in order using the back of a spoon. The result should resemble layered earth – dark, creamy, and delicious. Optional: sprinkle cocoa powder on top for a “freshly dug” look.



✔ Black Widow Cocktail

1½ oz black vodka (or regular vodka + drop of black food coloring)
1 oz pomegranate juice
½ oz triple sec
Garnish: blackberries or a sugar rim

Instructions: Shake vodka, pomegranate juice, and triple sec with ice. Strain into a chilled martini glass. Garnish with a blackberry or sugar rim.

YOUTH SPORTS

AT COLUMBIA LAKE REC. CENTRE



RESTARTS OCT. 27!

MONDAYS
MT. NELSON PE (12-3PM)
AGE 7-10 & 11-16

TUESDAYS
SOCCER MINI'S (3:30-4:30)
SOCCER JNR'S (4:30-5:30)
BASKETBALL (4:30-5:30)
CONDITIONING (5:30-6:30)

WEDS (HOMESCHOOL PE)
AGE 6-10 (1-2PM)
AGE 11+ (2-3PM)

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Columbia Valley Family Inclusion Network for Diverse Abilities Presents...

SENSORY FRIENDLY

HALLOWEEN Bash

25 OCTOBER, 2025
1:00 PM - 2:30 PM

Eileen Madson Primary School Gymnasium

Snacks & Treats Friends Music
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Start at Dwelling Place Church 1pm

Bring any last minute donations to Cranbrooklyn Ink by 3pm

We're going to be cooking warm meals
to give to anyone who would like to
have a full belly this thanksgiving.

on that note as much of this as
possible will be provided out of our
own pockets, but all the help we can
have will be greatly welcomed and
appreciated.

If you have any food, fall/winter
clothing, or toiletries to donate please
bring them to Cranbrooklyn Ink and
we will make sure all of these items
are provided to the hands that need
them most.

questions contact:
250-581-0897



Meet, Greet & EAT

OCTOBER 8th, 2025
5:00-7:00 pm

RADIUM HOT SPRINGS CENTRE

Council and staff, together with Radium Rotary, will be hosting a community spaghetti dinner

INFORMATIONAL BOOTHS • DOOR PRIZE DRAW

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RESIDENTS
COMMUNITY
EVENT



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5:30 - 7PM
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Radium Hot Springs Centre
4863 Stanley St,
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Oct 23, Nov 20, Jan 15, Feb 19, Mar 19, Apr 16

**5 BINGO GAMES ... CASH PRIZES
50/50 DRAW & DOOR PRIZES**

**A fun night!
Snacks, pop & water for sale.**

Must be 19 years or older.
Know your limit, play within it!

Doors open 6:30 – Games start 7 pm

Sound the alarm!



Firefighter Storytime



**Wednesday, October 22nd at 11:30 a.m.
at the Radium Public Library**

Join us for stories, songs, and a craft with a
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for a special storytime!

Geared towards preschool ages but all ages are welcome!



**radium hot springs
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COMMUNITY CENTRE**
Invermere

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As the days grow shorter and the crisp chill of autumn sweeps through the Kootenays, there's a natural urge to retreat indoors and embrace the comforting rhythms of the cozy season



PREPARING FOR COZY SEASON

Tips for Creating Warmth and Comfort at Home

As the days grow shorter and the crisp chill of autumn sweeps through the Kootenays, there's a natural urge to retreat indoors and embrace the comforting rhythms of the cozy season. This time of year invites soft blankets, simmering soups, flickering candles, and moments of stillness by the fire. Preparing your home for this seasonal shift isn't just about décor—it's about creating an atmosphere that nurtures warmth, relaxation, and a sense of belonging.

Here are some thoughtful ways to bring that cozy feeling into every corner of your home this fall and winter.

1. Layer Your Spaces with Texture and Warmth

Cozy spaces are built on texture. Think plush throw blankets, chunky knit pillows, and layered area

rugs that add visual and tactile warmth. Even a neutral room can come alive with the right mix of soft fabrics and natural materials.

Try incorporating materials like wool, linen, faux fur, or organic cotton. Place a thick rug beside your bed for that first warm step in the morning, and drape extra throws over the couch or reading chair.

If you want to go the extra mile, add fabric curtains to block drafts and retain warmth. Bonus: they also add a sense of comfort and privacy, perfect for curling up with a book as the rain falls outside.

2. Set the Mood with Lighting

When daylight fades early, lighting becomes your home's best friend. Swap harsh overhead bulbs for soft, layered lighting—table lamps, floor

lamps, and candles can all create a soothing glow. Choose warm-toned bulbs (2700K-3000K) to mimic natural firelight. String lights or fairy lights tucked along shelves or windowsills can bring a bit of magic to your evenings.

Don't forget candlelight! Whether you prefer scented soy candles or unscented tea lights, the flicker of flame is instantly grounding. For a safer option, flameless LED candles provide the same ambiance without the worry.

3. Bring Nature Indoors

Cozy doesn't mean closed off from the outdoors. Bring a bit of nature inside with seasonal greenery and natural accents. Pinecones, dried flowers, branches, and autumn leaves can add earthy texture to your space. Houseplants also thrive

during this time—succulents, snake plants, and pothos are low-maintenance options that purify the air and add vibrant life.

If you're crafty, consider making a simple fall wreath or centerpiece using materials gathered from a walk in your neighborhood. It's a wonderful way to connect with the changing season while personalizing your home décor.

4. Create Warmth Through Scent

Scent is deeply tied to emotion and comfort, making it a powerful tool for creating coziness. Autumn and winter scents—like vanilla, cinnamon, cedarwood, and orange—can instantly transform your home into a warm retreat.

Try simmering a pot of sliced oranges, cloves, and cinnamon sticks on the stove for an all-natural seasonal aroma. Alternatively, use an essential oil diffuser with calming scents like lavender or sandalwood to help you unwind after a long day.

5. Make Comfort Food Part of the Ritual

Nothing says cozy like a kitchen filled with the smell of something baking. As temperatures drop, shift your cooking routine toward hearty soups, stews, and casseroles that warm from the inside out.

Try batch-cooking meals to stock your freezer—having a pot of homemade chili or lasagna ready to heat makes busy evenings easier. Baking bread, muffins, or seasonal pies can also fill your home with both warmth and nostalgia.





For added ambiance, invite friends or family for a slow Sunday brunch or hot chocolate night. Shared meals are one of the simplest ways to strengthen community and beat the chill of isolation that sometimes creeps in with colder months.

6. Declutter for Calm

Cozy doesn't mean cluttered. In fact, simplicity often enhances the feeling of peace at home. Before bringing out your seasonal décor, take time to tidy and organize your space.

Focus on one area at a time—like your entryway or living room—and clear away anything that no

longer serves you. A clean, uncluttered home naturally feels more welcoming and restful. Consider donating gently used items to local charities or thrift shops in your area to spread warmth beyond your walls.

7. Designate a “Cozy Corner”

Everyone deserves a personal nook for unwinding—a place where you can read, journal, or sip tea in peace. Choose a quiet corner and make it your sanctuary.

Start with a comfortable chair or floor cushion, add a small table or lamp, and surround yourself with things that bring joy: books, plants, art, or even

a cozy blanket fort. This dedicated space can become your go-to spot for mindfulness and relaxation throughout the season.

8. Stay Connected—Even When You're Hibernating

It's tempting to go into full hibernation mode when the weather cools, but connection is key to emotional warmth. Plan small gatherings with friends, family, or neighbors—game nights, craft circles, or shared potlucks can keep spirits high even when the temperature drops.

If you live alone, reach out digitally or join a local group or workshop. Many communities in the





Kootenays host cozy winter events like storytelling nights, open mics, or seasonal markets. Staying engaged helps prevent the “winter blues” and keeps your home life balanced with community energy.

9. Prepare for Practical Warmth

Beyond ambiance, cozy season also means being prepared for the practical side of cold weather. Check your home’s insulation, seal any drafts around windows or doors, and make sure your heating system is serviced before the first frost.

Stock up on essentials like firewood, candles, batteries, and blankets in case of power outages. Keep slippers by the door and a coat rack ready for layering up before heading out. The goal is not only comfort but peace of mind.

10. Embrace Slow Living

Perhaps the most important aspect of the cozy season is embracing a slower pace. As nature rests and the world quiets, let yourself follow suit.

Spend evenings journaling, crafting, or listening to records instead of scrolling. Enjoy the ritual of making tea, lighting candles, and wrapping up in a favorite sweater. Give yourself permission to rest, to reflect, and to recharge.

Cozy season is about creating a rhythm that

nourishes—not just surviving the cold months, but savoring them.

As we settle into fall and look ahead to winter, remember that coziness isn’t about perfection—it’s about feeling safe, warm, and content in your space. Whether your version of cozy is curling up by the wood stove with a good book, baking pumpkin bread with your kids, or simply lighting a candle after a long day, it’s these small rituals that anchor us through the changing seasons.

So, fluff those pillows, pour yourself a mug of something warm, and take a deep breath. Cozy season has arrived—and it’s yours to enjoy.



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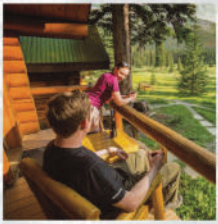
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wildsight
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SATURDAY OCT 11TH

9:00- 11:00 AM



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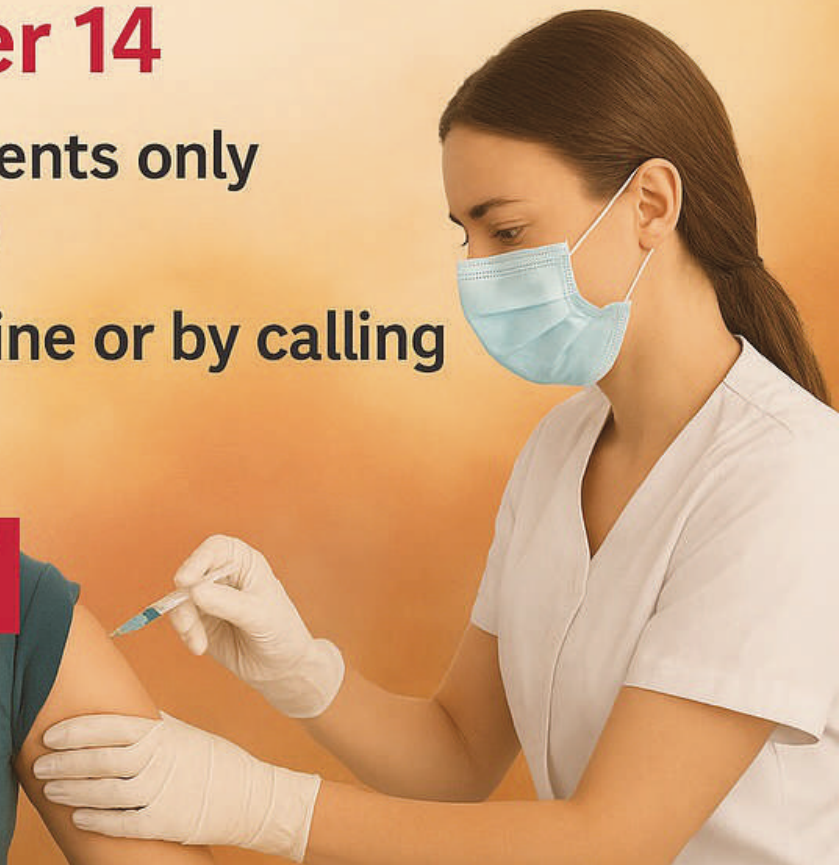
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GOOD BOY (2025)

Movie Review



IMAGE CREDIT: [REDDIT](#)

Good Boy is a unique horror film that offers a fresh perspective on the haunted house genre by telling the story through the eyes of a dog named Indy. Directed by Ben Leonberg, the film follows Indy and his owner Todd as they move into a rural family home, only to encounter supernatural forces lurking in the shadows.

The film's standout feature is its innovative storytelling approach. By pre-

senting the narrative from Indy's point of view, the filmmakers create an immersive experience that allows the audience to perceive the haunting through the senses of a loyal canine companion. This perspective adds a layer of emotional depth to the horror elements, as viewers witness the bond between Todd and Indy amidst the escalating supernatural events.

Critics have praised Good Boy for its emotional reso-

nance and atmospheric tension. The film has garnered a 94% critic score on Rotten Tomatoes, with reviewers highlighting its ability to blend horror with heartfelt moments. Donald Clarke of the Irish Times described it as "deeply unsettling" and "utterly adorable," while Kyle Logan of the Chicago Reader noted that the film's "striking look" and Leonberg's direction elevate it beyond typical horror fare.

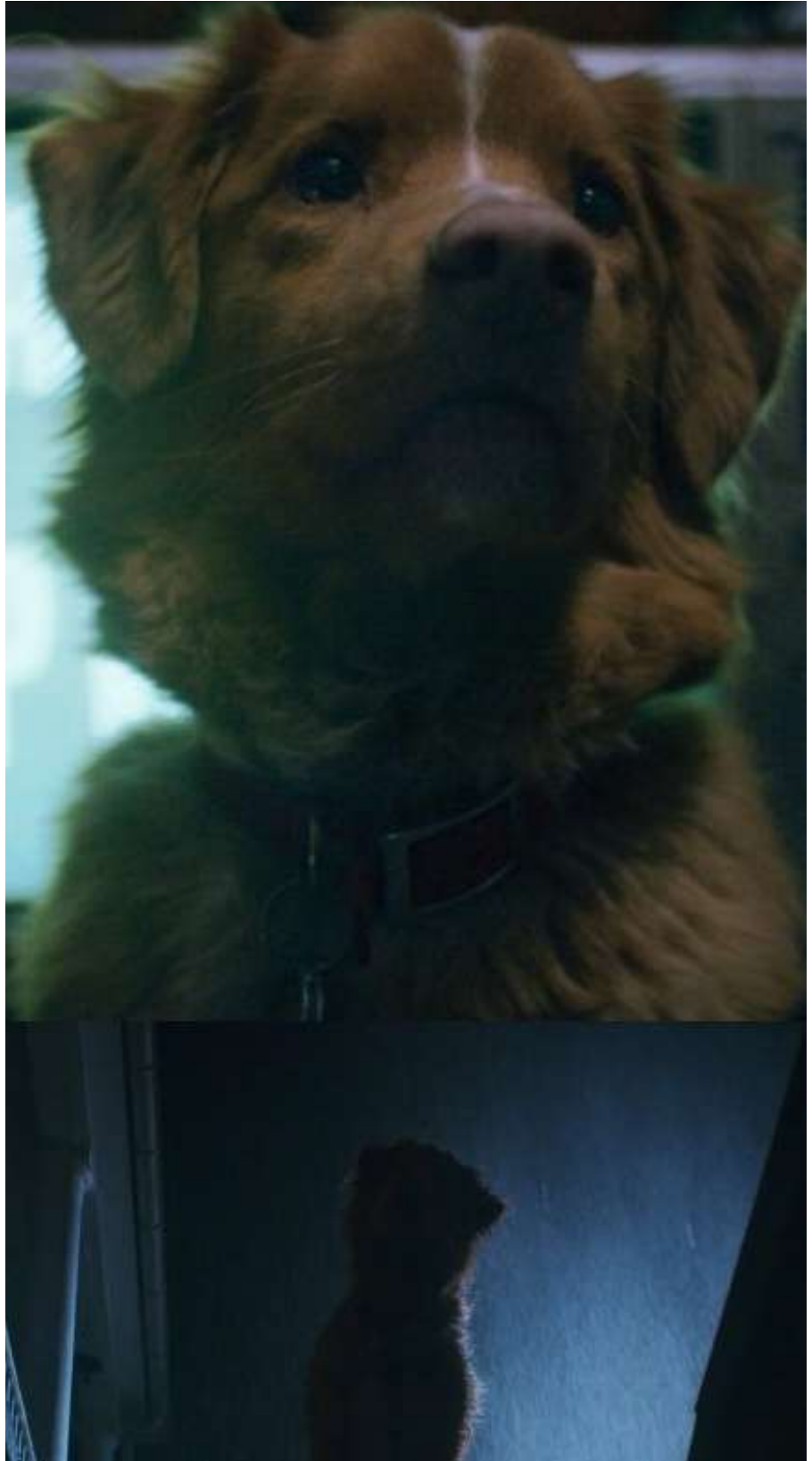
IMAGE CREDIT: [Facebook](#)

The performances, particularly that of Indy, have been widely acclaimed. As a Nova Scotia Duck Tolling Retriever, Indy's expressive reactions and subtle cues convey a range of emotions, making him a compelling lead. His portrayal has drawn comparisons to other iconic animal performances in film, such as Uggie in *The Artist*.

While the film's pacing and narrative structure have received some criticism for being predictable, its unique perspective and emotional core set it apart from conventional horror films. *Good Boy* is a testament to the power of storytelling through unconventional lenses and is a must-watch for horror enthusiasts seeking a fresh take on the genre.

For those interested in experiencing *Good Boy*, it is available for streaming on AMC+ and for rent or purchase on Fandango at Home.

★ Rating: 4.6 out of 5 - An innovative and unique horror experience.



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IMAGE CREDIT: Justin Spilly



IMAGE CREDIT: Justin Spilly



FAIRMONT

AIR SHOW

IMAGE CREDIT: Justin Spilly



LEGO PARTY

Game Review

Platforms: PS5/4, Xbox Series X|S,
Xbox One, Switch PC



IMAGE CREDIT: [Steam Store](#)





IMAGE CREDIT: [Steam Store](#)



LEGO Party! is a delightful new entry in the party game genre, offering a fresh and family-friendly alternative to the likes of Mario Party. Released on September 30, 2025, this title brings the charm of LEGO's iconic brick-built worlds to the competitive board game format, delivering a fun and accessible experience for players of all ages.

Gameplay and Features

At its core, LEGO Party! follows a familiar formula: players navigate colorful, LEGO-themed boards, collecting Golden Bricks through a mix of mini-games and strategic moves. The game offers four distinct boards inspired by popular LEGO themes—Pirates, Space, NINJAGO®, and more—

each featuring unique challenges and aesthetics.

The standout feature of LEGO Party! is its extensive collection of over 60 mini-games, spanning various genres and styles. From rocketball matches to dance-offs and crane operations, the mini-games are designed to be quick, engaging, and accessible, ensuring that no player is left out during turns.

Presentation and Humor

True to LEGO's legacy, the game boasts a vibrant and detailed brick-built presentation. The boards are meticulously crafted, and the mini-games are infused with LEGO's signature humor and creativity. The commentary is genuinely funny and varied, adding an extra layer of enjoyment to the gameplay.

Multiplayer and Accessibility

LEGO Party! supports up to four players locally or online, with cross-platform play available across all supported systems. This inclusivity ensures that friends and family can join the fun, regardless of their preferred gaming platform. The game's accessibility is further enhanced by its intuitive controls and the option to adjust difficulty settings, making it suitable for both younger players and seasoned gamers.

Critiques and Considerations

While the game offers a plethora of mini-games and customization options, some critics have noted that the board and mode selections are somewhat limited. Additionally, not every mini-game resonates equally with players, and there are occasional framerate drops during transitions, even on high-end consoles like the PS5 Pro.

LEGO Party! is a commendable addition to the party game genre. It successfully captures the essence of LEGO's playful spirit while offering engaging and accessible gameplay. Whether you're a longtime LEGO enthusiast or new to the brand, this game provides hours of entertainment for friends and family alike.



IMAGE CREDIT: [IGN](#)





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***Registration is required for every session & space is
limited to 10 participants per session.
To register call 250-347-2434**



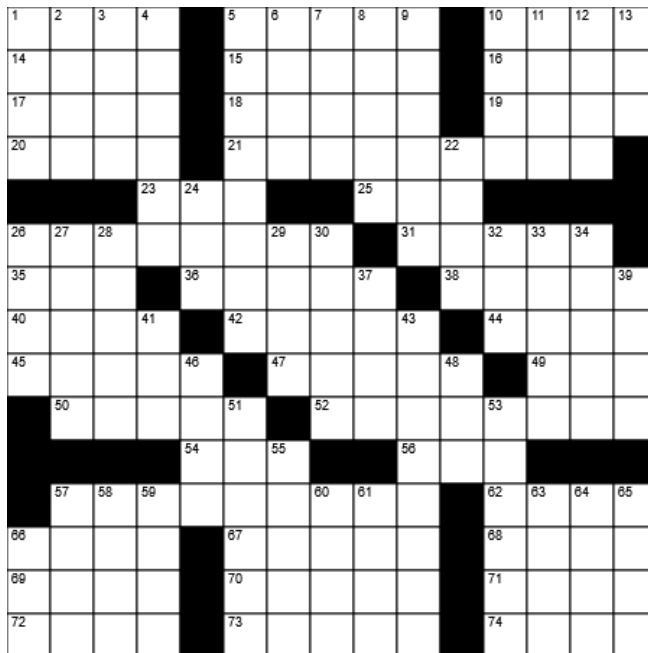
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A LITTLE FUN

Across

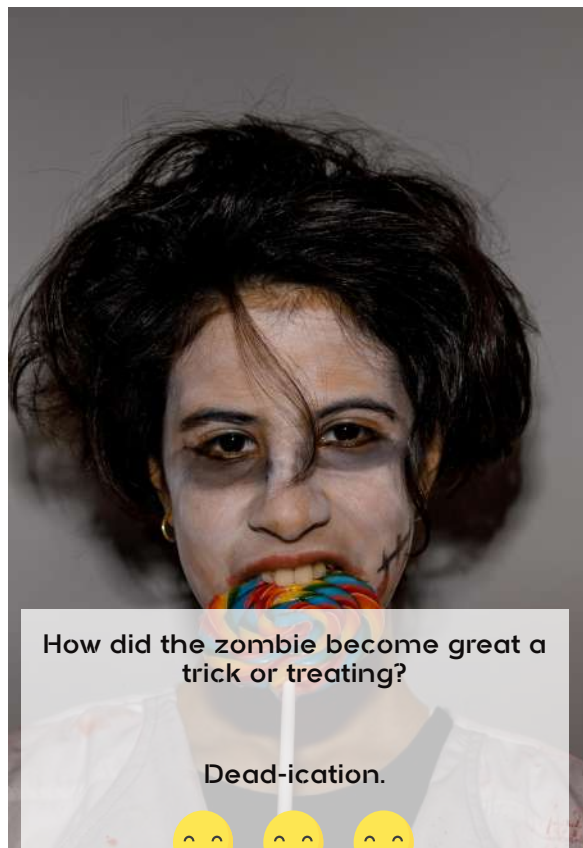
1- Jungle warning; 5- Worked with wicker; 10- Cordon ____; 14- Mayberry moppet; 15- In unison; 16- Chits; 17- Hairless; 18- Hotelier Helmsley; 19- Gillette product; 20- Or ____; 21- Public declaration; 23- Itch; 25- Establish; 26- And so forth; 31- Forget it!; 35- Forest female; 36- Stage whisper; 38- Short letters; 40- Somewhat; 42- Leaves port; 44- Hotbed; 45- Flat-topped formations; 47- Capital of South Korea; 49- Santa ____, CA; 50- Donnybrook; 52- Rare; 54- Barker and Bell; 56- Dove sound; 57- Inhabitant of Karachi or Islamabad; 62- Back talk; 66- Travel from place to place; 67- ____ the side of caution; 68- Club in a Manilow song; 69- Dissenter; 70- Reasoning; 71- ____ epic scale; 72- Revivalists; 73- Recreation; 74- Existed;



Down

1- Choir attire; 2- Iridescent gem; 3- Suffers; 4- Night flight; 5- Composure; 6- Sailing; 7- Time for lunch; 8- Bandleader Skinnay ____; 9- Destroy hearing; 10- Prejudice; 11- Trent of the Senate; 12- Franc replacement; 13- Mex. neighbor; 22- 007's alma mater; 24- Airport stat.; 26- Yellow cheese coated with red wax; 27- Clan symbol; 28- ____ and desist; 29- Narrow inlets; 30- Old French expression meaning "goodbye"; 32- Took the gold; 33- Varsity starters; 34- Type of question; 37- North Carolina university; 39- Ollie's pal; 41- Indian dish; 43- Concise; 46- Big rig; 48- Elton's john; 51- Atelier items; 53- Capital of Russia; 55- Barber's sharpener; 57- Corn bread; 58- Car; 59- Actor Kristofferson; 60- Golden Fleece ship; 61- Pinot ____ (wine); 63- Top-drawer; 64- Practice punching; 65- Rational; 66- Beach souvenir;

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How did the zombie become great a trick or treating?

Dead-ication.

