



The Voices of the Columbia Valley

TheVoiceCV.ca

#103 Issue

Columbia Valley, BC

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ONE LAST PADDLE BEFORE THE FREEZE

The last paddle of the season. A short while ago a few friends and I headed out on Windermere Lake for a Sunday paddle.

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STARGAZING NOVEMBER SKIES

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The Weird, Wild World of Everyday Expression



PHOTO CREDIT: JEN BEWSKI

➤ 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 Decmber 4th, 2025

SUBMISSION DEADLINE December 3, 2025

EVENTS

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 Once an add is out of date or stale, we will remove it.*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

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With a little creativity and intention, everyone in our community can help reduce waste while still presenting beautiful, heartfelt packages.

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.facebook.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca

Building Attainable Housing Symposium

A day of connecting and learning from case studies and proformas from successful housing developments in our region.

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COMMUNITY CENTRE

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DECEMBER 4**

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4:30PM**

cvhousingociety.ca

LETTER FROM THE VOLUNTEERS

November has arrived, and with it comes a time for reflection, remembrance, and preparation. As we honor Remembrance Day, we take a moment to remember and thank those who have served and sacrificed for the freedoms we enjoy today. Their courage and dedication continue to inspire the spirit of community and compassion that keeps our Valley strong.

With the colder months just a skip away, now's the time to start your seasonal prep—whether it's winterizing your home, finishing up the garden, or getting cozy indoors with your favorite mug and blanket. It's a wonderful season for slowing down, connecting with loved ones, and finding comfort in the small, warm moments that make this time of year so special.

We want to extend a heartfelt thank you to everyone who submits articles, photos, and advertisements to The Valley Voice. Your creativity, stories, and support are what keep this community paper alive and thriving. Our

core team has grown smaller in recent months, so every submission, share, and encouraging word truly makes a difference.

As we head toward the end of the year, our goal remains the same—to reach more readers and gather even more amazing community content. If you or someone you know has something to share—a story, a recipe, a local event, or a snapshot of Valley life—we'd love to include it in a future issue.

We've been around for four wonderful years, and it's thanks to you—our readers, contributors, and advertisers—that we've made it this far. Please continue to share The Valley Voice with a friend or neighbor. Each new reader helps us grow and stay connected as a community.

Thank you, as always, for reading, supporting, and believing in what we do. Your help truly makes the difference.

—The Valley Voice Volunteers (VVV) 



22nd ANNUAL FEED THE TOWN

**Sunday December 7th
from 12:00pm-7:00pm at The View
Restaurant**

**OPEN TO THE ENTIRE COMMUNITY!
All cash & non-perishable donations go
to our local Columbia Valley Food Bank**





IMAGE CREDIT: Justin Spilly



IMAGE CREDIT: Justin Spilly





IMAGE CREDIT: Justin Spilly

One Last Paddle Before the Freeze

The last paddle of the season. A short while ago a few friends and I headed out on Windermere Lake for a Sunday paddle. There was a bit of smoke in the air that day, giving the lake an eerie, moody atmosphere — and making for some incredible, unusual photos. The water was busy with kayaks, canoes, and SUPs all out to take advantage of the last few warm days for a relaxing paddle. The sun was shining, the company was great, and everyone had a fantastic time. It probably wasn't the final paddle of the year, but for us, it was — and it was the perfect one to wrap up the season. See you next spring! Time to dust off the skis and poles.

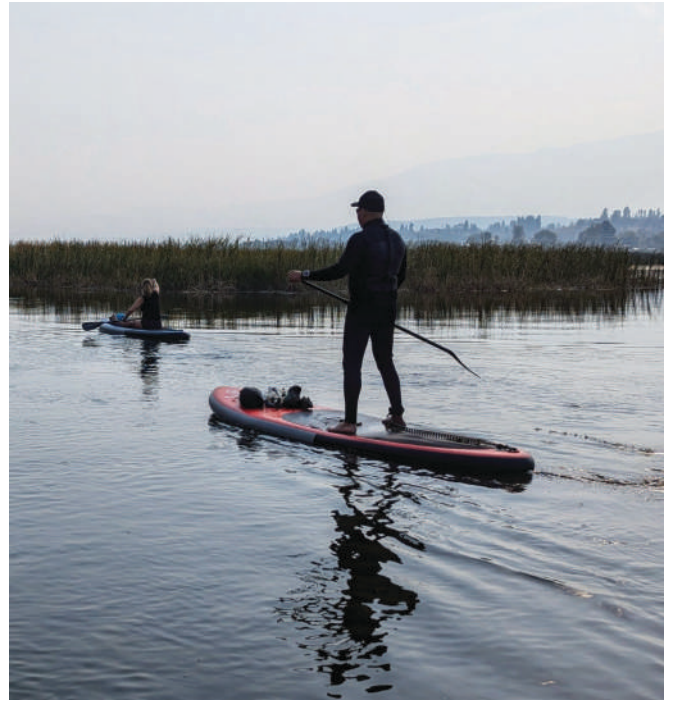


IMAGE CREDIT: Justin Spilly



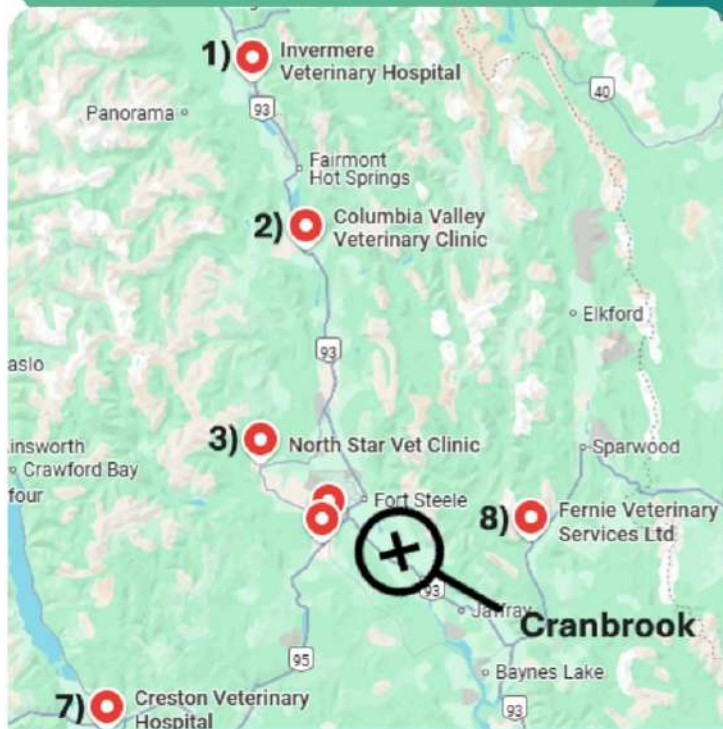
The East Kootenay Veterinary Group was formed with the mission to improve access to emergency veterinary services in our region. By providing dedicated after-hours and urgent care, we help ensure local pets receive the medical attention they need when they need it most.

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.



WETLANDS IN WINTER

The Columbia Wetlands may not appear to be at their most exciting in winter, but despite that quiet surface, they are still active, resting and regenerating for spring, and full of life!

Join Catriona Leven, an ecologist and a wetlands lover, to learn about some of the cool things happening in winter wetlands.

No registration required

SATURDAY, 15 NOVEMBER 2025

12 PM

RADIUM PUBLIC LIBRARY
PROGRAM ROOM





JINGLE YOUR WAY TO GROWTH

A Different Way to Look at Affirmations

We all know about affirmations. Some of us swear by them, repeating carefully chosen phrases to keep ourselves motivated. Others scoff, thinking it's just fluff or woo-woo nonsense. The truth is, affirmations can be incredibly powerful—but only if they're done in a way that speaks to you truthfully.

Here's a new twist on the classic affirmation that's fun, personal, and surprisingly effective: put your affirmations to a jingle. Yes, a jingle—the kind you can't get out of your head. Think of familiar advertising tunes like the Coca-Cola "I'd like to buy the world a Coke" or the Meow Mix song with the cats meowing their hearts out for some kibbles. There are a ton of them to choose from. Now, instead of singing about soda-pop or cat food, you sing about your own life, your accomplishments, your dreams, and your positive mindset.

For example, take the old Folgers coffee jingle:

"The best part of wakin' up,
Is Folgers in my cup."

Now imagine replacing those lines with affirming, playful words about your own life:

"The best part of wakin' up,
Is livin' off my luck.
From feedin' cows to haulin' hay,
I'm proud of all I've done today.
I've got a family close to heart,
That's where my good days start."

It might feel a little silly at first, but there's real power in it. Singing your affirmations makes them memorable, joyful, and impossible to ignore. You're literally putting your positive intentions into your body and your voice.

Creativity meets introspection, and suddenly affirmations aren't just words—they're a personal celebration of who you are.

The inspirational author, Roy T. Bennet, said, "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine." That's exactly the energy this exercise is attempting to capture. You're reminding yourself of your strengths, your achievements, and your potential, all while having a little fun.

There's no need to feel embarrassed, awkward, or goofy—this is your personal affirmation, and it should make you smile. So pick a favorite jingle, write some lines that celebrate your life, and sing them loud and proud. It's an easy, creative, and powerful way to lift your mood and boost your self-belief.

Try it—you'll like it.

THE DO'S OF WRITING YOUR OWN AFFIRMATIONS

- Do use positive language (e.g., "I am confident").
- Do write in the present tense ("I have," "I am," "I choose").
- Do make them personal and specific to your goals or feelings.
- Do keep them short, clear, and memorable.
- Do focus on what you want, not what you don't want.





Little Lambs
at the Radium Hot Spring Public Library

Every Thursday at 11:30 a.m.

Join us for songs,
rhymes, and
stories with your
babies!

No registration required.

Radium Hot Springs Public Library
4863 Stanley St.
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434
<https://radium.bc.libraries.coop/>



BINGO

Monday, Nov. 10
6:30 p.m.
Invermere Seniors' Hall
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11 games for \$25 (9 cards)
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Odd and Even 50/50
Doors Open at 5:30 p.m. L.N. #164294



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November 11 2025

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Lest We Forget!

Legion 

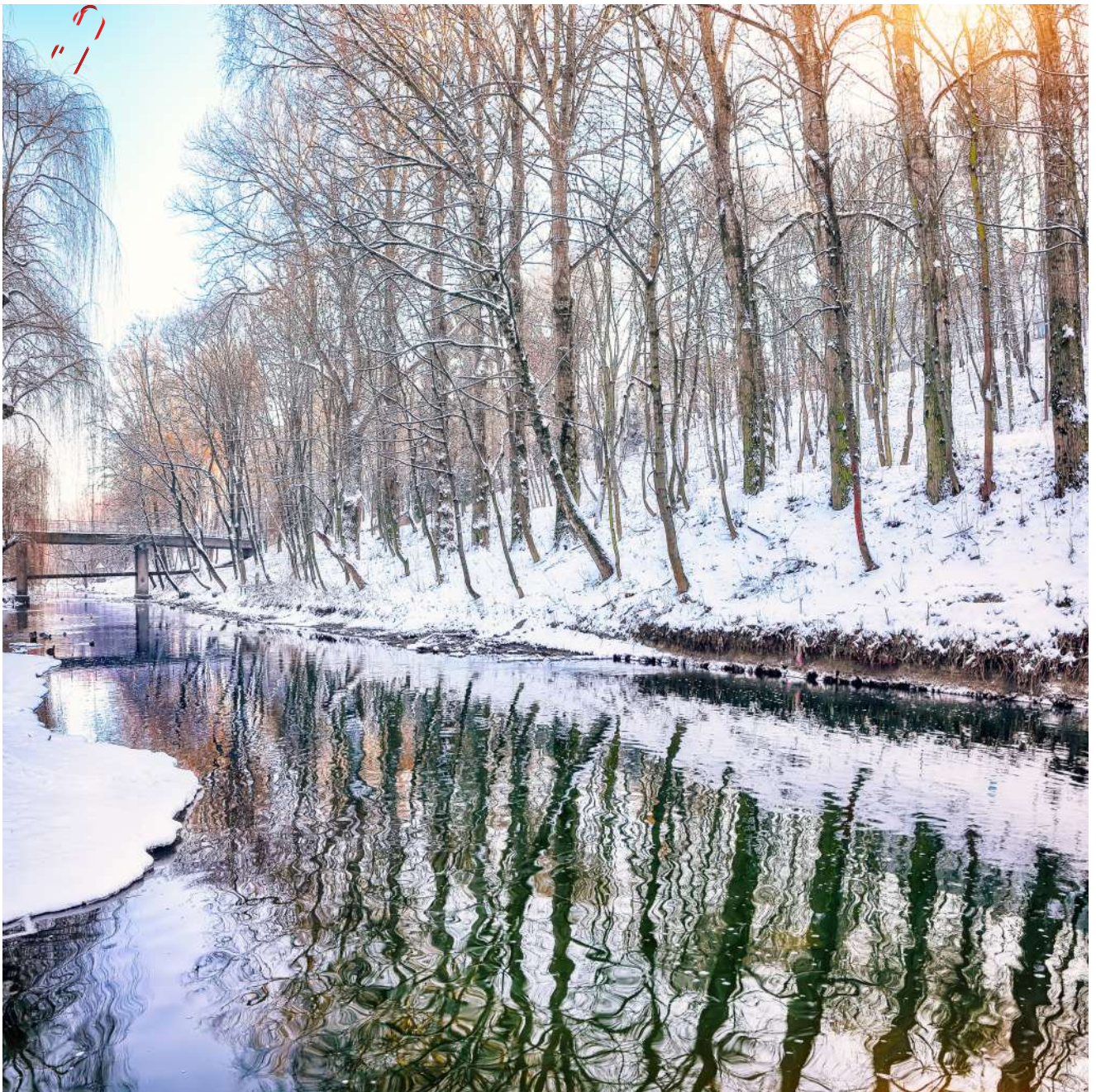


The poster features a green background with gold and silver confetti. At the top, a white reindeer head with large antlers is centered. Two shopping bags are hanging from the antlers: the left one says 'food and FARM' and the right one says 'CHAMBER OF COMMERCE'. Below the reindeer, the text 'HOLLY JOLLY' is in bold white capital letters. Underneath that, 'First Look Sip & Shop' is written in a large, white, cursive script. Below the script, 'FRIDAY DEC 05 - 6-9PM' is in bold white capital letters. Further down, 'TICKETS INCLUDE APPETIZERS & NON-ALCOHOLIC DRINKS' is in white capital letters, followed by '+ CASH BAR' in a smaller font. Below that, '\$30 PER PERSON . 19+ ONLY' is in white capital letters. At the bottom, 'FOOD, DRINKS, FRIENDS, AND SHOPPING!' is in bold white capital letters. On the right side, there is a white line drawing of a glass filled with a drink and a sprig of holly.

COPING

WITH SEASONAL CHANGE

Tips for Maintaining Mental Health as Daylight Shortens



As autumn settles over the Columbia Valley, the days grow shorter and routines begin to shift. For many in our community, this seasonal transition can bring feelings of fatigue, low mood, and stress. The Valley Voice spoke with local mental health advocates and residents to gather practical, community-inspired tips to help you care for your well-being as daylight diminishes.

1. Stay Connected

Isolation can intensify seasonal blues. Make a point to reach out to friends, family, or neighbors—even a quick chat can lift your spirits. Community events, virtual gatherings, or volunteering are great ways to stay connected. Remember, you're not alone; our Valley is full of people who care.

2. Embrace the Outdoors

Though it's tempting to hunker down indoors, even a brief walk outside can boost your mood and energy. The Columbia Valley's trails, parks, and mountain views are especially beautiful this time of year. Bundle up and soak in the sights—the fresh air and natural light do wonders for both body and mind.

3. Prioritize Routine

As routines shift with the season, try to maintain regular sleep, meal, and



activity times. Predictability can provide comfort and stability. If you're struggling, start small: set a consistent bedtime, enjoy a morning coffee ritual, or dedicate a few minutes each day to stretching or mindfulness.

4. Seek Light

Shorter days mean less sunlight, which can affect your mood. Open curtains wide, sit near windows, or consider a light therapy lamp. When possible, spend time outdoors during daylight hours, especially in the morning.

5. Ask for Support

If you're finding it hard to cope, reach out for help.

Local organizations in Kimberley, Cranbrook, and throughout the Columbia Valley offer mental health support and resources. Speaking with a counselor or joining a support group can make a meaningful difference.

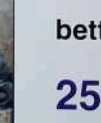
As the season changes, let's look out for one another. Share these tips, check in with your neighbors, and remember: together, we can navigate the darker months with resilience and community spirit. If you have your own strategies or stories, The Valley Voice invites you to share—your wisdom can brighten someone's day.



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Radium Hot Springs Public Library

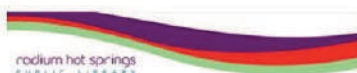
Wholesome Hobbies Projects & Activities for Adults

Every Third Friday of the Month
2:00pm-3:30pm

**Join us on the third Friday of
each month to try out a
new project!
Intended for adults 50+ but all
adults welcome. Foster your
creativity and make connections!
Supplies will be provided.**



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



Radium Hot Springs Public Library

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

STARGAZING NOVEMBER SKIES

What to See on Crisp Fall Nights in the Columbia Valley, BC



As the last leaves flutter down and the nights grow long and clear, November brings a unique kind of magic to the Columbia Valley. The air is crisp, the forests quiet, and the sky unfolds in breathtaking clarity above Kimberley, Cranbrook, Invermere, and the surrounding communities. For locals and visitors alike, this is one of the best times of year for stargazing—the perfect opportunity to explore the wonders of the cosmos right from our own backyard.

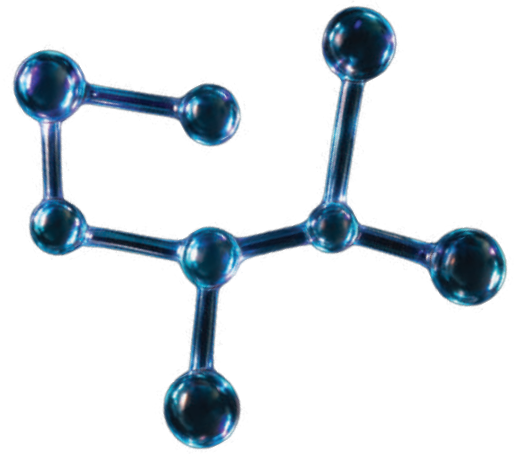
At The Valley Voice, we believe that connecting with the night sky is a way to ground ourselves, find wonder, and appreciate the natural beauty that unites our region. Whether you're a seasoned astronomer or just curious about what's above, here's your guide to the November night sky—featuring constellations, planets, and the much-anticipated Leonid meteor shower.

✓ Why November is Prime Stargazing Season

With its wide-open vistas, low light pollution, and high-altitude locations, the Columbia Valley is a stargazer's paradise. In November, the air is often dry and clear, making for sharp, twinkling stars. The early sunsets mean you don't have to stay up late for the best views, and with a warm coat, thermos, and good company, even the chilliest night can become a memorable adventure.

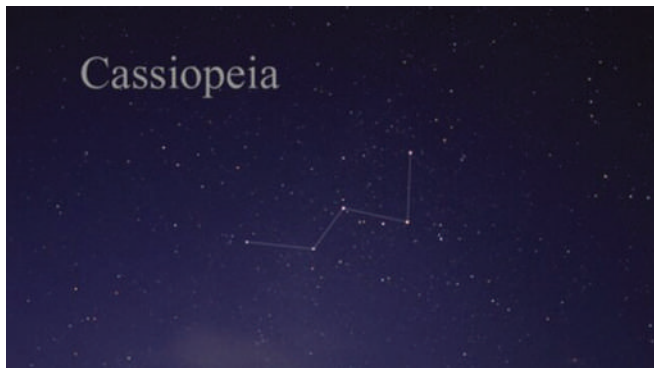
Find a spot away from streetlights—such as Lake Windermere's north shore, the open meadows near Fairmont Hot Springs, or the viewpoints above Kimberley. Bundle up, give your eyes 15-20 minutes to adjust to the darkness, and let the show begin.

CONSTELLATIONS TO WATCH



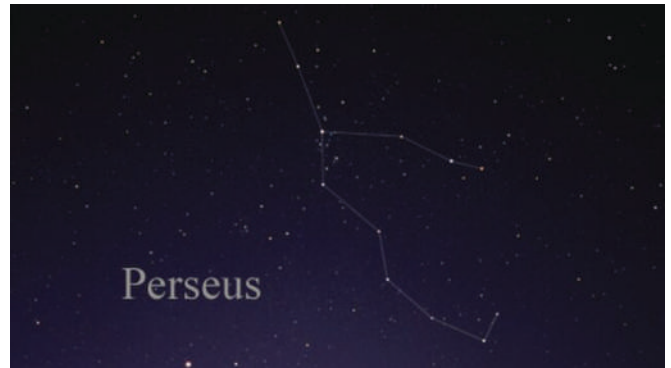
✓ 1. Cassiopeia – The Celestial Queen

One of the most recognizable shapes in the autumn sky, Cassiopeia forms a distinctive “W” or “M” shape depending on its orientation. High in the northeast after dark, Cassiopeia is easy to spot and serves as a guide to other constellations. In Greek mythology, she was renowned for her beauty—and her constellation’s bright stars are sure to catch your eye.



✓ 2. Perseus – The Hero

Look east of Cassiopeia and you’ll find Perseus, a constellation filled with myths and marvels. Perseus is home to the famous “Double Cluster”—a pair of open star clusters that look like dazzling jewels through binoculars. In November, Perseus rises high in the sky, making it a highlight for stargazers.



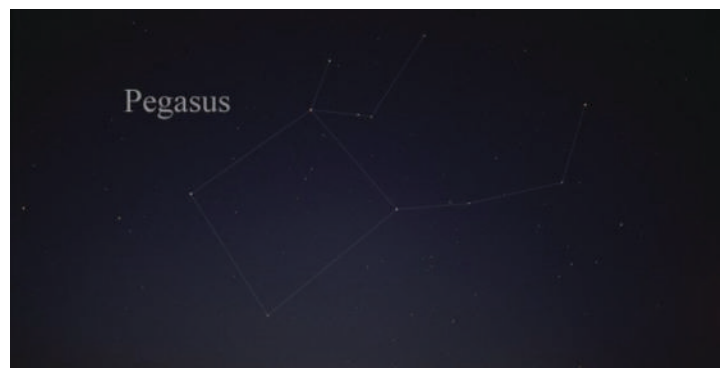
✓ 3. Andromeda – The Chained Princess

Between Cassiopeia and Pegasus lies Andromeda, another legendary figure. What makes Andromeda especially exciting is the Andromeda Galaxy (M31), the closest spiral galaxy to our own. On a dark night, you can see it as a faint, blurry patch with the naked eye; binoculars or a small telescope reveal even more detail.



✓ 4. Pegasus – The Winged Horse

The Great Square of Pegasus is a large, easy-to-spot asterism that dominates the southern sky in November. Four bright stars form the square, which can help you locate Andromeda and other nearby constellations.



✓ Planets on Display

November 2024 brings a few planetary treats to the Columbia Valley's night sky. Jupiter, the king of the planets, shines bright in the east after sunset and is impossible to miss. Saturn is visible earlier in the evening, glowing softly in the south-southwest. Mars, though fainter, may be visible pre-dawn, adding a reddish hue to the morning sky.



✓ The Leonid Meteor Shower: November's Celestial Fireworks

One of the highlights of November stargazing is the annual Leonid Meteor Shower, peaking around November 17-18. The Leonids are famous for producing some of the fastest meteors—bright, swift streaks that can occasionally flare into fireballs.

How to Watch the Leonids:

Peak Dates: Night of November 17 into the early hours of November 18

Best Viewing Time: After midnight, in the darkest hours before dawn

Where to Look: Meteors will appear to radiate from the constellation Leo, which rises in the east after midnight. However, meteors can appear anywhere in the sky.

What to Expect: In most years, the Leonids produce 10-15 meteors per hour under dark conditions. No special equipment is needed—just your eyes, warm clothing, and patience. Find a wide, unobstructed view of the sky, lie back, and let your gaze wander. Some years, the Leonids produce spectacular storms with hundreds of meteors; while 2024 isn't expected to be a storm year, the experience of catching a shooting star on a cold, quiet night is unforgettable.

TIPS FOR ENJOYING THE NIGHT SKY

- ✓ **Dress Warmly:** Layer up with hats, gloves, and insulated boots—temperatures can drop quickly in the Valley.
- ✓ **Bring a Blanket or Chair:** Lying down is the best way to take in the full expanse of stars.
- ✓ **Use Red Light:** Preserve your night vision with a red flashlight or headlamp.
- ✓ **Download a Stargazing App:** Apps like Star Walk, SkyView, or Stellarium can help you identify stars, planets, and constellations.
- ✓ **Share the Experience:** Stargazing is even more fun with friends or family. Hot chocolate and snacks are recommended!

THE WONDER OF DARK SKIES IN THE COLUMBIA VALLEY

The Wonder of Dark Skies in the Columbia Valley

Stargazing connects us to something larger than ourselves—a reminder that, amid the routines and changes of daily life, there's a vast universe above, waiting to be explored. The Valley Voice encourages everyone in Kimberley, Cranbrook, and across the Columbia Valley to take a night this November to step outside, look up, and experience the awe of the cosmos.

If you capture a memorable moment or want to share your favorite stargazing spots, send your photos and stories to The Valley Voice. Together, let's celebrate the beauty of our dark skies and the community that cherishes them.

Happy stargazing, Columbia Valley!

BIG BOOK SALE



REMINDER FOR DONATIONS

We are accepting donations of books and
puzzles in good condition

Please note we will not be accepting dictionaries, textbooks, encyclopedias or magazines (including National Geographic and Reader's digest).

Drop off donations at the Radium Library
by November 21

See you at the book sale on November 22!



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. 4

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 "mad as a hatter" or "fly of the handle."



NOT PLAYING WITH A FULL DECK OF CARDS

Someone who's not thinking clearly or seems mentally off.

This expression comes from the idea of a deck of cards. A full deck has 52 cards. If someone is "not playing with a full deck," they're missing something essential, suggesting they're not all there mentally. It became popular in the U.S. around the mid-20th century.

I'm not saying he's not playing with a full deck...

But he just tried to bluff with an Uno card.



MAD AS A HATTER

Completely crazy, eccentric, or acting in a bizarre way.

In the 18th and 19th centuries, hat makers (or hatters) often used mercury nitrate to treat felt. Long-term mercury exposure caused neurological damage—leading to tremors, slurred speech, and erratic behaviour. Hence, "mad as a hatter." Lewis Carroll helped popularize it with the Mad Hatter character in *Alice's Adventures in Wonderland* (1865).

Sure, I'm mad as a hatter...

But at least I look fabulous while losing my mind.

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 "paint the town red."



✓ **THROW A WRENCH IN THE WORKS**

To disrupt or sabotage a process, plan, or system. To mess things up.

This likely originated during the Industrial Revolution, when literal wrenches (or other tools) dropped into machinery could jam or break the system. The British version is "throw a spanner in the works." Or literal sabotage of machinery.

A wrench in the works? Please. Around here, it's more like a whole toolbox on roller skates.



✓ **FLY OFF THE HANDLE**

To suddenly lose your temper or explode with anger.

This phrase dates back to 1800s America and refers to axe heads that were poorly fastened and could literally fly off the handle—dangerous and unexpected, like an outburst.

I tried to stay calm, but my temper packed its bags and flew off the handle without me.

WHAT'S AN IDIOM, ANYWAYS? PT. 4

CONTINUED

Idioms are like jalapeños in your sentences—add just one, and suddenly your chat has bite.



KNOW THE ROPES

To be experienced or knowledgeable about how something works.

This skill comes from sailing and theatre—in both, understanding how to manage the ropes (sails or stage rigging) was essential.

A seasoned sailor or stagehand would "know the ropes."

Sure, I know the ropes—just don't ask me to untangle them.



A PENNY FOR YOUR THOUGHTS

A way of asking someone what they're thinking, often when they seem deep in thought or distracted.

First recorded in the 16th century, this phrase literally meant offering a penny in exchange for someone sharing their musings, predominantly during quiet moments. At the time, a penny was actually worth something!

Penny for your thoughts? Sorry, inflation—those thoughts now cost at least \$1.25 plus tax!



PAINT THE TOWN RED

To go out and have a fun and rowdy time—usually involving dancing, drinking, and celebration.

The most colourful theory (pun intended) dates back to 1837 in England. The Marquis of Waterford, a known party animal of his time, went on a drunken rampage in the town of Melton Mowbray with his buddies. They allegedly painted doors, signs, and even a toll booth red—literally! The phrase stuck as a euphemism for wild partying.

I tried to paint the town red...But the city said I needed a permit and three quotes from contractors.

VOLUNTEERS NEEDED

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TASTY FALL FAVORITES!

Always enjoy responsibly and keep cozy this November! If you have a favourite local ingredient to suggest for a Valley twist, let The Valley Voice know—we love to share community-inspired recipes!



✓ Pumpkin Pie Shot

1 oz vanilla vodka
1 oz Irish cream liqueur (like Baileys)
1 oz pumpkin spice liqueur or pumpkin spice syrup
Whipped cream

Instructions: In a shaker filled with ice, combine vanilla vodka, Irish cream, and pumpkin spice liqueur. Shake well and strain into a shot glass.



✓ Maple Old Fashioned

2 oz bourbon or rye whisky
1/2 oz pure maple syrup
2 dashes Angostura bitters
Orange peel

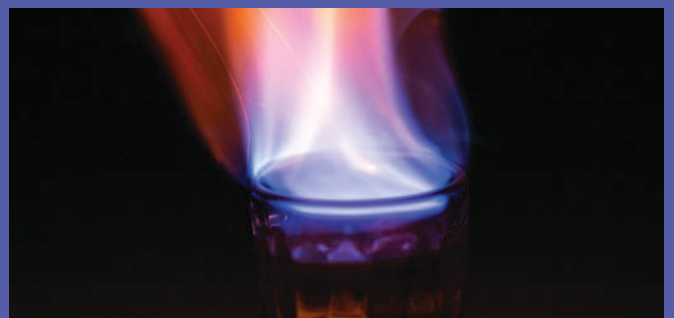
Instructions: Combine bourbon, maple syrup, and bitters with ice. Stir until well chilled. Strain into a rocks glass over a large ice cube. Garnish with an orange peel, expressing the oils over the drink.



✓ Cranberry Spice Mule

2 oz vodka
2 oz cranberry juice
1/2 oz lime juice
Ginger beer

Instructions: Fill a copper mug or high-ball glass with ice. Add vodka, cranberry juice, and lime juice. Top with ginger beer and stir gently.



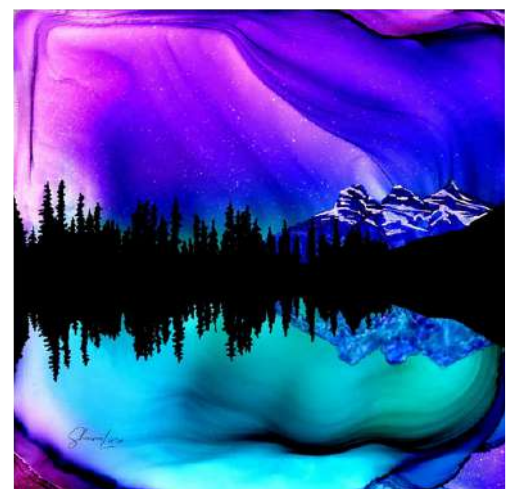
✓ Toasted Marshmallow Shot

1 oz vanilla vodka
1 oz chocolate liqueur (e.g., Godiva, creme de cacao)
Marshmallow (for garnish)

Instructions: Combine vanilla vodka and chocolate liqueur in a shaker with ice. Shake well and strain into a shot glass. Toast a marshmallow and place it on top of the glass as a garnish.

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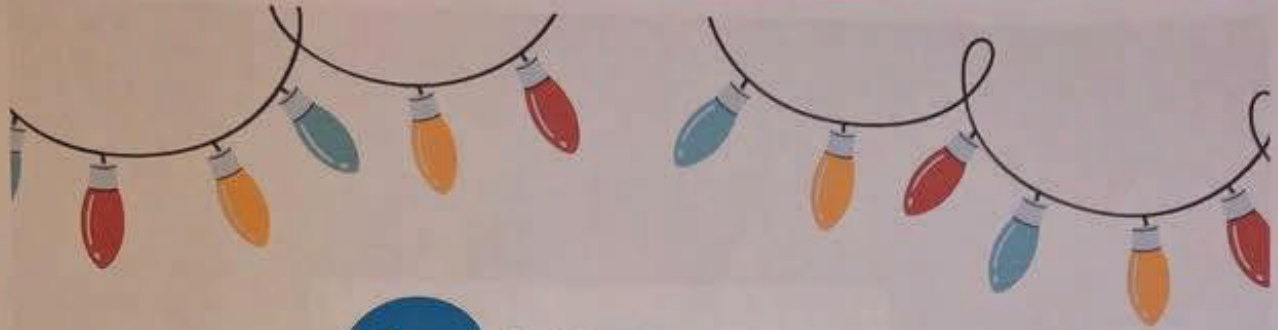
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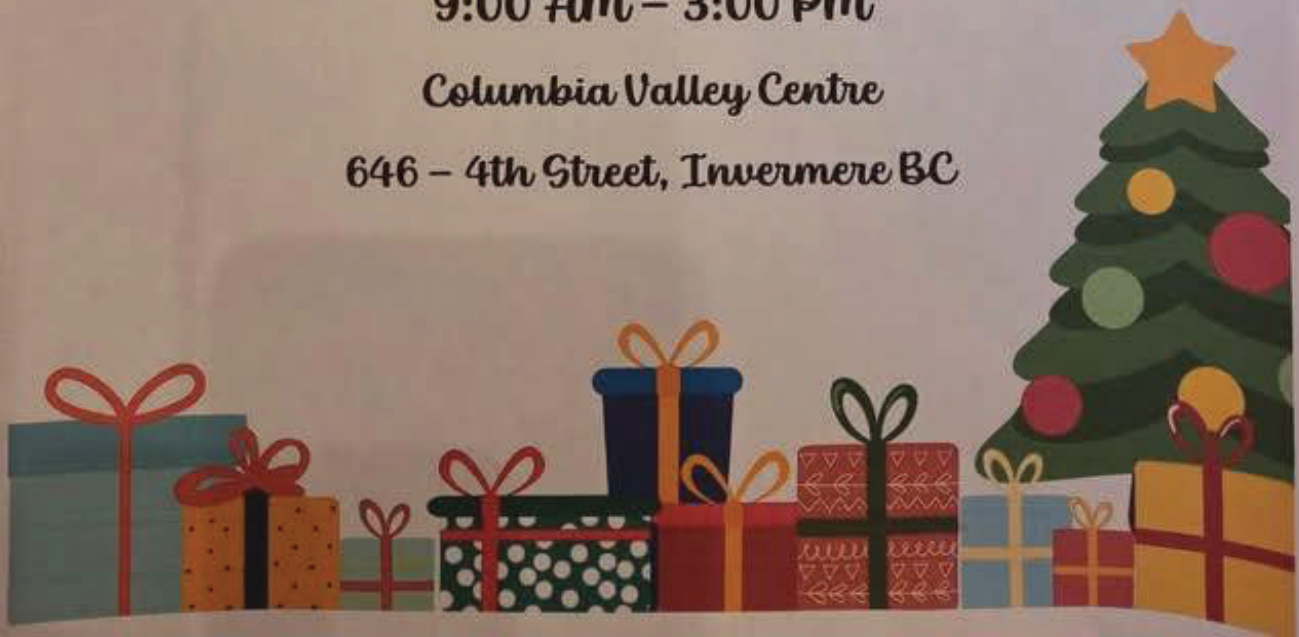
INVERMERE THRIFT STORE CHRISTMAS POP-UP SALE

SATURDAY, NOVEMBER 22, 2025

9:00 AM – 3:00 PM

Columbia Valley Centre

646 – 4th Street, Invermere BC



WHY CHOOSE SUSTAINABLE WRAPPING

Did you know that most commercial wrapping paper isn't recyclable? Metallic finishes, glitter, and plastic coatings make it nearly impossible for recycling facilities to process. In Canada, it's estimated that over 540,000 tonnes of wrapping paper and gift bags are tossed each year during the holidays.

By choosing eco-friendly alternatives, you can:

- Reduce landfill waste
- Lower your carbon footprint
- Support local artisans and businesses
- Set a positive example for friends and family
- Add a thoughtful, personal touch to every gift



ECO-FRIENDLY WRAPPING IDEAS



ECO-FRIENDLY GIFT WRAPPING IDEAS

Sustainable Ways to Prepare for the Gift-Giving Season

As the first snow dusts the peaks and festive lights appear in windows across the Columbia Valley, the spirit of giving comes alive. The holiday season is a time to celebrate friends and family, express gratitude, and share joy—often through the tradition of gift giving. But with this cherished ritual can

come a mountain of waste: glossy wrapping paper, plastic ribbons, and single-use bows that quickly end up in the landfill.

At The Valley Voice, we believe the way we give can be just as meaningful as the gifts themselves. With a little creativity and intention,



✓ WRAP WITH FABRIC: THE ART OF FUROSHIKI

Originating in Japan, furoshiki is the practice of wrapping gifts in beautiful cloth. Not only is this method reusable and waste-free, but it also adds a touch of elegance to your present. You can use scarves, tea towels, bandanas, or even upcycled fabric scraps.

How to Get Started:

1. Place your gift in the centre of a square piece of fabric.
2. Fold opposite corners over the gift, then tie the remaining corners in a knot.
3. Add a sprig of cedar, a pinecone, or a wooden ornament for a local, seasonal accent.

Tip: Choose a fabric that can be reused by the recipient—like a kitchen towel or a pretty scarf—for a gift within a gift!



everyone in our community can help reduce waste while still presenting beautiful, heartfelt packages. Here are some eco-friendly gift wrapping ideas to help you prepare for the season—proving that sustainable choices can be festive, fun, and uniquely personal.



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UPCYCLE AND REIMAGINE

Look around your home for materials that can be repurposed as gift wrap. Old maps, newspaper comics, sheet music, or children's artwork make for eye-catching and unique packages. Brown paper grocery bags can be cut open, decorated with hand-drawn designs or potato stamps, and tied with twine for a rustic look.

Ideas to Try:

- Use jars, tins, or baskets as containers—these can be reused for storage or decor.
- Save and repurpose gift bags, tissue paper, and ribbons from previous years.
- Decorate with stamps, watercolours, or pressed leaves for a personalized touch.

Tip: Local thrift stores are treasure troves for vintage fabric, baskets, and tins—perfect for upcycled gift wrapping.



GO NATURAL

Embrace the beauty of the Columbia Valley by using locally sourced, biodegradable accents. Twigs, dried flowers, pinecones, and sprigs of evergreen not only look festive but also compost easily after the celebrations. Swap out plastic ribbon for jute, hemp, or cotton string—available at most hardware or craft stores.

How to Create a Nature-Inspired Package:

- Wrap your gift in plain brown paper or a reusable bag.
- Tie with twine and tuck in a cedar bough or berry sprig.
- Add a handmade tag from recycled cardstock, or use a slice of wood as a rustic label.

Tip: Forage responsibly—never take more than you need, and only gather from places where collecting is permitted.



DIY GIFT BAGS AND BOXES

If you're feeling crafty, try making your own gift bags or boxes from recycled paper, fabric, or even old holiday cards. There are countless tutorials online for folding origami boxes, sewing simple drawstring pouches, or constructing sturdy gift bags from newspaper.

Why DIY?

- Custom sizes for awkwardly shaped gifts
- An opportunity to involve kids in the holiday preparations
- Endless options for personalization

Tip: Save sturdy boxes from local shops (like tea, soap, or chocolate boxes) and recover them with decorative paper or fabric.



RETHINK THE CARD

Greeting cards are a lovely tradition, but many commercial cards are coated with plastic or glitter.

For a greener option, consider:

- Making your own cards from recycled materials
- Sending seed paper cards that can be planted in the spring
- Writing a heartfelt note on a piece of reused cardstock or inside a reusable gift tag

Tip: Local artists and markets often offer beautiful, eco-friendly card options—supporting both sustainability and small businesses.



THE GIFT OF NO WRAP!

Sometimes the best way to reduce waste is to skip the wrapping altogether! Experiences—like tickets to a local event, a homemade coupon for a meal, or a donation to a favorite charity—can be presented in simple, creative ways. Tuck a note inside a reusable mug, or present a gift card in a handmade envelope.



ENCOURAGE OTHERS TO JOIN IN

One of the best parts of eco-friendly wrapping is the opportunity to inspire friends and family. Share your creative packages on social media, host a sustainable wrapping party, or include a little note about the materials you used. The more people who see how easy—and beautiful—green wrapping can be, the bigger the impact we can make as a community.



THE WONDER OF DARK SKIES IN THE COLUMBIA VALLEY

Where to Find Supplies in the Columbia Valley

Many local shops and markets offer sustainable wrapping supplies. Look for:

Handmade soaps, candles, or preserves in reusable containers

Scarves, tea towels, or napkins from local artisans for fabric wrapping

Eco-friendly twine, tags, and cards from craft stores or holiday markets

Supporting valley businesses keeps your holiday spending local and sustainable.

A Season of Caring—For Each Other and the Earth

As the holidays draw near, let's remember that the heart of gift giving isn't the paper or the bow—it's the care and thought we put into each package. By choosing eco-friendly wrapping, we show love not just for our friends and family, but for the natural beauty of the Columbia Valley, and the planet we all share.

The Valley Voice invites you to share your own creative, sustainable wrapping ideas with our community. Post your photos, swap tips, and inspire others to make this season a little greener—one gift at a time.

Happy gifting, and happy holidays!



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STITCH HEAD (2025)

Movie Review



IMAGE CREDIT: [Corydon Cinemas](#)

Stitch Head, the animated adaptation of Guy Bass' beloved children's novel, arrives with a blend of gothic whimsy and heartfelt adventure that is sure to enchant audiences of all ages. Set in the eerie yet endearing Castle Grotteskew, the story follows Stitch Head—a small, stitched-together creature who was once the first creation of the eccentric Professor Erasmus. Overlooked and forgotten in the professor's relentless pursuit of new

inventions, Stitch Head is thrust into the spotlight when a traveling freak show arrives, threatening his quiet life and the safety of his fellow castle-dwellers.

Visuals & Animation:

The film's animation is a standout, capturing the quirky, Tim Burton-esque charm of the source material. From the moonlit turrets of the castle to the oddball assortment of monsters, every detail is lovingly crafted. The char-

acters are visually distinctive, and the atmospheric color palette enhances both the spooky and sweet elements of the story.

Story & Characters:

At its core, Stitch Head is a tale about belonging, bravery, and friendship. The titular character's journey—from timid bystander to unexpected hero—resonates with anyone who has ever felt overlooked or out of place. Supporting char-

acters, including the exuberant Arabella and the misunderstood Professor, add depth and humor, making the film accessible to young viewers while still offering emotional layers for adults.

Themes:

The movie gently explores themes of acceptance, self-worth, and what it means to be "monstrous." Its message—that everyone deserves to be seen and valued—is delivered with warmth and a touch of spooky fun, perfect for family viewing.

Overall Impression:

Stitch Head is a delightful addition to the realm of family animation. While the pacing occasionally lags, and some secondary characters could have used more development, the film's charm, visual inventiveness, and heartfelt storytelling more than compensate. It's a quirky, cozy adventure that encourages viewers to embrace their uniqueness.

Final Verdict:

With its blend of humor, heart, and gothic flair, Stitch Head earns a solid four out of five stars. A must-watch for families seeking a fresh animated tale with a big heart and a dash of monster magic.

★ Rating: 4 out of 5

IMAGE CREDIT: [Fandango](#)



POWERWASH SIMULATOR 2

Game Review

Platforms: PS5, Xbox Series X|S, PC,
Switch 2



IMAGE CREDIT: [Xbox Wire](#)



When it comes to gaming pleasures built on simple satisfaction, few titles deliver as clean a hit as PowerWash Simulator 2. Developed and published by FuturLab, this sequel refines the grime-blasting, Zen-like cleaning gameplay of the original and adds meaningful new features across tools, levels, and co-op play.

What Works

Pure cleaning satisfaction. From the first moment you spray away years of built-up muck, the tactile joy of gleaming surfaces is present in full force. This remains the core appeal.

Upgraded toolkit and environments. New gear—like the circular surface cleaner, scissor lift, and abseiling harness—makes the job more diverse and visually interesting.

Improved co-op and shared progression. Multiplayer now offers real teamwork: others can join your session and still feed into the main career mode, reducing repetition.

Great value at launch. Despite the added content, PowerWash Simulator 2 sticks to an affordable price point, avoiding the higher cost trend seen in many other major releases.

GamesRadar

Where It Stumbles

Limited evolution. While

the upgrades are welcome, the core loop isn't reinvented—so if you played the first game exhaustively, you'll feel very familiar. Many critics noted it's "more of the same, cleaned up nicely."

Repetitiveness persists. Jobs are more varied in size and scope, yet the core action—spray, soap, wipe—can still feel methodical, rather than thrilling. One review described it as "delightfully monotonous."

Story and customization underwhelm. The home base and narrative elements exist, but reviewers found they lacked depth, making them more decorative than compelling.

Final Verdict

PowerWash Simulator 2 earns its five-star equipment rating—with new hardware, new tools, and upgraded visuals that enhance the experience. The loosened restrictions on soap (no more micro-management) and improved tools create smoother cleaning sessions.

On the flip side, it hasn't dramatically changed the overall structure, which may disappoint those looking for a radical overhaul—or gamers seeking a high-octane action title. But for anyone who found the original oddly calming and you-just-want-to-clean type of fun, this sequel delivers.

In short: if you like satisfying slow gameplay, visual transformation, and cooperative chores (yes, that's a thing now), PowerWash Simulator 2 is a solid buy at its price point. It's an ideal pick for casual gaming sessions, co-op evenings, or relaxing after a long day. The dirt stands no chance.

★ Rating: 4/5 - Gleaming, improved, and surprisingly fun—it might not reinvent the wheel, but it polishes it to a shine.



IMAGE CREDIT: [Instant Gaming News](#)





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SHOW STARTS AT 7:30 PM

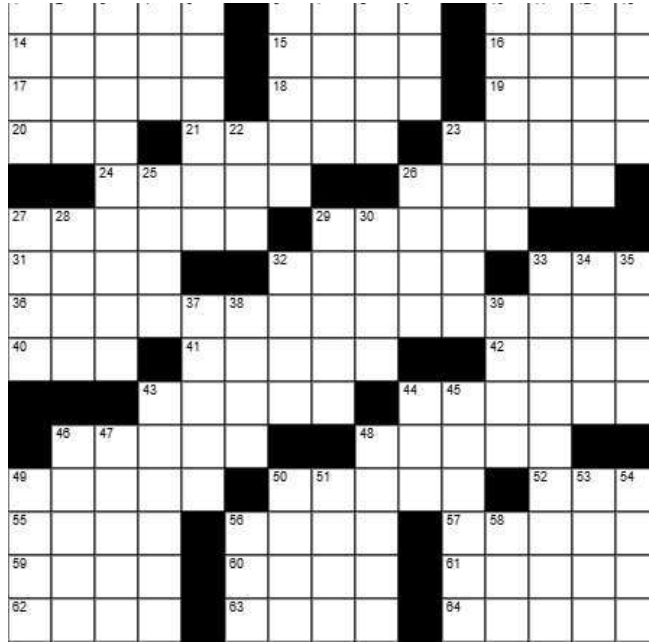
TICKETS: www.MountainHomeProductions.com



A LITTLE FUN

ACROSS

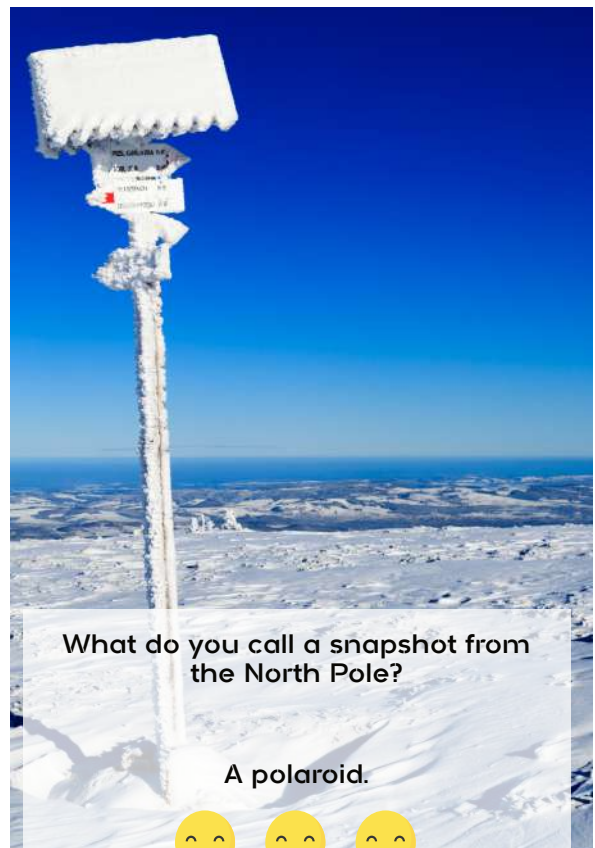
1- Send in; 6- Largest continent; 10- Ski lift; 14- Overact; 15- Impetuous; 16- Wise one; 17- Less diluted; 18- Baby blues; 19- Sicilian sight; 20- Concorde, e.g.; 21- Clear the board; 23- Old anesthetic; 24- Donkeys; 26- Relaxes; 27- Operatic soprano; 29- Davis or Midler; 31- "Tosca" tune; 32- Squander; 33- Pasture; 36- In spite of; 40- Salty sauce; 41- Closes in on; 42- Actress Heche; 43- Small group ruling a country; 44- Like a raccoon's tail; 46- Brewer's need; 48- Actress Zellweger; 49- ____ bleu!; 50- Evidence; 52- Old vitamin bottle abbr.; 55- God of thunder; 56- Mai ____; 57- Corbeled bay window; 59- First-rate; 60- Wight, for one; 61- Wash lightly; 62- Crucifix; 63- Canonized Fr. women; 64- Sleight of hand;



Down

1- Gym counts; 2- Grounded birds; 3- Death rate; 4- Suffix with meteor; 5- Mother of Calcutta; 6- Zones; 7- Utters; 8- Fortuneteller's start; 9- Sighed sounds; 10- African fly; 11- Get into hot water?; 12- Choreographer de Mille; 13- The back end of something; 22- Hi-____ graphics; 23- Devoured; 25- Deli side; 26- Blues singer James; 27- Tins; 28- Buck follower; 29- Iraqi port; 30- Ballpark figs.; 32- Come again?; 33- Tarrying; 34- Feminine ending; 35- Got on in years; 37- Busy; 38- Circus structure; 39- Hamlet, for one; 43- Jolted; 44- Vintage car; 45- Disclose; 46- Lout; 47- Low-budget prefix; 48- Fragrant bed?; 49- The closest one to us is the sun; 50- Gone by; 51- Rub the wrong way; 53- He loved Lucy; 54- Actor Guinness; 56- ____ the season...; 58- Narrow inlet;

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What do you call a snapshot from the North Pole?

A polaroid.

