

The Valley Voice

The Voices of the Columbia Valley



Jen Bewski
PHOTO CREDIT

INSIDE THIS EDITION

8 STEPS TO PREPARING YOUR GARDEN FOR WINTER

Let's go through 8 steps you can take to better prepare your garden for the winter.

10 RULES FOR THE HIGHLY EFFECTIVE HOUSE HUSBAND: PART 4

Being a good house husband often means doing things you don't want to.

COOL TECH FOR CHRISTMAS 2022

Looking for something cool to give a friend or significant other? Check these out.

WINTER RECIPES

What better time to start making some classic winter favorites.



The Voice of the Columbia Valley

Your voice, your valley, your magazine

LETTER FROM THE VOLUNTEERS

Did you enjoy our last edition?

We sure did! Lots of amazing local content for our amazing local community.

We will again be doing our January edition as an ode to those who have passed this year, in and around the valley. We pull most of the information from obituaries that are available online, however if there's someone you think we may miss, please email their name and date of passing to us. We want to honor and include all, like we did in issue #43.

We will be collecting this information until January 1st, so please send them in when you can.

news@thevoicecv.ca

We have more awesome content in this issue, bon appetit!

The VVV



Cranbrook RCMP
@CranbrookRCMP



Cbk RCMP urge everyone carefully check their boxes & bags of store bought halloween candy & chocolate. Earlier, an area resident discovered a blade in a box of Halloween chocolate. The blade was loose amongst the individual bars & appears to have been inserted into the box.

20:10 · 2022-10-31 · [Twitter for iPhone](#)

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This edition, we'll be reviewing Night of the Dead.

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](#)

OR

by email to news@thevoicecv.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 AUGUST 3, 2022.

SUBMISSION DEADLINE AUGUST 2, 2022.

WE NEED

BUSINESS ADS

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 Once an ad is out of date or stale, we will remove it.*

LOCAL PHOTOGRAPHY

Any and all are welcome and encouraged to submit their photos. Credit given when requested. Great way to get your art out to more eyes.

PERSONAL INTEREST

Got something to say? Expert in something? Know how to handle a season with skill? Send it in! We'll edit it only if requested. We'd LOVE to publish your brilliant works.

NEWS

Did you hear about it or see it? We could use your help! Snap a photo and send a blurb/article and we'll make sure it get included.

BECOME A VOLUNTEER!

We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

Email us at news@thevoicecv.ca

VISIT US ONLINE
thevoicecv.ca

VISIT US ON SOCIAL
[@thevoicecv](https://www.instagram.com/thevoicecv)



HOSPICE SOCIETY
OF THE COLUMBIA VALLEY

Presents: City Lights & Mountain Nights

FASHION SHOW

GRAB A FRIEND FOR A FUN NIGHT TO
CELEBRATE THE LATEST FASHIONS IN THE VALLEY

November 24, 2022

Doors open at 6:00pm • Show Starts at 7:00pm

Columbia Valley Centre • Tickets \$40.00



Door Prizes:

\$200 Gift Card from
Avenue and more

Tickets include free Hors D'oeuvres
Wine Bar available
MC'd by Brittany Schaffer

Tickets Available at: Avenue, Inside Edge, La Galeria II, and
the Hospice Office (credit card or cash) or by phone 778-526-5143

La Galeria II
A unique shopping experience

A **avenue**
ladies boutique

inside **EDGE**

NO TICKETS SOLD AT THE DOOR



8 STEPS TO PREPARING YOUR GARDEN FOR WINTER

With the weeding, watering, nurturing and harvesting out of the way, it can be really tempting to just kick back and relax and leave your garden untouched until next year.

However, that may not set you up for success when the next growing season hits, and around here, we need all the time we can get. Ignore your garden at your own expense, these steps will only help you save and

improve on your investment.

Let's go through 8 steps you can take to better prepare your garden for the winter.

PREPARE HERBS FOR WINTER

There is no one-size-fits-all trick for preparing your herbs in the winter. Some herbs are hearty and will need little assistance, while others are sensitive to the weather changes and will need your help.

Basil: This herb is a sensitive sort, so handle with care. They won't survive outside during the winter. Dig them up and pot them over the winter so that you can return them to ground in spring and elongate their season.

Chives: These guys are fairly hardy, but need your intervention. Dig up and pot then allow the foliage to die down and freeze for several weeks. Bring the pot indoors to a sunny but cool spot and just be sure to keep them watered over the winter.

Oregano: Hardy-ish plant, with a little care. They are best with at least a little protection from the cold. Consider throwing on a layer of straw mulch.

Parsley: A biennial, will withstand a light frost. In Zone 5 or colder, cover them at night. They are not easily transplanted due to the long taproot so you may be better off restarting in the spring.

Rosemary: An evergreen perennial that needs outdoor protection. If you're in Zone 6 and 7 you can get away with covering and protecting them over the winter. Zones 5 and colder, you're encouraged to pot them up and bring them in for the winter.

Sage: In most places, these are perennial plants and do not need special treatment. Before frost stops its growth, cut off a branch or two and dry to use in things like stuffing over Christmas.

Thyme: This is a near indestructible plant. Being a true perennial, it will go dormant in the fall and revive itself in spring.

PREPARE PERENNIALS FOR WINTER

The more you can prepare your perennials, the better they will return in the spring. It's tempting to let them just do what they do naturally, and you can, though proper perennial preparation will only stand to improve the plant health and future yields.

Make sure to water your perennial flowers and shrubs in the fall.

Before a heavy snowfall, cover pachysandra with a mulch of pine needles several inches deep.

Move potted chrysanthemums to a sheltered spot when their flowers fade. Water well and cover with a thick layer of straw to overwinter them.

When a frost blackens the leaves of dahlias, gladioli, and cannas, carefully

dig them up and let them dry indoors on newspaper for a few days. Then pack them in styrofoam peanuts, dry peat moss, or shredded newspaper and store in a dark, humid spot at 40° to 50°F (5° to 10°C) until spring.

Many perennials can be left to be cut back in the spring, especially those with bountiful seedheads such as coneflowers or rudbeckia, as the birds will enjoy their seeds through winter. However, there are some perennials which are best cut back to avoid spreading diseases—such as powdery mildew—especially bee balm, phlox, and hostas. See which perennials to cut back. When cutting back, wait until the ground has frozen hard and the foliage has died. Leave about 3 inches of stem and mulch them with a thick layer of leaves or straw.

COVER YOUR GARDEN BEDS

There is nothing worse than piles of soggy leaves left all over your lawn, so why not use those leaves for an actual purpose? There are a couple of things you can do with them.

You could take a tarp or sheet, spread some of the leaves over it, and then place it in the corner of your yard to give your local pollinators some kind coverage.

Or, you can rake the leaves into loose piles and run the lawn mower over them to create mulch for your perennial and bulb beds.

Leaves can also be added to your compost as well.



MANAGE YOUR COMPOST

Speaking of compost, it's recommended to add any compost in late autumn in order to let the soil soak up the nutrients over winter. Take the time to turn your compost pile or the

contents of your compost bin one more time before hard frost. This introduces oxygen and speeds decomposition. You want that.

STORE YOUR SEEDS

Store your seeds in a dry, cool place. Your dahlia tubers and gladiola bulbs, too.



ATTEND TO YOUR BIRD FEEDER

First, take some time to really clean out the feeders. They can often catch bits of bugs and seeds which should be washed out. Then, refill the bird bath with new water. Take the time to do the same with your bird feeders;

clean them out using soapy water and a stiff brush, and then refill and replace. We recommend you fill them with quality bird seed and not the cheap stuff that mostly ends up kicked out of the feeder onto the ground.

TURN OFF THE WATERING SYSTEM

If you haven't already turned off your water, do it! You don't want the hose or irrigation connected when it frosts or you may have damage. In warmer climates it may be possible to simply disconnect the system from a hose spigot and allow the water to drain out, but in colder climates you will want to either blast all the water out with an air compressor or just bring everything inside for the winter.



GIVE YOUR TOOLS CARE AND ATTENTION

Drain the fuel tank on your lawn mower or any other power equipment. Consult the owner's manual for other winter maintenance.

Scrub down and put away your tools. Some folks oil their tools with vegetable oil to avoid rust. Find out how to care for your gardening tools.

Empty all of your outdoor containers to keep them from cracking during the winter. Store them upside down.

Hang a bucket over a hook in your toolshed or garage and use it to store hose nozzles and sprinkler attachments.

BREAKING

NEWS

3 HOSPITALS GET NEW RESPIRATORY EQUIPMENT

Elk Valley, Invermere and District and Golden hospitals are able to buy new respiratory equipment this year with the support of donors from the TB Vets Charitable Foundation.

The grants, totaling over \$40,000, are to help purchase new equipment and upgrade current ventilators, part of nearly \$1 million in funding provided by TB Vets to hospitals in British Columbia and Northwest Territories.

Read full article [HERE](#).



B.C. SMALL BUSINESS TAX RATE ACCESS EXPANDED

More businesses will be able to access to the small business tax rate in British Columbia, the Ministry of Jobs, Economic Recovery and Innovation announced Oct. 18.

With the change, access to the small business tax rate will be gradually reduced when businesses have between \$10 million and \$50 million in taxable capital.

Read full article [HERE](#).



THE NEW CITY OF CRANBROOK COUNCIL

The new City of Cranbrook council was sworn-in during a special ceremony at the Royal Alex Hall in the Cranbrook History Centre.

Mayor-elect Wayne Price, incumbent councillors Norma Blissett, Wes Graham, Mike Peabody and Ron Popoff and newly elected councillors Lynnette Wray and Wayne Stetski were sworn into office by Provincial Court Judge Grant Sheard.

Read full article [HERE](#).



CANAL FLATS MAYOR-ELECT READY FOR FUTURE IN OFFICE

Canal Flats Mayor-elect Mark Doherty is getting ready to take office and says his term will be focused on unifying the community and bringing economic development.

Doherty won the election by chance after the vote ended up with a tie between him and his opponent and former village council member Doug McCutcheon, with each candidate earning 158 votes.

Read full article [HERE](#).



Christmas Craft Market At Centre 64

Saturday, November 26th

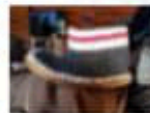
10 am to 4 pm

Sponsored by the Kimberley Weavers and Spinners Guild

Local Artisans will be featured selling articles such as
woodwork, pottery, knitting, chocolate, pet gifts, bags
and wallets, sewing, felting, wreaths, soaps and more

Admission \$1

Handcrafted Doorprizes



Contact Judy Bodaly at thebods2@gmail.com to reserve tables or for more information

Accepting Donations

- Winter Coats
- Toques
- Gloves

It will be going to the less fortunate for our
upcoming cold season

Take the time to help someone



10 Rules for the Highly Effective House Husband

Part 4



Hey everyone! Thank you so much for turning out again for the next issue of the 10 rules for a highly effective House Husband.

I'm going to be honest, I struggled this month with motivation. The temperature is dropping and mentally I have been feeling a little worn out. Time has flown by this month and I find myself submitting this article a little later than normal. I'd like to give a big shout-out to the team at the Voice for helping me edit and finalize this article so close to the deadline.

Being a good house husband often means doing things you don't want to. Our lives can start to feel really mundane. Repetition is not a punishment. It takes a strong person

to constantly follow through on their responsibilities, no matter how trivial they may seem.

It's for that reason I got my bum in gear and sat down at my computer to make sure I was following through on the commitments I made.

Enough said about that, let's get into the meat and potatoes of it all.

Let's recap the rules so far.

RECAP FROM LAST ISSUE

1. Focus

Taking care of a household is no easy task. There are a million things to do at any given time, and any number of these things can have another possible million interruptions. That right there is why the number one trait any house husband must master is focus.

2. Cherish your loved ones and family members

Let's face it, without a family and loved ones, there would be no need for house husbands. Cherishing your partner and dependents is the whole base of our existence, the pride we take in our work and the exhaustion we overcome is all in the name of the ones we love.

3. Communication

Communication is the pillar of any healthy and respectful relationship. As the home maintenance expert, communication on your part will be key to your success.

There are going to be a lot of areas that will require concise and prompt communication.

The clearer and more concise you can be with your family members about household needs, the better. Also, staying on top of the day-to-day life requirements of the family unit will add to the overall harmony of the household.

4. Consistency

As the house husband, you will need to be able to plan and execute daily tasks. It's important to understand what your duties are and ensure that you are consistent with them. The others in your life deserve only your

best.

5. Progress

It's easy to get caught up and worn out by the day-to-day events of life. Add a kid or two into that mix and, life can feel like it's on fast-forward. For that reason alone, it is important to take the time to stop and reflect, Specifically on your own personal progress / growth.

You will notice, as time goes on, you will change and evolve. Your skills around the house will refine, and you will find easier ways of doing things.

6. Stay clam, and just roll with it.

Being the care taker of your home and several other life related responsibilities can be extremely stressful. It can often feel like an uphill battle and your work just like the money earner in the household is never done. Life is never going to be easy for most of us, That's why it's critical to learn to roll with the punches. It's easy to be your own worst enemy, the only issue with that is effects everyone else around you. To steal a line from a great Drag queen "It's water off a ducks back" Things won't affect you if you don't let them.



5. PLAN AS MUCH AS YOU CAN

You have probably heard this 100 times before, and you will likely hear it 100 times more. A person with a plan will always find more success than someone who just wings it. Planning ahead is a form of empowerment. Life will always be filled with randomness and unpredictability, it's our ability to be prepared and adjust that keeps us from running around like a flock of headless chickens.

For example, you know that every day, at least 3 times a day, you will need to feed your family. This is not something that you can put off or decide to do tomorrow. Yes there are times when just the idea of cooking 3 times a day can be overwhelming. However when you have people that depend on you and your ability to run the household letting them down sucks. Being prepared takes a lot of the stress away. When you have a plan, you have steps to follow and repeatable

actions. Both of those things will greatly decrease the level of stress you feel when trying to take care of any given task or chore.

If you take the time each week to plan out ahead of time what meals you will be cooking and when, you can save yourself countless hours of discussion and indecision.

The same goes with everything else you know you have to get done in week. If you plan to do laundry the same day every week and follow through, you won't have a pile up of work. If you know it's your responsibility to walk the household pet each day rather than trying to fit it in plan it for the same time every day. Once in a while you might have to adjust your schedule but more often than not the routines you put in place with careful planning will only improve your quality of life and reduce your overall stress.

6. FIND THINGS YOU ENJOY

Life is intense, it's always changing, and time waits for no one. That's why it's important to find activities and hobbies that keep your inner fires burning. Life is full of so many cool and interesting things to do that you owe it to yourself to experience some of it. Some people love to write, others enjoy creating art. Some people love playing sports, while others love to watching them. Often, as the house husband, you are going to feel like you have lost all your free time. You might find yourself having battles with the depression monster or anxiety snake. While I can't take those things away I can tell you that everyone needs me time. If that means sitting your family down to figure out when you can collectively make time for your needs, it will be worth it promise.

Taking time to recharge your batteries, to fill your need meters, is so important. Taking care of yourself will

allow you to take care of everyone else in your care. As a good house husband, that's all we really care about. Doing right by those that love and depend on us. So for the love of all that is non-fiction, take care of yourself and find time for you.

Once again I would thank everyone who takes the time to read this article. Like I said in the beginning, I was really struggling this month with motivation. I took a lot of time this month to enjoy the things I like, and that is ok. Just remember, when the bottom of the 9th rolls around, and you need to step up to bat, make sure you hit a home run.

Signed,
H.H.

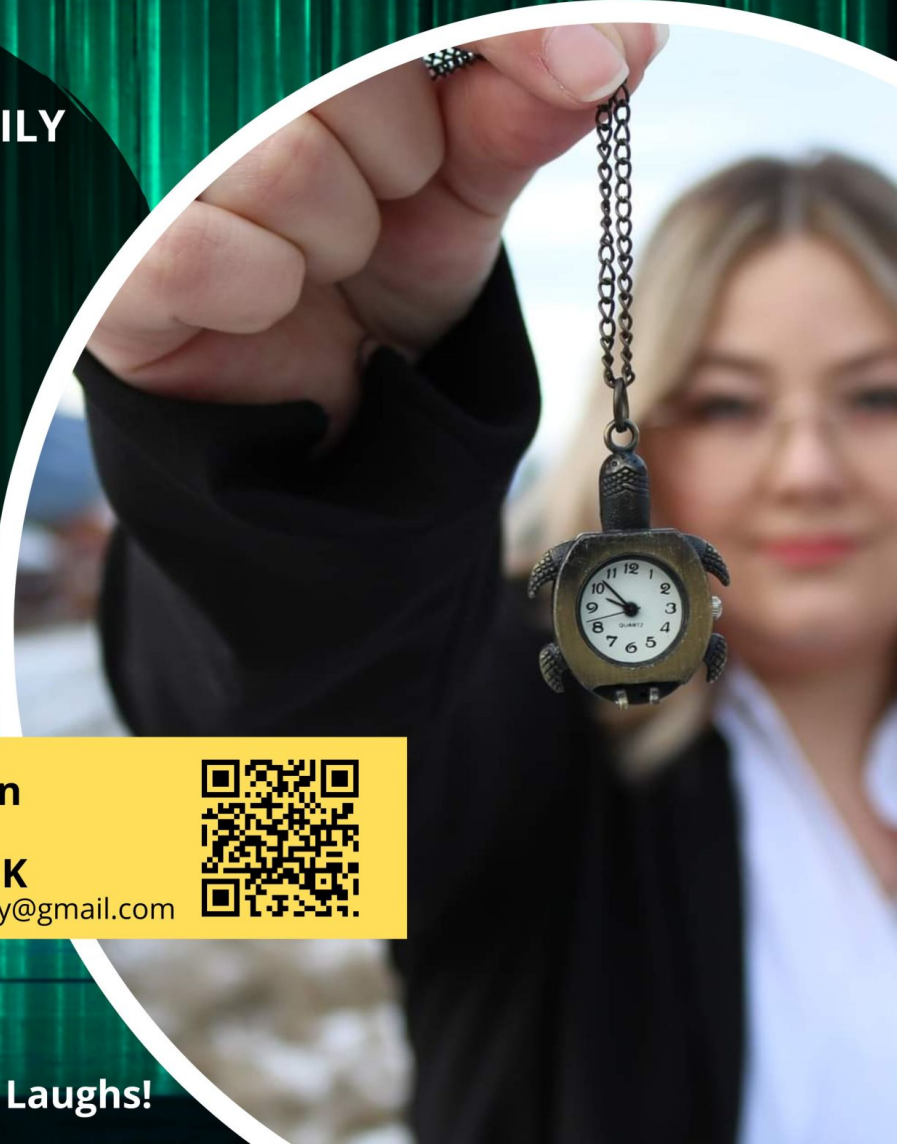
Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.



Sierra Franklin

EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



Lasting Memories & Big Laughs!

Cool Tech for Christmas 2022

AIRPHYSIO

All-Natural “Lung Cleaning” Device Helps You Breathe Easier & Strengthens Your Lungs

If you’ve ever struggled with a lung condition like asthma, bronchiectasis, COPD or cystic fibrosis (or even just a nasty cold or wheezing from smoking), then you know what I’m talking about.

It feels like you’re being squeezed by a gorilla. No matter how much you wheeze and gasp, your lungs simply won’t fill up. You struggle to get a full breath, but it’s just not happening. Your chest is filled with something... and it’s miserable. Frightening, even.

AirPhysio is a mucus clearance and lung expansion device that cleans your lungs and increases lung capacity.

The specially designed device uses a revolutionary method to naturally loosen the phlegm in your chest - you can instantly feel it working the first time you use it.

Even better, AirPhysio is completely drug-free, it’s completely safe for anyone to use, and you can get one without visiting a doctor

Learn More → [HERE](#)



LUMIGEN

Get Ageless Youthful Skin - Without the Expensive Treatments

Where beauty meets technology. Lumigen is a high quality, at-home skincare tool that harnesses an all-in-one approach by combining therapeutic light energy with patented technology to tackle all skin care concerns.

- Anti-Aging Red Light Therapy
- Impurity Fighting Blue Light Therapy
- Reduces Inflammation and Accelerates Skin Healing
- Therapeutic Warm Massage
- Refreshing Cold Massage

Learn more [HERE](#)

Perfect for:



Wrinkles



Dark Spots



Sagging Skin



Breakouts



Inflamed Skin



Dry Skin

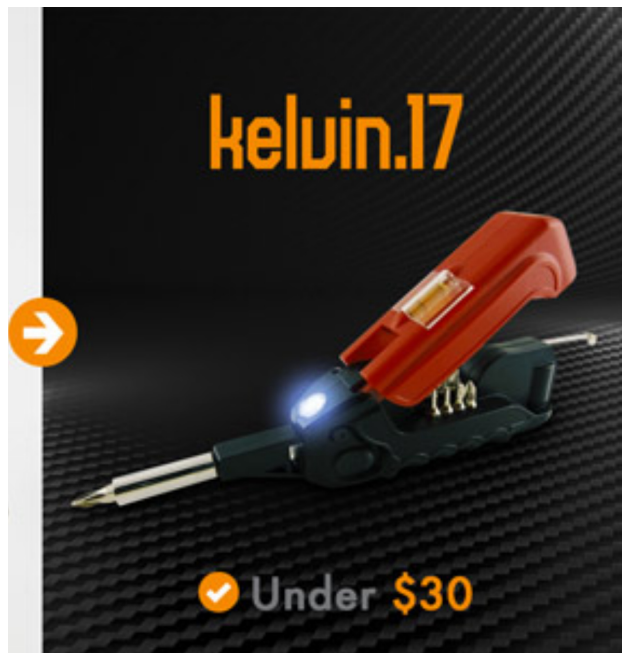


KELVIN17

The 17-in-1 Multi-Tool Even Contractors Can't Live Without

Kelvin17 is a compact multi-tool that includes 17 functionalities:

- Carbon steel hammer
- Liquid level
- LED flashlight
- 3ft flexible tape measure
- Flip-action screwdriver with 90° locking
- 12 Extra hardened alloy driver bits
- 4 (3 Extra) Philips head bits
- 3 Flathead bits
- 3 Allen key bits
- 3 Torx bits
- All packaged in its own ingenious carry case
- No question: This is the most useful multi-tool I've ever tried.





EF Tours
**CULTURE & SERVICE
IN THAILAND**

March 14-25, 2024



**ELK VALLEY TRAVEL CLUB
Enrollment Meeting**



Sunday, November 13
7Pm on Zoom



Contact Jen Hegedus
Email: elkvalleytravelclub@gmail.com
Phone: 250 433 1291

**DO YOU HAVE 2 HOURS
TO HELP YOUR COMMUNITY?**



***The Salvation Army needs volunteers to be “bell ringers”
on our kettles this season!***

***Days, afternoons or evenings; Monday - Saturday
2-hour shifts; November 15 -December 23.***

***All money raised stays right here in Cranbrook to support
The Salvation Army’s programs.***

Call Bob or Louise Baird (236-505-2464) to sign up for a shift!

The Salvation Army – Giving Hope Today!

Beautiful Places of the World

VAADHOO ISLAND

Vaadhoo Island is one of the most extraordinary Maldivian resort islands, known for its captivating bioluminescent beaches, that glow like a million stars in the water. This happens because a tiny microorganism, a phytoplankton called a "dinoflagellates", reacts with oxygen under the water and is triggered to produce this blue glow when it feels movement. It's because of this reason this island received the name "Island of Stars". This paradise is part of the Raa Atoll and is among its few inhabited islands (just over 500 people live here).



DIE RAKOTZBRÜCK BRIDGE

The Die Rakotzbrück bridge is another stunning place and could also be classified one of the weirdest in the world. Constructed in the 19th century is famed for its unique construction accuracy, with the bridge and its reflection merging into a complete and perfect stone circle, no matter where you see it from.

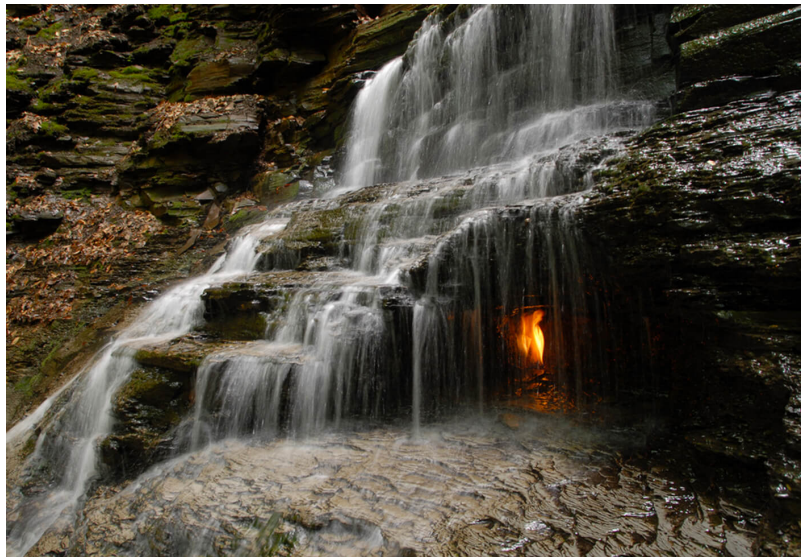
Numerous Devil's Bridges were built during medieval times. These bridges are masonry bridges that are either so spectacular or so challenging to build that only the devil could have helped with their construction. The legend goes that the devil helps to build the bridge in exchange for soul of the first human who crosses the bridge. Each bridge has its own unique folktale.



ETERNAL FLAME FALLS

The Eternal Flame Falls is one of the most thought-provoking and awe striking places in the world. It is a quaint waterfall located in Shale Creek Preserve, which is a section of Chestnut Ridge Park in Western New York. A small item at the waterfall's base emits natural gas. Interestingly, it can be lit to produce a flame. This flame is visible all year round. It can be extinguished and must occasionally be re-lit. The flame is fueled by natural gases and burns bright right under a waterfall.

Location: New York, the US
Best time to visit: April to October
How to reach: Fly to New York and take a train to Buffalo. From here, take a train or bus to Orchard Park where the falls are located.



ARASHIYAMA BAMBOO FOREST, JAPAN

Located at the foot of the "Storm Mountains" in the north of the city of Kyoto, this world-famous, seemingly endless forest of swaying bamboo boughs is perfect for a relaxing retreat to nature during a stay in Japan.

The Arashiyama bamboo grove is open 24/7 and admission is free. The surrounding Arashiyama district, known for unique fishing methods which involve using trained cormorant birds, is also well worth a visit.



**Save the Date!! Family Fun
Day Vendor Market November
12th from 10am to 3pm at
the Eagles Hall 715 Kootenay
Street North.**

**Featuring a 50/50 Draw,
Concession, Photo Ops and
Door Prizes!**

**We look forward
to seeing you
there!!**



VALLEY PROMOTIONS



Coffee WITH A Cop

BUILDING RELATIONSHIPS ONE CUP AT A TIME

Meet Us At:

NOVEMBER 3
9:00AM-11:00AM

Join your neighbours and police officers for coffee and conversation.

The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighbourhood.

In case of emergency, this event will be canceled or postponed without notice. This event is not meant to be an opportunity to file a police report, and all private matters should be dealt with at the detachment at a later date and time.

THIS EVENT IS PRESENTED BY THE GOLDEN-FIELD RCMP DETACHMENT

golden.bc.rcmp-grc.gc.ca



THE UNIVERSITY OF BRITISH COLUMBIA

PARTICIPANTS NEEDED FOR ONLINE RESEARCH STUDY

Understanding the social networks of adults 50 years and older with mental health concerns

Feeling socially connected and having a supportive social network is very important for our well-being. We are interested in learning more about social networks to better understand the relationships within them and, hopefully, enhance well-being for adults 50+ with mental health concerns.

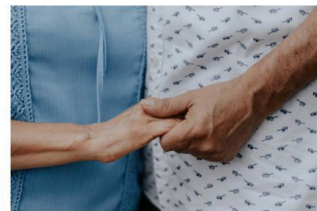
Interested in participating? Please follow the link or scan the QR code:

https://ubc.ca1.qualtrics.com/jfe/form/SV_6YbBnhhFskVOJTw



Participants will have a chance to win one of five \$100 prizes!

Have questions? Contact Angela Louloudi at angelalo@student.ubc.ca



Are you:

- 50 years of age or older?
- Do you have a mental health concern, such as symptoms of depression, anxiety, or problems with drug or alcohol use?
- Do you live in a urban/semi-urban BC community?

If you answered 'yes' to the above questions you may be eligible to take part in our online survey.

WINTER RECIPES

It's getting cooler, winter is fast approaching, and we're starting to feel a little more joyous. What better time to start making some classic winter favorites.

Prep your houses early with our easy to follow gingerbread house recipe, or get comfy and cozy with some classic french onion soup.

THE PERFECT GINGERBREAD HOUSE

Ingredients

HOUSE

- 5 cups all purpose flour(625 g)
- 1 teaspoon baking soda
- 3 teaspoons ground ginger
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon kosher salt
- nonstick cooking spray, for greasing
- 1 cup vegetable shortening(225 g)
- 1 cup granulated sugar(200 g)
- 1 cup molasses(335 g)

ROYAL ICING

- 4 large egg whites
- 1 teaspoon cream of tartar
- 6 cups powdered sugar(720 g), sifted
- water, as needed



Directions

Preheat the oven to 350°F (180°C). Line 2 baking sheets with parchment paper.

In a large bowl, sift together the flour, baking soda, ginger, nutmeg, cinnamon, and salt. Set aside

Grease the bottom and sides of a heavy-bottomed pot (such as a Dutch oven) with nonstick spray. This will ensure the dough doesn't stick to the pot as you turn it out.

Melt the shortening in the greased pot over medium heat. Add the molasses and sugar, bring to a boil, then turn off the heat.

Gradually stir in 4 cups (500 grams) of the flour mixture, 1 cup (125 grams) at a time, making sure to fully incorporate each addition before adding more. You'll have some of the flour mixture left over.

Dust a work surface with some of the remaining flour mixture. Carefully turn the dough out onto the floured surface and work in the flour mixture. (You don't want the dough to be too crumbly. You may have some flour mixture left over, which can be used for rolling out the dough.)

Once the flour is incorporated, shape the dough into a 12-inch (30.5 cm) log and cut into 3 portions, 1 piece slightly larger than the others for the roof.

Set aside the smaller pieces of dough in the pot (it still should be warm, but not hot), cover with plastic wrap, and put the lid on. You'll want to work with the dough while it's warm as it tends to harden at room temperature. If it hardens, simply microwave for about 30 seconds.

On the floured surface, roll out the larger piece of dough to a rectangle about ½-inch (1 ¼ cm) thick. Using a house template, cut the 2 pieces of

the roof and set on a prepared baking sheet, spacing about 1 inch apart as the dough will expand while baking.

Roll out the rest of the dough and cut out the front, back, and sides of the house using the templates. Place on a baking sheet.

Wrap the leftover dough in plastic wrap and store at room temperature for up to 1 day. Microwave to soften and roll out to make decorations for the house or another gingerbread creation.

Bake the gingerbread house pieces for 12-15 minutes, until they have hardened and baked through. Let cool completely.

Make the royal icing: In a large bowl, beat the egg whites and cream of tartar with an electric hand mixer until frothy. Gradually add the powdered sugar, 1 cup (120 grams) at a time, until the icing is smooth and thick. NOTE: The icing is used for gluing the house together. It's very thick. To use the icing for decorating, add about 1 teaspoon of water at a time to thin the icing to your desired consistency.

Assemble the gingerbread house with the royal icing. TIP: Put the roof pieces side by side, with the underside up (and the eventual exposed part of the roof down). "Glue" a cut piece of a paper shopping bag across these two pieces with royal icing. Place two small glass bowls on either side of this upside-down roof to prop the pieces up into a "V" shape. Let dry completely. When assembling, this will help ensure that your roof doesn't slip down the sides of the house. Decorate the house with more royal icing and your desired decorations. Enjoy!

FRENCH ONION SOUP

Ingredients

- 5-6 cups yellow onions, thinly sliced
- 1 tablespoon cooking oil
- 2 tablespoons butter
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 3 tablespoons flour
- 6 cups beef stock (better if homemade)
- 1/2 cup wine (dry white wine or dry white vermouth)
- 8 slices French bread, about 1-inch thick
- 4 tablespoons olive oil for drizzling
- Salt and pepper to taste
- 2-3 tablespoons cognac
- 1/2 raw yellow onion, grated
- 12 ounces Swiss cheese, grated
- 4 ounces parmesan cheese, grated

Directions

Place a heavy-bottom stockpot or dutch oven on a stove over medium-low heat. Add cooking oil and butter. Saute onions until evenly coated with oil and butter.

Cover the pot and let it sit until onions are soft and translucent, about 20 minutes. For caramelized onions, turn the heat to medium or medium-high. Stir in sugar and salt and cook uncovered, stirring often until onions are browned and reduced.

Reduce heat to medium-low and stir in the flour. Stir for 2-3 minutes, or until the flour and butter form a thick paste. If paste not achieved, add more butter.

Mix in 1 cup of warm beef stock. Scrape the bottom of the pan to prevent scorching. Stir in the remaining stock and wine. Let the

soup simmer for 30 minutes.

For the croutons or toasted bread, preheat your oven to 325 degrees F. Drizzle bread with olive oil and place on a baking sheet. Bake the bread for 15 minutes at 325 degrees F. Flip the slices over and bake for another 15 minutes.

Once the soup has simmered, preheat your oven to 350 degrees F.

Salt and pepper to taste.

Pour the soup into a casserole dish. Stir in cognac, the 1/2 raw onion (grated), and a few ounces of Swiss cheese.

Top the soup with toasted bread in a single layer.

Top the bread with the remaining Swiss and Parmesan cheese. Be sure all the edges of bread are covered to avoid burning. Drizzle with oil or melted butter.

Bake the casserole at 350 degrees F for 30 minutes. Turn on the broiler and brown the cheeses.

Let the soup cool for a few minutes before serving. Enjoy





Cranbrook Radio Club Society

We are a not for profit society located in Cranbrook BC

About The Club

The club was designed to mentor new radio operators, on proper procedures for communication. Also to work with the community in case of an emergency like fire, flood or environmental emergency.

Join Now

va7kjl@cranbrookarc.ca

Facebook Page

www.facebook.com/groups/401498182023574

For more info Call

250-919-6146
14-9762 Ermacora Road

Field Of Scope

- Mentorship and Training
- Financially viable projects
- Community Oriented
- Public Safety

Club Benefits

- Participation
- Networking with public
- Helping our community
- Enjoying the Hobby

The logo for WildSafe BC, featuring a white silhouette of a mountain range with a bear's head in the center, and the text 'WILD SAFE BC' and 'British Columbia Conservation Foundation' below it.

WildSafe Tips

Avoid inviting a bear for Halloween
Like most fruits and berries, bears are attracted to pumpkins.

- Bring your pumpkin in at night and store in a cool place
- Avoid carving your pumpkin too early as this will accelerate decomposition
- Discard your pumpkin in a responsible manner that will not attract bears or other wildlife to your community

Have a WildSafe Halloween!

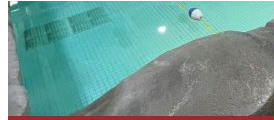
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Mansion Of Evil

Game Review: Night of The Dead

There are so many wonderful horror games out there, and we don't believe they should be kept to just one month, so we're continuing our Mansion of Evils for the foreseeable future. This edition, we'll be reviewing Night of the Dead.

Preface: We ran into Night of the Dead during the steam sale over the Halloween season. It didn't look, at first glance, like much, but one review caught our eye. "It takes 7D2D to the next level."

We've had our love affair with 7daystodie, through many iterations, success and failures, and it has its charms. Though this game seemed to promise a version that mimicked what the people really wanted. So curiosity won the day and we tried it.



Premise: Lucy wakes up from a human experiment and gets trapped in a city covered with zombies. She must survive nightly zombie waves and communicate with a group of survivors to escape from the isolated area.

Gameplay: This is a survival, crafting, horde defense style game. Each night you're hit with a wave of trouble, and each day is your chance to prepare your defenses and gather your resources.

This is an early access game, which means it is still being developed, though the developers seem committed and driven. Despite this, the ratings are still fantastic, Mostly and Very Positive rating from users.

Why we like it: Whoever said it was 7D2D but done right, we generally have to agree. We enjoy the way levels are given - there's experience points to help you boost your personal stats and research points to help you improve in other areas and increase functionality and capabilities of your defense.

We like the way the horde happens nightly, it seems more realistic. Gathering materials also seems to make more sense as you'll find metal where metal exists, rubber from rubber, and so on.

There are lots of defensible pre-built structures that can benefit the player early on. Not to mention you have the ability to completely customize your gameplay to suit yourself and your friends.

Love, love, LOVE the amount of traps that can be used. The diversity makes it even more fun to lure zombies to their death. And they aren't set it and forget it, you've got to repair and recharge between onslaughts.

Areas of improvement: Can be a bit laggy now and again, even on higher powered machines. Most of us had to turn our settings to ensure smooth gameplay.

The starter quests are a bit frustrating. You have to do them in order or they don't count, and EACH person on your team seems to need to do the same quests. Can be challenging as resources are precious, so it's important to find a large enough space to get setup in, or you'll be relocating fast. It would be better if everyone in the team contributed to the tasks and all got the benefits of it. If there are 4 people, why the hell do I need 4 of everything? Seems wasteful.

The AI won't particularly wow you right now, but that's to be expected. So far this is shaping up to be something special. In many ways it's something akin to The Forest mixed with Valheim. Which both of those games we do greatly enjoy so the bias resides there.

Final Rating: 4.5/5 Fingers

We consider this finger licking good. Really fun game so far and quite easy to get into (surprisingly straightforward crafting for once). The pacing is good, the game is good, it's always being developed (with an update as recently as October 28th)

It's currently available on Steam, check it out -> [HERE](#).

Deathbutler

Gamer and Writer



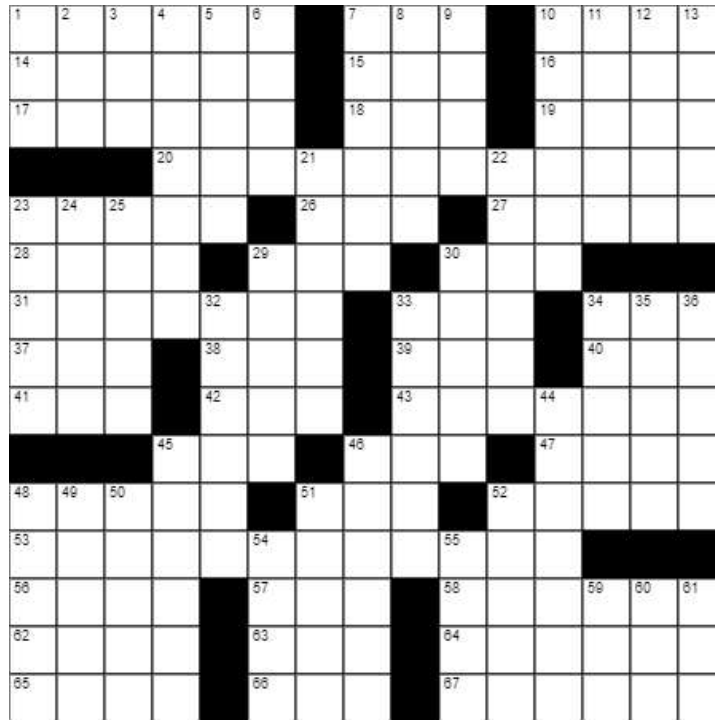


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A LITTLE FUN

Across

1- Football, most places; 7- Breach;
 10- Fellow; 14- Impious; 15- Conductor de Waart; 16- Ascend; 17- Monetary unit of Tonga; 18- Classical beginning; 19- Spillane's "___ Jury"; 20- Annulment; 23- Flight segment; 26- Woman created from the rib of Adam; 27- Quotes; 28- Slips up; 29- Noteworthy period; 30- Sot's sound; 31- Citrus drink; 33- Tiny bit; 34- Pampering, briefly; 37- "Seinfeld" uncle; 38- Defunct airline; 39- ___ Lilly and Company; 40- Satisfied sound; 41- Georgia, once: Abbr.; 42- Lubricate; 43- Mayor having judicial powers; 45- Traveler's stop; 46- That, in Tijuana; 47- Remove from text; 48- Get around; 51- Feel bad about; 52- Stun gun; 53- Selling technique; 56- Mex. miss; 57- Terre Haute sch.; 58- Complete; 62- Work without ___; 63- List-ending abbr.; 64- Joint; 65- Dextrous, lively; 66- Nope; 67- A chicken's tooth?;



Down

1- Eat dinner; 2- ___ roll; 3- Chinese tea; 4- Succinct; 5- "Pomp and Circumstance" composer; 6- Tatum's dad; 7- Swiss city; 8- Designer Simpson; 9- Wading place; 10- Faultfinder; 11- Command to the band; 12- ... who lived in ___; 13- Hammer parts; 21- Breakfast food; 22- Like toxic rainfall; 23- Vends; 24- Attempts; 25- Knight wear; 29- Newsman Newman; 30- Shout of exultation; 32- Observes Yom Kippur; 33- Tantalizes; 34- Stories; 35- Big dipper; 36- Gaiety; 44- Power plug transformer; 45- Think; 46- Castrated man; 48- Short literary composition; 49- Hindu social class; 50- Change; 51- Dreadlocks wearer; 52- Fungal infection of the skin or nails; 54- Demeanor; 55- German Mister; 59- ___ were you...; 60- Emeritus: Abbr.; 61- Trick ending?;

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