

The Valley Voice

The Voices of the Columbia Valley

Cat Hovstad
PHOTO CREDIT

INSIDE THIS EDITION

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A Winter Slumber in the Heart of British Columbia

SAFELY ENJOYING HALLOWEEN

Tips for You and Your Children

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A Beacon of Business Excellence in British Columbia

FALL HIKING TRAIL ETIQUETTE

5 Do's and Don'ts on Public Trails

Your monthly community magazine

Thevoicecv.ca

Justin Sain
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As the vibrant colors of autumn paint our surroundings and the cool, crisp air fills our lungs, we're delighted to extend our warmest wishes to you for a joyous Thanksgiving season. We hope this letter finds you enveloped in the love of family and friends, and surrounded by the bounties of life.

Thanksgiving is a time to reflect on the blessings that enrich our lives. We express our heartfelt gratitude for your unwavering support, your insightful contributions, and your dedicated readership. Your presence in our community is truly something to be thankful for.

October also brings with it the enchantment of Halloween, a holiday cherished by both the young and the young at heart. As the night of ghouls and goblins approaches, we want to remind everyone to prioritize safety. Whether you're carving pumpkins, donning costumes, or venturing out for treats, be cautious and considerate. Let's ensure that Halloween remains a fun and spooky, yet safe, celebration for all.

It is with immense appreciation that we acknowledge the guest contributors who continue to grace The Valley Voice with their talents and perspectives. Your creativity and dedication to sharing your stories are the lifeblood of our magazine.

To our readers, you are the foundation upon which our community stands. Your

engagement, feedback, and support inspire us to keep delivering content that resonates with you. We are truly grateful for your role in shaping The Valley Voice.

Looking forward, we invite all aspiring writers, storytellers, and opinion-sharers to seize the opportunity to have your voices heard. Your words have the power to inspire, inform, and entertain. Whether you have a personal story to tell or an idea worth exploring, we eagerly anticipate your submissions.

The submission deadline for the next edition is rapidly approaching - November 7, 2023. As you gather with loved ones to give thanks and perhaps share spooky tales, consider setting aside time to work on your own creative projects. Your contributions could be the next captivating piece featured in The Valley Voice!

In conclusion, may this season of thanksgiving and Halloween be filled with warmth, laughter, and sweet memories. Let's cherish the abundance of life and continue to celebrate the diversity of our community.

Thank you for being a part of The Valley Voice family. Your involvement enriches our magazine, and we are thankful for your presence.

Warmest wishes,

The Valley Voices Volunteers

Justin Sain
PHOTO CREDIT

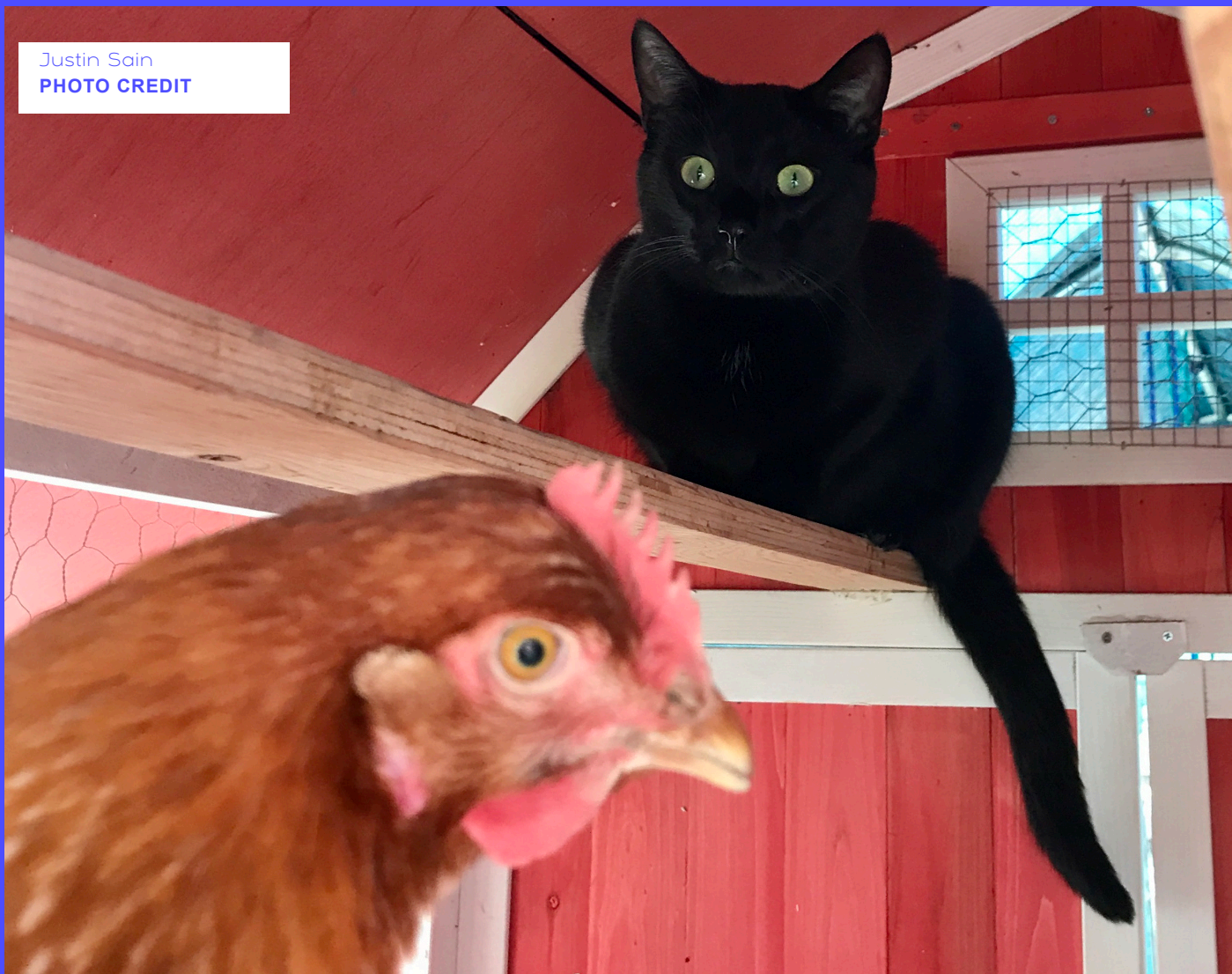


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HOW ARE WE DOING?

The Volunteers of the Columbia Valley Voices Online Magazine are dedicated to providing content that is generated and supported by our valley residents.

We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram [@thevoicecv_official](https://www.instagram.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca

SUBMIT CONTENT

This only works if we all do. Your content is what DRIVES this publication. We need it all because we need you.

NEXT EDITION November 8, 2023

SUBMISSION DEADLINE November 7, 2023.

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_official](https://www.instagram.com/Thevoicecv_official)

FORT STEELE
• HERITAGE TOWN •

HALLOWEEN SPOOKTACULAR

SATURDAY, OCTOBER 28, 2023

4PM-9PM

ADVANCE TICKETS ONLY!

2 & UNDER: FREE!

TICKETS: \$15

ADVANCE TICKETS ONLY • NO TICKET SALES AT EVENT!

FIND TICKETS:

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- 👤 CARNIVAL GAMES & PRIZES
- 👤 DJ & LIGHT SHOW
- 👤 BAKERY OPEN
- 👤 TREAT STATIONS
- 👤 HAUNTED HOUSES
- 👤 PUMPKIN CARVING
- 👤 BRING YOUR OWN BAG FOR TREATS!



FortSteele.ca/Events

9851 BC-95, Fort Steele, BC

Pam Maurer
PHOTO CREDIT



THE HIBERNATING BEAR

A Winter Slumber in the Heart of British Columbia

In the heart of British Columbia's interior, we find a beautiful and untouched natural landscape filled with majestic mountains and rich forests. As autumn brings a cool breeze to the air, a longstanding ritual takes place. The native Black Bear and Grizzly Bear in the region start their remarkable journey towards hibernation. Before delving into their fascinating hibernation behaviors, let's take a moment to understand the differences between these two bear species.

Species

Grizzly Bear (*Ursus arctos horribilis*) is often characterized by a distinctive hump of muscle on their shoulders and a "grizzled" appearance due to the silver-tipped hairs on their fur.

Black Bear (*Ursus americanus*) is smaller and more lightly built than the grizzly bear. Despite their name, black bears can be a range of colours, including black, brown, cinnamon, and even white (also known as the Kermode or "spirit bear")

Size:

Grizzly adult males weigh between 400 and 1,000 pounds (180 to 450 kg). Black bears are the smallest of the

bear family, with adult males weighing between 150 and 600 pounds (68 to 270 kg).

Habitat

Grizzlies are typically inland bears with limited or no access to marine-derived food resources, unlike their counterpart, the Brown Bear (which is another tale).

Black bears are the most common and widely dispersed species of bears in North America. You can encounter them in forests, beaches, and alpine zones.

Behavior

Grizzly bears are known for their potentially aggressive behaviour when they feel threatened or perceive a threat to their cubs. They are often considered more confrontational compared to black bears.

Black bears are generally more secretive and less aggressive, although they can still be dangerous if cornered or provoked.

It is important to emphasize that while these are general distinctions, variations do exist within each species. Now, let us delve into the heart of our chosen subject.

WHAT TO DO IF YOU ARE ATTACKED BY A BEAR, AND YOU ONLY HAVE A KNIFE WITH YOU

1. Stay cool. Stand still.



2. Stab the bear continuously until you die.



**YOU'RE GOING TO DIE ANYWAY. BUT YOU CAN TRY TO
IMPROVE THE PREVIOUS RECORD OF STABING A BEAR
WITH A KNIFE. IT WAS 12 TIMES.**

A Feast for Hibernation

Bears diligently prepare for their extended winter slumber as the days grow shorter and the natural world dons its autumn hues. This crucial period involves gorging on nature's bounty: berries, nuts, and even the irresistible allure of stolen fruit from local orchards. This eating spree is no mere indulgence; it's a survival strategy to stockpile enough fat reserves, ensuring they have the sustenance to endure the long, harsh winter ahead.

The Choice of Haven

Before the wintry grip takes hold, these bears embark on a quest to secure the perfect den for their hibernation. The selection of this secluded refuge is a matter of life and death. Whether nestled in the recesses of a cave, a hollowed-out tree, or a self-dug burrow, the den must provide adequate insulation against the elements and safeguard against potential predators. This choice is instrumental in their chance of survival.

Slumbering Metamorphosis

Once within their chosen sanctuary,

bears undergo a remarkable transformation. Their body temperature gently dips, and their metabolic rate decreases substantially, sometimes by as much as 50%. This physiological adaptation allows them to conserve energy.

A Season of Rest and Renewal

During this dormant phase, bears experience a minimalistic lifestyle. They abstain from eating, drinking, urinating, or defecating. Their bodies operate in a state of minimalism, drawing upon the fat reserves they so diligently accumulated during their autumn feast. What's truly astonishing is their ability to recycle waste products within their bodies, a testament to nature's efficiency and adaptation.

This annual dance of life and slumber unfolds in the remote corners of British Columbia's interior, reminding us of the delicate balance between wildlife and their habitats. The hibernating bear embodies the beauty and resilience of nature. A symphony of life, rest, and renewal in the heart of our wilderness.

Harvest BOOK SALE

MANUAL TRAINING SCHOOL - ADJACENT TO
THE PUBLIC LIBRARY



FRI, OCT 13 3:00 - 5:00 PM
(members only)

SAT, OCT 14 10:00 - 4:00 PM
(everyone welcome)

SUN, OCT 15 12:00 - 2:00 PM
(bag sale-open to everyone)

Fill your Friends of the Public Library book bag for \$5
or purchase one at the door and fill it for \$10

Friends Of The
Cranbrook Public Library



cash or cheque only

VALLEY PROMOTIONS

DOOR PRIZES
SILENT AUCTION

2ND ANNUAL
**SPAGHETTI DINNER
&
CRAFT MARKET**

***ALL PROCEEDS GO TO ADAM'S ARMY CHARITABLE FOUNDATION**

NOVEMBER 18 2023
WASA COMMUNITY HALL

MARKET 10:00AM- 3:00PM

DINNER 5:00PM -8:00PM

INCLUDES :SPACHETTI + MEATBALLS , SALAD, BUN AND DESSERT

ADULTS / YOUTH \$20

ACES 2-12 \$10

**TAKE OUT
AVAILABLE**

Tickets / Bookings : Text Lorrie @780-668-5977

Safely Enjoying Halloween:

TIPS FOR YOU AND YOUR CHILDREN

Halloween, with its spooktacular costumes, sweet treats, and thrilling festivities, is a cherished holiday for both children and adults. However, ensuring a safe and enjoyable experience is a top priority, especially when little ones are involved. Here are some tips to make this Halloween a fun and safe celebration for the whole family.

1. Costume Safety:

Visibility: Ensure your child's costume allows them to see clearly and doesn't obstruct their vision. Consider using face paint instead of masks.

Reflective Elements: Add reflective tape or stickers to costumes and bags to make your child more visible in the dark.

Well-Fitting: Make sure costumes fit well and aren't too long, to prevent tripping.

2. Trick-or-Treating Safety:

Accompany Young Children: If your child is under 12, it's a good idea for an adult to accompany them while trick-or-treating.

Plan a Route: Map out your route in advance and inform someone not going with you about your plans.

Stay on Well-Lit Streets: Stick to well-lit areas and avoid shortcuts through alleys or poorly lit streets.

Respect Traffic Rules: Always obey traffic signals and look both ways before crossing streets. Hold your child's hand when necessary.

Carry a Light: Use flashlights, glow sticks, or wearable LED lights to stay visible.

Inspect Treats: Before enjoying any candy, inspect it for tampering. Discard any homemade or unwrapped treats.

3. Allergies and Dietary Restrictions:

Communicate: If your child has allergies or dietary restrictions, clearly communicate these to your neighbors and friends. Consider offering safe treats to those who visit your home.



4. Halloween Decorations:

Fire Safety: Keep decorations, especially candles, away from flammable materials, and never leave them unattended.

Clear Pathways: Ensure your walkways and entry points are clear and well-lit to prevent trips and falls.

5. Home Safety:

Use Battery-Operated Candles: Instead of open flames, opt for battery-operated candles in your jack-o'-lanterns. They provide a similar effect without the fire risk.

Secure Pets: Even the friendliest pets can get stressed during Halloween. Consider keeping them in a separate room to avoid accidental escapes.

6. Party Safety:

Supervision: If you're hosting a Halloween party, supervise any games or activities to prevent accidents.

Alcohol Awareness: If alcohol is being served, ensure it's out of reach of children and designate a sober driver if necessary.

7. Online Safety:

Costume Photos: Be cautious about sharing costume photos of your children online. Respect their privacy and safety.

8. Respect Others:

Be Courteous: Remember that not everyone celebrates Halloween. Be courteous and avoid houses that don't have decorations or a welcoming atmosphere.

Have Fun and Stay Positive! Halloween is a time for joy and creativity. Embrace the holiday spirit, and let your children's imaginations run wild. By following these safety tips, you can ensure a delightful Halloween for your family, filled with happy memories and delicious treats. Happy Halloween!

OCTOBER

@ THE EDGE

THURSDAYS 3-8PM

**OCT
05**

**CANDY
ROULETTE**



**OCT
12**

**PUMPKIN
PAINTING**



**OCT
19**

**RICE CRISPY
SQUARE MAKING**



**OCT
26**

COSTUME PARTY



VALLEY PROMOTIONS

HAUNTED TRAIN WALK-THRU

7 SPOOKY STORIES TOLD
BY THE GHOULISH CONDUCTORS THRU THE
TRANS-CANADA LTD TRAIN CARS

OCT 25TH AND 26TH
TICKETS \$8.50 PER PERSON
TICKET SOLD ONLINE ONLY

6:00 PM TO 9:00 PM
LIMITED TICKETS AND TIMES

CRANBROOK HISTORY CENTRE **Girl Guides**

UPCOMING GROUP CLASSES

STARTING THIS WEEK.

OCTOBER **11**

Puppy Foundations

6:30PM-7:15PM

OCTOBER **12**

Lifeskills

6:30PM-7:15PM

WEDNESDAY OCTOBER 11TH, 18TH, 20TH & NOVEMBER 1ST
THURSDAY OCTOBER 12TH, 19TH, 26TH & NOVEMBER 2ND

Location: 5040 Highway 3, Cranbrook
Price: \$180+tax
email me now to book your spot.
dogzonservices@gmail.com

IF YOU'RE IN THE SKY...

WE CAN'T FLY.

When you fly a UAV or drone near or over a #BCwildfire, you're breaking the law and endangering firefighting personnel.

The restricted airspace includes a radius of five nautical miles around the fire and to an altitude of 3,000 feet above ground level. Transport Canada and the BC Wildfire Service explicitly prohibit the use of UAVs or drones of any size near a wildfire.

APPLE PIES 5 for \$50

U-13 **EAST KOOTENAY AVALANCHE**

Pick up Oct 21 at St. Mary's School

5th Annual ICE AWARDS

Award Categories

- Community Mentor
- Innovated Career Builders
- Accessibility
- Authentic Leader
- Emboldened Visionary

Nomination dates August 1st- August 31st

Voting Dates September 1st to September 30th

Event Time 6:30 PM - 8:30 PM
www.realmbc.ca

Event Location The Key City Theatre Gallery Stage

Event Date October 12th 2023

The ice awards are important as they allow us the opportunity to show the community the inclusive minded employers. It allows us to celebrate the progress we have made as an inclusive community.

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Regional District of **East Kootenay**

1-888-478-7335 | www.rdek.bc.ca



Here are four spooky and delicious Halloween shots and cocktails with their ingredients and instructions.

BLOODY BRAIN SHOOTER

Ingredients

1. 1 1/4 oz Strawberry Liqueur (like Chambord)
2. 3/4 oz Irish Cream (like Baileys)
3. A few drops of Grenadine

Instructions

1. Chill the strawberry liqueur in the freezer.
2. Carefully layer the Irish cream on top by pouring it over the back of a spoon.
3. Add a few drops of grenadine in the center. The grenadine should sink, creating a "brain" effect.

WITCH'S BREW PUNCH

Ingredients

1. 2 oz Midori Melon Liqueur
2. 1 oz Blue Curacao
3. 2 oz Pineapple Juice
4. 1 oz Coconut Cream

Instructions

1. Combine all the ingredients in a shaker with ice.
2. Shake well and strain into a highball glass filled with ice.
3. Garnish with a slice of pineapple or a maraschino cherry.



ZOMBIE COCKTAIL

Ingredients

1. 1 1/2 oz Light Rum
2. 1/2 oz Dark Rum
3. 1 oz Orange Juice
4. 1 oz Pineapple Juice
5. 1/2 oz Grenadine
6. 1/2 oz Apricot Brandy
7. Crushed ice

Instructions

1. In a shaker, combine the light rum, orange juice, pineapple juice, and grenadine with ice.
2. Pour the mixture into a tall glass filled with crushed ice.
3. Float the dark rum and apricot brandy on top.
4. Garnish with a cherry and a slice of orange.

VAMPIRE'S KISS SHOT

Ingredients

1. 1 oz Raspberry Vodka
2. 1/2 oz Chambord
3. A splash of Grenadine

Instructions

1. Chill the raspberry vodka in the freezer.

2. Pour the Chambord into a shot glass.
3. Carefully layer the chilled vodka on top.
4. Add a splash of grenadine, which will sink to the bottom, creating a "bloody" effect.
5. Please remember to enjoy these Halloween drinks responsibly, and never drink and drive.

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VALLEY PROMOTIONS

Sierra Says

HYPNOTIST ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

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

Sierra Franklin

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Early Bird Special



A Brush With Nature
Journey Into Acrylics and Landscapes

Nov 10-12



with artist Sue Contini

Art On 9th Artist Retreats

END OF LIFE SUPPORT

Every client and their family are paired with a carefully selected team of qualified volunteers who are dedicated to "walking" with a client and their family through the end of life process.

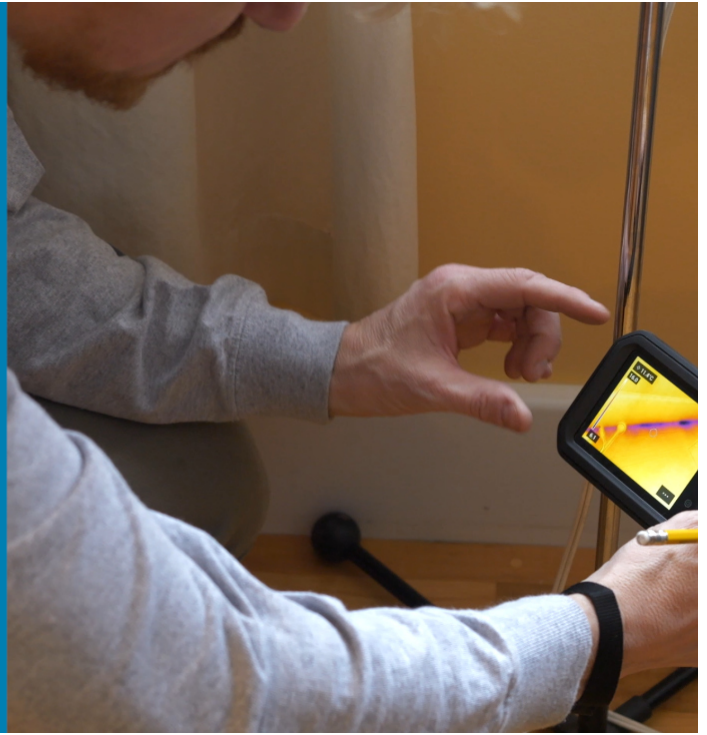


Learn more at HospiceSocietyCV.com



Hi! I'm a **climate friendly** home.
Get to know me at
climatefriendlyhometour.ca

Chat with an
Energy Advisor
about which **home
upgrades** work for
you.



A Climate Friendly Homes Tour

A Climate Friendly Homes Tour is scheduled for October 14th from 11am to 2pm. The tour is a chance for owners of energy efficient homes to open their doors to those curious to learn more. Visitors to the homes will be able to learn about what steps to take to make a home more affordable to heat and cool and more comfortable. They can ask questions about the costs, the work involved, and hear about the experience of living in an energy efficient home. There will be access to building contractors, HVAC specialists and energy advisors so people can chat about building or renovating homes to maximize energy efficiency and comfort. Some of the benefits that will be highlighted are:

-Electric Heat Pumps draw heat from the air outside to warm your home and move it back outside when you need to stay cool. In addition to keeping you cool in the summer and cozy in the winter, an electric heat pump filters your air, improving your inside air quality.

-Induction Stove Tops eliminate the need for natural gas/propane and are safer and more precise than traditional electric stoves.

-Proper sealing, insulation, vapour barriers lower the demand on your heating and cooling systems. Making your home more energy efficient.

-Envelope and ventilation system keeps air fresh without letting heat out through walls or cracks.

-Wiring your home for the installation of a Level 2 EV charger makes charging at home cheap and convenient.

See these home improvements and others in action at the Climate Friendly Homes Tour.

See the tour locations online at <https://climatefriendlyhometour.ca>

The Climate Friendly Homes tour is brought to you by the Community Energy Association in partnership with the East Kootenay Climate Hub and Wildsight Invermere. The program is funded by BC Hydro, City of Vancouver, B2E and Vancity.

Tracy Flynn

Justin Sain
PHOTO CREDIT



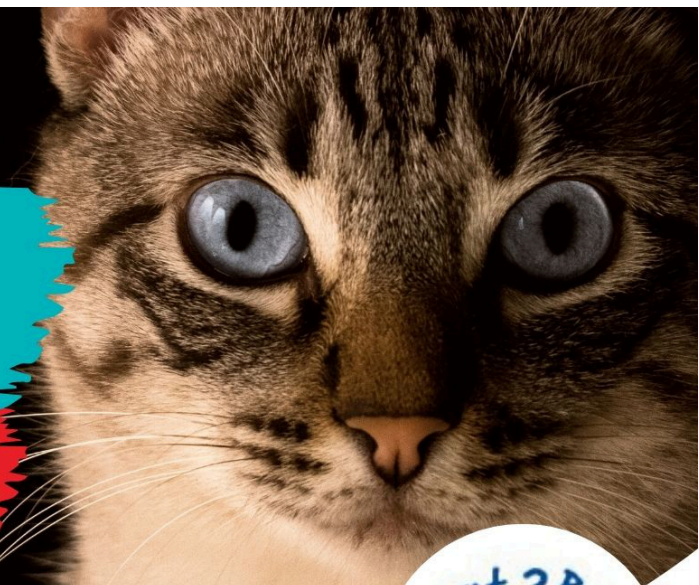
Justin Sain
PHOTO CREDIT



@COURAGEK9

FELINE

FIRST AID



F
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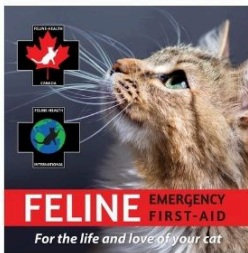
December 16th
930am - 430pm



Kimberly, BC



\$159
Per Person



TOPICS

Vitals, Shock, CPR, Artificial Respiration, Bleeding Wounds & Bandaging, Broken Bones, Toxins & Poisons, Parasites, Allergic Reactions, Diabetes, Ingrown Nails, Stress, Abscess, UTI and much more!

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VALLEY PROMOTIONS

Jessica D
PHOTO CREDIT



Kootenay Business
PHOTO CREDIT



Cranbrook Chamber of Commerce

A BEACON OF BUSINESS EXCELLENCE IN BRITISH COLUMBIA

Nestled in the heart of British Columbia, the Cranbrook Chamber of Commerce has consistently proven itself to be a powerhouse of support, networking, and advocacy for businesses in the region. With a rich history dating back many decades, this organization has played an instrumental role in fostering economic growth, community development, and collaboration among local businesses. In this business review/exposé, we'll explore what makes the Cranbrook Chamber of Commerce a beacon of business excellence in BC.

Networking Hub:

One of the standout features of the Cranbrook Chamber of Commerce is its dedication to building connections within the local business community. Through regular events, workshops, and networking opportunities, this Chamber creates an environment where entrepreneurs and business owners can connect, share ideas, and form lasting relationships. These connections often lead to innovative collaborations and partnerships that drive the local economy forward.

Advocacy and Representation:

The Chamber serves as the voice of the business community in Cranbrook. They advocate for policies and initiatives that support businesses and the local economy. This advocacy has a meaningful impact on shaping policies that benefit businesses, such as those related to taxation, regulations, and infrastructure development. The Chamber's strong relationship with local government officials ensures that the needs and concerns of businesses are heard and addressed.

Education and Support:

The Cranbrook Chamber of Commerce also excels in providing education and support for businesses. They offer informative workshops, seminars, and resources that help local entrepreneurs and business owners thrive. Whether it's navigating complex regulations, enhancing digital marketing skills, or understanding the latest trends in the business world, the Chamber equips its members with the tools and knowledge needed to succeed.

Community Involvement:

This Chamber goes beyond the scope of just supporting businesses; it's deeply committed to community development. They actively engage in local initiatives and events, contributing to the overall quality of life in Cranbrook. Their involvement in community projects and partnerships showcases a genuine commitment to the well-being of the area.

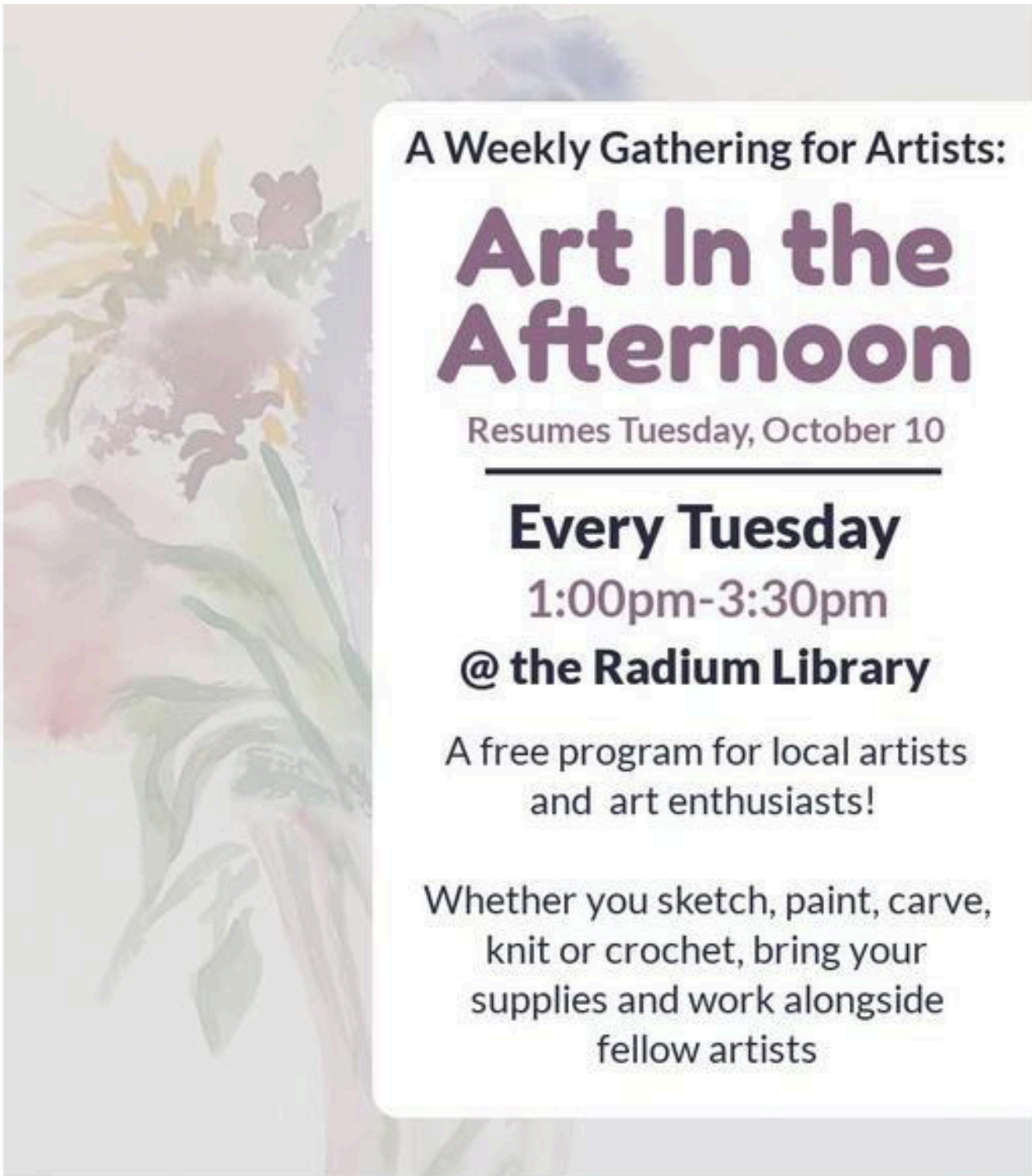
Inclusivity and Diversity:

The Cranbrook Chamber of Commerce embraces inclusivity and diversity, creating a welcoming environment for all businesses regardless of size, industry, or background. Their efforts to foster a culture of equality reflect the values of a forward-thinking and open-minded organization.

In the beautiful landscapes of British Columbia, the Cranbrook Chamber of Commerce stands tall as a vital force behind local businesses' success. Their commitment to networking, advocacy, support, education, and community development embodies the essence of a proactive and dynamic business organization. This review/exposé celebrates the invaluable role that the Cranbrook Chamber of Commerce plays in the thriving business community of BC, and it underscores its dedication to a bright and prosperous future for Cranbrook.



Cranbrook Chamber of Commerce
PHOTO CREDIT



A Weekly Gathering for Artists:

Art In the Afternoon

Resumes Tuesday, October 10

Every Tuesday

1:00pm-3:30pm

@ the Radium Library

A free program for local artists
and art enthusiasts!

Whether you sketch, paint, carve,
knit or crochet, bring your
supplies and work alongside
fellow artists



Radium Hot Springs Public Library

4863 Stanley St
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434

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

VALLEY PROMOTIONS

HALLOWEEN HOWLER VI

BUMP-IN-THE-NIGHT BURLESQUE



DAISY DEVILLE



KATHIA CORBEAU



SCARLET DISMAY



DUSTY TOPPS



DEAN NA DIME



COCO HAXLING



MISS GIGI



WALLY FJ SNEAKY STARDUST



Saturday October 14 2023
9pm Start

Horseshief Creek Pub



PRIZES FOR BEST COSTUMES!
\$20 EARLY BIRD / \$25 GENERAL

Fall Hiking Trail Etiquette:

5 DO'S AND DON'TS ON PUBLIC TRAILS

As autumn paints the landscape with vibrant hues of red and gold, there's no better time to hit the hiking trails. The cool, crisp air and the crunch of fallen leaves beneath your feet make fall an ideal season for outdoor adventures. But with the surge in popularity of hiking, it's crucial to be mindful of trail etiquette to ensure everyone's safety and enjoyment. Here are five do's and don'ts to keep in mind when hiking public trails this fall.

The Do's:

1. Do Respect Trail Closures and Regulations:

Fall can bring unpredictable weather conditions, and some trails may be temporarily closed for safety reasons. Always check for trail closures and adhere to posted signs and regulations. These closures are put in place to protect hikers, the environment, and wildlife. Ignoring them can have negative consequences.

2. Do Stay on Designated Trails:

The fall season can be hard on the trails, with increased foot traffic during peak leaf-viewing times. Stay on designated paths to minimize erosion and protect fragile ecosystems. Straying off the trail can damage plant life, contribute to soil erosion, and disrupt the natural habitat.

3. Do Practice Leave No Trace:

The Leave No Trace principles apply year-round, but they are especially

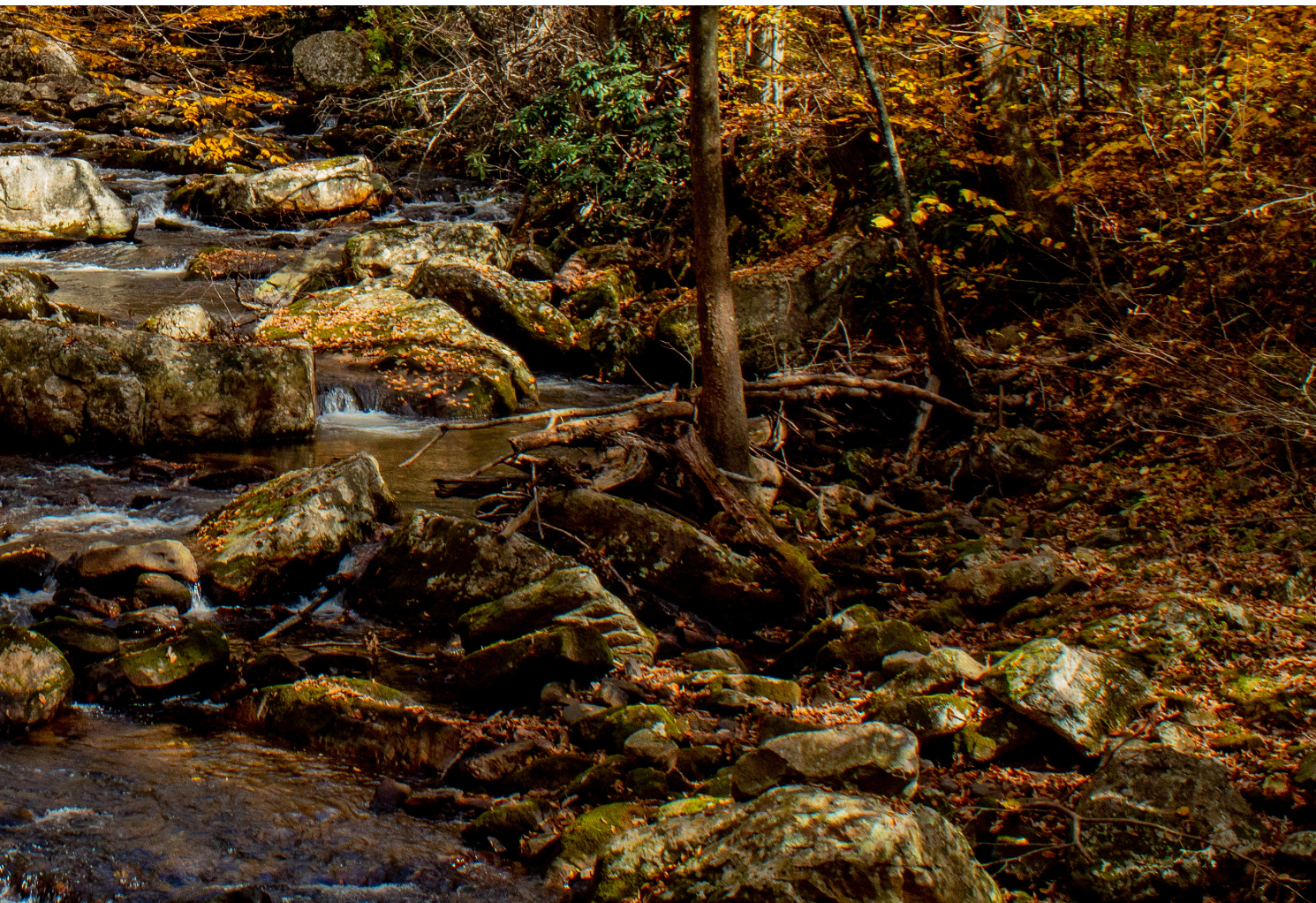
important in the fall when fragile ecosystems can be more sensitive. Pack out all trash, stay on established trails, and avoid picking plants or disturbing wildlife. Follow the simple mantra: "Take only photographs, leave only footprints."

4. Do Yield the Trail:

When you encounter other hikers, be courteous and yield the trail to those going uphill. It's easier for the downhill hiker to stop and restart their momentum than for the uphill hiker. A friendly "hello" or a nod can go a long way in maintaining a positive trail atmosphere.

5. Do Plan Ahead and Be Prepared:

Before embarking on your fall hiking adventure, research your chosen trail. Check the weather forecast, bring appropriate clothing and gear, and inform someone of your plans. As daylight hours grow shorter in the fall, ensure you have enough time to complete your hike safely. A prepared hiker is a safe hiker.



The Don'ts:

1. Don't Play Music Without Headphones:

While enjoying your hike, it's natural to want to immerse yourself in the sights and sounds of nature. But not everyone shares the same taste in music. If you must listen to music, use headphones to maintain a peaceful atmosphere and avoid disturbing fellow hikers.

2. Don't Litter:

This should go without saying, but unfortunately, litter can still be found on hiking trails. Respect the environment and your fellow hikers by properly disposing of trash. Leave nothing behind except your footprints.

3. Don't Bring Pets Where They're Not Allowed:

If a trail has rules about pets, follow them. Some trails do not allow dogs, while others may require leashes. Be aware of the regulations in place to maintain the safety and enjoyment of

all hikers and the well-being of wildlife.

4. Don't Deface or Mark the Trails:

Leave your artistic expression at home. Carving names or messages into trees, rocks, or trail structures not only defaces the natural beauty but is also disrespectful to others who come to enjoy the unspoiled environment.

5. Don't Overcrowd Scenic Spots:

During the fall, scenic overlooks and picturesque spots can become quite crowded. Be patient and allow others to enjoy the view. Avoid blocking paths and take turns so everyone can capture the beauty of the season.

By following these do's and don'ts, you can ensure that both you and your fellow hikers have a safe and enjoyable experience on the trails this fall. With proper trail etiquette, you can savor the breathtaking autumn landscapes and make your outdoor adventure a positive and memorable one.

FUN PRIZES

OCTOBER 21ST

\$10 TO RACE

PETER PETER PUMPKIN EATER CLASSIC

Side-by-side elimination race of handcrafted, decorated Pumpkin Racers in a ridiculous and hilarious display of racing fun!
Enter a pumpkin racer or come as a spectator!

RACES BEGIN AT 1PM SHARP ON 13TH ST!
PUMPKIN RACERS MUST FOLLOW ALL RULES & DIRECTIONS PROVIDED!
ALL AGES WELCOME! PRE-REGISTER ON EVENTBRITE!

VALLEY PROMOTIONS

**PARTICIPATING BUSINESSES
WILL HAVE THIS POSTER POSTED!**

**DOWNTOWN INVERMERE
SAT OCTOBER 28, 2023**

**TRICK
OR
TREAT**

**BROUGHT TO YOU BY THE DISTRICT OF INVERMERE
AND LOCAL BUSINESSES**

3pm-5pm

UNTIL SUPPLIES LAST

**CHILDREN AGES 12 & YOUNGER DRESSED IN
COSTUME WILL RECEIVE A TREAT FROM
PARTICIPATING BUSINESSES!**

CHILDREN MUST BE ACCOMPANIED BY AN ADULT!

THE RAVEN

EDGAR ALLAN POE

Once upon a midnight dreary, while I pondered, weak and weary,
Over many a quaint and curious volume of forgotten lore—
While I nodded, nearly napping, suddenly there came a tapping,
As of some one gently rapping, rapping at my chamber door.
"Tis some visitor," I muttered, "tapping at my chamber door—
Only this and nothing more."

Ah, distinctly I remember it was in the bleak December;
And each separate dying ember wrought its ghost upon the floor.
Eagerly I wished the morrow;—vainly I had sought to borrow
From my books surcease of sorrow—sorrow for the lost Lenore—
For the rare and radiant maiden whom the angels name Lenore—
Nameless here for evermore.

And the silken, sad, uncertain rustling of each purple curtain
Thrilled me—filled me with fantastic terrors never felt before;
So that now, to still the beating of my heart, I stood repeating
"Tis some visitor entreating entrance at my chamber door—
Some late visitor entreating entrance at my chamber door;—
This it is and nothing more."

Presently my soul grew stronger; hesitating then no longer,
"Sir," said I, "or Madam, truly your forgiveness I implore;
But the fact is I was napping, and so gently you came rapping,
And so faintly you came tapping, tapping at my chamber door,
That I scarce was sure I heard you—here I opened wide the door;—
Darkness there and nothing more.

Deep into that darkness peering, long I stood there wondering, fearing,
Doubting, dreaming dreams no mortal ever dared to dream before;
But the silence was unbroken, and the stillness gave no token,
And the only word there spoken was the whispered word, "Lenore?"
This I whispered, and an echo murmured back the word, "Lenore!"—
Merely this and nothing more.

Back into the chamber turning, all my soul within me burning,
Soon again I heard a tapping somewhat louder than before.
"Surely," said I, "surely that is something at my window lattice;
Let me see, then, what thence is, and this mystery explore—
Let my heart be still a moment and this mystery explore;—
'Tis the wind and nothing more!"

Open here I flung the shutter, when, with many a flirt and flutter,
In there stepped a stately Raven of the saintly days of yore;
Not the least obeisance made he; not a minute stopped or stayed he;
But, with mien of lord or lady, perched above my chamber door—
Perched upon a bust of Pallas just above my chamber door—
Perched, and sat, and nothing more.

Then this ebony bird beguiling my sad fancy into smiling,
By the grave and stern decorum of the countenance it wore,
"Though thy crest be shorn and shaven, thou," I said, "art sure no craven,
Ghastly grim and ancient Raven wandering from the Nightly shore—
Tell me what thy lordly name is on the Night's Plutonian shore!"
Quoth the Raven "Nevermore."

Much I marvelled this ungainly fowl to hear discourse so plainly,
 Though its answer little meaning—little relevancy bore;
 For we cannot help agreeing that no living human being
 Ever yet was blessed with seeing bird above his chamber door—
 Bird or beast upon the sculptured bust above his chamber door,
 With such name as “Nevermore.”

But the Raven, sitting lonely on the placid bust, spoke only
 That one word, as if his soul in that one word he did outpour.
 Nothing farther then he uttered—not a feather then he fluttered—
 Till I scarcely more than muttered “Other friends have flown before—
 On the morrow he will leave me, as my Hopes have flown before.”
 Then the bird said “Nevermore.”

Startled at the stillness broken by reply so aptly spoken,
 “Doubtless,” said I, “what it utters is its only stock and store
 Caught from some unhappy master whom unmerciful Disaster
 Followed fast and followed faster till his songs one burden bore—
 Till the dirges of his Hope that melancholy burden bore
 Of ‘Never—nevermore.’”

But the Raven still beguiling all my fancy into smiling,
 Straight I wheeled a cushioned seat in front of bird, and bust and door;
 Then, upon the velvet sinking, I betook myself to linking
 Fancy unto fancy, thinking what this ominous bird of yore—
 What this grim, ungainly, ghastly, gaunt, and ominous bird of yore
 Meant in croaking “Nevermore.”

This I sat engaged in guessing, but no syllable expressing
 To the fowl whose fiery eyes now burned into my bosom’s core;
 This and more I sat divining, with my head at ease reclining
 On the cushion’s velvet lining that the lamp-light gloated o’er,
 But whose velvet-violet lining with the lamp-light gloating o’er,
 She shall press, ah, nevermore!

Then, methought, the air grew denser, perfumed from an unseen censer
 Swung by Seraphim whose foot-falls tinkled on the tufted floor.
 “Wretch,” I cried, “thy God hath lent thee—by these angels he hath sent thee
 Respite—respite and nepenthe from thy memories of Lenore;
 Quaff, oh quaff this kind nepenthe and forget this lost Lenore!”
 Quoth the Raven “Nevermore.”

“Prophet!” said I, “thing of evil!—prophet still, if bird or devil!—
 Whether Tempter sent, or whether tempest tossed thee here ashore,
 Desolate yet all undaunted, on this desert land enchanted—
 On this home by Horror haunted—tell me truly, I implore—
 Is there—is there balm in Gilead?—tell me—tell me, I implore!”
 Quoth the Raven “Nevermore.”

“Prophet!” said I, “thing of evil!—prophet still, if bird or devil!
 By that Heaven that bends above us—by that God we both adore—
 Tell this soul with sorrow laden if, within the distant Aidenn,
 It shall clasp a sainted maiden whom the angels name Lenore—
 Clasp a rare and radiant maiden whom the angels name Lenore.”
 Quoth the Raven “Nevermore.”

“Be that word our sign of parting, bird or fiend!” I shrieked, upstarting—
 “Get thee back into the tempest and the Night’s Plutonian shore!
 Leave no black plume as a token of that lie thy soul hath spoken!
 Leave my loneliness unbroken!—quit the bust above my door!
 Take thy beak from out my heart, and take thy form from off my door!”
 Quoth the Raven “Nevermore.”

And the Raven, never flitting, still is sitting, still is sitting
 On the pallid bust of Pallas just above my chamber door;
 And his eyes have all the seeming of a demon’s that is dreaming,
 And the lamp-light o’er him streaming throws his shadow on the floor;
 And my soul from out that shadow that lies floating on the floor
 Shall be lifted—nevermore!

**PAYING IT FORWARD KINDNESS
IN THE KOOTENAYS INVITES YOU
TO JOIN US OCTOBER 21ST FROM
10AM TO 3PM AT THE EAGLES
HALL IN CRANBROOK FOR OUR
3RD ANNUAL FALL VENDORS
MARKET.**

**SUPPORT YOUR LOCAL ARTISANS
AND ENTREPRENEURS.**

**SOMETHING FOR EVERYONE!
715 KOOTENAY STREET NORTH
EXCITING DOOR PRIZES,
CONCESSION AND SO MUCH FUN!!
WE LOOK FORWARD TO SEEING
YOU THERE!**

VALLEY PROMOTIONS

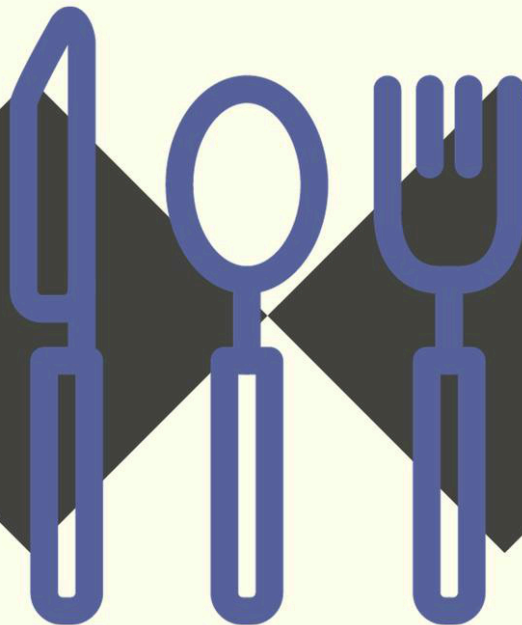


THE COLUMBIA LAKE REC CENTRE WOULD LIKE
TO INVITE YOU TO.....

Community Dinner Night

PLEASE JOIN US FOR SOME GREAT FOOD

**OCTOBER 26TH, 2023
6PM - 7:30 PM**



Gamer's Corner

Game Review: Detective Pikachu Returns

In the world of gaming, Pikachu, the iconic Electric-type Pokémon, has worn many hats - or should I say, donned many detective hats! This time, our beloved detective is back in "Detective Pikachu Returns," and the adventure is even more electrifying. Developed by Nintendo, this delightful game is sure to capture the hearts of Pokémon fans and detective enthusiasts alike.

Title: Detective Pikachu Returns

Platform: Nintendo Switch

Genre: Adventure, Puzzle

Rating: ★★★★★ (4/5)

Introduction:

In the original Detective Pikachu game, players were introduced to a unique premise where Pikachu, the usually cheeky and lightning-charged Pokémon, takes on the role of a detective with a penchant for coffee. In "Detective Pikachu Returns," the enigmatic detective is back, bringing his charming personality, a new set of mysteries, and, of course, his trusty magnifying glass.

Gameplay:

The core gameplay mechanics of "Detective Pikachu Returns" remain consistent with the original title. Players will still find themselves solving intricate mysteries, deciphering clues, and

interrogating Pokémon witnesses, all while enjoying the witty banter and comic relief that Pikachu brings to the table.

What sets this game apart is its immersive storytelling and the well-crafted puzzles that keep you engaged throughout the adventure. The puzzles vary in complexity, providing a satisfying challenge for players of all ages. The game is a mix of exploration and puzzle-solving, offering a well-balanced experience.

Graphics and Sound:

On the Nintendo Switch, "Detective Pikachu Returns" truly shines. The vibrant and detailed graphics bring the Pokémon world to life, showcasing the charm of each character and location. The sound design is equally captivating, with the voice acting for Detective Pikachu being a highlight. The expressive voice work adds a layer of personality to Pikachu that's hard not to love.



Storyline:

The storyline is where "Detective Pikachu Returns" truly excels. The game is filled with intriguing cases that Pikachu and the player must unravel. The writing is clever, witty, and often genuinely funny, making it a delight to follow the narrative.

The game doesn't shy away from diving into the deeper layers of the Pokémon universe, offering fans a fresh perspective on familiar creatures and locations. Whether you're a seasoned Pokémon Trainer or a newcomer to the franchise, the story is engaging and easy to follow.

Final Thoughts:

"Detective Pikachu Returns" is a charming addition to the Nintendo Switch library, a must-play for Pokémon fans, and a great choice for those who appreciate a good detective story. With its endearing characters, engaging puzzles, and a delightful world to explore, it offers a

fantastic gaming experience that's fun for all ages.

While it doesn't break entirely new ground, it successfully builds upon the formula established by its predecessor, delivering a captivating adventure that is sure to leave players with a smile on their faces and an admiration for Pikachu's detective skills.

So, put on your detective hat and join Pikachu in unraveling the mysteries of the Pokémon world once again in "Detective Pikachu Returns." It's a delightful journey that's absolutely worth the adventure.

Disclaimer: The game was reviewed based on a purchased copy.

Cranbrook Radio Club Society

Cranbrook Radio Club is currently looking for a vehicle for the Charity

A Van or Small SUV would work perfectly for what we need it for. As we are a Not for Profit, our funds are limited, but would be prepared to issue a Taxable receipt for the value of the Donation.

Please Call: 250-919-9625

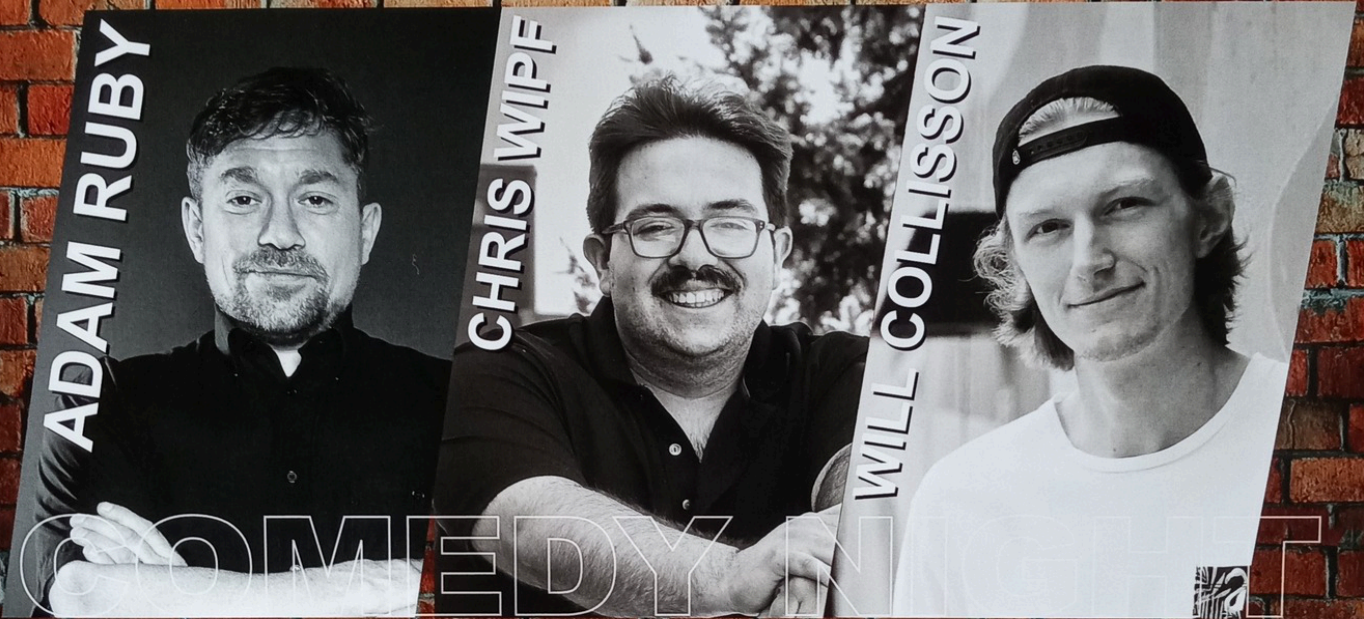
DONATIONS NEEDED

www.cranbrookarc.ca



VALLEY PROMOTIONS

HERITAGE INN LAUGH LOUNGE



COMEDY NIGHT

COMEDY NIGHT

COMEDY NIGHT

COMEDY NIGHT

CRANBROOK

OCT 28
2023

CRANBROOK

SHOW @ 7:00 PM
DOORS @ 6:00 PM
HERITAGE INN
(803 Cranbrook St N)

TICKETS \$25
at The Heritage Inn

Movie Review



The realm of horror cinema has seen its fair share of demonic possessions and exorcisms over the years, but some tales refuse to fade away. "The Exorcist: Believer," the latest installment in the legendary "Exorcist" franchise, aims to revisit the eerie world of malevolent forces and spiritual warfare. Directed by a new visionary, this film carries the heavy weight of its predecessors while attempting to carve out its own sinister identity.

Title: The Exorcist: Believer

Genre: Horror

Rating: ★★★☆☆ (3/5)

Plot:

"The Exorcist: Believer" follows the story of Father Thomas Bennett (played by a brooding and committed Ben Foster), a conflicted priest who is summoned to perform an exorcism on a young woman, Emily Westwood (portrayed by a chillingly convincing Anya Taylor-Joy), who appears to be possessed by a malevolent entity. As Father Bennett delves into the dark and harrowing task of exorcism, he finds himself wrestling not only with supernatural forces but also with his own shaken faith.

The Good:

Solid Performances: Ben Foster's portrayal of Father Bennett is a standout performance, showcasing the internal struggle and fear of the character. Anya Taylor-Joy brings an eerie and unsettling presence to Emily's possession, delivering a convincing and chilling performance.

Cinematic Aesthetics: The film's cinematography and visuals are top-notch, creating a foreboding atmosphere filled with dread and suspense. The eerie imagery and unsettling camera work effectively draw viewers into the dark world of exorcism.

Modern Reimagining: "The Exorcist: Believer" attempts to introduce a modern twist to the classic story, addressing contemporary themes and issues. This approach provides a fresh angle on the exorcism subgenre.

Syfy
PHOTO CREDIT



The Bad:

Pacing Issues: The film struggles with pacing, with some sequences feeling overly prolonged, causing tension to wane in critical moments.

Overdependence on Jump Scares: While jump scares can be effective in moderation, this film tends to rely on them excessively, which dilutes their impact and can make them feel predictable.

Inevitable Comparisons: Given the legacy of "The Exorcist" franchise, it's challenging for any new installment to live up to the standards set by the original. "The Exorcist: Believer" falls victim to these inevitable comparisons, making it difficult to appreciate it in isolation.

Final Thoughts:

"The Exorcist: Believer" is a valiant attempt to breathe new life into a classic horror franchise that's etched in cinematic history. While it

successfully infuses modern themes and contemporary horrors into the story, it occasionally falters in terms of pacing and an overreliance on jump scares.

It's clear that this film is earnest in its desire to rekindle the sinister charm of the original "Exorcist." The performances by Foster and Taylor-Joy shine, and the film's aesthetic delivers a visually captivating and unsettling experience. However, the specter of its iconic predecessor looms large, inevitably inviting comparisons that are hard to shake.

In the end, "The Exorcist: Believer" is a commendable effort in the horror genre, offering enough chills and thrills to entertain fans of exorcism tales and supernatural horror. While it may not reach the iconic heights of its forebear, it's a dark and atmospheric journey into the shadows of faith and fear.

Disclaimer: This review is based on a viewing of "The Exorcist: Believer" at the time of its release.



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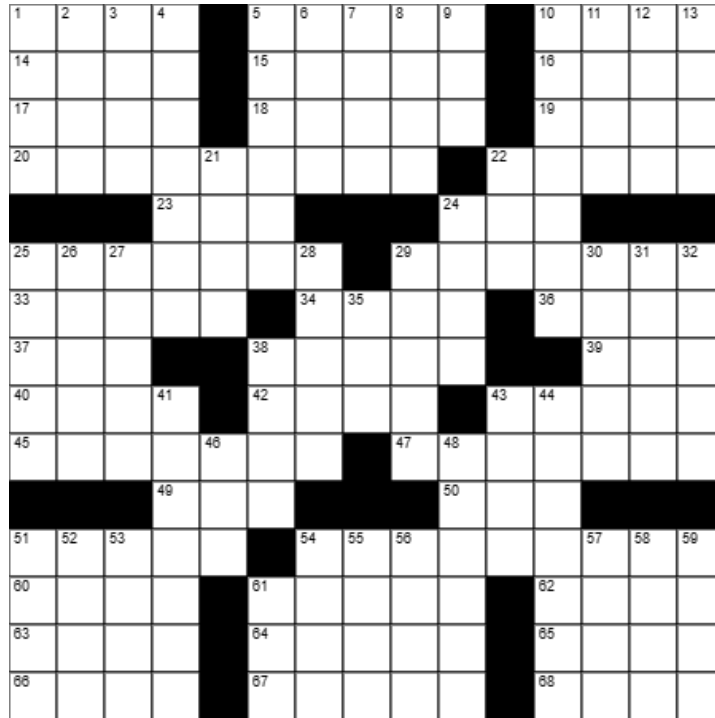
I-COSI®



A LITTLE FUN

Across

1- Stated; 5- Songwriters' org.; 10- Bedouin; 14- Draw in; 15- Bread; 16- Bandleader Puente; 17- Hullabaloo; 18- Money spent; 19- Swabbies; 20- Conversely; 22- Museum piece; 23- Tease; 24- Milne's "Mr. ___ Passes By"; 25- Country in SE Asia; 29- Pasquinade; 33- Fidgety; 34- Long poem, such as those attributed to Homer; 36- ___ avail; 37- Cheering word; 38- Fend (off); 39- Barcelona bear; 40- Robert of "The Sopranos"; 42- Exude slowly; 43- Income source; 45- Rapid in tempo; 47- Place; 49- No-win situation; 50- Barker and Bell; 51- Crazy as ___; 54- Going; 60- "Star Trek" role; 61- Put a new price on; 62- Pentathlon need; 63- One of the Baldwins; 64- Strange and mysterious; 65- Cheer (for); 66- Thrust; 67- Portents; 68- Actress Best;



Down

1- Croat, e.g.; 2- Autobahn auto; 3- Camaro model; 4- Arid areas; 5- Simple life form; 6- Go bad; 7- Camp beds; 8- Pond organism; 9- Kung ___ chicken; 10- Try; 11- Unit of currency in Iran and Yemen; 12- Longfellow's bell town; 13- Winter pear; 21- Overgrown with ivy; 22- Outer edge; 24- Step; 25- Miscellany; 26- Total; 27- Lucy's landlady; 28- Ditto; 29- Resides; 30- Alley Oop's girlfriend; 31- Start; 32- Snare; 35- La ___, Bolivia; 38- Annoyed; 41- Airbrush; 43- Lead; 44- Spartan; 46- Rickey ingredient; 48- Mental pictures; 51- PDQ; 52- Pip; 53- Corrida cries; 54- Consider; 55- French 101 infinitive; 56- Physical suffering; 57- Apple player; 58- Light gas; 59- "___ grip!"; 61- Stutz contemporary;

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