

The Valley Voice

The Voices of the Columbia Valley

Cat Hoystad
PHOTO CREDIT

INSIDE THIS EDITION

EMBRACING THE FLOW OF LIFE

A Perspective on Personal Transformation While Navigating the Ever-Changing River of Existence and Discovering the Meaning of Life

THOUGHTFUL AND AFFORDABLE

Gift Ideas for Hard-to-Shop-For Individuals

ROCKY MOUNTAIN PRINTERS

Quality Printing in Cranbrook, BC

BRINGING LIGHT TO THE COLUMBIA VALLEY

Ways to Give Back this Christmas Season

Cat Hovestad
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As November ushers in a season of falling leaves and crisp, cool air, it's a time of reflection and remembrance. This month, we're reaching out to you with a heartfelt message, a reminder to show your support for Remembrance Day on November 11, and to express our gratitude for your continued involvement in our community.

With Remembrance Day just around the corner, we encourage each and every one of you to take a moment to honor and remember the sacrifices made by veterans and active service members. A simple way to do this is by visiting your local legion and purchasing a poppy. These small but meaningful symbols of remembrance provide essential support to veterans and their families, and they serve as a tangible way to show your gratitude.

We extend our heartfelt thanks to all the guest contributors who have shared their insights, stories, and talents with our community. Your contributions are the lifeblood of our publication, and we value the diversity of perspectives you bring to our magazine.

To our readers, you are the heart of our community. Your engagement, feedback, and support inspire us to keep delivering content

that resonates with you. We appreciate each one of you and the sense of togetherness you bring to our publication.

As we move forward, we want to remind all aspiring writers, storytellers, and thought-sharers to continue to share your voices. Whether it's a personal reflection, a local news piece, or a creative work, your contributions are welcomed and valued. The diverse and engaging content we offer is only possible through your involvement.

The submission deadline for our upcoming edition is approaching - December 5, 2023. As you prepare to honor and remember on Remembrance Day, consider setting aside some time to work on your creative projects. Your submissions could be the next captivating piece featured in our publication.

Thank you for being part of our community. Your participation enriches our magazine, and we are deeply thankful for your presence.

Warmest regards,

The Valley Voices Volunteers



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Lit Lit is 1yr old

Bentley is 2yrs old

BENTLEY & LIT LIT

Bonded Mother & Son are wanting their forever home together.

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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@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 December 5, 2023

SUBMISSION DEADLINE December 6, 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!

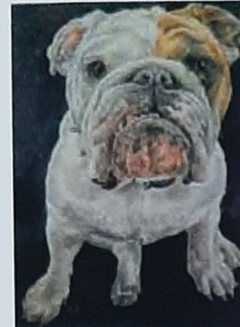
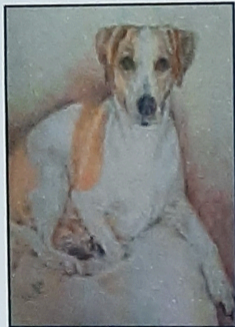
We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

Email us at news@thevoicecv.ca

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*NO MAN EVER STEPS IN THE
SAME RIVER, FOR HE IS NOT
THE SAME MAN, AND
IT IS NOT THE SAME RIVER.*

*HERACLITUS
GREEK PHILOSOPHER - 535 BC*



EMBRACING THE FLOW OF LIFE

A Perspective on Personal Transformation While Navigating the Ever-Changing River of Existence and Discovering the Meaning of Life

In the ancient realm of philosophical wisdom, Heraclitus (Herakleitos) an esteemed Greek thinker, sage and philosopher born circa 535 BC, left us with a timeless pearl of insight: "No man ever steps in the same river, for he is not the same man, and it is not the same river." These words, dripping with metaphorical depth, hold within them the essence of existence and the dynamic nature of our journey through life.

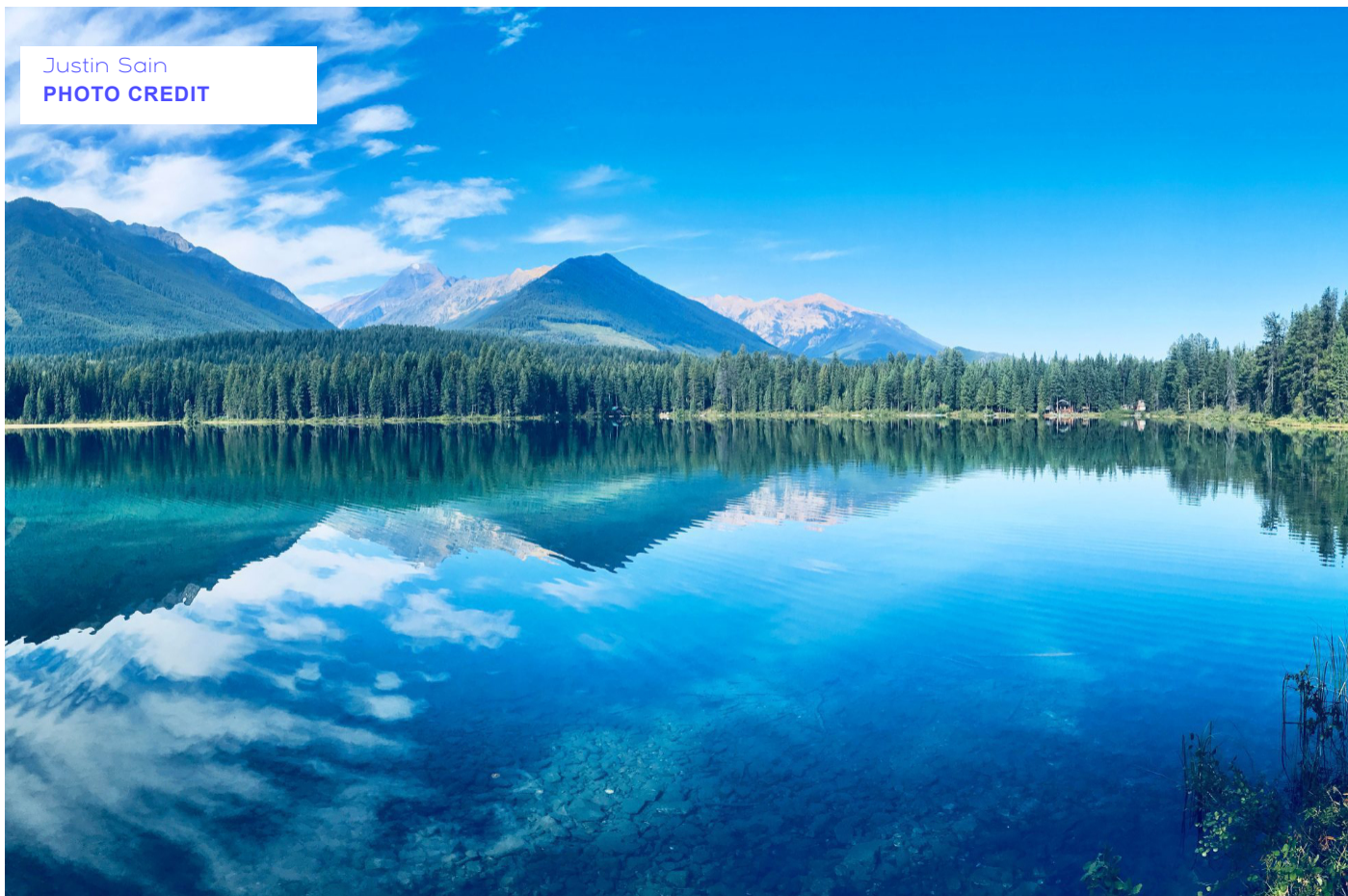
Imagine a serene river winding its way through a lush landscape, sunlight dancing on the ripples of its ever-moving waters. This idyllic scene encapsulates the fundamental principle of Heraclitus' philosophy—a river, a metaphor for life, is constantly in flux. Every droplet of water that constitutes the river is in perpetual motion, never the same from one moment to the next. Likewise, we, as individuals, are in a constant state of change, influenced by the currents of

time, experiences, and personal growth.

Life is a magnificent river, ceaselessly flowing and shaping the contours of our being. Each passing moment is a new stream, each event a distinct eddy, and each decision a transformative whirlpool. As we traverse the river of existence, we change, adapt, and evolve. Our experiences, interactions, and choices carve our unique path, altering us in profound ways.

Just as the river changes the landscape through which it flows, our journey through life reshapes our character, beliefs, and perceptions. We are sculpted by the choices we make, the people we meet, and the challenges we overcome. No day is a repetition of the last; no version of ourselves is an exact replica of the one that came before.

Justin Sain
PHOTO CREDIT



Heraclitus invites us to embrace this perpetual evolution. He beckons us to welcome the change, to recognize its inevitability, and to seize its transformative potential. The river represents an ever-moving, ever-changing canvas upon which we can paint the story of our lives. In acknowledging that we are never the same person twice, we empower ourselves to actively participate in this grand narrative.

This wisdom liberates us from the fear of change and propels us toward self-discovery and empowerment. Each moment becomes an opportunity for growth, learning, and self-realization. No matter how tentative, each step forward is a step toward a more authentic self.

So, in the lavish tapestry of existence, let us navigate the river of life with purpose and gusto. Let us revel in the fluidity of our being and embrace the twists and turns that define our journey. As we meander through the ever-changing river, let us recognize that we have the power to shape our destiny, determine our purpose, and find meaning in the beautiful ebb and

flow of life.

In the end, the meaning of life lies not in a static destination but in the dynamic journey itself. It's in the experiences we gather, the growth we attain, and the lives we touch. As we stand on the banks of the river of existence, let us remember Heraclitus' timeless wisdom and embrace the adventure that is life--forever flowing, forever changing, and forever inviting us to become the best versions of ourselves.

"Day by day, what you choose, what you think and what you do is who you become." Heraclitus

(Heraclitus is known for his teachings on change, the nature of reality, and the concept of "panta rhei" (Greek - everything flows). The central idea of Heraclitus' philosophy is the unity of opposites and the concept of change. He viewed the world as constantly in flux, always becoming but never being. It's believed he wrote just one piece, only fragments of which have survived. The limited fragments of his work are revered for their philosophical insight).

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&
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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

VALLEY PROMOTIONS

@the HUB November 2023

mon tue wed thu fri

<p>PRIDE & ALLIES</p>	<p>Cooking & Crafts Club</p>	<p>workshop with kent 1 DUCK HUNT </p>	<p> 2 BRACELET MAKING</p>	<p> 3 Fortnite Frenzy 4-6pm</p>
<p> 6 Button Making</p>	<p> 7 FOCACCIA & DIP</p>	<p>8 SKILLS FOR LIFE 4-8PM (GRADE 10-12)</p>	<p> 9 Button Making</p>	<p>10 Youth of the Months Activity Choice</p>
<p>13 CLOSED (STAT)</p>	<p>14 Youth of the Months Meal Pick</p>	<p>15 SKILLS FOR LIFE 4-8PM (GRADE 10-12)</p>	<p>DUCK HUNT  16 CLOSE @ 7PM</p>	<p> 17 Dungeons & Dragons 4pm</p>
<p>20 LIVE MARIO PARTY</p>	<p>POUTINE </p>	<p>22 SKILLS FOR LIFE 4-8PM (GRADE 10-12)</p>	<p>BEATSABER TOURNAMENT </p>	<p>24 LIVE MARIO PARTY</p>
<p> 27 cookies! </p>	<p> 28 BANNOCK TACOS</p>	<p>workshop with kent 29</p>	<p>DUCK HUNT  30</p>	<p>After school til 8pm</p>

sometimes you forget you're

AWESOME

so this is your reminder

Youth of the Month

KASH SKIBO

Thoughtful and Affordable

GIFT IDEAS FOR HARD-TO-SHOP-FOR INDIVIDUALS



We all have that one person on our gift list - the friend or family member who seems to have everything or whose tastes are so unique that finding the perfect present becomes a real challenge. But fear not! There are thoughtful and budget-friendly gift options that can bring a smile to the face of even the most hard-to-shop-for individuals. Here are some creative ideas to consider.

1. Customized Gifts:

Customized gifts show that you've put thought into your present, even for those who seem to have it all. Options like personalized mugs, keychains, or photo books can be tailored to their tastes. You can add a personal touch by including a memorable photo or a special message.

2. Plants and Succulents:

Plants, especially low-maintenance succulents, make for great gifts. They bring a touch of nature into any space and are a lovely addition to a home or office. Pair them with a decorative pot or planter for an extra touch.

3. Books:

Books are a wonderful gift for the bookworm in your life. If you're unsure about their specific preferences, consider gifting a bestseller, a classic, or a book in a genre that's generally well-received, such as a beautifully illustrated coffee table book.

4. Food and Drink:

Treat your hard-to-shop-for friend to a delicious assortment of gourmet treats. A box of artisan chocolates, a selection of fine cheeses, or a bottle of quality wine can make for an indulgent gift. If they have a specific dietary preference, there are many options available for vegan, gluten-free, or organic treats.



5. Subscription Services:

Monthly subscription boxes are an excellent choice for those who are tricky to shop for. You can find subscriptions for various interests, including beauty products, snacks, books, or even streaming services. It's the gift that keeps on giving, offering a surprise each month.

6. Puzzle and Board Games:

Games are a fantastic way to engage and have fun. You can find unique and challenging puzzle or board games that cater to different tastes, from classic jigsaw puzzles to strategy-based board games.

7. Personal Care and Spa Items:

Treat your loved one to some self-care with a gift basket of spa items like scented candles, bath bombs, and quality skincare products. Everyone appreciates a little relaxation and pampering.

8. Artisan Crafts:

Seek out handmade and artisan items at local craft fairs or online

marketplaces. Handcrafted jewelry, pottery, or textiles can make for unique and thoughtful gifts that also support local artists and creators.

9. DIY Kits:

Do-it-yourself kits are a great way to spark creativity. Whether it's a painting kit, a knitting set, or a DIY cocktail kit, these gifts provide an enjoyable activity along with a finished product.

10. Charitable Donations:

For the person who truly has it all, consider making a charitable donation in their name. Choose a cause or organization that aligns with their values, and you'll not only give a thoughtful gift but also make a positive impact in the world.

Remember, it's the thought that counts, and finding a gift that aligns with your loved one's interests or values can be more meaningful than the price tag. With these budget-friendly ideas, you'll be well-prepared to surprise and delight even the most hard-to-shop-for individuals on your list.

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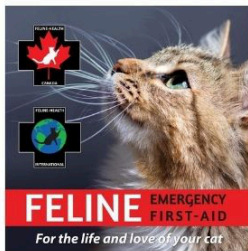
December 16th
930am - 430pm



Kimberly, BC



\$159
Per Person



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VALLEY PROMOTIONS



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Kimberly, BC

\$159/person

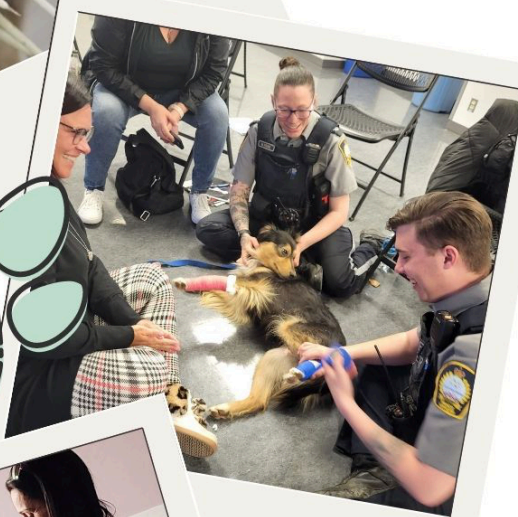
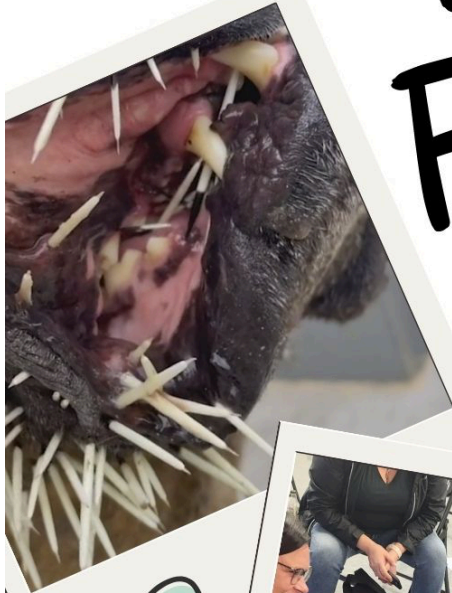
Sunday December 17th

930am - 430pm

*Accredited & Vet Approved
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Prevention, Nutrition, Toxins & Poisons, Choking, Drowning, Bleeding Wounds, Bandaging, Broken Bones & Splinting, CPR, AR, Ear & Eye Injuries, Paw Injuries, Bites & Stings, and much more!

couragefirstaid@gmail.com



PERFECT FALL BEVERAGES

Here are four delightful cocktails perfect for November and the fall season, complete with their ingredients and instructions.

HOT BUTTERED RUM

Ingredients

1. 2 oz Dark Rum
2. 1 tbsp Unsalted Butter
3. 1 tsp Brown Sugar
4. A Pinch of Ground Cinnamon
5. A Pinch of Ground Nutmeg
6. Hot Water

Instructions

1. In a heatproof glass or mug, combine the dark rum, unsalted butter, brown sugar, ground cinnamon, and ground nutmeg.
2. Fill the glass with hot water, stirring well until the butter and sugar dissolve.
3. Garnish with a cinnamon stick and a sprinkle of nutmeg.

APPLE CIDER MARGARITA

Ingredients

1. 2 oz Tequila
2. 1 oz Triple Sec (Orange Liqueur)
3. 4 oz Fresh Apple Cider
4. 1 oz Fresh Lime Juice
5. Ice
6. Cinnamon Sugar (for rimming)
7. Sliced Apple (for garnish)

Instructions

1. Rim the glass with cinnamon sugar by wetting the rim with a lime wedge and dipping it in the sugar.
2. Fill the glass with ice.
3. In a shaker, combine tequila, triple sec, apple cider, and fresh lime juice. Shake well.
4. Strain the mixture into the glass over the ice.
5. Garnish with a slice of apple.



PUMPKIN SPICE MARTINI

Ingredients

1. 2 oz Vanilla Vodka
2. 1 oz Pumpkin Liqueur (e.g., Kahlúa Pumpkin Spice)
3. 1/2 oz Irish Cream Liqueur (e.g., Baileys)
4. Ice

Instructions

1. Fill a cocktail shaker with ice.
2. Add vanilla vodka, pumpkin liqueur, and Irish cream liqueur.
3. Shake vigorously until well chilled.
4. Strain the mixture into a martini glass.
5. Sprinkle a pinch of ground cinnamon on top for garnish.

CRANBERRY MOSCOW MULE

Ingredients

1. 2 oz Vodka
2. 2 oz Cranberry Juice
3. 1/2 oz Fresh Lime Juice
4. 4 oz Ginger Beer
5. Ice

Instructions

1. Fill a copper mug (or glass of your choice) with ice.
2. Add vodka, cranberry juice, and fresh lime juice.
3. Top with ginger beer and stir gently.
4. Garnish with fresh cranberries and a lime wedge.

These cocktails capture the flavors of fall, making them perfect choices for November gatherings and cozy evenings by the fire. Enjoy responsibly!

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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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HOMESCHOOL MEETUP

AT THE INVERMERE LIBRARY

Oct 3-Dec. 19: Weekly Meetup 10:30-11:30 am

- Drop-in, all ages programming with open-ended STEAM play, group activities and art projects.

Homeschool + (Extended program) 11:45 am-12:45 pm

- Specialized programming geared towards specific ages groups that we will rotate through.
 - **Nov. 21st:** Comic making workshop with Japhy
 - Character development, story building and more.

Contact us to get on the Homeschool Email list to stay up to date and see what extended programs are coming up



250-342-6416
publiclibrary@invermere.net
invermere.bc.libraries.coop

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





Home Retrofit Fair

NOVEMBER 12TH, 2023

Living in a house that's cold and drafty in the winter, hot and stuffy in the summer?

Learn how to renovate (retrofit) your home so that it is more energy efficient and comfortable, while saving money on utility bills. We'll have tradespeople, building suppliers, energy advisors and others available to answer your questions. Or attend a workshop to gain more in-depth information on Provincial and Federal rebates/loans, diy air filtration (think forest fire smoke), heat pumps and other subjects.

Refreshments and lots of door prizes available! Join us at the chamber of Commerce, Invermere 1-5 pm November 12th. Sponsored by Wildsight Invermere, Columbia Valley Economic Development, and East Kootenay Climate Hub.

Tracy Flynn

Remembrance Day

Ceremony

November 10

Before Puck Drop



Legion



Royal Canadian Legion
Branch #24 Cranbrook, BC

TRANSFER STATIONS & LANDFILLS

**REMEMBRANCE DAY
CLOSURES**



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

Remembrance Day 2023 Parade and Service

Edgewater Legion Branch #199

**3:45pm Formation at the Branch, parade to the
Cenotaph for the Service**

Service of Remembrance (Edgewater Cenotaph)

Greeting

Oh Canada

Last Post

2 min Silence

Lament

Rouse

Act of Remembrance

Flanders Field

Commitment to Remember

Wreath Laying

God Save the King



Parade back to Branch #199

Branch **OPEN immediately following Service**

Hot Toddy's & Dinner Take out or Dine In



VALLEY PROMOTIONS

Holding Hope Support Group

Are you concerned about your loved one's substance use?

Holding Hope Groups are peer-led support groups for Canadian families and individuals whose loved ones use or have used substances.

- Facilitated by people with lived experience of supporting a loved one using drugs
- A safe space for people to listen and share their feelings and experience
- A source for support, connection and information

We provide a safe place to build strength and resilience for families who feel overwhelmed in supporting their loved ones.

Free. Confidential. No commitment required.

www.holdinghopecanada.org

For more information

email Lori at
holdinghopeinvermere@gmail.com





WHEN DID YOU LAST TEST FOR RADON?

GET A FREE RADON TEST KIT AND PROTECT YOUR FAMILY FROM LUNG CANCER

The District of Invermere is inviting all residents to participate in the 100 Radon Test Kit Challenge; a program that provides free radon test kit to residents. All participants in the program are encouraged to attend the Radon Information Session to learn more about the health effects of radon, why it's a concern in our area, and Health Canada recommendations on reducing radon levels. The information session will also provide all participants with details on where and when to pick up your radon detector.

The leading cause of lung cancer in non-smokers, radon gas can be found in elevated concentrations in homes across the country. Health Canada recommends that all buildings be tested for radon. Canada has had a National Radon Plan for over a decade. Over the last 10 years, the National Radon Plan has published the Cross-Canada Radon Survey and urged many Canadians to test for radon. Yet, many Canadians have still not tested for radon. Now is the time. Free test kits are available through the 100 Radon Test Kit Challenge with funding for the radon

test kits provided by Health Canada.

Take Action on Radon is a national initiative funded by Health Canada, that works to bring together radon stakeholders and raise radon awareness across Canada. The initiative is led by the Canadian Association of Radon Scientists and Technologists (CARST) and the Canadian Cancer Society.

For residents of Invermere now is the perfect time to Take Action on Radon. Only 100 free kits are available and so residents must sign up for the program!

The free Radon Information Sessions will be: Tuesday, November 7, 7pm on zoom.

Participants will be able to pick up their radon test from Wednesday Nov. 8 through Friday Nov. 17 from District of Invermere Office, 914 8th Ave, Invermere, BC

To learn more about radon and how to test your home, visit: TakeActionOnRadon.ca

Register here: <https://takeactiononradon.ca/resources/100-radon-test-kit-challenge>

TAKE ACTION ON RADON

Radon is an invisible, radioactive gas that comes from the ground



Radon is in ALL buildings



The only way to know how much radon is in your home is to TEST



Radon is easy to TEST and easy to REDUCE



HOW TO REDUCE RADON IN YOUR HOME



HIRING a certified professional LOWERS RADON BY UP TO **90%**



INCREASING home ventilation LOWERS RADON BY **25-50%**



SEALING cracks LOWERS RADON BY **13%**



Recent research found that **ONLY 29% OF CANADIANS** with high RADON in their home took action to REDUCE it!

TEST and REDUCE RADON to protect against lung cancer

www.takeactiononradon.ca



Health Canada Santé Canada

Canada



Rotary

Club of Radium Hot Springs



We are doing it again!!!!

**CASH
CREDIT
DEBIT**

**THE ROTARY CLUB OF RADIUM HOT
SPRINGS WILL BE HOSTING**



BINGO NIGHT



Radium Hot Springs Centre

Doors open 6:30 – Games start 7 pm

November 9th

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

A fun night!

Must be 19 years or older.
Know your limit, play within it!
BC Gaming licenses 145522 & 145521

VALLEY PROMOTIONS



Radium Hot Springs Public Library

Wholesome Hobbies Projects & Activities for Adults 50+

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

Join us on the third Wednesday of each month for a rotating series of projects and activities for adults 50+. 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

2023 Schedule:
September 20: Fall Stencil Decor
October 18: Paint Your Own Pumpkin
November 15: Tea & Board Games
December 20: Make Your Own Book Page Tree



Radium Hot Springs Public Library

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

Reflect Design Co.
PHOTO CREDIT



Rocky Mountain Printers

QUALITY PRINTING IN CRANBROOK, BC

In the picturesque community of Cranbrook, British Columbia, where nature's beauty surrounds every corner, there exists a business that stands as a beacon of printing excellence - Rocky Mountain Printers. This locally-owned and operated printing company has earned a well-deserved reputation for its exceptional services, unwavering commitment to quality, and its deep-rooted connection to the community it serves.

A Legacy of Excellence:

Rocky Mountain Printers is not just another printing company; it's a legacy. For years, they have served the businesses and residents of Cranbrook and its surrounding areas with unparalleled printing solutions. Their commitment to delivering top-notch results shines through in every project they undertake.

Quality in Every Detail:

What sets Rocky Mountain Printers apart is their unwavering dedication to quality. Whether it's business cards, brochures, banners, or any custom

project, every detail is meticulously attended to. The end result is not just printing; it's a piece of art. The colors are vibrant, the text is crisp, and the finishes are impeccable.

Local and Community-Oriented:

Rocky Mountain Printers is more than a business; it's a community partner. They actively participate in local events and support community initiatives. Their commitment to the well-being of Cranbrook goes beyond the quality of their prints; it's about the quality of the community they are a part of.

State-of-the-Art Technology:

To ensure their clients receive the best, Rocky Mountain Printers invests in state-of-the-art technology. Their modern equipment allows them to take on diverse and complex printing projects, ensuring that every client's vision is brought to life with precision.

Exceptional Customer Service:

What truly sets this business apart is its commitment to customer service. They understand that each project is unique, and they work closely with clients to meet their individual needs. Whether you're a local business owner or a resident with a personal project, you can expect attentive and personalized service.

Environmentally Conscious:

Rocky Mountain Printers recognizes the importance of sustainability. They use environmentally friendly materials and processes whenever possible, minimizing their environmental

footprint. This forward-thinking approach is in line with the community's values and the natural beauty of the Rocky Mountains that surround them.

Conclusion:

In the heart of Cranbrook, BC, Rocky Mountain Printers is a shining example of what a local business can achieve when dedicated to quality, community, and exceptional service. They have become an integral part of the fabric of this vibrant community, where nature meets innovation, and tradition meets modernity.

If you're seeking top-notch printing services, look no further than Rocky Mountain Printers. Their commitment to quality and their community shines through in every project they undertake. It's more than a print; it's a piece of Cranbrook's legacy.

Rocky Mountain Printers

PHOTO CREDIT





Now taking Sponsors for our
Paying it Forward Secret
Santa Program.

Would you like to give a less
fortunate child a great
Christmas?

We strive to provide each
child with a new pair of pjs
and a gift they have been
hoping for. Let me know if you
are interested.

VALLEY PROMOTIONS

EDGEWATER WINTER WONDERLAND



Vendors Wanted

BAKING | JEWELRY | CRAFTS
LOCAL PRODUCTS | CANNING
WOODWORK | SEWN GOODS

and more ...

SUNDAY, DECEMBER 17 | 23
10AM - 3PM
EDGEWATER HALL

CONTACT

ROXANNE | 780-217-9958
ROXONTHEEDGE@YAHOO.COM



Bringing Light to the Columbia Valley

WAYS TO GIVE BACK THIS CHRISTMAS SEASON

As the holiday season approaches, the Columbia Valley in British Columbia comes alive with festive cheer. It's a time for spreading joy and goodwill, and what better way to celebrate than by giving back to your local community? Here are some heartwarming ways to make a difference this Christmas season in the Columbia Valley.

1. Volunteer Your Time:

One of the most precious gifts you can give is your time. Many local organizations and charities in the Columbia Valley welcome volunteers. Whether it's helping at a food bank, assisting with holiday events, or participating in environmental clean-up projects, your time can make a significant impact on your community.

2. Donate to Local Food Banks:

Food banks play a critical role in ensuring that everyone in the community has enough to eat, especially during the holiday season. Consider making a donation of non-perishable food items, personal care products, or a monetary contribution to your local food bank. Every little bit helps.

3. Sponsor a Family:

Many families in the Columbia Valley may face financial challenges during the holidays. Consider sponsoring a family by providing gifts, food, or other essentials to ensure they can

celebrate Christmas with joy and comfort.

4. Support Local Businesses:

Purchasing gifts and holiday goodies from local businesses not only supports your neighbors but also boosts the local economy. Shopping locally keeps money in the community, creating a positive ripple effect.

5. Offer Transportation Assistance:

For those without access to transportation, getting around during the winter months can be challenging. Consider offering rides to the elderly, disabled, or those in need. Simple acts of kindness like this can significantly improve someone's holiday season.

6. Deliver Meals:

Prepare and deliver meals to those who may be alone or unable to cook during the holidays. Sharing a warm meal and friendly conversation can brighten the day of someone who would otherwise spend the holiday alone.



7. Organize a Community Event:

Bring the community together by organizing a holiday event, such as a Christmas market, charity run, or a local talent show. The proceeds can go toward a chosen charity or a community project.

8. Decorate for the Season:

Help spread holiday spirit by decorating public spaces, streets, or community buildings. These decorations not only create a festive atmosphere but also show that the community cares about celebrating together.

9. Create Homemade Gifts:

Handmade gifts often hold a special place in the hearts of both the giver and receiver. Consider crafting homemade gifts and cards to give to friends, family, or local senior centers.

10. Participate in Community Clean-Up:

Plan a community clean-up event to

prepare the town for the holiday season. Not only does this help make the Columbia Valley more beautiful, but it also fosters a sense of pride and togetherness.

11. Support Local Charities:

Don't forget about local charities and nonprofit organizations. Many of them host holiday campaigns, allowing you to contribute to a cause that matters to you. Consider making a donation to these groups or participating in their holiday initiatives.

As the holiday season unfolds in the Columbia Valley, these acts of kindness and generosity can warm the hearts of those in need and bring the community closer together. Embrace the spirit of giving back, and you'll discover the true magic of Christmas in your local community.

"Twas The Night Before Christmas"

Light Up

Sat Nov 25th



TO HELP WITH THE PARADE ENTRIES WE ASK THAT YOU

REGISTER YOUR ENTRY:

[HTTPS://QUESTIONNAIRE.SIMPLESURVEY.COM](https://questionnaire.simplesurvey.com)

/F/L/LIGHTUPPARADE2023

OR

EMAIL EVENTS@INVERMERE.NET WITH THE SUBJECT LINE

"LIGHT UP PARADE 2023 FLOAT" OR PHONE

250-342-9281 EXT. 1232.



VALLEY PROMOTIONS



The poster features a dark blue background with a stylized winter scene of houses and snow. At the top center is a red square logo with the letters 'dh' in white. Below it, the text 'Santa Street' is written in a large, white, cursive font with a snowflake texture. Underneath, the word 'CHALLENGE' is in a bold, blue, blocky font with a white outline and snowflake texture. A red banner below that contains the dates 'NOVEMBER 15 - DECEMBER 15' in white. The central part of the poster is a large red rounded rectangle containing white text. At the bottom of this rectangle, it says 'PRESENTED BY Broil King' with the 'Broil King' logo in white. On either side of the red rectangle are two cartoon Santa Claus figures in red suits, each holding a gift and waving.

dh

Santa Street CHALLENGE

NOVEMBER 15 – DECEMBER 15

**RECRUIT YOUR NEIGHBOURHOOD
AND ENTER TO WIN**

- 1 swag bag per participant
- * \$500 donated to the charity of your choice
- * A community barbecue in Summer 2024

PRESENTED BY
Broil King



The poster has a light beige background. At the top, the year '2023' is written in a teal, sans-serif font. Below it, the words 'Winter Market' are written in a large, teal, cursive font, arching over a central illustration of a green Christmas tree with red and white ornaments and a yellow star on top. To the left of the tree, the date 'Nov 25' is written in teal, with '12-6PM' below it. To the right of the tree, the date 'Nov 26' is written in teal, with '11AM-3PM' below it. At the bottom left is the logo for 'CRANBROOK FARMER'S MARKET' with a small icon of a hand holding a leaf. Below the logo are social media icons for Facebook and Instagram, followed by the text 'FOLLOW US!' and '@CRANBROOKFARMERSMARKET'. Below that is the website 'WWW.CRANBROOKFARMERSMARKET.COM'. At the bottom center, there are two green rounded rectangles. The left one says 'OVER 150+ LOCAL VENDORS!' and the right one says 'WESTERN FINANCIAL PLACE 1777 25TH N, CRANBROOK, BC'.

2023

Winter Market

Nov 25
12-6PM

Nov 26
11AM-3PM

CRANBROOK FARMER'S MARKET

FOLLOW US!
@CRANBROOKFARMERSMARKET
WWW.CRANBROOKFARMERSMARKET.COM

OVER 150+ LOCAL VENDORS!

WESTERN FINANCIAL PLACE
1777 25TH N, CRANBROOK, BC

The District of Lillooet
PHOTO CREDIT



THE TRAIL TO LILLOOET

EMILY PAULINE JOHNSON

Sob of fall, and song of forest, come you here on haunting quest,
Calling through the seas and silence, from God's country of the west.
Where the mountain pass is narrow, and the torrent white and strong,
Down its rocky-throated canyon, sings its golden-throated song.

You are singing there together through the God-begotten nights,
And the leaning stars are listening above the distant heights
That lift like points of opal in the crescent coronet
About whose golden setting sweeps the trail to Lillooet.

Trail that winds and trail that wanders, like a cobweb hanging high,
Just a hazy thread outlining mid-way of the stream and sky,
Where the Fraser River canyon yawns its pathway to the sea,
But half the world has shouldered up between its song and me.

Here, the placid English August, and the sea-encircled miles,
There--God's copper-coloured sunshine beating through the lonely aisles
Where the waterfalls and forest voice for ever their duet,
And call across the canyon on the trail to Lillooet.



MASQUERADE

Latin party

NOVEMBER 11, 8PM
at EAGLES HALL
with Musician Ivan Palomares

Entrance
\$10

One hour of Latin dance class before the party starts!

Contact Julio for more info (250)421-8922

Knickers in a Knot October 23rd - 30th



Socks
Underwear

Shampoo & Conditioner
Body Wash
Cash donations

in support of Cranbrook Women's Resource Centre

VALLEY PROMOTIONS

INVERMERE THRIFT STORE

1 DAY ONLY

CHRISTMAS POP-UP SALE

SATURDAY, NOVEMBER 18TH, 2023

9AM-1PM

INVERMERE SENIORS HALL

1309 14TH STREET

CHRISTMAS TREES

DECORATIVE LIGHTS

HOLIDAY HOUSEWARE

FESTIVE LINEN

PARTY ATTIRE

PUZZLES & TOYS

CASH ONLY



Travel Columbia Valley
PHOTO CREDIT



Travel Columbia Valley
PHOTO CREDIT



THE CP HOLIDAY TRAIN IS BACK

TRAVEL COLUMBIA VALLEY

The CP Holiday Train is BACK in Radium Hot Springs and bringing performers Kiesza & Tyler Shaw 葉銘恆

On December 14th, 2023 at 6PM sharp, head down to the Forster Road rail crossing in the village of Radium Hot Springs for the arrival of the CPKC Holiday Train. Keep your eyes peeled as the iconic holiday train travels North through the Columbia Valley before stopping in Radium for a fun evening of live music, bonfires, and good times.



ELF IT UP! SANTA PHOTOS

Kin Club of Cranbrook is offering Santa Photos in partnership with Vincent Photography. Come in your Christmas best, pjs or use our Elf costumes to Elf It Up. Two digital photos for \$35 all proceeds going to upgrades on the Kinsmen Spray Park, Cranbrook.

WINTER MARKET **WESTERN FINANCIAL PLACE**

NOVEMBER 25 **NOVEMBER 26**
12-6 PM **11-3 PM**

OK, DOPE STAND-UP COMEDY TOUR

PRESENTS

LIVE STAND-UP COMEDY AT STAGE DOOR

WITH **JANE STANTON**
FRIDAY, NOV 17TH

DOORS 7PM
SHOW 8PM

TICKETS \$30 AVAILABLE AT WWW.OK-DOPE.COM



HOSTED BY
NASH PARK

FEATURING
SOPHIA JOHNSON



ARTS CRAFTS FOOD

IT'S TIME FOR THE 32ND ANNUAL

CHRISTMAS IN THE COUNTRY FARMERS' MARKET 2023

SATURDAY NOVEMBER 4TH - 10:00 AM TO 04:00 PM
 SUNDAY NOVEMBER 5TH - 10:00 AM TO 3:00 PM
 JAFFRAY COMMUNITY HALL
 7369 JAFFRAY VILLAGE LOOP RD, JAFFRAY BC

SATURDAY VENDORS

Mary Pisoni Evolve Cabin Creations by the Pond Judiths Kitchen Simply Wild Light Steps Kootenay Pet Local Steve & Family Wood Design Perfectly Imperfect	TE Prospecting Drewlin Over Resin Williams Designs You Can't Rewind Life Lone Pine Candles Epicure Cabin Clay Wine Crazy Designs Paradise Lavender Farms Color Street	Deadwood Grizz Kootenay Fish Project Vigo Beauty Holy Chic Wick'ed Intentions Summer Made It Majic Artistry How Original Art Ceri's Creations Rhok Designs	Iron Horse Jewelry Momma Bear Wild Woods Wellness Skookumchuk Soap Co Kootenay West Distilling 255 Boutique Good Grub Gemstones By Wendy Travelling Top-Ups Sweetlegs Cranbrook by Thea	Bears Pies Drift Boutique Lots of Knots No's Orchard Judy Winter Paints Smoke Ring BBQ Naito Beer Homestead Candle Co Skidmarkz
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SUNDAY VENDORS

Mary Pisoni Evolve Cabin Creations by the Pond Simply Wild Light Steps Kootenay Pet Local Steve & Family Wood Design Perfectly Imperfect Color Street	TE Prospecting Drewlin Over Resin Williams Designs You Can't Rewind Life Sweetlegs Cranbrook by Thea Scentsy Cabin Clay Wine Crazy Designs Paradise Lavender Farms	Lone Pine Candles Deadwood Grizz Kootenay Fish Project Vigo Beauty Holy Chic Wick'ed Intentions Summer Made It Majic Artistry Ceri's Creations Skidmarkz	Rhok Designs Iron Horse Jewelry Momma Bear Wild Woods Wellness Skookumchuk Soap Co Kootenay West Distilling 255 Boutique Rebel Badass BBQ Good Grub	Travelling Top-Ups Norwex Bears Pies Drift Boutique Lots of Knots No's Orchard Judy Winter Paints Smoke Ring BBQ Homestead Candle Co
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COME SEE SANTA - SUNDAY 11 - 2 PM

SPECIAL ANNOUNCEMENT!

CANAL FLATS YOUTH SPACE COMING SOON!

Call out for Donations!

We are excited to share that the youth in Canal Flats will have a space of their own starting Dec 2023.

Attached is a list of items that would be very useful for our space. Thank you so much for all your support.

Desks * Free standing shelves * Microwave * Games * Mini Fridge * Folding table * Craft supplies * Video game console and games * Outdoor game equipment * Books

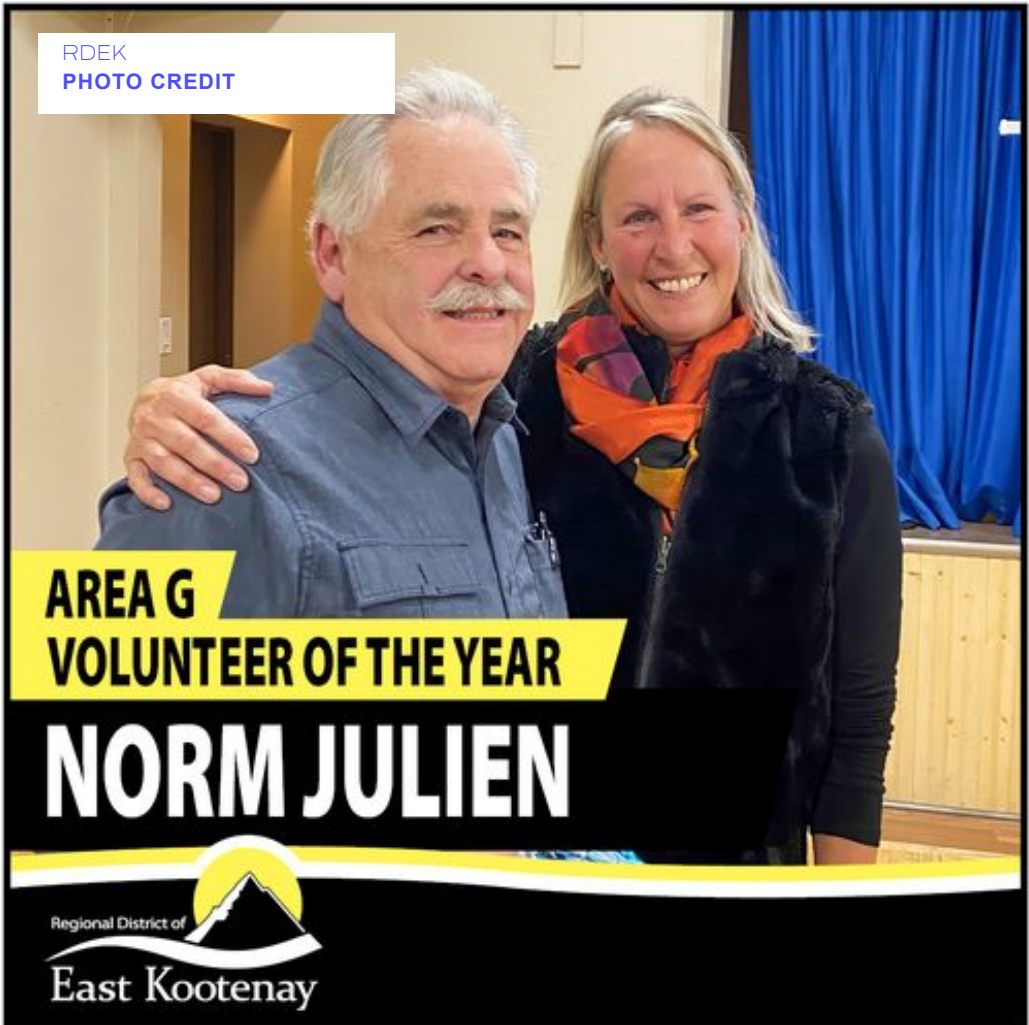


CVYN
COLUMBIA VALLEY YOUTH NETWORK

Please contact Angela Miller at 250-688-7458 or amiller@fdx.family if you have an item you would like to donate.



FDx FAMILY DYNAMIX
Resource • Development • Advocacy



Over the last two decades, Norm has made a significant impact to Area G with his humble and consistent voluntary efforts.

Norm has offered his skills and time to many events, including the first ever Steamboat Mountain Music Festival. Upon retirement and for several years after, Norm volunteered weekly at Edgewater Elementary School for the Columbia Basin Alliance for Literacy's, "One to One" reading program.

Many of the recreational facilities in the area have had in some part been maintained and cared for by Norm. He was one of the volunteers responsible for building the new backstop on Wittman Field with materials provided by the Edgewater Recreation Society, and when that same society rebuilt the Frank Schneider Memorial Rink, Norm chaired their Building Committee. He spent countless hours planning, ordering, and gathering materials, recruiting other volunteers and leading work crews and keeping things moving forward. He put his building skills to use, ensuring the quality of workmanship. The rink has many perks including a concession, Zamboni, and storage-washroom facility. These things can be largely attributed to Norm's abilities to recruit and coordinate volunteers and participating partners, as well as his willingness to volunteer more hours as a finish carpenter.

Currently, Norm is one of three Rink Committee volunteers who maintain the facility, make and maintain ice.

When a group decided to organize a Pickleball Club at Edgewater Elementary School, Norm was and is there as a player-volunteer. When play was moved outdoors, he painted lines on the rink pad, and seasonally sets up nets and returns them to storage.

Among his many glowing attributes, Norm is known as a voice of reason, moderation, and fairness. He's a man who sees a need, and quietly steps in to fill the gap.

Norm, you are a wonderful asset to the community - congratulations on this well deserved honour.

Red Seal Cooling
PHOTO CREDIT





VALLEY PROMOTIONS



MOYIE CHRISTMAS

BAZAAR



BAKED GOODS GALORE



QUALITY HANDMADE TREASURES

SATURDAY NOVEMBER 18, 2023

11:00 a.m. to 2:00 p.m.

Moyie Community Hall

Entry Fee: \$2.00 (Kids Free)

We Encourage You to Bring Your Own Bags

100% of Proceeds Go to the Moyie Community Association

This year Lakeside Grill will be open for lunch. \$2.00 from every meal sold that afternoon will be donated back to the Moyie Community Association. So come on out and help support this amazing fundraiser.



Gamer's Corner

Game Review: ARK: Survival Ascended



Survival games have long captivated players with their immersive worlds and challenging environments, but "ARK: Survival Ascended" takes the genre to a whole new level. Released as the latest installment in the ARK series, this game offers a prehistoric playground filled with astonishing creatures, intricate ecosystems, and the ever-present struggle for survival. Get ready to embark on a thrilling adventure as we explore the wild world of "ARK: Survival Ascended."

Genre: Survival, Action-Adventure

Platform: Available on PC, Xbox, PlayStation

Rating: ★★★★★ (4/5)

Pros:

Vibrant and Immersive World: The ARK series is known for its breathtaking environments, and "Survival Ascended" is no exception. The game offers a visually stunning open world filled with lush forests, towering mountains, and mysterious caves. The world teems with diverse wildlife, including the prehistoric creatures that are the game's trademark.

Diverse Creatures: The highlight of ARK has always been its creatures, and this game brings even more of them into the spotlight. From adorable dodos to menacing T-rexes, the variety of creatures is astounding. Each has its own unique behaviors, and some can even be tamed and

ridden, adding a whole new level of interaction to the game.

Multiplayer and Tribes: Survival is often more enjoyable with friends, and ARK fully embraces this concept. You can join or create tribes, cooperate with other players, and engage in large-scale battles or form alliances. This multiplayer aspect adds depth to the game and opens up opportunities for diplomacy and rivalry.

Creative Building: The game offers extensive building mechanics, allowing players to create impressive bases, fortresses, and even entire communities. Whether you prefer a simple thatch hut or a high-tech compound, the building system is intuitive and flexible.



Cons:

Steep Learning Curve: ARK: Survival Ascended can be overwhelming for newcomers. The game's complex crafting system, character development, and the need to manage your character's vital statistics can be challenging to grasp. It requires patience and perseverance.

Occasional Bugs and Performance Issues: Like many open-world games, ARK is not without its occasional bugs and performance hiccups. Some players may encounter issues, such as frame rate drops, texture loading problems, or other technical glitches.

Time-Consuming: While the slow pace of resource gathering and character progression can be part of the game's appeal, it may not suit players looking for quick action. This game demands a significant time investment to thrive.

Final Thoughts:

"ARK: Survival Ascended" continues the series' tradition of offering a captivating and visually stunning survival experience. With its vibrant world, diverse creatures, and engaging multiplayer aspects, it's a must-try for fans of the survival genre. However, it's not a game for the faint of heart. The steep learning curve and time investment required may deter some players.

In summary, if you're willing to invest the time and effort, "ARK: Survival Ascended" offers an incredible journey through a prehistoric paradise filled with adventure, danger, and endless opportunities for exploration and creativity.

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

NOVEMBER FUN PRO -D DAY CAMPS

November 10th/2023

We are Mixing it up with a little lego, roblox, and games fun!!!
Full day of activities indoor and outdoor.
Lunch included (Hotdog, mini chips, juice or water)

November 24th/2023

We are Mixing it up with a little winter and touch of christmas theme fun . crafts, games and more.
A day filled with indoor/outdoor activities.
Lunch included (Hotdog, mini chips, juice or water)

For registration and pricing details Please Email :
aroundthebendcreeksidefarms@gmail.com



Locaed Cranbrook B.C

CALLING ALL VENDORS

PRE-REGISTER FOR OUR BLOSSOMS & BUNNIES MARKET

MARCH 22 2024 5-9PM
MARCH 23 2024 10AM-4PM
AT THE EAGLES HALL IN CRANBROOK BC

Brought to you by Mummas Markets **SEND US A MESSAGE OR EMAIL NOW!**
MUMMAMARKETS@GMAIL.COM

YOUTH SPORTS!

AGES 6-11 FUN, ENGAGING & EDUCATIONAL SESSIONS FROM HIGHLY QUALIFIED COACHES!

AT COLUMBIA LAKE REC. CENTRE

CRICKET
MONDAYS 3:30-4:30PM

DODGEBALL
TUESDAYS 3:30-4:30PM

BASKETBALL
TUESDAYS 4:30-5:30PM

PICKLEBALL
THURSDAYS 5:00-6:00PM

STARTS MONDAY 13TH NOV

Turn up on the day or contact Coach Tom to pre-register!
valleysportshub.bc@gmail.com

JEREMY FURLONG

SUPER CHILL COOL DUDE

STAND UP COMEDY

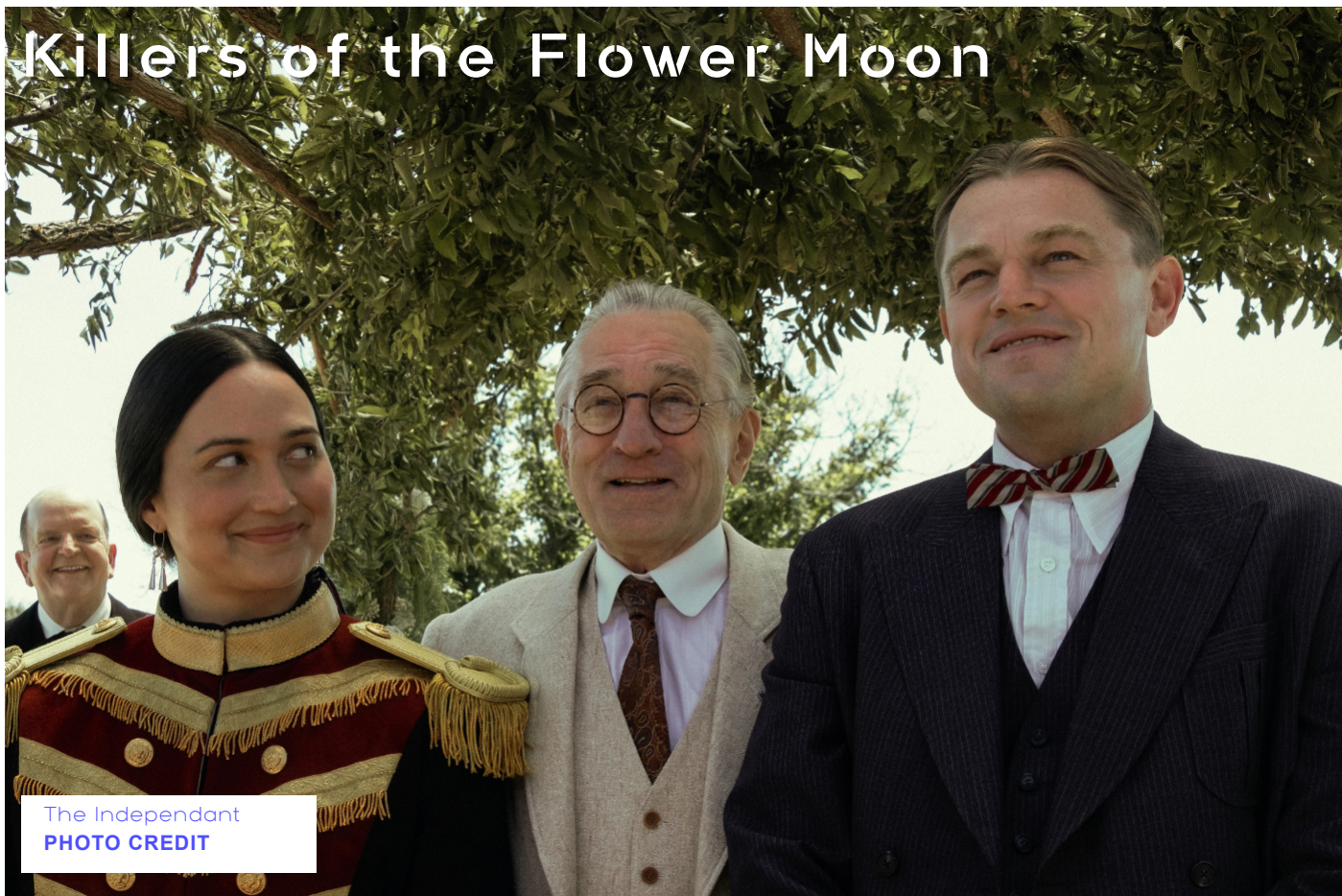
NOVEMBER 25TH
9PM

TICKETS \$20: HORSETHIEFPUB.CA/COMEDY

HORSETHIEF CREEK
PUB & EATERY

Movie Review

Killers of the Flower Moon



Starring: Leonardo DiCaprio, Robert De Niro, Jesse Plemons

Martin Scorsese's "Killers of the Flower Moon" is a cinematic triumph that takes us on a mesmerizing and harrowing journey through a dark chapter of American history. Based on David Grann's non-fiction book of the same name, the film weaves a compelling narrative of greed, injustice, and the fight for truth. With an ensemble cast led by Leonardo DiCaprio and Robert De Niro, "Killers of the Flower Moon" is a masterful exploration of a tragic and overlooked piece of the American past.

Plot:

The story is set in 1920s Oklahoma and revolves around the Osage Nation, a Native American tribe that became incredibly wealthy after oil was

discovered on their land. But as members of the Osage Nation began to die under mysterious circumstances, the FBI, in its early years, was called in to investigate. The film follows Tom White (Jesse Plemons), an earnest and principled FBI agent, as he delves into the dark secrets hidden beneath the wealth and power of the oil industry.

At the heart of the story are the Osage murders, a series of brutal crimes targeting the wealthy Osage. DiCaprio portrays Ernest Burkhart, a complex character torn between his Osage heritage and the allure of wealth. De Niro takes on the role of William Hale, a wealthy rancher who becomes a central figure in the investigation. The film explores the relentless pursuit of justice and the moral dilemmas faced by those caught in the web of power and greed.



Osage News
PHOTO CREDIT

Visual Spectacle:

"Killers of the Flower Moon" is a visual feast that captures the beauty of the Osage Nation's landscapes and the opulence of the Roaring Twenties. Scorsese's masterful direction and Rodrigo Prieto's cinematography create a mesmerizing visual experience. From vast oil fields to smoky speakeasies, the film transports viewers to a bygone era with painstaking attention to detail.

Outstanding Performances:

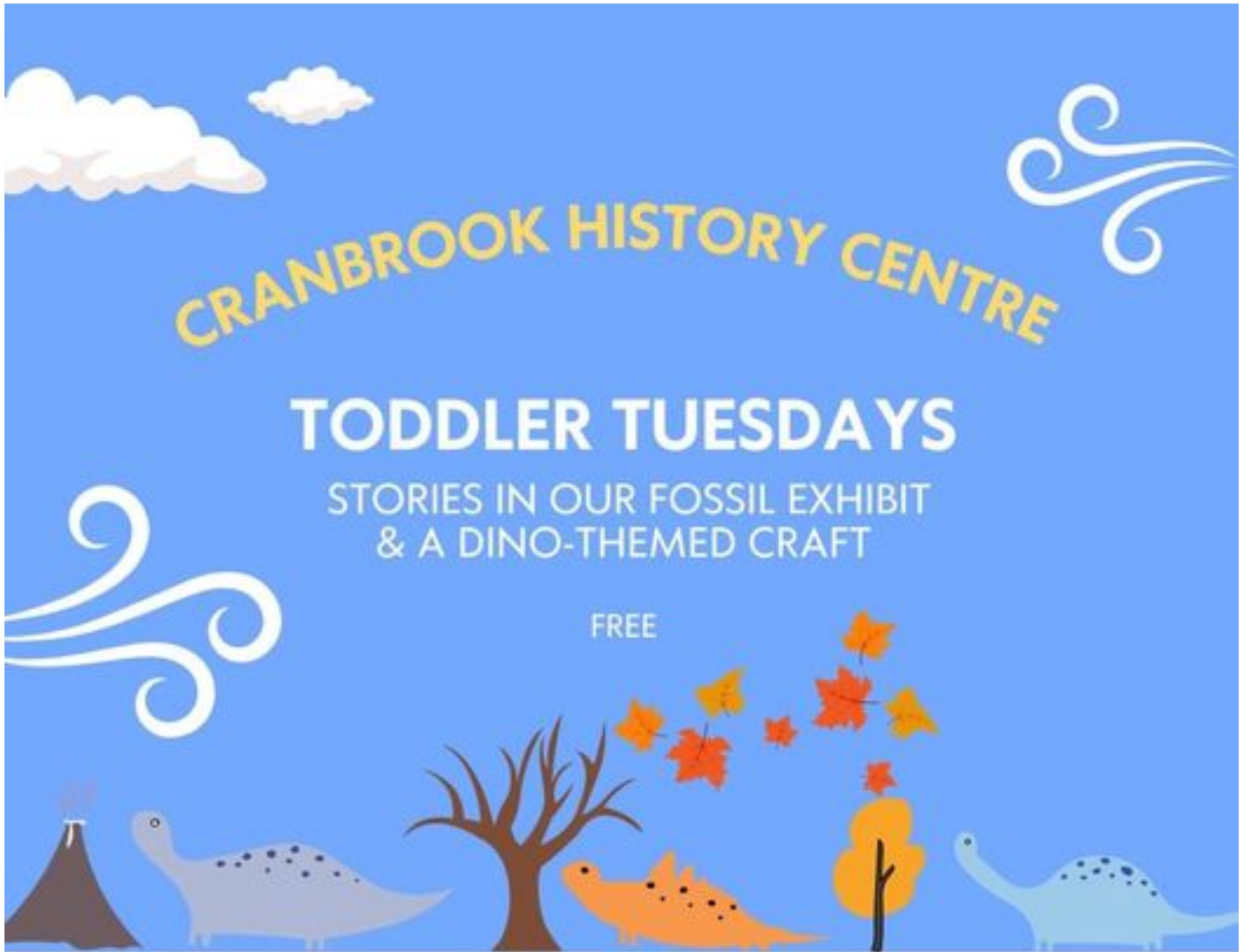
The cast delivers exceptional performances. DiCaprio's portrayal of Ernest Burkhart is nuanced and captivating, showcasing the inner turmoil of a man at the center of a tragic saga. De Niro's William Hale is a chilling embodiment of greed and corruption. Jesse Plemons' Agent Tom White provides a moral compass amidst the chaos.

Narrative Depth:

The film doesn't merely recount the historical events; it delves deep into the characters' motivations and the larger socio-political landscape of the time. It's a tale of systemic injustice, racism, and the clash of cultures. The script, written by Eric Roth, skillfully navigates these complex themes.

Conclusion:

"Killers of the Flower Moon" is a cinematic gem that combines compelling storytelling, exceptional performances, and breathtaking visuals. It not only sheds light on a forgotten chapter of American history but also offers a reflection on the timeless themes of power, justice, and morality. Scorsese's directorial prowess, coupled with the talents of DiCaprio, De Niro, and Plemons, results in a film that is both haunting and unforgettable. "Killers of the Flower Moon" is a must-see for those who appreciate powerful storytelling and masterful filmmaking.





CRANBROOK HISTORY CENTRE

TODDLER TUESDAYS
STORIES IN OUR FOSSIL EXHIBIT
& A DINO-THEMED CRAFT

FREE

DATE & TIME:
NOVEMBER 28
10:30 - 11:30 AM

LOCATION:

CRANBROOK HISTORY CENTRE

IN PARTNERSHIP WITH:

CRANBROOK PUBLIC LIBRARY
expand your universe

REGISTRATION REQUIRED WWW.CRANBROOKHISTORYCENTRE.COM 57 VAN HORNE ST. S, CRANBROOK

VALLEY PROMOTIONS

UPCOMING EVENTS



NOV 4
Nick Brough
DJ Spinning New Age & Classic Disco

NOV 11
Brad Lawrence
Covering Classic Blues and Rock

NOV 18
Nick Brough
DJ Spinning New Age & Classic Disco

NOV 24
First Night of Trivia
With Courtney

19+

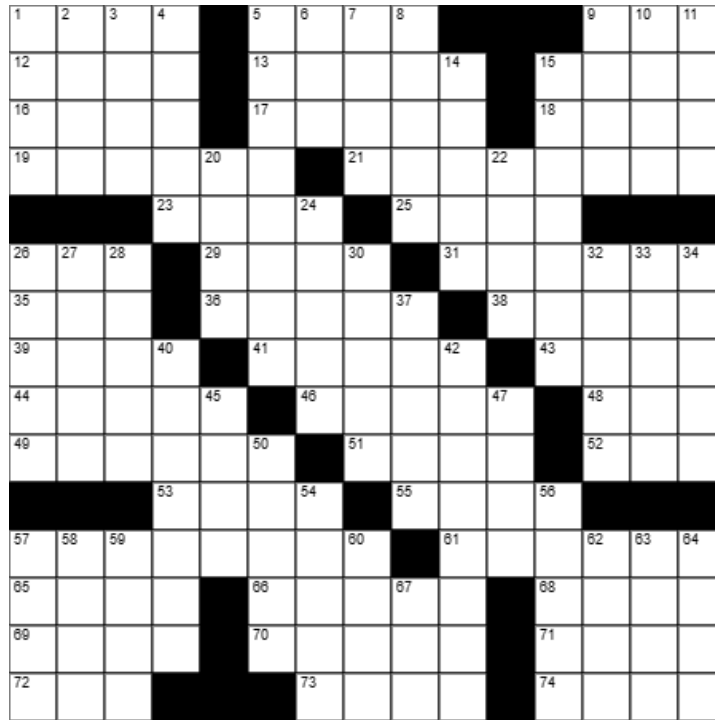




A LITTLE FUN

Across

1- Faint, with "over"; 5- Spanakopita ingredient; 9- 100 yrs.; 12- What's ___ you?; 13- Eat away at; 15- Commotion; 16- Defense grp. since 1949; 17- Big house; 18- Lacoste of tennis; 19- Reunion attendees; 21- Novel; 23- Lacking; 25- Require; 26- Great Lakes canals; 29- Pocket bread; 31- Blessed event?; 35- Hill insect; 36- Licoricelike flavor; 38- Lend ___; 39- Search; 41- Muse with a lyre; 43- Small combo; 44- Seraglio; 46- Divert; 48- Apr. addressee; 49- Many; 51- Notion; 52- Shoebox letters; 53- Mrs. Dithers, in "Blondie"; 55- Catch a view of; 57- Casual coatlike garment; 61- Wagner heroine; 65- Island of Hawaii; 66- Next after the second; 68- Notable exploit, legal document; 69- Karate blow; 70- Dike, Eunomia and Irene; 71- Salinger girl; 72- Tempe sch.; 73- Tear apart; 74- Boxer Spinks;



Down

1- Basic currency of Papua New Guinea; 2- Catchall abbr.; 3- Famous last words; 4- Weaving machines; 5- Female; 6- Time; 7- Up ___ good; 8- Enhance; 9- "Fargo" director; 10- Poet ___ St. Vincent Millay; 11- Christmas; 14- Great Lakes tribesmen; 15- Poseidon's spear; 20- The ___ Valley is a Californian wineland; 22- Actress Rowlands; 24- Agitates; 26- "Peter and the Wolf" bird; 27- Actor Ryan; 28- Alamogordo's county; 30- Japanese beer brand; 32- Creepy; 33- Congo, once; 34- Uneven; 37- Piece of music written for a solo instrument; 40- Condiment; 42- Unequal; 45- Heath; 47- Knocks lightly; 50- Foam; 54- Loathe; 56- Warble; 57- ___ Raton; 58- Contented sighs; 59- Biblical pronoun; 60- Cork's place; 62- ___-majesté; 63- Floor model; 64- Garden of ___; 67- Sprinted;

		3			6	4	5	
7	4		1				6	
		5		8				3
9	5			1	3		7	6
4	6		5	7			8	9
1				5		6		
	3				7		9	2
	7	9	3			8		



Never trust an atom,
they make up everything!

