



The Voices of the Columbia Valley

TheVoiceCV.ca

## INSIDE THIS EDITION

### DOUG GOODWIN: FROM SPUR VALLEY TO THE WORLD PODIUM

How Doug Goodwin went from leading local trail rides to becoming one of the top mounted archers in the world—while making history at home.

### CAN YOU BUY HAPPINESS?

Using money for happiness—not comparison.

### PRESERVING THE HARVEST

How to Can, Freeze, and Dehydrate Local Produce for the Winter Months

### WHAT'S AN IDIOM, ANYWAY?

The Weird, Wild World of Everyday Expression

#101 Issue

Columbia Valley, BC



PHOTO CREDIT: JUSTIN SPILLY

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

NEXT EDITION October 8th, 2025

SUBMISSION DEADLINE October 7th, 2025

## EVENTS

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

## LOCAL PHOTOGRAPHY

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

## BUSINESS ADS

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 Once an ad is out of date or stale, we will remove it.\*

## PERSONAL INTEREST

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

## NEWS

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

## BECOME A VOLUNTEER!

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

Want to get involved?

Email us at [news@thevoicecv.ca](mailto:news@thevoicecv.ca)

## VISIT US ONLINE

[thevoicecv.ca](http://thevoicecv.ca)

## VISIT US ON SOCIAL

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

# TABLE OF CONTENTS

## 08 The Weird, Wild World of Everyday Expressions

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words.

## 12 The Weird, Wild World of Everyday Expressions

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words.

## 16 The Weird, Wild World of Everyday Expressions

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words.

## 20 The Weird, Wild World of Everyday Expressions

My mother has Alzheimer's. That short sentence carries more weight than I ever thought a few words could.

## 28 The Weird, Wild World of Everyday Expressions

My mother has Alzheimer's. That short sentence carries more weight than I ever thought a few words could.

## HOW ARE WE DOING?

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

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

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

OR

by email to [news@thevoiceca.ca](mailto:news@thevoiceca.ca)



The advertisement features a stylized illustration of a person at a computer with gears and a bar chart, a circular logo with a bear head and the text 'CYBEAR TECHNICAL SUPPORT', a list of services with checkmarks, a teal banner with the text 'We Offer REMOTE ASSISTANCE', and contact information including a globe icon, the website 'CYBEAR.CA', and phone and email details.

**OUR SERVICES INCLUDE:**

- ✓ SYSTEM OPTIMIZATION
- ✓ MALWARE AND VIRUS REMOVAL
- ✓ DATA BACKUP
- ✓ SYSTEM RECOVERY
- ✓ NEW DEVICE SETUP

**We Offer REMOTE ASSISTANCE**

**CYBEAR . CA**

Call or Text  
250-341-8772

E-mail  
support@cybear.ca

**LOCATED IN FAIRMONT HOT SPRINGS**



## SPORTS CONDITIONING

**AGES 8+**

- ✓ SPEED, STRENGTH & ENDURANCE
- ✓ CO-ORDINATION, BALANCE & REACTIONS
- ✓ FITNESS MADE FUN!
- ✓ PERSONAL TRAINER & YOUTH COACH

**SEPTEMBER 9 – OCTOBER 14**  
**AT MT. NELSON ATHLETIC PARK**

**TUESDAYS**  
**5:30–6:30PM**





## HOMESCHOOL PHYS. EDUCATION

**AGES 5–16**

- ✓ PLAY NEW SPORTS MEET NEW PEERS!
- ✓ TEAM BUILDING & SOCIAL SKILLS
- ✓ WIDE VARIETY OF ACTIVITIES
- ✓ EXPERIENCED PHYS. ED. TEACHER

**SEPTEMBER 10 – OCTOBER 15**  
**AT MT. NELSON ATHLETIC PARK**

**WEDNESDAYS**  
**1:00–2:00PM : AGE 5–9**  
**2:00–3:00PM : AGE 6–10**





## FALL YOUTH SOCCER

**AGES 3–10**

- ✓ QUALIFIED & EXPERIENCED COACHES
- ✓ FUNDAMENTAL MOVEMENT SKILLS
- ✓ FUN DRILLS & GAMES
- ✓ BOOST CONFIDENCE & SOCIAL SKILLS

**SEPTEMBER 9 – OCTOBER 14**  
**AT MT. NELSON ATHLETIC PARK**

**TUESDAYS**  
**3:30–4:30PM : AGE 3–5**  
**4:30–5:30PM : AGE 6–10**





## YOUTH BASKETBALL

**AGES 8–13**

- ✓ SKILLS & TACTICAL DEVELOPMENT
- ✓ INCREASE FITNESS & CONFIDENCE
- ✓ FUN DRILLS & GAMES
- ✓ EXPERIENCED BASKETBALL COACH

**SEPTEMBER 9 – OCTOBER 14**  
**AT MT. NELSON ATHLETIC PARK**

**TUESDAYS**  
**5:30–6:30PM**





## VILLAGE ARTS

*Art for everyone!*




**VILLAGE ARTS**

Visit Us At:  
1045 7th avenue Invermere  
[www.instagram.com/village.arts](https://www.instagram.com/village.arts)  
[www.facebook.com/villagearts](https://www.facebook.com/villagearts)  
[www.villagearts.ca](https://www.villagearts.ca)








## The Columbia Valley Family Inclusion Network for Diverse Abilities

**is seeking Donations for our Sensory  
Friendly Halloween Bash on October 25!**

- Unopened Halloween Candy
- Gently Used Halloween Decor
- Crafting items

please contact Cynthia @  
ColumbiaValley\_FIND@outlook.com to arrange pick up

## LETTER FROM THE VOLUNTEERS

This month marks something special—we've given the Valley Voice a little makeover! With our 101st edition, we've refreshed the look and feel of the magazine, and we're excited to share it with you. We'd love to hear what you think of the changes—your feedback helps shape each issue.

As summer winds down, many families are preparing for back-to-school routines, while the first hints of fall start to show in the cooler mornings and shifting colors. It's a season of transition, and one we're grateful to experience alongside this vibrant community.

A heartfelt thank you goes out to everyone who submits stories, photos, poems, and ideas—and to all who pick up, read, and share the Valley Voice. Our core volunteer team is smaller than before, so every bit of help, every submission, and every word of encouragement truly makes a difference.

Looking ahead, we're hoping to reach more readers this year and bring in even more community content than ever before. Please consider sharing the magazine with a friend or neighbor—after all, we've been proudly publishing for 4 years now, and with your support, we'd love to keep growing.

This magazine exists because of you, and for you. Thank you for being part of our journey. Here's to another season of stories, voices, and connection.

With gratitude,  
—The Valley Voice Volunteers (VVV) 🍁





# East Kootenay Veterinary Group Emergency Services

## Our Locations

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

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

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

### 1) Invermere Veterinary Hospital

250-342-7007

4854 Athalmer Rd, Invermere, BC V0A 1K3

### 2) Columbia Valley Veterinary Clinic

250-349-0514

9039 Thunderhill Rd, Canal Flats, BC V0B 1B0

### 3) North Star Vet Clinic

778-481-5288

550 Mark St, Kimberley, BC V1A 2B8

### 4) Steeple's Veterinary Clinic

250-489-3451

3410 Victor Rd, Cranbrook, BC V1C 7B7

### 5) Tanglefoot Veterinary Services

250-489-1655

315 Industrial Road F, Cranbrook, BC V1C 6N4

### 6) Cranbrook Veterinary Hospital

250-426-8517

106 5 Ave S, Cranbrook, BC V1C 2G2

### 7) Creston Veterinary Hospital

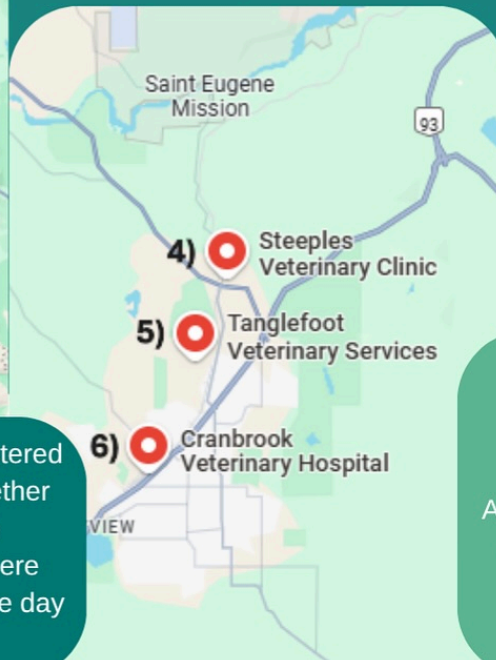
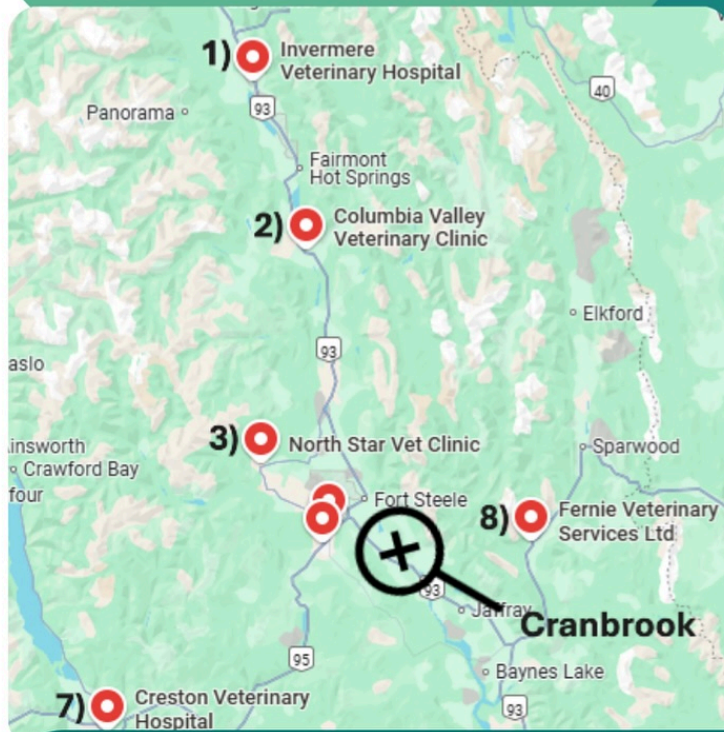
250-428-9494

1605 Dogwood St, Creston, BC V0B 1G0

### 8) Fernie Veterinary Services

250-423-2620

1161 7 Ave, Fernie, BC V0B 1M0



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



250-342-7007

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



# DOUG GOODWIN

FROM SPUR VALLEY TO THE WORLD PODIUM





## How Doug Goodwin went from leading local trail rides to becoming one of the top mounted archers in the world—while making history at home.



Doug Goodwin, owner of Luxor Corrals horse trail rides in Spur Valley, has spent years blending horsemanship with the precision of mounted archery. What began as a passion grew into something remarkable when he founded Spur Valley Mounted Archery—one of the very first Hungarian Master Kassai-authorized competition centers in North America.



In July 2025, Doug's dedication reached new heights when he travelled to Hungary to compete at the prestigious Mounted Archery World Cup. The competition made history: for the first time ever, non-Hungarian archers stood on the podium. South Africa's Sasha Chadburn claimed gold, Hungary's own Hunor Gyomber took silver, and Doug proudly brought home bronze for Canada. That impressive finish placed him second overall in the world championships—a considerable achievement both personally and for Canadian mounted archery.

But Doug's summer of milestones didn't end in Hungary. Barely back in the Valley, Luxor Corrals became

the stage for another first in the sport: a Japanese horse archery training led by a visiting Japanese master. This wasn't just any workshop—it marked the first time such training had ever taken place outside of Japan, and it included the first international certification of horse archers in the Japanese tradition.

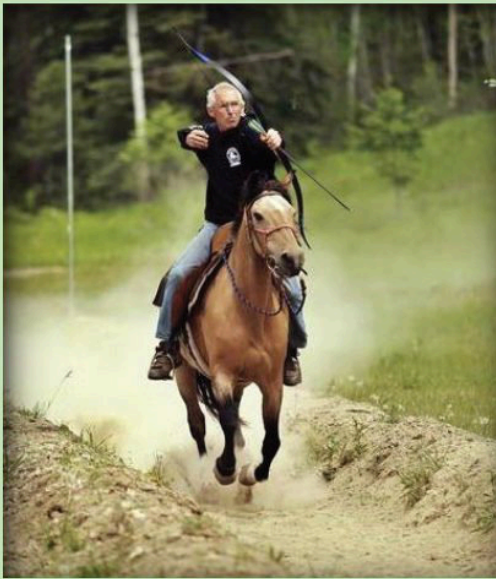
The cultural exchange and shared passion for the sport left a lasting impression. The visiting master expressed interest in returning to host yet another groundbreaking event: the first-ever international Japanese horse archery competition to be held outside Japan—right at the Luxor Training Centre in Spur Valley.

From pioneering Hungarian-style competition in North America to opening the gates for Japanese traditions to take root here, Doug Goodwin continues to shape the future of mounted archery. His journey is a testament to the way dedication, skill, and a love of heritage can bring the world to a small valley—and send a small valley out into the world.

By Justin Spilly







# Horse Archery

Give it a shot!

Whether new or experienced,  
combine two skills into one!

No experience needed'

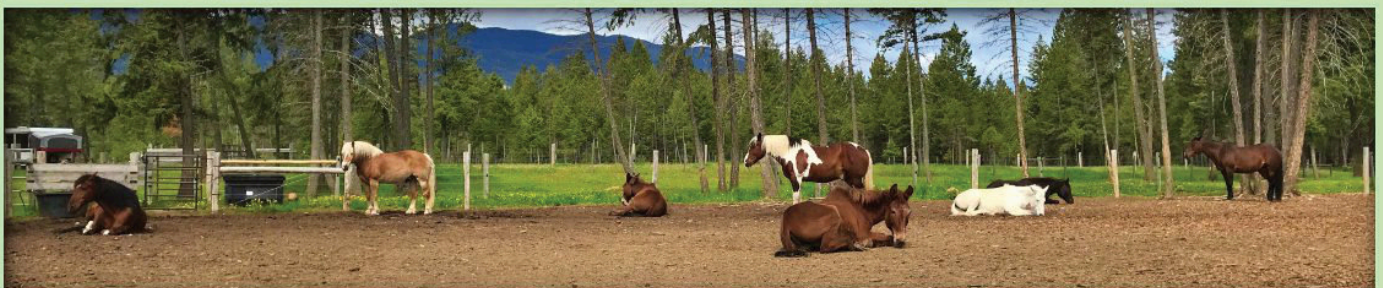
Equipment available

Expert training

Spur Valley Mounted Archery

Contact Doug Goodwin

250 - 347 - 9048





COYS GOLF AND BISTRO

# BARN DANCE



**SATURDAY, SEP 13<sup>TH</sup>**



5:00pm – Doors & Bar open

6:00pm – Dinner

Smoked Beef Roast  
Roasted Chicken Thighs  
Garlic Mashed Potatoes  
Sundried Tomato Orzo  
Bacon Corn Casserole  
& Dessert!!

8:00pm – Craig Moritz Band starts

12:30am – Last call!

**[www.coyspar3.com](http://www.coyspar3.com)**

## TIPS & TRICKS SAVE \$\$\$

01. Make a weekly meal plan before shopping. Sticking to a list prevents impulse buys and helps you use up what's already in the fridge.
02. Switch from bottled water and paper towels to reusable bottles and cloths. Small swaps add up to big savings over time.
03. Coffee runs, take-out, and subscriptions can drain your budget. Write them down for a week—you'll spot easy places to cut back.



Using money for happiness—not comparison.

## CAN YOU BUY HAPPINESS?

Money isn't the goal, it's just the tool. Used well, it buys freedom, reduces stress, and brings happiness. Used poorly, it traps us in comparison and leaves us always wanting more. The trick is spending with intention, not habit.

The truth is money can buy happiness—but only when we spend it the

right way. Covering food, shelter, and healthcare gives us peace of mind. Beyond that, happiness doesn't come from piling up more—it comes from using money to create better health, more time, and richer experiences. It can buy fresh food, warm clothes, or even someone to do your yard work so you get your Saturday back. That's happiness





money can actually buy.

But money can't buy purpose, discipline, or love. It can put you on the right road—but you still have to do the driving. As the Danish philosopher Kierkegaard (early 1800s) wrote, "Most men pursue pleasure with such breathless haste that they hurry past it." Money isn't about chasing harder; it's about slowing down and spending on what truly matters.

How we spend makes all the difference. A flashy car is fun for a while. A car that takes you on road

trips with friends or lets you visit family more often, that's joy well-spent. Travel just for social media likes feels hollow, but travel that connects you with people and passions is unforgettable. The happiness isn't in the purchase—it's in the meaning behind it.

Chasing possessions for status is a losing game. The more we want "the next thing," the less happy we are. The cure is relationships, generosity, and gratitude. Appreciating what we already have, and sharing with others, creates a mindset of plenty instead of lack.

Health is another smart buy. No wealth matters if poor health keeps us from enjoying it. Sleep, wellness and prevention are the best investments money can buy. Freedom is the other big one. True wealth isn't an endless grind or a giant bank balance—it's control over your time and living on your own terms. Or as Kierkegaard reminded

us, "The greatest hazard of all, losing oneself, can occur very quietly in the world, as if it were nothing at all." He points out that the biggest danger in life isn't failure, poverty, or embarrassment—it's shifting so far from your true self that you don't notice it happening.

At the end of the day, unused wealth is wasted wealth. Every dollar saved but never spent on health, freedom, experiences, or generosity is just potential left unrealized. Money sitting idle doesn't create joy, memories, or meaning—it's the use of money, not the possession of it, that makes life rich. Money should buy us happiness, freedom, and purpose—not just more stuff. Used wisely, it makes life richer in every sense of the word.





# SUMMIT HUB COWORKING



HIGH SPEED  
WI-FI



NO CHORES  
STARING AT  
YOU



MEETING  
ROOM X 2

[www.invermeresummitouthcentre.org](http://www.invermeresummitouthcentre.org)

19



# SUMMIT HUB COWORKING



Looking for a productive, professional space to work, meet, or create? Join our vibrant co working community and enjoy all the perks of an office without the 9-5.

**memberships &  
drop in available**

**OPEN** MONDAY TO THURSDAY  
9.00 AM - 2.30 PM  
FRIDAY 9.00 AM - 12.30 PM



HIGH SPEED  
WI-FI



NO CHORES  
STARING AT  
YOU



**FOR MORE INFORMATION**  
SUMMIT HUB, INVERMERE  
[www.invermeresummityouthcentre.org](http://www.invermeresummityouthcentre.org)



MEETING  
ROOM X 2

get out of the house  get down to business



# PRESERVING THE HARVEST

How to Can, Freeze, and Dehydrate Local Produce for the Winter Months

As summer fades into fall, many Kootenay gardens and farmers' markets are overflowing with fresh fruits and vegetables. One of the best ways to enjoy that bounty year-round is through food preservation. Whether you're new to the practice or a seasoned pro, canning, freezing, and dehydrating each offer simple methods to keep local produce on your table long after harvest season ends.

## Canning

Canning is a traditional way to lock in flavor and nutrients. High-acid foods like tomatoes, berries, and pickles are perfect for water bath canning, while low-acid vegetables require pressure canning for safety. Always follow trusted recipes and sterilize jars to avoid spoilage. The reward? Shelves lined with colorful jars ready for cozy winter meals.

## Freezing

Freezing is the fastest and easiest method for most vegetables and fruits. Blanching veggies like beans, peas, and carrots before freezing helps preserve color and texture. Fruits can be frozen in slices, chunks, or purées—just spread them on a tray before bagging to avoid clumps. Freezer-friendly containers or vacuum sealing help keep everything fresh for months.







## Dehydrating

Dehydrating removes moisture, making foods lightweight, shelf-stable, and ideal for snacks or soups. Apples, pears, and plums turn into chewy treats, while dehydrated tomatoes and herbs are perfect for winter cooking. Electric dehydrators make the process easy, though an oven set to low heat works just as well.

Preserving your harvest not only reduces waste but also helps you save money, cut down on grocery store trips, and enjoy the taste of summer in the coldest months. It's a rewarding way to celebrate local abundance while preparing your pantry for the season ahead.





# Games Galore on Sunday Afternoons in the Legion



**Mainstreet Fun and Games makes the Legion  
a great Family Third Space to enjoy board  
games new and old. Adventures, dice, pions  
and much, much more!**

**Join us on Sunday, September 28  
from 2:00pm until 6:00pm**

**Legion**   
Windermere District #71



*Members and Guests welcome*





**THE DISTRICT OF INVERMERE  
PRESENTS**

**"6TH ANNUAL"  
THE GREAT  
SCARECROW  
COMPETITION  
& TOUR**

**OCT 1ST-OCT 14TH, 2025**

**BUILD A SCARECROW,  
TOUR AROUND TOWN  
TO VIEW SCARECROWS  
& VOTE FOR YOUR FAVOURITES!  
COMPETITION OPEN TO EVERYONE  
IN THE DISTRICT OF INVERMERE!  
GIFT CERTIFICATE PRIZES  
IN EACH CATEGORY:**

**RESIDENT, BUSINESS & COMMUNITY GROUP!  
1st \$200, 2nd \$100 & 3rd \$50!**

**SCAN QR CODE TO REGISTER  
BY SEPT 15TH!**

**[HTTPS://QUESTIONNAIRE.SIMPLESURVEY.COM/F/S/SCARECROWCONTEST2025](https://questionnaire.simplesurvey.com/f/s/scarecrowcontest2025)**



**FOLLOW WHAT'S UP INVERMERE ON FACEBOOK**



# WHAT'S AN IDIOM, ANYWAYS? PT. 2

The Weird, Wild World of Everyday Expression

An idiom is a phrase or expression that has a meaning different from the literal definitions of the individual words. In other words, if you take it literally, it won't make much sense—like "let the cat out of the bag" or "under the weather."



## LET THE CAT OUT OF THE BAG

To reveal a secret or surprise, often accidentally.

This likely comes from medieval markets where farmers sold piglets in sacks (or "bags"). Sometimes, a dishonest seller would swap the piglet for a less valuable cat. If someone opened the bag before the sale was complete - the scam was exposed.

So who let the cat out of the bag? Probably someone trying to avoid a lawsuit from the SPCA.



## UNDER THE WEATHER

Feeling sick or unwell.

Sailors in the 19th century who felt ill were sent below deck—literally "under the weather"—to recover, away from stormy conditions on deck.

Why do we always blame the weather? It's just doing its job.



## RAINING CATS AND DOGS

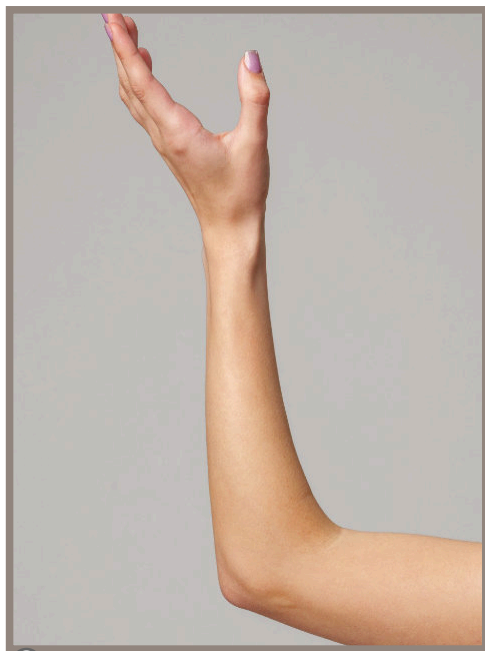
It is raining very intensely.

In old England, heavy rains sometimes washed dead animals through the streets. Others say it comes from a misinterpretation of an old expression referring to storm noise—like the sound of animals fighting on rooftops.

It's raining cats and dogs—just don't step in the poodle.

# Idioms are the hot sauce of conversation—sprinkle them in, and suddenly your words have kick.

Idioms are used in everyday language to convey ideas more vividly or creatively. They often originate from old stories, cultural traditions, or historical events, and many have been passed down for centuries. Let's take a look at a few of them and hope it doesn't "cost an arm and a leg."



## **COST AN ARM AND A LEG**

Something that is very expensive.

It may come from the high cost of portrait paintings in the 18th century, where showing more limbs increased the price. Alternatively, it could relate to the physical cost of war injuries. I wanted to buy a vintage motorcycle, but it cost an arm and a leg.

Now I ride it with my teeth.



## **ONCE IN A BLUE MOON**

Something that happens rarely.

A "blue moon" is the rare second full moon in a single calendar month. It happens about once every 2.5 years, hence the phrase.

I clean my garage once in a blue moon. It's more of an archaeological dig at this point.



## **BURNING THE MIDNIGHT OIL**

Staying up late working.

Before electricity, people used oil lamps to work or read at night. If you were still up, you were burning the midnight oil.

I was burning the midnight oil to finish a project—until the oil ran out. Now I'm just burning out.





Columbia Valley Classics 35<sup>th</sup> Annual

# SHOW & SHINE

SEPTEMBER 19-20, 2025  
RADIUM HOT SPRINGS, BC

Register Today!

**ONLINE REGISTRATION \$25/VEHICLE**   
+ ONLINE BOOKING FEE

**ColumbiaValleyClassics.ca**

✉ ColumbiaValleyClassics@gmail.com    f @columbiavalleyclassics

REGISTRATION WILL ALSO BE AVAILABLE FRIDAY EVENING AND SATURDAY MORNING OF SHOW & SHINE WEEKEND (\$30/VEHICLE - CASH ONLY)



## FRIDAY, SEPTEMBER 19TH

11AM TO 4PM ..... 7TH ANNUAL POKER RUN  
Register at Radium Hot Springs Centre

3PM TO 7PM ..... MARKET ON MAIN  
Radium Visitor Centre

7PM TO 9PM ..... SHOW & SHINE REGISTRATION  
Radium Hot Springs Centre

## SATURDAY, SEPTEMBER 20TH

7AM TO 10:30AM ..... RADIUM FIRE DEPT. PANCAKE BREAKFAST  
Radium Hot Springs Centre - Proceeds go to volunteer fire department

9AM TO 4PM ..... CV CLASSICS SHOW & SHINE  
Springs Golf Course Driving Range

PLEASE, NO DOGS ON DRIVING RANGE (EXCLUDING SERVICE DOGS)

## SPONSORS

tourism  
**radium**



Invermere  
Golden

## 2024 Top Ten Winners



PLEASE NOTE, FOR EVERYONE'S SAFETY, THERE WILL BE ZERO TOLERANCE FOR BURNOUTS AND STUNTING.





## Radium Hot Springs Public Library

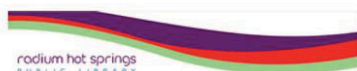
# Wholesome Hobbies Projects & Activities for Adults

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

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



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



**Radium Hot Springs Public Library**

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



# September-Themed Cocktail & Shot List

Perfect for the seasonal shift from summer to fall 🍁🍸



## ✓ Autumn Apple Crisp

1 oz apple vodka  
½ oz cinnamon schnapps  
2 oz apple cider  
Splash of ginger ale

Instructions: Shake vodka, schnapps, and cider with ice. Strain into a glass, top with ginger ale, and garnish with an apple slice.



## ✓ Maple Leaf Shot

½ oz bourbon  
½ oz maple liqueur (or maple syrup + whiskey)  
½ oz Irish cream

Instructions: Layer ingredients gently in a shot glass. Smooth, sweet, and warming-like fall in a sip!



## ✓ Pear & Spice Martini

1 oz pear vodka  
½ oz triple sec  
2 oz pear juice  
Dash of cinnamon

Instructions: Shake all ingredients with ice and strain into a chilled martini glass. Garnish with a pear slice.



## ✓ Fireside S'mores Shot

½ oz coffee liqueur  
½ oz chocolate liqueur  
½ oz marshmallow vodka (or vanilla vodka)

Instructions: Layer in a shot glass. Optional: rim with crushed graham crackers and top with mini marshmallow (lightly toasted if you're feeling fancy!).



100 ft Inflatable Obstacle Course • Raffle Baskets • Free Lawn Games

**CARNIVAL  
OVER 23 ATTRACTIONS  
RUN BY THE ROCKIES  
HOCKEY TEAM**

**Ponies  
FROM  
STABLESTONE**

**WINDERMERE  
COMMUNITY  
CARNIVAL**

A fun carnival for all families in the Columbia Valley to enjoy! Proceeds to support Windermere Elementary School.

**Laser Tag  
BOUNCY HOUSES  
Cake Walk  
REPTILES  
Prizes & Food**

**ADULT \$5**

**CHILD  
\$3**

**FREE  
★  
4 & under**

**ARCADE  
ROOM**

And mini donuts too!

**AGES  
1 TO 13**

**SUNDAY  
21  
SEPTEMBER  
2025**

**11  
TO  
3**

**LIVE  
MUSIC**

A FUNDRAISER FOR WINDERMERE SCHOOL  
ALL PROCEEDS TO WINDERMERE ELEMENTARY SCHOOL PARENT ADVISORY COUNCIL (PAAC)





As the days grow shorter and the leaves crunch under your boots, take the time to slow down and truly experience the magic of the season.

## HIKING SAFELY INTO FALL

Gear, Tips, and Local Trail Recommendations for Cooler, Shorter Days

Autumn is one of the most rewarding times of year to head outdoors. The summer heat has cooled, the bugs are fewer, and the mountains and valleys transform into a painter's palette of fiery reds, golds, and deep greens. Yet with the beauty of fall hiking comes new challenges—shorter daylight hours, unpredictable weather, and cooler temperatures. To make the most of your autumn treks, it's important to be prepared. Here's how you can hike safely into fall, what gear you'll need, and a few local trails worth exploring this season.

### Why Fall Hiking is Special

Fall hiking offers unique rewards that you won't find in any other season. The air is crisp, making steep climbs more bearable, and the trails tend to be less crowded than in peak summer months. Wildlife is active,

preparing for winter, and the vibrant landscapes make for unforgettable views and photographs. For many outdoor enthusiasts, this is the best time of year to hike—but it's also a time to plan more carefully.

Gear to Keep You Comfortable and Safe

### 1. Layering is Key

Temperatures can change rapidly in the fall—warm sunshine can quickly give way to chilly winds or sudden rain. The best approach is a layering system:

**Base Layer:** Moisture-wicking fabric to keep sweat off your skin.

**Mid Layer:** Insulating fleece or wool for warmth.

**Outer Layer:** A windproof and waterproof shell to protect against sudden weather shifts.

### 2. Footwear

Wet leaves, mud, and occasional frost can

make trails slippery. Waterproof hiking boots with strong tread are a smart investment, paired with wool socks to keep your feet warm and dry.

### 3. Lighting

With shorter days, it's easy to lose track of time and end up hiking back at dusk. Always carry a headlamp or flashlight with fresh batteries, even on shorter hikes.

### 4. Food & Hydration

Cooler weather often makes hikers forget to drink enough water. Bring at least one liter per person for short hikes and more for longer trails. Pack calorie-dense snacks like nuts, energy bars, and dried fruit to keep energy levels steady.

### 5. Emergency Essentials

Fall weather is unpredictable. Always pack the ten essentials: map, compass/GPS, fire starter, first-aid kit, extra



food, extra clothing, knife, headlamp, sun protection, and shelter (like an emergency blanket).

## Safety Tips for Fall Hiking

**Start Early:** With less daylight, begin your hike earlier than usual to ensure you're back before dark.

**Check Weather Reports:** Fall weather can change quickly, especially in mountainous areas. Look for signs of storms or early snow before heading out.

**Know Your Limits:** Cooler weather and shorter days can make hikes more challenging. Choose trails within your ability and allow extra time.

**Stay Visible:** Hunters are often active in the fall. Wear bright colors like orange or red to stay visible.

**Leave No Trace:** With fewer people on the trails, it's important to continue practicing good stewardship of the land—pack out everything you bring in.

## Local Trail Recommendations

If you're looking for fall hiking spots that balance beauty and accessibility, here are a few local favorites (adapt this section with regional detail as needed):

### 1. Pulpit Rock Trail (Nelson, BC)

This short but steep trail rewards hikers with sweeping views of Nelson and the surrounding Kootenay Lake. In the fall, the golden larches and changing foliage make the climb especially stunning. Bring a windbreaker—the







summit can be breezy.

## **2. Kimberley Nature Park (Kimberley, BC)**

With a variety of interconnected trails, Kimberley Nature Park is perfect for a half-day fall hike. The trails weave through forests and meadows, offering diverse scenery and plenty of wildlife sightings.

## **3. Kaslo River Trail (Kaslo, BC)**

This family-friendly trail follows the river through a canopy of colorful trees. Gentle terrain makes it great for a leisurely fall walk, especially when paired with a picnic.

## **4. Idaho Peak (near New Denver, BC)**

A bit more challenging, Idaho Peak is famous for its wildflowers in summer—but in fall, the alpine

views are unmatched. Snow can arrive early here, so check conditions before heading out and bring microspikes if needed.

## **5. Pilot Bay Provincial Park (Kootenay Lake, BC)**

This coastal forest trail system is perfect for a peaceful autumn hike. Trails are well-marked, and the shoreline views make for a rewarding o u t i n g .

Fall hiking offers serenity, beauty, and a refreshing change of pace after the

bustle of summer trails. By preparing with the right gear, starting early, and choosing appropriate trails, you can safely enjoy the best the season has to offer. As the days grow shorter and the leaves crunch under your boots, take the time to slow down and truly experience the magic of the season. With each step, you'll not only connect with nature but also with yourself.

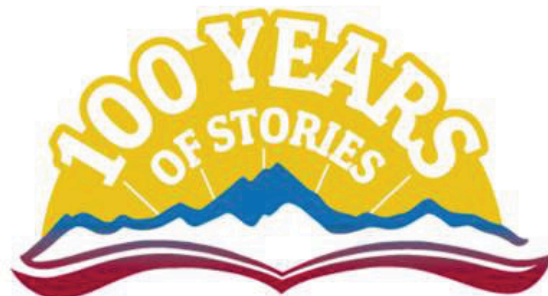


# BOOK BITES

## FALL FUN

Wed, Sept 17th  
3:30 - 4:45pm

**GAMES, CRAFTS AND SNACKS!**



CRANBROOK PUBLIC LIBRARY

\*Free for ages 9 - 12

No registration  
necessary



HEATING — COOLING — PLUMBING — DRAINAGE  
AVAILABLE IN SURREY 24/7

# GURU PLUMBING

*Local Emergency Plumbing and  
HVAC Company in Surrey, BC*

Our plumbing professionals are here to help  
with all your plumbing needs throughout  
Surrey and Metro Vancouver areas.  
Schedule your service today!



Call to find out more  
**604-227-8104**



Visit Our Website  
**guruplumbing.ca**



## Train Your Own Service Dog with Dog Zone Services!



### What We Offer:

- Individualized training sessions.
- Assistance with meeting BC service dog regulations.
- A compassionate approach to support both handler and dog.

### Why Choose Dog Zone

- ✓ Customized Training Plans
- ✓ Experienced Trainer
- ✓ Comprehensive Support
- ✓ Focus on long-term success and reliability



**Board & Train options**

Visit  
**www.dogzoneservices.ca**  
for more details





# Cranbrook Nerd Market



Sponsored by Cranbrook Cards and Collectibles



**Saturday Sept 27 10:00-5:00 PM**

**In the Labour Centre Office building  
Meeting Room. On the main floor,  
located at 105 9th Ave S**

**Cranbrook BC**

**Comic Books  
Sports Cards**

**Vintage Video games and systems**

**Pokemon, Magic The Gathering**

**Other TCG and Table top games**

**Vintage Toys, Funko Pops and local Prints  
and Crafts (Such as crystals and Jewellery)**

**Still room for 1 or 2 vendors (\$10 a table),  
LOOKING FOR FOOD VENDORS, (FREE too set  
up as a food vendor please contact Tom  
236-486-1141)**

**This event will be held MONTHLY  
to help the community buy  
and sell within the  
community farmers  
market style!**

**Follow Cranbrook Cards  
and Collectibles on**

**IG, Tik Tok, Facebook and our Facebook Group**





# THE THURSDAY MURDER CLUB

Movie Review



IMAGE CREDIT: [OUTLOUDCULTURE.COM](https://www.outloudculture.com)

Based on Richard Osman's bestselling novel, *The Thursday Murder Club* brings wit, charm, and a touch of suspense to the screen. Set in a quiet English retirement village, the story follows four unlikely friends—Elizabeth (Helen Mirren), a sharp ex-spy; Ron (Pierce Brosnan), a fiery former union leader; Ibrahim (Ben Kingsley), a retired psychiatrist; and Joyce

(Celia Imrie), a warm but quietly cunning nurse. Together, they spend their Thursdays investigating cold cases—until a real murder happens right on their doorstep.

The film's greatest strength lies in its cast. Mirren delivers a brilliant performance, balancing razor-sharp intellect with sly humor, while Brosnan adds charisma and grit.

Kingsley grounds the group with thoughtful wisdom, and Imrie steals scenes with her disarming warmth and unexpected cleverness. Their chemistry makes the friendships feel authentic, and the banter between them is both hilarious and heartwarming.

Chris Columbus crafts a cozy mystery atmosphere that feels part



**Director:** Chris Columbus

**Writers:** Richard Osman (novel), Ol Parker (screenplay)

**Stars:** Helen Mirren, Pierce Brosnan, Ben Kingsley, Celia Imrie



IMAGE CREDIT: [THE DAILYGRAN.COM](https://www.thedailygran.com)



Agatha Christie and part Knives Out, yet distinctly its own. The pacing keeps viewers engaged, with just enough red herrings and twists to satisfy mystery fans without overwhelming the light-hearted tone. While the film touches on themes of aging, friendship, and loss, it never gets bogged down—maintaining a balance between heart and humor.

If there's one drawback, it's that the mystery itself feels secondary at times to the charm of the characters. But for many, that will be the point—the joy comes as much from watching these retirees outwit the police as it does from solving the case.

Warm, witty, and clever, *The Thursday Murder Club* is a delightful whodunit with heart. It proves

that crime-solving isn't just for the young—and that friendship might be the best detective tool of all.

★ Rating: 4 out of 5 - A charming mystery powered by an outstanding ensemble cast.



# VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



- Fostering Cats / Queens with kittens
- Event planning & preparation
- Daily Cat Care & Feeding
- Sorting cans & delivery to the depot
- Grant writing for the kitties!
- Assist with vaccinations
- Assist with adoption events
- Plan our Marketing Events
- Transportation to the Vet
- Board Members

**JOIN US!**

INFO@ICANBC.COM | WWW.ICANBC.COM



SEPTEMBER 19<sup>TH</sup>, 20<sup>TH</sup>, 21<sup>ST</sup>



MYSTIC CREATIONS 123 WILL BE PARTICIPATING IN THIS GREAT FUNDRAISER, ALONG WITH OTHER SKILLED TATTOO ARTISTS, WHO WILL BE BOOKING SEPARATELY.



EVERY DAY 24/7

Drop off your cans or bottles at ICAN behind the front gate... We are raising funds for the Kitties!!

# CAN & BOTTLE DRIVE



I AM NOW BOOKING FOR THIS EVENT. NO WALK-INS.

\$125 PET REPEAT FLASH

All prices + 10% GST. \$50 is to be paid upon booking as a non-refundable deposit. All measurements are suggestions.

THESE ARE THE TATTOOS YOU CAN BOOK WITH ME



THIS FLASH IS AVAILABLE FROM ME, OUTSIDE THIS EVENT, HOWEVER, WHEN BOOKED DURING THIS EVENT, ALL PROCEEDS WILL GO TO THE SPCA.

SERVICE YOU CAN COUNT ON



- Security Systems • Audio/Video
- Internet and Wifi
- Home Automation

RFEALARMS.COM (250) 342-6549

Join us September 28 • 4 to 8pm



# Columbia Valley

*Rooted together!*

Local Food, Local Chefs, Local Impact







COLUMBIA VALLEY  
FOOD BANK

## Buy a Food Basket For A Household



Two Person  
Food Basket



Five Person  
Food Basket



Eight Person  
Food Basket

Households of all sizes  
benefit from our food baskets.

Choose a donation  
option here from  
\$74.00 to \$335.00.

Tax receipts provided.



Households  
of 1,3,5 and 7  
people



Households  
of 2,4,6 and 8  
people

## Help Relieve Hunger in the Columbia Valley

We provide one week of food  
per household. When  
more support is needed an  
emergency food basket  
is a solution.



Emergency Food  
Baskets (\$39.00)



Emergency Food Basket



# BORDERLANDS 4

## Game Review

Platforms: PS5, Xbox Series X|S, PC

Developer: Gearbox Software

Publisher: 2K Games

Genre: Action RPG, Looter-Shooter



IMAGE CREDIT: [EPIC GAMES STORE](#)





The *Borderlands* franchise has always been synonymous with chaotic gunplay, outrageous humor, and larger-than-life characters. With *Borderlands 4*, Gearbox doubles down on everything fans love while pushing the series into new territory. The result? A wild, satisfying, and surprisingly fresh looter-shooter experience.

### Story & Setting

This time, the vault hunters are thrust into a galaxy-spanning conflict that ties together threads from past entries while introducing a new big bad—an enigmatic warlord harnessing alien tech with devastating consequences. The narrative delivers the trademark humor and snappy writing, but it also digs deeper into emotional arcs for both newcomers and returning characters. Without giving away spoilers, longtime fans will appreciate the nods to past adventures while enjoying a new, self-contained storyline.

### Gameplay

The gunplay is as smooth and addictive as ever, but *Borderlands 4* raises the bar with even more creative weaponry. Elemental fusions, customizable mods, and over-the-top effects make every fire-fight feel chaotic in the best way. New traversal mechanics—like grappling hooks and jet-boosts—add verticality to combat,

making arenas more dynamic and fun.

The skill trees have been revamped, offering more flexibility and hybrid builds, which makes each vault hunter feel uniquely customizable. Co-op remains the soul of the game, with seamless drop-in multiplayer that ensures the chaos is best enjoyed with friends.

### Visuals & Performance

Built for current-gen hardware, *Borderlands 4*'s cel-shaded art style looks sharper and more detailed than ever. From neon-soaked cities to alien wastelands, the environments are vibrant and imaginative. Performance is smooth, with minimal load times and reliable frame rates across platforms.

At its core, *Borderlands 4* doesn't try to reinvent the wheel—but it polishes it to near perfection. With its endlessly entertaining gunplay, zany humor, and strong co-op appeal, it's easily one of the most enjoyable entries in the series to date.

★ Rating: 4.5 out of 5 – Explosive fun that balances fan service with fresh ideas.





# Fall Shoreline Cleanup





**Saturday September 20<sup>th</sup>**

Brought to you by:

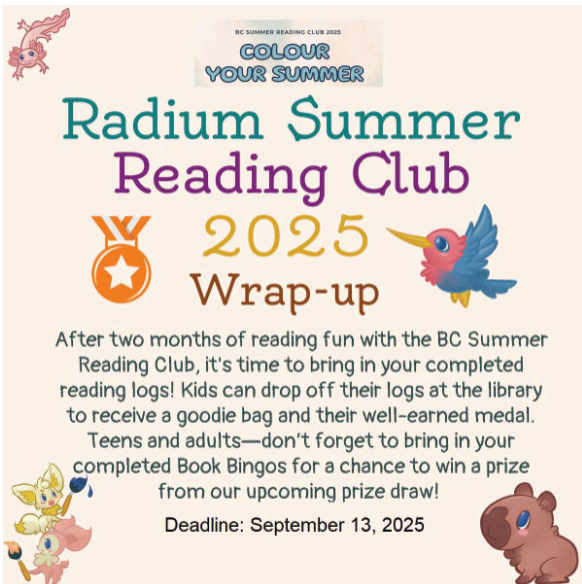
BC SUMMER READING CLUB 2025  
COLOUR YOUR SUMMER

# Radium Summer Reading Club

 **2025**   
Wrap-up

After two months of reading fun with the BC Summer Reading Club, it's time to bring in your completed reading logs! Kids can drop off their logs at the library to receive a goodie bag and their well-earned medal. Teens and adults—don't forget to bring in your completed Book Bingos for a chance to win a prize from our upcoming prize draw!

Deadline: September 13, 2025



Those big yellow vehicles will be out in full force now that school is back in session ~

They're carrying precious cargo, so please be aware and take extra care...



#PortageWarriorWay

# MARITIME KITCHEN PARTY



Lennon Delany · Tom Bungay and Art Osmond

**Saturday, September 20<sup>th</sup>**  
Dinner at 6:00 Music Starting at 7:00pm

Join us for foot stompin' music, songs and maybe a dance or two

**Ugly Stick competition, see who has the best!**



\$35.00 Dinner and Music  
\$15.00 Music only  
Tickets at the Bar!

**Jiggs Dinner - Fish Chowder, Salt Beef, Veggies, Pease Pudding, Condiments and Blueberry Duff for dessert!!**

**Legion**   
Windermere District #71

# ANDREW RODGERS

WESTERN CANADA TOUR



**RADIUM BREWING  
RADIUM HOT SPRINGS, BC  
SEPT 11 / 7:00 PM**





[hobbithousecollectibles.com](http://hobbithousecollectibles.com)

**Welcome to Hobbit House Collectibles!**

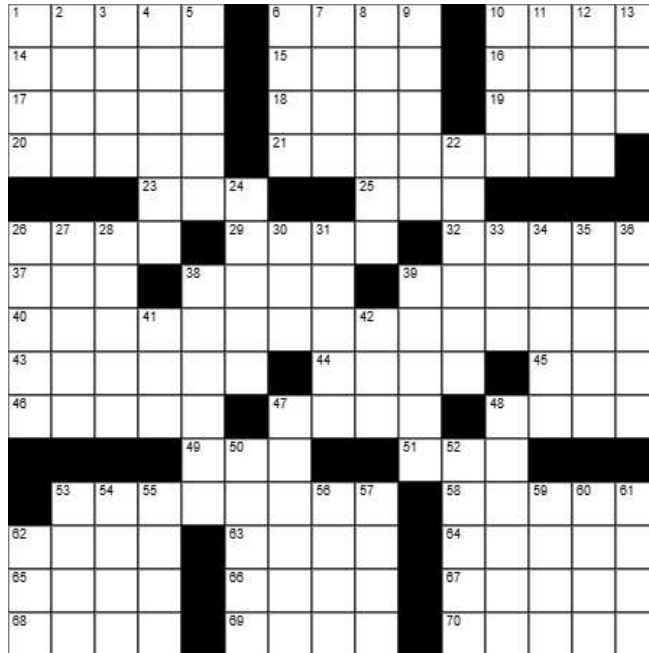
**Nestled just 4km south of Radium Hot Springs, we invite you to explore our whimsical collection of antiques and treasures at 8288 Hobbit Frontage Rd, Hwy 93/95. Our charming shop is bursting with unique finds that are sure to spark joy and nostalgia! Have you visited us before? Share your favorite discovery in the comments on Facebook! If you haven't, what kind of collectible are you hoping to find? Don't forget to swing by and say hello, we're open and ready to help you uncover your next great treasure! #HobbitHouseCollectibles #AntiqueAdventure #RadiumHotSprings**



# A LITTLE FUN

## Across

1- Eyeglasses, for short; 6- Repair; 10- Apiece; 14- Pale purple; 15- La Scala solo; 16- Chapter of the Koran; 17- Make \_\_\_ for oneself; 18- Waterfall; 19- Streetcar; 20- Physician to Marcus Aurelius; 21- Frozen dessert; 23- Sleep acronym; 25- Ball holder; 26- Daddy; 29- One's partner; 32- Persona non \_\_\_; 37- Egg cells; 38- Computer input; 39- Destroy hearing; 40- In spite of; 43- Large towns; 44- Civil wrong; 45- ACLU concerns; 46- Prepares for publication or release; 47- Words of understanding; 48- \_\_\_ we forget; 49- Building extension; 51- Actress Sandra; 53- Mobile (phone); 58- Hazardous gas; 62- Little bit; 63- Queue after Q; 64- Make \_\_\_ of (write down); 65- Not deceived by; 66- Breaks bread; 67- Big rigs; 68- So-so grades; 69- Unit of force; 70- Build;



## Down

1- Smelting waste; 2- \_\_\_ colada; 3- Airline since 1948; 4- Photographic device; 5- Part of an act; 6- French Sudan, today; 7- Slang expert Partridge; 8- Degrees in a right angle; 9- Move rhythmically; 10- Italy's Villa d'\_\_\_; 11- Charisma, atmosphere; 12- Pull an all-nighter; 13- Stage hog; 22- University official; 24- Castle water pits; 26- \_\_\_ de Leon; 27- Shun; 28- Singer LaBelle; 30- \_\_\_ degree; 31- Wears well; 33- Way cool!; 34- Blazing; 35- Circus sights; 36- Emo anxiety; 38- Fuel oil; 39- Ventured; 41- Intelligence; 42- Sock part; 47- You got that right!; 48- Less fatty; 50- Enticed; 52- Rub out; 53- Scoop holder; 54- Kitchen addition; 55- Vietnam neighbor; 56- Envelope abbr.; 57- Subterfuge; 59- Capitol feature; 60- Ear-related; 61- Tree house; 62- Summer Games org.;

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



Why did the boy keep tripping on September 22?

Because it was the beginning of fall.

