

Justin Spilly  
**PHOTO CREDIT**

**I N S I D E   T H I S   E D I T I O N**

**POSITIVE SELF-TALK CAN CHANGE YOUR LIFE**

Are you speaking kindly to yourself?

**MANAGING SEASONAL AFFECTIVE DISORDER (SAD)**

As summer fades into autumn and the days grow shorter, many people find themselves struggling with a dip in mood and energy levels.

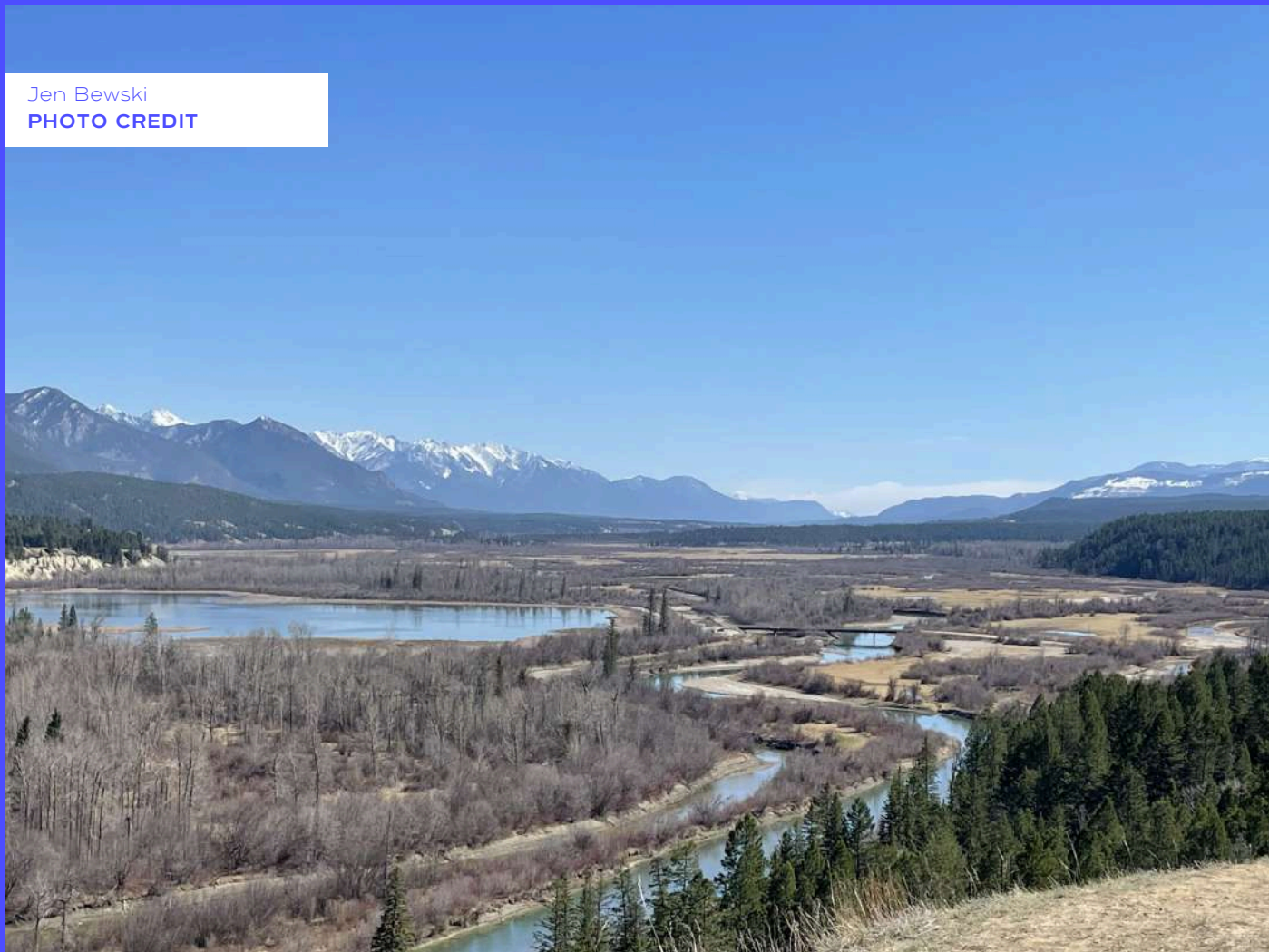
**THE PSYCHOLOGICAL BENEFITS OF HAM RADIO AS A HOBBY**

Ham radio, often considered just a technical hobby, offers profound psychological benefits to its enthusiasts.

**COMMUNITY FUTURES EAST KOOTENAY**

Empowering Local Business and Fueling Regional Growth

Jen Bewski  
**PHOTO CREDIT**



## LETTER FROM THE VOLUNTEERS

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Happy September, and a big "Happy Back to School!" to all of our local students, parents, and teachers. With the start of the school year upon us, we'd like to remind everyone to observe proper safety in school zones and around school buses. It's up to each of us to ensure that our children travel safely to and from school every day. Please be extra mindful of reduced speed limits in school zones and always respect bus signals – our kids are counting on us to keep them safe!

As we embark on a new season, we want to extend a heartfelt "thank you" to all the incredible contributors who have sent in guest submissions. Your stories, tips, and insights have enriched our community, and we are so grateful for your continued support. It's your participation that makes our platform such a special and informative resource for the Columbia Valley.

We'd also like to take this opportunity to thank YOU – our amazing readers. Your engagement and feedback keep us going, and we can't

express how much we appreciate you sharing our content with your friends and family. Believe it or not, we've been serving the Columbia Valley for four years now! As we continue to grow, your support means the world to us, and we'd love your help in reaching even more people. Whether it's forwarding this letter to a friend or posting about us on social media, every little bit helps us expand our audience and community.

As always, we encourage you to keep those submissions coming. Whether it's a local story, an upcoming event, or a special experience you'd like to share, your voice is what makes this platform so dynamic and engaging.

Here's to a safe and successful start to the school year!

The Valley Voices Volunteers (VVV)

# You're Invited to a Shared Open House

Friday September 20th, 11:00am-2:00pm

201 7th Ave, Invermere



in conjunction with the CV Classics Show and Shine Poker Run



See classic cars, get snacks and see what we do!!!



Hot dogs for sale and treats by donation.



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Empowering Local Business and Fueling Regional Growth

### 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)

# 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 September 4, 2024

SUBMISSION DEADLINE September 3, 2024

## 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](mailto:news@thevoicecv.ca)

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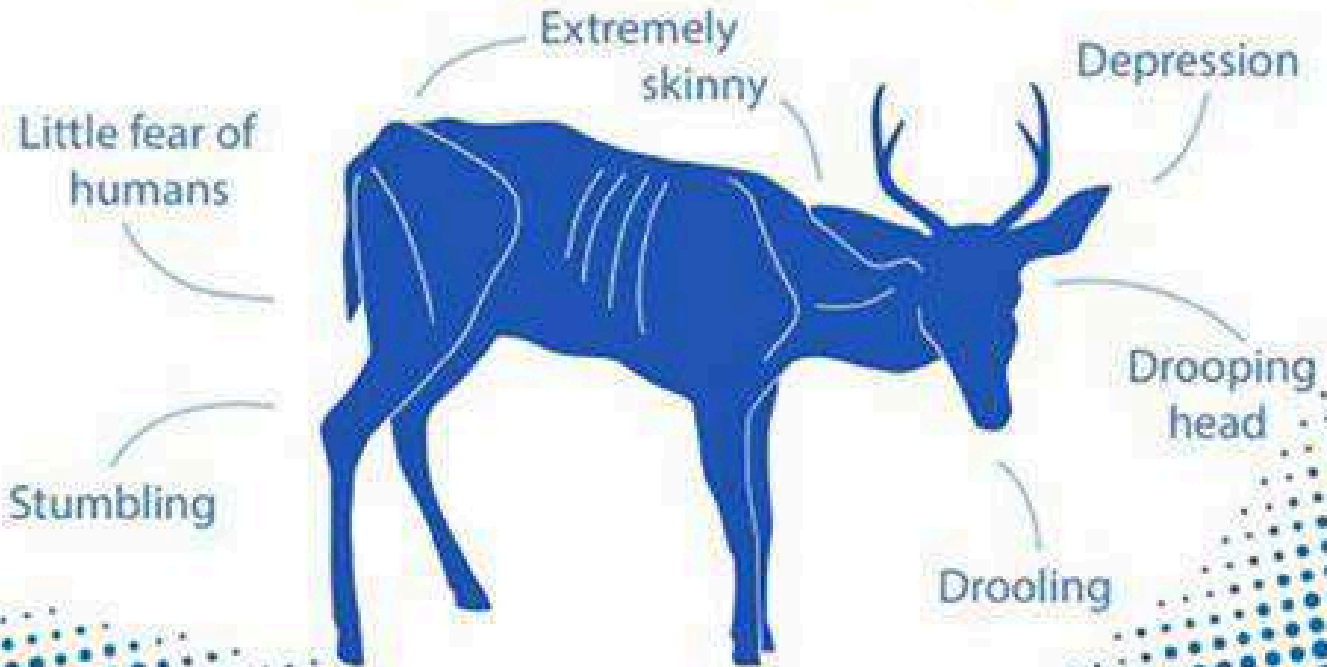
**VISIT US ONLINE**  
[thevoicecv.ca](http://thevoicecv.ca)

**VISIT US ON SOCIAL**  
[@Thevoicecv\\_official](https://www.instagram.com/Thevoicecv_official)

# CHRONIC WASTING DISEASE

Chronic Wasting Disease (CWD) is a threat to B.C.'s deer population.

## Have you seen this?



Keep in mind, early stages of CWD are not always obvious.

Please report sick deer to the **BC Wildlife Health Program** or the **Report All Poachers and Polluters Line (1-877-952-RAPP)**.

FOR MORE INFORMATION:  
 BC Wildlife Health Program  
 ☎ (250) 751-3219  
 ✉ [coll.nelson@gov.bc.ca](mailto:coll.nelson@gov.bc.ca)  
 🌐 [www.gov.bc.ca/chronicwastingdisease.ca](http://www.gov.bc.ca/chronicwastingdisease.ca)

### Going hunting?

Scan the QR Code below to find out how to submit a head for CWD testing.



**STOP CHRONIC WASTING DISEASE**  
 Do Not Import Intact Deer Carcasses  
 Keep B.C. Wildlife Healthy



# Positive Self-Talk Can Change Your Life

## ARE YOU SPEAKING KINDLY TO YOURSELF?



Imagine hearing someone say to you, "That was terrible," "You can't do anything right," or even "You're such an idiot!" How would that make you feel? Would you ever speak to someone else in such a harsh and degrading way? For most of us, the answer is a resounding no. Yet, we often say these things to ourselves, allowing a stream of negative self-talk to shape our thoughts and actions. These harmful words we direct inward can be incredibly destructive, destroying our confidence and distorting our perception of reality.

Think about how we treat others with respect and kindness, even when they make mistakes. We would never dream of criticizing others as harshly as we criticize ourselves. Yet, when it comes to our inner dialogue, we can be our own worst enemy. Thoughts, whether spoken aloud or kept silent, deeply impact our beliefs and physical well-being. The words we choose, especially when directed at ourselves, shape our self-image and our view of the world.

But what if you could change that inner voice? What if you could transform those negative, self-defeating thoughts into something positive and empowering? This is where the concept of positive self-talk comes into play. Positive self-talk is like having a supportive friend living inside

your mind, constantly encouraging and uplifting you. It's the opposite of the harsh inner critic that many of us have grown accustomed to. This inner voice doesn't just influence your mood; it affects your actions, decisions, and, ultimately, your life.

Self-talk is the constant commentary running in the background of your mind. You may not always notice it, but it's always there, influencing how you see yourself and the world. Unfortunately, this commentary often defaults to negative thoughts, filled with doubts and fears that can paralyze you or lead you down paths of self-destruction. However, it's crucial to understand that this inner dialogue is not an unstoppable force; it's something you can control.

Instead of passive invasive thoughts, active self-talk is a powerful tool to steer your mind in a positive direction. There can only be one thought in your head at a time; your thoughts don't talk over each other. Try it yourself: If you have a song stuck in your head or an intrusive thought that won't go away, you can immediately replace it with positive affirmations like "I have all that I need," "I did a great job," or "I love you." These affirmations have the power to cancel out the negative chatter that often dominates our minds.

The key is to take control of your thoughts before external forces, such as fears, worries, and doubts, do it for you. The outside world is full of negative influences that can easily seep into your mind if you let them. However, you can create a mental shield against these harmful forces by actively engaging in positive self-talk. As Miya Yamanouchi, a dynamic empowerment counsellor, wisely said, "The way you choose to think and speak about yourself (to yourself and others) IS A CHOICE! You may have spent your whole life talking about yourself in a negative way, but that doesn't mean you have to continue that path."

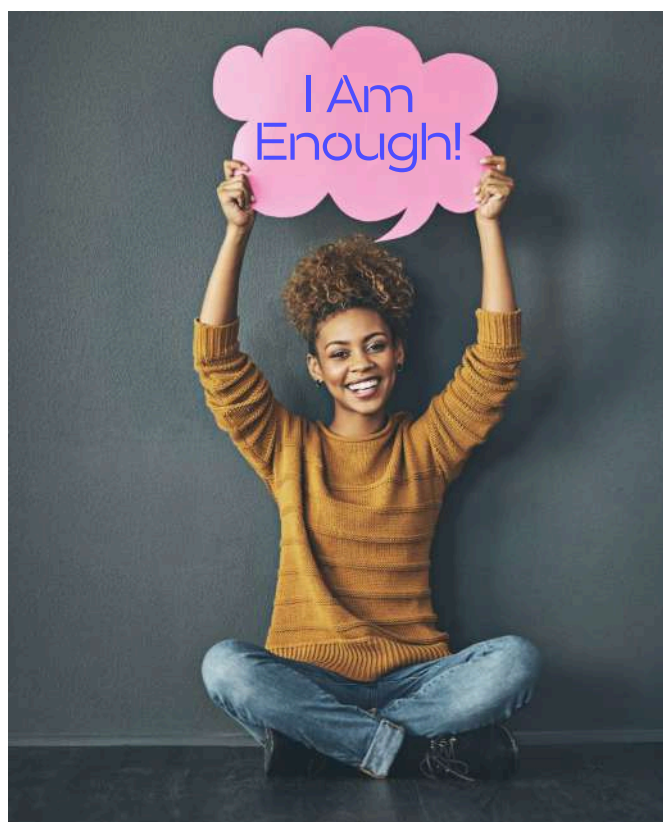
Replacing negative self-talk with positive affirmations isn't an overnight conversion. It requires effort, consistency, and practice. Initially, it might feel awkward or even insincere to tell yourself things like "I am strong" or "I am respected," especially if you're used to a more critical inner dialogue. However, just like any new habit, the more you practice it, the more natural it becomes. Over time, this practice will replace the harmful, repetitive, and destructive soundtrack in your head with a more uplifting and empowering one.

It's important to remember that you are the author of your thoughts. You have the power to choose how you talk to yourself. This is a significant realization because it means you're not at the mercy of your thoughts; you're in control. As Russ Kyle, a self-development specialist, puts it, "Watch what you tell yourself; you're likely to believe it." If you constantly tell yourself

that you're not good enough, that you're a failure, or that you're worthless, you will start to believe those things, and they will shape your reality. Conversely, if you fill your mind with positive, affirming thoughts, you'll begin to believe those, too, and your life will change accordingly.

Your relationship with yourself is the most important one you'll ever have. Like any other relationship, it requires care. By treating yourself with the same kindness, respect, and compassion you offer others, you can build a strong, positive inner voice that supports you through life's challenges. As the renowned spiritual teacher, David R. Hawkins said, "The most powerful relationship you'll ever have is the one with yourself. Nurture it with love and kindness."

Taking control of your inner dialogue is empowering in a world that often bombards us with negativity. By choosing to engage in positive self-talk, you're not only changing your thoughts; you're changing your life. The process may be challenging and may take time, but the rewards are profound. You have the power to shape your reality through the words you speak to yourself. So, start today. Speak kindly to yourself, and watch how your world changes for the better.



# NICU Fundraiser

We are just under ONE month away from hosting  
**the NICU Fundraiser BBQ at McPherson's**  
**Sept 14, 2024**  
**11am - 3pm**

The EKFH is currently \$ 600,000 away from reaching  
their goal towards the NICU Unit at East Kootenay  
Regional Hospital. Thank you to all those in our  
communities who have donated and shown their  
support. We hope to see you September 14th at the BBQ,  
If you wish to donate online feel free to utilize  
the following link below.

Online Donation ([blackbaud.com](https://blackbaud.com))

Thank you everyone for your donations  
we look forward to seeing you



# VALLEY PROMOTIONS



# VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



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

JOIN US!

INFO@ICANBC.COM | WWW.ICANBC.COM




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




## Online Auction

Bid to make a difference- Your Winning Bid Supports Chronic/Life Limiting Illness, Palliative, and Bereavement Programs.

AUCTION RUNS UNTIL NOON SEPTEMBER 8TH

VIEW AND BID AUCTION HERE:

WWW.32AUCTIONS.COM/CVHS2024





## Golf Fore PAWS

Join us on Sept 22nd on the Creekside Golf Course

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Shotgun at 1 & 3pm

Golf & BBQ Dinner \$58  
BBQ Dinner \$40  
Includes taxes and gratuity.



Sign up at: [www.shorturl.at/lsVXi](http://www.shorturl.at/lsVXi)

Silent Auction \* Prizes Galore \* 50/50 draw!



# INVERMERE MOUNTAIN BLOCK PARTY

FEATURING:



TOM COCHRANE



MATT ANDERSEN

LIMITED NUMBER OF EARLY BIRD DISCOUNTED TICKETS AND VIP PASSES

LOCATION:  
13TH STREET  
DOWNTOWN INVERMERE

GATES OPEN @  
4:30 PM

# FRIDAY SEPTEMBER 6<sup>TH</sup> 2024






# Supporting Students with Tutoring and Extracurricular Activities



As the new school year begins, many parents are looking for ways to support their children's academic and social growth. Beyond the classroom, tutoring services, clubs, and extracurricular activities can be invaluable tools to help students not only keep up with their studies but also thrive both academically and personally.

## Tutoring Services for Academic Support

Tutoring can make a significant difference, whether your child needs help in a particular subject or simply wants to improve their overall skills. Many local resources provide tutoring in a variety of subjects, offering one-on-one or group sessions tailored to different learning styles.

**In-School Tutoring Programs:** Many schools in the Columbia Valley offer free or low-cost tutoring through after-school programs or peer tutoring groups. Contact your child's teacher or school administration for details.

**Private Tutoring:** There are also private tutors available in the community who specialize in specific subjects like math, science, or language arts. Local learning centers or online platforms like Tutor.com or Wyzant allow parents to find skilled professionals who can meet their child's unique academic needs.

**Library Resources:** Don't overlook your local library! Many libraries offer homework help, reading programs, and access to online resources like live tutoring or study materials for free.

## Extracurricular Activities for Holistic Development

Beyond academics, extracurricular activities are key in helping students build social skills, self-confidence, and discipline. The Columbia Valley offers a wealth of opportunities for students to explore their interests and develop new talents.

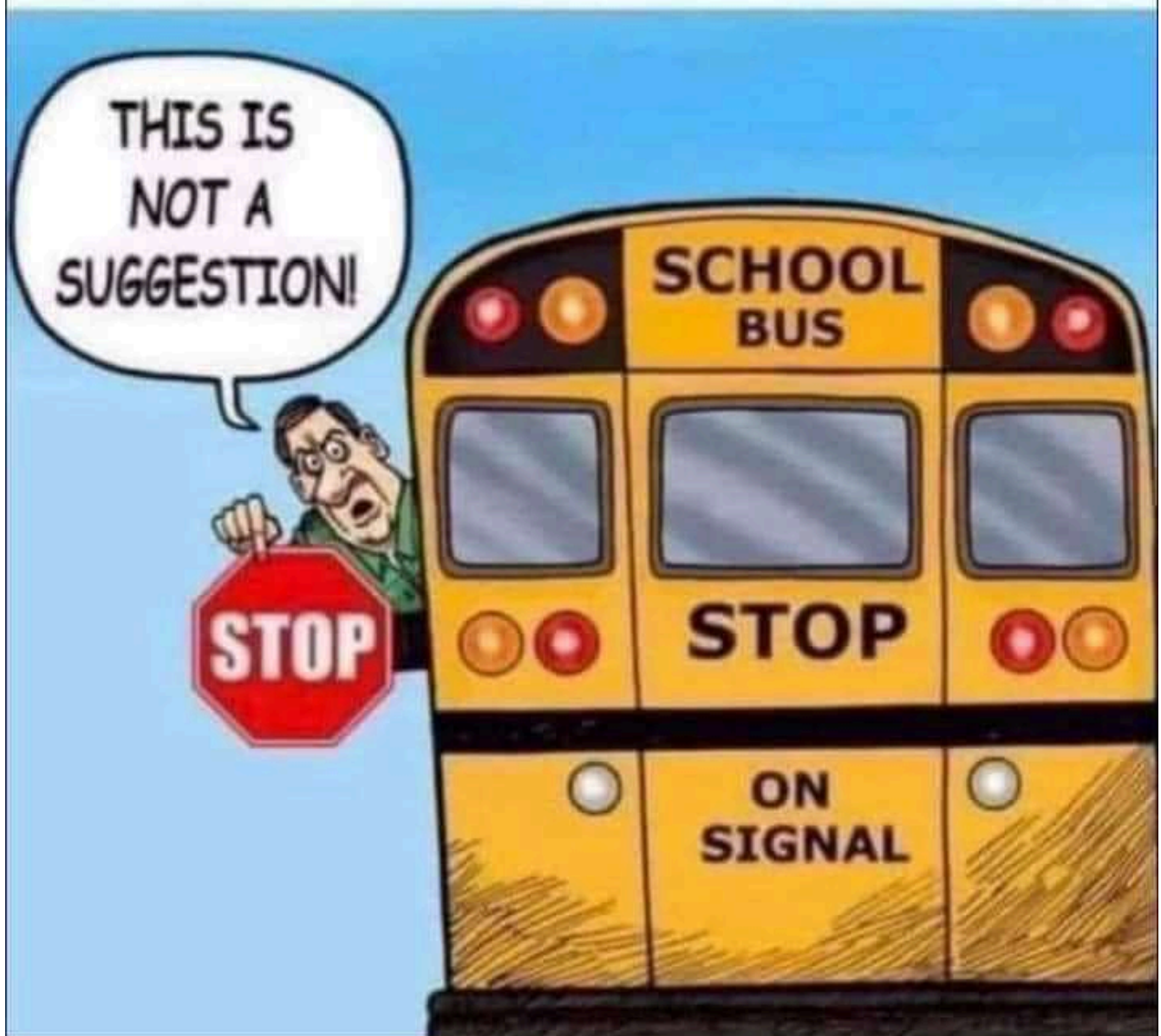
**Clubs and Teams:** From chess clubs to hockey teams, there's something for everyone. Schools often have a wide variety of extracurricular activities, so encourage your child to explore options that align with their passions.

**Community Organizations:** Consider signing your child up for programs offered by community groups like the local recreation center, Scouts Canada, or sports leagues. These groups provide enriching experiences that focus on teamwork and leadership.

By taking advantage of tutoring and extracurricular activities, parents can help their children have a well-rounded and successful school year.

If a bus has it's stop sign out it is either loading or unloading a student. It is telling you to stop and look for students. Just **STOP, IT'S THE LAW.**

This can not be shared enough





**VALLEY PROMOTIONS**



- Mixed Gender
- Weekly, May 2nd to end of Sept
- Thursdays 6:30pm-8:00pm
- Giegrich Field in Kimberley



Check out our facebook page  
"Kimberley Ultimate Frisbee"  
or email [kimberleyultimatefrisbee@gmail.com](mailto:kimberleyultimatefrisbee@gmail.com)  
for more info and link to registration.

Made with PosterMyWall.com



# MANAGING SEASONAL AFFECTIVE DISORDER (SAD)

**With summer fading into autumn and the days grow shorter, many people find themselves struggling with a dip in mood and energy levels. This phenomenon is not uncommon and is known as Seasonal Affective Disorder (SAD).**

A form of depression that follows a seasonal pattern, SAD typically begins in late fall and lasts through the winter months. For those living in the Columbia Valley, where winter days can be particularly short and overcast, understanding and managing SAD is essential for maintaining mental health and well-being during the colder months.

## **Understanding Seasonal Affective Disorder**

Seasonal Affective Disorder is a type of depression that occurs at the same time each year, most commonly during the fall and winter months when sunlight is limited. The exact cause of SAD is not fully understood, but it's believed to be related to the reduced level of sunlight during these months. This lack of sunlight can disrupt the body's internal clock (circadian rhythm), leading to feelings of depression. Additionally, the

decrease in sunlight can cause a drop in serotonin levels, a neurotransmitter that affects mood, and disrupt melatonin levels, which can affect sleep patterns and mood.

## **Symptoms of SAD can vary from mild to severe and may include:**

- Persistent low mood
- Loss of interest in activities once enjoyed
- Low energy and fatigue
- Sleep disturbances (sleeping too much or too little)
- Changes in appetite, particularly craving carbohydrates
- Weight gain
- Difficulty concentrating
- Feelings of hopelessness or worthlessness

If you experience these symptoms for two or more consecutive winters and they significantly impact your daily life, it's important to consult a healthcare professional.

## Tips for Managing SAD

While the effects of SAD can be challenging, there are several strategies that residents of the Columbia Valley can use to manage symptoms and improve their overall mental health and well-being during the fall and winter months.

### Maximize Exposure to Natural Light

One of the most effective ways to combat SAD is to increase your exposure to natural light. Even on cloudy days, getting outside during daylight hours can help. Try to spend at least 30 minutes to an hour outside each day, particularly in the morning. Taking a walk, sitting by a window, or participating in outdoor activities can boost your mood and energy levels. If natural sunlight is limited, consider using a light therapy box, which mimics natural sunlight and can help regulate your circadian rhythm and improve mood.

### Maintain a Regular Sleep Schedule

Sleep plays a crucial role in managing SAD. Establishing a consistent sleep routine by going to bed and waking up at the same time each day can help regulate your body's internal clock. Make sure your sleep environment is conducive to rest: keep your bedroom cool, dark, and quiet, and avoid screens at least an hour before bedtime. If you struggle with sleep, practices like meditation, deep breathing exercises, or listening to calming music before bed can promote relaxation and better sleep quality.

### Stay Physically Active

Regular physical activity is a powerful tool for managing depression, including SAD. Exercise boosts the production of endorphins, which are natural mood lifters. Aim for at least 30 minutes of moderate exercise most days of the week. Activities such as walking, jogging, swimming, or yoga can be particularly effective. If outdoor exercise isn't feasible, consider indoor options such as home workouts, fitness classes, or swimming at a local



pool. In addition to improving mood, regular exercise can help regulate sleep patterns and increase energy levels.

### **Stay Connected with Others**

Social support is crucial for mental health, especially during the colder, darker months. Make an effort to stay connected with friends, family, and the community. Socializing, whether in person or virtually, can provide emotional support and help combat feelings of isolation and loneliness. Join local groups or clubs, volunteer, or participate in community events to stay engaged with others. If you find it difficult to reach out, try scheduling regular catch-ups with loved ones or attending group activities that interest you.

### **Eat a Balanced Diet**

Your diet can have a significant impact on your mood and energy levels. During the winter months, it's common to crave carbohydrates and sugary foods, but it's important to maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. These foods provide essential nutrients that support brain health and mood regulation. Omega-3 fatty acids, found in fish, walnuts, and flaxseeds, have been shown to help alleviate depression. Additionally, limit your intake of caffeine and alcohol, which can interfere with sleep and exacerbate depressive symptoms.

### **Consider Professional Help**

If SAD symptoms become overwhelming, it's important to seek professional help. A mental health professional can offer support through various treatments, including cognitive-behavioral therapy (CBT), which is effective in treating SAD by helping individuals change negative thought patterns and behaviors. In some cases, medication may be recommended to help manage symptoms. Antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs), can be prescribed to increase serotonin levels

in the brain and improve mood.

### **Engage in Relaxation Techniques**

Relaxation techniques such as mindfulness meditation, deep breathing exercises, and progressive muscle relaxation can help reduce stress and improve overall well-being. These practices promote relaxation, enhance mood, and provide a sense of control over anxiety and depressive symptoms. Regular practice can also help improve sleep quality and boost your resilience against the emotional challenges of the winter months.

### **Plan Enjoyable Activities**

Planning activities that you enjoy and look forward to can help break the cycle of negative thinking and low energy associated with SAD. Whether it's pursuing a hobby, attending cultural events, or taking up a new winter sport, engaging in enjoyable activities can provide a sense of purpose and pleasure. Make a list of things you love doing and commit to including them in your weekly routine. Celebrating small successes and rewarding yourself for sticking to your self-care plan can also help maintain motivation.

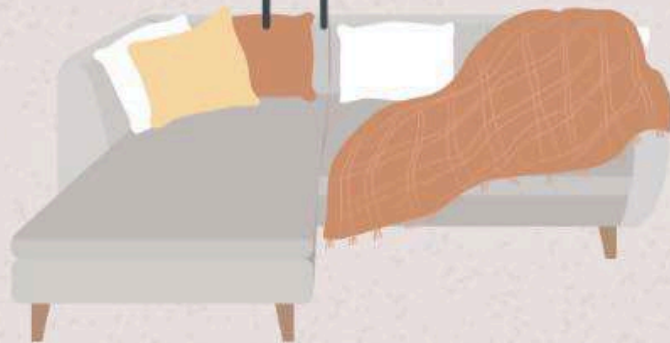
Seasonal Affective Disorder is a significant challenge for many, but with the right strategies, it's possible to manage symptoms and maintain a positive outlook throughout the fall and winter months. By maximizing exposure to natural light, maintaining a regular sleep schedule, staying active, connecting with others, eating a balanced diet, and seeking professional help when necessary, residents of the Columbia Valley can navigate the darker months with resilience and well-being.

Remember, you're not alone in this experience. Many people face similar challenges with SAD, and there are resources and support available to help you through it. By taking proactive steps, you can reduce the impact of SAD and enjoy the unique beauty and opportunities that the winter season offers.



# Cranbrook Women's Resource Centre

## Fall 2024 Peer Support Groups



**TUESDAYS 1:30 TO 2:30**

*Registration required for each four-week group.*

**STARTS SEPT 17  
\*FOR FOUR WEEKS\***

**Single Moms  
Mental Health  
Peer Support  
Group**

**STARTS OCT 15  
\*FOR FOUR WEEKS\***

**Separation and  
Divorce Peer  
Support Group**

**STARTS NOV 12  
\*FOR FOUR WEEKS\***




**Healing From  
Coercive Control  
Peer Support  
Group**

**To register: email [cbkwrc@ccssecbc.com](mailto:cbkwrc@ccssecbc.com) or call 250.426.2912.**



**Cranbrook Women's  
Resource Centre**  
*a Community Connections program*

**VILLAGE ARTS**  
*Art for everyone!*

VILLAGE ARTS

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




**RADIUM POST OFFICE RENOVATIONS**

**SORRY FOR THE INTERRUPTIONS**

EXPECT INTERMITTENT WEEKEND CLOSURES TO THE LOBBY UNTIL SEPT 30, 2024

**Down East Kitchen Party**



It's a Kitchen Party! Bring yerself, yer friends and if you got it, a musical instrument. Ugly stiek, spoons, fiddles, guitars anything to make the evening fun!

**Saturday, September 28th**  
after the Fall Fest Market on 13th Street  
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!**

**71** Fish & Chips  
Clam Chowder  
Lobster Rolls  
and maybe more!

Sign in at the Bar before September 21, so we know how many's comin'!



**Legion**  
Windermere District #71

TRIANGLE WOMEN'S INSTITUTE  
**PIONEER HALL GRASMERE**



**FUNDRAISER DINNER**

**A TASTE OF ITALY**

**Lasagna, Ceasar Salad, Garlic Bread & A Variety of Desserts**

**FRIDAY, SEPTEMBER 13<sup>TH</sup>, at 6:00 pm**  
Adults \$20.00, Children 12 and under \$10 & under 5 Free

All proceeds from the dinner and 50/50 draw, go towards the expansion of the "PIONEER HALL"

We accept: Cash, Debit, Credit and E-transfer  
Sponsored by the members of the Triangle Women's Institute

# VALLEY PROMOTIONS

# KIMBERLEY'S *First* SATURDAYS

*Celebrating Arts, Culture & Heritage*

*Celebrating*  
— 10 YEARS —

**FREE  
EVENT!**



Great Stair Challenge - 11am

Line Dancing - 11:30am

**12pm-4pm in the Platz!**

Free Workshops and Demonstrations

Make Art Studio: Watercolour Flowers

Sumi-e Japanese Brush Painting with Tony Austin

You Can Ukulele with Helen Robertson:

12:30pm Beginner Lesson

2pm Jam Session

Metis Dot Painting with Jenn Moes

Feature Artist Laurie Crawford

Local Arts and Crafters Market

Live Music

Bill St. Amand Gary Schneider

Mike Stack The TuneSmiths

the d'linquint

Kids Activities

Face Painting with Skylar

Photo Booth with Brittany

Funk Haus Presents:

Make Your Own Bird Mask

Kimberley Library Presents:

Elephant and Piggie's Fall Fun Leaf Hunt



## EVENING CONCERT

The One Light Town Party

5:30pm

Opener 6pm

THE HURRICANES

Feature Band - 7pm

MILE HIGH CLUB



Beer Garden

BBQ Hosted By

Biscuit: A Place To Sup

Family friendly event will take  
place rain or shine

Bring your own chair encouraged

Donations Gratefully Accepted

FOR MORE  
INFORMATION  
FOLLOW US ON  
SOCIAL MEDIA



Printing courtesy of Kootenay Orienteering



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kimberleyfirstsaturday@gmail.com  
www.kimberleyfirstsaturdays.com  
www.centre64.com

Justin Spilly  
PHOTO CREDIT

# WILDLIFE SAFETY IN THE FALL

## What to Watch Out For in Columbia Valley, BC

**As the crisp autumn air starts to sweep across the Columbia Valley, the beauty of the changing seasons brings with it some shifts in local wildlife behavior.**

Whether you're an avid hiker, a nature enthusiast, or simply someone enjoying the great outdoors, fall in this stunning region of British Columbia offers ample opportunities to observe wildlife. However, it's also a time when animals are preparing for winter, and this preparation can lead to increased activity and potential encounters.

To help you enjoy this magnificent season while staying safe, here are some tips and advice on how to observe wildlife responsibly, avoid dangerous encounters with animals (especially bears preparing for hibernation), and what to do if you cross paths with wildlife on trails or near your home.

### **1. Understanding Wildlife Behavior in the Fall**

In the fall, animals are busy getting ready for the harsh winter months ahead. Bears, in particular, are entering a phase called hyperphagia, where they will spend nearly all their waking hours foraging for food to build up enough fat reserves for hibernation. Deer, elk, and moose are

more active during this season as well, with mating (rutting) seasons underway for some species. This increased movement can bring wildlife into closer contact with human activity areas.

Bird migrations are also in full swing during the fall, offering a spectacular sight for bird-watchers, but animals on the ground might be more defensive as they protect their food sources and young. While wildlife encounters are always a possibility in the Columbia Valley, understanding the seasonal behaviors of these animals can help reduce the risk of dangerous situations.

### **2. Bear Safety: Avoiding Encounters During Hibernation Prep**

Columbia Valley is home to both black bears and grizzly bears, and fall is a critical time for them. From September to November, bears are searching for food and becoming more active before hibernation, so it's essential to stay vigilant when hiking, camping, or even in your own backyard.

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backyard.

### Tips for Avoiding Bear Encounters:

- **Make Noise:** Bears typically avoid humans, but you don't want to surprise them. When hiking in bear territory, make your presence known by talking loudly, clapping, or using a bear bell. Stick to well-used trails to avoid dense areas where bears might be foraging.
- **Carry Bear Spray:** Always have bear spray accessible when venturing outdoors. Know how to use it, and keep it within reach, not inside your backpack.
- **Keep Your Distance:** If you spot a bear in the distance, never approach it. Bears are fast and can become aggressive if they feel threatened.
- **Secure Attractants:** Bears are drawn to anything with a scent. Store food, garbage, pet food, and even birdseed in bear-proof containers, especially if you live in or near forested areas.

### What to Do If You Encounter a Bear:

- **Stay Calm:** Don't run; running may trigger a chase instinct in the bear.
- **Back Away Slowly:** Avoid direct eye contact, but don't turn your back on the bear.
- **Make Yourself Big:** Stand tall, raise your arms, and speak firmly to the bear.
- **Use Bear Spray if Necessary:** If the bear approaches you, use your bear spray as a last resort. Aim for the bear's face and discharge in short bursts.

## 3. Other Wildlife to Watch Out For

In addition to bears, there are several other animals that you may encounter in the Columbia Valley during the fall. Knowing what to expect from these species can help you better prepare for outdoor adventures.

**Deer, Elk, Big Horn Sheep, and Moose:** These large mammals are particularly active during the rutting season (fall mating season). Male elk and deer can become territorial and aggressive during this time. It's best to admire these animals from a distance.

- **Keep Your Distance:** If you come across a deer, elk, big horn sheep or moose, don't approach. They may charge if they feel cornered or threatened.
- **Watch for Signs of Aggression:** If an animal's ears are laid back or it begins to paw the ground, this is a warning sign. Back away calmly and avoid making any sudden movements.

### **Coyotes and Wolves:**

While encounters with these predators are rare, they do exist in the Columbia Valley. Coyotes and wolves tend to avoid humans but may come closer to residential areas if food is scarce.

- **Don't Feed Wildlife:** Never leave food out in the open, as this can attract both coyotes and wolves to populated areas.
- **Keep Pets Safe:** Don't let pets roam freely, especially in rural areas where predators may be present. Keep your pets on a leash when hiking.

### **4. Wildlife Near Your Home: Prevention and Precaution**

For residents living in the Columbia Valley or those staying in nearby cabins or vacation homes, wildlife may come into closer proximity as they search for food in the fall. There are several steps you can take to prevent wildlife from being attracted to your home.

- **Secure Your Trash:** Use bear-proof garbage cans and ensure they are tightly sealed. Only put trash out on the day of pickup.
- **Remove Outdoor Food Sources:** Don't leave pet food, compost, or ripe fruit sitting out in your yard. Bears, deer, and other wildlife can be attracted to these.
- **Install Motion-Activated Lights:** These can help deter nocturnal animals from approaching your home.
- **Fencing:** Consider using fencing to keep larger animals like deer or moose out of your yard, especially if you have a garden.

### **5. Tips for Responsible Wildlife Viewing**

If you're hoping to see wildlife in their natural habitat this fall, there are several things you can do to make your experience both enjoyable and safe.

- **Use Binoculars or a Zoom Lens:** These tools allow you to view wildlife from a safe distance without intruding on their space.
- **Respect Animal Space:** Always observe wildlife from afar. Never chase, approach, or feed wild animals.
- **Stay on Designated Trails:** This reduces your risk of encountering dangerous wildlife and helps preserve natural habitats.
- **Be Mindful of the Time of Day:** Many animals are more active at dawn or dusk, so if you're hoping to spot them, these are the best times. Just remember that these times are also when bears and other predators may be hunting or foraging, so take extra caution.

The Columbia Valley is a haven for wildlife, especially in the fall as animals prepare for the coming winter. By understanding wildlife behavior, taking preventative measures, and following safety guidelines, you can have a memorable experience while keeping both yourself and the animals safe. Whether you're hiking through the wilderness or simply enjoying the beauty of nature from your backyard, fall is an excellent time to witness the wonders of the natural world while staying mindful of the potential risks.

Stay safe, enjoy the season, and remember – the best wildlife encounters are the ones where both humans and animals remain undisturbed.

Syd Danis  
**PHOTO CREDIT**



## Hours Of Operation Reminder

### Hamper Distribution Hours


Tuesdays and Thursdays  
from 12:30pm-2:00pm

ID is required for all members of the household



### Drop-in Donation Hours Mondays and Wednesdays from 10:00am-1:00pm

To respect the privacy of our clients please come in during donation hours.  
Donations can also be given on our website and in donation bins at participating grocers.




2024

# SEPTEMBER

## @THE HUB

PRIDE & ALLIES MON	COOKING 5PM TUE	WED	THU	JAM NIGHT! 5PM FRI
2 CLOSED	3 CLOSED	4 CLOSED	5 POPCORN NIGHT	6 🧢 OUTDOOR GAMES
9 COOKIE BAKING	10 CHICKEN ALFREDO	11 KARAOKE	12 SLIME MAKING	13 FORTNITE FRENZIE
16 🧢 SLIME MAKING	17 POUTINE	18 🧢 CUP STACK COMPETITION	19 YOUTH OF THE MONTH ACTIVITY PICK	20 POOL TOURNI
23 BRACELET MAKING & TRADING	24 YOUTH OF THE MONTH MEAL PICK	25 🧢 BOARD GAMES	26 THE CANAL FLATS YOUTH SPACE RE-OPENS	27 BRACELET MAKING & TRADING
30 KARAOKE	<p>YOUTH OF THE MONTH: <b>FERGE!</b></p>			

**BACK TO SCHOOL!**  
MON-THU 3-8PM  
FRIDAY 1-8PM



# VALLEY PROMOTIONS



# 34th ANNUAL SHOW & SHINE

The date for our 34th Annual Columbia Valley Classics Show & Shine weekend will be September 20 & 21, 2024. Don't miss out on one of the biggest car shows in BC.

<b>50</b> Days	<b>01</b> Hrs	<b>21</b> Mins	<b>15</b> Secs
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Edgewater Rec Society Presents

## Family Golf

September 14, 10:00

Edgewater Hill Top

Best Ball

Teams 2 Adults and 2 Children

Cost \$90 (includes prizes/pie)

Register by September 11



QUESTIONS- CONTACT Jacquie Schnider [jschnide@telus.net](mailto:jschnide@telus.net)  
Adult Name Pie Choice

GOLDEN ACTIVE LADIES X GOLDEN CYCLING CLUB

# FAT VIBER

## G.A.L. ENDURO RACE



**AFTER PARTY - RIVERHOUSE**  
**LADIES ONLY**  
**SEP 21ST 2024**

**ABUNDANCE**  
Holistic Health & Yoga Fair

# VENDORS WANTED

WELLNESS MARKET  
CRANBROOK, BC

NOVEMBER 16, 2024  
APPLY TODAY AT  
[ABUNDANCEFAIR@GMAIL.COM](mailto:ABUNDANCEFAIR@GMAIL.COM)



KAST | Community    groundfloor COWORKING SPACE    YXC MAKER (SPACE)

Sept 11th, 6 to 8 PM  
@Groundfloor Coworking Space

## YXC TECH MEETUP

Join us to learn about 'Systems Thinking for Sustainable, Resilient Commercial Developments' with Bruce Wilson of the Lighthouse Development Co-op  
\*Please register to confirm your attendance\*

Free Event    Food and Drink included!

Event address: 131 7th Ave South, Cranbrook BC V1C 2J3



# Buck Packs Available now!



## What is a Buck Pack?

26 game tickets for Adults or seniors at a discounted price.

## Who would buy a Buck Pack?

Couples or friends who can't make it to all the games because they work shift work or travel away for part of the season.

**Come see us at the Bucks office or call 250-426-8889 for more information**





# FALL FLAVOURS

Here's a list of refreshing shots and cocktails perfect for enjoying in September.

## AUTUMN APPLE CIDER SHOT

### Ingredients:

1. 1 oz apple cider
2. 1 oz cinnamon whiskey
3. a dash of lemon juice.

### Instructions:

Shake the apple cider, cinnamon whiskey, and lemon juice with ice. Strain into a shot glass and garnish with a cinnamon stick.

## PUMPKIN SPICE WHITE RUSSIAN (DELISH)

### Ingredients:

#### For the rim

1. 1 tsp. pumpkin pie spice
2. 3 Tbsp. crushed graham crackers

#### For the drink

1. 2 oz. vodka
2. 1 oz. Kahlua
3. 1 1/2 oz. pumpkin spice creamer
4. cinnamon stick, for garnish

### Instructions:

#### Step 1

Make the rim: On a shallow plate, combine pumpkin pie spice and crushed graham crackers. Dip the edge of each glass in water, then into the mixture, coating the edge of each glass.

#### Step 2

Make the drink: Pour vodka and Kahlua into glasses filled with ice. Top with creamer. Garnish with a cinnamon stick and a sprinkle of pumpkin pie spice.



## LEMON MAPLE BOURBON COCKTAIL ([LILYPADCOTTAGE](#))

### Ingredients:

1. 1.5 oz of lemon juice
2. 0.75 oz of maple syrup
3. 3 oz of bourbon
4. 1 sprig rosemary
5. ice

### Instructions:

Add lemon juice, maple syrup, and bourbon to a cocktail shaker filled with ice. Shake well until cold and well mixed. Pour over a large ice cube (optional) and add a sprig of rosemary. Enjoy!

## SPICED PEAR MOSCOW MULE ([SOUTHERNSOUL](#))

### Ingredients:

1. 2 oz vodka
2. 1 ½ oz spiced pear simple syrup
3. 1 oz fresh lime juice
4. 4 oz ginger beer

### Spiced Pear Simple Sugar

1. 1 cup pear juice
2. 1 cup sugar
3. 2 cinnamon sticks
4. 3 whole cloves

### To Make The Cocktail

Fill a mug or tall glass with ice. Add the vodka, spiced pear simple syrup, and lime juice. Top with ginger beer. Stir, and garnish with a pear slice and cinnamon stick.

### To Make The Simple Syrup

Add ingredients to a small pot on medium-high heat, bring the mixture up to a simmer, stirring until the sugar is melted. Turn down the heat and let the syrup simmer for 15 minutes. Remove from heat. Once the mixture is cooled, strain the simple sugar and store it in a jar with a lid.



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

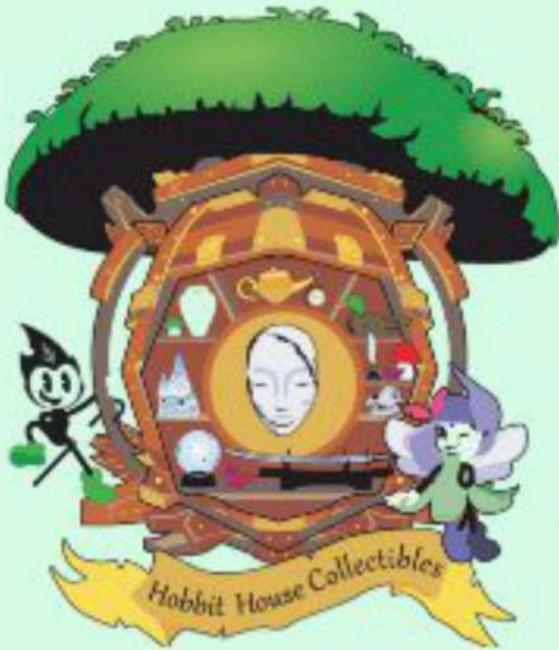
# GURU PLUMBING

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**604-227-8104**

 Visit Our Website  
**[guruplumbing.ca](http://guruplumbing.ca)**



## Hobbit House Collectibles

Web: [hobbitousecollectibles.com](http://hobbitousecollectibles.com)

**John and Marjorie Hague**

email John: [jhobbitt@shaw.ca](mailto:jhobbitt@shaw.ca)

email Marjorie: [mhobbitt@shaw.ca](mailto:mhobbitt@shaw.ca)

Phone: 250 347-9877

Cell 250 342-1585

8288 Hobbitt Frontage Rd. Hwy 93/95

4 km south of

Radium Hot Springs BC

# VALLEY PROMOTIONS

**BE PREPARED.** 

**FOREST or WILDLAND FIRES**  
*cell \*5555 or 1-800-663-5555*

**FLOODING**  
**250-489-9677**

**OTHER** (spills, landslides, avalanche)  
**250-489-9677**


---

*Know the*  
**Important Emergency Numbers.**

 **ALL RDEK ELECTORAL AREAS**

**SALE OF FIREWORKS PROHIBITED MAY 1-OCT 1**

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

 **HOSPICE SOCIETY OF THE COLUMBIA VALLEY**

**Become a Hospice Society Volunteer!**

**Nav-CARE: Navigation: Caring, Accessing Resourcing, Engaging.**

Nav-CARE volunteers help improve the lives of people living with declining health by creating connections to community services and resources and providing caring, consistent emotional support.

Please visit [hospicesocietycv.com](http://hospicesocietycv.com) for more detailed information or drop by our office at Frater Landing to learn more.

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**RFEALARMS.COM (250) 342-6549**



**Saturdays from 9am to 1pm**  
 Lakeview Parkinglot  
 Downtown Invermere

 **MARKET**

**June 15th to September 14th**  
[www.invermerefarmersmarket.com](http://www.invermerefarmersmarket.com)



# The Psychological Benefits of Ham Radio as a Hobby

**Ham radio, often considered just a technical hobby, offers profound psychological benefits to its enthusiasts.**

From the joy of connecting with others across the globe to the satisfaction of mastering complex skills, this guide explores how amateur radio can be a fulfilling and mentally rewarding pursuit.

## **The Social Connection**

One of the significant psychological benefits of ham radio is the ability to connect with a diverse community of like-minded individuals. The hobby breaks down geographical and cultural barriers, fostering friendships and a sense of belonging among operators worldwide.

## **Overcoming Isolation**

For many, ham radio offers a remedy to feelings of isolation or loneliness. Regular interactions with fellow radio enthusiasts can provide emotional support and a consistent social outlet, enhancing the operator's overall mood and outlook.

## **Networking and Support**

Amateur radio networks serve not just for communication but as platforms

for ongoing learning and support, creating a nurturing environment that can boost self-esteem and confidence.

## **Mental Stimulation and Cognitive Benefits**

Engaging with ham radio is intellectually stimulating. Learning the technical aspects of radio operation and participating in communication exercises can enhance cognitive function and potentially slow cognitive decline.

## **Continuous Learning**

Ham radio operators are often lifelong learners. The hobby encourages continuous skill development, from understanding radio waves to building and optimizing equipment, which keeps the mind sharp.

## **Problem-Solving Skills**

Operators frequently encounter and must solve complex technical problems, which can improve critical thinking and problem-solving skills.

## Stress Relief and Relaxation

While ham radio can be intellectually challenging, it also offers relaxation. The focused activity can serve as a form of mindfulness, helping to reduce stress and anxiety.

## The Joy of Discovery

Whether making contact with a remote country or experimenting with antennas, the excitement of discovery has a positive impact on one's mental health, providing a sense of accomplishment and joy.

## Escape from Daily Stressors

Ham radio provides a break from the routine stresses of everyday life, offering a hobby that feels completely separate from work or personal responsibilities.

## Building Confidence and Self-Efficacy

The hobby of ham radio also builds confidence through the achievement of personal and technical goals. Mastering a complex skill set and gaining proficiency in a unique area can significantly enhance self-efficacy.

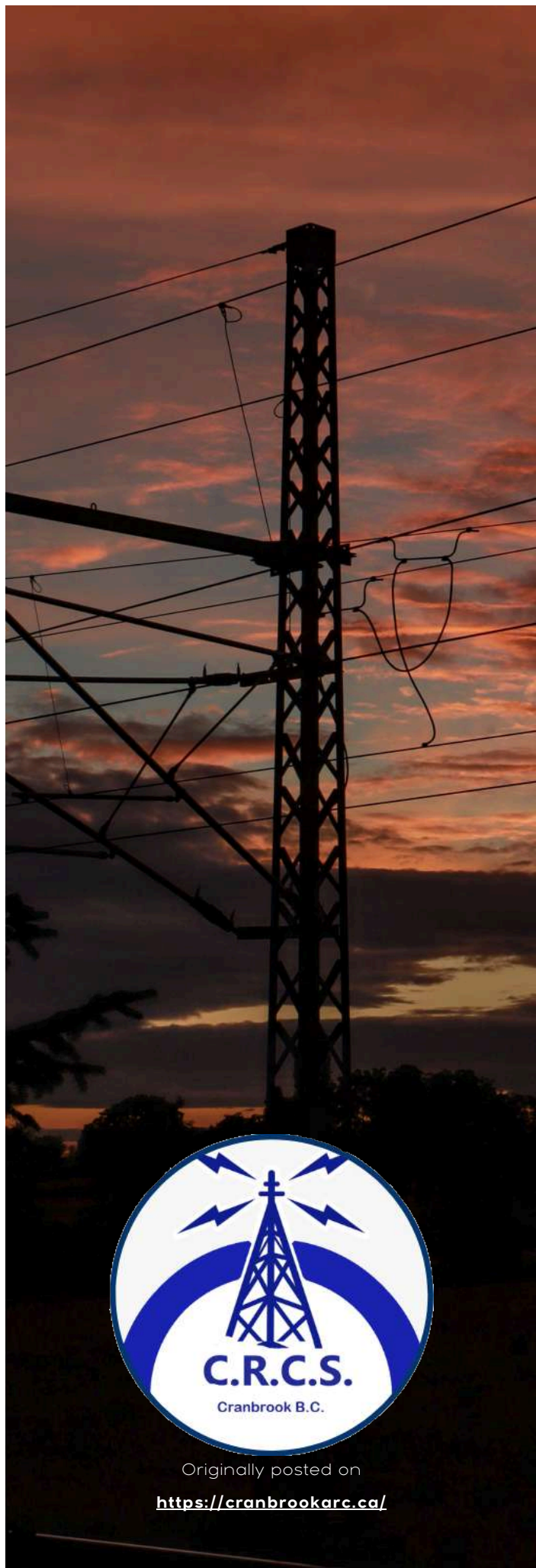
## Public Service and Emergency Preparedness

Many ham radio operators assist in emergency communications during disasters. Participating in these critical activities not only bolsters one's sense of purpose but also instills a robust sense of community duty and confidence.

## Leadership Development

As operators gain experience, they often take on leadership roles in ham radio clubs and gatherings, further developing their confidence and leadership skills.

The psychological benefits of ham radio are as varied and dynamic as the hobby itself. From enhancing social connections and mental agility to providing stress relief and a sense of achievement, ham radio is more than just a hobby—it's a comprehensive mental wellness activity. The Cranbrook Radio Club Society invites you to explore the world of ham radio and discover the many ways it can enrich your life, both mentally and



Originally posted on

<https://cranbrookarc.ca/>



**SCHEDULE**

**ED FEST 2024  
FRIDAY**

**SEPT 6-7, 2024**

**MAIN EVENTS**

- 4:00PM **LANTERN WORKSHOP**
- 6:30PM **LEONARD SUMNER**
- 8:30PM **LANTERN PARADE**
- 8:50PM **SOULS IN RHYTHM**

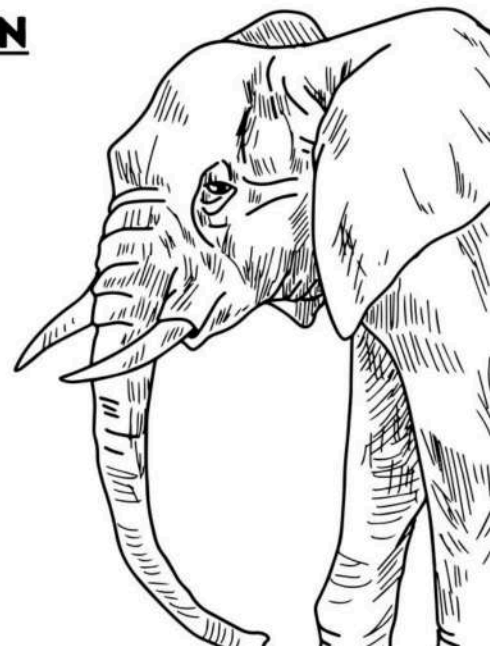
**ACTIVITIES / INSTALLATIONS**

**5PM - 10PM**

- ELEPHANT CAROUSEL**
- THE VISIONARY ART OF KYA DUBOIS**
- ONE LINE ARTIST**
- ED'S GUARDIAN ANGEL**
- TRUNKS ON TRUNKS**

**JCI SALOON BEER GARDEN**

**OPEN 5:00PM - 9:30PM**



**\*SUBJECT TO CHANGE**

**VALLEY PROMOTIONS**





# SCHEDULE

# ED FEST 2024 SATURDAY

SEPT 6-7, 2024

## MAIN EVENTS

- 12:00PM **ED THE ELEPHANT STAMPEDE**
- 12:30PM **LITTLE JAZZ ORCHESTRA**
- 2:00PM **CRANBROOK ARTS PAINT ALONG**
- 4:00PM **HALF SPENT**
- 6:15PM **TONYE AGANABA**
- 8:15PM **DERINA HARVEY BAND**
- 9:00PM **DREAMS COME TRUE RAFFLE DRAW**

## FPPAS COMMUNITY STAGE

- 12:30PM **ASPIRE DANCE ACADEMY**
- 1:30PM **KEY CITY ZUMBA**
- 2:00PM **SEAN WHALEN**
- 2:30PM **CHARITY STANDING ORDER**
- 3:00PM **BRENT HALLIDAY**
- 3:30PM **STRANGE 2RUTH**
- 4:00PM **JEFF HOLDEN**
- 4:30PM **BRENT HALLIDAY**

## ACTIVITIES AND INSTALLATIONS

**12PM - 5PM**

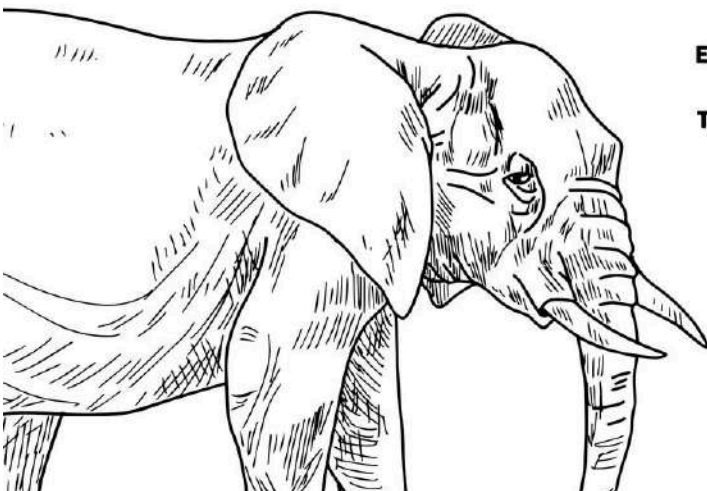
- FARMER'S MARKET**
- CRANBROOK ARTS BUTTON MAKING**
- FACE PAINTING**
- GREEN FOOLS CIRCUS TROUPE**
- ONE LINE ARTIST**
- ED'S GUARDIAN ANGEL**
- CRANBROOK HISTORY BOOTH**
- MEET THE CAST OF THE ADDAMS FAMILY THE MUSICAL**
- ELEPHANT CAROUSEL**
- THE VISIONARY ART OF KYA DUBOIS**
- TRUNKS ON TRUNKS**

## JCI SALOON BEER GARDEN

**OPEN 12:00PM - 9:30PM**



\*SUBJECT TO CHANGE





# BECOME A LIFEGUARD

## BRONZE MEDALLION

Pre-requisite: 13 years old  
September 10th 4pm - 8pm  
September 12th 4pm - 8pm  
September 14th 9am - 5pm  
September 15th 9am - 5pm

## BRONZE CROSS

Pre-requisite: Bronze Medallion  
September 24th 4pm - 8pm  
September 26th 4pm - 8pm  
September 28th 9am - 5pm  
September 29th 9am - 5pm

## STANDARD

### FIRST AID

October 7th 4 - 9pm  
October 8th 4 - 9pm  
October 9th 4 - 9pm  
October 10th 4 - 9pm

## SWIM INSTRUCTOR

Pre-requisites: 15 years minimum  
and Bronze Cross

November 15th 4-8pm  
November 16th 8am -1pm  
November 17th 9am - 2pm  
November 19th 4pm - 8pm  
November 21st 4pm - 8pm  
November 22nd 4pm - 8pm  
November 23rd 9am - 2pm  
December 13th 4-9pm

Apprenticeship (one of A or B)

A: November 25th, 27th, December  
2nd, 4th and 9th 4-6pm

B: November 26th, 28th, December  
3rd, 5th and 10th 4-6pm

## NATIONAL LIFEGUARD

Pre-requisites: 15 years  
minimum, Bronze cross,  
Standard First Aid  
October 15th 4pm - 8pm  
October 17th 4pm - 8pm  
October 19th 9am - 5pm  
October 20th 9am - 5pm  
October 22nd 4pm - 8pm  
October 24th 4pm - 8pm  
October 26th 9am - 5pm  
October 27th 9am - 5pm

For more information or a  
swimming assessment contact:  
[emma.murtagh@cranbrook.ca](mailto:emma.murtagh@cranbrook.ca) or  
250-421-8410



# Sustainable Living: Preparing for a Green Fall

As the leaves begin to turn and the air cools, fall is a reminder of nature's cycles and our part in them.

This season, consider embracing a more sustainable lifestyle that helps protect these cycles and reduces your environmental footprint. Here are practical tips on how to live more sustainably this fall, focusing on reducing waste, eco-friendly home heating, and supporting local, sustainable businesses.

## 1. Composting Fall Leaves and Kitchen Waste

Fall is a great time to start composting if you haven't already. Instead of bagging up fallen leaves and sending them to the landfill, use them to start a compost pile. Leaves are rich in carbon and balance the nitrogen from your kitchen scraps such as fruit peels, coffee grounds, and vegetable leftovers. Composting helps reduce methane emissions from landfills and provides you with rich soil for your garden.

## 2. Eco-Friendly Home Heating Solutions

Heating our homes as the temperature drops can lead to a significant increase in energy use and carbon emissions. To minimize this, ensure your home is well-insulated to prevent heat loss. Check for drafts around windows and doors and consider using thermal curtains to keep the warmth in. If your budget allows, invest in more energy-efficient heating solutions such as pellet stoves or solar heating systems. Programmable thermostats can also make a big difference, allowing you to lower the temperature when you are not home or at night, reducing energy

use significantly.

## 3. Supporting Local and Sustainable Businesses

Fall is harvest season, making it the perfect time to support local farmers and businesses. Purchasing local produce reduces the carbon footprint associated with transporting goods over long distances. Visit local farmers' markets, join a community-supported agriculture (CSA) program, or shop at stores that source produce locally. Additionally, many small businesses offer handcrafted or sustainably made products, from clothing to home decor, which not only supports local economies but also promotes a more sustainable production model.

## 4. Reducing, Reusing, and Recycling

As you embrace the fall season, it's also a good time to declutter responsibly. Donate items you no longer need rather than throwing them away. For Halloween and Thanksgiving decorations, get creative with natural elements like pumpkins, gourds, and fallen branches, or buy second-hand decorations. Always be mindful of what you purchase, opt for products with minimal packaging, and prioritize items that are made to last.

By integrating these sustainable practices into your fall routine, you not only contribute to environmental conservation but also can enjoy a season that is truly in tune with nature's rhythm. Let this autumn be a time of thoughtful change towards a more



# COLUMBIA VALLEY ROCKIES

## 8TH ANNUAL GOLF TOURNAMENT

**COPPER POINT  
RIDGE GOLF COURSE**

**FRIDAY 6TH  
SEPTEMBER**

### DETAILS

\$115 ENTRY INCLUDES GOLF + CART + DINNER + SOCIAL  
HOLE IN ONE PRIZES  
FUN COMPETITIONS  
SILENT AUCTION

CHECK IN AT 2:00 PM  
SHOTGUN START AT 2:30 PM  
TEAM SCRAMBLE FORMAT

**\$115**  
PER  
PLAYER

### HOW TO REGISTER:

BY PHONE: TOLL FREE AT 1-877-418-4653 OR LOCAL 250-341-3392 EXT 1

BY EMAIL: [RESERVATIONS@COPPERPOINTGOLF.COM](mailto:RESERVATIONS@COPPERPOINTGOLF.COM)

# VALLEY PROMOTIONS

LASSO YOUR TICKETS ONLINE  
@ HOSPICESOCIETYCV.COM

**\$70**



# YEE HAW! HOSPICE SOCIETY 2024 BARN DANCE

**SATURDAY SEPTEMBER 7, DOORS OPEN 5pm**

**BRADY CREEK RANCH, 2175 Westside Road**

*Our gratitude to the Davidson family for use of their barn*

**BEER & WINE \$6**

*Food by*

**Smokehouse 93**

*Music by*

***Bryant & the Branson Bound Band***



***\$30 entry to  
the Block Party  
On presentation of  
Barn Dance Ticket***





# Community Futures East Kootenay

## United Way British Columbia's BC Wildfire Recovery Fund

### Empowering Local Business and Fueling Regional Growth

Community Futures East Kootenay (CFEK) stands for support and development for the local business community. As a non-profit organization dedicated to fostering economic stability and growth within the region, CFEK offers a comprehensive suite of services that cater to entrepreneurs and small businesses, driving forward the local economy while nurturing a vibrant community spirit.

#### **Business Development and Support Services**

CFEK shines in its role as an enabler of business success. With a deep understanding of the challenges and opportunities within the Kootenay region, the organization offers tailored

business counseling and training programs that are both practical and transformative. From budding entrepreneurs to established business owners looking to expand, CFEK's expert team provides invaluable advice on business planning, marketing, financial management, and strategic growth.

What sets CFEK apart is its hands-on approach to business development. The organization doesn't just advise; it actively partners with businesses to ensure they have the tools and resources needed to succeed. This includes specialized workshops, networking events, and one-on-one coaching sessions that are designed to address the unique needs of each business.



## Vibrant Rural Communities

### **Financing Solutions**

Recognizing that access to capital is often a significant barrier for small businesses, CFEK offers a range of financing solutions to help overcome this hurdle. The organization provides loans to businesses that might not qualify for traditional bank financing. This commitment to financial support underscores CFEK's dedication to economic diversification and the development of the local economy.

### **Community Economic Development**

Beyond individual business support, CFEK is deeply invested in the broader community's economic health. The organization's community economic development initiatives are a testament to its holistic approach. By supporting projects that enhance local economic opportunities and improve the quality of life for residents, CFEK helps to ensure the region's long-term sustainability and resilience.

### **Testimonials and Success Stories**

The impact of CFEK's work can be seen in the numerous success stories that dot its landscape. Local businesses that have flourished with CFEK's support frequently commend the organization for its role in their growth and success. These

testimonials highlight the practical and emotional support the organization provides, reflecting a genuine commitment to fostering a thriving business community.

Community Futures East Kootenay is more than just a business development organization. It is a cornerstone of the East Kootenay region, propelling economic growth and fostering a sense of community and possibility among local businesses. For anyone looking to start or grow a business in East Kootenay, CFEK offers a partnership that promises not just growth but sustainability and community integration.

In an era where regional development is crucial to national prosperity, CFEK stands out as a model of how localized support and services can fuel economic vitality and inspire community cohesion. Whether you're a local entrepreneur or a business looking to relocate or expand, Community Futures East Kootenay is your go-to resource for guidance, support, and inspiration.



Shuswap Band would like to invite you to celebrate with us:

# Salmon Festival

SEPTEMBER 14, 2024

10 AM - 4 PM JAMES CHABOT BEACH

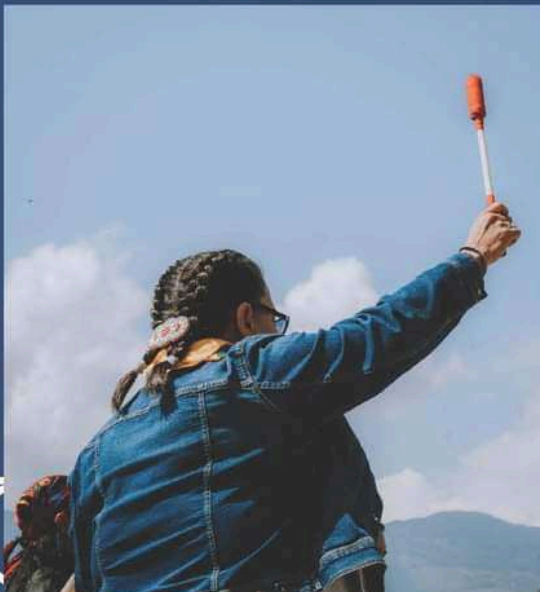
We are also welcoming "CRAFT" vendors to come set up a table & sell their wares.

If you are interested contact Suzie

Thomas: [stthomas@shuswapband.ca](mailto:stthomas@shuswapband.ca) or 250.341.7039



\*Please note: No Dogs are allowed at James Chabot Provincial Park.



# VALLEY PROMOTIONS



# Second Annual Suicide Awareness Walk

- BBQ
- Guest Speakers
- Music
- Information Booths
- Door Prizes
- Walk/ Run around the track

**September 7, 2024**

**At 5:30 pm - 8:30 pm**

**College of the Rockies Track and Field**



Canadian Mental  
Health Association  
Association canadienne  
pour la santé mentale



**AQ'AM**  
COMMUNITY

[apatrack@aqam.net](mailto:apatrack@aqam.net)

Nintendo  
PHOTO CREDIT

## Game Review: Cat Quest 3

**Release Date:** August 8, 2024

**Platforms:** Nintendo Switch, PlayStation 5, PlayStation 4

**Genres:** Role-playing, Adventure, Indie, Shooter, Fighting

**Developer:** The Gentlebros

**Publisher:** Kepler Interactive

**Engine:** Unity

The latest installment in the beloved "Cat Quest" series, "Cat Quest 3," has pounced onto the gaming scene, continuing the tradition of feline-fueled fantasy adventures. Developed by The Gentlebros and published by Kepler Interactive, this game expands upon the whimsical universe with more quests, enhanced combat mechanics, and the unmistakable charm that has become a hallmark of the

### Gameplay and Mechanics

"Cat Quest 3" stays true to its roots as a top-down, open-world RPG, filled with dungeons, monsters, and treasures. What sets this third entry apart is its refined combat system that now blends elements of shooters and fighting games, offering a dynamic and engaging experience. Players can choose from a range of melee and ranged attacks, and the introduction of more sophisticated fighting techniques adds depth to each encounter.

The game also introduces new

magical abilities and upgrades, allowing for a more personalized gameplay style. The ability to customize and upgrade your feline hero's skills and equipment is more extensive than ever, providing players with various ways to tackle challenges.

### Story and Setting

"Cat Quest 3" enhances its narrative with a richer, more layered story. The game continues the saga of the protagonist's quest to bring peace to the tumultuous lands of Felingard. This time, the narrative delves


 Nintendo  
PHOTO CREDIT

deeper into the lore of the Cat Kingdom, with twists that keep the storyline engaging and fresh. The dialogue is witty, filled with puns and humor that will appeal to both younger audiences and seasoned gamers.

### Graphics and Sound

Visually, the game retains the vibrant, cartoonish art style that fans adore but with improved graphics thanks to the Unity engine. The world of Felingard is more colorful and detailed, making exploration a sheer delight.

The soundtrack deserves special mention, as it beautifully complements the game's aesthetic. The score is adventurous and whimsical, enhancing the epic feel of the quests and battles.

### Multiplayer Experience

A notable addition to "Cat Quest 3" is the enhanced multiplayer functionality. Players can now team up with friends in a co-op mode, which

allows for shared adventures and strategy. This feature adds a layer of camaraderie and fun, making it a great game for friends and family.

"Cat Quest 3" successfully builds on the foundations of its predecessors while introducing innovative gameplay elements that keep the experience fresh and exciting. The Gentlebros have done a commendable job of balancing the game's signature charm with new mechanics and deeper storytelling. The addition of co-op mode and the expanded combat system are significant highlights that will surely attract new players while satisfying longtime fans.

For anyone looking for a light-hearted yet surprisingly deep RPG adventure, "Cat Quest 3" is a purr-fect choice. Whether you're a veteran of the series or a newcomer intrigued by its quirky concept, this game promises hours of fun and adventure in the wonderfully whimsical world of cats.

# Sierra Says

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Sierra Franklin

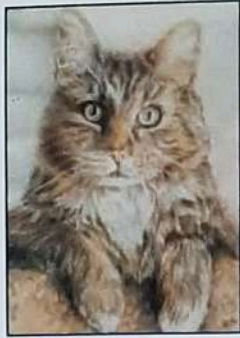
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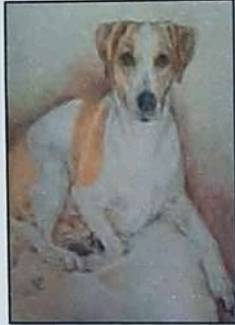


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## Movie Review: 1992

**Release Date:** August 30, 2024  
**Director:** Ariel Vromen  
**Story by:** Sascha Penn  
**Distributed by:** Lionsgate Films  
**Music by:** Cilad Benamram  
**Production Companies:** Kodiak Pictures, Trident Films, Sumatra Films, Death Row Pictures

Ariel Vromen's "1992" dives deep into the tumultuous waters of the Los Angeles riots, offering not just a historical recount but an intense narrative of personal and communal upheaval. With a poignant script penned by Sascha Penn, the film navigates the complex emotional terrains of its characters set against the backdrop of one of the most challenging periods in recent American history.

### Plot and Setting

"1992" is primarily set in the throes of the Los Angeles riots, a time when the city was a powder keg of racial

tensions and social injustices waiting to explode. The narrative revolves around Mercer, a man fervently attempting to reconstruct his life and mend his strained relationship with his son amidst the chaos. Parallel to Mercer's struggle, the film intricately details the lives of another father-son duo, who, in stark contrast, plan a dangerous heist at Mercer's place of work. The juxtaposition of these dual narratives provides a rich exploration of fatherhood, choices, and morality in times of crisis.

### Direction and Performances

Ariel Vromen masterfully orchestrates the chaotic environment of the riots while maintaining a sharp focus on the emotional depth and development of the characters. The director's choice to use the city's unrest as more than just a backdrop but as a catalyst for personal transformation and confrontation is a commendable one.

IMBD  
PHOTO CREDIT

The performances are profoundly compelling, with the actors delivering nuanced portrayals that capture the gravity and complexities of their respective roles. The emotional turmoil and raw interactions between the fathers and sons are particularly gripping, driven by powerful dialogue and intense, believable dynamics.

### **Cinematography and Music**

Cinematographically, "1992" is both stark and vivid, capturing the fiery landscapes of the riots and the intense personal dramas with equal finesse. The camera work adeptly brings out the contrast between the smoldering city streets and the stark, often claustrophobic environments that the characters find themselves in.

Cilad Benamram's musical score is a standout, weaving through the narrative with a poignant and evocative touch that enhances the film's intense emotional undertones. The music adeptly matches the film's

pace and mood, amplifying the tension in critical scenes while also providing solemnity in the more reflective moments.

"1992" is more than a historical drama; it's a powerful examination of human relationships and societal breakdowns. It challenges the audience to reflect on the complexities of familial bonds in times of turmoil and the broader societal implications of such upheavals.

The film serves as a poignant reminder of the past while offering relevant insights into ongoing social issues. Ariel Vromen's "1992" is a compelling cinematic piece, not just for its historical relevance but for its deep, introspective look into the human condition. As such, it is a significant addition to the genre of films exploring pivotal moments in history through intensely personal lenses.

 **KELLY CARLSON YOGA**

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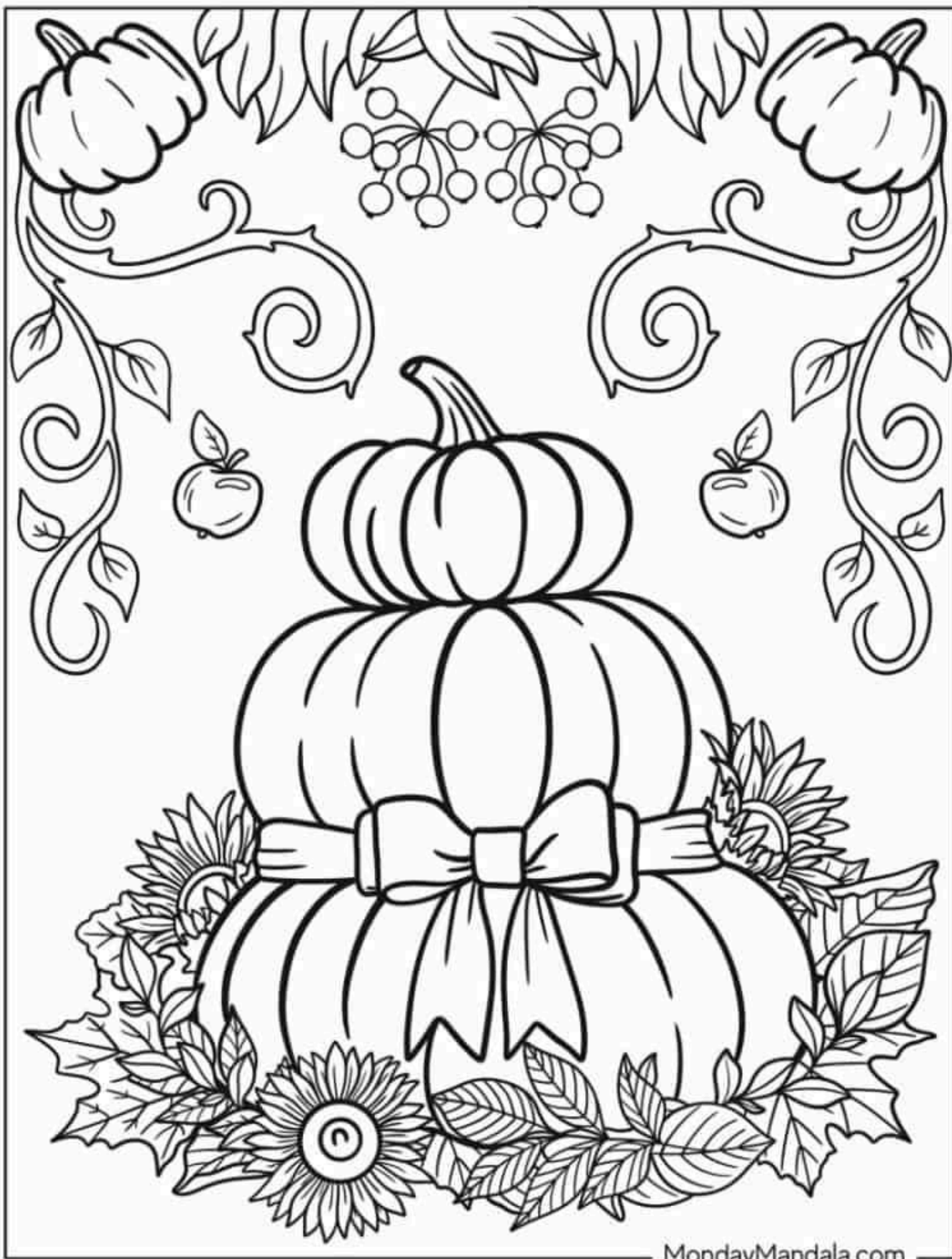
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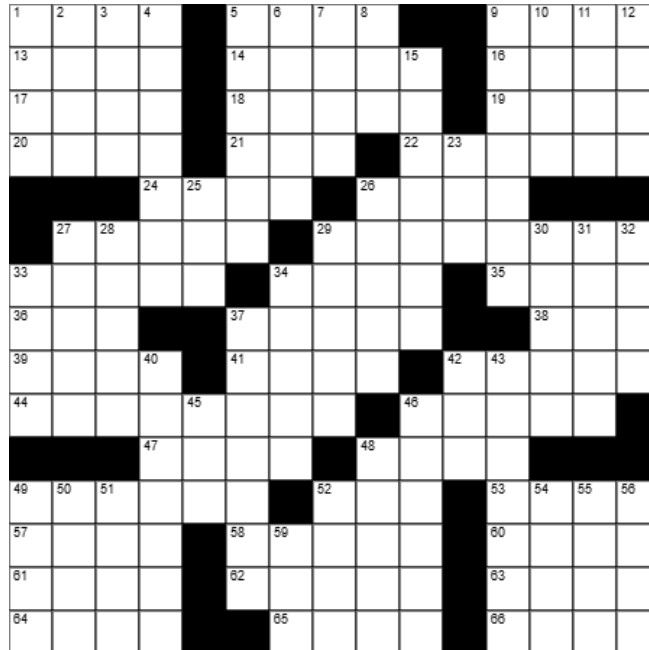


Emergency Food Baskets (\$39.00)

# A LITTLE FUN

## Across

1- Scottish refusals; 5- Tiny particle; 9- Part of TLC; 13- Hosiery hue; 14- Green citrus fruits; 16- Egg-shaped; 17- Agitate; 18- \_\_\_ fours (crawling); 19- Granny; 20- Vocalize melodically; 21- That woman; 22- Dines at home; 24- Chapters of history; 26- A big fan of; 27- Wrinkle removers; 29- Not legally an adult; 33- 2, 4, 6, 8, etc.; 34- Singer Murray; 35- Cafeteria carrier; 36- Gain a lap?; 37- Pronounce; 38- When Will \_\_\_ Loved?; 39- Actress Garr; 41- Duo; 42- Objects of devotion; 44- Awwww! Cute!; 46- Use a soapbox; 47- De Valera's land; 48- June 6, 1944; 49- Louise's cohort; 52- Weeding implement; 53- Hog fat; 57- Tabula \_\_\_; 58- Agenda entries; 60- Butter alternative; 61- Rafsanjani's home; 62- Prescribed amounts; 63- Facial feature; 64- Potato; 65- Astronaut's insignia; 66- Obtains;



## Down

1- Nitti's nemesis; 2- Broadway opener; 3- \_\_\_ go brag!; 4- Physician; 5- Island greetings; 6- Prongs; 7- Actor Sharif; 8- Actor Gibson; 9- Distort; 10- Gardner and others; 11- Title bestowed upon the wife of a raja; 12- Oomph; 15- Thin; 23- Broke bread; 25- Hosp. staffers; 26- Type of sanctum; 27- Like some college walls; 28- Fashionably old-fashioned; 29- Free laces, say; 30- Running wild; 31- Gothic feature; 32- Baby blues; 33- ¿cómo \_\_\_ usted?; 34- Start of a Dickens title; 37- Censure; 40- Erin; 42- 401(k) relative; 43- From dawn to dusk; 45- Direct a gun; 46- Black Sea port; 48- Cupolas; 49- Speaker of note; 50- Heavenly strings; 51- Son of Isaac; 52- For \_\_\_ Jolly Good Fellow; 54- Sunburn soother; 55- Take a breather; 56- Evil is as evil \_\_\_.; 59- Unit of weight;

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



Why did the kid cross the playground?

To get to the other slide.

