

Justin Spilly
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I N S I D E T H I S E D I T I O N

YOU EXIST IN A THOUSAND MINDS, ONLY ONE MATTERS – YOURS

Isn't it fascinating to consider how many versions of you exist in the minds of others? You may be seen as quiet and reserved to some, while others know you as chatty and exuberant.

SPOOKY HOME DÉCOR: EASY DIY HALLOWEEN DECORATIONS

As Halloween approaches, many of us are looking forward to transforming our homes into spooky wonderlands filled with eerie sights and festive frights.

10 BASIC SURVIVAL SKILLS YOU CAN LEARN IN YOUR OWN BACKYARD

Survival skills are essential life-saving techniques that everyone should know, especially when faced with unforeseen emergencies or when enjoying outdoor adventures.

ANGEL FLIGHT OF BRITISH COLUMBIA: A LIFELINE OF COMPASSIONATE CARE

In a province as vast and geographically diverse as British Columbia, accessing critical healthcare can be a challenge for many residents living in remote or rural communities.

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LETTER FROM THE VOLUNTEERS

Happy October and Happy Halloween from all of us at Valley Voices Volunteers! As the air turns crisp and spooky decorations begin to fill our streets, we're excited to celebrate one of the most fun and festive months of the year.

Whether you're planning to dress up for a party or accompany your little ones trick-or-treating, remember to take proper precautions for a safe and enjoyable Halloween night. We've got you covered with an article this month on Halloween Safety Tips, so be sure to check it out before heading out for the festivities!

We also want to take a moment to express our sincere gratitude to everyone who has contributed guest submissions. Your stories, tips, and insights truly enrich our community, and we're so thankful for the unique voices that continue to make this platform a meaningful resource for all. Every piece you share helps bring us closer together and fosters an engaged, vibrant community.

And, of course, a huge thank you to our

incredible readers! Your ongoing support and engagement are what keep us going, and we appreciate each and every one of you. As we celebrate four amazing years of bringing content to the Columbia Valley, we're eager to reach even more people with our work. If you enjoy what we're doing, please share us with a friend, neighbor, or family member. Every bit of support helps us grow and connect with a wider audience, and your recommendations truly make a difference.

As always, we encourage you to keep submitting content. Whether it's a local story, an upcoming event, or your personal tips and experiences, we love hearing from you! Your contributions are what make Valley Voices so special.

Wishing you all a safe and spooky Halloween! We look forward to hearing from you soon.

The Valley Voices Volunteers (VVV)

Justin Spilly
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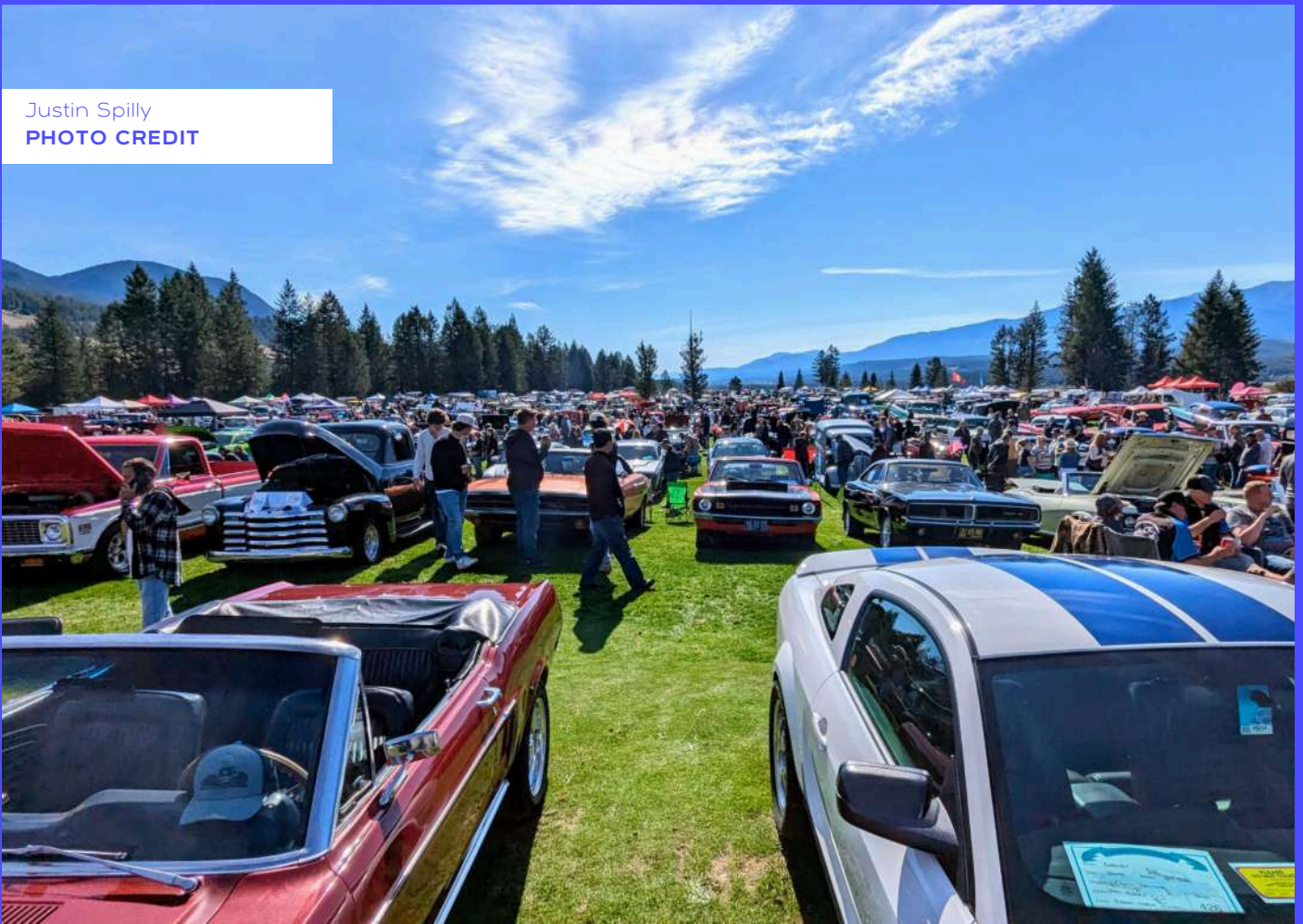


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HOW ARE WE DOING?

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

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

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

OR

by email to news@thevoicecv.ca

SUBMIT CONTENT

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

NEXT EDITION November 6, 2024

SUBMISSION DEADLINE November 5, 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.

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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.

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

Want to get involved?

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cxat 'a·qat qsamunatawas ?

(How will they help / be with us?)

Candidates Forum

October 11, 2024 • 7 - 9 pm

Ktunaxa Nation Council Gym 220 Cranbrook St. N,
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Please join us to hear from candidates about the issues important to Ktunaxa and all Indigenous Peoples residing within ?amak?is Ktunaxa and B.C.

This is a chance to engage and ask questions of the local candidates running in the upcoming provincial election.

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Open to Everyone!

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Final Voting

October 19, 2024

Time: 9 am ~ 9 pm

For info & voting places visit **elections.bc.ca**

You Exist in a Thousand Minds, Only One Matters – Yours



Isn't it fascinating to consider how many versions of you exist in the minds of others? You may be seen as quiet and reserved to some, while others know you as chatty and exuberant. Some might even perceive you as distant or cold, while others experience you as kind and nurturing. The truth is that the person you think you are exists only for you. Every time you interact with someone, whether it's a passing glance with a stranger on the street or an intimate conversation with a friend, you create a version of yourself in their mind.

This raises a powerful question: who are you, really? If thousands of versions of you float around in other people's minds, and if each of those versions is filtered through their own experiences, biases, and interpretations, how can you know who you really are? The answer is startling and liberating: you are the only person responsible for defining yourself. The countless impressions others hold of you do not reflect your true self. They are projections based on their own perspectives. You are not obliged to conform to or keep those versions alive just to please others.

Alan Watts (1915-1973 Philosophical Entertainer) once pointed out, "We seldom realize that our most private thoughts and emotions are not actually our own. We think in terms of languages and images, which we did not invent but were given to us by our society." This insight highlights how society conditions us to think, act, and even define ourselves. We are shaped by the expectations and norms around us from an early age. But if those thoughts and emotions are not truly ours, if they are borrowed from society, then how much power do we actually have in defining who we are? The answer: more than we might initially believe.

Every day, you make choices that shape your life. How you live, act, and perceive the world is in your hands. That's not to say it's easy. The pull of society's expectations can be strong, and it's easy to get caught up in the desire to please others or live up to their vision of you. But there is immense freedom in recognizing that you are not responsible for the version of you that exists in other people's minds. As you become more aware of this, you realize how futile it is to create inner resistance to what already is, as Eckhart Tolle (1948 - Thinker, Writer) so wisely noted. "The act of resisting, trying to change how others see you, or feeling pressured to fit into their mould, only causes unnecessary pain."

Rather than dwelling on how others perceive you, focus on the one person whose opinion truly matters: yourself. What is the version of you that you want to live? What values do you hold dear, and how can you embody them daily? It's crucial to make confident and decisive choices in life. When you choose a path, follow it with all your might, undeterred by outside noise or judgment. Set your intentions clearly, and commit to them. With time, you'll see that the universe can align with your energy when you act with clarity and purpose.

Consider the things you love in life - your passions, your dreams, the people you hold close. These are the forces that will pull you forward, that will guide you in times of doubt. G. K. Chesterton's wisdom (Author, Philosopher 1874 - 1936), "The way to love anything is to realize that it may be lost," speaks to the deep value of cherishing what is meaningful to you. Understanding that nothing is guaranteed in life promotes a greater appreciation for the choices you make and the people and experiences you hold dear. It reminds you to live in the moment, savour what you have, and pursue your passions fiercely.

The beauty of life lies in its uncertainty and the freedom to create ourselves

anew, moment by moment. Your friends, family, and strangers will always have opinions about you, but you are not bound by them. Instead, choose your companions carefully. Surround yourself with people whose opinions you

respect, not because they shape your self-worth but because they inspire you to grow. As you do this, remember that their opinions should never dictate your path. Your journey is yours alone.

When you make small or monumental decisions, do so with a sense of purpose. Don't concern yourself with external validation. The only approval you need is your own. You are the architect of your own reality, and your power lies in your ability to choose, act, and remain faithful to the person you want to be.

This is the paradox of human connection: we are surrounded by countless interpretations of who we are, yet they leave the core of our identity untouched. The world may see a thousand versions of you, but you alone know who you are at your essence. Welcome that freedom. Live authentically, freed from the need to conform to others' perceptions. And most importantly, understand that in every moment, you hold the power to define your life - not through the lens of others, but through your heart and mind.



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Halloween Safety Tips: Keep Your Night Fun and Safe

Halloween is one of the most exciting nights of the year, especially for children. With costumes, candy, and spooky decorations, it's easy to get wrapped up in the fun. However, safety is key to making sure the night remains enjoyable for everyone. Here are some important Halloween safety tips to keep in mind while preparing for trick-or-treating or other festive activities.

1. Costume Safety

Choosing a safe costume is the first step to ensuring a fun Halloween. Make sure costumes fit properly to avoid trips and falls. Costumes that are too long or too baggy can become a tripping hazard, especially in dimly lit areas. If the costume involves a mask, make sure it fits well and doesn't obstruct the wearer's vision or breathing. Consider using face paint or makeup instead of masks for better visibility.

It's also important to ensure that costumes are made of flame-resistant materials. With the abundance of lit jack-o'-lanterns and candles, you want to minimize fire risks. If the costume is dark, consider adding reflective tape or carrying a flashlight or glow stick to help drivers see you and your children.

2. Safe Trick-or-Treating

If your children are heading out for trick-or-treating, it's essential to stay safe while walking through

neighborhoods. Always use sidewalks when available, and avoid walking on the street whenever possible. Cross streets at crosswalks or corners, and remind children to look both ways before crossing.

Ensure younger children are accompanied by an adult, and encourage older children to stay in groups. Set boundaries for where they are allowed to go, and agree on a time for them to return home.

3. Check the Treats

Before diving into the candy haul, take a few minutes to inspect all treats. Only eat factory-wrapped candies and avoid anything that looks tampered with. Homemade treats should only be accepted from people you know and trust.

By following these Halloween safety tips, you can ensure that the night stays fun and spooky, without any unwanted scares!

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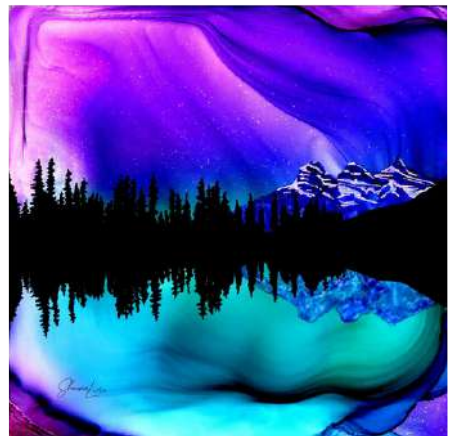
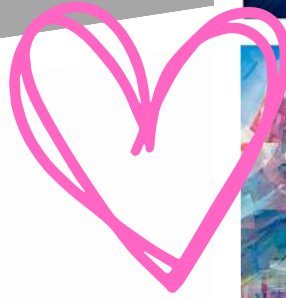
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SPOOKY HOME DÉCOR:

EASY DIY HALLOWEEN DECORATIONS

As Halloween approaches, many of us are looking forward to transforming our homes into spooky wonderlands filled with eerie sights and festive frights. However, getting into the Halloween spirit doesn't have to break the bank! With some creativity and a few basic materials, you can craft DIY Halloween decorations that are spooky, budget-friendly, and sure to impress your friends and family. Whether you're decorating for a Halloween party or just want to give your home a festive feel, these easy DIY projects will get your space ready for the haunting season.

1. Ghostly Floating Spirits

Few things say "Halloween" like a ghost! These floating spirits can be hung from ceilings, trees, or porches to give your home a truly haunted look.

Materials Needed:

Cheesecloth or white fabric
Balloons
Fishing wire or clear thread
Black felt (for eyes and mouth)
Liquid starch or fabric stiffener

Instructions:

1. Blow up the balloons and tie them off. You'll use these as the heads for your ghosts.
2. Drape cheesecloth or a light white fabric over the balloon. Spray with liquid starch or fabric stiffener to give the cheesecloth form.
3. Let the fabric dry completely. Once dry, the ghost will keep its shape.
4. Attach black felt cutouts for the eyes and mouth using glue.
5. Hang the ghost using clear fishing wire to give it a "floating" effect. You can hang these in doorways, from ceilings, or even outside!

2. Spider Web Candle Jars

Transform empty glass jars into spooky candle holders that will cast eerie shadows across your home.

Materials Needed:

Glass jars (any size will do)
 Black string or yarn
 Glue (a hot glue gun works best)
 Small LED candles or tea lights

Instructions:

1. Wrap the black string or yarn around the glass jar, crisscrossing it to form a spider web pattern.
2. Use glue to secure the yarn in place, especially at key crossing points.
3. Place a small LED candle inside the jar and watch as the light casts web-like shadows on your walls!

3. Pumpkin Balloon Arch

Nothing screams Halloween like pumpkins! For an easy, festive display, create a pumpkin balloon arch using orange balloons and a few extra supplies.

Materials Needed:

Orange balloons
 Green construction paper
 A balloon arch strip or clear string
 Black marker
 Tape or glue

Instructions:

1. Blow up orange balloons to different sizes to create variation. These will represent your pumpkins.
2. Using the black marker, draw simple jack-o'-lantern faces on each balloon.
3. Cut out green leaves and vines from the green construction paper and attach them to the balloons with tape or glue to represent the pumpkin stems.
4. Use a balloon arch strip or clear string to attach all the balloons together in an arch shape. Display it above a doorway or around a fireplace for an eye-catching Halloween piece.



5. DIY Witch's Broom

Add some spooky charm to your porch or front yard with a DIY witch's broom made from natural materials.

Materials Needed:

A sturdy branch (for the broom handle)

Twigs or straw (for the bristles)

Black twine or string

Scissors

Instructions:

Gather your twigs or straw to create the bristles of the broom.

Arrange them around one end of the branch.

Secure the twigs or straw tightly to the branch using black twine or string. Wrap it several times to ensure it's sturdy.

You can hang the broom on your door, lean it against your porch, or pair it with a witch's hat for an authentic touch.

6. Hanging Bats

These simple hanging bats can be placed anywhere in your home for a fun, festive touch that's super easy to make.

Materials Needed:

Black construction paper

Scissors

White chalk or marker

Fishing line or thread

Tape

Instructions:

Cut out bat shapes from the black construction paper.

Use white chalk or a white marker to draw small eyes on each bat.

Attach a piece of fishing line or thread to the top of each bat using tape.

Hang the bats from the ceiling, a light fixture, or tree branches for a spooky, flying bat effect.

7. Mummy Door

Turn your front door into a spooky mummy that greets trick-or-treaters with this simple and fun DIY project.

Materials Needed:

White crepe paper or toilet paper

Black and white construction paper

Tape

Instructions:

Begin by cutting out two large white ovals and two smaller black circles for the mummy's eyes. Tape these to the top of your door.

Using white crepe paper or toilet paper, wrap the entire door, covering the eyes, but leaving a small gap so they peek through.

Tape the ends of the paper to secure them in place. Your front door is now a mummy ready to spook your guests!

8. Jar of Eyeballs

Add a creepy touch to your Halloween décor with a jar filled with "eyeballs." This easy DIY project is perfect for the kitchen or a creepy Halloween display.

Materials Needed:

Ping pong balls or plastic eyeballs (available at most craft stores)

Mason jars

Red food coloring

Water

Instructions:

If using plain ping pong balls, draw eyeballs on them with markers or craft paints.

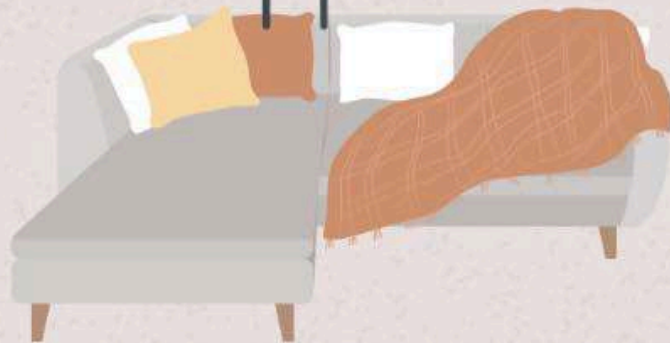
Fill mason jars halfway with water and add a few drops of red food coloring to create a blood-like appearance.

Drop the eyeballs into the jars and screw on the lids. Display the jars on shelves or tables for an extra-creepy touch.

With just a little effort and a few affordable materials, you can create an incredibly spooky, festive atmosphere in your home for Halloween. These easy DIY Halloween decoration ideas are not only budget-friendly but also a fun way to get into the spirit of the season. So, gather your supplies, get creative, and transform your home into a haunted house that's sure to impress all your guests, both big and small! Happy decorating!

Cranbrook Women's Resource Centre

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TUESDAYS 1:30 TO 2:30

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**STARTS OCT 15
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**STARTS NOV 12
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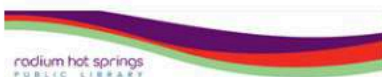
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Ages 5+



*Children under 12 must be accompanied by an adult



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THE SCIENCE BEHIND FALL COLORS

Why Leaves Change

As the days grow shorter and temperatures cool, the world transforms into a canvas of vivid reds, oranges, and yellows. For many, the changing colors of fall foliage are a signal that autumn has arrived, bringing with it crisp air, cozy sweaters, and the crunch of leaves underfoot.

But what causes this spectacular display of color? The answer lies in the complex interactions between plants, sunlight, and the seasonal changes that mark the transition from summer to fall.

Let's explore the fascinating science behind fall foliage, explaining why leaves change color and how environmental factors influence the brilliance of the autumn display.

The Role of Chlorophyll: A Summer Staple

To understand why leaves change color, it's essential to start with the process that keeps them green throughout the spring and summer months – photosynthesis. Photosynthesis is the process by which plants use sunlight to produce energy. At the center of this process is chlorophyll, a green pigment found in the cells of plant leaves.

Chlorophyll is responsible for

absorbing light, particularly blue and red wavelengths, which plants use to convert carbon dioxide and water into glucose (sugar) and oxygen. This sugar acts as food for the plant, fueling growth and development throughout the growing season. The high concentration of chlorophyll gives leaves their characteristic green color, effectively masking other pigments that are also present in the leaf.

However, chlorophyll is not stable—it must be constantly produced by the plant, which requires energy and sunlight. As summer ends and days become shorter, plants receive signals that it's time to prepare for winter. These signals trigger several changes, including a reduction in chlorophyll production, which eventually leads to the breakdown of the green pigment. As the chlorophyll fades, other pigments in the leaf begin to emerge, revealing the stunning colors we associate with fall.

The Appearance of Yellow and Orange: Carotenoids

As the chlorophyll breaks down, the vibrant yellows and oranges that have been present in the leaf all along are finally visible. These colors are the result of pigments known as carotenoids. Carotenoids are responsible for the yellow and orange hues we see in certain fruits and vegetables, such as carrots, corn, and squash, as well as in autumn leaves.

Carotenoids play a role in photosynthesis by helping to capture light energy and protect the plant from damage caused by excess sunlight. Unlike chlorophyll, carotenoids are more stable and do not break down as quickly, which is why they remain in the leaf as chlorophyll fades.

The shades of yellow and orange that you see in leaves during the fall are largely determined by the species of tree. For example, birch and aspen trees tend to turn a brilliant yellow, while sugar maples often display bright orange hues. The intensity of these colors can vary depending on environmental conditions, such as sunlight, temperature, and moisture.

Reds and Purples: The Role of Anthocyanins

In addition to carotenoids, another group of pigments—anthocyanins—is responsible for the striking reds and purples seen in many fall leaves. Unlike carotenoids, anthocyanins are not present in leaves throughout the growing season. Instead, they are produced in response to specific environmental triggers in the fall.

As daylight decreases and temperatures cool, some plants begin to accumulate sugars in their leaves. When the production of chlorophyll slows down, the sugars react with sunlight to form anthocyanins, resulting in the red and purple colors characteristic of species such as red maples, dogwoods, and sumacs.

Anthocyanins serve several protective functions in plants. They help shield the leaf from excess light during the breakdown of chlorophyll and may also deter herbivores from eating the leaves as they prepare to fall. Additionally, anthocyanins may help protect the leaf from oxidative stress

caused by cooler temperatures, giving the tree more time to reclaim valuable nutrients from the leaves before they are shed.

The production of anthocyanins is influenced by several factors, including the amount of sunlight and temperature fluctuations. Sunny days and cool (but not freezing) nights create the ideal conditions for anthocyanin production, resulting in the most vibrant reds and purples.

The Influence of Weather on Fall Colors

The intensity and timing of fall colors are heavily influenced by weather conditions leading up to and during the autumn season. While the basic process of chlorophyll breakdown and pigment visibility is triggered by changes in daylight, the weather can either enhance or diminish the intensity of the colors.

Sunny Days and Cool Nights: The best conditions for brilliant fall colors are a series of bright, sunny days followed by cool nights. During sunny days, sugars accumulate in the leaves, fueling the production of anthocyanins. Cool nights help slow down the breakdown of chlorophyll, giving the other pigments more time to develop.

Moisture: Adequate moisture throughout the growing season is essential for vibrant fall colors. A wet spring and summer help maintain healthy leaves, while drought conditions can cause leaves to fall prematurely before colors have a chance to fully develop. However, excessive moisture in the fall can diminish the vibrancy of colors by reducing sunlight exposure.

Temperature: While cool nights promote anthocyanin production, an early frost can have the opposite effect. A hard freeze can damage the leaves, causing them to turn brown and fall off before colors have a chance to emerge.

Wind: Strong winds and heavy rains can also shorten the fall color season by knocking leaves off the trees before they have fully changed.

Different Trees, Different Colors

One of the most fascinating aspects of fall foliage is the diversity of colors that different tree species produce. Each type of tree has its own unique combination of pigments, leading to a wide range of hues in the autumn landscape. Here are a few examples of common trees and the colors they produce:

Maples: Known for their vibrant red, orange, and yellow leaves, maples are a favorite for fall foliage enthusiasts. Sugar maples, in particular, are famous for their brilliant orange-red colors.

Oaks: Oak trees typically produce brown or russet-colored leaves in the fall. While their colors may not be as bright as those of maples, they contribute to the rich tapestry of the autumn landscape.

Birches and Aspens: These trees are known for their striking yellow leaves, which stand out against the deep greens of evergreen trees.

Sumac and Dogwoods: These trees often produce deep red or purple leaves, thanks to the high levels of anthocyanins they produce.

The changing colors of fall leaves are a result of the complex interplay between plant biology, environmental cues, and weather conditions. As daylight diminishes and temperatures cool, chlorophyll breaks down, revealing the vibrant pigments that have been hidden within the leaves all along. The process is both a visual delight and a crucial part of the plant's preparation for winter.

By understanding the science behind fall colors, we can appreciate not only the beauty of the season but also the intricate biological processes that make it possible. So next time you find yourself admiring a canopy of red, orange, and yellow leaves, remember the fascinating science at work, turning the world into a colorful masterpiece before winter's arrival.

Jen Bewski
PHOTO CREDIT



Cat Hovestad
PHOTO CREDIT





WITCHES BREW: ENCHANTING HALLOWEEN DRINKS

Here's a spooky list of 4 Halloween-themed shots and cocktails that are perfect for your October festivities

WITCH'S BREW SHOT

Ingredients:

1 oz vodka
1/2 oz blue curaçao
1/2 oz sour apple schnapps
A splash of lemon-lime soda

Instructions:

- In a shaker, combine vodka, blue curaçao, and sour apple schnapps with ice.
- Shake well and strain into a shot glass.
- Add a splash of lemon-lime soda for a fizzy effect.

Why it's spooky: Green color and the fizzy touch give this shot a witchy, bubbling cauldron vibe.

BLOOD ORANGE MARGARITA

Ingredients:

1 1/2 oz tequila
1 oz blood orange juice
1/2 oz triple sec
1/2 oz lime juice
Black or red salt for rimming the glass

Instructions:

- Rim the glass with black or red salt.
- In a shaker, combine tequila, blood orange juice, triple sec, and lime juice with ice.
- Shake and strain into the glass over ice.
- Garnish with a blood orange slice.

Why it's spooky: The blood orange juice gives this cocktail a deep red hue, perfect for a creepy, bloody Halloween vibe.



BLACK MAGIC MARTINI

Ingredients:

1 oz black vodka
1 oz crème de cassis (black currant liqueur)
1/2 oz cranberry juice
1/2 oz fresh lime juice

Instructions:

Combine all ingredients in a shaker with ice. Shake well and strain into a chilled martini glass. Garnish with blackberries or a twist of lime.

Why it's spooky: The deep, inky color of the drink makes this a sinister yet sophisticated Halloween cocktail.

PUMPKIN SPICE SHOOTER

Ingredients:

1 oz vanilla vodka
1/2 oz pumpkin liqueur
1/2 oz Irish cream
A dash of cinnamon or pumpkin spice for garnish

Instructions:

- Combine all ingredients in a shaker with ice.
- Shake and strain into a shot glass.
- Garnish with a sprinkle of cinnamon or pumpkin spice.

Why it's spooky: This shot combines the warmth of pumpkin spice with a creamy, dessert-like flavor, perfect for cozying up during Halloween.



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10 Basic Survival Skills You Can Learn in Your Own Backyard

Survival skills are essential life-saving techniques that everyone should know, especially when faced with unforeseen emergencies or when enjoying outdoor adventures.

The great news is that you don't need to venture into the wilderness to practice these fundamental skills. Many can be learned and honed right in your own backyard. In this guide, we'll walk you through the 10 basic survival skills you can develop at home, helping you prepare for outdoor adventures and emergencies alike.

1. Fire Building

Why It's Essential:

Fire is crucial for warmth, cooking, purifying water, and signaling for help. In a survival situation, fire can mean the difference between life and death.

How to Practice at Home:

Start by collecting different types of tinder, such as dry leaves, twigs, and newspaper, and learn to start a fire using various methods like matches, lighters, and even a fire starter. Try to master the fire triangle (heat, fuel, and oxygen) to keep your fire burning.

For an extra challenge, practice starting a fire using a flint and steel or magnifying glass to simulate survival scenarios.

2. Shelter Building

Why It's Essential:

Shelter protects you from harsh weather conditions, predators, and insects, and conserves body heat, especially in cold environments.

How to Practice at Home:

Use materials available in your backyard—such as sticks, tarps, leaves, and ropes—to create temporary shelters like lean-tos or debris huts. Familiarize yourself with knots and ways to secure tarps over branches to ensure your shelter can withstand wind and rain.

Experiment with insulating the floor of your shelter using dry leaves or grasses to simulate survival in cold conditions.

3. Water Purification

Why It's Essential:

In survival situations, finding and purifying water is one of the most critical tasks. Drinking contaminated water can lead to serious illness.

How to Practice at Home:

Set up a water collection system with a rain barrel to understand how to gather water. Once collected, practice purifying it using boiling, filtration, or chemical purification methods like iodine or water purification tablets.

Additionally, learn how to make a simple solar still in your backyard to understand how to extract water from soil or plants using evaporation.

4. Foraging and Plant Identification

Why It's Essential:

Knowing which plants are edible and which are poisonous is a critical survival skill, particularly when food supplies are limited.

How to Practice at Home:

Research the native plants in your area and learn to identify common edible plants like dandelions, clover, and wild berries. Practice safely harvesting these plants and using them in simple recipes.

Additionally, learn how to identify common toxic plants like poison ivy, poison oak, and certain types of mushrooms to avoid dangerous mistakes in a real-life situation.

5. First Aid Skills

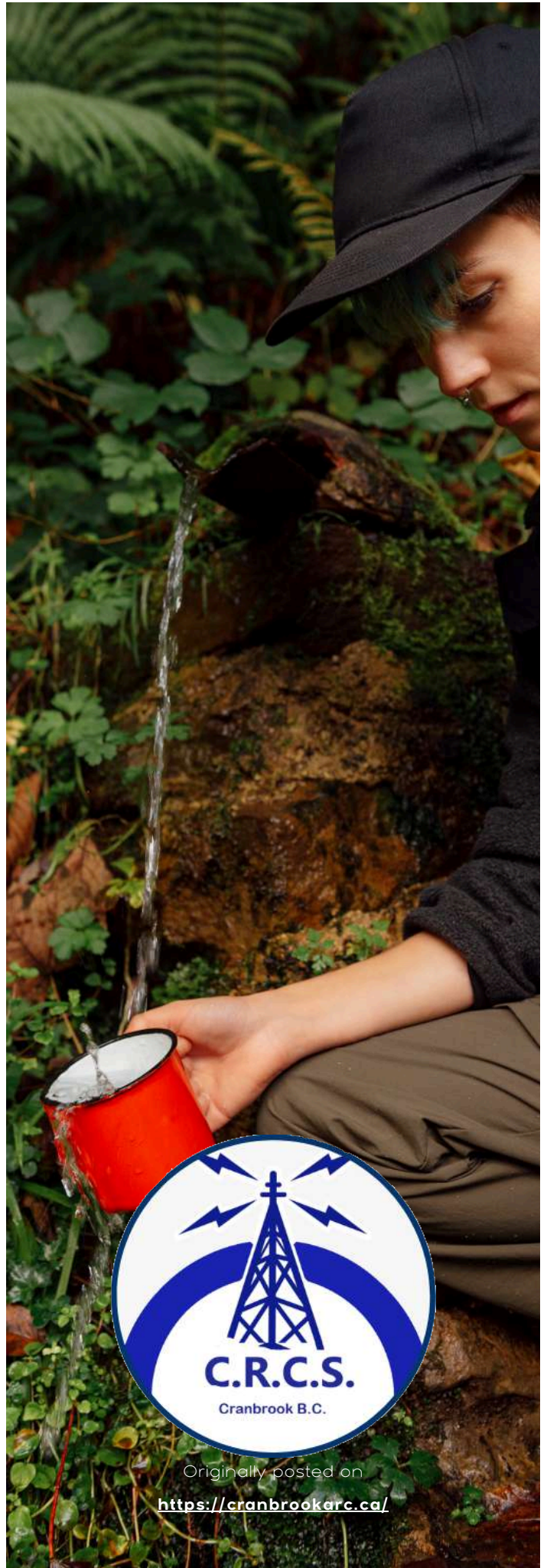
Why It's Essential:

Injuries are common in survival situations, and knowing basic first aid could prevent minor injuries from becoming life-threatening.

How to Practice at Home:

Create a basic first aid kit with essentials like bandages, antiseptic wipes, and tweezers. Practice cleaning and dressing wounds, splinting a limb, and performing CPR.

Learning how to treat common outdoor injuries such as cuts, burns, insect bites, and sprains will ensure you're prepared if an accident occurs while camping, hiking, or during a power outage.



Originally posted on

<https://cranbrookarc.ca/>

6. Knot Tying

Why It's Essential:

Tying knots is essential for shelter construction, setting traps, securing gear, and performing rescues in survival situations.

How to Practice at Home:

Familiarize yourself with a few key survival knots, such as the bowline, square knot, clove hitch, and figure-eight knot. These knots can be practiced in your backyard using ropes, tarps, or even paracord.

Once you've mastered the basics, practice using these knots in practical applications like building a shelter, securing a load, or hanging a hammock.

7. Navigation Without a Map

Why It's Essential:

Knowing how to navigate using natural elements like the sun, stars, and landmarks can help you find your way if you're lost without a map or compass.

How to Practice at Home:

Learn to use the position of the sun and shadows to find cardinal directions during the day. At night, practice identifying key stars like Polaris (the North Star) to find north.

You can also create a simple sundial in your backyard or practice shadow stick navigation, a technique that uses the movement of the sun's shadow to determine direction.

8. Food Preservation

Why It's Essential:

In long-term survival situations, the ability to preserve food through methods like drying, smoking, or canning can extend your food supply.

How to Practice at Home:

In your backyard, experiment with drying fruits and vegetables using the sun or a simple dehydrator. You can also try smoking meat or fish in a homemade smoker to learn how to preserve protein-rich foods.

Understanding how to keep food safe without refrigeration will prepare you for emergencies where access to fresh food is limited.

9. Fishing and Hunting Basics

Why It's Essential:

When food is scarce, knowing how to catch fish or hunt small game can be a crucial survival skill.

How to Practice at Home:

If you have access to a nearby pond or river, practice basic fishing techniques using a rod, hook, and bait. You can also experiment with making simple survival fishing traps using nets or materials found in your backyard.

For hunting, practice making basic snares and traps to catch small animals, such as rabbits or squirrels, while following local laws and ethical guidelines.

10. Signaling for Help

Why It's Essential:

In an emergency, being able to signal for help can increase your chances of rescue, especially when you're lost or injured in a remote location.

How to Practice at Home:

Use mirrors, whistles, or smoke to practice creating signals that can be seen or heard from a distance. Learn to create ground-to-air signals using large, contrasting materials like tarps or rocks.

Master the use of a signal mirror to reflect sunlight and attract attention from far away, or practice starting a signal fire to produce visible smoke.

Learning and practicing these 10 basic survival skills in your own backyard not only prepares you for emergencies but also builds confidence and self-reliance. By honing these essential skills, you can better handle outdoor adventures or unexpected situations where survival techniques are needed. Remember, preparedness starts at home—take the time to practice these skills, and you'll be ready to face any challenge with confidence.



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Kitchen Safety for Thanksgiving Dinner: Tips to Keep Your Feast Safe and Stress-Free

Thanksgiving is a time for family, friends, and of course, a delicious feast. However, with all the excitement and activity in the kitchen, it's important to prioritize safety to prevent accidents or mishaps.

Whether you're a seasoned chef or hosting your first Thanksgiving dinner, these kitchen safety tips will help ensure your celebration is as safe as it is tasty.

1. Watch Out for Fire Hazards

One of the biggest risks in the kitchen, especially during a busy holiday, is the potential for fires. Ensure you keep flammable items like dish towels, paper towels, and oven mitts far from the stovetop and oven. If you're deep frying a turkey, make sure it's done outdoors, away from any structures, and never leave it unattended.

Keep a fire extinguisher nearby and make sure you know how to use it. In case of a grease fire, never use water to extinguish it—cover the flames with a metal lid or use baking soda to smother it.

2. Prevent Burns

With multiple dishes being prepared at once, it's easy to forget that a pot handle is hot or that the oven door is still open. Always use oven mitts when handling hot pans or trays, and turn pot handles inward on the stove to prevent accidental knocks. Keep kids and pets away from the kitchen to avoid spills and burns.

3. Keep the Area Clean and Organized

A cluttered kitchen is an accident waiting to happen. Make sure to clean up spills immediately to prevent slips and falls. Additionally, keep knives and sharp objects out of reach when not in use, and use a cutting board to avoid damaging countertops or yourself.

4. Food Safety is Key

Keep raw poultry and meats separate from other ingredients to prevent cross-contamination. Wash your hands, utensils, and cutting boards with hot, soapy water after handling raw meat. Make sure the turkey is cooked to an internal temperature of 165°F to ensure it's safe to eat.

By following these safety tips, you can enjoy a smooth and successful Thanksgiving dinner while keeping your loved ones out of harm's way. Happy Thanksgiving!



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PHOTO CREDIT

Angel Flight of British Columbia: A Lifeline of Compassionate Care

In a province as vast and geographically diverse as British Columbia, accessing critical healthcare can be a challenge for many residents living in remote or rural communities. However, thanks to the dedicated efforts of Angel Flight of British Columbia, countless patients in need of medical treatment have been given the gift of free, timely air transportation. Angel Flight BC has been quietly making a monumental difference for individuals who require medical services but face barriers due to distance and transportation challenges.

A Mission Rooted in Compassion

Founded in 2001, Angel Flight of British Columbia is a non-profit, volunteer-run organization that provides free flights to patients who need to travel to Vancouver for medical appointments and treatments. The organization primarily serves patients living on Vancouver

Island, the Gulf Islands, and other remote areas of BC, where road or ferry travel can be lengthy, stressful, and potentially dangerous for individuals undergoing medical care. The service is provided entirely free of charge, giving peace of mind to patients and their families during difficult times.

Efficient and Accessible Medical Transportation

One of the standout features of Angel Flight BC is the efficiency and convenience they offer to patients. By utilizing small, privately owned aircraft flown by volunteer pilots, Angel Flight dramatically reduces travel time for patients who would otherwise spend hours on the road or ferry. A flight that would take less than an hour replaces a full day of travel by land or water, allowing patients to focus on their health rather than the logistics of getting to and from their medical appointments.



[Angel Flight of BC](#)
PHOTO CREDIT

The organization's fleet of small planes offers direct flights to major hospitals and medical facilities in Vancouver, ensuring that patients arrive on time and ready for their treatment. After their appointments, patients are flown back home on the same day, providing them with a seamless and stress-free experience.

Volunteer Pilots: The Heart of the Organization

At the core of Angel Flight BC's success is its team of highly skilled, compassionate volunteer pilots. These individuals donate their time, expertise, and aircraft to ensure that patients reach the care they need. The dedication of these pilots exemplifies the spirit of community service that Angel Flight BC is built upon.

By covering the fuel and operating costs of the flights themselves, these volunteers demonstrate extraordinary generosity. They not only provide transportation but also give their patients an experience of dignity and respect. Whether it's a routine check-up or a lifesaving procedure, the pilots of Angel Flight BC are committed to making sure their passengers are treated with the utmost care and compassion.

A Lifeline During Difficult Times

Angel Flight BC's services are

especially crucial for cancer patients, who often require regular trips to Vancouver for treatments such as chemotherapy and radiation. For these patients, the emotional and physical toll of long travel can be overwhelming. Angel Flight BC provides a lifeline for those who may be too fatigued, sick, or vulnerable to travel for extended periods of time.

Additionally, Angel Flight BC offers flights for patients who are unable to fly commercially due to weakened immune systems or mobility issues. The comfort, privacy, and flexibility of Angel Flight's services allow these patients to maintain their dignity and receive care without the added stress of commercial travel.

Supported by the Community

While Angel Flight BC operates with volunteer pilots and donated aircraft, the organization still requires financial support to cover the various operational costs associated with maintaining a fleet, such as fuel and maintenance. Community support plays a critical role in sustaining Angel Flight's operations. Donations, fundraisers, and partnerships with local businesses and individuals ensure that this vital service can continue to serve patients across the province.

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Game Review: Edge of Sanity

Release Date: June 10, 2024

Platforms: PlayStation 5, Nintendo Switch, PlayStation 4, Xbox One, Microsoft Windows, Xbox Series X and Series S

Developers: Vixa Games, Scalac Sp. z o.o.

Genres: Survival Horror, Adventure, Indie

Engine: Unity

Publishers: Vixa Games, Daedalic Entertainment

"Edge of Sanity" is a chilling survival horror game developed by Vixa Games and Scalac Sp. z o.o., released in June 2024. Set in a haunting world filled with psychological dread and environmental terrors, the game places you on the edge of your seat from start to finish. The developers have successfully blended the thrill of survival horror with an intricate, eerie adventure, all while delivering the atmosphere that fans of the genre crave.

Plot and Setting

The story of Edge of Sanity is one of its strongest aspects. Set in the cold, desolate wilderness, the game follows a protagonist stranded in a remote and hostile environment. You quickly discover that you're not alone—there's something far more sinister lurking in the shadows. The game's mystery

deepens as players uncover disturbing secrets about the area and their own descent into madness.

Drawing inspiration from Lovecraftian horror, Edge of Sanity masterfully balances suspense, dread, and psychological horror. As the title suggests, the game tests the player's mental fortitude, blurring the lines between reality and madness. Players are encouraged to make choices that affect the outcome, but each decision carries heavy consequences.

Gameplay and Mechanics

At its core, Edge of Sanity is a survival horror game with adventure elements. As a player, your primary goal is to navigate the environment, scavenging for resources like food, supplies, and weapons, all while trying to maintain your mental health.

Limited resources force players to make difficult choices, heightening the tension throughout the game. The necessity to balance between physical survival and mental stability adds a unique twist to the traditional survival horror formula.

The game's mechanics feel intuitive and responsive. Crafting is straightforward and essential for surviving in the hostile wilderness. The atmosphere is oppressive in the best way possible, and the game's pacing masterfully builds tension, making every dark corner feel like a threat. The sanity mechanic is also well-executed, as your vision blurs and you experience disturbing hallucinations when you spend too much time in the dark or make certain choices.

The enemies, much like the environment, are unpredictable. The monsters you encounter are grotesque and unnerving, often appearing when you least expect them. Their design clearly draws inspiration from Lovecraftian creatures, making each encounter feel like a fight against your very nightmares.

Visuals and Sound

The Unity engine works wonders in *Edge of Sanity*, offering detailed environments with chilling atmospheres. The game opts for a gritty, dark art style that fits the survival horror genre perfectly. The wilderness is rendered beautifully, but the desolate landscapes and deteriorating buildings give a sense of dread and isolation. Shadows and lighting play a pivotal role in adding suspense, as the dim glow of a lantern or the fleeting flicker of a flashlight are often your only companions in the otherwise pitch-black world.

Where *Edge of Sanity* really excels is in its sound design. The game's ambient noises and eerie background music heighten the horror experience. From the chilling whispers of wind through trees to the unsettling creaks of an abandoned building, every sound feels like a threat, keeping you on edge. The voice acting is also well-executed, adding emotional weight to the protagonist's unraveling mental state.

Difficulty and Replayability

Edge of Sanity offers a well-balanced difficulty that rewards careful planning and smart resource management. Survival horror fans will appreciate the challenge, as there's a real sense of vulnerability and danger at every turn. Combat can be tricky, with limited ammo and improvised weapons making it crucial to conserve supplies and pick your battles wisely.

The game's branching storylines and choices give *Edge of Sanity* replayability. Each decision you make—whether it's how you interact with the environment, how you deal with NPCs, or how you manage your mental health—can change the outcome of the story. Multiple endings and hidden areas encourage players to revisit the game to uncover every secret and explore the full narrative.

Performance

On all platforms, including PlayStation 5 and Xbox Series X, *Edge of Sanity* runs smoothly. The Unity engine ensures that the game offers impressive graphics and performance, even on the Nintendo Switch and older consoles like the PlayStation 4 and Xbox One. Frame rates are generally stable, and load times are minimal. The game is well-optimized, meaning players can immerse themselves in the experience without technical interruptions.

Edge of Sanity is a must-play for fans of survival horror and adventure games. With its gripping narrative, challenging gameplay, and masterfully crafted atmosphere, it stands out as one of the best indie horror games of 2024. Whether you're cautiously exploring the haunted wilderness, rationing your supplies, or grappling with the protagonist's declining sanity, *Edge of Sanity* offers a thrilling and unnerving experience that's sure to leave a lasting impression.

Rating: 8.5/10

Edge of Sanity masterfully blends survival horror and psychological thrills, offering players an eerie, edge-of-your-seat experience that's as terrifying as it is engaging.

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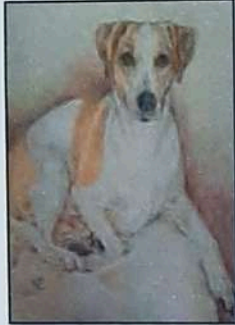
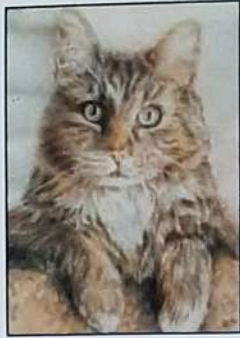
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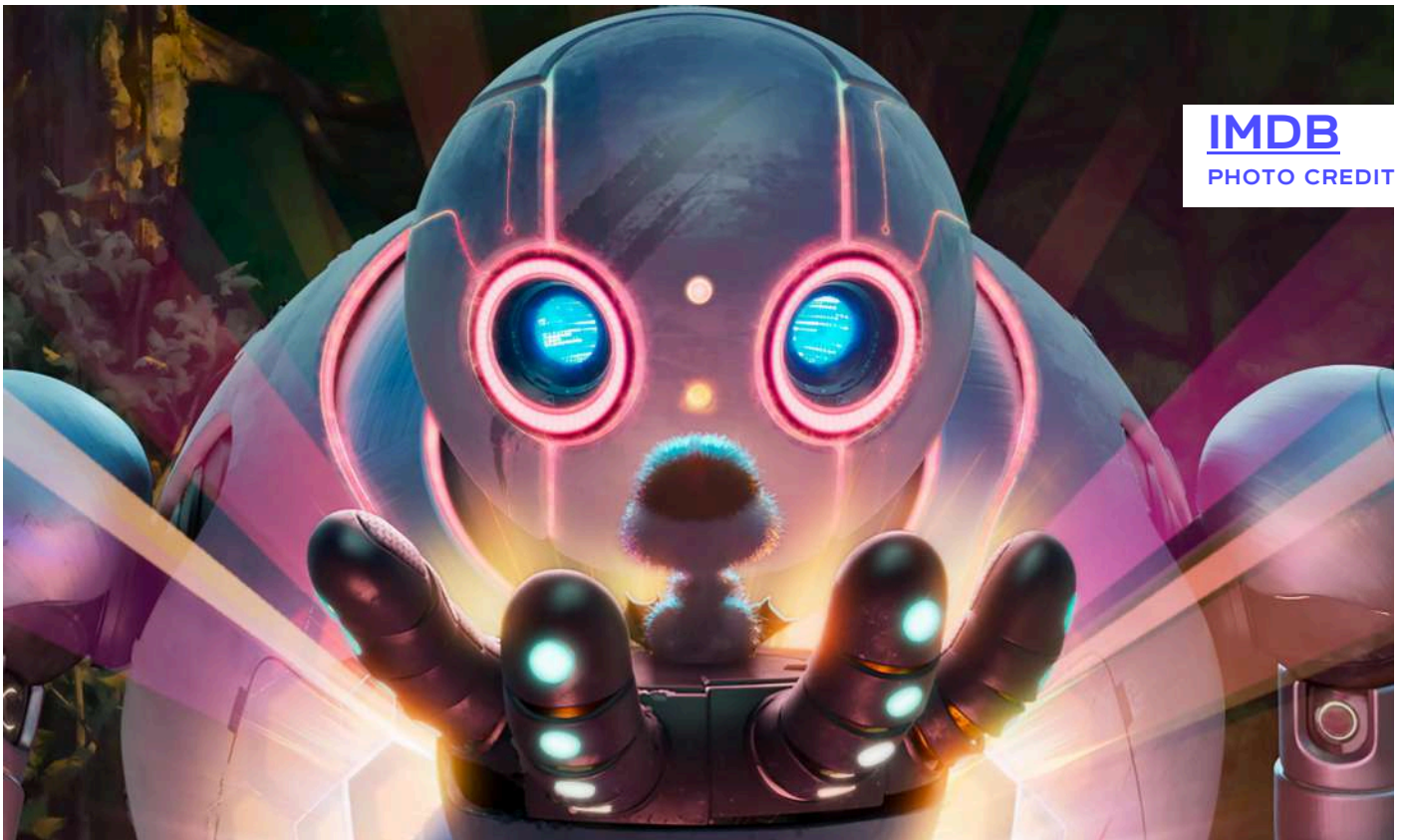
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Movie Review: The Wild Robot

Release Date: September 27, 2024 (Canada)

Director: Chris Sanders

Distributed by: Universal Pictures

Adapted From: The Wild Robot by Peter Brown

Box Office: \$100.7 million

Music by: Kris Bowers

The Wild Robot, directed by Chris Sanders, brings the beloved children's novel by Peter Brown to life in a visually captivating and emotionally engaging adaptation. A unique mix of survival story, science fiction, and heartwarming relationships, the film invites viewers of all ages to embark on a journey of self-discovery, empathy, and connection between nature and technology.

Plot and Storyline

The film follows Roz, a shipwrecked robot that washes up on a remote, uninhabited island after her cargo ship sinks in a storm. Upon activation, Roz finds herself in a foreign, wild landscape, where she must quickly learn to navigate her new

surroundings. Through trial and error, and by observing the animals around her, Roz begins to understand the ways of the island's ecosystem.

Despite her mechanical nature, Roz develops meaningful connections with the island's wildlife, including a strong parental bond with an orphaned gosling she raises as her own. The film highlights themes of adaptation, family, and the intersection between technology and the natural world, as Roz strives to become part of the island's community despite her outsider status.

Themes of Empathy and Adaptation

At its core, The Wild Robot explores what it means to adapt and connect with others, regardless of background or origins. Roz's journey to blend into the wild forces her to question her purpose as a robot while learning to embrace the nurturing qualities she didn't know she possessed. The way Roz slowly earns the trust of the island's animals, and how she cares for the young gosling, adds a touching, almost

human-like element to her character, making her relatable and endearing to the audience.

This emotional core of the movie speaks to children and adults alike, delivering a powerful message about empathy, environmental harmony, and finding common ground between the natural and technological worlds.

Visuals and Animation

Visually, *The Wild Robot* is a stunning experience. Director Chris Sanders, known for *How to Train Your Dragon* and *Lilo & Stitch*, brings his flair for creating vivid, immersive environments to this project. The island itself feels like a character, with lush forests, rocky beaches, and vast skies setting the stage for Roz's journey of discovery. The wildlife, from the smallest insects to the largest predators, is rendered in intricate detail, with the creatures' unique personalities shining through their animated expressions and movements.

Roz, with her cold metal frame and digital eyes, is designed to stand out against the vibrant backdrop of nature, yet she also gradually becomes part of it. The juxtaposition of her mechanical form with the fluidity of the island's ecosystem is both visually striking and thematically profound.

Voice Acting and Character Development

The voice acting in *The Wild Robot* adds depth to the story, particularly through Roz's calm, measured tone. While she initially speaks in a robotic manner, Roz's development as a character is mirrored in her voice as she grows more connected with the island and its inhabitants. Her interactions with the animals, especially the gosling, are heartwarming, with each animal having its own distinct personality.

The supporting animal characters are lively and engaging, providing both comic relief and emotional weight throughout the film. The dynamics between Roz and the other creatures create some of the film's most memorable moments, emphasizing the importance of understanding and embracing differences.

Music by Kris Bowers

The soundtrack, composed by Kris Bowers, perfectly complements the tone of the movie. The music seamlessly shifts from quiet, reflective moments to more intense, action-filled scenes, always underscoring the emotional beats of Roz's journey. Bowers' score enhances the sense of wonder and isolation on the island, drawing audiences deeper into Roz's experience.

Box Office Performance and Reception

At the box office, *The Wild Robot* has performed solidly, grossing \$100.7 million globally. Audiences have responded positively to its heartwarming story and stunning visuals, with many praising its accessibility to viewers of all ages. Families, in particular, have found the film's message of kindness, empathy, and perseverance resonating with children, while adults appreciate its deeper exploration of technology and humanity's relationship with nature.

The Wild Robot is a beautifully crafted film that captures the essence of Peter Brown's beloved novel while adding its own cinematic flair. Director Chris Sanders has created a visual masterpiece that brings Roz's journey to life in a way that is both poignant and visually stunning. With its well-crafted themes of survival, adaptation, and empathy, *The Wild Robot* is a heartwarming story that will leave audiences of all ages reflecting on the power of connection, even in the most unlikely of circumstances.

If you're looking for a family-friendly film that combines adventure, emotion, and thought-provoking themes, *The Wild Robot* is an excellent choice. Roz's journey from a mechanical outsider to a nurturing and beloved figure in the animal community is both moving and inspiring, making this movie a must-watch this fall.

Rating: 8.5/10

The Wild Robot strikes a perfect balance between stunning animation, compelling storytelling, and heartwarming themes, making it one of the standout animated films of 2024.



**Cranbrook Rock & Lapidary Club Mineral,
Fossil & Gem Show, October 2024**

**When: October 25 (3-9 PM) October 26 (9 AM – 6 PM),
& October 27 (10 AM – 3 PM) 2024**

**Where: Colombo Lodge 2550 – 8th Ave S. Cranbrook B.C.
V1C 7E7**

The show will feature vendors, exhibitors, displays, and demonstrations as well as children's programs.

Entry \$5.00 Adults, \$4:00 Seniors and Students, Children under 12 free. Family max \$20. Concession available.

Contact: Cranbrook Rock & Lapidary Club at 250-919-2441 or e-mail at <https://cranbrooklapidaryclub.ca/>

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LETTERHEAD DESIGN \$26

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FLYER DESIGN

Single Layout Concept	\$35
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VECTOR SIGN DESIGN

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If I sprain my ankle, chances are you'll know how to help.

If I have a panic attack, chances are you won't.

Let's change those odds together



November 4
9am-5pm

Crowsnest Pass
Community Library
2114 127 St.
Blairmore

Email transfer \$75
danielle@mental
healthmatters.ca

Module 1 must be
completed before
the course.

An
Opening Minds
Program



**Mental Health
First Aid**

VALLEY PROMOTIONS



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Food Basket

Households of all sizes benefit from our food baskets.



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Food Basket



Eight Person
Food Basket

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 Basket

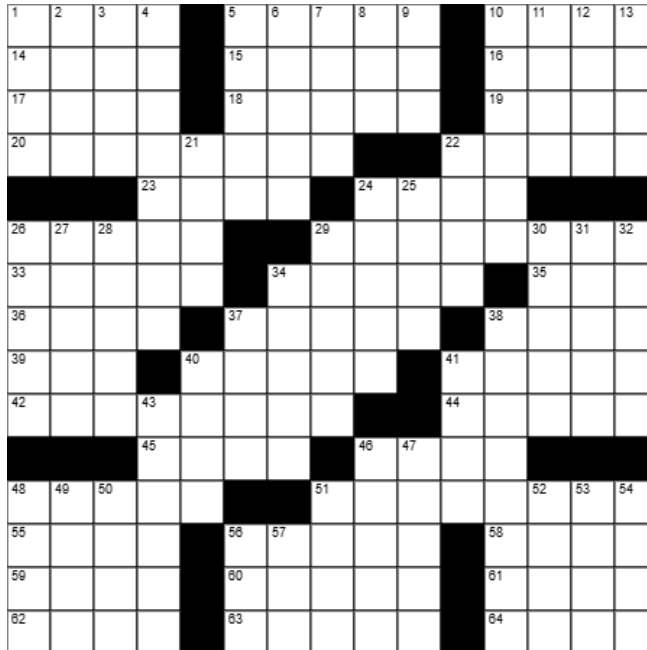


Emergency Food Baskets (\$39.00)

A LITTLE FUN

Across

1- Deficiency; 5- Made a choice; 10- Org.; 14- Irish island group; 15- Red cosmetic; 16- Linebacker Junior; 17- Bog down; 18- Seasonal song; 19- Put on the market; 20- Without a saddle; 22- Reef material; 23- Corned beef concoction; 24- Large pitcher; 26- Those against; 29- Custom; 33- Beetle Bailey's boss; 34- Creepy; 35- Guy's partner; 36- Winnie-the-___; 37- Orlando attraction; 38- Literary lioness; 39- Australian bird; 40- Standard of perfection; 41- Rest on the surface of a liquid; 42- Gaseous element; 44- Not tied down; 45- French summers; 46- Family; 48- Sleep disorder; 51- Pharmacist; 55- Go belly up; 56- Aired again; 58- "Puppy Love" singer; 59- Fairy tale opener; 60- "Don't Cry for Me, Argentina" musical; 61- Nipple; 62- Hollow grass; 63- It beats rock; 64- It is in Spain;



Down

1- Gyro meat; 2- Diva's delivery; 3- Singer Vikki; 4- Since I was ___ to a grasshopper (young); 5- Killer whales; 6- Fish illegally; 7- Istanbul resident; 8- Self-image; 9- Tierra ___ Fuego; 10- Categorize; 11- Crystal gazer; 12- Room in a casa; 13- Void's partner; 21- Foundation; 22- Gospel singer Winans; 24- Swashbuckler Flynn; 25- Hold on!; 26- Colorado skiing mecca; 27- Wynonna's mom; 28- Freshwater fish; 29- Pie nut; 30- Ice house; 31- Durango dwellings; 32- Delight; 34- Sporting blades; 37- Competitive advantage; 38- Stretch; 40- Very small quantity; 41- National symbol; 43- Staggered; 46- Slatted wooden box; 47- Of the moon; 48- Get an ___ effort; 49- Window piece; 50- Pleasant; 51- Faucet fault; 52- Supermodel Sastre; 53- Three-player card game; 54- Toodle-oo!; 56- Agent, for short; 57- One of the Gabors;

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