

Justin Spilly
PHOTO CREDIT

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

HAPPINESS, WHAT'S THAT?

Happiness isn't a sparkly fantasy world filled with rainbows, butterflies, and unicorns. It goes a lot deeper than that.

YOUR NEIGHBOURS – BIGHORN SHEEP

If you live in Columbia Valley, you might have been lucky enough to see Bighorn Sheep in the wild – groups of ewes and lambs grazing peacefully, or maybe a bunch of bachelors showing off.

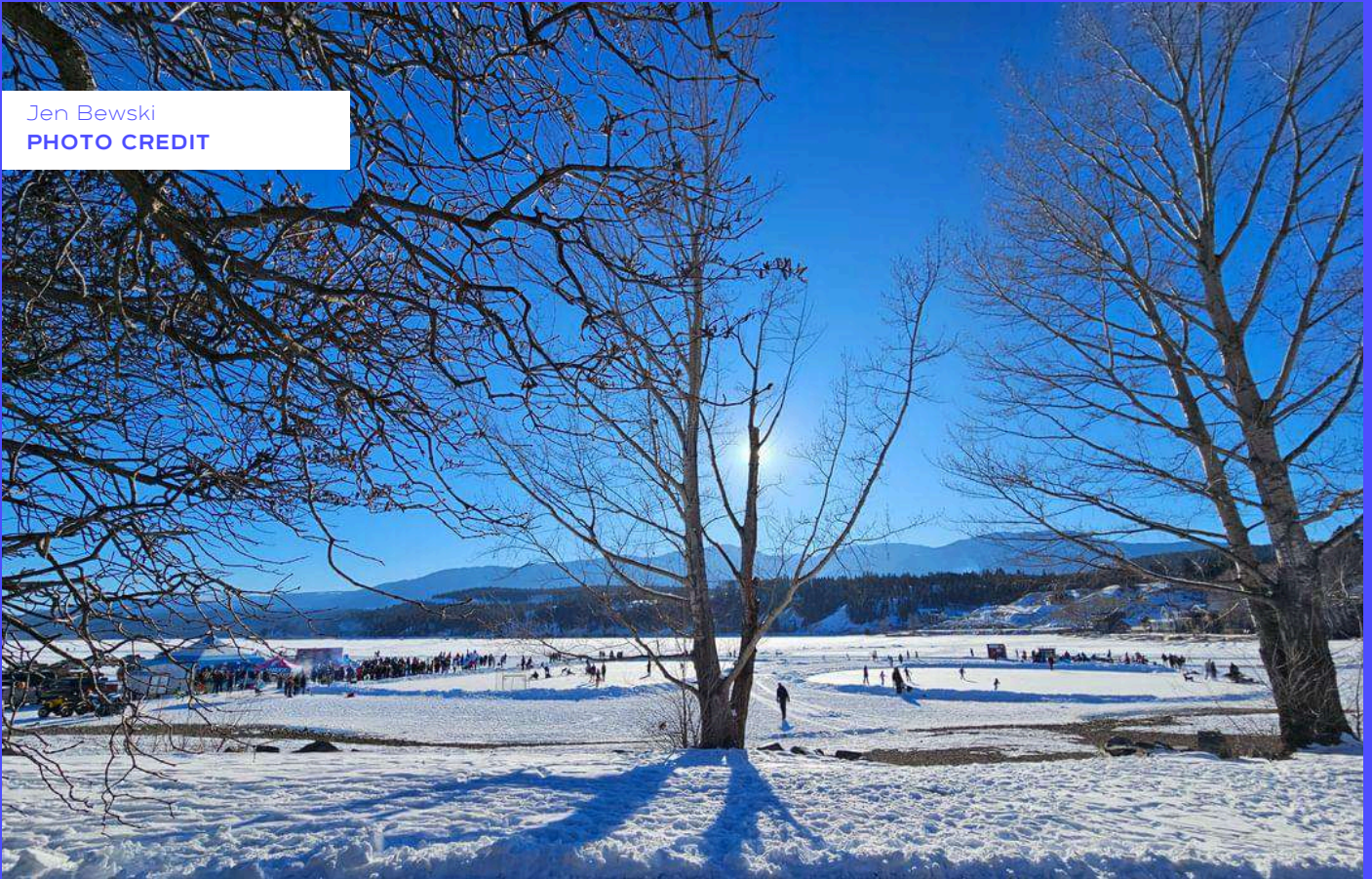
UNDERSTANDING & USING REPEATERS FOR LONG-DISTANCE EMERGENCY COMMUNICATION

Long-Distance Emergency Communication is a critical aspect of maintaining safety and connectivity during disasters.

A LOOK INTO THE ALZHEIMER'S SOCIETY OF BRITISH COLUMBIA

The Alzheimer's Society of British Columbia (ASBC) has been a beacon of hope, support, and knowledge.

Jen Bewski
PHOTO CREDIT



LETTER FROM THE VOLUNTEERS

As the cool November air sweeps in, we're reminded of the significance of this month—a time for remembrance, gratitude, and preparation for the winter ahead. With Remembrance Day on the horizon, we encourage everyone to take a moment on the 11th to honor the brave individuals who have served and sacrificed for our freedom. Whether it's wearing a poppy or observing a moment of silence, let's show our respect and appreciation for those who made our lives of peace and liberty possible.

November also marks the start of colder weather, so it's essential to make sure your winterizing is complete. Now's the time to check your heating systems, seal up those drafts, and ensure your car is ready for icy roads. A bit of preparation can make a huge difference in keeping everyone safe and warm as winter takes hold.

As always, we want to extend our heartfelt thanks to all the amazing guest contributors and readers who keep this community alive

and thriving. Your submissions, insights, and engagement truly make this platform special. If you have a story, tips, or ideas you'd like to share, please don't hesitate to reach out and submit your content. We love hearing from you and are always looking for new perspectives to feature!

And, if you're enjoying what you read, please help us spread the word. This marks our fourth year as a community, and we'd love to reach more people in our local area and beyond. Tell a friend, share an article, or recommend us to anyone who might be interested in what we're doing. Your support makes all the difference, and together, we can continue to grow and connect with even more incredible readers like you.

Wishing you all a warm and meaningful November, and thank you again for being a part of this wonderful community.

The Valley Voices Volunteers (VVV)

WINTER GEAR SWAP & SALE

12-3PM SATURDAY NOVEMBER 9 2024

COLUMBIA VALLEY CENTRE, INVERMERE

**TIME TO LOOK OUT ALL YOUR AWESOME WINTER GEAR & CLOTHING
AND MAKE SOME CASH IT'S AS EASY AS 1,2,3,4!**

- 1. LOOK OUT ALL YOUR AWESOME NEW & USED WINTER GEAR & CLOTHING**
- 2. DOWNLOAD AND COMPLETE THE PRE-REGISTRATION INTAKE FORM @ WWW.WYSKI.CLUB, MANDATORY FOR MORE THAN 3 ITEMS - EMAIL COMPLETED FORM TO WYSKISWAP@GMAIL.COM**
- 3. TOP TIP - PRICE YOUR GEAR TO SELL!**
- 4. COME ALONG TO THE DROP OFF EITHER FRIDAY NOVEMBER 8TH, 6-7.30PM OR SATURDAY NOVEMBER 9TH, 9-11.00AM (HAVE CASH A \$1 DROP FEE PER ITEM APPLIES)**



FORMS AVAILABLE WWW.WYSKI.CLUB

A Proud Past



A Focused Future



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HOW ARE WE DOING?

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

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

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

OR

by email to news@thevoicecv.ca

SUBMIT CONTENT

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

NEXT EDITION December 4, 2024

SUBMISSION DEADLINE December 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

VISIT US ONLINE
thevoicecv.ca

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

2024



PRIDE & ALLIES
MON

COOKING 5PM
TUE

WED

CANAL FLATS & EDGEWATER OPEN
THU

JAM NIGHT! 5PM
FRI

OPEN GYM
SAT

NOVEMBER

@THE HUB

AFTER SCHOOL TIL' 8PM

YOUTH OF THE MONTH: JACK



PIZZA MAKING 9/10TH!
TO REGISTER EMAIL:
PC.SUMMITCENTRE@GMAIL.COM
@GROUNDSWELL

POPCORN NIGHT
OPEN GYM @DTSS 1:30-5

OPEN GYM @DTSS 12-3PM

PAINTING

PASTA & GARLIC TOAST

PAINTING

BOARD GAMES

PING PONG TOURNI
OPEN GYM @DTSS 1:30-5

OPEN GYM @DTSS 12-3PM

CLOSED

FALAFEL WRAPS

YOUTH OF THE MONTH ACTIVITY PICK

CLOSED

MARIO KART TOURNI
BASKETBALL CLINIC (PRE-REGISTER)

BASKETBALL CLINIC (PRE-REGISTER)

COOKIE DECORATING

YOUTH OF THE MONTH MEAL PICK

NAME THAT TUNE

D&D

BRACELET MAKING
OPEN GYM @DTSS 1:30-5

OPEN GYM @DTSS 12-3PM

NAME THAT TUNE

STIR FRY

BUBBLE TEA MAKING

BUTTON MAKING

PAJAMA PARTY
OPEN GYM @DTSS 1:30-5

OPEN GYM @DTSS 12-3PM

YXC MAKER (SPACE) StellerVista credit union Makers Making Change A Hall Square Program

HACKING FOR THE HOLIDAYS YXC: MAKING TOYS ACCESSIBLE

Join us to adapt toys to be more accessible for children living with disabilities. All training provided - no experience necessary!

REGISTER ONLINE:
www.makersmakingchange.com
Contact Marie if you have any questions.
P: 778-577-8800
E: marie@yxc.makerspace.ca

BUILD EVENT:
Saturday, November 23rd 10am-1pm
YXC Makerspace, 131 7th Ave S
Cranbrook, BC

FREE EVENT

Questions? Email us! info@kast.com groundfloor COOPERATING SPACE YXC MAKER (SPACE) KAST | Community

November 13th, 6 PM
720 Kootenay Street N, Cranbrook BC, V1C 3V2

YXC TECH MEETUP

JOIN US FOR A TOUR OF THE ROGERS TV STUDIOS!

Community Connections / Local networking / Rogers tv Studio Visit

Food and Drink included!
Free Event

ROGERS tv

Justin Spilly
PHOTO CREDIT

Happiness, What's That?

Happiness isn't a sparkly fantasy world filled with rainbows, butterflies, and unicorns. It goes a lot deeper than that. True happiness is a pilgrimage of self-discovery found in riding the twists, loops, ups and sudden drops of the rollercoaster we call life and making conscious decisions along the way.

No universal definition of happiness fits everyone identically, so why settle for someone else's version? You have the power to define happiness for yourself, mould it, and modify it whenever you choose. Whether you view happiness as a state of contentment, excitement, work or leisure, the key is that it's yours to claim. As Dale Carnegie (American writer/lecturer 1888 - 1955) wisely said, "It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it." This truth is liberating. It means that your happiness depends on how you see the world, regardless of your surroundings.

Happiness isn't something that happens by accident. It's a deliberate act, a conscious decision you make

every day. We often wait for external conditions to shift or for the stars to align before allowing ourselves to feel happy. But this delay only keeps happiness at arm's length. Instead of chasing it, choose to have it now. Roy T. Bennett (American attorney, CPA 1939 - 2014) echoes this idea, stating, "Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice... Whatever choice you make makes you. Choose wisely." The message here is clear: happiness is built by the decisions you make each day. You give away your power if you allow your circumstances to dictate your emotions. But if you recognize that your happiness is within your control, you'll see that life's circumstances are less influential than your attitude toward them.

In life, you will face moments of uncertainty and hardship. The road can be rocky. Yet, this doesn't mean happiness has to slip away. As Lucy Maud Montgomery (Canadian author, 1874 - 1942) wrote, "It's been my experience that you can nearly always enjoy things if you make up your mind firmly that you will." This perspective empowers you to see joy in the present, no matter which difficulties you face. Even in the darkest moments, living life fully allows you to experience happiness in the here and now. This intentional shift in mindset converts your experience from one of constant seeking to one of continuous receiving.

Courage plays a crucial role in maintaining happiness. It takes bravery to stand firm in your decisions, trust your judgment, and refuse to fold under the weight of others' expectations. Society often pressures us to conform to its definitions of success, beauty, and happiness. In its most authentic form, happiness is about standing tall in your truth. It's about saying no when something doesn't align with your values, and it's about asking the right questions, even when the answers might be uncomfortable. Stay sharp, awake, aware, and most importantly, stay true to yourself.

Take advantage of this. Time is not running out, and there is no deadline for achieving happiness. Many people race through life like they're on some invisible clock, searching for the next achievement, relationship, or milestone that promises happiness. But happiness is not something to be found, it's something to be lived. When asked, "Are you happy?" the answer should always be a resounding "Yes!" Why? Because happiness is a choice that you make daily. It doesn't depend on external validation or circumstances. The choice to be happy, to stay happy, is always within your reach.

In a world that often seems chaotic and out of control, the one thing you always have power over is your mindset. Your thoughts, attitudes, and decisions shape your experience of life. When you understand this truth,

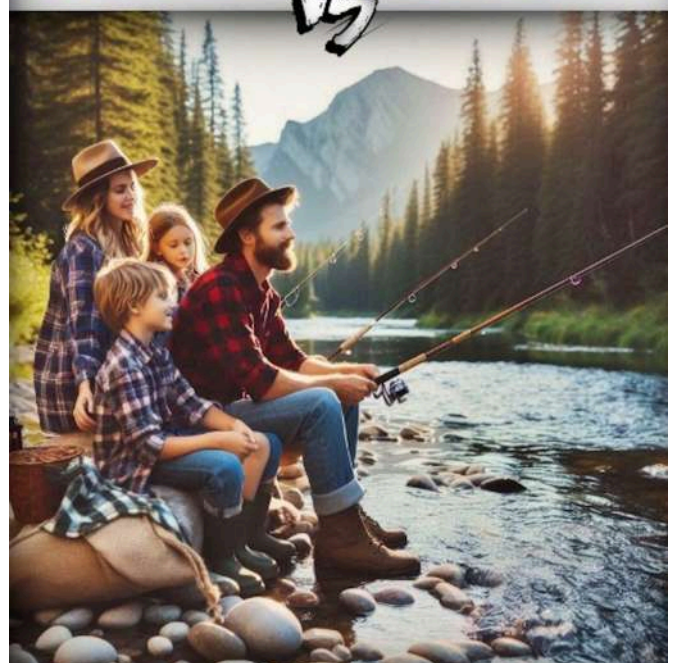
you stop searching for happiness outside yourself and begin to develop it within.

With its dizzying dance of fear and excitement, this rollercoaster ride won't always be smooth, but it will always be yours. And in that, there is true freedom. So, the next time you feel happiness slipping through your fingers, remember that it's not about waiting for life to hand you perfect moments. It's about taking responsibility for your thoughts and actions, standing up for yourself, and realizing that the present moment is always enough. In every moment, the choice is yours. Make it count.

Stop searching for happiness and start having it now.



VS



VOLUNTEERS NEEDED

WE'RE LOOKING FOR THE BEST & KINDEST PEOPLE



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

JOIN US!

INFO@ICANBC.COM | WWW.ICANBC.COM




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



October 1 - March 31



MUST USE WINTER TIRES



M+S



MUST CARRY TIRE CHAINS

VALLEY PROMOTIONS



WALDO STOCKBREEDERS' DINNER

FAMILY FRIENDLY EVENT

NOV 16/24

DOORS OPEN @ 5:30 PM

DINNER @ 6:30 PM

AWARDS @ 7:30 PM

DANCE @ 8:30 PM

FOR TICKETS PLEASE CONTACT GLENDA @ 250-426-9690 OR HOLLI 250-919-2814

PLEASE JOIN US FOR A NIGHT OF GOOD OLE FASHION FUN, NO MEMBERSHIP REQUIRED

Legion Legend

Our story is well known. Come join us for fun & memories, downtown at the Invermere Legion

WEDNESDAY NIGHT DINNERS!

RESERVATIONS MUST BE MADE BY SATURDAY NIGHT FOR WEDNESDAY
CALL GARRY 250-342-9517 ♥ DELICIOUS HOMEMADE FOOD!!



WEDNESDAY, NOVEMBER 13TH
ROAST BEEF DINNER! WITH ALL THE TRIMMINGS!

GUESTS
\$22.50
LEGION MEMBERS
RECEIVE DISCOUNT

THURSDAY, NOVEMBER 14TH @ NOON

SENIOR'S LUNCH

GUESTS - \$7.00
LEGION MEMBERS RECEIVE DISCOUNT

RESERVE BY TUESDAY, NOVEMBER 12TH
CALL JAN @ 250-342-1196 -- CALL EARLY!

WEDNESDAY, NOVEMBER 20TH
STUFFED PORK LOIN DINNER!

GUESTS
\$22.50
LEGION MEMBERS
RECEIVE DISCOUNT

WEDNESDAY, NOVEMBER 27TH
CHICKEN CORDON BLEU DINNER!

GUESTS
\$25.00
LEGION MEMBERS
RECEIVE DISCOUNT



**MEAT DRAW 3 DAYS A WEEK WEDNESDAY, FRIDAY AND SATURDAY!!
STARTS AT 6:30 PM, TIL THE MEAT IS GONE!**

*The community get-together place... Where you're not just a face...
Bring a friend and ADD TO THE LEGEND.*

VALLEY PROMOTIONS

Big Book Sale



Come on by and check out the great selection of good used

books!
Great Deals!
Colouring sheets & Letters to Santa.

Gift items for sale!

Cookies and cider.

Accepting Donations

- Good used books
- Complete puzzles
- Please note: FORL does not accept dictionaries, textbooks, National Geographic, Reader's Digest or encyclopedias
- Donations accepted at the Radium Hot Springs Public Library

November 23rd

9am to 3pm

Radium Hot Springs Centre
4863 Stanley St, Radium Hot Springs



Staying Warm in the Winter



Canadian wildlife survives our cold winter temperatures in a variety of ways. Some species migrate to warmer climates, while others hibernate to escape the cold. However, many animals stay put and physically adapt.

Chickadees, the common winter bird that serenades us, grow an insulating layer of feathers. Other animals have winter coats with denser fur to help trap air and retain body heat. Some species have adapted to cold weather through unique vascular systems that allow them to distribute blood more efficiently, preventing heat loss. Caribou are a great example of this - they have a heat exchange system that allows their long thin legs to stay at a lower temperature than the remainder of their bodies.

As temperatures drop and snow starts to fall, many animals busily prepare their winter homes. Animals look for winter shelter underground, under rocks or leaves, or in holes in trees or logs. We too could benefit from making our homes more cozy and protected from cold winter winds. Learning about energy-efficient retrofits can help us do that.

Join us at the Home Retrofit Fair on November 10th, 12-4 pm, at the Columbia Valley Centre, to learn about energy-efficient renovations and the grants that make them more affordable.

Industry experts will be there to help you on your journey to a more comfortable, healthier, and energy-efficient home. Presentations will cover topics like:

-Retrofit Assist: The Community Energy Association will introduce a free program that guides homeowners through the entire home energy retrofit process from start to finish. This session will discuss rebates and financing options available to support energy-efficient upgrades.

-House as a system: Learn what you need to know to make better decisions about heat pumps, ventilation, insulation, and windows and doors.

While there is a certain charm and appeal associated with sweaters, a cozy fire and hot drinks, a home that shields us from the elements is important!

Tracy Flynn
[Wildsight Invermere](#)



COLUMBIA VALLEY

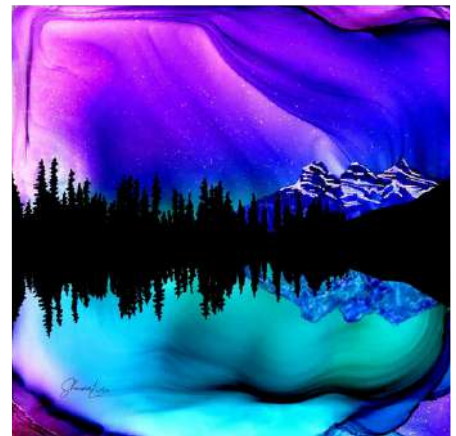
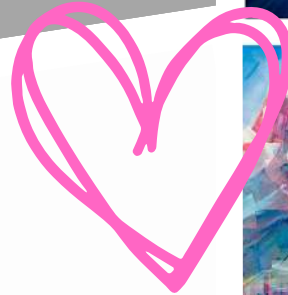
Home Retrofit Fair

November 10, 2024 from Noon–4 p.m.
Invermere, Columbia Valley Centre

Take the first step or the next step on your home energy-retrofit journey
Attend presentations or talk one-on-one with experts and contractors
Find rebates and funding to make it happen



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Visit Us At:

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www.facebook.com/villagearts

www.villagearts.ca

VALLEY PROMOTIONS

PAINT PARTY



Location: Jimmy's Pub & Grill, Creston
Date: Wednesday, November 27 - 6 to 8 pm

\$40/person (All supplies included)

Please message Wendy Franz Art to reserve your seat!

Please note: I do not offer refunds. However, if you give at least 48 hours notice of your need to cancel, I will credit your payment towards another event

KEEPING ANIMALS SAFE IN WINTER:

9 ESSENTIAL TIPS FOR PET AND WILDLIFE SAFETY

Winter brings a beautiful blanket of snow and holiday cheer, but it also presents a unique set of challenges for animals. Whether they are our beloved pets or wildlife struggling to survive the cold, animals face dangers associated with low temperatures, ice, and human activities during the winter months. To help ensure their safety, it's important to be aware of potential hazards and take proactive measures. Here are nine tips to keep pets and wildlife safe and comfortable through the colder season.

1. Clear Walkways for Pets

When snow piles up, walking becomes a challenge, especially for smaller animals who can't navigate deep snow. After shoveling your driveway and sidewalks, make sure to clear paths for pets. Ice and snow can be painful on their paws, and hard, uneven ground can cause injuries or make walking difficult. For added protection, consider using pet-safe booties for your pets to prevent cuts, scrapes, and frostbite on their paws. These pathways not only provide comfort but also reduce the risk of pets veering into potentially dangerous areas, such as icy roads.

2. Use Pet-Friendly Ice Melt

Many common de-icing products contain chemicals that can be harmful to pets. Ingredients like sodium chloride, calcium chloride, and magnesium chloride can cause chemical burns on paws and may lead to serious health problems if ingested. To protect your furry friends, choose pet-safe ice melt products that are formulated without these toxic chemicals. When you return home from walks, make it a habit to wipe down your pet's paws to remove any residue that could have come into contact with harsh de-icers.

3. Check for Antifreeze Spills

Antifreeze is essential for vehicle maintenance in winter, but it poses a deadly threat to animals. This chemical has a sweet smell and taste, which can attract pets and wildlife, but even a small amount is highly toxic if ingested. Be vigilant in cleaning up any spills in your driveway or garage, and store antifreeze securely out of reach of pets and wildlife. Consider using a pet-friendly antifreeze with a bittering agent that deters animals from consuming it.

4. Keep Garage Doors Closed

Stray animals and wildlife often seek refuge in warm spaces during the winter, and open garages can be an inviting shelter. However, garages are filled with hazards for animals, including harmful chemicals, sharp tools, and the risk of getting locked inside. By keeping your garage door closed, you prevent wildlife and neighborhood pets from wandering in and facing potential dangers. Always double-check your garage before leaving it closed for extended periods to ensure no animals have accidentally found their way inside.

5. Bang on Tires

In winter, small animals such as cats, squirrels, or rodents sometimes seek warmth by hiding in the wheel wells or under the hoods of vehicles. Before you start your car, make a habit of banging on the hood and checking around the tires. This small action can scare away any animals that may have found warmth there, preventing them from getting injured or killed by the engine or wheels. Remember, this simple precaution could save a life.

6. Provide Warm Shelters

For those who own outdoor pets or animals that like to spend time outside, providing a warm, insulated shelter is crucial. This is especially important for dogs, cats, and farm animals that may be accustomed to spending extended periods outside. Their shelter should be elevated off the ground to prevent moisture, lined with straw or blankets, and protected

from drafts. For small animals, such as rabbits or chickens, extra insulation is essential, as they are more vulnerable to cold weather. However, during extreme weather conditions, consider bringing pets indoors, even if they usually live outside.



7. Check Water Bowls Regularly

If animals are outdoors, make sure they have access to fresh, unfrozen water. In winter, water bowls can freeze quickly, which deprives animals of the hydration they need. Regularly check and refill outdoor water bowls, or invest in a heated water bowl to ensure they have access to liquid water at all times. Avoid using metal bowls, as these can cause an animal's tongue to stick to the surface in freezing temperatures. By ensuring consistent access to water, you're contributing to the overall health and well-being of outdoor animals.

8. Avoid Leaving Pets in Cold Cars

Most pet owners are aware of the dangers of leaving animals in hot cars during summer, but cold weather can be equally dangerous. Cars become frigid quickly in low temperatures, turning into a potential freezer for animals left inside. Cold exposure can lead to hypothermia, frostbite, and even death in extreme cases. If you're running errands, it's safer to leave pets at home or to bring them inside with you if possible, rather than leaving them in a cold car.

9. Keep Firewood Piles Covered

Firewood piles provide a natural shelter for small animals seeking warmth and protection during winter. Rodents, rabbits, and other wildlife may take refuge in these stacks, potentially creating an unsafe situation if they're startled or accidentally harmed when you gather logs. Keep your firewood covered with a tarp to discourage wildlife from nesting there and to ensure your own safety when handling firewood. A covered pile is less likely to house animals, keeping both you and wildlife out of harm's way.

Final Thoughts on Winter Animal Safety

As temperatures drop and snow begins to fall, it's essential to remain mindful of the safety and well-being of pets and wildlife around us. While we

prepare our homes, cars, and walkways for winter, it's equally important to take small steps that make a big difference in protecting animals.

Winter can be challenging for animals, whether they're our pets or creatures in the wild. By making small changes in our habits, like clearing walkways, using pet-safe products, and checking for animals around our vehicles, we can significantly reduce the risks they face. Additionally, providing a warm shelter for outdoor pets, keeping garages closed, and maintaining fresh water supplies can ensure they remain healthy and safe.

Ultimately, a little consideration goes a long way in creating a safe winter environment for all creatures. By following these tips, you can help ensure that animals—whether they're in your home, your neighborhood, or out in the wild—are well cared for during the colder months. Let's all work together to make this winter as safe and comfortable as possible for our furry and feathered friends!



**Saturday
Nov 16th
11am-5pm**

Wellness Market & Soul Talk Sessions

FREE ADMISSION

**ROYAL ALEXANDRA HALL
Cranbrook, BC**

**30+ vendors & exhibitors in the ballroom
20 Soul Talk Mini Sessions in the
Heart & Harmony Lounges**

www.abundancefair.ca

WILD & SCENIC FILM FESTIVAL

Saturday, November 16

Columbia Valley Centre, Invermere

Silent Auction
50/50 Raffle
Food, Drink, Door prizes

OR WATCH FROM ANYWHERE
with 5-day online film access



Doors open 5pm
12 Films 6:30-9:30pm

Wildsight.ca/Invermere



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 for more detailed information or drop by our office at Frater Landing to learn more.

SERVICE YOU CAN COUNT ON



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- Home Automation

RFEALARMS.COM (250) 342-6549

VALLEY PROMOTIONS

FREE MODEL RAILWAY MENTORSHIP PROGRAM 2025

INFO. SESSION

November 16
10am-12pm
Cranbrook History Centre

This 8-week program will run from Jan. 4 to Mar. 1 and is for:

- All abilities (beginner - advanced)
- Anyone interested in trains, art, circuits, building or simply learning
- Adolescents to seniors

Register to learn more about the MRM program:
www.cranbrookhistorycentre.com/events

TWINKLE, TWINKLE LITTLE STARMAKER!

Saturday, November 23 at 10:00 am - 11:30 am

Family Fun and Creativity:
Make a twinkling star tree decoration for your home and make a 2nd to donate to the GARDEN OF LIGHTS WISHING TREE.

Lions Hall, Chamber of Commerce at Crossroads Invermere
Limit 18 families (1 adult/1 child), adults welcome on their own

Things to bring: Bring an apron, old T-shirt to cover your good clothes, your water bottle, your creative ideas and disposable surgical gloves if you don't want paint on your hands.

Facilitator: Shona ★, Pottery Playground ★

First you will create your clay star, choose a slip colour, then use as graffiti tool to design and carve your special message for the season.
You will be able to pick up your fired stars a week later at the greenhouse.

Tickets: non-members: \$36 • Members: \$30
(this pays for all materials for 2 stars)
Note: if you wish to do more stars they will be available and you can purchase them at \$10/each during the workshop.

Register: www.groundswellnetwork.com

ED TALKS

Limited seating!

Discussion prompt...

December 4
7:00-8:30pm
Argyle Dining Car

a tea time talk

www.cranbrookhistorycentre.com/events



NEEDED

PAST STAFF, YOUTH OR VOLUNTEERS!

INTERESTED IN BEING INTERVIEWED FOR OUR 30TH ANNIVERSARY FILM

NOVEMBER 14TH
9AM-2PM

WHAT FOND MEMORIES DO YOU HAVE OF THE YOUTH CENTRE? WHAT DOES THIS DEDICATED YOUTH SPACE MEAN TO YOU?

The Summit Youth Centre
Connect • Inspire

LADIES NIGHT OUT

NOVEMBER 9, 2024
6 P.M TO 10 P.M

Shopping, Music, Drinks, Snacks and fun
\$5 Entry at the door

KIMBERLEY CONFERENCE CENTRE



PREPARING YOUR VEHICLE FOR WINTER

Essential Tips to Stay Safe on the Road

Winter is a challenging season for drivers, with icy roads, snowstorms, and freezing temperatures posing serious risks. Preparing your vehicle for winter can make a significant difference in your safety and performance on the road. To help you navigate the season with confidence, here's a comprehensive guide to getting your car winter-ready. From tires and fluids to battery checks and emergency kits, these essential tips will ensure that your vehicle is prepared for whatever winter throws your way.

1. Inspect Your Tires

Tires are the only part of your vehicle that makes contact with the road, making them one of the most critical components for winter driving. Here's how to make sure your tires are ready:

Switch to Winter Tires: Winter tires are specifically designed for cold weather and icy roads. They have a softer rubber compound and deeper tread patterns to improve grip in snowy and icy conditions. If you live in an area with heavy snowfall, investing in winter tires is a must.

Check Tire Tread Depth: Tread depth

is essential for traction. Worn tires can't grip the road effectively, especially on wet or icy surfaces. Use the penny test: insert a penny into the tire tread with Lincoln's head facing down. If you can see the top of Lincoln's head, it's time to replace the tire.

Maintain Proper Tire Pressure: Cold temperatures cause tire pressure to drop, which can lead to reduced handling and fuel efficiency. Check your tire pressure regularly throughout the winter, and keep it at the recommended level, which can be found in your vehicle's manual or on the driver's side door jamb.

2. Check Your Battery

Cold weather is tough on car batteries, and a weak battery can leave you stranded in freezing temperatures. Here's how to ensure your battery is up to the task:

Test Your Battery's Strength: If your battery is more than three years old, consider having it tested by a professional to determine if it has enough power to start your car in the cold. Many auto parts stores offer free battery testing services.

Clean the Battery Terminals: Corrosion on battery terminals can prevent a solid connection. Use a wire brush and a mixture of baking soda and water to clean the terminals, ensuring a secure connection.

Consider a Battery Blanket: In extremely cold climates, a battery blanket or heater can help keep the battery warm, making it easier to start your car in sub-zero temperatures.

3. Change to Winter-Grade Oil

Motor oil thickens in cold temperatures, making it harder for your engine to turn over. Switching to a winter-grade oil can help ensure smoother starts and better engine performance:

Check Your Owner's Manual: Some manufacturers recommend a specific type of oil for winter use. Consult your owner's manual to see if there is a winter-grade oil that is better suited to your vehicle.

Use Synthetic Oil if Possible: Synthetic oils generally perform better in extreme temperatures than conventional oils, making them an excellent choice for winter. Synthetic oil flows more easily in cold weather, providing better lubrication and engine protection.

4. Replace Wiper Blades and Fill Washer Fluid

Winter weather can quickly impair

visibility, so it's essential to keep your windshield clear. Here's what you can do:

Install Winter Wiper Blades: Winter wiper blades are designed with a rubber cover that prevents snow and ice from building up on the blade. They're more durable than standard blades and are ideal for clearing heavy snow and ice.

Use Winter Windshield Washer Fluid: Standard washer fluid can freeze in the winter, making it ineffective when you need it most. Switch to a winter-specific washer fluid that won't freeze in sub-zero temperatures, ensuring you can keep your windshield clean in any weather.

Keep an Ice Scraper and Snow Brush in the Car: In addition to wiper blades, have a sturdy ice scraper and snow brush on hand to clear off snow and ice. Before driving, make sure to completely clear your windshield, windows, mirrors, headlights, and taillights for maximum visibility.

5. Check Your Coolant and Antifreeze

Proper engine cooling and heating are crucial in winter. Here's what to do to keep your engine protected from the cold:

Top Off Your Coolant: Check your coolant level and add more if it's low. Use a coolant that is specifically formulated for cold weather, which will help protect your engine from freezing.

Check the Antifreeze Mixture: Your car's cooling system requires a mix of water and antifreeze to prevent freezing. Most vehicles use a 50/50 mixture, but some colder climates may require a higher concentration of antifreeze. Have a mechanic check the mixture if you're unsure.

7. Check Your Lights and Heater

Visibility is key to safe winter driving, especially in fog, snow, or early darkness. Here's what to check:

Inspect Headlights and Taillights: Check that all your lights are working, including headlights, taillights, brake lights, and turn signals. Clean the lenses to remove dirt and grime that can dull the light.

Test the Heater and Defroster: Your car's heater and defroster are essential for keeping warm and maintaining visibility. Make sure they're working properly before temperatures drop significantly.

8. Keep Your Gas Tank Full

In winter, it's best to keep your gas tank at least half full at all times. A full tank can:

Prevent Fuel Line Freezing: Fuel lines can freeze in cold temperatures if the gas tank is low, especially in very cold climates.

Provide Heat in Emergencies: If you're stuck in the snow or waiting for roadside assistance, having enough fuel allows you to keep the car running and stay warm.

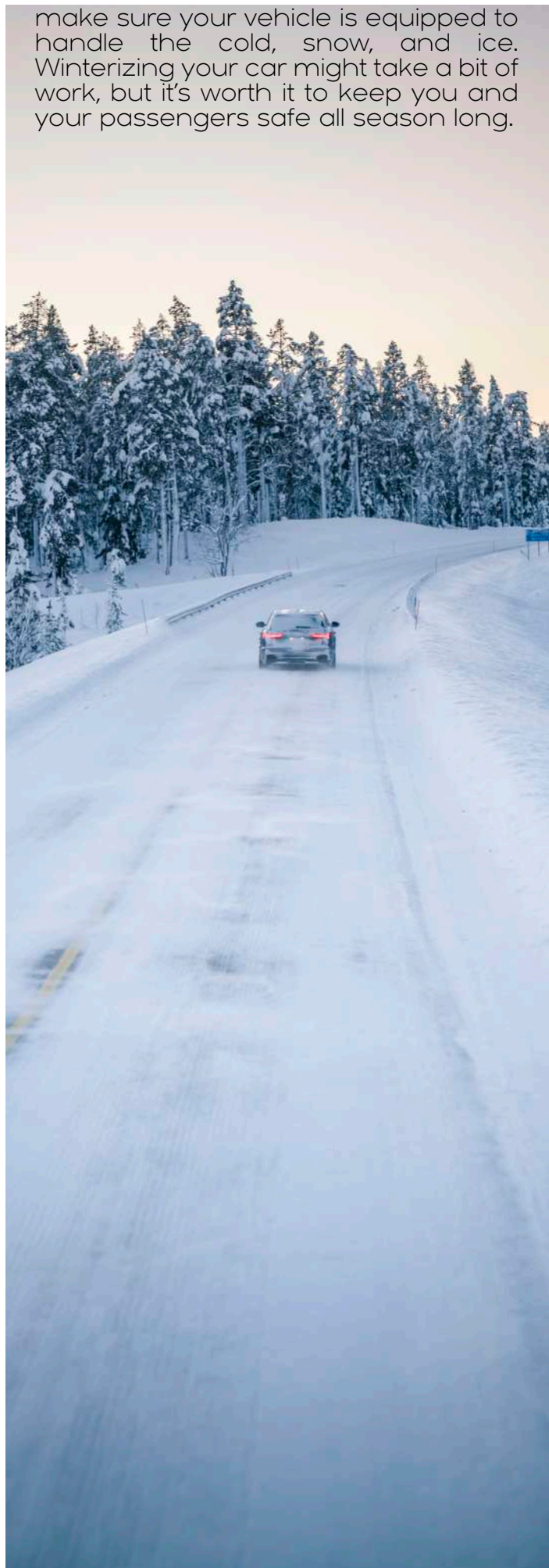
9. Schedule a Professional Check-Up

Lastly, consider scheduling a comprehensive inspection with a trusted mechanic before winter hits. A mechanic can thoroughly examine your vehicle's brakes, belts, hoses, and fluids to ensure everything is in top shape for the winter season. Preventive maintenance can help you avoid breakdowns and costly repairs later on.

Winter driving can be challenging, but with a little preparation, you can reduce risks and stay safe on the road. By checking your tires, battery, fluids, lights, and emergency supplies, you're setting yourself up for a safe winter driving experience. Investing time and effort into preparing your vehicle for winter can save you from stress and danger when temperatures drop.

Stay proactive, follow these steps, and

make sure your vehicle is equipped to handle the cold, snow, and ice. Winterizing your car might take a bit of work, but it's worth it to keep you and your passengers safe all season long.



Justin Sain
PHOTO CREDIT





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A TASTE OF AUTUMN: DRINKS FOR NOVEMBER

Here are four cozy, flavorful shots and cocktails perfect for November.

MAPLE BOURBON OLD FASHIONED

Ingredients:

2 oz bourbon
1/2 oz maple syrup
2 dashes Angostura bitters
orange peel for garnish

Instructions:

- Combine bourbon, maple syrup, and bitters in a glass with ice.
- Stir well, then strain into a rocks glass with fresh ice.
- Garnish with an orange peel.

A twist on the classic Old Fashioned, this drink brings the warm, comforting flavors of bourbon and maple - perfect for a chilly November evening.

SPICED CRANBERRY MULE

Ingredients:

2 oz vodka
1 oz cranberry juice
1/2 oz fresh lime juice
ginger beer
and a dash of cinnamon

Instructions:

- In a copper mug or glass filled with ice, add vodka, cranberry juice, lime juice, and a dash of cinnamon.
- Top with ginger beer and stir gently.
- Garnish with a sprig of rosemary and fresh cranberries.

This seasonal mule combines tart cranberry, spicy ginger, and a hint of cinnamon for a festive fall twist on the classic Moscow Mule.



PUMPKIN SPICE MARTINI

Ingredients:

1.5 oz vodka
1 oz Irish cream liqueur
1 oz pumpkin spice syrup
a pinch of cinnamon

Instructions:

Shake vodka, Irish cream, and pumpkin spice syrup with ice. Strain into a chilled martini glass and sprinkle with a pinch of cinnamon.

Embrace the fall vibes with this indulgent martini that combines creamy Irish liqueur with pumpkin spice, making it the ultimate autumn treat.

APPLE PIE SHOT

Ingredients:

1 oz vanilla vodka,
1 oz apple cider
a dash of cinnamon

Instructions:

- Shake vanilla vodka and apple cider with ice, then strain into a shot glass.
- Sprinkle a dash of cinnamon on top.

This quick and delicious shot tastes just like a slice of apple pie, delivering the comforting flavors of vanilla and apple in a single sip.



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Understanding and Using Repeaters for Long-Distance Emergency Communication

Long-Distance Emergency Communication is a critical aspect of maintaining safety and connectivity during disasters. When traditional communication networks fail, amateur radio operators (hams) can step in to provide reliable and efficient communication. One of the most effective tools for achieving this is a radio repeater. Repeaters are crucial for enhancing the range and reliability of radio signals, especially during emergencies. This blog will explore what repeaters are, how they work, and how to use them effectively for long-distance emergency communication.

What is a Radio Repeater?

A radio repeater is a device that receives a weak or low-level signal and retransmits it at a higher power level, thus extending the communication range. Repeaters are typically installed on high locations such as hills, towers, or buildings to maximize coverage. They operate by receiving a signal on one frequency (the input frequency) and simultaneously retransmitting it on another (the output frequency).

Repeaters are essential for long-distance emergency communication because they allow users with handheld radios, which have limited range, to communicate over greater distances. They effectively “repeat” the message, extending the communication range and ensuring that emergency information can reach multiple operators across different

locations.

How Repeaters Work

Understanding how repeaters work is crucial for amateur radio operators who want to utilize them effectively during emergencies. Here is a breakdown of the process:

Transmission and Reception:

- A user’s radio transmits a signal on a specific frequency, known as the repeater’s input frequency.
- The repeater, positioned on a high point, receives this signal.
- After processing, the repeater retransmits the signal on a different frequency, known as the output frequency.

Duplex Communication:

Repeaters use duplex communication,

3. Antenna Placement:

- Repeaters are often placed in elevated locations to reduce obstructions and maximize the range of the rebroadcast signal.
- This ensures that the signal can cover a larger geographical area, essential for long-distance emergency communication.

4. Offset Frequencies:

- Amateur radios use an offset frequency to connect with repeaters. This offset, also known as "shift," is the difference between the input and output frequencies.
- For example, if the repeater receives on 146.100 MHz and transmits on 146.700 MHz, the offset is 0.6 MHz.

Types of Repeaters for Emergency Communication

Different types of repeaters serve various purposes. Understanding these types will help amateur radio operators select the appropriate repeater during emergencies:

1. Local Repeaters:

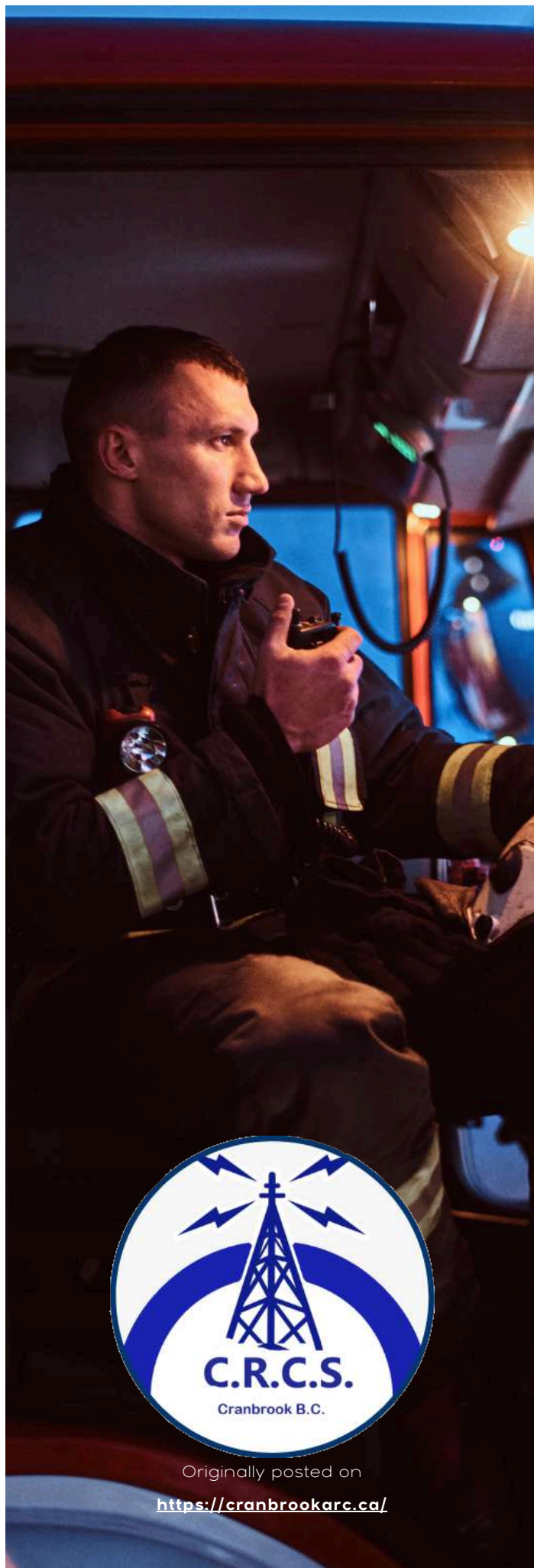
- Local repeaters are used for communication within a small geographical area, such as a city or town.
- They are ideal for coordinating local emergency services, neighborhood watch programs, or community events.

2. Wide-Area Repeaters:

- Wide-area repeaters cover a larger area, sometimes spanning multiple towns or even states.
- They are typically placed on mountains or tall towers, providing extended coverage and ensuring that emergency messages can reach more people.

3. Linked Repeaters:

- Linked repeaters are interconnected networks that allow communication across vast regions, including nationwide and international connections.
- During major emergencies, such as hurricanes or wildfires, linked repeater networks ensure that operators from different regions can coordinate effectively.



Originally posted on

<https://cranbrookarc.ca/>

Why Use Repeaters for Long-Distance Emergency Communication?

There are several reasons why repeaters are essential for long-distance emergency communication:

1. **Extended Communication Range:**
 - Repeaters amplify the reach of handheld radios, which are typically limited to line-of-sight communication.
 - During emergencies, this extended range allows operators to communicate over larger areas, which is essential for coordinating rescue and relief efforts.
2. **Reliable Backup Communication:**
 - When traditional communication networks (cell phones, internet) fail due to power outages or infrastructure damage, repeaters offer a dependable alternative.
 - They operate independently of conventional networks, providing continuous connectivity.
3. **Efficient Information Relay:**
 - Repeaters facilitate the relay of information between multiple parties, ensuring that critical messages reach everyone in the network.
 - This is especially important when coordinating emergency services, medical aid, and resource distribution.
4. **Minimal Equipment Requirements:**
 - To use a repeater, operators only need a compatible transceiver and knowledge of the repeater's input and output frequencies.
 - This makes it easier for local communities to establish emergency communication networks without requiring extensive infrastructure.

How to Use Repeaters Effectively During Emergencies

For long-distance emergency communication, proper usage of repeaters can make all the difference. Here are some best practices:

1. **Identify Local Repeaters:**
 - Before an emergency arises, familiarize yourself with local repeaters in your area.
 - Create a list of frequencies, offsets, and tones (if needed) for repeaters

that you can access during an emergency.

2. **Program Your Radio:**
 - Program your radio with the appropriate repeater frequencies, including input/output frequencies and offsets.
 - Make sure to test these settings during non-emergency situations to confirm they are correct.
3. **Use the Correct Offset and Tones:**
 - Most repeaters use a specific offset, which must be set correctly on your radio for proper communication.
 - Some repeaters may also require a Continuous Tone-Coded Squelch System (CTCSS) tone or a Digital Coded Squelch (DCS) code for access. Be sure to program these if needed.
4. **Practice Good Communication Etiquette:**
 - Identify yourself using your call sign at the start and end of your transmission.
 - Keep your messages clear, concise, and relevant, especially during emergencies.
 - Avoid using unnecessary jargon, as it can lead to miscommunication.
5. **Check for Availability During Emergencies:**

Some repeaters may become overloaded during emergencies due to increased traffic.

If this occurs, switch to alternate repeaters or simplex communication if possible.

6. **Use Linked Repeaters When Necessary:**
 - If coordinating across larger areas, utilize linked repeater networks to extend the reach of your communication.
 - This is particularly useful for large-scale disasters where communication between different regions is critical.

Setting Up Your Own Repeater for Emergency Use

If you are part of a local ham radio club or emergency response team, setting up your own repeater can provide additional support during crises. Here's a basic outline:

1. Choose a Location:

- The ideal location for a repeater is an elevated area with minimal obstructions.
- Secure permission if placing it on private property or public infrastructure.

2. Select Equipment:

- Basic repeater setup includes a transceiver, antenna, duplexer, and power supply.
- Ensure the equipment is robust and can operate in different weather conditions.

3. Backup Power:

- Prepare backup power solutions like batteries or solar panels to ensure the repeater remains operational during power outages.

4. Secure Licensing and Permissions:

- Ensure your repeater complies with local regulations and is properly licensed.
- Coordinate with local emergency

services to integrate the repeater into existing communication plans.

5. Regular Maintenance and Testing:

- Regularly check and maintain the repeater to ensure it functions correctly during emergencies.
- Conduct periodic drills to familiarize operators with using the repeater in various scenarios.

Understanding and using repeaters for long-distance emergency communication is essential for amateur radio operators who want to play an active role in emergency preparedness and response. By extending the communication range and ensuring reliable connectivity, repeaters provide a critical lifeline during disasters, public events, and community emergencies. With proper planning, equipment, and skills, ham radio enthusiasts can ensure they are ready to step up and assist their communities when the need arises.



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Your Neighbours - Bighorn Sheep

If you live in Columbia Valley, you might have been lucky enough to see Bighorn Sheep in the wild - groups of ewes and lambs grazing peacefully, or maybe a bunch of bachelors showing off.

Perhaps you've even had them visit you at home (several housing areas are right in the middle of the sheep's winter grazing territory!). We can enjoy these wildlife encounters and at the same time learn how to protect this iconic species and keep them wild and flourishing.

We are hosting a FREE event on November 20th for all to learn more about your wonderful neighbors - the Columbia Lake Bighorn Sheep herd! Come and find out more with interactive displays, kid-friendly activities, a discussion panel, and a screening of 'Transmission', a documentary film about the *M. ovi* - a bacterium that can cause fatal pneumonia in wild sheep.

You'll have a chance to talk with:

- Provincial wildlife biologists and ecologists
- Hunters and sheep specialists from the Wild Sheep Society of BC and the Canal Flats Wilderness Club
- Ktunaxa ᑭᐱᑎᑦᑦᑦ (Guardians)
- local sheep farmers
- conservation specialists
- and passionate local sheep enthusiasts

to understand what the sheep need to stay healthy and thrive, and how you can help.

Delicious appetizers will be provided and a door prize draw means one lucky attendee will go home with a gorgeous canvas print by local artist Leslie Cartwright featuring, of course, a Bighorn Sheep.

Event Program

6 - 7pm Graze and Roam - interactive displays and booths, with appetizers served

7 - 7.30pm Ask the Sheep-xperts - discussion panel

7.30 - 8.30pm Transmission - film screening

8.30 - 9pm Film discussion and event wrap up

Registration is optional but helps us to plan.

Tracy Flynn - [Wildsight Invermere](#)
Photo Credit - Claude Rioux



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Empowering Families, Enriching Lives: A Look into the Alzheimer's Society of British Columbia

The Alzheimer's Society of British Columbia (ASBC) has been a beacon of hope, support, and knowledge for thousands of British Columbians affected by Alzheimer's disease and other dementias. Through education, advocacy, and compassionate care, ASBC works tirelessly to empower individuals with dementia, support their families, and build a more dementia-inclusive society. Let's dive into the incredible work they do and the impactful programs and services they offer across the province.

A Lifeline for Individuals and Families Affected by Dementia

Dementia is a challenging diagnosis, not only for the person affected but also for their loved ones. The Alzheimer's Society of BC understands the complex emotional, mental, and logistical challenges that

families face. ASBC's mission is to ensure that no one walks this journey alone, providing essential resources that help families navigate dementia with dignity and resilience.

One of ASBC's flagship initiatives is their First Link® Dementia Support program. This unique program provides newly diagnosed individuals and their families with a direct connection to resources, education, and peer support from the very start. Through First Link®, ASBC staff reach out to offer ongoing support tailored to each family's journey, ensuring they have access to relevant information and services when they need it most. From connecting people with local support groups to providing guidance through the various stages of dementia, First Link® is a lifeline for many.



[ALZHEIMER SOCIETY OF BC](#)
PHOTO CREDIT

Education and Training Programs: Knowledge for Empowerment

Education is one of the most powerful tools in fighting the stigma and isolation often associated with dementia. ASBC offers a wealth of educational resources for families, caregivers, and even healthcare professionals. Through workshops, webinars, and in-person training sessions, ASBC equips people with the knowledge needed to provide effective care and understand the complexities of dementia.

ASBC's public awareness campaigns are also pivotal in promoting understanding within the broader community. Initiatives like Dementia Friends and the Dementia-Friendly Communities project aim to educate the public and foster inclusive environments where people with dementia feel welcomed and understood. This outreach is transforming neighborhoods across British Columbia into supportive spaces where people with dementia can continue to engage meaningfully.

Caregiver Support: Acknowledging the Unsung Heroes

Caregivers are often the unsung heroes in the journey of dementia. ASBC provides a wide array of support for caregivers, acknowledging their invaluable role and the challenges they face. Through specialized caregiver support groups, ASBC

creates a space where caregivers can share experiences, receive emotional support, and learn coping strategies.

Additionally, the Alzheimer's Society of BC offers an extensive range of resources that help caregivers manage the physical, emotional, and financial demands of their role. ASBC's caregivers' education programs provide practical advice, from managing daily care routines to planning for future care needs. By equipping caregivers with tools and knowledge, ASBC empowers them to care for their loved ones effectively and compassionately.

Research and Advocacy: Building a Better Future

The Alzheimer's Society of BC is deeply committed to advancing research and advocating for policies that improve the lives of people with dementia. As part of the national Alzheimer Society Research Program, ASBC actively supports research into the causes, prevention, and treatment of dementia. By funding innovative research projects and collaborating with researchers, ASBC is helping to drive advancements that bring us closer to a world without dementia.

Advocacy is another cornerstone of ASBC's work. The Society actively engages with government officials and policymakers to advocate for better support systems, funding, and

services for people with dementia and their families. By being a strong voice in the community and government, ASBC strives to ensure that people affected by dementia receive the care, respect, and support they deserve.

Creating Dementia-Friendly Communities: Building Empathy and Understanding

One of ASBC’s most visionary goals is the creation of dementia-friendly communities across British Columbia. Through community outreach programs, partnerships, and training, ASBC encourages businesses, local governments, and organizations to adopt practices that accommodate the unique needs of people with dementia. By fostering empathy and understanding, ASBC is building a society where people with dementia can live fulfilling, safe, and respected lives.

The Dementia-Friendly Communities project includes workshops for businesses, training sessions for public sector employees, and educational materials for the general public. These programs are transforming public spaces, creating environments that are not only accessible but also supportive of people with dementia and their families. The initiative is a powerful reminder that inclusivity and kindness can be woven into the very fabric of our communities.

Moving Forward Together

The Alzheimer’s Society of British Columbia is not only a source of support for those facing dementia but

also a champion of a more compassionate, inclusive society. From providing direct support to those diagnosed with dementia and their families, to promoting awareness and advancing research, ASBC’s work is truly transformative.

As dementia cases continue to rise in Canada, ASBC’s mission becomes even more critical. By focusing on education, advocacy, and community-building, ASBC is paving the way for a future where people with dementia can live with dignity and families can feel supported every step of the way. Their work is a testament to the power of compassion, education, and action.

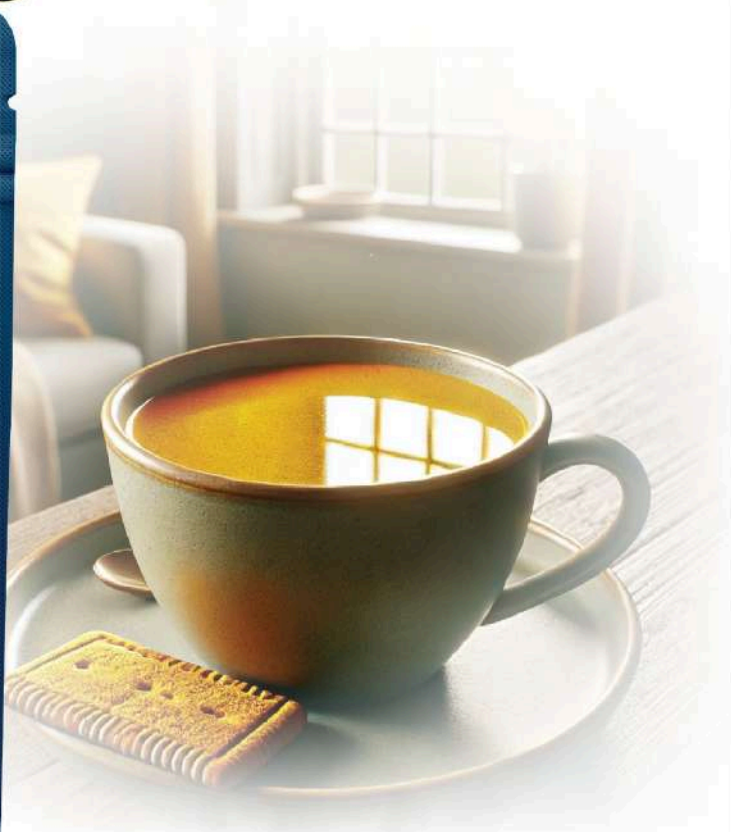
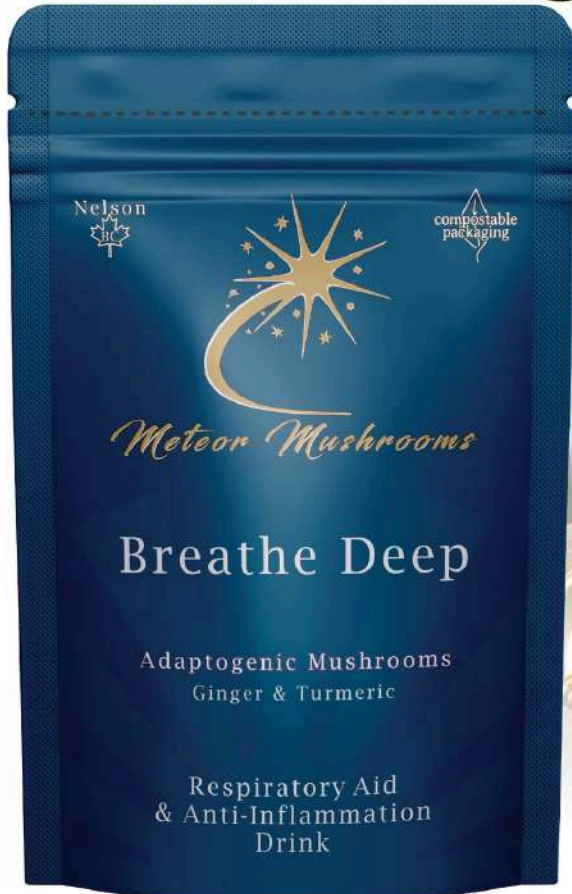
If you or someone you know is affected by dementia, reaching out to the Alzheimer’s Society of BC could be the first step toward finding the resources and support needed to navigate this journey. And for those who are looking to make a difference, consider supporting ASBC through donations, volunteering, or simply spreading awareness about the invaluable work they do.

In every way, the Alzheimer’s Society of British Columbia is making a positive impact on individuals, families, and communities, helping to create a world that truly values and supports those living with dementia. Their efforts remind us that we are all part of the solution and that together, we can build a society that is not only informed but also compassionate toward those affected by this challenging condition.

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 The image shows the title screen for the game 'Drova - Forsaken Kin'. The title 'DROVA' is rendered in large, metallic, gothic-style letters. The letter 'O' is a circular frame that reveals a sunset over a distant, misty landscape with a tall, dark tower. The background is a dark, atmospheric forest scene with a character standing on a rocky outcrop.

DROVA

Gamer's Corner

Game Review: Drova - Forsaken Kin

Release Date: October 15, 2024
Platforms: Steam, Playstation, Switch
Developer: Just2D Games
Publisher: Deck13 Spotlight
Genres: Action RPG, Adventure

"Drova - Forsaken Kin" is an action RPG developed by Just2D Games and published by Deck13 Spotlight. Inspired by old-school RPGs, "Drova - Forsaken Kin" invites players into a dark, gritty world filled with folklore, magic, and moral ambiguity. Set in a grim and mystical land, Drova challenges players to navigate an unforgiving world, making tough choices, fighting deadly enemies, and uncovering secrets that lie deep within its dark forests and treacherous landscapes.

The game prides itself on creating an immersive experience that combines elements of choice-driven storytelling, open exploration, and tactical combat. This isn't a game where you hack-and-slash your way to victory - every decision you make can influence the world and its inhabitants, leading to multiple possible outcomes. The game's narrative, combat mechanics, and unique visual style make it stand

out among other indie RPGs.

Storyline and Worldbuilding:

Drova's storyline is one of its strongest elements. Set in a world inspired by ancient pagan mythology, players find themselves caught in a morally ambiguous struggle between warring factions and supernatural forces. The game does an excellent job at painting a bleak, immersive setting where every village, forest, and ruin feels like it has a history. Players are given freedom to explore the land, engage with NPCs, and choose sides in a complex web of alliances and conflicts.

The choices you make play a critical role in how the story unfolds. Your character's actions impact the world around you, influencing relationships with factions, opening or closing quest lines, and even changing the nature of certain areas. This dynamic

storytelling creates a personalized experience that makes the game feel unique on every playthrough. Fans of morally complex narratives will find Drova's story both captivating and thought-provoking. The game avoids black-and-white morality, forcing players to confront the harsh realities of their actions.

Gameplay and Mechanics:

The gameplay in "Drova - Forsaken Kin" combines traditional RPG elements with tactical, skill-based combat. Players can customize their character's abilities to fit their preferred playstyle, choosing from a variety of weapons, magic spells, and skills. Combat is challenging and requires players to think strategically rather than rushing in headfirst. Enemies are often unforgiving, so careful planning, quick reflexes, and the right equipment are essential to survive.

What makes the combat engaging is the emphasis on tactical decision-making. Timing your attacks, blocking, and dodging are all critical elements in Drova's combat system. There are also environmental hazards and traps that players can use to their advantage or that could turn against them. In this way, combat feels layered and dynamic, keeping players on their toes. The learning curve might feel steep at first, especially for newcomers to the genre, but mastering the mechanics is incredibly rewarding.

Beyond combat, exploration is a major part of the gameplay. Drova encourages players to explore every nook and cranny of its dark, atmospheric world. From hidden caves to lost temples, there are countless secrets to uncover and treasures to find. Exploration rewards players not only with loot but also with deeper insights into the game's lore and history. Players can also find NPCs who offer unique quests and dialogue options, further expanding the game's storyline.

Visuals and Sound Design:

Drova's art style is distinct, opting for a dark, pixelated aesthetic that sets it apart from more photorealistic RPGs. The visuals capture the essence of its grim and mystical setting, with dense forests, eerie ruins, and ancient altars

scattered across the landscape. Despite the pixelated design, the game has a surprising level of detail that draws players into its haunting world. The use of light and shadow adds to the atmosphere, creating an experience that is both visually stunning and deeply immersive.

The sound design is equally compelling, with haunting music that perfectly complements the game's dark and mysterious vibe. The ambient sounds of nature, along with the subtle, eerie background music, make exploration feel tense and suspenseful. Combat sounds are visceral and impactful, enhancing the satisfaction of every hit or spell cast. The audio and visuals together create an atmosphere that pulls players deeper into Drova's world, making it easy to lose track of time as you explore and fight your way through its challenges.

Replayability:

Drova's focus on player choice gives it a high level of replayability. With multiple factions to align with, various ways to approach quests, and moral decisions that impact the game's world, players can experience different outcomes depending on their choices. This branching storyline encourages players to replay the game and explore alternative paths, uncovering hidden secrets and experiencing new facets of the narrative. Additionally, the game's open-world design allows players to tackle objectives in their own order, adding further variety to each playthrough.

"Drova - Forsaken Kin" is a refreshing take on the action RPG genre, blending challenging combat with a morally complex narrative that keeps players invested from start to finish. Just2D Games has crafted a hauntingly beautiful world filled with mystery, choice, and danger. While the game's difficulty and lack of hand-holding may deter some players, those who appreciate a challenge and a richly layered story will find much to love in Drova.

Rating: 8.5/10

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

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- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com

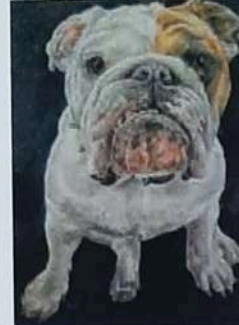
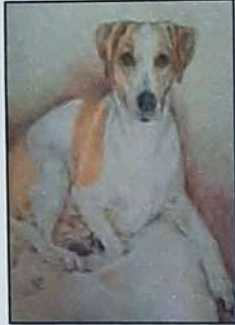


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FORBES
PHOTO CREDIT

Movie Review: Smile 2

Release Date: October 18, 2024
 Director: Parker Finn
 Starring: Sosie Bacon, Jessie T. Usher, Kyle Gallner, and Caitlin Stasey
 Distributed by: Paramount Pictures

Plot Summary: "Smile 2," the highly anticipated sequel to 2022's horror hit "Smile," dives even deeper into the disturbing phenomenon of the sinister, supernatural smiles that haunt its victims. Set a few years after the events of the first film, the story follows new characters as they try to unravel the terrifying mystery behind the curse, with some familiar faces returning to face their fears. The film starts with a series of eerie, unexplained deaths that all share the same gruesome grin, pushing the new protagonist into a harrowing investigation that leads them to confront terrifying truths about the curse and themselves.

Review: Director Parker Finn returns to the helm with "Smile 2," once again proving his knack for crafting suspense and horror that creeps

under the skin and stays there. With his signature atmospheric style, Finn builds upon the chilling elements of the first movie, adding more layers to the curse and the trauma it leaves behind. Fans of the original film will appreciate the continuation of the lore, as "Smile 2" expands on the psychological horror that made "Smile" a standout hit in modern horror cinema.

Sosie Bacon delivers a remarkable performance, reprising her role from the first film as she grapples with the trauma and fear that continue to haunt her. Bacon's portrayal brings an intense emotional depth to the movie, making her character's struggle and resilience palpable for the audience. The supporting cast, including Jessie T. Usher and Kyle Gallner, contribute well to the tense atmosphere, each adding new perspectives to the unfolding mystery. The cast's performances elevate the story, making it not just a jump-scare horror flick but an exploration of fear, trauma, and human vulnerability.

In terms of visuals, "Smile 2" is filled with haunting cinematography that captures the unsettling beauty of the supernatural horror genre. The director's use of light and shadow is particularly effective, keeping viewers on edge as they're never quite sure what's lurking in the darkness. The sound design adds another layer of terror, with eerie whispers and spine-chilling effects amplifying the suspense. Finn knows how to use silence and subtle sounds to his advantage, creating moments where audiences hold their breath in anticipation of what comes next.

The pacing of "Smile 2" is generally strong, keeping the tension high from start to finish. The plot dives into more complex territory, exploring themes of psychological horror and the toll that fear and paranoia can take on a person. The story provides enough twists and turns to keep viewers engaged, although some may find certain scenes a bit predictable if they're familiar with horror tropes. That being said, "Smile 2" manages to subvert expectations enough to keep even seasoned horror fans invested.

One of the strengths of "Smile 2" is its commitment to exploring the emotional and psychological impact of the curse. Unlike many horror films that prioritize scares over substance, "Smile 2" dedicates time to fleshing out the

characters' mental states, making the fear feel more real and the stakes higher. It's not just about survival; it's about the characters' inner battles and the trauma that continues to haunt them. This focus on character development is refreshing and adds a layer of depth that many horror sequels lack.

Verdict: "Smile 2" is a worthy successor to the original, delivering spine-chilling scares and an engaging storyline that expands on the haunting curse of the sinister smile. With impressive performances, eerie visuals, and a focus on psychological horror, it's a sequel that does justice to its predecessor while offering new frights for horror fans. Director Parker Finn and the cast have crafted a terrifying experience that will leave audiences thinking about the movie long after they leave the theater.

If you're a fan of psychological horror with a supernatural twist, "Smile 2" is a must-watch. It's a movie that's not just scary, but deeply unsettling, digging into the darkest corners of the mind and leaving a lasting impression. Just be prepared to check every shadow and think twice before returning anyone's smile.

Rating: 8.5/10



FORBES

PHOTO CREDIT

TEEN TIME

DIY Mini Zen Gardens



create your own mini zen garden

Wed, Nov 13
3:30-4:45pm

Free for ages 13-18



VALLEY PROMOTIONS



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No experience necessary!

After School Wednesdays

4:00-5:00 PM: Ages 8+

\$70 for both sessions

Session 1: \$40

Session 2: \$40

The focus of this program will be on skill development basics including delivery and sweeping, team building, strategy, rules and an introduction into game play.

Fall Session: 5 Weeks: \$40

- November 6, 13, 27 (NOTE NO curling Nov 20th)
- December 4, 11*(Christmas party)

Winter Session: 7weeks: \$40.00

- January 8, 15, 29
- February 5, 12, 26
- March 5 (last week)

You must bring indoor clean shoes. Wear loose fitting, layered clothing, and warm gloves. **Helmets are mandatory for all kids.**

To register, attend the first session on November 6th!

www.curlinginvermere.ca

P: 250-342-3315

E: info@curlinginvermere.ca

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au revoir

à bientôt

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Thursdays 9:30 - 2:30

Winter and Spring session from Jan 13th
until June 20th 2025. \$195/month

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or Call Sophie for more info: 250-688-8448

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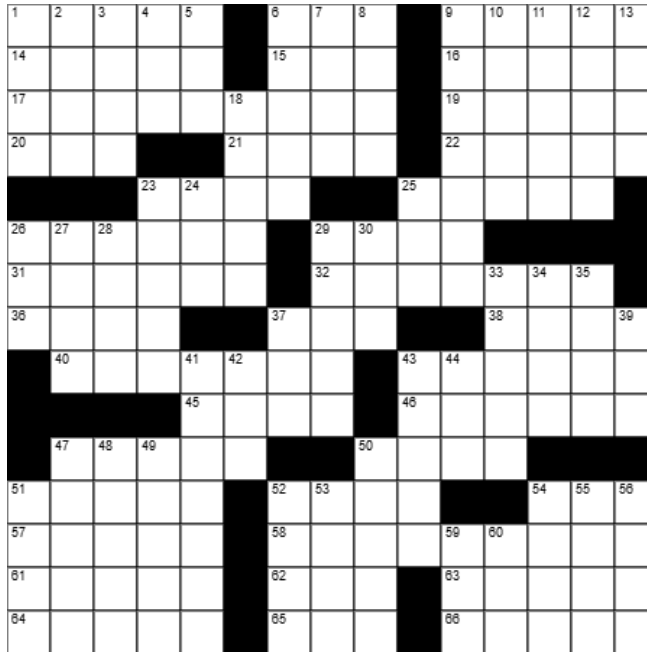


Emergency Food Baskets (\$39.00)

A LITTLE FUN

Across

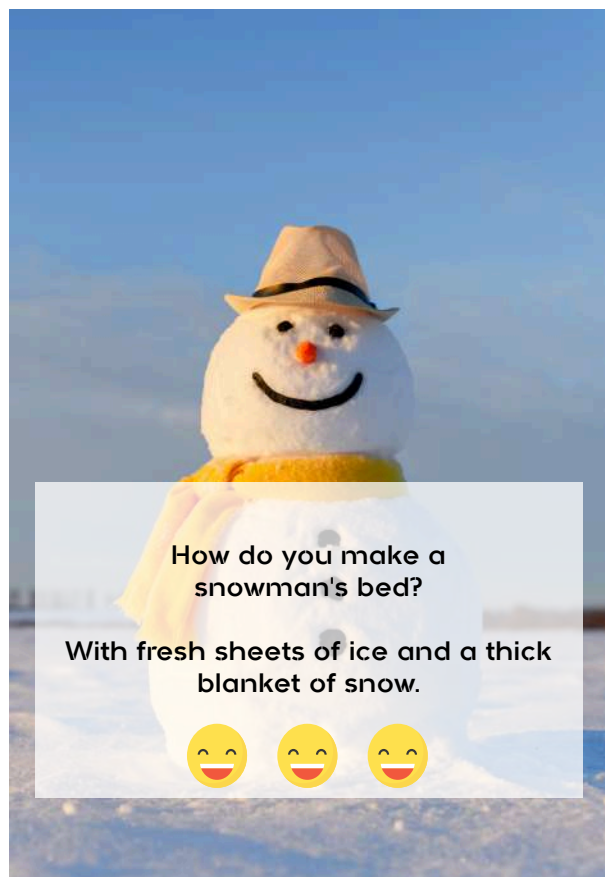
1- Greek fabulist; 6- Travel on snow; 9- Temporary stop; 14- Fauna's partner; 15- Finish first; 16- Sign up; 17- Robin; 19- Give guns again; 20- Egg cells; 21- ___ many words; 22- Palm fruits; 23- Scottish refusals; 25- Begets; 26- Italian sausage; 29- Talented; 31- One of the Furies; 32- More spacious; 36- Whip; 37- Doctor's org.; 38- Turner and others; 40- Quarantine; 43- Departs; 45- ___ Lang Syne; 46- Not disposed to cheat; 47- Of Thee ___; 50- Windmill part; 51- This is only ___; 52- Time to beware; 54- Rat-a- --; 57- Buy alternative; 58- Brief article; 61- Pianist Rubinstein; 62- SAT takers; 63- Actress Anouk; 64- German industrial city; 65- Single unit; 66- Campfire treat;



Down

1- Bushy hairdo; 2- Hgt.; 3- Scotch partner; 4- Sphere; 5- Hole goal; 6- Graceful birds; 7- Join lips; 8- Long Day's Journey ___ Night; 9- By the day; 10- Lend ___ (listen); 11- Liquid waste component; 12- Sensitive spots; 13- Shade trees; 18- Children's refrain; 23- Tortilla topped with cheese; 24- Qty.; 25- ___-mo; 26- Gal of song; 27- Jai ___; 28- Minus; 29- Packing heat; 30- Fur scarf; 33- Absurd; 34- Gutter location; 35- Numbered rds.; 37- City in GA; 39- Fast flier; 41- Portable lamp; 42- Summer mo.; 43- Tibet's capital; 44- Very long time; 47- Anatomical passages; 48- Chairs; 49- Disputed matter; 50- Chapter's partner; 51- Caesar's wings; 52- ___ facto; 53- Mend socks; 54- ___ - shanter (Scottish cap); 55- Copycat; 56- Of ___ I Sing; 59- Fuel type; 60- Edge;

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How do you make a snowman's bed?

With fresh sheets of ice and a thick blanket of snow.

