

Bringing the  
Creston Valley together.

FREE

August  
2009

i love  
**creston**

# The Seven Wonders of the Creston Valley

"A visual journey of the breathtaking, fascinating and unforgettable places throughout our valley. A simple step out your front door can get you started in exploring our unique paradise."



## History

"A detailed recollection following the pioneers who brought electricity and telephones to Creston."



## Outdoors

"Hot, dry weather and lightning aren't the only recipe to spark a wildfire."



## Community

"If you build it, they will come. Plans to boost tourism in the Creston Valley are underway."

# KOOTENAY AG

EQUIPMENT LTD.



**0% Financing**  
available (12 – 36 months)

**10% Off**  
all Cub Cadet Riding Mower  
& Zero-Turn Mowers

**Discounts**  
available on all Walk Behind Mowers,  
Troybilt Tillers & Chippers

## Complete Service Department

All makes and Models  
Tractors, Farm Haying & Harvest  
Equipment and Lawn & Garden



## OEM & After Market Parts

for all makes & Models  
(Ag & Lawn and Garden)

- Used Parts • Batteries • Belts • Bolts & Nuts
- Chain • Twine • Bearings • 3 Point Hardware
- Filters • Jacks • Boss Fluids • Chains
- Chain Saw Parts • Hydraulic Hoses & Fittings
- PTO Driveline (Metric & Standard)



**We Service What We Sell!**



1134 Hwy. 21 N. Creston BC • Phone: 250-428-9610  
[kootenayag@telus.net](mailto:kootenayag@telus.net)





# 5

## Tucked Away in the Creston Valley

Take our snapshot excursion through the Creston Valley and see seven incredible locations. You will see breathtaking views of mountains, rivers and lakes and discover the backbone of our community, farmers and fruit growers. Other stops will showcase the valley's heritage, arts and culture.



## what's inside

- 9 **employment**  
Helpful hints for your job search.
- 10 **outdoors**  
Summer fun at the CVWM.
- 11 **community**  
CVDA anxious to build tourism industry.
- 12 **history**  
How electricity and telephones came to Creston.
- 14 **fitness**  
Flowing steam, cold water with Neil Ripski.
- 15 **entertainment**  
Notes from the road with Elena Young.
- 16 **health**  
Relay for Life a great success.
- 17 **back to school**  
A survival guide.
- 18 **technology**  
What is twitter?
- 20 **fire prevention**  
Do your part to prevent fires.
- 22 **wold news**  
International Day of the World's Indigenous People.
- 24 **home & garden**  
A guide to composting.
- 25 **financial**  
Help to achieving your financial goals.
- 26 **sports**  
Thunder Cats in need of billet families.
- 27 **kids korer**  
Great ideas to keep your kids entertained this summer.
- 28 **community events**  
What's happening in the Creston Valley.

### The Magazine

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd.

Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

### Letter to the Editor

Letters to I Love Creston Magazine may be emailed to kris@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

### I Love Creston Marketing Ltd.

Box 143, Creston, BC V0B 1G0  
Ph/Fx 250.428.2631 • Cell 250.402.8711

[www.ilovecreston.com](http://www.ilovecreston.com)

## From the editor

**W**ow! What about this weather? I think it's one for the books. We've seen it all, buckets of rain, incredible lightning and rays from the smiling sun. I did not have a summer and winter wardrobe this year. But this is one of the many things that sets the Creston Valley apart from other communities. Weather is unpredictable, but we don't let it interrupt our lives. The unfortunate side of hot weather mixed with lightning is the high potential for fires. We have information on how you can help with fire prevention.

A soggy and cold day didn't stop the Canadian Cancer Society Relay for Life. The track was full of participants who helped raise money.

Speaking of giving, the Creston Valley Thunder Cats will soon be

lacing up their skates. If you haven't thought about volunteering as a billet family, think about it.

Is a new career or change on your mind? We have a list of suggestions, (spit out your gum), to help you make the best first impression.

Our financial expert explains how the economic future is looking brighter.

Great news for the valley's economy, new plans to help increase tourism are underway thanks to local funding.

How plugged in are you? I have a cell phone and computer and my knowledge, (and comfort), in technology end there. I have one word, twitter.

On the flip side, we will take you back a number of decades to when electricity first lit up the Creston Valley.

International Day of the World's Indigenous People falls this month.

An East Kootenay organization observes this day and shares its knowledge and support for this day.

Sifu Neil Ripski is back with Part II of Flowing Stream, Cold Water.

Also returning this issue, Elena Yeung, local bluegrass songwriter, singer and musician. She shares her tales of her time in Dawson City.

The Creston Valley Wildlife Management Area has an update on some of its regular characters and introduces some new ones.

Be sure to read our new section, Kids Korner and check out our Back to School page. As always, we keep you updated on local events with the Out & About calendar.

In June, we asked you to send us your choices of the Seven Wonders of the Creston Valley. We have tallied up the suggestions and votes and compiled the list of the Seven Wonders of the Creston Valley. These breathtaking images are this month's feature. I really enjoyed working on this project as it highlighted the beauty of this area and I realized I often tune out what is around me and only see what is in front of me. I am working on changing that.

While on the topic of change, I Love Creston Magazine has changed. Not the publication, but the talented team that puts it together. Kris Dickeson (Editor) and Wendy Franz (Owner/Graphic Artist) welcome Justin Ziola (Co-owner/Financial Officer) and Susie Banner (Part-time Sales) to the I Love Creston Magazine crew.

*Kris Dickeson*  
Editor



# The Seven Wonders of the Creston Valley

Story by: Kris Dickeson  
I Love Creston Magazine Editor



## The Taste of a Small Town:

**Columbia Brewery  
Grain Elevators  
Fruit  
Murals**

The Town of Creston is situated in a plentiful valley. Art, heritage, culture and diversity, partnered with farming, offers something for everyone. The birthplace of Kokanee beer, Creston is home to the Columbia Brewery and origin of the beer's mascot, Mel the Sasquatch. The landmark grain elevators, among the few still standing in Canada, serve as a reminder of the community's backbone, farming. Lucious fruits and vegetables are grown throughout the valley along with hay and numerous other crops. One could easily live entirely on all local products. Giant murals painted on several buildings downtown reflects its history, beauty and life in the Creston Valley.



## Wetland Adventures:

**Wildlife Centre  
Duck Lake  
Balancing Rock**



The Creston Valley Wildlife Management is BC's first and largest. Habitat management allows an assortment of animals, birds, fish and other critters to exist in a non-threatening environment. Dubbed as the greatest bass lake in BC, Duck Lake is connected to the Creston Valley Wildlife Management Area. It is also a vital immigration route and international wetland. The Balancing Rock is a unique attraction in the Creston Valley. The 400-ton granite boulder was left behind by glacial drift. Located on Mount Creston, it also offers an awesome view of the valley.



## Through the Looking Glass:

**The Glass House**

After 35-years in the funeral business, David H. Brown found an alternative to throwing away empty embalming fluid bottles. In 1952, he used his stash of 500,000 square shaped bottles, (weighing 250 tons), and built a house of glass to live in with his family. The house quickly created a buzz and curiosity invaded the family's privacy. Shortly after, staff was hired and it is now a tourist attraction. A few years ago, the Glass House was featured in the television series, "Weird Homes".





## Lake of Dreams:

**Kootenay Lake  
Sawdust Beach  
Pilot Bay Lighthouse**

Southern BC's largest natural body of fresh water, Kootenay Lake boasts an area of about 400 square kilometres. The lake can be accessed from a number of areas including Crawford Bay, Boswell, Nelson, Balfour and Kaslo. Kootenay Lake is well known for fishing and also serves as an exceptional location for canoeing, camping, hiking and biking. On the east shore of Kootenay Lake lies a one of a kind place, Sawdust Beach. A thick blanket of compact woodchips from an old sawmill has created an amazing beach that, at first sight, is puzzling yet inviting. Pilot Bay Lighthouse was built in 1904 and resembles traditional coastal beacons. It was erected by the Canadian government to help with the navigation of all the boats on Kootenay Lake. Its light was turned off in 1993.



## Rivers of Life:

**Kootenay River  
Goat River**



The mighty Kootenay River runs through valleys and thickly treed mountain canyons. It has outstanding fishing for rainbow, cutthroat and bull trout as well as ling cod. White water rafting, canoeing and other water activities draw enthusiasts to Kootenay River. Avid explorers of fishing holes do so at Goat River. The 1948 break in the dike at the Goat River diversion flooded nearly 50,000 acres of farmland on the Creston flats. At its peak, the water at the West Creston ferry was 24 feet above normal.



## Nature's Patchwork:

### Viewpoint

Located just before Wynndel, the Viewpoint offers a breathtaking panoramic view of the Creston Valley. Often referred to as a quilt, the regional agricultural component is evident with dairy farms and orchards scattered around the surrounding landscape. Mountain streams, clear lakes and grain fields are visible for miles.



## Towering Backdrop: Skimmerhorn Mountain Range

Resembling an artist's sculpted work of mountain peaks that touch the sky, the Skimmerhorn Mountain Range is part of the Purcells. The Skimmerhorns border the eastern edge of the Creston Valley. A mix of thick patches of deep green trees and intimidating jagged rocks compliment each other and change a glance to a mesmerized stare. It's as if the often snow packed peaks are watching over the Creston Valley.

# Upcoming Employment Programs



## Need Help Finding Work?

**Job Club** at KES is a 3-week program that will give you the skills and support to find work. You'll have the opportunity to gain the certificate skills you need to get the work you want.

*We'll even help to match you with an employer!*

## Thinking About Getting Back Into The Workforce?

**Bridging for Women** is a 12-week program at the College of the Rockies that will give you the skills and confidence to do it. This all-women's program provides instruction in the most commonly used office software applications plus job search skills, personal assessments and lots more.

*Talk to anyone whose taken the course and they'll tell you, "It's fabulous! It's life changing! You should take it!"*



**Seats are limited. Call today!**



"Unlimited Possibilities"

**Kootenay Employment Services**

Box 548, 119 - 11th Ave. N.  
Creston BC V0B 1G0

**250-428-5655**

Visit us online at:  
[www.kes.bc.ca](http://www.kes.bc.ca)

# Tips for Job Seekers

Story by: Kootenay Employment Services

**A**s we head into the fall, a career change or new job may be on your mind. We have compiled a list to help your with your job search and increase your chances of finding employment.

1. Make sure the contact information on your resume is correct. If you have an answering machine, make sure the message sounds professional.
2. Set up a separate email address for your job search, in case current one doesn't portray the image you'd like an employer to see. For example, psycho@hotmail.com, lazybones@uniserve.com, highsakite@shaw.ca.

## “Making a good first impression is important”

3. Be aware of your profile on social networking sites like Facebook. They can tell a lot about you, potentially revealing information that you'd rather they didn't see.
4. Making a good first impression is important. The first fifteen seconds of interaction are all the time you have. A few tips to remember are:
  - Make the other person the centre of attention
  - Demonstrate good listening skills
  - Use the person's name and do so in a respectful manner
  - Be cautious with humour
  - Don't challenge their statements



- Dress appropriately for the position you're trying to get
- Speak clearly and confidently
5. Target your resume and cover letter for each position you apply for. Your resume and cover should highlight your skills and experiences that are most appropriate for the job you are seeking. What's the most effective way to find a job?

- internet
- classified ads
- networking
- employment agencies

### 6. Job interview tips:

- Be on time
- Be polite
- Don't ramble
- Be aware of your body language
- Be honest
- Be assertive
- Be prepared
- Turn off your cell phone
- Be professional
- Don't chew gum
- Relax!

7. Have a positive attitude, especially during an interview. Don't bring up negative past job experiences.
8. Consider taking short courses to improve your employability. It's amazing how a one day or one week course can make you a more suitable candidate for a job than your competitors.
9. Don't make the assumption that you're the most suitable candidate just because you have past work experience in a certain occupation. Be ready to ask and answer questions that are pertinent to the job you are seeking.
10. Consider accepting a position that is not as advanced or well-paying as you believe your skills deserve. The "foot in the door" is the important thing here.

## “Be aware of your profile on social networking sites like Facebook”

# Something for Everyone

Story by: Carla Haegele

Stewardship and Communications Manager - Creston Valley Wildlife Management Area

A 17,000 acre wetland located  
11 km west of Creston, BC on Hwy 3



## WILDLIFE CENTRE

May 12 - October 10

Tuesday - Saturday

9 am to 4 pm

Canoe and Walking Tours  
Trail Maps and Information  
Education Exhibits  
Science Lab



### THIS MONTH:

**Sunrise Paddle**

Saturday, August 1

**Fields & Flashlights**

Saturday, August 15

**Registration required  
for these events.**

Reach us at: Box 640 Creston, BC V0B 1G0

Phone: (250) 402-6908 or (250) 402-6900

email: askus@crestonwildlife.ca

www.crestonwildlife.ca

**W**elcome to the hot days  
of summer!

No matter what time of year or what type of weather, there is always something exciting waiting in the cattails at the Creston Valley Wildlife Management Area (CVWMA). Going on a hike in the pouring rain, with thunder rumbling and lightning striking, turned out to be an adventure...especially because a class of grade four students from Erickson Elementary was 'enjoying' it with me. Slugs and worms thought that it was a great day as they emerged from the soil and grasses, but the students had mixed feelings about it!

The Osprey nest on which we installed a web camera has had a difficult season. There were two eggs in the nest when we first turned on the camera in early May. As the weeks progressed the two eggs turned into one. And just as we were getting ready to launch the camera live on our website, the last egg disappeared. Unfortunately, nobody saw exactly what happened to the eggs. We wondered if it might have been a new nesting pair as their parenting skills were not the highest standard – we saw the eggs without a parent on them for longer than 10 minutes a few different times. From the footage that we took in 2007, it was rare that the eggs were left for more than a few seconds without an adult sitting on them. As with all of nature's creatures and processes, nothing is predictable. For whatever reason, that Osprey

pair did not have a successful nesting attempt. We will still monitor the nest to see if there is any activity over the summer. We hope that they come back to try again next year.

As for other exciting bird news, the 300th bird species was sighted in the Creston Valley this spring. That is an amazing diversity of birds utilizing the natural resources of the valley.

**"The 300th bird  
species was sighted  
in the Creston  
Valley this spring."**

Birders high-fived and flapped their tail feathers vigorously on the Duck Lake south dike where the bird was sighted. It was a Ruddy Turnstone – a stocky, brightly patterned shorebird.

Come and check out our August programs – there is something for the morning person and the night owl including: Sunrise Paddle on August 1 and Fields and Flashlights Adventure on August 15. Explore the 32 kilometers of trails and join us at the Centre for a guided canoe tour. Showcase our wild assets to visiting family and friends - they love it when you bring them out here!

Information on programs and events can be seen at [www.crestonwildlife.ca](http://www.crestonwildlife.ca) or by calling the Wildlife Interpretation Centre at 250-402-6908.



"The Creston Valley Wildlife Management Area welcomes a young family."

# Bringing More Tourists to the Creston Valley

Story by: Judy Edge  
Tourism Development  
Manager - Creston  
Valley Development  
Authority

The Creston Valley Development Authority (CVDA) has received financial support to proceed with Tourism Development. Funded by the Central Kootenay Regional District Areas B & C and the Town of Creston, this initiative is welcomed by CVDA Tourism Development Manager, Judy Edge. "Our vision is to improve the tourism experience in the Creston Valley. We are establishing a partnership-based Tourism Advisory Committee, which will include representation from existing organizations, key funding partners, tourism operators and support services. This diverse group will set priorities, plan and create a 'business model' to market Creston as a destination."

Edge explains that with direction from the Tourism Advisory Committee and the Local Services Committee, the CVDA has a long list of goals to reach. "We want to promote tourism related to festivals and events, facilitate workshops that educate existing tourism operators throughout the Creston Valley, to streamline the information available, develop brochures and a website, attend regional and provincial tourism destination marketing meetings and conventions, advertise and review the creation of new revenue streams."

The CVDA is already well established through such projects as:

1) The creation of [www.crestonevents.ca](http://www.crestonevents.ca), with the help of Kootenay Employment Services, it is capable of being syndicated by other websites such as HelloBC, Link2Creston and Creston Community Radio, to name a few, to advertise our events to a broader audience. This information

is advertised in Kootenay Rockies Tourism Travel Guides, Creston Valley Guide, I Love Creston Magazine, International Selkirk Loop, Visitor's Choice and numerous other publications.

2) Our community is being honoured as one of the 200 communities all across Canada to host an Olympic Torch Relay Celebration event on January 23, 2010, thanks to the hard work of the Creston Spirit of BC Committee that is affiliated with the CVDA.

3) Creston Valley Tourism Development sponsored "Ride Guide" to come to Creston during the Goat Style Bike Festival from July 9-12 to film the event as well as other local tourist attractions in the valley. "Ride Guide" produces a weekly mountain bike, snowboard and free ski television series. "Ride Guide" has a huge worldwide television audience of over 60 million households in 60 countries.

4) The CVDA has produced the Festivals & Events brochure since 2007 by partnering with Kootenay Rockies Tourism and the Town of Creston. This brochure was distributed to resorts, tourism accommodators, other tourism communities and visitor information centres north to Kaslo and Radium, east to Sparwood, west to Trail and all those towns in between.

"The CVDA is anxious to build a tourism industry that brings the needed external money into our local economy," Edge pointed out. "We also want to facilitate the building of knowledge within the industry and the sharing of information and market intelligence."

Experience  
the  
Creston  
Valley

A great tourist destination!

CRESTON VALLEY  
TOURISM DEVELOPMENT

Judy Edge, Tourism Development Manager  
121 N.W. Blvd, Creston, BC  
(new Chamber of Commerce building)  
**250.428.2022**  
[judy@experiencecreston.com](mailto:judy@experiencecreston.com)

*Old-Fashioned  
Tea*



*at the  
Creston Museum*

**Saturday,  
August 15  
2009**

*\$8.00 per person*

*Seatings at  
1:00, 2:00 & 3:00*

*Reservations  
Recommended*

## Creston Museum

219 Devon Street Creston, BC

**(250) 428-9262**

*mail@creston.museum.bc.ca*

*www.creston.museum.bc.ca*

# How Electricity Changed the Creston Valley

Story by: Rob Speers

Summer Student - Creston & District Museum and Archives

**T**he story of electricity in Creston starts in 1907, when enterprising engineer Guy Constable organized what appears to be Creston's first utility, Creston Power, Light and Telephone Company (CPL&T Co). It seems that telephones were first on the agenda for CPL&T Co within two years of forming the company. The region's phone system was quite extensive and had some 100 miles of wire and a line under construction up to Duck Lake. The placement of long distance lines warranted significant attention. An editorial in the Creston Review in November 1909 states, "To go north into Nelson

or through 60 miles of rough wilderness towards Cranbrook would certainly decide which town will secure the plum of the Creston trade, as of yet it remaining uncertain."

**"Telephones were  
first on the agenda  
for CPL&T Co!"**

By the 1920's Creston was starting to really get "juiced up" as electrical power was being wired into homes. Local businesses supplied excess from gas or diesel generators.



Lidgate Garage had electric lights as early as 1922 using a Fairbanks Morse generator, while C.O. Rodgers had a generator installed at his sawmill in the mid-20s, and ran a power line up to the Grand Theatre. Presumably audience members would have appreciated this; no longer was there a noisy gas generator onsite disturbing the picture shows.

January 5, 1930 seems to be a pivotal point in electrical development. After weeks of delay, Howard S. Amon finally flipped the switch for downtown's first set of dedicated electric lights. Amon was

to be given a twenty-year franchise on electrical lighting, but town council was growing increasingly dissatisfied with the delays and were considering revoking it. Part of the delays can be explained by Kootenay Telephone's overhaul of the phone lines. Earlier that year, Kootenay Tel bought Creston's phone service from Creston Power Telephone and Light. H.A Nicholson, District

### **"Creston was starting to really get 'juiced up.'"**

Superintendent for Kootenay Tel, said "The intention is to give the whole system a thorough overhaul, while there are no plans of changing staff. A new central building will be chosen".

By the end of November a crew, supervised by Roy Harris of Cranbrook, was hard at work renovating the new central telephone building. The phone lines, which had served the town for some 20 years, were replaced with cable lines and a new Northern Electric switchboard, which could handle 105 pairs of wires. Mr Amon's electric lights were sharing the same poles, and so he could not access them while Kootenay Telephone was in the middle of their overhaul. By December he was able to finish his electric lighting.

Of course there was another historic electrical moment in the early 1930s. The Canyon Dam was a symbol of the town's electrical needs. It seems, from some letters he wrote to an engineering firm in Toronto, that Guy Constable considered

placing a dam over the Goat River as early as 1908. However, it would be a quarter century before a dam was put in. In 1932, West Kootenay Power and Light Co. had the area surveyed by R.P. Brown in order to consider placement of the dam. L.A. Campbell selected the site. Construction started and ended a year later, supervised by engineer F. G. Chapman. Upon completion, Sid Parker managed the plant, while the dam was completed in late 1933. It was New Years Day, 1934 at 1:00pm when WKP& L Co started sending down the power "juice" to the town. The Goat River Dam was designed with local coverage in mind: '... the [Goat River] plant would supply power to the rural points... the local load was not very heavy, the entire district including Creston, was supplied with 2300 volt primary power. Starting with two turbines in 1933, another was added in 1948 due to demand and to fix lack of runoff during the fall. 390 H.P diesel generators were installed on site to ensure a steady stream of power when the run off from the mountain was insufficient'. (Creston Review May 10 1951, 'Goat River Power Plant') It seems the Creston Valley was poised for some electrifying decades ahead, now with a designated power plant, many of its homes near to downtown wired, and dedicated streetlights. Much more work would need to be done in the coming decades to supply power to rural residents.

### **"The [Goat River] plant would supply power to the rural points."**

# Flowing Stream, Cold Water

## Part II

Story by:  
Sifu Neil Ripski

The breeze through the leaves at his feet almost masked the sound of the running water ahead. The Boy followed the old Master towards the stream at a respectful distance. He knew that to touch the Master without permission, accident or not, would be met with a very fast lesson, one he had received before and was not eager to receive again.

They approached the stream and the Master sat to unpack his small shoulder bag. He pointed for the Boy to stand on a large stone in the water. "The movements you now know as the Tigers Tail, show them to me,"

### "Enough room for an Ox to lie down should suffice."

he spoke. The Boy looked around puzzled as the pattern of movements the Master spoke of covered a large distance and the small stone he stood upon would never do. Nonetheless, he began to slowly try to make the movements fit on the small space without getting himself wet in the running stream below.

Salutation, Tiger Enters the Cave, Tiger Bares his Claws, carefully the Boy practiced the movements on the small space allotted him. "No space is too small for practice, nor any time too short." The Master spoke. "Enough room for an Ox to lie down should suffice and even a few waking moments can be used for practice. Without constant practice success is not assured. It is only those who ceaselessly practice in one form or another that succeed in the art." The Boy nodded solemnly as he



"The Master"

felt he should do when the Master spoke and continued to go through the movements Leaping Tiger and Catching the Lamb.

A sharp whistle caused him to look at the Master and see the long sword spinning through the air towards him. Catching it at the last minute he fell into the stream below. "Continue and do your practice again Boy. The surroundings make no difference nor does the water flowing beneath your feet. A skill only good on hard clean floors is of no use to you in real life."

So the Boy practiced again and again on the banks of the stream, the forest floor and the stone in the center surrounded by the Tao flowing by and through him. He learned to adapt to his surroundings, his tools and his mind, making use of the skills he was receiving from the Master here and now in the only moment that really exists.

Sifu Neil Ripski teaches at Red Jade Martial Arts  
He can be reached at:  
[redjadekungfu@gmail.com](mailto:redjadekungfu@gmail.com)  
Red Jade Martial Arts  
[www.redjademartialarts.com](http://www.redjademartialarts.com)  
Red Jade Student Forum  
[www.redjade.forumcircle.com](http://www.redjade.forumcircle.com)

## Check out our Weekly Summer Specials

- Organic Bulk & Food Products
  - Wheat & Gluten Free Items
    - Herbs & Spices
    - Farm Fresh Eggs
  - Homeopathics/Tinctures/Supplements
    - Healthy Snacks
  - Personal Care Products

10% off for Seniors Everyday!  
15% off Personalized Orders  
20% off Bulk Orders

Don't miss your  
Customer Appreciation Day!

The Staff at Golden Herb  
look forward to helping you  
on your health journey



Linda Gigliotti  
& Annie Geronazzo

Crystal Hills & Crista Phypers

## Golden Herb Health Foods

#2 2804 Hwy. 3 E., Creston  
(250) 402-0033

Monday to Friday 9:00 am to 5:30 pm  
Saturday 9:30 to 5:00 pm

# Notes From the Road



Story by: Elena Yeung  
Bluegrass Songwriter, Singer and Musician

## Adventures in Dawson City

Well, I'm back in the land where long shadows mean it must be getting close to suppertime. Can I say enough good things about the Dawson City Music Festival? No, I can't. It just confirms the theory I have about way out-of-the-way places. Everyone is happy to be there, because we've all actively chosen to come here, or stay here. No one shows up by accident, except perhaps that guy from Old Crow who drove 500 km south to participate in the race to the Midnight Dome on Saturday morning, and came in third in the Over 45 category. Just wandered by the gazebo on Sunday because he heard a banjo in the distance. He was thrilled to bits to hear a song with the same title as his hometown.

Too many stories to tell, here's a list in point form for now, perhaps I'll get time to elaborate in the next few days:

- 1) Finding raspberries on the top of the Midnight Dome.
- 2) Nerdy computer-keyboard haiku construction with equally nerdy classical musicians from Triple Forte.
- 3 Digging for a new swimming outfit at the dump with Dana.
- 4) Drinking a virtual sourtoe cocktail with Jeffrey from The Acorn...I don't think that qualifies us. true Yukoners; mangling Cantonese phrases with Howie; hanging out with Rolf in general.
- 5) Drunken Gillian Welch jam with Mike O'Brien.
- 6) Cruising for guys with Niska from Iskew...man, am I ever out of practice.
- 7) Bend Sinister closing the festival by covering Journey's "Don't Stop Believin".
- 8) Jamming my gospel song with Gil & BJ from The Persuasions.

That's all for now, until I have time to sort my brain out a bit more.

Signing off,  
Elena

[www.myspace.com/elenayeung](http://www.myspace.com/elenayeung)

Upcoming gigs:  
August 7, 2009  
The Cocoa-Nut Lounge, Nelson, BC  
August 22, 2009  
Idlewild Fest, Cranbrook, BC



Set your  
own style

**SHADE-O-MATIC®**  
Imagination Innovation Inspiration



August Special  
up to **60% off**  
new selection of beautiful  
woven woods, insulating  
cellulars and roller shades.

**PLUS all our regular  
great choices!**

More than just  
your floor store!



**Nufloors**

Continuing 25 Years Of Service!  
Smart Service. Great Products.

1518 N.W. Blvd, Creston • 250-428-2426

[www.nufloors.ca](http://www.nufloors.ca)

# Creston Valleyites Run for a Cause

Story by: Judy Smandych  
Relay Support Staff - Canadian Cancer Society Relay for Life

Despite the windy, cold June day, 103 registered participants took part in the Canadian Cancer Society's 2009 Relay for Life on June 6. The event, at Alex Nilsson Field, raised over \$60,000. There was a variety of entertainment throughout the day helping keep the runners and walkers motivated.

**"The event, at Alex Nilsson Field, raised over \$60,000!"**

A very touching moment was when Debbie Kepke and Keisha Ringheim had their heads shaved in honour of Keisha's mother, who passed away earlier this year of cancer.

Their team called "Who Loves You Baby" were the top fundraisers in

the Relay while Debbie Kepke raised the most funds of any participants.

Although the chilly wind continued into the evening, the track was lined with luminary bags, most of which managed to stay lit. The luminary walk was very emotional as people stopped to light others candles. It created a special feeling to the night.

A heartfelt thanks to all the donors, participants and volunteers for making the 2009 Relay for Life a success.



*"Walking in honor of those who have lost their battle with cancer"*



*"The luminary walk"*



**Thanks a Bunch**

Say "thanks a bunch" with this beautiful bouquet of brightly coloured flowers.

- Fresh cut flowers • Giftware
- Teddy Bears • Framed Prints
- Potted Plants • Candles • Home accents
- Rogers Chocolates • Gift baskets

**Flower Affairs**

6-1000 N.W. Blvd. (CV Mall)  
250.428.4115 • 1.800.333.7560

Free Deliveries for CV Hospital,  
Funeral Homes & Extended Care Units

**Everything you need at one convenient location!**

- Full Deli • Pizza
- Chicken • Wedges
- Refreshments • Snacks
- Soft Ice Cream • Slushes
- Hunting and Fishing Licences
- Post Office • Liquor Store
- And Much More!

**Check Our Our Daily Lunch Specials**

**CANYON County Store**

4493 Canyon Lister Rd., Canyon  
Phone: 428-8771  
Open 8:00 am to 9:00 pm

**7 days a week!**



# Back To School



## Back to School Survival Guide

[www.drrickblog.com/page/Getting-in-Gear-A-Back-to-School-Survival-Guide](http://www.drrickblog.com/page/Getting-in-Gear-A-Back-to-School-Survival-Guide)

**D**espite the warm temperatures and sunny skies, many students are feeling a shadow looming as back to school season creeps closer. After weeks of lazy, summer days, late nights, varying routines and minimal mental stimulation, the return to school can seem overwhelming.

Starting the school year off on the right foot can help minimize students' stress levels.

### Get Cleaning.

A dirty, cluttered room is not conducive to studying. Get organized before homework starts piling up.

Remove seldom-worn clothing.

Pack away belongings not used on a regular basis.

For smaller children, label areas so they can easily see where belongings should go.

### Carve Out a Homework Spot.

Whether it is in your bedroom, the basement, or a family office, find an area where you can work distraction-free.

Pick a place that is always available and stock the area with all of the supplies and tools that are needed to complete homework.

### Get Organized.

Organization is key to ensure you stay on top of the requirements for each subject.

Use separate, labeled notebooks for each class. Create files for each subject.

Purchase a planner or calendar to keep track of important dates and deadlines.

### Set Educational Goals.

Whether it is striving for an A in a certain subject, handing in all homework on time or preparing for tests well in advance, setting goals can help establish a routine.

### Stay On Schedule.

Minimize last minute cramming or deadline mix-ups by creating a detailed school schedule.

Include all classes, assignments and key dates, such as project deadlines and test dates. Fill in new dates as they arise.

### Be Adventurous.

Step out of your comfort zone this school year by trying new things.

### Challenge yourself.

If you have the opportunity, take the hardest classes - not the easiest subjects.

### Ask questions.

There is nothing wrong with not always knowing the answer. Asking questions is the best way to learn!

### Think Positive.

Yes, going back to school means homework and early mornings. It also means reconnecting with old friends, meeting new people, resuming fun extracurricular activities, learning more about your favorite subjects and improving on your last year's performance.

## Creston's Back to School Specialists

- Your one stop school supply destination
- School supply lists in store
- Fully stocked all year round

*Watch for our  
Back to School flyer!*

### NEW LOCATION!

We are now located at 1124 Canyon Street (old McDowell's building)

### SAME GREAT SERVICE!

- Printers, cartridges & supplies
- Business stationery
- More selection to choose from

*If we don't have it,  
we'll order it!*



1124 Canyon Street, Creston  
(old McDowell's building)  
Phone: 250.428.2568



**No joking...**

**We're serious about service and quality.**

*Your feed, seed and pet supplies store... and so much more!*



**Sunset Seed Company**  
 New location beside 7-11, Creston  
 Phone: 250-428-4614  
 Summer Hours: Tuesday to Friday 8:30am to 5:30pm  
 Saturday 9:00 am to 5:00 pm

**Helping you create a great impression.**

**Gigabytes PRINTING & SIGNS**

**Ph: (250) 428-7922**

*Serving the Creston Valley since 1992*



# What the Heck is Twitter ?

(Source: <http://webtrends.about.com/od/socialnetworking/a/what-is-twitter.htm>)

“I just don’t understand Twitter or why anybody would use it.”

And when I explain the basics of how Twitter operates, they ask, “Why would anyone use it?” It’s actually a pretty good question.

Twitter is a Miniature Blog:

Micro-blogging is defined as a quick update usually containing a very limited number of characters. It is a popular feature of social networks like Facebook where you can update your status, but it has become best known because of Twitter.

In essence, micro-blogging is for people who want a blog but don’t want to blog. A personal blog can keep people informed on what is going on in your life, but not everyone wants to spend

an hour crafting a beautiful post about the vibrant colors seen on a butterfly spotted in the front time. Sometimes, you just want to say, “Went shopping for a new car but didn’t find anything” or “watched Dancing With the Stars and Warren Sapp sure can dance.”

**“You just say what’s up and leave it at that.”**

That’s where Twitter comes into the picture. It’s a great place for keeping people informed on what you are up to without the need to spend a lot of time crafting an entire post on the subject. You just say what’s up and leave it at that.



tool for quickly communicating a message to a group of people.

Twitter is Social Media Marketing:

Twitter has become a favorite target for social media marketing. This new form of getting the message out has been used effectively by Barak Obama during his Presidential campaign, and is used by everyone from magazines to movie stars as a quick way to connect with an audience.

**“Twitter is a great tool for quickly communicating a message to a group of people.”**

What is Twitter?

This brings us back to the original question. What is Twitter? It is many different things to many different people. It can be used by a family to keep in touch, or a company to coordinate business, or the media to keep people informed or a writer to build up a fan base.

Twitter is micro-blogging. It is social messaging. It is an event coordinator, a business tool, a news reporting service and a marketing utility.

There. That wasn't so hard, was it?



Twitter is Social Messaging:

While Twitter may have started as a micro-blogging service, it is grown into much more than simply a tool to type in quick status updates. I often describe Twitter as a cross between blogging and instant messaging, but even that doesn't do it justice.

Twitter is social messaging. With the ability to follow people and have followers, and the ability to have interact with Twitter on your cell phone, Twitter has become the perfect social messaging tool. Whether you are out on the town and want to coordinate with a group of people as to what hot spot to hit next, or keeping people informed of developments at a company-sponsored event, Twitter is a great

**Perfect Images**  
**Esthetics, Permanent Make-Up & I.P.L. Laser**  
**50% Off**  
**FIRST LASER TREATMENT**  
 • Immediate Results (some treatments may vary)  
 • Quick, Relatively Painless  
 • Very Little Redness or Skin Reaction (if any)  
 • Hair Removal • Skin Rejuvenation • Skin Tightening  
 • Wrinkle Reduction • Age Spots • Freckles  
 • Acne Treatments • Rosacea • Angioma • Vitiligo  
 • Keloids • Erythrosis • Spider/Varicose Vein Removal  
 • Scars • Stretch Marks • Breast Lifts  
**FREE CONSULTATIONS**  
*Enhance Your Life...  
 Enjoy trouble free  
 permanent make up that's  
 always ready when you are.*  
 Sharon Brown-Cert. Laser Technician, Aesthetician, M.PI Artist  
 Home: 250-428-8453 Cell: 250-402-8953  
 perfectimages@live.ca



**Help Control Unwanted Pets**  
**Support S.N.A.P.**  
*(Spay/Neuter Animal Program)*  
 Please help with your donations  
 Phone 250.428.2811  
 or  
 Creston's Treasures & Books  
 4356 Hwy 21, Creston, BC

# Help Prevent Wildfires

Story by: Ministry of Forests and Range, Wildfire Management Branch

**Above And Beyond**  
*We're ready to get you where you need to be.*



**Flight Seeing:**  
 Creston Valley, Rocky Mountains,  
 Bugaboo Spires,  
 Lake of the Hanging Glaciers

**Aerial Inspections & Surveillance**  
 Fish & Wildlife Telemetry  
 IR Imaging  
 Photography & Sightseeing



**BEARAIR**  
 250-254-1338 • [www.bearair.ca](http://www.bearair.ca)

A fire ban was recently put into effect in the Creston Valley. Below is some information on ways to help do our part in helping prevent fires.

Many fires occur when human activity increases. Grass burning and spring cleanup fires occasionally escape control and result in wildfires. When summer arrives, the number of people in the woods increases and as they travel, recreationalists can accidentally cause fires.

The number of escaped fires resulting from backyard burning can be reduced by adhering to safe burning practices. People doing backyard burning must have hand tools, water and enough people on hand to keep the fire in check. Fires must not be lit or allowed to continue to burn when the wind

is strong enough to cause sparks to be carried to other combustible material or when a notice banning or restricting the use of open fire is in effect.

Grass fires are a major concern for fire fighters. Grass fires that get out of control can cause serious damage. People must remember to place a firebreak around the perimeter of the fire area. Fires can escape easily if a wind picks up. Fires that get away can quickly engulf fences, power poles and buildings and can also spread to neighbouring property or forested areas.

Careless use of campfires is one of the leading causes of forest fires. When building a campfire, select your campsite carefully. Prepare your campfire by removing all leaves, twigs and other flammable material from the area. Choose a

**PROFESSIONAL  
 LEGAL SERVICES AT  
 PRACTICAL PRICES**

- Real Estate & Mobile/Manufactured Home Conveyancing • Mortgages
- Subdivisions • Wills & Estates
- Affidavits and Powers of Attorney
- Notarizations • Business Transfers
- Consulting

**LORNE D. MANN**  
*Notary*  
 — PUBLIC —

1403A Canyon Street, Creston, BC  
 250.428.7194 • Toll Free 1.800.649.7194  
 Email: [lmann@notaries.bc.ca](mailto:lmann@notaries.bc.ca)



**“Recreationalists  
can accidentally  
cause fires.”**



*Photos courtesy of bcwildfire.ca*

proper fire pit or make a ring of rocks at least three metres from trees, shrubs, structures and debris. Don't leave a campfire unattended, and do keep a pail of water close by at all times. Be certain your campfire is completely extinguished before you go to bed or leave the area. Pour water on the fire and douse the site thoroughly. Stir the campfire until there are no embers and the ashes are cold to the touch.

Another cause of wildfires does not arise from accidents or carelessness, but from arson. Every year, arsonists throughout the province start fires that result in a high financial loss, as well as risk to property, homes, wildlife, and people. Arson is a crime and any knowledge of this activity should be reported.

A person may have permission to burn, but it could be the start of a forest fire. If a fire does get out of control, and the Forest Service is called in, the persons doing the burning may be responsible for fire fighting and other costs.

**“Grass fires that  
get out of control  
can cause serious  
damage.”**

Other prevention considerations:

- 1) Do not burn in windy conditions.
- 2) Do not discard smoking materials from vehicles, use interior ashtrays.

- 3) Lawn & farm equipment should have properly working spark arresters to prevent sparks from exiting through the exhaust pipes.
- 4) All Terrain Vehicles (ATVs) produce an enormous amount of heat and can ignite brush from their exhaust systems.
- 5) Wildfire prevention is about keeping fires from starting. When using fire in or near woods, be extremely careful. People are responsible for starting about half of the wildfires in British Columbia.
- 6) Pay attention to your surroundings.

*Report fire sightings or the smell of smoke to 1-800-663-5555 or \*5555 on cellular networks. (Source: bcwildfire.ca/Prevention/prevent.htm)*

# International Day of the World's Indigenous People

Story by: Roberta Rodgers

East Kootenay Organization for Human Dignity and Equality

The UN General Assembly has proclaimed August 9th the International day of the World's Indigenous People. The East Kootenay Organization for Human Dignity and Equality (EKOHDE) has a mandate to educate people about the Universal Declaration of Human Rights. The purpose of this article is to offer information about this

special day of recognition. This day is also recognized as being the first meeting of the UN Working Group on Indigenous populations of the Sub Commission on the Promotion and Protection of Human Rights in 1982.

In 1993, the UN General Assembly proclaimed the International Year of the World's Indigenous People. The General Assembly also proclaimed that starting

**“Culture, education, health, human rights, the environment, and social and economic development.”**



## Shakespeare in the Park (or Something Like It)



August 19-21, 6 p.m.  
(rain or shine)  
Millennium Park  
Creston, BC

Scenes from  
Shakespeare's plays  
Elizabethan Dancers  
Elizabethan Music

Free Admission  
Bring a picnic  
and enjoy the show!



Photo courtesy of [www.bcarchives.bc.ca](http://www.bcarchives.bc.ca)

December 10th 1994 to 2004 would be the International Decade of the World's Indigenous People. "The goal of the First Decade was to strengthen international cooperation for solving problems faced by indigenous people in such areas as human rights, the environment, development, education and health (www.un.org)."

The General Assembly proclaimed 2005-2015 as the Second International Decade of the World's Indigenous Peoples with the goal of the Second Decade being "to further the strengthening of international cooperation for the solution of problems faced by indigenous people in such areas as culture, education, health, human rights, the environment, and social and economic development, by means of action-oriented programs and specific projects, increase technical assistance, and relevant standard-setting activities (www.un.org)."

September 13, 2007 the UN General Assembly adopted the UN Declaration of the Rights of Indigenous Peoples by a majority

of 144 states in favour, four votes against (Australia, Canada, New Zealand and the United States) and 11 abstentions (Azerbaijan, Bangladesh, Bhutan, Burundi, Colombia, Georgia, Kenya, Nigeria, Russian Federation, Samoa and Ukraine). There is an updated paper by Indian and Northern Affairs Canada from January 2008 that explains Canada's position for being one of four nations to vote against the UN Declaration in 2007 which can be found at:

[www.ainc-inac.gc.ca/ap/ia/pubs/updir/updir-eng.asp](http://www.ainc-inac.gc.ca/ap/ia/pubs/updir/updir-eng.asp)

How does this day affect citizens in the East Kootenay?

A day like August 9th is a time for us to examine our own attitudes and practices in regard to Indigenous Peoples. It is a time to ask ourselves, "What is our knowledge of Indigenous issues locally, nationally and internationally? International Day of the World's Indigenous People is a time when the light is shone on the issues like Rights of Indigenous Peoples, education, health

issues, environmental issues and social and economic development as they affect Indigenous peoples. It is a time to raise awareness about issues like land and the treaty process. It is a time when we can become more educated and learn about our role in the treaty process and how we can walk forward in partnership. August 9th is a date of acknowledgement, from the United Nations, that Indigenous Peoples hold a unique place in the world.

\*The general definition of "Indigenous" in regard to indigenous people is those people regarded as the original inhabitants of an area or the earliest known inhabitants as distinguished from subsequent European colonists and immigrants.

**"Acknowledgement,  
from the United  
Nations, that  
Indigenous Peoples  
hold a unique place  
in the world."**



Photo courtesy of [www.firstpeopleofcanada.com](http://www.firstpeopleofcanada.com)

Getting away from  
"Made in China" products.

**Featuring**



- Canister & Uprights
- Up to 7 yr. motor warranty



- Canister & Uprights
- Trusted band name



- Vacuums & Carpet Cleaners - bag, bag less, uprights & shop



- Powerful, quiet, "clean" Built-Ins plus complete installations



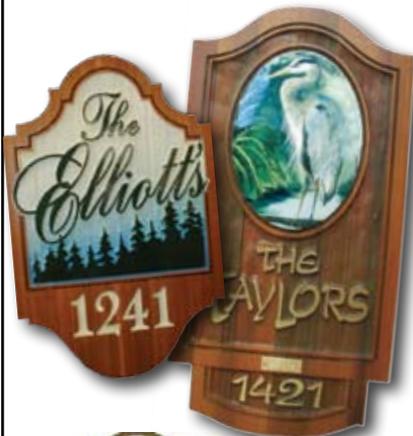
Plus many more new & re-built vacuums

*We Service What We Sell!*

**A-I VAC SHOP**

908 NW Blvd., Creston • 250-428-7538

**Handcrafted  
to last a lifetime.**



**cedarsigns.com**

137-12th Ave. N., Creston BC  
250-428-9746 • dsigns@shawbiz.ca

# Home & Garden

## Composting

[www.nrcs.usda.gov/FEATURE/highlights/homegarden/compost](http://www.nrcs.usda.gov/FEATURE/highlights/homegarden/compost)

### What is Compost?

Compost is a dark, crumbly mixture of decomposed organic matter.

### Materials

Anything that was once alive will naturally decompose. However, some organic wastes should not be composted at home.

DO compost these items: grass clippings, leaves, plant stalks, hedge trimmings, old potting soil, twigs, annual weeds without seed heads, vegetable scraps, coffee filters and tea bags.

Do NOT compost these items: diseased plants, weeds with seed heads, invasive

weeds, pet feces, dead animals, bread and grains, meat, dairy, grease or oily foods.

### Making It Work

Organic material, microorganisms, air, water and a small amount of nitrogen are needed.

Organic material is leaves, grass clippings, etc. that you are trying to decompose. Microorganisms are small forms of plant and animal life, which break down the organic material. A small amount of garden soil or manure provides sufficient microorganisms.

The nitrogen, air and water provide a favorable environment for the microorganisms to make the compost.

### Biology

Bacteria are the first to break down plant tissue and are the most numerous and effective compost makers. Fungi and protozoans soon join the bacteria and, somewhat later in the cycle, centipedes, millipedes, beetles and worms.

### Surface Area

If the microorganisms have more surface area to feed on, the materials will break down faster. Chopping your garden debris will help them decompose faster.

### Volume

A 3-foot by 3-foot by 3-foot compost pile is considered a minimum size for hot, fast composting.

### Moisture and Aeration

The compost pile function best when the materials are as damp as a wrung-out sponge. Extremes of sun or rain can adversely affect the balance of air and moisture in your pile. The materials must be turned or mixed up occasionally to add air that will sustain high temperatures and control odor.

**MOVING**

**Area & Local Moving**

**House & Yard Maintenance  
Efficient & Experienced**



**"PERK'S  
BY  
PERCY"**

**Home 250-866-5760**

**Cell 250-428-6701**

# Longer Term, Brighter Picture

Story by: Mary Ann Jenkins CFP, Division Director Kootenay Region Investors Group

## Ten-Year Positive Returns Smooth Out Market Fluctuations

Most investors believe that the longer they hold equity market investments, the better the chances of earning positive returns. But recent steep declines in share prices have some questioning how long they'll need to stay invested to recoup the ground lost during ongoing market volatility.

**"This should provide some comfort for investors."**

Only time will tell. But the past indicates that there have been very few periods in North American stock market history in which total returns (including reinvested dividends) over 10 years have been negative. This should provide some comfort for investors.

Measurements of rolling periods of return - where a series of regularly occurring dates are used as starting points for each cycle - are largely positive for periods of 10 years or more.

This is particularly true in Canada where statistics show that 10-year total returns for the Canadian market were positive for every monthly 10-year period from 1956 (the first full 10-year period) through the end of 2008. The average 10-year return for those 10-year periods was 10.1%

Advances during individual 10-year periods vary widely. The best 10-year gain was 19.5% for the decade ended August 1987. The worst was 3.3% for the decade ended September 1974. This compares with the current experience of a 5.34% 10-year return ended December 2008.

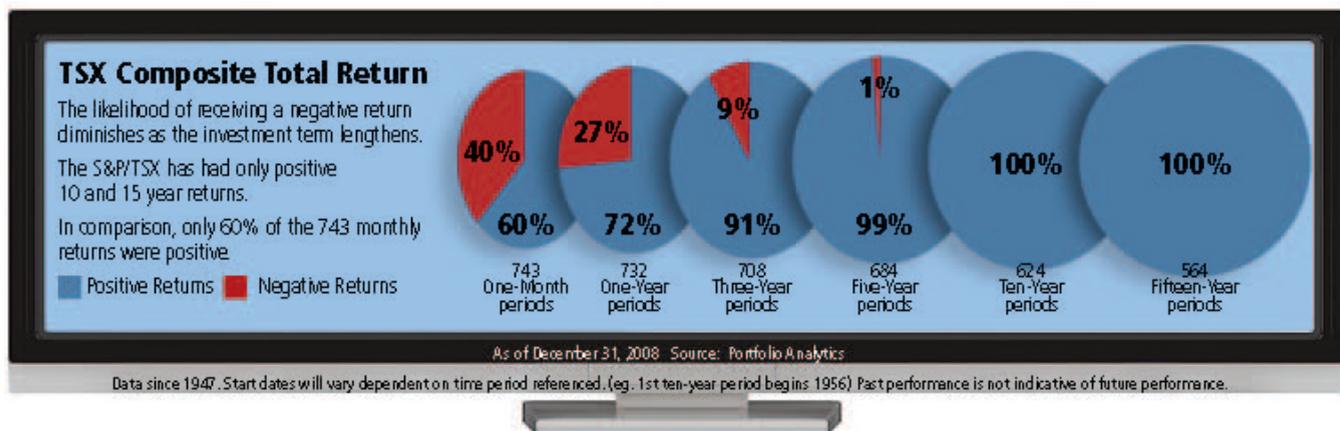
Over shorter rolling periods, there is more chance of a loss. Of the 684 five-year monthly rolling periods since 1947, nine saw losses. However, the average five-year return is only slightly lower than the average 10-year return. Results were calculated using the closing index value for the period divided by the opening index value for the period and annualized over 10 years.

U.S. results are similar. An investment analyst wrote recently in the Globe and Mail newspaper that over the past 198 years in the U.S., the average compound rate of return for 10-year rolling periods yearly was 8.4%.

How will the recent steep decline in markets affect 10-year returns going forward? Only time will tell. It depends on how quickly prices rebound, how much volatility remains, and when measurement periods begin and end. For example, in late February, Canadian stocks sank to their lowest levels since 2003, and U.S. equities to their lowest point since 1997. But in March, markets quickly regained some of those losses.

The biggest determinant for success is an investor's portfolio and how it is managed. Financial planning and a long-term perspective remain key for achieving financial goals.

**"Advances during individual 10-year periods vary widely."**



# Open Your Door for Local Sports

Story by: Cindy Payne, Creston Valley Thunder Cats – Vice President of Billing

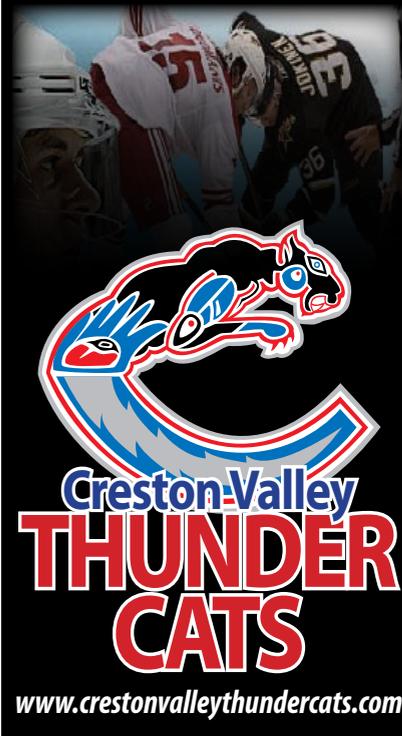
## BILLET FAMILIES NEEDED!

### for the 2009/2010 Season

We are looking for  
billet families for our  
out of town players.

Billets need to be in their  
homes by September 7.  
\$400/month per player  
plus many more benefits.

For more information call  
Cindy Payne at 250.428.4570



Hockey season is creeping up and Hockey players from all over North America will be skating with the Creston Valley Thundercats this coming season. Coach Joe Martin is returning for his 3rd season and is committed to building onto our team with as many Crestonites as possible for the future. In order to do this he is coordinating hockey schools, here in Creston, to mentor our local hockey players. Of course this will take time, which leaves us looking for a number of billet families for this season. We need to place 23 players and most homes take two if they can so that the players have a buddy. Currently we have half the players placed and the season starts in just over a month.

Billet homes are expected to provide a safe and secure home for the players. Attending games and cheering on the players is a helpful way to offer support. At the same time, the players are allowed to have their own time and space at home. Billet families are expected to provide at least one main meal a day, which is usually supper. This also gives the players and family time to talk. The players often prepare their own breakfast and lunch. Access to laundry facilities is expected and the players are expected to do their own. However, some billet families may wish to just add it to their laundry. When the team travels, a meal is usually sent with the players on the bus.

Billet families get a \$400.00 per month stipend for each player, free season passes for the immediate family and 10% off their entire grocery bill at Overwaita when the bill is paid with their billet cheque.

Billet families need to live a 10 minute drive from the arena as the players often travel in two or three times a day and with the cost of fuel it can get expensive. As well, the current state of our economy has some of these boys paying their own way.

This often has them working a part-time job while in Creston. Anyone who can assist in this area would be doing a great service.

It is imperative to have all players billeted out by the start of the season, as the alternative is to put them in a hotel, which is costly for the team.

All billet families attend a meeting before the season starts to go over the rules that the players must follow as well as the responsibilities of the billet families. As well, all families are invited to parents' weekend when all the parents come out to see their boys play and get to meet the other billet families. A meal is served one of the evenings and a social gathering is on another night. Last year, the parents, billet families and Thundercats Cats played a little shinny. Billet families are also invited to the year-end banquet. For those who have kids in minor hockey it is really cool to have the Thunder Cats come to their hockey practices and school for a bit of show and tell.

This years training camp starts Aug 30 with the Intersquad game on September 2nd. The first exhibition game is September 3rd against Fernie. Until players are actually signed, they are responsible for their own accommodation. However, many players who are here from last year generally request that they stay with their billet family for the few days before final signing. The first scheduled league game is September 11th, which is when all players must be signed. They will need permanent places to stay anytime from the 3rd of September until the 10th. If someone can billet but won't be here until after the long weekend then arrangements can be made to have them placed somewhere else on a temporary basis. At this point we still need placement for 10 players.

For more information contact: Cindy Payne  
Phone: 250-428-4570 Email: cap-47@hotmail.com

# Kid's Korner

## Fun-in-the-Sun Ideas www.kaboose.com

**S**ooner or later, kids get bored with a backyard game of hide-and-peek, and then it's mom and dad to the rescue! With just a few minutes of planning, you can keep the kids active and entertained.

Go for a hike. Find a trail through the woods and keep your eyes peeled for natural finds. Take the time to look at birds' nests, ant hills and even moss on trees.

Get buggy. Look for interesting insects in your own backyard or at the local park.

Have a scavenger hunt. Make a list of 20 activities in your neighborhood. The list could include activities like drinking from a water fountain, climbing a tree or throwing a basketball into the net on your driveway.

Take a bird tour. Write down a list of birds that are common to your area and then go in search of your feathered friends. To attract birds, cover pinecones with vegetable shortening and then roll them in birdseed. Hang your homemade birdfeeder by a string on a tree branch. Then back away, watch and wait while birds come to feed.

Create an obstacle course. Use your lawn chairs, cardboard boxes or cones to set up an obstacle course in your own backyard. Then get the kids to run through it. Use a stopwatch to see which family member makes it through in the best time.

Play Frisbee.

Create a game of Frisbee basketball by hanging a basket from a tree limb close to the ground. Arm the kids with mini Frisbees and see who can make the most baskets.

Go for a ride. If the kids are older and have mastered bike riding, you'll all get a thrill pedalling on a trail through the woods. Look for a fairly smooth dirt trail and don't forget that every family member should be wearing a helmet.

- BEACH BALL
- BOAT
- CLOUDS
- KITE
- LIFEGAURD

- OCEAN
- PAIL
- SAILING
- SAND
- SEASHELL

- SKY
- STARFISH
- SUN
- SURBOARD
- SWIMMING

- SWIMSUIT
- WATER
- WAVES

*Sponsored by...*

**Simply The Fairy Best!**

**Park Studio GALLERY**  
1011 Canyon Street, Creston  
250-428-9393 • [www.parkstudio.net](http://www.parkstudio.net)

- Art Supplies
- Local Art
- Warhammer Supplies
- Fine Art
- Exclusive Collectables

# Out & About

[www.ilovecreston.com/page/valley/upcoming%20events](http://www.ilovecreston.com/page/valley/upcoming%20events)



**August 3 - September 28, 2009  
(every Monday)**

## Millennium Mondays

Location: Millennium Park  
at 7:00pm to 9:00pm

Cost: Free

Contact: Kaitlin Viers

Phone: 205-402-3474

Email: [ktbean@hotmail.com](mailto:ktbean@hotmail.com)

**August 08, 2009  
Yahk Summerfest  
2009**

Location: Yahk/Kingsgate Hall  
at 8:00am to 10:00pm

Contact: Penny ap Anderson

Phone: 250-424-5043

[www.yahkkingsgate.com](http://www.yahkkingsgate.com)



**August 1, 2009**

## Sunrise Paddle

Location: Wetland -  
Creston Valley Wildlife  
Management Area  
at 7:00am to 9:00am

Cost: \$10 per person  
- free for members  
(please register)

Contact: Wildlife  
Interpretation  
Centre

Phone: 250-402-6908

Email: [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca)  
[www.crestonwildlife.ca](http://www.crestonwildlife.ca)



**August 1, 2009**

## A Mid-Summer's Eve

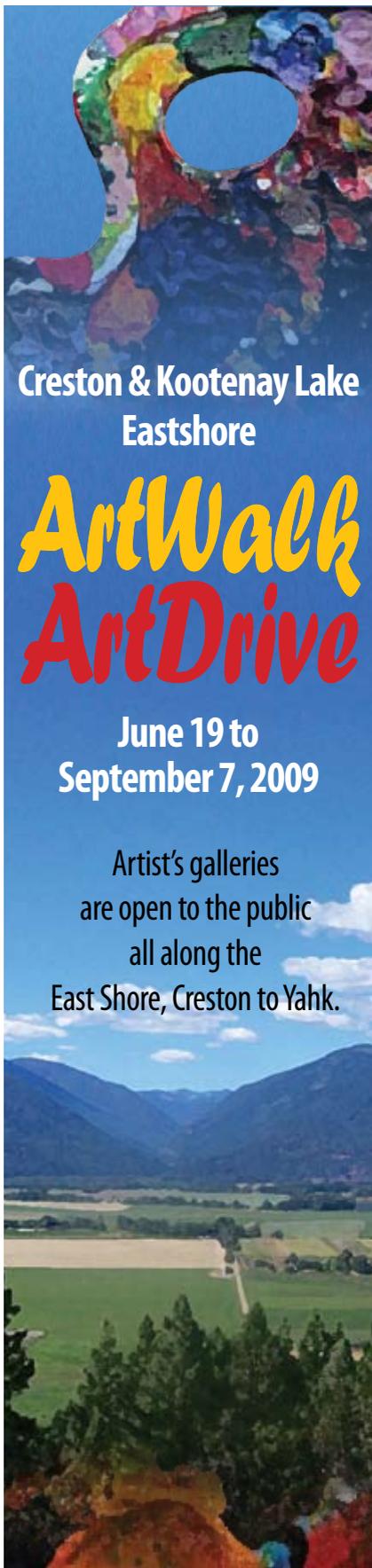
Location: Tea Garden  
at Canyon Cedars  
at 7:00pm

Cost: \$10.00  
(available at  
Black Bear Books)

Contact: Jasmine Lothien

Phone: 250-431-8278

Email: [info@crestonvalleyarts.org](mailto:info@crestonvalleyarts.org)  
[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)



**Creston & Kootenay Lake  
Eastshore**

# ArtWalk ArtDrive

**June 19 to  
September 7, 2009**

Artist's galleries  
are open to the public  
all along the  
East Shore, Creston to Yahk.

August 15, 2009

## Fields and Flashlights

Location: Wetland -  
Creston Valley  
Wildlife Management  
Area  
at 7:30pm to 9:30pm

Cost: \$2.00  
per person  
(please register)

Contact: Wildlife  
Interpretation  
Centre

Phone: 250-402-6908

Email: askus@crestonwildlife.ca  
www.crestonwildlife.ca

August 15, 2009

## Creston Museum Old Fashioned Tea

Location: Creston Museum  
Reservations required

Contact: Tammy Hardwick

Phone: 250-428-9262  
www.creston.museum.bc.ca



August 19 - 21, 2009

## Shakespeare in the Park IV

Location: Millennium Park  
at 5:30pm

Contact: Gail Kitt

Phone: 250-428-9415



**Creston Valley**  
**DINING**  
**GUIDE**

**Great Atmosphere, Great Food!**  
Open 10 am daily

Full Pub Menu  
Kitchen open daily  
for lunch & dinner.  
Breakfast Saturday  
& Sunday only.

Featuring Our  
Hand Carved Triple A  
Rib Eye Steaks!

**WARRIORS PUB**  
LABOUR STONE

Cold Beer  
& Liquor Store  
Hours:  
Monday to Thursday  
2pm to 8pm  
Friday, Saturday  
& Sunday  
12pm to 8pm

123 9th Ave. South, Creston (Just South of the grain elevator) - (250) 428-4241

**A Sweet Deal!**

For only \$50/month  
you will be seen by thousands  
potential customers.

Give us a call today! 250-428-2637

*The Taste of Home Sweet Home*

- Full Menu • Daily Specials
- Homemade Soups & Baking

**Home Style Cafe**

Open 6 days a week, closed Wednesday  
 Hwy. #3, Kirkhamer • (250) 428-5011

# Creston Valley Business Services

Always happy to give you a helping hand!



**Kootenay Medical Supplies Ltd.**  
 Box 1030, 1016 Canyon St., Creston  
 Phone/Fax: 250-428-8786 • Toll Free: 1-800-285-8786



**Fig's PLUMBING**  
 In-Creston

- ALL PLUMBING
- EXCAVATING
- HEATING SYSTEMS
- DRAINAGE DRAINAGE
- SEWER PUMPS
- NEW WINGS

**250-428-6014**  
 Serving the Valley Since 1961



**Creston Parcel & Delivery Inc.**  
 You Call We Haul  
 139 Collis Street, Creston • Phone/Fax: 250.428.2133

**NEW LOCATION**  
 We're here for you!

- All General Automotive Repair
- Tire Changing • Wheel Balancing
- Remote Start Installs
- Tune-Ups • Oil Change
- Diagnostic Scanning

**Steve & Cara's AUTO SHOP**  
 1507 Canyon St., Creston  
 250.428.5176

**4-Corner MATTING & FRAMING**  
 Preserve your prize possessions.  
 Everything from oils & watercolors to cross stitch & petti point.  
 Prompt quality matting & framing. Reasonable rates.  
 We offer mobile service for seniors & shut-ins.  
 10-1506 N.W. Boulevard, Creston - email: jrstjan@tekus.net  
 Phone: 250-402-2036

**Shampoo, Polish, Engine Clean**  
 Cars • Trucks • Motorhomes  
 • Motorcycles

**Extreme Detailing!  
 35+ Years Experience!**  
 Hrs: Monday to Saturday  
 9:00 am to 5:00 pm  
 2520 Hwy 3A, Creston, BC  
**250-428-6532**

**Dan's GRIME to Shine AUTO DETAILING**  
 Daniel Johnson



**BeeSeen**

For as low as **\$30/month** your will be seen by thousands potential customers.  
**Give us a call today!**  
**250.428.2631**

*Creston Valley*

# Fall Fair

September 11th & 12th, 2009



*“It’s time to savour the flavour”*

Pick up your Fall Fair Guide today  
at the Creston Valley Chamber of Commerce

# Powerful Solutions For A Compact World

## Hot Summer Deals



**0% Financing**  
30 Months\*

**HOT SUMMER CASH DEAL**  
**\$18,999.00\*\***  
*While quantities last*



**MASSEY FERGUSON**

This 25hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

GC2610TLB, 25hp diesel powered unit- **Features**

- 25hp 3cyl diesel • 2 range hydrostatic transmission • power steering • independent mid & rear pt • 4WD • DL100 front end loader 678lb cap. • CB05 curved boom backhoe 6'6" digging depth.

**0% Financing**  
60 Months\*\*

**HOT SUMMER CASH DEAL**  
**\$26,999.00\*\***



**COMPACT EXCAVATOR CLEAROUT!**

**Kubota**

KUBOTA is the leader in the compact excavator market with 10 models under 50hp and 5 ton class. Superior quiet fuel efficient kubota diesel engines, powerful responsive hydraulics and best in class servability.

KX41-3HGLV- **Features**

- 17hp 3cyl diesel • 2 variable/1gear pumps with 7.4gpm combined flow • hydraulic expandable tracks
- pilot control hydraulics • 123 degree boom to house swing • 7'8" digging depth, 3505lb dig force.
- available hydraulic thumb at extra cost. Reg \$35,324.00



**0% Financing**  
30 Months\*

**HOT SUMMER CASH DEAL**  
**\$11,299.00\*\***

**Kubota**

The rugged and versatile RTV900 has been upgraded to make it easier to use and more ergonomic than ever. It's amazing balance that enables the rugged RTV900 General Purpose to perform like no other utility vehicle. Spacious cargo bed, powerful hauling capability, robust diesel engine, advanced suspension, this machine has it all. The RTV900G is perfect for all types of terrain from 1 acre to 500 acres, and at an incredible pace.

RTV900G6-K- **Features**

- 21.6hp, 3 cylinder, liquid-cooled D902 diesel • Variable hydro transmission (VHT) • 4WD with 2WD selectable
- Easy range assist mechanism • More traction in reverse speed • Front independent MacPherson strut-type suspension • Rear semi-independent DeDion type suspension with leaf springs and shock absorbers • Reliable, wet-type disc brakes • Responsive hydrostatic power steering • Ample ground clearance • Quick read panel
- Improved tailgate design • New deluxe bench seat with retractable seatbelt

\*0% Financing for 30 months OAC \*\* Cash price includes all discounts to dealer in lieu of financing.



Turn all your backyard trimmings, branches and waste into useful garden bidegradeable mulch with a

**Wallenstein Chipper/Shredder**  
BXM32 3pth chipper/shredder 3" material  
starting at **\$2999.00**

NELSON GOLDEN FERNE  
GRAND FORKS  CRANBROOK  
**CRESTON**  
Serving The Kootenays

**KEMLEE EQUIPMENT LTD.**

Your locally owned & operated Ag Centre