

Bringing the
Creston Valley together.

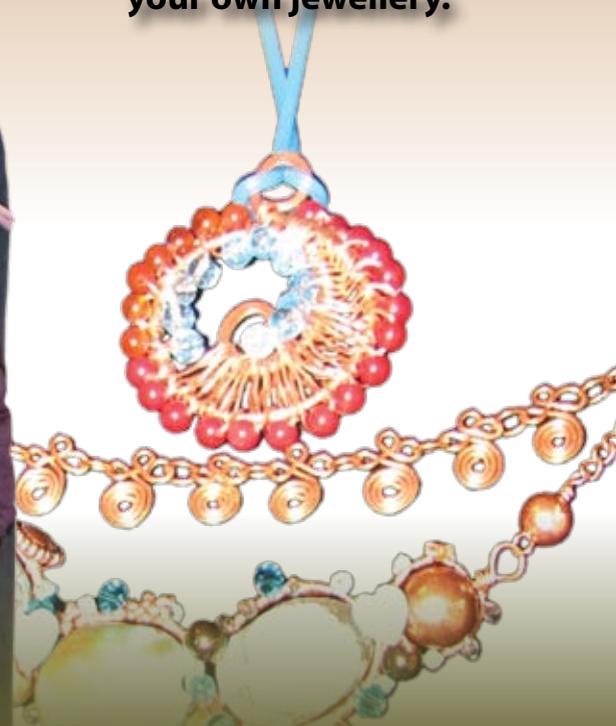
FREE

February
2010

i love
creston

A Heart of Stone

For health or fashion,
designing and creating
your own jewellery.



**Creston Town
Council**

Building local relationships.

**The Winter
Olympics**

The torch stop in Creston

**Community
Green House**

COTR sowing the seeds.

College of the Rockies

Creston Campus 2010 Line-up

MS OFFICE IN A MONTH – BEGINNERS

Do you own the Microsoft Office program and not sure what to do with it? Start using your computer with confidence and learn the basics of each program.

Each week focuses on another part of the program – register for one, or register for them all! Intro to Computers & Internet; Word; Excel; PowerPoint; Outlook & File Management

Feb 2-Mar 4 – Tuesday & Thursday afternoons
\$70 per week, or \$299 for all 5 weeks

MS OFFICE IN A MONTH – ADVANCED

If you or your employer wants you to improve your skills to be more efficient with MS Office – this is a great way to accomplish that! These courses will be held twice a week for four weeks. (pre-requisite: MS Office in a Month for beginners or equivalent experience)

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March 9 – April 1 – Tue & Thurs afternoons
\$80 per week or \$229 for all 4 weeks

Practical Herbalist – In-Class

This very comprehensive herbal training program is being offered in class starting February 2010. Classes are offered one weekend a month, for 10 months. Although this program is also offered very successfully on-line, imagine the extra input you will receive by having the instructor, Rachel Beck and your classmates working together in a classroom setting. Natural health, and herbal medicine in particular, has become a huge growth industry over the last decade. Contact the College at: 250-428-5332 for more information about the program or go to: www.cotr.bc.ca/Creston and click on Practical Herbalist.

Feb 19 – first weekend
Fee: \$1829 (payable in two halves)

Introduction to Orchardring

Great program designed for new or recent entrants into the fruit industry. Explore basic economics, pest management practices, fruit tree nutrition and much more. Duane Holder is a Horticultural Consultant in the Creston Valley and his expertise and willingness to share his many years of experience will be a huge benefit to all!

Feb 20 & 21/Sat & Sun/ 8:30-4:30
\$139 (spouse \$50)

Sustainable Agriculture Forum

Saturday Feb 27 \$20

Improving Couples Communication/Effectiveness

Get ready for Valentines Day! During this fast-paced 3-hour workshop, everyone will be shown the research based foundations for an effective marriage/relationship. Matthew Lipton is a therapist working throughout North America and he will show us how to measure our own relationship and use the results to enhance it.

“You don’t have to be sick to get better”

Feb 9, Tues 6:30-9:30
\$70 per couple

Coming in February

Check COTR brochure or call 250-428-5332
for dates and times

- Business Bookkeeping • Simply Accounting program
- QuickBooks program • FoodSafe • Forklift
- Introduction to Orchardring • Computers for Seniors (55+)
- Pruning • 100 Mile Diet

Contact the College for full details on each of our New Programs.

You can register by contacting the Creston Campus at 250-428-5332 Toll Free 1-866-740-2687 or email creston@cotr.bc.ca

Phone: 250-428-5332

Visit us on the web at: WWW.cotr.bc.ca/creston





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Beadloved

Kevin and Sandy Smith, owners of Beadazzled Beads & More, share their passion for the art of custom jewellery. They share a vast knowledge of gems, precious stones and beads.

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The Magazine

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Letters 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.

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From the editor

“Love is in the air... oh, oh, oh,
oh, uh... Love is in the air.”

Thank you Mr. Tom Jones for the introduction to the most celebrated day this month – Valentine’s Day. It is not an “official” holiday but I hope you join my efforts to make Valentine’s Day a holiday. February is one of the only months that doesn’t give us a day off work. So are you with me in lobbying the government to make it an official holiday? Valentine’s Day has a few trivial minor similarities to Christmas. Chocolate, candy, time with loved ones and gifts like jewellery are a big hit on Valentine’s day. This month’s feature is about a Creston business that specializes in custom jewellery. What sets this shop apart is that you can go in and pick what rocks, gems, beads or crystals you want, then create your own piece of jewellery.

The 2010 Olympics are just around the corner and last month we got a taste of the games when the Olympic Torch Relay stopped in Creston. There was a huge turnout for this once in a lifetime event and we’ll tell you what happened. Our town was lucky to be chosen as one of the communities where the torch stopped.

While talking about sports, the Creston & District Museum & Archives did some digging and came across a story about the most spectacular ski jump in the world, that was built right here in the Creston Valley. The fascinating part in this piece of history is that the jump shot the skier across the border. You will have to read it for more details.

Tom Lymbery from up the lake shares a tale with us. In Tom fashion, he talks about his memories of Gray Creek Camp. Tom’s ability to

remember the tiniest details help make this story comical and will likely bring a smile to your face. An interesting read.

Calling it a major step in developing a working relationship, Mayor Toyota recaps a series of meetings between Town Council and the Lower Kootenay Band. An agreement was signed by both parties.

Moving into provincial politics, our local MLA recently spent some time overseas enjoying the sights as well as meeting, working with and understanding the government of Cambodia. She met with and trained a group of female politicians in a country where women hold only 20 percent of the seats.

It has been said that change is a good thing. An update from the College of the Rockies Community Greenhouse says just that. This environmentally driven project is working on several new goals as well as continuing to make “green” changes throughout the community. The project is continually expanding as it calls attention to how crucial energy efficiency is.

Renovations at the Creston and District Community Complex are moving along and the changes are beginning to show, especially the pool. There are crews from about 15 trades putting their blood, sweat and tears into this long-awaited improved facility.

A look back at last year’s stock markets. The industry started off rocky in 2009 but began to turn around in early spring. This upward momentum has continued into 2010. Our financial guru breaks down the numbers for us. She points to the Vancouver

Olympics as the catalyst in the market’s recovery.

As the saying goes, “Dog is a man’s best friend”. In my opinion, any animal can be your best friend. It’s this concept that helps the success of the Creston and District’s Society for Community Living’s Therapeutic Riding Program. By offering horseback riding for people with disabilities, this organization has helped a number of riders bond and develop trust with their horse.

Do you tune into CIDO 97.7 fm? This community radio station broadcasting throughout the Creston Valley has been around for a few years. It is in the process of making some changes to get out in the community more and is welcoming anyone who wants to volunteer, become a member or even host a show. We welcome CIDO’s monthly updated.

And get out your calendar! As always, we have the Out & About listing of what’s going on in the Creston Valley. From sports to theatre to art and music, we are your source.

Enjoy... and be my Valentine,
Charlie Brown





Creating Art With Beads & Rocks

Story by Kris Dickeson

By its name, I thought Beadazzled Beads & More is a store that basically sells beads... and it does. But surrounding the bins of these colourful and uniquely shaped beads is so much more. Necklaces hang from the walls, display cases are filled with shiny stones, rocks, gems and earrings – to name only a small

portion of the merchandise. My initial reaction was that I could spend the day there, just looking around. A birdhouse decorated with stones quickly caught my eye and I leaned in to get a closer look. “Kevin’s mom makes those,” said a woman’s voice behind me. I turned around to a smiling face behind a counter.

Meet Sandy Smith and a few minutes later her husband Kevin, owners of Beadazzled Beads & More. As Kevin and I sat down at a table, which was obviously set up to make jewellery, Sandy continued to tend to the regular stream of customers. Kevin leaned back, looking content and we began to chat.

“Beads are all related to rocks and gems,” he said. “This was a component that led us to expand and add lapidary including cutting, polishing and tumbling. This side of the business started small and grew so I began to sell the equipment related to lapidary as well as tumblers, prospecting and metal detecting. The next step for me is silversmithing. If anyone is interested in learning about it, I’ll teach them.”

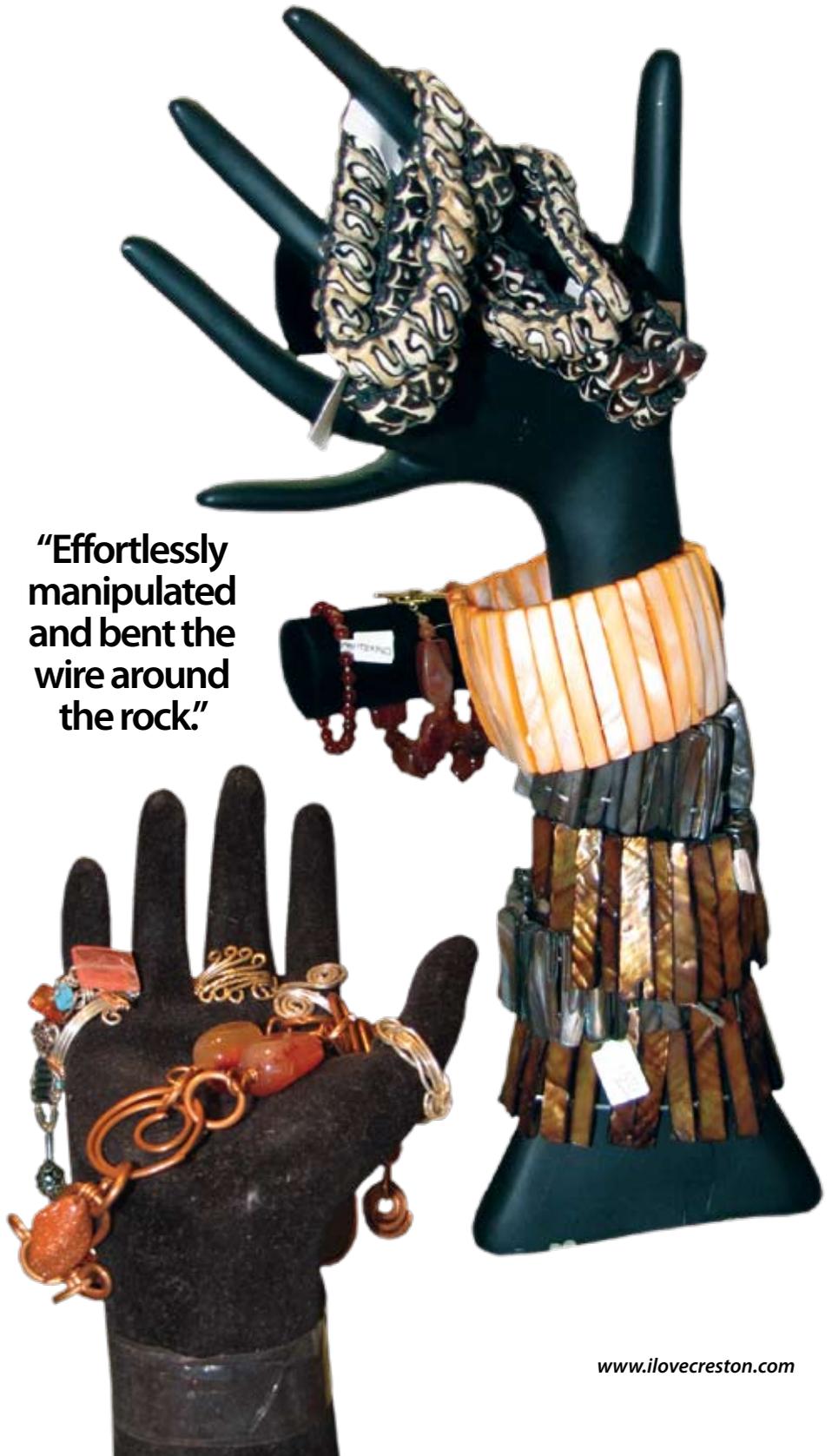
Kevin grew up in Boswell, moved to Calgary and met Sandy. Three and a half years ago, Kevin left his job appraising vehicles while Sandy gave up her career in customer service and moved to Creston. They bought Beadazzled Beads & More in August 2009. Sandy got her feet wet in the custom jewellery business working for the former owner of the store. In the summer of 2008, a For Sale sign went up and as Kevin put it, they wanted something to do, so bought the building and everything fell into place.

“We have very different roles,” Kevin said, chuckling. “Sandy is, well the bead and jewellery lady while I run the coffee shop in the back. Well, actually I handle the lapidary, gold panning and metal detector end of things while Sandy works with the customers and teaches classes. But

I do spend a lot of time in the back chatting with old prospectors. I have met some very fascinating people and heard interesting information. For instance, there are lots of dead mines in this area.”

Right then, we stopped talking as Sandy called out to us, “Look at this,” she said with excitement, while showing us a shiny stone necklace. “Lea made this at home, herself. Isn’t it beautiful?” A young

“Effortlessly manipulated and bent the wire around the rock.”



girl, who looked shy, stood with her mom just behind Sandy. “Lea has taken some classes and is a fast learner.” The handful of customers looking around and shopping all stopped to look at the necklace.

As Kevin and I began to pick up the conversation where we had left off, a big puppy at the far end of the shop caught my eye. “That’s Rocksie,” he said. “We got her when she was six weeks old and she comes with us everyday. She is seven months old now and I guess our mascot.”

I mentioned to Kevin that I was curious about his knowledge of lapidary. “It was and still is quite a learning curve when it comes to rocks and gems. It is a huge amount of information but you can never learn too much. I’ve always loved rocks but I didn’t know much about them or their names. Gems have healing properties.”

As we talked, Kevin’s fingers played with a piece of copper wire. “This is used in wire wrapping,” he said as he picked up a rock and effortlessly manipulated and bent the wire around the rock, creating what I saw as, the start of a necklace. “Working with rocks, gems or beads

is an art,” Kevin said. “It’s a person’s own creation from using their imagination.”

It seemed quieter in the shop so I glanced over my shoulder and saw a couple of customers wandering around casually talking to Sandy. As I waited, I slowly walked around, looking at the amazing necklaces, bracelets, precious stones, gems, books, lapidary gear and gave Rocksie a scratch behind her ear. Next I wandered over to the bins that held thousands of beads and my first thought was, I better not knock this over. I looked at the beads,

“Gems are used to help people’s health problems.”

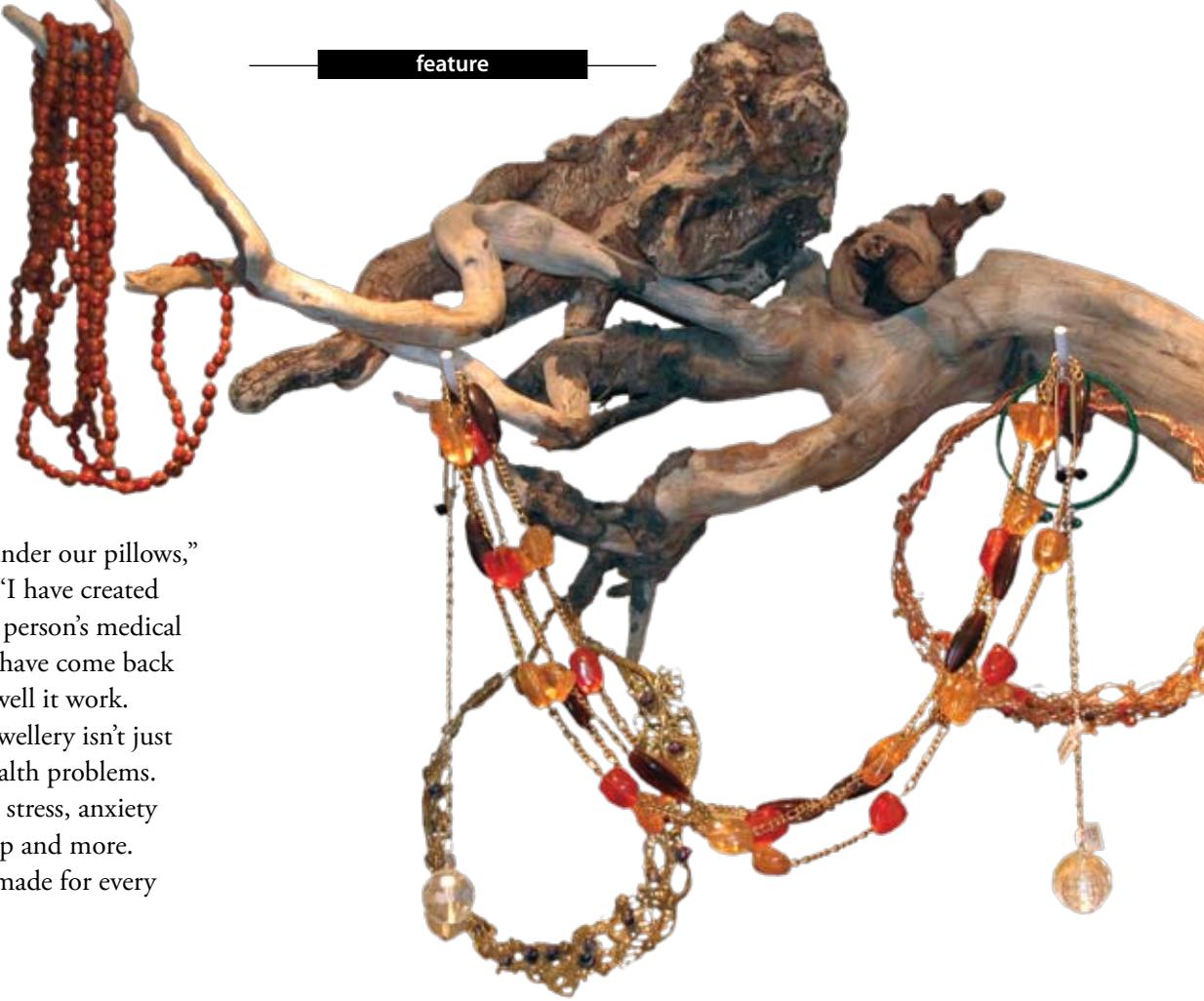


picked a few up, held some in my hand and then it hit me. I wanted to make a bracelet, with Sandy's help of course, to help me understand what it is like to make a piece of jewellery.

As I approached her I noticed she was holding several precious stones. "Gems are used to help people's health problems," echoing what Kevin had told me. "I make

jewellery for people specifically to help any health issues they have." She picked up a book and flipped through it showing which gem helps what illness. "Kevin and I both





sleep with a gem under our pillows,” she said seriously. “I have created jewellery to help a person’s medical problem and they have come back and told me how well it work. But this kind of jewellery isn’t just for people with health problems. There are gems for stress, anxiety to help people sleep and more. These are custom made for every individual.”

“The next step for me is silversmithing.”

Sandy is full of energy and although she is busy and moving around, I felt I had her entire attention. She gave me a quick, but thorough tour, and answered all my questions clarifying what a gem, crystal or precious stone is.

Sandy got me going on picking out the beads I wanted on my bracelet. We had decided it would be simple – two kinds of beads on a nylon string. She sat me down at the table where Kevin and I were sitting at and got me going stringing the beads. “We started classes late last fall,” Sandy told me. “There is a beginner and advanced offered. They have been full, six to eight people. We bring the instructor in, supply the area and sell the supplies. It’s not just women taking the



Precious Gifts



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Our showcases have a great selection of ready to wear jewelry, made in store, or you can come in and make your own creations.

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“Sleep with a gem under our pillows”

classes, we had a young guy who really enjoyed what he was learning, advanced quickly and took the skills and continued creating at home. We also get some mom and daughter teams – like Lea and her mom. The classes have really taken off.”

I had finished my bracelet and frankly think it looks great. Sandy tied it off and glued it for me. I had to wait until the glue dried before I could wear it. I asked Sandy’s if her love for jewellery made its way into her spare time. “I don’t have any spare time,” she said laughing.

“A couple of things I do are repair beads and cross stitch in beads. They are my hobby.” I found this interesting, as Kevin had mentioned he is a member of the Creston Valley Prospectors and Lapidary Club.

As I said goodbye, bracelet in hand, I wondered if Kevin and Sandy saw Beadazzled Beads & More as a business or an extension of their hobbies.

For more information on classes at Beadazzled Beads & More:
www.beadazzledbeads.ca/index.html

Show on front cover Lea and Faye Kempling



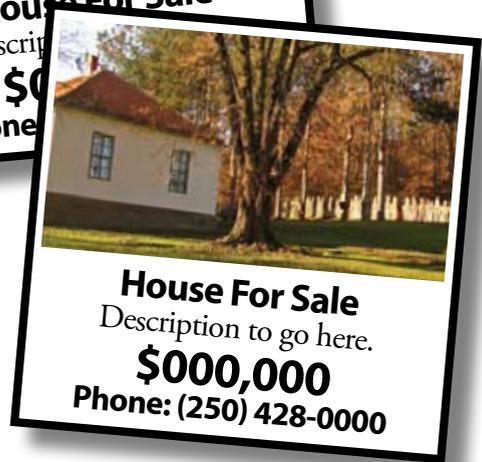
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From the Mayor's Desk

Story Submitted by: Ron Toyota
 Mayor of the Town of Creston

A Growing Partnership

Last month in this magazine, I outlined Council's 2010 Goals and Plans. Now, I would like to take this opportunity to expand upon one of those key goals: "To continue with joint First Nations Involvements".

In April 2009, members of Town Council and members of the Lower Kootenay Band Council met for a "get acquainted" dinner and explored ideas on how both Councils could assist each other with common concerns and causes. A second meeting was held in June 2009 and subsequently, on December 1, 2009. An historical Memorandum Of Understanding (MOU) and Friendship Agreement was signed between the Town of Creston and the Lower Kootenay Band.

"Common concerns and causes."

The MOU and Friendship Agreement is a commitment between the two councils and communities to meet on a regular basis in order to develop a working relationship that is strong, committed and fair. The intent is to enhance respectful and open communications, upon which a strong level of trust can be built and positive future endeavours can be encouraged.

It is important to recognize that for any committee or cause to

be successful, all parties must be committed and participate equally. I believe that this MOU is the foundation for moving forward into a successful partnership between the Town of Creston and the Lower Kootenay Band.

"A strong level of trust can be built."

Our councils met in late January to move forward in our next steps of project and relationship building.

Continuing with joint First Nations involvements is one example of how council and staff are endeavouring to improve communications by creating both an open dialogue and acting with genuine purpose during our three-year term of office.

Ron Toyota is the Mayor of Creston
 Phone: 250-428-2214
 Email: Ron.Toyota@creston.ca
 Website: www.creston.ca



Town of Creston council members and the Mayor Toyota.

Welcoming the Olympic Flame

Story by: Al Burt
Chair of the Olympic Torch Relay Community Celebration Committee

After months of planning and patiently waiting, the Town of Creston welcomed the Olympic Torch Relay on January 23. Overall, it was a success because it was well planned and received by those who attended. It was time well spent for organizers.

About 2,000 people gathered at the Creston and District Community Complex while others lined the road along the route. Mayor Ron Toyota and council welcomed MLA Michelle Mungall, MP Jim Abbott and representatives from Victoria, who watched official torchbearer Alex Nilsson, light the cauldron.

Among the entertainment was music by the Kimberley Community Band who joined the Creston Community Band and played the Hockey Night in Canada theme as well as the Olympic Fanfare and Theme by John Williams.

It was one thing to talk and plan the Olympic Torch Relay but another thing to see and experience it.

The people of Creston and surrounding areas will likely be talking about this incredible, once in a lifetime event for years to come.



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the Voice of the Valley

Story by: Maureen Cameron - Station Rep

CIDO 97.7 fm is our local radio station owned and operated by the community. It began with the dedicated work of hardworking volunteers prior to 2001 and continues today. Everything that's on the air is because someone thought of it and helped make it happen. Every decision, event, program and daily operation takes initiative, follow through and support throughout the community. We value the response that has brought us to this point through challenges and growth.

The Creston Valley Community Radio Society was founded in 2001 in order to provide access to the airwaves and reflect the needs and interests of the community. We operate 24 hours a day. We stream live on the internet and

have a website for audio archives, information and news. We invite participation in all aspects of station operating.

As a not-for-profit organization we finance operations and maintenance through memberships, fundraising events, sponsorships, government grants, donations and advertising. All activities are under the direction of the elected board and carried out by volunteers. This means that YOU can participate at any level you wish, from production at all stages, programming, creating your own show, fundraising, events, volunteer coordination and more.

CIDO welcomes your questions, support, and participation in "your" radio station. There's so much potential....let's work together to serve our community.

MEMBERSHIP DRIVE ON NOW!
Forms available at the station,
Black Bear Books or on line
www.crestonradio.ca

Mystery Shopper Alert for Businesses

Play CIDO 97.7fm and qualify for \$100 off a sponsorship package when the Mystery Shopper shows up.

Watch for our AGM in March
(Date and location TBA)



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MLA Update

Story submitted by: Michelle Mungall
MLA for Nelson-Creston



The Many Faces of Democracy

To start 2010 on a moving note, my partner Zak and I travelled to Cambodia where we toured around this beautiful South Asian country for two weeks. Along with exploring one of the eight wonders of the man-made world, Angkor Wat, hiking through the jungle to a ghost town, and spelunking through ancient temples carved into caves, we learned about the Khmer people's most recent history.

Most notably, we saw the long term affects of the Khmer Rouge. In 1975, the communist Khmer Rouge seized control of the Cambodia government after a lengthy civil war. For four years, they shut Cambodia off from the rest of the world, banned money, radios, clocks and forced millions into labour camps. They killed 25% of the country's population, first targeting teachers, doctors, lawyers and political opponents. However, soon almost everyone was a political opponent and whole families feared for their lives. That said, the most moving part of our travels was the Killing Fields Museum and Memorial.

Today, Cambodian politics involves a quasi-democracy. They have elections, but they aren't always free and fair. They have multiple political parties, but the Leader of the opposition is in exile in fear for his life. They have freedom of speech, but it is recommended to not say anything negative about the government. This was the reality into which I walked to train 45 women candidates from the opposition party.

As women in politics in countries where roughly women hold 20 percent of seats, we shared much in common. However, I never have to contend with the possibility of being arrested simply because I did well at my job as an opposition MLA. That is the current situation for MP Mu Sochua. Nonetheless, we were able to reach over the differences, borders and languages to learn about building democracy.

Cambodia has hope. From the tragedies of the Khmer Rouge to the tenacity of today's opposition parties, Cambodia has moved on from extremism and onto a path that will hopefully bring about a robust and strong democracy.

Coming back to this side of the globe, that same hope to bring stability and prosperity from devastation exists in Haiti after the shattering earthquake on January 12. Comparatively, BC is doing quite well. We are able to help others while also striving to improve the lives of our family and neighbours at home. This March, we'll be looking at the BC Budget and if the Liberals heard the views of the public when putting it together. For just as in Cambodia and Haiti, a democracy requires a government to be responsive to the people, and if it is not, the people will have the final say.

Michelle Mungall is the NDP MLA for Nelson-Creston
Phone: 250-354-5944
Email: michelle.mungall.mla@leg.bc.ca

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Greening the Community Greenhouse

Story by: Karen Powis
Winter Harvest Coordinator
- College of the Rockies Community Greenhouse

More than at any time in history, the issue of energy efficiency is important to all of us. At the College of the Rockies Community Greenhouse we are becoming acutely aware of the issues of harmful emissions, the need to use water more efficiently and the necessity to heat our homes with fewer fossil fuels. We realize that we need to send less to the landfill, purchase less stuff and protect our precious green spaces. We each play an important role in making change by starting in our own homes and workplaces.

“Starting in our own homes and workplaces.”

The Community Greenhouse has embarked on a number of green initiatives. Our goal is to become completely fossil fuel free, use water efficiently, make conscious purchasing decisions, send less waste to the landfill and recycle whenever possible. We intend to teach what we learn and encourage greenhouse users to follow green principles.

Our first green project was to build eight compost bins and learn to make compost properly. We recently added eight more bins to contain all the garden waste we collect from the grounds. The college saves compost from student lunches and recycles used paper to our bins. The finished compost will be used to make our own soil mixes and fertilize the

garden beds. The greenhouse roofs collect huge amounts of rainwater, which is presently drained, into town sewers. Thanks to a donation from the Creston Garden Club, we have been able to purchase a 1,100-gallon water tank. This tank will collect rainwater from the two large hot houses and recycle it to the vegetable garden. We will also install rain barrels with drip irrigation hoses at every downspout in the greenhouse complex. This will result in less water going into town sewers and less water needed from the town for our gardens.

Above ground irrigation will be installed in our large vegetable garden this spring which will enable us to use less water and save manpower.

We have been consulting with Rod Schmuland, from Kootenay Energy Solutions, and are looking at the various options available for replacing two outdated, inefficient furnaces in the hothouses. We’ve

ordered solar spotlights for the grounds and are exploring methods to build solar fans. This will lower our energy use substantially, lower the cost of running the greenhouses and help the environment.

“Make our own soil mixes and fertilize the garden beds.”

All of this has been made possible by Columbia Basin Trust, which provided funding for the project and the Creston Garden Club for the donation of the water tank. Our appreciation goes out to these groups.

Our mantra has become, “reduce, reuse and recycle” and to that end, the Community Greenhouse hopes to help Creston become a greener place to live.

*For more information contact:
Karen Powis - College of the Rockies Community Greenhouse
Phone: 250-428-5332*



The expanding College of the Rockies Community Greenhouse.

Happy Valentine's Day

<http://www.mydearvalentine.com/valentines-day-facts/>

Valentine Cards

Every year around 1 billion Valentine cards are sent across. After Christmas it's a single largest seasonal card-sending occasion.

Valentine Roses

The red rose was the favorite flower of Venus, the Roman goddess of love. The color red stands for strong romantic feelings making the red rose the flower of love.

Cupid

Cupid is a symbol of Valentine's Day. Cupid was associated with Valentine's

Day because he was the son of Venus. Cupid often appears holding a bow and arrows as he is believed to use magical arrows to arouse feelings of love.

Love Letters & Poems

The oldest surviving love poem till date is written in a clay tablet from the times of the Sumerians, inventors of writing, around 3500 B.C.

Heart on your Sleeve

In the Middle Ages young men and women drew the names from a bowl to see who would be their Valentine.

They would wear this name pinned on their sleeves for one week.

The Valentine Heart

The heart is associated to Valentine's Day as it is considered the source of all human emotions. The heart shape is supposed to have come from early attempts to draw an organ that no one had seen. The symbol came on to become as a sign of love.

Valentine Birds

Doves are symbols of love and loyalty because they mate for life.

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Valentine's Day Crafts

<http://crafts.kaboose.com/valentines-day/>

Foam Roses

What you'll need:

- 1 ½ green chenille stems
- Red craft foam
- Scissors
- White craft glue or hot glue gun

How to make it:

Set aside the ½ chenille stem for a later step. Take the full chenille stem and bend it in half. Starting at the bent end, twist the chenille stem around itself all the way up. When you reach the end trim it to make it even if needed.

Cut out 1" tear drop shapes from the red foam, you will need 7 of these.

Cut out ¾" tear drop shapes from the red foam, you will need 3 of these.

Lay a 1" tear drop on the table, point side down. Glue the open end of the twisted chenille stem to the red tear drop petal.

Glue a second tear drop behind the first tear drop (point side down), most

of the tear drop in back will be visible. Repeat on the other side. Repeat again on each side, gluing them in a curved fashion. When you are done there should be one petal in the middle and 3 on each side.

Glue one of the smaller tear drop petals on top of the green chenille stem. Glue the other two smaller petals overlapping the first one, point side down.

Once these are all dry, bend and curve the foam petals to join both rounded sides together to form the flower. Glue in place and hold until dry.

Use the ½ chenille stem to bend the leaves into shape and twist around the stem.

Tip: Craft foam can be purchased in precut shapes or in sheets.



Gingerbread Heart Pin

What you'll need:

- Gingerbread Woodsies shape
- Heart Woodsies shape
- Permanent thin marker
- 2 Wiggle eyes
- Pink craft paint
- Tan or brown craft paint
- Paintbrush
- Tacky glue
- Pin back

How to make it:

Paint the gingerbread person shape in tan or brown. Let dry.

Paint the heart in pink or red. Let dry.

Write a saying on the heart if desired.

Glue the heart on the gingerbread person shape.

Glue the wiggle eyes on the gingerbread person shape.

Glue a pin back to the back of the gingerbread person. Let dry.

Give or wear your cute little pin.

Tip: Give to someone in or attached to their Valentines card.



Be My Valentine Draw

To hear the entries, tune into 97.7 FM

Grand Prize

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and
Dinner for Two (\$50 value)
at Stavros Family Restaurant

How To Enter...

Share your best valentine: a poem, haiku, humorous, romantic...any style.
Remember to include your name and phone number.

Where to enter..

Drop off your entries at Tony Mulder Jewellery & Gifts (1014 Canyon St), Stavros Family Restaurant (Hwy 21), email to myvalentine@crestonradio.ca or at CIDO Radio Station (10th Ave, near fire station)

All entries must be submitted before
February 12, 12:00 pm

Winner to be announced on February 15

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Eligible entries will be entered into the final draw for the grand prize and awarded as mentioned. Acceptance of the prize constitutes permission for CIDO Radio and I Love Creston Marketing to use winners' names and/or entries for advertising and promotional purposes with no additional compensation.



End of an Era for Gray Creek Auto Camp

Story by: Tom Lymbery
Owner & Proprietor - Gray Creek Store

The sale of the campground has gone through, purchased by six long-term campers who didn't want their favourite place on the lake taken over by someone else. They are from Cranbrook, Kimberley, Calgary and Vancouver... not a developer in the bunch. Nearly all of the trailers with decks have been dismantled and are gone, even the Blattas from Edmonton, 46 years of camping here. Not entirely gone, as the ashes of three Blattas remain in the Gray Creek Cemetery.

The first cabin was built in 1928 by Lawson Hephner, (who had to change sternwheelers to bring his carpenter tools from Boswell), with the intention of accommodating fishermen. As the new wharf was constructed that year, the Reilly

family lived there while Russ was employed on the wharf project. Their first daughter, Eileen was born in the cabin "Green Shutters".

April 1931 brought the new highway here, and with it the SS Nasookin's ferry service from our wharf to Fraser's Landing, Balfour, with the last trip leaving at 4:30pm. Any vehicle arriving after that needed a cabin, unless they had a Model T camper. Charlie Bebbington ran a meal service from a tent near the Boswell wharf for three months until further highway finishing was completed between here and Boswell. He asked Arthur Lymbery if he could do the same here, so he built a shiplap floor for his tent with a woodstove in a tiny frame kitchen behind. This worked out well, so Lymbery signed a contract with Louis Johnson and Al

Nelson for a log building around the existing floor. The contract was for \$100.00 that probably gave them \$50.00 each for a month's work... not bad for depression 1931. They notched and assembled the cedar logs but Bebbington completed the framing and roof, retaining the mini kitchen behind. The fireplace bricks came from Pilot Bay. The doors came from the Queens Bay church.

As the highway from the south came down what is now Oliver Road, Bebbington built a tiny 10' by 10' cabin easily visible from that road. Because it was in a berry patch, it was called a "Huckleberry" with a wood stove, kerosene lamp and "Winnipeg couch". Rent was \$1.00 a night. Bebbington wanted to build six more and put up a sign "Deluxe Cabins". Another cabin was a 1908 structure, originally on the gravel rise between Cedar Grove and us, its upright larch logs dismantled and re-erected behind the log dining room. This had two rooms, with a door at each end, possibly to be able to rent to different parties, but actually used to accommodate up to eight in a family in the early 30's. The Gray Creek Relief Camp workers built the highway directly south to the creek, from the store in 1936, so "Huckleberry" had to be moved to a site just below the road. Running water? Yes indeed. A stream flumed from Gray Creek, came under the road just by Huckleberry, and continued on through to the garden with a milk-cooling box behind the store.

Utilizing telegraph cross arms, Bebbington made an open sided shelter for a woodstove. Lethbridge families, who would pick cherries for Fred Smith canning the cull fruit

to take home, often used this shelter. The cross arms were left behind by the CPR who had moved their telegraph line to this side during the construction of the new rail line in 1930.

Much of the traffic lined up by our store, waiting for the ferry (1931-1947) was decrepit vehicles from Saskatchewan, escaping the dust and depression. They too needed a roof overnight, so the "Little Log" cabin was set up to be rented for 50 cents. Again a recycled unit, this one dated to 1894 when Redding and Gray were cutting cordwood and diverting Croasdaille Creek to flume these to the lake. Built of "oh so durable" fire killed cedar logs, these were numbered, before being skidded behind a horse to the new site in the campground. Since this one has the most history, it has been moved to the Gray Creek Hall.

From 1931-1936 the road south went through the campground, curving around through what is now the Deanes and crossed the creek before the Hall. In 1937 this was widened a little, (behind the Little Log) to accommodate the 100-yard dash, the only time that Gray Creek School hosted the annual inter school sports day. These events usually alternated between Crawford Bay and Boswell, with the latter using the highway (by the wharf and packing shed) for the races. At least three schools participated, up to six if Riondel, Sanca and La France had the eight students required for a one-room operation.

Meal service for those waiting for the ferry made it worthwhile for a couple to manage Gray Creek Auto Camp from June through September. Bebbington could

handle it by himself, as did Hilary May (Harper). Others were John and Jeanie Wolfhard, the Brundrits as well as Kath and Victor Lymbery. Alice Lymbery and fellow student Lorraine Ourom ran the dining room one summer to finance their next year's attendance at UBC. After the ferry moved to Kootenay Bay at the end of June 1947, my mother would take over the lesser demand for meals with our family eating at the camp, but still sleeping below the store. Many times, our supper would be sold to customers and we would have bacon and eggs or...? The woodstove kept a continuous pot of soup on the go, which was a staple. Before power arrived in 1952, never having had electric light or refrigeration, we didn't miss these.

The pressure of having sheets to wash every day stopped when the Anscomb started ferry service from Kootenay Bay. Now we could expand tenting and camping spaces and rent the cabins by the week or month. The Deane family came from Rossland for "Green Shutters" every August while Bob and Murray Garvin from Lethbridge had the "Ranch House" (now Schwiegers) every July. The Garvins stopped in to see me just the other day when sister Alice was teaching in Kimberley, she would find a teenager to board with us, cleaning cabins and working in the store. Barbara Lynn Waldie came for three summers. Pat Townsend from Nelson for two, Joan and June Willis from Riondel and others whose names I can't remember.

The Gray Creek Store is a prominent service centre for the East Shore. Tom Lymbery's father started the business in 1913.

Photo: Tom and Sharon Lymbery, courtesy of Gray Creek Historical Society

February is Pet Dental Month



Dental Facts To Chew On

- ✓ Periodontal disease affects approximately 95% of dogs. This disease affects the gums and surrounding tissues of the teeth.
- ✓ 85% of cats over 1 year of age show signs of dental disease.
- ✓ The key to periodontal disease prevention is to control the accumulation of plaque. Research has shown that the reduction of gingival plaque is of greater importance than the reduction of coronal plaque in the prevention of periodontal disease.
- ✓ Periodontal disease can result in serious health problems including heart and kidney disease.
- ✓ Like some people, individual dogs are genetically predisposed to develop dental disease at a younger age or experience a more severe dental problem.
- ✓ By ensuring daily dental care and regular check-ups you are improving the quality of your pet's life.



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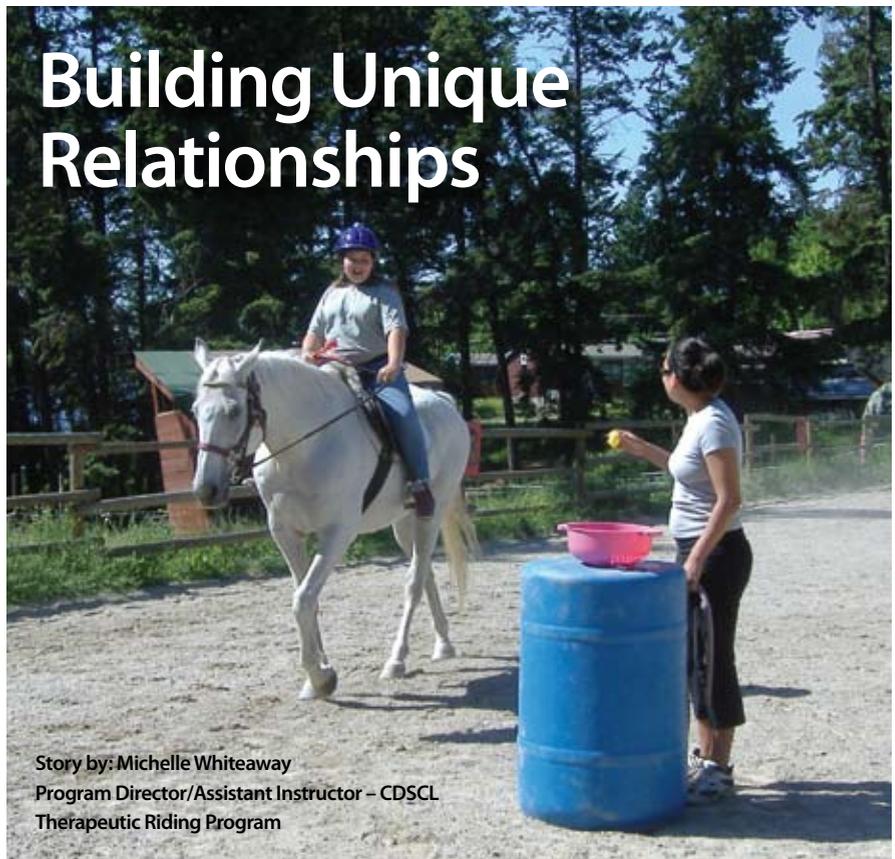
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Building Unique Relationships



Story by: Michelle Whiteaway
Program Director/Assistant Instructor – CDSCL
Therapeutic Riding Program

CJ Sanduliak rides Blue in an egg and spoon race with volunteer Becky VandenEykel assisting.

**Creston Valley
GLEANERS**

Hours of Operation

Drop-Off Hours
Monday to Friday 8:30am to 8:00pm
Saturday and Sunday 9:30am to 6:00pm
Closed Christmas, Boxing Day
and Remembrance Day

Store Hours
Tuesday to Friday 9:30am to 4:00pm
Last Saturday of the month
9:30am to 1:00pm
Late Night Shopping – 1st and 3rd Thursday
4:00pm to 7:00pm

Food Bank Hours
Tuesday to Friday 9:30am to 1:00pm

807 George Street, Creston

Horseback riding is a fun and challenging activity for everyone. The Creston and District's Society for Community Living's (CDSCL) Therapeutic Riding Program makes this activity accessible to children and adults with disabilities.

It's a way to discover a whole new world of adventure, freedom, responsibility, dignity and excitement. As well, it's a way to improve balance and coordination and strengthen muscles. Most importantly, it provides an overwhelming sense of accomplishment for everyone involved – riders, volunteers, caregivers and instructors.

Riders may participate for a variety of reasons: rehabilitation, skill development, fun, recreation and may even compete. Lessons may

consist of physical therapy, games, riding instruction, horsemastership instruction, trail rides – or any combination of these. The goal of the program is for the rider to be as independent as possible.

Benefits of therapeutic riding vary for each participant. Riders are becoming stronger and their posture is improving as a result of regular riding lessons. One rider is becoming more sociable in his daily life and another is working towards independence with his own horses with what he's learned at therapeutic riding. Over the years, several riders have progressed from needing lots of assistance from horse handlers and side walkers to riding independently at the walk and trot.

Thanks to the hard work of Sarah Schmidt, the program was founded in 2005 as an addition to the

CDSCL's other programs that serve people with disabilities. Six riders participated in the first session and now, five years later, the program has grown to serve as many as 28 riders per session.

As a Canadian Therapeutic Riding Association (CanTRA) full member centre with Equine Canada and CanTRA certified instructors, the program offers weekly lessons during an eight week spring session, a four-week summer session and an eight-week fall session.

The programs' facilities are located at 849 Erickson Road on the former Endicott property and consist of an outdoor riding arena, a covered tack up, viewing area and paddocks for the horses. The program also has access to trail riding through the neighbouring orchards.

The program would not be able to operate without a team of volunteers and has been extremely fortunate to have so many people willing to come out and help the riders with their lessons. New volunteers are always welcome.



ackson Goossen riding Kit.

There is an Open House on Saturday, March 27th from 1:00pm to 3:00pm at 849 Erickson Road. Everyone is invited to come down and find out more about the program.

For more information contact Michelle:
Phone: 250-402-6793
Email: mwhiteaway@hotmail.com
Website: <http://cdscl.com/trp.htm>.

The CDSCL Therapeutic Riding Program is one of many organizations recognized during National Therapeutic Recreation Week February 1-7.

"The rider to be as independent as possible."



Izabell Hollis riding Salty with volunteer Mary Griffioen assisting.

The Year In Review

What a difference a year makes

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

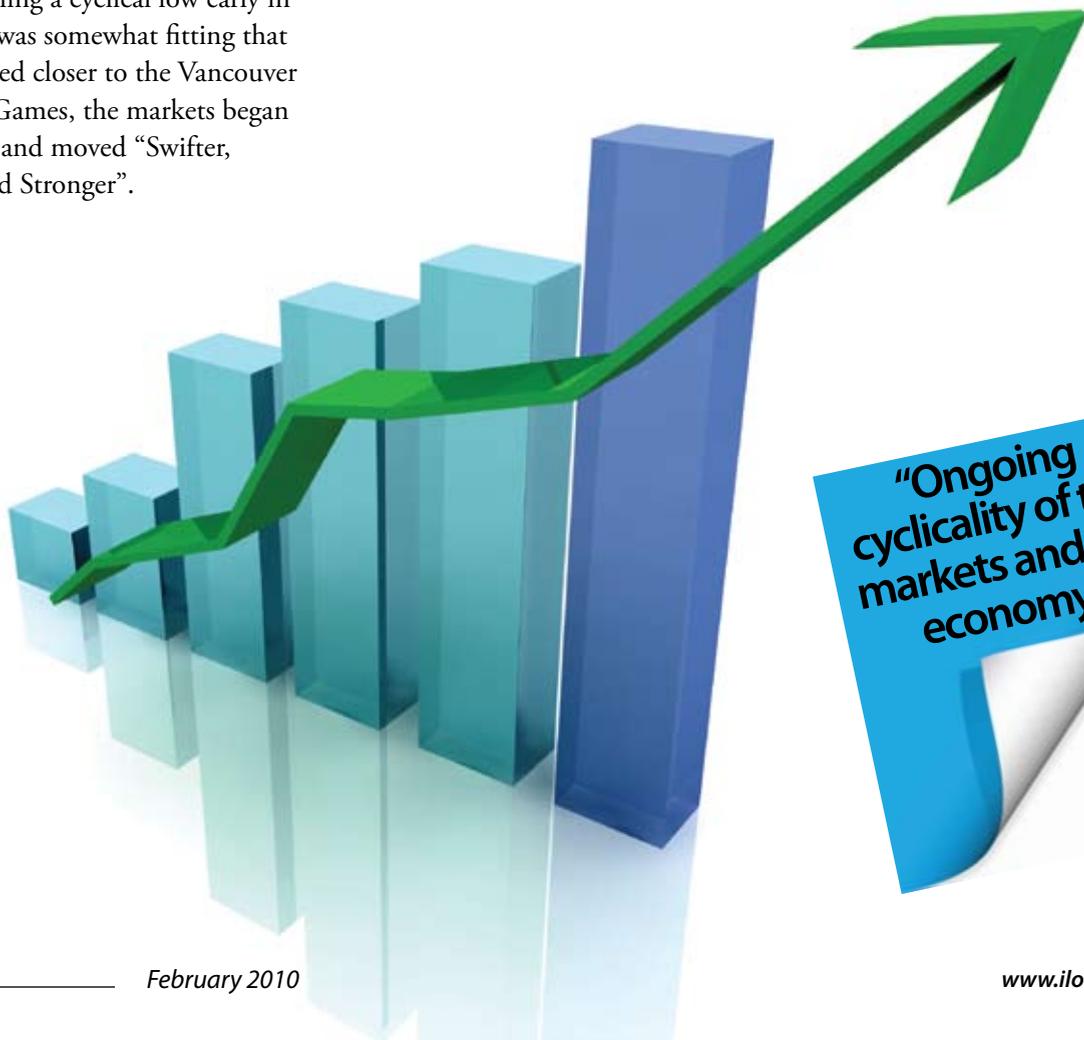
A year ago, investors were bombarded with daily front-page news focused on dissecting the declines in the marketplace. Headlines like “Panic Grips Global Markets”, “Crisis on Wall Street” and “Markets in Free Fall” took a toll on investors and increased fear and anxiety. Sentiment and confidence spiraled down hand in glove with global capital markets that were in disarray as fallout from the global credit crisis precipitated the most severe economic downturn in over seven decades.

After reaching a cyclical low early in March, it was somewhat fitting that as we moved closer to the Vancouver Olympic Games, the markets began to recover and moved “Swifter, Higher and Stronger”.

The stock market confirmed its role as a leading indicator as confirming economic data shortly followed the upward move in equities. The stock market looked out beyond the near term and began to see that the stimulus measures were showing early signs of taking hold, the economy was not in freefall and capitalism was not in fact failing. Many positive signs for a recovery appeared over the second half of the year. Retail sales numbers are up, existing home sales are improving and interest rates remain low, all of which give consumers more confidence. As witnessed in other business cycles, early cyclical

(those sectors with the most economic sensitivity such as Information Technology, Materials and Financials sectors) gained the most with emerging evidence that the economy was on the mend.

Further support for the equity rally came with the release of second and third quarter corporate profits, which showed both marked



“Increased fear and anxiety.”

“Ongoing cyclical of the markets and the economy.”

improvements and came in well above forecast expectations.

Not surprisingly, while the moves down were in part driven by emotion, the comeback has been largely built on fundamentals.

Outlook:

Global growth is expected to gather steam in 2010 with the full impact of lower interest rates, lower oil prices and stimulus spending taking effect. Market volatility is expected to return to more normal levels as investor psychology shifts from high anxiety to a calmer mindset.

However, as economies shift from recovery to growth mode, markets will focus on emerging risks - stubbornly high unemployment, cautious and de-leveraging consumers, and inflation, as well as when and by how much interest rates will increase.

It is vital to be aware that recoveries do not occur in a straight line. An economic recovery is not an express route, and there can be a lot of stops along the way. This reinforces the importance of a sound financial plan that is diversified and balanced.

Your plan is your roadmap to success:

As 2009 demonstrated most adeptly, patience and planning remain the keys to long-term investment success, as markets began their recovery just as economic conditions seemed bleakest. For those investors who may have been sitting on the sidelines, waiting for more certainty to appear before getting back in, trying to time entry and exit points precisely is near impossible. The key to understanding short-term volatility is that it is just that, short-

term. What we've been through, though unique in its own way, is just part of the ongoing cyclical nature of the markets and the economy.

Successful investing requires a longer-term perspective, bridging back to a more normalized environment with the ability to take some volatility in stride and recognition that in the longer-term, the stock market advance never ends, but is only briefly interrupted. Equities offer the biggest potential for growth and the single most important protection against the threats of inflation and the preservation of purchasing power over time. In fact, the risks of being out of the market outweigh the risks of getting back in.

Because investors are inundated daily with information, it's easy to get caught up in the short-term and lose sight of the fact that there is equilibrium in the equity markets. Over the longer term, investment performance tends to revert to the mean. As an example, since 1947, the average rolling 30-year return for the S&P/TSX is in excess of 10% compounded annually.

When a comprehensive financial plan is based on your own needs and goals and is well constructed, staying with that plan will help you take the ups and downs of the markets in stride.



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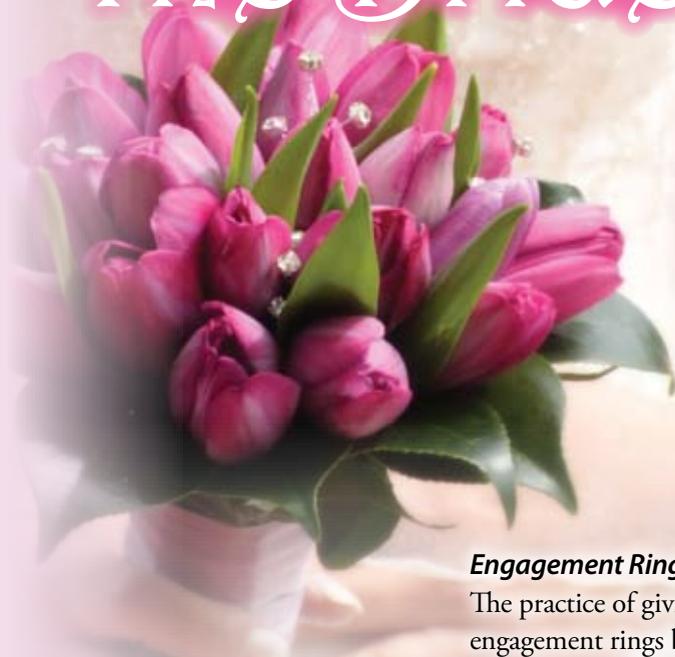


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Here Comes The Bride...



Engagement Rings

The practice of giving or exchanging engagement rings began in 1477 when Roman Emperor, Maximilian I, gave Mary of Burgandy a diamond ring as an engagement present.

Formal or Casual

80% of brides plan formal weddings.

Internet Wedding Planning

8% of all Internet users are engaged to be married.

It's Popular to be Unlucky

According to English folklore, Saturday, the most popular American choice, is the unluckiest day to marry!

Oldest Bridal Tradition

The veil dates back to ancient Rome, when it was flame-yellow, always worn over the face, and called a flammeum.

Second Weddings

In almost half of weddings either the bride or groom has been married previously.

Wedding Trivia

<http://www.romancestuck.com/wedding/wedding-trivia>

Average Age

In 2000, the average bride was 24 years old and the average groom was 28.

Bridesmaids Curse

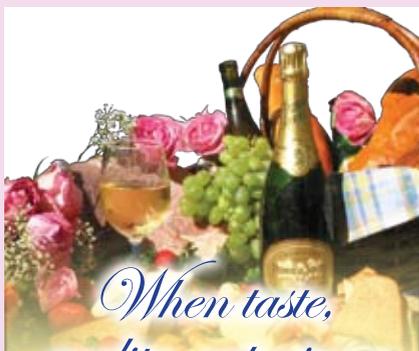
Thrice a bridesmaid, never a bride is an old charm that can be broken by being a bridesmaid seven times.

Dressing Matters

The tradition of bridesmaids dressing the same as each other and in similar style to the bride comes from ancient days when it was believed that evil spirits have a more difficult time distinguishing which one is the bride and putting a hex on her.

Engagement Length

The average engagement period is 16 months, which is up from 11 months in 1990.



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Facility Enhancement Project Update

Story by: Neil Ostafichuk
Recreation Supervisor - CDCC

The New Year began and with it came amenities such as doors and windows. It is a completely different look without the green tarps that covered the openings in the past to a more refined appearance, which will only get more, spruced up these next few months. The new front entrance will have two sets of doors to act as an airlock so building heat is not lost like the old entrance. We are looking forward to the elimination of drafts.

Finishing up the forming on the lazy river and southwest wall of the leisure pool led right into pouring. Some of the most intricate forming will provide the most interesting features.

Following the pouring of the pool walls, trucks kept pumping concrete all around and between the pools in order to meet the specification of having all piping for the pools totally encased in concrete. Prior to pouring, a steel-reinforcing cage was tied around all the piping to maintain concrete integrity against shifting or cracking. This pour was 150 cubic metres of concrete.

Currently, the false work is going up around the lap pool. This wooden structure will precisely support all the inserts and drains while the deck is poured. It also allows for the complex multiple slopes of the deck surface



Creating the lazy river and southwest wall of the leisure pool.

to be created to have water flow to appropriate drain.

The studding and dry walling crew is quickly boxing and covering in areas in prep for mudding and finally painting. The piping, protrusions and angles that the crew has to cut and fit around, demonstrates the ability of the boys to measure once and cut once.

Painting is the most noticeable trade on site presently or at least to the olfactory nerve. They are almost done the majority of the ceiling in the fitness area and are well into the change rooms downstairs. They will return upstairs once all the ducting, sprinkler and electrical lines are in, as they will need to be coated also. Not your average paint job, the specification calls for epoxy-based coatings wherever exposure to moisture is possible such as the change rooms and pool area. Three and four coats are not uncommon on many of the surfaces.

Carefully cut the red wire - wait! Or was it the blue wire? Organization and labelling is the electricians' friend as they pull thousands of metres of wiring throughout the building to service not only lights and plugs but all the equipment and motors that form the infrastructure of the project.

Currently there are about 60 to 66 trades people working on the building in about 15 different trades.

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The Most Unique Ski Jump In the World

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

Any guesses where that was? With the Olympics only days away, Whistler might come to mind, or maybe Banff or Jasper where ski jumping has a long and historic tradition.

Nope!

The “most unique ski jump in the world” was in fact, located at Kingsgate.

It’s not just my opinion that I’m offering here. In 1932, the ski jump at Kingsgate was billed as “the most unique” in the Canadian Ski Annual and in the Spokesman Review newspaper.

What exactly made it so special? There were ski jumps all over the country. Many of the communities in the East and West Kootenays and across the US border had ski clubs with their own ski jumps. Yahk alone had three separate jumps - one for the men, one for the boys and one for “the little guys”. Many of those ski clubs hosted tournaments that were attended by Olympic level skiers from all over BC and Washington. So, the fact that the Kingsgate club hosted tournaments in 1932 and 1933, and Canadian Olympic ski jumper Arnold “Nip” Stone participated in the 1932 event, does not make the Kingsgate jump very unique at all.

What made the Kingsgate hill special is the fact that jumpers took off in the US, and landed in Canada.



The full jump with a skier just landing on the lower part of it. The jump itself is just visible about two-thirds of the way up - the dark line across the slope.

Photo Credit: Rita Dickson “The Unforgotten Memories of Yahk”.

The Spokesman Review in February 1932 described the hill as follows: “At the [railway] station just 200 yards from the hill, visitors were confronted with what is said to be the most natural ski runway in this part of the country. The run extended

almost 1,400 feet up the sides of the mountain with the take-off almost exactly on the international border and the landing field on the Canadian side. The jumper was in sight every minute except for a few feet just before take-off.”

I'm sure this sort of thing would cause quite a commotion in immigration circles today, but in the 1930s it was not a big deal. The communities of Kingsgate and Eastport were very close knit and customs agents knew all the residents and the locals simply went from one to the other as though the international border wasn't there.

The Kingsgate-Eastport Ski Club was organized shortly after a group of Norwegian families arrived in the Yahk area in 1928. The ski jump was built about the same time and it was used up until about 1940. In addition to the two tournaments held at Kingsgate, the club members frequently travelled to competitions in other communities.

Ski jumping for three or four different age groups, a combined event (ski jumping plus a cross-country ski race) and a 12-mile cross-country race were part of the Kingsgate tournaments. The 1933 event also included a parade, "fancy" skating and a hockey game between the Cranbrook/Kimberley All-Stars and the Spokane All-Stars. Special trains came from Spokane and Kimberley to bring spectators to the tournaments. In 1932, the train over the Spokane International railway was "the largest special that road had ever run." Of course, in those days, special trains to sporting events of all kinds were pretty common. As well, it was apparently common

for passengers in those trains to visit every pub in every community where the trains stopped. I've been told that the 1932 special from Kimberley cleaned out the liquor store in Yahk when the train stopped for coal and water.

According to the Creston Review, about 15 cars of Creston people drove to Kingsgate for the event, despite heavy going due to a snowfall the night before. There was also "quite a procession of Bonners Ferry cars through Creston Sunday morning. People from that locality going to the ski tournament had to come this way as the direct road to Eastport is closed to travel."

And as for the jumping itself, well that was impressive. Sure, there were quite a few "thrilling" spills, but even the youngsters were making jumps of more than 50 feet. In the 1933 tournament, the winning jump was 177 feet. To put that into perspective, the longest jump at the 1932 Winter

Olympics was Hans Beck's first-round jump of about 235 feet. So, 177 feet doesn't seem too bad for logging workers jumping off a homemade hill for fun in their spare time.

Thanks to Tom and Rita Dickson, Roy Johnson, and Bob and Ethel Vigne for sharing their stories of Kingsgate's unique ski jump.

Creston & District Museum & Archives
 Phone: 250-428-9262
 Email: mail@creston.museum.bc.ca
 Website: www.creston.museum.bc.ca

"Jumpers took off in the US, and landed in Canada."

"Cleaned out the liquor store in Yahk."



Everyone deserves a loving home.

The Creston Pet Adoption and Welfare Society (PAWS) is a registered, non-profit society committed to finding safe, comfortable homes for abandoned and unwanted animals in the Creston Valley.



Creston Pet Adoption and Welfare Society

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 Phone: 250-428-7297

www.paws-crestonbc.org

Out & About

www.crestonevents.ca

February 12 - 14, 2010

Ladies Valentine Bonspiel

Location: The curling rink at the
CDCC

Contact: CDCC

Phone: 250-428-7127

February 13, 2010

Holy Cross-Parish Valentine's Dinner & Dance

Location: Holy Cross Hall from
5:30pm - Midnight
Advance tickets only

Contact: Merv Syroteuk

Phone: 250-428-2994

Email: mjsyroteuk@telus.net

Friday February 19, 2010

"Folded Spaces" New paintings by Maria Curcic

Location: Buffalo Trails Coffee
House at 7:00pm

Phone: 250-428-5730

Email: curcicm@telus.net

February 22 - 24, 2010

Creston Festival of the Arts

Location: Trinity United Church
at 8:45am to 9:00pm

Class Schedules: Black Bear Books
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Contact: Anita Stushnoff

Phone: 250-428-5272

Email: stushnoff@uniserve.com

www.crestonfestivalofthearts.ca

February 24, 2010

Stars of the Festival Concert

Location: Trinity United Church
at 2:30pm

Contact: Anita Stushnoff

Phone: 250-428-5272

Email: stushnoff@uniserve.com

www.crestonfestivalofthearts.ca



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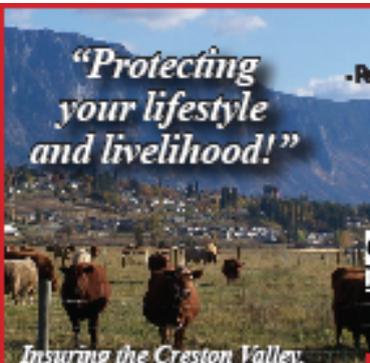
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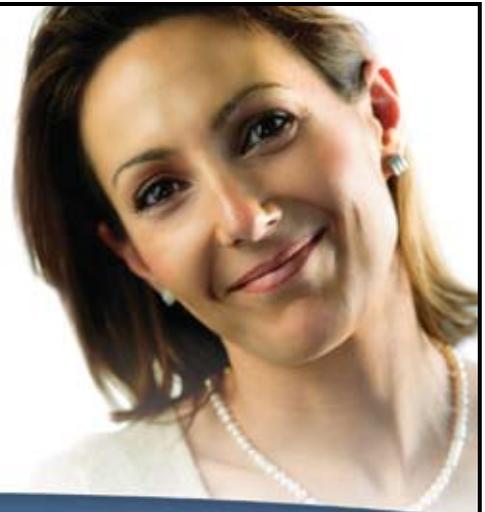
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