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Photo by: Natalie Santano

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It was all in the cards for Dyer

A raw deal, no doubt, but it's all about how you play the hand you're dealt in life.

www.ilovecreston.com

The Magazine

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Letters to the Editor

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

Wendy Franz - Sales/Graphic Design
email: wendy@ilovecreston.com

Justin Ziola - Sales/Financials
email: justin@ilovecreston.com

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



Guest From the editor

February is the month of Valentine's Day, and in keeping with that theme there is plenty to love about this edition of I Love Creston magazine.

Of course, what's not to love at any time about the historical stories penned by Creston Museum manager Tammy Hardwick, whose detailed research invariably unveils quirky aspects of our community's past that only add to its character. In this case she recounts the wacky meanderings of the Creston and District Public Library, which has moved so many times over the decades (nine and counting) that it might just as well have been built on wheels.

Then there are the always thought-provoking and challenging observations of youth columnist Kristen Cook, who'd love it if every local resident had a physician to call their own. But since that level of medical care remains in the dream, if not downright hallucinatory, stage, she figures it's time to show a little self-love by taking care of ourselves better than we do. She doesn't leave many vices uncovered in the process, so buck up before venturing into the latest My Side of the World offering.

Speaking of Cook, she will certainly be enamoured of the nutritional tips served up by Maya Skalinska, this magazine's resident herbalist who takes a cue from February being "heart month" to share some whole-food ways of keeping that vital organ pumping. Consuming these

nutrients, Skalinska is convinced, will improve your heart health if it's already ailing, or help maintain it if it's not yet failing.

Air Force veteran Lyle (Bud) Larson, meanwhile, engaged in a career that is definitely not for the faint of heart when he was still a teenager, piloting Lancaster bombers over enemy territory during the Second World War. Though he nearly met his Maker numerous times, Larson claims to have loved the job so much that he took his discharge reluctantly. Contributing writer Trish Bartlett chronicles his story.

An equally "wild" tale comes from Carla Ahern, whose love of all creatures indigenous to these parts is well-documented in her regular columns on behalf of the Creston Valley Wildlife Management Area. This time the naturalist introduces us to the northern pygmy owl, whose unique attributes includes an appetite for animals at least twice their weight.

Getting back to Valentine's Day, that's when the Kootenay International Junior Hockey League playoffs are scheduled to open at the John Bucyk Arena, where the Creston Valley Thunder Cats appeared destined (at this writing) to meet the Golden Rockets in Round 1. February 14 and Cupid be damned, there will be no love lost between these Eddie Mountain Division rivals, who will wage war for the right to advance (barring a seismic upset) against the first-place Fernie Ghostriders in the quest for post-season glory. Head coach and general manager Joe Martin seems bullish on the T-Cats' chances with a healthy and rested lineup.

One of the team's – and indeed the entire town's – biggest boosters is, of course, Mayor Ron Toyota, who confides in readers about how much he loves writing for I Love Creston – except, perhaps, when his thoughts are misconstrued. Even then, he insists, he loves to hear from his constituents about anything that's on their minds.

Finally we highlight this month's feature story by Brian Bell about a woman remarkable not only for her success in the realms of business, fine arts and raising a family but in doing so in the face of seemingly relentless heartache. Brandy Dyer (recently engaged) is known for all of the above, yet remains restless as she pursues a means of showing her genuine love for her home town by giving back – quite possibly by reaching out to wayward teens.

So in honour of February, hug a mug of your favourite hot beverage and embrace what's inside the following pages. ■





Imagine That!

Story by: Brian Bell
Front cover photo by: Natalie Santano

Coming off one of the best and busiest years of her life, you'd think Brandy Dyer would be content to kick back and coast a little – enjoy the good times after too many years of the bad.

But the business owner, graphic designer, fine artist and engaged mother of two (not to mention part-time TV personality) years for something more.



"I've been through so much in my life," says the 34-year-old. "The person I am right now totally has to do with all that stuff and how it's affected me. I want to give back somehow and help some people. I don't know where it's going but . . ."

Photos by: Natalie Santano

It's not hard to believe she'll figure it out, having already carved entrepreneurial and personal success out of tragedies that might have undone lesser mortals. To understand where Dyer might be headed, consider where she's been.

"I imagined working at a big, fancy design firm in the city"

Flash back to 1992, when the then 16-year-old lost two of her

closest chums to an auto accident in which a third friend was seriously hurt. They'd partied together that evening and alcohol was a factor.

"That was a really hard thing to get over," she says. "Then two years later there was another drinking and driving accident. I thought it was my fault for a long time (because) I tried (in vain) to take the keys away from one of my friends."

A passenger died in that crash.

Fast forward to 2006, when the unthinkable occurred; husband Chris was killed in a motorcycle accident a few blocks from the family residence, on his way home from work.

Her kids, her business, her neighbours and a good friend who lost her spouse at the same time share credit for

drawing Dyer through days that were dark indeed. Though friends praised Dyer for her courage, "I didn't feel like I was strong," she says. "I felt I had no choice. I had to be strong. Otherwise I wasn't going to be able to feed my kids."

The outpouring of compassion "was insane. Everyone reached out. I kept thinking, 'If I was living in the city right now I'd be so alone.' It was like the whole community was my family. Everybody sent flowers and food and I had meals for six months brought to my doorstep every two days.

"You don't get that in a city. I love Creston."

It took leaving town for that sentiment to flourish. Like so many young people, Dyer – upon graduating from Prince Charles Secondary School in 1994 – moved to Alberta, taking visual communications at Medicine Hat College before pursuing a career in Calgary.

"I imagined working at a big, fancy design firm in the city, which is not as easy as I thought," Dyer says. "Nobody cares who you are unless you have 10 years of experience. So that dream got crushed."

A job offer back in her home town in 1999 sounded pretty good at that point, so she jumped at it to "try to get some money saved up, never thinking I'd stay in the long run." Now she can't foresee leaving.

"I realized I'm sort of a small-town girl," Dyer says. "I didn't have much of a life there. It took me coming back here to realize how nice this place was."

Dyer opened Imagine Ink in 2000 and wasn't long finding a niche in the market. Eight years later she bought a building downtown where she's still doing the same small print jobs, just more of them and with the help of two employees.



Beautiful Noise by Brandy Dyer.



The Sassy Pears by Brandy Dyer.

Now skip to January 2010, when Dyer rekindled a childhood passion for painting, due in part to the man to whom she proposed just before Christmas.

“I decided that I needed to start doing it again because it felt like a piece of me was missing for the last 10 years,” says Dyer, who’d become wrapped up in running a business and home. “Grady’s been so supportive. Since I’ve been with him my artistic side has really flourished.”

A former U.S. collegiate and semi-pro hockey player who moved to Creston in 2008 to serve as assistant coach of the Thunder Cats and now teaches at Mormon Hills School, Grady Hunt himself dabbles in painting which Dyer features on her Web site, along with the works of her daughters, Kienna, 9, and Keiryn, 7.

Dyer started a blog as “a way of holding myself accountable. People started reading it and I would say, ‘OK, by next Monday I’m going to have a painting done,’ and I’d do it. I did 26 pieces of art that way.”

Series of chalk pastels and mixed media sold well through shows near (Creston, Wynndel) and far (Calgary), as well as a storefront display and the Internet.

“I was too busy,” she says. “I crashed and burned after all my craft shows were done. It’s not realistic for me to keep that up, although it was probably the best year I’ve ever had. I was just so happy because I was doing what I love.

“Now I’m trying to figure out how I can blend that with my business. I’d like to do more with my art but it’s not at the point where I can make a living off it.”

Her daughters appear well on their way – at least as far as making some youthful dreams come true. They partially financed a trip to Disneyland by creating and selling (in

partnership with mom) a line of greeting cards that landed the trio a live spot on Breakfast Television in Calgary in November. It all started when Dyer included her children in an application for the craft show Make It, which caught the attention of Citytv producers.

“I was probably more excited than they were,” says Dyer, who had to be downtown by 5 a.m. for a quick briefing before going on air. “It was a whirlwind.

“They each made a card and I talked while they were making their card. I was trying to plug my blog, plug my art, plug the craft show, plug my kids and plug the cards – there was just so much to say in three minutes. And then it happened so fast that I didn’t even say anything I wanted to say. It was nerve-wracking.”

The girls started making the cards in 2008 and within a year had saved enough for a three-day pass with souvenir money to spare.

“I have to keep it fun for them so I make it really easy,” says Dyer, who designs templates which the girls colour. Dyer copies the colourings for them to cut out, paste onto printed card stock and embellish. “They love making them and people just eat them up.”

The life lessons about responsibility, goal-setting and the value of hard work and money are priceless.

“They love making them and people just eat them up”



Greeting cards by Kienna and Keiryn Dyer.



New Beginnings by Grady Hunt.

“Keiryn wants to take over my business one day,” Dyer says. “It’s showing them if you do it right and work hard you can make money.”

Since then the girls have been saving up for either a return visit to Disneyland or a trip to Walt Disney World, which

“but I do believe that you’re only handed what you can handle”

could happen as soon as March.

The work takes place in

an art studio above the family garage where all four of them do their thing, though not always concurrently.

“I’ve actually kind of told everybody they need to get out of there,” Dyer says. “There’s a time for family art and then there’s a time for just me. It was to the point where every time I went in there everybody followed me. It was just too distracting.”

That goes for Hunt, too, although the place he holds in Dyer’s heart became clear on December 17 when she asked him to marry her in a proposal that wasn’t the case of stereotypical role reversal it might seem.

“He had said for a long time, ‘I’d marry you right now but I know you’re not ready, so if you’re ever ready you propose to me,’” Dyer says. “I was scared of a lot of things. One

day I just sat down and thought, ‘What am I scared of?’ I had to let go of that. It was holding me back.”

Now that Dyer is moving forward, full-bore, she’s looking for ways to impact a community that is no longer just a birthplace but a home. It could involve her life-long passion for painting or even the new-found joy of writing. Whatever it is figures to target young people.

“It’s a dream of mine to somehow help this town get a little arts centre for kids,” she says. “I have so many ideas. I’d love to use my writing somehow, either writing a book on grief or things I went through, or working in seminars helping people.”

She’s also interested in the RCMP’s anti-drinking and driving program, DARE.

“I think I have a really good message for the kids, something they can relate to,” Dyer says. “I couldn’t sleep without my TV on for seven years. I was scared to shut my eyes ’cause I might see this dead body. It took me a long time to recover, and then the guilt of thinking it was my fault. All these things are kind of linked.

“I have gotten dealt a crappy hand of cards,” she continues, “but I do believe that you’re only handed what you can handle. And I believe that everything happens for a reason.

“Maybe I can help some other people, and maybe that’s why this all happened to me.” ■



Photo by: Natalie Santano

Grady Hunt, Brandy, Kienna and Keiryn Dyer.



From the Mayor's Desk

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

Opening the Lines of Communication

My first submission for *I Love Creston* magazine was published in the October 2009 issue and I have enjoyed submitting a monthly comment ever since.

While enjoyable, there are challenges associated with this task. For example, selecting a suitable topic that, when written two weeks in advance, is still relevant at the time of publication.

A second and even more important challenge is ensuring that my message is conveyed as intended. Recently, I received an e-mail from a friend telling me that my last article (January 2011), outlining all that had been achieved in 2010, seemed to take credit for work that many volunteers have been doing.

Of course, highlighting achievements for the community was in no way intended to take credit for the tireless efforts of

all those volunteers who work to make Creston a great place to live. However, my point here is that I appreciate such constructive criticism and questioning of intention. I welcome and encourage comments (both good and not so good) from the public so that I can better understand your thoughts on my messages.

"I appreciate such constructive criticism and questioning of intention"

Additionally, I would like to remind the public that when they have comments or questions and they contact me by phone, they must leave their correct contact information in order for the calls to be returned. I often receive messages that I am unable to respond to simply because I was not provided a name or phone number.

Finally, I would like to encourage our community to pull together and work toward our common goal of successfully recruiting additional qualified physicians for the Creston Valley. Negative communications, whether published in the paper or posted on some form of social media, may taint our reputation as a great place for physicians to practise and live. We all want increased access to physicians for all members of our community.

To assist in keeping the community apprised of progress related to physician recruitment, our town Web site (www.creston.ca) now has a C.V. Health Working Group section to keep everyone informed on updates as they happen. Please go to this Web site from time to time.

Also, keep an eye out in the paper for regular updates and special announcements that will be provided as required. And remember, if you do not use or have access to a computer, please don't hesitate to contact me by phone or during my regular office hours. ■

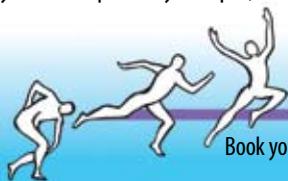
Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca

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February brings Playoff hockey to Creston

Story by: Joe Martin, Head Coach/GM

Creston Valley
Thunder Cats,
KIJHL



February 14 will be the starting date of the 2010-11 Kootenay International Junior Hockey League playoffs in Creston.

The Thunder Cats should finish in second place, good enough for home-ice advantage and a first-round date with the Golden Rockets.

We were 4-3 when playing Golden before the final game against the Rockets on Jan. 30.

Creston Valley has been playing without some of its top talent for

most of the season. Travis Ludwar, Rob Stuckey, Kane Dawe and Colton Meaden will all have played a career low in season games. But all will be back for the playoffs.

A lot of other players who needed some rest got it in mid-January when the league took a weekend off for the all-star and prospects games in Fernie.

Five Thunder Cats made their respective teams. Top scorer

Brandon Formosa (from Mission), Ryan Waldhaus (Parksville) and Skylar Pacheco (Kitimat) all made the prospects game. Dawe and Alex McDougall (both of Whitehorse)

played in the all-star game.

Local product Ludwar was also picked for the all-star game but

chose to skip the event to rest some nagging injuries. ■

Check out www.crestonvalleythundercats.com for the playoff schedule.

“The Thunder Cats should finish in second place”

Creston Valley Business Buzz



Randy, Bill and Gail of Creston Valley U-Brew with winning Art Show painting by Sue Kim.

In 2007, Bill Stephenson and Randy Nelson met volunteering for Meals-on-wheels and continue to do so. After many discussions, we formed a partnership and purchased the Creston Valley U-Brew in mid 2009. With our shared passion for fine wine and beer, this was an easy decision.

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Foot Care Workshop - pg 19
Agri-Tourism Conference - pg 20
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My Side of the World

Story by: Kristen Cook

Our Role in Becoming a Healthier Society

There has been some serious concern about the shortage of family doctors in our community lately. If you haven't been affected, you certainly know someone who is. I only recently had a practitioner offer to take me on even though my last retired years ago.

Certainly this is a major concern. We live in a country that believes (as do I) in universal health care. Fact is, this comes complete with its own complications and challenges. We all pay the price when someone adopts unhealthy habits. It also results in a certain amount of abuse of the medical system. There will always be those who take advantage.

This does present us, however, with something of an opportunity. Our health becomes a challenge and, most of all, a personal responsibility. Nobody plays a greater role in your own health than you do.

I know it's important to maintain a relationship with your family doctor. Unfortunately this simply isn't always a feasible option. Let's continue to work toward ensuring every resident of our valley can find a physician but let's also ensure we take responsible steps in regard to our own well-being, and that of our medical system.

Possibly the most important thing is to educate yourself. We live in an era where limitless information is at our fingertips. Remember, however, especially online, that anyone can publish anything. Use critical thinking and depend more on established sites such as Health Canada. Knowledge will be your most effective tool as you build toward your healthiest self.

There are several areas that stand out as necessary considerations. If you smoke, quitting is the single greatest positive move you can make toward improving your well-being. I don't need to convince you of this. You're already aware of the endless proof of the harm tobacco causes. Not to mention that it's expensive, addictive and takes a huge environmental toll. There is no good reason to continue.



An increasing concern is our population's weight. According to Statistics Canada over half of Canadian adults are overweight. On a more positive note, B.C. has the lowest overweight/obese percentage of all provinces. Good work, everyone! Perhaps it's our emphasis on natural foods or our ready access to the great outdoors. Regardless, there is still a long way to go before we can consider our general weight to be in a healthy range.

Of course, there is endless "information" on how to lose the extra weight. Despite all this, there remains no easy solution. Diet should involve so much more than a crash avoidance of certain foods. It includes all forms of nutrition, perhaps your biggest tool for ensuring you help prevent everything from the common cold to major diseases.

I will spare you more than a brief mention of exercise. You know you should do it. You know how. You're aware of options and benefits. If you're still choosing to be inactive

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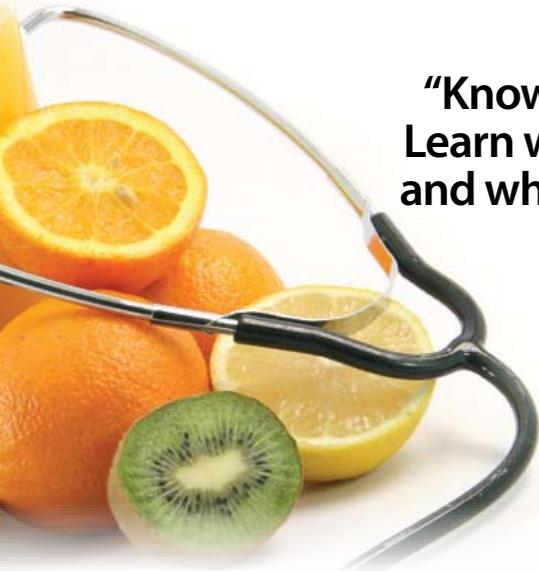
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"Possibly the most important thing is to educate yourself"



“Know yourself. Learn what works and what doesn’t”

I’m not pretending to be perfect. Sometimes I’d rather read a novel than make it to hockey. I sometimes eat too much chocolate and I’m too tired too often. My point is this: there are countless benefits to becoming involved in the maintenance of your own well-being. Nobody will be able to manage it as well as you can. Know yourself. Learn what works and what doesn’t. An optimal lifestyle is worth the effort.

There are five major recognized aspects of health: physical; mental; emotional; spiritual; and, social. Once in awhile take a moment to consider each of them. How are you doing in all of them? What are the different elements of each? How can you improve? Do you have a responsibility to do so?

Hopefully soon we will all be able to book a doctor’s appointment when we need to. Certainly this plays a big role in a healthy society. Let’s just not forget that we, ourselves, should become our first line of defence. ■

maybe you should educate yourself a little further.

Fortunately sight, hearing and dental care are a little easier to obtain. They’re also a little more of a personal expense. Of course, they still need to be maintained. Always keep your recommended checkups, but you can ensure that they have the most desired outcome.

In regard to sight, wear sunglasses and take breaks from your computer or television screen, which is more of a concern as we become an increasingly connected world. Remember to brush and floss. Wear hearing protection if you use loud equipment and avoid excessively loud music, especially when wearing headphones.

There are other considerations, of course. It requires a constant balancing act. You need to maintain a healthy sleep schedule, safe relationship habits and stress management. You need to wear your seat-belt and absolutely must avoid substance abuse. Work on positive habits and eventually they become second nature.

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Decorated WW2 Pilot Shares his Story

Story by: Trish Bartlett

Sitting comfortably in his apartment at Crestview Village, Lyle (Bud) Larson recounts his time in the Royal Canadian Air Force.

“I tried to join in 1940 when I was 18 in Regina, but they had too many recruits and I was sent home,” he says. “I finally joined in January 1941 and initially trained at Manning Depot as an enlisted man.”

Bud was chosen to train as a pilot and was sent for elementary flying training on Tiger Moths in Prince Albert, Saskatchewan. After further training in the fall of 1942, he was sent to England where he learned how to fly in British airspace.

“Coming from Saskatchewan the weather doesn’t change the view much, but in England the fog

changed the landscape completely and it was difficult to find landmarks even around the airfield where we trained,” he says.

In the fall of 1943, Bud was posted to the main RAF force and began operations flying over Europe with a crew of seven, including himself as the pilot or “skipper.”

“The Pathfinders were one of the elite group of bombers”

“It was very scary experiencing flying at night with German night fighters and search lights and anti-aircraft shells being fired at you,” he says.

They flew 12 missions and were transferred to the Pathfinder Squadron in southern England, specifically 405 Vancouver Squadron, a Canadian squadron largely made up of Canadian personnel. The Pathfinders were one of the elite group of bombers who marked targets for the main attack. Bud and his crew were assigned to fly a Lancaster bomber.

“We felt very proud that we were picked for this position,” he says.

The Lancaster had seven crew positions: pilot; engineer; navigator; wireless operator; bomb aimer; tail



Bud Larson and two other students in front of a Tiger Moth

gunner; and, mid-upper gunner. In all, Bud and his crew flew 52 missions over Europe.

“We flew about four missions a week,” he says. “Once we flew two missions in one day. Hundreds of planes would take part in a sortie and every mission we would lose a dozen



Lancaster Bomber at the Vancouver Air Port 1946.

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or more. You got close to your own crew but not to others. They may not be around after the next flight. There was one mission when maybe four or five hundred planes were sent out and they lost 90. Somebody didn't get the weather right. My crew didn't fly that mission."

Bud and his crew were lucky and made it back every time with just a few bullet holes in the fuselage, except once.

"We were coming back from a target and were attacked by three German fighters," he says. "Our gunners managed to shoot down two of them but the third kept coming. Our tail turret was in flames. The tail gunner was killed. The mid gunner lost his guns. We lost one of our engines and

interior communications and the third fighter kept coming.

"I tried a corkscrew manoeuvre through the clouds to lose him but each time he found us again because of the flames from the tail. I finally lost him when the fire burnt out."

They'd been gone longer than usual and he wasn't sure if they had enough fuel to make it back.

"At one point I wanted to tell the crew to bail out," Bud says, "but I couldn't since the intercoms were down. So we just kept flying and we made it back to our airfield. Three engines don't use as much fuel as four."

Bud was awarded the Distinguished Flying Cross for that mission.

"They gave us a week to recover, but eventually we had to return and start flying again," he says. "We were a scared bunch of fellows the first few trips but we didn't have many left before the end of the war."

"Bud was awarded the Distinguished Flying Cross for that mission"

Once the war ended, Bud and other Canadian flight crew members were given the assignment of flying the Lancasters back home. After a month's leave in Canada, Bud was asked if he wanted to be part of an airshow, flying a Lancaster around Canada for display to the public. It was set up to raise money for the RCAF Benevolent Fund to assist injured veterans

"It was a wonderful experience talking to all the people about what we had done during the war," Bud says. "A lot of people didn't know. We visited Vancouver, Lethbridge and Calgary and were on this trip for a month."



Flight Lieutenant Bud Larson, his wife Edna and his friend Bill and wife standing in front of the Lancaster they flew back to Canada after the war ended.

Finally, he regretfully took his discharge.

"There were so many pilots at the end that most of us got out and took local jobs," he says. "I would have kept flying if I could. I loved flying." ■

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Happy Valentine's

Valentine's Day Fun Facts

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Valentine Cards

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

Teachers receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children between

ages 6 to 10 exchange more than 650 million Valentine's cards with teachers, classmates, and family members.

Valentine Flowers/Roses

Of the 73% of people who buy Valentine's Day flowers are men, while only 27% are women.

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, the Roman god of love and beauty. Cupid often appears on Valentine cards and gift tokens holding a bow and arrows as he is believed to use magical arrows to arouse feelings of love.

Love Letters and Poems

Verona, the Italian city where Shakespeare's play lovers Romeo and Juliet lived, receives about 1,000 letters every year sent to Juliet on Valentine's Day.

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.

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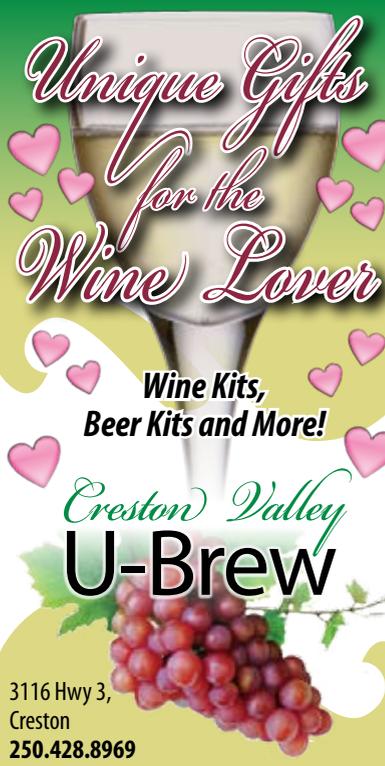
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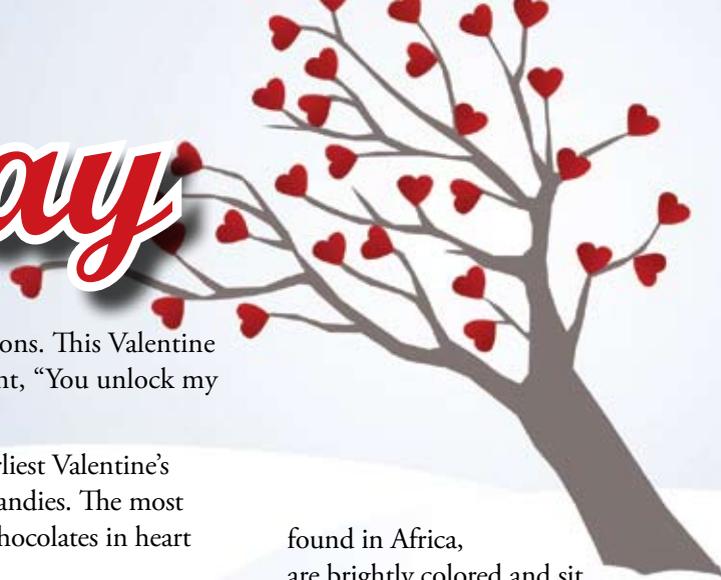


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Valentine's Day



Wear your 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. This was done so that it becomes easy for other people to know your true feelings. This was known as “to wear your heart on your sleeve”.

Valentine Gifts

On February 14th wooden love spoons were carved and given as gifts on Valentine's Day in Wales. Hearts, keys and keyholes were favorite Valentine decorations on

the wooden spoons. This Valentine decoration meant, “You unlock my heart!”

Amongst the earliest Valentine's Day gifts were candies. The most common were chocolates in heart shaped boxes.

The Valentine Heart

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

Birds

Lovebirds are often associated with Valentine's Day. These lovebirds

found in Africa, are brightly colored and sit very close together with their mates, earning them their name.

Doves are also part of the Valentine tradition. These birds are symbols of love and loyalty because they mate for life.

Love knots

A love knot is a symbol of undying love, as its twisting loops have no beginnings or ends. ■

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A Historical Look Back at the Creston Public Library

Peripatetic (adj): walking about; itinerant: The Creston Public Library

Story by: Tammy Hardwick
 Manager - Creston & District Museum & Archives

In a couple of months, the Creston Public Library will celebrate its 92nd birthday. Its earliest direct predecessor, a lending library established by the Creston Women's Institute, opened on April 3, 1919.

I would like to salute the many volunteers and supporters who have kept the library operating since that time. Not only have they fought a Herculean battle against a constant lack of funding, space, personnel and other resources, they have had to contend with a library whose wanderings rival those of Gulliver and Odysseus.

The Women's Institute library started in the former Fruit Growers

Union building on Canyon Street, about where the Other Side Café is today, with 58 books. When the ladies turned their library over to the newly-formed Creston Public Library Association a year later they had 250 volumes. Another 300 had been received from Victoria when the new library opened in the union building in December 1920.

Bad weather, of all things, forced the library to move to its second home just four years later. On December 11, 1924, a gale with winds of 60 miles per hour struck the Creston Valley. It caused extensive damage throughout the district and, according to a report in the Creston Review, the "Creston Public Library building was completely wrecked, but the books have been mostly recovered in not too bad shape."

Needless to say, the library closed until temporary quarters could be found – upstairs in the Speers store, located where RE/MAX and Black Bear Books are today. By April 1925 this temporary space had become a permanent arrangement.

The next four years were difficult for the library, which was caught in a vicious circle of shortages. New books could be had for free from Victoria but the cost of shipping them had to be paid by the local library. The library's only revenues were its membership fees, but these were not enough to cover the shipping costs and without new books, attracting and keeping members was impossible. In 1929, the library association decided to ask village council to take over.

Council felt it was not legally able to take over the library. It did, however, allow the library to move its books into the village hall on 11th Avenue

North (about where the warehouse for Creston Card and Stationery is today), built shelves to hold the books and promised cash grants when necessary, providing the library's membership warranted it. The library accepted the offer and opened in its third home on April 19, 1930.

At this point things get a little murky. Two sources ignore the stop in the Speers store and state that the library moved directly from the union building to a house on 11th Avenue North, somewhere near the Legion,



Creston Fruit Growers Building on Canyon Street, the first home of the Creston Public Library; photo taken 1911.



Village hall and fire hall on 11th Avenue N. The Library was in this location several times; photo taken in 1928.



Village council held its meetings in space occupied by the library, when both were located in what is now the Jordan Financial building, 1959.

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and from there into village hall across the street in the mid-1930s.

One article says it stopped operating altogether for a few years in the early 1930s. As best I can tell, home No. 3 was the village hall in 1930, No. 4 the house near the Legion in dates unknown (with possibly a closure at some point before or after this move), No. 5 in the mid- or late-1930s back across the street to the map room at village hall and then up the hill to home No. 6 at what is now Adam Robertson Elementary School.

In 1941, Creston was one of several B.C. villages with a “school-community library,” with the services of a part-time school librarian as well as student volunteers, at least in the summer. This situation probably didn’t last long as the library was overcrowded and the public was complaining about the long walk to the school.

“Thirteen locations in 92 years”

So its contents were bundled up and shipped off again to its seventh location: back to the village hall on 11th Avenue. Apparently, this time it was set up in the firehall on the village hall site, where “space was adequate, but the heating was not,” according to an article in the Creston Valley Advance. It was heated by means of a wood fire which was extinguished after hours and re-lit every morning.

The resulting wild fluctuations in temperature and humidity caused considerable damage to the books, many of which simply fell apart.

In 1948, village council purchased the former Bank of Commerce building on Canyon Street (now Willis Jordan Financial block) for its new village hall. The library followed it to this location sometime after 1948 and was at first housed on the main floor. However, demand for more space – either for the library or for village

council, depending on which account you believe – led to the removal of the library to the top floor of the building.

By 1965, village council was again running short of space so it petitioned the library to move, this time to the former Al Hendren home on Vancouver Street, which council had recently purchased and moved to the back of the lot. This space proved to be completely inadequate so the Creston-Erickson Centennial Committee began working on plans to build a proper library building.

With the help of grants and many donations from people all over the Creston Valley, the committee succeeded. Centennial Library, located where Swan Valley Lodge is now, opened on September 16, 1967. It was lauded as one of the finest small-community libraries in the province, and comments from people who remember it certainly back that up. The library, by then at its 11th location, finally had a home that was purpose-built for it.

Centennial Library served the community well for 25 years. By 1992, Creston’s per capita library use was one of the highest in the province, and had been for many years. This success had been achieved despite the never-ending story of funding and staffing challenges; one local resident recalls that, at one point, the library was only open one day a week because its resources were so meagre. And there were more clouds on the horizon.

Swan Valley Lodge needed to expand, and the property where stood the library, and a new town hall built in 1972, was sold to allow for it. Town council moved into its present building on 10th Avenue North and the library had to find a new home.

Some argued that this move would have been inevitable, regardless of what happened with Swan Valley Lodge, because the library had grown so much that it needed a larger space. But the decision to sell and demolish

a fine building which the community had built created a lot of bitterness.

After considering a number of options, the library association bought the former Jehovah’s Witness Hall on Seventh Avenue North and reopened there in November 1992. This was, ironically enough, intended to be only a temporary home, as the association was hard at work on plans to construct a new building on the corner of the Rec Centre grounds.

Those plans fell through, though, and the library stayed in its “temporary” home for 14 years before moving to its present location on 16th Avenue South in 2006.

Wow. Thirteen locations in 92 years, and some of them occupied barely long enough to get things unpacked. It gives a new meaning to the term “circulating library,” doesn’t it? ■

*For more information contact the Creston and District Museum and Archives:
phone (250) 428-9262
e-mail mail@creston.museum.bc.ca;
Web site www.creston.museum.bc.ca.*



Official sod-turning for the Centennial Library, February 1967. I think the building in the background is the Hendren home, the Library’s tenth location.



The Library and Centennial Library on Vancouver Street, 1972



Watch out for this little owl

Story by: Carla Ahern, Director of Communications, Stewardship and Education, Creston Valley Wildlife Management Area

Quite a few people have contacted the Creston Valley Wildlife Management Area in the last few months to tell us they have sighted a northern pygmy owl in the valley. We love when people let us know what they have seen and it is really great when they send along pictures as well.

According to Linda Van Damme's 2009 booklet, *Creston Valley Birds, Where and When to Find Them*, the northern pygmy owl is an uncommon resident in the Creston Valley. This booklet is a great resource if you want to know what birds have been sighted in the valley. It is organized to show a calendar year

and the likelihood of seeing that species in each month. According to the booklet, the northern pygmy owl has been seen here in every month of the year.

I have also heard of sightings from friends in Wynndel and up the lake as well as in the wetland area of West

“Generally, sightings tend to increase from late fall through winter”

Creston. One of the sightings was of a stunned owl, found sitting along the centreline of West Creston Road. (Maybe it was accidentally hit by a car?) The thoughtful person pulled over and moved the bird to the side of the road and managed to get a great photo before it flew away. I have yet to see one myself this year but my eyes are peeled.

If this bird is fairly uncommon in the valley, why have there been so many sightings recently? And I am sure there are many more sightings that I have not heard about.

The chances of seeing this owl species are higher than for some of the others because the northern pygmy is diurnal – it hunts during the day – and is predominantly a sit-and-wait predator. They are non-migratory so we do find them here year-round.

Generally, sightings tend to increase from late fall through winter as they move from forested mountains to lower elevations where they are more visible. The majority of the sightings are of single birds.

The northern pygmy is a small owl weighing around 60 grams. Its prey consists of birds such as swallows and chickadees (which is why you might see them hanging around your bird feeder) and mammals such as shrews, moles and chipmunks.

And they seem to love prey that is huge. In the Creston area, the northern pygmy owl has been observed preying on the mourning dove and in other areas, the California quail. These species are at least twice the owl's weight.

The northern pygmy owl is a resident along the B.C. coast as well as the Rocky Mountains. It prefers to hang out in open forests and fields and along the edges of wetlands and logged areas. They use dead tree cavities and woodpecker holes to nest in. Barred owls, another type of owl found in our region, are known to prey on pygmy owls.

So keep your eyes open for this small and fascinating bird. For more information on how to identify this species and other birds check out www.whatbird.com. ■

Carla Ahern is the director of communications, stewardship and education at the Creston Valley Wildlife Management Area.

For questions or comments, contact her at cahern@crestonwildlife.ca or 250-402-6905.



Photo by: Jim Christiansen

Northern pygmy owl sighted November 2010 in West Creston.

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Fish and Wildlife Compensation Program

Submitted

With the cold weather this time of the year the lure of Kootenay Lake may diminish for some local residents. For more hardy anglers, however, there is no better time to cast that lure.

The Fish and Wildlife Compensation Program (FWCP) wants to know how successful – or not – those anglers are. From now until November the Kootenay Lake Angler Survey is on.

“This will be the first field survey of anglers on the main lake since the 1980s,” says FWCP fisheries biologist Steve Arndt. “The information we expect to gather will be extremely valuable, both for measuring the recreational and economic benefits of the fishery and for helping evaluate the effects of our major compensation initiatives such as Meadow Creek Spawning Channel and the Nutrient Restoration Program.”

The FWCP works on behalf of program partners BC Hydro, the

Province of B.C. and Fisheries and Oceans Canada to conserve and enhance fish and wildlife impacted by the construction of BC Hydro dams. Area contractor Redfish Consulting will be undertaking the survey work, with Simon Fraser University analysing the statistical catch data.

The angler survey will record the species and size of fish caught, as well as the length of time anglers spent finding and catching them.

It will focus on the main body of the lake but also include anglers who have been fishing in the West Arm, returning to Balfour. Project personnel will interact with anglers at key boat access ramps, attend some local fishing derbies and approach some shore-based anglers. Counts of total fishing boats will be made by flights from Creston to the north end of the lake.

Project personnel will interview anglers about their harvest and fish released, and with the permission of the anglers will record length and



Blair Mumfor with 17 lb Rainbow trout caught and released in Kootenay Lake, 2010.

weight measurements, and take scale and otolith (“ear stones” which aid fish in balance and hearing) samples from bull trout and rainbow trout.

“This survey will provide the first whole-lake estimates of angler use and harvest since the nutrient additions started, and provide important biological data as well,” said FWCP program manager Andrew MacDonald. “But to get to that point we are reliant on anglers sharing their fish catch information, and we hope they will participate.”

After all the data have been collected and analysed, the results will be available for the public through the FWCP Web site at fwcp.ca. Information about the “big one that got away” will not be included. ■

For more information contact Angus Glass, FWCP communications co-ordinator, at 250-352-6874 or angus.glass@bchydro.com

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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Become a Friend of SAMS

Story by: Shelly Lamb, SAMS volunteer

Do you know about The Snoring Sasquatch? Creston has a building that provides an inexpensive venue for music and performance events. A non profit society has been formed called SAMS, Sasquatch Arts and Music Society. We have a small group of volunteers who are trying to keep this venue open to the public.

"A place to assist in the development of local artists and performers"

At this time in our town there really is no inexpensive place to perform. We see the Snoring Sasquatch as a community asset, and a place to assist in the development of local



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artists and performers, as well as attracting touring bands. You can also rent our building for group meetings, workshops, wedding parties or anything you need a space for. The Snoring Sasquatch is a warm and inviting place open to youths and adults to meet and socialize. We have a relaxing atmosphere with a tea and coffee bar.

Watch for our flyers around town with our different upcoming activities along with our weekly and monthly events. We have Open Stage every Friday. People from all around come in and play, it's a lot of fun. We have Vintage Movie Night on the second Thursday of every month. Great movies with freshly popped corn and real butter, the cost is by donation. We also have Karaoke every fourth Thursday of the month.

You can become a friend to SAMS by purchasing a yearly membership card. The membership cards are \$25.00 or \$60.00, which gives you special member pricing for SAMS events. All donations are gratefully accepted for our cause.

Presently we are experiencing some financial difficulty and are looking to the community to step forward

"A warm and inviting place open to youths and adults to meet and socialize"

and give us your support. We need some assistance getting through this lean time in order for us to continue

to keep the Snoring Sasquatch doors open. The volunteers of SAMS feel confident we can turn the performing space into a viable, self-sustaining community arts venue. ■

*For more information contact the Snoring Sasquatch
211 11th Avenue North, Creston
Phone 877-264-8543
www.Thesnorningsasquatch.com*



Meeting the Needs of Low-cost Housing

Story by: Peter Hepher

As a first step toward launching a low-income housing project of its own, the Creston Valley Community Housing Society (CVCHS) recognizes there should be an updated assessment of the amount of such housing required in the valley and the number of people in various categories (e.g. seniors, single mothers, those with mental-health problems) within that total.

The CVCHS is in the process of applying for a grant to finance such an assessment.

At the same time, the CVCHS is aware that other groups are already providing affordable housing of various kinds in this area, or may be contemplating doing so. It also knows that funding agencies will require knowledge of such facilities

and plans, for two reasons.

Firstly, they will want assurance that an assessment has provided a complete picture of the affordable housing needs in this area.

Secondly, they will insist on knowing that funding for additional low-income housing will go to areas of greatest need and won't result in the provision of facilities for those whose needs are

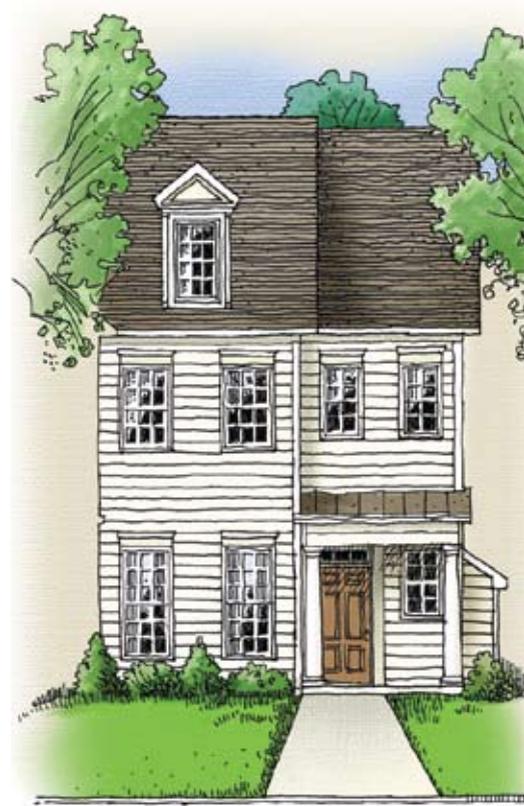
already being met or are less urgent.

To satisfy the legitimate concerns of funding agencies on this

score, the CVCHS suggests that all agencies and groups operating or planning low-rental housing in the valley should make each other aware of their activities currently and on a continuing basis.

The society is willing to act as a clearing house for such information

“A vital step toward effectively tackling the desperate need for affordable housing”



and to help create a committee to facilitate co-operation and co-ordination among all involved groups in future. It sees such action as a vital step toward effectively tackling the desperate need for affordable housing in this area. ■

To start the ball rolling, representatives of all agencies who share that aim are invited to contact CVCHS president Alexandra Ewashen at 250-866-5585 or secretary Jerry Cyr at 250-428-9990 or jmcyr2@shaw.ca.

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The Mystical Side of the Martial Arts

The mystical side of the martial arts is something I rarely get into with students but of late it seems to keep coming up in conversation. As such I thought a look at the esoteric might be interesting to take to the coffee shop with you today.

We cannot begin a discussion of this side of the arts without discussing chi (qi). This Chinese character has many interpretations and due to this it has misled many people over

the ages to holding different beliefs about it.

One of the schools of thought about the word comes from the esoteric practice of Taoist Internal Alchemy, which is directly working with the energy of the body through use of the mind. The saying goes “the mind leads the chi,” referring to chi as an internal energy that flows throughout the body through a series of channels or rivers known as meridians. It is these channels with which acupuncturists work to heal the body.

Anyhow, in this school of thought, chi is the inner energy that is derived from air, water and food and keeps the body working, the heart pumping, the stomach working and so on with all bodily functions.

It is this energy that the Taoist alchemical practices lead with the mind to create various effects in the body such as long life, health and more esoteric experiences.

The mind in these practices is the commander, and without a clear, focused mind the energy will not flow or follow it. This is the reason that most people, when they start practising esoteric chi kung (qigong), feel nothing happening and as such discount chi as fake and stop the practice.

Every living being has chi as it is the defining energy of life. The ability to utilize it and feel it strongly takes practice and that practice starts with a focused mind.

You see if the practitioner attempts to move the chi with a mind that is not actually believing it will

work; then they stop it from doing anything at all. This is where most western thinkers falter as the leap of faith to try something that is unseen, scientifically unproven and flat-out weird causes their minds to doubt strongly, and no matter what they do they will have stalled the practice. This first hurdle is more than most people can ever overcome.

The solution is information about the practice, how it works, who has succeeded and how to prepare. The mind must first be prepared and cleansed through meditation. This practice, almost identical in both Taoist and Buddhist methods, attains a focused, concentrated mind that can be put to a task and thus succeed in it.

My training first was in Buddhist meditation methods and then moved on to the Taoist in order to see the differences. From a strong base like this a person can begin to feel

the chi and command it to move throughout the body. This is the first step in the esoteric practices of the martial arts.

We are very lucky to have a new Zen temple in Creston with an excellent master teaching meditation. I recommend that anyone who wishes to gain control of their minds and emotions visit the temple.

To further any pursuit in esoteric practices or become calmer and happier beings, meditation is the first step. ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston. He can be reached at 250-866-5263 or www.redjademartialarts.com.

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“Every living being has chi as it is the defining energy of life”



Love Your Heart

Story by: Maya Skalinska,
M.H.,R.H.T

February is the official heart month. As we take the time to do something special for our loved ones, why not take the time to do something for what makes it all possible – our own hearts?

In the last 60 years, heart disease has risen by 300 per cent and it's still rising. Whether you're already on heart medication or you want to start working on preventative measures, here's a list of whole foods and herbs that your heart will love.

To reduce cholesterol, the following nutrients function most efficiently when taken as properly prepared whole foods:

Lecithin and vitamin C, found in all legumes (highest in mung beans). In order for legumes to work as medicine they must be sprouted. Otherwise the nutrients will not be absorbed and you'll end up with a bad case of gas. Only sprouted legumes are high in vitamin C.

Vitamins E and B3 (niacin), found in unprocessed whole grains. Besides the fibre, whole grains are an excellent source of niacin and the freshest type of vitamin E. In order to get these nutrients, the whole grains must be soaked for eight to 12 hours in water with a little bit of whey, yogurt or lemon juice.

Omega-3 fatty acids. To reduce blood viscosity, lower lipid levels, reduce clotting, lower blood pressure

and help prevent strokes and heart attacks, these are the key. They are plentiful in wild salmon, mackerel and sardines.

Make sure you get a minimum of eight to 10 ounces of fish per week. You can also supplement with high-quality fish oil. For plant-based omega-3 fatty acids, try milled flax seed or flax oil.

Here is a list of my favourite herbs for protecting, strengthening and toning your heart.

Hawthorne (leaf and flower) taken as a tea (two teaspoons per one cup of water, steeped for 10 minutes).

Hawthorne will increase oxygen supply to the heart, normalize heart rhythm, improve coronary

circulation and gradually improve degenerative changes to the heart muscle. (If you're on digoxin, consult with a professional health-care provider.)

Motherwort taken as a tincture, tea or capsule. Motherwort is one of the best heart tonics. It calms the heart and nerves. Great for arrhythmia when due to overflow of emotions or stress.

Reishi is best taken as a tincture or in capsules. Reishi relaxes the heart and nerves, and reduces blood pressure and cholesterol. Traditionally it is the best longevity tonic.

There are so many more foods and herbs that do wonders for the heart. ■

For more information or if interested in a seminar, please call me at (250) 225-3493.

Maya Skalinska is a registered herbal therapist with the CHA of B.C. She offers iridology, pulse and tongue analysis, herbal medicine, nutritional consultations and flower essences at Crawford Bay and Vital Health in Creston.

Note: This article is intended for informational purposes and does not replace regular visits and recommendations from a personal medical doctor.



"Motherwort is one of the best heart tonics"



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Why Should You Hire A Real Estate Agent?

Story by: Candace Woodall,

Century 21 Veitch Realty Representative

I have been licensed at Century 21 since August 2010, so I have not been in the business for years, and yes I am only 23 years old (24 in May). In this time I have been asked a variety of questions "Why should I hire a realtor? I can just do it myself" or better yet, "I want to save on commission." Here is the part where I answer these questions, and convince you that hiring a Realtor is your best option.

1. Education and Experience in the Field

Instead of researching your questions on the internet, or track people down to help you with the answer, why not just hire a professional to work for you? For example, when you walk into a fitness facility for the first time in your life, with a goal to lose weight, what are you going to do? You are going to hire a professional to answer all your questions and help you reach your goals. You could probably do it on your own, but it would take much longer. Just like selling a house, hire a professional to answer all your questions and achieve your ultimate goal, to sell your home! We are experts in our field, not all of us have 10 years of experience to back us up, but what we do have is the education, a few experiences, and the eagerness and courage to make it in this career, because it is not easy. Hiring a Realtor means the only person you are dealing with is your Realtor. You do not have to deal with phone calls, emails, pop-ins at dinner, showings, all the paperwork, and money on advertising, your Realtor deals with all of that. Simple!

2. Price Guidance and Market Information

Realtors have the ability to access expired, active, and sold listings through our MLS system. We can see what a house was listed at, how much the price has dropped, and how long it has been listed for. We have the ability to access comparatives relating to your house when determining a price, this can help sellers determine and understand the process of pricing. We also go over the demand and supply for a house like yours. How many houses out there are like yours? What is the demand for your house in a neighbourhood like yours? What are those houses priced at? What is the Market like right now? How much profit do you want to make on your house? Is that realistic for our market? We understand in your head you have a certain price and profit you want to make off your house, but when it comes to pricing your house it is not you, nor your Realtor that price your house. It is the Creston market that does that. A seller can either list their house, or sell their house. You can list your house way to high and have it sit on the market, or you can sell your house by having it listed for what the market says it should be listed at. I will sell your house, not list it.

3. Negotiation Skills, Getting the BEST Price!

Successful Realtors are good at the negotiation process because they have acquired the skills to emotionally remove themselves from the transaction. We are hired by our clients to present their offer in the best possible way, while keeping

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client confidentiality, and ultimately their trust. We can help our clients decide how much to come up or how much to come down in order to possibly come to a deal. We are not miracle workers, but most of us do our best.

4. Someone to Handle all the Paperwork

There is no way to explain how much paperwork accumulates over the period of finding clients a house, or selling a clients house. The files are huge, and they are full of legal paperwork, notes, surveys, and any other information we can get our hands on pertaining to the property. There are offers, counter-offers, conditions, removing conditions, and the closing of the sale. There is a lot of covering your butt, along with your clients. You want to make sure that you put in enough conditions to make sure you sellers or buyers are protected. On top of that, we must keep copies of every piece of paper, note, survey, email, and Facebook message. Having a Realtor do all your paperwork to do with the buying and selling of your house takes the responsibility off of you and puts it onto us. We are responsible for making sure everything is done correctly.

5. We are Advertising and Marketing Experts

Technology is evolving everywhere every minute of our day. All of a sudden we have all these different kinds of advertising and marketing tools at our fingertips, the hardest part is learning how to use it all. Every Realtor markets a property differently and offers something different. My goal is to differentiate myself from everyone else. When meeting with a Realtor, ask them this question, “What kinds of marketing and advertising do you

offer.” It is a simple question, but one that will ultimately make you decide whether you will hire them or not.

6. Neighbourhood Knowledge

We have many neighbourhoods and communities around the Creston Valley. We can provide the demographics, information about schools, crime rate, and any other useful information to help you decide where you want to live. House prices vary from place to place due to popularity of the neighbourhood and what it has to offer, so that also effects where people would like to live. There is a lot of accessible information to do with the areas of Creston that can highly effect where someone would like to live, we possess that information, and if we don't we know exactly where to find it.

“Every Realtor markets a property differently and offers something different”

7. Networking with other Professionals

We network with many other professionals that assist in a Real Estate transaction. We deal with inspection and assessment services, the notary, lawyers, the banks, mortgage brokers, the water district, and the list could go on. We don't recommend one individual over another, but we do know which ones have a reputation of efficiency, competency and competitive pricing. We can give you a list with background information that way you can make a decision. Not only that but when it comes to questions that require paperwork like septic plans, survey plans, and water lines. It is nice to have someone that knows who to talk to and how to get it promptly. Saves you the hassle, and it makes your purchasing experience much less stressful.

8. Answering Questions after closing your deal

When the deal is closed; and everything is said and done. You are either moved out or moved

in, whichever it is we are always available to answer questions after the deal is closed. Many questions can pop-up later that were overlooked in the closing process, one call to your Realtor can help straighten everything out.

Why should you hire a Real Estate agent, and pay commission? I cannot stress enough how much paperwork, and stress goes into buying or selling a house. The money that goes into advertising and marketing, the hassle of searching and dealing with all the paper/legal work needed to put into a file for the sale of a house. One wrong move and you could end up in court depending on who you are dealing with. Why should you have to worry about all that? Let us worry about it all for you, it is our job, and one most of us do very well. Our reputation counts on it. ■

For more information contact your local real estate agency

Out & About

Submitted by: www.crestonevents.ca

February 1 to 4

Rules No Rules Collage

Collage part of the Art Action Coalition celebrating Spirit Festival.

Location: Kingfisher Books, 9am to 5pm

Contact: Kingfisher Books

Phone: 250-428-0553

www.artactioncoalition.ca

February 1 to 28

Historic Art Display

An art show comprised of works of art that depict Creston Valley in the past.

Location: Creston Valley Museum

Contact: Myrna Johnson

Phone: 50 428-3428

www.spiritfestivalcreston.ca

February 1 to 28

Art Kiosk

Location: Chamber of Commerce

Contact: Maureen Cameron

Phone: 250-428-7939

www.spiritfestivalcreston.ca

February 5

Thunder Cats vs. Kimberley

Location: CDCC, 7:30 pm

Contact: Joanne Endicott

Phone: 250-428-3965

www.crestonvalleythundercats.com

February 5

BC Spirit Festival - Creston

BC Spirit Festival - Opening Gala

Location: Rotacrest Hall, 7 to 10pm

Contact: Myrna Johnson

Phone: 250-428-3428

www.spiritfestivalcreston.ca

February 5 to 28

Spirit Festival 2011

An event designed to showcase the best of our area in visual arts, music, performance, literary arts and film.

Contact: Myrna Johnson

Phone: 250-428-3428

www.spiritfestivalcreston.ca

February 6

Word Works 2 Workshop

Open to amateur and first time writers.

Location: Creston Education Centre,

Room 02, 1 to 3pm

Contact: Black Bear Books

Phone: 250-428-2711

www.spiritfestivalcreston.ca

February 11

Jackie Gingras-Coe

Location: SAMS (Snoring Sasquatch) -

Open Stage, 7pm

Contact: Louise n'ha Ruby

Phone: 250-424-5571

February 11

Thunder Cats vs. Nelson Leafs

Location: CDCC, 7:30 pm

Contact: Joanne Endicott

Phone: 250-428-3965

www.crestonvalleythundercats.com

February 11 to 13

Annual Ladies Valentine's

Cashspiel

Location: CDCC

Contact: Bev Boborosky

Phone: 250-428-9838

February 12

Footlighters Theatre Workshop

An acting workshop conducted by Raimund Stamm of Vancouver.

Location: SAMS (Snoring Sasquatch),

9am to 4pm

Contact: Frank Goodsir

Phone: 250-428-5082

www.spiritfestivalcreston.com

February 12

East Shore Paintathon

Painters from the Kootenays paint multiple canvasses. An auction will follow.

Location: Crawford Bay Hall

Contact: Jacqueline Wedge

Phone: 250-227-6803

www.spiritfestivalcreston.ca

February 13

Valentine Recital

An afternoon of live entertainment.

Location: Holy Cross Hall, 2:30pm

Contact: Myrna Johnson

Phone: 250-428-3428

www.spiritfestivalcreston.ca

February 13

Word Works 2 Workshop

Open to amateur and first time writers.

Location: Creston Education Centre,

Room 02, 1pm to 3pm

Contact: Black Bear Books

Phone: 250-428-2711

www.spiritfestivalcreston.ca

February 15

Wolverine Way by Doug Chadwick

Presentation by wildlife biologist and writer.

Location: Rotacrest Hall, 7pm

Contact: Tanna Patterson

Phone: 250-428-5246

February 16

Word Works 2 Workshop

Public Presentation

Location: SAMS, 7pm

Contact: Black Bear Books

Phone: 250-428-2711

www.spiritfestivalcreston.ca

February 17

Film Screening & Artist Talk

Film Screening and artist talk featured in film.

Location: Creston Public Library

and SAMS, 7pm

Contact: Maureen Cameron

Phone: 250-428-7939

February 18 to 24

Contemporary Art Show

Contemporary Ceramic, Sculpture, Glass Jewellery, Art Textiles Exhibition.

Location: Temp Gallery

Contact: Maggie Leal-Valias

Phone: 250-866-5674

www.spiritfestivalcreston.ca

February 18

"Tunes & Tarts" Singalong & Tea

Location: Rotacrest Hall

Contact: Terry Nowak

Phone: 250 428 5747

www.spiritfestivalcreston.ca

February 19

Creston Valley Rod & Gun Club

Annual Wild Game Dinner

Location: CDCC, Doors open 4:30pm,

Trophy Presentations 5pm,

Dinner 7pm, Dance 9pm

Contact: Mike Keeling

Phone: 250-428-7329

February 20

Symphony of the Kootenays

Location: Prince Charles Auditorium,
2pm

Contact: Black Bear Books

Phone: 250-428-2711

www.crestonconcertsociety.ca

February 22

Pot Luck & Story Sharing

Stories written by the children.

Location: Yaqan Nukiy School/Gym

Contact: Linda Steward

Phone: 250-428-2664

www.spiritfestivalcreston.ca

**February 23
Creston's Best Singer -
Audition Show**

Approx. 30 people will have the chance to showcase their singing abilities.
Location: Prince Charles Auditorium
Contact: Vern Gorham
Phone: 250-428-0305
www.kootenaysbestsinger.com

**February 25
Llana Kilpatrick -
Hosted Open Stage**

Location: SAMS (Snoring Sasquatch),
7pm
Contact: Louise n'ha Ruby
Phone: 250-424-5571
www.spiritfestivalcreston.ca

**February 26
SAMS Presents -
FAT CHARLIE in concert**

Location: SAMS (Snoring Sasquatch),
7pm
Contact: SAMS
Phone: 1-877-264-8543
www.snoringsasquatch.com/node/189

**February 27
Closing Ceremonies -
Art Show & Sale**

Location: Wynndel Memorial Hall,
1 to 5pm
Contact: Myrna Johnson
Phone: 250-428-3428
www.spiritfestivalcreston.ca

**February 28
Painted Paper 101**

Location: Painted Turtle Gallery,
5:30 to 7:30pm
Contact: Win Dinn
Phone: 250-428-5141 www.ptgallery.ca



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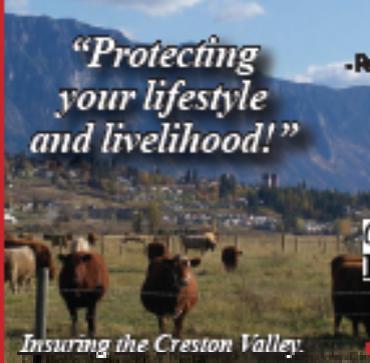
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