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February
2014

i love creston

Shoot to Thrill

Creston hunters take
aim at TV stardom

Creston Museum

Name game illuminates
local history

Sports

Hodder among vets
enjoying T-Cats' success

Valentine's Day

Transforming husbands
into heroes



National Burn Prevention Week

February 2 to 8, 2014

Matches and lighters are tools for grown ups, and not toys to be played with. Reinforce the concept that like power tools or knives, the match is a tool with specific uses, such as lighting a stove, a candle or a campfire.

Discuss GOOD FIRES and BAD FIRES and how matches and lighters are to be used in a responsible manner.

Discuss the importance of keeping all matches and lighters stored high out of the reach of young children. It reduces the temptation to experiment with fires. If need be, lock up matches and lighters.

Discuss strategies for children on how they can get out of situations that involve fire setting and peer pressure. Define issues such as arson and law, children taking responsibility for fires setting actions, paying restitutions and making good choices.

Hot water scalds are the leading cause of burns to young children. The vast majority of these burns injuries are preventable.

Playing with matches and lighters is one of the leading causes of fire deaths to young children. The vast majority of these burn injuries are preventable.

Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.

Flush with cool water for 10 to 15 minutes.

NEVER use ice, ointment or butter.

IF BURN IS SEVERE CALL 9-1-1

When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.

Always test young children's bath and sink before using. When bathing children, never leave them unattended as they may turn on the hot water or slip in your absence.

Be very careful when drinking HOT liquids, especially around children. At 60 C° (140° F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures and in less time than an adult.

For more information visit www.creston.ca - Fire Department page or visit www.burnprevention.org



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5 Ready, aim, fire!
Members of High Country Adrenaline, a Creston hunting team, are shooting wildlife with cameras as well as weapons in an effort to win a contract for their own reality TV show.

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Guest From the editor

Andrew Hills had a lot of experience as a shooter but now he knows what it's like to be shot – with a camera, at least.

The lifelong hunter found himself on the business end of a lens during filming for a reality TV program featuring him and three other Creston residents, who also happened to be doing the videotaping. Their exploits in the backwoods of the valley can be seen on Wild TV beginning next month.

Post-hunt interview segments the quartet set up in a friend's workshop proved to be a little self-conscious but in the great outdoors they were largely able to let their guard down and be themselves.

“In the heat of the moment you don't think of it as much because you're just trying to get it on film,” Hills says. “You're just trying to get the animal and the best views.”

Hills was inspired to enter the realm of reality TV last spring while watching the inaugural season of *The Search*, a half-hour show featuring groups of hunters from across Canada who submit their own footage, then wait for the votes to roll in from online polling and a panel of expert judges. The story of how he came to qualify a team for the 2014 season is the February cover story in *I Love Creston*.

Hills, his wife, his dad and a friend – calling themselves High Country Adrenaline – hunted as much as they could from September through early January, recording their experiences for submission

to Nature Productions Canada, a digital editing company. Chief executive officer Steve Shore created the show to give aspiring outdoors personalities an opportunity to break into the television business.

Video from eight teams chosen to compete in the contest will be edited into 13 weekly episodes set to begin running March 3. Each team's share of the air time depends largely on the quantity – and quality – of the footage they send in.

“We usually try to get three teams in each episode,” says Shore, of Windsor, Ont. “That being said, if it is like every other year there will be many teams that will, say, only get one hunt in and maybe a couple more that will only get two or three on film, so there will be teams that get way more who get more footage.”

Evaluations are based on the quality of the camera work as well as the entertainment value of the finished product.

“The judges really look at everything,” Shore says. “Most of the judges are producers from the outdoor industry that have been around 10-plus years. We do not limit or tell them how to judge except they need to give a number, one to 10.”

“The voting is done throughout the entire season. Then it is tallied at the end. The prize, given by Wild TV, is for an entire 13-week season.”

Yes, the winning team gets its own TV show in 2015, which proved to be a serious motivator for High Country Adrenaline, whose members were outdoors addicts to begin with.

“I wouldn't say we were out more but we were hunting harder,” Hills says. “We would take a week off and spend the whole week in the bush.”

“We ended up getting very, very, very good footage. We have a lot of neat stuff to show.”

The kill comprises only a small portion of what they hope to portray about the sport.

“A lot of people don't necessarily show a lot of the aspect of the whole hunt, like getting into these places and showing what you've got to do with horses and everything like that,” he says. “That's neater than five kill shots in a half-hour.”

“It's not just for hunting. We have quite a bit of stuff where we're not shooting things. It's nice to show people (who) might not necessarily like the killing aspect of hunting a whole bunch of neat bear footage, or cows and calves and stuff like that – to be able to show what's happening in the bush, the circumstances you get in.

“We're hoping that we gave them enough to be on every episode.”

The privilege of vying for the title of “Canada's next outdoor star” didn't come cheaply – the entry fee was \$3,500, to offset editing costs – but the potential reward was considered worth the risk.

“I would like to be able to quit my job and do this,” Hill says. “That's why I went and did it. It was a big foot in the door.”

Learn more about High Country Adrenaline in subsequent pages, then follow the team all season on Facebook and its Web site. ■



The Search has Creston quartet in its crosshairs

Outdoorsmen in the hunt for reality TV prize

If you set your sights low enough, or so the saying goes, you can hit the target every time.

Andrew Hills will have none of that. The sawmill worker and recreational hunter is aiming high with his entry

in a reality program boasting that “Canada’s next outdoor star will be born here.”

Why not him?

“I watch the hunting channel – it’s called Wild TV – and they had a

couple ads” for a program called The Search, says the Creston resident. “I always watched it going, ‘Oh well, that would be neat.’ Finally I thought, ‘Well geez, you might as well try it.’



“That’s all I’ve ever been told my whole life is ‘do something you love.’ I figured I might as well peek into it. You never know.”

Hills’s “peek” into the realm of reality television earned him and three hand-picked teammates a berth in the second season of *The*

“The winners – to be revealed in a dramatic season finale at the end of May – get their own show the following year”

Search, set to air on Wild TV in the spring.

The premise is simple: eight selected teams from across the country submit video of themselves on hunting expeditions. The footage is edited by the show’s Ontario-based creator, Nature Productions Canada, into 13 half-hour episodes, the first of which is scheduled for March 3.

Viewers are asked to vote for their favourite group online, accounting for half a team’s total score, with the other half coming from a panel of judges connected to the outdoors industry.

The winners – to be revealed in a dramatic season finale at the end of May – get their own show the following year.

Hills’s team, *High Country Adrenaline*, comprises wife Cyndi and Wynndel Box and Lumber co-worker Jason Powell (all of whom graduated from Prince Charles Secondary School in 2005) and father Tomm Hills. Their experience in the sport varies but they share a common passion.

“Dad has (hunted) since he was little and that’s who got me into it,” Hills says. The other two took it up within the past decade or so.

“Cyndi didn’t hunt at all until we started (dating). I would be gone hunting and then all of a sudden I got home and she was out hunting with her sister and her boyfriend. That’s how she got started. It was just ‘cause she was home by herself and figured she’d prove that she could go hunting.

“I said, ‘Well, you might as well come hunting with me then,’ because I never asked her, didn’t think she was interested.”

Cyndi is by no means merely along for the ride with High Country Adrenaline; she often sets the pace.

“She walks into some crazy spots,” Hills says. “That’s mostly what keeps me going is looking at this girl beside me pushing me up the mountain. I was pretty amazed at what she could do.”

The men use bows and rifles while Cyndi sticks to the latter.

“Cyndi tried to get into it but she’s seen a few pictures of people with arrows through their hands so she didn’t want to do that anymore,” he says.

Now they’re all shooting with a different tool: a video camera.

“All of us are the camera people,” says Hills, who favours the high-definition, wide-angle Vantage cam that can be mounted on a hat, gun scope, bow stabilizer or tree trunk. They also use hand-held Canons and Sonys with powerful zooms and even employ cellphone cameras at close range, like when perched in a tree stand.

They entered the woods around the Creston Valley more than 50 times from the season opening Sept. 1 through the Jan. 10 submission deadline, sometimes for as long as a week, compiling many hours of video.

“If we send them 20 per cent of all our footage that’s realistically what we’ll do,” he says. “Not to take anything away from it but we’re pretty limited in the air time we have because there are so many teams. You might get 10 minutes a show.”

Hills got a sense of what type of footage to go for by watching

“We put in hours of horseback riding up to our spots and crossing creeks and having supper. It’s a lot more interesting”

episodes of *The Search* in its inaugural season and communicating with the producers, whom he first contacted about being on the program in April. The Creston bid was accepted in June.

“They said, ‘You can give us whatever you want, (but) the whole object is to be able to make your own show, and you want people watching,’ ” says

Hills, whose team tried to be creative by incorporating humour, suspense and a sense of adventure into what they recorded. “People don’t just want to see an animal standing there and you shoot it and it falls over.

“We put in hours of horseback riding up to our spots and crossing creeks and having supper. It’s a lot more interesting.



“To me, hunting isn’t just the shooting and killing of things. It’s family oriented, family and friends, the fun time that you can have more than the shooting of the animal. Just being out in nature, I find, is a lot better than wandering around town or doing whatever.”

Not knowing when any given team member might turn on his or her camera made it easier to relax and behave naturally, although individual interview-type segments shot at the end of a hunt resulted in some self-consciousness and the need for occasional retakes.

“You definitely think, ‘There’s going to be some people watching this,’ ” Hills says, but “the more we do it the more comfortable we’ll be with just looking at the camera and almost treating it as another person.

“Don’t try to be someone. Just be yourself. Joke around and have fun. You’re showcasing what you do and what you’re all about.”

The outcome was satisfying as far as both the hunts and the video quality. The highlight occurred on one of their first outings in September when they went looking for an animal only Hills had bagged before.

“We were fortunate,” he says. “(The)

elk hunt opens the 10th and on the 13th we captured some real, real awesome video. If we do have a chance of winning it will be strictly because of that footage.

“We’re videoing it probably two kilometres away and (Jason) says, ‘Man, it would be nice to shoot that elk,’ as we’re videoing it. Four days later we actually went up there and he shot it. It was his first elk. It came from 400 yards to (within 10 feet). We can see it drooling and bugling and it was very good footage. We were like, ‘Oh yeah, this is good.’ ”

Later in the year Cyndi and Hills’s younger brother Riley also bagged their first elks, making “this whole year a great success. We got Cyndi’s on video at, like, 30 yards. It was good footage too, and Riley’s. It was great for it to work out like it did.”

They also tracked mule deer, whitetail deer and bear on other outings, having failed in a bid for a mountain goat tag. They squeaked in a cougar hunt at the end of the season – a first for all of them.

Ultimately they expect to be judged on *The Search* more by the quality of their shooting with cameras than with weapons. Entertainment and production values are what the expert

panel will be looking for more than the biggest racks.

The top vote-getter receives a free quarter-year of air time on Wild TV and free editing by Nature Productions Canada, which will take the team’s footage and parcel it into 22-minute, television-ready segments.

“That’s when it gets pretty interesting,” Hills says, “because then you have 13 full episodes. That’s when you’ve really got to boost up the production and have a lot of videos, which is good because I don’t think every hunt necessarily needs to show a kill. You could have a couple episodes (about) the same hunt, just showing the neat activities, the stuff you’ve got to do, the preparation.

“The team that won last year said what they were kind of scared of is, like, ‘Wow. Now we have a whole lot of footage we have to do.’ But that’s the neatest part of it. Now you’re showing what you want to show.

“The footage that we picked out that we’re going to give them, if they don’t like it, it’s (up to them) if they want to air it or not. This way you can make it your own and really showcase what we’re about in the way that we want to go with the direction of the TV show.”

Hills has considered the possibility of *High Country Adrenaline* hitting the bull’s-eye and says they’re ready.

“We didn’t enter it hoping that we would just get seen on TV,” he says. “We didn’t start this season not trying to win. We wanted it from the very beginning. That was our primary goal. If we do this right there can be a big opportunity.

“We’re not scared of if we win.” ■

“To me, hunting isn’t just the shooting and killing of things. It’s family oriented, family and friends, the fun time that you can have”



From the Mayor's desk

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

Corporate plan outlines priorities for 2014

The Town of Creston's current Corporate Strategic Plan is a 10-page document adopted by council on Dec. 17.

The document outlines council's vision, mission, guiding principles and values. It also provides direction to senior staff, guiding them in their planning, decision-making and budgeting process.

Equally important, the plan serves to communicate to the public council's current goals and highlights the previous year's accomplishments.

Council identified nine corporate strategic priorities for 2014 which represent key areas of focus for staff: service agreements; Highway 3 realignment; green initiatives and waste reduction; organizational improvements; Official Community Plan; fire service; community initiatives; infrastructure; and, economic development.

Individual department work plans are designed to advance these priorities.

Council also identified eight corporate advocacy priorities: Highway 3 realignment; First Nations partnerships; health/physician recruitment; youth program support; affordable/sustainable housing; the Creston experience (livability); economic development; and, Arrow Creek water service.

Advocacy priorities identify agencies, organizations and community

groups for council to collaborate with in order to improve and/or achieve community benefits and value.

"The plan serves to communicate to the public council's current goals and highlights the previous year's accomplishments"

New to the document this year is a section called Council's Visioning for 2017. This section outlines what council perceives an "ideal" Creston would be like a few years in the future – what's unchanged, what has decreased, what has increased and what is new.

While the process of strategic planning sometimes conflicts with my hands-on, "doer" approach, I have come to understand the importance of this exercise in providing clear direction, demonstrating productivity and keeping an eye on the future.

Take the time to visit our municipal Web site at www.creston.ca or visit

Town Hall to pick up a copy of our Corporate Strategic Plan. See what your council and staff will be working on in 2014 to better serve you.

For those of you who want even more detail on the workings of Town Hall, stay tuned for our 2013 annual report pending this June. This document provides the public

with an accounting of the Town of Creston's financial position, the programs and services delivered and the projects undertaken throughout the previous year.

As such, it is a crucial communication tool for keeping our citizenry informed of the municipality's undertakings.

For those of you who can't wait until June, drop by my office and I'll provide you with a copy of the 2012 annual report. (Both of the above are available on our Web site in PDF format.) ■

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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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Chief doesn't work alone within band council framework

Ki'suk kyukyit (greetings).

There are many assumptions about how First Nations operate their respective bands. One assumption in particular is that the chief has total control of every aspect of a band.

I have received numerous e-mails and phone calls from Creston Valley residents about issues they may have with Lower Kootenay Band members. The issues vary, from tenants to monies owed to disputes in general.

cannot wait until the regularly scheduled meetings.

- Acting as the chair during duly convened council meetings.
- Leading the council. It is important that he/she helps the council be an effective team, ensuring that council does the work of a council and that it focuses on the long-term needs of community members.

Some of the LKB council's role is:

- A political role to represent

As the majority of the country is aware, First Nations financial accountability has been a hot topic.

I cannot speak for all of the First Nations. However, the LKB has placed much effort on developing financial accountability as well as policies for chief, council and staff members.

Transparency is the process by which our band explains and documents its business. A transparent government is open for observation and should always involve questions from the community.

As I mentioned in last month's article, I will not engage in band business through social media. This is not professional nor is it good practice.

The band has its community meetings and council meetings are open for the membership to observe.

In my role as chief I cannot walk into our administration office and requisition a cheque. There is a process of approval by the chief operating officer and council.

In essence, the council has five key responsibilities:

1. Oversee strategic management.
2. Hire and direct the chief operating officer. Although there are 13 administration staff, the chief's and council's only employee is the chief operating officer. The COO manages the band staff.

“Although the role of chief is significant, I am just one component of an important team”

In the case of the LKB, the chief is one person on a five-member council. The chief is the elected head of the First Nation and the primary officer responsible for governing the community.

The chief acts as the official spokesman or representative at ceremonies and other special functions, delegating this responsibility when required.

Other duties include:

- Ensuring the council conducts itself in a manner consistent with its own rules, applicable First Nations bylaws and other laws.
- Calling emergency meetings of the council to discuss business that

member interests, which is also applicable to the role of the chief.

- To have an open, personal and professional working relationship with band members.
- To enhance advocacy and public relations to remove the perceived mystery of its job.
- To represent the views and interests of band members.
- To sometimes make unpopular decisions, given that band members may have conflicting interests.
- To exercise good judgment by thinking about the community's best interests, not just those of special interest groups.

3. Maintain good relations with the band members.
4. Protect community assets.
5. Fulfil fiduciary and legal responsibilities.

Until such time as the LKB truly achieves self-government we will be governed by the Indian Act. The Indian Act is an outdated piece of legislation that is not fully understood by either First Nations or the general public.

One great example I have is the Department of Indian Affairs and Northern Development, the only department in Canada that dictates and defines who is an aboriginal person. Indian Affairs makes the rules and the First Nations have little to no say in the process. This is frustrating for our band members, who may not realize that these are

Indian Affairs policies.

It can be perceived that the chief and council are defiant of its members when the harsh reality is we are carrying out the Indian Affairs policies.

In closing, it is my hope that this explanation of the LKB organizational structure will educate readers about the “chain of command,” so to speak. An effort has been made to ensure that everyone knows their role.

Although the role of chief is significant, I am just one component of an important team. The custodian should be just as valuable as the council member. The absence of one team member would be felt by all. ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.

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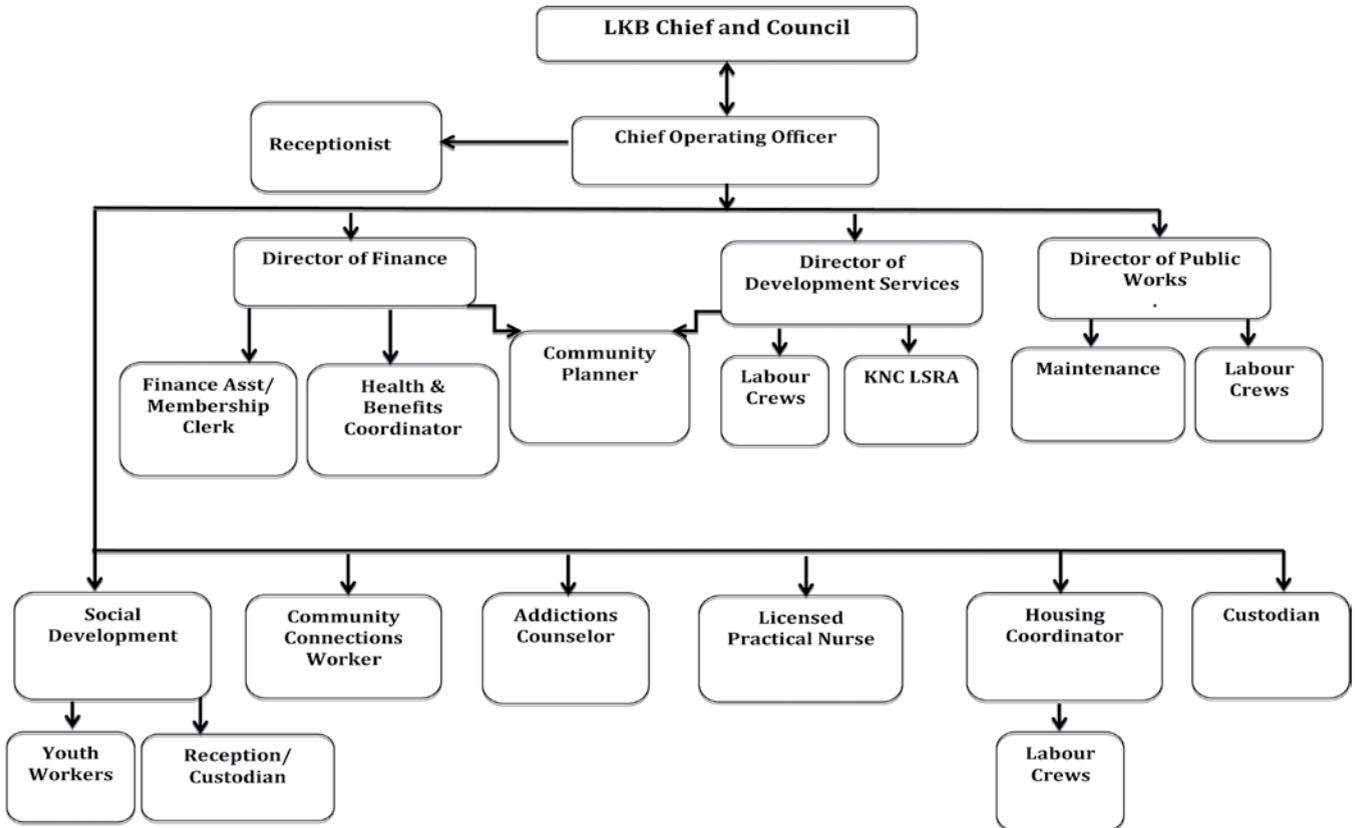
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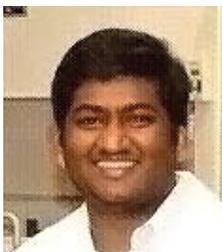
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Lower Kootenay Band Organizational Chart
January 2014





Pharmacist Corner

Article submitted by: Srinivas Chalagalla B.pharm., Ph.D.

Leg syndrome can prompt fidgeting frenzy

Restless legs syndrome (RLS) is characterized by unpleasant sensations in the lower limbs. Sufferers experience an uncontrollable urge to move their legs (and at times their arms), especially when at rest or relaxing.

This disorder affects approximately 10 per cent of adults, whose symptoms are generally more prominent in the evening and at night. Symptoms typically appear when sitting or lying for extended periods.

Sitting in movie theatres, planes and conference rooms, for example, tends to aggravate symptoms in sufferers.

Following are some facts about the condition and what to do about it.

Causes

There are two types of RLS: primary and secondary. Although it is not known what causes primary RLS, we do know there is a genetic component. In other words, if either parent suffers from the disorder their children are more likely to also suffer from RLS.

It is thought that secondary RLS is brought on by a shortage of dopamine (a chemical messenger of the nervous system). A dopamine shortage can occur when there are other deficiencies, such as iron, folic acid or vitamin B12.

Chronic diseases such as diabetes, kidney failure and hyperactivity can also cause RLS. Pregnancy also induce or aggravate symptoms.

Persons most at risk

Certain people are more prone to developing RLS. For example, the elderly and pregnant women are more likely to suffer from the disorder. People with chronic illnesses (diabetes, kidney disease, etc.) or a family history of RLS also present a higher risk.

Symptoms

To be categorized as having RLS, four criteria must be satisfied:

- Unpleasant sensations in the legs or arms (itchiness, electric current, pain, tingling, creeping, crawling, etc.).
- Uncontrollable urge to move legs, especially when at rest (when seated or lying down).
- Worsening of symptoms in the evening and at night.
- Feeling of relief when moving the legs.

The discomfort brought on by RLS is often accompanied by

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other symptoms, including:

- Insomnia and trouble falling asleep.
- Daytime drowsiness and fatigue (exhaustion after continuous movements).
- Involuntary leg movements at night (not to be confused with nighttime leg cramps or jerking).
- Concentration or memory problems.

Diagnosis

RLS can be diagnosed by a family physician based on the symptoms described by the sufferer. To help make the diagnosis, a doctor may also inquire about family history and current medications in connection with RLS.

The physician may suggest blood or muscle tests and may refer the sufferer to a specialist who will perform a polygraph to assess the level of activity in the lower limbs during sleep.

Treatment

There are several treatment options available to relieve or eliminate RLS. The first option involves treating the source of the disorder. For example, gaining better control over one's diabetes or addressing any vitamin deficiencies may prove effective in eliminating the symptoms.

The second option involves lifestyle changes. A balanced diet will help eliminate deficiencies that could be responsible for causing the syndrome. It is also recommended that stimulants be avoided (coffee, tea, cigarettes, alcohol and chocolate) since they increase the frequency and intensity of symptoms. Regular exercise and good stress management practices also help prevent attacks.

The third option involves taking prescription medication, as prescribed by a physician, in an effort to help alleviate symptoms. These include:

• Dopaminergic agents – mimic the effects of dopamine, thereby reducing attacks.

Sleeping pills – help overcome insomnia and problems falling asleep.

• Analgesics – alleviate pain.

Here are a few other suggestions that may help improve the condition of sufferers: frequently moving or massaging legs; taking warm baths;

applying alternating hot and cold compresses; and, keeping the mind engaged.

For any questions regarding medication, don't hesitate to ask your pharmacist. ■

For more information or if you have any questions, contact local Shoppers Drug Mart pharmacists Srinivas Chalagalla or Karl Mottl at 250-428-9334 or Asdm2284@shoppersdrugmart.ca.

Creston Valley Business Buzz



Marc Archambault, owner of Marchwrite Services

Marchwrite Services offers writing services and creative

marketing solutions for your business or non-profit.

Whether you're looking for help with your project from start to finish, need help finding funding, or need some writing done for your web site, press release, or ad campaign, I can help. My name is Marc Archambault, and I am at your service.

Not long ago I faced a choice: move someplace else to find employment, or stay in Creston. So I started

talking to people and it wasn't long before I realized that there is nowhere else I would rather live.

I am connected to this community and I am committed to working in collaboration with others to help the Creston area and the Kootenay region live up to its potential through things like writing grants for important community projects, writing marketing materials for local businesses, and planning family friendly events.

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Gorham's new "day job" keeps Singer contest humming

Vern Gorham,
Sun Life Financial Advisor

An interview with Vern Gorham, the producer of Creston's Best Singer and the town's newest Sun Life representative:

QUESTION: Creston's Best Singer is starting up again for its fifth season. Are you surprised it has lasted this long?

ANSWER: Yes I am. If you remember, this contest started out with the idea of just having a one-night singing contest, making a bit of cash and calling it quits. No one was more surprised than I was when that first night sold out and how much fun these contests have been.

Q: What is your biggest surprise from these contests?

A: The amount of talent in each community. We have people singing in the Kootenays that are every bit as talented as professional singers on the radio. It's always exciting to hear great local talent.

Q: You just started with Sun Life. Why that career choice?

A: Excellent question. As rewarding as running a singing contest is, financially, these contests are not very lucrative. I either needed to give up the singing contests entirely (which I didn't want to do) and find full-time employment someplace, or find a career that gave me the flexibility to work my own choice of hours and continue running the contests. A career with Sun Life allows me to do that.

My background as a bank manager for RBC, as well as a representative for London Life and Investors Group back in the '90s, gave me approximately 10 years' experience in the financial services industry. So, in a sense, I am returning to my roots career-wise, but I am able to be part of this incredible search for local singing talent at the same time.

Q: What is your role with Sun Life?

A: For individuals, Sun Life offers a number of different products such as life, disability and critical illness insurance to help protect them and their families, as well as numerous investment products. As a Sun Life representative I am able to utilize all of their product line to help my clients solve their financial issues, such as what happens to a family if the breadwinner is killed, injured or gets

a critical illness. For companies, I can offer group benefits packages, among other things.

Q: Why should people contact you over someone else in your industry?

A: Another excellent question. I hate being pressured by pushy people and I am not at all a pushy person. I think people find comfort in knowing that when I meet with them I am looking out for their best interests and am always respectful of them, meaning that I will never push them into buying something they don't need or want.

Secondly, I do have over 10 years of experience in the financial services industry and I know what I am doing in helping people protect themselves and their loved ones, and plan for a successful tomorrow.

Q: Going forward, what are your biggest challenges?

A: As this is a new start in this industry for me, the first few years will be the most challenging. I need to meet with lots of people in lots of different situations. So if anyone reading this wants a second opinion on their existing financial plan or they want a quote on their life insurance, their disability insurance or their critical illness insurance, please give me a call at 250-254-0607. I have found that people who meet with me, by and large, are surprised at how much fun they can have while addressing one of the most important issues in their life. We may even sing a song together. Not many insurance agents will do that. ■

Vern Gorham is a licensed representative for Sun Life Financial who works out of his office in Creston. He can be reached by phone at 250-254-0607 or by e-mail at vern.gorham@sunlife.com.



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Love definitely in the air at wildlife area

Story by: Andrea Chapman
Acting Director of Communications and Education

As all of us know February is the month that represents love, even though it can be hard to draw that parallel in our northern climate.

We usually associate love with the spring months when crocuses are popping out of the raw earth and many animals are pairing up to mate.

February doesn't have it all wrong, though. There are a few wild animals in our climate that take it upon themselves to pair up and mate when the temperatures are low.

One such animal is the bald eagle. I don't know about you but this little tidbit of information was news to me. I had been a bit curious about why I was suddenly noticing more bald eagles hanging around on the tops of bare branches.

Bald eagles, just like many of the larger birds of prey, mate for life. This doesn't mean they spend every waking moment together.

Instead, when it comes to mating and raising young, they will do it with their one and only until death do them part. The entire courting through fledging (leaving the nest) process can take half of the entire year for these large birds.

In the winter months bald eagles will start staking out their desired nesting territory and initiate courtship, starting at the ripe age of six. This process, for a new or established pair, will span about three months before the eggs are laid. Bald eagles will lay from one to three eggs, although two are most common.

The adults will incubate the eggs for about 35 days before they hatch. Once hatched, the young will remain in the nest for 10 to 13 weeks before fledging, then may still hang around for more weeks.

It all adds up to a lengthy process indeed, which means they want to make sure they find a great location.

Bald eagles rely on water so it is no surprise that nesting sites are located as close to water as possible. Other considerations for a prime nesting site are large, old-growth/mature trees for nesting and hunting and a location about 500 metres minimum from the next eagle's territory. You will not find these creatures bundling up in a rookery like the great blue heron.

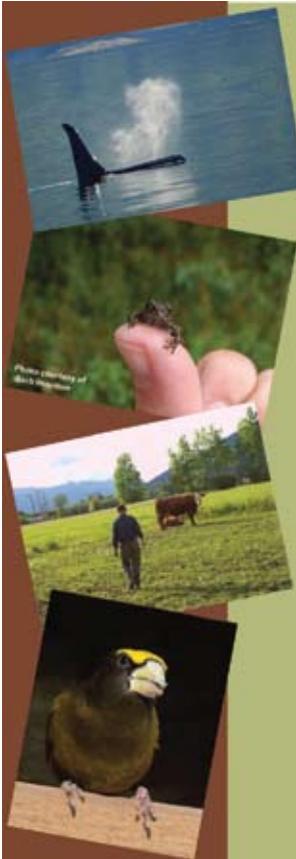
The Creston Valley is a great place for bald eagles. They have large, mature cottonwoods to nest in that line the slow-moving rivers and wetlands, which are their ideal food source.

It has been observed that if nesting habitat is destroyed, which in our area would be the mature cottonwood, they will move up to 173 metres from a water source. If mature trees are not available they will look elsewhere.

The next time a bald eagle crosses your sight you can think of it as more than an American icon. This solitary, water-dependent bird of prey can also represent February love.

So this month do not despair because, for the bald eagle, love is in the air. ■

Written with facts from **Status of the Bald Eagle in British Columbia** by D.A Blood and G.G. Anweiler; online at <http://www.env.gov.bc.ca/wld/documents/statusrpts/wr62.pdf>. For more information about CVWMA programs and special events, check the Web site www.crestonwildlife.ca. Direct questions to 250-402-6908 or e-mail askus@crestonwildlife.ca.




wildsight.ca

Spring 2014 Wildsight Series

All presentations hosted by
Creston Valley Branch of Wildsight

Feb. 11, 7:00 pm
Toadfest - Angus Glass
All about amphibians and the famous annual Nakusp toadfest starring the Western Toad, a species of concern.
7:00 pm. Rotacrest hall.

March 1, 7:00 pm
Local Farming, Local Food
A panel of local farmers and members of the Food action Coalition discuss the pros and cons of growing food for the local market.
7:00 pm Rotacrest hall.

May 9-11 Creston Valley Bird Fest
A celebration of the art, the agriculture and the birds of the Creston Valley.
see: www.crestonvalleybirds.ca

Repeat winner of festival art contest

Submitted

Congratulations to Bruce Paterson, the Creston Valley Bird Festival artist for 2014.

This is the second year for the bird festival, a committee of the Creston Valley branch of Wildsight, and the second year that Paterson has become the festival artist.

Thanks to the other 15 artists who entered and the judges who contributed their expertise to the fine art selection.

The public will have an opportunity to purchase Paterson's Great Horned Owl during the bird festival May 9-11. Great Horned Owl will promote the bird fest in posters distributed throughout the Kootenays, on the festival program cover and in social media and print

advertising. It can be viewed on Facebook and the festival Web site, www.crestonvalleybirds.ca.

See the Web site for information about nine birding tours, seven presentations plus a photography workshop with Jim Lawrence, as well as nine valley events, including a medicinal plant tour, College of the Rockies

"Great Horned Owl will promote the bird fest in posters distributed throughout the Kootenays"

greenhouse tour, a biologist in your backyard, an art studio tour and a children's event at the Creston Valley Wildlife Management Area.

There will also be bats, plus local food and drink as only Creston can do.

The bird fest is a celebration of the art, the agriculture and the birds of the Creston Valley. Registration opens March 1. ■

Anyone wishing to make a tax-deductible contribution to the event may go to www.wildsight.ca and specify "Creston Valley Bird Fest" or send a cheque to: #2 - 495 Wallinger Ave., Kimberley, B.C., V1A 1Z6.

Aspiring festival volunteers are welcome to call festival chairman Tanna Patterson at 250-428-5246.

CRESTON VALLEY BIRD FEST
May 9 to 11, 2014

- 9 guided birding tours
- 9 special valley events
- Special guests:

Dave Quinn, CBC's outdoor adventure guy, photographer Jim Lawrence, raptor experts Brian Baxter and Sandy Compton from the U.S.A., batgirl Juliet Craig, lunchtime presentation by Dr. Rick Page from Victoria, and more.

wildsight creston valley

www.crestonvalleybirds.ca

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You can't goof off when you're the boss

Story by: Kootenay Employment Services

There is good news on the job front in the Kootenays these days: our area had the lowest unemployment rate across the entire province in October.

own business there are programs at Kootenay Employment Services (KES) that might be able to help you.

How can you tell if you're the type to succeed in self-employment? Here's a quick checklist of qualities that are

people to buy your product or service you'll need to believe in yourself. Imagine how much confidence the creator of the Pet Rock craze (Gary Dahl of California) had to be to try to sell rocks to his first customers.

- Risk taking – Self-employment is not for the faint of heart. People who need the security of a weekly paycheque will probably not venture into self-employment., If, on the other hand, you are willing to take risks, you may have the entrepreneurial spirit needed to succeed.

- Passion – Entrepreneurs need to be passionate about their businesses. You can't sell it to others if you don't believe in it yourself. The drive to succeed and solve problems stems from being passionate about what you do. ■

If you have ever wanted to start your own business and would like to find out if you are eligible for self-employment workshops and financial support, give us a call at KES, your local WorkBC centre, at 250-428-5655 or drop by our office at 119 – 11th Avenue North in Creston.

"This means a lot of folks who were looking for work have been able to find jobs"

This means a lot of folks who were looking for work have been able to find jobs.

As we all know, however, a lot of those jobs are in the oil industry up north or in Alberta and job seekers are having to spend time away from their homes and families to take these jobs. Hopefully, the pay rates in the oilfield make the travelling and being away from home worthwhile.

For job seekers who need or want to stay in their local area, sometimes a bit of creative thinking is needed to find employment. If you have ever thought about starting your

good indicators of whether you have the entrepreneurial spirit to start your own business:

- Creative thinking – In addition to having a business idea, self-employed entrepreneurs need to keep an open mind and look for creative ways to market themselves and their product or services. Are you the type of person who sees how things can be done better or recognizes a need in the community and how to fill it or, better yet, creates a desire for a product/service that doesn't exist yet?

- Confidence – If you're going out on your own and need to convince

Smile... February is Pet Dental Month

Now thru February 28th.
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Some dental facts to chew on...

- Periodontal disease affects approximately 95% of dogs.
- 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.

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- By ensuring daily dental care and regular check-ups you are improving the quality of your pet's life.

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Name game sheds light on Creston history

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

In a recent e-mail, a researcher asked me if I could settle a debate as to the correct spelling of Glaser Creek – Glasier with an “i” or Glaser without?

We actually receive quite a few inquiries of this sort. Here’s a sampling of some of the easy ones, the ones that have a clear answer that nobody really feels inclined to argue about.

Why is Canyon Street called Canyon Street? Because it leads to the canyon on the Goat River. The community of Canyon also gets its name from the gorge.

Lister is named for Col. Fred Lister, the commanding officer sent out to oversee the establishment of that community as a camp for returning First World War soldiers. (It was called Camp Lister in those days).

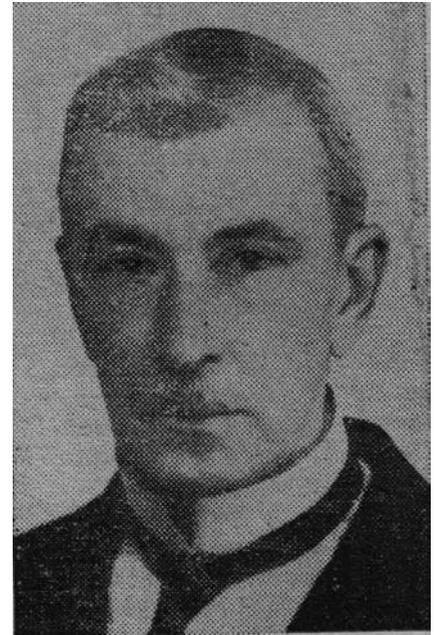
Who was Cook Street named after? James Cook, a former village council member and greenhouse owner who was also heavily involved in a lengthy list of community organizations.

Where is Mallandaine Avenue? We call it Fifth Avenue now. Many of the streets in town were originally named after pioneers, and even the original Fourth Street (what we now call lower Canyon Street) has a story behind it. All those intriguing names got changed to the much-less-interesting numbered avenues and streets named after trees in the early 1960s.

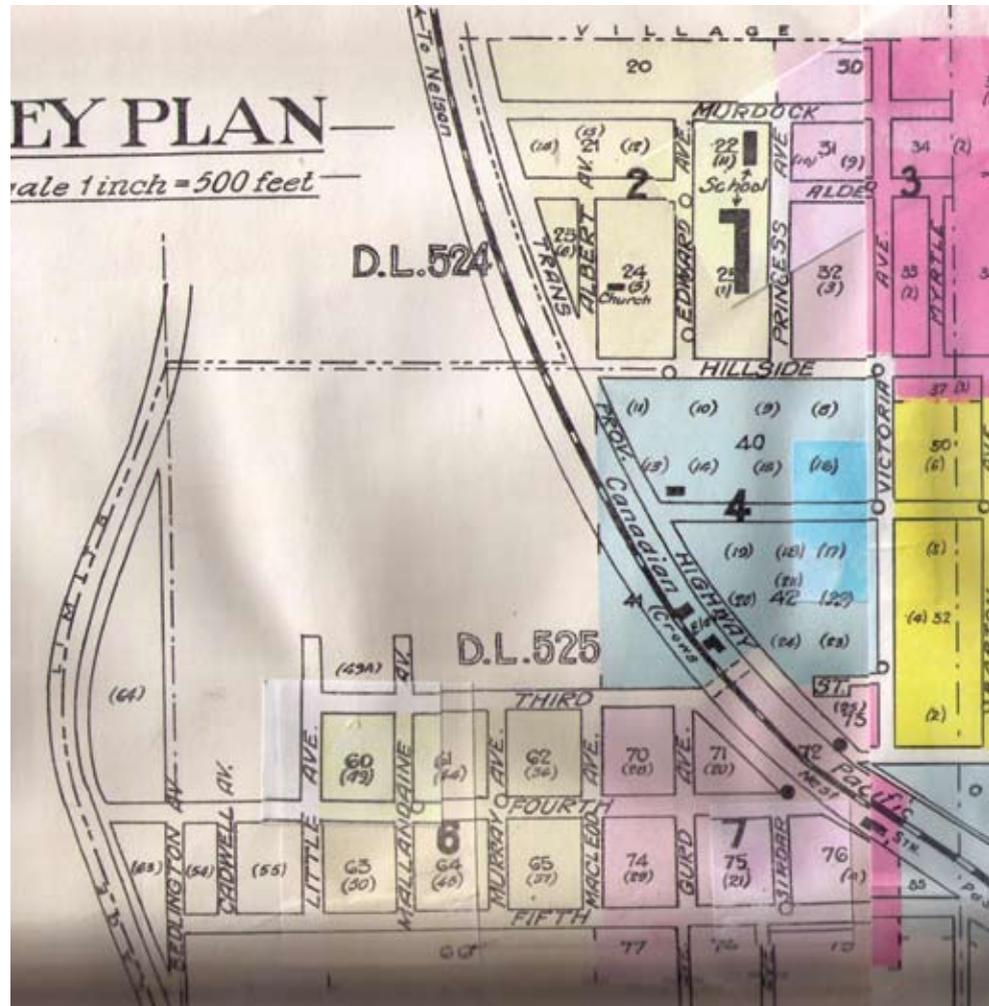
In this case, Edward Mallandaine was not only a pioneer but also the first postmaster, first justice of the peace, first coroner, first school trustee, first Board of Trade president, first . . . oh, quite a few others.

Kitchener and Sirdar were both named after Lord Kitchener, a British field marshal and colonial administrator. Sirdar was the rank given to him while serving in Egypt.

Boswell was named after someone in the entourage of Earl Grey,



Edward Mallandaine



1948 Map

Governor General of Canada, who visited the area in 1907.

But not all of these inquiries are quite so straightforward. In some cases, the origins of local place names are hidden in the mists of mystery.

Take Wynndel, for instance. Local lore has it that it was named after an early settler, but who was that settler? Neither the Wynndel history book nor the local newspapers nor city directories that published the names of residents in every town in the province make any mention of someone named Wynn or Wynndel.

This absence of evidence of the settler's existence makes you wonder if he actually did exist.

In the case of Glaser/Glasier Creek, settling the i-or-no-i question is easy. It was named after a fruit rancher who first shows up in the city directories for Creston in 1902. He's still listed as a fruit rancher in 1910 but the next directory we have is from 1914, and he's a carpenter by then.

He drowned near Kootenay Landing in September 1917 at the age of 70. His name was Michael Glaser – no "i" in his name, therefore no "i" in the name of the creek named after

(See how easy it is to get sidetracked in local history?)

And there have been other assertions that the names we use all the time are the wrong names, that things got fouled up through inattentive clerks who failed to catch a typo.

I've been told, for example, that Corn Creek was originally named Storm Creek (it may have been, but since I have no idea where either name came from, I can't offer an opinion on that) and that Devon Street should really be Bevan Street, after Richard Bevan, an early orchardist who established the first car dealership in the building that now houses Nadan Nessie Gear. (Actually, Devon Street is correct. It was named for a fruit ranch, called Devon Ranch, owned by William Stark.)

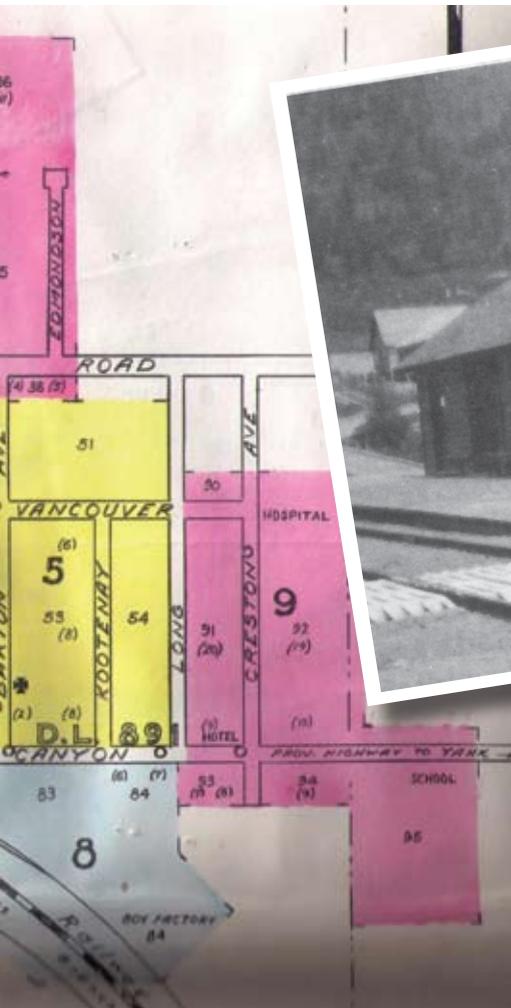
Whether they're indisputable facts or hotly debated mysteries, place names are fun. There's almost always a story behind them.

And there are few things in local history (with the possible exception of the time zone) that can trigger an argument as easily as the origins or spelling or pronunciation (think Riondel) of a place

name.

One of these days, when I really feel like starting an argument, I'll try to determine the correct spelling of Kuskanook. I think it's Kuskanook. But that's just me. ■

For more information contact the Creston and District Museum and Archives by phone at 250-428-9262, e-mail at mail@creston.museum.bc.ca or the Web site www.creston.museum.bc.ca.



him. That should be the end of it.

Except the document, which confirms that Glaser Creek was named after Mike Glaser, also suggests that the creek we call Glaser today is actually King Creek. I would have to spend some time comparing maps to settle that one.

Creston singer signs record deal

Submitted

The best things can come from where you least expect them.

That's what an upstart production company in the equally unlikely location of Bozeman, Mont., learned when it discovered what it views as a rising young musical talent in small-town British Columbia.

“Even more amazing, she accomplished all of this before turning 18”

Get It On Vinyl Records proudly announced the signing of Creston singer/songwriter Emma Kade to its independent label in January.

With plenty of genres providing influence, Kade is the absolute definition of a singer/songwriter. With her advanced guitar skills and vocals delivering her own style of pop, country, folk and blues, she

caught the attention of the YouTube community, generating tens of thousands of views and gaining a devoted following across North America.

Even more amazing, she accomplished all of this before turning 18.

Kade first caught the attention of Get It On Vinyl Records after recording four demo songs in the fall.

“We are very excited to sign Emma Kade to our label,” says creative director T.J. Goodwin. “With her soulful voice, flawless guitar skills and lyrics that always tell a story, we know others will be as blown away as we were.”

Considering all Kade has accomplished at such a young age, it is clear the former Creston's Best Singer contestant is just getting started.

She plans to record her debut album in the summer, with release slated for late 2014. In the meantime, her demo songs can be heard at www.emmakade.com.

She can also be followed via Facebook at www.facebook.com/emmakadmusic and on Twitter at @emmakademusic.

Get in On Vinyl Records is a small, independent label dedicated to releasing great original music on quality vinyl, although releases are also available on CD and via digital download.

All of its vinyl releases include additional music, extra artwork and limited-edition, coloured vinyl first pressings, with an eye toward making releases collectable. ■

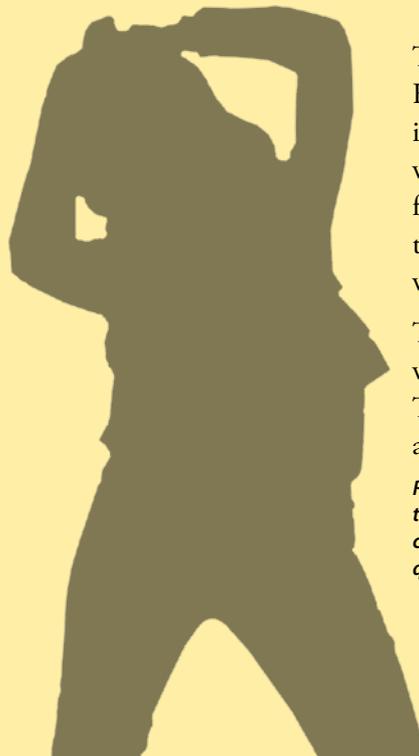
Room for more entries in Best Singer contest

Submitted

The Creston's Best Singer contest is coming up for a fifth season and there are still openings available for more entries.

Contest producer Vern Gorham is adding more prize money to the mix and looking forward to having new singers come out, as well as hearing singers from past contests share their talents again.

The prize money for the first-place finisher this year will be \$500, with \$200 going to the second-place finisher and \$50 for third place.



The top three singers will advance to the Kootenays' Best Singer finals to be held in Creston later in the spring, when they will compete against the best singers from around the region. This is the first time the Kootenays' Best Singer finals will be held in Creston.

The Creston's Best Singer quarterfinals will be Feb. 20 at the Prince Charles Theatre, with the top 20 singers advancing to the finals March 13. ■

Register for the 2014 Creston's Best Singer contest on the official Web site at www.kootenaysbestsinger.com. Contact Gorham at 250-428-0305 with any questions.

Top 10 romantic gestures for guys on Valentine's Day

Story by: Susan Lohrer

As Valentine's Day approaches you might be feeling the stress of thinking up something romantic to do for your wife.

Good news! The most romantic day of the year doesn't have to be stressful (and although it may involve some serious effort on your part, the results will be worth it).

Check out these 10 sure-fire ways to show the woman you love just how much you care.

1. You know that thing (the orchestra, a chick flick . . .) that your wife loves but you hate? Surprise her with two tickets and go with her. Bonus points if you stay awake for the entire event. Quadruple bonus points and five extra lives if you don't complain.
2. Do a load of laundry (but never your wife's delicates, and if you're a laundry virgin you should probably just stick with a load of your own clothes). There is nothing sexier than a man with a laundry basket on his hip.
3. Write a love poem for your wife. It doesn't matter whether it rhymes. It doesn't matter whether you're a good poet. What matters is that you've written a love poem for her. It will make her feel all warm and squishy toward you, I promise.
4. Show your wife that you're focused on just her by spending the entire day together — with your cellphone and hers turned off. After the electronics

withdrawal symptoms start to fade you'll find yourselves making eye contact with each other and talking about your hopes and dreams. If any gesture is more romantic than doing laundry, devoting time and attention to your relationship must be it.

5. If you have children, arrange for them to stay overnight with friends. Having the whole night to yourselves is such a special treat, your wife's pupils will turn heart-shaped. Or go even grander and book a romantic stay at a nicer hotel than you'd usually stay at. Champagne and a full-body massage (for her, given by you) wouldn't be out of order.
6. Learn how to cook a special meal from scratch. Set your table with a tablecloth and candles and serve your wife dinner while wearing your spiffiest clothes. Pull out her chair for her when she sits down. Here's the romantic part: after the meal, pour your wife a nice glass of wine to sip while you clean up the dishes.
7. If you live where it's cold, tell your wife to relax for a few extra minutes in the morning while you brave the elements and scrape the frost off her car windows. It's not cheating to use the defroster or the wipers and windshield washer fluid. The romantic point of it is that you're doing something thoughtful for her.
8. Think of all the special little mannerisms that you love about your wife. Write each of them on a note and

hide the notes where she'll find them. (If you have kids, remember to keep the notes G-rated.) Here's a template for the notes: When you _____, I fall in love with you all over again.

9. Light candles and play soft music in the bathroom and run a bubble bath for your wife. Get in there with her. It's OK if the logistics of that get awkward, just go with it.

10. Give her a book of romantic coupons. Include the regular things like hugs and kisses, but don't be afraid to get creative. For example: you know that thing your wife loves but you hate . . .

If you want to go for an even more romantic effect, try anything on this list on a day that isn't Valentine's Day. You'll be her hero for sure! ■

Susan Lohrer is a Canadian romantic comedy author whose books always give you a happy ending and a warm feeling in your heart. Her Web site is www.susanlohrer.com.

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Ag Aware

Story by: The Creston Valley Agriculture Society

Milk , Forever at the heart of a Healthy Community

Story by: Lori Kepke

Creston Valley is home to 8 ,of the 517 dairy farms in British Columbia. Collectively the 8 farms milk 1010 cows which produce around 32 320 litres per day, the milk is transported daily to processing plants in the Fraser Valley and on the rare occasion to Alberta. These 8 farms employ approximately 45 part time and full time farm labor. In 2012 one of the local dairy's reached a milestone and celebrated 50 years of milking cows in Creston.

If you are drinking cows milk purchased from your local grocery stores, you can be confident that you and your family are consuming some of the worlds best dairy products that are locally produced and provincially processed. Cows milk sold anywhere in Canada is solely a Canadian product.

All raw milk leaving the farm is tested prior to being unloaded at the plant to ensure no inhibitors

reach the food chain. Dairy farmers of Canada have implemented a program that is closely monitored at the farm by a provincial validator . The Canadian Quality Milk program is an on farm food safety tool that reduces any risk associated with food safety. In addition to CQM we are implementing a program called Pro Action, which is also a national program that ensures your dairy products are produced with responsibility, using sustainable farm practices and using the utmost care for our animals. As dairy farmers we are very proud of these programs because it sets a standard for dairy products miles above other countries.

Be assured, your Canadian milk is free of growth hormones , unlike the US where they allow the growth hormone (RBST) to be injected into their dairy cattle. The only thing added to milk in Canada is vitamin A and D , this is done during the pasteurizing process.

Have you ever wondered why your dairy products are cheaper in the US? As dairy farmers we are asked this question on a regular basis. In the USA, dairy farmers are subsidized, which is funded by their tax base. Here in Canada, the dairy industry is self sufficient and does not rely on government subsidies. The system that we regulate under is called Supply Management , we only supply milk to meet the demand and farmers are paid on the cost of production .

In BC , the dairy industry directly supports 15, 805 jobs and contributes \$1.2 B to the GDP.

In addition, we generate a total of \$209M in taxes , \$135M federally , \$59M Provincially , and \$16M municipally.

The dairy farmers of the Creston Valley are proud to call Creston their home, some families have farmed here for many decades and will continue to do so for many more because of the rich soils and favourable climate. It is our hope to see the area prosper and grow knowing that for every \$1 spent locally, multiplies 7 times which supports local wages, suppliers and taxes. This is a benefit for young and old , living here in the valley.

We encourage everyone to visit our provincial website , bcdairy.ca (like us on Facebook and Twitter) . Here you will find recipes, resources and contests suitable for all members of your family. The web site is also a great resource for schools that are interested in the school milk program and Milk Run. Teachers can access packages for nutrition education and workshops. ■

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Access to natural sites worth fighting for

Story by: Mary Jayne Blackmore

Ducking a fence and scrambling down a steep hillside to splash in the pristine waters of our fabulous rivers and lakes, kayaking or wandering along the banks to observe the abundant wildlife has been a right of passage for those growing up in the Creston Valley.

The past few years we have all watched with alarm as the access to our favourite swimming or birdwatching spots has been blocked for whichever reason seemed logical enough to warrant the cost and effort.

While other communities in the Kootenays have taken a proactive approach to maintaining access to their rivers and lakes, working with private landowners, user groups and governments, we have taken the complacent, reactive approach of simply banning access to the water.

As a parent and educator who grew up fully immersed in the Kootenay lifestyle, I find a huge gap in our approach to teaching youth to be conscientious and concerned about water and environmental issues when these same children will not have the opportunity to wander in our forests and swim freely in our rivers.

A few years ago I could never have imagined it would be possible for The Point to be taken from us for any reason. That place is as deeply ingrained in the roots of this community as are apples and Kokanee beer. As of September there is no longer any legal access to The Point.

Actually, there is not a single designated place to park, access and walk anywhere along water in our whole beautiful valley.

For sure, there are places one can go. I go, but I have to park illegally,

trespass across a neighbour's property and scale a cliff face to get to the beautiful hidden gems which are the heart of our home. Now I also have to worry about getting my car towed.

I love Creston. I love the people, the mountains, the water, the clean air, the fruit, the climate and the quirky farming mentality. I even love that our time doesn't change.

Creston is unique, and I strongly believe that we are a community that is equally interested in creating safe access, parking, toilets and garbage collection services for ourselves and visitors so all can enjoy our rivers and forests. Our children can be raised within this environment learning to love and respect it so caring for it is as natural as breathing.

We have seen that we can lose it. We are losing it. We are the caretakers of this community. We have an incredible opportunity to create a legacy for our children and the future.

Please be a part of the conversations and brainstorming around making access to our rivers, walking trails, parking and maintenance a number 1 priority. ■

New Year, New Studio, New You!

Story by: Creston Valley Yoga Studio

2014 is a changing year for everyone with the energy shift in the universe. Allow yourself to shed the old energy of last year and its struggles and open up to the new year with a fresh perspective.

Is your doors open to sources of inspiration from unexpected directions, beyond everyday experiences? Get used to seeing the world upside down and back to front and maintain this fresh way of seeing the world. Don't let

life harden your heart, be daring, be fearless, and don't be afraid that somebody is going to criticize you or laugh at you, If your ego is not involved no one can hurt you. Warrior thinking repeat this affirmation " I am strong, I am

centered, I achieve my goals".

Ready to collaborate, and up rise the divine fire inside, relax, restore and release with ease and joy. This is Your Year, a time to do what YOU want to do by nurturing yourself first , physically, mentally, emotionally and spiritually. Achieve your goals and dreams!

CV Yoga Studio is moving locations February 1st to Creston Conscious Center at 312 15th Ave .

Collaboration , friendship and the universe brought us together to create a centre . CVYS, Full Of Wonder, Hair Salon, and 5 practioners will be joined in this building to allow time for holistic healing.

Stop By and check out our businesses new beginning in Creston Conscious Center 312 15th Ave.

Great time and place to make some healthy choices for new years resolutions! ■

For more information contact Creston Valley Yoga Studio 250-428-8848
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Province may pull the plug on historic Plaid Lake Dam

Story by: Tom Lymbery

Teck Resources (formerly Cominco) is under pressure from the B.C. government to remove the historic hand-built, rock-and-earth dam on the Plaid Lake, an alpine water body used to provide electric power for the Bluebell Mine at Riondel in the 1920s.

Apparently a dam failure near Oliver created an alert that this might happen in other parts of the province.

However, the 87-year-old structure is only holding a minimal amount of water; if the dam is removed entirely it may only lower the lake level somewhat.

Teck flew in crews from Cranbrook by helicopter earlier this year to cut the large trees that were growing on the dam itself. Before this work the structure was barely visible because of the growth around it.

This intricate stonework was built about 1925 when S.S. Fowler

and B.L. Eastman were operating the underground workings of the Bluebell Mine and shipping galena ore (containing silver, lead and zinc) to the Consolidated Mining and Smelting Company smelter in Trail.

About three-and-a-half miles downstream from the dam they built a two-mile wooden pipeline to generate electric power for the mine.

Two men were stationed in a cabin at Plaid Lake to look after the water level and, most importantly, release more water if required by the mine. Since they didn't have a telephone line, mine staff would signal for an increased flow by setting off a stick of dynamite, so the pair had to be alert for the signal.

Page 52 of Terry Turner's book *Bluebell Memories* has a 1920s picture of the dam and cabin. Ted Swendson's story in the book reports that in 1927 he was sent to the lake to dismantle the outlet of the dam and to also take the door off the cabin so that animals wouldn't be



*Early snow on Mount Crawford
Photo credit - Terry Turner*

trapped inside. The mine had just closed because of low metal prices and a general industry slowdown.

The outlet of the lake (at an elevation of 6,000 feet) flows into Tam O'Shanter Creek, which reaches Kootenay Lake north of Riondel. Access is by a trail from Crawford Bay or by another trail from Riondel.

The accompanying photo shows Turner, an historian and retired geologist from Riondel, kayaking in front of the dam after an early October snowstorm. He reports that it was quite a hike in through deeper snow than he had expected. ■

*This is local historian and retired geologist Terry Turner kayaking in front of the dam after an early October snow storm.
Photo credit - Terry Turner.*





Chin Woo gets to the heart of martial arts

Story by: Shifu
Neil Ripski

精武

The Chin Woo is a non-profit association founded on July 7, 1910, in Shanghai, China. Its name, though romanized in many ways, is always based on the same two Chinese characters (精武), literally translated as jing (chin) “essence of” and wu (woo) “martial.”

The name Chin Woo or “essence of the martial” refers not only to the obvious (martial arts being the essence of the association) but to the real essence of martial arts: the building of character and helping others.

There are at least 60 branches in more than 22 countries worldwide. To be a legitimate branch of the World Chin Woo Federation in Shanghai you need to meet a few requirements.

First of all, you must be a non-profit organization registered with your local government, with all the I's dotted and T's crossed. Secondly, your character must be vouched for by a prominent member of an already established Chin Woo. Finally, your level of martial skill must also be vouched for by a current member.

For us to start a Chin Woo in Creston I was lucky enough to have trained under Chen Qi Ming, a founding member of the Guangzhou branch of Chin Woo. He also vouched for my character and skill by writing a letter of introduction for me to Shanghai which paved the way.

Historically, Chin Woo was the idea of Master Huo Yuanjia, who believed that martial morality and the help of the community should be the

primary purpose of martial artists. This was a radical idea at the time since martial arts clubs tended to fight with one another in contests rather than help one another and their communities, so he went about starting the huge work involved in creating the association.

Following in his footsteps we have put together an association meant to help bring education about Chinese culture, medicine and martial arts to this area. My own school, Red Jade Martial Arts, has become a Chin Woo-certified school, and in the interest of inclusion we are working to present a unified front for the benefit of people in our valley, hoping that all the other teachers, masters and clubs will bind together to form a truly powerful and useful organization.

Currently the Chin Woo is helping to publish the Deep Water Martial Arts Magazine (www.deepwatermagazine.com) to promote education and bring attention to the second annual Deep Water Martial Arts Convention in March.

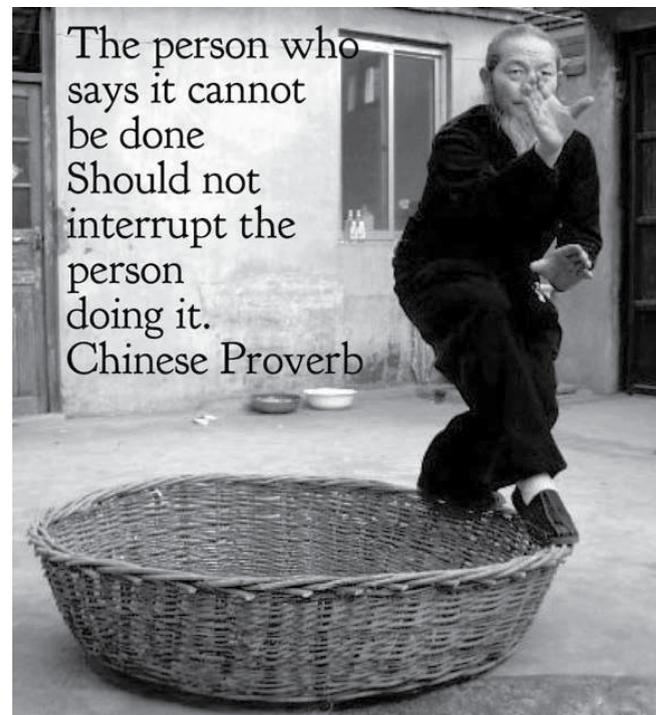
It is also our hope to bring more traditional medical knowledge to the people of Creston and find funding for courses so that lay people can take more control of their own health through medicine, tai chi and qigong training.

Find out more about Chin Woo online (our Web site is kootenaychinwoo.com) and, of course, through the movies. Bruce Lee's *Fist of Fury* was based on a student of the Chin Woo Chen Zhen. The more modern movie *Fearless* stars Jet Li as Chin Woo founder Hou Yuanjia. Both are worth watching.

Fearless, especially, is filled with examples of what martial virtue and character truly mean by telling the story of the founder at the turn of the century.

Enjoy the snow! ■

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



The person who
says it cannot
be done
Should not
interrupt the
person
doing it.
Chinese Proverb



Intravenous therapy powerful health-care tool

Story by: Dr. Chris Ford, BMSc, ND

Intravenous (IV) therapy involves the injection of vitamins and minerals directly into the circulatory system.

This method allows for higher, more effective doses to be administered to the patient as it delivers the compounds to the bloodstream. As well, it eliminates the need for absorption through the digestive tract and metabolism of the liver.

IV therapy has been shown to help with a wide range of conditions because the vitamins and minerals are important co-factors for many biochemical pathways in the body related to detoxification and energy production.

“IV therapy has been shown to help with a wide range of conditions”

The most common formula used is known as the Myer's Cocktail and contains the following nutrients: vitamin C; calcium; magnesium; B complex; vitamin B5; vitamin B6; and vitamin B12. These nutrients help to support your body during times of stress to reduce inflammation, support immune function and increase energy.

Other nutrients that can be added include glutathione, which is the most potent antioxidant used to relieve stress from free radicals in the body, and glycyrrhizic acid, which acts as an antimicrobial agent to eliminate acute bacterial and viral infections.

IV therapy can help to increase energy, reduce chronic pain, alleviate headaches, eliminate colds/flu, reduce recovery time from injury, improve athletic performance, support detoxification, relieve stress, lower blood pressure, protect cardiovascular function, reduce inflammation, support immune

function, alleviate PMS symptoms, decrease seasonal allergy symptoms and increase antioxidant activity.

For more detailed information visit www.roots-to-health.com. Send any health questions or article ideas to info@roots-to-health.com. ■

Dr. Chris Ford of Kimberley practices naturopathy in Creston once per week at Vital Health.

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Cross-country path led T-Cats veteran to Creston

Story by: Creston Valley Thunder Cats

Andrew Hodder is an assistant captain playing his third and final season with the Creston Valley Thunder Cats.

Born in Newfoundland and Labrador, his family moved out west for employment when he was two. (His dad is a saw filer at a sawmill in Houston.)

Hodder still goes back to his birth province every two or three years to visit family.

It was through friends that he heard about the Kootenay International Junior Hockey League, where some of them were already playing.

While trying out for the junior A Prince George Cougars of the B.C. Hockey League, Hodder was noticed by the father of a former Thunder Cat, Skylar Pacheco. It was suggested to then-Creston Valley coach Joe Martin that he take a closer look at Hodder.

Martin invited him to a joint showcase held with other junior B coaches. It was at that showcase camp in Prince George that Martin committed to the player.

Hodder feels fortunate to have been given the opportunity to play in Creston because, growing up in Northern B.C., he didn't have a lot of exposure to competitive junior hockey. The closest teams were in Prince George (Spruce Kings of the BCHL and Cougars of the major-junior Western league).

Houston has a population of approximately 3,200 which made



Andrew Hodder, assistant captain

the move here an easy one. He enjoys small-town living and the size of Creston reminds him of home. He considers Creston a safe, worry-free (low-crime-rate) place to live, with warmer winters.

The decision for the 20-year-old defenceman to come back to Creston to play his final junior season was an easy one.

"I didn't want to do anything else but play in Creston," says Hodder, who was hopeful that coach Josh Hepditch would call him over the summer and invite him back.

"There's time for school after hockey. I just wanted to finish playing junior."

To Hodder's relief he received the call while at the Ottawa airport

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Friday, Jan. 31
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Family (2 adults + 2 or more youth) \$25



Correction Notice:

The January issue of I Love Creston magazine featured the wrong picture for Trevor Hanna. We would like to apologize for any inconvenience it may have caused.

en route to Newfoundland and Labrador for a holiday.

Hodder is not 100-per-cent sure what he wants to do after hockey is done, but school will be involved.

“I might look at taking up a trade or taking business or engineering,” he says.

Being chosen to wear an “A” on his uniform this season is a great honour for the veteran, who feels he is a good leader. Hodder sets a positive example for younger players, providing the T-Cats with consistent play each game, putting his best effort forward every night and using his past experiences to

rally the team. Hodder describes himself as a quiet leader.

“Mosa is the vocal one of the group,” he says of teammate Brandon Formosa.

Hodder enjoys bringing a lighter side to practices, joking around and getting the team going. The captain and assistant captains work together to get the team bonding, and they enjoy team functions like watching the Grey Cup, playing floor hockey or hanging out for Taco Tuesdays or Wing Wednesdays.

He also likes the team’s community involvement in things like playing floor hockey with Special Olympics athletes and the Creston Valley

Minor Hockey Association, and participating in Literacy Day, the food drive and fund-raising efforts of the club.

The on-ice product has never been better, with the Thunder Cats holding a comfortable lead in the Eddie Mountain Division heading into the home stretch of the regular season.

Hodder sees great things happening with the Cats this season and invites all the fans out to watch playoff action, which begins Feb. 24. Fans can find game dates on signs that will be put up around town. ■

Check for game updates and schedules at www.crestonvalleythundercats.com.

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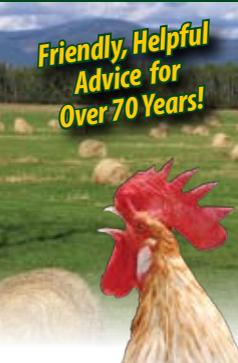
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