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Keeping An Open Mind

Local illustrator, Jen Hart, shares her unique journey through life. Her next step is to help others to embrace their creativity.

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The Magazine

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Letters to the Editor

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From the editor

Happy New Year and welcome to 2010. I struggle every year changing the date after the calendar rolls over so at least until June, everything I date will read as follows: 2009 – scribble over it – written over the scribble – 2010.

A few weeks back I had a look on the internet to see what the most popular New Year's resolutions are. Not to my surprise, over half were health related. So this got the I Love Creston Magazine crew thinking... let's focus this issue on health and wellness.

I have always thought a "group" New Year's resolution would be fun. I am embracing this through my participation in Creston's Largest Loser. Kicking off in a week, Creston's Largest Loser has drawn a group of folk who want to shed pounds and have access to community support and facilities. I will be checking in monthly from the trenches – oh and the BIG part of this event, the winner gets five grand.

I am proud to say that after 20 years of lighting up, I quit smoking two and a half years ago. I was ready, it was a struggle but I did it. It's National Non Smoking Week this month and we have some tips and places to turn to if you want to butt out.

Many people face depression during the winter months. A Mental Health Clinician shares some suggestions of ways to cope that can help with the winter blues.

Have you heard of the organization Options for Sexual Health? Here's a place, fully confidential, open to all women, offering a range of information from birth control to simply seeing a female doctor for free.

It was skating on thin ice for the Creston Valley Thunder Cats over the past two months. But the guys have laced their skates and are back on the ice... ready to win.

What is it about the year 2010 that has me thinking, is it a big year? Maybe, "THE OLYMPICS"! Yes, they are weeks away and even closer is the Olympic Torch Relay's stop in Creston. A week full of local events leads up to the lighting of the cauldren on January 23.

Another word for resolution is goal. Mayor Ron Toyota and RDCK Area B Director John Kettle both weigh in with their plans for 2010.

Speaking of plans, no wonder they are called the "Go Go Grannies". This group of women, who spend tireless energy on raising funds for the Stephen Lewis Foundation, just doesn't stop. Their fundraising is grassroots – bake sales, raffles, sewing and crafts. The best part, these ladies are happy to help where they can.

Local illustrator, Jen Hart is our feature this issue. One of the most interesting people I have met as well as a talented artist. I take you on the journey I took while chatting with Hart.

We introduce you to another local organization this month, the Creston Valley Prospectors and Lapidary Club, formally known as the Rock and Mineral Club. Members collect gemstones, minerals, rocks and other geological material.

Ok, so I got this month's submission from the Creston & District Museum & Archives while we were still working on last month's issue. I filed it away and what a mistake. This old time dramatic comedy is brilliant. The plot... all I will say is, "Brouhaha".

I have put together our rich and famous Out & About calendar for January to help you fill your days and evenings.

And we have mail.

Enjoy and all the best this year.

Mailbag

(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)

Hi Kris,

I just wanted to thank you so much for the putting the write up on Tigz Designs in your I Love Creston Magazine. This has been just a great Christmas season for my business and a lot of that was because of people like you, letting people know about it. I appreciate it so much... thank you!

I hope you and your family have a wonderful Christmas, and all the best in the New Year.

Thank you again,

*Lori
Tigz Designs*

Hi Lori,

Thank you for your compliments to I Love Creston Magazine. Our crew strives to give everyone we work with what they want and need. This of course includes the magazine's editorial. As editor, I encourage all readers to contact I Love Creston Magazine with any idea, suggestion or concern.

*Kris Dickeson
Editor*

Creativity Fuelled By Positive Energy

Story by: Kris Dickeson

“Imagination is like a lofty building reared to meet the sky, fancy is a balloon that soars at the wind’s will.”

- Frank Gelett Burgess
- Illustrator

I booked an hour to interview artist, Jen Hart, not anticipating we would chat over three hours as she led me through her fascinating life journey. It was captivating and I picked up on her positive disposition that seemed to be a natural part of her personality.

Although she is a well-rounded artist, Hart refers to herself first and foremost as an illustrator. Her definition of art is very personal. “I go to a place to heal,” she explained. “I find out what my subconscious is doing. This is part of my creating process.”

Born in Toronto, Hart labelled herself the anomaly in her family as they all sang while she was drawn to art. After packing up and making the long trek to Vancouver, Hart faced the

**“I go to a place
to heal.”**

challenge of being a single mom. “I have three children and survived raising them alone while being an artist,” she said proudly. “At that time I would do anything to connect and get involved with art.

“I painted windows and inside murals. During those years as I created art for a living, if a client came to me and asked if I could do this or that, I said sure. Then often would run to the library to find out how to do it, or what to charge. By these means, I learned to do many different things including the murals and window painting, as well as signs and chalkboards.”

Living and working in Vancouver took its financial toll so Hart moved to Hope, and opened a working and teaching studio.

“Steppingstone’, was a success, but the time had to come to move,” she said. I followed my partner’s calling to Creston and we settled there.”

Although she was unhappy the first nine months in Creston, Hart began to see what was surrounding her, opportunity. “I started volunteering at the Arts Club and began to notice the significance of the deep culture in the valley,” she said with a smile. “I also began to understand the importance of maintaining its cultural heritage. A small town is such a refreshing change. I was raised in a city where people didn’t know each other. I feel at home, and have no baggage here. People take me as I am.”

Hart’s early exposure and drive to succeed in the world of art have moulded her skills and interests and have helped her refine her own creations. Chuckling she said, “I have worked for hire in several mediums and I know for certain I don’t like painting water colours but still like them. Since the 80’s, I have been freelance

painting but mostly advertising illustration, brochures, maps and posters. I also illustrated four children’s books and a number of illustrations for young people.”

Children play a role in Hart’s work. She will be working as visiting artist with a both grade seven classes

“Anything to connect and get involved with art.”

at Adam Robertson Elementary School, through the Artstarts Program. She will be facilitating several daylong immersion sessions in art journaling.



To get her creative juices flowing, Hart draws inspiration from resting, being in a state between asleep and awake (she refers to as between the worlds), walking and feeding off other artists.

It has been said that a single moment can change the direction of a person’s life. Hart had one of those moments nine years ago when she had her first gallery experience. “I loved it,” she said with excitement. “I accept that the role of an illustrator is to interpret visually what others want, this is what I do.”

Hart paused and started to talk about the impact her philosophical and spiritual beliefs. “My life is utterly defined by my spiritual path.” This new direction has affected Hart both personally and professionally. It has invigorated her life, drive, and energy, as well as hatched new ideas. Based on the concepts that anyone can learn and creativity exists in everyone, Hart has created a space inviting people from all walks of life to open their mind and try something new or just play. The Steppingstone Learning Space offers not only an opportunity to learn but also a space to teach.

“This is an environment where people explore, play and learn,” Hart told me. “I want to help people understand what they dream about and what they want.

The overall plan is to attract other teachers and they can do whatever they want. I really don't have any boundaries as to what the topic is. Dance, writing, painting or food are just a few. I want to embrace creative impulse." Another major component to the Steppingstone Learning Space is the craft of healing, energy and auras. Hart's partner, Gordon Roth, is an experienced clairvoyant and teaches his skills.

Hart's recent interest in healthy lifestyles has led her to embrace food, "Since the 80's, I have been active and aware of the importance of consuming local food. The Creston Valley has an abundance of fresh vegetables, fruit and produce

available. We are lucky to live in one of the regions in Canada that could be developed to feed our region and our country," she said passionately.

Fresh food has become a priority in Hart's life. "I am teaching what I am learning," she said. "Raw food is healthy and fun to work with. My goal is to help others understand this."

"Open their mind and try something new or just play!"

Recently celebrating what she calls a milestone, Hart turned fifty. "This is the beginning of my life," she said beaming. "I am very happy where I am and know I am heading into the stage of my life that will be magnificent. I am blessed."

Steppingstone Learning Space offers workshops and events in art and exploring creativity, living foods,

energy healing and reading. The Art Program includes Afterschool Art for ages 9 - 19 and classes for adults in drawing, collage, acrylic painting and creative exploration.

The Living Foods Classes schedule is posted at Vital Health and Golden Herb.

The Aura 1, Aura 2 and Soul Readings schedules are available by contacting Gordon Roth through the studio.

A Steppingstone Learning Space schedule is available at Black Bear Books, Kingfisher Books, Steppingstone, by phone at 250-428-1927 or by emailing steppingstone.jen@gmail.com



Area B News

Story submitted by: John Kettle
Regional District Director for Area B



2010 Goals

I am very happy to report that after seven years of trying to get a small piece of property purchased for the purpose of putting in a “children’s park”, in West Arrow Creek, things have finally come to fruition. The Regional District of Central Kootenay (RDCK) now owns a portion of Lipiski Pit for the purpose of establishing a park in 2010. Working with the Arrow Creek Recreation and Fire Protection Society will help move this park to reality this next year. Thanks to Murial Buhr and Rick Woodworth, Diane and Graham Ford for never losing hope. A special thanks to Audrey McKenzie of the Nelson RDCK staff for bird-dogging this park until we finally got approval.

Fire Protection for East and West Arrow Creek and Kitchener is another reality being brought forward in 2010. I anticipate going to referendum for these areas in the spring to come, “full circle”, with fire protection for all of Area B. Voters in the “service area” (East and West Arrow Creek and Kitchener) will have the opportunity of approving a new fire service with

the goal of providing home and property protection with ancillary benefits that may help reduce huge insurance premiums for unprotected areas.

We will also be completing our new and improved recreation complex with an opening slated for March of this year. This fantastic \$18,000,000 renovation and upgrade will be a legacy for years to come of a valley that came together for long term recreation sustainability. We are currently \$1,000,000 under budget as we near completion.

High speed internet will also be a reality this year in Area B for areas that currently do not have the service. Working with the Wynndel Internet Society, Shaw Communications and new services offered by Telus will ensure total coverage by the end of the year.

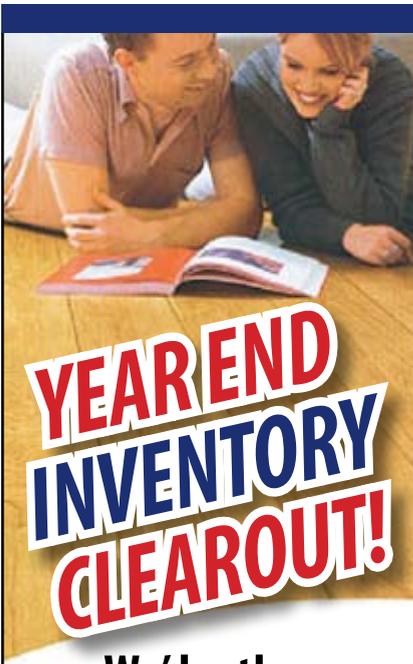
I am looking forward to this year and to the new challenges we will face in the coming years.

John Kettle is the Regional District Director for Area B

Phone: 250-428-5560 or 250-428-6096

Email: jrkettlejgalt@shaw.ca

Website: www.rdckareab.com



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From the Mayor's Desk

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

Council's 2010 Goals and Plans

For those who have access to the Internet, go to: www.creston.ca then click on Town Hall and open our Strategic Plan page and the amended (Nov. 24, 2009) version. Here you will find the 2010 Council Priorities listed on page five.

In addition, you can view our 2009 Accomplishments found on page 11.

For those of you who are reading this article and who do not have access to the Internet, here is a brief overview of Council's goals and plans for 2010:

- 1) Highway #3 re-alignment and improvements through our downtown core to improve safety and comfort and reduce noise and pollution.
- 2) Implement our Regional Policing Model and address By-Law Enforcement Services.
- 3) Complete the waste water treatment plant upgrade.
- 4) Improve water conservation and education.
- 5) Continue with joint First Nations involvements.
- 6) Continue to increase communications by improving our website and electronic council information.

“Improve effectiveness and efficiencies.”

Another issue in our Strategic Plan that Town Council, staff and local Regional Directors have elevated as a priority is the endeavor of creating a strong Regional District “sub-regional Commission”, in order to improve effectiveness and efficiencies within our Creston Valley. This can be achieved with guidance and support from our provincial government and by enhancing our governance policies and powers.

“Joint First Nations involvements.”

It is my belief that by combining our strengths between Town Hall and the Regional District, we can improve our infrastructure services, (Water & Solid Waste), improve our Protection Services (Policing, Fire and Bylaw Enforcement), and improve our Community Recreation, Economic Development and Transit Services.

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



Town of Creston council members and the Mayor Toyota.



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Come Celebrate With Us

Story by: Al Burt

Chair of the Olympic Torch Relay Community Celebration Committee

A year ago, Creston received the news that we were one of the communities selected to host the Olympic Torch as it makes its way to the Olympic Opening Ceremonies in Vancouver.

A group of people, representing all parts of the Creston Valley, came together with a common goal. They were all dedicated to see that all the valley's residents once in a lifetime opportunity shared this.

A week of celebration kicks off on Saturday, January 16th with a Jam Session in Spirit Square and a Street Hockey Tournament at the Rec Center.

The following week, a variety of concerts are planned. These events will reflect the diversity of the talent of the residents of the Creston Valley. Of special interest will be a local talent show, "Creston Valley's Got Talent."

On Friday, January 22nd an evening the excitement really builds with more entertainment and a fireworks display at the Rec Center.

The big day is Saturday, January 23rd starting with a pancake

breakfast at 9:00am. At 10:00am the days activities' get underway with more entertainment, free public skating in the arena, and, if there is enough snow, cross country skiing, snowshoes, snow board jump, sleigh rides and a snowman building contest.

"The cauldron will be lit with great ceremony."

At 1:00pm the torch arrives and the cauldron will be lit with great ceremony. The official part of this event includes presentations by Vanoc, the Federal and Provincial Governments and the two corporate sponsors of the Torch Relay, RBC and Coca Cola.

At 2:00pm the cauldron is extinguished and the Olympic Flame continues its journey to Vancouver.

Events of this type and magnitude need many volunteers to make them run smoothly and be successful. An invitation is extended to those that would like to assist at these events to register with the Chamber of Commerce.



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The Creston Valley Torch Relay Committee gratefully acknowledge the financial support they have received to host this event from the following:

The Government of Canada

The Province of British Columbia

The Town Of Creston

The Electoral Areas B & C of the Regional District of Central Kootenay

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Canada

vancouver 2010 TORCH RELAY vancouver 2010 RELAIS DE LA FLAMME vancouver 2010

Who Are the Go Go Grannies?

Story by: Barb Gracey - President of the Creston Go Go Grannies

Simply put, the Go Go Grannies are a group ladies and men who are committed to helping the Stephen Lewis Foundation for the AIDS victims in Africa, at a grass roots level. There are Go Go's all across Canada.

We have a great group of workers who all give tirelessly of their time to put on events such as pancake breakfasts, benefit concerts, garage sales, concessions and bake sales with baked goods at their own cost. They sew aprons and totes, hand dye scarves, assemble earrings and make crafts to sell.

We have behind the scene workers, like Rand Archibald, who designed the tickets for this month's Olympic Torch Dinner and Dance as well as our information handouts. We also have ladies who don't want to get involved other than provide baking.

Then we have and appreciate the giving nature of the residents of Creston who attend our events and buy the products. They continually support us by dropping their loose change in the Go Go's colourful donation cans that are at most

businesses around town. In 2008, we raised \$10,000 in this manner and near the end of 2009; we are up to \$4,200. Our goal this time is two million pennies or \$20,000 so we will keep rolling. The businesses support us by letting us use their counter space, donating products for silent auctions, event prizes or loan us articles needed to put on our events.

Our future leaders, the schools and students of the Creston Valley support us. One Home Links student, Danika Peltzer, created a newspaper that she sells and gives the profit to us. (Inventive Eh!). Our upcoming events include the Olympic Torch Dinner and Dance on January 23rd. It is going to be a fun time with great food, dancing and door prizes. We have tickets for this event available at Black Bear Books. We are also involved in the Yak Food Fest on January 30th.

We will continue to raise funds for the children of Africa.

For more information on the Go Go Grannies go to: www.grandmotherscampaign.org

For more information on the Stephen Lewis Foundation go to: www.stephenlewisfoundation.org



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The Creston Go Go Grannies proudly unveil the dollar total of donations in 2008.

What is Options for Sexual Health?

Story by: Kate Hall

Options for Sexual Health (OPT) envisions a society that celebrates healthy sexuality, its diversity of expression and a positive sexual self-image for individuals throughout life.

As well it supports the unrestricted right of all women to choose when and if to have children and the right of young people to receive the sexual health education and services they seek, based on their informed consent.

One doctor, a nurse and two to three volunteers, all female, staff the Creston OPTS clinic. The clinic offers a supportive, confidential, non-judgmental space to talk about anything to do with sex, sexuality and relationships. OPT clinics also offer safer sex supplies, pregnancy and sexually transmitted infections (STI) testing, emergency contraception and birth control at reduced rates. Everything you talk about is in strictest confidence.

The Creston Opts clinic was opened in January 2006 by a group of nurses, in Creston and Cranbrook, who saw a great need for sexual health services in our valley. Start-up money came from Columbia Basin Trust, Creston Kootenay Foundation and Rotary. The number of clients using the clinic since its inception has more than doubled.

As a non-profit organization, fundraising helps defray the costs of the clinic and its supplies. This year delightfully funny, tongue-in-cheek Calendars by Sandy Kuntz are being

sold. They are available to Kingfisher Books, Black Bear Books and the Creston Valley Advance office.

The Creston Opts clinic has also received grants from BCCA for two PAP nights this year. This will help meet the needs of women who many not have a doctor, have difficulty fitting a doctor appointment or just prefer a female doctor for this particular medical exam.

The Creston Opts clinics are held on

the 2nd and 4th Tuesday of each month from 5:00pm to 7:00pm in the Public Health building. They are drop-in clinics, so no appointments are necessary.

*The Creston Opts clinic services contact:
Alison Masters
Ph: 250-428-3877*

Other resources:

- www.optionsforsexualhealth.org
- 1-800-SEX-SENSE is a free, non-judgmental, confidential and anonymous phone and email service that provides information and referrals about sex, contraception, sexually transmitted infections, pregnancy options and anything else to do with sexuality. Get the goods about 1-800-SEX-SENSE.



www.ilovecreston.com



Ten Good Reasons to Quit Smoking

(Source: <http://nns.ca/theme-2010>)

2010 National Non-Smoking Week (NNSW) is January 17-23 in Canada. This year's theme for NNSW is: Quitting is contagious, pass it on!. NNSW has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts.

Below are Ten Good Reasons to Quit Smoking:

1. You will stop exposing your family and friends to secondhand smoke.
2. You will reduce the risk of fire in your home.
3. You will lower your risk of disease and increase your life span.
4. You will decrease the chances that your children will start smoking.
5. You will have more money to spend on things you enjoy.
6. You won't have to search around for places to smoke when you are out shopping, at a sporting event, or eating in a restaurant.
7. You will be able to enjoy exercise more.
8. You will be able to taste and smell food again . . . and your clothing and home will smell better.
9. You will have fewer wrinkles.
10. You won't be as stressed.

*Want help to quit smoking?
<http://www.quitnow.ca/index.php>*

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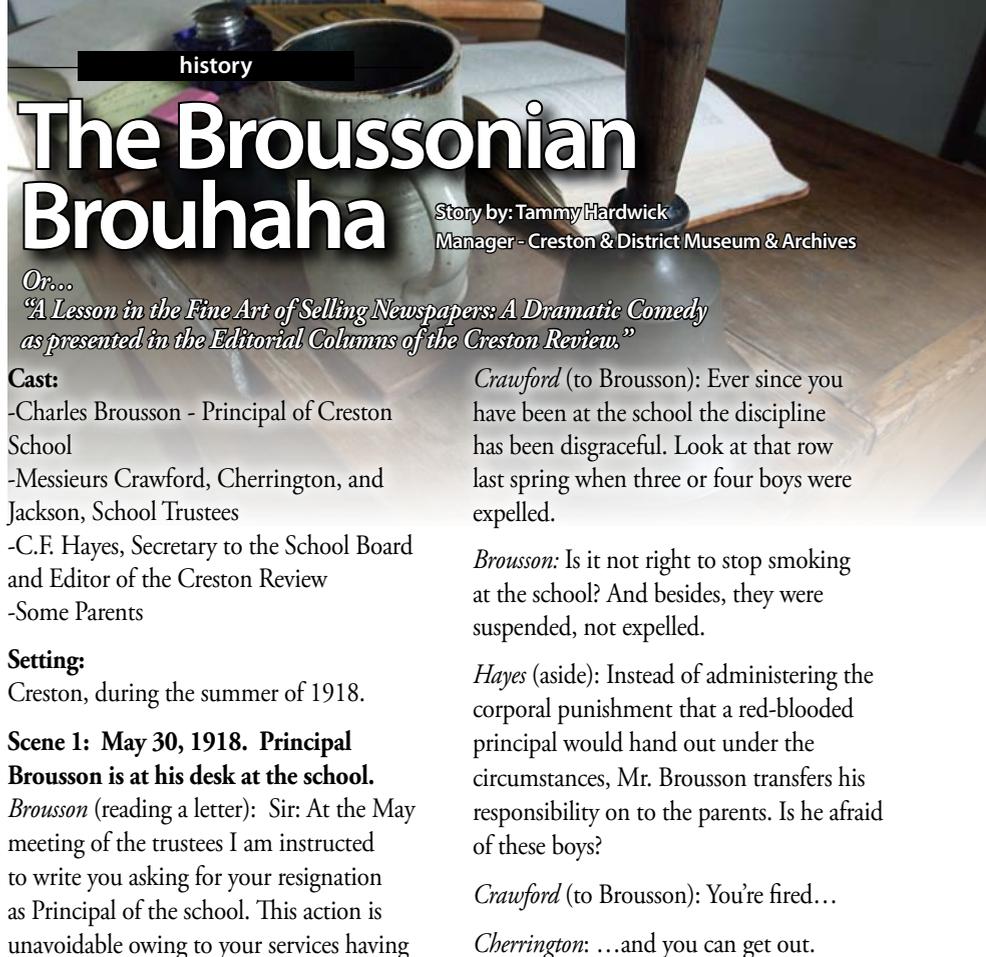


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history

The Broussonian Brouhaha

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

Or...
"A Lesson in the Fine Art of Selling Newspapers: A Dramatic Comedy
as presented in the Editorial Columns of the Creston Review."

Cast:
-Charles Brousson - Principal of Creston School
-Messieurs Crawford, Cherrington, and Jackson, School Trustees
-C.F. Hayes, Secretary to the School Board and Editor of the Creston Review
-Some Parents

Setting:
Creston, during the summer of 1918.

Scene 1: May 30, 1918. Principal Brousson is at his desk at the school.
Brousson (reading a letter): Sir: At the May meeting of the trustees I am instructed to write you asking for your resignation as Principal of the school. This action is unavoidable owing to your services having been unsatisfactory during the term. (Brousson exits hastily, evidently much perturbed.)

Scene 2: July 13, 1918. The annual school meeting.
Brousson: Sirs, throughout the year the school has run smoothly. There have been good order and industrious study. The pupils have seldom been as well prepared for their examinations as this year. I demand an explanation – why have I been dismissed? Especially when the High School Inspector, after watching me teach for a whole afternoon, gave me an excellent report?
Hayes: An "excellent" report? Here is the report (brandishing it, and reading): "Canadian history well taught; geography very fair; class backward in grammar and literature. Pupils work well, but are backward in some subjects." (Tossing the report aside). Why such shallow phraseology? If his work is excellent, why not say so? They did with two other teachers at the school! And don't miss that final sentence!

Crawford (to Brousson): Ever since you have been at the school the discipline has been disgraceful. Look at that row last spring when three or four boys were expelled.
Brousson: Is it not right to stop smoking at the school? And besides, they were suspended, not expelled.
Hayes (aside): Instead of administering the corporal punishment that a red-blooded principal would hand out under the circumstances, Mr. Brousson transfers his responsibility on to the parents. Is he afraid of these boys?
Crawford (to Brousson): You're fired...
Cherrington: ...and you can get out.
Brousson: I refuse to resign!
Hayes (aside): Mr. Brousson does not care to accept a gentleman's request to resign. This request has always been accepted as a notice to leave by all previous teachers.
Parents: I move for the immediate reinstatement of Principal Brousson! Hear, hear! Let's have a ballot! Hurrah! (The motion passes 50-2).
Parents: I call for the immediate resignation of Trustees Crawford and Cherrington! They contravened the School Act by selling goods to the school!
Hayes (angry): Trustee Jackson also sold goods to the school throughout his just-expired three-year term. True, he is not in business now, but surely a crime committed in January is still a crime in July? Why not call for his resignation, too?
Jackson: For the past year my trade with the school board amounted to \$11 odd. Through Trustee Crawford and Trustee Cherrington, the Creston Mercantile's account was over \$250. Can these two

gentlemen assert that they did not seek business for their firm out of dealings with the school?

Hayes (fuming): What sort of a piker are you to complain of the other fellow getting the lion's share? You certainly were never known to refuse any of this trade you could handle! They've only done, for a short time, what you've been doing in a more direct way for three years! Invariably, the little thief gets the longest jail term!

Parents: Call the question! Crawford and Cherrington to resign! Hear, hear! Mark your ballots for the motion! (Motion passes 40-8)

Hayes (aside): Without further form or ceremony, they would have hung the culprits first and tried them after! What a performance for citizens who gathered to hear school matters intelligently discussed!

Scene 3: August 19, 1918. A meeting of the school board. Brousson and Hayes are present.

Hayes (to the audience): The knockout blow in the school controversy may be looked for any day now. Inspector Calvert was here a couple of days this week, looking over minute books, interviewing trustees, and receiving a delegation of Broussonians. The Inspector gave the trustees to understand that they had acted entirely within their rights. One ray of hope still glimmers for the Broussonians, however: Does the request the Board served on the ex-principal in May, asking for his resignation, constitute a legal notice of dismissal?

Crawford (entering with a letter): Gentlemen, the letter from the School Inspector has arrived. (Opening it and reading) Sirs: The department of education finds that the trustees were quite justified in their reasons for dismissing Principal Brousson. However, the request for his resignation on May 30th was not a regulation dismissal, which must be served before the end of May. Therefore, the trustees are ordered to reinstate Principal Brousson.

Hayes (erupting): What? The ex-principal is deemed worthy of dismissal, but he gets

to stay because the trustees were too late in putting the skids under him? Because they extended to him the gentleman's privilege of resigning, instead of being dismissed outright, which he refused to accept? We're stuck with this delectable pedagogue?

Cherrington (taking the letter and reading): Further, Mr. Crawford, being the shareholder in a company that has done business with the School Board, is disqualified as a trustee. No charge is made that Mr. Crawford used the position for the firm's benefit; nevertheless, he is ordered to resign.

Crawford: My resignation will be turned in tomorrow.

Hayes (furious): The most damnable feature of the whole mix-up is the raw deal handed Trustee Crawford! Up rise the Broussonians, and in the crudest, most un-British and discourteous fashion demand his head! Why such unseemly haste to discredit a permanent citizen who gives of his time and means, and has done something in every possible direction to make the Valley a bigger and better place to live in?

Jackson: I move that Principal Brousson be reinstated immediately.

Hayes (gloating): Trustee Jackson fails to get a seconder for his motion. And why should he? In the ex-principal we have a johnny-come-lately who would pull his freight tomorrow if he had \$5 a month higher salary offered to him! He is a non-entity in the public life of the community in every direction – religious included!

Brousson: I certainly intend to remain, even under these circumstances.

Hayes (to the audience): Considerable space has been taken in this paper to accommodate the school controversy. Editors have a weakness for seeing to it that letters on public questions do not go unanswered. It's good for business – and people like it, judging by the demand there has been for Reviews this past month.

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Beating the Winter Blues

Story by Alexandra Ewashen, MSW
Interior Health Authority Mental
Health Clinician

(Initially printed
January 2009)

“Research continues to show that regular exercise is a natural anti-depressant.”

Grey skies, cold weather, short days and long nights often cause people to feel a little blah. For some, this can mean low energy, mild depression, carbohydrate cravings and even mild anxiety. There are several theories as to why low levels of sunlight contribute to problems with mood. The common theme is that light triggers messages to a part of the brain called the hypothalamus, which regulates mood, appetite and sleep. The lack of light in the winter may interfere with the ability of the hypothalamus to effectively manage those functions. Some people have found that daily exposure to a light box can help. Light boxes can be purchased at pharmacies and medical supply stores. They don't work for everyone so here are some alternative suggestions.

Get outside:

Even though during winter months light intensity is less than at other times of the year, you can still get enough Vitamin D with reasonable amounts of outdoor activity. Icy, cold conditions make it difficult to go outside but use the motto “there is no such thing as bad weather, just bad clothing” to get you motivated to go outside. A 20-minute walk can significantly boost your mood.

Exercise:

Research continues to show that regular exercise is a natural anti-depressant. Those who exercise are typically less likely to be diagnosed with depression and those who end up depressed will recover quicker if they continue with their exercise program. If exercise is alien to you, start with some simple stretches, deep breathing and gentle walking. What is most important is that you move. Increased blood flow and oxygen boosts endorphins, which results in positive mood.

Nutrition:

It is not uncommon to want to eat comfort food in the winter months but this usually results in short term satisfaction, long term weight gain and feelings of lethargy. Instead, try and eat nutritional foods that are more likely to result in balanced blood sugar and a stable weight. Also consider Vitamin D rich foods such as fish, egg yolks, milk and dairy products. Avoid unhealthy fats and sugars.

Consider your surroundings:

Many people make an extra effort to pay attention to their environment during the winter months. Colourful décor, fresh flowers, wonderful smells and soothing music all can help to create a warm and cozy environment. This can help distract away from the cold and darkness of the outdoors.

Socialize:

The winter can sometimes be the best time to start a new activity or increase time with friends. You will likely have to fight against a tendency to hibernate but contact with others and doing pleasurable activities typically results in an improved mood. Don't isolate yourself as this can lead to reduced activity and negative thinking which can play havoc with your mood.

Final thoughts:

If you are struggling with more serious symptoms of depression get help. Depression can lead to relationship problems, conflicts at work, feelings of sadness and worthlessness as well as problems finding pleasure in day-to-day activities. You may need medication and/or counseling support. Talk to your doctor or mental health professional. You don't need to struggle alone.

Real Estate Outlook: 2010

Story by: Scott M Veitch, BCom, RI, FRI
 Broker Manager - Century 21 Veitch Realty Creston
 Past President - British Columbia Real Association

Wazup? If 2009 could be called the end of, and recovery from the near Great Recession, then late 2009 and early 2010 may be called better times. For BC's larger metro areas, the real estate market was a roller coaster – down, down, oh oh now faster faster, and up up!

Mortgage rate increases are expected to be modest in late 2010 and throughout 2011 as our high Canadian dollar tempers growth prospects, a tepid labor market and production over capacity lower inflation expectations, reflecting in a relatively fragile economic recovery.

Year to date, MLS® BC's residential sales dollar volume increased 21% over the same period last year. Units sold were up 19% from 2008 and the average MLS® price in BC increased 2% to \$463,555. From a Kootenay Real Estate Board perspective the average price is up 11.1% to \$268,761, with slightly fewer listings and marginally improved sales-to-active listings ratios. From a unit sales comparison the Kootenays is up by 61% over this time last year.

In 2010 residential sales are forecast to increase by 26% with the average price to grow by 3%. It should be noted that the sharpest rebounds have occurred in regions that have relatively low proportion of investor, recreation, and retiree buyers. End users, and particularly the first time homebuyers are driving home sales in the Lower Mainland and Island.

In the future, lifestyle and the natural environment will be a powerful magnet to our region. Recreation and retiree homebuyers, lured by our microclimates, will further boost populations, create jobs and provide some balance to the ebb and flow of business and commodity cycles. The

abundance of natural resources will also be a strong economic engine as raw materials extraction and processing accelerates alongside global demand. Tourists motivated by the 2010 Olympics will likely stay longer and travel more extensively through the province than the actual Olympic visitor.

It also should be noted that home sales in Alberta are up 78% since the beginning of the year, with Calgary up 133%. After falling 16%, Calgary home prices are now up 10% from its trough. This means that concerns for home equity isn't as pronounced and signals that many Albertans may soon be back in the Kootenays snapping up recreation properties and searching for the perfect community where they can retire once again. Housing market conditions in the Kootenays are strengthening and are expected to improve in 2010. The market is now less tilted in favor of buyers and a level playing field or balanced market will likely develop over the coming months.

More specifically and related to our Creston Valley there will be a jostling of prices and positioning of product to take advantage of the "blue skies" around the corner. Most likely the worst of the storm is over. It will not likely be a marketplace of dramatic price changes neither large bumps nor deep cuts unless the product offering is misaligned. Pending and ongoing local improvement projects will also have a positive influence on market conditions by further adding to consumer confidence and local pride. 2010 will be a year of evening out the hollows and peaks in our Creston Valley market place. To ensure that you are not missing out on any opportunities contact your trusted REALTOR® and remember, "If you worry about what might be, and wonder what might have been, you will ignore what is." Get over it!

2010

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Rock Solid

Story by: Brian Grant

The Creston Valley Prospectors and Lapidary Club

The Creston Valley Prospectors and Lapidary Club has had a long presence in the Creston Valley. It initially started as the "Rock and Mineral Club" in April of 1973, and may have had a previous existence to that as well. The organization met in various clubhouses, shacks, meeting rooms and members' homes during that time. Our present club is an amalgamation of two previous clubs in town, the Prospectors and the Lapidary Society.

The objectives of the club are mainly to promote and encourage collecting, cutting of gemstones, minerals, rocks and other geological material as a hobby. The Creston Valley Prospectors and Lapidary Club provides equipment, machinery, and education in these materials for the benefit and enjoyment of the members.

The club organizes field trips to places of geologic interest such as old mine sites and places where gemstones, minerals and fossils can be collected. Another popular activity for members is gold panning and metal detecting on local rivers and streams.

The Creston Valley Prospectors and Lapidary Club recently moved into a bright new workshop located downstairs in the Chamber of

Commerce building. All the work to set it up and get it running was done by club members over the course of several months. It is equipped with cutting and polishing tools, and silver-smithing equipment, much of it new.

Renovations to the clubhouse/workshop were financed in large part by grants from the Town of Creston, Columbia Basin Trust and the RDCK for which we are extremely grateful.

Monthly meetings are held on the first Thursday of the month at the Library meeting room at 7:00pm, (come around the back door as the main library is closed at that time). We invite anyone interested in learning about lapidary or prospecting as a hobby to attend our meetings and become members.

The workshop is available for use by members at organized sessions of small groups directed by a qualified shop foreman on certain weekdays and evenings. Training is offered to new members in the use of the equipment used in lapidary skills, (cutting and polishing of gem stones), as well as courses in silver-smithing to make jewellery and silver wire wrapping of gems. We are also considering a course in soapstone carving for the future.

The club offers a friendly, open attitude at its meetings and workshops and is really a great way to meet other people with similar interests.



Field trip last year to the Queen Vic mine just west of Nelson

PICTURE: Credit Gerry Rehwald.

CRESTON'S LARGEST LOSER

Creston's Largest Loser kicks off in a week or so and since it was announced a few months back, it has created a lot of buzz in the community. This is an event designed to help individuals, in the Creston community, to obtain a healthy lifestyle by utilizing services and garnering support from peers. Nadan Nessie Gear, (an athletic shoes and apparel store in Creston), is hosting and spearheaded the event. Owner, Vanessa Fowler, networked organizations and local businesses within the community to jump aboard and provide participants with all the necessary services, expertise and support needed to obtain a healthy lifestyle.

Creston's Largest Loser runs for 12 weeks and includes weekly weigh-ins at the Nadan Nessie Gear store. As an incentive to the participants, Nadan Nessie Gear is offering a \$5000.00 cash reward to the person who loses the most percent of

A Healthy Start in 2010

Story by: Vanessa Fowler - Owner of Nadan Nessie Gear

their body weight. There are also additional coupons and giveaways from local businesses and other incentive rewards throughout the event. Even though the grand prize is a huge incentive for people to join this event, it's main purpose is to help others obtain a healthier lifestyle.

Fowler has repeatedly been asked what inspired her to host the event. The idea came when she was at her second job a Registered Nurse at the Creston Valley Hospital. While on a coffee break with a fellow RN, her co-worker mentioned her sister belonged to a similar event in a small

"Help others obtain a healthier lifestyle."

town that was hosted by a fitness gym. After doing some research with this gym, and looking into similar events, Fowler thought why not bring this to Creston? Why not help people get healthy? Being an RN she knew first hand what an unhealthy lifestyle could lead to. As well, she has struggled with weight and knew this would be an event that could help herself.

After some thought, Fowler knew she couldn't do this event completely alone, and this is where the community stepped in. There are a number of people and businesses in Creston that are all about health and fitness, and they all want to offer their services.

Every participant will be given a manual with a list of all the businesses that have sponsored and are supporting the event. This manual will also be their progress book over the 12 weeks.

Progress of the participants will be posted at Nadan Nessie Gear as well as the website: www.nadannessiegear.com

Although Fowler is not eligible to win the \$5000, she is also participating in the event. She truly believes that with the support of the whole town, a common goal can be achieved by following a healthier lifestyle. Fowler is confident Creston's Largest Loser will provide the wonderful opportunity to see the networking this town can have. Good luck everyone.

*For information or to follow contestants' contact:
Vanessa Fowler RN
129-10th Ave N, Creston, BC 250-402-6660
www.nadannessiegear.com*



Story by: Joe Martin
Head Coach/GM

Creston Valley Thunder Cats

The end of November and the whole month of December were tough on the Thunder Cats.

Injuries hit us hard. Some players played through them, some players have been off for three weeks and some have not skated since early November. Combine these injuries with 20 games in a month and a half and you have some depleted soldiers.

The good news is after the Christmas break, all the boys should be rested

and hungry for more. In the 2010 part of the season, we are looking to continue growing our team concepts of hard work, and focus on task at hand. We feel that our club is much better than it's record indicates and with our health improving so should our win totals.

www.crestonvalleythundercats.com

Out & About

www.crestonevents.ca

January 16, 2010

Olympic Torch Relay Celebration

Location: Spirit Square from 10:00am-4:00pm

Contact: Alan Burt
250-424-5403

January 16, 2010

Holy Cross Parish Annual Ukranian Dinner

Location: Holy Cross Hall 4:30pm-7:30

Cost: Adults \$12.50
Children \$5.00

Contact: Merv Syroteuk
250-428-2994

January 20, 2010

Creston Concert Society Presents Da Vinci Codex

Location: PCSS Auditorium 7:30pm

Cost: Tickets available at Black Bear Books

Contact: Margaret Lavender
250-428-9557

January 23, 2010

Olympic Torch Relay

The Olympic Torch Relay will be stopping in Creston at 1:00 on Sat. Jan 23, 2010.

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Contact: Alan Burt
250-424-5403



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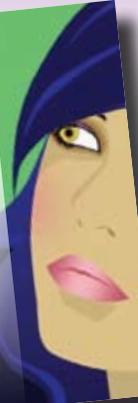
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