

November 2016

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Special Section

Remembrance Day:

- Letters from the front
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JUICY FRUIT

Ciders a bull's eye for
William Tell Family Estates

EDUCATION

CBAL encouraging
literacy and learning

HISTORY

1960s photographs by
Ellis Anderson

ENTERTAINMENT

Beauty and the Beast
coming to stage

A row of five Benjamin Moore paint cans. From left to right: 1. 'Aura Bath & Spa' in a white can with purple accents. 2. 'Regal Select' in a blue can with a gold label. 3. 'Aura Waterborne Interior Paint & Primer' in a dark purple can with a large purple flower graphic. 4. 'Natura' in a white can with green accents. 5. A partially visible blue can on the far right. Each can features the Benjamin Moore logo and specific product details.



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[illegible]

From the Editor



BRIAN LAWRENCE

After more than two years of planning, I'm so excited to see *Beauty and the Beast* finally ready to hit the stage at the Prince Charles Theatre in

December. With costuming a challenge we weren't able to solve, we — that is, Footlighters Theatre Society, of which I'm president — delayed it two years ago in favour of Rodgers and Hammerstein's *Carousel*. And now, with some amazing pieces rented from the Cardston, Alta., Carriage House Theatre, we're ready!

Dozens of volunteers (actors, musicians, set builders, costumers) have been hard at work since September. The

number of hours — including scheduled rehearsals and planning meetings — that go into a production of this magnitude is staggering. And it brings such an incredible sense of satisfaction to everyone involved when the hard work pays off.

I'm always impressed with the level of interest in such a small community when it comes to the performing arts. Typically, musicals require large casts, and we've never been too hard pressed to find performers — some regulars can always be counted on and a few new ones always seem to show up in the nick of time.

And while we've been rehearsing, the Crawford Bay theatre group is preparing for a play early next year, and the Blossom Valley Singers have been rehearsing for their Christmas concert, which runs a week after *Beauty and the Beast*.

Of course, there's more to life than

art, so be sure to check out other items in this month's issue:

- features on William Tell Family Estates, makers of some pretty tasty ciders, and the Columbia Basin Alliance for Literacy;
- incredible 1960s photographs submitted by the Creston Museum;
- a Creston Valley Wildlife Management Area salute to fall colours (and an explanation of why they happen); and
- an impressive series of articles saluting local soldiers as we approach Remembrance Day.

Happy reading!

P.S. It's hard to believe, but the Christmas season is almost here, which means we are thinking about the December issue. This year, we want to share photos of your favourite ornaments in our Season's Greetings section. Send a photo to editor@ilovecreston.com and tell us why it's your favourite, and you might see it in print! ■

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William Tell Family Estates offers cider, vinegar and fruit spread made with fruit from Erickson's JRD Farms.

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Columbia Basin Alliance for Literacy encourages lifelong reading and learning among all ages.

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From Branch to Bottle

ABOVE: Amy White picking apples at JRD Farms.
COVER: Dave Mutch harvesting grapes.

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

William Tell Family Estates owners Dave Mutch and Amy White took a chance three years ago, going from selling fresh cider in gallon jugs to selling glass bottles of sparkling old-fashioned cider at the Creston Valley Farmers' Market. And the new beverage was an instant hit.

"We just about sold out the first weekend," says Mutch.

"Our town is very supportive of it. We've been to lots of markets and Creston is one of the top, by far," says White, a dental assistant who, like Mutch, was born and raised in the Creston Valley.

"We just about sold out the first weekend."

Their product line has expanded since, now including vinegar, drinking vinegar, fruit spread and hard cider, the latter debuting in December 2015, after two years of planning.

"It was the end goal, but we didn't go all the way then without knowing how it would pan out," says Mutch.

William Tell offers two hard ciders — Apple Crisp and Long Shot, made

with apple blends — which are still rather than carbonated, and a perry, Pearalizer, made with Anjou pears.

The business grew out of Mutch's passion for agriculture, which started when he was a child.

"When they used to pack apples at the packing house, I went out there with Ron Hug," says Mutch. "They were family friends, and they had a big apple farm in Canyon."

When visiting the farm, Mutch would help scour the orchard for culls, which, at the time, could be sold to Sun-Rype.

In Grade 8, he began working for Chuck and Elaine Truscott, and continued to do so in the summers after

Feature

he left Creston in 1997 for college in Alberta, where he earned a horticulture degree. In 2001, Mutch began working as a vineyard technician at West Kelowna's Mission Hill Family Estate winery, which brought back memories of home.

"I always thought we could grow some grapes in the Creston Valley," he says. "Even when I was working at Truscotts', I thought somebody should be making cider."

He didn't expect that somebody to be him, though, intending to spend a couple of decades at Mission Hill before retiring to Creston. But he returned to Creston sooner than expected, becoming an inspector for the Canadian Food Inspection Agency (CFIA), as well

as buying eight acres on an Erickson hillside. At an elevation of 640-700 metres, JRD Farms is the highest vineyard and orchard in B.C.; facing southwest, the location allows full sun exposure for apples, peaches, pears, plums and prunes, apricots and pinot noir grapes, as well as cherries, which are planted but not yet producing.

"I always thought it would be ideal, with the sloping aspect," he says. "I just drove in there and I said, 'I'll buy it.'"

Mutch and White started selling gallon jugs of cider, and when Mutch lost his job in 2012 due to CFIA budget cuts, they took the plunge into sparkling cider, then under the William Tell Juice Co. label, the name derived from the Swiss folk hero who allegedly

shot an apple off his son's head on Nov. 18, 1307.

They didn't stop there, soon bottling apple-pear cider vinegar.

"We ferment the juice, then add mother of vinegar, a natural bacteria like SCOBY (symbiotic colony of bacteria and yeast) on kombucha," says White.

The initial plan was to keep the apple and pear flavours separate, but in the end, they combined them for a unique taste.

"When it came down to crunch time, we threw them together, and made one label instead of two," says Mutch.

From there, it wasn't a stretch to create drinking vinegar, a concentrate used in cocktails and mocktails. Among



Feature

the William Tell offerings are apple pie, flavoured with cinnamon and vanilla (it goes well with darker liqueurs, or with warm apple juice and amaretto), and black cherry (perfect for vodka and fresh mint), made with cherry juice from the Loca Orchard Juicing Company.

Of course, the question remains: What is the difference between cider and juice? There isn't one, technically, but the William Tell product is cider

rather than juice because it's certified through the Interior Health Authority; it could be juice if it were federally certified. For the same reason, Mutch and White produce apple-pear fruit spread, rather than jam.

The fruit at JRD Farms is all grown with minimal spray and pruning, and Mutch and White will be adding more to the mix, with Cox's orange pippin, Newtown pippin and red Gravenstein

apple varieties among upcoming cider ingredients.

Whatever the future holds, they're sure their loyal customers will be lining up for a taste.

"Every time there's a new product, the response from the community is good," says Mutch. "At first, I think people were just buying it to help us out and support us, but now they're buying it because they enjoy it." ■



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"TIME WILL TELL"





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Municipal Conferences Bring Community Benefits

I originally wrote about the importance of elected officials attending municipal conferences in the July 2012 issue of I Love Creston. Today, over four years later, I know firsthand that this topic remains relevant and worthy of discussion. So here we go again!

The 113th annual Union of BC Municipalities (UBCM) conference was held in Victoria from Sept. 26-30. I had the pleasure of attending along with four other councillors, our town manager and our director of finance. I can't help mentioning how much we all missed having Coun. Joe Snopek along with us; the many condolences we received from all levels of government for his unexpected passing left us both heartened and saddened.

While there was sadness, there was also celebration of great accomplishments. The highlight for our council and Regional District of Central Kootenay directors Larry Binks (Area C) and Tanya Wall (Area B) was the announcement made by Community, Sport and Cultural Development Minister Peter Fassbender regarding our combined Arrow Creek water mainline replacement application. This project was approved for \$2,507,417 of federal

funding and \$1,654,895 of provincial funding. Thirty-five communities around the province received a combined \$60 million in funding for clean water and waste water projects, and we took home over \$4 million dollars of that pot!

This funding approval means that the final two phases of the Arrow Creek mainline replacement project can be tendered, with project completion intended for 2017. Coun. Snopek was our town's representative on the Arrow Creek Water Commission and he would have been very proud to bring this news back to the citizens of the Creston Valley — I share this success on his behalf.

While the securing of the Arrow Creek grant funding was certainly a huge success, there were many other opportunities to advance our community during the five days we spent at the UBCM conference. I personally attended seven meetings with ministers and/or their staff on topics including wildfire fuel mitigation, concerns with "keep of prisoner" costs in our local RCMP detachment, the future Cook Street highway realignment, continued improvements of Highway 3 from Hope to the Alberta border, agriculture opportunities, our Creston market park

concept and our Arrow Creek water grant application. I'm proud to say that as a council we attended numerous key meetings with our local regional district area B and C directors. This approach strengthens our message to the province as we project a united community voice on opportunities related to agriculture, tourism, water and more!

The conference week is a busy one, and to ensure that we make the most of our learning outcomes, each attending councillor is required to provide a written report of their activities at the conference, covering a wide variety of events, workshops and meetings. These reports demonstrate how we spend our time, what connections we make and what thoughts and ideas we don't want to lose sight of when moving forward.

As you can tell, I am impressed with the outcomes of our attendance at the 2016 UBCM conference held in Victoria. We look forward to attending the 2017 conference and seeing what other successes we can achieve for the benefit of the Town of Creston and the Creston Valley as a whole! ■

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Roles of Chief and Council

Ki'suk kyukyit (greetings). I have been in the position of chief of the Lower Kootenay Band for approximately six years. During this time we have continued to improve upon our working relationships with our community partners, the Town of Creston, Regional District of Central Kootenay, provincial government and federal government.

I would like to clarify the role of chief and council, as there seems to be ongoing confusion with citizens of the Creston Valley. I receive numerous calls and emails from individuals who should direct their calls to the RCMP or other agencies. For example, I received a phone call from an individual who apparently was robbed by a First Nations person. I asked if they contacted the police. The person stated they did not, that this was "one of my people". I have no control over the actions of any person. If a crime has been committed, please contact the police.

There are numerous requests to give a blessing or a prayer to open events. My role as chief of the Lower Kootenay Band is governance. There are similarities to that of a mayor. The roles and responsibilities of the chief are as follows:

- acts as the band's official spokesperson and representative at various functions; can delegate this responsibility to council when required;
- is called upon to speak for and express the opinions of the First Nation when dealing with general matters of concern to the First Nation;
- ensures that the council conducts itself in a manner consistent with its own rules, applicable First Nations bylaws

and any other applicable laws;

- calls emergency meetings of the council to discuss important business that cannot wait until the next regular meeting; the chief shall summon a special meeting if requested by the majority of council;

- makes decisions in accordance with council policies;

- ensures that a mechanism is in place to determine council's formal position on significant matters and the means to communicate this position to the media and public;

- despite the chief title, the chief does not have more power than a council member; the chief is a voting member at the council table; and

- focuses on the long term needs of the community.

The chief councillor is a creation of the Department of Indian Affairs. This differs from what a hereditary chief is. A hereditary chief follows the bloodline of a male that stems back many generations. The hereditary chief had a leadership role in the community but also had some spiritual roles. There were also chiefs who had specific roles such as a hunting chief, ceremonial chief and fishing chief,

to name a few. The chief councillor was introduced by Indian Affairs and its primary function is governance.

Although the Lower Kootenay Band has an administration staff, the chief and council do not oversee or direct these staff members. This is the role of the director of operations, the one staff member that the chief and council oversee. Many inquiries are better suited for the administration staff. We are very proud of the acquisition of Ainsworth Hot Springs but we have also hired a general manager who can deal with inquiries about the hot springs, as well as hiring staff.

My family has had the same home phone number since 1992. The number is listed. It has come to the point where I do not answer the phone at home due to the high volume of calls for me. I do this job with a great deal of pride but know that I am also a very private person. My spouse has taken a back seat to my job so private time is valuable. Going to the hockey game, movie or out for dinner is family time. I try my best to be courteous but please realize I am not at work.

For further information, please visit www.lowerkootenay.com. We have some amazing staff and please read up on some of our programming and initiatives. Thanking you in advance for your attention to this matter.

Texas. ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Ellis Anderson, Photographer

The deluge of newly-acquired photographs continues! Last month, it was a collection from the *Nelson Daily News*; this month, it's a stack from Ellis Anderson, who was a prolific local photographer who died in a car accident in 1990.

Don Lyon, a Nelson photographer and postcard-maker, bought Anderson's prints and negatives. When he died a few years ago, his widow began redistributing them all to worthy homes. Here are a few of my favourites from that collection.

Glory Hole at the Bluebell Mine, Riondel (1967)

This is the silver mine that brought a lot of international attention to Kootenay Lake, prompted the development of at least one and, arguably, three or more communities; caused a murder and sensational murder trial; fuelled a (admittedly short-lived) smelter; and led more or less directly to a terrorist attack on the East Shore of Kootenay Lake. Unfortunately, it's also the mine that missed the main body of ore by a geological hair's-breadth, so when Cominco (now Teck) took over the Bluebell in the early 1950s, the company began digging just to the west of this glory hole. My dad, though, who grew up in Riondel in the Cominco era, recalls that the two shafts



were very close together in places, so it was possible to go down into the original shaft and get into the hot pools in the bottom of the Cominco mine — an activity rather frowned on by the Cominco people, of course.

Canyon School (1967)

What I like best about this photo is that it is virtually identical to a much older photo of the school that we have in the archives' collection — the building does not seem to have changed much since it was built in 1910! The school became the Canyon Hall in 1950, and burned to the ground in a devastating fire in March 1976. According to the newspaper article that announced the fire, "Everything in the hall, including tables, chairs, equipment and a piano, was lost. Propane tanks blew up, adding to the fire, and two tons of coal, delivered just two days before, continued to burn over the weekend."



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Skimmerhorn Mountains (1966-1967)

As I'm sure some of you have heard me say, the Skimmerhorn Mountains are my favourite mountains anywhere. I just love how they rise so dramatically from the relative flatness of the valley floor and benchlands. So, of course, Anderson's photos of them, framed by fruit trees, went straight to the top of my favourites list. But,



since I am supposed to be writing about local history, I will further justify the inclusion of these images by telling you that the mountains were named after a fellow named Schermerhorn (or something like that — the spellings in the old newspapers vary) who had a railway tie-cutting operation on the mountains, and flumed the ties down a creek to little railways below.



Kokanee Springs Golf Course (1969)

It is easy to see why Ellis Anderson's photographs would have been sought after by a postcard maker; in fact, I think even today Kokanee Springs (left) could not find a better image to promote its spring season. There are many stunning views of the region amongst the photographs that landed on my desk last week, including one of the Sirdar highway in all its fall glory (left). Anderson took care to ensure that his photographs did reflect the beauty of the landscapes: the processing envelopes for Gunnar Larsen's studio (where the patio of A Break in Time Caffe is now) are all neatly marked with very precise instructions for developing to ensure vivid colours and good colour balance. ■



Ag Aware

Story by: Randy Meyer,
Creston Valley Agriculture Society

The 2016 production year is winding down. Crops have been harvested, much of the produce has been marketed or stored away for later consumption, and hopefully most of the production bills have been paid. The days are much shorter and we can and should be able to slow down somewhat.

We are all so privileged to live in an area that produces such an abundance of good food. In our valley, our area,

our province and our country, lack of good food and clean water is, for the most part, not a major problem. For some parts of the world, it is an everyday problem. Our abundance of food provides us with many choices when it comes to what we all actually choose to eat. "Locally grown" is a huge thing in our area, as evidenced by our awesome farmers' market and the many local fruit and vegetable stands.

We are free to choose who or what we support. Various production methods abound. It seems that everybody has their "thing": certified organic, naturally grown, GM-free,

antibiotic-free, heritage breed grain, chickens or tomatoes, humanely raised, fair trade, cage-free, spray-free, etc. There are so many choices. Many of us are in a position to support these various production methods.

There is another side of the coin when it comes to food production. The many multiple thousand-acre grain farms, the huge commercial "factory farm" feedlots that hold thousands of head of cattle, the poultry and pork production facilities housing many thousands of animals, and intensive pro-GM, pro-chemical fruit and vegetable farms. Like it or not, all these production methods have their place in feeding the billions of people on this planet, the number of which is increasing by about 75 million each year. That is the equivalent to the population of Canada twice over, every year. Many people in poorer countries, in large cities and those that are economically challenged are not able to access the types of great food that we pretty much take for granted here. Cheaper, mass produced food is the norm for many people.

As time goes on, an ever increasing percentage of our population is far removed from the farm and farmers. Their knowledge of how food is produced can be quite limited. Celebrity endorsements or condemnations on TV or on the Internet are taken as gospel truth. The occasional food recall or case of animal abuse gets all farmers tarred with the same brush. We must all be doing bad things like this all the time, apparently. My all-time "favourite" is when people comment about all the drugs and antibiotics that we are "pumping" into our feed animals. So untrue!

I and many of you out there participate on conversations on Facebook. It can be a good place to get information, find out news and for general entertainment. Recently, just prior to Thanksgiving, there was a conversation about the upcoming

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feast, which for many of us features a roast turkey. People from all parts of the country were commenting on this conversation, so I chimed in as well. My comment was about how we had just participated in the harvest of local turkeys and how many families would be enjoying a delicious, healthy, local-farm raised bird for their celebration. To my surprise, a few hardcore vegans started bashing me and anyone else that would even think of raising, killing and eating these turkeys, even stooping so low as to calling us murderers for doing so. Some of their comments were absolutely brutal! I had not expected such things. The comments went back and forth for some time.

I don't care if you are vegan or a meat eater or somewhere in between. The bottom line to me is that most of us are fortunate enough to be able to have these choices in what we choose to eat. We all need to accept the fact that all the different production methods have a place in this world so that there is enough food for all to eat. Make your choices and allow others to do the same. Eat as healthy as you can. Get informed on agriculture issues and be more Ag Aware. ■

Smarty Plants: Changing Colours of Fall



BY LAURA BRANDON
Acting Education
and Communications
Co-ordinator
Creston Valley Wildlife
Management Area

Although it's hard to pick a favourite season, autumn is definitely one of my favourite times of the year. While I'm sure we've all been busy finishing up the last of our outdoor chores for the season, wildlife in the Creston Valley have also been preparing for the upcoming winter. The Canada geese, osprey and other migratory birds that call the wetland home during the summer have departed on their long journey south. Frogs, salamanders and turtles have found cozy little hibernation spots where they will wait out the cold winter months. Even beetles and many other insects have found warm little


nooks and crannies to overwinter in all throughout the valley.

Just as animals modify their behaviours in response to their changing environment, trees and plants have some pretty amazing seasonal adaptations as well. Just like you and me, plants can sense the onset of winter: shorter days, lower light levels and cooler temperatures. While many coniferous (or needle) trees will hold onto their leaves all year long, deciduous species (like dogwood, aspen and birch, to name a few) will shed their leaves as the days become shorter. While this adaptation helps plants cope with the frigid temperatures and reduced water availability over the winter months, why exactly do leaves change colour before they fall?

During the spring and summer months, leaves appear green due to



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Outdoors

the large presence of chlorophyll, the main pigment needed by the plant to produce its own food through photosynthesis. As the days get shorter and the temperature drops in autumn, deciduous trees and shrubs begin to shut down food production to prepare for winter dormancy. Trees begin to

gradually cut off the water supply to their leaves, leaving excess glucose and waste products from photosynthesis trapped inside the leaf. Without a constant water supply, the chlorophyll will start to decompose and the green colour will eventually disappear from the leaves. The colours we see in fall are actually expressions of various different pigments, many of which have been also been present in the leaves since they sprouted way back in the spring! Due to the masking effect of the green chlorophyll, we were never able to see them — until now.

Having recently arrived in Creston from Edmonton, Alta., I was privileged to witness the fantastic colour display throughout the mountain forests as I drove west. Here in the Creston Valley, the gorgeous landscape is alive with the rich colours of the season, as well. Some colours, like sunny yellows and vibrant oranges, are largely caused by a family of pigments called carotenoids (beta-carotene, for example, is the carotenoid responsible for giving our carrots their bright orange colour). Like chlorophyll, these pigments will also decompose eventually but at a much slower rate, which allows us to see the colours before the leaves fall.

Other colours — like brilliant reds,

vivid magentas or even deep purples — are caused by a family of compounds called anthocyanins. These are the same pigments that give beets, red apples, purple grapes and red wine their colours too. Unlike carotenoids, anthocyanins are not generally present in the leaves all summer; instead, they form in the fall after the plant has shut off the water supply to its leaves and excess glucose becomes trapped. Interestingly, leaves with high anthocyanin content generally remain on their branches longer than yellow or orange leaves. (Have you ever noticed this phenomenon in maples?)

Regardless of the pigments involved, all of the deciduous leaves will eventually fall to the ground as the snow begins to fall. In our natural areas, this creates a layer of organic material that is critical to proper ecosystem function. Every year, decomposing leaves reinvigorate the soil with nutrients and encourage new growth for both the upcoming spring and future generations to come.

So, while raking seemingly endless piles of leaves in our backyards can surely be a chore, our natural ecosystems would be much different if the leaves remained on their branches. ■

Questions? Feel free to call 250-402-6900 or email askus@crestonwildlife.ca.

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TOWN OF CRESTON NOTICE TO PROPERTY OWNERS SIDEWALK CLEARING

As the winter season approaches, property owners are kindly reminded to comply with Part 8, Section 31 of Traffic Regulations Bylaw No. 1546, which requires the owner/occupier of land adjacent to a sidewalk to ensure that it is kept free of snow and ice (excluding Sundays and Statutory Holidays). In addition to snow removal, we suggest the use of pure nitrogen fertilizers (instead of salt) for melting the ice, as this will prolong the life of our sidewalk surfaces.

Failure to comply with this bylaw could result in fines or the work being performed by Town crews at your expense.

Thanking you in advance for your cooperation in ensuring the safety of pedestrians.



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New Co-op Putting Your Money Where Your Life Is



BY EDEN YESH

In today's interconnected world, it's easy to see how your hard earned money can end up going toward projects and businesses all over the world. In 2013, tax filers in the Town of Creston alone contributed \$4.4 million into their RRSPs, much of that money leaving the valley and Canada to be put to work elsewhere in the world. Imagine what an impact we could have by redirecting just five per cent of that money back into our communities? The idea of community impact investing aims to do just that.

Community impact investing is the process of connecting local investors

to local investment opportunities. Generally, an investment committee will screen local investment opportunities for risks and rewards, and bring their top choices to a group of local investors. While the demand for investing locally is increasing, the traditional investment options available to investors limit where they can invest. The result is that almost all local investment capital leaves our community and is invested into far-off stock markets and corporations. An unintended consequence is that while our investments create significant jobs and wealth elsewhere in the world, the places we live, work and play are overlooked.

Kootenay Employment Services Society (KES) and a group of 20 local stakeholders have been motivated by stories from around the world about local investment vehicles successfully meeting community needs. In particular, the group has been inspired by examples that have funded rural affordable housing, renewable energy and agri-food infrastructure — projects that can be extremely difficult to finance through traditional methods. Local investments tend to generate not only employment and economic activity, but also civic pride and new attitudes about local ability to drive positive community change.

The Creston and District Business Retention and Expansion Study (2016) revealed that just under half of

businesses in our region plan to expand within three years, yet financing was identified as a top barrier to business expansion. Over the past year, KES staff, guided by the 20 community stakeholders, completed a robust feasibility study and business plan to establish a local investment tool: The Creston and District Community Investment Co-op (CDCI Co-op).

"The CDCI Co-op aims to direct new or preexisting investment capital from local residents into local ventures with high community impact and will service communities from Yahk to Riondel," says project co-ordinator Eden Yesh.

The CDCI Co-op will be incorporated over the next few months, and a maximum of 150 Creston and district residents can become members and investors. As membership is limited, please get in touch soon. As a member you will:

- have the opportunity to invest into local ventures, up to \$5,000 per individual;
- be an owner of the CDCI Co-op and share in profits made through local loans;
- take part in pitch sessions, board nominations and annual general meetings; and
- contribute directly to Creston and district community development. ■

To find out more, please visit www.communityinvestmentcoop.ca or email CDCI Co-op project co-ordinator Eden Yesh at cdcic@kes.bc.ca.

Put your
money
where your
life is.

Creston & District
Community Investment Co-op
"Invest At Home"



Did you know in 2013, tax filers in the Town of Creston contributed \$4.4 Million into their RRSP's? The majority of this is invested into far off corporations. Imagine the impacts in Creston & District if we re-directed just 5% of that back into local ventures, jobs and families.

We call this diversifying your portfolio locally.

The Creston & District Community Investment Co-op is a new local impact investment tool and is launching soon. Become a member and empower businesses and projects where you live!

Contact **Eden Yesh** at cdcic@kes.bc.ca or visit
www.communityinvestmentcoop.ca



Alliance Encouraging Literacy in Valley

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

Literacy: It may seem to have a simple definition — the ability to read — but there's so much more to it.

"Literacy is not just reading — it's reading, writing, numeracy, computer skills, preparing for school, preparing for work," says Gillian Wells, Creston's co-ordinator for the Columbia Basin Alliance for Literacy (CBAL). "We're getting more referrals for people who can read or write, but need help with computers."

Wells succeeded Joan Hedstrom as the community literacy co-ordinator in April, having participated in CBAL programs with her children at Family Place and volunteered for CBAL for a few months prior.

The 15-year-old non-profit organization has 16 co-ordinators serving 77 communities in southeast B.C., promoting

literacy and learning by partnering with community organizations to deliver services to people of all ages.

"Programs you see here are different than Nelson or Kaslo or the Elk Valley," says Wells. "Because we have Family Place, we don't run as many individual family programs."

Local CBAL youth programs include Baby Goose at the library, Family Rhyme Time at Mormon Hills School and the One to One reading program in elementary schools. For adults, programs include One to One, computer courses (with an iPad session running in January), Telling Our Stories (an autobiographical writing course), English as a second language courses and a conversation class.

CBAL also provides a settlement program, overseen locally by former literacy co-ordinator Linda Steward,

who helps newcomers deal with needs such as banking, citizenship, shopping and learning about the area.

That fits with the CBAL vision: "We strive to help all people get the functional skills needed to participate fully in their communities: socially, economically, politically and culturally."

To make that happen, CBAL relies on community partners, such as the Creston Valley Public Library, Family Place, Kootenay Employment Services, College of the Rockies and Valley Community Services.

"Those connections with other community organizations that are well established are hugely beneficial and very much appreciated," says Wells.

Born and raised in Salmon Arm, Wells earned a bachelor's degree in psychology in Victoria, where part of her practicum included volunteering at



LEFT and ABOVE: Baby Goose is a program for parents with babies and toddlers that encourages early language development through rhymes, songs, finger plays and stories. **BELOW:** Creston community literacy co-ordinator Gillian Wells.

a juvenile penitentiary in an art program with individuals and small groups.

"We'd just sit and paint and chat," she said. "It was a really neat environment."

Wells also worked in administration and program management for Community Futures in Salmon Arm, and handled clients and design for her husband's Benthammer Timberworks. Family ties — her husband's grandfather, Hans Walzl, was a watch and clock repairman — brought the couple to Creston 14 years ago.

With their two children both in school, Wells was excited to take on the challenge of community literacy co-ordinator, with its wide range of duties, including arranging programs and volunteers, connecting with organizations and assessing new learners. With 15 other co-ordinators located throughout the Kootenay and Boundary regions, she's not alone.

"If you see the CBAL logo here and you see the CBAL logo in Nelson, it's the same thing," she says. "We create our own connections, but we're part of a larger alliance. ... I really feel

privileged to be part of such a unique organization."

CBAL is funded by Columbia Basin Trust, Decoda Literacy Solutions, Selkirk College, College of the Rockies, and the provincial and federal governments, and also receives community support, such as Black Press's Reach A Reader fundraiser, which runs each October.

The organization offers volunteer and employment opportunities, with hired facilitators and volunteer tutors each receiving up to 10 hours of training. No experience is necessary, "just people who have a desire to help other people, whether adults or children," says Wells. Time commitments for tutors vary, with One to One volunteers spending 1.5 hours weekly in schools, and tutors for adult learners having more flexibility.

Volunteers are also key to helping CBAL with bigger events. Coming up in November is the Big Read, when the local Community Literacy Award is presented, and Canada Caught on Camera, a community photography project that kicks off at 7 p.m. Nov. 8 above the Family Practice Associates Clinic.

It's part of a variety that Wells appreciates as she and her colleagues help others lead fuller lives through literacy.

"I love being able to help people," she says. "I love the feedback from people saying what a difference it made for them."

"For me, being so happy in my hometown and loving my hometown so much, it's nice to have a deeper connection." ■

Learn more at www.cbal.org/creston.



Hot Start for Thunder Cats

CRESTON VALLEY THUNDER CATS

It seems like just last week that the Creston Valley Thunder Cats kicked off the 2016-17 regular season, but already the team is at the quarter pole of a campaign that includes host responsibilities for the 2017 Cyclone Taylor Cup in April.

And while it's a long season, the early indications are that the Thunder Cats should feel confident about the squad they'll put on the ice when B.C.'s best come to the Creston Valley in the



Jeff Banman Photography

Creston Valley Thunder Cats forward Kyle Bergh (89) in the Oct. 22 3-2 win over the Golden Rockets.

spring. The team has started the season with nine wins, a tie and an overtime loss, which amounts to a record that is the best in the entire province.

"We're certainly pleased with the start to the season and the commitment level that our guys are showing to being at their best on a daily basis," says Thunder Cats head coach Jeff Dubois. "We knew that we wanted to have a good start, gain some confidence and show that we would be one of the teams to beat, but the truth is we've probably exceeded most expectations so far."

The Thunder Cats' success has been built on strong play at both ends of the ice, with their 55 goals scored leading the 20-team Kootenay International Junior Hockey League and their 21 goals against coming in at second best. The squad's special teams have also been getting the job done, with the power-play and penalty kill ranked second and first in the KIJHL, respectively.

"We're taking a lot of pride in being a strong defensive team and letting the

scoring take care of itself, and so far we've got a group that has really gotten on board with that philosophy," says Dubois.

But despite the team's strong play, no individual Thunder Cats player sits in the top 25 in league scoring. That's been a testament to the Thunder Cats' offensive depth and team play.

"One of the things that gives us a lot of confidence is the fact that we don't rely on one or two players to get the job done," Dubois explains. "We have a roster full of guys who can contribute, so each night we're able to roll four forward lines and six defencemen knowing that whoever gets the opportunity is going to make things happen. That's created a real 'team-first' atmosphere in the room."

And the team's success does not appear to have gone unnoticed in the Creston Valley, as crowds for home games have been particularly large early in the season. Dubois says that the strong fan support has been a talking point amongst the team since their first preseason home game in August.

"I don't know if it's the excitement of Cyclone Taylor coming in the spring, or the high expectations for the team this year, but the great fan support we receive is really up to a new level. For our new players who haven't experienced it before, it's pretty incredible in a community our size to get the type of crowds that you'd expect in a lot of Junior A markets. I know it pushes the guys and makes us better." ■

Come out & cheer on your local Junior B Team!

November Home Games
7:30 pm

Friday, November 4th
vs Kimberley Dynamiters

Thursday, November 10th
vs Kimberley Dynamiters

Friday, November 18th
vs Kimberley Dynamiters

Saturday, November 19th
vs Castlegar Rebels

Friday, November 25th
vs Fernie Ghostriders



Creston Valley THUNDER CATS

Visit us online at
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Regular Season Gate Admission:

Adult (19-64) \$10
Senior (65+) \$8 Youth (6-18) \$6
Family (2 adults + 2 youth) \$25
each additional youth \$4



Jeff Banman
PHOTOGRAPHY





250-402-6482

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Honouring Our Veterans

Remembrance Day 2016

11.11.16

November 11, 2016 Cenotaph Service



MC - Don Leben
O Canada - Bryan Daybell
Prayer - Rev. Harry Haberstock
Last Post and Reveille - Poul Christensen
Piper - Army Cadet
Fly Past
Laying of the Wreaths
Benediction - Rev. Harry Haberstock
God Save the Queen
March off the Colours
Dismissal

Our thanks to the members of the Army Cadets band, Air Cadets, Creston Valley Flying Club, Jim McSeveney and Bryan Daybell for their participation.

A special thanks to the establishments and organizations who supported the Royal Canadian Legion Poppy Campaign.



Branch 29 **ROYAL CANADIAN LEGION**

Thursday, November 10

Remembrance Day Ceremonies at the area schools (ARES, Canyon/Lister, Erickson, Yaqaan Nuki & PCSS)
Members and cadets attend

Wednesday, November 9

10:00 am
Remembrance Services at Swan Valley Lodge

Remembrance Day Calendar of Events

11:00 am
Remembrance Services at Crestview Village

2:00 pm
Members and cadets attend Remembrance Services at 6 local cemeteries (Pioneer, Warrior Rock, Kootenay Band, Lister (2), and Forest Lawn)

Friday, November 11

The Service of Remembrance will be conducted by Reverend Harry Haberstock, Padre of the Creston Legion and assisted by Comrades of the Branch

10:00 am
Service of Remembrance
Held in the Legion Upstairs Hall

10:45 am
Parade forms
(behind Pharmasave building)

11:00 am
Cenotaph Service and Laying of the Wreaths

“Open Door Policy”

The public is welcome to afternoon entertainment in the lounge

Creston's Putnam the Last Casualty

BY TAMMY BRADFORD

Creston Museum

The Second World War officially ended in Europe on May 7-8, 1945 (there were two military surrenders, one in France on May 7 and one the next day in Berlin), but the fighting, for the Canadian troops, stopped a few days earlier with a ceasefire on May 4.

At about that time, according to something Bill Constable once told me, local MLA and agriculture minister Frank Putnam and Guy Constable, local magistrate and businessman, were sitting together in the office they shared in downtown Creston. Both had sons in the fighting.

Doug Putnam, a quartermaster-sergeant, had enlisted with the Duke of Connaught's Own Regiment (later the BC Regiment) in 1940, and had been

serving overseas since 1942. He had survived the invasion of Normandy and all the followup battles through northern France, Holland and Germany.

Art Constable had spent three years in the army in Italy and southern France, and Bill Constable was a pilot, escorting convoys out of Halifax on the first leg of their journey across the Atlantic.

V-E Day was just days away, and all three sons had survived. "Well," said one of the fathers, "I guess our boys made it."

The following is taken from the bulletin of the First Hussars Association, September 2011:

"The Canadian ceasefire came on 4 May. One tragic incident marred its joy. Sergeant-Major Douglas Putnam, Mechanical Quartermaster-Sergeant of the [BC] Regiment, was coming from A Echelon with Quartermaster-Sergeant T.

Hull of the Royal Canadian Electrical and Mechanical Engineers to look for burned-out tanks when they encountered a party of Germans who had not heard of the surrender. Both men were killed. Putnam, who had been with the BCR since 1940, bore with his assistants, sergeants Jack Cameron, Bill Gilchrist, Bob Marshall and Jack Campbell, the responsibility for the mechanical well-being of the Regiment. He fulfilled his task to the end."

There were 10 Canadian casualties on that last day of fighting for the Canadian troops. Most of them occurred in the final hours of battle in Germany. The First Hussars bulletin concludes: "We do not have specific times for the ten deaths on 4 May 1945, but Sergeant-Major Putnam's death, after the cease-fire, was most likely the last and seems the most tragic." ■

Please remember
the Veterans
that have made so
many sacrifices in
the name of peace
and freedom.



Larry Binks
Regional Director, Area C

We Remember...



Freedom
has never come
without a price...
and that is what
we Remember



"Lest we forget"

*"They shall not grow old,
as we that are left grow old,
Age shall not weary them
nor the years condemn,
At the going down of the sun
and in the morning,
we shall remember them."*

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Creston Soldier's Grave May Be Found

BY TAMMY BRADFORD

Creston Museum

The story of Irwin Simmons, at whose name the children at right are pointing:

Sgt. Irwin Howard Simmons, of West Creston, enlisted at Val Cartier, Que., on Nov. 9, 1914 — one of the first local boys to enlist in the Great War. After a few months of training in Shorncliffe, England, he and other members of the 16th Canadian Scottish Battalion were rushed to the front, to fill the gaps left in the Canadian line after initial fighting at Neuve-Chapelle in mid-March 1915. He arrived in France just in time for the Battle of St.-Julien — the first major appearance of Canadian troops on a European battlefield. There, Simmons, serving with the 16th, encountered the first attack with chlorine gas on the western front, struggled through fierce hand-to-hand fighting, and survived a gruelling day in an exposed location, directly under enemy fire.

The 16th Canadian fought on, through all the major battles of the Great War: Festubert, Ypres, the Somme and Passchendaele, to name a few. They also fought at Vimy Ridge in April 1917.

All four divisions of the Canadian Corps — 100,000 soldiers — went into battle together for the first time at dawn on April 9, 1917. Protected by the innovative use of the creeping barrage, in which artillery bombardment advanced across the battlefield just ahead of the troops, the Canadian soldiers moved across no-man's land towards the German lines. The barrage of the 16th Canadian Battalion began at 5:29 a.m.; the soldiers,



Hank Buckna

including Irwin Simmons, went “over the top” of the trenches three minutes later. The battalion’s war diary states, tersely, that “all objectives were reached.” The 16th captured several enemy artillery pieces and at least 100 prisoners — but at a cost of 323 killed, wounded and missing.

One of those casualties was Simmons, who, along with 43 other members of the battalion, were hastily buried on the battlefield, in a crater known only as CA40. After the war, exhumation squads returned to the battlefields, finding the fallen soldiers and bringing them to official Canadian war cemeteries. Those who fell at Vimy Ridge were reinterred at Nine Elms cemetery, among others. However, there is no record of Irwin Simmons being buried at Nine Elms or anywhere else. Canadian military historian Norm Christie believes he and his 43 companions remain on the battlefield, in crater CA40.

And now, Christie believes he has found that crater. He is currently raising funds to explore the area of the battlefield where he thinks the men are buried, in hopes of exhuming them and giving them a proper burial in a Canadian war graves cemetery. Read more about this project at fundrazr.com/campaigns/4zeCb.

NOVEMBER 11

We shall not forget.

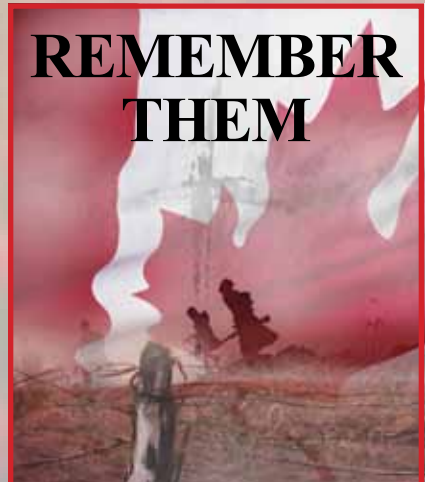


Remembering all those who have made sacrifices, especially those who gave their lives, so that the rest of us could live in freedom.



Tanya Wall
Regional Director, Area B

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Letters of Grover Cleveland Kifer

BY TAMMY BRADFORD
Creston Museum

John Dinn, a Creston Museum's volunteer, has spent hundreds of hours over the past few years researching local soldiers who fought in the Great War. One of those soldiers was Grover Cleveland Kifer, who came to Canyon in 1908 with his father and brothers.

Kifer enlisted at Victoria on April 18, 1918, and embarked on the troopship *Empress of Asia* on May 23. His was the first group of Canadian soldiers to travel by way of the Panama Canal, arriving in England on July 2. After a few months' training at Seaford Camp in England, Private Kifer was drafted to the Seventh Infantry Battalion and joined the unit

near Valenciennes, France, on Oct. 25. He took part in the Pursuit to Mons, the final phase of the war, in which Canadian troops pursued the retreating German army in a series of battles from Valenciennes to Mons, Belgium. Several months of "mopping up" followed the Armistice, then the Seventh Battalion returned to Canada. Kifer was formally discharged from service at Toronto on May 22, 1919.

John made contact with a great-nephew of Grover, Paul Kifer. Grover wrote often to his sister, Daisy Sherman, in Pennsylvania, and some of those letters survive. Although censorship prevented him from giving many details about his whereabouts and activities, these letters make for an interesting overview of a soldier's life

during the last year or so of the First World War:

Willows Camp, Victoria, B.C., May 9, 1918: Dear Sister and all – I am in the army here and am on excused duty today with a sore arm from vaccinations. I don't think much of the army life here but have some good times. We are expecting to start for England any day now. We do not know until a day or two beforehand but it will be soon anyway. There is a draft goes every few days.

En route to England, June 16, 1918: Just a line to let you know I am OK and having a fine trip. We have been three weeks on the way now. We were in Colon, Panama, two days and Kingston, Jamaica, five days. It is hard to write because we cannot say much

**November 11
REMEMBER**



*We pause in silence to
remember those who serve
and are serving our nation in
times of war and peace keeping.*

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Lest We Forget

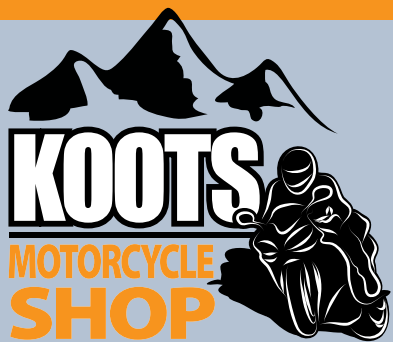
the sacrifice made by
brave veterans who
served our country.

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Remembrance Day



Grover Kifer in Victoria in 1918.

on account of the censorship. We are near an [censored] now. I will give you my address later.

Seaford, Sussex England, July 10, 1918: I have been in this country just a week now and like it OK so far. We are under quarantine as all soldiers are after arriving in England in case some disease breaks out. When we get out of here we go to the main training camp which is only a mile from here. We are likely to be there two months or more before going to France. We see quite a few airplanes here and can hear the big guns in France. We were over there (at the training camp) drilling today and I saw one fellow from home. There are several fellows over there from around home but I haven't had a chance to see them yet. The only thing we need here is sugar and matches. We cannot buy matches

here at all but you could not send matches by mail. If you could send me some sugar I would appreciate it very much. Lump sugar would be handier if you can get it.

Seaford, Sussex, Sept. 5, 1918: Just when I was reading your letter yesterday there were two airplanes overhead. One was going the nosedive and spiral etc. and one of the wings of his machine broke and he came down and was killed. Garden stuff and some fruit would sure taste good now as we never get any. There is fruit in the stores downtown but only a millionaire could buy it. There is a concert here in the YMCA tonight and nearly every night. They are sure giving it to Fritz these days and the Canadians have been into it pretty hard. When they have a place that they know will be hard to take they always put the Canadians at it and

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Remembrance Day

they always get it too. I will have about a month's training here yet then I will be ready for France.

Seaford, Sussex, Oct. 14, 1918: I was to Brighton two days on draft leave. I thought I was going to get to France last week but did not make it but am going this week. There was a draft of the 72 (72nd Battalion) going and 20 of us were changed and put into it as extra men but did not need to go. The 72 is the kilties and I had the kilts on two days but as it is getting too late in the season for the kilts we turned them in and got pants. I do not like the kilts and was glad to get rid of them. I have not done any hard drilling for a long time as we have been on bombing, gas and musketry. We learn all about the different bombs and how to throw them, also get a week's instruction and practice with the gas masks, so I have thrown some real bombs but most of

our practice is with dummies and have also been thru real gas such as they use at the front with the gas mask on.

Overath, Germany, Dec. 17, 1918: We started from France Nov. 13 and have marched across Belgium and crossed the German border on the sixth. We crossed the Rhine on the 13th at Cologne. I don't think we are going much farther but it is hard to tell how long we will be here. I would like to get home by spring.

Aineffe, Belgium, Jan. 16, 1919: We are back in Belgium again, left Germany on the sixth and expect to be here about three weeks. Then I think we will be going to England and from there to Canada. Well the fellows are all fed up with it and want to get home. It would sure be a great change to get back to civilian life again and get rid of these lice. We are all lousy and can't get rid of them as they are in all our

clothes and our blankets as well.

Bramshott Camp, April 19, 1919:

I am in England once more, came over from France on the 30th of March. About 160 of our Btn stayed behind when the Btn left Belgium. We were three weeks behind them getting away from Belgium. We are to leave here on the 23rd according to reports, so if we get away by that time we should be in Canada by the last of the month. I don't know how long we will be in Toronto before getting our discharge but will write when I get there.

After his discharge, Grover Kifer returned to his farm in Canyon, working at local sawmills including C.O. Rodgers', the Huscrofts', and Burns and Farstad at Wynndel. In June 1931 he married Emma Samuelson in the church at Canyon. He remained on the farm until only a week before his death on Oct. 6, 1966. He was 80 years old. ■

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REMEMBER THEM NOVEMBER 11



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Troupe Presenting Tale As Old As Time

FOOTLIGHTERS THEATRE SOCIETY

A cast of over 30 will take to the stage Dec. 1-3 when Footlighters Theatre Society presents *Beauty and the Beast*. It's the 13th full-scale musical presented by the troupe — the 73rd production overall — and one of the most challenging.

"Elaborate costumes, complex choral arrangements, special effects — this show has a little bit of everything," says director Brian Lawrence. "The production was originally scheduled for the spring of 2015, but delayed until this fall to better prepare for the show's requirements."

The musical ran for 13 years on Broadway and is based on the 1991 Walt Disney animated film (itself based on an 18th century French fairy tale) and follows the relationship between the Beast (played by Peter Simon), a prince magically transformed into a monster as punishment for his arrogance, and Belle (Brittney Boehmer), a young woman whom he imprisons in his castle. To become a prince again, he must win her love — or else remain a monster forever.

Also longing to be human again are the castle staff and residents, transformed into household objects, including Cogsworth (Jesse Moreton), Lumiere (Jason Smith), Mrs. Potts (Debra Mehrer), Babette (Natascha Sundby), Madame de la Grande Bouche (Suzanne Chubb) and Chip (Ryan Neufeld).

Creating further difficulties for Belle and her father, Maurice (Gary Atha), are the egotistical Gaston (Devan Coward) — desperate to marry Belle — his sidekick, Lefou (Logan Thompson), and asylum director Monsieur D'Arque (Frank Goodsir) along with the townspeople, who eventually set out to kill the Beast.

Joining the leading players is a large ensemble: Morgan Benty, Frances Collison, Kaylee Cordeiro, Andrea Daignault, Katelyn Grisewood, Zoe Henderson, Arnold Hoeve, Oliver Keene, Sequoia Keene, Gail Kitt, Reese Klassen, Zoe Marini, Violet Moreton, Katy Osborne, Megan Osborne, Anna Payne, Ethan Simon, Shaylee Stuart, Meredith Walker, Gillian Wells, Ty Wilson and David Wright.

"The cast has truly been wonderful to work with. We have both stage veterans and newcomers of all ages, and it's been a pleasure to see them working together in rehearsals."

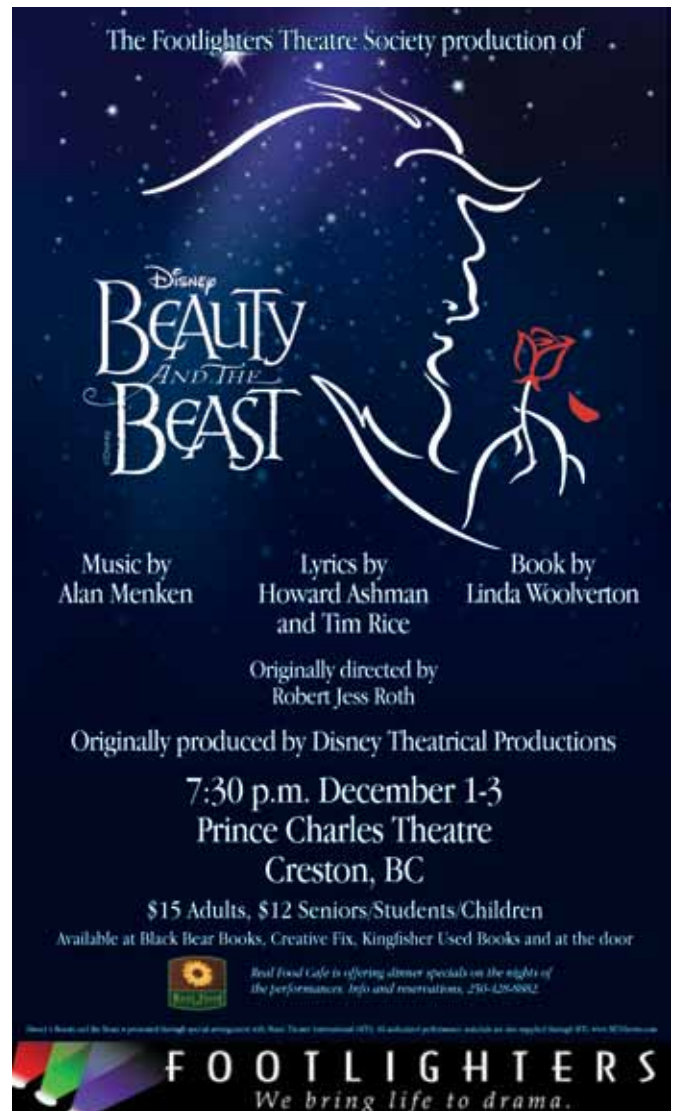
The production includes all of the film's songs, with music by Alan Menken and lyrics by the late Howard Ashman (*Little Shop of Horrors*, *Aladdin*, *The Little Mermaid*, *Newsies*), and additional lyrics by Tim Rice (*Jesus Christ Superstar*, *Evita*, *The Lion King*). Lorraine Doleman is the production's music director, with Simone Wiebe coaching the vocalists.

Beauty and the Beast will be the first Footlighters production in several years to see ticket prices raised. A budget of over \$11,500 — including \$4,000 spent on royalties and script rentals, and over \$2,000 on costumes — prompted an increase to \$15 for adults and \$12 for seniors, students and children for this and future musicals.

"It was a tough decision," said Lawrence, also the society's president. "But the evening of entertainment that this show provides will be well worth the extra cost."

And it will be an evening both children and adults alike will remember for some time to come.

"The stage production includes all of your favourite moments from the animated film, while at the same time bringing new humour and new poignancy to the story," says Lawrence. ■



The Footlighters Theatre Society production of

Disney
BEAUTY AND THE BEAST

Music by Alan Menken Lyrics by Howard Ashman and Tim Rice Book by Linda Woolverton


Originally directed by Robert Jess Roth

Originally produced by Disney Theatrical Productions

7:30 p.m. December 1-3
Prince Charles Theatre
Creston, BC

\$15 Adults, \$12 Seniors/Students/Children

Available at Black Bear Books, Creative Fix, Kingfisher Used Books and at the door

 Real Food Cafe is offering dinner specials on the nights of the performances. Info and reservations, 250-426-8082

Disney's Beauty and the Beast is presented through special arrangement with Disney Theatrical Productions. All authorized performances worldwide are now supplied through DTS, www.DTSTheatrical.com

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Healthy Travel Tips for Snowbirds

VITAL HEALTH

Millions of baby boomers head south on an annual basis to reap the benefits of seasonal migration. This group of seasonal migrators, also known as snowbirds, travel to areas with warmer climates during the winter months. Many snowbirds have good reasons for avoiding the winter weather: the cold weather limits healthy habits such as walking and bike riding, shovelling snow and ice is too straining, warmer weather feels better for the general aches and pains that may come with aging.

Unfortunately, travelling abroad also has its downsides. Some people become stressed, resulting in a strain on the immune system, or a brief encounter with unfamiliar microorganisms in the environment or food can compromise your health.

The human immune system is programmed to adapt to our environment, which means that it produces antibodies to fight the harmful substances and pathogens that it encounters regularly. When we travel to a new, different environment, we don't have natural defences set up against the many "bugs" that live there.

According to the Centers for Disease Control and Prevention, between 20 and 50 per cent of international travellers develop diarrhea or other symptoms such as

nausea, abdominal cramps, constipation and bloating.

Though these are common tourist pitfalls, they are by no means a guaranteed occurrence for your next adventure.

Boil It, Cook It, Peel It or Forget It

When travelling to new environments, we are bound to encounter microorganisms and bacteria that our bodies are not accustomed to. Considering the risks and slew of symptoms that may arise from an infection, there are many precautions that can prevent such an event. It is always wise to drink bottled water and boil, peel or thoroughly cook anything you eat or drink. Cleaning produce with a mild bleach solution (or even apple cider vinegar) when you travel abroad can also help prevent any digestive issues.

Unfortunately, even if you do take all of the obvious precautions, your digestive system may not be prepared to fight against the foreign bacteria. The best way to prepare your digestive tract is to increase the healthy and beneficial bacteria that reside there.

Probiotics: Tiny Traveller's Insurance

All of the good and bad bacteria in our digestive tract make up our microbiome. A balanced microbiome, with plenty of good bacteria, supports our immune system, regulates our blood sugar, helps us absorb nutrients, and even controls our mood. Beneficial bacteria (or probiotics) also work to prevent damage to our gut lining and to crowd out any invaders that try to settle in.

However, when our beneficial bacteria population is too low and our microbiome becomes unbalanced, we can become susceptible to inhospitable bacteria that we encounter in our travels and surroundings.

Power Up with Probiotics

Studies show that probiotics have a mutually beneficial relationship with the human digestive tract. The golden child

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of probiotics, B. longum BB536 is supported by over 50 human clinical studies and has been proven to play an important role in the prevention of temporary traveller's diarrhea, immune system stimulation, and relief of allergies.

You can boost your probiotic population by eating fermented foods like sauerkraut, kimchi and kefir, but the best travel insurance for your health is taking a daily probiotic. BB536 has a patented delivery method that resists breakdown in the stomach's acidic conditions and transports live probiotics deep into your gut, so they can set up shop and start protecting you before and during your trip.

This proprietary strain has a shelf life remarkably longer and more stable than other probiotics so it doesn't require any refrigeration for easy transport and storage on your trip.

Chewable ginger tablets are another staple for travelling. Ginger has been used traditionally for digestive upsets and has been clinically proven to prevent nausea and vomiting associated with motion sickness. Other benefits are relief from intestinal spasms, indigestion, gas, bloating, menstrual cramps, and joint pain.

With some common sense precautions and a belly full of good bugs, you may be able to enjoy many different cuisines without consequence on your next trip away from the cold and into the warmth. ■



Brian Lawrence



Fall Fun

BY DIANE
TOLLESON

Wow, the colours are so beautiful in the fall and there is already snow capping the mountains. Personally, I would like it to stay there to view from afar. I am not a snow bunny! I am more like the bear, wanting to hibernate until the days get longer again.

What can we do to overcome the blahs we sometimes get when the weather is grey and gloomy? I put my coloured lights around my home and store to bring in more colour; they



Brian Lawrence

aren't only for Christmas. I find colour therapy works well for me.

Maintaining positive thoughts when I wake in the morning and continuously reminding myself of them all day long also helps beat the winter blues. A great suggestion is to just write down 10 things you love and appreciate when you get up, and focus on those for the day. It's the best way to manifest some more of the same. Whatever we focus on, we manifest. It is proven and sometimes hard to accept. Yes, we create our realities through our thoughts and feelings. I'm sure I said this before, yet I feel it's worth repeating, because it takes several times for us to really let that sink in.

Being creative with something you love to do also takes the blues away. Letting your inner child or creative side take the lead helps to release whatever drags us down. You honestly forget you were even sad or depressed once you get your groove on creating fun things.

That's what Arts from the Heart is all about. Just spontaneously come in and colour a page or paint a picture or rock. Get back in tune with your nature and nature itself! The whole back room is now our creative space and I am looking forward to some fun projects and creative people to come express what they have to offer.

You can also get a treatment from me or Stephanie Derragh to ease your body into a better place, or a reading to get answers to your inner questions. We want you to feel great when you go out the door. Come and have fun and play with us today! We are open 10 a.m.-5 p.m. Tuesday-Saturday.

I have a psychometry night coming up in November; I will post the date on our Facebook page, Arts from the Heart. ■

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Homecoming Event Welcomes Catholics

HOLY CROSS CATHOLIC CHURCH

On Nov. 20, Holy Cross Catholic Church is holding a very special mass to welcome people back to the church. Those who have left the congregation for various reasons will be welcomed come back to their religious family at an 11 a.m. mass followed by an ethnic foods lunch.

Pope Francis has declared this the Year of Mercy and Nov. 20 as the day of celebration, welcoming all Catholics back to the church family (on YouTube, visit youtu.be/TAxrKubZr8s).

The church is reaching out to those who have experienced marriage breakdown. New and simplified procedures have been established to deal with this issue, and others:

Have you recently lost someone close to you? Are you lonely? Are you in need of healing? Are you suffering from depression? Have you been a victim of abuse or neglect? Are you struggling financially? Are you living with shame in your life?

Well, if you have, then you belong to us because you belong to Christ. All are welcome in God's house today.

The weekend celebrations will begin at 6 p.m. Nov. 18 with an Hour of Blessing and Mercy, during which people can share the things they appreciate about others, and offer them blessings. There will be live music and an atmosphere of joy. This is not a mass, but a chance for parishioners to invite friends and family members back to the church to share in this celebration.

The parish's annual fall supper, with turkey and all the fixings, will be held from 5-7 p.m. Nov. 19 at the Holy Cross Hall on 16th Ave. N. This is open to the public, by ticket, available by calling Brian at 250-428-5764 or Gilles at 250-428-9493. There will be no mass that evening.

The only mass of the weekend will be held Sunday at 11 a.m. The special service will include participation by many parish groups, including the youth and Fourth Degree Knights. New music selections will be performed by the choir.

Following mass, a food fair will include special dishes prepared by various nationalities in the congregation, including Philippines, French-Canadian, German, Irish, Mexican and Nigerian, accompanied by more music. All are welcome to share in this celebration. ■

For more information, call Father Sylvester Ibekwe at 250-428-2300 or committee chair Signe Miller at 250-428-9584. Regular masses are held Saturdays at 5 p.m. and Sunday at 9:30 a.m., plus daily masses through the week (schedule on the Holy Cross parish/Creston website).

Decorating on a Budget

BY WENDY REEVES SIEFERT

Over the Valley

With over 40 years of experience in interior design, I have found many of my clients to be working on a restricted budget. For these projects I have suggested that the majority of the budget be spent on the permanent items in the home, such as flooring, cabinets and light fixtures.

Using neutral tones in furniture, you can add colour in your less expensive accessories such as colourful readymade drapery panels (approximately \$50 each) For a custom look, buy an extra panel and make toss cushions. Can't sew? Use iron-on seaming tape. Simply fold the fabric like an envelope, use a costume jewelry broach to pin it together and add bling.

One of the least expensive ways of changing and updating your decor is with colour, specifically paint. Change your wall colour to a nice warm tone to chase away the winter blues. Almost anything can be painted — cabinets, hardware, furniture and even countertops. I am quite passionate about reusing and repurposing items, as it is so much better for the environment. As

a culture we tend to waste a great deal that can be recycled.

A change in wall colour will alter the whole feel of a room; whether you want a warm and cosy feel or cool and serene, this can be achieved with colour at a minimal expense. The following are some colour schemes, although there are many variations. One colour should always dominate in any scheme.

Monochromatic: shade and hues of one colour, light to dark. Use a neutral to balance the palette.

Contrasting: using opposites on the colour wheel, such as blue and red or green and yellow, always a warm with a cool colour. This works especially well if one partner likes warm and the other likes cool colours. One colour should always dominate.

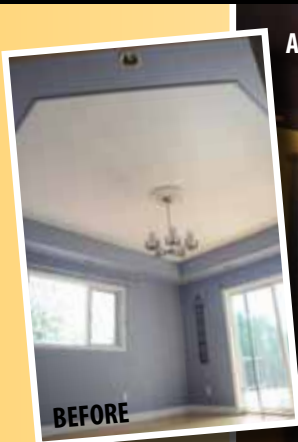
Analogous: uses colours next to each other on the colour wheel, such as blue and green or yellow and orange. This creates a serene and comfortable design.

The psychology of colour and how it affects our lives is quite fascinating. A simple change in your decor can affect your mood and outlook. There are a lot

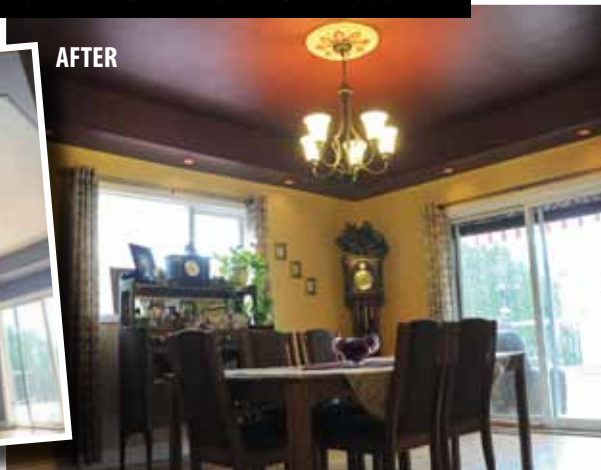
of ways of achieving this on a budget. For more information, you are welcome to attend a decorating on a budget workshop from 1:30-4 p.m. Nov.12 at Vance BrandSource Home Furnishings (114 15th Ave. S.); cost is \$35. To register, call Over the Valley at 250-428-7788 or Vance at 250-428-2204. ■

Brian Lawrence

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*Check out our decorating on a
budget workshop November 12th*

Tips to Get Through Winter

Home & Garden

Cold temperatures, snow and ice may be the ideal ingredients for a winter wonderland, but winter's harsh conditions can also wreak havoc on your home. A little preventative maintenance can help lower your energy bills, avoid more costly repairs and/or increase the lifespan of your home. Addressing the following priority items will make the greatest impact:

1. Insulation. One of the easiest and most effective defences against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product with high thermal performance.

For this, retailers tell us that Roxul Comfortbatt stone wool insulation is a top seller. It makes installation simple—all that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt can also be used to top or replace old attic insulation. Aim for an R-value of 50 or a depth of 16 inches (41 cm).

2. Roof and Gutters. To prevent a future leak, inspect your roof for shingles that are warped, damaged, or missing. Use roofing cement and a caulking gun to seal joints where water could penetrate around the chimney, skylights

or vents. Make sure that your gutters and downspouts are clear of debris and securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

3. Heating and ventilation. Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids present could potentially cause a fire. Before you turn the furnace on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure stable indoor air quality.

4. Windows and doors. These can be a major culprit for heat loss,

if not properly sealed. To keep the warm air inside, examine and replace worn weather-stripping. Inspect structural framing. Caulk inside and out, if necessary.

5. Yard care. Trim overgrown trees and shrubs. Drain and shut off any exterior faucets and sprinkler systems to prevent freezing. Ensure rain or snow drains away from the house to avoid foundation problems. ■

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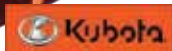
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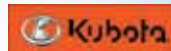
BX2370 4WD Tractor w/B2750D features: 23hp 3cyl diesel tractor, 2 range hydrostatic transmission, power steering, 4 wheel drive, rear and mid pto, with 50" front snowblower, pto driven, hydraulic lift, manual chute, 2 stage snowblower.



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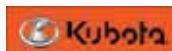
L2501HST w/loader features: 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



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This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

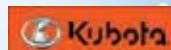
BX25DTLB - 23hp diesel powered unit features: 23hp 3cyl diesel, 2 range hydrostatic transmission, power steering, front & rear pto, 4WD, LA240 front end loader 518lb capacity, BT602 backhoe 6 foot dig depth.



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