

October 2017

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Feature

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OUTDOOR ADVENTURES

Creston Kids Outside
offering nature school

HISTORY

Looking back at baseball
in the 1930s

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From the Editor



BRIAN LAWRENCE

And just like that, without a hint of warning, summer ended and fall began. The late September temperature change was a bit of a shock, but certainly

a welcome one. I enjoyed a lot of time at the beach this summer, but always under the haze of smoke from B.C.'s worst-ever forest fire season, and it's nice to see some cooler, wetter weather that should help quell the flames.

Of course, that means digging out the fall clothes and bundling up, just as the kids in the Kootenay Nature School had when I paid a recent visit to prepare this month's cover feature. I

knew the Creston Kids Outside Society's program was held behind Canyon-Lister Elementary School, and even without the help of facilitator Kristina Leidums, I could have found the kids simply by following their laughter and sounds of excitement. It was delightful to see them getting an early start on exploration — and having so much fun doing it!

Of course, hiking and exploring aren't the only activities that go on outdoors, and in her column this month, Creston Museum manager Tammy Bradford offers us a look at local baseball teams in the 1930s. It was a pretty big deal, and offered a chance for some creativity, as you'll see by the names of some teams.

Here in Creston, we also enjoy outdoor entertainment, particularly on the stage at Millennium Park, which has been a venue for theatre, music, weddings and more.

The seating has been less than stellar, so the Creston Rotary Club decided to

do something about it this year, installing durable benches that greatly improve an audience member's experience, as well as the look of the venue, I think. The group is incredibly dedicated to bettering the community, and it was a pleasure to be able to tell its story on page 20.

There is much more great content in this month's issue, from Mayor Ron Toyota reflecting on his nine years at Town Hall to fantastic fall fair photos by Ethan Greentree to Mel Joy describing some of the fibre arts that bring colour to the community.

If you'd like to read something more serious, don't miss Lower Kootenay Band Chief Jason Louie's column, which describes how racism is alive and well in amateur and professional sports. His opinion provides some excellent and timely food for thought.

Until next month, enjoy the early days of autumn! ■

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The Creston Kids Outside Society is offering the first session of Kootenay Nature School, with more to come.

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For 50 years, the Creston Rotary Club has raised funds to help Creston and communities abroad.

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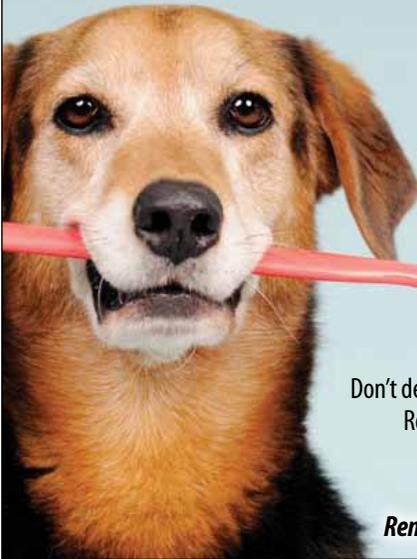
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School in the GREAT OUTDOORS

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

In a time when it's become commonplace to see children hunched over smartphones and tablets, the Creston Kids Outside Society is offering an alternative: a connection with the outdoors. The society's Kootenay Nature School runs on a parcel of land behind

Canyon-Lister Elementary School, where participants can be found running around with items such as berries, leaves and snail shells in their hands.

"I think it's the most natural thing for kids, really," says Zavallennahh Young.

"It's development appropriate," adds Kristina Leidums. "Kids get to be kids."

Twice a week, the facilitators — armed with little more than magnifying glasses, buckets and trowels — lead their dozen charges into the forest, where they explore, sing songs and play games, finishing the day with a brief discussion and a mug of tea.

Above: Kootenay Nature School facilitator Kristina Leidums with a young participant.



Kootenay Nature School facilitators Kristina Leidums (left) and Zavallennahh Young with their students.

The current session runs Sept. 19–Nov. 23, so the group will have a lot to discuss as fall progresses and winter sets in.

“Our aim is to be outside in all weather,” says Leidums. “They really love the adventure of that. If it rains and you set up a tarp to huddle under, they love that.”

The nature school grew out of the group events that Creston Kids Outside started offering about a year ago, with preschoolers meeting in a different place each week — such

as Goat River, Summit Creek Park or Kuskonook Beach — to splash in the water and explore under logs. In March, the society hosted a successful day camp at Schikurski Park, an event that saw some children getting used to the concept of falling to the ground and picking themselves up.

“Kids will reflect parents’ attitudes,” says Young. “There were a few kids who were not into being dirty, and by the end they were covered in mud.”

That, combined with parents’ interest, inspired the duo to go a step further.

“We had a lot of interested parents say, ‘When are you going to start a forest school?’” says Leidums. “People were really enjoying getting together and seeing their kids running around. ... There’s a magic that happens when you have kids running around together.”

Leidums was already familiar with the forest school concept; her brother is a program director with Fernie’s Outdoor Connections. She’s a teacher specializing in geography and outdoor experiential and ecological education, and has a background as an outdoor educator and guide, canoeing, hiking, biking and exploring with children and adults. The Ontario

**“Our aim is to be outside in all weather. They really love the adventure of that.”
—Kristina Leidums**

“I love going out there and pretending I’m a bear, crawling through the branches like I’m six years old again.”

—Zavallennahh Young

native came to Creston in 2009 after working as a dog sled guide in the Yukon, and met her husband here.

Young, who was raised in the Creston Valley, had a scientist mother, who always urged her children to explore the outdoors. A musician, she began working 20 years ago with Salt Spring Island’s Wisdom of the Earth, and will take wilderness training through that nature school this year and next. She’s currently the pre-k/ kindergarten teacher at the Skimmerhorn Homeschooling Group, and has been interested in starting a nature school since returning to the Creston Valley three years ago.

“I always knew that when I had kids I would want them to have that experience,” she says.

She and Leidums are excited to share that experience with other children this fall, and in the upcoming January-March and April-June sessions, as well as family days at Canyon Park on Oct. 22, Feb. 12 and May 13.

“We’re trying to create a community of kids who keep coming back,” says Leidums. “They will get to know a log or get to know a tree.”

There are 12 participants aged three to five in the current session, which is made possible with funding through CLES’s Ready, Set, Learn program and the Regional District of Central Kootenay, as well as contributions from Pyramid Building Supplies. The day’s events run from 9:30 a.m.-noon, allowing the children an unhurried morning in the woods to have fun and learn.

“They have lots of time to play and explore,” says Leidums.

“There are a lot of senses that people don’t use inside,” adds Young.

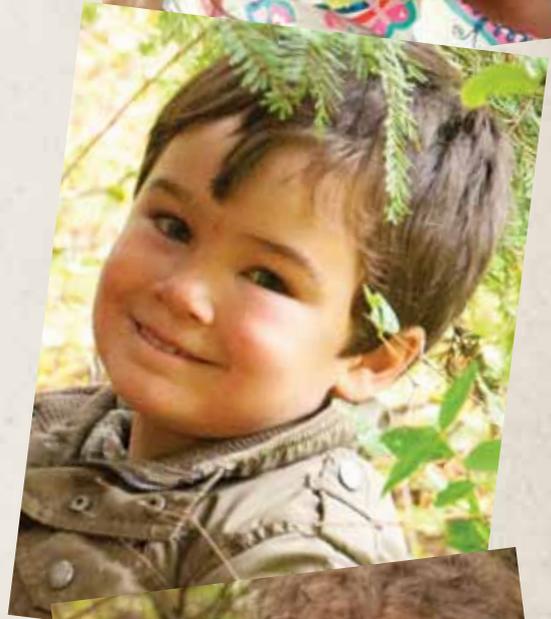
The natural setting is also helpful in developing interpersonal relationships — it’s easy to keep conflict resolution to a minimum, which isn’t always the case in the classroom.

“There are different rules in the forest,” says Young. “We do not have to intervene and help work it out.”

And the setting is a positive influence for adult facilitators, as well.

“I’m so glad to get out in the forest and play,” says Young. “I love going out there and pretending I’m a bear, crawling through the branches like I’m six years old again.” ■

To learn more about Creston Kids Outside and the Kootenay Nature School, visit crestonkidsoutside.com.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Looking Back on Nine Years as Mayor

I am proud and honoured to continue serving as mayor for the Town of Creston. As I reflect on the last nine years in this role, I can't help but recognize that there have been a lot of wins achieved for this community. However, it was recently brought to my attention that sometimes these wins aren't always communicated to our citizenry. It is easy to get so busy "doing" that you sometimes forget to publicly acknowledge the successes that are achieved along the way. Many of these successes have been for our larger valley, not just for the municipality. Working together with each other, and with the town council, Regional District of Central Kootenay directors Garry Jackman (Area A), Tanya Wall (Area B) and Larry Binks (Area C), we continue to strive to advance our valley as a whole.

Many local wins have been tied to successful grant applications. While some grant applications are solely for the benefit of the Town of Creston, many are joint efforts between the Town of Creston and the surrounding RDCK electoral areas. Since 2008, our area has received numerous financial contributions (grants) from the provincial and federal governments, as well as other sources, which has greatly reduced the financial burden on our taxpayers and allowed projects to proceed that would not otherwise have been financially possible. For example:

2009: Waste water treatment plant upgrades, grant of \$5,000,000;

2010: Creston and District Community Complex, grant of \$2,000,000;

2011: Airport emergency building grant from Columbia Basin Trust (CBT), \$100,000;

2014: Arrow Creek water system, grant of \$2,900,000;

2016: Arrow Creek water system completion, grant for \$4,000,000;

2016: Railway Boulevard sidewalk improvement grant from ICBC, \$14,000;

2017: Schikurski pump station upgrade, grant of \$743,000; and,

2017: Town sidewalks improvement, grants from ICBC totalling \$21,000.

That's a whopping \$14,778,000 in grants received over the past nine years! Congratulations to all of the elected officials who lobbied for the award of these grants and to the staff (both RDCK and Town of Creston) who continue to submit winning applications.

Beyond grants, there have also been some outstanding projects that have seen the landscape of our community improved. In the last three years alone, we've seen the following:

•Phase 1 of the Highway 3 realignment (Railway Boulevard/ Pine Street intersection) completed by the Ministry of Transportation and Infrastructure in 2015. This project cost was roughly \$5,400,000, with the municipality paying approximately \$400,000;

•The completion of the Railway Boulevard sidewalk, designed with an increased width for ease of passage, and landscaping, lighting and benches for an improved aesthetic and sense of comfort;

•Our downtown public washrooms opened at 1130 Canyon St. this year

and a new downtown "micropark" is currently being developed at 1411 Canyon St. In addition, extensive sidewalk improvements are being made throughout the downtown and the larger community; and,

•The recent submission of an application for the construction of Creston Market Park through the Strategic Gas Tax Initiative Fund. This green community space is proposed for the area between the Armitage Building (chamber of commerce and Creston Visitor Centre) and Extra Foods. Keep your fingers crossed for this one!

Beyond projects, council has also committed to service enhancement for the public. In this theme, Creston Fire Rescue established our work experience program (WEP) three years ago. This program provides hands on experience to young individuals striving to start a career in the fire service, while providing key benefits to our community during participants' tenure. This program has enabled our community to provide a first responder service, improve response numbers and achieve an improved community insurance rating by Fire Underwriters Survey. To learn more about this exciting program, I encourage you to visit www.creston.ca, open the tab "Creston Fire Hall", then click on "Firefighter Work Experience Program".

Another service enhancement that continues to be supported and funded jointly by both the town and RDCK areas B and C is our physician recruitment program. It is recognized that small towns throughout the province struggle with attracting and retaining adequate numbers of physicians. To address this challenge, our physician recruitment program has seen seven doctors open their practices in our community during my time as mayor, as well as many



Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Team Names Don't Honour First Nations

K*i'suk kyukyit* (greetings).

With the fall season upon us comes the beginning of sports seasons: football, basketball and, of course, hockey. Since childhood, I have been an avid sports fan. In the days of Michael Jordan, I marvelled at Jordan's dazzling dunks and no-look passes. The Edmonton Oilers' dominance in the 1980s made me proud to be a Canadian. The 1985 Chicago Bears run to a Super Bowl championship saw one of the best NFL teams ever assembled.

This love of sports also brought much anger and confusion to me as a young boy and also today as middle-aged man. Many sports teams, both professional and amateur, will name their teams after indigenous peoples, the Cleveland Indians, Atlanta Braves, Edmonton Eskimos and the Washington Redskins, to name a few. The mascots are degrading and the fanbase adds to the stereotypes of First Nations. Fans wear costumes that mock indigenous culture and the stadiums play music that is intended to pump up the crowd. The music, like the costumes, is appalling.

Many First Nations have approached these teams asking them to rename their teams. The requests are met with

resistance as they state that they are honouring First Nations culture. The teams, both professional and amateur, state the team names are part of their organization's traditions and history. These names aren't tradition and history. I will call them what they are: racist! There are no other ethnic groups who are a sports mascot. Why is it OK in 2017 to name a team the Indians with a logo of a man with red skin and a large nose? The Chilliwack Chiefs mascot's name was Chief Wannawin. The names and mascots are degrading of an entire race of people.

Many of the First Nations who are opposed to these names are accused of being too sensitive and to get over it. In the age of truth and reconciliation, this is not the attitude to move forward with. Hockey in Canada is loved. Hockey is a tradition and a huge part of our culture. Racism is not.

As parents lace up their children's skates, we should be teaching our children the value of teamwork. Your teammates come from all ethnic backgrounds. After lacing up the skates and putting on all of the other equipment required comes the jersey. Some of these jerseys have the name Chiefs or Indians or Braves stamped on them. Do you tell

your child what that means? Do you tell your child that indigenous people don't actually look like that? Or better yet, that human beings shouldn't be a mascot?

Professional sports is a multimillion-dollar industry, perhaps even multibillion. Sports jerseys and other paraphernalia sales make money. So when the organizations are asked to change their names they won't and possibly never will. What is possible is making change at a community level. What if at the community sports level, communities said we will no longer degrade First Nations by naming our teams after them? Is there any possibility in that?

We may never see that day but I believe we must begin somewhere. Until that day, I will continue to be a fan cheering on the local Junior B hockey team and hoping one day Vancouver may win a Stanley Cup. Yes, I realize many may laugh at that statement, but that is what makes us Canadians: the love for our teams and making fun of who we cheer for. We are all armchair quarterbacks and coaches who know what trades should and shouldn't happen.

Let us love our sports and despise racism, whoever it is that you cheer for and wish the best of luck in your hockey pools and the run for the Stanley Cup or Super Bowl.

Until next time, thank you for reading and all the best. *Taxas.* ■

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

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Lastly, in the theme of service

provision, I wanted to thank the Town of Creston's corporate officer/executive assistant, Bev Caldwell. She has served our community for over 18 years and is currently in the process of planning for her retirement later this year. She has been an amazing resource for this community, our staff and our council. In one way or

another, Bev has had a hand in all of the community successes mentioned above. Bev, a sincere thank you for your dedication over these past many years. You too have made our community a better place to live, work and recreate. ■

Reach Creston Mayor Ron Toyota at 250-428-2214 ext. 227 or ron.toyota@creston.ca.

Frothblowers One of Many Teams



BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

In early September, we posted a story on Facebook about a baseball game between the Canyon team and the Creston Frothblowers. A follower promptly asked about the origins of that name.

Sidetracked, again — this time into local baseball of the early 1930s.

In the Depression era, baseball was *the* premier form of entertainment. It was relatively easy to organize, required very little equipment and could be played in any empty lot or field. It was cheap, and in an era where money was scarce, that was important.

The result was an overabundance of teams. In 1935, two teams from Creston played against each other and 13 other teams from communities near and far. And that's just the senior men! There were also the juniors (for the boys) and the intermediates (for men and older boys) and the semi-seniors (your guess is as good as mine).

The Creston, Kitchener and Canyon men's teams were fairly consistent from year to year. Alice Siding, Wynndel, Erickson, Lister-Huscroft and the Lower Kootenay Band had teams in some years. There were "picked" teams and "all-star" teams, chosen to meet a special opponent from out of town. Other teams represented various organizations, or were formed for special challenges, such as the 1935 game between the Lister-Huscroft married men and the Lister-Huscroft single men (the bachelors won).

And then there were the leagues: the Valley League and the East Kootenay League and the International League. This last was organized in 1930 and comprised teams from the Kootenays, Idaho and Montana. The specific towns that participated changed from year to year, and the quality of play could be, well, a bit erratic. As the *Creston Review* pointed out in April 1930, "No hard and fast rules were made as to eligibility of players, due the fact that baseball material is none too plentiful at Bonners Ferry this year." Apparently, Bonners Ferry talent improved considerably over the next few years; in June 1934 they shellacked the "classy" Creston Athletics by 29-9 — "the biggest score ever rolled up at a local baseball game."

The International League was a bit intermittent. In 1931, for example, the season started with four teams

but collapsed before the first game, when Kimberley and Troy pulled out. The disappointment was palpable. "As no other towns are available to fill the vacancies," the *Review* reported, "it looks as if Creston will have to get along with whatever games can be arranged." But between random visits from out-of-town teams, the East Kootenay and Valley leagues, and the perpetual pick-up games between assorted impromptu teams, Crestonites still got to enjoy baseball at least once a week.

But what a turnaround by 1933! The *Review* gleefully announced that Creston, with two teams in the International League, was "assured baseball every Sunday afternoon and on occasion there will be double headers as when the Kootenay River is on the rise Porthill and possibly Wynndel will be unable to use their playing fields and may shift their games to Creston. It is also likely the Erickson team will play their home games at Creston."

Seasonal flooding was not the only weather-related challenge the teams faced. In October 1933, "sports history was made at Creston on Sunday when the final game for the baseball championships of the local league, between Porthill and the Athletics, had to be cancelled due to the diamond being covered with two inches of snow."

Travel costs were another issue. The local teams held weekly bridge tournaments and monthly dances to raise funds; Bonners Ferry was denied membership in the International League in 1933 because of travel distances; the Creston Intermediates declined to participate in 1935 due to travel costs and "prospects for slim gate receipts" (season tickets were a mere \$5 per family and \$2.50 for individuals).

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History



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One of Creston's baseball teams in 1928.

And there were injuries: “Fred Huscroft had the bad luck to break his ankle in the ninth inning of the Sunday game. He had his nose badly damaged in a game a few weeks previously.” Losing a valuable farm or mill worker for a period of several weeks — especially in the days before medical insurance — was a high price to pay.

But it seems injuries were infrequent; at least, they don't often make the newspapers. And there are many, many stories about the ball games, filled with wonderfully colourful language:

•“Herb Couling started in to do the heaving...”;

•“With the infield throwing in three fancy errors for good measure...”;

•“The Kimberley slabster had a shade the best of it...”;

•“...a Texas leaguer that lit too far in for the right gardener”;

•“The visitors annexed five tallies.”

Why, oh why, can't sportscasters use phrases like that today? If they did, I might actually watch a game once in a while!

So where in all this do the Frothblowers fit? They were one of two men's teams (along with the Intermediates) in Creston in the early 1930s. The earliest mention of them appeared in June 1931, in an announcement that they and the Wildcats (a women's softball team) were holding “another of their popular dances.” This suggests that they had been around for some time by then. The last game in which the newspaper specifically identified them as the

Frothblowers was in mid-September 1932. Numerous articles simply refer to an unnamed Creston team, so the Frothblowers might have had a longer existence than first appears. But by 1933, the only team names that crop up are the Intermediates and the Athletics.

But I found very little to explain the origins of the team's name, other than a general preference for names that sort of reflect the players. The Erickson team was informally dubbed “the tomato pickers”, Kitchener fielded the “Poleheavers”, and a team from Spokane was called the “Courthouse” nine. There was a Montana team called the “Colored Monarchs” (comprised, as the name implies, of African-American players). A 1932 softball game was played between the Kitchener



CRESTON MUSEUM

Wynndel's 1934-1935 baseball team.

"Racketeers" (????) and the Yahk "Dumb Doras" (I literally cannot write that without cringing). In June 1931, Spokane sent a team to Creston called the "Snowflakes" (another cringe-worthy name that probably referred to an African-American team).

But "Frothblowers"? Facebook follower Peter found a web article about the Ancient Order of Frothblowers, a short-lived British service club (sort of) that raised funds for needy children in London by meeting in pubs and blowing the froth off the beers of patrons.

That, actually, might be the most likely explanation for our baseball team's name — though I suspect charitable fundraising had very little to do with it! ■

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Renovate with Fire Safety in Mind

BY SCOTT MCGILLIVRAY

The best time to improve the fire safety of your home is during its construction or when renovating. I'm a big believer in building fire protection directly into the structure of a home. After all, active fire measures, such as smoke detectors, combined with built-in or passive fire safety measures, can significantly increase protection for your home, family and possessions.

The materials or components used during construction can improve or jeopardize life safety, so it's important to take the time to carefully consider building material selection. Fire safety can be built into your home in more ways that you might have thought. Here's a few to think about:

Windows. The intense heat of a fire can cause glass to break, allowing flames to enter a building, or ignite flammable items inside without direct contact. To protect your house, consider installing fire-resistant windows. One example is dual-paned

glass windows, which, in addition to providing energy efficiency, also double the time it would take for fire to break the windows.

Doors. Unfortunately, many homes are built with basic, low-cost interior hollow-core doors. These provide very little protection in the event of a fire. Consider upgrading to fire-rated solid-core doors. Some even use premium, non-combustible materials like stone wool in their construction.

Insulation. Not all insulating materials are created equal and offer different levels of fire resistance. For the best protection, look for insulation that is non-combustible and made from inorganic materials. Many contractors and builders prefer a stone wool insulation, like Roxul Comfortbatt, Safe 'n' Sound and Comfortboard, because they provide maximum fire protection, resisting fire up to 1,177 C — higher than the temperature of a typical residential fire. Their inorganic composition

means they won't contribute to toxic gas or smoke when exposed to fire.

Lumber and drywall. When possible, select coated lumbers that increase the fire resistance of framing materials. Use type X drywall where code requires it, and consider its use in other areas of your home to help slow flame spread during a fire event.

Many fire-resistant options also exist for cladding, flooring, ceiling systems, roofing and underlayment and more. The best choice is always non-combustible, inorganic materials. Composition is important, because you want your home to be healthy as well as safe. When building or renovating, we all need to make fire safety a key priority, in the same way we have with energy efficiency. After all, energy efficiency will save you money, but a focus on fire safety can save your life.

Scott McGillivray is host of HGTV's Income Property and Moving the McGillivrays, a full-time real estate investor, contractor, author and educator.

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Tanya Wall
Regional Director, Area B

Larry Binks
Regional Director, Area C

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Non-emergency: 424-5525

**Wynndel/Lakeview
Fire Department**
Chief Dayle MacRae
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Creston Fire Rescue - Station 61 (West Creston)
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Agriculture

AT THE FAIR



There was a lot to see at the 99th Creston Valley Fall Fair, held at the Creston and District Community Complex on Sept. 8 and 9. Canyon's Ethan Greentree snapped these photos during his visit to give us a glimpse of the event.





MEL JOY

Examples of wet felting (above) and needle felting (right).



Incredible Diversity of Fibre Arts

BY MEL JOY
Fly in the Fibre

There are so many ways to create with wool fibre in today's world. Here in the Creston Valley, we have many opportunities to learn how to create with this diverse material as we can. Here are only a few of the different skills class participants have learned so far:

Wet Felting: the process of applying soap and varying temperatures of water alongside agitation to wool to form felt. Wet felting is a very old process and some say it is the oldest textile, dating back 6,000 years to the nomadic sheep herders who wore felted clothing (Chad Alice Hagen, 2005).

Contemporary wet felting can include making clothing, household objects or wall hangings, and other various purposes. It is truly an art form that allows the

artist to explore the many textures of different breeds of animals to make a project that can be very useful.

Needle Felting: the stabbing of a single needle or multiple needles into wool fibre to make three-dimensional objects or using the fibre to "paint" pictures and embellishments. The barbs on the needle interlock the fibres so that the formed fibres can then be used to create many projects. The possibilities are endless as to what can be made using this technique.

Spinning: the twisting of fibre to form yarn. This is another ancient technique that was used for many years

by different tools such as a spinning wheel or drop spindle. There are many other tools but the idea is to twist the fibre into a form that can then be used for weaving, knitting, crocheting and other creative uses.

These are only a few examples of how a person can work with wool fibre. There is no end to the ideas or the creativity that comes from those who use this material. Wonderful local teachers offer many classes, sharing their years of experience experimenting in this art form. Participants can't help but be inspired! ■



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CHAMBER CHAT

Dragon's Den: Small Business Month is being celebrated in Creston this year with the launch of Dragon's Den at Prince Charles Theatre on Oct. 18.

The event will play on the popular *Dragon's Den* TV series in that a number of local entrepreneurs will showcase their new businesses or business ideas to a live audience and a panel of local judges.

The winner of the event will walk away with \$1,000 to help them in whatever way best serves their business. Each

entrant will also receive a complimentary one-year membership to the Creston Valley Chamber of Commerce to help them in building their business.

The brainchild of chamber manager Vern Gorham, the event will be MCed by 94.1 Juice FM's Kyra Steele, and

promises to be wildly entertaining, with exciting business pitches, entertainment and a few surprises thrown in to keep everyone guessing, including prizes for audience members.

"Gaining exposure and just getting their name out there is so important for new businesses," says Gorham. "With this event, we plan to annually give our new business people, and our idea people, a chance to market themselves live to an auditorium full of people. There is no better way to get a message across than to pitch to a live audience."

The contest is open to all new business owners who have opened a business since Jan. 1, 2016. It is also open to entrepreneurs who simply have an idea to pitch. There is no entrance fee for entering as an entrepreneur.

Entrepreneurs can contact the chamber at 250-428-5151 or email their intent with their contact information to manager@crestonvalleychamber.com.

•••

Small Business Fair: As a chamber, we were planning to host a small business fair the first weekend of October to give local small businesses a chance to showcase their product lines prior to the Christmas season.

We have decided to postpone this event for a year or two as several unexpected obstacles arose during the planning stages that caused us to put the brakes on the event for this year.

Keep your eyes open for either 2018 or 2019, as we are keeping this event on the backburner, and will host it sometime in the future, during the autumn season and probably coinciding with Small Business Week in B.C.

•••

New Website: Our new website has now been up and running for a few months. We are always looking at ways to improve it. If you have any ideas on how we can make it better, please forward them to us.

That's it for this month. Have a fantastic and prosperous October, Creston! ■



**\$1000
top prize**

Juice FM and the Creston Valley Chamber of Commerce are proud to present the 1st Annual

Dragon's Den

Business Competition

October 18

Prince Charles Theatre • 7 - 9 PM

Entering the competition is free and open to new business owners launching after January 1st 2016, as well as prospective entrepreneurs with an idea to pitch!

Tickets available at Black Bear Books and Kingfisher Books
\$5 for seniors students and children, \$8 for adults paid in advance.
Tickets \$10 at the door



Home & Garden



Hiring a Kitchen Contractor

Just because every home has a kitchen doesn't mean every contractor is capable of delivering a great kitchen renovation. Kitchen work is specialized, so you need to be sure the contractor you choose has the skills to make it a success.

Besides asking for references and checking with past customers for every contractor you're considering, ask questions about the way the kitchen will be designed. Many kitchen specialists have computer software that allows you to see different layouts and material choices in three dimensions. There's no need for you to imagine what anything looks like ahead of time these days.

Also, be sure to ask about the details of the hardware and materials used in cabinets before committing to a particular contractor. Ask to see the hinges and drawer slides that'll be used. Inquire about materials, too. Few kitchen contractors actually make their own cabinets, so request details about who the fabricator is

because you might need replacement doors or drawers down the road.

Kitchen renovations are among the most complicated projects you can undertake. Spend time finding a professional contractor or specialty company that's earned a solid reputation for their work. Remember that a true pro will provide you with a very detailed contract that lays out every aspect of your project, including costs and the payment schedule — never work with someone who won't provide this sort of written document.

Want to take the risk out of hiring a kitchen contractor? The Canadian Home Builder's Association offers free, unbiased information on how to hire a contractor the safe and smart way. Find more information at www.getitwriting.ca. ■

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The seating at Millennium Park is one of the Creston Rotary Club's most recent projects.

Rotary Club Funds Local and International Projects

STORY AND PHOTO BY BRIAN LAWRENCE
I Love Creston Editor

It's hard to imagine the community without Rotacrest Hall or Millennium Park's Japanese garden, but they wouldn't be there without the efforts of the Creston Rotary Club, which has been enhancing the Creston Valley's lifestyle since its incorporation on Oct. 30, 1967.

Among the club's most recent projects are the seating at the Millennium Park stage, and the Devon Street Trail (between Devon Street and 16th Avenue North), funded largely with money raised during the club's signature event, the Rotary International Dinner and Auction, which started over 15 years ago.

"Club members or international students would bring things related to their culture," says past-president Gwen Telling.

"We combine it with information and presentations about international projects," adds director Don Low.

The spring event has changed a bit over the years; with several ethnic

restaurants in town, the dinner is now donated, and the auction portion grew out of the club's former radio auction. The division of funds has stayed the same, though, with auction proceeds going to local projects and dinner proceeds helping with international programs.

That diversity has helped to attract and maintain the interest of many longtime members.

"My father was one of the founders," says Telling, who has been a member for over 20 years. "The reason I stayed in is because we do international projects, and we have done amazing things in Honduras."

"What kept me in Rotary were the local projects — the splash park, playground and all the different things we've been involved in," says Low, who has been a member for 17 years.

Projects from recent years include the Rotary Trail on Mount Thompson, and the green gym and trails adjacent to the Creston dog park. The club has also joined forces with the Creston Valley Rotary Club, and contributed \$10,000 to the new washrooms in Canyon Park, and the gazebo and washrooms in Centennial Park. The playground and splash park at Centennial Park were also joint ventures. As well, Rotary awards an annual \$500 scholarship, and sponsors students for Rotary Youth Leadership Awards.

Funding for the projects comes not only from the annual dinner and

auction, but also from the fall Blue Heron Half Marathon (September), rose sales (October), Christmas tree sales (December) and prawn sales (January).

Other organizations have provided support for this year's Rotary projects, with Wildsight Creston Valley allowing Rotary to use its non-profit society status in applying for Columbia Basin Trust (CBT) grant for the Devon Street Trail project; CBT donated funds for both the Millennium Park seating — high-quality artificial wood decking on aluminum supports — and Devon Street Trail.

On the international front, the club has built water systems and schools, and provided scholarships for the people of Santa Barbara, Honduras.

"Just this last year we were the lead club on a water project that is providing clean, safe water for about a thousand people," says Telling. "Our current wash project, if our applications for funding are approved, will provide toilets and water to about 10 schools in Honduras."

If that pilot project is successful, the future may see Rotary International taking it on with the goal of having a worldwide impact.

"We're willing to help anybody, not just people who are part of the group, when we see a need," says Telling. ■

To learn more about the Creston Rotary Club, visit www.clubrunner.ca/creston or contact president Mike Fitzpatrick at cherrychucks@yahoo.ca.

The Creston Rotary Club would like to thank the following sponsors of the Rotary International Dinner and Auction

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Creston Rotary Club

New Coach Behind Thunder Cats Bench

CRESTON VALLEY THUNDER CATS

With each new season comes new faces and names on the ice, but what about behind the bench? The Creston Valley Thunder Cats' new head coach and general manager is a familiar face this season, and brings a successful hockey background to the valley. Brad Tobin was brought on last year as an assistant coach to Jeff Dubois, and was promoted to head coach and general manager after Dubois took

a job in the BCHL with the Alberni Valley Bulldogs.

Growing up in North Delta, B.C., Tobin was surrounded by hockey his whole life. His grandfather was a head scout for the Boston Bruins for over 30 years, and prior to that, enjoyed a successful pro hockey career, even managing to play one game in the National Hockey League. His uncle is also a part of the Bruins organization and it was those connections that intrigued Tobin enough to follow in their footsteps.

"[My Grandpa] was always around, kind of pushing me in hockey and in baseball, just taking me to the rinks every day, telling me what I do right and wrong on the ice," says Tobin. "He was always there for me. My uncle is assistant general manager for the Boston Bruins so I've always been intrigued with the scouting aspect in hockey and that. It's how they made their living, feeding their families, and so it was something that always interested me, just going to hockey



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Sports

games with those guys and just kind sitting up there and taking everything in.”

As a player, Tobin started his junior career in the KIJHL with the Columbia Valley Rockies. He put up two goals and 15 assists in 52 games as a defenseman with the club before heading back home to the North Delta Devils. One year after he finished his junior career as a player, Tobin signed on with the BCHL's Surrey Eagles as an assistant coach, a position he held for six years. It was an incredible first year for the new coach as Tobin helped the Eagles run the table and take home some major hardware. The year, he says, is his most memorable coaching moment yet.

“My first year being behind the bench was the season that we went on and won the BCHL championship and the Western Canada Cup. ... That was unbelievable. Just being able to beat the Penticton Vee's in Game 6 in Penticton in double overtime was pretty good. And then just the whole run in the Western Canada cup and then the RBC cup, it was just an unbelievable experience.”

His excitement for the current season is obvious when talking to him. It's the first time he's been in a head coaching position and he says he's ready for the extra responsibilities that come with it.

“I've been in hockey for eight seasons now with the juniors and that. So this year I think it's time for me to step up and see if I can handle my own team.”

His job as coach is to develop players and move them forward, all while putting together a championship team. He believes he can teach the players what it takes to get to the next level, and will use his BCHL connections where he can to give his players the same kind of opportunity that they are giving him as their coach here in Creston.

Tobin's career goal is to become a scout in the NHL, like his grandfather was before him, and coaching at a grassroots level like the KIJHL is a perfect opportunity to help him reach that goal.

“Creston Valley: loved it last year, love it this year as well. Everybody's been very, very helpful and I'm very thankful for everybody that's helped myself out and the whole coaching staff throughout town.” ■



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A: Hope it's Halloween!

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Q: What do you get when you cross a snowman with a vampire?

A: Frostbite.

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Q: Why is a skeleton so mean?

A: He doesn't have a heart.

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Q: What do you get when you cross a cocker spaniel, a poodle and a ghost?
A: A cocker poodle boo.

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BY JESSE
MORETON,
BSc DC

Dizziness Defined in Several Ways

Picking up from last month, we defined BPPV as benign (non-serious) paroxysmal (sudden attacks) positional (caused by certain positions) vertigo (a spinning sensation). BPPV is the most common type of vertigo and one I've seen often enough in practice. Chances are, if you've experienced vertigo, this is the type you had.

BPPV can usually be diagnosed simply by recognizing the symptoms described by its name. Does your vertigo start suddenly when you move your head in a specific position? Does it fade away when you change position? Is it associated with other strange symptoms? If the answers are yes, yes and no, respectively, then it's probably BPPV.

The gold standard for diagnosing BPPV is a test called the Dix-Hallpike maneuver. By the way, have you ever noticed how many researchers name diseases and tests after themselves? I guess there has to be some perk to working in a lab your whole life. Anyway, the Dix-Hallpike maneuver is simply to position a person on their back with their neck extended and rotated 45 degrees to either the left or the right. Go ahead, try it

at home. It's not a controlled act. Just be prepared for some vertigo if you're prone to it. If either position causes nystagmus (rapid and uncontrolled movement of the eyes) and induces vertigo, the test is said to be positive.

Interesting, you say? How does that work? Well, the main theory with BPPV is that some free-moving densities called canaliths get stuck or impair the function of the inner ear. I've also heard other practitioners describe these as calcium crystals, and while their name sounds almost make believe, it's true. But why do these magic crystals block the inner ear? We don't really know. Some people seem more apt to the process and it seems to occur more in the elderly (another wonderful part of the aging process to which we can all look forward). Regardless, the Dix-Hallpike maneuver moves the crystals in such a way that it blocks the canal and reproduces the vertigo.

Great, now you know you have BPPV. What do you do about it? There are two main techniques. The first is called Semmont's maneuver (probably named after another poor guy stuck in a lab his whole life). The Semmont's maneuver is designed to remove debris from the cupula. (I may not have mentioned all the parts: In the inner ear there are three main semi-circular

canals and some smaller structures. Things usually tend to be a little more complicated than we like.)

The other technique is called the Epley maneuver. Dr. Epley designed his method to target crystals from the posterior semicircular canal. Epley's tends to be the one used by most health professionals and is my "go to" treatment as well. If you're brave, you can Google both maneuvers and try them yourself, but you'd probably feel more secure seeing a health professional. In my experience, not all health professions do the maneuver, so you may want to ask first. I know chiropractors, family doctors and physiotherapists who use the technique, while others prefer to refer out to someone who does.

See **DIZZINESS**, 28

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BY DIANE
TOLLESON

Imagine Peace and Harmony

“What would you see, feel, think and hear if your wish came true? When you imagine your dream coming true, and notice all your feelings, thoughts and visions, you help make it happen. You may be surprised when your wish comes true in a better way than you think. Have faith your wishes will come true in ways beyond your greatest imagination!”

—Doreen Virtue, PhD
in *Magical Unicorns*

When I hear the word imagine, I also think of and hear John Lennon’s song. I believe there are more people on the Earth than ever

before that feel we can create and experience peace in our lives today. Focusing on our intention of creating peace and harmony in our own lives helps those in the big picture realize the same dream.

What do you focus on for most of your day? What is going right in your day or what isn’t? As I said in my last column, I begin each day now with, “Today is the best day of my life.” And every day I get a special gift or encounter that makes it so! Sometimes it’s a signal from nature or from people. I don’t expect anything, I accept what is. Just let it flow — why paddle upstream?

It seems the Earth is doing some major changes and whether mankind

has created or added to it, it still is all in divine order. Out of chaos can come compassion and gratefulness, and a joining together to help one another, even total strangers.

I feel winter like a bear; it’s time for introspection and hibernation in some ways. Go within and see what brings you joy and find a way to share it with others.

My mission statement is, “To in-power others to find the joy and happiness within them so they can share it with others.”

A reading with me can help find where or what you want from yourself. I like to help find “soul”-utions for people. Have a blessed, thankful October, and in-joy always! ■

BRIAN LAWRENCE

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Dizziness

From 27

Now what about results? According to our hapless lab friends looking for name recognition, the maneuvers are 66-92 per cent effective and there is a 5-15 per cent recurrence rate. Take what you’d like from that, but generally I’ve had some pretty good results with it. I remember the first patient I treated had such a night-and-day response that I thought she was fibbing just to make me feel good. Obviously that won’t be everyone’s response, but it’s

usually worth trying.

The only drawbacks: very temporary aggravation of vertigo (I’m talking seconds), and having to stay upright for the rest of the day (this prevents the crystals from sliding back into blocking the canal). Usually when I perform the maneuver, I schedule patients earlier in the day so there is a greater chance the crystals are flushed out by bedtime when the patient inevitably has to lay down.

As always, hope this helps. And if not, at least you’ve increased your knowledge base by five points! ■

Screening for 'Silent Killer'

VITAL HEALTH

Did you know that a Canadian dies every seven minutes from heart disease? In many such cases, the death certificate will show "natural causes", yet dying of clogged arteries is no more natural than being hit by a truck. You can avoid it.

Heart disease is the No. 1 and often "silent killer" of Canadians. The major culprit is the slow, silent and steady buildup of fatty plaque deposits within the arteries, which carry oxygen-rich blood to the heart, brain and limbs. When one of these arteries narrows from the plaque buildup, a heart attack or stroke can happen.

What is heart failure? Heart failure is generally defined as the inability of the heart to pump sufficient blood flow to meet the body's needs. When less nutrients and oxygen get delivered to

Cardiac Rehab Sessions Offered

CRESTON HEALTH CENTRE

The Creston Valley Hospital is now offering a program every Monday morning, providing education and rehabilitation advice for cardiac patients and their families.

The Central Okanagan Association for Cardiac Health (COACH) and the Interior Health Authority's (IHA) regional cardiac program along with local primary health care staff are partnering to provide cardiac rehabilitation (CR) education for rural patients.

The purpose of this program is to improve access to core education components for cardiac patients and their families living in rural and remote areas within the IHA. This education is delivered by group education classes through videoconferencing, focusing on the communities of Grand Forks, Trail, Merritt, Williams Lake, Salmon Arm, Kimberley and Creston.

The videoconference education series is comprised of six classes held on Monday mornings starting at 10 a.m. Classes are approximately 60-90 minutes in length, with topics including anatomy and procedures, exercise guidelines, medications, stress management and two nutrition classes. The class series continues throughout the year and new enrolments can begin at any time during the series. ■

For more information or to enroll, contact the Creston Health Centre at 250-428-3845.

our body tissues, symptoms of heart failure occur. Heart failure occurs when the heart muscle becomes damaged in some way, such as coronary artery disease, a previous heart attack, high blood pressure, diabetes, infection and lung disease.

Common symptoms of heart failure are weakness, loss of appetite, cold hands and feet, waking up from sleep with shortness of breath, unable to sleep, and a dry, hacking cough.

Strokes are caused by blood clots. A blood clot can form in the heart or elsewhere and travel to the brain. Heart disease and stroke can both be due to unhealthy arteries.

Often, the very first symptom of heart disease is the last one. Our health care system can't afford testing for people without symptoms, but there are alternatives to prescription drugs and surgery.

A cardio screening with a digital pulse wave analyzer (DPA) used in clinics all around the world will tell you the true biological age of your arteries. Each time your heart beats, it creates a pulse wave that flows down the linings of your arteries to your fingers and toes, and then back to your heart. This pulse wave is measured with the DPA. It takes only a few minutes for the DPA device to screen your large, small and peripheral arteries, and print out a report on the state of your arteries using eight different measuring points. The screening uses a finger probe and is completely pain free. ■



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DPA Certified Technician

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Friday, October 27



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A Medicine Chest in Your Kitchen

TILIA BOTANICALS

Have you ever woken up in the middle of the night with an upset stomach or felt that “scratchy” sensation in your throat signalling the imminent arrival of a cold? Don’t despair: Relief may be just a few steps away — in your kitchen herb and spice drawer.

Many of our culinary herbs and spices have the wonderful advantage of not only being great for flavouring our food, but also for treating a range of health conditions. While herbs such as garlic, ginger, oregano and mint have gained a reputation for their health-supporting abilities over the last few years, there are many other common culinary herbs that are equally helpful.

Parsley leaf is widely used as a garnish and this is because the leaf

can help stimulate digestive secretions and gastric activity, and helps to freshen breath after a meal. Parsley is excellent to take as a tea at the first sign of a urinary tract infection as it has an antiseptic and diuretic action, which kills the infection and flushes out the system.

Dill seed is a stomach soother and anti-gas remedy. It is also said to increase mother’s milk and help treat breast congestion from nursing. It is gentle remedy for colic in babies (and adults too!). In addition, dill seed can help with those suffering with colds and flu as it can be taken as a tea to break fever and ease congestion. Dill seed is a good source of calcium, with 100 mg in a tablespoon.

Cloves have been used for centuries to sweeten bad breath and settle upset stomachs. It is the active ingredient in many toothache remedies because it has both anesthetic and antiseptic properties. Eugenol, a type of volatile oil found in cloves, relieves pain, and for this reason it is often used in liniments for arthritis and to ease toothaches, headaches, muscle pain and neuralgia. It is good in teas for colds and flu, where it helps kill germs, stimulates expulsion of mucous and breaks fevers.

Thyme has antiviral, antibacterial and antifungal properties, and can be used in the treatment of numerous conditions of the respiratory tract. Thyme also can be helpful for phlegmy coughs and relieves cramping and gas. Internally, the antioxidant actions of this herb prevent free radical formation, strengthening the immune system and improving cardiovascular health.

Basil has a sweet and pungent flavor and an intoxicating aroma. It is high in vitamins A and C, calcium and iron, and protein. In many Mediterranean countries, hot basil tea is used to break children’s fevers and ease cold and flu symptoms. Basil is said to have a calming effect on the nervous system and it helps relieve nervous headaches. Some studies have shown that basil acts upon the limbic system, elevating mood and acting to ease mild depression.

Sage is a warming, astringent herb and is great for drying up excess secretions in the body. The tea can be useful for diarrhea, gastritis and enteritis, and as a gargle for sore throats, laryngitis, tonsillitis or ulceration of the mouth. It is used to reduce excessive perspiration, and can aid with easing night sweats, especially those associated with menopause. ■



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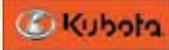


This 18hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

BX1870 4WD Tractor w/LA203A loader features: 18hp 3cyl diesel tractor, 2 range hydrostatic transmission, power steering, 4 wheel drive, rear and mid pto, w/ LA203A front end loader



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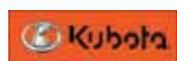
L2501HST w/ loader features: 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



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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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