

November 2017

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- The Forgotten War

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From the Editor



BRIAN LAWRENCE

Welcome to the November issue! We're always excited to keep you informed about the goings-on in the Creston Valley, and there's a lot to check out this month.

With Remembrance Day coming up this month, we once again turned to Creston Museum manager Tammy Bradford to help us out. Her knowledge of Canada's role in the world wars is practically encyclopedic, so it's always a sure bet you'll learn something new. In her monthly column, she takes us on a tour of the European war sites and memorials she visited while on vacation in the spring. In her contributions to

our Remembrance Day section, she highlights the Creston Valley's Littlejohn family, which was split up during the First World War (the children were already living with relatives in England while their father, a widower, went to war), and examines the local coverage — or, rather, lack thereof — of the Korean War.

Elsewhere in the issue, Creston Mayor Ron Toyota explains the facts behind the proposal for a new fire hall. It's a costly venture — a successful December referendum would allow borrowing up to \$6.1 million — but one that would help ensure the health of firefighters and safety of our community. As the mayor explains, some of the cost could be offset by grants — the town and local Regional District of Central Kootenay areas have obtained nearly \$14.8 million in grants in the past nine years (as he explained in his column in

our October issue) — so the burden on taxpayers could be considerably less. Either way, the facts are available, so cast your vote based on those!

On the artistic side... The Therapeutic Activation Program for Seniors and Cresteramics Society have teamed up for art classes taught by Win Dinn and Eileen Gidman, and TAPS community liaison Maureen Cameron tells us all about that partnership. Later this month, the arts council is hosting its annual Christmas market, and Footlighters will be debuting a local retelling of *Hansel and Gretel*. And Carmen Ditzler gives us the scoop on wet felting.

As you flip through the pages, you'll also come across contributions by the Creston Valley Thunder Cats, the ag society's Randy Meyer and a few health practitioners. After all, variety is the spice of life — and we don't lack variety here in the Creston Valley! ■

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Four teachers offering classes for all levels at Yoga Room.

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Chuckureese processing poultry on Lister farm.

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Peace of Mind and Body at YOGA ROOM

STORY & PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

The thought of yoga may bring to mind a room filled with people twisted into matching poses, but that's only one aspect — yoga isn't simply a posing routine, it's a lifestyle.

"It's a really cool life science," says Barb Minichiello, owner of the Yoga Room. "The yoga sutras are guidelines on how to live life. ... It's all laid out for you. The theory behind it is huge."

With Minichiello and three other instructors on the roster at the Yoga Room, the Northwest Boulevard studio offers something for everyone, from beginners on up.

"It's kind of the whole meal deal," she says.

Stephanie Derraugh teaches beginner classes, as well as youth and therapeutic yoga, Gail Thompson teaches classical and intermediate classes (as well as a closed session for health care professionals), and Denise Dumas teaches advanced classes.

Minichiello's specialty lies in therapeutic yoga, dealing with issues from chronic pain to injuries sustained in car accidents, helping others to focus on more than just physicality by looking inside.

"You can really help people," says Minichiello, a certified yoga therapist.





“Yoga therapy is a whole mind and body thing. ... It’s about what’s going on inside — what brings you joy? That’s why we laugh a lot.

“It’s not that you can fix people. It’s about acceptance. You can help people come to terms with things.”

She offers therapy both in classes and one-on-one (the latter through her other business, Breathing Space Yoga), giving instruction that focuses more on increased or improved mobility rather than a general set of yoga poses.

“I help people move out of pain, move purely and start to be able to walk again,” she says. “It’s kind of yoga deconstructed. It’s more function over form, for sure.”

Minichiello, who was raised in Burnaby, has lived in Creston for about 30 years, having come to town with her husband, Rick, when he was apprenticing as an accountant. Prior to moving to the Kootenays, she worked in the forestry industry, which took her all over the province, and settling in Creston gave her the opportunity to finally try yoga.

“I’d always wanted to do it, but I was from a family that didn’t do that stuff,” she says.

She started in Gary Smith’s class, and then, after a break, took Thompson’s class, which further piquing her curiosity.

“I really liked her and wanted to know more — and the way to know more is to take teacher training.”

That led her to the South Okanagan Yoga Association, visiting regularly for two years in order to earn the 500 hours that would allow her to become a teacher. She began teaching in 2012 at the now-defunct Creston Valley Yoga Studio, and later moved to a location above the Family Practice clinic. For a second 500 hours, she

Barb Minichiello owns the Yoga Room, where she teaches, along with Gail Thompson (pictured on the cover), Stephanie Derraugh and Denise Dumas.



studied yoga as therapy at Kelowna's Trinity Yoga School, graduating in 2014.

Minichiello most recently trained at the Essential Yoga Therapy School in Seattle, Wash., earning certification as a yoga therapist this year after studying for two years under director Robin Rothenberg, who practices Judaism and lives by yogic teachings.

"Yoga is the science of life," says Minichiello. "It's not a religion. It believes in a higher power, but that can be whatever you want."

She's pleased to bring yoga's enlightenment to people in Creston at the Yoga Room, where participants have been equally thrilled with the studio's heated cork floor — and, naturally, the changes in mobility, pain levels and sense of well-being.

"I'm really grateful to be able to help," says Minichiello.

She knows from experience what improvements yoga can bring to the body and mind; she used to hunch but yoga has changed that over time.

"I've found I'm more spacious inside," she says.

Knowing the benefits firsthand, Minichiello adds that she's happy to work with participants who may not be able to afford the full price for classes.

"Anyone can come and do it," she

says. "Everyone should have yoga accessible if they want it."

And through that, she'll be able to continue "making people laugh and helping them to help themselves feel better. Yoga is an amazing vehicle that can help those things." ■





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

New Fire Hall for the Next 50 Years

Our community is growing! The most recent Canada census data (2016) indicated our population to be at 5,351. As we continue to grow and develop, we need to plan strategically for our infrastructure. And our infrastructure includes more than pipes and roads; it also includes municipal buildings.

A key piece of our municipal infrastructure is our fire hall. Did you know that this building, located on 10th Avenue North, is a converted grocery store that was built in the 1950s? Our fire department moved into that building in 1982. Many years later we now serve a population base that extends beyond our municipal borders; providing fire protection to approximately 8,000 people. Our department has grown, our service provision has grown, regulatory requirements have grown and now we are faced with the need for a new fire hall.

So why do we need a new fire hall?

1. The health and safety of our firefighters is paramount, and our existing fire hall is unsafe as a result of inadequate ventilation/air exchange and a lack of space for an effective decontamination process, among other things;

2. Our community needs a fire hall to be up and running in the event of a natural disaster (think extreme winds, snowloads, seismic activity or even wildfire);

3. The existing 1950s grocery store and associated site are simply too small for the present day services that our department provides;

4. Renovations to the existing fire hall would not be able to address all of the deficiencies associated with the existing building and site; and,

5. If renovations were to be undertaken as an interim measure, they would render the fire hall inoperable for a significant period of time.

Can our community afford to be without an adequate fire hall and associated site? Can we continue to ask our volunteers to work and train in a building that could negatively affect their health and safety? Would you be willing to serve in this kind of capacity under these conditions?

But what's the financial cost? There's a lot of talk throughout the community that our taxes are simply too high right now to take on more borrowing, and I understand that no one likes to pay more taxes. So what are we asking the community to consider borrowing? The answer is a maximum borrowing amount of \$6.1 million and we know that's a lot of money. But there are three things we should consider when contemplating this request to approve a maximum amount for borrowing:

•The maximum project cost for a new fire hall-only building would be \$5.3 million. However, we're currently in negotiations with the Province of BC to see if they want to participate in the project by including space for the BC Ambulance Service. They would fund their own debt servicing for an estimated additional value of \$800,000. That's where the figure of \$6.1 million comes from.

•We may be able to reduce the actual cost of the project through grants, donations, or sale or lease of the existing building. The challenge is that we can only pursue these kinds of solutions after our community has approved the maximum amount for borrowing.

•On a worst case scenario, if we needed to borrow the entire \$5.3 million for the fire hall portion of the project, how would this impact municipal taxes? The answer is that for less than the price of a cup of coffee a day, per household, we could accommodate the required taxation increase.

I've also heard the sentiment expressed that we already pay extraordinarily high taxes in Creston, before the proposed borrowing for a fire hall. This claim simply isn't true when we lift our heads and look around the province for comparisons.

•Of the 161 municipalities in BC, 79 communities pay higher residential property taxes and charges than we do in Creston. This is based on taxes for a representative house within each community, which in Creston has an average assessed residential value of \$220,949. This approach allows us to compare apples to apples when we consider municipalities that have on average either more expensive homes or less expensive homes. It should be noted that most of the communities that pay less residential property taxes than Creston also receive less service (no recreation complex, no policing costs, etc.).

•Of the 35 municipalities with a population between 5,000 and 15,000 people (these populations also pay for policing like we do), 27 of these tax more per capita than Creston.

I would encourage you to visit the Town of Creston website and check out the new "For the Record" page to make sure you have factual information on the proposed fire hall project. You can also pick up a paper copy of these questions and answers at Town Hall.

Whether you vote yes or no at the upcoming referendum, cast your vote based on facts! ■

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



Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Use Instinct to Avoid Losing to Scams

K'i'suk kyukyit (greetings).

There are many scams out there in this world. Some are through the telephone while others may be through email and the Internet. One particular scam had a man posing as a Canada Revenue Agency representative threatening people with legal action, demanding money for taxes owed to the government.

A few years ago, someone called a local business owner stating they were me and that I was in Vancouver with a sick Lower Kootenay Band member in the hospital. The individual stated that he needed money for medical expenses. Unfortunately, the business owner believed the man on the phone and sent money to the scam artist.

This has happened more than a few times where people were posing as me and that prompted me to write this to warn the good people of this valley. The most recent incident happened last

month. Again, the individual stated that they were in Vancouver with a sick LKB member. The concerning part of this story is I had just left Vancouver from a meeting. The individual on the phone said I was at the Union of BC Indian Chiefs. I was, in fact, at that meeting in Vancouver.

To give readers an idea of Lower Kootenay Band processes for medical appointments and/or transportation, I will outline the following:

- LKB member receives a referral from medical doctor;
- LKB member brings referral to LKB administration/accounting;
- patient travel cheque is requisitioned to patient for transportation; and,
- following appointment, patient delivers all receipts to LKB administration.

I am not privy to LKB members' medical information and do not need

to know. There are strict privacy laws around this matter. My role as chief of the Lower Kootenay Band focuses on the governance of the band and Ktunaxa Nation. We have department staff who deal with medical, education, housing and more.

I am hoping that no one in our good town will receive a phone call from someone claiming to be me saying that they are in dire straits. However, should this happen again in the future, know that LKB has processes for how we conduct business. Calling people for money is not one of them. I have notified the RCMP on these incidents; unfortunately there isn't much that the police can do, but they are aware. I now make the public aware and people knowing this story will be a great prevention of anyone being scammed in the future.

For this scam and scams in general I suggest trust your gut feeling. If something doesn't seem right it probably isn't. The human instincts are a remarkable thing. We have these instincts to help us survive.

With that, I thank you once again for reading and wish you all well! *Taxas.* ■
Reach Jason Louie at 250-428-4428 ext. 235, mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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A Journey to Remembrance



BY TAMMY BRADFORD
 Manager - Creston & District Museum & Archives

This past spring, my friend Ian and I joined a tour of First World War and Second World War battlefields. We started in London with visits to a number of monuments and the Imperial War Museum (a definite must-see, in my opinion), then headed south through Aldershot (site of a military camp that most Canadian soldiers passed through during the Second World War) to Portsmouth, where we embarked on a ferry to follow the route of the D-Day fleet to Normandy.

In Normandy, we visited the famous Second World War landing beaches

— Dieppe, Arromanches, Juno and Omaha — before turning our attention to Great War sites at the Somme, Ypres and Vimy Ridge. We visited trenches and museums, many cemeteries and even more monuments. We shed a lot of tears at Abbe Ardennes, where 21 Canadian prisoners were summarily executed following the D-Day landings. We attended the Last Post ceremony at the Menin Gate and the 100th Anniversary ceremonies at Vimy Ridge.

For Ian, it was a chance to revisit some of the most memorable sites he visited on a similar tour four years ago, to experience them in greater depth and detail, and to visit some new ones.

For me, it was a chance to make a personal connection with a part of history that I know only academically. It was that, but so much more as well: It was immensely powerful, moving and enlightening. Let me explain what I mean by “enlightening.”

One evening, near the start of the tour, our guide mentioned that he had once seen people sunbathing topless on one of the landing beaches. A woman in the group commented that she felt that was quite disrespectful, and at first I was inclined to agree. But we were still in England at that point, and it didn’t take long after we’d arrived in Normandy for me to start to change my mind.



TAMMY BRADFORD
 Canadian Second World War veteran Frank, his wife Hedy, and two German soldiers at La Cambe German military cemetery.

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History



TAMMY BRADFORD

The crater left by the explosion of a massive mine planted by the Allied army and detonated under German troops on the first day of the Battle of the Somme, July 1, 1916. The crater is nearly 100 feet deep and over 300 feet wide — and there are hundreds and hundreds of similar craters in France.

You see, for us — and especially for people like me who have never lived through a war and who are a generation or more away from anyone who did — war is something that happens very far away in both place and time. But when you actually go to these sites, you realize that war is something that happens in people's homes. In their backyards. In places where they must go about their daily lives, both during the conflict and for generations afterwards.

If we, the relatives of those who fought, somehow compelled the French to forego all day-to-day activities in

places that we consider shrines, the French would have no daily lives at all, because these monuments, cemeteries and war relics are literally everywhere.

The juxtaposition of wartime remembrance and present-day living is unmistakable — and unavoidable. Every town we passed through has a “Rue des Canadiens” or a “Place de [name of regiment].” Every highway sign has directions or distances to at least one monument or cemetery. Bunkers are incorporated into walls; tanks adorn flower gardens and municipal parks. Dieppe, Juno and Omaha beaches, sites of terrible

struggle and loss for Allied soldiers, are popular recreation destinations. At Longues-sur-Mer, German batteries still point out to sea, overlooking a blooming canola field. Most jarring of all is the seawall at Arromanches, where a carousel — symbol of carefree childhood — sings its merry tunes only a few feet away from an artillery piece.

The reminders of war come thick and fast in the Somme valley, where, for a few months in the summer of 1916, Canadian troops endured some of the bloodiest fighting of a war still known for its bloody fighting. Just a kilometre or so from the massive Lochnagar crater,

History



TAMMY BRADFORD

The long wall filled with the names of more than 34,000 missing First World War Allied soldiers at the Tyne Cot Commonwealth War Graves Cemetery and Memorial to the Missing, located outside of Passchendale, Belgium.

four more sites were visible: two cemeteries (British and Australian), an Australian monument to the fight at Pozieres and the spires of the Commonwealth monument to the missing at Thiepval. Another moment brought two more: the tank monument and yet another Australian monument, this one to the fight at the Windmill Bunker.

I think that's when it fully came home to me: The people in France and Belgium do not sunbathe on beaches or farm around bunkers because they don't remember the war. They go about their daily lives in these places because there, the war is impossible to forget.

Here, every Nov. 11, we say "lest we forget," and for that day, at least, we really do mean it. We read the names

on the cenotaph, and recognize some of them as family members of our friends and neighbours. But the rest of the year, we can easily forget that war ever happened, and we walk past the cenotaph without giving it a moment's thought. If you really do want to remember — understand, appreciate, recognize, whatever word you use — what war is and what it means, I urge you: Go there.

Go see the battle scars on the buildings and on the landscape. Stand at the little monument that marks the farthest point Canadian soldiers reached at Dieppe. Read the names of the thousands upon thousands of missing soldiers at Tyne Cot and Thiepval. Look at the canister shot on display in any of the museums and imagine what it does to massed soldiers. Watch a Canadian veteran posing arm-in-arm with two young German soldiers who came to lay wreaths and maintain the graves of the war dead of their own country. Touch the headstones of French and Belgian soldiers to remind yourself that they fought too — they were not merely bystanders in a conflict between other nations.

I guarantee: you will never walk past the cenotaph again without truly remembering. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

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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
 Mormon Hills School Chior
 Benediction - Rev. Leon Rogers
 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, Demetre & Crew and Bryan Daybell for their participation.

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



Branch 29
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LEGION

Thursday, November 9

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

Friday, November 10

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)

Saturday, November 11

The Service of Remembrance will be conducted by Reverend Harry Haberstock & Reverend Leon Rogers, 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



“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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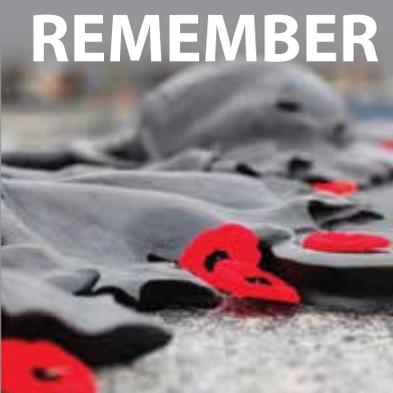
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and freedom.





Larry Binks
Regional Director, Area C



NOVEMBER 11



We shall not forget.

Remembering all those
who have made sacrifices,
especially those who gave
their lives, so that the rest of
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Tanya Wall
Regional Director, Area B





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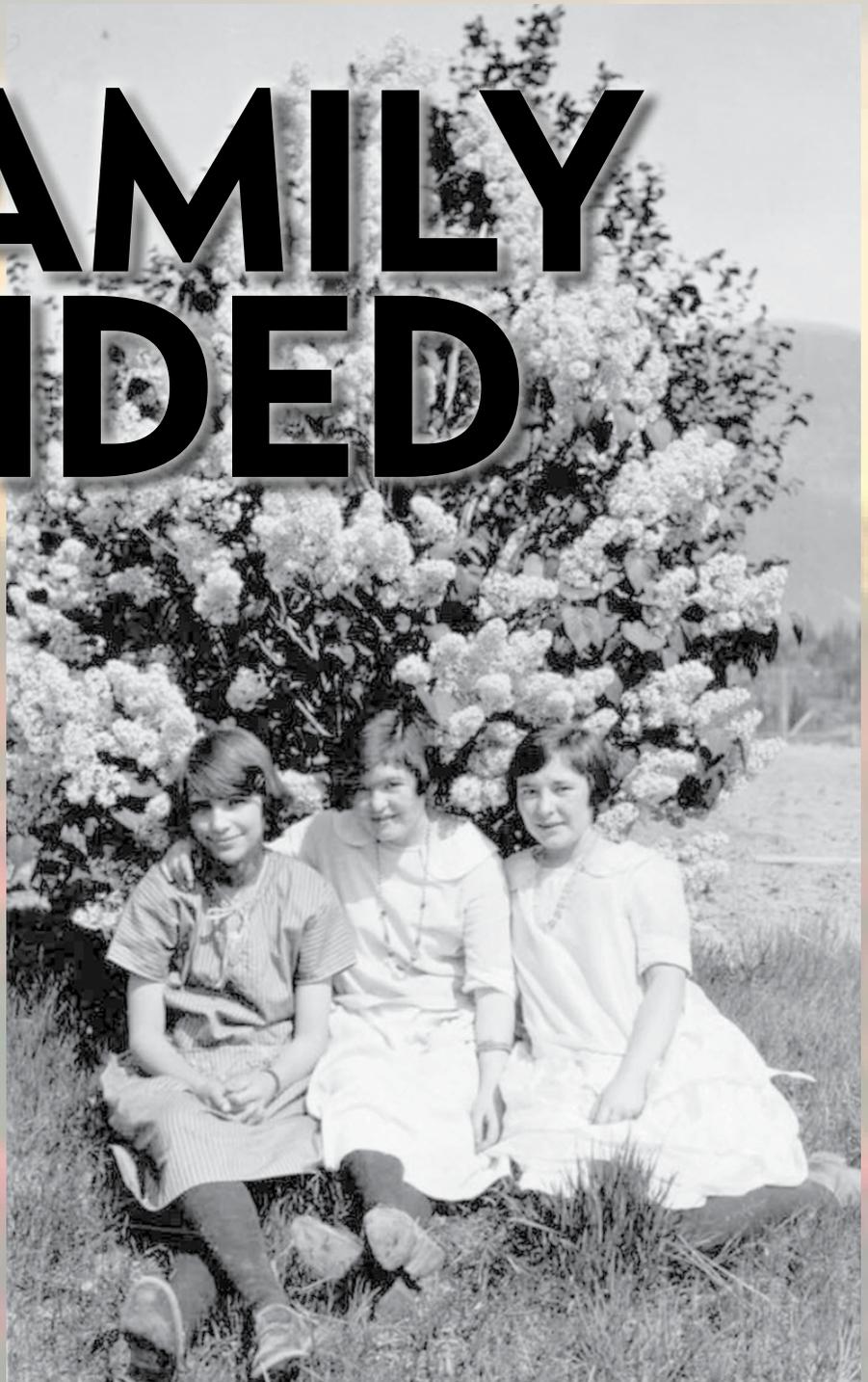
A FAMILY DIVIDED

BY TAMMY BRADFORD
Creston Museum

Often when we talk about war and the impact it has on a community, we talk about the young men who went off to fight and never returned. We might also think about the disruption to a community's daily life, when so many of its farm workers or sawmill workers or factory workers are overseas. Or, perhaps, we'll imagine the effects on the people left at home: the worry about their loved ones in uniform, the struggle to manage despite rationing and restrictions, the challenge to meet expectations for endless fundraising for the war effort.

I heard a story the other day that got me thinking about another way war impacts people.

In July 1910, Anne Littlejohn died following childbirth, leaving behind seven young children ranging in age from newborn to 10 years. As the *Creston Review* reported, her husband and children had "lost a devoted wife and mother under such sad circumstances and at a time when she could apparently least of all be spared." Her husband, William, spent the next two years attempting to find a suitable



SUBMITTED

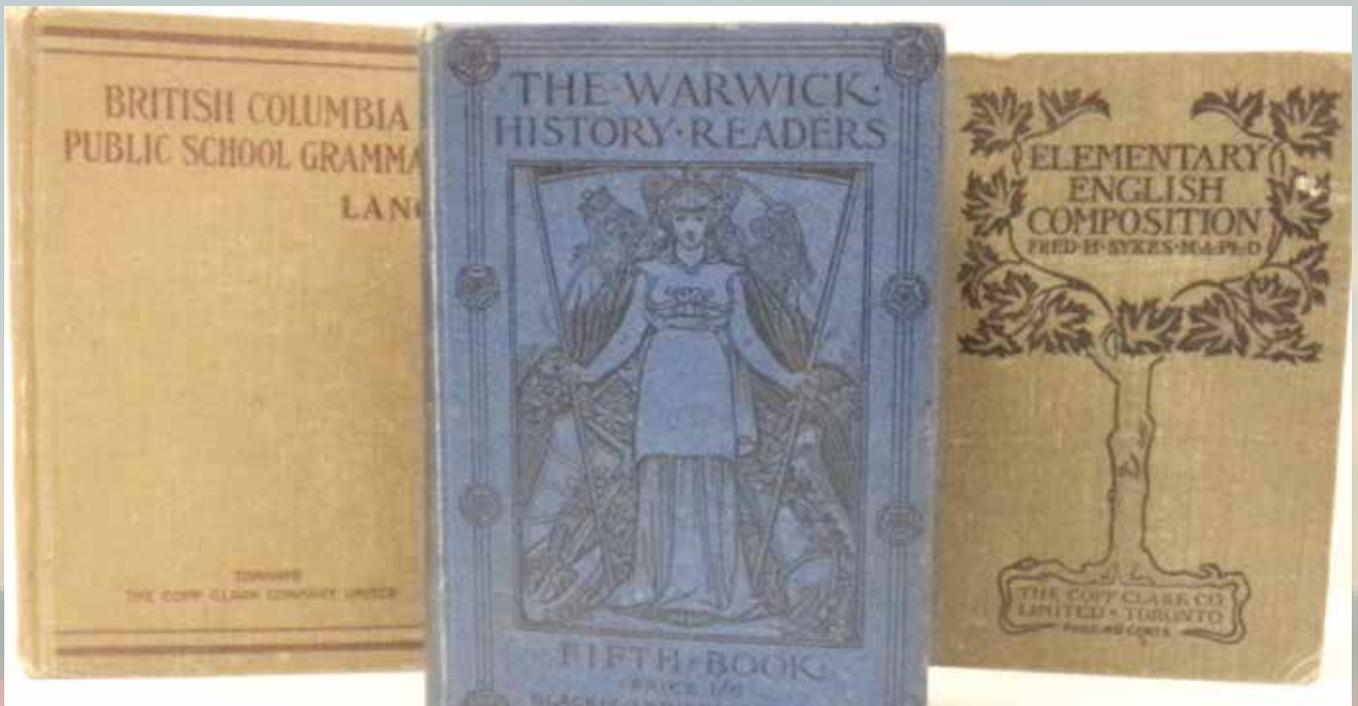
Kathleen (centre) and Effie (right) Littlejohn with an unidentified friend, probably taken just after the family was reunited in Erickson.

housekeeper to take charge of the children while he ran his successful fruit ranch on Beam Road.

The neighbours helped; in Anne's obituary, the newspaper commended "the kindly ladies of the neighbouring

ranches" who were "doing all in their power to render practical help." But that wasn't enough. In early April 1912, W.G. Littlejohn took his children back to England, from where the family had emigrated in 1905-1906. Eldest

Remembrance Day



SUBMITTED

Littlejohn schoolbooks, hinting at the division and reunion of the family. From left: Lewis's grammar book, Erickson school, 1913; Keith's history book from a school in England; Kathleen's English composition book, from Erickson school.

son Lewis refused to go at all; William was only going long enough to get the youngsters settled (though his return was delayed by a month because smallpox broke out on his ship and he was quarantined in Halifax). But the younger children were going to live with family members for a couple of years until William could come up with a solution.

Those “couple of years” turned into seven. Before William could make arrangements for the children’s return, the Great War had begun. Travel across the Atlantic suddenly became considerably more difficult — and dangerous. The German U-boat menace was very real and began immediately after war broke out (*HMS Pathfinder*, the first ship sunk by a U-boat in that war, was torpedoed only a month and a day after war was declared). And, as anyone who knows the name *Lusitania* will recognize, civilian ships were by no means immune to U-boat attack.

Understandably, William Littlejohn chose not to run that risk. The children stayed in England for the duration, and may have even seen very little of each other in that time; they were divided up and taken in by three or four different family members in Durham and Yorkshire. Certainly, they did not see their father again until July 24, 1919. As the *Creston Review* reported — on the first page, no less — “Five of the Littlejohn children, who have been living in England the past few years, arrived to rejoin their father here on Thursday last, Mr. Littlejohn’s sister (Mrs. Atlay) accompanying them on the long journey. They are all looking fine and are delighted to get back to the old home once more.”

I’m certain they must have been delighted! What a reunion that must have been. I wonder — was it a private one, or was most of the town at the train station to witness it? How much

apprehension was mixed with the delight of the children — especially for Kitty and Effie, the two youngest, who, less than five years old when they left for England, probably could barely remember their father? What were the feelings of the father, seeing his elder children grown into young adults since the last time they’d met? How many hours were spent sharing all the details of their lives apart — details that slow-moving and infrequent letters could not possibly supply?

The children, at least, had had an opportunity to get reacquainted before reuniting with their father. William’s granddaughter, Dianne, who told me this story, also told me that, on the voyage from Liverpool, “Aunt Edith [Atlay] was very sick. The children were not well supervised and were running all over the ship!” ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

The Veterans

The men, in their berets, stand tall,
And misty-eyed, let memories soar —
As they look backward through the years
At this tragedy of war.

Each remembers his long-lost youth
Which, in the search for peace, was spent.
He left his land to volunteer —
For his country's sake, he went.

Soldiers who joined up all were young,
And dressed in khaki, onward marched
Along streets of cities, roads of rain —
Across deserts, dry and parched.

On battleships and minesweepers
The sailors plied the vast sea lanes
And wondered if they'd ever see
London's lights go on again.

The Air Force pilots made their flights
While hoping that was soon would cease,
With all of the troops homeward-bound,
Then the world would be at peace.

Together they fought on and on,
As all one force they were, it seemed
Together they did not return
To fulfill their boyhood dreams.

Young men beside each other lie
As rows of crosses mark their grave.
What now, O free and modern man,
Will you their memory save?

Don't run each day throughout the year
And take no time at all to pause
Won't you just stop a minute now
And relate to their great cause?

Then just for this short span of time,
An undivided nation be,
And think about the ones who died
So that we could all be free.

—Ethel (Fisher) Sigurdson
November 1990

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Remembering the Forgotten War

BY TAMMY BRADFORD
Creston Museum

It really was the forgotten war. It was forgotten even while it was happening.

The course of events of the Great War and the Second World War can be pretty easily read in the pages of the local newspaper. From the successes and victories on the battlefields to the efforts at home, it's all there, spelled out in weekly headlines. The modern-day reader can be left in no doubt: Those wars happened, they had direct and significant effects at home, the soldiers who fought them deserved to be recognized at every turn and there was nothing more vital than supporting the war effort.

The Korean War, on the other hand, is noteworthy for what *didn't* make the local papers.

There were virtually no articles about what was happening in Korea in the pages of the *Creston Review*, no front-page headlines about the success of Canadian forces, no photographs of the latest victory. The very few articles that do appear, unless they directly involve someone from the Creston Valley, are buried in the middle pages.

There were no ads exhorting people to fight the enemy, none urging young men and women to sign up for freedom or any other cause. The few ads for the Royal Canadian Air Force and the Royal Canadian Army advised military service as a way for young men to do their duty, and to protect Canada if the need arose. There were no pictures of enemy aircraft, or of enemy soldiers, to stir the sentiments of the new recruits. There were no patriotic slogans.

There were no lists of volunteers published in the local papers. There were no calls for rousing send-offs,

in which the whole community came out to say farewell to the volunteers. No efforts, beyond those of family and close friends, to send "the boys" to the front with remembrances of home.

There were no reports of community-wide commitment of service groups, clubs and organizations to put all of their fundraising efforts towards supporting the soldiers. For virtually every organization, it was business as usual.

There were no drives to collect scrap metal, paper, leather or wool. No one raised funds to buy an airplane, tank or machine gun. No one knitted socks or made jam to send overseas. There was, in fact, only one collection effort reported in the *Review* in three years of war: a Tobacco Fund organized by the Legion in 1951. The results were "disappointing."

There were no demands that people at home subscribe heavily to Victory Loans or Patriotic Funds; there were no such funds to subscribe to. Nobody was made to feel guilty or that he was shirking his duty if he did not put himself in financial jeopardy in his zeal to support the war effort.

There were no fundraising concerts, no benefit dances, no parades.

There were no long letters from the front published in the *Creston Review*. The letters were written and sent home — there is no doubt of that — but they weren't published. In June 1953, the *Review* ran a little paragraph stating that W.G. Anderson had received a letter from his son in Korea, only six days after it had been sent, but gives no details about the son's service — not even his name.

There was no acknowledgement of the role local men were playing in the conflict at the cenotaph on Armistice Day. Rather, the *Review's* accounts

of the Armistice Day ceremonies of 1951, 1952 and 1953 didn't even mention the Korean War. In 1953, the newspaper made a point of stating that veterans of "all three wars" attended the ceremonies — but listed those wars as the Second World War, the Great War and the Boer War.

There was no mention of the ceasefire that ended the war, let alone any grand celebrations. There was no welcome home for the veterans. No determination on the part of the Red Cross, Legion Auxiliary, or anybody else to meet every returning veteran as he or she got off the train.

There were no movements during the war to erect a monument to those who served, or even to those who died.

There was no rush to sign up the returning veterans for community organizations, no priority given to them for local government jobs, no work bees to clear their ranches or build their barns.

In June 1951, John King sent home a newspaper clipping with the title, "Don't Let Canucks in Korea be Forgotten." It ends, "To die is always tragic. To die to be forgotten is bitter. For many young men, Korea is the most bitter land they have ever known."

The words might not have been John King's, but the sentiment clearly was. Even at the height of the Korean War, the soldiers from Canada were being forgotten.

Today, some veterans of the Korean War refuse to talk about it, so tired are they of being told that it wasn't really a war at all or that Canadians didn't participate or, if they did participate, they didn't fire a shot in anger.

Canadians did take part in the Korean War, and that includes several from the Creston Valley. Local men

Remembrance Day

served in the army, in regiments such as the Princess Pats and the 25th Canadian Brigade. Others served in the navy, on the destroyers *HMCS Cayuga* and *Sioux*, and the aircraft carrier *HMCS Magnificent*. Still others joined the air force. They were all on active duty in Korea, involved in naval operations, taking part in patrols and contributing to UN offensives.

All the local recruits survived the Korean War, and returned to the Creston Valley. Very few of those arrivals were acknowledged in the local papers.

It really was the forgotten war — and it is time to change that.

These are stories that should not be forgotten. To all the veterans of the Korean War now living in the Creston Valley: we would like to hear your story. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

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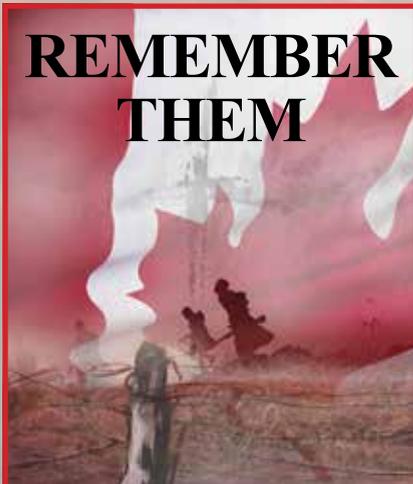


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Chuckureese Abattoir owners Curtis and Megan Smith, and (opposite) their daughter.

TURKEY LURKEY TIME

Lister abattoir processing poultry for Kootenay producers

STORY & PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

When Curtis Smith came to B.C. in 2006, he wanted to be a cowboy, and brought with him the knowledge he'd gained living in the agricultural community of St. Mary's, Ont., using it to work on cattle ranches near Ashcroft.

"It's a beautiful lifestyle," says his wife, Megan. "They're gone for weeks at a time, living in a tent. ... You'd see country people never see."

"What you read in books and what you see in movies, that's what I'd see," adds Curtis.

He continues to put that skill to good use on the couple's Lister farm, where they raise chickens and turkeys, and operate Chuckureese Abattoir (the name derived from chicken, duck, turkey and geese), processing their own poultry and that of other farmers, which has been an eye-opening experience.

"We've got to meet a lot of producers," says Megan, who also works at Swan Valley Lodge. "I never knew there were so many producers in the Kootenays."

The couple met in Merritt, where Megan was raised, and came to the



valley after Curtis was hired over the phone — “the cowboy way,” he says — to work on a farm. When they bought their farm in 2014, it was already familiar, having belonged to Megan’s grandmother. Her grandfather built the homestead in the 1960s, but died in his mid-30s before it was finished.

The property “was kind of a blank slate for us,” says Megan, but pasture-raised turkeys were a priority, and they added chickens to the mix because turkey sales are largely seasonal. They started building the abattoir in July 2016, and completed the project in time to slaughter their first turkeys

— the biggest of which weighed 37 pounds — on Dec. 22 and first chickens on Dec. 23.

With the government-inspected abattoir completely indoors, rather than an indoor-outdoor operation as mobile abattoirs often are, it’s possible for the region’s producers to have their poultry processed at any time of the year.

“If they have the area and space to raise birds year-round, they have a place to process them,” says Curtis.

At the moment, the schedule is tight — they process on Tuesdays and Thursdays, when the BC Ministry of Agriculture’s Food Safety and

Inspection representative is present, and their own 300 chickens have kept them busy, as will their 50 turkeys, half of which are already spoken for.

In addition to making it possible for the region’s farmers to have government-inspected poultry processed, operating Chuckureese also gives the Smiths a chance to gather farming tips, which they pass on to other producers.

“We learn from them and they learn from us,” says Megan.

“You can relate that and tie them all together,” says Curtis. “Nobody’s got the same two batches of birds.” ■

Young Team Growing Into Contender

CRESTON VALLEY THUNDER CATS

The 2017-2018 season has been a bit of a learning curve for both fans and players so far, and a lot of it has to do with the makeup of the roster.

Coming off a Cyclone Taylor Cup-contending season with a high-powered offence and a plethora of veterans, the current roster employs 16 players that, previous to the 2017 puck drop, had never played a game in the Kootenay International Junior Hockey League. Throw in a new coach with different

systems and you've got the recipe for a rough-around-the-edges on-ice product.

With the KIJHL first and foremost being a grassroots system — the main goal being to give players the tools and opportunities to become better people on and off the ice — there is always turnover on the roster, and always a learning curve to get over. This season, however, the Cats' total of 16 rookies is the most out of any team in the Kootenay Conference.

Head coach Brad Tobin has seen growth from the whole team through the first month of the season, and understands the hardships that come with entering a new league.

"At the start of the year there's a lot of wide open eyes for a lot of the rookies, just kind of with the pace of play and that," he says. "A lot of the guys are up to speed, but there's still a lot that we would like to work on, especially the compete level. You have to be willing to work every single night and bring that same work ethic all the time."

The young team is being led by captain Liam Plunkett, who is currently in his third season with the Cats, and played his 100th KIJHL game on Sept. 23. At the time of this writing, Plunkett leads the team in both goals (seven) and points (15) through 10 games. The Calgary, Alta., native is part of a veteran

core up front that includes assistant captains Ronnie Wilkie and Aiden Wong, as well as second-year players Bryce Sturm, Brody Ryan and Justen James. On the blue line, Liam Rycroft also wears an A on his jersey, and Mitchell Wolfe is back for his second year.

It's the integration of these veterans that have helped so many rookies make a smooth transition in to a league that has consistently shown it's one of the top Junior B leagues in Western Canada.

One rookie that has seemed to adjust quickly and bring a high compete level is forward Conor Monaghan. The 18-year-old didn't hit the scoresheet in the first two games of the season, then went on a tear, racking up a six-game point streak and scoring his first career goal in dramatic fashion, an overtime winner against the Beaver Valley Nitehawks at the Thunder Cats home opener on Sept. 22.

The 2017-2018 Thunder Cats are carving a new route to the Cyclone Taylor Cup, their own route — one filled with a mixture of first points, milestone goals and a whole lot of bumps along the way. It's the best type of learning experience to have crowd of 300 people cheering along, supporting the young men that represent this town. Head to the John Bucky Arena and see what all the fuss is about. ■

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It's Never Too Late

BY MAUREEN CAMERON
Community Liaison,
Therapeutic Activation Program for Seniors

Modelling, mentoring, coaching? Which word suits the learning relationship when older folks engage in learning new skills and information, and the way it is shared?

The groups highlighted in this article are participants in the Therapeutic Activation Program for Seniors (TAPS) and the Cresteramics Society. Each group has a day program with social activities providing opportunities for social engagement, learning, participation in community and enhancing their well-being. We know about each other's programs through past and ongoing collaborative projects, such as when Cresteramics folks visit TAPS as an employment site and for volunteering.

Last fall we heard about the shadow boxes that Cresteramics were doing in their art program. That idea took hold at TAPS when they were shown samples, and staff and clients from Cresteramics came to TAPS to teach and work alongside seniors. The resulting engagement as everyone assisted and encouraged each other led to projects that amazed us all. They had adopted



WIN DINN
Therapeutic Activation Program for Seniors and Cresteramics members enjoy joint art classes.



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Seniors

an agricultural theme and some were on display at the Creston Valley Fall Fair as part of the A Full Plate Canada 150 project.

Both TAPS and Cresteramics recognize the benefits of engaging in creative projects and include this in their activities. While we can learn from each other and certainly get ideas from, well, just about anywhere these days, we wanted to provide opportunities for our seniors to develop new skills with an established artist/mentor. We were successful in receiving a Columbia Kootenay Cultural Alliance (CKCA) Program 1 grant through the

Creston Valley Arts Council to help us hire two different artists for a series of classes. Joining us are four clients from Cresteramics with a staff member, and so the fun has continued. Our TAPS volunteers are integral to these projects, sharing and learning alongside the participants.

Win Dinn, an accomplished mixed media artist, was our first artist who modelled and coached us through the steps of creating a quilted collage project. In talking of the group she posted, "They play hard, and with spectacular results," "There were some crazily creative quilted collages... no

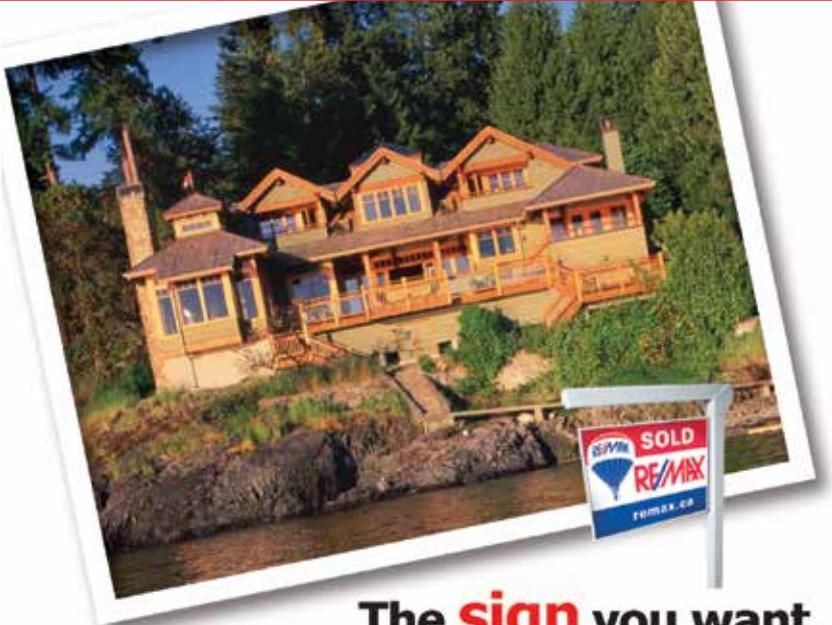
two alike," and, "I was so impressed at the engagement of the participants as they were ... helping each other, chatting, exchanging news and ideas and generally keeping a sense of community, which is often challenging for seniors living on their own."

Eileen Gidman, a well known watercolour artist and instructor, is our current mentor, taking us step by step through watercolour techniques and utilizing valley and local agricultural images inspired by A Full Plate 150. The group is again comprised of TAPS seniors, staff and volunteers and Cresteramics participants and staff with a high learning curve all around! However, in Eileen's capable hands, we nearly completed one painting in our first session, and two more to go.

So, as well as us learning new things to continue with in our programs, TAPS has a continuing Roadshow: Seniors Connecting and Reconnecting (funded by the New Horizons Program for Seniors, a federal government program), through which we visit other facilities in Creston and share information or things we've learned. On the schedule, Nikkyl Place, Crest View Village and Swan Valley Lodge will soon be able to participate and learn as we take the shadow boxes and more on the road. Our seniors, volunteers and staff will now be the modellers, mentors or coaches, but sometimes it's hard to say which is which as skills and experience are shared all around.

We extend our appreciation to the Creston Valley Arts Council for the role it played in both our CKCA grant and A Full Plate, thus supporting access and participation of all ages for a lively cultural community. ■

The Therapeutic Activation Program for Seniors is operated by Valley Community Services. For more information, call 250-428-5547 or 250-428-5585, or visit www.valley.services.



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Captivating World of Wet Felting

BY CARMEN DITZLER

This is not dollar store craft felt! It's called wet felting. Felt is at home on a high fashion runway as wearable art, in a costume for Cirque du Soleil or as a humble pair of slippers at home, as well as on the steppes of Mongolia. Felt is the traditional material used by the nomads of Mongolia for their homes, called gers (sometimes referred to as yurts).

For basic felt, a washed and combed wool such as Merino is laid out in overlapping layers on bubble wrap. It is then wet with warm soapy water and compressed with another layer of plastic. The water and soap, and rubbing or rolling open up the

scales of the wool fibres, which then grab onto each other, forming a delicate fabric called prefelt. Then the process of fulling involves more rubbing, throwing and rolling, causing the wool fibres to pull toward each other and shrink, which creates a strong fabric at any thickness. When you see a finished felt piece, imagine it up to 100 per cent larger when it started!

This process of felting and shrinking can be manipulated to create an infinite number of objects and any thickness of fabric. The colours combine but don't mix like paint does, and layers of colour and texture can be combined for fantastic

results. Enter the world of wet felt and you'll be captivated! ■

Carmen Ditzler (www.carmenditzler.com) is passionate about all things fibre arts related but particularly wet felting. She has been making felt for eight years and is a member of Felt-Feutre Canada, an organization dedicated toward developing felt arts in Canada.

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Arts Council Hosting Christmas Market

CRESTON VALLEY ARTS COUNCIL

On Nov. 18, the Creston and District Community Complex will be a great place to visit. Those who like to keep annual traditions alive will want to attend the 41st Creston Christmas Art and Craft Market, sponsored by the Creston Valley Arts Council.

This market is one of the most popular sales events of the year, with more than 1,500 people coming through the doors last year. It is one of the ongoing successful accomplishments of the arts council. There was very little response to the first fair in the United Church hall in 1977, but today it is an

extremely successful event with over half the exhibitor space being booked a year in advance. Today it attracts over 60 exhibitors from the Creston Valley and from throughout the Kootenay region.

What can you expect to find? The products range from specialty foods to body products, pottery, candles, jewelry, local honey and cider, and toys. In other years, such items as hand-dyed scarves, stained glass, beeswax candles, Christmas wreaths and gluten-free baking have been available. Your nose will be tickled by the aromas of lavender, coffee beans, peanut brittle and freshly glazed nuts. Children's clothing, original artwork and seasonal placemats are among the many other items for shoppers to check out.

This year the organizers have reached out to the Lower Kootenay Band and have invited it to hold an exhibition of First Nations arts and crafts alongside the Christmas Arts and Craft Market. This exhibition will

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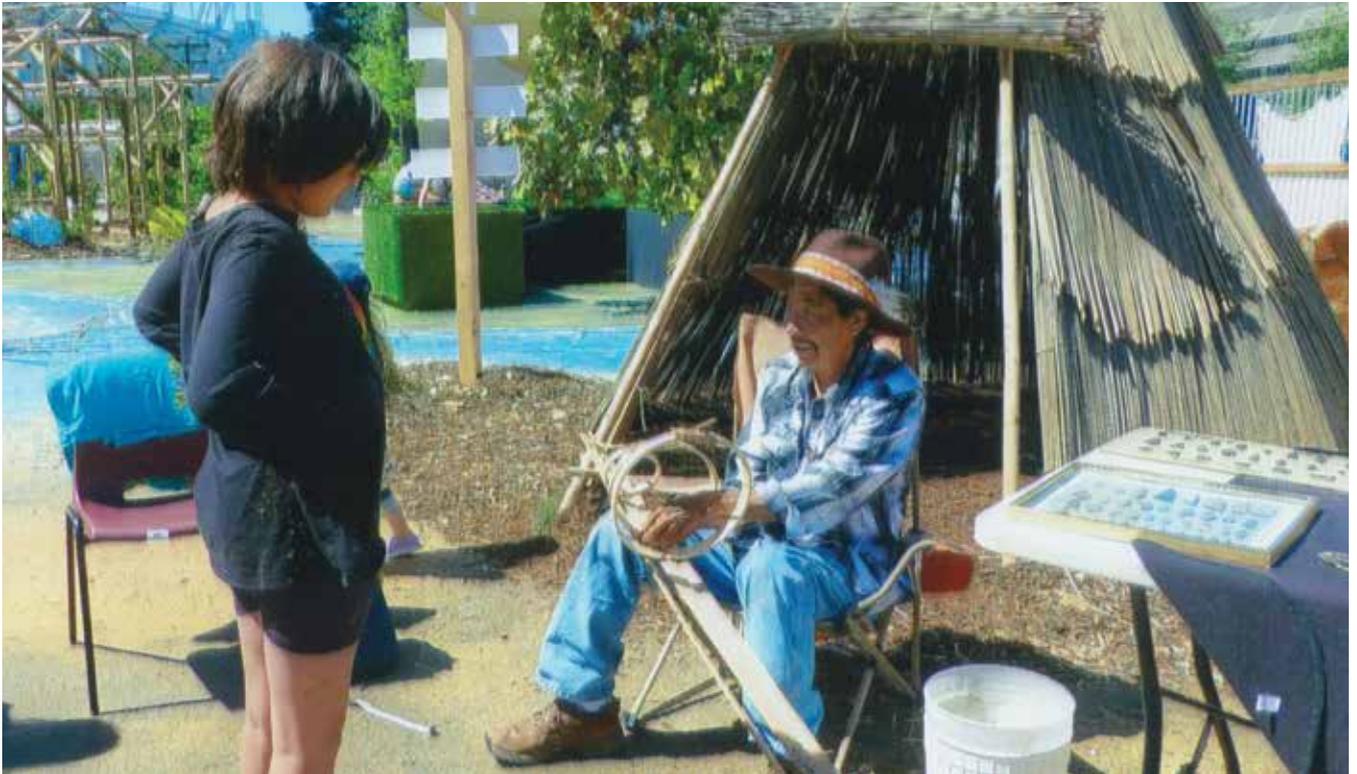


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SUBMITTED

Wayne Louie building a sturgeon-nosed canoe, one of which he will display at the Creston Valley Art Council's Christmas market.

be held in the Erickson Room, and organizers are grateful to Wayne Louie for his assistance, knowledge and willingness to share. Louie has several canoes, a bulrush teepee and artifacts to display, along with some really interesting history and culture. Louie creates the sturgeon-nosed canoe that he has built from white pine, featuring the history and culture of his people. The people of the Lower Kootenay First Nations created these canoes with the nose shaped like the nose of a sturgeon, which assisted them in navigating the bulrushes in order to catch their prey.

Footlighters will be selling tickets to its next show, *Hansel and Gretel*, which will be on the stage at the Prince Charles Theatre Nov. 30-Dec. 2. Across the parking lot at Rotacrest Hall, the Images watercolour show will be taking place.

Admission to the market is a cash donation to the Creston Food Bank. Vendors will be supplying items for raffle baskets so please enter the raffle at the front desk.

The Creston Valley Arts Council uses the profits from this event to support artists and arts-related groups throughout its mandated area; Yahk to Riondel. The council extends its appreciation to Anne Fetterly for her yearlong dedication to organizing the market; she is helped by a host of volunteers. ■

Learn more about the arts council at www.crestonvalleyartscouncil.ca.

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New Twist on Classic Fairy Tale

FOOTLIGHTERS THEATRE SOCIETY

In what is sure to be an evening of fun and laughter for audiences, Footlighters Theatre Society continues its 23rd season Nov. 30-Dec. 2 with the fairy tale *Hansel and Gretel*.

The reimagining of the story was written by its director, Frank Goodsir, who previously brought the fairy tales *Jack and the Beanstalk*, *Aladdin* and *Cinderella* to the stage for the troupe. As is a trademark with Goodsir's shows, *Hansel and Gretel* will have a large children's ensemble, an aspect that grew out of the musicals he directed while teaching at Adam Robertson Elementary School.

"When Footlighters was conceived, we decided to combine these shows into the Footlighters program," he says. "After several very successful shows such as *Oliver*, *The King and I*, *The Wizard of Oz* and *Anne of Green Gables*, Footlighters

started doing musicals without large groups of kids so I decided to write some shows, based on fairy tales, that could involve lots of kids, thus keeping the interest in theatre alive among young children.

"This time I wanted a story with juvenile leads surrounded by adult characters and, of course, lots of orphans. I read several versions of Hansel and Gretel then decided on what I wanted — storyline, then scenes, main characters, then additional minor characters. As with the previous shows, it's set in Crestonia, which allows for local jokes and more."

In the Footlighters production, Hansel (Caleb Wells) and Gretel (Andrea Daignault) live with their father (Devan Coward), who has caught the eye of Miss Twinklenknees (Simone Wiebe), the new teacher at the local orphanage. The children's adventures lead them to cross paths with orphanage cook Mrs. Griddlestein (Gail Kitt), a loud and mean troll (Logan Thompson), a trio of eccentric witches (Gillian Wells, Ann Deatherage and Zoe Marini), Big Bird (Caleb Olney), a kindly Police Person (Warren Bruns), and Crestonia's King (Gary Atha) and Queen (Penny Reine) — before ending up in the clutches of the Gingerbread Witch (Jason Smith). The show also features the Crestonian

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BRIAN LAWRENCE

From left: Caleb Wells (Hansel), Devan Coward (Father) and Andrea Daignault (Gretel) rehearsing a scene from *Hansel and Gretel*.

Corps de Ballet (Kate Webb and Anna Payne), two wandering minstrels (Rudy Sager and Goodsir), and the antics of the Manager (Peter Simon) and the Junior Manager (Ethan Simon).

The performers taking on the title roles aren't strangers to the stage, each having appeared in several previous Footlighters productions.

Twelve-year-old Caleb Wells has performed in several productions, including *Annie* (his first), *Carousel* and, most recently, *Nasookin*, and he's enjoying the opportunity for a bigger challenge.

"I really wanted to be in this play because I wanted to improve my acting, singing and dancing," he says. "It's definitely a bigger role, and so much more fun. ... I feel like I just took a big step."

He's looking forward to seeing how the audience reacts to the production, which deviates somewhat from the classic tale.

"When they come into the show and are about to watch, they might think it will be a traditional *Hansel and Gretel*," he says. "There's a different thing at every turn."

"It's not just the same old story," agrees Andrea Daignault, who plays Gretel. "Frank added his own jokes into it, and it should be quite entertaining with the dances and songs."

The 13-year-old has been in the ensembles of several Footlighters shows, including *Aladdin*, *The Stepsisters' Revenge* and *Beauty and the Beast*. She was featured as Molly in the cast of *Annie* in 2013, and has a chance to expand her talent as Gretel.

"This part, I'm more scared that I usually am," she says. "I was more sassy in *Annie*."

To audience members who have seen Goodsir's previous fairy tale adaptations, it will come as no

surprise that *Hansel and Gretel* features more than a dozen songs. These include "One Of Those Songs", "Lovely Lonely Man", "The Happy Wanderer", the "Crestonia National Anthem", "Kids", "Oh My Papa", "Razzle Dazzle" and "Thank You Very Much", with musical direction by Simone Wiebe and choreography by Kate Webb.

The music is the icing on the cake in a production full of local humour, colourful costumes and set, and special effects — not to mention the work of the performers. Goodsir has been thrilled with the actors' ability to develop their characters, combining what's on the page with their own ad libbing.

"Everyone is so receptive to direction but still adding their own ideas and talents to the characters," he says. ■

Learn more about Footlighters by visiting [facebook.com/crestonfootlighters](https://www.facebook.com/crestonfootlighters).



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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

Another crop year has come to an end for most of us. Preparations have been underway for the upcoming winter, and the daily pace should be slowing down. Winter chores have begun. Calves have been weaned and shipped to market, and cows are home from pasture and on feed put up this summer. Calf prices are pretty decent this year, which definitely helps to pay the bills and maybe fix or upgrade some infrastructure on the farm. Feed supplies locally are adequate, compared to parts of the province not so fortunate. In general, beef producers should be reasonably happy this year.

In contrast to that, I would think there must be a great level of concern among the dairy producers in our area and across this country. At the time of writing this, the NAFTA negotiations are underway and the U.S.A. has really dropped the gloves concerning Canada's supply management system on dairy, poultry and eggs. They want Canada to dismantle its system and allow much more open access to U.S. product into Canada. They are aiming at up to 30 per cent of our domestic market.

Why should we as Canadians totally change our system to suit them? While not perfect, the supply-managed system does work and has worked for many years. Unlike the more "open" U.S. market, which receives varying levels of government subsidies to keep producers surviving, Canada's supply is managed to keep our domestic supply relatively constant and the price of the product is set at a level that is realistic and provides a reasonable living for producers. The U.S. system still has many small operations running relatively antiquated farms on one hand and, on the other, huge industrial-scale dairies milking thousands of cows a day.

In my opinion, our Canadian system will hopefully be vigorously defended and supported by our federal government negotiators. Many producers across this country are counting on this support.

Another item that I think will be a good news story going forward is the Buy BC: Eat Drink Local program being started by our new provincial

government. It sort of revives the Buy BC program first started back in the 1990s. This program is a multipronged approach to encourage the restaurant trade to source more grown in B.C. food products, as well as connecting chefs with local producers. More information is available on the new Agriculture Ministry website for this at www.eatdrinklocal.ca. With the great variety of food products grown in our valley, this promotional effort should benefit some local farmers, as well as restaurants and, ultimately, all the consumers that can enjoy the fresh local products that we grow. Check out the website and see if you can be part of this initiative.

Support our local producers that support our local economy. Continue to be Ag Aware! ■

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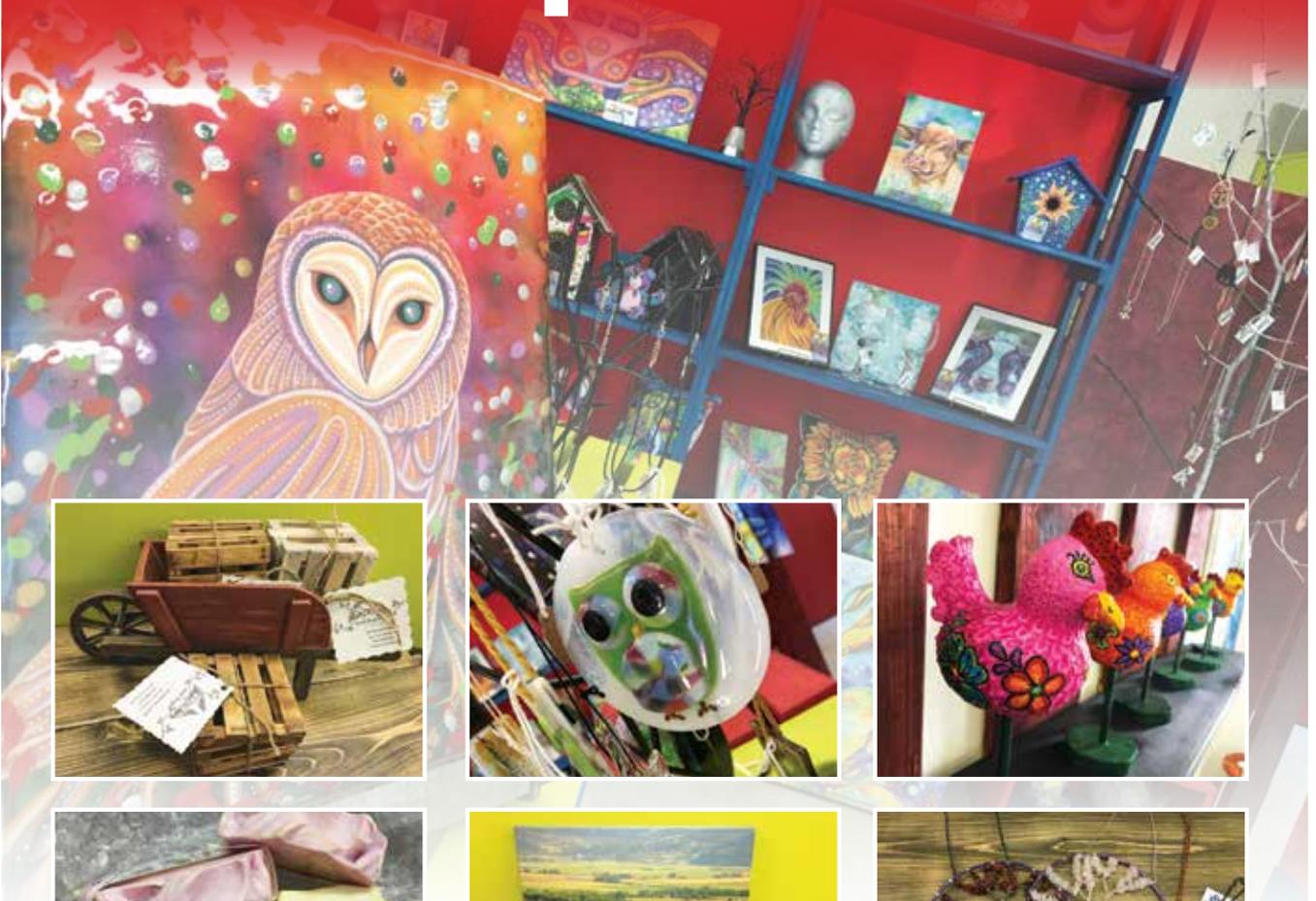
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CHAMBER CHAT

As this column is written, it is the day after the Creston Valley Chamber of Commerce's first Creston Dragons' Den! It was an enjoyable event, and showcased six entrepreneurs with new businesses or new business ideas, the winner walking away with a \$1,000 prize.

The first contestant was Robert Grant, who fabricated a beautiful, highly functional desk/work station for his wife who has mobility issues. This work station has many adjustable parts to accommodate the user in complete comfort. Robert has a CNC (computer numerical control) cutting machine to help in fabrication. He wishes to manufacture more of these work stations for others.

The second contestant was Lauren Sarnat, who described her passion for helping others to heal through massage. She uses essential oils with her massage treatments, and has a mobile massage table, allowing her to come to her clients' preferred place of treatment at their convenience. She hopes to establish a steady practice in Creston, and even train others in the future. Her company is called Ancient Touch Massage.

The third contestant was Mario Melisse, who demonstrated his ability to construct beautiful musical instruments to a very high degree of craftsmanship. He hopes to build instruments for others and build his business while living in the beautiful Creston Valley. His company is called Mindful Audio Solutions.

The fourth contestant was Carla Simon, who has built a successful home based business called Simon Sewing. Over the past few years, Carla has been studying the difficult art of custom bra making. Her presentation showcased her training

and desires to create comfortable and custom made bras that would be tailored specifically for each woman. Her company is called Build-a-Bra.

The fifth contestant, Jim Jacobson, is all about renewable energy, and specifically solar energy. He is a solar advisor who can advise homeowners about the advantages of solar power, and the costs and savings of using solar power, and he can handle all aspects of the system installation from permitting to completion. His desire is to help local homeowners who wish to utilize renewable energy for part or all of their home energy needs.

Our final contestant of the night was Myrna Nielsen. Myrna has been extensively trained and educated in human resources, and in helping others. Her desires professionally are to use her training and vast amount of human resource experience to help others identify and reach their goals. She works with individuals, as well as organizations/businesses.

After all presentations were complete, the five judges (Erin Carr, Ron World, Shannon Veitch, Andrew Darby and Laurie Barrett) tabulated their scores. In a very close decision, the judges awarded Carla Simon the \$1,000 first prize for top contestant, noting that all scored and presented very well.

The chamber extends its appreciation to all who participated, the tremendous sponsors who made the event possible and Juice FM for being such a great partner in the event.

The chamber will be holding the second annual Creston Dragons' Den during Small Business Week on Oct. 17, 2018. Keep that date in mind, as it will be another great night.

Have a wonderful and prosperous month, Creston!! ■

THANK YOU!

A big thank you to all of our Creston Dragon's Den sponsors: GOLD: Overwaita Foods, RBC, Lectric Ave. Electronics, RBBS Telecom, Vital Health, Pharmasave, Home Hardware Building Centre, Paddle and Portage; SILVER: Panago, Baillie-Grohman Estate Winery, KBTv, Dairy Queen, Shoppers Drug Mart, Your Dollar Store with More, Carr & Associates, Century 21 Veitch Realty; BRONZE: Sweet Sheets Inc., Tigz Designs, Columbia Brewery, Hound 'N' Mouser, JC Sharpening & Knife Store. Your support is the reason we were able to hold this great event!

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Profile: Carla Simon of Simon Sewing

How long have you been in Creston? My family moved to Creston nine years ago; we couldn't make it work financially so we headed back to Alberta. Luckily for us, the economy crashed so we came back to Creston and purchased a home, and we have been here for seven years. I am originally from southern Idaho; it warms my heart to see my mountains every day.

What is your business? I have been sewing from home and have built a successful business, Simon Sewing. My youngest will start school next year and I want to do something full-time. I have been studying bra making for the past three years, experimenting on a plethora of woman. With Build-a-Bra, I hope to grow a successful company while creating comfortable, custom bras for the women of Creston who don't fit into a generic size.

Where do you see yourself in five years? I hope to have made bras for the ladies of Creston and to be branching



out in other ways, possibly having a Build-a-Bra Bed and Breakfast, with a bra and stay package. I also want to teach classes to others who want to learn to sew a bra. ■

Profile: Jim Jacobsen of Empower Energy

How long have you been in Creston? I have lived, worked and volunteered in the Creston Valley for over 20 years. I have been studying renewable energy for the past 18 months and started my own solar advisor business this fall.

What is the best thing about your business? The best thing about the solar energy business is it empowers people to take control over their energy consumption while reducing their impact on climate change. Think globally, act locally.

What is the best kept secret about your business? The best kept secret about solar energy is how effective, affordable and scalable solar is. I love showing people the money they can save by powering their home or business with free energy from the sun.

Anything to add? As a solar advisor I offer solar photovoltaic (PV) design, sales and installation for residential, commercial and agriculture properties. To see the amount of energy your PV system could produce and the value

year over year with anticipated energy costs, call for a free analysis. ■



Profile: Myrna Nielsen



How long have you been in Creston? I am from Alberta and Gabriola Island. My heart will always be on Gabriola.

What is the best thing about your business? The best thing about my new business is that I get to do what I really like, which is helping others to define and attain their goals. I take a deep and abiding pleasure in helping others realize their potential and find ways to achieve success. I am honest;

I won't tell you untruths. I will work with you to identify and pursue your strengths and talents.

To that end I will meet with you, one on one, and take the time to hear your strengths, areas of concern, future hopes, and ideas. Together we will work out a plan for you to achieve, to go forward.

Anything to add? I will bring this same commitment to both my personal and business clients. I welcome enquiries, no charge! ■



Classic Style Adds Longevity to Decor

WENDY REEVES SEIFERT
Over the Valley

Redecorating can be a challenge in rooms with unusual dimensions. In the accompanying photo, the job requirement was to create maximum comfortable seating for a long narrow television room.

First, we relocated the TV from a narrow wall to the end wall for maximum exposure. Next I did a couple of seating plans to scale to determine the best furniture pieces to purchase. The client decided on the sectional and we were able to use her

existing recliner chair. The sectional and matching love seat are in a neutral taupe tone in a basic timeless style.

The addition of colour — blue/green in minor pieces; in this case, an occasional chair and toss cushions — allows for an inexpensive change. For example, you could slipcover the chair and toss cushions in gold/orange/red and you would have a warm color scheme. The cool blue/green tones would be excellent for the hot spring and summer months and changing to the gold/orange/red tones gives you a warmer feel on those cold winter days.

For a minor cost you can achieve two totally different looks.

The client in this case had furniture that was a distinctive style and very dated, though in excellent condition. Changing to a classic style will increase the duration, and it is easy to add colour and style with accessories. We achieved comfortable seating for at least eight people with a style that will not be dated anytime soon. Everything was purchased locally. It is not necessary to travel far when we have an excellent selection here in town. ■

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Natural Ways to Boost Immune System

VITAL HEALTH

Every day, your immune system is at work, defending you from the multitude of harmful bacteria, viruses and pathogens we are exposed to daily. Our healthy immune systems protect us from most of these invaders. However, as the days get shorter and cooler, our immune system is weakened and we become more susceptible to colds and flu. Most of the time, you don't even notice that your immune system is at work until you experience uncomfortable symptoms, which are your immune system's strategies for fighting off infection. Symptoms can manifest in the form of sneezing, coughing, itchy eyes, runny noses, sore throats, aching muscles, fatigue and headaches.

Fortunately, there are many ways to get natural relief from these aggravating symptoms and to boost your immune system, and improve the body's inherent capacity to defend itself against colds and flu.

Vitamin C: Perhaps the most widely known vitamin for supporting the immune system and for combating colds and flu. It acts as an antioxidant and can help improve and protect immune function. Numerous studies show that an increase of vitamin C can reduce the duration and severity of cold and flu symptoms. As important as vitamin C is, there are way to enhance and improve the functioning of this nutrient in the body. Berry-C Supreme, the "berry" best vitamin C formula, is made with a natural buffered source that is easily absorbed and gentle on the stomach. Its complement ingredients are bioflavonoids, proanthocyanidins, resveratrol and quercetin.

Vitamin D: A vital nutrient that we generally get from the sun's rays. But there are two major issues that prevent us from getting sufficient amounts of the "sunshine vitamin": first, concerns about the harmful effects of sun exposure mean limited time in the sun, and, second, limited amounts of sunshine during winter months.

With the shorter days and less sunlight, adults and children are at an increased risk for low vitamin D levels. Health experts believe as many as 80 per cent of Canadians do not get enough vitamin D during the winter months. Vitamin D is a very important immune system modulator, important for helping to reduce the severity of influenza infections and reducing the occurrence of the common cold.

Fortunately, there are many ways to get natural relief from these aggravating symptoms and to boost your immune system, and improve the body's inherent capacity to defend itself against colds and flu.

Cold-Defense: A blend of traditional Chinese medicine herbs to strengthen and boost the immune system. It can be taken for preventative care with one capsule per day or can be taken for immediate relief of cold and flu symptoms with an intense dosage for three to seven days. Cold-Defense helps the body in several ways. The herb Huo Xiang helps to settle and strengthen the stomach. Next, andrographis begins to neutralize the invading virus with its antimicrobial and antiviral properties. Meanwhile, the formula's ginseng and astragalus re-strengthen the immune system and act as energy for the andrographis. Fang feng root eliminates toxins from tissues and relieves muscle aches and pains.

See COLD RELIEF, page 36



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Joy from Connecting Loved Ones

BY DIANE
TOLLESON

I have always felt like I'm in the middle of everything. Then a voice said one day, "That's because you are a medium." Some may believe it and some may not; I am not here to prove anything to anyone. My joy comes from connecting loved ones with those that seek them.

The message most of them want to communicate is that once leaving the body, there is no pain, regret or sadness; we become pure non-judgmental love, just like the source we came from. They really want those they love to live and be as happy as can be here on the physical plane. I understand there can be a grieving process, yet the love we share and connection we have with them is eternal.

As I left my family in Texas 25 years ago, I realized that being apart physically can strengthen the bond we have because we appreciate

any time we share even more. I am grateful I have that connection with my family and friends on the other side, as they send me messages and support daily.

I honestly have no guarantee that the loved one someone wants to hear from will be there, though in all readings the message someone seeks is there. You must listen with your heart and not your mind, because that's where they are.

Sometimes pets come through too, and they are always with us in spirit, as well. We are all connected, in the physical and beyond; there is no way to sever that tie. If you would like to connect with someone, I will be happy to be the medium for you!

Everyone is getting ready for winter now, so I send warm, cozy hugs to everyone. Seems there is a lot of wildlife looking for food now, too — give them their space and respect because they were here before we were.

In-joy always and keep on smiling! ■

Cold relief

From page 35

Probiotics: Our "friendly" bacteria or microbiome, microorganisms that are beneficial and even necessary for life. They improve health and the intestinal environment, and assist with immunity by inhibiting the growth of pathogenic or "bad" bacteria. An adequate and consistent supply of probiotics is necessary for maintaining good intestinal flora and for long-term good health.

An adequate intake of vitamins,

minerals and herbs is important for keeping your immune system functioning and, therefore, keeping you healthy. A deficiency in any vitamin or mineral, not just those mentioned above, can result in impaired immune function and other serious health complications. The right supplement program can complement your diet and support your immune system. Not every cold or flu can be prevented, but with vitamins, minerals and herbs on your side, your body will be better equipped to face the challenge. ■

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Where will you be this winter: jogging on the beach or shovelling your driveway? No matter where you play and work, ultraviolet (UV) protection is important during every season.

Even when the sun doesn't feel hot and summer seems a long way off, harmful UV rays put your vision at risk.

The damaging effects of UV rays may not develop for many years. In fact, UV damage is cumulative and has been linked to cataracts and macular degeneration later in life. With macular degeneration the leading cause of blindness in North America, this long-term UV exposure concerns optometrists the most.

Protecting your eyes and looking fantastic has never been easier! With today's innovative technology, be assured of quality materials, top optics and scratch/impact-resistant lens options. Choose lightweight and durable frames, sealed with peace-of-mind UV protection. Be confident that you're getting straight professional advice while finding that perfect sunwear style.

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Since kids likely spend more time outdoors, UV protection is ultra important. Whether they're building sand castles or snow forts, always protect their sight with quality sunglasses offering 100 per cent UV protection. ■

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The Problems with Greenwashing

TILIA BOTANICALS

In case you haven't come across the term "greenwashing", it refers to the marketing campaign that many companies have adopted to appear environmentally friendly and health conscious. There are cases in which companies have sincerely made the effort to change the harmful ingredients in their products but, unfortunately, such a process requires significant financial commitment. Regrettably, many companies value the bottom line more than the health of the consumer and the planet, and choose to put their dollars into the deceptive "green" ad campaign tactics instead.

Some of the efforts of greenwashing can be as simple as changing the appearance of products. With the health conscious mindset of the media, our eyes are more often drawn to earth green-coloured and brown paper labels.

Automatically these conditions have made us favour the product before even picking it up because it represents ideas of natural, organic, healthy and recyclable in our minds. Just the appearance of the label alone might be enough for the product to sell, but the company may go farther to make misleading claims.

There are certain claims that Health Canada will allow a company to make on their label, even if it is not necessarily true. For example, a company may create a new product line called "Body Care Naturals" or "Organically You". There is no violation with having the words natural or organic in the title of the product or product line (as long as they are not making a claim in doing so).

A company may also write on the label, "Scented with pure essential oils," when the product happens to be loaded with artificial and potentially toxic fragrances. The reason they can get away with this is because they may be using a large amount of the artificial fragrance (a much cheaper ingredient for them) and a tiny amount of pure essential oils. The company is then allowed to make that claim and is technically not lying when it does.

One of the latest deceptive practices is to label a product saying it has no parabens or phthalates, implying the product is all natural and safe, when in fact it likely has other potentially toxic ingredients in it.

Those are only a few examples of how companies can target and mislead us as consumers. Do not read this and feel afraid that you can no longer trust any natural product on the shelf, however. Instead, simply consider how important it is to read the full ingredients list when purchasing products. If you are unsure about which ingredients are potentially harmful to you, there are various resources available that you can rely on for research backed by clinical trials. One amazing resource is the online database, Skin Deep (www.ewg.org/skindeep), partnered with the Environmental Working Group.

Also on a positive note, the Canadian Food Inspection Agency has some strict regulations in place to ensure certain terms are only permitted if the product meets the requirements. A product may only be claimed to be organic if 95-100 per cent of its ingredients are, in fact, organic (tinyurl.com/y7bk9l83). It is still important to check that the other five per cent of ingredients are not harmful, and, in some cases, how much of the product content is water.

It should be a No. 1 priority to ensure the safety and health of consumers by using only ingredients that are organic, ethically wildcrafted and/or clinically tested to cause no harm to the consumer or the environment. Keep living that healthy lifestyle as a conscientious and responsible consumer! ■



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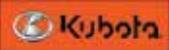
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