

December 2017

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FREE

Pullout Section

*Season's
Greetings
2017*

Bringing the
Creston Valley together!



SISTER ACT

One makes art with glass,
one makes art with yarn

HISTORY

Looking back on early
Christmas advertising

FEATURE

Lexi Czar on living
with Lyme disease

OUTDOORS

Creston Community Forest
celebrating 20th

Red Fin Sushi & Grill

(Formerly Peter's Place)

New Western menu with Fantastic Japanese menu

DAILY SPECIAL

November 26th to December 30th | 11:00 a.m. - 8:00p.m.

MONDAY

Chicken Yakisoba \$12.00
1pc Veal w mashed potato \$11.00

TUESDAY

Tempura Bento Box \$13.50
Cheese Burger w fries \$9.00

WEDNESDAY

Tempura Combo B \$12.00
2 pcs cod w fries \$12.00

THURSDAY

Donkatsu \$13.50
Chicken Caesar Wrap w fries \$11.00

FRIDAY

Nigiri Combo B \$16.00
steak sandwich w fries \$15.00

SATURDAY

Party Tray A \$22.00
Munchie Basket \$12.00

SUNDAY

Roll Combo B \$16.00
Wing 6 pcs w fries \$10.00



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From the Editor



BRIAN LAWRENCE

As I write this, there are only 28 days until Christmas. Have you finished your shopping yet? Or even started?

In recent decades, it's never too soon, as Creston Museum manager Tammy Bradford explains in her monthly contribution. Despite what people say, or seem to recall, Christmas advertising hasn't always been just a

CORRECTION

The November 2017 issue incorrectly stated on that the Chuckareese Abattoir is inspected by the Canadian Food Inspection Agency. It is actually inspected by the BC Ministry of Agriculture's Food Safety and Inspection.

December thing. And although our house has been decorated for a couple of weeks, even I have to admit that having Christmas decorations in the store before Halloween might be a tad early.

On the subject of Christmas decorations... You likely noticed Sarah Miller and Jeanette Stenhouse's ornaments on the front cover. Their work is so unique and beautiful, and it was a lot of fun talking to them about it — possibly too much fun, as other patrons of the coffee shop where we met will likely attest!

While it's easy to see the holiday season as one of laughter and joy, it isn't so for everyone. When you pull out our special Season's Greetings section, you can read about the fundraising efforts of Sue Thomas and Irene Kusiak at Sue's Clothelines. From 2013-2016, they donated over \$9,200 to the Creston Ministerial Association's Christmas hamper fund — and they'll

likely be adding \$4,000 to that total this year. That is a significant boost to the association's hamper drive, which feeds about 420 families each holiday season.

Also on the sombre side, Lexi Czar told me her story, which you'll find on page 16 — she's been suffering from Lyme disease since she was around seven years old. Sixteen years later, she's enduring an incredible range of symptoms, being treated to varying degrees of success.

While you flip through the issue, you'll also find regular contributions by Creston Mayor Ron Toyota, Lower Kootenay Band Chief Jason Louie and the Creston Valley Thunder Cats, as well as learn about the Creston Community Forest on its 20th anniversary.

We'll be taking a break in January, but we'll be back in February with a new issue. Until then, have a safe and happy holiday season! ■

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Jeanette Stenhouse uses yarn.
Both make art.

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Lexi Czar has been living with Lyme disease and its many debilitating symptoms since childhood.

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WINTER SAFETY

The winter season is the worst season for fires in Canada. That is why we must be mindful of the importance of fire prevention and safety. During the winter, we must heat our homes, most of our meals are prepared and eaten indoors, our clothing is dried indoors and people who smoke tend to do so indoors. Be prepared for the winter and remember that:

- Heating appliances such as space heaters should not have anything combustible close by and need at least one metre (three feet) of space around them. Inspect the electrical cord attached. If it overheats, you have a fire hazard. Keep young children away from them.
- Electrical and heating systems can fail and become fire hazards. Ensure they are regularly checked by a professional, especially prior to the winter season when fireplaces, heaters, appliances and other electrical equipment are in maximum use.
- Smoking while in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.
- Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.
- Teach children that fire is not a toy; it is a tool we use to cook food and heat our homes.
- Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.
- Never use a flammable liquid near a flame or source of spark. Beware of hidden sources of sparks like water heater pilot lights, electric motors or heaters. Never smoke while pouring or using flammable liquids.
- If even a small doubt exists about any appliance/equipment that you use, do not hesitate to contact a qualified technician. It may save your life, and the lives of your loved ones.

FIREPLACE SAFETY:

- A Fireplace becomes dangerous when accumulated tar or creosote catches fire or from uncontrolled burning or over-fuelling. Other causes of fireplace-related fires are substandard design or installation and lack of safety precautions.
- Open the damper before lighting the fire, and keep it open until the ashes are cool enough to touch.
- Ensure the fire is completely out before going to bed or leaving the house.
- Do not store combustible materials such as paper or wood too close to the fireplace.
- Use a screen in front of the fireplace opening to protect children and to prevent embers from escaping and igniting carpets, etc.
- Never leave children alone near a fireplace.
- Use dry, well-seasoned wood in small amounts.
- Have chimneys cleaned and serviced at regular intervals by a professional.
- Never overload your fireplace.
- Never use charcoal starter fluids, gasoline or any flammable substance to start fires.
- When using artificial logs, burn only one at a time and follow instructions on the wrapping.
- Always place the ashes in a metal container and take them outside the house.

THE DANGERS OF EXTENSION CORDS:

- Extension cords are a common cause of electrical fires. That is why you must be careful to use only extension cords that are rated for the power used by the device they are powering.
- Extension cords must never be run inside walls or under rugs or furniture. They can be damaged by traffic or heavy furniture and start arcing, which can lead to a fire.
- Extension cords can get warm during use and must be able to dissipate this heat or they can start a fire.



CRESTON VALLEY

TOWN of CRESTON

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SISTERS AT ART

Siblings creating with fibre and glass

STORY & PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

Sarah Miller and Jeanette Stenhouse are sisters who ran a popular downtown business for over three decades, but they have something else in common.

They're also artists, one working with yarn, the other with glass. The artistic expression is more recent for

one of them, though — Stenhouse took art classes in school, while Miller focused on academic subjects, such as chemistry and physics.

"I never tried anything with art, really," says Miller, who began painting at age 35, before ultimately working with glass.

For both, their recent work includes colourful Christmas ornaments, available at the Arts Garage in Erickson.

They previously ran Wear Withall, a clothing store, with their mother, the late Beth Kastelan, from 1981-2014, closing it a few weeks before its 33rd anniversary.

"When we tell people that, they

never say we don't look old enough," jokes Miller.

Stenhouse began expressing her artistic side at an early age, taking up knitting around age seven. She enjoyed the hobby, but slowed down until 1986, when she saw a pattern for a peach-coloured sweater with a big collar.

"I thought, 'I'm going to have to start knitting again,'" she says, and she did, even producing 40 sweaters one year to sell at Wear Withall.

In the early 1990s, she decided to take her knitting in a more fun direction, and stopped relying on patterns, doing her own thing instead, but always certain to include a lot of colour.



"I've always been really good at that," says Stenhouse. "At Wear Withall, it would be, 'I've got earrings that would match your sweater perfectly.'"

"I've got a drawer full of paint chips that I look at sometimes — the paint chips, not the drawer," adds Miller.

Stenhouse's love of colour is evident in her recent work, which includes scarves in every colour of the rainbow — and then some — although she does have a favourite.

"I was looking at yarn today and Marybeth (her daughter) said, 'You don't need more green,' " she says with a laugh.

It's ideal, then, that green is a Christmas colour — she's been hard



at work lately making mini sweaters for Christmas ornaments. As well, she's working on a shawl inspired by a photo, with a lot of her work accompanied by Netflix.

"It's meditative, almost," says Stenhouse. "My husband is out playing his music, and Marybeth isn't home anymore, so it's very quiet."

Miller held out until she was 35 before exploring her artistic side, and started painting with acrylics after reading *Drawing on the Right Side of the Brain*.

She was interested in stained glass, but "I didn't think I should be operating a blowtorch." Eventually, she worked up the courage to try it in a class taught by Lorne Eckersley.

"And then, there was no blowtorch," she says. "I was so disappointed."

She found it to be a bit like "painting with glass", and has mainly created 18x20 pieces that take months to produce, and also offer a challenge when creating scenery without following a pattern.

"You don't want a line going through the sky, so you have to know how you're going to cut the glass," she says.

Miller has also made smaller kiln-fused pieces, such as her recent line of Christmas ornaments, which includes presents, the Columbia Brewery's sasquatch and Christmas trees — the latter complete with tiny glass ornaments.

She's able to make the smaller pieces much more quickly than the larger ones, but they still offer the same thrill.

"Opening the kiln is very exciting, seeing what might be a completed piece for the first time, holding it up and seeing the light coming through," says Miller.

And although they don't always turn out as expected, she always has other options.

"Ultimately, I can break it. If I get random chunks, I can use them. Or I can melt it." ■

Miller and Stenhouse's work can be found at the Arts Garage gallery and art shop in Erickson. To learn more, search for Sarah Miller Art or Jeanette Stenhouse Knits on Facebook.



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Personal Experience with Fire Departments

Most of us have busy schedules and we tend to only appreciate the services provided to us when we need them or after they respond to our personal needs. Our fire departments, or as we now call them, our fire rescue services, because they provide more than putting out a fire, are services that are silent until the need occurs.

in a rented building in five business days after the fire, the major reason being that I was a member of VIP Stores Ltd. with a membership of about 40 dealers in Western Canada, and individual members supplied us with semi-trailers of appliances, electronics and furniture in five days. Also, we were insured with ICBC and they presented



COURTESY RON TOYOTA

Creston Mayor Ron Toyota's Cranbrook store burning on Dec. 26, 1980.

In 1983, my retail store in Golden had a major fire that totalled our building and inventory. Fortunately, our fire insurance allowed us to rebuild and reopen on the same property.

On Dec. 26, 1980, my retail store and warehouse in Cranbrook burned to the ground — a total loss of about 24,000 square feet and over \$2 million. I was in Creston when the fire occurred and a friend drove me to Cranbrook at 3 a.m. The entire building and all the inventory were gone. We were fortunate to reopen

me with an initial cheque for \$400,000 within 30 days of our fire.

However, the hardest task was being treated as a suspect by the local RCMP and the B.C. fire commissioner's office instead of as a victim for a few days while they investigated the cause. This attitude of suspicion changed once they completed their investigation and determined the cause to be electrical!

In January 1977, my mother's house on 20th Avenue North had a major fire and was eventually rebuilt. I was living

in Cranbrook and oversaw the cleanup, fire insurance settlement and the rebuilding of her home.

On June 12, 2017, at 8 a.m., my sister, who was visiting our mother, phoned me after she had called 911 in a huge panic. I was in my Town Hall office and three minutes later I arrived at our mother's house to see Engine 21 with red lights flashing in front of her house. When I entered my mother's bedroom, three firefighters were tending to my mother, who, at age 92, was unresponsive. I was very relieved that these guys were present and doing their utmost to revive my mother. I must explain that there was no ambulance on scene because car 1 was responding to a call already and car 2 arrived about 20 minutes after I had. I am so very proud of our firefighter work experience program and their presence. Last year, Creston Fire Rescue responded to over 500 calls and about 300 were first responder (medical) calls to assist our BC Ambulance Service.

My personal experiences over the years and my nine years as your mayor has given me a great appreciation that being prepared and trained when called upon is about strategic planning for future calls, fires and disasters. We have about 40 volunteer firefighters who train once a week to serve each of you when the alarm goes out. Our Creston Valley regional fire services have another 40-plus volunteers who volunteer and train and serve, as well.

A new fire hall for Creston and the Creston Valley will provide our volunteers, and each of you as homeowners and business owners, with the comfort of knowing that if that one day occurs when you have a fire rescue need, they will respond! ■

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

Reflecting on 2017, Looking to Future

K*i'suk kyukyit* (greetings).

With the holiday season upon us, I take some time to reflect on this past year. I reflect as a member of the Lower Kootenay community, as well as a citizen of this planet. The spring saw flooding (my basement included) and the summer saw some recording-breaking heat. The smoke from the forest fires was overwhelming and pretty much filled the skies of all of British Columbia.

The Ktunaxa Nation took a huge blow with the outcome of the Supreme Court of Canada's ruling on Qat'muk (Jumbo Glacier). The Lower Kootenay Band (LKB) made a difficult decision to dismantle the St. Peter's Church. We had a by-election. On a brighter note, Ainsworth Hot Springs continues to thrive and 2018 will see the construction of the alcohol and drug treatment centre, as well as the LKB health centre.

The coming year will mark my final year of my four-year term. The election for the chief position and two council positions will be up in November. At this point, I am undecided as to what the next steps will be. I will have served two four-year terms for a total of eight years. I am currently taking things one day at a time.

What I do know for certain is the Lower Kootenay Band will keep striving for bigger and better things. The odds are usually against us, so our accomplishments are always a huge victory. We have some initiatives that are in the works but it is too soon to announce what these initiatives are. Everything that we do as leaders is not for ourselves. We have to make the best of a bad situation. We have little to no say in the making of the rules but always seem to make something out of nothing.

I also want to remind readers that the holiday season is not always a joyous occasion for many. There are numerous families who will not have a turkey dinner and won't be able to provide gifts for their children. Some will be alone. Some have no one to celebrate with. If you are a man or woman of faith, remember the unknown in your prayers. If you do not have a faith, think good thoughts or prayers for those who are struggling, that the circumstances of these human being will soon change for the better.

Life is so very short. Believe it or not, I have grey hair. I say this because I shave my head, just a trend from my military days that has stuck with me. I do feel older but not necessarily wiser. I have just come to realize in the last few years that the spirit of the holiday season is not what the TV commercials

are. It is not about sales and who gets the most expensive gifts, but family. I have my wife and three daughters. That is my family and that is what I cherish.

From the start of being elected to this position, all I ever wanted to was my best. I realize that sometimes doing your best isn't good enough. For the Lower Kootenay Band citizens, I wish nothing but the very best for you. There are so few of us, and I hope that 2018 may be the year that there is a realization that we are stronger together. We have survived the attempt of genocide and even paper genocide. For those who wish to move forward, let us move forward together.

Happy holidays to all! May the new year bring good health, happiness and prosperity to each and every one of you, and all of my relations. ■

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



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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Early Christmas Nothing New

"Seriously? Christmas stuff already? It was only Halloween yesterday!"

That, or something like it, is an oft-heard lament.

A few days ago, our program coordinator, Alyssa, was going through newspapers from the late 1910s, and was struck by how late in the season the first ads for Christmas shopping appeared — in some years, not until a week or so before Christmas.

"How very different that is from today," I can hear you thinking. But is the Christmas-starts-November-first thing really as recent a phenomenon as our annual laments suggest?

To answer that, I went back to 1957 — a nice, round 60 years ago — and I'm sorry, but unless you are in your eighties or older, you have to stop complaining that it's a "new" thing. In the Nov. 7, 1957, *Creston Review*, four

stores ran Christmas advertisements. There were nine the following week. On Nov. 21 the Creston Valley Co-op ran a large ad featuring a stressed-out Santa staring in disbelief at a sign that announced only "21 days left for shopping."

Those ads are for everything from Anderson's Creston Pharmacy ("Order magazine subscriptions for Christmas now!") to Sinclair's Hardware (offering, among more typical Christmas stock, "a large assortment of Cotton Twines and String for Overseas Parcels"). There are clothing stores (the Fashion Centre), jewelry stores (Baynton's) and department stores (Burgess Variety and Simpsons-Sears) represented among those early advertisers. In what must surely be one of the most bizarre retail combinations ever seen in Creston, Wes-T-Ern Plumbing and Heating, your "friendly Firestone dealer store," advertised its "Creston Valley Toyland Centre" (photo at right).

In comparison, Mawson's was rather late on the scene — their first Christmas ad didn't appear until Dec. 5. Creston

Bakery and Creston Valley Lockers also started advising their customers to "order NOW for Christmas baking" or "order your Christmas turkey" in that issue, but that makes a lot of sense given that fridges and deep freezes were still relatively rare.

What was topping the list for Christmas gifts? In the toy department, the hottest toys reflected the latest innovations. Just as today we can get toys for toddlers imitating cellphones, in 1957 the Creston Valley Co-op advertised an array of space-related toys, proclaiming, "Astronomical bargains in toys for your young space man!" Sputnik 1, in case you don't recall, was launched in October 1957. But the get-in-on-new-technology trend wasn't new even in 1957: We found an article in 1909 describing toys that "reflect in many forms the general interest that has attached during the last six months to attempts at navigating the air." In other words, airplane toys were all the rage.

For adults, the gift list was pretty much as we'd expect to see

*There is no better time to say
Thank You
and wish you a very happy
Holiday Season*

*From all
our families
to yours.*



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USE OUR

CHRISTMAS LAY-AWAY PLAN

today — clothing, accessories, and personal items such as perfume or shavers. But some of the ads made me think of something that circulates online occasionally: A collection of obsolete advertisements that convey messages very foreign to our modern sensibilities. One of those ads shows a charming young 1950s-era woman cuddling a vacuum, with the caption, “On Christmas morning, she’ll be happier with a Hoover!”

I am as quick as anybody to roll my eyes and laugh at those ads, but if the 1957 newspapers are anything to go by, household appliances — especially electric ones — were very popular. “Streamlined appliances to

delight Mom,” ranging from electric irons and frying pans to washing machines and stoves, were available at several different stores (page 12). Creston Electric published a checklist of appliances under the headline, “Ask yourself, what would give you the most lasting pleasure?” Evidently, Mom would not only be delighted about receiving appliances, she was supposed to choose the ones she particularly wanted!

Big, costly gifts are common in today’s advertising — “Hey! Buy everyone a new car for Christmas!” — and there were a few in 1957 as well. They were usually furniture, though, or the aforementioned electrical

appliances. There were plenty of ads for cars, but none specifically for Christmas. But even so, we can’t say that cars for Christmas is a new phenomenon: Alyssa found an advert from 1925 suggesting a brand-new Ford — even offering delivery at “any desired time on Christmas morning.”

What about Christmas decorations? Nowadays, lights are put on buildings early in November (I’m writing this on Nov. 16, and my neighbours’ have been up for a week). Town crews have been busy putting up lights along Canyon Street, and many people have their trees up already.

Not so in 1957. On Dec. 2, the *Review* announced that “several



Streamlined
APPLIANCES
to delight Mom

This Christmas Buy
Westinghouse

- Washing Machines
- Television
- Refrigerators
- Deep Freezes

... and many other fine
Electrical Appliances for your pleasure

Valley Appliances

PHONE 389 TODAY...

business firms are already planning Christmas decorations in their stores, and it is expected the town will have their usual decorations," and the AOTS (men's group of the Trinity United Church) was about to start selling Christmas trees.

And entertainment — there are no ads whatsoever for local holiday entertainment, except the fundraising March of Dimes Jamboree, until Dec. 9, when the PCHS Christmas concert was announced for Dec. 11. That is very different from today — I've been seeing posters for holiday entertainments, fundraisers featuring Christmas cookies and popcorn, and urgent pleas to "book your parties now" for several weeks already.

What else has changed over the past 60 years? Not much, it seems. For example, these days, gift cards are a frequent gift. Some people love them because they're convenient and the recipient can choose exactly what he/she wants. Others decry them as a reflection of the worst aspects of modern society: fast, impersonal, requiring no effort or thought, etc. But the giving of cash is hardly a "new" Christmas tradition. The Royal Bank — newly established in Creston in 1957 — promoted, "A Bright new idea for Christmas Giving! Gaily Gift-Wrapped Royal Bank Money Orders. It's the smart, practical, effortless way to 'wrap up' your gift list."

On Dec. 19, the *Review* ran a short article advising Yuletide revellers, "If you drive, drink tea," not alcohol to keep everybody safe, and another admonishing shoppers to "keep cars locked" to avoid theft. Again, not new — but very good advice just the same. ■

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



Take a moment...
PAWS and give.

During the month of December
5% of all annual exams will
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animal shelter.

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YARN | FIBRE | COFFEE | LOCAL ART

Local Artists are Worth Supporting

BY MEL JOY
Fly in the Fibre

Outsourcing has become a “norm” for small business artists. This practice takes place for many reasons, such as keeping up with demand or having smaller tasks performed by others. The decision to outsource is, I am sure, not one people would take lightly. The decision to purchase outsourced products should not be taken lightly, either.

There are many pros and cons to this practice that could provide a healthy debate but I would like to focus on the support and payment of our local Canadian artists. Paying artists the money they ask shows them that we support their art, we support the quality

and the product they produce, and we know exactly who made that product and how it was made. With outsourcing, once the control leaves the designer and the processes involved in making the product become someone else’s problem, there is no guarantee that the product will be made with the standards that we expect.

We are so fortunate here in the Creston Valley because of the number of talented artists we have and the diversity in the art that is offered. We are a small town, we know the people who are creating the art and we know how they are doing it. We can appreciate the work and the time that are taken, as well as support the intellectual property that is owned by the artist.

Coming into the Christmas season, which is a season of giving, please take the time to consider who is really making the gifts that you are giving to your loved ones. Personally handcrafted gifts are the best choice, but if you are purchasing, please think local first! ■



CHATAUQUA! January 27, 2018

A coming-together to celebrate
local agriculture through the arts

Displays Entertainment Participation

Creston Recreation Complex

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Art Council Meeting:
7pm Dec.13 2017 Creston Museum





Garage Offering Art in Erickson

ART GARAGE

When Imagine Ink moved from downtown Creston to Erickson, where it now occupies a former ICBC garage bay, it was only logical to fill it with art and call it the Arts Garage.

"I'm a painter, and I wanted more display space," says owner Wendy Franz. "And I wanted to help other artists promote their work."

The business moved in March to 2804 Highway 3, where the plain bay was turned into a colourful space, with the work of more than a half-dozen other artists inspiring Franz to move beyond her popular watercolours.

"I've tried so many new things in the last few months," she says. "I never imagined that I'd be doing an acrylic

pour to create stool seats."

On the walls with Franz's own work are paintings by Gregory White and Creston Valley photography by Inverted Image Photography (Brian Lawrence). Smaller pieces in the shop include jewelry and teddy bears by Blue Shadow Designz (Michelle Hansen, Franz's former Imagine Ink co-owner), glass art by Sarah Miller, knitted scarves by Jeanette Stenhouse, pieces by Muddy Pug Pottery (LeAnne Cheswick, former Creston resident), brightly-coloured wooden chickens by Heather Darrell, soap by Yum Soap and Sundry (Jan MacDonald) and upcycled treasurers by Rejuvenart (Carrie Inman).

"There are so many artists in the

Creston Valley, and this space was really needed. It's exciting to showcase the talents of so many wonderful artists."

In keeping with the season, Franz has used the acrylic pour method to create Christmas balls, which hang on a tree next to Darrell's wooden Santas and Miller's glass. Christmas cards are also on display, as are four 2018 calendars: three of Franz's artwork (hippie art, farm animals and spirit animals) and local scenery by Inverted Image.

The festive items are a welcome addition to the shop, which was already a pleasant surprise to people walking through the door.

"I've seen customers come in and have their breath taken away by everyone's art," says Franz. ■



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invertedimage.photoshelter.com

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THE SCENIC CRESTON VALLEY 2018 CALENDAR

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LIVING with LYME

BY BRIAN LAWRENCE
I Love Creston Editor

The youngest of three siblings in what she calls a “basic country family”, Lexi Czar grew up on a Canyon farm and spent a lot of her childhood trail riding, barrel racing, fishing, hiking and dirt biking, later enjoying soccer, volleyball and curling in high school.

But since she was about seven years old, it has been a struggle to balance that active lifestyle with chronic fatigue and a heart murmur — and even a case of shingles at age 12.

“I was the kid who would need extra sleep, and who missed out on things,” says the 23-year-old.

In 2015, new symptoms crept in, with daily migraines, mild kidney failure and anaphylaxis — the latter requiring regular use of an EpiPen, and making her afraid to eat — added to the mix.

23-year-old Lexi Czar describes life with a disease that’s hard to diagnose and even harder to treat

A diagnosis in August 2016 finally put a name to the symptoms: Lyme disease. Czar thought that knowing would be the first step toward a speedy recovery, but she soon realized that wouldn’t happen.

“When I got diagnosed, I thought, ‘Perfect. I’ll get on treatment and I’ll get better.’ Now I wish someone gave me a guide to get through this.”

Lyme disease, caused by bacteria and spread by infected ticks — one of which likely bit Czar when she was a child — has been on the rise in Canada, with over 700 cases reported to the Public Health Agency of Canada in 2015. Advanced cases, such as Czar’s, can be far more difficult to treat than Lyme caught in the early stages.

“They think 30 days of antibiotics will cure someone, but that’s not always the case.”

Canadian research and treatment are behind those south of the border, says Czar, whose diagnosis resulted from U.S. lab work. She’s planning to go there again, this time to try stem cell therapy, which has a 60-80 per cent success rate in reducing Lyme symptoms. The treatment is more innovative and less damaging than chemotherapy, which could follow immunoglobulin therapy, the next step recommended by Czar’s immunologist, one of over a dozen doctors and health care practitioners she regularly sees.

“I’ve been super sick for over two years now,” says Czar. “We feel like we’ve exhausted the Canadian system.”

The new treatment, however, will cost \$25,000, not including transportation or accommodation. To raise funds, Czar is hosting a dinner, dance and silent auction at Canyon Hall on New Year’s Eve. The event will also include a presentation on Lyme disease, giving partygoers more insight into the disease.

Even Czar, though, is hard-pressed to describe symptoms simply — hers are always fluctuating. In the last year, holistic therapy, research into histamines and regular diet rotations have helped with the anaphylactic reactions, and over 30 medications manage some of the pain, but at the same time, she’s been experiencing tremors.

The ever-changing condition of Czar’s health may sound overwhelming to some who haven’t lived with a chronic illness, but it’s something she got used to years ago.



COURTESY LEXI CZAR

"It was all I knew," she says. "I was also an academic achiever. Looking back, I can identify times I had trouble staying focused."

"At the end of the day, that was my normal."

That perception of normal resulted in Czar even playing volleyball while unknowingly suffering from mononucleosis. Her health struggles continued after high school, and she went through phases on not doing well, making both work and college impossible.

"I couldn't function at all," she says. "I was awake for maybe four to six hours a day."

Her condition is a curiosity to many, so Czar created a website, lexiandlyme.com, where she tells a far more detailed version of her story, explains what Lyme disease is and sells clothing to help cover medical costs and support research.

She wants to help others with what she's learned, not just about Lyme disease but also living with chronic illness, so she's planning a Facebook group to connect people with chronic illnesses.

"I want to share with people who are struggling — because it's not fun," she says. "Nobody as a kid expects to be where I am now."

Czar is grateful to her family and friends for sticking by and supporting her through the ups and downs brought on by her condition, and says that she's chosen to enjoy every day and the journey, which has made her stronger in ways she never imagined.

"You definitely have to advocate for yourself," she says. "I'm always advocating and researching." ■

Tickets to the Dec. 31 dinner and dance are \$50, available at Black Bear Books, Canyon Country Store and Activity Base.

BRIAN LAWRENCE



BY VERN GORHAM - Manager
Creston Valley Chamber of Commerce

As the 2017 business year is ending, I wish to share my Christmas list of three wishes in regard to the Creston Valley Chamber of Commerce, our chamber members and the community at large.

Wish No. 1: That the business climate in our valley and district will continue to improve.

I am very impressed with the desires of many in our area to work more closely together, with increased collaboration, and pool our limited resources better in bringing about a synergy that has not been as prevalent here as it is right now.

Regarding our chamber, initiated by our excellent chamber executive, 2017 saw the chamber of commerce have many meetings with important local stakeholders such as the Regional District of Central Kootenay, Kootenay Employment Services, Columbia Basin Trust, Town of Creston, Creston Valley Arts Council, other nearby chambers of commerce, and many local businesses, among other groups, to see where the chamber can collaborate, and assist with helping our local climate flourish and thereby benefit our local businesses.

There is an excitement in the air as it has been my experience to notice that all of us, for the most part, are really on the same page. We all want our amazing little part of this great big world to be safe, remain beautiful and allow us a prosperous and progressive place to live and earn a living.

My wish is that 2018 brings a continuation of this momentum. There are many good people working together for this common good, and I have tremendous faith that as we continue to work together, 2018 will see an acceleration of these collaborative efforts, resulting in unprecedented growth

CHAMBER CHAT

and opportunity right here in Creston.

Wish No. 2: That the chamber of commerce will continue becoming more relevant for our members.

The truth can often be painful. In 2016 when I became the interim manager, I

had the privilege of meeting with a large number of insightful individuals, both inside and outside the chamber, in trying to figure out what was wrong with the chamber. As people candidly opened up to me, I soon discovered that our chamber was somewhat broken, and was viewed by many to be irrelevant, especially in support of local business.

Upon further digging, it became apparent that the chamber was trying to be too many things and do too many things without the resources it needed to successfully achieve these directives. We had to change.

Starting 2017 was like starting from scratch. It was humbling. In meeting with business owners who were somewhat disaffected by the chamber, great insight was gained, and plans were put forward based on this insight helping the chamber become an organization that will provide so many benefits for its members that a local business person will be deemed foolish if they decide not to join us.

This year was the starting point of a journey that will continue through 2018 and beyond, clearly demonstrating that the chamber of commerce is relevant to our local business environment. Investment in the chamber through tax-deductible membership fees will yield tremendous fruit over time. My hope is that businesses will work with us and give us a chance to prove this in the years to come.

Wish No. 3: That Creston businesses have a strong 2018, that well-paying, secure employment opportunities

DID YOU KNOW?

The Creston Valley Chamber of Commerce is sponsoring a large slo-pitch tournament in spring 2018 that will be a qualifying event for Slo-Pitch National's mixed slo-pitch team national championships! There will be two divisions: one that's just for fun, and one to compete for a national championship. It will be a great three-day tournament and bring a lot of people to Creston to support your businesses.

Watch for details in the new year so you can plan how to best take advantage of this great event!

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will increase via our active business community, and that our faith and belief in our own abilities to compete in this ever shrinking world economy will grow.

Creston, we have everything we need to succeed. Shall we not push forward in such a cause? I say yes! Let us support each other's businesses, let us work together to be more than the sum of

our individual parts and let's choose to make 2018 a benchmark year in the Creston Valley.

Merry Christmas, everyone. Have a safe and enjoyable holiday season! ■

Profile:

Shelby Asleson of Serene Spa



How long have you been in Creston? I have been living in the Creston Valley for five years and am extremely pleased that my dream of opening a spa has come to fruition.

What is the best thing about your business? The best thing about my business is that my talented team of educated professionals offers a huge array of services that would otherwise not have been offered, in a relaxing atmosphere second to none.

What is the best kept secret about your business? As a brand new business I can't say I have any secrets yet, but the secrets are to be announced soon with creative and tantalizing new promotions for the holiday season.

Do you have anything to add? Our slogan is "Relax, refresh, renew," and we sincerely can't wait to make your day more serene. We look forward to seeing you soon. ■

Profile:

Alison and Terry Szpak of 4 Corners Matting and Framing



How long have you been in Creston? We've been in Creston since 2012.

What is the best thing about your business? What we like best about our business are the great people we get to meet, which really helps when you are relatively new in town.

What is the best kept secret about your business? Our best kept secret is the preservation side of the framing business, which not too many people inquire about: how to preserve for future generations, keep out the dust, preserve colour, etc.

Do you have anything to add? We really enjoy this business and look forward to helping the people of this area enjoy good quality custom framing at reasonable prices. ■

Profile:

Robert Grant of Iron Man Powder Coating



How long have you been in your Creston? We (my wife and I) have been in our present location for about 21 years, and have built everything on our property.

What is the best thing about your business? I love solving problems and creating very satisfying solutions. With my vast skill set, which includes welding, powder coating, fabrication and carpentry, among others, I can build almost anything. I also have my own CNC (computer numerical control) machine, which allows me to cut different materials to very high degrees of precision.

What is the best kept secret about your business? That I can add beauty in design and art into a functioning piece. The sky is the limit for my customers in designing useful and beautiful pieces for almost any occasion or need.

Do you have anything to add? I love doing what I do, and endeavour to foster a friendly and helpful service by filling a niche in the welding/fabrication/finishing market. If you have something you want built, I can probably build it! ■

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Home Games 7:30 pm

Tuesday, December 5th

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Jersey Night

Friday, December 8th

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Teddy Bear Toss

Friday, December 15th

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Sunday, December 31st

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JANUARY

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Friday, January 5th

vs Columbia Valley Rockies

Wednesday, January 10th

vs Columbia Valley Rockies

Minor Hockey Night

Friday, January 19th

vs Golden Rockets

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Saturday, January 20th

vs Kimberley Dynamiters



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Local Talent Living the Dream

CRESTON VALLEY THUNDER CATS

There's no place like home. That little mantra recited by Dorothy in her ruby red slippers rings true for a couple of Creston Valley Thunder Cats this season.

Brody Ryan and Brayden Jellis grew up in the Creston Valley, and both had dreams of pulling a white and blue jersey over their heads. The dream became a reality a couple years ago for the 18-year-old Ryan. As for Jellis, who turned 17 this summer, it's his first year with the Cats and he couldn't be happier.

Ryan made his debut with the Thunder Cats during the 2015-2016 Kootenay International Junior Hockey League season and played 11 games before being sent back to his midget team. He still remembers his first game.

"I'll never forget the feeling when I stepped on the ice for the anthem when the lights are low," says Ryan. "I looked at all my friends, everyone I knew, and I felt proud to be there."

He posted one assist that season.

Last season, Ryan again made the team out of training camp. He played 16 games before being sent down for the second year in a row after the Cats acquired KIJHL leading scorer Paxton Malone from the Spokane Braves. He admits that he thought about quitting hockey at that point.

"Sometimes I thought about it for sure, but I've had such a good time here with the memories at the rink and the fans."

Despite one of Ryan's best friends, Logan Wullum, leaving Creston for more playing time, going elsewhere wasn't an option for him — it was the valley or nowhere.

"Never once did I want to ask for a



trade or get traded. I was happy here."

It's a mindset that Ryan has stuck with, and this season it's paying off.

Through the Cats' 19 games this season, Ryan has played in 16 and has already surpassed his points total with two goals and an assist. On Oct. 13 against the Spokane Braves, he scored his first goal at home in front of friends and family, a moment he'll never forget.

"[It] felt amazing. I loved it. I saw the fans; everyone was excited."

He has not fully decided what's in store past this season. He's thought about college and just working, but playing until he's 20 isn't out of the question, either. Regardless, Ryan knows he wouldn't have made it this far without support from his mom.

"She's done a lot, she's done everything for me, helped me the whole way. I owe her the world."

Jellis wants to be remembered in the same way the town remembers former Thunder Cats captain Travis Ludwar. He watched Ludwar play as a kid and admits to thinking about breaking a couple of his records one day. However, he also knows he's got a long way to go to get there.

For Jellis, it's always been about doing what loves and he can't think of a better place than to do it than the town where he grew up.

"It's always been a goal of mine to play for the Thunder Cats," says Jellis.

Sports

"It's nice to see all the people in the crowd, the friendly faces that you know."

That goal came true Sept. 8 when the Cats opened the season in Spokane.

"It was pretty nervous going out there. I didn't want to mess up."

The team ended up being shut out 3-0 but it was still a special moment for the 17-year-old. An even better moment came 21 days later when he scored his first goal in front of family and friends.

A question regarding his memory of his first goal was met with wide eyes and an emphatic, "Oh, yeah!" It was Sept. 29 against the Columbia Valley Rockies. A scramble in the crease led to a loose puck trickling down in front of Jellis.

"I barely got my stick on it but when it went in, it was just crazy. I was really excited to get my first one. ... I didn't see [my parents] but I heard they were going crazy."

At 17 and still in high school, it's sometimes hard to look too far ahead,

but Jellis already has his eyes on a potential Junior A stint, and even playing college hockey.

"I might go to a few [Junior A] camps next year or the year after, but right now the plan is definitely to stay here for a few years."

College isn't the first thing on his mind, but when it comes to it, Jellis looks at former Thunder Cats such as Grant Iles, Seth Schmidt and Jackson Bruce-Fuoco who have all gone on to play in post-secondary.

"I've been looking at Selkirk just because I know that a few guys that have gone from here," Jellis says. "[My parents] want me to go to school after, but they're hopefully going to be all right with me playing for a few more years."

Right now, Jellis is just pushing for ice time and focusing on his own path, not letting him get too far ahead of himself. He knows his parents will



CRESTON PHOTOGRAPHY

Creston Valley Thunder Cats Brayden Jellis and Brody Ryan (opposite).

always be looking out for him and his future.

"They've been really good throughout the years and have been real supportive and pushed for me to keep going and be the best that I can be." ■



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Major Transformation on a Budget

WENDY REEVES SEIFERT
Over the Valley

In the accompanying photos you can see a major transformation of a fireplace. The clients had no need of a wood-burning fireplace upstairs as there is one downstairs, and also heat pumps, making it unnecessary for heat.

The section of wall with the wood box was removed and the stone saved to reuse on the side wall and hearth. A new wood mantle was added. The electrician was able to pull the wires up

through an old vent system, enabling us to plug in the insert inside the fireplace so it looks quite realistic. The clients ended up with a beautiful fireplace without the mess of a wood burner.

Removing the wall between the living room and kitchen created an open floor plan. It was decided for budget reasons to paint the existing cabinets, and add new hardware, countertop and backsplash, creating a new, fresh look. The addition of an island and pendant lighting finishes off the new decor (photos in ad). Pot lights in the work area add much needed light. Many of these fixes are not "break the bank" items but they all come together to create a whole new decor.

This is a huge transformation done on a budget. Often, just paint colour can modernize your home. Think outside the box and don't hesitate to call in a designer for ideas. And most of all, have fun putting your touch and inspiration on your home. ■

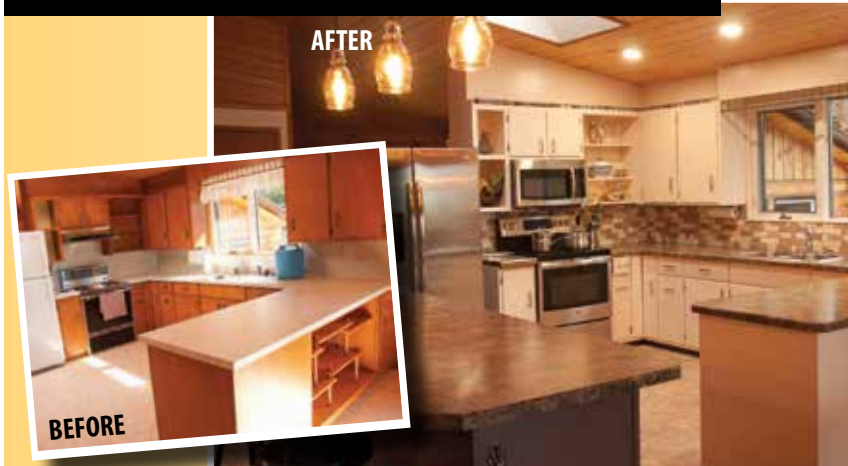


BRIAN LAWRENCE

The stone around the wood box (left) was used to surround an electric fireplace (above) and replace a marble hearth. A new wood mantle and light fixtures were also added.



Interior Transformations...



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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

Another year draws to a close. For many farmers, December is a time of enjoying a slower pace of life between growing seasons. There's always something that needs doing, but the urgency has somewhat subsided. There should be time now for family and friends and being part of our community, and time to enjoy the holiday season in whatever way you choose to. For most of us, these gatherings will undoubtedly involve plenty of eating.

All of us in the Creston Valley are fortunate to be in a part of the world that has an abundance of food in quantity, quality and such variety. I recently listened to a program on CBC Radio that talked about food, both the shortage of and the overabundance of food, depending on where in this world you happen to be. There is enough food produced globally to adequately feed everyone on this planet, but yet there are approximately 800 million people who are undernourished or considered starving. At the other extreme, there are now estimated to be about two billion people considered overweight or obese. Neither end of this scale is considered healthy.

Also part of this program was a topic I have brought up previously, and that is food waste. We are part of the developed world where food is plentiful and generally

affordable, and we are all also guilty of wasting a greater percentage of our available food. Globally it is estimated that about \$1 trillion of food is wasted each year. This equates to 30-50 per cent of food products being wasted between the farm where it is grown or raised and the person who is consuming it. That is a staggering number!

Growing conditions and harvesting losses count for some; as well, regulations and grading standards can cull out plenty of edible produce for defects. Inadequate storage, poor handling and distribution counts for more losses before the consumer even sees it. Purchasing too much at one time to use in a timely way results in waste in your fridge, as does not using up or discarding "leftovers". Eating from only the front six inches of your fridge shelves is a very bad habit. Think about that the next time you open that door!

Wasting the food products themselves also wastes all of the inputs that have gone into producing this food: the farmers' time, energy, investment in equipment and all the other crop inputs required. There is the value of the farm land itself, as well as all the water that goes into the fruit, vegetable or livestock crop. The water is a very important and sometimes scarce input. For many people, I think it comes down to the fact that food is not seen as valuable

enough to make a serious effort to use it all efficiently. It is always available and generally cheap enough to throw away. In reality, the cheapest food is also the highly processed, least nutritious, fast food and junk food. Unfortunately, too many people live on this junk food. Many of our health issues arise from this type of diet. Real, wholesome, less processed food often does cost more and requires more effort to prepare and eat, but it is better for you in the long run. In an area such as ours where much food is grown, it is not too difficult to know and talk to local growers and become more educated on what goes into your food.

As we enjoy the holiday season and share meals and drinks with family and friends, make the conscious effort to think about your food and what has gone into getting it to your table. Be always grateful for the variety and quality of food available to us locally and really make an effort to limit your food waste. In closing, I'd like to wish everyone a merry Christmas and a happy, healthy, prosperous and Ag Aware new year in 2018! ■



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Prescription for Nature

BY CARLA AHERN
Education and Communications Co-ordinator
Creston Valley Wildlife Management Area

Conversations with four-year-olds are always entertaining. I have one, a daughter. Most of the time I laugh out loud at the things that come out her mouth: the full truth with no filter, sometimes completely random with no context, and always interesting. It's one of the most precious things about these tiny humans.

My daughter and I were chatting the other day and talking about the different towns and cities that she knew — places she has visited or where family and friends live. I asked her where she lived, expecting to hear the usual answer of West Creston ("Not Creston, Mom, West Creston"), but instead I got, "I'm a nature girl, Mom, I live in the woods."

My heart beams with happiness at the

proclamation. It made me stop and once again acknowledge and appreciate the place she gets to call home. She is able to enjoy and observe nature everywhere around her, not just at home in the "woods" of West Creston, but throughout this whole community she lives in. What a precious gift!

By default of lifestyle, this kid and her little brother are going to grow up in nature. It's part of who I am, who our family is. We hike, camp, canoe, explore. We hang out at local creeks in the summer, we walk the wetland trails, we garden, we go on adventures to look for birds and plants and flowers. Nature is life and it's part of life's prescription.

I will be forever grateful for the lifestyle

we have here in Creston. I will be forever grateful for the previous family moments we get to spend together that allow all of us to continue to cultivate a love, appreciation and understanding for the natural world around us. It's so cliché to say our kids are the future, but of course it's true. They are the future decision makers and inhabitants of this planet. Whether they turn out to be lawyers, truck drivers, hairdressers or biologists, the basic cultivation of a greater understanding of the natural system we live in from a young age will determine how this world will turn out in the future. An individual's understanding of how everything is interconnected, how we all play a role in its health and well-being, and how it supports all life will shape how they interact and treat this world.

We are lucky here in Creston that by proxy we get doses of nature daily without even noticing sometimes! While this is good — excellent, really

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— it also means that sometimes we have to make a conscious effort to watch and observe, to learn and ask questions, to get a little cerebral about our natural surroundings. The idea is not to take the fun out of nature, but to attempt to understand its complexities and, I think, appreciate the wonder of it all a little more.

I know people who claim they are not nature people and it's not a priority or of interest to go outside and recreate or explore. I get that life is busy and there are a million things to do. But when you see the satisfaction and enjoyment that children — and people of all ages, for that matter — get when they go outside to just explore and be in nature, I think the extra effort to make it happen is worth it.

I challenge all to get outside one day this month and do something “naturey”. That doesn't mean you have to get dirty or wet if you don't want to. It means you can unplug from the busyness of life for a few minutes or hours and recharge the batteries by breathing fresh air, looking up at the mountains, listening to a creek or birds or nothing — it's therapeutic for people of all ages to get a dose of nature. It's amazing



CARLA AHERN

A four-year-old self-proclaimed “nature girl” hard at play in the great outdoors.

how it can relax you to just take a quick nature walk. It can promote questions and interest. It can make your mind go blank. All of these things are good and good for you!

Take a prescription. Here, I'll write you one right now: Go outside and nature yourself (can we use nature as a verb?) and your family. The trails in the Creston Valley Wildlife Management Area are always a great place to start!

I will leave you with the last wonderful thing my four-year-old daughter randomly blurted out in the car the other day, a reminder that there are so many wonderful parts of nature to learn about and explore: “Mom. My favourite ocean creature is the squid because of its amazing tentacles.” ■

To learn more, contact the Creston Valley Wildlife Management Area at 250-402-6900 or askus@crestonwildlife.ca.

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CRESTON COMMUNITY FOREST

CRESTON COMMUNITY FOREST

November marked the 20th anniversary of when the Creston Community Forest first established its roots in this valley. Since then, it has become a proud example of what a community forest can grow into if hard work, dedication and an unwavering vision are evenly applied.

However, when the term community forest is used, people still ask, "What is a community forest," and, "What do you do?" Essentially, a community forest is an area of provincial land where a local community can have significant influence over how its resources are managed. Management decisions are tailored to consider the economic, environmental and social values of that specific community. In the case of the

Twenty Years... and Growing



Creston Community Forest, these values are determined by a board of directors, all with very diverse backgrounds, ensuring that a variety of community interests are met. The 10 Directors include five company shareholders: the Town of Creston, Regional District of Central Kootenay, Erickson Community Association, Wildsight and the Trails for Creston Valley Society, along with five members of the general public.

Aside from wondering what the community forest is, other questions include "Does the community forest have to log?" "Could large areas be preserved?" and, "I've noticed clear-cuts in the community forest. I thought those were bad."

Given our level of control, the community forest is still under a licence agreement with the province, requiring the company to meet its allocated harvest volume, as well as manage the entire assigned area. Over the years, clear-cutting has been debated; however, at times, it can be the best forest management approach when dealing with an area of pure lodgepole pine. Attempting to leave a portion of these mature trees standing generally results in high levels of blowdown, which in turn can be a safety issue for tree planters and is aesthetically unacceptable. In situations where wind-firm species are present, the community forest does prefer

to leave a percentage of the mature trees standing in order to encourage a resilient forest that supports multiple tree species having different ages.

Established as a non-profit, the community forest's primary management practice is to use an ecosystem-based style of forestry that considers aesthetics, water quality and forest diversity. Once costs have been covered for reforestation and other expenses, remaining revenue is invested into the community through donations and community projects. Projects currently underway include fuel mitigation, forest education and forest recreation.

A fuel mitigation project has identified areas where the Creston Community Forest borders private residences and contains high levels of brush and forest debris. These areas would support intense forest fire, which could potentially destroy many homes. Operational treatments that mitigate this risk include removing the majority of the deadfall and understory, as well as a portion of the overstory, so that fire cannot be carried through the canopy. One area is currently ready for treatment, while others are being assessed.

Revealing the wonders of the forest will foster a passion for the outdoors. Getting kids out to learn about the environment is another important



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CRESTON COMMUNITY FOREST

The Creston Community Forest's board and staff. Back row, from left: Brian Churchill (Wildsight), directors Mervyn Syroteuk, Jerry Bauer and Gary Sommerfeld, John Chisamore (Regional District of Central Kootenay), director Marc-André Beaucher, Jim Elford (Town of Creston), Brad Rae (Erickson Community Association), forest manager Daniel Gratton; front row, from left: director Linda Wallace, Mary Jayne Blackmore (Trails for Creston Valley), forest technician/office administrator Kelsey Syfchuck.

mandate of the community forest. Field trips for elementary and high school students are held throughout the year, with the largest one taking place in September during National Forest Week; this year, 150 students attended.

Recreation is a high priority for the community forest and since it is situated on Crown land, the goal is to make these areas as accessible as possible to the public. The Lady's Slipper, Thompson

Rim, Thompson Rotary and Thompson Pack trails are four hiking trails that the community forest maintains. The interpretive brochure for the Lady's Slipper Trail was recently updated and is now available. Another project includes the design and construction of a new hiking trail that will start from town, taking hikers up Goat Mountain to a viewpoint overlooking the Creston Valley. This project is a joint effort between

the community forest and the Town of Creston, with construction planned to commence in spring 2018.

As the Creston Community Forest looks toward the next 20 years of operation, it is proud of how the company has evolved and excited about the direction it is headed. ■

To learn more about the Creston Community Forest, visit www.crestoncommunityforest.com or email admin@crestoncommunityforest.com.

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Mushrooms Important to Human Health

VITAL HEALTH

Humanity has always had a deep fascination with the fungal kingdom. We find stories involving the mysterious world of mushrooms layered into the folklore in every culture that has ever existed. Possibly this is because our DNA and patterns of growth are more similar to them than they are to that of plants. The deeper we dig into the world of mushrooms scientifically, the more we discover just how important they are for restoring the health of the human body and the ecosystems we require to make Earth habitable for life.

There are over 1.5 million species of fungi on the planet, but really only a few dozen that have shown to have profound effects on our immune system and organ health. These select few are mostly tree-loving polypores, which are now considered to be highly intelligent organisms that create vast networks of communication and nutrient dispersal throughout the ecosystems they are found in.

Many of these polypores have the ability to create large chain sugars called polysaccharides. When consumed, these polysaccharides have a strengthening effect on the communication and intelligence of our internal immune system. Considered to be a modulatory effect, they expand

our ability to detect and work with autoimmune issues and cancer cells, as well as protect against foreign pathogens that will compromise our health. When we start working with the medicinal polypore mushrooms for a regular period of time (one month or more), we also start to see that they have many other supportive and restorative benefits, depending on the types and forms we choose to work with.

Hence this group of mushrooms is starting to gain much more exposure in the modern world of health sovereignty, and they may just be some of the best support we have for working with a variety of chronic conditions and a world full of heavily adapted human pathogens. Some of the top mushrooms for health are reishi, chaga, turkey tail, lion's mane and cordyceps.

Reishi is shown to help combat insomnia, support the liver, reduce stress and anxiety, relieve allergies, enhance the immune system and work with asthma and heart palpitations.

Chaga is a potent antiviral and antioxidant, reduces inflammation, strengthens the immune system and enhances the body's ability to detect tumour systems.

Turkey tail supports immune system resilience, liver and digestion, reduces inflammation and is helpful in the treatment of tumour systems and radiation therapy.

Lion's mane enhances brain function, supports cardiovascular and circulatory health, reduces inflammation, improves mental health and supports overall well-being.

Cordyceps improves energy, stamina and athletic performance, enhances liver and adrenal function, supports immune intelligence, and increases oxygenation and bronchial capacity.

Five Mushroom Combination supports many of the above aspects of health, as well as works as a good prebiotic, supporting gut ecology. The combination also has a stronger effect on enhancing the immune system's ability to work with varying levels of lowered immune function and auto immunity conditions.

Harmonic Arts Dual Extracted Mushroom Powders are the perfect fit for working with mushrooms in the modern age. They are extremely bio-available, highly concentrated and dissolve instantly into any hot or cold liquid and food they are added to. All of our mushroom extracts are made from whole fruiting bodies grown on the traditional logs or their idea substrates, rather than a mycelium grain spawn. The fruiting bodies are then extracted into hot water and/or alcohol, vacuum evaporated and spray dried, making the final product a highly potent water soluble 7:1-10:1 extract. Harmonic Arts chooses to offer a powder form of mushroom rather than capsules as it is not only more cost effective to the customer, but the benefits are enhanced when the body registers the mushrooms by taste. ■



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Season of Giving and Receiving

BY DIANE
TOLLESON

'Tis the season, yet who needs a reason? I feel that equal giving and receiving

without expectations can happen all day, every day, all year long. "Give that you may live and the season of giving will be yours and not your inheritors," said Kahlil Gibran in *The Prophet*.

Many of us are great givers and we forget that receiving is equally as important; ask and you shall receive. Yet, we then sometimes turn down gifts, feeling we are unworthy or for many other reasons. In turning down a gift or favour, we actually take away an opportunity for someone to give and we also give the signal we are not open to receive. Even if the gift is not something you need or have asked for, somewhere down the line you may have the perfect opportunity to gift it to someone that does need it.

Giving from your heart is always the perfect gift in whatever form that may take — just smiling at people randomly can be a huge gift to someone you don't even know. I love giving hugs and have only had a handful of people turn me down when gifting a joy stone for a hug. Twenty years and thousands of joy stones later, I am still happy to receive each and every hug. I still would like to start a hug/cuddle business someday. We all need hugs! I guess I really have started already with my joy stones.

When we give our presence to someone, that is the ultimate present. Give someone a hug or smile today, randomly or spontaneously, and see how great it feels!

Sending big huge heart hugs to all year round. In-joy always, and happy new year too! ■

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For some, driving at night can become a serious challenge as distortion and glare become important factors. Headlights and streetlights cause glare, and light from night traffic can make taillights and brake lights hard to differentiate. Aging, smoking, vision problems and certain diseases will add to the difficulty of night driving.

Car maintenance is important: Ensure headlights are clean,

properly aimed, and in good working order. Windows that are dirty, pitted or scratched further distort your vision. Windshield wipers shouldn't leave streaks and mirrors need to be clean and adjusted. Simple maintenance can make a huge difference in helping you drive at night.

Maintenance of your vision is also important. Discuss any of your vision concerns with a professional, whether the problem occurs at night or during the day. ■

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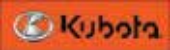
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BX2380 4WD Tractor w/ BX2816 snowblower features: 23hp 3cyl diesel tractor, 2 range hydrostatic, tilt wheel, power steering, 4 wheel drive, rear & mid pto, with 50" 2 stage front snow blower, hyd lift, fun-connect quick attach hitch, and manual.

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L-series standard 33hp tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide the precision performance and ease of use that you need. With a HST transmission that offers simple forward and reverse change for optimal operating and ease of front end loader work. Strong 1918lb 3pth lift capacity and power steering make operating this tractor a dream.

L3301HST w/ loader features: 33hp, 3 cyl T4 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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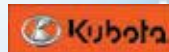
BX1870 w/ front end loader features: 18hp 3cyl diesel, 2 range hydrostatic, front & rear pto, 4wd, LA203 loader (450lb lift cap.) 3 point hitch for implements.

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