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December 2018

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**If it doesn't move
– stamp it!**

Special Section: Season's Greetings

Town

Post Campaign

History

0 Christmas trees

Agriculture

Winter is here

*Spread a little Christmas cheer
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The Wishing Tree

*To participate come down,
pick a tag and place
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under the tree by
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*We would like to take this time to wish all our valued
customers a Happy Holiday and a Prosperous New Year.*



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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

238 - 10th Avenue N., Creston, BC • Phone: 250-428-2214 • Email: info@creston.ca • www.creston.ca

Inside

It is December, the weather is turning colder and thoughts are turning to the holidays, family gatherings and planning for the New Year.

The feature article looks at a local artist that has turned her passion for stamping patterns on fabric into a thriving international business. Keeping with that idea is a call for people to support local, authentic art when looking for gifts to give. Regular columnist, Tammy Bradford of the Creston Museum, has researched the history of Christmas Tree farming in the Kootenays. And, for the 14th year, the Church of Jesus Christ of Latter-day Saints is hosting their beautiful Nativity exhibit, free to the public, Dec 9, 10, 11 and 16, 17 and 18th.

It has been a busy first few months for the Thunder Cats hockey team and several new players have

been added to the roster. Just in time for the cold master herbalist Maya Skalinska tells of five herbs that will warm you on cold winter days and a wonderful chai tea for boosting the immunity. Dr. Brereton explains – through personal experience – the benefits of eccentric loading to treat injuries.

There are some important updates in the Ag Aware column and a reminder that farmers matter.

Mayor Toyota recaps a hectic election period and gives thanks to all that ran and serve in the Creston Valley and the Regional District.

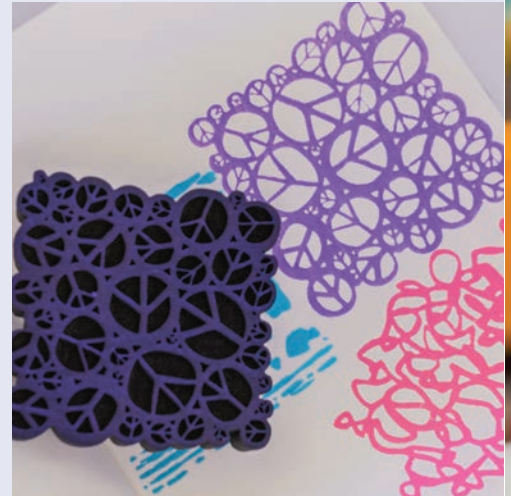
Last but not least, Chief Louie offers thanks to all that have worked together to make our communities better for everyone as well as warm wishes for 2019.

Here at I Love Creston we wish everyone a joyous season, Merry Christmas and Happy New Year. Please consider supporting local businesses when doing your holiday shopping and remember, the best gift is your presence. ♥



Feature

05 Art Foamies Home based business fills neish



COVER PHOTO BY DENNIS CHARLES

In this issue

- 08 From the Mayor
- 10 Lower Kootenay
- 11 Agriculture
- 12 History
- 14 Arts
- 15 Health
- 18 Sports
- 19 Community
- 20 Season's Greetings



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STAMP

of approval!



BY JIM JACOBSEN
PHOTOS BY DENNIS CHARLES

If it doesn't move – stamp it! That is the slogan for a brilliantly creative home based business based in Creston that sells products all over the world. Emmie Roelofse is the owner and operator of Art Foamies.

Art Foamies are durable, bold foam stamps designed for stamping images using acrylic paints, ink or glazes. They can be applied on many surfaces including pre-washed fabrics, card stock, walls, glazed pottery, cork, and wood. Each stamp comes with a reusable stamp pad that holds the paint and allows for even distribution to ensure a clean, crisp print.

The business, like many successful businesses, had its origin in filling a need of the owner. Roelofse was working as an artist making painted tablecloths. “I already did stamping but couldn't find what I wanted. I realized if I had a problem then

other fabric artists would have the same problem”, she explained. A business idea was launched. After over a year of research and experimenting, she came up with the solution, a product that was firm enough to allow for detailed design, was durable and washable. “Next, we needed higher production for retail so we designed our own system to make them.”

Owning a business was not new to Roelofse. A ‘lifelong entrepreneur’ she has owned restaurants, a party supply store, and a bead store before moving to Canada. In Creston, she owned and operated Kootenay Candles and Creston Framing and Art Gallery before this latest endeavor.

The stamp business started in May 2014. Less than a year later Roelofse was exhibiting her own product at the Association for Creative Industries CHA Show

in California (since renamed Creativation). “It was my dream to have my own product at the show”, she beamed. “I first came to the USA (from Africa) at 18 years old with my mom, artist Jenny Steenkamp, to attend the CHA show as a buyer.” The next year Art Foamies finished in the Top 3 hot new products at the show as judged by a panel of North American arts and craft industry leaders.

In the first year, all the designs were created by Roelofse herself. The stamps featured Canadian animals and plants. They were being sold primarily online and in select retail stores in North America. Then, Julie Fei-Fan Balzer, a mixed media painter and collage maker, author, blogger, TV personality, and teacher discovered Art Foamies at a retail store in Quebec. She contacted Art Foamies about

Feature Story

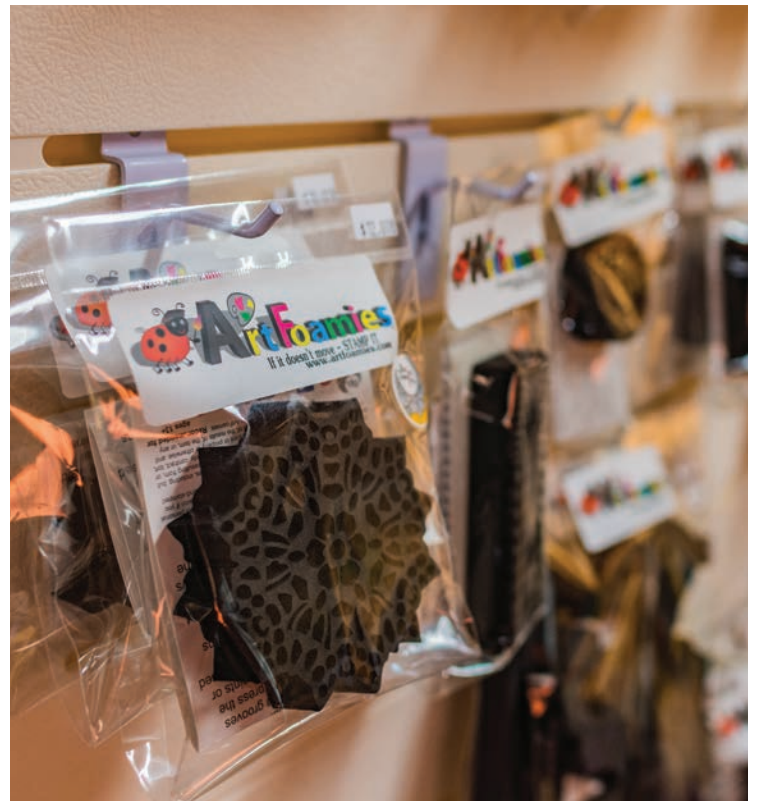
creating patterns for the stamps. And the business was instantly changed. With over 40,000 subscribers Balzar promotes her designs on her Youtube channel and on her website. She describes Art Foamies as, “Awesome high-quality foam stamps. The way they are made is totally different.”

Since then the interest has boomed. There are over 400 unique designs and new stamps are always being created. There are nine mixed media artists that create designs for the company. “There’s lots of collaboration” explains Roelofse. “We now have a design team that creates products and market them and the company on their own social media thru blogs and video tutorials.”

Social media is a game changer for the crafter and opens the potential market to a global audience. In addition to the 100’s of Youtube tutorials, the designs are featured on Twitter, Instagram, and Pinterest. People all over the world can see the product online or used in a course and search for it to make a purchase. “The best sales are in places where we have designers” cites Roelofse. “Netherlands, Australia, USA, England and New Zealand are the biggest purchasers. We also sell all over Europe, in Japan and Brazil.”

There are now wholesale locations in four markets (Netherlands, Australia, USA, and England) and over 40 retail locations including Arlington, Texas; New York, New York; St. Petersburg, Florida, Sydney, Australia; Zwolle, Netherlands; Calgary, Alberta; and St John’s, Newfoundland to name a few. Locally, Art Foamies are available at Creston Card and Stationery. “Mike was the first store owner to support me. He is always willing to help” Roelofse says thankfully.

Like any small business the ability to adapt, change and innovate is key to long-term survival. Differentiate or die, like the book by the same name espouses. To keep ahead of the competition Art Foamies has launched a subscription box service. The subscription promises to “take you on a wonderful journey where we will explore a variety of ways to use your ArtFoamies, with different mediums and techniques.” Available in 1 month, 3 month, 6 month and 1-year subscriptions they are packed with value and include exclusive new design foamies, a piece of fabric to stamp (for example a scarf), paint, a paint pattern, and step by step instructions and video on how to use it all.





“Like any small business the ability to adapt, change and innovate is key to long-term survival”

Feature Story

It is a busy job. Dealing with stores, designers, constant website updates, shipping, receiving and packaging keep the business hopping. Not to mention actually designing and producing the stamps. The biggest challenge, besides not being having time to do her own painting, is keeping up with production. There are two machines currently operating and they are adding a third, bigger, faster, greener machine with improved technology. To keep up with demand Roelofse and her partner Ian Richardson rely on their two dedicated staff members, Kristina McCormick and Ada L. Oler.

With so much going on with the business it can be a challenge to find work/life balance. “My better half, Ian, keeps me positive and helps out with all the software and technical aspects. He accompanies me to shows, too. I do the demos and he sells.”

The biggest reward for turning her passion into a successful business Roelofse says is the “satisfaction of people all over the world loving something I created. To be creative makes you happy. Everybody should do art.” ♥



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Visit us at www.artfoamies.com





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

My Post Campaign thoughts!

The Town of Creston held our official inauguration on November 6th in Council Chambers. The results of the judicial recount were confirmed the evening of November 2nd, and incumbent Councillor Wilson learned that she would be able to continue her work for another 4 years.

Myself, the four incumbent Councillors plus our new Councillors Arnold DeBoon and Ellen Tzakis read and signed their "oath of office" as well as affirming our Council Code of

Ethics and Conduct. A special thanks to all the candidates, to our Town staff and Election officials for their extra time spent during the entire election process.

"I am truly honoured to have been re-elected as your Mayor for the Town of Creston"

I would like to outline the some of the changes that unfolded here in the Kootenays on October 20th.

In reviewing the Mayor positions

in 26 Kootenay municipalities, there were 14 NEW Mayors elected, six Mayors were ACCLAIMED and six incumbent Mayors were successful in retaining their office. In my opinion, this indicates that many communities embraced the "theme of change".

The Mayors who retained their office (incumbents) and were re-elected are in Creston, Greenwood, Kaslo, Kimberley, Silverton and Warfield. Mayors who were acclaimed are in Cranbrook, Elkford, Golden, Radium Hot Springs, Rossland and Slocan. Of the new Mayors, five communities saw their previous Mayors retire or change offices and nine were defeated incumbent Mayors.

It was very interesting to follow that the District of Peachland Mayor was eventually awarded to incumbent Mayor Cindy Fortin. She and challenger Harry Gough finished in a tie with 804 votes each. After a judicial recount, they were still tied and the winner was determined by drawing a name out of a box!

On another front, my favourite photo taken during my campaign (attached) was when I was invited by councillor candidate Trish Drinkle to participate in a Cubs & Beavers meeting at St. Stephen's Presbyterian Church on October 3rd. It was so refreshing to be able to crouch down, talk, listen and answer questions face-to-face with young boys who were so earnest and genuine. This



Favourite campaign photo

Town

was a definite bright spot for me during my 28-day campaign and was very rewarding for me. I wish that I could say that all candidates received only courtesy and respect in person and on social media during the campaign period but unfortunately, this was not always the case. It should be noted that generally, as Mayor,

I do not participate on social media although I do personally participate with my family and friends.

I am truly honoured to have been re-elected as your Mayor for the Town of Creston. Thanks to all who supported me and my family with your kind words and actions. I look forward to our next four

years of “Building Together” with our Town of Creston citizens, our Lower Kootenay Band Community and our Regional District of Central Kootenay community! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at ron.toyota@creston.ca or call 250 428 2214 (extension 227)



ROOK

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WEBSITE DESIGN

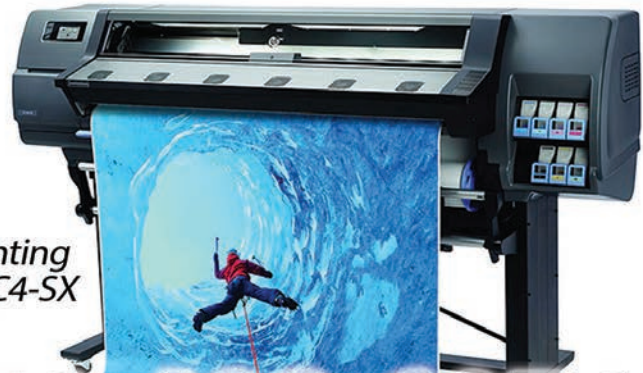
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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Giving thanks

Ki'suk kyukyit (greetings). I greet you all with well wishes in the spirit of the holiday season. I give thanks to all of the Lower Kootenay Bands community partners who continue to work with us in the spirit of Truth and Reconciliation. Thank you: Creston Valley Mayor and Council, Creston RCMP, Creston Valley Hospital, Regional District of Central Kootenay, and the Creston business community. We have come a long way together, however, we all must realize that we must not become content with the way things are. We must continue to strive for bigger and better things in the name of the citizens that we serve. There have been difficult times

for the Lower Kootenay Band but I give thanks to the Yaqa Nukiy (Lower Kootenay) citizens for the past 8 years. During this holiday season I wish nothing but the very best for you all. Should your life be difficult I pray that the New Year will bring different circumstances that bring positive opportunities and happiness. From the youngest child to the eldest member of our Band may you all have good health and happiness in your lives.

I thank the loyal and faithful readers of my I Love Creston column. The emails from total strangers giving encouragement are appreciated. I am also humbled for the people that I have helped with their personal struggles.

The holiday season isn't always a joyful time for many. Sometimes times are tough financially or an anniversary of a tragic event may fall during this time of year. I hope that you all may be able to find some good with what you may already have. Perhaps it is your spouse or children? Even a pet can fill one's heart with happiness.

In 2008, my grandmother passed right on Christmas Day. That is a day that I will never forget. These many years later I still miss her deeply but find solace in knowing that she left this world on one of her most favourite days of the year. She loved Christmas time. She would make her own decorations for her tree. She would also prepare a delicious Christmas Day dinner when she herself had very little to give but gave the gift of food. She prepared food for her family so that we could live. Much of the food that she prepared was grown in her garden. She brought out the huckleberries that she harvested from the summer time.

As I grow older I am realizing that this time of year has become very commercialized. Maybe the holiday season is about memories? Being grateful and content with what it is that you do have? There are people out there in this world who haven't eaten today. These same people have been sleeping on the street. These people are someone's son or daughter.

In closing, I give thanks to you all. I hope and pray that 2019 will be kind to each and every one! **THANK YOU.** ♥

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

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Winter comes once again

The crops are done, machines put away, and the winter chores are now the routine. The days are short and the job list not as urgent. Take time to slow down for a while at least. Visit with friends and neighbours. There are more meetings to attend. Why? Because this time of year farmers are more likely to actually attend them! It is also time to catch up on the politics of agriculture. Find out what your elected representatives are doing to you, or for you, and how that will affect you. Participate. Make your voices heard and your opinions known. Farmers are less than 2% of the population and yet 100% of the population eats. Farmers matter!

Here is something new this month to be aware of if you have livestock. Starting December 1st there will be new federal regulations coming into effect regarding the purchase and use of antibiotics for livestock. What most producers will notice is that most antibiotics will only be available from veterinarian offices and not from supply outlets such as our local Sunset Seed, for example. Also, many of the commonly used livestock drugs will now require a vet's prescription for use. In some, but not all cases, a vet will require that he or she sees the animal in

question prior to giving out the prescription. For larger producers, this may not be the case, as there should already be a well-established veterinary/producer relationship.

This new system is called Veterinary Client Patient Relationship (VCPR), which is a file and/or a discussion regarding your established herd health management and previous herd health history. A written formal agreement may be required depending on you or your vet. Small producers - or those that

"As another year comes to an end we can look forward to the New Year"

infrequently use vet services - may be surprised by these changes and what is required of them. If you are a producer you should make time to have a chat with your veterinarian ahead of when you actually need to treat an animal. You never know when something happens and you will need to suddenly care for your ailing animal.

Also new this past month came some of the results and proposed changes from the review of the

ALR rules. Agriculture Minister Popham has put forward Bill 52 - which proposes to scrap the 2 zone structure of the ALR - brought in by the previous government, where there are different levels of farmland "protection" depending on where in the province you are. Limits to the size of homes built on agriculture land will also be implemented. Hopefully, this will help to avoid the pillage of farmland like areas of the Fraser Valley are experiencing. These are two of the main changes that should assist in strengthening the ALC and prevent some of the losses of good food-producing land in our province. I expect further developments on this issue in the New year.

As another year comes to an end we can look forward to the New Year and what can be a clean slate to begin the next crop season with. The circle of life will begin again whether you grow livestock or crops. Agriculture and food production is an important part of life in the Creston Valley. Sharing important agriculture issues, awareness and opinions with the public are what Ag Aware is all about.

Happy holidays to all of you and best wishes for 2019. ♥

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Money Doesn't Grow On Trees... Except at Christmas



BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

Ready-cut real Christmas trees are already starting to show up in front of local stores. That means we're also already hearing the comment, "When I was a kid, we never bought a Christmas tree! We went out into the woods and cut our own!"

Well, I know quite a few people who still do that. But recently I stumbled across a newspaper

photo that made me realise: this "newfangled" thing of buying live Christmas trees isn't nearly as "new" as we might think.

"The above shows a truckload of Christmas trees leaving the Lyons ranch at Lister for shipment. Reading from left to right are Jack Zachodnik, Ingvar Wilson, and Frank Ingham. The load contained 1,285 trees and will be shipped to the Hofert Company."

That photo, taken by local photographer Gunnar Larsen, was published in the Creston Review in 1951.

Just as an aside: I think the article probably refers to the "Lyons Ranch," but it was spelled with an "i" in the original article so I left it as is. But let us not get too caught up with spelling and focus on the really interesting part of the caption: the "Hofert Company" it refers to.

A brief consultation with Dr. Google led me to a number of newspaper articles, including one in the Lethbridge Herald of 25 October 1951. It picked up a story from Cranbrook: "Christmas Tree Harvest Gets Under way In Cranbrook Area."

"Christmas tree harvest by farmers and operators of special permits has started," the article reads, "though weather continues wet and mild in opposition to the ideal conditions. Volume is expected to be about the same as last year and considerably below the bonanza million tree cut of 1949."

The Herald article then explained that J. Hofert Ltd., which was purchasing most of these trees, was "the world's largest Christmas tree company." It went on to outline the scope of the company's operations in the East Kootenay, and concluded with this gem:

"Public opinion was violently opposed to the harvest when this branch of the industry was introduced about 10 years ago, but with carrying out of selective cutting and year-round cultivation of bushland, it is now recognized as an annual crop."

So just how long have companies been selling Christmas trees? The Herald article might have only been referring to the East Kootenay harvest when it said "ten years ago," because the industry itself was around a lot earlier than 1941. John Hofert sold his first batch in December 1880, expanding from one truck load that first year in Minneapolis to a major California-based business serving all of the western US, Michigan, New York, and half of Canada. His major competitor, G.R. Kirk, was selling trees commercially before World War I.

By the early 1950s, it was BIG business. Consider the impact it must have had locally: Both companies had offices and baling yards in Cranbrook; Hofert also had baling yards in Lake Windermere and Jaffray. Hofert, at least, had crews working in woodlots throughout the region.



Christmas trees 1962: Bob Maxwell and Carl Munzer with a load of Christmas trees from the Maxwell ranch, 1962

History

And we can guess from the Review's article that several men were active on each farm or woodlot in the Creston area that got in on the harvest, and there were at least two of those: the Lyons ranch, and the Maxwell ranch in Erickson. There were probably others.

That's a fair bit of work for quite a few men, at a time of year when other farm and forest jobs were scarce, and a good source of additional income at a more expensive time of year. Indeed, the Herald story specifically stated that "Local women looking forward to extra money for Christmas generally make up the largest part of [the baling yard] crews."

In addition to the direct impact of paying people to cut and bale

trees, there's also the office rent, presumably an office staff member or two, the trucking companies who hauled trees to the local yards and from there to stores all over two countries; the sales clerks in the stores who sold the trees...

How much could someone make on the Christmas tree season? Probably not enough to retire on, to be sure – but a tidy little sum to help with the Christmas gifts, certainly. Hofert in 1951 offered prices of \$1.25 per bale of cut trees; and a bale comprised up to six trees, depending on size. So, if we assume an average of four trees per bale, the 1,285 trees cut on the Lyons ranch would have brought in about \$400.

In today's dollars (thanks to the Bank of Canada's inflation

calculator), that's more than \$3,800. Split three ways, that means each man took home a little more than \$1,200. Money might not grow on trees, but it certainly grew as trees in 1951.

The Hofert Company closed down in 1992, and G.R. Kirk in 2007. Both were bought by other Christmas tree companies, though, which continue to operate today. So your Christmas tree this year may be supplied by the successor of a company that once bought trees cut in the woods behind your house.

Unless you still go out in the woods and cut your own. ♥

Creston Museum can be reached at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.



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- DECEMBER 28th - GERHARD**
Gerhard & The Missing Links performing at 8pm
- DECEMBER 29th - THE FEW**
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Come in or give us a call for more information

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 support the quality and the product they produce”

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!



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Registered Herbal
Therapist

According to Ayurveda - a 5000-year-old healing art and science from India - winter is the time to slow down, build up your body by accumulating nutrients and keep your immune system strong. During winter months we tend to hibernate and spend more time indoors. This decrease in activity tends to decrease the internal heat we generate from normal activity, and in combination with cold temperatures outside, our bodies can succumb to the accumulation of cold energy. Logically, you want to counterbalance this with warming foods. Choose lightly steamed or stir fried vegetables instead of cold raw salads or warm oatmeal instead of a cold smoothie for breakfast.

Using warming herbs and spices can dispel the chills, improve circulation, promote digestion, support your immune system and boost your energy.

Here are 5 of my favorite warming herbs and spices for those cold winter days:

Ginger – the best warmer upper. Boosts the immune system, improves circulation and digestion.

Cinnamon – dries the dampness in the body, stimulates circulation, regulates blood sugar and helps digestion.

Cardamom – Normalizes digestion, relieves gas, supports the respiratory tract and freshens the

breath.

Nutmeg – Prevents gas, breaks up chest congestion and has strong antiviral properties.

Black Pepper – stimulates circulation, improves digestion, improves the bioavailability of other foods and is a great antioxidant.

Besides adding the above herbs and spices to your meals, here's a great way to put all the above herbs and spices together and make a delicious chai tea for generating internal warmth, improving circulation, digestion and keeping your immune system strong.

Ingredients:

- 8 - 10 thin slices fresh ginger
- 2-3 whole cloves
- 5 whole green cardamom pods
- 5 whole black peppercorns
- 1/2 teaspoon dry orange peel or 1 teaspoon fresh
- 1 teaspoon cinnamon chips or 1/2 cinnamon stick
- One pinch nutmeg
- 1/2 teaspoon dry licorice root chips (optional)
- 2 whole star anise pods (optional)
- 4 cups filtered water
- Unpasteurized honey to taste

Preparation:

Heat water in a saucepan. Cover with a lid placed slightly ajar.

Wash and cut ginger and add to pot. Turn heat down to a medium simmer once a boil is reached, lid ajar.

Crush whole spice ingredients in a mortar and pestle and add to pot. Place lid on the pot and turn heat




down to simmer. Simmer for 10-15 minutes. Turn off heat strain add honey and serve. Makes 4 cups.

It is best to add honey to the tea once it has cooled slightly, as heating honey over 370C destroys all its medicinal properties. Do the pinkie test: if the pinkie can remain in the tea for 10 seconds, add the honey.


Wishing you all a happy and healthy holiday season. ♥

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist, offering Iridology, Pulse and Tongue analysis, Herbal Medicine, Nutrition consultations and Flower Essences in Crawford Bay and at Vital Health in Creston. For more information, or to book an appointment please call (250) 225-3493.

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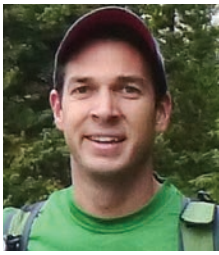


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When Doing Nothing Doesn't Help

BY JESSE MORETON,
BSc DC

There's a difference between knowing about something and experiencing it yourself. In school, we learn in depth about every muscle and joint condition common to mankind. In practice, I've identified and treated most of these conditions. Sometimes treatment comes through hands-on therapy. Sometimes it comes through advice, education and "homework" as I call it. Most the time people improve, but you never quite know how much, what it feels like, or if they could be trying something else more

effective. Without experiencing conditions ourselves, we learn only by what works for others.

Enter Achilles tendinitis on my right heel. It started during a series of rather challenging hikes in early July. And like many overuse, chronic inflammatory conditions, it didn't want to go away. I followed the advice I'd give any patient. I rested, changed footwear and practiced the appropriate stretches. Then I waited. And waited. And waited. Now I'm starting to really empathize with the people I see with tennis elbow, plantar fasciitis, and hip bursitis.

After almost four months of periodic rest and other conservative treatment, I realized I wasn't getting anywhere. The pain changed to a burning sensation that was particularly bothersome at night. I knew what I had to do but I still didn't believe it was going to work.

In school, I remember learning

about this newer research that claimed eccentric loading was the answer for Achilles tendinitis. Eccentric loading is basically the contraction of a muscle as it's slowly getting longer. I acknowledge it's a strange concept for a muscle to contract as it's lengthening, but it happens. Doing a bicep curl shortens the muscle when you raise the weight to your shoulder (a concentric contraction) and lengthens the muscle as you lower the weight to your side (an eccentric contraction). If your muscle wasn't engaged while you lowered the weight, the weight would fall to your side quickly and without control. Another interesting point about eccentric contractions (versus concentric contractions) is that they generate more force, more muscular damage and more post-exercise soreness. So why would you want to do this to a tendon that's already damaged and overused?

That's why I hesitated. But as I suggested in the title when doing next to nothing doesn't help, I figured I might as well try. About a week ago I started the exercise protocol. The protocol basically consists of two types of heel raises on the edge of a stair and

"Without experiencing conditions ourselves, we learn only by what works for others"



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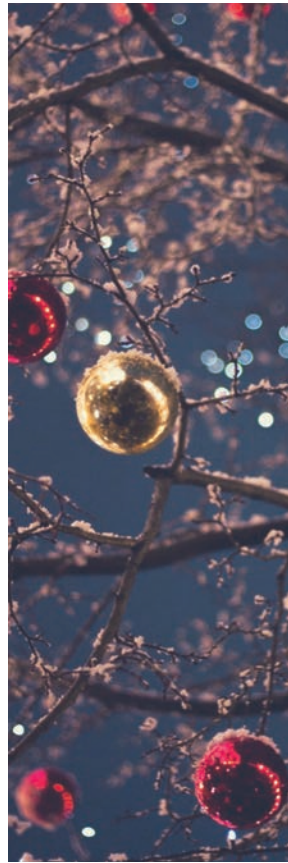
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a relatively high number of sets and repetitions. And what do you know? It's feeling remarkably better. The burning pain subsided and the generalized irritation is all but gone. My calves were on fire for a couple of days and I did have to work through some mild Achilles pain during the exercise, but it was totally worth it. I'm going to continue the exercise and don't want to pre-emptively declare myself cured, but my self-prognosis is looking good.

So here's one condition I've experienced for myself, and you can bet I'm going to be pushing eccentric loading on the next Achilles patient that walks through my door. If you're wondering how it works, don't worry, the mechanism is still being debated by the experts! One of the more popular theories is the exercise selectively damages the tendon in such a way that the misaligned fibers are stripped away and new fibers are laid down in line with healthy collagen.

There you have it. Achilles tendonitis. Just don't rupture yours. That's a different story. And although it sounds cliché, probably best not to try this at home; not until you have someone trained look at it first anyway. ♥



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New Blood Breathes New Life Into Thunder Cats

CRESTON VALLEY THUNDER CATS

During his tenure, Cats Head Coach and General Manager Nick Redding has slowly started to put his stamp on the team that Brad Tobin built. He has made five trades in total moving out five players and bringing in six in return.

Dylan Rantucci (D) was traded to Nelson for future considerations

The rights to Justen James (F) was sent to Campbell River for Logan Berggren (F) and Eric Samyn (G)

Brody Ryan (F) was acquired by the Medicine Hat Cubs of the Heritage Junior Hockey League

Kason Furukawa to Campbell River for Austin Dennison (F) and Braunson Holloway (D)

Keenan McElroy (D) to Castlegar for Jordan Wood (F) and Kjell Furland (D)

Berggren and Samyn have been the longest tenured Cats out of the new acquisitions and both have performed well for Creston. Berggren got off to a blazing start with eight points (3+5=8) in his first five games. The 6'3, 200lb forward from Cypress California has cooled off a little but still puts up consistent numbers with 15 points (5+10=15) in his first 12 games played. Samyn hails all the way from Winnipeg, Manitoba and has put up decent numbers despite a losing record. He got his first win in his first game against the Chase Heat making 25 saves in a 4-3 victory. Since then, at the point this was written, he sports an 0-4 record as the whole team went on a 6-game slide, but overall has played well for the Cats with a 3.72 goals against average and a .897 save percentage.

Dennison and Holloway were both a part of the second trade with the Campbell River Storm. Dennison, another import, is from Missoula Montana and coach Redding was familiar with him from when he played in the Coeur d'Alene Hockey Academy. He notched his first KI goal on the road against Summerland, and has put up three points (2+1=3) in seven games with the team. Holloway started the season in the KIJHL with the Kimberley Dynamiters before being traded to Campbell River. The 18-year-old from Calgary, AB possesses a booming shot and isn't afraid to throw the body around. Yet to register a point with the Cats through seven games, he had one assist with the Storm in four games.

The acquisition of Wood and Furland is the most recent trade for Redding. With Wood, he saw an opportunity to bring in not only a skilled forward, but a local boy who was wanting to play in the town he grew up in. After scoring four goals in 12 games with the Rebels, five games in and he's still looking for his first goal as a TCat but does have one assist. The Thunder Cats are Furland's third team this season. He started the year with Grand Forks before being moved after three games. He played 10 with the Rebels and, at the point of this writing, has now suited up for seven games for Creston. Still looking for his first KIJHL point, the 17-year-old from Cranbrook, BC has played in every game since being acquired and looks to be a staple on the Cats' back end. ♥

For more information visit us online at www.crestonvalleythundercats.ca

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Wednesday, December 5th
vs Columbia Valley Rockies
Minor Hockey Night

Friday, December 7th
vs Golden Rockets

Saturday, December 15th
vs Nelson Leafs
Teddy Bear Toss

Monday, December 31st
vs Fernie Ghostriders
Jersey Retirement
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JANUARY
Home Games 7:30 pm

Saturday, January 12th
vs Golden Rockets

Saturday, January 19th
vs Spokane Braves

Friday, January 25th
vs Columbia Valley Rockies



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

Church Hosting Annual Nativity Display

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Are you looking for that special feeling that Christmas brings? Are you having trouble finding it?

Almost every year for 14 years, members of the Church of Jesus Christ of Latter-day Saints have worked together to give a special gift to the community of Creston: a nativity exhibit.

The church hosts this beautiful display of crèche or nativity scenes, free of charge, to help us remember what the true meaning of Christmas is. There are around 350 sets, ranging from 1.5 inches to a large 27-piece Avon collection. Some elegant ones have been bought at various shopping venues; others are simply handmade with love. They vary in description from traditional to First Nations to Inuit. From almost every country on Earth, some are made from handmade dough art, wood, paper, carved stone, wheat, straw, banana

skins, resin or ceramic — and one is even made of flannel cloth, sewn by hand with love from an aging mother.

They may be old treasured keepsakes, fragile with age, or newer, more elegant faceless pieces whose body tells the nativity story. Included are the artistry of Jim Shore, Willow, Glen Olsen and Del Parsons to name just a few. Each depicts the story of Mary, Joseph and the newborn baby Jesus. Some show shepherds and wise men as they came to worship the baby Jesus. Others depict a rock cavern with a donkey and cow behind a lowly manger holding the Christ child, while Mary and Joseph stand near. From meticulous carvings to childlike simplicity, from seriously breathtaking to whimsical and enchanting, this display has it all.

These exquisite pieces are set up with colorful fabric, mini-lights and spiritual music. The true



JEFF BANMAN PHOTOGRAPHY

Christmas spirit is felt; it is hard to leave, but when you do, it lingers with you. It brings to each of us the feeling of peace and wonder of that blessed night, so long ago, when the Saviour of the world was born. ♥

The nativity exhibit runs 2-8 p.m. Nov. 30, Dec. 1-2 and Dec. 7-9 at the Church of Jesus Christ of Latter-day Saints, located at 1010 36th Ave. N.

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Season's Greetings



Give greener gifts this year

(NC)



Christmas can be very hard on the planet we love. The traditions we embrace so often come wrapped in layers of paper, reams of plastic and mountains of disposable shopping bags.

The numbers are enough to take the shine off the season. In Canada, household waste increases by a whopping 45 per cent between mid-November and New Year's Day. Gift wrap and shopping bags are the biggest culprits, sending about 545,000 tonnes to the landfill every year.

How can we enjoy giving, while caring for our planet? Aside from saving on money and gas, you might find your stress level is lower, too. You'll also have time to breathe in that crisp December air knowing you're helping keep it that way.

"The numbers are enough to take the shine off the season"

Here are five ways to help keep the green in Christmas:

1. Carry re-usable shopping bags. It's a no brainer. And if you're concerned about

One of the real joys of Holiday Season is the opportunity to say Thank You and wish you the very best for the New Year



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getting mincemeat on that new sweater for grandma, keep some for groceries and others for gifts.

2. Skip the wrapping. Choose re-usable gift bags or give an experience. Take mom out for tea and cake or invite a friend to a movie. Most people would relish the one-on-one time with you.

3. Give love, not slippers. Honour a loved one with a meaningful gift in their name through the World Vision Gift Catalogue. There's something to reflect every interest and personality. Many Canadians prefer this to a wrapped gift.

4. Re-gift or buy second-hand. Set the tone by inviting others to do this for you. Thrift shops can

be filled with treasures, many of which are nearly new. And they're much less hectic than the malls.

5. Don't forget ecards. Card companies carry a beautiful selection of ecards for a fraction of the price of paper. Opening one at work can make someone's day.



WWW.NEWSCANADA.COM

The poinsettia, traditionally an American Christmas flower, originally grew in Mexico; where it was known as the "Flower of the Holy Night". It was first brought to America by Joel Poinsett in 1829.

During the Christmas and Hanukkah season, more than 1.76 billion candy canes will be made.

Wishing you all the joys of Christmas and happiness throughout the New Year.

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A merry mocktail for the holidays

(NC)

Sangria is often relegated to summertime patios, but this make-ahead pitcher drink is equally perfect for winter entertaining. Sweet-tart pomegranate juice and warm winter spices add festive flavour, and de-alcoholized red wine makes this a great non-alcoholic option.

“Spruce up this mocktail with sprigs of basil or fresh mint for an extra pop of colour and freshness,” suggests Michelle Pennock, executive chef for the President’s Choice Test Kitchen. “These small touches add bright tasting notes that get your guests’ senses tingling and set the stage for your event.”

Non-Alcoholic Spiced Sangria

Prep time: 15 minutes Cool time: 2 hours Serves: 8

Ingredients:

- 1 cup (250 mL) granulated sugar
- 1/2 tsp (2 mL) cinnamon
- 1/4 tsp (1 mL) each ground allspice and ground cloves
- Pinch (0.5 mL) ground nutmeg
- 1 navel orange (peel on), thinly sliced into rounds
- Half lemon (peel on), thinly sliced into rounds
- 1 bottle (750 mL) PC Red De-Alcoholized Wine with Natural Flavour, chilled
- 2 cups (500 mL) 100% pomegranate juice
- 1 cup (250 mL) pulp-free orange juice
- 1/4 cup (50 mL) frozen pomegranate arils

Directions:

1. Bring sugar, cinnamon, allspice, cloves, nutmeg and 1 cup water to a boil in small saucepan over medium-high heat. Cook, stirring often, until sugar is dissolved; about 2 minutes. Remove from heat; let cool 30 minutes. Refrigerate syrup until chilled; about 30 minutes.

Warm Holiday Wishes



Holiday Public Skating Times

Dec 22, 29 & Jan 5–5:00-6:30pm
 Dec 23, 30, 31 & Jan 6–2:45-4:15pm
 Sun, Dec 24th **FREE** Skate–1:00-3:00pm
 Dec 27, 28, Jan 2, 3 & 4–1:00-3:00pm
 Dec 26–2:15-4:00pm

Holiday Swimming Pool Hours

Dec 24–7:30am-4:00pm
 Dec 25 and Jan 1–**CLOSED**
 Dec 26–2:00-6:00pm
 Dec 27–9am-7pm
 Dec 28–7:30am-7pm
 Dec 29–1-6pm
 Dec 30–1-6pm
 Dec 31–7:30am-7pm

Warmest thoughts and best wishes for a wonderful Holiday and a Happy New Year!

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2. Stir together orange, lemon, 1 cup wine, pomegranate juice, orange juice and ¼ cup syrup in 3-L (12 cup) pitcher. Cover and refrigerate one hour or up to 12 hours.

3. Stir in frozen pomegranate arils and remaining wine. Divide among wine glasses filled with ice.

Chef's tip: You'll make more of the spiced syrup than you need for

one batch of this sangria. Refrigerate the remaining syrup in an airtight container or jar for up to one month and use in your favourite cocktails and mocktails, or as a dressing for fruit salad.

Nutritional information per serving: Calories 100, fat 0 g, sodium 10 mg, carbohydrate 24 g, fibre 1 g, sugars 20 g, protein 1 g. ♥

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Holiday Trivia

Historians have traced some of the current traditions surrounding Father Christmas, or Santa Claus, back to ancient Celtic roots. Father Christmas's elves are the modernization of the "Nature folk" of the Pagan religions; his reindeer are associated with the "Horned God," which was one of the Pagan deities.

*May the spirit of Christmas bring you peace,
The gladness of Christmas give you hope,
The warmth of Christmas grant you love.*

Merry Christmas

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Holiday Symbols

There are many things that became a regular part of Christmas festivities and celebrations with time. There are Christmas toys that became popular gifts for kids and Christmas ornaments that graced Christmas trees and other holiday decorations.

Christmas stockings became a part of the celebrations due to the story of kindly Saint Nicholas or Santa Claus, who is believed to bring toys for children who wash and hang their stockings near the fireplace.

Stars of all sizes symbolize the divine Christmas Star that made its appearance when the Christ was born. Christmas

angel ornaments are symbolic of divine angels while Santa Claus is symbolic of not only the kind patrons that delighted in giving gifts to the poor and the children to bring happiness to them during the Christmas season but also of the kindness and charity that are integral part of Christmas spirit.

Christmas cakes and puddings were part of the Christmas festive meals and Christmas crackers and candy canes became popular sweets that had a touch of fun and looked quite interesting to children.

Christmas trees such as firs and pines and other evergreens such as holly and ivy were symbolic of long life and hope. They also add cheer to the look of the household. Holly with its red berries and ivy were fashioned into wreaths and garlands and were used to decorate the house.

Tinsel, Christmas ornaments and toys were added to Christmas trees to make it look sparkling and livelier. Hanging mistletoe and kissing under it is considered to bring good luck to the household and spread the message of love all over the world. ♥

WORLDOFCHRISTMAS.NET

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Season's Greetings



Smart holiday hacks

(NC)

The holidays should be a happy time, but between family get-togethers, grocery shopping and decorating, it's sometimes hard to find enough time to get everything done.

Fortunately, you can use the wifi-enabled iHome Smart Plugs available at the Home Depot Canada to make the holiday season a little easier.

Pre-holiday prep. When getting your home ready for the holidays, decorating the exterior can be a chilly experience. Skip the cold by plugging your lights or inflatables into a smart outlet and turn them on with the touch of a button. You can even use the plugs to turn on the slow cooker while you're at work to save you time when cooking a large family meal.

Christmas morning. Want your Christmas morning go off without a hitch? Connect and control appliances connected to your smart plug from any location to ensure the perfect start to your day. You can schedule your smart plugs to turn on the festive music early, have the coffee maker brewing and get the lights twinkling.

After Christmas. Smart plugs aren't just helpful on the holidays. Use them on a daily basis this winter to turn on lights during those short winter days or turn on the humidifier to prevent dryness. Create a "scene" in a full room by linking all your smart plugs together or while travelling use the "away" mode, which will set an entire room to your preference. ♥

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Spreading Holiday Cheer!

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The legend of the Poinsettia

Bright, flaming red, star-shaped Poinsettias are known as 'Flower of the Holy Night' or 'Flame Leaf' in the United States. One of the most popular flowers in Central America, it was brought here by Dr. Joel Poinsett, the first US ambassador to Mexico, over a hundred years ago. Still

most of the supply of this famous beloved Christmas flower in American cities is said to come from California and the folklore attached to it comes from Mexico. Like Christmas Rose, this flower also represents the deep love for Christ and great devotion of a pure innocent human being to baby Jesus. However, in this instance, the devotees were two beautiful, naïve children who were not so

fortunate as their friends to have enough money to do what their heart yearns for.

These poor children from Mexico were known as Maria, the sister and Pablo, her dear little brother. Just like all the other children in the village, they were looking forward to the Christmas festival and the annual Nativity play in which a large manger scene was set up in the village church. The season was full of parades and parties that were mainly centered around this church and all the people, especially children, used to gift presents to the baby child on Christmas Eve. Now, these two children loved Christ and the season of His birth very much but do not had any money to buy something for the baby Christ. They ardently wished to buy something special for the Christ but couldn't even buy the simplest of things for Him.

They were sad at heart and were quite disheartened by their poverty and misery when they set out for church to attend the service. They took the longer route in a vague hope to find dome blossoms to gift the child but couldn't find any. Finally, they picked up some wild weeds growing along the roadside as a gift for the Baby, squared their shoulders and approached the Church door. But how cruel little

Merry Christmas

With all good wishes for the New Year.

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Merry Christmas

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children can be, when they start teasing their fellow mates. Yet, Maria and Pablo braved their way to the manger and placed the greenery carefully around the manger. What happened next was the biggest surprise for all that were present! Bright red star-shaped flowers burst froth from the weeds and looked most sparkling of all gifts that the Christ child had received that day. ♥

WWW.WORLDOFCHRISTMAS.NET



 A graphic for "Holiday Trivia" featuring a red and black bird perched on a branch with red berries. The text "Holiday Trivia" is written in a white cursive font on a dark, ornate background.

The best selling Christmas trees are Scotch pine, Douglas fir, Noble fir, Fraser f1953)ir, Virginia pine, Balsam fir and white pine.

The Canadian provinces of Quebec, Ontario and Nova Scotia leads the country in producing Christmas trees.

 A winter scene with a snow-covered house and trees under a blue sky with snowflakes.

Wishing you all
the joy, hope
and wonder
of the season.

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 A decorated Christmas tree in a snowy winter landscape with houses in the background.

Happy Holidays

and all the best of the season to you and yours from Century 21 Veitch Realty-Creston, your hometown Realtors.

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Christmas tree lore

One of the most awaited Christmas décor items, especially by kids, is undoubtedly the magical looking Christmas tree. It is said that Christmas tree was included in the celebrations ever since humans observed these evergreen trees glistening in the moonlit sky on a clear night sparkling against the backdrop of white snow. One of the most important Christmas symbols for centuries, Christmas trees were used in many pagan festivals to honor their gods and spirits. Vikings in North Europe considered these evergreen



trees a reminder of the Spring that is about to approach and that the Winter will end soon. In ancient England and France, Druids used to honor God of harvests by decorating oak trees with fruit and candles, just as Romans adorned trees with trinkets and candles on Saturnalia.

It is said that the German Christians were the first to bring the trees into their homes to decorate or use a Christmas pyramid made of wood in areas where there was a scarcity of trees. Soon, whole Europe caught up with the trend and the English Royalty popularized it among the elite. Prince Albert, husband of Queen Victoria, decorated the first Christmas tree. They had then used candles, candies, fruits, and gingerbread. Christmas tree came to America with the German immigrants and was accepted by the general public only in the late 1800s. At the time of the first public display of a Christmas tree by German settlers in Pennsylvania, it was considered a symbol of pagans. Till then, apples, nuts, cookies, candies, colored popcorn and candles were the popular Christmas tree ornaments.

In the early 20th century, electricity brought a revolution in Christmas tree decoration. Electrical Christmas lights grew more and more popular every year and now most communities throughout the US feature public displays of Christmas trees. The President of the United States now lights the National Christmas Tree every year in Washington as an indication of the beginning of Christmas celebrations. The huge lighted tree at Rockefeller Center in New York is quite a spectacle and skaters spinning beneath it look like angels. Christmas Tree has now gained popularity all over the world and choosing the right Christmas tree and its ornaments, placing gifts beneath it and opening them at midnight is all now part and parcel of Christmas fun and revelry. ♥

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I would like to take this opportunity to wish all the residents of Creston Valley a Happy Holiday and all the best in the New year!

Tanya Wall
Regional Director, Area B



Sustainable stocking stuffers

(NC)

Racking your brain to come up with gift ideas for loved ones during the holidays can be tricky. Why not give back to the earth and introduce family members and friends to more sustainable practices? This is especially important during a time of over-consumption.

Here are three ways to make stockings a little greener this season:

For the lover of goodies. Try stainless steel straws, organic cotton produce bags and clothing, a new coffee mug or water bottle. Consider making a green theme, adding a variety of sustainable options for someone to use every day.

For the cook. Give them the tools they need to really shine in the kitchen. Support a local farmer in your area even in the winter by purchasing organic honey, which is full of phytochemicals that can protect from free-radical damage. Beeswax products, such as candles, cosmetics and reusable food wraps,

are unique gifts that have no harsh plastics or additives. Take it up a notch and inspire them to use less dairy-rich ingredients by adding in a shelf-stable alternative such as coconut oil to use while whipping up favourite recipes.

For the adventurer. Eliminate gift-giving altogether and plan an activity that will bring you closer, leaving the gift wrap and bags at the door.

A great way to navigate this gift-giving time of year is to head to a local Canadian Health Food Association retailer to find a wide selection of natural and sustainable gift items to introduce to family and friends that are safe and chemical-free. Find your nearest location at chfa.ca. ♥

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The showstopper holiday dessert

(NC)

This classic dessert is sure to be a conversation piece in your holiday dinner.

“A classic Bûche de Noël, or French yule log cake, is one of the most impressive holiday desserts you can make,” says Michelle Pennock,

executive chef for President’s Choice test kitchen.

“The key to rolling the sponge cake without having it crack is to keep it moist. Don’t be concerned if the cake cracks a little — you can cover it up with the hazelnut frosting.”

Chocolate Hazelnut Bûche de Noël
Prep time: 50 minutes
Cook time: 10 minutes
Serves: 14

Ingredients:

- 1 ¼ cup (300 mL) chopped PC 70% cocoa solids dark chocolate
- 5 large eggs, yolks and whites separated
- ½ cup (125 mL) granulated sugar
- ½ tsp (2 mL) salt
- 1 tbs (15 mL) cocoa powder
- 1 jar (375 g) PC crunchy hazelnut spread, divided
- 2 cups (500 mL) mascarpone cheese, drained and at room temperature
- Sugared cranberries (optional)
- Fresh mint (optional)

Directions:

1. Preheat oven to 400°F (200°C). Line 15 x 10-inch (38 x 25 cm) metal jelly roll pan with parchment paper; mist with cooking spray.
2. Place chocolate in microwave-safe bowl. Microwave 20 seconds, then stir and repeat until melted; 1 to 1 ½ minutes total. Stir until smooth. Let cool slightly.
3. Beat together egg yolks, sugar and salt in large bowl using electric hand mixer until pale yellow. Beat in melted chocolate until smooth.
4. Beat egg whites in separate large bowl using electric hand mixer until soft peaks form. Fold a quarter of egg whites into chocolate mixture using rubber spatula; fold in remaining egg whites. Transfer to prepared pan, spreading evenly.



Sending out our appreciation to all of our customers and friends for making this year a success!



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5. Bake until cake springs back when lightly touched in centre; about 10 minutes. Run paring knife around edges of cake to loosen. Cover cake with clean damp kitchen towel; let cool completely.

6. Arrange same damp towel on work surface with long side facing you; dust with cocoa powder. Carefully invert cake onto towel with long side facing you; remove pan and gently peel off parchment. Trim edges of cake. Set aside.

7. Stir ½ cup hazelnut spread with mascarpone in separate large bowl until well combined. Spread over surface of cake. Beginning at long side closest to you and lifting and guiding cake with towel, roll up cake lengthwise. Arrange, seam-side down, on work surface.

8. Diagonally slice 5-inch (13 cm) long piece off one end of cake. Arrange longer piece of cake on serving platter; place cut end of short piece adjacent to long piece to make a “Y” shape. Spread remaining hazelnut spread all over cake. Refrigerate uncovered until hazelnut spread is set; about 1 hour or up to 24 hours.

9. Let stand at room temperature for 15 minutes. If using, top with sugared cranberries and mint.

Chef's tip: To make sugared cranberries, bring ½ cup each granulated sugar and water to a boil in small saucepan; cook, stirring, until sugar dissolves. Add 1 cup frozen cranberries; simmer 1 minute. Pour cranberries and liquid into bowl or liquid measure; refrigerate 1 hour. Strain cranberries; transfer to small baking dish or rimmed baking sheet. Sprinkle with ½ cup granulated sugar; toss to coat. Spread in single layer; let stand uncovered at room temperature for three hours or up to 24 hours.

Nutritional information per serving: calories 430, fat 31 g (15 g of which is saturated), sodium 160 mg, carbohydrate 31 g, fibre 0 g, sugars 26 g, protein 7 g. ♥



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*Wishing Everyone a Peaceful
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Budget-friendly holiday hosting tips

(NC)

With parties, family dinners and pesky out-of-town guests, this season of joy can end up being stressful and expensive. But you can ease the pressure and be the hostess with the mostest with these budget-friendly hosting tips.

Create a scent-sational experience. Make your house a home by

simmering ingredients like fresh cinnamon, pine or ginger. It's an inexpensive way to add some extra magic your guests will love

"Create a scent-sational experience"

Clean out your closets and make space. Clear out your entryway

closet to make room for your guests' coats and winter boots. Making extra space will help make them feel at home and help you feel less cluttered and stressed.

Always have an extra gift on hand. This season can get busy, which means you never know when an unexpected guest may drop by. Using your Walmart Reward Dollars you can pick up a little

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Nothing sings holiday cheer like music. Get your guests in the holiday mood with some classic Christmas carols. They're sure to add some festive cheer to any party. ♥

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Holiday Trivia

Christmas trees are edible.
Many parts of pines, spruces, and firs can be eaten.

The needles are a good source of vitamin C.

Pine nuts, or pine cones, are also a good source of nutrition.

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Season's Greetings

Holiday Characters

Santa Claus

Santa Claus is one of the most famous characters that is loved by children all over the world. He is known for giving gifts to good kids on Christmas Eve. He is also known as Saint Nicholas, Saint Nick, Father Christmas, Kriss Kringle, Santy or simply Santa. In

many countries, kids, especially 'in spirit', believe Father Christmas as being real. Other names by which Father Christmas is known in other countries are:

- Afghanistan - Baba Chaghallow
- Armenia - Gaghand Baba
- Brazil - Papai Noel
- Czech Republic - Ježíšek
- Denmark - Julemanden
- France and French Canada - Le Père Noël
- Germany - Weihnachtsmann
- Iraq and South Africa – Goosaleh
- Ireland & Scottish Highlands - Daidí na Nollag
- Italy - Babbo Natale
- Portugal - Pai Natal
- Romania - Mos Craciun
- Spain and Mexico - Papá Noel
- Netherlands and Belgium - Sinterklaas

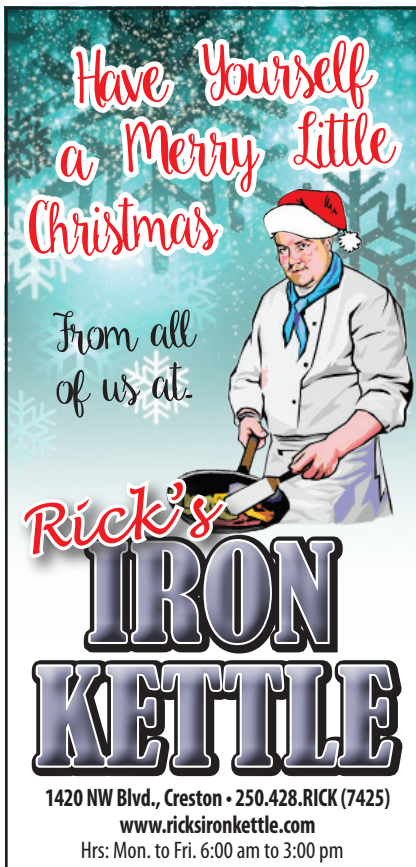
Saint Nicholas or Kriss Kringle was a historical figure, believed to be the kind bishop of Turkey. He used to give presents to the needy, poor and good kids, just to make them smile. Thus, he became the subject of many folktales and mythical fantasies. With time, his image changes to the modern version of Santa Claus with a long white beard, red robes and red bonnet with white trimmings, a big round belly and a kindly cheerful smile on his face and sparkling eyes.

Frosty the Snowman

The song is about a snowman who came to life by some magical hat some children found; he then had playful adventures before he "hurried on his way." However, Frosty reassures them by exclaiming, "I'll be back again some day."

Ebenezer Scrooge

Ebenezer Scrooge is the name of a fictional character, the protagonist in Charles Dickens' novel *The*



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Christmas Carol. In the novel Scrooge is portrayed as a rich but stingy businessman who especially dislikes festivities of all kinds.

Tiny Tim

Tiny Tim is a fictional character in the classic story A Christmas Carol. When Scrooge is visited the first ghost all he sees of Tim is his crutch, as Tim has died. This, and several other visions, lead Scrooge to reform his ways.

Jack Frost

In English folklore, Jack Frost appears as an elfish creature who personifies crisp, cold, winter weather; a variant of Father Winter (also known as "Old Man Winter").

Christmas Elf

A Christmas elf is a fictional diminutive creature (elf) that supposedly lives with Santa Claus in the North Pole and acts as his helper. Christmas elves are often depicted as green-clad with pointy ears, long noses, and pointy hats.

Nestor the Christmas Donkey

Back in the days of the Roman Empire, a small donkey is born with very long ears, that keep getting him into trouble. When his owner throws him out of the stable in disgust, his mother sacrifices her life to save him from a blizzard. And, guided only by his guardian cherub, he

has to find his rightful place and destiny, somewhere on the road to Bethlehem.

The Grinch

The Grinch, a cat-like figure, is a cartoon character created by Dr. Seuss. He first appeared in the 1957 children's book, How the Grinch Stole Christmas!

The Little Drummer Boy

The story of a boy who lets out all

his frustrations on a drum, little knowing how significant this drum will be in the birth of the newborn Jesus.

Rudolph the Red-Nosed Reindeer

Rudolph the Red-Nosed Reindeer is a character created in a story and song by the same name. He has become a figure of Christmas folklore. ♥

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Tips on how to give back to the environment

(NC)

It doesn't take much to give back to our environment. Incorporating these tips into your holiday festivities can make a big difference in keeping our earth

clean and green. A little holiday cheer could land you on the environment's nice list for a long, long time.

That's a wrap. Make sure you're disposing of wrapping paper and gift bags properly. Most wrapping paper, gift bags and boxes are recyclable if they don't contain foil or glitter. Don't forget to remove any sticky tape and decorations such as ribbons and bows before

throwing them into the recycling bin. They are not recyclable and could taint other recyclable materials. If you feel like getting crafty, make your own wrapping paper using old maps, newspaper or your kids' artwork.

Turn off the lights. Holiday nights are brightened by holiday lights, but think about reducing your carbon footprint by installing a timer or shutting of your indoor and outdoor lights before heading to bed. Timers help ensure your lights are turning on and off at the right times, which will save you money and our environment at the same time.

Out with the old, in with the new. The trendiest new toys and gadgets are great to receive, but don't leave your old stuff by the wayside. Toys and gadgets make for great donations, so think about giving them to a family in need or dropping them off at a toy drive. Before making a donation, don't forget to remove the old batteries. Old batteries can be recycled at any Call2Recycle Canada drop-off location across the country. Find a location near you by plugging in your postal code at call2recycle.ca. ♥

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Stuck for Christmas gift ideas?

(NC)

Shopping for some people on your list is fun and easy — you know exactly what they want and where to get it. For others, not so much. If you're stumped on gift-giving ideas, here is some affordable inspiration to keep you within your budget.

For the kids. How many toys does a kid really need? Whether you're shopping for your own child or someone else's, chances are they'll receive plenty of toys this season. Minimize waste and unused toys by using this list — want, need, wear and read. Coordinate with relatives to make sure the kids in the family have one of each for a balance of both useful and fun gifts.

For work Secret Santa. Here, stick with something edible or a fun gag gift if you know them well. Chocolates are always a safe bet, but look for nut-free varieties in case of sensitivities in the office. Another idea is to try a twist on the tradition — have everyone pick out a toy the kid version of their

recipient would have loved, and donate the lot to a toy drive after unwrapping them as a group.

For couples. Whether it's your empty-nester parents, a young couple with a toddler or a power career duo without kids, all partnerships could benefit from a weekend away together. Think a staycation with a hotel in their same city, a holiday in a new place or a spa retreat in the country. ♥



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At the holiday season, our thoughts turn gratefully to those who have made our success possible.

It is in this spirit we say thank you and best wishes for the holidays and a happy new year.



Bob, Justin, Kathy, Danielle, and Troy
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We wish everyone a

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RTV-XG850G Sidekick features: 48.5hp DOHC 2 cyl EFI gas engine, 2 range CVT plus transmission, power steering, selectable 4wd, hydraulic brakes, manual steel dump box, FOPS canopy, front & rear trailer hitch and grille guard.

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