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# Inside

October is such an exciting month. Beginning with Thanksgiving weekend and ending with Halloween and always a whole bunch of stuff in between.

This month will see a general local election in the Province. In the valley that means you will get a chance to vote for your local regional district (RDCK) area representative - if you live in a rural area - or for Mayor and six (6) town council positions if you live within the Town of Creston. You will also get to vote for your local school trustee representative(s). In addition, there is a referendum question regarding borrowing of funds for the design and construction of a new Fire Hall. *\*\*Due to time limitations between candidates declaring for the election and our publishing date, I Love Creston magazine is NOT able to feature an all candidate Q and A this election.*

It is officially hockey season and the Thundercats have three home games this month. It is a huge undertaking every year to organize a KIJHL team. It can't happen without fans coming out to the games.

Small Business Week is a national celebration of Canadian entrepreneurs and their contribution to Canada's economy. It takes place every year during the third full week of October. It is fitting that the feature article this month looks at the incredible 100th Anniversary of Mawson

Sports. There is also information on a renewable energy event being held in Creston (October 13). The event looks at energy efficiency solutions for home and businesses.

Columbia Basin Trust reports on their record \$57 million in funding benefits and commercial investments dispersed to residents and communities. There is big news from the BC Association of Farmers' Markets on the launch of the Kootenay Rockies and Columbia Basin Farmers' Market Trail.

On the leadership front, Chief Louie talks of stewardship and a new program beginning this month that guides Lower Kootenay Band participants to explore careers with the Canada Customs and Border Services Agency. Mayor Toyota discusses pros and cons of allowing credit card payments on your taxes.

Local chiropractor Dr. Moreton asks a question about muscle soreness after exercising. For the history buffs, the question "Who was McKim?" is explored. And for knitting enthusiasts, the challenge of heels on socks is discussed.

One more election note, British Columbia is having a referendum on what voting system we should use for provincial elections in the future. The referendum is being held by mail from October 22 to November 30, 2018. Registered voters will get a voting package in the mail from Elections BC between October 22 and November 2, 2018. For more information visit <https://elections.bc.ca/referendum/>.

Remember to vote on October 20th. ♥

## Feature

### 05 Mawson Sports Milestone Anniversary

Celebrating 100 years in business!



## In this issue

- 10 From the Mayor
- 11 Lower Kootenay
- 12 History
- 14 Columbia Basin
- 16 Halloween
- 20 Community
- 22 Health
- 24 Environment
- 25 Fire Prevention
- 29 Arts
- 30 Sports



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#### The Magazine

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# MAWSON SPORTS

# 100

# YEARS IN BUSINESS

BY JIM JACOBSEN



**A** 100 year anniversary is significant no matter the occasion. For a small, family owned and operated retail business it is almost unheard of. Small Business Week is a national celebration of Canadian entrepreneurs and their contribution to Canada's economy. According to the Ministry of Jobs, Trade and Technology 98% of all businesses in BC qualify as small business, meaning fewer than 40 employees. Of these businesses, 79% have fewer than five employees. Small business is the lifeblood of a community – creating jobs, contributing taxes, and supporting community organizations.

Perhaps no small business should be celebrated more than our own Mawson Sports. Just last month Vern and Ron Mawson celebrated 100 years of the family business. It really is an amazing accomplishment. This puts them in very rare company. In 1988 Vic Mawson was honoured for 70 years in business. At the time it was reported he held the record for the longest continuous service of any businessman in British Columbia and the business was acknowledged as the second oldest “single proprietorship” in Canada. Rare indeed.

Vic and George Mawson opened Mawson Brothers General Merchants in Creston in 1918 in a location “below the tracks”. It was a combination grocery store and Men’s Wear store. The business relocated two years later to Wilson Avenue (which is now Railway Blvd.) and again in 1926 when the

business moved to Main Street. The downtown location was noted in the Creston Museum on-this-day posts, “Vic Mawson reopens his store, after moving across the tracks to a place opposite the Grand Theatre”. The Grand Theatre is now the Pharmasave building and opposite meant the space about where The Source is currently. This move was part of the “growth and relentless eastward march of Creston’s commercial district” (150 events that shaped the Creston Valley; [www.crestonmuseum.ca](http://www.crestonmuseum.ca)).

***“A brilliant and visionary businessman, Vic Mawson was constantly innovating and re-inventing the store”***

Vic Mawson was now the sole proprietor. The store was still a general store at this time. In 1930 he re-located once more to the current location. Vic sold the grocery interest to Creston Mercantile and the store became V. Mawson. Invoices were labelled as Men’s (sic) and Ladies’ Hosiery, Sporting Goods, Dominion and Western Ammunition, and Fishing Tackle and as an agent for Tip-Top Tailors, Philco Radios and Victor Records.

A brilliant and visionary businessman, Vic Mawson was constantly innovating and re-inventing the store to stay



**Sherman Kennedy being shaved by Vic Mawson at Boundary Lake Cabin — 1922**

relevant. Vern Mawson, Vic’s grandson, recalled sifting through old boxes and finding evidence that, at various times Mawson’s sold Electrolux vacuum cleaners, cigarettes, toys and confections. He also had a taxidermy license. He embraced community service as part of his commitment to the valley, serving as treasurer for several community groups for literally decades. He was a charter member of the Kiwanis Club and

**‘Not only in business, but also in his private pursuits, his life is the stuff legends are made of.’**

Nelson-Creston MLA Howard Dirks speaking on Vic Mawson’s 70 years in business.

Vic Mawson, centre, is escorted to lunch by MLA Howard Dirks and Mayor Lela Irvine, who both dressed back in time for the ceremony.

Advance Photo

**Mawson hono**



**Mawson cuts the anniversary cake as Truscott shares an anecdote with the**

Newspaper clippings from the Creston Valley Advance, July 28, 1988



# Vic Mawson Day



## honored for 70 years in business

By Helena White

Freeman of the Town was one of the honors bestowed on Vic Mawson Saturday, but it will not relieve the 91-year-old from paying taxes after celebrating 70 years of business in Creston.

'We need more business people with that kind of staying power,' said Mayor Lela Irvine, who read out the Town's proclamation at a 'Vic Mawson Day' luncheon. 'It's the taxes from business and industry that keeps the town alive.'

Howard Dirks, Nelson-Creston MLA and B.C. cabinet minister, paid tribute to the 'true pioneer', referring to Mawson's 'smile and grin' theory of business. Mawson started his business career as a clerk in the Speers' Mercantile, then opened what has become Mawson Sports.

'Not only in business but also in private pursuits, his life is the stuff legends are made of,' he said. Recounting highlights of Mawson's contributions to the community, Dirks spoke of 'a lifetime of endless energy', and closed by stating that such people are a significant part of what makes Creston Valley such a wonderful place in which to live.

Typifying this was an anecdote related after the ceremonies, facts found too late to be included in the official remarks: In his

early years in business, Mawson learned enough of the local native Indian language to enable him to serve those customers who did not have command of English. He was so trusted that he acted as banker for many of them, keeping their money in individually marked envelopes in his store safe. He also was 'banker' for many other community residents who would not use the commercial banks.

As Minister of State for Kootenay, Dirks extended congratulations on behalf of Premier Bill Vander Zalm, and Mayor Irvine carried greetings from MP Stan Graham. A congratulatory message from U.S. Congressman Ronald B. Coleman was read out by Chuck Truscott, who was master of ceremonies for the occasion.

Ethel Mawson, Vic's wife for 59 years, was also honored as 'the good woman behind the man', and son Fred, who is also in the family business, was introduced.

Irvine related growing up near the family, and playing with the young Mawsons to the extent that the neighbor youngsters were sometimes booted off the Mawson property so the elders could get some peace, but returned ten minutes later to the usual warm welcome. 'We were all



cake as MC Chuck with the crowd.

Advance Photo

Continued to Page 3

the Knights of Pitheus. He even acted as a banker for customers that would not or could not use the commercial banks. A strong community makes for a better business environment and a strong business can and should support the people that support it.

An avid outdoorsman Vic was also an original member of the Rod and Gun Club. Over the years the core focus of the store became

***"He embraced community service as part of his commitment to the valley"***



Vic on goose hunt — 1922





Homer Eddy, Gordon Lansing and Vic Mawson (left to right)



Fred Mawson (right)

“a family oriented outdoor store” according to Vern Mawson. Vic’s son, Fred, joined the family business while working for the Canadian Pacific Railway. Fred was an avid hunter and fisherman. Fred was also a proud supporter of the Rod and Gun Club, Ducks Unlimited and the Kiwanis Club. Eventually Fred took over the family business and continued with hunting, fishing, camping, Rod and Gun memberships, hunting and fishing licenses and advice as cores of the business.

**“Over the years the core focus of the store became a family oriented outdoor store”**

Another hallmark of the Mawson family business is their staff and the Mawson shopping experience. Longtime customer and employee Brian Gatto describes both Vic and Fred “good guys”. “It has been a fun experience” recalled Gatto. “I have been in the store when customers were shopping and it was coffee time or lunchtime. And that was that. Everybody went for coffee. Everybody went for lunch.” The customer had a choice, chuckled Gatto, “Join us for lunch or come back to shop after lunch.” To this day you can still see the “Gone Fishing – Back in 20 minutes” sign hung on the front door at coffee time and lunchtime.

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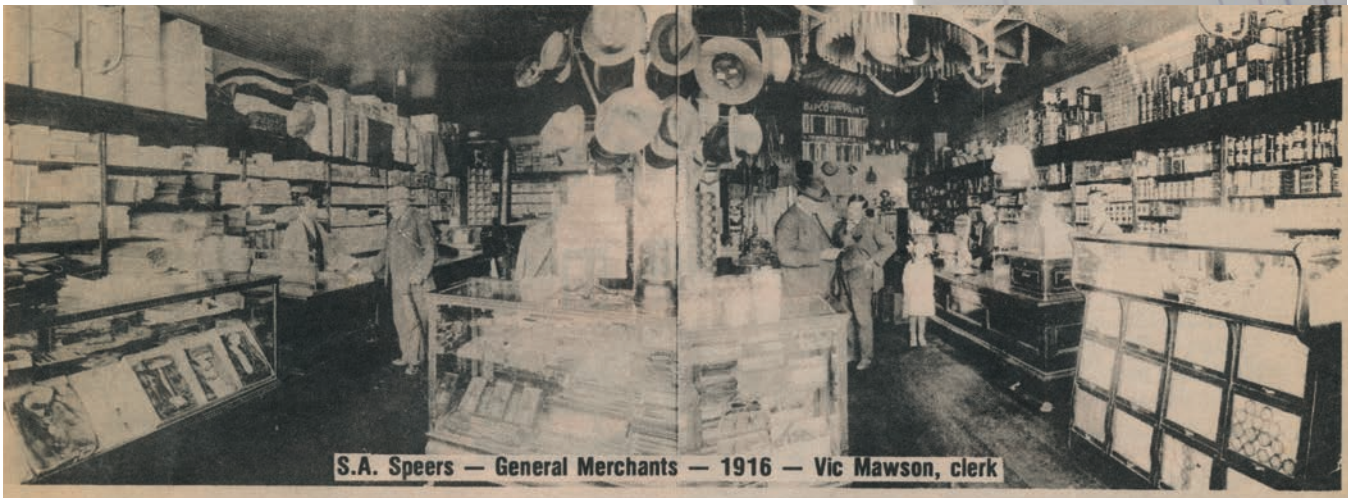
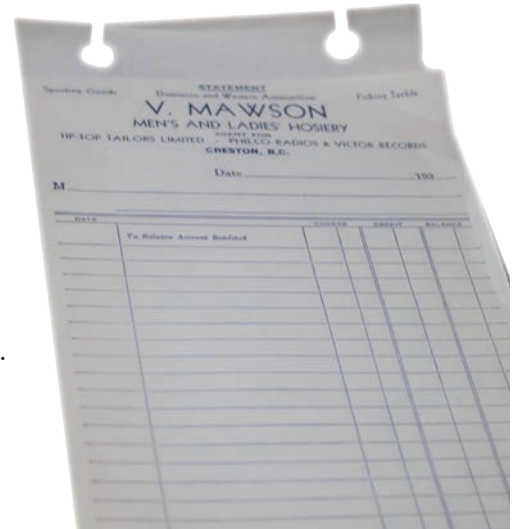
**Feature Story**

Mawson Sports is now owned and operated by Vern and Ron Mawson. They took over when their father, Fred Mawson, passed away in 2014. Vern noted that only 30 percent of sole proprietorships are passed on to the second generation and only ten percent of those are passed on to the third generation. It makes the Mawson family accomplishment that much more impressive. Neither Vern nor Ron live in Creston. They oversee things but rely on their excellent staff to keep the Mawson shopping experience alive and well.

The resources available today are vast. The internet is a wealth of business information. Owners can also access numerous resources such as Small Business BC, Community Futures. Fifty to one hundred years ago not so much. To celebrate 100 years as a family

business has required constant innovation; sound business acumen; great products and great service; and an unwavering commitment to community. That is their legacy.

Stop in to Mawson Sports and check out a true gem in the community.



S.A. Speers — General Merchants — 1916 — Vic Mawson, clerk

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# From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

## Raise your taxes 2% to 3% to cover VISA payments ?

**D**uring the month of June, our Town Hall front counters are very busy receiving property tax payments and a frequent question to our staff is “why can’t I pay using my VISA” (or other credit card) ?

As my office is next to these counters, I can overhear the questions and a few times there have been some lively discussions on this topic.

The simple explanation is that if we did “accept your credit card” our costs could increase about \$100,000 for the extra service fees that we would be responsible for.

A municipality is responsible to collect your total Property Tax amount which can include: BC Provincial School, East Kootenay Hospital, Municipal RCMP, RDCK (Regional District Central

Kootenay) and Town General plus Water and Sewer Frontages Taxes. Of the total amount collected about 45% is transferred to the BC Province, Hospital, BCAA (BC Assessment Authority), MFA (Municipal Finance Authority) and the RDCK.

The Town only retains General, RCMP, Water & Sewer Frontage taxes.

In 2018 the Town of Creston collected \$9,500,000 of property taxes. About 45% was transferred to the Province of BC for Education, EK Hospital, BCAA, MFA and the RDCK. If only 25% of our taxpayers elected to use their VISA and a fee of 4% was charged it would cost the Town of Creston \$95,000 in credit card fees (\$9.5million by 25% = \$2.375million by 4% = \$95,000).

The agencies we collect for would not re-imburse us this VISA fee so the Town property owners need to absorb this extra cost through increased property taxes which I have estimated to be about 2% to 3%. This would not be a responsible move by our Town Council and our current Council would definitely NOT support this scenario.

The Town does accept “post-dated” cheques, debit cards and you can make full or partial payments “on-line” through your banking system.

Another option that Town staff are reviewing is, could a “service fee” be applied if a taxpayer wanted to pay using their credit card? If this was allowed and your property tax payment was \$2,000, we could add a 3% fee, being \$60.00.

As we are in an “election year” and you may hear that our “taxes are too high”, this is one item that I would not support to happen, even though I could use the extra travel points by paying with my VISA. ♥

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

Authorized by Ron Toyota Financial Agent



ronformayor.ca

Oct 20th Re-elect Mayor  
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# Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

## Thinking outside of the box

**K**i'suk kyukyit (greetings). The Ktunaxa people have resided in this area for at least 10,000 years according to archeological findings. We have always been, and will continue to be, stewards of this beautiful territory. Prior to European contact we had to defend our land from surrounding enemy tribes. One could see why the surrounding First Nations would want this area. This land

***"This career path follows in the traditions of the Ktunaxa people"***

has everything: elk, deer, moose, fish, and an abundance of roots and berries. Another aspect of the territory is we had much milder winters in comparison to the North or the Prairies.

Today, much has changed; however, many Ktunaxa Citizens remain in the stewardship role. Employment has been a difficult issue for many members of our community. We strive to provide and create employment opportunities for the Lower Kootenay Band. As the elected Chief of LKB, I must think outside of the box and never venture into the status quo. In this modern age we must embrace our culture and history but create a new version of ourselves.

In the spring of this year, I began talks with Canada Customs and Border Services Agency regarding recruiting of local First Nations. During my time in the Canadian Forces I had the opportunity to participate in the Indigenous Military Programs that the Forces offered. Through that opportunity in cooperation with CBSA we have created a pathway for LKB members to possibility choose a career with CBSA.

During the month of October LKB participants will visit the Kingsgate Port and have hands on experience of the CBSA roles and responsibilities. Should the participants wish to pursue the career we will advance to the second stage of the program. There are a number of steps required but one aspect in particular is writing an aptitude test. We wish to set the participants up for success rather than failure. Although the actual test cannot be provided there are a number of practice aptitude tests that we can guide the participants through.

The process for applying will be 6 months to a year. At the present time, we have 5 individuals who will be attending the CBSA Familiarization Day in October. I admire the participants' commitment and dedication. They are seeking a meaningful career path and with some guidance and

mentorship we will help them achieve this goal.

This is more than an employment opportunity. This career path follows in the traditions of the Ktunaxa people. We have defended the sovereignty of our territory and now we will continue to do so but in a different capacity. The final step for the participants will be the formal CBSA training in Quebec.

I look forward to the event in October and wish to walk beside the participants every step of the way on their path to a new and exciting career. I will update the readers in the future of the outcome of this event.

TAXAS. ♥

Reach Jason Louie at 250-428-4428 ext. 235, [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or online at [www.lowerkootenay.com](http://www.lowerkootenay.com).

**OCTOBER EVENTS**

**FRIDAY, OCTOBER 5**  
Creston Valley Trails Society Fundraiser in the parking lot

**SATURDAY, OCTOBER 6**  
Jam Night - Jackie Gingras

**SATURDAY, OCTOBER 6**  
UFC Night - Khabib VS McGregor Ticket Event

**FRIDAY, OCTOBER 12**  
Live Music - Folk/Rock Duo Sheva - 8:30

**SATURDAY, OCTOBER 13**  
Karaoke - Rudes & the Dudes - 9pm

**FRIDAY, OCTOBER 19**  
Live Music - TBA

**SATURDAY, OCTOBER 20**  
Live Music - Marybeth Stenhouse - 9pm

**SATURDAY, OCTOBER 27**  
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## McKim's Cliff

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

**B**ill Constable, one of the truly long-time residents of the Creston Valley, had a question for me the other day. He referred to the distinctive formation on the Skimmerhorn Mountains which many of us call the "Devil's Chair" or the "King's Seat," and told me that when he was growing up, it was known as McKim's Cliff. So, he asked, "Who was McKim?" I found two possibilities.

John Herbert McKim was a fruit rancher in Canyon, living here by 1910 according to the Henderson's City Directories. A brief mention

**VOTE**

**Dallas Magrum**

FOR  
**Creston Council**

Authorized by: Dallas Magrum  
dallas.magrum13@gmail.com

## History

in the Creston Review of 23 December 1910 lists him as an "S.D" (Senior Deacon?) of the Creston Masonic Lodge. I was not able to find him in the 1911 Canada Census for Creston.

Another newspaper mention from 16 May 1913 has him living in Canyon, but this contradicts an earlier announcement, from 29 March 1912, that "Mr. and Mrs. J. McKim, who have been residing at Canyon City with her daughter Mrs. R.J. Chambers, left on Friday last for Saskatoon to make their future home there."

Those are the only mentions of John McKim I found. I suspect he lived here only intermittently and only for a short time.

William McKim is listed in the 1911 Canada Census for Creston as the father-in-law of the head of the household, Robert J. Chambers (therefore, presumably, father of Chambers' wife, Mabel). William was 74 years old; his wife Mary was 60.

The Review of 17 March 1916 states that "Mr. McKim is seriously ill, suffering from heart trouble." He passed away in June 1916 from acute myocarditis. A paragraph in the Review of 9 June 1916 reads, "The passing away of Mr. McKim takes away one of the oldest pioneers in the Canyon City district. He was 70 years of age and had resided here almost 20 years."

I am quite certain the length of his residence is an exaggeration. It is certainly very possible that he was one of Canyon's earliest residents, but that would only date back to about 1907-1908 when C.O. Rodgers pre-empted 8,000 acres of land and established his sawmill. There was very little activity of any

kind in Canyon prior to that. It is highly unlikely that William McKim would have been there "almost twenty years" before his death in 1916.

On 11 August 1922 the Review announced, "Word reached here [Canyon] of the death at Byron, Ontario of Mrs. McKim, who up till a little more than a year ago made her home with her son-in-law, R.J. Chambers. She was the widow of the late Mr. McKim, who about fifteen years ago located on what is now known as the D.G. Lyon ranch, and whose death took place about seven years ago."

This puts William McKim's arrival in Canyon at about 1907, much more consistent with the known start date of the community. It helps confirm that he was indeed one of the earliest residents of Canyon, and makes him a likely candidate for the McKim after whom "McKim's Cliff" was named.

The only other reference I found to the McKims was on 28 January 1921, when the Review reported that a Mr. Bell of Yahk was occupying Mrs. McKim's house "on the Chambers ranch." This is consistent with the approximate date that Mrs. McKim left the Valley; it supports the Census data that the McKims and the Chambers were all living together; and it confirms a family relationship between the McKims and the Chambers.

But what exactly that relationship was is a bit muddled.

Two newspaper accounts give conflicting details. On 29 March 1912, the Review identifies Mrs. John McKim as the mother of Mrs. Robert Chambers; on 11 August 1922, it identifies Mrs. William McKim as Mrs. Chambers' mother.



## History

To confuse matters even more, I found a marriage certificate for Violet Chambers, eldest daughter of Mr. and Mrs. Robert Chambers, that gives her mother's name as May Emberry.

We have death certificates from Dr. Henderson for William McKim and May Belle Chambers, which state they were both born in Nova Scotia. Thanks to online genealogical records for that province, I discovered that Maybelle Embree, born about 1883, was Mary's daughter from her first marriage (1871), to Rufus Embree. When William McKim married Mary in 1892, he became Maybelle's stepfather; he was, technically, Robert Chambers' stepfather-in-law.

William McKim was a widower, and John McKim was his son from his first marriage. With all those family connections, it is not surprising the Review got a little confused.

The different names for Mrs. Chambers – May Emberry, Maybelle Embree, Mabel Chambers, May Belle Chambers – are very typical of the variations that often occur in old, handwritten genealogical records.

The McKims and the Chambers were in BC by 1902. Maybelle and Robert married in Nelson that March; Violet was born in Anaconda (Greenwood) in 1903. Robert worked as a smeltermen in Nelson; he may have worked at the smelter in Greenwood as well. In Canyon, though, he was a farmer: by May 1911 he had a 10-acre property with about three acres being planted to orchard. It was a typically mixed farm; other newspaper mentions refer to pigs, beef and dairy cattle, raspberries, and, in July 1914, 6,000 celery plants.

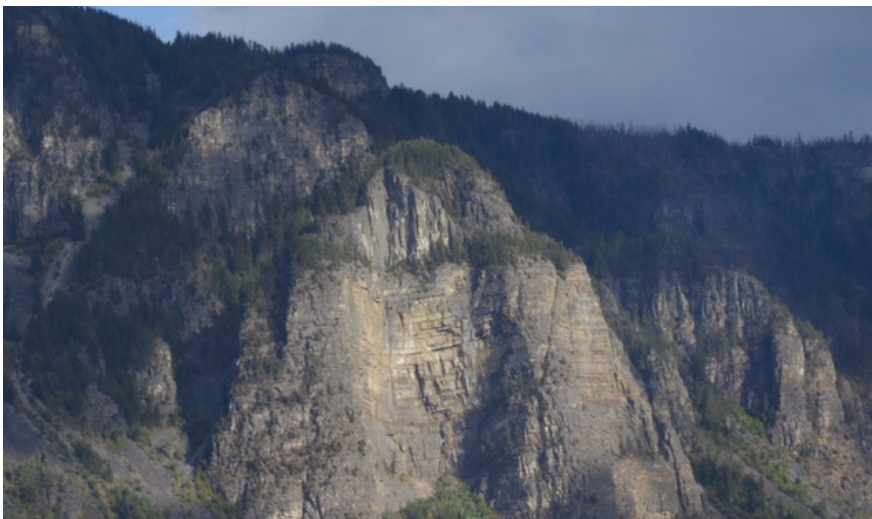
The Chambers arrived in Canyon with three children: Violet and her two younger brothers, Elmer and Fred, born in 1905 and 1906 respectively. I could not find a birth announcement for the boys in BC genealogical records, so the family was probably living outside the province for those years. Lottie, their fourth child, was born in Canyon; a fifth, Doris, followed in January 1915 but died at the age of nine months.

It is possible the infant's poor health was inherited from her mother, who passed away in October 1916

after suffering "failing health" (according to the Review) for the previous three years. According to her death certificate, Maybelle died from pulmonary phthisis – tuberculosis.

Despite Maybelle's death, the Chambers and Mrs. McKim continued to live together on the farm in Canyon until Mrs. McKim left the valley in 1921. Robert and the younger children – Violet was married by that time – sold the farm and left the Valley in 1922. The farm property in Canyon was bought by William Nougier and by 1922 was known as the D.G. Lyon ranch, a name it would carry for decades. The community of Bountiful is on it today, situated directly below the formation once called McKim's Cliff.♥

To learn more, contact the Creston Museum at 250-428-9262 or [crestonmuseum@telus.net](mailto:crestonmuseum@telus.net), or visit [www.crestonmuseum.ca](http://www.crestonmuseum.ca).



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## Basin sees increased support from the Trust

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*Joanna Wilson*  
**FOR COUNCIL**



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Columbia Basin Trust delivered a record \$57 million in funding benefits and commercial investments to residents and communities in the Columbia Basin region, as released in its 2017/18 Annual Service Plan Report recently.

This included \$2.7 million in capital investments related to broadband and economic development, \$5.3 million in business loans and commercial properties and \$49 million to support 1,600 projects and partnerships through 65 active programs and initiatives.

“Being able to deliver this many programs is a testament to how much effort Basin residents, organizations and communities put into making this region the best

it can be,” said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. “While we’re proud to be able to deliver such extensive support, we’re even more proud of how people in the Basin use this support to make a difference.”

In 2017/18, the Trust earned \$64 million in revenues—up from the previous year’s \$59 million. This was primarily due to the solid performance of its investment in local hydropower facilities which account for 85 per cent of the revenue. Other sources of revenue include business loans, real estate investments and market securities.

“Our continued strong fiscal performance is a result of carefully investing to ensure we generate a predictable, sustainable and growing income stream to support our delivery of benefits to the region,” Strilaeff said. “The performance of our power facilities exceeded our expectations, contributing to a boost in revenue.”

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## Columbia Basin

The Trust supports the ideas and efforts of people and communities in the Basin to strengthen the region's social, economic and environmental well-being. Through extensive consultation, the Trust developed 13 strategic priorities for 2016-2020, and has made significant progress with many new programs and initiatives announced in 2017/18, including:

- \$28-million partnership with BC Housing to create new affordable housing units over three years and \$4.5 million to support First Nations communities with affordable housing over three years.
- \$10-million Ecosystem Enhancement Program that will help maintain and improve ecosystem health and native biodiversity over five years.
- \$3.6-million child care support program to maintain and create new child care spaces over three years.
- A fibre-optic link between Kaslo and Balfour to increase broadband capacity in the area through the deployment of a 36-kilometre underwater optical fibre cable in Kootenay Lake.
- Expanded support for arts, culture and heritage, with \$11.6 million in programs and support over three years. ♥

Visit [ourtrust.org/ferniebbq](http://ourtrust.org/ferniebbq) for details.

Read more about the Trust's fiscal performance in the 2017/18 Annual Service Plan Report at [ourtrust.org/annualreport](http://ourtrust.org/annualreport).

Learn more about the Trust's progress on its strategic priorities at [ourtrust.org/priorities](http://ourtrust.org/priorities).



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# Happy Halloween

## The ultimate green Halloween hacks

NEWS CANADA

**W**hat colour comes to mind when you think of

Halloween? If it's a bold shade of orange, it's time to start thinking green.

But don't get spooked out by being an environmental champion, turn your Halloween into Hallow-green with these simple tips that will help protect our environment, one trick (or treat) at a time.

Carry reusable bags. While trick-or-treating with your kids, be sure to trade in your plastic or paper bags for cloth and canvas versions. Reusable bags or old pillowcases are not only the ultimate candy carriers big

enough to let mom and dad sneak in some candy for themselves, but are environmentally friendly alternatives that won't wind up in the garbage after one use.

Reuse costumes. Halloween costumes generally end up in the trash and make their way into landfills. But there are alternatives to throwing your child's costume away just because it doesn't fit or it's time for a new look.

Halloween costumes are the number one hand-me-down because they never go out of style. Give them to a friend or family member, donate them to someone in need, or purchase one



**Wednesday, October 31**

*Creston & District Community Complex*

**Dress up the kids and come to the complex for a night filled with fun!**

**Kids Carnival 4:30-6:30 pm**

*Prizes, candy and games (admission \$2) ages 11 & under*

**\*Spooktacular Swim!**

**Saturday, October 27th 4-6pm**

*\$2/child & student, \$3 adult daily admission applies*

*If you would like to donate candy or small toys for this event, please contact us at 250-428-7127*



**Creston & District Community Complex**

312 19th Ave. N., Creston • www.rdck.ca



**Have a Safe and Happy Halloween!**



**CRESTON VALLEY**

TOWN of CRESTON

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www.creston.ca



**Wishing you a night of frights and a bag full of delights!**

**CANYON Country Store**

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**8:00 am to 9:00 pm, 7 days a week**



# Happy Halloween

from a thrift store at a discounted rate.

Decorate with reusable materials. Give your home the spook you're looking for without the environmental scare. To limit the amount of trash ending up in landfills, purchase items you can use year after year over single-use items. When reusing battery-operated Halloween gadgets and

décor such as a fog machine or lawn props, replace and recycle any old or damaged batteries. Call2Recycle Canada has more than 8,000 drop-off locations across the country, so take them to one near you. You can visit their website at [call2recycle.ca](http://call2recycle.ca) and plug in your postal code to find one closest to your home or work. ♥

[www.newscanada.com](http://www.newscanada.com)



**CRESTON FIRE RESCUE**  
would like to remind you ...



Before you go **A-HA'UNTING**

Come by the Fire Hall at 200-10th Avenue North after 6 pm for a

**HALLOWEEN SAFETY STOP**

We will be giving out treats for the kids!  
Free hot dogs, juice, hot chocolate and coffee!

**HOPE YOU STOP BY AND GIVE US A SCARE!**

Drivers... Watch out for all the little ghosts and goblins!

**REMEMBER... DRESS WARM AND BE VISIBLE!**

# Happy Halloween

## Monster Trivia and Folklore

www.halloween-website.com

**Jimmy's Pub and Grill's**  
**Sugar Skull**

SAT 27th OCT DJ 9pm  
Drink specials



**Halloween Party**  
party starts at 9  
prize for best group costume  
prize for best sugar skull theme costume  
prize for best homemade costume

**Jimmy's**  
**PUB & GRILL**  
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1418 Canyon Street, Creston • 250.428.2225

- Signs of a werewolf are a unibrow, hair palms, tattoos, and a long middle finger.
- Vampires are mythical beings who defy death by sucking the blood of humans.
- In 1962, The Count Dracula Society was founded by Dr. Donald A. Reed.
- To this day, there are vampire

clubs and societies with people claiming to be real vampires.

- There really are so-called vampire bats, but they're not from Transylvania. They live in Central and South America and feed on the blood of cattle, horses and birds.
- Many people still believe that gargoyles were created by medieval architects and stone carvers to ward off evil spirits. ♥



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# Happy Halloween

## Halloween Holiday Trivia

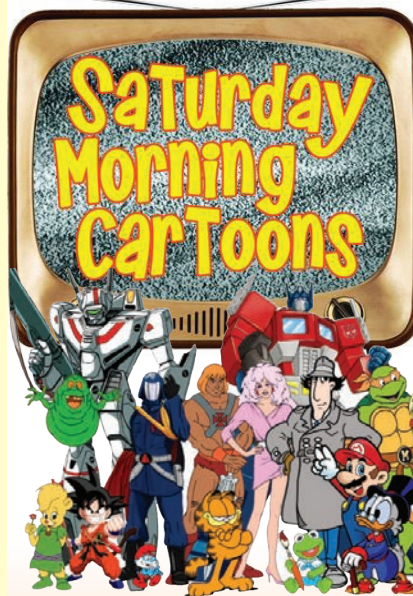
[www.halloweenishere.com](http://www.halloweenishere.com)

- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Pumpkins also come in white, blue and green. Great for unique monster carvings!
- Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.
- Tootsie Rolls were the first wrapped penny candy in America.
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.
- Halloween candy sales average about 2 billion dollars annually in the United States.
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first.
- Bobbing for apples is thought to have originated from the roman

harvest festival that honors Pomona, the goddess of fruit trees.

- Black cats were once believed to be witch's familiars who protected their powers.
- The fear of Halloween is known as Samhainophobia. ♥

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## HALLOWEEN PARTY

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9pm to 2am  
with DJ Mc Rorie

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**HALLOWEEN INSPIRED SPECIALS!**

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EST. 1898

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## OCTOBER EVENTS at Casey's

**SATURDAY OCTOBER 6**

DJ Stix  
9pm to 12am



**FRIDAY OCTOBER 12**

"Dammien Alexandera



**FRIDAY OCTOBER 19**

Chickadee &  
The Manufactured Grass



**FRIDAY OCTOBER 26**

**Casey's First Halloween Party**

Prizes for Best Single Costume  
Best Couples Costume  
Best Group Costume



**SATURDAY OCTOBER 27**

**Masquerade Ball**  
Gerhard & the Missing Links  
Prizes for the top 3 masks



**WEDNESDAY OCTOBER 31**

**Family Halloween  
Dance Party**  
from 7pm to 10pm

*Halloween  
Appetizer Features  
and Drink Specials*



1136 Canyon Street,  
Creston, BC  
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*Fresh locally grown on our menu all the time!*

# Launch of Kootenay Rockies & Columbia Basin Farmers' Market Trail

*BC Association of Farmers' Markets new online tool connects people to farmers' markets*

BC ASSOCIATION OF FARMERS' MARKETS

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Hours: Tuesday to Friday 8:30 to 5:30,  
Saturday 9:00 to 5:00, Closed Sunday & Monday.

Sept. 10, 2018, Vancouver, BC – The BC Association of Farmers' Markets (BCAFM) is launching a new online tool connecting locals and tourists in the Kootenay Rockies & Columbia Basin region to markets and farmers offering local, in season foods. The launch is part of the province-wide BC Farmers' Market Trail initiative, a website and promotional platform supported through partnerships with Destination BC, Columbia Basin Trust, and Kootenay Rockies & Columbia Basin focused website highlights the region's unique farmers' markets, foods and farms for locals and visitors to discover when planning their culinary travels through the region.

"We are so proud to showcase the amazing farmers' markets,

farmers and food in the Kootenay Rockies & Columbia Basin on the BC Farmers' Market Trail website," says BCAFM Executive Director, Heather O'Hara. "There is exciting potential to build on this platform and support even greater marketing collaboration between farmers' markets and vendors from the region in the years to come." While more than 145 farmers' markets across BC are currently showcased on the new informative website (23 being in the Kootenay Rockies & Columbia Basin) added investment by regions ensures richer photography; and additional content like unique characteristics of each farmers' market in the region; what's currently in season; and features on specific farmers' markets highlighting what they have to offer.

"Our region is showcased for many reasons, but I believe this is the first time that our farmers' markets are being placed front and centre," said Johnny Strilaeff, Columbia Basin Trust president and CEO. "This website will bring attention to our region and its agricultural

**HARVEST TIME is here!**

**Pumpkins, apples, pears, squash and much more!**

*Come see our selection of homemade jams, jellies and preserves*

*Come check out our great selection of cheeses in our Deli or cool off with an icecream*

*We sell local honey!*

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## Community

products, support access to healthy food and enable agricultural producers to expand their markets and grow their businesses.”

Farmers’ markets are the leading distribution channel for farmers’ in the Kootenay Rockies & Columbia Basin region. Farmers in the region say the most significant challenge to come in the next three to five years is distribution, transportation and storage, and say the greatest opportunity is increasing sales and demand at farmers’ markets specifically. With more than \$150 million contributed to the provincial economy each year from farmers’ markets, tapping into BC’s growing tourism economy is hugely important.

“A huge portion of farmers’ markets rely on tourism dollars, but sometimes visitors don’t know where to go,” says Forest McCormack, owner of McCormack Farms, a ‘century farm’ located in West Kootenay region. “With the trail, people now have the ability to plan their vacation around what markets are in the area.”

Key drivers for the launch of the website highlighting the unique food and farm offerings of various British Columbia regions, is for the public to gain insight into where food comes from and how it is produced while appreciating local environmental and regional influences. Additionally, with the growing trend surrounding farm-to-table and in-season products, shopping at farmers’ markets is increasingly an important part of weekly grocery shopping routines.

“Buying local not only tastes good, but it feels good – you can put a face to your food,” says McCormack. “I run an open-door policy at our farm, so people can come see where their food is produced. There are no closed doors.” Although some may mourn the end

of summer, autumn brings harvest season, meaning plenty of fresh, hearty produce to go around, with many farmers’ markets open well into the fall if not year-round. For the Kootenay Rockies & Columbia Basin region, a great variety of foods continue to be in season for September including blackberries, apples, corn and much more.

The BCAFM anticipates that farmers’ markets in all regions of the province will be highlighted over the next two years, in line with ongoing marketing campaigns and support from regional tourism marketing organizations and Destination BC. To explore the Kootenay Rockies & Columbia Basin farmers’ markets on the BC Farmers’ Market Trail visit [www.bcfarmersmarkettrail.com/region/kootenay-rockies-columbia-basin](http://www.bcfarmersmarkettrail.com/region/kootenay-rockies-columbia-basin). ♥

### About BC Association Farmers’ Markets

The BC Association of Farmers’ Markets is a non-profit organization committed to developing and strengthening the capacity of farmers’ markets in all regions of British Columbia. The BCAFM educates, engages and inspires people to create a vibrant farming sector in BC, one that nourishes and supports BC’s natural environment and communities. To learn more about the BCAFM and membership, people may visit [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org). To explore 145 BC farmers’ markets across the province, go to [www.bcfarmersmarkettrail.com](http://www.bcfarmersmarkettrail.com).



Nelson Farmers’ Market

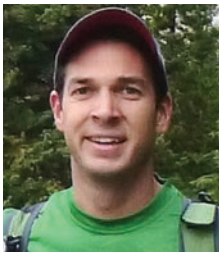
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## Dealing with DOMS

BY JESSE MORETON,  
BSc DC

Chances are you've experienced DOMS, even if you don't know it by that term. DOMS stands for Delayed Onset Muscle Soreness and it's a common effect of any good work out.

First, what is DOMS? As the name implies it's muscle soreness, usually 1-2 days after a workout. But what is really causing it? I remember being told in high-school that DOMS is the result of elevated lactic acid in the muscles. It took science some maturing to break out of this theory. Although lactic acid levels do rise during exercise, they return to normal usually within an hour after activity. Lactic acid levels may influence fatigue

during exercise, but they are not responsible for soreness the next day.

To truly understand DOMS we need some basic anatomy. Muscle fibres are made of individual units called sarcomeres. Sarcomeres are made from two main proteins; actin and myosin. Muscle contraction occurs when myosin attaches itself to actin and pulls itself towards the ends of the sarcomere. As this happens the sarcomere compresses. Now multiply this by thousands of sarcomeres and muscle fibres and you have an entire muscle shortening or contracting. When a muscle is challenged, such as in

***"Delayed Onset Muscle Soreness and it's a common effect of any good work out"***

a work out, the ends of the sarcomere actually break to make way for more protein. This additional actin and myosin protein results in more sarcomeres and ultimately more strength. The point: This breaking and building process takes time and produces pain as muscle is literally, although microscopically, tearing.

So if you are a recreational athlete or a weekend warrior, how do you deal with DOMS? Should you treat it or leave it alone? Good questions with controversial answers. After reading a couple blogs





***“No matter how you treat your DOMS, be happy you’re at least getting DOMS”***

until you’re actually feeling DOMS before jumping in. Additional heat directly following exercise can be excessive and dangerous. Remember warm up and cool down.

No matter how you treat your DOMS, be happy you’re at least getting DOMS. That means you’re doing something right. The benefits to exercise are innumerable. ♥

a few common suggestions emerge: Ice or ice baths, compression garments, massage, stretching, NSAIDs (Nonsteroidal anti-inflammatory drugs), antioxidants, or active recovery which is really just doing more exercise! My wife is in the active recovery camp; she works out after a work out to forget the first work out. Seems like a vicious cycle to me.

Looking beyond the anecdotal evidence, this is what I found: A review stating stretching before or after activity does not affect DOMS. Another review which concluded massage does alleviate DOMS. A singular study that suggests using the hot tub helps. Nothing substantial supporting the use of compression garments. A couple studies suggest icing is not only ineffective but can cause harm! Studies which, not surprisingly, found NSAIDs reduce pain but do not affect the physiology of DOMS. Science is certainly a fickle world.

My advice? Focus on blood flow, massage and moderate activity. And if you think about it, those suggestions are one and the same. If a muscle is torn it needs nutrients, oxygen and proteins for repair. All those things are transported in the blood. Massage helps increase blood flow or circulation. Waste metabolites out and good metabolites in. Of course it feels good too; that should be an instinctual suggestion that it’s doing something good. Activity, mild to moderate intensity, will also help move the blood and keep the muscle pliable. Walking, cycling or jogging all fit the bill. Personally I find stretching gives temporary relief but it’s tempting to over-stretch and that prolongs recovery. And hot tubs increase blood flow as well, although I’d wait

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# Here Comes the Sun – Empowering your future

BY EMPOWER ENERGY CORP

Interested in ways to save money, save energy and reduce your greenhouse gas emissions? On Saturday, October 13th a full day event in Creston will explore green and sustainable ideas for home and businesses.

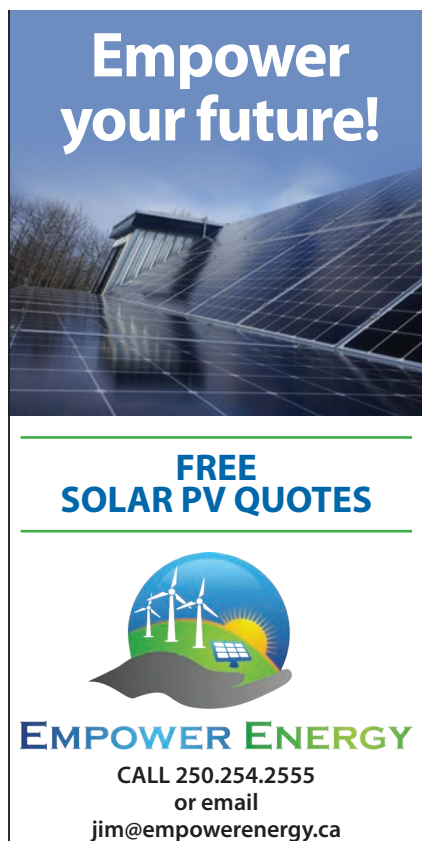
Keynote speaker, John Barling, or “Solar John”, is the bestselling author of “Fun With Solar”. In his 3 hour workshop John will present on the Future of Solar followed by a Do-It-Yourself solar energy project workshop where about 30 different projects will be discussed. The emphasis will be on low technology projects

that use many recycled materials. Some of the projects include: solar distillation, RV and cabin photovoltaic systems, passive solar house construction, bread-box water heaters, trough concentrating water heaters, solar shower towers, camping water heaters, flash water heaters, storage of solar energy, swimming pool heaters, RV water heaters, solar food dryers, solar cold frames, solar greenhouses, parabolic concentrating cookers, solar ovens and fresnel lens furnaces.

MegaWatt sponsor Fortis BC will present on energy conservation and efficiency, net-metering and renewable natural gas. They will also be answering questions on incentives and rebates.

Other seminar topics include discussion of the 100% Renewable Kootenays by 2050 initiative, led by the West Kootenay Eco-Society; the regional retrofit and new build program newly adopted by the Regional District of Central Kootenay; the new BC Energy Step Code; micro hydro power; and grid tied solar energy.

The event is sponsored in part by Fortis BC and presented by Empower Energy Corp. in partnership with the Creston Valley Chamber of Commerce.



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*Here Comes the Sun – Renewable Energy Seminars*

*Saturday, Oct. 13 9:00 am to 3:30 pm (doors open at 8:30 am)*

*Gins On Canyon Conference Room (basement) 122 NW Blvd. Creston, BC*

*Tickets are on sale now. Seating is limited. \$25 in advance and \$40 at the door (includes lunch and refreshments).*

*To register, visit the Creston Valley Chamber of Commerce website at*

*www.crestonvalleychamber.com or in person at the Chamber of Commerce office.*

*For more information call Empower Energy Corp. at 250.254.2555.*

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## **Creston Fire Rescue is seeking Part Time Paid On Call Firefighters**

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### Your Community's Benefits

- A safer community

### Want Other Reasons

- Make a contribution to your community
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- Network and meet new people
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**Pick up applications  
at  
TOWN HALL  
238 10th Ave. North  
or download from the  
**Town of Creston**  
website at  
[www.creston.ca](http://www.creston.ca)**



**Town of Creston**

## Fire Prevention

# Fire Facts

NFPA

### Smoke Alarms:

- Smoke alarms provide an early warning of a fire, giving people additional time to escape.
- Working smoke alarms cut the risk of dying in a reported home fire in half.
- Three in every five home-fire deaths result from fires in homes with no smoke alarms (38%) or no working smoke alarms (21%).
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead. Dead batteries caused one-quarter (24%) of the smoke alarm failures.
- Interconnected smoke alarms

throughout the home increase safety. When one sounds, they all sound. It is especially important to have interconnected alarms if you sleep with the door closed.

### Home Fire Sprinklers:

- Fire sprinklers reduce the risk of dying in a home fire by 80% and reduce the risk of property loss by 70%.
- Fire sprinkler installation in new homes is cost effective, averaging 1-2% of a home's total construction cost.
- Only the sprinkler closest to the fire activates, preventing the spread of deadly toxic smoke and fire.
- Home fire sprinklers protect lives by keeping fires small. Sprinklers can reduce the heat, flames, and

smoke produced in a fire, allowing people more time to escape.

- Home fire sprinklers activate on an individual basis. Only the sprinkler closest to the fire will activate, spraying water on the fire and not the rest of the home.
- A home fire sprinkler can control or put out a fire with a fraction of the water that would be used by fire department hoses.
- Accidental sprinkler discharges are rare.
- Home fire sprinklers can be installed in new or existing homes. If you are remodeling or building your home, install home fire sprinklers.
- Home fire sprinklers work along with smoke alarms to save lives.



For more information go to [www.nfpa.org](http://www.nfpa.org)

## Steps for creating a FireSmart<sup>®</sup> property

### Zone 1 Home -10 meters



Remove debris such as leaves, twigs and needles from around the house and under decks.

Keep lawns mowed and irrigated.

Enclose decks with non-combustible materials to discourage the collection of debris and embers.

Keep firewood piles and other items stacked at least 10 meters from the house, especially during wildfire season.



Ensure a clean, fire-resistant roof and clean eaves.

Enclose soffits and vents to ensure embers cannot enter.

Ensure trees and shrubs are pruned, branches do not contact the home and they are not connected to the surrounding forest - minimum 3 meters between it and the forest.

Don't forget to consider any buildings or fences within 10 meters of the home and take steps to FireSmart them as well.



**CRESTON  
COMMUNITY FOREST**  
Creston Valley Forest Corporation



### Zone 2 10-30 meters



Remove accumulations of branches, needles, dry grass and other debris from the ground.

Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.

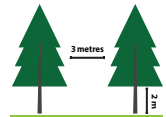


### Zone 3 30-100 meters



Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.



#### LEARN MORE:

**BC Wildfire Service:** [www.bcwildfire.ca](http://www.bcwildfire.ca)

**FireSmart Canada:** [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

**Community Forest:** [www.crestoncommunityforest.com](http://www.crestoncommunityforest.com)



# LOOK. LISTEN. LEARN.



Be aware.  
Fire can happen  
anywhere.™

**Look** for places fire could start.

**Listen** for the sound of the smoke alarm.

**Learn** 2 ways out of every room.



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**OCTOBER 7-13, 2018**



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FFW28



# Equip your home and family for safety

NEWS CANADA

Most Canadians are under-protected and unprepared when it comes to fire and carbon monoxide safety, according to a nationwide survey conducted by First Alert. However, Fire Prevention Month in October is a great time to prepare a safety checklist to ensure your home and family are protected from the

threats of smoke, fire and CO.

Help protect against the “silent killer.” An odourless and colorless gas, carbon monoxide is the number one cause of accidental poisoning and it can only be detected with an alarm. Yet more than a third of Canadian homes do not have a CO alarm. Consider hassle-free protection by installing 10-year sealed battery alarms that eliminate the need for battery replacement. Check all alarms monthly using the “test” button.

Install smoke alarms. Nearly one in five two-storey homes have just one smoke alarm installed. To secure the highest level of protection, install smoke and CO alarms inside every bedroom, outside each sleeping area and on every level of the home. For ultimate home safety, select combination models, such as the First Alert 10-year Battery Carbon Monoxide and Smoke Alarm, which features a slim, contemporary design that mounts

unobtrusively on a wall or ceiling.

Be prepared to fight small flames. Beyond alarms, having fire extinguishers — and knowing how to use them — is an important part of maintaining a safe home for you and your family. Place extinguishers in convenient locations on every level of the home, in the kitchen and in the garage.

Practice your emergency escape plan. Research shows that of the 56 per cent of us with an emergency escape plan, only one in five practice it twice a year. Make sure to involve everyone in your household in creating a plan and practice it at least twice every year. As part of this plan, equip second-floor bedrooms with escape ladders and discuss how to use them. Identify two ways out of each room and a meeting place outside. Emphasize that once at the predesignated meeting area, everyone must wait until officials clear your home for safe re-entry.



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# Master of Gussets

FLY IN THE FIBRE  
STORY AND PHOTOS BY MEL JOY

I learned how to knit about 4 years ago from watching many videos on YouTube. I do believe this avenue of learning can be beneficial but there were a few bumps on my learning path. For example, no one seemed to explain that you needed to hold your yarn in the front to purl and therefore all my pearls were actually still knit stitches. Nice, but not quite the effect I was looking for. When learning from books or the internet,

the biggest challenge is that you don't know what you don't know. Learning personally from the experience of others is a wonderful opportunity.

After a couple of first projects like a baby blanket and a scarf, I took the plunge into a class taught by Carmen Ditzler on how to knit socks. Socks are an intimidating project because of one part - the dreaded heel. The heel is made up

down to practice, patience, and allowing myself to make the mistakes so that I can learn from them. One of the things that I have come to appreciate though, are classes. I have taken a few sock classes (more than I want to admit here), and every time I take one, I learn. I learn a lot of little things from the teacher and from fellow knitters. Their experiences, mistakes, and victories are what

***“Learning personally from the experience of others is a wonderful opportunity”***

of a few tricky parts, the hardest being (in my opinion) the picking up of the gussets. Now there are some out there that don't flinch when I say gusset and you are my heroes. When you google “gussets on socks” you probably won't see anything that would keep you up at night but for sock knitters, the feeling that we get when we are at that point in our project is akin to taking that first flight on an airplane. Sweaty palms, racing heart, determination, and maybe a tear or two.

I have completed four pairs of socks and still, I have yet to master those gussets. It always comes

give me hope. One day, I will be Master of Gussets. I am looking forward to earning that badge. ♥

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## Cats in the Community

Throughout the hockey season thousands of fans walk through the arena doors and support the Thunder Cats on the ice. The boys do their best to reward the fans with exciting hockey and by piling up the wins, but they also give back by being active in the community. Early in the season they help out by laying the flooring over the ice for the Fall Fair. That leaves the team without ice to practice on for a couple days as they get ready for the opening games of the season.

Once Sunday comes and the fair is over, the boys are there to help put it all away. Most recently, as of this writing, the Terry Fox Run took place throughout the Creston Valley and if you took part, you would probably have seen a few familiar faces (or jerseys) sitting on the side of the road giving out water! As the year goes on you will be able to see the boys out in the community a bunch more and you're urged to go and say hi if you do!

**Halloween:** Each year, kids in town have a chance for a very special experience on October 31st. The TCats all split up and take a group of kids out trick or treating for the night. Costumes, sugar, and spending time with their favourite player, what could be better? It's a chance for the Cats

to show appreciation for all your support in the stands! They try and impress you on the ice every game. This is your chance to impress the Thunder Cats with your awesome costume!

**Snow Cats:** Junior hockey isn't all pomp and circumstance, it's hard work too! Throughout the winter the players like to give back by offering their services to shovel driveways for those in the community that find it hard to get out and do it themselves. A little effort builds character. Besides, you can't come to the games if you're stuck in your driveway!

**Minor Hockey:** There is no better way to give back to the community than to train the future of the Thunder Cats right here in Creston! Many of the players volunteer their time to be on the ice with all levels of Creston Minor Hockey. From the TCats camp in August to week-day practice times from September to February, the players are available for tips, tricks, techniques, and of course autographs and pictures!

There are many more opportunities over time to catch the players mingling, such as the Blue Heron Run, or chucking a gargantuan pile of firewood into the back of a truck for Rotary! If you see any of them out and about please say hi (Selfies are also encouraged.)! For more information on any of the above activities, or if you know of another way the team can help, please email [Tcats@telus.net](mailto:Tcats@telus.net). Finally, to the best fans in the KI, THANK YOU for your continued support, and we will do our best to make you proud of us. ♥

For more information visit us online at [www.crestonvalleythundercats.ca](http://www.crestonvalleythundercats.ca)

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Saturday, October 20th  
vs Chase Heat

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Saturday, October 27th  
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