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A Brighter Christmas

Pyramid Building Supplies and the Creston Ministerial Association team up to help less fortunate families by putting gifts under trees.

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The Magazine

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Letters to the Editor

Letters to I Love Creston Magazine may be emailed to kris@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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From the editor

Yes folks it's coming and there is no stopping it. As the song goes, "Christmas is coming, the goose is getting fat, please put a penny in the old man's hat..." Translation? Christmas is about giving. This month's feature story focuses on just that. We connected with a local business that works with the Creston Ministerial Association to make sure kids, from less fortunate families, receive a Christmas gift. Citizens of the Creston Valley are also involved, playing the role of Santa.

A handful of local politicians sent in their season's greetings. These letters are included in our Holiday Wishes section – did I mention this pullout is jam-packed. We've got it all... trivia, puzzles, jokes, recipes and so much more. Again, it's jam-packed.

I know that Easter Seals exist, by I have no idea where they first came from or why. Thanks to an article submitted by the Creston and

District Museum Archives, I know all about the history of Christmas Seals. Very interesting.

Will your house be on the market this month? Want a few tips in welcoming potential buyers? We've got them.

If you were born after the early 90's, you may not understand our story about LP's. Commonly known as records, some people, myself included, say that records are the cream of the crop and Compact Discs will never compare. Well, those on the CD bandwagon shun records but LP's are making a comeback. I find it a fascinating debate and I'm very pleased I can haul the record player/cassette deck stereo I bought in 1984 out of storage.

Speaking of storage, moving is one of the most stressful things a person can go through (I can attest to that. As you may know, I recently moved to Creston and was overwhelmed by the packing and unpacking). A local woman has taken her experience with

the public and created a business that helps seniors move.

Another area entrepreneur is using her artistic touch to make greeting cards of all sorts.

Sticking with artistic tales, a pair of Crestonites has put together their writing and illustrating skills and created children's books.

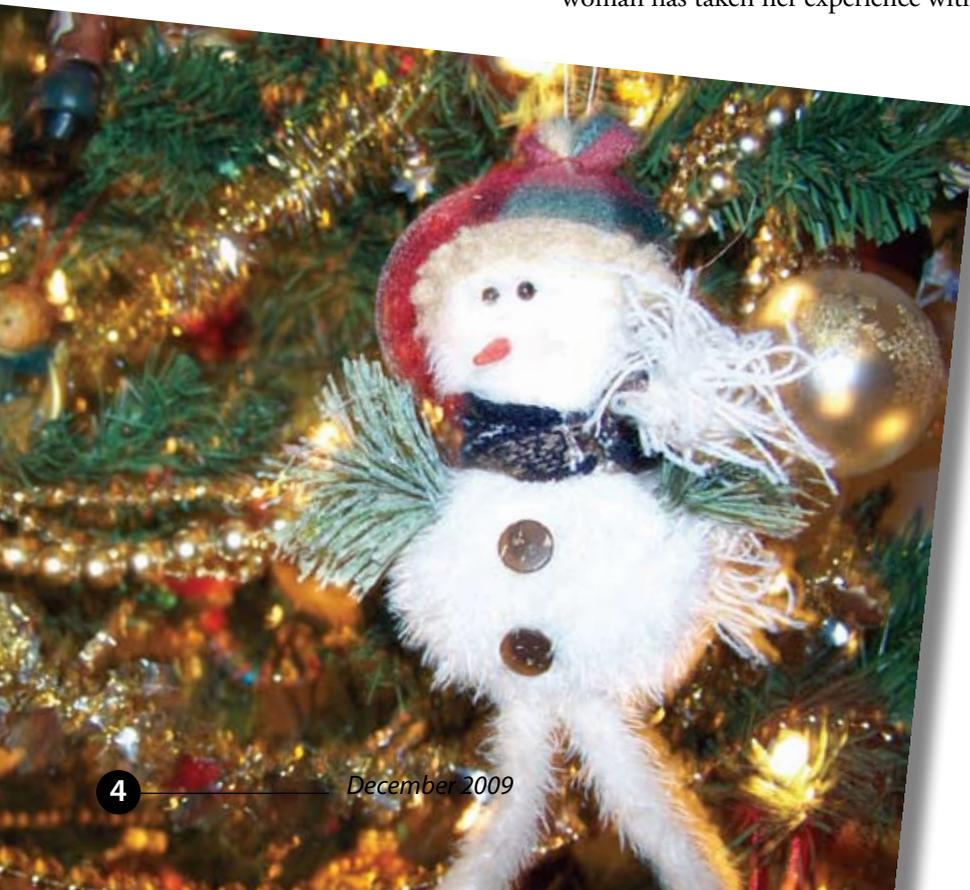
Our resident martial arts expert is back with the continuation of his story about the Boy and the Master.

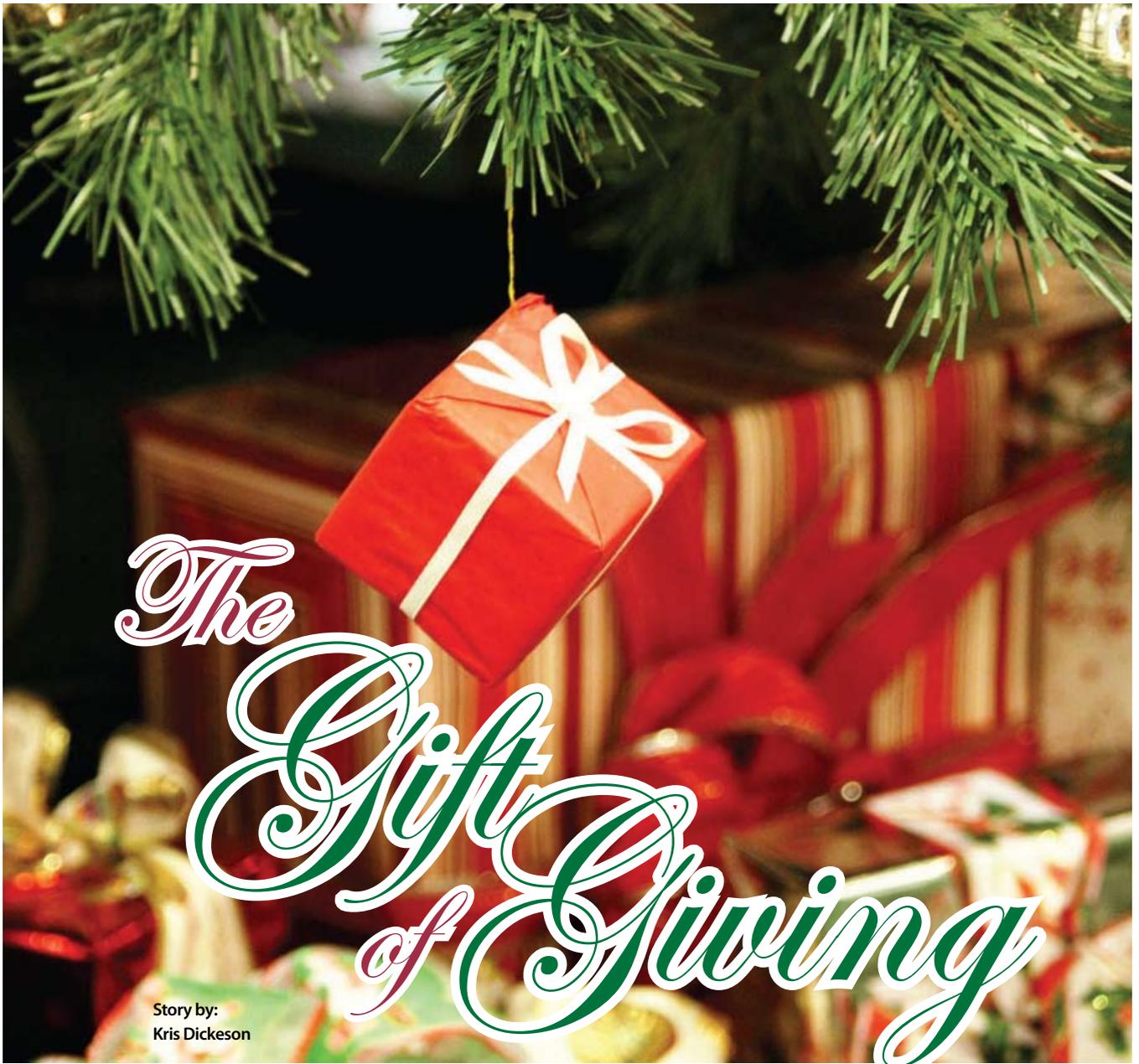
Growing a garden in the winter? Sound odd? Well not to a group of home gardeners involved in the College of the Rockies Community Greenhouse.

December is always a busy month of happenings around town. The infamous I Love Creston Magazine's Out & About calendar can help you organize your fun.

Now, before you flip the page, I have an upcoming event to tell you about. Nadan Nessie Gear has organized "Creston's Largest Loser", a competition that challenges participant to lose a percentage of their body mass. Who ever loses the most wins \$5,000. Registration starts December 1, 2009 and the twelve-week competition gets underway January 9, 2010. Join up fee is \$80.00 plus taxes. For more information you can drop by Nadan Nessie Gear or call 250-402-6660. Note: I have decided to sign up and give it my best competing for Love Creston Magazine. If I win, we will donate the money to charity.

I hope you have a peaceful holiday and as John Lennon sang, "Happy Christmas." All the best for you in the New Year.





The Gift of Giving

Story by:
Kris Dickeson

My 12-year-old nephew, Sam, called me a couple of weeks ago. His piano teacher had asked him to make a list of non-traditional Christmas songs he could learn to play and he wanted my help. The first song that popped into my head was, “Do They Know It’s Christmas?” by Band Aid (released in 1984). Sam told me had never heard of it and asked what it was about. I explained that a bunch of singers and bands gathered

“Kelly and I love kids and the idea grew from there.”

together and sang about the sick and starving people in Africa who likely didn’t know about Christmas, or that it was happening. All the money made from record sales went to help the people in Africa. Sam was quiet for a few minutes, and then said, “So, people like us helped the people in Africa. The

ones who had the money helped the ones that didn’t.”

This brings me to this month’s feature story. People helping others who are in need or less fortunate.

For 18 years, the “Wishing Tree” has stood in Pyramid Building Supplies. It’s not the bright lights or warm feeling a Christmas tree brings that makes this tree special. It’s what’s hanging on the branches and under it.



some of the people are regulars Dale smiled and said, “We put the tree up in mid-November and half of our crew help decorate as well as our daughters, who are in their 20’s. It is exciting and fun. A few weeks before we start, people are coming in and asking when the tree will be up.”

Dale Moberg, his wife, Kelly and her parents, (owners of Pyramid Building Supplies), are part one of a yearly campaign in Creston that helps a number of people not just enjoy but even have a Christmas. Moberg’s efforts focus on kids. “We put the tree up in November and hang tags with kids’ names and ages in them,” he said. “People come in, pull a tag or tags off the tree, buy a gift for the age/sex of the kid and bring it back, unwrapped. The ages range from 2-16 and it is suggested you spend between \$10.00 and \$20.00.”

“It’s what’s hanging on the branches.”

The concept of the Wishing Tree came about in the early 90’s as Dale and Kelly were travelling back to Creston from Vancouver. “We had gone down to the coast to see a motivational speaker who talked about what people can do for their community,” he explained. “Kelly and I love kids and the idea grew from there. We weren’t sure about the response and if we would get any donations. We did and it seems to get better each year.”

On the average, 150 tags are pulled off the Wishing Tree each year and

Trucks and dolls are by far the most popular gifts but people also bring in homemade gifts as well as monetary donations.

“The people who put a gift under the Wishing Tree or make monetary donations are phenomenal,” Moberg said in a thankful tone. “As long as kids need stuff, we will keep doing this. I have never seen their faces when they open their gifts because I would rather imagine them. The feedback I have gotten is fantastic.”

Part two of this story starts on December 12th, when all the gifts under the Wishing Tree are taken up to the Creston & District Community Complex (Rec Centre). This is where the Creston Ministerial Association steps in. For three decades, the Creston Ministerial Association has

packed Christmas food hampers for the less fortunate. Thanks to the Wishing Tree, gifts were added to the hampers going to families. Pastor Carl Sawler, of the Creston Ministerial Association, has been helping stuff the hampers for 14 years. “Before I got involved personally, I thought it was just wonderful and amazing,” Pastor Sawler said. “For the past three years we have sent out 350 hampers and

“As long as kids need stuff, we will keep doing this.”

150 of those included a gift.”

Set up for the actual packing of the hampers is on December 14 at the Rec Centre and the next morning over 100 people give their time to put together the hampers so they can be picked up or delivered by noon that day.

Shaking his head in amazement, Pastor Sawler explained, “The people who volunteer are school kids, professionals, seniors and really just anyone. It is an awesome experience.”



The names for hampers and the Wishing Tree come from individuals, churches, community organizations, businesses and parents who would like a gift added for their own kids. Local farms and cash donations pay for the hampers to be filled adding up to about \$23,000.

“When hampers are picked up, the parents’ eyes often bug out when they realize there is a gift,” Pastor Sawler said with a chuckle. “It is so nice to hear the words... you helped us, we had Christmas.”

This brings us back to what my nephew Sam said, “The ones who had the money helped the ones that didn’t.”



Do They Know It's Christmas

(Band Aid - 1984)

*It's Christmastime,
there's no need to be afraid
At Christmastime,
we let in light and we banish
shade
And in our world of plenty
we can spread a smile of joy
Throw your arms around the
world
at Christmastime*

*But say a prayer,
pray for the other ones
At Christmastime it's hard,
but when you're having fun
There's a world outside your
window,*

*and it's a world of dread and
fear
Where the only water flowing
is the bitter sting of tears
And the Christmas bells that
ring there
are the clanging chimes of
doom
Well tonight thank God it's
them
instead of you*

*And there won't be snow in
Africa this Christmastime
The greatest gift they'll get
this year is life (Oooh)
Where nothing ever grows*

*No rain or rivers flow
Do they know it's
Christmastime at all?*

*Here's to you raise a glass for
everyone
Here's to them underneath
that burning sun
Do they know it's
Christmastime at all?*

*Feed the world
Feed the world
Feed the world
Let them know it's
Christmastime again*

The Winter Harvest Project

Story by: Karen Powis

Winter Harvest Coordinator - College of the Rockies Community Greenhouse

Enter the unheated hoop house at The College of the Rockies Community Greenhouse during the winter months and you will not find a garden that is winding down for the season. Instead, you will see bed after bed of lush cool season crops, beautiful beets, succulent lettuce, plump radishes, tender new kale and abundant arugula! Welcome to our “winter garden”, which was planted from July to October and is an exploration of fall, winter and spring growing methods.

Local consumers enjoy local produce from the valley during the summer months, but in the early spring, late fall and winter are forced to purchase vegetables that have been transported long distances. This results in loss of product quality, increase in cost and environmental impact from both use of fossil fuels and discharge of noxious fumes. To address these issues, Investment Agriculture Foundation of British Columbia and Columbia Basin Trust have funded two years of research into growing and harvesting vegetables during the colder months.

Goals of the project are to perfect systems of winter growing for commercial farmers and to assist backyard gardeners to provide year-round produce for their families.

Following the work of Eliot Coleman’s “Four Season Harvest”, we have planted vegetables which will be mature by the time freezing weather arrives and will be harvested all winter long using a simple two cover system. This method is used widely



Healthy and colourful vegetables.

in France and the Netherlands. It requires the planting of cold tolerant vegetables and protection from wind and temperature fluctuations. Protection is provided first by floating row covers suspended just over the crops by wire hoops. These covers provide the passage of light as well as ventilation. The second cover is the hoop house itself, which is

“Lush cool season crops.”

covered with two layers of greenhouse plastic. The hoop house is not heated by anything, except by the sun. The hoop house is ventilated during the warmer part of the day by opening the doors wide. Crops are harvested after the temperature rises to above 0 degrees Celsius.

A group of home gardeners is participating in the research by creating their own winter harvest environments. The group meets monthly to discuss challenges and successes. Gardeners have created an exciting assortment of cold frames

and hoop houses and have enjoyed touring each others’ gardens and learning from one another.

Harvested vegetables are donated to the food bank and sent with commercial growers to sell at the farmer’s market. The fall greens have consistently sold out proving a definite need on the part of consumers for locally grown fall and winter produce.

For more information, a “Sustainable Agriculture Forum” will be held at The College of the Rockies on February 27, 2010. Check out the college spring calendar for details on that and the “green gardening series” where we offer workshops related to winter gardening and sustainable growing. Regular progress reports can be found on the Community Greenhouse Winter Harvest blog accessed at: www.communitygreenhouse.blogspot.com.

For more information contact:

Karen Powis - College of the Rockies Community Greenhouse

Phone: 250-428-5332

An Artistic Flair for Success

Story by: Lori Cameron
Owner - Tigz Designs

When I started Tigz Designs in 2006, I knew what I wanted to do. My goal was to make handmade greeting cards using a variety of techniques and materials, so no matter what occasion or tone was desired, I would be able to bring a smile to my customers' faces. Three years later, I am proud to say that my company has evolved to exceed my expectations.

I incorporate natural and handmade materials and make gift packets and cards that include tea bags, chocolates and lollipops. I also use original photos of BC scenery, animals and family or pet photos sent in by my custom clients. Custom orders include photo editing, and I am always open to new requests - no matter how wacky - surprise me!

Each card is lined with linen and packaged either in a poly cover or a boxed set. I also design business cards and custom calendars.

In 2008, Tigz Designs started to donate \$1.00 per pet card sold to the Creston Pet Adoption and Welfare Society (PAWS). My love of animals

and the chance to help PAWS has made the pet theme one of my favourite lines. In addition to using photos of my own animals, I receive wonderful shots from people who have donated their photos in order to help PAWS. Often they share stories about their animals, making it that much more personal and rewarding.

I believe customer service is everything, so I try to go the extra mile to create products that you can

“Variety of techniques and materials.”

proudly give to your loved ones.

Tigz Design cards can be found locally at The Painted Turtle Gallery, Kootenay Candles, Creston Card and Stationery, Creston Veterinary Hospital and the Chamber of Commerce. They are also available at various stores in Nelson, Cranbrook, Castlegar, Trail, Rossland and Moyie.

For more information or custom orders contact:

Lori Cameron

Ph: 250-428-9450

Email: tigzdesigns@telus.net

Website: www.tigzdesigns.com



Lori Cameron's favourite creation, Pet cards.

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OPEN SUNDAYS FOR THE HOLIDAYS

The Evolution of Christmas Seals

Story by: Tammy Hardwick
 Manager - Creston & District Museum & Archives

"This is a special kind of Christmas – the first in seven years without the darkness of war. At last we are free to celebrate the season in the old-time way. Our loved ones are home. The candles will gleam brighter now, the balsam boughs will breathe a more pungent fragrance, and more sweetly than ever will carols ring... as if in answer to a world's prayers for peace."

December 21, 1945: The Creston Review's Christmas edition carried this ad, and many others in a similar vein, from local merchants and businesses. They reflected what was no doubt widespread relief that the Second World War had at last come to a close. These ads offered sincere congratulations to soldiers' families reunited for the first time in years, and heartfelt sympathies to those who had lost loved ones in the conflict.

The local train station and post office were hectically busy by the first week in December with the Christmas rush. All the general and hardware stores published lists of gift suggestions – Sinclair's hardware even suggested a gift certificate for "a beautiful new Frigidaire" as a "glorious family gift". Specials on Christmas goodies were announced by every grocery store in the valley. The schools and churches were busy planning concerts and children's Christmas trees; the "Local and Personal" columns were full of



office, came up with the idea of selling special stamps as a way to raise funds for children's hospitals.

announcements of who was home for the holidays and who was away visiting friends and family elsewhere.

Tucked in amongst all these cheerful messages were a couple of reminders that, while the war might be over, there were still battles to be fought – battles of a different kind.

"Who was home for the holidays..."

One editorial began, "Tuberculosis (TB) killed nearly as many Canadians during the war years as the war did. During the war 38,000 of Canada's fighting men and women died, and in the same period 36,000 others lost their lives and 90,000 more were stricken by tuberculosis. Wars we know are man-made, and our fervent prayer is that man will never make another, but TB is germ-made and we know from our medical progress that it can be beaten."

It was the start of an appeal to the public to buy Christmas seals – those little stickers sent out by what we now call the Canadian Lung Association, but which in 1945 was the TB Society. Another article in the same paper gave a little more history on the Christmas seals, which, a quick search on Google rounded out:

"The first Christmas seals were used in Denmark in 1903, where Einar Hoebell, working in a post

The first year's campaign saw four million of them sold, and by the end of the second year, enough money had been raised to build two children's hospitals."

Christmas seal campaigns began in the US in 1907, and in Canada the following year. They were made the official public fundraiser for TB research and treatment in 1927. At first they were sold in post offices for a penny apiece, but "seal letters," to quote the Review, were being mailed out to homes by 1945, and "the BC Tuberculosis Society are hoping once more than the 'messengers' will come home."

Since then, many other organizations have followed the Tuberculosis Society's lead, and I know I'm not the only one who gets a little frustrated at the deluge of charitable appeals that arrives in my mail box at this time of year. I do support a few; most I have to ignore. But they are all a reminder that there are still battles to be fought. So whether you celebrate Christmas or Hanukkah, Kwanzaa or Saturnalia: a gift to a local or national charity might be one of the best ways "to celebrate the season in the old-time way."

Creston & District
 Museum & Archives
 Phone: 250-428-9262
 Email: mail@creston.
 museum.bc.ca
 Website: www.creston.
 museum.bc.ca



Peace of Mind for Seniors On the Move

Submitted

A new Creston-based business is offering solutions to relocating seniors. Home Matters owner, Diane Furlong said that moves for seniors can be very complicated, because there are so many things to consider.

“Often seniors may be overwhelmed, and feel they have limited options. They might not have relatives nearby that can help and the situation can become more complicated if they have delayed taking steps because they don’t know where to begin.”

“The idea of moving can be stressful.”

Diane started Home Matters as a way to put her considerable organizational talents to work for seniors. Her background is in sales and customer service at the management level, and she is adept at staying calm in stressful situations.

Just the idea of moving can be stressful for many seniors and their families. Often they need to move because of health issues or because of the death of a spouse. Home Matters services are wide ranging. They include the very practical, such as packing and unpacking, sorting household items and communicating with utility companies. But Diane is also sensitive to the emotional and physical demands of such a big change.

“A move often means leaving behind a lifetime of memories in the family home. It can be like having your



whole life flash before your eyes,” she said. “Seniors are my favourite group to work with. I respect their values, and understand the challenges that they face. Each situation is unique.”

Diane suggests that you get started as early as possible with the downsizing process.

“I often ask clients to jump start the process by doing a simple exercise. Try removing a few of your least favourite items from each room and placing them in boxes. You may be surprised to find that, after a few days, you will not remember which items you packed up!”

“Considerable organizational talents.”

Home Matters manages moves for seniors in Creston, Cranbrook, the East Shore of Kootenay Lake, Nelson, New Denver and Kaslo.

For a free consultation contact:

Diane Furlong

Ph: 250-402-0031

Email: homematters@telus.net

Website: www.home-matters.ca

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Local Author and Illustrator Team Release Children's Books

Story by: Marc Archambault
Children's Book Author

Last month, Marc Archambault and Lorna Foot, of Creston, released their first two children's books: Hal the Unwashed Dragon and Teevert the Little Green Leaf. Archambault is

sun, the rain and the changing seasons. But when he learns that after changing colours he will have to fall from the tree, Teevert is scared! He must learn to accept that falling is part of life. Also beautifully illustrated in vibrant colour, Teevert is the sort of book that will become part of fond childhood memories. It is also suitable for children of all ages.

Hal the Unwashed Dragon is currently available for sale at local retailers Overwaitea and Black Bear Books.

Archambault and Foot are signing copies of the books at Black Bear Books on December 4th at 4:00pm. A copy of Hal the Unwashed Dragon is available to borrow from the Creston Public Library. Teevert the Little Green Leaf is expected to be available locally by early this month. You can preview or order the books online at <http://stores.lulu.com/mzadragon>

Signed copies of Hal the Unwashed Dragon can be ordered direct.

Archambault also has two blogs: Sticks, Stones and Bones (about being an author and lots of other things). <http://mzadragon.blogspot.com> My Indy Book Review (reviewing self-published books). <http://myindybookreview.blogspot.com>

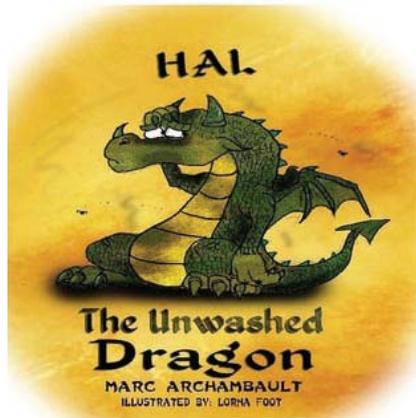


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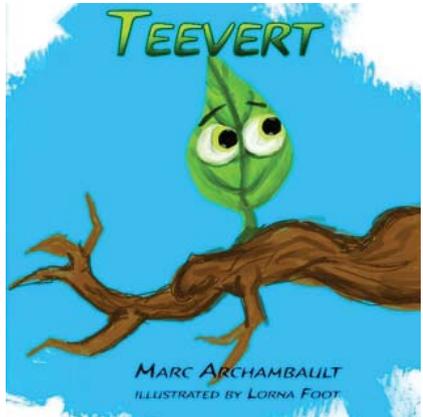
Winter Hours: Tuesday to Friday 8:30 to 5:30,
Saturday 9:00 to 5:00, Closed Sunday and Monday.



a father of two girls and has written many stories for them. He recently asked his friend and talented young artist, Lorna Foot if she would be interested in illustrating some of his stories. "Hal the Unwashed Dragon" and "Teevert the Little Green Leaf" are the first fruits of that partnership which promises to yield many more books in the future.

Hal the Unwashed Dragon loves all the creatures in the forest, but they run away from him because he is so dirty and smelly. Hal cannot figure out what is wrong with him until his friend Bobcat shows him what the problem is and how to fix it. It is a humorous story with a non-preachy message about the value of personal hygiene. It is illustrated with colorful artwork that really brings the characters to life and suitable for children of all ages.

Teevert the Little Green Leaf (Teevert is from the French "Petit Vert") loves being a little green leaf. He loves the



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2009 Holiday Greetings

Inside...

- Holiday Greetings • Christmas Carols • Recipes
- Crafts • Puzzles • Trivia • Jokes • & Much More!



Holiday Wishes...



Merry Christmas to most of you and Season's Greetings to all!

Story Submitted by: Ron Toyota
Mayor of Creston

I have completed year one of a three year term as your Mayor of the Town of Creston. I want to thank my Council, town staff, the Regional District Directors of

Areas A, B, C and my family for their input and support.

My primary working career of 30 years was in the retail sales and service business operating five stores. My organized management team and staff would provide input but it was my final decision that would move our plans and programs forward. I have discovered that my political decisions are now governed by consensus with our Councilors and adhering to today's government policies and procedures, which can be a real pain at times. What I am saying is that the "rules of the game have changed". I enjoy the challenges adapting to the political procedures to move ideas and programs forward.

I am continually asked, "Are you enjoying your job of being Mayor?" My answer is YES, but some days my

tone may not be as firm as other days. I am inspired to do an excellent job, as I understand my abilities and my beliefs, my desire to grow and strengthen our valley is all I need to continue with this job.

I continue to be impressed with the assets that our Creston Valley has and with the potential opportunities. Local citizens are bringing forward positive ideas to help grow our community.

A year ago when I had my downtown campaign office open there were 13 vacant storefronts and/or buildings on downtown Canyon Street. If you drive from the almost intersection at Railway and Pine Streets to 20th avenue, there are now only five locations with empty spaces. Unfortunately, most are large floor areas but announcements will hopefully be made soon that will see some being filled. This is a bit of a quiz and if you want to know my specific count on the five empties, please contact me.

Ron Toyota is the Mayor of Creston, Phone: 250-428-2214
Email: Ron.Toyota@creston.ca, Website: www.creston.ca

Christmas Joy



May your holiday be filled with joy, happiness and love.

CANYON County Store

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Holiday Greetings

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and all the best in the New Year!



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Holiday Characters...

Frosty the Snowman

The song is about a snowman who came to life by a 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."

Santa Claus

Santa Claus, also known as Saint Nicholas, Father Christmas, Kris Kringle or simply "Santa", is the legendary and mythical figure who, in many western cultures, brings gifts to the homes of the good children during Christmas Eve.

Christmas Elf

A Christmas elf is a fictional diminutive creature 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.

Rudolf 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.

Ebenezer Scrooge

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

Grinch

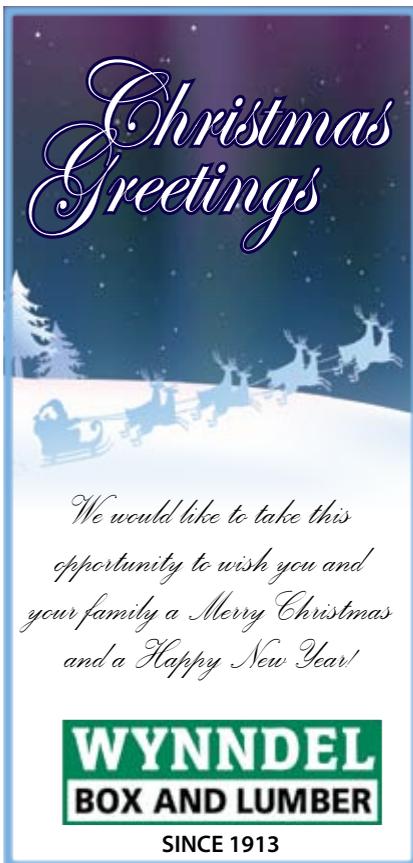
The Grinch, a cat-like figure, is a cartoon character created by Dr. Seuss. He first appeared in the 1957 children's book, How the Grinch Stole Christmas! This was followed by a popular television special.

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 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.

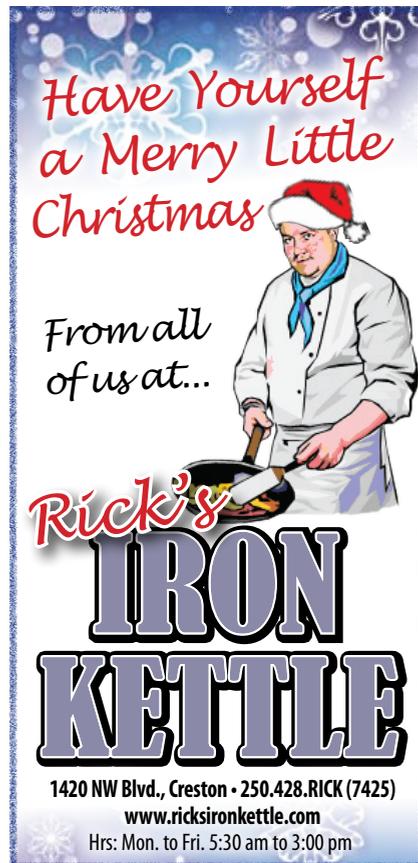


Christmas Greetings

We would like to take this opportunity to wish you and your family a Merry Christmas and a Happy New Year!

WYNNDEL
BOX AND LUMBER

SINCE 1913

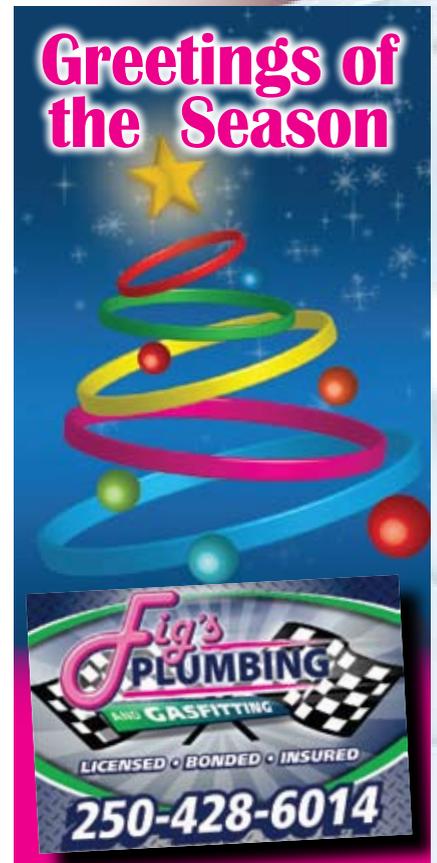


Have Yourself a Merry Little Christmas

From all of us at...

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www.ricksironkettle.com
Hrs: Mon. to Fri. 5:30 am to 3:00 pm



Greetings of the Season

Fig's
PLUMBING
AND GASFITTING

LICENSED • BONDED • INSURED

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Holiday Treats...

Frosty the Cheese Ball

www.familyfun.go.com

Ingredients

- 16 ounces cream cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion powder
- 10 raisins for eyes, mouth, & buttons
- 1 piece of carrot for the nose
- 4 crackers for the hat



- 1 thyme sprig for the hat
- Strips of carrot for the scarf
- 2 broken pretzels for the arms
- 1 (1/2-inch) piece of a canned baby corn for the pipe
- Toothpick for the pipe

Instructions

1. In a large bowl, let the cream cheese soften at room temperature. Stir in the garlic salt and the onion powder, then cover the bowl with plastic wrap and chill for 2 hours.
2. Make the snowman by rolling two thirds of the cheese into a ball for his body and the other third into a ball for his head. Stack the balls, then add the facial features, clothing, arms, and pipe as shown. Serve with crackers or mini bagels.

Holiday Pretzel Treats

www.familyfun.go.com

Ingredients

- Bite-size, waffle-shaped pretzels
- Hershey's Kiss or Hershey's Hug
- M&M's candy

Instructions

1. Heat the oven to 170F. Set pretzels in a single layer on a cookie sheet, then top each pretzel with a Hershey's Kiss or Hershey's Hug.
2. Bake for 4 to 6 minutes, until the chocolates becomes soft. Remove from the oven and quickly press an M&M's candy into the center. Allow to cool before packaging.



May all your
Christmas
Dreams
come true.

Creston Valley
Teachers' Association

Holiday
Greetings

This year may the glow of
Christmas be a little brighter.

Town of
Creston
www.creston.ca

238-10th Ave. N., Creston • 250-428-2214

Celebrate
the Season

Merry Christmas
and Happy New Year
from all of us at...

EST. 1923
Sunset Seed Company

New location beside 7-11, Creston
Phone: 250-428-4614

Holiday Wishes...



Happy Holidays

Story submitted by: **Michelle Mungall**
NDP MLA for Nelson-Creston

November 27th, 2009 marked the end of the current session of the Legislature and the beginning of some time for MLAs to be back in their communities. This

December, I will be active in a variety of holiday events, including Creston's Annual Santa Claus Parade on December 5th. On December 16th my Community Office is hosting a Community Holiday Party over the lunch hour at Our Daily Bread. Please join me for a delicious lunch and holiday cheer. To help raise funds for the very worthwhile Nelson Food Cupboard, I will be reading "A Christmas Carol" in this year's "Like The Dickens" on December 11th at the United Church.

It is an honour to represent the Nelson-Creston constituency and I have enjoyed every minute of the last months. Whether I was attending a rally or a public forum, standing up in Question Period or meeting with Ministers about the concerns of my constituents, I feel proud of what my Community Office has accomplished and excited by all that we will continue to do.

Recently, the Finance Committee, of which I am a member, delivered the Report on the 2010 Budget consultations to all members of the House. Unfortunately, this was the first year

in the Finance Committee's nine-year history that the report went forward without consensus from all Committee members. Although, we four NDP members were able to get the six Liberal members to agree with restoring the arts funding, annual facility grants for schools and a host of other important recommendations based on citizens' submissions, there were other items on which Liberals wouldn't budge, namely the HST.

From the over 3000 submissions, most individuals and small businesses who commented on the HST expressed opposition to its implementation, while other industry sectors liked the new tax. The NDP wanted the report to reflect the diversity of opinion but leave out any recommendations as the way to achieve consensus. The Liberals, however, chose to use their majority to force recommendations that support the HST, the Liberals seems committed that this will be the last Holiday Season without an HST. While this final outcome was disappointing and contrary to the Committee's practice, British Columbians' engagement in the budget process was worthwhile and an invaluable experience. We must continue to work hard to stop the HST and ensure that we retain public education, healthcare and services that give us a good quality of life.

This Holiday Season, I wish you joy and peace, and commit to working for those goals for our constituency and all British Columbians.

Michelle Mungall is the NDP MLA for Nelson-Creston
Phone: 250-354-5944, Email: michelle.mungall.mla@leg.bc.ca

Holiday Cheer

May your holiday be filled with the joy of the season.

KOKANEE INN PUB

Est. 1898

LIQUOR STORE

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(Just South of the grain elevator) • (250) 428-4241

Warm Holiday Wishes

From our families to yours

Overwatea

B.C.'s very own food people.

Wishing You A Very Merry Christmas!

The Creston Valley Gleaners & Food Bank would like to pay tribute to the Creston Community who donated food and good quality items to the Gleaners.

With your support and generous donations we can return the generosity, assisting all citizens in our midst.

Creston Valley Gleaners

Holiday Treats...

Crunchy the Snowman

www.familyfun.go.com

Ingredients

- bag of 8-inch pretzel rods
- 1 cup white chocolate chips
- mini chocolate chips
- orange decorators' gel
- fruit leather (various colors)
- gummy rings
- gumdrops



Instructions

1. To make a batch, melt 1 cup of white chocolate chips in the top of a double boiler.
2. One at a time, dip one end of the rod in the melted chocolate and spread the chocolate two thirds of the way down the rod.
3. Set the pretzels on a sheet of waxed paper and press on mini chocolate chips for eyes and buttons. Use orange decorators' gel to add a carrot nose.
4. When the chocolate has hardened, stand the pretzels in a mug or glass and tie on strips of fruit leather for scarves. For each hat, stretch a gummy ring over the narrow end of a gumdrop and secure it on the pretzel rod with a dab of melted chocolate.

Christmas Package Cheese Snack

www.familyfun.go.com

Ingredients

- 8 ounces of cream cheese
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- Scallion
- Red bell pepper

Instructions

1. Mix the dried dill, garlic powder, and salt into the softened cream cheese.
2. Pack the mixture into a lined rectangular container.
3. Refrigerate it for at least 3 hours. Before serving time decorate it with a scallion bow and red pepper polka dots and gift tag.



*Cheerful
Holiday Wishes*

From your family to yours

**Creston
VETERINARY
HOSPITAL**

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**Season's
Greetings**

and all the
best in the
New Year!

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CREDIT UNION**

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you a
*Joyous
Holiday
Season*
and a New Year
of Happiness.

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 d o l l s e r k
 t w l g t r e e
 o w n i a x a i
 y b m f r m w c
 s a n t a f r b

ball	elf	snow
bell	gift	star
candy	santa	toy
deer	sled	tree

Reindeer Candy Cane Craft

www.dltk-holidays.com

This is a cute reindeer craft that you can hang on the tree or attach to a gift as a special decoration.

The project requires use of a hot glue gun.

Materials:

candy cane, red or brown pipecleaner, small wiggly eyes, small red beads, red ribbon, hot glue gun

Instructions:

Fold the pipe cleaner in half and twist it around the top of the candy cane.

Bend some zig zags in both sides of the pipe cleaner to make it look more like an antler.

Holiday Fun...

Put a dot of hot glue where the pipe cleaner touches the candy cane to hold it in place.

Hot glue the red bead to the tip of the candy cane.

Hot glue the wiggly eyes just under the antlers.

Tie a piece of red ribbon in a bow around the long part of the candy cane about half way up.



Wishing the
 Creston Valley the
 Happiest of Holidays



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 Garbage Pick-up

Phone: 250-428-9887

Serving Creston & Surrounding Area

Happy Holidays

Supplies for the home winemaker & brewer

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 U-Brew

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 250.428.8969
 email: crestonvalleyubrew@shaw.ca
www.crestonubrew.com

Season's Blessings

May the Angels of joy bring you peace, love and enlighten your Holiday in a special way.

Home hardware
 building centre

1608 N.W. Blvd., Creston
 Phone: 250.428.9388

Holiday Wishes...



Every Day is a Good Day

Story submitted by: John Kettle
Regional District Director for Area B

Every year, about this time, we all begin to reflect and comment about our experiences and feelings

on what has happened, good or bad, during the last 11 months.

Let me say categorically, life overall for me personally has been good. I accept the fact that gravity and the process we all know as aging rules the day.

I hope we have all developed a new appreciation for life and what it really means to live and work in a valley most people pay to come to see? Yes, we have our challenges but overall if we hang together and continue to support our friends and neighbours we will prevail.

Our valley, like all area across Canada, has been hit hard by the worldwide recession. Yet, I see daily

examples of our citizens digging in harder and becoming resolute about making something good out of the mess brought down on us all.

There is no doubt in my mind this financial meltdown is a warning. Now it's up to us to get smart and heed the warning. Simply, don't live outside our means! Get liquid and cut back and be thankful for what we have, not upset and what we don't.

The upcoming holiday season is a celebration of life and hope. Let us all work together to make it better than we found it and share with those less fortunate.

Everyday is in fact a good day no matter what challenges or tribulations we face. It is easy to focus on the negative but as Shakespeare once wrote, "This to shall pass." We may be lucky enough to get a new kick at the cat tomorrow so let's make the best of today.

Have a safe and wonderful holiday season.
Be thankful.

John Kettle Regional District Director for Area B

Wishing you peace, love and happiness this holiday.

PYRAMID BUILDING SUPPLIES LTD.
1220 NW Blvd., Creston • 250.428.7114
pyramid@shawlink.ca

Best wishes for Happy Holidays and a magnificent New Year!

We would like to take this opportunity to thank our generous supporters in the Creston Valley.

T.A.P.S
Therapeutic Activation Program for Seniors

May the Blessings of Christmas be with you today and always.

Great stocking stuffer ideas!

Creston Optometric Eye Centre
Dr. Gene Zackowski • Dr. Larry Fluss
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Word Search

www.kaboose.com

S D S S C A N D Y V D W
 A L L N O W D A S H E R
 C A E O M U O N A V E E
 K C D W E L N C N I R A
 W U T M T K N E T X D T
 W P R A N C E R A E E H
 Q I E N M H R U F N L Y
 V D E V U I V D G I F T
 G R R C P M T O Y S B B
 P R E S E N T L R T I E
 B L I T Z E N P B A L L
 F R O S T Y V H I R W L

BALL	DEER	SANTA
BELL	DONNER	SLED
BLITZEN	ELF	SNOWMAN
CANDY	FROSTY	STAR
CHIMNEY	GIFT	TOY
COMET	PRANCER	TREE
CUPID	PRESENT	VIXEN
DANCER	RUDDOLPH	WREATH
DASHER	SACK	

Tri Bead Christmas Wreath

www.dltk-holidays.com

This patterning is great practice and makes a cute Christmas Tree decoration.

Materials:

16 tri beads in 3 different colors (red, green and white) for a total of 48 beads

1 pipe cleaner in green, red, white or silver

Directions:

ADULT: place a spare bead or button at the end of the pipecleaner and loop it around once to hold it (this just holds the beads on as the children make the craft).

Holiday Fun...

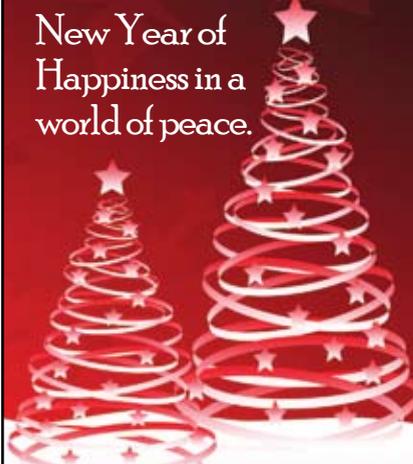
Thread the beads onto the pipecleaner in a pattern

ADULT: remove the holder bead. Twist the pipecleaner into a circle. Tie the ends of the pipecleaner into a bow shape. You can put a dab of tacky glue on to hold if you want.



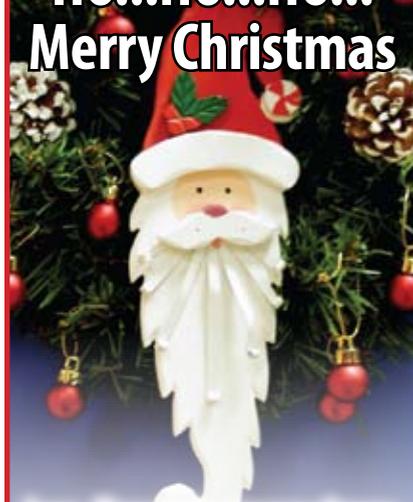
Holiday Greetings

and Best Wishes for a New Year of Happiness in a world of peace.



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HO...HO...HO... Merry Christmas



Love, Hope & Joy to you always.
 From all of us at...



Creston Valley Mall • (250) 428-8876

Have a simply beautiful Christmas

from all of us at... **Hair Power**
 Tanning & Hair Studio

1017a Canyon Street, Creston
 Phone: (250) 428-2313

Holiday Fun...

Advent Calendar

www.dltk-holidays.com

You can arrange this from 24 down to or from 1 up to Christmas. Let the kids break into one of the cups each day until Christmas.

Materials:

toilet paper rolls (13), scissors, glue, construction paper, black marker, small wrapped candy, paint, bow



Instructions:

Cut 13 toilet paper rolls in half.

Paint the toilet paper rolls or cover them with construction paper.

Cut circles out of construction paper.

Glue a circle onto one end of each roll half.

Drop a small candy into each roll.

Glue a circle onto the top of each roll half.

Use a black marker to write the numbers 1 thru 25 onto the closed roll cups.

Tape two pieces of construction paper together to make one large sheet.

Arrange the cups and glue them onto the poster board.

Add a bow if desired.

Word Search

www.kaboose.com

S M Y E O C N Q O Q D L
T R E E I L Z G F R N M
A T V H P L O D U R N I
R T I N R A P C A N D Y
E E X Y E B R E H S A D
E M E E S N A M W O N S
D O N N E R N Q H S C W
I C S M N K C A S A E R
P B L I T Z E N S N R E
U E E H F F R O S T Y A
C L D C I J P P H A O T
E L F U G N R B C W T H

BALL	DEER	SANTA
BELL	DONNER	SLED
BLITZEN	ELF	SNOWMAN
CANDY	FROSTY	STAR
CHIMNEY	GIFT	TOY
COMET	PRANCER	TREE
CUPID	PRESENT	VIXEN
DANCER	RUDDOLPH	WREATH

Merry Christmas

May your holidays be bright and all your wishes come true.



Your **Dollar Store**
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Come in and take a look, you'll find something for everyone!



Wishing you a very happy and joyful Holiday Season

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remax.discovery@kootenay.com
www.remaxcreston.com

Season's Greetings

with all good wishes for the New Year.

kes

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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.

Holiday Humor

*If Santa rode a motorcycle, what kind would it be?
A Holly Davidson.*

*What do elves learn in school?
The Elf-abet!*

*What do you get if you cross Santa with a detective?
Santa Clues.*

Holiday Wishes...



A Holiday Message

Story submitted by: Larry Binks
Regional District Director for Area C

This past year has been very exciting in the Creston Valley. We have watched the valley grow and this will continue in 2010 and the years after. It is you, the people of the Creston that drive the positive changes and create opportunity.

My wife and I love this community, all it has to offer and what the future will likely bring.

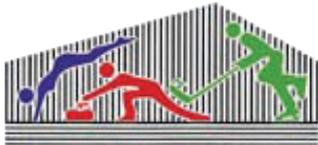
I wish all the residents of the Creston Valley a safe and happy holiday season.

Larry Binks Regional District Director for Area C

Kick-off your holidays



with the joys of the season



Creston & District Community Complex
312 19th Ave. North, Creston • 250-428-7127
email: crestonrec@rdck.bc.ca
www.rdck.bc.ca/community/recreation/creston

*We want to be Your
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**COME PUBLIC SKATING
DURING THE HOLIDAYS!**

Good Tidings



*Wishing you a Happy Holiday
Season and a New Year of health,
happiness and prosperity.*

Integra Tire
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Joy to the World

*Joy to you and yours
this holiday season.*

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MedicalSupplies**
Ltd.

Box 1030, 1016 Canyon St., Creston
Phone/Fax: 250-428-8766
Toll Free: 1-800-269-8766

Holiday Jingles...

Santa Claus Is Coming To Town

J. Fred Coots, Henry Gillespie (c) 1934

You better watch out
You better not cry
Better not pout
I'm telling you why
Santa Claus is coming to town
He's making a list,
And checking it twice;
Gonna find out Who's naughty

and nice.
Santa Claus is coming to town
He sees you when you're sleeping
He knows when you're awake
He knows if you've been bad
or good
So be good for goodness sake!
O! You better watch out!
You better not cry.
Better not pout, I'm telling you why.
Santa Claus is coming to town.
Santa Claus is coming to town.

Jingle Bell Rock

Bobby Helms

Jingle bell, jingle bell, jingle bell rock
Jingle bells swing and jingle bells ring
Snowing and blowing up bushels
of fun
Now the jingle hop has begun
Jingle bell, jingle bell, jingle bell rock
Jingle bells chime in jingle bell time
Dancing and prancing in
Jingle Bell Square; In the frosty air.
What a bright time, it's the right time
To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh
Giddy-up jingle horse,
pick up your feet
Jingle around the clock
Mix and a-mingle in the jingling feet
That's the jingle bell,
That's the jingle bell,
That's the jingle bell rock.

Holiday Trivia

Charles Dickens' initial
choice for Scrooge's statement
"Bah Humbug" was
"Bah Christmas."

The poinsettia, 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.

Warm
Wishes
this holiday
season.

LORNE D.
MANN
Notary
PUBLIC

1403A Canyon Street, Creston, BC
250.428.7194 • Toll Free 1.800.649.7194
Email: lmann@uniserve.com

Wishing you
a magical
Holiday Season
From all of us at...

Kokanee Ford



250-428-2206 • 1-800-262-7151



KEMLEE EQUIPMENT

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1241 North West Boulevard, Creston, BC

Christmas
Blessings

to you and yours
throughout the year.

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408-16th Ave. S., Creston, BC

It's the most wonderful time of the year

Eddie Pola, George Wyle 1963

It's the most wonderful time of the year.

With the kids jingle belling, and everyone telling you, "Be of good cheer,"

It's the most wonderful time of the year.

There'll be parties for hosting, marshmallows for toasting and caroling out in the snow. there'll be scary ghost stories and tales of the glories of Christmases long, long ago.

It's the most wonderful time of the year.

There'll be much mistletoeing and hearts will be glowing, when loved ones are near.

It's the most wonderful time of the year.



Greetings of the Season and have a Healthy Happy New Year!

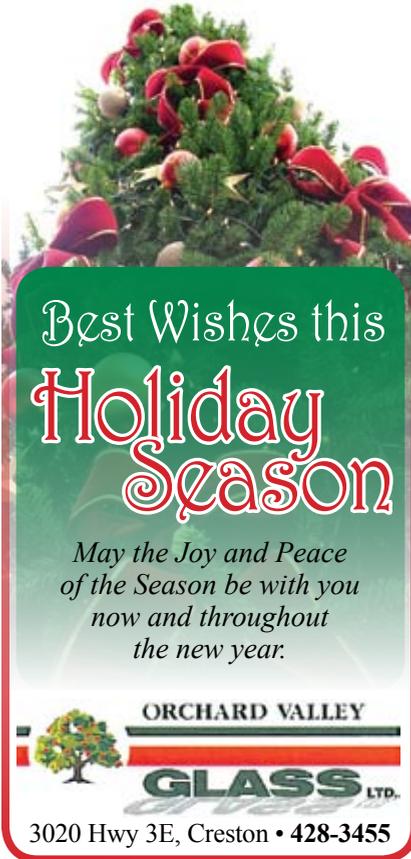
Curves
curves.com
250-428-4465
132-15th Ave N
Creston, BC

We Wish You A Merry Christmas

We wish you a merry Christmas
We wish you a merry Christmas
We wish you a merry Christmas
And a happy New Year.
Glad tidings we bring
To you and your kin;
Glad tidings for Christmas
And a happy New Year!

We want some figgy pudding
We want some figgy pudding
We want some figgy pudding
Please bring it right here!
Glad tidings we bring
To you and your kin;
Glad tidings for Christmas
And a happy New Year!

We won't go until we get some
We won't go until we get some



Best Wishes this Holiday Season

May the Joy and Peace of the Season be with you now and throughout the new year.

ORCHARD VALLEY
GLASS LTD.
3020 Hwy 3E, Creston • 428-3455

Holiday Jingles...

We won't go until we get some
So bring it out here!
Glad tidings we bring
To you and your kin;
Glad tidings for Christmas
And a happy New Year!

We wish you a Merry Christmas
We wish you a Merry Christmas
We wish you a Merry Christmas
And a happy New Year.
Glad tidings we bring
To you and your kin;
Glad tidings for Christmas
And a happy New Year!



Holiday Humor

What do you get when you cross a snowman with a vampire?
Frostbite.



Best wishes for a Merry Christmas and a happy prosperous New Year!

From the gang at...
More than just your floor store!

2009 BUSINESS AWARDS
Best of Business
PLATINUM
HARDWOOD FLOORING COMPANY
CRESTON

Nufloors
Continuing 25 Years Of Service!
Smart Service. Great Products.

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www.nufloorscreston.ca

Holiday Jingles...

Rudolph The Red-Nosed Reindeer

Words by Robert L. May (c) 1947
Music by Johnny Marks

You know Dasher and Dancer
And Prancer and Vixen,
Comet and Cupid
And Donner and Blitzen.
But do you recall
The most famous reindeer of all?

Rudolph the red-nosed reindeer
Had a very shiny nose
And if you ever saw it

You would even say it glows
All of the other reindeer
Used to laugh and call him names
They never let poor Rudolph
Play in any reindeer games

Then one foggy Christmas Eve
Santa came to say
Rudolph with your nose so bright
Won't you guide my sleigh tonight?
Then all the reindeer loved him

And they shouted out with glee
"Rudolph the red-nosed reindeer
You'll go down in history!"

Here Comes Santa Claus

Gene Autry, Oakley Haldeman (c) 1947

Here comes Santa Claus!
Here comes Santa Claus!
Right down Santa Claus Lane!
Vixen and Blitzen and all his
reindeer
are pulling on the reins.
Bells are ringing, children singing;
All is merry and bright.
Hang your stockings and say your
prayers,
'Cause Santa Claus comes tonight.

Here comes Santa Claus!
Here comes Santa Claus!
Right down Santa Claus Lane!
He's got a bag that is filled with toys
for the boys and girls again.
Hear those sleigh bells jingle jangle,
What a beautiful sight.
Jump in bed, cover up your head,
'Cause Santa Claus comes tonight.

Holiday Trivia

*Nova Scotia leads the world
in exporting lobster, wild
blueberries, and Christmas trees.*

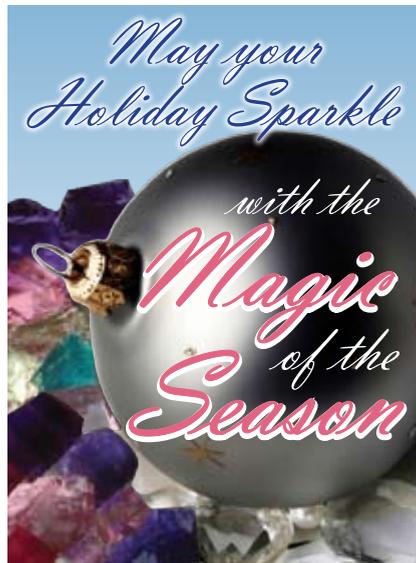
*Christmas trees are edible.
Many parts of pines, spruces,
and firs can be eaten.
The needles are a good source
of vitamin C. Pine nuts,
or pine cones, are also a good
source of nutrition.*

Season's Greetings

*and Best Wishes
for a happy
new year!*

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Warm Christmas Wishes

from our family to yours



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I Saw Mommy Kissing Santa Claus

T. Connor (c) 1952

I saw Mommy kissing
Santa Claus
Underneath the mistletoe
last night.

She didn't see me creep
down the stairs to have
a peep;

She thought that I was tucked
up in my bedroom fast asleep.

Then, I saw Mommy tickle
Santa Claus
Underneath his beard so
snowy white;

Oh, what a laugh it would
have been

If Daddy had only seen
Mommy kissing Santa Claus
last night.

Holiday Jingles...

All I Want For Christmas Is My Two Front Teeth

Every body stops and stares at me
These two teeth are gone as you can see
I don't know just who
to blame for this catastrophe!
But my one wish on Christmas Eve
is as plain as it can be!

All I want for Christmas is my two
front teeth, my two front teeth,
see my two front teeth!

Gee, if I could only have my two front
teeth, then I could wish you
"Merry Christmas."

It seems so long since I could say,
"Sister Susie sitting on a thistle!"

Gosh oh gee, how happy I'd be,
if I could only whistle (thhhh)

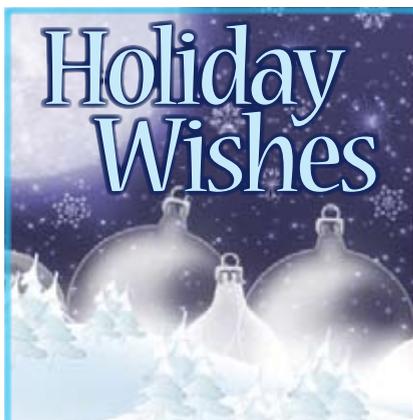
All I want for Christmas is my two
front teeth, my two front teeth,
see my two front teeth.

Gee, if I could only have my two front
teeth, then I could wish you
"Merry Christmas!"

Holiday Trivia

*Santa's Reindeers are Dasher,
Dancer, Prancer, Vixen, Comet,
Cupid, Donner and Blitzen.*

*After "A Christmas Carol,"
Charles Dickens wrote
several other Christmas
stories, one each year,
but none was as successful
as the original.*



Holiday Wishes

*May the Season bring you joy and
peace now and throughout the year.*

*MaryAnn Jenkins,
Mike Paugh and Mel Joy.*

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129A - 12th Ave N Creston



Holiday Blessings

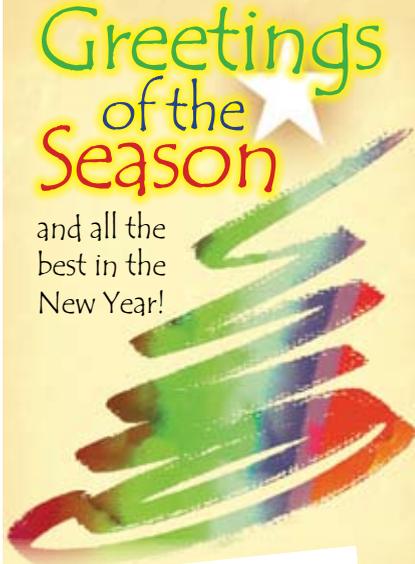
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Greetings of the Season

and all the
best in the
New Year!



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(250) 428-7922



Greetings of the Season

*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.*

From the team, at



I Love Creston Marketing Ltd.
www.ilovecreston.com

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Editor

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Financial Officer/Sales

How To Sell Your Home During The Holidays

Story by: Shannon Veitch
Real Estate Agent - Century 21 Veitch Realty Creston

Winter brings its own set of problems to homeowners trying to sell their home. Homebuyers are not as motivated to go home shopping in cold, wet weather. As well, early nightfall often means waiting until weekends to go look at homes and the lush green foliage is long gone. Your yard and the exterior of your home have lost much of their curb appeal. The holiday season gives you just the opportunity you need to freshen up the exterior of your home and draw buyers to come have a look.

Door wreaths welcome people and add festive colour to your front door. Tasteful holiday lighting on your trees, shrubs and the exterior of your home also attract homebuyers that are driving around to look at your house. Group mums or poinsettias for display impact inside the front foyer if you have room for them for an instant splash of colour. You may also want to consider using less of your Christmas ornament collection this year so that you don't over crowd your rooms. You want your buyers to see your home's features and not be distracted by clutter.

Take into account your colour scheme. Do the red and green

Christmas themed ornaments clash with your home décor? If so you may want to consider using Christmas ornamentation that compliments your home's everyday décor. Use the holiday season to enhance the ambiance you have created in your home. Consider using your table lamps where possible to give a warm golden glow to your rooms rather than stark overhead lighting. If you want to have music playing, make it soft, well known music without words. Music helps buyers feel joyful in your home. The smell of your home is always a consideration as well. Cinnamon, cloves and evergreen boughs are all things that will make your home smell like Christmas. Baking fresh cookies and leaving some out on a plate for the prospective buyers is an added touch that just might make the difference.

Overall take into consideration all of your buyers' senses: sight, sound, smell, touch and taste. If you think about all of those things chances are the buyers will linger in your home, and the more time they spend in your home, the more they will grow to see it as their own.

Homes really do sell all year long so if you are trying to sell your home during the frantic holiday season take a few extra staging steps to make the difference and get your home sold!

"Draw buyers to come and have a look."

*Happy
Holidays*

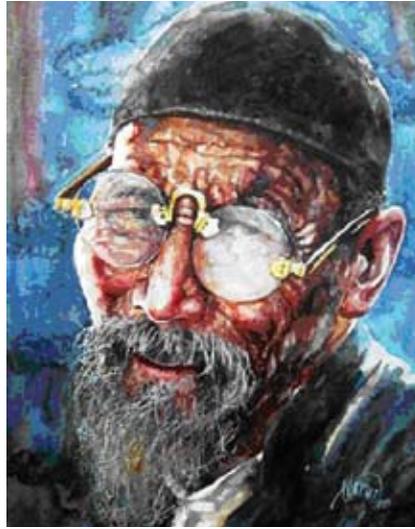
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Flowing Stream, Cold Water

Story by: Sifu Neil Ripski
Part II



The Master.

The breeze through the leaves at his feet almost masked the sound of the running water ahead. The Boy followed the old Master towards the stream at a respectful distance. He knew that to touch the Master without permission, accident or not, would be met with a very fast lesson, one he had received before and was not eager to receive again.

They approached the stream and the Master sat to unpack his small shoulder bag. He pointed for the Boy to stand on a large stone in the water. "The movements you now know as the Tigers Tail, show them to me," he spoke. The Boy looked around puzzled as the pattern of movements the Master spoke of covered a large distance and the small stone he stood upon would never do. Nonetheless, he began to slowly try to make the movements fit on the small space without getting himself wet in the running stream below.

Salutation, Tiger Enters the Cave, Tiger Bares his Claws, carefully the Boy practiced the movements on

the small space allotted him. "No space is too small for practice, nor any time too short." The Master spoke. "Enough room for an Ox to lie down should suffice and even a few waking moments can be used for practice. Without constant practice success is not assured. It is only those who ceaselessly practice in one form or another that succeed in the art." The Boy nodded solemnly as he felt he should do when the Master spoke and continued to go through the movements Leaping Tiger and Catching the Lamb.

"Enough room for an Ox to lie down should suffice."

A sharp whistle caused him to look at the Master and see the long sword spinning through the air towards him. Catching it at the last minute he fell into the stream below. "Continue and do your practice again Boy. The surroundings make no difference nor does the water flowing beneath your feet. A skill only good on hard clean floors is of no use to you in real life." So the Boy practiced again and again on the banks of the stream, the forest floor and the stone in the center surrounded by the Tao flowing by and through him. He learned to adapt to his surroundings, his tools and his mind, making use of the skills he was receiving from the Master here and now in the only moment that really exists.

Sifu Neil Ripski teaches at Red Jade Martial Arts in Creston.

*He can be reached at:
redjadekungfu@gmail.com
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Vinyl Records vs Digital Music / CD's

(www.aziomediablog.com/2009/06/24/vinyl-records-vs-digital-music-cd%E2%80%99s)

"We threw away an art form that was so much more than the record ... Sometimes the covers were more important than the music. The more fingerprints you got on it, the more it was a part of you. With a CD, you start with a nice plastic box and end with a scratched plastic box; it has no character whatsoever."

-Roger Daltrey of The Who

Why Vinyl LP Records Are Better than Digital Downloads or CD's?

People from some areas of the music business are beginning to notice an increase in the sale of vinyl records. Could it be that vinyl records, what many have viewed as an antiquated form of music enjoyment, are making a come back? According to some experts in the field of music

"Vinyl record covers are like canvases."

and to record shops around the country, they are. Some of you are probably asking yourselves why, well, just look at a list of a few of the reasons why vinyl records are better than CD's or digital downloads?

- Vinyl records have warm, fat tones.
- A more true reproduction of the original live recording. Digital files only emulate the live analog recording.
- Vinyl records have the most life like live recording possible.

- Analog recordings are much more stable and last longer compared to digital files, which are very unstable and more fragile.
- The cover art alone is a good

"Vinyl records are better than CD's."

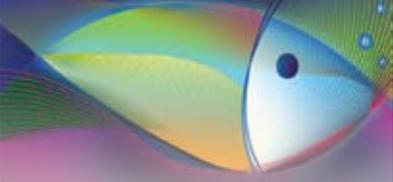
reason to purchase vinyl records.

Vinyl records are an excellent investment and make great collector's items, not only because of their classic sound and nature, but because of the artistic freedom that can be expressed on the cover. Compared to the smaller CD's, which have little room for artistic expression on the front of the cd, the vinyl record covers are like canvases. The downside to vinyl records is that you may get a hiss or a pop, but those are easily avoidable if you handle your record with the same care that you would handle any CD.



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Excuses Won't Be Tolerated This Holiday Season

www.worksafebc.com/news_room/features/2008/new_121208.asp

WorkSafeBC is partnering with ICBC to remind you that if you drink at a holiday party, think twice before driving.

We've all heard people say, "I always make it home after a few," "I can handle my liquor," or "One more drink won't hurt." But all too often, drivers who make these excuses end up ruining lives.

- On average, 120 people die each year in alcohol-related collisions in BC.
- Get home safely by planning ahead:
- Set aside money for a cab or public transit
- Choose a designated driver
- Get a ride with a sober friend or family member
- Never let a person who's been drinking alcohol drive

AFTER A FEW, ARE YOU BASICALLY DRIVING HALF DRUNK?

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Easy-to-make mocktails

Source: www.icbc.com/road-safety/safer-drivers/drinking-driving/mocktails

Here are a variety of recipes for easy-to-make mocktails. Most ingredients are probably already in your fridge. If not, a quick trip to your local grocery store will solve the problem. Measures are approximate.

Hot Apple Cider

- with spicy cinnamon

- Apple juice 1 litre (4 cups)
- Whole cloves 10
- Whole allspice 10
- Ground nutmeg Dash
- Salt Pinch
- Cinnamon 2 sticks

Supplies: Large saucepan, mugs.
Mixing: Pour juice into saucepan. Add spices. Cover and heat on low until almost boiling. Serve in mugs. (Serves 6)

Kootenay Koffee

- smooth and creamy

- Butter 15 ml (1 tbsp)
- Brown sugar 80 ml (1/3 cup)
- Cinnamon, nutmeg Pinch
- Allspice, cloves Pinch
- Strong freshly brewed coffee 1.4 litres (5.5 cups)
- Milk 200 ml (3/4 cup)
- Orange or lemon twists

Supplies: Large saucepan, mugs, electric beaters (optional).
Mixing: In saucepan, beat butter and sugar into a creamy consistency. Blend in spices. Add hot coffee and stir until sugar melts. Stir in milk and heat just to boiling. Pour into heated mugs and garnish with orange or lemon twists. (Serves 6)

Favourite Christmas Songs of the I Love Creston Staff

Story by: I Love Creston Staff

Silver Bells (1952)

First recorded by the crooner himself, Bing Crosby, this popular tune can change your tired dragging feet into a brisk stride.



We Wish You A Merry Christmas (1962)

Drifting from his career of musical variations, Ray Conniff showed his vocal talents with this jolly song. It's happy lyrics put a smile on your face and arm around a friend.



Rudolf the Red Nosed Reindeer (1949)

Gene Autry belts out a tune that animates children and reminds us that Santa is real and he believes in equality. Rudolph is by far the most popular reindeer. If you listen closely, the song could be a fable.



Silent Night (1935)

Bing Crosby has the right tone, personality and powerful voice for this beautiful song recorded early in his career. It's soothing melody and peaceful lyrics are perfect during the post-turkey nap.

www.ilovecreston.com

Deck the Halls (1940's)

Canadian born Guy Lombardo, hit fame with his recording of Auld Lang Syne, but he sure can Deck the Halls. "Fa la la la la, la la la la" – that's the only lyrics you need to know.



The Twelve Days of Christmas (1842)

James O Halliwell sings this 150-year-old classic song that, in all honesty, you either love or hate. But it is a popular Christmas tune and we all know the words (myself, I'm a fan of the remakes).



Happy Christmas - War is Over (1969)

One of the most influential proponents of peace, John Lennon, sings from his heart asking the world to live in peace. Ironically, this song was recorded within a year of his assassination. Lennon's wife Yoko and a children's choir sing backup vocals, giving the song an innocent sound.



Do They Know it's Christmas (2004)

Twenty years after the haunting "Do They Know It's Christmas", Bandida 20 re-releases an updated version to raise money for Africa. This rendition appropriately sounds dark musically while the lyrics project a tone of helplessness and sadness.



Merry Christmas-I Don't Want To Fight Tonight (2001)

What a phenomenon. The most unlikely bands, such as the Ramones, take a step to release an original Christmas song. It sounds like the Ramones and is rather catchy. The lyrics are simple, a man telling his partner that he doesn't want to fight because it's Christmas.



Fairytale of New York (1987)

Shane McGowan (the Pogues) is backed by intense and emotional instruments back this brilliant lyrical journey. Simply put, a beautiful Irish folk style ballad duet with Kirsty Maccoll. Banter of love and anger between the two, coupled with their harmony makes this a powerful song.



Favourite Christmas Movies of the I Love Creston Staff

Story by: I Love Creston Staff

How the Grinch Stole Christmas (2000)

One name says it all... Jim Carrey. He was born to be the Grinch. This is a successful production in bringing the original animation to real life.

How the Grinch Stole Christmas (1966)

This colourful yet almost scary classic is narrated by Boris Karloff and directed by Chuck Jones (of Bugs Bunny fame). It is still one of the many classic Christmas movies you can still catch on television.

National Lampoon's Christmas Vacation

Another peek into the Griswold family's hilarious antics that turn even Christmas into a train wreck. Look for a minor but hilarious character played by Julia Louis Dreyfus (pre-Seinfeld)

A Christmas Story

This great 1940's holiday classic is for the whole family to enjoy. A young boy sets out to convince his parents, teachers and Santa that a BB gun really is the perfect gift. "You'll shoot your eye out!" This is a movie to watch every Christmas.

The Nightmare Before Christmas

Tim Burton is a genius. Who would every think to bring Halloween and Christmas together? Incredible imagery that pulls you in and makes you a part of what you are watching. It is a dark storyline, but leaves you with a content feeling.

Trapped in Paradise

Three not so bright brothers, Nicholas Cage, John Lovitz and Dana Carvey, successfully rob a bank that my cat could rob. Unfortunately, the locals' kindness and generosity starts to rub off on the trio and they unwillingly begin to grow consciences.

Charlie Brown Christmas

The Peanuts gang is back. Charlie Brown, an emotional and sensitive child tries to look past commercialism and find the true meaning of Christmas. A shot at directing the school Christmas pageant is a failure so he desperately presents a pathetic Christmas tree. Linus saves the day. (Why do all Peanuts movies make me cry?)

It's a Wonderful Life

"Every time a bell rings, an angel gets its wings!" An angel shows an emotionally distraught Jimmy Stewart how life would have been if he never existed. His journey heals his emotional wounds and he returns home to his family (who think he's talking gibberish).

The Santa Claus

This is another flick for the whole family. Divorcee, Tim Allen inadvertently convinces his son there is a Santa and he can literally prove it. After unintentionally knocking Santa off his roof, Allen puts on the Santa suit and voila – instant Santa.



Out & About

www.crestonevents.ca

December 01, 2009

Erickson Community Association AGM

Location: Erickson School Library at 7:00pm
Contact: Elaine Keeling 250-428-7329

December 03, 2009

Short Story Project

Location: Snoring Sasquatch at 7:30pm
Contact: Simon Lazarchuk 250-428-8852

December 04, 2009

Small Gems Show Opening

Location: Painted Turtle Gallery 4:00pm to 9:00pm
Contact: Win Dinn 250-428-5141

December 04, 2009

Free Christmas Skate

Location: CDCC 6:30pm to 8:30pm
Contact: Andrea Peet 250-428-7127

December 04, 2009

Santa Claus Parade

Location: 16th Ave & Canyon St. 4:00pm to 6:15pm
Contact: Chamber of Commerce 250-428-4342 or 866-528-4342

December 04, 2009

Go Go Grannies Bake and Craft Sale

Location: McLoonies

www.ilovecreston.com

December 05, 2009

West Creston Hall Annual Christmas Tea and Bake Sale

Location: WC Community Hall 11:00am to 2:00pm
Contact: Cathy 250-402-6576 Linda 250-402-2057

December 05, 2009

Wynndel Christmas Arts & Craft Fair 2009

Location: Wynndel Hall 9:00am to 3:30pm
Cost: Vendors' table rental \$20.00
Contact: Shannon Nickisch

December 05, 2009

Indian Taco Sale

Location: Lower Kootenay Band Complex 1:00p to 4:00pm
Contact: Skye MacKenzie 250-428-4428

December 05, 2009

Creston Public Library's Don't Leave Your Mind Behind films: "I.O.U.S.A."

Location: Creston Public Library at 2:00pm
Contact: Public Library 250-428-4141

December 05, 2009

deadbeat boyfriend

Location: Sirdar Pub at 8:00pm
Cost: \$5.00
Contact: Garry Ruta 403-590-2815

December 08, 2009

Local Colours

Contact: Tanna Patterson
Phone: 250-428-5246
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judy@experiencecreston.com

December 10, 2009

WorldHost Fundamentals Workshop

Location: Columbia Brewery
8:30am to 4:30pm
Cost: \$50 members
\$75 non-members
Contact: Chamber of Commerce
250-428-4342

December 11, 2009

CNHSS Christmas Dinner & Dance

Location: Rotacrest Hall
5:30 to midnight
Advance Tickets: Members \$20/person
non-members \$25 person.
Contact: Bob & Elva Holmes
250-428-8985
or 250 428-2145

December 11 - 13, 2009

Blossom Valley Singers Singing Christmas Tree

Location: Trinity United Church
December 11 & 12 at 7:00pm
December 13 at 2:00pm
Tickets: Black Bear Books
or Choir members
Contact: Phyllis McDougall
250-428-4437

December 12, 2009

Wynndel Coffee House 8th Year Anniversary

Location: Wynndel Coffee House at 7:00pm
Cost: \$3:00/person
or \$5:00/couple
Contact: Al 250-866-5719

December 13, 2009

The Annual Christmas Train

Location: Millenium Park
10:00am
Contact: Town of Creston
250-428-2214

December 13, 2009

Creston New Horizons Seniors Society Pancake Breakfast

Location: Rotacrest Hall
9:00am to 12:30pm
Cost: \$4.00/person
Contact: Larry & Ordella New
250-428-2890

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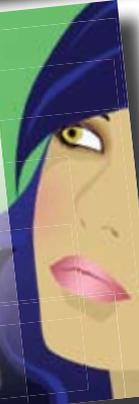
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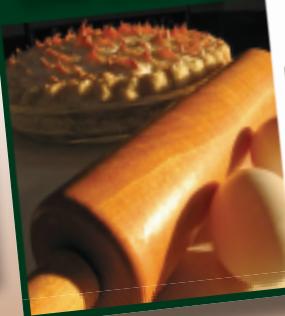
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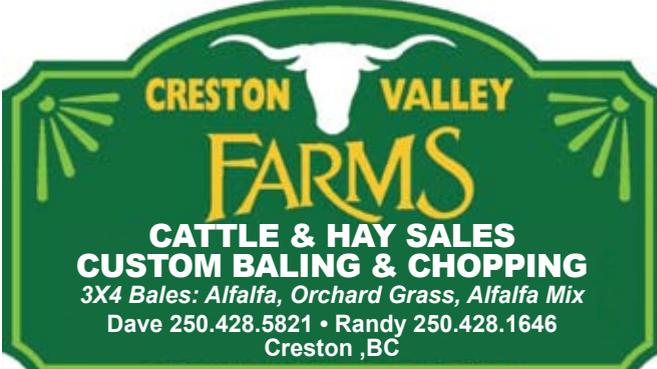
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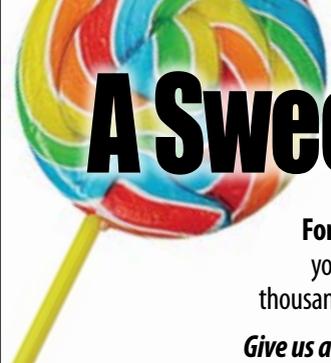
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This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

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- 23hp 3cyl diesel • 2 range hydrostatic transmission • power steering • front & rear pto
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