

February 2016

i love creston

www.ilovecreston.com

FREE

Special Section

Meet the 2015/16
Creston Valley
Thunder Cats

Bringing the
Creston Valley together!



ICE TIME

Creston Valley
Thunder Cats keep
fans entertained

HISTORY

How big events affected
the Creston Valley

OUTDOORS

Avalanche safety vital
in backcountry

SPORTS

Wall of fame will
honour athletes

Repel scuff marks, bacon grease, and toddler graffiti. Only this can.™

Stop scrubbing. Only Benjamin Moore® Regal® Select is formulated to help prevent stains in the first place.



Benjamin Moore®

Paint like no other.™

Visit us today:



**PYRAMID BUILDING
SUPPLIES LTD.**

good neighbours... good advice.

1220 North West Boulevard
Creston, BC
250-428-7114

INSIDE



Jeff Banman photos (above, cover)

COVER: HEADER

Now in their 16th season, the Creston Valley Thunder Cats entertain fans and maintain a visible and vibrant presence in the community.



HISTORY

A closer look at how big events affected the Creston Valley.



OUTDOORS

Annual Creston Valley Bird Fest ready with tours and presentations.

DEPARTMENTS

- 10 Town Hall
- 11 Lower Kootenay
- 12 History
- 14 Community
- 19 Agriculture
- 20 Outdoors
- 23 Health
- 30 Sports



I Love Creston Marketing Ltd.
Box 143, Creston, BC V0B 1G0
www.ilovecreston.com

Graphic Design/Editorial
Wendy Franz
cell: 250.402.8711
wendy@ilovecreston.com

Financials/Sales
Justin Ziola
cell: 250.428.6772
justin@ilovecreston.com

Writer/Reporter
Trish Drinkle
250.402.3179
trish@ilovecreston.com

Sales
Kelly Moore
250.402.3549
kelly@ilovecreston.com

The Magazine

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd. Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used in any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

BURN AWARENESS WEEK

January 31st - February 6th, 2016

Safety Tips

Hot water scalds are the leading cause of burns to young children. The vast majority of these burn injuries are preventable.

- When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.
- Always test young children's bath and sink water before using. When bathing children, never leave them unattended as they may turn on the hot water or slip in your absence.
- Be very careful when drinking HOT liquids, especially around children. At 60°C (140°F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures.

Playing with matches and lighters is one of the leading causes of fire deaths to young children. The vast majority of these burn injuries are preventable.

- Matches and lighters are tools for grownups, and not toys to be played with. Reinforce the concept that like power tools or a knife, the match is a tool with specific uses..
- Discuss GOOD FIRES and BAD FIRES and how matches and lighters are to be used in a responsible manner.
- Discuss the importance of keeping all matches and lighters stored high out of the reach of young children. It reduces the temptation to experiment with fire. If need be, lock up matches and lighters.

Discuss strategies for children on how they can get out of situations that involve fire setting and peer pressure. Define issues such as arson and the law, children taking responsibility for fire-setting actions, paying restitution and making good choices.



On average, every person in this country will experience at least two kitchen fires during their lifetime.

- Discuss the dangers around the stove. Teach children to never touch anything on the stove, or to open the oven. Children should not use stoves until they are old enough to safely handle items, reach cooking surfaces, and are mature enough to understand safety procedures.
- Instruct children to stay away from adults who are busy preparing food. Adults should always turn pot handles inward when cooking.
- Children should be supervised while in the kitchen. Talk about safe places to play. The kitchen is not one of them.
- Discuss the dangers of climbing on counters or getting too close to hot appliances and hot food.
- Kitchen and appliance safety is important in every household. Burns received in the kitchen are usually a result of scalds from hot foods or liquids, or contact burns from hot appliances. More fires start in the kitchen than any other location in the home.
- Teach and practice STOP, DROP & ROLL. If a child's clothes catch on fire, they STOP where they are, cover their face with their hands (unless their hands are burning), DROP to the ground, and ROLL over and over until the fire is out.

Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.

- Children need to know the correct procedure for cooling a burn injury. Within seconds of a burn injury the burned area should be placed in, or flushed with, cool water. Keep the burned area in the cool water for 10 to 15 minutes. NEVER use ice, ointments or butter.
- If they are burned, tell children to immediately seek assistance from an adult.
- If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9-1-1, or your community's local emergency number.
- Children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time.
- Exposure for just five seconds to water which is 60°C (140°F) can result in a full thickness or third degree burns.

CRESTON VALLEY

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

Support Strong for Thunder Cats

Story by: Naomi Larsen

Photos by: Jeff Banman

For more than a decade, the Creston Valley Thunder Cats have been Creston's favourite Kootenay International Junior Hockey League (KIJHL) team, but they are much more than just a Junior B team. To the residents of Creston they are a team of young stars shining brightly in their representation of the valley.

The Thunder Cats joined the KIJHL in 2000 as an expansion team after playing Junior A in the Rocky Mountain Junior Hockey League from 1992-1999, then known as the Creston Thunder. Prior to that, they were the Creston Clippers until 1985.

Thunder Cats president Mike Moore has been with the team for the past six seasons and judging by his knowledge and passion in his voice, the Thunder Cats are a big part of his life.

The team is made up of players between the ages of 16-20 from around the province and across the country.

"Currently we have a player from Quebec," Moore says. "And we have had players from as far away as Newfoundland."

The team can only consist of two 16-year-olds and a maximum of



five 20-year-olds, with the rest made up of 17-19-year-olds. Moore says the team changes up from year to year depending on who levels up to Junior A hockey.

This year's team has been working like a well-oiled machine and has once again made it to the playoffs. Moore says since the inception of the Thunder Cats, they've only missed playoffs twice: 2005/06 and 2012/13.

"What is interesting about this year is we secured our playoff spot a lot earlier than most years," Moore says. "But based on the division we're playing in and the bottom team in

our division, they mathematically put us in the playoffs guaranteed in December. That's a lot earlier than normal — it's usually a more competitive division."

Moore says usually they have to wait until mid-January and other years they don't know until the last game of the season.

"We've still got about 15 games left in the regular season so the team is still focused on their playoff positioning," Moore says. "They still want to finish as high as they can so they're seated as the top team in the first round of playoffs."

COMMUNITY CONNECTIONS

Community support for the Thunder Cats is always very strong, Moore says. "We certainly have a good fan support," he says. "Our home games average probably 400 people per game."

The John Bucyk Arena holds around 800. "We're always about 50 per cent full."

There are games that bring in more fans than others, such as the annual New Year's Eve home game held each season. Moore says numbers average around the 600 mark.

"What's interesting is about two seasons before I became involved, the



club went through a season where it only had seven wins," Moore says. "People like to go watch the local hockey team win and be competitive, and the team that season wasn't."

Moore admits it's been a slow growth for community support since then. But it's getting better every season.

"Two seasons ago we played a Game 7 to a packed house of 800 fans — you could not put another person in that building. It was just busting at the seams."

Moore says community support is something that is incredibly important for the success of the Thunder Cats.

"We really count on that support," he says. "We count on it all year long."

Photographer for Hire



Jeff Banman - 250.402.6482

Photos 'n Motion

www.jeffsphotosnmotion.com



Official game photographer of the
Creston Valley Thunder Cats





Come playoff time, however, Moore says that is the peak time for the team's fundraising.

"It's a good opportunity for the club to make some money," he said. "Our budgeting through the course of the year is based on the regular season. We can't guarantee extra money should we make it for the playoffs."

The yearly budget for the Thunder Cats is a break-even budget of around \$380,000.

"That's just for the regular season," he says.

Come playoff season, Moore explained every person has to buy a ticket for each game — even season ticket holders.

"It's a real cost plus and a money making thing for us," he says. "The more support we get, the more money the club makes."

Currently on the financial wish list for the club is a new bus for the team, which Moore hopes to purchase within two years. A new bus is estimated at around \$100,000.

"We really rely on the playoffs to help us make extra money so we can put into capital investments we have to have."

GETTING INVOLVED

Each member of the Thunder Cats is billeted with a local family. Moore says they are always looking for families to host players.

"Ninety per cent of the team is billeted," he says. "Without the

kindness of the people who live in the community, the club wouldn't exist."

Presently there are only eight billet families in Creston, with some hosting four players each. Moore says he would like to eventually see one billet family per player, which is between 15 and 18.

The other way to get involved with the Thunder Cats is to make sure you support their annual fundraiser efforts, including purchasing raffle tickets.

"I don't think people realize how crucial that is," he says.

GIVING BACK

In return for the community's financial and fan support, the players always find a way to give back to the community and say thank you, to show they are more than just hockey players.

Several team members are school tutors for students at schools throughout Creston, others volunteer for local organizations and players shovel driveways and sidewalks for many senior citizens during the winter months as part of the Town of Creston's Snow Cats program.

This season, the team hosted its annual Stuff the Bus, a drive for the Gleaners food bank that raised more than \$4,000.

"There is quite a bit of community involvement," Moore said. ■

To be a billet or for more information, contact Mike Moore at mike.moore@crestonfire.ca or call 250-428-6340.





From the Mayor's Desk

Story by: Ron Toyota,
Mayor of the Town of Creston

Physician Recruitment

In addition to the four day clinics we have in town (Blue Heron, Family Practice, Hoffman and Summit), Creston Valley residents are fortunate to have 24-hour access to emergency or inpatient care at Creston Valley Hospital. In addition to seeing patients in their clinics, all of our family physicians are "on call" by rotation to the 24-hour emergency room for patients that require urgent attention. In addition, some physicians are also on call for anaesthesia coverage, maternity care or surgical services.

Several years ago, our community created a unique physician recruitment program, designed to address the provincial and national concern that most rural communities were experiencing: a lack of qualified medical doctors to serve their population. One key to the success of the Creston

Valley's program has been ongoing funding provided by the regional district's Economic Development Service. Participants in this service include the Town of Creston and Regional District of Central Kootenay areas B and C.

Building on this foundation of consistent funding, the Creston Valley Health Working Group (CVHWG), a dedicated volunteer committee, outlined a strategy to hire a professional physician recruiter on contract. The mandate of the recruiter was, and continues to be: attendance at a wide range of conferences; management of referrals from Health Match BC and Interior Health, representation of the Creston Valley as a desirable place to live and work, and development of rapport and ongoing contact with prospective physicians.

Over the past five years, our recruiter has been successful in assisting six permanent physicians with relocating to Creston, and settling in with their families. In addition, practicing Creston physicians have been provided coverage (both short- and longer-term) by locum placements facilitated by our physician recruiter. (For those who may not know, a locum is a physician who works in the place of the regular physician when that physician is absent.)

The CVHWG anticipates that there are still local residents who do not have a family physician, and this is a concern. We continue to monitor survey forms that are available for members of the public to complete (these forms can be found at the ER, physician clinics, Town Hall or the chamber of commerce). In addition, we continue to actively pursue additional skilled family physicians who may wish to call Creston home.

As the chair of the CVHWG, I would encourage any citizen with related questions to personally contact me. ■

Reach Ron Toyota by phone at 250-428-2214 ext. 227, by email at ron.toyota@creston.ca or visit town hall at 238 10th Avenue North.

Dragon's Breath?

**Bad breath?
We can
treat that!**

Dental diseases are a leading cause of other body system failures especially in older pets.



January thru March

Routine Canine Dental Scale & Polish \$198.95*+GST

Routine Feline Dental Scale & Polish \$195.95*+GST

Senior Wellness Profile \$ 185.39+GST

**Prices include: half hour anaesthetic, hospitalization, prophylactic antibiotic injection, and scale and polish.*

20% off tooth extractions, dental nerve block and additional anesthetic time



CRESTON
VETERINARY
HOSPITAL

*Don't leave
Your pet behind-
Book a dental today!*

Your Hometown Vet!

1605 Dogwood Street
Phone: 250-428-9494
www.crestonvet.com



Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

New Year Reflection

Ki'suk kyukyit kukunmakut (happy new year)! As we enter into another new year, I have taken much time to reflect on many personal and business issues. What makes sense is to keep things as simple as possible and move forward with common sense leadership. The Lower Kootenay Band deals with matters not only at the band level but also the Ktunaxa Nation, provincial and federal government levels. The workload must be distributed equally among the Lower Kootenay Band council and giving the administration a mandate to carry out. The direction must be given by the citizens of the Lower Kootenay Band. The citizens also must do their part to achieve future goals and aspirations.

There will not be any quick fixes to any situation. Progress may move at a snail's pace. In my years of experience, I have learned that patience is truly a virtue. Target dates for projects can be pushed to a later date. Obstacles are constantly placed in the path toward progress but seem to be a test of how badly we really want initiatives to succeed.

The budgets have been balanced and financial deficits seem to be a thing of the past. We cannot, however, become complacent, and always strive for transparency. I recall during my school days saying to myself math class is useless. "I will never need to do this much math when school is complete." Mathematics rule the world both personally and professionally.

I would like to advocate the importance of achieving a formal education, for education funding and program delivery. A high school education will not suffice in today's world. It is just the beginning of a road to a career. When I took the aptitude test for the Canadian Forces, I failed miserably. It was an indicator that I was not prepared academically. I sought out a tutor and worked with the tutor for several months before I had a second attempt at the aptitude test. On my second round of testing, I did not pass with flying colours but did receive a much higher test score.

I have never achieved an A in any class, not even in physical education. There is book smart and then there is street smart. The street smart complements the book smart for me. The easiest option is to quit when things get tough. My name has never appeared on the honour roll. I thought that I was an idiot, and from time to time still do. With determination, anything can be achieved.

A university degree, diplomas or trades training are merely pieces of paper. These pieces of paper are necessary to live a good life, to have a career. It will not be easy. Or perhaps for some it isn't that difficult. With an education you become armed to meet a competitive and sometimes cruel world as an equal.

Ultimately, we are all responsible for ourselves. How badly do we want to change our current situation? I would like to offer a hand up versus a hand out. We will see what 2016 has to offer. In this upcoming year, my motto will be, "One day at a time." Let us all celebrate the victories both big and small, and use the downfalls as a lesson on what to do differently next time.

In the words of our Ktunaxa Charging Song, a victory song:

Hu in na lani Ktunaxa nintik: We are Ktunaxa people.

Hu wilqapci ta nala akinkuwaku, akinkuwaku: We think highly of our eagle staff.

Aki ka amak nala hin cxa cikmakwickini akcukanis, akcukanis: And our land. ■

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

7th Annual
GREEK NIGHT
Saturday, March 19

Tickets Sales begin
February 20, 10 am
\$40 per person
*First come, first served
Come early, they go fast!*

Tickets Include:
Traditional Greek Buffet,
Greek Dancing Demonstration,
Bellydancing, DJ and Dancing

Jimmy's
PUB & GRILL
★ THE CRESTON HOTEL ★
SINCE 1936

Creston Hotel / Jimmy's Pub 1418 Canyon St., Creston • 250-428-2225



Big Events and Local History

Story by: Tammy Hardwick

Manager - Creston & District
Museum & Archives

The other day, I happened across an article about writing family histories. It gave a number of tips, including this one: When writing your family history, make sure you put some effort into learning the broader history of the region or time in which your ancestor lived.

Why? Because that broader history — the “big” things we all learned about (more or less) in high school history classes — can have a significant impact on “little” things, often seemingly unrelated, and in sometimes startling ways. They can go a long way to explaining why the little things happen the way they do. That’s partly why it’s so much fun working in a community museum: every day, we get to make the connections between the day-to-day occurrences of local history and those big events of provincial, national and even international significance.

Some of these connections are obvious. The outbreak of the two world wars and, to a lesser extent, the Korean War, led to immediate and deep-felt changes in the Creston Valley. The Great Depression was also felt in the Creston Valley. Today, changes in U.S. financial policy and their impact on the relative worth of the Canadian dollar have a direct effect on local shopping habits. All those things produce innumerable local and personal stories.

But it’s when the connections between big events and local occurrences get a bit more obscure that the fun starts.

Here’s one of the more absurd examples: The Pacific Scandal of 1873 nearly prevented the arrival of the first steamship on Kootenay Lake, in 1884, but the Dominion government’s policy for settling the Canadian Prairies enabled the ship to arrive after all.

Election fraud, immigration policies and a Kootenay Lake steamship don’t seem to have much of a connection. Let me explain.

The Pacific Scandal in a nutshell, for those of you who have forgotten your high-school history: A major corporation (the Canadian Pacific Railway) contributes huge sums of money to the election campaign of John A. Macdonald and the Conservative party, and then gets handed a juicy little government contract to build a transcontinental railway. Huge uproar; Macdonald gets booted out of office by William Lyon McKenzie’s Liberals, and the railway doesn’t get built.

Fast-forward five years. The Conservatives get re-elected, helped a great deal by an economic depression for which the Liberals are (rather unfairly) blamed. To implement his National Policy (and, incidentally, keep British Columbia in Confederation), Macdonald determines to finish the transcontinental railway. But the Conservatives have learned their lesson: this time, they will make sure that everything is on the up-and-up.

Enter William-Adolph Baillie-Grohman. He had devised a scheme to reclaim the flats west of Creston from the annual floods of the Kootenay River — by diverting the Kootenay into the Columbia River at Canal Flats. He actually got permission from the provincial government to go ahead with this (literally) earth-changing plan. Someone really should have done a bit more homework on this one: his plan meant messing up not one but two international waterways, and the provincial government had no business approving any part of it because waterways in Canada were, and indeed still are, under the jurisdiction of the federal government. But that’s neither here nor there — the bottom line is that Baillie-Grohman got the go-ahead, providing he met a couple of conditions.

One of those conditions was that he put a steamship on the Kootenay waterway within three years. Apparently no one had considered, either, what this grand reclamation scheme might do to the navigability of Kootenay lake and river. So Baillie-Grohman went back to England, bought a little Norwegian-built pleasure launch called the *S.S. Midge*, strapped her to the deck of a freighter and shipped her to Montreal. There he ran into a major problem: Canada Customs, which imposed pretty significant import duties on the little ship.

Baillie-Grohman did not want to pay those duties, and tried to convince a friend of his, high up in the customs department, to look the other way or at least cut him a



• Full Deli • Pizza • Chicken • Wedges • Refreshments
• Snacks • Soft Ice Cream • Slushes • Hunting Licences
• Post Office • Liquor Store • Daily Lunch Specials

4493 Canyon Lister Rd., Canyon • Ph. (250) 428-8771
Open 8:00 am to 9:00 pm, 7 days a week.

break. I'd imagine the conversation went something like this:

Baillie-Grohman: "Come on, buddy. I'm spending a fortune on this project as it is. Can't you help me out a little here? I'll make it worth your while."

Customs officer: "Sorry, dude, no can do. We gotta play by the rules. Look what happened last time we didn't — five years in the political hinterland. I've got a wife and children to feed; I can't afford to lose my job."

So that's how the Pacific Scandal nearly stopped the first Kootenay Lake steamship in her tracks.

Fortunately, one of the rules that the government was so determined to follow involved its policy of settling the Canadian Prairies. This still might not seem to have much to do with a little steamship on a lake in southern B.C., but, like I say, the connections between big events and local history can be a bit surprising — and Baillie-Grohman was nothing if not inventive.

Another quick refresher: Macdonald's National Policy, in time, grew from simply a policy of tariffs to protect Canadian industry to full-spectrum nation building. It's how the Conservatives justified their drive to complete the Canadian Pacific Railway, their efforts to establish trans-Atlantic transportation systems and their strategies for settling the Canadian West (and guarding it from American expansionism). Under this strategy, the government made a concerted effort to recruit European farmers who would be willing and able to cultivate the Prairies (no shopkeepers need apply). They sweetened the deal by virtually giving land away and allowing these settlers to bring into the country, duty-free, anything they needed to establish a farm in Western Canada.

That last bit provided Baillie-Grohman with just the loophole he needed to



Creston Museum

William-Adolph Baillie-Grohman's S.S. Midge.

get his little ship through customs without paying import duties.

Still not quite seeing the connection? Well, like I say, Baillie-Grohman was pretty creative. He pointed out, very accurately, that the land he wanted to farm, on the flats west of Creston, was underwater. He needed the steamship to pull the plough.

I am not making this up.

PS: If you are descended from a European (non-British) settler to the Creston Valley, we would love to hear your family story for an exhibit we're working on at the museum! Give us a call at 250-428-9262 or email us at crestonmuseum@telus.net. ■

*Providing Excellence
in Client Service.*



**Michael
Carpenter**
28 years
RE/MAX

Broker /Owner
Cell: 250-428-6594

RE/MAX.
Discovery Real Estate

2 Offices to Serve You

1013 Canyon St., Creston
106 33rd Ave. S., Hwy. 3, Erickson

Office 250-428-2234 • Toll Free 1-877-428-2234

mc@remaxcreston.com

www.remaxcreston.com

Hospice Society Offers Compassion

Submitted by: Creston Valley Hospice Society

“You matter to the last moment of your life”, stated Dr. Elisabeth Kübler-Ross, a well-renowned expert in end-of-life care. Hospice was based on that premise, and the Creston Valley Hospice Society was formed in 1987 by Dr. William Mitchell-Banks and Rev. Harry Habershtock. Almost 30 years later, approximately 40 caring volunteers provide free, compassionate visitation and emotional support to terminally ill patients, their

families and friends, in the home, care facility or hospital, during and after the end of the loved one’s life.

It takes a special person to do this. Hospice volunteers are trained in recognizing the stages of end-of-life, and are prepared to face it with each person. Many patients arrive at this stage of life alone and without family support. When family is available, often they live far away or have other commitments. Hospice can fill in the time when the loved one needs

company. Hospice believes that no one should die alone.

Hospice volunteers are carefully selected and trained to listen without judging, to respect religious beliefs without imposing their own values and to respect confidentiality. They sign a confidentiality agreement, and provide a criminal record check. They do not do personal care, which is the responsibility of the facility staff, but they provide friendship, comfort and understanding when needed.

The Hospice Society also provided funds, in partnership with the Creston and District Credit Union and the Creston and Creston Valley Rotary clubs, for furnishings in the palliative rooms at the hospital, where family members can stay in comfort with their dying loved ones. Hospice maintains resource materials at the library, and provides speakers for ongoing training for volunteers. Hospice can also offer a few hours of respite care in the home, and visit shut-ins and the chronically ill.

To receive hospice care, just contact the Creston Valley Hospice Society at 250-428-7575 and speak to Benita, or ask facility staff to request hospice visitations.

The society’s website can be found at www.crestonbc.com/hospice. The coordinator will explain the program and learn about your needs.

All donations to hospice go toward this caring service, and will receive a tax receipt for amounts over \$10. Hospice support comes exclusively through grants and donations, and through fundraising projects by volunteers. ■



**Local Expertise
Global Network**



RE/MAX Discovery Real Estate
 • 1013 Canyon St., Creston • 106 33rd Ave. S., Hwy. 3, Erickson
www.remaxcreston.com
 • Office 250-428-2234 • Toll Free 1-877-428-2234

BUYING OR SELLING A HOME?
 Let a RE/MAX® agent be your guide.



DREAM WITH YOUR EYES OPEN

100% LOCALLY OWNED • 28 YEARS SERVING THE CRESTON VALLEY



2016 Roster

Meet the players

CRESTON VALLEY THUNDER CATS



20 - Bruce-Fuoco, Jackson
Position: Defence
Hometown: Ottawa, ON
Birth Date: 07-10-1995
Captain



10 - Cankovic, Thomas
Position: Forward
Hometown: Whistler, BC
Birth Date: 02-04-1997



29 - Cartwright, Carson
Position: Forward
Hometown: Whitecourt, AB
Birth Date: 27-10-1995
Assistant Captain



89 - Desrosiers, Ian
Position: Forward
Hometown: Golden, BC
Birth Date: 23-11-1995

GO CATS GO!

PROUD SUPPORTERS OF THE CRESTON VALLEY THUNDER CATS

Lorne D. Mann
Lisa Berry Vander Heide

LORNE D. MANN
Notary
PUBLIC

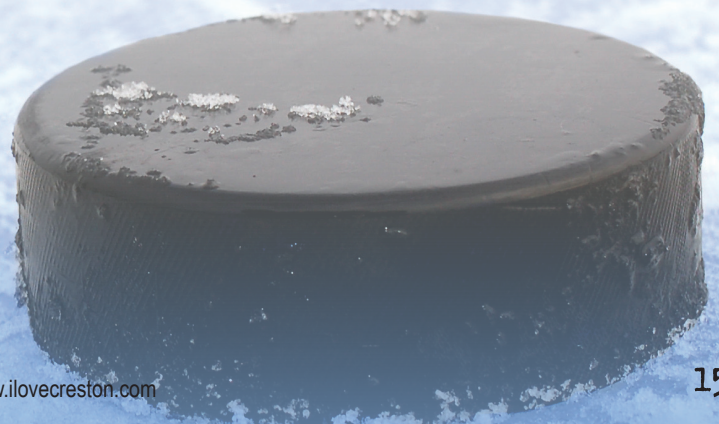
119 10th Ave. N.
Creston, BC
250.428.7194
1.800.649.7194
email: lmann@uniserve.com

Best of Luck Thunder Cats!

Proud Junior B Supporter!

Phil's Roofing

Give Phil Edwards a call today!
250-254-0924





Meet the players

CRESTON VALLEY



35 - Fennell, Dawson
Position: Goaltender
Hometown: Edmonton, AB
Birth Date: 19-07-1997



5 - Gagnon, Marc
Position: Defence
Hometown: St. Paul, QC
Birth Date: 31-12-1997



25 - Hogue, Dylan
Position: Forward
Hometown: Calgary, AB
Birth Date: 03-02-1996



11 - Iles, Grant
Position: Forward
Hometown: Whistler, BC
Birth Date: 10-07-1996



19 - Kilcommons, Sebastian
Position: Defence
Hometown: Okotoks, AB
Birth Date: 02-01-1997



3 - Kimmitt, McConnell
Position: Defence
Hometown: Calgary, AB
Birth Date: 25-11-1996
Assistant Captain



13 - Kovacik, Nick
Position: Forward
Hometown: Kelowna, BC
Birth Date: 25-10-1995
Assistant Captain



30 - Lefebvre, Brock
Position: Goaltender
Hometown: Cranbrook, BC
Birth Date: 26-04-1997

Warehouse Pizza

Eat In
Take Out
Delivery



428-0069

Proud to be supporters
of the Creston Valley
Thunder Cats!

We make pizza Just like homemade!

Pizza Wings Calzones Appetizers Salad Dessert Beverages

1335 Northwest Blvd. Creston BC
www.warehousepizza.ca

Proud supporters of the Creston Valley Thunder Cats!


Scott Veitch


Shannon Veitch


Ken Woolverton


Peter Martin


Carol Geurts

VEITCH REALTY - CRESTON

1131 Canyon Street, Creston, BC • Phone: (250) 428-9331
sales@c21creston.com • Visit us at www.c21creston.com

LEY THUNDER CATS



23 - Livingstone, Jake
Position: Defence
Hometown: Creston, BC
Birth Date: 16-04-1999



27 - Lynes, Maverick
Position: Defence
Hometown: Sherwood Park, AB
Birth Date: 28-06-1996
Assistant Captain



26 - Miller-Jeannotte, Lien
Position: Forward
Hometown: Fort St. John, BC
Birth Date: 13-08-1996



36 - Plunkett, Liam
Position: Forward
Hometown: Calgary, AB
Birth Date: 05-09-1997



18 - Podgorenko, Justin
Position: Forward
Hometown: Nelson, BC
Birth Date: 23-10-1998



91 - Severs, James
Position: Forward
Hometown: Campbell River, BC
Birth Date: 07-05-1996



21 - Severson, Tyler
Position: Defence
Hometown: Calgary, AB
Birth Date: 01-07-1997



6 - Styler, Logan
Position: Forward
Hometown: Prince George, BC
Birth Date: 31-08-1996

Proud to be a supporter of Junior B Hockey

Best of luck this season!

Overwaitea
B.C.'s very own food people.

Best of Luck Cats!

Proud supporters of the Creston Valley Thunder Cats

Ricky's
ALL DAY BAR & GRILL

Ricky's All Day Grill & RG Lounge
Dinner Done Right Breakfast Perfected
Open 7 days a week from 6:30 am to 10:30 pm

1809 Hwy 3A, Creston 250-428-8826



2016 Roster

Meet the players

CRESTON VALLEY THUNDER CATS



71 - Wilkinson, Alec
Position: Forward
Hometown: Calgary, AB
Birth Date: 25-08-1995



14 - Witala, Brett
Position: Forward
Hometown: Kelowna, BC
Birth Date: 08-01-1997



12 - Wullum, Logan
Position: Forward
Hometown: Creston, BC
Birth Date: 01-04-1998



AP 31- Mailhot, Jason
Position: Goaltender
Hometown: Trail, Bc
Birth Date: 23-01-1998



AP 16- Ryan, Brody
Position: Forward
Hometown: Creston, Bc
Birth Date: 24-06-1999

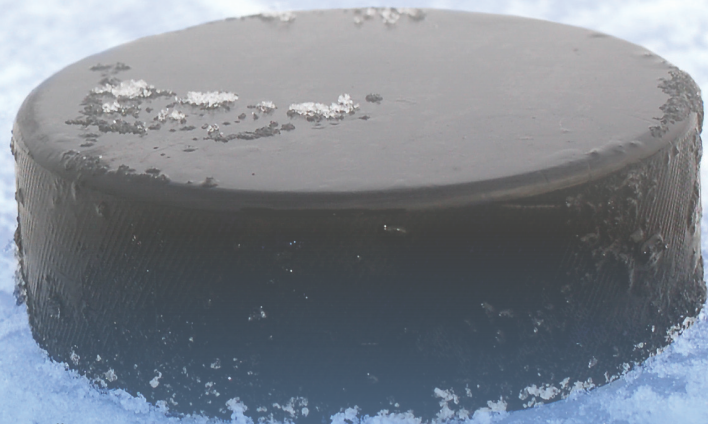
**Best of luck
Thunder Cats!**

*Stay sharp,
stay in
the game.*

*Custom skate
sharpening
on site.*

**ACTIVITY
BASE**

1126 Canyon St., Creston
250-254-9707



Ag Aware

Story by: Randy Meyer,
Creston Valley Agriculture Society

Welcome to the first issue of Ag Aware for 2016. We are over halfway through winter and so far it has been a pretty easy one. We have received some valuable moisture, which will help get our crops started; the mountain snowpack is ahead of last year at this time too. Adequate moisture is so very important to all of us in the food growing business. The 2015 drought conditions were a hardship for many producers.

The challenge for this year will no doubt be the economy. Lately frequent news reports focus on the rising cost of food. Our falling Canadian dollar makes the imported vegetables from the U.S. much more expensive. Not that long ago it was the high cost of fuel that was the cause of rising food prices. These are two completely different issues, both of which are out of the control of food producers. Both have a negative impact to producers as well as consumers. For the most part, rising food prices do not result in an increase to the producer's income. The reduction in fuel prices does help, as all the tractors and trucks and other equipment run on diesel. The flipside is the large increase to the prices of equipment and parts and other inputs that mostly originate in the U.S. Think of what a 40 per cent increase in the exchange rate does for the price of a tractor!

Reports I have read say that we in B.C. import approximately 80 per cent of our fruits and vegetables from other countries. I think we could do much better and lower that percentage. We do have options! We can grow an amazing amount of our food right here in our valley. Fruit, vegetables, meat,

dairy products and grains are all available to consumers in this area. Grow your own gardens. Preserve it for when it's not "in season". If you don't have garden space of your own, try to link up with somebody that does and garden share.

Support our local, amazing farmers' market. Get to know your local farmer. We don't need to rely so much on imported produce. It may require some changes to your mindset, though. Not everything is or should be available at all times of the year, in my opinion. Why pay a high price for fresh peaches or cauliflower in January or February when you can use your home-grown canned peaches or frozen cauliflower instead, thereby stretching your food dollar? Further to that, if even 10-20 per cent of everyone's food expenditures were spent locally, that money would benefit the local economy greatly.

Now is the time to plan your gardens for the upcoming growing season. Get your seeds ready. Figure out your needs or what you can realistically do for yourself. Seek help or guidance from those that know. Collaborate with others. You can do it!

In the global scheme of things, food prices here in Canada are still pretty reasonable. People in many other countries spend a much higher percentage of their income on food than we do. Each year, the Canadian Federation of Agriculture calculates the date by which time the average Canadian has earned enough income from the beginning of the year to pay for their food bill for the entire year. This is called Food Freedom Day. This is similar to Tax Freedom Day. The date set for Food Freedom Day changes from year to year depending on food prices and average income across the country. This year's Food Freedom date is Feb. 3. Canadians spend about 10.5 per cent of their disposable income on food.

In January, along with about 80 other people, I participated in the Fields Forward workshop. The concept was to help and encourage initiatives that will aid agriculture and food procurement in our region. Through speakers, videos and exercises, we learned the concept of "strategic doing" as opposed to "strategic thinking" — doing instead of just thinking. To get things done we need to start doing as a community. Drawing from the strengths and assets of the people and organizations already present in our valley, we should be able to further some of the ideas and concepts brought up at this workshop. Labour issues, transportation and distribution of product, extension services and agriculture education, as well as a number of other issues, were discussed and assigned to groups to explore and develop actions to make things happen. With the dedication of those present something good will come of this.

Before we know it, spring will be here and the pace for all producers will pick up. New baby animals will be coming along and machines will be back in the field. The land will once again provide food and a livelihood for many of us in the valley we all call home.

Enjoy the mild winter and on those days when there is nothing to do outside, maybe grab a good book. I would suggest a seed catalogue. Plan your garden and remember to be Ag Aware. ■

*Ladies Valentine
Bonspiel*
February 5th to 7th
Theme: "Pajama Party"
*Come out, watch
and support local
curling!*
Info: crestonvalentines@outlook.com



Scavengers Provide Great Service

Story by: Carla Ahern,
 Director of Communications, Stewardship and Education
 Creston Valley Wildlife Management Area

I drive across the flats every day. Throughout December, I observed an elk, a victim of road mortality, lying in an open field a hundred meters off the road. It was slowly whittled away to nothing but bones by a variety of wildlife. I saw ravens, crows, eagles, a dog and I am sure many more take a turn on the carcass. It made me think about the role of the scavenger in an ecosystem, how in a few weeks a large mammal can be reduced to a clean pile of bones. Pretty amazing. Not a job for everyone, but there are some that were tailor-made for the task.

A scavenger is an organism that mostly consumes decaying biomass, such as the bodies of dead animals (carrion) or rotting plant material. Many scavengers are a type of carnivore — they might not hunt and kill their prey, but rather consume animals that have died of natural causes or been killed by another animal.

Scavengers play an important role in the food web. Thankfully, they keep an ecosystem free of rotting flesh! Scavengers break down this organic material and recycle it into the ecosystem as nutrients. Can you imagine if we didn't have scavengers around to take care of this? It would be a messy and smelly affair!

How do the scavengers do it? How do you consume dead and decaying meat that is full of bacteria, parasites and other nasty stuff and not get sick?

Most scavenger species that eat carrion are resistant to the kinds of bacteria that invade and rot flesh after death. Most carrion eaters have specially adapted digestive systems that allow

them to literally dissolve everything they are able to eat, from rotting flesh (and its bacteria) and bones, to fur and feathers. Each scavenger has a set of adaptations, some general and some quite specific, that allow them to consume the kinds of dead organisms they do and to process that food in a way that harvests energy and nutrients.

Scavengers have evolved and adapted to fill a specific and required niche in a healthy and functioning ecosystem.

Vultures are a good example, possessing many biological adaptations that make them efficient scavengers. Most have excellent eyesight and a strong sense of smell. They use these keen senses to locate rotting carrion while they are soaring high over land. Unlike raptors, or birds that hunt, vultures have weak talons and beaks because they do not need to overpower or secure their prey. Many vultures are bald, meaning they have no feathers on their head. This prevents bits of carrion, which can carry toxic bacteria, from sticking to feathers and infecting the bird. Vultures have developed an extremely tough digestive system that destroys the majority of the dangerous bacteria they ingest and they also have a high tolerance toward some of the deadly bacteria found on carrion — bacteria species that would kill other animals if they ingested it.

Many species of insects are scavengers and they play an important role in the decomposition of plant and animal materials and the recycling of nutrients. We often forget about the beneficial role that termites and many species of bark beetles, wood boring beetles and carpenter ants play in the

decomposition of dead woody material. Insects such as the blowfly species often feed on the decaying flesh around wounds on live cattle and sheep, preventing infection from spreading — a nice service to provide!

Some wildlife are opportunistic scavengers — they will scavenge if given the chance, but it might not be their preferred food source. Lions, leopards, wolves and other predators will eat carrion if they come across it. Black bears feed mostly on grasses, roots, berries and insects, but they will eat dead animals if the option exists. Foxes and coyotes are more likely to eat carrion in the winter when they cannot find other food. The crow's diet traditionally includes mice, eggs, seeds and nuts. But in developed areas, one of its most common meals is road kill.

So way to go, scavengers! You are a valued and necessary part of a healthy system and food web and we appreciate your work. We are glad you do it so we don't have to!

While we appreciate the work that the scavengers do, we also have to be conscious that scavengers are flexible about what they eat and can adapt well to urban areas or farmland. Scavengers such as opossums, seagulls and raccoons thrive on food in garbage cans. Large carnivores such as bears (brown, grizzly, polar) can frequent local dumps and orchards. Humans have a responsibility to make sure we don't encourage scavenger wildlife to feast on our waste by utilizing appropriate garbage storage and dump facilities and minimizing other attractants. Scavengers are opportunists and will take advantage of an easy meal. ■

Questions? Feel free to call 250-402-6900 (Admin) or 250-402-6908 (Wildlife Centre), or email askus@crestonwildlife.ca.



Monte Comeau
A great horned owl in flight.

Bird Fest Returning with Tours and Presentations

Submitted by: Creston Valley Bird Fest

The Creston Valley Bird Fest committee would like to congratulate Jo-Anne Wesley, the 2016 festival artist. Jo-Anne's watercolour painting of a hairy woodpecker will appear in advertising, on the festival program cover, on the www.crestonvalleybirds.ca website, on Facebook and on posters to be distributed throughout the Kootenays and beyond. The committee would like to thank artist Eileen Gidman and all of the festival art participants at Cresteramics. Their creative efforts are truly appreciated.

This year's guest presenters are Jakob Dulisse, wildlife biologist and photographer from Nelson; Glynnis Hood from Camrose, Alta.; and Gary Davidson from Nakusp, with his photographs of birds of Panama. Friday night field trips include Brendan Mitchell of Creston, talking bats at the wildlife centre, Ulrike Sliworsky identifying bird calls on the Duck Lake dike, and Lorraine Scott and Sharon Laughlin hosting the birds of Fox Tree Hill.

The festival includes guided bird watching tours on Saturday and Sunday. Afternoon events include tours to Swan Valley Honey, Kootenay Meadows organic dairy, the College of the Rockies food forest and greenhouse, four hidden art studios and a kayaking tour to a cormorant colony. The wildlife centre will host guided canoe trips, children's events and a photography workshop by Monte Comeau of Salmo.

Registration for the fourth annual Creston Valley Bird Fest opens in early March. To register online, go to www.crestonvalleybirds.ca or visit the College of the Rockies.

For more information, or to give a tax-deductible donation, go to www.crestonvalleybirds.ca. The Creston Valley Bird Fest is a committee of the Creston Valley Branch of Wildsight, a non-profit society valuing the wildlife and wild places of the Kootenays. ■

CRESTON VALLEY BIRDFEST 2016
MAY 13, 14 & 15
Registration opens March 1
Presentations by Jakob Dulisse, Glynnis Hood, Gary Davidson
Photography workshop with Monte Comeau
Guided Birding tours
Valley Events include Kayaking, canoeing, dairy, honey farm, art studio tours, kids event and more.
[crestonvalleybirds.ca](http://www.crestonvalleybirds.ca)

Class Teaches Avalanche Safety

Submitted by: Kokanee Country Snowmobile Club

Backcountry mountain snowmobiling is a fast-growing and ever-changing sport. As technology advances, snowmobiles are able to reach remote terrain that simply wasn't possible 20 years ago when a 340 cc snowmobile was considered the most powerful mountain sled on the market. Longer tracks, higher horsepower and advancing skills of riders mean riders are reaching areas of more complex terrain than days before. Thankfully there are resources out to help promote safety such as Avalanche Canada and avalanche safety training specialists.

On Jan. 16 and 17, the Kokanee Country Snowmobile Club hosted an in-depth Avalanche Skills Level 1 class provided by one of the industry's best educators, Trigger Point Snow Services. Sixteen residents participated in this class, including search and rescue members from Creston and Castlegar.

Knowing the cost of the course could be a limiting factor for many interested snowmobilers, the Kokanee Country Snowmobile Club reached out to the community for support. The response was almost instantaneous! Dan Cull from Panago was quick to respond with a generous donation, followed by J.H. Huscroft Ltd., FortisBC and Main Jet Motorsports, which reduced the cost of enrolment significantly! Club members were overjoyed with the outreach and words of encouragement from such a loving community. The club also wishes to thank the Columbia Brewery for the use of its conference room for this class.


While working at her desk, club president Trish Drinkle received a Facebook message from a resident who wanted to remain anonymous. He was not a snowmobiler, but was once an avalanche safety educator who knew the value of this course. He reached out with a generous donation for two fully paid spots for two snowmobilers. Drinkle reached out to her board of directors who picked two people they felt would greatly benefit from this class. Mat Warness and Dillon Kaiser were the recipients.

Warness, a longtime Creston resident, is a dedicated husband and father of three, including a newborn, and Kaiser is a young man just starting off in life. Both were incredibly thankful for such an opportunity.

"It was a real eye opener," says Warness. "The multiple people buried scenario was very realistic. Shovelling 150 cm down isn't as easy as one would think! Lots of great technical info and advice that can be put into practice every time we go out. Now to keep practicing and hone those skills further. Very thankful to be part of today's course and I'm hoping to maybe take AST2 next year."

The riding areas around the Creston Valley have seen avalanche fatalities in the past, both skier and snowmobile triggered. Some recreate under the assumption that "it can't happen to me." Even cutblocks will slide with potentially deadly consequences.

"The best way to survive an avalanche is to not be involved in one," says Drinkle. "So many resources available, including avalanche forecasts, trip planning information and detailed terrain assessment information all found on the



KOOTENAY
SPEED SHOP

Trish & Kevan Drinkle

250.428.7531

1525 Northwest Blvd.
 Creston, BC V0B 1G6

www.kootenayspeedshop.com



Heidi Muller
 Photo

www.ilovecreston.com

February 2016

Intuitively Speaking

By: Diane Tolleson

Synchronicities, coincidence, miracles, the “seen” and the “unseen”. We all want answers on our quest to find out who we are and what our purpose is on this planet. As a psychic and medium, I have learned over many years how to trust the “unknown” that seems to always loom around us. Though I haven’t perfected it in every aspect of my life, I do have a handle on doing what

I love and what brings me joy and sharing it with others.

Using our intuition, or “gut feelings”, we can find answers in the heart (FAITH). I do my best to guide people to their own answers or “soul”-utions. The best teachers lead us on a path of *self-discovery* — everyone has their own perceptions, experiences and traditions. To me there is really no right or wrong, just a situation that each person may perceive or believe true in their “world”.

Giving and sharing different perspectives can help shift where one sometimes can get stuck in a mental

loop or pattern. I suggest people ask themselves “What do I feel?” instead of “What do I think?” which sends our subconscious into our intuitive or right brain mode and helps us open to change.

I see this “spiritual” movement or New Age trend as a path of self-discovery. It’s not a new religion or belief system that everyone will get at the same time. We all have lessons to learn and experiences to share. I feel knowledge and experiences become wisdom once we share them.

I would like to offer five numerology readings to the first five people that email me. I will give you your soul and personality numbers, which can help you understand what you are doing here at this time.

In-joy each moment! ■

To learn more, contact Diane Tolleson at dianetolleson709@gmail.com or visit through-my-eyes.ca.

Avalanche Canada website help us to truly know before we go. Knowledge truly is power, and your greatest tool for back country survival.”

Preparation for backcountry recreating in the mountains is vital:

1. You must always have an avalanche transceiver on your body at all times, not on your sled or in a backpack. New technology is crucial; the days of the old analogue style of transceivers are over as they are obsolete and could potentially create a scenario that is counterproductive for survival. A triple antenna such as the BCA T3 or the Mammut Pulse are great examples of triple antenna transceivers.
2. You must always have your survival gear in a backpack, not in a tunnel bag, including a shovel, probe, first aid kit and survival items such as food, water and multiple fire starting tools. It is completely useless if it is not on your body and you become separated from your machine.
3. You must get the proper safety equipment and know how to use it.

4. You must be willing to change riding plans based upon the conditions you see in the snowpack. A plan B and sometimes a plan C are necessary if conditions presented are indicating danger.

5. You must practice regularly with your safety equipment to keep skills sharp.

6. You must never ride alone, or head into the backcountry with only one snowmobile.

7. You must be willing to speak up in your group if you feel a situation is unsafe, not just go with the group consensus. You may see something in the conditions they do not or choose not to acknowledge.

8. Avalanche bags are another great safety tool to help increase your likelihood of survival should you be involved in an avalanche. Avalanche Bags increase surface area, allowing you to stay closer to the top of the avalanche debris. ■

Kokanee Country Snowmobile club is looking at hosting one more AST 1 this year due to popular demand. To pre-register, contact Trish Drinkle at 250-428-7531 or pop into Kootenay Speed Shop for more information.



It's ok to drool

Go ahead... we have a wonderful flooring collection to drool over. We carry flooring made from environmentally mindful technology, they're super at resisting stains, odour, moisture (and drool).

We make flooring a beautiful experience™

Over 30 years of Service!

Nufloors[®]

Smart Service. Great Products.

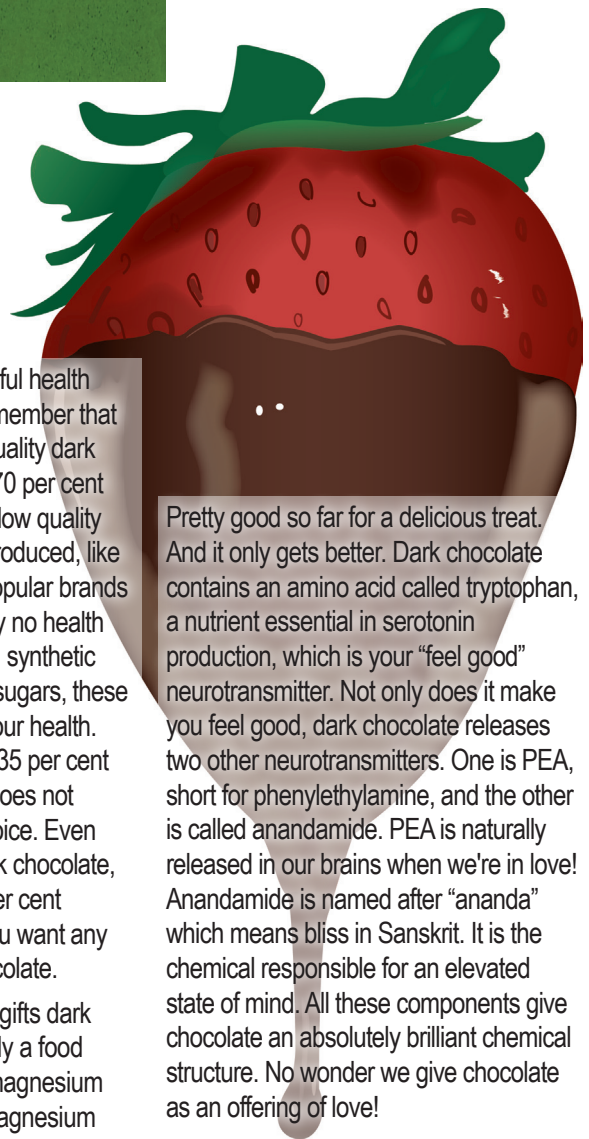
1518 N.W. Blvd, Creston • 250-428-2426
nufloorscreston.ca

Armstrong - Allegheny State Luxury Vinyl Tile



A Delicious, Medicinal Treat

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist



This is the month when it seems like we're surrounded by chocolate. From grocery store displays to advertisements, messages are clear: Buy chocolate this Valentine's Day. I say it's a pretty good excuse to treat ourselves with this amazing health giving food — as long as we choose the right one: dark chocolate, with cacao content of 70 per cent or higher, nothing less. For centuries, cacao bean has been the "food of the Gods", sacred in many cultures, considered a super food and medicine. Cacao is the main ingredient in dark chocolate, and it is the cacao bean that carries all the health giving components.

Before I go into all the wonderful health benefits of dark chocolate, remember that I am only talking about high quality dark chocolate containing at least 70 per cent cacao. Chocolate made from low quality cacao beans that are mass-produced, like those used in production of popular brands of candy bars, have absolutely no health benefits. And due to the fillers, synthetic flavors and highly processed sugars, these products only cause harm to our health. Also, milk chocolate only has 35 per cent or lower cacao content, so it does not qualify as a "good for you" choice. Even candy bars claiming to be dark chocolate, most often only have 50-55 per cent cacao, so read the labels if you want any health benefits from your chocolate.

OK, back to the health giving gifts dark chocolate has to offer. It is truly a food for the heart, due to its high magnesium and flavonoid content. The magnesium helps to relax the heart, and the whole muscular system. The flavonoids are potent antioxidants, which help lower high blood pressure, reduce cardiovascular disease and lessen the risk of strokes. Many studies have also linked the high antioxidant levels to lower the LDL (bad) cholesterol, while leaving the HDL (good) cholesterol unchanged.

Pretty good so far for a delicious treat. And it only gets better. Dark chocolate contains an amino acid called tryptophan, a nutrient essential in serotonin production, which is your "feel good" neurotransmitter. Not only does it make you feel good, dark chocolate releases two other neurotransmitters. One is PEA, short for phenylethylamine, and the other is called anandamide. PEA is naturally released in our brains when we're in love! Anandamide is named after "ananda" which means bliss in Sanskrit. It is the chemical responsible for an elevated state of mind. All these components give chocolate an absolutely brilliant chemical structure. No wonder we give chocolate as an offering of love!

So if you are planning to purchase chocolate for your loved ones, you might as well choose the health, love and bliss giving kind of dark chocolate. Considering cacao production's dark history with slave trade, purchasing chocolate that has the fair trade stamp helps ensure equity, especially since the cacao bean is grown in

some of the world's poorest regions. These days, all fair trade promoting companies only deal with the highest quality cacao beans, so it's always a safe choice and worth every penny! ■

2016 CHILDREN'S FESTIVAL

Monday, February 8th
At the Creston & District Community Complex

- FREE SKATE**
from 12:15pm - 1:15pm
Children's Activities and live Stage Show in the Creston Room from 1:00pm to 4:00pm
- FREE SWIM**
from 4:00pm to 5:30pm
- FREE ADMISSION**

For more information:
teen.advocate.creston@gmail.com

Brought to you by:

CRESTON VALLEY
TOWN OF CRESTON

Where the Pro's Go!

Come see us for Spring plans, fencing and seeding needs.

Sunset Seed Company
EST. 1921

Feed, Pet, Grower Supplies & More!

Beside 7-11, Creston • 250-428-4614

Friendly, Helpful Advice for Over 75 Years!

Natural Remedies for Cold and Flu

Submitted by: Tilia Botanicals

When it comes to cold and flu season, it's true to say, "The best defense is a good offense". You may be used to waiting for the bugs to come and get you just so you can take remedies to get better. However, you can have a much nicer time when you support and build your immune system before the sickness is even going around. There are several ways to naturally keep your system strong and healthy, and they are much easier to integrate into your life than you think! Of course, we all know that a good night's sleep, regular exercise and stress reduction are key factors to a strong immune system, but some other less obvious practices are often overlooked. First, ensure that you are drinking enough clean water. The body carries all of its functions out most efficiently when it is hydrated.

Eating well also has a significant effect on how efficient our immune system works. When in the midst of all kinds of immunity stressors, you won't believe how much a healthy diet of whole, unprocessed foods can actually help. To keep your defenses up even more, remember to include herbs such as fresh garlic, ginger, rosemary, horseradish, lemon and cayenne in your cooking. That's not to say you have to resist absolutely all temptations the winter season has to offer. Let yourself indulge every so often, but stick to the 80/20 rule (80 per cent healthy food, 20 per cent junk food).

When the cold or flu does manage to sneak by your defenses, remember

not all hope is lost. There are many natural remedies you can turn to, and even keep in your cupboard just in case. They can make the sickness pass you by much quicker and easier. If you catch it just as you start to feel the initial sickness, you may even be able to avoid the cold and flu symptoms altogether.

Echinacea is a wonderful flower that really helps by boosting your white blood cell count when needed. Most children actually love the taste of echinacea drops if they are extracted in an organic vegetable glycerin. Make sure your echinacea remedy makes your tongue tingle; that's how you know it is effective!

The oregano plant has a volatile oil that acts as a natural antimicrobial.

Oregano oil is best used for a lingering throat or sinus infection but is also a very effective for the whole system as an antimicrobial remedy. Just be sure to dilute the pure essential oil before taking it, or else it will burn!

It is also a great idea to keep a good fire cider handy. This traditional remedy is made from fresh ingredients including horseradish, ginger, garlic, turmeric, rosemary, onions, lemon and hot peppers infused in a raw apple cider vinegar. This tasty immune-boosting remedy works wonders for fighting off infections.

We want you to enjoy the rest of this season feeling your absolute best and we wish you the best of health this year! ■

Wood Stove Exchange Program



Upgrade to an efficient heating appliance and receive a \$350 rebate!

There are 66 rebates to distribute. First come, first serve.

SMARTER BURNING, CLEANER LIVING.

THE  LUNG ASSOCIATION™
British Columbia



 BRITISH COLUMBIA
Ministry of Environment

For more information and the application visit: www.rdck.ca



Story by Jesse
Moreton, BSc DC

The Advantage of Age

On more than a couple occasions I've had patients remark, "The golden years aren't so golden!" Others warn me that growing old isn't for sissies, the weak or the faint at heart. Everyday I'm reminded of the aches and pains that await us as we age. However, as with most things in life, there is a silver lining. It is upon these more advantageous aspects of aging that I'll focus my comments today.

For example, did you know you are far less likely to suffer a disc herniation as you age? Disc bulges and herniations are among the most debilitating kinds of back pain. I've never had a kidney stone or given birth, but people tend to put them in the same category. If you've had one, you'll know what I mean. Statistics show that the vast majority of disc herniations occur between 30 and 50 years of age. The reason?

As we age, we lose the ability to retain water inside and around our cells. Structures like spinal discs have a very high percentage of water. When they are full of water, it causes pressure on the walls of the disc. Sometimes the pressure is enough to cause the walls of the disc to bulge, deform and put pressure on the spinal cord or nerves behind it. Sometimes the pressure is so great that the walls break and the contents of the disc spill out into the spinal cord and nerves. It doesn't sound pleasant and trust me, it's not! The good news is that with aging there is less water and less pressure on the walls of the disc. The likelihood of bulging and herniating drops significantly. Advantage of age number 1: Less disc problems and bouts of severely debilitating back pain.

Now if you're still wondering why they don't typically show up until the 30-year mark, it's because discs are also aggravated

by repetitive flexion, especially under a load. What that means is lots of heavy lifting, prolonged sitting and some strenuous abdominal and back exercises. Usually it takes the years of adolescence and early adulthood for conditions to get bad enough for changes to occur.

Advantage number 2: Less headaches. Again, I'm generalizing here, but on the whole people tend to get fewer and fewer headaches as they age. I first noticed this as I would work on over-the-hill patients with other neck problems. Often I would ask, "Do you ever have

Did you know you are far less likely to suffer a disc herniation as you age?

headaches with your neck problems?" Often the answer would be, "Oh, I don't get headaches anymore." After noticing a trend I started doing some research. Sure enough, it's a documented fact that both men and women experience less headaches as they age. The change is most significant for women with migraine type headaches after going through menopause.

One Swedish study followed a group of 374 patients for 12 years and found that headaches resolved in almost 30 per cent of the participants. The majority of others noted less frequent and less severe symptoms. Unlike disc problems, however, the reasons for less headaches aren't as clear. The researchers speculated that heredity may be a factor. Others have theorized hormonal changes such as occur in menopause and andropause. Regardless of the mechanism, it's good news for most headache sufferers.

Advantage number 3: Stiffness. Okay, I admit, I may be stretching with this one. For most people, getting stiffer doesn't help much. But for the hyperflexible and overly mobile subpopulation, this is a really good thing. Just as I see people on the stiffer end of the spectrum, I see others who have muscle and joint problems because they aren't stiff enough. They're the type who are labelled "double jointed" and may have had problems with joint dislocations or instability. The fact that we lose range of motion and generally "stiffen up" as we age will help these patients tremendously. They'll feel like most of us in our 30s when they're in their 60s. There's always a silver lining.

I wish everyone healthy aging, and more importantly, a good attitude to go along with it. ■

Fig's
PLUMBING
AND GASFITTING

LICENSED • BONDED • INSURED

250-428-6014

Serving the Valley Since 1986

- ALL PLUMBING
- GASFITTING
- HEATING SYSTEMS
- TANKLESS WATER HEATERS
- HEAT PUMPS
- RENOVATIONS

ENERGY STAR PARTNER

Can We Blame Weight Gain on the Environment?

Submitted by: Vital Health

According to the Canadian Institute for Health Information, the latest studies indicate that, in the past 20 years, overweight and obesity rates have more than doubled for adults and tripled for children. So why the sudden expansion (pun intended)?

Most people believe that obesity rates have increased to near epidemic proportions because we are eating more and moving less. However, this is only partly true. Even though we live in a time where we can supersize almost anything (including ourselves), research indicates that we actually consume less food than before, but we have definitely reduced our overall fitness levels.

Due to the fact that the obesity epidemic occurred so rapidly (evolutionarily speaking), many researchers believe that the problem may be due to our present environment rather than so-called poor genetics.

Researchers from Stirling University in Scotland point to evidence that indicates natural weight-control mechanisms in obese individuals no longer function effectively, making it very difficult to control weight gain. The researchers suggest that drastic environmental changes during the last few decades — especially the production and usage of synthetic organic and inorganic chemicals — may be largely responsible for this metabolic malfunction. To further corroborate this theory, research published in the 2002 Journal of Alternative and Complementary Medicine showed that the drastic rise in the use of synthetic chemicals over the years matched the rise in the number of overweight and obese adults in the U.S.

Many of these chemicals — never part of our evolutionary existence — are found in pesticides, which make their way from the foods we consume into our tissues. Many pesticides have also been shown to negatively affect brain chemistry, and possibly interfere with specific areas of the brain that are involved in weight control. A study presented in the Journal of Lipid Research in 2002 indicates that unwanted weight gain (excess body fat) may be strongly linked to hormone-disrupting contaminants. In fact, many of these chemicals act like estrogen mimickers (referred to as xenoestrogens), elevating the body's fat-storing hormones.

One such chemical, called Bisphenol A or BPA, has been shown to both trigger and stimulate two of the key biological mechanisms underlying obesity: first, it increases the number of fat cells (hyperplasia), and second, it enhances their fat storage abilities (fat cell hypertrophy). The kicker is that BPA is a widely used polycarbonate plastic in our everyday lives (coating in metal cans, in food containers, refrigerator shelving, baby bottles, returnable containers for juice, milk and water, microwave ovenware and eating utensils). One can easily see how the human body can become weakened over time by things most of us are oblivious to. ■



THE ULTIMATE ENERGY SOLUTION

A synergistic formulation that works to "awaken" your metabolism and help your body burn fat for energy.

For more information visit us in-store
127 10th Ave. N., Creston
250-428-7700

Unique gifts for the Wine Lover



*Chianti Merlot Champagne
Rose Chardonnay Pinot
Bordeaux Napa Valley
Merlot Valley France
Chardonnay Champagne
Mosel Walla Cognac
Chardonnay*

Wine Kits, Beer Kits and More!



Creston Valley Winecrafters

Hours: Tuesday to Friday 9am-5pm,
Saturday 9am-3pm,
Sunday & Monday-Closed

3116 Hwy 3, Creston • 250.428.8969

Great Gift Ideas for your Valentine



Kenmore

Check out our quality home appliances

Sears

1510 Cook Street, Creston • 250.428.5301
www.sears.ca

Happy

10 Best Valentine's Movies

10. Dr. Zhivago (1965) — Lush cinematography, gorgeous music and the chemistry between Omar Sharif and Julie Christie have turned this romantic epic of a doctor-poet trapped by the Russian Revolution into a film classic.

9. An Affair to Remember (1957) — Cary Grant and Deborah Kerr star in this emotional remake of Charles Boyer and Irene Dunne's 1939 "Love Affair," about a playboy aboard ship. The silly 1993 offshoot, "Sleepless in Seattle," is not as good.

8. I Know Where I'm Going (1945) — Wendy Hiller heads to an island off Scotland to meet her wealthy intended in this wartime romance, but on the way she meets dashing navel officer Robert Livesey. Scotland has never looked more romantic.

7. From Here to Eternity (1953) — It would be hard not to include this just for the romantic scene between Burt Lancaster and Deborah Kerr on the Hawaiian beach. The surf pounds, the music peaks, the screen burns.

6. Romeo and Juliet (1968) — Shakespeare purists scoffed at Franco Zeffirelli's take on what became a celebrated film, with the lovely Olivia Hussey and Leonard Whiting playing the tragic couple from feuding families. It's a little creepy to think that Miss Hussy was just 15 years old.

5. West Side Story (1961) — This grandly passionate and innovative musical version of Romeo and Juliet was No. 3 in the American Film Institute's list of top 100 U.S. screen romances in 2002.

4. Sense and Sensibility (1995) — Whether you are a Jane Austen fan or not, she does know romantic intrigue and the pound-pound of a young person's heart. These both bring on tears of joy upon successful union, if you let yourself be taken along. Emma Thompson and Kate Winslet are amazing.

3. Gone With the Wind (1939) — Scarlett O'Hara realizes that the man of her dreams has always been in her hands. Rhett Butler realizes that living a life of charm and grace is more important than a woman who wants someone else.

2. Casablanca (1942) — Bogey gives up the only woman he will ever love to beat the Nazis and hang out with a good buddy, Claude Rains.

1. The African Queen (1951) — Crusty Humphrey Bogart gives "skinny old maid" Katharine Hepburn a ride down a dangerous African river. By the time they encounter a German destroyer, these two people who can't stand each other are in love. ■

Source: www.washingtontimes.com

Valentine's Day

Strawberry Cream Cheese French Toast

Ingredients:

12 slices home-style white bread, cut into 1-inch cubes, divided
 2 (8 ounce) packages cold cream cheese, cut into 1-inch cubes
 1 1/2 cups sliced fresh strawberries
 2 cups half-and-half
 12 large eggs
 1/3 cup pure maple syrup
 Sauce: 1 cup white sugar
 1 cup water
 2 tablespoons cornstarch
 1 cup sliced fresh strawberries
 1 tablespoon butter

Directions:

Generously grease a 9x13-inch baking dish. Arrange half the bread cubes in the prepared baking dish. Evenly distribute cream cheese cubes over the bread cube layer; sprinkle 1 1/2 cups sliced strawberries atop cream cheese layer. Layer the remaining bread cubes over strawberry layer.
 Pour half-and-half into a blender; pulse for a few seconds. Blend eggs into half-and-half until fully incorporated. Add maple syrup and blend until smooth. Pour mixture evenly over bread mixture. Cover the baking dish with aluminum foil and refrigerate 8 hours or overnight.

Remove baking dish from refrigerator 45 minutes before baking.

Preheat oven to 350 degrees F (175 degrees C).

Bake the covered casserole in the preheated oven for 30 minutes. Remove aluminum foil and continue baking until French toast is puffed and golden brown, about 30 more minutes.

Stir sugar, water, and cornstarch together in a small saucepan. Cook, stirring occasionally, over medium heat until mixture has thickened, about 5 minutes. Mix 1 cup sliced strawberries into the sugar mixture; cook and stir until strawberries are softened, about 10 minutes. Add butter and stir sauce until butter is melted.

Source: allrecipes.com

Your Valentine's Weekend is here

Valentine's Day Menu
Seafood fettuccini
 Served with a garlic piccolo. \$ 18.99
Steak Oscar
 Served with a potato tart and vegetables
 6 oz. - \$22.99 8 oz. - \$26.99
Save room for dessert! Brownie fudge fantasy \$7.99

Enter to Win
 Dinner for 2 at Ricky's with a night stay at the Ramada

RAMADA
 250-254-1111
 Creston Ramada 1809 Hwy 3A, Creston BC

Ricky's
 ALL DAY BAR & GRILL
 250-428-8826

Great Gift ideas for Valentine's Day

Supreme 4K HDTV
 Panasonic 4K
 We are your exclusive Panasonic dealer!

iPhone 6s

LECTRIC AVE Electronics

Simply COMPUTING EXPRESS
 Your Computer Repair Store
 Apple Specialist

NEW LOCATION: 1017 Canyon Street, Creston - Ph: (250) 428-7873

Wall Celebrating Creston Valley Sports

Submitted by: Sports Wall of Fame

The one main thing missing from the Creston and District Community Complex (CDCC) is a history of sport in the valley. Regional district areas A, B and C directors and the town agreed that a Sports Wall of Fame would be a great addition to the facility. A volunteer committee has formed to make it a reality, along with CDCC staff, and it will be funded by the regional district.

The "wall" will be a video screen in the complex, with access to a website built to celebrate the history of local sport and the many athletes who achieved provincial, national or international fame while living in the valley.

clubs or groups have been identified, involving hundreds of local athletes. Many of these individuals or teams have achieved success provincially, nationally or internationally.

To get the process in motion, the



Photo Submitted

Creston's Del Macs hockey team.

Come out & cheer on your local Junior B Team!

February Home Games

**Wednesday, February 3rd
vs Kimberley Dynamiters
7:30 pm**

**Friday, February 12th
vs Golden Rockets
7:30 pm**

**Saturday, February 20th
vs Columbia Valley Rockies
7:30 pm**



Visit us online at
www.crestonvalleythundercats.com

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

The first phase is to collect the history of sport groups in the area, from Riondel to Yahk. To begin this process, a student has been hired, through Kootenay Employment Services, to research sport at the Creston Museum. At the same time, many sport groups have been contacted and asked to provide the history of their groups and facilities. When this information is received, a website will be designed.

The second phase will be to interview athletes and copy or photograph their certificates and medals, and tell their stories. Nominations for induction into this record will be accepted from the community. Approximately 30 sport

committee is asking for input from all sport groups. A form is available to use as a guide for the information.

Memorabilia can be copied or photographed, with permission. At present the committee is looking for a photographer who can assist with photos and video of interviews.

If you can help, please contact Signe Miller at kenandsigne@gmail.com or 250-428-9584, or Nicole Nilsson at nilsson@telus.net or 250-428-4960. Forms are available by email or can be delivered. Deadline for submissions is Feb. 26., but earlier would be appreciated.

Once the complete website is launched, an induction event will be planned to celebrate all sport in the valley. ■



Dare to be colourful.

Be bold,
be unique,
get noticed!

- Graphic Design
- Logo Design
- Brochures
- Business Cards
- Sandwich Signs
 - Posters
 - Printing
- And more!

 **Imagine ink**
GRAPHIC DESIGN & PRINTING
129 12th Ave., N., Creston • Ph 250.402.6071

Powerful Solutions For A Compact World

SNOW CLEARANCE



0% Financing
60 Months O.A.C.

STARTING AT \$24,497.00*
While quantities last

Kubota

A 26HP liquid-cooled diesel engine, with Kubota's E-TVCS (three-vortex combustion system), offer tremendous power, high torque, cleaner emissions, and low noise and vibration. Our proven hydro-static transmission provides the B-Series with smooth shifting and powerful performance for heavy-duty loader applications. Loader operations are more convenient with the standard-equipped 4-position valve and control lever. Integrated into the tractor, this ergonomically positioned valve lets you attach the front loader and other front implements quickly and easily.

B2601HSD w/loader and backhoe features: 26hp, 3cyl diesel, 4wd, hydrostatic transmission, power steering, 3pth, drawbar, LA434 loader w/60" QA bucket (955lb lift capacity), BH70 backhoe w/12" bucket, mechanical thumb, 6.7ft dig depth



0% Financing
60 Months O.A.C.

STARTING AT \$19,866.00*
While quantities last

Kubota

L-series standard 25hp (non DPF) tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide the precision performance and ease of use that you need. With a HST transmission that offers simple forward and reverse change for optimal operating and ease of front end loader work. Strong 1918lb 3pth lift capacity and power steering make operating this tractor a dream.

L2501HST w/loader features: 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



0% Financing
60 Months O.A.C.

STARTING AT \$33,260.00*
While quantities last

Kubota

The new MX series, now even better than ever. Available in either 2Wd or 4WD models and gear or hydrostatic transmissions, the new MX series can tackle just about any job that comes their way. It comes with several upgrades including environmentally-friendly Tier 4 Final emissions, increased engine power, greater loader lift capacity, greater seat comfort and more ergonomic features, including electric over hydraulic PTO engagement, everything you want in a utility tractor and more.

MX5200DT w/loader features: 54.7hp, 4 cyl turbo diesel, 4wd, 8 speed forward/reverse transmission, live hydraulic PTO w/brake, wet clutch, CAT 2 3pth w/ 2310lb lift cap. 24" behind lift point, power steering, LA1065 front end loader w/72" quick attach bucket 2275lb lift cap. (at pivot pin)



0% Financing
60 Months O.A.C.

STARTING AT \$15,599.00*
While quantities last

Kubota

BX-Series compact tractors are equipped with 18 to 25.5 hp diesel engines, 2 speed hydrostatic transmission for unparalleled power in tractors this size. Compact, yet spacious operator's area designed to give you ease of use with power steering, deluxe seat, foldable ROPS, and quick easy implement installation for all your yard work with far less maintenance.

BX2370 w/ front snowblower features: 23hp, 3cyl diesel, 4wd, hydrostatic transmission, power steering, 3pth, rear 540 & mid pto to drive snowblower, **BX2750D 50" 2 stage snowblower, hyd lift & manual chute rotation.**

NELSON GOLDEN FERNIE
GRAND FORKS CRESTON CRANBROOK
CRESTON
Serving The Kootenays
KEMLEE EQUIPMENT LTD.
Your locally owned & operated Ag Centre

SNOW SALE

Farming 3pth rear snowblowers, dual stage, shear bolt protected, heavy duty 4 blade fan, hand crank chute control (hydraulic optional) making snow removal easy, and years of smooth, reliable, and long lasting service.

*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.

Y500 SNOWBLOWER
STARTING AT \$1958.00*

