

Sports & Recreation

...page 19

Health & Fitness

...page 13

Youth & Fun Stuff

...page 14

Seniors Information

...page 18

FREE

January 2009

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i love creston

A Vital Link To Our Community

"CVSR members have to be available at all times"
... see page 5

Organic Cheese In The Valley

"Five years from concept to fruition"
... see page 9

Meet The New Mayor

"Getting involved in your community"
... see page 11

Finding Old Alice Mine

"Where the heck is this mine?"
... see page 15

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**5
A Vital Link To Our
Community**

The Creston Valley Search & Rescue (CVSR) has been running for six years. The BC Provincial Emergency Program, Regional District of Central Kootenay and community donations help fund its operation.

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features

9 Cheese Making Tradition Alive In The Creston Valley
The Creston Valley recently became home to one of the few fromageries that follow a century old cheese making process.

11 Meet The Mayor
Learn more about your new mayor, born and raised in the Creston Valley, from the man himself.

15 The Wild Tale Of Finding Old Alice Mine
Follow the tale of two Creston exhibit curators as they try to hunt down the site of the elusive Alice Mine.

sections

13 health & fitness National non-smoking week.

14 youth Monthly caricature.

18 seniors Therapeutic Activation Program for Seniors.

19 sports The Thunder Cats are ready to hit the ice.

20 out & about What's happening in the area.

20 mailbag Letter to our editor.

21 business guides Dining, home-based, health and more.

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new! Video clips on our redesigned website.

readers corner New & used books, dvds and more.

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photo gallery Take a tour of the Creston Area.

archives All of our previous magazine articles.

2009



New Year Greetings

Story by I Love Creston Staff

Well here we are... a new calendar is hung up and as always, I will continue to write 2008 until at least March. This is the year of Astronomy (I am hoping to meet someone and see stars in his eyes). For more information, check out the website www.yearofscience2009.org Now, interestingly, the United Nations had designated 2009 as the year of the Gorilla. This is to recognize conservationist Dr Jane Goodall's continued fight to save gorillas in Africa. Now to add another to the pot, the Chinese Horoscope says that 2009 is the year of the earth Ox. This is a popular year.

New Year's resolutions have been made, some will be kept while others have already broken them. The top three New Year's Resolutions for 2008 are to lose weight, pay off debt and start a business. Polls have found that by springtime, 68% of people who made a New Year's resolution have broken it. After one year, only 15% claim success.

This is why my New Year's resolution is not to make one.

Along with the change of the year, the Town of Creston welcomes its new Mayor, Ron Toyota who shares his life journey. The Creston Valley Thunder Cats coach checks in to bring us up to speed on the team's status and game plans.

National Non-Smoking Week is recognized this month, (quitting smoking is another popular resolution), a Senior Tobacco Reduction Coordinator from Interior Heath will look at house fire statistics related to cigarettes.

Our feature this month focusses on a team of volunteers that will drop everything to help save a life. The Creston Valley Search and Rescue have not only rescued and saved lives, but also faced the heart wrenching task of recovering a deceased person and giving closure to a family. I tagged along on a practice search and rescue operation and was stunned at the skill, effort,

and dedication each of these volunteers brought with them.

We also look at an amazing program geared towards seniors that offers social activities, meals and most importantly friendship.

Let's turn the page and focus on local history. The Creston Valley is rich with tales and stories about "the past". A hilarious re-cap of the quest to find the Old Alice Mine (you would think the Holy Grail) will put a smile on your face. One of the things that sets Creston apart from other communities is that the past, present and future are all fascinating. For instance, a family-run cheese factory that has been producing organic cheese since last November (I need to re-consider processed cheese slices).

And let's not forget the regular sections in the magazine. The funpages, caricature and the Out & About calendar. We here at I Love Creston Magazine hope your first few weeks of 2009 are are restful and re-energizing. ●



A VITAL LINK TO OUR COMMUNITY

Story by I Love Creston Staff

On November 29, 2008 Mike Corcoran's phone rang around 8:00pm. It was the RCMP, informing him of a hunter who is missing in the Lipsett/Thompson Mountain area. Fred Smith did not show up at home by 5:00 when he was expected. The RCMP told Corcoran that an initial search, had located Smiths' vehicle approximately 1.5 kilometres on Lipsett Road. Corcoran, Manager of the Creston Valley Search and Rescue (CVSR), is given crucial information about Smith. He is 58-years old, bald, five foot seven, heavy set and approximately 285 lbs. He was wearing red pants, shirt, hat and vest and black rubber boots. Smith was considered in poor health, known to have heart problems and takes the medication, Nitroglycerin.

Smith usually road hunts so it is assumed he might have got a shot at a deer or was tracking a deer that may have crossed the road. Since the area is close to town so it is assumed something may have gone wrong with Smiths' health or he may be injured.

Immediately jumping into action, Corcoran quickly makes the decision that a full search by CVSR will get underway first thing the next morning. He calls one of the 25-member team, initiating a phone tree that reaches all the volunteers and relays the details.

The next morning, a crisp and overcast sky, didn't keep fifteen men and women from showing up and meeting Corcoran and Training Officer, Glen Franz at 8:00am. There were varied expressions on the volunteers' faces, anticipation, focus, concern and one overall feeling of commitment.



feature story

The events of the day captured on film.



The CVSR van, and sign indicate the initial meeting place prior to the search.



Donning bright yellow jackets, the teams slowly and carefully look for any clues.



The CVSR van hauls all the food supplies and stretcher so the subject can be transported by ground.

Once the CVSR van arrived at the initial meeting spot, it was decided that base camp would be set up near Smiths' (now referred to as the subject) truck, several kilometres up the bumpy dirt road. The team and van made their way to the subject's truck while Franz and Corcoran rode ATV's in case the machines were required.

The group, all donning bright yellow jackets and carrying first aid gear, gathered around Corcoran and he briefed them and the search plans were decided. At this point,

a woman with a search dog joined the group. It was a very organized and planned process with the group splitting up into three search teams of four or so people, one of them a team leader.

Corcoran, Franz and the radio operator remain at base camp and have GPS units. The radio operator deals with the steady flow of communication mostly from the searchers. They are each wearing a radio and carry a GPS. One group headed downhill from the subject's truck, another uphill and the search dog (in training), walked up and down the road, trying to pick up a scent from the subject's truck. An immediate shock of adrenaline and hope were felt as the searchers made their way through thick

brush, poking the ground with poles and yelling 'Fred'. Look, look, look is a basic rule of thumb learned early on in training.

Back at base camp, the radio operator is receiving communication from the three teams as well as fielding that information to the appropriate person. As teams find footprints, broken twigs and other potential evidence, the radio operator is notified and relays that information out. In this search, CVSR is testing a new way to

share evidence, camera cell phones. A searcher takes a photo from the field, sends it to base camp so it can be analysed and assessed. The most important piece of technology used is the GPS. Search and Rescue rely on these gadgets to help keep track

of who is where, where something is found and if necessary, to contact an Ambulance or the RCMP. As time moves along, some information coming over the radios from the searchers prompts a look of hope. This is the first phase where searchers look for clues and bag evidence. They use a pole to measure their stride to calculate how far they can see. Acronyms are used over the radios as people with scanners can pick up the search team's frequency allowing them to listen in.

"Immediately jumping into action, Corcoran quickly makes the decision that a full search by CVSR will get underway first thing the next morning. He calls one of the 25-member team, initiating a phone tree that reaches all the volunteers and relays the details."

In the meantime, the Logistics Manager initiates another important part of a search and rescue. A small propane run barbecue is hooked up to boil water and hot chocolate. Tables are set up where soups, potato chips and bottled water are laid out. A stretcher, kept in the van, is pulled out and checked over to ensure it is ready to go if needed.

The hopeful mood is still evident at base camp, but as time passes Corcoran and Franz squint trying to see one of the teams and listen to the conversations on their radios. The team with the dog returns to base camp, with the news that nothing concrete was found. They decide to go the opposite way down the road. More time passes, it has been almost three hours. Several of the members at base camp are slowly pacing, listening and trying to see the search teams.

Not long after, the almost stoic base camp is full of movement. Corcoran and Franz are on their radios, calling all searchers to a GPS coordinate and using an odd phrase (again to protect against scanners), which means the subject has been located. The radio operator is also relaying the message that all searchers to a specific GPS coordinate. It is quickly specified

the subject is alive. All the searchers and Corcoran make their way to the subject at this point only knowing he is alive. It is an almost frantic climb up a rocky and bushy hill. Several team members bring the stretcher up the hill.”

The search member who spotted the subject explains that his team had stopped to regroup and something, the subject, caught his eye. This is the part of search and rescue that is just simple luck. Fred was found sitting down, leaning against a tree. The medic immediately checked

Fred over and determined he was conscious but in serious condition. Corcoran radioed base camp, requesting an Air-Helicopter. Fred was carefully lifted, put into the stretcher, secured and covered with blankets. During this time and the gruelling

trip to get Fred down to head base, the searchers talked to him and reassured him that he would be okay.

When the team arrive at base camp with Fred, there was a sigh of relief and tense jaws loosened into smiles as Fred was removed from the stretcher. He was an overstuffed, scarecrow looking representation of a man, with rubber boots duct taped to his pants. As the adrenalin decreased, the team helped themselves to soup, chips

“It is also indicated he is alive. All the searchers and Corcoran make their way to the subject at this point only knowing he is alive. It is an almost frantic climb up a rocky and bushy hill. Several team members also transport a stretcher up the hill!”



The rescue teams quickly to the subject's location.



Carefully strapping the subject into the stretcher, ensuring stability.



Once the subject arrives at base camp, Corcoran and the coordinators evaluate the situation.

A successful search for all involved.

feature story

and hot chocolate knowing their “mock” rescue was a success as well as a learning experience. The shared snippets of their morning and gathered in a circle facing Corcoran for a de-briefing. He quickly re-capped the morning, complimented the team and individuals on a job well done and called it a successful exercise as the subject was rescued within four hours. Next, members had a chance to give their feedback about the search, negative or positive. It was unanimously seen as successful and informative.

CVSR has been running for six years. The BC Provincial Emergency Program, Regional District of Central Kootenay and community donations help fund its operation. There are mock exercises



The Logistics Manager sets up a propane barbecue and will put out food and drink for the subject and volunteers.



Fred Smith – the subject.

two to three times a year and training twice a month. There is also testing to become a team leader and components of study. A major benefit of the mock exercise is that it's at same speed and has the same sense of urgency, which increases the speed and amount of learning. There are several levels of first Aid for members to take. As well there is the G-SAR Team that is specially trained for specific situations such as swift water, tracking and climbing. CVSR members have to be available at all times. Searches can start at dawn or within an hour of a call. Now that winter has hit, CVSR will focus on snow-related rescues involving avalanche beacons, snow shoeing and probing. CVSR works as a network alongside Creston, Riondel and Boswell Fire and Nelson SARS. 9

Once at base camp, a silent sigh of relief. There were giggles and smiles as Fred was removed from the stretcher. He was an overstuffed, scarecrow looking representation of a man, with rubber boots duct taped to his pants. As the adrenalin decreased, the team helped themselves to soup, chips and hot chocolate knowing their “mock” rescue was a success as well as a learning experience.”





"Denise and Wayne Harris, owners of the Kootenay Alpine Cheese Company, with one of their milk cows."

"An Age Old Cheese Making Tradition Alive and Well in the Creston Valley!"

Story by Erika Woker

The Creston Valley, in southeastern BC, recently became home to one of the few fromageries that follow a century old cheese making process... and it's all organic.

As you pull into the driveway of the Kootenay Alpine Cheese Company, you can't help but marvel at the healthy milk cows meandering around a lush green pasture and their obvious sense of calm as you gaze at the awe inspiring Skimmerhorn Mountains. Five years from concept to fruition, Denise and Wayne Harris along with their family realized, "it was

a dream come true" when they opened their organic on-farm cheese factory in November 2008. This is a truly remarkable venture. The Harris' were determined to produce unique, preservative-free cheese that followed age-old Alpine-style cheese making techniques and using the milk from their own dairy.

A tour of the facilities starts with donning a lab coat, hairnet and rubber boots to ensure the immaculately sterile environment of the fromagerie remains uncompromised. The "make room" boasts a cone shaped 1000-liter stainless steel vat, fashioned after

Alpine region cheese vats. It is the only one of its kind in Canada. Premium-quality fresh milk is piped directly into the vat from the milk house via gravity fed pipes. The milk is then heated to 90 degrees Fahrenheit by a solar powered hot water heating system. Once that temperature is reached, cultures to create the taste of the cheese are added together with rennet, the coagulant that thickens the milk. The mixture is then left to stand for 30 minutes until it is set. Wayne Harris points out, "When a hand is placed on top of the mixture and the handprint stays, it is set and ready to move to the next step." The cheese is then hand cut with a "spino", an Italian made cutting tool that looks like a large sharp wire whisk. Once the right curd size is achieved, it's different for each variety, the mixture is again heated to near pasteurization temperature and stirred. This helps to expel the whey and shrinks the curd. The pH activity is constantly checked to ensure proper acidification is taking place. The curds are placed in forms custom made in France. The filled forms are then put onto the press table where pressure is slowly increased on then to expel the whey and knit the curds.

From the time the milk is piped into the vat to this point takes approximately three to four hours. The cheese dries overnight in the forms. In the morning the cheese is released from the forms and rolled in organic sea salt, note that no salt is actually added to the cheese mixture. The cheese rounds are moved to the fromagerie's carefully



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created aging caves. The aging caves are like an underground cave, cooled with circulating underground well water. Humidity has to be constantly monitored to ensure proper aging. Different cheeses require different humidity levels.

The Harris' make three different varieties of cheese. The Alpendon, "Gift of the Alpine" is their premium reserve cheese carefully modeled after French Beaufort d'Alpage. During the aging process Alpendon is turned and brushed each day with a three percent salt solution and culture (B Linens) is added to give it extra taste and textured dark rind. Nostrala that resembles an Italian Fontina, is turned and brushed with three percent salt and vinegar solution but not B Linens. The fromagerie's third cheese is Mountain Grana, which is modeled after an Italian Piave or young Parmesan and requires the longest aging. The cheese must all age at least 60 days but they all develop optimal flavor with longer aging such as four to eight months.

The Harris' dedication to organic agriculture and cheese making is unrelenting. Their dairy is certified organic with the Pacific Agriculture Certification Society. They also belong to Kootenay Local Agricultural Society whose mandate is to foster local sustainable agriculture. There are absolutely no pesticides, GMO'S or chemical fertilizers on the land from which their 80 milk cows are fed. Their cheese making facilities are environmentally sustainable with solar power providing 70 percent of the cheese plant's hot water. The heated water accounts for 90 percent of the plant's energy needs.

Their dairy herd includes Swedish Red, Guernsey and Normande, which give an excellent blend of butterfat and protein components for cheese making. They graze from April to October on pastures where soil nutrients are replenished via stringent soil management practices including the application of composted manure from the farm and whey from the cheese making process. The cows are introduced to fresh paddock of grass every 12 hours. The majority of Kootenay Alpine's cheese is made from the milk produced during the seven-month grazing period. In the winter months the cows are fed home grown hay, silage and grain in a free stall barn offering the utmost comfort and relaxation. 9

If you are interested in learning more about these truly unique artisan farmstead cheeses click on:

www.kootenayalpinecheese.com.

With its large viewing windows into the cheese making areas, a small cheese store and dairy tours Kootenay Alpine Cheese is a welcome addition to the Creston Valley's numerous agritourism destinations which provide tourists with fun-filled, educational country experiences. For detailed information regarding the area's other agritourism destinations visit the website: http://www.crestonbc.com/farm_tours.pdf



Cutline "The first week of making cheese."

MEET the Mayor

Story by Mayor Ron Toyota



I was born in Creston and graduated from Prince Charles Secondary School in 1965.

I married Judy (nee Kranabetter), who was also born and raised in the Creston Valley. We have three children and are now enjoying five grandchildren.

My parents, Betty and Tak have lived in Creston since 1946. My father passed away in 1973. Their business activities started with a radio repair business that evolved into Creston Electric Ltd. And then Taks Home Furnishers with stores in Creston, Golden, Cranbrook, Fernie, Castlegar and Grand Forks.

My father exemplified the tradition of "GETTING INVOLVED IN YOUR COMMUNITY".

Through his many years of involvement in the Creston Valley such as the Blossom Festival, All-Night Dry Grad parties, Kiwanis Talent Revue and a Citizen of the Year Award. He was also a Creston Town Councillor and spearheaded the community fund raising for the construction of the Creston Rec Centre building. I believe I have committed to his tradition and passion for the well being of Creston through my own "COMMUNITY INVOLVEMENTS".

Simply belonging to an organization does not qualify you to assume the lead role. It requires understanding of issues, listening skills, a timely sense of humor, making difficult decisions and ensuring there is value for these decisions. Operating my own

business and serving on community organizations has taught me what leadership and responsibility demand of me.

I retired in May 2007 after 4 years with Clarica / Sunlife Financial. Retirement may mean the income flow changes but my mind continues to be challenged. My community involvement includes Past President of the Creston Valley Rotary Club, President of the Creston Valley Regional Airport Society and a "member at large" on the Creston & District Community Complex Facility Enhancement Project. In May 2008 I was elected for a three-year term to the Board of Directors of the Creston

"Retirement may mean the income flow changes but my mind continues to be challenged!"

& District Credit Union. I have lived in Cranbrook for 30 years, operating Taks Home Furnishers in Cranbrook, Creston, Fernie Golden, and Grand Forks. I have also been involved in many community organizations including President of the Cranbrook Golf Club, Chairman of the United Way of Cranbrook, Administration Director for the 1986 BC Cranbrook Summer Games, Chairman of St. Mary's School Board, a Member of the Cranbrook Hospital Foundation, Relay For Friends and Relay For Life as well as President of VIP Stores Ltd. and a Director of Cantrex Group in Montreal. I was acclaimed as the Chair of the COTR Board of Governors on September 11, 2008. 9

Note: The Town of Creston launched its new website www.creston.ca in early December.

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National Non-Smoking Week What Have You Got to Lose?

Story by Trish Hill, Senior Tobacco Reduction Coordinator, Kootenay Region
Patti Moore, Community Action Coordinator with the Canadian Cancer Society

January 18 - 24, 2009 is National Non-Smoking Week. This year's theme is, "What Have You Got to Lose?" Many people know that smoking is the number one cause of illness and death in Canada, but did you know that it is also the number one cause of house fire fatalities?

We all know about the negative effects of tobacco smoke on health, but very few of us may think about other consequences, such as house fire fatalities. Fires started by cigarettes cause one out of every five deaths associated with fires. That's about 70 deaths annually. Cigarette-related fires are also responsible for 300 injuries in Canada every year. In addition to the human cost of cigarette fires, there is also the financial cost, which can equal about \$56.7 million annually.

Several measures have been taken in recent years to reduce the number of fires caused by smoking. Fire safety standards have come into effect for consumer products such as mattresses and furniture. Regulations for reduced ignition propensity cigarettes (that are less likely to ignite other materials) were implemented in Canada in 2005. Despite these steps, cigarettes

continue to exact a significant human toll on Canadian society.

What's the best way to avoid the risk? "Becoming tobacco-free is one of the most important thing you can do to protect your health, home and family," said Patti Moore, Community Action Coordinator with the Canadian Cancer Society. "If you are not ready to quit smoking, making your home smoke-free will reduce the risk of a blaze caused by cigarettes not to mention it will reduce your family's exposure to second-hand smoke."

For people who do want to quit, there are resources available to help. QuitNow.ca is free, confidential, and available 24 hours a day, seven days a week. Expert counsellors are available to help you create your own plan for quitting. Plus you can call them whenever you get the urge to use tobacco and need a little support – any time of the day or night. This website also offers a chat room where you can connect with others who are trying to quit tobacco use.

You can contact QuitNow at 1-877-455-2233 or www.quitnow.ca to get started on your plan to become tobacco-free in 2009.



"Many people know that smoking is the number one cause of illness and death in Canada, but did you know that it is also the number one cause of house fire fatalities?"

health



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- TL Soroke Silviculture
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- Dog Patch Pottery
- Tiger Lilly Ecological Clothing
- Tree House Bakery
- Mountain View Stoneworks
- Royce's Appliance & Refrigeration
- Canyon Ridge Spa

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Monthly Caricature

Artwork by Bruns Illustration

Can you guess who this Creston area resident is? There's a hint included in the picture. Send an email with your name, phone number and guess to: caricatures@ilovecreston.com The first three people with the correct answer will have their names published in next month's magazine!



Creston Valley Early Childhood Development

A Committee of BC UIC PSE B.C.

Important Phone Numbers

Early Childhood Development
Intervention/Coordinator - Early childhood and
Strong Start

.....250.428.2217 Ext. 238

Creston Valley Family Place Community
Action Program for Children (CAPC)

.....250. 428.0218

Public Health Nursing/IHA ...250. 428.3873

Creston Valley Infant Development

.....250. 402.6350

School District #8 (Kootenay Lake)

.....1.877.230.2288

Creston Public Library250. 428.4141

Supported Child Development Program

Cranbrook Office.....1.877.230.2288

Creston & District Community Complex

.....250. 428.7127

Therapeutic & Public Riding Program

CDSCCL250. 428.2296

Columbia Basin Alliance for Literacy

Creston.....250. 866.5596

Community Resource Centre

.....250. 428.5547

CV First Step Infant Toddler Centre

.....250. 428.4839

Kootenai Community Centre

.....250. 402.0068

Teddy Bear Daycare.....250. 428.5111

Grizzly Bear Out Of School Care

.....250. 428.1347

CV Nursery School.....250. 428.9308

Lower Kootenay Band.....250. 428.4428

Town of Creston250. 428.2214

Baby Steps/Pregnancy Outreach Program

.....250. 402.6544

www.crestonearlychildhood.ca

*This publication made possible by funding from
the Town of Creston, The Creston Valley Cleaners
Society and the Province of BC*

Winners from Last Month:

Pernita Armstrong, Crystal Hudson

Do you know an area resident who you think would make a great caricature? Email us your idea or suggestions to:

caricatures@ilovecreston.com

Please include your name and phone number.

Last Month

*John Kettle
RDCK Area B Director*

The Wild Tale of Finding Old Alice Mine

Story by Kevin Solez, Exhibit Curator from the Creston & District Museum & Archives

Grady Hunt and I had been on the job at the Creston Museum as exhibit curators for about a week when we learned that part of our job entailed some detective work. We were given the task of locating some of the old places we'd been reading about and familiarize ourselves with the neighbourhood. Our first effort was to find the old Alice Mine, which one would not think would be too difficult, seeing as all sorts of people had told us where to find it and said that they'd recently seen it.

The first piece of advice we got was to go up Lakeview-Arrow Creek Road and the mine would be on our right. So we followed that road all the way around back of Arrow Mountain until we were in Canyon. Grady and I both asked the question, "Where the heck is this mine?" We agreed to try again.

We got more advice and were now told the mine was off to the left on Foster Road, which is a right turn

off of Lakeview-Arrow Creek. So, we headed up, rumbling up the switchbacks on Foster Road in my little sedan. We found an old broken down cabin, with tins that once contained food and motor oil, so far as we could tell. We both thought this was exciting, and debated whether it was related to the mine or not.

The structure didn't seem old enough, probably not more than 50 years old, to be associated with a mine from around the turn of the century. At that time we didn't know about the mining activity at the Alice Mine in the 60's. So, agreeing that we had not found the mine, we continued up Foster Road, past the snow line and past the six kilometre mark, when we saw what looked like a sasquatch coming down the road. It turned out to be a very tall young woman, a backpacker from Quebec. To say the least, we were mildly startled by this turn of events.



Another find, a broken down cabin, with tins that once contained food and motor oil. Could this be the Alice Mine?

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“Have you seen a mine?” we asked.

“Did you come up here in a car?” she responded.

“Yes, it is a pretty good one,” we explained

“Snow tires?” she inquired.

“No, just relatively new tires,” we said.

“Wow!” she said.

“So, have you seen anything that looks like a mine?” we asked, hoping to hear a yes.

“Nope,” she said bluntly.

Dejected and no longer able to make upward progress due to snow and mud, we returned to the museum, fostering the notion that the “Alice Mine” was a hoax. A joke everyone plays on the new curators. We continued asking all the knowledgeable old folks who would visit the museum how to get up to the mine, and they all seem to think it’s really easy and gave us more advice. “Go up 16th avenue, hike past the horses

and the old Goat Mountain water works and the mine is right there.”

Off we went up the trail, which is exceptionally muddy because of all the springs in the area. The trail is at some points nothing but a stream bed. We hiked and hiked about two miles up the switchbacks, hoping to see anything that looks remotely like a mine. What we discovered was pretty neat. A very old structure built of poles cut from the surrounding trees. The trees had

“We hiked and hiked about two miles up the switchbacks, hoping to see anything that looks remotely like a mine.”

also been turned into ladders with rungs nailed to them. Often these nails were railroad spikes. Nearby there was a spring with underground and overground pipes. It had been worked on, and fenced off with a warning sign “Domestic Water – Do Not Enter.”

We have not been able to find out when this fence and sign were erected, because we heard that Goat Mountain waterworks has not been active for a very long time. Yet the sign and fence don’t seem more than 40 or 50 years old.

First we thought that this must be a mine despite the complete lack of



A very old structure built of poles cut from the surrounding trees. The trees had also been turned into ladders with rungs nailed to them.

any evidence of excavation. Because we'd been looking for one mine on a relatively small mountain for three days, we figured this must be it. So, we returned to the museum, soaking wet, armed with some pictures and actually happy to have found anything. We quickly discovered that we were on the wrong side of the mountain but we were much closer on our second try. The rumour of the "Alice Mine" hoax resurfaced. But thanks to our friend Norm, a no nonsense rock hound, we were told exactly where to go.

In the meantime, Ava Shaw, the third member of our team arrived from Toronto and the three of us headed up Foster Road with renewed purpose and curiosity. Just as Norm said, opposite the old shack we had found our second time out was an overgrown road leading up the mountain. We headed up the road and immediately began finding interesting minerals, quartzes, and feldspars with galena and what appeared to be silver ore.

"We returned to the museum, fostering the notion that the "Alice Mine" was a hoax."

This was a very promising sign. There was also tons and tons of soapstone everywhere. And then, eureka, there it was. The broken down remains of the building built around the lower portal of the Alice Mine. We thought that this was it, but more investigation revealed another portal 20 metres higher on the mountain. There you can see about 10 feet into the cave. There are also rail tracks emerging from the portal.

It was a very beautiful day, clear all around and from that position of the mine we could see the flats and the railroad. The cut line for the tram running to the

concentrator is not visible but we looked and looked for it, since we had been told by a lot of folks that it was easy to see. I believe that someone had to live at the time when the cut line was visible to point it out today. After taking numerous photos, we returned to the museum, satisfied, and certain that there really was an Alice Mine. 9



The broken down remains of the building built around the lower portal of the Alice Mine. More investigation revealed another portal 20 metres higher on the mountain. There you can see about 10 feet into the cave.

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January 2009 Home Games

January 3	Revelstoke
January 9	Kimberley
January 10	Chase
January 24	Golden
January 25	Prince George
January 30	Kimberley

Creston Valley THUNDERCATS
 Check out our new website
www.crestonvalleythundercats.com

Reaching Out and Supporting Seniors

Story by TAPS Creston

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Great Big
Thank You!**

for all involved with
Gleaners Christmas

**STUFF
THE BUS!**

This years "Stuff the Bus" was a huge success thanks to all the generous support and donations from the residents of our beautiful valley. The bus was filled with toys and food items for distribution this holiday season.

A special thanks to the Thunder Cats for all the volunteer hours and the loan of the bus!

**Creston Valley
THUNDER CATS**

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The Therapeutic Activation Program for Seniors (TAPS) provides opportunities for seniors to come together, share experiences, participate in our community and take pleasure in their life. TAPS reaches seniors who are isolated, grieving and have physical disabilities such as strokes, depression, early dementia and mental illness. General practitioners, long-term care assessors, mental health or just someone you know can refer you to the program. The average age of seniors in TAPS is 86 and but the age range is from 65-90.

TAPS provides a variety of important services for clients:

- Transportation to the program from your doorstep and a safe ride home.
- At least three nourishing meals are provided a week that consists of tea/coffee, a homemade delicious meal and dessert (even for diabetics).
- A variety of recreational, educational, and social activities that stimulate mind and body are offered. As well, additional programs such as Tai Chi, Yoga, games, baking, crafts, intergenerational programs, and church teas/lunches are available.
- TAPS also has programs that include excursions out to explore and enjoy our community. For example, out of town trips in the Kootenay area, shopping and drives during season changes.

Seniors gain a sense of worthiness through TAPS by participating in fundraising through helping make pies and baking for our baking and craft sales.

Here are some of the program's benefits:

- It gives seniors something to look forward to.
- It gives a reason to do personal care.
- Meet friends their age.
- Share a nourishing meal.
- A chance to get out in the community (no vehicle).
- Having fun.
- Respite for families.
- Independence.
- Safety through morning calls.
- Increase physical ability, strength, and prevent falls.
- Decreases isolation and loneliness.
- Become extended family.
- Nutrition at a family style table.
- A decrease in hospital and Dr visits. 9

TAPS started in 1991 with five clients and has now grown to 45 clients. The program was initially under the provincial government and is successfully operating under the umbrella of CRC Community Resource Center.



"TAPS reaches seniors who are isolated, grieving and have physical disabilities such as strokes, depression, early dementia and mental illness."

Creston Valley Thunder Cats

Story by Joe Martin, Head Coach/GM

Ready to Hit the Ice

In the new calendar year, the Thunder Cats have 19 games left with 11 scheduled in January, making it one very important month. To prepare to get back on the ice, the Thunder Cat players had nice break at Christmas to visit their family and friends back home. Some players had to travel as far as Anchorage Alaska, Colorado and four players went home to the Yukon Territory.

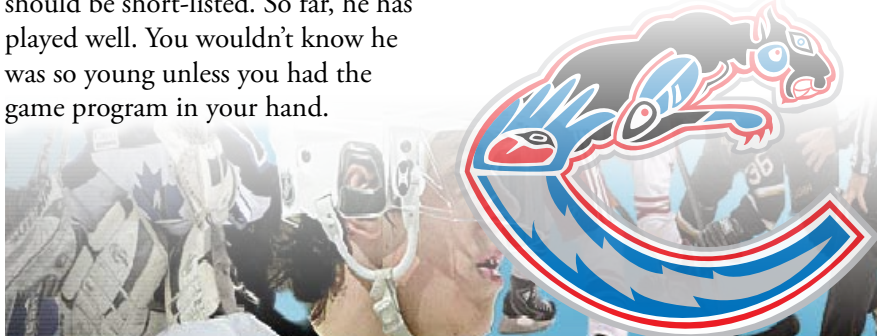
“Our division is very tight, one poor weekend could see the first place team drop three places, or vice versa”

Also in January, the All Star/Prospects game, that we had last year Creston, will hopefully see six Thunder Cats representing Creston. Cole Yurkowski heads the charge for the potential Thunder Cats as well as offensive defensemen Colton Grolla. In the Prospects game 17-year-old Cranbrook native, Cody Boekestyn should be short-listed. So far, he has played well. You wouldn't know he was so young unless you had the game program in your hand.

January 10th is the trade deadline and looking at the Thunder Cats not much change is anticipated. So far, the team has looked good but in the New Year play always picks up around the league. Our division is very tight, one poor weekend could see the first place team drop three places, or vice versa. So, at the most we are looking to add some key ingredients at the deadline. Players that have won championships, been through adversity, carry some weight in the dressing room and on the ice is what we need in the tough times ahead.

I also want to thank everyone for the great community support. We have put 4,321 spectators through the doors here at the Johnny Bucyk Arena. Thanks Creston! 🍀

“Cole Yurkowski heads the charge for the potential Thunder Cats as well as offensive defensemen Colton Grolla.”



How Fear Greetings



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Out & About January, 2009

www.ilovecreston.com/events

January 3 to February 28

The Library Show featuring Artist Maria Curcic

Location: Creston Public Library

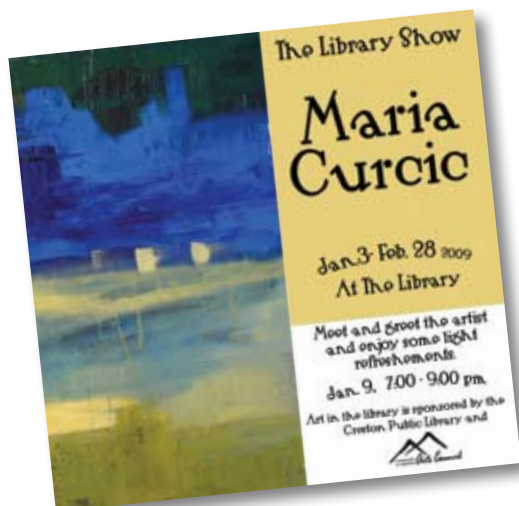
Meet and greet the artist January 9 from 7:00pm to 9:00 at the Creston Public Library.

Light snacks provided.

Curcic's abstract paintings will be on display along with her originally designed glorious hats. This is an event like you have never seen before. Take a journey and enjoy the unique works of this high-energy dedicated artist.

Sponsored by the Creston Public Library and the Community of Creston Arts Council.

www.noimitation.com



January 06, 2009

Beginner Bridge Lessons

Location: West Creston Hall at 7:00pm

Will continue every Tuesday at 7:00pm

All bridge players and beginners are welcome

Contact: Bob Gildemeester at 250-428-2880

www.westcreston.info/newsletter

Check www.ilovecreston.com/events for more events & happenings in January.



mailbag

Dear Editor

Just reading your Nov. paper & on page 4 you mention Idaho's smoke . I live on Erickson & right now I see a smoke to the east , the north east & to the west . The wind is West at 3K. Idaho is south , the air right now is blue. At this time of year it's hard to step outside & not be able to count 3 local fires . Anyone that would say Idaho is the fault of Creston's bad air has never lifted their eye's beyond their toes. I have video of the black skies north of the hiway on the flats when the farmers out there were burning. I think your remarks are in very bad taste with no merit.

Lloyd

We want to hear from you!

The staff at I Love Creston Magazine strives to bring you, the reader, as much information, news and interesting stories we can. To help us uncover and find more topics for you to read, we welcome your input.

We also accept that you may not agree with a story or information and encourage you to write to us with your concerns.

Letter may be e-mailed to office@ilovecreston.com (no attachments please), faxed to (250) 428-2632 or mailed to I Love Creston Magazine c/o Mailbag Column, Box 143, Creston, BC V0B1G0.

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