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FREE

March 2009

Bringing the Creston Valley together!

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i love creston



Harmless Beauty in Creston

"Alternative holistic
approach to hair and
cosmetic products"
... see page 5

History: It's About Time

"The transformation of
the South Wing at the
Creston Museum"
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Here Comes The Bride

"Everything you need
to create the perfect
memorable wedding"
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Helping Control Pet Population

"Many strays are the
direct result of owned
intact pets"
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Bringing the Creston Valley together!



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March 2009

What's New In This Issue

Story by: I Love Creston Staff

Before I start my rambling, I need to correct and apologize for a mistake in our last issue. Ballroom Dance Instructor, Christine Miller's phone number was misprinted. Her number is 250-428-4443.

If you are not on Facebook, you likely have heard of it. It's a social networking website that continues to rapidly grow. Well, users dodged a major bullet as Facebook changed it's terms of service regarding user data to what I am calling, 'What happens in Vegas stays in Vegas'. Translation, Facebook would no long allow users to remove content from the site at any time. Well this plan was quashed and we facebookers can sleep at night knowing that the embarrassing childhood photo of yourself can be deleted.

While on the topic of the internet, the Creston Valley Development Authority has juiced up its website, www.crestonevents.ca, to help you access information on local events and festivals.

Aside from my birthday, the month of March has one of the greatest celebrations, Saint Patrick's Day. Rules for this day - wear green, go to a bar or pub after work, drink beer, look for leprechauns and fall asleep on your lawn while trying to find four leaf clovers.

Spring is coming and with that comes the planning weddings. It is a monumental undertaking and in

this issue is a 'how to do' manual for planning a wedding.

'Beauty is only skin deep', a catch phrase we've all heard. Jeanine Legare Estabrooks strongly opposes that train of thought. Her career in hairdressing peaked her interest of what hair and beauty products do to us. She has her own line of natural products and is ready to introduce them to the Creston Valley.

Election fever has not quite ended in BC. A few months ago we introduced you to new Mayor Ron Toyota. This issue we will tell you about the new Town of Creston Councillors.

Have you ever wondered how realtors make their commission? A local real estate agent explains the steps and clarifies a complicated subject.

Money, recession, job loss and it goes on. We are in a recession and at times the future is bleak. A financial consultant helps us put the pieces together and understand what's ahead.

Our friends at the Creston and District Museum and Archives have another tale from the past and are inviting residents to drop by and see their new exhibits. As well, the staff is interested in seeing any old trinkets and encourages you to bring them in.

March is Red Cross Month in Canada. It is also the organization's 100th anniversary. Whatever global, national or local crisis, the Red Cross is there. Locally, it loans out medical equipment to those in need.

Sifu Neil Ripski brings us part one of the history of Tai Chi. Ripski continues to tell us his perspective of martial arts and its origins.

So you are taking a short hike one afternoon. Are you ready to face the elements if the weather changes, you get hurt or even lost? A member of the Creston Valley Search and Rescue tell us the essentials you need to take with you.

A group of concerned residents recently came together to help control the overpopulation of cats and dogs. Their goal is to pay for the spaying and neutering of stray cats and dogs.

Creston is with no doubt a hockey town. Our incredible Thunder Cats make us proud and have had a great season. We caught up with Coach/GM Joe Martin and he shares the latest on the team.

Another league is skating into town this month as Creston hosts the BC Hockey Bantam Tier 3 Provincial Tournament. Nine teams will join our Creston team, coached by Rick Minichello. There are also a few surprises in the works.

We were lucky to find and hire a writer in Los Angeles who covered the Academy Awards for us. Holly Wood did a bang-up job reviewing the show and sent us a write-up that may blow your socks off.

Elena Yeung is still trucking across Canada, playing gigs where she can and hooking up with old friends. I have to say, I'm thinking she's headed for an award.

Finally, our Out & About calendar to help you plan your free time.

Enjoy the issue.

Harmless Beauty

Story by: I Love Creston Staff

We live in a world full of toxins, pollution, animal extinction, tainted food and increasing numbers of people dying from diseases. When I think about that, I blame vehicles, factories, weather and ecological changes. Have you ever considered that the pills you take, the products you put in your hair and on your skin are extremely dangerous? Just because they are sold in stores doesn't mean they are safe.



feature story

In the late 1990's, a spark lit up in Jeanine Legare Estabrook's mind as she realized there are viable alternatives to commercial products. "I started my journey to find an alternative holistic approach to chemical hair services and cosmetic products," she explained. "I am fully

committed to protect my health, my clients and our environment.

Estabrook has 20 years of experience as a licensed hairdresser/cosmetologist. She has owned her own businesses as well as worked for others. These experiences helped propel her into researching ingredients in hair and cosmetic products.

"While I was hairdressing I didn't think twice that I wore gloves to protect my hands," she said. "What about the clients' scalp? My research concluded that hair dye is one of the worst products."

Almost like a sponge, Estabrook was soaking up as much information

as she could find. An important discovery was that Europe has had excellent guidelines for 25 years, while Canada's industry is still not strict with all cosmetic and hair products. The trust is in the manufacturers meeting the standards with no watchdog. "I am fascinated with this industry," Estabrook said as she took in a breath. "I want to go back to the times of Cleopatra when natural products were used. I really love every aspect of the industry and protecting anyone or thing that is or has been damaged."

Estabrook's thirst for knowledge uncovered encouraging information she didn't know existed. "Market research proves the demand for natural alternatives to the dangerous system damaging carcinogenic formulations in hair dyes, cosmetics and daily personal care products. Market tracking expects the sales of organic and natural cosmetics to increase by 120 percent by 2012."

As Estabrook became more and more emersed in making changes in the hair and cosmetic industry, a seed was planted that would change her future. "I wanted to open an

"My research concluded that hair dye is one of the
Worst Products"



“Just because they
are sold in stores
Doesn't
Mean
they are safe”

environmental hair and beauty salon dedicated to protecting health and the earth's eco system,” she said. “The sickness and cancer that I've seen affect my peers made me feel very sad. I have looked into some of the ingredients and it's been determined they produce a 50 percent risk of being afflicted with terminal cancer. I want to make a change.”

Opening an environmental salon, NaturElle' Roots, is Estabrook's first step towards change. “I want to be there for health and environmentally conscious people. Those who won't compromise their health for beauty, chemically sensitive people or those who are interested in green living. It would be the first green salon in the Kootenays, right here in Creston.” She said with a smile.

With a solid goal in front of her, Estabrook moved her energy to a major component to the salon, products. She began experimenting making shampoos, body creams, lip gloss, bath soap and more. “Alive magazine was a helpful resource. I used organic ingredients out of Vancouver as well as herbs. I made up my own recipes and over time mastered them.”



Estabrook's business planning went up a notch through the Kootenay Aboriginal Business Advocates Society (KABAS). This organization provided advice, support and technical assistance to help her take the right steps to build a business. “KABAS taught me so much,” she said beaming. “This program gave me the confidence to run a business. We covered marketing, accounting and so much more. This was so valuable because I have never been a numbers person.”

The icing on the cake for Estabrook came this past January when she was selected as the Aboriginal BEST regional representative at the BC Aboriginal Business Awards Gala in Vancouver. She presented her business plan and competed against a dozen entrepreneurs from throughout the province. “It was very empowering and so helpful,” she said with a big smile. “I didn't win but just the event itself and presenting my plan was great. I will always remember the drumming and prayer session, it was amazing.”

“A seed was
planted that would
Change
her
Future”

feature story

A month later, Estabrook is busy creating her products, researching funding and scoping out potential locations.

Estabrook was born in Cranbrook, lived in Creston for a year then her family moved to Kelowna. Following highschool, she graduated from hairdressing school and worked in Kelowna and Nelson before moving back to Creston with her husband and children.



When not reviewing her business plan, Estabrook works at Golden Herb. Her daughter, Hailey, is also involved with her mom's business. She makes her own lip gloss and has learned to cut hair on her dolls.

As our interview ended, Estabrook glanced away then turned back to me and said, "I can see my salon. As you walk in, you will see a fountain, bamboo and hear instrumental music in the background. It will be very soothing."

"The Sickness and Cancer that I've seen affect my peers, made me feel very sad"

Honoring the Irish

Story by: I Love Creston Staff

It's a Great Day for the Irish: "Oh, I woke me up this morning and I heard a joyful song From the throats of happy Irishmen, a hundred thousand strong" (Written by Roger Edens & sung by Judy Garland).

Every March 17, revellers across Canada pack in to bars and pubs to celebrate Saint Patrick's Day. The Irish, along with ever-growing crowds of people with no Irish connections proclaim themselves 'Irish for a day'. This celebration is usually accompanied with the consumption of Irish alcoholic beverages such as beer or stout and more recently the North American tradition of green beer. Donning

green clothing is a very important part of paying tribute to the Irish. It is believed that those who don't wear green are unlucky and often pinched.

In Canada, Saint Patrick's Day is an official holiday only in Newfoundland and Labrador, but much lobbying to make March 17 a national holiday for the rest of Canada has yet to be successful. Although baseball season is still in the spring training phase when Saint Patrick's Day rolls around, the Toronto Blue Jays wear green uniforms for the occasion.

Along with drinking and green clothing, other Saint Patrick's Day history is also honored. Lets start with leprechauns. These interesting (what I see as borderline creepy), characters

usually take the form of old men who enjoy partaking in mischief. According to legend, if anyone keeps an eye fixed upon one, he cannot escape, but the moment the gaze is withdrawn, he vanishes (note to self: do not stare at my Lucky Charms cereal box). Films, television cartoons and advertising have popularised a specific dim-witted image of leprechauns. They do not resemble anything found in the cycles of Irish mythology. The Irish find this image of a leprechaun to be little more than a series of offensive Irish stereotypes. Finally, the four-leaf clover, also associated with Saint Patrick's Day, is seen as a symbol of good luck. I know that when I was young I spent hours on our lawn searching for that four-leaf clover. Although I never found one, part of me believes that just looking is part Saint Patrick's day luck.

Notes From the Road

Story by:
Elena Yeung

Bluegrass Songwriter, Singer and Musician

Plugging away on her cross Canada tour, Crestonite Elena Yeung sent us another email update:

"I've been sick for the past week, and it has made me confront one of the fears I had about pursuing music full-time. When you're playing music professionally, you have to do it all the time, whether you feel like it or not, and it worried me that it would take the enjoyment out of my music. Fortunately, I had a fairly light week, with only four gigs and I've been staying mostly in one city. So I had a couple days off to just sleep all day and try to push out the bugs as fast as I could. But yeah, as the throat started closing up I have to admit I was a bit worried, and after each set I had to talk to people, when really all I wanted to do was hack up a lung, drain my sinuses and rest my voice.

But you know, I got through it. I'm staying with a musician right now, who has been feeding me all sorts of war stories of performing with food poisoning, singing with bronchitis and though probably neither of us sounded our best at such times, we made it through. It does make you stronger as a performer. Has it made me tired of playing music? No way, it's like a new challenge to work through.

At the same time, I'm learning a few limits...I've just cancelled my first gig ever today, choosing to give my voice a rest, (I'm still recovering from this cold), so I'm set up to deal with the ones to come.

Something else pretty cool, I have started receiving more media coverage. John P. McLaughlin of the Province wrote the following CD review:

ELENA YEUNG: The Gravedigger's Daughter
Her vocals are just a touch uncertain, but otherwise Yeung nails the old-timey/bluegrass genre to the wall. This shows off a fine songwriter and banjo player who musically harkens older, gentler times. Rating: B
I'm also featured in Ricepaper Magazine.

*Still living in the moment,
Elena."*

www.myspace.com/elenayeung

"As the throat started closing up I have to admit I was a bit worried"



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What Do Realtors Do To Earn Their Commissions?



Story by: Barry McPercival

Listing a Home:

- Measure all rooms and prepare a market analysis
- Determine the selling price
- Prepare all paperwork to enter the listing on the MLS
- Take a picture of the property
- Put up a sign that will withstand sun, rain or snow conditions
- Prepare a feature sheet of the home
- Get a copy of the title
- Receive phone calls from other realtors and customers wanting to view the home (Often in the evenings and on weekends)
- Arrange showings with the owner
- Present all offers and negotiate on your behalf

Selling a Home:

- Contact buyers - many times by long distance
- Driving buyers around to show homes (Sometimes two or three weekends per buyer)
- Make cold calls to find buyers
- Go to offices to pick-up keys to show homes
- Return keys
- Drive on realtor tours to see new listing
- Present offers to purchase
- Negotiate purchase contracts between buyer and seller
- Do more after the sale price has been established

- Ensure the office receives all necessary paperwork and it is sent to the lawyers
- Keep in contact with the buyers and sellers

So Far the Realtor Has Done the Above and Incurred the Following

Expenses:

- Monthly Real Estate Board charges
- Long distance charges
- Gas expenses
- Extra car insurance compared to the regular drivers
- Office expenses
- Portion of yearly education courses that are mandatory
- Portion of yearly Real Estate dues
- Missed meals with families
(But has not received any commission!)

The Last Step:

The Final Walk Through and the Home Changes Hands:

Now the commission is paid BUT the selling Realtor and Listing Realtor split the Commission. As well, they usually split their portion with the Real Estate Company they work for. Now the Realtor can pay the bills incurred. This is part of what a Realtor does in selling most people the largest asset of their life.

Creston Valley Thunder Cats

Story by: Joe Martin, Head Coach/GM

Heading Into the Playoffs

The playoffs are just around the corner and when this article was written, (February 16, 2009), we are not exactly sure where we sit. It could be first or third, the next set of games will tell. One win or a Fernie and Golden loss will put us in first place, which would also be a first for the Thunder Cats.

“Now that we are here and have proved we belong, we want to do some damage”

Finishing at the top in the regular season would be a great accomplishment for the club, but now that we are here and have proved we belong, we want to do some damage. The playoffs are a long hard road that requires players to push themselves further into exhaustion fuelled only by desire. Here in Creston we have the right mix of players to do so.

It doesn't matter who we play in the first round they are all tough opponents and if we want to go deep into the playoffs we would have had to see them anyway. The likely candidates are Golden, or for a fourth straight year, Kimberley. Whoever it is, the biggest advantage we have is the Johnny Bucyk Arena. This rink is the hardest to win in for opposing teams because it has funny bounces, short glass and the best fans in the KIJHL. Thanks to Creston fans, in the month of February we had over 1700 in attendance in only four games!

“One win or a Fernie and Golden loss will put us in first place”



Come out and cheer
your local Junior B Team
for the 2008/2009 Season!

PLAYOFFS

Starts February 24 to March 3

DIVISIONAL FINALS

Starts March 4 to 20

CONFERENCE FINALS

March 12 to 20

KUHL FINALS

March 21 to 29



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 all the players!**

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Bantam Hockey Hits Creston

Story by: Laura Wigen
 Advertising/Promotions Coordinator for the
 Bantam Tier 3 Tournament

It will be hockey, hockey and more hockey in Creston Valley later this month. For the first time, Creston is hosting the BC Hockey Bantam Tier 3 Provincial Tournament. From March 15-20, along with Creston, teams from the Yukon, North East BC, North West BC, North Central BC, Vancouver Island, Lower Mainland, East Kootenay, West Kootenay and Okanagan. It is expected that 200 players and families will be in town for the week. Bantam Tier 3 players 14-15 years old and are scheduled to play five to six games a day with a tournament total of 29 games.

"The last time we held the Bantam Provincials, BC Hockey had a different system and we hosted the Bantam Provincial 'A' tournament," said Laura Wigen's Advertising/Promotions Coordinator. "Only towns with smaller populations could have single 'A' teams. Now every town, there is the possibility of having a Tier 3 Team.

I believe there were only six or seven teams in the last Provincial Tournament."

A special number of guests are expected to attend the tournament. Scott Salmond, who is involved with the Canadian Junior Team that just won the gold medal is bringing a jersey that has been signed by the entire team to be raffled or auctioned off. Other donations would be greatly appreciated.

Rick Minichello will be coaching Creston's team of 14 players. Everyone is encouraged to come out and cheer the home team and watch some of the other games.

For more information contact:
 Laura Wigen at 250-428-4067

**"Now every
 town, there is the
 possibility of having
 a Tier 3 Team"**

Bantam Provincial Hockey Championships

March 15 to 19, 2009

Johnny Bucyk Arena, Creston & District Community Complex

Yukon

Okanagan

Vancouver Island

Lower Mainland

North Central BC

North East BC

North West BC

East Kootenay

West Kootenay



March 15 to 20, 2009 • Johnny Bucyk Arena

6 games/day • Semifinals Thursday • Finals Friday

Opening Ceremonies • March 15, 2009 • 7:15 pm

Introduction of all participating teams • Ktunaxa Drummer

Tickets at the door \$2/game \$5/day • \$15/week \$20/family

***Draws for an Autographed Jersey from the 2009 Canadian Junior Gold Medal Team,
2 tickets to a Vancouver Canucks Game and other prizes.

History: It's About Time

Story by: Grady Hunt

Exhibit Curator from the Creston and District Museum and Archives

Celebrating 2009 has come and passed, but the celebration continues at the Creston Museum. New developments are happening on a daily basis as the South Wing undergoes a transformation. The new exhibits that will soon be on display include a Ktunaxa history, with help from Robert Louie, a tribute to the Alice Mine, a sawmill and forestry section, the history of local churches, a re-created barber shop, a pioneer homestead and other projects that show the rich and treasured history of Creston's proud past. These new exhibits were created to show life in the Creston Valley in the early part of the 1900's as well as the developments and changes that occurred over the course of 50 years. The South Wing project is designed to make a statement about the people and businesses that helped make Creston the community it is today

and bring back a sense of pride to current residents.

With final renovations getting closer and closer, the staff at the museum is inviting anyone who has old photos, stories, artifacts, or would just like to take part in the project to visit the museum and participate in this special event.

A passage from the Diary of Sarah Ellen Dow states, "Just at daybreak on the morning of March 28, 1893 the Steamboat Nelson, on the way from Kaslo to Bonners Ferry, via the Kootenay River, pulled into the landing service in the Goat River district. It gave three whistles to let the folks living there know that the captain and crew were unloading freight and passengers were disembarking. This was the usual procedure but one particular morning was a special occasion, and

"The new exhibits that will soon be on display include a Ktunaxa history, with help from Robert Louie"



"Dredging the Flats in the early 1900's"



"Working on the Great Northern Railroad near Creston"

the captain gave two more toots. The first lady passenger, who was a bona fide land settler's wife, was the only one who got off the boat at Goat River landing with her baggage, household effects and personal belongings."

Elizabeth Schuler remembers that day, "We came to Creston in 1931. In Germany, you needed to push a wheelbarrow of money to buy a loaf of bread. My dad had a dream of owning some land of his own, but of course that was impossible in Germany, so we came to Creston. My mom had a harrowing experience coming into Montreal. She had the two of us, and her younger sister with me. My dad came over first, and earned enough money in two years to send for us. We were all sick from the crossing and going through customs was fine until my brother coughed. They grabbed him and took him to the hospital to check for TB. My mother didn't know what was

"As each New Year comes and goes, it is important not to forget the past and the people involved in creating the majestic Creston Valley"

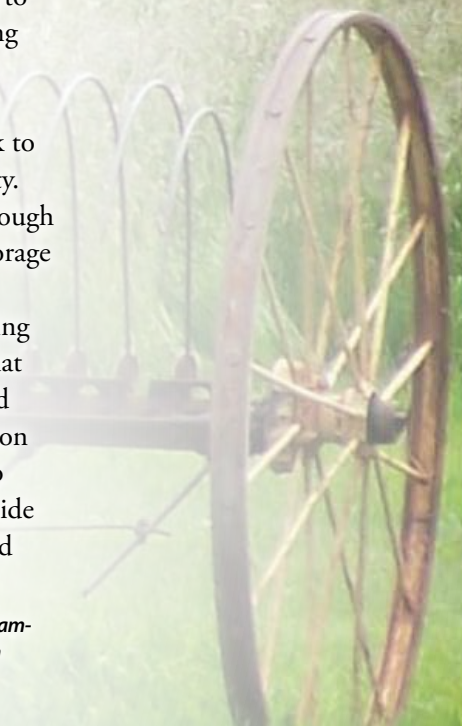
happening and didn't speak a word of English. She just took off after him, and her sister kept hold of me and they didn't know if they'd ever see each other again."

As each New Year comes and goes, it is important not to forget the past and the people involved in creating the majestic Creston Valley. These new exhibits were created from the photos, information and artifacts that have been collected or donated over the years. The museum staff is

always willing to accept anything that would be of value to be displayed back to the community. Rummage through your attics, storage containers or closets and bring in anything that

catches your eye. I think it could bring another piece of the Creston history puzzle together. We also encourage you stop in for a fireside chat with the always friendly and willing to listen museum staff.

The Creston & District Museum is open 9:00am-5:00pm Tuesday through Saturday. You can contact us at 250-428-9262.



"From Left to Right: John Arrowsmith, J.W. Dow and Fred Little"

"Wynndel Box. Photo taken by Hank Buckna, February 1957"



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Here Comes

Wedding Trivia

<http://www.romancestuck.com/wedding/wedding-trivia.htm>

Average Age

In 2000, the average bride was 24 years old and the average groom was 28.

Bridesmaids Curse

Thrice a bridesmaid, never a bride is an old charm that can be broken by being a bridesmaid seven times.

Dressing Matters

The tradition of bridesmaids dressing the same as each other and in similar style to the bride comes from ancient days when it was believed that evil spirits have a more difficult time distinguishing which one is the bride and putting a hex on her.

Engagement Length

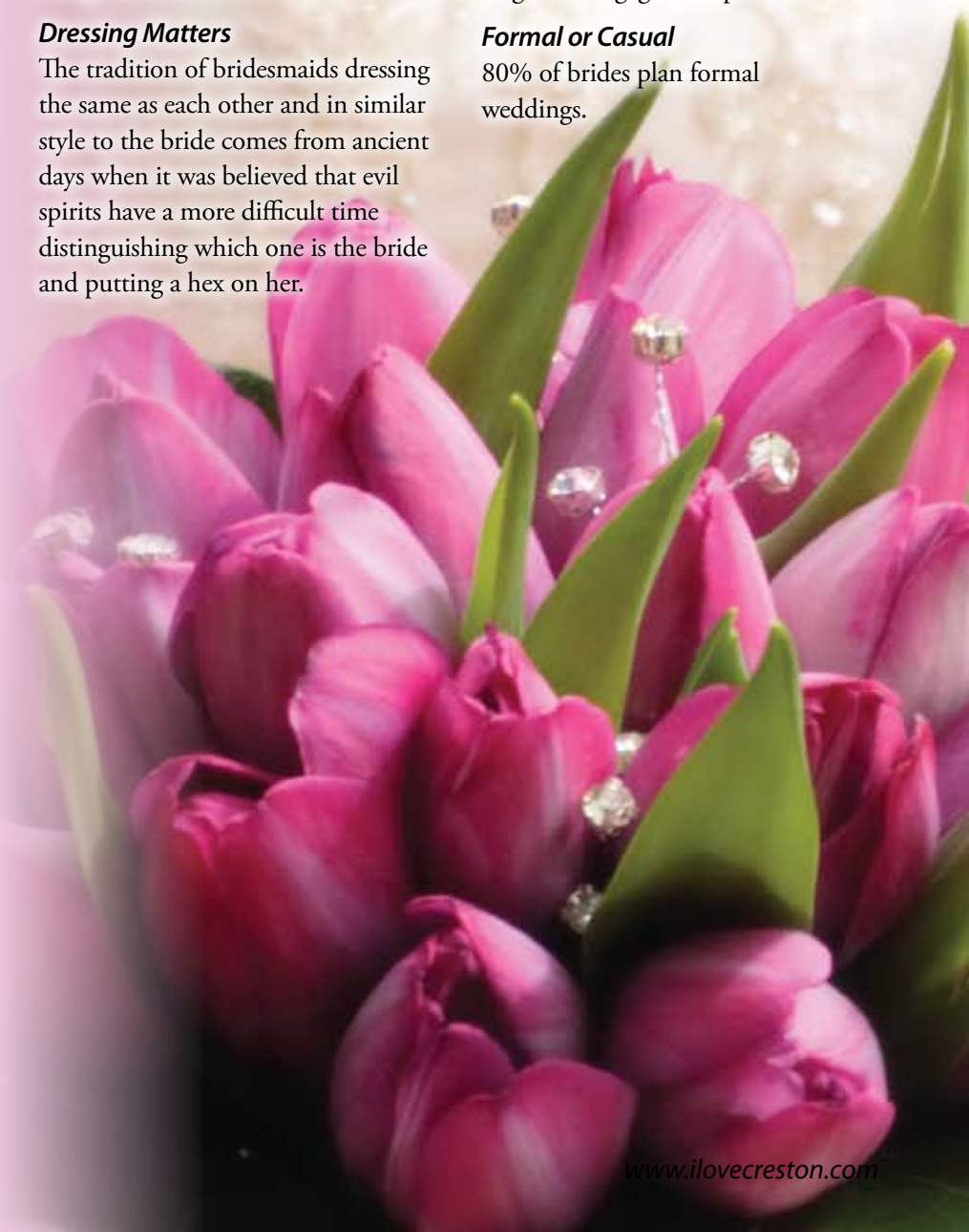
The average engagement period is 16 months, which is up from 11 months in 1990.

Engagement Rings

The practice of giving or exchanging engagement rings began in 1477 when Roman Emperor, Maximilian I, gave Mary of Burgandy a diamond ring as an engagement present.

Formal or Casual

80% of brides plan formal weddings.



The Bride...

Internet Wedding Planning

8% of all Internet users are engaged to be married.

It's Popular to be Unlucky

According to English folklore, Saturday, the most popular American choice, is the unluckiest day to marry!

Oldest Bridal Tradition

The veil dates back to ancient Rome, when it was flame-yellow, always worn over the face, and called a flammum.

Second Weddings

In almost half of weddings either the bride or groom has been married previously.

Something Blue

In the rhyme 'something old, something new, something borrowed, something blue', "blue" is symbolic of the blood of royalty, since both the bride and the groom were once considered to be "royal" on their wedding day.

Strange But True

In Pennsylvania, Ministers are forbidden from performing marriages when either the bride or groom is drunk.

The Kiss

The kiss that is given by the bride to the groom at the end of the wedding ceremony originates from the earliest times when the couple would actually make love for the first time under the eyes of half the village!

The Wedding Party

The most frequent number of bridesmaids is 4 (including the maid of honor). 62% of weddings have a flower girl, while 56% have a ring bearer.

Wearing a Wedding Ring

The reason that the engagement ring and wedding band is worn on the fourth finger of the left hand is because the ancient Egyptians thought that the "vein of love" ran from this finger directly to the heart.

Wearing White

Queen Victoria made white the bridal color of choice when she wore it to wed Prince Albert in 1840.

Wedding Costs

The average wedding costs \$18,874.

Wedding Guests

Most weddings average of 189 guests.

Wedding Month

August is the top month for weddings, with an average of 10.2% taking place. June comes in a close second with 9.9%.

Wedding Planning

37% of all brides plan their weddings for 7 to 12 months.

wedding planner

*The perfect
"Something Blue"
for your wedding*



*Lavender...
the herb of devotion*

- Dried lavender buds are available in bulk
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100 Years of Lending a Hand

Story by: Celine R Calfa

Red Cross Service Area Manager / Public Affairs - Kamloops. www.redcross.ca

March is not only Red Cross month in Canada but also marks the organization's 100th Anniversary. The Canadian Red Cross is all about people.... people helping others in need, both at home and around the world. The Canadian Red Cross is one of 186 Red Cross societies around the world conducting their efforts according to the Seven Fundamental Principles: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality. Being a part of such a large family, the Red Cross is able to bring relief, hope and dignity to millions.

The Disaster Management program helps hundreds of people in Canada and across the globe affected by earthquakes, floods, famine, war and other disasters, bringing life-saving assistance to those in need. Most recently in BC, the Canadian Red Cross played a vital role in the recovery phase during the fires of 2003. Another role the Red Cross plays is in disasters - the Restoring Family Links program that helps to re-unite families who have been separated by conflict or disasters.

Water Safety Services have strived to build safety awareness amongst Canadians and have been successful in lowering the national rate of drowning. First Aid programs that focus on injury

prevention both at home and/or at work continue to be delivered. And the RespectED: Violence & Abuse Prevention program focuses on injury prevention, child maltreatment, relationship violence, sexual exploitation, bullying and harassment.

In the Creston Valley, the Red Cross offers Health Equipment Loan Service (HELP). This volunteer driven, community-based program lends medical equipment to people of all ages who are recovering from surgery, illness or injury. The

"The Red Cross is able to bring relief, hope and dignity to millions"

equipment is available, as a "loan by donation" for short term needs. The Red Cross and its volunteers deeply appreciate financial donations from the public because it helps

to maintain the equipment as well as acquire new equipment as needed. This has become an important service that continues to support people in Creston and surrounding area.

If you are interested in joining the Red Cross HELP Team call 250-365-3911 or 1-800-761-0099. To contact the Red Cross office in Creston call 250-428-9619.



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Tai Chi from the Beginning

Story by: Sifu Neil Ripski

Part I

There has never been a more practiced martial art in the world than Tai Chi. Tai Chi (Tai Chi Chuan, Taiji, Taijiquan) is by and far the most widely practiced art in the world with millions of people getting up each day to perform the slow and graceful movements of the style. Each one of them benefiting from the practice in a unique way that keeps them coming back to the stillness in motion we all call Tai Chi. Truthfully, though the chances of Tai Chi ever becoming a well known art or even surviving into the 20th century was very slim.

As with any story of origin there are many versions with some adhering to the Zhang San Feng legend and others to the story about the Chen family patriarch Chen Wangting

“There has never been a more practiced martial art in the world than Tai Chi”

developing the style. Of course it is up to the practitioner to decide which they believe. The Zhang san feng legend has it that the Taoist priest and Immortal Zhang san feng while deep in the mountains of Wu Dang saw a battle between a snake and crane take place. This was the final inspiration for him to combine the movements he saw from the instinctive Tao of the animals with the Taoist theory he had dedicated his life to. Although another version of this same story has the Yellow

“With millions of people getting up each day to perform the slow and graceful movements of the style”

emperor of heaven appearing to Zhang while in meditation and teaching him the art of Tai Chi or ‘grand ultimate’ in a state of trance. He then descended down the mountain to the temples of Wudang and taught the monks and priests there the art of defining in movement the theory of the Tao.

The story continues to this day as a possible origin of the practice of Tai Chi Chuan and many practitioners adhere to it. Each morning moving slowly in the mists at one with the Tao (the way, the world, all that is) mind quiet and meditating while in motion. Next issue more about Tai Chi history.

*Sifu Neil Ripski teaches at Red Jade Martial Arts in Creston, BC
He can be reached at redjadekungfu@gmail.com*



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When going mountain climbing, hunting, hiking, dirt biking or even for a light walk, it is pertinent to be prepared to face any unexpected situations. Everyone is vulnerable as weather, getting lost, sustaining an injury and facing wildlife are all realistic scenarios you may experience. Below is a comprehensive list of what I take with me on a day hike.

Layered clothing:

(adequate for season, climate and unexpected weather conditions)

- Moisture wicking layer:
Polyester or polypropylene shirt and underwear
- Insulation layer:
Wool or fleece shirt
- Shell layer: Water and windproof jacket and pants
- Nylon pants: Rad or cargo pants
- Polypropylene or wool socks:
At least two sets (thin and thick)
- Hat: Cap and wool toque
- Gloves: Wool mittens
(even in summer you may have to spend night)
- Hiking boots: Adequate for the climate and good ankle support
- You may want to bring change of clothes in a water tight bag incase you fall in a creek



Are You Prepared?

Story by: Glen Franz
Creston Valley Search and Rescue Training Officer



“Because she didn’t have a flashlight she got off the trail and couldn’t find it again”

Equipment:

- Backpack
- Food: Include emergency food (protein bars, jerky, dehydrated fruit)
- Water: Minimum two liters
- Sunscreen
- Sunglasses
- Insect repellent
- Compass and map
- Knife or multitool
- Flashlight or headlamp
- Fire source:
Water proof matches, lighter
- Fire starter: Compressed sawdust, candle, dryer lint
- Emergency shelter: Space blanket small tarp or garbage bags (also nylon rope to build shelter)
- Whistle and signal mirror
- Personal first aid kit (with moleskin for blisters)
- Toilet paper
- Bear spray, bear bangers or bear bells

Other Useful Items:

- GPS
- Cell phone
- Water purification tablets
- Duct tape
- Bug net
- Flares
- Folding saw

Some of the items listed are specific if you get stranded, spend the night in the elements or get injured. We had a search last year for a woman who was on a day hike and it got dark. Because she didn’t have a flashlight she got off he trail and couldn’t find it again.

Since I joined Creston Valley Search and Rescue I carry a lot more in my pack just in case. As well, it is imperative to prepare for the whole day. It may be sunny and hot in the morning at the head of the trail and then start raining or snowing in the afternoon. Be safe and take what you need to ensure you’re prepared.

“Everyone is vulnerable as weather, getting lost, sustaining an injury and facing wildlife”

Hooray for Oscar

Story by: Holly Wood

(Note: I Love Creston Magazine does not endorse the views in this article)

“Ladies and gentleman, live from the Kodak Theatre in Hollywood, welcome to the 81st Annual Academy Awards.”

Unless you've been stranded on a desert island since Christmas, you have had the run up to the Oscars rammed down your throat. It's interesting, most people shun the Oscars saying the show is too long, or claim not to care who wins or who's there. My theory... it's like sitting in a café and the couple in the next booth are arguing. You don't want to listen, but can't help yourself. There are closet Academy Awards Show fans that surf the channels and end up watching the show because nothing else was on. Another excuse is to blame their spouse who is sitting with a bowl of popcorn, shaking in anticipation to see Tom and Katie or Brad & Angelina on the red carpet. In that scenario, it's likely you will watch. Bottom line, if you don't watch or read the results in the morning paper, you will look like an idiot at the water cooler.

I am a HUGE fan of the Academy Awards and don't hide it. It is my favourite night of television and I have been watching the show for 30 years and I am a damn good critic. So, here are my notable lows and highs from the 81st Annual Academy Awards.

First and foremost, where was Jack Nicholson's mug in the front row? I wait to see him every year. It appears

Meryl Streep has taken his place and the show's director cut to her face more than any other. Although this year was less red carpet, and more surprises inside, it is fitting I put in my two cents on the 'outfits'. Mickey Rourke cleaned up nicely in a light colored suit and sported some bling. Kate Winslet was painted in glamour from head to toe. Both of my eyes caught female dressed in layered tinfoil and wasn't surprised it was Hannah Cyrus Montana (or whatever her name is). Philip Seymour Hoffman, you are a brilliant actor but lose the beanie.

Now, on with the show, which ran 27 minutes over this year. Rate host

Hugh Jackman's performance out of 10... 10 plus from me. He can sing, dance and romance. The

Oscar's have been revamped – for the best in my opinion. For the lead and supporting actor and actress awards, five former winners in their respective categories walked on stage and spoke directly to this year's nominees. It was a very personal touch and added emotion and humanity.

The best presenters were Steve Martin and Tina Fey, need I say more. The worst presenter (and I hate saying this about a true legend), was Sophia Loren as she stood on stage, hand on her hip and rambled off her scripted comments.

Now I'll run down the awards, but first, the best acceptance speech

entertainment



was Sean Penn for his performance in Milk. He called out the phrases, “homo, commie and lovers,” then talked about God, sexuality, fighting for gay rights and President Obamah. The most painful acceptance speech was Kate Winslet, for her role in the Reader. She was hyperventilating, scatterbrained and finally melted, along with her Oscar, into a pool of gold. In supporting roles, Penelope Cruz and the late Heath Ledger won. Ledger's parents and sister accepted his Oscar. I am still stunned that Reese Witherspoon (yup, you heard me) presented the best Director award to Danny Boyle for Slumdog Millionaire. Come on, they might as well have rounded up Gary Busey.

And making it a shoo-in for packed theatres, Slumdog Millionaire also won the best picture award. I think it's great that Slumdog did so well and earned the recognition it deserved. Diversity is growth. Due to space restrictions I must sign off and head back to Elton John's Oscar party.

Toodles.

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Just A Click Away

Story by: Judy Edge
Creston Valley Development Authority

In 2007, Kootenay Employment Services (KES) created the website www.crestonevents.ca, which has recently seen some changes. Festival & Events Coordinator, Judy Edge has been maintaining the site for the past two years. This website lists all the festivals and events information occurring in the Creston Valley from Riondel through to Yahk.

The Creston Valley Development Authority (CDVA) has revamped www.crestonevents.ca, as recommended in the Tourism Plan, through a partnership with Kootenay Rockies Tourism and the Town of Creston. The goal is to increase tourism activity that will build stronger economies in our community (this project was made possible through UBCM's Community Tourism Program, a BC Government initiative).

www.crestonevents.ca is now capable of being syndicated by other websites such as HelloBC, Link2Creston and Creston Community Radio to advertise events to a broader audience. This information is also advertised in Kootenay Rockies Tourism Travel Guides, Creston Valley Guide, I Love Creston Magazine, International Selkirk Loop, Visitor's Choice and a number of other publications. The driving theme... the more the better for the Creston Valley!

KES followed up its creation of www.crestonevents.ca with www.link2creston.com, a website that lists all businesses, organizations and volunteer organizations. A link to any website along with the name of the business and contact information is available on www.link2creston.com.



The Creston and District Chamber of Commerce updates this information in partnership with the KES Society, CVDA, Creston Valley Food Action Coalition and I Love Creston Magazine. You can call 250-428-4342 or email crestonchamber@uniserve.com to update or to add your information.

It is a simple process to post events or festivals on www.crestonevents.ca. Log onto the website and click on 'post event'. Follow the instructions to and click on 'submit' when you have entered all your information. Your event will be checked for accuracy and information. Events or festivals can also be posted on the website by calling 250-428-2022 or emailing admin@cvda.ca.

We would like to see this website as the main source of festivals and events so that all other websites, private and public can use the information. We are trying to keep www.crestonevents.ca up-to-date as best we can and appreciate your calls and emails to keep us up-to-date.

Note that this website is for festivals and events not weekly club or organization meetings. But AGM's are posted to enlighten people about upcoming volunteer opportunities and promote volunteerism and community partnering whenever possible.

Remember, for up-to-date information on all Creston Valley Festivals & Events click on www.crestonevents.ca

Familiar and Fresh Faces On Creston Town Council

Story by: the Town of Creston and I Love Creston Staff Source: www.creston.ca

The 2008 civic election brought some changes to Creston Town Council. Two newcomers are joining five veterans and will work as a team alongside new Mayor, Ron Toyota. Here's an introduction of the new Creston Town Council.

Councillor Tanya Ducharme is serving her first term on Council. She moved to the Creston Valley in 1982 and is a graduate of Prince Charles Secondary School. She is part of the Management Team at the Columbia Brewery.

Councillor Ducharme is past president of the Kokanee Country Snowmobile Club, and has also been involved with the Creston Valley Softball Association and the Rod and Gun Club.

Councillor Len Folkman has served on Town Council since 1999. He was raised in the Creston Valley and had an accounting practice in town for many years. He is pleased to serve on Council as a way to show his gratitude and appreciation to the community.

Councillor Judy Gadicke is a teacher and has been a resident of Creston for many years. She has raised her family here, and in her dual role as parent and teacher, was very active in the Science Fair at the local, regional and national levels. This is her first term on Council.

Councillor Wesly Graham is the youngest member of Council. This is his second term, and he is also a Director-at-Large for the Union of BC Municipalities. Councillor Graham is the driving force behind the annual Goat Style Mountain Bike Competition in Creston.

Councillor Jerry Schmalz is a realtor who is serving his second term with Council, having previously been a Councillor from 1993-1996. He has lived in the Creston Valley since he was six years old, and has two children and two grandchildren.

Councillor Joanna Wilson grew up in the Creston Valley and has lived in Town since 2004. As a voice and piano teacher, she is a strong advocate for the arts, and is proud of the growing arts and culture community in Creston. Councillor Wilson is serving her second term on Council.

The Town of Creston Mayor and Councillors have already started work by pinpointing six projects:

- Economic Development
- Downtown
- Health and Wellness
- Safety and Security
- Customer Service
- Infrastructure

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Back Row - Left to Right:
Councillor Len Folkman,
Councillor Tanya Ducharme,
Councillor Judy Gadicke,
Councillor Jerry Schmalz.
Front Row - Left to Right:
Councillor Joanna Wilson,
Mayor Ron Toyota,
Councillor Wes Graham.

Making Sense of Our Struggling Economy



Story by: Mary Ann Jenkins CFP
Division Director Kootenay Region
Investors Group

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This has been an incredible time in the financial markets and a challenging one for all.

How did we get here? What began simply enough as a spike in access to easy money, due to low interest rates over a number of years, has spiraled into a full blown financial disruption. Due to a large unwinding of bad debt that lingered in complicated and layered vehicles in the US, largely built from the subprime mortgage market and other leveraged loans, this disruption froze up credit markets.

These loans were packaged up as investment products and sold off in other parts of the world, hence the rippling effect and global effects of this turmoil.

The availability of cheap credit and loose lending standards, combined with misguided or absent policies all collided to create a situation that allowed the subprime market to occur in the first place. This market essentially sold loans to perspective homebuyers with poor credit ratings at high rates these homebuyers could not hope to pay back. Enter mass foreclosures, bankruptcies and a serious erosion of housing prices in America.

These events have created a tremendous uncertainty in the market place and as access to capital has dried up, sentiment has shifted from one of confidence to one of fear. This has resulted in a general tightening in consumer spending, which is having an impact on the broader economy translating into declining growth, employment and sales.

Today, efforts to keep the flow of capital going are starting to take hold with programs and incentives that are expected to eventually change the direction of sentiment and the broader economy.

“this disruption froze up credit markets”

Although in Canada many of these same sectors and markets have experienced declines, it is not anywhere near the magnitude of what was experienced in the 20th century. This time, governments have responded to the economic weaknesses with unprecedented and decisive action. Coordinated global fiscal, monetary and trade policies and interventions have been swift and comprehensive. These actions will stabilize the economy and allow financial markets to gain a foothold, upon which a turnaround can be built.

Helping Control the Overpopulation of Cats and Dogs

Story by: Bruno and Marion Schultz

Most people in the Creston Valley are aware of the problems of unwanted and stray cats and dogs. It's a concern that has been often expressed in the Advance Newspaper.

It doesn't take much for this situation to spiral out of control. A single unspayed cat and her intact offspring can conceivably produce 370,000 cats in only seven years. Two unaltered dogs and their intact descendants can number 67,000 in just six years.

While there will always be a need for humane societies to deal with unwanted cats and dogs, it is never-ending and often heartbreaking problem of catching up.

In early 2008, a group of like-minded individuals, (Betty and Don Deal, Mike

Ramaradya, Bruno and Marion Schultz, Judy Smandych and Barbra Agüero), came together with their concerns about this continuous cycle of animal suffering and misery and founded the Central Kootenay Spay/Neuter Animal Program (SNAP).

SNAP's goal is to try to tackle the problem at its source, namely unspayed and unneutered pets, and to do it in a way where each and every dollar spent can do the most good.

“Many of the Valley's stray cats and dogs are a direct result of the intact owned pets”

Many of the Valley's stray cats and dogs are a direct result of the intact owned pets.

So, the main focus is to reach as many intact pets as possible through a 'no cost' spay and neuter program, irrespective of the owner's ability to pay.

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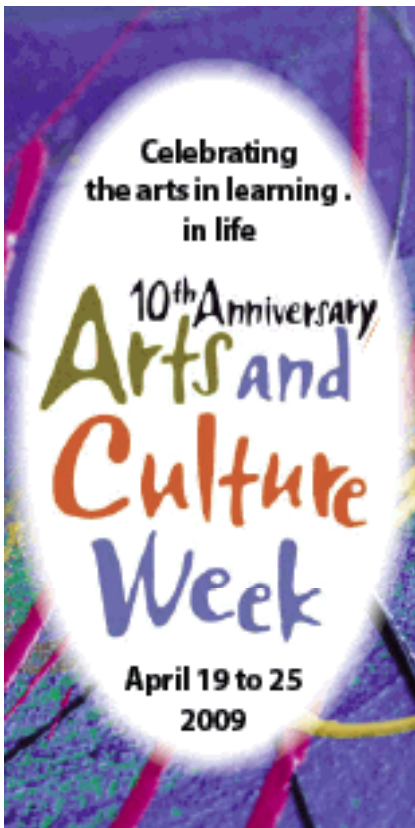
Monthly Caricature

Artwork by Bruns Illustration

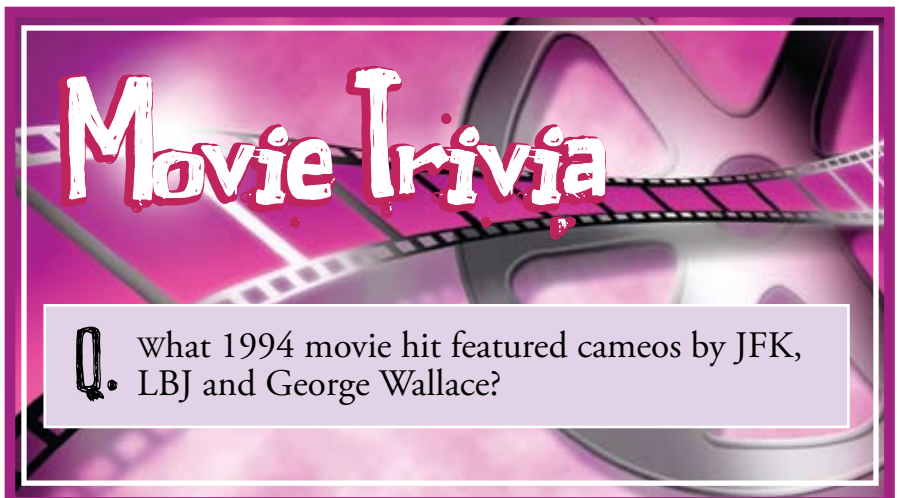
Here is our first FREE caricature of a Creston area youth. If you are a youth and would like your caricature done, drop in to our office at 129B, 12th Ave. N., behind Investors Group. We are available to take your photo from 9am to 1pm, Monday through Friday.

Winners from Last Month:

Crystal Hudson, Julie Chiste. Thank you to everyone for your caricature suggestions. We will be hunting down those people for their photo!



This month's FREE Youth Caricature...
Shelton Bruce



Q. What 1994 movie hit featured cameos by JFK, LBJ and George Wallace?

Out & About March 2009

www.ilovecreston.com/page/valley/upcoming%20events

March 01, 2009

Musicals on Ice

"The Creston Valley Figure Skating Club's Annual Ice Show"

Location: John Bucyk Arena at 1:00pm and 6:00pm

Admission to be determined

Contact: Tammy Hardwick at 250-428-9262 mail@creston.museum.bc.ca

March 5 - 8, 2009

Men's Annual Butterfly

Curling Bonspiel

Location: Creston & District Curling Rink

Outside teams are welcome.

Contact: Creston & District Community Complex at 250-428-7127

March 06 - 07, 2009

Fiddle Roots Project

Location: Riondel Community Centre at 6:00pm-10:00pm

Tickets available: Creston - Black Bear Books; Nelson - Packrat Annie's; Riondel - Riondel Market; Crawford Bay - Credit Union; Kaslo - Sunnyside Naturals
Cost \$12.00 in advance, \$15.00 at the door, children 12 and under \$2.00 (if accompanied by a parent)

Contact/Registration: Lorna Robin at 250-227-9692

fiddlerootsproject@hotmail.com

March 10, 2009

Special Places

- Our National Parks

Location: Rotacrest Hall at 7:00pm

Admission by donation

Contact: Tanna Patterson at 250-428-5246

ecobaseball@shaw.ca www.wildsight.ca

March 15, 2009

BC Boys Choir

Location: Prince Charles Auditorium at 2:30pm

Tickets available at Black Bear Books
Cost: Adults \$22.00 (\$25.00 at the door)
Students \$10.00 (\$12.00 at the door)

Contact: Margaret Lavender, President at 250-428-2711

info@crestonconcertsociety.ca www.crestonconcertsociety.ca

March 15, 2009 -|

March 19, 2009

Bantam Provincial Hockey Championships

Location: Johnny Bucyk Arena

Contact: Laura Wigen at dwigen@telus.net

March 18, 2009

Wynndel Internet Society (W.I.S.)

Location: Wynndel Community Hall at 7:00pm

Annual General Meeting

Contact: Roger Bennett at 250-402-8775

March 21, 2009

Spring Dinner and Dance

Location: the Heidi Club

Cocktails: 5:30pm - 6:30pm

Dinner: 6:30pm - 8:00pm

Dance: 8:00pm

Cost: \$15.00 (advance tickets must be purchased before March 18th)

Contact: Larry & Ordella New at 250-428-2145

Ongoing Events:

Every Tuesday at 7:00pm

Beginners Bridge Lessons

Location: West Creston Hall

Contact: Bob Gildemeester at 250-428-2880

www.westcreston.info/newsletter

Every Wednesday at 10:00am

New Horizons Seniors

Coffee Break

Location: New Horizon's Rotacrest Hall

Cost: \$3.00 per person includes coffee & muffin

Contact: Larry & Ordella New at 250-428-2145

Every 2nd Sunday

(starting March 8, 2009)

|Seniors Pancake Breakfast

Location: Rotacrest Hall at 9:00am to 1:00pm

Cost: \$4.00

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out & about

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Creston Arts Council

Creston Concert Society
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SERIES
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BC Boys Choir
Sunday, March 15 • 2:30 pm
Prince Charles Auditorium, Creston

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BC Boys Choir!

Tickets available at Black Bear Books
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