

*Bringing the  
Creston Valley together.*

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November  
2009

# i love creston

## Lights Camera Action

Independent feature film,  
shot in the Creston Valley,  
is generating a buzz on the  
film festival circuit.

### Financial Advice

Planning a  
philanthropic gift.

### Remembrance Day

Honouring our  
war veterans.

### Animals in Need

Local organization  
hits a milestone.

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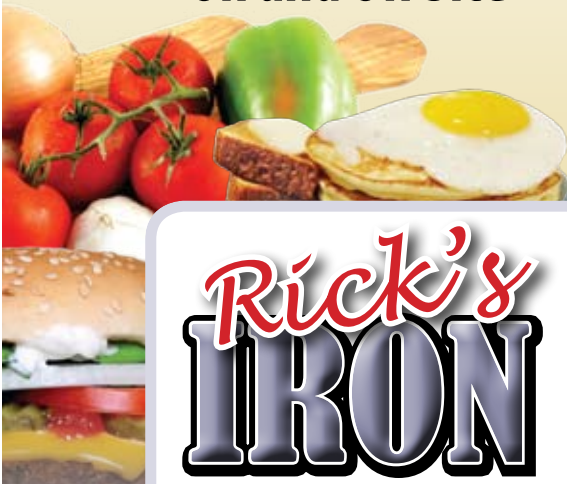
Hello, I'm Rick Fanning. My wife Lisa and I are the new owners of Rick's Iron Kettle Restaurant. We have a great menu and serve home style cooking including bacon and eggs, burgers, fish and chips. Lisa and I have spent 30 years in the restaurant business and Rick's Iron Kettle Restaurant is the first one we have owned. It is an exciting venture.

My cooking career started in Thunder Bay, ON where I graduated from the Confederation College Culinary Arts Program. From there, I continued on and became a Red Seal Chef at the George Dawson Inn in Dawson Creek, BC.

The restaurant hours will work well for us as we also offer catering services, both on and off site. We cater events, from family BBQ's to weddings and several other requests.

Lisa and I moved to Creston in 1996 and fell in love with the Valley.

We have two children, Scott and Jennifer and we enjoy the outdoors, camping and fishing.



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5

## Putting the Creston Valley on film and on the map.

Local man brought his partner to his hometown, to follow their dream. This movie, made on a shoestring budget, is now an award-winning film.

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### The Magazine

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### Letters to the Editor

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

### I Love Creston Marketing Ltd.

Box 143, Creston, BC V0B 1G0  
Ph/Fx 250.428.2631 • Cell 250.402.8711

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

## From the editor

**W**ell folks, I have a confession to make. I live in Cranbrook and commute back and forth to Creston every month. My first trip, in August 2008, was amazing. I fell in love with the Creston Valley and knew I would move there, not just for work, but because it felt like home. So, as of November, I will be an official Crestonite. Thanks to technology and my fuel-efficient car, we've been able to put the magazine together every month. This is an exciting change in my life and I can't wait to walk down main street and not feel like a tourist.

Speaking of (tour)ist, Elena Yeung recently wrapped up her cross-Canada tour. She gives us the goods on how she feels after a year on the road and what it's like to be back in home.

And one more tourism note... the numbers are in. The statistics on visitors to the Creston Valley over the summer have been tallied and the numbers are up.

A couple of anniversaries are recognized. Mayor Ron Toyota looks back at how his first year in office has been and what is in the near future. The Red Cross is celebrating 100 years of parliamentary recognition in Canada. Volunteers and the service the Red Cross delivers are being saluted.

Staying with the topic of helping, Creston Spay/Neuter Animal Program (SNAP) is proud of achieving its year one quota of spaying/neutering 100 dogs and cats. SNAP is already hard at work for year two.

NDP MLA, Michelle Mungall sheds some light on the government's plan to increase the cost for low-income seniors to live in residential care facilities.

On the ice, the Creston Valley Thundercats had a tough month after a flu bug hit the players. But the team managed to come back strong with several wins. In between games, the

Thunder Cats helped out several local organizations.

Are you wearing a poppy? This is one of a several ways to commemorate Remembrance Day. We'll give you details about the Town of Creston's ceremony at the cenotaph. If you have a chance, drop in at the Legion and have a chat with one of the veterans. I have met several interesting men and women there and a visit with them always brings a smile to my face.

Century 21 explains the pro's and con's of using a Realtor or selling your home on your own.

KES sent in a list of reasons to hire older workers. Some very valid information.

Hmmm... jobs. Have you ever thought of what your dream job would be? Did you pursue it? Well a guy from Creston and a gal from Toronto met in an acting class in L.A. and made a movie. Here's the thing, this five-year project was shot in Creston and is building quite a reputation as it spreads like wildfire through the film festival circuit. I managed to get in touch with them and I'm telling their story about their own story – making the film.

Are you planning or have you planned the future of your money and investments. Investors Group has some very helpful advice and suggestions covering a number of options.

Bored and looking for something to do? As always, our Out and About calendar, located at the back of the magazine, has the "deets" on what's happening around the Creston Valley.

We had surprise last month when we found out our website, [www.ilovecreston.com](http://www.ilovecreston.com), won a 2009 Kootenay Business, Best of Business Platinum Award for the Coolest East Kootenay website. Thank to everyone who voted for us.

So grab a coffee or tea, kick back and enjoy the November issue of I Love Creston Magazine.

## Mailbag

*(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)*

Dear I Love Creston Staff:

Did I say how much I appreciate your service and support? Do you know that you are probably the only publication that I have ever run a regular ad campaign through that has shown me that you appreciate our business? I think you are awesome and hope you will let everyone on your team know that!

*Mary Ann Jenkins CFP*  
Division Director Kootenay Region Investors Group

Thank you Mary Ann.

It's not often we get kudos for the work we do and appreciate in when it comes along. I know the crew will agree with me that this is not just a job, but also a passion we all share.

Thank you again and we do appreciate your business as well as you and your staff.

*Kris Dickeson*

Hello...

I just picked up a copy of the October issue of "I Love Creston". Another well put together issue and a valuable media for Valley residents to keep on top of things happening our Creston and area.

Thank you very much for promoting The Community Market on your events page!! As we become more established, we look forward to working with you in your efforts to promote this beautiful valley.

Best wishes and continued success.

*Alfie Seidl*  
A & E Community Market

Alfie,

Thank you for emailing your kind words. It means a lot when we hear how much someone enjoys I Love Creston Magazine as well as showing an interest in working with us in the future.

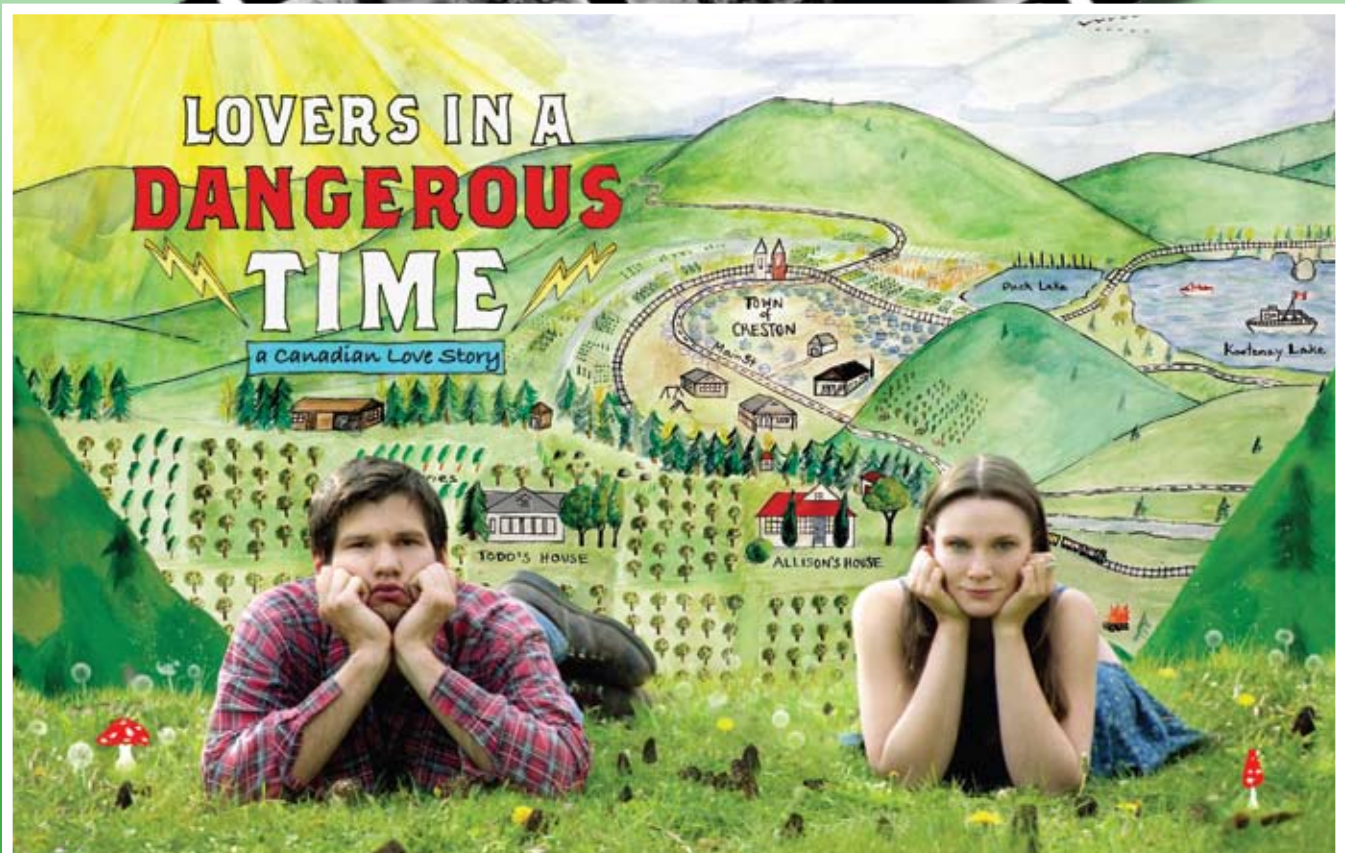
*Kris Dickeson*



# The Little Film That Could

Story  
by: Kris  
Dickeson

*"When you're lovers in a dangerous time  
Sometimes you're made to feel as if your loves a crime  
Nothing worth having comes without some kind of fight  
Got to kick at the darkness til it bleeds daylight."  
- Bruce Cockburn*





**H**ave you ever wanted to chase a dream? Five years ago Mark Hug and May Charters bravely embarked on a shared dream, to make a film. The pair had a desire to share their memories of growing up as perceived by a frustrated and cautious adult. Hug and Charters quickly started the ball rolling and moved back to Hug's hometown, Creston. They began to see making this film and conveying the realization it was really about coming to terms about losing their youth and finding the fading child within them.

"Lovers in a Dangerous Time is a romantic 'Canadiana' tale that centers around two former childhood friends; Todd (Hug), a small town could-have-been, and Allison (Charters), an overly nostalgic children's book illustrator, who reunite at their ten year high school reunion and embark on a

### **"Film is emotionally linked to Hug and Charters."**

childish yet romantic adventure recapturing the life they use to live. However, major questions arise, like "What does it mean to have shared a bathtub at three?" and things get even more complicated when Todd's younger hockey star brother returns home. The result has them spiraling into delinquent behavior where scorching campfire antics, teenage bush parties and childhood memories only delay their impending return to adulthood. In

the end, it's a story about those that are unwilling to let go of their youth and the means they will

take to hold on to it."

(source: [www.inadangeroustime.com](http://www.inadangeroustime.com))

Not just starring in the film, Hug and Charters wore a number of other hats: producing, writing, directing, cinematography and editing. I must add that several members of Charter's family and a



May Charters and Mark Hug



handful of devoted friends handed over their support and talent in the making of *Lovers in a Dangerous Time*.

From very different backgrounds, Charters was born and raised in Toronto while Hug grew up in Creston. Two very different people from diverse backgrounds. The pair met while enrolled in an acting class in L.A. Hug and Charters connected immediately and dove into a joint project, "Portraits and Polaroids", which was the beginning of "Mark and May". This collaboration showed in an L.A. gallery.

## **"A camera to Hug's ten-year high school reunion in Creston."**

This takes us to where this story began, five years ago when Hug and Charters geared up for a new challenge to make a film. Not to clear on the storyline, the pair took a camera to Hug's ten-year high school reunion in Creston and tried their best to shoot a short film or documentary. This ended up being an inspiration for a story and motivated them to return to Creston and start filming *Lovers In a Dangerous Time*. Living back and forth between Hug's parent's roadside fruit stand and L.A., they managed to scrape up the money to make *Lovers In A Dangerous Time* and live. This independent feature film is emotionally linked to Hug and Charters because it represents the path they took together in producing it.



Hug and Charters have been successfully touring the Film Festival circuit with *Lovers In A Dangerous Time*. The film has screened at: The Method Festival (L.A.) – winner Maverick Award; Okanagan International – winner Best Canadian Feature; Port Townsend – winner Best Narrative Feature; Calgary International – winner People's Choice Audience

Award, opening night of the Tacoma Film Festival, Washougal International, Hardacre Film Festival (Iowa); Tallgrass (Wichita, KS); Lakedance (Sandpoint, ID) and Filmstock (Luton, England).





## *10 Questions with Mark Hug and May Charters*

**I Love Creston Magazine (ILC):** Five years ago did you think you'd be where you are personally in your career?

**Mark Hug (MH):** Career, probably not. I thought I'd be well done this film and completed the next film already. Things never move as fast as we'd like. Personally, yeah sure. It's all good, I made a film and still manage to have wonderful people in my life.

**May Charters (MC):** Ha, I definitely hoped. But ultimately yes career wise. Personally? I don't really ponder heavily on that.

## **"Acting in the living room since childhood."**

**ILC: 10 years ago?**

**MH:** Career, no again. I'm not complaining. It's just a struggle when you set high goals for yourself. I am really pleased with the film but 10 years ago, if I was asked I'd say that I'd make three films this decade.

**MC:** Yes again. Honestly, though I had hoped I would be farther but as John Lennon said and I'm paraphrasing, "Life is what happens when you are busy making other plans." I've always been writing stories and acting in the living room since childhood. When dreams are strong hopefully it is inevitable, eventually.



**ILC: What has this film done & will do for Creston?**

**MH:** Honestly, probably not a lot. Hopefully we inspired a few people to follow acting or a career in film. There are definitely some closet actors and filmmakers in Creston. I hope that Creston enjoys it. I don't think this film will have Hollywood knocking on the mayor's door, to bring the next big romantic comedy to town. Logistics as far as airports etc. will always be in Creston's cinematic way. However, everyone that sees the film at festivals, comments on how beautiful the valley is so maybe it helps further Creston's scenic reputation.

**MC:** I hope it will show people who have never been there, the enormous beauty that is the Creston Valley. What has it done? Not much really as we are small fry. Would be great if more projects got to shoot there? That the BC film commission would see the WHOLE of BC as a great place to shoot not just Vancouver? But of course the town would have to want that.

**"Han Solo is my dream role."**

**ILC: Has there been a defining moment throughout this journey?**

**MH:** The moment it started. May and I sitting on a rock, saying let's make a film together.

**MC:** Winning The Maverick Award at the Method Fest. But on a more personal note it was being nominated for Best Actress at The Method Fest. We had no idea we would even be nominated for



anything and were truly shocked when we got there. The reason those two awards were defining in the entire process of making our film is that both Mark and I lost our agents over the making of it. They didn't want to wait around until it was done and really felt we were nuts to be making one ourselves. Of course Mark and I being who we are needed to make it no matter what.

**ILC:** Has there been a breathtaking moment?

**MH:** Several. Probably, every time we finished a long day and the sound guy wanted to grab a minute of ambient sound, we'd all just stand there staring off in silence for a minute. It was spiritual.

**MC:** Every time I see a full house of an anxious audience sitting in their seats. That is a breathtaking moment.

**ILC:** Do you feed off each other's creativity?

**MH:** Yes. Absolutely. Creativity is contagious.

**MC:** Yes and no. It depends on the illusive, "CREATING" energy that comes when you least expect it. It is only hard when you are under pressure and can't find it. HAHA.

## "Coming to terms about losing their youth."

**ILC:** Best job you have ever had?

**MH:** You mean the least obtrusive into my life? They all soak up time I could be writing or creating or socializing. I like to work but I'm not a fan of having a job. I've always found work that always me to be free. My favourite was probably when I was a fashion model; high pay, flattering to the ego and you can hardly call it a job - that's my kind of employment.

**MC:** They are all creative jobs. Playing a small role in the hockey movie *Youngblood* as a kid. I was, and still am mad for Patrick Swayze. He was brilliant. And mostly dancing professionally in Flamenco Dance companies and touring. Being on stage is the best.

**ILC:** If you could do any other job, what would it be?

**MH:** I'd like to be a musician. Not really a job but more a career. Job wise, I'd be the General Manager of the Edmonton Oilers.

**MC:** Hmmmm. That is hard. I love animals so probably an animal naturalist who specializes in helping the problem of animal extinction exactly like Gerrald Durrell who was absolutely brilliant and more people should know of him.







**ILC:** What movie you would have loved to be in and why?

**MH:** Star Wars. Han Solo is my dream role

**MC:** From the past every Fred Astaire and Ginger Rogers movie even the silly ones. I would have LOVED to have taken Cyd Charisse's dance number opposite Gene Kelly in An American in Paris. From now oh so many again but maybe Happy Go-Lucky as Poppy or Nicole Kidman's role in Moulin Rouge.

**ILC:** I know you are still doing the festival circuit but what after that?

**MH:** We'll continue to tour the film. It's like a rock band hitting the road. But we are also going to get to writing on a couple projects we have on the back burner.

**ILC:** Anything you want to add?

**MC:** A lot of people ask if the film is a true story. As far as Mark and I no. But there are elements, events that have happened to Mark or to me. I won't give them away and spoil it but they were from our lives.

The Lovers In A Dangerous Time DVD and Blue-ray are expected to be released by Christmas along with the soundtrack featuring original music by JBM

For more information and contact information on *Lovers In A Dangerous Time*:  
[www.inadangeroustime.com](http://www.inadangeroustime.com)  
[www.facebook.com/pages/lovers-in-a-dangerous-time/30958924952?ref=ts](https://www.facebook.com/pages/lovers-in-a-dangerous-time/30958924952?ref=ts)



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# From the Mayor's Desk

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

**A**s our Town Council, including myself, close in on our first full year in office, I would like to reflect on a few of our accomplishments during 2009.

Although a subject one does not talk about much, our Waste Water Treatment Plan, (the old saying was the Sewage Plant), received much needed Federal and Provincial funding of \$4.81 million towards our \$7.2 million upgrade project. This means that our community is receiving 67 cents of each dollar as a grant and will only be required to fund and finance borrowing for the balance. This 67% discount is a very good bargain in that we only need to fund and finance the other 33% or \$2.4 million.

Another welcome decision was the approval by the Agricultural Land Commission to remove a 22-acre parcel of land, within the Town of Creston, from the Agricultural Land Reserve for a hotel and conference center development as well as other future ancillary highway and service commercial uses. The local developer is now drawing up his plans to

proceed with this much needed facility.

Our Downtown Strategic Action Plan phase II portion is now almost complete with improved streetscape incorporating greening features, signage and new lighting. Town Council is seriously working on removing the "truck traffic" off of downtown Canyon Street.

As winter is fast approaching the dreaded "snow season" will be upon us soon. Town staff is creating a Snow Policy and Snow Route map that will explain which roads are prioritized for snow removal. Staff is also working closely with YRB Kootenay Ltd to co-ordinate their highway snow removal plans with ours. Obviously the best plan would be NO snow but this in reality is out of our control.

I plan to participate in our Remembrance Day Ceremony on November 11th at the cenotaph on 11th Avenue.

*Ron Toyota is the Mayor of Creston*  
Phone: 250-428-2214  
Email: [Ron.Toyota@creston.ca](mailto:Ron.Toyota@creston.ca)  
Website: [www.creston.ca](http://www.creston.ca)



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mike.paugh@investorsgroup.com

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# Giving Back Because You Care and Because You Can

Story by: Mary Ann Jenkins CFP

Division Director - Kootenay Region Investors Group

The first age is childhood.

The second age is family and career.

And the third age is the rest of your life - a time when you can give back to your family and society the lessons, wisdom and resources you have gained through your long and productive life.

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You can plan a philanthropic gift no matter what your assets or income may be. A charitable giving plan makes the best use of your donations. By taking the right steps now you'll preserve your legacy and transfer it as you wish— to the charity of your choice and your heirs—with minimum taxation, fees or other delays.

**"You can name  
the fund at  
the time it is  
established."**

### Name the charity as beneficiary

This is the simplest planned giving option. You leave a bequest (of money or a gift in kind, such as artwork) in your will to a recognized charity. Depending on the size and nature of your gift, your estate will receive a charitable donation tax receipt that could eliminate all of the income tax on your final tax return and possibly on the return or the immediately preceding year, as well.

### Establish a Donor Advised Fund

This tax-favored vehicle for your philanthropy avoids the administrative responsibilities and

costs associated with establishing a private foundation. As the donor, you receive an immediate tax receipt for all contributions made to the fund and you also retain the right to advise the charity on how the fund's income (usually called grants) is to be allocated each year. You can name the fund at the time it is established (for example, the John Smith Charitable Fund) as well as the charitable organizations or causes the fund supports.

### Establish a Charitable Remainder Trust

This option allows you to donate your capital while you live on the income. A Charitable remainder Trust is irrevocable and can be set up to hold assets

such as cash and mutual funds.

The charity has no access to trust capital during your lifetime and all interest and dividends are paid to you as taxable income. Upon your death, the trust assets—known as the remainder—go immediately to the charity. There are a number of advantages to this type of gift. The investments do not form a part of your estate—remainder assets are not subject to probate fees, nor are they usually subject to claims by creditors. You are assured the charity will receive your gift in full and you will receive a charitable receipt for a portion of your donation,



based on your age at the time of the donation and current interest rates.

### **Donate a life insurance policy now**

By donating a life insurance policy to your favorite charity, you ensure it will receive the total death benefit under the policy and you will enjoy certain tax credits. You can donate a paid-up policy or one that requires ongoing premiums—both will generate a charitable receipt based on the cash surrender value of the policy plus any accumulated dividends.

Any premium payments you make each year will also generate a charitable receipt. If you don't want to donate an existing policy, you can purchase a new one on behalf of your favorite charity that, if structured properly, will entitle you to a charitable receipt annually for any premiums you pay.

### **Establish a Charitable Life Annuity**

This option allows you to make a charitable gift now and continue to receive a lifetime income from the assets you've donated, for yourself, or for you and your spouse. A large portion of this annuity cash flow will be tax free,

and therefore, may not trigger any Old Age Security claw backs. You will receive a charitable receipt for a portion of the donations, with the amount of the receipt based on the amount of annuity income you elect to receive and your life expectancy.

### **Donate publicly traded stocks or securities**

Recent tax law revisions have reduced the capital gains tax on appreciated stocks and securities to zero—when they are

donated to a recognized charity. You will pay no capital gains tax on donated securities and will receive a tax receipt for their full value.

### **Establish a Private Foundation**

Your foundation will ensure your generosity lives on and can permanently associate your name or your family's name with the causes you've chosen. This alternative is generally available only to very substantial donations because of the costs associated with the creation and ongoing administration of the Foundation.

## **"Donate a paid-up policy."**



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# REMEMBRANCE DAY SCHEDULE OF EVENTS

## Wednesday, November 11th

The Service of Remembrance  
will be conducted by  
Reverend Randy Wood,  
Padre of the Creston Legion  
and assisted by  
Comrades of the Branch

**10:00 am**

Service of Remembrance  
held in the Legion Upstairs Hall

**10:45 am**

Parade forms  
(behind McDowells)

**11:00 am**

Cenotaph Service and  
Laying of the Wreaths

**"OPEN DOOR POLICY"**  
The Public is Welcome to  
Afternoon Entertainment  
in the Lounge



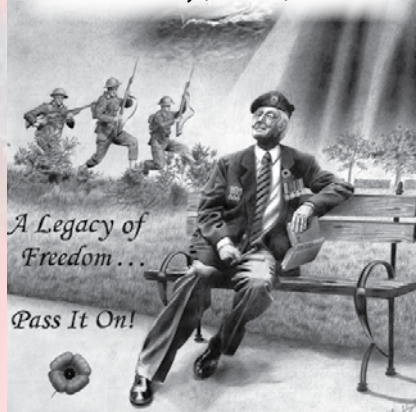
Branch 29  
**ROYAL CANADIAN  
LEGION**

## History of the Poppy

The poppy, an international symbol for those who died in war, also had international origins. A writer first made connection between the poppy and battlefield deaths during the Napoleonic wars of the early 19th century, remarking that fields that were barren before battle exploded with the blood-red flowers after. Prior to the First World War few poppies grew in Flanders. During the war the chalk soils became rich in lime, allowing 'popaver rhoeas' to thrive. When the war ended the lime was quickly adsorbed, and the poppy began to disappear. Lieut.-Col. John McCrae, the Canadian doctor who wrote the poem "IN FLANDERS FIELD," made the same connection 100 years later, during the First World War, and the scarlet poppy quickly became the symbol for soldiers who died in battle. Three years later Moina Michael was working in a New York City YMCA canteen when she started wearing a poppy in memory of the millions who died in the battlefield. During a 1920 visit to the United States a French woman, Madame Guerin, learned of the custom and decided to use handmade poppies to raise money for the destitute children in war-torn areas. In November 1921, the first poppies were distributed in Canada. Thanks to the millions of Canadians who wear flowers each November, the little red plant has never died. And neither have Canadian's memories for 116, 031 of their countrymen who died in battle.

The poppy is a symbol of peace and it reminds us of the people who died for us. The poppy means red blood from the men who died in battle.

Royal Canadian Legion poster contest winner  
Natalie Lloyd, Waterloo, Ont.



## The amazing histo

If any of you have ever been to a military funeral in which taps was played; this brings out a new meaning of it.

We in the Canada have all heard the haunting song, 'Taps.' It's the song that gives us the lump in our throats and usually tears in our eyes.

But, do you know the story behind the song? If not, I think you will be interested to find out about its humble beginnings.

Reportedly, it all began in 1862 during the American Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention.

When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead.

The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted.

The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral.

The request was turned down since the soldier was a Confederate.



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



# Forget Story of "Taps"...

But, out of respect for the father, they did say they could give him only one musician.

The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform.

This wish was granted.

The haunting melody, 'Taps' was born.

The words are:

*Day is done.*

*Gone the sun.*

*From the lakes*

*From the hills.*

*From the sky.*

*All is well.*

*Safely rest.*

*God is nigh.*

*Fading light.*

*Dims the sight.*

*And a star.*

*Gems the sky.*

*Gleaming bright.*

*From afar.*

*Drawing nigh.*

*Falls the night.*

*Thanks and praise.*

*For our days.*

*Neath the sun*

*Neath the stars.*

*Neath the sky*

*As we go.*

*This we know.*

*God is nigh*

Remember Those Lost and Harmed While  
Serving Their Country.

Also Remember Those Who Have Served And  
Returned; and for those presently serving in the  
Armed Forces.

## remembrance day

### When a Soldier Comes Home

**W**hen a soldier comes home, he or she finds it hard....

...to listen to his son whine about being bored.

...to keep a straight face when people complain about potholes.

to be tolerant of people who complain about the hassle of getting ready for work.

...to be understanding when a co-worker complains about a bad night's sleep.

..to be silent when people pray to God for a new car.

...to control his panic when his wife tells him he needs to drive slower.

..to be compassionate when a businessman expresses a fear of flying.

...to keep from laughing when anxious parents say they're afraid to send their kids off to summer camp.

...to keep from ridiculing someone who complains about hot weather.

...to control his frustration when a colleague gripes about his coffee being cold.

...to remain calm when his daughter complains about having to walk the dog.

...to be civil to people who complain about their jobs.

...to just walk away when someone says they only get two weeks of vacation a year.

...to be forgiving when someone says how hard it is to have a new baby in the house.

The only thing harder than being a Soldier.. Is loving one.

Submitted by: Brian Dempsey

Creston resident John Middlemass



### Lest We Forget

the sacrifice made by  
brave veterans who served  
and continue to serve  
our country.

We remember those who  
paid the ultimate sacrifice.



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



**REMEMBER**  
*Freedom has a price.*

A poppy to all the brave  
veterans who risked their  
lives in past and present so  
we might have a future.

Creston Valley  
Teachers' Association



*We pause in  
silence to remember  
those who serve  
and are serving  
our nation in  
times of war and  
peace keeping.*



good neighbours...  
good advice.

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# A Historic Remembrance Day

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

At 2:00pm on November 11, 1922, a crowd estimated at no fewer than 1,000 people gathered at the foot of Barton [11th] Avenue for the unveiling of a new Soldiers' Monument. The granite cenotaph, made at the quarry of J.S. Wilson of Sirdar, replaced an earlier wooden tablet that had been erected at the end of the Great War in 1919.

The ceremony included a parade of more than 400 schoolchildren from all the schools in the Creston Valley, the Royal Canadian Mounted Police and approximately 100 returned soldiers. During the ceremony, the names of 110 young soldiers from the Creston Valley were read out and the granite stone was unveiled to reveal the names of the twenty-six who died.

Rev. J.S. Mahood, a Creston minister who had unveiled the original wooden monument, performed the unveiling itself. He closes the ceremony with a few lines that he had written in 1917, upon hearing that his own son had been killed in action:



The stone cenotaph, unveiled in 1922. This photo was taken in 1941, and it looks like the cenotaph was up in front of what is now Town Hall.

*Now thy long day's work is ended;  
Lay thy burden by.  
Holy angels guard thee sleeping;  
All peaceful lie.  
Fare thee well, we bid thee warrior,  
Such farewell as never died.  
To thy sure reward we leave thee,  
Resting in Paradise.*

*Now the battle's rage is over;  
Victory is won.  
Deeds no longer lose their splendour  
When faithfully done.  
Where the glory and the brightness  
Far outshine the path once trod;  
There, beloved, we entrust thee,  
Safe to the care of God.*

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



The wooden cenotaph in its original location, where Cook Street ends at the lights at 10th and Canyon.



# Valuing Older Workers

Story by: Judy Salzmann

Financial Assistant – Kootenay Employment Services

**W**hat is the number one thing that businesses everywhere need? Employees! Not just any employees but ones who are responsible, loyal, organized, dependable and mature. As a business owner or manager, is that too much to ask for? Each year in Canada, employers spend millions of dollars placing ads, interviewing, hiring and training workers. Many of those new employees end up staying in that job for just a few months because “something better comes.” Where are those workers who don’t plan to move on – a dependable, steady worker that will be dedicated to the job and take pride in their work? The answer? Older workers!

## There are many reasons for hiring an older worker; benefits both long and short term:

- \*Dedication – workers who will produce high quality work resulting in cost savings to your business, in many cases, wanting to work instead of having to work.
- \*Experience – workers that have weathered economic cycles and have gleaned from years of being in the workforce.
- \*Punctuality – older workers entered the workforce at a time when “good old fashioned” work ethics were expected and practiced.
- \*Honesty – workers whose values as a group uphold truth and personal integrity.
- \*Good Listeners – workers that generally only need to be told once what to do or how to do it and have the confidence to ask questions when necessary.
- \*Efficient and Confident – workers willing to share their recommendations and ideas because of years of experience with finding ways to do a job more efficiently.
- \*Maturity – workers with not only job experience but life experience, being

able to identify with other’s needs.

\*Communication Skills – workers that will understand workplace politics and are willing to share ideas with management.

\*Pride – workers who take pride in a “job well done”, wanting to make a contribution to their community.

\*Setting an Example – younger staff will learn by the example that older workers set, making training less difficult.

\*Focused and Attentive – workers, who know the importance of paying attention to detail.

\* As an older worker seeking employment, you may be concerned about age discrimination. Here are a few tips that will help:

\*Update Your Appearance – employers don’t want to assume your skills are out of date just because your hairstyle is.

\*Be Patient – employers may be reluctant to hire you because of your age, but patience and diligence will pay off.

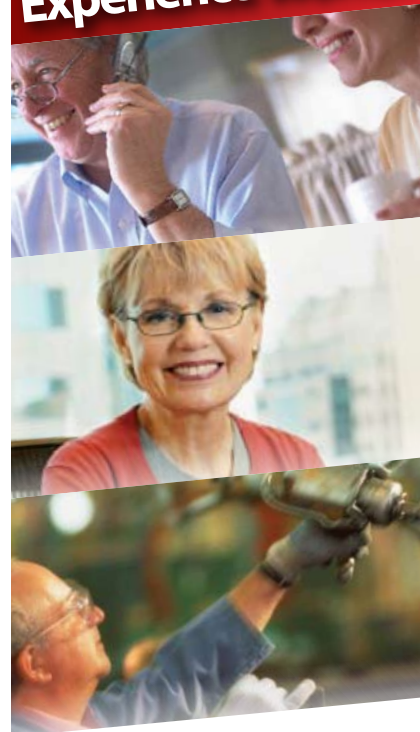
\*Be Confident – employers want to know your strengths to understand the benefits of hiring you.

\*Gain Computer & Technology Skills – employers are looking for workers who aren’t afraid of today’s technology.

\*Focus on Experience, Not Age – employers are seeking those who are mature and take pride in their achievements.

Business leaders in Canada are supporting the concept that their future success is dependent on the experience and loyalty offered by older workers. Older workers have unique skills and values that will benefit businesses of the Creston Valley. Why view age in a negative light? Older workers’ experience is something to be embraced – the benefits far outweighing the challenges.

## Experience Works!



## Are you 50 or older?

Interested in getting back into the workforce or starting your own business?

Check out the Experience Works program at Kootenay Employment Services.

**New intake starts soon!**



**For more information and to get your name on the list, call TODAY!**

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# Low Income Seniors Facing Unfair Cost of Living Increase

Story submitted by: Michelle Mungall  
MLA for Nelson-Creston

**T**he BC Liberals' decision to impose a fee increase of \$54 million on the already vulnerable elderly in residential care is the latest in their ongoing attack on seniors' quality of life.

"The BC Liberals are under the impression that seniors, whose before-tax income is \$22,000, are among this province's wealthy," said MLA Michelle Mungall.

"Health Minister Kevin Falcon describes taking an additional 10 percent of their net income as 'fair' and 'equitable', but it is neither".

Under the new rate structure announced by the health minister last month and effective in the new year, most seniors in residential care will pay significantly more.

For example, a senior whose gross income is \$22,000 will pay \$16,704 per year for residential care.

At the same time, seniors' access to health care is declining. "Residential care facilities across the province have been closed and seniors groups say cuts are leaving the elderly without access to affordable care. BC has one of the lowest level of access to residential care beds in Canada for people aged 75 and over," explained Mungall.

When announcing the rate hikes, Falcon said programs that help seniors avoid residential care are critical. But for years, this government has not provided adequate community based programs that help seniors regain and maintain their health and independence.

**"Ongoing attack  
on seniors'  
quality of life."**

"Those who cannot afford to pay must rely on their families or go without. Until

they end up in the hospital. That is not a solution for seniors to avoid residential care."

This rate increase is the latest in a series of post-election decisions that will reduce BC seniors' quality of life:

- Cancellation on 30 days' notice of programs to support isolated seniors
- An 18 per cent increase in MSP

premiums over the next three years

- Closure of residential care beds;
- Cancellation of surgeries and MRIs
- Imposition of the HST which will further reduce the B.C.'s care standards, already the lowest in Western Canada

*Michelle Mungall is the NDP MLA for Nelson-Creston*

*Phone: 250-354-5944*

*Email: michelle.mungall.mla@leg.bc.ca*



# A Boost in Creston Tourism Numbers



Story by: Amy Maddess  
Visitor Center Coordinator  
- Creston Valley Chamber of Commerce

The 2009 statistics recorded at the Visitor Center are significantly different compared to last year. This is partially because of the Chamber's new location and because more people are traveling closer to home and exploring more within their region rather than planning expensive vacations out of country. There was an increase in U.S. travelers, from Washington in particular, this summer and fall.

Many said they had never been to Canada, and decided to come through on the International Selkirk Loop.

The greatest increase in travelers from another province is from Alberta as well as a definite increase in U.S. travelers who are venturing North from both Idaho and Washington.

We were fortunate this year to receive summer student funding

for July and August. Without our students, it would have not been possible to assist all the visitors coming through the center.

Helping newcomers with relocation, sending out relocation packages and always promoting the Creston Valley keeps our staff constantly busy. This past January, we traveled to Spokane and attended the RV Show. Here we promoted the Creston area and brought awareness to how close we really are to Washington and Idaho. We boasted about the unlimited recreational opportunities, our beautiful lakes and rivers for swimming and fishing, fresh produce grown in the Valley, and numerous artisans and galleries to explore.

I believe that tourism is going to continue to increase in the future, as Creston becomes more of a destination rather than just a place to visit.

For more information on the Creston Valley Visitor Center click on:  
[www.crestonbc.com/chamber](http://www.crestonbc.com/chamber)

**"More of a destination."**

## Pride and Prejudice

A romantic comedy  
by Jon Jory

Based on the novel by Jane Austen



7:30 p.m.  
December 4 & 5  
Prince Charles  
Auditorium  
Creston, BC

\$10 adults • \$8 seniors  
• \$5 students

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Black Bear Books  
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or pick one up at Black Bear Books,  
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## Gleaners Giant Christmas Sale

**Saturday, November 14  
9:00 am -3:00 pm**

*Christmas Trees, Decorations,  
lights, cards, CD's, books, gifts, etc.*

Creston Senior's Hall - 810 Canyon St.  
(Across from Gleaners)

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since 1992*



## Caring For Animals Who Need Help

Story by: Stephanie Sweet  
Creston Spay/Neuter Animal Program

**C**reston Spay/Neuter Animal Program (SNAP) is a year old and close to its first milestone of neutering 100 cats and dogs. As well, 400 kittens and 200 puppies were spared from homelessness, starvation and disease.

Year two for SNAP is fast approaching and if 100 animals can be handled in the first year, why not aim for 200 plus for year two? Your kindness and diligent fundraising for SNAP will continue to help this much-needed program and 2010 goal.

We would like to extend a special thanks to the following: Columbia Basin Trust, Mayor Ron Toyota Regional District Directors Larry Binks and Gary Jackman, Veterinarians Dr. Keith Marling

and Dr. Rob McLeod and their staff, local businesses and private individual who have donated both time and money, to keep SNAP operating. It is truly heartening that so many community minded individuals have come to help tackle, at its source, the ongoing problem of too many unwanted pets.

On a sad yet happy note, we are saying goodbye to Dr. Marling. After more than 50 years of service to four and two legged creatures, he will be much missed. Thank you so much for being here and we all hope you will enjoy your retirement.

*SNAP provides spay/neuter for all cats and dogs owned or feral.*

*Call 250-428-2811 for applications.*

*Response is based on a first come, first served basis as well as available funding.*



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



# Notes From the Road

Story by:  
Elena Yeung

Bluegrass Songwriter, Singer and Musician



The aftermath:  
So, how was it, the whole year? Everybody in town is asking me. Fair enough.

After all, it was an unusual life decision, a romantic notion of following one's dream. Did it get the Hollywood ending that we've all heard of? Well, I wasn't met with great fame or fortune, I didn't fall madly in love, I didn't become the victim of some horrible crime, I didn't uncover some great and terrible mystery, I didn't save the world, or even a little kitten. Even amidst such exciting twists and turns, there was a lot of time spending plodding along in mundane and boring tasks. At best, the year was a series of short story vignettes told with a new and unfamiliar premise than before. Or maybe I'm just saying that right now because I'm blogging, and that's all we can capture with these words, little short stories that represent the greater journey.

And at the end, I've gotten some decent airplay across Canada and the solid respect of a good handful of DJs, a short list of decent press reviews, not bad for a self-produced debut, managed to go through more CDs than expected, (my worst fear was to be stuck with 800 copies from the run of 1000), and stayed within my budget. Did the music pay for itself? Well, no, unless you put all the profits straight into the travel expenses and ignore the cost of making the CD. Would I do it all again? Well, not exactly in the same way, but yes, now it's a matter of allowing more time in my regular life for music. It was the best decision I've ever made in my whole life, I tell them. Through all the ups and downs, no regrets whatsoever.

So, what's it like being back? The second most common question I've

been getting. It's a big adjustment, kind of hard to explain. But last week I ran into an old colleague

who I haven't seen since she first announced she was pregnant, and now has two children. The thought occurred to me: this adjustment process I'm going through it probably not much different from what a woman coming back from a maternity leave goes through. She's had a life-changing event, affecting all lifestyle decisions, sleep and wake patterns, and general priorities. And now she has to go back to her old job and do what she did before this all happened, almost as if it never happened.

I'm still in the slow, sluggish, inefficient work-mode, (what's our fax number again? And where are those referral forms filed?).

It's getting easier every day. Soon, it will feel like I never left... so strange. The idea depressed me at first, but I'm reminded of my decision to go in the first place. And you know what, just the other day, my first day back in the schools, I was immediately reminded why I love my work.

I see an issue or am presented a question, and immediately my brain runs through all the creative ways of analyzing the problem and how to solve it. I haven't lost that spark. Thank God for that.

Signing off,  
Elena

## CVMTA Teachers' Concert

November 20, 7 pm  
November 22, 2:30 pm  
at the PCSS Auditorium

Creston Music Teachers present "In the Spotlight" - a smorgasbord of TV and movie themes interwoven with comedy.

For more information  
contact Anita Stushnoff, 250-428-5272  
Email: [stushnoff@uniserve.com](mailto:stushnoff@uniserve.com)  
Website: [www.cvmta.ca](http://www.cvmta.ca)

Bringing the gift of music  
to the Creston Valley.

## Looking For That Special Gift?

Saturday, November 28

### Art Council Annual Christmas Art & Craft Fair

Prince Charles Secondary School Gym  
223 18th Ave. S. • 9 am - 6 pm

Over 60 tables featuring:

- Handcrafted items by local & regional artists & artisans
- Local author book signings
- And other surprise holiday events
- Food Bank Donations
- Door Prizes

Lion's Club Decorated Christmas Tree Auction

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For more info contact Harry 250-428-2527  
[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)

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- New scheduling options of 30, 45 and 60 minute appointments to allow for longer 1:1 times with your Physical Therapist (PT)
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- Now selling Barefoot Science, a dynamic foot orthotic, great for people with foot pain, back pain and headaches

**Team Members:**

- Michael Foy BScPT • Candace Foy BScPT
- Sumarie le Roux BPhysT
- Gail Kuo MScPT • Ron Miles BScPT
- Aleesha Murdoch RMT



124-14th Ave. N., Creston • 428-8962

# On the Move in More Ways Than One

Story by: Celine Calfa  
Public Affairs – Canadian  
Red Cross Kamloops



The Canadian Red Cross is celebrating 100 years of parliamentary recognition in Canada this year. With Voluntary Service being one of the fundamental principles of the Canadian Red Cross. This is a salute to our volunteers who form the cornerstone of any community, as well as a celebration of providing Canadians with much needed programs.

In Creston, a new look and new location are the order of the day for the Canadian Red Cross. Recently, the Medical Equipment Loan Service went through a name change. Now called Health Equipment Loan Program (HELP), it better reflects the vision and the kind service this program offers. The HELP team members provide clean well maintained health equipment for short-term loans. This allows people to remain at home to recover from an illness, injury or surgery in a safe and dignified manner.

HELP also moved to a new location on November 2nd, 2009. Over the past several years, we have seen a steady increase in the number of pieces of medical equipment being

loaned to the community. We felt it was time to expand, to increase our inventory of medical equipment to meet the demands, help us be more organized and be more accessible to the residents of Creston. We would like to extend a big "thank you" to Cheryl Comin and her team at the Interior Health Authority for their ongoing support and being

**"We felt it was  
time to expand."**

instrumental in helping us locate a larger office space.

As always, the Red Cross is looking for more individuals who can commit to a couple of hours a week. If you would like to become a part of this incredible HELP team, stop in at our new space in the lower level of the Creston Valley Hospital. You can also call the Depot at 250-428-2608, between 2:00pm and 4:00pm on Mondays, Wednesdays and Fridays.



Canadian Red Cross

CELEBRATING 100 YEARS | 1909-2009





# Why Hire A Realtor?

Story by: Shannon Veitch

Real Estate Agent - Century 21 Veitch Realty Creston

**W**hy list your home with a realtor when you can just sell it yourself and save the commission? For sale by owner seems easy enough, a sign on the front lawn, the buyer sees it, rings the doorbell, asks to see the house and just like that he says he will buy it and you are done.

The majority of out of town buyers go directly to a real estate office when they arrive. They are not familiar with our area or with the market and often say they would prefer to use a realtor to show them the area. They also tell us they do not want to negotiate directly with the owner of the house, but want us as realtors, to do the negotiating for them. In addition, most have looked at real estate on the Internet prior to coming to Creston to see what is available. [www.realtor.ca](http://www.realtor.ca) is one of the most popular Internet sites to search for real estate. These are the properties that the buyers have seen on the Internet before they arrive in Creston. By selling your home yourself, chances are you are going to miss out on a substantial percentage of out of town buyers that choose use a licensed realtor.

Realtors can effectively negotiate the best selling price for you because we are not a party to the contract.

In short, Realtors work for you. We find you a buyer, we qualify

them to ensure that they have the financial means to purchase your home, we promote your home and property and have the skill and training to show them why they should purchase your home, we write a legal contract between the buyer and yourself, the seller, and we follow it through to completion to ensure a smooth transaction. We look after the details so that you don't have to.

You wouldn't perform surgery on yourself, you would hire a trained medical professional, so why

**"For sale by owner seems easy enough."**

risk shortchanging yourself on what may be the largest financial transaction you do? Hire a professional to do

the job for you – contact a licensed realtor to find you a qualified buyer who is willing to pay you the highest amount of money for your home with the least amount of inconvenience to yourself. The services that realtors provide make them well worth the payment they receive.

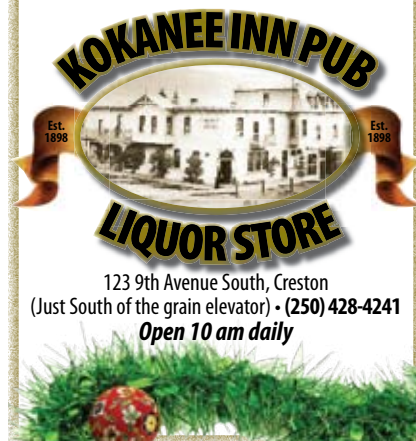


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Kitchen open daily for lunch & dinner.  
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Open 8:00 am to 9:00 pm

**7 days a week!**

# Creston Valley Thunder Cats

Story by: Joe Martin  
Head Coach/GM

**O**ctober was both a good and bad month for us, the bad part being early on we had to battle the flu along side everyone else in Creston. During that time frame only half the players were healthy enough to practice, let alone play a game. The good part was after that was over we won the next four games by a margin of 36-8. Sure it was against some of the lonely teams at the bottom of the standings but we needed it, the boys were really working hard and they needed some payback for it.

## "Helping out around the community"

During the month the boys were also busy helping out around the community. They pitched in to move New Life Furniture to their new spot, splitting and loading wood for the Rotary Club as well as

picking some apples for a Thunder Cat fan from his family's local orchard. I think these community outings plus some positive work ethic on the ice has led to some great crowds here at the Johnny Bucyk Arena. Twice this year we have topped the 500 mark in attendance.

Now we head into November with 12 games in 25 days on the schedule, and three - three game weekends. Only three of those

games come against opponents with less than a .500 winning percentage. Tough for anybody. We'll need to stay healthy, compete hard on the weekends and use our practice time wisely so that our players get the appropriate rest they need.

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



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# Out & About

[www.crestonevents.ca](http://www.crestonevents.ca)

**November 07, 2009**

## Harvest Ball

**Location:** CDCC  
(Creston Room)  
6:00pm Cocktails  
7:00pm Dinner  
9:00pm Dance

**Cost:** \$30.00 at Paul's  
Superette and the CV  
Chamber of Commerce

**Contact:** Kris Vanderweyde  
250-428-2920

**November 07, 2009**

## A Glimpse Into Yin Style Yoga

**Location:** CDCC  
Portable  
9:00am-noon

**Cost:** \$30.00

**Contact:** Gail Thompson  
250-866-5474  
[mgthomps@telus.net](mailto:mgthomps@telus.net)

**November 21 - 22, 2009**

## CVMTA Teachers' Concert

**Location:** PCSS  
Auditorium

November 21  
7:00pm  
November 22  
2:30pm

**Contact:** Anita Stushnoff  
250-428-5272  
[stushnoff@uniserve.com](mailto:stushnoff@uniserve.com)  
[www.cvmmta.ca](http://www.cvmmta.ca)

**November 28, 2009**

## Art Council Annual Christmas Craft Fair

**Location:** PCSS Gym  
9:00am to 6:00 pm

**Contact:** Harry Miller  
250-428-2527  
[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)

**November 28 - 29, 2009**

## IMAGES 2009 Art Show & Sale

**Location:** Rotacrest Hall  
November 28  
10:00am-6:00pm  
November 29  
10:00am-5:00pm

**Contact:** Eileen Gidman  
250-428-4091  
[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)

## NOTICE A & E Community Market

### NEW LOCATION!

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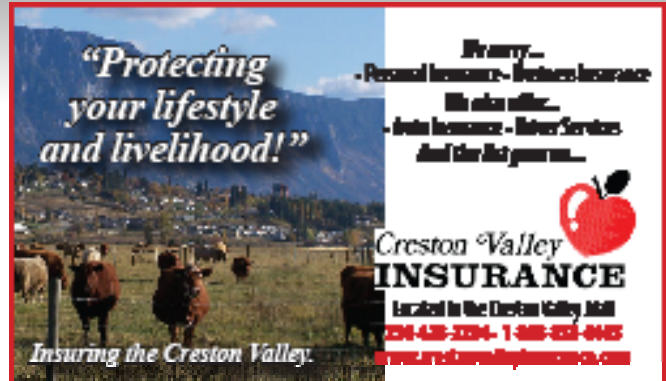
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