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#### The Magazine

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#### Letters to the Editor

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

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#### From the editor

rist things first, I need to take care of some housekeeping. I want to apologize to the Creston Art Club. In our last issue, the dates of the Creston Art Club's annual show and sale were printed were incorrectly. Again I do apologize for this error and any inconvenience it may have caused you.

So we are a few weeks into autumn, the only a month with two holidays/celebrations that revolve around food. Gobble + pumpkin + fork + knife = Thanksgiving. Mmmm, what a treat, good thing it's a three day weekend.

Speaking of treat, throw the word trick in front of it and in walks Halloween. "Bum ba bum ba ba bum ba bum..." Do you recognize this song? Maybe the next part will help, "How do you do boys and girls, my name is Alfred Hitchcock." That's right, the emperor of spine chilling, nail biting and shriek provoking stories and films. When I was a kid, we had the record "Alfred Hitchcock Ghost Stories for Young People". My brother and I listened to Hitchcock's tales all throughout the year and eventually the record began to sound scratchy, making it even scarier (I can still remember most of the record).

I am so excited for you to read this month's feature story. The Kokanee Inn Pub, here in Creston, beats any Hitchcock story hands down. I am not going to say any more, you have to read it. We have a plethora of Halloween stuff in this issue including lists of scary movies for all ages, superstitions (hmm, this is I Love Creston Magazine's 13th issue), safety tips and popular costumes

(I have to brag, the best costume I ever donned was Gumby. It made me two feet taller and brought me closer to my green clay hero). One last Halloween note: Cemetery Tour. Have you ever taken one? Well you can in the comfort of your own home thanks to the Creston & District Museum & Archives.

Yogi Bear and his family have recently been spotted a bit too close to town. The BC Conservation Foundation Bear Aware Program is running its annual educational campaign and is hosting an evening with a world-renowned bear advocate.

RDCK Director, John Kettle candidly tells his story of his first trip from his U.S. home to the Creston Valley. He took this positive experience, and moved his family north, leaving the south behind.

Town of Creston Mayor, Ron Toyota gives us an update of what's happening with himself, the town, and council. Mayor Toyota will be submitting articles on a regular basis.

It's hard to believe the 2010 Winter Olympics are just several months away. The Olympic Flame starts its journey in Canada at the end of this month. We have an update from the Creston Olympic Torch Relay Community Celebration Committee.

It's World Breastfeeding Week this month. This year's theme: Breastfeeding: A Vital Emergency Response. Are You Ready? Families and the general public are welcome to attend and participate.

MLA Michelle Mungall has taken on several new responsibilities. She'll tell us what they are and how her role in Victoria has changed.

And as we do for you every month, compiled the Out and About Calendar to help you keep track of what's going on around town.

Have a wonderful Thanksgiving and Happy Halloween. Gobble Gobble Boo!

#### Mailbag

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

Dear Editor,

In your September issue, the story you wrote about my farm, Root and Vine Acres, stated that my neighbour had passed away... Turns out he's alive and kickin' my butt for tryin' to kill him off! I believe I stated that the previous owner had passed away and all through my childhood she had gardened in that spot. Her garden was always beautiful and I feel privileged to garden where she gardened. If you could clear that up it would be great. Thanks again for all the publicity, it's been a wonderful month. Sincerely,

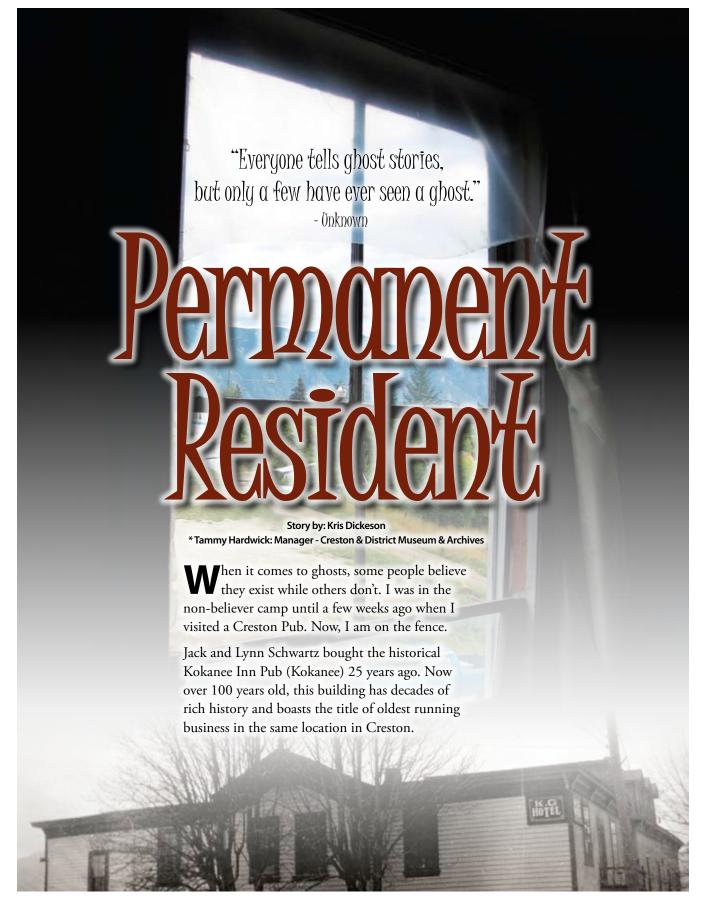
Sincerely, Jessica Piccinin Owner Root and Vine Acres

Dear Jessica,

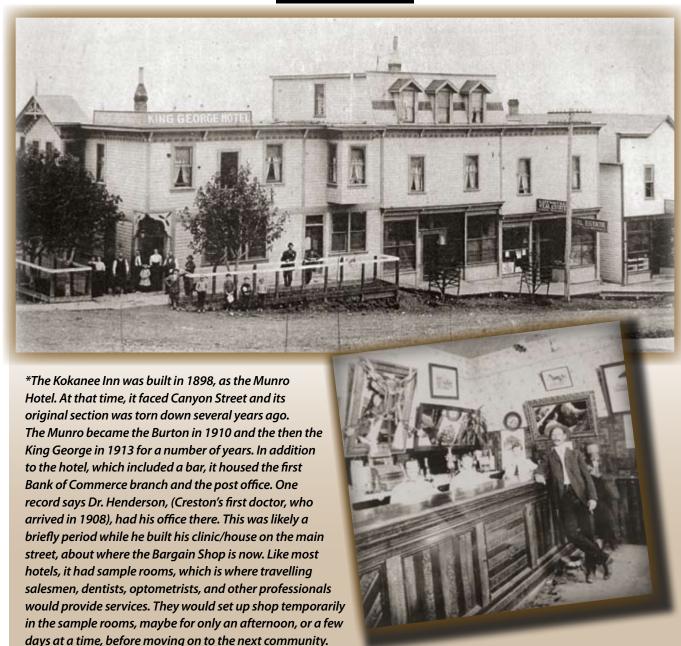
Thank you for letting me know about the mistake I made. I am glad your neighbour is alive and that you can continue to work your magic in his garden. I apologize for the mix-up and appreciate the opportunity to address it. Kris Dickeson

Eastor I Love Creston Magazine

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When my photographer and I walked into the Kokanee, I was nervous because I had no idea what to expect. Not only had I never been there, but I also had heard a number of interesting tales about the pub (note: this began to play with my non-believer status). It was either the firm handshake from both Jack and Lynn that put me at ease or the fact nobody wearing a white sheet jumped out and yelled, "BOO!"

The four of us sat down at a table and without a prompt, Jack started talking, "We didn't know the history of the place when we bought it,

### "Nobody wearing a white sheet jumped out and yelled boo!"

but found some things out after talking to some of the old timers." As he spoke, I noticed the rest of us lean in as we listened, as if we were sitting around a campfire. "Edna, our resident ghost, ran this place forever along with three other bars.

Jack paused and Lynn piped up with the information that I had heard from other people, "She's the one that fell down the stairs about 25 years before we bought the Kokanee." At this point I asked the couple again if they had knowledge of this when they bought the place. They shook their heads.

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As he shared his first experience with Edna, Jack's eyes widened. "About 20 years ago I was here late and feeling tired so I sat down in a chair to a rest," he said. "I must have dozed off and was stirred by the sound of a door, that slammed open. I looked around and saw what looked like a white nightgown moving around. It was surreal. There was also a wind and I had an odd feeling. The door slammed again and I fully woke up. I knew it was Edna."

Lynn's first introduction to Edna involved the same door. "It was one of those magnet doors and it banged open and shut but only after hours," she said as if it was a fact, not an incident. "I remember it was all happening while I was cleaning on a Sunday and we were closed. We also have bizarre electrical mysteries where lights just turn on or off."

Then there was the jukebox. "That thing would just start up by itself," Jack laughed. "It would also switch songs if it didn't like what was playing. It would happen when only a few people were in here and startled them, so we got rid of the jukebox."

My interview with Jack and Lynn was not going as I had expected. Here I was sitting in a pub calmly talking about ghosts, and becoming curious (keep in mind I had not left the table or lifted my eyes from my notepad).

There have been other ghosts roaming the Kokanee halls

over the years. Jack remembers one, whom he believes lived there a few years back. "This guy would have a couple of beer at the bar, buy a sixpack and head up to his apartment,"

### "I don't think these are bad spirits."

Jack said and moved around in his chair. "He would always grab his sixpack, say 'goodnight Jack' and head to his apartment. It was his routine. He waited for an acknowledgement or he wouldn't leave. A few months



Kokanee Inn Pub present day.



Creston's first Board of Trade banquet, 1910.

after this guy passed away, I was in the cooler and heard a voice so I came out to see who was there. No one was, so I went back to the cooler and then I clearly heard someone say 'goodnight'. It was really weird and I didn't put two and two together until few weeks later, when another staff member had the same experience. When she told me, I figured it out, it was him saying goodbye. It was bizarre and eventually I think I just told him to get out." (note: this staff member, along with a few others, doesn't like

to go downstairs).

Lynn followed up with one of her experiences. "Another guy lived in our office upstairs for years. After he passed away, we had a few things happen. A few times the heat, that had a new electric knob, was cranked. Jack or I hadn't been there for a couple of days and no one else has a key. A few times I've been up there and a piece of paper will just float through the air. It's weird but because I think I know who it is and we always got along it's fine. It has also only ever happened in the office."

As I listened to the Schwartz's talk I noticed there is a difference in how they each react to the "folks" they share the Kokanee with. To Lynn it is very matter of fact while Jack has more of an emotional investment. That being said, they both appear to have accepted what goes on and don't let it affect how their business is run.

As for the employees, it is part of the job. They aren't told before being hired, as they may never experience anything. Some employees have said they've seen things in windows, heard footsteps upstairs, heard doors slamming and witnessed a lot of electrical activity. They understand, but when working alone, some play music loud to drown out any sounds. "I don't think these are bad spirits," Lynn said. "Edna just wants the business to succeed. She likes us. The employees don't like going downstairs, and say the lights flashed when they come back up so they think that Edna doesn't like them."

#### "Edna just wants the business to succeed."

Jack replied, "She likes me and I feel very comfortable with her around. We get along fine. In fact a few years back, I slipped on the basement stairs and flipped into the air. Luckily, I was able to grab onto the railings with my hands and stopped myself from a nasty fall. These railings were put up for Edna as she was crippled. So she saved my life."

My photographer gave me a nod, and with my voice shaking, I asked the Schwartz's to give us a tour. First up, the basement and the possibility of meeting Edna. Lynn and my brave photographer led the way down the brightly lit, narrow steep stairs to the basement. As I followed I saw a regular looking dim basement with halls to the right and left. When I got to the bottom of the stairs, I found myself

in hyper sense mode, waiting to see, smell or feel something. Nothing happened but I stayed at the bottom of the stairs as my photographer snapped photos. I shouted to her a couple of times inquiring if she felt or saw anything. The answer... no.

Next, we headed upstairs to see the office and get more photos and possibly run into a ghost. On the way, Lynn showed us where the famous "banging" door used to be. The top floor had a number of suites that were rented out years ago. The sun coming through a window brightened Lynn's office, comforting me. My photographer clicked away and again I waited to feel or even see something. I broke down and asked Lynn if there was a ghost with us? She laughed and said no.

We went back down to the main floor to say goodbye and thank the Schwartz's for talking to us and showing us around. As we went through the door, Jack called out, "I enjoy what goes on and I believe I'll be a ghost around here someday." I agree.



Jack Schwartz, owner of the Kokanee Inn Pub.



#### Rookie MLA Takes On Major Responsibilities

Story submitted by: Michelle Mungall MLA for Nelson-Creston

"Over 200,000

children living

in poverty."

ocal MLA, Michelle Mungall is taking on major roles in her new position. This week Mungall was acclimated as Chair of the NDP Opposition Women's Caucus and was appointed to the Select Standing Committee on Finance and Government Services.

As Chair of NDP Opposition Women's Caucus, Mungall will be working with her colleagues, provincial and local women's groups and British Columbians to ensure that government programs and services are good for at least 52% of BC's population.

"This is an exciting challenge and responsibility," said Mungall. "Women

are consistently over-represented among the poor and disenfranchised in this province. They are more often the single parents of the over 200,000 children living in poverty. This Government has let women and children down, and I am glad that I have the opportunity to hold them accountable while finding solutions to the problems women face."

One of the ways Mungall will be able to apply find solutions is in another of her new roles. As a member of the multi-party Select Standing Committee on Finance and Government Services, Mungall will be touring the province, seeking public input and providing detailed feedback on the provincial budget.

Select Standing Committee on Finance and Government Services is a committee that is appointed, among other duties, to conduct public consultations across British Columbia on proposals and recommendations regarding the provincial budget and fiscal policy for the coming fiscal year.

"I welcome the opportunity to travel the province to hear British Columbians' concerns about

> the government's budget and their ideas for BC's future." Mungall added, "People have

considerable trepidation about the budget cuts, broken promises and what this will mean for our economy, so it's imperative that we hear from them."

To make any comments on the provincial budget, members of the public can attend any of the public meetings that will soon be posted online.

Check www.michellemungall.com in the coming weeks.

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



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Hidden History at **Pioneer Cemetery** 

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

ave you ever wandered through Pioneer Cemetery and read the inscriptions on the stones? Many have only the standard information, giving no hint about the long, full lives of their owners. But there are a few that make you want to get a little more of the story.

Take this one, for example: "In loving memory of Jennie May, beloved wife of Frederick K. Hurry, who fell asleep May 4, 1908, age 36 years." What caused a young woman to pass away in her sleep? We may never know. But Fred Hurry never remarried, even though he was left with eight children to raise, the youngest of whom was only seven years old when his mother died. Jennie May seems to have been beloved, indeed.

#### "What caused a young woman to pass away in her sleep."

Some inscriptions lead to stories of heroism, like Sergeant Searle. He drowned in the Goat River in pursuit of rumrunners, and was the first RCMP officer in BC to die in the line of duty. A few point to family tragedies: Mothers and infants who died in childbirth. Andy and Margaret Miller who died less than a year apart, leaving five young children to be raised by their grandmother. And this one: "John Martin Ebbutt - Born August 14,



1897 - Drowned while bathing at high water, Kootenay Flats, June 19, 1914."

Perhaps the most heartbreaking

of all is the headstone of Anna and Malcolm Boyd. Following their names is the inscription, "Daughter Esther, her

had been married less than two years when Esther was born, but she lived less than a year. The three babies

who followed died after only a few days. Infant mortality rates were high in those days, much higher than they are today, but that must have been very poor consolation for

the parents.

Another one that catches the eye reads "Pte. A. Tanner – 1883-1947 - 251st Btn. - 1084081." A military rank on a

headstone often indicates someone who died in battle - but this gentleman died of a heart attack in his sixties, two years after World



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#### history

in 1895, arrived in
Creston in 1899,
and travelled to Nelson
regularly for proceedings
in the courthouse there.
Arriving in Creston as early
as he did, it is very likely that
he was, indeed, Creston's first

lawyer. George's detailed diaries show him discovering and working several mining claims in the mountains

surrounding the Creston Valley. And the U.E.L. on his headstone? Those letters suggest that he may have been a descendent of a United Empire Loyalist, loyal to England,

who settled in Canada after the American Revolution. But none of the Archives' records say anything about that. In fact, according to his obituary, George Young's

most notable accomplishments were playing on the Osgoode Hall rugby squad when they won the Dominion rugby championship in 1894; and coming to BC in the company of Walter C. Nichol,

Lieutenant-Governor of BC 1920-1926, and Boer War and First World War hero Billy Marshall.

Another grave marker that hints at the career of its owner is that of Francis Henry Shepherd. His headstone declares that he was a Member of Parliament for Nanaimo

> from 1911 to 1917. He was that, and much more: professor of English; superintendent

of mining operations as far away as Australia and New Zealand; civil and railway engineer with the CPR; chief inspector of mines in BC; and, according to his 1938 obituary,

> "one of British Columbia's outstanding and celebrated gentlemen."

Who knows what other stories are hidden amongst the

headstones at Pioneer Cemetery?

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

War II ended. The military rank refers to his service in the First World War, but his obituary gives no details at all about it. Alfred Tanner was a family man, survived by his wife and seven children, who had lived a full life. Why was his military service, thirty years earlier,

It's quite a contrast to this one: "A Prospector – Creston's First Lawyer: G.A.M. Young, U.E.L." George Alexander MacDonald Young graduated from Toronto's Osgoode Hall with a law degree

the only aspect of his life to be

recorded on his grave marker?



"Some inscriptions

lead to stories

of heroism."

"The first RCMP officer in BC to die in the line of duty."





### From the Mayor's Desk

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

was sworn-in to serve as the Mayor of the Town of Creston on December 1, 2008. This is a three-year term that pays about \$20,000 per year plus official expenses and is NOT a full-time job or employment situation.

I was born and raised in Creston and now live in the Creston Valley, near Sanca Creek on Kootenay Lake. My drive into town is about 30 minutes and this allows me the opportunity to listen to Daybreak South with Marion Barschel on CBC radio or to listen to Alan Armstrong on CIDO (local FM) depending upon the time of day and the topics of discussion.

As Mayor, I have the challenge and opportunity to observe, listen to, research and implement good changes that will move our valley forward. Some of these can be minor that a simple phone call or email to staff will remedy the problem and others require many hours of staff reports and eventually government bureaucratic involvement.

At times, my business experience and my many years of community involvement can be of benefit in understanding the overall scope of the task. My past contacts help me to get the necessary audiences to listen and solve the problem. Now this may sound like election campaigning or it may sound like I am building my ego, but in reality it is about experience and common-sense thinking.

I am thoroughly enjoying the opportunity to work with my fellow town councilors, our staff, Regional District Directors and my fellow citizens. See the information below to get in touch with me.

Thank you to "I Love Creston Magazine" for allowing me this regular space and this inaugural write-up of general information and hopefully future comments will be more specific on issues and developments that the Town of Creston is addressing.

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



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# Are You Drinking Enough Water? Is It... Tap or Bottled?

#### **Drug Traces Common in Tap Water**

Associated Press - Published: March 10, 2008. A vast array of pharmaceutical drugs - including antibiotics, have been found in the drinking of over 41 million Americans.

#### **Canada May Ban Plastic Water Bottles**

USA TODAY - Published April 18, 2008. A chemical found in hard plastic water bottles - Bisphenol A came under increased pressure when Canada said it's potentially harmful and may ban its use.

#### Proper Hydration if the Key...

If a plant dries out, the leaves crack and the branches become brittle, if it doesn't get water, it will die. Give it some water and it may spring back to life. Do the same with your body, be sure you keep it property hydrated. When a patient is admitted to the hospital many times doctors insert an IV line to be sure the patent remains properly hydrated.

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### Creston Celebrates World Breastfeeding Week

Story by: Claire Bouchard - Public Health Nurse/Breastfeeding Consultant



A group of Creston moms show their enthusiasm during World Breastfeeding Week.

"Make your

own cloth

diapers."

anada celebrates World
Breastfeeding Week the first
week of October. It is a time to
acknowledge the great benefits of
breastfeeding for babies, mothers,
families, the economy, society,
the health care system and the
environment.

This year's theme is especially interesting:

Breastfeeding: A Vital Emergency Response. Are You Ready?

Did you know that in emergencies such as a natural disaster or pandemic illness, babies and young children are especially vulnerable to malnutrition, illness and death? A compromised water supply and immature immune systems contribute to babies and young children being at greater risk than the general population.

There are several events organized in Creston and not just mothers,

but the general public is invited to attend.

#### Ready Set Baby!

This session covers a wide range of topic including breastfeeding as an emergency response, emergency preparation (72 hour kits), baby

massage, PeeWee Pilates, Emergency ID kits, library and baby goose, make your own cloth diapers and entertaining your toddler when

breastfeeding baby.

Ready Set Baby! is on Tuesday, October 6th from 10:00- noon at the Creston Family Place (the old South Creston School.

Come out, have fun, meet other young families and exchange ideas!

To register phone the College of the Rockies: 250-428-5332

For more information contact Claire Bouchard: 250-402-6753

#### **Halloween Safety Tips**

http://bc.rcmp-grc.gc.ca/ViewPage.action?contentId=1121&siteNodeId=50&languageId=1

alloween has traditionally been one of the most exciting holidays for children. The RCMP in BC would like to ensure that everyone exercise precaution to ensure a safe, enjoyable, and accident-free Halloween.

#### PARENTS please ensure your children:

- Are dressed appropriately for the weather
- Are visible wearing reflective tape on the front and back of their costumes for better visibility, or light sticks which can be worn around their necks or wrists
- Carry a flashlight
- Walk in groups staying together
- Stick to well lit, populated areas;
- Accept treats at the front door, never go inside a house
- Cross only at corners. Never dart between parked cars or in the middle of the block
- It is also a good idea to take a cell phone with you in case of an emergency.

#### KIDS:

- DO NOT eat any candy until it has been checked by an adult.
- Let your parents know where you are going (the general route) and when you will be home.

- Do not trick or treat at houses that have their lights out.
- Use the sidewalk, and do not run across lawns or gardens.
- Cross the street at crosswalks or intersections and make sure you look both ways.
- Do not eat homemade treats or fruit if you do not know who made them and where they came from.
- Throw away any treats that are not in sealed packaging.
- Wear good solid shoes and make sure your costume is not to long to prevent tripping.
- Trick or treat early, and finish early so you are not out late at night.
- Never go into alleys, parking lots, wooded areas or vacant lots.
- Do not go near animals you do not know.
- Stay away from firecrackers and fireworks, or anyone playing with them. Not only are they illegal to have, but they are Very Dangerous!

#### **MOTORISTS:**

- Please slow down and to watch for kids that might dart in front of you
- Focus on surroundings pay attention to crosswalks and intersection.

Take the time to reduce the risks and then Halloween will not only be safe... but FUN!









### HALLOWEEN SAVINGS!

Check out our good used kid's and adult costumes, decorations, masks, wigs, makeup and accessories,

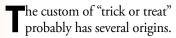
Available throughout October at our usual affordable prices.

Creston Valley
GLEANERS
807 Canyon Street, Creston



#### History of Trick or Treat

www.theholiday spot.com/halloween



An old Irish peasant practice called for going door to door to collect money or food in preparation for the festival of St. Columbus Kill.

halloween

Yet another custom was the begging for soul cakes for one's self-particularly in exchange for promises of prosperity or protection against bad luck. It is with this custom the concept of the fairies came to be incorporated as people used to go door to door begging for treats. Failure to supply the treats would result in practical jokes being visited on the owner of the house.

By the mid- 20th century children would dress up and parade to the neighbors' houses, do little performances, then ask for a reward.

#### History of Jack O Lanterns

www.theholidayspot.com/halloween

This is based on an old Irish legend. One day Jack was out in the woods and tricked Satan into a tree to throw down some fruit. Once Satan had helped him he carved a cross into the tree and trapped him there.

He then struck a deal that Satan would leave his soul alone when he died. This backfired when he died since heaven would not take him either. When he kept bothering the Devil to let him in the Devil gave him a burning ember instead.

He carried the ember in a hollowed out turnip to light his way as he wandered through eternal darkness. Eventually this was replaced with the pumpkin and became the modern Jack-o-Lantern.



#### Halloween Super

www.theholidayspot.com/halloween/superstitions.htm

- A burning a candle inside a Jack O Lantern on Halloween keeps evil spirits at bay. If a candle suddenly goes out by itself on Halloween, as though by breath or wind, it is believed that a ghost has come to call.
- Always burn new candles on Halloween to ensure the best of luck. It is not a good idea to burn Halloween candles at any other time of the year. It may bring bad luck or strange things will happen to you.
- Gazing into a flame of a candle on Halloween night will enable you to peer into the future.
- Girls who carry a lamp to a spring of water on this night can see their future husband in the reflection.
- It is believed that if a person lights a new orange colored candle at midnight on Halloween and lets it burn until sunrise, they will be the recipient of good luck.
- If you hear footsteps trailing behind you on Halloween night, do not to turn around to see who it is, for it may be Death himself!



- To cast a headless shadow or no shadow at all is still believed by many to be an omen of death in the course of the next year.
- According to an old English folk belief, you will invite bad luck into your home if you allow a fire to burnout on Halloween.
- If a bat flies around a house three times, it is considered to be a death omen.
- A person born on Halloween can both see and talk to spirits.
- Knocking on wood keeps bad luck away.
- If you see a spider on Halloween, it could be the spirit of a dead loved one who is watching you.
- Put your clothes on inside out and walk backwards on Halloween night to meet a witch.
- You should walk around your home three times backwards and counter clockwise before sunset on Halloween to ward off evil spirits.

### History of Witches

www.theholidayspot.com/halloween itches have had a long history with Halloween. Legends tell of witches gathering twice a year when the seasons changed, on April 30 - the eve of May Day and the other was on the eve of October 31 - All Hallow's Eve.

The witches would gather on these nights, arriving on broomsticks, to celebrate a party hosted by the devil. Superstitions told of witches casting spells on unsuspecting people, transform themselves into different forms and causing other magical mischief.

When the early settlers came to America, they brought along their belief in witches. In American the legends of witches spread and mixed with the beliefs of others, the Native Americans, who also believed in witches, and then later with the black magic beliefs of the African slaves.

The black cat has long been associated with witches. Many superstitions have evolved about cats. It was believed that witches could change into cats. Some people also believed that cats were the spirits of the dead. If a black cat was to cross your path you would have to turn around and go back because many people believe if you continued bad luck would strike you.







### 17 Top Halloween Movies for Kids

http://kidstvmovies.about.com/od/halloween, http://kidstvmovies.about.com, http://homevideo.about.com, http://movies.yahoo.com, http://family.go.com/entertainment/article-264120-13-not-so-scary-movies-for-halloween, http://www.mooviees.com

- 1) The Nightmare Before Christmas: In a world where each holiday has its own town, Jack Skellington embarks on a search for something more than the dreariness that Halloween Town offers.
- **2) The Haunted Mansion:** This spooky, CGI effect-packed film is based on the famous Disney World attraction.
- 3) Harry Potter Years 1-5: This collection includes: Harry Potter and the Sorcerer's Stone, Harry Potter and the Chamber of Secrets, Harry Potter and the Prisoner of Azkaban and Harry Potter and the Goblet Fire.
- 4) It's the Great Pumpkin, Charlie Brown: It just wouldn't be Halloween without joining Charlie Brown and the gang for the classic tale of the Great Pumpkin.

- 5) Bedknobs and Broomsticks This story follows Eglantine and the children as they set out on a magical adventure to find a missing page from an old book.
- **6) Casper:** Steven Spielberg produced this feature starring the friendly ghost originally created in 1940 by Joe Orolio.
- 7) Scoobie Doo on Zombie Island: This creepy caper finds the Mystery Gang heading to a haunted bayou island to investigate a ghost.
- **8) Monster House:** DJ is a 12-year-old boy who lives in a nice suburban neighborhood, except for the rundown house owned by old Mr. Nebbercracker.
- **9) Ghostbusters:** This movie is about three parapsychology professors who set up shop to rid the city of pesky goblins.

- **10) Tim Burton's Corpse Bride:** Tim Burton combines wholesome comedy and creepy horror with this tale of a mild-mannered Victorian gentleman who accidentally marries a mysterious corpse bride.
- 11) Beetlejuice: Barbara and Adam move to the country and are killed in a car accident. Their ghosts return to their home, and learn that they can live in their house, even with a new family-from the land of the living.
- **12) Monsters Inc:** What if the spooky creatures under beds and in closets are just as afraid of us as we are of them?
- **13) Addams Family:** When longlost Uncle Fester reappears after 25 years Morticia and Gomez begin plans for a celebration that will wake the dead.

### 13

#### Classic Halloween Chillers

http://www.classicmovies.org/articles

- 1) Nosferatu (1922): F.W. Murnau's masterpiece is thought by many to be the greatest vampire movie of all time.
- 2) Frankenstein (1931): The acknowledged king of horror films may look like a cliche today, but it created most of those cliches.
- 3) Bride of Frankenstein (1935): Considered even better than the original.
- 4) The Wolf Man (1941): One of a handful of the most remarkable horror films.
- 5) Invasion of the Body Snatchers (1956): The word "body" in the title of this film caused some parents to forbid their children from going.
- 6) Psycho (1960): Still Hitchcock's most popular film, and one which influenced generations of filmmakers.
- 7) The Haunting (1963): One of the greatest of all haunted house movies.

- 8) The Birds (1963): Leave it to The Master to turn a flock of birds into malevolent monsters.
- 9) Night of the Living Dead (1968): A zombie flick is still about as scary as they get.
- 10) Rosemary's Baby (1968): This late 60's tale of a woman who gives birth to the Devil's child makes this a classic.
- 11) The Exorcist (1973): Known as one of the scariest movie of all time, the religious element made it a big draw in the mid-seventies.
- 12) The Omen (1976): Many feel this is one of the best horror movies ever made.
- 13) Halloween (1978): This film set the tone for many slasher flicks to come, perfect way to put you in the mood for Halloween.



October 2009 www.ilovecreston.com

#### Is it or isn't it?

Story by: Scott M Veitch, BCom. RI, FRI Broker Manager - Century 21 Veitch Realty Creston, Past President - BC Real Estate Association

A good time to buy? A good time to sell? Going up or falling down? It's a real toughie to answer. Lots and lots of opinions. Yet most will agree, it's been a difficult 12-months for BC's Housing Market – no question about it! We have been weathering the worst downturn in more than as many years. And today, at last, we are beginning to feel the winds of change blowing from both west and east. The breeze from the south has also been more favorable this summer.

The word on the street, when I converse with the city folk, is to expect greater stability in 2010. "Robust housing demand is a strong signal that the economy is coming out of the recession with a recovery in the broader economy expected to develop over the next three

"The economy

is coming out

of the recession."

quarters," said Cameron Muir, BCREA's Chief Economist. Home sales have rebounded sharply since January in Metro Vancouver, across the

Lower Mainland and in Victoria, while BC interior markets are demonstrating a more gradual trend towards supply and demand, as largely due to their reliance on the struggling resource sectors.

From a more regional basis the Average Price/Unit for residential detached in the Kootenays, by this mid-year, was down by 10% to \$291,000, year to date as compared 2008. Total Board YTD unit sales were off by 39% relative to total sales for the first two quarters of 2008, but only down by 15% when compared to last June. On a month over month basis this dropping trend is slowing. Inventory levels are moving towards a position of balance with inventory at the end of June up by 14% over June 2008. This was in stark contrast to the inventory level



comparison of June 2009 to 2007, which showed a 70% increase over previous periods. In the Creston Valley as whole, sales are still down in town and appear to be rising rurally. Most of the buyers are still local followed closely by Albertans and then by buyers from other parts of the Kootenays. And the good news is that we have been recently seeing more Albertans as their economic conditions

improve and real estate prices recover.

The numbers are improving ever so slightly each month as consumers

edge back into the marketplace in search of good deals. Although Creston would still be classed as a buyer's market due to high MLS Listing Inventory and low number of sales, the trend is towards a more balanced and stabilized real estate market by next spring. With mortgage rates at historic low levels combined with high property inventories, buyers have the benefit of choice and lower carrying costs for a home. So as long as these two factors prevail our real estate market should shift back towards positive ground. Buying a home in BC is now than any time in the last three years. So potential buyers, it's a good time to start kicking tires. Change is always a constant and the winds are a blowin' again!

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- Maximum input capacity : 140.000 BTU (42 kW)
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www.ilovecreston.com October 2009 \_\_\_\_\_\_

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Melanie Joy, Consultant (250) 428-5151 mel.joy@investorsgroup.com 129A-12th Ave N, Creston VOB 1G0



Investors Group Financial Services Inc.



### of Creston

Story by: Colleen Matte **Bear Aware Program Delivery Specialist** 

s a Program Delivery Specialist for the BC Conservation Foundation Bear Aware Program, I follow the habits of local bears and bear-human conflict trends in the Creston area. You might be surprised at how close Black Bears come into town. Creston is situated in a large fertile valley that has essential food sources for a variety of wildlife. The concentration of fruit farms makes Creston a bear's paradise. The outlying areas of Creston support crucial Grizzly Bear linkage zones, which are the areas where they will cross the highway. Every year many bears are killed in the Creston area and everyone is responsible. By managing bear attractant on your property you can prevent a dangerous encounter and bear deaths.

In fall the ripening plum and apple trees will lure bears down into the Creston Valley, increasing bear-human conflicts. Bears require a vast amount of calories to bulk up for winter denning. There is a lot to learn about living with bears and understanding them. If you want to learn more about bear behavior come to the Bear Aware presentation featuring Charlie Russell, a world-renowned bear advocate, who is presenting his film "Edge of Eden" in Nelson this month.

In 2008 there were 56 reports of Black Bears accessing attractants from private properties. These complaints reported were the result of improperly stored garbage. Other reports included bears getting into bird feeders and fruit trees. Livestock, barbeques, freezers and compost are other attractants.



A Black Bear rummaging in a garbage can near Prairie St West End.

Grizzly Bear populations throughout the South Selkirk and Purcell mountain ranges have been greatly impacted by human developments. Creston is situated in the South Purcell Grizzly Population Unit that has been reduced to 30-40 Grizzly Bears because they are more sensitive to the presence of humans and are displaced. Populations are isolated by the linear development of long river valleys and there are few places left between Creston and Cranbrook that Grizzly bears are able to cross. Movement of female Grizzlies across Highway 3 has stopped. Farms with livestock and garbage also attract Grizzly bears, which often results in the death of the bear. This population is under special management by the Conservation Officer Services. Any sightings of Grizzly Bears along the highway or near private property should be reported to the Report A Poacher or Polluter line at 1-877-952-RAPP (7277).

For tips on how to bear proof your property visit www.bearaware.bc.ca.

For tickets to world-renowned bear advocate Charlie Russell's presentation of his film "Edge of Eden" on October 8th at the Capitol Theatre in Nelson, visit www.capitoltheatre.bc.ca.

#### Olympic Torch Relay Update

Story by: Al Burt - Chair of the Olympic Torch Relay Community Celebration Committee

The 2010 Winter Olympics are just months away and the Olympic Torch Relay kicks off in Canada this month. This three and a half month trek includes stops in 40 communities throughout Canada. Creston is one of these communities to host an Olympic Torch Relay Community Celebration Event.

The planning for this project started in 2004 and I have attended four meetings in Vancouver and numerous other meetings throughout the Kootenays. I used these opportunities to promote the Creston Valley as a place where people want to make things happen. When the time came to select the communities Creston was very much on the minds of the decision makers.

In 2008, two people from the Spirit of BC visited Creston and met with community leaders and agreed that we could do this. A recommendation was made to the Torch Relay organizers. Five months later, one of the route organizers came to Creston and told us that we were selected as a host celebration community. We were sworn to secrecy until the official announcement in November 2008.

A number of people have been worked hard to make this happen. Ed Vondracek, Bob Golan, Judy Dickson, Laurel Angebrandt, Tammy Hardwick, Lorraine Leduc and Dave Schwartz are members of the Committee and Tanya Ducharme and I are co-chairs. We encourage all Creston Valley residents to volunteer. We have put together a weeklong series of events leading up to the arrival of the torch in Creston and we need help to bring it all together.

We have a tentative list of events for the week before the torch arrives. These are intended to showcase the talent of the people of the Creston Valley as well as sporting events. As well, we have had some discussions with the Lower Kootenay Band and look forward to their involvement.

The torch will be in Creston on January 23rd, 2010 at noon in Creston's Spirit Square and the Olympic Flame will light a cauldron.

It is embarrassing to attend provincial and regional meetings and hear Creston referred to as "Sleepy Hollow". We have an opportunity to let people know that Creston is a great place to live. We are trying to get major media coverage on Creston that will bring tourists into our valley for many years and with the tourists comes much needed investment. We are calling this occasion an event but it has the potential to become much more than that. If we can turn it into a movement, we could draw on the 2010 Olympics legacy.

There has been controversy around the cost of the Olympics and that it is a waste of money. Some people hold this view and do so very sincerely. They should not be confused with the professional protesters in Vancouver who are opposed to everything. The Olympics are coming to BC and that is a fact. Most of the costs have already been incurred. So now we have a choice, we can continue to complain, hope they fail and then say I told you so. Or we can work for success and commit our efforts to ensure that the Creston Valley will benefit from an estimated three billion television viewers. All citizens of the Creston Valley are invited to come together in celebration of this historic event.

For more information contact: Al Burt email: acburt@telus.net





www.ilovecreston.com October 2009 \_\_\_\_\_\_



### The Creston Valley, Walden's Pond North

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

early 40 years ago I showed up at Rykerts border crossing coming up from Idaho. My car was loaded down with survival gear, food, fur coat, fur hat, mukluks and tent for my first trek into the great northern ice and snow of Canada. I will never forget the look on the customs agent's face when he observed my gear and me and asked where I was headed. I said I was headed into Canada and was coming prepared. He laughed and said I was in Canada and since it was early April, I might be better suited to go on through into the Alaskan Klondike where my trappings might be useful. He waved me through with a big smile and a friendly shake of his head, wondering I'm sure, if the United States school system ever mentioned Canada and the fact it was not all ice and snow and igloos?

### "I also wanted to taste Canadian beer."

I followed Highway 21 through the Lower Kootenay Band and came to a Husky station (old pizza factory) where I filled up and asked directions to Kootenay Lake. I also wanted to taste Canadian beer since I was then working for Adolph Coors Company and was given directions to the King George Pub (Kokanee Inn Pub) where I was happy to sit and have a beer.

Delicious meal I might add.

After lunch I traveled down the Kootenay Lake road where, if my memory is correct, a major portion was gravel on my way to camp out at the Gray Creek Store and Campground. I stopped at the pub at Sirdar to check on this unique little joint. I was pleasantly surprised to meet some locals who explained the interior and the rails where there was a separation. They told me it was to keep single unescorted women in a different area from the men. I still don't know if they were pulling my leg but I remember driving to Gray Creek and wondering all the way how the heck a Canadian guy meets a girl at a pub if you have to yell clear across the room? Must have been tough dating in those days!

I arrived at my destination and checked into the Gray Creek store for my tent space. I walked by the big old gas pump in Imperial gallons and looking at the money I had in my hand, thought how odd it was to have colored money and gallons ok'd by the Queen. I proceeded to pitch my tent and eat my survival meal and bedded down for the night with my 60 below sleeping bag.

I will never forget as long as I live waking up early to a brisk morning and taking a walk to an open area where I could view the lake and mountains. As I looked across the lake I could see the majestic mountains with the clouds gone to heaven. I said to myself there and then I would come back to this place,

this Creston Valley, and find a way to make it part of my life.

I spent one glorious day and night in Canada 40 years ago and it changed my life forever. I remember thinking all the way back to Idaho how Henry David Thoreau must have felt when he spent two years at Walden's Pond where he wrote some of his best works. I truly believe had he not been Massachusetts but in the Creston Valley he would have written the very same thing about our valley.

#### "Thought how odd it was to have colored money."

We are truly blessed to live here and everyday it is my hope those kindred spirits who are looking for their Walden's Pond have a chance to visit the Creston Valley. Our valley offers travelers the opportunity to do as Thoreau did in his memorable words.

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die discover that I had not lived."

Welcome to the Creston Valley.

In 1985, my wife Marilyn and I brought our family north to live in Canada more specifically the Creston Valley. We raised our four children on a 2000-acre ranch east of Creston and they now have gone on to start and raise their families, all in Canada. We are the proud grandparents of seven grandchildren with one on the way. I am going on my seventh year as an elected Regional District Director for Area B and everyday I am thankful I live in the beautiful Creston Valley.

October 2009 www.ilovecreston.com

Creston Valley Thunder Cats Season Preview

best for last."

Story by: Joe Martin Head Coach/GM

Training camp is over and so are the first few weeks of the season. Now we are ready to roll. After training camp, the next few weeks for us are tough, we lose our ice to the Fall Fair (which was great this year) to travel to Cranbrook and Nelson for practice. It's really hard on our school-aged players and it's also tough on our team budget.

But now that's behind us "Save our"

But now that's behind us and we still have a winning record.

Our goalies are performing well, our forwards are gathering chemistry together and our defence has been rock solid. The trick is to keep this rolling and still save our best for last. In order to do just that, we are preaching hard work, respect and team first concepts. It seems like a simple concept but it takes a dedicated individual to do this day in and day out for the benefit of the team.

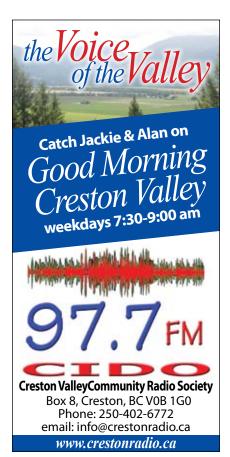
The concept was in full affect during our home opener when we beat Kimberley 3-1 at home in front of 553 fans! The

team was honoured to play in front of so many locals, they were commenting to me the week after on how

such a great crowd they were. They could hear them cheering, booing and getting involved in the game. When you are a player that goes a long way.

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2009/2010 ROSTER					
NAME	NUMBER	POSITION	HOMETOWN	DATE OF BIRTH	
Shane Muche	6	RW	Langley BC	1990	
Ryan Hewitt	12	C	Calgary AB	1991	
Travis Ludwar	9	C	Lister	1990	
Kane Dawe	11	LW	Whitehorse	1990	
Matt Weaver	14	RW	Camrose AB	1991	
Colton Grolla	20	LD	Prince George	1989	
Cody Boekestyn	16	RD	Cranbrook	1991	
Robbie Stuckey	10	C	Whitehorse	1990	
Scott Swiston	18	LW	Calgary AB	1991	
CJ Caputo	26	RW	Calgary AB	1991	
Colton Meaden	25	C	Calgary AB	1991	
Brody Moen	19	RW	Kamloops	1991	
Tyler Leuenberger	21	RD	Cranbrook BC	1992	
Lawrence Brennan	8	RD	Whiethorse YT	1991	
Sean Maklaak	7	C	Penticton	1992	
Kenny Johnstone	27	LD	Vernon	1989	
Matt Dixon	5	LD	Anchorage AK	1990	
Blake Kirkham	24	C	Cranbrook	1992	
Devin Whalen	4	RD	Quesnel	1991	
Sunny Gill	33	G	Medicine Hat AB	1989	
Chad Katunar	39	G	Victoria BC	1993	
Tyler English	1	G	Calgary AB	1991	



#### Celebrate Waste Reduction Week

#### October 19 to 25

#### **Waste Collection**

- Rural Residential
- Commercial Industrial

#### **Containerized Service**

from 1 to 40 cubic yards



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To Good To Waste Waste reduction is as important as recycling it saves natural resources, energy, disposal space and reduces pollution. good neighbours... good advice.



#### Waste Reduction Week in Canada October 19 to 25, 2009

http://www.wrwcanada.com/06enviroprod.htm

hen it comes to shopping, most people say they would prefer to buy more environmentallyfriendly products. Unfortunately, it is not always easy to know what the choices are.

For Waste Reduction Week try out products that reduce waste, conserve energy and resources, and reduce pollution.

#### **Home Energy Efficiency Products**

- Programmable thermostats
- Weather-stripping
- Insulation: Cellulose, Fiberglass, Extruded Polystyrene etc.
- Caulking
- Expandable Spray Foam Insulation
- Heat Shrink Plastic Storm Windows
- Pipe Insulation
- Electrical outlet gaskets
- Aluminum foil-backed tape
- Hot Water Tank Insulating Blankets
- Compact Fluorescent Light Bulbs
- Solar Garden Lights
- Compact/fuel efficient vehicles
- Reel mowers
- Solar water heaters
- Local products (reduced transportation)

#### Water Conservation Devices

- Ultra Low Flush Toilets (6 LPF)
- Compostable Toilets
- Toilet Dams
- Faucet Aerators
- Low Flow Showerheads
- Rain barrels
- Native plant species to reduce dependency on water and pesticides

#### Reducing/Reusing

- Reusable Lunch Containers
- Rechargeable batteries
- Cloth bags
- Mulching mowers
- Wind-up radios, flashlights, etc.
- Bulk groceries
- Refill outlets
- Loaning or renting books and videos
- Items sold in re-useable packaging
- Low/no packaging
- Durable goods
- Used Items
- Composters
- Recycling receptacles
- Products manufactured from other products: carpet, clothing, glass, paper etc.

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pyramid@shawlink.ca

## SECOLO MES

#### **Halloween Costumes for Teens**

http://parentingteens.suite101.com/article.cfm/halloween\_costumes\_for\_teens

What to wear? What to wear? Teens ponder this question every day, but Halloween creates a new fashion challenge, and they need ideas now! Here are some ideas for creative, inexpensive Halloween costumes for your favorite teen.

#### **Creative Teen Costumes**

Halloween should be fun and easy. For many years, when Halloween costumes weren't available in stores or online, people had to be creative and make their own. A cape (fastened over top of your head) and a life-size mannequin or Barbie head under your arm can easily make a headless woman costume.

With a simple makeup kit and some black clothes, anyone can be a vampire. A baby costume is easy to make from pajamas, ponytails, freckles drawn with brown eyeliner and teddybear or pacifier accessories. Also easy -- a computer nerd costume -- those old plaid polyester pants from Dad or Goodwill, nerdy glasses, slicked back hair, a computer mouse dangling from your pocket.

#### Trendy Teens at Halloween

Costumes from the Stephanie Meyers' Twilight Saga book series are hot this year. The good news is that Breaking Dawn characters -- everygirl Bella and her vampire friend Edward, or werewolf pal Jacob -- are easy to re-create, and doable in a group of two or three teens.

Characters from the teen sensation movie Juno. A slinky shirt, nerdy running outfit are just a few easy costume ideas. Slightly outdated but still popular are characters from Napoleon Dynamite. Also easy to assemble and popular? Dead cheerleaders, goth fairies, corpse brides.

#### Classic Halloween Costumes

Every little girl still remembers her favorite Disney princess, so the allure of the Disney princess remains. Let teens indulge their inner princesses and recreate the Snow White, Cinderella, Belle, Jasmine, Sleeping Beauty or Pocahontas of their youths. Of course, the villains are fun to remember, too -- so two friends as the Little Mermaid and Ursula the Sea Witch would make a great duo.

Teens can also easily assemble costumes from time periods -- a 20s flapper, 60s hippie, 70s disco diva or 80s flashdancer are some ideas for costumes that can be created from gathering a few key accessories. Also easy and classic? Dorothy from the Wizard of Oz or any variety of a simple but ever-popular witch costume.

Be creative this year and help teens choose a fun costume that will surely end up a popular Myspace or Facebook photo for years to come!





### Kids' Korner

**Pumpkin Carving Tips** 

www.theholidayspot.com/halloween/jack\_o\_lantern.htm

Select a pumpkin that is ripe, has no bruises, cuts or nicks. Do not carry a pumpkin by its stem; it may break, and do not bruise it as it will not last as long. For easy cleanup, place your pumpkin on several layers of newspaper before carving.

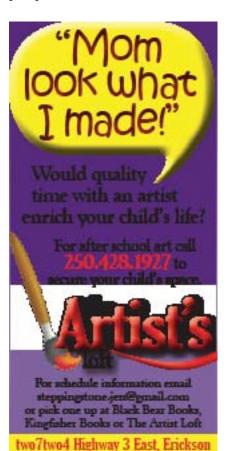
Kids: have a parent or other adult cut a circle around the stem of the pumpkin for you. Or, you can do it yourself with a safer, plastic "pumpkin carving" knife available at many supermarkets during the pumpkin season.

Make sure the hole is large enough to reach in and pull out the seeds and stringy membrane. The bottom of the pumpkin could also be cut off instead, this will allow the pumpkin to sit up straight and make removing the seeds easier!.

Examine your pumpkin to determine the best place to carve his or her face. Draw an outline of a face on a plain sheet of white paper and tape your paper to the pumpkin. Score the design onto the pumpkin by punching through the paper into the pumpkin with a large nail or pin.



Carefully cut out the design following the holes that were "punched" with your plastic knife. When you are finished cutting, simply push out the pieces. Now you're all set to light up your home on Halloween night!



#### Popular Halloween Costumes of 2009

http://kids-holiday-activities.suite101.com

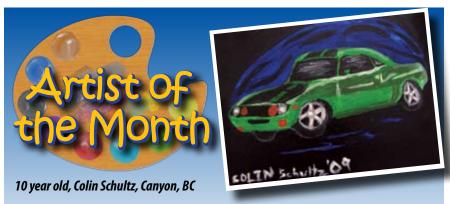
alloween is always a favorite holiday of children.
That's because they can dress up as anything they can imagine!
And kids have very active imaginations. This year's hottest
Halloween costumes are inspired by the year's top movies, video games and classic toys.

#### Girls Halloween Costumes:

Harry Potter (Hermione Granger, Luna Lovegood, Ginny Weasley Costumes), Twilight Vampire, Hannah Montana, Disney Princess and Strawberry Shortcake.

#### **Boys Halloween Costumes:**

Transformers, G.I. Joe, Harry Potter, Wolverine and Star Trek.



Kids 12 years and under can submit their art to wendy@ilovecreston.com. Include full name, age and where you live.

#### **Out & About**

www.crestonevents.ca

#### Ongoing (weather permitting)

#### A & E Community Market

Location: Beside Millenium

Park Saturdays 10:00am - 2:00pm

Contact: Christine Miller

250-428-4443 Alfie Seidl 250-254-8728

#### October 2 - 4, 2009

### "ACToberfest" One-Act Play Festival

Location: Prince Charles

Auditorium

Contact: Frank Goodsir

Phone: 250-428-5082

www.theatrebc.org/

actoberfest

#### October 3, 2009

#### Ducks Unlimited Fundraising Event

Location: Creston & District

Community Complex

6:00pm Cocktails 7:00pm Dinner

/:oopin Dinne

Cost: \$40.00

Contact: Gertie Brown

Phone: 250-428-7581

Email: gmax2go@gmail.com

www.ducks.ca

#### October 06, 2009

#### (1st Tuesday of the month) ESL Conversation Cafe

Location: The Snoring

Sasquatch from 4:00pm-6:00pm

Contact: Linda Steward

Phone: 250-866-5596

Email: lsteward@cbal.org

www.cbal.org

#### October 23, 2009

### Steve Bell – presented by Signpost Music

Location: Prince Charles

Auditorium

Cost: \$15.00 available at

Black Bear Books and Whirlwind

Audio

Contact: Signpost Music

Phone: 1-800-854-3499

www.signpostmusic.com

www.stevebell.com

#### October 27, 2009

### Creston Concert Presents Marc Djokic & Julien LeBlanc

Location: Prince Charles

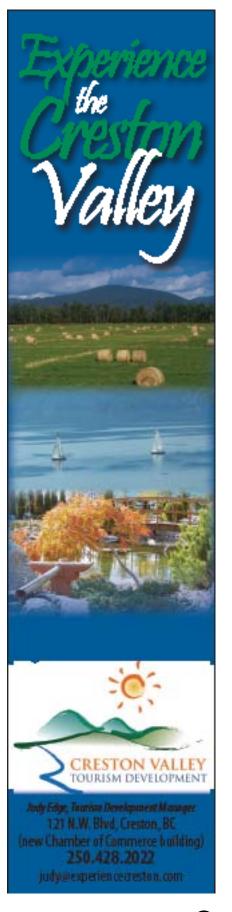
Auditorium from 7:30 pm

Cost: Adults \$22

(\$25 at door), Students \$10 (\$12 at the door) available at

Black Bear Books

Contact: www.crestonconcertsociety.ca



#### October 31, 2009

#### Hallowe'en Hysteria

Location: CDCC from

4:30pm - 6:30pm

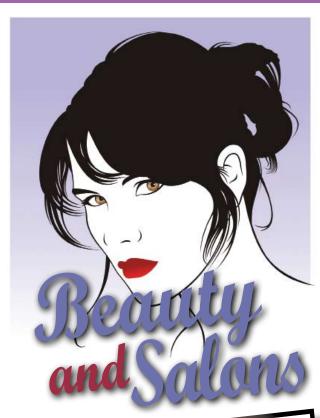
For children 11 and younger

Cost: \$2.00

Contact: CDCC

Phone: 250-428-7127



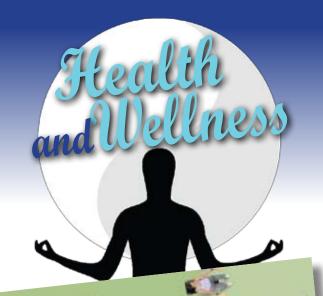








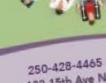




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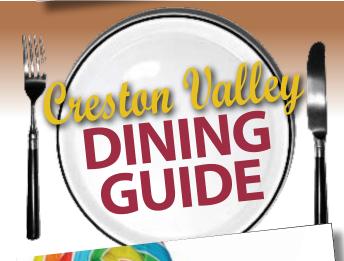








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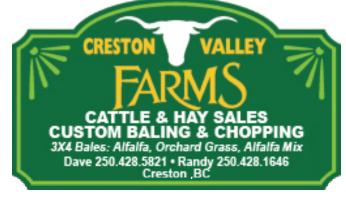
123 9th Ave. South, Creston (Just South of the grain elevator) - (250) 428-4241

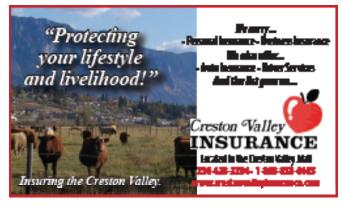
### Creston Valley Business Services

















October 2009 www.ilovecreston.com

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