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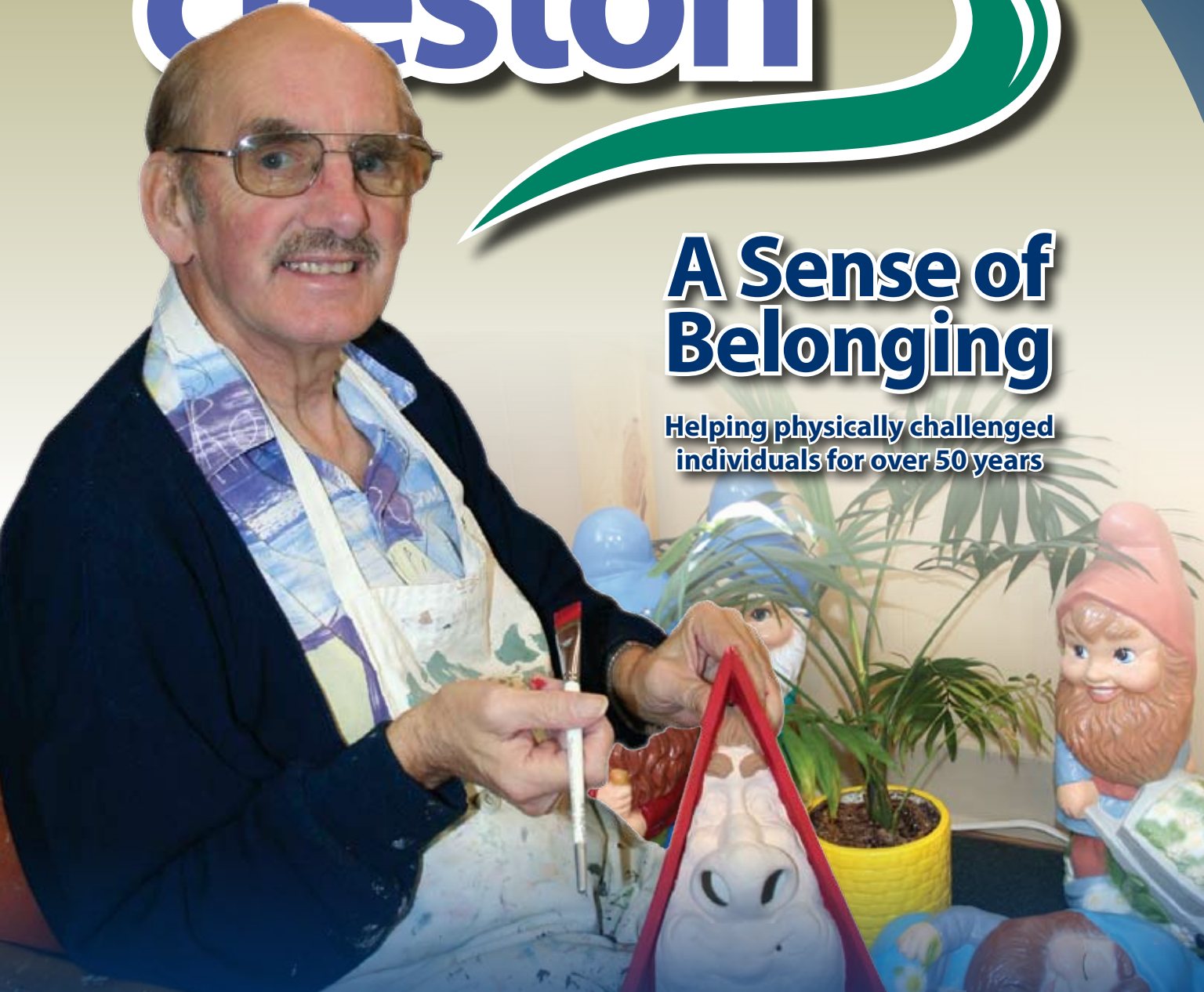
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**Cresteramics Society for the Handicapped**

Providing ceramic figurines and ornaments for locals and tourists since 1974.



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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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## Guest From the editor

A story inside this edition of *I Love Creston* magazine highlights an upcoming evening of entertainment designed to crown the town's "best singer" at Prince Charles Auditorium.

Patterned after a hit British program, in which judges' scores remain confidential until after all contestants have performed, it sounds like a real hoot. But it's just one example of many "Creston bests" that figure prominently in these pages in November – a typically grey month weather-wise, yet positively brilliant in terms of community spirit and pride.

For starters, two of the finest local non-profit groups are profiled: the Gleaners and Cresteramics.

The latter has its origins in the renowned Endicott Center, founded by Dr. James Endicott who began drawing mentally and physically challenged individuals from throughout the Kootenays more than 50 years ago. Initially for children, the centre welcomed adults in 1970 and peaked at more than 70 residents later in the decade.

Cresteramics was an offshoot of the Endicott Centre, in its early days providing young residents with a hobby that eventually grew into a thriving adult business that continues to this day – albeit with a radically altered emphasis.

Just as society's focus switched from institutions to community living during the 1980s, so too did the nature of Cresteramics evolve over the years. Instead of churning out ceramic wares in a high-production environment, the Cresteramics of the 21st century is entirely client-oriented. Every one of its nearly 30 programs – more and more of which operate outside the confines of the Railway Avenue base and Canyon Street gift shop – addresses personal needs ranging from life skills and employment to socialization and peer support.

In the process, Cresteramics' delightful clients (40 and counting) are impacting the lives of citizens everywhere from the public school system to the business community and points in-between.

In that respect they hold much in common with the tireless workers

who run the Gleaners, which would be one of Creston's bigger employers – if only the staff were paid. The Gleaners is the ultimate environmentally friendly machine, an engine that fuels itself on donated time, toil and treasures that all get recycled to give back even more to the community's most needy residents through a food bank.

Virtually everyone in Creston has heard of the Gleaners and Cresteramics, but many will be stunned to learn the full extent of their respective reaches.

Other "best bets" include the annual Santa Claus Parade (which technically doesn't qualify as a November event, but falls early in December), Thunder Cats hockey and a handful of projects providing a spark to the downtown core.

And, lest we forget, the 11th is Remembrance Day, marked here by the remarkable story of one Creston veteran who endured the horrors of confinement in a POW camp and returned to tell about it. It doesn't get much better than that. ■

### Mailbag

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

What a super layout and look!! The grizzly math article looks really good. I like the text pull outs you chose and the nice showcase on the front page. Thank you so much for running our story. I think you did a very good job as 'guest editor' [Layout/Design].

*Gillian - Bear Aware Coordinator*

Thank you Gillian.

It is nice to hear feedback on our layout and graphic design. We take a lot a pride in our work and it's nice to hear feedback.

*Wendy Franz and I Love Creston staff*

# one Big Happy extended Family

Story by : Brian Bell

**W**hen is a job not a job? When the rewards are so intangible that the bottom line becomes an afterthought.

Take, for example, Betty Hollihan, at 27 years the longest-serving employee at Cresteramics. She's convincing when she claims, "I never even think of my paycheck."

Hollihan breaks down when she cites her clients as the reason

she'll stay at Cresteramics until the day she retires at 65, in 2013. "They're like a family. You just get attached to them all," says Hollihan, a full-time caregiver to one client for seven years.

Cresteramics Society for the Handicapped is, in fact, one big happy *extended* family – one that today reaches far beyond the Railway Boulevard site where ceramic figurines and ornaments have been crafted for 36 years, and even farther than the Canyon Street retail outlet where the products are snapped up by townsfolk and tourists alike. Cresteramics is making inroads into the business sector and school system, and in the process weaving itself further into the fabric of the community.

Donna McCready has overseen the evolution of Cresteramics as administrator for the past decade. Like Hollihan, she considers herself the richer for regular interaction with the society's 40 full-time, part-time and student clients, whose disabilities run the full gamut from slight to severe.



“The positive energy and acceptance from the clients (makes) doing things for them a real joy,” McCready says.

“The clients are so thankful and so positive about any special things that you do. It inspires you to do the very best you can for them.

“So many times I’ve gone home and thought, ‘Wow. I wish I was that positive.’ It’s taught all of us to take joy in those little tiny things that can last all day if you let them.”

In a sense, Cresteramics is coming full circle as a day program for developmentally challenged individuals 19 and older expanding its mandate to help youths make the transition to adulthood. Its roots are in the Dr. James Endicott Center, founded in the 1950s to serve Kootenay residents born with physical and mental disabilities in an institutional setting.

## “Take joy in those little tiny things that can last all day”

Children in the centre initially made ceramics as a hobby, giving the gnomes and planters to friends and relatives before demand led to periodic public sales. Eventually the ceramic line was seen as a viable business for adult residents of the centre, prompting the purchase of an old Eagles hall on the current Cresteramics site where production and sales began in 1974.

They quickly outgrew the facility, and in 1979 the present building opened after being funded in equal parts by a government grant, bank loan and public donations. Hollihan has witnessed great change in the interim.

“We used to push ceramics,” she says. “It was just a treadmill. Now that we have all the programs here it’s a much better place – much more relaxed. You never used to be able to give (clients) a hug or anything. I think that’s very important.

“At that time there was hardly anybody out in the community. Now they’re everywhere. I really like the integration with the schools. That’s really neat.”

“That’s been one of the biggest gaps through the years,” McCready concurs, “that the kids would get out of (high school) and didn’t really know where to go, so for the last three or four years we’ve been working hand in hand with the schools.”

It started with a couple of clients joining music and library blocks at Adam Robertson Elementary School. This year the society ran a part-time summer program for teens, a handful of whom from the special education department

at Prince Charles Secondary School now engage in a variety of programs at Cresteramics.

“We have an amazing relationship with our schools,” McCready says, “and we’re starting our transitioning earlier so we have the kids coming in gradually through their last years at school.”

McCready also introduced the supported work program in which Cresteramics staff assist clients – one-on-one or in small groups of two or three – in doing jobs for local businesses, ranging from window washing, sweeping and dusting to gardening and providing a courier service.

“We work with 12 or 15 different businesses,” McCready says. “They’re completely happy with our services (and) the clients are ecstatic to get extra money.”

Kelly Smith launched the pilot project when she was hired at Cresteramics a year-and-a-half ago.

“We created an intake form for the clients to find out their dreams and their goals,” Smith says. “I found some suggestions of places that they might enjoy, went back to them and found out which ones they’d really like and approached the employer and got everyone on board. The employer is paying for one person to come and do a job and they get two because it’s supervised, so that’s great.”

According to Smith, one store owner’s sales increased shortly after Cresteramics clients began cleaning the place of business.

“One of the clients is now to the point where he can do one of the jobs on his own without supervision, which is our ultimate goal,” she adds.

Another client longed to earn enough cash to buy an all-terrain vehicle.

“He’s now, in a short time, been able to save up the money to do so and he’s pumped,” Smith says. “He leaves the places of work saying, ‘Oh, they really appreciate me. What would they do without me there?’

“I love it. It’s a lot of fun getting out there and helping the community see what we do and how much we can enhance people’s lives.”

McCready says Cresteramics has simply changed with the times, driven by a forward-thinking, seven-member board of directors overseen by Community Living B.C., a Crown corporation that provides the money.

## “We have an amazing relationship with our schools”

## “Helping the community see what we do”

“There were definitely more expectations to have the clients not just doing factory-type work,” she says. “It was funders’ expectations, the board’s vision.”

“Now we’re up to 28, 29 programs running inside and outside of our building. A lot of our time now is spent directly in the community, be it the library, the school, TAPS (Therapeutic Activation Program for Seniors), the storefront, the supported work program. We have a college program” in which clients discuss personal boundaries and safety. “We have programs about cooking, a hot lunch program and exercise programs.”

“There are times when you come here (and) there are very few clients but they’re out doing community integration. We’ve been really diligent in making sure that we evolved with the world so we’re trying to enhance all aspects of the client’s life.”

That emphasis sets Cresteramics apart from day programs typical elsewhere.

“We’re unique in that we’ve already been providing a lot of the services that are now being asked for,” McCready says. “We’ve been doing that for four or five years on a smaller basis. Now we’re just increasing it all the time.”

Creston has embraced the clients and their higher public profile.

“We have an amazingly accepting community,” McCready says, “probably because we have a high percentage of developmentally delayed individuals because of the Endicott Center. A lot of the clients who lived there

weren’t from Creston. They were from other parts of B.C. They were brought here as children, so we have a large population here and have for many years.”

McCready also gives kudos to the 11-member staff who supervise the clients, whose age range (19 to almost 70) is matched by their diverse positions on the developmental spectrum.

“We’ve had huge changes in the past years,” she says, “and the staff have really been on board with that.”

Even the storefront bears little resemblance to what it was as recently as 2008 when it doubled in size, allowing 10 local artisans to display their products alongside the ceramics.

Naturally, the store is partially maintained by clients, who live either in the equivalent of foster care, with family members or in group homes operated by the Creston and District Society for Community Living (formerly Endicott Center).

“One of the biggest gifts we give to our clients is a sense of belonging and a sense of peer group,” McCready concludes, adding that they give at least as much as they get, when given the chance.

“Just saying, ‘Hi,’ to some of our clients – they light up. And they help light up your day too. You would be missing out on something if you didn’t open yourself up for that.” ■



*Bowling and reading are two of the in-house Cresteramics programs in which youth and adult clients participate together, facilitated by staff.*



## From the Mayor's Desk

Story by: Ron Toyota  
Mayor of the Town of Creston

### Positive Happenings in the Creston Valley

**S**cooter safety awareness event – On September 30 our first such event was organized by our town bylaw staff. About 30 participated from 10 a.m. to 2 p.m. at the Creston and District Community Complex parking lot.

Special thanks to our local businesses for their support: Kootenay Medical Services, Creston Valley Insurance, Tim Hortons, Overwaitea and others.

This was a hands-on opportunity for power scooter users to become more knowledgeable about the operation and safety of their units.

Union of B.C. Municipalities attendance – I attended, along with councillors Len Folkman, Judy Gadick, Wes Graham and Joanna Wilson, as well as acting town manager Lou Varela, from September 25 to October 1 at Whistler.

### “Valuable opportunity for us to communicate our concerns and issues”

The UBCM conference is an annual gathering to attend meetings and seminars with our peers. Ministerial and staff minister meetings are a most valuable opportunity for us to communicate our concerns and issues.

Pharmasave is coming back with local ownership – In early October I visited this exciting new location. The floors were done and the display shelving system was being installed.

By the time you read this article the doors will have opened. We welcome Mike and Jody, their families and new staff.

Creston Place construction continues – The first floor was framed and the second and third floors were being added at this writing. Once it is completed and new tenants start occupancy, our downtown business community will benefit.

The Source is now open – I visited the owners, Irvin and Evelyn Sobry, in early October. Their store features great displays and lots of activity, with customers already purchasing Christmas gifts for their grandchildren.

The Creston Valley Aquatic Society presented a cheque to the Creston and District Community Complex – Hopefully by the end of this year we will have a new aquatic climbing wall installed. Visit [www.aquaclimb.com](http://www.aquaclimb.com) to see this great idea.

A full employment services centre will continue operations – This centre is currently operated by Kootenay Employment Services, and Hugh Grant has announced that KES intends to submit an application to renew its contract. This is great news for everyone in the Creston Valley as KES provides valuable opportunities and tools for the employment sector.

These are some of my positive observations; let me know ones that I have missed. ■

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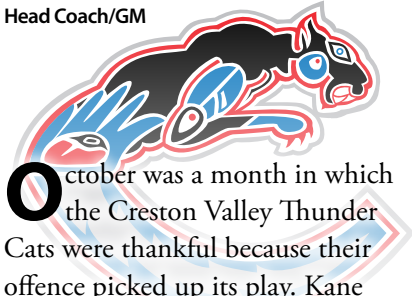
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# Creston Valley Thunder Cats

Story by: Joe Martin  
Head Coach/GM



October was a month in which the Creston Valley Thunder Cats were thankful because their offence picked up its play. Kane Dawe (Whitehorse) and Colton Meaden (Calgary), both from last year's Kootenay International Junior Hockey League squad, have come back.

Newcomer Jovi Fabbri (Lethbridge) joined the team and had a great month.

But maybe the most important thing of all, together with the Creston Valley people the T-Cats

helped raise more than \$700 in cash and stuffed their bus full of non-perishable food items for the Gleaners just before Thanksgiving.

## "The season is long and takes a toll on the players"

We are looking forward to winter. The team has been gelling and now we need to build for a great finish.

The season is long and takes a toll on the players but this year's roster has depth. During the month of November we have nine games, so hopefully we can get as healthy as possible and put a good streak together. (There were 13 games in October.)

Friday, November 19, and Saturday, November 20, is parents weekend here in town. All the players' parents from around North America will be here to watch their kids play against the Kimberley Dynamiters and Beaver Valley Nite Hawks. ■

Check for game updates and schedules at [www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com).



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I relocated my business in 2009, so that, along with my family, we could return to our roots in the Creston Valley. I currently have space to take on a few more clients, and look forward to serving the needs of small to medium businesses in Creston and throughout the Kootenays.

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# My Side of the World

Story by: Kristen Cook

## Rock My World

To some, the term “Christian rock” may still seem like an anomaly. Luckily for us there is a local group of guys who not only don’t agree, but are effectively proving the contrary.

Stonehouse25 has been playing together for almost four years. Reminiscent of early Thousand Foot Krutch, hearing them play will bring you solid drum beats and a strong guitar performance which will be sure to leave you wanting more.

I first heard Stonehouse25 play several years ago in Millennium Park. Sitting in the summer sun, dusty from volleyball and surrounded by friends, I realized why I’d been hearing about the four guys who were rocking out in the gazebo. I’ve seen them play several times since then and they’ve never failed to be a worthwhile experience. From the heavy worship songs to the outburst entitled Jump, Stonehouse25 always makes me know I’ll go out of my way to hear them again.

The latter song is one that has the audience bouncing up and down to the beat. It’s a personal favourite that captures all the energy of a live performance. I’m always part of

the group willing to scream out the chorus and launch ourselves into the air.

I recently had the opportunity to sit around a kitchen table and talk to the band about what they’ve been up to and what they’re excited about. A quick introduction may be warranted here.

Jesse is the lead singer who’s clearly got a heart for what they do. Buck plays his drummer’s role almost as well as he plays his instrument. Jairus is the lead guitarist whose live solos never fail to impress me. Unfortunately Jason didn’t make it to the interview but I know he’s an integral part of the band who rocks the bass and always brings the witty comments.

They each contribute to the sound in a major way. Jairus writes a lot of their original tracks, although they all have input. You’ll also hear each of them singing backup to Jesse if you manage to hear them live.

Best of all, they’re genuine people who are serious about playing music. I asked them what they’ve personally drawn from being a part of the band and they each gave me answers that were strongly tied to the people they

**“Best of all, they’re genuine people who are serious about playing music”**

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work with. Years in and they're still close friends.

Jesse went on to say that he also enjoys meeting people as they travel around to perform. Buck told me he enjoys coming together with the same goal and a love to worship. Jairus said they'd all benefited in their interpersonal skills, not to mention improved in their skills as musicians.

Stonehouse25 is excited about what's going on in their group. They just had their first television spot for which they took a trip to Lethbridge and filmed for a feature on the Miracle Channel. They also released a disc in the last year, holding a release party in Cranbrook. It's available at the Nails bookstore.

Only five tracks long, they're all songs they recorded on their own equipment, and ones that I listen to in my car on a regular basis.

Truly based in Creston, they've been known to play all over the Kootenays and southern Alberta. Buck moved to the valley specifically to be involved, but the rest of the band came together to form a group here anyway.

Jairus and Jason are brothers while the others hold best-friend status. Honestly close as a band, they work well together, which is helped by

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## "They're passionate about expressing what they believe, what they represent, who they are"

the fact that they all have the same interest at heart.

Stonehouse25 told me, when asked, that their main message is the love God has for everyone. They openly admitted that one of their major motivations is seeing lives benefit. They've had people come up and confess that, through them, they have had their hearts and minds changed. I don't doubt it's an inspiring experience.

They're passionate about expressing what they believe, what they represent, who they are. Isn't that what makes art what it is? It was refreshing to talk with other young people who are serious about what they consider important, and are basing their lives on it.

Sadly, they don't have any concrete Creston shows planned at the moment, although they do have spots lined up in Trail and Grand Forks. They (and I'll attest to this) play a great concert but have also been known to lead amazing worship. They often perform at churches and youth events, which allows them to travel around through their music.

If I've managed to spark your curiosity, please look them up on

Facebook and/or MySpace. Just search "Stonehouse25" and give them a listen and a follow.

They're also available on YouTube, although unofficially. ■

For more information email [stonehouse25@hotmail.com](mailto:stonehouse25@hotmail.com)

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# Shear Magic Hair Salon

Story by: Trish Bartlett

**O**K, so here's the situation: I am a woman of a certain age with long, grey hair.

Not solid grey, mind you. I have strands of dark-brown, almost black, hair running through it, but they are fast being overcome by grey and are diminishing with every passing year. Plus, the texture of my hair is changing and the hair itself is moving. (I probably have the same number of hair follicles as I've always had, it's just that some of them are no longer on my head.)

## "Creative and innovative students who were looking for willing guinea pigs"

Anyway, after years of living *au naturel* (meaning sans makeup and hairstyling) I decided to make a change, especially since there was a class of enthusiastic, creative and innovative students who were looking for willing guinea pigs.

That's right, for those of you who don't know, the Creston campus of the College of the Rockies is running a year-long hairdressing course. This is the first year the program has been held in Creston and it will not be held here again until 2014.

The class has been in operation since August and has covered basic cuts and colour. I was introduced to two students, Terry and Karla, in whose capable hands my hair would be placed. I was then the centre of a mass consultation as the entire class



surrounded me and plied me with questions.

How much colour do you want? Do you want to entirely cover the grey? Which colours do you want to avoid? (Definitely fluorescent pink . . . my daughters would kill me.)

Once we decided on the colour combination, my hair was cut into long layers and prepared for the foils.

There are 12 students in this year's hairstyling class, ranging in age from 16 to mid-40s. Some are high school students who are taking the course for high school credits. Others are older, looking for a career change. All are excited to be learning the art of hairstyling; you only have to walk into the room and see the highly successful results of their efforts on each other.

The foiling of my hair took several hours as strands were separated and painted with one of two colours which, when combined with layers of grey, were intended to give natural appearance. Once the foils were finished I had to wait 20 minutes for the colour to set.

Cindy Nitz is the instructor. She is a high-energy person who builds excitement in her students.

While I was there, parcels arrived from an Allied Beauty Association conference in Calgary the class had attended the previous weekend. Opening the parcels was like an early Christmas. The packages contained many new innovative as well as tried-and-true products for use in the school.

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The students I spoke to had a wonderful time at the conference. They were amazed and inspired by the many directions they could pursue. These include speciality training in perms, colour, hair tattooing, makeup and maybe even demonstration stage work, like the ones they viewed at the conference.

“I expect the students to go far,” says Cindy, who is proud of her class. “I’ve seen their confidence level skyrocket these past few months.”

The school will be opening its salon to the public on November 15, with

tentative plans to be open until 6 p.m. Call (250) 254-0459 for an appointment.

Initially they will be offering cuts and speciality updos. As the students develop their skills, services offered in the salon will be increased.

On October 18 the class was involved with a breast cancer promotion in which clients could have a pink streak coloured into their hair or a tinsel decoration tied in. They raised more than \$400 for cancer research.

As for my experience; the people who knew I was going to have my hair

coloured noticed, but others... It was actually kind of interesting watching the double takes and quizzical looks from people who only see me once or twice a week, as though they were thinking, “Hmm, there’s something different, but I can’t quite figure out what.”

I even had a couple tell me, “You’re looking good. I thought you were your daughter.” Only two people noticed the hair colour without being prompted and they were both under 19.

Maybe the older ones chose to be polite and ignore my mid-life crisis. Whatever, as long as I’m enjoying it! ■



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Before



After

# Creston's Best Singer

Submitted

So who is Creston's best singer? Crestonians can find out November 24 at 6:30 p.m. in the Prince Charles Auditorium as a contest to determine the answer to that very question has been set for that date.

The contest is open to all ages, for anyone living in or relatively close to Creston. (Former residents are also eligible.)

The stated goal of the contest is to provide a fun-filled night for audience members and contestants alike while discovering and sharing some of the great talent that exists in the Creston Valley.

Event organizer and promoter Vern Gorham is excited about the night's festivities.

Asked how he came up with the idea, he said that he drew inspiration from watching many singers from Britain's Got Talent on YouTube. He also attended the Focus on Youth activities in the valley the past few years and figured that with all

the talent here, it would be a great experience to have our own version of Britain's Got Talent to see who is the best in Creston.

As for how the competition will be organized, Gorham says, "It will run a lot like Britain's Got Talent but with five judges instead of three."

## "The judges will listen along with the crowd to each song sung"

The judges will listen along with the crowd to each song sung by a contestant. At the end of each contestant's song, each of the five judges will award a score from zero to 10.

Those scores will be added up by the head judge and kept confidential, meaning that the crowd and the singer will not know the score that the singer received.

"After all contestants have sung their songs, the top three scores will be announced and those three contestants will move on to the final

round where they will sing a second song," Gorham says. "The second song will also be judged using the same process."

The winner among the three finalists will be declared Creston's Best Singer and receive a first-place award of \$150 plus a photo shoot with a local photographer. Second place will be awarded \$50 and the third-place prize will be \$25.

"The entire contest should only take about two-and-a-half hours and will be fun for the entire family as all songs will be screened to be G-rated," Gorham says.

There will be several practices in which entrants can figure out what songs they want to sing. Songs will be sung karaoke style just like on Britain's Got Talent. ■

*For those who are interested in attending, tickets are only \$5 in advance (\$8 at the door) and are available at Black Bear Books or by contacting Gorham directly.*

*Those interested in singing in the competition must contact Gorham, and there is a \$10 entry fee.*

*For more information go to the Web blog at [www.crestonsbestsinger.blogspot.com/](http://www.crestonsbestsinger.blogspot.com/), or contact Gorham at (250) 428-0305 or by e-mail at [verngorham@telus.net](mailto:verngorham@telus.net).*

# Season's

# Grinnings

**Two Plays In One Night!**

**Happy Hollandaise**

**Misdeeds at Mistletoe Mine**

*by Tim Koenig*

*Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Co.*

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## REMEMBRANCE DAY CALENDAR OF EVENTS

### Tuesday, November 9

Remembrance Ceremony (members & cadets) at Swan Valley Lodge (10am) and Crestview Village (11am)

### Wednesday, November 10

Remembrance Day Ceremony at schools (ARES, Canyon/Lister, Erickson, Yaqaan Nuki School & PCSS) members and cadets attend

### Wednesday, November 10

2pm members and cadets attend Remembrance service at 6 local cemeteries (Pioneer, Warrior Rock, Lower Kootenay Band, Lister, Canyon & Forest Lawn)

## THURSDAY, NOVEMBER 11

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 new Pharmasave building)

### 11:00 AM

Centotaph Service and Laying of the Wreaths

### "OPEN DOOR POLICY"

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## 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 Senior Colour 1st Place Jan Sobotka West Vancouver, BC

## 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.



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# FORGET

## ory 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.



## 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.



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# WE REMEMBER

the soldiers who fought to preserve our freedom.



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# November 11, 2010 Cenotaph Service

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Prayer - Lt. Col. Randy Wood

Last Post and Reveille

Piper - Army Cadet

Fly Past

Laying of the Wreaths

Benediction - Lt. Col. Randy Wood

God Save the Queen

March off the Colours

Dismissal



*Our thanks to the members of the Army Cadets band, Air Cadets, Creston Valley Flying Club, Jim McSeveney and Bryan Daybell for their participation. A special thanks to the establishments and organizations who supported the Royal Canadian Legion Poppy Campaign.*

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



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*Remember the Veterans that have made many sacrifices in the name of peace and freedom.*

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In 1985, on the 75th anniversary of the Royal Canadian Navy, Geoffrey Bagley donated 92 naval artworks to the Canadian War Museum, so in this the centennial year of the navy, it seems fitting to celebrate his contribution to Canada's war art.

To see more of Geoffrey Bagley's art go to [www.legionmagazine.com](http://www.legionmagazine.com)



Memory of the Battle of the Atlantic: Survivors.

# Journey of a Prisoner of War

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

In October 1942, 19-and-a-half-year-old Wes Skerik left his family's dairy farm in Lister. He'd received his conscription notice for his 19th birthday six months before and was on his way to Calgary to join the air force.

By the end of December he was in Souris, Manitoba, for two months of basic training.

After that it was off to flying school in Quebec City, then the Commonwealth Air Training Plan's bombing and gunnery school at Mont-Joli, Quebec. There he learned flight theory, machine gun use, Morse code and the all-important aircraft recognition.

Finally, Flight Sgt. Wes Skerik received his air gunner's wings in July 1943.

Wes got a two-week embarkation leave. He came home for it but could only spend a few days here because of the five-day train journey each way.

He was in Halifax in August to board the Queen Mary for the five-day Atlantic crossing. The convoy zigzagged all the way to avoid patrolling U-boats but, Wes recalls, it was an uneventful trip.

After a little more training at Gayden, England, Wes was sent to the 425 Squadron Alouettes at

Dishforth, Yorkshire. He arrived there in January 1944, just as the squadron was being converted from two-engine Wellington bombers (affectionately called Wimpy) to the big, four-engine Halifax bombers they would fly for the rest of the war.

This required more training on the new planes and the new equipment they carried. There, Wes met the rest of his plane's seven man crew – five Canadians and two Englishmen.

## “Massive bombing of Berlin had brought that city to its knees”

By mid-February the squadron was ready to renew its attacks on Germany. By this time the massive bombing of Berlin had brought that city to its knees, so Bomber Command turned its attention – and that of the Alouettes – to the major aircraft production centres across Germany.

On April 19, the squadron took off for its first mission in the Halifaxes. Their target was the leading manufacturing city of Leipzig, but Wes's plane had an engine failure over the English Channel so they turned back. A week passed before their next mission.

On February 25, 1944, the Alouettes left England on a night mission, part of a force of 594 aircraft tasked with destroying the aircraft manufacturing centre of Augsburg, deep within Germany. The mission itself was a success but 21 of the aircraft never returned. Wes's was one of those.

Near Darmstadt, Germany, on the approach to Augsburg, searchlights picked out the bombers flying overhead. Flak from anti-aircraft guns burst around Wes's plane and an enemy fighter attacked.

As the big bomber fell out of the sky, Wes and his crew bailed out. Wes recalls: “I landed in a front lawn. A woman was hollering and people came around. I tried to pick up my chute but it was hopeless. Thirty-two square yards of silk – there was no way to pick all of that up.

“We were taken to the police station with no boots. Gene Fullum [one of the bomber's crew] joined us, but he had a broken back. We were taken in the back of a pickup to Frankfurt, to Dulag Luft Transit Camp. We were interrogated there.

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“On February 29th we were put on a train boxcar. There was a wire fence across the car on each side of the doors and about 23 to 27 POWs in each end, with guards in the middle.”

On March 6, Wes, the rest of his crew and many other prisoners arrived in the prisoner-of-war camp at Heydekrug, East Prussia (now Lithuania). They were there for four months but the tide began to turn on the Russian front in July. Russian advances into German-held territory prompted the relocation of the prisoners and on July 18, Wes recalls, they were loaded into boxcars again and stuffed into Stalag Luft 357 at Thorn, Poland. During their three weeks in Thorn, Wes says, “We had to take turns pumping water for showers, and the water was ice cold.”

Stalag 357 was evacuated on August 8, and four days later Wes and his comrades arrived at their final stop of the war, Fallingbostal, Germany. By mid-1944 there were 96,000 prisoners in camps in and around Fallingbostal. Wes recalls as many as 2,000 in his particular section, which was reserved for air force prisoners: rows of 15 or 20 double bunks lining each side of the room, 60 to 80 men to a room, six rooms in a row and four rows.

“The camp was in the middle of three German cities,” he says. “Hamburg, Bremen, and Hanover. Every time one of those cities was bombed, we could hear it. We knew from that there were still people going. They weren’t all in the prison camps.”

The Allied bombing of Germany resulted in widespread food shortages that were certainly felt by the prisoners at Fallingbostal. Wes recalls sharing Red Cross packages every week, which helped alleviate the shortages.

He’d been in the camp for two months before they got their first mail, and a month later, on November 2, the first cigarette package arrived.

## “The men of Wes’s camp were herded out of their rooms at gunpoint”

On January 14, 1945, his camp was raided by the Germans in retaliation for reports of poor conditions for German prisoners in British camps in Egypt. The men of Wes’s camp were herded out of their rooms at gunpoint. Their tables, chairs and straw mattresses were taken away; German rations and the Red Cross parcels were cut.

It helped having news of the outside world. One of the prisoners sharing

Wes’s room, John Bristoe, made a radio. He used tin cans and scrounged whatever he could from the guards.

One day, Wes says, Bristoe went running down to get the mail, brought a package back to the room and opened it up. It was a tin of tobacco, and when Bristoe melted off the lid, “Out came a radio tube. He had that radio sitting underneath something. It was right under the Germans’ nose, and he never got caught.

“There were only certain guys allowed to handle it,” Wes remembers. “If there were too many, they would have got caught. They’d go in at night

and get the news. They only wrote it down on a couple of slips, and then they’d go around to all the rooms and tell the news. We all knew better than to let it show that we knew what was going on.”

They knew the war was drawing to a close, but on April 7, before the Allied troops reached them, Wes and 12,000 other able-bodied men from Fallingbostal were put out on a forced march.

“We kept hiding and moving around until they [the Allies] got us. We were put up in barns, and in one barn we got into a storage of potatoes. We sure ate! We lost a bunch of prisoners everyday, escaping.”

Near the end of April, Wes and the other prisoners were lined up on the bank of the Elbe River, waiting to cross. A flight of nine Typhoons of the Royal Air Force, mistaking them for German troops, strafed them.

“The flight engineer, one of the Englishmen in the crew, was killed,”



Wes’ travels through Europe during the war.

Wes says. “The tail gunner, Dick Curnock, was sitting right beside him, but he was fine.

“We got across the river and after two or three days’ marching ended up in a barn. We were three or four days there, then came Armistice Day. The German guards put all their weapons down. May 4, 1945 the Royal Dragoons, a Scottish army troop, released us. That first night we got released, the Royal Dragoons came in and there’s strawberry jam and white bread and, jeez, we hadn’t had anything like that for so long. I guess I just ate too much. I was sicker than a dog. I was sick for three days.”

The prisoners scrounged around and found enough German vehicles to convoy all the prisoners to Luneberg, Germany. There they were deloused and given new clothes. On May 11 they flew back to Bournemouth, England.

“I was a little scared when I got back to England and they couldn’t find my name,” Wes says. “They looked me up among the flight sergeants and they couldn’t find me. Finally he grabbed another book and looked it up, and there it was. That’s when I learned I was a commissioned officer. My commission had come through the day I got shot down, but it never came through to Germany. Otherwise, I would have been taken to a different camp, one for officers.”

In Bournemouth, decked out in his new officer’s uniform, Wes met up with Nelson Foss, who he’d originally met shortly after arriving in England in 1943. With two weeks’ leave, the two of them decided to visit Ireland.

“We got to Glasgow, Scotland (and) went to a house party and that is where I met Mae Duncanson. We went out together, seeing Glasgow and parties. Fourth day we came

back to Bournemouth, waiting to come back to Canada – never got to Ireland.”

In July, Wes and Nelson boarded the Ile de France for the return journey across the Atlantic. He got his discharge from the air force in Vancouver and then came home to Creston. He worked on the West Creston ferry for years, beginning in 1947, and took over the family dairy farm in Lister after his father died in 1958.

“I used to write Mae in Scotland and kept in touch,” he says. “I got a letter from Mae saying she would come over and marry me, so I sent her \$500. She came over – train to London, air to New York, Toronto, Winnipeg, Lethbridge to Vancouver. I had a place for her to stay a couple of weeks, then we came to Creston.”

The couple were married in Creston on August 9, 1947.

In 1974, Wes and a friend visited Britain, stopping, among other places, in Bournemouth and recalling Wes’s days in the air force. Today, he wonders what happened to the Halifax bombers he flew back in 1944.

“There were lots of the Lancasters around after the war,” he says, “but the Halifaxes, for some reason, all disappeared.”

In 2005, a restored Halifax bomber, recovered from a lake in Norway, was unveiled at the RCAF Memorial Museum in Trenton, Ontario. It is the world’s only restored Halifax, and Wes was there to see it unveiled.

“It was big,” he recalls. “A lot bigger than I’d remembered.” ■

*Creston & District Museum & Archives*  
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# Giving Back to the Community

Submitted

The volunteers at the Creston Valley Gleaners and Gleaners Too have worked hard to give back to our community. In 2009 our total disbursements were in the amount of \$101,525.

Some of the organizations we helped were:

- Creston Valley Gleaners Food Bank
- Ministerial Association (medical expenses)
- Ministerial Association (Christmas hampers)
- United Church Wednesday lunch
- KCCS - daycare snacks
- KCCS - senior advocacy
- KCCS - Beyond Wyld
- Community Resource Centre – TAPS
- Community Resource Centre – daycare snacks
- Community Resource Centre – Success by Six
- Bursaries – PCSS
- Breakfast lunch programs – ARES, Erickson, Canyon, Yaqaan Nukiy
- Interior Health
- Girls and boys retreat
- Therapeutic riding program
- Hospice Society
- Memorials
- Society for ARK
- Creston Valley Food Action Coalition Society

Did you know that every five to six weeks our recycling department sends 17,000 to 19,000 pounds of clothing and shoes to Maple Ridge? These are items that cannot be sold and would have been designated to the land fill.

The clothing is used for medical supply rags in other countries. The shoes are also recycled.

With the help of the local cadets a semi-trailer is loaded and the recycled items are put to good use.

Are you new to the Creston area? The best place to meet people is to volunteer at Creston Valley Gleaners

and Gleaners Too. The atmosphere is friendly and it provides a feeling of pride in knowing you are giving a service to help your new community.

In 2009 the many volunteers put in more than 28,000 hours of work. They volunteered in departments such as toys, sorting room, linens, crafts, shoes and purses, appliances and hardware, and upstairs in adult, infant and children's clothes.

Our volunteers also do secretarial and financial work, pick up supplies and numerous other jobs to keep the organization running smoothly.

There is a department that can use your time and skills:

**Sorting Room:** All donated articles come to this room to be sorted into categories. Summer, winter, theme items, shoes, purses and recycled items go through this room first.

**Linen Department:** Three volunteers are needed in the linen department to sort, wash, fold and price items.

**Toy Department:** Toys are sorted, cleaned and bagged. Stuffed animals are washed and dried (when needed), games are checked for all pieces and battery-operated toys are inspected to ensure they are in working condition.

**Upstairs Sorting Room:** Every Monday, Tuesday, Thursday and Friday from 8 a.m. to 12 p.m., volunteers are in the upstairs room sorting, pricing and hanging clothes.

**Gleaners Upstairs:** Volunteers hang and sort clothing for both men and women for different seasons of the year.

**Gleaners Too:** Volunteers stock shelves and are required to work both inside and out. All items are checked to determine if they are in working condition before being sold. ■

To volunteer at the Creston Valley Gleaners call (250) 428-4166 for the main store and (250) 428-4106 for Gleaners Too.



**Gleaners Giant Christmas Sale**

**Saturday, November 20**  
**9:00 am - 3:00 pm**

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

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# 20th Annual Santa Claus Parade

Story by: Becky VandenEykel, Manager  
Creston Valley Chamber of Commerce

It's that time of year again. The 20th annual Creston Santa Claus Parade is just around the corner.

Parade organizers – the Creston Valley Chamber of Commerce, Community Pride Committee and Town of Creston – are busy putting plans together. This year, the parade is being held on Saturday, December 4, allowing for more daytime events.

We are still planning to have all the traditional Creston Santa Claus Parade activities such as hotdogs, hot chocolate, pictures with Santa and much more. We are proud to present these activities either free, for a minimal charge or by donation to a local food bank.

As of press time, the following activities have been planned for this year's celebration. This list is subject to change. Keep an eye out for a finalized list of activities, parade entry forms and more in an upcoming issue of the Creston Valley Advance.

- Free swim – Creston and District Community Complex (1-3 p.m.)
- Free pictures with Santa by Natalie

Santano Photography – Creston and District Community Complex (2:30-4:30 p.m.)

- Kids' craft activity – Creston and District Community Complex (2:30-4:30 p.m.)
- Short and feature film shown at the Tivoli Theatre (details TBA)
- Santa Claus Parade starting from the Creston and District Community Complex (6:15 p.m.)

Remember: be loyal, buy local. It's so important to our local economy to support all of our local businesses. Many of the stores will be holding a special Santa-themed sale or promotion. Be sure to check them out on December 4.

In the next few weeks, while you are out doing your Christmas shopping in Creston, drop by the Visitor Centre. If you haven't seen the inside yet you are sure to be impressed. We have much to offer the local community, including event information, directories, pamphlets on various services and organizations in the community, and more.

If you are wondering if Creston has a certain service, check with us. We also

have a conference room available to rent. Contact the chamber for rates. We are open Monday to Friday from 9 a.m. to 5 p.m. and look forward to seeing you. ■

For more information contact the Creston Valley Chamber of Commerce  
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email: crestonchamber@kootenay.com



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- **FREE** pictures with Santa by Natalie Santano Photography
- **FREE** hot dogs & hot chocolate
- Short & feature film at the Tivoli Theatre
- And much more!

Watch for a complete list of activities with times, location and more in an upcoming issue of the Creston Valley Advance

**Fun for the Whole Family during this year's Santa Claus Celebration**  
Saturday, December 4  
All activities to be held during the day, ending with the Parade at 6:15

Creston Valley Chamber of Commerce  
**COMMUNITY PRIDE COMMITTEE**

For more information contact the Creston Valley Chamber of Commerce at 250-428-4342

# Internationally Recognized Wetland in our Backyard

Story by: Carla Ahern  
Stewardship and Communications Manager -  
Creston Valley Wildlife Management Area

**T**he Creston Valley Wildlife Management Area is an internationally recognized wetland of importance, also known as a Ramsar site. What exactly does this mean and why is it important?

An international treaty, the Ramsar Convention ([www.ramsar.org](http://www.ramsar.org)), promotes the conservation and wise use of all wetlands and their resources through local and national actions and international co-operation. Thirty-seven wetlands in Canada have signed on to the Ramsar treaty, acknowledging the importance of conserving and protecting wetland areas.

In the Kootenay region there are two significant wetland ecosystems, the Columbia Wetlands and the CVWMA. These are both designated as Ramsar sites.

The CVWMA is a 17,000-acre wetland habitat that encompasses the southern end of Kootenay Lake and extends approximately 20 kilometres south to the U.S. border. The CVWMA was set aside in 1968 as a result of many passionate and enthusiastic conservationists, biologists and Creston Valley residents who recognized the importance of Duck Lake and the adjoining wetlands as critical wildlife habitat, especially for nesting and migratory waterfowl.

They began in 1942 to prevent the loss of this irreplaceable wildlife habitat to drainage for agricultural expansion and water level fluctuations for hydroelectric developments. In 1968 their efforts were rewarded with the passage of the Creston Valley Wildlife Act by the provincial legislature and the preservation of the habitat.

**“Designed to enhance wildlife production and prevent the loss of wildlife”**

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production and prevent the loss of wildlife use that would otherwise occur because of the changed management of the Kootenay River system for hydroelectric power generation and flood control.

The CVWMA is located on provincial Crown land and is managed by the Creston Valley Wildlife Management Authority, a not-for-profit organization with federal charitable status that is also a provincial Crown agency. Currently, the majority of the core funding to manage the area comes from BC Hydro.

Money for specific management projects and to run the CVWMA Interpretation Centre comes from grants and the support of members and donors.

Being recognized as an area of international importance is quite



a high honour. By being a part of the Ramsar convention we are recognizing the important role that wetlands play and are thereby helping to promote their conservation and educate people on the values and importance of wetlands. (Refer to an article on the importance of wetlands in I Love Creston, September 2010 edition.)

## “It is a major destination for migrating birds along the Pacific Flyway”

The CVWMA was recognized as a Ramsar site because it is extremely biologically diverse, with close to 400 different wildlife species utilizing the habitat. It is a major destination for migrating birds along the Pacific Flyway and a year-round home to a variety of species, including turtles, otters, great blue herons and moose.

The wetland provides other benefits such as flood control, filtering of pollutants, recreational opportunities and outdoor educational programming opportunities.

The CVWMA is also recognized as an Important Bird Area by Birdlife International because it regularly supports more than 100,000 water birds during migration periods, and as an Important Amphibian and Reptile Area by the Canadian Amphibian and Reptile Conservation Network. ■

*If you have any questions, please feel free to contact us at 250-402-6908 or by email at [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca) or check out our website at [www.crestonwildlife.ca](http://www.crestonwildlife.ca)*

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# Friends from around the world

Story by: Sifu Neil Ripski

Well, as fall gently brings the approach of winter I am finally able to take a little time and reflect on the past year at Red Jade. This year has been the best year yet, with full-time students coming from all over the world to our beautiful Creston Valley to train with me and take home the skill to teach in their own country.

The full-time course I offer is one of the only ones of its kind in the world and truly is unique due to the kung fu I am teaching to these international students, Drunken Boxing. Drunken style is deceptive and unusual, the practitioner acting as though drunk while practising his/her kung fu.

The students this year came from Scotland (Iain "Mac" MacDonald), Toronto (Joey Feligi-Biro), New



Some of the many medals won throughout the year.

Mexico (Jerri Palmer) and a returning student from California (Patrick Foss). Patrick has come to Creston every year since 2007 to train and this year he accomplished his goal of becoming a kung fu master in the Drunken style.

Other students came from New York City and Seattle (Sam and David) and Edmonton (Sami, Kyle and Mo). Tomehr Ben Johanan came from Tel Aviv this summer to train and spent some great time outdoors with me in our beautiful valley.

Other than just working out and training endlessly, I was able to get to know a bit about their various cultures and their impressions of the valley. Every one of them found it amazing here. Tomehr fell in love with the river and we spent many days after training lounging in the sun and swimming. The Point is an amazing place in August.

The first group came in January and we spent some time doing short hikes up on the pass, taking in, for most of them, their first experience with snow. It's amazing watching people in their 20s have a snowball fight with the wonder of children.

Every one of my new friends mentioned how friendly the people of Creston are and were honestly shocked at how often total strangers would start up a conversation with them. Those from New York, Tel Aviv and Aberdeen, Scotland, especially, were taken aback by the friendly nature of the people here.

I am very happy and proud to say that my program is starting to gain international recognition, and bringing people here from all over the world is really a great way to reflect Creston through their eyes back to us.

Beautiful, friendly, talented (special thanks to all my musician friends for letting these new faces come to jams, practices and parties full of music and laughter), clean and magical are all words they have used to describe our valley.

I am so glad I made Creston my home and want to thank the people here for accepting my wife and I, and supporting us while I live my dream. Thank you. ■

Check out our Web site for more information on local classes and photos and discussions with the foreign students, [www.redjademartialarts.com](http://www.redjademartialarts.com).

**The Discovery Team**

<b>Michael Carpenter</b>	<b>Sara Millar</b>
	

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# Mother Nature's Abundance



Story by:  
Annette Agabob  
Owner – Annette's  
Health Action

Here we are, turning the final corner of the fall season, harvesting and bringing in the abundance of food Mother Nature has given to us.

There is a saying I heard from Bob Proctor that goes like this: "From abundance he took abundance, and still abundance remains."

I thought of how true this is for all of us here in the fertile and abundant Creston Valley. Each year we harvest from the crops, the trees and the bees, and every spring we can plant, nourish, grow and harvest another crop of Mother Earth's abundance.

Just last month we celebrated Thanksgiving in Canada, and there is certainly a lot to be grateful for.

A few weeks ago I was picking up my son from a friend's place up the lake and they sent us home with a jar of fresh concord grape juice. I added this to our morning smoothie and WOW, the flavour and vibration of that juice gave us a jumpstart to our day.

Do you realize in France they have five-star retreats using grapes for fasting and cleansing? Many people in France go on a grape fast for a week during harvest time.

Studies have shown a lower incidence of cancer in the areas of France where the grape fast is practised yearly.

This gives us an example of the possibilities when we follow Mother Nature and the nutrients she holds for us, especially when they are pure, whole and natural.

Another consideration is that there are two sides to every story. Mother Earth has her story and her requirements for providing us with these healthy foods.

She also requires nourishment in return. The falling leaves we see around us are an example of how Mother Nature replenishes herself.

In the past, our great Creston flats would flood most years from overflowing rivers, which would restore important minerals and other nutrients to the land. It is the health of Mother Earth, the health of her soil, that transfers into the health of our physical and spiritual bodies, both energetically and chemically.

Although the flats do not flood anymore, there are ways to replenish the soil naturally.

When we watch how Mother Nature works and we follow her lead, we can learn or remember how to replenish our land naturally, like she does. The more we honour and appreciate our great Mother Earth, the more she can honour and support us.

Enjoy the harvest, the health, vitality and clarity that come with wholesome, naturally-grown food. Let's put away our sprays, eat and harvest our weeds, and nourish the soil, one person at a time.

"From abundance he took abundance, and still abundance remains."

*Note: This article is intended for informational purposes and does not replace your regular doctor's care.*

**Annette Agabob has been serving the Creston Valley as an Iridologist, Chartered Herbalist, and Whole Food Nutritionist since 1997.**

**For information on Annette's Health Action or Products:**

**Phone: 250-866-5737**

**Email: [info@annetteshealthaction.com](mailto:info@annetteshealthaction.com)  
[www.annetteshealthaction.com](http://www.annetteshealthaction.com)**

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# Out & About

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

**November 4, 2010**

**Creston Concert Society**

**Mary Lou Fallis & Peter Tiefenbach**

Location: PCSS

Contact: Black Bear Books

Phone: 250-428-2711

email: [info@crestonconcertsociety.ca](mailto:info@crestonconcertsociety.ca)

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

**November 5, 2010**

**Creston Valley Thunder Cats**

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

email: [endicott@telus.net](mailto:endicott@telus.net)

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

**November 6, 2010**

**Annual Harvest Ball**

Location: CDCC - Creston Room

6pm no host cocktails

7pm Dinner

9pm Dance

Contact: Kris Vanderweyde

Phone: 250-428-2920

**November 9**

**Remembrance Ceremony**

Location: Swan Valley Lodge 10am

Crestview Village 11am

**November 10**

**Remembrance Day Ceremony**

Location: Local schools (ARES,

Canyon/Lister, Erickson,

Yaqaan Nuki School, PCSS)

**November 10**

**Remembrance Day Ceremony**

Location: local cemeteries

(Pioneer, Warrior Rock,

Lower Kootenay Band, Lister,

Canyon & Forest Lawn)

2pm

**November 11**

**The Service of Remembrance**

Location: Upstairs Legion Hall

10am

**Parade**

Location: Behind Pharmasave

10:45am

**Cenotaph Service**

**and Laying of Wreaths**

Location: Legion, 11am

**November 12, 2010**

**Thunder Cats vs. Penticton**

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

email: [endicott@telus.net](mailto:endicott@telus.net)

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

**November 19, 2010**

**Thunder Cats vs. Kimberley**

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

email: [endicott@telus.net](mailto:endicott@telus.net)

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

**November 20, 2010**

**Thunder Cats vs. Beaver Valley**

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

email: [endicott@telus.net](mailto:endicott@telus.net)

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

**November 27, 2010**

**Art Council Annual**

**Christmas Art & Craft Fair**

Location: TBA

Contact: Harry Miller

Phone: 250-428-2527

[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)



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 Phone: 250-428-4091  
 www.crestonvalleyarts.org

November 28, 2010  
**Thunder Cats vs. Golden**  
 Location: CDCC  
 Puck drops at 7:30pm  
 Contact: Joanne Endicott  
 Phone: 250-428-3965  
 email: endicott@telus.net  
 www.crestonvalleythundercats.com

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