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November
2011

i love creston



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Creston Museum

Local wartime Forestry Corps
a cut above the rest

Sports

Community-minded Thunder
Cats scoring off the ice

PROVEN LEADERSHIP

John Kettle

On November 9th (advance poll) and November 19th (general election), **YOU** will have the opportunity to elect a Director for Area 'B' Regional District Central Kootenay.

The person you elect will have a direct impact on you and your family for the next 3 years. We do not need more government in our lives, we need efficient government.



EVERY VOTE COUNTS!

It is easy to find a reason not to vote. I'm asking you to take the time to **VOTE**. Good people with good ideas and basic family values need to speak out with their vote. Join with me to continue the good work in Area B, let's work together to make our valley a better place to live.

On NOVEMBER 9th (advance poll), you can vote at the Creston Recreation Centre or the Yahk Community Hall 8:00 am to 8:00 pm.

On NOVEMBER 19th (general election), you can vote at the Creston Recreation Centre, Erickson Elementary School, Canyon School, Kitchener Community Hall, Lister Community Hall, Yahk Community Hall from 8:00 am to 8:00 pm.

Voting Information

18 years of age or older.

You must be a Canadian citizen.

A resident of the province for 6 months.

A resident of 'Area B' for 30 days.
(see 'Area B' locations above)

Must have 2 forms of Identification. (1 must have signature)

For more information

Call John (250)428-6096
or visit

www.re-electjohnkettle.com

On November 19th

RE-ELECT

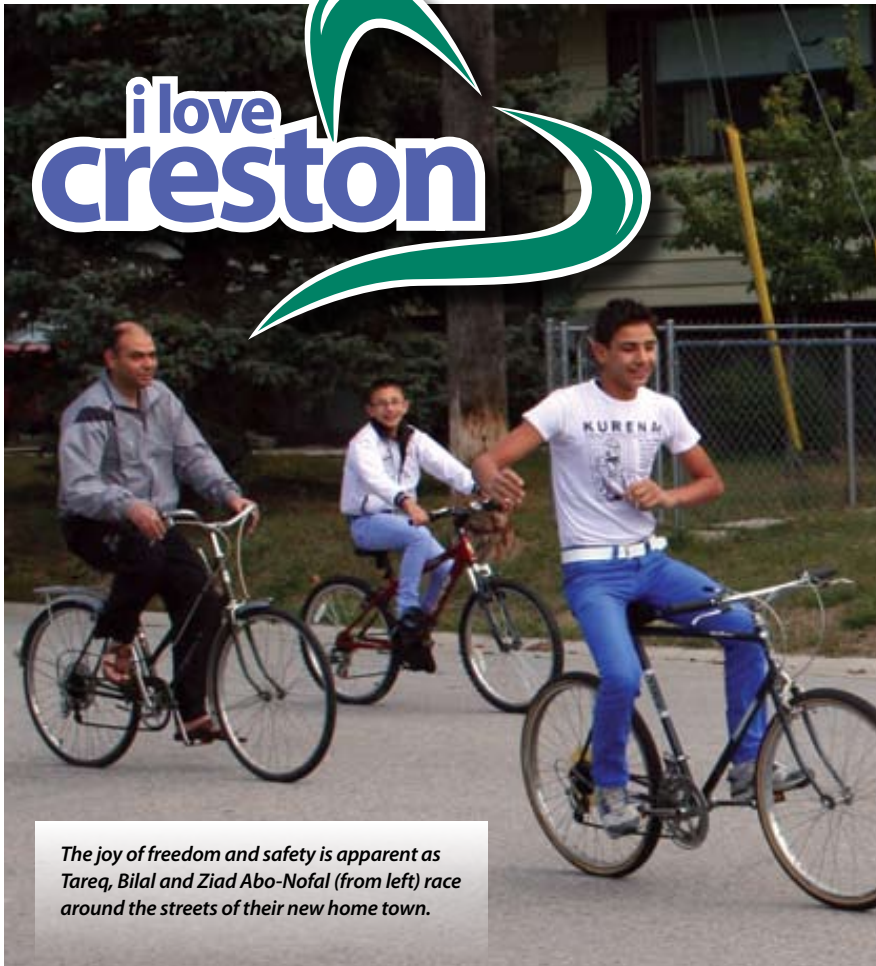
John Kettle

Thank You

www.re-electjohnkettle.com

what's inside

- 9 Resources**
Cross-border pact under review.
- 10 Mayor's Desk**
Reflections on first term in office.
- 12 Theatre**
Aladdin latest musical collaboration.
- 14 Music**
Little glamour in life on the road.
- 16 History**
Creston crew kept Allies in lumber.
- 19 Remembrance Day**
Honouring our soldiers.
- 23 Sports**
T-Cats on the prowl for odd jobs.
- 24 Wildlife**
Public support key to CVWMA's future.
- 26 Health**
Are you off your rocker?
- 30 Martial Arts**
Much more than punching and kicking.
- 32 Wellness**
Get with the transformative program.



i love creston

The joy of freedom and safety is apparent as Tareq, Bilal and Ziad Abo-Nofal (from left) race around the streets of their new home town.

5 From bleak to bright

Creston Refugee Committee reverses outlook for displaced family of five

The Magazine

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Letters to the Editor

Letters to I Love Creston Magazine may be emailed to office@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

The challenges of supporting a refugee family for a year – in a generous, caring community like Creston, at least – pale in comparison to the challenges of simply trying to survive in refugee camps like those in Syria the Abo-Nofal family endured for four years while waiting for permission to enter Canada.

They arrived this fall and have begun the sort of transition that none of us privileged to be born in these parts can truly comprehend. But it's an opportunity they wouldn't trade for anything – at least nothing short of having been spared the whole nightmare in the first place.

The Abo-Nofals – parents Tareq and Eman and their three school-aged children, who are profiled in this issue of *I Love Creston* – are now immersed in a culture and society completely foreign to what they knew living in pre-war Iraq, save for one similarity.

“They used to live a normal life,” says Adem Salim Idris (an Arabic-speaking Eritrean refugee now living in Cranbrook who is the closest thing to a translator the Creston Refugee Committee could find), “working in Baghdad until the war in 2003. After that their life and personal security started to decline due to the civil war there.”

Tareq, a Sunni Muslim, received his first death threat in 2006 “from unknown persons telling him he had to leave the country or would be executed,” Idris says. “Tareq then managed to leave Iraq with his family to Syria.”

In March of that year, “Tareq’s brother Mohammed and a Palestinian friend were killed in Baghdad after they were stopped in a checkpoint by unknown Shia militants. Their bodies were found thrown in a street two days later.

“After exactly one year passed, another brother, Omar, was killed by unknown militants who broke into his house in Baghdad in front of his own kids and wife. Tareq or any of their family couldn’t attend the funerals because they were afraid (for) their own lives too.”

Their first refugee camp, the notorious (and since-closed) Al-Tanf, just across the Iraqi border, was a dismal place. (An Al Jazeera documentary that can be found by searching “Far from home – Witness – Al Jazeera English” chronicles the plight of another Palestinian similar to that of Tareq.)

“Then,” Idris says, “all the refugees were moved to another refugee camp inside Syria called Al Hol because the United Nations High Commissioner for Refugees saw it was not safe enough.

“The Al Hol refugee camp was safer but the family are now too worried for the refugees there because of the declining political and security conditions in Syria these days. ‘Always whenever any political instability occurs, we Palestinians are the victims and we are those who pay the bill of violence, as it happened in Iraq,’ Tareq adds. Tareq wants to use this opportunity to plead (for) any volunteer group or individual to sponsor his youngest brother, who lives in Al Hol with his wife and only son.”

Idris was sponsored to move to Canada earlier this year by the Cranbrook-based East Kootenay Friends of Burma, a group with which the Creston committee partnered to bring a Burmese family here. When that fell through, the Creston group pursued a Plan B that resulted in the Abo-Nofals getting the life-altering break they’d been yearning for.

Linda Price chairs a committee to which she belonged the last time a refugee family came to Creston – the Samais in 2006 (who are revisited in this issue).

“After you have a family come . . . it’s a lot of work,” she says. “We were pretty tired so we took a break.”

Now refreshed and inspired, not to mention excited about the possibility of the Burmese family yet being cleared to come sometime in 2012, Price et al are toiling to help the Abo-Nofals not only dream again, but to realize those dreams.

“Even though I’m the chair, it’s only a name,” Price says. “We all are working really, really hard. We’re all committed.”

To learn more about the committee and its latest family, read on.

Be sure to check out the *I Love Creston* Web site, as well, for coverage of the local government elections set for Nov. 19. All area candidates for town council and the boards of School District No. 8 (Kootenay Lake) and the Regional District of Central Kootenay were invited to have submissions posted at www.ilovecreston.com/meetthecandidates. Look for election results online too – and don’t forget to vote. ■

Finding refuge

in Creston

Story by: I Love Creston Staff

*Canadian sponsorship
means the world to
Palestinian family*



There is now an optimism for the Abo-Nofals (from left: Ziad, Dana, Eman, Tareq and Bilal) that did not exist until they immigrated to Creston.

The simplest of pleasures elicit the biggest of smiles: racing around the block on a bicycle, booting a soccer ball, even stepping off a school bus at the end of the day.

The kind of humdrum occurrences that wouldn't even register on local kids are cause for the Abo-Nofal siblings – Creston's newest and perhaps most appreciative residents – to celebrate the new life and renewed hope represented by their adopted Canadian home.

The recent arrival of 16-year-old Dana, 14-year-old Ziad and Bilal,

11 – along with their folks, Tareq and Eman – was somewhat of a miracle, courtesy of the Creston Refugee Committee which sponsored them.

After four years in squalid Syrian refugee camps where the future was bleak, at best, the displaced Palestinian family had begun to lose hope.

“Tareq says that it was too hard for him to stay at home all day for four years in the refugee camps with nothing to do, just waiting for the United Nations to feed them, after

he used to be a hard worker,” relates Adem Salim Idris, a onetime refugee from Eritrea (sponsored to live in Cranbrook earlier this year) who knows Arabic and was among those greeting the Abo-Nofals at Canadian Rockies International Airport on Sept. 20. “He also says that it was not easy for his wife nor for his children, who wasted four years of their precious time with no proper education.

“Tareq says they are looking forward to starting a new life with a new soul in Canada and are optimistic for their kids' bright future.”



The Abo-Nofals are a tight-knit family, but escaping the despair of a Syrian refugee camp has brought the siblings even closer together, says their mother, Eman (pictured with Dana, left, and Bilal).

It's instantly enough to make months of hard work worthwhile for the nearly two-dozen refugee committee members who laid the groundwork for the Abo-Nofals to leave the strife-ridden Middle East. Ironically, their good fortune came at the expense of a family from Burma whose placement in Creston collapsed at the 11th hour in April when the Canadian government capped Burmese immigrations.

Momentum had been building for the town's first refugee sponsorship since the Samais of Sierra Leone in 2006 [see sidebar], "and we just said, 'We can't wait till 2012,'" says committee chairman Linda Price. "So we went on the ready-to-travel refugee list of the government and found this family from Palestine. They were told two years ago that they would be sent to Canada, so they've been waiting."

Conditions in the camps were wretched and not at all what they were used to in Iraq, where Tareq's and Eman's parents had lived since 1948, and where all but the Jordan-born Ziad entered the world. Tareq,

42, was driving taxi and working as a security guard for a petroleum company in Baghdad when life went sideways with the onset of war in 2003.

A death threat several years later prompted Tareq and his family to flee to Syria, and not a moment too soon. Two of his brothers were murdered within 12 months of each other by Shia militants in Baghdad.

"They were told two years ago that they would be sent to Canada, so they've been waiting."

Alas, life in the refugee camps was not much safer.

"They always lived in fear," Idris says. "They lived in tents set close to each other in an open, windy and sunny desert which (allowed) fire to spread very quickly. Electric wires from the camp's generator were spread all over the place, which was a scary hazard for parents. Snakes, scorpions and other dangerous insects were another nightmare."

A forced move to a different refugee camp in 2010 brought houses made of wood and bricks but the water was still polluted. Public education was offered but the Abo-Nofals were among parents who withdrew their children due to discrimination and even beatings from Syrian youths.

Here in Creston, the first order of business is language study. Tareq can get by with some basic English but the others are starting from scratch. He and Eman, 33, take English as a second language at the College of the Rockies through the Columbia Basin Alliance for Literacy, while the children were immediately enrolled in local schools.

"At first they were pretty upset (because) the two older ones were going to one school (Prince Charles secondary) and Bilal another (Adam Robertson elementary), and they were really concerned because he is only 11, and you know what you're like when you're 11: pretty worried," Price says. "But he has had such a

wonderful reception over at ARES . . . so he's really excited."

The children were assigned "buddy" students to show them around, "and then they'll spend a lot of time just sitting, trying to absorb words they don't understand. The children learn so much quicker than anyone so it won't be long. I think . . . within a year the adults will be able to carry on some form of a conversation with anyone."

Once the language barrier is sufficiently breached, Tareq will be more employable, says Price, who introduced him to the folks at Kootenay Employment Services to help with the job hunt.

“Tareq is really eager to start work, really hard-working,” she says. “Eman is committed to being a mother and homemaker.”

Ziad and Bilal love riding the bikes that were given to them soon after they arrived, and also playing soccer, while Dana is into computers and related technology – luxuries they possessed in Baghdad. She uses Skype to keep in touch with fellow refugee relatives who’ve been scattered to places like Sweden, Italy and Halifax.

Local preparations for the delayed Burmese family transferred easily to the Abo-Nofals, who are living in a two-bedroom condo furnished entirely through donations. The committee provides all living expenses for one year while assimilating the family into Canadian culture and equipping them to be self-supporting.

A housing sub-committee headed by Ed and Sylvia Turner rented the condo and set up the utilities. Its contents were accumulated by a group led by Heather More. Denise Harris looks after the volumes of documentation required by government authorities, Jean Mutch and More are the public school liaisons, Judy Kirkby sets up the budget and Price co-ordinates ESL.

“Someone took the family down to the Gleaners and they were able to choose what clothing they needed,” Price says. “They are finding it’s a little cool here, even though we’re

having a nice fall, so they were looking for sweaters and things.”

Others accompany the family to buy groceries.

The costs, Price adds, are “like any normal family . . . whatever expenses you have, we have. It’s all raised in the community.”

We haven't got enough money in the bank to support a whole family of five for a year and so we just go on faith and it always works out.

Some benefactors make onetime cash donations while others contribute monthly post-dated cheques. Committee members rotate catered, by-donation brunches of quiche and muffins through half-a-dozen local churches to raise additional money.

“A lot of our fund-raising is just on faith,” Price says of the non-

denominational outfit. “We haven’t got enough money in the bank to support a whole family of five for a year and so we just go on faith and it always works out.

“As soon as they are able they start controlling their own money. They get a monthly cheque from us

and they’re taught to use the bank machines and how to pay their bills, and that becomes part of their orientation to Canada.

“As soon as they are working a little bit that becomes part of their income. As soon as you get one family self-supporting you can start working to raise money for the next one, and our Burmese family



Soccer is a passion, as evidenced by the celebration of Ziad and Bilal (from left) as their hero, Lionel Messi, scores for FC Barcelona in a European match live-streamed over their laptop computer. Don Price of the Creston Refugee Committee looks on with somewhat less enthusiasm.

could be arriving in a year. We're committed to them and all looking forward to having two families here."

No to be overlooked are the family's social needs. Simply being sponsored by a community group creates an instant support network. The side of the Abo-Nofals'

refrigerator is plastered with pictures of committee members and their telephone numbers.

"This is the good thing about a privately sponsored family," Price says. "They already have over 20 friends when they arrive. We stress that in our committee meetings, that we are their support and their

friends. They're going to be lonely at first and we should visit them and check up on how they're doing."

It isn't only committee members who get involved, as witnessed by the family's initial experience in their new home town – a foot tour of landmarks like the college, grocery store, post office, downtown shops and elementary school.

One passer-by offered to include them in personal outings in the valley; a woman handed \$20 bills to both Tareq and Eman.

"That walkabout we did that first day was really exciting because we met people that weren't on our committee that would stop and say, 'Is this the family?' and we would stop and introduce them," Price says. "It was exciting to see how the community was accepting them already. It's amazing." ■



Don Price is among the volunteers committed to familiarizing the family with the norms of everyday Creston life, including this trip to the recycling depot with Ziad.

Out of Africa

Story by: I Love Creston Staff

Most families sponsored by the Creston Refugee Committee don't stick around much longer than the 12 months for which their bills are paid. That's less a knock on Creston than it is a natural reflection of cultural demographics. "We've had a couple of families that stayed on for a couple of years but, generally speaking, if there's not very many of that ethnic group in Creston they do tend to move to a bigger city," says committee chairman Linda Price.

The Samai family, sponsored out of war-torn Sierra Leone five years ago, is an exception.

"Georgina and Abdul have stayed for a long time," Price says of mother and son. "Georgina said, yes, she likes Creston."

Originally there were six relatives in Creston, including two biological daughters of Georgina (Mabinty and Christiana), an adopted daughter (Mary) and a sister (Mildred).

Mabinty, 27, now lives in Thunder Bay, Ont., with her husband and two young children. Mildred, 25, is in Toronto and has one child. Mary, 22, moved to Edmonton to attend college and also has one child. Christiana, 18, is in her second year of university in Thunder Bay.

Georgina, who has worked at various restaurants around town, is upgrading at the College of the

Rockies, while Abdul is in Grade 9 at Prince Charles Secondary School. He plays hockey and soccer, takes swimming lessons and joined the cadets.

While all sponsored refugees enjoy landed immigrant status in Canada, Georgina took that one step further by becoming a citizen after making the obligatory repayment to the Canadian government of her family's travel expenses out of Africa – estimated in the low five figures.

Pat Smith, who chaired the committee in 2006, says the sponsorship turned out well.

"The fact that she's become Canadian is very successful," she says. ■

Learn more about the Columbia River Treaty CBT co-hosts information sessions in Creston

Submitted

The Columbia Basin Trust (CBT) is hosting information sessions about the Columbia River Treaty (CRT) in Creston on Nov. 28. The sessions are hosted in partnership with local governments and the CRT local governments committee.

“The information sessions will help people who live in the Canadian portion of the Columbia Basin better understand what the CRT is, how it works and what considerations exist for the future,” said Neil Muth, CBT president and CEO.

An open house runs from 2 p.m. to 7 p.m., with a free barbecue from 5:30 to 6:30 and a presentation from 7 to 9 that evening at the Creston and District Community Complex.

The CRT is an international agreement between Canada and the United States for co-ordinating flood control and optimizing hydroelectric power generation on both sides of the border. Under the 1964 treaty, the Mica, Duncan and Hugh Keenleyside dams were constructed in Canada.

A fourth dam – the Libby – was constructed in Montana. Its reservoir – the Koocanusa – extends 67 kilometres into Canada.

The CRT has no official expiry date but has a minimum length of 60 years, which is met in September 2024. Either Canada or the U.S. can terminate many of the provisions of the agreement effective any time after September 2024, provided written notice is filed at least 10 years in advance (2014).

While no decision has been made by either country on the future of the treaty, given the importance of

the issues and the approaching date of 2014, both countries are now conducting studies and exploring future options for the CRT.

“Our primary role with respect to the CRT is to act as an information resource for basin residents,” says Muth, adding that CBT does not make decisions with respect to the CRT. “Consultation on the CRT is a provincial responsibility.”

Working with the Regional District of Central Kootenay and the Town

of Creston, CBT is bringing experts on the CRT and international water management from across Canada to Creston.

CBT is hosting similar sessions in other communities as well as online information sessions. CBT has also prepared documents, videos and other resources to help residents learn more. Find out more at www.cbt.org/crt. ■

CBT delivers economic, social and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit www.cbt.org or call 1-800-505-8998.

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**Learn About the
Columbia River Treaty**

Columbia Basin Trust, in partnership with the Town of Creston and the Regional District of Central Kootenay, is hosting an information session to build awareness about the 1964 Columbia River Treaty between Canada and the United States. Learn more about how this international agreement influences reservoir and lake levels in your area and why it's important to your community, the entire Columbia Basin and all of BC.

CRESTON

WHAT: Open House 2:00 to 7:00 p.m.
Free BBQ 5:30 to 6:30 p.m.
Presentation 7:00 to 9:00 p.m.

WHEN: Monday, November 28, 2011

WHERE: Creston and District Community Complex
312 19th Ave. North

www.cbt.org • 1.800.505.8998



From the Mayor's desk

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

Our three-year term is done

The old cliché “but oh, how time flies” is very true in the case of serving my first term (three years) as your mayor for the Town of Creston.

Admittedly the first year was a powerful learning curve, being my first year in the local government arena. The last two years have been

enjoyable and our town council saw positive progress in our community.

Year 1: a feral cat bylaw was enacted; approval was received from the Agricultural Land Commission to exempt land from the Agricultural Land Reserve for a hotel and conference centre (with future economic development allowed on the balance of the property); our new Town of Creston Web site was launched (www.creston.ca); we received Build Canada grants of \$5 million for our waste water treatment plant upgrade; regional rural policing meetings and public meetings started; and, I attended the Federation of Canadian Municipalities conference in Whistler and the Union of B.C. Municipalities conference in Vancouver.

Year 2: a memorandum of understanding and friendship was signed with the Lower Kootenay Band; our local Olympic torch relay celebrations were awesome; our aquatic complex opened; Tim Hortons opened; and, I attended the FCM conference in Toronto and the UBCM conference in Whistler.

Year 3: I emceed the Lower Kootenay Band council inauguration at Prince Charles Theatre; our new fitness centre facility opened; Lou Varela was hired as our new town manager; the Jenny's Night Out event was held at Centennial Park; I attended the FCM conference in Halifax and the UBCM conference in Vancouver; I participated in the Creston Fire Department's hose laying competition; and, Dr. Raphael Elemuo arrived to open his practice at the Osprey Medical Offices.

Projects in progress that will enhance Creston and the surrounding valley are the new Ramada Inn and restaurant, the 24-unit seniors

Creston Valley Business Buzz



**Firefly
Flameworks**
—Hot Glass
& Cool Silver

Firefly Flameworks is the end result of the eight-year artistic journey of Jan MacDonald-Potyok. The new studio and showroom at 2804 Hwy. 3 in Erickson features her distinctive line of handcrafted Jan Mac Jewelry. With unusual gemstones and unique, one-of-a-kind settings, these pieces are as striking as they are original.

Trained as a goldsmith, Jan works in both precious and semi-precious

metals. With the addition of both fused glass and lampworking to Firefly, we are poised to expand into new realms of creativity and artistic expression.

We are also thrilled to be showcasing the work of local artists, including Margaux Allard and Brandy Dyer.

Soon classes will be offered in the new studio and people will be able to explore their own creative side with folk-art painting, jewelry-making, doll-making, basic metalsmithing, lampworking and fused glass. We'll even design classes based on demand. Drop by and let us know what you'd like to learn.

For more information visit
www.fireflyflameworks.com

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housing project, the new Creston Place office building and upgrading the waste water treatment plant.

The next three years will see the new town council working toward: the removal of heavy truck traffic from

“Being mayor is not a full-time job but it is a full-time commitment which I enjoyed for the past three years”

Canyon Street, including a true, aligned intersection at Pine Street and Railway Boulevard; creating an enhanced rural policing unit for the Creston Valley; continuing to recruit new physicians through the Creston Valley Health Working Group; continuing with economic development strategies; and, growing our agricultural base and industry by supporting local community projects like the farmer’s market and greenhouse society.

As I have stated to many, being mayor is not a full-time job but it is a full-time commitment which I enjoyed for the past three years and I am wanting to do for another three years.

I would also like to thank the I Love Creston group for allowing me to provide open communication by writing a monthly From the Mayor’s Desk column to the citizens of Creston and the entire Creston Valley. The opportunity to communicate the news of myself, our town council and staff is a great public service to our community. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the web at www.creston.ca.

Re-elect Judy Gadick for Town Council



- *Keep Creston moving forward*
- *So much has been changed in the last three years*
- *Let’s keep the momentum going*

On November 19 Re-elect Ron Toyota for Mayor of Creston 2011!



I will provide continued LEADERSHIP on our strong Council Accomplishments!

(details on my website: www.voteforron.ca)

POSITIVE forward movement for Creston AND the Creston Valley

- Continue to implement our Water Master Plan
- Continue to implement our Waste Water Master Plan
- Continue to implement our Solid Waste (Garbage) discussions with RDCK & LKB
- Continue to implement our Streets and Roads Master Plan
- Continue our plan to remove highway truck traffic from Canyon Street
- Continue with our RCMP Regional Rural Policing model
- Continue to enhance our Regional Airport Services
- Continue to build our relationships with RDCK and the LKB community
- Continue to chair Physician Recruitment Committee

**Our Town Council has “accomplished” much in the last 3 years
BUT there is MUCH MORE YET TO DO!**

Phone my cell at 250 428 6506

Come to my Campaign office at 137 – 10th Ave. North

Footlighters, ARES put local slant on Disney classic Aladdin

Story by: Footlighters Theatre Society

Photos by: Brian Lawrence

The next co-production of Footlighters Theatre Society and Adam Robertson Elementary School is Aladdin, scheduled for Dec. 1-3 at 7:30 p.m. in the Prince Charles Theatre.

Following in the footsteps of Jack and the Beanstalk in 2007, the show is locally written and, as usual, includes topical jokes.

Taking on many elements of the traditional telling of the story of Aladdin, this play does not take on the trappings of the Disney cartoon version of the tale; there's no mischievous monkey nor does anyone take off their head and spin it around.

Instead, this version tells the simple tale of a young man, Aladdin, and his poor, widowed mother who,

because she has a kind heart, takes in all the local orphans.

Into town rides the powerful magician Alitutu, a conniving sorcerer who succeeds in getting Aladdin to go deep into a cave to retrieve a magic lamp.

Through fortune or misfortune, depending on how you look at it, Aladdin is locked in the cave with the lamp. Then, of course, the genie appears and wonderful things begin to happen, until Aladdin's wicked, so-called uncle manages to trick the widow into trading the old lamp for a new, modern one.



Aladdin costume supervisor Jennifer Dewald makes an adjustment to the costume of the Sultan, played by Jon Smith.

Heading the large cast is Brian Lawrence as Aladdin, Gail Kitt as the long-suffering widow, Jason Smith as the wicked Uncle Alitutu and Kienna Dyer as his sidekick, Hasan.

Heading the royalty contingent is Jon Smith as the sultan, Jo-Ann

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BRITISH COLUMBIA ARTS COUNCIL
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Ewing as his sultana and Jacqui Vezina as the beautiful Princess Zubbediya.

“The orphans are wonderfully portrayed by 27 children from various schools throughout the area”

Others in the cast include Malcolm Ferguson as Chop Chop, the executioner, and Mack Sanderson as Chip Chip, his apprentice. Narrating the story is Ann Deatherage as the old lady and Lief Deatherage as the child to whom she is telling the story. The genie is played to perfection by Colin Hardwick.

Also included in the cast are Vern Gorham, Axel Marini and T.J. van Hoof.

The orphans are wonderfully portrayed by 27 children from various schools throughout the area.

Many songs have been woven into the plot, among them: A Bushel and a Peck, High Hopes, A Wonderful Day Like Today, Those Were the Good Old Days, Lonely Boy, I Remember It Well and Thank You Very Much.

And what would a play set in Persia be without belly dancers? Guiding the singers and dancers through their routines are Geri Buchanan, Joanna Wilson, Lorraine Doleman, Susan Jorgensen and Frank Goodsir.

The colourful costumes are being designed and constructed by Jennifer Dewald with an able crew of sewers. Footlighters received a grant of \$500 from the Columbia Kootenay Cultural Alliance to assist with the cost of making the costumes.



Jason Smith as evil Alitutu, with his sidekick, Hasan, played by Kienna Dyer.

The stage manager, who is responsible for the smooth running of the show, is Gary Deatherage.

The enthusiastic actors and crew have been rehearsing since early

September and will be ready for showtime. ■

Tickets (adults \$10, seniors and students \$8 and children under 12 \$5) will soon be available at Black Bear Books. Buy your tickets early as only a few will be available at the door.

Elect SCOTT VEITCH for Town of Creston Councillor

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Yeung's Dandelion in bloom this month

Story by: Trish Bartlett

With her first CD, *The Gravedigger's Daughter*, behind her and her first Canadian tour over, Elena Yeung is ready to release her second CD, *Dandelion*, with a Kootenay tour beginning Nov. 4.

Dandelion continues Yeung's love of bluegrass music by exploring its roots in the style of old spirituals, gospel songs and folk music. The new CD contains 13 new songs written by Yeung and accompanied by Mark Vaughan on mandolin, Chris Suen on a clawhammer banjo and Karl Sommerfeld on the fiddle.

However, one track, *Gonna Build Me a Boat*, was recorded with *The Persuasions*, an a cappella gospel singing group from Brooklyn whose members have been together for 50 years.

"I met *The Persuasions* at a music festival in Dawson City in 2009," Yeung says. "I'd written this song on a bus while touring Canada and I wanted it to sound like an old Negro spiritual but I wasn't sure how to do it. I spoke with one of the band members and asked if he would give me some feedback and he said, 'Sure.'"

"I sang it for him and some of the other band members joined in and it was the exact sound I was looking for."

One member of the group, who was filling in, told her his regular band might like to do a cover of her song and asked if she would e-mail it to him. Excitedly, Yeung did so, but never heard back from him even after numerous attempts at follow-up. She figured her song ended up in his spam.

As the time approached for the production of her second CD, a friend told her she should contact *The Persuasions*



and ask if they would perform it with her. After realizing the worst they could do is say, 'No,' she got in touch and they were happy to look at it. After a few false starts they agreed to sing the song.

"I thought I would record my track here and send it to them but friends said I had to go to New York," Yeung says. "It was the opportunity of a lifetime."

Her friends helped her find a place to stay and Yeung Googled her way around New York public transit before leaving.

"I was a bit nervous but I had no real expectations going into the recording," she says. "I was confident because I am fairly consistent in my ability. The recording session was very laid back. There were no egos and everyone was very helpful."

"I recorded a scratch track and was able to listen to the other voices and make changes before recording the final track. It took about five or six hours to complete because it was a cappella; there were no instruments to record."



The other songs with instruments take much longer.”

Asked if she had any advice for people wanting to break into music full time, Yeung says: “In order to make a living from music a lot of people believe you need luck and

made enough to pay for travel and food. If you don’t count the cost of the CD, then I broke even. It’s hard work, but the more you play, the more you tour, the more you record, the more people hear about you, it may become easier.”

“I sang it for him and some of the other band members joined in and it was the exact sound I was looking for”

talent. You do need a certain amount of talent, a baseline, but you mainly need perseverance, a positive attitude, organization and more perseverance. Someone who wants to make it has to work really, really hard.

“This isn’t glamorous. On my year-long tour I slept in friends’ basements and even in my car. I booked my own gigs and sometimes didn’t get confirmation until the day before I had to get out the promotional material. Sometimes I had to pay for rental up front; sometimes they took a percentage.

“You need to be organized and flexible. I lived off my savings and

When asked how long she would continue to play, she replies, “This is my hobby and it’s cheaper than a snowmobile. I don’t see me doing this long-term. I look forward to the day when I’m done with this wild ride and can play music for fun and love.

“I’ve taught at workshops and camps. Those are a lot of fun. I thought my music could be an inspiration to help people, but when you’re living life on the road it’s hard to write songs about life. You have to write about what you know.

“I enjoy my job as an occupational therapist, helping people directly.

Right now, my life has balance and that’s important.” ■

Yeung will be performing and selling her new CD at the following venues: Nov. 4, Gray Creek Hall; Nov. 5, Scout Hall, Nelson (advance tickets at Otter Books); Nov. 18, The Stage Door, Cranbrook; Nov. 19, Clawhammer Gallery, Kimberley (advance tickets at Clawhammer Gallery); Nov. 25, Kaslo Hotel; Nov. 26, The Snoring Sasquatch, Creston.

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Forestry Corps played an important role in the Great War

Story by: Tammy Hardwick
 Manager – Creston and District Museum and Archives

One of the biggest challenges for Britain during the First World War was the problem of keeping her troops supplied with everything they needed. Almost everything was shipped from Britain's colonies and dominions, and shipping space was at a premium.

Lumber and other wood products were required for a whole host of purposes at the front, but took up huge amounts of the space available in ships. To solve this problem, in early 1916, the British government began specifically seeking recruits with experience in logging and other forest industries who would be able to tap the forests of England and France for the needs of the front.

Canada, a major exporter of wood products, was a logical place to seek that expertise.

Eighteen men from the Creston Valley enlisted in this specially-formed Forestry Corps, which had one of its mobilizing points in Creston. Creston was chosen for the southern B.C. draft because it was



Local Forestry Corps unit, 125 men including 18 from Creston, taken just before they left on the train in the spring of 1917.

central to the area where the recruits were being pulled from yet did not interfere with the coal mines to the east or the smelters to the west.

Capt. Edward Mallandaine of Creston was the commanding officer of the local unit. The local boys were joined by more than 100 other recruits from communities across the East and West Kootenays.

Many of these recruits had been found medically unfit when they tried to enlist earlier in the war, but requirements were considerably more relaxed for the Forestry Corps. For example, flat feet would keep a recruit out of the regular forces but not out of the Forestry Corps, as long as he could stand a five-mile march. Blindness in one eye or deafness in one ear also were not grounds for disqualification from the Forestry Corps.

After nearly four months of recruiting and training in Creston, the corps was sent to France, sailing from Halifax on May 3, 1917.

Most of the local boys under Capt. Mallandaine remained together and were sent directly to France. Hilton Young was transferred to a forestry unit that remained in England. Joseph Heath, unable to stay with his original unit due to illness, wound up in a separate Forestry Corps that was also sent to France.

Wherever they served, the men of the Forestry Corps felled thousands of trees – for railway ties linking the various sectors of the front, for posts to support the underground structures of the trenches, for heating and cooking fuel for the troops on the front lines.

Young wrote of cutting oak and other hardwood in England for use in planes, tool handles and rifle

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stocks. He mentions in passing how challenging the hardwood was for the boys from Creston, who were used to the western softwood forests.

“We were skidding logs one day when we heard a Hun aeroplane some distance away, and our guns opening fire on it”

The importance of the work of the Forestry Corps was made clear by statistics published in the Creston Review in the spring of 1918. The troops on the western front were using 60 million feet of lumber in each of the first four months of 1918; mills in France, fed and run by the Forestry Corps, were cutting three million feet every day.

There were 22,000 men engaged in the work, and it was not enough; reinforcements were urgently needed and, according to a letter written in March 1918 by Ktunaxa soldier Pte. Issaacs, transfers out of the Forestry Corps to fighting units were being refused because the demand for foresters was much more pressing even than the need for soldiers.

Some of the woods that the Forestry Corps units were felling were barely half a mile from the front lines, and the Review reported in March 1918 that officers and men of the corps were being given a French decoration “for devotion to duty and bravery under fire.”

Excerpts from a long letter from Pte. Heath, published in the Review on April 19, 1918, shows what forestry work was like for the units in France:

“When we first landed on French soil . . . there was a good deal of speculation as to where we should be

sent, and all kinds of rumours were afloat . . . One day the order came for us to fall in, and we were issued with steel helmets, which looked

very suspicious . . . and were issued two gas masks apiece. We knew then that we were going somewhere where it was pretty warm . . .

“We had to set to work to build our mill and start skidding the logs.

Our camp was just about three miles behind the trenches and in the midst of the French artillery . . . It did not take us long to discover that we were in a warm corner, and our first experience from bursting shells was from the French 75’s.

“We were skidding logs one day when we heard a Hun aeroplane some distance away, and our guns opening fire on it. It was not long before they scored a hit, and the plane started to come down, and made directly for where we were working, the guns pumping in shells as fast as they could.

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“By the time it reached us it was just over the treetops, and the shells were bursting all around us, and I tell you we scuttled for the cover of any handy tree or log for protection. It is surprising how big you feel, and how small a log seems, when you are seeking refuge for the first time.

“Battles in the air over our heads were everyday occurrences in fine weather . . . At times the air fighting would be so fierce that a

perfectly clear sky would in a couple of hours be entirely overcast with the puffs of shrapnel smoke, and we had to be constantly taking cover from falling nose caps and pieces of shell.

“But it was not this sort of stuff that worried us most; it was the high explosive, bigger shells from Fritz’s guns

meant especially for us. We used to hate seeing his old sausage balloons go up on a clear day when we were working in the open, as he would try to get us wherever possible. One place where we worked used to be pretty warm at times, as he could get a good view of us and, say, would he pepper us.

“By the time it reached us it was just over the treetops, and the shells were bursting all around us

“We were always having narrow escapes. One day, just 150 yards from where we were working, a shell burst, killing and wounding 18 French soldiers.

“It is marvellous, too, how we have been preserved from gas. The French, just a mile or so to the south of us, have been gassed and one morning on reaching the skidways a gas attack had just died down. A lot of the French got it here but we were just too late for the effects, other than a headache.

“Now, we are in a very pleasant spot amongst the mountains, back out of danger, and you can’t imagine how good it is to go to bed at night without fear of shells being showered on you. Seven months under shell fire without a day out of the danger zone is not good for the nerves, and I tell you we all appreciate our present position to the utmost.

“We hear the French used our huts for their troops as soon as we pulled out, and just six days later the Huns got them with their artillery, killing 48 and wounding 30, which will give some idea of the danger we were exposed to.

“We managed to do some good work at any rate, cutting about two million feet of lumber and thousands of pickets for barb wire entanglements, right under the noses of the Huns.”

The achievements of the Forestry Corps were crucial to the Allied efforts in the war. Nearly 814 million board feet of sawn lumber were produced by the Canadian Forestry Corps during the war. The Review reported in March 1918 that Canadians were producing 70 per cent of the army’s lumber needs.

Above all, that self-sufficiency in wood, made possible by the Forestry Corps, freed up trans-Atlantic shipping space for other much-needed supplies, including food, ammunition and additional troops. ■

For more information, contact the Creston and District Museum and Archives by phone at 250-428-9262, e-mail at mail@creston.museum.bc.ca or by visiting www.creston.museum.bc.ca.

KYLE *for* Council



November 11, 2011 Cenotaph Service

O Canada - Brian Daybell

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, ARES School Choir for their participation. A special thanks to the establishments and organizations who supported the Royal Canadian Legion Poppy Campaign.



REMEMBRANCE DAY CALENDAR OF EVENTS

Wednesday, November 9

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

Thursday, November 10

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

Thursday, November 10

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

FRIDAY, 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

Cenotaph Service and Laying of the Wreaths

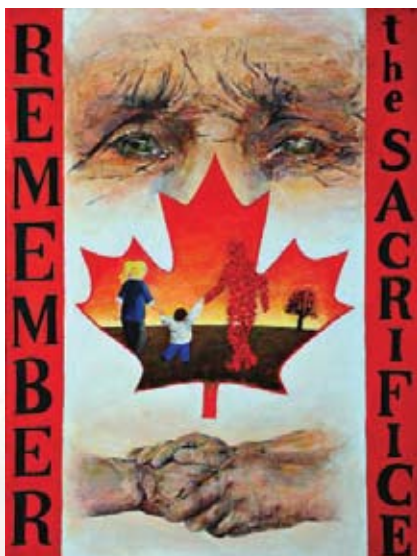
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"I've never had any personal experiences with war," says Atalanta Shi, 15, of Burnaby, B.C., first-place winner in the senior colour poster competition, "however, wars have affected all of us, whether we were a part of it or not. It is because of the brave soldiers who sacrificed their lives for us that we are able to live peacefully in Canada today, and I think sometimes it's easy for people to take that for granted."



Centred in her poster, titled Remember the Sacrifice, are a mother and child walking hand-in-hand with the memory of a husband and father, represented by a figure whose body is made up of poppies. At the top of the painting are the eyes of an aged veteran, and at the bottom, two people clasping hands "as if to say that we are all part of this and we're all together," says Shi. ■

Colour Poster - First: Atalanta Shi, Burnaby, BC

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that have made
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The amazing history of "Taps"

Submitted

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.

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. ■

History of the Poppy

Submitted

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. ■



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When a Soldier Comes Home

Submitted

When 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. ■

Monument to the Canadian Fallen



The Korean War Monument to the Canadian Fallen stands in the United Nations Memorial Cemetery in Busan.

The Korean War Monument, also known as the Monument to the Canadian Fallen was sculpted by Yoo, Young Mun in 2002. More than 32,000 Canadians served in the Korean War from 1950 to 1953, and on subsequent Korean service from 1953 to 1957.

Inscribed on the monument are the names of the 516 courageous and selfless Canadians who died for freedom and peace. The monument features a Canadian volunteer, facing toward Busan, Korea, where an identical monument watches over the graves of 378 Canadians in the United Nations Memorial Cemetery. ■



T-Cats busy on and off the ice

Story by: Creston Valley Thunder Cats

Photo by: Jeff Banman

The Creston Valley Thunder Cats have been busy since the start of the season, with on-ice practices up to five times a week, dryland fitness training two times and mandatory gym days.

The hard work being done by the players on the ice shows in their Kootenay International Junior Hockey League games as they battle hard each time out.

Most games so far this season have been close, with one goal determining the outcome. By the end of October the team had played 16 regular season games – 11 in October alone.

The Cats have not only been working hard on the ice, they have been working hard in the community, too. In September the team helped out with both the Terry Fox Run and the Blue Heron Half Marathon.

October saw the team host its fourth annual food drive – Stuff the Bus – which netted the Creston Valley Gleaners Society approximately \$575 in cash donations and four full carts of food and other necessities.

Some of the players also helped with the Creston Valley Advance/ Columbia Basin Alliance for Literacy Reach a Reader campaign, giving free newspapers to people on main street to promote literacy awareness.

Chopping wood for a few days to help Rotary with its fund-raising efforts and helping the Creston Museum staff move a piece of equipment were also

on October's schedule of activities.

The team is always willing to do odd jobs. Just call coach Brent Heaven at (250) 428-8929 to see if they can help you out.

November sees the Thunder Cats strapping on their skates for 10 games (five at home and five on the road, including their first swing to the Okanagan).

The first weekend in November the players' families have been invited to visit Creston and watch their sons take on the Beaver Valley Nitehawks and Fernie Ghostriders in a two-game home weekend. The T-Cats are looking forward to seeing many families in town and invite all their fans to help cheer the team on to victory.

Nov. 10 will be the second Minor Hockey Night, when it's hoped that many local young players will come out and celebrate hockey in Creston. (Some lucky kids will get to meet the entire team in the dressing room after the game.)

Plans are in the works to do a "meet the players" event after the game on Nov. 20, so be sure to mark that game on your calendar; it is an afternoon game with a 2 p.m. start.

**To play the game is good,
To win is better,
But to love the game is best of all.**

Author Unknown

Go, Cats, Go! ■

For more information visit
www.crestonvalleythundercats.com

VOTE RHONDA BARTER for Town Councillor



Willing to listen, and try and do the right thing for the community. Doing the right thing is adding value to people's lives – doing everything I can so that no one is left behind. Moved to Creston in 1996, and have volunteered and served with:

- Several Boards/Societies
- Arts/Drama/Music Community
- Minor Hockey/Thundercats
- Public Education/Home School Community
- Church Life
- Community Networking

Have been co-owner of two businesses in this community; presently working online on obtaining a Business Degree in Management Studies.

**Come out
and cheer on
your local Junior B Team!**

November Home Games

All game start at 7:30 unless otherwise noted.

Friday Nov 4 Beaver Valley

Saturday Nov 5 Fernie

Thursday Nov 10 Columbia Valley

Friday Nov 18 Grand Forks

Sunday Nov 20-2pm .. N Okanagan



Visit us online at

www.crestonvalleythundercats.com



Who we are and what we do

Story by: Carla Ahern, Director of Communications, Stewardship and Education
Creston Valley Wildlife Management Area

I love my job! I get to talk with thousands of visitors when they come to the Wildlife Centre – people from all corners of the globe and from right here at home.

We talk about wetlands, wildlife and, more specifically, the work done at the Creston Valley Wildlife Management Area (CVWMA).

When I talk with people from the Kootenays about the CVWMA there are many different ideas about exactly what the organization is and does. I thought I would give some

brief information here to educate people and hopefully clear up some misconceptions.

First, what does the CVWMA do? The Creston Wildlife Management Authority was created in 1968 to manage the 17,000-acre provincial Crown land known as the CVWMA.

The area is managed for conservation and natural species diversity through active habitat and wildlife management, research and education. There is a series of dikes and water control structures used to create managed wetland compartments for use by a wide diversity of wildlife.

If the area was not actively managed it would not support the large diversity of wildlife that it does – more than 400 species. It is an internationally recognized wetland (Ramsar site) and an Important Bird Area in Canada.

The CVWMA is a provincial Crown agency that operates as a not-for-profit organization with federal charitable status. Now, that is a mouthful in itself and deserves some explanation.

At its creation in 1968, the CVWMA was a joint partnership between the federal and provincial governments. Unfortunately, both governments pulled out their funding by the mid-'90s, leaving the CVWMA to seek its own funds to operate (which is where the not-for-profit and charitable status came into play).

“If the area was not actively managed it would not support the large diversity of wildlife that it does ”

NOVEMBER 19 VOTE LOUIS MIHALY FOR COUNCIL

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So, while we are tied to the provincial government as a Crown agency, we currently do not receive much funding from the province. Our CEO, Richard Dalon, is working with the province on a mandate review of the area to determine the best financial and governance structure for the CVWMA and to see if they are willing to come back to the table to help financially support the area.

Currently, BC Hydro is the core funder, providing our main operational budget. For all other projects, programs and activities that we do, we apply for grants. Each year the projects that we are able to carry out are dependent upon which grants are approved.

We rely on the donations and support of individuals like yourselves who want to see the wetland protected and managed for the wildlife that use it and for the people;



“We rely on the donations and support of individuals like yourselves who want to see the wetland protected”

recreational hunting, fishing, bird watching, hiking, cross-country skiing and photography are just some of the ways people enjoy the area.

In talking to people at the centre, many say that the CVWMA was one of the reasons they moved to Creston.

I know that doesn't tell the whole story but it is a start. ■

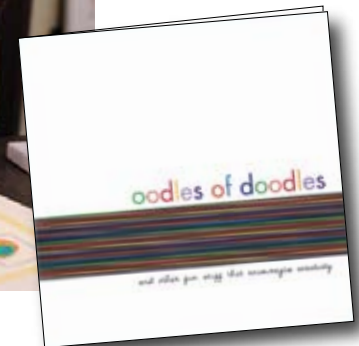
For more information, try our newly updated Web site at www.crestonwildlife.ca, send me an e-mail at askus@crestonwildlife.ca or call (250) 402-6900. And our office is open Monday to Friday if you want to come up for a chat.



Little Artist of the Month



Alisha Ramsay
Age 8



Art Classes for Kids is pleased to name Alisha Ramsay, Little Artist of the Month. Alisha was one of eleven little artists that worked very hard on the production of *oodles of doodles*, a super cool activity book for kids. This book is meant to encourage and inspire creativity and will be available for purchase at the Christmas Craft Fair. This book is proudly sponsored by **Creston & District Credit Union** and all proceeds from these books will go directly into the *Art Classes for Kids Scholarship Fund*.

**Thanks for your hard work on the book
Alisha, and congratulations!**

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Story by Jesse Moreton, BSc DC

The scoop on rocker shoes

Rocker shoes are the biggest trend in footwear I can remember since Reebok's Pump in the early '90s. If you don't have a pair and haven't yet heard of them, they're shoes with a thicker-than-normal sole which is rounded at the heel and toes.

I first encountered the MBT brand of rocker shoes in a fancy shoe store when I was a chiropractic student in Toronto. Since then I've observed their rise in popularity as other mainstream shoe brands, like Skechers and Reebok, have created their own versions.

Now in practice I've come across many patients wearing them and decided it's about time I figure out where I stand with these shoes.

Let's start with the history. Prior to the recent mass marketing the shoes were used for patients with hallux rigidus (a rigid big toe) and

foot arthritis. The design of the shoe compensated for reduced motion in the joints of the foot. The result was less pain while walking due to less strain on the affected joints.

It's only been recently that superfluous claims have been made about promoting weight loss, tightening the abdominals, firming the buttocks, reducing cellulite and the list goes on.

“Studies have found no difference in fitness with wearing rocker shoes as opposed to regular running shoes”

After a little research of my own I'm convinced the claims have little scientific basis. Studies have found no difference in fitness with wearing rocker shoes as opposed to regular running shoes.

In the midst of my searching I also came across a class-action lawsuit accusing manufacturers of false advertising. What do they say, again, about things that seem too good to be true?

So the shoes don't live up to the claims; I'm OK with that. I just want to make sure they're not actually causing problems that weren't there in the first place.

In my quest for answers I found several articles by podiatrists and orthopedic surgeons who recommend patients with back, hip, knee and ankle problems stay away from the shoes, although they cited no solid evidence or studies.

One study, however, showed the shoes increased the risk of falling. Perhaps not the shoe of choice for an icy winter day or for people who already have difficulty with balance.

And what of my own thoughts? I think repetitive activity that changes the natural movements of the body is potentially dangerous. Rocker

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shoes alter the natural walking pattern and that can't be done without changing something.

However, it's hard to say what that "something" is because the shoes haven't been around long enough for good studies to be conducted.

While we wait for better studies, here's a thought from a study on

ellipticals. Ellipticals, like rocker shoes, alter our natural walking pattern. This study found elliptical use caused less stress on the ankles but significantly greater force and stress through the knees and hips. Over time, elliptical use could lead to hip problems.

I'll be willing to bet the same results

will prove true for rocker shoes. In the meantime I tell patients to keep their rockers as long as they don't cause problems. The jury is still out and until the verdict comes in it's difficult to make any authoritative recommendation. ■

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Home & Garden

How to Recognize When Your Home Needs an Electrical Upgrade

www.handy canadian.coms

As our families rely more and more on technology, the need for electricity and a well wired home becomes even more prominent. Houses that were built in the 1970's and 80's are still in good shape structurally but the electrical systems may need work and only the services of a professional will do.

There are certain signs to watch for, all indicating clearly that your home needs an electrical upgrade. Not only will your home be safer, but it will also run more efficiently which will bring your utility bills down.

Signs of Age

- Are you regularly blowing fuses or tripping the breakers?
- Are your lights flickering? (This is especially a problem when that flickering cannot be connected to a heavy load coming onto the system, like a pump or appliance turning on.)
- Can you hear a crackle from the panel box?
- Is your home still equipped with two-pronged outlets (non-grounded)?

Changes to Your Home

Home improvements can often create the need for electrical upgrades.

From simple renovations to full scale home additions, these projects will put a heavier load on your system.

- Basement, kitchen or main floor renovations
- Home additions or out building construction (sheds, pool houses, etc.)
- Installation of a sauna, hot tub or heated swimming pool
- Addition of a second kitchen or any other areas that will require a 240v circuit
- Solar panel system installed, especially when tying this back to the grid
- Establishment of a generator back up power system

Maybe you use too many extension cords in the garage and could benefit from a GFI outlet or two. Or perhaps your appliances are not running at full power some of the time... or all of the time. These conditions are a clear indication that an electrical upgrade is needed, not just for safety but also for convenience and common sense.

These could be smaller upgrades (such as putting in a new outlet or sub panel) and don't usually require the budget that a project upgrading older wiring will. You may be able to do some of these jobs yourself, but more often than not for the sake of speed, efficiency and safety, a trained electrician is the best person to call.

Whether your breakers are constantly tripping or you're renovating the basement, there are certain circumstances and signs that indicate an electrical upgrade is most likely in your future. Recognize those and react promptly to maintain the maximum levels of safety and efficiency in your home. ■



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Home & Garden

The Benefits of Hiring a Licensed Plumber

www.handy canadian.com

If you're facing a plumbing problem that you're unequipped to handle on your own, then the benefits of hiring a licensed plumber may or may not be obvious to you.

Why Plumbers Become Licensed

Like any other industry, the plumbing industry requires that a plumber complete a test, have a certain number of hours working as an apprentice, or display some other similar test of knowledge before they can become licensed. Obtaining such a license shows the industry, and potential clients, several things. It displays a willingness to comply

with all current laws, regulations and safety measures recommended. It also shows that the plumber wants his clients to know that he's a professional.

What's the Harm in Hiring a Plumber Without a License?

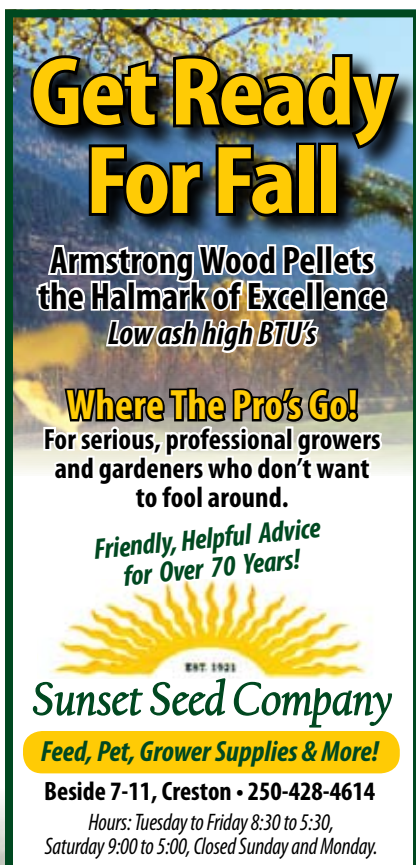
Anybody looking for work can be very convincing, if they are unlicensed, that they will do just as good of a job as somebody with a license. While this may be true, you're still better off to hire a licensed plumber.

The training that a licensed plumber goes through ensures that they are up-to-date and current. Somebody

unlicensed may be using outdated methods, which can lead to costly mistakes.

Licensed plumbers are usually required to carry insurance. This can save you thousands. If the plumber is injured while working on your property. Insurance, in many cases, can also ensure that the work the plumber does comes with assurance of quality. This might mean the difference between the plumber coming quickly to repair a small resulting leak for free, and waiting for another plumber to come and fix the first plumber's mistakes...at full price.

As you can see, there are many benefits of hiring a licensed plumber, and really no disadvantages. You will pay a little more in most cases, but when you think about the hassle and potential cost of hiring somebody unlicensed, you'll see that you truly get what you pay for. ■



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Ground yourself in the hard facts about martial arts - Part 2



Story by:
Shifu Neil Ripski

The other side of the story is the side of Chinese medicine. The definition of the character for qi here is “the relationship between two things,” which is very broad in scope. Qigong practice then becomes working on the relationships within your body, first of all, and then your relationship with the reality around you. This is the best method for starting to practise with qi and why most martial arts have a few qigong methods they start people off with, like eight brocade or standing post.

A special mention should be made about standing post as it is such a wonderful and rich method of training it can easily be all the qigong you ever need in your lifetime. Learning it properly is another story and would require another long article or book to define its methods as I understand them.

To delve deeper into what studying relationships means in this way, let’s look at a basic martial arts training

stance and its biomechanical needs. Ma bu, normally translated as the horse stance (and usually explained as the position in which you ride a horse, although a more accurate translation would be “to stand like a horse stands”) is where we will start.

The feet should be about a shoulder-and-a-half width apart, the knees flexed, the eyes looking straight ahead and the feet parallel. I have read this explanation (or similar to it) in many old gongfu books and when I was younger thought this was indeed a horse stance. Now let’s look more deeply into the qi of the matter.

The feet should be parallel with one another, each foot pointing approximately forward. I say approximately because all bodies are different and must be taken into account, as well as the relationship to the knees in the stance as follows. The knees should be flexed and bent and their relationship (qi) with the feet should be that you can look down and see the toes of each foot below your knee. This is from your standing perspective, from above.

If your foot can be easily seen on the outside of your knee you are bringing your knees inward into the crotch and harming the knee joint. If you cannot see your feet at all or can see them on the inside of your knees, you are pushing out too much and harming the knee joint. The knee is a weight transference joint meant to transfer the weight to the feet through the bones of the lower leg (tibia and fibula). Thus, one could say we have sought out the qi of the lower legs and worked on it being correct (qigong).

To continue up the body the knees must be in line with one another (not one forward and one backward), the knee joints flexed and the pelvis tucked gently in to allow the tailbone to point between the feet (the qi of the tailbone to the feet, the relationship between the two).

The back must remain straight. This involves the acupuncture points of mingmen, da zhui and bai hui.

Mingmen is located between the kidneys in the small of the back. This area must be flattened out more so

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than is normal for us in day-to-day life and is generally accomplished by tucking the tailbone and imagining the mingmen is being pulled gently outward from behind. This is almost alchemical in nature and must be pulled from behind mentally, not pushed from in front.

The da zhui point is also pulled from behind and is located just below the C7 vertebrae (the big bump on your back below your neck). This must be pulled back to line up with mingmen (they are in a relationship as well).

Bai hui is the top of the head and must be pulled upward as though suspended by a string. It is located above the top of your ears if you drew a line from there to the very top of the head. This lengthens the spine, helps to tuck the chin (another important point in this study of relationships) and helps to bring cerebral spinal fluid up to the brain.

Now the heart must be opened by pulling the shoulders down and backward. The relationship between them must be studied. The muscle group directly in the centre of the chest over your heart must feel stretched and relaxed. The chest will open and sink naturally. This allows for power connection from the middle dantien to the lower dantien to take place.

Now we are only part way through a good ma bu stance and you can already see that there is some important qigong practise going on. Years of study of gongfu have taught me that the subject of qi (and horse stance) is rarely given the attention it deserves.

Seek the understanding of the relationships in your body and seek information on the how and why of things. It is not enough to copy outward appearances. Deep gongfu is brought about by understanding qi.

To look further into the qigong aspects of the ma bu stance we have to run a continuous checklist once we have found ourselves in the correct posture. So assuming that we have found the posture simply by mimicking others is incorrect. There is a feeling that comes with proper posture/stance/technique that we are searching for and, of course, this leads us further down the path to true skill.

If one were to start standing in ma bu stance with qigong in mind and not just strength training for the legs, the list of relationships might look like this:

- The bai hui point (on the top of the head) must be pointed directly at heaven.
- The ears must remain above the shoulders (not turned).
- The chin should be tucked in gently.
- The nose must remain above the navel (not turned or tipped).
- The da zhui point should be pulled backward from behind (C7 vertebrae).
- The shoulders should be round and above the hips (not turned).
- The heart should be open by pulling back the shoulders slightly.
- Mingmen should be pulled gently from behind in order to stand tall like a monkey.
- The tailbone should be pointed between the feet (not through the crotch).
- Hui yin should be pulled downward and point between the feet.
- The knees should be above the feet (from the perspective of the player practising).
- The feet should be pointed ahead and parallel.
- The body should be relaxed and the muscles like pudding if they are not being used to hold the posture.

Once this list is achieved it is time for the relationship between the player and reality to begin. This is a relationship that is taken for granted a great deal and cannot be overlooked if one is hoping to truly gain the benefits of martial training. This training involves asking questions and making observations of the world around you.

“What is the quality of light in the room?” is a good one. “Is the light bright, soft, orange, hot? How do you see it? What is the temperature here? Are you interacting and studying reality or are you living only in your own head and emotions? What is really going on? Who are you?”

Each and every stance can take this path and not only bring you biomechanical connectivity but great power and understanding of your body and its role in the space around it.

Martial arts delve much deeper than just punching and kicking. Who are you? ■ Visit www.redjademartialarts.com.

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Trust in the transformation



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

Yes, it's unmistakable: the 2012 shift and adventure have begun.

Our planetary and human evolution are evolving, and the changes and challenges are certainly apparent.

and financial transformation is the call of the day.

Of course, Mother Nature, Mother Earth, is also helping us to see that something different is happening.

“Our planetary and human evolution are evolving, and the changes and challenges are certainly apparent”

Many of the traditional systems are being shaken to awaken. Educational, health, governmental

The question is, are we willing to take note, to see the calling, to step up and protect the Earth and



the very source of our food and nourishment?

Are we willing to take responsibility and each do our part in remembering who we really are and why we are here, now?

We are in the process of transformation. Individually and collectively we can make a difference.

Challenges are coming up, that is for sure, and yet can we realize that through the crisis there is a window of opportunity?

We cannot continue as we are now, with fighting and loss of our Earth's life-giving resources. It is time to acknowledge, as the old stuff comes up to be dissolved, that we can let that go, transform from the cocoon into the butterfly, while staying focused on the lightness of what is coming into being through us now.

So this is the time to co-create a new you, co-create a new day and together co-create a new Earth. If not now, when? If not you, who?

Once again, I would like to close with the Hopi quote: “Now is the



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“We cannot continue as we are now, with fighting and loss of our Earth’s life-giving resources”

time. We are the ones we have been waiting for.”

I have created an online, group coaching and tele-training course called 2012: The Shift and Adventure has Begun. If you are interested, please visit my Web site for more details.

Have a light-filled day starting today. ■

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, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com.



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For each pound of beeswax provided by a honey bee, the bee visits 33 million flowers. It eats 10 pounds of honey. It secretes the beeswax from its abdomen, and then uses the wax to construct a honeycomb.

Beekeepers recover the wax from the comb by heating it in water where the melted wax rises to the surface and can be removed.

Many have written about the wisdom of the beehive, and how burning beeswax puts a person in a special mood of reverence. It is easy to imagine why, given that millions of flowers have been visited and pollinated to make any one beeswax candle!

Healing and spiritual powers have been attributed to all products of the beehive. Honey has always been considered holy, a gift from God, and endowed with esoteric and mystical qualities. The Path of Pollen, or bee shamanism, is a

“When beeswax candles burn, they clean the air like a great, natural, air purifier”

calling into the secrets of healing, longevity, and spiritual powers of bee products, including honey, wax, and pollen. The Hebrew word for bee is dbure, meaning word, with the message being that the bee brings the Divine word. Specifically beeswax candles are designated for the Christian Roman Mass.

To burn a beeswax candle is to enter into the wisdom world of the bee, and you enter, too, into a world of benefits from the bee. Compare this to breathing toxic fumes from paraffin candles! ■



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Submitted by: www.crestonevents.ca

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Location: Cherrybrook Farms, 1 to 5pm

Contact: Cherrybrook Farms

Phone: 250-428-3070

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Saturdays, 10am to 2pm

Contact: Jen Comer

Phone: 250-977-5362

www.crestonvalleyfarmersmarket.ca

November 1

Meet the Candidates Event

Location: CDCC, 6:30pm to 9:30pm

Contact: Jim Jacobsen

Phone: 250-428-4342

www.crestonvalleychamber.com

November 1

SAMS presents: BUFFALOSWANS

Location: Snoring Sasquatch

Doors open at 7pm

Show time at 8 pm

Contact: Louise n'ha Ruby

Phone: 250-424-5571

<http://onesheet.com/buffaloswan>

November 2

School Trustees Forum

Location: PCSS, 7 to 9pm

Contact: Jim Jacobsen

Phone: 250-428-4342

November 2

Advanced Voting for Municipal Election

Location: Town Hall (238-10th Ave. N)

Contact: Town of Creston

Phone: 250-428-2214

www.creston.ca

November 4

Creston Valley Thunder Cats vs. Beaver Valley Nitehawks

Watch exciting Junior B Hockey action!

Location: CDCC

Starts at 7:30 pm

Contact: Joanne Endicott

Phone: 250-428-3965

www.crestonvalleythundercats.com

November 4

The Funeral of Mortimer Johnson - a SAMS production

Buffet dinner (cash bar).

Location: Snoring Sasquatch

Door opens at 6pm

Contact: Jason Smith

Phone: 250-428-9553

www.snorningsasquatch.com

November 5

Creston Valley Thunder Cats vs. Fernie Ghostriders

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Location: CDCC

Starts at 7:30pm

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 Contact: Louise n'ha Ruby

Phone: 250-424-5571
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November 9
Advanced Voting for Municipal Election
 Location: Town Hall (238-10th Ave. N)
 Contact: Town of Creston
 Phone: 250-428-2214
 www.creston.ca

November 10
Creston Valley Thunder Cats vs. Columbia Valley Rockies

Watch exciting Junior B Hockey action!
 Location: CDCC
 Starts at 7:30 pm
 Contact: Joanne Endicott
 Phone: 250-428-3965
 www.crestonvalleythundercats.com

November 10
First Time Home Buyer Seminar
 Location: CDCC, Erickson Room,
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community events

Annual Harvest Ball
Date: November 12, 2011
 Location: CDCC, Creston Room
 Contact: Kris Vanderweyde
 Phone: 250-428-2920

November 14 to 16
The Singing Soul: Acapella Improv

Location: St Stephen's
 Presbyterian Church
 Fri: 7 to 9pm,
 Sat/Sun 10 to 5pm
 Contact: Shirley Cameron
 Phone: 250-428-3995

November 18
Creston Valley Thunder Cats vs. Grand Forks Border Bruins
Watch exciting Junior B Hockey action!

Location: CDCC. Starts at 7:30pm
 Contact: Joanne Endicott
 Phone: 250-428-3965
 www.crestonvalleythundercats.com

November 19
Municipal Elections

Contact: Town of Creston
 Phone: 250-428-2214
 Email: info@creston.ca
 www.creston.ca

November 20
Creston Valley Thunder Cats vs. North Okanagan Knights

Watch exciting Junior B Hockey action!
 Location: CDCC, Starts at 2pm
 Contact: Joanne Endicott
 Phone: 250-428-3965
 www.crestonvalleythundercats.com

November 26
Art Council Annual Christmas Art & Craft Fair

65 tables featuring handmade items by artists and artisans.
 Contact: Harry Miller
 Phone: 250-428-2527

November 26 to 27
IMAGES 2011 Art Show & Sale

Watercolour, acrylic, oil paintings, pottery, fiber art and sculpture.
 Location: Rotacrest Hall
 Sat. 10am to 6pm
 Sun Nov. 27 10am to 5pm
 Contact: Eileen Gidman
 Phone: 250-428-4091
 www.crestonvalleyarts.org

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New Month, New Contest!

WIN

an Apple 8gb iPod
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**Do you love the Creston Valley?
Do you like writing?**

**Then you could be the lucky
winner of an iPod Touch!**

How does it work?

All you need to do is write something about the Creston Valley, an event, a place, a feeling or why you love Creston. Write as many as you like and attach a picture to represent it if possible. If we use it in our Daily Buzz (daily email) and you like our facebook page, your name will be entered into the draw that will take place on Thursday, December 15, 2011.

There will be up to two articles used per day, so if you don't see yours (or even if you do), remember to keep writing!

You don't have to be a professional writer, anyone can enter. Our goal is to try and help everyone realize what a wonderful valley we're living in.

Article rules:

- 150-250 words, edited by you (subject to our review).
- No derogatory or negative wording or phrasing in anyway – Positivity always wins!
- All articles used in our Daily Buzz (daily email) or in our Magazine will be entered into the draw and all rights to the story submitted will be that of I Love Creston Marketing Ltd. for reuse in any of our publications. (you will always be cited as the author unless you would prefer to be kept anonymous)
- All entrants' must first "like" our Facebook page to be considered for entry (go to facebook.com and search "I Love Creston").
- All articles must relate to the Creston Valley in some way.
- No limit to the amount of entries per person, the more you enter the more likely that you will have more chances to win in the draw.



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Step 1 – 'Like' our Facebook page!

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Step 3 – If we publish the article in the Daily Buzz (daily email) or use it in anyway, your name will be submitted into the draw and you could win the iPod Touch!

Enter as many times as you want too!

**Draw that will take place on
Thursday, December 15, 2011.**

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