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What's growing on at COTR?

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CPR C

Tue, Wed / Dec 4, 5 / 5:30-9:30pm / \$125

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Sat / Dec 1 / 8:30am-4:30pm / \$100

MS Word

Tue, Wed, Thu / Nov 27, 28, 29 / 6:30-9pm / \$90

Intro to Windows 7

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Information & Registration

College of the Rockies Creston Campus

301 - 16th Ave. S., PO Box 1978

Creston, BC V0B 1G0

Phone: 250-428-5332

Fax: 250-428-4314

Toll free: 1-866-740-2687

email: creston@cotr.bc.ca



Creston Campus

www.cotr.bc.ca/creston

Sales

Sally Hall
cell: 250.402-9111
sally@ilovecreston.com

Graphic Design/Sales

Wendy Franz
cell: 250.402.8711
wendy@ilovecreston.com

Financials/Sales

Justin Ziola
cell: 250.428.6772
justin@ilovecreston.com

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Letters to the Editor

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I Love Creston Marketing Ltd.

Box 143, Creston, BC V0B 1G0
Ph/Fx: 250.428.2631
office@ilovecreston.com
www.ilovecreston.com



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Guest From the editor

If Bonnie Geddes's life were to pass before her eyes, it might be projected on a screen – a big silver one, like what she installed at the Tivoli Theatre she owns with husband Rob.

The historical movie house has played a central role in the life of the Creston-born entrepreneur for going on 40 years. She started working there while dating the owners' son in the mid-1970s, then bought the place a decade later. The curtain won't go down on this romance anytime soon.

"I have a love affair with this building," Geddes says. "I love the business. People are here to have fun. Nobody comes in cranky."

That affection inspires Geddes to continuously renovate, upgrade and restore the 74-year-old landmark, most recently with a nearly six-figure investment in the aforementioned silver screen and state-of-the-art digital projection technology, which allow viewing in 3D. With production of 35-millimetre film discontinued by the end of 2013 it was necessary to maintain the business as is.

"To stay alive it was this or have to turn the theatre into something else," says Geddes, who ran the Tivoli as a bingo hall for over a decade through the 1980s and '90s. "I don't really understand all the guts of it. You can see all the plugs and wires. I don't touch 'em.

"Fortunately for me I've got a techie husband. He understands this far better than I do."

She knows enough, however, to program the machine remotely from her laptop or cell phone.

"It's really kind of cool for us because I'm downstairs working in the concession and, bingo, at 7:30 I can have that movie come on all by itself,"

she says. "We're absolutely delighted with this."

The digital cartridges, which resemble a small computer hard drive, cost a pittance to produce compared to the old 70-plus pound canisters of film, resulting in an abundance of copies in circulation. That means Geddes is limited in her movie selections only by the number of screens and the need to mix up the genres.

"I can't play everything because I'm only a single screen, not a multiplex," she says. "I want to reach all the audiences. It's challenging."

Geddes has toyed with the idea of adding a small cinema or two in the vacant lot next door but would never compromise the character of the existing theatre by twinning it.

"It would change the architectural structure on the inside and for me it's not worth it," she says. "Since 1975 I've been attached to this building in some way and I don't think that I can change it."

All the improvements she's undertaken have maintained the Tivoli's historical integrity.

"After we had a fire, in '91 I believe it was, I painstakingly restored all those light sconces and all those gold bars, sanded all of the smoke damage, filled them, repainted them as best I could," Geddes says. "They're not perfect but I did what I could with what I had. I really wanted to retain that 1938 art deco style, which was always important to me.

"The same with the façade. I lamented for years over how am I going to update this? How do I make it new and make it look like it's 1938 brand new? This building is the way it was and that's what I want to hold on to.

"The little box office out front? We freeze our tails off out there in the wintertime but . . . people come by and say, 'Wow. I haven't seen one of

these in years.' I want mine to be out on the street, the way it was."

She tried in vain to get the building declared a heritage site, which would have opened up funding avenues, so she's done it all on her own dime, including upgraded seating (wider and with more leg room, which reduced capacity to 240 from 270), a new roof and flooring, custom-built windows, an exterior facelift and Dolby digital surround sound.

Future enhancements may include recreating a neon look with special LED lighting on the signage, a movie-themed mural on the eastern outer wall and using the new server to present live cultural and sporting events via satellite.

Having increased prices by only 50 cents, she hopes to recoup her investments over time through higher attendance drawn by the high-quality experience. Even the "throw" of the old theatre, the distance from lamphouse to screen, is optimal for image clarity.

The Tivoli was state-of-the-art when it opened in 1938, too, with the \$30,000 price tag including air conditioning, carpeting and staggered leather seating with plush backs. In tribute to those early days, Geddes plans some special 75th anniversary celebrations in 2013.

"I'm hoping to get a copy of the movie it originally opened with: Carefree, with Fred Astaire and Ginger Rogers," says Geddes, whose commitment to her customers knows no bounds.

"I will play a show when I have 10 people in the house. You've got to make money on those days when you've got 100, 150 (to) pay for those days you've got 10.

"I think Creston needs a theatre," she continues. "Creston people appreciate it, which makes you feel like coming to work the next day." ■

Food for the Body and Soul



Hands-on gardening and instruction for all ages, from seniors to students.

Community greenhouse branching out as Know and Grow Farm

Gardening isn't just a seasonal pastime anymore thanks to the Creston community greenhouse.

Year-round growing is producing a bumper crop of fresh vegetables for needy residents and educational opportunities that not only span but link the generations.

There's so much going on that a rebranding was in order. A joint endeavour of the College of the Rockies and Creston Valley Friends of the Community Greenhouse Society, the newly named Know and Grow Farm employs a part-time fund-raiser, two program facilitators, a skilled labourer and a full-time co-ordinator, a role filled by Anita Sawyer the past two years.

Having left the counselling profession and moved here from the Okanagan in 2006, Sawyer started out as a volunteer in the early days of the community greenhouse, which evolved a year after the COTR horticulture program shut down in 2004.

“Gardening was my therapy when I was a counsellor”

“I just wanted to play in the garden,” Sawyer says. “Gardening was my therapy when I was a counsellor – just come home and hit the garden. That was how I left everything behind at work.

“I always enjoyed gardening but didn’t really know that much. I certainly learned a lot being around here.”

The only thing not growing at the community greenhouse is grass under the feet of all the people passing through what is actually a complex of multiple greenhouses and amenities such as an outdoor garden, herb garden, strawberry beds and a storage shed built by local high school students. Close to 70 people have volunteered in recent years during which hundreds have participated in nearly a dozen programs.

The common thread, Sawyer says, is “providing a place where people can learn how to better take care of themselves and grow their own food, (and) what gardening can do for their life in terms of health and relaxation and nutrition. It’s a great meeting place where people come together.”

Community greenhouse projects have mushroomed and show no signs of slowing down.

The first challenge of the freshly minted Know and Grow Farm is to generate income to subsidize its social programs, which have been funded through grants from

more than a dozen foundations, organizations and agencies.

“The tag line will be Where Education Meets Social Needs,” Sawyer says, “bringing the two together, the social aspect and the

educational aspect.

“The main thing is they will be expanding the gardens and the use of the greenhouses to be growing more. Currently everything we grow goes to TAPS (Therapeutic Activation Program for Seniors) and the (Gleaners) food bank. We want to be able to increase what we’re growing so we can sell some of the produce in order to bring in some money so that we’re less reliant on grant money.”

One for-profit aspect will be providing local restaurants with herbs and greens, being careful not to compete with the local agriculture industry. Other possibilities are selling baskets of produce and handmade picnic tables and benches to the public. A feasibility study is expected to unearth other ventures that can make the operation more self-supporting for the long term.

Sustainability is a key component of the greenhouse, where rainwater is collected in barrels for irrigation and soil-producing compost bins are turned weekly with a small tractor.

Where Education



Simply keeping the facility open was a primary reason individuals like Christine Munkerud and Donna Carlyle spearheaded the community greenhouse concept when the horticulture program folded after nine years due to declining enrolment.

“Leaving the greenhouses empty was really hard for us,” says Kathy Tompkins, manager of the COTR’s Creston campus. “Thus the idea of working with our community and fulfilling a social need was born.”

Growing veggies for food bank customers and struggling seniors through TAPS was the initial focus, “then it just slowly started to expand,” Sawyer says, noting that the first programs – still in place – were offered to small groups of seniors and Cresteramics clients.

Children became involved in 2008 with the Grow Your Own Lunch program for Grade 6 students at Erickson Elementary School.

The next breakthrough occurred in 2009 when the Columbia Basin Trust and Investment Agriculture Foundation of B.C. paid for a winter harvest research project, a two-year experiment in which a variety of cold-weather growing strategies were tested at locations throughout the valley. Karen Powess, the co-ordinator at the time, oversaw what is now considered a turning point in the history of the greenhouse.

“That’s when things really started to get going,” Sawyer says. “We grew vegetables year-round just to see what could be done and learned a lot through that. I was

amazed that it could actually happen. I was thinking, ‘You guys are crazy. This can’t happen.’ But it did.”

Fall plantings in what’s called the “hoop house” – hardy greens such as kale and chard as well as beets, carrots and lettuce – are covered during a dormant period from late-December to mid-February. Watering is suspended during periods of freezing temperatures to prevent mould.

The educational component is flourishing along with the crops.

Learn to Grow classes for Grade 3 students at Adam Robertson and Canyon-Lister elementaries and all students at Yaqan Nukiy School run weekly for two-and-a-half months in the spring.

Students are taught all the basics, from how to fill a pot with soil and plant seeds to transplanting into bigger pots or gardens, watering, fertilizing and composting. Know and Grow Farm will be certified organic so there’s

“We grew vegetables year-round just to see what could be done”

an environmental edge to the content, such as how to control aphids with ladybugs instead of pesticides.

Everyone takes home a flat of plants for their family gardens after the last session.

A partnership with the Creston Valley Family Place led to Families Growing Gardens for parents with young

Meets Social Needs



children, and there's an after-school class called Children Growing Gardens, both of which built bean teepees this year.

Teenagers are getting in on the act through the Prince Charles Secondary School work experience course.

“As you're teaching all the kids and the families, they're planting our garden”

“Plants are everywhere” during the busiest months of April through June, Sawyer says. “You can't move.”

Generations Growing Gardens was introduced this year, teaming garden-loving seniors with mothers and preschoolers in a collaborative effort that illustrates the unifying power of the community greenhouse. The youngest participant was two months old, strapped to her mother's back, while one avid gardener in her mid-90s still comes from Swan Valley Lodge occasionally.

“The seniors were able to pass on their knowledge of gardening to the younger generation,” Sawyer says. “The young moms were involved in cooking classes and went over to TAPS and learned about canning and baking. It was a real co-operative venture.

“It's hands-on teaching,” she adds. “As you're teaching all the kids and the families, they're planting our garden, and that's how it all got done.”

Volunteers assist staff in running the classes and contribute generous hours on their own – this year an estimated 700 by early autumn, including 12 to 16 hours of weeding and watering a week all summer by one dedicated woman.

The cycle begins in March with the Spring Seeders, who toil through June getting seeds in the dirt and tending to the young plants inside one of the heated greenhouses. Some are volunteers; others are gardeners destined to set up tables at the Creston Valley Farmers Market

who pay a fee to get an early start on the growing season.

A smaller corps of volunteers helps staff maintain the outdoor garden throughout the summer, after which the families return to learn about harvesting and saving seeds.

The Seed Savers is another entity comprising volunteers who grow heritage tomatoes and preserve the seeds in a “seed bank.”

Soils for Seniors involves Swan Valley residents whose passion for gardening and energy level are nothing short of inspirational. Among their tasks are growing flowers for the lodge in spring, transplanting vegetables in summer and planting seeds for the fall.

“(It's) totally amazing what those folks from Swan Valley can do in an hour of transplanting,” Sawyer says. “Say there's six or eight of them; what they can do in one hour would take two of our staff almost the whole week to get done. They're quick. It's one of my favourite programs.

Where Education



I just love doing that one. You learn so much from hanging around (them).”

The opposite end of the age spectrum got involved the last two summers when children and leaders from Grizzly Bear Out of School Care pitched in once a week.

“They were wanting to teach the kids about giving back to their community, 20 little kids,” Sawyer says. “It was really fun. Every other week they would pick up the food for the food bank on a Tuesday, walk it down there and deliver it.”

The number of programs doubled this year and the number of participants quadrupled, with up to 150 a week at the peak. Classes will be offered through the winter eventually.

Close observers will notice plenty more activity on the site in the coming days, weeks and months.

Two new greenhouses, purchased by Farm Credit Canada and the Creston-Kootenay Foundation, will be equipped with heated ventilation systems to accommodate year-round growing, as well as raised beds more easily accessible by mobility-impaired seniors. A plot is reserved for a third new greenhouse to join the three existing ones inherited from the horticulture program.

“The ones we have going will continue to produce for the food bank and TAPS,” Sawyer says. “The newer areas will be for the Know and Grow Farm to produce for the restaurants and other new business ventures.”

More greenhouse production requires more outdoor growing space, which doesn’t come naturally to the campus site. Thus the introduction of “lasagna gardening” in which layers of cardboard, newspaper,

manure, hay, peat moss, garden scraps, leaves – everything up to and including what might come from the kitchen sink – are laid down to build up a patch of nutrient-rich soil where none previously existed.

Other plans call for lining a perimeter chain-link fence with grape vines and blackberry bushes, and building a screened pavilion with raised beds in which programs for seniors can be held through July and August in the absence of the greenhouses’ suffocating summertime heat. Used tents purchased from a Rotary club will be used for that purpose until funding is secured.

There’s a new fence around the herb garden tended by the Greenheart Herbal Society, whose advisor, Rachel Beck, teaches the COTR’s practical herbalist course. Arbors and rose bushes are in the works.

Also changing are the key administrators of the community greenhouse, with Sawyer stepping down to take a break and fund-raiser Carmen Rockwell-Hoover moving back to Alberta, leaving Kristy Pelletier, Cecile Eddy and Mike Marple on staff. Co-ordinator Nigel Francis and fund-raiser Laura Hannant are the replacements, although Sawyer will eventually come back in a more hands-on capacity.

“When I return it will be to do things that truly soothe my soul, like working with the children and hanging out with the seniors,” she says. “Carmen and I are so thrilled to pass the reigns on to Laura and Nigel as they are young, enthusiastic, full of energy and have lots of wonderful ideas. I truly believe it’s time for the next generation to take the lead in many areas of our community.” ■

Meets Social Needs





From the Mayor's desk

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

Misinformation rampant

It has been said that if one promotes an issue that they perceive to be fact enough times, some will eventually believe it to be the truth.

Last year a local businessman phoned me about some of his business concerns and we engaged in a 40-minute conversation. Later, this same gentleman commented on our

conversation in his letter to the editor of the local newspaper. By conversing with me first he was better armed with the facts and his comments reflected a more thorough understanding of the issues.

Alternatively, I have also read some other letters to the editor that promote ideas or issues that are not factual, feasible or operationally viable. I firmly believe that such publically stated positions, declared without due diligence, do more to undermine our community than to improve it. Let's remember we're all in this together.

This is my second term on council and in this time I have come to enjoy the informed debates around the table and the discussions – even the difficult ones – with my constituents. As individual council members we don't always agree on every issue. But as a whole, council's mandate is to participate in a shared and informed decision-making process that reflects the best interests of the community.

As a citizen I understand that one may not like all of the decisions that are made at the council table. Fair enough. But I would encourage writers and readers alike to gather factual information from the municipality and base their opinions and commentary on those facts.

Attend council meetings. Ask the hard questions. Challenge yourselves as voting individuals to get the facts. All you have to do is ask.

My office schedule is posted and can be viewed at www.creston.ca. My posted hours usually have me in my office on Monday, Tuesday or Thursday. I welcome anyone to call or meet with me to discuss any municipal issues. ■

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

Creston Valley Business Buzz



Vern Gorham, Owner/DJ
Good Times DJ & Karaoke

Since I have a great love of music, and since I already owned a very large music and karaoke collection, it seemed natural to start up a local DJ and Karaoke business! Thus, in 2010, I started up Good Times DJ and Karaoke.

What sets me apart from other DJs is that I am out there having as much fun as the people who I am DJing for, and thus I think it helps everyone relax and let loose. Most of my feedback from events I've DJ'd has been very positive!

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My name is Vern Gorham. Many Crestonites who attended any of the recent Creston Best Singer contests would know me as the emcee and creator/producer of that contest. But, since that contest will be an annual thing, I do have other business ventures that provide services to the wonderful people of Creston and her surrounding area during the rest of the year.

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

ki'suk kyukyit (greetings)

The Lower Kootenay Band is in the process of planning for National Addictions Awareness Week (Nov. 19-25).

National Addictions Awareness Week is a nationwide event that brings forth awareness and education about addictions.

Alcohol and drug addictions affect every walk of life and are not gender- or race-specific.

People battling addictions may feel isolated and hopeless. We wish to make our community aware that they need not suffer in silence.

One of the best tools for battling these demons is education. We will be hosting a number of educational seminars regarding such topics as Adult Children of Alcoholics and traditional hoop dancing. We invited an aboriginal rapper who promotes an alcohol- and drug-free lifestyle.

This past summer, four Ktunaxa Nation youths received training in constructing our unique sturgeon-nosed canoe. In many ways the canoe represents life. This vessel has provided the Yaqan

Nukiy people sustenance and our identity.

In the spirit of National Addictions Awareness Week, and to symbolize the "struggle" with addictions, a group will be packing the canoe from the LKB complex to the Creston Valley Hospital where it will be presented to the hospital administrator and Creston Mayor Ron Toyota.

We will brave the elements of the weather and endure a long walk to truly gain an understanding of what a homeless man or woman lives with on a daily/nightly basis.

After the seminars there will be a moose stew feast prepared by the 1746 Army Cadet Corp. Once the feast is complete the aboriginal rapper known as Supa Man, hailing from Crow Agency, Mont., will perform.

LKB Coun. Arlene Basil will act as our DJ for the sobriety dance and a masquerade party will take place at which participants will try to identify each other.

The past five-plus years have been extremely difficult for Lower Kootenay

Band residents, having suffered numerous losses in a short period of time. Grieving the loss of loved ones is a devastating feeling. Through National Addictions Awareness Week the LKB is deserving of much-needed fun and laughter.

As I mentioned before, addictions affect all walks of life and we welcome those who wish to participate in our events.

This month also marks the nominations for two council positions that are currently held by Mary Basil and Sandra Luke. Both are seeking re-election and it appears some newcomers to LKB politics wish to put their names forward as well.

I wish all the candidates the best of luck. The election will be Nov. 30, with advance polling on Nov. 23. Successful candidates will take office in January.

With that, I thank you once again for reading and wish you all the very best. Taxa! ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.

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Marketplace realities for the 50-plus generation

Story by: Kootenay Employment Services

We used to think that anyone old enough to be a grandparent should be sitting on the porch enjoying retirement. The myth of Freedom 55 is fading fast as our economy is still struggling to recover and interest rates are staying low – too low to provide the income hoped for by folks who retired in the last 10 years.

Many retirees are having to come out of retirement to find employment, and many people who planned to leave the workforce in the last 10 years have had to delay their retirement.

Some people retire and find they simply miss the challenge of work

and want to return to the workplace where their skills can be fully utilized.

Despite their wealth of skills and experience, many older workers have difficulty finding a job. There is the obvious fear that an older worker won't stay in the job, but there are some less obvious myths that keep older workers from finding employment.

Myth: older workers expect higher salaries.

Fact: most older workers looking for work today are well aware that jobs are at a premium. They are often more willing than younger workers to make do with less.

Myth: older workers can't work for younger supervisors.

Fact: today's older generation is very responsive to the needs of hierarchy. Its members understand that supervisors have a job to do and respect the supervisor's authority and position.

Myth: older workers can't handle new technology.

Fact: teaching computer skills to older workers is no more challenging than teaching new skills to younger workers. In fact, older workers often feel they have to prove themselves and will work twice as hard to gain mastery over new challenges.

How can job seekers of the 50-plus generation get their foot in the door in today's marketplace? Here are six great tips:

1. Practice patience and perseverance. It's a tough job market

"Despite their wealth of skills and experience, many older workers have difficulty finding a job"

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out there for everyone. Overcoming age discrimination can make the search for employment that much longer. Hang in there.

2. Look the part. If your clothing and hairstyle are outdated, find some newer clothes and change your hairstyle. Second-hand stores can provide an almost-new wardrobe suitable for interviewing. Men and women can find simple, modern clothes that will present an up-to-date image. Make sure your appearance shows that you are keeping up with personal grooming.

Show off your cell phone (or smartphone). If you don't own one, start shopping. You can get a prepaid phone for under \$50 and pay as little as \$15 every two months to maintain service. Let employers know you have a cell phone.

3. Get your resume and cover letters up to date. Fashions change and so do resume styles. Your local Work BC Employment Service Centre can help you bring your job searching tools up to date.

4. Practise interviewing. If practice makes perfect, then practising for an interview makes perfect sense.

5. Answer the unasked question. If you think a potential employer may have concerns about your desire to do the job at your age or may question how long you will stay or feel you may want a larger salary than they can afford, bring the issue up right away. Deal with any possible age discrimination as soon as you can. Show them your willingness and ability to get the job done.

6. Find out about government-sponsored programs for updating work-related skills. There are lots of

different programs available free to eligible job seekers in the 50-plus age group. Check out your local Work BC Employment Service Centre and find out which programs are available in your area.

Programs are offered throughout the year at Work BC centres such as Kootenay Employment Services in Creston. Some programs offer financial supports to participants and provide skills training and workshops relating to finding and maintaining employment or becoming self-employed. ■

For more information call KES at 428-5655 or drop by the office at 119 – 11th Avenue North. Information on upcoming programs is on the Web site kes.bc.ca.

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Be a fan of inspiration: volunteer with Special Olympics BC

Submitted

Warning: volunteering with Special Olympics may cause intense joy, enduring affection and invaluable inspiration. You may forge connections with athletes and fellow volunteers that you won't ever want to break. You may become a fan for life.

One of our hard-working coaches started volunteering with Special Olympics BC for a three-month period when she needed hours for a

Another coach, who's also the volunteer co-ordinator for her local branch, will never forget the experience of travelling to her first provincial games. She saw the hundreds of participants parading in, cheering and showing their delighted pride and camaraderie. She values the knowledge that she's truly making a difference in the lives of her athletes.

"When something clicks with one of the athletes, you're hooked," she says.

"Volunteering with Special Olympics may cause intense joy, enduring affection and invaluable inspiration"

course. She quickly came to love her athletes, responding to their warmth and their appreciation of everything they learn.

Now, 10 years later, she's still wholeheartedly giving her time to Special Olympics.

"I just loved the athletes so much that I wasn't willing to stop," she says. "It warms my heart to know how much they mean to me. They make me smile."



Kathy prepares to bowl during one of our most popular programs. We also offer swimming, floor hockey, bocce and soft ball.

Every member of her family is now involved with Special Olympics.

If you're a fan of empowerment, support acceptance for all and want to make a difference in the lives of people who appreciate you, you're already a fan of Special Olympics. Why not make it official? Volunteer your time with your local chapter in Creston.

Whether you can give an hour a week or an hour a month, we have a wide variety of roles where you

can have an impact and share in the inspiration and joy.

We are hosting an information night on Nov. 16 in the Erickson Room at the Creston and District Community Complex. Refreshments, information and potential friendships will be available from 7 to 8:30 p.m.

Special Olympics BC has a mission to provide people with intellectual disabilities opportunities to enrich their lives and celebrate personal achievement through positive sports experience. To run our year-round, high-quality sports programs we have roles to suit a wide variety of interests – everything from coaching to inspiring athletes through sports to offering crucial support as an executive committee volunteer. ■

For more information or to get involved, contact Heather Vergie at 428-0730 or heathervergie@yahoo.ca, or Cyra Frisk at 919-0757 or cfrisk@specialolympics.bc.ca.

Special Olympics BC – Creston Info Night

Please join us on November 16, 7 to 8:30 p.m., at The Complex (Ericson Room) for an evening of info, fun, and snacks.

Contact: Heather Vergie
Tel 250.428.0730
Email heathervergie@yahoo.ca

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Everything from soup to nuts at Christmas craft fair

Story by: Lori Wikdahl

If you are wondering where to go to get the perfect unique handmade gift for someone this Christmas, look no further. The Community Arts Council of Creston's annual Christmas Craft Fair is back for its 16th season on Nov. 24, from 9 a.m. to 6 p.m. at the Creston and District Community Complex.

It has become one of the most popular Christmas craft fairs in the Kootenays, not only for vendors but for fair-goers as well. This year vendors will be coming from as far away as Invermere, Castlegar and Kaslo.

In the six years that arts council director Harry Miller has been organizing the event it has gone from 50 to 85 tables, with some people booking their space a year in advance.

This year the fair is being held in two rooms on two floors. Creston air cadets have been enlisted to make sure no one misses a thing. They will be there in uniform all day, acting as ambassadors to help you in any way they can.

It really is a wonderful way to spend the day and hopefully find those super unique gifts you're famous for. With this year's fair having literally everything from soup to nuts, it could be your one-stop Christmas shop.

Each of the vendors will be donating something for a door prize. That means they'll be giving something away every 15 minutes from 9 a.m. onward.

If you like to go out for breakfast, the Blueberry Patch Country Market is again offering its wonderful waffles in the front lobby.

Some local vendors, like the Yahk Soap Company, may have just what you're looking for. Or you may find that Brandy Dyer has just the right "creative fix."

If you're a chocolate cherry fan you'll want to stop at Michelle Weber's table. You may find that you spot what you're looking for at James and Nora McDowell's table.

If you know a theatre lover, Footlighters will be selling tickets for



its upcoming production and Mabel McGowan from the Tuck Shop will be there too.

If you're looking for a wreath, get there early; the Golf Ladies and Friends sold out of them last year by 11 a.m.

There are so many vendors and wonderful things I'd run out of room if I tried to list them all.

As we all know, Christmas can be a difficult season for many and the arts council wants to do what it can to help. Instead of an admission fee it will accept non-perishable food items and cash donations for the Gleaners Food Bank this year. Help us make some spirits bright.

Whether you are a vendor or an attendee, this is a day you'll want to mark on your calendar. Your unique purchases could make you the superstar of the holiday season. ■

As of press time there were only 10 tables left, so if you are interested in booking space you'd better hurry. Tables are \$50. Miller can be reached at 428-2527.

Looking for that special gift?

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our Annual



Saturday,
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9 am to 6 pm

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prizes!

A new twist on familiar fairy tales

Story by: Footlighters Theatre Society

Comedy is the name of the game when Footlighters Theatre Society presents Fractured Fairy Tales, the second production of its 18th season, from Nov. 29 to Dec. 1 at the Prince Charles Theatre.

In a similar format to 2010's Christmas-themed Season's Grinnings (comprised of Happy Hollandaise and Misdeeds at Mistletoe Mine), the evening will consist of two one-act plays, this time offering a new twist on familiar fairy tale characters in Big Bad and The Quest for Quasi: How Little Red Got Her Hunchback.

In Big Bad, the Big Bad Wolf (played by Suzanne Chubb) is put on trial for a variety of crimes. The Three Little Pigs (Zoe Fenrick, Marybeth Stenhouse and Emma Archambault), Red Riding Hood

Grandmother Hood (Jennifer Dewald), Bill Woodcutter (Warren Bruns), Shepherd (Marc Archambault) and Miss Muffet (Jasmine Lothien) also feature in the courtroom comedy, which

"This season really focused on family-friendly shows but ones that all ages will enjoy"

(T.J. van Hooff) and the Boy Who Cried Wolf (Axel Marini) take the stand in a trial prosecuted by the Evil Stepmother (Susan Jorgensen) and overseen by the Judge (Jordan Koop).

Sidney Grimm (Mary Roundy), Fairy Godmother (Gail Kitt),

allows the audience to choose the final verdict.

"That adds something different for the audience and some excitement for the actors," says Big Bad director Jon Smith. "I've been having a lot of fun randomly springing the possible endings on the cast during rehearsals."

Fractured Fairy Tales
Big Bad & The Quest for Quasi
 by Alec Strum
 by Darlene Gonzalez

Nov. 29 to Dec. 1
7:30 p.m.
Prince Charles Theatre
Creston, BC

\$10 adults, \$8 seniors/students, \$5 under 12 available at Black Bear Books, Kingfisher Used Books & at the door

Ticket holders can enjoy a fairy tale-themed two- or three-course set menu dinner at Real Food Café before the show. For more information & reservations, 250-428-8882

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

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The Quest for Quasi also offered something different for the cast — the chance to play several roles in one play.

“This is something we haven’t done for quite some time,” says director Brian Lawrence. “Even our last few musicals, which typically have

Through the course of the play, Red will encounter well-known fairy tale characters played by Greg Benty, Gwen Benty, Morgan Benty, Jason Smith, Cameron Nelson, Laura Nelson and Emilie Pinto.

Big Bad and The Quest for Quasi are part of a season that began in

all ages will enjoy,” Lawrence says. “With Fractured Fairy Tales there is a lot of humour that adults will get a kick out of.” ■

Tickets for Fractured Fairy Tales (\$10 for adults, \$8 for seniors/students and \$5 for children under 12) are available at Black Bear Books, Kingfisher Used Books and at the door. Showtime is 7:30 p.m.

“Something different for the audience and some excitement for the actors”

many opportunities to play several roles, haven’t required an ensemble to double up on parts. With several short scenes with just a few characters in each, it made sense to give people two or three parts. It’s been a blast to see them make each of their roles different from the other.”

In The Quest for Quasi, Red Riding Hood (Jacqui Vezina) falls in love with Quasimodo (Vern Gorham), but the Wicked Witch of the West (Ann Deatherage) tells her that she can’t be with him until she collects Captain Hook’s hook, the Sword in the Stone and the Blue Fairy’s wand.

July with the melodrama Someone Save My Baby, Ruth and will conclude with the musical Annie, which runs April 11-13, 2013.

“This season really focused on family-friendly shows but ones that

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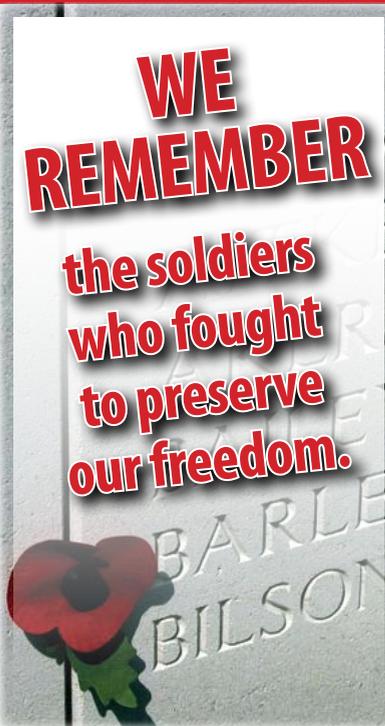
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November 11, 2012 Cenotaph Service

- O Canada** - Brian Daybell
- Prayer** - Lt. Col. Randy Wood
- Last Post and Reveille** - Poul Christensen
- 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.

Remembrance Day Calendar of Events



Branch 29 ROYAL CANADIAN LEGION

Thursday and Friday, November 8 and 9

Remembrance Day Ceremonies at the area schools (ARES, Canyon/Lister, Erickson, Yaqan Nuki & PCSS)
 Members and cadets attend

Saturday, November 10

10:00 am
 Remembrance Services at Swan Valley Lodge

11:00 am
 Remembrance Services at Crestview Village

2:00 pm
 Members and cadets attend Remembrance Services at 6 local cemeteries (Pioneer, Warrior Rock, Kootenay Band, Lister, Canyon and Forest Lawn)

Sunday, 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 Pharmasave building)

11:00 am
 Cenotaph Service and Laying of the Wreaths

"Open Door Policy"

The public is welcome to afternoon entertainment in the lounge

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.*

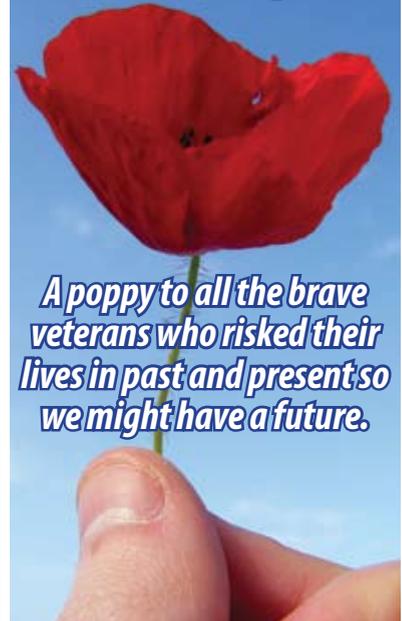
*Thanks and praise.
For our days.
Neath the sun
Neath the stars.
Neath the sky
As we go.
This we know.
God is nigh*

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.

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REMEMBER



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

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



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On this Remembrance Day



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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.

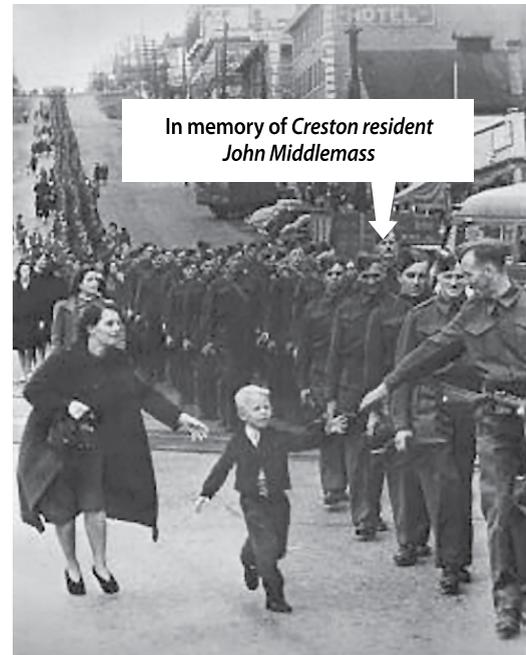
...to control his panic when his wife tells him he needs to drive slower.

..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



In memory of Creston resident John Middlemass

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

Honour the soldiers who sacrificed their lives for our freedom.

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Aboriginal and Métis veterans representatives join in a sunrise ceremony at the United Nations Memorial Cemetery.

Don't cry for me

By: Cali Hicks, Sackville, NB

Don't cry for me
For I am not dead
Though I lie here alone
In a muddy bed.

I fought for freedom
And for what I believe
So smile and be happy
I don't want you to grieve.

I am your brother
Your daughter, your son

I am the price paid
For the freedom you've won.

I fought the great fight
I've done my best
And now it's my turn
To lie down and rest.

But don't cry for me
Though my body is gone
Through the peace you enjoy
My spirit lives on. ■

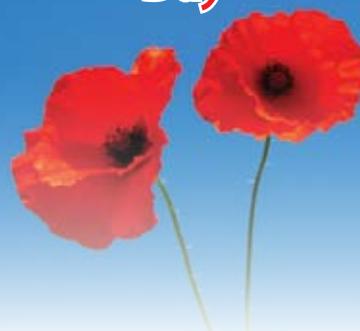
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(Jeong Eun)
Cho, Surrey,
B.C.;



Black and
White Poster
First:
Owen Brown,
Guelph, Ont

On Remembrance Day



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served our country.*

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remember our brave
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their lives for
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Remembrance
Day,
salute our
men and women
who served our
country selflessly.



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Gleaners Too
& The Food Bank**

Monument to the Canadian Fallen

Submitted

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. ■



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

**Remember
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above your heart.**

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The Veteran

By: Ethel (Fisher) Sigurdson

*The men, in their berets, stand tall,
And misty-eyed, let memories soar—
As they look backward through the
years*

At this point tragedy of war.

*Each remembers his long-lost youth
Which, in the search for peace, was
spent.*

*He left his land to volunteer —
For his country's sake, he went.*

*Soldiers who joined up all were young,
And dressed in khaki, onward marched
Along streets of cities, roads of rain —
Across deserts, dry and parched.*

*On battleships and minesweepers
The sailor piled the vast sea lanes
And wondered if they'd ever see
London's lights go on again.*

*The Air Force pilots made their flights
While hoping that war soon would
cease,*

*With all of the troops homeward-bound,
Then the world would be at peace.*

*Together they fought on and on,
As all one force they were, it seemed
Together they did not return
To fulfill their boyhood dreams.*

*Young men beside each other lie
As rows of crosses mark their grave.
What now, O free and modern man,
Will you their memory save?*

*Don't run each day throughout the year
And take no time at all to pause
Won't you just stop a minute now
And relate to their great cause?*

*Then just for this short span of time,
An undivided nation be,
And think about the ones who died
So that we could all be free.*

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

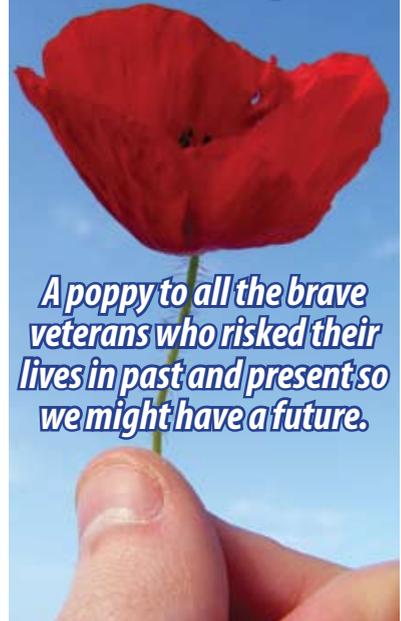
YMCA canteen when she started wearing a poppy in memory of the millions who died in the battlefield. During a 1920 visit to the United States a French woman, Madame Guerin, learned of the custom and decided to use handmade poppies to raise money for the destitute children in war-torn areas. In November 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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Women at war

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

The Second World War enabled women to serve their country in ways that had not been seen before. All three branches of the Canadian armed services had women's components: the Women's Division of the Royal Canadian Air Force; the Canadian Women's Army Corps; and, the Women's Royal Canadian Naval Service.

Granted, a significant motivation in the establishment of these women's services was the fact that men were desperately needed for combat duties. The women had to battle everything from significantly lower pay – as little as one-third what men would make to do a similar job – to outright discrimination

and derogatory treatment. Nevertheless, young women from across the country quickly joined up and soon proved their worth in every area of operations.



Abbott Mary.

The Royal Canadian Air Force was the first to welcome women. The Canadian Women's Auxiliary Air Force was established in July 1941. (Its name was changed to Royal Canadian Air Force Women's Division in February 1942.)

The Canadian Women's Army Corps followed in August 1941. The Navy was relatively slow to acknowledge the role that women could play; the Wrens (Women's Royal Canadian Naval Service) was not established until July 1942.

By the end of the war, 22,000 women were serving in the CWAC, the largest of the three women's



Gloria Romano in her Canadian Women's Army Corps uniform, 1945.

War. Of them, 19 are known to have joined the Army and 16 served in the Air Force. Only two are known to have served with the Wrens.

Women in the services took on an astonishing variety of jobs, many of which were the traditional roles of women. Margo Bathie, for example, served as a telephone operator. Ethel

“Women in the services took on an astonishing variety of jobs”

services. A total of 17,000 women joined the Women's Division of the Air Force. The Wrens, in comparison, numbered only about 7,000 due partly to the slowness of the admiralty in establishing the service.

These proportions are echoed in the numbers of young women from the Creston Valley who enlisted. At least 45 local women served in uniform during the Second World

Fleck worked as a secretary. Staff Sgt. Daisy Trevelyan of the CWAC was a stenographer with the chief of general staff at Ottawa. Sgt. Mae Kennedy served with headquarters staff, also at Ottawa.

Mary Abbott served as a nursing sister with the Army Medical Corps. Lieut. Phyllis Hamilton served with a Canadian naval medical unit aboard the Canadian hospital ship Lady Nelson.

Verna Fowlie and Mabel Lowden were both nursing sisters with the Air Force.

Fowlie was in charge of an RCAF hospital in Swift Current, Sask., before transferring to Regina in April 1944.

“Although women were prohibited from taking on any combat role, they did virtually every other job”

Lowden was one of the first four flying nurses in Western Canada. Her role was to meet wounded soldiers returning to Canada and accompany them on their flight to Canadian hospitals. As a nurse she would have dealt with any medical emergencies on the plane.

Women in the services filled many non-traditional roles as well: mechanics, signalwomen, photographers, drivers, weather observers and more. Marble Phipps spent several years with an Army Intelligence unit in Halifax.

In general, most of the Canadian women served at home, with only a few being sent overseas. This is also reflected in the experiences of the women from the Creston Valley.

In the Air Force, Margaret Sinclair served in Ottawa, while Mary Imhoff was stationed at Vancouver. The Army Corps stationed Eileen Pendry at Chilliwack and Ella McCulloch at Nanaimo. Abbott was one of the few to serve overseas during the war itself.

More Canadian women were sent overseas after the peace to serve on occupational duty in Europe. Mille Beard, serving with the Army, was one of them. When the war in Europe was over, some women, such as Stella Beard, volunteered for service in the Pacific.

In all three services, the role of women was critical to Allied success. Although women were prohibited from taking on any combat role, they did virtually every other job available in the services. They proved their abilities in all these roles and

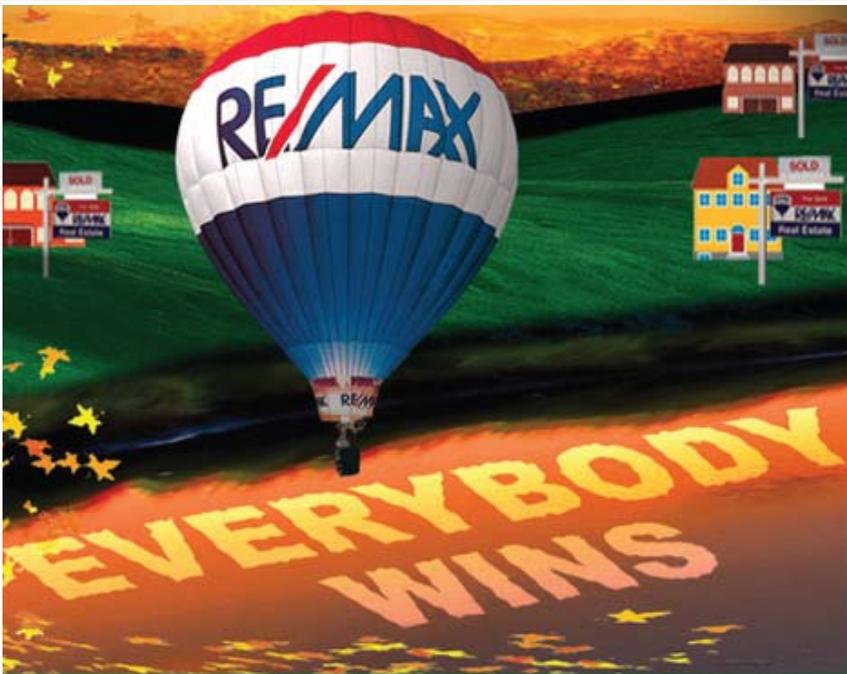
paved the way for a much broader involvement of women, both in the armed services and in civilian life. ■

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

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Water control upgrades in full swing at wildlife area

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

Ducks Unlimited Canada is investing in upgrading and fixing several culverts and repairing some of the dikes in the Creston Valley Wildlife Management Area.

The work is progressing nicely and is expected to be completed this month. It is necessary to ensure the long-term management of this important wetland.

The system of dikes and culverts allows us to manage the water levels and therefore the wetland habitat. Many of these structures are aging and in need of repair. It is exciting to

see so many upgrades occurring at one time.

Usually the CVWMA will apply for grants and, if successful, carry out one culvert upgrade or one section of dike rehabilitation at a time. Thanks to DUC we are doing multiple projects this fall.

It does mean some inconvenience to people wanting to use sections of the dikes but we hope people understand and have patience. Things should be back to normal this month.

Construction is taking place in the Corn Creek marsh near the CVWMA Interpretation Centre and the Leach Lake unit located north of the centre and accessed through the Summit Creek recreation area.

Some of the dikes are having the “rodent runs,” made by muskrats and otters, repaired. The holes created by these runs have weakened the dikes over the years.

Excavators are digging trenches two metres deep by 1.5 metres wide and then repacking the dirt to cut off the tunnels that run from one side to the other.

Use caution if you come across these areas while work is in progress. With the coming rains these areas are going to be muddy and slippery until a layer of gravel is added in the spring. (We have to wait for any settling to occur before the top layer of gravel is added.)

Most dikes will remain open to the public for the duration of the work but there will be temporary closures to allow the work to be conducted safely. Large machinery and truck



An old culvert in Corn Creek.



New culvert in Corn Creek.



A dike being excavated for rodent runs.

traffic will be on the dikes near the construction zones in Corn Creek and Leach Lake.

Areas of closure will be for short durations and marked by signs. Pedestrian access will be limited in these areas so please obey the signs and do not venture into the construction zones.

We appreciate everyone's patience during this upgrade process. It is an investment in the continued future of the CVWMA. ■

For any inquiries call 402-6900, e-mail askus@crestonwildlife.ca or visit the Web site www.crestonwildlife.ca.

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Creston Valley Bird Fest eyeing artists

Story by: Wildsight, Creston Valley branch

The Creston Valley Bird Fest (May 10 and 11, 2013) is only six months away. The organizing committee is looking to purchase a piece of art to become the festival art poster by which to advertise this exciting new event. We have budgeted \$400 for the festival art piece.

Interested artists are invited to submit a good quality photo stating medium and dimensions of their art piece to Jim Jacobsen at the Creston and District Chamber of Commerce before Dec. 31.

Artists are free to choose their medium. An identifiable bird theme is preferred.

The festival committee looks forward to making its juried selection for the festival poster in January. The art piece will be auctioned on the final night of the festival to provide seed money for the following year's festival. ■

Go to www.crestonvalleybirds.ca/festival/ or call project planner Tanna Patterson at 428-5246 for more information.



Rough-legged hawk. Photo by: Brent Wellander



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Join us December 10 for

Local Colours

at the Tivoli Theatre



Photo by: Brent Wellander

On December 10, the Creston Valley branch of Wildsight will be featuring Creston's fabulous photographers in "Local Colours at the Tivoli Theatre" in downtown Creston. Join Brent Wellander, Ralph Moore and Jeff Banman for an enjoyable night in front of the Big Screen with popcorn.

Cost: \$10.00 at the door • Show time: 7:30 pm
www.wildsight.ca

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Nine new members for CBT's youth advisory committee

Story by: Columbia Basin Trust

Members play a leadership role in addressing youth issues in the Basin



CBT's 2012/13 Youth Advisory Committee Members recently met in Golden.

(Columbia Basin) – The Youth Advisory Committee (YAC) is a group of involved youth from around the Columbia Basin who provide advice to Columbia Basin Trust (CBT) and a youth perspective on a variety of issues facing today's youth. Members—called YACers—commit to a one-year term and have an opportunity to meet, work and travel with a group of like-minded young people.

“We work with youth and communities to increase youth opportunities and engagement,” said Michelle d’Entremont, CBT Youth Liaison. “Being a member of YAC is a great way for youth to develop their leadership skills, engage with CBT and provide input on issues that are important to them.”

Welcome to new members: Curtis Bendig (Nelson), Darelyn Hutchinson (Cranbrook), Laura Kanik (Revelstoke), Paniz Khosroshahy (Cranbrook), James Klemmensen (Rossland), Danika

Reid (Cranbrook), Bailey Repp (Nelson), Wesley Routley (Golden) and Theresa Thoms (Castlegar).

The new members are excited about joining YAC and looking forward to making a difference in their communities.

“To me, being on YAC is so different from any other club or team,” said Bailey Repp of Nelson. “Being able to provide and empower other youth with huge opportunities to drive change has to be one of the best feelings one can have.”

“I am very passionate about youth issues and work hard in my community to give youth a voice,” said Darelyn Hutchinson of Cranbrook. “It’s a wonderful feeling to get to be a part of the decision-making process with youth grants, and the fun process of inspiring youth and getting inspired myself.”

Laura Panik of Revelstoke added, “I am truly excited by this opportunity. I see YAC as an opportunity to

use my skills and enthusiasm to contribute to my community while also developing my skills. Win-win!”

Welcome back to returning members: Sierra Franklin (Canal Flats), Blake Nicol (Nelson) and Taryn Walker (Revelstoke). What did past YACers have to say to new members?

“You will be surprised by the welcoming feel the YAC committee has to it and how quickly you become part of the group,” said Blake Nicol of Nelson. “Before you know it, you will find yourself having a great time!”

Said Taryn Walker of Revelstoke, “Through YAC you feel more confident about your ability to give meaningful input. You find yourself stepping outside of yourself and considering others’ perspectives while developing skills you never knew you were capable of.”

Prospective YACers go through an application process and are selected to volunteer on the committee by the previous year’s committee members. The commitment involves a weekend meeting every two months which includes the review of Columbia Basin Youth Grants applications—a task that is unique to this CBT advisory committee to further promote the active engagement of youth in regional decision-making processes.

CBT supports youth and communities through a range of programs such as the Community Directed Youth Funds and Columbia Basin Youth Grants, as well as by providing a forum for Basin youth to share their art, ideas and experiences with each other through SCRATCH magazine. Visit www.cbt.org/youth for more details. ■

CBT supports efforts to deliver social, economic 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.



Of cell phone towers and guy-wires

Story by Jesse Moreton, BSc DC

Have you ever taken a close look at the cell phone tower on the hill beside the Huscroft sawmill, or any radio or cell phone tower for that matter? Chances are you would have noticed the tower is attached to the ground by three or more wires.

cell phone tower. The tensioned guy-wires, combined with the compressional strength of the tower, allow the tower to withstand high winds and maintain stability.

At this point you're probably wondering, "Am I reading an article

"Our spines act a lot like cell phone towers, with the muscles acting as guy-wires"

These guy-wires, as defined by our trusty Wikipedia source, are described as tensioned cables that add stability to a free-standing structure or, in our example, the

by a chiropractor or an engineer?" Well here's the link: our spines act a lot like cell phone towers, with the muscles acting as guy-wires.

Before I go any further, I must concede that this isn't my analogy. I first heard this concept while sitting in a lecture hall at the University of Waterloo listening to Dr. Stuart McGill, a well-known biomechanics professor and researcher.

His analogy works perfectly. The spine also maintains stability when the surrounding muscles are properly tensioned. Spinal instability and some types of low back pain can be caused by loss of muscle tension or weakness.

Imagine what happens when a guy-wire loses its tension. The tower is pulled or tilted to the opposite side. Or imagine if none of the guy-wires have tension. The tower is left alone to flop back and forth.

Substitute "guy-wires" with "muscles" and "tower" with "spine" and it's the same story. Hopefully



you're visualizing the idea with me now.

The solution, of course, is to have all the muscles properly tensioned so that the spine stays in its erect position. It's the reason core exercises work for spinal instability and many low back problems.

I'd like to emphasize again that all muscles need to be properly tensioned. Just like cell phone towers, the spine needs strong muscles around the entire perimeter, not just the back. The oblique

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muscles and abdominal muscles are just as important for spinal stability.

After working with patients to obtain pain relief through treatment and stretching, I often recommend strengthening these guy-wire muscles through a combination of exercises known as “the Big 3.”

The Big 3 are exercises that strengthen the core. They consist

Core exercises may not be the answer for everyone and in some circumstances you may only need to strengthen one muscle group if the other two are already properly tensioned.

Some exercises may strain the neck or apply too much compressive load through the back. It is for these reasons that I suggest you consult a health-care professional before incorporating new exercises into your routine.

“Just like cell phone towers, the spine needs strong muscles around the entire perimeter, not just the back”

of: 1) a back extensor exercise; 2) an oblique exercise; and, 3) an abdominal exercise. They are simple, good-bang-for-your-buck exercises, meaning, as I describe to patients, that they work a lot of muscles without having to do many variations.

I do not wish to describe them here in detail partly for lack of space and more so for liability issues.

On the other hand, if you are fit and healthy, chances are you'd be OK to start mimicking the routine you saw your dad do when you were little, or join a class or pick up a tape or book from the library.

One word of caution if you do start your own routine: we tend to overdose on abdominal exercises while giving the back little attention. I find this holds especially

true for women. When you work on your core, spend an equal amount or more time working your back extensors. ■

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Seven ways yoga makes your life better

Submitted by: Creston Valley Yoga Studio

We all have good intentions for our health but the priority to take care of ourselves is sometimes overtaken by obligations or just not feeling very well.

Keeping the benefits of yoga in mind can be helpful in finding the motivation to make time to practice, and to go to class knowing the benefits of practice are self-fulfilling and cumulative.

Most of us know that yoga helps with flexibility but it does so much more. Some of the benefits are laid out below in a manner you may not have been aware of or not really thought of before.

Here are seven benefits of yoga from Tara Stiles's book *Yoga Cures*.

Physical: the movements of yoga will carve out a long, lean, strong and confident body.

Mental: all those deep breaths reset your mind back to its natural state, namely calm, focused and sharp.

practise gives you a clear mind and the inspiration and courage to be constantly expanding and improving your life.

Neurological: when your brain is "on yoga" your neurological system is brought back into balance and is conditioned to steer you naturally toward a healthy lifestyle. Our bodies are constantly rewired to make whatever we practise get easier.

"Most of us know that yoga helps with flexibility but it does so much more"

Psychological: all the inward focusing illuminates our behaviours and tendencies. The same habits we have on our mats are the ones we have in our lives. We see this and gain the freedom of choice. Who do I want to be? We get to create or recreate ourselves each day. Regular

When we practise healthy, balanced living we get more healthy, balanced living.

Intuitive: when there is tension in the body and mind your intuition gets buried and your body switches to survival mode. Your yoga practise makes space in your body physically, releases tension and calms your mind, making room for your intuition to float to the surface and guide you.

Creative: creative juices start to flow when your body and mind begin to release mental blocks. Creativity doesn't like to come out when there are stressors, whether from physical tension or mental cloudiness. When the stress melts away, creativity can come out to play.

Connected: yoga is the practice of getting connected. However you choose to view your spirituality, when you practise yoga you remember that we are all connected, here to help each other and have so much potential when we are kind to others. ■

Copyright © 2012 by Tara Stiles, author of *Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free*. For more information on the benefits of yoga or to learn about taking a class, visit www.crestonvalleyyogastudio.com or call the studio at 428-8848.

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Open the door to better living

Story by: Shifu Neil Ripski

As the world around us grows cooler and the animals and trees retreat, we too have to change our training to take better care of our bodies. The fall is the time for slowing down and taking care to understand things more thoroughly, paying attention to our training in more intricate detail than we do in the warm months of summer.

My tai chi (taiji) classes have been growing this year and as we head into fall I am changing what and how I teach to match the seasons, the cycles of the world that we are not separate from but a part of. So why fight it?

The idea we have been focusing on in classes and in the workshops I taught recently in Edmonton has been filling the shape of our movements to give them more meaning and benefit to our bodies.

So what does this mean? It seems that on the surface of any martial arts posture we all look the same but you can see, especially as people practise more slowly in the winter, what it is within them that drives their motions.

I am sure you have seen many tai chi people practising, kung fu players on TV and the like, and it is obvious to us that some people seem to have more substance than others when they practise. This substance or life

within their movements is a result of their mental state while practising.

As I have often repeated, the way you think affects your physiology and so how we think while we practise heavily impacts the benefit of our practise on our health and longevity.

Take, for instance, any movement you perform in everyday life, like opening a door. Do you pull the handle with your arm or do you try to connect your torso to your hand and pull the door mindfully open with your waist?

Do you go through life with your waist active and pushing and pulling your arms as you perform daily tasks or do you simply, unthinkingly move like everyone else?

“Martial arts training should be something that changes our everyday life”

This is the question that can bring a change in our bodies throughout our days. Moving from the waist will gently massage the internal organs as they are pushed around in the torso, which moves stagnant blood from them and allows fresh fluids to circulate, enhancing our organ health, efficiency and longevity.

Something as simple as opening as door can be an effective way to improve our health, longevity and practise of mindfulness.

Martial arts training should be something that changes our everyday

“The fall is the time for slowing down and taking care to understand things more thoroughly”

life in attitude as well as our physical movements. The real benefit becomes apparent as our everyday movements change, our bodies remain healthy and we remain vital even into our later years.

How do you open doors? ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynndel Community Hall. He can be reached at 866-5263 or at www.redjademartialarts.com.



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good neighbours... good advice.

Where are they now?

Story by: Creston Valley Thunder Cats

The Kootenay International Junior Hockey League's mission statement is "working together to promote hockey excellence, education and life skills" and, as such, it is considered one of the best junior B leagues in Canada.

As a developmental league we often see a player for one or two seasons and then he moves on to other teams or ages out (turns 20) and carries on in life with post-secondary

schooling or joins the workforce.

Quite often people wonder "where did so and so go?" or "what is so and so doing?" Many people in the hockey community have lasting connections with former members

of the Creston Valley Thunder Cats (especially the coaching staff and billet families).

I thought this month I would let you know where some of our former players (in alphabetical order) are currently playing (with birth year, seasons in Creston and current junior A team):



Dane Birks
(1995, 2011-12,
Merritt Centennials,
B.C. Hockey League).



Blake Kirkham
(1993, 2007-10,
Dauphin Kings,
MJHL).



Brandon Formosa
(1993, 2010-12,
Melfort Mustangs,
Saskatchewan Junior
Hockey League).



Sean Maktaak
(1993, 2008-10,
Merritt).



Mitchell Hewson
(1993, 2010-11, La
Ronge Ice Wolves,
SJHL).



Skylar Pacheco
(1994, 2010-11,
Prince George
Spruce Kings,
BCHL).



Chad Katunar
(1993, 2009-10,
Penticton Veas, BCHL).



Brandon Parrone (1993,
2010-11, Melfort).

As you can see, players who have played in Creston do move on to higher levels of hockey. The Thunder Cats organization is proud of the program it has developed (and continues to develop).

Many former players have gone on to college hockey as well, like last year's team captain, Scott Swiston (2009-12), who's playing for the Selkirk College Saints in Castlegar.

Other players have gone on to play senior AA men's hockey. Former

goaltender Wade Waters (2006-09) is playing for the Stony Plain Eagles of the Chinook Hockey League in Alberta.

Hockey runs in the blood of players, young and old, whether they are playing competitively or just for fun. In the words of today's players they are "living the dream," and some of those dreams started in the Creston Valley. ■

Check for game updates and schedules at www.crestonvalleythundercats.com.

Come out & cheer on your local Junior B Team!

November Home Games

All game start at 7:30 unless otherwise noted

Friday November 2
V Osoyoos Coyotes

Saturday November 3
V Kimberley Dynamiters

Saturday November 10
V Columbia Valley Rockies

Tuesday November 13
V Fernie Ghostriders
(Jersey Night & Minor Hockey Night)

Friday November 16
V Beaver Valley Nitehawks

Friday November 30
V Golden Rockets *(Teddy Bear Toss)*

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Adult (19-64) \$10
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Child (6-12) \$5
Family (2 adults + 2 or more students/child) \$25



Natural health tips for Type 1 diabetes

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

The answer to the question, "What is the cause of diabetes based on a natural health point of view," actually has many answers.

There is no single cause of Type I diabetes, although research is being done and some possible causes are being found. When we are aware of these possibilities we can make a decision to eliminate some of them, thereby reducing the likelihood of provoking our immune system into an overly reactive state.

Here is a list of possible causes I have discovered in my research:

1. Wheat and the immune response. (ScienceDaily 2009).
2. Dairy products.
3. Vaccinations (different types, from child vaccines to various adult vaccines).

All of the above are considered possible causes of Type I diabetes. The science news article indicates there was a study that showed an abnormal immune response to wheat proteins in half of the 42 studied who have Type I diabetes.

The other factors that contribute to the cause can be certain genetic types.

Type I diabetes is an autoimmune problem in which the immune system overreacts and destroys the beta cells in the pancreas.

In my experience with using iridology, and with my sons' body type, I would

say that having a strong constitution may be another part of the formula in the possibilities of having an overreactive immune system. When we have a strong constitution our body responds quickly and strongly.

This works well for regular bacteria and viruses that our immune system wants to destroy. This body type generally experiences good health and not too many colds or flus.

The problem may occur when the immune system is flooded with an overabundance of toxins or substances like wheat, dairy or vaccines. The immune system overstimulates the destroy factor, leading to the destruction of its own cells. Such is the case with Type I diabetes.

Emotional factors can also stress the immune response. Some children who are very sensitive and feel everything can be affected more significantly.

I can share from experience in regard to the wheat factor. It can be challenging to remove wheat entirely from our diets. The temptations of wheat surround us and yet eliminating this one ingredient can bring improvements.

When we don't do everything perfectly, like eat a raw food diet and eliminate all wheat and dairy, we can add some specific supplements to help the body rebalance itself.

A basic solution to these possibilities is to build a strong immune system while being careful not to over-stimulate it.

Here are three simple and safe tips that can help you build up your immune system without over-stimulating it.

1. Food plant enzymes – These will help to digest all the foods you eat and lessen the amount of undigested proteins in your body. Enzymes are also the spark of life and will help to extract more nutrients from the food you eat, allowing you to receive the nutrients within them.

2. Probiotics – These will help to build the beneficial bacteria in your colon and also help with elimination and creating a healthier intestinal environment. The colon is important in having a strong immune system.

3. Reduce or eliminate the consumption of the possibilities – Reduce dairy, wheat and high-carbohydrate foods that turn to sugar. Increase consumption of fresh, raw and alive foods, especially vegetables. Also, a sugar called Xylitol (from birch trees) is one of the best I have come across that can replace sugar with a low glycemic effect on your body. Stevia is another herb and yet it has a very different taste. For children I found Xylitol useful.

Being proactive and choosing to consume foods that are high in nutrients, alive and organic, if possible, will reduce the risk of over-stressing the immune system.

There are also case studies and research on reversing diabetes naturally through a raw food diet. There is hope on many levels. Our body is complex and yet, when given the proper nutrients and environment, it will repair itself to homeostasis.

Continue with education and inspiration to live a naturally healthy lifestyle, one day at a time. If you'd like to learn more about diabetes naturally, feel free to contact me. ■

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 866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com.

"Our body is complex and yet, when given the proper nutrients and environment, it will repair itself"

Out & About

Submitted by: www.crestonevents.ca

Saturdays

November to December 22

Creston Valley Farmers' Market

Indoor Farmers' Market. Produce, Baked Goods, Artisans & Entertainment.

Location: Morris Greenhouse

10am-2pm till

Contact: Martha Boland

Phone: 250 254-1594

www.crestonvalleyfarmersmarket.ca

November 2

Thunder Cats vs. Osoyoos Coyotes

Exciting Junior B action!

Location: CDCC, doors open 6:45pm

action starts 7:30pm

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

November 3

Thunder Cats vs. Kimberley Dynamiters

Exciting Junior B action!

Location: CDCC, doors open 6:45pm

action starts 7:30pm

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

November 10

Thunder Cats vs. Columbia Valley Rockies

Exciting Junior B action!

Location: CDCC, doors open 6:45pm

action starts 7:30pm

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

November 10

Valley Mudders Pottery Group Open House

Meet and greet. See our new location, find out what's available and let us know your interests.

Location: Valley Mudders Pottery

Group Studio, 2-5pm

November 13

Thunder Cats vs. Fernie Ghostriders

Exciting Junior B action!

Location: CDCC, doors open 6:45pm

action starts 7:30pm

Contact: Josh Hepditch

Phone: 250-428-8929

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Plums.....	Aug. 10 to Sept. 20
Summer Apples.....	Aug. 15 to Sept. 20
Pears.....	Sept. 5 to Dec. 31
Apples.....	Sept. 15 onwards

Vegetable Season

Potatoes	July 1 onwards
Table Cukes.....	July 15 to Sept. 20
Pickling Cukes.....	July 20 to Sept. 20
Peppers.....	July 20 to Sept. 30
Tomatoes.....	July 25 to Sept. 20
Carrots	Aug. 1 onwards
Corn.....	Aug. 10 to Sept. 25
Squash.....	Aug. 15 onwards

Creston Valley Food Action Coalition
Farmers' Market

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October 6th 'til December 22nd
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Phone: 250.254.1594



**November 16
Thunder Cats vs. Beaver Valley
Nitehawks**

Exciting Junior B action!
Location: CDCC, doors open 6:45pm
action starts 7:30pm
Contact: Josh Hepditch
Phone: 250-428-8929
www.crestonvalleythundercats.com

**November 17
Family Place Sale & Fundraiser!**

Fundraiser for the Family Place
Location: Creston Education Center
(the old south creston) gym
9-1pm
Contact: Amanda Miller
Phone: 250 428 4747
www.facebook.com/
events/293623437409050/

**November 24
Christmas Craft Fair**

*Over 80 tables of handmade gifts, food
items, and much more!*
Location: CDCC
9am to 6pm
Contact: Harry Miller
Phone: 250-428-2527

**November 30
Thunder Cats vs. Golden
Rockets**

Exciting Junior B action!
Location: CDCC,
doors open 6:45pm
action starts 7:30pm
Contact: Josh Hepditch
Phone: 250-428-8929
www.crestonvalleythundercats.com ■

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He's Coming...
Saturday, December 1st

Santa Claus Parade of Lights *and Festival*



A full day of festive fun!

Great Christmas shopping all day!

*Joining in
the celebration...*

- Bahamas General Store
- Buffalo Trails • Wear Withall
- Pro-To-Call Computers
- Creston Card and Stationery
- Pharmasave • Sue's Clothesline
- Pyramid Building Supplies
- Mawson Sports • Creative Fix
- Marks Work Wearhouse
- Home Hardware
- Kingfisher Books
- Golden Herb Health Food
- Nadan Nessie Gear
- Creston Valley Bakery
- Vital Health • Pridham Studio

At the Rec Centre

- 1 - 3 Free swim (with food donation)
- 1 - 3 Gingerbread cookie decorating (\$2 each)
- 2:30 - 4:30 FREE PHOTOS WITH SANTA CLAUS

Parade of Lights

6 - 7 pm, 16th Avenue to 10th Avenue

Gather downtown for the parade and enjoy
Free "Uberdogs" and Hot Chocolate.

Keep warm around the bonfire in Spirit Square.

**Parade entry forms available now at the Creston Valley
Chamber of Commerce call 250-428-4342**

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While quantities last



The new L-Series not only performs but looks great as well, with a revamped design with smooth, rounded contours from front to rear that also improve visibility so you can get the job done better and faster. Add to that, Kubota's new state-of-the-art front loader and backhoe simplifies even tough tasks. Work hard, but do it with ease with the new L-Series tractors.

L3800DT with loader - Features

- 31.5 pto hp • 8F/4R gear drive transmission • Cat. 1 3-pt hitch • Foldable ROPS
- with LA524 loader (1152lb lift capacity)

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CASH SALE PRICE
\$16,599.00*
Reg. list \$20,734.00
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The B3300SU features a smooth-running 33HP, 4-cylinder, liquid-cooled diesel engine, with Kubota's E-TVCS (three-vortex combustion system) for increased power, high torque and cleaner emissions. Our proven hydrostatic transmission provides smooth shifting and powerful performance for heavy-duty loader applications.

B3300SU Tractor, w/ loader features:

- 25.0 PTO Hp • 3-range HST transmission • Powerful Cat.1 3-pt hitch • Rear PTO
- Foldable ROPS • Price includes tractor & LA504 loader (1065lb lift capacity) w/ 60" bucket

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CASH SALE PRICE
\$13,399.00*
Reg. list \$17,325.00
While quantities last



This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

BX2660 25.5 hp power unit Features: 25.5 hp 3cyl diesel • 2 range hydrostatic transmission • power steering • front & rear pto • 4wd • LA243 loader 560lb capacity



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CASH SALE PRICE
\$23,499.00*
Reg. list \$27,589.00
While quantities last



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B2620HSD Tractor, w/ loader & backhoe unit features:

- 19.0 PTO Hp • 3-range HST transmission • Powerful Cat.1 3-pt hitch • Cruise control • Foldable ROPS • Standard loader valve • LA364 loader (820lb lift capacity) • BH65 backhoe 6.5ft dig, 16" dig bucket & mechanical thumb



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