

*Bringing the
Creston Valley together.*

FREE

October
2012

**i love
creston**



Attitude of Gratitude

Creative pair inspired by tales of thankfulness

**Lower
Kootenay Band**

**Building better homes
(and bridges)**

Sports

**T-Cats schedule flooded
with special events**

**Creston
Museum**

**Boom and bust cycle
of Pilot Bay**



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Letters to the Editor

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The gift of gratefulness

Submissions to A Grateful Heart Contest are being published in an anthology by creators Brandy Dyer and Natalie Santano, with proceeds going to charity.

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Guest From the editor

When it came to the interview for the dairy farm feature in the August edition of *I Love Creston*, Wayne Harris deferred to the female part of the family (wife Denise and daughters Nadine and Erin) while he and son Foster were busy building the latest addition to their Lister operation, a milk processing plant.

The Harris children have always played a role on the farm. As Denise puts it, with a sly smile, “We always felt working kids are happy kids, and if they’re not, their parents are.”

But now it’s different. Now they are adults who, having spread out to cities and institutions of higher learning to the east and to the west, are back by choice and, at least in some cases, for the long term. Wayne admits that it’s “gratifying” to be working alongside them not just in a parent/child relationship but as partners in a business that continues to broaden the boundaries of a typical dairy – first with the cheese factory that opened five years ago and now with the bottling plant due to come online before the end of the year.

And so continues a traditional love of farming that goes back at least two generations before Wayne, who never considered any other vocation.

“My grandparents had a dairy in Lister that I couldn’t get enough of,” he says. “When they sold their herd I was heartbroken. I was only 12. I kept one of the cows and milked it at home in Alice Siding. I also hayed with my uncles in Lister.

“I knew I wanted to be a dairy farmer since about six.”

As such, he considers the inspiration for the continuous innovation and evolution of the farm to come naturally, though not necessarily easily.

“Every farm is unique,” he says. “All farmers struggle with what works on their own farm, what makes it viable and sustainable.

“Most farmers love to learn about other farms, whether those are next door or in

another country, what their production practices are, and then adapt those to their own farms. The Creston Valley is full of very diverse agriculture and has a lot of very, very good farmers, so I love to watch what they are doing and that challenges you.”

His entire family is up to the challenge, as college graduates Nadine and Erin have taken on much responsibility for the value-added and primary agriculture components, respectively, while Foster, a construction worker, is helping build the bottling plant and Denise is intimately familiar with the ins and outs of it all.

“Denise and Nadine do all the cheese making, Erin looks after the farm more and more and I have been busy managing, building and doing maintenance,” says Wayne, who considers the complexity of the project to be the most challenging aspect of their latest endeavour.

“Some days I frighten myself how little I know. There is a lot more to it than putting milk into a bottle, and a lot of balls to keep in the air.”

Never ones to let the grass grow under their feet, so to speak, it’s reasonable to wonder what might come next. Wayne insists it will be up to a member of the younger generation to generate the next new idea.

“If I get through this, I’m done!” he says. “Five years from now I hope we have set up a succession plan that sees our roles reversed; the kids can take more on. At some point Denise and I need to slow down.”

What the dairy industry will look like by then remains to be seen as there are rumblings of change to the Canadian system of quotas that requires farmers to purchase the right to produce milk on a per-head basis.

“Supply management was implemented 40 years ago and was designed to stabilize farm income and supply the domestic market,” Wayne says. “It has worked very well for farmers in Canada. Farmers received a fair market return from the market and not from government subsidy.

“At present the Conservatives say they support supply management. Whether in fact they do or not remains to be seen. I am very skeptical.”

Critics of the quota system claim that it drives up prices, but Wayne senses that the industry “may not have done a good enough job explaining the benefits.”

“Right now what is happening is the Americans are using the border states to dump dairy products,” he says. “We see the ads every week from Super 1 Foods in Bonners (Ferry).

“The U.S. farm bill . . . subsidizes American agriculture. The real cost of dairy is much higher. I don’t think Canadian farmers would have a hard time to compete on a level playing field but we can’t compete against the U.S. treasury.

“Hopefully consumers will see the benefits of having Canadian dairy products produced at a much higher standard, employing Canadians at Canadian wages with no subsidies, and tell the politicians to keep the system.”

In any event, the Harris clan intends to carve out a local niche market for its farm-fresh organic milk, just as it did with alpine cheese.

“We are hedging our bet that we will have a home for our milk with consumers that are concerned about where and how their food is produced,” Wayne says. ■

Mailbag

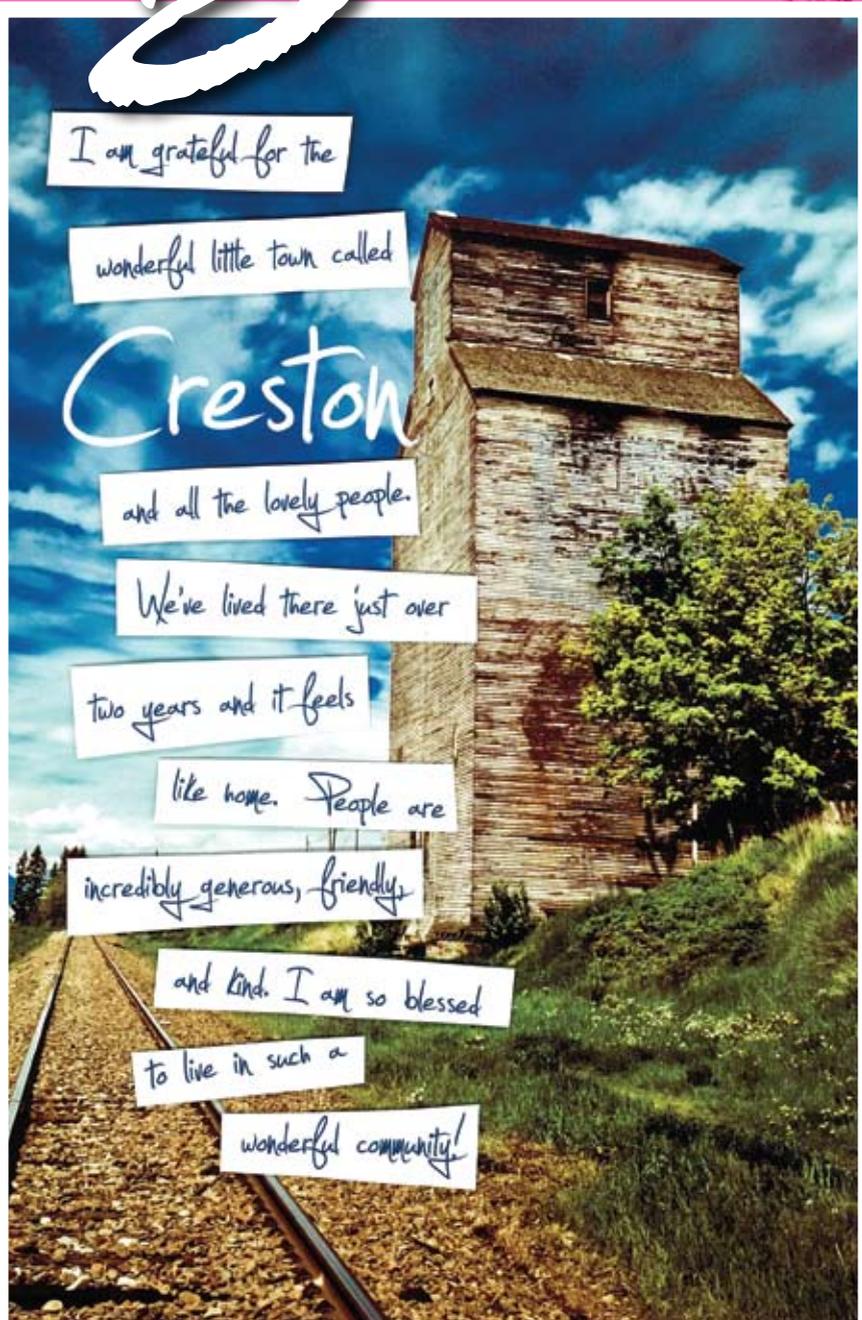
(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)

I really enjoy this magazine. My daughter from Alberta on a visit was so impressed by the content and information about the Creston area. She did not put it down until she read it all. It is true... I love Creston and the friendly people here.

Dorothy Horvath Gallatin

Continued on page 11

County your Blessings



*A Grateful
Heart Contest
sparks flood of
heart-warming
entries*

Front cover photo by: Marie Nielsen
Photos by: Natalie Santano

A mutual admiration society is emerging, although Brandy Dyer and Natalie Santano nearly came to blows while exchanging kudos over an exciting joint project announced here in *I Love Creston*: an anthology to be published this month.

“Brandy is really doing the artsy stuff to this book,” Santano begins. “She’s totally making each page a beautiful piece of art. The credit should go to her for that.”

“No, no, it’s all your photos,” Dyer counters.

“She’s putting a lot of time and energy into this,” rebuts Santano, unwilling to give an inch.

OK, OK, ladies. Break it up. We get the picture.

Their feelings of genuine appreciation are not only mutual but highly appropriate given the nature of the book, which stems from their summertime promotion, A Grateful Heart Contest. Launched in July and running through mid-September, the contest invited clients of both self-employed businesswomen to submit “gratitude stories,” personal tales about things they are thankful for.

What started out as a simple means of focusing on what’s important and not taking life for granted morphed into

an outpouring of heartfelt anecdotes from more than 200 people expressing gratitude for a variety of blessings, great and small. Most fell within the Twitter-like guidelines of 150 words or less, though some were just a single sentence and a few required essay-length submissions to convey.

“We didn’t know what to expect as far as the stories coming in,” says Santano, of Natalie Santano Photography. “Once we announced the contest we got flooded with these amazing stories. Some were simple like, ‘I’m grateful for chocolate.’ Some were more intense, where people had suffered in life and bad thing after bad thing after bad thing had happened but they came out . . . stronger people. They haven’t let it crush their soul.”

“They found the gold nugget in all of the bad,” sums up Dyer, “which was really neat to read.”



Photo by: Natalie Santano

Brandy Dyer

When I was 30, I had something very tragic happen to me and it really forced me to evaluate my life. It made me question the things that made up who I was. I was a creative person, yet, I wasn’t doing much to be creative. I loved art, yet, I hadn’t made any in years. I had kind of settled into life, but I really wasn’t making the best of it. This tragedy forced me to realize that my life could end at any moment, without warning. I realized how precious life really was. Aside from being the single most tragic thing in my life so far, it was also a bit of a gift. From then on, I made a vow to myself to not only live my life, but to start living the life I had always imagined. Life is too dang short to settle for something that is less than amazing!

I look back to six years ago and find it hard to believe that the person back then was even me. I’ve grown so much since then it’s incredible. I feel so lucky and grateful every day to be where I’m at now, and I believe that life is truly what you choose it to be. Choose happiness, always, and everything else will fall into place (with a little hard work, of course).

Thank you universe for bringing me a life full of love, creativity, good health, and happiness. I am so incredibly grateful for all that I have.

It's a plotline not unlike her own, which was featured in the February 2011 edition of *I Love Creston* and is chronicled in a blog. Widowed at 30, the mother of two girls summoned an inner strength she didn't know existed and has since renewed her artistic passions, expanded her business and happily remarried, all while finding community outlets for her thankfulness through children's art classes and the Grateful Heart contest.

"I got to the point in my life where I'd had Imagine Ink for 12 years and I was just feeling like a change but I couldn't figure out what that was," says the graphic designer, referring to her 10th Avenue North print shop. "I started making art again – my kids are older – so I started getting into that creative mode again and I started teaching art classes for kids as a creative outlet and found that I really liked it.

"Then I renovated the basement (at Imagine Ink) to make an art studio for the kids, because I was doing it out of my house and it was just too much, so I moved it here and started making my art here too. Then I thought it would be nice to somehow tie this all together."

The brainstorming led to Creative Fix opening on the premises in May. It's a combination art gallery, gift store and specialty beverage shop that reflects some of her favourite things.

"I was making all this art and there really wasn't anywhere to sell it in town," she says. "I have always had a vision of owning a cute little gallery sort of store and . . . I've always secretly wanted a coffee shop because I love coffee. It just seemed to go together."

The more often we see the things around us, even the beautiful and wonderful things that surround us, the more they become invisible, that's why it's so easy to lose sight of and take for granted the beauty of this world.

Since we see things so often, we see them less and less.

Those that have an attitude of gratitude however and practice it everyday, have a way of opening their eyes, and seeing every sight, every smell, every taste, and every sound.

When we open our eyes and give thanks every single day for the beauty and life that we have been given, however big or small it may be, I truly believe this is when we have developed a Grateful Heart.

I have a beautiful family, a loving husband and gorgeous babies, and when I think about gratitude, it goes back to my roots... I am truly grateful to my amazing parents, for instilling into all of their children's hearts to be appreciative.

To give thanks and to be GRATEFUL to God for ALL THINGS. Having a Grateful Heart, I believe is the 'secret' to a happy life.



Photo by: Marie Nielsen

Natalie Santano



The Creative Fix storefront features Dyer's own artwork and items handmade by nearly a dozen others, everything from pottery and jewelry to hair clips, soap and purses – about 25 per cent of the merchandise locally crafted.

“I feel like I’m living my dream.”

Imagine Ink is at the back and the art studio in the basement. In every month she can find the time she offers weekly classes for two groups of up to 10 children each.

“It’s great,” Dyer says. “I feel like I’m living my dream.”

Life, likewise, has been coming up roses lately for Santano, who was also profiled in a previous edition of I Love Creston (January 2011). Since then she’s had a second child with husband Kitt and seen

her home-based family portrait business blossom.

“I’m booking farther and farther in advance,” Santano says. “There are people who have weddings booked two years in advance right now. I feel really blessed because there are a lot of photographers out there. I feel so grateful that so many people choose me and that I am so busy.”

The young ones make sure of that, even when her camera is in its case.

“She’s very sweet and mild and laid-back,” Santano says, contrasting her year-old daughter, Liberty, with her more active son, three-year-old Porter. “It’s been a dream come true having one of each.”

She continues to fit in her photo shoots, many of which are on location, around family responsibilities.

“I’m not going to lie. It definitely is a challenge,” Santano says of balancing her career with the maintenance of a growing

household. “We definitely have to make it work with Kitt’s schedule, and grandma helps out, and we’ve got a babysitter as well. We all just make it work and it’s going pretty well.”

So how did these talented, multitasking moms get together for A Grateful Heart Contest? Trace it back to that mutual admiration society . . .

“I’ve always really admired Natalie, how creative she is with her

“Oh my gosh. It brought a tear into my eye.”

photographs, and I love partnering with other businesses,” Dyer says, “so I phoned her up and said, ‘Maybe we should do a contest or something because it would be fun to work together.’

“We brainstormed ideas and came up with this gratitude contest as a way to give back to our clients and customers, because we’re both very grateful for the support we’ve had from the community in both of our businesses.”





That was a month before the contest opened in July, offering a \$600 grand prize featuring a portrait session with Santano and a shopping spree at Creative Fix.

"I feel so honoured to be part of something Brandy is doing," Santano says. "I look up to her more than she knows (as) somebody who's been through something so tragic and come out as somebody that really, the whole community and anybody that's ever read her blog, they admire her. She's an amazing person."

The response to the contest, promoted through their respective Facebook pages and Dyer's blog, was, well, gratifying.

"We got an overwhelming response," Santano says.

"I didn't expect to get that many," Dyer adds. "We were e-mailing back and forth, 'Oh my gosh, Natalie. Read this one.' 'Oh my gosh. It brought a tear into my eye.' Some of

them were funny and some of them were just, 'I'm thankful for coffee,' like I am thankful for coffee.

"Some stories were just heart-wrenching, like the 16-year-old who's on her own and grateful that she can do everything by herself because she's had nothing but an awful life and now she's just happy that she's strong enough to do it on her own."

"That's what's really inspired me," Santano says, "is people who've had those things happen and they've overcome. They're grateful for this stuff because it's made them who they are today. That really amazes me."

The pair researched the concept of counting one's blessings and found that, not only is there no downside, there are tangible benefits.

"It's amazing how much is online about how enriched our lives are when we are more grateful," Santano says, "and that's what we found doing this contest. There are so many people that said, 'Thank you. I'm so grateful that you gave me the opportunity to express my gratitude story.' They had never put it down on paper and were able to send it in and they felt so enriched."

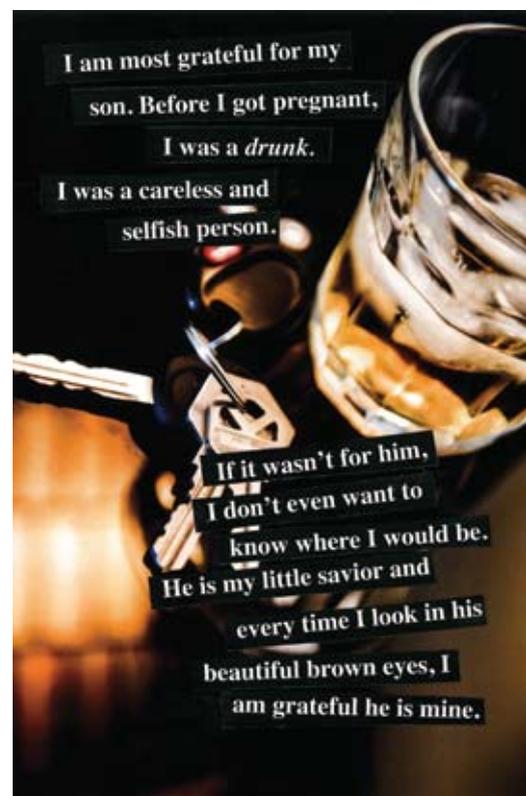
"We got a lot of e-mails," Dyer says, "even people just saying, 'Thank you so much. I was having a bad day and it was so nice just to remember something simple like what a beautiful town we live in or we're so

safe and we have such an easy life in Canada – just the things you take for granted. It was people thanking us for being reminded of the simple things and how good we have it."

Entries were submitted anonymously online. Entrants could register for the draw prize by posting

"They're grateful for this stuff because it's made them who they are today."

a Thank You message on Facebook. All but two were female, not because men aren't grateful, Dyer surmises, but more likely because "they're just maybe not our customers."



In addition to the 200-plus submissions there were an estimated 50 children who contributed stories and as many more photographic entries. A selection was posted online, with approximately 60 gratitude stories to be published in the full-colour, soft-cover book designed by Dyer with generic photos by Santano that relate to the content themes.

“We’ve picked a good variety of the stories that really hit home for us,” Dyer says. “We tried to pick one of each kind of topic.”

Copies go on sale during an Oct. 25 release party called Gratitude Night at Creative Fix, where the book will be available exclusively thereafter. Proceeds are being donated to the pregnancy outreach program of the Creston and District Community Resource Centre Society.

“I’m hoping people will buy it as a nice gift,” Dyer says. “If they want to buy a thank-you gift for somebody they would buy the gratitude book and write on the first page, ‘Thank you so much . . .’ – write their own gratitude story and then give that as a gift. Part of the gift would be that they’re donating to a cause.”

“You can put a little bit of yourself in it before you give it away,” Santano says, “or keep it.”

It is hoped that the book will be inspirational and possibly even attitude-altering.

“That simple sentence, ‘I’m grateful,’ is really powerful,” Santano says. “If we can all just choose to be grateful when we wake up in the morning that will really bless our lives.”

“It’s very easy to be negative,” Dyer adds. “A lot of people can really fall into the negative kind of thinking. It’s a lot more difficult sometimes to be positive.”

“It’s nice we got so many nice stories and so many people were grateful for things that you can’t even believe they were grateful for. The book is

“That simple sentence, ‘I’m grateful,’ is really powerful.”

a good reminder that we’re so lucky to be here. We all have our struggles that we’ve been through but it’s . . . I’m just a very positive person and I believe in finding that gold nugget in the things that are bad.” ■

and the winner is..



Congratulations to Cara Campen the grand prize winner of a portrait session with Natalie Santano and a shopping spree at Creative Fix (\$600 value).





From the Mayor's desk

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

Our town roads!

The Town of Creston maintains approximately 45 kilometres of paved roadways within its boundaries. This is the most visible major infrastructure item, others being our water and waste water systems.

At our town council meeting on June 26, a bid of \$189,853 submitted by Miller Capilano Maintenance Corp. was approved for carrying out our 2012 micro-surfacing program.

An open house regarding micro-surfacing was held on Aug. 29 in council chambers. This open house was advertised in the local newspaper; additionally, 190 letters were delivered to residences and businesses located in the areas where micro-surfacing was to begin in mid-September.

Micro-surfacing is "pavement restoration," which is an economical and effective way to stretch the life of our asphalt streets.

Pavement preservation is a program employing a network-level, long-term strategy to enhance pavement performance by using an integrated, cost-effective set of practices that extend pavement life, improve safety and meet motorist expectations.

Council received a detailed presentation from staff at its June 26 meeting on the merits of using this application on some of our streets. If we were to repave all streets with new asphalt the cost would be \$27 million, and eventually all streets will need to be repaved.

By doing preventive maintenance with crack-sealing, chip-sealing and micro-surfacing we can preserve our streets and obtain a much longer lifespan of our asphalt. Asphalt costs have doubled in the past nine years.

Our Road Condition Internal Report outlining the future replacement costs of roads indicates that the majority of our streets are in the 80-per-cent to 100-per-cent "condition rating." By doing responsible and annual pavement preservation we can greatly improve the deterioration curve of our roads.

I welcome and invite any concerned citizens to meet with me at my office during my posted office hours to review this report. If anyone requires a more detailed technical explanation, our town staff are always available. ■

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.

Mailbag

Continued from page 4

To the editor:

Thanks so much! Great job. We love the article and the publishing layout is excellent.

For more information Swan Valley Honey please visit our website at swanvalleyhoney.ca or give us a call at 250-866-6861.

Sincerely, Doug and Nora Crumback

Tribute to the late Peter Lougheed:

I would like to pay a personal tribute to the late Peter Lougheed who died last month.

From my own experience I can agree heartily with all that was said and written about him following his passing.

I was in charge of the Calgary Albertan's editorial pages when, as leader of the provincial Conservative party, he became Alberta's premier.

The Albertan was a Liberal newspaper but we tried to be fair and objective.

We approved the Lougheed government's policies and actions editorially when we deemed them sensible and good for the province. When we felt they were misguided, we disapproved, outlining our reasons.

In the latter case I would almost always get a call from the premier -- not couched in anger or bitterness, but simply to explain and try to justify his government's action. Our conversations were always amicable, and I can recall a few times when his arguments succeeded in modifying our position.

Through these telephonic encounters and through occasional face-to-face meetings I developed an admiration and respect for Peter Lougheed which easily equals that in which I hold but two other political leaders who held office during my journalistic career: Tommy Douglas and Lester Pearson.

Lougheed was, indeed, a very wise man. He was also a gentleman, a responsible politician of high integrity; truly a statesman. We sorely need more political leaders like him.

Peter Hepher, Creston

Do you support the continuation of the Creston Valley Blossom Festival?

We need your help.

We need creative individuals with new fresh ideas to help make next year's Festival a success.

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

ki'suk kyukyit (greetings)

My name is Jason Louie, chief of the Lower Kootenay Band. I took office in January 2011.

The past 18 months have been challenging yet rewarding with respect to council duties. Our council includes Mary Basil, Anne Jimmie, Sandra Luke and Arlene Basil, all of whom are extremely hard-working

and dedicated to the betterment of the LKB.

The leadership of the band has identified and made it a priority to enhance our membership's capacity by creating a workforce initiative crew, which was created to provide four band members with instruction in carpentry.

Under the guidance of instructors Marty Sonntag and Tim Fullarton the crew renovated the LKB complex kitchen. As well, numerous homes received much-needed repairs; everything from decks to bathrooms gave the trainees a broad variety of renovation projects.

Most importantly, the workforce crew gave some pride back to our community. In this year of 2012 the LKB members deserve a home that is intact. We can thank our crew

and instructors for their efforts in improving the quality of life at Yaqa Nukiy.

Through this journey I've also made a connection with Creston Mayor Ron Toyota with whom I occasionally network over lunch. The LKB chief and council wish to continue building a positive relationship with the Town of Creston.

The band has also made efforts to improve relations with the Regional District of Central Kootenay. As you may or may not be aware, the LKB has been in negotiations with the RDCK for numerous years with respect to the landfill. Both the RDCK and LKB are optimistic that a resolution is near.

With that, I thank you for reading and look forward to opportunities in the future to build bridges and not walls with all residents of this beautiful valley that we all call home. Taxa! ■

Jason Louie can be reached by phone at 250-428-4428 ext. 235, e-mail at mjasonlouie@gmail.com or at the Web site www.lowerkootenay.com.

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Louie heads up successful leadership team



Bio- Jason Louie, Chief, Lower Kootenay Band

Chief (Michael) Jason Louie of the Lower Kootenay Band was born July 10, 1973, in Creston. His traditional name is kakin Tawu, meaning "wolf gun."

Louie graduated from the LKB school in June 1992. Following high school he received formal training as a long-term care aide and in aboriginal governance and management, as well as a diploma in native adult education.

He dedicated several years to serving his country in the Canadian Armed Forces (army) and received the Queen's Jubilee medal on Aug. 26.

He is a father to three daughters: Misty, Alisha and Jaylin.

Prior to becoming LKB chief, Louie served as a council member for several years, holding various portfolios for the band.

He was elected as chief in November 2010 and officially took office in January 2011. The issues that face the band cannot be addressed by him alone so he relies on his team, the council and the chief operating officer.

Together, in a short period of time, this leadership has accomplished much and will continue to strive for greatness, always keeping the Yaqa Nukiy people in mind. ■

CBT study sheds light on climate change

Submitted

How has the climate in the Columbia Basin changed in the past, how is it projected to change in the future, what are the potential impacts and what can we do?

These types of questions are addressed in a report titled From Dialogue to Action: Climate Change, Impacts and Adaptation in the Canadian Columbia Basin, recently released by the Columbia Basin Trust (CBT) as part of its Communities Adapting to Climate Change Initiative.

This comprehensive resource, created for basin communities and residents seeking to learn more about local climate change impacts, provides information on how communities can begin to adapt and prepare for potential changes in the future.

“The climate in our basin has changed over the last 50 years and is projected to continue changing over the coming decades, so providing communities and residents with current information about climate impacts and adaptation can help them plan to be more resilient to these changes,” says Kindy Gosal, CBT director for special initiatives.

The report updates the projected climate change impacts and adaptation actions first shared with basin residents in a 2007 CBT report called Starting the Dialogue.

From Dialogue to Action features new research on future climate projections and extremes in the basin from the Pacific Climate Impacts Consortium. It also shares what's been learned from five years of on-the-ground experience with climate adaptation planning under the Communities Adapting to Climate Change Initiative.

The full report, a summary report and a short animated video can be

found at www.cbt.org/climatechange. To receive a copy of the report by mail call 1-800-505-8998.

CBT is working with a range of partners to increase awareness of local climate change impacts, provide credible, science-based information on expected changes and support local governments, municipalities

and First Nations to reduce their emissions through a multi-year mitigation effort. ■

For more information about CBT-supported climate change initiatives visit www.cbt.org/climatechange.

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

Creston Valley Business Buzz



*Dave and Lillian Brummet
Brummet Media Group*

Award-winning authors Dave and Lillian Brummet relocated to the Creston Valley in Oct 2011 and are pleased to announce their new business - Brummet Media Group (BMG). The main focus of BMG is the Conscious Discussions Talk Radio Show, an online radio program that features discussions with people from around the world in the realm of writing and literacy, green and conscious living

and gardening. The Kootenays is a natural fit for this program and BMG welcomes any queries from local businesses, organizations and artisans.

BMG services also include the Brummet's Conscious Blog, advertising and networking opportunities, book formatting, and audio ad creation. Dave's specialty is in using his graphic design talents for photo correction, book/CD cover design, creating ads and promotion materials as well as drum lessons and repairs.

Drop by their site - <http://Brummet.ca> - to learn about the Brummetts, the services they offer and the books they have authored.

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Tree of Life targets CVH cause

Submitted

The Creston Valley Hospital's maternal care unit and Shoppers Drug Mart are partnering to raise money for women's whole health in Creston through the 11th annual Tree of Life campaign.

The four-week campaign, running from Sept. 29 through Oct. 26 at more than 1,200 Shoppers Drug Mart stores across Canada, will raise essential funds to support the unit's resources and programming initiatives.

"Community fund-raising initiatives allow us to provide women with the resources they need to improve their health in mind, body and spirit," says registered nurse Carolyn Hawton, the patient care co-ordinator at Creston Valley Hospital. "We encourage everyone to get involved."

Each fall the campaign provides customers with the opportunity to purchase and personalize Tree of Life

icons, which are prominently displayed on the Tree of Life in all participating stores. Make a difference and support women in communities across Canada by visiting any participating Shoppers Drug Mart store and purchase a "leaf" for a loonie, a "butterfly" for \$5, an "acorn" for \$10 or a "cardinal" for \$50.

"To achieve our goal of improving women's health in Creston it takes the commitment of our whole community and we thank Shoppers Drug Mart, their employees and customers for coming together and supporting us through the 2012 Tree of Life campaign," says Mayor Ron Toyota.

The Tree of Life campaign is one of the leading partnership programs of the Shoppers Drug Mart WOMEN platform – the company's commitment to improve the health of all Canadian women in body, mind and spirit.

National in scope yet locally based, Tree of Life offers patients, customers and



Left to right: Creston Mayor Ron Toyota, Srinivas Chalagalla (Associate Owner), Lon Hansen (Shoppers) and Carolyn Hawton (Creston Valley Hospital) pose for the start of the Tree of Life Campaign.

employees the opportunity to donate directly to the organizations that make a difference in their own communities.

Since 2002 the campaign has raised more than \$17 million for Canadian health charities. In 2012 more than 450 women's health charities across Canada will benefit from the campaign's proceeds, with 100 per cent of funds staying in the community where they are raised. ■

environment

Arctic Ecosystems kicks off fall Wildsight series

Story by: Tanna Patterson, Wildsight, Creston Valley Branch

The fall 2012 Wildsight series begins a new season of presentations on Oct. 23 with Arctic Ecosystems: An exploration of Wild Places in the Canadian North.

Ecologist Ryan Durand of Crescent Valley has travelled from the tree line of the Northwest Territories to the edge of the Arctic Ocean in Nunavut. His presentation examines Canada's remote arctic ecosystems, from microlichens to herds of migrating caribou, and includes a look at the fascinating processes that have formed the Arctic landscape.

The event is at the Rotacrest Hall from 7 to 9 p.m. The cost is \$6 at the door.

The fall series continues at the Rotacrest

on Nov. 6 with Gillian Cooper speaking about Wildsight's Education in the Wild program for students in kindergarten through high school, including ecology field trips and wilderness excursions.

Again, the cost for the 7 to 9 p.m. event is \$6 at the door.

On Dec. 10, Wildsight will be featuring Creston's fabulous photographers in Local Colours at the Tivoli Theatre. Join Brent Wellander, Ralph Moore and Jeff Banman for an enjoyable night in front of the big screen, with popcorn.

Cost will be \$10 at the door of the Tivoli Theatre in downtown Creston. Showtime is 7:30 p.m. ■

For more information about Wildsight, Creston Valley branch, visit www.wildsight.ca.



The value of youth

Story by Tamara Movold

It's no secret that Creston has one of the highest median ages in all of B.C. The 2011 census states that 32 per cent of Creston's population is over 60, beating most small-town averages by about 10 per cent.

The valley is sort of a rare haven for an aging population, where the culture is not perpetually focused on the new and the young.

I can get behind a rural community with strong roots in the past and a hesitance to leap on every newfangled bandwagon that comes raging through the changing times. What does bother me, though, is that sometimes it feels like the age imbalance has created harmful gaps between youth and the older population.

I've heard it repeated often that young people are lazy and that all they want to do is party. Is that true? Is that really what youth want to do with their time?

I don't think so. I think young people want to feel valued and to spend their time in meaningful ways, just like anyone else.

There are groups in the area that focus on youth and work toward building

places and events specifically for young people, which is admirable and needed. However, like I mentioned before, I think there is an imbalance not only in population but in attitude.

Viewing youth as a liability just waiting to happen isn't exactly encouraging to their self-esteem and does nothing to build bridges between generations. If we began to view young people as a valuable resource instead of a threat, who knows what wonderful things we could accomplish together?

It's commonly known that the volunteer pool in Creston is comprised of many of the same people, running themselves ragged in the pursuit of good works. The current community sustainability plan that is going to be adopted by various groups could definitely use the voices of younger people as well.

The venues are endless but for young people to be heard, the stigma that they're all good-for-nothing kids needs to change. There is a strong sense of "this is the way we've always done things" in Creston that sometimes inhibits growth and change within the community.

Yes, young people can bring dramatic change but when everyone collaborates,

that change is tempered by the wisdom of the older generation. The president of the Creston Valley Food Action Coalition, Len Parkin, has a motto: "Driven by wisdom, powered by youth." He understands that bringing generations together isn't just about playing nice; it's necessary for both sides and brings incredibly rewarding benefits for all.

Something I hear a lot in Creston is the lament that getting people to work together is like pulling teeth. So here is a challenge for groups in the community: network with young people.

Get to the high school, the college, the House of Rock, the martial arts studio and even the fruit pickers. Try to pull in volunteers, paid workers or committee members from a different pool. Let young people who have many different connections be the glue that binds our various organizations to each other.

Some may not be receptive but I think most people who live and work within the valley share a similar goal: to make the place that we live worth living in.

Everyone, young or old, has a passion. With help and encouragement we can discover them, to the benefit of everyone. ■

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www.halloween-website.com

Black Cats

Black cats have long been believed to be a supernatural omen since the witch hunts of the middle ages when cats were thought to be connected to evil. Since then, it is considered bad luck if a black cat crosses your path.

Broken Mirrors

An ancient myth our ancestors believed was that the image in a mirror is our actual soul. A broken mirror represented the soul being astray from your body. To break the spell, you must wait seven hours (one for each year of bad luck) before picking up the broken pieces, and bury them outside in the moonlight.

Ladders

In the days before the gallows, criminals were hung from the top rung of a ladder and their spirits were believed to linger underneath. Common folklore has it to be bad luck to walk beneath an open ladder and pass through the triangle of evil ghosts and spirits.

Owls

If an owl looks in your window or if you see one in the daylight bad luck and death will bestow you.

Salt

At one time salt was a rare commodity and thought to have magical powers. It was unfortunate to spill salt and said to foretell family disarray and death. To ward off bad luck, throw a pinch over your shoulder and all will be well.

Sparrows

Sparrows are thought to carry the souls of the dead and it is believed to bring bad luck if you kill one.

Unlucky Number 13

The fear of the number 13 is still common today, and avoided in many different ways. Some buildings still do not have an official 13th floor and many people avoid driving or going anywhere on Friday the 13th. 

All Hallow's Eve



www.halloweenishere.com

Halloween, one of the world's oldest several countries around the globe. in the United Kingdom, although with a twist. In Mexico, Latin America, and the three-day Hallowmas observance celebration for many people. In Ireland was once a frightening and superstitious much as it is in the United States, with and fun for all ages.

The word itself, "Halloween," actually Church. It comes from a contraction of November 1, "All Hallows Day" (or of observance in honor of saints. In Ireland, summer officially ended on Samhain (pronounced sow-in), which Celtic New year.

Did You Know

The Irish Potato Famine people to immigrate to brought with them their o'Lanterns, but turnips home. They found the A an adequate replacement perhaps the most famous

OW'S EVE



t holidays, is still celebrated today in
The autumn rite is commemorated
th a surprising and distinctive British
Spain, All Souls' Day, the third day of
ce, is the most important part of the
and and Canada, Halloween, which
stitious time of year, is celebrated
h trick-or-treating, costume parties,

ally has its origins in the Catholic
ed corruption of All Hallow's Eve.
"All Saints Day"), is a Catholic day
But, in the 5th century BC, in Celtic
October 31. The holiday was called
hich means "end of summer", the

(1845-50) prompted over 700,000
the Americas. These immigrants
r traditions of Halloween and Jack
were not as readily available as back
merican pumpkin to be a more than
ent. Today, the carved pumpkin is
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longest life span for
a mammal it's size, with a life
span averaging 32 years.*

*In about 1 in 4 autopsies, a
major disease is discovered
that was previously
undetected.*

*The Ouija Board ended
up outselling the
game of Monopoly
in its first full year
at Salem. Over
two million copies
of the Ouija Board
were shipped.*



Happy Halloween



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Grill & Chill

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Concert to boost coffers for theatre upgrade

Story by: Creston Community Auditorium Society

In what will surely be an evening to remember, the Creston Community Auditorium Society is presenting a

benefit concert featuring East Shore Dixie, led by Donnie Clark, and the Creston Community Band, conducted by Monte Anderson.

Funds raised at the concert, at 7:30 p.m. on Oct. 18, will be used to purchase needed equipment at the Prince Charles Theatre. Currently on the wish list are an upgraded sound system and, eventually, new seats.

"It's a great privilege to have both groups together at once," says society president Joanna Wilson. "We are very honoured that they are lending their talents to keep the theatre thriving."

Clark has long been one of the country's leading trumpet and flugelhorn players, using a versatile style suited to jazz, easy listening or country.

"As a player, arranger and composer on the West Coast since the early 1960s, he has been leader of the Donnie Clark quartet and quintet and the Don Clark Ragtime Band, as well as a member of leading jazz ensembles such as the Bobby Hales Orchestra, the West Coast Jazz Orchestra and a regular on CBC radio and television," according to his bio at www.pgmusic.com.

"He was a founding member of the legendary Vancouver all-star jazz sextet Pacific Salt, touring throughout North America and Europe in the 1970s."

He has performed and recorded with Dave Robbins, Ella Fitzgerald, Nat King Cole, Lance Harrison, Fraser McPherson, Doug Parker, New Orleans Connection and the Chicago Six.

As the leader of East Shore Dixie, Clark brings together eight musicians from Kootenay Lake's East Shore and two from Creston to create music that both entrances and excites.

East Shore Dixie will combine with the Creston Community Band for part of the show to play a wide range of music. "We're playing a number of Donnie Clark's compositions, actually," says Anderson, who helped start the band, which has about 20 members, in the 1980s.

In addition to the bands, the evening's entertainment will feature Creston's Best Singer 2012 runner-up Cara Waddle.

"This concert is a showcase of some of the Creston Valley's best musical talent," says society vice-president Brian Lawrence. "Buying a ticket won't just help the auditorium society, it will allow anyone attending to have an evening they won't forget." ■

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Looking for work? Do you know how others see you?

Story by: Kootenay Employment Services

Going for a job interview can be a frightening experience, whether you are preparing for the first interview for your first job after graduating from school, or your first interview after being laid off or getting ready to come back into the workplace after years away from work.

In a job interview setting it is important to know how others see us. What image are we presenting to the person we are trying to convince to hire us? Do we look ready to work? Do we sound prepared? Do we possess what skills the employer is looking for?

Going for a job interview can bring out the best or worst in people. While there are some folks who are relaxed, calm and able to talk about themselves with ease in front of total strangers, most people looking for work are at least a bit unsure of themselves. After all, most of the interview process is designed to see if you will meet someone else's expectations.

As with most situations in life, the more prepared we are the better the outcome tends to be. When we are learning new skills we get better by practising. But is there a way to practise for a job interview? Yes.

There is a way to learn how to prepare for interviews and get yourself in the right frame of mind to present yourself in the best possible light.

Kootenay Employment Services is offering a Job Options program starting Nov. 15 which focuses on helping unemployed people prepare for work. The program workshops will help people:

- Discover their skills and interests;
- Complete career counselling and assessments;
- Target the right job for their skills and interests;
- Learn computer skills;

- Prepare resumes and cover letters;
- Dress for success;
- Practise interview skills.

In addition to the program's six weeks of in-class workshops, participants are also provided with an opportunity to complete a variety of certificates, from first-aid to Food Safe, Workplace Hazardous Materials Information System, TDG or Service it Right and World Host.

To complete the program, participants are placed in a four-week, full-time work placement that will bring needed work experience to their resumes and offer the chance for further employment.

An allowance will be paid to eligible participants during the classroom phase and, upon successful placement, regular wages are paid during the work placement phase. To be considered for

the program one must be unemployed, committed to becoming employed and not have an Employment Insurance attachment.

Getting ready to enter the workplace for the first time or re-enter the workplace after an absence doesn't have to be an overwhelming experience. By gaining necessary tools and knowledge you can control your future. ■

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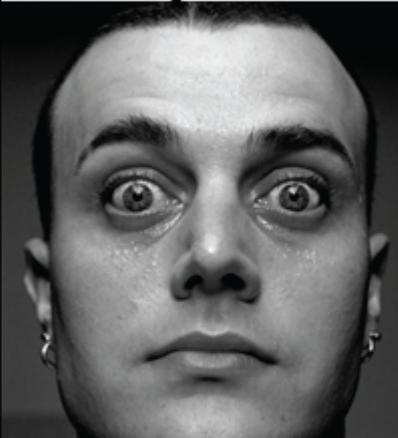
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Home & Garden

Five inexpensive fall home improvement projects

www.associatedcontent.com

Fall is sometimes the best time to embark upon home improvement projects, especially those that don't break the bank. Following are some fall home improvement projects that won't cost much, but will help prepare for the bold chill of winter.

1. Insulate the Attic

Although you'll probably save money heating the house during the winter than cooling it during the sweltering days of summer, why turn down the opportunity to save a bit of cash? A great fall

home improvement project is to add insulation to the attic, which doesn't take much time or much money.

You can purchase a sheet of insulation and apply it to what's already in the attic, potentially saving hundreds of dollars before spring. Most of the heat you lose during the summer rises out through the attic, so this is your major weak spot in your home. Fall home improvement was never this easy.

2. Fill the Cracks

Gaps, cracks and holes in your home can result in serious loss of heat

through the winter, so try filling them in as a fall home improvement project.

3. Buy New Bulbs

If your electricity bill is getting you down, sink it to your level with compact fluorescent bulbs, which can last up to 10,000 hours and lower the cost of lighting your home by up to 60%. They're slightly more expensive than the regular incandescent bulbs, but their longevity and electricity savings more than make up for the additional cost. You can find them at the hardware store and at many department stores, as well as online.

4. Install Smart Thermostats

If you're tired of playing the guessing game with your thermostat, try this fall home improvement project. You can install a "smart" thermostat, which can be programmed to lower and raise the heat in your home depending on what you're doing. For example, it might lower the temperature before bed, then raise it an hour before you wake up in the morning. It can be programmed to lower when you go to work or out shopping, and even to stay on all the time if you're home. They are well worth the investment.

5. Insulate Your Hot Water Heater

If your hot water heater is driving up the cost of electricity, you can make it a fall home improvement project to insulate it for the winter. A basic water heater blanket can be applied in less than thirty minutes by yourself. This saves thousands of dollars needed to buy a new, energy-efficient heater, and will help keep the tank warm in between heating cycles. ■



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Home & Garden

Fall gardening - expand your growing season

<http://homefreemedia.com>

In many areas of North America, and especially Canada, gardeners do not even consider fall gardening because of the threat of early frosts. But with careful planning, fall gardening can result in excellent vegetables and extend the harvest long after crops planted in spring are finished. As a bonus, vegetables produced from fall gardening are sometimes sweeter and milder than those that grow in the summer.

What you choose to grow in your fall garden will depend on your available space and what your preferences are. Even the crops that

enjoy the heat, such as tomatoes, sweet potatoes, okra, and peppers, will produce until frosts hit, which can be pretty late in the year in southern areas. However, there are some plants that will quit towards the end of summer like snap-beans, summer squash, and cucumbers. If these vegetables are planted around the early-middle of the summer they can be harvested until the first frosts as well.

Hardy, tough vegetables will grow until the temperature is as low as 20 degrees, but those that aren't as strong will only be able to grow through light frosts. Remember that

if you have root and tuber plants and the tops are killed by a freeze, the edible part can be saved if your plants are well mulched.

When fall gardening, make sure and pick the vegetables with the shortest growing season so they can be full grown and harvested before the frost arrives. Most seed packages will be labeled "early season", or you can find the seeds boasting the fewest days to maturity. You may want to go after your seeds for fall gardening in spring or early summer; they are usually not kept in stock towards the end of summer. If they are stored in a cool and dry location they will keep until you are ready to plant.

By choosing your vegetables carefully and planning ahead, you will be able to expand your growing season next year and provide even more nutritious home-grown food. ■

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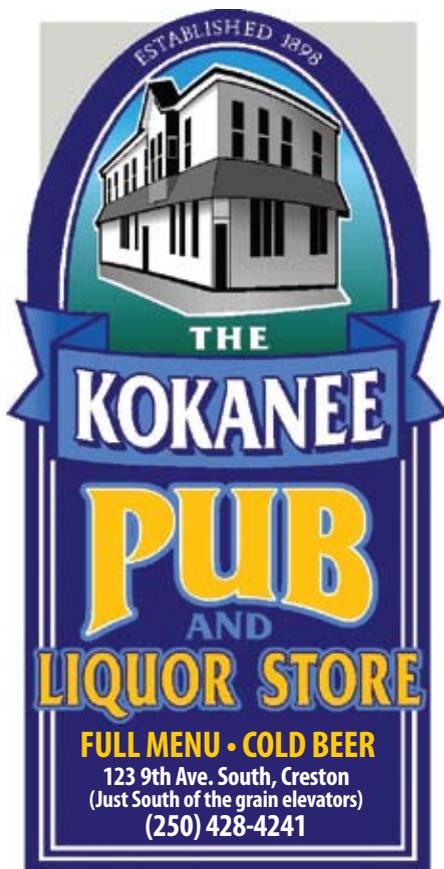
The on-again, off-again story of Pilot Bay

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

On – July 3, 1890: Joseph Davies and William Sayward lay claim to 300 acres of land around Pilot Bay. They are among the many hundreds of people drawn to the Kootenays by the booming silver mining industry. They build a sawmill to supply lumber for mine buildings, farmhouses and businesses in the nearby communities.

Really on – 1891: Dr. Wilbur Hendryx, heavily financed by his brother, Andrew, builds a smelter at Pilot Bay. In 1884, in the midst of a dispute between Thomas Hammill and Robert Sproule over the ownership of the Bluebell Mine at Riondel (that's another story), Wilbur had somehow managed to get an interest in the mine. Since then he had been looking about for a good place to build a smelter



Pilot Bay lighthouse from the south.

Photo by: Tammy Hardwick

to refine the Bluebell's silver/lead/zinc ore. After four years of construction and an outlay of \$250,000, the smelter is "blown in" on March 2, 1895. In addition to the smelter and the sawmill, the community of Pilot Bay boasts a couple of hotels, some boarding houses, stores, a school, the inevitable red-light district (floating on houseboats anchored in the bay) and a population of about 300 people.

Off – Sept. 16 1896: The ore from the Bluebell Mine has proven extremely difficult to smelt and the smelter leaks money like water through a sieve. Andrew Hendryx returns to Pilot Bay after a business trip east fails to produce any additional financing. He summarily dismisses all the workers except the night watchman. The hotels and businesses close and most of the residents pack up and leave.

Really off – September 1897: After a year of fitful, and presumably not very lucrative, operations, the final blow for the Pilot Bay Smelter falls when the Hall Mines Smelter in Nelson begins operating.

Flickering – 1897-1903: The Davies-Sayward sawmill continues to operate, producing lumber for the mining communities and employment for the few people who remain in Pilot Bay. It is they who provide the wood for the boilers of the sternwheeler City of Ainsworth on her fatal, final voyage in November 1898. There is some sporadic talk of getting the smelter operating again but it comes to nothing.

Off – 1903: The Davies-Sayward sawmill closes. A couple of people use Pilot Bay as

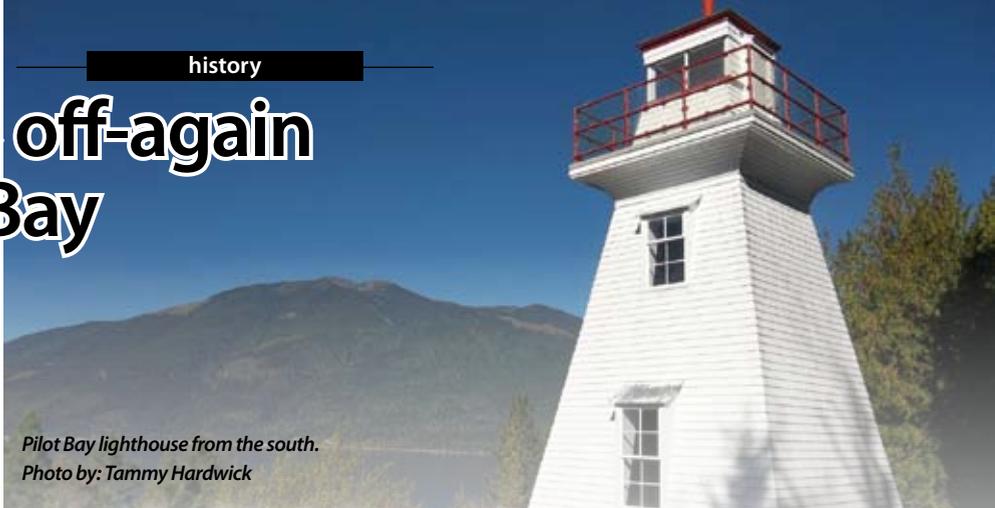
a base for their little steamships that ferry people and goods around Kootenay Lake. A few trappers live in the surrounding hills, one dairy farm remains and there's still a twice-weekly mail service. Otherwise, Pilot Bay is virtually deserted.

On a bit – 1904: Construction begins on the Pilot Bay lighthouse, an important aid to navigation around Kootenay Lake. The light begins operating on Jan. 1, 1905. Although officially unmanned, the light is an oil lamp and must be lit and extinguished manually each day. Beginning in 1907 this job falls to Eugene Montreuil, one of the few remaining residents of Pilot Bay.

On a bit more – 1905: A new company has taken over the Bluebell Mine and the Pilot Bay Smelter along with several other properties in the Slocan Valley and Crowsnest Pass. This company plans to revive the Pilot Bay Smelter to concentrate the ore from the Bluebell Mine before shipping it to its new smelter at Frank, Alta., for final smelting. Many of the former Pilot Bay residents move back again; the stores and hotels re-open.

Off – 1906: The same problems with smelting the Bluebell's ore crop up – again. The Pilot Bay Smelter is unable to smelt it – again. The ship-the-ore-to-Frank scheme proves too expensive and the Pilot Bay Smelter shuts down – again. The businesses close and the residents pack up and leave – again.

On-off-on-off-on – The next nine decades: Work crews visit the Pilot Bay lighthouse periodically to upgrade the technology of the light – from oil, to



gas, to batteries, to solar panels – and to maintain the structure. By the 1980s the old lighthouse, an anomaly on Kootenay Lake, is beginning to attract attention from tourists. Down on the shoreline, the old smelter site passes into private hands in 1947. The new owners begin recovering the precious metals from the ore dumped there during the smelter’s heyday (over 50,000 tonnes of ore were shipped to the smelter from various mines but little of it was actually processed). The recovery operations take place between 1948 and 1952, between 1978 and 1980, and in 1989, and actually do recover decent quantities of gold, silver, lead and zinc. In the 1960s and ’70s, several “back-to-the-landers” arrive in Pilot Bay, attracted by the old buildings and quiet surroundings. In 1964, the Pilot Bay Marine Provincial Park is established, encompassing the old sawmill site, and the lighthouse is added to it in 1971. Nevertheless, activity in Pilot Bay is sporadic at best.

Off (literally) – June 30, 1993: Other than the Kootenay Lake ferries, most of the traffic on the lake is now recreational, and the few vessels that operate commercially are equipped with more modern navigational aids. The Pilot Bay lighthouse is no longer needed; the light, equipment

and signs are removed but public intervention prevents the structure from being torn down. It is now maintained by the Friends of West Kootenay Parks.

On, maybe? – September 2012: When I visit the Pilot Bay lighthouse and smelter I’m struck by the number of big, new houses lining the shore; several are under construction. Some of them are probably summer homes; a few look like they might be permanent residences. The community of Pilot Bay is, once again, “on.”

“On-again-off-again” is actually a pretty accurate description of the history of many of the communities along Kootenay Lake, particularly those that

were dependent on the volatile and highly unpredictable mining industry. There are still many signs of the earlier, boom-and-bust history.

Some of these signs are all but hidden – old mine tunnels or the foundations of cabins, deep in the forest. Others, like the lighthouse and the smelter chimneys, are still clearly visible, framing the new tourism and retirement communities and standing as silent monuments to a wilder, more tumultuous past – and to the courageous, determined people who lived it. ■

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 the Web site www.creston.museum.bc.ca.



One of the two remaining chimneys at the Pilot Bay Smelter site.

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History of WRW

wwwcanada.com

Waste Reduction Week's origins can be traced back to the mid 1980s, when a number of recycling councils and environmental organizations began holding provincial Recycling and Waste Reduction Weeks. In 2001, these organizations came together and decided to pool their resources and expand their efforts into a national event called Waste Reduction Week in Canada (WRW).

Since 2001, Waste Reduction Week in Canada has been organized by a

coalition of non-government, not-for-profit environment groups and governments from each of the 13 participating provincial and territorial jurisdictions across Canada.

WRW is currently held the third week of October each year.

The success of the WRW in Canada program continues to grow with the number of participants in all three targeted audiences – schools, local governments and small to medium sized businesses – more than doubling in the last six years alone. To date WRW in Canada has



garnering over 100 million media impressions and appearances on network News as well as CTV's Etalk and CBC's The Hour. ■

For more information visit www.wrwcanada.com

Recycle My Cell

wwwcanada.com

Did you know that using Recycle My Cell keeps old cell phones

from entering your local landfill? When you get a new cell phone, instead of throwing your old one into a drawer or the garbage, recycle it with us.

"Recycle My Cell continues to be a proud sponsor of Waste Reduction Week in Canada. We believe that even the little steps, like recycling old devices, have a positive impact on the earth.

Simple things you can do:

Participate in the Recycle My Cell Challenge, celebrating Waste Reduction Week in Canada.

Everyone is Encouraged to Recycle Their Phone – Simply drop off your phone at the nearest drop-off location provided to you via www.RecycleMyCell.ca. With over 4,000 drop off locations across Canada, finding a location that takes your phone and accessories is easy: all you have to do is enter your postal code at www.RecycleMyCell.ca. Can't come to us? Print off a pre-paid mailing label from the Web site and mail your device to us, free of charge.

Our Web site also includes a link to participating partner programs and instructions for clearing your device of all personal data.

Host a Drop-off Location – By hosting a Recycle My Cell drop-off location, you'll provide a valuable service to your community.

Processors involved with Recycle My Cell ensure that usable phones are refurbished, and those at the end of their life are recycled responsibly. Phones that are designated for refurbishment and reuse have their memories wiped of all data by our processing partners.

Recycle My Cell is run by the Canadian Wireless Telecommunications Association, in conjunction with cell phone carriers, handset manufacturers and certified processors who have come together to raise awareness about the importance of cell phone recycling. The goal of this program is to keep handsets from entering Canada's landfills. And just as important, the proceeds from the recycled wireless devices go to benefit many local and national charities. ■

For more information visit www.RecycleMyCell.ca

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On misunderstandings in martial arts

Story by:
Shifu Neil Ripski

There seem to be a lot of misconceptions about martial arts practice and teaching, its methods for training involving fighting (usually misconstrued as violence) and the internal (usually misconstrued as the energy maaan).

So I thought I might write a bit about the difficulties of teaching martial arts to a student.

Misconceptions abound in martial arts today about teaching methods and what they are for. The truth is that most teaching methods in traditional martial arts appear to be one thing and are actually trying to teach another.

For instance, in order for us to understand who we are and what restraint, non-violence and peacefulness are, we have to explore the arena of combat and put ourselves to a trial by fire by looking these things that frighten us in the eye. In most cases this is the part of a martial arts class we see from the outside as techniques, self-defence and sparring.

But here is where even the students get confused. They seem to think that all we are doing is working on those fighting moves, but this is by design in many ways. Examining who we are in the face of danger is really washing away our own masks so we can truly reveal who we are and how we act under stress.

Even if it is never spoken of openly, each student has that moment of discomfort or fear in training which they get to deal with and get through to become stronger people. If done with control and compassion, a good martial arts teacher never pushes the student too far, just far enough to have this realization.

So if the fighting side of the art is what really works on our compassion – understanding the power of fear and

our characters – then what are we really doing when we work on the internal side? Most people are referring here to qigong (chee-gong) training, which leads us quickly into the conversation of energy, energy healing and the like.

The word qi (chee), as I have defined before in these articles, means nothing more than “the interrelationship between things” and qigong (the study of relationships). What relationships we are studying varies, and here I need to define what context we are discussing.

Qigong training, in most cases, is studying the relationships within the human body in order to maximize its efficiency. In martial arts contexts this usually means organizing the body to create structure and power.

In other words, what most people refer to as the “soft, internal” side of the

martial arts is actually the part of the training that studies the organization of the human body in order to cause damage to the opponent. Of course this is not true in all cases (speaking of qigong methods) but in general it is the case.

People who come wanting to learn the soft, healing side of the arts need to examine who they are by looking into the things they are generally fearful of – the fighting side – and those people looking to fight need to look closer at the healing side, their bodies, their relationship to the tissue and, yes, in some cases, the energy maaan.

Martial arts are not exercises, methods of self-defence or healing arts. They are all these things and more. Before you dismiss what training can do, understand what it really is first.

Come train! ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynnndel Community Hall. He can be reached at 250-866-5263 or at www.redjademartialarts.com




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Busy October planned for Thunder Cats

Story by: Creston Valley Thunder Cats

Good day, hockey fans. The Creston Valley Thunder Cats season is now in full swing.

The junior B team has many events during the month of October besides games in the Kootenay International Junior Hockey League.

On Oct. 1 and 2 the Cats are hosting their fifth annual Stuff the Bus food drive. This year's slogan is "stuff the bus and fill the bank."

We hope many of you contributed to help the people who need the extra help from the Gleaners food bank, especially during holidays like Thanksgiving and Christmas.

On Oct. 5, in partnership with Century 21-Veitch Realty, Overwaita Foods and the Creston and District Community Complex, there will be a free skate with the Thunder Cats during public skating hours from 1 to 3 p.m.

Photo by: Jeff Banman

Since this is a professional-development day we hope many school students will come out and meet the team. Lace up your skates and join us.

Oct. 19 will be our first Jersey Night of the season. Anyone who wears a Thunder Cats jersey (available for purchase from our merchandise table at games) will be given half-price admission for this game. We are planning five jersey nights this season so an adult can save up to \$25 in admission just by wearing a Thunder Cats jersey.

If you don't have one you can wear any other hockey jersey and receive \$1 off your admission. Let's show the Kimberley Dynamiters how awesome our fans are by donning your Thunder Cats jersey at this game.

Oct. 22 will see the Thunder Cats and Prince Charles Secondary School Blue Stars senior girls volleyball team take to the court in a shared fund-raiser for both squads. Admission will be \$3 and the games start at 7 p.m. in the PCSS gymnasium.

Can hockey players play volleyball? You'll have to come out and see.

The first Minor Hockey Night for the 2012-13 season is Oct. 27. All Creston Valley Minor Hockey Association players will get in to the game for free if they wear their minor hockey team jersey or jacket.

There will be draws for autographed Thunder Cats items, and three lucky minor hockey players will get to visit the team dressing room to meet the Cats after the game.

Sponsor Appreciation Game is Oct. 28. For those businesses that support our club by advertising or making donations toward the hockey season expenses or charity golf game, this game's for you.

On Oct. 31 the Thunder Cats will be taking some of our younger fans out trick-or-treating between 7 and 8 p.m. Little fans can enter for the opportunity to go with the players at our home games during October.

In all there are four home games during the month: on Friday the 12th and Friday the 19th against Kimberley, Saturday the 27th against the Grand Forks Border Bruins and Sunday the 28th against the Golden Rockets. (The Sunday game is a 2 p.m. start).

We hope to see you out and about in our community and filling the stands in the John Bucyk Arena. Cheer loudly and proudly. GO CATS GO! ■

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

Come out & cheer on your local Junior B Team!

October Home Games

All game start at 7:30 unless otherwise noted

Fri. Oct. 12v. Kimberley Dynamiters

Fri. Oct. 19v. Kimberley Dynamiters (Jersey Night)

Sat. Oct. 27 v. Grand Forks Border Bruins (Minor Hockey Night)

Sun. Oct. 28v. Golden Rockets 2 p.m. start (Sponsor Appreciation Game)

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Boosting your immune system

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

Our immune system has a simple task: identify things that are foreign or harmful, then neutralize or destroy them.

It sounds straightforward enough but, in fact, the system encompasses complex interactions involving many different organs, glands and substances needing to work in perfect harmony with each other. All the details of the immune system cannot be covered in a few paragraphs so I will focus on some of its main components.

Bone marrow manufactures and stores white blood cells (WBC). There are many different kinds, from non-specific phagocytes, munching away all that they see as harmful, to very specific T and B lymphocytes trained to attack specific pathogens and produce antibodies and other proteins, all combined to keep us safe from disease.

Much of the immune system function happens in the lymphatic system. It works constantly to cleanse our bodies from all wastes, toxins and pathogens as it houses WBC in the lymph nodes and the spleen for pathogen filtration and destruction.

The thymus gland programs T lymphocytes to identify foreigners.

So how do we keep the immune system healthy? Quite simply, avoid all known immune system depressors and feed your body the nutrients it needs – preventive medicine at its best.

Chemicals in household products like cleaners, mosquito repellants, shampoos and many more are immune depressors. Choose biodegradable and environmentally sustainable products.

So are food additives such as colour, flavour, MSG and all genetically modified organisms. Choose whole foods.

Overuse of antibiotics, white sugar, white flour and any other highly processed foods and, of course, herbicides and pesticides is not recommended. All these chemicals are foreign and harmful and get identified as pathogens for destruction.

Continuous intake or exposure to harmful chemicals that are not natural to our bodies will result in an overloaded and exhausted system.

Fatigue is one sign of a tired immune system, as well as repeated infections, slow wound healing, more than two colds per year or overgrowth of yeast or candida.

For some, the immune system becomes so overloaded that eventually confusion and communication breakdown sets in. This can result in the immune system attacking itself (autoimmune disease).

Once you start eliminating all harmful chemicals you can work on building up the system.

For the lymphatic system, take a hot shower and finish it off with a cold rinse. Before the shower, get into dry skin brushing and exercise. If you know your system is already backed up, see a professional holistic practitioner.

Next is to feed your body nutrients necessary for proper immune function, such as vegetables. Variety is the key. Make sure you get all the colours.

Fibre from fruit, vegetables and whole grains is good, as are good fats, meaning no partially or fully hydrogenated oils. Choose quality oils and essential fatty acids such as flax or hemp oil.

You don't cook with them; just incorporate them into your diet. (I add mine to my salad dressings.)

If you don't eat fish more than twice a week, supplementing with a high-quality omega-3 is a good idea.

Eating whole foods and staying away from things we know our immune system will identify as harmful is important. But if you have a history of over-prescription of antibiotics, eating junk foods or you're just tired and sick all the time, your body might need some extra help.

Start using immune-building herbs such as all the ginsengs, echinacea, astragalus and the best of all, medicinal mushrooms such as reishi, shitake, maitakee, cordyceps and chaga. They work on many levels, including helping with communication between all cells.

You can find all five of the mushrooms in one Niramaya formulation I make, available at Vital Health in Creston.

And what to do when you get a bug? Get out the big guns.

Lomantium is the strongest antiviral known to herbal medicine. Combine that with oregano, licorice root, mullein (for lung support) and echinacea and you have a complete formula that will work from all angles. It's called cold and flu immune boost, and it works.

Eat lots of garlic, onions, broccoli and leafy greens like kale or chard, as they have immune-boosting qualities. Drink ginger lemon tea and get lots of sleep, as we heal best when we rest.

For those interested in medicinal mushrooms, stay tuned for the December issue of I Love Creston. ■

Maya Skalinska is a master herbalist and a registered herbal therapist offering iridology, pulse and tongue analysis, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment call 250-225-3493.

Out & About

Submitted by: www.crestonevents.ca

October 12

Thunder Cats vs. Kimberley

Exciting Junior B action!

Location: CDCC, doors open at 6:45pm,
action starts at 7:30pm.

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

October 12 to 14

Extravaganza 2012

Creston Valley Music Teachers' Concert.

Location: Prince Charles Theatre

Oct. 12 7pm, Oct 14 2:30pm

Contact: Anita Stushnoff

Phone: 250-428-5272

www.cvmta.ca

October 16

10% Solution

Chamber lunch with speaker discussing ways to improve our local economy.

Contact: Jim Jacobsen

Phone: 250-428-4342

www.tenpercentshift.ca/why-shift.html

October 19

Thunder Cats vs. Kimberley

Exciting Junior B action!

Location: CDCC, doors open at 6:45pm,
action starts at 7:30pm.

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

October 20

Household Hazardous Waste Round-Up

The RDCK hosting four events this fall.

Location: CDCC, 10am-1pm

Contact: Nicole Ward

Phone: 1-800-268-7325

www.rdck.bc.ca

October 23

TAOIST TAI CHI

New beginner class.

Contact: Lin Martin

Phone: 250 866-5744

www.taoist.org

October 26, 2012

Canyon Halloween Dance

Halloween dance with live band.

Location: Canyon Hall, 8pm

Contact: Barbara

Phone: 250-254-0341

October 27

Thunder Cats vs. Grand Forks

Exciting Junior B action!

Location: CDCC, doors open at 6:45pm,
action starts at 7:30pm.

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com

October 27

RUCKUS Haunts the Kokanee Inn

Halloween Spooktacular.

Location: Kokanee Inn, 9pm

Contact: Loretta Sheriff - RUCKUS

Phone: 250-359-7383

October 28

Thunder Cats vs. Golden

Exciting Junior B action!

Location: CDCC, doors open a 1:15pm,
action starts at 2:00pm.

Contact: Josh Hepditch

Phone: 250-428-8929

www.crestonvalleythundercats.com ■



Creston Valley RIPENING DATES

*Please note all dates are approximate depending on the weather.

Fruit Season
Pears Sept. 5 to Dec. 31
Apples Sept. 15 onwards

Vegetable Season
Potatoes July 1 onwards
Carrots Aug. 1 onwards
Corn Aug. 10 to Sept. 25
Squash Aug. 15 onwards

Creston Valley Food Action Coalition

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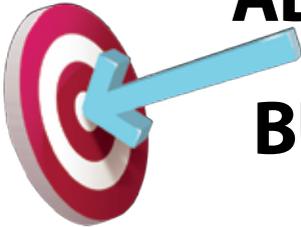
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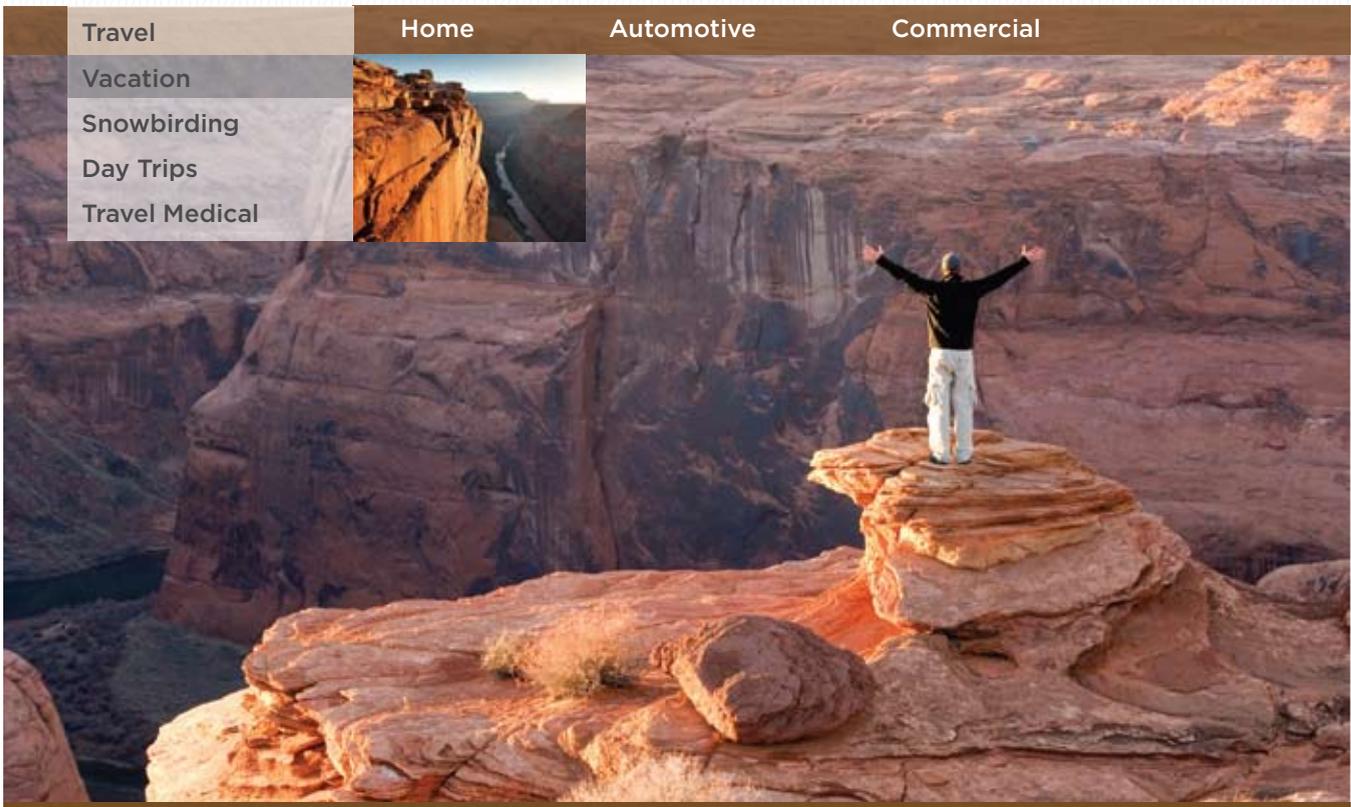


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