

*Bringing the
Creston Valley together.*

FREE

February
2013

i love creston

Have hotdog cart, will travel

Betty Martin dedicated to
fund-raising through food

First Nations

Lower Kootenay chief
stands against Bill C-45

History

Valley farmers once
given voice by union

Wildlife

Birds of a feather stay
warm together

Learning that fits your lifestyle!

We offer a great selection of classes, including:

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CPR C – Tue / Mar 5 / 5:30 – 9:30

– Wed / Mar 6 / 6:00 – 7:30 / \$125

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Mon – Fri / Mar 11 – 22 / 8:30 – 4:30 / \$795

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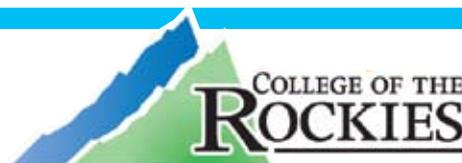
First Aid: OFA I (WCB), or St John

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For full information on upcoming courses or to register:

Phone: 250 428-5332 or Visit: www.cotr.bc.ca/Creston



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Letters to the Editor

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From the editor

Betty Martin has fed so many people that she quips, “I think I should have been a Jewish grandmother.”

Such is the life of one of this community’s most-dedicated volunteers, who is profiled in this month’s edition of *I Love Creston*. A street-corner hotdog stand and intermission bake sales are the bread and butter, so to speak, of Martin’s means of supporting a lengthy – and growing – list of charitable groups.

Beneficiaries include the Juvenile Diabetes Research Foundation, Cystic Fibrosis Canada, Rick Hansen Foundation and Morgan Jayne Project. She has also raised money for local organizations like Footlighters, Friends of the Cinema, Pet Adoption and Welfare Society, and Prince Charles Secondary School’s AVID program (Advancement Via Individual Determination). She’d like to support SNAP (Spay/Neuter Assistance Program) and the Kidney Foundation of Canada in the future.

“Anybody that asks, I usually do it,” Martin says. “Like AVID. They asked me to do it so I just pulled my cart up one day and did a sale for them. I shouldn’t say how much. Everybody will build a cart! It’s very profitable.

“I’m thrilled with it.”

Martin knows no other way than to engage with fellow citizens in the betterment of her community. She came by the life-view naturally through her deceased parents and passed it on to her only child, who died as a young adult, and continues to influence the next generation through a grand-nephew, grand-nieces and their peers.

A common denominator in her younger days – Martin turns 60 this year – was sports.

“That was my thing when I was younger,” she says. “I played baseball, hockey, curling, and then I volunteered helping with kids, teaching them volleyball, basketball for the Rec Centre, when the Rec Centre started getting going, and formed the kids’ softball league through a coaching certification I was taking. We ended up starting a league, Starla Ek and I.”

Martin served on the board of the Rec Centre back in the 1970s, before it became a function of the Regional District of Central Kootenay, and ran the concession there for several years. She was also the first lifeguard at the James Ross Memorial Pool “back in the day.”

“I’m not old or anything. It’s gone now!” she says, referring to an outdoor facility that is now a parking lot outside the recently revamped recreational complex, which includes a new indoor aquatic centre.

Martin recalls “always fund-raising” for sports team T-shirts, uniforms, travel expenses and the like, and as far as executive boards on which she spent time, “I can’t remember them all.” When raising money for a health-related group she enjoys handing out resource materials to people who may be afflicted.

Martin helped organize the local Relay for Life fund-raiser for the Canadian Cancer Society over the past decade, a cause near and dear to her heart because her father died of lung cancer.

“She was the instigator with our team,” says Betty Williams, a co-worker of Martin’s for more than 20 years at the pharmacy on the corner

of 11th Avenue North and Canyon Street. “She’s always very innovative as far as coming up with fresh ideas.

“She’s an amazing person. You ask her to make a poster and she can do a poster, perfectly printed, freehand. And there was one time when she had broken her right hand and she could do it as well with her left hand.”

Martin continues to support cancer research and many other causes through downtown sales from her hotdog cart, which isn’t restricted to ordinary wieners, by the way.

“A lot of people don’t want a hotdog (so) we’ve expanded. We have vegetarian and gluten-free,” she says. “We’ve had to, over the years, go with the healthy things.”

Some passers-by simply drop off a donation and forgo the food altogether.

“A lot just come by and give us their toonie, or some make their annual donations there,” she says. “It’s kind of neat.”

When asked about personal interests outside of generating money for other people, Martin mentions travelling with a grand-niece and -nephew, and scrapbooking the memories when she gets home. She visits her ancestral homeland in Scotland every few years and recently went to Hawaii.

“Disneyland – that’s my favourite,” she adds. “Sad but true. Mickey’s my man!

“Other than that, I’m pretty boring. It’s fun. It’s a contented life.”

Yes, Martin’s life is about as boring as the rest of the February edition of *I Love Creston*, which is to say, not at all. See you next month. ■



'Cart' blanche:

There's no limit to the number of charitable causes Betty Martin will support through hotdog and bake sales

An invitation to present a gift to the Creston citizen-of-the-year was interpreted as quite an honour by Betty Martin.

Her employer at a local pharmacy, Mike Poznikoff, gave a basket to the award-winner every year and asked Martin to join him at the ceremony in 2007.

"He had said, 'Well, do you want to come with me to present this?' I thought it was nice that he asked," recalls Martin, who struggles with saying No.

"I said, 'Oh, sure.'

"Anybody that needs help, Betty's there to help"

"Another friend, Phil Thomas, came in to the store that day and said something about going: 'Well, make sure you dress up.' I thought that was kind of weird."

Martin remained "clueless" even while waiting in the wings of what was then called the Prince Charles Auditorium as the winner was introduced.

"Mike and I were waiting backstage and I was talking, not listening to the person they were describing," she says. "Johnny Huscroft was there and he told me to be quiet and listen. Then they said a few things that made me clue in."

The recipient was, in fact, Martin herself.

"That was a real shocker," she says. "I couldn't believe it. I was almost in awe of all these people coming up and congratulating me and giving me a hug, so many people that I respect so much. I kept thinking, 'Don't they know it's just me?'"

Such is Martin's unassuming nature that it never crossed her mind that her passion for helping others could even remotely be considered noteworthy. Those who know her understand otherwise.

"Anybody that needs help, Betty's there to help," says friend, collaborator and former colleague Betty Williams, who describes Martin as "very friendly, very outgoing, very energetic, thinks of others all the time. She fundraises for everybody."

Indeed, Martin's dossier of community service reads like a who's-who of local and national causes. Her charitable connections, past and present, keep rolling out almost by accident during the course of a conversation intended to get the spotlight-shy retiree to open up – much the way she rolls out her trademark hotdog vending cart.

Last year marked the 10th anniversary of Martin's sidewalk set-up on the corner of 11th Avenue North and Canyon Street, initially a Relay for Life fund-raiser for which she recruited a team of colleagues from what was Pharmasave and is now Shoppers Drug Mart.

"As a team at work we were involved with Relay for the (Canadian) Cancer Society and I didn't want to ask people for money so I thought, 'Well, what can we do?'" she says. "So I came up with that (idea), built this little cart and it just took off.

"It lasted about five years and then John (Poznikoff), who was the boss at Pharmasave then, made a bigger, better one and (I) just got doing it more and more. Now I buy a yearly health permit so I have to make use of it."

What began as a cancer fund-raiser on Fridays from April to June morphed into an all-purpose community money machine dependent only on the goodwill of Martin and



her loyal assistants doing all the leg work – come rain, shine or even less-clement weather.

“The odd time we’ve been rained out but not very often,” says Martin, who manned the cart an estimated two dozen times in 2012. “A couple times it did snow unexpectedly, and the umbrella’s blown away quite a few times.”

Martin chooses from a growing selection of charities to receive the proceeds from any given day. Though the cart is usually open from 10 a.m. till around 2 p.m., it’s an all-day proposition once the shopping, preparation and cleanup are factored in.

She also sells baked goods – often made with her own hands – during Footlighters play intermissions and Friends of the Cinema showings. New seats in the Prince Charles Theatre top their wish list.

Though Martin is the driving force behind it all, she doesn’t work alone. Williams, Margaret Sorenson and great-nieces Kelsey Lind and Kaitlyn Zolynsky, plus one or two of their friends, are among the devoted members of Annie’s Angels, named after Martin’s deceased daughter, who inspires Martin’s benevolence along with the memory of her parents.

Born in Whitehorse in 1953 while the family was living in the Alaskan wilderness, where her dad worked on pipelines and highways, Martin has lived in Creston since 1956.

“They came through Vancouver, got to Creston and thought it was beautiful,” she says of her Winnipeg-born folks. “It was the fall. Everything was growing and, of course, we’d never been able to have a garden. They just couldn’t get over how nice it was here and decided to stay.”

The importance of giving back to the community was impressed upon all three children of John and Margaret Bruce, Martin recalls – through actions more than words.

“Oh yeah, they both were big volunteers,” she says. “Mom helped with the youth group for girls through the (United) church, taught Sunday School and volunteered with the Red Cross all her life, and dad coached boxing and ball.

“That was something we were always taught without them saying it: you do what you can for other people.”

Martin picked up on the cues.

“My mother volunteered for (the cancer society) when it used to be door-to-door, and I’d drive her around when I got my licence,” she says. “It was always something important.”

Likewise for Martin’s only child, Annie, who barely reached the age of 20 before dying in 1999 of complications from Cushing’s disease, characterized by a hyperactive adrenal cortex. Annie and her mom were thinking of others even during frequent stays at the BC Children’s Hospital in Vancouver of up to three weeks at a time.

“Last year marked the 10th anniversary of Martin’s sidewalk set-up on the corner of 11th Avenue”

“We had to go every three months for most of her life,” Martin says. “I kept track. I drove down 38 times. When she was in I would do (fund-raising) there, with her. It was sort of passing the time.

“(I) taught her how to make rolled candles and sell them. If we were there for holidays . . . like, we had a pumpkin-carving night in the teen ward where they all came and contributed and sold their carved pumpkins in the lobby. Just fun stuff.

“It kept her occupied. I guess that got me going more because when she was well enough she loved to do things. She was always the one that raised the most.”

Martin took a prominent role in “whatever Annie was into when she was younger, like Sunday School, I’d teach that, or youth groups, whatever she was in.”

Martin spearheaded the Jump Rope for Heart event that has become a fixture at Adam Robertson elementary, when Annie attended there 25 years ago, and still does a one-day fund-raiser for that cause.

"I don't know where she got her inner strength because she was just really positive and happy"



Annie, Betty's daughter and the inspiration for Annie's Angels.

"She went through Girl Guides and Brownies and really challenged herself with badges. She earned everything except the physical ones. And (she'd) sell the most cookies," Martin says, conceding, "Oh yeah, I was a leader."

Chemotherapy was the recommended, albeit "experimental," treatment of the day for Annie's condition, according to Martin, who says her daughter's adrenal glands, lungs and kidneys were damaged in the process, she had problems with blood clotting and her immune system was compromised. Ultimately she died of kidney failure.

"Her metabolism was always very poor so she was a big girl and couldn't do a lot of physical activities," Martin says, pausing to reflect. "I don't know where she got her inner strength because she was just really positive and happy."

She maintained that perspective in the face of unkind treatment from peers at Prince Charles Secondary School, which she attended until Grade 11, transferring to the home-based Distance Education School of the Kootenays when she went on dialysis three times a week.

"Part of that was she got bullied so badly," Martin says. "She was big and slow. She wasn't loving school by then."

Rather than withdraw after Annie died, Martin became more outgoing than ever, not just through fund-raising but as a member of the board of numerous organizations, among them the Creston and District Credit Union, Kootenai Community Centre Society, Special Olympics and Creston and District Historical and Museum Society – all while working full time and assuming guardianship of a grand-niece and grand-nephew who came to live with her six years ago.

"In the last three years I was on too many committees. I was meeting to death, actually," Martin says. "I was just run ragged and realized it was time to cut back."

Thus her decision to focus on fund-raisers through which she can support numerous worthy causes – all the more since retiring from the paid workforce in January.

"Smaller groups are thrilled to get a donation," Martin says. "I'm enjoying what I'm doing now."

And what about that nasty little four-letter word: No? Might she yet have to learn how to use it?

Martin laughs and says, "'Yeah, I think I'll have to get it tattooed to my forehead.'" ■



From the Mayor's desk

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

What and where to recycle in the Creston Valley

Wouldn't it be great if we could take all of our recyclable and returnable materials to one location – a “one-stop shopping” approach to recycling?

What many people don't know is that there is one such location in our community that will take both your recyclables as well as your returnables: Columbia Bottle-Recycle.

The business is located at 1420 Northwest Blvd. (entrance on Payne Street opposite Northstar Creston).

Items to recycle include:

Glass recycling: clean glass bottles, jars and wine, imported beer and other eligible glass beverage containers.

Paper recycling: newspaper and mixed paper and cardboard.

Plastic recycling: milk jugs, coloured No. 2 plastic, No. 4 film (plastic bags), excluding Styrofoam.

Milk cartons: polycoat containers.

Aluminum or tin cans.

Batteries: lead acid (auto batteries), household alkaline and rechargeable batteries.

Paint recycling.

Fluorescent lightbulb recycling: CFL (those swirly ones) and tubes.

Some electronic toys.

Items to return for up to 20 cents for each acceptable item include: aluminum containers; tin (metal) containers; plastic bottles; plastic jugs and cups; and, bag-in-a-box and polycoat containers (milk cartons).

You can also donate the value of your refundables to local organizations.

If you are not sure what is “returnable and refundable” versus “recyclable,” the one-stop staff of Columbia Bottle-Recycle is happy to answer your questions.

New Life Furniture and Recycling, located at 112 Northwest Blvd. (between Creston Valley Bakery and ABC Country Restaurant) will accept many electronic products for recycling. It just recently listed more than 200 items that can be recycled through the facility.

Items can also be donated to the second-hand store, proceeds from which benefit community programs.

Other locations in our community accept some limited items for recycling, such as: Regional District of Central Kootenay recycle bins; Creston landfill; Home Hardware Building Centre; Kal Tire; Comfort Welding; The Source; and, Creston and District Society for Community Living (recycling pickup on a fee-for-service basis).

The more we endeavour to recycle, the more we reduce the amount of waste entering our landfill sites. Additionally, by returning applicable items we endeavour to reuse materials, creating a complete new cycle of savings. ■

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.

Smile... February is Pet Dental Month



Some dental facts to chew on...

- Periodontal disease affects approximately 95% of dogs.
- 85% of cats over 1 year of age show signs of dental disease.
- The key to periodontal disease prevention is to control the accumulation of plaque.
- Periodontal disease can result in serious health problems including heart and kidney disease.
- By ensuring daily dental care and regular check-ups you are improving the quality of your pet's life.

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- Dr. Robert McLeod
- Dr. Leanne Sackney
- Dr. John Pfeffer
- Dr. Emma Davis

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Understanding 'idle no more'

As citizens of Canada we have been afforded rights and freedoms that allow us to voice concern, opposition and injustice through demonstration protests that can be public, or through the media or social networking.

This luxury of freedom of speech is relatively new to First Nations of Canada. During the First and

Until then, native people living on reserves had been specifically disqualified, although Inuit people had been qualified to vote since 1953.

Throughout history, the average Canadian citizen has had an opinion of First Nations that may be based on assumption and rumour. The understanding of official Indian status has meant free education, free land,

“This luxury of freedom of speech is relatively new to First Nations of Canada”

Second world wars, as well as the Korean conflict, aboriginal people were not citizens of Canada yet answered the call of duty and fought alongside their non-native brothers.

First Nations were not permitted by the laws of the land to vote in federal elections until 1960. An aboriginal woman could not cast a vote until approximately 1969.

tax exemption and a card to the good life.

The reality of the Status Indian card is a reminder that aboriginal people remain a ward of the government. The status card was the federal government's attempt to keep tabs on the native people.

Using the numbers on my status card as an example, 606 denotes

my band (Lower Kootenay) and 00142 is my identification. My daughter would have a “02” at the end of her digits to indicate she is my child.

At a time in our history, I would need this card and permission from the Indian agent to leave the reserve. If I did not have the card and the permission letter there would be severe consequences.

Fast forwarding to today, Prime Minister Stephen Harper has introduced Bill C-45, which is quite lengthy to describe in its entirety but, to sum up the basics, entails the following information: the legislation removes regulatory environmental protective measures over the lands, resources and waters and seeks to terminate constitutionally and legally protected rights for all Canadian and First Nations peoples.

Bill C-45 includes changes to complex land provisions in the Indian Act that only compound existing problems. This bill was developed with little or no consultation with First Nations and without our consent. These actions only erode democracy and

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compromise the integrity of our prime minister and Parliament.

First Nations rights are an integral part of Canada's constitution. Our rights are affirmed in the United Nations declaration on the rights of indigenous peoples. The federal government should address this situation in good faith. Reconciliation is a crucial component of this matter.

In Saskatchewan, a group of aboriginal women sparked the "idle no more" movement, which gained popularity worldwide to voice the injustice of Bill C-45. Demonstrations at malls, ports of entry and city centres have appeared everywhere.

"We wish not to create a division between the Lower Kootenay community and the residents of the Creston Valley"

The Lower Kootenay Band applauds the leadership shown by aboriginal peoples and supporters through the "idle no more" movement to bring about awareness of how the Harper government is operating. It is unfortunate that a hunger strike and Canadian/worldwide protest are necessary for First Nations to bring attention to violations of human rights.

Should the LKB choose to demonstrate the injustice of Bill C-45 we will do so in a manner that does not obstruct the operation of businesses or ports of entry or other organizations. The demonstration would be peaceful and would send a message that we want to protect our lands and environment and raise awareness and educate others about the negative impacts of the passing of Bill C-45.

We wish not to create a division between the Lower Kootenay community and the residents of the Creston Valley but attempt to unite us to right what is wrong, to stand together and educate our children and families that this bill is an injustice to all Canadians.

This is not the Canada I envision. The Canada that I want my children and family to be part of stands for justice

and equality. The Canada I hope for is a country in which diversity is embraced and all its citizens have a democracy that is fair and just.

I thank you for reading and hope this may provide some insight into the complex issue of Bill C-45. ■

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.

Creston Valley Business Buzz



Joe Giesbrecht, owner of J&L Custom Cabinets and Countertops

J & L Custom Cabinets and Countertops is a locally owned family business. We custom build cabinets and countertops to any colour and design to meet our clients needs.

All of our cabinets are built with solid wood and with quality made to last a lifetime. The hinges used are soft closing and all drawers are dovetailed. Our countertops are available in hundreds of choices of colours and designs. The most popular countertop is gemlock

laminare, but granite is also available. The countertop sinks are all under mount, which means easy cleaning with no edges.

Now also available at J & L Custom Cabinets and in Countertops is custom furniture.

All of our products are built with quality and are competitively priced.

We have recently moved to our new location at 1525 Northwest Boulevard (formerly Kriskraft shop). Come in and see our kitchen display and talk to us about building the kitchen of your dreams, you won't be disappointed.

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Area B News

Story by: John R. Kettle, RDCK Area B director and board chairman

Support the Thunder Cats

As a former past-president of the Creston Valley Minor Hockey Association and the former Creston Valley Thunder, I feel a strong responsibility to let folks know how important it is to keep junior hockey in the Creston Valley.

One of the largest draws we have for our new recreation complex is the night Thunder Cats hockey is

playing in our facility. Not only is this first-class junior hockey, but the stands are filled with minor hockey players whose goals and aspirations may be to play junior hockey some day.

A huge amount of volunteer time and fund-raising goes into keeping this team on the ice for our entertainment; \$180,000 per year is not out of the range to provide a junior hockey team to a community.

All of this money is raised by support from local businesses, season-ticket holders and game-day ticket purchases. Keep in mind, all of this is done with volunteers who give freely of their time.

For years the face of the Thunder Cats executive has been Joanne Endicott, who has worked tirelessly to keep billets and busing available to the players.

Rhonda Barter singing the national anthem is always a highlight at the start of each game.

Mike Moore, a recent addition to the executive, brings hockey knowledge as well as organizational abilities to the team.

Bob Foreman and Fred Jones have been there for the team for 15 years that I know of.

Scott Veitch, a town councillor, and his wonderful wife Shannon are an integral part of making this team a success for Creston.

Walt Pozniak, who repaired the buses for years, and his good friend Johnny Bucyk, have long been supporters of Creston hockey.

Heading up the list of volunteers is our new RCMP detachment commander Bob Gollan, who brings to the club, as its new president, the leadership and

direction it takes to make efforts like this a success.

This valley voted on and approved an \$18-million renovation of our truly awesome recreation complex. The new aquatic centre is second to none. New gym facilities and walking track are second to none.

Health-related businesses in the facility offer healthy alternatives to our users of all ages who participate in this complex.

Each and every function of this complex is an integral part of keeping the whole facility healthy and financially sustainable. Whatever your group's desire is, whether it be swimming, figure skating, yoga or the seniors' programs, please keep attending and using your facility.

I am encouraging everyone who loves hockey to support the Thunder Cats by buying your season ticket for next year now. They need to know they have the money to operate.

My family will be the proud owners of our season tickets for the 2013-14 hockey season and I look forward to taking more time to attend more games.

The current members of the Thunder Cats' executive are: president Gollan; vice-president Moore; secretary/treasurer Melody Totten (on a temporary leave of absence); game night director Kelly Moore; billet co-ordinator Shannon Veitch; community relations director Margie Kepke; fund-raising director Tom East; marketing/booster director Scott Veitch; bus co-ordinator Marty Sonntag; director of personnel Colin Hardwick; and, coach Josh Hepditch. Non-voting members are: bookkeeper Melanie Bright; and, past-president Endicott

Numerous other volunteers help out in a variety of ways, including selling tickets, coaching and assisting with the general day-to-day operation of the team.

Go Thunder Cats. ■

Come out & cheer on your local Junior B Team!

February Home Games

Friday February 1
V. Fernie Ghostriders (7:30pm)

Tuesday February 5
V. Columbia Valley Rockies (7:30pm)
Jersey Night

Friday February 8
V. Kelowna Chiefs (7:30pm)

Sunday February 10
V. Fernie Ghostriders (7:30pm)
Family Admission Special \$20

Visit us online at www.crestonvalleythundercats.com

At the gate admission:
Adult (19-64) \$10
Senior (65+)/Student (13-18) \$8
Child (6-12) \$5
Family (2 adults + 2 or more students/child) \$25

Gratitude translates into grand donation



Serena Naeve and Angela Eckersley were thrilled to receive a \$1,300 donation from Natalie Santano and Brandy Dyer (from left) for the Creston and District Community Resource Centre Society's pregnancy outreach program. Naeve is executive director of the CDCRCS and Eckersley is the pregnancy program's co-ordinator. Santano and Dyer donated the proceeds from the sale of a book commemorating their Gratitude Contest held in 2012.

Talk about counting their blessings. Brandy Dyer and Natalie Santano were thankful no one got trampled in the rush to get a copy of their Grateful Heart Contest anthology.

The Creston business owners capped the contest with an autumn gala Gratitude Night at Dyer's Creative Fix gift shop, where the commemorative book quickly sold out.

"It was packed," says Dyer, the owner of Creative Fix, pegging the attendance at well over 100 almost exclusively females. "There was a lineup at the door when we opened and it was just crazy. You couldn't even walk.

"It was supposed to be a come-and-go but nobody wanted to leave. It was so fun."

Alas, the supply of anthologies, titled *A Grateful Heart*, didn't last long.

"We only had 75 books and we sold out of them in, like, 20 minutes," she says of the demand, which "created a buzz" that warranted a second printing. "So we ordered another 75 books, and then another 30 books, and now it's kind of tapered off. I might have one or two left."

Two is also how many of a dozen specially crafted, gratitude-themed

paintings of Dyer's that remained by the end of the night.

She and Santano pooled all proceeds from the book, along with 15 per cent of store merchandise sales that night, into a \$1,300 donation to the pregnancy outreach program run by the Creston and District Community Resource Centre Society.

"The whole gratitude book thing was kind of a woman thing. It was mostly women who entered, so we thought it was a good cause that most women would be passionate about, helping young moms," Dyer says. "We tried to pick something that hadn't been done before. The CRC is so thrilled because nobody's ever come to them and said, 'Hey, can we give you a bunch of money?'"

"I feel like it's a pretty substantial donation to make to a small (program). They can really do something with that. That money will go a long way."

A Grateful Heart Contest, the brainchild of Dyer and Santano, of Natalie Santano Photography, ran from July through September, inviting clients of both women to submit personal tales about things they are thankful for, dubbed "gratitude

stories." More than 200 people entered anonymously online, with one selected at random to receive a free portrait session with Santano and a Creative Fix shopping spree.

About 60 entries were published in the anthology, accompanied by photographs taken by Santano.

The whole project "was a ton of work," Dyer concedes. "It was really intense."

The positive feedback, however, made it all worthwhile.

"(We) did get a lot of e-mails," she says. "I got one in particular saying, 'You just changed my life right now because I've been so down in the dumps. I got this book and it was like I just needed a little kick in the butt.'"

"She's been so negative lately and it reminded her to just get positive. We all need that once in awhile because it's so easy to be negative." ■

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Why I'm always right and you're always wrong

Story by: Kootenay Employment Services

I had an uncle who used to end every discussion by saying, "You have your opinion but I know the facts!" Needless to say, this stubborn, close-minded uncle was not my favourite relative.

It's one thing to deal with stubborn people when they're family members. We always have the option of ignoring them, placating them or cutting them out of our lives.

But what happens when we encounter this type of person at work? Outside of quitting our jobs, are there effective

strategies for coping with this difficult personality trait?

Let's look briefly at what defines a stubborn person. The Oxford online dictionary gives a definition of a stubborn person as "having or showing dogged determination not to change one's attitude or position on something, especially in spite of good reasons to do so."

The next step is understanding why people are chronically stubborn. It could be a genetic disposition but chances are other factors are at play.

- **Insecurity.** People who are unable to accept another point of view may hold unconscious fears that, if proven wrong, they automatically become a lesser person. This lack of self-confidence or self-esteem makes it difficult for insecure people to acknowledge that someone else is equal or superior.

When a co-worker cannot acknowledge others' efforts and ideas, they can quickly alienate themselves from the work group. If an employer sees that person as standing out by claiming to be better than others, it is often the case that the stubborn employee is seen as being a stronger, better worker. This leads to resentment on the part of the rest of the employees.

- **Attention seeking:** Some people may be unconsciously seeking attention by holding onto to opinions that clash with or oppose an individual or group of people. This is another sign of insecurity and lack of self-confidence.

- **Shyness:** People who are shy can sometime seem stubborn because they have difficulty speaking their mind and/or participating in conversation. If you have a shy boss or co-worker it can be frustrating to be stonewalled in working co-operatively.

A shy boss can be seen as aloof and unresponsive. A shy co-worker can be seen as a snob. Again, shyness is linked psychologically to insecurity.

Occasional stubbornness is not necessarily linked to psychological factors. A supervisor, boss or co-worker may be privy to information that they cannot disclose. This can lead to the perception of stubbornness.

Here are some strategies for dealing with chronically stubborn people:

1. **Acknowledgment:** There is little chance of success in trying to argue with a stubborn co-worker or employer by simply repeating your point of view. A better way to proceed is to acknowledge

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the other person's point of view and try to find any common ground between you.

For example, an employer and employee may be on different sides of the fence on how best to serve customers but they have the common goal of wanting to provide good customer service.

Acknowledging someone's point of view provides a starting point for being on the same team with the same goal. If the employee and employer cannot agree on how to achieve this goal, a common-sense suggestion is to ask customers directly using forms or informal surveys.

2. Demonstrate ideas: Stubbornness has no link to intelligence. Highly intelligent people can be stubborn and resistant to new ideas. Rather than arguing with a stubborn co-worker or employee, try demonstrating your idea.

For example, an employer was having issues getting his computer programmer to design a user-friendly cash register system for a restaurant. The programmer felt the system was fine and that it was the waiters/bartenders who had a problem. The employer arranged a staff meeting and one of the issues on the agenda was cash register usage.

When the programmer heard the comments made by the staff themselves, she realized the issue and changed the design to a simpler system.

3. Look at the physical environment: Is it a case of someone being stubborn or is their physical environment creating a psychological barrier?

Workers in an office were complaining that a supervisor was consistently ignoring them. When the employer looked at the situation, he realized the supervisor had his computer placed in such a way that anyone coming into the office felt the supervisor was looking at the computer, not them.

By changing the desk, so the supervisor was not separated from others by the computer, workers felt the supervisor was more open-minded.

4. Using creative peer pressure: Most people, whether employees or employers, want to be part of a peer group. If a stubborn employee can be convinced that other employees are moving toward a new standard they can be motivated to change. Likewise, if an employer is convinced that other employers in similar companies are adopting a particular strategy, they are more motivated toward change.

For example, one book about motivating people to change recounts the story of a group of researchers who went into hotels that have those "Please reuse your towels" signs. They changed one of the signs to say, "Most people in this hotel

reuse their towels at least once during their stay." Immediately, towel reuse rates went up 25 per cent and laundry bills went down.

5. Be patient and stay calm: Losing your patience and getting angry will not help change a stubborn person's opinion. Walk away and take time to think of new strategies and brainstorm with others.

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4
Jaymes Veitch
Defenseman
Hometown:
Creston, BC
Birth Date:
November 9, 1994



5
Brady Ward
Forward
Hometown:
Prince Rupert, BC
Birth Date:
September 4, 1995



6
Jonathon Watt
Defenseman
Hometown:
Kamloops, BC
Birth Date:
July 5, 1993



11
Jaidan Ward "A"
Defenseman
Hometown:
Prince Rupert, BC
Birth Date:
August 13, 1993



12
Trevor Hanna "A"
Forward
Hometown:
Whitehorse, YT
Birth Date:
December 24, 1993



16
Tyler Akeroyd
Forward
Hometown:
Dawson Creek, BC
Birth Date:
July 9, 1993



20
Angus Johnston
Forward
Hometown:
Calgary, BC
Birth Date:
August 16, 1994



21
Andrew Hodder
Defenseman
Hometown:
Houston, BC
Birth Date:
May 8, 1993



25
Luke Jones
Forward
Hometown:
Strathmore, AB
Birth Date:
July 10, 1994



31
Zach Straza
Goaltender
Hometown:
Williams Lake, BC
Birth Date:
September 22, 1994



44
Trevor LeBlanc "C"
Defenseman
Hometown:
Squamish, BC
Birth Date:
March 31, 1992



55
Matthew Murray
Defenseman
Hometown:
Kamloops, BC
Birth Date:
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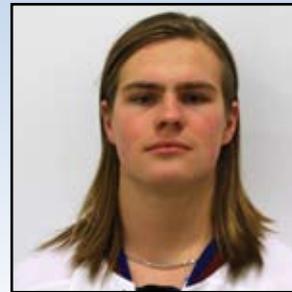
LEY THUNDER CATS



7
Ryan Murray
Defenseman
Hometown:
Kamloops, BC
Birth Date:
November 16, 1993



8
Marcel Fuchs
Forward
Hometown:
Mission, BC
Birth Date:
March 16, 1994



10
Ethan Rusnack
Forward
Hometown:
Calgary, AB
Birth Date:
December 16, 1994



17
Jesse Collins "A"
Forward
Hometown:
Spokane, WA
Birth Date:
February 1, 1993



18
Joey Berget
Forward
Hometown:
Spruce Grove, AB
Birth Date:
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19
Ty Kronewitt
Forward
Hometown:
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Birth Date:
September 7, 1993



26
Darcy Flaherty
Forward
Hometown:
Williams Lake, BC
Birth Date:
February 16, 1994



28
Connor Kidd
Forward
Hometown:
Calgary, AB
Birth Date:
April 24, 1994



30
Tyler Moffatt
Goaltender
Hometown:
Calgary, AB
Birth Date:
September 27, 1993



79
Colby Livingstone
Forward
Hometown:
Creston, BC
Birth Date:
March 14, 1996



#91
Matvei Jmaeff
Forward
Hometown:
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Birth date:
March 5, 1994



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United Farmers of B.C. had strong valley presence

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

People often ask me where I get all my ideas for articles in this column. Well, some of them come from research requests I've tackled for other people; some are inspired by stories local long-timers tell me; still others are the result of random things I've just happened to come across while working on something else.

Sometimes there is no brilliant flash of inspiration. Sometimes I'm completely stumped, and the story idea starts with me standing in front of the shelves of old newspapers saying something like, "Let's see. What was happening in February . . . 19 . . . 20 . . . one?"

Grab that stack of newspapers off the shelf and go through it to find that in February 1921, the weather was quite mild – no colder than seven

degrees Fahrenheit and only 18 inches of snow. Dr. Lillie spent a few days in town "prepared to do all kinds of dental work." Eggs dropped in price from 75 cents per dozen to 50, and several farm properties changed hands.

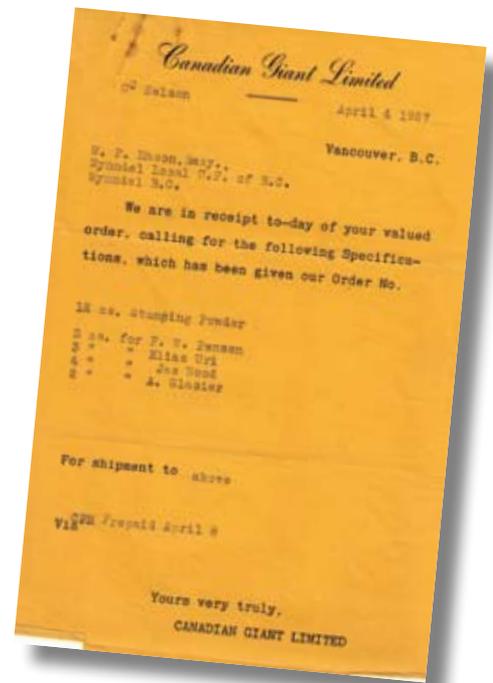
Fortunately for me, the local branches of the United Farmers of B.C. provided a lot more fodder for an article.

The United Farmers of B.C. was a union of farmers established in February 1917 to work for agricultural improvements across the province. Local branches were established in many communities to carry out this goal in a direct, grass-roots kind of way, responsive to the specific needs of each community.

There were five United Farmers associations in the Creston Valley: in Wynndel, Creston, Erickson, Canyon and Lister. Wynndel's and Canyon's branches were established in 1920; I'm not sure when the others were founded.

All of them were active in farming-related initiatives, hosting pruning and packing schools, working with community water associations to improve irrigation systems in their areas and initiating cooperative buying of all sorts of farm commodities to get the best possible prices for their members.

Canyon's United Farmers, in February 1921, were actively investigating the feasibility of a central apple-packing station in that community. The year before they had contributed two prizes to the Creston fall fair for residents of Canyon who won the most prizes, as a way of encouraging participation in the fair and excellence on the part of the farmers.



One of many orders for stumping powder, placed by the Wynndel United Farmers in 1927.

At least two of the local branches sent delegates, armed with resolutions from their home associations, to the provincial United Farmers convention. In February 1921, the five community associations got together to form a district association, giving a single voice to all the farmers of the Creston Valley. The district association also sent a delegate to the provincial convention. Although the accounts in the newspapers don't go into a lot of detail, this was undoubtedly an important part of making the provincial decision-makers aware of the needs of local farmers.

The United Farmers were also involved in a wide range of issues well outside the realm of agriculture. They had something to say about rural mail delivery, school consolidation, regional municipalities and the state of the area's roads – and that's just in the month of February 1921.

In addition, all five of the United Farmers associations hosted social evenings at least once a month (Wynndel had one pretty much every week) that included whist and other card parties, dances, suppers, concerts



and a “hat debate” where speakers picked random subjects out of a hat and “displayed their oratorical abilities.”

This level of social activity might seem a bit strange for a farmers’ union to engage in, but an explanation can be found in the annual report from Canyon’s UF: the socials would be of benefit to the community and would raise money for the operation of the association.

But what is truly astonishing is the fact that some of the local UFs were doing all this with relatively few members. Canyon, for example, had only 33 members in 1920 and, according to their annual report, had held 14 meetings that year with “rather poor attendance.” Maybe they should have followed the example of Wynndel UF president Cooper, who suggested “they try the coffee-pot-on-the-stove feature. It works wonders.”

United Farmers organizations in other provinces were very political, even forming political parties that ran in federal and provincial elections. In B.C., however, members of the United Farmers generally opposed political involvement and, according to the Encyclopedia of British Columbia, it was the United Farmers’ disastrous association with the “Provincial Party” in the 1924 election that led to its demise in 1928.

By that time, though, it appears that the five community United Farmers associations, as well as the district association, were all but gone. Wynndel’s UF continued until at least 1931; we have minutes and correspondence relating to its activities up to that date.

However, neither it nor any of the others appeared in the newspapers of early 1928. In fact, in February 1928, residents of Lister were called to a meeting to discuss the establishment of a Farmers’ Institute in that community, which would “be particularly beneficial in powder purchasing, as well as having other beneficial features.”

This suggests that the Lister UF had ceased to operate some years before, and the absence of the others from the local papers implies that they, too, were either gone or significantly less active than they had been.

In Lister, many of the original settlers had left their farms by the mid-1920s, disheartened by the challenges they faced in that soldiers’ settlement; this would have had significant consequences for all of the community’s organizations.

Canyon’s poor attendance at meetings in 1920-21 might well have been a chronic problem that was never overcome. The loss of credibility of the provincial organization after the 1924 provincial election may have been a factor for the local associations.

They may also have been affected by the general decline of unions across the country in the mid-to-late 1920s. When

the local United Farmers associations were established, unions were seen as a vital element of social and economic progress.

As one letter to the editor stated in February 1921: “The unorganized individual blocks progress . . . Get organized and keep the wheels of progress moving at the natural speed.”

By 1928, the public’s perception of the value of unions in general had changed dramatically and it is that change, as much as any local factors, that undoubtedly caused the United Farmers to disappear from the local landscape.

The United Farmers are only one of many farming groups to have appeared and disappeared in the Creston Valley. The focus of those organizations has varied quite a bit, as has the length of time of their operations and the reasons for their demise or success.

But if there’s one thing we can learn from randomly reading old newspapers, it’s that a good idea never comes around just once. Co-operative purchasing, political lobbying, joint infrastructure projects, etc., have always benefited local farmers, and there has always been at least one local organization in the community to work for them. ■

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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Valentine's Day Fun Facts

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Valentine Cards

Every year around 1 billion Valentine cards are sent. After Christmas it's a single largest seasonal card-sending occasion.

Teachers receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children between ages 6 to 10 exchange more than 650 million Valentine's cards with

teachers, classmates, and family members.

Valentine Flowers/Roses

Of the 73% of people who buy Valentine's Day flowers are men, while only 27% are women.

The red rose was the favorite flower of Venus, the Roman goddess of love. The color red stands for strong romantic feelings making the red rose the flower of love.

Cupid

Cupid is a symbol of Valentine's Day. Cupid was associated with Valentine's Day because he was the son of Venus, the Roman god of love and beauty.

Cupid often appears on Valentine cards and gift tokens holding a bow and arrows as he is believed to use magical arrows to arouse feelings of love.

Love Letters and Poems

Verona, the Italian city where Shakespeare's play lovers Romeo and Juliet lived, receives about 1,000 letters every year sent to Juliet on Valentine's Day.

The oldest surviving love poem till date is written in a clay tablet from the times of the Sumerians, inventors of writing, around 3500 B.C.

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In the Middle Ages young men and women drew the names from a bowl to see who would be their Valentine. They would wear this name pinned on their sleeves for one week. This was done so that it becomes easy for other people to know your true feelings. This was known as "to wear your heart on your sleeve".

Valentine Gifts

On February 14th wooden love spoons were carved and given as gifts on Valentine's Day in Wales. Hearts, keys and keyholes were favorite Valentine decorations on the wooden spoons. This Valentine decoration meant, "You unlock my heart!"

Amongst the earliest Valentine's Day gifts were candies. The most common were chocolates in heart shaped boxes.

The Valentine Heart

The heart is associated to Valentine's Day as it is considered the source of all human emotions. The custom of drawing a heart shape is supposed to have come from early attempts to draw an organ that no one had seen.

Birds

Lovebirds are often associated with Valentine's Day. These lovebirds found in Africa, are brightly colored and sit very close together with their mates, earning them their name.

Doves are also part of the Valentine tradition. These birds are symbols of love and loyalty because they mate for life.

Love knots

A love knot is a symbol of undying love, as its twisting loops have no beginnings or ends. ■

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How to keep warm in winter – if you're a bird

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

I really enjoy watching the birds at our feeder in the winter months.

Nuthatches dart in and out at lightning speed. Chickadees fly in, grab a seed, look around and fly off. Evening grosbeaks crowd the feeder in dozens, sending seeds flying as they feast at the free buffet.

than humans. The average body temperature of a bird is 40 degrees Celsius; average human body core temperature is 37 degrees Celsius.

Depending on the climate and activity, a bird's body temperature can fluctuate, and it can be a challenge to maintain that high

legs and feet separate from their bodies by constricting blood flow to their extremities. This helps to reduce heat loss.

It doesn't hurt to pack on the pounds too. (I tend to do that in the winter as well!) Building up body fat reserves helps to provide

“Feathers are a key ingredient in keeping a bird warm”

more insulation and extra energy for creating body heat, so birds must eat a lot to replenish their energy reserves.

And on top of these physical adaptations, birds have behavioural tricks to keep warm. They fluff their feathers to create warm air pockets, tuck their legs and beaks tightly to their bodies, sun themselves when the warm rays appear, shiver and roost in groups and cozy spots, all in an attempt to keep warm.

Even though birds use all these measures to keep warm, many still succumb to frigid temperatures. Bird mortality can be high during severe winters.

Putting up a well-stocked bird feeder in the winter, with foods such as seeds and suet, provides a food source that is high in fat and calories, giving birds plenty of energy with which to generate body heat.

Make sure to keep your feeders full throughout the winter so that the birds always know where to go to get a high-energy meal. ■

Always feel free to get in touch if you have any questions via phone (402-6900), e-mail (askus@crestonwildlife.ca) or in person at our administration building at 1874 Wildlife Rd. in West Creston.



American Goldfinch.

As temperatures dip lower, I wonder how these tiny little creatures manage to keep warm. When I go outside I am laden with gear – down jacket, toque, scarf, mittens, long johns – and they just have feathers!

So what are they doing to keep toasty? Birds have some amazing adaptations to keep warm in even the most frigid conditions.

Birds are warm-blooded animals with a much higher metabolism, and thus higher body temperature,

body heat when the temperature dips too low.

Feathers are a key ingredient in keeping a bird warm. They provide great insulation against the cold and many birds grow extra feathers in the fall to keep warm over the winter.

A natural layer of oil on the feathers helps to keep them waterproof as well.

Birds' feet are pretty amazing. Birds can control the temperature of their

A penny for your thoughts on coin's elimination

Story by: Rita Patstone, CGA

Starting last fall, Canadian businesses were asked to return pennies to financial institutions as part of the federal government's plan to take the coin out of circulation. The coins will be melted and the metal content recycled.

In the meantime, Canadians can continue to use pennies to pay for things and the one-cent piece will retain its value indefinitely.

What It Will Mean for Consumers

Canadians will be able to easily adapt to the elimination of the penny.

Pennies that are still in circulation or held by Canadians will retain their value and consumers can continue to use them indefinitely to make payments. Canadians can also redeem rolled pennies at their financial institutions.

Canadians who have saved a substantial amount of pennies over the years can consider donating them to charities.

The cent will remain the basic unit for all payments. Price-rounding to the nearest zero or five will only affect cash transactions (i.e. using coins and bank notes). Non-cash payments such as cheques, credit and debit cards will continue to be settled to the cent.

Price-rounding will only be used for cash transactions after the calculation of the GST/HST. There should be no net gains or losses for either consumers or retailers.

What It Will Mean for Businesses

As the penny will continue to remain the basic unit in the

Canadian currency system, retailers and other businesses can continue to price goods and services in one-cent increments and there will be no need to reprogram cash registers.

When settling transactions in cash where pennies are not available, businesses are expected to round prices in a fair, consistent and transparent manner.

The calculation of the GST or HST on purchases, whether for cash or non-cash transactions, will continue to be calculated to the penny and added to the price. It is only the total cash payment for the transaction that will be rounded.

If businesses round cash transactions to the nearest five-cent increment, any gains or losses relating to cash transactions (a maximum of two cents per transaction) will balance out over time.

Countries That Have Ceased to Produce or Removed Low-Denomination Coins

Australia: removed its one-cent and two-cent coins from circulation in 1992.

Brazil: stopped issuing one-real coins in 2005.

Finland: does not issue one-cent and two-cent euro coins since the euro was introduced in 2002.

Israel: stopped issuing the one-agera coin in 1991 and the five-agerot coin in 2008.

Netherlands: stopped issuing one-cent and two-cent euro coins in 2004.

New Zealand: removed its one-cent and two-cent coins from circulation in 1989 and its five-cent coin in 2006.

Norway: removed its one-øre and two-øre coins in 1972; by 1991 it had also removed its five-, 10- and 25-øre coins.

Sweden: removed its one-öre and two-öre coins in 1971; by 1992 it had also removed its five-, 10- and 25-öre coins; in 2009 it repealed the 50-öre coins from circulation.

Switzerland: officially withdrew its one-centime coin from circulation in 2006, while the two-centime coin lost its legal tender status in 1978.

United Kingdom: removed the legal tender status of the half-penny in 1984. ■

For more information contact Rita Patstone, certified general accountant, at 428-2662.



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Putting health practitioners on the same page

Story by Jesse Moreton, BSc DC

In a continuation of last month's article about patient-centred care, this month we'll be discussing how a leading Toronto hospital has put principle into practice.

St. Michael's Hospital is perhaps Canada's most well-known teaching and research hospital. Its response to the patient-centred care movement is to create an environment in which patients have access to various health-care practitioners and use a common record-keeping system.

It calls its roster of professionals an academic family health team (AFHT). The team consists of physicians, nurses, nurse practitioners, chiropractors,

psychologists, dietitians, social workers, primary care pharmacists and dentists. Each of the practitioners plays a collaborative role in patient care through internal referrals.

All practitioners use the same electronic medical record system so that each practitioner can see what the others are doing. Think about that; it means the dentist can see

is a wonderful opportunity, where people walk the walk of collaborative practice and truly deliver patient-centred care . . . Here, providers share patient care with confidence that patients are receiving the care they need."

Feedback from patients has also been positive. Yu Rong, a Parkinson's patient, expresses: "I can feel that they have a heart for

"All practitioners use the same electronic medical record system so that each practitioner can see what the others are doing"

what the psychologist is doing and the pharmacist can see what the dietitian is doing. Everyone is on the same page, literally.

The AFHT seems to be working, not only for patients but also for practitioners. The following quotes are taken from an article in Primary Contact (fall 2012), a periodical from the Canadian Memorial Chiropractic College.

Lead physician Dr. Fok-Han Leung explains: "The collection of professionals and individuals at the Health Centre . . . provides us a unique opportunity to provide truly interprofessional care. It has been enlightening for me as a family physician to learn, appreciate and respect the considerable knowledge of the chiropractors and chiropractic trainees at the clinic. This trust subtly but definitively breaks down the walls and barriers that have historically impeded our professions from working together."

Chiropractor Dr. Deborah Kopansky-Giles adds: "This

what they are doing." I especially like this comment as it describes how integral care is to any health-care model. Care for the individual should be what it's all about.

All in all, the St. Michael's team has been a success. The government of Ontario has even made note. The AFHT was recently identified in the Health Innovation Report (a government-issued document) as a primary care model for provincial ministers to consider as they implement reforms to health care and delivery. I expect B.C. will be last to view the document.

Bringing this discussion back to Creston, don't expect to see me or your local dentist at the hospital tomorrow. I imagine it will take some time before these teams become a widespread reality. At least it has begun and we can see that it works. At least we're seeing the ideal of patient-centred care. ■

For more information call Moreton Chiropractic at 428-3535 or visit moretonchiropractic.blogspot.com.

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Traditions mark Chinese new year

Story by:
Shifu Neil
Ripski

“Gung how fat choy” is what everyone knows, but it’s actually just for Cantonese speakers. In Mandarin it’s, “Gong xi fa cai,” which literally means, “Congratulations. May you be prosperous.”

Or you can also just say, “Xin nian kuai le,” which means, “Happy New Year!”

But any way you say it, it is time for all the great new year’s treats (mmmm, sweets), traditions and celebrations for the beginning of the Year of the Snake.

It is traditional for every family to thoroughly cleanse the house, every corner indoors and in the courtyard (of a traditional house), in order to sweep away any ill-fortune and to make way for good incoming luck.

Windows and doors will be decorated with red-coloured papercuts and couplets written in black ink on red paper with popular themes of “good fortune” or “happiness, wealth and longevity.”

The attached couplets can be cut out and hung in your home for good luck on either side of the doorway.

On the eve of Chinese new year, supper is a feast with your and other close families. Food will include such items as pigs, ducks, chicken and sweet delicacies.

This year the Creston zen-do and my martial arts school, Red Jade, are putting on a dinner at the zen-do, including a martial arts demonstration and traditional new year’s food. Tickets will be available through either me or Kuya Minogue at the zen-do.

The night normally ends with firecrackers to welcome the new and frighten away any bad luck that may still be lingering. Early the next morning, children will greet their parents by wishing them a healthy and happy new year, and receive money in red paper envelopes.

The Chinese new year tradition is to reconcile, forget all grudges and sincerely wish peace and happiness for everyone. It is this most important aspect of the celebrations that I hope to have everyone take part in so we all have a truly peaceful and happy Year of the Snake.

Although many predictions are always made for each year and how it will affect people of certain Chinese zodiacal signs, here I thought it would be of more use to bring a little information about what animal signs are from each year along with elements.

The Chinese calendar runs in a 12-year cycle of animals. Which animal you are born under is based on the year of your birth and not the month, as it is in western astrology. The 12-year cycle since 1998 is as follows:

- 1998 Year of the Earth Tiger.
- 1999 Year of the Earth Rabbit.
- 2000 Year of the Golden Dragon (special element only happens every 1,000 years).
- 2001 Year of the Metal Snake.
- 2002 Year of the Water Horse.
- 2003 Year of the Water Goat.
- 2004 Year of the Wood Monkey.
- 2005 Year of the Wood Rooster.
- 2006 Year of the Fire Dog.
- 2007 Year of the Fire Pig.
- 2008 Year of the Earth Rat.
- 2009 Year of the Earth Ox.
- 2010 Year of the Metal Tiger.

2011 Year of the Metal Rabbit.
2012 Year of the Water Dragon.

To find the year of your birth you would simply work backward from this cyclical list and be able to find everything out.

Now back to the celebrations!

After the house was cleaned it was time to bid farewell to the kitchen god or Zao Wang. In traditional culture the kitchen god was regarded as the guardian of the family hearth. He was identified as the inventor of fire, which of course was necessary for cooking, and was also the censor of household morals.

Statues of the kitchen god can still be seen in traditional families’ kitchens near the fire lace or stove.

On New Year’s Eve the family would give the kitchen god a farewell dinner of sweets and honey before he would leave to the celestial kingdom and report to heaven about the families’ goings on. Some, myself included, say that this was a bribe for a favourable report to his superiors. (How little things have changed in 1,000 years!)

Once free from the ever-watchful eyes of the kitchen god, the family could begin their new year’s celebrations in earnest since there would be no prying eyes to report on them. Food, drink and fun comprise the rest of the evening.

Just for interest, the Chinese calendar traditionally does not use continuously numbered years. Outside China its years are often numbered from the reign of the Yellow Emperor Huan Ti, but at least three different years numbered 1 are now used by various scholars, making the year beginning in 2013 CE the Chinese year 4711, 4710 or 4650.

Happy New Year, everyone! ■

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.

Exploring the concepts of prana and apana

Story by: Creston Valley Yoga Studio

The view of yoga used in the book *Yoga Anatomy* is based on the structure and function of the human body.

Because yoga practice emphasizes the relationship of the breath and spine I will pay particular attention to those systems by viewing all the other body structures in light of the study of anatomy.

Anatomical awareness is a powerful tool for yoga practitioners to keep their bodies safe and their minds grounded to reality. The reason for this mutually illuminating relationship between yoga and anatomy is how the human system is constructed.

The subject of the study of yoga is the self, and the self dwelling in a physical body. The ancient yogi held the view

that we actually possess three bodies: physical, astral and casual. From this perspective, yoga anatomy is the study of the subtle currents of energy that move through the layers, or sheaths, of those bodies.

The purpose of this work is to neither support nor refute this view. I wish only to offer the perspective that if you are reading this book, you possess a mind and body that is currently inhaling and exhaling in a gravitational field. Therefore, you can benefit immensely from a process that enables you to think more clearly and breathe more effortlessly and efficiently.

This is, in fact, our basic definition of yoga practice: the integration of mind, breath and body. A key element that distinguishes yoga practice from gymnastics or calisthenics is the intentional integration of breath, posture and movement.

The most basic unit of life, the cell, can teach an enormous amount about yoga. In fact, the most essential yogic concepts can be derived from observing the cell's form and function.

This chapter explores breath anatomy from the yogic perspective using the cell as a starting point. The observation that living things take in nutrients provides a good basis for understanding the term prana, which refers to what nourishes a living thing. Prana refers not only to what is brought in as nourishment but also to the action that brings it in.

Of course, there has to be a complementary force. The yogic concept that complements prana is apana, which refers to what is eliminated by a living thing as well as the action of elimination. These two fundamental yogic terms – prana and apana – describe the essential activities of life.

Successful function, of course, expresses itself in a particular form. Certain

conditions have to exist in a cell for nutrition (prana) to enter and waste (apana) to exit. The membrane's structure has to allow things to pass in and out of it. It has to be permeable.

It can't be so permeable, however, that the cell wall loses its integrity. Otherwise the cell will either explode from the pressures within or implode from the pressures outside.

The nutritional and waste pathways show how the human system is open at the top and bottom. You take prana, nourishment, in solid and liquid forms at the top of the system; it enters the alimentary canal, goes through the digestive process and, after a lot of twists and turns, moves down and out as the resulting waste.

It has to go down to get out because the exit is at the bottom, so the force of the apana, when it is acting on solid and liquid waste, has to move down to get out.

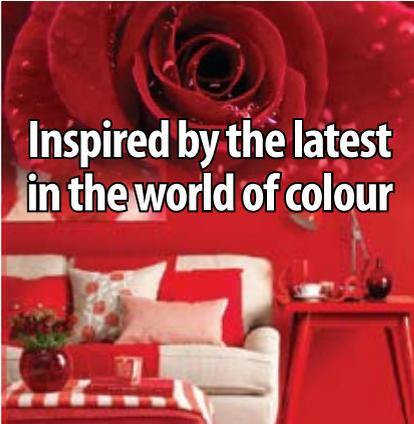
You also take in prana in gaseous form. The breath, like solid and liquid nutrients, enters at the top. But the inhaled air remains above the diaphragm in the lungs, where it exchanges gases in the lungs to get out.

But it needs to get back out the same way it came in. That is why it is said that apana must be able to operate freely both upward and downward, depending on what type of waste it's acting on.

That is also why any inability to reverse apana's downward action is a basic and useful skill that can be acquired through yoga training but is not something most people are able to do right away. Pushing downward is the way most people are accustomed to operating their apana because whenever there's anything within the body that needs to be disposed of, humans tend to squeeze in and push down.

That is why most beginner students, when asked to exhale completely, will squeeze in and push down their breathing muscles as if they're urinating or defecating.

The pathways must be clear of obstructing forces in order for prana and



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apana to have a healthy relationship. In yogic language, this region must be in a state of sukha, which literally means “good space.” Bad space is referred to as duhkha, which is commonly translated as “suffering.”

The fundamental methodology of all classical yoga practices attends to the blockages, or obstructions, in the system to improve function. The basic idea is

that when you make more “good space” your pranic forces will flow more freely and restore normal function.

This is in contrast to any model that views the body as missing something essential, which has to be added from the outside. That is why it has been said that yoga therapy is approximately 90 per cent about waste removal.

Another practical way of applying this

insight to the field of breath training is the observation that if you take care of your exhalation, the inhalation will take care of itself. ■

Copyright © 2007 by the breathe trust. Author Leslie Kaminoff of Yoga Anatomy: your illustrated guide to postures, movements and breathing techniques.

For more information about the benefits of yoga or to learn about taking a class, visit the new Creston Valley Yoga Studio Web site at www.crestonvalleyyogastudio.com or call 428-8848.

And the winning artist is...

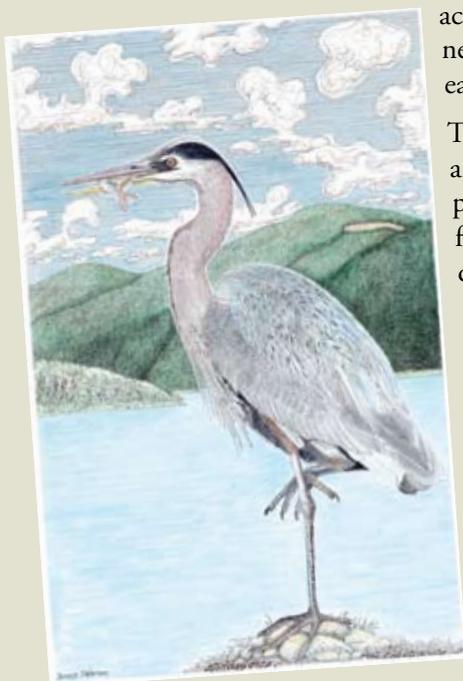
Congratulations to Bruce Paterson, whose artwork was chosen by the Creston Valley Bird Fest committee to promote its inaugural event this spring.

Since the early days of the National Audubon Society, art and birds have enjoyed a natural relationship. The Bird Fest committee would like to thank Paterson and the following artists who contributed to the festival art piece competition: Marion Evans, Bea Vonallmen, Grace Tyler, Pat Yarema, Crystal Schmidt, Kim Cook, Eleanor Van De Bogart, Carolyn Stone, Karen Arrowsmith, Marjorie MacLeod and Arleane McDonald.

Paterson’s art will appear on the festival program, posters throughout the Kootenays and advertising for the May 10 and 11 Bird Fest.

It is hoped that the festival will grow into an annual event accompanied by a new art selection each year.

The public will have an opportunity to purchase Paterson’s festival art piece during the May 10 opening night art/photography show and sale. The gala event will be followed by an after-dark owl prowls at the Creston Valley Wildlife Management Area.



For more information about the art show contact Lori Wikdahl.

The art purchase was made possible by a donation to Wildsight. Those wishing to make tax-deductible donations may contact www.wildsight.ca and specify “Creston Valley Bird Fest” or send cheques to: 2-495 Wallinger Ave., Kimberley, B.C., V1A 1Z6. ■

Aspiring Bird Fest volunteers are welcome to call Tanna Patterson at 428-5246.

For more information about the event, visit www.crestonvalleybirds.ca.

Spring 2013 Wildsight Series
All presentations hosted by Creston Valley Branch of Wildsight

- Jan. 22 January Leftovers**
7:00 p.m. Rotacrest Hall
\$6.00 at the door
- Feb. 12, Peace Out**
(80 min. film)
7:00 p.m. Rotacrest Hall
\$6.00 at the door
- March 12 Chasing the Ice**
(88 min. film)
7:00 p.m. Rotacrest Hall
\$6.00 at the door
- May 11 Brian Keating: Going High - 3 Spirit-lifting Journeys**
7:30 p.m. PCSS Auditorium
\$15.00
- May 10-11 Creston Valley Bird Fest**
www.crestonvalleybirds.ca



Beat the winter blues with St. John's wort

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

Winter can be beautiful. On sunny days with frosted trees and fluffy snow, it's truly a winter wonderland.

Yet, when the sun is not shining, the winter blues can set in. Many have figured out that getting the sunshine fix by travelling to warm climates works well.

But for those who cannot travel there is a different kind of sunshine fix available – St. John's wort (SJW). Folk medicine experts from all over the northern hemisphere say the same thing: sunshine stored within the petals of this plant brings us light when everything seems dark. They know what they are talking about.

Numerous clinical studies of SJW all confirm its effectiveness on mild to moderate depression and seasonal affective disorder (SAD). For years now in Germany, medical doctors have been suggesting SJW over pharmaceutical antidepressants for all mild to moderate depression, with great results.

It's a perfect herb for feeling blue as it's also a relaxant, improves mental performance and concentration, doesn't change alertness and does not have any sedative effects. You can't say the same for pharmaceuticals.

So how does SJW work?

Depression results from an imbalance of neurotransmitters in the brain which help regulate mood. SJW works like a monoamine oxidase inhibitor (MAOI), which prevents the monoamine oxidase enzymes from breaking down neurotransmitters such as serotonin and dopamine. As a result, the neurotransmitter levels remain high, boosting the mood.

SJW also acts on the endocrine and immune systems. Science has shown us the link between our emotional health and immune function. For example, we get sick more often when our stress levels are high.

The same goes for our emotional health. When we're feeling down, our immune system is also down, partly due to the overproduction of interleukins – messengers between cells. SJW decreases interleukin production, which calms the overactive immune system, bringing it back into balance.

Dosage and usage: SJW should be taken 10 to 14 days before any antidepressant effect can be noticed,

and generally it takes three to six weeks for full effect. It needs time to build up in the body and the brain needs time to respond and produce therapeutic effects.

Taking higher doses will not speed up the process but will provide a stronger effect once the herb takes effect.

For SAD or mild to moderate depression, as well as anxiety, start with 60 to 80 drops of SJW tincture, twice daily. Increase to double dose if desired effects are not felt after four to six weeks. If you prefer capsules, take one or two capsules twice daily and double the dose after four to six weeks if necessary.

Contraindications: If you are already taking conventional MAO inhibitors, you must taper them off slowly before trying SJW. Your doctor must know what you're doing.

Decrease intake of aged or fermented foods (cheese, wine, pickles, aged meats, sauerkraut, soy sauce and tofu). Do not use SJW with the herb yohimbe or anticoagulant drugs (like warfarin). SJW should be avoided if you're pregnant or if you have an estrogen-driven cancer. It may also interact with oral contraceptives.

Taking SJW in large doses may cause sensitivity to the sun, especially if you're fair-skinned.

Also, SJW is a mild cleanser so if you have a heavy toxic buildup you may get skin rashes and itching due to the body trying to get rid of toxins.

If you're taking a cocktail of pharmaceuticals and still want to try SJW, it's best to consult a master or clinical herbalist or naturopathic doctor specializing in herbs. ■

Skalinska is a registered herbal therapist with the CHA of B.C. She offers iridology, pulse and tongue analysis, herbal medicine, nutritional consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment call 225-3493.

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Out & About

Submitted by: www.crestonevents.ca

February 1

Thunder Cats vs. Fernie Ghostriders

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

Date: February 5

Thunder Cats vs. Columbia Valley Rockies

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

February 5

Fung Loy Kok TAOIST TAI CHI

A new beginner class of Taoist Tai Chi

Location: St Stephen's

Presbyterian Church
9-11am

Contact: Lin Martin

Phone: 250 402-8685

Website: www.taoist.org

February 8

Thunder Cats vs. Kelowna Chiefs

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

February 8 to 10

Valentine Bonspiel

50th Anniversary Bonspiel

Location: CDCC

Contact: Andrea

Phone: 250-428-7127

February 8 to 10

Art Trot - 3rd Annual Silent Art Auction

Fundraiser for the Therapeutic Riding Program

Contact: Michelle Whiteaway

Phone: 250-402-6793

<http://cdscl.com/trp.htm>

February 9 to 11

Kootenay Lake First Annual BC Family Day Fishing Derby 2013

\$10,000 in prizes - \$5,000 for the longest Rainbow Trout and \$2,000 for the longest Dolly Varden

Contact: Zac Odin

Phone: 250-428-0318

www.ctrcanadaderby.com

February 9

Creston Concert Society presents Duo Rendezvous

Duo Rendezvous consists of two of B.C.'s most dynamic young musicians.

Location: PCSS Theatre

7:30pm

Contact: Creston Concert Society

Phone: 250-428-9557

www.crestonconcertsociety.ca

February 10

Thunder Cats vs. Fernie Ghostriders

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

February 14

Love Float!

Location: CDCC

Contact: Andrea

Phone: 250-428-7127

February 19

PST Seminar

presented by the Ministry of Finance PST Seminars Across B.C.

Early registration will start in January.

Contact: Jim Jacobsen

Phone: 250-428-4342

<http://www.pstinbc.ca/>

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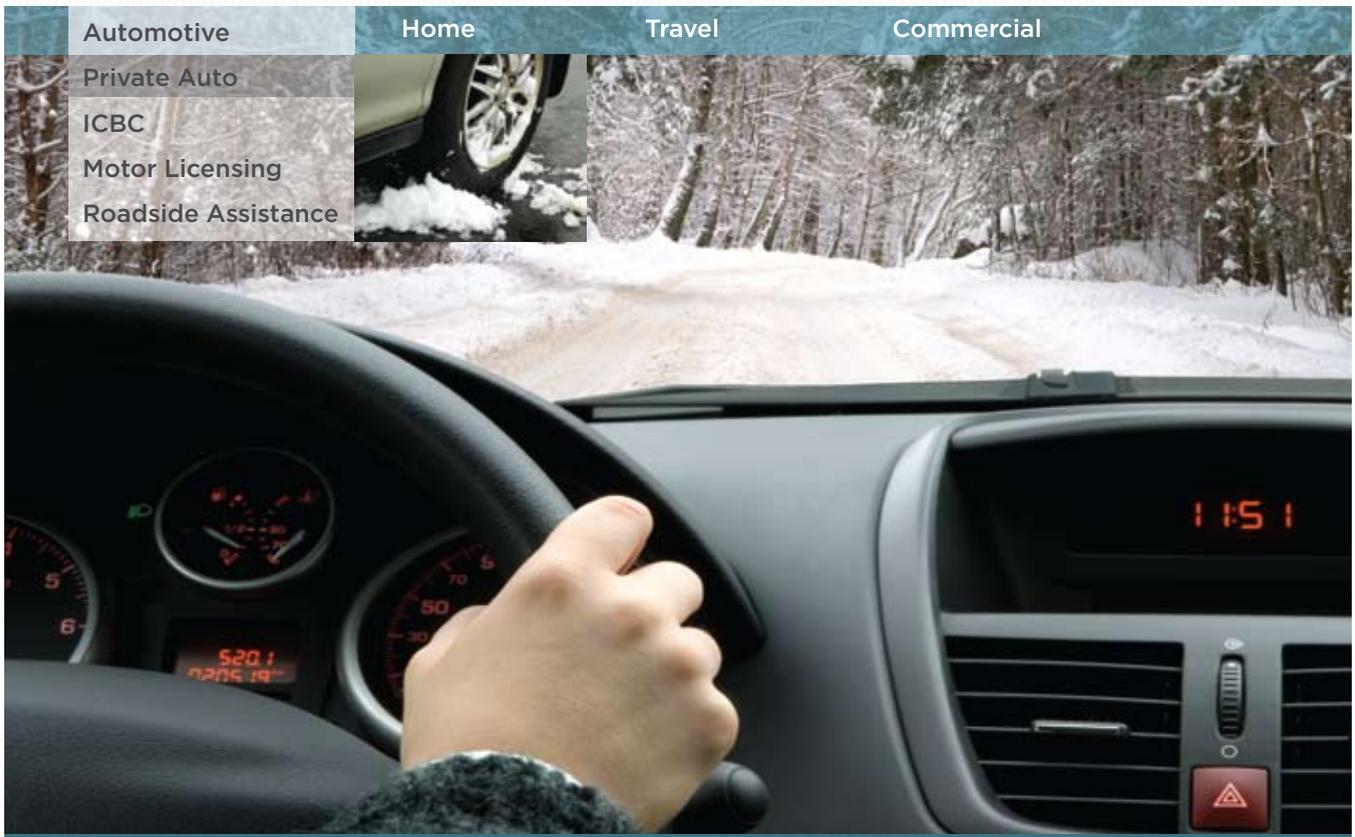
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- Improved tailgate design • New deluxe bench seat with retractable seatbelt

*Cash price includes all discounts in lieu of low rate finance.

0% financing available on approved credit, call dealer for details.

Buhler Snow Blower Clearance

50" 3pth snowblower

STARTING AT
\$1,999.00*



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