

Bringing the
Creston Valley together.

FREE

January
2013

i love
creston

Rockin' the house

Valentine's Bonspiel
slides into a
second half-century



Year in Review

TSN visit tops Best of
2012 list

Creston Museum

Craftiness accompanied
school district consolidation

Martial Arts

Simple two-part approach
to meditation



Learning that fits your lifestyle!

Watch your mailbox
for the newest

Continuing Education guide

for January 2013 -
April 2013

We offer a great selection of classes, including:

Production Horticulture

Feb 18-April 12 / Mon-Fri / \$800

Herbal Practitioner

On-Campus / Starts Feb 15 / \$1,849

Bridging for Women

Feb 18-Feb 28 / Mon-Fri / \$725

Celebrating Herbs

Mon, Wed / Jan 21 – Feb 13 / \$256 + hst

Sign Language

Tuesdays / Jan 8-Feb 26 / \$169

Airbrakes

Fri-Sun, Jan 18-20 / \$289

Forklift

Sat, Jan 26 / \$249

Foodsafe

Sat, Jan 26 / \$100

Color Boot Camp

Sat, Feb 2, 9, 23, Mar 2 / \$159+hst

Transform Your Beliefs About Aging

Thursdays / Jan 17-Feb 7 / \$79+hst

Wills & More

Sat, Feb 2 / \$25 + hst

Pruning Fruit Trees

Sat, Feb 23 / \$60

Xeriscape

Tue, Thu, Feb 26, 28 / \$54

Food in the Valley

Workshop 1 / Sat, Jan 26



Creston Campus

Information & Registration

301 - 16th Ave. S., PO Box 1978 Creston, BC V0B 1G0

Phone: 250-428-5332 • Fax: 250-428-4314

Toll free: 1-866-740-2687 • email: creston@cotr.bc.ca

For full information on
upcoming courses or to register:

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



Sales

Sally Hall

cell: 250.402-9111
sally@ilovecreston.com

Graphic Design/Sales

Wendy Franz

cell: 250.402.8711
wendy@ilovecreston.com

Financials/Sales

Justin Ziola

cell: 250.428.6772
justin@ilovecreston.com

The Magazine

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd. Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used in any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

Letters to the Editor

Letters to I Love Creston Magazine may be emailed to office@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

I Love Creston Marketing Ltd.

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



contents



feature story

5 Hurry hard, party hearty

Trends and teams have come and gone, but the Valentine's Bonspiel has always been about equal parts curling and carousing.

what's inside

8 Town Hall
SportsCentre highlights 2012.

9 First Nations
Chief calls for unity.

10 Region
Area B backup appointed.

11 Environment
Stove exchange a hot idea.

12 Business
PST makes a comeback.

14 Wellness
Campaign benefits maternity ward.

15 Education
Herbal program still sprouting.

18 History
Mighty clever, by George!

20 Nature
Snowflakes one of a kind?

21 Employment
Technology in the workplace.

22 Health Care
Focus on patient, not practitioner

24 Martial Arts
Meditation made easy.

26 Spiritual
The shift of the ages.

28 Sports
Backstage look at junior B.

Guest From the editor

The Valentine's Bonspiel, the annual women's event hosted by the Creston Curling Club, marks its 50th anniversary on Feb. 8-10. But the sport's formal roots in the valley date much farther back than that.

Newspaper archives from the old Creston Review and Creston Valley Advance reveal that the club's first meeting was in December 1925 with a Dr. Henderson presiding.

Games were held in the town's Agricultural Building on a natural ice surface, portions of which were designated for curling and skating. The curlers – membership was capped at 24 – considered themselves fortunate that freezing temperatures prevailed that winter.

The club erected a curling-specific building to the west of the agricultural grounds the next fall, with carpenters earning 40 cents an hour. By the 1929-30 season they were playing under electric lights.

Though founded by men, the club was not exclusive of women, who were permitted to play in the afternoon for \$2 apiece.

The groundwork for the next phase of modernization was laid in 1938 when a concrete floor was poured. A new roof and clubhouse improvements followed in 1943, when affiliation with the B.C. Curling Association was struck.

An ice-making plant was installed in 1945, making Creston the smallest community in Canada to boast artificial ice, according to published reports.

The club had incorporated under the Societies Act by 1946, when what was billed as the biggest event in Creston curling history was launched

– the Butterfly Bonspiel for men, which continues to this day.

While the Valentine's Bonspiel was named for its proximity to Feb. 14 (being held on the weekend closest to that date, but not later), the men's 'spiel earned its title less practically.

According to a 1957 article in the Advance by Russ Joyce, the club's secretary-treasurer, "During the opening ceremony conducted by the late Frank Staples on a glorious spring day, there fluttered down from parts unknown a flight of small butterflies. Thus the name 'Butterfly Bonspiel.' Since then it has become the biggest and most popular 'spiel in the interior of B.C."

Noting that the 1954 Butterfly boasted a robust 82 rinks, with 78 and 72 in subsequent years, Joyce wrote, "The B.C. Spiel in Victoria this year had an entry of 88. All power to the Butterfly."

The club moved into a new rink in 1950 and expanded membership to 132 from 62 two years later, allowing a fourth sheet of ice to be installed and sets of matched rocks to be purchased.

The women's game was also gaining momentum as Creston ladies hosted the 1950-51 East and West Kootenay Spiel and earned the following props from Joyce: "Words fail to adequately express our gratitude and thanks to the Ladies Curling Club for what they are doing and have done in many ways besides donations of time and services. A big thanks, gals."

A-event winners of the first Valentine's Bonspiel in 1963 were skip M. Werner and rinkmates Mabel Smith, D. Langston and L. McKenzie.

The field numbered in the 20s at first but the bonspiel gained cachet

rapidly as the 10th anniversary edition, hailed as the "highlight of the curling season," was won by a foursome from Calgary, and guests were charmed by the warmth of the small-town atmosphere.

"Get-togethers were held Saturday and Sunday and members of local rinks took the visitors to their homes for breakfasts and lunches," said one report. "This hospitality was much appreciated by the visiting rinks."

As recently as 2003 the Valentine's was still drawing close to 40 teams, a figure organizers would be happy to reach this year as attendance has been in decline. Vice-chairman Bev Pommier, however, remains confident of the 'spiel's long-term appeal and survival.

"It's a lifetime sport where if you teach your kids to curl when they're younger they can curl until they are seniors and want to go south," she says. "(And) it's a social thing. If you move to a different town and you don't know anybody, go to a curling rink."

The key to growth, she adds, is revitalizing the dormant local junior program, because "that's where your bonspiel people come from when they're 20 and up."

To enter the Valentine's Bonspiel phone Pommier (866-5492) or chairman Marlys Joy (428-7583).

Among planned special events are dances to live music on the Friday and Saturday nights, a Saturday banquet also open to former curlers and the traditional costume parade Friday evening.

"You never know what's going to show up," Pommier says.

There's more on the bonspiel and curling in Creston in this month's cover story. ■



Rock Steady

Next generation of curlers needed to ensure 50-year-old Valentine's Bonspiel thrives into the future

Viva the Valentine's Bonspiel, at which female curlers have been drinking in a combination of the sport's social and competitive elements for half a century.

When the Creston Curling Club's annual women's event turns 50 in February its entries may number barely half that of its peak period in the late 1980s, but they'll still be rockin' the house as far as letting loose, according to vice-chairman Bev Pommier.

"Oh, absolutely," she says with a laugh, before adding, "That's all we can say about that. What happens at the rink, stays at the rink!"

Attendance has been a roller-coaster over the past five decades, attributed to such factors as the number of ice sheets and changing demographics, but camaraderie, good times and – yes – intense play remain constants. The tradition is set to continue this year and well into the future at the recently renovated Creston and District Community Complex.

"We're trying to make it bigger and better (with) more entertainment and . . . more giveaways and gifts and door prizes and things like that," Pommier says. "We have a live band this year instead of a DJ."

The committee invited as many past entrants as it could track down to pump up the draw and augment the atmosphere of nostalgia that seems certain to prevail, given the 2013 theme of It Happened in 1963.

"(It) seems to be working," Pommier says. "We've had a couple of e-mails from people that haven't come for years and years who are going to come back because it is the 50th."

"We're hoping for more rinks. Lately we've been around 24, 26. We're hoping for 36 this year."

Even that, however, would be a far cry from the bonspiel's heyday when games ran 24/7 all weekend.

"The largest we've had was 54 at one time, and that was when we only had the four sheets of ice instead of six, so we curled around the clock

every two hours," says Pommier, who headed the organizing committee that year. "Literally every two hours there was another (draw)."

"I remember quite well (coming home) from the party at 1 (a.m.), sleeping till 3 and coming back to curl. You knew at the beginning of the weekend that's the way it was going to be and if you didn't like it, you didn't sign up."

"The year before we had 48 teams so the last draw was at 1 in the morning. Then they started at 7 on Saturday and 9 on Sunday morning so you had a few hours of down time."

Corn brooms were still used for sweeping which "was hard work," she remembers.

"I've heard that they had to unfold their fingers to wrap around the broomstick because your hands are so sore," says Marlys Joy, who chairs this year's committee. "And the blisters – lots of blisters."

The Valentine's was so popular that some rinks were turned away.

"In those years it started Thursday night, with the local rinks playing off before the out-of-town teams got here," Pommier says. "I think that year, and maybe a few years before that, there was a lottery of local teams to get into the bonspiel. It wasn't a given that you'd get in.

"The Valentine's was so popular that some rinks were turned away"

"They took 24 teams from in town and 24 from out of town, so if there were 26 teams in town or 30 or whatever, everybody's name went in a hat and you got pulled out to see if you made it or not."

Donna Salvador was a mainstay in the early years of the Valentine's Bonspiel, which she says was preceded by a tournament known simply as the Creston Ladies' Curling Club Bonspiel.

A lifelong Crestonian, Salvador took up the sport with a group of friends as a young adult out of high school in the early '50s.

"I just liked sports, and curling was so much fun," she says. "We all had fun. There were always a few of us who would put on skits and plays and keep things laughing. The competition was great. There were lots of good curlers."

She and her husband Gino both served on the Creston Curling Club executive and were heavily involved in the Valentine's Bonspiel every year – she as a curler and/or organizer, he as one of many male helpers who tended bar and dished up meals – until they began wintering in the south.

"(I miss it a lot," says Salvador, who played third when she wasn't skipping, "(but) there's a time when you can't get out there on the ice."

She recalls being drawn by the same blend of socializing and competitiveness

that attracts curlers today.

"Very much so – maybe a little more," she says when asked if the bonspielers of her day enjoyed themselves as much as they do now, before pausing to reflect.

"I don't know . . . They probably party just as hearty as we did," she adds with a laugh.

"Some rinks were really competitive, but down under they were lots of fun as well. It was a great atmosphere.

"We knew everyone. We got to know all those girls from going out of town every year. They'd come up here and curl and we'd go back to Cranbrook or Kimberley or wherever. There's lots of memories."

Sitting in the comfortably appointed lounge overlooking the six sheets of ice at the Rec Centre, Salvador can't help but marvel at the contrast with the facility where she learned the ropes.

"When we first started curling our rink was across from the Dairy Queen, with two sheets of ice," she says. "We had so much fun there, and then they built the Creston Civic Centre and remodelled it and now we have this beautiful complex. I think it's wonderful."



Valentine's Bonspiel 50 year of fun!



The original quarters on what's now Canyon Street were cramped by comparison – first two, then four sheets of ice on a lower level and an upstairs lounge she pegs at a quarter of the present size.

“It was a pretty old building,” Salvador says. “When they were dancing up in the lounge you thought they were going to come through to the curling rink.

“I just liked sports, and curling was so much fun”

“Those were the good old days. We had a lot of fun, and I think the kids today are having a lot of fun too. It's just a different atmosphere. When we were curling we didn't have all these beautiful brooms and all these lovely shoes and all the nice attire. Now they look pretty darn nice out on the ice.”

Salvador plans to watch the 50th Valentine's 'spiel, partly for its historical significance, partly so as not to miss out on all the revelry and also because her two daughters are coming out of curling retirement to participate. Now living in Cranbrook, the sisters grew up curling in Creston but “haven't curled for years. (They want) to support what the girls now are trying to do, make it a big 'spiel.”

It may seem odd that interest in the bonspiel has declined, given curling's higher profile through full Olympic

status and the proliferation of televised tournaments. But Pommier offers a simple explanation, one the club is hurrying hard to address.

“A lot of it has to do with not having the junior program as active as they used to be,” she says. “When I went to high school there were 150 kids in that curling club and now they don't even have a curling club. We're not getting the juniors and the older kids who are starting curling and then curling when they're 20, 25, 30. That part of it is missing.

“The largest part of our club now is the seniors, who were all the 30-year-olds back then” – and even those numbers are decreasing due to snowbirding.

“The junior programs are kind of lacking and I think it's partly the kids have so many choices of things to do that curling isn't one of them, necessarily, and then you also need a teacher/sponsor representative and a bunch of active people that will volunteer their time,” Pommier says. “That's also (a factor).

“A lot more people work these days (and) and there's a lot of things you can volunteer for, so something's got to slide and I think that's what's happened here.

And not just in Creston but the Cranbrook club and the Kimberley curling club, they all had large junior programs that they don't have now.”

The Creston club is trying to develop a new generation of curlers to ensure the long-term survival of local traditions like the Valentine's Bonspiel and the men's Butterfly Bonspiel.

“We have open ice on Tuesday nights,” Pommier says, “so anybody that wants to learn to curl can come down and try it. We have brooms. We have sliders. All they need are clean shoes and stretchy pants. There are instructors here for every sheet of ice so we've got some kids coming out now.”

The program also runs Saturday mornings at 11.

“For as long as people show up who are interested, they'll keep doing it,” she says, presumably speaking both of the junior mentors and those who organize the Valentine's Bonspiel as it heads toward a second half-century. ■





From the Mayor's desk

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



TSN tour tops most memorable list for 2012

Creston Valley Business Buzz



Rachel Vlachos,
owner of Kidtastic Children's
Clothing

of town to get what they needed. A great feature of the store is the kids play corner, which is stocked with plenty of toys, trains and crayons to help reduce the stress of shopping with kids.

Kidtastic Children's Clothing is a fun, bright and unique store that carries clothing, footwear and accessories for kids in sizes from newborn to pre-teen. We carry both new and quality consignment items therefore offering a great selection of affordable, quality and trendy clothing options to suit all needs.

As a mom of a busy 6 year old, I know what matters to me, I want my son to be comfortable, look adorable and have clothes that won't fall apart on him when he's playing hard. A lot of the family members I have spoken to, were looking for the same things and more, but with no kids store in town they were forced to travel out

I have had the idea for the store for a couple of years but found it was a real challenge to leave a job I had been doing for close to 15 years. After being encouraged by my friends and family, I finally set out on my own to do it. I have had very good response from customers due to the fact that not only is there nothing else like it in Creston, but also in our whole Kootenay region. I have also enjoyed helping all members of the family, everyone from grandparents to cousins have been in picking out cute things for their little loved ones.

Come in and check us out at 1025B Canyon St. or call 250-428-0469 for more information.

Creston Valley Business Buzz is proudly sponsored by...

That's what it feels like.
Freedom. Comfort.
Peace of mind.



Falkins Insurance formerly
Herchmer Insurance has a new name,
but the same great people.



Ph: 250.428.5338
Fx: 250.428.2203
www.falkins.com

**Interested in being the next Creston Valley Business Buzz?
Call 250.428.2631 or email office@ilovecreston.com**

In my opinion, the TSN/Kraft Celebration Tour was one of the most memorable community events in 2012.

Residents of the Creston Valley welcomed the tour to town Aug. 17, when our community had the privilege of hosting a special edition of SportsCentre. This event featured anchors Darren Dutchyshen and Kate Beirness in a live telecast.

Creston also received \$25,000 from Kraft Canada to put toward improvements for the Creston and District Society for Community Living's Therapeutic Riding Program.

The campaign was kicked off on July 1 when an entry submitted by Michelle Whiteaway was acknowledged as a finalist within the B.C. region. An energetic promotion of online voting was then launched.

Following the two-day voting window on July 9 and 10 we received the big announcement that WE WON! The final vote count had Creston at 171,142, with the competing community of Kimberley having 143,390 votes.

The many volunteers involved were rewarded on the big day with TSN providing a great live program. Many thanks to all of those individuals who took the time to register their vote online.

What a huge success and great demonstration of what we can achieve when we all pull together. ■

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.



Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

LKB meeting challenges of new year head on

Happy New Year to all! I hope the holiday season was full of joy and laughter spent with loved ones.

Time has gone by fast and 2013 marks the halfway point of my tenure as chief of the Lower Kootenay Band. The tasks at hand are difficult but I wish to thank the LKB council for all of its hard work and dedication for the betterment of the band.

A band election held in November resulted in a newcomer, Robin Louie, joining the council team. I wish to acknowledge outgoing council member Sandra Luke for the years she contributed to Yaqaan Nukiy (Lower Kootenay).

A council retreat is scheduled this month to revisit some of last year's goals and objectives and to continue to live the following vision statement: the Lower Kootenay Band strives to provide a full range of programs and services in a holistic manner to meet the current and future needs of the membership of Yaqaan Nukiy. This will be accomplished with the full participation of the community through self-government and self-sufficiency, in harmony with Ktunaxa traditions.

I strongly believe that we must take charge of our own destinies, but to achieve that goal we as citizens of the Lower Kootenay community must unite. I acknowledge that not all citizens of LKB agree with the

political views of the leadership but this team is what democracy has for the band.

As chief I must lead. There are times when I must follow and times when I will walk beside my people, but never will I hide in the background of the citizens.

If we sink we will swim. If we fall we will rise. If we cannot run we will walk. We will meet our fate together.

The LKB has lost numerous elders and knowledge-keepers. This year I wish to see key citizens assume the elder roles, the young men assume the hunter role and the ladies assume the responsibilities of gathering roots and medicines.

Many of us have had the same teachers who bestowed their priceless knowledge upon us and expected us to move forward. Through the seasons of this upcoming year we will see progress and the change which must come from us as individuals.

Our community partners are not the enemy. They are our allies who will assist in the band living out the vision statement.

There appears to be more ease when the RCMP visit the reserve or when a social worker attends a community function or when a Regional District of Central Kootenay director drops by to visit and have a coffee.

There was a time, not long ago, when these efforts would be pursued half-heartedly or not all. I commend

our community partners for their actions and efforts. This is the future our past great chiefs envisioned for us.

There will be many difficult times this year for all of us in this world. The path in life is not easy and many times we may question all of the struggles.

These questions may never be answered but we are all warriors in our own way. We all have the elder in our family who expects us to do the right thing even when no one is looking.

My wish this year is for good health for all who reside in the Creston Valley. We could be financially well off but without good health we are merely trying to survive. ■

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.

The Discovery Team

Michael Carpenter

Sara Millar



The Experience and Energy you need to get the job done!

Buying or Selling, call us Today for all your Real Estate Needs

Discover the Difference!

RE/MAX
Discovery Real Estate

2 Offices to Serve You

1013 Canyon St., Creston
106 33rd Ave. S., Hwy. 3, Erickson
Office 250-428-2234

Toll Free 1-877-428-2234

mc@remaxcreston.com
sm@remaxcreston.com

www.remaxcreston.com

Area B News

Story by: Penny A.P. Anderson

New alternate director for Area B

Director John Kettle has appointed me as the alternate director for Regional District of Central Kootenay Area B. I believe I have the ability to help our director by working with the people in the rural communities.

“My belief is that working together in a co-operative manner is paramount in the success of any community”

In the past I have participated through business dealings in communication technology, the arts and community building. I have been involved in and have a good understanding of boards and their operations.

My belief is that working together in a co-operative manner is paramount in the success of any community.

I have known and worked with Kettle for more than nine years. His introduction to me was when he first took office and we had an issue that needed attention in Area B. I believe that is where we learned of one another's differing styles and a certain respect ensued.

We have had some heated discussions at times and we agreed to disagree. The thing is, at least we had that

chance to debate the issues and most times reach some common ground with a mutual understanding.

That brings us to today. I have accepted being the alternate director, which means that when he cannot make a meeting, I step in for him.

It is also my belief that tax dollars are on the line so the director has to make extremely important binding decisions for us all. It takes many hours of meetings and discussions not only with communities but federal, provincial and local governments.

In addition, background investigation and information searching are needed to make decisions from a knowledgeable position.

I am up for the challenge on behalf of the director and the people of Area B. In the first two weeks as alternate director I attended a variety of meetings with and without Kettle.

I participated in the branding exercise for the Creston Valley and attended an agricultural meeting held by Columbia Basin Trust and Creston Valley Chamber of Commerce, a meeting of the Advisory Planning Commission and two annual general meetings (Erickson Community Association and Creston Valley Food Action Coalition).

I am looking forward to serving the people of Area B. I will work closely with the director to make sure all outstanding issues are addressed in a timely and efficient manner.

I am also assisting with the Area B Web site at www.rdckareab.ca. ■

For more information visit www.rdckareab.ca.

January is Senior Pet Wellness Month

Most dogs and all cats are considered of senior age starting at 8 years



Symptoms that can be signs of underlying *TREATABLE* diseases, rather than normal aging:

- Difficulty climbing stairs • Increased stiffness or limping • Loss of house training • Increased thirst or urination
- Excessive panting • Changes in activity level • Circling or repetitive movement • Persistent vocalization
- Decreased responsiveness to owners • Tremors or seizures • Skin and hair coat changes
- Changes in sleeping patterns • Altered appetite • Weight change • Loss of vision or hearing

SENIOR WELLNESS SPECIAL
Includes: physical exam, blood collection, thyroid test, general health profile, complete blood count & urinalysis.

\$179.99 plus HST

Creston VETERINARY HOSPITAL

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

1605 Dogwood Street, Creston • Phone: 250-428-9494

Wood stove rebate designed to clear the air

submitted

The Wood Stove Exchange Program is a partnership between the Province of B.C., Lung Association of B.C., Regional District of Central Kootenay and local municipalities.

The program provides a financial incentive to exchange pre-1994, uncertified wood stoves for a new EPA- or CSA-certified wood, pellet or gas heating appliance.

There are 100 \$350 rebates available on a first-come, first-served basis (one rebate per residence). Applicants must complete a form and ensure they meet all program requirements.

Most insurance companies require newly-installed wood stoves to be inspected by a WETT-certified technician. In addition, the chimney must meet building code standards.

To receive the rebate, complete the following steps:

Qualify: You must be a resident of the RDCK. The appliance being disposed of must currently be used in your home for heating purposes. It must not be U.S. EPA emission-certified and must have been manufactured prior to Nov. 1, 1994. Retailers or the program co-ordinator can help confirm that a stove qualifies.

Dispose of your old stove: Take a photo of your old stove as it is installed in your home, then dismantle it and take it to your local landfill or transfer station. You must pay to dispose of your old stove. Keep the disposal receipt. To prepare your old stove for disposal, remove all non-metal parts and the door, crush the flue collar and remove the firebrick. Take all parts to an RDCK waste facility.

Purchase and install your new stove: Only new appliances are eligible for the rebate program. The value of the appliance must exceed the value of the rebate (\$350).

Keep a copy of the purchase receipt. Ensure your stove is installed or inspected by a WETT-certified technician and that it meets building code requirements.

Submit your application: Complete your application and send it to the RDCK. Applications must include copies of the following:

- Completed application form (available at rdck.bc.ca/wood_stove);
- Receipt for disposal of your old stove;
- Receipt for your new appliance;
- Photo of your old stove installed; and,
- Photo of your new appliance installed.

Receive your grant: You will receive your rebate in the mail approximately six weeks following the date you

submit your application. If you live in a rural area you will receive the entire \$350 rebate from the RDCK. If you live in a municipality you will receive \$250 from the RDCK and \$100 from your municipality.

Why replace your old stove? Air quality has been recognized as a persistent health risk in the RDCK. The region's topography and rural nature combine to create a situation where many outdated wood stoves are in use and wood smoke remains trapped within the steep valleys.

Air quality data indicate that the poorest conditions often exist during the winter months when wood stove use is at its peak. Wood smoke can be more harmful to human health than smog.

New stoves reduce smoke by 70 per cent and use one-third less wood. By replacing your old, inefficient wood stove with a new, cleaner-burning appliance you can help keep your community healthy. ■

Send completed applications to: Wood Stove Exchange Program, Environmental Services Department, Regional District of Central Kootenay, Box 590, 202 Lakeside Dr., Nelson, B.C., V1L 5R4.

For more information contact Vicky Issott, RDCK Environmental Services Department, at 1-800-268-7325 (ext. 8161) or by e-mail at vissott@rdck.bc.ca.

Exchange your smokey old wood stove to receive a \$350 rebate!

Act Now! A limited number of rebates are available in Creston and area.

Did you know that inefficient wood burning and old, smoky wood stoves are major contributors to local air quality problems?

New wood stoves can produce 70% less smoke and burn 1/3 less wood than their outdated counterparts. To qualify for a rebate you must replace your old wood stove with a new, EPA-certified wood stove, gas stove, pellet stove, or insert. Rebates are still available on a first-come-first serve basis through the Regional District of Central Kootenay Wood Stove Exchange Program, in co-operation with the Town of Creston.

For more information visit: www.rdck.bc.ca/publicinfo/wood_stove_exchange_program
call 1-800-268-7325, or email: vissott@rdck.bc.ca.

It pays to clean up the air!





PST takes businesses back to the future

Story by: Rita Patstone, CGA

The Provincial Sales Tax Act received royal assent on May 31, 2012, and the PST will be re-implemented on April 1, 2013, which is when the registration rules and requirements come into effect.

If you make sales or leases of taxable goods, software or services in the ordinary course of your business you are required to register with the provincial government.

You are required to register if you regularly do any of the following in B.C.:

- Sell taxable goods, for example: alcoholic beverages, motor vehicles,

automotive parts and supplies, boats, building materials, household or office furniture, or general merchandise such as flowers, clothing, cosmetics, appliances or souvenirs.

- Lease taxable goods, for example: motor vehicles, tools and equipment, aircraft or artwork.

“PST will be re-implemented on April 1, 2013, which is when the registration rules and requirements come into effect”

- Provide related services, for example: repair or maintain taxable goods such as automobiles, knives, watches, TVs, stereos, office equipment or computers, apply protective treatments to taxable goods such as fabric protection, rust proofing or paint, set up, install or dismantle taxable goods such as temporary display counters, shelves or booths at trade fairs and conventions, or restore taxable goods such as furniture.

- Provide four or more units of accommodation.

- Provide legal services.

- Provide telecommunication services, including Internet access, non-basic cable, non-residential telephone services, cell phone services, satellite services, facsimile services and digital and electronic media content such as music and movies.

- Provide software.

- Act as a liquidator, receiver, receiver-manager or trustee and dispose of assets as part of your business.

- Enter into contracts to improve real property where your customers pay PST.

- Sell exclusive products as a direct seller to an independent sales contractor in B.C. for resale.

You are not required to register if you qualify as a small seller or are an independent sales contractor only

selling exclusive products of a direct seller.

You are also required to register if you are a contractor:

- Who enters into contracts to improve real property (e.g. home renovations); and,

- Your contracts specifically require your customers to pay PST on the material and equipment that you supply under the contract and that remains attached or affixed to the real property after the improvement.

You are not required to register with the province if you do not make taxable sales of goods or software, do not make taxable leases of goods and do not provide taxable services (related services, telecommunication services, legal services and accommodation).

The following examples are circumstances when you do not need to register:



Rita M. Patstone
Certified General Accountant

Personal Taxes
Corporate Taxes
Business Consulting
Bookkeeping

- *Flexible appointment times*
 - *Your home or office or my office in West Creston*

Phone: 250-428-2662
Cell: 250-254-2646
email: ritap_cga@hotmail.ca

1605 Evans Rd., Creston, BC V0B 1G7

- You only sell non-taxable or exempt goods or software, such as food for human consumption, or provide non-taxable or exempt services, such as dry cleaning or transportation services.
- You are a wholesaler and do not make retail sales.
- You are a small seller.
- You are an independent sales contractor only selling exclusive products.

If you are not registered and you collect PST, or an amount as if it were PST, on any sales or leases, you must remit that amount to the province. For example, if you charged and collected PST on an exempt or non-taxable item, or collected tax at an incorrect rate (e.g. 10 per cent instead of seven per cent), you would still have to remit that amount. Depending on the circumstances, your customer may be entitled to a refund either directly from you or from the province.

If you are not required to register you may still wish to register so you can self-assess any PST you are required to pay through the tax return process. For example, in certain circumstances, some businesses are required to self-assess PST on goods purchased for use in their businesses.

In December 2012 letters should have been sent out to businesses with information about how to register. If you do not receive a letter or are unsure if you need to register, contact your local Service BC Centre.

Registration for businesses can occur as of Jan. 2.

Businesses that were registered to collect PST or hotel room tax prior

to July 1, 2010, under the Social Service Tax Act or Hotel Room Tax Act will need to apply for a new PST registration number.

You can apply to register using any of the following options:

- Online, using the new online system called eTaxBC (see the Web page Register to Collect PST for more information).
- In person at your local Service BC Centre.
- By fax or mail. Complete a paper form and mail or fax it to the province.

The Application for Registration for Provincial Sales Tax form (FIN 418) is available from any Service BC Centre and online.

Note that registering to collect PST and having a registration number does not take the place of a business licence or any other required authorization. You apply for a business licence through your municipality or regional district, or the OneStop Business Registry in participating municipalities.

Once you are registered you are required to notify the province if:

- You change your address, change the name or nature of your business, or stop operating your business; or
- You change the legal structure of your business (e.g. sole proprietor to corporation).

Registration numbers are not transferable. If you do not

comply with the provisions of the Provincial Sales Tax Act you may have your registration suspended or cancelled.

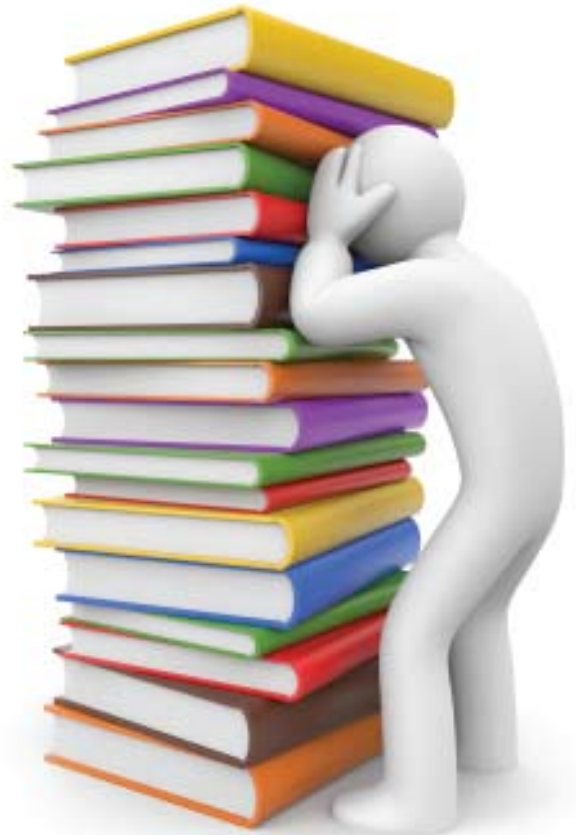
All businesses required to register are considered to be collectors regardless of whether they are actually registered. All collectors have specific obligations to charge, collect and remit PST. ■

For more information call toll free 1-877-388-4440 or e-mail CTBTaxQuestions@gov.bc.ca.

You can access Bill 54-Provincial Sales Tax Act on the Legislative Assembly of British Columbia Web site at www.leg.bc.ca/39th4th/3rd_read/gov54-3.htm.

For up-to-date information on the return to PST, subscribe to the What's New page at www.sbr.gov.bc.ca/msbr/whats_new/consumer_taxes/whatsnew.htm.

Rita Patstone can be reached by phone at 250-428-2662, cell at 250-254-2646 or email ritap_cga@hotmail.com



Maternity ward gets lift from Tree of Life

submitted

Through the combined efforts of Shoppers Drug Mart, its employees and customers, Creston will now have improved access to services and programs supporting women's whole health in body, mind and spirit.

The Shoppers Drug Mart 2012 Tree of Life fund-raising campaign harvested \$2,372 for the Creston Valley Hospital's maternity care unit.

With over 1,200 Shoppers Drug Mart/Pharmaprix stores across Canada participating in the four-week campaign, the 10th annual Tree of Life campaign will provide support to more than 450 Canadian women's health charities. National



Photo compliments of: Brian Lawrence, Creston

L-R: Interior Health's Chris Ondrik & Shirley Mercier received a gift from Shoppers Drug Mart Tree of Life Creston Representatives Lon Hansen (Store Manager), Natascha Sundby, Heather Segi, Darlene Amendt & Srinivas Chalagalla (Associate Owner) in support of the Creston Maternity Department

in scope yet locally based, Tree of Life offers patients, customers and employees the opportunity to donate directly to charitable organizations to ensure that resources and programs are available to meet the needs of Canadian women.

"East Kootenay Foundation for Health is proud to be affiliated with Creston's Shoppers Drug Mart and the Creston Valley Hospital in this wonderful fund-raiser that benefits the hospital's maternity department," says Donna Grainger, executive director of the EKFH, which holds the money in trust for the Creston facility.

"The department is presently undergoing enhancements so the local community support and financial gifts from the Tree of Life campaign have certainly made a positive difference for the service provided in Creston."

Srinivas Chalagalla, pharmacy manager/associate owner, attributes the success of the 2012 campaign to the support and commitment of customers and staff.

"Shoppers Drug Mart has partnered with women's health organizations at national, regional and local levels in order to provide direct support, ensuring that essential funding, resources and education are available to meet the needs of Canadian women," he says. "We are pleased to present this year's Tree of Life campaign proceeds to Creston Valley Hospital maternal care unit."

Money is raised through the annual campaign by sales of Tree of Life paper icons. Since 2002, Tree of Life has raised more than \$17 million for Canadian health charities, with 100 per cent of funds staying in the community where they were raised. ■

Make a New Year's
resolution
Shop locally, support
your community

Panasonic
Great selection of
plasma TVs



Great selection of Cell
Phones, iPhones and
Smartphones

Authorized **TELUS** dealer

HD Digital
Satellite Systems



SHAW DIRECT
HD DIGITAL SATELLITE TV

Lectric Ave
Electronics

1011 Canyon St., Creston • (250) 428-7873

Herbal education still going strong at College of the Rockies

Story by: Rachel Beck

The popularity of herbal education at the College of the Rockies in Creston continues to grow after 11 years, and the programs offered there provide some of the best training of its kind available in Canada.

“Many program graduates now share their knowledge of herbs with the community”

The college will be offering a range of programs in 2013 for those interested in the subject.

A workshop series called Celebrating Herbs is set to start in late January and will offer participants an introduction to the many uses of herbs, including the growing, medicinal, culinary, cosmetic and craft uses.

The extremely popular Herbal Practitioner classroom course is set to start again at the end of February; the online version will have intakes throughout the year.

It all started back in 2001 when COTR recognized an increasing interest among students for training in herbalism and natural medicine. The Herbal Practitioner program was launched as a result. It's a 10-month classroom program that incorporates home study and classroom time.

Students attend classes one weekend per month and are given assignments to complete in-between classroom sessions. This has allowed

students from all over the Kootenays and as far away as Alberta to attend classes while continuing to work and care for family.

Response to the program has been overwhelming over the years and, in January 2005, an online version

of the program was developed. The online course has allowed students from all over Canada, the United States and as far away as Central and South America to expand their knowledge of herbs. Some graduates have embarked on careers in the field.

The online program has since been further extended to include a version specifically designed for health-care professionals looking to broaden their knowledge of herbal medicine.

The college is proud of the courses and students who have taken the

programs. Many graduates have gone on to open their own herbal consulting service or apothecary, produce their own herbal products and work in health stores or as sales representatives for companies producing herbal products.

Others are growing herbs to either sell in plant form or to suppliers. Some have gone on to take further training in related fields such as massage therapy, midwifery and aromatherapy and have combined these with their training here to expand career opportunities.

Others have simply used their newfound knowledge to care for their family and friends.

In Creston the course inspired the creation of the Greenheart Herbal Society. Many program graduates now share their knowledge of herbs with the community through this group. ■

To learn more about these exciting programs call the COTR at 428-5332 or visit Web site at <http://www.cotr.bc.ca/creston/>.

NOW OPEN!

KIDTASTIC
CHILDRENS CLOTHING

**NEW & QUALITY CONSIGNMENT
CLOTHING & FOOTWEAR FOR
CHILDREN AGED NEWBORN TO PRE-TEEN**

HOURS:
MON. TO FRI.:
9:30 - 5:30,
SATURDAY:
10 - 4

1025B CANYON STREET, CRESTON • PHONE: 250-428-0469

Happy New Year

New Year's Eve Fun Facts

www.2020site.org

New Year's Eve fun facts do exist, despite being a very simple evening that transitions into New Year's Day and a brand new year. New Year's Eve celebrations go back for centuries and traditions and New Year's Eve fun facts are littered through countries and civilizations.

Most New Year's Eve fun facts also involve New Year's Day and traditions that occur close to midnight.

The Catholic Church denounced any New Year's celebrations as paganism. Ironically, as Christianity rolled through the world, the Catholic

community devised other types of celebrations for the "Feast of Christ's Circumcision," which is observed the same as New Year's Eve and Day.

It is often thought that the first visitors you see after ringing in the New Year would bring you good or bad luck, depending on who you keep as friends and enemies. That's why most people celebrating on New Year's Eve often do so with friends and family.

If the first person to visit you was a tall and dark-haired man, this was especially lucky.

Items or food that is ring-shaped is also good luck. This symbolizes "coming full circle", which is what one year does. Some cultures eat ring-like food through the evening and through the night to ensure that good luck will be bestowed upon everyone who eats. The Dutch often eat doughnuts.

Black-eyed peas (usually with ham) are often consumed in certain parts of the United States. These are thought to bring good fortune in cultures around the world, not just in the U.S.

Other foods that are eaten on New Year's Eve are cabbage because the leaves represent prosperity. Ham (or a hog) also symbolizes prosperity. In Asian cultures, rice is a hearty and lucky staple that is eaten around midnight to signify the coming year of fortune.

Resolutions are popular pastimes to make for each New Year. Friends often sit around and discuss or share these resolutions with each other on New Year's Eve. In ancient Babylonia, one common resolution was to return any farm equipment borrowed from friends or neighbors. ■



*Sparkling
New Year's
Wishes*

*May you glow in
love, peace and
fulfilled dreams.*

From
all of
us at....



abc Country Restaurant

Find us on Facebook

122 NW Blvd., Creston
Phone: 250-428-7864



2013

**HAPPY
new year**

**May the New Year
bring you and yours
success, happiness
and prosperity.**

**Creston Valley
Teachers' Association**

Other Fun Facts

*Stats of the first New York ball:
700 pounds; 5 feet in diameter.
The ball was made from wood
and iron and was first lowered on
December 31, 1907*

*The modern ball that is dropped
is made from Waterford Crystal
and weighs over 1,000 pounds.
There are over 9,000 LED lights,
but uses hardly any energy. The
ball begins to drop at 11:59 and
completes the journey exactly at
midnight to ring in the New Year.*

Happy New Year 2013

The Origin of New Year

www.newyearfestival.com

New Year is the world's most popularly celebrated festival. The Origin of New Year dates back to the era of emperors. They thought of celebrating a special day which should dot a day for beginning and end of the year.

Ancient New Year Calendar

First New Year celebrations were noticed in Mesopotamia around 2000 years. It was celebrated at the time of Equinox in mid-March by the Egyptians, Persians and Phoenicians while Greeks celebrated it on winter solstice.

As per the ancient Roman calendar New Year fell on March 1. This calendar just had ten months and March was the first month of the year. The calendar originated by the cycles of the moon, beginning in spring and ending with autumn planting.

Inclusion of Two Calendar Months

It was Numa Pompilius, the second king of Rome who divided the year into twelve lunar months by adding the months of January and February. The New Year was shifted to January as it marked the beginning of the civil years in Rome.

January 1- an Official Date of New Year Celebrations

The Roman emperor Julius Caesar officially declared January 1 to

be a New Year in 46 B.C. Romans worshiped God Janus who had two faces, one looking forward and the other looking backward. The month of January was named after this Roman God and it gave an idea to the emperor to establish January as a gate to the New Year. It is said Caesar celebrated January 1 - New Year by ordering the revolutionary Jewish forces to route back.

Abolition of Roman New Year Date

In the medieval period, pagan

festivals were given more importance and March 25 was announced as the beginning of the New Year. March 25 was called the Annunciation Day as on this day Mary got the news that she should be impregnated.

Later, the King of England ensured that Jesus' birth December 25 should be commemorated as New Year.

Gregorian Calendar

About 500 years later, Pope Gregory XIII abolished the old Julian calendar and introduced Gregorian calendar which comprised of a leap year after every four years to maintain balance between seasons and calendar. Finally, in 1582, Gregorian calendar was set to celebrate New Year on the first day of January. ■



2013

*Wishing you a
Happy New Year
filled with happiness
prosperity and
good cheer!*

Town of
Creston
www.creston.ca

238-10th Ave. N., Creston • 250-428-2214



*Happy
New Year!*

**Wishing you and yours
success, happiness and
prosperity in 2013.**

**Opening for the New Year
on January 18.**

Home Style Cafe

Hwy. #3, Kitchener • Phone: (250) 428-5011

www.ilovecreston.com

January 2013

George who?

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

We want to know who ‘George’ is. Mr. Marchbank seems to think he’s in Grade XIII.”

So reads a little paragraph near the bottom of a column called Class Chatter in the Hi-Lites newspaper of the Creston Valley Junior-Senior High School from Jan. 11, 1939.

The Creston Valley Junior-Senior High School, for those of you who were not here in 1939, was the school now known as Adam Robertson elementary. It got its start in 1910 as a two-room public school. An additional two rooms were added to it in 1912.

“Canyon, Wynndel and Alice Siding all had their own high schools in the mid-1930s”

The school accommodated all the children in the community of Creston in grades 1 through 8. (Each of the outlying communities eventually had their own public school.)

Students who attended school beyond Grade 8 went to the high school in a different location. A superior school, for grades 9 and 10, was opened in 1911.

In 1919, Creston’s first high school was opened. It was later enlarged to two rooms. Canyon, Wynndel and Alice Siding all had their own high schools in the mid-1930s.



Creston Valley Junior-Senior High School under construction, 1938. Photo taken by Guy Constable, a member of the building committee

The possibility of consolidation came under serious consideration in 1937. All those high schools would be merged into a single school district in order to offer a full secondary program to all students of the Creston Valley.

The nine public (or elementary) schools in each of the communities would also be consolidated into a single school district, though most of the elementary schools would continue operating.

Wynndel opposed the idea because of its recently-acquired high school. Alice Siding opposed it due to the impracticality of reliable transportation, and a few other communities expressed similar concerns. (They were resolved through the purchase of five school buses and considerable efforts to improve roads throughout the valley.)

Many communities were concerned about the increase in taxation – a valid concern considering the Creston Valley was still in the grip of the Great Depression.

Nevertheless, a vote in early 1938 approved the expenditure of \$85,000 for the new school. Construction began almost immediately on what is now the large, front section of ARES – classrooms, an auditorium, a library, rooms for home economics, science, music, commerce and the arts, as well as a couple of offices, two staff rooms (one for men and one for women), and the school nurse’s office. It officially opened on Jan. 11, 1939.

The range of subjects offered by the high school was a first for the Creston Valley. The opportunity to participate in a wide range of clubs and activities and on athletic teams was also an important advantage of consolidation.



The completed school shortly after it opened.

In addition, the students had the benefit of specialized instructors in core subjects. As Marj Gilmore

students to enrol before they could get the go-ahead from the provincial Ministry of Education.

His name, I'm guessing, was George. ■

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.

“Grade 13 was also required for entry into some technical programs at vocational schools”

wrote, 50 years after the school was opened, “Today all of this is taken for granted, but it was a giant step forward” in 1939.

The junior-senior high school also offered Grade 13. Also known as senior matriculation, Grade 13 was a fifth year of high school that was, more or less, the equivalent of first-year university (though students could graduate from high school after Grade 12 and go directly to university from there).

Grade 13 was also required for entry into some technical programs at vocational schools. For you trivia buffs, the Grade 13 classroom was located on the second floor of the school, immediately above the main entrance.

W.A. Marchbank had been the principal of Creston High School for a few years prior to consolidation, and when the new junior-senior school opened he taught science and mathematics for all grades, including senior matric.

But none of this explains that intriguing, and rather perplexing, paragraph in the Hi-Lites newspaper. For that, we need to turn to a great little story told to me by Dick and Vera Staples this fall.

Grade 13 was not offered at all high schools – not all of them had the resources to do so, and those that did required a minimum of 12

As it turns out, when the junior-senior high school opened in January 1939 there were only 11 students interested in taking Grade 13, so the school made one up.

Mr. Staples added, “One of the clerks in the office was really good – she even found records for him!”

Help Control Unwanted Pets



Support S.N.A.P.
(Spay/Neuter Animal Program)

Please help with your donations
Phone 250.428.2811 or
Creston's Treasures & Books
4356 Hwy 21, Creston, BC



Nobody sells more real estate than **RE/MAX**.

Where Do You Want To Be?

Make Your Move With **RE/MAX**!



RE/MAX Discovery Real Estate

• 1013 Canyon St., Creston

• 106 33rd Ave. S., Hwy. 3, Erickson

www.remaxcreston.com

• Office 250-428-2234 • Toll Free 1-877-428-2234

100% locally owned • 2 offices in the Valley to serve you.





The science of a snowflake

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

“Snow is not frozen rain as many people think”

Is it true that no two snowflakes are alike? Let's start by taking a more detailed look at a snowflake.

Snow is not frozen rain as many people think. But, like rain, a snowflake begins as a droplet of water that condenses and freezes on a speck of dust inside a cloud.

At that stage it is actually called a snow crystal – a single crystal of ice with plain, six-sided prisms (hexagonal shape).

As more water molecules take hold and freeze, the snow crystal grows and sprouts branches from the corner of the basic hexagonal shape. Snow crystals can also join other crystals to make even more complex shapes.

As the development moves from a single crystal to multiple crystals, we now have a snowflake.

In the last few years, a Russian scientist's work showed that in the early stages of snowflake development, when it is a snow crystal, the likelihood of finding a matched pair is greater than previously thought.

But as the snowflake develops and becomes more complex, your chances of finding two snowflakes that look exactly alike are not as great.

There are more than 100 different features that can be identified in a single snowflake. That means the number of possible different snowflake patterns is represented by a one followed by 158 zeros!

About one septillion (which is a trillion times a trillion) snowflakes fall each year. So, if you look at how many different snowflake patterns could exist and then try to compare a septillion snowflakes to find that matching pair . . . my head is spinning.

Temperature and humidity are two main factors that affect the growth patterns of snowflakes. For example, at 28 degrees Fahrenheit you get thin plates and star shapes; 23 degrees F gives you needles and columns. Between 15 and minus-5 degrees F you will get anything from plates to the big, many-branched shapes called dendrites.

Why snow crystal shapes change so much with temperature remains something of a scientific mystery.

As the eternal optimist I say, yes, it is possible! Two snowflakes could be alike.

Will I find a matching pair? Maybe. Will I continue to look? Yes!

Please experience the joy and fun of getting out in the snow and finding that elusive pair. And if you do, let me know. I've never seen \$1 million but I know it exists. ■

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 located at 1874 Wildlife Road in West Creston.

“Time Flies Like an Arrow; Fruit Flies Like an Apple”

Story by: Kootenay Employment Services

30 years ago, the now world-famous David Suzuki, was excitedly sharing his findings from years of studying fruit flies on the CBC show “The Nature of Things.” I happened to be watching an episode where he explained that computers could never replace humans, because computers are unable to interpret language the same way people can.

His example was the statement “Time flies like an arrow; fruit flies like an apple.” People can understand that these two statements are different, even though they both use the word “like”. Time flies **LIKE** an arrow is a metaphor. Fruit flies **LIKE** an apple is a statement. One word, two meanings.

I have often thought of this statement over the years as I have experienced miscommunication and communication breakdowns in life, both personally and in employment situations. The meaning of words is often taken for granted but one word can have more than one meaning, and different people can have different interpretations of the same word. It is quite amazing that we accomplish as much successful communication as we do given all the possible errors and misunderstandings that can arise.

Communicating face to face (F2F as it's called now) is one way to share information. Nowadays, a lot of our conversations take place via technology: emailing, texting, Facebook, tweeting, etc. There are some very basic differences in communication style between F2F conversations and technology-created discourse.

When we talk to someone F2F, we can see the other person's expression and body language. These two elements add a great deal of subtle information to a conversation. For example, a co-worker explaining to their supervisor the difficulty they are having understanding a job-related task they have to complete can see and judge if the supervisor is listening and understanding. The supervisor may be nodding their head and “appear” to be listening, but the employee can “see” that the employer is checking their email while they are listening. This is a good visual clue to the employee that they do not have the full attention of the person they are talking to. However, if the employer was emailing their supervisor, they would not have these extra visual clues to know if their request for help is being given full attention. When we communicate F2F we can judge by a person's posture and their facial expression if they are “getting” the message. That is where the expression “looking clueless” comes from – a person is showing a facial expression that is saying they are not getting the message – communication has broken down!

Workplace communication can be made easier by emails but can also be made more difficult. Someone can be trying to add a touch of humour to an email, and the person receiving the email does not realize a joke is being made. There are thousands of cases out there where emails have been misinterpreted because we do not have the visual cues that we get in F2F conversation. Emails can be seen as being harsh when the sender is only trying to be factual. The upside of emailing in the workplace is that it provides an excellent medium to pass along

information that is either detailed or lengthy and/or needs to be recalled at some point in the future. It is much easier to read an email a few times to understand its meaning than to keep asking someone to keep repeating themselves because they are passing on too much verbal information to process at one time.

Whether you are communicating in person or using technology, understanding the basics of effective communication is crucial to success on the job. At KES, we understand the importance of communication and offer workshops to job seekers to help them communicate successfully while they prepare for a job search or maintain a new job. ■

For more information about services provided by Kootenay Employment Services, give us a call at (250) 428-5655 or drop by our office at 119 – 11 Avenue North in Creston.

**More than just
your floor store!**



**INSTALLATIONS GUARANTEED!
FINANCING AVAILABLE!**

- Elegant Carpets • Exotic Hardwood
- Beautiful Laminates • Natural Stone

Juradek

- Waterproof Vinyl Decking
- Aluminum Railing • Area Rugs
- Window Coverings
- In Stock Goods & Special Orders

Continuing 28 Years
Of Service!

Nufloors
Smart Service. Great Products.

1518 N.W. Blvd, Creston • 250-428-2426

www.nufloorscreston.ca



Working toward patient-centred care

Story by Jesse Moreton, BSc DC

I know this may seem like a boring topic but I promise you insight into your own relationship with your health care practitioner if you read on. You'll notice I used the term "practitioner" as these concepts may apply to your family doctor, chiropractor, physiotherapist or any other health-care professional, for that matter.

Health care, like most industries, is constantly changing. It changes not only as new research dictates treatment but as changes occur in our health-care culture and administration.

Let me elaborate. Ours was a system that began with practitioner-based care. In the days of our grandparents

and great-grandparents, the practitioner held cultural authority, knowledge and power that were generally not questioned.

Patients were told what to do and they did it. The focus was on what the practitioner wanted and thought as opposed to what the patient wanted or thought.

Of course, this was a good system as long as the practitioner was acting in the best interests of the patient but it left the patient feeling disconnected and with little autonomy. In rare cases when a practitioner was treating or behaving inappropriately, either intentionally or due to incompetence, serious unresolved problems resulted.

The next few decades marked a slow transition into another health-care model referred to as evidence-based care, the delivery of health care according to scientific proof obtained from clinical trials and research studies. This transition enhanced the effectiveness of treatment because theoretical and speculative forms of treatment that did not work were weeded out.

Practice standards were established and clinical guidelines were adopted. Technological advances were made and an attitude of skepticism was adopted.

This transition into evidence-based care occurred earlier in medicine and later in chiropractic, but it is now generally agreed that evidence-based care is the gold standard in administering health care.

Fast forward to the present. We now live in an age that is evolving toward patient-centred care, but we're not

"Health care, like most industries, is constantly changing"



quite there. This model takes into account not only the practitioner's knowledge and latest evidence but includes the patient in the decision-making process.

“A key element of patient-centred care is allowing patients to choose their preferred type of therapy and practitioner”

In this system, autonomy is given back to the patients and the patients feel validated and respected. They are given control of their own bodies and care.

Of course, there are inherent problems with this system as well, such as when a patient opts out of a treatment that could save his or her life. In a scenario closer to my practice, a patient may opt out of treatment that may lead to a pain-free higher level of function.

A key element of patient-centred care is allowing patients to choose their preferred type of therapy and practitioner. I find this issue particularly relevant to my practice.

I have had patients receiving benefit from care who have been advised by other practitioners to discontinue treatment in favour of treatment with themselves. This type of “patient poaching” is clearly not motivated by patient-centred care, to say nothing of it being disrespectful and unprofessional. It takes advantage of the knowledge inequality between practitioner and patient and reduces the patient's autonomy.

Fortunately this does not happen frequently but it still does occur, and not only with my type of practice. As long as a practitioner is using an evidence-based approach and the patients are satisfied with treatment

results, the patients should be allowed to choose where and how they receive treatment.

Another noteworthy comment: inter-practitioner communication is

also critical in patient-centred care. This is something I have striven toward in cases where patients I treat have conditions that require co-management by their family doctors.

Short notes or reports help practitioners communicate for the benefit of the patients. They also allow practitioners to see how each other are helping the patients using their own expertise.

Inter-practitioner communication stimulates a focus not on the practitioner – not even necessarily on the treatment – but on how the patient can best be served.

There is still much left to say about patient-centred care. I feel like the discussion has only started. However, I'm sure this article will generate enough thought about your own experience with health care and your relationship with your health-care practitioner.

I hope I have not caused offence. I have endeavoured to write honestly and ethically. Next time we'll venture further down the patient-centred path, highlighting a new project at a Toronto hospital that exemplifies the patient-centred ideal. ■

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



Everyone deserves a loving home.

Creston Pet Adoption and Welfare Society

2805 Lower Wynndel Road
Phone: 250-428-7297
www.paws-crestonbc.org



ESTABLISHED 1928

THE KOKANEE PUB AND LIQUOR STORE

FULL MENU • COLD BEER

123 9th Ave. South, Creston
(Just South of the grain elevators)
(250) 428-4241

The method behind meditation



Story by:
Shifu
Neil Ripski

As I have started to answer a few questions privately and at my classes about meditation I thought it might be of benefit to write about the subject to help other people who may be wondering the same things.

Meditation is always a part of training at least paid lip service to

in other methods of training; the mind is elusive enough to pin down alone.

I trained in a form of non-religious meditation under Loung Phor Viriyang Sirintharo Abbot of the Wat Dhammamongkol monastery in Thailand. Although he is a Theravada Buddhist monk, he felt that removing the religious side of the practice and focusing on the practice itself would allow other people of other belief systems to train without any spiritual conflict.

“Meditation tends to be a subject some approach with caution, and rightfully so”

by the different branches of martial arts, but rarely do you ever get the chance to go into the “how” of meditation. Most articles and references to it focus on the “why” of meditation, the benefits of doing it, such as longevity, health, etc.

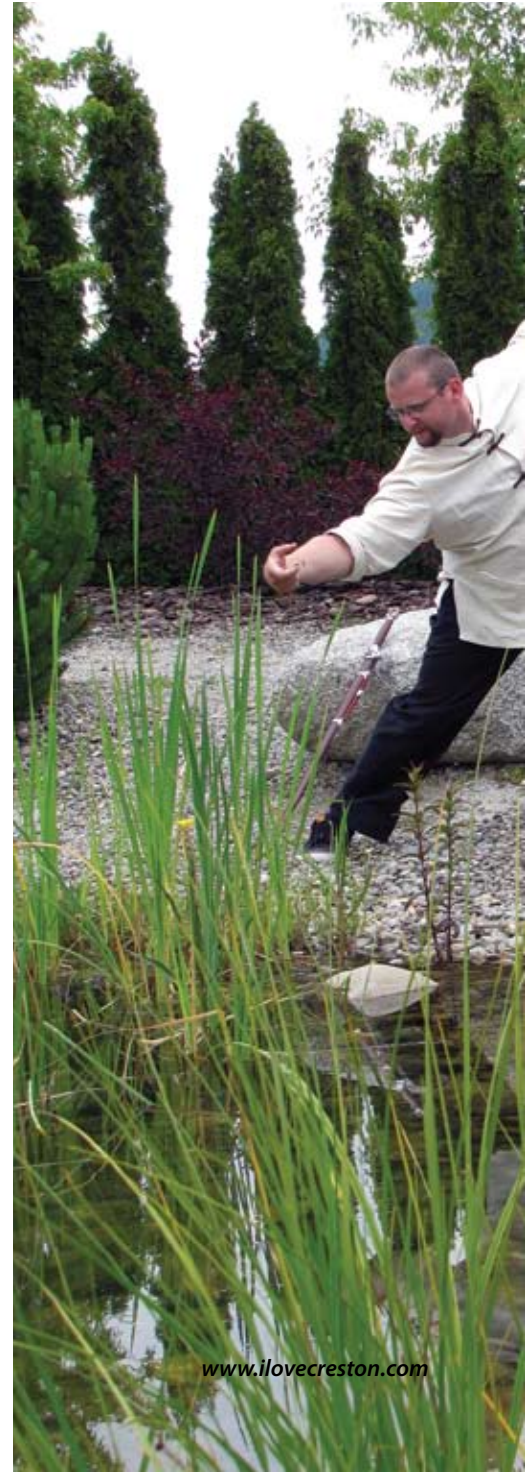
In martial arts training, though, we need to study the method of training the mind in a way that allows us to focus directly on it without the distractions found

We trained three hours a day, five days a week for six months, culminating in a written and oral exam as well as a meditation retreat in Thailand, which my wife LeAnne attended. (I was busy training with my taiji master at the same time and decided to stay behind.)

The reason I am going into this detail about the particular strain of meditation I am about to discuss is to allow people a means of researching the master and the method to be sure they agree with the principals and practices.

Meditation tends to be a subject some approach with caution, and rightfully so. Directly training your mind had better be done in a way you agree with as it will, if trained and practised, affect your personality.

The method is simple and aimed at beginners. You need to know only two things to get started: a focal point (a part of your body where you will concentrate your mind – the navel or between the eyebrows are popular choices); and, a word for silent recitation.



PIZZA 2 FOR 1 TAKEOUT

Find us on Facebook

AT RENEÉ'S MAINSTREET DINER

FREE INTERNET!

Renée's

ROADHOUSE DINER

DAILY SPECIALS FULLY LICENSED

OPEN 7 DAYS A WEEK
SUN - WED 5AM TO 8PM, THURS - SAT 5AM TO 9PM
635 HWY 21, CRESTON (OLD STAVROS) 250.428.3337

The word should be two syllables so that it has a rhythm as you repeat it silently and it should carry a positive meaning for you. Repeating a word silently over and over will program it into your sub-consciousness and so a good meaning is important.

My word is the same as my teacher's: buddho, which is a Pali word meaning "purify." Any word will do but choose wisely and ideally do not

"In martial arts we strive to be in this place when we train, fight and live"



change it as it can confuse the mind.

Armed with this knowledge, sit comfortably in a quiet place (you don't have to sit cross-legged, although it does look all cool and Zen) and close your eyes to eliminate distractions. Focus your mind on the area of your focal point and begin to recite your word silently. That's it.

However, 20 seconds later you will notice that you are thinking about something else instead. When I trained at the Zen priory in Edmonton, the monk there said the most useful thing I have ever heard from a meditator: "Meditation is the act of returning to meditation."

Wonderful advice. Recognize when you have begun thinking, acknowledge it and return to what you were doing. When you can sit for even five minutes without this happening, let me tell you, big things are happening.

That's all there is to it for now. Sit every day if you want to experience the benefits of the practice, but even once a week will generate the feeling you are looking for.

In martial arts we strive to be in this place when we train, fight and live.

Be more present and less in the past and future and you can start to see where the great river is wanting to take you and you can follow instead of fighting it.

Hope this helps. ■

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.

Creston Valley GLEANERS

Hours of Operation

Main Store Hours:

807 Canyon Street

Tuesday & Friday 9:30 am to 4 pm,

Thursday 4 pm to 7 pm,

Saturday closed

Gleaners Too Hours:

113 8th Ave. N. (across the street)

Tuesday & Friday 9 am to 4 pm,

Thursday 4 pm to 7 pm,

Saturday closed

Food Bank Hours:

807 Canyon Street

(behind Main Store)

Tuesday & Friday 9 am to 1 pm

Drop-Off Hours:

(both locations)

Gates Open Monday to Friday 6 am to 6 pm

Saturday & Sunday 1 pm to 5 pm



Live more – love more with grace and ease we grow



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

As I sit here in the early morning of 12-22-2012, I wonder what words will begin to flow for this amazing, auspicious article- for January 2013.

As I look up at my computer, I see a picture, and it's my 13 year old niece wearing a t-shirt that says "Live More – Love More", and I simply say YES to synchronicity.

I feel this is the theme for 2013 – Live More – Love More.

The Shift of the Ages has occurred, from the Piscean Age to the Aquarian Age, or the Golden Age as some call it.

The DAWNING OF A NEW DAY – a New Year – A New You – and Best of all – A NEW US!

It is in coming together and choosing to create from Love, serve each other from a happy heart, and allow for more New Beginnings that may be different than some of our "family traditions".

There is a country song that has come into my mind often this past

**"Living and Love more,
while honoring the
family traditions, and
creating new family
traditions aligned with
New You, on the New
Earth"**

year after both of my parents passed on, and it's by Hank Williams Jr. that says something like this:

"Hank Why do you drink,

Hank Why do you roll smoke,

Why must you Live by the Songs that you wrote.

Over and over, everybody makes my prediction,

"There is a new energy on earth now, one filled with Un-Limited Possibility"

So if I get stoned and just carry on – It's a Family Tradition".

The message of this song is how in different ways he broke the family tradition, and, later in his life, he found some of the family tradition wasn't really working for him anymore.

What if, in 2013 – breaking some family traditions, isn't breaking the respect, the honoring or the love of our parents and ancestors?

What if – breaking family tradition is simply honoring Who You Are

Becoming, or have Become – and Allowing yourSelf to BE the New You without judging or making wrong, the original family tradition?

Does that feel lighter to you?

Living more and Loving more, changing and choosing new ways that work for you now, while simultaneously dropping all judgement of what's right or wrong,

good or bad, and simply Allowing yourSelf to Live and Love more.

Embrace, Expand and Express that – Celebrate that.

This family tradition theme can also be seen in other systems, school, religion, banking, etc.

Some of these old systems don't fit Who you Are Becoming, so what if we choose in each moment what feels lighter within,

and take inspired action from lightness, without worry of trying to fit in, or being different, or feeling

wrong for choosing a new way to live. As together we emerge into a new way of life that is more peace, joy and happiness.

There is a new energy on earth now, one filled with Un-Limited Possibility, and Together We Are the Ones, who make the difference.

Everyone is doing the best they can, with what they have.

May 2013 Be a Year of Celebrating the Joy of Being You,

Living and Love more, while honoring the family traditions, and creating new family traditions aligned with New You, on the New Earth.

We are making Hi-story, and Her-story.

Let's co-create, collaborate & Together write a Divinely delicious New Story.

Wishing you a Happy Hearted New Year. ■

Annette Agabob has been serving the Creston Valley as an iridologist, chartered herbalist and whole food nutritionist since 1997. For information on Annette's Health Action or products phone 250-866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com.



STRETCH YOUR ADVERTISING DOLLARS

Starting at just **\$35**/month

Give us a call today! 250.428.2631

i love creston

Numbers game runs behind the scenes

Story by: Creston Valley Thunder Cats

Here's a little insight into how junior hockey works.

Each spring the coach and/or general manager attends spring training camps and hockey tournaments to scout potential talent to invite to main camps in late summer.

Many teams have contacts at higher levels of hockey who can recommend players who have the skill and potential to play junior hockey.

The coach/GM sends out letters inviting players to the main camp

and other players seek out camps to attend on their own, scouring team Web sites for camp dates in the hopes of living their dream of playing junior hockey.

Junior B is a stepping stone for many players to move on to junior A, major junior or college/university.

At the team's main camp the coaching staff and GM evaluate the players, running them through practices and scrimmages to arrive at the right mix of players to comprise the team.

Each team in the Kootenay International Junior Hockey League is given 40 registration cards at the beginning of the season but can carry only 23 players at any time during the season (two of whom must be goaltenders).

Once a player signs a registration card he becomes a member of that team and his playing rights belong to that organization. In other words, unless the team releases the playing rights of the player he cannot play for any other team at the same level.

For example, a player who has signed a registration card with the Creston Valley Thunder Cats cannot decide to play for the Kimberley Dynamiters unless his rights are released and he becomes a free agent, or his rights are traded to the new team (usually for another player, a player to be named later or financial considerations).

In an effort to get the right mix of

players, the coach/GM might make mid-season cuts (releases) or trades. BC Hockey has imposed deadlines for player movement, including a trade deadline of Jan. 10. That means no more trading of players between teams can occur after that date, but teams can release or sign released players up until Feb. 10 (with some restrictions).


As the team is only given 40 cards, player movement must be carefully considered as a team does not want to run out of cards.

Also, teams must pare down their number of carded players and unused cards to a total of 25 by Dec. 1. In order to protect B.C. hockey players, junior teams are not permitted to card more than eight imports at one time. An import is defined as a player who is not a B.C. or Yukon resident.

Creston has seen many import players don the Thunder Cats uniform, including players from Alberta, Alaska, California, Quebec, Newfoundland and Labrador, Nevada, New York and even as far away as Australia.

Players who were carded imports the previous season are not considered imports for their second season at the same level. However, if they move up to junior A they are considered imports again. ■

For more information about junior hockey in B.C., visit www.bchockey.net or www.kijhl.ca. Check for game updates and schedules at www.crestonvalleythundercats.com.



Come out & cheer on your local Junior B Team!

January Home Games

Saturday January 12
V. Castlegar Rebels (7:30pm)

Friday January 18
V. Golden Rockets (7:30pm)
Jersey Night

Sunday January 20
V. Penticton Lakers (2:00pm)

Saturday January 26
V. Spokane Braves (7:30pm)

Creston Valley THUNDERCATS

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



Photo courtesy of: Jeff Banman

www.ilovecreston.com

Out & About

Submitted by: www.crestonevents.ca

January 10 Creston Public Library Film Club

An incisive and moving exploration of debt, not simply as an economic condition, but as a primal human dilemma. Payback presents a fascinating look at debt: how it influences relationships, societies, governing structures and even the fate of the planet. Based on Margaret Atwood's bestselling book, Payback: Debt and the Shadow Side of Wealth.

Location: Creston Public Library
7:00pm
Contact: Gail Southall
Phone: 250-428-4141
www.crestonlibrary.com

January 12, 2013 Thunder Cats vs. Castlegar Rebels

*Exciting Junior B action.
Entertainment for the whole family!*

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm
Contact: Josh Hepditch
Phone: 250-428-8929

tcats@telus.net
www.crestonvalleythundercats.com

January 18 Thunder Cats vs. Golden Rockets

*Exciting Junior B action.
Entertainment for the whole family!*

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm
Contact: Josh Hepditch
Phone: 250-428-8929
tcats@telus.net
www.crestonvalleythundercats.com

January 20 Thunder Cats vs. Penticton Lakers

*Exciting Junior B action.
Entertainment for the whole family!*

Location: CDCC
Doors open at 1:15pm,
action starts at 2:00pm
Contact: Josh Hepditch
Phone: 250-428-8929
tcats@telus.net
www.crestonvalleythundercats.com

January 26 Thunder Cats vs. Spokane Braves

Exciting Junior B action.

Entertainment for the whole family!

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm
Contact: Josh Hepditch
Phone: 250-428-8929
tcats@telus.net
www.crestonvalleythundercats.com ■

New to the Area? Know Someone Who is?



WELCOME SERVICE

**Great Gifts,
Information & Maps**

Christy Johnston - Hostess
Phone: 250.428.7074

SERVING THE CRESTON VALLEY SINCE 1967

Beauty and Salons

Perfect Images



- Body Waxing • Lash & Brow Tints • Manicures • Pedicures
- Permanent Make-Up • Medical & Cosmetic Laser Treatments
- Pure Volcanic Clay Mask • Pure Emu Oil Body Care Products

NEW SUPER BODI DETOX PATCH
Twice the Power for the same LOW price!
Check out our great testimonies on many health issues!

The Universal Detox & Contour Body Wrap
GUARANTEED TO LOSE AT LEAST 6" IN 2 HOURS

FREE CONSULTATIONS

Sharon Brown-Cert. Laser Technician, Aesthetician, M.PI Artist, Certified Wrap Specialist
Home: 250-428-8453 • Cell: 250-402-8953 • perfectimages@live.ca



ADVERTISE YOUR BUSINESS HERE!

**IF YOU ARE READING THIS SO ARE YOUR
POTENTIAL CUSTOMERS!**

BOOK YOUR SPACE TODAY! 250.428.2631

Creston Valley Business Services



Fig's PLUMBING AND GASFITTING
 LICENSED • BONDED • INSURED
250-428-6014
 Serving the Valley Since 1986

- ALL PLUMBING
- GASFITTING
- HEATING SYSTEMS
- TANKLESS WATER HEATERS
- HEAT PUMPS
- RENOVATIONS

"Protecting your lifestyle and livelihood!"

We carry...
 • Personal Insurance • Business Insurance

We also offer...
 • Auto Insurance • Driver Services
 And the list goes on...



Creston Valley INSURANCE
 Located in the Creston Valley Mall
 250-428-2294 • 1-888-853-6465
www.crestonvalleyinsurance.com

Insuring the Creston Valley.



Creston Parcel & Delivery Inc.
 You Call We Haul
 139 Collis Street, Creston • Phone/Fax: 250.428.2133

Securing the Kootenays and Boundary Area with professional service

Residential • Commercial • Industrial
 Access control, surveillance cameras, intercoms, telephones, environmental, burglary & fire alarms
 Installed and serviced by our local team of certified trade technicians with over 85 years combined experience.



Premium Protection By...
 SECURITY SYSTEMS SYSTEMS
 C.C.T.V. Systems
 GUARD PATROLS
 250-402-3661
 1-877-372-1864

For professional security, safety & ease of mind.



1-877-372-1864




Kootenay Energy Advisor
 Ray Smith, Certified Energy Advisor

- Eco energy & access to government grants
- Custom & multi unit residential energy evaluations
 - Energuide for new homes
- Renewable energy system design and feasibility studies

Office: 250-428-2704 or cell: 250-428-6781
www.kootenayenergyadvisor.com

Photographer for Hire



Jeff Barman - 250.402.6482
Photos 'n Motion
www.jeffsphotosnmotion.com
 Official game photographer of the Creston Valley Thunder Cats

Where the Pro's Go!
 For Serious Professional Growers and Gardeners who don't want to fool around.



Sunset Seed Company
 Feed, Pet, Grower Supplies & More!
 Beside 7-11, Creston • 250-428-4614

Friendly, Helpful Advice for Over 70 Years!

CANYON County Store

- Full Deli • Pizza • Chicken • Wedges • Refreshments
- Snacks • Soft Ice Cream • Slushes • Hunting Licences
- Post Office • Liquor Store • Daily Lunch Specials

4493 Canyon Lister Rd., Canyon • Ph. (250) 428-8771
 Open 8:00 am to 9:00 pm, 7 days a week.

New Year Wishes

*May the New Year
open up for you more
opportunity and lead you
onto the path of continued
success happiness
and prosperity.*



Powerful Solutions For A Compact World

Winter Clearance

0%
Financing
48 Months O.A.C.
in lieu of cash discount



CASH SALE PRICE
\$18,999.00*
Reg. list \$22,915.00
While quantities last



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

L3200HST with loader - Features

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

0%
Financing
36 Months O.A.C.
in lieu of cash discount



These zero tail swing excavators reduce the risk of rear-end damage and are perfect for rental operations, foundation repairs, or any restricted work area. But, their compact design doesn't compromise performance. The U Series feature excellent stability, lifting power, and comfort.

U17-1GS Features: 1.7 Ton • 17 HP

- Kubota Diesel • Dig depth: 7'7"
- 1.7 metric ton • 39"-49" track width
- Auxiliary flow: 7.3 gpm

CASH SALE PRICE
\$26,699.00*
Reg. list \$30,865.00
While quantities last

0%
Financing
36 Months O.A.C.
in lieu of cash discount



CASH SALE PRICE
\$11,799.00*
Reg. list \$13,988.00
While quantities last



The rugged and versatile RTV900 has been upgraded to make it easier to use and more ergonomic than ever. It's amazing balance that enables the rugged RTV900 General Purpose to perform like no other utility vehicle. Spacious cargo bed, powerful hauling capability, robust diesel engine, advanced suspension, this machine has it all. The RTV900G is perfect for all types of terrain from 1 acre to 500 acres, and at an incredible pace.

RTV900XTG-H - Features

- 21.6hp, 3 cylinder, liquid-cooled D902 diesel • Variable hydro transmission (VHT) • 4WD with 2WD selectable • Easy range assist mechanism • More traction in reverse speed • Front independent MacPherson strut-type suspension • Rear semi-independent DeDion type suspension with leaf springs and shock absorbers • Reliable, wet-type disc brakes • Responsive hydrostatic power steering • Ample ground clearance • Quick read panel • Improved tailgate design • New deluxe bench seat with retractable seatbelt

Buhler Snow Blower Clearance

50" 3pth snowblower

STARTING AT
\$1,999.00*



GRAND FORKS **CRESTON** CRANBROOK
Serving The Kootenays

KEMLEE EQUIPMENT LTD.

Your locally owned & operated Ag Centre

*Cash price includes all discounts in lieu of low rate finance.
0% financing available on approved credit, call dealer for details.