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First Nations

Remembrance Day much
more than a paid stat

Community

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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

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I Love Creston Marketing Ltd.

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



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Photo by Brian Lawrence

feature story

5 Everyone loves a parade

It's a magical moment when Santa sweeps down Canyon Street, and it's all thanks to the Creston Valley Spirit Committee.

Cover photo by Brian Lawrence

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Guest From the editor

Maybe she was trying to make up for lost time.

Never one to book off work for a holiday, what did Pat Smith do right after closing her in-house daycare after 33 uninterrupted years of service? She not only left town, she left the continent, heading to Spain with some friends to walk the El Camino Santiago trail.

The story of Pat's Family Daycare, informally known by her loyal and loving customers as Pat's Place, is among the articles in this month's I Love Creston magazine.

"She actually planned it before she decided to retire," says Tanya Poznikoff, one of Smith's daughters. "That's why it was only two weeks."

Poznikoff recalls an atypical childhood after Smith, by then a single mother of three young girls, opened the daycare in 1980, four years after emigrating from their war-torn Zimbabwean homeland.

Up to a dozen preschoolers (and often at least one infant) had the run of the family residence, a fact that inadvertently groomed Poznikoff for her eventual career choice as an elementary school teacher.

"I liked it because I liked playing school and I always had lots of willing students," she says with a grin. "Some things were hard. We grew up never watching TV because she didn't want the TV on around the kids.

"Our friends liked to come over because they thought it was fun. For us, sometimes it was tiring but for the most part it was just something we got used to, having lots of kids around the house all the time.

"When we went off to university, everyone would go up to the third floor where it was really quiet and I remember having to sit right by the circulation desk just to do my work because I never had any silence in my life."

Smith will be missed by the families who entrusted to her their children, and Poznikoff concedes that retirement was "a big decision" that will require an obvious adjustment period, "but I think she's already put lots of thought into it so she'll just do other things.

"She's 67 but she's very active. She kayaks and hikes.

For her 66th birthday we hiked up Kokanee Glacier, and she's really busy in the community.

"She's been huge on the refugee committee and is on the board for the Community Resource Center (and) the trails committee. She stays really involved."

The Creston Refugee Committee was particularly

dear to her heart, no doubt due to her having to leave Africa the way she did. Smith could relate to the experience of being like a fish out of water more so than anyone else.

"Coming to Creston was a big culture shock," Poznikoff says. "We all remember going into Paul's Superette early on and she didn't know what milk to buy because they're all different. She'd wear bare feet downtown and realized right away that you don't do that. There were lots of things like that.

"She always kept a space at the daycare for all the (refugee) kids who ever came to (Creston) until their families had adapted."

Smith was given a quiet send-off by her family in the summer, when they presented her with a box of "memory cards" written by as many former daycare kids as they could track down.

"Everyone talked about the same things," Poznikoff says. "They talked about the pirate (treasure). They talked about the birthdays. They talked about the Christmas parties, the backwards day, those kinds of things."

Accompanying Smith on the trip to Spain was Jean Mutch, who worked alongside her for many years and was the only assistant she ever hired.

Smith herself, humble as she is, was not interviewed for the story at the request of family members who feared she might scrap the idea before it got into print.

Also featured this month is the Creston Valley Spirit Committee, which also has children and families at the core of what it does, climaxing with the annual Santa Claus Parade set this year for Dec. 7. The second annual tour of lights follows, from Dec. 16-20.

Remembrance Day hasn't yet arrived, but Christmas will be here before we know it. Start getting into the spirit with the pages to come. ■





Here comes Santa Claus

Photo by Brian Lawrence

Christmas parade highlights Creston Valley Spirit Committee calendar

There's nothing quite like Christmas, and in Creston the start of the most special of holiday seasons has come to be marked by the Santa Claus Parade and festival downtown.

This year's big day is Dec. 7, a Saturday devoted to family-oriented events at the Creston and District Community Centre culminating with the parade and refreshments on Canyon Street and – yes – even some shows of support for local businesses.

“It is an all-day family event, a great day to shop and play in town and then enjoy the parade,” says Jim Jacobsen, president of the Creston Valley Chamber of Commerce.

Jacobsen helps spearhead the parade as the chamber's representative on the Creston Valley Spirit Committee, an offshoot of Town Hall that also includes councillors Jerry Schmalz and Joanna Wilson, the chamber's Amy

Maddess, town staff member Loretta Huscroft and citizen Allan Clement.

The countless hours spent putting it all together can be tiring for the small group, but ultimately the outcome is considered well worth the effort.

“The Santa Claus Parade and festival is all about community spirit,”

“It is a time to get in the Christmas spirit and enjoy the parade with family and friends”

Jacobsen says. “It is a great day to shop locally and support our local businesses that do so much for the community.

“It is a time to get in the Christmas spirit and enjoy the parade with family and friends, then cozy up around the bonfire and enjoy a hotdog, hot chocolate and some Christmas carols.”

Parade marshalling begins at 5 p.m. in the Rec Centre parking lot, with the parade down Canyon between 16th and 10th avenues starting at 6. Entrants are to pre-register at the chamber office.

The customary free hotdogs and hot chocolate will be dispensed by town staff and firefighters near a bonfire in Spirit Square on 11th Avenue, where Christmas music will add to the festive atmosphere.

“There will be a variety of activities throughout the day,” Jacobsen says, including the traditional gingerbread cookie decorating from 1 to 3 p.m., pictures with Santa from 2 to 4 p.m. and free swimming during the same period – all at the Rec Centre – not

to mention “parade day sales and events at locations downtown and along Northwest Boulevard.

“Watch for a secret shopper handing out cash during the day,” he adds.

“We are going to be giving away prizes as part of a campaign to promote local shopping.”

The star of the show, old St.

Nick himself, will be travelling in style this year thanks to the donation by Wynndel resident Jack Wigen of a classic sleigh which is being retro-fitted by

Across the Board Creations, a local company. Once completed it will be suitable even for royalty, according to Huscroft, who says the committee has long sought a suitable mode of transportation for the rotund one.

“Every year we have to try and find a sleigh because we don’t have a proper float,” she says. “This year we

got donated a beautiful sleigh. We’re hoping that it will be ready a week before so we can decorate it. It’s absolutely gorgeous.

“We don’t have horses to pull it so we thought we’d just have it on a trailer and have it as if it’s kind of landing.”

Also sure to excite the kids that night is the annual draw for bicycles. The name of every public school pupil in the valley from kindergarten through Grade 7 will be entered, with the number of winners to be determined by the amount of money contributed by Creston business owners, whom Schmalz canvasses.

In the past, one lucky family was sent to Disneyland. More recently, Rec Centre passes were given away.

“Last year we gave out 10 or 12 bicycles,” Huscroft says. “The (fitness) pass – most people use it



Santa Parade sled donated by Jack Wigen and family and Across the Board Creations.

more in the wintertime. You can use your bike any time. They can use them for longer. It's a better bang for your buck."

The spirit committee's work isn't finished for the season once Santa soars over the Skimmerhorn on the seventh. It is also offering a tour of lights for the second straight year, from Dec. 16-20.

"It's nice to know that people appreciate what you do. You're making people happy"

Patrons can board a BC Transit bus at the Rec Centre at 6 p.m. each night for a roughly hour-long tour of the town's most impressive Christmas lighting displays, all for the token fee of a customary transit ride. Whereas there were two tours per night in 2013 there will only be one this year.

"The first ride was full every night and the second (one) wasn't, so this year we've asked for just one ride," Huscroft said.

"It's really hard, when you're older, to go around and see the lights if you don't like driving in the snow or you can't get out by yourself or whatever. Everybody that went on it said they really enjoyed it."

It's not a competition, although a random draw for a Fortis emergency pack was held among lighting display owners who submitted their names.

"We didn't want to have people think that, 'Well, my lights aren't good enough so I'm not going to bother putting them up,'" Huscroft says. "We just wanted people to participate.

"It was interesting because people came in to the chamber and wanted to know where the route was. People who didn't take the bus went with their cars and drove. It got people out appreciating other people's work."

Significantly, "it wasn't a lot of work for anyone," she adds. "The amount of volunteers, as you know, is dropping, so you have to come up with innovative ideas that don't need a lot of manpower because we don't have a lot of manpower, but we still want to be able to show the pride that we have for our community."

The spirit committee meets in the chamber building at 3 p.m. on the third Wednesday of every month, and everyone is certainly welcome to attend.

"We need more volunteers," Huscroft says. "Everything we do is, 'We can't do that because we don't have enough volunteers,' or, 'We can do that but we have to do it this way.' It's always pretty much the same people who are on the committee are the ones trying to do all the stuff.

"Whether they can volunteer (or not), it's always nice to have new ideas," she adds.

Formerly known as Community Pride before undergoing a rebranding in January, the spirit committee promotes Creston throughout the year.

Members manned a booth at the Home and Garden Trade Show in April to promote National Volunteer Week, then treated all volunteers

who signed up to a dinner at a local restaurant.

In June, committee members forwarded photos from a local garden tour for posting on the Communities in Bloom Web site.

Canada Day festivities at the Rec Centre are also the work of the spirit committee, but ultimately there's nothing quite like Christmas, which in Creston kicks off with the Santa Parade.

"I love Christmas," says Huscroft, who has served on the committee for three years. "Just to see the kids and be a part of the community is a great thing.

"I like the fact that we can come up with ideas that people enjoy. It's nice to know that people appreciate what you do. You're making people happy." ■

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From the Mayor's desk

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

Mayor works hard to get the message out

The Town of Creston undertakes the process of getting a message out to the public in numerous ways,

including: the municipal Web site (www.creston.ca); newsletters; the mayor's article in I Love

Creston; mail-outs; newspaper ads; the information board at curbside in front of Town Hall; and, more.

While the examples of messaging are numerous, examples of providing opportunities for meaningful conversation – informal, two-way dialogues in which people can hear and be heard – are fewer.

“We’ve had many successes over the past term and I’m excited to share those accomplishments”

It is in the realm of creating meaningful conversation between the local municipal government and the citizenry that I would like to see improvements made. I keep regular office hours, there is a question period at the biweekly council meetings and there are advertised meetings for events or developments, but these mechanisms don't seem to be adequately filling the information gap.

I recently had a phone call from a concerned citizen who wanted me to clarify or explain the comments she was hearing around town. Her topics of concern resulted from discussions held “around the water cooler” or in “coffee shop chats.”

I was pleased that this individual took the time to contact me and get the facts rather than merely listening to unsubstantiated rumours.

Creston Valley Business Buzz



Kelli Smith owner of Full of Wonder

We are happy to be introducing Creston's newest downtown retail store, Full Of Wonder.

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Full Of Wonder is your local go to place for Lampe Berger offering a great selection of Lamps and scents with new stock arriving monthly.

Be sure to watch in the next months issue of the I LoveCreston magazine to see the Holiday Specials from Full Of Wonder for the month of December and for your chance to enter to win an amazing gift basket in January. Thank you for supporting local businesses, that's what will keep our great town thriving.

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This conversation got me thinking about how we can better communicate. One resulting idea brought me to my first commitment for action. Over the next couple of months we'll be looking to provide opportunities for the public to start having informal coffee cup chats with the mayor, RCMP detachment commander and fire chief at rotating locations around town.

Next I'll be working with staff to develop an open house forum at which staff members will be available to answer questions about programs the public may be interested in. This will be an action item for 2014.

Stay tuned for the roll-out of both these programs.

We've had many successes over

the past term and I'm excited to share those accomplishments, and the associated challenges, with our community. I'm just as excited to hear what our community has to say about these matters.

Don't hesitate to contact me and let me know your ideas about how we, as a local government, can better communicate with our citizenry. I thank you once again for the opportunity to represent

our community as mayor and look forward to your comments about how I can better serve.

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



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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Give Canadian veterans their due on Nov. 11

Ki'suk kyukyit (greetings) from the Lower Kootenay Band.

November marks the acknowledgement of Remembrance Day across the country. Unfortunately, Remembrance Day is often referenced as a “long weekend” and plans do not include remembering our forefathers’ sacrifices for the freedoms we have today.

Often overlooked are the families of soldiers, sailors, airmen and even female military personnel. Society may not realize women also deploy to foreign lands for long periods of time, leaving their significant other to manage the child-rearing and financial affairs.

The military husband, wife, mother, father and children have many sleepless nights knowing their loved one is in harm’s way. Once a military man or woman fulfills his or her duties, the trauma of witnessing combat does not automatically end when the weapons cease firing.

The diagnosis of post-traumatic stress disorder (PTSD) affects many veterans and serving members of the Canadian Forces. Misconceptions about the issue may include the belief that an individual is psychotic or has a severe mental illness.

PTSD affects many people in different ways. There really isn’t a blanket statement covering all the characteristics and how to treat them.

Reverting to First Nations history of the warrior, the men were held in high regard and their warrior deeds were celebrated. When a war party returned home, a feast was held and the entire community attended to hear about the warrior’s deeds in battle.

The warrior began the healing process by speaking aloud about what he had to do. Community members listening to the tales brought honour and respect to the job the men did for their respective territories.

As a veteran of the Canadian Forces, I know that the military produces personnel who have the highest standards of professionalism, courtesy and humility.

I love the Lower Kootenay Band and will die and be buried here one day, but I needed to experience life outside of my community to give me a broad view of the country and the world.

“Often overlooked are the families of soldiers, sailors, airmen and even female military personnel”

My comrades were of Asian, Indo-Canadian, black and Caucasian descent, yet all of us stood united wearing green. We were brothers and sisters who did our jobs and brought out the best in each others' character. Through the harsh conditions of rain, snow, heat and missing family I could not have completed the objectives without them.

From the First World War through to the present day it is these people who we honour and celebrate on Remembrance Day. Military members come from small towns, large cities, First Nations communities and farming communities.

The Canadian Forces trains for a combat role in war but strives for peace, assisting at home and abroad with many humanitarian missions.

If we searched our family trees I could almost guarantee many of our relatives contributed to our current rights and freedoms.

Wearing a poppy is a personal choice. For a quarter, loonie or toonie we can all show our respect for a day that truly is more than a statutory holiday.

By wearing a poppy we bring honour to our grandfathers' acts of bravery and valour. Although what transpired on foreign soil so many years ago was full of horror, Nov. 11 is also a time of celebrating who we are as a country.

The Canada I have come to understand is a country of men, women and children who unite in times of hardship and celebrate our history. If history is not recited and celebrated it will be forgotten. If history is forgotten, so will our identity.

"They shall not grow old, as we that are left grow old.

"Age shall not weary them, nor the years condemn.

"At the going down of the sun and in the morning, we will remember them."

Lest we forget. ■

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

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Pat's Place was more than a daycare – it was a way of life

When Pat Smith prepared the last lunch, wiped the last runny nose and fixed the last boo-boo with a Band-Aid at Pat's Family Daycare, it marked the end of an iconic Creston Valley institution.

The child care facility affectionately known simply as Pat's Place for 33 years was the longest-running family daycare in B.C., according to one of Smith's daughters, Tanya Poznikoff.

Uncounted hundreds of preschoolers and infants – some of them second-generation customers – passed through the doors of the 11th Avenue North residence, which became like a second home to Smith's extended "family."

In the early years they were almost like siblings to Smith's three girls, who were all in elementary school when the daycare opened in 1980. Few areas of the home were

restricted, Poznikoff recalls.

"The three of us had sort of a different upbringing," she says with a smile. "We came home from school and there would be 12 kids, and you'd do your homework at the table with them all. It was different, but that's part of what she wanted. The kids were all together and we helped them out.

"They had the run of the place. Our bedrooms were kind of off limits but a lot of the times they napped in there."

Smith's unique flair for child care was rooted in her native Zambia, where she met her husband, Stephen Smith, the son of Canadian missionaries. Poznikoff and her sisters were born and raised in Zimbabwe, where her father taught high school and eventually at the University of Rhodesia until the family was driven out by civil unrest.

"We left Africa in 1976 due to the conflict there," she says. "You either fight in the war, go to jail or leave the country. It was sort of whites against blacks and (my parents) didn't want to do that, given the fact that many of our friends were African."

The couple separated not long after arriving in Creston, where Poznikoff's paternal grandparents had connections and where her dad hired on at Prince Charles Secondary School.

Smith started the daycare to support herself, and the job came naturally to her. She had been a Girl Guides leader in Zimbabwe and incorporated African ways into the child-minding methods her own children had been exposed to when they were little.

"We were very much raised along with all the African children," Poznikoff says. "(At) my birthday parties I was the only white child. She was very much involved with the African women and their children.

"All of that cultural heritage and background went into that daycare. The kids got used to leaving their shoes at the door and they were in bare feet all day long outside."

The large yard, Poznikoff says, was also "very African, with lots of trees and flowers" and featuring a rope swing, trampolines and an African "foefie" slide – "like a cable you ride along.

"It evolved over the years. In the beginning there were no rules with daycare. Over time, with licensing, she had to slowly remove all these things. It got much more strict until she basically had, like, the little swing set (which) has to have a certain amount of padding and this sort of thing.



“It was a frustration for her. You don’t think that way (in Africa). There’s a lot more freedom with children so it was definitely challenging for her to have to change her ways.”

Smith’s creativity always found alternatives and special touches, like a large sand pit in which she could bury “treasure” and the children could pretend a pirate ship had run aground, and a rabbit hutch for hands-on animal interaction.

“Her kids always remember the advent calendar,” Poznikoff says. “If your name was under that day you got to dip in the treasure bag. On April Fool’s Day she’d have backwards day, so the kids would dress with their clothes backwards (and) they would drink out of their bowls and eat out of their cups.”

Smith was also known for her generosity. Families struggling to pay found their fees waived. None of the

children brought a lunch, which she provided at no extra charge. Every year she invited present and former daycare attendees to a Christmas party at which everyone got a gift.

Though technically an 8-to-5 operation, those boundaries were never etched in stone, and Smith ran it right through the summer.

“When it started we remember having kids much later,” Poznikoff says, “or if their parents went away for a week they’d stay with us. It was a way of life, I guess.

“When we were kids she’d plan a (rare) trip and would book way ahead and everyone would accommodate it, but for the most part she hasn’t really gone.”

People have been asking “forever” when the 67-year-old might retire, Poznikoff says, pinpointing last winter as the tipping point for her mom.

“She always puts on this Olympics

every year for the kids,” she says. “It’s a big event. They have medals and do all kinds of little contests, and the kids all enjoyed it. She said she just realized at the end of it she was so exhausted and it’s probably time.

“She’s been doing her ‘last of’ everything since then, like her last Christmas party.”

Poznikoff says that Smith gave all the parents ample warning that she’d be closing the doors in September, but not until after all-day kindergarten was in full session.

“It’s quite a loss, I think, to the community,” Poznikoff says, “but it was time.

“She worked hard.” ■

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Good timing for girl's night out

Article submitted by: Shoppers Drug Mart

For many women, the opportunity to have a "girl's night out" can be hard to come by. The demands on your time at home and work leave little time for you.

Now is your chance to pamper yourself with an evening of activities with friends while enjoying some stress-free Christmas shopping

without the kids, as Shoppers Drug Mart presents a Holiday Snowflake Gala on Nov. 15.

The variety of local business people showcasing their talents will be vast, from the ancient art of acupuncture to creating fun memories with photos. Refresh your "do" with a professional hairstylist and don't forget to check out the revolutionary

new way to create beautiful, shiny curls with the "curl secret."

Glamorize your look with our certified cosmeticians and glitz up your nails with a mini manicure. Can't go to the beach this winter? Check out the spray tan demos.

Reduce swollen feet and ankles, alleviate tired and aching legs, and improve leg circulation with a circulation booster. Also, enjoy a soothing, relaxing massage.

This evening is for stress-free pampering and fun so enjoy the activities at your own pace while indulging in an assortment of snacks and sweets. Also enjoy samplings of Epicure delights.

Shoppers Drug Mart began selling tickets to this exclusive event in October. There are only a limited number of tickets being sold so pick up yours today.

Other highlights for the night are a "pop-a-balloon" game to reveal your reward of up to 50 per cent off all regular priced items in your purchase. You will also be going home with a gift bag of goodies and possibly one of our door prizes.

Take this opportunity to relax, look good and feel better. The event runs from 7 p.m. to 9:30. ■

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Bird Fest committee eyeing artwork

Story by: Creston Valley Bird Fest

The second annual Creston Valley Bird Fest is taking flight.

The organizing committee, which operates under the Creston branch of Wildsight, would like to purchase a festival art piece that will be used to advertise the event in poster form. The art will also appear on the cover of the festival program, with an artist's profile on the inside.

Interested artists are invited to submit a good-quality photo stating medium and dimensions to Jim Jacobsen at the Creston Valley Chamber of Commerce by 5 p.m. on Dec. 31.

Artists are free to choose their medium. An identifiable bird theme is preferred, and simple clean images are best. Remember to leave space for text in the composition.

Strong colours will attract attention to the poster. Busy backgrounds will clash with the print. Images in a vertical format will have an advantage.

For more information contact committee chairman Tanna Patterson at 250-428-5246 or go to info@crestonvalleybirds.ca.

The committee looks forward to making its juried selection for the festival art in January. The art piece will be auctioned silently as a fund-raiser during the bird festival, May 9-11.

Meanwhile, Wildsight's fall 2013 series continues Nov. 12 with retired ski guide and mountaineer Bernard Faure's

presentation on Glaciers of the Rocky Mountains. Faure has been leading people on walks on the Athabasca Glacier for nine summers.

The presentation begins at 7 p.m. at the Rotacrest Hall. ■



Join us December 2 for
Local Colours
at the **Tivoli Theatre**



Photo by: Howard Smith

Creston Valley Branch of Wildsight will be featuring 6 local photographers and a short movie in "Local Colours at the Tivoli" at the Tivoli Theatre in downtown Creston.

Join Monte Comeau, Miriam Needoba, Jim Lawrence, Jim and Howard Smith, Ralph Moore and Bernd Stengl for an enjoyable night of beautiful images of birds, bears and Kootenay landscapes.

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

November is Nutrition Month

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Family ties explored in Footlighters original

Story by: Footlighters Theatre Society

Themes of aging, fidelity and sibling rivalry will take centre stage, but the enduring bond of family is the main focus of *Almost Golden*, which Footlighters Theatre Society presents from Dec. 5-7.

The comedy-drama, locally written by Suzanne Chubb and Jason Smith, revolves around Marvin and Hazel Schooling, who host their children and grandchildren for a weekend as they go all out to celebrate their 49th wedding anniversary.

“Everyone has experienced their loved ones aging,” Chubb says. “This allowed us to explore those feelings and the way aging affects the entire family.”

Such subject matter could turn heavy, but *Almost Golden* takes a good-natured look at the subject, finding the heart and natural humour that can develop out of family interaction.

“We didn’t want it to become something that only brought out the depressing aspects of aging,” says Smith, who made his directorial debut with *Headed South* from the Great White North in July. “Once you have

three generations involved there is so much more to explore.”

Marvin, a retired miner, and Hazel (played by Kelly Mehrer and Stephanie Sweet) live in a town not dissimilar to Creston. Their daughter, Marta McLucky (Chubb), her husband Andy (Smith) and their son, Sam (Logan Thompson), come to visit from their home in a nearby town.

Making the long drive from the coast are Marvin’s and Hazel’s son, Steven (Warren Bruns), his wife Rachel (Starla Ek) and their daughter, Tiffany (Sam Mintenko).

The family’s bond is tested by appearances from Dave Murphy (Marc Archambault), Chad Harvey (Jordan Koop), Maude Edison-Stapleton-Gilmore (Debra Mehrer) and Verna Reid (Lynn Adderley), each of whom brings to light information that has a profound effect on the future.

Almost Golden is the fourth full-length original play that Footlighters has produced, preceded by the melodrama *Barging Down the Nile* (2007) and the children’s comedies *Jack* and *the Beanstalk* (2007) and *Aladdin* (2011).

Chubb and Smith wrote it in late 2012 and held a private reading of the play to hear it performed before asking Brian Lawrence to direct it. He found the choice to be an easy one.

“So much of it reminded me of things my own family has been through in terms of aging and mental health,” says Lawrence, who most recently directed the musical *Annie*. “I knew the first time I read it that other people needed to see it performed.”

The writers haven’t been idle since. In addition to having roles in the play, Chubb and Smith haven’t stopped writing and rewriting, working closely with the director to hone the play into the final product that will be seen in December.

“Since rehearsals began, entire conversations have been added to help the audience get to really know these characters,” Lawrence says. “The process is pretty involved when you’re presenting a play for the first time but the hard work will be worth it.”

Almost Golden will run at 7:30 p.m. each day at the Prince Charles Theatre. ■

Almost Golden

A comedy-drama by Suzanne Chubb and Jason Smith

Sometimes truth is stranger than family

December 5-7 • 7:30 p.m.
Prince Charles Theatre • Creston, BC

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

Real Food Café is offering dinner specials
on the nights of the performances. Info
and reservations, 250-428-8882.

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FOOTLIGHTERS
We bring life to drama.

Don't miss the Christmas Craft Fair

Story by: Creston Arts Council

Plan to make time for browsing, visiting, shopping and nibbling at the Creston Arts Council's annual Christmas Craft Fair at the Creston and District Community Complex on Nov. 23.

The late Marj Comm was quoted in a 2000 interview with the Creston Valley Advance as saying this annual extravaganza began in 1977, when she was first on the arts council board.

The first craft fair was not considered a success as very few shoppers attended. Today, 35 years later, it is one of the highlights of the Creston holiday season and of the arts council calendar, bringing in vendors from all over the Kootenays and, in some years, from as far away as Alberta.

In recent years the event has attracted more than 2,000 happy shoppers which, of course, pleases the vendors, many of whom book their tables a year in advance.

This year will see a total of 81 tables selling everything from knitted items, candles and soaps to unique jewelry, wreaths and children's clothing.

Five vendor tables were still available at press time. Contact co-ordinator Harry Miller at 250-428-2527 if you are interested in securing one of the tables.

Among the highlights of the craft fair are the generous donations made by shoppers to the Gleaners Food Bank. In 2012, two carloads of imperishable food items were delivered to the food bank. Miller is hoping that this year's generosity will top that.

The Cubs and Scouts will be selling popcorn as one of their fund-raisers.

Door prizes donated by the vendors are a popular tradition, with numbers drawn every 15 minutes throughout the day. Winning numbers from tickets given to shoppers are posted on a board near the arts council information table. Numbers drawn that belong to people not present will be published in a subsequent issue of the Advance. The major door prize of the day is a three-trip pass to Red Mountain Resort in Rossland, a \$225 value.

After expenses are paid, which include advertising and rental space at the Rec Centre, money raised is used by the arts council as part of its grant program. It is one of several funding sources the council administers for the benefit of arts-related groups or individual artists.

Along with funding from such sources as the British Columbia Arts Council, Regional District of Central Kootenay, Town of Creston and Columbia Basin Trust (through the Columbia Kootenay Cultural Alliance), the arts council administers approximately \$15,000 a year in grants. The money is used to support a wide range of artistic and cultural projects throughout the mandated area.

Also on the Saturday and Sunday of the same weekend will be the Images Art Show at the Rotacrest Hall, so plan your shopping weekend. You are sure to find something for that special person on your secret shopping list.

The craft fair runs from 9 a.m. until 6 p.m. ■

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For more info contact Harry 250-428-2527



Honouring Our Veterans

Remembrance Day 2013

11.11.13



November 11, 2013 Cenotaph Service

- O Canada** - Don Leben
- Prayer** - Rev. Harry Haberstock
- Last Post and Reveille** - Poul Christensen
- Piper** - Army Cadet
- Fly Past**
- Laying of the Wreaths**
- Benediction** - Rev. Harry Haberstock
- God Save the Queen**
- March off the Colours**
- Dismissal**



Our thanks to the members of the Army Cadets band, Air Cadets, Creston Valley Flying Club, Jim McSeveney and Bryan Daybell for their participation.

A special thanks to the establishments and organizations who supported the Royal Canadian Legion Poppy Campaign.



Branch 29
ROYAL CANADIAN
LEGION

Friday November 8

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

Saturday, November 9

10:00 am
Remembrance Services at Swan Valley Lodge

Remembrance Day Calendar of Events

11:00 am
Remembrance Services at Crestview Village

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

Monday, November 11

The Service of Remembrance will be conducted by Reverend Harry Haberstock, Padre of the Creston

Legion and assisted by Comrades of the Branch

10:00 am
Service of Remembrance
Held in the Legion Upstairs Hall

10:45 am
Parade forms
(behind Pharmasave building)

11:00 am
Cenotaph Service and Laying of the Wreaths

"Open Door Policy"

The public is welcome to afternoon entertainment in the lounge

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The amazing history of "Taps"

Submitted

If any of you have ever been to a military funeral in which taps was played; this brings out a new meaning of it.

We in the Canada have all heard the haunting song, 'Taps.' It's the song that gives us the lump in our throats and usually tears in our eyes.

But, do you know the story behind the song? If not, I think you will be interested to find out about its humble beginnings.

Reportedly, it all began in 1862 during the American Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention.

When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead.

The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted.

The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral.

The request was turned down since the soldier was a Confederate.

But, out of respect for the father, they did say they could give him only one musician.

The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform.

This wish was granted.

The haunting melody, 'Taps' was born. ■

The words are:

Day is done.

Gone the sun.

From the lakes

From the hills.

From the sky.

All is well.

Safely rest.

God is nigh.

Fading light.

Dims the sight.

And a star.

Gems the sky.

Gleaming bright.

From afar.

Drawing nigh.

Falls the night.

Thanks and praise.

For our days.

Neath the sun

Neath the stars.

Neath the sky

As we go.

This we know.

God is nigh

Remember Those Lost and Harmed While Serving Their Country.

Also Remember Those Who Have Served And Returned, and for those presently serving in the Armed Forces.



Don't cry for me

By: Cali Hicks, Sackville, NB

Don't cry for me
 For I am not dead
 Though I lie here alone
 In a muddy bed.
 I fought for freedom
 And for what I believe
 So smile and be happy
 I don't want you to grieve.
 I am your brother
 Your daughter, your son

I am the price paid
 For the freedom you've won.
 I fought the great fight
 I've done my best
 And now it's my turn
 To lie down and rest.
 But don't cry for me
 Though my body is gone
 Through the peace you enjoy
 My spirit lives on.



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 and freedom.

Larry Binks
 Regional Director, Area C

East Kootenay 2012 Prize Winner

Darynn Bendnarczyk, Mount Baker School, Cranbrook, BC

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When a Soldier Comes Home

Submitted

When a soldier comes home, he or she finds it hard....

...to listen to his son whine about being bored.

...to keep a straight face when people complain about potholes.

to be tolerant of people who complain about the hassle of getting ready for work.

...to be understanding when a co-worker complains about a bad night's sleep.

..to be silent when people pray to God for a new car.

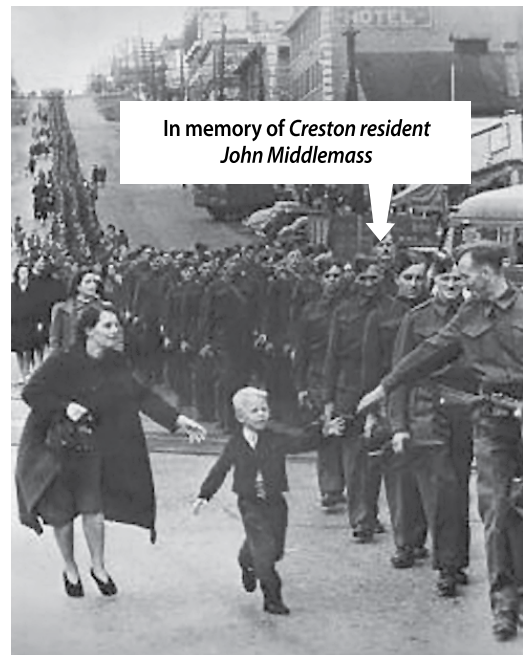
...to control his panic when his wife tells him he needs to drive slower.

..to be compassionate when a businessman expresses a fear of flying.

...to keep from laughing when anxious parents say they're afraid to send their kids off to summer camp.

...to keep from ridiculing someone who complains about hot weather.

...to control his frustration when a colleague gripes about his coffee



In memory of Creston resident John Middlemass

being cold.

...to remain calm when his daughter complains about having to walk the dog.

...to be civil to people who complain about their jobs.

...to just walk away when someone says they only get two weeks of vacation a year.

...to be forgiving when someone says how hard it is to have a new baby in the house.

The only thing harder than being a Soldier...

Is loving one. ■



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History of the Poppy

Submitted

The poppy, an international symbol for those who died in war, also had international origins. A writer first made connection between the poppy and battlefield deaths during the Napoleonic wars of the early 19th century, remarking that fields that were barren before battle exploded with the blood-red flowers after. Prior to the First World War few poppies grew in Flanders. During the war the chalk soils became rich in lime, allowing 'popover rhoeas' to thrive. When the war ended the lime was quickly adsorbed, and the poppy began to disappear. Lieut.-Col. John McCrae, the Canadian doctor who wrote the poem "IN FLANDERS FIELD," made the same connection 100 years later, during the First World War, and the scarlet poppy quickly became the symbol for soldiers who died in battle. Three years later Moina Michael was working in a New York City YMCA canteen when she started wearing a poppy in memory of the millions who died in the battlefield. During a 1920 visit to the United States a French woman, Madame Guerin,

learned of the custom and decided to use handmade poppies to raise money for the destitute children in war-torn areas. In November 1921, the first poppies were distributed in Canada. Thanks to the millions of Canadians who wear flowers each November, the little red plant has never died. And neither have Canadian's memories for 116, 031 of their countrymen who died in battle.

The poppy is a symbol of peace and it reminds us of the people who died for us. The poppy means red blood from the men who died in battle. ■



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Lest We Forget

the sacrifice made by brave veterans who served and continue to serve our country.

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Creston's Cenotaph

Submitted by: Creston Museum

This poem was written by Rev. J.S. Mahood of Boswell in 1917, upon hearing that his son, Private Hubert Mahood, had been killed in action 28 April 1917 at Arleaux-en-Cohelle. The poem was read as part of the dedication ceremonies for Creston's new cenotaph, on November 11 1922.

*Now thy long day's work is ended;
Lay thy burden by.
Holy angels guard thee sleeping;
All peaceful lie.
Fare thee well, we bid thee warrior,
Such farewell as never died.
To thy sure reward we leave thee,
Resting in Paradise.*

*Now the battle's rage is over;
Victory is won.
Deeds no longer lose their splendour
When faithfully done.
Where the glory and the brightness
Far outshine the path once trod;
There, beloved, we entrust thee,
Safe to the care of God. ■*



The cenotaph in its second location, in front of what is now Town Hall.

Freedom
has never come
without a price...

and that is what
we remember.



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On Remembrance
Day



We acknowledge the courage
and sacrifice of all those who
served our country.



From the poppy committee

Is a new job on your Christmas wish list?

Story by: Kootenay Employment Services

It's hard to believe another winter is coming. The morning light is getting hard to find and the evening darkness is coming earlier every day.

It makes most of us want to go into hibernation mode and just sleep all day. But that's hard to do when you have to be at work.

On the other hand, knowing that you have a job is a great comfort as we prepare for another winter and another holiday season.

Knowing you can put some money aside to splurge at Christmastime is great. It's the time of year when a little financial planning can go a long way toward avoiding the January blues when your credit card statement comes due or your bank account is showing empty.

Realistically, though, not everyone has a job to go to, and lots of people have jobs that don't pay enough money to save ahead. Seasonal work in the valley is coming to an end. The tourists are gone and stores, hotels and restaurants are all cutting back on staff – not a cheerful picture for those folks.

The truth is that many people in the valley are in tough financial times and the thought of an upcoming, expensive holiday can be overwhelmingly depressing.

So what's the point of stating the obvious, that there are always those among us who are struggling? The point is to let people know that lives can change and Kootenay Employment Services is ready to help.

KES is the WorkBC office in Creston. We have staff dedicated to helping people gain skills they need to get a job or get a better job.

We offer one-on-one employment counselling to help unemployed or under-employed (working less than 20 hours a week) residents in the valley. Our staff members know which programs might be able to help you move forward to a brighter future.

You might be eligible for funding to undertake some new training or you might be eligible to attend one of the programs that are offered right in our offices, combining life skills workshops with work experience with a local employer.

There are many ways we can try to help. If you know someone who would benefit from speaking to one of our staff, give them an early holiday present and pass along our phone number (250-428-5655) or direct them to our office just off the main street of Creston at 119 – 11th Avenue North.

Give someone the gift of a brighter tomorrow. It's the best free gift you can give. ■

For more information, check out our Web site at www.kes.bc.ca.

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Firefighters' role recognized with tax credit

Story by: Rita Patstone, CGA

Volunteer firefighters play an essential role in their communities, ensuring the health and safety of their fellow citizens.

The Stephen Harper government introduced the Volunteer Firefighters' Tax Credit in 2011 to recognize their dedication and service to Canadian communities.

The Volunteer Firefighters' Tax Credit is a non-refundable tax credit available to certain volunteer firefighters who serve at least 200 hours per year at one or more fire departments beginning Jan. 1, 2011.

Services that make up those 200 hours include responding to and being on call for firefighting and other emergencies, attending meetings at the fire department and taking courses in preventing and putting out fires. When eligible firefighters claim the credit they can reduce the amount of income tax they have to pay by as much as \$450.

In response to the Tax Incentives for Charitable Giving in Canada, a report of the Standing Committee on Finance, the First-time Donor's Super Credit was introduced as part of Economic Action Plan 2013 to encourage new donors to give to charity. This new credit makes donating to a charity more attractive for Canadians who are making donations for the first time.

Donations made by first-time donors after March 20 now qualify for the First-time Donor's Super Credit. Individuals qualify as first-time donors if neither they nor their spouse or common-law partner has claimed the charitable donation tax credit since 2007.

The super credit provides an extra 25 per cent credit in addition to the Charitable Donation Tax Credit. This means that donors can get a 40-per-cent federal credit for monetary donations of \$200 or less, and a 54-per-cent federal credit for the portion of donations that exceed

\$200, up to \$1,000. This is in addition to the provincial credit.

For more information about the Volunteer Firefighters' Tax Credit, go to www.cra.gc.ca/firefighter.

More information about the First-time Donor's Super Credit is available on the Canada Revenue Agency (CRA) Web site or the Government of Canada's Economic Action Plan Web site.

Donate wisely by researching registered Canadian charities using the CRA's charities listings before you donate. For more information about donating to charities, go to www.cra.gc.ca/donors. ■

For more information contact Rita Patstone, certified general accountant, by phone at 250-428-2662 or e-mail at Ritap_cga@hotmail.ca.

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Story by Jesse Moreton, BSc DC

Latest "hot" topic: when to use ice

Before starting into this month's topic I'd like to acknowledge some feedback I've received over the year or two I've been writing for I Love Creston. Thankfully, almost all of it has been positive.

I am happy the articles are read and appreciated. I realize that some topics are controversial. These topics

make for interesting articles but are debatable by their very nature.

Such was the case with my last article on calcium supplementation. I was surprised when the magazine informed me a reader had complained about it.

As I explained to her, I endeavour to write practical, no-nonsense articles. I try to base them on research accepted by academia. I write for the benefit of the general public and not



to promote or abase any particular person's views or beliefs.

It is not my intention to cause offence or harm and I sincerely apologize if I have done so. There will always be differences of opinion in health and science. That's what makes science grow. Researchers conduct studies to test those opinions; that's the scientific method.

Sometimes studies have conflicting results. Practitioners and researchers often describe this as a "controversy in the literature."

I will likely continue writing about hot topics. I welcome your feedback. If you have good references or articles that challenge the way we traditionally understand things, even better. Send me an e-mail. I'll try to include them in future articles so we can learn from each other.

Now, enough with the sappy apologies and on with something new. Since I've already used up half my space I'll stick with something quick.

Heat. No, ice. Wait, maybe heat. Which should you use and for how long?

The general rule of thumb is ice for acute injuries and heat for chronic conditions. Some conditions, however, can respond favourably



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to either and are based on personal preference.

Ice reduces swelling and inflammation which in turn controls pain. This is especially relevant during the first 48 to 72 hours after an injury.

I usually advise patients to follow the 10/10/10 rule. This means 10 minutes on, 10 minutes off and 10 minutes on again. This ensures against tissue damage and frostbite. The 10/10/10 protocol can be repeated every hour if needed.

Ice can also be used after activity for repetitive strain injuries. For

“The general rule of thumb is ice for acute injuries and heat for chronic conditions”

example, ice a chronic shin splint after running.

Ice should be used for whiplash until the inflammation and swelling subside. Since whiplash-associated swelling is difficult to detect on the surface, a better indicator is to ice as long as there are no pain-relieving positions.

There are interesting new theories that suggest some of the whiplash-associated inflammation stems from chemically induced pain.

Heat is better suited for chronic conditions. It helps to relax muscles and promote better blood circulation. I often recommend heat for chronic muscle strains and contrast its effect to that of walking outside on a cold winter's day.

Our muscles naturally tense up in response to negative temperatures or for want of adequate layers. Heat induces the opposite effect. Heat is

good for osteoarthritis, especially in the morning.

Heat can be used for repetitive strain injuries before activity. In our example, a shin splint would benefit from heat before being subjected to the high-impact forces inherent to running.

We're better at detecting heat-induced harm than ice; if it's too hot we jump or recoil. Still, it's a good idea not to heat more than 20 minutes at a time or while sleeping.

I prefer hot/cold packs for both providing heat and ice. Throw it in the microwave for heat or drop it in the freezer for ice. Some come with a fabric insulator sleeve that modulates the direct affect of the temperature extremes.

I find these more comfortable, not to mention much safer. Hot/cold packs come in different sizes and can be manipulated to fit the contour of the affected area. They can be tied in place by wrapping a towel around body parts like knees, ankles, elbows and wrists.

Of course there are other sources of heat and ice: electric heating pads; wet cloths; hot showers; and, ice



cubes. Or maybe you'd prefer the more traditional hot water bottle and frozen peas. Classic.

Don't forget there are also many anti-inflammatory foods, herbs and supplements. Ask the experts at your local health food store. Until next time, stay cool. ■

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Best learning is by example

Story by: Shifu Neil Ripski

Training in martial arts is always an experience – sometimes good, sometimes not so good, depending on the teachers and their relationship to their students.

As our new issue of Deep Water Magazine comes to press I am looking at the photos of my shifu, Chen Qi Ming, teaching while he was in Creston. It got me thinking about all the people I have trained under and the experience of learning martial arts itself.

I have run the gamut of teachers, from the unskilled and uninformed to the sadistic and cruel to the open-hearted, highly skilled people who I am proud to call shifu (martial arts teacher).

Each one of them taught me a great deal about many things, but one thing clear across the board was and is about the student/teacher relationship in a martial arts club. Training under someone requires a great deal of trust, not only that they are skilled enough and

knowledgeable enough to teach but that they are worthy of that trust.

Students put their faith and hope in their teachers, more so in martial arts than other disciplines due to their long-standing tradition of discipleship under a master, the eastern version of an apprenticeship.

Even before I realized what it was I was coming to learn from my first teacher I found that I would emulate him in many ways. I placed my trust highly in him and his morality. When he let me down by acting in ways not befitting his station I left with a powerful lesson learned about trust.

With him it was that he pretended to be someone he was not in class and had all of us fooled so when we saw the real him it was a difficult thing.

Martial arts teachers have to be themselves, real people who set a good example throughout their lives, not just in front of the class.

My second teacher had a morality problem as well but it manifested in a constant abuse of power, harming students. All in the name of “learning” he would say, “You have to feel it,” but hospital trips are no way to learn to be powerful with your body. They breed a sense of vengeance that is unhealthy, and

All taught me more about how not to be a shifu than anyone could ever ask for.

I was very lucky, though, to find some truly great teachers with whom I still maintain a relationship and one that has even named me his brother (a high honour, from my perspective).

“A good martial arts teacher must have hands of iron that can still pick up the temple kitten”

young people (like me) could only handle it for so long.

I was lucky that the idea of worshiping the teacher had left me already. It was a lesson in both the application and discretion that must accompany knowledge and power.

A good martial arts teacher must have hands of iron that can still pick up the temple kitten (ours is named Nieve) and open his heart.

Pain is not a good teacher. The “no pain no gain” attitude has no place in a good school. A student should never be harmed physically or emotionally by a trusted mentor.

Luckily for me I moved on to other teachers here and abroad and found more humanness and humane people in the martial arts world.

I met a famous teacher with an ego to match (which I really could not learn from for all that long). I met Asian teachers who refused me due to the colour of my skin and even a grandmaster whose conversation never strayed from his skills and his need for a bodyguard.

But the most powerful lessons I have learned about morality and the trust placed in the relationship between student and teacher are from Chen Qi Ming. Becoming his disciple was one of the most rewarding things I have ever done and I miss training with him a few times a week.

Even though he is old enough to be my grandfather and we are from

very different backgrounds and parts of the world, he welcomed me into his teachings, his home and his family. The warmth from his heart and open honesty with which he tries to help me understand are things I aspire to and consider the best example of being a real master I could have ever hoped for.

My journey is far from over in these arts and I hope to bring to my students an open-door policy of help, freedom of knowledge and good examples. Only through a good understanding of the power we learn to wield can we become good examples and teachers to others. I endeavour to do my best. ■

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 250-866-5263 or at www.redjademartialarts.com.

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Home & Garden

Five inexpensive fall home improvement projects

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

1. Insulate the Attic

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

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

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

2. Fill the Cracks

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

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

3. Buy New Bulbs

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

4. Install Smart Thermostats

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

5. Insulate Your Hot Water Heater

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

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Home & Garden

Fall gardening - expand your growing season

<http://homefreemedia.com>

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

What you choose to grow in your fall garden will depend on your

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

Hardy, tough vegetables will grow

until the temperature is as low as 20 degrees, but those that aren't as strong will only be able to grow through light frosts. Remember that if you have root and tuber plants and the tops are killed by a freeze, the edible part can be saved if your plants are well mulched.

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

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

Fall Planting

Dig a hole as deep as the plant's root ball and about three times as wide, amend the soil if necessary, add a pinch or so of mycorrhizal fungi for better root growth, then nestle in the plant, gently teasing out and separating some of its outer roots. Fill in with soil; tamp lightly and water well. Add a seven- to 10-centimetre layer of mulch, such as compost, shredded leaves

or decomposed leaf mould, keeping mulch 15 centimetres away from the stem of woody plants and five centimetres away from the stem of herbaceous plants. This will help the soil stay warm, which provides a longer growing season for plant roots and prevents frost heave in winter. Water as necessary until the ground freezes. Your goal is to keep the soil evenly moist but not soggy, until the very end of the growing season.



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Fifth-year junior captains T-Cats

Story by: Creston Valley Thunder Cats

Jesse Collins was chosen by the Creston Valley Thunder Cats coaching staff and teammates to wear the captain's "C" this season.

"I'm honoured and privileged to wear the 'C' and hope to be a good leader to the team," says Collins, a third-year Thunder Cat and fifth-year player in the Kootenay



Jesse Collins

International Junior Hockey League.

Admitting that he finds the responsibilities of captain to be intimidating, he hopes to be a source of support for his teammates and lead by example.

The assistant captains are Trevor Hanna, Andrew Hodder and

Brandon Formosa. Collins says all of them have their own leadership styles and ways to encourage and rally the team, so they work well as a leadership unit.

Collins says his leadership style is "more quiet. I tend to lead by example. I let others do the yelling."

The mix of players who make up the 2013-14 Thunder Cats is a good one in Collins's opinion. The players get along, without a lot of

"I'm honoured and privileged to wear the 'C' and hope to be a good leader to the team"

drama or conflict, and there is a lot of positive chemistry.

"The Thunder Cats would really like to bring Creston a league

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Friday, Nov. 8 (Whiteout Game)
V. Kamloops Storm - 7:30pm

Saturday, Nov. 9
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Sunday, Nov. 10
Vs Nelson Leafs - 2:00pm

Friday, Nov. 29 (Jersey Night)
V. Kimberley Dynamiters - 7:30pm

Saturday, Nov. 30
V. Golden Rockets - 7:30pm

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championship this season and I think we have the team that can do it,” he says.

Modest and humble about his skills and achievements, Collins doesn't like to boast. Many fans likely do not know that he headed to Boise, Idaho, at the end of the 2012-13 season to lace up his skates with the Idaho Junior Steelheads (a Tier 3 junior A team). He played the remainder of the Steelheads' regular season and playoffs as the team won its league championship.

The Steelheads went on to win the national championship in Las Vegas, where Collins led the tournament in points. He will soon be receiving a championship ring to commemorate the prestigious accomplishment.

“When I agreed to go to Boise I told them that I was only planning

to play the rest of the season, that I fully intended to finish my junior career with the Thunder Cats,” he says. “My heart was set on coming back to Creston.”

Collins got his start in the sports early.

“The Thunder Cats would really like to bring Creston a league championship this season and I think we have the team that can do it

“My dad was a skilled hockey player and had me in skates by the time I was three,” says Collins, who hopes to continue playing at either the college, university or European level to broaden his life experiences once his final year of junior hockey is over.

Collins feels at home in the Creston Valley. He loves living with the Blow family (Ken, Diane and Eric) and views them as family.

He enjoys the beauty of the mountains, lake and valley, the sunshine and the noticeable changes of the seasons. The valley was one of the things that brought Collins back to Creston from a junior A stint in Winkler, Man.

“I just couldn't get used to living in

the Prairies,” he says. “There were no mountains. It just wasn't home.

“Winkler just didn't compare to Creston.”

The fan and community support Collins experiences here is another reason the 20-year-old wanted to

return to the Thunder Cats for the 2013-14 season.

“It is awesome playing in front of a large crowd,” he says. “It really gets the team excited.”

In a show of Thunder Cats support, Collins, on behalf of his teammates, invites all fans, young and old, to wear white or bring a white towel to the Nov. 8 game against the Kamloops Storm.

Let's welcome the Storm to Creston with a whiteout. ■

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



Photo courtesy of Jeff Banman.

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Heartburn – what’s really going on

Story by: Maya Skalinska
Master Herbalist,
Registered Herbal
Therapist

Officially called gastroesophageal reflux disease or GERD, its symptoms are familiar with many: a burning sensation or discomfort behind the breastbone.

In more serious cases, a regurgitation of stomach acids and difficulty in swallowing is common.

Typically it is attributed to a dysfunction of the lower esophageal sphincter (LES), with delayed stomach emptying. Smoking, caffeine, chocolate, fatty foods, overeating, tight clothing, hiatus hernia and many pharmaceuticals are major risk factors.

In herbal medicine, GERD is recognized as stomach deficiency. This means poor production of

stomach acid and other gastric juices which are necessary for proper

“In herbal medicine, GERD is recognized as stomach deficiency”

digestion, as well as poor motility, referring to the crushing, grinding and liquifying of food into chyme, which is necessary for proper stomach emptying.

Without sufficient gastric juices and proper movement of food, stomach emptying is slowed down, which will manifest in gastric contents coming up the esophagus, damaging the LES each time it happens.

The classical medical approach for GERD is the use of antacids. Although recommended only for occasional use, many people are encouraged to use them, or end up using them, on a regular basis. This has a negative effect on gastric secretion (less stomach acids) and stomach function (motility).

Another common regimen is the use of bismuth subsalicylates (e.g. Pepto Bismol) which coats the lining of the stomach and suppresses stomach acid production.

There are also prescription drugs like H2 blockers and proton pump inhibitors that also reduce stomach acid production. The theory behind their usage is that there is an excess secretion of stomach acid. In fact, the opposite is true.

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give the esophagus time to heal, but at the same time they promote the underlying problem because they weaken gastric function.

From an herbalist perspective, the most important element of treatment is to restore proper stomach function. Bitter-tasting herbs will stimulate the secretion of gastric juices, closing the LES and opening the ileocecal valve (between your stomach and duodenum) which promotes proper motility (food movement).

Once proper motility is restored, the chyme (liquefied food) can pass into your duodenum, which allows proper stomach emptying. Once the stomach is empty, no stomach acid

will reflux upward into the esophagus.

Bitter herbs will also ensure proper

secretion of bile and pancreatic juices for further digestion.

Dietary therapies are also important. Sufferers of GERD should eat smaller meals, never lie down after a meal and observe the rules of food combining in which protein should never be mixed with

starches, and fruit should only be eaten on an empty stomach. In acute cases, a bland diet should be followed.

Of course, management of acute symptoms is very important. Soothing the irritated esophageal lining and providing nutrients to heal the tissues of the esophagus is usually my first approach. Herbs such as licorice root or slippery elm are great.

Once the esophagus lining is healed, focus on resolving the underlying condition of stomach deficiency. By doing this we are treating the cause, not just focusing on the symptoms. This has proven to be a successful approach without diminishing any of our natural bodily functions. ■

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

“Treating the cause, not just focusing on the symptoms”

Most people suffering from GERD actually have lower than normal stomach acid production. I see this with 100 per cent of my clients with GERD.

The problem is still the acid being refluxed into the esophagus, so the use of acid-suppressing drugs can

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