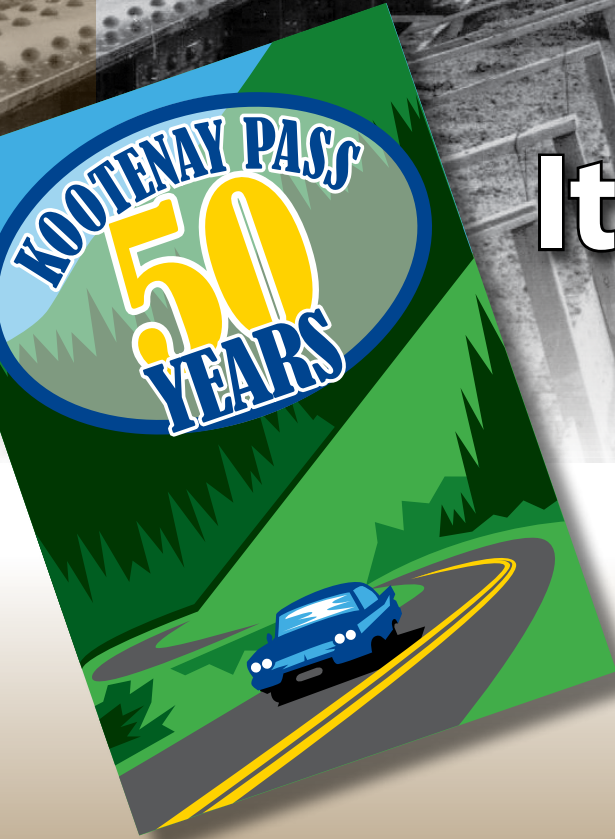


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Mayor's Desk

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Guest From the editor

Maybe it was the thin air, or just the anticipation of a national record-setting feat of engineering. For whatever reason, the opening of Canada's highest all-season commercial highway 50 years ago inspired some giddy thoughts.

The body of water in what would become Stagleap Provincial Park was called Summit Lake, until it came time for the Salmo-Creston Highway to open in 1963.

"It was renamed Bridal Lake as part of this 'marriage' of East and West (Kootenays)," says Creston Museum manager Tammy Hardwick, who researched Kootenay Pass history for a special exhibit commemorating the road's anniversary this month. "There was talk of having two weddings at the top. One couple from Creston, one couple from Salmo, would get married up at the top and they would each name their first-born child 'Kootenay.'

"And that never happened."

Then there was the tale of a runaway lane, upon which a chicken farmer whose brakes failed saved his life but ditched his load.

"There were chickens everywhere," Hardwick relates, "and a year later there were some really weird-looking grouse running around there."

Yes, what Kootenay residents in the 1960s and '70s knew as the Skyway transformed the regional transportation landscape forever, no portion perhaps more so than the East Shore, whose Kootenay Lake ferry system immediately became the alternate, rather than only, route connecting East and West for truckers, motorists and even the Greyhound bus.

Hardwick found evidence of "the same arguments (against the Skyway) that we see with the bypass around Creston today. 'If the bypass goes around Creston, Creston's going to die.'"

Except the East Shore didn't. Tolls on the ferry (and the West Arm bridge

at Nelson) were removed and, voila, a scenic, tourist-friendly option was born. Locals could take visiting relatives "around the loop," going one way on what has ever since been billed as the world's longest free ferry ride and returning via the Skyway (or vice versa).

It opened up some of the region's most accessible backcountry terrain for skiing, snowshoeing, hiking and snowmobiling.

In more recent years the highway has undoubtedly drawn attention to the plight of an isolated herd of endangered mountain caribou, which the occasional lucky motorist can observe.

Not bad for one 82-kilometre stretch of blacktop, even if it was built on the wrong side of the draw.

Alas, despite what Hardwick describes as "a lot of enthusiasm and a lot of hype" over the highway at the time it opened, "it wasn't long before we start to have the tragedies. You know, the avalanches, the cars going off, the winter maintenance problems. People were killed up there.

"By the late 1960s there are a lot of letters to the editor (saying), 'This should not be a year-round highway. It is far too dangerous.'"

Longtime Kootenay Pass avalanche technician John Tweedy, who retired from the Transportation Ministry in 2010, says, "The highway alignment was looked at very critically. 'How could we best avoid the problem as opposed to buying into it?'"

"One of the stories I heard was that one of the reasons the highway is on that side of the valley, south-facing all the way, (is because it) has more sun time. Therefore, you might have warmer temperatures that would assist in melting compact conditions."

Unfortunately, that same factor elevates the avalanche risk, which in hindsight is a strong argument for building the highway on the opposite, north-facing side.

"Was there a recognition of the avalanche risk?" Tweedy says. "I don't know.

"I know there was consideration to go one valley to the north, where the

pipeline and power line now exist, but there was a fairly significant pass they had to get over and they were probably going to have to tunnel through it. There was some reluctance on the Ministry's part to commit to tunneling.

"After the first winter there was a realignment survey put in on the (north-facing) side of the valley on the east side of the pass. There is a logging road there."

That option was revisited in 1992 after a car was struck by a slide, but "it proved to be very expensive," he says. "One of the proposals was a five-star gravel road that would only be used in the winter kind of thing. It didn't get a whole lot of air time."

A snowshed in the North Fork avalanche zone, to the east of the summit, was also deemed too costly at \$60,000 per linear metre, per lane.

"We have 1.6 kilometres of avalanche area (and) three lanes of highway," Tweedy says. "Do the math. It comes out to a really large number.

"The emerging avalanche control technologies were starting to get more consideration that this might be a better way to go."

The cover story in this month's I Love Creston magazine relates how avalanche control evolved and much more about the highway that knocked a couple of hours off the trip between Creston and Salmo – except during the worst of winter conditions, when it's nice that the Kootenay Lake ferries remain as a backup.

"They definitely do the job they were intended for," says veteran highways worker Brian Wert, referring to the avalanche technology, "but sometimes Mother Nature has that ace up her sleeve.

"Mother Nature, she can be wicked."

Hopefully no unpleasant environmental surprises will be in store Oct. 6, when an auto cavalcade to the top is planned. Speeches are set for 1 p.m. and a ribbon-cutting at 1:30. The museum exhibit will be on display and avalanche techs are having an open house as well. ■



Frank Rotter (Salmo), Jack Wigen (Creston), and Al Hunter (Cranbrook) leading the way across the flats at the end of the 1952 trek.

The road more travelled

**“Salmo-Creston opening
in 1963 revolutionized
Kootenay transportation”**

It’s been known by many names: the Cutoff; the Skyway; the Salmo-Creston Highway.

Retired avalanche technician John Tweedy, who knows the stretch of asphalt as well as anyone, respectfully calls it “a bad piece of road.”



Summit Creek Logging 1961.

By whatever moniker, what's officially dubbed the Kootenay Pass marks its 50th anniversary this month as the highest all-season commercial road in Canada. The Creston Museum is celebrating the milestone with a re-creation of the 1963 opening ceremony on the summit Oct. 6 (1 p.m.).

Museum manager Tammy Hardwick dug through local newspaper archives, interviewed old-timers and consulted colleagues in the West Kootenay to prepare a special travelling exhibit about the highway.

"What's interesting is how long people were looking at using that route and how long it took to actually get a highway over it," Hardwick says. "Going back to 1826 there was a Hudson's Bay trail put through there, and even before that the Ktunaxa were using Summit Creek as a route for hunting and fishing."

The Palliser Expedition traversed the pass in 1859 while scouting locations for the Canadian Pacific Railway, and Edgar Dewdney incorporated it into the colonial trail he built in the 1860s, linking Fort

Hope in the Fraser Valley with the goldfields of Wild Horse Creek near Fort Steele.

"A lot of where the highway goes now follows the Dewdney Trail," Hardwick says. "Parts of that same Summit Creek access were used by packers (and) miners. Ed Jordan of Jordan's Cabin, for example, used the route for years (in the 1920s and '30s) as he was packing into the Bayonne Mine and escorting hunters and fishermen.

"People accessed the pass from the west, as well. Pete the Packer, who first built Jordan's Cabin, was a meat packer and trader from Salmo. There's this long tradition of going from Creston to Salmo, or the other way, over the mountain."

The first recorded reference to building an actual road that Hardwick found dates back to 1912, about the time the first automobiles began showing up in Kootenay communities.

"There is some guy from the provincial government trekking over those mountains and saying, 'We should build a highway here,'" she says.

Practicalities and economics prevented the idea from gaining traction until mid-century.

"The roads went where the people went," Hardwick says. "Early in the pioneer years – late 1800s, early 1900s – they are following the rivers because that's where the trains went, that's where the boats went and that's where they could get to easily.

"North-south travel is much easier than east-west."

Talk of a Salmo-Creston connection apparently surfaced in the 1940s but only got serious in the aftermath of the Second World War.

"You've got the whole post-war boom, the increased prosperity of people," Hardwick says. "Government has more money to spend on hospitals and roads and schools.

"By 1952 there is a recognized need. Trucks have replaced trains, largely, for transporting goods. Everybody has their cars, and of course the cars are getting more powerful. Everybody was taking car vacations. It was the new thing to do."

That year marked the first of the "the treks" by chamber of commerce authorities like Creston's Jack Wigen and Salmo's Frank Rotter, who began holding literal summit meetings at the top of the pass to conduct business and promote the route.

"This is within a context of road-building throughout the province," Hardwick notes. "The Trans-Canada, Hope-Princeton, Blueberry Paulson and Salmo-Creston – all these routes are certainly, if not being built, being looked at and prioritized. By the late '50s and early '60s, man, there was a lot of squabbling about which would be built first."

The provincial government approved the highway in 1954 and let the first of many small building contracts in 1956, thus beginning the process of

piecing together – from both sides concurrently – existing wagon roads, logging roads and packer trails along with some fresh-cut sections, 82 kilometres in all.

It was not without controversy, particularly on the Creston side, where the East Shore business community feared the loss of traffic reliant on Kootenay Lake ferries. The “apprehension turned out to be justified,” Hardwick says. “Their tourist traffic plummeted immediately following the Salmo-Creston opening.”

A final construction push in 1961-62 left most of the public eager for the drawn-out project to be finished. Excitement ran high for the ribbon-cutting Oct. 13, 1963, when an inaugural cavalcade of 2,700 vehicles was allowed to pass despite a stretch at the top not yet being paved. Another opening ceremony was staged in August 1964 when the highway was completed.

Winters proved less celebratory.

“It snows a lot up there,” understates Tweedy, who worked in avalanche control on the 1,775-metre pass for 30 years, until 2010.

He credits climate change with slightly lower snowpacks today but back in the '80s it wasn't uncommon to find four metres on the ground in April, with upwards of 12 falling in a season. August is the only month without a recorded dusting.

In half a century, avalanche control on the pass progressed from non-existent to state-of-the-art. During the highway's first era, through 1976, seven slide-related fatalities made it notorious for more than its elevation.

Three died in the last incident, in January 1976, which made international headlines for its miraculous survivors, a woman and child.

“Apparently the little boy was asleep or unconscious when he got thrown out of the car, so he wasn't moving,” Hardwick says. “The snow kind of encased him in a bubble but left a breathing pocket. They found him but figured there was no hope. He was seriously suffering from hypothermia.

“But they took him to the hospital in Trail, along with his aunt, and the next day he was up eating ice cream, raring to go.”

That same winter the province installed five compressed-gas launchers in green gun towers capable of firing one-kilogram projectiles at strategic sites above the highway, triggering slides during planned closures. There hasn't been an avalanche-related death since.

Fashioned after a baseball pitching machine by an avalanche-control pioneer in Nevada, “the original launcher was on the back of a pickup truck,” Tweedy says. “They moved it around and fired at the mountain when they needed to do avalanche control.”

The launchers were phased out in 1993 with the introduction of 105-millimetre recoilless rifles, a 10-factor

improvement inspired by a close call the winter before.

“You have to have either a tragedy or a near miss to get the ball rolling on change,” Tweedy says. “In December of 1992, Dec. 22, we had done avalanche control all day with the launchers and we knew we were in trouble. A big storm was forecast and we didn't think we were going to get too far into the evening before we would have to close the highway.

“Sure enough a natural avalanche occurred while the highway was open and a car was hit on the side. It basically got bumped up onto the snowbank. There were a couple of cuts and scrapes (to the occupants) but nothing life-threatening.

“That was a wake-up call for the Ministry that we need to come up with a better way of doing avalanche control. The rifles arrived that next summer.”

The launchers' low muzzle velocity compromised their accuracy as high crosswinds could easily blow the projectiles off course, and they couldn't be fired at night.

In contrast, the military-grade rifles, with a range of eight kilometres,



Summit Creek Logging 1961.



Constructing Summit 1963.

were far more reliable and cut in half the former eight-hour window for triggering and clearing slides.

Even at that, the rifles were considered an “interim measure,” according to Tweedy, who also in ’93 oversaw the installation of the first three Gaz-ex exploders in the North Fork avalanche zone east of the summit. Developed for ski areas in the French Alps, Gaz-ex employs remotely detonated mixtures of oxygen and propane that blister high-risk slopes with concussive shock waves through cannon-like steel tubes embedded in the mountainside.

The pilot project proved so successful that Gaz-ex expansion commenced in ’97, though not without the prompting of another one of those “wake-up calls:” large rocks found among the debris of a natural avalanche that occurred unexpectedly were deemed to have been loosened by the impact of a rifle shot.

“From a geotechnical point of view we needed to step away from using

the rifles as quickly as possible,” Tweedy says. “The Ministry made a commitment to putting Gaz-ex in throughout the pass in 1997.”

Nine exploders were added to North Fork that year, and rifles in the so-called No Name zone were retired by 2000 after six exploders were erected west of the summit.

By the time the last Gaz-ex project wrapped up in 2012 “we had 23 exploders and six control shelters. All of the high-frequency avalanche paths within five kilometres on both sides of the summit are covered,” Tweedy says, noting that fuse-lit hand charges are dropped by helicopter on other slopes as needed. “We reduced highway closures by nearly 60 per cent compared to the ’70s and ’80s.

“Here’s the difference,” he continues, “and this is the part that I absolutely love. The road still does close, yes, but certainly not nearly as frequently as it used to, and most of the work is being done in a two-hour delay.”

Time, in this case, is money. Tweedy pegs “the economic impact to commercial trucking alone (at)

somewhere around \$50,000 an hour for every hour the highway is closed over two.”

Whereas highway maintenance was initially reactive, responding to slides as they fell, today’s proactive approach embraces all that science can offer in the battle against extreme elements.

“It all comes down to avalanche forecasting, right?” he says, referring to the two year-round technicians and one seasonal employee who monitor conditions from the control centre at the summit using computerized data as well as snowshoes, skis and helicopters. “You still have to understand the snow. You still have to recognize what your tipping point’s going to be, before you get yourself into a situation where maybe you should have done some avalanche control earlier or closed the highway.”

Technology isn’t the only thing that has changed.

The maintenance camp was initially several kilometres below the west-side avalanche gate, although “it didn’t take long for Ministry people to realize they needed to have a facility at the top,” Tweedy says.

Brian Wert remembers when snowplow drivers had the option of living at the base camp, only going home on days off. He was one of them, having hired on with the old Department of Highways in 1971 as a 22-year-old.

“When you were off shift you just bunked up there,” recalls the current road foreman for YRB, the third private road maintenance contractor on the pass since privatization in 1988. “It was like a big family. They had a cook and everything.”

All the drivers were trained in snow safety and equipped with emergency beacons. They shunned air horns so

as not to inadvertently trigger a slide. “We all knew the risk,” says Wert, who witnessed such anomalies as six-wheel-drive and jet-powered plow trucks back in the day. “I found it sort of adventurous.

“At times the hazard was so high they’d tell you, ‘Wear your parkas and all your winter gear, gloves, in case you do get hit, so you won’t freeze to death while you’re sitting there waiting for help.

“I’ve had some close calls. I’ve been hit with them (but) I’ve never been buried.”

Wert did have to dig out his boss one night when “the whole east side of the summit slid out. He was blown off the road right down to the bottom of the valley, just about. He fell over sideways in his seat and the back of the seat came over top of him. Then the cab came down and

crushed the back of the seat. He was like a wiener in a bun.

“I walked the slide a little bit to see if I could see anything. Of course it was at night, wind howling, ugly as could be. I was coming back to my truck and I seen a light flash down over the bank. He was in there kicking and thrashing and he kicked the brake pedal. There was one taillight showing out of the snow on the white truck.

“I dug him out with my hard hat.”

The live-in camp closed within a couple of years of privatization as a cost-cutting measure, and with it went the camaraderie Wert misses. Though now based in town, he still works a loader on the pass when necessary.

“What amazes me now,” Hardwick concludes, “(is that) people seem to take for granted that there’s this

highway here. When we go through the newspapers we can see all of the things that have been done to keep people safe and maintain the highway. But it never fails; if it’s closed because an avalanche has come down, people are always griping and complaining about that and, yeah, it is an inconvenience.

“But really, have you seen what went into building that highway? Do you realize it is the highest all-weather pass in Canada? There’s an awful lot of effort behind the fact that we can just pop over there nine (times) out of 10 any day of the year and be in Trail in an hour-and-a-half.

“Next time you drive over it, remember all of the people who helped make it possible for you to drive over that highway. We’re talking 200-and-some odd years of effort to make that a usable route.” ■

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From the Mayor's desk

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

Firefighters held in high esteem

The old adage of having to walk a mile in someone's shoes in order to understand their reality certainly held true one day this past July.

I found myself, with other councillors and senior staff, dressed in full firefighting gear, undertaking a number of training exercises.

The purpose? To get a glimpse of what it is that our volunteer and career

firefighters do for our community.

On that excruciatingly hot day, with an air pack on my back and a mask on my face, I struggled under the weight of all the gear. In order to mimic the experience of working one's way through a smoke-filled room, participants' face masks were blacked out.

Then, to make it really interesting, I was given a hose and had to drag that

cumbersome load through an obstacle course on my knees. At 66 years of age, my adrenaline was high, I was feeling both claustrophobic and disoriented, and I couldn't help wishing for the good old days of youth.

This is the kind of training that our volunteer and career firefighters commit to on a weekly basis at the Creston fire hall and our regional fire training centre, a facility that benefits all the fire departments in our valley.

At the training centre, firefighters from Riondel to Yahk – including Creston, Wynndel, Canyon-Lister and West Creston – have access to enhanced training opportunities that wouldn't be possible without the commitment of the Fire Fighters Society, grants and community donations.

This fire training centre is located just west of Highway 21 on Davis Road. As ongoing fundraising occurs and grants and donations are received, additional training equipment and structures will be added to the centre's inventory.

Ensuring that our firefighters are adequately trained is only one key part of the emergency response puzzle. Throughout the valley, departments are struggling to attract and retain adequate numbers of volunteers.

Signing up is only the beginning of what it takes to become a firefighter. It takes a minimum of three years for an individual to become fully competent at a fire scene. An additional two years are required to be able to serve in any kind of supervisory capacity.

Becoming a firefighter is certainly not a short-term commitment that is entered into lightly. It requires a significant time commitment, an evolving skill set and physical fitness.

Our volunteer firefighters are an invaluable resource in which this community needs to keep investing.

Anyone interested in signing up as a volunteer could check out the recruitment video on the Town's Web site at www.creston.ca. ■

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

Eventful period for LKB council

Since 2011, the Lower Kootenay Band has strived for excellence both as a community and a First Nation. The road to the present has not been easy but we endure the difficult times and continue to operate as a team as best we can.

Some community members embrace the direction we are heading while others despise it. Regardless, there is a job that needs to be done and, as I am granted a new day, there is no alternative but to soldier on and do our best.

The following is a timeline of what we achieved as a team, not what I achieved. There are times when I must lead and there are times I must follow. The mark of a true leader is the ability to adapt to multiple roles.

2011

- Chief Jason Louie and council are elected.
- March: after more than a decade, the Lower Kootenay Band begins to host bimonthly community meetings to update members about administration programs and operations.
- Much-needed housing renovations begin, employing community members to revitalize the housing conditions.
- Chief and council retreat to strategize where we want to lead our community and begin personal healing to become more effective leaders.
- Renovations begin on the LKB administration building.
- Changes are implemented to the Social Assistance Program. Recipients are required to complete volunteer hours and a declaration of actively seeking employment.
- Economic development grants totalling \$11,000 are awarded to LKB members to begin their own business ventures.
- Four LKB members graduate from high school.
- Harvest Share Program begins at Lower Kootenay.
- Job Search Program begins.
- Cooking club for youth begins.
- Knitting group is started.

2012

- Staff, chief and council retreat.
 - LKB grief workshop. With the many losses we face we must learn how to grieve and cope.
 - LKB lateral violence workshop. Many times we as First Nations can be our own worst enemies. Dealing with lateral violence is an ongoing process that requires commitment to change our personal behaviours.
 - Fetal alcohol syndrome workshop. Education was provided to both men and women about the dangers of consuming alcohol during pregnancy.
 - Budgeting workshop. Community members received information and strategies on how to effectively manage their incomes.
 - Ktunaxa language classes begin.
 - Economic development grants totalling \$23,000 awarded to LKB members to begin their small businesses.
 - LKB initiates the Work Force Crew. This group of men and women became trained in carpentry to renovate homes and buildings in the community. By training our members we saved more than \$10,000.
 - LKB hosts the Ktunaxa Nation annual general assembly.
 - LKB hosts the Kootenai Falls ceremony.
 - Annual community cleanup.
 - LKB hires a registered nurse.
 - LKB youth construct a sturgeon-nosed canoe and present it to the Creston Valley Hospital. The canoe is a symbol of life and represents an ongoing commitment to improving our working relationship.
 - LKB, RCMP, Regional District of Central Kootenay and Town of Creston continue to work together effectively but, most importantly, in a respectful manner.
 - LKB challenges the town to donate non-perishable food to the local food bank. LKB wins the challenge, bringing in two truck loads of food.
 - Chief Louie receives the Queen's Diamond Jubilee Medal.
- 2013
- LKB council inauguration ceremony for

Mary Basil and Robin Louie.

- Cross-cultural education workshop for the Canada Border Services Agency.
 - LKB Winter Survival Day.
 - LKB hosts language/culture preservation symposium for the Ktunaxa Nation.
 - Chief Louie receives the B.C. Community Achievement Award at Government House in Victoria.
 - LKB hosts a career fair.
 - LKB hosts an open house.
 - LKB chief and council retreat.
 - Ongoing housing renovations. Some LKB members finish paying their mortgages and now own their homes.
 - The 21st annual Yaqaan Nukiy Pow Wow.
 - LKB participates in National Addictions Awareness Week.
 - LKB participates in Relay for Life. Chief Louie is arrested by Relay for Life "police" and bailed out for \$200 in five minutes.
 - LKB receives part-time nurse practitioner.
 - LKB hosts salmon feast at Canada Day celebration.
 - LKB begins dialogue with bio-coal company Diacarbon Energy.
 - LKB begins dialogue with Columbia Power.
 - LKB continues to work with Fortis BC.
 - After decades of an inadequate water system, LKB begins a \$1.5-million water project, bringing a state-of-the-art system to the reserve.
 - LKB continues to improve its working relationship with Ktunaxa/Kinbasket Child and Family Services.
 - Band-operated elementary school begins a partnership with the Bountiful community. Students from Bountiful attend Yaqaan Nukiy School, as do students from the Creston Valley. There are no ethnic categories, just children gaining an education.
- As you can see, both the leadership and staff have been working tirelessly for their community. As I mentioned, these are not my accomplishments but the team's. The LKB team has been extremely supportive of me and I thank them for their dedication and even friendship. Figuratively speaking, if we cannot run we will walk and if we cannot walk we will crawl, but never will a fallen team/community member be left behind. Taxa. ■
- Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.



Pharmacist Corner

Article submitted by: Srinivas Chalagalla B.Pharm., Ph.D.

Cold or flu? You make the call

Most people do not know the difference between the common cold and the flu. This is probably due to the fact that both infections affect the respiratory tract and cause similar symptoms.

Even though it may sometimes be bothersome, the common cold is a benign medical problem causing symptoms such as runny nose, sneezing, sore throat and cough. As

the infection progresses, pulmonary secretions may become more present and a dry cough can turn into a productive one, albeit not more serious.

Bed rest, whenever possible, is recommended for anyone suffering from a cold. The patient should also drink plenty of liquids and increase room humidity as needed, to relieve the symptoms.

The flu, also called influenza, is a much more serious, acute viral infection affecting the whole body. Usual symptoms include fever, shivering, generalized weakness, muscle pain or soreness as well as headaches.

Once the flu is resolved, fatigue, chest pain and cough often persist for a few weeks. Complications may include bronchitis or pneumonia.

Can cold environments cause a cold or the flu? Yes and no.

Although it is true there are more cases of cold and flu infections during colder months, temperature itself cannot bear the whole blame. The beginning of the school year facilitates the spread of viruses and young children are often more susceptible to them.

Cold weather makes us spend more time indoors in closer contact with possibly infected persons. But we still do not know why some people have several episodes a year while others don't have any.

Are there effective ways of preventing colds and the flu? Basic hygiene combined with a few specific precautions can be helpful.

Infected people can spread the virus into the air when they talk, sneeze or cough. You can catch it by putting your hand to your nose after shaking hands with an infected person or by using the person's phone. Thus, people with a cold or the flu should wash their hands frequently and avoid sharing personal objects.

Fatigue and overexertion by themselves cannot cause someone to catch a cold or the flu but they can make people more susceptible to infection. Smokers appear to have more serious episodes and more severe symptoms (such as chest pain and cough).

What about vaccination? People can be vaccinated against the flu but not the common cold. Unfortunately, there are more than 200 viruses that cause the common cold, making it impossible to design a vaccine.

The influenza vaccine is made with strains of the virus believed to be most

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active each year. It is administered in the fall and should prevent most episodes of the flu or at least reduce its gravity and complications.

The flu and its complications can have serious consequences in some people. Those with heart disease or chronic respiratory problems, such as asthma, chronic bronchitis or emphysema, should be vaccinated each year. People with diabetes, a weakened immune system and those 65 years or older should also be vaccinated.

In most people, except those allergic to eggs, the benefits of vaccination largely exceed its risk.

What is the role of antibiotics and vitamin C? Antibiotics, such as

penicillin, are useless against viral infections. They are effective only against bacterial infections. Thus, they are ineffective and may even be harmful.

However, someone who has sinus pain or earache, a cough with greenish secretions or fever that persists for more than four or five days may have developed a bacterial infection. In these circumstances, antibiotics are sometimes recommended and people should seek medical advice.

Some people believe that vitamin C can be used to prevent the common cold. However, studies have shown that even massive doses of vitamin C cannot prevent the common cold or the flu. It is also improbable that

vitamin C would decrease the gravity of the infection or its duration.

What about cold products? There are numerous multi-ingredient "sinus" formulas on the market. These products may appear useful because they act against a variety of symptoms but in reality most people do not need all these ingredients at the same time.

Think of it as trying to kill a mosquito with a bulldozer. Symptoms should be addressed one by one, using the best product at the right dose for the appropriate duration. ■

For more information contact local Shopper's Drug Mart pharmacists Srinivas Chalgalla or Karl Mottl by phone at 250-428-9334 or e-mail at Asdm2284@shoppersdrugmart.ca.

waste reduction

Waste Reduction Week in Canada October 21-27, 2013



Waste Reduction Week in Canada

<http://www.wrwcanda.com>

Waste Reduction Week engages and empowers Canadians to reduce, reuse and recycle waste. WRW is currently held in the third week of October each year.

WRW's "take action" message calls on all Canadians to adopt more environmentally conscious choices. The Waste Reduction Week educational resources provide information and ideas to reduce waste in all facets of daily living. Reducing waste is one solution to the many environmental challenges we face: climate change, water pollution and preservation of natural resources.

History of WRW

Recycling and Waste Reduction Weeks started in the mid-1980s, when a number of recycling councils and environmental organizations began holding provincial events. In 2001, these organizations came together, pooled their resources and expanded their efforts into a national event called Waste Reduction Week in Canada (WRW).

Since 2001, Waste Reduction Week in Canada has been organized by a coalition of non-government, not-for-profit environment groups and governments from each of the 13 participating provincial and territorial jurisdictions across Canada. ■

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FIRE PREVENTION WEEK 2013



Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- » Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- » Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- » If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- » Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

IF YOU HAVE A COOKING FIRE...

- » Just get out! When you leave, close the door behind you to help contain the fire.
- » Call **9-1-1** or the local emergency number after you leave.
- » If you try to fight the fire, be sure others are getting out and you have a clear way out.
- » Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- » For an oven fire turn off the heat and keep the door closed.

FIRE PREVENTION WEEK OCT. 6-12, 2013 

PREVENT KITCHEN FIRES

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FIRE PREVENTION WEEK OCT. 6-12, 2013 
PREVENT KITCHEN FIRES
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Cooking Precautions

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

Cooking oil and grease fires are a major cause of residential fires in Canada

Kitchen fires due to cooking oil or grease igniting into flames cause the fastest-spreading and most destructive type of residential fire. When cooking with grease or oil, it is extremely important that you plan ahead so that you will know how to react fast to fire. Here are some tips:

Deep Frying

- The safest way to deep fry foods such as chicken or fries is to use a thermostatically-controlled electric skillet or a deep fat fryer.

Pan Frying

- Keep a pan lid or cookie sheet handy in case grease or oil catches fire. The lid or cookie sheet should

be slid over the top of the pan to smother the fire.

- Never attempt to move a flaming pot or pan away from the stove. The movement can fan the flames and so spread the fire. The pan will also likely be very hot, causing you to drop it. In either case, you are placing yourself at great risk. Your immediate action should be to smother the fire by sliding a lid or flat cookie sheet over the pan. Afterwards, turn off the heat and exhaust the fan, allowing the pan time to cool. Most importantly, react fast, because grease fires spread very quickly.

Oven Cooking

- Keep your oven clean. Grease and food splatters can ignite at high temperatures.



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- Ensure that you wear oven mitts when removing cooking containers to avoid serious burns.
- Follow the cooking instructions for the recipe and the product you are using.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

- Broiling is a popular method of cooking. When you use your broiler, place the rack 5 to 8 cm (two to three inches) from the broiler element.

Always place a drip pan beneath the broiler rack to catch the fat drippings. Never use aluminum foil for this purpose because the fat accumulated on the foil could catch fire or spill over.

Microwave Cooking

Microwave ovens are a marvellous time-saving tool, but there are three characteristics of microwave cooking you should be cognisant of:

- The heat is reflected by the

metal interior.

- Heat can pass through glass, plastic and other materials.
- Heat is absorbed by the food.

Foods, like those in high-fat or sugar, can heat very rapidly but feel cool to the touch.

Pastry fillings can be very hot, but the crust cooler. Milk in baby bottles could be boiling, but the bottle itself not very hot to the touch. Use caution at all times.

Do not use tin foil or any other metal objects in the microwave. If a fire occurs, keep the door closed and unplug the unit.

Call a qualified maintenance technician to ensure the microwave is in proper working order before using it again. ■



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Regional Director, Area B

Larry Binks
Regional Director, Area C

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2850 Lister Rd. Lister, BC
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Ph: 250-428-8841

**Wynndel/Lakeview
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Non-emergency: 866-5212

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FIRE PREVENTION WEEK OCT. 6-12, 2013 

PREVENT KITCHEN FIRES

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Safety Tips For The Home

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

Kitchen

- Avoid loose long sleeves when cooking.
- Check kettles and toasters for damaged electrical cords.
- Use appliances that have an automatic shut-off.
- Keep a timer handy to remind you when the oven and burners should be switched off.
- If you take medication that causes drowsiness, do not use cooking appliances.
- Never leave your cooking unattended.
- Use appropriate cooking

appliances and keep them clean.

- Keep a pot cover nearby to “put a lid on it” in the event of a fire.

Living Room

- Fireplace: always use a fire screen, ensuring it is the appropriate size for the fireplace opening.
- Do not overload electrical outlets or use extension cords in the place of additional outlets.
- Never leave cigarettes in an ashtray unattended.
- Keep matches, lighters and lit candles out of the reach of children.
- Never leave lit candles unattended.

Bedroom

- Install at least one smoke alarm outside each sleeping area.
- Check electrical appliances regularly: electric blankets, heating pads, curling irons, radios, televisions, irons.

Basement and Attic

- Remove all combustable and flammable materials from the basement and attic.
- Store gasoline in well-ventilated areas.
- Do not store propane indoors.
- Use only approved containers to store and transport gasoline. ■

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The job from employer's perspective

Story by: Kootenay Employment Services

Being a team player at work is like being a band member in a musical group.

If any member of the band is out of tune, behind the beat or unwilling to come to practices, then the whole band will suffer and the quality of music goes downhill. Eventually the band will fall apart.

It's absolutely the same way at work. Whether we work in an office, a construction site, a school or an oil rig, each member needs to do their job to make the workplace successful.

Private companies have a bottom line; they are trying to make money. If you are working, or have worked, for a privately owned company, you will understand that the owner is like the band leader.

The band leader selects the music, organizes the band members and is responsible for keeping it all going. So too an employer has to keep the whole company going, ensuring work gets done on time, meets specific quality standards and turns a profit.

The best way to meet the needs of an employer is to put yourself in their shoes. Imagine, if you can, that you own a company and are looking to hire employees. You can imagine any kind of company you want.

Have you always dreamed of having a hotel, running a kayaking rental business,

starting a restaurant or following any passion you have that can lead to a business? Give your business a name and get your mind ready to hire your first employee.

So who are you going to hire? Do you want to hire your best friend? Will they work hard for you because they want to help you succeed or will they take advantage of the friendship and expect to slide by with minimal work for their paycheque?

Do you expect your employees to show up on time, work hard and be considerate of the fact that you have invested your time and money into creating a company and you need their best efforts?

When we take the time to think about the employers' priorities we can gain valuable insight into how to be a good employee. Just try to see things from a different perspective and be the employee you would hope to have if you were the employer.

At Kootenay Employment Services (your local WorkBC office) we help prepare unemployed people gain the tools and skills they need to find and maintain employment. ■

For more information about how we can help you, drop by our office at 119 - 11th Avenue North in Creston, call us at (250) 428-5666 or check out our Web site at www.kes.bc.ca.

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Health and Wellness Fair

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Ag Aware

Story by: The Creston Valley Agriculture Society

Creston Valley blessed with horn of plenty

It's October and the growing season in the Creston Valley is winding down.

This has been an exceptional summer and early fall for most crops. Field crops and gardens have produced well.

It's about time to get the last produce out of the garden and get it ready for the coming winter. Root crops such as potatoes, carrots and beets are usually the last to come in, along with late apples, pears and plums from the orchards. Don't forget the various squash and pumpkins.

Field crops are mostly finished as well. The dairies that grow corn for silage to feed their cows will be chopping that

now. That's one of the last crops to come off.

Another "crop" ready for harvest is beef. The majority of the beef calves born early in the spring which have been out on pastures with their mothers all summer are now big enough to be weaned and put into feedlots to be grown out to maturity.

Most area beef cow/calf farmers sell their calves to feedlots in Alberta. Some are finished on their home farm here and sold for local consumption.

Market prices are looking very good this fall for cattle, which will be welcomed by all the area growers.

While current beef cattle prices are good, the reality is that they are reaching a level that they should at least be at, and should have been at years sooner. It has been 10 years since the BSE, or mad cow, "crisis" occurred. International borders closed to Canadian beef products and prices plummeted. Billions of dollars were lost to the Canadian beef industry and the Canadian economy, and many producers were forced out of business.

It was a terrible overreaction to the situation. The resulting regulatory burdens and costs will continue to make Canadian beef more expensive, in general, than that of our neighbours to the south.

The rules and regulations imposed on the beef industry greatly impacted how beef is processed and handled on its way to consumers, even for the smaller-scale producers we have locally. As long as the current rules are followed, consumers can be assured that our Canadian beef is a safe, healthy product. Support our area producers and enjoy some great local beef.


Like most months, October has a holiday long weekend, Thanksgiving. For many it is just an extra day off from work or a chance for a cross-border shopping trip.

For a lot of us involved in agricultural production of all types, Thanksgiving is a special holiday. Farmers have a special connection to the land and what our land produces. The ability to grow such a wide variety of crops and livestock in our valley and the opportunities and freedom to market our food products as we can is something that all farmers and consumers can be very thankful for.

Our family Thanksgiving dinner menu will consist of a locally grown turkey and ham, surrounded by potatoes and a variety of veggies from our garden. Dessert will be home-made pies made with (of course) local apples and pumpkins, topped off with whipped cream from our local dairy.

The harvest is done; let us all be thankful. May your Thanksgiving meal include some local Creston Valley grown food. Be "ag aware." ■

For more information about the Creston Valley Agriculture Society contact Randy Meyer at 250-428-7013 or Kris Vanderweyde at 250-428-2920.



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Instructors perform for scholarship fund

Story by: Rhonda Barter

The Creston Valley Music Teachers' Association (CVMTA) is a group of talented, hard-working, committed people whose mission is to see that the people of this valley, mainly the children, are encouraged to further their musical education.

One way the CVMTA does this is by raising funds to provide music scholarships for young people in the Creston Valley. One way of raising this money is by having an annual concert at which the music teachers perform.

This remarkable event provides some of the best musical entertainment the valley has to offer from some of the most talented individuals and groups.

This year's concert, the 12th, is called A Tapestry: A Mosaic of Sound. Not only will you hear the individual music teachers perform on their preferred instruments but you will hear them combine their talents in duets, trios and

other combinations.

Many music teachers are involved in other aspects of the local music scene and some of those groups have also been invited. Among them are the Creston Community Band, Key of She and a group from the Blossom Valley Singers.

You will be treated to an eclectic profusion of sound. It will not just be the classics, although you will hear those. There will be jazz, big-brass sound and musical theatre hits along with almost every genre of music you can think of – a true mosaic of sound.

Included in the evening of talented musicians will be a star-studded cast doing a grand finale. We are going to try to have every musician who is performing come back on stage to back up Anita Stushnoff, who will be taking the lead in singing Climb Every Mountain from the musical The Sound of Music.

All profits from this venture go toward music scholarships for young people in our valley, many of whom have benefited over the years.

When children, young people and even adults (it is never too late) take the time to educate themselves and learn a musical discipline, their lives take on a whole new depth.

The CVMTA has been doing this concert for 11 years now and every year it is a hit. People often say afterward, "Oh, I heard the concert was so good. I am so sorry that I didn't hear about it until after it was over."

One of our aims this year is to correct that with lots of marketing.

This year's concerts are Oct. 4 at 7 p.m. and Oct. 6 at 2:30 p.m., both at the Prince Charles Theatre. ■

For more information contact CVMTA members Monte Anderson, Rhonda Barter, Laura From, Kalen Huscroft, Audrey Johnson, Bob Van Der Poel or Stushnoff.

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American bittern easily overlooked

Story by: Andrea Chapman - Acting Director of Communications and Education

Isn't it amazing how we can go for years with a nostalgic sound that sticks in our memory, but not actually know what is making it?

As a child growing up near vast wetlands I was lucky to hear these sounds, but not so lucky to have an interpretive centre nearby that could uncover the mystery of the noises.

Years went by and the sounds were still mysterious. However, it became something I expected each evening as the sun slowly melted into the vast Prairie flats. (I was never up early enough to hear the morning chorus.)

Since choosing my adult path and immersing myself in learning about and categorizing everything that breathes, I had the great surprise of hearing one sound in particular again. This time I discovered exactly what was making it.

If any of you live near the Creston Valley Wildlife Management Area you will have undoubtedly heard the "oonk-a-loonk" of the American bittern resonate in your eardrums.

One would figure, at more than two feet long, that this species would be easy enough to spot, but this is far from true. With a brown, mottled colouration and habit of standing statue-still with its entire

body erect, the American bittern blends in with its environment unbelievably.

I bet many have visited the Wildlife Centre, looking through the displays countless times, and never even noticed we have one in the building. It took me three seasons to finally see it.

A few memorable times I have been walking along the trails within the wildlife area and heard the beloved "oonk-a-loonk" within mere feet of where I was walking. I bet I had looked right at the culprit and not even seen it.

The bittern was undoubtedly standing statue-straight and reaching its beak toward the sky in what is called its cryptic stance. The stance gives it optimal camouflage in the cattails and bulrushes due to the contrast of white and brown stripes running down its long neck.

The bittern happens to be a relative of the great blue heron. Both have a similar body type with an S-shaped neck and long, stork-like legs. They also both tend to lead solitary lives in the marsh.

They differ in their nesting habits, however. Great blue herons nest in a community setting in the tops of trees called a rookery while bitterns nest solitary on the ground.

When it comes to food choice, the bittern is known to eat whatever animal it can get its beak on, which can range from



American Bittern, photo courtesy of Marc-Andre Beaucher.

small mammals to large insects. This time of year, when birds are starting the long trip to warmer weather, bitterns follow the trend, travelling as far south as Mexico.

Hearing the "oonk-a-loonk" takes me back to my childhood and still produces the same feeling in my heart now as it did then. I find it hard not to love this master of wetland disguise, which can belt out such a non-animal sound without being found. ■

For more information about our programs and special events, check the Web site www.crestonwildlife.ca. If you have any questions, call us at (250) 402-6908 or e-mail at askus@crestonwildlif.ca.

October is Animal Health Month



Their health is in your hands!

The most crucial foundation for your pet's long-term well-being is regular, routine physical examinations by a veterinarian. Because pets age so much faster than humans, when health issues go undetected and untreated, the impacts can be much more severe and costly.

What can I expect to be checked during my pet's wellness examination?

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Register now for 2013 Columbia Basin Symposium

Submitted

Free event focuses on encouraging community collaboration

(Columbia Basin) – Register now to connect with fellow Basin residents at the 2013 Columbia Basin Symposium, to be held October 18 to 20 in Creston. This free event will focus on “Community Change Through Collaborative Action” and is hosted by Columbia Basin Trust (CBT).

The event, which occurs once every three years, promises a great lineup of sessions and other activities, and features keynote speaker Paul Born, President and Co-founder of Tamarack: An Institute for Community Engagement. Session topics include those focused on broadband, the Columbia River Treaty and building effective collaboration. During sessions at the Symposium participants will also have the opportunity to provide CBT with input both to its sector strategic planning sessions as well as to longer-term issues and opportunities for the organization.

“CBT is committed to bringing Basin residents together, whether locally in small-group meetings, or regionally at large events like the Symposium,” said Greg Deck, CBT Board Chair. “We encourage people to take advantage of this event to see things from a perspective they may not normally get to see and to create connections with people they may not usually interact with.”

Symposium participants and the general public alike are also welcome to attend an evening of Basin culture and entertainment at Wynndel Hall in Creston, at 8 p.m. on Saturday, October 19.

Anyone not able to attend in person can register to attend virtually. Virtual attendees can use live stream technology that will allow them to see PowerPoint presentations while listening to audio

in real time from their personal computer. Live stream participants can also ask questions and chat through their personal computers via an online facilitator. ■

To register for the 2013 Columbia Basin Symposium, or for more information, visit www.cbt.org/2013symposium. CBT supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit www.cbt.org or call 1.800.505.8998.



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Tax breaks for students

Story by: Rita Patstone, CGA

As students head back to school this fall, families are again facing the costs of textbooks, bus passes and extracurricular activities.

Some examples of tax breaks to help families stretch their dollars further as they gear up for the return to school are listed below:

- **Children's Fitness Tax Credit:** Parents may claim a 15-per-cent non-refundable tax credit on an amount up to \$500

for fees paid to register their child in a prescribed program of physical fitness activity.

- **Children's Arts Tax Credit:** Parents may claim a 15-per-cent non-refundable tax credit on an amount up to \$500 for fees paid to register their child in a prescribed program of artistic, cultural, recreational or developmental activity.

- **Public Transit Tax Credit:** Provides a 15-per-cent non-refundable tax credit on the cost of monthly public transit passes and passes of longer duration, or electronic fare cards and weekly passes when used on an ongoing basis for travel within Canada on public transit.

- **Tax Exemption for Scholarships, Fellowships and Bursaries:** Provides that certain post-secondary scholarships, fellowships and bursaries received in connection with a student's enrolment in a program that qualifies for the Education Tax Credit may be fully or partially excluded from income. Elementary and secondary school scholarships and bursaries are not taxable.

- **Student Loan Interest Tax Credit:** Provides a 15-per-cent non-refundable tax credit on interest paid on loans for post-secondary education received under the Canada Student Loans Act, the Canada Student Financial Assistance Act or a similar provincial or territorial government law.

- **Registered Education Savings Plan (RESP):** Provides incentives to save for a child's education on a tax-assisted basis. There is no annual limit for contributions to RESPs, and the lifetime limit on the amounts that can be contributed to all RESPs for a beneficiary is \$50,000.

Several programs offer tax relief to students who enrol in post-secondary education:

- **Tuition, Education and Textbook Tax Credits:** Provide a 15-per-cent non-refundable tax credit on amounts paid for tuition and enrolment in post-secondary educational programs. Tax relief is also available for apprentices and other workers in regulated occupations who must pay to complete certification examinations.

- **Students can claim an education amount of \$400 for each whole or partial month in the year in which they are enrolled full time in a qualifying educational program, or \$120 per month for part-time enrolment in a specified educational program at a designated educational institution.**

- **Students can claim a textbook amount of \$65 for each month in which they qualify for the full-time education amount or \$20 for each part-time month.**

It is important to remind students to keep their receipts in order to claim tax credits when filing their return during tax season, and to take advantage of the important financial relief available to them year-round.

In addition to the tax credits mentioned above, students may be eligible for the goods and services tax/harmonized sales tax (GST/HST) credit – a tax-free quarterly payment that helps individuals and families with low or modest incomes offset all or part of the GST or HST that they pay.

They may also claim a deduction for their moving expenses if they moved to study as a full-time student enrolled in a post-secondary program at a university, college or other educational institution. ■

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

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TRICK OR TREAT



Creepy Tidbits...

If you see a spider on Halloween, it is the spirit of a loved one watching over you.

The common little brown bat of North America has the longest life span for a mammal it's size, with a life span averaging 32 years.

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

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

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Thursday, October 31

Dress up the kids and come to the complex for a night filled with fun!

Kids Carnival 4:30-6:30 pm

Prizes, candy and games (admission \$2) for ages 11 & under

***Halloween Pre-Party Slime Swim! Sunday, October 27th 4:00-6:00 pm**

**Free with membership or daily admission applies*

If you would like to donate candy or small toys for this event,

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Creston & District Community Complex

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Monster Trivia & Folklore

www.halloween-website.com

Signs of a werewolf are a unibrow, hair palms, tattoos, and a long middle finger.

Vampires are mythical beings who defy death by sucking the blood of humans.

In 1962, The Count Dracula Society was founded by Dr. Donald A. Reed.

To this day, there are vampire clubs and societies with people claiming to be real vampires.

There really are so-called vampire bats, but they're not from Transylvania. They live in Central and South America and feed on the blood of cattle, horses and birds.

Many people still believe that gargoyles were created by medieval architects and stone carvers to ward off evil spirits. 🎃

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Halloween Bash

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Friday, October, 7 pm at the Kokanee Pub

**Tickets: \$5 in costume, \$10 no costume
All proceeds donated to the food bank**

For more informatio call Terry (250)428-7220

Creepy Tidbits...

- The common little brown bat of North America has the longest life span for a mammal it's size, with a life span averaging 32 years.
- In about 1 in 4 autopsies, a major disease is discovered that was previously undetected.
- The Ouija Board ended up outselling the game of Monopoly in its first full year at Salem. Over two million copies of the Ouija Board were shipped.



Did You Know...

A traditional food eaten on Halloween is barnbrack, a kind of fruitcake that can be bought in stores or baked at home. A muslin-wrapped treat is baked inside the cake that, it is said, can foretell the eater's future. If a ring is found, it means that the person will soon be wed; a piece of straw means that a prosperous year is on its way.



All Hallow's Eve

www.halloweenishere.com

Halloween, one of the world's oldest holidays, is still celebrated today in several countries around the globe. The autumn rite is commemorated in the United Kingdom, although with a surprising and distinctive British twist. In Mexico, Latin America, and Spain, All Souls' Day, the third day of the three-day Hallowmas observance, is the most important part of the celebration for many people. In Ireland and Canada, Halloween, which was once a frightening and

superstitious time of year, is celebrated much as it is in the United States, with trick-or-treating, costume parties, and fun for all ages.

The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallow's Eve. November 1, "All Hollows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints. But, in the 5th century BC, in Celtic Ireland, summer officially ended on October 31. The holiday was called Samhain (pronounced sow-in), which means "end of summer", the Celtic New year. 🍂

Creepy Tidbits...

- If you see a spider on Halloween, it is the spirit of a loved one watching over you.
- Worldwide, bats are vital natural enemies of night-flying insects.

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Fundraising foundation for T-Cats success

Story by: Creston Valley Thunder Cats

Running a non-profit, community owned junior hockey team is not cheap. The annual budget of the Creston Valley Thunder Cats runs from \$250,000 to \$300,000 each season, and the costs never decrease.

The Kootenay International Junior Hockey League organization spends a good portion of the year raising money to keep the ticket prices for our fans reasonable.

Every spring we host the annual best-ball scramble golf tournament. The support from the community grows with each tournament.

This year we had a great turnout, with 96 golfers swinging their clubs and bidding on auction items to help raise money for the hockey team and muscular dystrophy (donated through Creston Fire Rescue fundraising efforts).

We rotate through three charities that are joint beneficiaries of the tournament. In 2012 it was Ronald McDonald House (Southern Alberta) and in 2014 it will be the Prostate Cancer Foundation of B.C.

An ongoing fundraiser is the collection bin for refundable containers located with the recycling bins off Helen Street behind Arrow Mountain Mini Storage and Carwash.

During the off-season (March through August) the board of directors and other volunteers take turns sorting and cashing in the donated bottles and cans. The players take over the job when they arrive in September and continue to do the sorting and cashing in through the winter.

On average, the team raises enough money from this fundraiser to pay for the bus fuel for one hockey season. Thank you for your donations.

In the past we have held a major raffle as a fundraiser, giving away prizes such as quads, side-by-sides, electronics, vehicles and cash.

This season the board decided to try something a little different. We are holding a cash raffle, with the winner awarded his/her prize on Dec. 15. One lucky person will win \$9,000 and a second person will win two season tickets to the 2014-15 season (worth \$520 for two adult passes).

There are 1,000 tickets printed. We truly appreciate the support we have received for the raffles over the years and hope the community will continue to participate in this important fundraiser.

We are also holding a "mini-affle" in which we are giving away the ultimate Thunder Cats' fan mini-fridge. The mini-fridge will be decked out in a Thunder Cats theme and come with 12-packs of water and Gatorade.

A big thank you to all our sponsors, fans, volunteers, billet homes, board members and the community for keeping Thunder Cats hockey alive and well in Creston. Go, Cats, Go! ■

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



Come out & cheer on your local Junior B Team!

October Home Games

Tuesday, October 15
V. Beaver Valley - 7:30pm

Friday, October 18
V. Fernie - 7:30pm
(ICEd Pink Breast Cancer Awareness Week)

Saturday, October 26
V. Columbia Valley - 7:30pm



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Black Eyed Cherries holding "fresh meat" day

Story by: Amanda Kerr

What is flat-track roller derby? Will I get hurt? What does it cost? Am I strong enough?

What is "fresh meat?" Do I need experience? What is the age limit? What equipment will I need? Will I be insured if I get hurt?

Is roller derby different than it used to be? How exactly does one "play" roller derby?

Want answers to the above questions and more? Then come out to the Black Eyed Cherries' informative "fresh-meat" recruitment day on Oct. 5, from 1 to

4 p.m. at the Prince Charles Secondary School bubble.

We will have extra gear for interested people to try on and skate around after the information session.

We will also have refreshments and goodies. There will be prizes handed out to the first 10 people through the door as well as a draw for a Black Eyed Cherries T-shirt.

Don't miss out on a life-changing opportunity to become involved in the fastest-growing women's sport in the world. ■

Can't make it on that day but are interested in joining and need information? E-mail the Black Eyed Cherries at contact@blackeyedcherries.com or visit the Web site www.blackeyedcherries.com. You can also find us on Facebook under Black Eyed Cherries.



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