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Election

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Cover photo, below: Sally Hall



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From the editor



By: Kris Dickeson

This is somewhat of a homecoming for me. Just over six years ago I sat and typed the “From the Editor” article for the inaugural issue of I Love Creston Magazine. I spent two rewarding years as Editor of what I personally consider to be the top publication in the Creston Valley and then took a four year hiatus to pursue other writing opportunities. I jumped at the chance to come back to I Love Creston and get back in the Editor’s chair. It’s been a very busy few weeks re-connecting with people and putting together our November 2014 issue that is literally overflowing with content.

I was lucky enough to spend a morning at Baillie-Grohman Estate Winery, where they are in full-harvest mode, and learned the ropes on how they make their award-winning product.

Who is on the ballot in this month’s Local Government Election? The candidates give us a glimpse at their platforms.

Organizers of the next year’s Creston Valley Bird Festival are looking for

submissions from local artists and Wildsight runs down the upcoming events they have planned. Kootenay author, Keith Powell previews a few details about the new book he has written about the mighty Mount Fisher.

What do you know about life insurance for your children? Our Sun Life Rep checks in with details.

Red Jade’s Neil Ripski is travelling overseas and checks in from Israel where he visited a few wonders of the world.

Thunder Cats Head Coach, Jeff Dubois talks about team leadership

and shares a broad overview of how last season ended and what’s ahead this year.

Maya Skalinska has Part II of her series on Herbal Therapy where she explores a couple of classes of herbs that help with alleviating high stress and anxiety.

The Creston Valley Hospice Society is hosting a forum this month and hopes to convey the importance of their service throughout the area.

Our friends at CVWMA explain the role and importance of wildlife trees.

Resident history expert Tammy Hardwick put in countless hours researching, interviewing and writing our Remembrance Day section as well as penning an article about Creston Valley residents who enlisted to fight in WWI.

Town of Creston Mayor Ron Toyota reflects back on this past term and thanks the outgoing Councillors. Footlighters is back at it bringing a local version of Cinderella to the stage that is sure to have us laughing. The Community Arts Council of Creston’s Christmas Art and Craft Market is just around the corner and we have a sneak peek.

And finally, details from the owner of a photography company, based in the Kootenays, that hopes to include PCSS in its Grad Model Program next year.

In closing, I want to thank the I Love Creston team for their support, patience, help and most of all, the opportunity to be a part of this great magazine. Enjoy. ■



Carla Ahern

A wildlife tree at the CVWMA (see page 10).



Growing **GOLD** on Vines

Photos by:
Sally Hall

By: Kris Dickeson

A winery in the Creston Valley is creating a lot of buzz in the wine community and garnering accolades along the way. Baillie-Grohman Estate Winery recently won the first ever Platinum medal at the BC Wine Awards in Kelowna for their 2012 Cab Franc making it one of BC top five wines, along with a Gold medal for their Pinot Noir making it BC's number one.

We always believed this is the perfect climate and place to grow premium grapes," said Bob Johnson who owns and operates Baillie-

Grohman with his wife, Petra Flaa and winemaker, Dan Barker. "Now we've put the Creston Valley on the map as a place that makes award winning wines. We planned for this and took no shortcuts always using top of the line product and equipment. I always say if you're going to do it, do it right."

Johnson and Flaa hail from Calgary where they raised their two sons. In the early 2000's, the couple were looking for a change and bought a small cherry orchard in Creston but it wasn't a fit. In 2006, Johnson and Flaa sold the cherry orchard

and bought a small, run down 20-acre apple orchard in Erickson and so began their journey to Baillie-Grohman.

"We both love wine and food and it just made sense that we would try this," Johnson said. "It was a huge undertaking as we had to clear all the apple trees, plant the grapevines, design and finally build the winery. The next step was bringing Dan [Barker] on board and we focussed on learning how to harvest these amazing grapes that we had grown and finally, make some wine."

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and
Gold for 2012 Estate Pinot Noir
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Although they work as a team, the trio's roles are defined with Flaa looking after the vineyards, Barker meticulously creating wines that speak for themselves and Johnson handling the business.

"My background is in engineering," Johnson explained. "I spent 30 years running projects and used that approach to first building and now running Baillie-Grohman. It's an ongoing process of a bunch of projects."

Flaa spends her time among the vines, carefully hand-managing every step of the growth process of the grapes and coordinating the harvest. She chose a hands-on approach to overseeing the vineyard and learning about the industry and combined it with her previous experience in management, which has proven to be a success.

Barker splits his time between the Creston Valley and his own successful winery, Moana Park back home in New Zealand. His passion and expertise are a solid fit at Baillie-Grohman and his commitment to making world class wine is evident.

"Crafting wine is very chemistry based," Barker explained. "But we make wine to taste. If it looks, feels and tastes good then

we back it up with the science. We also don't harvest the grapes if they aren't ready. Grapes are just grapes; we are growing flavours and celebrate the best of each year."

A visit to Baillie-Grohman Estate Winery is like being in another part of the world. The property consists of rolling hills full of perfectly spaced rows of luscious green vines, overflowing with cone-shaped bunches of small grapes of several varieties. The Selkirk and Purcell mountains tower above in the distance allowing excellent sun exposure and temperature averages well above 26 degrees Celsius in the summer months.

Pinot Gris, Pinot Noir and Chardonnay are among Baillie-Grohman vineyards along with Gewürztraminer grapes and additional Pinot Noir the winery contracts from Creston Valley Vineyard.

Harvest is a fascinating time as millions of grapes are plucked from the vines, crated, transported to the winery and sorted into bins in preparation of the actual making of the wine. This process differs, depending on which varietal is being produced. The crates of grapes are loaded onto a forklift in small batches, weighed, dumped into a bin and then travel up a

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conveyor and either travel to the open screen tank press or drop into the destemmer/crusher where they are ground into a pulp and then pumped through a hose to the press and finally into stainless steel tanks for cold stabilization for several weeks. Next the wine is put in oak barrels for a minimum of eight months, depending on the varietal and finally bottling, which is done on site.

Johnson and Flaa chose the name "Baillie-Grohman Estate Winery" to honour local legendary pioneer, William Baillie-Grohman who had an adventurous streak and loved the wilderness. History tells us he first arrived in the Creston Valley in 1882 with his friend and goat-hunting partner, Teddy Roosevelt (future US President). Baillie-Grohman saw the potential for farming along the Creston Valley Flats and relocated to the area in 1890.

The most recent awards collected by Baillie-Grohman top a growing list for a winery that has been around for less than a decade.

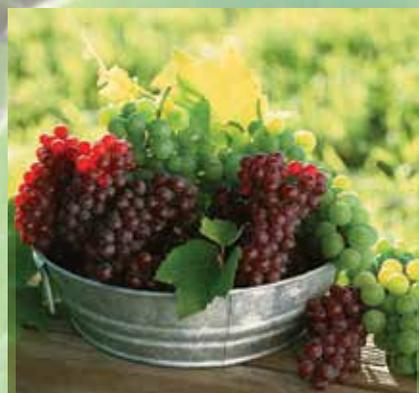
"Twenty years ago I wasn't thinking I would be making wine," Johnson said. "We didn't even have this vision. Our goal is to be recognized internationally." ■

*Congratulations
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on a job well done!*



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From the Mayor's desk

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

Creston Town Council — A Retrospective

Election Day is Saturday November 15 and I'd like to congratulate and extend good wishes to all those who have "thrown their hat in the ring" for the election race. Our community should be proud of generating such interest in local governance participation. Much has been accomplished for Creston over the last three years and I trust that those individuals newly elected to public office will establish their own unique community vision and continue to work for the betterment of Creston.

Reflecting on past accomplishments is a single component of a larger visioning process for the future. I would encourage both the public and those running for office to review the information tools available as you consider the road ahead:

- Pick up the 2013 Annual Report from Town Hall to review the strategic priorities and achievements
 - Pick up a copy of the Town Newsletter
 - Pick up a copy of the 2013 Citizen Satisfaction Survey
 - Scroll through the Town of Creston's website at www.creston.ca
 - Attend a "coffee talk" session (schedule is posted on Town's website)
 - Ask municipal staff to provide factual information to questions you may have
- The dedication and commitment of our current Council cannot be understated. With five of the six members not running for public office in the upcoming election, I wanted to express my gratitude for your

service. Your accomplishments on the following list highlight only a few:

- For three years running you kept municipal taxation to a 0% increase (excluding taxation for provincially assigned costs of policing)
- You negotiated with the Province an annual savings of +/- 200,000 for reduced policing costs over the long term
- You signed a fair and equitable cost share agreement with the Regional District of Central Kootenay (RDCK) for the shared Arrow Creek Water System
- You signed a contract with the RDCK to provide Fire Service protection to Erickson and Arrow Creek, as well as signing an Automatic Aid Agreement with Canyon/Lister and Wynndel Fire Departments to improve fire protection throughout the valley
- You negotiated a new gateway to our community with the construction of the Pine Street/ Railway Boulevard intersection to start early 2015 and a \$5.4 million contract was awarded



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- You saw the completion of the upgrades to the Waste Water Treatment Plant with over \$4,800,000 in provincial and federal funding
- You completed the new trails system which was jointly funded by the provincial government (\$400,000 grant), the Creston Valley Rotary Club, the Creston Rotary Club and the Town of Creston
- You endorsed the Telus Fibre Open Network project to bring higher High Speed Internet to our community – a \$4 million build funded entirely by Telus
- You completed Cultivating Creston, Creston's Integrated Community Sustainability Plan (ICSP) and the Creston Valley Age-Friendly Action Plan
- You supported development of affordable housing within the community
- You assisted the community in securing \$115,000 in youth engagement funding
- You authorized the Fire Services WEP (Work Experience Program) to start November 1st

- You welcomed four new young physicians and their families to our community
- You negotiated a boundary change with the Ministry of Transportation & Infrastructure on Erickson Road resulting in new and improved asphalt surface

The last three years have included many challenges that you, as elected officials, have weathered with perseverance. And while our community continues to struggle with many challenges (the costs of maintaining and

“Our community should be proud of generating such interest in local governance participation”

replacing over \$100 million in infrastructure, downloading from senior governments, limited revenue sources, empty storefronts, the pressures felt by small business owners, the ongoing need for physician recruitment - to name only a few) your service to this community has contributed in making Creston a better place to live.

I extend a sincere thank you to each of our retiring Councillors, as well to the incumbent.

And to the new and upcoming Council, I wish you well in all your future endeavors, successes and challenges. ■

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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Wildlife Trees

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

Trees have a natural life cycle starting with germination of a seedling through the growth of a mature tree, eventually ending with death and decay. Through all these stages, from seedling to rotting log on the forest floor, it provides habitat for wildlife. At different stages of its life, a tree provides food, shelter and resting place for different species of plants and animals. Any standing dead or living tree with characteristics that provide valuable habitat for the conservation or enhancement of wildlife is called a wildlife tree.

Wildlife trees play an important role in an ecosystem by contributing and maintaining biological diversity. As a tree deteriorates, it can support up to 80 wildlife species, including raptors, woodpeckers and amphibians. Depending on the tree species and the decay rate, dead trees can provide valuable wildlife habitat for hundreds of years.

Wildlife trees are important habitat along river banks or riparian areas,

where they provide animals with feeding, nesting, cover and perching sites. Wildlife trees that have fallen into the water can provide shade, shelter and cover for fish and other aquatic species living in the waters below.

At the CVWMA, one wildlife tree species is the black cottonwood and it can be found throughout the area. The old cottonwoods that line the Old Kootenay River Channel along the Marsh Trail and Wildlife Tree Wander (aptly named) loops in Corn Creek Marsh near the Wildlife Interpretation Centre provide wonderful opportunities to see wildlife trees in different stages of decay.

We have sighted great horned owls nesting in these trees as well as a variety of woodpeckers nesting and feeding. Many raptors use the area for perching and spotting prey. In Leach Lake, where there are beautiful old cottonwoods along Kootenay River, great blue herons and double crested cormorants can be found nesting here, high in the canopy.

Wildlife trees are also great for bats. Bats need roosting sites and tree cavities and loose bark provide

this (along with tree foliage, rock crevices, animal burrows, abandoned mines, caves, buildings and holes under rocks – bats are quite adaptable really).

To help protect and educate people on the importance of wildlife trees for providing habitat to various forms of wildlife, there are some things you can do. In your own backyard, you can leave trees with broken tops, hollow trunks and feeding or nesting cavities as long as they do not pose a safety threat. Or use fallen trees in landscape design around the garden. If you are harvesting trees for firewood, you can help to preserve wildlife trees by leaving those trees that are: greater than 40 cm diameter at breast height or the largest tree on site; in riparian or forest edges; and with signs of wildlife activity such as cavities, nests and feeding holes.

There are some additional resources to explore. The Ministry of Forests, Lands and Natural Resource Operations has a Wildlife Tree Committee whose mandate is “to promote the conservation of wildlife trees and associated stand-level biodiversity in a safe and operationally efficient manner, in forest, park and urban environments.” Also, WiTS (Wildlife Tree Stewardship) is a program of BC Nature whose goal is the protection of wildlife trees. They facilitate the transfer of nest and tree information, collected by Volunteer Tree Stewards, and make it available for land-use planning by both the Public and by Government. Their website is www.wildlifetree.ca. ■

Questions? Feel free to give us a call at (250) 402 6900 (Admin) or 6908 (Wildlife Centre), or email us at askus@crestonwildlife.ca.

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Handmade Holiday Shopping

By: Audrey Orosz
President - Creston Arts Council

It's that lovely time of year to enjoy the traditions of Christmas preparations. On November 22, 2014 many of us will keep one of those traditions by attending the Creston Christmas Art and Craft Market (formerly known as the Christmas Art and Craft Fair), sponsored by the Creston Arts Council.

The Market is one of most popular sales events of the year in Creston with more than 2000 people coming through the doors. Shoppers know that all items are handcrafted, and they can meet and chat with the artist/creator at each booth. By purchasing products at the Christmas Art and Craft Market they will be supporting local and regional artisans who are producing high quality items.

What can they expect to find? The products range from specialty foods to body products, pottery, wearable art, candles, jewellery, local honey and cider and toys. Watch for hand-dyed silk scarves, stained glass, beeswax candles, Christmas wreaths and

gluten-free Christmas baking. Your nose will be tickled with the aromas of lavender, coffee beans, peanut brittle, freshly glazed nuts, oregano and aromatherapy. Looking for something unusual? Consider hand-blended teas, lamp work pendants, dog collars and gourd ornaments.

Of special mention: stop by the Footlighters' table for information on their upcoming productions ; check out the Museum's display as well as the fabulous quilt in the lobby from the Quilters' Guild; pull out your wallet to support the efforts of the Hospital Tuck Shop. And finally, enjoy the handiwork of the Golf Gals; all proceed from the sales of their Christmas decorations go to the Ministerial Association for the Christmas hampers.

The Christmas Art and Craft Market will be held at the Creston and District Community Complex on November 22. This year all 70 tables will be located in the Creston Room. Your entrance fee is a donation to the local Food Bank. Vendors will be supplying items for raffle baskets so please enter the raffle at the front desk.

The Creston Arts Council uses the profit from this event to support artists and arts-related groups throughout the mandated area. With funding from the British Columbia Arts Council, the Regional District of Central Kootenay, the Town of Creston and Columbia Basin Trust (through the Columbia Kootenay Cultural Alliance), the Council administers grants for a wide range of artistic and cultural projects.

A special thanks to Harry Miller and Frank Goodsir for all their work in past years to organize this event. It has made a world of difference to the new organizers as they learn the ropes. ■



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The Creston Valley Enlists

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

// Stand forth! Ye sons of Britain!

From city, vale and strand come forth in mighty numbers to aid our Motherland."

These are the first few lines of a poem that appeared in the *Creston Review* in November, 1914. It was a sentiment that appealed to many in the Creston Valley, at the time, a large proportion of the residents were of British descent – a good many, in fact, were born in Britain and had only recently emigrated to Canada. Their reasons for coming to Creston varied. Some sought adventure; some wanted a better life than British industries could offer. There were those who

wanted land of their own, instead of working someone else's farm; a few were shipped off to "the colonies" to avoid scandal or embarrassment back home. But one thing was common among all the British immigrants, a very powerful sense of connection with "the Old Country." They may have been living in Canada, but they were still, in every sense of the word, British subjects of His Majesty.

So when Britain declared war on Germany in August 1914, the announcement galvanised the Creston Valley. For most of the residents, an attack – or even potential attack – on Britain was an attack on their own homes. This outlook, more than a young man's thirst for adventure, a desire for paid work, or any other motivation, prompted many local men to enlist.

Within days, young men had left their homes, jobs and families. The *Creston Review* of August 14, 1914 announced that two men, H. Ford and Frank Turner, had already set out to join the "army of 60,000 men" the country was equipping. Because there was not yet a recruiting station in Creston, both went elsewhere to sign up.

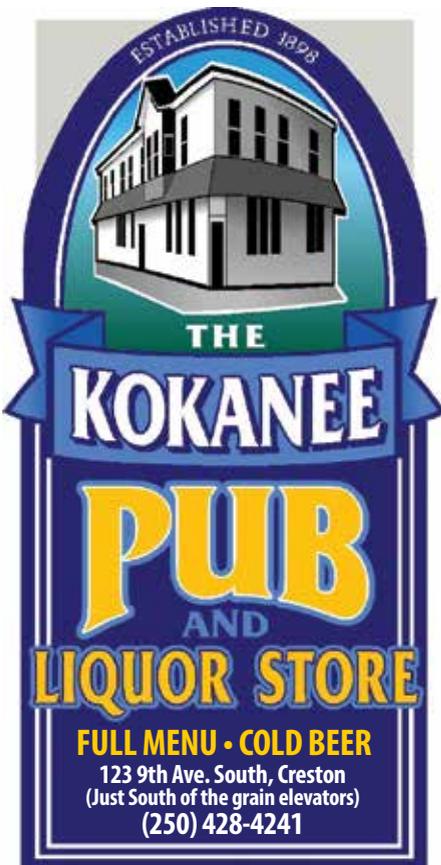
We know very little about Ford's service, beyond the fact that he left the Creston Valley with the First Canadian Contingent and might have served with the 12th Battalion. Turner, however, went to Lethbridge to rejoin the 60th Regiment there, and by 1917 was serving as a sergeant with the 107th Kootenay

Regiment at the internment camp at Morrissey, BC.

Only twenty days after war was declared, the first of the troop trains pulled into the CPR station. It was greeted by enthusiastic, cheering, crowds, most of the local population had turned out to greet the volunteers, and the ten young men from Creston who joined the First Canadian Contingent were given a rousing send-off.

George Cam of Sirdar was one of the first men of the Creston Valley to answer the call "for King and Country." A British Army Reservist, on the declaration of war he was ordered to rejoin his regiment, the King's Own Yorkshire Light Infantry, and left for England in late August 1914. By October, his wife was receiving reports that he expected to be in the fighting very soon. He was wounded twice, and was later transferred into hospital work in Salonika. When he left Sirdar, his wife was pregnant with twins, who were born March 30, 1915. George got leave in the fall of 1915 and probably returned to see his wife, new babies and an older son, George. But that may have been the last time he ever saw his wife as she died in January 1918, while he was still overseas.

Another example is Geoffrey Haddon of Gray Creek. In August 1914, the same month that war broke out, Geoffrey left England for Canada to join his elder brother Colin, who had emigrated three years earlier. They worked a 10-acre holding in Gray Creek. Less than two years later, and as early as he could possibly have done so (he lied about his age to





Creston Museum

The first troop train to come into Creston, August 1914.

appear two years older than he was), Geoffrey enlisted January 26, 1916 with 102nd Battalion.

Recruits came from all over the Valley, and from all walks of life; fruit ranchers from Erickson, Wynndel, and Boswell; miners and storekeepers from Creston; lumbermen from Canyon and West Creston. It was, actually, much easier to enlist than not. Young men who signed up, even those who were turned down by medical boards, were hailed as heroes, and the faster one enlisted the more heroic one was considered while those who hesitated were scorned as cowards. Letters from soldiers (at least in the first months, before local soldiers actually got into battle and the first casualty lists started to arrive) portrayed the journey and training, and even life at the front, as a lark, a great adventure.

Businesses added their weight to the decision to enlist: as the *Creston*

Review reported on September 11, 1914, “The Canadian Bank of Commerce is granting leave of absence on full pay for the full term of enlistment to all members of its staff who may go on active service.” Campbell Dow and Alfred Dundas both enlisted from the Creston branch of the Bank. Other businesses made similar offers, and this encouragement made it extremely difficult for a young man to choose not to serve.

The enthusiastic, adventurous patriotism soon gave way to grim determination. The soldiers, and those who had sent them off, quickly realized that the war would not be a lark after all, it would be a long and bitter struggle for both sides, on the front lines and at home.

As the fighting dragged on, the decision to enlist became increasingly about a desire to defeat the enemy at all

costs and to ensure that those who died had not done so in vain. Eventually, the choice was removed altogether, by the end of 1917, conscription made service compulsory.

On November 11, 1922, the stone cenotaph that stands in Creston was unveiled, commemorating those who died in the War and honouring those who served. In reporting on the unveiling ceremony, the *Review* stated that 110 men from the Creston Valley had served. That number, however, included only men who lived in the immediate vicinity of Creston, not the dozens of men who had enlisted from communities farther afield - Kitchener, for example, or communities farther north along Kootenay Lake. We now have a list of over 200 men who served, and we may not be done yet. ■

For more information contact the Creston and District Museum and Archives by phone at (250) 428-9262, e-mail at mail@creston.museum.bc.ca or the Web site www.creston.museum.bc.ca.

Found: One Glass Slipper

By: Frank Goodsir

Footlighters next production, Cinderella, is well into rehearsal with production dates of December 4, 5 and 6 at the Prince Charles Theatre. Following in the footsteps of *Jack and the Beanstalk* (2007) and *Aladdin* (2011) the show is locally written and, as usual, includes topical jokes.

Taking on many of the elements of the traditional telling of Cinderella, this play does not take on the trappings of the Disney cartoon version of the show... Footlighters does not have the money or the expertise to change a pumpkin into a coach on stage. Instead, this version tells the story of a young lady, Cinderella, who lives with her stepmother and two haughty stepsisters. Living next door to an orphanage, Cinderella has made friends with the orphans as she is treated like a servant, or worse, as a

slave, in her own house.

Following the proclamation from the King and Queen that Prince Charming has to marry, all the eligible young ladies, and we use the word young with some apprehension, prepare themselves for the Grand Ball. The outrageous antics of the two ugly, and we mean ugly, stepsisters as they prepare to meet the prince are sure to keep the audience laughing for days.

Of course, poor, dirty, unloved Cinderella hasn't a chance until her fairy godmother arrives, and with a little offstage magic, Cinderella is off to the ball. As in the regular telling of

the tale, once Cinderella arrives no one else has a chance, the prince has fallen instantly in love. As the clock strikes midnight, Cinderella rushes away, leaving behind her silver slipper.

After an exhaustive search from Wynndel, to Yahk, to West Crestonia, Prince Charming and his henchpersons arrive at Cinderella's house where, after a futile attempt from the two ugly stepsisters and their evil stepmother to fit their foot into the slipper, Cinderella tries it on. It fits and once again Cinderella and Prince Charming are reunited and it is true love.

Heading the large cast is Marybeth



Brian Lawrence

Marybeth Stenhouse as Cinderella and Ian MacKay as Prince Charming.

Footlighters Theatre Society presents



**20th
SEASON**



An evening of fun
for the whole family!



Cinderella

December 4-6 • 7:30 p.m.
Prince Charles Theatre, Creston, BC

**\$10 adults, \$8 seniors/students,
 \$5 under 12**
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 Kingfisher Used Books & at the door



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



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Stenhouse as Cinderella and Ian Mackay as Prince Charming. Portraying the prince's parents are Logan Thompson as King Archibald and Larryssa Pugh as Queen Esmerelda. Their two servants are played by Axel Marini and Zoe Marini. Playing the two ugly stepsisters, and Footlighters went to a lot of trouble in searching for the ugliest actors to play these parts, are Brian Lawrence as Lady Petunia and Jason Smith as Lady Violet. Their equally ugly and evil stepmother is played by Jennifer Adams.

The four instructors who are hired to bring Petunia and Violet up to scratch socially are Jennifer Dewald as Brikken Outenhauser, Ann Deatherage as Ruddabakken Tweedleknobs, Natascha Sundby as Zucchini Rottentiddles and Connie Cook as Hortense Hossenfeatherbrau. Portraying the fairy godmother as she gracefully flits

across the stage is Gail Kitt. Others in the cast include Caleb Wells, Margaret Osborne, Gillian Wells and Ashley Monsen. The orphans are wonderfully portrayed by 22 children from various schools throughout the area.

Many songs have been woven into the plot, among them: *Pass Me By, Far Away Places, Elegance, The Loveliest Night of the Year, The Stepsisters' Lament,*



Axel Marini
Jason Smith (left) as Lady Violet and Brian Lawrence as Lady Petunia.

Chu Chi Face, True Love and Thank You Very Much. Working with the children and adults on their songs is musical director Simone Wiebe with pianist Lorraine Doeleman.

The colourful costumes are being designed and constructed by Jennifer Dewald and Elva Atha and a very able group of sewers. The equally colourful sets are in the capable hands of Jason Smith and Renee Phipers. The stage manager, who is responsible for the smooth running of the show, is Gary Deatherage.

The enthusiastic actors and crew, under the direction of Frank Goodsir, have been rehearsing since early September and will be ready for show time.

Cinderella is the second show in Footlighters 20th season. The season will conclude in April with the Disney version of *Beauty and the Beast*. ■



The 20th Annual *Santa Parade of Lights*

Saturday, December 6th, 2014

Entry Form

Entry Deadline: December 1, 2014. Drop off at the Chamber of Commerce 121 NW Blvd.

Organization or Business: _____

Contact Person: _____

Telephone: _____

Description of Entry (e.g.: 2 trucks, 6 walkers & description – **all entries must be Christmas themed**):

Music: Yes No



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Red Jade in Israel

Story by: Shifu
Neil Ripski

As I write this I am sitting not far from the walls of Old Jerusalem resting, after getting back to the city from a two day trip into the desert. My full time course at Red Jade has been going strong since I moved to Creston eight years ago and my student and now good friend Tomehr came to visit me to train from Israel in 2010.

Tomehr is a martial arts instructor here in Jerusalem and a very skilled one at that. He came to Canada to learn some of the rare Chinese Gong Fu I teach, and has flown me over here to teach workshops in Tel Aviv. The last few days have been incredible as I have begun touring the old city and the world's holiest sites and teaching ex-military personnel in Tel Aviv.

I could go on and on about what I was teaching here to these great people, character building through martial arts, the ability to become sensitive to the opponent, Drunken Kung Fu and Qigong but since I always write

these articles (usually sipping coffee at Kingfisher – sorry Joe but you don't deliver to Jerusalem do you?) on those things I think maybe I will talk about what I have learned so far travelling here instead.

We spent the last two days in the Judean desert. Tomehr and I drove south to visit the Dead Sea and stopped at the site where they discovered the Dead Sea Scrolls. It's amazing how things are preserved in the desert and the site contains many old ruins of buildings and ritual baths.



Submitted by Shifu Neil Ripski

(Above) Shifu Neil Ripski thought swimming in the Dead Sea an amazing experience. (Opposite) Ripski visited Masada, the eastern edge of the Judean Desert, overlooking the Dead Sea.



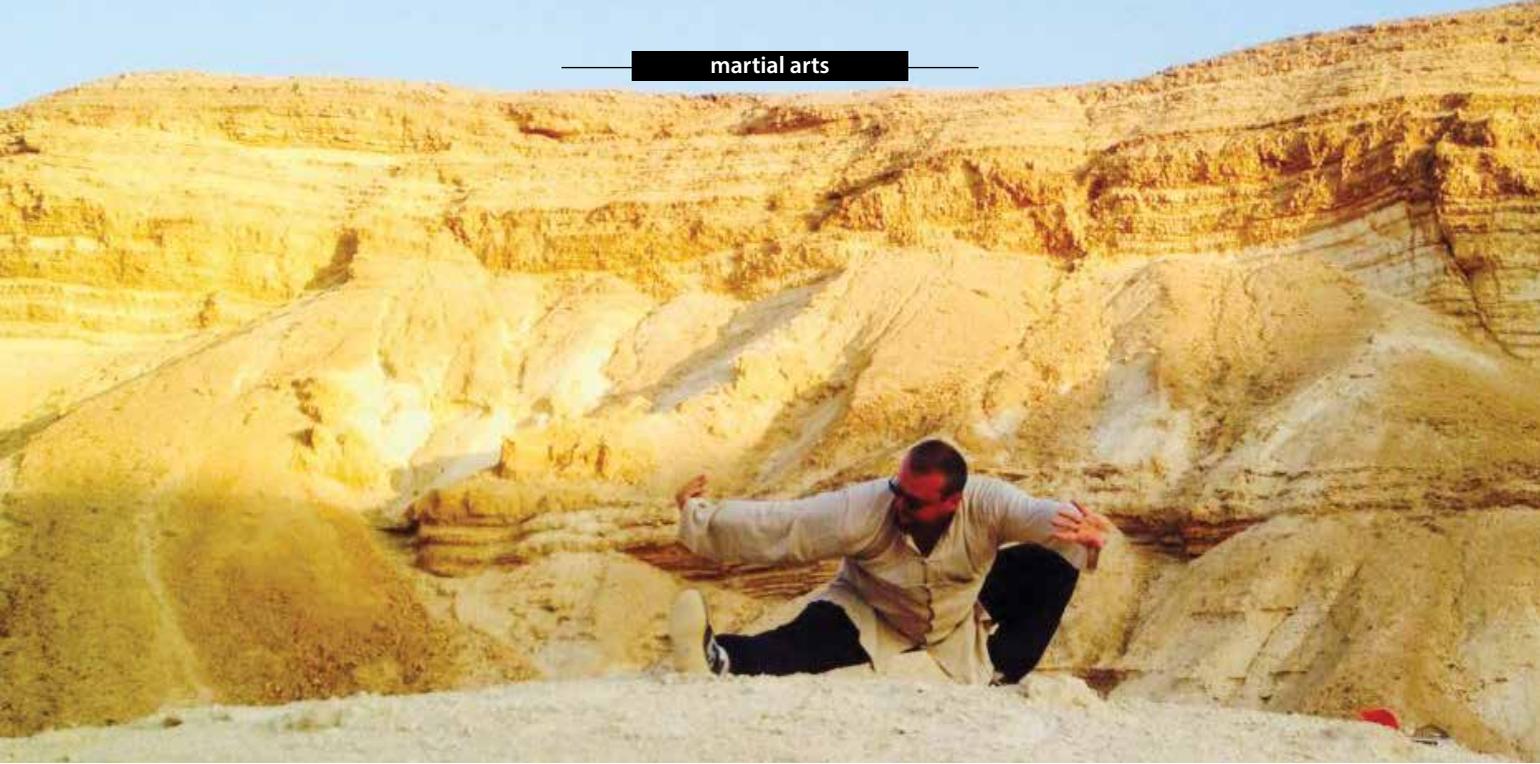
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Carrying on we floated in the Dead Sea, which is almost indescribable, it is like flying and it took me a good deal of time to be able to release myself fully and let the waters carry me. This was a great venue to learn how to let go even further physically than I ever have before. Without even the weight of gravity to struggle against I could find tensions and stress I have never found before. All of our lives are difficult and we carry our stresses in our bodies. Releasing the physical helps us to release the emotional and spiritual stresses we carry every day.

Not only was that a major study while we floated around effortlessly, but the Dead Sea is 400 metres below sea level and that is an experience all itself. The air itself is heavy and the pressure in your ears is strange, as it is the opposite of climbing over our high mountain passes in Creston. But the only way to deal with it is to let go as well. Struggling against an impossible force is pointless and so with the weight of the atmosphere so heavy you can't even sunburn, pressing you down into the earth and the mineral rich waters of the Dead Sea floating me impossibly, I could not help but laugh and laugh when I first went in, I felt like a child again; releasing so much worry and stress I never knew I carried in my body.

I see now why people from all over the earth visit the Dead Sea for healing. It is more than the minerals in the water; it is the incredible, impossible fusion of things to create an environment like no other. Placing ourselves

in it forces us to release and relax. I learned more about release from it and I thank the strangeness of our planet for that. ■

Shifu Neil Ripski Teaches Taichi and Kung Fu for all ages at Red Jade Martial Arts in Creston. Contact him at 250-402-8384.



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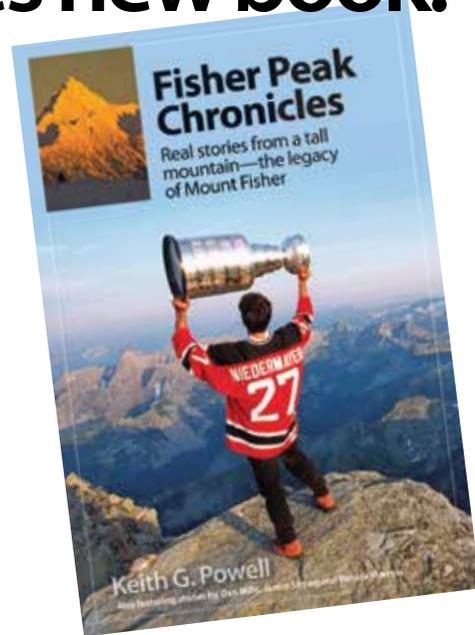
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Kootenay author releases new book: Fisher Peak Chronicles

By: Keith G. Powell

Standing at 9,336 feet, Mount Fisher towers head-and-shoulders above its neighbouring peaks in the southern reaches of the Canadian Rockies. In the evening it glistens golden as the sun sets, and in the early morning it casts a long shadow across the Kootenay Valley. One of the most photographed landmarks in the Kootenay region, Mount Fisher holds the fascination

of locals and visitors with its majestic vista and relatively easy access. It is our own little Mt. Everest, and scaling it has become a rite-of-passage for many outdoor enthusiasts from near and far. *Fisher Peak Chronicles* endeavors to capture the heritage, culture and legacy of Mount Fisher through a series of real adventure stories from contributors and historical sources.



Mount Fisher attracts hundreds, if not thousands, of climbers every year. This book gives readers a glimpse into their passion and adventures. So whether you are an armchair admirer of the lofty mountain, or an avid trekker of its slopes, you are sure to enjoy the stories behind the mountain we affectionately call Fisher Peak.

About the Author: Keith G. Powell is a life-long resident of the Kootenays and is the publisher at Kooconusa Publications Inc., in Cranbrook. He has a keen interest in local history and the lives of the many colorful characters who at one time or another called the Canadian Rockies home. He is publisher of *Kootenay Business* magazine and publisher at one of the largest independent publishing companies in western Canada. Published through his own publishing company, Wild Horse Creek Press, this is his third book. He is also the author of the book *Living in the Shadow of Fisher Peak* and *Raising Kain*, the adventurous life of Conrad Kain. www.wildhorsecreekpress.com ■

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Herbal Therapy, Part 2

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

In the October issue of *I Love Creston*, I talked about what Herbal Therapy is, the philosophy behind it, the main approach and plant medicine itself. This month I want to introduce my favorite classes of herbs and explain how they can be applied to your health.

Herbs can be classified in a number of ways and one technique is by their active constituents. For example, astringent herbs have high amounts of tannins, which tone and tighten tissues. Or aromatic herbs, which contain volatile oils, give the herbs aroma and many medicinal actions. We can also classify herbs by their actions. Analgesics manage pain, cholagogues support the liver/gallbladder and demulcents soothe the mucous membranes in digestive and respiratory tracts. My two favorite classes of herbs are adaptogens and nervines.

Adaptogens are a class of herbs that help our bodies counteract any adverse effects of physical, chemical or emotional stressors. The majority of adaptogens

also support immunity, improve cognitive function, boost energy levels and increase sense of well being. They have been extensively studied since the 1950s, with thousands of studies showing a major increase in physical and mental stamina and performance, protection against radiation, reduction of side effects from chemotherapy, reduction from infections and increased resistance to chemical carcinogens. I use them in my practice for stress, chronic illness, fatigue, adrenal exhaustion and improving mental clarity with amazing results.

The best adaptogens that nature has given us are: Eleuthero (Siberian Ginseng), Panax Ginseng, Ashwagandha, Rhodiola, Licorice Root, Holy Basil and a whole group of medicinal mushrooms such as Reishi, the “king of all mushrooms”. Each one of these herbs has their own unique actions. For example, Rhodiola is best for improving focus while Holy Basil

will work great for reducing anxiety, keeping in mind that all of them will demonstrate the actions mentioned above.

Nervines are another class of herbs that support the nervous system. They range from mildly calming herbs like chamomile to strong sedatives like Valerian as well as nourishing and relaxing herbs such as Skullcap. Among their many healing properties, nervines are used to relieve muscle tension, spasms, circular thoughts and insomnia. As stress affects the nervous system, adding nervines to an adaptogen based formula works wonders.

Stress is one of the major causes of illness as it decreases immune function among many other adverse effects. Adaptogens and nervines help our bodies and minds cope with daily stress while relaxing our irritated nervous systems. I believe they may be the most important herbs for this day and age. ■

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist, offering Iridology, Pulse and Tongue analysis, Herbal Medicine, Nutrition consultations and Flower Essences in Crawford Bay and at Vital Health in Creston. For more information, or to book an appointment please call (250) 225-3493.

TOWN OF CRESTON NOTICE TO PROPERTY OWNERS SIDEWALK CLEARING

As the winter season approaches, property owners are kindly reminded to comply with Part 8, Section 31 of Traffic Regulations Bylaw No. 1546, which requires the owner/occupier of land adjacent to a sidewalk to ensure that it is kept free of snow and ice (excluding Sundays and Statutory Holidays). In addition to snow removal, we suggest the use of pure nitrogen fertilizers (instead of salt) for melting the ice, as this will prolong the life of our sidewalk surfaces.

Failure to comply with this bylaw could result in fines or the work being performed by Town crews at your expense.

Thanking you in advance for your cooperation in ensuring the safety of pedestrians.



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Creston Valley Bird Fest 2015: Invitation to Artists

By: Tanna Patterson
Chair - Creston Valley Bird Fest 2015

The third annual Creston Valley Bird Fest is set for May 8, 9, and 10, 2015. The Festival committee would like to purchase a "Festival Art Piece", which will be used to advertise the event in a poster form. The art will also appear on our website www.crestonvalleybirds.ca, on our Facebook page and on the front cover of the Festival Program cover 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 and Visitors Centre by 5:00 PM on December 31, 2014.

Artists are free to choose their medium. An identifiable bird theme is preferred and simple, clean images are best. Strong color will attract attention to the poster and busy backgrounds will clash with the print. Remember to leave space for text in your composition. Images in a vertical format will have an advantage. Selected art must be "ready to hang." The Festival Committee looks forward to making its juried selection for the "Festival Art" in January 2015.

For more information, please contact committee chairperson Tanna Patterson at 250-428-5246 or info@crestonvalleybirds.ca

Wildsight CV Upcoming Events:
Featuring the photography of 6 December 1, 2014: Local Colors at the Tivoli Theatre photographers Dave Quinn and Lyle Grisedale from Kimberley; Douglas Noblet from Nelson; Vincent Wolf, Ralph Moore and Bernd Stengl from Creston.

Tivoli Theatre at 7:30 PM

January 17, 2015: Wild and Scenic Film Festival

A made-in-the-Kootenays selection of adventure, sports and landscape films that have a Best of Banff Film Festival vibe.

Prince Charles Theatre at 2:00 PM and 7:00 PM

May 8, 9, 10, 2015: Creston Valley Bird Festival

The Creston Valley Bird Fest is pleased to announce the 2015 keynote speaker, Dick Cannings. An Okanagan biologist, birder and author, Cannings grew up in a family interested in nature. As a biologist, he coordinates the Christmas Bird Counts, the Great Backyard Bird Count, the eBird program as well as the BC Owl Survey and contributes to the BC Breeding Bird Atlas.



Douglas Noblet

Nelson's Douglas Noblet is one of six photographers coming to the Tivoli Theatre next month.

Cannings spent eight years working on the Committee on the Status of Endangered Wildlife in Canada. He is on the national board of the Nature Conservancy of Canada and is an important part of the Meadowlark Bird Festival. Cannings has spoken about birds on CBC radio, taught continuing education courses on birding and nature and led about 50 natural history tours around the world.

His many books describe BC's natural history and the biology of bird and he has also written the text for photographic collections and served as editor for natural history at Greystone Books.

May 10, 2015 – Creston Valley Bird Keynote address

Prince Charles Theatre at 7:00 PM ■



Local Colours at the Tivoli 2014

Monday, Dec. 1, 7:30 pm
Downtown Creston
\$10.00 admission

Hosted by the Creston Valley Branch of Wildsight

7:30 Welcome

7:40 Dave Quinn
(Kimberley)

8:00 Vincent Wolf
www.vrwolfphoto.com
(Creston)

8:20 break

8:30 Douglas Noblet
www.wildairphoto.com
(Nelson)

8:50 Ralph Moore & Bernd Stengl
(Creston)

9:10-9:30 Lyle Grisedale
www.lylegrisedalephotography.com
(Kimberley)

Creston Valley Hospice Society

By: Neil Barber

The Creston Valley Hospice Society was founded in 1987 by a dedicated group of citizens who felt the need in this community. It was formed to provide free compassionate and emotional support to the terminally ill, their families and friends where ever needed - in the hospital, home or care facilities.

Hospice volunteers are carefully selected and attend a training seminar prior to their service, sign a confidentiality agreement and have a police records check. They listen without judging, respect confidentiality and religious beliefs without imposing their own values and offer time-out respite for families. The volunteers do not replace home care nursing or home care support services but are ordinary people who have often experienced a loss in their own lives. The service is for as long as is needed and includes visiting the shut-ins and the chronically ill.

The society also arranges regular educational events to maintain the volunteers' knowledge and interest. Currently there is about 48 active members, most of which are involved with clients but others also perform other essential services such as Secretary,

Treasurer and help with fund-raising.

Another function of the Creston Valley Hospice Society is to improve hospice care in our community. To date, we have been involved with local organizations such as Rotary and the Creston Valley Credit Union, whose generous donations have provided a palliative care room in Swan Valley Lodge and two newly furnished rooms in the hospital.

Hospice volunteer care is free and can be accessed by the patient, family or friends and frequently it will be suggested by the staff at the hospital or care facility.

The Creston Valley Hospice Society is self-supporting and fund-raising is necessary to look after expenses including seminars, insurance, books, stipe-ends and dues to the BC Palliative Care Association.

In 2011, we hosted a forum around the subject of hospice care and we have another one on November 20, 2014 at the Holy Cross Parish Hall.

For more information about the forum, arranging hospice or if you are interested in volunteering, contact our Volunteer Coordinator Benita Josephson at 250-428-7575 or benitajj@telus.net. ■



Niki Reid

The Creston Valley Hospice Society helps provide comfort to those dying as well as their loved ones.

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Star for a Day

By: Kris Dickeson
Editor - I Love Creston

A Kootenay-based photography company is hoping to find a face to represent the Creston Valley grads. Decoro Portrait Photography, located in Fernie, is expanding its Grad Model Program to include Prince Charles Secondary School in 2015/2016.

Specializing in glamour photography, husband and wife team Kevan and Leah Wilkie offer an experience, not just a photo session.

“People see themselves differently than others see them,” Leah explained. “We spend an entire

morning or afternoon focussing on their beauty and this transforms how they look at themselves. Following this relaxing glamour session they have a fashion style photo shoot. Our clients tell us this experience leaves them feeling special and boosts their confidence.”

The couple’s roles are very different but mesh together and in turn compliment the other’s strengths. While Kevan spends his time behind the lens and directing the shoot, Leah is the emotional connection.

“I have the initial contact and handle the client end of things and sales as well as coordinating



Decoro Portrait Photography
Michelle Hansen, before (above) and after (right).

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Creston's Michelle Hansen lived the Decoro Portrait Photography experience earlier this year when she accompanied her business partner, Wendy Franz, to a complimentary glamour photography shoot.

"I hate getting my picture taken and I'm kind of a tomboy so this really wasn't my thing," she said laughing. "I went there skeptical but it was a relaxing and fun environment which helped me feel at ease."

The pair spent several hours at Decoro's Fernie studio getting her hair and make-up done with Leah Wilkie then posing in several different outfits for an individual and joint photo session with Kevan Wilkie.

"The glamour session was nice,

the hair and make-up session. I also assist in the studio and my presence there is important," Leah said. "Kevan is very good at giving our clients direction and makes them feel very comfortable while he's taking the photos and experimenting with lighting. This is not a canned experience, it is customized to every individual."

Decoro Portrait Photography's Grad Model Program provides a 2015/2016 PCSS grad the opportunity to be in a full-day fashion shoot with other students throughout the Kootenays, modelling experience as a representative of Decoro's brand and the chance to earn a free grad glamour session/photography package.

Grad Program Info:
<http://decoroportraits.com/grad-model-program-application-form>. ■

having it done for me and being treated like a star," Hansen explained. "And Kevan made it very comfortable while he adjusted the lighting, instructed me how to stand and took a ton of pictures."

Hansen recommends everyone takes the time to have a glamour and photo session with Decoro citing the positive impact it had on her own life.

"I was shocked at how photogenic I am," she said. "In fact it's something I would do again." ■



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Veteran Thunder Cat at the Helm

By: Jeff Dubois

Head Coach/GM – Creston Valley Thunder Cats

As the longest-serving Thunder Cats player and a natural leader on and off the ice, it wasn't a surprise to see third-year forward Marcel Fuchs be named the team's captain prior to the start of the 2014/15 KIJHL regular season in September. He is one of seven returning players from

last season's Eddie Mountain division-championship squad, joined by fellow forwards Connor Ward, Connor Kidd, Carson Cartwright and Justin Post, as well as defenceman Maverick Lynes and goaltender Brock Lefebvre.

Fuchs pointed out that he has big shoes to fill assuming the captaincy, following the graduation of all-time KIJHL scoring leader Jesse Collins.

"We had a special team last season that had some special accomplishments," he said, referring to the team's 17 game regular season winning streak and their come-from-behind Game 7 victory over Kimberley in the second round of the playoffs. "But this year we have a lot of new players and it's a great feeling to have the responsibility of being a leader and being looked at to show the way for those guys."

First year Thunder Cats head coach Jeff Dubois believes Fuchs has all the qualities the team was looking for in

a leader.

"Marcel is a very hard-worker and a team-first guy," Dubois explained. "He's tough to play against and sets the proper tone for his teammates, both when he speaks on the bench or in the dressing room and also in the example he sets on a daily basis at the rink and in the community."

The Thunder Cats' leadership group includes Fuchs as well as Kidd, Ward and Post - the team's three assistant captains. All four are returning veterans who are looking forward to another year of great fan support in the Creston Valley.

"The players love the amazing atmosphere that the fans bring every night at the Johnny (Bucyk Arena) and the great support we get around town," Fuchs said.

With that in mind, Fuchs has set his sights high for the level of team success he expects in his final year of junior hockey.

"We're working hard every day to bring Creston its first KIJHL title, and I'd love to win the Cyclone Taylor Cup (provincial Junior B championship) in my hometown of Mission, BC this year." ■

"We had a special team last season that had some special accomplishments"



Come out & cheer on your local Junior B Team!

November Home Games

Sunday, Nov. 2
Osoyoos - 2:00 pm

Friday, Nov. 7
Nelson - 7:30 pm

Saturday, Nov. 8
Fernie - 7:30 pm

Sunday, Nov. 9
Columbia Valley - 2:00 pm

Friday, Nov. 14
Spokane - 7:30 pm

Friday, Nov. 28 (National Jersey night)
Beaver Valley - 7:30 pm

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Visit us online at www.crestonvalleythundercats.com

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Remembrance Day 2014

11.11.14



November 11, 2014 Cenotaph Service

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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 7

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

Monday, November 10

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)

Tuesday, 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

Power of a Monument

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

One hundred years have passed since the First World War began. There are no more living veterans of the Great War, and very few people who were even alive during it.

Sixty years have passed since D-Day and the last offensive of the Second World War, and few veterans of that war remain among us.

For many people alive today, the two great wars of the past century happened long ago, and far away, to other people. The horrors of the trenches of World War I, the desperate fighting in World War II, the years-long service overseas and the relentless war-effort fundraising and rationing, these are things that many of us have no personal

knowledge of. We are left with a sense of detachment, and no true idea of what it was like to fight a war.

What about monuments? Whether it's a local cenotaph or a sprawling cemetery in Europe, can viewing a war monument help us understand the reality of war and connect with the people who fought them? We talked to a number of people in an attempt to answer that question. A group of seniors at CrestView Village who lived through, and in some cases fought in the Second World War; two baby boomers who have toured European battlefields and monuments; a Grade 11 class at the High School; and a former tour guide at the Vimy Memorial in France.

Larry, one of the baby-boomers,

knew veterans of both World Wars, and is very knowledgeable about the wars. For him, the memorials helped broaden his understanding.

"You're standing at a memorial, looking over a broad field of rolling hills," he said. "You can imagine it as it was in 1916, and you realize those rolling hills are the smoothed-out remains of shell holes."

For younger generations, it seems much harder to make that connection. A few of the high school students knew that their grandparents or great-grandparents had served, but never had an opportunity to speak to them about it. Their knowledge of the wars is limited, essentially, to what they have learned in school. None of them have yet visited war memorials in Europe, only a few attend Remembrance Day ceremonies. For them, the wars happened a long time



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ago and have little or no bearing on their lives.

As their teacher pointed out, actually visiting the war memorials may change that, and he is not the only one to feel that way. The seniors' group referred often to an article in a recent issue of Our Canada magazine, in which a woman, after having visited European battlefields, said, "The 11th of November feels much more important to me now."

For Larry, the memorials in France brought home the scope of the wars and the carnage that they brought. He clearly recalls his shock upon realising that the monument at Thiepval is a memorial to the missing, not to the dead.

"Over 72,000 men were there at the start of a battle," he said. "And afterwards they couldn't find their bodies." That means there are 72,000



Postcard Courtesy of Ian Currie

The Canadian National Vimy Memorial is a memorial in France dedicated to all Canadians who served their country in battle during the Great War of 1914-1918. 60,000 Canadians were killed. Over 11,000 of those killed died in France but they have no known grave.

Remembrance Day



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families whose only connection to their son, husband, brother, father – is a name on a stone pillar. And ninety percent of those names represent young men killed in a six-month period in 1916.

“You couldn’t get away from the battlefields,” Larry continued. “It was overwhelming. By the time we left, I didn’t want to see another one. I felt sad, sick, repugnance, not towards the soldiers, but it made me think, who the hell would do this to human beings?”

The large memorials may be overwhelming, but the smaller ones are perhaps the most poignant. The war-survivors group all agreed that the local cenotaph brings it home. “It makes you realize,” said one. “I think it makes younger people realize, that it was people they knew who fought in the wars.”

Smaller memorials also help us understand that there are still many

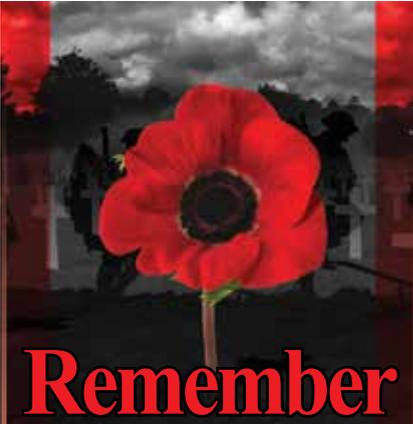
who remember, every day, that they lost loved ones. Tracey, the former Vimy tour guide, wrote, “In northern France, near Vimy Ridge, a farmer is ploughing his field. Half way across the field, the straight furrows curve around a large obstacle before continuing toward the far side of the field: an enormous stone cross that stands in memory of seven sons—an entire generation of young men—that the family lost in the war. The parents of those young men are long gone, of course; the farm has been passed down to the next generation more than once, yet this young farmer still ploughs around that cross.”

It is the human story, more than the monuments themselves that connects us with the reality of war. To the young people at the high school, the names on the cenotaph are merely names. Knowing more about the soldiers and what they did would, they all agreed,

make the memorials more meaningful. Ian, one of the baby-boomers, made a point of looking for local men, whose families he knows, when he visited cemeteries in France, and those graves are the ones he speaks about most often.

The war-surviving seniors all agreed that, when it comes to connecting to the wars, viewing memorials is not enough. “There has to be something more,” they said. “There has to be discussion, and conversation, and understanding.” One of them, Henry, concludes, “When you have lived through a war, when you know what it is like to live through a war, you really can’t think anything good about any war. You only think about all the terrible things that happen.”

We do need to think of memorials as reminders of the consequences of war. For those of us fortunate enough to have never experienced those terrible



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A poppy to all the brave veterans who risked their lives.

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nor the years condemn,
At the going down of the sun
and in the morning,
we shall remember them.”*

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Names on the Cenotaph

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

William McBean (World War I): William McBean was a druggist at the Creston Drug and Book Company, and had resided in Creston since 1911. He enlisted as a private on 10 November 1915 with 90th Battalion, and transferred to the medical section, 8th Battalion, Canadian Expeditionary Force, in September 1916. On 13 April 1917, the last day of the battle for Vimy Ridge, an enemy shell fell amongst a machine-gun squad, and Private McBean rushed to help. While attending to the wounded, a second shell landed amongst the group, killing the wounded and McBean.



Glen Clark (World War II): A large portion of the local men who served with Bomber Command in

World War II served with Canadian units, but Glen Clark is one of the few who joined a British unit. He served as a Wireless Operator with 196 Squadron of the Royal Air Force, a night-bombing squadron flying Wellington bombers, targeting enemy ports and industrial centres; it also performed mine-laying operations.

Bomber Command suffered high casualty rates, and often, the newest crews were the hardest hit. Clark's was no exception. His squadron flew its first operational mission on the night of 4/5 February 1943, only ten days later, on 14 February 1943, Clark was killed in action. ■



Creston Museum photos
 (Left) William McBean's enlistment photo.
 (Above) The aircrew Glen Clark (right) served with, in February 1943, probably about the time of their first operational mission.

things, remembering and honouring our ancestors is our responsibility. But we also need to acknowledge our responsibility to the generations that follow us. Conflicts are rooted in mistrust and hatred, and the peace many of us have known all our lives, the peace we would like to pass on to our children, grows from eliminating those things from our own lives. Let us consider the memorials, large and small, as reflections of those moments where, instead of conflict, we deliberately chose peace.

As Tracey, the Vimy tour guide, said, "Imagine if every street corner had a little plaque that said something like, 'Here in 2014, a man saw his neighbour struggling and stopped to help, even though they fundamentally disagreed about everything ... and together, they found a mutual understanding.'" ■

Remember

Please remember the Veterans that have made so many sacrifices in the name of peace and freedom.



Larry Binks
 Regional Director, Area C



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Insurance is a Part of Your Child's Future

Article submitted by: Vern Gorham,
Sun Life Financial Advisor

You may have seen financial advice promoting an early start to an education plan and even a retirement plan for your child or children. The magic of compounding interest can generate much higher returns when you add two or three decades of contributions. Life insurance should also be part of that early planning. Consider these important questions about the benefits of buying a life insurance policy for your children.

“Insurability.” What is it and why do I need it?

Guaranteed insurability allows your children to purchase more life insurance coverage at specified times up to their 45th birthday, no matter what their health, occupation or lifestyle may be. This benefit ensures they’ll have access to additional insurance, even though they may become uninsurable. With some insurance policies, the guaranteed insurability benefit gives them six opportunities to buy \$150,000 of additional insurance, and their age or health won’t be a factor. Could my child become uninsurable in the future?

A common obstacle to purchasing life insurance is a medical condition, such

as heart disease, diabetes or HIV. It’s possible that some day your children might not be able to get life insurance because of a health condition. Even if they’re accepted, the bigger the risk, the higher the premium they’ll have to pay.

The hobbies and adventures your child chooses to pursue may make them ineligible for insurance. If your children decide to race motorcycles or take up skydiving or scuba diving, insurers will consider them a higher risk. However, if the policy you buy for your children has guaranteed insurability, they won’t be penalized for being adventurous.

“Guaranteed insurability is a tremendous gift,” says Laurel Pedersen, Director of Individual Life Insurance Product Development for Sun Life Financial. “Adding it to a policy enhances the value of your insurance purchase. We sell a lot of juvenile insurance, and we sell it because people want to ensure the protection they purchase for their children today can be increased and enhanced in the future, regardless of changes in health or choices in lifestyle.”

What’s the financial benefit of buying insurance now?

As all parents know, babies grow up fast, and one day they may want their own life insurance policy, especially if they have their own family.

Insurance advisors will tell you to “buy it now and save.” Buying a permanent insurance policy now means that premiums will be paid over a longer period, but your children will pay less if they take over the policy when they become an adult. I can show you the difference between premium costs as a child and the price at the age of 25. How can permanent life insurance policies (whole life and universal life), and their cash values provide a fund to draw on for future opportunities?

Premiums paid into a permanent life insurance policy build up equity in the form of cash value. The cash value of the policy is an asset that can help to establish credit, enabling your children to, for example, obtain a down payment from a bank for a first car.

The cash value also ensures their policy will remain in force if, at some point in the future, you’re unable to make premium payments.

Planning for your children’s financial future should begin sooner than later. Call me and we can talk about the choices available to get your children started on the right path. ■

© Sun Life Assurance Company of Canada, 2014. Vern Gorham is a licensed representative for Sun Life Financial, and works out of his office in Creston. He can be reached by phone at 250-254-0607, or by email at vern.gorham@sunlife.com.

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2014 Election – Who’s Who?

By: Kris Dickeson
Editor - I Love Creston

The 2014 Local Government and School District Elections are being held across BC this month. On November 15 residents throughout the Creston Valley will cast their votes for Town of Creston Mayor and Councillors, Regional District of Central Kootenay Directors (RDCK) and Kootenay Lake School District 8 Trustees. RDCK incumbents Garry Jackman (Area A) and Larry Binks (Area C) both faced no opposition and reclaimed their seats, along with Kootenay Lake School District 8 Trustee newcomer, Heather Suttie who will represent the Town of Creston. We here at *I Love Creston Magazine* posed two questions to all candidates who, at our press deadline, will appear on the ballot.

Town of Creston Mayor Candidates

Rhonda Barter

Top two priorities if you are elected?

Work towards making Creston the agricultural/sustainable food capital of Canada which should bring more

jobs to this area and produce a more favorable economy.

Work on filling the empty business buildings in Creston.

One reason people should vote for you?

I have the necessary competencies (skills and knowledge) to improve the economic climate in Creston.

Bill Hutchinson

Top two priorities if you are elected?

Restore financial responsibility and oversight to the Council.

Focus on creating a climate where residents, seniors and business can prosper and enjoy a quality of life “second to nowhere” in BC.

One reason people should vote for you?

With 30 years of experience in the municipal field and being a Creston tax-payer, I am perhaps more aware



of the impact of council’s decisions.

Jared LeBlanc

Top two priorities if you are elected?

Improve commerce on Canyon Street working towards a 100% occupancy rate.

Attract new industry to Creston that showcases the town, people and scenery.

One reason people should vote for you?

I truly believe “TOGETHER WE’RE BETTER” so and let’s work together and make Creston a destination for families and retirees to settle down, businesses to break ground and tourists to visit.

Thomas Mann

Top two priorities if you are elected?

Decrease taxes.

Bring Creston into compliance with the intent of the “BC Public Service Compensation Report”.



One reason people should vote for you?

A dynamic, functioning Mayor and Council will be achieved if, YOU, the voter join the www.actioncreston.ca team and vote for Penny AP Anderson, Arnold Deboon and Lon Hansen for Council and Tom Mann for Mayor.

Ron Toyota (I)

Top two priorities if you are elected?

VOTE
Joanna Wilson
FOR COUNCIL



Nine years of political experience, working for you.

Grow “our community” applying common-sense and my leadership experience.

Continue to provide leadership with positive open communication.

One reason people should vote for you?

I feel this is a “FULL-TIME COMMITMENT” on a part-time salary AND I HAVE THE TIME TO COMMIT!

**Town of Creston
Councillor Candidates**

Penny AP Anderson

Top two priorities if you are elected?

Fiscal Restraint: get spending under control.

Healthy Sustainable Community:

Four pillared approach: Economic Health, Social Equity, Environmental Responsibility and Cultural Vitality.

One reason people should vote for you?

I focus my passion and concern for the “rural small town” way of life and for communities working together



for sustainability. I have made a conscious decision to work with like-minded individuals in www.actioncreston.ca.

Kevin Boehmer

Top two priorities if you are elected?

Decrease property taxes, and ensure that services still meet the needs of the community.

Attract jobs so that families can work and live in Creston.

One reason people should vote for you?

I have the education, knowledge and expertise through my Chartered Accountant designation and related work experience. I am determined and will make a difference.

Evelyn Bradford

Top two priorities if you are elected?

Change: Creston needs a new vision, we have to become more pro-active about bringing in new business, creating job opportunities for our young people.

Review of property tax: The question is why and where are the tax dollars



Ken Vaughan-Evans

Your Choice for Our Students

Through mutual respect and dedication I will work to be your voice for Public Education. When we focus on what’s best for students, honestly and transparently, everyone benefits.

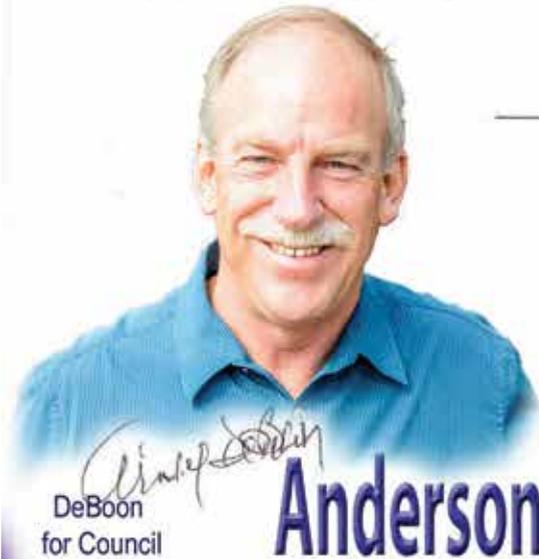
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 - b. Create multi use options and penalties for empty buildings.
- 3) WE WILL direct the budget process to ensure financial accountability.
 - a. Implement a hiring freeze.
 - b. Develop a strategic plan to comply with the intent of BC Public Sector Compensation Report, that states municipal wages are out of control compared to private enterprise.
- 4) WE WILL have greater transparency and accountability.
 - a. Monthly year to date public budget reports.
 - b. Televising or putting online Council meetings to keep the public up to date and informed.
- 5) WE WILL work positively with RDCK directors for shared services.



Voter Signature



Mann



Anderson - DeBoon - Hansen

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going? That being said, I recognize that for the size of our community, we have a lot of amenities which all benefit from tax payer support.

One reason people should vote for you?

Because I care about what happens in my new community.

Jen Comer

Top two priorities if you are elected?

Supporting local food security and job creation, through agri-tourism, value added food processing and



home food production. Working with Town Council, staff and community members on the Official Community Plan to create a livable, vibrant and sustainable community that will benefit current and future generations.

One reason people should vote for you?

I bring energy and innovative ideas to any project I am involved with, and being a young person raising a family in this town, we are excited to be part of this amazing community.

Arnold DeBoon

Top two priorities if you are elected?

RDCK Area B Candidates

Jared LeBlanc

Top two priorities if you are elected?

Implementing a “Town Hall”, which would be held on a regular basis. The meeting would take place with different Area B



communities and allow residents the opportunity to speak to local association directors and myself.

Attract new industry such as adventure tourism, film production and green businesses.

One reason people should vote for you?

I’m ambitious, thorough and accessible.

Tanya Wall

Top two priorities if you are elected?

Agro-tourism
Rural Area Enhancement

One reason people should vote for you?

Strong Leadership Abilities ■

Reverse the trend of businesses closing in town.

Work to promote Creston as a great place to live.



One reason people should vote for you?

I have dedicated myself to public service in my career, and wish to use my experience in continuing to serve the people of Creston.

Jim Elford

Top two priorities if you are elected?

I would like Creston to continue with responsible governance.

Explore commercial opportunities that would fit with our valley and help to reduce the tax burden. It used to be said that municipalities should collect nearly 50% of their tax revenue from commercial enterprises.



One reason people should vote for you?

I live in this valley and feel there is no better place in the world. I pledge honest, responsible governance if I am elected.

Daniel Geurts

Top two priorities if you are elected?

Current state of growth and economic development.

High taxes.



One reason people should vote for you?

I am passionate and hardworking and if elected will be open to the citizens of Creston for discussion on all issues where as a council we can do a better job.

Lon Hansen

Top two priorities if you are elected?

Revitalize the downtown.

Lowering residential taxes.



One reason people should vote for you?

I am dedicated to the growth and success of my community and people.

Myrna Johnson

Top two priorities if you are elected?

Highlight and promote Creston and the Kootenays.

Playing a key role to provide a safe, healthy growing community with controlled recruiting of businesses, agri-tourism and future events.



One reason people should vote for you?

I am reliable, very

VOTE
Rhonda Barter
FOR MAYOR
Working to save the economy in Creston



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FOR TOWN COUNCIL



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Joe Snopek

Top two priorities if you are elected?

Taxes
Downtown
Economy

One reason people should vote for you?

Six years council and six years Creston Mayor experience



Karen Unruh

Top two priorities if you are elected?

Maintenance of all infrastructure is a priority that must be continued.

Economic development and planning for increased business and/or

industry to locate here.

One reason people should vote for you?

I am an independent thinker with nine years of experience as a Town Councillor/Regional Director and I have the interest and time to represent all citizens of Creston.

Ed Vondracek

Top two priorities if you are elected?

To be effective as a member of Council, one must have a community spirit and be willing to be there at the convenience of the taxpayer.



Council meetings should not be held during daytime working hours, but held in the evening, allowing the working public to participate.

One reason people should vote for you?

I will work to the best of my ability to make informed decisions for the betterment of Creston. Working together works, that is the goal.

Joanna Wilson (I)

Top two priorities if you are elected?

To continue to serve as a catalyst for continued development of Arts and Culture as a Council strategic goal.



To identify and act upon community driven initiatives such as affordable housing and agri-tourism, with the health of the downtown a priority.

One reason people should vote for you?

Nine years of political experience as Councillor Town of Creston. ■

School District 8 Trustee South Rural Candidates

Cody Beebe

Top two priorities if you are elected?

Finish the battle about the movement of Homelinks to Canyon.

Hold management accountable for transparent decisions.

One reason people should vote for you?

I will stand in line with the parents and students views and listen to their opinions. I will be their voice.

Rebecca Huscroft (I)

Top two priorities if you are elected?

Financial transparency and accountability - more dollars available to every child in the classroom.

Relationship building - I would like to work with the community and local municipalities to collaboratively build a stronger relationship with our community and School District 8.



One reason people should vote for you?

I will always base my decisions on what is best for all the children in our community and that is responsible in the eyes of all taxpayers.

Verna Mayers-McKenzie

Top two priorities if you are elected?

Financial equity throughout the schools.
Creston Education Center.

One reason people should vote for you?

Inclusive, hardworking and work at keeping the lines of communication open.



Ken Vaughan-Evans

Top two priorities if you are elected?

Ensure the Learning Improvement Funding is used appropriately.

Maintain transparency in all business of the school district.

One reason people should vote for you?

I will be their voice on many issues, not just a rubber stamp type of trustee. ■

Home & Garden

Top 5 Picks for a greener household

By Scott McGillivray

In these heady days of innovation, we don't necessarily need to hire someone to do the dirty work of a home renovation. Some of the household upgrades may be easier than you think.

Start by familiarizing yourself about the job at hand. There are many reliable self-help books and websites dedicated to giving you the best environmentally-friendly suggestions when it comes to do-it-yourself home renovation projects.

These Top 5 Picks will improve your home, save you money, will give you the green life and are easy to do:

1. Cool down your house with a ceiling or electric fan and open up the windows at night. Ceiling fans cost about 1 cent for two hours of use, compared to 67 cents to a dollar for central air. Use your air conditioner only when necessary and

be sure to turn it off when you're going to be away from home for long periods of time.

2. Check the tightness on your refrigerator seal by closing the door on a piece of paper. If it's held in place, the seal is still good, if not, it's time to replace the seal or fix the door's alignment.

3. Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you're away or sleeping.

4. Pull out a caulking gun and weather strips and seal up doors, windows, electrical sockets and baseboards.

5. Insulate your walls, ceilings, piping entrances, attics, and basements with a professional-quality, stone wool insulation product such as Roxul. Installing insulation saves you money and wastes less energy throughout your

home in every season. ■

Scott McGillivray is the award-winning TV host of the HGTV hit series *Income Property*, a full-time real estate investor, contractor, author, and educator. Follow him on Twitter @smcgillivray. www.newscanada.com

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Kubota

The factory installed, all weather, Premium cabbed RTV1100 complete with handy sliding side windows, air conditioning for the summers and heater for the winters for comfort and ease in the tasks ahead. 24.8hp diesel engine, 3 speed HST transmission combined with 4WD will tackle the toughest jobs. Where it's pushing, pulling or hauling with a 1100lb cargo box capacity and hydraulic dumping it couldn't be easier.

RTV1100CWLA features: 24.8 hp, 3cyl, liquid cooled Kubota diesel, VHT plus 3 spd variable hydrostatic transmission, 4wd w/2wd selectable, front independent suspension, hydraulic dump box, spray-in bedliner, air conditioning, heater/de-froster, windshield wiper & washer, under seat storage, rear view mirror, 2" trailer receiver front & rear, front grille guard, ATV tires.

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

DEMO UNIT
CASH SALE PRICE
\$29,987.00*
Reg. list \$41,750.00
While quantities last



Kubota

The premium utility M40-Series tractor, perfect blend of high performance and affordability that can tackle just about anything you throw at it. The M-series is perfect for baling and cutting as well as cattle, horse and dairy applications, with hydraulic shuttle transmission it is the perfect loader work tractor, a loader that lifts 2800lbs is just right for feeding round bales.

M5140DTHS with loader – features:

52 engine (46) pto hp, 8F/8R hydraulic shuttle transmission, 540 PTO, 4200lb lift 3pth, tilt wheel, suspension seat, 17.1 GPM hydraulics w/ remote, 4wd w/ diff lock, LA1153 quick attach loader (2326 lb lift cap.) and 72" quick attach bucket.

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

CASH SALE PRICE
\$18,049.00*
Reg. list \$21,839.00
While quantities last



Kubota

This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

BX25DTLB - 23hp diesel powered unit - Features

23hp 3cyl diesel, 2 range hydrostatic transmission, power steering, front & rear pto, 4WD, LA240 front end loader 518lb capacity, BT602 backhoe 6 foot dig depth.

STARTING AT
\$2,499.00*
While quantities last



Wallenstein Chippers and shredders, compost your garden waste and reduce your carbon footprint. Chip up all the branches and use for mulching your yard.

BX32 3" chipper features: 3pth, 15-30hp required, adjustable discharge chute, easily sharpening or replaceable knives.



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