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PULLOUT SECTION
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From the editor



By Marc Archambault

I'm a firm believer in individuality. I believe in making things your own; choosing what you do, how you do it, why you do it, and its personal significance for yourself, rather than doing something simply because it's tradition. Unless of course it's the tradition part that appeals to you, then carry on!

October has two great examples of what I mean by this: Thanksgiving and Halloween. Both are traditional public holidays with their own unique histories and common practices. But they are also great opportunities for making something your own.

Most of us already tend to do this naturally to a certain extent. Halloween, for example, is very different when you're a child as compared to when you're a teen or an adult, when you have your own kids, or when your kids are gone, and then again when you have grandkids. But we can also make some choices of our own to design special occasions just for us.

For me, Thanksgiving – or l'Action de grâce as we said in French immersion school - was very much influenced by the American story of the Wampanoag joining the Pilgrims in celebrating the first harvest of Plymouth Plantation in 1621, the traditional family turkey dinner, and attending mass. These days the menu and seeing extended family take a back seat to reflecting on how lucky we are to live the life we do. Hand in hand with counting our blessings is realizing how much inequality and suffering exist both around the world and here at home. We have the opportunity and the moral obligation to do our part to make the world a better place. To put things in perspective, I'd like to share with you something some of you may have seen circulating online:

To me that message is both very sobering and a healthy reminder that, despite life's difficulties, I have an incredible bounty of things to be thankful for. In particular this year, I am grateful for the generosity and kindness of friends and strangers alike. I am also incredibly grateful that I live in a society and a time where I have the freedom to live my individuality.

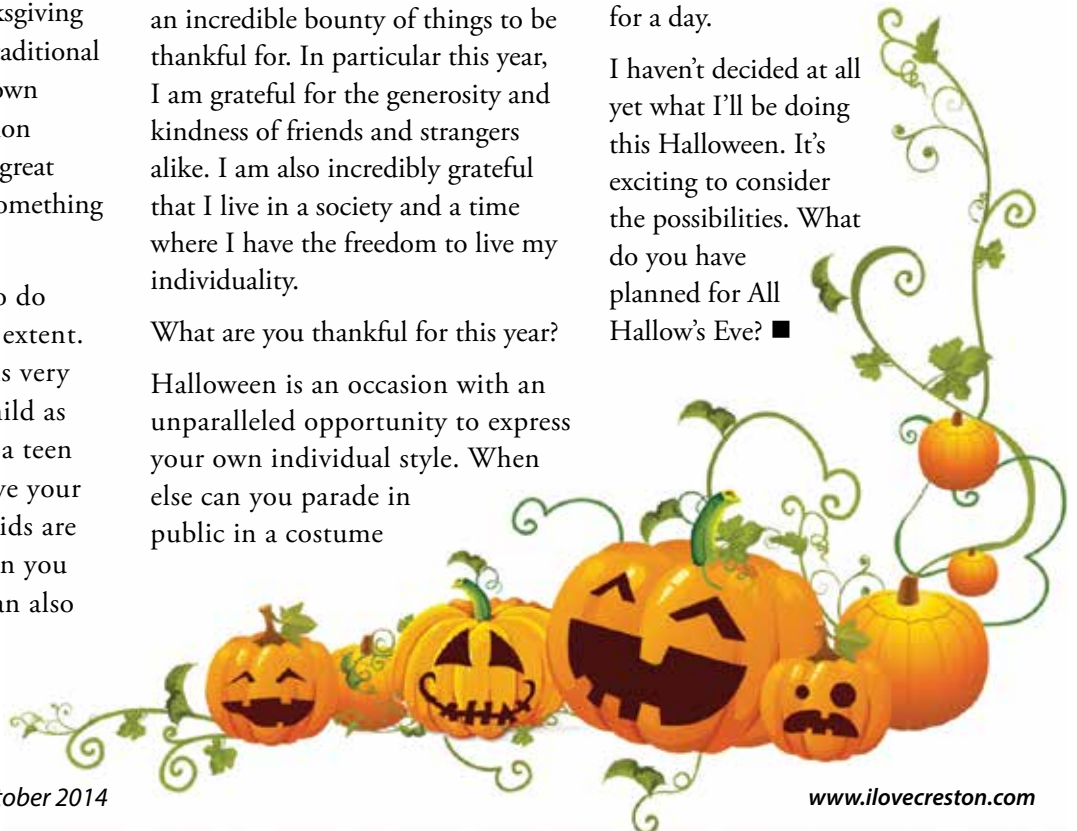
What are you thankful for this year?

Halloween is an occasion with an unparalleled opportunity to express your own individual style. When else can you parade in public in a costume

of your choosing without people thinking you've lost your marbles? You can be cute or funny or scary, you can be character from any piece of fiction, history or mythology you want. You can let people recognize you, or disguise your identity. You can stand out from the crowd, or blend in as part of a group. You can spend weeks planning an elaborate homemade costume or you can pick up a ready-made outfit off the rack. You can indulge in candies and treats, keep things in moderation, or abstain altogether. It's all up to you. It's a celebration of the imagination like no other. There is no shortage of activities you can choose to participate in, from boisterous parties to a quiet night in. You can spend it with the kids, or have fun with the grown-ups. Or you can do both!

Halloween gives us the freedom to let loose and explore the dark and macabre, to try on an alter ego, to visit a fantasy world for a day.

I haven't decided at all yet what I'll be doing this Halloween. It's exciting to consider the possibilities. What do you have planned for All Hallow's Eve? ■





Sign, Sign,
Everywhere

D-Signs

Story and photos by Marc Archambault

If you've spent any time in the Creston Valley, you've seen their work. The large "Welcome to Creston" signs carved from cedar wood are products of D-Signs and Design Service, as are numerous other business and residential signs throughout the area.

Lucien Douville, who was raised in Creston, attended the Vancouver School of Art (now called the Emily Carr University of Art and Design) in Vancouver. While there,

he submitted a design to a Town of Creston logo contest which won and was used until just a few years ago. After a short time working in Edmonton, he decided to return home to Creston where he founded D-Signs in May of 1968. "I bought \$85 worth of equipment, brushes and paints and stuff, and started a business," explained Douville "It took off from there."

"I always liked typography, so the sign business was just natural for me. I started business the same year that the

Wildlife centre started, and I designed that logo," recalled Douville. "They're still using the same one. They call it the concord swan."

D-Signs is best known for its unique cedar signs made from locally harvested western red cedar sourced from several of the valley's mills. Because they are a specialty product, orders for the durable wood signs come in from across North America. The current project being worked on is headed for Lethbridge, Alberta. "They're an art



(Above) Dave Allard in the D-Signs workshop. (Previous page) D-Signs owner Lucien Douville and Dave Allard.

form,” explains employee Dave Allard, who hopes to buy the business from Douville in the near future. “They’re nice to make, they’re enjoyable. Lucien comes up with a design and you create it; you’re cutting it, you’re sanding it. It’s pretty neat. When you’re sandblasting it, you’re watching the wood change. It’s virtually changing bit by bit as you’re blasting away with the sand and it becomes a piece of art.”

Douville explained that the first step in the process is designing. Then the completed design is cut into an adhesive backed rubber masking by a computerized plotter. The exposed wood is then sandblasted away. Finally the sign is hand painted.

D-Signs introduced the signature product in the early 80s. “I’d seen some [cedar signs] around. I thought I’d like to try it.” One of his earliest signs

that can still be seen at North Woven Broom Co. in Crawford Bay, requiring only some refurbishing and painting retouches over the years to keep it in excellent condition. “They’ll last a hundred years or more,” said Douville. “The biggest ones we’ve done are the Town of Creston signs. I really enjoy designing them.”

Though the cedar signs are their most recognized product, they “are



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only a small portion of the business.” D-Signs also does other types of signage as well as decals, vehicle lettering, and an inkjet printing technique for paper or canvass called Giclée, a term coined by a California based printmaker in the 90s from a French word meaning ‘something that was sprayed’.

“It reproduces watercolours so accurately you can hardly tell the difference,” said Lucien, showing an example of a print by a local artist.

The business and the printing industry have seen significant changes since the beginning of Douville’s career. “For the first 25 years I hand lettered everything,” he recalled. “I enjoyed it, it was relaxing.” Then came computers. “We got computerized probably about 1990. Before that I thought ‘you know,

this is one trade that will never be computerized’, but it was probably one of the first ones that were!”

Though technology has changed the industry, Douville pointed out that it still requires a designer’s eye to practice the craft. “The computer only takes the place of a brush and a pencil.”

Over the years Douville has been joined at D-Signs by his wife Phyllis, and Denise, one of his three daughters. “Phyllis worked doing the books and stuff, almost from the time I started until a few years ago,” except for a time when she worked at the hospital as an LPN. Not only did Douville mentor his daughter Denise in sign making, but also her partner Mark Johns, an employee of 13 years, who joined her in forming Da Vinci signs in Lethbridge in 1993.

Douville is now semi-retired and focuses mostly on designing the cedar signs. “After 46 years, it’s time for me to pass it on,” he explained while admitting he will continue designing “till I die.” He hopes to pass the torch to employee Dave Allard.

Dave came to D-Signs a few years ago with an eclectic background, having worked in electrical, at mills, and with autocad as a hobbyist. He was trained in design by Lucien.

“I enjoy getting the jobs and seeing them through,” said Allard. “Someone comes in with a concept or idea or even doesn’t know what they want, and in the end they walk out with something they’re usually quite happy with. From beginning to end, being involved with the whole process, step by step, I really like what I’m doing and I hope to be doing it for a long time.” ■

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From the Mayor's desk

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

Intergovernmental Relations

In a recent *Municipal World* article (Getting on the Radar, August, 2014) Lisa Jibson notes that, "In order to fund, enhance, expand, or create new services, smaller municipalities in Canada need to work in closer cooperation with their federal and provincial colleagues".

In the same article, Jibson further notes that unlike larger centers that often have a staff member dedicated to managing relationships between the various levels of government, the responsibility of Intergovernmental relations in a small community is typically shared by both staff and elected officials.

While many small communities struggle to meet the challenges of developing effective intergovernmental relations, and even in the most successful organizations there is always room for improvement, the Town of Creston has made great strides in securing wins for the community. During my two terms as Mayor for the Town of Creston, I am proud to

say that our Council and staff have continued to develop and demonstrate the kind of political acumen which has allowed us to significantly advance the goals of the community.

At the upcoming meeting of the Union of BC Municipalities (UBCM), local governments are able to discuss independent initiatives with applicable Provincial Ministries and make representations to the Minister and staff directly. For this year's UBCM conference, Council has requested meetings with: Staff of the Justice and Attorney General, the Minister of Transportation and Infrastructure, the Premier, the Minister of Agriculture, and the Minister of Community Sport and Cultural Development. Topics of discussion include: the Highway 3 realignment, policing costs, funding sources for parkland acquisition and capital improvement to existing park lands, agri-tourism and more.

While UBCM is a powerful tool for local governments, successful intergovernmental relations need to

be carried out throughout the year – not just at conference time. By being able to navigate through the realms of the provincial and federal governments, we are able to develop and fund projects which profoundly affect our community's landscape and our annual budget.

Two examples of successful negotiations, which required effective intergovernmental relations, are the reduction of assigned policing costs and the Erickson Road Boundary realignment (currently in progress).

With the Municipality's population exceeding 5000 in number, the Town of Creston became responsible for policing costs in 2012. While originally being assigned the expenses of 8 officers and 2 administrative staff, the Town of Creston was able to negotiate an unprecedented reduction to 7 officers and 1.5 administrative staff. This negotiation represents an annual savings of approximately \$250,000.

The southern boundary of the Municipality currently sits in the middle of Erickson Road. As such, the Municipality is responsible for the repair and maintenance of half of the road (north lane), with the Ministry of Transportation and Infrastructure assuming responsibility for the other half (south lane). The Town has secured a commitment from the Ministry of Transportation and Infrastructure to relocate the Municipal boundary to the north side of Erickson road. No private properties are affected in this boundary realignment, currently underway, and the savings resulting from no longer being responsible for the repair and maintenance of the north lane will result in a significant reduction in capital and operational costs for the Town.

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Both of these negotiations have resulted in significant annual savings for the Municipality.

One-time projects that have resulted from provincial and federal funding have also required effective intergovernmental relations. Two such significant examples are the Waste Water Treatment Plant (WWTP) and the Recreation Trails Project. WWTP –

provincial and federal funding covered 2/3rds of the \$7,210,000 project costs.

Recreation Grant – this project includes a trails system, an off-leash dog park, green gym fitness equipment, lighting, signage, hard and soft landscaping, and a parking area. This project was funded by a \$400,000 provincial grant and was boosted with \$134,000 in contributions from the Creston and Creston Valley

Rotary Clubs.

Staff and Council continue to demonstrate their commitment to improving services and amenities for our community through effective networking and negotiations with all levels of government. ■

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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Teaching Young Farmers

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

2014 is the hundredth anniversary of 4-H in British Columbia. That was the theme of this year's Fall Fair, and we were asked if we could create an exhibit on the history of 4-H Clubs in the Creston Valley.

That was a tall order, considering the very little bit of information we had at hand about the local 4-H program. Most of that was lists of prize-winners at various 4-H achievement days: interesting, but not terribly helpful in tracing the Club's history.

A quick Google search gave us a few basic dates: 4-H Clubs began in 1914 in the Fraser Valley as "Boys and Girls Clubs," with potato and poultry competitions sponsored by the Department of Agriculture. In 1952, the program was re-named 4-H (Head, Heart, Hands, and Health), and projects included swine, beef, dairy, and

corn, in addition to the original poultry and potatoes. In the 1960s and 1970s, the program was expanded to include cooking, home crafts, and public speaking, to reflect the growing participation of non-farming youth. By the early 1950s, the PNE in Vancouver included a 4-H section, and Provincial Club Week and national programs provided new opportunities.

That's great information for the province, but what about the Creston Valley?

A folder of newspaper clippings from the early 1970s indicates that at least two local clubs, Erickson and Lister, were active and had been, at least in Lister's case, for some time. Long-timers told us that there was 4-H in the valley in the 1960s. So we started in 1965 and worked forwards and backwards to glean some details.

Going forwards was easy. All we had to do was look for the results of the Rally Days, held annually in

June or July, to learn that the Lister club was the first, and for some time the only, local 4-H club, and that it focused on beef and dairy projects. 4-H members worked with the cattle-ranchers in the community (the Ayrshire Breeders Association is frequently named as a sponsor and supporter of 4-H); they hosted, and participated in, Rally Days throughout the East Kootenays.

The first reference to a "Creston Valley" 4-H Club, as opposed to "Lister," appeared in 1970. This is probably when Erickson's club was formed, though the first specific mention of it was not until 1971.

There was also a club at Gray Creek at this time, though the one reference to it that we stumbled across gave no indication if there was any connection with the Creston Valley clubs.

A visitor to our Fall Fair exhibit told us that the Erickson club focused on sewing; for everything

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Creston Museum

Lister 4-h Club members in a 1962 issue of the *Creston Review*.

else, including public speaking, the Erickson members went to Lister. We haven't yet found out how long the sewing club lasted, but when it was resurrected in 2002, it had been inactive for many years.

A horse club was also started in 2002. Other projects, including photography and poultry, have been added to and removed from the local program as interest in them has waxed and waned, and at one time there was (as we were told at the Fair) "a huge sheep club in the Valley."

Working backwards, though, from the mid-1960s, was very challenging. The Lister Club's first big summer show was in 1962; prior to that, references to the Club's activities are limited to somewhat random newspaper accounts of meetings, demonstrations, and social events.

One of these told us that, at a meeting in 1961, Club leader Alf Wellspring tendered his resignation and was given a vote of appreciation for his five years of service.

That sent us back to the mid-1950s and a time when the newspapers still published local-and-personal columns for each of the communities in the Valley. In these, every six or eight months, we found references to the 4-H: new leaders elected at a meeting, or members designated to attend the PNE, that sort of thing. It wasn't much, but it was enough to show that the Club was active.

In August 1952, one of those visiting-the-PNE announcements appeared, only two weeks after an article announced the change of name from Boys and Girls

Club to 4-H. The name-change article made no mention of local clubs, but the fact that two local members were in Vancouver only ten days later strongly suggests that the Club was active prior to the name change.

But what was it called, before the 4-H name was adopted?

In July 1952 there was an agricultural field day, in which local farmers and out-of-town officials toured Valley farms and heard lectures on various topics. At the end of the day, District Horticulturist Sig Peterson invited the delegates to attend a picnic hosted by the Lister 4-F Boys Club.

In the winter of 1951-1952, there were a couple of references to the Lister Young Farmers Club, under

the direction of Sig Peterson and John Bird.

When the *Creston Review* reported on that first big show of the Lister 4-H Club, in 1962, it stated that Sig Peterson, head of the provincial 4-H, was in attendance, and had commented that he was very proud of the progress of the Club “which he had started while he was in Creston” some years before.

I have no idea what the 4-F thing is all about – maybe a transitional name for the 4-H, maybe merely a typo on the part of the *Review* – but the uniformity of the details makes it pretty clear that the Lister Young Farmers Club eventually became the Lister 4-H Club.

The earliest reference we found to either the Young Farmers Club or its founder Sig Peterson appears

in the newspapers in June 1949: the Young Farmers Club met for a lecture on various farm topics. That’s all it says, and it doesn’t sound like this was the first meeting – but we searched back to January 1948 and found nothing more.

But 4-H was not the only young farmer organisation active at the time. In between the rather scarce articles about 4-H and its predecessors, we found many references to another program that also trained young people for success in agriculture: the Future Farmers of Canada.

But we’re out of space, so we’ll have to get back to you about that. ■

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.

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Safety tips for hiring casual labour

By Kootenay Employment Services

With the changing of the seasons and colder weather approaching, many people will be looking for help with temporary work around their yards and businesses. If you are considering hiring casual labour, take the time to review the following safety tips to ensure your experience is positive.

Call the person and arrange to meet at a public place (library, coffee shop, Kootenay Employment Services etc.). Do not give out your phone number or address until you have met the person.

Have a written description of the job ready so you can be sure the person understands what they will be doing.

Have a fee worked out. You can pay by the hour or by the job. If you are paying by the hour, tell the person how many hours you expect the job to take.

Ask for the name and number of someone they have worked for before. It is normal to expect the person you are interviewing may not have references on the spot and may need time to contact a reference. Offer to

call them back in an hour to see if they have found someone willing to provide a reference, but do not give out your number.

These simple tips can help reduce stress, provide clear expectations for your

temporary worker, and help reduce misunderstandings that could arise.

Visit www.worktoday.ca for an up-to-date list of available temporary workers in the Creston area, and post your job there to reach a larger audience. ■



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

Happenings at the CVWMA

One of the first sign that fall has arrived in the appearance of migrating bird species in the valley. The greater white fronted geese seem to be one of the first migrants that appear

on the ponds here at the Creston Valley Wildlife Management Area (CVWMA). In hot pursuit are a large variety of ducks including American wigeons, northern pintails, redheads, common goldeneyes, ring-necked ducks, and common mergansers to name a few! Many of these ducks do nest here in the summer months, but the fall brings larger numbers coming through from more northern breeding grounds. Be on the lookout for tundra swans and some trumpeter swans too, as they make an entrance in October and into November.

Duck Lake is a great area to view the migrating species as they enjoy the large open lake, perfect for landing and taking off as well as feeding and resting.

This past spring, the CVWMA invested close to \$60,000 to gravel and grade the Duck Lake cross dyke off Channel Rd. It took many months and 2,800 cubic yards of gravel (280 regular dump truck loads) to do the job. To keep the road in the best repair possible, a gate is being installed near the southwest end of Duck Lake for seasonal road closures when dyke conditions are bad (for example in the spring when the road is soft from rain and snow melt). This will limit damage to the dyke surface by vehicle traffic

during unfavourable conditions.

The fall also brings other great wildlife viewing opportunities, including one of my personal favourites, the river otter. Otters are here year round, but in the fall they seem to be a more common sight, swimming and playing in the ponds and channels in family groups. They are so curious and pop their heads out of the water, searching for a better look at the two-legged creatures staring back at them!

The Wildlife Centre will be open for the season until October 11th.

If you want to be in the loop as to what is going on at the CVWMA, I encourage you to get on our email list. You can expect a maximum of one newsletter a month - we try not to bombard you too often! We also have good old fashioned paper newsletters that you can sign up to receive (usually 2 issues a year). Just contact us by email askus@crestonwildlife.ca or phone 250.402.6900 and let us know your preferred method of communication. All newsletters and paper newsletters can also be viewed on our website under publications. ■

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Long-term care insurance is a protection for everybody

Article submitted by: Vern Gorham,
Sun Life Financial Advisor

When most of us hear the words long term care, we automatically think of nursing homes and care for the elderly. While it's true that as we age we're more at risk for needing services to help us perform basic day-to-day activities, a debilitating accident and illness could happen at any time, to any one at any age. Illnesses such as Multiple Sclerosis and ALS are often diagnosed at younger ages.

What exactly is long term care?

Long term care can best be described as care provided to people who are unable to care for themselves because of an accident, illness, deteriorated mental abilities or simply the aging process.

Long term care provides medical, social and personal care services that can range from nursing care to help with such things as dressing, eating and bathing. These services can be provided in the home, in the

community or in a long term care facility such as a nursing home.

Does the government pay for this kind of care?

Actually, government plans pay for a portion of the costs. Accommodation costs for facility care vary widely depending on where you live, but your out-of-pocket expenses for long-term care in a facility could range from \$762 per month for ward level accommodation in a government-subsidized facility to over \$5,100 per month for a private room in a non-subsidized facility.*

Home care services provided by the government vary according to the resources available in your community. You may receive a fixed number of hours of home care services. But if you need to purchase private care beyond what your province provides, the per hour costs for homemaking, personal care and nursing care can vary from

\$14 to over \$60 per hour, depending on the type of care you need and the costs in your area.*

What can you do to protect yourself, your family and your savings?

Long term care insurance offers a solution. It pays a regular income that will help pay for the services you may need. The income can be used to cover the cost of any type of long term care service including care received from an informal caregiver (family member or friend).

An income plan offers you choice, flexibility and simplicity, and can be designed to meet your needs and budget.

*Based on national averages. Costs may vary depending on where you live. ■

© 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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Giving back in the community a focus for 2014/15 Thunder Cats

By Creston Valley Thunder Cats

The 2014/15 KIJHL season is underway and a new look Creston Valley Thunder Cats roster is working hard both at and away from the rink with an eye to duplicating the success of last year's Eddie Mountain Division championship squad.

With over a dozen young Thunder Cats new to the Creston Valley, a

large part of the team's off-ice focus has involved getting team members out and active in the community.

On September 14th, the team split into two groups and volunteered at a pair of local events – the Terry Fox Run at the Creston & District Community Complex and the Rotary Club's Blue Heron Half Marathon and 10K. For most players, it was the first chance of the new season to get out and meet their supporters.

"A big part of the junior hockey experience is living in a new place and getting comfortable with your role as an ambassador for your organization and all your teammates," says first-year Thunder Cats head coach Jeff Dubois. "It's

important that all of our players understand that it's a privilege to play in Creston and that volunteering and giving back is one of the most rewarding parts of being here."

Dubois also says that the outstanding fan support that the Thunder Cats receive in the Creston Valley puts a lot of responsibility on the team to reciprocate when it comes to pitching in at local events and with community and charity groups.

"Our new players were blown away by the number of fans who came out for our three exhibition games in early September and it was funny to hear the veterans explain to them that it was nothing compared to the excitement in the rink when the regular season begins." ■



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Submitted

The Creston Valley Thunder Cats at the Terry Fox Run.

HEALTH and Wellness

Rec Centre hosting second annual Health and Wellness Fair

Story by Marc Archambault

The Health and Wellness Fair is returning to the Creston and District Community Complex for its second year on Saturday, October 18. “The public and the vendors all wanted to see it happen again,” said recreation programmer Andrea Peet. The planning committee have used feedback from last year’s fair to make changes and improvements to the event.

Last year there were 42 vendors, including some from other parts of the Kootenays; a number organizers hope to exceed this year. In addition to vendor tables, the fair will feature demonstrations and workshops. Guest speakers will be presenting on a variety of topics:

Brenda Wright, nutrition and essential oils specialist, will discuss oils for arthritis, Alzheimer’s and aging, children’s health and essential oils for a ‘healthy home’;

Joanne Conaway, BSN, RN from New York, will discuss digestion and its effects on your health, solutions to women’s health issues and childhood nutrition; and

Dr. Kim Masuch, ND, of Golden Herb Health Foods in Creston, will discuss what naturopathic medicine is and how a naturopathic doctor can help as part of your medical team, and having a healthy immune system.

Interior Health will also be present offering free health screening including blood pressure and blood glucose testing.

The Community Complex will be demonstrating some of its programs such as yoga, Zoomba and spinning “for people to get a little taste,” said Peet. There will also be programming geared towards children and teens. “We’re really trying to make it a family event and bring in some kid’s activities and demos.”



CDCC

A visitor and practitioner at last year’s Health and Wellness Fair.

“We really want to promote healthy living, active living, and preventative living,” she explained. “Health and wellness is such a huge umbrella. It’s not only physical. It’s mental and spiritual health, financial health, and even pet health.”

Registration for vendors will be accepted, subject to availability, until the day before the fair. Forms are available at the Creston and District Community Complex front desk or online. Vendors are encouraged to register early in order to reserve a spot, and can contribute a door prize.

“It’s a great marketing opportunity for a lot of businesses,” said Peet. “Especially home based businesses and new ones. It lets

the community know what's out there, what's in the valley and what's available. It not only gets the community's health related businesses known to the public, but they can network with each other." It's an opportunity for businesses and organisations to get to know one another and share information and resources, and discover underserved needs in the community they may be able to fill.

Admission includes entry into door prize draws and full access to the complex, including the fitness centre and aquatic centre where the new inflatable pool toy will be unveiled. ■



Herbal Therapy, Part 1

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

Herbal Therapy or Phytotherapy: the use of plants to treat common ailments and promote wellness. Herbal Therapy is the oldest form of medicinal healing known to man. Although it is classified as an alternative therapy, it is the most widely practiced form of medicine used worldwide, with over 80% of

the world's population relying on herbs for health. Currently over 50% of all new pharmaceutical prescriptions contain at least one ingredient either produced directly from plants or discovered from plant sources and later synthesized. Modern medicine draws its origins from early herbal therapies. Before synthetic medicine came on the market, all medical doctors prescribed herbs routinely.

Herbal medicine uses plants that do not have the aggressive and invasive action of modern pharmaceutical drugs, but instead assist the body's inherent healing power. Herbalists prefer to use remedies extracted from whole parts of the plant (flower, leaf, root), with all their biochemical constituents, rather than individual standardized extracts. This way the active constituents are naturally balanced within the remedy, and your body knows how to efficiently metabolize the medicine, without any side effects.

The approach of herbal medicine is holistic, where a person is not a patient with a disease, but a whole being; where the mental, emotional, environmental, social and physical aspects of a person are considered.

The philosophy of the holistic approach of herbal therapy greatly differs from the approach

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of modern medicine. The divide started with two classic thinkers who contrasted on their view of reason. Blaise Pascal's view was of existential nature, where the body, mind and spirit are seen as one. Renee Descartes' was more of a rational approach where logic came first, and resulted in a mechanical and dualistic approach to the body, where mind and reason are separate from the rest of our bodies.

Renee Descartes' approach was adopted by modern medicine, even though, on his death bed, Descartes admitted that Pascal was right, the body and mind are one.

Today, modern medicine still stands by Descartes' philosophy, even though modern science is continually proving this philosophy

wrong. For example, the science of psychoneuroimmunology discovered that negative thoughts and feelings weaken our immune system. The holistic approach addresses the negative emotion, while supporting the physical body with herbs proven to strengthen the immune system. The modern medicine approach does not consider anything else but the physical, even though the emotional aspect is at the root of the problem.

Phytotherapy emphasizes the promotion of health and the prevention of disease. As practitioners we take the time for a full interview, really getting to know all aspects of a person's health. An individual's role in their

own healing process is emphasized, with much responsibility being handed back to them.

Herbal therapy is both an art and a science. With our well established roots of past empirical knowledge, and advancements in science that are able to better identify plants and their constituents, qualified herbalists ensure that mankind will continue to benefit from the immense contributions that plants have to offer.

Next month, in Part 2, I will delve into my favorite classes of herbs, and how they apply to your health. ■

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.

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Stretching: The Truth, Part 2

Story by Jesse
Moreton, BSc DC

Picking up where we left off last issue, I'll continue with some final points from Doug Richards' lecture on stretching. Richards is a U of T professor whose comments were featured on an episode of TVO's *Big Ideas* series.

Let's try to get some practical take home messages this time. When, for example, is the best time to stretch? Before an activity, after, or both? How does stretching impact an activity? Is stretching good for you?

Richards cited research which indicated stretching before activity does not seem effective for health and performance. Stretching after an activity, or after muscles have been warmed up, seems to be the better choice. He also added that stretching before or after activity is partly psychological; we see good athletes stretch, so we stretch too. We think we'll become better athletes if we stretch like the pros, but maybe

the pros would still be pros whether they stretch or not. In other words, stretching may just be something great athletes do as opposed to the reason they became great. It's an association as opposed to a causation.

How does stretching impact an activity? Well it's hard to generalize and it depends on the activity and the person. Specific stretching can increase performance as in baseball pitchers who need to wind up their arm for momentum. Regular and repetitive stretching can increase the length of muscles over a long period of time. When the length of a muscle changes, the position in which the muscle can produce the most force also changes. Every muscle has a sweet spot, a position in which it can produce its maximum force.

If you are a serious cyclist, you will position your seat such that your knees will bend at such an angle that your leg muscles will produce their highest force. When a muscle becomes longer or shorter, the seat

will need to be moved slightly higher or lower to adjust for the new sweet spot. Most times these adjustments are intuitive and are made without any bio-mechanical knowledge. Good athletes will simply sense the inefficiency and tweak their technique or equipment until maximum efficiency is reached.

If you are an already flexible person, too much stretching can predispose you to injury. It may lead to joint laxity and hurt you. Most flexible people know who they are. They're the type that make their thumb touch their forearm and perform freakish party tricks.

If you are a weight lifter, you probably won't stretch that often. Stretching reduces the amount of force a muscle can generate and weight lifting is about producing the most force possible. For most of us, however, it's a balance between gymnast and wrestler. Resistance exercise, aerobic exercise and regular stretching all play important roles.

Another application of stretching that I use occasionally in practice is called proprioceptive neuro-muscular facilitation (PNF). PNF takes advantage of a physiological phenomenon that occurs after a strong muscle



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contraction. After a muscle contracts, there is a brief period the muscle relaxes before it regenerates its resting tone. During this period a muscle can be made to stretch past its previous limit. It's a good strategy for stiff necks. To perform PNF on the neck muscles, for example, I'll have a patient push their head into my hand as hard as they can for 10 seconds. Then I'll have them relax and stretch the neck to the opposite side. After two or three

contractions, there's an obvious and significant increase in range of motion. Bottom line? Stretching is generally good. Repeated, consistent and prolonged stretching is the best way. It should be no surprise that it takes adults longer to lengthen muscles than kids, so do more with every year you age. ■

For more information, please call Moreton Chiropractic at 250-428-3535 or visit moretonchiropractic.blogspot.com.



What is Irritable Bowel Syndrome?

Story by: Dr. Chris Ford, BMSc, ND

Irritable Bowel Syndrome (IBS) is the most common gastrointestinal disorder seen in general practice, representing 30% to 50% of all referrals to gastroenterologists. IBS is a disorder of the large intestine with no evidence of accompanying structural defect, making it a diagnosis of exclusion or, in other words, it cannot be explained by routine tests.

Symptoms of IBS often include:

- Abdominal pain
- Altered bowel function, constipation, and/or diarrhea
- Hypersecretion of colonic mucus
- Dyspeptic symptoms (flatulence, nausea, anorexia)
- Anxiety or depression
- Heartburn

The digestive tract is quite complex and IBS can be linked to many different causes making it difficult to pinpoint exact triggers of the symptoms. Also, each individual case of IBS differs greatly from the next so it is important to consider and test for each cause. Some of the most likely sources leading to IBS are stress, food sensitivities and imbalance of gut bacteria. Of utmost

importance is a detailed health history which helps determine the best course of action with regards to treatment and further testing.

Lab tests that can be useful to determine the cause of IBS include:

- IgG food allergy test
- Comprehensive digestion and stool analysis
- Small intestine bacterial overgrowth breath test
- Betaine HCl challenge

Once the cause of IBS has been determined, treatment typically involves lifestyle changes to diet and exercise. Nutritional supplements and herbs are used to remove any harmful bacteria or yeast in the gut and heal the lining of the large and small intestines.

Gastrointestinal disorders are commonplace in our practice and we have had great success with helping to alleviate the causes and symptoms of these ailments. If you have any questions at all please do not hesitate to contact us. ■

Dr. Chris Ford of Kimberley practices naturopathy in Creston once per week at Vital Health.

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You are only as old as your arteries

Story by Rowan Hamilton

Our senior years could be the best of our lives. Healthy aging begins with taking responsibility for ourselves. This starts with learning about what benefits us and acting on it.

Learning to take care of your cardiovascular system will offer some fringe benefits such as an active and fulfilling life as well as looking after the rest of your body at the same time.

For those of us born healthy the number one problem for our heart and circulation is hidden in our food. Specifically, added sugar in all its forms including fructose from corn and sucrose. Sugars and refined carbohydrates are the number one cause of internal inflammation which causes cardiovascular disease. Sugars also create free radicals which lead to damage to the heart and arteries. Healthy fats and oils, fruits and vegetables do not do this.

Of the 600 000 manufactured foods in North America, 80% have added

sugar. Sauces, canned soups, low fat foods coleslaws, breads and most prepared foods. Then there are the sweet foods such as pop, sodas, juices, sports drinks, cookies, candies, and deserts which all contain exorbitant amounts of sugars. The average teenager consumes 34 teaspoons of sugars daily and this leads to a lifetime of ill health.

Why does this matter? The Journal of the American Medical Association published a study of 40 000 people just a few months ago. The short of its conclusion is that high sugar intake will increase the risk of heart attack by 400%.

Is it too late to help ourselves? Not at all but we may have to struggle with our habits and addictions. We can learn to shop from the periphery of the supermarket, reduce our processed food intake and dependency on carbohydrates, look for foods that contain antioxidants (berries and kale) and learn to eat a diet that focuses on reducing inflammation. Some foods and herbs

can achieve results far beyond the scope of drugs.

Another vital aid to cardiovascular health is exercise. Walking, cycling, rowing and even gentle yoga for those who struggle with mobility. Being outdoors and active can hardly be a problem in this most beautiful place on earth. We have all the resources here on our doorstep.

The Creston Valley has experienced Naturopaths and Herbalists who can create personal plans for our circulatory health and help guide us to a new lifestyle.

If you are taking responsibility and getting healthier, those around you will latch on. You will find yourself meeting healthier people doing more interesting things. Like attracts like.

■
Rowan Hamilton is Director of Research and Education at HUMN Pharmaceuticals Canada. He is a Medical Herbalist trained in England and China and has been core faculty at Bastyr University and The Boucher Institute in Vancouver.

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Four (4) 15 minute sessions per week for 4 weeks, then 2-3 sessions per week until desired results are achieved. Thereafter, maintain with 1-2 sessions each week. You will see a noticeable reduction in

the appearance of fine lines, wrinkles, facial blemishes and crow's feet. Because the success of red light therapy depends on the frequency that it is used it is important to maintain a consistent treatment schedule in order to continue seeing results.

Why would we benefit from Collagen Therapy?

As we grow older the amount of collagen our body produces is naturally reduced. Collagen is the most common protein found in the body and is basically the substance that holds our cells together, however this essential protein used to repair and replace damaged tissue is produced as our body's natural regeneration process slows down with age.

Over the years the beauty industry has provided us with many treatments to combat visible signs of ageing in its ongoing efforts to help those of us who want to look younger.

Unfortunately the most effective protein replacement treatments involve painful collagen or botox injections. Until now!

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- 10:00 to 10:30am** Dr. Kim Masuch: What is Naturopathic Medicine?
- 10:00 am** Zumba for Kids (20 min)
- 10:15 am** Linedancing (45 min)
- 10:30 to 11:00am** Brenda Wright: Oils for Arthritis, Alzheimers & Aging
- 11:00am** Yoga (15 min)
- 11:15am** Barbell (15 min)
- 11:15am** Strategies on quitting tobacco - Quit Now!
- 11:30am to 12:00pm** Joanne Conaway: Solutions to Women's Health Issues
- 11:40am** Kindermusik (20 min)
- 12:00pm** Try TRX (15 min)
- 12:15pm** Flexibility Workshop
- 12:15pm** Crossfit (15 min)
- 12:30 to 1:00pm** Brenda Wright: Oils for Children's Health
- 12:40pm** Kindermusik (20 min)
- 1:00 to 1:30pm** Dr. Kim Masuch: Having a Healthy Immune System
- 1:15pm** Dance Fusion (20 min)
- 1:30 to 2:00pm** Joanne Conaway: Childhood Nutrition
- 1:45pm** Urban Poling (20 min)
- 2:00pm** Core n' More (15 min)
- 2:15pm** Strategies on quitting tobacco - Quit Now!
- 2:30 to 3:00pm** Brenda Wright: Oils for a 'Healthy' Home
- 3:00pm** Spinning (20 min)

Harvest Share helps people and reduces waste

By Clayton Fenrick

We can all agree food is good. And with the accessibility and ease of grocery stores I often forget the stuff just grows right out of the ground. So it's been a very interesting and informative last few months; and I'm thankful for the opportunity to be a part of the Harvest Share program and witness firsthand the variety and abundance of produce here in our valley. It's astonishing and special just how well Creston soils support growth, and I couldn't ask for a prettier place to live. Unfortunately too much fresh, local food is unnecessarily left to rot on the ground.

The main goal of Harvest Share is to encourage wise use of local food growing here in the valley. We live in fast paced times and the simple act of harvesting fruit can be lost in the stream of responsibilities and routines. For those unfamiliar with the Harvest Share program it is a non-profit program operated under the Creston Valley Food Action Coalition focused on helping the community through gleaning fruit that would otherwise go unpicked. Members of the community may contact us at Harvest Share if they do not have the means or time to pick the fruit in their yard, and a crew of volunteer pickers will come and harvest the produce for you. The harvest is then split evenly three ways; with the owner of the tree, the volunteer pickers, and the various service agencies as listed below. If you are interested in

volunteering to harvest, have fruit trees to harvest, or have livestock that would enjoy some tasty culls that were almost harvested, I encourage you to give us a call!

Every piece of fruit salvaged from rotting on the ground is a step towards becoming a more self-sustaining community. Having food go to waste is nonsensical. There are

families and individuals in need right here in Creston that really appreciate donations of healthy local produce.

And by using more efficiently what we have growing literally in our backyard, we empower ourselves and reduce our dependency on food that was transported here from hundreds of miles away. Also, by removing rotting fruit we are greatly reducing the chance

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of wildlife conflict. In the last few months Harvest Share has taught me a lot about local food and the importance of food education, and participation in the harvest is a great educational opportunity for people of all ages.

Harvest Share has been operating for six years now and I'd like to thank the Creston Valley Food Action Coalition board members for giving their time and energy to keep this program going, as well as Alexandra, the former Harvest Share Coordinator, who poured her heart and soul into this program. The program would not be here today if it wasn't for her and she really is a fantastic and inspirational human being.

As well, Harvest Share is supported by some great people at the service agencies; who take in and distribute the picked fruit to people in need. Our partnering agencies include:

Creston Valley Gleaners' food bank, TAPS, Yellow House of the Lower Kootenay Band, Valley Community Services, Family Place, New Life Church, New Life Furniture, Glad Tidings Church, St. Stephen Presbyterian Church, Wednesday Lunch at Trinity United Church, Seventh Day Adventist Church, College of the Rockies, and Yaqaan Nukiy Elementary School, as well as the other local schools once they are back in session.

Any additional service agencies looking to join are invited to contact the program coordinator.

People who are able to pick their produce and donate it to one of the following organizations are much encouraged to do so. The following organizations will be more than happy to receive your donation. Please call before drop-off:

Creston Valley Gleaners Food Bank: 428-4166
 Tuesdays and Fridays 9am-1pm
 New Life Church: 428-5975
 New Life Furniture store (for Kootenay Community Centre): 402-0098
 Yellow House: Lower Kootenay Band: Social development program: 428-4406

This program relies exclusively on grants and donations. We would like to thank the Province of British Columbia, Columbia Basin Trust, the Creston Kootenay Foundation, and the College of the Rockies for their support. Additionally, we would like to thank the Columbia Brewery for the donation of boxes to carry the produce. Finally, we would like to thank Faynor Orchards for their generous donation of cherries to our local service agencies, as well as Wloka Farms and Regan from Om Orchards for their generous donations as well. ■

Harvest Share coordinator Clayton Fenrick can be reached at crestonharvestshare@gmail.com or 250-254-1165.

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- It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



Home Safety

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

Kitchen

- Avoid loose long sleeves when cooking.
- Check kettles and toasters for damaged electrical cords.
- 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

- Always use a fire screen that 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 lit candles or cigarettes in an ashtray unattended.
- Keep matches, lighters and lit candles out of the reach of children.

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 combustible 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. ■

History of Fire Prevention Week

Here is how the dates for Fire Prevention Week are chosen each year and knowing this you can easily determine when Fire Prevention Week will be held in any year to come.

The Great Chicago Fire of 1871 lasted two days – October 8th and 9th – and killed more than 250 people, left 100,000 homeless and burned more than 2,000 acres. That fire forever changed the

way that public officials viewed fire safety. To mark the 40th anniversary of this tragic event, the Fire Marshals Association of North America deemed that the most appropriate commemoration was to do everything they could to educate and inform the public about the importance of fire safety and prevention. Since 1922, Fire Prevention Week has been observed every Sunday through to the

Saturday that October 9th falls on.

Every year, the federal government arranges for the Fire Prevention Week Order in Council Proclamation by the Governor General of Canada -and joins forces with Fire Prevention Canada which organizes and holds the National Launch to promote the observance of Fire Prevention Week across Canada. ■

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Regional Director, Area B

Larry Binks
Regional Director, Area C

Creston Fire Rescue

Chief Mike Moore
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JAWS OF LIFE

Canyon/Lister Fire Department

Chief Glenn Guthrie
2850 Lister Rd. Lister, BC
Non-emergency: 428-7777

**West Creston Fire
Protection Society**
Chief Ed Teague

2182 Corn Creek Rd , Creston, BC
Ph: 250-428-8841

**Wynndel/Lakeview
Fire Department**
Chief Dayle MacRae

Box 44, 5071 Wynndel Rd. , Wynndel, BC
Non-emergency: 866-5212

**Yahk / Kingsgate
Fire Department**
Chief Tom Hollis

Box 230 8155 Highway 95, Yahk, BC
Non-emergency: 424-5525

Steve Bell bringing 25th anniversary Pilgrimage tour to Creston

Story by Vern Gorham

Los Angeles based Billboard Magazine has called him “a Canadian Treasure”. The Canadian music scene has awarded him with

two Juno awards over the years for his work. Now, the people of Creston have the opportunity to hear Steve Bell live at the Prince Charles Theatre on Friday, October 17th at 7:30 PM.

In the midst of his “Pilgrimage” tour to celebrate his 25 years as a recording artist, Steve Bell is a Canadian recording artist that has a very unique style. If you could take the musicianship of Bruce Cockburn, and combine it with the



vocal talents of Glen Frey of the Eagles and Vince Gill, that would give you an approximation of what listening to Steve Bell is like.

The messages he shares through his music are typically hope filled and positive, and leave the listener wanting more.

How often does Creston have the opportunity to host a two-time Juno award winner? If you love acoustic guitar, and male vocals with a huge range, and a big high end, you will enjoy the music of Steve Bell. Tickets are only \$15, and are available at Home Hardware or online at SteveBell.com. ■

PILGRIMAGE
STEVE BELL IN CONCERT
Tunes & Tales from the Journey

25 YEARS
PILGRIMAGE

"...A CANADIAN MUSICAL TREASURE." *BILLBOARD MAGAZINE, LOS ANGELES*

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TRICK OR TREAT



Safety for Kids...

fun.familyeducation.com

- Check labels to make sure costumes and accessories are flame-resistant
- Put strips of reflective tape on costumes
- Make sure all facepaints, glues and glitters are nontoxic
- Costumes shouldn't drag on the ground, and shoes should fit well
- Don't allow children to carry sharp objects
- Masks should fit securely and have eyeholes large enough to see through.
- Make sure that goody bags are light-coloured for easy visibility

Have a Safe and Happy Halloween!

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Happy Halloween



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at the Creston & District Community Complex

Friday, 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) ages 11 & under

***Halloween Pre-Party Slime Swim!**

Sunday, October 26th 4-6pm

*Free with membership or daily admission applies

If you would like to donate candy or small toys for this event, please contact us at 250-428-7127



Creston & District Community Complex

312 19th Ave. N., Creston • www.rdc.bc.ca/creston

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.

Spooky Reads...


The top 10 suggested by huffingtonpost.com:

- *Ghost Stories of and Antiquary*, by M.R. James
- *The House on the Borderland*, by William Hope Hodgson
- *Song of Kali*, by Dan Simmons
- *The Nightwalker*, by Thomas Tessier
- *The King in Yellow*, by Robert W. Chambers
- *The Witch of Prague & Other Stories*, by F. Marion Crawford
- *Songs of a Dead Dreamer*, by Thomas Ligotti
- *The Face That Must Die*, by Ramsey Campbell
- *The Three Impostors*, by Arthur Machen
- *Cold Hand in Mine*, by Robert Aickman

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. 

Creepy Tidbits...

- *The common little brown bat of North America has the longest life span for a mammal its 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.
- Bats are vital natural enemies of night-flying insects.
- Many still believe gargoyles were created by medieval architects and stone carvers to ward off evil spirits.

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Children will receive treats and glow sticks.

HOPE YOU STOP BY AND GIVE US A SCARE!

Drivers... watch out for all
the little ghosts and goblins!

REMEMBER... DRESS WARM

AND BE VISIBLE!



Pumpkin Facts


www.halloweenishere.com

In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."

Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.

Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family (Cucurbitaceae), which include squash, cucumbers, gherkins, and melons.

Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.

2010 New World Record! The largest pumpkin ever grown stands at 1810.5 pounds. It was grown by Chris Stevens. It was weighed at the GPC weigh-off in Stillwater, Minnesota on Oct. 9, 2010. 

Home & Garden

Free fall outdoor activities for kids

www.imperfecthomemaker.com

- 1. Go hiking.** Visit a nature trail in your city or a state park.
- 2. Go on a fall scavenger hunt.** Make a list of various fall items (acorns, leaves, rocks, etc.) and see who can find everything on their list first.
- 3. Go on a picnic.**
- 4. Go bird-watching.** Head outside with some binoculars and a bird book and see how many of your native birds you can identify.
- 5. Go on a walking tour.** Map out and visit historical sites in your town. Pack a lunch and make a day of it.

6. Participate in nature programs.

Some cities and park systems offer free nature programs for children.

7. Check out the community calendar.

8. Go geocaching.

9. Make a nature collection. Let the kids see how many interesting leaves, rocks, acorns, or bugs they can find.

10. Go on a bike ride.

11. Go to the beach. If you can make a trip, fall is an incredible time to go to the beach. The weather is still warm (many times it's warm enough to even swim), but lodging

rates are greatly reduced and crowds are almost nonexistent.

12. Go camping in the backyard.

13. Help out a neighbour. Do some yard work for someone who could use the help.

14. Rake leaves and jump in them.

15. Read a book. Reading is a great way to spend an afternoon, but it's even more enjoyable when you're outside enjoying the gorgeous weather.

For more ideas, visit www.imperfecthomemaker.com

[/2012/09/25-free-fall-outdoor-activities-for-kids.html](http://www.imperfecthomemaker.com/2012/09/25-free-fall-outdoor-activities-for-kids.html)

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Home & Garden

Fall gardening expands growing season

<http://homefreemedia.com>

In many areas of North America, and especially Canada, gardeners do not even consider fall gardening because of the threat of early frosts. But with

careful planning, fall gardening can result in excellent vegetables and extend the harvest long after crops planted in spring are finished. As a bonus, vegetables produced from fall gardening are sometimes sweeter and milder than those that grow in the summer.

What you choose to grow in your fall garden will depend on your available space and what your preferences are. Even the crops that enjoy the heat, such as tomatoes, sweet potatoes, okra, and peppers, will produce until frosts hit, which can be pretty late in the year in southern areas.

However, there are some plants that will quit towards the end of summer like snap-beans, summer squash, and cucumbers. If these vegetables are planted around the early-middle of the summer they can be harvested until the first frosts as well.

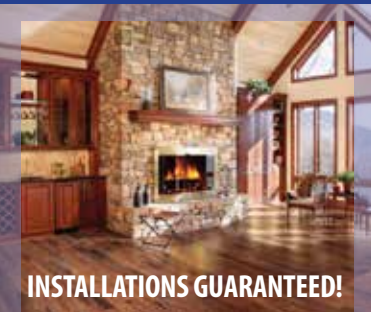
Hardy, tough vegetables will grow until the temperature is as low as 20 degrees, but those that aren't

as strong will only be able to grow through light frosts. Remember that if you have root and tuber plants and the tops are killed by a freeze, the edible part can be saved if your plants are well mulched.

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

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

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Waste Reduction Week in Canada

October 20-26, 2014



Waste Reduction Week in Canada

<http://www.wrwcanada.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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October 20-26

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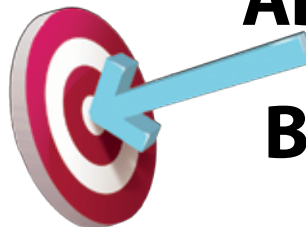
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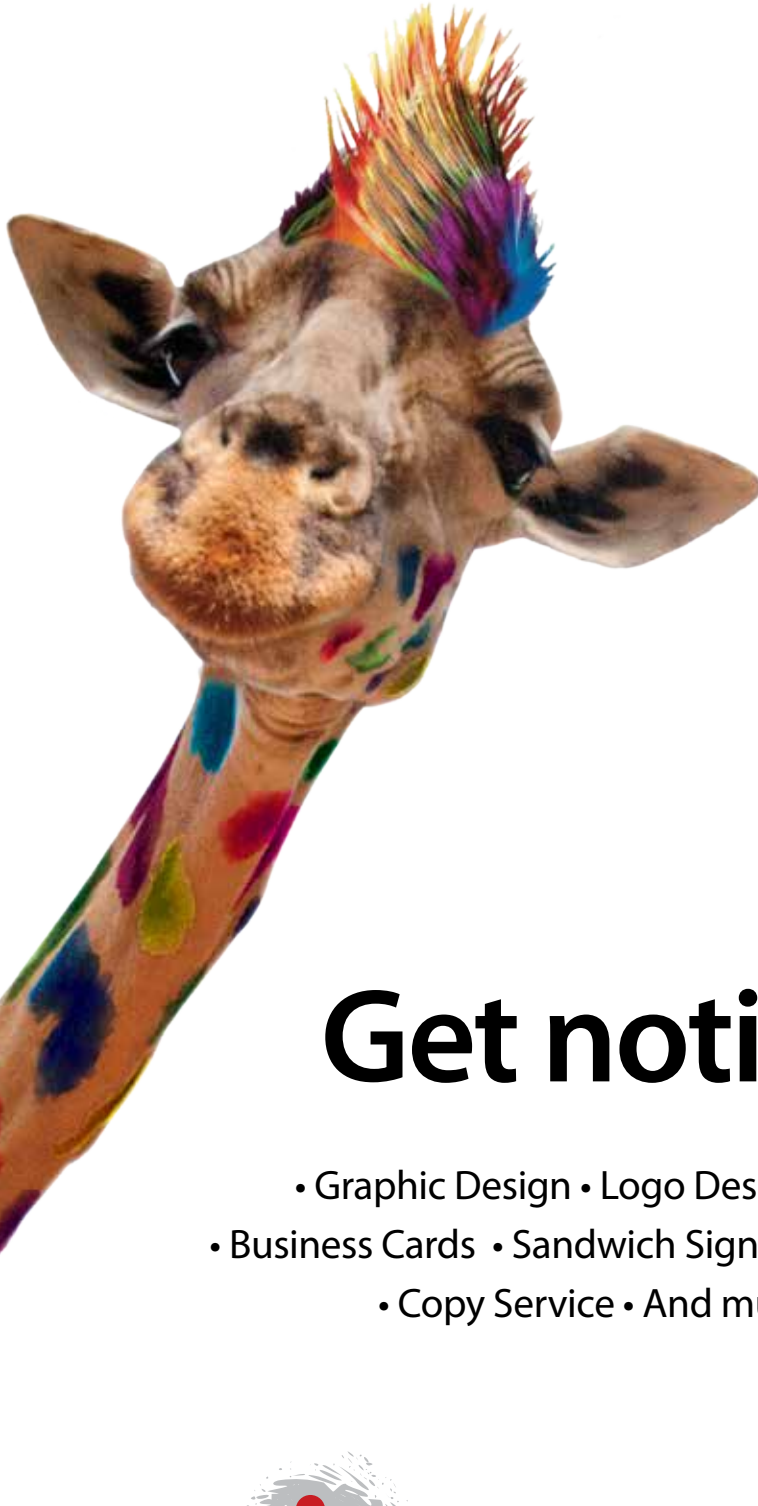
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