

November 2015

# i love creston

[www.ilovecreston.com](http://www.ilovecreston.com)

# FREE

## Special Section

Remembrance Day:  
Poetry, History and  
Personal Experience

Bringing the  
Creston Valley together!



## LEST WE FORGET

Past, present and future of  
service to our country

### ENTERTAINMENT

Seniors get racy in  
Nana's Naughty Knickers

### BUSINESS

Downtowner Motor Inn  
celebrates 50 years

### SPORTS

Thunder Cats looking for  
help from community

# When you love paint as much as we do, making painting easier matters.

Painting becomes easy, once you discover the Benjamin Moore® paint that's right for you. You'll also enjoy exceptional durability. And with a Benjamin Moore store in your neighbourhood, it's incredibly convenient too.

Visit [benjaminmoore.ca](http://benjaminmoore.ca)



**PYRAMID BUILDING  
SUPPLIES LTD.**

**good neighbours... good advice.**

1220 North West Boulevard  
Creston, BC  
250-428-7114



# INSIDE



Submitted photos (above, cover)

## COVER: PAST, PRESENT, FUTURE

From those who fought in the world wars to those currently protecting our freedom to those who will do so, writer Trish Drinkle reflects on what it means to be part of the Armed Forces and cadets.



### BROTHERS IN ARMS

Creston families took part in fighting in First World War.



### REMEMBRANCE DAY

Poetry, personal experience, Missing Man formation, and more.

### DEPARTMENTS

- 8 Town Hall
- 9 Lower Kootenay
- 12 Entertainment
- 22 Sports
- 24 Martial Arts
- 26 Business
- 27 Agriculture
- 29 Health



I Love Creston Marketing Ltd.  
Box 143, Creston, BC V0B 1G0  
www.ilovecreston.com

#### Graphic Design / Editorial

Wendy Franz  
cell: 250.402.8711  
wendy@ilovecreston.com

#### Financials / Sales

Justin Ziola  
cell: 250.428.6772  
justin@ilovecreston.com

#### The Magazine

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

The 21st  
Annual

# Santa Claus Parade & Festival

Saturday, December 5th, 2015



## Events Include...

- Photos with Santa • Shop Local Day activities
  - In Store Specials • Cookie decorating
- Parade downtown at 6PM followed by FREE hot dogs and hot chocolate and a bonfire in Spirit Square

[www.CrestonEvents.ca](http://www.CrestonEvents.ca)

## Parade Entry Form...

Entry Deadline: Wednesday, December 2. 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

  
CRESTON  
VALLEY

CHAMBER of COMMERCE

250.428.4342



# Looking to the past, looking to the future

*Submitted photo*

Army and air cadets after the Blossom Festival parade.

By: Trish Drinkle

**L**est we forget. Lest we forget the past, present or future.

The foundation of our country was built on the backs of the brave men and women who have served to protect our beautiful country. Nov. 11 officially marks the anniversary of the official end of the First World War in 1918. Many brave soldiers have lost their lives in the First World War, the Second World War and battles since then. Poppies serve to remind us of their sacrifice and to pay tribute to their bravery. This Nov. 11, take a moment to reflect on the past, the present and the future, and the hard working brave individuals who have sacrificed so much for this country we call Canada.

## THE PAST

He was a young man who left home when he was 14 in 1914, a time that found many families struggling. Even at 14, he knew one more mouth to feed at a table of 15 was too much of a burden for his mother. He decided to leave home to relieve the burden and set forth into a new way of life.

Where would he go? What would he do?

He worked hard but times were tough and he was barely able to feed himself. At 16 he saw opportunity in the military he decided to enlist. Enlisting was tricky; he tried hard to hide his age. With bags packed, he waited for the bus to take him off to fight for his country. He would have seen battle had his sergeant not received a telegram

from his father with information of his true age sending him back home to his family. Although disappointed, he re-enlisted on his 18th birthday, ready to serve his country.

They were called boy soldiers, those who enlisted underage. The First World War saw the highest number of underage soldiers, some being as young as 13. By the Second World War, recruitment screening saw many of these youthful soldiers denied, but still many slipped through the cracks. Bravery, patriotism and a hope for a better life had young men flocking to the military. Many of these young men were drummer boys, using the drum to send out drum commands, leaving stronger adult men to man guns and other artillery. An estimated 4,000 boy



Brian Lawrence/Creston Valley Advance

Air cadets marching to the cenotaph in last year's Remembrance Day parade.

soldiers were in the British Army alone at the battle of Waterloo. Being on the front line, drummer boys had a high casualty rate.

## THE PRESENT

It was 1999. Tyler Nixon, who now lives in Creston, was a young man of 18 looking for adventure and a challenge. He enlisted in the Navy, then after two years transferred into the Air Force for another two years.

He knew of the opportunity that awaited him. Specialized training, and a solid education were huge incentives when

he decided to enlist. The training he received varied from the time spent on an electronics ship at sea, to learning a multitude of equipment operation skills. There was absolutely nothing he couldn't learn to operate.

While the exposure to trades and skills was a huge benefit to his life, he noticed his personality changing.

"Military life changes you," Nixon says. "You come out a completely different person. Every moment of your life is dictated and directed. When you leave the military, the same micromanaging you grew to resent you actually miss. I found myself lost

and searching for stability when I left the military."

Military life is easier for those not in a relationship because the person you are going in as transforms into someone completely different. Nixon was honourably medically discharged due to a back injury that will plague him the rest of his life.

"It is important to recognize the sacrifices of those who choose the military life are not limited to those who see active combat," he says.

Many men and women sacrifice time, quality of life and overall health during

## The highest quality engraved ID tags & collars for your pet



We have a wide variety of styles, shapes and colours for small to large pets.

VIP collars provide you with the most permanent means of pet ID.

All tags made on site.

Visit us at [www.lilmuttpetresort.com](http://www.lilmuttpetresort.com)

Resort Hours: 8am to 6pm Daily • Grooming: Lower Level 1304 N.W. Blvd., Creston • Boarding: 3323 Phillips Rd, Lister

# Li'l Mutt

Grooming and Pet Resort

Phone: 250.428.5837

Store Hours: Monday to Friday 8:30 am to 5:30 pm

**“It is important to recognize the sacrifices of those who choose the military life are not limited to those who see active combat.”**

their enlistment. The term “invisible wounds” is used to describe the post-traumatic stress disorder, anxiety disorders, agoraphobia, depression and addiction that affect many of today’s military. All of these conditions are on the rise, especially since military involvement in Afghanistan. We need to remember and never take for granted the freedom and lifestyle we live or their efforts of those who choose to enlist.

## THE FUTURE

The Royal Canadian Army Cadets (RCAC) is a Canadian national youth program sponsored by the Canadian Forces and the civilian Army Cadet League of Canada. Under the authority of the National Defence Act, the program is administered by the Canadian Forces and funded through the Department of National Defence. The civilian partner provides support in the local community. Many army cadet corps receive additional support from affiliated regular or reserve army units.

Recognized as Canada’s oldest youth program, there are approximately 21,000 army cadets in about 450 corps across the country. Together with the Royal Canadian Sea Cadets and Royal Canadian Air Cadets, it forms the largest federally funded youth program. Cadets are encouraged to become active, responsible members of their communities.

“The RCAC helps our youth develop a strong work ethic, a sense of citizenship and responsibility while promoting physical and emotional health,” says Lt. Trudi Mainville. “The kids participate in activities such as camp outs, survival training and participation in a pipe band.”

These cadets are our future, and although the cadets are not military nor expected to enlist at any time, they are learning valuable life skills to transition into adulthood knowing hard work, honour and a sense of community. ■

Parents and children from the ages of 12-18 are invited to come discover what the Royal Canadian Army Cadets have to offer. They meet upstairs at the Royal Canadian Legion Branch No. 29 Wednesday nights from 6-9 p.m., or call 250-428-1846 for more information.



Brian Lawrence/Creston Valley Advance

An army cadet at last year’s Remembrance Day ceremony.

**Take Winter by Storm!**  
**Make sure your car is ready this season!**

**Integra Tire can meet all your tire needs. We have the brands and service to keep you safe this season.**

**Integra Tire Auto Centre**  
 918 Pine Street, Creston (up the hill from the grain elevators)  
**250-428-2000**



## From the Mayor's Desk

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

# Our Performance

Being an elected official requires one to have a “thick skin” on the not-so-rare occasion. In the business of local government, not everyone is going to be pleased, at all times, with every decision that our Town Council makes. However, the admiration that I have for a team that is brave enough to make the hard choices for the betterment of our community cannot be understated.

I just read a great quote in a recent article of Municipal World magazine: “It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man in the arena, whose face is marred by dust and sweat.” (October 2015, page 3)

This excerpt is from a speech made by Theodore Roosevelt in 1910, but it is no less relevant today — although

the modern day delivery would be appropriately gender neutral, as it should be. The point is that while you might not get it right every time, the act of *doing* takes courage.

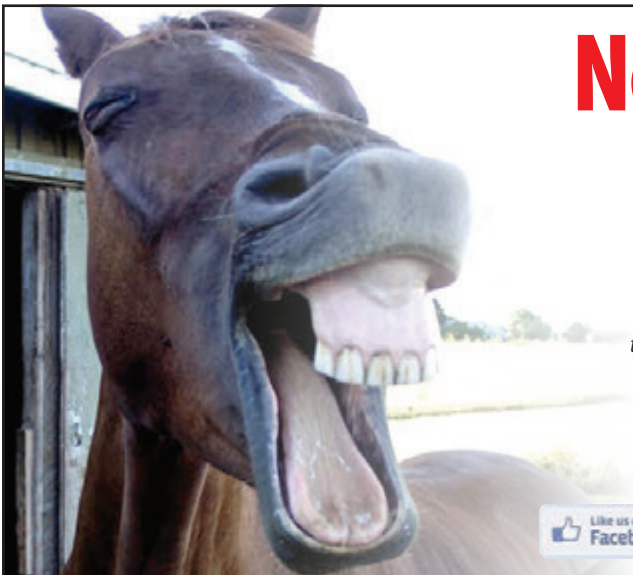
I’m thrilled with the job that this council is *doing* and I’m also conscious of the fact that sustaining success requires us to be willing to try (and test) new approaches, projects and ideas. It was recently suggested to me that our local government should provide open door tours to our facilities, to offer a firsthand look at some of the workings of our town. I believe this to be an interesting suggestion and staff will be exploring the possibilities of doing this kind of exercise next year, possibly during local government week in May. What a great way to showcase some of our projects and infrastructure! Stay tuned for more information as this,

and other new ideas, are developed.

One of the new things I’m personally trying, and getting good feedback on, is the “Mayor’s Minute” on our new radio station, 94.1 Juice FM. Tune in and see what questions those inquiring radio hosts ask. This is a great way to augment the quarterly Coffee Talks that I started in November 2013, an enjoyable communication event with the staff sergeant, fire chief, assistant fire chief and public safety compliance officer. The next Coffee Talk is scheduled for Dec. 17 at Black Bear Books. This is an opportunity for you to attend, meet us and chat about what’s on your mind — don’t miss out.

And keep reading! Another communication tool that I enjoy providing is the monthly I Love Creston article, From the Mayor’s Desk. This article is the 70th one that I’ve written since I started in October 2009. As always, I would appreciate hearing suggestions or ideas as to how I can promote better communications with you, the citizens and readers in our Creston Valley! ■

Reach Ron Toyota by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or online at [www.creston.ca](http://www.creston.ca).



## November Specials

- 20% off your horse’s dental exam & teeth float
- Bovine vaccines & dewormer 10% off
- Routine canine dental scale & polish \$198.95\*
- Routine feline dental scale & polish \$195.95\*

\*Routine scale and polish includes: Half hour anesthetic teeth scale and polish, antibiotic injection, and half day hospitalization

**Because no pet or farm animal should be left behind!**

**Your Hometown Vet!**

1605 Dogwood St., Creston • 250-428-9494  
[www.crestonvet.com](http://www.crestonvet.com)



CRESTON  
VETERINARY  
HOSPITAL







# Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Caring for Health

Ki'suk kyukyit (greetings).

Health care is something that is becoming more and more difficult to obtain. It seems to have become a world of private health care coverage. For First Nations people who have a Certificate of Indian Status, health services are very difficult to come by. Contrary to popular belief, First Nations people do not receive free health care. In fact, health care services are well below the standards of the average Canadian. In the case of visiting a dentist, the dental office will require payment up front before any services are provided. The Aboriginal Affairs and Northern Development department only pays a small portion and their payments are never on time.

The Lower Kootenay Band is pleased to announce the construction of a health building, which will be situated on band lands in 2016. The building will house a nurse practitioner, registered nurse, a diabetes specialist, licensed practical nurse and foot care specialist. We would like to plan for a dentist and doctor; however, this would be something that would take much planning as well as budgeting. We have long-term goals to provide the best of health care services to the membership of the Lower Kootenay Band.

We were very fortunate to receive a \$1.3 million grant from the First Nations Health Authority to begin this very exciting initiative. As with the construction of the roundhouse

and the expansion of the Yaqaan Nukiy School, we wish to support the local economy by purchasing wood products and supplies locally as much as possible. We have established a positive working relationship with local contractors and we will be utilizing their services.

As I observe the community, I see that health has been an issue for many of our citizens. The health building will not be the answer to all of the health issues in the community but will be a step in the right direction. Ultimately, we are all responsible for

our own health. Staying active, eating right and living a holistic lifestyle are crucial to well-being.

There are very few elderly men and women in our community. I am hoping that we can change that unfortunate statistic with the help of our community partners. I do not fear growing older. I fear that I may have been careless in my younger years. I wish not to disregard life but embrace what it is I need to do to become elderly. I want to live forever or die trying.

With that, I thank you for your time and wish you well. Thanking you in advance for your attention to this matter.

Taxas. ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or online at [www.lowerkootenay.com](http://www.lowerkootenay.com).

**Stocking Stuffers MADE EASY**

- Gift Certificates • Cleaning Cloths
- Sunglass Visor Clips
- Spray Cleaners • Anti-fog Wax
- Glasses Cords & Chains • Sunglasses

**Creston Optometric Eye Centre**  
 223-16th Avenue North., Creston  
 Ph: 250.428.2044 • Toll Free 800.475.0007  
 Open Monday to Friday 8:30 am to 5 pm  
[www.crestonoptometrist.com](http://www.crestonoptometrist.com)

*Check out our in-store specials!*



Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

# Brothers in Arms

We've seen it in the war movies, and read about it in history books: whole families of young men going off to war, and their mother, left behind, receiving one telegram after another telling her that her sons, one by one, have been wounded or killed.

The bloody First World War trenches of Flanders swallowed hundreds of thousands of soldiers. More men had to be sent to the front after every battle. Often, one brother enlisted early and then others followed suit. Youthful optimism, patriotic fervour and family loyalty led many local boys to follow their older brothers into the army.

But when the relentless grind of trench warfare outstripped the resources of volunteerism, conscription often meant that the last brothers remaining at home were taken, too. In the case of the Arrowsmith family, however, not one but three brothers were conscripted in the last months of the war.

Osman and William (Bill) Arrowsmith were the first of the brothers to enlist under conscription, with both signing up in Vancouver on April 9, 1918.

Their brother Albert (Bert) followed a month later; he had appealed his draft and his enlistment was delayed until, according to a newspaper article in January 1918, "he ceases to be employed as a rancher."

This brief mention highlights one important consequence of conscription: the loss of the young man who was,

**Youthful optimism, patriotic fervour and family loyalty led many local boys to follow their older brothers into the army.**

often, the last remaining worker for a family farm or business. Even when the sons all returned from war, the impact on the family's income could be devastating.

All three Arrowsmith brothers survived the war. Bert, however, contracted tuberculosis, probably while at training camp in England, though possibly due to a gas attack in France. It was not detected when he was discharged, and he died Dec. 3, 1921 — a casualty of the war three years after it had ended.

Three brothers in arms is an impressive record for any family, but the honour of the greatest contribution to the Great War by a single family in the Creston Valley goes to the Butterfield family of Wynndel. They had not two, not three, sons in uniform, but five: Philip, Douglas, Edward, James, and John, plus a son-in-law, Frank May.

Philip and Douglas Butterfield and Frank May all enlisted together, on March 3, 1915, just two weeks after they had celebrated Frank's marriage to Phoebe Butterfield. They were part of what can be considered the "first wave" of enlistments: the ones who enlisted out of youthful optimism and patriotic fervour I mentioned earlier. But that enthusiasm died with the first casualties in France, and the "second wave" enlisted out of family loyalty: the desire to avenge the deaths of fallen brothers and friends.

The first major battles for the Canadian soldiers, at St-Julien and Festubert in the spring of 1915, resulted in horrific losses; some regiments suffered casualties of 75%. A new call to arms followed, specifically recognizing the heroes of those battles, and many local boys signed up as a result. James and John Butterfield were among them, enlisting at the end of August 1915.

With five of the family's young men in the fighting, there was no further pressure on the two remaining brothers, Thomas and Edward Butterfield, to enlist — at least for a time. Thomas, indeed, was not strong, according to the family's history in the Wynndel history book, and possibly would not have passed the military's medical review board had he tried to enlist.

But the battles for the Canadian troops during the middle years of the war were as brutal as the early fights. As the casualty lists mounted, so too did the demand for more men. Soon it



**With Thanks to our patrons and the community, we would like to announce the sale of our Liquor Store License.**

**We will continue to provide Off-Sales of Beer, Wine, and Coolers at competitive prices in our Pub which opens at 10am.**

***We look forward to serving you in the future.***

## History



*Creston Museum*

Above: Soldiers arriving at the sanatorium in Balfour.

Below: Wynndel's Douglas Butterfield, who enlisted March 3, 1915, and was wounded April 8, 1916.



reached the Butterfields once again. Their family sacrifice was not yet great enough: Edward was conscripted, and enlisted on Oct. 2, 1918.

Edward, despite enlisting barely a month before the war ended, actually did see service overseas: with the 260th Battalion in Vladivostok, arriving there in January 1919. In early spring, he was hospitalized with chest pains, shortness of breath and other symptoms, and was discharged in May. He then spent a few weeks recuperating at the sanatorium in Balfour. John served as a chauffeur with the 54th Infantry Battalion, and was hospitalized for several months after receiving shrapnel wounds in August 1917. James served with the 172nd Battalion (Rocky Mountain Rangers), which went overseas in 1916 and provided reinforcements for

units at the front; he came home with tuberculosis and spent some time in the sanatorium at Balfour.

Douglas was wounded April 8, 1916, at St. Eloi. Five weeks later, Philip died of a gunshot wound to the head, received while working in the Dickebusch trenches in northern France. And Frank May was serving as a lance sergeant with the 10th Battalion when killed Aug. 15, 1917, in an attack on Hill 70 at Loos.

The casualties of the war and its consequences extended beyond those on active duty. Before the armistice was signed, Spanish influenza was sweeping across North America, brought to the continent by soldiers returning from the front. Thomas, the only one of the five brothers and one son-in-law who did not enlist, died of it on Nov. 1, 1918. ■

# Comedy Offering New Take on Aging

Submitted by: Footlighters Theatre Society

If you can name a grandmotherly stereotype, there's a good chance Sylvia Charles defies it. Instead of tea parties or bridge games or knitting, she embraces the racier side of life, creating lingerie for seniors and running a boutique out of her rent-controlled New York apartment.

The revelation comes as a shock for Sylvia's granddaughter, Bridget (Anna Payne), who arrives to stay with Sylvia (Suzanne Chubb) for the summer, and Sylvia's best friend, the hard-of-hearing Vera Walters (Ann Deatherage) — and there are many more unexpected treats in store for the audience when Footlighters Theatre Society presents *Nana's Naughty Knickers* Dec. 3-5 at the Prince Charles Theatre.

"This show is a runaway adult comedy that explores our

preconceived ideas about the elderly," says director Gary Atha. "It will have you rolling in the aisles. Be prepared for many surprises!"

The apartment boutique is — as befits a farcical comedy — illegal in more way than one, so the trio tries to keep Sylvia's tax evasion from NYPD officer Tom O'Grady (Peter Simon), who is more than a little infatuated with Bridget, and the illegal boutique from landlord Gil Schmidt (Brian Lawrence), who would like nothing more than to evict Sylvia and jack up the rent.

Along the way, other unusual personalities pay a visit, with a pair of UPS delivery men (Logan Thompson, Leif Deatherage), Heather (Alexandra Ewashen), a sassy employee from a similar but racier company, and Claire (Susan Jorgensen), a client of Sylvia's, dropping by.

**"It will have you rolling in the aisles. Be prepared for many surprises!"**

Atha moved to the Creston Valley about two years ago, and has performed in a few productions since, but this comedy marks his first time directing. It was an easy choice to pick this as his directorial debut.

"I've been involved in theatre both on stage and backstage for 14 years," says Atha. "Somewhere along the way directing got on my 'bucket list'. I chose *Nana's Naughty Knickers* for my first directing experience because I acted in it in 2012 and enjoyed the play immensely. It was a sold-out hit."

Taking on the challenge of bringing *Nana's Naughty Knickers* to life for a Creston audience has been well worth it.

"The directing is a dream come true," says Atha. "It has been made easy because I have a great team of actors, actresses and backstage people to work with. Directing is seeing the big picture and helping everyone involved to create that picture. It is all coming together wonderfully."

*Nana's Naughty Knickers* — which contains some mature content — is the third production in Footlighters Theatre Society's 21st season. It will be followed by the family-friendly *The Stepsisters' Revenge* (a sequel to last year's locally-written sold-out hit *Cinderella*) in March and Theatre BC's Kootenay Zone festival, Centre Stage, in May. ■

Footlighters Theatre Society presents

CONTAINS MATURE CONTENT

*Nana's Naughty Knickers*

A comedy by Katherine DiSavino

7:30 p.m. December 3-5  
Prince Charles Theatre, Creston, BC

\$10 adults, \$8 seniors/students

Available at Black Bear Books, Kingfisher Used Books, Creative Fix and at the door

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

Produced by special arrangement with Samuel French, Inc. NANAS NAUGHTY KNICKERS was originally produced at the Rainbow Dinner Theatre in Pennsylvania in the Spring of 2010

FOOTLIGHTERS  
We bring life to drama.



## Honouring Our Veterans

# Remembrance Day 2015

11.11.14



## November 11, 2015 Cenotaph Service

**O Canada** - *Bryan Daybell*  
**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 6

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

### Monday, November 9

**10:00 am**  
 Remembrance Services at Swan Valley Lodge

## Remembrance Day Calendar of Events

**11:00 am**  
 Remembrance Services at Crestview Village

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

### Wednesday, 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*

# LEST WE FORGET

Remembering and Honouring our Heros



**SHOPPERS DRUG MART** 

OPEN 7 DAYS A WEEK

Store Hours: Monday-Saturday, 8:00am - 6:00pm  
Sunday's & holidays, 10:00am - 5:00pm

1030 Canyon Street • 250-428-9334

# Remember

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



**Larry Binks**  
Regional Director, Area C



*“Lest we forget”*

*“They shall not grow old,  
as we that are left grow old,  
Age shall not weary them  
nor the years condemn,  
At the going down of the sun  
and in the morning,  
we shall remember them.”*

**LORNE D. MANN**  
*Notary*  
\_ PUBLIC \_

119 10th Ave. N.  
Creston, BC  
**250.428.7194**  
**1.800.649.7194**  
email: [lmann@uniserve.com](mailto:lmann@uniserve.com)



# Lest We Forget

the sacrifice made by brave veterans who served our country.

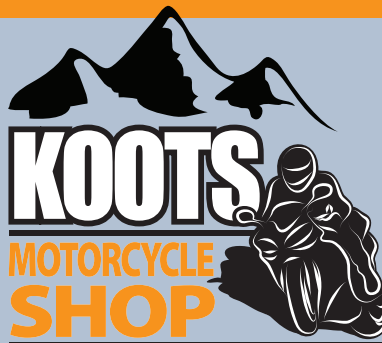
We remember those who paid the ultimate sacrifice.

**A-1 VAC SHOP**

908 NW Blvd., Creston • 250.428.7538

**Proudly wear a poppy for all the veterans who risked their lives for our freedom**

**PARTS & SERVICE  
ALL ATV, UTV & MOTORCYCLE**



130 15th Avenue North, Creston  
**250-428-5522**

# We shall not forget.



**PHARMASAVE**

*Home*  
**HealthCare**

1016 Canyon St., Creston • Ph/Fx: 250-428-8766

*Live well with*

**PHARMASAVE**

1118 Canyon St., Creston • (250)428-9080



# Origin of the Missing Man Formation

By: Tammy Hardwick, Manager  
Creston & District Museum & Archives

One of the most poignant moments in the Remembrance Day ceremonies is the flyover by the Creston Flying Club, when one of the planes suddenly leaves formation and heads off in another direction, alone.

This is the Missing Man formation.

Formation flying began in the First World War to help pilots stay together in prisoner of war visibility and to provide support for each other in combat. Not surprisingly, the first use of the Missing Man formation also dates to that war, allegedly to honour German flying ace Baron von Richthofen (a.k.a. the Red Baron).

According to a number of websites, the formation was originally flown, start to finish, with a hole where another plane should be. Over time, it evolved to have all the planes present at the start, with a wingman spiralling off part way through.

Whichever way it is flown today, it is a way of honouring fallen comrades in arms. ■

*Brian Lawrence/Creston Valley Advance*

The Missing Man formation over Creston's Remembrance Day ceremony.

# Poppy Sales Help Local Veterans

By: Tammy Hardwick, Manager  
Creston & District Museum & Archives

**B**y now, you're probably familiar with the history of the poppies we all wear at Remembrance Day. Thanks to John McCrae's poem, "In Flanders Fields", poppies have become the symbol of the soldiers who died in the First World War, and sales of the poppies in the years following the war raised funds to support wounded veterans and their families.

The last veteran of the First World War died several years ago, so is there still a reason to buy — and wear — the poppies today? Absolutely.

Let the poppy remind you of the wars fought since the Great War ended in 1918: the Second World War, the Korean War, the Gulf War and Afghanistan, and peacekeeping missions around the world. Canadian forces have played roles in all of these, and the Poppy Fund continues to support those veterans.

Ian Currie, poppy chair for the local branch of the Royal Canadian Legion, provides a lengthy list of initiatives that the Poppy Fund supports in the Creston Valley:

- Distress relief for veterans and their wives and widows that helps pay for things ranging from cataract surgery to mobility aids;
- Annual donations to the local Therapeutic Activation Program for Seniors, whose members include veterans;
- Sponsorship of the local army and air cadets;

- The \$750 Manning Powers and Bob Vigne Memorial Bursary, presented annually to a graduating student at Prince Charles Secondary School to help with post-secondary education;

- Accessibility upgrades, including wheelchair ramps, at veteran-oriented facilities such as the legion building;

- The Remembrance Day poster and poetry contests in local schools, with cash prizes for the top three entries in a variety of age categories (these are the posters that line store-front windows in the weeks leading up to Remembrance Day);

- A veteran's luncheon held annually on June 6; and

- The Remembrance Day ceremonies and the public lunch that follows them at the legion hall.

The poppy campaign typically raises around \$10,000. About a quarter of that is used for supplies for the next year's campaign — the local Legion has to purchase the wreaths and crosses that are laid at the cenotaph, the poppies that are distributed in stores around town, and pins and wristbands that get distributed to schools and other organizations. The rest — well over \$7,000 — benefits people of all ages in the community. ■







**Lest We Forget**  
 the sacrifice made by  
 brave veterans who served  
 and continue to serve  
 our country.

We remember those who  
 paid the ultimate sacrifice.



**CRESTON  
 VALLEY**

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



*November 11*  
**We will  
 Remember**



**Sunset Seed Company**  
*Feed, Pet, Grower Supplies & More!*

Beside 7-11, Creston • 250-428-4614  
 Hours: Tuesday to Friday 8:30 to 5:30,  
 Saturday 9:00 to 5:00, Closed Sunday & Monday.

**On Remembrance  
 Day**





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



**BRANDSOURCE**  
*Vance*  
**HOME FURNISHINGS**

114 15th Avenue South, Creston BC  
 Phone: 250-428-2204  
 vancebrandsource.ca

**We shall  
 not forget.**

**Creston Valley  
 Winecrafters**


Hours: Tuesday to Friday 9am-5pm,  
 Saturday 9am-3pm,  
 Sunday & Monday-Closed

3116 Hwy 3, Creston • 250.428.8969

**Remembrance  
 Day**



*Let us never forget.*



**Northstar**  
 CRESTON

1330 Northwest Blvd., Creston, BC  
 Phone (250) 428-9351, Fax (250) 428-7979  
 Toll Free 1-800-551-9351  
 www.crestongm.com

**On the 11th Hour  
 Of the 11th Day  
 Of the 11th Month**



*Lewis Truscott  
 KIA September 29, 1918*

*We Will  
 Remember You*



**Truscott Farms**  
 3016 Hwy #3 Creston, BC • 250.428.4983

# Bob Vigne Speech Highlights Impact

*Immediately after the First World War, veterans of that war started going into schools to talk about Armistice Day and the impact of the war. The tradition continued during the next decades. After the Second World War, there were two armistices and two wars to talk about to schoolchildren, and veterans continue to visit every year around Remembrance Day. Bob Vigne, who served with the British Columbia Regiment from 1940-1945, started making these visits in the 1970s and did it every year for 33 years. The following is an excerpt from one of his presentations:*

**T**his year, as you stand before the cenotaph, study the faces of the veterans. Try and read the expressions.

John has a smile on his face he remembers the secret tunnels dug at the prisoner of war camp. He remembers the night they escaped, those glorious hours of freedom before they were recaptured and returned by the brutal guards to the living hell of being a prisoner. He remembers being forced to fill in the old tunnels, and to secretly begin digging new ones.

Bill's crippled body strains to stand at attention. His gnarled hands keep reaching for his vest pocket: that damned letter. He carried it for so long, it left a burning sensation against his breast. He remembers holding his wounded friend in his arms and screaming for the medics, his buddy pleading, "Take the letter, promise to give her my letter." He remembers the stretcher bearers running through the mud. He remembers his friend dying in his arms.

If you watch Pete as he stands at attention, you will see a shudder run through his body. He's thinking of turnips. As a fighter escort he remembers the drone of the bombers as they flew towards Europe. In the distance he could see the flak and searchlights piercing the sky. He remembers his aircraft bursting into flames and spiraling towards Earth. The heat searing his face as he bailed out, the sense of euphoria while floating to the ground, the realization that he would land in enemy territory. He remembers the nightmare of hiding in barns and the feeling of despair as the enemy soldiers marched along the road and over the culvert where he lay hidden. To survive he ate turnips, raw turnips,

**"We remember and pay tribute to the sacrifices that generation after generation of men and women serving in the Canadian Armed Forces have made in defence of our freedom."**

day after day, until he reached the brave people of the underground. He remembers why he hates turnips.

When I stand before the cenotaph, I remember the very young men of my regiment, my classmates who gave the supreme sacrifice, and those left disabled. I remember cities such as London, Caen, Paris, the villages of England and Europe that were devastated by bombs and artillery. These are the things I remember.

On this solemn day of remembrance we gather together to honor our soldiers, sailors and airmen, past and present, living and deceased. We remember and pay tribute to the sacrifices that generation after generation of men and women serving in the Canadian Armed Forces have made in defence of our freedom.

Nov. 11 is a time to mourn but also a time to celebrate the proud military traditions of our great country. Canada has always answered the call to stand up for freedom, democracy, human rights and the rule of law. ■

**ON REMEMBRANCE DAY**



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

**Lectric Ave Electronics**

1011 Canyon Street, Creston BC  
(250) 428-7873

# Cenotaph

By: Ethel Vigne

Gray swirling mist hangs overhead  
The heavens filled with tears unshed  
For those who lay beneath the ground  
That in this world new peace be found.

Faces lifted to heaven  
Give thanks for lives they cannot share.  
Shields of light breaks through the shroud  
to pierce the wreath of poppies proud;  
God's finger of light calls the roll  
of comrades on the cenotaph scroll.

*We Will Remember*

*our brave soldiers  
who sacrificed  
their lives for  
your freedom.*

**Sears**<sup>+</sup>

1510 Cook Street, Creston • 250.428.5301  
[www.sears.ca](http://www.sears.ca)

**ON NOVEMBER 11  
REMEMBER**

*For those who have given  
and those  
continue to give.*

**FAMOUS FRITZ**  
MEATS & DELI

3-1420 North West Boulevard, Creston  
Office: 250-402-9050 • Retail: 250-428-9055  
Visit us at [www.famousfritz.ca](http://www.famousfritz.ca)

**Freedom**  
has never come  
without a price...  
and that is what  
we **Remember.**

**Creston Valley**  
**INSURANCE**

Located in the Creston Valley Mall  
**250-428-2294 • 1-888-853-6465**  
[www.cvins.ca](http://www.cvins.ca)

**Honour  
the soldiers who  
sacrificed their  
lives for  
our freedom.**

**Home**  
hardware  
building centre

1608 N.W. Blvd., Creston • 250.428.9388

# Names on the Cenotaph

By: Tammy Hardwick, Manager  
Creston & District Museum & Archives

**William McBean (First World War):** 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 Nov. 10, 1915, with 90th Battalion, and transferred to the medical section, 8th Battalion, Canadian Expeditionary Force, in September 1916.

On April 13, 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 (Second World War):** A large portion of the local men who served with Bomber Command in the Second World War 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 February 4/5, 1943, only ten days later, on Feb. 14, 1943, Clark was killed in action. ■



Creston Museum

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





## Left behind?

**Every pet deserves basic medical care and we've revamped our preventative programs to make that happen.**

Please call us for details on our new competitively priced Spay / Neuter / Vaccination Preventative Programs.

*Remember: No pet gets left behind at the Creston Veterinary Hospital. Period.*

**Your Hometown Vet!**





CRESTON  
**VETERINARY**  
HOSPITAL

**1605 Dogwood St., Creston • 250-428-9494 • [www.crestonvet.com](http://www.crestonvet.com)**




# In Flanders Fields

By: Major John McCrae


In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



Creston Valley Branch of Wildsight



**Local Colours  
at the Tivoli 2015**  
Monday, Nov. 30, 7:30 pm  
Tivoli Theatre, Downtown Creston  
Admission \$10 at the door  
Doors open at 7:00 pm

Presenters:  
Jim Lawrence, Jesse Moreton, Bernd Stengl, Janice Strong,  
Peter McLennan



Don't miss a thing  
during the  
**103<sup>rd</sup> Grey Cup**

Enjoy the game  
on your **new**  
**Panasonic**  
Supreme 4K HDTV

*We are your exclusive  
panasonic dealer!*





Pause and rewind  
with Live TV



Keep in touch during  
the game

**Simply**  
COMPUTING  
EXPRESS  
Your Computer Repair Store



Apple  
Specialist



1017 Canyon Street, Creston, BC • Phone: (250) 428-7873

# Thunder Cats Need Your Help

Submitted by: Mike Moore

The boldness of a sign saying "Help Wanted" usually grabs our attention when we walk by a local business. We can rationalize that there is an opportunity for someone to be gainfully employed, even at times passing this message onto others who we know would be grateful to have the employment opportunity.

So, what does it mean when your local junior hockey organization is asking for help with volunteers? What effect does

this message have on the community when it goes unanswered? Is there an opportunity for you or someone you know to take advantage of this plea?

Many people are shocked to learn what the Creston Valley Thunder Cats annual operating budget is, with \$392,000 budgeted for revenues this season alone. It is a business, and it belongs to the community. This business is operated annually by a group of volunteers who guide the business

decisions throughout the year and are helped by more volunteers at games.

The Thunder Cats are a not-for-profit organization, whose business generates hundreds of thousands of dollars each season that has a significant direct impact to the local economy. It supports businesses large and small throughout the valley either directly or indirectly through its operation. Any profits generated by the organization are invested back into



**Local Expertise  
Global Network**



**RE/MAX Discovery Real Estate**  
 • 1013 Canyon St., Creston • 106 33rd Ave. S., Hwy. 3, Erickson  
[www.remaxcreston.com](http://www.remaxcreston.com)  
 • Office 250-428-2234 • Toll Free 1-877-428-2234

**BUYING OR SELLING A HOME?**  
 Let a RE/MAX® agent be your guide.



DREAM WITH YOUR EYES OPEN

**100% LOCALLY OWNED • 28 YEARS SERVING THE CRESTON VALLEY**

**Come out & cheer on your local Junior B Team!**

**November Home Games**

Friday November 6th  
vs Golden - 7:30pm

**PARENTS WEEKEND**

Friday November 13th  
vs Nelson Leafs - 7:30pm

Saturday November 14th  
vs Kimberley - 7:30pm

Sunday November 15th  
vs Kamloops - 2:00pm

Friday November 20th  
vs Sicamous - 7:30pm

Friday November 27th  
**JERSEY NIGHT**  
vs Beaver Valley - 7:30pm



Visit us online at  
[www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com)

**At the gate admission:**  
 Adult (19-64) \$10  
 Senior (65+) \$8 Youth (6-18) \$6  
 Family (2 adults + 2 youth) \$25  
 each additional youth \$4

the organization for capital assets replacement, such as the team bus.

Everyone has an opportunity to belong as member to this organization, giving them an opportunity to be part of the decision making of this organization. You can determine who forms the board or even become a director yourself to ensure this economic generator in our small community remains viable.

Your community organization needs help. Each game night hosted in our community requires upwards of 20 or more volunteers each night to successfully host the event. This includes sales of programs, 50/50 tickets, merchandise, beer gardens, goal judges, security and announcing, to name a few. These positions are vital, and without assistance in helping out at events, it is becoming increasingly difficult to maintain. The loss of volunteers has a rippling effect to the organization, which may need to reduce services, leading to lost revenue and eventually the inability to provide successful game night events.

Would you volunteer one game to receive a free ticket to the next game? Would volunteering for a small number of games be appealing to assist the club?

Our hockey team consists of hockey players from across our province and country. Although it varies each season,

there is typically a need to house approximately 20 of our 23 players in billet homes within our community. We are at a crisis now, and need to find short and long term solutions to continue into the future.

Presently we house 20 players in nine homes. This puts a strain on players and billet homes, where having multiple players is much more difficult than the housing of one player. This can compromise these loving billet homes with possible desires of not continuing to billet these wonderful young men who have come to our community to play hockey.

Each billet home is compensated \$450 per month for a player within their home, receive seasons' passes to our home games and become one of the most vital components to keeping junior hockey in our community. Without billet homes, there is no economical way to house players.

As a billet home commitment, you provide one meal a day, snacks and food for other meals and a room for a player to sleep. The caring and loving home you provide for the player outside of hockey develops friendships for life that can never have a value placed on them. Our organization diligently to ensure

player and billet homes are compatible, even ensuring players on the team are responsible caring young men who represent our community, who can be easily welcomed into family homes.

With our hockey program underway, we are still in need for more billet homes, as our ideal vision is one home per player to maintain great environments and relationships. Billet homes are the backbone to our success, and without more, our hockey is in jeopardy.

We want to reach our goal of one player to one home. Can you help?

Help save the future of our local junior hockey. Become involved, volunteer at a few games or even sit a shift selling raffle tickets. Consider the lifelong friendships developed by being a billet home. Although small contributions, they are vital to the ongoing success of our local hockey club. ■

Contact Mike Moore at 250-428-6340 or [mike.moore@creston.ca](mailto:mike.moore@creston.ca) to find out how to support the Thunder Cats.

## 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.*



**CRESTON VALLEY**

TOWN of CRESTON

238 - 10th Avenue N., Creston, BC • Phone: 250-428-2214  
Email: [info@creston.ca](mailto:info@creston.ca) • [www.creston.ca](http://www.creston.ca)



# Long-term Training Builds Relationships in Body

Story by: Shifu Neil Ripski

Greetings from Amsterdam! I am sending this article out as I near the end of my trip across the Atlantic to teach in Israel and then rest a day or two in the Netherlands. I'm doing seven workshops all over the country of Israel — Tel Aviv, Jerusalem, Haifa and so on. I love travelling and getting to teach internationally, sharing my martial arts and thoughts with people around the world and then coming back to our town and hopefully helping and sharing with our community as well.

Here is a bit on qigong training.

In order to train qigong thoroughly and well, gaining the results one is

**“Building powerful relationships in your body is the result of long-term training.”**

hoping and working for, it is very important to have strong foundations. Many qigong books I have read over the years detail training of various intermediate to high level practices without any strong grounding in foundational concepts of what qi is, the philosophy qigong is rooted in or explanations of esoteric concepts like dantien and so on. Although this book started as an article on training methods, it quickly grew into a document meant to help preserve

qigongs I have been privileged enough to learn and train throughout the past 30 years. It is my hope that the foundations here will be explained well enough to avoid mistakes in training later down the road.

Qi (sometimes Romanized as chi in the older Wade-Giles method) is the most hotly debated topic in not only qigong practices but internal martial arts, and indeed martial arts in general. Without an understanding of how to approach the concept of qi, it is very easy to try and simply guess what the sensations and methods are trying to accomplish. Many people go on and on about “cultivating your qi”, “building qi” and “refining the qi”. In some esoteric literature from qigong masters in the past, we find flowery language trying to describe internal feelings and movements that involve complex body mechanics to arrive at seemingly mystical results. In fact, even today we see many qigong and martial arts masters able to perform feats that seem superhuman and when asked how they simply respond, “Qi.”

This answer is not incorrect but it is of little use to the person who is trying to train and cultivate their own qi. This usually ends up being the repetition of a qigong taught to them by their



**It's ok to drool**

Go ahead... we have a wonderful flooring collection to drool over. We carry flooring made from environmentally mindful technology, they're super at resisting stains, odour, moisture (and drool).

**We make flooring a beautiful experience™**

Continuing 30 years of Service!

**Nufloors**  
Smart Service. Great Products.  
1518 N.W. Blvd, Creston • 250-428-2426  
nufloorscreston.ca



Luxury Vinyl Tile



**KOOTENAY**

**SPEED SHOP**

Trish & Kevan Drinkle

**250.428.7531**

1525 Northwest Blvd.  
Creston, BC V0B 1G6

[www.kootenayspeedshop.com](http://www.kootenayspeedshop.com)



master and repeated throughout their lives in the blind faith that something magical will happen. Indeed, in some cases the training does work and they become able to perform feats like their own teachers. Unfortunately the flaw in this method, in my opinion, is that it ends up with the same end. The teachers really cannot describe what he (or she) is doing and can only teach it in the same way he learned it, without any understanding or thorough guidance.

If we look at the Chinese character for qi we can see three parts to it: a fire pictured under a pot and steam rising from that pot. This is where the translation of qi as "life energy" comes from. But although that is not an incorrect term to use, it is still very obscure and when we are trying to retrain ourselves through these methods obscurity is not our friend.

Why is it translated as "life energy"? Well if you were in China in ancient times and a pot was on to boil, you were most likely making food, which meant life itself. Eating everyday was not a common luxury in China in the past and being able to eat meant you could continue to live.

But the term qi is more than that. If you picture yourself as entering your home and seeing the pot on to boil and smell the delicious scent of, say, chicken noodle soup, you might be reminded of being cared for by your mother when you were young and home sick or maybe a cold winter day when you sat by the fire and drank soup with loved ones. It is not just the sustenance implied by the word qi but the relationship

you have with that pot of water: the smell, the memories, the memories of your mother, memories of warmth, of eating nourishing food, your relationships to the entire setting.

As my gongfu brother professor Kevin Wallbridge says, qi is best defined by the word "relationship". This allows it to imply so much more than a single thing and allows us to look closely at what relationships a particular exercise is working on. So we can look now at common phrases used in the community, such as cultivating qi as building and strengthening relationships, perhaps relationships between body and mind, different joints, different muscular chains or, in the cases of some more alchemical (transformative) qigongs, your relationship with reality.

Using the word relationship makes so much of the obscurity in qigong training disappear it is very worthwhile to really study any reference to qi with this in mind. Building powerful relationships in your body is the result of long-term training and is the way masters perform their seemingly magical feats. This allows students wanting to learn qigong to ask the right questions and not just repeat motions over and over and hoping for results.

What relationship are you working? In what way? ■

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



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

**New to the Area? Know Someone Who is?  
Great Gifts, Information and Maps**



**Wendy Seifert**  
Hostess  
250-428-7788  
Cell: 250-977-5850

**SERVING THE CRESTON VALLEY SINCE 1967**



**Come check out our Christmas Advent Calendars and NHL Players**

- Cherry Juice & dried cherries
- Salt water taffy & candy
- Dutch imports

**LATE NIGHT SHOPPING**  
Wednesdays Til' 8:00 PM

Hours: Wed. 12-8, Thurs., Fri. & Sat. 11-5, Sun. 12-5. Closed Mon. & Tues.

2931 Hwy 3, Creston, BC • 428-3070 • [www.cherrybrookfarms.ca](http://www.cherrybrookfarms.ca)



Creston Museum

A photo from an October 1965 Creston Valley Advance announcing the Downtowner's grand opening.

## Downtowner Still Offering Service at 50

By: Trish Drinkle

**M**arg McDougall loves people but dislikes travelling, so is it any wonder that eight years ago, she and husband Rob purchased the Downtowner Motor Inn on Canyon Street? Falling in love with the valley was how it began, and

having a friend who was a business owner in the valley made the transition quite simple.

Moving from Fort Saskatchewan, Alta., was a big step, but the benefit of living in the Creston Valley and meeting so many unique travellers made it all worthwhile. This year alone, they have seen visitors from Israel, Switzerland, Wales, Germany, South Korea and Inuvik. Each has a unique story about life and reasons for visiting our beautiful valley.

Marg herself is like a mother hen, and enjoys getting to know each traveller that visits her home.

"This may be a business, but it is my home, and this is my neighbourhood," she says.

She takes great pride in the downtown core and loves being a part of the activity. Offering affordable rates and providing travellers with a good solid sleep is what her main goal is.

While they know a limited history about the building, which started as Universal Motors, the McDougalls are on the hunt for more information and pictures of their business, which turned 50 years this year. It had a café, and eventually found its way into being a motor inn with a very lodge-like feel. A dry sauna, whirlpool and a conference room make this the perfect getaway for teams or groups travelling to the valley.

If you have any pictures or information about this unique building please contact the McDougalls at the Downtowner Motor Inn. ■



**Great flavours and almost everything made from scratch. Homemade soup and wild smoked salmon chowder everyday. Homemade burgers, local organic beef, quinoa and black bean and grilled or battered wild cod. Enjoy dinner with a glass of wine, pasta with amazing homemade sauces, grilled salmon, authentic curries.**

**Warm and cozy, come on down.**

Open Lunch and Dinner  
Monday to Friday

223-10th Ave. North, Creston  
(across from the Town Hall) Ph: 250-428-8882  
realfoodcafe.ca

# New Kootenay Co-op program aiming to support food producers

*Photo submitted*

Nadine Harris BenRabha, True Local co-ordinator for the Kootenay Co-op, is from the Creston Valley.

Submitted by: Kootenay Co-op

The Kootenay Co-op is excited to welcome Nadine Harris BenRabha to the role of True Local co-ordinator, a new position intended to support Kootenay farmers and boost the local economy.

BenRabha comes to the co-op from Kootenay Meadows Farm in Creston, a local supplier of glass-bottled organic milk and cheese. She played a key role in the startup of her family's on-farm processing ventures, and has worn many hats throughout the business, including a focus on marketing. BenRabha brings this firsthand experience to the role of True Local co-ordinator, along with a track record of passionate advocacy around regional food security.

"I am very excited to join the Kootenay Co-op," says BenRabha. "Kootenay Meadows Farm has had a special relationship with the co-op from the beginning. The co-op gave us invaluable advice and support long before our processing facility had even broken ground, and played a huge role in giving us the confidence to take the leap. It will be immensely rewarding to help others leverage this special support that the co-op



## 10 DAYS OF Discounts!

**NOVEMBER 1 -11, 5% TO 50% OFF**

**We add 5% off every day! Come early before it's all gone!**

*Come see our selection of homemade jams, jellies and preserves*

*Come check out our great selection of cheeses in our Deli or cool off with an icecream*

**Hours: Open 7 days a week, 8:00 am to 7:00 pm**



3016 Highway 3, Creston  
Phone: 250-428-4983

**Truscott Farms**  
**FRUIT STAND**

*We sell local honey!*



offers, and see how it can help their businesses succeed.”

The co-op created the position of True Local co-ordinator to help it triple its sales of local products in its new Nelson Commons location. Strengthening local food systems has long been part of the co-op’s mandate. The co-op’s guiding principles state that local growers or processors should receive preferential treatment as suppliers, and the co-op works hard to nurture new and existing local vendors.

In June 2013, the co-op took this commitment to the next level with the creation of its True Local program. The program was launched in response to the Canadian Food Inspection Agency’s changes to its definition of “local”, which allows retailers to market a product as local even if it is sourced from as far as 3,000 km away. The

co-op preferred to create the True Local program that would assure its member-owners and other customers that their food was being sourced close to home and that their food dollars were being invested locally. The boundaries for the



**“It will be immensely rewarding to help others leverage this special support that the co-op offers.”**

program are drawn along bioregional lines: west to Grand Forks, east to the Creston Valley, northwest to Nakusp and the Arrow Lakes, northeast from Kaslo to Trout Lake and Johnsons Landing, and south to the U.S. border.

“Purchasing from True Local suppliers is an investment in the future of our food security and the economy of the surrounding area,” says co-op Board president Jon Steinman. “Co-op members have shown enormous support for the program and over the last year the co-op made payments of more than \$2.5 million to local suppliers, including \$1.78 million to more than 100 local farmers and food producers.”

BenRabha looks forward to meeting local suppliers and learning how the co-op can partner with them.

“This is a brand new position so we have the exciting opportunity to work together to define how the True Local program and the co-op as a whole can best work to support the local economy,” she says.

The Kootenay Co-op will host a supplier event for prospective and current suppliers on Nov. 18 in Nelson. All interested local producers and processors are invited to attend. ■

For more information, contact Nadine BenRabha at [nadine@kootenay.coop](mailto:nadine@kootenay.coop).

**THANK YOU!**

I would like to take this opportunity to thank all the members of the West Creston Fire Society who over the years expended tremendous energy, effort and enthusiasm towards making our community safer.

Congratulations to the members who have stepped up and took the training provided by the Creston Fire Rescue Service to enhance the safety of our Valley.

**Larry Binks**  
Regional Director, Area C

*Providing Excellence in Client Service.*

**Michael Carpenter**  
28 years  
**RE/MAX**  
Broker /Owner  
Cell: 250-428-6594

**RE/MAX**  
Discovery Real Estate

*2 Offices to Serve You*  
1013 Canyon St., Creston  
106 33rd Ave. S., Hwy. 3, Erickson

Office 250-428-2234 • Toll Free 1-877-428-2234  
[mc@remaxcreston.com](mailto:mc@remaxcreston.com)  
[www.remaxcreston.com](http://www.remaxcreston.com)

# Are You Feeding Your Brain Properly?

Submitted by: Vital Health

Today's food quality is often inadequate, so there is obvious interest in exploring the link between nutritional deficiencies and mental disorders.

A growing body of literature links dietary choices to brain health and the risk of mental illness. Vitamin deficiencies can affect psychiatric outcomes in several ways. Deficiencies may play a causative role in mental illness and exacerbate symptoms, vitamin insufficiency — defined as subclinical deficiency — may compromise recovery, and genetic differences may compromise vitamin and essential nutrient pathways.

What causes these deficiencies? We need only consider the high-sugar, low-fibre, additive-preserved foods that many people consume on a regular basis, combined with the impaired absorption of nutrients that accompanies such poor nutrition. Nutrient levels are declining in healthy

foods, due to modern agricultural practices. The use of prescription medication, including antidepressants and antipsychotics, results in drug-induced nutrient depletion.

Proper attention to diet and appropriate supplementation with a micronutrient formula containing vitamin C, folic acid, vitamin B12, niacin, thiamine, zinc and vitamin D can prevent deficiencies and the associated biochemical imbalances, and may lower the dosage requirement for antipsychotic drugs and reduce adverse effects resulting from toxicity.

Subclinical vitamin C deficiency causes fatigue and psychological abnormalities. Folic acid deficiency causes depression and inhibits the response to antidepressant drugs. Subclinical vitamin B12 deficiency is relatively common in old age and is associated with cognitive dysfunction. Thiamine and niacin deficiency may manifest as confusion, psychosis or neurocognitive dysfunction. Zinc deficiency can cause neurocognitive dysfunction, and vitamin

D deficiency can cause or predispose to depression.

In addition to these micronutrients, there are many other essential and non-essential vitamins, minerals and amino acids that support optimal functioning of the brain and central nervous system for overall well-being.

How can you ensure that your brain is being fed right? A proper diet of fresh, organic produce, grass fed meats and non-genetically modified food choices to help feed your brain. For added insurance, add healthy oils, probiotics and a multivitamin/mineral supplement. Choose a multi that works by having a proper balance of ingredients, combined with a biosynthesis chelation process to maximize bioavailability the way nature intended for extraordinary results.

For more information on your brain health, please stop by Vital Health, where natural health consultants will guide you on your journey to optimum brain health. ■



STORE LOCATION  
127-10th Avenue North  
Box 1120, Creston, BC  
V0B 1G0  
Tel: 1-877-428-0449 or  
250-428-7700  
Fax: 250-428-8880

## Save \$5.00

on the purchase of  
your favourite  
Truehope Healthcare  
Products

\*Limit one coupon per purchase.

**TRUEHOPE**  
Revolutionizing Mind & Body Health



# The Flu

Submitted by: Jody McBlain  
Owner - Creston Pharmasave

The flu is a respiratory (i.e. nose, throat and lung) infection that can be caused by a variety of influenza viruses. Many people use the word flu when they actually have a cold. Although the common cold is also caused by viruses, the flu and common cold differ in several ways.

Most people who get the flu will recover within one to two weeks, but some people are at risk of developing complications such as pneumonia. On average, about 4,000 to 8,000 people in Canada die each year from complications of influenza, and about 20,000 people with the flu are hospitalized. Most of these people have other medical conditions, are seniors, or are very young children.

Influenza is contagious, which means it can be spread easily from person to person. Viruses that cause influenza spread from person to person mainly by droplets of respiratory fluids sent through the air when someone infected with the virus coughs or sneezes. Other people inhale the airborne virus and can become infected.

In some cases, the flu can be spread when someone touches a surface (i.e. doorknobs, countertops, telephones) that has the virus on it and then touches his or her nose, mouth or eyes. The flu

is most easily spread in crowded places such as schools and offices.

The flu takes one to four days to incubate in humans, but infected people become contagious before symptoms appear, often just the day after the virus enters the body. Adults remain infectious (i.e. they can spread the virus to others) for about six days, and children remain infectious for up to 10 days.

Initial flu symptoms include headaches, chills and a cough. Symptoms such as fever, loss of appetite and muscle aches soon follow. Other symptoms such as nausea, vomiting and diarrhea are rare in adults but more common in children.

Since many people think they have the flu when it's actually a bad cold. Below is a quick guide to help you tell the difference.

For most people, the flu lasts one or two weeks, but it can last for up to one month.

The normal treatment for flu is rest and plenty of liquids.

Medications for specific symptoms can help. Cough suppressants can be used for cough. Ibuprofen or acetaminophen can be used to treat symptoms of the flu, such as aches and fever.

Flu vaccines can prevent the flu. Because the flu viruses can change from year to year, vaccination needs to be repeated every year.

You can reduce your risk of getting the flu by washing your hands regularly using soap and warm water or an alcohol-based hand sanitizer. Also, cough or sneeze into a tissue or into your sleeve. Dispose of the tissue right away. If you have flu symptoms, stay home from work or school and avoid contact with people who are at a high risk of flu complications (i.e. seniors, nursing home residents). ■

*All material © 1996-2013 MediResource Inc. Terms and conditions of use. The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

Symptom	Cold	Flu
headache	uncommon	very common
aches and pains	slight	common and often severe
fatigue and weakness	mild	significant; can last 2-3 weeks
extreme exhaustion	never	very common at the start
stuffy nose	common	sometimes
sneezing	common	sometimes
sore throat	common	sometimes
chest discomfort, cough	mild-moderate, hacking cough	common; often severe with painful cough
fever	uncommon	usually present, high (38°C-41°C or 102°F-104°F); lasts 3 to 4 days

## get your flu shot here

Call or visit us to make an appointment and protect yourself this flu season.

Creston Pharmasave  
1118 Canyon Street  
250-428-9080

Mon. - Sat. 9:00am - 5:30pm  
Sunday 10:00am - 4:00pm

Jody McBlain - Owner  
Phillip Curran - Pharmacist

LIVE WELL WITH  
**PHARMASAVE**

1118 Canyon Street, Creston  
Phone: 250-428-9080

FREE Local Delivery

100% Locally Owned

# Personalize your Christmas

Looking for that perfect holiday gift, especially for the special person that has everything!



## Christmas Post Cards

Choose your design  
10 Postcards \$9.99

## Christmas Cards

Choose your design  
10 Cards \$14.99

## Custom Calendars

Choose your design  
\$26.99 each

## Custom Family Prints

Matted and framed, choose your design.  
11"x17" Print \$49.99 8"x10" Printed \$29.99

*\*Prices based on pre-made designs.*

 **Imagine ink**  
GRAPHIC DESIGN & PRINTING  
132 5th Ave. North., Creston • 250.402.6071



# Powerful Solutions For A Compact World

## Fall Clearout



0% Financing  
60 Months\*o.a.c

STARTING AT  
**\$24,497.00\***  
While quantities last



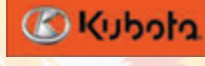
A 26HP liquid-cooled diesel engine, with Kubota's E-TVCS (three-vortex combustion system), offer tremendous power, high torque, cleaner emissions, and low noise and vibration. Our proven hydro-static transmission provides the B-Series with smooth shifting and powerful performance for heavy-duty loader applications. Loader operations are more convenient with the standard-equipped 4-position valve and control lever. Integrated into the tractor, this ergonomically positioned valve lets you attach the front loader and other front implements quickly and easily.

**B2620HSD w/ loader & backhoe features:** 26hp, 3 cyl diesel, 4wd, hydrostatic transmission, power steering, 3pth, drawbar, LA364 loader w/ 50" bucket, 952lb lift capacity, BH65 backhoe w/ 16" bucket, mechanical thumb, 6.7ft dig depth



0% Financing  
60 Months\*o.a.c

STARTING AT  
**\$19,866.00\***  
While quantities last



L-series standard 25hp (non DPF) tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide the precision performance and ease of use that you need. With a HST transmission that offers simple forward and reverse change for optimal operating and ease of front end loader work. Strong 1918lb 3pth lift capacity and power steering make operating this tractor a dream.

**L2501HST w/ loader features:** 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



0% Financing  
60 Months\*o.a.c

STARTING AT  
**\$33,260.00\***  
While quantities last



The new MX series, now even better than ever. Available in either 2Wd or 4WD models and gear or hydrostatic transmissions, the new MX series can tackle just about any job that comes their way. It comes with several upgrades including environmentally-friendly Tier 4 Final emissions, increased engine power, greater loader lift capacity, greater seat comfort and more ergonomic features, including electric over hydraulic PTO engagement, everything you want in a utility tractor and more.

**MX5200DT w/ loader features:** 54.7hp, 4 cyl turbo diesel, 4wd, 8 speed forward/reverse transmission, live hydraulic PTO w/brake, wet clutch, CAT 2 3pth w/ 2310lb lift cap. 24" behind lift point, power steering, LA1065 front end loader w/ 72" quick attach bucket 2275lb lift cap. (at pivot pin)



## Fall Sale

Farming 3pth rear snowblowers, dual stage, shear bolt protected, heavy duty 4 blade fan, hand crank chute control (hydraulic optional) making snow removal easy and years of smooth, reliable, and long lasting service.

Y500 Snowblower  
STARTING AT  
**\$1958.00\***

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



## KEMLEE EQUIPMENT LTD.

Your locally owned & operated Ag Centre

Coming to  
Kemlee Equipment  
September 15th



Kubota's 40th Anniversary celebration presents the



GET UP CLOSE AND PERSONAL WITH CANADA'S LEGENDARY GREY CUP IN SUPPORT OF YOUR LOCAL FOOD BANK



\*Registered trademark of the Canadian Football League. TM/©C Trademark of the Canadian Football League