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From the Editor



BRIAN LAWRENCE

As I write this, we've gotten through a cold snap and the weather has warmed up a bit, but it's still the middle of winter. And if you feel about winter the way I feel about winter, you're ready for a touch of summer. So...

This issue's feature story is a flashback to August, when Rod Giles took me on a tour of the Creston Valley in his ultralight Quad City Challenger. I chatted with him a few weeks ago to get all the details about his favourite hobby; we couldn't really talk during the flight, what with the wind rushing by — the doors were off to make photography easier.

It was a tad unnerving at first, but I was soon snapping away, thoroughly enjoying a bird's-eye view of the Creston Valley.

And how could I not enjoy the flight? It was a warm and sunny morning, perfectly highlighting the green and yellows of fields and foliage, with the sky casting a bright blue reflection in the water.

Even without flying, it's easy to gain a new perspective on where we live. A quick hike up the Blancing Rock Trail, for example, offers a high enough vantage to grasp the east-west expanse of the valley. But from the air, it seems even bigger, with the Kootenay River looking like a big blue ribbon, cars and tractors looking smaller than Hot Wheels, and people looking like... well, you can't see them!

It's no wonder that Rod is excited to share his love of flying with anyone who will let him — and he's quick to point out that it can be relatively inexpensive. He's

even worked out a way for ultralight pilots to get their permits right here at home.

Of course, you don't have to fly over the Creston Valley to gain an appreciation for it. The Creston Museum has a full season planned to celebrate Canada's 150th anniversary, offering a historical perspective on the town and valley. From early exploration to Creston's 1924 incorporation to post-war prosperity to the annual afternoon tea, there will be no shortage of educational and fun activities, as manager Tammy Bradford relates on page 10.

Before the museum's season kicks off, though, the Creston Valley Thunder Cats are nearly through the regular season. They've likely got a good long playoff run ahead of them, followed by hosting the Cyclone Taylor Cup in April, so be sure to check out pages 12 and 13 to find out who you're cheering on.

Happy reading! ■

INSIDE

FEATURE FLYING HIGH

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Rod Giles has been dreaming of flight since he was a child — and he now flies his own plane.

COVER: Rod Giles flying his Quad City Challenger over Lister. *Brian Lawrence*

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BURN AWARENESS WEEK

February 5th – 11th, 2017

Safety Tips

Hot water scalds are the leading cause of burns to young children. The vast majority of these burn injuries are preventable.

- When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.
- Always test young children's bath and sink water before using. When bathing children, never leave them unattended as they may turn on the hot water or slip in your absence.
- Be very careful when drinking HOT liquids, especially around children. At 60°C (140°F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures.

Playing with matches and lighters is one of the leading causes of fire deaths to young children. The vast majority of these burn injuries are preventable.

- Matches and lighters are tools for grownups, and not toys to be played with. Reinforce the concept that like power tools or a knife, the match is a tool with specific uses..
- Discuss GOOD FIRES and BAD FIRES and how matches and lighters are to be used in a responsible manner.
- Discuss the importance of keeping all matches and lighters stored high out of the reach of young children. It reduces the temptation to experiment with fire. If need be, lock up matches and lighters.

Discuss strategies for children on how they can get out of situations that involve fire setting and peer pressure. Define issues such as arson and the law, children taking responsibility for fire-setting actions, paying restitution and making good choices.



On average, every person in this country will experience at least two kitchen fires during their lifetime.

- Discuss the dangers around the stove. Teach children to never touch anything on the stove, or to open the oven. Children should not use stoves until they are old enough to safely handle items, reach cooking surfaces, and are mature enough to understand safety procedures.
- Instruct children to stay away from adults who are busy preparing food. Adults should always turn pot handles inward when cooking.
- Children should be supervised while in the kitchen. Talk about safe places to play. The kitchen is not one of them.
- Discuss the dangers of climbing on counters or getting too close to hot appliances and hot food.
- Kitchen and appliance safety is important in every household. Burns received in the kitchen are usually a result of scalds from hot foods or liquids, or contact burns from hot appliances. More fires start in the kitchen than any other location in the home.
- Teach and practice STOP, DROP & ROLL. If a child's clothes catch on fire, they STOP where they are, cover their face with their hands (unless their hands are burning), DROP to the ground, and ROLL over and over until the fire is out.

Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.

- Children need to know the correct procedure for cooling a burn injury. Within seconds of a burn injury the burned area should be placed in, or flushed with, cool water. Keep the burned area in the cool water for 10 to 15 minutes. NEVER use ice, ointments or butter.
- If they are burned, tell children to immediately seek assistance from an adult.
- If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9-1-1, or your community's local emergency number.
- Children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time.
- Exposure for just five seconds to water which is 60°C (140°F) can result in a full thickness or third degree burns.

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SOARING Imagination

Rod Giles takes flight after decades of dreaming

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

On a calm, sunny day, there's one place Rod Giles will likely be: soaring over the Creston Valley in his 2010 Quad City Challenger.

"There's a real thrill when you're flying around the mountains and the treetops are just off your wingtip, or when you're flying over a ridge and it just drops away," he says.

The retired school principal took up flying for a second time 12 years ago, more than 30 years after his first lessons in his native New Zealand. He's since found himself comfortably seated at the stick of a Challenger, one of the more affordable ultralight aircraft on the market — and one of the best for taking in the view.

"The visibility with no propeller in front — it's like a helicopter."

Giles dreamed of flying since he was a child. His school was located beside a runway, and one report card said he was "highly distractible" when planes were landing and taking off while spraying fields.

"When I was a kid, I used to look up at the sky and dream about what was going on up there," he says. "I just thought that that would be the coolest job in the world. Every time one crashed, my mother would point out how dangerous it was, and that I couldn't do that."

That didn't stop him from chasing the planes on his Vespa scooter; when he tracked them down, pilots

would occasionally offer him a ride.

His fascination led Giles to take flying lessons when he was 17, but he left it behind when he went to university to become a teacher.

When he came to Canada in 1978, Giles considered becoming a bush pilot but followed his educational training instead. Flight was still a part of his life, though — his first position as principal was at Peerless Lake, Alta., north of Lesser Slave Lake and accessed frequently by air.

By the time he turned 50, Giles was living in the Creston Valley with his wife and two sons, working as principal at Adam Robertson Elementary School. And that's when he decided it was high time to fly

Feature

again, the passion he had as a youth still strong.

"It doesn't die," says Giles, now 62. "It's terribly addictive. I didn't smoke, I didn't drink, I didn't bet on horses. I flew."

Giles learned to fly Creston Valley pilot Michael Wigen's Cessna Cardinal, and was immediately impressed with the ease of travel within the Kootenays.

"I could do a breakfast meeting in Nelson and be back at school at 9:30."

When the time came to buy his own plane, Giles went in a different

direction, opting for one in the ultralight weight class, which Transport Canada defines as one- or two-seat aircraft with launch weights of up to about 544 kg (1,200 pounds).

The Challenger is in a category that allows owners to use parts, such as door latches and carburetors, approved by home-built class standards. Powered by a two-cycle engine, it is also more affordable than larger planes; Giles paid about \$24,500, which included upgrades, such as a rocket-powered parachute.

"I was initially very cautious and skeptical about flying behind a two-stroke engine," he says.

But his instructor, Andreas Ruttkiewicz, told him the craft is strong, able to weather a crosswind with the same stability as a Cessna, and encouraged Giles to give it a try. So Giles bought the plane, and flew it from Chilliwack to Creston — and was hooked.

Not only is flying a Challenger relatively inexpensive, about \$20/hour in gas, it can be flown more slowly than others, cruising comfortably between 95 and 130 km/h.

"There's a wide envelope," says Giles.

As much as he enjoys flying the Challenger, Giles admits, "I'm kind of lonely with this aircraft."

There are about 600 of them in Canada, but his is the only one in the Creston Valley. Flying one allows the pilot to have an ultralight permit rather than a full pilot's licence, and he's seen used models sold as low as \$8,700. If a few people purchased one together, Ruttkiewicz would come to the Creston Valley and stay with Giles to offer a three-week training course — including ground school and highlighting the idiosyncrasies of flying in the valley — to help its owners get their permits. Typically, the training costs \$3,000-\$5,000, depending on an aspiring pilot's experience and aptitude.

It's easy to see the passion Giles has for flying, and he often shares it with others, giving friends an opportunity to see the Creston Valley from above.

"People don't know where they live. You can tell people are happy to go with you and be a passenger and experience that."

He has many of his own favourite experiences, too, including a time when he flew out of Kamloops around 4:15 p.m., surrounded by snow-covered mountains in a temperature of -20 C.

"Before me, all the mountains transformed to pink. I thought, 'How lucky am I?'"

Then there was the time he flew from Alert Bay, just off Vancouver Island,



Feature

back to Creston, and felt a sudden sense of appreciation and wonder as the valley opened up below him.

"You just go, 'Ah, this is home.' "

And he'll never tire of seeing osprey and eagles flying alongside him as he flies over the Kootenay River.

"Nobody else saw that today, just me," he says.

As memorable as he finds his local experiences, Giles looks forward to taking it further afield. The Challenger Winter Rendezvous near Montebello, Que., is on his list, as is flying across Canada, once he has amphibious floats installed.

"I don't think I'll ever get over the thrill of flight," he says. "It's a bug. It's a very expensive bug, but it doesn't have to be." ■

To learn more, contact Rod Giles at rodgiles7@gmail.com or 250-254-0769, or visit airspeedhigh.com or quadcitychallenger.com.

RIGHT: Looking over the Kootenay River toward West Creston; **BELOW:** Some of the 164 nesting sites built in the 1970s and 1980s around Duck Lake and in the Creston Valley Wildlife Management Area; **OPPOSITE:** Looking southeast over Duck Lake; **PAGE 5:** Farmers on the Creston Valley flats.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Should Council Have Fewer Members?

A community is incorporated by the province as a municipality when cabinet approves a legal document called "letters patent". The letters patent establishes the municipality's name and boundary, provides for the first election of the mayor and council, and contains a variety of issues related to the local government's authority. The community of Creston was originally incorporated as a village in 1924. On Dec. 7, 1965, this status was officially changed to a town, and Herb Dodd was designated as mayor for the Town of Creston. In 1974, council establishment bylaw No. 664 was enacted to increase the council by two "aldermen"; resulting in a total of six council members, plus the mayor, comprising Creston's governance structure.

As I write this column, our formal governance structure remains the same as it was in 1974 — a council of six plus one mayor. It's important for me to note that we are preparing for an

upcoming by-election, to be scheduled in 2017, due to the passing of Coun. Joe Snopek. Recognizing that we are over halfway through our four-year term, I was prompted to query the Ministry of Community, Sport and Cultural Development staff if the Town of Creston could leave this council seat vacant until our next general election. The answer was no. However, this process got me thinking about the number of council members we have, and wondering if there would be value in reducing that number, moving to a framework consisting of four councillors and a mayor.

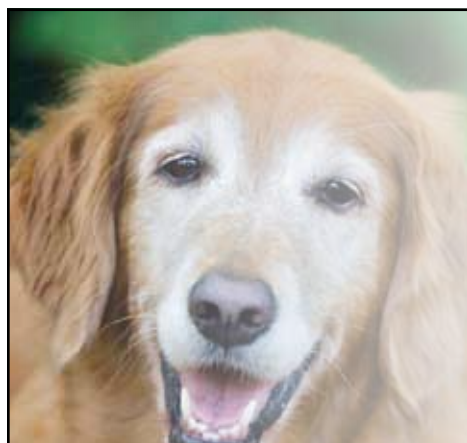
If a majority of citizens voted to reduce the number of council members at an official referendum, then at the subsequent general election (October 2018), the citizenry would vote for four council members and a mayor. If the Town of Creston has a referendum this fall regarding borrowing for our proposed fire hall project, then an additional and

separate referendum question could be asked at the same time: Should Creston reduce the number of council members from six to four?

During the 2014 municipal election, the District of Lantzville (population 3,389) asked this specific question and this decision was approved 761-533. As such, at the next municipal election in 2018, Lantzville citizenry will vote for four council members instead of six. There would be pros and cons to such a decision, including but not limited to potential annual council budget savings (around \$40,000), a reduced quorum (minimum number of council members present in order to have an official meeting) and a reduction in the varied and valuable perspectives that an increased number of council provides, to name just a few of the considerations to be made.

While most communities with a population of our size (around 5,000) have a council of six members plus a mayor, I'm interested in receiving public feedback about if we should ask the subject question at an upcoming referendum. Please let me or any current councillor know your thoughts. Thanks! ■

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Remembering A Valued Community Member

K'suk kyukyit (greetings). Approximately four years ago, the Lower Kootenay Band set aside some property to experiment with the idea of a community garden. There were a number of factors that had us begin this venture. It was not about making a financial gain but an investment in community members' health. The cost of food seems to be increasing every month. What community members can afford from the grocery store isn't necessarily healthy food.

The land that was cultivated, like the majority of the soil in the Creston Valley, is fertile. There was room for everyone in our community to grow their own food. The problem was we needed a teacher to show us how to garden. A community member by the name of Julie Draper stepped up and took on a leadership role in the community garden. She had the expertise to teach but, I think, most importantly had the patience, as well as the passion.

The first year of the garden was difficult. There were some epic failures. I am speaking from my family's own experience. However, there was also success. We were growing our own food! Healthy food! We witnessed the transformation of life into food, creating opportunities for healthy food in a community that deals with a high percentage of diabetes. As well, the community garden provided some seasonal employment for LKB members.

Time moved forward and the garden just kept improving, as did the gardeners. Julie continued to be

the teacher. A shed was built and more gardening tools were purchased. Some continued with their sections in the garden and some didn't. Whether it was in the rain or the hot sun, Julie was out there doing what she loved.



Julie Draper

This past fall, I was attending a meeting in Williams Lake. On the final day of my trip, I made my way to the airport. The fog was thick and I knew that it wasn't looking good for my departure home. Sure enough, an announcement was made that the flight was delayed due to the fog. As I sat in the

Williams Lake airport a text message came through from the LKB administrator informing me that Julie had passed away.

From that moment until the present I was in disbelief. This news was shocking and devastating. Julie had some medical issues that she was living with for many years. For reasons that only the Creator has, the higher power called her home. Her departure from this world leaves a great void and profound sadness. She leaves behind her spouse, Michael, and her beloved dogs and countless friends.

To honour Julie's memory and contributions to the garden, the Lower Kootenay Band decided to name the garden the Julie Draper Memorial Garden, a reminder to us all what a great human being that she was. She leaves us in the physical form but her spirit lives on through the garden.

When the gardening begins again this spring, Julie will be missed. I take solace in knowing that Julie was our teacher, our mentor and our friend, who taught us her gift of gardening. She taught us the gift of growing food and role modelled a work ethic. Wherever she is in this universe, I say thank you.

With that, I give thanks for this day that I am granted and wish you all well. Once again, thank you for taking the time to read this column. *Texas.* ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, email at mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Confederation Meets Creston Valley

Here at the Creston Museum, we are going full throttle, getting ready for the busy summer season. I know, it's hard to think about summer when there's still snow on the ground — and as I write this, the temperature is sitting at about -15 — but I've learned from past experience that waiting until it feels like summer to start getting ready for summer is just bad. So, since these are topics that have been consuming most of my brain power lately, I thought I'd tell you a little bit more about them — with some historical background, of course!

Canada 150: I'm sure you've heard by now: Canada is celebrating her 150th anniversary in 2017. Obviously, Confederation wasn't something that happened like a bolt from the blue on July 1, 1867. There was a lot of debate and preparation that took place before it, and decades of expansion afterwards as different provinces joined Confederation. All those things had a direct impact on the Creston Valley.

For example, in the lead-up to Confederation, the British (soon to be Dominion) government gained control of the Northwest Territories, the vast

stretches of western Canada previously granted to the Hudson's Bay Company. Determined to learn more about this new acquisition (especially to learn if it was going to prove valuable for settlement or resource production), the government sent Capt. John Palliser on an expedition to map and assess the territory. It was such a monumental task, it took Palliser and his team three full years — 1857-1860 — but the reports and maps he produced were vitally important in future development of areas from western Ontario to the west coast of B.C.

And yes, of course, his expedition investigated the Creston Valley (technically, I'm not sure Palliser visited in person, though his subordinate, John Sullivan, certainly did). Sullivan's dispatches to his boss contain a fairly detailed description of the Creston Valley, and the harvesting of wild reeds by the Ktunaxa people. It forms part of the museum's Canada 150 exhibit. We're presenting it as part of the Full Plate initiative, and it explores the past 150 years of local agriculture as seen through the eyes of local artists. Look for it at the museum throughout the summer, and remember: It is an audience-participation exhibit, so we hope you will create your own work of art depicting local agriculture to add to it.

The Royal Visit: Since Confederation, Canada has received a number of royal visits, and a few of them have included the Creston Valley. To my knowledge, we haven't had a reigning monarch visit, but there have been a number of governors-general and even a couple of princes. Boswell was named by governor general Earl Grey, who bought property there during a visit in 1906. Lord Julian Byng, governor general, presented the village charter in 1924, and many local longtimers still remember the visit of governor general Viscount Alexander in 1948 (mainly because they were schoolchildren at the time, and they got out of class to go see him for the 15 minutes he spent on the train station's platform).

As for the princes, the first was by the Duke of Connaught, third son of Queen Victoria, who was also governor general of Canada. In 1912, he toured the western provinces, and spent one night on board the S.S. Moyie while travelling between Nelson and Kootenay Landing. His train journey must have taken him through Creston, but the local newspaper doesn't say anything about it (the highlight of that week was the arrival of the 1912 REO car, being the first to drive all the way across the country), so I'm guessing the duke's train merely passed through without even stopping.

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Creston Museum

Canyon Street decorated on Aug. 6, 1924 for the visit of governor general Julian Byng, who presented the village charter.

The second visit by a royal prince promised much more. It involved the dashing Edward, Prince of Wales (future King Edward VII), who made a two-month visit to Canada in 1919. His visit definitely did make the local newspapers. Such excitement! For weeks ahead of time, all anyone could talk about was the prince's impending visit. The actual arrival went somewhat differently than expected but I'm not going to say anything more about it, because this Royal Visit is the theme of our afternoon tea on Aug. 12.

Post-War Prosperity: We might have gained the right to self-government in 1867, but Canada was still very closely tied to Britain. And that led directly to our involvement in both world wars. Wartime restrictions and rationing, the labour shortages with so many young men and women overseas, the restraint and austerity of daily life — these took their toll, and the people of the Creston Valley, along with rest of Canada, learned how to make do and do without. So, when prosperity returned at the end of the Second World War, the transformation was spectacular. The Creston Valley boomed! New residents, new businesses, new neighbourhoods, new organizations, new social opportunities — all of these had, within a few years, completely changed the Creston Valley forever.

The first great surge of all this activity was in 1947, which is the theme and title of a new exhibit opening at the Creston Museum this spring. We are looking for objects and photographs that illustrate this exciting period in the Creston Valley's history. If you have something that reflects one of those new businesses, neighbourhoods or organizations, we would love to hear about it!

Those are a few of the big things we're working on, and the ones that connect most closely to the currently all-consuming topic of Canada 150. But there are lots of other things in the works down here, as well. Kids' day, and a chance for youngsters to get seriously hands-on with local history, is the second Saturday in June, and we're bringing back our popular pioneer lessons to keep that fun going every Tuesday and Friday in July and August. Watch for history picnics on Saturdays, when you can bring your picnic lunch and join us for an hour or two's exploration of something — maybe a fascinating artifact, someone's personal memoirs, or a little-known element of local history. And, also in July and August, we'll be offering almost-daily heritage walking tours downtown — an historical re-enactor will take you back a century or so, and tell you all the gossip of when Canada, and the Creston Valley, were new. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.



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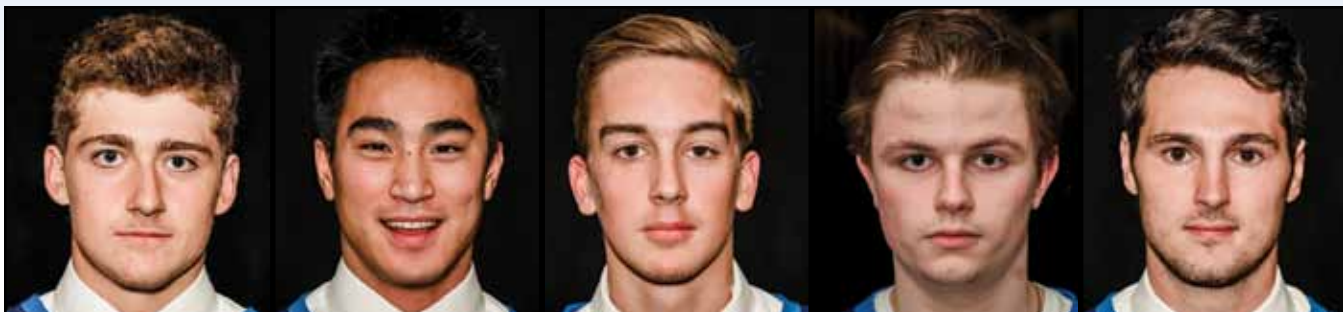


2017 Roster

Meet the players

CRESTON VALLEY THUNDER CATS

Head Coach/GM: Jeff Dubois | Assistant Coach/GM: Brad Tobin | Assistant Coach: Jeff Wagner



3 | McConnell Kimmatt
Position: Defence
Hometown: Calgary, Alta.
DOB: Nov. 25, 1996
Captain

6 | Jonathan Lee
Position: Forward
Hometown: Vancouver, B.C.
DOB: April 7, 1997

7 | Bryce Sturm
Position: Forward
Hometown: St. Albert, Alta.
DOB: May 24, 1998

8 | Colten Stark
Position: Defence
Hometown: Terrace, B.C.
DOB: Sept. 17, 1998

10 | Thomas Cankovic
Position: Forward
Hometown: Whistler, B.C.
DOB: April 2, 1997



11 | Grant Iles
Position: Forward
Hometown: Whistler, B.C.
DOB: July 10, 1996
Assistant Captain

12 | Paxton Malone
Position: Forward
Hometown: Spokane, Wash.
DOB: July 5, 1997

13 | Ronnie Wilkie
Position: Forward
Hometown: Port Coquitlam, B.C.
DOB: Oct. 16, 1997

14 | Julian Benner
Position: Forward
Hometown: Calgary, Alta.
DOB: Aug. 20, 1998

16 | Brody Ryan
Position: Forward
Hometown: Creston, B.C.
DOB: June 24, 1999

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18 | Justen James
Position: Forward
Hometown: Calgary, Alta.
DOB: Aug. 27, 1998



19 | Sebastian Kilcommons
Position: Defence
Hometown: Okotoks, Alta.
DOB: Jan. 2, 1997
Assistant Captain



20 | Mitchell Wolfe
Position: Defence
Hometown: Okotoks, Alta.
DOB: Jan. 28, 1998



21 | Tyler Severson
Position: Defence
Hometown: Calgary, Alta.
DOB: July 1, 1997



22 | Austin Anselmo
Position: Defence
Hometown: Trail, B.C.
DOB: March 25, 1997



25 | Liam Rycroft
Position: Defence
Hometown: Strathmore, Alta.
DOB: Aug. 1, 1998



26 | Lien Miller-Jeannotte
Position: Forward
Hometown: Fort St. John, B.C.
DOB: Aug. 13, 1996



27 | Cole Arcuri
Position: Defence
Hometown: Nelson, B.C.
DOB: Jan. 9, 1996



29 | Michael Spenrath
Position: Forward
Hometown: Calgary, Alta.
DOB: May 14, 1997



30 | Brock Lefebvre
Position: Goal
Hometown: Cranbrook, B.C.
DOB: April 26, 1997



35 | Patrick Ostermann
Position: Goal
Hometown: Calgary, Alta.
DOB: Sept. 12, 1997



36 | Liam Plunkett
Position: Forward
Hometown: Calgary, Alta.
DOB: Sept. 5, 1997
Assistant Captain



71 | Luke Kalenuik
Position: Forward
Hometown: Vancouver, B.C.
DOB: Aug. 7, 1996



79 | Brodie Smith
Position: Forward
Hometown: Parksville, B.C.
DOB: May 3, 1997



91 | Aiden Wong
Position: Forward
Hometown: Calgary, Alta.
DOB: Feb. 2, 1998

Jeff Banman
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Final Players Added to T-Cats Roster

CRESTON VALLEY THUNDER CATS

Everybody knows that Jan. 1 marks the beginning of a new year, but only hockey coaches go out of their way to circle Jan. 10 on their calendar. That's because it marks the annual trade deadline in junior hockey, essentially making it the final day to tinker with the group of players who will move forward down the stretch and into the playoffs.

For the Creston Valley Thunder Cats, hosting the 2017 Cyclone Taylor Cup in April means that this year's trade

deadline was of special importance to the team's coaching staff. The Thunder Cats are determined to win a Kootenay International Junior Hockey League championship this season and capture the Cyclone on home ice, meaning that no stone could go unturned in selecting the best 23 players to wear the Creston jersey.

Much of the work was already done heading into Jan. 10, as a team full of veteran players stormed out of the gate in September to post one of the best records in Junior B hockey through the fall. And at the beginning of December, the Thunder Cats added a couple of key pieces in KIJHL scoring leader Paxton Malone and experienced Junior A blueliner Cole Arcuri.

"Adding Paxton meant bringing probably the league's fastest skater into our team, which is already a pretty speedy group up front," says Thunder Cats head coach Jeff Dubois. "And Cole has played a couple of seasons in the BCHL and brings a great two-way presence. He passes the puck very well, has a good shot and is tough for opposing forwards to beat with his long reach."

Despite adding Malone and Arcuri to a group that had already been leading the KIJHL in goal scoring for much of the season, the Thunder Cats weren't done there. The Jan. 10 deadline saw another pair of players join the team.

Up front, Creston added forward Michael Spenrath, who had committed

to the team before making the Junior A Calgary Canucks to begin the 2015-2016 season. The 19-year-old is a fast, tenacious winger who picked up six goals and 19 points in 57 Alberta Junior Hockey League games.

"Michael will make us even faster and more skilled, but he's also a very conscientious defensive player who can kill penalties and help shut down an opponent's top players," says Dubois.

The second addition was defenceman Austin Anselmo, who joined on from the Northern Ontario Junior Hockey League's Kirkland Lake Gold Miners. The Trail, B.C., product has nearly 100 Junior A games under his belt, primarily with the BCHL's Coquitlam Express and Surrey Eagles. He was also a near point-a-game player with the Nelson Leafs during a brief Junior B stint last season.

"Austin is a big body who moves and shoots the puck at an elite level," says Dubois. "Bringing in a top guy like him gives us such a good, deep group on defence. He'll help our power play and do an excellent job getting the puck to our forwards. He also showed in his first two games with us that he can be counted on to put the puck in the net."

With Anselmo and Spenrath on board, the Thunder Cats' 25-player roster has now been set as the team hits the stretch run with just a handful of regular season games remaining. The KIJHL playoffs begin in late February and the Cyclone Taylor Cup is scheduled for April 6-9. ■

Come out & cheer on your local Junior B Team!

February Home Games
7:30 pm

Friday, February 3rd
vs Golden Rockets

Wednesday, February 8th
vs Beaver Valley Nitehawks

Friday, February 17th
vs Columbia Valley Rockies



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Jeff Banman/crestonphotography.com

The final lineup of the 2016-2017 Creston Valley Thunder Cats.

RDCK Offering Wood Stove Rebate

REGIONAL DISTRICT OF CENTRAL KOOTENAY

The provincial government, in partnership with the BC Lung Association, is providing \$15,500 to the Regional District of Central Kootenay as part of a provincial wood stove exchange program.

British Columbians have been firing up their old wood stoves since the cold, still nights of winter begin. Unfortunately, this leads to increased air pollution and air quality advisories, as the smoke may be trapped near the ground in this type of weather. This results in certain areas of the province seeing more air quality advisories in colder months.

The exchange program provides a \$250 rebate when a new wood-

burning, pellet or natural gas stove is purchased to replace an older model. New emissions-certified wood stoves burn one-third less wood, and reduce smoke and particulates entering the atmosphere by 70 per cent or more.

Last year, nearly 600 stoves were exchanged throughout the province and the goal is to have a similar number exchanged in 2017.

Since 2008, communities have received almost \$2.7 million in provincial funding and more than 7,000 wood-burning stoves and inserts have been replaced by newer, cleaner burning models, resulting in the reduction of approximately 500 tonnes of particulate matter emissions entering the air each year.

The BC Lung Association administers the wood stove exchange program on behalf of the province and provides educational materials and support to participating communities. ■

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Keeping Warm This Winter



BY LAURA BRANDON
Acting Education
and Communications
Co-ordinator
Creston Valley Wildlife
Management Area



Laura Brandon

I love winter. I love the stillness of a forest under a blanket of snow. I love the contrast between the white frosty landscape and clear blue sky. Heck, I don't even mind the frigid temperatures so much — nothing that an extra pair of winter socks and a hot coffee can't fix (must be the northern Albertan inside me talking).

Even more so, I love how connected I feel to both people and animals across the Northern Hemisphere during the cold winter months. For me, winter is a symbol of determination and survival in both the human world and the animal kingdom. Long before humans ever graced the planet, animals developed their own strategies for coping with some of the harshest conditions on Earth.

Winter is a tough time for most of the animal kingdom —

days are short, food is scarce, and temperatures are bitterly cold. In order to survive, animals must adapt to these harsh conditions if they want to make it to spring. Here are a few strategies from the animal kingdom to try out this winter — if you're not a cold weather person, hopefully you can take some suggestions from our furry and feathered friends on how to stay warm and enjoy the blustery weather!

Grow your own winter coat! Most people know that mammals will grow longer hair and denser coats, but did you know that birds bulk up their feathers too? Birds that stay behind for the winter, like chickadees and redpolls, grow a thicker outer contour layer of feathers to break the wind and keep out the snow. They also add to their inner downy layer, which provides insulation from the cold and helps them stay dry.

Use the snowpack to your advantage. The area found directly above the ground underneath the layers of snow is known as the subnivean layer. Here, the snow provides insulation and creates air pockets, often causing temperatures to be only one or two degrees below freezing (regardless of the air temperature on top of the snow). Many animals, including insects, small mammals and even some birds, take refuge in this area periodically over the winter.

Go torpid! Many animals that we often associate with deep hibernation actually enter a state of torpor instead. Torpid animals can generally wake up much faster than their hibernating cousins, allowing them to forage for part of the day. Many mammals, including different bear and rodent species, can periodically reduce their metabolism and heart rate in response to fluctuating temperatures and food availability over the winter, which helps them conserve energy on particularly cold nights. Even small birds, like chickadees or tiny hummingbirds, enter and wake from daily torpid states, which prevent them from turning into tiny avian ice cubes.

True hibernation is less common than you might think. Driven by day length and hormonal changes, hibernation is considered an extended state of torpor where animals stay in a deep sleep for much longer periods of time. After an animal selects or constructs a particular living space (or hibernaculum), its metabolic rate falls dramatically and its body temperature lowers significantly more than a torpid animal. This enables them to essentially "sleep away" the winter and live off excess fat stores accumulated in their bodies. Amphibians,

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like frogs and salamanders, generally construct their hibernacula deep in the terrestrial leaf litter or at the bottom of a stream. Wood frogs will actually stop breathing and develop ice crystals in their bloodstream only to defrost and reanimate in the spring!

When all else fails, why not **steal heat from others?** Kleptothermy describes any form of temperature regulation in which animals share heat with each other (commonly, but not always reciprocal.) Many animals choose to cuddle up during the winter to decrease their surface area and maximize body heat. This is especially important for cold-blooded garter snakes, who hibernate underground together in massive dens. A single hibernaculum may hold thousands of garter snakes — kind of like a giant winter slumber party! Who wouldn't love that?

And if all else fails, spring is only a few months away! ■

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Letter from the Chamber

Dear Chamber Members and Friends:

This past year has been one of great change for the Creston Valley Chamber of Commerce and it closed on a note that fills us with excitement for the future of our chamber!

Over the past several years the chamber managed and built the Creston Visitor Centre to become what it is today. However, managing both the visitor centre and chamber of commerce came at the expense of not being able to fully support our chamber members to the extent that they deserved.

Starting Jan. 1, the Regional District of Central Kootenay and Town of Creston took over the management and operation of the Creston Visitor Centre. Going forward, the visitor centre will be staying in its current location as a tenant of the chamber of commerce building.

This is exciting news as it allows the RDCK and Town of Creston control to focus on making the visitor centre even greater. What this means for our chamber and its members is that the chamber will be able to better focus on its members and their needs.

We hope that you will support our chamber and participate with us to help the chamber become all it can be. We are open for business, and we want your ideas to help us become even better. Feel free to drop by to see the changes and share your ideas.

The chamber will be holding a quarterly meeting at our building at 121 Northwest Boulevard Feb. 27 at 6:30 p.m. At this meeting we will give a brief description of the changes we have recently gone through, and an understanding of our vision for the future. We invite all who wish to attend, both members, past members, and prospective members of the chamber.

We will have a guest speaker there who will describe the chamber's group benefit program for small businesses, and who will answer any questions you may have in regards to this program, and how it can benefit your business.

For all who attend this meeting, there will be appetizers, and refreshments, and a \$50 coupon draw for one lucky winner to be used at any of our current chamber member businesses. We hope to see you there.

From the board of directors of the Creston Valley Chamber of Commerce and the chamber manager, we wish you all a happy and prosperous 2017!

QUARTERLY MEETING

Monday, Feb. 27, 6:30pm

Guest speaker, Appetizers, Refreshments
\$50 COUPON DRAW

CRESTON VALLEY

CHAMBER of COMMERCE

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Be Sure to Keep Living in the Present

BY DIANE
TOLLESON

We all have gifts, talents and things we enjoy doing. It's becoming a more common for people to do what they love to get the best out of their time on this planet.

Being in the present moment isn't something we are taught. It's a conscious choice we make all day, every day.

Circumstances are something we really can't control all the time. Yet we let them influence our decisions and actions. When we choose to create our own reality (the universal law), things can drastically change for the better.

I have been listening to a lot of Ester Hicks (www.abraham-hicks.com) on YouTube lately and there are some very practical and easy ways to improve how we manifest what we

want in our lives. I highly recommend any of the videos to help you see the big picture too. We do create our reality moment to moment in this *present* moment. It's up to you! Some will tune into Abraham, some may not — it's whatever you are ready for.

Now to mention the just4u product line we are now carrying. It is a wonderful alternative choice for pain relief and more. Everyone may have different results, as we are all unique. The testimonials I have read speak for themselves.

Arts from the Heart is also adding other new products such as candles, sage, cards and more. So come on by and see all the new goodies we have for you.

We have two healing rooms now — Stephanie Derraugh and I are getting very busy. Please phone for appointments.

Choose to be present in every moment, and you will see and feel much more flow in your life. In-joy always! ■



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Food As Medicine — Sesame Seeds

BY MAYA SKALINSKA
Master Herbalist, Registered Herbal Therapist

I love how we're surrounded with natural medicines, whether it's on a walk through the woods, in your garden or on a stroll through your supermarket aisle.

Sesame seeds are one of my favorite hidden gems. You can find them as seeds, sesame oil or sesame paste known as tahini.

These tiny seeds are packed with nutrients. Sesame seeds are rich in two types of fats, polyunsaturated fatty acids (PUFA) and monounsaturated fatty acids. Both of these fats have been reported to lower cholesterol. PUFAs have anti-inflammatory, antithrombotic, anti-arrhythmic, lipid-lowering and vasodilatory properties, which decrease blood pressure.

The seeds are a great protein source, as they contain an almost complete amino acid profile, missing only lysine. Sesame is rich in the amino acid methionine, which is often the missing amino acid in legume-based diets. This makes a perfect food for vegetarians.

Sesame seeds are also high in phytosterols and a group of antioxidants known as lignans. Antioxidants prevent or slow down

the damage that free radicals can inflict on cells. Lignans show neuroprotective properties against cerebral ischemia and stroke. Phytosterols possess similar chemical structures to cholesterol, which is not found in plants. When present in sufficient amounts in the diet,

phytosterols have been shown to reduce cholesterol levels in the blood.

And to add to an already impressive list of nutrients, sesame seeds also contain fibre, vitamin E, thiamine, riboflavin, niacin and minerals, such as copper, zinc, magnesium, phosphorus, iron and calcium.

There have been quite a

few interesting clinical trials done on patients diagnosed with high blood pressure, which resulted in reduction of both systolic and/or diastolic blood pressure. The dosage varied between 7.6 grams of encapsulated black sesame flour and sesame oil taken daily for 45-60 days.

Both sesame paste (tahini) and sesame oil have also been studied for their cardioprotective benefits. Daily supplementation with sesame oil was shown to improve vascular function, and supplementation with sesame paste ground from unhulled seeds improved

lipid profiles, specifically a decrease in serum triglycerides.

If you buy raw sesame seeds, they will need to be soaked overnight in filtered water and a little salt, just like you would with all nuts and seeds. This eliminates enzyme inhibitors, which inhibit proper assimilation of nutrients such as calcium, zinc and iron. Alternatively, they can also be toasted. When purchasing tahini, it is best to choose an organic brand made from toasted seeds. The same rule applies to sesame oil. Studies have shown a higher amount of nutrients in toasted sesame oil.

I would like to share one of my favourite salad dressing recipes (left). It's wonderful on raw salads, warm or cold grain salads and on roasted veggies. ■

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

Nutritional Yeast-Tahini Salad Dressing

1/2 cup nutritional yeast
2-3 tbsp tahini
1/3 cup filtered water
1/3 cup tamari
1/3 cup apple cider vinegar
2 garlic cloves, crushed
1½ cups oil (combination of olive, sesame and hemp)

Except for the oil, add all ingredients into a blender, and while blending add the oil in a slow, steady stream. It's good in the fridge for five to seven days.

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Herbs Safe When Used Properly

TILIA BOTANICALS

As medical herbalists we are often asked, "Are herbs safe?" We would love to say an unequivocal yes to that question, but the answer isn't that simple. Just because something is "natural" doesn't always mean it is safe for everyone take. While herbs generally have far less potential for side effects than conventional medications, they do have the potential to exacerbate certain health conditions and to interact with prescription medications if not used properly.

Among people in North America who take a prescription medication, an estimated one in five have also taken an herbal medication in the past year. In Canada this rate is even higher, it appears. In a research study published in the *Canadian Journal of Clinical Pharmacology*, the study found that of

The key is to make sure you do your research before you take any supplement, especially if you have a significant health issue or are on prescription medications.

the 11,424 adults surveyed, 57 per cent of users also reported taking a conventional medicine in the same period in which they were taking natural supplements.

Many of today's top selling herbs, while valuable for helping with many health conditions, have risks associated with their use. Herbs such as St. John's wort, ginkgo, ginseng, valerian, garlic and ginger all have the potential to interact with pharmaceutical medication. Even simple common herbs can sometimes be problematic for some individuals. Herbs such as lemon balm (which can slow thyroid function in people with hypothyroidism), chamomile (which can cause nausea and skin rash for those with ragweed allergies) and licorice (which can increase blood pressure in those with hypertension) are some examples.

The key is to make sure you do your research before you take any supplement, especially if you have a significant health issue or are on prescription medications. A fully qualified medical herbalist or a naturopathic physician can also be a resource for you in deciding which herb is the safest for you. It is important to choose

the best quality products available from reputable sources and preferably made in Canada. Almost all of the reported adverse effects from herbal supplements worldwide have been from poor manufacturing practices that have resulted in cross contamination of herbs with toxic materials or the use of the wrong parts of an herb.

If you wish to use herbs to treat a medical condition, especially if you are on pharmaceutical drugs, it is important to share this information with all your health care providers. In the study mentioned earlier, of the 57 per cent taking both conventional medicines and natural supplements, on average only five per cent told their physician or pharmacist that they were using supplements. It does not have to be an either/or situation when using herbal supplements. There are ways to combine them safely, but this is best achieved by making sure you are working as a team with all your health care providers to get the safest, most effective result.

So the answer to the question, "Are herbs safe?": If you use them properly, they most definitely can be. ■

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Do We Really Have Three Brains?

VITAL HEALTH

The human brain is the mysterious 1.4-kg (three-pound) organ that controls, integrates and interprets information from the outside world to the rest of the body through the five senses. Or so we thought! Recent research has found we actually have three brains: the heart, gut and head brains. The three brains work independently and also together to influence who we are and how we interact with the world around us.

In recent years the gut microbiota has become a major topic of research and the gut is now commonly referred to as the “second brain”. The gut bacteria, often viewed as lowly little creatures, are actually quite sophisticated in their social interactions.

Alterations in the the gut microbiota have been linked to a broad range of diseases including autoimmune, gastrointestinal disorders, inflammatory disorders and brain disorders such as depression, mood and learning disorders.

The Roles of the Three Brains

Although the head, heart and gut brains work together, they have obvious different physical functions and they also perform different mental and emotional roles. For example, the brain analyzes information and applies logic. In contrast, the heart brain senses the world through emotion and feelings, and our gut brain is used for understanding our identity and who we are in the world. The gut brain also helps us learn self-preservation by teaching us to follow our instinct — the “gut feeling” we all experience at times.

When people feel “normal”, they interact with others and the world around them in their own unique way and this interaction becomes part of their identity. All health problems and disease conditions bring pain and suffering of various degrees and in different ways, but brain disorders are the only conditions that change, distort or, in some cases, rob people of their very essence, their identity.

According to recent estimates, approximately 20 per cent of North Americans, or about one in five people over the age of 18, suffer from a diagnosable mental health disorder in a given year. Approximately 12 million children under the age of 18 have mental disorders, and depression in adolescents may be as high as one in eight.

How to Attain and Maintain the Optimal You

Maintaining optimal function of the three brains is crucial to being the best you can be — the optimal you. Life today presents many challenges that can interfere with this state of being. What can you do to maintain optimal function of the three brains?

Sad but true: The number of people with memory disorders are growing yearly in both the elderly and also middle aged adults. This year alone, more than 100,000 Canadians will be diagnosed with dementia — that is one person every five minutes.

Ways to Support Cognitive Function

- The Mediterranean diet is an excellent dietary guideline to follow. It emphasizes food rich in omega-3 fatty acids, including whole grains, fresh fruit and vegetables, fish, olive oil and garlic, as well as moderate wine consumption.

- Water, water, water... is essential for optimal brain function. Water prevents dehydration, and increases blood circulation — all factors that contribute to cognitive decline, and nerve damage. Even mild dehydration can affect mental performance.

- In addition to the dietary components and nutritional factors necessary for the health of the three brains, physical exercises, as well as brain exercises, are important for optimal function.

With healthy lifestyle choices, stress reduction and nutritional supplementation, we can help the three brains regenerate and heal. This is not an alternative approach — it is fundamental to optimal health. ■

When it comes to mental health, it's not all in your head

THREE BRAINS
How the Heart, Gut, and Brain
Interact to Affect
Mood and Health
KAREN JENSEN, ND

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—Eva
Gabor

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love is love is love is
love is love, cannot be
killed or swept aside."

—Lin-Manuel Miranda

"Love is
a serious
mental
disease."

—Plato

"Love recognizes no
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arrive at its destination
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—Maya Angelou

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—Audrey Hepburn

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—Dolly Parton

"We're all a little
weird, and life's a
little weird. And when
we find someone whose
weirdness is compatible
with ours, we join up
with them and fall in
mutual weirdness and
call it love."

—Dr. Seuss

Art Trot Raising Funds for Therapeutic Riding

BY LUANNE ARMSTRONG

The Creston and District Society for Community Living's Therapeutic Riding Program is busy getting ready for its biggest fundraiser of the year, Art Trot 2017: A Silent Art Auction and Much, Much More. This exciting event will be held March 3-5 at the Creston and District Community Complex in the Erickson Room. New activities and ideas will highlight this year's event.

There are many ways you can help. You can volunteer for the event, donate an item or just join us at the event. You can donate artwork: paintings, prints, pottery, jewelry, art cards, quilts, collector's items or photography. As well, gift certificates for services or an experience are always popular items on which to bid. One hundred per cent of the proceeds go directly to the Therapeutic Riding Program to keep it affordable for riders.

Back by popular demand is the birdhouse decorating competition. All you have to do is buy a birdhouse, decorate it and enter it into the Art Trot birdhouse competition. The birdhouses cost \$10 each and are available at Morris Flowers, Real Food Cafe, Creston Card and Stationery or Wynndel Foods.

There are no limits to your imagination

when it comes to decoration — last year, birdhouses ranged from the wild to the fantastic. There are three levels of competition. First-place winners in each category receive a prize. For entries from age 11 and younger, first prize is to be an honorary Creston firefighter for a day. For entries from ages 12-18, first prize, courtesy of Michael Wigen, is a one-hour flight around the Creston Valley for four people, and for entries from those 19 and older, the prize is an Ainsworth Hot Springs getaway package for two people.

The entry deadline is Feb. 17, and completed birdhouses can be dropped off at the CDSCL office. Birdhouses entered into the competition will be auctioned to raise funds for the Therapeutic Riding Program at the Art Trot event. The winning birdhouses will be determined by voting at Art Trot on March 3 and 4, with the winners announced 1 p.m. March 5.

Get your birdhouse, get out your paints and glue gun or whatever else you need and start decorating! We are all looking forward to the results! ■

Donations to Art Trot 2017 can be dropped off at Edward Jones (115 10th Ave. N.), and both donations and birdhouses can be dropped off at CDSCL (205 Seventh Ave. N., 8:30 a.m.-4 p.m. Monday-Friday). To arrange for pickup, contact TRP director Michelle Whiteaway at 250-402-6793 or mwhiteaway@hotmail.com.



Submitted
Douglas Palmer riding Cupcake in the Therapeutic Riding Program.



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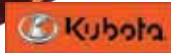
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BX2370 4WD Tractor w/B2750D features: 23hp 3cyl diesel tractor, 2 range hydrostatic transmission, power steering, 4 wheel drive, rear and mid pto, with 50" front snowblower, pto driven, hydraulic lift, manual chute, 2 stage snowblower.

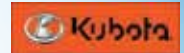
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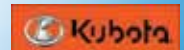
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