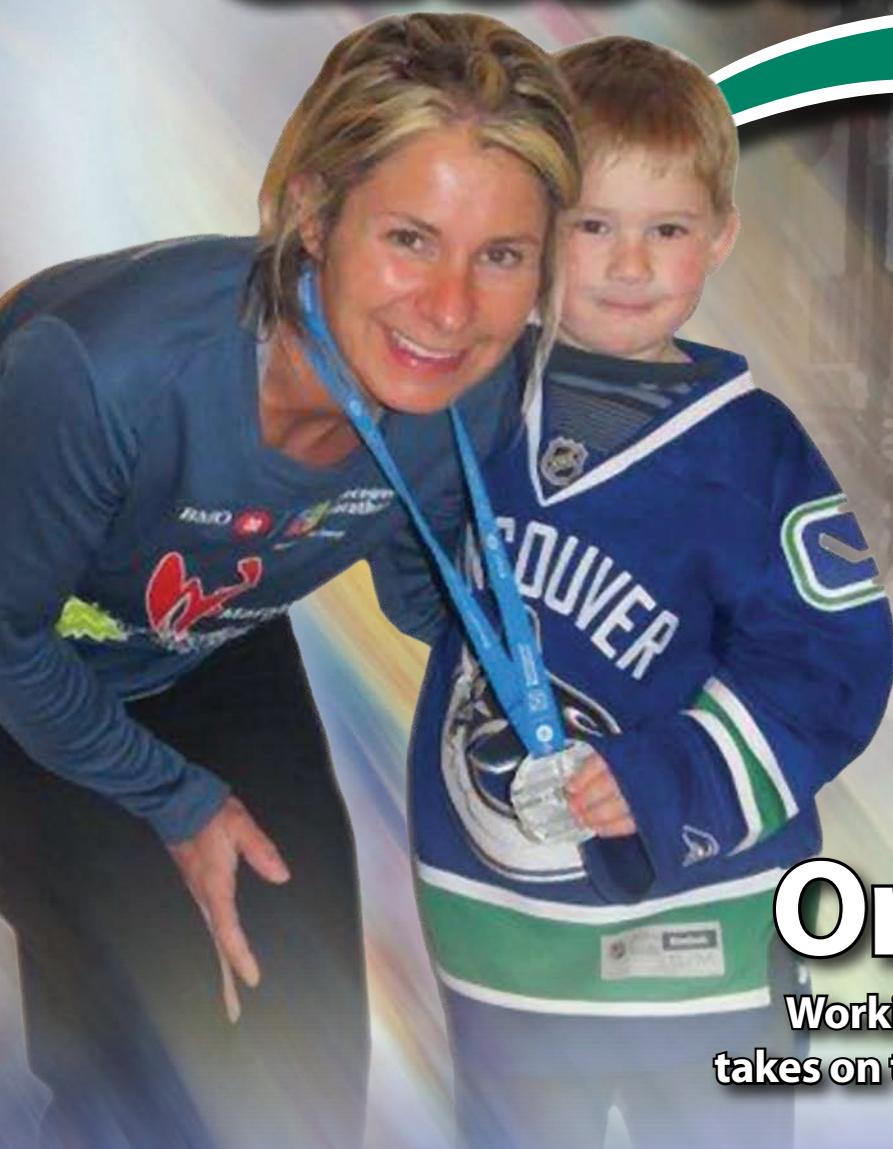


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On the run

Working mom Candi Huscroft
takes on the mother of all marathons

Performing Arts

Edgy comic thriller *Deathtrap*
returns to local stage

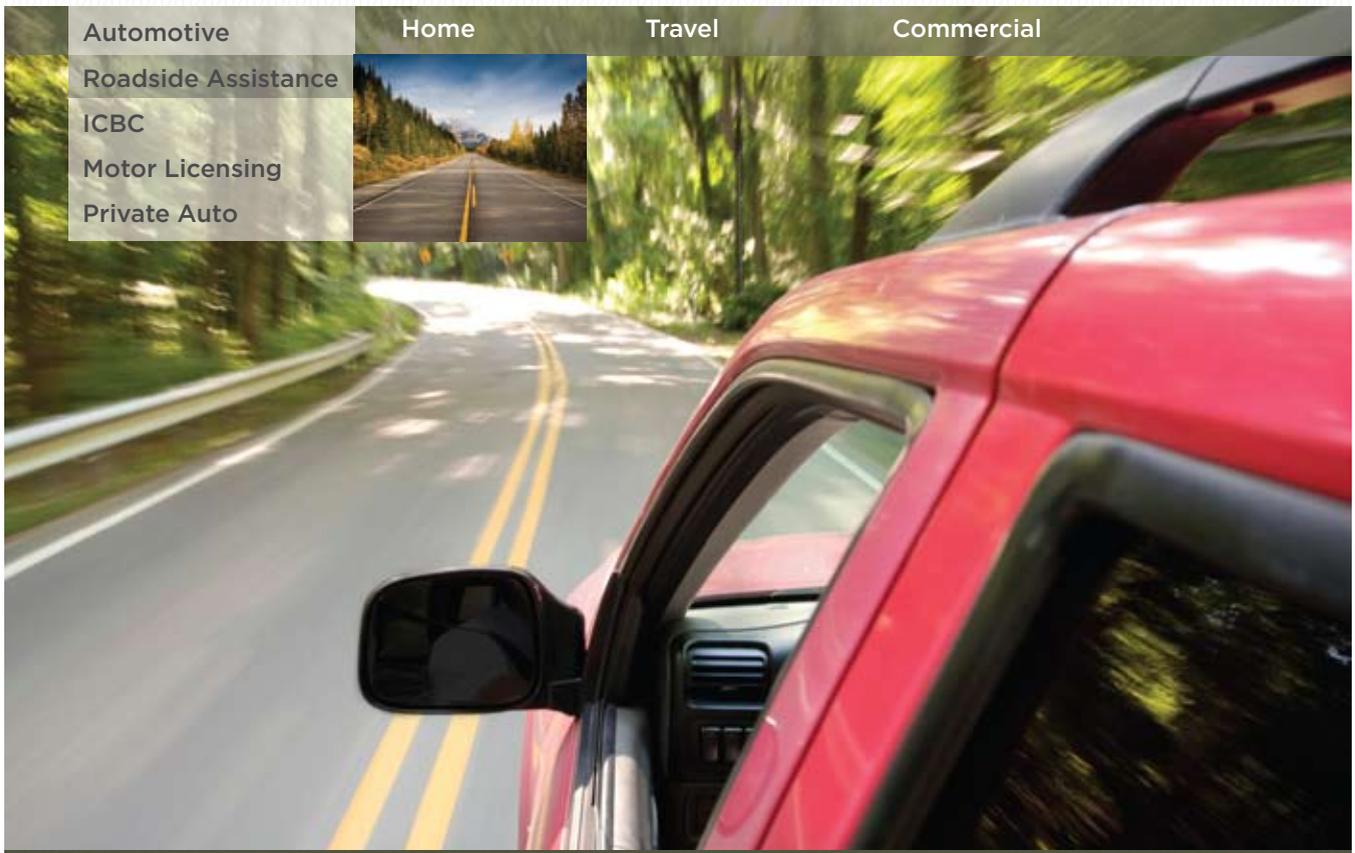
Outdoors: Benefits

Benefits abound for
snowmobile club members

Creston Museum

Zamboni relatively new on
local arena scene

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i love creston

5 I think I'll go to Boston ...

Candi Huscroft of Creston will reunite with her best friend on the starting line of the world's most famous foot race next month.

The Magazine

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Letters to the Editor

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Guest From the editor

Consider it growing pains or an example of “no pain, no gain” – call it what you will. The bottom line is, 2011 census results that show a 10-per-cent increase in Creston’s population bear mixed tidings for the town. Mayor Ron Toyota is the first to admit it.

“Creston went from 4,826 to 5,306 in the last five years,” he says from town hall. “That’s a little bit of a shock, but from the perspective of the community it says we’re growing. You have to always look at the positive.”

The “pain” that accompanies that “gain” will be felt come property tax time when a new method of calculating the cost of policing kicks in.

“When you are a community under 5,000 you are under the provincial policing jurisdiction. That’s what Creston is now,” Toyota says. “When a municipality goes over 5,000 it means we are now in the municipal policing model.

“We won’t see anything in the valley change physically. We will still have 13 officers. The detachment will still be there. The Town of Creston owns the building. What does happen is that the town will be responsible for the number of officers that are designated. We will be expected to pay 70 per cent of each officer’s policing cost,” with the balance covered by the federal government.

The local RCMP station serves the region from Riondel to Yahk; determining the town’s precise portion of that coverage is a matter for negotiation with the Ministry of Public Safety and Solicitor General.

Those talks were ongoing as of this writing, but Toyota estimates that Creston will be accountable for “somewhere between six and eight” of the 13 officers, each of whom carries a price tag of \$140,000-\$150,000 (including wages and benefits). At a rate of 70 per cent that works out to a little over \$100,000 per position, plus a proportionate share of support staff and related expenses.

“Everything gets piled on now that we’re going to a municipal model,” he says, stressing that the division is strictly financial and does not affect the day-to-day manner in which RCMP members serve the Creston Valley.

“When a call is received, whoever is on duty responds. The valley should be assured that the coverage part won’t change. It’s only the payment part that changes, (and) this only affects property owners in Creston.”

Hypothetically, the policing portion of property taxes could double in 2012. To put that in perspective, a property assessed at \$200,000 which was taxed \$60 for policing in 2011 would experience a hike of five bucks a month.

That may not sound extreme, but “it’s still money,” Toyota says. “It’s big money for people on a fixed income.”

There’s no panic in the streets, however, possibly because residents have known this day was coming. Creston approached the 5,000 threshold in censuses past without actually going over.

“It’s been talked about for so many years, people have taken it in stride,” he says. “And that’s why previous councils tried to temper it a little bit. This was anticipated as much

as 15 years ago and the councils then started putting money into a reserve. There’s about \$1.1 million in a reserve that is for policing purposes only. One of the reasons we can keep the cost down is by utilizing the reserve over a period of years.”

That reserve will allow the full cost of the new policing formula to be phased in over five years rather than dropped all at once.

“This is something that is legislated to us from the outside. We can’t do much about it,” Toyota says.

“Now that it has happened we have to face it square, deal with it and move on.

“We are growing, and I think that’s a healthy thing.”

That growth is reflected in the scheduled spring opening of the Ramada Inn, whose outbuildings are also taking shape. One of them is a chain restaurant, Ricky’s All Day Grill, with a 100-seat capacity plus lounge, and the other a small strip mall whose eventual tenants are undetermined, as far as Toyota knows.

He also dispelled chatter about Canadian Tire being turned away from building a big box outlet in Creston.

“I’ve heard the rumour,” he says, “(but) there has never, ever been any conversation with any organization, any business, at this office. So it’s strictly rumour.”

For more from Toyota, see the March edition of his Mayor’s Desk column inside. Otherwise, enjoy this month’s feature about a Creston woman’s quest to complete the famed Boston Marathon, along with the regular departments you’ve come to love about I Love Creston. ■

MARATHON Mom



Huscroft bears down on Boston dream while balancing home and work duties

Candi Huscroft knows what it's like to be on the run. Husband, two little boys, full-time job, part-time hobby (her spouse considers it more of an obsession) – you get the picture.

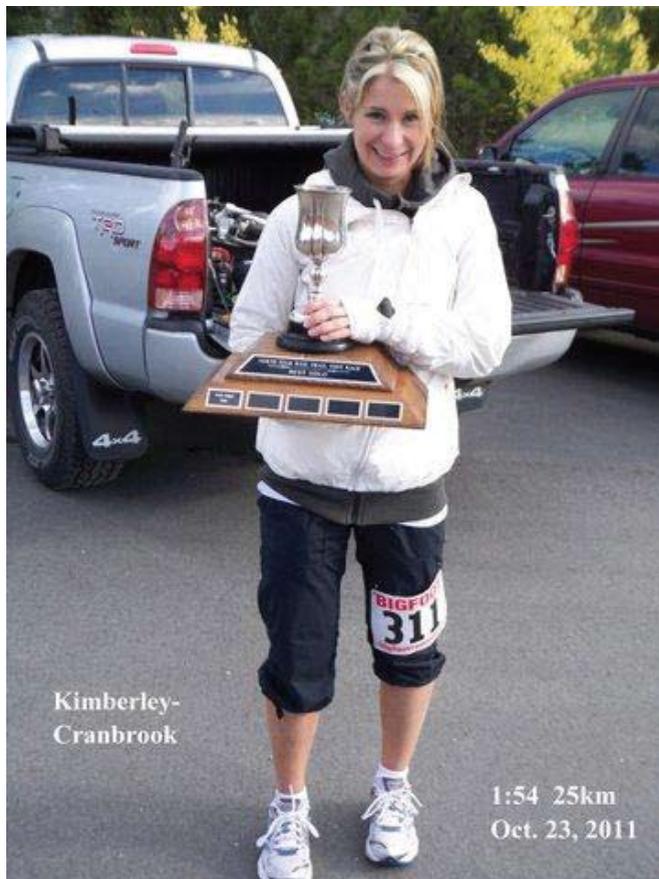
But she also knows what it's like to be on the run, in training for 15 months in preparation for the run, the most famous foot race on the planet – the Boston Marathon.

So it shall be on the morning of April 16 that the 35-year-old Creston woman will find herself on the starting line in the rural New England community of Hopkinton, Mass., along with 25,000 other competitors, each in search of international glory or a personal best time, or perhaps simply content with reaching the finish line, 42.2 kilometres to the east. The occasion will realize a childhood dream that Huscroft didn't think would come true while growing up in Cranbrook.

“Obtain your goals, because you don't know what tomorrow will bring”

“As I'm getting older I don't necessarily wait for the future,” she says, relating her mindset when she decided to go for it a couple of years ago. “Obtain your goals, because you don't know what tomorrow will bring.”

The motivation of a running mate who doubles as a soul mate didn't hurt either, even if she does live 4,000 kilometres away.



Rails to Trails Marathon, Kimberley-Cranbrook, B.C.

Always active, playing fastball and entering the odd 10K race, Huscroft took her jogging to the next level after moving here in 1999 and joining a now-defunct Creston running club during its short-lived heyday early in the 2000s. A new neighbour in 2004 who would become her best friend, Nancy Walker, provided further impetus.

“We'd run every morning,” Huscroft says. “We were inseparable. That was really the push, just to have that perfect running partner.”

The pair will reunite in Boston as Walker, who left Creston in 2009 and now lives in Halifax, has also

qualified for the marathon.

Huscroft met the Boston standard of three hours 45 minutes during the 2011 BMO Vancouver Marathon in May, clocking in at 3:29 – three-quarters of an hour better than her only previous marathon, at Coeur d'Alene in 2005.

She's maintained her intensive, five-day training pace ever since: three 16 to 20 kilometre runs midweek and two runs of 30 to 34 kilometres on weekends – rain, shine or otherwise.

“I just layer up, like Under Armour and a running jacket, a hat, windproof pants if it's wet,” says Huscroft, who also dons reflective gear and a headlamp and is usually joined by a couple of friends, Andrew Stolz and Ryan McEwen. “As long as you're moving you stay fairly warm. I would rather run in wind, snow – anything than on a treadmill. I find it too boring.

“If it's very icy I have (grips) I can stick on my running shoes. Knock on wood, I've been lucky. I haven't had too many spills. Just (take) small, short steps if it's really icy or snowy.”

It's fortuitous that Huscroft thrives on six hours' sleep because her long days start early.

“I like to keep busy so I've always been good with a little less sleep,” says the dental assistant. “I'm usually up and out the door by 4:30 to get my run in before the kids get up, and then get to work. Most of the time they're still sleeping (when I get back), which is perfect. I feel I'm not taking time away from my family.

“I try to be in bed by 10, 10:30. I'm definitely more constructive as an early morning person. You wouldn't catch me going for a run at 8 at night. I'm done.”

Husband Curtis, a meat cutter, works weekends to give him two days with the boys during the week. Carter, 5, goes to kindergarten and Austin, 3, to day care.

“I get ready, have my shower, have my breakfast, help a little bit with the kids’ breakfast and then I’m out the door by 7:30, 20 to 8,” she says. “Curtis usually gets the kids up and (prepares) breakfast because he doesn’t have to be at work until 8:30 or later. He drops them off and then I pick them up after work because I’m usually done by 4:30.”

Preparations for a smooth launch begin the day before, with efficiency the key word.

“I try to use my time wisely,” Huscroft says. “Usually I come home at lunch and make supper. Carter’s in hockey twice a week and sometimes there’s swimming lessons. Curtis still plays basketball twice a week in the evenings so I try to have supper ready by 6 and then I clean up. Curtis will help bath the kids and (have) playtime, read books, brush teeth, (then) do it all over.

“Usually I lay down with Carter (and) I’m out before he is.”

Running, therefore, not only derives physical fitness but is emotionally therapeutic, satisfying her competitive drive without sacrificing her independence.

“It’s like golf, right? It’s just you,” she says. “I like that. It’s just me I have to worry about and nobody else. You’re against everyone in the crowd but it’s your personal best.

“And in the mornings it’s just that time to kind of calm before the day starts, because I know as soon as I walk in that door it’s crazy till bedtime. So it’s just my own personal time. Otherwise I’d feel pretty stretched.

“And there’s not a lot of traffic in the morning. I love the fresh air, just the quietness, the stillness of everything.”

Huscroft was inspired to enter the Vancouver Marathon by a couple of friends, Char Stunder and Cherie Luke, who were planning a “girls’ trip” to compete in the race.

“I knew it was a Boston qualifier,” Huscroft says, “so I thought, ‘If I’m going to run another one I’m going to make it count,’ because it’s a lot of training and a lot of hard work.”

She followed the program of Running Room founder John Stanton and it worked to a T – a Boston “tea” party, if you will.



Blue Heron Run, Creston, B.C.

“It just lays it out,” she says of the book, “tells you, ‘this day, do this,’ and so (by) race day you’re completely prepared. I wanted 3:30. I was 3:29.”

Huscroft admits to some nerves at the starting line, which she shared with 15,000 other marathoners and half-marathoners.

“It takes the first kilometre for the nerves to calm out and then you just relax into your race”

“Definitely scary, because this was to qualify for Boston and Nancy was already in, so the pressure was on me,” she says. “That was kind of stressful. And did all your hard work pay off?”

“It takes the first kilometre for the nerves to calm out and then you just relax into your race. It was a beautiful run. It was a hot, sunny day and you could just kind of check things out and people were cheering me along the sidelines. It was a very, very positive (experience).”

Huscroft buoyed herself, during the inevitable physical and emotional lows, with thoughts of her family, and while circling the Rogers Centre (home of the Vancouver Canucks) drew inspiration from a little self-talk about her husband's uncle, Jamie Huscroft, who was known primarily for grit and perseverance during a pro career that spanned 15 years and 352 NHL games with seven teams.

"At that point I was like, 'You know what? He played there. He was in the NHL. This is nothing.' That inspired me," she says. "It's funny. It's a mind game. And then you just go along . . ."

*"It's a good obsession.
It's a good love to have."*

Huscroft tracked her progress with a GPS device to make sure she maintained a sub-five-minute pace per kilometre, sucked back bottles of water and Gatorade tucked in a waist pouch, and popped electrolyte discs when she needed an energy boost.

"It was a high" at the finish, after which she headed for the airport, "hopped on a plane, came home to Cranbrook and worked the next day."

Her muscles were stiff and sore but the worst impact was the loss of two toenails from "the constant pounding," and "a blister that rubs so bad it bleeds through your shoe."

"That was the toughest," she says, "because about Kilometre 28 I could feel that. You don't look down. You

just keep going. You're living on the high so you kind of get through that. One pain starts over another."

Huscroft's preparation for the physical toll of distance running includes twice-weekly weightlifting and swimming sessions at the Creston and District Community Complex, plus a diet heavy on fruit, vegetables and chicken, though she considers healthy eating habits more of a lifestyle than anything tailored to a particular sporting event.

"We eat healthy as a family," says Curtis, who runs a bit without, shall we say, going over the top, which is what he considers his wife's one-hour-and-45-minute midweek outings, which top out at two-and-a-half hours on weekends.

"Obsessed?" Huscroft repeats. "Maybe."

"I think so," responds Curtis, "but it's a good obsession. It's a good love to have."

The couple plan to compete in a triathlon together this summer and Huscroft has her eye on a half-ironman, although a full ironman is still beyond contemplation. She's also returning to the Vancouver Marathon with Stunder and Luke a mere three weeks after Boston – admittedly "not a lot of recovery time."

Curtis, whom she describes as being "very supportive," is accompanying his wife to Beantown where he'll "be at Fenway Park one day, drinking beers and watching the Red Sox, and I might go to the bar and have a beer at Cheers pub. But definitely, when she's running the race, I'm going to be there at the finish line."

Huscroft thinks a personal-best time in the 3:10 to 3:15 range is attainable due to a stepped-up training regimen featuring more speed and endurance work and some mountain trail running, which she hopes will pay off on the infamous Heartbreak Hill portion of the Boston course.

The sprint to the finish will be rivalled only by the dash to the airport immediately after the race; they fly out at 5 p.m., arriving in Spokane at 10:30 and facing a long drive home via the 24-hour border crossing at Kingsgate that will drag into the wee hours "so I can be at work at 7:30," Huscroft says.

"That'll probably be tougher than running the actual marathon," she quips, before adding, "It's easier just to keep moving." ■



Char Stunder, Candi Huscroft and Cherie Luke at the BMO Vancouver Marathon.



From the Mayor's desk

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

Policing cost talks ongoing

The following story was recently e-mailed to me and I was impressed by the message.

As mayor I receive e-mails, phone calls and personal comments when walking downtown, during my curling or golf games, attending my weekly Rotary meeting, at restaurants and other locations, and through the local newspaper. The favourable and constructive messages are appreciated, and the messages that are the opposite of this I often tag as the Law of the Garbage Truck.

A current topic that is at the top of the pile is our municipal policing agreement. As the 2011 census put the population of Creston over the 5,000 mark (5,306), your town council and staff are working diligently and meeting with provincial and RCMP officials to negotiate an agreement for policing costs.

The town will be responsible for 70 per cent of local RCMP policing costs commencing April 1. I will be able to provide further information in the next issue of I Love Creston. Stay tuned.

The Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us.

My taxi driver slammed on his brakes, skidded and missed the other car by just inches.

The driver of the other car whipped his head around and started yelling at us.

My taxi driver just smiled and waved at the guy. And I mean, he was really friendly.

So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital."

This is when my taxi driver taught me what I now call the Law of the Garbage Truck.

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger and full of disappointment. As their garbage piles up they need a place to dump it, and sometimes they'll dump it on you.

Don't take it personally. Just smile, wave, wish them well and move on. Don't take their garbage and spread it to other people at work, at home or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so . . .

Love the people who treat you right. Pray for the ones who don't.

Life is 10 per cent what you make it and 90 percent how you take it. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

"The town will be responsible for 70 per cent of local RCMP policing"

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How far would you go for success?

Story by: Footlighters
Theatre Society

ran from Oct. 19-21, 1995. At the time, the fledgling group was unheard of and failed to attract the audience that now attends Footlighters productions at the Prince Charles Theatre, including the 2005 thriller, *When the Reaper Calls*.

“Nobody knew what Footlighters was at the time,” Lawrence says. “Now that it’s well-established we thought it was time to bring *Deathtrap* back and give a new audience the chance to see it.”

“We like to do shows that appeal to a wide range of people,” Lawrence says. “But a show like this, which has some violence and language that may not be suitable for younger theatre-goers, really encourages the performers to push themselves and expand their range.”

Neither Lawrence nor Buchanan — who previously teamed up on the direction of *The Music Man* and *The Sound of Music* — were involved in the original production, and a new cast joins them in the play’s five roles.

Greed. Deception. Murder. On their own, each is, at best, distasteful. But mixing them creates an exciting night of intrigue and action when Footlighters Theatre Society presents the comedy/thriller *Deathtrap* from March 29-31.

“This is a really exciting show,” says Brian Lawrence, who is co-directing *Deathtrap* with Geri Buchanan. “It’s full of twists and turns that seem to come completely out of the blue. It’s really hard to guess what’s going to happen next.”

The production is a revival of the first Footlighters show, which

“It’s full of twists and turns that seem to come completely out of the blue”

It was also time for some less family-oriented fare. In its last two seasons Footlighters offered two melodramas, a farce, a fairytale and a musical. Capping off the 2011-12 season with *Deathtrap* was a logical choice.

Footlighters newcomer Marc Archambault plays Sidney Bruhl, a once-brilliant playwright who has endured a string of flops. When he receives a play in the mail from aspiring playwright Clifford Anderson (played by Jordan Koop,

Broadway's longest running comedy-thriller

Deathtrap
by Ira Levin

Produced by special arrangement with
Dramatists Play Service Inc.

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“durable actress” in the Guinness World Records for appearing as Myra in all of Deathtrap’s 1,809 performances.

It was adapted to a 1982 film starring Michael Caine,

Christopher Reeve and Dyan Cannon and, although there are some differences, Lawrence suggests that that anyone planning to come to the show avoid seeing the film first.

“There are a lot of surprises — and you really don’t want to spoil them,” he says. ■

“It still holds the record as the longest-running comedy/thriller on Broadway”

The Villain Wore A Dirty Shirt), he suggests to his wife Myra (Suzanne Chubb, The Villain Wore A Dirty Shirt, When the Reaper Calls) the idea of killing Clifford and stealing the play.

That covers the first two pages, and little more can be said without giving too much away, except to add that psychic Helga ten Dorp (Jennifer Dewald, The Villain Wore A Dirty Shirt, Curse You, Jack Dalton) and lawyer Porter Milgrim (Vern Gorham, Aladdin, The Sound of Music) also factor into Deathtrap’s intricate plot.

Deathtrap opened in Broadway’s Music Box Theatre in 1978 starring John Wood, Marian Seldes, Victor Garber, Marian Winters and Richard Woods. It still holds the record as the longest-running comedy/thriller on Broadway — and Seldes earned mention as “most

Creston Valley Business Buzz



*Sherri Fowler,
Manager of
Nadan Nessie
Gear*

“Go Big Or Go Home” was the question posed going into its fourth year of business. Nadan Nessie Gear went “BIG”. The bigger location is at 1017 Canyon Street, (formerly No Boundaries). Below are some FAQ’s to get to know us better!

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What Type Of Merchandize Is Carried? ...wow, outdoor and athletic

attire, footwear (running, trail, hiking, barefoot, sandals, boots, motion control)and accessories to promote the Kootenay active lifestyle. As well,an “all fruit” smoothie bar is on location.

Some Brand Names?Keen, Adidas, Oakley, Asics, Barefoot Yoga, New Balance, Brooks, to name a few!

What Is New For Spring?...we are excited and proud to be a distributor for Canadian made Delta Kayaks,Clipper Canoes and accessories, arriving in March. Added to this will be camping gear, trekking poles etc.

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Insights into pain far from exhaustive

Story by Jesse Moreton, BSc DC

This month I'm featuring more insights from a clinical researcher, this time with regard to pain.

Joseph Brence is a researcher from Pittsburgh who specializes in the neurobiology of painful conditions. The bold-face points should be credited to him and represent a summary of what we know about pain to date. I have added my own explanations and insights to each point.

Pain is always an output from the brain. Although our lower back may hurt it's actually the brain that gathers the information and produces the pain. This is a difficult point to conceptualize because we tend to oversimplify our nervous system and assume that the problem is always where we have pain.

“Our perception of pain may worsen when we feel ourselves in an unsafe or stressful environment”

The degree of injury doesn't always equal the degree of pain. We are literally all wired differently. Some injuries hurt more than we would expect while others hurt much less than expected. The degree of pain is also related to previous injuries. If you sprain your ankle a second or third time it will probably hurt more because the brain has learned to protect the ankle from previous injuries and “defends” it through increased pain.

Tests like X-rays, CT scans and MRIs don't always correlate with pain. It's been well-documented that MRIs have a high false positive rate. In other words, they show problems which would suggest disabling conditions despite patients not having any symptoms. One study on individuals 60 years and older without pain demonstrated that 36 per cent had disc herniations, 21 per cent had spinal stenosis and more than 90 per cent had a degenerated or bulging disc. I'm not saying these tests are useless; they just need to be checked against clinical signs and symptoms.



Psychological factors can worsen pain. In my practice I refer to these factors as yellow flags. Things like depression, anxiety, stress, loss of sleep, profound muscle tenderness and others will influence the perception of pain. Identifying and treating these factors will help reduce pain.

Social environments influence pain. Because pain is the brain's way of defending or protecting, our perception of pain may worsen when we feel ourselves in an unsafe or stressful environment. For some people this environment may be work. For others it could be around certain people or doing stressful activities such as writing an exam.

Our brain can be tricked into developing pain in synthetic limbs. Just ask anyone who has had an amputation. Phantom-limb pain is pain felt in limbs that are not there. A similar effect has been demonstrated in an optical illusion in which individuals felt pain in a limb which was not their own.

The ability to determine left from right is altered with pain. The cortical pathways within the brain are affected in severe pain such that differentiating left from right is difficult. In practice I have

often found it difficult to diagnose problems when people are in severe pain because pain is felt "all over." When the pain subsides and localizes the problem is easier to identify. Think of the worst accident or tumble you have ever had. When someone asked "what hurts?" or "are you OK?" what did you say? Chances are you probably said or thought something like, "It hurts all over."

There is no such thing as a high pain tolerance in research. I should preface this point with my belief that simply because we cannot prove something now does not mean it is not true. However, research has not been able to demonstrate the phenomenon of a high pain threshold. What we understand as high pain tolerance likely has more to do with the psychological factors mentioned above, the social environment and our previous experiences or injuries.

All things considered, pain is anything but what we would label as commonsensical. There are other avenues of pain I haven't even mentioned – referred pain in its various sub-types, radicular pain, pain from rudimentary parts of

our nervous system like the enteric system and so on.

There is an academic journal entitled Pain which features research articles and theories regarding pain. One quick look through this journal

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will leave you fascinated with the complexity and intricacy of pain and our nervous system.

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Donate Overwaitea More Rewards points to Creston-Kootenay Foundation

Story by: Heather Suttie

The Creston-Kootenay Foundation has joined with Overwaitea Foods for the months of January, February and March in a promotion to encourage customers to donate their More Rewards points to the foundation.

Established in 2005, the foundation professionally manages donated money and distributes the income from these funds to support local projects in the fields of arts and culture, the environment, social welfare and health, education, the aged, youth and heritage.

Within the last few years, grants have been awarded to such

organizations as the Creston Valley Hospice Society, therapeutic riding, Pet Adoption and Welfare Society,

College of the Rockies Community Greenhouse and Boswell Hall, to mention a few.



GRANT APPLICATIONS INVITED



The Creston-Kootenay Foundation invites applications for grants from not-for-profit organizations based between Riondel and Yahk.

The Foundation's fields of interest are arts and culture, education, the environment, social welfare, the aged, youth and heritage.

Application forms may be downloaded from the C-KF website: www.ckfoundation.com (on home page, click on GRANTING) or contact Nicole Nilsson at 250-428-4960 for more information

Deadline for receipt of applications is March 31, 2012



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“By contributing More Rewards points, everyone can give back to their community”

The donation of More Rewards points will help support the acquisition of silent auction items that will be part of the foundation's second annual grande soiree festivities June 2. The evening's theme this year is a Soiree on the Titanic.

By contributing More Rewards points, everyone can give back to their community. The foundation's purpose is to support local projects, from Yahk to Riondel, for now and into the future. ■



Are you penny wise but pound foolish?

Story by: Kootenay Employment Services

Old clichés are often meaningless in today’s world, but this one can really have meaning for individuals and families in the Creston Valley, especially those of limited income. The “pound” referred to in the headline is the British pound – a currency similar to our Canadian dollar, and not a reference to how much you weigh!

It can be tough to save money these days – to get a down payment on a house, setting money aside for school or finding the cash to start a small business. However, if you have a good understanding of how money works and know that there are community resources available to contribute cold hard cash toward your saving goals, you can succeed.

In today’s tight economy it is vital to be both penny wise and pound wise, which is why Kootenay Employment Services is excited to offer valley residents a chance to learn financial management skills and, for low- or

limited-income individuals, a way to earn \$3 for every \$1 they save toward a “productive asset” purchase – a home, a business start or for further education.

KES, in partnership with the Columbia Basin Alliance for Literacy, is offering the free MoneyWi\$e financial literacy course starting March 1. The eight-week program runs every Thursday evening at KES, 119 – 11th Avenue North in Creston.

Topics include understanding financial priorities, budgeting, improving cash flow, assessing money attitudes, finding ways to save, understanding credit and banking institutions, basic investment strategies and much, much more.

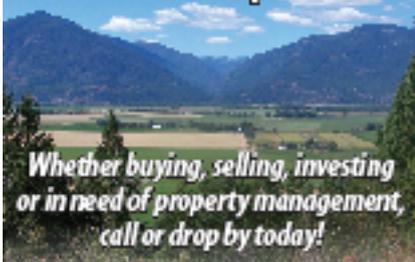
This unique program is a prerequisite for the ADAPT asset development program. ADAPT (Accelerated Development Accounts for Persons in Transition) helps low- and limited-income area residents obtain personal assets through matched savings.

Once accepted, participants make monthly deposits into a designated credit union account and KES matches those savings at a rate of \$3 to every \$1 deposited until the maximum limit is reached. The savings period can be as short as six months and as long as three years. Participants can amass up to \$10,800 by saving as little as \$75 each month (\$2.50 per day).

ADAPT is sponsored by KES and has received generous support from the Creston and District Credit Union, College of the Rockies, Fortis BC, CIBC and RBC, Creston-Kootenay Foundation, Town of Creston, Vancouver Foundation and Columbia Basin Trust.

Registration for MoneyWi\$e is as simple as calling KES at (250) 428-5655. Spaces are limited and late entries may be accepted if additional seats become available. ■

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Home & Garden

Growing from Seed

www.vegetablegardeningguru.com

Starting plants from seeds may take a little effort, but there are several advantages for the home gardener. They include:

- More varieties are available as seeds than from full-grown plants.
- It's cheaper.
- When you grow your own plants, you are getting a known quality.

If you decide to start growing from seed, the next question that needs to be answered, is whether to start them indoors or outdoors. The answer depends on plant quantities, how much space you have to devote to indoor gardening and the length of your growing season. Another thing to think about: plants begun indoors have higher survival rates than those started outdoors.

Seven Steps of Seed Sowing

- 1) Prepare the containers. Clean with well-diluted bleach. Punch drainage holes in the bottom of your container and then line with a layer of newspaper.
- 2) Prepare your growing medium. If you are using soilless growing media,

dampening it. Place it in a plastic bag and add four parts water to one part soil. Mix well by squeezing the bag. End result should be damp, but not wet.

- 3) Fill containers. In addition to your growing medium, you may want to add a layer of sand to promote drainage. Fill pots or flats to within 1/4 inch of the top with your potting mix and level the surface.

- 4) Sow your seeds. The easiest way to avoid mixing things up is to plant only one variety of seeds per container. Read the directions on the seed packet for specific planting instructions.

- 5) Label containers. Label each container with what seed you're planting, date planted, expected date (range) of germination. Also, mark a calendar with your plants germination dates.

- 6) Water. If you've pre-moistened your growing medium, you can skip this step. Otherwise, water to moisten, but not saturate, the soil.

- 7) Cover containers. Cover seed trays with plastic wrap or place them inside a plastic bag. The idea behind covering the container is to keep moisture levels constant. Seeds are very sensitive to the amount of water

they receive. Too much water or too little water will greatly effect your success rate. Remove the cover once the seeds have germinated to prevent plant diseases, such as damping off.

As soon as your seedlings develop true leaves (usually the second set of leaves), it's time to give them more room.

Thin them by trimming off the plant's leaves at soil level. You'll want to end up with one plant for every 1 to 2 inches. ■

Tips for starting seeds indoors

Sun or Artificial Light? You can start seeds on a window sill for natural sun, but you'll get better results using grow lights.

There's No Place Like Home. Shelving works great. Even a bedroom closet or a spare spot in your laundry room can work.

The Container Conundrum. Store-bought seed trays work, but also consider egg cartons, milk cartons or jugs, shallow wooden boxes with slats, or even large plastic buckets.

Tip: Plastic containers work better than clay pots when starting seeds, as they retain moisture more consistently.

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Get Ready for Spring

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While many people don't start their lawn and garden maintenance, redesign and care until it really starts warming up, getting a head start can really save you a lot of time and energy.

Clean, Clean, Clean

Clean your yard of debris that will have gathered through winter, get the leaves and twigs out of the garden, and clean off those pavers and stepping stones. Once the stones are clean and the garden's all tidy, then you can move on to the stuff that is going to make your

landscape be the envy of the entire neighbourhood.

Get the Snow Under Control

If you live in an area of heavy snowfall or just get some from time to time, you're going to need to address the snow issues before spring sets in. When soil starts to thaw but there is still snow about, it can lead to disease. Plant disease can affect the lawn and the garden, so you'll need to spread that snow around to help it melt. Make a nice even layer of snow on warm days so that it melts quickly without harm to the plants underground or your lawn.

Get Tools Ready

Examine tools you haven't used

since last spring. If they are broken or dishevelled, you're going to need to replace them. Go ahead and sharpen your pruners and mower blades and get that weed trimmer restrung. This is a great time to do all this so that your spring can be focused on better things. Don't have your only day off be spent cleaning and getting the lawn tools ready when you could be actually working on the lawn. Spring should be for going forward, not for this type of maintenance.

Spring can be a great time when you are ahead of the game and getting an envy-worthy landscape. On the other hand, it can be a time when you're frustrated and working twice as hard to get things going. With these simple tips, you can choose to be working smarter instead of working harder. ■

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Vehicle access at CVWMA

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

Last month I talked about vegetation management on dikes at the Creston Valley Wildlife Management Area – how important it is to keep them properly maintained and inspected so they can do their job, which is to contain water.

vehicle access to the dikes in certain parts of the CVWMA. Increasing vehicle access into the CVWMA brings with it many concerns.

The CVWMA's mandate is to manage the 17,000 acres of provincial Crown land for conservation through active

system of dikes and water control structures.

The CVWMA operates by a principle that guides its decisions, and the principle is that, to the extent possible, it is our view that we should limit vehicle use on all the dikes within the CVWMA boundaries. This principle is based on the fact that the dikes are containment structures and not roads; they are not constructed like roads and are therefore more susceptible to erosion and also much more expensive to maintain.

Currently, the CVWMA does not have the financial capability to

“Increasing vehicle access into the CVWMA brings with it many concerns”

Recently it was brought to our attention that there is a petition circulating regarding increasing

habitat and wildlife management. An integral part of managing this wetland habitat involves the

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maintain the dikes even without vehicle traffic. To add additional wear and tear on them through increased access is not good management practice.

Unfortunately, increased vehicle access also brings more dumping of

With vehicle traffic also come the negative impacts of noise disturbance to the very wildlife for which we are providing habitat. For example, Leach Lake (the area accessed through the old Summit Creek Campground) provides habitat to a variety of species at

with our mandate of conserving and preserving habitat and managing waterfowl and wildlife.

People can access any and all dikes within the CVWMA 24/7 by non-motorized means such as hiking, biking and skiing.

Vehicle access is permitted on the dikes that run along the south and west sides of Duck Lake.

The impact of vehicle traffic in this area is evident in the large ruts, potholes and washboarding that occur along the surface. Unfortunately, financial resources are not available to maintain and upgrade this dike. ■

If you have any concerns or questions regarding access to the dikes we encourage you to contact us directly at (250) 402-6900 or askus@crestonwildlife.ca or to visit us in person at our administration building at 1874 Wildlife Road in West Creston.

“With vehicle traffic also come the negative impacts of noise disturbance to the very wildlife for which we are providing habitat”

garbage. We are constantly finding people’s refuse at the Duck Lake area where vehicles are allowed – old couches, TV sets and household garbage. This type of pollution has a negative impact on the habitat and wildlife and is visually unappealing for those people who use the area for recreational activities.

risk that have low disturbance tolerance (western grebe, American white pelican and northern leopard frog).

Allowing public vehicle access to this area would introduce an unnecessary disturbance to these and other species. This does not align

“The CVWMA’s mandate is to manage the 17,000 acres of provincial Crown land for conservation through active habitat and wildlife management”



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Why join the Kokanee Country Snowmobile Club?

Story by: Dean Bala, Kokanee Country Snowmobile Club president

Whether you are a hardcore snowmobiler who spends time in the back country hitting huge jumps and trying to climb the unclimbable, a trail rider who just likes to get out and enjoy the scenery or somewhere in-between, the Kokanee Country Snowmobile Club (KCSC) would love to have you as a member.

This begs the question: what do you get out of a membership with the KCSC?

The first and most important thing is that it keeps our riding areas open. The KCSC is a member of

the Association of British Columbia Snowmobile Clubs (ABCSC) which is constantly working to keep Crown land accessible for snowmobiles.

The ABCSC works closely with all levels of government to accurately assess the impact snowmobiles have on wildlife and terrain. By

having a representative of the snowmobiling community involved in the decision-making processes concerning the future of our riding areas, we can rest assured that our

needs are being considered when decisions are made. The more members we have in our club, the louder our voice is.

“There are many other things the KCSC does for the local snowmobiling community”

Being a member of the KCSC also allows access to our Blazed Creek riding area. The KCSC has an agreement in place with the

Nature Conservancy of Canada (NCC) as well as Wynndel Box and Lumber to allow club members access through this property to key riding areas. This area is closed to

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all off-road vehicles, but because a strong relationship and a history of responsible use have been established between the KCSC and the NCC, club members are allowed corridor access.

Our club also works closely with the British Columbia Recreation Sites and Trails Branch (BCRSTB) to keep our riding areas accessible. Over the years we have developed an excellent relationship with several key members of the BCRSTB. They have been a huge help to the club by providing bridges and materials for key river and creek crossings, providing signage for riding areas and assisting the club with any other local access issue.

Club members also participate in work bees over the summer months to clear brush in order to physically keep trails open.

Another responsibility of the KCSC is co-ordinating the snowplowing of our parking areas. Without adequate parking it would be pretty hard for any of us to go up and enjoy our amazing back country. Whether through the gracious co-operation of the Ministry of Transportation or through the volunteer efforts of local club members/business owners, the KCSC always ensures there is adequate parking at our unloading areas.

There are many other things the KCSC does for the local snowmobiling community. We plan fun events throughout the season, including our swap meet, poker run, hotdog dash and year-end banquet.

The monthly club meetings are also a great opportunity to get out and socialize with fellow sledders.

By now you are probably asking yourself, "Where do I sign up?" You can either come out to a club meeting at Rene's Roadhouse Diner on the first Monday of every month, print off a membership form from our club Web site at www.kokaneecountry.webs.com or call me at (250) 402-9839. Your membership in our club would be greatly appreciated and will help keep our local riding areas open and accessible for years to come. ■



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An “ice” history of Creston

Story by: Tammy Hardwick, Manager - Creston and District Museum and Archives

One of the really great things about working in a museum is that it helps me answer some of the major philosophical questions of our time. Questions like, “What was the greatest thing before sliced bread?” and “What would Geronimo say when he jumped out of an airplane?” or “What did people watch during hockey game intermissions before Zambonis were invented?”

Frank Zamboni came out with his first ice-cleaning machine in 1949 but it was several decades before such a beast appeared on the ice in Creston – our first Zamboni didn’t arrive until 1989. It was a second-hand vehicle, purchased by the local

minor hockey association and leased to the Creston Recreational Centre for \$1 a year. It has since been passed on again and now routinely cleans the ice at the outdoor rink in Lister.

So what did people in Creston watch before the advent of the Zamboni? That depends on how far back in the hockey history of the valley you want to go.

In the really early days they watched nothing. Hockey was played outdoors, on Duck Lake or Tin Can Slough (across Highway 21 from the bottom of Canyon Street) or, occasionally, on the present-day Rec Centre field when weather conditions were right. Ice quality was completely dependent on Mother Nature.

When the Civic Centre on Canyon Street was built in 1946, the indoor arena meant ice cleaning was required but it was still pretty low-tech, and a lot less frequent than it is now.

My good friend Ian, who has been involved in minor hockey in Creston for decades, recalls that a flood wasn’t done after every period but only after the game was finished. During the intermissions the ice surface would be scraped clean, then after the game it would be scraped again, swept with big brooms and then flooded.

The original flooding equipment was a 45-gallon drum on skids, with a pipe coming out the back



An outdoor hockey game, Creston, 1916.

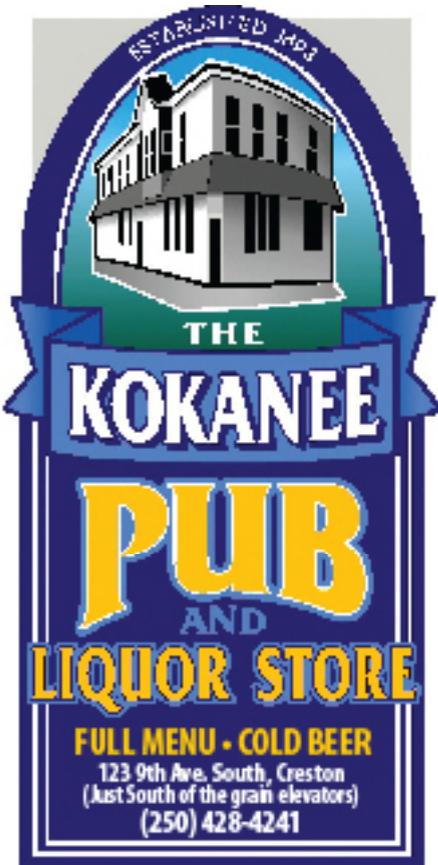
and a burlap sack attached to distribute the water. Ian recalls Les Lund, George Holmes and Milt Mann manhandling this thing around the arena. He also recalls that there was no concrete floor underneath the ice; there was the dirt, then the pipes in the sand over that and a board floor on

“A flood wasn’t done after every period but only after the game was finished”

top. Eventually, the Civic Centre acquired an ice shaver which was pulled by a

Kubota tractor acquired from Albie Ingham at Valley Automotive. That ice shaver was nearly destroyed in the fire that demolished the Civic Centre in 1968, but Bob Lees, Alec McLeod and Jim Ross salvaged it, took it down to the machine shop at the brewery and rebuilt it.

It later found a new home in the current Rec Centre along with the Kubota tractor, which did double duty pulling a mower in summer. Unfortunately, the heat-blasted frame of the ice shaver was never quite up to snuff so a new one had to be purchased.





Prior to 1987 the Rec Centre wasn't operated by the regional district but rather by the local recreation association, and any capital expenditures were paid for out of the profits of the arena concession.

The concession was run by volunteers, which helped.

Those were also the days before every convenience store had lottery and scratch tickets, so minor hockey lotteries didn't have as much competition for people's gambling dollars.

“Those were also the days before every convenience store had lottery and scratch tickets”

And if he did jump, he'd have yelled “Help” like everyone else, because parachutes were even rarer than airplanes.

I'll have to get back to you on the sliced bread thing. ■

Still, there wasn't a whole lot of extra money. The local newspapers in the 1970s routinely ran articles stating that the minor hockey or figure skating or public skating programs were in jeopardy because the arena was out of money. Major purchases had to be pretty carefully budgeted – and prioritized. A Zamboni was no doubt much lower on the list of must-haves than, say, keeping the arena open in the first place.

Thanks to everyone who has helped with the details for this article.

By the way, Geronimo probably wouldn't have even had an opportunity to jump out of an airplane – they were still pretty new and rare when he died in 1909.



Gordon Armstrong working in the arena of the current Rec Centre, 1972.

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

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Del Macs hockey team in the old Civic Centre, 1950s.



Year of the dragon

Story by:
Shifu Neil Ripski

Gong Xie Fa Cai! Happy New Year of the Dragon!

These words have been repeated millions of times in the past few weeks and I have heard them over and over around town. I thought I might write a bit about the dragon itself in Chinese culture as everyone has the mythical beast on their lips.

Before China became an empire it was a group of warring kingdoms. Within each of these kingdoms were various clans both powerful and weak.

If we continue to go back in history we find that these clans warred with one another for power over land, food production and natural resources. The winning clans became more and more powerful and eventually the kingdoms formed.

It was common shamanic practice in ancient days for the Chinese to associate with various animals and

animal spirits for inspiration in their daily lives and, as such, they took totemic symbols from various animals to represent their clans, most likely upon the advice of the medicine men (shamans) of the times. We know now that some of these clan symbols included the deer, eagle, tiger, camel and so on.

As China unified under the imperial system, the imperial symbol had to be put together to represent all the people of China. In order to do this they created a therianthrope, or an image made up of different parts. We also have these in the West in the forms of the Chimera and Manticore.

The Chinese dragon is made up of the clan symbols of all the most powerful clans that united to form China and became a national symbol of unity as a result. The dragon has the head of a camel, horns of a stag, eyes of a demon, neck of a snake, belly of a clam, scales of a carp, claws of an eagle, soles of a tiger and ears of a cow.

So remember: the dragon is a symbol of unity for humanity, co-operation and working together. Happy Year of the Dragon! ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynndel Community Hall. He can be reached at 250-866-5263 or at www.redjademartialarts.com.

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T-Cats season winding down

Story by: Creston Valley Thunder Cats

As we say goodbye to winter and look toward spring, the Creston Valley Thunder Cats' season is winding down. (Hopefully when you are reading this we are still alive in the playoffs and, should the team make the Kootenay International Junior Hockey League final, our last games will be played in April.)

It has been a good season all around, with the Cats finishing the regular season in third place in the Eddie Mountain Division. The team picked up its play in the latter half of the season and played some great hockey on home ice. In fact, the team boasted a roughly 75-per-cent success rate at the John Bucyk Arena during the regular season.

Also, the Thunder Cats won the season series against the Fernie Ghostriders, who always seem to dominate our division, winning five games in a row from December to February.

Power forward Jessie Collins set a team record for the most points in a single season, setting the bar higher for future Cats.

Despite the season winding down we are already gearing up for next year. We are currently selling advertising (rink boards, wall boards, program ads and the like) and season tickets. In order for Creston to continue to see the exciting brand of hockey played in the KIJHL we need our community to be involved and supportive. After all, the Thunder Cats are a community owned and operated team.

We will be holding our annual general meeting in May, when the board of directors for the 2012-13 season will be elected. There are

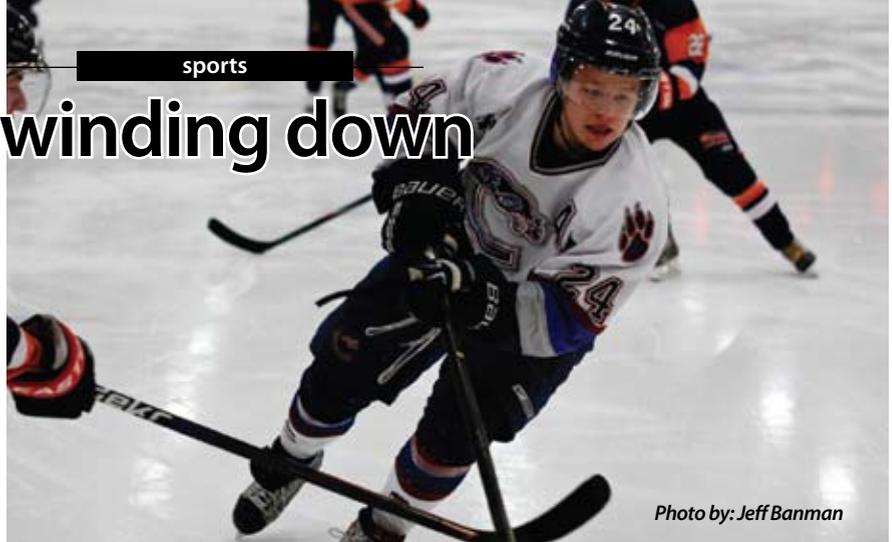


Photo by: Jeff Banman

many non-elected positions available for volunteers, if meetings aren't your thing.

We embrace "rookies" and "veterans" in our hockey family, so don't be shy. Possible ways to help out the team are by assisting our equipment manager, becoming a trainer, getting involved in Web broadcasting of games (play-by-play and colour commentary), helping on game nights, becoming one of our game

attendants and helping with other fund-raising endeavours. Fresh ideas are welcomed.

As I've mentioned before, it takes approximately 100 volunteer hours to put on a single hockey game, and the more volunteers we have, the lighter the load on everyone. ■

If you have any interest in becoming a board member or helping the team out in any way, please contact the team office at (250) 428-8929. For more information visit www.crestonvalleythundercats.ca

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Doves, angels and peace

Story by: Annette Agabob
Owner – Annette's Health Action



In the stillness lives the peace. We are now the embodiment of the new, higher Earth vibration of love, peace and joy.

For me, 2010 and 2011 were trying times. Personal injuries to my shoulders and ankles forced me to be more still. Being still was difficult and yet, inside, I knew there must

be a reason, a purpose, that in the moment I could not see.

blowing sideways and you can't even see where the road ends or begins? This was the experience of these past two or even three years. These conditions required a slowing down.

The only way to move through the fog was at a slower pace; speed in these conditions could be fatal.

I remember my mom saying to

“I don't know how you do it, staying positive and accepting these challenges”

me, “I don't know how you do it, staying positive and accepting these challenges.” Well, my mom's turn to accept her challenges also came. You see, we

me, “I don't know how you do it, staying positive and accepting these challenges.”

Well, my mom's turn to accept her challenges also came. You see, we

are living in a time of awakening and we are ascending from the old energy of pain and suffering into a new energy of peace, love and joy.

There is a quote from *Stillness Speaks* by Eckhart Tolle that describes this with great clarity: “At the present time, the dysfunction of the old consciousness and the arising of the new are both accelerating. Paradoxically, things are getting worse and better at the same time, although the worse is more apparent because it makes so much ‘noise.’”

Health challenges, relationship challenges, work, money – all of these are simply coming up, to be acknowledged as the old energy, so we can release them and open to the higher vibrations of lightness. Therefore, hope and trusting in the transformation we are embarking upon is the light at the end of the tunnel.

My mom (Laurette Hamel) was a clear example of riding this wave of old energy/new energy. She was diagnosed in May 2011 with three cancers: bone, liver and pancreas. Whoa, she didn't feel much hope in that, and her main focus was, “I want to live long enough to plan my funeral and get my things in order.”

The roller-coaster ride began and yet those of you who knew and saw her witnessed her transformation right here on Earth. She was an example of what is possible now.

My most important realization during this process was the absolute importance of aligning with your own inner truth. Staying true to your inner self while making each decision along the way creates a space of peace within.

This, too, was like walking through



Annette with mother Laurette Hamel

the fog. It is simply slowing down and taking everything one step at a time.

My personal experience was that with each soul-aligned decision my mother made, a new door of opportunity and life filled with light would unfold. She became stronger, played cards, went dancing and visited every relative who came to

“Living with hope, possibility and listening within creates the miracles in our everyday lives”

visit her all summer long, laughing and enjoying life, one day at a time.

The results of this were miraculous and she surprised and inspired all with whom she connected.

In November, a new body scan showed that the liver and pancreas cancers were no longer showing. There was no swelling of the area and this was atypical, unusual. This is the true possibility of the times we are now living in.

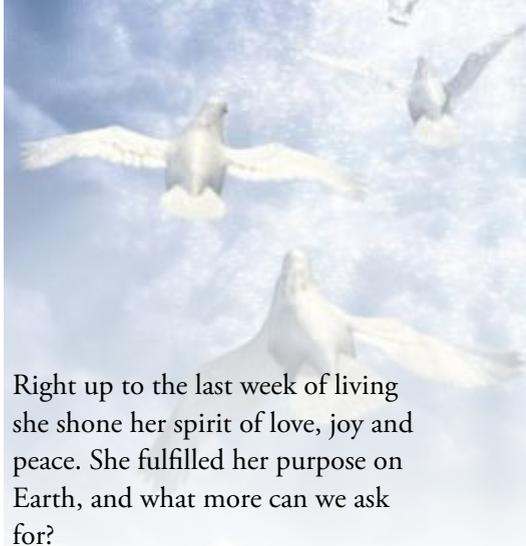
It is not required that we fully understand with our minds what is happening. We are being asked to

feel in our hearts and, in fact, think with our hearts; simply be aware and notice the miracles, and be grateful.

Another miracle unfolds. My mom had witnessed many family members die of bone cancer and her perception was that it was a long and painful process. As I encouraged her to remember, this did not need to be her experience.

This is 2012, not 1985, and the energy within and around is different. In those last few days I reminded her to show the world it is possible to end the suffering and the pain simply by calling the light to her and allowing herself to leave in peace, so others could know it is possible too.

Doves, angels and peace greeted my mother, and within days she surrendered and was the example of what is possible. Living with hope, possibility and listening within creates the miracles in our everyday lives.



Right up to the last week of living she shone her spirit of love, joy and peace. She fulfilled her purpose on Earth, and what more can we ask for?

You may notice this in your life too, with your loved ones. I never dreamt in a million years that I would be able to experience peace and understanding during such an extreme life experience, and I write this in the hope that you too will invite the energy of peace, love and hope into your earthly experiences and share this energy with all you meet.

The words that are embedded in my being to remember: my peace I give to you. ■

Annette Agabob has been serving the Creston Valley as an iridologist, chartered herbalist and whole food nutritionist since 1997. For information on Annette's Health Action or products phone 250-866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com.



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Creston's Best Singer 2012 Revisited

Submitted

Creston, it is time to be entertained by the best local singers one more time!!

The Creston's Best Singer Finals held on February 9th was a night of amazing local talent! The event was so popular among Crestonites, that the tickets all sold out three days prior to the contest.

While this was a delight to all involved with the event, it also meant that several hundred people who wanted to come and experience the best singers in Creston showcasing their talents, simply would not be able to because there was no more room at the Auditorium.

In meeting with sponsors, and many Creston's Best Singer supporters, Creston's Best Singer Producer, Vern Gorham, found that there was a demand to have one more night of Creston's Best Singers singing their songs so that many of the people who could not make the finals,

"Re-live the magic one more time"

would be able to hear the amazing talent that was showcased on February 9th.

Therefore, the producers and singers in Creston's Best Singer contest are pleased to announce a Creston's Best Singer Revisited night on Wednesday, April 4th where most, if

not all, of the singers from February 9th, will again sing and delight the audience at the PCSS Auditorium. Tickets are on sale at BlackBear Books and Kingfisher Books. Ticket prices are \$6 for seniors, students and children, and \$8 for adults.

The night is open to all who may have missed the finals on February 9th, or for anyone else who was there who just wants to re-live the magic one more time. This time, it will not be a contest, there will be no judges, and very little by way of sponsorship. Thus, the night will be finished by 9 pm.

The singing starts at 6:30 Sharp! Please be in your seats by 6:20. ■

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Out & About

Submitted by: www.crestonevents.ca

March 1 to 4

Annual Men's Butterfly Bonspiel

Location: Creston & District
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Contact: Vern Ronmark
Phone: 250-428-9183

March 4

Creston Valley Figure Skating Club Annual Ice Show

Location: Creston & District
Community Complex
4 pm

March 17

OrGano Gold Seminar

Free Seminar
Location: Creston & District
Community Complex,
2 pm
Contact: Chelsea Blackmore
Phone: 250-428-0233

March 29 to 31

Footlighters present Death Trap

*Footlighters Theatre Society presents
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Location: Prince Charles Theatre,
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