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Paddling Across Canada

Tracing the path of
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5

A Remarkable Voyage

The nine-week adventure of Creston resident Kristina Leidums, who's 2,350-kilometre canoe trip took her across Canada.



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The Magazine

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Letters to the Editor

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Guest From the editor

This month's issue of I Love Creston Magazine is packed with entries by and about people who truly love the place, including a feature story that offers a tip of the hat to perhaps the first white person ever to coin the phrase (had the town existed back then).

That would be David Thompson, a Brit who earned a reputation as a pre-eminent geographer by mapping fully one-fifth of North America during a life spent exclusively on this continent from the time he was 14, in 1784, until his death in 1857.

A couple of centuries later, widespread bicentennial celebrations commemorating some of Thompson's greatest expeditions included a special event here in May 2008 put together by Tammy Hardwick at the Creston and District Museum and Archives. This correspondent and two

of his children were among four dozen people who poured into replica voyageur canoes in the Kootenay River at Rykerts and paddled with the current north to a point near Creston, the site of which Thompson and company passed on May 13, 1808.

Guides wore period costumes, lending an air of historical authenticity to the outing, which included a riverside stop where members of the Lower Kootenay Band recreated a First Nations welcoming party complete with teepee, drum circle and wild game cooked on an open fire.

The 17-kilometre trip seemed like quite an adventure, but it pales in comparison to the 2,350 kilometres covered by Kristina Leidums in her epic quest to retrace Thompson's path. The tale of the Creston teacher and several canoeing companions is featured this month.

Elsewhere in the magazine, submissions from Town Hall, the Creston Valley Chamber of Commerce and Community

Futures highlight bright spots in local tourism and economic development, while another – from the Creston Valley Community Housing Society – tells of hope on the affordable housing horizon.

Regular contributor Kristen Cook loves Creston's abundant opportunities to have fun while staying active and getting fit, while health columnist Maya Skalinska can't say enough about the valley's elderberry supply.

Other articles touch on Creston assets as diverse as its compassion for the dying (as expressed through the local hospice society) and its location on the Pacific Flyway, making it a haven for all manner of migratory birds.

Yes, we who love Creston have a lot to be thankful for, and given that this is October, there's even a piece about the history of Thanksgiving in Canada. So go ahead and start counting your blessings as you pour through these pages. ■

Mailbag

(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)

Hello Trish [Wendy Franz: Layout/Design]:

Re: Flame and Feather

Thank you so much for the fantastic presentation of my bio and book promotion. I was pleased that you did not shorten it, and impressed by the way you pulled out "grabber passages" to catch the reader's eye. Even tilting the photo of the cover was a nice touch which probably would not ever have occurred to me.

To a self-publisher, every sale means a lot, and a full page article like this one is, as a friend of mine put it, "pure gold".

Thanks so much -- and congratulations on putting out a fine issue of I Love Creston [Magazine].

Warmest Regards, R. Lee Rose

Hi Lee,

It is such a pleasure to hear feedback on my work. As a graphic designer I

am behind the scenes and my work is not always recognized.

Wendy Franz - Graphic Design

Hi Wendy, I just read this article and I loved it!!!

Kristen's article was so perfect, and true.....I don't know where you found her, but she's a keeper.

What an excellent article to demonstrate how "in" Creston really is!!
If only....everyone could "see it".

Now if we can take what she started, and as a "valley" realize our true potential is in remaining true to our country roots, being "who we are already, naturally", this IS what other's are craving to experience, (tourists, newcomers etc.). Our own Creston fashion, our mom and pop shops, our farms, fruit stands and gardener's, our entrepreneurs, our wildlife centre & enthusiasts, our chicken, horse and hobby farmer's, our retirees, prairie farmer's, and local farmer's, our artists, artisans, and the many alternative health professions, and the world is craving the authentic lifestyle Creston "already IS".

Let's not change-Let's Market what we have-and-what comes naturally! 3 Cheers to

I Love Creston....for finding an awesome writer to wake us up to our "true calling and nature". I just had to write to you to-nite, I was so inspired by this article.

An "I Love Creston" fan, Annette

Thank you Annette, we whole heartedly agree.

I Love Creston Magazine staff

Hi Wendy,

I was so pleased to read the article on the Harvest Share Program in the last issue of the I Love Creston magazine; Patricia Bartlet did such a great coverage! Thank you so much for supporting this community project. The importance of making people aware of the program is the key to its success. In the name of all tree owners, volunteer pickers and fruit recipients, thank you.

Alexandra Dansereau - Harvest Share Program Coordinator

Hi Alexandra,

We agree the importance of supporting organizations, such as yours, is crucial to our valley and its residents.

Wendy Franz and I Love Creston Staff

Tracing the Path of David Thompson

Story by: Brian Bell

When it comes to Canadian idols, few adolescent girls in Ontario would choose David Thompson – if they'd even heard of the renowned North American explorer at all. But, then, being non-conformist has never worried Kristina Leidums.

The Creston resident's latest exploit – a nine-week, 2,350-kilometre canoe trip (part of it performed solo) – provided quite a “how-I-spent-my-summer-vacation” tale for the K-9 students around BC she oversees in her role as an online educator for Self Design. It was the kind of adventure that's seemed inevitable ever since the 26-year-old completed her first canoe trip at age 10.

“My family didn’t do a whole lot of real car camping,” says Leidums, who grew up in the cottage country north of Toronto, “but by the time I started high school it was all I wanted to do. I didn’t want to go to parties or anything.

“They don’t know where I came from,” she adds with a giggle.

Tracing the path of Thompson from Rocky Mountain House, in the foothills west of Red Deer, Alberta, to Lake Superior near Thunder Bay, Ontario, would be no laughing matter for most history buffs, but Leidums pulled it off with remarkable ease. Even the loss of her original paddling partner early on didn’t faze for long the self-styled survivalist, who wound up finishing the journey with her boyfriend, Creston’s Karl Sommerfeld.

Inspiration for the trek came in 2008 via one of many continent-wide bicentennial initiatives commemorating Thompson’s early 19th-century exploits – a canoe brigade

following his course from Rocky Mountain House to Thunder Bay.

“When I saw the route they were doing I thought, ‘I could do that one day, but I’ll wait until I can do it with friends on my own terms,’ ” she says.

Leidums hatched the scheme with Angela Raine, a close friend in Jasper, Alta., during the 2009 Christmas holidays, four months after moving to Creston to teach at Wynndel Wondertree school. The former Yukon

dog-sled guide devoted her spare time to rounding up gear, plotting the location of supply drops and using digital software to compile a three-inch-thick binder of laminated maps highlighting every segment of the route.

By the time June 21 rolled around – the summer solstice – Leidums and Raine were set to dip their paddles in the North

Saskatchewan River.

“I’ve always wanted to do a really, really long trip,” Leidums says, “and I wanted to spend all summer canoeing. I like the idea of living history, paddling through all the places I’ve read about all my life.

“Most people in their right minds would not paddle the North Saskatchewan River. It’s a big, lazy, boring river. (But) I’m kind of weird. I don’t mind the monotony. I love it.”

The current moved the pair along at a speedy 10-kilometre-an-hour clip for the first couple of days, but the euphoria vanished nine days later when pain

“Most people in their right minds would not paddle the North Saskatchewan River”



A windy day on Lac la Croix, in Quetico Park.



4:30 am on the North Saskatchewan River.

from a recurring back injury sent Raine to the shore near Vermilion, Alberta. Leidums knew she didn't want to stop, but she couldn't reach her one other possible companion, brother Erich, 23, who was on a wilderness course in the Yukon.

"I was talking to Karl (on the phone) and he was like, 'You should go by yourself,' " she recalls. "He kind of put the bug in my ear and I said, 'Oh, you're right. I can do this.' "

Equipped with a cell phone and a satellite beacon that transmitted her location, Leidums forged ahead for 10 days and 500 kilometres to Prince Albert, Saskatchewan, where Erich caught up with her. The siblings spent a month together en route to Fort Frances, Ontario.

It was during that stretch that Leidums made her lone departure from her itinerary, circumventing Lake Winnipegosis by hopping a train from The Pas, Manitoba, to the southeastern shore of Lake Winnipeg due to time constraints; she had until August 21 before heading back to work in Creston.

Leidums tented along the shore every night except for a few town stops that provided many, but not all, of the memorable personal encounters.

"We met so many interesting people, some weird, some totally normal, people who would give us fresh drinking water," she says, "some people who gave us fresh pickerel on Lake of the Woods, and the lady who let us sleep on her front lawn, (and) some people at campgrounds who let us stay for free."



Looking back on the Great Falls Dam.

"Wound up having to portage all of our gear five blocks down the main street"

In The Pas, where she and Erich "wound up having to portage all of our gear five blocks down the main street to the train station," the pair drew curious stares and remarks.

"People were just really excited," Leidums says. "Usually the first question was: 'You're doing what?' And they'd do a double take. 'Alberta to where? Lake Superior?'"

By the time they reached Fort Frances, Sommerfeld – a 29-year-old forestry consultant – had switched employers and found himself with a couple of weeks to spare in-between gigs with one of the bands for which he plays the fiddle and mandolin. He spelled Erich for the final, toughest fortnight.

"It was the part with the most portaging, the most lakes," says Leidums, who nonetheless met with good fortune at almost every turn.

The weather was excellent, the bugs not too bad and even when a four-day windstorm blew up it was at their backs,



Karl tackling a portage.

propelling them at speeds of up to 11 kilometres an hour with the aid of a makeshift sail crafted from paddles and a tarp.

Most days Leidums was on the river within an hour or two of rising at 6 am. A mid-morning snack, lunch and mid-afternoon break were usually taken ashore but sometimes spent inside her 17.5-foot, 75-pound canoe. Quitting time didn't arrive until 6 or 7 in the evening.

A diet of rice, lentils, pasta, tinned fish, sausage, nutritional bars and trail mix, with an occasional meal of pancakes or waffles, kept them fit and healthy from start to finish.

"It was really smooth sailing, more so than any trip I've ever been on," says Leidums, who still managed to average 35 kilometres a day when she and Erich spent two weeks paddling upstream on the Winnipeg River.

That was like an expressway compared to the final 20 clicks on the water, with Sommerfeld on Minnesota's Pigeon River.

"It's a pretty narrow river that I knew could be dry," she says. "The first two hours on the river were fine and then it started to dry up – really rocky. We were having to get out and lift the boat and all the gear over the rocks."

They made only four kilometres on the worst of those days.

Next came the climactic Grand Portage, a 14-kilometre trail linking the Pigeon River with Lake Superior.

"That was how the voyageurs got all their furs and stuff inland," she says. "Most people wouldn't do that in their right minds."

"We had three bags," Sommerfeld says, "so we couldn't ever move the canoe and all the gear at once. It always involved a double carry on any portage."

Leidums describes it this way: "One person would take the canoe and one person would take a bag and we'd walk for about two kilometres. Then we'd drop the canoe and the bag and walk back two kilometres and get the other two packs and walk them up. And we'd do it again. That meant that we walked about six kilometres for every two kilometres of progress. We walked about 40 kilometres in total on the 14-kilometre trail."

They began the Grand Portage with two days to spare and finished it in a day-and-a-half.

Obviously Leidums didn't embark on the trip without a skookum measure of self-confidence, but even she experienced some personal revelations over the 62 days.

"It made me realize I can do whatever it is I want to do," she says. "Never let being a young woman stop me."

"She's definitely opened my mind up as to what I'm capable of," Sommerfeld concurs. "It's inspired me to do that kind of thing, and to make changes in my life so that I can do that . . . because of that shift in mentality.

"Once you let go of those little words we use to stop ourselves from doing things because it's more comfortable not to do them, it's a lot less intimidating to do the next time."

Leidums has already begun dreaming about "the next leg of the voyageurs," between Thunder Bay and Lachine, Quebec.

They key to that, or any, challenge in one's life is to "just follow your passion," she says. "If you think of the typical way people think they have to live their lives and follow certain steps – if you're creative or just leave yourself open to exciting things that might happen, there's lots of possibilities." ■

"It made me realize I can do whatever it is I want to do"



Setting off from Prince Albert, Saskatchewan; Leidum's first day paddling with her brother, and his first introduction to the clay banks of the North Saskatchewan River.



From the Mayor's Desk

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

Town of Creston Building Permits

Creston is seeing positive growth. Our municipal services co-ordinator has recently been inundated with building permits applications; an encouraging indicator that our community is seeing increased economic activity at this time.

To date in 2010, the town has issued building permits for over \$8 million of residential construction and almost \$3 million of commercial construction. This year the major commercial building permits have been for Tim Horton's and Creston Place downtown. The B.C. Housing

project for seniors is the major residential project for 2010.

Combined, these building permits represent a total of approximately \$11 million of new construction within the town. With three months still remaining in 2010, these numbers will surely increase.

Looking back to 2009, the town issued building permits for \$20,634,521 worth of construction, which included \$15,428,621 for the regional district recreation and aquatic complex. This means that building permits issued in 2009, excluding the recreation facility, were

for less than \$5 million worth of residential construction (26 dwelling units).

In the year previous to this, 2008, the town's building permits represented \$14,943,240 worth of construction. Forty-two dwelling units resulted in \$9 million of residential construction. Additionally, there was almost \$6 million in commercial construction, Home Hardware Building Centre was a \$3-million construction project).

The value of building permits issued each year is a good indicator of economic activity within the Town of Creston. Combine these values with the growth in regional district electoral areas A, B and C and we can see that the Creston Valley is a growing area within the Kootenays. ■

Ron Toyota is the Mayor of Creston
Phone: 250-428-2214
Email: Ron.Toyota@creston.ca
Website: www.creston.ca

Creston Valley Business Buzz



Lucien Douville
Owner – D-Signs and Design Services

Lucien Douville, a graduate of the Vancouver School of Art (now Emily Carr College of Art and Design), has been crafting signs in the Creston Valley for over 42 years.

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Canadian Thanksgiving

Story by: Trish Bartlett

Way back, when I was a youngster in school, I remember decorating the classroom in preparation for Thanksgiving. Crayon-coloured turkeys and cornucopia festooned the walls. We created pilgrim costumes consisting of giant foil-covered buckles for our shoes and hats, hats which, without the buckle, could do double duty a couple weeks later for Halloween.

We practiced skits and wrote stories about the first Thanksgiving; you know, the one when the Pilgrims almost died but were saved by the Indians when they shared their harvest. This story I heard in classrooms from Richmond, BC, to Montreal, QC.

"So did I," chime in other voices from my generation, and maybe it's not just my generation. Is this the story still taught in Canadian schools?

The problem is, as I realized when I was a bit older, Canada didn't have Pilgrims. Sure, we had Indians and turkeys, and I'm sure the Canadian settlers had, at times, decent relations with the locals; they probably even shared a harvest meal with them. But the story as I learned it in school was an American story. It was, and is, an American icon.

So why is an American event celebrated in Canadian schools? Did Canada just usurp the American Thanksgiving, shift it back about five or six weeks and call it Canadian? Or do we have a

Thanksgiving origin of our own?

Well, drawing upon some faintly remembered Canadian history and supported by research on the Internet, I have uncovered possible origins of our Canadian Thanksgiving. Now, we don't have a onetime event to point to as do the Americans. No, our Thanksgiving is actually more diversified and assimilates different cultures and events throughout history.

Let's take a look.

From 1576 to 1578, Martin Frobisher tried three times to find the Northwest Passage. He never found it. Upon returning

from his last attempt he landed in Newfoundland, where he held a ceremony, a Thanksgiving celebration, not for harvest but for his

safety and homecoming. This was probably the first Thanksgiving celebrated in North America by a European, preceding the American Pilgrims' Thanksgiving by 43 years.

Along with Frobisher, all sorts of people were travelling west to see this new land. French settlers arrived with explorer Samuel de Champlain, and from 1604 onwards held huge feasts of thanksgiving. The Order of Good Cheer was formed to keep up the settlers' spirits during the Canadian fall and winter.

Thanksgiving services were held at different times of the year for a variety of reasons. For instance, in 1763 the Haligonians held a special day of thanksgiving for the end of

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the Seven Years' War when New France was handed over to Britain.

After the American Revolution in 1776, Loyalist refugees from the newly formed United States brought their custom of Thanksgiving, adding the American dimension to the Canadian Thanksgiving hodge-podge.

Up until 1879, Thanksgiving celebrations were usually left in the hands of the

local communities and these often had religious overtones.

From the time the first seed was deliberately planted, worshippers gave thanks to their god for a successful harvest. In the New World, both Protestant and Roman Catholic liturgical traditions shaped any Thanksgiving festival.

Usually a religious Harvest Service was held on or near the Sunday of the full moon (the Harvest Moon) occurring closest to September 23, the autumn equinox. The actual date of this Sunday varies from year to year and can fall in either September or October, so the date of the Harvest Festival varied, just like the spring festival of Easter.

Beginning in 1879, Canadian Thanksgiving began to be celebrated

as an annual national holiday but the date continued to vary, as did the theme. It wasn't always a Thanksgiving for an abundant harvest; it may instead have commemorated a special event or anniversary.

For instance, immediately after World War I, Thanksgiving was celebrated in remembrance of the armistice, on the Monday of the week in which November 11

occurred. It wasn't until 1931 that the two became separate holidays. Armistice Day was renamed Remembrance Day and Thanksgiving was shifted into early

October. It would be another couple of decades before it gained status as an official Canadian national holiday celebrating the annual harvest. It was on January 31, 1957, that Canadian Parliament proclaimed:

"A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed . . . to be observed on the 2nd Monday in October."

And so it has been ever since.

Happy Thanksgiving, everyone. ■

"Usually a religious Harvest Service was held on or near the Sunday of the full moon"



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Railway Wars in the Kootenays

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

I was chatting with a friend who's a bit of a railway history buff and we got to talking about the seriously intense rivalry between William C. Van Horne of the Canadian Pacific Railway and James J. Hill of the Great Northern Railroad. Those two hated each other, and their companies feuded across the Canadian and American landscapes for decades.

But at one time, the two men had been close friends and colleagues. Hill had been greatly involved with the CPR in its early years, and even brought in his protégé, Van Horne, to head up the CPR. So what, we wondered, had turned them into such bitter enemies?

Thanks to a few online biographies of the two, it was pretty easy to arrive at the answer. Firstly, Hill's first love and top priority was not the CPR but rather the Minnesota, St. Paul and Manitoba Railway. Hill got involved in the infant CPR only because it was pushing toward the West Coast and he needed a link to the Pacific for his Manitoba line.

But Van Horne wholeheartedly embraced the Canadian government's vision for a transcontinental line

entirely within Canada, despite Hill's arguments that the proposed line between Nipissing and Thunder Bay, Ontario, would be absurdly expensive to build and a money-loser to operate. He wanted the CPR to dip down into the US and connect with the Manitoba line. Nevertheless, the line took the northern route and Hill's Manitoba line was left without its link to the West.

Matters between the two men went from bad to worse when Van Horne decided to haul all the construction materials for the CPR over the Great Lakes instead of giving this business to Hill and his Manitoba line. At this point, Hill vowed to get even with Van Horne, even if he had "to go to

hell for it and shovel coal." In 1883, Hill resigned from the CPR and sold all his stock in it.

Resignation, though, was not the kind of vengeance Hill wanted, and Van Horne was not content to simply let him go. Both railways expanded their operations on both sides of the international border, encroaching on each other's territories and becoming each other's greatest competitors. It led to some pretty interesting shenanigans in the Kootenays, as both companies raced to monopolize the mining traffic in the region.

In Grand Forks, for example, where the north-south Great Northern line crossed the east-west CPR line,



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GNR Station.

the GNR built an illegal diamond crossing over the CPR tracks; the CPR retaliated by parking a locomotive on the crossing and tied up all railway traffic in all directions.

Whenever a CPR sternwheeler met a Great Northern one on Kootenay Lake, a race was sure to follow. Things got really out of hand in Sandon, where the rivalry escalated into the Great Station Battle of Sandon, with tracks being torn up, stations torn down, bunk cars set rolling (with railway workers in them) and gangs of armed workers gathering in the local saloons to plot their revenge.

In the Creston Valley, the competition was tamer but took an interesting turn. The Great Northern, through one of its subsidiaries, actually arrived first, pre-empting a right-of-way and surveying a route through the valley before the CPR, building west from Lethbridge, had reached the area. But the CPR was the first to begin construction – and so had first claim to the right-of-way. The Great Northern was faced with a difficult choice: build parallel tracks between Wynndel and Sirdar, or pay the CPR a rental fee for the use of its tracks. The Great Northern chose the latter, but the rental fee of well over \$300 per month would prove to be a considerable expense.

“Things got really out of hand in Sandon, where the rivalry escalated”

Then, just after the turn of the century, the CPR got another chance to carry the war to its competitor. As early as 1902, the CPR joined forces with Daniel Corbin, who had been heavily involved in early railway construction in the Kootenays, as well as mining and smelting activities. Corbin had several reasons of his own for hating Hill and the Great Northern, and being eager to partner with the CPR to build the Soo-Spokane line. This rail link connected with the American Midwest through St. Paul, Minn.,

and Sault Ste. Marie, Ont., came across Canada on the CPR mainline, then dropped back down to the US at Kingsgate to continue on to

Spokane. This line competed head-to-head with the Great Northern and was, in fact, the route that Hill himself had argued the CPR should take back in 1883. Hill did everything he could to block construction of this line, burying it in a mountain of lawsuits, but construction went ahead and the Soo-Spokane Line opened in 1906.

To further rub salt into Hill's wound, in 1908 the Soo-Spokane Line, being then the shortest route across the US, won the US Postal Service away from the Great Northern.

Hill retaliated by building a new, shorter rail line. He got the mail

contract back but by then the end was inevitable. Narrow gauge lines that connected to the GNR's standard gauge main lines led to enormous and costly logistical problems. Forest fires wiped out the Kaslo & Slocan line, which was one of the GNR's most lucrative lines. GNR steamships ran aground or sank. The American Interstate Commerce Commission imposed increasing restrictions that hampered the GNR's ability to set competitive rates. In short, the GNR simply could not compete with the CPR.

By 1911, the Great Northern's service between Porthill and Creston was down to a single mixed train two days a week, and the service was discontinued altogether on September 11, 1914. ■

Creston & District Museum & Archives

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Website: www.creston.museum.bc.ca

It's not too early to think about special ordering for Christmas!

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Birds of a Feather

Story by: Carla Ahern

Stewardship and Communications Manager -
Creston Valley Wildlife Management Area

As the leaves turn and the evening chill sets in, a new season is upon us. In October, the fall migration of birds through the Creston Valley is in full swing.

Approximately 1,800 of the world's 10,000 bird species are long-distance migrants, travelling hundreds to thousands of kilometres each year to northern breeding grounds in the spring and summer and southern over-wintering areas.

The primary motivation of migration is to obtain access to abundant food supplies. The longer days of the northern summer provide greater opportunities for breeding birds to feed their young. As the days shorten in autumn, the birds return to

warmer regions where the available food supply varies little with the season.

Migration is triggered by many different factors. Birds don't read calendars but they are very in tune to the seasonal changes in weather, daylight and food supplies. They move en masse to take advantage of areas with a rich food supply.

"As the days shorten in autumn, the birds return to warmer regions"

Birds that migrate through the Creston area are following a route called the Pacific Flyway. Different flyways exist around the world and these routes typically follow mountain ranges or coastlines and may take advantage of updrafts and other wind patterns or avoid geographical barriers such as large stretches of open water. The specific routes that the birds fly may be genetically programmed or learned to varying degrees.

Many northern breeding ducks, geese and swans are long-distance migrants but need only to move from their



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Arctic breeding grounds far enough south to escape frozen waters. Here in Creston, some birds stay year-round but most will migrate further south to where water remains open year-round and the food supply is more abundant. Great blue herons can be seen year-round hunting for fish in open water holes in the frozen ponds that are created by river otters.

Many of the larger birds, such as geese, pelicans and swans, fly in flocks when they migrate. Flying in flocks helps reduce the amount of energy needed by reducing wind resistance. Many large birds fly in a V-formation, which helps individuals save 12 to 20 per cent of the energy they would need to fly alone.

For many species, migration success depends on the availability of certain key food resources at stopover points along the migration route. This gives the migrants an opportunity to refuel for the next leg of the voyage. The wetland in Creston provides the ideal stopover, giving birds a chance to feed and rest before continuing on their long journey.

Birds navigate their migration route by using a variety of senses. Many birds have been shown to use the sun and stars as a compass, making compensation based on the time. Navigation is also based on a combination of other abilities, including the ability to detect magnetic fields, use visual landmarks as well as olfactory (scent) cues.

"Migration puts a lot of wear and tear on a bird's feathers"

Migration demands a lot of energy. Birds store energy in the accumulation of fat. If you look at the size of some of the hummingbirds in the weeks before they migrate, they look like golf balls with wings because they are storing fat for energy for their long journey south.

Migration puts a lot of wear and tear on a bird's feathers as well. Many birds molt, which means they shed their old flight feathers and grow back new ones. During the summer here, many duck species shed their flight feathers and become flightless. That is why you tend not to see too many ducks flying around in the summer as they stay hidden until their flight feathers grow back.

So keep your eyes and ears open for migrating bird species this fall. Different species are arriving daily at the international airport known as the Creston Valley Wildlife Management Area. What a great location for a stopover! ■

If you have any questions, please feel free to contact us at 250-402-6908 or by email at askus@crestonwildlife.ca or check out our website at www.crestonwildlife.ca



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Annual General Meeting

October 4 • 7:00 pm
 Town Council Chambers

Come and be a part of the 70th Creston Valley Blossom Festival!



Creston Valley Wildlife Management Area is home to many migrating bird species.

How Community Futures Can Help You

Story by: Erika Woker,
Creston business counsellor

Are you planning to start or purchase a small business, or expand or diversify your existing business? Community Futures can help.

**"Self
Employment
Program
has assisted
almost 1,400
entrepreneurs"**

Since its inception in 1988, the Community Futures Central Kootenay Self Employment Program has assisted almost 1,400 entrepreneurs throughout the Central Kootenay to start and, most importantly, succeed in small businesses relating to the service, manufacturing, retail, forestry, agriculture and tourism industries.

Approximately 20 per cent of these have been started in the Creston



Valley. These businesses have also created an additional 2,073 jobs throughout the region. It is important to note that after

MARK YOUR CALENDAR!

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OCTOBER 17-23, 2010

**POWER UP
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Oct 13 – "How to Write a Business Plan"

9am to 4pm – Cost: \$50+HST

Investors need it, lenders need it, but most of all YOU need a business plan to keep your business moving forward! Starting, buying and diversifying will be covered.

Oct 14 – "Customer Service Workshop"

9am – 4pm, Columbia Brewery

Cost: \$50 Chamber members

\$75 non-members (+ HST).

First Impressions Count! Register your and your staff for the WorldHost® Fundamentals Workshop.

Oct 14 – Kootenay Rockies Innovation Council (KRIC)

FREE

Open House: 12pm at Chamber – General session open to all.

Digital Media Sector: 4:30 – 6pm

Oct 18 – "Social Media Marketing – Roundtable"

9am to 3pm – Cost: \$60+HST

Make the most of your marketing dollars by demystifying and utilizing Facebook, Blogging, Twitter, etc. Maximum 15 participants.

Oct 21 – CRA – "Small Business Information Seminar"

FREE

Get your questions answered re HST, Income Tax, Payroll, E-Services for Business

For further information, contact the Creston Valley Chamber of Commerce at 250-428-4342 or crestonchamber@kootenay.com

Presented by:



five years, 85 per cent of businesses started through the program are still active.

This is attributed to the free business management workshops and counselling services available to each client while on the program. They provide clients with the knowledge required to research potential markets and prepare a comprehensive business plan. Approved clients also receive income support for up to one year to assist them with living expenses while they are starting their business.

To be eligible for the program you must either currently be on an Employment Insurance claim or have had a claim within the last three years, or a parental claim within the last five years, and be unemployed. For a list of other criteria, visit our website at www.futures.bc.ca.

Community Futures also has a variety of other services available to individuals who are not on Employment Insurance but currently own, operate or are contemplating starting a business. These include business management training and counselling, a business library and an excellent business loans program which offers loans of up to \$500,000. Within the last 25 years this program has assisted 659 businesses with loans totalling \$25.5 million, creating or maintaining 2,085 jobs.

Community Futures may be aware of programs offered through other organizations that can also provide assistance.

"85 per cent of businesses started through the program are still active"

October 17-24 is Small Business Week. To help increase business knowledge in the Creston area, Community Futures, in partnership with the Creston Valley Chamber of Commerce, Canada Revenue Agency and Columbia Basin Trust, is offering workshops relating to business plan preparation, customer service (the world-renowned WorldHost Fundamentals Workshop), a social media marketing roundtable session to help demystify and take advantage of low-cost, extremely

effective marketing alternatives such as blogging, Twitter, Facebook, YouTube, etc. In addition, there will be an opportunity to learn about Kootenay Rockies

Innovation Council initiatives and representatives from the Canada Revenue Agency will be in Creston to provide information and respond to your questions on HST, income tax, payroll and E-services available for businesses. Please refer to our advertisement in this issue for further details.

Community Futures also works closely with Kootenay Employment Services, the College of the Rockies and the Town of Creston to present other high-level, business-related events throughout the year at the least possible cost. ■

For further information contact Erika Woker, Creston business counsellor at (250) 254-1967 or creston@futures.bc.ca. Visit our website at www.futures.bc.ca

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Promoting Tourism within the Creston Valley

Story by: Becky VandenEykel, Manager
Creston Valley Chamber of Commerce

What does the Creston Valley Chamber of Commerce have to do with tourism? Quite a bit.

One of our roles within the Creston Valley is to be a delivery organization, which means we act as operators of an official British Columbia visitor centre and provide WorldHost® training, which is a

provincial program. As manager, I like to call it a “marriage” between the chamber and the visitor centre; while each is a distinct entity, both support and help each other.

By being an official visitor centre we receive a membership to a network of 136 visitor centres across the province, training for staff received by the Ministry of Tourism, Culture and the Arts and, most importantly, a distinctive, blue-and-yellow logo that identifies the brand tourists

have come to recognize as providing exceptional tourist information, assistance and advice.

Have you visited our new building? Last year, the Creston Valley chamber completed renovations to our new location – a huge win for tourism in the valley. We are extremely proud of the space that was created for the visitor centre and tourists are continually wowed. All

“We are extremely proud of the space that was created for the visitor centre”

year, tourists know that when they stop at the Creston Visitor Centre they will receive more than just travel information, they will receive personalized customer service.

Did you know that we provide the following free of charge to our guests?

Local accommodation reservations and free local phone service for visitors to reserve a room or campsite on their own, call friends and family, check their messages, etc.

Research and print out specific information from the Internet for visitors.

Public washrooms that are monitored daily and kept clean to the highest standards.

Access to Wi-Fi Internet, a water cooler and comfortable lounge area.

Maps and visitor guides for Creston and other towns/cities within the province.

Brochures about our chamber members’ businesses and/or organizations.

Outside newspaper box that houses our locally produced Chamber Visitor Guide – this accommodates visitors travelling outside of business hours.


Canada flag pins and flags (a big hit with international visitors).

The Creston Visitor Centre is open year-round from September to June, five days a week from 9am to 5pm, and from July till the September long weekend we are open seven days a week from 9am to 5pm. This summer, funding from Canada Summer Works enabled us to employ two students from the community, Matthew Ramaradhyia

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Areas A, B
& the Town
of Creston



and Ethan Guthrie. Being life-long residents of Creston, Matthew and Ethan were extremely helpful to tourists due to their passion and knowledge of the valley.

2010 Summer Statistics

Number of Visitors to the Creston Visitor Centre:

June: 1,367

July: 2,850

August: 2,951

Our chamber mandate also includes an emphasis on attracting people to the valley to support our local businesses, or in other words "economic development." This year, visitor centre staff members Amy Maddess and Autumn Yesh travelled to three different markets to promote Creston and bring us new visitors. A joint venture with the Town of Creston allowed us to have a booth at the Inland Northwest's Biggest RV Show & Sale in Spokane, Wash. We also had a booth at the Annual Edmonton RV Show and a booth at

the Calgary Outdoor Adventure & Travel Show.

At the Edmonton show, our Creston booth was the only one representing the Kootenay Rockies region. We feel our efforts to attend these shows had a positive result and we are planning to attend the 2011 shows. We also help attract people to the valley by organizing and continually improving the annual Home and Garden show, supporting similar initiatives such as the Creston

"Attracting people to the valley to support our local businesses"

Valley Fall Fair and collaborating with the Town of Creston on its economic development initiatives.

Have you picked up a copy of the 2010 Chamber Visitor Guide? This guide

is locally produced and has been designated the most user-friendly and helpful guide by the people who use it, our visitor centre counsellors. Amy and I are also given the opportunity to contribute to both the editorial and the creative content. The guide has improved

each year and we are already planning the 2011 edition.

We welcome any suggestions, comments and pictures from who we represent within our pages – you! If you are a business owner or are a part of a local organization, the rates to advertise within the guide are quite affordable. Plus, our large size will give you a larger ad for less. It's a great way to connect with visitors to Creston and those interested in relocating.

The visitor centre is not only for tourists, we serve locals too. We are very active within the community and we are your source of information for what's happening. If you have an event, don't forget about our events board. If you are looking for a business or service, please don't hesitate to call us.

Keep an eye out for local art shows being held here. If you are looking for space to hold a board meeting or similar, contact us for our room rates. Planning a trip? Drop by and browse our free publications. Or if you are driving by, stop by and see our local arts display and learn about the history of the valley from our Rotary history wall.

As you can see, the Creston Valley Chamber of Commerce and Visitor Centre do support and promote tourism within the valley and we are here to help you, the local resident. We look forward to seeing you. ■

For more information on the Creston Valley Chamber of Commerce drop by 121 Northwest Blvd. (Across from ABC restaurant)
Phone: (250) 428-4342
email: crestonchamber@kootenay.com



Amy Maddess, Ethan Guthrie, Matthew Ramaradhya and Becky VandenEykel.

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Home & Garden

Fall Yard and Garden Tips

www.helium.com

Continue to Mow. If you've planted grass appropriate for your area, you may see a resurgence of growth with cooler temperatures and fall rains. Mow when your lawn needs it.

Mulch Leaves into your Lawn.

If you have a mulching mower or mower blade, remove the bag and mulch the leaves into your lawn. The added organic matter will break down and feed your lawn.

Prune. Prune back and remove any persistent dead growth on plants. This is an optimal time to remove dead branches from trees and shrubs and cut perennials back.

Add Plant Tags. While pruning back perennials, add plant tags to mark their locations. When you are planting in the spring, you will avoid damaging established plants.

Clean Up. Remove weeds and dead and dying annuals. Rake and remove any dead plant growth that has fallen in garden beds. Dead plant material can harbour both pests and disease.

Dig Up. Dig any bulbs that are not hardy to your zone and store in a frost free location.

Mulch. Coat your beds with a thick layer of mulch, at least 2-3" of new mulch. This will prevent "heaving" or the ground repeatedly freezing and thawing, forcing bulbs and roots from the ground, damaging your established plantings.

Fertilize. Fall fertilizer on the lawn will give a nice jump start to your grass in spring.

Empty and Clean Containers.

Containers should be emptied, cleaned and stored for use in the spring. If soil is allowed to remain or pots remain outside, water in the soil and porous (clay) pots will freeze and expand, causing the pots to crack.

Refurbish Pots and Store. If you use pots or containers, now is a good time to refurbish them so they look great for next year. Bleach diluted in water will remove any moss and molds from clay pots.

Add Holiday Lighting. Put up your holiday lighting now. It is much more preferable to be installing and troubleshooting holiday lights now. Wait on lawn ornaments until the winter holidays are nearer, but lighting is much safer to install on a warmer fall roof than one covered in snow. ■

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My Side of the World

Story by: Kristen Cook

No Pain, No Gain?

It's been a while. A four year break to be more exact. My muscles know it and they ache already.

Bruises are coming up on my forearm and my lungs are burning. But I'm still smiling between big gasps of air and gulps of water.

I know I missed it. The passion of sport. The benefit of physical activity. The five inch uncontrolled fall when trying to take a seat after a hard workout. Which makes me ask, why did I take so long to come back to something I once loved?

The excuses... err, answers come quick and easy. I've been busy traveling around the world, long term volunteering, spending my evenings waitressing to support these habits.

"Active living was very much a part of their lifestyles"

Regardless, Trail and error has taught me that I'm happier when I stay active. It creates a place to leave stress and excess energy. I remember a small community I stayed in during my time in Northern Ontario. What stood out to me was that active living was very much a part of their lifestyles. School fields were busy with pick-up ultimate Frisbee or soccer games. Two dollars got you into a busy lap swim and shaded trails teemed with mountain bikes and weekend hikers. Stepping

outside on an autumn afternoon was sure to give the correct impression of vitality and energy.

My hometown... our hometown comes complete with all the necessary resources. We have a beautiful network of trails, a perfect lake and ski hills within an easy day trip. Let's not forget our new

recreation complex. Curling, skating or state-of-the-art swimming. Not to mention, three independent gyms and numerous classes or drop in activities. There's bound to be something for everyone.

I have a compiled list of 101 things to accomplish in 1001 days. It's a nice time frame for a commitment phobe such as myself. One of my goals is to get back in shape. More specifically, join judo. This goal is primed for maximum efficiency. I already know I won't stick with, say, running for more than a week. I need competition, social aspects and



commitment to an activity. Most importantly, I need something I know I'll enjoy. Given the passion I felt for judo when I was seventeen this seemed a good option for me.

"I love the rare moment when I master a throw"

The formula can be applied to anyone. Find a sport you actually like. If running does it for you then that's wonderful. Just don't rule out dancing, hockey, volleyball or



snowboarding. Maybe aerobics, basketball, climbing or swimming. Find someone willing to join you and you've got a commitment. A nearly fool proof system. With such conclusive evidence touting the benefits of regular physical activity there's really nothing to lose.

My back smarts a little as it's slammed down on the mats yet again. High school kids pick me up and toss me through the air. Luckily I remember how to slap before the landing which, clearly, will make the throw feel like it was conducted on a cloud of cotton. Judo means "gentle way" in Japanese. An encouraging thought as we practice our chokes and arm bars.

I am pathetically out of practice, and I know it. Four years tends to do that. Despite it all judo still means a lot to me. It's my workout of choice, bound to be supplemented with a little ice and ski hill time. I actually like complaining about sore muscles and bruised shins. It reminds me that I've earned them. I love the rare moment when I master a throw, or when I see the puck hit the back of the net. It's adrenaline, competition, skill... and it's beautiful.

"Play because you want to and because you can"

That's what motivates me. Take a look at your own interests. Maybe between us we can help make Creston a more active place. A town where football happens in the park on weekends, and the walking club is full of members excited to discover new paths. Play because you want to and because you can.

Last, but not least, remember that you're bound to benefit from getting involved, and in more ways than one. Pick up the Leisure Guide for the best source of info.

Hopefully I've encouraged you to take on the trails, or a yoga class or two. Maybe, with a little luck, I'll see you on the mats or the ice. Trust me, if you get out soon enough I'll be an encouraging force not needing to be reckoned with. ■



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History of Trick or Treat

www.theholidayspot.com

The custom of "trick or treat" probably has several origins.

An old Irish peasant practice called for going door to door to collect money or food in preparation for the festival of St. Columbus Kill.

Yet another custom was the begging for soul cakes for one's self-particularly in exchange for promises of prosperity or protection against bad luck. It is with this custom the concept of the fairies came to be incorporated as people used to go door to door begging for treats. Failure to supply the treats would result in practical jokes being visited on the owner of the house.

By the mid- 20th century children would dress up and parade to the neighbors' houses, do little performances, then ask for a reward. ■



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History of Jack-O-Lanterns

www.theholidayspot.com

This is based on an old Irish legend. One day Jack was out in the woods and tricked Satan into a tree to throw down some fruit. Once Satan had helped him he carved a cross into the tree and trapped him there.

He then struck a deal that Satan would leave his soul alone when he died. This backfired when he died since heaven would not take him either. When he kept bothering the Devil to let him in the Devil gave him a burning ember instead.

He carried the ember in a hollowed out turnip to light his way as he wandered through eternal darkness. Eventually this was replaced with the pumpkin and became the modern Jack-o-Lantern. ■

Have a Safe and Happy Halloween!



From all of us at...



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Happy H

Halloween Supe

www.theholidayspot.com

- A burning a candle inside a Jack O Lantern on Halloween keeps evil spirits at bay. If a candle suddenly goes out by itself on Halloween, as though by breath or wind, it is believed that a ghost has come to call.
- Always burn new candles on Halloween to ensure the best of luck. It is not a good idea to burn Halloween candles at any other time of the year. It may bring bad luck or strange things will happen to you.
- Gazing into a flame of a candle on Halloween night will enable you to peer into the future.
- Girls who carry a lamp to a spring of water on this night can see their future husband in the reflection.
- It is believed that if a person lights a new orange colored candle at midnight on Halloween and lets it burn until sunrise, they will be the recipient of good luck.
- If you hear footsteps trailing behind you on Halloween night, do not to turn around to see who it is, for it may be Death himself!

www.ilovecreston.com

Halloween

stitutions

- To cast a headless shadow or no shadow at all is still believed by many to be an omen of death in the course of the next year.
- According to an old English folk belief, you will invite bad luck into your home if you allow a fire to burnout on Halloween.
- If a bat flies around a house three times, it is considered to be a death omen.
- A person born on Halloween can both see and talk to spirits.
- Knocking on wood keeps bad luck away.
- If you see a spider on Halloween, it could be the spirit of a dead loved one who is watching you.
- Put your clothes on inside out and walk backwards on Halloween night to meet a witch.
- You should walk around your home three times backwards and counter clockwise before sunset on Halloween to ward off evil spirits. ■

Halloween Trivia

www.theholidayspot.com

Halloween was originally a Celtic holiday celebrated on October 31.

Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.

Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.

According to folklore, the jack-o-lantern got his name from a man named Jack.

Turnips and beets served as the original jack-o-lanterns.

Jack o lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

Mexico celebrates 'The Day of the Dead' instead of Halloween.

Pumpkins also come in white, blue and green.

Pumpkins originated in Central America. When Europeans arrived in the New World, they found pumpkins plentiful and used in cooking by Native Americans. They took seeds back to Europe where they quickly became popular.

A pumpkin is a berry in the cucurbitaceae family, which includes melons, cucumbers and squash.

Halloween is the 2nd most commercially successful holiday, with Christmas being the first.

Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers .

It is believed that the Irish began the tradition of Trick or Treating. In preparation for All Hallows' Eve, Irish townsfolk would visit neighbors and ask for contributions of food for a feast in the town.

The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

Black cats were once believed to be witch's familiars who protected their powers.

Samhainophobia is an intense fear of Halloween. ■

Trick or Treat

Stay Safe this Halloween

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13 Top Halloween Movies for Kids

<http://kidstvmovies.about.com/od/halloween>, <http://kidstvmovies.about.com>, <http://homevideo.about.com>, <http://movies.yahoo.com>, <http://family.go.com/entertainment/article-264120-13-not-so-scary-movies-for-halloween>, <http://www.mooviees.com>

1) **The Nightmare Before Christmas:**

In a world where each holiday has its own town, Jack Skellington embarks on a search for something more than the dreariness that Halloween Town offers.

2) The Haunted Mansion: This spooky, CGI effect-packed film is based on the famous Disney World attraction.

3) Harry Potter Years 1-5: This collection includes: Harry Potter and the Sorcerer's Stone, Harry Potter and the Chamber of Secrets, Harry Potter and the Prisoner of Azkaban and Harry Potter and the Goblet Fire.

4) It's the Great Pumpkin, Charlie Brown: It just wouldn't be Halloween without joining Charlie Brown and the gang for the classic tale of the Great Pumpkin.

5) Bedknobs and Broomsticks This story follows Eglantine and the children as they set out on a magical adventure to find a missing page from an old book.

6) Casper: Steven Spielberg produced this feature starring the friendly ghost originally created in 1940 by Joe Orolio.

7) Scoobie Doo on Zombie Island: This creepy caper finds the Mystery Gang heading to a haunted bayou island to investigate a ghost.

8) Monster House: DJ is a 12-year-old boy who lives in a nice suburban neighborhood, except for the rundown house owned by old Mr. Nebbercracker.

9) Ghostbusters: This movie is about three parapsychology professors who set up shop to rid the city of pesky goblins.

10) Tim Burton's Corpse Bride: Tim Burton combines wholesome comedy and creepy horror with this tale of a mild-mannered Victorian gentleman who accidentally marries a mysterious corpse bride.

11) Beetlejuice: Barbara and Adam move to the country and are killed in a car accident. Their ghosts return to their home, and learn that they can live in their house, even with a new family from the land of the living.

12) Monsters Inc: What if the spooky creatures under beds and in closets are just as afraid of us as we are of them?

13) Addams Family: When long-lost Uncle Fester reappears after 25 years Morticia and Gomez begin plans for a celebration that will wake the dead. ■



13 Classic Halloween Chillers

<http://www.classicmovies.org/articles>

1) Nosferatu (1922): F.W. Murnau's masterpiece is thought by many to be the greatest vampire movie of all time.

2) Frankenstein (1931): The acknowledged king of horror films may look like a cliché today, but it created most of those clichés.

3) Bride of Frankenstein (1935): Considered even better than the original.

4) The Wolf Man (1941): One of a handful of the most remarkable horror films.

5) Invasion of the Body Snatchers (1956): The word "body" in the title of this film caused some parents to forbid their children from going.

6) Psycho (1960): Still Hitchcock's most popular film, and one which influenced generations of filmmakers.

7) The Haunting (1963): One of the greatest of all haunted house movies.

8) The Birds (1963): Leave it to The Master to turn a flock of birds into malevolent monsters.

9) Night of the Living Dead (1968): A zombie flick is still about as scary as they get.

10) Rosemary's Baby (1968): This late 60's tale of a woman who gives birth to the Devil's child makes this a classic.

11) The Exorcist (1973): Known as one of the scariest movie of all time, the religious element made it a big draw in the mid-seventies.

12) The Omen (1976): Many feel this is one of the best horror movies ever made.

13) Halloween (1978): This film set the tone for many slasher flicks to come, perfect way to put you in the mood for Halloween. ■

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Grizzly Math

Story by: Gillian Cooper, Trans-Border Grizzly Project - Bear Aware Coordinator

When I did the math, I found that Captain Hook was Hanna's brother!"

What math? Well, when you are Michael Proctor you use Grizzly Math to understand grizzly bear populations in the Selkirk and Purcell mountains. Captain Hook and Hanna are two of the bears that Proctor has been following.

So just what is being counted, tabulated and applied? Grizzly bear hair samples.

"The results showed some challenging problems and interesting stories"

Over the past years, Proctor, head biologist with the Trans-Boarder Grizzly Bear Project, set up 200 "hairbrush" stations throughout the southern Selkirk and southern Purcell mountain ranges. As the bears move past each barbed-wire "hairbrush" they leave their hairs behind, just like when we brush

our hair. Proctor used GPS to record and map the location of each hairbrush station, collected up all hair samples and sent them for DNA testing. The results showed some challenging problems and interesting stories.

The DNA totals showed that the populations in the southern Selkirk range are 55 per cent lower than expected, while the southern Purcell range is missing 70 per

cent of its population. The Creston Valley is in the middle of these two declined populations.

"The populations in the southern Selkirk range are 55 per cent lower than expected"

DNA also showed family connections and breeding patterns. The mapping of hairbrush stations with the DNA results showed individual bear home ranges, travel routes and feeding areas.

Captain Hook's and Hanna's father was found to hibernate in the Purcells each winter. In spring he moves into the valley floor to feed on spring grasses. He crosses main highways and annually walks a distance similar to travelling from Creston to Nelson and back. Captain Hook and Hanna are full siblings. Captain Hook moved off and lives over in the Selkirks while



Michael Proctor radio collaring a bear and checking on the bear's health.

Hanna still lives in the Purcells where she was born. Their mother also lives in the Purcells. Neither female crosses highways.

Proctor's research is revealing and gets results we can use to make choices about our Creston Valley.

For example, radio collar data at the Creston regional landfill showed that a few bears were walking great distances to feed on the garbage found there. The Regional District of Central Kootenay wisely noted that "a few grizzly bears" were too many and fenced the landfill this past summer. Over time, this action will create greater public safety and will assist in keeping bears out of trouble.

The Creston conservation officers are very pleased that this pro-active action was taken. Keeping bears out of trouble and away from human attractants is important for people and business and is critical for grizzly bear conservation efforts.

We know that it will take some time for "visiting" bears to learn that this "restaurant" is now closed.

The conservation service is asking folks to call the RAPLINE at 1-877-952-7277 to report sights of bears in the Creston landfill and airport area. The landfill and surrounding area is being monitored carefully.

"Keeping bears out of trouble and away from human attractants"

With the fencing in place, visiting bears are looking about to see if there are other food sources available. All home and business owners can work to ensure bears move out of these areas quickly by: securing garbage behind closed doors or in bear-proof containers, picking all fruit off trees, removing bird feeders until November, keeping compost covered with

layers of leaves and keeping all livestock and pet food in secure locations.

Thanks to Proctor, the Creston conservation service and the RDCK for working to keep our community safe for people and bears. ■

For more information please visit www.bearaware.bc.ca.

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Bear walking through a 'hairbrush' station.

"Give me land, lots of land . . ."

Story by: Peter Hepher,
Creston Valley Community Housing Society

When our country was young, land was plentiful, and cheap, even free. Homesteaders could get a quarter-section of Prairie land for nothing provided they did a basic amount of "improvement" on it during the first year or two.

"Lower-income people can't afford even to rent most dwellings"

Those days have long gone. Today, probably in many places and certainly in our neck of the woods, lower-income people can't afford even to rent most dwellings built on small urban lots, let alone buy such bits of land. Nor are there enough low rental apartments to meet the demand.

That is the main reason why so many of our fellow citizens are forced to live in inadequate housing and why non-profit groups that are trying to help them find the task so frustrating.

In BC, local governments are making some land available for low-income housing and the provincial government's BC Housing agency and the Columbia Basin Trust (CBT) are funding the construction of homes on it. But in the Creston Valley, as elsewhere, these efforts fall far short of the need. More than 200 families – seniors, single mothers, people with various physical or mental handicaps are living in inadequate accommodation in this area.

The Creston Valley Community Housing Society is appealing for donations of land on which, with funding from BC Housing, CBT or other sources, it can build homes and let them at rents such people can afford.

It's not a pipe dream. It has been done in other towns such as Fernie and Grand Forks.

Nor is it simply a question of charity. A shortage of decent housing increases health-care costs and the crime rate, for example. It also makes it harder for local businesses to bring in people from

"A shortage of decent housing increases health-care costs and the crime rate"

outside the valley to work at lower paying jobs.

If you have a piece of land of any size that you are willing to donate, or even an empty building that the housing society can turn into suitable living accommodations please give us a call.

The need is desperate. The reward is intangible but very real. ■

For more information contact Peter Hepher
Phone: (250) 428-4625.



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Waste Reduction Week in Canada

October 18 - 24, 2010

Waste Reduction Week provides an excellent opportunity to encourage waste reduction within our organizations and communities.

Start practicing the 3Rs in everyday life. Whether you are at home, at school or at work, think about how you can reduce, reuse or recycle your waste to turn it into a resource. All of us have an important role to play in reducing waste.

Reduce

Reducing the amount of waste produced in the first place, is by far the most efficient way of conserving resources and protecting our environment.

At work or school:

- Reduce paper use by using both sides
- Pack your lunch in reusable containers
- Rent items that are not used very often
- Purchase products with recycled content

When shopping:

- Avoid over packaged or unnecessary disposable items
- Avoid food packaged in individual servings, buy in bulk
- Buy drinks in refillable containers
- Use your own cloth bags

Reuse

Reusing items give the resources they were originally made from another life, while reducing pollution and

conserving the energy that comes with the manufacturing process or recycling the items.

- Donate things to or purchase household items and clothing from charity shops or have a yard sale.
- Purchase durable products that can be repaired and reused.
- Reuse jars and containers for storage.
- As a business, see if there is a material exchange program available in your area.
- Donate used computers, printers, etc to schools, churches or charities.
- When shopping consider buying used items. There are many "used" stores that offer refurbished items that work as good as new.

Recycle

Recycling and purchasing products made with recycled materials is the next way we can conserve resources.

- Recycle in the garden by composting organics such as food scraps, leaves and yard trimmings.
- At work, separate items for recycling, this can save your business money in disposal costs.
- At school, consider setting up a recycling program.
- At home, use the recycling services provided by your municipality.
- When shopping consider the material that the item is made from and packaged in. And only purchase materials which can be recycled again ■



Celebrate Waste Reduction Week

October 18 to 24

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The Creston Valley Hospice Society

Story by: Neil Barber

*Hospice – Oxford English Dictionary
From the Latin hospitium.*

1. *A house for rest and entertainment for pilgrims, travellers and strangers – esp. that belonging to the monks of St. Bernard in the Alps (and we all know what their dogs carried).*

2. *A house for the destitute.*

This was the function in the Middle Ages, where the dying and the sick would be cared for. In the 18th and 19th centuries, large wards in bigger hospitals were developed to look after the sick.

In the 20th century, curing disease became a reality with antibiotics,

safe surgery and other medical procedures. Death was thought to be a failure on the part of medicine so the terminally ill were shunted away into side wards, where they were isolated and alone.

In the late 1960s, Dame Cicely Saunders founded St. Christopher's Hospice in London and the ideas of palliative care and hospice sites are now recognized around the world.

Palliative care is the provision of all the care necessary for a patient to live to their full potential, symptom-free until death.

A hospice is a place where a patient can go to receive care when home care is

no longer possible. A hospice can be used for symptom control and respite ease, so relatives can have some time out or for the final stages of life.

In palliative care, medications and other measures are used to help the patient to be as symptom free as possible. The patient is the centre of care but a team is needed for this purpose. It will include the family, family doctor, nurses (in hospital and at home), social worker and others such as a spiritual advisor,

physiotherapist, pharmacist and here in Creston, a dedicated band of volunteers.

The Creston Valley Hospice Society was founded in 1987 by a group dedicated to the idea of training and providing volunteers to help clients and their families on this final journey. They provide company to be with the client whenever needed in the hospice unit or at home. All volunteers are trained and continue their education at monthly meetings.

A hospice volunteer co-ordinator will arrange a schedule to suit the needs of the client and family in strict confidentiality.

“Where a patient can go to receive care when home care is no longer possible”

One of our projects, a hospice room in Swan Valley Lodge, is now available with a special bed and other facilities generously provided by our local Rotarians. This room is used primarily for hospice but if not in use can provide temporary respite for other patients. There is also another hospice room at the Creston Valley Hospital. ■

For more information about the Creston Valley Hospice Society volunteer program or services contact Benita Josephson, co-ordinator, at (250) 428-9893.

Creston Valley
GLEANERS
Hours of Operation

Main Store Hours:
 8807 Canyon Street
 Tuesday & Friday 9:30 am to 4 pm,
 1st & 3rd Thursday 4 pm to 7 pm,
 1st Saturday of each month 9:30 am to 1 pm

Gleaners Tea Hours:
 115 8th Ave. N. (across the street)
 Tuesday & Friday 9 am to 4 pm,
 1st & 3rd Thursday 4 pm to 7 pm

Food Bank Hours:
 8807 Canyon Street
 (behind Main Store)
 Tuesday & Friday 9 am to 1 pm

Drop-Off Hours:
 (both locations)
 Gates Open Monday to Friday 6 am to 6 pm
 Saturday & Sunday 3 am to 6 pm

What the Law Says about Impaired Driving

www.tsfbcaa.com

Are you aware of the penalties for drinking and driving?

Legislation to combat this serious problem is found in both provincial (BC Motor Vehicle Act) and federal (Criminal Code of Canada) laws. The relevant Acts are very detailed and somewhat confusing. The plain language interpretation below is intended to provide a brief overview to help you understand these laws. If there is any difference between this interpretation and the legislation, you should refer to the legislation to determine the actual penalties.

Do you know the possible penalties for these impaired driving offences?

If a police officer suspects that your ability to drive is affected by alcohol or drugs (no matter what your BAC – Blood Alcohol Content)...

- you can be prohibited from driving for a 24-hour period, and your vehicle impounded, right on the spot.

If you receive two or more 24-hour roadside prohibitions within a 2 year period...

- you may be prohibited from driving for two months or more. (If you are a new driver, you may be prohibited after only one 24-hour prohibition.)

If you refuse to provide a blood or breath sample or your BAC is over the .08 (80 mg %) limit...

- you can be prohibited from driving for a 24-hour period, right on the spot and
- you can be given a further 90 day Administrative Driving Prohibition

effective 21 days later – that means no driving for almost three months.

- you can face criminal charges for impaired driving.

If you are a repeat offender...

- If you are a convicted drinking driver or you receive three 24-hour prohibitions or two Administrative Driving Prohibitions in BC within five years, you face even more consequences. You are now required to have an interlock installed in your vehicle and you must attend the Responsible Driver Program – all at your own expenses (total cost about \$2,500).

If you are charged and found guilty under the Criminal Code of Canada of driving while impaired by alcohol or drugs (no matter what your BAC) or you refuse to provide a blood or breath sample or your BAC is over the .08 (80mg%) limit...

- you will automatically lose your driver's licence for a year, on a first conviction; that means no driving for a year, and the penalties are even more severe for subsequent convictions.
- you will be fined a minimum of \$1000.
- you will face a jail sentence.

If you are convicted of impaired driving causing injury or death...

- you will lose your driver's licence for up to 10 years or, if convicted

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of causing death, for any amount of time determined by the court.

- you will face unlimited fines.
- you will face up to 10 years in jail or, if convicted of causing death, up to life in prison.

If you drive while prohibited or while your driver's licence is suspended...

- the vehicles you are driving will be impounded.
- you may face further fines, jail or longer prohibitions if convicted of driving while prohibited. ■



www.bcaatsf.ca

This information is intended to provide general information only. Nothing is intended to provide legal or professional advice or to be relied on in any dispute, claim, demand or proceeding. BCAA Traffic Safety Foundation and the RCMP do not accept liability for any damage or injury resulting from reliance on this information.



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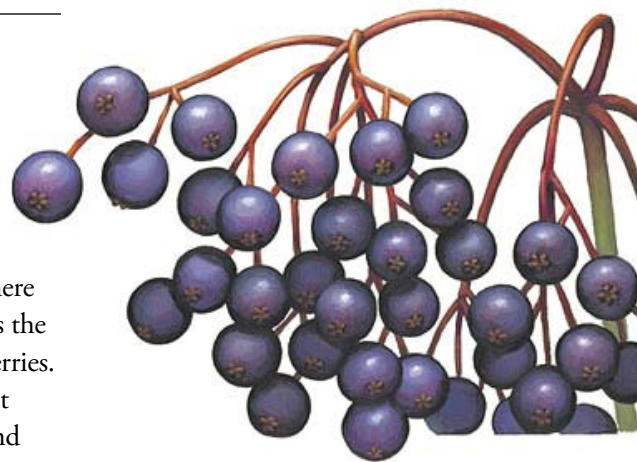
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The Marvels of Elderberry

Story by: Maya Skalknska
M.H.,R.H.T



Elderberry has a long history of traditional use among European herbalists documented since ancient Greece. It's been used as a cold and flu remedy for centuries, and now science is proving it's healing effects.

Many studies have shown elderberry effective in treating cold and flu symptoms including aches and pains, coughing, nasal congestion and fevers. In one of the larger studies, a significant improvement in symptoms, including fever was experienced by 93.3% of the elderberry group within two days. In contrast, 91% of the placebo group (not taking the elder berry) did not show any improvements until day six. In lab tests, elderberries have shown a significant antioxidant capacity, antiviral and immunoprotective properties.

"It's been used as a cold and flu remedy for centuries"

Elderberry trees are common here in the Creston area, and now is the time to go and pick the ripe berries. There's something special about making your own medicine, and

here's how:

Elderberry Juice

– Makes one liter.

Take 2 pounds of elderberries and remove all the leaves and stems.

I find the quickest method is to freeze them first. Frozen berries fall off the stems easily.

Add about 3 cups of water, and bring the berries to boil. Turn down the heat, and let them simmer for about 20 minutes, or until they are soft.

Let the berries cool for a while and then smash them up with a spatula or put them through a food mill. Pour the mixture through a strainer. If you don't want your plastic bowls to be stained purple, use a stainless steel bowl.

"There's something special about making your own medicine"

Stir in 1 cup of non-pasteurized honey, and add more if you like it a little sweeter.

Store the juice in a glass jar in the refrigerator, or freezer.

Dosage

Starting at the first sign of flu symptoms, drink one 8 oz glass of Elder berry juice, twice daily for 3-5 days. For children over 2 years old, half the dose.

There are no known adverse effects to the above recipe. Unripe elderberries, or improperly prepared elderberry preparations (leaves and stems not removed) can cause stomach upset.

Have fun and enjoy this rich, delicious and healing gift from nature. ■

Maya Skalknska is a registered Herbal Therapist with CHA of BC. She offers Iridology, Pulse and Tongue Analysis, Herbal Medicine, Nutritional Consultations and Flower Essences at Crawford Bay, and Vital Health in Creston.

For more information, or to book an appointment, please call 250-225-3493.

This article is intended for informational purposes, and does not replace your regular visits and recommendation's from your personal Medical Doctor.



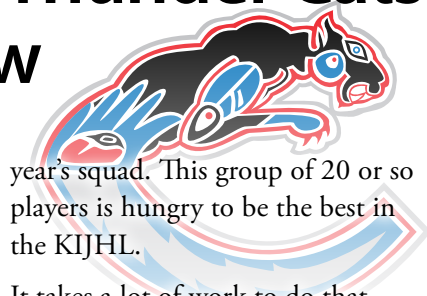
Creston Valley Thunder Cats Season Preview

Story by: Joe Martin
Head Coach/GM

The Creston Valley Thunder Cats are entering their 11th season of operation in the Kootenay International Junior Hockey League and are hoping this season will be their best yet.

The last four years have all been steps in the right direction and last year's team might

have been the best Creston fans have seen. But don't tell that to this



year's squad. This group of 20 or so players is hungry to be the best in the KIJHL.

It takes a lot of work to do that but the boys are ready. They are led by Creston's top scorer and local player Travis Ludwar, rough and rugged forward Rob

Stuckey from Whitehorse, big D-man Alex McDougall and speedy

forward Kane Dawe (also from Whitehorse).

Local 16-year-old Alex Matvei Jmaeff will also wear the Thunder Cats logo this year. After an impressive off-season and main camps in the B.C. Hockey League and Western Hockey League, Jmaeff came to Creston in great shape and ready to win a spot. He did and now is looking to not only wear the team coat but to win with it on.

Get out to see your local junior team at the new Creston and District Community Complex.

Check for game updates and schedules at www.crestonvalleythundercats.com.

"This group of 20 or so players is hungry to be the best"

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Ripening Dates

Early Fruits

Strawberries..... June 20 - July 10
Raspberries..... July 10 - 31
Boysenberries July 10 - 31
Blackberries..... July 10 - 31
Cherries..... July 20 - Aug. 12
Pie Cherries..... July 23 - 30

Soft Fruits

Apricots..... July 20 - Aug. 12
Peaches..... Aug. 1 - Sept. 15
Plums..... Aug. 15 - Sept. 15

Pears

Bartlet Sept. 1
D'Anjou..... Sept. 30

Prunes

Early..... Sept. 10
Late..... Sept. 20

Apples

Transparents..... July 25 - Aug. 7
Wealthy (pies) Aug. 15 - Sept. 15
Sunrise August 20
Tydeman Red..... Sept. 1 - 15
McIntosh Sept. 15
Spartan..... Oct. 1

Delicious..... Oct. 7
Golden Delicious Oct. 7
Rome Beauty..... Oct. 15

Vegetables

Asparagus..... May 1
Potatoes..... July 25
Tomatoes..... Aug. 1
Peppers..... Aug. 10
Pickling Cukes Aug. 10
Table Cukes..... Aug. 10
Corn..... Aug. 15
Squash..... Late Sept.
Pumpkins..... Late Sept.

Out & About

Submitted by: www.crestonevents.ca

October 01, 2010

Thunder Cats vs. Columbia Valley

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

Email: endicott@telus.net

www.crestonvalleythundercats.com

October 01, 2010

The Nuts and Bolts of Fiction Writing with Richard Scarsbrook

Contact: Linda Steward

Phone: 250-428-2664

Email: lsteward@wynndel.ca

www.richardscarsbrook.com

October 02, 2010

Ducks Unlimited Fundraising Event

Location: CDCC

5:30pm

Contact: Gertie Brown

Phone: 250-428-7581

Email: gmax2go@gmail.com

www.ducks.ca

October 04, 2010

Painted Paper 101 - It's all about the colour!

Location: Painted Turtle Gallery

5:30 to 7:30pm

Contact: Win Dinn,
Painted Turtle Gallery

Phone: 250-428-5141

Email: windinn@shaw.ca

www.ptgallery.ca

October 08, 2010

Thunder Cats vs. Castlegar

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

Email: endicott@telus.net

www.crestonvalleythundercats.com

October 09, 2010

Thunder Cats vs. Columbia Valley

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

Email: endicott@telus.net

www.crestonvalleythundercats.com

October 14, 2010

Customer Service Workshop - WorldHost

Location: Columbia Brewery

8:30am to 4:30pm

Contact: Becky VandenEykel

Phone: 250-428-4342

Email: crestonchamber@kootenay.com

October 15, 2010

Thunder Cats vs. Spokane

Location: CDCC

Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

Email: endicott@telus.net

www.crestonvalleythundercats.com

October 15 - 16, 2010

Launch of new book entitled: Butterflies of Bucaramanga

Book signing at the Friday launch and
at Kingfisher Books on Saturday

Contact: Tanna Patterson

Phone: 250-428-5246

Email: ecobaseball@shaw.ca

www.ecobaseball@shaw.ca

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October 16, 2010

Oktoberfest

Location: CDCC
Cocktails at 6:00pm,
Dinner at 7:00pm
and dance
to follow

Contact: Henry Schoof

Phone: 250-428-3545

October 17, 24 & 31, 2010

Collage - Playtime for Adults

Location: Painted Turtle Gallery
Three Sundays,
from 9:00am to 4:00pm

Contact: Win Dinn,
Painted Turtle Gallery

Phone: 250-428-5141

Email: windinn@shaw.ca

www.ptgallery.ca

October 19, 2010

**Fall 2010 Wildsight
Speaking Series**

Contact: Tanna Patterson

Phone: 250-428-5246

Email: ecobaseball@shaw.ca

October 24, 2010

Open Stage

Location: The Snoring Sasquatch
Every Friday Night
7:00pm to 10:00pm

Contact: Mark

Phone: 1-877-264-8543

Email: info@snoringsasquatch.com

http://snoringsasquatch.com/node/120

October 29, 2010

Thunder Cats vs. Golden

Location: CDCC
Puck drops at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

Email: endicott@telus.net

www.crestonvalleythundercats.com

October 31, 2010

Halloween Hysteria

Location: CDCC
4:30 to 6:30pm
Children 11 & under

Contact: Andrea Peet

Phone: 250-428-7127

Email: apeet@rdck.bc.ca

www.rdck.bc.ca/creston



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