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INSIDE



Pam Kriese Severtson (above); Jared Barnsdale (cover)

COVER:

Friends, Farms, Family, Fun

From a strong work ethic to activities in the great outdoors to the inter-generational connection with seniors, writer Trish Drinkle explains exactly why the Creston Valley is such a wonderful place to grow up.



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THE BEAT GOES ON

Wynndel drum makers keeping connection to heritage alive.



PIONEER AGRICULTURE

Museum manager looks back on early orchards in the Creston Valley.

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The Magazine

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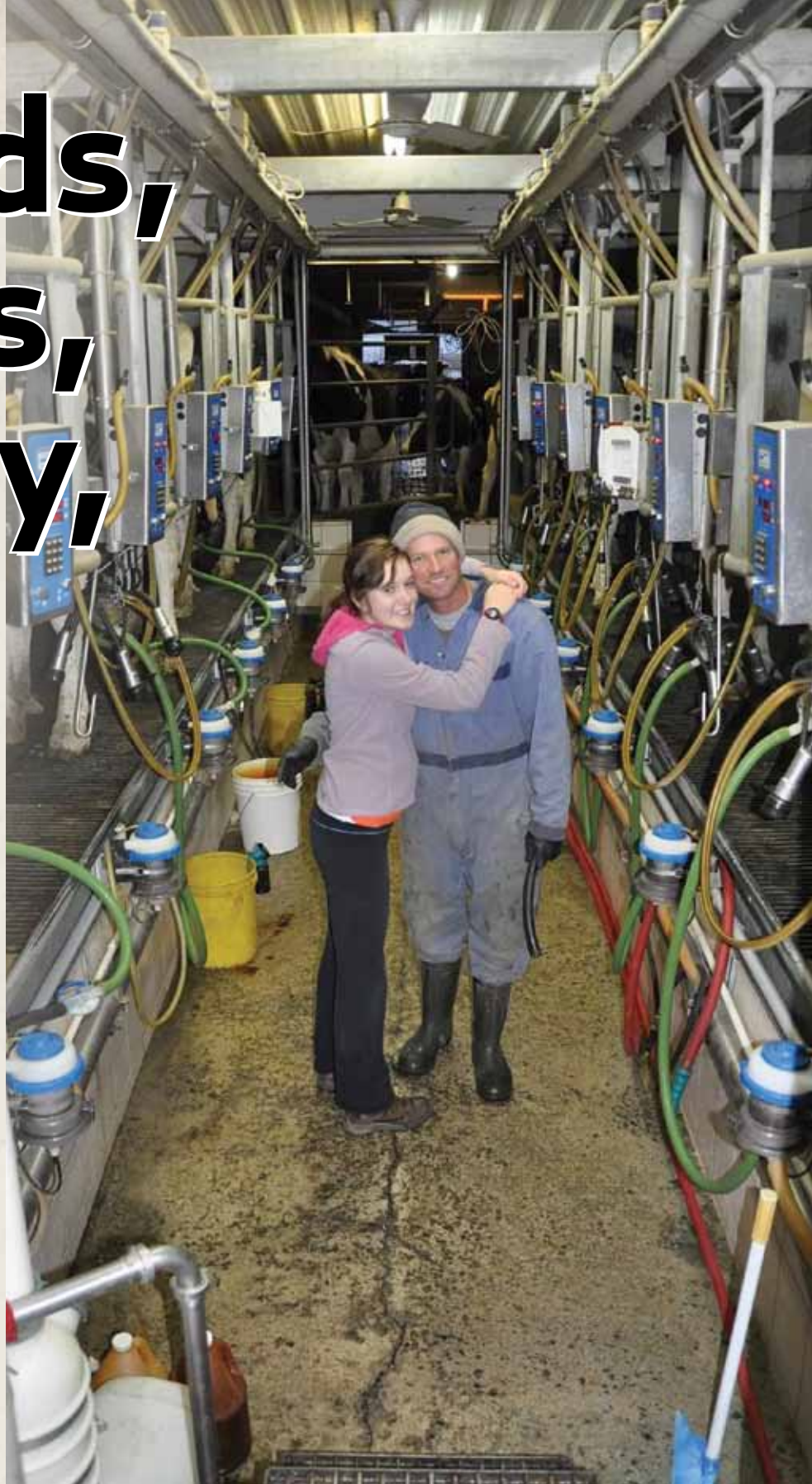
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Friends, Farms, Family, FUN

Story by: Trish Drinkle

Growing up in the Creston Valley is a unique and treasured life experience for many. The valley's natural landscape and down to earth residents shape our children into some of the best people society could want. There is something special about the people grown in the Creston Valley.

Work ethic is simply a given in this valley. Many businesses in the Creston Valley are agriculture based, running farm and orchard operations that employ many of the valley's youth. It's hard, honest work that sets a strong foundation for future employment. How many times have you heard teens grumble about sorting cherries or getting up at 4 a.m. to milk cows but in the same breath celebrate their earnings as they decide carefully what they will be spent on? Hard work brings appreciation and perspective in life. Having learned this early on, the



Submitted by Moriah Edge-Partington

Moriah Edge-Partington and her dad, Robin, at their Lister dairy farm.



Submitted by Lisa Viola.

Kootenay adventures are endless and limited only by your imagination!



youth of the Creston Valley are already ahead of much of society.

"Nothing is or was ever boring growing up on a farm. I always had jobs to do or activities to get in on. I enjoyed helping my dad milk cows and caring for my 4-H calf," explains 17-year-old Prince Charles Secondary School student and farm girl Moriah Edge-Partington. "When I was younger I loved riding my horses, playing in the sand pit and in the dirt. It really makes you realize what is and isn't important in life. Growing up on a farm has shaped me to who I am today. I am a complete farm girl at heart."

In the hustle and bustle of big city life, quite often family time is sacrificed as families try to balance corporate life and over scheduled children. The lifestyle in the Creston Valley is quite the opposite. A large portion of recreation is spent as a family. Bike rides, fishing, camping, dirt biking, ATVing, snowmobiling, swimming and hiking truly helps families connect naturally.

Local resident Brad Stevens explains what he enjoyed most of his youth.

"Going fishing with my dad up in the mountains, the aroma of the fruit tree blossoms in the spring, Kootenay Lake, driving across the flats on a nice summer day," he says. "I can't imagine a better place to have grown up in the '70s."

Being a wild child has a much more special meaning for the kids of the Creston Valley as Carla Ahern, director of communications, stewardship and education for the Creston Valley Wildlife Management Authority explains.

"We feel that is an honour to work with the youth in the region through our school programs, junior naturalist summer science camps, teen stewardship programs and general interactions at the wildlife centre," she says. "Our programs aim to install a love and appreciation for the natural world through hands-on exploration and experience."

"We hope that those youth that come through the wildlife centre doors and through our programs take something with them that continues to light that spark and interest in the

wonder of nature. These youth are our future and we hope that their experience here will help to shape their appreciation and love for all things wild."

The children of the Creston Valley are incredibly empathetic and compassionate, having experienced such qualities demonstrated by the entire community growing up. When a resident experiences extreme loss or devastation, the entire community rallies together to reach out and make a difference.

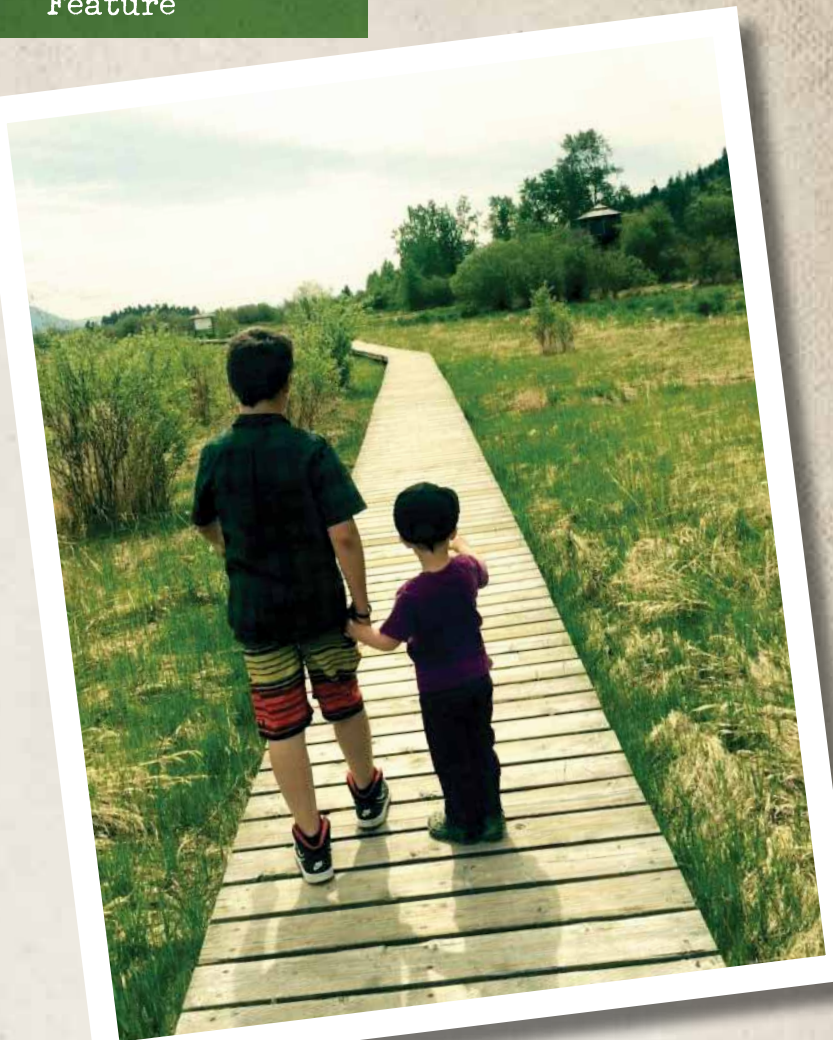
"Knowing that when times get tough even people you're not super close with will lend a helping hand," says resident Stina Bredy. "Creston feels like one big family. It's a great community."

Growing up in a retirement community has many benefits, contrary to some opinions. The wisdom and stories of generations before help our youth gain perspective on what it truly means to rise above challenges: "Your Xbox broke? your iPhone is missing? Isn't that cute — now let me tell you about a time we call the Great Depression and how we survived by moving to the plentiful Creston Valley."

As our youth reach out to help our senior populations, be it with yard work or volunteer time at one of our retirement homes, they gain perspective, empathy and patience. Life slows down a little bit, and that is a good thing.

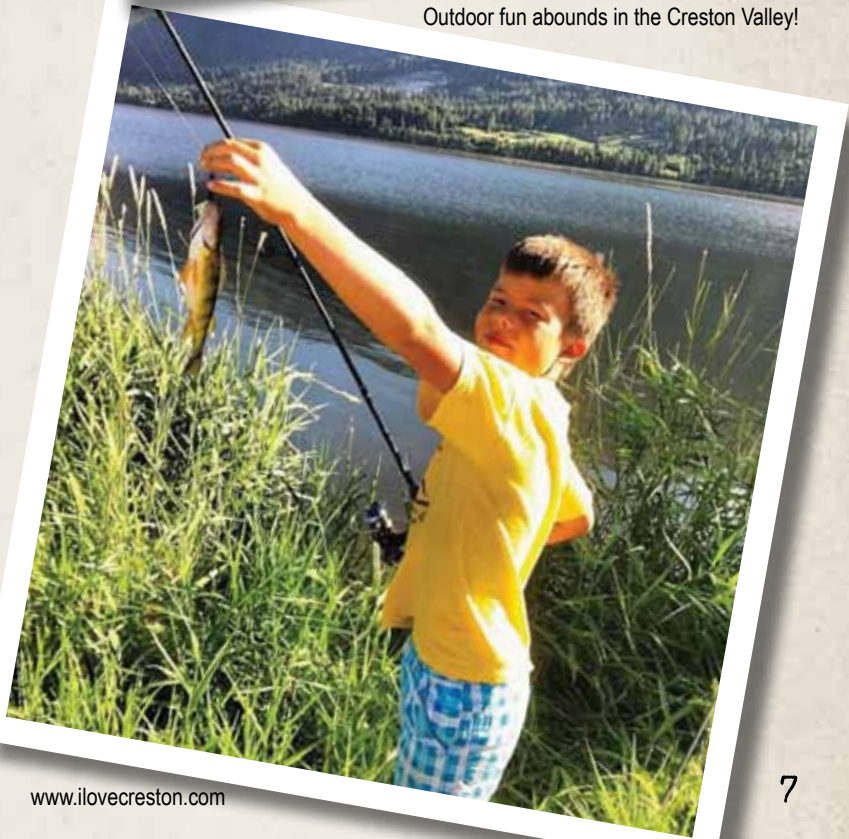
While the average household income may not be as large as those living in Albertan towns, Kootenay kids don't seem to mind very much. Sometimes less truly is more, allowing artistic creation to flow. Music and fine art — OK, stunning art — inspiration and mentorship are around every corner, prompting our kids to think outside the box. Garage bands are not simply a think of the past; they are alive and well in the Creston Valley.

The next time you see kids gathered for a game of hoops, beach volleyball or hear for the millionth time a smoke on the water rift resonating from a home, smile and give thanks that our village is truly making a difference for the wonderful youth in the Creston Valley. ■



Submitted by Jared Barnsdale

Outdoor fun abounds in the Creston Valley!



And the beat goes on...

Story by: Naomi Larsen

Removed from his home at age three and put into foster care where he spent the majority of his youth, there was one thing in life that always remained rooted strong in Michael White's life: his spirituality and his connection with his heritage.

Over the decades that connection has kept true to his heart and he now shares that knowledge and spirituality with others along with his wife Julie Draper.

The duo and operate Raven Bear Drums, located in Wynndel. They have been making drums since 2004, originally starting out in Grand Forks. Born on the Lower Kootenay Band, Michael moved back to the valley and says it's good to be home.

Raven Bear Drums stemmed from knowledge passed onto him from his late father.

"He had gotten a deer," Michael said. "He showed me how to do it ... and I just remembered that from way back."

In their partnership Michael creates the drums and Julie paints the hide. On one of their very first drums Michael said Julie painted a raven and a bear paw and the business was born.

For First Nations people the drum is not just a music maker, Michael explained,

but a voice for the soul within the music. Music is vital to the history, traditions and storytelling of First Nations people, and plays an important role in many tribal ceremonies, powwows, celebrations, courtships and healings.

"It's a very spiritual connection to the animals and to our culture," he said. "It's also a connection to our heartbeat. The heartbeat is a heartbeat of a nation. Everybody that is walking has a heartbeat. It's the first thing we hear in the womb. ... It's a very powerful instrument."

Michael shared the steps to making a drum.

"I would get the hide but before I do anything I put tobacco down to honour the deer for giving up its life for the meat and the skin," he said. "I also bless the wood that comes from the trees."

The hide is then hung over a six-foot pole and the meat is scraped off.

"We have dogs and they love it when I start doing the hide," he joked.

The process of removing the meat takes about a day Michael said. The hide is then turned over and the hair is scraped off. When that is complete, the hide is then soaked in water.

"I then hang it up on a 12-foot by 12-foot stretcher and let it dry."

Once the hide is dry, it is removed and cut for the drums and soaked again.

During that time Michael also cuts the lacing that is needed for the webbing on the back of the hand drums. Michael compares the weaving of the back of the drum to a dreamcatcher effect.

"My dad taught me that," he said. "And I've had a lot of drummers tell me they love that style as it makes an even sound all the way around."

"It's a very spiritual connection to the animals and to our culture."

The lacing also makes it easier to hold the drum.

When the drum is complete, it is handed over for painting to Julie — a self-taught artist — who customizes each drum.

"I've been an artist all my life," she said. "I'm really moved by nature and I strive to have that speak through my paintings."

Julie said her goal is to have her paintings touch the heart.

The majority of the drums are decorated with bears and ravens but she has been



known to paint other wildlife such as horses, wolves and eagles.

"I'm pretty versatile, I can do a bit of everything," she said.

I then ask her if there's a certain animal she connects with more as an artist. A raven flies by close to her window. That's her answer.

"It's like he's saying, don't forget me," she said with a laugh. "I've got a very strong connection with ravens. But I respect and love all forms of wildlife and nature.

"I really believe our healing will come from reconnecting with nature and the drum certainly is something we can work with to bring ourselves back to that heartbeat in the womb. When we're there, we're innocent, we're wide open to the love that the universe gives us and it's a real honour to make these drums and share them with people. It seems to be our calling."

Michael and Julie host drum making workshops at their home as well as in Creston and have traveled to schools in Grand Forks to teach their craft. While hand drums are quite popular, Michael said they can make other types of drums as well, including powwow drums, which are made from elk hides. Michael said drum making is almost a lost art and he looks forward to passing that knowledge down to the youth as well as elders. ■

To learn more about workshops, call Raven Bear Drums at 250-431-8380. To purchase a drum, head to Full of Wonder in Creston.



Photos submitted

Julie Draper and Michael White showing the dreamcatcher-like webbing on the back of a drum.





From the Mayor's Desk

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

Our Fire Services

The Town of Creston's fire department was established over 100 years ago, to protect our citizens' property and lives. In the past six years, while serving as your Mayor, I've had the great honour to learn extensively about the operations of our fire department and the amazing people, both career and volunteer, who serve our community in this capacity.

In 2014, Creston Fire Rescue defined its mission statement as, "Putting people first, with pride, honour and integrity." Its commitment to community has solidified many positive steps for our valley as a whole:

- An "automatic aid agreement" was developed between our three Creston Valley fire departments to share resources and to improve response to emergencies throughout the valley. A huge shout out to the fire departments of Canyon-Lister and Wynndel-Lakeview for their co-operation and team effort to better our valley services as a whole.

- A work experience program (WEP) was developed to retain five certified firefighters in 2014 for a year. This program is one of only four such programs in the country. The goal is to augment the number of skilled firefighters for the community while providing participants with hands-on practical work experience

to supplement their schooling. It's a huge win for both our valley and the program's participants. The next intake for this program is currently underway.

- With the development of the WEP, a first responder program was initiated for the community to improve pre-hospital care and provide immediate medical aid in emergencies where an ambulance may be delayed. Without the participants in the WEP, the call volumes of a first responder program would not be manageable for our volunteers and the service could not be provided.

- The ongoing development of the Creston Valley Fire Training Centre is a huge asset for our three Creston Valley fire departments. In 2010, the Town of Creston provided land for a future firefighter training facility and to date over \$200,000 has been donated by private citizens and many local organizations.

- A formal fire services agreement detailing the commitment to provide fire protection to the West Creston area is almost ready for signing. Service has been provided to this area by the Town of Creston since Jan. 1, 2015, while the details of the contract are being finalized.

- Improvements to the fleet have been made using revenue generated through fire service agreements and the equipment purchase reserve (funds

saved up over the years): a ladder truck has been added to the fleet to increase firefighter safety and efficiencies of operation, and two response vehicles were replaced with a single response vehicle better suited to the service area, improving service and reducing overall operating costs of the fleet.

- Wildfire fuels mitigation work has been completed on areas within town boundaries on Goat Mountain, the airport lands and the cemetery lands to help minimize the impact of a wildfire in the community. There is much more of this kind of work to be done but funding challenges exist for undertaking work on private lands. Stay tuned for possible solutions in the future.

When the Parker Ridge fire in Idaho threatened to move across the valley bottom a few weeks ago, the automatic aid agreement between our valley departments allowed our Creston Fire Rescue crews to assist the Canyon-Lister Fire Department at Rykerts with a pre-emptive response. Last month saw a request from the Regional District of Kootenay Boundary for multiple fire engines from across the region to respond to Christina Lake, where the Stickpin wildfire in the U.S. was threatening the community. The Town of Creston was able to send a fire engine and a four-person crew, while maintaining response capacity for our own community.

The impact of wildfire has been seen around the province and in the valley. The unnerving sights of the Parker Ridge fire and the Midgely Ridge/Topaz Creek fire have reminded us that our community is not immune to the threat. Since January 2015, our new town council has had several presentations by Fire Chief Mike Moore on the history of our fire service and the importance of being proactive with our programs and operations. The visual of flames and smoke in the surrounding mountains have reaffirmed these thoughts. ■

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Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Investing in the Future

Ki'suk kyukyit (greetings). Reflecting back on this summer brings a realization that climate change is here and now. June 2015 began with 40-degree temperatures and there really was not any relief in sight. Water restrictions were put in place, as well as complete campfire bans for everyone's safety. I took a trip to my partner's community in August and the skies were completely filled with smoke the majority of the 12-hour trip there. Upon arrival to Southeastern Montana the temperature was 46 Celsius! As I sat and took in the festivities of the Crow Nation celebration, I could not help but think our planet is changing and not for the better.

Although I am not a scientist or have any credentials to speak to climate change I know something today is different. Why do the deer have their offspring at any time of the year? Why haven't the elk dropped their antlers by now? Why have the robins arrived back into the valley so early? Why are there so many wasps everywhere? The animals are speaking and telling a story which seems to be falling upon deaf ears.

I remember as a child valley residents would reference the bridge on Highway 21 as the Black Bridge. To this day it is still a popular swimming area. In my childhood it was much different. Maybe it was because I was a child I thought the water was much deeper and more swift. In the fall you could stand on the bridge and look down and see nothing but the red of the kokanee fish

spawning. It was amazing to see the river turn red. Today, the kokanee no longer spawn in that river. The river has become a creek and appears to have little to no life.

I do not have the solution to the climate change crises but know that we cannot keep doing what we are doing. When I say "we" that means every citizen of this planet. Every human being has the responsibility to do something eco friendly. Could we recycle more? Could we walk to work or school instead of driving? What if in our beautiful valley we declared a walking day? With the exception of emergency vehicles, everyone would walk or ride a bike to where they needed to go. Imagine the reduction in pollution for one day. Yes, it could be argued it would not be significant or we *have* to drive to make a living. We all do but we only have one planet, which is dying.

Every year there are forest fires. Every year we would see the fires on the news but the difference this year was we knew people who lived in the areas where the fires were burning. Our friends and family would post pictures on social media of the devastation and destruction from the fires. We all saw the fires that surrounded us. The skies became black and grey, and it became difficult to breathe on some days. Aside from humans homes being burned, the habitat of the animals have been destroyed. The areas that were the site of roots and berries are gone.

I have learned that environmentalists are forecasting that next summer will be very similar to this year. That thought is very frightening as I ask myself, what

forest will be left to burn? What if we aren't so lucky next year and the fires are in our backyards? Suddenly, the walking day may not seem that bad of an idea. Maybe the next town over would do it as well. Maybe it could be once a month and the entire Kootenay region would get on board.

As I am writing this article, I can hear the clock in my office ticking. At first I was becoming annoyed with the sound but the sound gave me a realization that time is limited and our time is never guaranteed. It was time that brought us into this world and it will be time that will take us out. What we do with our time here is up to us. I try to be a steward of this land and to take care of the land that has given me everything. What if we all looked at the earth as our mother and the sky as our father? Would we be more cognizant of our actions?

Soon winter will be upon us and observe this season as an indication of what next summer may be like. The earth needs that blanket of snow upon her to mend the wounds of the fire. I dread the snowstorms some days but we are in desperate need of them. Only time will tell.

Thank you for taking the time to read and I wish you well. See you around town or down the road! ■

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

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Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

Pioneer Agriculture

In the 1890s, most people who passed through the Creston Valley were heading for the booming mining towns around Kootenay Lake and in the Slocan Valley. Some travellers, however, recognized the potential of the Creston Valley for farming, and they immediately took steps to exploit it.

John Arrowsmith, Fred Little, and J.W. Dow pre-empted land where the town of Creston now stands in 1891 and 1892.

William Roger and Jane Fisher Huscroft arrived in the Creston Valley from Utah in 1891, along with seven unmarried children, their married daughter and

her husband, four grandchildren, all the family goods loaded into four wagons, twenty or more head of cattle, and forty spare horses.

James Compton arrived in Creston in 1898 with the Canadian Pacific Railway — walking ahead of the first train into the valley, carrying a lantern to light the way. He must have liked what he saw, because he pre-empted most of the land alongside present-day Northwest Boulevard in 1900 and planted his first orchard in 1903.

C.O. Rodgers, a shrewd businessman, pre-empted about 8,000 acres of crown land in Canyon — which he called Canyon City to make it more appealing to settlers and investors. He established the Canyon City Lumber Company, logged off much of the land to feed his sawmill, sold about 1,000 acres in smaller lots as partially-cleared farmland, and sold the new settlers the lumber they required to build their houses and farm buildings. In 1919, he sold the remaining 7,000 acres back to the provincial government (at a considerable profit) for a new soldiers' settlement, Camp Lister.

With the arrival of the railways in 1898 came real estate agents. Some of these were merely speculators who capitalized on the excitement and potential of a new town. They bought large tracts of land as cheaply as possible, then sold them as soon as possible for as much of a profit

as they could get. If the land failed to sell quickly, the speculators moved on to another booming town.

Others, such as Bob Lamont and Robert Walmsley, came to the Creston Valley intending to stay (though certainly also intending to make tidy profits from land sales). They printed large advertisements in newspapers, loudly proclaiming the virtues of the new community. "Land for Sale" signs were prominently displayed within view of the train stations, and at hotels, to catch the attention of travellers.

A public auction of lands — marketed specifically as "fruit lands" — was held in October 1908. In reality, much of the land was uncleared forest, but still, 215 blocks were sold for prices as high as \$300 an acre. Within days of the sale, the forests were being cleared and large scale orchard planting began.

For these pioneers, establishing an orchard meant a lot of hard work. The first step was removing the original forests, but even in Canyon, where the land had at least been logged, tree stumps and brush remained which had to be cleared. How quickly this could be done depended on a farmer's human and financial resources; those with a large family of strapping sons, or the money to hire labourers, could clear land much more quickly than bachelors or farmers with young families. Up until the First World War, therefore, it was very common to see a few fruit trees nestled close to a small house in a small clearing,

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surrounded by a wilderness of stumps. As time and resources allowed, the remaining stumps were blasted, burned, or yanked out of the ground and additional fruit trees were planted.

Although the pioneer farmers of the Creston Valley intended to raise tree fruits — particularly apples — almost all of them began with mixed farming. Even where a farmer's principal effort was on tree fruits, he or she almost always had a mixed orchard, with apples, pears, peaches, plums, and cherries, and very often a number of varieties of each type of fruit. One reason for this was the fact that the Creston Valley, as a fruit-growing area, was very new. It took a period of experimentation to find out which varieties would grow best here, and which were best suited to the markets.

But the most important reason behind this early focus on mixed farming was much more basic: the pioneers' very survival.

The Creston Valley, prior to the arrival of the railways in 1898, was a very remote place. The nearest towns — Bonners' Ferry and Nelson or Kaslo — were a full day's journey away, so getting there, conducting one's business, and returning took a minimum of three days. The trip might only be made a few times a year. The pioneers would bring in several months' worth of supplies, such as flour, sugar, and coffee, and grow everything else themselves.

Even after the railways made importing goods easier and travelling to other communities faster, mixed farming continued to be a standard way of life. This was due to the focus on tree fruits.

Today, science has given us fruit trees that can produce a commercial crop within two years. A century ago, however, fruit trees would take as many as five years to begin producing marketable quantities, and even longer to reach full production. Pioneer orchardists needed ways to make a living until then.

Berries and vegetables, grown between rows of trees spaced up to 30 feet apart, provided important cash crops within a few weeks of planting. Chickens provided meat and eggs; dairy cows provided milk and butter. Any excess eggs and butter could be sold at the local stores. Calves and chicks could also be sold to bring in cash; raising bees allowed for fruit tree pollination and produced honey that could be sold.

This was not always enough. The local newspapers are full of notes about Creston Valley farmers leaving the valley for weeks or months, to work in coal mines or to help with harvesting operations on the prairies. Many found work in logging operations, worked for the railways, or clerked in local stores. And, of course, there were a few who simply could not make a living on the new farms carved out of the wilderness; they sold out and moved on.

Once local farmers started producing more fruit and vegetables than they needed for their own use, they faced the challenge of finding buyers for the surplus. By 1912, co-operative packing houses had made an appearance in the Creston Valley — but the story of the early packing sheds is a saga in itself, so perhaps we'll leave that for another time. ■



Creston Museum

(Above) Fred Little at Creston's first orchard in 1918.

(Opposite) The Long family's property.

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Interesting Times of Ivan Josephson

By: Maureen Cameron
Therapeutic Activation Program for Seniors

Opening the door for our visit at his simply decorated apartment, three instruments, a mandolin, guitar and banjo, caught my eye. Ivan Josephson has lived in Creston since moving here from Toronto in 2002 at the invitation of his brother Arnold.

As Norwegian immigrants, his parents arrived in the U.S. and then settled in Northern Saskatchewan. Ivan was born in 1933, the youngest of three children.

Ivan's story, however, is a page-turner of a life epitomized by an attitude of "Why not?" and "OK". His willingness to learn, work hard and followups on opportunities resulted in a series of successful jobs of increasingly complex responsibility, official recognition of his talents as an instructor, university professor, mentor, administrator, in board positions and helping to organize a national chapter of NAAs in Columbia.. He traveled extensively from 1951 to 2002.

After graduating Grade 12 in 1951 he went to Saskatoon, completed a bookkeeping course and obtained employment with Saskatchewan Cooperative Creameries. Remember,

these were the days of record keeping with paper and pencil, no computers, and horse drawn vehicles. Milk was delivered to homes by horse and wagon and Ivan laughs as he recalls one story.

There were 26 milk wagons, each with a specific route. The horse knew the route and would trot along while the milkman would take shortcuts through back lanes, making deliveries meeting up with the horse in the next block. The customers

get back to the plant. One of the bosses saw the incident and the man was fired on the spot.

In 1953 he responded to an ad by a firm of chartered accountants looking for articling students, and so began another phase of building experience with a diversity of clients. From horse racing to farmers' tax returns and other industries, he learned the skills of auditing and comptrolling, which included traveling around the

"If you want to hear some of his stories, ask him about the 'gold and gun on the table' at a gold mine in Columbia"

appreciated the work of these men and at Christmastime would insist they have a sip of Christmas cheer (usually whiskey) As the day progressed the office would get a call to come and set your milkman as he was asleep in the wagon and no milk was being delivered. Sometimes the horse would come back to the plant with the milkman asleep in the wagon.

Another nod to the times was how the horses were valued and taken care of: Ivan remembers one milkman on a hot day whipping his horse into action to

prairies in all kinds of weather, meeting people in the small towns and cities.

He remembers working all night preparing farmers' tax returns. They had waited till the last minute for filing, arriving with paper bags of receipts. They were lined up all the way to the street. Imagine the work involved: sorting receipts, handwritten, review, type, final check each return.

The office handled 1,200 tax returns in a three-week span. During our interview, each time Ivan recounted a story like this, it would be followed by, "It was fun."

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On graduating in 1958 he applied for a transfer to Hawaii, but was offered a position in Venezuela. "Yes, I'll take it" led to a Latin American career of 22 years. Becoming completely fluent in Spanish took a few years, but was necessary to handle the tasks he took on in Venezuela, Columbia, Panama, Brazil, Ecuador, Peru and more. Over his career he travelled by horse, train, the old DC prop planes and eventually jets.

He made many friends, always learning and enjoying his life. When the political climate changed in South America, he left the company in 1981, returning to

Canada and to Toronto, working on his own and also with a toy company. By 2002 he admitted he was tired of flying and was ready to slow down.

In moving to Creston, he rekindled a love of playing music and that's another story! His brother, a buddy and himself got together for jam sessions and playing at some events. He was honored in 2015 for his work on the Creston Valley Hospice Board and continues to be a member. He's wondering what he'll get up to next! He is a regular participant at TAPS, where he enjoys the company and activities.

In summing up his life and career he said, "Auditing is auditing, but there are always stories to tell." If you want to hear some of his stories, ask him about the "gold and gun on the table" at a gold mine in Columbia and the one about the financial scoundrel who ran out the back door as he came in the front door to do an audit. Ask him about his honorary doctorate degree from the University of Columbia as a professor or the time he rode a caboose behind a locomotive snowplow in a snow storm on the prairies. ■

The Therapeutic Activation Program for Seniors (TAPS) is operated by Valley Community Services.

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Education essential for safe snowmobiling

By: Kokanee Country Snowmobile Club

The sport of snowmobiling in the Creston Valley is a popular activity for many. Passionate riders are now starting their customary snow dance, relishing every dusting of snow on surrounding mountain tops. They celebrate winter, along with the fun and excitement that accompanies the snowmobile season.

There once was a stereotype of the macho beer chugging hooligan of a snowmobiler. The snowmobiler who would look at the gnarliest climb and say, "Hey, hold my beer and watch this." That stereotype is no more, replaced by the many faces of today's rider.

Today's rider can be described as the adventure-seeking boondocker, who rides hard, exploring terrain through trees and mountainsides. Today's rider can be the trail rider, who enjoys getting out and savouring the views and the experiences that can only be

found on the top of a mountain. Today's rider can be the parent who cringes at the cost of the average ski resort lift ticket, and would prefer to take their family up the mountain for a fun day of playing chairlift for their family, allowing everyone to ski and snowboard on fresh, untouched snow. Today's rider can be a snow-biker, a trapper, a couple in love, a photographer, a snowshoer or an everyday person who yearns to

get away from life's hustle and bustling stress. Today's rider can be a man, woman, grandfather, grandmother, or a youth. The sport of snowmobiling has many faces, and thankfully in the Creston Valley, we have everything all snowmobilers could want for fun and adventure.

Education, the proper safety equipment and knowledge of how to use that equipment is vital. The first step to snowmobiling success is to connect with your local club. Creston's Kokanee Country Snowmobile Club is your greatest asset when it comes to outreach, education and maintaining vital riding areas.

On Jan. 16 and 17 KCSC will be hosting an Avalanche Skills Training level 1 course partnering with Trigger Point Snow Services. Special membership rates will apply. Throughout the snow season, safety workshops, skills training development and exciting events including a poker run, ladies rides, vintage hill climb and movie nights at Jimmy's Pub are just some of the activities snowmobilers have to look forward to. The little club with a big heart has much to offer!

"With ongoing pressure from special interest groups, it is vital for snowmobilers to have a unified presence to bring power to their voice," explains club president Trish Drinkle. "Your membership truly does make a difference."

Now under one umbrella, a vital merger between the British Columbia Snowmobile Federation and the Association of British Columbia Snowmobile Clubs brings one unified and powerful snowmobile presence in British Columbia. ■

Info? Contact the club at 250-402-7531 or tdrinkle@yahoo.ca or find it on Facebook. Memberships are available at Kootenay Speed Shop at 1525 Northwest Blvd. KCSC meets the first Monday each month at the Columbia Brewery starting in November.



Kokanee Country Snowmobile Club

Dean Armitage giving a thumbs up for an excellent Bluebird Day.

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Halloween, one of the world's oldest holidays, is still celebrated today in several countries around the globe. The autumn rite is commemorated in the United Kingdom, although with a surprising and distinctive British twist.

In Mexico, Latin America, and Spain, All Souls' Day, the third day of the three-day Hallowmas observance, is the most important part of the celebration for many people.

In Ireland and Canada, Halloween, which was once a frightening and superstitious time of year, is celebrated much as it is in the United States, with trick-or-treating, costume parties, and fun for all ages.

The word itself, "Halloween," actually has its origins in the Catholic Church. It comes from a contracted corruption of All Hallow's Eve. November 1, "All Hollows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints.

But, in the 5th century BC, in Celtic Ireland, summer officially ended on

October 31. The holiday was called Samhain (pronounced sow-in), which means "end of summer", the Celtic new year. 🎃



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Pumpkin Facts

www.halloweenishere.com

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

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

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

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



October 2015



Getting Batty

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

Bats can be found wherever suitable roosting (sleeping) and foraging (eating) habitat is relatively close together. All parts of B.C. have bats, minus high elevation, and snowy, cold alpine sites. B.C. has the greatest diversity of bats than any province with at least 16 recorded species. Bats in B.C. eat small insects (mosquitoes, June bugs, stinkbugs, moths, etc.) and a lot of them — a bat will eat an estimated 600 mosquito sized insects in an hour!

Bats will roost in trees, rock crevices, buildings and bat houses. In the summer, females are looking for warm roosts where they can raise their young. Many people have bats roosting in their outbuildings and houses. Bats will roost in many parts of structures including under roofing, siding, flashing and rafters, in cracks in chimneys or walls, behind shutters — basically everywhere!

While bats in a building are not a cause for panic, sometimes the side effects of the bats — noise, smell or guano (feces) — may be of concern to homeowners. Some homeowners may be just fine with bats roosting in a shed or barn where the side effects are not directly affecting them and this is great! If bats are roosting in your house, there are steps that you can take to limit the unwanted side effects and keep the bats safely in the building. Bats consume an abundant amount of insects and agricultural pests, so they can be of benefit! Leaving bats where they are is usually the best option for bat conservation.

But if you do need to evict bats from a structure, there are steps that you can take to do this properly. In B.C., it is illegal to exterminate bats under the B.C. Wildlife Act. However, excluding bats from their roost site so that they can move to an

alternative roost site is a viable option. To find out more details of the steps to take when considering evicting bats from a property or how to keep bats safely in a building, please visit the Kootenay Community Bat Project's (KCBP) website at www.kootenaybats.com.

If you do evict bats from a structure, there are options you can look into, once you have followed steps to discourage bats from roosting in a structure, to provide alternative roosting option. Building a bat house is one of those options. There are plans and information available on the KCBP website that are easy and affordable to do.

This summer, the CVWMA partnered with the KCBP to provide some bat house building workshops in the Creston Valley. In May, we worked with the Yaqan Nukiy School students to build five single-chamber bat houses that they will erect on the school property. We also hosted a workshop for the public at the Wildlife Interpretation Centre where participants built 18 bat houses that they will erect in the community. Our Teen Steward program participants also built five bat houses. That is a total of 28 bat houses installed in the Creston Valley this year. We appreciate everyone's interest and support in bat conservation!



www.ilovecreston.com

Bats can be misunderstood. Images of bats getting caught in your hair or infecting you with rabies are commonplace thoughts when bats are mentioned. Bats do not fly into your hair! If a bat flies close to your head when you are out at night, they are eating the insects that might be attracted to the carbon dioxide and heat you are emitting. They have amazing flying abilities and will catch bugs and not be attracted or tangled up in your hair!

As far as rabies goes, bats are the only mammal in B.C. that normally carry the rabies virus. Scientists estimate that the incidence of rabies in a free flying bat population is less than 1%. The risk is low and negligible if proper precautions are taken (do not handle a bat, keep pets vaccinated and keep human living areas tightly sealed from areas where there are bats).

Bats are truly an important part and indicator of a healthy and productive ecosystem. With the introduction of a fungus in eastern North America in 2006, causing White Nosed Syndrome in bats, an estimated six million bats have died. While efforts are underway to help prevent this disease from decimating the bat population in North America, we need to also do what we can to help maintain and enhance bat populations.

Of the 16 species of bats in B.C., half are red- or blue-listed, meaning they are vulnerable or threatened to becoming endangered. Threats to bats include habitat loss, intentional extermination, insecticides, wind farm development and the White Nosed Syndrome.

By enhancing and protecting natural roosting habitat as well as artificial roosting habitat (bat houses), you can help bats out. If interested, you can also volunteer to participate in the B.C. bat counts (initiated in 2012 to collect information on bat populations over time). This will help us to learn more about this amazing species. For information on the bat counts please go to www.bcbats.ca. ■

Questions? Feel free to call 250-402-6900 (Admin) or 250-402-6908 (Wildlife Centre), or email askus@crestonwildlife.ca.



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On behalf of the citizens of the Regional District of the Central Kootenay, Areas B and C we wish to thank our local firefighters.



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For the best protection, install interconnected smoke alarms in your home. When one sounds, they all sound.



Test alarms at least once a month by pushing the test button.



Some people, especially children and older adults, may need help to wake up. Make sure someone will wake them if the smoke alarm sounds.



Replace all smoke alarms when they are 10 years old or if they do not sound when tested.



When the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit www.usfa.fema.gov and www.firepreventionweek.org.



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Follow the guidelines of the National Fire Protection Association.

- Check the age of your smoke alarms.
- If they are older than 10 years or you can't find a manufactured date, replace them immediately.
- Carbon monoxide alarms need to be replaced every 7-10 years depending on the manufacturer.

These replacement dates are true whether alarms are battery powered, plug-in or hardwired. So the next time you're in your favourite hardware store, pick up another "decade of defense" to give your family peace of mind. ■

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Tips for Saving on Travel Insurance

Story by: Shelagh Redecopp

Travel Insurance Broker, Safe Travels

Chances are, if you live in the Kootenays, you've crossed the U.S.A.-Canada border a time or two in the last year. Whether it's for a shopping day or a snowbird's six-month stay in the sun, most people know that it is recommended to have travel insurance. What some travellers may not be aware of, however, are ways to save on this purchase while still making sure to have the best coverage possible.

Tip #1: Buy an annual plan

If you are traveling out-of-province two or more times/year, even for a day or two, it is very often more economical to buy an annual plan. Ask for both single trip and annual quotes when buying and compare; you may be pleasantly surprised.

Tip #2: Destination is Important

If you are buying travel insurance for a specific trip (not an annual plan)

and your destination is not the U.S.A., be sure to look for products that offer non-U.S. rates. Only some companies provide these beneficial rates and it can represent significant savings.

Tip #3: Take Advantage of Early Bird Rates

The majority of travel insurance plans have a plan and pricing change in late summer or early fall. The rates from the previous year are still available and often termed "early bird" rates, as they allow snowbirds to buy next year's plan at last year's rates. If you are willing to shop early and spend the money a few months prior to the effective date of your fall/winter policy, you will find it to your advantage. If you've missed the opportunity this year, start early next year!

Tip #4: Be Age-Bracket Aware

Once in your 60s, most travel insurance rates are based on health and age

group. The age groupings are generally five-year brackets. If you pay attention to the age a particular bracket changes (i.e.. 60-65 or 61-66) it can make a big difference in your premium. Look for that extra year in the lower age bracket.

Tip #5: High Blood Pressure

— Rating Variations

If you are taking medication for blood pressure, pricing can vary widely between insurers because each company will evaluate the risk associated with high blood pressure differently. While I use the example of high blood pressure here, the same thing applies to many medical conditions.

Final Tip

With so many choices, it makes good sense to shop around yourself or find a broker who carries multiple product lines so they can do the shopping for you. The savings can be worth your while. ■

Shelagh Redecopp is a Travel Insurance Broker for Safe Travels, specializing in snowbird travel and medical insurance. She can be reached at 250-581-0058 or shelagh@yoursafetravels.ca.



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Ag Aware

Story by: Randy Meyer,
Creston Valley Agriculture Society

The cooler, shorter days of October signal the winding down of the growing season in the Creston Valley. Most crops are harvested, preserved or stored away for the coming winter. This is true for some farmers and ranchers but there is still work to be done. It is time to deliver the hay which was made, ship the calves which have been growing since early spring and get the fall land work done.

This growing season was unusually hot and dry. Many crops matured early with smaller than normal yields. The pastures for the animals ran out of grass

early, causing some farmers to begin feeding their animals much sooner than normal. The feed which was put away for the winter, October through to May, is already being used.

Our local farmers' market continues to be a busy gathering place. It provides food and craft products from local producers. The market will move indoors at Morris Garden Centre on Saturday mornings beginning in October until late December. I encourage all to attend the market and support our local producers. Throughout the summer there were 40-plus vendors which supplied a wide variety of products.

In October we also celebrate Thanksgiving. I think for many farmers, myself included, Thanksgiving is a special holiday. At this time of year, we

can look back on the seasons and see what we have grown or produced no matter what the crop or livestock variety. For the Thanksgiving feast we are so fortunate in our valley. We can source our turkey or ham and all the veggies, and finish it off with an apple or pumpkin pie topped with whipped cream; all of it is grown right here in our Creston Valley! I think that is something to be thankful for.

Speaking of chickens and turkeys, it is that time of year as well. The fall run of chickens and turkeys are being harvested now as well. Local growers aim to have their turkeys ready for Thanksgiving. Any left will be kept frozen for Christmas. A limited supply is available so you need to get your name on the list.

Lastly, Oct. 19 we head to the polls for our federal election. The longest election campaign in Canadian history will finally come to an end. We've all had lots of time and have seen many news reports with all of the issues. As I touched on last month, agricultural issues don't seem to matter or make the news. I am disappointed in all parties in this respect. Everybody eats and should be aware of where their food comes from and who produces it, and have at least some idea what government policies affect the producers in our country. Bottom line is that we all have the right to vote in this country and should exercise that right. Hopefully the candidates chosen will represent us to the best of their abilities.

May all of you enjoy the fall flavours and colours. Have a happy Thanksgiving and be ag aware. ■



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Flotation Therapy

Story by Jesse Moreton, BSc DC

Don't worry: If you've never heard of a float tank, you're not the only one in the dark. It was only days ago a patient clued me into the concept. A float tank looks like a futuristic white orb with an opening for entry and exit. The tank contains water saturated with enough salts to "float" a person. Once the hatch is closed, it also provides a lightless and soundproof environment.

The origin of float tanks started with neurophysiologist John C. Lilly in 1954. Working at the National Institute of Mental Health, Lilly became interested in isolating the brain from external stimulation. Using isolation tanks (now known as float tanks), he was able to study the effects of sensory deprivation. At the time there was a popular hypothesis that the brain relied on biological and internal sources for energy and not the outside environment. Lilly was able to test and validate this theory through isolation tanks. He went on to examine the origin of consciousness and its relation to the brain.

Later in the 1970s a pair from our province's own University of BC started studying the therapeutic benefits of isolation tanks and developed a protocol called Restricted Environmental Stimulation Therapy (REST). A quick search in Google Scholar revealed numerous articles studying the effects of REST for everything from smoking and hormone regulation to treatment for hypertension and usefulness in weight reduction.

Skipping forward a few decades it appears that businesses like Vancouver based "Float House" are pitching float tanks as a way to destress, mediate and relax. (Have a look for yourself at www.floathouse.ca.) And the idea seems to be growing; another Internet search found float locations in most major Canadian cities, although for Creston it looks like our options are a tossup between driving to Kelowna or Calgary, or going state-side.

Most float sessions are at least 40 minutes, as this amount of time is associated with production of theta brainwaves. Theta brainwaves are the type which occur right before sleep or right after waking. It has been claimed

this state can improve creativity and problem solving. Other studies have given credence to claims of pain and stress reduction with secondary effects such as reduced blood pressure and increased circulation.

One notable study conducted at Karlstad University concluded that regular floatation provides relief for chronic stress-related ailments. Researcher Sven-Ake Bood explained, "Through relaxing in floating tanks, people with long-term fibromyalgia, for instance, or depression and anxiety felt substantially better after only 12 treatments". The study reported 23% of the participants became entirely free of pain and 56% experienced clear improvement after a seven-week period. Participants consisted of 140 people with long-term conditions such as anxiety, stress, depression and fibromyalgia.

True, it doesn't sound like the most reputable randomized control trial and, true, the businesses probably exaggerate the benefits, but you have to admit it sounds kind of neat. And if it helps you de-stress and relax, it's not a stretch to make all those other secondary claims. Like many therapies, I assume it works better for some than others. Only one way to find out! ■

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Avoid Colds and Flus this Season — Support Your Immune System

Story by: Maya Skalska
Master Herbalist, Registered Herbal Therapist

We all get sick. Generally, one or two colds per year is considered normal. Anything more than that can be a sign that your immune system might need some help. Another clue into the state of your immune health is how fast you recover. Generally, three to five days is normal. If your colds last longer than that, you're always fatigued or have reoccurring infections or allergies, you need to take some measures to get your immune system back into health.

Our immune system is the system that helps us fight all disease. Let's take cancer as an example. You may not be aware of this fact, but did you know that we fight potential cancer cells on regular basis? It is our immune system that detects spontaneous cell mutations, and makes sure mutant cells get eliminated. Otherwise, cancer could develop.

Simply speaking, our immune systems are programmed to identify and fight off invaders. A lot of these invaders are toxic chemicals in our household products,

food additives and environment.

The science of psychoneuroimmunology (PNI) proves that all types of stress (physical, chemical, emotional and environmental) directly depress immune function. On top of that, nutritional deficiencies, as well as excessive animal fat, alcohol and refined sugar consumption, also weaken it. With all that, our immune systems are stressed and overloaded.

So how do we stay on top of all the immune depressants and keep our immune system healthy? To start with, try to avoid chemical toxins as much as possible. For example, read food labels, wear a mask when using harsh sprays, opt for "green" biodegradable household products, and ensure that the plastics you're using are BPA-free.

In order to avoid nutritional deficiencies, choose nutrient-rich whole foods, and stay away from highly processed packaged foods. Other preventative measures are immune balancing herbs

and medicinal mushrooms.

Before the cold and flu season starts, I recommend building up your immune system with some key medicinal mushrooms. Not only will they prevent you from getting sick, they will also help kill any mutagenic cells your immune system might be having troubles eliminating. Also, they help your body adapt to any kind of stress. As mentioned above, stress is one of the major causes of immune depletion. And they work as tonics, strengthening the whole body. My favourites I use in my practice are reishi, chaga, cordyceps, turkey tail, maitake and shiitake.

On Nov. 7, I will be presenting three talks at the Creston Health and Wellness Fair. One of the topics is how to support your immune system. I will be covering the basic diet to strengthen the immune system, as well as talking in detail about the different herbs and medicinal mushrooms that are easy to take and have been proven to work. And most importantly, you can ask me any questions you may have. I hope to see you at the Health and Wellness Fair. ■

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Hard at Work to Keep you Healthy

Submitted by: Vital Health

Every day your immune system is at work, defending you from harmful bacteria, viruses and infections. This complex system is made up of a variety of cells and signalling molecules that work together to help keep you healthy. Most of the time you don't even notice that your immune system is at work; it is only when the system fails, and you get sick, that you begin to see some of its actions. In fact, many of the uncomfortable symptoms you experience like fevers and sneezing are actually your immune system's strategies for fighting.

The fall is a time when the stress levels ramp up, the weather becomes cooler and viruses and bacteria challenge our immune system. Every year brings a new round of cold and flu season and on average most adults have two to five colds per year. Children are more vulnerable with their developing immune systems and subsequently have seven to 10 colds and flus a year. Getting enough sleep, eating a nutrient rich diet and avoiding refined sugar are excellent ways to keep the immune system healthy. However, sometimes we need a little boost to keep our immune system functioning at its best. We've all heard of echinacea and mushrooms as immune boosters, but the following three substances are less well known natural substances that pack a powerful immune punch.

The Sunshine Vitamin

When our warm weather leaves us so does the ability to obtain vitamin D from the sun during those cold fall and winter months. More and more research continues to support the importance of vitamin D for a healthy immune system. Beyond its role in helping balance out our immune system, vitamin D also helps activate our innate immune system to fight off bacteria and viruses. AOR's liquid vitamin D comes in both children and adult formulas. This highly bioavailable form is a convenient form for all ages.

What is andrographis?

Out of the long list of immune boosting herbs, andrographis stands out for its effectiveness, tolerability and rapid action in combating infections and supporting the immune system. At least 7 human clinical trials have shown that andrographis can decrease the symptoms of upper respiratory tract infections (URTIs) like common cold, sinusitis and bronchitis in as little as three days. Andrographis is unique because it is a very "cooling" herb and has been traditionally used in ayurvedic and chinese medicine as an anti-fever, anti-bacterial and

digestive tonic. Due to its cooling action (from the perspective of traditional Asian medicine), it is indicated for high fever, influenza and throat infections.

AOR's Immune Support contains a powerful immune blend of reishi, shitake, maitake and Brazilian mushrooms along with botanical extracts such as andrographis, olive leaf, wild yam and rice bran that will optimize your immune system.

How does nitric oxide reduce cold and flu symptoms?

Nitric oxide is a natural antimicrobial, helping to kill pathogenic bacteria and viruses, by increasing blood flow to the infected area, it brings oxygen, neutrophils and other immune cells to the site of the infection. This gives it the ability to prevent and clear infections. AOR's Cold Nox is a supplement that combines andrographis and nitric oxide to give you a synergistic blend to fight off your acute cold and flu. When using cold nox you will see noticeable improvements in as little as two to four days in tiredness, sleeplessness, sore throat, coughing and headaches. ■

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Tips for cold and flu prevention

Submitted by: Jody McBlain

Owner - Creston Pharmasave

The most effective way to decrease complications and reduce the impact of the flu is to get a preventative vaccine shot. The North American vaccine is developed each year to work against three strains of influenza virus, based on trends seen in the Southern Hemisphere. The best time for vaccination is early October to mid-November.

Vaccinations are not recommended for children less than six months of age because their immune systems are too immature for the vaccine to work properly. People who have an egg or chicken protein allergy, an allergy to any of the ingredients of the vaccine (i.e., formaldehyde, gentamicin), a history of allergic reactions to the flu vaccine, or an acute illness should not receive the vaccine.

Simple frequent hand washing is also very effective at preventing both flus and colds. As well, teach your family to cough or sneeze into their sleeves, and lead by example!

There are many myths about what predisposes a person to catch a cold and what makes one person catch more colds than another. Factors that may increase the risk of catching a cold are fatigue, emotional stress, smoking, mid-phase of the menstrual cycle, and nasal allergies. Factors that do not increase the risk of catching a cold include cold body temperature (i.e., being out in the cold), general health status, eating habits, and enlarged tonsils.

frequently, for at least 30 seconds each time. If you are already sick, remember to cover your nose and mouth when you sneeze or cough to prevent others from catching the virus — and wash your hands, too.

Health Tip

When you get a cold or the flu, you may cough and sneeze frequently, feel congested, or get a fever. There are no cures for the cold or flu, but there are cold and sinus medications available to reduce the severity of your symptoms. Nasal rinse kits can help with congestion. Cough drops and syrups can help calm your throat, and ibuprofen or acetaminophen products can help with a fever. ■

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Ask Your Pharmacist

Q: What can I do to avoid getting a cold or the flu?

A: You can catch a cold or the flu from being in close contact with others who are already sick, or just by touching surfaces they have touched. To reduce your chances of catching a cold or the flu, make sure to wash your hands

get your flu shot here

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

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**Expected
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Jody McBlain - Owner
Phillip Curran - Pharmacist

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and international trips, marching and parades, and helping and supporting the community.

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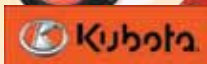
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