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September
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A Growing Passion

*"Continuing a family
tradition of gardening in the
Creston Valley, organically."*

Agriculture

*"Sharing your harvest
with the community."*

Government

*"The NDP's reaction
to the H.S.T."*

Community

*"Solving Creston's
overpopulation of cats."*

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5

Inch by Inch, Row by Row, Gonna Make this Garden Grow

A healing and therapeutic lifestyle she wouldn't trade for anything, in her eyes it's priceless. A third generation farmer naturally grows produce for local residents.



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The Magazine

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Letter to the Editor

Letters to I Love Creston Magazine may be emailed to kris@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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From the editor

Have you every read the “What Happened Today in History” lists? They can tweak the thought, “I remember when that happened” or “I didn’t know that.” I decided to google “September 1.” Check out what I found: “Ah, Ah, Ah, Ah, Staying Alive, Staying Alive.” Yes, Mr. Barry (Bee Gees) Gibb was born in 1946; every September 1st Canada Goose season opens in West Virginia (Don’t they fly south to stay warm?); John Lennon wrote the song, “I Am the Walrus” in 1967; and for all you Christmas shoppers, September 1st is the 243rd day of the year. On more notable day, September 1st 2008, the first issue of I Love Creston Magazine hit the stands. On behalf of our crew, I want to thank our readers and advertisers, for your support.

This month is a mixed bag of great articles. The renovations at the Creston & District Museum & Archives are complete. Be sure to hang onto the list of top 5 tips for all renovation-project managers.

Speaking of advice, it’s back to school and we have the latest fashion tips for guys and gals.

Kids Korner features a young painter who knows how to use a brush. In other arts news, the Creston Arts Club stops by to tell us about its classes and upcoming show.

Creston Air Shed Management brings us up to date on its current and future initiatives.

Nelson-Creston MLA, Michelle Mungall, shares the NDP’s view on the Harmonized Sales Tax.

Do you know what the Therapeutic Activation Program for Seniors (TAPS) is? Do you know what they do? We’ll explain it.

As the tourist season comes to a

close, the Creston Valley Wildlife Management Area is offering a full slate of fun events for the fall.

The Town of Creston is asking YOU to help with the current overpopulation of cats by offering shelter, food, water and a loving home.

Speaking of felines, the Creston Valley Thunder Cats Head Coach is back with his goals for the 2009-10 season.

“Mary, Mary, Quite Contrary, How Does Your Garden Grow?” Well for Crestonite Jessica Piccinin the answer is organic. This young, enthusiastic, third generation farmer loves what she grows and grows what she loves.

Sticking with produce, the Creston Valley Food Action Coalition’s Harvest Share Program is collecting unused and unharvested fresh fruit and vegetables to donate to those who need them.

The AIDS Walk for Life 2009 is on September 20th. This event is aimed towards eliminating the stigma and prejudice against people who live with HIV/AIDS. As usual, we have the Out & About calendar so you know who and what is happening in the Creston Valley and our mailbag is back with letters to the editor.

Enjoy and be sure to have a piece of I Love Creston Magazine birthday cake (that you have baked) when you read this issue.



I Love Creston family: Kris, Wendy, Justin and Susie.

Mailbag

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

To the Editor:

I enjoyed the beautifully written and researched article Seven Wonders of the Creston Valley. Great work! I will be keeping it in my ‘keepsake’ file.

Joanna Wilson

Hi there.

I just wanted to say what wonderful choices I LOVE CRESTON made with Creston’s 7 Wonders, but a couple that might make the lost 8 and 9 are the orchards and sawmills and many tourists come for the fruit alone and have for many many years. Creston was founded on orchards and sawmills, but other than skipping those two you did a wonderful job. Great Magazine

Susan Snow

Hi Susan,

Thank you so much for your letter re: Seven Wonders of Creston Feature. We had a lot of fun calculating the areas most voted for, taking the photos and looking into the history.

I appreciate your feedback on the orchards & sawmills not being included. I did refer to the orchards in Number One, but it was a short reference. The sawmills weren’t included partly because we solely went on the suggestions from our readers.

Kris Dickeson

Editor

Family Roots

Story by:
Kris Dickeson



I had always been sceptical about organic fruits and vegetables. I considered them a cash-grabbing fad. This changed after tasting an organic tomato grown at Root and Vine Acres in Erickson. It was perfect, in fact so perfect that I am hooked and have officially gone organic.

Filling nine acres with organic produce, plants, free-range poultry and turkeys, Root and Vine Acres is definitely a challenge. Head gardener/farmer, Jessica Piccinin, is the third generation in her family to rule the roost. "I was working in Grande Prairie on the rigs and a couple of years ago my grandpa asked me to move back and help out because my grandma was

"The third generation in her family to rule the roost."

sick," Piccinin said. "Ironically my grandpa passed away in January. He was the rock of the family. I decided to stay on and help grandma so we wouldn't lose the farm."



Eager to show me around, Piccinin took me to the tomato and plant greenhouses. "We are known for our tomatoes', they are legendary," she said proudly. "Grandma has been growing them for fifteen years. They are among the produce I take to several local farmers markets. We grow our tomatoes in the ground and they reach about six and a half feet. We fertilize with our own

"We are known for our tomatoes', they are legendary."

animal manure and re-use yellow flypaper we hang to keep the bugs under control, along with errant ladybugs we bring in and put on the vines. There is wire hung over the tomato plants that we tap with a stick to get the pollen flowing."

We wandered next door to a greenhouse, which was full of interesting plants. Cactuses, bedding plants, herbs, as well as unique plants and flowers planted in baskets and teacups.

As our tour headed toward a clearing, I noticed several dogs sleeping in the shade and cats darting back and forth. Piccinin came to a halt and a big grin appeared on her face. "Look over there," she said pointing at a wooden building. "We have pigeons. There is no explanation as to why they are here but they are. We built a shelter for them so they can stay in the winter.

Our trek continued and all of a sudden we were in a clearing with horses, goats, poultry, fruit and nut trees and a couple of gardens. I also



Born in Fort St John, Piccinin and her family moved to Root and Vine Acres when she was four. "I've been doing slave labour since I was six," Piccinin said with a laugh. "My knowledge and experience that helps me successfully run Root and Vine Acres came from working around the farm with my family. I also took a natural herbalist course at College of the Rockies."

noticed some abandoned rustic farm equipment that added character. We stopped at a corral and Piccinin was oozing with excitement. "I get eggs from the hens, use goat milk to make cheese and milk, there are free-range chickens for organic meat, baby turkeys, tobacco plants, a herb garden and a compost garden," she said proudly.

All of a sudden Piccinin opened the gate and ran away calling out a phrase I couldn't understand. She turned around affectionately holding a brown chicken. "This chicken hurt its leg so I kept it with a turkey until it healed," Piccinin said, revealing herself as an animal lover. I asked her what the chicken's name was and she told me naming it was too hard, as she knew the chicken's future. (I don't think this chicken will ever meet that future, so I'm naming it Shasta). Gesturing to the far end of the property Punnicci glowed and said, "that's the farm house I grew up in. I'm renovating it so I can move in."

As we were heading back, I noticed a man crouched down, working in some foliage growing against the side of the house. "That's Jeff," she said fondly. "He helps out a lot around here. I find the heat in the tomato greenhouse a bit much at times. It doesn't bother Jeff so he spends a lot of time with the tomatoes. He is very dedicated and will work or help anywhere on the farm."

Perished from the hot sun, we made our way a gazebo at her grandma's house, across from the greenhouses. Gorgeous flowers and palm trees surrounded it, and I noticed a pair of cockatiels, and a chatty cockatoo



"I decided to stay on and help grandma so we wouldn't lose the farm."

that, I was told, likes to call out, "Grandma". Piccinin appeared with glasses of fresh cherry juice while Jeff wandered away.

"I planted my first garden this year and chose vegetables and herbs," Piccinin said as a kitten jumped in her lap. "But I really don't like weeding. It was my neighbour's but he passed away so I took it over. I also lease a piece of property where I grow garlic." As we spoke, Piccinin scratched and played with the kitten.

After a sip of the delicious cherry juice, Piccinin and I began talking about organic food. "It tastes better," she explained. "I know that I am not eating poison. It doesn't always look as good as food we buy in a grocery store and organic food does cost more but you are eating locally, which reduces fuel costs and helps the local economy. I go to several local farmers markets and take fruit, vegetables, berries, culinary herbs, canned goods, eggs and meat (chickens). I also work with other local growers and take their products and sell my herbs through Straight From the Earth Food Store."



Jeff picking cucumbers in the hot sun.



Jessica and her grandma, Joy Tomlinson, admiring their legendary tomatoes.

Piccinin is completing a yearlong program through Community Futures that offers business start up funding for one year. "I am confident I will continue to run Root and Vine Acres successfully when the program ends," she said with a sparkle in her eye. "I am also applying for a grant so I can operate a cannery for vegetables, jams and pickles that I can sell at the local farmers markets."

All of a sudden Jeff re-appeared carrying a bundle of what looked to be vegetables and Piccinin passed a bowl of plump cherries my way. As I bit into an exquisite cherry, Jeff began laying his treasure of produce on the table to sort them. He had picked three kinds of tomatoes, a variety of greens, kohlrabi and garlic. Next he took out his jackknife and began slicing up the vegetables.

"I am confident I will continue to run Root and Vine Acres successfully"

"These were all grown here so there is no pesticide and you will notice a difference between them and the ones in grocery stores," Piccinin pointed out. "Most people don't know that 75% of a vegetable can be eaten."

The three of us began eating and I have to say I was sceptical but in all honesty I found all the vegetables had a fresher taste. I had never tried it before, but the kohlrabi was my favourite. As we nibbled, Piccinin chuckled and said, "I really didn't know I had a passion and envied those who did. Now I have one and wouldn't trade it for anything."

"A Hearty Lunch From Gardens of Delight"

Prepared by local Organic/Naturally Grown producers:

- Root and Vine Acres
- Coffee Creek Café
- Garden Hoe Farms
- Mama Tea's Herbs and Perennials

Saturday September 26, 2009

Location: Coffee Creek Café

Time: 11:00am - 4:00pm

Menu:

Appetizer, Salad, Soup,
Entree, Dessert & Tea

Local Music

For more information email:
rootandvine@hotmail.com



Welcoming Creative Expression

Story by: Cory Cannon
Creston Art Club

The Creston Art Club is a non-profit organization sponsored by the BC Arts Council and the Creston and Community Arts Council. For over 30 years, both amateur and professional artists have been working in a wide variety of mediums and styles.

9:30am-noon. Bring your paints. The current membership fee is \$15.00.

Every fall the Creston Art Club holds its annual show and sale where the great variety of new works from the members is presented.



This year's show opens Friday, September 5th, from 7:00pm - 9:30pm at Rotacrest Hall.

There will be a reception offering refreshments and featuring live music.

"A great place to grow and nurture"

"Working in a wide variety of mediums and styles."

Approximately 50 members hold weekly painting sessions to support and encourage each other. The Creston Art Club is a great place to grow and nurture your artistic side, whether you are a complete beginner or a professional.

Open to anyone in the area, the Creston Art Club has members from Kitchener, Wynndel and the Kootenay Lake area.

The club meets every Wednesday at the Erickson Golden Manor from



The show continues:
Saturday, September 6th from 10:00am - 4:00pm
Sunday, September 7th from 11:00am - 4:00pm

For more information contact:
Val Van Der Poel
250-866-5772

Showcasing work from local artists

Creston Art Club Annual Art Show & Sale

**Wine & Cheese Reception
Plus live entertainment**
Friday, September 11th
7:00 to 9:30 pm

Show Open For Viewing
Saturday, September 12th
9:00 am to 4:00 pm
Sunday, September 13th
11:00 am to 4:00 pm
at the Rotacrest Hall
19th Avenue North, Creston

How the Harmonized Sales Tax Will Affect You



Story submitted by: Michelle Mungall
MLA for Nelson-Creston

Despite B.C. Liberal claims to the contrary, a report made by the premier's own B.C. Progress Board five months before the election shows that the Harmonized Sales Tax (HST) was definitely on the premier's radar. It also shows that despite the B.C. Liberals' claims, the HST will hit low and middle-income families the hardest.

"Progress board report shows liberals' harmonized sales tax will hit ordinary families the hardest"

Here is what the report said:

- The HST would be "mildly regressive," driving up the cost of essential goods and services like rent, heat, and clothing.
- "In the short and medium term, lower-income British Columbians could see declines in real income as consumer prices rise."
- "Moving from a tax on business inputs to a tax on consumer goods and services entails a substantial and highly visible shift of the tax burden from business to consumers, even if reduced input costs are eventually passed on to consumers in the

form of lower prices."

The HST, like the premier's cuts to health care, education, libraries, student aid, and seniors' services, will hurt ordinary British Columbians the most.

Carole James and the New Democrats have launched a petition to stop the HST, which is at <http://www.bcmdpcaucus.ca/en/StoptheHST>

Under the Campbell government, B.C. has had the worst rate of full-time job losses, the second-worst performing economy, and the highest level of child poverty in the country.

*Michelle Mungall is the NDP MLA for Nelson-Creston
Phone: 250 354-5944
Email: michelle.mungall.mla@leg.bc.ca*



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Suitable Homes Needed for Cats

Story submitted by: Bev Caldwell
Executive Assistant - Town of Creston



Town of Creston Bylaw Enforcement staff recently updated Council on efforts to control cat overpopulation within Town boundaries. The overall health of the cats being trapped by Bylaw Enforcement Officers, and checked by veterinarians under the new Cat Control Bylaw, is generally poor.

Of the 26 cats trapped so far, three have been returned to their homes, 14 have been adopted out, and nine have been euthanized because of disease. Local veterinarians tested the cats, which were found to have deadly feline diseases such as feline leukemia and feline immunodeficiency virus (FIV), as well as tumours. None of these diseases can be transmitted to humans, but they spread easily among the cat population.

So far, 14 healthy cats have been adopted to new homes. The cats are feral, and need a suitable situation in which to thrive. Ideal homes would be rural or farm locations where they can have a covered shelter (such as a barn) and outdoor space where they stay close to home and don't interfere with wildlife.

If the healthy cats were returned to their current environment, their life span would likely be very short and their quality of life poor. In order

to stem the spread of disease, it is imperative to get the healthy cats to a new location. The Trap/Neuter/Relocate program that is currently underway is the best available option to achieve this. However, suitable homes are needed in order for the program to be successful.

"Imperative to get the healthy cats to a new location."

Council is committed to moving forward with the steps outlined in the new bylaw, and the most important step right now is to find homes for the healthy cats. To date, the only cats euthanized have been those that have been diseased, but there is very limited capacity to house healthy cats. Therefore, more homes are needed to make sure that the program can continue in this preferred manner.

All cats will have a veterinary check-up to ensure that they are healthy, and will be spayed or neutered before adoption.

If you have a suitable yard or acreage, and would consider giving one of these cats a second chance, please contact the Bylaw Enforcement Officer at Town Hall 250-428-2214 ext. 231.



REGIONAL POLICING IMPROVED POLICE SERVICES AND WHAT IT WOULD COST PUBLIC MEETINGS

The Town of Creston and the Regional District of Central Kootenay (Electoral Areas A, B and C) together with the RCMP and the Provincial Solicitor General's Office are undertaking a review of options for the possible establishment of a Regional Police Force.

Three (3) Community meetings were held in June this year to outline the Regional Policing Project and to receive public input on policing issues and the potential for Regional Policing in Creston and the three Electoral Areas. Valuable input was received at the Community meetings and from the questionnaires distributed at the meetings, all of which have assisted in identifying the major policing issues that needed to be addressed.

Working with the RCMP and Solicitor General's Staff we have now developed Regional Policing Options which respond to the policing issues identified together with the estimated costs for each option and the following Community Meetings are being held to outline the options and their costs.

As one of the initial steps in this process, Public Meetings are being held as follows:

September 10, 2009 (7:00 – 9:00 p.m.)
Council Chambers, Creston Town Hall
(238 – 10th Ave. N.)

September 11, 2009 (7:00 – 9:00 p.m.)
Yahk Community Hall (Railway Ave.)

September 12, 2009 (1:30 – 3:30 p.m.)
Crawford Bay Elem./Sec. School
(Walkley Rd.)

The public may attend any of the above noted meetings, the same information will be presented at each meeting. You are encouraged to attend the meeting which best meets your personal schedule.

If you require further information please call the Creston Town Hall at 250-428-2214 Ext.226.

Festival Spotlight Shines On Creston

Story submitted by: Jason Smilth - Footlighters Theatre Society

From October 2-4, Creston's own Footlighters Theatre Society will be privileged to host ACToberfest, a festival of one-act plays put on by Theatre BC. Started in 2007 as part of its 75th anniversary celebrations, Theatre BC intended to provide an event that could be hosted in any community in the province.

It features one-act plays of less than one hour in length submitted by theatre groups throughout the province. Selection of performances is based on audience appeal, variety and production values, and priority is given to Canadian pieces. These plays will be performed on October 2 and 3 in the Prince Charles Auditorium and Prince Charles Secondary School band room.

Festivities will begin the evening of October 1 with a meet and greet, there will be a "green room" party after each day of performances, and the festival will be capped off with an awards luncheon on October 4. The evening events will be held at the Snoring Sasquatch at 221 11th Avenue North, while the luncheon will be held at Rotacrest Hall next to the Creston and District Community Complex. The public is encouraged to join in all festival events.

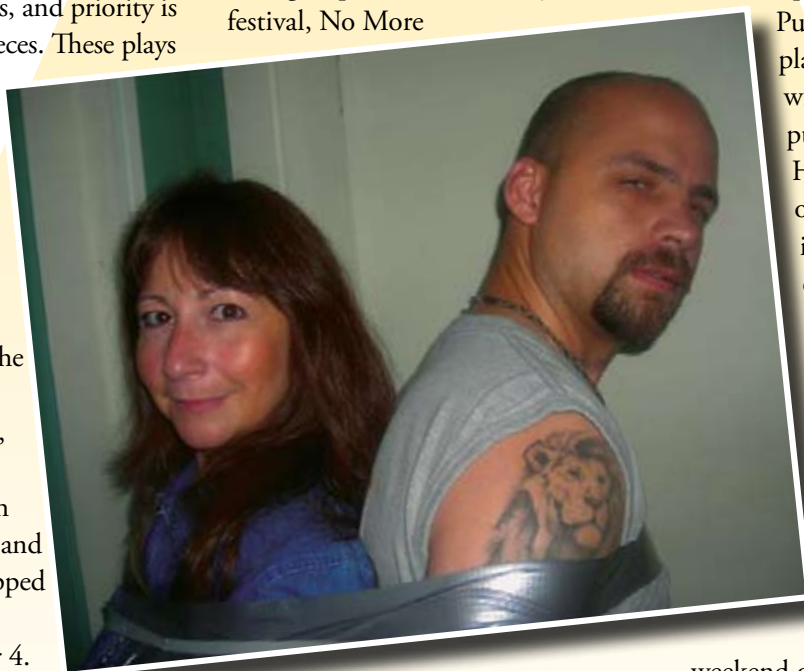
As host of the event the Footlighters will be volunteering to make sure it

all happens smoothly.

"We're really looking forward to hosting ACToberfest," said Footlighters president Brian Lawrence. "It's a great opportunity for creative personnel from our group to learn from others."

"This is a rare opportunity for Creston"

It will also give Footlighters a chance to show off its talents - the local group has its own entry in the festival, No More



Tomorrows, which features local thespians Warren Bruns and Loretta Sheriff.

"Warren and I are heavily into rehearsals - prepare to be shocked," said Sheriff, who wrote the piece.

When asked, Bruns described the play as a "dark, gut-wrenching feast for the senses."

ACToberfest committee chair Frank Goodsir eagerly anticipates the festival.

"This is a rare opportunity for Creston," he said. "Before this, ACToberfest was held in Kelowna and Prince George, so it's truly in a small community for the first time."

Last year's festival included 10 very diverse and sometimes groundbreaking plays. One called The Tragic Comedy, (or the Comical Tragedy), described as an adaptation of a traditional

Punch and Judy show, played violently straight with humans instead of puppets. Another, entitled Hot Flashes — Revelations of the Dangerous Age, included sharp wit, double entendre, physical humour and sight gags.

"The selection offered with this year's ACToberfest should be just as diverse," said Lawrence. "Combined with the chance to meet the performers, the festival will offer a great weekend of theatre."

Each play will be performed twice, and tickets will be available only at the door. Watch the September 24 Creston Valley Advance for a schedule with play titles and descriptions.

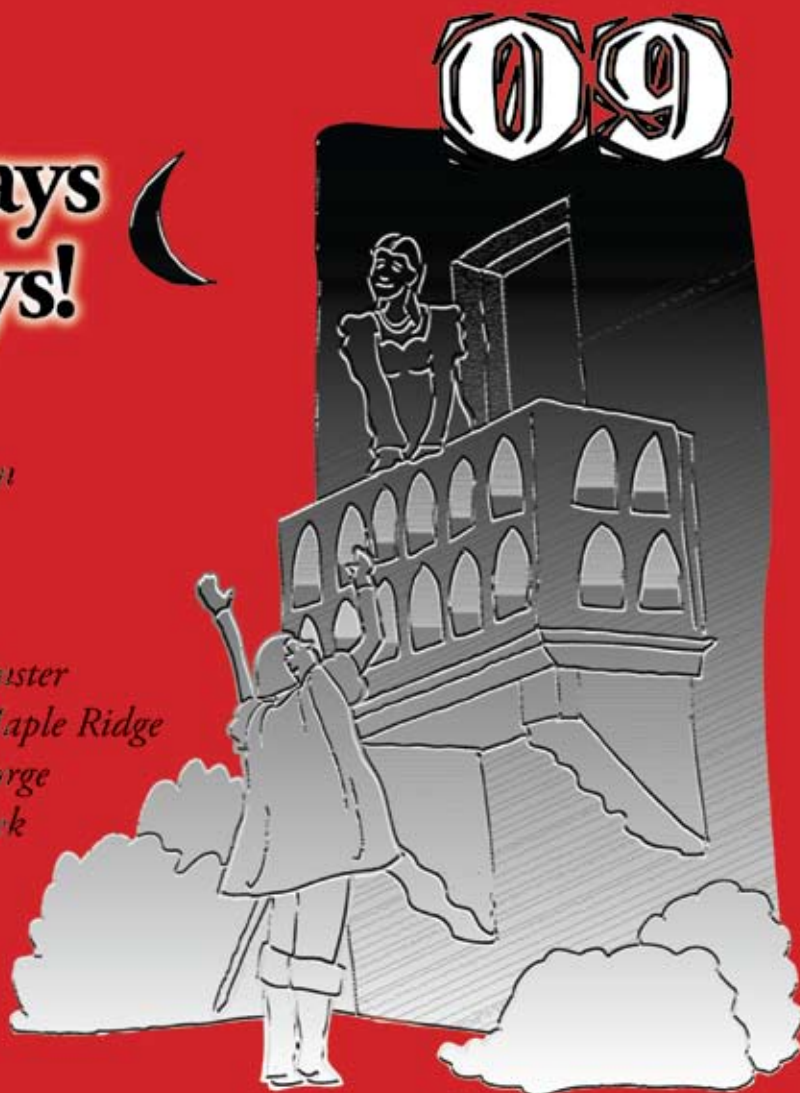
For more information, visit the Theatre BC website, www.theatrebc.org, and click on "Events" or e-mail Frank Goodsir at fgoodsir@kootenay.com.

ACT oberfest

See *Nine* Plays
In *Two* Days!



No More Tomorrows - *Creston*
Elevator - *Salmon Arm*
Office Party - *Salmo*
Black and Blue - *Nanaimo*
For A Moment - *New Westminster*
Aspartame and Blue Lace - *Maple Ridge*
The Death of Me - *Prince George*
Pat the Oilwife - *Dawson Creek*
Catch - *Maple Ridge*



Provincial One-Act Play Festival
October 2-4, 2009

Prince Charles Secondary School, Creston, BC
For more information visit www.theatrebc.org/actoberfest or
phone 1-866-528-4342



Hosted by Footlighters - www.footlighters.ca



Investors Group Welcomes



Wally Eddy, Regional Director at our Cranbrook office, is pleased to announce that Melanie Joy has joined Investors Group in our Creston office as a Consultant.

Prior to joining Investors Group, Melanie worked in education as a School Board Trustee and brings a wealth of knowledge to clients gained over a period of 4 years.

Investors Group is one of the largest financial services companies in the country. For over 80 years, Investors Group has been a pioneer in providing personalized financial planning solutions. Today, we manage over \$52 billion in mutual fund assets for nearly a million Canadians.

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Consultant
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A Long List of Fun

Story by: Deanna Kepke
TAPS Activity Assistant

TAPS is a Therapeutic Activation Program for Seniors. It provides the opportunity for seniors to come together, share experiences with other seniors, participate in our community and take pleasure in life.

Our monthly program is full of exciting programs that meet a lot of seniors' needs in our community:

- TAPS provides safe assisted transportation to and from their homes. We also run a shopping program weekly for seniors.
- A meals program is offered once a week for seniors who may not be able to prepare their own meals.
- Age friendly exercise programs such as Tai-chi and Yoga are offered to our seniors and they are astounded with the results of these programs.
- Social and mentally stimulating activities are provided.
- There are also excursions into the community for socialization, entertainment and education.
- As well, medical well-being is reached through nursing foot care, wellness and assessment clinics.
- Calls done daily reassure seniors they are safe while living in their own home.

TAPS recently acquired a much-needed newer bus, which was bought with help from the Krafty Krony's. This local group of ladies are angels. They fundraise for the TAPS program by craft/ bake sales and help keep our program running. The Krafty Krony's have Krony's Kraft Korner at TAPS where people can purchase nice affordable gift baskets as well as gifts for their friends and family.

The benefits of TAPS are many and include reduction in medical care costs because of regular observation of isolated seniors. The clinics we offer are early intervention opportunities for seniors to be assisted with referrals to the medical system. Families may also benefit from TAPS by having regular caregiver respite.

Our summer calendar was full of picnics, BBQ's, themed garden parties, trips to the flower nurseries, change of season excursions, wellness clinics and much, much, more.

If you are a senior or know a senior that would be interested in TAPS, GET ON BOARD!

"Participate in our community and take pleasure in life."



"The much-needed newer bus for TAPS bought with the help of the Krafty Krony's."

For more information contact:

Jill Fehr or Deanna Kepke

TAPS Activity Coordinators

Phone: 250-428-5585

TAPS started in 1991 with five clients and now exceeds 50 seniors in our community.

The program was initially under the provincial government and now is successfully operating under CRC Community Resource Center.

The Ribbon Has Been Cut

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

As you may have heard, we recently tackled a little renovation project at the Creston Museum. Last fall, the South Wing was almost completely torn down, rebuilt, and reopened on July 31st as Founders' Hall. Outside, the building looks much the same as it did. Inside, though, it's a whole new story.

I learned a lot, during the course of this renovation, and I can justifiably claim some level of expertise in managing a building project. Here are 5 things that every renovation-project manager needs to know:

1. The term "a small job" refers only to the dollar value. It has nothing to do with the time the project will take. "It's just a small job" means nothing more than "It probably won't cost millions of dollars."

2. Expert advice is crucial, especially from people who have experience with the kind of project you're undertaking. With a stone building like ours, an architect who has worked on numerous historic stone buildings in England is a good choice.

3. There will be moments of doubt. No matter how much thought and planning has gone into your project, there will come a moment when you realize you really had no idea what was involved.

4. The smaller the detail, the harder the decision it requires. Big things are easy. Do you want a roof? Yes. Questions like "What kind of roof do you want?" are harder. Sloped, flat, asphalt, aluminium or shingles and so on.

5. It's not all going to go badly. Sometimes things will just fall into place. A very nice person will donate the rear window of a 1968 Mercedes just when you need it.

"Expert advice is crucial."

The building was renamed Founders' Hall to recognize the people who established the community and the people who established the Museum. We also need to recognize all the people and organizations that contributed to the project – we could not have done it without your support.

We're pretty proud of the end result and hope you'll come down soon to check it out for yourself!



The completed South Wing at the Creston & District Museum & Archives South Wing"

Creston Museum

Annual Quilt Show

**Saturday
September 19
10 am to 5 pm**

***Come check out
the heritage and
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Come Check Out Our Booth at the Fall Fair

Support S.N.A.P.

(Spay/Neuter Animal
Program)

Please help with your donations
Phone 250.428.2811



Join in the
family fun at the
Creston Valley
Fall Fair



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1608 N.W. Blvd., Creston
Phone: 250.428.9388

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Creston

Fall

September 1 2009



*Fun for Everyone
at the
Creston Valley
Fall Fair*



Judy Edge, Tourism Development Manager
121 N.W. Blvd, Creston, BC
(new Chamber of Commerce building)

250.428.2022

judy@experiencecreston.com

n Valley

Fair

11th & 12th
09

Please join the Therapeutic Activation Program for Seniors, TAPS, at the Fall Fair.

Learn about our program,
talk with our seniors,
buy one of our famous pies
and meet the Krafty Kronys.



T.A.P.S

Therapeutic Activation Program for Seniors

*TAPS operates under the umbrella
of the Creston & District Community
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Unforgettable Memories and A Fall Preview

Story by: Carla Haegele
Stewardship and Communications
Manager - CVWMA

Our summer Gift Shop and Naturalist staff were busy this season running school programs, Jr. Naturalist summer camps, hosting the public and providing guided canoe and walking tours. I asked them to share some thoughts on their season at the Wildlife Centre. We love that the favorite comment heard from students was, "This is WAY better than school!"

**"That's the way
(uh-huh, uh-huh)
I lichen it!"**

Leah Gailius: Gift Shop Coordinator

"I really like talking to and hearing from people who have come a long way to see the Wildlife Centre (Europe and Asia). They are excited to be here and enthusiastic for the walking and canoeing."

Shaun Paradis: Naturalist

"There is no better way to start the day than by listening to the birds sing. No cubicle, no industrial noises, nothing but fresh air and friendly faces."

Stephanie McDowell: Naturalist

"When canoeing with the Jr. Naturalist children, we were having our snack and an otter came swimming by our canoe. The children were so excited to see the otter so close. They said that the otter was coming to join us for a snack."

Marysia McGilvray: Naturalist

"When teaching about lichens and getting a class to repeat 'I'm likin' the lichen', one boy breaks out into song and dance doing KC and the Sunshine Band's "That's the way (uh-huh, uh-huh) I lichen it (uh-huh, uh-huh)."

Take advantage of our upcoming programs such as the new Bundles Hiking Club, a six-week long fall walking program for parents and babies (birth to one year) from September 9th to October 7th 1:00pm-2:30pm. The cost is \$20.00. Please call the centre to register.

(For more information on upcoming CVWMA programs, see the Out & About Calendar)

A National Training Course for Canadian Ramsar Site Managers will take place at the Creston Valley Wildlife Management Area (CVWMA) from October 5th - 8th, 2009. This is the first ever course of its kind to be offered in Canada. This course is presented by the Centre for Environmental Stewardship and Conservation (CESC) in cooperation with the CVWMA. As one of the 37 Ramsar sites in Canada, the CVWMA is proud to be involved in this venture. Delegates from across Canada will be coming to Creston to participate in a variety of presentations, group panels and discussions and hands-on exercises planned at the Wildlife Interpretation Centre.



The Wildlife Centre closes for the season on Saturday, October 10th. Access to the building will be limited during the Ramsar Training Course. Please call us at the Centre at 250-402-6908 for details.

AIDS Walk for Life 2009

Story by: Krista Wunsch

AIDS Walk for Life Coordinator - Cranbrook

ANKORS (AIDS Network Outreach Resource Support) is inviting residents, throughout the East Kootenays, to participate in the 2009 AIDS Walk for Life, September 20, 2009 in Cranbrook.

ANKORS Education and Prevention Coordinator Polly Sutherland stated, "One of the greatest challenges that faces someone that is living with HIV/AIDS is the stigma that exists within our communities. It is our mission that through events such as the AIDS Walk for Life, we can raise awareness and eliminate the prejudices that exist."

"There is no cure and no vaccine for HIV/AIDS"

Aside from walking, you can get involved in the 2009 AIDS Walk for Life by fundraising, making a donation or becoming a volunteer.

If the community you live in is too far away for you to participate in the walk, you can help by raising awareness by raising pledges or spreading the word. Pledge forms are available via the website www.aidswalkforlife.ca or by calling either the ANKORS office in Cranbrook or Nelson 1-800-421-2437.

ANKORS



"Participants in the 2008 AIDS Walk for Life"

100% of the proceeds from pledges and donations raised is used to provide services for the women, men and children that live in our communities that are affected by HIV/AIDS. There is no cure and no vaccine for HIV/AIDS and it affects us all. We walk for those who are no longer with us. We walk to support those living with and affected by HIV/AIDS. We walk to stop the spread of HIV/AIDS in our community. We all have our reasons. We hope that one day we won't need to walk any longer. Until then, the walk will do us good.

Registration begins at 12:30pm at Viking Skate Park, followed by opening ceremonies at 1:00. The walk will commence at 1:30, through downtown Cranbrook and then return to the park. From 2:00pm-4:00pm there will be a celebration of life, which will include a tasty BBQ, sponsored by Mr. Mike's, offering Mr. Mike burgers at a suggested donation of \$5.00. Throughout the celebration of life there will be entertainment including face painting and live bands. We hope to see everyone out for this important event.

ANKORS is a nonprofit society, which provides both support and access to services to those affected by HIV/AIDS throughout the Kootenays. We also aim to eliminate prejudice and myths surrounding HIV/AIDS. Join us as a friend on Facebook or check out our website www.ankors.bc.ca.

What: AIDS Walk for Life
When: Sunday September 20, 2009
Time: 12:30pm-4:00pm
Where: Cranbrook Viking Skate Park

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Harvest SHARE Program



Please harvest and donate your excess fruit and vegetables to those who need them.

UNABLE TO HARVEST?
We volunteer to do it for you!

For more information contact:

Alexandra Dansereau
Harvest Share Coordinator

Creston Valley Food Action Coalition
531-16th Avenue North, Creston
(Creston Public Library)
Phone: 250.402.3291
crestonharvestshare@gmail.com



Creston Valley
Food Action Coalition



This project has been made possible thanks to the financial assistance of the province of British Columbia and the Columbia Basin Trust. Picking equipment donated by Bear Aware.

VOLUNTEER PICKERS NEEDED!

Harvest Share Program Volunteers Ready To Pick

Story by: Alexandra Dansereau
Harvest Share Coordinator
- Creston Valley Food Action Coalition

The Harvest Share Program, run by the Creston Valley Food Action Coalition, is gathering unharvested fresh fruit and vegetables in peoples' yards, and putting them in the hands of those who need them.

People who have fruit or nut trees, which they are unable to harvest, can contact the Harvest Share to pick the trees. Collected harvest is shared equally three-ways between the tree owners, our volunteer pickers and a social or charity organization.

Anyone who has excess fruit or vegetables is encouraged to donate

this produce to the following organizations: Food Band, T.A.P.S., Presbyterian Church, Creston New Life Christian Church, Wednesday Lunches at Trinity United Church, Creston and District Resource Center Society and the Kootenai Community Centre. These organizations ask that people contact them before making a drop-off.

The Harvest Share Program is geared towards reducing food waste, supporting social and charity organizations, reducing the carbon footprint and reducing the bear-human conflicts.

To date, cherries and apricots have been picked by our volunteers and donated to low-income people and families by the participating organizations. The Harvest Share Program is welcoming anyone interested in joining the project.

For information contact:

Alexandra Dansereau
Harvest Share Coordinator
Creston Valley Food Action Coalition
Phone: 250-402-3291

Email: Crestonharvestshare@gmail.com
(The Harvest Share Program is made possible by financial assistance from Columbia Basin Trust and the Province of British Columbia. Bear Aware donated the picking equipment.)

Saskatchewan Farmer To Visit Creston

Percy Schmeiser, the Saskatchewan farmer known for standing up to Monsanto (the giant multinational agricultural biotechnology corporation) is coming to Creston. He will discuss the issue of Genetically Engineered (G.E.) crops, address his concerns about genetically engineered crops and talk about alternative ways of farming that may be more economically viable.

In 1998, Monsanto claimed Schmeiser's crops were theirs because they appeared to have the same genetic characteristics patented by the corporation. Monsanto accused him of

illegally using their patented product without paying the fees.

In an out of court settlement finalized in 2008, Monsanto agreed to pay all the clean up costs of the Roundup Ready canola that contaminated Schmeiser's fields.

When: Tuesday, September 15, 2009
Where: PCSS Auditorium
Time: 7:00pm (Doors open 6:30)

Admission by Donation (Suggested \$10)
Supporters of 2009 Percy Schmeiser Tour:
Society for a G.E. Free BC, G.E. Free Kootenays, Kootenay Food Strategy Society, Deconstructing Dinner, Canadian Biotechnology Action Network (CBAN), Grand Forks and Boundary Regional Agriculture Society and the Creston Valley Food Action Coalition)

Upcoming Employment Programs



Need Help Finding Work?

Job Club at KES is a 3-week program that will give you the skills and support to find work. You'll have the opportunity to gain the certificate skills you need to get the work you want.

We'll even help to match you with an employer!

Thinking About Getting Back Into The Workforce?

Bridging for Women is a 10-week program at the College of the Rockies that will give you the skills and confidence to do it. This all-women's program provides instruction in the most commonly used office software applications plus job search skills, personal assessments and lots more.

Talk to anyone whose taken the course and they'll tell you, "It's fabulous! It's life changing! You should take it!"



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**Visit us online at:
www.kes.bc.ca**

Creston Valley Thunder Cats Season Preview

Story by: Joe Martin
Head Coach/GM

This season the Thunder Cats will be without some of the best from last season: Cole Yurkowski, the league's leading scorer/MVP, Wade Waters top goalie for two

"We are all in it to improve."

years in a row and Casey Silversen an all-star for two years running. These three players have accepted scholarships to play at Grant MacEwan College in Edmonton.

But returning are some very popular and skilled players. Kane Dawe and Robbie Stuckey from Whitehorse, Yukon, Blake Kirkham and Cody Boekestyn from Cranbrook and our star local player Travis Ludwar will be back on the ice. On the back

end we will have Top Defenceman Colton Grolla and our other 20-year old Kenny Johnstone.

Three new faces from Alberta have committed to skating with the Thunder Cats. Matt Hupka, Scott Swiston, CJ Caputo were scouted in the off-season. It is my feeling that they will step in and be right at home playing with our returning guys.

"Returning are some very popular and skilled players."

At this time there are still a few holes to fill and hopefully some of our locals are up to the task at camp. Whatever the makeup of our team is, we are all in it to improve on what was our best season to date last year.



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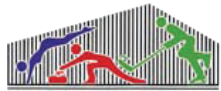


Get to know what the Creston Valley has to offer!

Community Awareness Registration Night on Wednesday, Sept 23 6:00-8:30 pm at the Creston & District Community Complex.

Stop by and see what activities are available for children, adults and seniors over the Fall and Winter months.

The Fall 2009 Leisure Guide is available and we are ready to take registrations! Call us for more information about our programs.



We want to be Your Partner in Fun!
250-428-7127 or email
crestonrec@rdck.bc.ca

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on a familiar valley*

**Fall Fundraiser
September 19
at the Creston & District
Community Complex**

**Mark Koenig & Friends
Peter Bodley
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Tune in for details.**



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Phone: 250-402-6772
Email: info@crestonradio.ca
www.crestonradio.ca



Back To School

What's Hot & What's Not?

www.canada.com/story_print.html?id=1877871&sponsor=hp
www.helium.com/items/573291-fall-2007-school-fashions-for-boys

Here are what the designers have in store for what to wear in fall and winter 2009-10.

Gals: Muted metallics. Muted tones of copper, pewter and iron are making a splash on the catwalk. Pair them with earthy shades in tweed, linen or leather to keep the shine subtle.

Thigh-high boots. This coming season sees designers taking boots to new heights. Paired with skinny jeans or leggings, these certainly make a statement. Very sexy, if somewhat impractical, they need to be paired with a more conservative outfit to be pulled off.

The fitted coat. This flattering, perfectly-tailored, old-world sophisticated staple highlights a refined silhouette.

The boyfriend jacket. Conversely, this jacket is cut to look like it is on loan from your man, with stronger shoulders and sharp tailoring. Just like the boyfriend jeans seen last spring, this jacket is a throwback to the '80s.

Tudor ruffles. Tufted and ruffled necks and structured bodices are big this fall. Skinny jean coupled with Tudor-style tops in silks, brocades, and jacquards and embellishments of lace, sequins and tassels are the rage. Designers seem to be saying "more is more" when it comes to lavish trimmings.

Jewel tones. Enough with the black already! Bright, saturated gem colours made a big splash on the runway. Ruby, amethyst, emerald, sapphire, and topaz are big either for accented accessories or for full-length gowns in satin and silk.

Fierce fur. Faux and otherwise, fur plays heavy into fall's fashion picture. Both elegant and relaxed - and practical for Canada's winters - fur is making another comeback this time in stoles and boleros, as well as jackets.

Guys: Well parents I have bad news for you. You will find with teenage boys they will not be asking you what to wear. Depending on their social identity, and the peer group they have identified with, you may find them wearing band tees, tight legged jeans, skate shoes, and the all important "hoodie." Studs on the butt are in for guys.

Some teen guys are also taking to colors like pink, fuchsia, and lime green. Others you will find sporting fur scarves of any multitude of colors. Coats trimmed in fur are also "hip" these days.

Be prepared for earrings, nose rings, lip rings, tongue and eyebrow piercings, tattoos and funky hair. Does your teen identify more with the punks, the emo kids, the preppy kids, or the "smart" kids? It is far more important to him to fit in with his peer group, and dress in the fashion of his friends, than it is to please you.

In the teen years what you wear is a statement to others about who you are.



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Selected frames, Sun Dog
sunglass clips & reading glasses.

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Saturday 9:00 am to 5:00 pm*



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www.paws-crestonbc.org

What's New With Creston Air Shed Management?

Story by: Pat Martin

Get rid of your "old belcher"!

No, not your husband, your wood stove! Creston Air Shed Management (CASM) has wood stove trade-in/rebates of \$250 from the BC Government

and another \$100 from Regional District of Central Kootenay (RDCK). Now

you can get rid of your old stove, that is damaging our air, and replace it with a newer efficient stove from any valley retailer. Do your family's and your neighbours' health a favor. RDCK is even subsidizing the cost of dumping the old stoves at our local landfill.

Combined with the Federal Government's Home Renovation Tax Credit, which gives 15% of renovations between \$1,000 and \$10,000

(until February 2010), total potential savings are close to \$500 on a \$2,000 stove. This deal is only on the first 60 stoves sold.

Beyond that, the RDCK is hoping to move another 40 stoves, so there will still be some savings after the first 60. Clear as soot?

"Get rid of your old stove that is damaging our air!"

"We want to make Creston an "idle-free zone."

CASM is planning to have both an indoor and an outdoor booth at the Fall Fair so drop by and visit us. We want to make Creston an "idle-free zone" and want your signature on our petition.

Watch for our mail out reminding you that we can clean up our air by composting (not burning), by seasoning firewood

(have more than one year's supply drying) and NEVER, NEVER BURNING GARBAGE!

We are losing our particle mass monitor located at Prince Charles Secondary School. The provincial Ministry of Environment has decided they have enough data to know where we need to make

changes to improve our air quality from sometimes being the 8th worst in BC. The monitor will temporarily be put

back into use once we have had time to make changes.

**For more information contact
Pat Martin at 250-428-2686.**

Concerned about Idaho Field Smoke?

Call 1-800-345-1007 if you suspect Idaho is smoking us out. New rulings require that once the smoke hits a "Sensitive Receptor" which is a school, seniors care home or hospital, the burn must be extinguished.

Kid's Korner

Make a Scarecrow

<http://www.kidsturncentral.com/crafts/scarecrows.htm>

Here's a fun idea for your Fall and Halloween decorating .

You Need:

Old pair of over-alls or old pants, old plaid shirt, an old hat, old work gloves, old boots or shoes, twine, straw, hay and newspaper.

To make your scarecrow head/face you can use a stuffed pillow case and draw/paint a face on it.

How to Make it:

Once you have your head/face created, you can simply put your scarecrow together by stuffing the articles of clothes. You can hold it together with twine.

Once completed you can prop your scarecrow up against a tree, house, fence, sit him in a lawn chair or on a bale of hay. Be creative and have fun!

"Mom look what I made!"

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For schedule information email steppingstone.jen@gmail.com or pick one up at Black Bear Books, Kingfisher Books or The Artist Loft

two7two4 Highway 3 East, Erickson

Artist of the Month

September's Artist of the month:

10 year old, Colin Schultz, Canyon, BC

Kids 12 years and under can submit their art to wendy@ilovecreston.com. Please make sure you include full name, age and where you love.



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Recycle Tip of the Month

Use ice cream and other plastic containers to put kids toys, markers or crayons in.

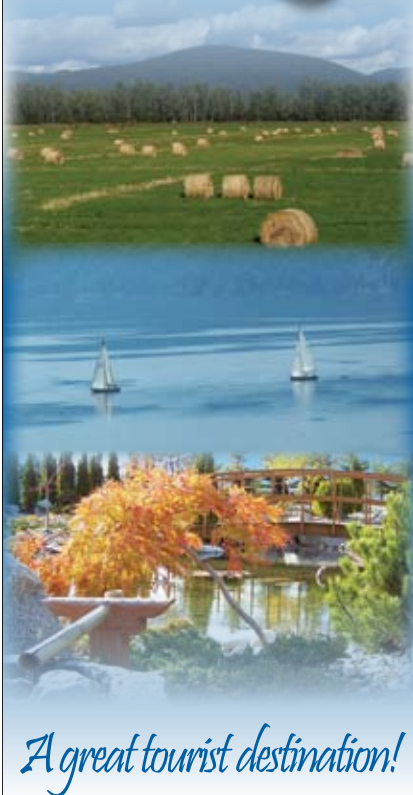
Also good for nuts and bolts or clothes peg containers.

Don't garbage it... **recycle it!**



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judy@experiencecreston.com

Out & About

www.ilovecreston.com/page/valley/upcoming%20events

September 5 - 6, 2009

Gray Creek Sailing Regatta

Location: Crawford Bay
(Lakeview Store &
Campground)

Contact: Lois
Phone: 250-227-9367

September 5 - 7, 2009

Creston Fire Fighters 42nd Annual Hoselay

Location: Creston Fire Hall

Contact: Joanna McCrae
Phone: 250-866-5164

September 6, 2009

Rutabaga Country Market & Mudders Studio Grand Opening

Location: Behind the
Wynndel Hall

Contact: Sandy Kunze
Phone: 250-866-5728
Email: dskunze@telus.net

September 9, 2009

Bundles Hiking Club - CVWMA

Location: Creston Valley Wildlife
Interpretation Centre
from 1:00-2:30pm

Registration: \$20.00 for 6 Sessions

Contact: Interpretation
Centre
Phone: 250-402-6908
Email: askus@crestonwildlife.ca
www.crestonwildlife.ca

September 11 - 12, 2009

Creston Valley Fall Fair

Location: CDCC
from 2:00 - 10:00pm (Fri)
10:00am - 7:00pm (Sat)
Contact: Kris Vanderweyde
Phone: 250-428-2920
www.crestonbc.com/fallfair

September 12, 2009

98th Annual Kootenay Lake Fall Fair

Location: Crawford Bay Hall
from noon - 5:00pm.

Admission: by Donation
Contact: Jeanne Lahnemann
Phone: 250-227-9082

September 13, 2009

Corn Cricker's Picnic

Location: West Creston Millennium
Community Hall
from noon - 4:00pm
Contact: Allen McLaren
Phone: 250-402-6624
Contact: Jackie Ryckman
Phone: 250-428-7078
www.westcreston.info

September 13, 2009

Creston Terry Fox Run

Location: CDCC
from 9:00am - 11:00am
Contact: Creston & District
Community Complex
Phone: 250-428-7127

September 19, 2009

Annual Museum Quilt Show & Sale

Location: Creston Museum
Contact: Tammy Hardwick
Phone: 250-428-9262
Email: info@creston.museum.bc.ca
www.creston.museum.bc.ca

September 5 - 7, 2009

Creston Art Club Fall Show and Sale

Location: Rotacrest Hall from
7:00pm - 9:30pm

Contact: Val Van Der Poel

Phone: 250-866-5772

September 25 - 27, 2009

Creston Valley Cruisers Annual Camp Out

Location: Lister Park

Cruise: Friday night

Show & Shine: Sunday

Contact: Jeff Dashwood

Phone: 250-428-7723

Email: crestonvalleycruisers@shaw.ca
www.crestonbc.com/cruisers

September 26, 2009

Fall Spa Walk - CVWMA

Location: Creston Valley Wildlife
Interpretation Centre from
1:00pm - 4:00pm

Registration: \$8.00 per person
& \$4.00 for members

Contact: Wildlife Interpretation
Centre

Phone: 250-402-6908

Email: askus@crestonwildlife.ca
www.crestonwildlife.ca

September 26, 2009

Oktoberfest

Location: CDCC

Cocktails, dinner & dance sponsored
by the Heidi Club

Contact: Henry

Phone: 250-428-2238



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September 27, 2009

**Heron Half-Marathon
& 10K Run**Location: Creston Valley Wildlife
Centre at 9:00am

Contact: Gwen Telling

Phone: 250-428-5105

Email: gwenita@shaw.ca

www.blueheronhalfathon.ca

September 27, 2009

**BC River's
Day Paddle**Location: Wildlife Interpretation
Centre at 10:00am

Contact: Carla Haegele

Phone: 250-402-6905

Email: askus@crestonwildlife.ca

www.crestonwildlife.ca



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Minimum requirements: Grade 10 or assessment to acceptable level.

Make an appointment with our Education Advisor for full details.

Start Date: January 2010

Grant Proposal Writing

Tue & Thur/Sept 29-Oct 6

6:00-9:00pm/\$89

Business Bookkeeping

Tue & Thur/Oct 6-22/6:30-9:00pm/\$159

CPR A –Heartsaver

Wed/Oct 21/6:00-9:30pm/\$60

Occupational First Aid- Level II

Mon-Fri/Nov 2-6/8:30am-4:30pm \$575

St. John Emergency for Industry

Sat/Sept 26 8:30am-4:30pm/\$125

St. John Emergency Adult Care

Sat/Oct 3/8:00am-5:00pm/\$125

Contact us at (250) 428-5332

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Includes:

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- Microsoft Office Access & Powerpoint
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- Supervisory Modules
- Introduction to Business

Women who are interested in this program, please contact:

Donna or Gerri at Kootenay Employment Services: 250-428-5655

Tuition: \$600 funding grants may be available. Start Date September 2009

Foodsafe

Sat/Oct 3/8:30am-4:30pm

\$100/\$70 (students & volunteers)

Forklift Certificate Training

Sat/Oct 3/8:00am-5:00pm/\$249

Spanish

Tue & Thur/Nov 3-26

6:30-8:30pm/\$100+gst/person or \$150+gst/couple

Improving Couples Communication

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\$69/couple + gst/includes book

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GC2610TLB, 25hp diesel powered unit- **Features**

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