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November 2019

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**i love
creston**

A photograph of three people standing on a wooden boardwalk in a forest. On the left is a young man in a maroon t-shirt and brown pants. In the middle is a woman in a dark blue t-shirt and brown pants. On the right is an older man with a long grey beard, wearing a grey t-shirt and grey cargo pants. They are all smiling. The background is a dense forest with many trees and a stream visible in the distance.

Your Community, Your Forest

Making strides to increase
outdoor recreation

Special Section: Remembrance Day

Lower Kootenay

Investing in our health

Arts

43rd annual arts & craft fair

Outdoors

Wildsight photography show

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Inside

If you find yourself seeking something fun to do in Creston, look no further than the November edition of I Love Creston! Several exciting events are taking place, some for the first time, and others an annual tradition. So whether you're looking to spend some time enjoying the great outdoors, seeking to fill an afternoon, or hoping for some evening entertainment, there is something for everyone right here in Creston.

Our feature article this month focuses on the Creston Community Forest, a group making strides to increase the outdoor recreation offer for avid and casual hikers or bikers looking to explore our Valley. Our mild winters mean that there is still time to get out and explore one of the many trails they've been working hard to build and maintain.

The 43rd Annual Christmas Arts and Crafts Fair is taking place this month at the Creston and District Community Complex. With over 60 artisans taking part, the Creston Valley Arts Council is once again looking forward to a successful event, and for residents, it is sure to be a one-stop shop for all your holiday shopping needs!

For film lovers, the 7th Siding Film Festival, taking place for the first time in Creston, provides a weekend of entertainment, showcasing films by local film-makers, as well as submissions from beyond the Valley.

Wildsight will once again be bringing their photography show, Local Colours to the Tivoli Theatre, showcasing the work of five photographers on the silver screen.

If the stage is more your thing, you won't want to miss the Footlighters' presentation of White Christmas live at the Prince Charles Theatre. This stage adaptation of the 1954 film is sure to be a crowd pleaser, and a great way to get into the Christmas spirit.

Another way to get into the joy of the holiday season is the Blossom Valley Singers' show Middle Ages to Modern Stages. Enjoy your favourite holiday songs, classic and modern, presented by some of Creston's best musical talent.

Once you've got your tickets for all these amazing events and activities, don't forget to take some time to think about health, as Chief Jason Louie reminds us of the importance our physical well-being can have on other aspects of our lives, and shares some exciting news about the new Lower Kootenay Band gym.

Jesse Moreton provides some food for thought on options for recurring or chronic pain, as he asks the question, is it worth a shot?

Mayor Ron Toyota shares his thoughts, and some interesting information on town assets, from fire hydrants to streetlights, and more!

And finally, the Creston Museum takes us to World War II Italy, and gives us a glimpse into the Creston men who participated in the Italian Campaign. ♥

Feature

05 Creston Community Forest

Working to increase outdoor recreation



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CRESTON COMMUNITY FOREST

More than Forest Management

BY AMANDA MURRAY

PHOTOS: CRESTON COMMUNITY FOREST

Creston residents may remember the opening of the Billy Goat Bluffs Trail in June of 2018. This 5.8 km out and back trail, which begins on Helen Street at the edge of town, is just one of the hiking/walking trails managed by the Creston Community Forest. The Billy Goat Bluff Trail has been a popular one for residents and visitors alike, largely due to easy access and beautiful scenery at the viewpoint.

The Creston Community Forest is a board-run, non-profit forest management company, operating within over 21,000 hectares of Crown land in the Creston Valley. While sustainable forest management is the bulk of the business, the Creston Community Forest Manager, Daniel Gratton, believes strongly in education and in expanding the existing hiking and mountain biking trail system in the Creston Valley, creating

and improving upon recreation opportunities in the area. The organization's mission statement is simple and clear, the goal is "to be outstanding stewards, managing forest resources for environmental sustainability and economic stability while providing education and recreational opportunities in the Creston Valley". Speaking to the staff and volunteers, it is obvious that this mission goes beyond the walls of

Feature Story

their office space in the Creston Visitor's Centre. Spend even a few minutes on one of the new or updated trails with one Daniel or board member, and head of the Trail Committee, Jerry Bauer, and their passion for improving and maintaining the trails shows. They are constantly cleaning up

the trails, making note of things that need repair, and strategizing on what to do next. As avid hikers, the staff, volunteers and board members of the Creston Community Forest are not only working to create more recreational opportunities for the Creston Valley community,

but also to create a place for themselves.

The Creston Community Forest manages seven hiking trails, totalling over 30km. Over the past year alone, 4.5 km of new trails have been developed, and work has been done to maintain and upgrade the current trail system. There are plans to expand the current systems even further, increasing foot access and amenities on Mt. Thompson. This summer, over \$50,000 was invested into the Mt Thompson Trail Upgrade and Expansion project, half of which was funded by grants from the Columbia Basin Trust, the other half by the Creston Community Forest. There are plans to connect existing trails into a system that can be hiked in a loop, and there is a possibility of extending the already long hiking season into the winter by building snowshoeing trails for use when the trails are too snowy for hiking.

The Creston Community Forest as an organization is doing important work for the Creston Valley. They've gone great lengths in their efforts to increase recreation through the maintenance and creation of a hikeable, bikeable trail system, accessible to the majority of the population. They have recently received \$670K of funding for important fuel mitigation work, and have worked hard to maintain positive relationships with property owners whose property adjoins Crown land on which the work is taking place. They work hard to promote education for residents of the



Big Bear View point



West Ridge Trail

Feature Story

Valley, primarily with school groups, but also by installing signs and maps along the trails, and encouraging those using the trails to practice polite recreation by packing trash out with them and keeping fires to designated areas.

A small team of paid employees and an impressive network of volunteers and partner community groups work at a very fast pace to get new trails ready for hikers, and existing trails in prime shape for the hiking season. The Billy Goat Trail was completed largely due to enormous volunteer efforts. More than 200 hours of volunteer work over the course of six work bees were put into the trail, and the result is impressive. A trail that begins on the edge of town, and winds its way up 2.9km with a 365m vertical gain, topped off with two brand new picnic tables, built by the Prince Charles Secondary School shop class, and stunning views of the Creston Valley, including Duck Lake, Kootenay Lake and Kootenay River. The Creston Community Forest group

is invested in these trails not just as the people who maintain them, but as users as well.

This summer, summer students Chelsea and Brendan, along with Trail Construction Supervisor, Greg constructed a foot bridge over part of Sullivan creek, allowing for easy hiking access without wet shoes. Conscious of all trail users, horse usage was taken into account during the planning phase, leaving enough space between the bridge and the trees for horses to get through easily. Kiosks have been installed and are just waiting for maps marking the trails to be added some time in the spring, plans are in place for picnic and campsites, and a pit toilet for the Mount Thompson lookout. Forest Service Roads have been maintained and graded over the last few years, meaning that almost anyone with a truck or an SUV can access trailheads and make use of the trails on foot, horseback or mountain bike.

For anyone who hasn't made their way up the Billy Goat Bluffs Trail,

or enjoyed the sound of Sullivan Creek while hiking under a canopy of trees, the Creston Community Forest team have developed easy to read maps and brochures detailing trailhead locations, trail length and vertical gain for the seven trails they manage. For those already using and enjoying the trails, hopefully you don't mind sharing, because the Creston Community Forest Trail Committee has got exciting plans for 2020 and beyond. ♥

For more information visit
crestoncommunityforest.com

"To be outstanding stewards, managing forest resources for environmental sustainability and economic stability while providing education and recreation opportunities in the Creston Valley."



Sullivan Creek Trail



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Fire Hydrants, Streetlights and More!

The Town of Creston provides a wide range of services to our community, with each service requiring the ownership and responsible operation, maintenance and renewal of physical assets. These assets include everything from transportation, water, wastewater, stormwater, parks, recreation, buildings, facilities, fire, fleet and equipment.

I would like to just touch on a few of these physical assets that we may not think of when we consider what services the Town provides.

The Town of Creston has 241 fire hydrants installed to provide Creston Fire Rescue with a supply of water when emergency call outs occur. Our Engine #21 carries 1,000 gallons of water for the

initial attack and by connecting on to a fire hydrant they then have a connection to a steady flow and volume of water for major situations. In addition, our Ladder #21 carries a supply of 500 gallons and when there are emergency calls to areas that may not have

"Accessibility and safety have been greatly improved"

hydrants immediately available, our Tender #21 carries 3,000 gallons to maintain a constant flow and supply.

Most of our fire hydrants are on Town property and therefore it is the responsibility of Town staff to ensure that there is clear access,

which can be challenging during months with excessive snow fall. If you notice a fire hydrant that does not have snow clearance of a metre (approximately 3 feet) around the hydrant, our Creston Fire Rescue would greatly appreciate your assistance. As we all know, in an emergency, every second counts!

Streetlights are another asset that we are responsible for. Did you know that The Town of Creston has over 500 streetlights? About two-thirds are on Fortis power poles, for which we are obligated to contract them to provide installation and maintenance. The streetlights on Highway #3 are the responsibility of the



TOWN OF CRESTON NOTICE TO PROPERTY OWNERS SIDEWALK CLEARING

As the winter season approaches, property owners are kindly reminded to comply with Part 8, Section 31 of Traffic Regulations Bylaw No. 1546, which requires the owner/occupier of land adjacent to a sidewalk to ensure that it is kept free of snow and ice (excluding Sundays and Statutory Holidays). In addition to snow removal, we suggest the use of pure nitrogen fertilizers (instead of salt) for melting the ice, as this will prolong the life of our sidewalk surfaces.

Failure to comply with this bylaw could result in fines or the work being performed by Town crews at your expense.

Thanking you in advance for your cooperation in ensuring the safety of pedestrians.



CRESTON VALLEY

TOWN of CRESTON

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BC Government (Ministry of Transportation and Infrastructure). The balance is maintained by our Public Works staff, and local electrical contractors assist when needed. If you observe a problem with a streetlight within the Town of Creston, please contact us at Town Hall and we can determine who we need to contact to resolve the issue.

The “more” is our sidewalks which amount to approximately 16 kilometres in total. The residential width is 1.5m (5 feet) and yes, some are many, many years old! During our OCP public consultation process, we clearly heard that the development of standards to promote safe, efficient, accessible and enjoyable passage for our sidewalks was a priority for our citizens. As we replace and provide new sidewalks, we are trying to increase the width up to 2m or more where the conditions allow us to do so - especially on main arterial routes. This year, 20th Avenue South saw new sidewalks built on the west side of the street. By expanding the width of the sidewalk, accessibility and safety have been greatly improved... not to mention that esthetically, it looks great!

Town

Another “more” is the railway crossings on the CP Rail right-of-ways at Cedar Street, Railway Blvd., Valleyview Drive, Devon Street and Collis Street. These five railway crossings require an agreement with CP Rail to allow vehicles and pedestrians proper access. The Town is required to pay a monthly fee and any major upgrades required are the responsibility of the Town of Creston.

These are just a few of the “physical” assets that the Town is responsible for maintaining. However, our greatest asset that cannot be quantified is absolutely YOU - our citizens. Without your assistance, we would not be able to be the wonderful community that is the Creston Valley! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at ron.toyota@creston.ca or call 250 428 2214 (extension 227)



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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Investing in our Health

Ki'suk kyukyit (greetings). I have been a member of Simply Fit for a great number of years. The local gym has changed hands in ownership a few times but one thing that remained the same was the convenience of 24/7 access. In the 90's, my wife purchased a membership for me as a Christmas gift. Working out assisted with my depression and kept me in reasonable physical health. Unfortunately, I was not consistent with my fitness routine and let it slide.

When I joined the Military, I sustained a severe back injury during training. I returned home in a deep depression and was ignoring the rehabilitation that I was required to do before re-entry into military training. A colleague

asked if I wanted to go with him to the local gym. He gave me a routine to help strengthen my back and so began the journey to recovery. Each day I became stronger and stronger. Each day I was becoming stronger mentally. Although, the saying "a new me" was emerging is corny,

"The community spoke loud and clear that they would utilize the gym"

this is the only way that I can sum it up.

Seven months later, I returned to Basic Military Qualification and completed my course. I then continued on to the Soldier

Qualification Course, which I believe was even more strenuous than Basic, but I competed that. This was probably the strongest that I have ever been in my life. I was 31 years old at the time. 31 years old in the military during these stages is ancient, especially when all those on course with me were between the ages of 18 to 20 years old.

That chapter in my life has closed but I remained committed to a physical fitness routine. Four times a week at 0700 in the morning, I would venture to the gym to begin the day. This has become a regular part of my day, no different than eating a meal. It is something that I have to do in order to be productive in my job. No different than when I was a soldier, I had to be physically able to do the job effectively.

The Lower Kootenay Band has dealt with so many health issues through the years. Diabetes, cancer, obesity, and depression. We cannot help what genetics



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Lower Kootenay

bring, but what we can do is be proactive with attempts at prevention. I am saddened at the closing of the Simply Fit Gym, however, it presented an opportunity for the Lower Kootenay Band. The Lower Kootenay Band purchased the gym equipment and we are constructing our own private facility.

Our fitness centre will be free of charge for Lower Kootenay Band Members and staff of the Lower Kootenay Band Administration.

"This fitness centre and equipment was an investment of health and wellness"

Before the purchase of the gym equipment, a community survey was conducted on whether or not community members would utilize the facility. Not one survey said no. The community is committed to their personal physical health and wellness. With respect to our staff, my theory is if our staff is physical and mentally well, they will be giving the job their very best. This fitness centre and equipment was an investment of health and wellness.

We have gone through some difficult times as a community. It is just a good feeling when we are all focused on a goal and see the big picture. As we speak, many of the young men are in the process of moving the equipment into its new home. The younger men

and women are already planning their routines. For those who are new to the gym, we have a personal trainer on hand to assist with becoming familiar with the equipment and to help create a routine tailored to their needs. Everyone from LKB can work out in an environment that is not intimidating.

In closing, I thank all of the owners of the gym downtown. I have nothing but good memories of the facility. We are extremely

grateful for the opportunity for the purchase of the equipment, as it will be going to a good cause. We can do all of the economic development we want, but if we are not in good physical condition, we will not see the benefits. We invested in the health and wellness of our people, and that is one great and wise decision.

TAXAS. ♥

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

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Five local photographers to be showcased on the big Screen

BY ANDREW BIBBY

Creston's annual Wildsight photography show, Local Colours, is back again for its 9th year on Monday, November 25th. This year we will showcase the works of five local photographers on the big screen at the Tivoli Theatre.

Our first presenter, Justin Vance, was born and raised in the

Creston Valley. He started ski mountaineering and climbing at the age of 18. After moving away for eight years and marrying his wife, he moved back to Creston to start a family and help run the family business. He somehow still manages to get out into the mountains and tackle multi-day ski traverses. His presentation this year will be of a six day, 90

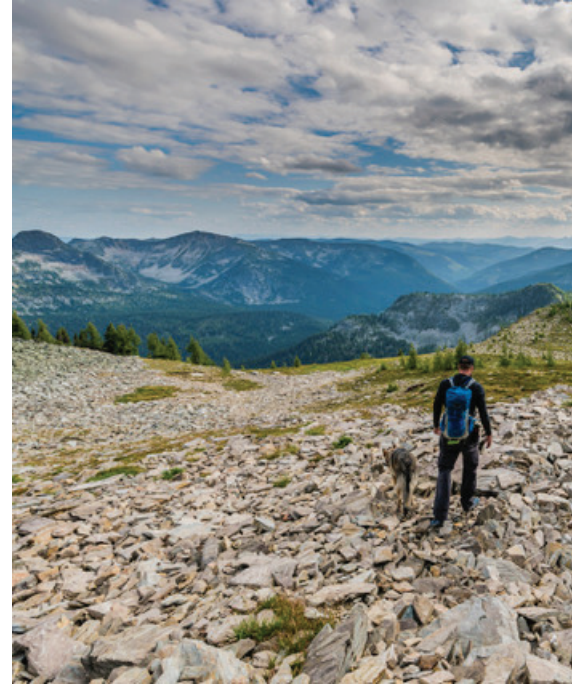


PHOTO: ANDREW BIBBY

Local Colours
Creston's Outdoor Photography Show

Mon. Nov. 25 2019 7:30-9:30pm
Tivoli Theatre Doors open at 7:00

Tickets \$10 at the door - Includes free popcorn

Presenters

Justin Vance | Karen Whitford | Tom Weager
Jesse Moreton | Andrew Bibby

wildsight

km ski traverse, from Toby Creek to Welsh Lakes in the Purcell Mountain Range, that he and three friends completed in 2017.

Creston Valley photographer Karen Whitford is new to the show, and our second presenter.

"I developed a passion for nature, wildlife and the beauty around us"

She will be showing her photographs of landscapes, birds and wildlife, from near and far. "Growing up on the farm with a mother that loved and appreciated the world we live in, I developed a passion for nature, wildlife and the beauty around us. My passion for photography allows me to capture and enjoy some of the moments of wonder I see on my journeys."

Also making his Local Colours debut is Tom Weager. Tom moved to Nelson from England



in 2009. “In the Kootenays we’re blessed with a blooming Spring, a bright Summer, a golden Fall and a magic Winter, what better combination for a landscape photographer is there? I have always thought that a good photo captures a moment but a great photo tells a story. I’ve always struggled to put experiences into words, that is why I love to use my camera.”

Returning to the show is Jesse Moreton. Jesse moved to Creston nine years ago from Ontario and is still getting lost in the mountains. His presentation this year will focus a little less on classic photography, and a little more on trip “firsts”. He’ll start out with a Mount Rainier adventure which was his first experience mountaineering. The other two were the first backpacks he and his wife attempted with their kids. One to a familiar local spot, the other to a wet and mosquito infested pass in the Northern Purcells. His aim will be to motivate, inspire, entertain, and

Outdoors

share his passion.

Andrew Bibby is returning for his third Local Colours show, with nature photography in two parts. The first half will be showcasing landscapes and wildlife from popular hikes in the Kootenays. The second part will chronicle a seven day wilderness kayaking trip in the Yukon. The trip covered

160km of adjoining lakes and rivers, starting in the former gold rush town of Bennett at the end of the Chilkoot trail, and finishing in the Yukon River at Whitehorse.

Join us for an evening of incredible photography that is sure to delight and entertain! ♥

For more information visit <https://wildsight.ca/branches/creston-valley/>



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As the year nears its end, the harvesting of crops has finally & mercifully comes to an end also. The unusually unsettled weather of summer continued through September and October. The usual long spells of glorious clear autumn skies seemed pretty elusive this year. The harvest of grain and field crops in the valley also fought with the area farmers to the end this year.

Combining on the flats, as well as hay & silage making, lasted well into October with some of it being really a “salvage” operation of lower value feed that needed to come off the fields. While locally difficult, the harvest across the prairies was a pretty widespread disaster in many areas. The weather has been pretty awful out there for harvest this year. You wouldn’t know it by watching mainstream media though. The prairie economy will lose many millions of dollars from crop losses and

quality downgrades. Many farmers are really hurting this year.

The tough part of this is that farmers now make up less than 2% of the Canadian population, so for the majority of urban dwellers, we really don’t “count”. Being that 100% of people eat, most of them every day, what happens on the farms and to farmers should count and should make the news!

By the time you are reading this we will have a new federal government. All during the campaign there was very little of any substance talked about which pertained to agriculture or farmers. The various parties have agriculture as a part of their platform but you pretty much need to search for it. I will wager that whatever the party in charge will be, agriculture will continue to be low on their priority list. Pretty sad I’d say, something as important as food, the people that produce it, as well as all of the jobs involved in producing it, do not seem to be much of a priority for our politicians.

Climate change was a topic of much discussion during the federal election campaign. I have no doubt there is much evidence to support the science that says there is climate change all over our planet. Whether we can attribute it to mankind’s activities is somewhat debatable. Whether we can do anything to change it is even more debatable. Do our agriculture practices need to change a little or a lot to cope with climate change? Time will tell. A changing climate may be beneficial in some areas too, allowing new crops to grow where they could not before. This is definitely a topic which everyone needs to pay attention to.

While food and farming may not make the mainstream news or be on the politician’s minds, we all need to be aware of what is happening in our agriculture community. Be Ag Aware. ♥

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Honouring Our Veterans

Remembrance Day 2019

11.11.19



November 11, 2019 Cenotaph Service

MC - Don Leben
O Canada - Bryan Daybell
Prayer - Rev. Leon Rogers
& Rev. Harry Haverstock

2 Minutes of Silence

Last Post and Reveille - Poul Christensen

Piper - Rev. Harry Haverstock & Brian O'Neil
Fly Past

Laying of the Wreaths

Mormon Hills School Choir

Benediction - Rev. Leon Rogers

God Save the Queen

March off the Colours

Dismissal

Our thanks to the members of the Army Cadets, Creston Valley Flying Club, Stew Crew and Bryan Daybell for their participation.

A special thanks to the establishments and organizations who supported the Royal Canadian Legion Poppy Campaign.



REMEMBRANCE DAY CALENDAR OF EVENTS



Branch 29
ROYAL CANADIAN
LEGION

Wednesday, November 6
Yaqan Nuki

Thursday, November 7
Remembrance Day Ceremonies
at the area schools
(ARES, Canyon/Lister,
Erickson & PCSS)
Members and cadets attend

Friday, November 8

10:15 am
Remembrance Services at
Swan Valley Lodge

11:00 am
Remembrance Services at
Crestview Village

1:00 pm
Members and cadets attend
Remembrance Services at 6 local
cemeteries (Pioneer, Warrior Rock,
Kootenay Band, Lister (2),
and Forest Lawn)

Monday, November 11

The Service of Remembrance will be
conducted by Rev. Harry Haverstock

and Rev Leon Rogers, Padre of
the Creston Legion and assisted
by Comrades of the Branch

10:00 am
Service of Remembrance
Held in the Legion Upstairs Hall

10:45 am
Parade forms
(behind Pharmasave building)

11:00 am
Cenotaph Service and Laying
of the Wreaths

“Open Door Policy”

The public is welcome to
afternoon entertainment in
the lounge

Remembrance Day



The Italian Campaign

BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

From the very beginning of the Second World war, men and women from the Creston Valley served in the air, bringing the war to the Axis homeland on the wings of Bomber Command. They served at sea, playing a crucial role in defending against the enemy U-Boats in the Royal Canadian Naval Volunteer

Reserve. It would be nearly four years, though, before many of the Creston Valley recruits to the Royal Canadian Army saw their first major participation in the war on the ground.

That opportunity came in the Italian Campaign. It was a series of Allied offensives that started with the Invasion of Sicily on 10 July 1943, moved to the first Allied landings on mainland Italy two months later, led to the occupation of Rome on 4 June 1944, and ended with the

surrender of German armies in Italy on 29 April 1945.

76,000 Canadians, including many from the Creston Valley, were serving in Italy at the peak of the Campaign.

Kirk Beard, serving with the British 8th Army, was among the Canadians who landed on Sicily on 10 July 1943. Light fighting in the first few days increased steadily over the next several weeks. The Canadian troops faced stiff German resistance from towering villages and impregnable hill positions. Despite this, the Canadian troops captured all of their objectives



Remembrance Day
Lest We Forget


*Remembering those who
fought for our freedom.*

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Remembrance Day

and contributed to the conquest of Sicily, which was complete by 17 August 1943.

Landing on the Italian mainland on 3 September, the Allies quickly came up against the Winter Line: a major obstacle comprising three German defensive lines (Gustav, Bernhardt, and Hitler) across Italy. The Canadian troops, including Ed Smith and Arthur Constable, did their part against fierce resistance that autumn, capturing Reggio on the day of the landing and advancing 75 miles inland by 10 September, then going on to capture Motta,

Campobasso, and Vinciatiuro by 15 October.

Wesley Flett enlisted in the army in November 1942, and spent that Christmas on leave at his family's home in Erickson. The weather was so warm that the family ate Christmas dinner outside, with Wesley resplendent in his new uniform. The following Christmas, Wesley was at Ortona.

This medieval village on the Adriatic was a key command centre for the German army and heavily defended. Its steep streets, blocked with mountains of rubble after intense bombardments, made tanks and artillery useless;

the Canadian troops at Ortona engaged in vicious street fighting, from house to house and even from room to room, where every building gained came at a terrible cost.

Ed Hewitt arrived in Italy on 15 December 1943, just in time to take part in the horror of Ortona. Cliff Kanester was there as well, as was Edward Smith, serving with the Princess Pats. The assault began on 20 December 1943, when the 1st Canadian Division forced its way through the outer defences to take up positions around the town. There followed

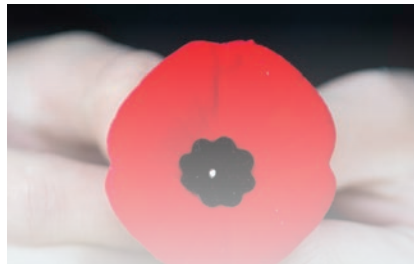


"Lest we forget"

*"They shall not grow old,
as we that are left grow old,
Age shall not weary them
nor the years condemn,
At the going down of the sun
and in the morning,
we shall remember them."*

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Remembrance Day

six days of slow, brutal advances into the town, until the German troops began to withdraw on 27 December. Finally, on the 28th, Ortona was in Canadian hands. Over 260 Canadian soldiers

"It was Canada's single bloodiest day of the Italian Campaign"

were killed in those eight days of fighting; more died later of their wounds and thousands were wounded.

Four major Allied offensives took place between January

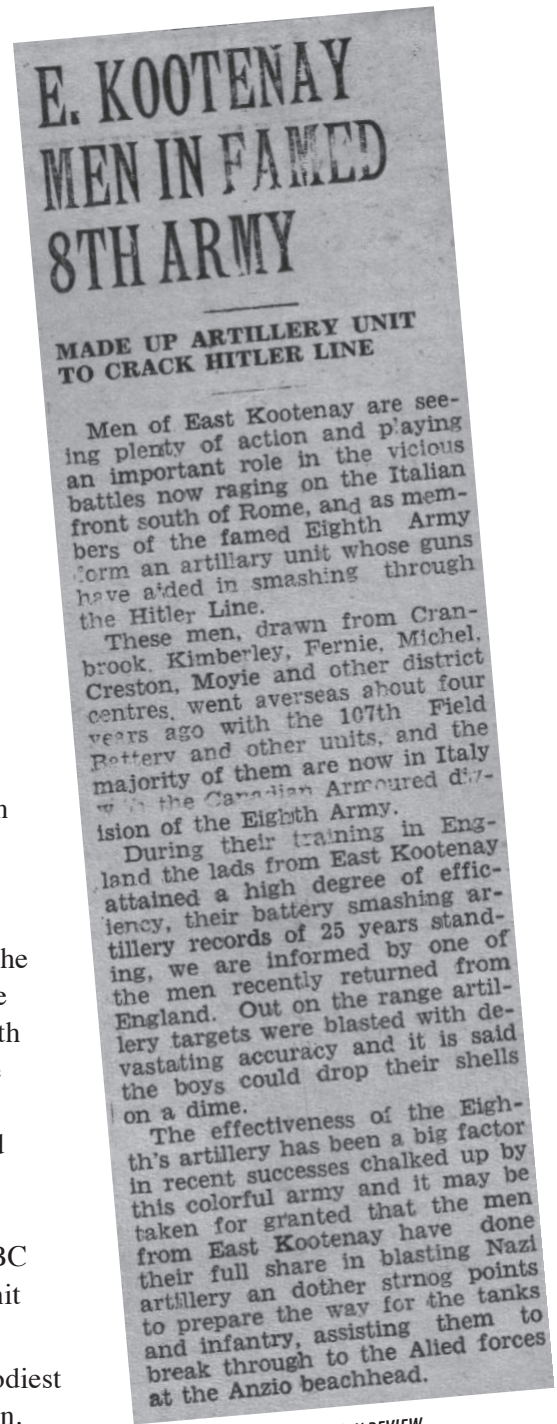
and May 1944 before the Gustav Line was broken. The first three offensives all managed to push the well-dug-in German defenders back temporarily, but they failed to achieve a major breakthrough. The fourth, finally, succeeded.

These were costly battles, with the Allies suffering about 55,000 casualties in the four assaults. Among them was Wesley Flett, killed in action on 17 February 1944 at the start of the second offensive.

Relentlessly, the Allied forces pushed their way to their primary objective: Rome. On 23 May, The 1st Canadian Infantry Division lined up at the centre facing the Hitler Line, the final obstacle between the Allied troops and Rome. The Canadian infantry were the first troops of the British 8th Army to break through the line, and the 5th Canadian Armoured Division poured through the gap. George Dodd and James Miller, in the Sherman tanks of the BC Dragoons, were the first unit through.

It was Canada's single bloodiest day of the Italian Campaign.

Creston's James Bohan was wounded in the attack, but Larry MacDonald, serving with



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the 1st Armoured Car regiment, and George Dodd and James Miller came through unscathed. It is possible that Fred Miller, who also served with a tank corps in Italy, was there as well.



NEWSPAPER ARTICLE, CRESTON REVIEW

After twenty-four days of relentless fighting, in which the Canadians faced the toughest German opposition anywhere in the war, the Allies occupied Rome on 4 June 1944. US troops occupied the city first, with the Canadians passing through early the following morning. In all likelihood, the only Creston Valley soldier to take part in the occupation of Rome was Irving

Ferguson. He was serving with the elite commando unit, the Devil's Brigade, and was among the first troops to enter Rome.

Fighting continued throughout the summer of 1944, as the Allies pushed north from Rome to Florence. Dennis Zackodnik was wounded in July during this campaign and invalided home.

The Allied offensive was renewed on 25 August 1944, in a major effort to penetrate the Gothic Line, Germany's last line of defence in northern Italy. "Operation Olive," carried out throughout the autumn of 1944, succeeded in penetrating the Gothic Line, but did not achieve a major breakthrough. The Allied forces sustained massive losses in their ranks in the process. Edward Hewitt, Ron Mooy, Dan Fast, Ed Vickers, and Kirk Beard were all wounded during "Operation Olive;" Mel

McMillan died of the wounds he sustained in that fighting.

As it had after Ortona, winter weather brought the offensive to a halt. In the early months of 1945 the Allies adopted a policy of "offensive defence" that allowed them to keep the enemy under observation while committing a minimum number of troops. The resulting skirmishes were not without their cost, however. Among the other casualties were

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Ralph Rentz, killed in action in January 1945, and Kirk Beard, who was taken prisoner in February 1945.

In February 1945, the Canadian troops were pulled out of Italy and re-deployed to Europe. Arthur Constable and Irving Ferguson went to southern France; Terry Davidge, Warren Hook, Ron Mooy, Jack Ryckman, and Edward Smith were among those who went to northern Europe to follow up on the D-Day landings.

The Canadians' part in the Italian Campaign was over,

but certainly not forgotten for those who took part. The Italian Campaign saw some of the worst fighting for Canadian troops, and arguably for any troops anywhere, of the Second World War. Gerry Ostendorf later said of her brother, "Cliff [Kanester] saw some very tough fighting in Italy. He lost a very good friend in action. It was hard for him. He was very soft-hearted, and never wanted to talk about his experiences." ♥

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.



WESLEY FLETT



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The Blossom Valley Singers invite you to experience the joy of the season as they bring you “Middle Ages to Modern Stages: A Christmas Journey”, on December 13th, 14th and 15th at the Prince Charles Auditorium. A festive re-telling of holiday favorites that span the centuries from the 1500’s to the modern day, the concert will showcase the 80+ voices of the choir in stunning renditions of Mozart, Handel and Vivaldi. Attendees will enjoy timeless classics such as “Holy Night”, magical modern pieces like “Walking in the Air” from The Snowman, and a stirring piece written for the hit movie Home Alone. Sure to please all musical tastes, this year’s selections will fire your heart with the spirit of the season, warming you with memories of years gone by and the joy of moments still to come. The concert will be directed by the multi-talented Anita Stushnoff, and supported by the “King of the Ivory Keys” Monte Anderson, featuring soloists Lynne Hopcraft and Reuben Huscroft, Caroline Martin and Brenda Draper



PHOTO: CRESTON VALLEY SINGERS

on Flutes, Paul Christensen and Laura From on Trumpets, with special presentations from smaller groups within the choir, and all brought together by the awesome MCs Starla and Lindy Ek.

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Music and Lyrics by *Irving Berlin*
Book by *David Ives and Paul Blake*
Original Stage Production Directed by *Walter Bobbie*

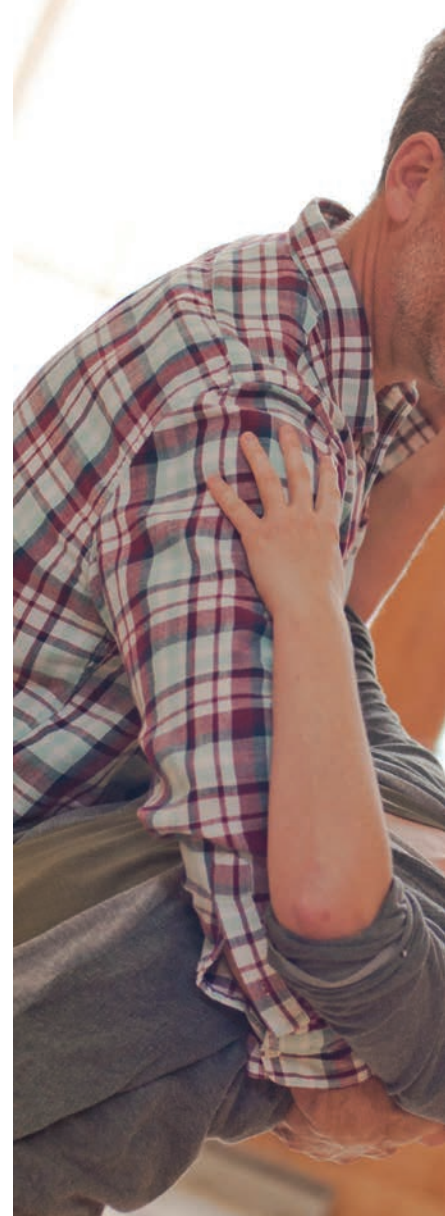
Direction: *Brian Lawrence* Music Direction: *Leah Dorby* Choreography: *Kate Webb*

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A Perfect Way to Ring in the Season

BY BRIAN LAWRENCE

The holiday season will come to Creston a little early this year, when Footlighters Theatre Society opens its 25th season with the musical *White Christmas*. A cast and band of about 35 will take to the stage at the Prince Charles Theatre from November 28th to 30th to present the stage adaptation of the 1954 film.

“This is a perfect way to ring in the Christmas season,” says director Brian Lawrence. “With Irving Berlin’s stirring music, this show is funny and poignant and joyful — everything you’d expect if you’re a fan of the movie.”

The story follows the song-and-dance team of Bob Wallace (played by Bonners Ferry’s Adam Weaver) and Phil Davis (Tom Greentree) as they join forces with sister act Betty (Jacqui Vezina) and Judy Haynes (Christine Park) to stage a show that will keep retired Gen. Henry Waverly (Doug Johns) from losing his Vermont inn, where he lives with his doting housekeeper, Martha Watson (Yvonne Johns). The leading roles have been both challenging and fun for the actors.

“I love working with such a dedicated group of people, all committed to learning together and offering the Creston Valley an amazing Christmas show,” says Tom Greentree, making his Footlighters debut. “I also really enjoy being stretched as a performer. While I have had lots of singing experience, I haven’t danced very much, so putting it all together for Phil Davis makes for a real learning curve.”

Greentree is one of a half-dozen newcomers, including 10-year-old Kailynn Gill (who plays Waverly’s granddaughter, Susan). Many other long-time Footlighters members are joined by seasoned veterans, including Jacqui Vezina, who previously played leading roles in *Pride and Prejudice* and *Aladdin*, and Doug and Yvonne Johns, who are returning to Footlighters after a two-decade absence.

For Christine Park, who has previously played smaller and ensemble roles, this is her first chance to tackle a leading role in a Footlighters production.

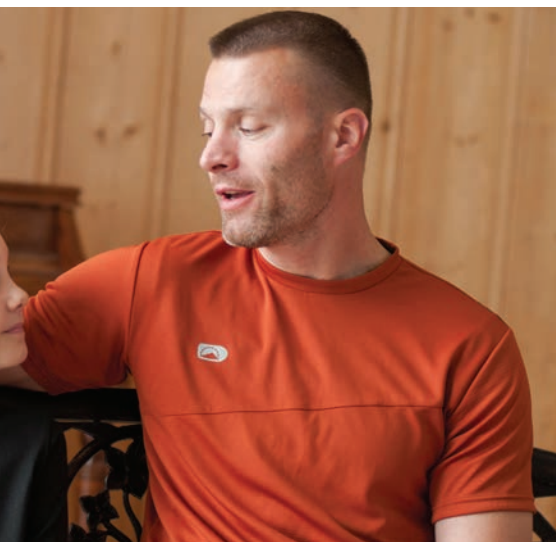
“I love playing Judy Haynes because I get to draw on my dance background and put on a fun show,” says Park, who will be joined onstage by Jacqui Vezina as her character’s sister, Betty. “I get to tap, waltz and perform Broadway-style jazz. The *White Christmas* movie is one of my favourites and I watch it around the holidays every year, so I’m so excited to get to be a part of a live production of this show.”

With a score requiring intricate harmonies and numerous several dance numbers — led by music director Leah Darby and choreographer Kate Webb — *White Christmas* is sure to inspire the Christmas spirit.

“It’s a story of real Christmas generosity, where people who’ve received so much scheme together to pull off a crazy Christmas surprise, all for the benefit of a struggling friend,” says Greentree. “*White Christmas* sets a beautiful tone for coming season.” ♥



Tom Greentree (as Phil Davis) and Christine Park (as Judy Haynes) rehearsing one of several dance numbers from *White Christmas*. Brian Lawrence photo



Adam Weaver (as Bob Wallace) sings “Count Your Blessings Instead of Sheep” to Kailynn Gill (as Susan Waverly) while rehearsing a scene from *White Christmas*. Brian Lawrence photo

7th Siding Festival of Film

BY KERRY MCARTHUR

There is some serious filmmaking talent in the Creston Valley, and the 7th Siding Festival of Film is stoked to celebrate it this month.

Filmmakers from Yahk to Riondel and beyond have submitted feature-length movies, animated films, documentaries, music videos, experimental movies and more to this first-ever local film festival, to be held at Creston's Tivoli Theatre and Erickson's The Venue from November 15th to 17th, 2019.

The Festival opens with a major retrospective of works by internationally renowned animator Richard Reeves, whose handmade films are made frame by frame by drawing both the picture and the soundtrack directly onto film. He creates animation as visual music, resulting in a unique cinematic experience.

A number of the festival's feature-length submissions, including Sarah Kapoor's *The Bad Mother*



Still from The Sun Pipe Ceremony; art by Alison Masters, narration/music by Gary Deatherage

(2015), Curtis and Silmara Emde's *Out of the Interior: Survival of the SmallTown Cinema* in British Columbia (2017) and potentially two other features by local film producers, are already known to Creston moviegoers. Tivoli Theatre owner Bonnie Geddes says these films were such audience-pleasers during their initial run at her theatre that she's decided to host them again.

"Plus, in honour of this theatre's 81st birthday on Monday, November 18, we're hoping to show the 1938 musical that was the first movie ever to play at the Tivoli," she says.

Another entry in this year's festival is a unique program created by two local filmmakers: artist Alison Masters and musician Gary Deatherage. The two began working together six years ago, when Deatherage composed 35 pieces of music to accompany an existing film of Masters' paintings, which had been animated by Richard Reeves.

"It was so wonderful working with Gary that I was looking for other projects," she says. "I'd listened to his audio novel, *Sun Pipes for the Dreamers* (2002), so a few years ago, I said to him, 'That really needs to be illustrated.'"

The resulting collaboration, which draws upon thrillers, Aboriginal legend and Deatherage's own experiences in Vietnam, is an experimental, dreamlike marriage of music and paintings, narrated by its original creator. "To have such a gifted and productive person as Alison participate in the creative process has been incredibly fulfilling," Deatherage notes.

The festival is also pleased to note it has received film submissions from the Lower Kootenay Band and three out-of-region areas, including Victoria, the Okanagan and Dawson Creek. ♥

For a complete program and information about ticket prices/packages, visit www.kootenayfilmsociety.com.

For those curious about the Festival's title, "7th Siding" was the original name given to Creston (at the turn of the last century, the town was the seventh railway siding between Kitchener and Sirdar). Kudos to Boswell writer/instructor Luanne Armstrong for suggesting this unique moniker.

Learn to Learn

BY FLY IN THE FIBRE

People take classes for many different reasons. Sometimes they want to learn a new skill, sometimes they like the social setting, and then there are those that want to just expand their understanding of a certain topic. No matter the reason, when you attend a class you become a student and believe it or not, there are certain rules and boundaries that you should keep in mind when you are learning.

Now understand that everyone has their personal hang-ups around learning, we all do. Every time we learn a new process we take it all in- the learning environment, the responses of people around us, and our usually not-so-nice inner voices are contributing as well. Also, the fact that you are trying to get your brain and/or hands to do something totally new adds to the frustrations. The more aware of them we are at the time, the better we can control or adjust to what is taking place in the room.

Here are a couple of tips though to make sure that your learning process and the learning environment is as positive as it can be.

1. Most importantly- allow yourself to learn. Make ugly things. Do not go to the class expecting you are going to make the best thing you have ever done or learn the most important thing that will change your life forever. Don't put that much stress on yourself, your learning experience should be fun.



Felting piece by Mel Joy

2. You are not the important person in the class. Respect the others around you, keep your exuberance or irritation to yourself and don't be the chatty kathy that annoys everyone.

3. Let the teacher be the teacher. Your knowledge and learning path is important to you but everyone is there to learn from the teacher. There are ways to share knowledge appropriately, make sure you are choosing those ways. Just an extra tip, very rarely does the teacher want instruction from you at this time.

4. Use the materials that are suggested or better yet, buy the supplies straight from the instructor. This isn't the time to

be bringing those items you have been saving for 30 years that may have lost their useful life. Explore with these later when you haven't paid money to have an expected outcome. ♥

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43rd Annual Creston Arts and Craft Fair

CRESTON VALLEY ARTS COUNCIL

Those who like to keep annual traditions alive will want to attend the 43rd Annual Christmas Arts and Craft Market between 9:00am and 4:00pm on Saturday, November 23rd, at the Creston and District Community Complex.

“One of the most popular sales events of the year, with more than 1800 people coming through the doors”

The Christmas Arts and Crafts Market, sponsored by the Creston Valley Arts Council, is one of the most popular sales events of the year, with more than 1800 people coming through the doors last year. It is one of the ongoing

successful accomplishments of the Arts Council. As usual, over sixty exhibitors from the Creston Valley and the Kootenay region will be attending.

Christmas markets originated in Germany, the first recorded one being in Munich in 1310. Over the next century the idea spread throughout Germany into Austria and France and then to a wider European market. The largest annual Christmas market today is held in Cologne, Germany and attracts over 4 million visitors annually. In Austria, Vienna’s December Market, considered a forerunner of Christmas markets, dates back to 1298.

This year’s Christmas Arts and Crafts Market is sure to have something for everyone, with products ranging from potters from

Creston, Canyon and Crawford Bay, glass work, jewellery, and woodwork ranging from driftwood art to cutting boards to signs. There will be repurposed garden art as well as up-cycled clothing and mittens, natural dyed and hand painted silks. Also there will be fresh handcrafted wreaths and decorations.

Original art works and prints will be on sale, not to mention unique sewing gifts, quilts and knitwear along with wearable art. Local soapers and herbalists have crafted a wide selection of soaps, creams and herbal remedies.

In addition to arts and crafts, there will also be a great selection of foods and edibles, from hand-made chocolates and candy to preserves,



spices and home baking, including gluten-free items. There will also be a selection of wines and spirits grown and crafted in the valley.

Contributing to the cultural ideals of the market will be the Creston Valley Hospital Tuck Shop with a selection of their products, as well as the Creston Valley Museum. Footlighters will be selling

“Christmas markets originated in Germany, the first recorded one being in Munich in 1310”

tickets to their next show, *White Christmas*, based on the 1954 movie and featuring the music of Irving Berlin, which will be staged at the Prince Charles Theatre at 7:30pm on November 28th through 30th.

A special art show, *Home is Where the Art Is*, will take place in the Erickson Room, featuring art from PCSS students, senior Homelinks students, as well as the intermediate class from Wildflower School. Artists from the area have been working with classes and presenting mini-workshops on watercolor, drawing, collage and printmaking. The show will run the same hours as the Arts and Craft Market, with an opening reception taking place on Friday November 22nd at 7:00pm. This show is one of a series of events throughout the last year to help the Creston Valley Arts Council celebrate the fiftieth anniversary of its inauguration.

Arts

Just across the parking lot at the Rotocrest Hall, the Images Art Show and Sale will be running from 9:00am until 5:00pm on November 23rd and from 11:00am until 4:00pm on Sunday, November 24th. Admission to the Market is a cash donation to the Creston Food Bank, and there will be a raffle for baskets filled with items from vendors of the sale at the door that you won't want to miss.

Profits from the Christmas Arts and Crafts Market are used to support

artists and arts-related groups throughout the Creston Valley Arts Council's mandated area, which stretches from Yahk to Riondel. The Council would like to thank Anne Fetterly once again for her year-long dedication to organizing the market, as well as the large group of willing volunteers, without whom the Annual Christmas Arts and Crafts Market could not take place. ♥

Further information is available on the Arts Council's website at www.crestonvalleyartscouncil.ca

CHRISTMAS ARTS & CRAFT MARKET

Creston & District Community Complex
Saturday, November 23, 9am to 4pm



Celebrate the Arts Council's 50th Anniversary!

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Mancho Stuffed Mini Peppers

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Serve these vibrant tapas with accompaniments such as sliced Serrano ham, chorizo and crusty bread for a timeless casual spread to enjoy with a glass of Terremoto.

Ingredients:

12 multicoloured mini bell peppers (approx.)
1 tbsp olive oil
Pinch salt and pepper
4 oz cream cheese, softened
1 cup shredded Manchego cheese
cup finely chopped Manzanilla olives (with pimentos)
. cup mayonnaise
2 tbsp finely chopped parsley
1 large clove garlic, minced
. tsp smoked or Spanish paprika
Toasted sliced almonds and additional chopped parsley (optional)

Method:

Preheat grill to medium-high (400°F/200°C).

Halve peppers, remove seeds and ribs but keep stems intact for

presentation. Toss with oil, salt and pepper. Place peppers on grill, cut-side-down. Grill for 2 minutes or just until slightly charred on cut sides. Remove to a tray, arrange cut-side-up.

Blend cream cheese with Manchego cheese, olives, mayonnaise,

parsley, garlic and paprika until well combined. Pipe or spoon cheese

mixture into pepper halves. (Peppers can be made ahead and reserved in refrigerator for up to 2 days.)

Line grill with foil; place peppers, stued-side-up, on grate. Cook,

barbecue lid down, for 6 to 7 minutes or until cheese is oozy and

bottoms are lightly charred. Let stand for at least 5 minutes before

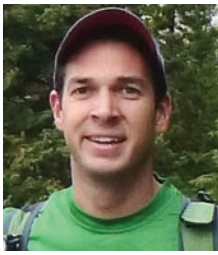
serving. Serve warm or at room temperature. Garnish with almonds and parsley (if using).

Yield: 24 stuffed pepper halves



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For more information on wine and wine making please visit www.cvwinecrafters.com



BY JESSE MORETON,
BSc DC

Is it Worth a Shot?

What do you do when the going gets tough? You have a pain you can't shake. You've waited and hoped it would go away on its own. Then you try your own home remedies; heat, ice, over the counter pain killers and anti-inflammatories. The pain is still there. Then you hear about someone like me. You try chiropractic treatment. It helps but doesn't give you total relief. You decide to see your doctor and they suggest another line of therapy. Eventually you go through the list; physiotherapy, massage or acupuncture to name a few. It's still not getting better. What do you do now?

Maybe before I get too far, I should prequel the rest of my thoughts with some caveats. Not everyone fits the mold. Most pains do go away with time and treatment. Some pains are the result of things that will not change and some conditions are known to be made worse with what I'm about to suggest. Check with your doctor or other health practitioner for their thoughts.

Now back to my question: "What do you do now?" In my experience there are three options. (1) You accept your limitations and cope with a mixture of treatment, medication and lifestyle adjustments. This seems to be the most practised route. (2) You

seek further medication attention through injections or surgery. This seems to be the minority but is warranted in some instances. (3) You give up, do nothing and get grumpy. This isn't my recommended choice.

Today I'm going to begin discussing what I often describe as the next step; injections. Injections should be a legitimate consideration when the going gets tough. Having said that, I realize I've lost half my audience because when I bring it up in practice some are adamantly opposed. They've either talked with someone who responded poorly or they simply don't want to venture outside the realm of conservative therapy.

The most common type of injection for joint pain is cortisone. Cortisone is a strong anti-inflammatory. It seems to work especially well for things like ongoing sacroiliac (SI) joint strain and hip bursitis. Cortisone is a corticosteroid and as such comes with a list of side effects. However, as I stress to patients

in practise, the side effects of an injection are minimal and hardly worth mentioning compared to the side effects of oral, long term use. Side effects should be a concern for someone who takes prednisone daily over a period of years, for example. I believe the pros outweigh the cons when your suffering and you've tried everything else. It's worth a shot. Pun intended.

Next time we'll be taking a closer look at other type of injections.



Although cortisone is the most common and in my opinion the most effective, there are other options. Prolotherapy uses more natural substances like dextrose (sugar water) or saline (salt water). Prolotherapy also encompasses platelet rich plasma (PRP) therapy and stem cell therapy. Lastly, we'll briefly consider ozone injections. Stay tuned! ♥

For more information about Moreton Chiropractic visit <http://moretonchiropractic.blogspot.com>

2019/2020 Thunder Cats Leadership Core

CRESTON VALLEY THUNDER CATS

Captain – Andrew Clark

Andrew Clark is one of the most veteran players currently in the Kootenay International Junior Hockey League (KIJHL) with almost 200 games under his belt over a five-year KIJHL career. The majority of his time was spent with the Spokane Braves, as he is a native of Spokane, Washington, but last season's trade saw him

following his long-time coach Nick Redding up to Creston in a move he can look back on and feel good about. "I love it here, it was a good change from Spokane, good to get out of town a little bit ... moving up here I've learned a lot about life and just matured a lot." One of the biggest changes was trying to understand Canadians' affinity for maple syrup. "It was weird for me when I first moved up here, maple syrup's a big thing, but I'm used to it now." While he may be slightly more Canadian off the ice than when he first arrived, he's still the same player he was on the ice and is enjoying the responsibility of wearing the 'C' on his jersey.

"The first few weeks were a little tough but now I'm settling in a little bit. It's definitely a bigger role but we have a good group of guys here..." A big challenge for a captain is finding the line between being seen as a respected leader, but also as one of the boys. "I kind of have to choose the right times to be joking and fun, but there's a time to be serious as well. Honestly I'm still working on finding that balance."

Alternate Captain – Carson Small

A third-year player in the KIJHL, Carson Small has spent his whole Jr. B career with the Cats, hitting the 100-games-played mark on October 5th in Spokane. Plucked from Lethbridge, Alberta by Brad Tobin and Jeff Wagner ahead of the 2017 season, he had an immediate impact on the team in an offensive role with a steady 0.5 points per game as a

rookie. Now the longest tenured player on the team, he knows the ins and outs of the organization well, and is proud to be able to bring that type of knowledge to the table. "A lot of people have questions for me because I've been here so long, it's great to just help them out. Leading by example on the ice comes easy to Small, he plays in all situations - even strength, powerplay, and penalty kill - but leading by example off the ice is also an important to the 19-year-old. He feels his strengths lie in his attitude, and ability to keep everyone's spirits high regardless of the situation.

Alternate Captain – Josh Dalquist

It's not every season that a brand-new player gets to wear a letter on their jersey, but that's reality for defenseman Josh Dalquist who, in his second season (first with the Cats), was given an 'A' by Redding. Dalquist exploded out of the gate with a four-game point streak where he put up two goals and seven assists in that span. It was the perfect start for a guy who wants his play on the ice to do all the talking. "I'm not really the kind of guy that's going to yell at everybody. I'm more of a lead by example kind of guy who going to just be quiet and point guys in the right direction." From Calgary, Alberta, Dalquist entered the league last season with Fernie, but was acquired in the Tyler Witzke trade. ♥

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