

## If You Build It They Will Come

**By Deborah Nelius**

The Canyon Community Association in partnership with the Creston Valley Slo Pitch League is upgrading the Canyon Park ball field. Two years ago it was recognized that the ball field was no longer safe to use.

The Canyon ball field has been in use since the early 1900's. Scrub ball was a going concern in the 20's- 50's, the Canyon Ladies Softball team called the field home in the 60's-70's and the CVSPL has used the field for the past 25 years.

Deborah Nelius is coordinating the upgrade and states the project has received overwhelming support, "On October 4 we had over 30 volunteers laying sod in the pouring rain and not one complaint was heard. That speaks volumes to the commitment of our community to this project." More than 70 volunteers have given 625 hours of their time, 6 businesses have donated equipment and discounted materials and financial support has come from the Canyon Community Association, Creston Valley Slo Pitch League and Columbia Basin Trust through the Community Initiatives Programs.

The upgrade started in 2007 with the infield. The outfield is now the focus with completion scheduled for this fall. OKAY, LET'S ALL PLAY BALL.



PHOTO COURTESY OF JOHN MARGITAM

## New Area Business

### Open For Business! Wayne And His Big Idea's!

**By Penny AP Anderson**

Kootenay Alpine Cheese Co. in Lister is now Open for Business! Wayne and Denise Harris and family have diversified their family run Dairy production. They are now open and offering specialty made Cheeses created by their own resources from their fully functional organically certified farm.

The Harris's bought the farm in 1990. One project moved into the next and in the last 18 years have seen it go from conventionally reared registered Holsteins to a mixed herd of Holstein, Normande, Guemsey and Swedish cross breeds which have higher fertility and health traits and are good grazers, all which make them well suited for organic production. Once organic it was a natural leap to find a way to process the milk. They still ship the bulk of their milk with the other Creston Dairy Producers but with transportation costs always a worry and wanting to reduce at least some of their carbon footprint, now a portion of their milk makes a carbon neutral gravity fed trip across the yard from the milk parlour to the cheese vat.

This dream solidified during a trip to Europe to see many farmstead cheese producers. The process in Canada is much different with stringent rules and regulations. The area is spotless! The building in which the production is housed has geo thermal cooling and solar heating.

Alpindon is their star cheese which is modeled after a French Beaufort d'Alpage. They also have a Mountain Grana modeled after an Italian Piave. And similar to an Italian Fortina the Nostrala is unique to the Valley; their farm and their milk that exhibits a local flair. Waynes big idea is now reality for the family. Say Cheese!

The on farm Fromagerie offers Cheese Tasting and Sales:

Thursday, Friday and Saturday from 9:30-5:30

Phone: (250) 428-9655

Email: [info@kootenayalpinecheese.com](mailto:info@kootenayalpinecheese.com)

[www.kootenayalpinecheese.com](http://www.kootenayalpinecheese.com)



PHOTO COURTESY OF THE HARRIS FAMILY

**FOR MORE INFORMATION ON AREA B GO TO [www.rdckareab.ca](http://www.rdckareab.ca)**

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# Director's Report



**John Kettle**  
*Regional Director Area B*

## Would You Know What To Do?

I was recently asked by a friend who is experiencing a terrible reality of life where his spouse has become unable to care for herself and requires his full time attention. He was frustrated and quite honestly scared about his ability to care for his wife in her time of need given his advanced age and health. He didn't know where to turn and our discussion ended with his question to me, "what would you do?"

I thought this question over for some minutes and said simply to him. "I really don't know what to do and what programs may be available but I will find out and let you know".

In the weeks that followed this discussion and in numerous conversations with folks 55 and above in age it became painfully clear to me most people don't know what help may be available for them in a time of need when a spouse or loved one is debilitated and can no longer take care of themselves.

My search for an answer led me to the office of Julie Giles, RN

at Creston Valley Home Support who is an IHA Case Manager. Julie was gracious and understanding as I asked her the same questions I had been asked.

Talking through her lunch break and into the afternoon Julie outlined a series of options available for anyone experiencing life changing challenges in health.

I was overwhelmed with the information she gave me and became acutely aware as we talked of a gap that may be taking place with seniors and the programs available to help them in their time of need. Julie presented me with a brochure titled "Guide to Home and Community Care" which treats the issues I had been discussing with dignity, privacy and understanding.

If you or anyone you know is experiencing the issues I have been talking about today please contact the Home Support Office at 250-428-5616 and the receptionist can connect you with the Case Manager in your area for more information.

In addition to providing this information I have asked Julie to join with me in a series of public meetings I will be holding throughout Area B to answer questions and give information to those who are interested. I will be coordinating these meetings through your local community halls so please watch the paper or contact your local hall association for times and dates. If you can't answer what you would do if faced with the situation of caring for a loved one, you need to come hear Julie Giles. This can happen to us all. Be prepared! Know what you can do before it happens. If you want further discussion on this matter with me please call me at 250-428-6096. Thank you.

## Lifestyles

*Excerpted from the Health and Seniors Brochure*

For many BC seniors life just gets better and better. With a growing range of activities

available and more and more understanding of the many things that contribute to a good quality of life, seniors are involved in the communities more than ever, enjoying vibrant lifestyles.

Active, happy seniors tend to be healthy, independent seniors. The province is committed to helping create a positive quality of life for all BC Seniors, including activities support-



ing increased physical activity and healthy living.

The Health and Seniors Information Line provides information and assistance to help you solve issues or concerns that you have. We provide referrals to other agencies and assistance and advocacy in making contact with organizations and agencies for needed services and programs.

For further information  
Toll Free 1-800-465-4911

Website [www.gov.bc.ca/seniors](http://www.gov.bc.ca/seniors)

## The Creston Valley Food Action Coalition

"The Creston Valley Food Action Coalition is made up of a diverse group of people working to encourage our residents to eat locally grown foods for the physical, economic, environmental, cultural and social well-being of our community. We work with farmers, health professionals, social service agencies, and regular folk with a goal of making our community food self-reliant. Initiatives include: the Farm Fresh Guide - a listing of places people can find locally-grown food; public education such as a web site

([www.crestonfarmfresh.ca](http://www.crestonfarmfresh.ca)) that includes valuable information on why and how to eat locally grown, newspaper column (Thought for Food), public presentations, programs for kids, food-related workshops, etc.; and the Harvest Share program which will see fruits and vegetables that would normally go to waste get into the hands of people that need it. The Food Action Coalition meets monthly. All are welcome to join. For more info please contact Gail Southall at 250-254-0254 or email [cvfoodaction@gmail.com](mailto:cvfoodaction@gmail.com)."

## Realizing A Dream

*By The Friends of  
Kitchener Society*

When The Friends of Kitchener Society was formed in 1999, they dreamed of a place to call their own. They dreamed of a playground, picnic shelter, community hall... in short they dreamed of a vibrant and progressive community, where people get together, meet old friends and welcome new.

We are so pleased that the dream begun in 1999 is getting closer to being realized. This year, a local resident generously donated a used mobile home, and this will serve as our community centre when renovations are done next year. The playground fence and the horseshoe pits will be finished this weekend, weather permitting. We are behind schedule with our senior's horseshoe program, but next spring, we will make up for the late start, and the Creston Kootenay Foundation Trophy will be up for grabs to the best senior player.

With the work involved moving the mobile home, building the picnic shelter, installing the chain link fence for the playground, and the horseshoe pits, it has been a busy summer. Our volunteers logged in almost 200 hours in July and August alone. They braved the heat, donned the sunscreen and worked weekend after weekend. How can we thank all these people members of our community, who worked so hard and selflessly on our dream? Without you, none of this would be possible. From the bottom of our hearts, THANK YOU.

Lots of money has been spent getting this far, and none of our dreams would have been realized without the grants that has over

the last ten years so generously been donated from Columbia Basin Trust and the Central Kootenay Regional District. We are extremely grateful for the funds, and the staff in both organizations are so helpful with assistance in our quest for improvements.

We are in the home stretch and now need support from the entire community. The large grants needed to complete the community centre can only come if our membership prospers into the vibrant community we know is here. Even if you are too busy with other things, please support the community with your membership. When the Annual General Meeting is called, we will be asking you for one hour of your time. It is then we will submit all of our names on the general meeting list, and stand united as a community, and stand united in great numbers. For grants, numbers will make the difference between success and failure.

***WE HAVE COME THIS FAR, AND NOW IS THE TIME TO MAKE OUR DREAM COME TRUE. PLEASE SUPPORT THE FRIENDS OF KITCHENER SOCIETY'S MANDATE:***

***TO ESTABLISH AND OPERATE A COMMUNITY HALL AND PARK THAT IS AVAILABLE FOR THE GENERAL USE OF THE PUBLIC FOR A VARIETY OF COMMUNITY ACTIVITIES INCLUDING: WORKSHOPS, PROGRAMS, DRAMA, ART, MUSIC, HANDICRAFTS, HEALTHY RECREATION AND INCIDENTAL ACTIVITIES.***



***Cement work for Chain link fence posts and new horseshoe pits!***



***Installing the footings for the mobile home at Community site.***

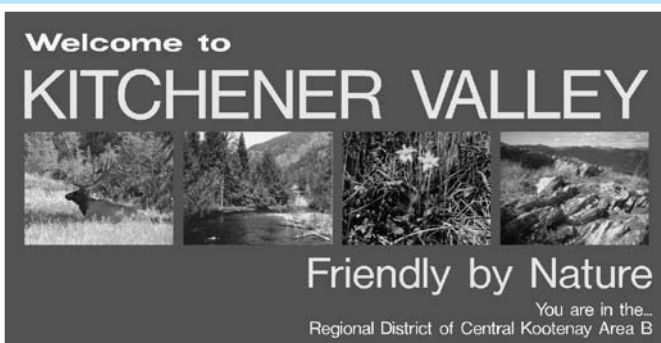


***Placing of the mobile home at Community site.***



***Mobile home now placed at site.***

*PHOTOS COURTESY OF KAARE LINDBOE*



***The sign is thanks to the creativity and funds from the Area B Tourism, Economic Development and Communication Society.***

***Slogan "Friendly by Nature" coined by Janine Lindboe Shiloff***

***PHOTO COURTESY OF GEORG GRUEN AND KEVIN BLACKMORE***

## Creston & District Community Complex Facility Enhancement Project Update

By *Neil Ostafichuk*

The Regional District of Central Kootenay website is updated every 2 weeks with the most recent photos and descriptions of the project process. Previous updates are also maintained for reference.

The website is [www.rdck.bc.ca/cdupdate](http://www.rdck.bc.ca/cdupdate)



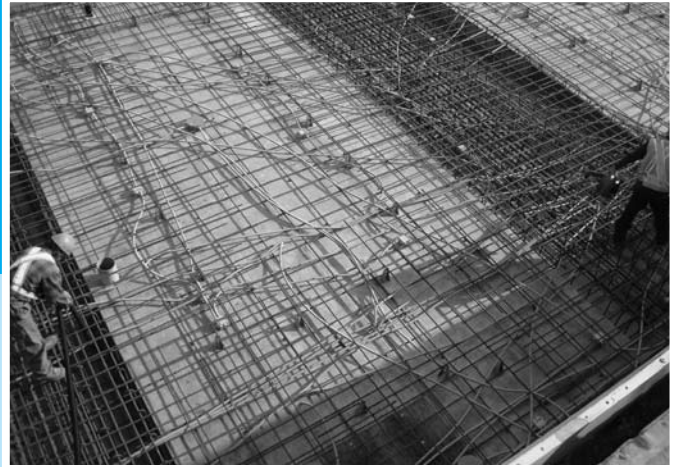
*Changeroom Shoring*



*Changeroom Roof*



*Arena Roof Top*



*Changeroom Roof Top*

A forest of shoring is in place in the arena changerooms supporting the forms that the concrete roof will be poured on. The reinforcing steel as well as all the electrical conduits and boxes have been placed in the roof with the pour tentatively scheduled for this week. The shoring will remain in place for a certain period of time until it cures enough to be self supporting and then the interior block work will begin. In around that time we should see some backfilling against the walls which will clean up the upper area a bit.

**Check out our progress at...**  
**[www.rdck.bc.ca/cdupdate](http://www.rdck.bc.ca/cdupdate)**  
**Our website updated every 2 weeks!**

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***Curling Rink Floor***



***Curling Rink Footing***

In the curling rink, forming has been started for the header trench footing (the header trench is the area under the north walkway that houses the main refrigeration brine pipes) as well as the footing to support the curling lounge viewing area over sheets 3 to 6. The floor has been partially backfilled and tamped, ready for the thermal storage piping which will serve the purposes of under slab freezing protection as well as the method that we will be storing the excess heat recovered from the refrigeration compressors. After the piping, more sand is placed and tamped, then Styrofoam, then the construction of the refrigerated slab which is a macramé of steel mesh, rebar and refrigeration brine lines.



***Swimming Pool Excavation***



***Swimming Pool Excavation***

The excavation is well underway for the aquatic portion – many loads of soil will be hauled away in preparation for the engineered backfill and building footings.



***Final Work On Sewer And Stormwater Lines***

In the civil work area, the final tie in for the relocated sewer and stormwater lines is taking place which will allow for the front area next to the existing pool to be backfilled and tidied up.

# Community Connection

## Summerfest In Yahk: A Huge Success!



*By Lee Rose* An estimated 500 fun-loving, game-playing, dancing, old car buffs came to Yahk to help celebrate BC150 Day on August 16, 2008 at a festivity named SummerFest. Many activities appealing to both the young -- and the not-so-young -- inspired cheers of encouragement from the spectators for the many participants. A special feature of the day was the en-route visit of the Vintage Car Club on their Fernie-to-Victoria Tour.

The newly completed pavilion with its terraced amphitheatre-styled seating and ellipsoidal dance floor was the centre piece of the grounds where the entertainers played a variety of music that ranged from country rock to blues and jazz and back again for seven straight hours. The late evening was warm, the music was hot, and the dance floor was well used. It was a time that will not soon be forgotten.

PHOTOS COURTESY OF LEE ROSE



## Yahk

Seniors meet every Wed. at 1PM- Carpet Bowling, Card and Board Games.  
Everyone Welcome!

Carpet Bowling Monday at 7 PM

Exercise Class Every Monday and Friday at 10 AM.

Bingo every other Sunday at 2 PM.

Contact Don Russet 250-424-5583

Coffee House and Potluck 1st Saturday of every month at 6 PM.

Welcome all Musicians, Poets, Singers, Actors.

On going Bottle Drive for the Yahk/Kingsgate Fire Dept. Auxiliary , drop off at the Fire Hall.

Community Children's Christmas Party and Concert coming in December.

Fall Craft and Bake Sale Sunday November 16, 2008  
10 AM to 2 PM. Lunch Available.

WINTERFEST JANUARY 31, 2009 Multi National Food -  
Entertainment - Games - Fun - Laugh  
Contact Jeff Vandergeest 250-424-5118

FOR MORE INFORMATION ON AREA B GO TO [www.rdckareab.ca](http://www.rdckareab.ca)

# Community Connection

## ATTENTION all Canyon and former Canyon residents, relatives, friends, etc.!

*By Simon Lazarchuk* The Canyon Community Association is looking for your support for a Homecoming/Centennial celebration for the July 1st weekend in 2010.

During 1908 and 1910 the "Canyon City Lumber Co." released large portions of land for sale and the settlers started pouring in. By 1910 Canyon had become an established little community with a store, a school, a church and a group of hardy strong willed settlers from a variety of origins.

The July 1st long weekend for 2010 can be an exciting and memorable time. Some of the ideas we have tossed around are; the usual picnic in the Park, an old-fashioned Homecoming dinner and dance, historic displays, storytelling, soapbox derby, souvenir programs, legacy projects and so on.

We are desperately seeking volunteers who would be interested in joining us for this exciting project. There are a variety of jobs and duties as a project of this scope requires many hand and heads. Also if anyone has memorabilia (photos, newspaper clippings, stories, etc) or knows of former residents, we would appreciate hearing from you.

This is also an opportunity to apply for grants to fund some special projects and generally liven up our community as we celebrate our heritage and honour our fore fathers.

So, come on Canyon let's get together to have a great "Party" and renew old memories, rekindle old acquaintances and make new ones.

### CONTACTS:

Simon Lazarchuk 250 428-8852 slazarchuk@shaw.ca

Henri Roberts 250 428-8852

Karen Czar 250 428-2821

## Canyon

*Bernd Stengl, Chairperson 428-5741*

*Karen Czar, Secretary 428-2821*

It's been a busy year for the Canyon Community Association and it's dedicated volunteers. One of our major projects was to drill a well at the Canyon Park, to help take the pressure off the North Canyon Improvement District and to provide much needed water for the newly restored ball diamond. The drilling is complete and hooked up. This fall we will install a point of entry water treatment system to provide safe drinking water in the park. This important project was funded not only by the Canyon Community Association but also by the RDCK, Columbia Basin Trust for which we are very thankful.

Another topic we wish community members to think about is the future of the Canyon Hall. It is becoming aged and expensive to maintain and at some point funding will no longer be granted because of this. It has been discussed that perhaps the hall and property should be sold, and the monies put back into maintaining and upgrading facilities at the Canyon Park which is truly a jewel we are lucky to have. We invite your feedback on this or any topic that is of interest to you. We will have more details at our AGM in February. As always, we welcome new board members and volunteers.

## Lister

*Hall and Further Information 250-428-4844*

We have many pine tree that are dying from pine beetle and we are slowly removing them and clearing things up and replacing these trees with spruce and deciduous trees.

The committee also became aware that the playground safety areas were not good and this spring Valley Bob cat was contracted to remove all the gravel from around the apparatus and replace it with wood chips matching "Soft Fall" specs.

Road maintenance was completed, the Zamboni shed was finally covered and completed and a gate put on the skating rink.

In the hall a new large gas stove was installed to replace the old one which was donated years ago but never really operated.

The volleyball court was refurbished with new sand hauled from Cranbrook. This is the third and final time the sand will be installed and the community shared that the local sand available is either too full of gravel or too fine and dusty. A sand volleyball tournament was held there in the fall and the players reported it was good to dive in even though it was still a little dusty.

The hall also had a water filtration and ultra violet treatment system in stalled.

The committee had a winter solstice party, bonfire and fireworks and this fall. The Lister community held a large pot luck dinner and despite the rain it was huge success.

Vandalism was down overall and the community is grateful that youths that party are respecting the park. A factor in the success of vandalism reduction is the installation of a large steel gate that is closed at 10:00pm and the quick response of the local community member to parties that might get out of hand.

## Erickson

*Sharon Sadler, Secretary 250-428-9096*

The Second Annual Harvest Potluck Social sponsored by the Erickson Community Association was held in the Erickson Elementary School Gym on September 30. About 30 people attended, and the food dishes were all scrumptious, absolutely delicious! After the meal, guests enjoyed a sampling of poetry read by Chuck Darbyshire. A warm thanks to Chuck and to all who participated in making this evening a success.

The Erickson Community Association is still taking orders for property address signs for residents of rural areas These metal signs are double-sided with green background and white reflective numbers. They enable emergency services responders to easily locate addresses, and can thus save lives. To get one of these excellent signs for your property (price is \$25 including taxes) call Jeannie at 428-7060 or Sharon at 428-9096.

The Erickson Community Association has received funding for its proposed Walk Safe program. This includes giving out high-visibility, reflective materials; partnering with other groups such as Community Strides; and working with the Town and Regional District to address lighting, sidewalk, highways and rural hazard safety issues for walkers and cyclists. While plans are not yet finalized, they would probably include raising awareness through advertising, pamphlets, signs, promotions, website, newspaper articles and more. One proposed goal is to ensure that every school child in the Creston Valley receives a reflective armband. This project is modelled after Safe Walk programs in other centers around the province, and if it is successful, will serve as a pilot which could be continued by local, regional and/or provincial governments. Volunteers are needed. If you can help, please contact Elvin Masuch at 428-4461. Please call 428-9096 for further information.

## High Speed Internet For Yahk

By Penny A.P. Anderson

We were honoured to have Wilf Bangert from Network BC and John Kettle our Regional Director plus the children from the Yahk Elementary and community members help with the ribbon cutting ceremony on Wednesday October 15th at the Yahk Community Hall.

Jon Pritchard the Yahk Area Communications Society Chair gave an introduction to the project that started three years ago with the initial application to the provinces Connecting Communities Agreement, Columbia Basin Trust and the Municipal Rural Infrastructure Fund, and RDCK. Rural Communities like Yahk would never be able to afford this essential service without the infrastructure funding sources that made this Yahk to Kingsgate project possible. This Aids in the delivery of new educational, health care, fed & prov government services, and Economic Development by supporting existing businesses & new in home business's reducing the carbon footprint, plus encourage revitalization of rural communities by allowing the people living here to participate in the global knowledge based economy.

This being said the real nuts and bolts of the project has begun. We are proud of the volunteers that are helping in the build out.

We are thankful for any and all donations and discounts to help in the vision. Since the Network is run by volunteers it takes our community to make this a viable and sustainable Broadband Network. With our track record I see great things for the future!

*For more information contact Jon Pritchard 250-424-5533 or Penny A.P. Anderson 250-424-5596.*



*From Left to Right: Back row: Cindy Crawford-YACS Board, Penny A.P. Anderson -YACS Vice Chair, John Pritchard YACS Chair, Wilf Bangert - Network BC, John Kettle - RDCK Area B Director. Front row: Yahk Elementary Children*

## Expanding High Speed Internet Into Area B

*We Are Helping Eliminate The Rural Deficit And Levelling The Playing Field!*

By Michael Farnsworth

The communications committee is very pleased and excited to announce that the \$10,000 provided to the Area B Tourism, Economic Development & Communication Society by RDCK Director of Area B John Kettle is being awarded to the Wynndel Internet Society (WIS). The recommendations by the



*From Left to Right: Michael Farnsworth - Area B Communications Committee Chair, Penny A.P. Anderson -YACS vice Chair, John Kettle Regional Director Area B, Chuck Truscott - WIS President/Secretary, Jeff McCulloch - WIS Treasurer*

communications committee were based on the expidious nature that our society had been able to create a plan for cooperation between WIS and the Yahk Area Communications Society (YACS) that they have both agreed to adopt in the interest of getting quality rural high-speed Internet to as many homes and businesses as possible as quickly as possible.

Area B TEDC Society is giving its full support to these two organizations to try and help to qualify for the 'Last Mile' funding being made available from Network BC to Internet Service providers of up to \$50,000 each.

*If you want High Speed Internet in your area in which you live please contact:*

*WIS at 250-866-5357*

*Arrow Creek, Canyon, Lister, Erickson*

*YACS 250-424-5596*

*Kitchener Area*

*You will go on record as wanting this service.*

*Every request will help!*

## \$240,000 Erickson Water Upgrades!

By Penny A.P. Anderson

The Erickson Water Distribution Commission has received \$240,000 from directors John Kettle, Tom Mann from the Gas Tax Funds. These funds are allocated for local governments for Community Works Funding. The funds are for upgrading & monitoring systems to the Laterals that come from the main line. This is not a program to metre homes rather to determine where the water

is going on a supply & lateral use.

Last year they repaired 2 km of Main line and now is saving 1 Million gallons per day! It is an important component to get ahead of the curve. The province is concerned about water conservation of water resources and the knowledge that those area's are already involved in upgrading & monitoring systems should be first in line in upcoming grant programs.