

WEST CRESTON COMMUNITY NEWSLETTER

November 2010

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Annual Christmas Tea and Bake Sale:

The Annual Christmas Community Tea and Bake Sale will be held on **Saturday, December 4th** from 11:00 am – 2:00 pm at the West Creston Hall. The cost of the Tea is only \$4.00 – this includes sandwiches, desserts and beverages - plus a chance to win a door prize! Buy a spot or two on the Turkey and Ham Pull with the lucky winner taking home part of Christmas dinner.

Volunteers are needed to donate baking for the sale and/or to help set up, decorate, make sandwiches and assist during the Tea. Please contact Marge Kennedy at 250-428-3095 if you would be able to lend a hand; the more the merrier and your help will be greatly appreciated!

If you are interested in setting up a vendor/craft table please contact Marge as soon as possible as space is limited.

Members of the West Creston Wildfire Society will be “Santa” helpers again this year. Your chance ladies to be served tea and goodies by men in uniform wearing Santa hats and aprons!!

Bring your family, friends and join your neighbours for an afternoon of friendship and Christmas cheer.

Baking can be brought to the Hall anytime after 10:00 am on the December 4th. Hope to see you there!!

Yoga Class and Workshop – West Creston Hall:

“Yana’s yoga class is like a refreshing mid week retreat, excellent for the mind, body and soul. As well I am now feeling more toned and limber ready for ski season.”

Free yoga class! Sunday, November 28, 1-2:30pm

All interested invited! Yoga explained simply from history to today, different styles covered, and learn the basic principles of yoga: union, posture equality, and creating space. Bring a friend! Families welcome! (some mats supplied)

Yoga Therapy Sunday, December 5, 1-4pm - \$30 suggested

Very calming and deeply centered inward class - still with lots of laughs! Health techniques for blood pressure and heart, headaches, asthma and lungs, nervous system, digestive system, lymphatic system... Books, anatomy references, active and passive poses, film featuring Dr. Oz, other MDs and hospitals, aromatherapy and foot ion cleanse available. Includes light snack with herbal tea. Bring mats, blankets, straps, props.

Please call 250.431.8628 to register (after 6pm)

Area C Meeting:

The next Area C Town Hall Meeting, will be held on **Monday, November 29th 7:00 p.m.** at the West Creston Hall. Director Larry Binks is hosting this meeting to bring area residents up to date on area and valley issues.

West Creston Fire Protection Society:

The Society held its Annual General Meeting on October 24th. Highlights of the year included the continued training of members in the areas of fire response and first aid; community education program and increasing efficient water use. Fire Society responders were called out to 9 grass fires & 2 structure fires as well as a few calls with respect to fires that were within the Forest Service jurisdiction. The WCFS is looking ahead with goals for next year of finalizing the acquisition of land for the future fire building. Fundraising and grant requests will focus on raising money for the construction of the building.

The Society’s equipment has now been winterized and stored for the winter months. The fire call out number (250-402-9779) will remain active. We would like to thank the members and volunteers responders for all their efforts in keeping our community fire smart & fire safe.

Notice of Community Meeting:

Creston and Area Sub Regional Fire Service Integration Review.

Local citizens are encouraged to attend this meeting to provide input on the fire service delivery model and expectations of service provision. This process encompasses all areas with RDCK; Electoral Areas ‘A’, ‘B’ and ‘C’ and the Town of Creston.
**November 25, 2010
7:00 pm to 9:00 pm
Creston & District Community Complex
Creston Room - 312 19th Ave. North**