

WEST CRESTON COMMUNITY NEWSLETTER

September 2010

www.westcreston.info

Corn Crickers' Picnic:

Another fun filled day was enjoyed by those who attended the annual Corn Cricker's Picnic. The hamburgers, hot dogs, fresh corn and homemade apple and peach pies were scrumptious!! To the folks who participated in the games, what an enjoyable time for everyone, participants and onlookers!!

Thank you to all the capable volunteers who really made a difference for a successful event. The donated items of baking and home preserves and produce were very appreciated. This year the Fire Society and the Hall Society shared the volunteer duties and a good time was had by all.

A very special thank you to Linda and Ed Teague for spearheading the overall organization of the picnic. Also, a special thank you to the ladies who made the wonderful fruit pies which were freshly baked the morning of the picnic, a real hit.

YOGA AT WEST CRESTON HALL:

Yana has been hooked on yoga since her first class with Yoga Master Zena Ursuliak in 1998. She trained for four years with a wonderful variety and intensity of senior teachers and has been teaching in rural halls, schools, libraries and churches; teaching prenatal, to children, teens, mothers and daughters, adult learning programs and seniors. She believes yoga needs to be seen as a process rather than looking like the pose in the book. She offers yoga for everybody and

every body and explains yoga from the scientific perspective, now integrated into hospital treatment programs by medical doctors.

She brings an array of books on the first and last classes, provides handouts and anatomy book reference throughout the program and makes accessible many articles on aspects of yoga or specific body issues. Classes are traditional relaxed yoga made informal and fun. We start with warmup rotations then do a variety of standing, sitting, supine, and inverted poses with different stretches to ease the process. We also look at balancing daily and seasonal habitual alignments of the body. Pranayama breathwork, meditation, mantra and heart bed are integral to the program with relaxation ending each class.

Come and feel peace of mind, peace of body

Where: West Creston Hall

When: Wednesdays 6:30-8pm
Sept 29 to Dec 1, 2010

Investment: \$100.00 registered for 10 classes, \$12.00 drop in

Bring: mat, blanket, old neck tie, water bottle (other mats and props made available)

Please contact Yana at 250 431-8628 for questions.

West Creston Fire Protection Society:

West Creston should be grateful for the unusually cold and wet summer in our area... mainly because we were the only

community in B. C. that did not experience a total fire ban or major forest fires.

Unfortunately, West Creston did have an arsonist set nine fires this spring, on Nick's Island Road, endangering both wooden bridges crossing Corn Creek. The RCMP does have an active file on this if anyone has information pertaining to these fires.

Thanks to The Columbia Basin Trust Grants, West Creston benefited in many areas. Educational programs were made available, such as The FireSmart Program. This program information on how to actively help protect our own homes was sent to every residence in West Creston. All volunteer fire fighters with the Fire Society took their recertification and twelve members participated in an occupation first aid course. Programs for the efficient use of water to combat fires and first aid equipment for the community, are in the process of being completed.

If you would like to hear more details of what is happening with the Fire Protection Society, come to **W.C.F.P.S. AGM, on October 24th, 2:00 pm, at the Hall**, everyone is welcome.

To report a fire in our community – 250-402-9779
To check out information regarding fires and our community, go to

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