

January 2017

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FREE

Feature

Eileen Fitzpatrick
co-ordinating
C.V. Volunteer Bank

Bringing the
Creston Valley together!



MAKING CHANGE

Karl Lansing
carves \$100 coins for
Royal Canadian Mint

HISTORY

Community divided over
liquor laws

ARTS

Full Plate bridging arts
and agriculture

AGRICULTURE

Looking ahead to what
new year may hold



COLOUR TRENDS 2017



COLOUR OF THE YEAR 2017

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From the Editor



BRIAN LAWRENCE

Welcome to a new year!

The magazine you're holding in your hands is something of a milestone: the first January issue of *I Love Creston*

since 2014. OK, so maybe it's not exactly a milestone, but we decided to forego the usual month off to instead let you know about locals doing great things for the community and country.

In the latter category is Canyon wildlife sculptor Karl Lansing, who has carved five \$100 coins for the Royal Canadian Mint's Sculpture of Majestic Canadian Animals series. I wrote a feature on him in the *Creston*

Valley Advance about a dozen years ago, when he created the sasquatch statue at the Columbia Brewery. I was blown away by his work then and I was equally fascinated to hear about the Mint project — quite the significant departure from the life-sized moose he was working on when I interviewed him years ago!

On the community side, we have Eileen Fitzpatrick, who has spent a lot of time in the Creston Valley since the late 1980s. She knew that our valley would grind to a halt without its massive volunteer base, and, after moving here full-time, decided to give volunteer organizations a boost — and thus, the Creston Valley Volunteer Bank was born. Her goals involve not only matching up volunteers and organizations, but also creating an incentive program to ensure volunteers are recognized for the incredible good they do.

Speaking of volunteer opportunities, be sure to check out this month's submission from A Full Plate to learn how the arts and agriculture sectors are joining forces to celebrate Canada's 150th birthday. It's easy to understand how agriculture can inspire artists, but I'm intrigued to see how artists will inspire the agriculture community. Whatever happens, it sounds like a uniquely Creston Valley way to bring the community together.

Of course, a divided community can be equally entertaining, as Creston Museum manager discovered when looking at a January 1931 letter to the *Creston Review* applauding (or, perhaps, sarcastically trashing) a new liquor store in town. You'll find some pretty interesting anecdotes in her submission this month — and you'll learn a little about prohibition too. Enjoy! ■

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COVER: Canyon wildlife sculptor Karl Lansing at work in his studio. *Brian Lawrence*



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The Magazine

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10 TIPS GET AHEAD OF THE WINTER FREEZE

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter.

- ☐ Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- ☐ Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- ☐ Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- ☐ Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- ☐ We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- ☐ Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- ☐ Our portable space heaters have an **automatic shut-off**.
- ☐ Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- ☐ We have **tested our smoke alarms** and made sure they are working. *(You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
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CRESTON VALLEY

TOWN of CRESTON

Realistic Sculpture Leads to Canadian Mint Project

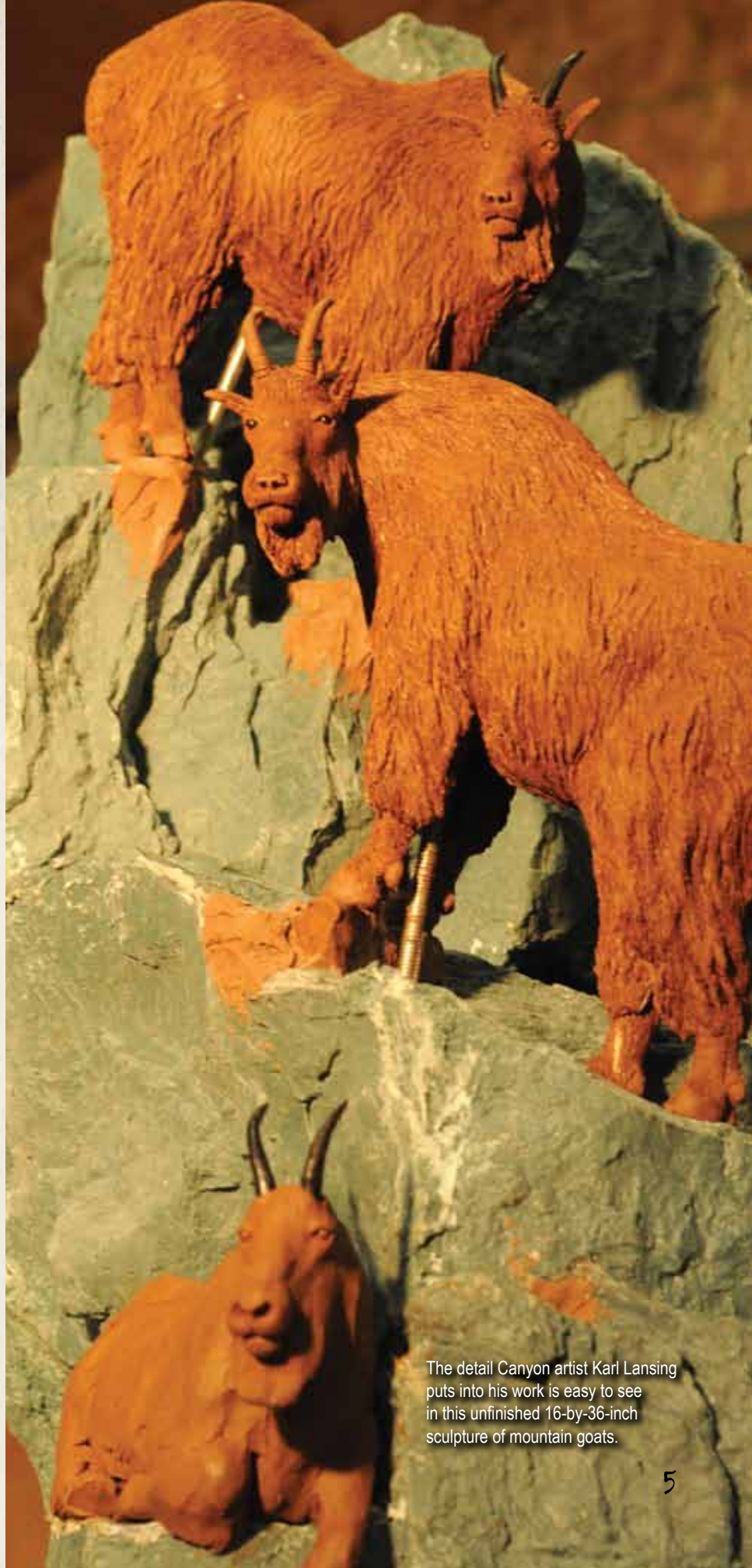
STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

Over the course of nearly 25 years of sculpting, Karl Lansing has taken on a wide range of pieces, from miniature deer to life-sized bison, but a recent project is both bigger and smaller. Bigger, that is, in terms of distinctiveness and smaller, significantly so, in size: the first sculpted coins released by the Royal Canadian Mint.

"These are the first-ever 3D coins created by a mint," says the Canyon sculptor. "From that perspective, I guess I'm the first guy to have 3D coins minted by a government. ... These are one of a kind in the sense that they're very limited, with only 1,200 of each one."

The set of five \$100 coins started with the release of a grizzly bear in fall, to be followed by a cougar (February), an elk (April), a bighorn sheep (June) and a wolf (September). Made of 99.9-per cent pure silver and plated with gold, the Sculpture of Majestic Canadian Animals series is already popular with collectors, despite each coin's \$999.95 price tag — the grizzly sold out within two days of its release.

The project started when the Mint searched out Lansing and other Canadian wildlife sculptors with the goal



The detail Canyon artist Karl Lansing puts into his work is easy to see in this unfinished 16-by-36-inch sculpture of mountain goats.

of having them bid on the project. Once his bid was approved, Lansing sent a few sketches of each animal to the Mint, which picked the pose it wanted.

Creating the 50-millimetre (1.97-inch) sculptures was a learning curve for Lansing, who typically carves larger pieces.

"The smaller something is, the harder it gets. A nostril is a tiny hole, but it's still the same shape," says Lansing, perhaps best known locally for his sasquatch statue in front of the Columbia Brewery.

Rather than perfectly carving a solid block to start, Lansing made a rough sculpture, representing the general shape of the piece. He then made a mould, cast the shape in resin, and then carved and added details, such as muscle and fur, eventually resulting in a master mould and casting that were sent to the Mint.

The process of casting the coins required more technology than

Lansing's usual work. When casting his larger bronze pieces, the molten metal can simply be poured into a mould, but with the coins, the metal was too thick to fill the small openings, so a spin with a centrifuge was needed to pull it inside.

The Mint project is part of a decades-long artistic journey for Lansing, a Creston native who at age 12 started taxidermy, an outgrowth of artistic ability and a love for hunting.

"Taxidermy was just another way to explore creativity," he says. "It was just

"The smaller something is, the harder it gets. A nostril is a tiny hole, but it's still the same shape."

a natural thing. You can't become an artist. ... You're either born with artistic talent or not."

Taxidermy, he says, is one of the best prerequisites to realistic wildlife sculpture, helping a sculptor to learn about muscle structure and other characteristics that can't be determined by simply looking at a photo.

"Surgeons don't learn only from books," says Lansing. "Before they get to the operating room, they have operated, per se, on many cadavers. ... You have to look at it from the inside out."



Feature

The eyes are the key to making the artwork look alive, he adds, and that part of the work is helped by hunting, where he is able to see wildlife in states other than alert, as most is in photos.

After years of taxidermy, Lansing began sculpting in 1992 while in Fernie, where he lived for 22 years before returning to Creston with his wife and their children. While working in Elk Valley coal mines, Lansing had a shift of four days on-four days off, giving him plenty of time to try his hand at a new skill.

His work became popular in galleries, but was labour-intensive, which led the galleries to suggest he begin casting his work to allow pieces to be reproduced multiple times. It also

allowed him more leeway in the creative process, with the ability to add material when needed — there's no room for that sort of error in a carving.

"You start out with a bear and end up with a hummingbird because you can't fix your mistakes. ... I was able to put more time and energy into sculpting and pay more attention to detail."

Lansing specializes in North American wildlife, with his favourites being bighorn sheep and elk, but has also taken on African wildlife and sporting pieces, such as dogs and pheasants. His work is shown in the Gainsborough Galleries in Calgary, Alta., as well as galleries in Lake Louise, Alta., and Jackson, Wyo., where

customers have distinct tastes, with mountain goats and bighorn sheep most popular in Lake Louise.

"I sculpt a lot of grizzly bears, moose and elk for the gallery in Jackson."

He also makes annual trips to Nevada, for the Safari Club International convention in Las Vegas and the Wild Sheep Foundation convention in Reno.

But the new Royal Canadian Mint coins are something special — a legacy that his children and grandchildren will be able to point to.

"I've created something that not only has monetary value, but also has a collectible value." ■

To learn more, visit www.karllansing.com.



LEFT: The finished version of the grizzly bear, shown about 30 per cent larger than its actual size, including the base, of 65 millimetres (2.56 inches). **BELOW:** Pictured larger than their actual size of 50 millimetres (1.97 inches) are castings of the five wildlife sculptures Karl Lansing made for the Royal Canadian Mint.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

RDCK and Residential Taxes

Regional District of Central Kootenay (RDCK) taxation has long been a line item on our Town of Creston property tax notice. At my last Coffee Talk session, the question was asked, "What is paid for with the RDCK taxation that the town collects?" I thought this was a great question and realized that many people may be interested in knowing more about what this money goes toward — the short answer is "shared services".

Did you know that the RDCK and the Town of Creston share in 13 different services that benefit both residents of the municipality and the entire Creston Valley? It is for these shared services that the town collected \$2,193,563, on behalf of the RDCK in 2016.

Of this \$2,194,000, 12 per cent is allocated to the following eight shared services:

- Museum;
- Airport;
- 911;
- Cemetery (includes seven cemeteries found throughout the valley);

- Road Rescue;
- Geographic information system (mapping);
- Emergency operations planning; and
- Economic development (including our physician recruitment program, the Creston Visitor Centre located at the Armitage building and our newly created community initiatives program)

The remaining five shared services account for 88 per cent of the taxation: General administration (provided from both the RDCK offices in Nelson and Creston) represents 3.5 per cent, the BC Transit service represents 3.7 per cent, the library represents 7.5 per cent, refuse disposal (which includes the landfill facility on Mallory Road and the green bins on Helen Street) represents 11.4 per cent and, lastly, our recreation service represents 61.7 per cent of the taxation for shared services.

At 61.7 per cent, or \$1,354,000, the recreation service is a big ticket item that includes our Creston and District Community Complex. It should be noted that in addition to taxation, approximately 35 per cent

of the operating revenue for this facility comes from program fees and facility rentals. This community project was a major undertaking and I am pleased to have been a member of the design team in 2007 and 2008. All of the valley's hard work and financial contribution have certainly paid off, as there is no denying that this community jewel is well used — and well loved. It's an amenity of which we, as valley residents, can all be proud.

I still find it hard to believe that six years have passed since the undertaking of the complex's renovation and upgrade. In June 2010, as I'm sure most of you know, the complex was officially opened with an indoor aquatic center, a new foyer, lobby and front entrance, a new indoor walking track (the fitness centre opened in early 2011), renovated curling and ice arenas, new hockey change rooms, a commercial kitchen, meeting rooms and a fully replaced roof system.

Too many times to count, I have received comments that one key reason people are attracted to live in our Creston Valley is because of having access to a recreation facility of this great quality. Even our physician recruitment program promotes our community complex to potential new physicians and their families as a key community draw! If you haven't been in a while, why not treat yourself to the leisure pool with lazy river, have some fun on the new aquatic climbing wall or challenge yourself with some personal fitness training? There's no time like the new year...

If you have other topics that you would like me to comment on, please contact me. ■

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Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

Priorities for 2017

K'suk kyukyit kukunmakut (Happy new year)! With the new year upon us, I recognize the Lower Kootenay Band's plate is full. We have many tasks to accomplish and many deadlines to meet. What I have come to realize in this role is that patience truly is a virtue. Nothing happens overnight and should we rush anything the outcome is never what we want it to be. We must operate as a team and we must communicate and believe in the same vision. At times things become very frustrating and that vision can become distorted.

Our leadership and administration teams, as well as the community, have the following projects that will be priorities in 2017:

- Have the alcohol and drug treatment centre operational;
- Have clear direction and start date for construction of the health building in place;
- Continue with our orchard partnership;
- Continue with our cattle partnership;

•Continue with finalizing the land transfer agreement for our property near Gray Creek;

•Provide training and employment opportunities to build the capacity of the Lower Kootenay Band citizens; and

•Learn from our mistakes and have an opportunity to build upon them.

Over the years, we have had turnover in staff and leadership. The past and present have all contributed to where we are today and where we will be in the future. I cannot and will not accept credit for any of the LKB's accomplishments. This has been a collective effort to achieve greatness. The path to where we would like to be as a First Nation is not an easy path. There will be many obstacles and setbacks. Internally, some LKB citizens believe in the vision and some don't. I do not believe that there is right and wrong, just differences of views and opinions. Regardless, we need to live and act as a community where everyone

has roles and responsibilities. From the youngest child to the eldest man and woman, we all must contribute to the betterment of the LKB.

We intend to continue to work with our community partners and keep improving upon our working relationships with the RCMP, Regional District of Central Kootenay, Town of Creston, Creston Valley Hospital and other agencies. We recognize that our past with these organizations has not been positive. We must acknowledge the past to move forward into the future. Where we are today with our community partners is leaps and bounds from where we once were. It is very simple: There is now a mutual respect, and we come to the table as equals.

I do not know what 2017 has in store for this world. But I hope that we will all be in good health and just enjoying life with our loved ones. If you are unemployed, I pray this will be the year that you find employment. If you are ill, I pray that this will be the year that you get well. In this new year, take the time to see the good in life. With that, once again I thank you for reading and wish you all the very best in 2017. *Taxas.* ■
Reach Jason Louie by phone at 250-428-4428 ext. 235, email at mjasonlouie@gmail.com or online at www.lowerkootenay.com.



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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Creston's Battle Over Booze

I came across an interesting editorial in the *Creston Review* of Jan. 2, 1931. The author, signed "Artist", was taking aim at a liquor store recently established in Creston. He exhorted everyone to support the new store in every way — by buying liquor even if it meant leaving other bills unpaid, by hiring people who "spend a goodly portion of their wages for booze," by training up the next generation of drinkers from boyhood.

If his intent was to condemn the liquor store and its patrons, well, he certainly took a novel approach.

Sarcasm and irony don't translate well to the printed page, and I have to wonder if there were some people who took his words as good, sound advice for supporting a local business. But that's neither here nor there.

What really piqued my interest was the way the letter echoed the sentiments of the temperance movement — an effort, in the 1890s and early 1900s, to stop everyone from drinking, which culminated in prohibition. But prohibition in B.C. had been over for a decade by the time this editorial was written. Did it reflect a common opinion, or was it a lone cry from someone refusing to accept a new way of thinking?

The end of B.C.'s prohibition, in 1921, did not end prohibition everywhere. It was still in effect in other provinces and the U.S. So everything we associate with prohibition — the Roaring Twenties, rum-runners, speakeasies, Whisky Sixes and all the rest — was still going strong. And it was going strong even in B.C., because the alternative to prohibition was not exactly an unregulated free-for-all. When prohibition went out, government control came in.

One website describes the government Liquor Act of 1921 as "terribly draconian" legislation. In order to buy liquor, you needed a permit, which cost approximately a day's wages and was good for only one purchase of limited quantities. You could get only 10 permits per year. Exceptions could be made — if you had a doctor's prescription, or if you were a veterinarian (veterinarians could obtain liquor to administer to animals, which explains an anecdote I once heard about a local vet treating a colicky cow with "part" of a bottle of whisky).

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S. STEENSTRUP.

Another website describes the government liquor stores as "bleak" places. All alcohol, from wine and beer to hard spirits, was hidden away. Clearly, no browsing the shelves to find something that sounded good; if you wanted a particular brand, you had to ask for it — in writing. You received your purchase in a sealed box. The Liquor Act provided for "interdiction officials", who could summarily prohibit sales to any individual who let drink get the better of him, and hard labour for those who were found guilty under any of the act's terms.

I suspect advertising of liquor was also regulated, at least to a certain extent. Ads for specific brands are infrequent, dignified and discreet; one ad, brazenly proclaiming "sensational reductions" in price, is almost a shock. And the liquor store itself did not advertise. There is not one single ad for it in the *Creston Review* from 1929 through 1935. That can only be a result of government regulation.

That wasn't a problem, though, because other businesses seemed quite willing to do the store's advertising. The Peter Pan Café (with Friday evening specials on fish and chips) announced that it was located next to the liquor store. Mrs. Lynne opened a ladies' wear shop "in the Lamont building, over the liquor store." The editor of the *Review*, clearly

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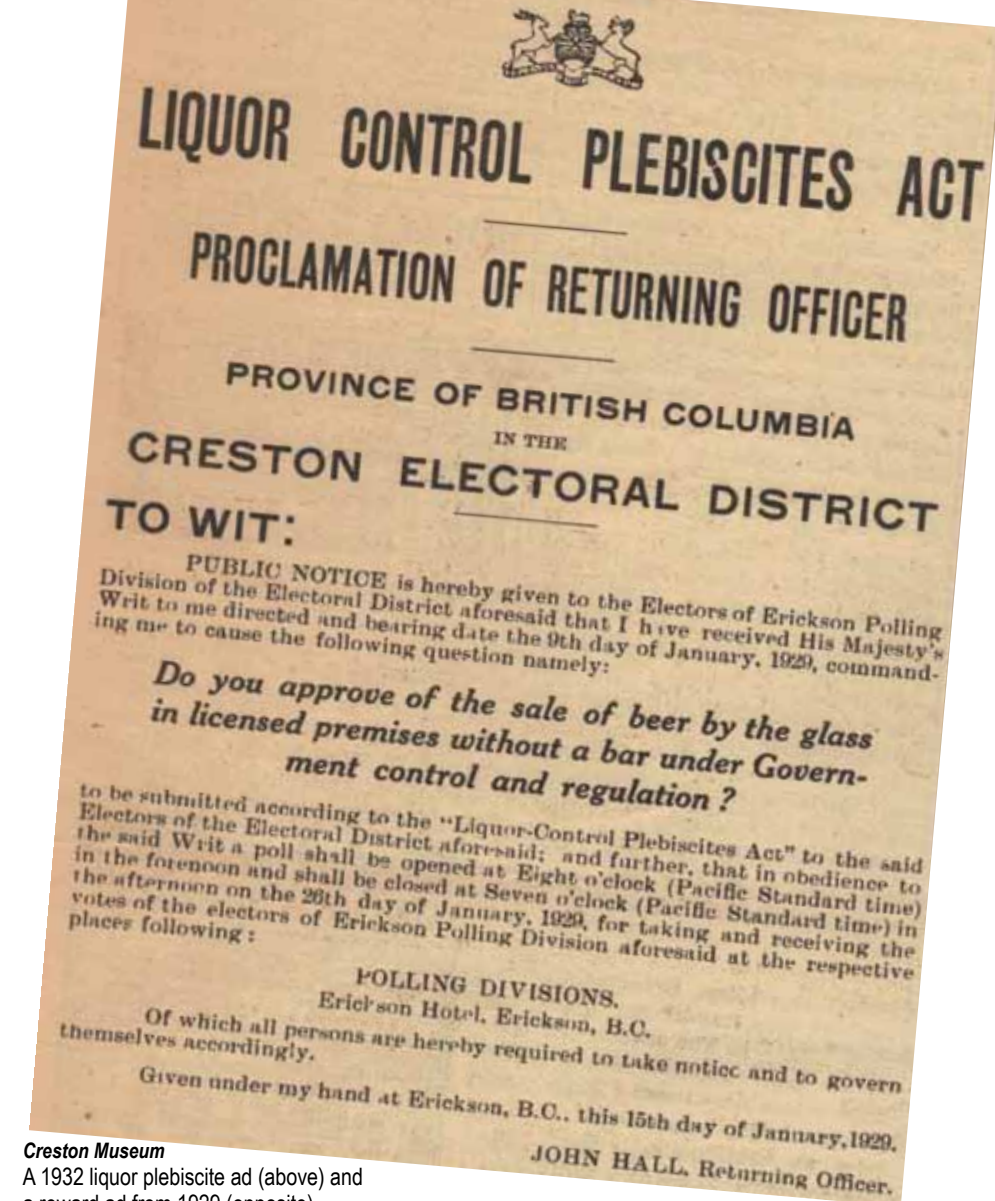
a supporter, mentioned it every chance he got: It had just opened in the Lamont (Imperial Bank) building and had at least 100 different brands of “wet goods”; Mr. Lamont was painting all his buildings and the liquor store was looking “very neat” in its “new dress of slate and green”; business there had dropped from the previous year/quarter/month.

The timing of this editorial is also curious. It was written late in 1930, and its language suggests the local liquor store was a new thing. It even declares that, “by all pulling together we may keep our liquor store a paying proposition — and in time we may even be able to acquire a beer parlor.” But the liquor store opened in June 1929 — a full eighteen months before “Artist” got on his soapbox about it — and there were already beer parlours in the vicinity, one at Sirdar and another at Kitchener.

Maybe the author was using his strongly-worded letter to suggest there was too much drinking going on. He may have had a point, there. Reports to Victoria showed that the total sales at Creston, from July 1-Dec. 31, 1929, had amounted to \$35,106.90 — including over \$1,000 in sales on Dec. 24 alone. That included sales to the above-mentioned beer parlours, but still — at about \$2.50 for a 26-ounce bottle, and a valley population of perhaps 2,000, that is a *lot* of liquor being sold.

Revenues from government-controlled liquor sales went into the provincial government’s coffers, but part of them were returned to municipalities. In 1930, the Village of Creston received \$2,687 as its share of net profits from liquor sales. The money was used for village infrastructure improvements and other civic causes.

That fact, no doubt, helped reconcile some of the opponents to the presence of a liquor store, and “Artist” was clearly not the only one. The residents of



Creston Museum

A 1932 liquor plebiscite ad (above) and a reward ad from 1929 (opposite).

Erickson turned out en masse, despite a raging snowstorm, in January 1929 to soundly defeat a plebiscite to establish a beer parlour there. At about the same time, while the “wets” circulated one petition demanding a liquor store, the “dries” circulated another protesting the very idea. Trinity United Church and St. Stephen’s Presbyterian Church both went on record opposing it. The local chapter of the Women’s Christian Temperance Union sent a delegation to the village commissioners, requesting that a formal opposition resolution be forwarded to the Liquor Control Board (the commissioners declined, stating that the matter was entirely in the hands of the LCB).

The arguments against the liquor store and beer parlour were moral ones — as “Artist” implied, a person who spent all his money on drink was unable to pay his bills, set a poor example for his children, could not do his job, et cetera. These are the same arguments that were used in the earlier temperance movement. Given that the people making those arguments — churches, women’s organisations, some businessmen — were the same people who had made them decades before, perhaps the similarity is not so surprising after all. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

Bank Creating Volunteer Connections

STORY AND PHOTO BY BRIAN LAWRENCE

I Love Creston Editor

“The lifeblood of Creston is its volunteer base,” says Eileen Fitzpatrick. “Most things that happen in town couldn’t be done without volunteers.”

Few will argue with that statement, but anyone who has wondered how to find volunteers or volunteering opportunities isn’t the first. That’s where the Creston Valley Volunteer Bank (CVVB) comes in.

Fitzpatrick created the organization, which became a society in August 2016, with the goals of matching prospective volunteers with work that suits them, supporting current volunteers and providing assistance with training, coordinating and recruiting.

“You’re giving of your time and you should be happy,” says Fitzpatrick. “Everyone wants a quality experience.”

Fitzpatrick has been in the Creston Valley for about two years, but has been familiar with it since her parents bought an orchard in 1987, and she commuted from Calgary to help with the harvest.

“Most things that happen in town couldn’t be done without volunteers.”

“I scheduled my entire college career around it,” she says.

She graduated with a degree in geriatric social work, and enjoyed the profession, but had to give it up when she became legally blind due to complications from a congenital neurological disorder, diabetes and an alpha 1-antitrypsin deficiency.

“I was having an issue being able to see and read body language,” says Fitzpatrick.

She had been diagnosed with diabetes at age nine, so she knew eventual blindness was a possibility. Her vision began to fade in 2001, and by 2005 she was legally blind, although she retained a fraction of her vision.

“It’s like a loud conversation, but it’s in my eyes,” she says.

When the time came for Fitzpatrick to give up driving, though, she had to “lose” her driver’s licence — even after she went with her white cane in hand to an Alberta government office, the staff wouldn’t revoke her licence without a doctor’s note.

She returned to school and earned a degree in small business management, maintaining a 4.0 grade point average throughout.

Upon moving to Creston, she worked for Better at Home, and began considering a plan for seniors’ advocacy. That didn’t pan out, which led her to develop the CVVB.



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CRISTIANE STAR PHOTOGRAPHY



Eileen Fitzpatrick is the co-ordinator of the Creston Valley Volunteer Bank.

Now that the CVVB is a registered non-profit society, Fitzpatrick is able to assist with obtaining criminal record checks and driver's abstracts, so that volunteers can approach organizations with all of the necessary paperwork in hand.

She is also planning to develop a program that would allow volunteers to enjoy perks from local businesses.

"It increases the businesses' foot traffic, and is an incentive for volunteers," says Fitzpatrick. "Most places that use volunteers can't afford to do anything for them and that's the gap I'm trying to fill."

On top of that, she plans to run workshops on subjects including efficient boards, B.C.'s Society Act, and personal and professional

development. However, with Fitzpatrick as the CVVB's only staff member, it isn't all happening at once.

"It's a pace I can handle myself—because I'm it," she says with a laugh.

But it may not be that way for long. The CVVB is currently operating on a \$750 grant from Regional District of Central Kootenay Area B, so Fitzpatrick has created a series of colouring books to raise funds. Available at Arts from the Heart, Black Bear Books and KBTV, they contain the work of local artists.

"I'm trying to prioritize non-professional artists," says Fitzpatrick. "They don't get the same exposure professionals do." ■

To learn more, visit volunteercreston.ca or contact Eileen Fitzpatrick at 250-435-CVVB (2882) or info@volunteercreston.ca.

"Most places that use volunteers can't afford to do anything for them and that's the gap I'm trying to fill."



2017
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Bruce McFarlane

30 Birds (2), an iron sculpture by Zohreh Vahidifard, was brought to Creston by the Creston Valley Public Art Connection Society.

The 5Ws of CVPAC Connection 2017

C.V. PUBLIC ART CONNECTION SOCIETY

Who: The Creston Valley Public Art Connection Society (CVPAC) is a not-for-profit organization of local Creston residents that are passionate about art, and the promotion of public art, as a stimulating and intriguing part of the community's well being. The directors come from the Creston community, regional and municipal governments and the artist community. The society is funded by grants, by public donations and sponsorship of an art piece.

What: Connection 2017 is CVPAC's upcoming summer program

for establishing additional pieces of public art within the community, and to start connecting the art with other elements of interest. CVPAC is actively looking for artists of all types, but particularly those prone to durable outdoor 3D creations, to participate.

When: CVPAC started in March 2016 with a collaborative effort with Castlegar's Sculpturewalk to bring public sculptures to Creston for 2016. That initial effort brought three sculptures to Creston and was the start of a long-term program to procure more sculptures and other forms of art, and to provide a

connection between local artists and the community. The CVPAC hopes to have additional sculptures in place by the 2017 Creston Valley Blossom Festival, which truly kicks off summer in the Creston Valley.

Where: CVPAC has established a comprehensive list of potential locations for public art, many of them associated with other points of interest within the community. An example is the green space outside College of the Rockies next to the historic sawmill artifact — this creates a double draw for people to visit that location either on foot or by vehicle, and enhances the visibility of COTR. Final locations will be determined when the art pieces are selected and matched to the appropriate location.

Why: Public art provides enhancement to many different aspects of community health and vitality. Art increases public awareness of an area and attracts visitors, making the area safer, more inviting and more viable. Public art promotes economic investment and development in the community through increased tourism. Public art provides a window to cultural diversity, engaging conversation and a vision beyond. Public art provides additional points of interest for visitors to the area, and can be interconnected to existing attractions by appropriate placement of art. Creston has a phenomenal artist community within the geographic region, and the establishment of a formal public art society to promote that community will provide overall economic benefits to the region. A strong art community will draw visitors from afar, and tourism is a major contributor to the local economy.

Art increases public awareness of an area and attracts visitors, making the area safer, more inviting and more viable.

More information on the expression of interest for artists is available by emailing submissions@cvpac.ca. The CVPAC website is currently under construction and will be available early in the new year at www.cvpac.ca. CVPAC is

currently fundraising to establish the financial strength to procure, install and maintain present and future public art. To contribute visit www.gofundme.com and search Creston Valley Public Art Connection (page by Maggie Leal-Valias). ■



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Celebrating Agriculture through the Arts

FULL PLATE

During the June Community of Creston Arts Council meeting, Brenda Brucker proposed a partnering of art and culture and the agricultural sectors to create a project for Canada's 150th from Yahk to Riondel. The idea took hold, fueled by Brucker's desire to increase community awareness of what we have on our doorstep.

A Full Plate as a Canada 150 project was born and worked on by a group of volunteers over the summer and fall. It is now an ad hoc committee under the Community of Creston Arts Council, and a food and culture working group under Fields Forward, both of which provide support.

The name was chosen to acknowledge the bounty and diversity of food culture throughout the Creston Valley. The vision is to invite community participation in celebrating the people and products of the agricultural sector. The committee pictures a yearlong calendar of events and projects in 2017 that could acknowledge and document the seasons and joys and challenges of growing, or the preparation and appreciation of local food. Anyone can be part of this legacy through helping to create events or artistic projects expressing and highlighting the value of local agriculture and telling stories of families and individuals. This project gives members of the creative community an opportunity to showcase their skills in unique ways in, among others, visual, auditory and performing arts to leave a legacy moving forward.

Some folks may already have projects that fit the intent of A Full Plate, or will collaborate to come up with new ideas. For example, artists from the Images group hosted a show a few years ago of paintings done after or while visiting orchards and farms. A musician might be

inspired to be videoed while playing in a vineyard during different seasons. One video has already been done featuring Wloka Farms. A videographer is ready to do an agricultural documentary; a writer might interview a family about their specific industry, like beekeeping. Photographers, poets, musicians, songwriters, dancers, fibre artists, potters and others might be inspired to create something by visiting growers. Someone might offer workshops. Social media and local publications will be central to sharing what's happening throughout the year.

The vision is to invite community participation in celebrating the people and products of the agricultural sector.

The role of the Full Plate committee is to help identify stakeholders, encourage projects and facilitate connections, promotion and documentation. The logo will be the cohesive brand for affiliated or sponsored events throughout the year.

The Full Plate committee wants to hear from community organizations, as well as individuals, across the Creston Valley and the East Shore whose celebrations or events might dovetail with the agriculture and art theme. Some have offered venues and are already planning events. For example, the arts council is hosting A Full Plate-themed art show at

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Ute Bachinski

A painting, *Two Eggplants*, by Ute Bachinski perfectly demonstrates the connection between food and art intended by A Full Plate.

the Creston Visitor Centre in the summer of 2017, Tammy Bradford has offered space in the Creston Museum for a display, the Creston Concert Society has an idea for being involved, and quilters are already making plans for a show.

To spark interest and ideas, A Full Plate is hosting a community conversation in Creston on Jan. 15 (see ad on page 16). This will be a meet-and-greet, information, brainstorming and networking event for artists of all stripes, food producers, community organizations

and anyone with an interest. Consider coming and sharing ideas and resources.

The co-ordinating committee — Audrey Orosz, Brenda Brucker, Brenna Murray, Tammy Bradford, Maureen Cameron, Joanna Wilson, Lou Knafla, Frank Goodsir and Carmen Ditzler — is a volunteer organizing group, and welcomes folks from Yahk to Riondel interested in helping with envisioning, planning and execution throughout 2017. ■

To learn more, visit www.fullplate.ca or email info@fullplate.ca.

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Ag Aware

Story by: Randy Meyer,
Creston Valley Agriculture Society

Welcome to the first installment of Ag Aware for 2017. I like to think of January as our bit of downtime between the busy year that just ended and start of the next growing season just ahead. The slower pace for many of us at this time of year is appreciated but we all know it won't last for long.

What kind of year will we be in for in the agriculture industry? How will the weather — and the markets, exports and imports, currency exchange, supply and demand of commodities and imports, as

well as consumer demand for various food products — affect us? Then there is the ever ongoing threat to farmland for uses other than food production. Let's not forget political policies and programs and the changes they can effect, not only locally, but internationally. We have a provincial election coming up in May of 2017. Will that bring anything new for agriculture? Time will tell.

The incoming Trump presidency down south could bring a lot of policy changes that will impact us up here. The U.S. is Canada's largest trading partner, both with agriculture exports, such as cattle and beef, into the states and imports of fruit and vegetables into Canada, to name only a few. Disruptions to this trade caused by policy changes by the new government could very well be detrimental to Canadian agriculture.

There is no shortage of issues that food producers have to deal with on an ongoing basis. Many of these are unique to agriculture. I think it is safe to say that most people who grow crops or livestock have a true passion for what they do. It is not just a job. We need many more people to find this passion and get involved with growing our food.

With the increasing awareness of where our food comes from and how it's produced, there have been great developments in our local food supply.

Our whole Kootenay region abounds with farmers growing and marketing a wide variety of food products directly to local consumers.

Our whole Kootenay region abounds with farmers growing and marketing a wide variety of food products directly to local consumers. This is a great benefit to the whole local economy. Our vibrant Creston Valley Farmers' Market, run by the Creston Valley Food Action Coalition, continues throughout the winter with a once per month market up at the Creston and District Community Complex. Please come out to the market and support our local producers. The Fields Forward group continues to work on various projects to further enhance the diversification and distribution of local agriculture products throughout the area.

As we begin a new year, there are plenty of opportunities to be involved in our local agriculture community. Get involved and continue to be ag aware! ■

Come out & cheer on your local Junior B Team!

**January Home Games
7:30 pm**

Friday, January 6th
vs Spokane Braves

Friday, January 13th
vs Columbia Valley Rockies

Saturday, January 21st
vs Kimberley Dynamiters

Friday, January 27th
vs Golden Rockets


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each additional youth \$4

Creating a Warm Winter Bedroom

BY WENDY REEVES SEIFERT

Over the Valley

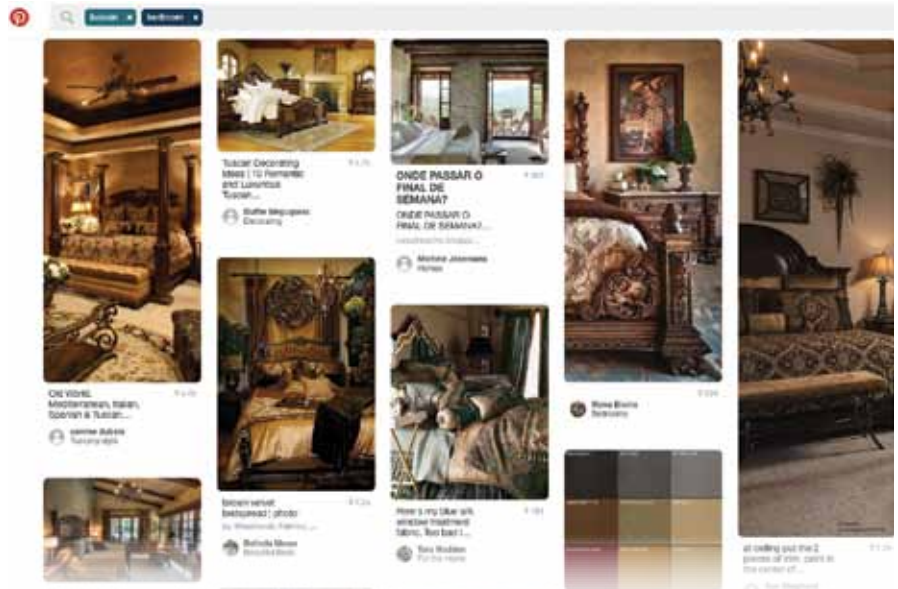
With winter in full force, who isn't dreaming of the Caribbean or Tuscany? We can always incorporate this into our decor.

Try changing a bedroom into a warm Tuscan retreat. If it is a large room, this style uses heavy carved furniture; if it is a small room, use an upholstered headboard in a silky material to create the same effect. The Tuscan style is romantic elegance using carved furniture, silky bedding, lots of toss cushions, vintage pieces, wrought iron, plaster wall treatments, tapestries and ornate accessories.

The colors of Tuscany reflect the landscape — warm reds, yellows, olive green and eggplant. Always use two warm main colours with a third minimally in a cool color.

Start with one item that inspires you — a painting or bedspread and pull your colours from this. Your bedroom should be an oasis or sanctuary from your busy life.

The Tuscan style is only one of many Mediterranean styles. The



A quick Pinterest search will turn up a wide range of ideas to add Tuscan style to a bedroom.

Greek style came first and used columns, and minimal furniture and accessories — a simplistic and sometimes sparse design that used whites with blues or turquoise, and lots of sheer flowing drapery.

In comparison, the Romans were more extravagant, using more accessories, including mosaic-topped tables and columns with scrolls. Tripod tables and stools were popular,

as were tapestries. The colours in Roman design were earth tones — browns, terra cotta and oranges with whites. Carved animal feet on furniture were popular — and do use a chaise.

Consider changing your bedroom into a restful, romantic retreat as your winter project. ■

Contact Wendy Reeves Seifert with any design questions at overthevalley@telus.net.

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Starting Off the New Year Right

TILIA BOTANICALS

Every new year, many of us make resolutions to break old lifestyle habits and be happier and healthier. We start the year off strong, determined to lose weight (or quit smoking or kick the sugar habit or exercise more and so on and so on). But as January wears on, our resolve starts to weaken as the difficulties of making radical changes in our life take their toll. Soon, despite our best intentions we are back into the same old patterns once again. While there is no magic solution to this dilemma, there are things that might help you to start off right and improve your chances of success.

When undertaking big changes such as a weight loss regime or quitting smoking, it is important to make sure that your body is as healthy as possible before you start, as the physical stress that these programs can create on the body can lead to decreased immune function, as well as stress on our endocrine and nervous systems. Starting on herbs that are considered adaptogens a month prior to undertaking your lifestyle changes can definitely help to build the body up and increase your chances of success. Adaptogens are substances



Wendy Franz

Rachel Beck and Jessica Shearer are the owners of Tilia Botanicals.

The key to success with any lifestyle change is to plan ahead, talk to health care professionals about options available to help you through the challenges and then decide the best approach for you personally.

that build strength and resilience to stress within a system. Herbs such as astragalus, eleuthero, chaga and ashwagandha are just a few examples of adaptogens that can be

used to increase the body's ability to adapt to the demands being put on it.

There are also some wonderful nutrient-rich plants that help to gently cleanse and ensure optimal functioning of the body systems to help support your efforts. Antioxidant-rich plants such as rose hips, elderberries, hawthorn and ginkgo will strengthen tissue and help oxygenate the body. Plants such as nettles, raspberry leaf, plantain leaf and chickweed are high in nutrients that support the immune system and remove waste from the body. The plantain leaf is not only nutrient rich but has been shown

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The Tilia Botanicals logo is a green square with the word 'Tilia' in white. To the right of the logo are two images: one showing several jars of herbs in a wooden tray, and another showing several small glass bottles of essential oils or tinctures.



BY DIANE
TOLLESON

New Year, New Start

Happy 2017! It will be the year of the rooster. I love that, since I am a fire rooster. It's going to be a great year!

Arts from the Heart has been such a gift this past year, with all the wonderful people and experiences we have had. There is a lot more to come.

People love to start a new year, but I love to start new every day. We can sometimes get stuck in our past, and starting new every day can release us from our past. We can't change it so put it where it belongs — in the past — with no regrets and no complaints, just acceptance that it got us to where we are today. We have to change our

past stories to make our new ones come true.

Make a wish and then see it coming true — no asking when or how, just let it happen. As the saying on our door says, "We are never given a wish without the power to make it come true."

Make your dreams come true this year. Be joyful in every moment that we get to live on this beautiful planet. When we feel it inside, we radiate it outside to others. Be the love, peace and harmony we need to bring our planet back to balance.

Come to Arts from the Heart and create some fun things in the new year. We will be closed until Jan. 10 or 15, as we have some renovations and new things coming in.

Blessings and joy to all in the new year. And as always, big heart hugs to all, and remember to in-joy each moment. ■

in studies to create an aversion to tobacco, making it helpful for those trying to quit smoking. In the case of chickweed, there is supporting scientific evidence that it may actually be beneficial to weight loss, when used in conjunction with proper diet and exercise. Studies have shown that the chemicals in chickweed emulsify the fat cells and help flush them out of the system.

The key to success with any lifestyle change is to plan ahead, talk to health care professionals about options available to help you through the challenges and then decide the best approach for you personally. It might take a few tries before you succeed but you are truly worth the effort, so don't give up!

Wishing you a happy, healthy 2017! ■

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Choosing a Good Plant-based Protein

VITAL HEALTH

The last few years have seen an explosion of plant-based proteins on the shelves. There is more choice than ever. It's encouraging to see the growth of the category and more plant-based protein options for consumers. However, it's a little overwhelming when having to choose one to add smoothies or into baking recipes.

The key to protein quality lies in the building blocks of protein — amino acids. The body can make some amino acids itself, but there are nine amino acids that are considered essential because they have to be delivered to the body through food. Another seven amino acids are “conditionally essential”, meaning that they are essential for folks like children, elite athletes or those suffering from illness.

All proteins vary in amino acid composition, so a balanced diet with plant proteins from a variety of sources is necessary to maintain the circulating amino acid pool. For example, grains are generally limited in some amino acids, while most legumes are limited in other ones, and corn in still different ones. Some beans are considered a complete protein, while others are not.

So how do you choose the best plant-based protein?

1. Blended and balanced is best. A blended powder with a variety of plant proteins is critical to ensure a complete, balanced protein — the nine essential amino acid building blocks in the right proportions. Steer clear of plant-based proteins from a single source.

2. Get a full nutritional profile. Look for co-factors, such as vitamins, minerals, fibre and healthy fats, all of which will help aid digestion and minimize bloating and upset tummies. They also maximize the amount of potential protein that the body absorbs from that precious scoop of plant protein. There isn't much point in taking protein if you aren't absorbing it.

3. Make it organic. Non-genetically modified (GM) isn't the same as organic. As with any food, but all the more important in nutrient-dense powders, don't settle for non-GM. Make it organic to ensure that it's free from toxic pesticides and herbicides, and that it's sustainable.

There are many sources of plant-based protein powders:

- Soybeans are considered a complete protein, but unfortunately, non-GM soy is increasingly rare and soy is a very common allergen. For both of these reasons, soy is steadily decreasing in popularity.

- Hemp seeds, like most other nuts and seeds, are limited in lysine, but if balanced by a complementary plant protein can be a good source of vegan protein. The flavour is quite strong, so it's not for everyone.

- Brown rice protein is a good source of most amino acids, with the exception of lysine. Because brown rice may be difficult for some people to digest, look for a protein from sprouted and/or fermented brown rice to improve absorbability of amino acids.

- Pea protein is versatile and inexpensive. As a standalone supplement, it's lacking in methionine, but this may be overcome through the addition of a complementary protein source. The texture may be somewhat gritty, and it may cause gas or bloating in some people due to poor digestibility.

- Coconut is a versatile food with an excellent protein profile. Like most nuts, it is limited in lysine, but otherwise supplies both essential and non-essential amino acids along with beneficial medium chain triglyceride (MCT) fats, fibre and a range of nutrients.

- Quinoa is a pseudocereal — it looks like a grain and is cooked similarly to grains, but does not come from a grass plant. Cereal grains are all limited in lysine, but quinoa is a complete protein supplying adequate levels of lysine, as well as the other essential amino acids.

Now you're armed and ready to tackle that growing plant-based protein powder section and make a great choice. ■



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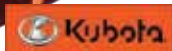
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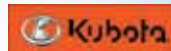
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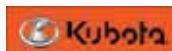
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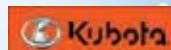
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