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## Keeping the flame alive

The historic skill of candle making. A Canadian immigrant grabs the wheel and carries on a local tradition dating back almost half of a century.



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### The Magazine

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### Letters to the Editor

Letters to I Love Creston Magazine may be emailed to kris@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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## From the editor

**S**o tell me, which came first... the chicken, the egg or the bunny? I'll let you mull over that question while I wait to dive into my basket of Easter eggs. What's your favourite treat from the Easter Bunny? Myself, I'm fond of Easter cream egg. HAPPY EASTER!

One quick comment before I talk about this month's issue. Did you happen to watch any of the Paralympic Games? Amazing. What talent and drive these athletes have and thank you CTV for providing such great coverage.

The Creston Valley Thundercats have hung up their skates after an impressive season. Coach Joe Martin fills us in on what the players are doing over the summer.

Work at the Creston and District Community Complex continues and the project is nearing completion.

Our local community radio station, CIDO, has all sorts of bits and pieces to tell you – new shows and new partnerships.

It's BC Arts and Culture Week again. As always, the Community Arts Council of Creston has come up with a unique theme and events for local artists.

Focus on Youth is also this month. For five days, youth in the Creston Valley have the opportunity to show their musical talent in a theatre setting. As well, visual arts will be on display.

She's back. Elena Yeung is heading out on another tour with a stack of new songs and a fellow bluegrass/roots musician.

Did you know that Creston has a Community Band? Well we do and they are on the lookout for new members who play or have not played in years to join (hmmm, I played saxophone in high school).

What do Birthday cakes, dinner parties and home décor all have in common? Candles. We have a

shop here in Creston that makes handcrafted candles. I spent a couple of hours there and watched the process of making a candle. From the initial chunk of wax to the completion stage of dipping a pair of candles in colour. I chose black and put them on a shelf in my living room. You will join me in that tour when you read this month's feature story.

We have added a new section to I Love Creston Magazine, "Business Buzz". We are introducing new and or unique businesses in the Creston Valley. A local photographer is the first to be profiled.

We can all get rid of that gnawing fear that a dump of snow is going to happen. It can't, because the staff at Creston Valley Wildlife Management Area is working hard at getting their birds, critters and such ready to meet the public.

The Creston Valley Farmers' Market has joined forces with two other organizations and the folks involved tell us the market has made some major changes. The market door opens in a few months.

A local man sent me an article he has writing with regards to the importance of local food sustainability and points out how the valley is already taking charge of this issue.

Spring usually brings along allergies. A Master Herbalist has home remedy tips to combat those watery eyes and sneezing fits.

Several of our politicians have their monthly reports on what's going on throughout the valley as well as the province.

Have you heard of the "Peekin Theatre"? Well, the Creston and District Museum and Archives know the history of the best-kept secret building in Creston.

We have more Home and Garden tips and details on the Home and Garden Show for you.

It seems that our Out & About events calendar is back this month. Hang onto it in case you feel like going out but have nothing to do.

And finally, I've got mail. I love getting mail (hint hint). Enjoy.

## Mailbag

*(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)*

Dear Editor,

What a great article. [March 2010 Issue] Everyone I meet raves about how great the article is that you have done on me. Yes you did a fantastic job, Thanks. At work today I had customers lined up 4 deep. Half the customers came just because of the article. One said she thought I only did new items but not repairs. She left a \$140.00 repair for me.

WOW thanks so much!

*Ron Hurry  
Master Goldsmith  
Creston, BC*

Dear Ron,

Thank you so much for your kind comments. It is such a pleasure to hear that you are pleased with the article I wrote. I also appreciate you passing along the comments you heard from others. Our readers play a major role in the content of each issue of I Love Creston Magazine because that's who the magazine is created for.

*Sincerely,  
Kris Dickeson  
Editor  
I Love Creston Magazine*

# The Beauty of Wax

Story by: Kris Dickeson

*"When man first discovered how to use fire to cook with, he began to notice that the fat dripping into the fire caused it to burn brighter. With a little deductive reasoning man probably realized that he could use this animal fat to light his dwelling. The first "candles" were probably nothing more than flaming lumps of animal fat. The candle probably evolved from wood, rushes, or cords dipped in fat. As an art form, candle making still survives in our modern world. Today, most candles are machine made by a moulding process but handmade candles are still in demand."*

[www.essortment.com/all/candlemakinghi\\_rrxg.htm](http://www.essortment.com/all/candlemakinghi_rrxg.htm)

**M**aking handcrafted candles is not a simple task. It requires skill, knowledge, patience and creativity. All candles start as liquid wax but when completed they are unique, individual pieces of art that cannot be duplicated. Colour, shape, smell and the kind of wax are several components that are required to make a candle. But, the candle maker's imagination, confidence and artistic talent are what make a chunk of wax into a beautiful creation.

A few months ago, a friend of mine went to Kootenay Candles in hopes of finding a gift. The next time we talked, she insisted I go because it was such an interesting shop. This piqued my curiosity so I checked out their website and called to set up an interview so I

could write a story about the shop.

When I opened the door to Kootenay Candles, I was met by an array of smells, all of them subtle. I looked around and saw candles, candles and more candles





Monastery wheel room.

that were all different shapes, colours and sizes. The first one that caught my eye was a poised cat (being a cat person, I loved it). It was very obvious that each candle was made with care. I heard a friendly hello and turned around to a smiling face... Emmie Roelofse, owner/operator of Kootenay Candles – Makers of Handcrafted Candles.

After a quick welcome, Roelofse invited me to take a tour.

We walked down a set of stairs to the lower area of the building. Roelofse led me to a small room with a dozen or so small buckets of hard wax placed

## **“An array of smells, all of them subtle”**

under what looked like a furnace (the melter). “This is where it all starts,” she said and picked up a chunk of wax, that was a dirty yellow colour and about the size of a kitchen sink. “We put six of these blocks in the melter everyday and use powdered clay and a piece of a brown paper bag as a filter to catch all the bees, pollen and honey. This process is done twice and the filtered wax is stored in those small buckets and then we can start using it.”

We moved into the large work area where there were several long counters, dozens and dozens of candles, a number of what appeared to be moulds and sinks. For some reason, it reminded me of a high school science lab. As she walked toward a counter that was filled with, of all things, silver teapots and deep fryers. “I find that melting the wax in the deep fryer is best for keeping it at the right temperature,” Roelofse explained as

she ladled the liquid wax into a teapot. “These were left here by the original owners and I still use them because they work best to pour the wax into moulds.” When Roelofse mentioned the temperature I noticed that it was a bit warm in the building. “It may seem hot in here,” she said. “It is very important the temperature inside is just right for the wax.”

A young woman, Kaylee Huybens, was working away at one of the other benches putting candles on a pancake griddle. “The candles don’t come out flat on the bottom, so we use this to fix them,” she said. “There is always something to do so it doesn’t get boring. We make an average of 60 candles a day plus we have to look after customers.”

Next we went upstairs and then upstairs again to a big, bright room that had a very interesting contraption hanging from a high ceiling. “This is called a monastery wheel because

## **“Each candle was made with care”**

its design came from the wheel that are found in monasteries. It is used to make straight candles which are always beeswax,” Roelofse said. “The monastery wheel rotates 360 degrees allowing each wick to be lowered down to the melter down below.



It holds 80 candles and each one is dipped 45 times.”

I looked around and saw a rack of these candles, some colored, some not. “All the candles are custom dipped to give them a colour,” Huybens

## “I was choosing a kind of ice cream”

said. “The colours are vegetable dye and heated by warm water. They are dipped in the colour by hand in and out fairly slowly. It is a five second process.”

I leaned over and looked at the dyes. They were both vibrant and rich. Roelofse handed me a pair of straight candles joined by the wick. “Go ahead, you choose a colour because you will take the candles home with you,” she said. “There is red, burgundy and black today.”

I paused, looked at all the colours and for a moment felt like I was choosing a kind of ice cream. Black was the winner and with a nod of encouragement from Roelofse, I slowly lowered the candles into the container of dye. I was quite nervous that I would do something wrong but Roelofse and Huybens walked me through it. After the quick dip, the candles were put in cold water for

five second and voila. I felt as if I had made a candle.

Kootenay Candles opened its doors in 1958 by a German immigrant who wanted to make high quality beeswax candles. There have been several owners since. Candle making has changed over the years but beeswax candles are very much a part of Kootenay Candles.

Following a two-month apprenticeship, Roelofse took ownership of Kootenay Candles in 2009 and Huybens started working the day the shop opened, so the pair have supported each other in learning and honing their skills.

“I look forward to coming to work,” Huybens said. “It’s great to walk into the smell of wax and honey when I open the door in the morning.”

Roelofse agreed. “It’s very therapeutic and relaxing,” she said smiling. “I get to be creative and it’s relaxing to work

## “learning and honing their skills”

in this kind of place. I am proud to a candle maker and enjoy the craft. My creativity is growing as I work more with scents and colours. The favourite, of all the candles I’ve made, is the cinnamon scented one.”



Kaylee working with liquid wax and moulds.

Originally from Namibia, Roelofse used to work with paraffin wax. She has two children and also paints, scrap books and works with mixed media.

Roelofse and Huybens offer tours to schools and anyone else interested in how handcrafted candles are made (I highly recommend you take it).

For more information on tours:  
[www.kootenaycandles.com](http://www.kootenaycandles.com)





## From the Mayor's Desk

Story Submitted by: Ron Toyota  
Mayor of the Town of Creston

### Big Changes On the Horizon

**S**pring has arrived in the Creston Valley and accompanying its arrival is the exciting news that Tim Hortons will soon start construction. Tim Hortons plans to open their Creston location on Father's Day (June 20th, 2010) making Creston home to one of the 3500 plus Tim Horton's restaurants. Tim Hortons prides itself on being a destination and even has a "trip planner" on their website. This feature offers travelers the opportunity to plan their stops in towns where Tim Hortons are located. Another way Creston is being put on the map.

New growth continues as we look forward to the ground breaking of the new Ramada Hotel and Convention Facility being built at the junction of Highway #3 and #3A. In addition, we are anticipating the new Creston Place office building to start taking shape at the corner of Canyon Street and 14th Ave.

Improved amenities are also on the horizon with the updated schedule from the Creston & District Recreation Complex. Managers have earmarked the spring of 2010 for the opening of our new Aquatic Leisure pool facility. This will be a great day for Creston Valley residents of all

ages. Youth, families and seniors will soon have a new location to gather for aquatic exercising, indoor walking and socializing every day.

Building on the ongoing downtown revitalization, Town Council has had a preliminary meeting with the Ministry of Highways and Infrastructure to discuss a proposed Highway #3 realignment along Cook Street. The goal is to permanently remove heavy truck traffic from our main street between 10th Ave. and 16th Ave. The Town is moving forward in trying to make this much needed improvement of the Highway #3 realignment a reality.

2010 has been a busy year so far and spring is in full bloom in the Creston Valley.

*Ron Toyota is the Mayor of Creston*

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*Email: Ron.Toyota@creston.ca*

*Website: www.creston.ca*

## Creston Valley Business Buzz



Natalie Santano

Submitted by: Natalie Santano

Owner - Natalie Santano Photography.

Photography has always been an interest to me ever since I got my first camera when I was just a little girl. I remember taking pictures of everything and everyone around me. It didn't matter what was in front of the camera, as long as I was behind it. "Sneaking up on people" to get random shots was

my pastime. As I got older and more amused with peoples personalities and characteristics, the more I fell in love with capturing who they were and what made them beautiful. I truly find my happiness when someone says, "Wow, I look sooo good!" I often get asked what photos I enjoy capturing the most, whether it be engagements, weddings, babies, children, or families, and this

is probably the hardest question to answer since each phase of life is so important to the person experiencing it. My goal with this business is for people to see what I see... provoke something within themselves through my photography. I am truly blessed to meet so many beautiful people as together we share in the journey of creating moments that last forever.

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# Area B News

Story submitted by: John Kettle  
Regional District Director for Area B

## Taxpayers Need Help Now

**A**fter eight years as a Regional Director, I firmly believe the only way we can stop big government from ruining our lives is to approach every issue using common sense as the basis for a solution. This idea, coupled with the fact we should balance our checkbook every month and live within our means, will change the way we do things. When a working family or folks on a fixed income run out of money at the end of the month they cut back. When government needs more money it increases taxes for programs and hires more bureaucrats. You then see fancy sales ads in the newspaper saying it's for your own good. Because taxpayers didn't say no does it automatically mean yes? Nonsense!

Former US President Ronald Regan said, "Government is not the solution, it is the problem". I am opposed to downloading on the taxpayer more and more government! In my opinion, the "taxpayer" is being ambushed and abused. The people on fixed and

low incomes don't care about policy, procedure, protocols and a term being used more and more by politicians "plausible deniability". In other words, being able to distance yourself politically from a new tax or increased government hiring. Government wages already outstrip the private sector by a whopping 17 percent. Why do we want more and more bureaucrats?

Governments don't pay taxes they consume taxes! .

We (elected officials) are programmed from day one to not "mess with the trains". Let the professional unelected bureaucrats handle everything and at the end of the day get your pat on the bum for staying out of the way.

Against all political wisdom I can honestly say this approach doesn't work. We need people we elect to not only lead but also be responsible for running the trains and balancing the checkbook at the end of each month. We need folks with grit who

will make choices not on whether they get re-elected but on the basis of right or wrong. Not all bureaucrats are bad not all taxation is bad and not all elected officials are "gutless". That being said it's your money and we need reminding from time to time about what you want? If you don't want higher taxes and increased government call your Regional Directors. Call your Mayor and Councilors. Write letters. Get mad and say no! Hold your elected officials accountable for your taxation remembering you can't have your cake and eat it too. And last but certainly not least if we don't meet your expectations and aren't doing our job on your behalf send us packing at the next election and find someone who will fight against bigger government and unnecessary tax increases. At the current rate of tax increases I believe taxpayers will be on the endangered species list soon.

My name is John Kettle. I am the Regional Director for the 5000 people in RDCK Area B. I am willing to fight for you if you can back me up with your directions and opinions. Thanks.

*John Kettle is the Regional District Director for Area B c/o Town of Creston  
Box 1339, Creston BC V0B 1G0  
Phone: 250-428-5560, Cell: 250-428-6096  
Fax: 250-428-5567, Email: jrkettle@galt@shaw.ca*

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# MLA Update

Story submitted by: Michelle Mungall  
MLA for Nelson-Creston



## Funding Cuts to Legal Aid Services

**A**t a time when the demand for legal aid services is on the rise across the province, the LawLINE, designed to help British Columbians access justice is losing its funding thanks to the inaction of the BC Liberals.

“Effective April 1, 2010, thanks to the BC Liberals, the LawLINE in BC will be gone,” said Michelle Mungall, MLA for Nelson - Creston. “Whether it’s a person trying to escape a violent relationship, an illiterate person facing bankruptcy or someone with a mental illness wading through a housing dispute, the LawLINE has been there to help.”

The Advocacy Center, a non-profit, community-based organization that provides legal information, education and problem solving for low-income residents of the Central Kootenays sent a letter to Mungall expressing their alarm at the cuts to LawLINE. Currently they are the only poverty law advocates in the entire region of West Kootenay/Boundary.

“We rely heavily on the LawLINE as a place to refer those we cannot provide service to. Many people have been able to access legal information and advice they would not have otherwise received,” stated the Advocacy Center in their letter. “Without this invaluable resource, we will have to send many low income people away to fend for themselves.”

“The impact these cuts will have on lower income people, particularly women and children, will be

devastating,” said Mungall. “Without regional offices, the LawLINE and legal aid, BC’s most marginalized will be forced to navigate within a complex legal system alone, prepare their own legal documents and potentially agree to settlements that are not in their best interests.”

Mungall said the cuts to legal aid handed down since 2002 are the ongoing legacy of the BC Liberals.

In 2002, the BC Liberals imposed a 40 percent cut to the Legal Services Society’s budget over three years. The majority of the cuts occurred in family law legal aid, through the complete elimination of provincial funding for poverty law and immigration law.

“These cuts are short-sighted and will only further congest the courts, costing BC taxpayers more,” said Mungall. “The BC Liberals have consistently neglected the vital role legal aid serves. Their actions have severed access to civil legal aid services that should remain an economic, social and cultural right across BC. It’s time for the BC Liberals to stop driving our justice system into the ground.”

Carole James and the New Democrats have been holding the BC Liberals accountable for breaking their word on the HST and for backtracking on their election promises to protect health care, education and other vital services.

*Michelle Mungall is the NDP MLA for Nelson-Creston*  
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# Creston Valley Facility Enhancement Project Update

Story by: Neil Ostafichuk  
Recreation Supervisor - Creston & District  
Community Complex

The finishes are reaching fruition as the topcoat on the walls awaits the painting of the mural and a section of the ceiling has been epoxy coated with the final paint colour, matching the columns and setting off some striking compliments between the steel and wood. The main ventilation duct is winding its way around the pool hall and while it is large enough for a person to move easily through it like many action movies, it is unlikely we will require our maintenance workers to do so.

Work has begun on the walking path around the west side of the building, which will allow access

from north to south for pedestrians. The path will have some small retaining walls and will enhance the

## "Smooth transition for walkers or bikers"

look of the west side of building yet allow for a smooth transition for walkers or bikers. With the small amount of snowfall this year, it has

allowed for an earlier start on this portion.

An extremely critical process, tiling requires attention to detail to ensure there are no places for water to pool, commonly called "birdbaths" but sloped to direct all water to either floor drains or strip drains.

*This project is funded by The Canada-British Columbia Municipal Rural Infrastructure Fund, the residents of the Creston Valley and donations.*



Creston & District Community Complex.

# Creston Valley Community Radio

Story by: Maureen Cameron

By the time this reaches your doorstep, BCIDO will have had its AGM and new information will be on the website. Have you recently visited our website for new features like the Builders Page of donors, a work in progress?

Three students toured the station from ARES and we look forward to working with them for a radio project. Luke, our regular volunteer from the high school gets credits for work he does at CIDO.

Dave St Germain filled in for Tim in while he enjoyed some Cuban sunshine. Denise, our office assistant is off for a family visit, we appreciate her daily capable presence.

The Valentine writing entries have been produced into a show and will be on the air and the website. PAWS news is a regular feature. Joanna Wilson is continuing with her popular Writers in Residence Series and she is learning how to produce her interviews for on air broadcast. Tim Davis, Ian Little, Daniel Kempling and Brian Lawrence all preproduce their shows. Dave St Germain is hosting a new

show, Life in the Valley that features diverse stories about people in the valley.

We are working with Kootenay Co-op Radio to air some of their popular shows until we have more local programs. We're also working on the flow of random music and adding songs to database.

Watch for events and announcements in regards to our new partnerships with the Creston Valley Festival Society and Kaslo Jazz Festival.

We know there are some volunteers out there who would be surprised how much fun it is to get involved. We encourage anyone with a show idea or wants to contribute to the radio to come and see us.

Look for our booth at the Home and Garden Show April 16 - 17th.

May 1st is our annual fundraiser at Wynndel Hall. There will be children and family activities during the day along with music and a live auction in the evening.

Anyone interested in getting involved please contact the station.

**Come see us at the  
Home & Garden Show**  
at the Rec. Complex April 16-17

## Annual CIDO Fundraiser

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# Focus On Youth Festival 2010

Story by: Frank Goodsir

Spring is here! ...crocuses are in bloom, daffodils are ready to burst forth, trees will soon be blossoming, animals are giving birth ... and teachers, both private and public school teachers, are frantically preparing their students for the 24th annual Focus On Youth Festival ... all signs that spring is on its way.

This year's Focus On Youth Festival runs May 3 - 7, 2010 in a series of up to 15 concerts that involve public and private school students as well as students that take private music lessons. All performers are between the ages of 4 - 19. The concerts will be front and centre on the Prince Charles Auditorium stage where the students, many for the first time, will have a total theatre experience with lighting, sound and a "live" audience of their peers, parents, grandparents and other assorted relatives and friends.

In conjunction with the performing arts, a visual arts display is planned that week at the Creston Chamber Office on Northwest Blvd and the Creston Public Library. With the Creston and District Community Complex not being available and in this smaller yet more intimate venue, the art show will not be sponsoring the special opening event, which has always been a

highlight of the annual festival.

However, the usual spectacular array of art created by students from Kindergarten to Grade 12 will be on display.

In all, approximately 900 students from Riondel to Yahk will take part in the weeklong extravaganza. As in past years, the festival will have an international flavour as students who live in Idaho and Montana, who come to Creston to work with our private music teachers, are also involved. This makes our festival a very unique event.

Everyone is encouraged to take in at least concert along with the art show and support the talents of the young people in our community.



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# 24th Annual Event *Focus On Youth*

*Monday, May 3 to Friday May 7*  
*Visual Arts* Creston & District Chamber of Commerce and the Creston Public Library  
*Performing Arts* Prince Charles Auditorium

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# Showcasing Local Art and Culture

Story by: The Community Arts Council of Creston  
www.bcartsweek.org

**A**pril 17 - 24, 2010 schools and communities across the province will host an array of events and activities as part of Arts and Culture Week. Now entering its 11th year, this event turns the spotlight on the vital contribution that arts and culture make in learning and in life. Music, films, media arts, dance, books, theatre and visual art are a part of daily life, and have a lasting impact. They inspire us, challenge us and broaden our horizons.

Locally, the Community Arts Council of Creston has chosen theme "Art Rides the Rails" to celebrate the resiliency and creativity of people during the hard times and

## "Broaden our horizons"

good times of the 30's and/or the current economic recession.

The week kicks-off with a "Wearable Art Fashion Show", just imagine what you could create as wearable art from reusing/recycling material and clothing. All artists are invited to display and/or sell their works during the week. We will keep you posted regarding venues, dates, times and events but in the meantime, scour your stashes to create works of art!

The arts and culture sector employs over 63,000 people in communities across BC, with a growth rate three times the provincial average. The

film and television industry alone brings in \$2.82 billion to our economy. BC artists in all disciplines are recognized internationally as among the best. Each year, our museums, galleries, festivals and performances attract visitors from around the world.

This year Arts and Culture Week is presented by the Assembly of BC Arts Councils and ArtStarts in Schools. With the support of the Province of BC through the British Columbia Arts Council, these two organizations bring the value of arts and culture in education and at the community level into sharp focus.



11<sup>TH</sup> ANNUAL  
**Arts and Culture Week**  
APRIL 18-24, 2010 [www.bcartsweek.org](http://www.bcartsweek.org)

**This year's theme... Art Rides the Rails.**  
To celebrate the resiliency and creativity of people during the hard times and good times of the 30's and/or the current economic recession

Starting the week off with a  
**Wearable Art Fashion Show**  
Location & details to be announced



# A Healthy Collaboration

A Healthy Collaboration  
 Story by: Kate Webb  
 Creston Valley Farmers' Market

**T**he Creston Valley Farmers' Market is gearing up to have an exciting and encouraging season. With the focus on a family oriented market as well as many weekly events and activities for all ages, the Creston Valley Farmers' Market should enrich our community in many new ways.

For the past two months an active committee of eight community members, many of whom are producers, have been working under the direction of the Creston Valley Food Action Coalition to design a quality and sustainable market that everyone can enjoy for years to come. Gaining support from the community has been a steady process bringing many positive outcomes. The enthusiasm, passion and hard work shown by those involved have been very inspiring for the committee members and the Food Action Coalition membership.

Plans are underway to have a market manager who will bring a balanced and vibrant market to the community. As well, the manager will assist past and new vendors to make the Creston Valley Farmers' Market a hub for growers, producers, artisans, craftspeople, entertainers and consumers to gather, share and enjoy the benefits of living in the Creston Valley. The goal is to provide an exceptional experience for consumers and vendors alike.

This year's market begins June 19th, 2010 and runs outdoors until September 18th, 2010 at Millennium Park from 8:00am to noon. The following week, September 25th, 2010 the market will move indoors to Morris Greenhouses, located on Erickson Road. It will continue until the last Saturday before Christmas from 10:00am to 2:00pm. Look for the green signs indicating the way to the market if you are a visitor to Creston.

For more information contact:  
 Kate Webb  
 Phone: 250-431-8262  
 Email: cvfarmersmarket@gmail.com.



Jessica Piccinin selling produce from the COTR Winter gardening project at the indoor market at Morris Greenhouse.

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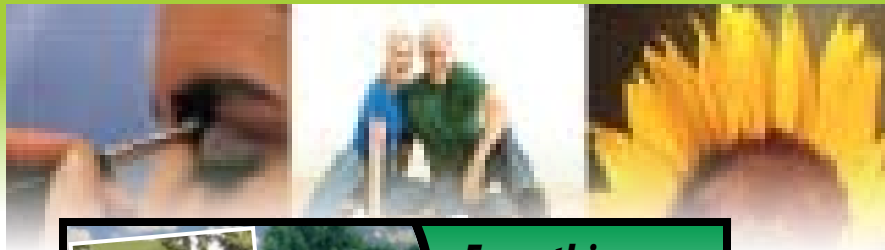
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2010 Ex

Booth #	Vendor	Booth #	Vendor
Corner A	Kootenay Spring Soft Tub	24	RCMP/COPS
Corner B	Kootenay Ag Equipment	25	Creston Judo Club
Corner C	Wildwest Water Drilling	26	Columbia Basin - Alliance for Literacy
Corner D	Goat Style Bike Jam	27	Fish & Wildlife Compensation Program
D1	Easy Care Fashions	28	Creston Valley Wildlife Management Area
1A	Rada Cutlery	29	Haka-Can Cosmetics
1 & 2	Sears Canada	30	Purple Shield & GF Oliver
3	Cobble Stone Creek	31	Cancer Society - Relay for Life
4 & 5	Bath Fitter	32	Custom Boat Tops
6	Interlock Roofing	33	Things in the Cupboard
7	Anita Studios Pottery	34	Beauti Controle
8	Mountain FM-Vista Radio	35	Family Doctor 2
9 & 10	Sugar Shack Quilting Co. Ltd	36	Kootenay River Tours
11	Norwex Enviro Products	37	Nikken Independent
12	Pro-to-Call Computer Services	38	Kootenay Candles
13	Solemate International	39	Creston Dwelling Centre
14 & 15	KES - Self Employment Group	40	Pampered Chef
16 & 17	3 L's Water Systems	41	Pick of the Crop Market
18	Massage by Laura/ Sweet Gratifications	42 & 43	Selkirk Security
19	Whispering Pines Colon Hydrotherapy	44 & 45	Rocky Mountain Rustics
20	Beachcomber	46	Investors Group
21	Home Matters - Managing moves for seniors	47	Kootenay Concreations
22	Alarms Plus Security	48	Paul's Installations
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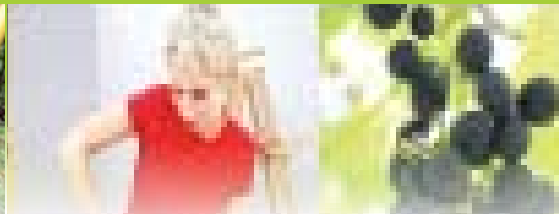
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Booth #	Vendor	78 & 79	Mountain View Stoneworks
51	Creston Rotary Club	80	C-Systems Security
52	Blossom Fest Assoc.	81	Sierra Design
53	Epicure Selections (Collette Owens)	82	Kootenay Decorative Rock Overlay
54	Overwaita Foods	83	Yvonne's Special Place
55	C.V Community Housing Society	84	Creston & District Society for Community Living
56	Creston Valley Thunder Cats	85	Countrysidelandscapes.ca
57 & 58	Town of Creston	86	Cook Shoppe
59 & 60	Zija/Red Bag	87	Unique Windows
61	Creston Museum	88	Silver Dragon Imports
62	Fifth Avenue Collection	89 & 90	Redfern Enterprises Ltd.
63	CIDO Radio - 97.7FM	91 & 92	Vital Health
64	Central Kootenay Invasive Plants	93, 94, 95	Beachcomber
65	Photos N' Motion	96	Unique Windows
66	Community Futures Central Kootenay	<b>Curling Rink Area</b>  * Northstar Motors  * Agro Equipment  * STAGE— Presenters and Family Entertainment!!!  * Concessions  * Art Display by the Arts Council Creston  * Girl Guide Cookies	
67	Bamboo World		
68, 69 & 70	Let's Grow, Let's Eat, Let's Share		
71	Mary Kay Cosmetics		
72	Memory Lane		
73	Sunlife Financial		
74 & 75	R & D Enterprises		
76	Tupperware Products		
77	Kootenay Decorative Rock Overlay		

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**Find us at corner booth C at the Home & Garden Show**

# It's All About The Wildlife!

Story by: Carla Ahern

Stewardship and Communications Manager -  
Creston Valley Wildlife Management Area

**L**et's talk about the wildlife. After all, that is why the Creston Valley Wildlife Management Area (CVWMA) came into existence, to manage the wetland and associated habitat for natural species diversity... and diversity there is.

As many migrant bird species return to the valley after a warm winter down south, other species emerge from their winter hiding places right beneath our noses. Turtles, frogs and salamanders are rousing from their winter hibernation spots to reappear as active members of the wetland community. These frogs are calling and salamanders are scuttling about on the rain soaked landscape as the temperature rises.

Speaking of wildlife... there are so many great opportunities for viewing them. At the Wildlife Area, we are rebuilding the viewing tower located near the Wildlife Interpretation Center. This tower was over 40 years old and no longer structurally sound. With the help of many of our local community members and businesses, we have raised the majority of the money needed to build a new tower. Over the next few weeks, the new tower will be completed and ready to climb. It is going to look fabulous. Come and check it out.



Ospreys soar back into the valley in early April after spending their winter season in Central America. Thanks to the Fish and Wildlife Compensation Program and Kootenay Wireless, we have installed a camera on an osprey nest for another season and hope to have the live images up and running

## "Frogs are calling and salamanders are scuttling"

on our website and at the Wildlife Interpretation Center in mid May. It is pretty amazing to see, up close, the life of a young osprey as it hatches and matures.

Some more about wildlife... how about those bats? At Duck Lake, on the Wildlife Area property, sits an old and somewhat dilapidated barn. We call it the "Bat Barn". Bats have

utilized the barn area for many years as a summer roost. Unfortunately, the roof is caving in and the structure has become a potential hazard to both the public and the wildlife that are using it. This spring, the "Bat Barn" was taken down. Not wanting to lose the bat habitat, a new bat condominium was built and erected in its place. This new structure provides more habitat and a safer and dryer environment for the bats to roost. Bats can eat up to 600 mosquitoes per hour... now that's what I call insect control.

The Wildlife Interpretation Center will open for the season on May 18th, 2010.

**For more information:**

**Phone: 250-402-6900**

**Email: [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca)**

**[www.crestonwildlife.ca](http://www.crestonwildlife.ca)**



# Help Us Carry A Tune

Story by: Alan Burt  
Member - Creston Community Band

Throughout most of the 20th century, Creston was well served by the Creston Community Band that performed at official town events. This band also gave a boost to many public fundraisers that were held by community non-profit organizations. The present Creston Community Band formed in 1989, by a small group of dedicated musicians who saw a real need to provide appropriate music at various town functions.

In recent years, the band's membership has declined and those that were left embarked on a very successful recruiting campaign and today the total band membership is at twenty. The Creston Community Band is now looking for opportunities to perform for non-profit fundraisers such as community picnics, dances etc.

As a community band our membership is drawn from all parts of the community and we cater to all musical tastes. Our repertoire includes up-beat swing, jazz, dixie, film and television tunes and

broadway hits as well as classical and traditional concert pieces, waltzes, polkas and latin dance tunes. In short something for everyone.

We are always looking for new members. Some of our present members haven't played an instrument for 30 plus years and were amazed at how quickly it all came back. So if you are a recent player or have not played since school, (how ever long ago that was), from piccolo to tuba, come and talk to us and we will help you get back into the "swing" of things. We rehearse Monday evenings at the Creston Library on 16th Ave South at 7:00pm.

For more information on the Creston Community Band:  
Diane Blow, Phone: 250-428-2449  
Alan Burt, Phone: 250-424-5403



Creston Community Band joined with their friends from the Kimberley Community Band at the recent Olympic Torch Relay Celebration in Creston.

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## Notes From the Road

Story by: Elena Yeung  
Bluegrass Songwriter, Singer and Musician

### Upcoming Bluegrass Duo Tour

Creston's very own Elena Yeung is dusting off her boots and heading back on the road. Following an independent CD release in 2008, a solo cross-Canada tour and an impressive car crash, Yeung has slipped back into a quiet life in the Creston Valley, reflecting upon her experiences and observations and writing songs about them. This time, armed with a batch of new tunes, she will be joined by fellow bluegrass/roots musician Anne Louise Genest from Whitehorse, Yukon who has been recently nominated for Roots & Traditional Album of the Year for her band's self-titled debut, "Annie Lou".

From fiery banjo picking to bone-chilling a cappella, Yeung takes her listeners on a journey through heartbreak and wonder with her songs and stories of the human condition. Drawing from the old folk and mountain traditions, Yeung's simple yet persistent melodies harken back to the old home place. She and Genest have gigs at a number of venues in BC and Alberta, including a stop in Creston at the Sasquatch on May 6, 2010.

For more information go to:  
[www.myspace.com/elenayeung](http://www.myspace.com/elenayeung)  
[www.annielou.ca](http://www.annielou.ca)

# Home & Garden

## Essential Home Toolkit

Story by: Charlene Pineda  
www.hgtv.ca/gardening

### Multi-head Screwdriver

There is no need to invest in a large, expensive set of multiple screwdrivers, simply look for an all-in-one tool.

### Claw Hammer

When looking for a claw hammer pay particular attention to the materials the tool is made of. Specifically you want the head of the hammer to be made of hardened steel.

### Utility Knife

Whether it is opening boxes, cutting scrapbook items, or scoring drywall, this tool is handy to have around.

### Measuring Tape

Standard length for measuring tapes are

25 ft. Look for a tape measure that has a toggle lock to secure the blade length, as well as a built-in blade brake.

### Lock Jaw Pliers

This tool will save your hands when trying to remove a stubborn bolt or valve. Ideally the tool will have a wire cutter and hardened teeth.

### Needle-nose Pliers

This tool will help hold small objects in hard to reach areas and/or for extended periods of time. Look for a tool that's rust protected.

### Small Level

Use this tool to ensure your pictures and wall shelves are straight. A good level will have a v-groove working edge, along with vial reads for plumb, level and 45°.



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# Home & Garden

## Countdown to Spring

Story by: Veronica Sliva  
[www.hgtv.ca/gardening](http://www.hgtv.ca/gardening)

By April, we've all had enough of Mother Nature's idea of a bad joke; namely, a long, hard winter. Now, we're looking forward to warmer spring weather and a chance to get into the garden.

Here's our checklist to help you get ready for gardening season.

### Beginning of April

- Clean and sharpen hand tools such as pruners and shovels.
- Sharpen or replace the blade on your lawnmower and buy fresh gasoline.
- Repot houseplants if they are pot-bound to give them a good start for the growing season.
- Now is a good time to take a look at the 'bones' of your garden before everything leafs out.

### Mid April:

- Indoors start the seeds of warm weather plants such as tomatoes,

peppers, ageratum, alyssum and marigolds.

- Prune fruit trees before new growth begins.
  - Apply dormant oil sprays to fruit trees and woody plants to control hibernating insects. Apply it while the buds are swelling, but before the leaves open out.
  - Once you're convinced the snow and ice storms are over, remove the protective winter covers from trees and shrubs.
  - Plant directly into the garden those vegetable and flower seeds that prefer cool weather to germinate. For example, carrots, parsley, lettuce, spinach, dill, peas, bachelor's buttons and poppies. Be sure to check and follow instructions on the seed packages.
- ### End of April:
- Once the ground has thawed, look for plants that have heaved out of the soil and resettle them.
  - Remove winter protection from roses and prune them before they start to leaf out.

- Repair fencing, decks and trellis or lattice work.
- Rake up leaves and other winter debris.
- Cut back ornamental grasses and the dead stalks from last season's plants.



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# Growing Our Own

Story by: Bob Ewashen

In recent years, communities around the world have been reexamining food production and availability, particularly the reliance on factory farm production of meats and mega farm production of plant products.

Factors leading toward this re-evaluation include:

- Climate change
- Peak oil
- The resultant imminent prohibitive cost of transporting food products over long distances
- Degradation of soil resources
- Pollution and concomitant depletion of water
- Displacement of small scale agricultural producers
- Rising costs of plant products because of diversion to fuel production and to production of meat

Though not all such communities express concerns about all of these factors, most are feeling that various combinations of them need to be addressed. It becomes easy to see that shifting the production of foodstuffs to regional and local sources makes a lot of sense for a variety of reasons. To put this concept into a more practical and understandable form, I will describe some of the ways that

one community, Creston, is moving in the direction of food sustainability.

Creston is historically an agricultural community. Over the years it has been able to produce a variety of grains, legumes, root crops, and tree and ground fruits. These included wheat, oats, barley, grass seed, peas, flax, lentils and potatoes, among the field crops.

Production of raspberries, strawberries, and currants has had its day. Among tree fruits Creston has been known for its production of apples, pears, peaches, cherries,

## "Moving in the direction of food sustainability"

and plums. Walnuts and hazel nuts grow well. Over the past years many of these products have succumbed to the competition of macro scale producers.

For the reasons noted, a group people have become involved in the restoration of Creston's production of some of it's historical food production to meet the local and regional demand for food produced closer to the consumer. The best known of these projects is production

of grains to meet the demand of people wanting to produce grain based foods, especially breads, from local or regional production. People are able to purchase allotments of a variety of grains from local organic farmers. Payment is in advance and the consumer shares the risk of crop failure with the farmer. To further promote ecological benefit, people from nearby Nelson pick up their grain shipment by sailboat. This year 12,000 pounds of grain were transported in this fashion.

Another project is based in large part on the fact that many yards are home to variety of fruit and nut trees. Creston is also a retirement community, so for some residents, it is difficult to harvest the production of their trees. The Harvest Share program has organized a large number of volunteers who harvest the crop for the owner. Some orchard farmers also contribute surplus product. This year 27,000 pounds of produce was shared among the volunteer, the owner, the local foodbank and TAPS.

A further project, in progress, is the Winter Harvest program. This project is experimenting with the growing of garden greens in the fall, early winter and early spring season. A project of the Community Greenhouse, this concept is showing remarkable promise. Small-scale sale of fall greens at the farmer's market, the season of which has been extended to December, indicates a healthy demand, and is evidence of a commercial opportunity. The Community Greenhouse, inherited from a former College program is home to a variety of community projects where parents and tots, school children, seniors, and community members are able to

participate in production of bedding plants and related activities. For the omnivores, a number of farmers are providing an alternative to factory farm meats. Locally produced chicken, beef, pork and bison grown without "benefit" of hormones and antibiotics are available.

## "Demand for food produced closer to the consumer"

That rapid development and the community involvement in these, and no doubt other examples of local food production for local use is an indication that this concept is filling a pent-up need of many members of our community. The added impetus of climate change issues and economic concerns make it all the more timely.

In recent years large numbers of formerly healthy producers of agricultural products have effectively disappeared. Just a few of the reasons would include:

- \* Competition from corporate farm production
- \* Importation from distant areas with very low production costs
- \* Importation of cheap seasonal labour from third world locales
- \* Increased urbanization competing for agricultural lands

Some unfortunate attributes of the means of production by these competitors include soil degradation, high dependence on large quantities of fossil fuel, high usage of chemical products with varying degrees of toxicity, and the factory farm production of animals under questionable humane and sanitary conditions.

The recent awareness of the impact on the environment and on health has lead a number of community members in Creston to seek ways of refocusing on food, it's production and restoration of the connection between production and consumption.

Some of these concepts are well worth emulating.

The Community Greenhouse:

Some communities could negotiate the use of a greenhouse for community use. In Creston the greenhouse from a defunct college program became available.

The SEEDS Program;

\*With a "SEEDS resource staff a class of student would taught to start bedding plants at the greenhouse

\*During regular visits students would participate in the nurture of the plants. Where necessary greenhouse resource staff would care for the plants

\*At the appropriate stage bedding plants are transplanted to larger growing areas at greenhouse or at garden areas at the school if the school chooses to create these

## "Difficult to harvest the production of their trees"

\*When plants are ready students participate in preparing them for a "Family Day" at the school

One can appreciate this would be a very popular event.

The result is enhancement of knowledge respecting the food/ consumer connection, provision of healthy food, and hopefully a lifetime interest in gardening or more.

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## Mother's Day Draw



### My Mother is Special Because...

**Write a short piece or poem to say what you appreciate about your mother.**

**All entries will be entered into a draw for 3 Prize Packages and will be read on CIDO 97.7 and made into a special program.**

Deliver your entries with your name and phone number or email to [info@crestonradio.ca](mailto:info@crestonradio.ca)

Drop off entries at participating merchants:  
Black Bear Books, Tony Mulder Jewellery,  
Camel Trading Post, Stavros Restaurant,  
Morris Flowers, CIDO Radio.

**Deadline Entry: May 5. Draw Date: May 6.**

### 3 Prize Packages

**including a \$299 value Custom Jewellery Piece by Tony Mulder**

Thanks to: Baillie-Grohman Estate Winery,  
Travelling Camel Trading Post, Morris  
Flowers, Stavros Restaurant, Black Bear  
Books and Images and Angles

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Eligible entries will be entered into the final draw for the grand prize and awarded as mentioned. Acceptance of the prize constitutes permission for CIDO Radio and I Love Creston Marketing to use winners' names and/or entries for advertising and promotional purposes with no additional compensation.

# Seasonal Allergies

Story by: Maya Skalinska  
Master Herbalist

**S**pring has finally arrived. The plants are springing up and filling the air with fragrance. The days are longer and warmer, inviting us to spend more time outdoors. Unfortunately, seasonal-type allergies bloom as the plants do and for those suffering from seasonal sneezes, runny noses and itchy eyes allergy season can be a real struggle.

Hay Fever is caused by an overactive immune system responding to a variety of allergens, from dust to pollens to grasses. The good news is that there are a number of natural medicines that can reduce the severity of your symptoms, and prevent illnesses such as lingering respiratory infections.

Key Supplements:

- Vitamin C is a primary antioxidant in the lungs and is a powerful antihistamine that does not cause side effects. It also normalizes our immune responses. Recommended dosage is 1000mg, three to five times per day or to bowel tolerance.

- Quercetin/Bromelain combo. Quercetin is a potent antihistamine flavonoid\*. It is concentrated in onions, garlic, cayenne, apples, berries and tea. Bromelain is an enzyme from pineapple. It reduces swelling of the throat, sinuses and nasal passages and thins mucus. Both should be taken together for better absorption. Products containing 1000mg Quercetin and 500mg Bromelain are best, taken three times per day.

- Butterbur is a strong antiallergic herb. Studies have shown that Butterbur reduces symptoms of

seasonal allergies as effectively as conventional medication, without the usual side effects. Recommended dosage is 50mg of Butterbur standardized to 15 percent. Petasin, two to three times per day.

- Homeopathic remedies are recommended on the basis of a person's symptoms. For example, if your symptoms are repeated fits of sneezing, and a nose that "runs like a tap", *Sabadilla* would be the remedy for you. Visit your local health food store to find the remedy that's right for you.

- Essential oils such as Myrtle, Hyssop and Eucalyptus oil are all very effective decongestants. Put two to three drops of each in a vaporizer and have it on when you sleep.

## "Symptoms of seasonal allergies"

The doses given here are for adults. Use half doses for children eight to thirteen, and one-third doses for children four to seven. I also recommend doubling your multivitamin dose and avoid any mucus forming foods such as sugar, dairy and white flour.

*Maya Skalinska is a Master Herbalist practicing at Vital Health in Creston*

*\*For more information or to book an appointment*

*Phone: 250-225-3493*

*This article is intended for informational purposes, and does not replace your regular visits and recommendation's from your personal Medical Doctor.*



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

# Peekin Theatre Found

## (The Former Life of 1014 Canyon Street)

Story by: Tammy Hardwick  
Manager - Creston & District Museum & Archives

**T**he Auditorium (the former Peekin Theatre) has just been completely remodelled and a part of the west half of the building has been fitted up and is occupied by E.G. Timmons as the Electric Shop, in which he is displaying a nice line of electric fixtures. The entrance of the building is used as a pool room."

I almost missed this little paragraph in the May 23, 1930 Creston Review. It was actually the ad next to it for the Electric Shop that had caught my eye. I photocopied the ad for our upcoming Electrified exhibit, then, as I was putting the copy on my growing pile of information about Creston's electrical history, I noticed the paragraph about the building – and promptly got side-tracked for the rest of the day.

I learned about the Peekin Theatre, Creston's first movie theatre, 12 years ago when I first started working at the Museum. It was built in 1919, and replaced a year later by its larger successor, the Grand. At the time, I was told that no one knew where it was except that it was certainly not on the corner of 11th Ave and Canyon Street. That's where the Grand was built, (the former McDowell's building), and since the Peekin continued to operate while that building was going up, they could not have been the same structure.

This isn't the sort of thing that has kept me awake at nights, but every now and then I'd wonder, where was the Peekin Theatre? Now, by pure chance, I'd stumbled across a reference that related it to two other businesses in town. But where was the Auditorium or Timmons' Electric Shop, for that matter?

A newspaper clipping attached to the obituary for Dave Timmons, father of E.G. Timmons, states that the Timmons building was on the same

lot later occupied by Greyell's clothing store. That lot is at 1014 Canyon Street, the present-day site of Mane and Nails Salon and Tony Mulder Jewellery.

The original building on this lot was, over its lifetime, a very busy place.

Frank Bast, in about July 1908, built a two-story building on Canyon Street that doubled as a rooming house and hall. In October 1909, seven rooms were ready for boarders. By January 1910, 14 rooms were available. The first reference to the building as "the Auditorium" appeared in November 1909, though the hall was available for dances and other events at least a year earlier than that. Mrs. Murphy established a clothes cleaning, pressing and repairing business in the Bast block in April 1910, and two months later took over and renamed it the "Boarding House". At that time, meals were available for 25 cents.

The hall was on the ground floor of the building, and had "a stage and a real curtain". The Auditorium hosted a wide variety of concerts, wrestling matches and other entertainments as well as meetings of local organizations including, during the First World War, the local chapter of the Patriotic Fund. In 1913, the owners of the Rex Theatre

in Cranbrook began showing moving pictures there. In January 1912, the Review announced that there would be "roller skating every afternoon and evening at the Auditorium". According to one source, at some point it housed a shooting gallery. It was also the venue for Creston's first official fall fair, held in September 1918.

In September 1919, the Peekin Theatre opened. According to the Review, "The old Auditorium has been thoroughly renovated and certainly no expense has been spared in any direction to make the Peekin a thoroughly modern moving picture house. Seating is provided for 200". But its life as a movie theatre was short. The Grand Theatre, less than a block up the street, opened in December 1920.

The building was probably used as a hall for meetings, dances and events throughout the 1920s, before being renovated into the Electric Shop and pool hall. Frank LaBelle operated the pool hall until 1932, and the following year it was remodelled for use as a restaurant, the X.L. Café, operated by Fred Baker. For three months in 1934, it housed George's Photo Studio (whoever George was). The original building was torn down before 1938.

*Creston & District Museum & Archives*

*Phone: 250-428-9262*

*Email: mail@creston.museum.bc.ca*

*Website: www.creston.museum.bc.ca*



Canyon Street, showing Murphy's boarding house. This photo was taken sometime after July 1909 - the clock was installed on the front of Howarth's Jewellery Store that month - but before the Bank of Commerce (Jordan's Financial Block) was built in 1911. The last building on the street - two doors up from Murphy's - is now the Advance.

# The Best Season Yet

Story by: Joe Martin  
Head Coach/GM

**T**he Thunder Cats keep improving. This year we had our second best regular season and our best playoffs. The team went 28-18-0-4, and lost in the second round of the playoffs to Fernie. Way back in September, the team looked inexperienced with its 13 rookies and only 8 returnees but when February rolled around the team was playing their best hockey.

All that time in the middle there was a lot to learn including a team trip to Whitehorse for two games. Many volunteer hours spent with

kids and a ton of fun. Many players played well all year long. Local and team captain Travis Ludwar had an outstanding year in his first season as team captain. He led the team in scoring in the regular season, led the team in scoring in the playoffs, led the team in body checks and also was voted the team MVP.

## "Team was playing their best hockey"

During the off-season the team is hosting a golf tournament on May 29th at the Creston Golf Course to help find a cure for Muscular Dystrophy. Saskatchewan Roughrider Mike McCullough, a middle linebacker, will be on hand

to talk about the disease and help us during the day.

Other than that the team is enjoying the longer days in the sun, but with the taste of last year still in their minds look for the best team yet to hit the ice in 2010.

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



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www.crestonevents.ca

April 07, 2010

## Creston Concert Society presents Faust Maskworks

Location: PCSS Auditorium  
7:30pm

Tickets: Black Bear Books

Contact: Margaret Lavender

Phone: 250-428-9557

www.crestonconcertsociety.ca

April 10, 2010

## CDSCL Therapeutic Riding Program Volunteer Training Session

Location: 849 Erickson Road  
1:00pm - 3:00pm

Contact: Michelle

Phone: 250-402-6793

www.cdscl.com

April 16 - 17, 2010

## Home, Garden & Leisure Show

Location: CDCC

Contact: Creston Valley  
Chamber of Commerce

Phone: 250-428-4342

www.crestonchamber@kootenay.com

April 17 - 18, 2010

## Blossom Valley Singers Spring Tea and Concert

Location: Trinity United

Church Hall  
2:30pm

Contact: Phyllis

Phone: 250-428-4437

April 18 - 24, 2010

## BC Arts & Culture Week

Location: To be announced

www.bcartsweek.org

## Creston Valley GLEANERS

207 Canyon Street, Creston

### Hours of Operation

Shop - 400+ Hours Monday to Friday 9am to 4pm

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