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Act of Valour

**Combat duty couldn't separate
Robin Louie from his roots**

Arts and Crafts

**Guild marks three decades
in the quilted valley**

Health and Wellness

**Creston House haven
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**Ensemble cast brings
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The Magazine

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Letters to the Editor

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

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contents



feature story

5 Man of his word

Robin Louie is keeping his pledge to Lower Kootenay brethren who had his back with the Marines.

Front cover photo: Chief Jason Louie and Robin Louie presented with blankets in honour of their time in the armed forces. Photo courtesy of Brian Lawrence/Creston Valley Advance.

what's inside

- 8 Town Hall**
Transit options numerous.
- 9 First Nations**
Complex focal point of powwow.
- 10 Crafting**
Special quilt show at complex.
- 11 The Arts**
Arts and Culture Week on tap.
- 14 Entertainment**
Footlighters, ARES collaborate.
- 15 Sports**
T-Cats eyeing next season.
- 18 Wildlife**
Blackbirds spring into action.
- 19 Birding**
Packed lineup for festival.
- 20 Labour**
Take this job and . . .
- 21 Wellness**
Fund-raiser for ARK centre.
- 22 History**
Believe it or not . . .
- 24 Pets**
The joys of a shared outing.
- 25 Health**
Whiplash under scrutiny.
- 26 Fitness**
Yoga festival at studio.
- 27 Martial Arts**
Good showing at Coast.
- 28 Herbs**
The wonders of calendula.

Guest From the editor

“I don’t want to be a hero.”

Robin Louis, after all, said goodbye to that role when he left the United States Marine Corps last summer. After 12 years of experiences few will ever share, it’s not surprising he’d want to pass on further life-and-death drama.

The retired staff sergeant is, however, determined to positively affect the quality of life for fellow Ktunaxa tribe members and residents of the greater Creston Valley through his position as a Lower Kootenay Band councillor. The 32-year-old’s return home, flying in the face of the adage that it’s something one cannot do, is the subject of this month’s I Love Creston cover story.

Having fought the war on terrorism in Afghanistan and Iraq, having battled pirates off the coasts of Somalia and the Philippines, having taught hand-to-hand combat to troops in Mongolia, Rwanda and Sierra Leone, and having helped train some 30,000 infantry recruits – “a third of the standing Marine Corps” – Louis is ready to “start a new chapter in life.”

The new direction can be illustrated by one of his final tasks with the military: designing a \$2.7-million training facility.

“When they first approached me saying they’d like a new target factory (and) they asked me to do it, I jumped on it and said, ‘Well, typically I was always told to destroy a building but this time I’m actually going to design one.’ (It) took a lot longer, that’s for sure.”

Louis’s latest challenge is tackling inertia among his people.

“My experience from travelling around the world is that too many countries and too many people are too reliant on the government to take care of them,” says the divorced father of three children, who remain not far from where he was last stationed at Camp Pendleton, Calif. “If you rely too much on the government to take care of you then you have all these social programs, and then you wind up with people that are no longer self-sufficient. They’re self-entitled. They have that sense of entitlement and I’m trying to get rid of that.”

He’s putting to good use a business administration degree, obtained while serving in the military, within his LKB portfolio of economic development. Among the priorities during his four-year council term is establishing an aquaponics industry he sees pumping up the area’s wellness factor through affordable, organic food production and job creation.

“What made me think of that is you come home after 12 years and none of your friends are here,” he says. “They all had to leave to go to work.”

“Everybody can see Blossom Festival weekend how many people come back. They all enjoy it back here. They all miss it, but what’s keeping them away is there’s no work.”

Louis’s idea for addressing that need is admittedly “a big plan (that is) going to take time and support. It’s going to require more support than just Lower Kootenay Band. It’s also going to take the citizens of the Town of Creston, the valley.”

He’s sure to have at least one fellow politician in his corner, a former

mentor and the current Regional District of Central Kootenay director for Area B, whom Louis credits with steering him in the right direction as an aimless teen whose involvement in a local boxing club was the best thing he had going for him.

“One of the biggest influences for me is John Kettle. When I was 16 he took me down to El Paso, Texas, to watch (Oscar) de la Hoya fight,” says Louis, who looked up to both the boxer and the man in the 10-gallon hat and aspired to some measure of their success. “I asked him, ‘How do I get there?’ and he told me, ‘Join the military. Get (an) education,’ and I listened.”

Now Louis is trying to give back to his community, not just through the LKB council but volunteer pursuits such as hunting to provide wild meat for families on the reserve and teaching kickboxing and roller derby clubs in town.

“And not only helping my people,” Louis adds. “Traditionally we’re not supposed to just look on ourselves internally as Ktunaxa people. Everybody is our responsibility, and that’s what I’m doing.”

“I have my vision for Lower Kootenay but I also have my vision for the Creston Valley itself. I have my vision for the world, honestly. This is just a start.”

And there’s no place he’d rather start than where it all began for him.

“I can tell you,” he says, “I’ve been around the world – 73 countries – and this is the most beautiful valley I’ve ever seen.”

There’s plenty more about what makes Creston so lovable in the pages that follow. ■

Louie comes back to the future



New LKB councillor dreams of prosperity for Creston Valley

Creston RCMP Staff Sgt. Bob Gollan conducted the swearing-in at the Feb. 1 installation ceremony. Photo courtesy of Lorne Eckersley/Creston Valley Advance.

Robin Louie knew times had changed that moment in September 2012 when he walked out of Prince Charles Secondary School, from which he graduated two years behind his cohort in 2000.

Having recently left the United States military following an illustrious, violent and transformative 12-year stint with the Marine Corps, Louie had returned to the Creston Valley to repay a debt and recalibrate his life. He was back at PCSS to promote the kickboxing program he was starting at the Creston and District Community Complex.

“When I was walking out, Sharen Popoff says, ‘Robin, nice to see you. I was just talking about you. Would you sit down please?’ I go, ‘OK.’ So I sit down,” says Louie, who began suffering flashbacks of unpleasant encounters with the principal. “I’m like, ‘Oh great.’ She’s like, ‘What are you doing for work? Would you like to do an aboriginal culture program for the school?’

“All I could think of in the back of my mind was, ‘The last time you asked me to sit down, you kicked me out of school for my attendance. And when you ask me to sit down again, you’re offering me a job.’”

Louie laughs.

“It made me realize this is different being back here.”

Indeed, Louie is no longer the frightened little boy who was terrified by an elementary classroom discussion about the Gulf War in 1990. An aimless decade later he signed up for boot camp, where he was broken down and built back up into a marine who fast-tracked to staff sergeant four years ahead of pace by the time he got out last June.

By then he’d spent 32 months on the battlefield during three hellish tours of duty in Afghanistan and Iraq. He had also obtained a business administration degree which he’s putting to use as a newly elected

“I made a promise back then, saying, ‘If you help me get my education then I will come back and help in the community’”

member of the Lower Kootenay Band council in charge of economic development.

“The Lower Kootenay Band Education Society helped fund my education,” says Louie, who moved from part-time to full-time post-secondary student status in 2006 while stationed in Kaneohe, Hawaii. “They funded my books and gave me a living allowance while the military paid my tuition.

“I made a promise back then, saying, ‘If you help me get my education then I will come back and help in the community.’ I followed through.”

He’s bent on accomplishing his latest mission within the four-year term to which he was elected in November. Whether it can be done with the same military precision he’s accustomed to is admittedly doubtful.

“This is the Creston Valley, and things do move a lot slower than I’m used to,” he says. “I came from a place where, if I said something, it happened like that.

“Here you’re waiting on people, waiting for them to have their meetings. And this is Canada in general. The approval process is slower.”

One of many pet projects the 32-year-old is prepared to talk about is an aquaponics program for which a feasibility study is the first step. He’s trying to sell the College of the Rockies on a partnership that would see a greenhouse erected on the Creston campus become a training ground for workers who could be employed at a 100-greenhouse facility

he foresees in Yahk.

He claims to have investors in the U.S., Europe and China willing to back the \$10-million development once he proves the viability of the hybrid food-production method.

Aquaponics meshes techniques used in aquaculture (raising fish) and hydroponics (cultivating plants in water). It’s based on a symbiotic greenhouse environment in which water is cycled from fish basins to raised growing boxes and back again, filtering effluents that are toxic to fish but nutritional for plants. Duckweed, in turn, can be grown in the boxes as food for the fish – in this case, tilapia.

The self-sustaining, environmentally friendly system dovetails with his dreams not only for the LKB residents he represents but all the citizens of the Creston Valley which he loves, and beyond that for the malnourished masses he witnessed overseas.

“I want to see us being 100-per-cent employed, so job creation of course,” says Louie, when asked about his council priorities. “I would like us to be healthy, (which means a) healthy diet.”

It doesn’t get more pure than aquaponics, as far as Louie is concerned. Test beds he set up in San Diego County, where he was stationed from 2008 to 2012, proved their efficiency.

Fruit and vegetables grow “three times faster” in media like gravel, volcanic rock or clay balls because the roots don’t have to reach down or out in search of nutrients, which are delivered directly in the water. The plants grow

upward instead, “and by having it in an enclosed greenhouse and being careful with the ventilation system you can avoid having outside contaminants get inside.”

That means “100-per-cent organic, GMO-free, and it won’t be cross-pollinated,” making the produce ideal for the green marketplace.

“You should be able to produce 15 million pounds of food on just 10 acres of land,” he says, and at a fraction of the cost of typically upscale organic growers due to the absence of pests and reduced greenhouse heating costs.

“Everybody charges an arm and a leg for organic anything, but if you have something that’s grown organically inside a greenhouse it’s going to be cheap. It’s about not just Lower Kootenay Band. It’s not just the Town of Creston. It’s everybody having a chance to eat healthy food that’s not processed, making it affordable to everyone, not just people that have money.

“Anybody should be able to go out and pay a dollar for a head of lettuce that’s organically grown instead of paying a



Lower Kootenay Band Chief Jason Louie (back row, centre) with Jimmie, Mary Basil and Arlene Basil. An installation ceremony member of Parliament David Wilks (back row, left). Photo courtesy of the Lower Kootenay Band.

markup of, like, three or four dollars.”

It's a time-consuming project but he's used to working several days straight without rest, and he's been keeping busy. In February alone he exceeded 220 hours on LKB business.

His kickboxing classes currently run twice a week for an almost exclusively female group aged 19 to 50.

He also accepted an invitation to coach Creston's Black Eyed Cherries even though he's a novice in their sport. "I don't know about roller derby but I know how to get people in shape," he says.

Everything he's doing is unpaid save his councillor's honorarium and some private business consulting. Even that is a legacy of his military career, during which he received two presidential awards for annual volunteer service exceeding 500 hours.

"I have a nice little letter with the White House seal on it saying, 'Thank you,'" he says.

Yes, civilian life is shaping up well for Louie, and he has many successes to celebrate and anticipate. But make no mistake: the toll has been great.

Despite appearing strong and fit, Louie receives a medical pension from Veteran's Affairs due to injuries suffered in combat which he'd rather not revisit.

"You take a lot of damage over the years physically," is all he'll say. "It adds up. I don't like talking about what all happened to me."

The psychological wounds of war are no less debilitating. Post-traumatic stress disorder is par for the course and, although Louie figures he's got his demons under control, "I do have my little bouts, but people don't see it. I'm

Marines don't walk away from the force cold turkey, attending classes designed to ease their reintegration to society. But the transition from the culture of killing not just to the American mainstream but to rural Canadian living was, to say the least, jarring.

"They teach us that people can say No to us, that people go at a slower pace," he says. "People aren't all about physical fitness or being healthy and about 'the mission comes first before everything else.' Family comes first. So we have to take a step back.

"That was teaching to reintegrate back to the United States. Well, I was going back to Canada. That was a big culture shock.

"I do enjoy being back here. There's people I missed being around" – not least of which his mom and sister – "and it is home."

He's not certain how long he'll stay, "looking at it like the military: four years at a time and see where it's at . . . if I want to move on or if I want to stay."

There are temptations to the south, not least of which are his kids and the lure of a six-figure salary offer from Sony Corporation, with which he collaborated as part of his university program.

But for now, his concentration is unwavering.

"I do have a lot of vision," he says. "It's focused on this valley. I can't walk away from it because I want (young) people to come home and (be employed). I want the Lower Kootenay Band to thrive, independently, self-sufficiently, and I do like the fact that we're starting to work more in the community with the Town of Creston, with the regional district.

"I'd just like to see us all be able to pull together and do more things together as a community." ■

I'd just like to see us all be able to pull together and do more things together as a community



h councillors (clockwise from back right) Robin Louie, Anne was held Feb. 1, attended by local elected officials, including rtesy of Lorne Eckersley/Creston Valley Advance.

the rock. I like to be the one people come to for help."

Then there are the social scars. In a 2007 interview, Louie referred to the divorce rate among Marines as "110 per cent." Two years later his own marriage became part of that statistic.

Until being sworn in to council in January he was making up to two trips a month to see his three children in San Diego, including a seven-year-old daughter who suffers from epilepsy and can't walk, talk or drink by mouth.

"My four-year-old daughter and six-year-old son just got their blue belts (in karate)," says Louie, who misses them all terribly.



From the Mayor's desk

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

Exploring Creston Valley Transit

The majority of local residents own their personal source of transportation. As such, most of these individuals do not need to use the Creston Valley Transit System.

However, there are many people within our community who rely on transit services as their sole source of transportation. For these individuals, people who will come to use the service in the future and for the health of our community as a functioning whole, transit service is a necessary and valuable asset.

The existing Creston Valley Transit System is comprised of four different types of bus service.

1. HandyDART: buses provide door-to-door service for people with disabilities.
2. Health Connections service: buses provide limited service to Cranbrook (medical trips are given first priority).
3. Local fixed-route service: buses follow a pre-determined route and schedule.
4. By-request service: for information on this service, phone ahead or ask your driver.

The transit system has been modified and changed over the past three years to improve ridership.

Two new 20-passenger Arboc buses were received this year and are now in service. These buses have a kneeling feature and a front-door ramp extension for wheelchair access.

The buses are also equipped with seatbelts and a front-mounted bike rack.

In total, three buses are used to provide the community's transit service and these buses can be used interchangeably between the different kinds of services listed above.

The funding for the local transit service is provided by BC Transit, defined portions of Regional District of Central Kootenay electoral areas A, B and C, and the Town of Creston. The RDCK collects funds for the transit service on behalf of the town to cover the local government's share of the yearly operating costs.

Additional funding for the Health Connections service is provided by Interior Health in partnership with the Kootenay East Regional Hospital District.

The last component of revenue funding is provided through fare-box revenue.

The fare-box or user-pay component is highly affordable. The HandyDART fare is \$1.50 for a one-way trip that can be booked by phoning 428-7750. It should

be noted that the HandyDART system is well-used and much-appreciated by its users.

The Health Connection bus travels to and from Cranbrook on Tuesday and Thursday of each week, with a one-way fare costing \$2.50. In 2012, 2,676 passengers were transported to and from Cranbrook, with about 53 per cent of the ridership being classed as "medical passengers." This statistic demonstrates the importance of this kind of transit service to our community.

The local fixed-route service has a low ridership rate. As a result, routes were recently redesigned by BC Transit.

In addition, a 24-hour booking system is available for certain areas in the community. To access this by-request service, call 428-7750.

More information on routes available in the community is contained in brochures available at Town Hall and the Creston Valley Chamber of Commerce or on the Web at www.bctransit.com.

The big question is: how can we better utilize the local fixed-route system, now and in the future?

As society progressively focuses on increased energy efficiency, minimizing the use of increasingly costly fossil fuels and freedom from financial burdens such as car payments and associated maintenance costs, it will be interesting to see what results occur for rural transit systems, both locally and throughout our country. ■

Ron Toyota can be reached by phone at 428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Powwow rooted in gratefulness

Ki'suk kyukyit (greetings).

As spring appears to be well on its way, this also marks the coming of the annual Yaqan Nukiy Powwow.

In 1991, the Lower Kootenay Band received our beautiful administration complex, which was the result of much dedication and teamwork. I was in my teens at the time.

However, I witnessed one of the greatest eras in the history of the band. There appeared to be much unity and comradery among the leadership of that time.

I witnessed former Chief Wayne Louie, Chris Luke Sr., Robert Louie Sr. and

a traditional powwow to be grateful for our blessings and gift, to share in song and dance and feed the visitors, as giving food is giving life.

What began as a small community powwow grew into a gathering that put the LKB and Creston Valley on the map. Over the years, powwow dancers and singers have travelled from as far away as Arizona and Ontario.

Those who attend the powwow return because of the hospitality. Traditionally, the Ktunaxa people have been known for their hospitality as we try our best to make our visitors feel at home.

Over the years, we have lost many elders and knowledge keepers, and

“Each powwow seems to get better year after year and new memories are formed every spring”

many LKB staff members working ever so aggressively to make a dream come true. Many late nights were spent writing grants and proposals to achieve the common goal of a new building.

The LKB complex would house our administration offices. The gymnasium would act as a recreation site and a space to host meetings and workshops. It also has accommodated our community during times of mourning as the location of funerals.

The complex was the result of our spiritual leaders' prayers as the old community hall was becoming old and beyond repair, and the community outgrew the building.

The dream became a reality in May 1991. Under the guidance and direction of our leaders of that day, our community was instructed to host

these losses are still felt today. We miss seeing their faces and hearing their laughter at the powwow. Through dance and as we continue to practise our culture, we honour their memory as they were the ones who gave us what we have today.

Each powwow seems to get better year after year and new memories are formed every spring.

The organizing committee has been working to provide us with yet another awesome powwow in 2013. Like many volunteer groups, finding the necessary funds is always a challenge.

I urge Creston Valley citizens to support the fund-raising efforts of the LKB powwow committee. One of the initiatives is the famous Indian taco sale, consisting of fry bread

with lettuce, tomatoes, ground beef, shredded cheese and hot or mild salsa.

The committee volunteers the majority of the year to bring forth aboriginal culture to the Creston Valley with no admission to attend the powwow. We will continue the tradition of remembering the gift from 1991 this year.

My prayer is that one day in the near future the Yaqan Nukiy citizens will return to the comradery we once had, that feeling of unity and a sense of belonging for all.

In essence, the LKB is one large family. We are all relatives bonded by language and tradition.

As the chief of the band, my goal is simple: strive to do my best each and every day, remain humble and, despite personal differences, represent all of the band's citizens.

This May, I will dance for the people, the homeless, the children and the elderly who can no longer dance. Our community is due for some much-needed fun. I invite you to join us in a celebration of life during the long weekend in May.

Once again, thank you for taking the time to read and I wish you all well. May the higher power smile upon you all. ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.

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Keeping 'em in stitches for 30 years

C.V. Quilters' Guild celebrates anniversary

Three decades of quilting will be on display April 12 and 13 at the Creston and District Community Complex.

The Creston Valley Quilters' Guild is celebrating its 30th anniversary with a special exhibition as part of the 2013 Creston Valley Home and Garden Show.

"We're going to have quilts showing the different things we've done over the years," says guild member Dorothy Edwards, estimating upwards of 200 or more works of all sizes will be on walls, tables and – who knows – maybe even hanging from the rafters in the Creston Curling Club.

It will be a shining public moment for an organization whose members happily toil in obscurity most of the year but are, in fact, immensely community minded.

"We are a welcoming group of people," says Edwards, one of two original

members still with the guild along with Yvonne Brownfield, whose enthusiasm for the pastime is infectious. "Quilting is a labour of love. We just enjoy working with fabric and working with colours and learning new things.

"We're a teaching club. We teach anybody who wants to learn. If you come and are working on a quilt and need to know something, we will certainly help you."

It was on that philosophy the guild was founded in 1983, when a local quilter took a two-week course and shared the information among friends.

"She wasn't much better at it than we were so we all decided to have a quilting guild and learn together," Edwards says. "We needed inspiration from each other. We needed to learn from each other. We needed to share so we could become good quilters. That was the point right from the beginning.

"None of us were experts, not in those days."

Twenty inaugural members met weekly in the basement of Christ Church Anglican, where the guild still convenes one morning a week from September to May.

Much has changed in the interim, and not just members' level of expertise. The tools and materials, while not exactly high tech, have evolved substantially. Cutting mats, for example, hadn't been invented yet.

"We used to cut everything by hand in those days," Brownfield says.

As for the cloth itself, "when we started, all the fabric was polyester and stuff like that, stuff we won't even use anymore," Edwards says.

"If it isn't 100-per-cent cotton, we don't touch it," says Brownfield.

And, Edwards notes, "the only quilting thread you could find was white. Now you can find any colour you could possibly imagine, and you can buy any colour fabric you could possibly imagine. It's incredible what you can buy now."

The guild is on its third set of quilting frames, initially clunky, handmade items built first out of wood and then pipe. The latest, commercially manufactured model is made of metal and collapses for easy storage and set-up.

"Our husbands used to have to come and spend hours putting up these frames," Edwards says, "and now we're going to put them up in, like, half an hour."

Machine sewing is more popular today, though not among the increasingly rare, traditional quilters who still prefer doing all the work



C.V. Quilters' Guild showing of this year's raffle quilt.

manually. The Creston club combines the two methods.

“We sew (the pieces) together by machine but then we actually hand-quilt (the pattern),” Edwards says. “But hand-quilting is going out of vogue. It takes too long and people nowadays want quick results.”

“Quick,” of course, in a relative sense. Members spend about six months of every year collaborating on one full-sized quilt that gets raffled off as a fund-raiser – one year for the guild, the next year for a different non-profit community group.

This year’s is called String of Pearls, the designated gift for a 30th anniversary. Proceeds from tickets sales for that and several gift baskets being raffled off this month will be used “to help pay the rent,” Brownfield says.

Quilts the guild gives away can be lucrative money-makers. The Creston Valley Hospice Society made a record \$4,000 in 2012.

One year members made a bunch of smaller lap quilts for Swan Valley Lodge residents in wheelchairs.

The current membership of approximately 25 ranges in age from 40 to over 80 and they are showing no signs of slowing down, having started next year’s quilt (beneficiary to be determined) and begun preparing to host the 2014 East Kootenay regional quilting conference.

This year’s quilt show will feature a work area where members will demonstrate their craft to the public. Entry is included in the price of admission to the trade fair. ■



Quilting display from first quilt show.

Creston Valley Business Buzz



Jeff Banman,
owner
of Jeff's
Photos 'n
Motion

My business is Jeff's Photos 'n Motion. When I am not teaching full time at Prince Charles Secondary School, I am a photographer of many things. Families, portraits, weddings, sports, community events, landscape and just about everything else in between are things that I love to shoot.

Basically, Photos 'n Motion all started when I was 8 with a Saskatchewan sunset, cliché I know, but officially we

began in the fall of 2008. Photos 'n Motion offers more than just great photography but we also do video transfers, 35mm slide/negative scans, event slideshows and home/business inventory documentation. We also offer the option of having a second photographer at any event, which is great for that second angle.

The best part of owning a photography business in Creston is interacting with the community that my family has been apart of for many years and hope that through my photography Photos 'n Motion will continue to serve the Creston Valley for many years to come.

For more information please call 250-402-6482 or visit www.jeffsphotosnmotion.com

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Celebrating the arts in learning and life

Story by: Frank Goodsir

B.C. Arts and Culture Week (April 21-27) is a provincewide celebration of all things arts and culture that turns the spotlight on the vital contribution they make in learning and life.

Hundreds of arts councils, communities and schools across the province will join the fun by presenting a dazzling range of events and activities from pop-up dance performances to art crawls, exhibitions, open mics and much more. Music, films, media arts, dance, books, theatre and visual arts are a part of daily life and have a lasting impact. They inspire us, challenge us and broaden our horizons, and help us to become informed, aware and contributing members of society.

The arts and culture sector employs more than 63,000 people in B.C., with a growth rate three times the provincial average. Film and television alone bring in \$2.82 billion to our economy.

B.C. 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.

Arts and culture also play an essential role in learning. Participating in arts programs and activities not only provides students with the discipline and creativity to enhance their learning – schools with strong arts programs cite improved attendance and student motivation, renewed community participation, increased graduation rates and higher scores on standardized tests – but also gives them a strong foundation for enriching their lives.

The Community Arts Council of Creston invites all to join in the celebration by taking in one or more local events. An opening wine and cheese with a large art display and sale will take place at the Creston Valley Chamber of Commerce on Sunday,

April 21, between 7 and 9 p.m. Music will be supplied by Rick Potyok, Julie Mathews and Velle Huscroft.

The art show will remain on display throughout the week during office hours at the chamber. Featured are entries in a contest celebrating the 50th anniversary of the opening of the Salmo-Creston highway. Viewers will be able to vote for their favourite piece of artwork.

On Monday, April 22, Andrea Revoy will be holding a workshop on making a hanging tile or medallion at the Valley Mudders Studio on Northwest Boulevard between 10 a.m. and 4 p.m. These will be fired and placed on display in the art show at the chamber as a community art project.

A different kind of workshop will take place on Tuesday, April 23, when Jen Hart will lead participants through the wonderful world of zentangles. It is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns.

Almost anyone can use it to create beautiful images. Zentangles increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being.

Hart will lead two workshops, one from 1-3 p.m. for adults and a second from 4:30-6:30 p.m. for youth. Snacks will be available. Both workshops take place at the chamber.

With zentangles, anything is possible, one stroke at a time.

Everyone has talent. It lies below the ordinary mind in a deep pool of creativity. When we sit still, let go the busyness of daily life and then write without conditioned thought, words that arise from the roots of the imagination land on our page.

This is the stuff of poetry. This is writing practice. A workshop in Writing Practice and Poetry will be led by Kuya

Minogue at the Creston Zendo, 824 Regina St., on Wednesday, April 24, between 7 and 9 p.m. Participants should bring a notebook and two fast pens.

The event planned for Thursday, April 25, is a contemporary dance session with instructor Simon Lazarchuk between 10:30 a.m. and 12:30 p.m. at 1329 Northwest Boulevard. Those wishing to take the workshop should contact Lazarchuk at 428-8853.

The workshop will be paced for more “mature” bodies; no previous experience is required. A variety of movement techniques will be explored, offering participants a movement vocabulary to work with. Bring slippers, non-skid socks and loose, comfortable clothing.

Two events are planned for Friday, April 26, when most of the artisans in Crawford Bay and Riondel will be open. Various demonstrations will take place throughout the day, usually when Art Week participants show up.

Carpooling is available for those not wanting to drive. Meet at the chamber of commerce parking lot at 11 a.m.

A session titled Travel Posters at the Night Gallery will be presented by Alison Masters in the Prince Charles Theatre that evening at 7:30. Admission is by cash donation or food bank item.

To close out the week, Jan Potyok has organized A Taste of Creston, an ethnic food event to be held next to the chamber of commerce. This year's theme is Ethnic Eats, so preference is being given to menu items that have an ethnic flavour and should encourage creative menu choices. ■

Further information is available at atasteofcreston@gmail.com. This tasty event will mark the closing of Arts and Culture Week in Creston.

B.C. Arts and Culture Week is presented through a joint effort of Arts BC and ArtStarts in Schools, thanks to the support of the Province of British Columbia through the B.C. Arts Council and the B.C. and Yukon Community Newspaper Association. It is organized locally by the Community Arts Council of Creston.

BC Arts and Culture Week

April
21-27
2013

Celebrating the
Arts in Learning
and in Life

Events for Creston Valley, BC

Art Show - Chamber of Commerce

Open during office hours

Sunday April 21 • Opening Event • Wine and Cheese

7 to 9 pm, Chamber of Commerce • Art on display
Music Rick Potyok - Julie Mathews - Velle Huscroft

Monday, April 22 • Valley Mudders Studio

10 am to 4 pm • Hanging tile/medallion - Andrea Revoy

Tuesday, April 23 • Zentangles

1 to 3 pm adults/4:30 to 6:30 pm youth, Chamber of Commerce - Jen Hart • *Snacks available*

Wednesday, April 24 • Writing Practice and Poetry • Creston Zendo

7 to 9 pm, 824 Regina Street - Kuya Minogue
Participants should bring a notebook and two fast pens

Thursday, April 25 • Contemporary Dance

10:30 am to 12:30 pm • *Participants should contact instructor Simon Lazarchuk 250.428.8853*

Friday, April 26 • Crawford Bay/Riondel Artisans Studios open

11 am, Carpooling meet at Chamber of Commerce • *Demonstrations throughout the day*

Travel Posters at the Night Gallery

7:30 pm, Prince Charles Theatre - Alison Masters • *Admission by donation or food bank item*

Saturday, April 27 • Taste of Creston

Noon 'til 6 pm, Chamber of Commerce • *Contact tasteofcreston@gmail.com*



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Artwork by Karen Hibbard, Sonny Assu and
Eli Schreyer Allen bcartsweek.org/artwork

Annie promises engaging entertainment

By Footlighters Theatre Society

The sun will come out tomorrow — more specifically, on April 11, when the Footlighters Theatre Society and Adam Robertson Elementary School production of the musical *Annie* opens at the Prince Charles Theatre.

“This is one of those shows that makes you laugh, then makes you cry, then sends you home giddy and whistling its tunes,” says director Brian Lawrence.

Based on Little Orphan Annie, the 1924-2010 comic strip, the musical follows the adventures of the title character (played by Katie Foy), who lives with several other orphans (Andrea Daignault, Kienna Dyer, Mackenzie Fowler, Zoe Marini, Sydney Pugh, Shaylee Stuart, Jesika Troughton and Meredith Walker) at the New York City Municipal Orphanage, run by the nasty Miss Hannigan (Simone Wiebe).

Annie is thrilled to be taken from there to spend Christmas with billionaire Oliver Warbucks (Colin Hardwick) and his assistant, Grace

Farrell (Candace Foy), who vow to help the orphan find her parents. When Warbucks offers a reward, Hannigan, her brother Rooster (Jordan Koop) and his girlfriend Lily St. Regis (Ashley Lee) hatch a plot to get their hands on the money.

The show is set against the backdrop of the Great Depression and provides a fictional account of how

Caleb Wells) playing a variety of roles, some as many as five.

“It’s a treat to watch the ensemble members as a different character each time they enter,” says Lawrence, who previously directed the musicals *South Pacific* (2007) and *The Sound of Music* (2011). “You can’t deny the importance of the leads — who obviously put a lot of hard work into their roles — but

“This is one of those shows that makes you laugh, then makes you cry, then sends you home giddy and whistling its tunes”

President Franklin Roosevelt (Bob Purdy) was inspired to develop his New Deal, which boosted the U.S. economy.

Joining them is an ensemble (Morgan Benty, Gwen Benty, Keiryn Dyer, Frank Goodsir, Vern Gorham, Louise Lansing, Jasmine Lothien, Jesse Moreton, Laura Nelson, Marybeth Stenhouse, Jason Smith, Victoria Troughton, Jacqui Vezina, Cara Waddle, Gill Wells and

the ensemble is always the glue that holds a show together.”

A new addition behind the scenes is Wiebe, who took over for longtime Footlighters musical director Geri Buchanan. Although it requires her to pull double duty while playing Miss Hannigan, she’s enjoying the experience.

“I love musical theatre and I’m very happy to be part of such a great group of people,” says Wiebe, who

Footlighters Theatre Society and Adam Robertson Elementary School present

the classic Broadway musical

Annie

Book by
Thomas Meehan

Music by
Charles Strouse

Lyrics by
Martin Charnin

7:30 p.m. • April 11-13, 2013
Prince Charles Theatre • Creston, BC.

\$10 Adults • \$8 Students/Seniors • \$5 Children Under 12

Tickets available at **Black Bear Books, Kingfisher Used Books** or at the door

Based on “Little Orphan Annie”
By Permission of The Tribune Media Services, Inc
Originally produced by The Goodspeed Opera House
Michael P. Price, Executive Director

Original Broadway Production Directed by Martin Charnin
Presented on Broadway by Mike Nichols

Produced by Irwin Meyer, Stephen R. Friedman, Lewis Allen
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The John F. Kennedy Center for the Performing Arts, Icarus Productions



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played Maria in *The Sound of Music*. “It’s been challenging and exciting and nerve-wracking all in one. Mostly, however, it’s just fun.”

“The music is jazzy and upbeat”

That fun will shine through in all aspects of the show but particularly the music, from the angst of *It’s A Hard-Knock Life* and the optimism of *Tomorrow* to the sarcasm of *We’d Like To Thank You, Herbert Hoover* and the bliss of *I Don’t Need*

Anything But You. And while the hit Broadway musical — which won the 1977 Tony awards for best musical and best score (plus five others) — has

its poignant moments, the audience is sure to get a laugh from many of the non-musical scenes.

“The music is jazzy and upbeat,” Wiebe says. “It’s hilarious. All ages will find something humorous in it.”

It’s particularly timely, Lawrence adds,

being set just a few years into the Great Depression, just as modern society is bouncing back from an economic downturn.

“It’s a reminder that no matter what goes wrong, we always have hope,” he says.

“It’s just heartwarming,” Wiebe adds. “No one in the audience will leave without feeling a little more optimistic about ‘tomorrow.’ ” ■

Annie runs at 7:30 p.m. from April 11-13. Tickets are available at Black Bear Books and Kingfisher Quality Used Books.

Early season end for the T-Cats

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats’ season ended early, with the team not making the Kootenay International Junior Hockey League playoffs for just the third time in franchise history.

After the season ended the organization held its annual awards banquet, a celebration of the season and a final gathering of our hockey family.

For many players this will be their last season. The Thunder Cats wound up with nine 19-year-old players, only four of whom can return for a final season in a Thunder Cats uniform due to a league rule allowing only four 20-year-olds to be carded.

It will be interesting, come training camp in August, to see who’s coming back.

This year 16 trophies were awarded as follows:

- Grandma Kepke Award (supporter of the year): Debbie Keirn.
- Fan of the Year: Ian McDowell.
- President’s Choice Award (volunteer of the year): Cindy Payne.
- Fan’s Choice Award (favourite player): Brady Ward.

- Most Scoring Points (regular season): Trevor Hanna.
- Most Improved Player: Brady Ward.
- Most Three Stars: Trevor Hanna.
- Most Inspirational Player: Joey Berget.
- Most Sportsmanlike Player: Jesse Collins.
- Windshield Award: Tyler Akeroyd.
- Coach’s Choice Award: Trevor Hanna and Jon Watt.
- Rookie of the Year: Angus Johnston.
- Best Defenceman: Trevor LeBlanc.
- Mayor’s Citizenship Award: Tyler Akeroyd.
- Carson Banman Memorial Award (community service): Jaidan Ward.
- Most Valuable Player (regular season): Trevor Hanna.

Many thanks were expressed to the volunteers (including this year’s AVID class from Prince Charles Secondary School), billet families and players. Game night director Kelly Moore gave special recognition to Robbie Rutkowski for going above and beyond in helping on game nights, pulling the crew out of a bind or two throughout the season and always doing it with a smile.

Special recognition was also given to some longtime volunteers who announced this will be their last season with the team. Retiring are: Fred Jones, who has been a team trainer for many years; Doug Reid, who has been the equipment manager for many years; and, assistant coach Garth Ludwar, who has been with the team for seven-plus seasons.

The retiring of these men leaves some pretty big holes for the team to fill.

During the offseason the Thunder Cats will be looking for more volunteers to help run the 2013-14 season. If you are interested in helping out, contact the team by e-mail at tcats@hotmail.ca or call the Thunder Cats office at 428-8929.

Vacant positions include: board of directors; game night security; trainer/equipment manager; Web broadcast crew (play-by-play, colour commentary and camera operation); fund-raising, billet homes, etc. ■

Our annual general meeting will be held on Wednesday, May 22, at 7 p.m. in the meeting room at ABC Country Restaurant. Become part of the team.

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Home & Garden

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Clothes Lines

Years ago almost everyone dried their clothes on a clothesline in the yard. Today there are many types of clotheslines that can be mounted both inside and out of the house.

Phantom Power Bleeding

Many digital devices in the home remain plugged in when not needed. They draw electricity that can amount to almost hundred dollars a year. So, hook your devices to a power bar and switch this off when the devices are not in use.

Leaking Taps

Another big waste of money in an electrically-heated water tank is leaking hot water taps. Leaky washers can drain hundreds of dollars in wasted electricity.

Wash in Cold Water

The new detergents are so thorough that washing in hot water is a thing of the past.

Plugging Holes

Older homes have dozens of small leaks to the outdoors because of both wood shrinkage and deteriorated caulking around windows, doors and utility lien inlets.

Re-caulking these areas will save money for those with electric heat.

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Home & Garden

Gardening Tips

Mapping

Before you start to embark on any re-design of your garden it helps to map out on paper what the actual area you are wanting to re-landscape. Get a piece of paper and pen then mark out some measurements and boundaries; make a note of the areas where there is dense shade, partial shade and where the sunny areas are as well

Light And Shade

The reason for noting the where the shaded and light areas are is that it will be helpful to decide where you would like to locate the sitting areas or patios but will also affect the type of plants you can successfully grow in each part of the garden. This information will be very important

when you go shopping for plants what array of colors you would like and also the textures and where the ideal place to plant them would be.

Texture And Heights

Always remember that varying heights in a garden can add a very interesting and unique look in a small area.

Colour

With the use of evergreen plants and different colors of foliage and flowers will also add to the overall effect.

Soil & Climate

Always knowing your type of soil and local climate will also help you in your landscape design and choosing the best plants for the soil and climate will maximize the potential of your new wonderful garden.

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Red-winged blackbirds get down to business

Story by: Carla Ahern, Director of Communications, Stewardship and Education
Creston Valley Wildlife Management Area



A familiar sight perched atop cattails in the wetland, this boldly coloured bird is a cheerful indication that spring has returned.

The red-winged blackbird is one of the first arrivals here in the wetland in late winter. The males show up early to claim their territory.

Usually snow and ice are still present and spring is a distant thought when one hears the first call of the season. But the early bird catches the worm, as they say, and staking your claim to a territory early is key.

The glossy black males have scarlet red and yellow shoulder patches that they can puff up or hide, depending on how confident they feel. The more dominant males have brighter, larger shoulder patches. Females are a nondescript dark brown colour.

And they sing! Males spend much of the breeding season on a high perch singing their hearts out. Their song phonetically sounds like “konk-a-ree.” It is a welcome tune to hear in the spring.

Males are polygamous, meaning they mate with more than one female, sometimes having up to 15 female mates. So while a dominant male may

take claim to an area (and the females that use it), that is not to say that other males won't come in and try to mate with the ladies. Actually, one-quarter to one-half of nestlings turn out to have a father other than the territorial male.

Males spend a quarter of the daylight hours in defensive mode during breeding season, protecting their territory. They chase out other males and nest predators, including people. (I have been dive-bombed by a bird or two.)

Marsh wrens, smaller than the red-winged blackbird, are a known predator of the eggs and nestlings of the blackbird, destroying the eggs and sometimes drinking from them and pecking the nestlings to death. Other predators include owls, hawks, crows, ravens, herons, raccoons and snakes.

Observing groups of blackbirds chasing away a crow or raven is a common site in the wetland. The blackbirds will take turns dive-bombing and attempting to peck at the crow while the crow tries to evade the attack by diving erratically through the air.

The females take on the nest-building by stringing together plant material such as cattails, willow bark and grasses. They

add wet vegetation and wood to the outside and plaster the inside with mud.

The nest is anchored to upright stems of cattails, rushes or sedges, forming handles to keep the nest attached to the dense vegetation. The nests are usually located close to the water.

The blackbird nest is one of our favourites to look out for as we paddle the waterways on our guided canoe tours in the spring. The sea of cattails in front of you is loaded with perching blackbirds and you know that hidden somewhere inside this thick foliage is a nest or two, or hundreds.

Happy spring. Enjoy your time in the wetland in search of newly arriving wildlife while soaking up the beauty of our surroundings. ■

If you want to make sure you are kept up to date on the happenings at the Creston Valley Wildlife Management Area, please reach out to us in the following ways and we will make sure you are on our e-news or mailing list: the Web site www.crestonwildlife.ca; e-mail address askus@crestonwildlife.ca; telephone number 402-6900; in person at the administration building at 1874 Wildlife Rd. in West Creston; or, the wildlife centre (open seasonally from May through October).

As a side note, I will be on maternity leave for one year starting April 1. My replacement, Andrea Chapman, can be reached through the avenues above or at the wildlife centre when it opens in May. See you next spring.



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Bird Fest celebrates best of the valley

Story by: Tanna Patterson, project planner, Creston Valley Bird Fest

The Creston Valley Bird Fest (May 10-12) promises to be a celebration of all things Creston: the birds, the art and the agriculture. It's why life is good in this tiny, rural valley.

The festival begins with a party. On the Friday night, artists, photographers and musicians will display their crafts in the Creston Room of the Creston and District Community Complex.

Local vintners will provide samples of valley spirits along with world-famous Tabletree cherry juice. Locally produced cheese from the organic Kootenay Alpine Cheese fromagerie will enhance the hors d'oeuvres.

At sundown, festival patrons will follow Marc-Andre Beaucher deep into the Creston Valley Wildlife Management Area, listening for owls.

The fun continues on the Saturday morning as 10 bird experts lead groups through different parts of the Creston Valley. Mountain, wetland, river, lake, grassland and forest habitats have their own avian species.

Profiles of the bird experts drawn from Victoria, Nelson, Castlegar, South Slokan, Cranbrook and Creston are described at www.crestonvalleybirds.ca.

Following a morning of discovery, lunch, catered by Real Food Café, will be offered from 11 a.m. to 1 p.m. in the Creston Room. Two presentations are on the menu: Ann Nightingale's Hummingbirds and Dr. Rick Page's Cooper's Hawks.

Numerous valley events have also been planned for festival enjoyment. Because May is blossom time, cherry producer Susan Low has offered to lead people through her orchard. Lorraine Scott is eager to show her well-tended cacti garden. Julia Miller has invited people to her veranda in Wynndel to view the hundreds of hummingbirds zipping about her feeders. Nadine Harris-Ben Rabha has arranged a tour of her family's organic dairy- and cheese-producing farm. Nigel Francis and several community groups have been growing food year-round at the community greenhouses at the College of the Rockies. Sandy Kunze has arranged an action-packed bus tour of eight art studios.

The Bird Fest is pleased to host two well-known presenters: John Neville of Neville Recordings; and, Jim Lawrence, an ecologically sensitive wildlife photographer from the Lardeau Valley.

Neville has produced several CDs of bird songs and has supplied recordings to Parks Canada and the movies. His talk, *Owls of B.C.*, is in the Creston Room.

Lawrence's photography workshop is at the wildlife centre theatre utilizing indoor and outdoor spaces.

The Bird Fest climaxes at 7 p.m. on the Saturday in the Prince Charles Theatre with a wind-up species count, presentation of the festival art and an audio-visual treat by world adventurer and videographer Brian Keating. Keating's presentation, *Going High: Three Spirit-Lifting Journeys*, will take the audience on an incredible journey to the mountains of our planet — the Himalaya, the Andes and our own Rocky Mountains. His theme is a plea for humanity to save our wild places.

But that's not the end. Three bird experts will lead expeditions on Sunday morning to Corn Creek Marsh, Kootenay Pass and around the wildlife centre trails. It's a perfect way to spend Mother's Day.

Creston needs a bird festival to remind us that nature's diversity is worth celebrating. This festival will bring people to where the wild things are with the hope of fostering love, care and compassion for all creatures and places wild. All you have to do is come. ■

Registration for the Bird Fest is online at www.crestonvalleybirds.ca/ registration, at the Creston campus of the College of the Rockies or at the festival on Friday, May 10, from 5-8 p.m.




Art for Birds Benefit

www.crestonvalleybirds.ca

Art Show & Sale

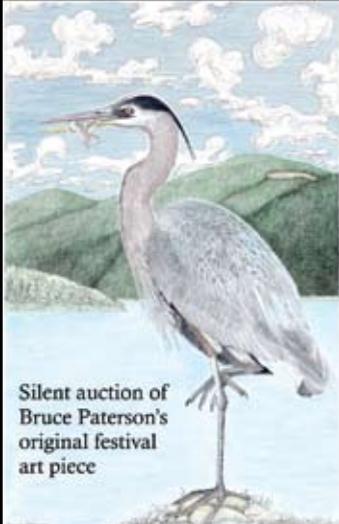
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Silent auction of
Bruce Paterson's
original festival
art piece

To register for this or any of the festival events, on-line www.crestonvalleybirds.ca/registrations or at the College of the Rockies, or at the Art for Birds Benefit May 10.

Does job satisfaction still exist?

Story by: Kootenay Employment Services

Among the first questions we ask people we are meeting for the first time are, “What kind of job do you have?” or “What kind of work do you do?”

It’s an icebreaker in any standard conversation and it’s easy to answer. Either you have employment or you don’t.

You may expand on your answer by offering the information that you are looking for work or recently retired, but for most of us this is a simple yes-or-no type question.

The next question we tend to ask is, “Do you like your job?” or “How’s the job going?” This can be more difficult to answer.

When you ask this question, if the response includes a groan, moan, sigh or any type of pained expression, chances are the person is not experiencing a lot of job satisfaction.

Most of us start out pretty happy to find work. For those of us in the Creston Valley, a job can be hard to come by. I can see all the heads nodding to that statement. But even in areas where jobs are hard to find,

job satisfaction follows a predictable path.

The first six months of a job are normally the highest-rated months in terms of job satisfaction. The security of having a steady paycheque, being able to pay our monthly bills and perhaps having a bit left over to simply enjoy makes this the “honeymoon” phase of employment.

There is little concern given to other aspects of the job. If our employer is asking us to work overtime without paying for overtime, or if the work conditions aren’t the best, we tend to overlook these issues because we are so happy to have money coming in.

In psychological terms, the need for security (defined as food, shelter and personal safety) is the strongest need we have as humans. However, once these needs are met, they tend to fade in importance over time which is why, after six months or so, the average person starts to take their paycheque for granted and look for other sources of job satisfaction.

For those who are working in a positive environment in which they are treated well, respected and encouraged to gain skills, job

satisfaction is likely to remain high.

For those who are employed in situations where there is no chance of advancement, a negative environment or dangerous work involved, job satisfaction will start to decrease. On average, a person will stick out this kind of job for two years before they start looking for another job.

Of course, these are only theories and statistics. There are lots of people who stay at jobs they hate because they feel they have no choice, and there are lots of people who say they don’t think about job satisfaction at all, that a job is not supposed to be fun or pleasant. It’s just work.

There are ways to increase our job satisfaction once the honeymoon phase is over. Learning new skills, either on the job or by taking outside courses, is one way to stay motivated at work.

Becoming a positive role model in the workplace is another way to feel more connected and invested in our employment. ■

For more tips on finding job satisfaction and on finding and keeping a job, talk to one of the employment counsellors at Kootenay Employment Services, which is the WorkBC centre in Creston.

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Strong support for addictions recovery centre

Story by: Diana Wedge

The Society for the Addictions Recovery Centre in the Kootenays (ARK) began its dream in 2001 to help people seeking recovery from addictions.

It began with Helmut Boehm, director of Wagner Hills Farm in Langley, and a group of concerned people organized under the leadership of Kate Huscroft of Creston.

ARK was granted society status in 2004 and in 2006 obtained charitable status from Revenue Canada.

In order to begin ministry, ARK decided to rent property. A rural home was leased in Lister and Creston House was established.

A formal partnership was developed between Wagner Hills and ARK in which the former would provide trained staff and program finances and the latter would provide a facility, apply for grants and cover other expenses of the healing service.

Creston House, under the leadership of Tony de Jong of Wagner Hills, has accomplished significant steps. Among many activities, de Jong leads a Thursday evening men's recovery group at New Life Church on Elm Street in Creston.

Since its opening, Creston House has been instrumental in sending numerous men to Wagner Hills and women to House of Hope for immediate recovery care. The men in Creston House are integrated into the community through various volunteer opportunities, gaining a new outlook on life.

The development of work program initiatives is planned for this spring and summer.

De Jong shares information with other organizations that help individuals and families. He also has a Friday program, Creston Live, on local radio station CIDO 97.7 FM from 9 to 11 p.m. The program uses contemporary Christian music and testimonials from recovering addicts for healing and hope.

ARK directors organize annual fund-raisers to provide a facility and support for Creston House. Each year they require at least \$20,000 to accomplish this goal. They greatly appreciate support from citizens of the Creston Valley to continue this valuable work.

The next fund-raiser is a Mexican fiesta and auction at New Life Church at 4:30 p.m. on April 27. Tickets are limited, so mark your calendars and get your tickets.

It will feature auctioneer Joe Snopek and music by Mark Koenig. There will be many items and experiences auctioned, including: a one-hour scenic airplane tour of the Creston Valley and Kootenay Lake; Frank van Neers's Big Trout fishing expedition; two nights at Hamilton House bed and breakfast; tea in the country; a boat ride and lunch on the beach; a gourmet dinner; quilting lessons; a Cheyenne Creek Mini Golf season's pass; a door prize; and, much more. It is through the live and silent auction that money will be raised to support Creston House.

Tickets are \$10 per person and include appetizers, a taco bar

extravaganza and dessert. Tickets are available at Hebrews Cafe in New Life Church. ■

To donate a gift or experience for the event, contact Diana Wedge at 428-7238 or Wendi Lengyell 428-0059. Ideas include personal lessons, babysitting, window washing, lawn care, pet walking, housecleaning, sewing, quilt, art, other quality items or fresh baked goods for auction.

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Fact and fiction in local history

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

One of our volunteers asked me the other day if there are things people have a hard time believing about local history. I got to thinking about that and realized that, yes, there are a number of strange-but-true facts that no one believes – and there are also quite a few things people believe even though they are pretty much pure fiction.

We've covered a few of them in other articles; here are some more.

In the pioneer years, Creston had 26 hotels: I remember reading this in a History of Creston section of a visitors' guide not long after I moved to Creston and I've seen it in several other places since.

The earliest mention I've found comes from a special historical edition of the Creston Review, published in May 1951, which refers to Creston's 26 bars – not hotels, but then bars or saloons were often

located in hotels. This, however, is the same newspaper that published at least one other local legend, so I'm not inclined to take all its assertions at face value.

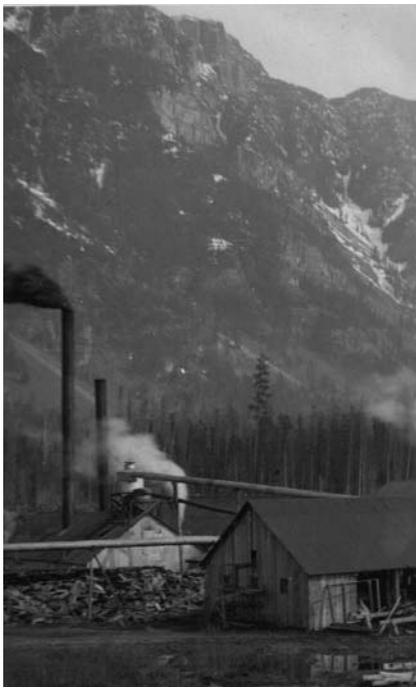
If we take a look at city directories (listings of all the communities in B.C., along with their businesses, services and a list of the residents and their occupations) for Creston's early years, we find that, at most, Creston had eight hotels. That was in 1900. Henderson's Directory for that year does not mention any saloons or bars, or any halls or gathering places that might be considered "bars." The only way we get anywhere near 26 hotels or bars is if we expand our definition of "Creston" to include the other communities in the region: 21 hotels between Sanca and Kitchener, two restaurants and one boarding house. So I'm going to call this one probably fiction.

The first steamship on Kootenay Lake got through Canadian customs

duty-free as a farm implement: William-Adolph Baillie-Grohman imported the SS Midge from England in the mid-1880s as part of his effort to reclaim the flats along the Kootenay River from flooding. At the time, any equipment needed to operate a farm in Western Canada came into the country duty-free.

Baillie-Grohman pointed out, with 100-per-cent accuracy, that the land he wanted to farm was under water so he needed the steamship to pull the plough. He was talking to a good friend of his in the customs department, who might well have owed Baillie-Grohman a favour, and Baillie-Grohman might have exaggerated his own cleverness (he did that occasionally), but this one is fact.

Dr. Henderson was Creston's first doctor: That statement, just as it is, is fiction. Dr. W. Green and Dr. Ewart were here with the CPR's tent hospital from 1899 to 1900, and by 1902 Dr. W. Wymond Walkem had come to town, while Dr. Henderson didn't arrive until 1908.



The Canyon City Lumber Mill at Canyon.



Dr. Henderson.



3510 Fourth Street – Creston about 1910, showing two of the hotels that existed in 1900.



Archibald school – one of the airplanes from the Archibald flying school on the flats.

Nor was Dr. Henderson the only doctor in town for the next two decades (another frequently mentioned side to this story). A Dr. Primrose Wells also had a practice here in 1912.

“There are a number of strange-but-true facts that no one believes”

However, Dr. Henderson was the first doctor to permanently reside in Creston – he moved here shortly after graduating from medical school and stayed until he died in 1938, while the others moved on after only a short time in the community – and to him goes the credit for providing the first reliable, long-term medical care in the community. So, yes, this is fiction – but that doesn't really matter.

Canyon, the farming community, used to be a city: Let me clarify this one. Canyon, the farming community, used to be called a city; its original name, when established in 1908, was Canyon City. At that time it was a sawmill surrounded by scattered farms.

It never had the population of a city, and certainly was never incorporated as one, but the name “Canyon City” was a clear indication of the founders' hopes for the community.

This kind of subterfuge was not unique to Canyon. Slokan City did exactly the same thing. New Denver borrowed the name of the famous Colorado mining boomtown. Nelson numbered its three streetcars numbers 21, 22 and 23, and Creston named its first street Fourth Street – all efforts to make these new communities seem larger and more prosperous than they really were.

There was an airport on the flats west of town: Fact, though when we say “airport” we don't mean anything like Vancouver International. It was a

flying school for Cominco to support the company's mining exploration in northern Canada.

Established in 1929, it taught pilots how to take off and land on grass (in

summer) and snow (in winter). In addition to the flying school, the airstrip on the flats was used on other occasions, most of them emergency landings.

There was a ski hill in Wynndel: Wynndel's ski club was organized in 1952, though efforts to establish a ski hill began in November 1950. The hill was located on Cory Road and was equipped with a rope tow powered by a 1935 Ford truck. Wheel rims and car axles served as tension-adjusters for the rope tow, which had to be adjusted regularly throughout the day because it stretched.

The Wynndel ski hill only operated for a few years, partly because the slope faced south and, as Cyril Colonel recalls, “Mother Nature would remove our most precious commodity.” Nevertheless, this is fact – and we have the rope from the rope tow in the museum's collection.

Construction of the Salmo-Creston highway was delayed because a bear kept pulling up the survey stakes: This was a research inquiry from a member of the public, and one I haven't been able to confirm or refute yet. I've learned about two airplanes that landed on the highway, and the wreck of a truck hauling chickens that resulted in some weird-looking grouse running around up there, but so far no bear. I'll get back to you on this one. ■

For more information contact the Creston and District Museum and Archives by phone at 428-9262, e-mail at mail@creston.museum.bc.ca or the Web site www.creston.museum.bc.ca.

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Story by Jesse Moreton, BSc DC

Putting whiplash to the test

Last month I introduced the concept of non-organic signs (NOS) as a phenomenon sometimes demonstrated by whiplash patients. To review, NOS are feelings you may exhibit that are not directly caused by injury.

I used the example of kinesiophobia or fear of movement after pulling a muscle. NOS are often related to the psychosocial aspect of pain or injury. They can be felt sincerely but are often fabricated for secondary gain, sympathy or attention.

Sometimes they can be in response to a cultural expectation. For example, our society accepts (and almost expects) that men turn into babies when they are sick. This encourages non-organic behaviour.

There have been established NOS for low back pain since Gordan Waddell conducted research in 1980. In fact, many practitioners will refer to NOS as Waddell's signs because other research is scarce and his tests have become widely used and validated.

In a 1980 paper he described five categories of tests:

1. Tenderness tests – widespread hypersensitivity to touch.
2. Stimulation tests – involve pressure or movement of a body part that should not cause pain even when back pain is present.
3. Distraction tests – tests in which pain is reported are rechecked when the patient is distracted. For example, a patient who is hypersensitive to light touch during examination may not complain of pain as you support their back while helping them sit up. I have noted this sign on occasion in my own

practice. Other distraction tests are more sophisticated.

4. Regional disturbances – descriptions of pain or neurological symptoms that do not fit anatomical patterns.

5. Overreaction signs – subjective signs judging a patient's demeanour and reaction. Typically present with other NOS, overreaction signs can serve to confirm the presence of a strong non-organic origin.

The actual science and logic behind some of the distraction tests is intriguing and, frankly, entertaining. There's a comical sense of justice when an examiner can prove that someone in the courts is fabricating an injury for financial gain.

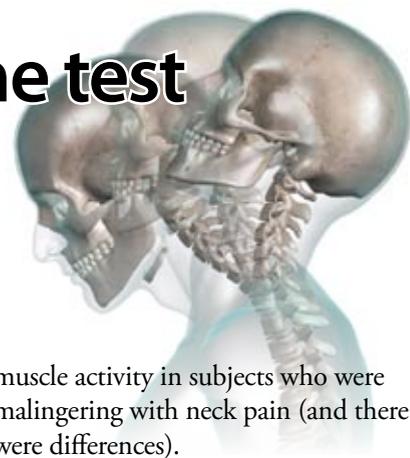
On the other hand – and this is the tricky part – some types of NOS are legitimately felt. Again, I remind you of the fear you had to move your neck the last time you pulled a muscle.

During my summer as a student I worked in research facilities. One of the professors I worked with was involved in developing and validating NOS for the neck. Although I decided to work in a clinical setting, I still find this area of research exciting.

No one has successfully developed an equivalent of Waddell's signs for the neck. We published one study in the Journal of Manipulative and Physiological Therapeutics. It assessed and validated four distraction tests that we developed for the neck.

Another study was published in Spine. It addressed the psychological factors in rating neck pain using the neck disability index (NDI).

The last study I was involved with was published in the Journal of Back and Musculoskeletal Rehabilitation. It discussed the patterns and differences of



muscle activity in subjects who were malingering with neck pain (and there were differences).

All this is to say, as I alluded to in the previous article, that the world of pain is complex. As humans we bring a lot of belief, emotion and superstition into what we feel and perceive. NOS are just one way we try to organize or label this psychosocial involvement.

I hope you've found this little expose into a health practitioner's mind of interest. ■

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Mandalas, movement and much more than yoga poses

Story by: Creston Valley Yoga Studio

Join us for a fun yoga workshop that embraces the mind, movement and breath on April 12 and 13 at the Creston Valley Yoga Studio.

In various spiritual traditions, mandalas are a sacred space and used as spiritual tools. They are often geometric patterns created as symbols for meditation, protection and healing.

The Sanskrit meaning of “mandala” is both “circle” and “centre,” implying that a mandala represents both the visible world outside of us and the deep, invisible world inside our minds and bodies.

The mandala holds the power of unity, healing, balance and wholeness. The centre is where the crux of this power lies.

Some believe the symbolic nature of the mandala can help one to access progressively deeper levels of the unconscious and, in fact, Carl Jung believed the mandala was a “representation of the unconscious self.”

On the Friday night we will create a sacred space on our mats



by designing a mandala with our bodies, going deeper each time as we circle our mats with various yoga poses.

Using hand mudras (or hand positions) will help engage our thoughts with each action, making it quite an intentional practice. It is fun and a great workout, ending with a beautiful meditation as we gaze at a mandala.

On the Saturday we will explore the energetic world of chakras, which were considered “wheels of energy” by the ancient yogis, and how our actions and behaviours are a reflection of our personal energy.

There is a wonderful poem by Rabbi Hillel, a hero to the Jewish people born in Babylon in 110 BC:

“Watch your thoughts; they become your words.

Watch your words; they become your actions.

Watch your actions; they become your habits.

Watch your habits; they become your character.

Watch your character, for it will become your destiny.

If I am not for myself, who will be for me?

If I am only for myself, what am I?

And if not now, when?”

This poem reminds us that we

“In various spiritual traditions, mandalas are a sacred space and used as spiritual tools”

do have the ability to change our habits and behaviours, which is exactly what the chakra energy is about: balancing fear with security, desire with need, hatred with love and so on.

We will do different yoga poses, breathing techniques and meditations to bring balance and harmony between these opposite emotions within us.

We will end on Saturday with an afternoon exploring mudras, or yoga poses, that engage the breath with the yoga asanas and chakra visualizations for a different effect and a different kind of practice.

We hope you will join us for a fun weekend of yoga. ■

If you are interested in attending part or all of this workshop and learning more, e-mail smilingheart@shaw.ca or call 866-5474. There are three sessions: Friday evening; Saturday morning; and, Saturday afternoon. The cost is \$40 plus GST per session or \$115 plus GST for all three sessions.

Marion (Mugs) McConnell is the workshop facilitator. She was born in Creston and grew up here until she was 14, when she moved to Manitoba and later the Okanagan. She began her practice of yoga 40 years ago and became a certified teacher in 1978 through the Sivananda Yoga Vedanta Society with Swami Vishnudevananda.

She is the Canadian representative for the International Yoga Teachers' Association and recently received the Queen Elizabeth II Diamond Jubilee Medal for offering nearly 40 years of yoga in Canada and abroad.



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Story by:
Shifu Neil Ripski

Training, tea and competition at the Tiger Balm International

At 5:30 in the morning all is usually quiet at my house – even the sheep don't want to get out of bed – but that's when we hit the road to Vancouver for the Tiger Balm International level tournament.

Every year I take my martial arts students to compete at an international-level competition. It's great to build the confidence and character of my students and a chance to expose them not only to high-level competition but directly to Chinese culture, customs and – when we are lucky – other martial arts masters.

Over the mountain passes and through low clouds we drove to reach Vancouver in a single day and our home away from home, the Hotel Patricia right next to Vancouver's Chinatown. In the morning we headed down to the New Garden Bakery for traditional Chinese breakfasts.

The smell of steamed buns filled the air behind the fogged windows of the restaurant and the 20 of us settled in for har gau (shrimp dumplings), siu mai (pork dumplings) and my personal favourite, shan ka ya tang mein (barbecued duck noodle soup). Delicious!

Two days of competition followed. Creston was represented by students of mine who have been training from one to five years, accompanied by supportive parents and tai chi (taiji) students from both my Creston and Wynndel clubs.

We competed in continuous sparring (like a kickboxing match) and

padded weapons fighting divisions. Our six fighters brought home 13 medals.

Nine-year-old Nick Ebelher fought in both divisions and not only showed great skill in winning his medals but great compassion against the demure little girl he was matched against in one fight.

Our resident monkey kung fu fighter, David Huscroft, fought in the black belt continuous kickboxing division and had to fight three opponents back-to-back on his way to the medals. Not only did he instruct some black belts in monkey style (David is still working toward his black belt) but he showed great control of his emotions when he fought through a bloody nose in his last match to victory.

In the evening we celebrated with a Chinese victory dinner and headed to bed. The next day featured a tour of Chinatown and a visit to the Sun Yat Sen garden to take in traditional architecture and peaceful surroundings. It is amazing that a place can be so calm and serene in the heart of Vancouver.

A visit to my friend Daniel Lui (thechineseteashop.com) for a traditional gong fu cha (Chinese tea ceremony) followed, accompanied as always by great conversation and instruction from Shifu Daniel (who is a traditional master of the Chinese way of making tea) on the various types of black teas and fermented pu erh cha.

This year he honoured us by making green tea, aged 30 years (\$1,280 per pound) in his oldest (200 years) teapot. He told us that he only brought it out for his closest friends,



which I am proud he considers us at Red Jade to be among.

After a great competition, a showing not only of martial skill but virtue from my students, wonderful tea and training in the Chinese garden, and days of good friends, we came home to our mountains and back to our quiet lives here in beautiful Creston.

Congratulations are in order to Nick Ebelher, Adam Ebelher, Clyde Elvis Robson, Lorna Foot, Austin Agabob and David Huscroft for representing Creston to the world. ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynndel Community Hall. He can be reached at 866-5263 or at www.redjademartialarts.com.



Austin Agabob (left) and Clyde Elvis Robson (right).



Story by: Maya Skalinska
Master Herbalist,
Registered Herbal
Therapist

Calendula a down-to-earth tonic

Ahhh, spring is here. Time for Mother Earth medicines to wake up.

Calendula officinalis is one of my favourites.

I love the sea of golden orange flowers covering many beds of my garden for all of the summer and most of the fall. Even after the first frost these amazing plants seem to want to go on.

If you've previously grown calendula you know that April is the month it will start to spring up. If you have not grown this wonderfully happy plant, it's time to sow its seeds, not only for its long-lasting beauty but for many medicinal gifts it will bring to you and your family.

The medicinal properties of calendula are in the resin, concentrated on the underside of the flower heads, and on the petals.

In England, calendula flowers were picked, dried and added to soups all winter long to fight off colds and

fevers. Petals were applied to insect stings to reduce pain and swelling.

In Germany, calendula flowers were used as wound medicine way before modern research proved its efficacy.

The most common uses of calendula flowers are for wound healing, reducing skin inflammation, clearing the lymphatic glands and as a general immune tonic.

The wound-healing properties of calendula are quite impressive. Its action is called bacteriostatic, which means that instead of killing bacteria it contains it, therefore keeping the wound clean and, in turn, helping the body heal.

It is confirmed by researchers that suppuration (formation or discharge of pus) is impossible in the presence of calendula. That is why you will notice that many herbal salves for skin conditions will contain calendula.

My "quick healer" salve contains much of the calendula I grow. From treating deep wounds to diaper rash, the healing action has never failed.

Calendula is specific for external wounds and lacerations, as well as wounds exposed to water when they get tender and swollen. Calendula seems to take the fluids out and keep the wound clean.

Matthew Wood, a famous herbalist, writes in his Book of Herbal Wisdom: Using Plants as Medicines that calendula "seems to clean the wounds from the inside, in other words, through the lymphatics beneath the skin."

This brings me to the medicinal gifts calendula offers to our lymphatic system. Calendula seems to be the expert on drying out fluids, especially stagnant lymph fluid.

For those who have chronic swollen glands, usually due to unresolved

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lymphatic stagnation, calendula tincture or infusion is what I would recommend. Much like Woods writes about the wound healing through the lymphatic system, calendula can houseclean not only the wounds but the lymphatic system itself.

The lymphatic system is also a vehicle for the immune system as it carries, holds and helps in the production

of our white blood cells which defend us against invaders. Since calendula can clean up and dissolve stagnation in the lymph, it assists the immune system in doing its job. A healthy lymphatic system is a healthy immune system.

No wonder the English swore by adding calendula into their winter soups. Try adding calendula petals to

your salads. Not only will they make your salad look fantastic, they will also help your lymph and immune systems stay balanced and healthy. ■

Maya Skalinska is a master herbalist and registered herbal therapist offering iridology, pulse and tongue analysis, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment call 225-3493.

community events

Out & About

Submitted by: www.crestonevents.ca

April 6 & 7 Mini Trade Fair

Many direct sales/home based business vendors will be participating

Location: Renee's Diner on Hwy 21
10am to 2pm at

Contact: Brenna Cull
Phone: 250-428-9856
b_cull@yahoo.com

April 6 Creston Concert Society presents Shane Philip

Simultaneously playing didgeridoo, guitar and a variety of percussion instruments

Location: Prince Charles Theatre
Show starts at 7:30pm

Contact: Margaret
Phone: 250-428-9557
www.crestonconcertsociety.ca

April 12 & 13 Creston Valley Home & Garden Show

local businesses and organizations, health practioners, landscapers, garden supplies, farm market and artisans

Location: CDCC
Contact: Jim Jacobsen
Phone: 250-428-4342
info@crestonvalleychamber.com
www.crestonvalleychamber.com

April 12 & 13 Creston Valley Quilters Guild Quilt Show

In conjunction with the Creston Valley Home, Garden and Leisure Trade Show at the Creston and District Community Complex

Location: CDCC
Contact: Lori Longpre
Phone: 250-866-5409
crestonvalleyquiltersguild@shaw.ca

April 27 Mexican Fiesta & Auction

Fundraiser for A.R.K. (Addiction Recovery in the Kootenays) Supporting Creston House

Location: New Life Christian Church 4:30pm

Contact: Diana Wedge
Phone: 250-428-7238
dwedge@westcreston.ca

April 28 Mostly Bach Cello Concert with Michael Kevin Jones

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Contact: Maureen Cameron
Phone: 250-428-7939
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Pole Bending - Saturday after Barrels

One rider per horse/pony per class - Horse/pony ridden only once per class

ALL ENTRIES ARE CASH ONLY

Team Roping - Adult & Junior (Adults must rope with Junior)

Entries by May 8th

Saturday Roping will start after Pole Bending - Sunday Roping will start after Barrels

For Entries & Information call Jody Savage 250.426.6596

Powerful Solutions For A Compact World

Spring Clearance Sale



0% Financing
48 Months O.A.C.
in lieu of cash discount

\$74.99 /month*
*with \$350.00 cash down.

CASH SALE PRICE \$3599.00*
Reg. list \$4,039.00
While quantities last



Equipped with a host of features, the T-Series can satisfy the most demanding homeowners. That's because their hydrostatic transmission, deep mower deck, sleek design, and choice of engines make them ideal for a wide range of residential jobs.

T1880-42 features:

18hp Kohler Gas engine, single pedal hydrostatic transmission, easy lift 42" cutting/mulching mower deck, flat operators platform with easy one step parking brake.



0% Financing
48 Months O.A.C.
in lieu of cash discount

CASH SALE PRICE \$6,999.00*
Reg. list \$9,075.00
While quantities last

\$149.79 /month*
*with \$750.00 cash down.



The top line Kubota GR2010 garden tractor incorporates revolutionary Glide Steer technology with 4 wheel drive and power steering to make mowing your lawn an effortless chore. This makes mowing around trees and shrubs as easy uphill as it is downhill.

GR2010 garden tractor features:

20hp gas engine, shaft drive hydrostatic transmission, shaft driven 48" mower deck, hydraulic mower lift, and high back seat for a comfortable ride.

1.5% Financing
60 Months O.A.C.
in lieu of cash discount



CASH SALE PRICE \$11,799.00*
Reg. list \$13,988.00
While quantities last



The rugged and versatile RTV900 has been upgraded to make it easier to use and more ergonomic than ever. It's amazing balance that enables the rugged RTV900 General Purpose to perform like no other utility vehicle. Spacious cargo bed, powerful hauling capability, robust diesel engine, advanced suspension, this machine has it all. The RTV900G is perfect for all types of terrain from 1 acre to 500 acres, and at an incredible pace.

RTV900XTG-H- Features

- 21.6hp, 3 cylinder, liquid-cooled D902 diesel • Variable hydro transmission (VHT) • 4WD with 2WD selectable • Easy range assist mechanism • More traction in reverse speed
- Front independent MacPherson strut-type suspension • Rear semi-independent DeDion type suspension with leaf springs and shock absorbers • Reliable, wet-type disc brakes
- Responsive hydrostatic power steering • Ample ground clearance • Quick read panel
- Improved tailgate design • New deluxe bench seat with retractable seatbelt

*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.



0% Financing
72 Months O.A.C.
in lieu of cash discount

CASH SALE PRICE \$18,225.00*
Reg. list \$22,560.00
While quantities last



Massey Ferguson 1500 series compact tractors are the perfect choice for home owner, part time farmers, landscapers, construction or ground maintenance crews. With a forward/reverse shuttle transmission, loader work is a snap and 32 gross horsepower makes even the big jobs seem easy. The weekend warrior that works seven days a week.

MF 1532L tractor with loader – features:

4 wheel drive, 32 HP diesel, 8F/8R synchro shuttle transmission, Cat 1 3-pt hitch, foldable ROPS, DL100 loader (1282lb lift cap.), 60" quick attach bucket, 540 PTO



KEMLEE EQUIPMENT LTD.

Your locally owned & operated Ag Centre