

*Bringing the  
Creston Valley together.*

**FREE**

August  
2012

# i love creston



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All in the family at Harris dairy



### Sports

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SportsCentre telecast

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First cross-Canada car trip hit  
Creston 100 years ago

### The Arts

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seeks new world standard

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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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*Front cover photos courtesy of prototype-photography.com*

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## Guest From the editor

The Creston Valley Farmers' Market isn't really an overnight success story – it just seems that way. The current, and most prosperous, incarnation is featured in the August edition of *I Love Creston*.

But precursors earlier in the 2000s, at places like the former Endicott Centre and firehall, paved the way for today's flourishing market that runs at various times in Millennium Park, Spirit Square and the Morris Flowers greenhouse, thanks to the Creston Valley Food Action Coalition – which is a story unto itself.

"The market has been running in assorted capacities for about seven years or so, being taken on by a variety of groups and individuals over the years and held in various locations," says Jen Comer, in her second year as market manager. "The most recent group to co-ordinate the market before the FAC was the Rotary Club.

"From what I hear, there was on average about 10 to 12 vendors at Millennium Park, with low customer traffic. The folks who have been involved with co-ordinating the market as volunteers simply burned out due to the high workload week after week."

Len Parkin, who chairs the farmers' market committee of the FAC, spearheaded a drive that involved "a hard-working team of eight people (putting) together a comprehensive, 38-page business plan showing the viability of a market in Creston. Fortunately for me, I was the person they hired to put that paper plan into action," Comer says.

What used to be called the Saturday market is "not just about the produce. We have a diverse group of artisans joining us each week which gives it this amazing sense of beauty and creation. These folks are incredibly talented and help bring our market to that next level. The artisans and crafters include

everything from pottery, painting, wood carving, knitting, sewing, jewelry, glass blowing, toy making . . . the list goes on.

"And then there's the bakers," she says. "We have fresh baked bread made from local grain, lots of local fruit-based pies and muffins, and fresh-made lemonade with local cherry and strawberry syrup added to it. And no other town has the incredible handmade, fresh-glazed doughnuts made by Nadine Goossen. She has developed quite a following of people who come to the market early just to get one of her doughnuts before they sell out. You don't find this baking at other markets."

Comer credits the quality of people with the FAC for transforming the market, along with an advertising budget provided by the Town of Creston, Regional District of Central Kootenay and Kootenay Rockies tourism. The FAC's president in 2010 was Jeanne Kay Guilke, succeeded in 2011 by Gail Southall, with Parkin's committee comprising Geri Lee, Jean Syroteuk and Southall.

"These individuals are the strength behind the market," Comer says, noting that "the other big change is having a paid co-ordinator. There comes a point when you simply cannot ask volunteers to take on the task of co-ordinating an event of this scale every single week."

As for the FAC, it was the brainchild of educator David Falconer, whom Southall says "was noticing that a lot of his students were coming to school with things in their lunch bag that weren't healthy and obviously weren't local. So he engaged the kids in conversation and realized that not only did they not know what grew in the valley, they really had no idea about what was healthy."

Thus was born the FAC along with school-based programs involving the community greenhouse, including one called Grow Your Own Lunch.

Convinced "that this market's time had come and that it really could grow

but needed a market manager, that's why we hired Jen, who is a miracle worker," Southall says. "We love her. "Every week there are more and more vendors interested in becoming part of the market. Oh my goodness, it's unbelievable."

If simply strolling the stalls in search of something that strikes your fancy isn't enough, volunteer workers are still welcome.

"Setting up and taking down the market is a lot of work," Comer says, "and the more hands on deck the better. It's a great opportunity to get behind the scenes and truly make a positive impact on our community."

For more on this and other facets of this fine community, read on. ■

## Mailbag

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

Hi Wendy:

This is belated thank you for the excellent coverage *I Love Creston* magazine recently gave to my new book, *Raising Kain*, the adventurous life of Conrad Kain, Canada's greatest mountaineer.

Your magazine obviously has a strong connection to the Creston community, because as soon as your magazine came out my book started to sell in Creston.

Thank you again for supporting Kootenay authors such as myself and letting people know about our books.

Both of my books, *Raising Kain* and *Living in the Shadow of Fisher Peak* are available at Black Bear Book and Kingfisher Books in Creston. Both books continue to sell well thanks in large part to your excellent coverage.

*Sincerely,*

*Keith Powell, publisher/author  
Wild Horse Creek Press*

# Outstanding in their field

*Organic milk joins popular alpine cheese to enhance viability of Harris farm*

**T**he Harris clan is milking its farm for all it's worth. To ensure the dairy endures for a fourth generation and beyond, its cheese line is expanding to include organic milk under a new brand: Kootenay Meadows.

Construction of a bottling plant adjoining the former Kootenay Alpine Cheese Co. in Lister has been ongoing since late last year, and it's hoped the first glass jugs of skim, one-per-cent, two-per-cent, whole and non-homogenized milk will roll off the assembly line this fall.

It's the latest attempt by patriarch Wayne Harris to diversify the business he and wife Denise bought into 30 years ago with two of his uncles and purchased outright a decade later, after having spent five years in Saskatchewan. It currently supports them and their three adult

*Photo courtesy of prototype-photography.com*

children – Nadine, Foster and Erin – plus three part-time workers.

Wayne and his son spearhead the construction team installing pasteurizing and standardizing equipment as well as bottle-washing and -filling machinery. Nadine will market the new products alongside

comprise the herd, half of which are milked at any given time.

They're all capable of pitching in wherever needed but each has their personal area of complementary interest and strength.

“It always looks, from an outside perspective, really rosy and

## “We’re a multi-generational farm so we would like it to keep going for more generations”

the nostrala, mountain grana and alpindon cheese varieties she’s been helping her mother produce since 2007. Erin’s forte is field work and management, with her father, of the 160 mostly Holstein cattle that

wonderful that, ‘Oh, Wayne and Denise have got their kids back and it’s happy,’ ” says Nadine, 27, “but it also meant that this farm is under pressure to support three families so you have to be creative .They’re working even harder than before to make sure we grow this farm into something they can exit from with retirement and that we can support two to three families off of.”

There aren’t any grandchildren yet but the farm should still be thriving by the time they arrive. At least, that’s the plan.

“We’re a multi-generational farm so we would like it to keep going for more generations,” says Erin, 23. “Sustainability is really important, both from an environmental and economic standpoint. We’d like to keep passing it down.”

That meant either expanding quota or adding value elsewhere. Under the quota system dairy farmers pay a onetime licensing fee of \$36,000 per cow. Approaching the average B.C. herd size of 270 would require a massive capital investment in livestock as well as a more sophisticated milking parlour. The Harrises chose a different route.



“We decided that we wanted to be big enough that we could afford hired help but we wanted to not take on more debt,” says Denise, who turned 50 along with her husband within the past year. “We didn’t want to just milk more cows to make it fly. We wanted to add the value from something else.”

“The expansion of the cheese and milk side is still a big investment,” Nadine says. “It’s just they decided to invest capital in value-added rather than expanding the herd. They like to always be learning and challenging themselves to something new and . . . it gave our farm a lot more independence.”

Organic milk is a natural extension of the cheese line firmly established



*During the aging process, the cheeses are turned and rubbed regularly to develop a natural rind.*



in B.C., Alberta and Ontario, albeit one requiring another leap of faith.

“There are some really nice things about that milk truck coming in and picking it up and you getting a milk cheque,” says Nadine, referring to a Saputo tanker that collects milk every two days for distribution under the Dairyland label. “Now we are going to bottle it, clean the bottles, cap the bottles, sell the bottles, collect the bottles ...

“We’d always thought maybe we want to bottle milk. As soon as we started doing the cheese, so many of our customers said, ‘What about milk?’ We all like that new challenge.”

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

Timing is everything as milk must be processed within two days and sold within a couple of weeks. They’ll sell as much of it as close to home as possible to the same independent grocers, restaurants and “mom-and-pop shops” that already love their cheese, primarily Ferraro Foods in Rossland/Trail, Kootenay

## “That easily went hand-in-hand with organics. The pasture is the centrepiece of our farm.”

Market in Castlegar and Kootenay Co-op in Nelson. An agreement with a major grocery chain is proving harder to achieve.

“If we could sell it all within the Kootenays it would be fantastic,” Nadine says. “We envision doing a loop into the West Kootenay and similar into the East Kootenay, probably as far as Invermere and Fernie.

“We also have a really good relationship with an independent retailer in Calgary. (We could) do a loop as far as Calgary to get rid of our supply if we needed to.”

About one-third of their 650,000-litre annual output goes into cheese. The balance of the milk will eventually be bottled on-site, though there isn’t any urgency to use all of it right away because they can always sell any excess to Saputo.

The new Kootenay Meadows name reflects an emphasis on pasture, around which the entire operation revolves.

“We’re really proud that we’re a grass-based farm,” Nadine says. “That easily went hand-in-hand with organics. The pasture is the

centrepiece of our farm.”

“When we first bought this it was a high-production confinement barn,” says Denise, who grew up in the Fraser Valley and met Creston-born Wayne at Olds College in Alberta, where he studied agricultural business and she horse husbandry.

“Not long after we took it over we started converting everything to grazing. Fairly quickly a lot of things happened. (We) started breeding more for longevity, started to crossbreed and got better at grazing.



*Denise places fresh cheese wheels in a brine bath.*

That led straight into organics because one of the key skills to learn in organics is low inputs and low grain.”

Confinement farming is the norm in North America because grain-fed cows produce more milk, but at the expense of animal health and the use of more fertilizers and sprays.

## “The best way to describe organics is ‘problem avoidance by design’”

“The more grain you feed, the sicker they get,” Denise says. “We noticed a lot of health benefits to more grazing and less grain.”

“Our feet and leg issues really went down because they’re not on concrete,” says Erin, who returned to Creston in April 2011 after obtaining an agricultural science degree from the University of Guelph in Ontario (majoring in organics). “They’re healthier because they’re walking around getting fresh air and the grass is really good for them because cows are meant to eat grass.

“The best way to describe organics is ‘problem avoidance by design.’ Instead of your operation having issues and just trying to solve that issue, with organics you really want to address why you had that issue to start with and try and design the operation to avoid that.”

The diet of the Harris cattle, which graze six months of the year, is 85-per-cent grass during the summer but augmented year-round by varying amounts of a carefully



*Erin gives praise to her faithful cattle dog for a job well done.*

mixed ration of hay, grain, mineral supplements and water.

“I think the cows eat better than I do,” Nadine quips. “Wayne and Erin work with a nutritionist for the cows and their diet is very well-balanced.

“And we’re still trying to run a business. We still want to have good production per head. You want to feed some grain to get their production up . . . with less strain on their bodies.”

The Harrises grow a mixture of rye grass and clover for grazing, alfalfa for hay and cereal crops (wheat, rye, barley, oats, flax and triticale) for feed on 650 acres of owned and leased land.

“A lot of naturopaths would recommend grass-based milk products and meat products,” says Nadine, clarifying that the

Harrises don’t necessarily consider their methods superior, simply better suited for them. “This is a management system that we think is important and it works well for us. Because we market our products directly to the consumer it’s really good for us to be able to have that niche definition of our product.

“Is that organic label necessary? Maybe not if you could talk to the farmer, if you always could have that face-to-face relationship and ask all those questions, but that’s not how our food system works anymore.

“Certifying (organic) makes a lot of sense for us because we want to have that guarantee for the consumer . . . that reassurance that there’s a third-party audit – we get inspected several times a year – making sure we comply with all of those standards.”

Market research indicates there are customers willing to pay a premium for farm-fresh organic milk because of what the label represents, such as no genetically modified organisms, reproductive hormones or antibiotics. (If a cow must be treated for infection its milk isn't used until the medication has passed through its system.)

"The main reason for the increased price of organics is trying to shrink your footprint and make it as gentle on the environment as possible," Erin says. That and, of course, no economy of scale.

"There's a lot of educated consumers who do factor all this in, that say, 'Buying organics is a way for me to vote with my dollar in terms of a food system I would like to see more of,'" Denise says.

If their customers are satisfied, that puts them on par with the Harrises themselves, all of whom are fulfilled in their ever-changing family business, although Foster, 25 and a construction worker by trade, isn't certain about his long-term plans.

"I just didn't think I'd get the same satisfaction working for someone else and doing things that I didn't really have as much ownership over," says Erin, recounting her decision to come back right out of university. "I got a lot of responsibility when I came home whereas if I had gone somewhere else you're at the bottom of the totem pole."

## **"Certifying (organic) makes a lot of sense for us because we want to have that guarantee for the consumer"**

"When I was growing up I didn't have the same appreciation that Erin had for how important agriculture is," says Nadine, who completed degrees in education and history/international relations at the University of B.C. before returning to Creston in February 2011. "It is something that evolved after I left. The more time I was away the more I wanted to come back."

It's working well for all of them, Nadine says, because "everybody

feels they can have their own corner with a bit of independence," and Denise doesn't "feel like I'm a parent of adult children" because her daughters (Nadine recently married) live in their own dwellings on the family property and Foster is renting nearby.

It's not a stretch to foresee Kootenay Meadows producing cream, butter

and ice cream one day, though at this stage it's purely speculative. What's certain is that the Harrises will do as much of the work on their own as possible, and savour every minute of it.

"We've (even) done the artwork for our bottles and stuff," Erin says. "We really like to do it ourselves and have a hand in everything."

"That's not always a flattering thing," Nadine says with a laugh. "We're kind of control freaks." ■





## From the Mayor's desk

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

### Second time lucky for SportsCentre bid

The Kraft/TSN Celebration Tour is an annual event that started four years ago. Last year our community nomination went to the finals but unfortunately we only got silver, with the City of Armstrong taking the gold.

we heard the TSN announcement: Creston won with 171,142 votes versus Kimberley's 143,390.

The local organizing committee met with the Kraft Celebration Tour and TSN event organizers on July 14 to

**“The major feature will be the presentation of a \$25,000 cheque to the Therapeutic Riding Program”**

This year, with a strong nomination submitted by Michelle Whiteaway for the Therapeutic Riding Program, our community was selected for the finals on Canada Day.

Immediately the “gocreston.ca” Web site went live and the legion of volunteer supporters sprung into action. College of the Rockies offered its computer facility for the entire 24-hour voting period. Social media and Internet challenges went out globally.

On July 9 we voted and voted and voted and at 3 p.m. on July 10

prepare for our big show on Friday, Aug. 17 starting at 1 p.m., with the one-hour-plus live telecast at 3 p.m.

The major feature will be the presentation of a \$25,000 cheque to the Therapeutic Riding Program, but just as important will be the opportunity for all of Canada to see our Creston Valley community and community spirit.

The Kraft and TSN team, consisting of about 40 crew members and their mobile stage, mobile satellite uplink production truck, equipment and

event vehicles and three tour buses will be here for two days.

The local organizing committee will be registering 80-plus volunteers for a family fun-packed three-hour celebration.

Hamburgers will be served in the Bull's Eye barbecue pit and samples of various Kraft brands will be distributed (Mio drink enhancers, Cheez Whiz, Cracker Barrel, Jell-O, Kool-Aid, Kraft Dinner, Trident and Stride gum, Belvita, Nabob, Oreo, Singles and Tassimo). There will also be the aMOOza activities and games.

Mark your calendar for Friday, Aug. 17 from 1 to 5 p.m. at the Creston and District Community Complex parking lot and baseball field for this tremendous event.

This is a super opportunity to showcase our Creston Valley community and a special thanks go to all the dedicated local volunteers for their unselfish efforts.

Please go to [www.gocreston.ca](http://www.gocreston.ca) to volunteer and get all the event details. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at [Ron.Toyota@creston.ca](mailto:Ron.Toyota@creston.ca) or on the Web at [www.creston.ca](http://www.creston.ca).

# Enter to Win!

**Total prize value: \$600**



The Prize: **A photo session** with Natalie Santano Photography and a **\$300 Shopping Spree** at Creative Fix in Creston!



Visit [www.brandyink.com](http://www.brandyink.com)  
to see the full contest description/rules.







## The art of summer

Story by: Lori Wikdahl

**S**unny days. Sunny, sunny, sunny days. Ain't nothing better in the world you know, than lying at the beach with your radio.

Even though you may have a hard time finding a beach around here due to our abundance of water (my backyard looks like a dirt bike race track since the last time I cut the grass), lying in the sun at the beach or

anywhere is only part of what the art of summer is for many of us.

We camp, loading up what we need or want and travel to that perfect place – or any place – to be one with nature, immerse ourselves in another culture or seek experiences that will build warm memories for the drab, dull winter we know will come.

I used to be a sun bunny. The sun was the giver of life, the maker of all things good. I greeted it with delight every day and was melancholy to see it go. Now I like spring and fall, when the sun shines but the heat is gone.

But I was also a moon bunny. I eagerly awaited the night sky with its opals of light, wondering when and where things would fall from the sky.

The northern lights were my favourite, whirling and twirling and tinkling in the sky. We would lie on the beach at Sandy Hook and gaze up all night. I'm still a moon bunny and put up with the insects every night to get my star fix.

We enjoy all kinds of activities during June, July, August and September. For some of us it's the time when we work the hardest, as do farmers and ranchers who have

**“The northern lights were my favourite, whirling and twirling and tinkling in the sky”**

to plant, grow, harvest, raise and butcher what the rest of us subsist on.

Then there are those of us who can't work because of the season. They need Jack Frost to keep things cool.

In the other hemisphere it is winter. Though not white for them it is just as dreary. They, like us, make a winter exodus, seeking the sun and all the fun that goes with it.

During the summer people go and do as much as possible. Perhaps it is to make up for the fact that here in the northern hemisphere, winter for most of us is long and uneventful (cold and mostly dark too).

No matter what the time of year or reason, art is always soothing to the soul. Whether you create or simply appreciate, every season is art season, but thanks to the Creston Valley and Eastshore ArtWalk and studio

**Creston Valley  
& Eastshore ArtWalk**  
35 venues with 55 artists

**Runs July 1st until Sept. 3rd**  
Brochures available at the Creston Valley Chamber of Commerce & Visitor Centre or anywhere you see the ArtWalk Logo.

tours there is more opportunity in summer to find great art while you are out and about.

I paint when the circumstances permit – sometimes during the day, sometimes late at night, depending on how my MS is doing.

**“No matter what the time of year or reason, art is always soothing to the soul”**



I'm also a member of Artistic Visions, a 14-member co-operative with artists throughout the valley who work in a variety of mediums. This summer we are holding the second Artistic Visions Summer Art Market (also an ArtWalk venue). We are located in the Creston Valley Chamber of Commerce visitor information centre.

We are open daily from 9 a.m. to 5 p.m., and Tuesday to Saturday you will find an artist at work creating something in their medium.

Free demos and workshops will be held during the summer with different artists in the co-operative in a variety of mediums.

It's summer, so carpe diem. ■

*Have you entered in the Fall Fair?*

**Your Homemade Wine from a kit entry could Win a RJ Spagnol's Wine Kit**

See the Fall Fair Guide for details

 craft winemaking academy

*Creston Valley U-Brew was awarded a Silver and 2 Bronze at the 2012 Winemaker International Amateur Wine Competition.*

*Creston Valley*  
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This will be the third summer I'll have my work on exhibit in the windows of the Creston Valley Advance as a participant in ArtWalk, which this year has 35 venues and 55 artists. It is one of the events on the International Selkirk Loop, a 450-mile scenic drive through the Selkirk Mountains in Idaho, Washington and British Columbia.

Make sure to get a brochure/passport, then walk or drive. After you've taken in five or six venues, sign your stamped passport and send it to ArtWalk or drop it off at Black Bear Books or Kingfisher Quality Used Books for a chance to win one of four \$50 gift certificates to be drawn over the summer toward the purchase of any piece of art at any ArtWalk venue.



Larry Ewashen of Creston was recently a guest speaker-commentator at a historic site in Saskatchewan. This is the site of the original zemlanki, where Doukhobors first settled in 1900 and built dug out houses into hillsides for immediate shelter. The site is now a National Historic Site of Canada as well as a Saskatchewan Provincial Historic Site. This year's theme was Peter Verigin, and Ewashen, who carried out the designation of Peter Verigin as a Person of National Historic Significance, was invited to moderate tours regarding the unsolved death of P.V. Verigin, in 1924.

# The Creston community forest: who we are and what we do

Story by: Daniel R. Gratton  
Forest Manager, Creston Valley Forest Corporation

**T**he concept of community forestry has been gaining worldwide popularity for decades. In its conceptual form it is described as a way to “create jobs and value-added opportunities for communities, a way to implement ecologically based forestry, a way to reconnect local communities with their forest environments and a way to balance the many competing uses and values of the forest.”

In response, five stakeholders from the Creston area submitted a proposal to the provincial government. In October 1997 a Non-replaceable Forest Licence (NRFL) was awarded, allowing for the annual harvest of 15,000 cubic metres.

In October 2008 the NRFL was upgraded to a long-term, area-based Community Forest Agreement. The CVFC uses forest management

all, strengthening the community’s control over its resources.

The majority of the community forest’s management area is located in various watersheds such as Arrow, Sullivan, Camp Run, Floyd, Lister and Russell creeks. Over the years the Creston community forest has used an ecosystem-based style of forest management that leaves a large portion of the forest canopy standing after logging is complete. As stated by a previous CVFC forest manager, “Watershed protection means creating and maintaining a resilient forest on as many hectares as possible by reducing the risk of catastrophic disturbance.”

In the case of the Arrow Creek watershed where logging has occurred, this means leaving as many species and multiple age classes as possible.

The community forest has also logged at the base of Kitchener Mountain, which historically supported a fire-maintained ecosystem with open forests of yellow pine, Douglas fir and larch. However, the fire-suppression program of the

## “The forests of the Creston area contain a diversity of ecosystems”

In short, community forestry is seen as a different way of doing forestry. The term is widely used to describe everything from municipally run forests to urban forests to demonstration forests.

The Creston Valley Forest Corporation (CVFC) has been operating a community forest since 1997. It all began when the Ministry of Forests announced a community forest program that would allow for greater participation by communities in managing their forests.

practices that consider the ecology of its operating area and surrounding valley.

The forests of the Creston area contain a diversity of ecosystems ranging from very dry Douglas fir and yellow pine forests to high-elevation spruce and sub-alpine fir.

However, the community forest is more than just about cutting trees. It’s about managing watersheds, wildlife habitat and scenic areas. It’s about forest education, encouraging public participation and, above



Thompson Rim Trail.



Field trip with PCSS students.

early 20th century led to changes in the ecology of this ecosystem which caused ingress from other non-native tree species, thereby increasing the risk of wildfire and decreasing the loss of habitat for wildlife.

On that basis the community forest implemented a silviculture system that mimicked the natural disturbance feature of the area by creating a more open parkland forest which has fostered more browse species for ungulates, such as ocean spray, mallow-nine bark, red maple, mock orange and snowberry.

This harvest system was similarly carried out on Goat Mountain by the community forest in 2000 and 2004, although with a different goal in mind. Goat Mountain is considered part of the Wild-land Urban Interface (WUI), where houses meet or are close to wild-land vegetation and where wildfire poses a risk to structures.

After the 2003 fire season the cut-blocks on Goat Mountain were reharvested to reduce the impact of wildfire by removing a portion of the fuel hazards. This area above Creston appears unlogged even though more than 200 hectares were managed using a partial cut silviculture system, leaving 40 to 50 per cent of the existing forest.

Over the past year the community forest entered into an agreement with the province to formally manage and maintain the Lady's Slipper and Thompson Rim trails. Maps and trail information are available on the CVFC's Web site and at the Creston Valley Chamber of Commerce.

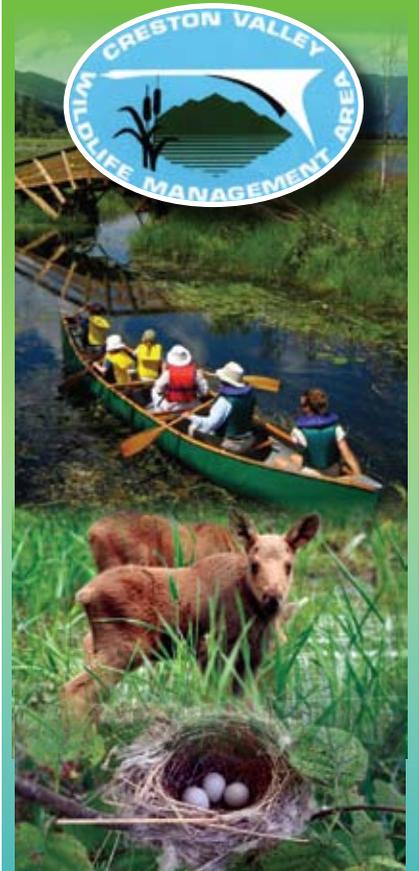
Forest education is also an important mandate and, on occasion, the CVFC will conduct field trips for Creston students.

Creston's forests are valued not for one purpose but many. Some forest academics have coined the following definition whereby a community forest is "a tree-dominated ecosystem managed for multiple community values and benefits by the community." The Creston community forest was created so the public would have a say in how its natural resources should be managed.

However, the cornerstone of community forestry is community involvement and Creston's community forest is always looking for committed volunteers to help out, whether it's with forest education, being a director or removing debris along forestry roads. ■

For more information go to the Web site [www.crestoncommunityforest.com](http://www.crestoncommunityforest.com) or drop into the office in the Armitage Centre at 121 Northwest Boulevard.

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# Back To School

## Back to School Survival Guide

[www.drrickblog.com/page/Getting-in-Gear-A-Back-to-School-Survival-Guide](http://www.drrickblog.com/page/Getting-in-Gear-A-Back-to-School-Survival-Guide)

**D**espite the warm temperatures and sunny skies, many students are feeling a shadow looming as back to school season creeps closer. Starting the school year off on the right foot can help minimize students' stress levels.

### Get Cleaning.

A dirty, cluttered room is not conducive to studying. Get organized before homework starts piling up.

Remove seldom-worn clothing.

Pack away belongings not used on a regular basis.

For smaller children, label areas so they can easily see where belongings should go.

### Carve Out a Homework Spot.

Whether it is in your bedroom, the basement, or a family office, find an area where you can work distraction-free.

### Get Organized.

Organization is key to ensure you stay on top of the requirements for each subject.

Use separate, labeled notebooks for each class. Create files for each subject.

Purchase a planner or calendar to keep track of important dates and deadlines.

### Set Educational Goals.

Whether it is striving for an A in a certain subject, handing in all homework on time or preparing for tests well in advance, setting goals can help establish a routine.

### Stay On Schedule.

Minimize last minute cramming or deadline mix-ups by creating a detailed school schedule.

Include all classes, assignments and key dates, such as project deadlines and test dates. Fill in new dates as they arise.

### Be Adventurous.

Step out of your comfort zone this school year by trying new things.

### Challenge yourself.

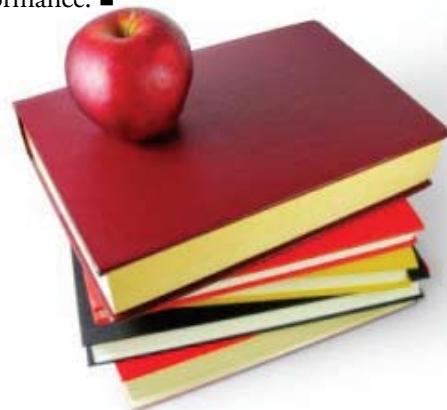
If you have the opportunity, take the hardest classes - not the easiest subjects.

### Ask questions.

There is nothing wrong with not always knowing the answer. Asking questions is the best way to learn!

### Think Positive.

Going back to school means homework and early mornings. It also means reconnecting with old friends, meeting new people, resuming fun extracurricular activities, learning more about your favorite subjects and improving on your last year's performance. ■



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# Sand sculpting champion sets up shop in Creston

Story by: Patricia Bartlett

Anyone driving by the Ramada Inn lately might have wondered about the newest construction under way at the corner of highways 3 and 3A. No, it's not an addition to the hotel but rather the latest attempt of Paul Dawkins, master sand sculptor, to set a new world record.

Dawkins's career as a sand and snow sculptor has spanned more than 30 years. He has won more international single and team sand sculpture championships than anyone in history. He has also made it into the Guinness Book of World Records numerous times. Retired from the gruelling travelling, Dawkins has settled in Creston and is, in part, trying to bring the world sand sculpturing championships back to Canada, specifically Creston.

"For 17 years the world championships were held at Harrison

Hot Springs. Then they were moved to Seattle," Dawkins says, adding that the sand in Creston works well for sculpting and the sand he is using for this project comes right off his own land.

Dawkins had hoped to begin the sculpture by the end of June but bad weather and delays installing water and electricity at the site caused him to move his start date to mid-July.

"People tell me I'm working on Kootenay time," Dawkins says with a laugh, "but once we've finished packing the sand and I get the canopy up, I'll get started."

Dawkins had intended to build the world's longest continuing sand sculpture over a five-month period, a Guinness world record.

"The present record is three months," Dawkins says. "I still have time."

As of July 19, 40 tons of local sand

were being packed into wooden boxes in preparation for sculpting a project with a green theme and Dawkins is inviting residents of the Creston Valley to help.

"I'm offering evening workshops where people can learn the basics of sand sculpting. I would like people to join in, to be a part of the sculpture. Sand sculpting can be very therapeutic, a way to relax," he says.

When finished the sculpture will be around 13 to 14 feet tall and cover a 20-foot by eight-foot area.

"The design is evolving," Dawkins says, adding that the sculpture may include a traditional castle, detailed horses, buggies and faces.

To promote his activity and encourage local participation, Dawkins plans to have a competition during the long weekend in August and will be inviting sand sculptors as well as wood and stone carvers to participate.

"It will be judged and prizes supplied by my sponsors," he says. "The public can also judge by voting."

Dawkins says the sculptures completed during the competition will be incorporated into the overall sculpture, regardless of whether the sculptors utilize the green theme. Once he is finished with the sand sculpture, Dawkins plans to put all his energies into designing and building energy-efficient mini-homes in the Creston Valley.

To view the ongoing project and talk to Dawkins, visit the site at the Ramada Inn any evening between 6:30 and 9 o'clock. ■

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The Town of Creston is situated in a plentiful valley. Art, heritage, culture and diversity, partnered with farming, offers something for everyone. The birthplace of Kokanee beer, Creston is home to the Columbia Brewery and

origin of the beer's mascot, Mel the Sasquatch. The landmark grain elevators, among the few still standing in Canada, serve as a reminder of the community's backbone, farming. Luscious fruits and vegetables are grown throughout the valley along with hay and numerous other crops. One could easily live entirely on all local products. Giant murals painted on several buildings downtown reflects its history, beauty and life in the Creston Valley.

## Wetland Adventures:

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# Fun in the

# VALLEY

Area. It is also a vital immigration route and international wetland. The Balancing Rock is a unique attraction in the Creston Valley. The 400-ton granite boulder was left behind by glacial drift. Located on Mount Creston, it also offers an awesome view of the valley.

## Through the Looking Glass:

### The Glass House

After 35-years in the funeral business, David H. Brown found

an alternative to throwing away empty embalming fluid bottles. In 1952, he used his stash of 500,000 square shaped bottles, (weighing 250 tons), and built a house of glass to live in with his family. The house quickly created a buzz and curiosity invaded the family's privacy. Shortly after, staff was hired and it is now a tourist attraction. A few years ago, the Glass House was featured in the television series, "Weird Homes".

## Lake of Dreams:

### Kootenay Lake Sawdust Beach Pilot Bay Lighthouse

Southern BC's largest natural body of fresh water, Kootenay Lake boasts an area of about 400 square kilometres. The lake can be accessed from a number of areas including Crawford Bay, Boswell, Nelson, Balfour and Kaslo. Kootenay Lake is well known for fishing and also serves as an exceptional location for canoeing, camping, hiking and biking. On

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the east shore of Kootenay Lake lies a one of a kind place, Sawdust Beach. A thick blanket of compact woodchips from an old sawmill has created an amazing beach that, at first sight, is puzzling yet inviting. Pilot Bay Lighthouse was built in 1904 and resembles traditional coastal beacons. It was erected by the Canadian government to help with the navigation of all the boats on Kootenay Lake. Its light was turned off in 1993.

## Rivers of Life:

### Kootenay River Goat River

The mighty Kootenay River runs through valleys and thickly treed mountain canyons. It has outstanding fishing for rainbow, cutthroat and bull trout as well as ling cod. White water rafting, canoeing and other water activities draw enthusiasts to Kootenay River. Avid explorers of fishing holes do so at Goat River. The 1948 break in

the dike at the Goat River diversion flooded nearly 50,000 acres of farmland on the Creston flats. At its peak, the water at the West Creston ferry was 24 feet above normal.

## Nature's Patchwork:

### Viewpoint

Located just before Wynndel, the Viewpoint offers a breathtaking panoramic view of the Creston Valley. Often referred to as a quilt, the regional agricultural component is

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# Fun in the VALLEY

evident with dairy farms and orchards scattered around the surrounding landscape. Mountain streams, clear lakes and grain fields are visible for miles.

## Towering Backdrop: Skimmerhorn Mountain Range

Resembling an artist's sculpted work of mountain peaks that touch the sky, the Skimmerhorn Mountain Range is part of the Purcells. The Skimmerhorns border the eastern edge of the Creston Valley. A mix of thick patches of deep green trees and intimidating jagged rocks compliment each other and change a glance to a mesmerized stare. It's as if the often snow packed peaks are watching over the Creston Valley. ■



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Summer Hours:			Winter Hours:		
Vessel Name	Balfour	Kootenay Bay	Vessel Name	Balfour	Kootenay Bay
Osprey 2000	06:30 AM	07:10 AM	Osprey 2000	06:30 AM	7:10 AM
Osprey 2000	08:10 AM	09:00 AM	Osprey 2000	08:10 AM	09:00 AM
Osprey 2000	9:50 AM	10:40 AM	Osprey 2000	9:50 AM	10:40 AM
M.V. Balfour	10:40 AM	11:30 AM	Osprey 2000	11:30 AM	12:20 PM
Osprey 2000	11:30 AM	12:20 PM	Osprey 2000	01:10 PM	02:00 PM
M.V. Balfour	12:20 PM	01:10 PM	Osprey 2000	02:50 PM	03:40 PM
Osprey 2000	01:10 PM	02:00 PM	Osprey 2000	04:30 PM	05:20 PM
M.V. Balfour	02:00 PM	02:50 PM	Osprey 2000	06:10 PM	07:00 PM
Osprey 2000	02:50 PM	03:40 PM	Osprey 2000	07:50 PM	08:40 PM
M.V. Balfour	03:40 PM	04:30 PM	Osprey 2000	09:40 PM	10:20 PM
Osprey 2000	04:30 PM	05:20 PM			
M.V. Balfour	05:20 PM	06:10 PM			
Osprey 2000	06:10 PM	07:00 PM			
Osprey 2000	07:50 PM	08:40 PM			
Osprey 2000	09:40 PM	10:20 PM			

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# Kraft Celebration Tour makes a winner out of riding program

**C**reston is a winner in the Kraft Celebration Tour contest. The Creston and District Society for Community Living's Therapeutic Riding Program beat out the Kimberley Nordic Club in the battle for votes on July 9 and 10.

Creston brought home the victory with 171,142 votes while Kimberley amassed 143,390 votes in support of its nomination.

Creston should be proud of the effort that went into winning this competition. To bring in the votes the word was spread far and wide, across Canada and around the globe. Every vote mattered, from people who stopped in to the College of the Rockies voting centre to vote once or twice to those dedicated voters who literally spent hours and hours deciphering the CAPTCHA in order to submit each vote.

Many people in Creston and beyond complained of repetitive stress pain and sore eyes in the days after the vote. Myrna Johnson, a key organizer, said it best in her heartfelt

thank you letter: "I wish to thank you for one of the greatest gifts of all – a few moments of your time."

As one of 10 winners in the Kraft Celebration Tour, the Therapeutic Riding Program will receive a \$25,000 cheque toward facility improvements and the Town of Creston will get a big party. The event will take place at the Creston and District Community Complex on Friday, Aug. 17 from 1 p.m. until 4:30 p.m.

A free, Kraft-sponsored barbecue will offer hotdogs and hamburgers. Samples of Kraft products will be available, while quantities last, and family friendly games and activities are planned.

To cap off the big event, TSN will broadcast SportsCentre with hosts Darren Dutchyshen and Kate Beirness live from Creston from 3 p.m. until 4 p.m.

Being the first stop on the Kraft Celebration Tour will give Creston the opportunity to showcase its community spirit to the rest of Canada.

Community organizations are encouraged to participate in the event by setting up a booth to promote awareness or collect donations.

Local sports, arts and culture groups are welcome to put on displays or demonstrations. This is Creston's party; let's do it up big.

Of course, an event like this will need volunteers to make things happen. Approximately 70 to 80 volunteers are needed in all. Ten to 15 able-bodied folks are needed to help unload all of the paraphernalia when TSN comes to town on Thursday, Aug. 16.

The other volunteers will be helping out with the event on the Friday. Volunteer jobs include setting up booths and the barbecue picnic area, preparing the lunch, passing out Kraft samples, dressing up as a mascot, supervising games and handing out prizes. ■

To sign up as a volunteer or to participate as a community organization contact Michelle Whiteaway at [mwhiteaway@hotmail.com](mailto:mwhiteaway@hotmail.com) or (250) 402-6793. For up-to-date information visit <http://gocreston.ca>.

To see all of the excitement that was generated around the voting visit the Creston and District Society for Community Living – Therapeutic Riding Facebook page.

For more information about the tour visit <http://www.kraftcelebrationtour.ca>.

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# Take off with the Creston air cadets

Submitted

The air cadet squadron in Creston is in need of help to instruct the program.

Officers of the Cadet Instructors Cadre (CIC) are members of the Canadian Forces Reserve whose primary duty is the supervision, administration and training of teenaged youth of the Royal Canadian Air Cadets. Opportunities exist for full-time summer employment at any of the Cadet Summer Training Centres throughout Canada.

The Creston squadron requires adults who will instruct the program on a part-time basis. The commitment is to run the program on Wednesday evenings from 6:30 to 9:30 at the cadet hall on 22nd Avenue South.

The cadets meet from September to June.

Adults who become instructors are paid wages for all the training they receive as well as the weekly meetings.

The air cadet program provides youth with the opportunity to develop attributes of good citizenship and leadership, participate in physical fitness activities and develop self-confidence and team-building skills. Air cadets can also receive their glider pilot's and power pilot's licences by earning a scholarship.

There are numerous opportunities to familiarization fly throughout the year as well as receive ground-school instruction. Air cadets also have travel opportunities within B.C., Canada and internationally on



various courses and scholarships.

Air cadets also participate in range, drill, flight simulator experience, field training exercises, first-aid, biathlon, effective speaking and band. Adult instructors have the opportunity to receive specialist training in those areas as well. ■

For more information on the air cadet program and CIC call Capt. Dina Gri at (250) 428-8761.



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# Living your yoga

Story by: Gail Thompson, Certified Yoga Teacher, SOYA, IYTA, eRYT

When most people think of yoga they imagine young, slim Lululemon-covered women doing bendy pretzel-like poses. However, yoga is not about looking like a Cirque du Soleil performer.

Yoga students come in all shapes, sizes, ages and fitness levels. There is really no limitation to doing yoga. There is a large variety of yoga styles and teachers to suit your individual needs.

Though most yoga classes in North America consist mainly of yoga postures (asana), they usually also include breath exercises (pranayama) and a short, guided relaxation. Some classes will go even further to include meditation, bandhas, mantra, kriyas and other techniques.

The aim of asana is more than improved health, flexibility and

strength. It is a technique to balance the main forces that sustain mind and body, and improve focus/concentration.

When queried, most of my students say they come to yoga class to “get more flexible” or to “de-stress.” They usually get what they come for plus so much more.

## “Yoga practice aims to reset our physical, mental and emotional rhythms to their natural state”

A study done by Yoga Journal revealed that almost 15 million Americans practise yoga. If you practise yoga you know that it makes you feel better but you may not know why you leave class feeling so lovely.

When practised regularly, yoga reliably improves physical health, emotional well-being, mental clarity and inner connection. As practitioners increase their physical flexibility they will notice increased mental flexibility and clarity.

Their practice begins to evolve and grow out of class into daily life and they begin looking at themselves and the world around them differently. They may begin to release preconceptions, become more open to new ideas and open to learning more about themselves and the world.

As we grow into adulthood and become responsible for ourselves financially we can begin to get bogged down in just getting by. Raising children, getting through the work day, not getting enough sleep . . . never mind the extra curves life throws in to zap our vital reserves. Most of us are just darn tired.

Many yoga teachers will talk about how yoga can transform your life. I

believe it can but would rather use the term “renewal.” We need to find a way to renew that inner vitality we all have, to fan that spark into a bright flame again. This seems like a tall order for a yoga class to do, but the benefits are fairly immediate and increase with regular practice.

This doesn't mean having to do asana practice one-and-a-half hours every day. For most, that's just not practical. However, we can all

manage 15 to 30 minutes several times a week. This could be asana practice or pranayama or meditation or being absorbed in an activity like gardening or walking.

As Sri Aurobindo, the great 20th-century Indian sage, reminds us: “All life is yoga.” Yoga is about finding balance and connection in body, mind and spirit.

“Living your yoga” means taking yoga out of the class and into your daily life. Be in tune with life again. If we spend all our time wishing we were somewhere else or doing something else, life can become gray and unsatisfactory. Be wholehearted. Be present.

Yoga practice aims to reset our physical, mental and emotional rhythms to their natural state. The inner spark becomes as familiar and real as our body, thoughts or feelings.

With this awareness our life becomes deeply enriched. Starting with a yoga class is a great way to learn techniques to become more present. Yoga classes are a way in, a way to clarity. ■

For more information contact the Creston Valley Yoga Studio at 1017A Canyon Street or [www.crestonvalleyyogastudio.com](http://www.crestonvalleyyogastudio.com). Certified yoga teacher Gail Thompson can be reached by e-mail at [smilingheartyyoga@wynndel.ca](mailto:smilingheartyyoga@wynndel.ca).

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4.0 L, 6 cyl. auto, air, alloy wheels, am/fm cd, keyless entry, tow pkg., antilock brakes, cruise, tinted glass, power windows, canopy. 112,182 kms.

Stock # TK7293B

**Sale \$12,500** Reg. \$15,495



### 2007 Hyundai Azera

3.8 L auto, air, am/fm cd, keyless entry, dual climate control, cruise, rear window shade, side impact airbags, traction control, power/heated/memory/leather seats, sat radio, power windows, power/heated mirrors, adjustable foot pedals, telescopic/tilt, block heater. 72,972 kms. Stock # 4H6364A

**Sale \$12,800** Reg. \$15,995



### 2005 GMC Sierra SLE 2500

6.0 L auto, 4x4, air, alloy wheels, am/fm cd, keyless entry, block heater, fog lights, tow pkg., running boards, antilock brakes, cruise, rear defogger, power windows, power locks, power mirrors, tilt, tinted glass. 156,356 kms. Stock # TK2497A

**Sale \$14,900** Reg. \$16,995



### 2005 Chev Silverado LS

4.8 L auto, 4x4, air, alloy wheels, am/fm cd, block heater, fog lights, tow pkg., running boards, antilock brakes, cruise, rear defogger, power windows, power locks, power mirrors, tilt, tinted glass. 140,685 kms. Stock # CK9012A

**SOLD!**



### 2011 Chev Impala LT

3.8 L 6 cyl. auto, air, alloy wheels, anti starter, tilt, bucket seats, am/fm/cd/sat radio, power seats, cloth interior, antitheft, power locks, power mirrors, power steering, power windows, keyless entry. 22,461 kms. Stock # AA4664A

**Sale \$18,400** Reg. \$22,995



### 1994 GMC 1 Ton Ext Cab

6.5 turbo diesel manual 4x4, air, alloy wheels, am/fm cass., 8 ft camper, power locks, power windows, cruise, running boards, tilt, rear defrost. 175,914 kms. Stock # 1L4123A

**Sale \$10,700** Reg. \$14,995



### 2005 Ford F250 HD

5.4 L auto, 4x4, air, alloy wheels, am/fm stereo cd, power windows, tilt, running boards, sliding rear windows, antilock brakes, block heater, power steering, fog lights, power mirrors, tow pkg. 115,733 kms.

Stock # CK2206A

**Sale \$14,000** Reg. \$16,995



### 2007 GMC Sierra 2500 HD

6.0 L auto, 4x4, air, alloy wheels, am/fm cd, keyless entry, block heater, fog lights, tow pkg., antilock brakes, cruise, rear defogger, power windows, power locks power mirrors, tilt, tinted glass. 101,798 kms. Stock # AA4643A

**Sale \$20,200** Reg. \$22,995



### 1999 Sierra SLT Ext Cab

5.3 L V8 auto, 4x4, air, alloy wheels, am/fm cd, keyless entry, block heater, fog lights, tow pkg., heated seats, antilock brakes, cruise, rear defogger, power windows, power locks, power mirrors, tilt, tinted glass, power seat. 191,651 kms. Stock # TK0000A2

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# Driving around in my automobile – a look at the state of local roads in 1912

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

The Creston Valley was a busy, bustling, happening place in 1912.

We talked last month about the start of the suffragette movement here; that was in 1912. That's also the year that Wynndel was proclaimed the Strawberry Capital of the World. (Or maybe it proclaimed itself – one of these days, I'll get to the bottom of that!)

The Canyon City Lumber Company built its new box factory in 1912 and two of the earliest packing sheds, the Staples Fruit Company and the Fruit Growers Union, were established. Clearly, the local fruit industry was doing well.

The population was growing rapidly, too. The communities of Boswell and Huscroft built their first schools in 1912, and Canyon, Alice Siding

and Creston all built larger schools to accommodate all the children in those districts.

Dr. Primrose Wells moved to town and began treating patients, supplementing the medical services of Dr. Henderson. Guy Constable established his real estate office in 1912 to take advantage of the booming demand for orchard land, and Richard Bevan established a Ford dealership on Canyon Street so people could drive back and forth between their new properties and the new businesses.

Of course, those cars needed roads and in 1912 the local highway system was, shall we say, not so great. To illustrate, I refer you to the adventures of Thomas Wilby and company, who arrived in Creston on Saturday, Oct. 5. Wilby was making a transcontinental journey – the first attempt to drive a car across Canada – and had left Halifax on Aug. 28.

Quoting from the Creston Review's article of Oct. 11: "Thomas W. Wilby, who is on a 'pathfinding' automobile trip across the Dominion, arrived in Creston at three o'clock last Saturday morning having left Cranbrook at three the preceding afternoon. The journey from Cranbrook to a point near Yahk was made in good time but just before reaching Yahk the automobile became mired and about an hour was lost in getting the machine on its way again. Then a steep grade was encountered in which a block and tackle had to be used to pull the car up the ascent. The machine weighs over two tons and as the leverage on the rigging was necessarily large, the car was pulled up the hill at a very slow rate – inch by inch.

"From Yahk to Kitchener the journey was made on the railway track as the government road has not yet been completed through this section. At

several places the switches and frogs in the track caught and tore the tires of the car.

"This side of Kitchener another steep hill covered with shale rock was encountered and the block and tackle was again brought into use. After this was passed, good progress was made as the road is in fair condition though a trifle narrow for such a big car.

"The car left town Saturday morning at 11 o'clock flying a Creston pennant, accompanied by John Williams, who guided the party across the flat meadow lands down the Kootenay to the Landing.

"The trip is being made in the interest of the Canadian Highway Association which is organised for the purpose of arousing sentiment for good roads throughout the Dominion."

From Kootenay Landing, at the south end of Kootenay Lake, Wilby and his companions travelled on steamships to Nelson. They had no option here – there were no roads, nor even railroads, to follow along Kootenay Lake.

After a century of increasing dependence on our cars it is hard to imagine life with only isolated stretches of unconnected government roads instead of the vast network of highways that criss-cross the country today. In 1912 there was a road from Vancouver to Hope, and from Princeton to Rossland, but nothing east of that except for a few short sections such as the one Wilby travelled from Goatfell to Creston.

The trip from Cranbrook to Creston took 12 hours and the whole journey took seven weeks. (They arrived in Vancouver on Oct. 14).

And that comment about the road being "a trifle narrow?" That was nothing



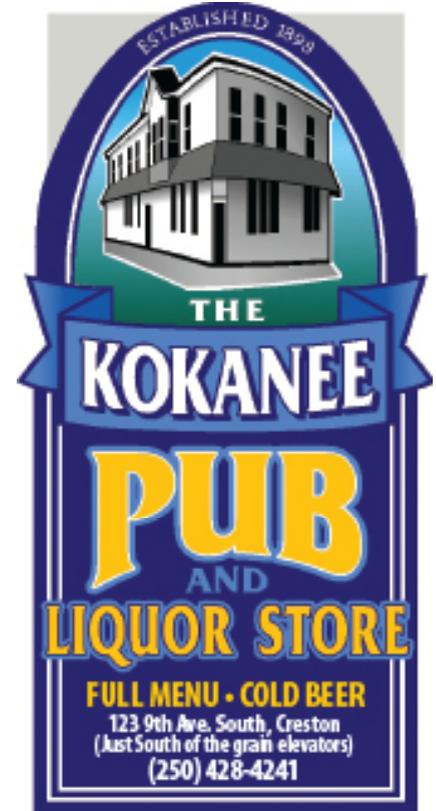
Lister-Porthill Road about 1916.



*Thomas Wilby, standing, second from right, and Jack Haney in the driver's seat of the 1912 Reo car they drove across the country, parked in front of the Burton Hotel (now the Kokanee Inn) at Creston.*

It seems there was considerable animosity between the two men, and perhaps the most remarkable aspect of their trip is not the poor road conditions they overcame but rather that they stuck together long enough to make the journey at all. ■

For more information contact the Creston and District Museum and Archives by phone at (250) 428-9262, e-mail at [mail@creston.museum.bc.ca](mailto:mail@creston.museum.bc.ca) or the Web site [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).



out of the ordinary, either. A photo of the road to Porthill from about the same time shows a mere track winding through trees and stumps.

Improvements were coming, even before Wilby finished his historic trip to “arouse public sentiment.” The section between Hope and Princeton was being surveyed in September 1912 and on Sept. 20, 1912 the Review reported: “E.A. Cleveland of Vancouver, who has the charge of the laying out of the route of the Transcontinental Automobile highway, came down over the Summit Creek trail on Sunday.”

Not that those improvements happened all at once, of course. The road along Kootenay Lake was improved several times – in the 1920s,

1930s, 1940s and 1960s – and the highway over the summit would not be completed until 1963.

Ironically, despite the challenges of driving a car over the narrow, rough and rutted (at best) or non-existent (at worst) roads of 1912, the newspaper accounts of Wilby’s journey, and his own memoirs, make hardly any mention of the man who made it possible: the mechanic, Jack Haney.

It was he who drove the car, and undoubtedly he who rigged up the block and tackle, replaced the torn tires and repaired all the damage that could be expected from such an arduous journey. (And the stretch through the Creston Valley was by no means the worst they encountered.)

# Old-Fashioned Tea

with Dorothy Davis,  
Suffragette



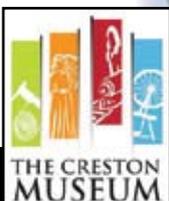
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# Home & Garden

## 5 steps for a healthy yard next year

[www.handy canadian.com](http://www.handy canadian.com)

In most parts of North America fall is the ideal time to reseed the lawn. Beginning in late August and stretching until early to mid-September the climate is in prime condition for this lawn care project.

### Step 1 – Prep Work

Your lawn will need to be raked thoroughly before any seeds are sown. This will help to pinpoint any areas that are in particular need of reseeding.

### Step 2 – Getting the Soil Ready

Now that you can see the bare spots, the soil needs to be loosened and fertilized. Dig down 1 to 6 inches with a cultivator.

Once the soil has been loosened it's time to add fertilizer. Rake the loose and

fertilized soil flat.

### Step 3 – Time to Spread the Seed

With a high quality seed that is made for the conditions of your lawn, spread the seed by hand. Coverage should be even but light.

### Step 4 – Protective Layer

For protection and to speed up germination, spread a layer of clear polyethylene plastic sheets on top of the reseeded area.

### Step 5 – Seedlings Need Water

When you see the seedlings sprouting through the soil remove the plastic. Lightly mist the soil two or three times per day until the seedlings reach a height of 1 inch. After that weekly watering is required until the grass is 3 inches tall. ■

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# Compost that doesn't attract bears or raccoons

submitted

The name is Bokashi – a product that will help solve many of your waste problems, allowing you to include things that you wouldn't compost before for fear of attracting skunks, raccoons or bears to your compost or garden.

This bacterial solution eliminates odours, even for your counter compost bucket.

Micro-organisms that break down waste are completely natural and safe for people, pets and the environment. There are more than 100 different applications for these products, which can be used around your house, garden and farm.

The two most popular applications for Bokashi products are indoor composting and eliminating odours. Unlike traditional composting, which creates heat and gas, resulting in loss of nutrients, Bokashi creates no heat or gas so all the nutrients are returned to the soil.

Bokashi even breaks down meat bones and paper. This is quicker than traditional composting, does not create bad smells and is too acidic to attract bears or other animals.

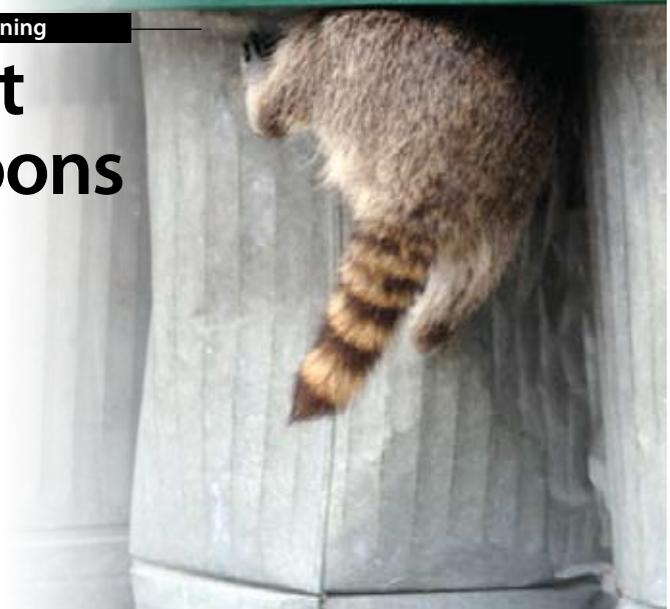
Bokashi Starter is fermented wheat bran that is sprinkled over layers of food waste in an airtight bucket until it is full. Once the bucket is full it is put aside for two weeks. At the end of two weeks the waste is fermented and can be buried in the garden or compost pile where its smell does not attract animals.

Another option is to feed it to the chickens, pigs or worms. It is a probiotic, healthy food. Many people feed their compost to chickens but they don't eat everything; this way they eat it all.

Eliminating odours, housecleaning and personal care is done with MyCrobz 1-solution. This is a liquid diluted in a spray bottle for easy use. It will get rid of smells caused by cigarette smoke, cooking, urine, rotting, garbage, pets and even skunk smell. It is also an all-purpose cleaner.

Similar products are widely used in Asia, where this technology comes from. Dr. Tuergo Higo of Japan started experimenting with micro-organisms in the 1980s in his search for an alternative to chemical fertilizers and pesticides.

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



Todd Veri, who produces these products in Winlaw, has devised a simplified system he calls MyCrobz. Unlike other Bokashi systems, the 20-litre buckets that come with his kit do not include taps as he recommends an absorbent instead. ■

For more information visit the Web site [www.mycrobz.com](http://www.mycrobz.com). These products are in stock for the East Shore and Creston Valley at the Gray Creek Store (250-227-9315 or [www.graycreekstore.com](http://www.graycreekstore.com)).

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Story by:  
Shifu Neil Ripski

# Transforming teens with the power of martial arts

I have always thought I should write a book about how and where I grew up since it was completely surreal in many ways. My teen years were much like anyone's, full of self-doubt and trouble with the opposite sex, but I was lucky enough to have a practice that helped me deal with and overcome many of the obstacles of growing up.

Before I digress into talking about my own experiences in the weird little town I grew up in, let me tell you instead about Clyde, also known to his friends as Elvis (his middle name).

Clyde has been training with me for about two years, his very

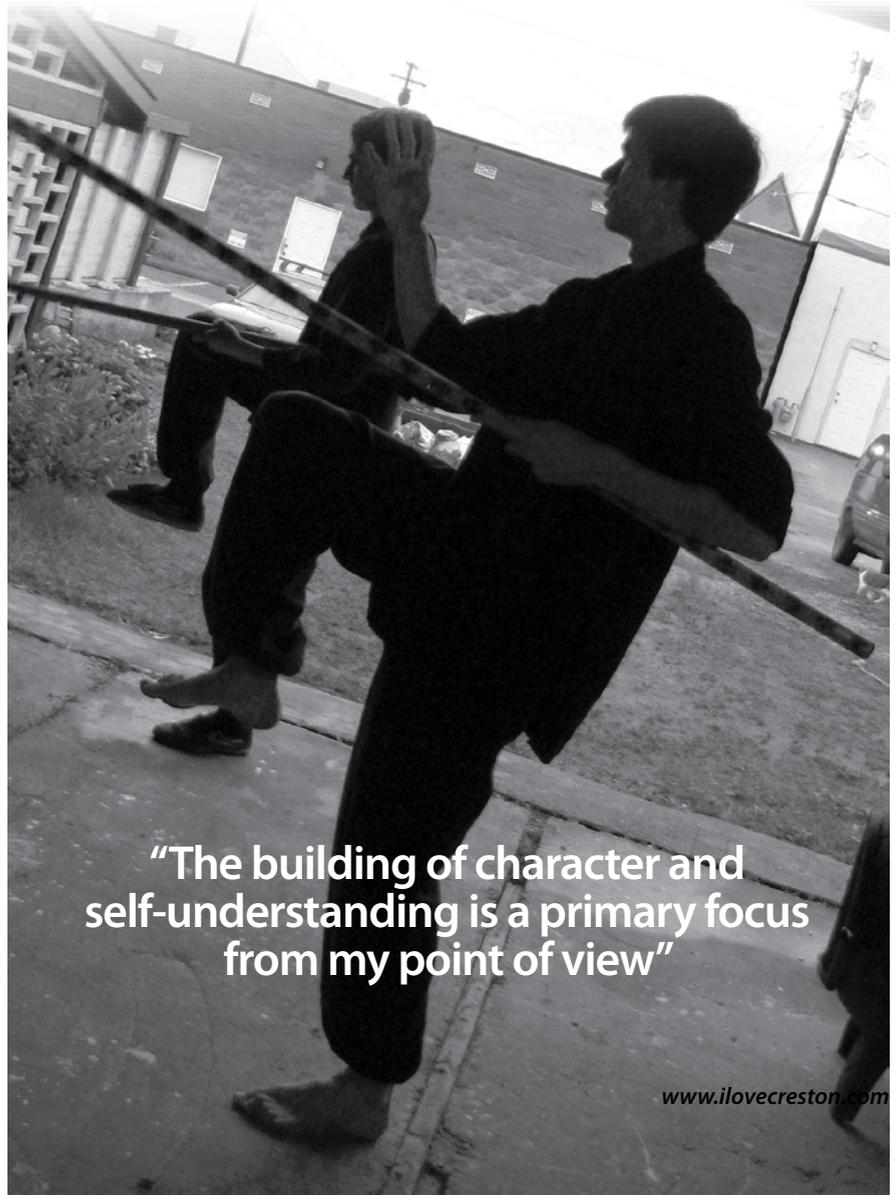
understanding and supportive mother ferrying him to and from Crawford Bay to Creston to practise with me. Clyde started as a young and somewhat unsure teenager, as we all are/were at one time, and through many hours of hard work and eating bitter he has begun to change from a boy into a young man filled with confidence and self-understanding.

The interesting thing is that this transformation takes place in a martial arts class in such a subtle way that few people who are going through it ever notice it happen. It

is always their parents, teachers or shifu (martial arts teacher) who notice it first.

You see, the process is so ingrained in our training method that it would be difficult to remove it. The building of character and self-understanding is a primary focus from my point of view and, as such, the exercises in class are designed for and aimed directly at these young people specifically to evoke positive change.

In Clyde's case he is a tall young man, very tall. Now tall people



*"The building of character and self-understanding is a primary focus from my point of view"*

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tend to be tall among their peers from an early age and, as a result, tend to slouch to fit in, which in turn affects their view of themselves. Slouching affects the mind and emotions in a way that is not positive, leading to a need to fit in. It can also lead to depression and self-doubt.

Since Clyde is a tall young man I am sure to mention how much taller than me he is and make fun of myself when I do it so he, in turn, stands straighter.

In class I will also mention how low his stances are while being such a tall guy, to encourage other students with his work ethic and thus allow him to feel looked up to by his peers. This encourages him to have better posture and change the way he looks at himself as well as how his peers look at him, instilling confidence and pride in who he is.

This changes how Clyde handles himself outside of class with his friends, parents and teachers. I have heard nothing but good things about who Clyde is and how much he has been changing into a confident young man as a result. I am glad to play a small part in his growing up.

Although my students read this column and are learning my tricks, that does not change the fact that the underlying training in our martial arts classes is about becoming a better person, even though they may be cloaked in pushups and self-defence. It is through hard work and payment in sweat that we can open the minds of the students to accept that they are a part of this world and have to be the best they can be for us all. ■

*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 250-866-5263 or at [www.redjademartialarts.com](http://www.redjademartialarts.com).*



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# The truth about sugar – Part 2

Story by: Maya Skalinska  
Master Herbalist, Registered Herbal Therapist

In part one of this article I wrote about good sugars in the form of whole foods, as well as the bad sugars in the form of refined sugars, and refined simple carbohydrates. There are many more forms of bad sugars hiding in processed foods, pop and even meat, all of them linked to obesity, diabetes, toxic poisoning and more.

I will start with the artificial sugars I highly recommend to stay away from:

**“There are many more forms of bad sugars hiding in processed foods, pop and even meat, all of them linked to obesity, diabetes, toxic poisoning and more”**

The most commonly used artificial sweeteners are aspartame, sold under the trade names Equal and Nutrasweet, and sucralose, sold as Splenda. Artificial sweeteners can increase desire for sweets, deaden tastebuds and induce insulin resistance. Aspartame causes additional problems because of its chemical breakdown. A molecule of aspartame consists of two amino acids (phenylalanine and aspartic acid) linked by a molecule of methanol, the alcohol found in antifreeze. The methanol is metabolized in your body to formaldehyde and then to formic acid. Both of these are very potent metabolic poisons. They both mimic brain neurotransmitters and

disrupt their balance. There are over 90 documented symptoms of known aspartame toxicity including depression, seizures, memory problems, numbness in the legs, joint pain, blurry vision, headaches, brain tumors and birth defects. They may also be a factor in the development of neurodegenerative disorders like Alzheimer's, Parkinson's, ALS and multiple sclerosis. Artificial sweeteners are added to cereals, yogourt, soft

drinks, candy, desserts, fruit spreads, chewing gum and frozen foods.

Another bad one is High Fructose Corn Syrup (HFCS). It is added to pop and a very long list of processed foods. The proportion of fructose and glucose in HFCS is about the same as white sugar, but HFCS binds these two types of sugars less tightly. The unstable sugars create compounds called carbonyls, which damage cells and tissues and have been linked to the development of diabetes. Another problem with HFCS is that it doesn't trigger chemical messages telling the brain that the stomach is full, so people don't feel their hunger is satisfied and keep on eating.



Hidden sugars are also added to hamburgers to reduce shrinkage and add juiciness, to breading in deep fried foods or to give frozen fish a sheen, just to name a few.

Simple tips to reduce your sugar intake

- Don't be fooled by the words brown sugar. Brown sugar is simply white sugar with a small amount of molasses or caramel added.
- Avoid fruit juices and stick to high-fibre fruits such as apples, oranges, and grapefruits. Drink water instead of fruit juice.
- Become a wise label reader. Sugar has many names: sucrose, glucose, fructose, dextrose, lactose, maltose, corn syrup, caramel, barley malt, diastatic malt, ethyl maltol, malt syrup, maltodextrin, maltose, mannitol, sorbitol, xylitol, sorghum,. If any of these ingredients are listed in the first three to four words of the list, you can count on a high sugar content.
- When baking, use natural sweeteners or mashed up fruits.
- Purchase cereals with a minimum of 5 g of fibre per serving and a maximum of 5 g of sugar per serving.
- Choose natural sweeteners containing nutritional value:

organic blackstrap molasses, natural dried (granulated) sugar cane juices such as Rapadura and Sucanat, agave nectar, stevia, unpasteurized honey and organic maple syrup.

• Try to limit your natural sweeteners to 5 teaspoons, or 20 grams of sugar per day.

Eating whole fruits and grains is a good choice for health. They not only do they provide us with the sugar our bodies need to function, but they are also naturally packed with vitamins, minerals, micronutrients, phytochemicals, and a healthy dose of fibre. ■

Maya Skalinska is a Master Herbalist, and a 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 please call (250) 225-3493.

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**Creston Valley RIPENING DATES**

*\*Please note all dates are approximate depending on the weather.*

<b>Berry Season</b>	Peaches..... Aug. 10 to Sept. 20	Potatoes ..... July 1 onwards
Strawberries ..... June 10 to July 10	Plums..... Aug. 10 to Sept. 20	Table Cukes ..... July 15 to Sept. 20
Raspberries..... July 1 to 31	Summer Apples..... Aug. 15 to Sept. 20	Pickling Cukes..... July 20 to Sept. 20
Blackberries..... July 10 to Aug. 10	Pears..... Sept. 5 to Dec. 31	Peppers..... July 20 to Sept. 30
Blueberries ..... July 25 to Aug. 20	Apples..... Sept. 15 onwards	Tomatoes ..... July 25 to Sept. 20
<b>Fruit Season</b>	<b>Vegetable Season</b>	Carrots ..... Aug. 1 onwards
Cherries..... July 15 to Sept. 15	Asparagus..... May 1 to June 15	Corn ..... Aug. 10 to Sept. 25
Apricots ..... Aug. 5 to 15	Peas ..... July 1 to 31	Squash..... Aug. 15 onwards

# Out & About

Submitted by: [www.crestonevents.ca](http://www.crestonevents.ca)

## July to August Creston Valley Mid Week Farmers' Market

*The Creston Valley Farmers Market is a place to buy and sell locally produced, farm fresh goods. From peaches to parsnips and pies.*

Location: Behind Chamber of Commerce  
Thursdays from 10-2pm

Location: Millennium Park  
Saturdays from 8-12pm

Contact: Martha Boland or  
Tamara Movold

Phone: 250-254-1594  
[cvfarmersmarket@gmail.com](mailto:cvfarmersmarket@gmail.com)  
<http://crestonvalleyfarmersmarket.ca/>

## August 3 to 5 Kaslo Jazz Etc. Summer Music Festival

*Kaslo Jazz Etc. Festival with its floating stage, pristine back drop, and sandy beach dance floor has just announce an*

*exciting performer line-up for this year's 21st annual festival; Taj Mahal, Jimmy Bowskill, Five Alarm Funk, Kirby Sewell Band, Harpoonist and the Axe Murderer and 9 other bands.*

Location: Kaslo  
Contact: Jen Sibley  
Phone: 250-353-7577  
[info@kaslojazzfest.com](mailto:info@kaslojazzfest.com)  
[www.kaslojazzfest.com](http://www.kaslojazzfest.com)

## August 3 & 4 Revival in the Park

*They are intended to be evenings of celebration for creation, life and faith. It is put on by the young Christians of the valley with support of the ministerial association. All are welcome to come out for music, interaction, speakers, testimony and worship.*

Location: Millennium Park, 6:30pm  
Contact: Megan Cook  
Phone: 250 402 3487  
[meggie14c@hotmail.com](mailto:meggie14c@hotmail.com)  
[www.facebook.com/  
events/304570826305862/](http://www.facebook.com/events/304570826305862/)

## August 11 Tea with Dorothy Davis, Suffragette

*Join us as we take a journey back to 1912 and the start of the Suffragette movement in the Creston Valley. Hear Dorothy Davis, a leader of the provincial suffragette movement, as she speaks in favour of women getting the right to vote. Join in with your own opinion - for or against! Sign a petition, wear a ribbon or badge, carry a sign, enter the debate! Costume pieces and character packages will be available to help you get in the spirit of things.*

*It all takes place during the Creston Museum's annual Old-Fashioned Tea - our signature summer event. Tea or lemonade, dainty sandwiches, and sweets, will be served.*

Location: Creston Museum  
Three seatings, at 1:00,  
2:00, and 3:00  
Contact: Tammy Hardwick  
Phone: 250-428-9262  
[mail@creston.museum.bc.ca](mailto:mail@creston.museum.bc.ca)  
[www.creston.museum.bc.ca](http://www.creston.museum.bc.ca)

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**August 11 & 12**

**Columbia Basin Culture Tour**

Explore artists' studios, museums, art galleries, and heritage sites through this free, self-guided tour within the Columbia Basin. Meet the artists, shop for fine art and craft, view demonstrations, special exhibitions interpretive displays or chat with local historians during this two day cultural celebration.

Location: Self-guided tour within the Columbia Basin  
10am to 5pm

Contact: Natasha Smith  
Phone: 250-505-5505  
1-877-505-7355

wkracassistant@telus.net  
www.cbculturetour.com

**August 17  
Kraft Celebration Tour in Creston!**

Please join us for a free, Kraft sponsored BBQ offering hotdogs and hamburgers. Samples of Kraft products will be available, while quantities last, and family friendly games and activities are planned. To cap off the big event, TSN will broadcast SportsCentre with hosts Darren Dutchyshen and Kate Beirnes live from Creston from 3:00 pm until 4:00 pm. Yay Creston!

Location: CDCC  
1pm to 4:30pm  
Contact: Michelle Whiteaway  
Phone: 250-402-6793  
mwhiteaway@hotmail.com  
gocreston.ca



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Queen Set	\$2499.00	\$255.00	\$2244.00
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