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# i love creston

## Jamming at Starbelly

Family-oriented East Shore music festival celebrates 15 years

### History Ferry Tales

Whatever happened to the  
West Creston Ferry?

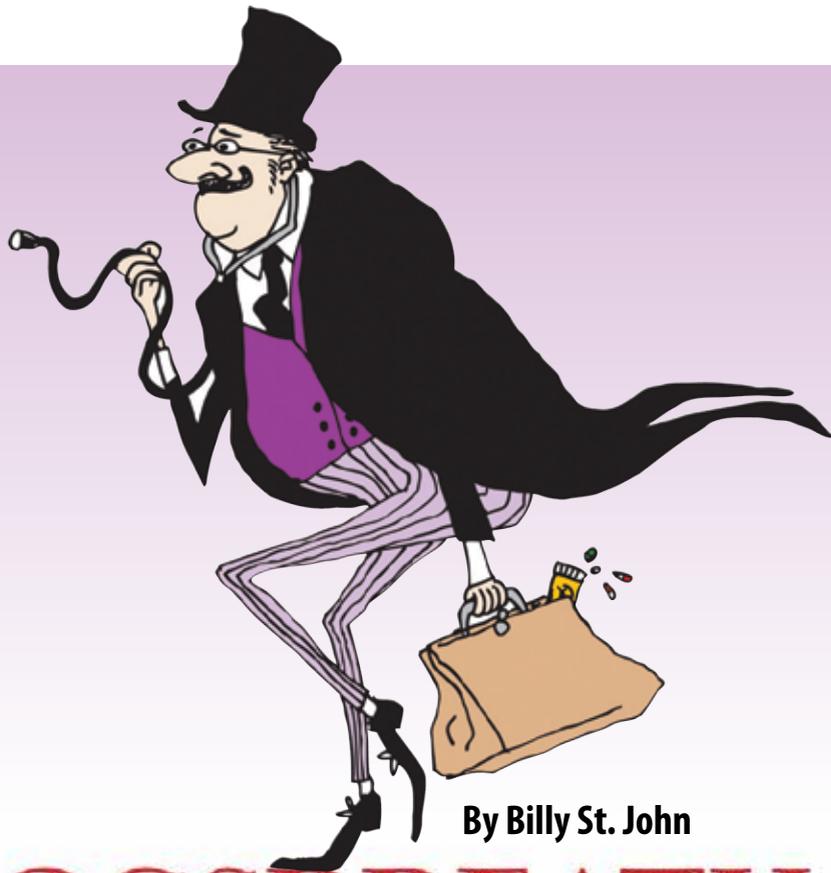
### Culture Art Walk Tour

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### Theatre Comedy Caper

Footlighters kicks off 20th  
season with melodrama

Summer Fun **PULLOUT INSIDE**



By Billy St. John

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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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*Eye of the Mind Photography*

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The East Shore's all-ages music festival is celebrating its 15th anniversary.

*Cover photo by Maya Skalinska*

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# New From the editor



I have to credit my older daughter for this great summer column idea. Thanks, kiddo!

She wants to get the most out of her summer instead of whiling it away complaining of boredom or staring

at a screen. And she knows it's not up to mom and dad to play the role of recreation facilitator for the next two months. So she has begun making a "summer bucket list." What a great idea!

I don't know about you, but for me the end of summer comes all too fast and is often accompanied by questions like "where did the time go?" and statements like "oh well, maybe next summer." Maybe, just maybe, we can avoid that with a little planning.

So, what do you want to add to your list of things you want to do this summer?

Wait! Don't start writing things down just yet.

If you make this list, give it some serious thought and don't let it slip your mind. Don't just make a list and forget about it. Make copies. Put one on the fridge and one in your pocket or purse. Put it into your phone or computer. Read it before you go to bed at night.

It's probably a good idea to limit the big ideas that might be a little challenging to complete to just one or two. Pick something realistic you have a good chance of actually doing if you set your mind to it. There's no use filling your list with things that will never happen.

Definitely make sure to include some outdoor activities on your list. We live in one of the most beautiful places on earth, and every day the weather beckons us to step outside and enjoy it is a precious opportunity not to be taken for granted. So get out there and recharge your solar batteries!

Plan activities for when you're alone, as well as things to do with friends or family.



Niqi Archambault

Janelle Archambault's bucket list.

What's on my list? I'll share a few things:

- Attend Starbelly Jam Music Festival
- Go SCUBA diving for the very first time in Kootenay Lake. (If I do this one I'll write about it in a future issue)
- Go on an overnight hike
- Take my dogs to a beach, a river or on a hike at least once a week
- Go swimming with my daughters
- Go on at least one boat ride
- Go biking
- Play guitar and sing songs around a campfire with friends
- Explore someplace in the Creston Valley I have never been before
- Meet new people
- Keep my lawn below knee-high
- Make full use of my barbecue

Have the best time possible and do the best job I can with my fellow Footlighters cast members as we head to Theatre BC's Mainstage 14 festival in Kamloops to perform *Almost Golden* and take in some of the other plays competing for the provincial title.

But that's just me. You probably have different ideas.

Perhaps you want to reach a personal best golf score.

Or maybe you want to spend a day at the beach with your grandchildren.

Maybe you'll be travelling.

Staying in the area to visit the farmer's market or local orchards to sample fruit fresh from the trees might be on your menu.

Do your tastes lean to sampling local wines?

Is there a tree you want to climb?

Is it time to take your motorcycle or bicycle for a ride along the East Shore of Kootenay Lake?

There are some things you may want to take into consideration when making your plans.

There's no need to overspend on summer activities. There are many options at different price points, including free.

Always keep safety in mind. Check the weather and prepare accordingly. Bring appropriate gear and supplies with you, whether it's a hat and sunscreen to protect you from the sun on the beach or wearing a life

jacket out on the lake, or rain gear for camping. Before you go hiking, camping, or boating make sure to tell someone where you are headed and when you expect to return.

Wherever you're going, be sure you have clean drinking water to keep hydrated.

Don't leave dogs or children in unattended vehicles. Leaving the window open isn't enough to stop it from getting dangerously hot inside.

When you're out enjoying nature, please respect the environment and clean up behind yourself. Ensure your fire is fully extinguished before leaving to prevent forest fires.

I would also like to bring to your attention to a part of summer that is often overlooked. Because so many people are out enjoying themselves, it can increase feelings of social isolation in people who are shut in or suffering from depression. So be sure to share the joy of summer, and invite someone to enjoy it with you.

Have a great summer everyone! Be safe and have fun! ■

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# Starbelly Jam turns

# 15!



Eye of the Mind Photography

Story by Marc Archambault

“Now, the Star-Belly Sneetches had bellies with stars.”

— *Dr. Seuss*

It's an appropriate coincidence that the artwork being used for this year's Starbelly Jam music festival features a tree. From a small seed planted fifteen years ago, the festival has grown and matured to be a highly anticipated annual event attracting thousands of people of all ages to Crawford Bay to share in an experience that is often described as magical.

Founding member Brigitte Picard recalls how it all began. “There

was a grant from the [Nelson and District] Credit Union (NDCU) for \$2,000. Johnny Edwards orchestrated a meeting to see if we wanted to do a festival... I just said “I'll do it.” It was the [NDCU] that gave us that boost, the big impetus getting started. That's all it took and voila! If we didn't have that maybe we wouldn't thought of having a festival.”

With the help of a group of dedicated volunteers and some guidance from Jimmy Holland, who had started the Kaslo Jazz festival a couple years prior, the first Starbelly Jam Music Festival came together. “It was a really neat sort

of organic process,” said Picard. “It was an amazing show of what happens when you get a whole bunch of people together and you have a focus. Everybody kicked in and it was incredible, a real success from the word go. It was the most magical event ever.”

The festival's whimsical name is borrowed indirectly from the Dr. Seuss classic “The Sneetches and Other Stories” that satirizes discrimination. “We were looking for a name,” explained Picard. “My girlfriend said a lot of times events get named after a landmark. A friend of ours had named this beach between Crawford Bay and

Gray Creek the “Starbelly Beach”, so we said why don’t we call it Starbelly Jam?”

This year’s Jam, taking place July 18th to 20th, marks the 15th anniversary and will feature artists such as Nahko and Medicine For the People, The Motet, The Everyone Orchestra, and Latryx from the USA, Mexican artists Los Rastrillos, and Bolé, Toronto performer Basia Bulat, and several artists from BC including a number based in Nelson such as BC/DC, and Mrs. Strange among others. Vancouver’s Starchild Entertainment is returning with their rainbow musical Cirque Parade tent for children.

## “This is a festival to take your kids to”

Artistic Director Lea Belcourt, who is responsible for assembling the line-up of performers, is especially proud that the festival is open to all ages, including children, youth and families. “We’re such a small community in the middle of nowhere,” she said, “and yet we’re able to produce this quality celebration year after year – it just blows my mind. It’s really important to our kids to see that we can do this.”

“Starbelly Jam has something for everyone in the family,” explained Operations Manager Farley Cursons. “From stilt walkers and clowns to kids’ craft zones and the now legendary ‘Festival Parade’ with the East Shore’s own Samba Band. The festival features a truly inspired line up of food vendors, gourmet coffee & desserts, cold refreshments and a variety of craft vendors.



Maya Skalinska (above)/Bohdan Doval (below)





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All that beside a world class stage entertainment line-up.” The festival’s true success however, is achieved through the commitment Starbelly Jam volunteers provide that make the festival a perennial success. The festival requires over 300 volunteers to accomplish its annual event.

A top priority for the festival is the health and safety of its attendees and volunteers. The efforts organizers put into ensuring everyone enjoys a safe festival have not gone unnoticed by Creston RCMP Staff Sgt. Bob Gollan.

“I have had the pleasure of working with the event organizers of the Starbelly Jam for the past three years,” he explained. “I am very impressed with the organization and the care that they take to ensure that this is a fun family event. I would have no hesitation in recommending to family or friends that this is a festival to take your kids to. Everyone that I met there were very welcoming and are there to have fun and to enjoy the music.”

Reflecting back on the festival’s history, Picard commented, “It’s changed a lot over the years. It’s so much more organized. There’s a really nice new generation. We’ve evolved so much. It’s a beautiful event, it’s got such a magic to it. It’s got a life of its own, like a child.”

“The Starbelly Jam family’s enduring legacy is to create many more years of festival magic,” Cursons stated proudly.

Starbelly Jam Music Festival 2014 will take place July 18, 19 and 20 in Crawford Bay. For full line-up and schedule visit [www.starbelly.org](http://www.starbelly.org). ■



## From the Mayor's desk

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

### Community Directed Funds from CBT

The Columbia Basin Trust's (CBTs) mission is to support "efforts by the people of the Basin to create a legacy of social, economic and environmental well-being and to achieve greater self-sufficiency for present and future generations".

Under this mandate Columbia Basin Trust has committed \$200,000 per year, for the next three years, to the Creston and District Community Directed Funds Program. This is an exciting new Program designed to support initiatives that provide socio-economic benefits to the area. Geographically, this Program extends from Yahk to the Idaho border and includes all of the Creston Valley to the Eastshore, including Riondel.

The Planning Committee for this Program is charged with setting the priorities for which the funds will be allocated. The Committee is made up of representatives from RDCK Electoral Areas A,

B and C, the Town of Creston, Kootenay Employment Services, Lower Kootenay Band, as well as representatives from the realms of agriculture, education, business, culture, tourism, social issues, health and more. To date, nine meetings with community stakeholders and CBT representatives have taken place. During this process, the geographic boundaries of the Program have been established, community stakeholders' willingness to work together has been confirmed, and the Committee's membership and mandate have been established.

The Committee's next challenges are to establish the framework for community consultation on priorities, define the intake process for project ideas and, subsequently, establish selection criteria for proposals. The goal will be to select projects that benefit the majority of citizens in this large geographical area. It is anticipated that several

projects may be selected to best cover this wide cross section of needs and wants.

CBT President and CEO Neil Muth has been quoted as saying, "We've been talking over the years about ways to support communities to make their own decisions about using CBT money to fund the priorities they have set. This is a new way to support people across a number of community boundaries to work together to shape their future." It is apparent that the opportunity to bring \$600,000 worth of community development funds into this area represents a huge win for our region and demonstrates what can occur when a community is willing to grow together.

Creston and District Community Directed Funds Program Committee gratefully acknowledges the support of the Columbia Basin Trust, which supports the ideas and efforts of the people of the Columbia Basin. Additionally, the role that Kootenay Employment Society (KES) has played in advancing this opportunity for our area cannot be understated! ■

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).

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## Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

# Looking back, looking forward

**K**i'suk kyukyit (greetings). In November of this year, the Lower Kootenay Band will hold elections for two Councillors and the Chief position. What has transpired in the last four years for me can only be described as a wild roller coaster ride. The highs were high and the lows were at the ground level where I was absolutely destroyed emotionally. Through faith in a higher power I stood tall and returned to the front lines after each downfall.

I met many good people and have also met people who I would like to forget.

The Creston Valley residents and beyond have been extremely supportive.

Through this monthly column I see and appreciate the interest my articles have generated from people

near and far. I have received random emails from people with words of encouragement that always come at the right time.

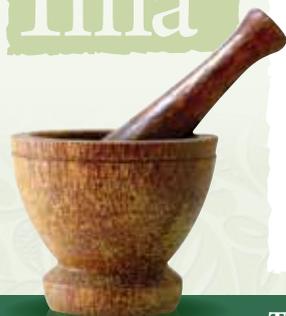
Our budget is not in a deficit, every home has received renovations, and our administration building has also received an upgrade. Our school numbers have increased and our school has also received some much needed renovations. Economic development opportunities are at our door steps. After 18 years, we have come to a resolution with respect to the landfill negotiations.

What has been achieved in the last four years came with a price.

There is a division in our community where families are split and appear to be beyond reconciliation. We have achieved a true sense of transparency.

That transparency is necessary. However, I have come to realize that I have little to no privacy. I can be contacted at any time by phone, email, or text. What would be a quick trip to the grocery store can turn into an informal meeting by people who want to discuss Band matters. Going for lunch or dinner isn't much different. There is a certain celebrity status associated with this job. All the people who want to chat mean well and I am always courteous when they approach me. But, there are days where I do miss just being another face in the crowd.

During the last four years, the struggles that I have dealt with have been a mountain of despair and grief. On a personal level and professionally it has not been easy. I've been to court to defend myself and the Band for various law suits. There have been petitions to remove me from office that were not successful. Creator must have a sense of humour because much of these experiences are beyond belief.



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Yaqan Nukiy (Place Where the Rock Stands) was where I recently retreated to.

I went to Yaqan Nukiy to get clarity and direction. I hiked up the hill to where many of our ancestors went for answers. I fasted for a morning, a day, and a night. Once set up in my spot, I took up the note pad I brought with me to list the pros and cons of my job and note what I would see. The first thing that I saw were turkey vultures. I chuckled to myself as the vultures were circling, most likely thinking I was dinner. I told them "I'm not dead, guys"!

There was much more that I experienced but that is for me and my memories.

What I will share is my pros and cons list came up even. For four hours I sat and jotted down anything and everything that I could think of. I have come to a decision that I will run once again for Chief of the Lower Kootenay Band. I don't know what the outcome will be. Maybe the hate group did a good job of tarnishing my name? Maybe I will win by a landslide? There will be change as two Councillors Anne Jimmie and Arlene Basil have announced they will not be seeking re-election. Anne, Arlene, and I were first elected to Council in 1996. These ladies have done much for our community, and I am grateful to have served with them. They have earned a well-deserved retirement.

To become re-elected I will not play the ugly game of politics. Who ever will be running against me I will not bash their character because I know that they will be my relative. I will not make any promises but will make a commitment to always do my best.

I have stood in the face of adversity, conflict, and despair. Should this be the end of the road I can say with confidence that this experience made me a stronger person. I thank all who have offered their support.

What is more difficult than being a Chief? Being a spouse and child of a Chief. Often times, when I leave to work everyone gets the best of me and when I return home my family gets the worst of me. I thank my partner and children for everything. They have seen me at my best and have seen me at my worst.

Thank you Creston Valley, for embracing the initiatives of the Lower Kootenay Band. I believe we have successfully bridged the gap between our communities. We built bridges - not walls - that have allowed us to co-exist as neighbours, as human beings, in the most beautiful land in the world. As difficult as life is, there is no other place that I would rather be. I am home! ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or on the Web at [www.lowerkootenay.com](http://www.lowerkootenay.com).

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# West Creston Ferry

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

You may have already discovered the “On This Day” postings we put on Facebook each evening, comprising a random tidbit of local history with a photo to match. Not too long ago, we posted something about the West Creston Ferry, which drew a comment from one viewer asking for more information on the West Creston Ferry, because she had never heard of it before. That’s all the reason we need to write a whole article about it.

There was no highway across the flats until 1962. Getting to West Creston, or Nick’s Island, was not a simple matter of hoping in the car and driving for ten minutes. Both areas

were much more isolated and remote than they are today – even though their economies, and to a large extent their social networks and resources, were very closely connected to the community of Creston.

That’s where the ferries come in.

The West Creston Ferry is the most well-known of several ferries that moved back and forth across the Kootenay River. If you take Kootenay River Road off Highway 21 and follow it all the way out to the river, you’ll come to what appears to be a boat launch, with a similar sloping ramp on the opposite side of the river – the old West Creston Ferry landing.

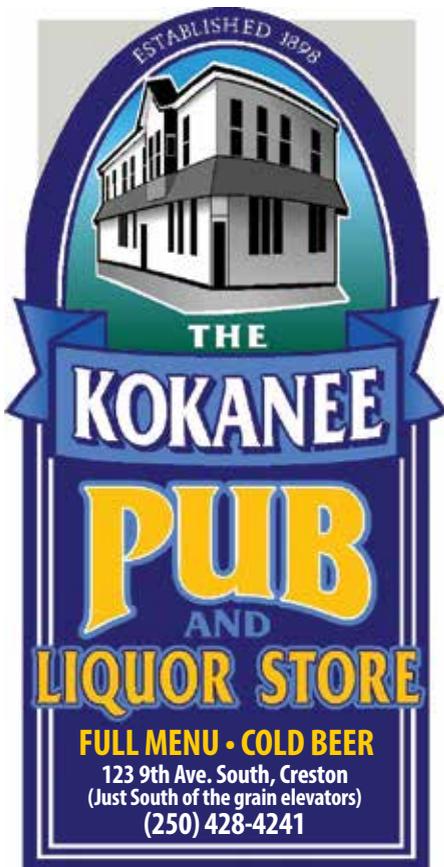
The West Creston Ferry represented a vital transportation link between West Creston and the town of Creston. It was the only way for West Creston residents to get to town to go shopping, but it was much more than that: grain trucks and hay trucks, loaded with the produce of the farms on the flats, crossed the ferry to bring in their crops. Herds of cattle, loaded logging trucks, all the produce of small-scale farmers were driven onto the ferry. Children of all ages relied on the ferry to get to school: high school students always had to come into Creston, and after 1942, when the West Creston School was closed, so did the elementary students. Anyone wanting to attend events in Creston, Erickson, Canyon, and Wynndel had to come to town on the West Creston Ferry. Even going to Nelson or Cranbrook required

crossing the ferry to get to the train station in Creston.

The West Creston Ferry service was established in 1910. The first ferry on the route was a windlass-type ferry: with no propeller, the ferry was moved by means of a cable, anchored on both shores of the river, that wound in or out over a spool mounted on the ferry. Ferryman George Seymour and Fred Hurry cranked that first ferry by hand. An engine-powered ferry replaced the original one in 1920. It was still a windlass ferry, and the cable still extended across the river, but at least it didn’t have to be cranked by hand. A third ferry was put into service in 1930. It burned in 1936 and required extensive rebuilding; a fourth ferry replaced it the following year. It was equipped with paddlewheels on each side that propelled the ferry across the river, guided by overhead cables suspended from tall towers on each river bank. The fifth and last ferry to serve the West Creston route, an all-steel paddlewheel vessel, was put into service in 1950.

The ferry’s operation was not without hazards. High water in summer, frozen water in winter, driftwood, and strong river currents could, and often did, put the ferry out of commission. In high water, the ferry was often replaced by Bob Maxwell’s boat, a privately-owned vessel that could accommodate a good number of passengers and some freight, but certainly could not replace the ferry for carrying grain trucks or livestock.

The hazards of ice and driftwood were very real ones. In March 1922, when Fred Hurry left his job as ferryman to take on ranching full time, the Creston Review reported, “For the last seven years . . . he has





*Creston Museum*

The West Creston Ferry in the 1950s (above) and an earlier incarnation (below).

handled a more or less unseaworthy craft with a minimum of mishaps, and has been especially efficient in protecting the ferry from disaster due to ice and driftwood during high water each season.”

The mishaps the Review mentions were occasionally tragic, and there were a number of near-drownings of horses, cattle, and people over the years. But there were remarkably few accidents, especially given the amount and variety of traffic using the ferry. In 1922, the Review provided details:

“The returns for the month show that October was quite a busy one for [ferryman Jimmy] Lochhead with a total of 416 round trips for the twenty-five days’ operations. The busiest day of all was the 30th when 22 round trips were made. All told 223 double rigs were carried, and in the neighbourhood of 500 passengers. 64 auto parties were carried.”

Over the next five decades, the volume of traffic grew, and the size of the vehicles increased as well – fewer horse-drawn loads, many more trucks. The flow of

vehicles varied from one season to another: in the late summer and early fall, when grain crops were being harvested and brought into town to the grain elevators, there was so much traffic that the West Creston Ferry couldn’t handle it all. Additional ferries, at Nick’s Island, Reclamation Farm at the south end of the valley, and at Lewis Island in the northwest, were put into service to help.

Despite the high rate of use of the West Creston Ferry, things were changing. The road across the flats, part of the Salmo–Creston highway, was completed in December 1962, and that was the beginning of the end of the West Creston Ferry. When

opening the road to traffic, the department of Highways “hoped that West Creston citizens as well as Nick’s Island residents will make full use of the bridge to take the load off the West Creston Ferry, especially during the winter when problems of keeping up continuous service arise.”

The Nick’s Island Ferry, three miles downstream from the West Creston one, was discontinued altogether in December 1962, and in 1968, the West Creston Ferry began operating in the summer months only. The last trip, under ferryman Vic McKay, took place on 31 October 1973. ■

*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).*



# Creston Valley Art Walk

Story by Frank Goodsir

The Creston Valley Art Walk and Galleries Tour is returning for its 18th season.

After a year in hiatus the Art Walk is returning June 28 for a two month run. Over its seventeen year run, the Creston Valley/East Shore Art Walk became too unwieldy, a victim of its own success. Often with over sixty venues and up to eighty artists, the Art Walk took three days to successfully complete. It was reluctantly decided that this was too large an event, so it was split in two – the Creston Valley and the East Shore of Kootenay Lake areas. Last year, for the first time, the East Shore ran its own successful Art Drive while Creston artists took a year off to regroup.

Launching a summer celebration to celebrate the work of local artists from Yahk and throughout the Creston Valley, Art Walk will run the entire summer from June

28 through September 1. Art Walk supports professional artists and artisans working from either their own galleries or studios and links emerging artist who do not have their own venues with businesses interested in promoting local talent, and through this support these businesses all receive publicity.

Why not start your tour at Yahk's About Art, where Penny AP Anderson and invited artists display a wide variety of fine art? This gallery is just south of the Junction of Highways 3 and 95 in Yahk. In Lister is Kootenay Meadows where you will find the art work of Ute Bachinski. Often on Friday and Saturday you will find the artist in residence working on her latest pastel or mixed media.

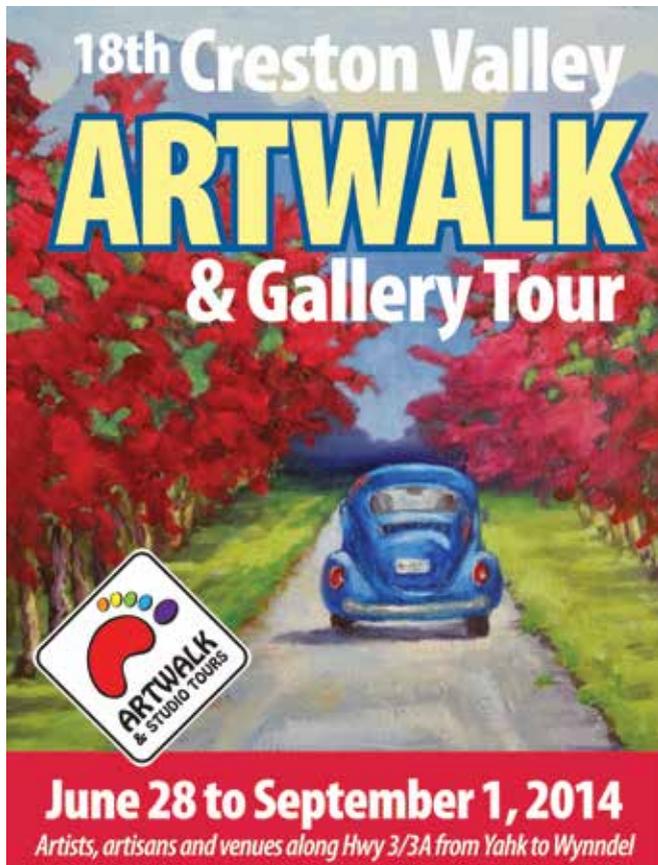
South of Creston on 37th St you will find McDowell's Hilltop Gallery where you will find a grand display of James' acrylic paintings and garden sculptures or Nora's rustic birdhouses or mixed media art.

As you enter Erickson you will find the popular Alföldy Gallery with watercolors, paper batiks, miniatures and cards of Elaine and Andy. Also in Erickson is Bluemoon Pottery where you will find the often whimsical clay sculptures of Andrea Revoy. A third stop in Erickson is Jenny and Emmie's Art Galley where you will find the oils, acrylics and mixed media paintings of Emmie Roelofse and Jenny Steenkamp.

On the northern edge of Creston is the Crazy Kat Lady Studio and Gallery which exclusively features the acrylics, jewellery, and pencil art of Margaux Allard along with prints and cards. On Indian Road, off the Lower Wynndel Road is Hirota Gallery where you will find the mixed media paintings prints and cards of Eileen Hirota along with the pottery of Jackson Hirota and the fibre arts of Annie Miller.

In Wynndel is Mellowood Studio and Art Gallery where you will find the watercolors of artist Val van der Poel.

Downtown is the Art Walk portion. Begin your tour at the Chamber of Commerce which features Artistic Visions, a group of local artist. At Real Food Café you will find the watercolors of Audrey Orosz along with various other artists. Cresteramics on Canyon Street is another business which features a variety of local artists. Creston Card and Stationery will feature the dye painted fabrics of Eileen Gidman.



The pastels of Carol Schloss is the feature art on the walls of Kingfisher Used Books. Carol is a Signature Member of the Pastel Society of America. Not far away on 12th Ave is Pridham Studio where daughter Micah and her husband Jeremiah continue with the handmade and hand painted pottery made popular by Micah's parents Nancy and Dave.

The new Ingham Arts and Culture Centre will display a variety of local

artists along with cottage industry participants, new media and multi-media presentations plus cultural workshops throughout the summer. Nearby at Break In Time Caffe will be more of the acrylic paintings of prolific artist James McDowell.

The watercolors of Laura Leeder, the dye painted fabrics of Eileen Gidman, and the mixed media art work of Winn Dinn are featured on the walls of the Creston Valley Public Library.

A colourful brochure listing all the artists and their venues as well as a map that locates studios, galleries, and supporting businesses is available at the Chamber of Commerce or any participating venue.

Whether you are just beginning your art journey, learning and appreciating art, or a seasoned art connoisseur, you will find plenty for your individual tastes in the Creston Valley Art Walk and Galleries Tour. ■

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# Comedy Starting 20th Season

By Footlighters Theatre Society

After producing plays and musicals for 19 years, Footlighters Theatre Society is kicking off its 20th season with *Dogsbreath Devereaux*, *The Dastardly Doctor*, which runs July 10-12 at Prince Charles Theatre.

The play follows in a longstanding Footlighters tradition of presenting comedy in the summer, and this one, a melodrama, is sure to please audiences who see the interaction between stock characters, such as the hero and villain.

“There is music, drama, pathos,” said director Gail Kitt. “It’s a good family show because it’s got everything. Everybody will get a laugh out of it.”

Set in a clinic, Dr. Dogsbreath Devereaux (played by Rylan Lavallee) plots to wed and do away with wealthy widow Lotta Cash (Jennifer Adams) so he can inherit her fortune and her late husband’s clinic. He enlists the aid of nasty nurse Hilda Hatchet (Ann Deatherage) and

promises to marry her once he disposes of Lotta.

Problems arise with the insanely jealous Hilda catches Dogsbreath flirting with heroine Wendy March (T.J. van Hooft). Only the hero, Dr. Phil Good (Axel Marini), can save Wendy and the Lotta from certain death.

The cast of *Dogsbreath Devereaux* also includes Zoe Marini, Caleb Wells, Aaron Willicome, Colin Hardwick, Susan Jorgensen, Frank Goodisr, Gill Wells, Gary Atha, Jasmine Lothien, Jordan Koop, Jesse Moreton and Jennifer Dewald.

July is a particularly busy month for Footlighters, with the cast and crew of *Almost Golden*, which was named best production at May’s Centre Stage, visiting Kamloops to represent Theatre BC’s Kootenay Zone on July 9.

“It’s rare that we have two productions going at the same time, especially ones with large casts,” said president and *Almost Golden* director Brian Lawrence. “But it just goes to show that theatre is alive and well in Creston.”

When those productions finish, the group will move on to the fall production, this one a locally written version of *Cinderella* that runs Dec. 4-6. This will be the eighth fairy tale director Frank Goodsir has adapted, following the Footlighters productions of *Aladdin* (2011) and *Jack and the Beanstalk* (2007).

As with *Aladdin* and *Jack*, *Cinderella* will be produced in conjunction with Adam Robertson Elementary School, and will feature about two dozen children from ARES and other schools.

*Cinderella* will be followed by Walt Disney’s *Beauty and the Beast*, also produced in conjunction with ARES, running April 16-18, 2015. It will have a large cast of adults and children, with all of the songs from the 1991 animated feature, as well as those created for the 1994 Broadway musical.

Tickets to *Dogsbreath Devereaux* are \$10 for adults, \$8 for students/seniors and \$5 for children under 12, available at Black Bear Books and Kingfisher Used Books or at the door. ■

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# Keep on Top of Changing Needs

Article submitted by: Vern Gorham,  
Sun Life Financial Advisor

**Y**our priorities and needs change as you move through different stages in your adult life. Throughout these stages, your advisor can help you choose the right products and services that meet your evolving needs.

## Off to work

In the first stage of adult life, you leave high school, college or university and enter the workforce. Your career is just getting underway. You may want to add to any group insurance coverage you have through your employer with personal insurance, such as disability, life and health insurance. Personal insurance is even more important if you're starting your own business or working in a contract position that doesn't offer a benefit package. Retirement is generally the last thing on your mind. However, the sooner you start planning for your financial future, the better it will be. That head start can translate into thousands and thousands of dollars.

## Relationships

A partnership, such as marriage, means your financial planning now includes two. You need to develop a financial plan to help make sure you and your partner are provided for today and in the future. You can investigate money management and investment strategies, as well as protection solutions such as long term care and critical illness insurance. You'll want to review your life insurance needs, for you and your partner. If you're buying a home, think about the advantages of purchasing life insurance rather than

mortgage insurance. Since you're just starting on your journey through life together, it's important that you head in the right financial direction from the start.

## Raising a family

If and when children enter the picture, your financial priorities change again. It's more important than ever to maintain a strong financial plan through these formative years to help keep your financial future bright. You'll need to ensure your life insurance plan continues to meet the needs of you and your family, and that your beneficiary information is up-to-date. If you haven't yet investigated long term care and critical illness insurance, you should do so now. Products can be adjusted to help ensure the success of your plan while at the same time allowing you to save adequate funds for your children's education, perhaps through a registered education savings plan (RESP).

## Empty nesters

At this stage, your children have left

home and gone out on their own. Your career is beginning to peak and retirement is just around the corner. Your discretionary income has grown now that the expenses of raising your children have all but disappeared. You'll have the capital to pursue financial investments that can further enhance your retirement plans. You may have questions about your and your partner's registered retirement savings plan (RRSP), or if you should make adjustments to the investments in your portfolio. You can protect your retirement funds with long term care insurance.

## Retirement

Finally, it's time to turn your retirement plans into reality. You'll move into new financial products that will provide you with a comfortable living in a tax effective manner. You'll look at income options such as annuities, registered retirement income funds (RRIFs) and the Flexible Income Plan (FIP). It's important that you develop and maintain a specific financial plan so you can enjoy your new life of leisure. It's also time to get your estate in order to ensure that after all of your hard work your wishes will be carried out as you planned. ■

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Vern Gorham is a licensed representative for Sun Life Financial, and works out of his office in Creston. He can be reached by phone at 250-254-0607, or by email at vern.gorham@sunlife.com

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On par "price wise" with granite counter tops, every piece is custom made to the customer's specifications. Bart explains that "compared to granite, the benefit of concrete is less weight, a greener product and we can do curves and integral sinks, which is difficult or impossible to do with granite." Another important aspect is that everything is done in the studio, so there is no mess in the customer's home or business.

With a wide range of colours and food grade sealers that are impervious to stains, concrete maintains its beauty. The most common comment Legend Rock customers make is how "organic" the concrete products look.

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# Stretching: The Truth

Story by Jesse  
Moreton, BSc DC

**T**his month's installment comes from the remarks of Doug Richards, a U of T professor whose lecture was recently aired on TVO's "Big Idea" program. I must also give credit to the studious patient who shared the link with me, although I will not name him for confidentiality.

So stretching. What is truth, what is fiction? For starters, let's review the rules of the game. Richards explained that when any material (or tissue) is stretched, there is elastic deformation and plastic deformation. Elastic deformation occurs when a tissue is stretched and returns to its original shape or length. Once a yield point is reached, a tissue changes shape, occurs damage or breaks. This is plastic deformation.

Ligaments, tendons and collagen with stretch 3-5% before they reach

this yield point. At 7-10% stretch, they will break completely. Muscles have approximately twice the range before they reach their yield point and break. In other words, muscles will stretch better than ligaments and tendons.

Secondly, tissues in the body are semi-fluid. Semi-fluid materials do not change shape instantly like an elastic band. This quality is referred to as viscoelasticity. The water content slows the rate at which stretching occurs. Think of a hanging deer carcass that elongates over time. The physiological term for this is creep. As muscles are stretched for a long time they slowly get longer.

Richards paraphrased a study conducted by Stuart McGill, a biomechanics professor from U of W. (As a side-note, I worked in the

same lab during my undergraduate education at Waterloo.) McGill found that slouching increased the range low back flexibility as the tissues slowly became longer. Maximum flexibility could be obtained after 45-60 minutes of slouching. However, after about 45-60 minutes of standing, the gains in range of motion were lost. The tissues slowly crept longer with slouching and crept shorter with standing. There was no overall gain in flexibility.

According to Richards, McGill was hired as a consultant when Pearson International Airport was building a new terminal. The airport was having problems with passengers injuring their backs after getting off flights and picking up their luggage. McGill suggested having passengers walk for at least 5-10 minutes before picking up their luggage. This way their tissues would creep back (and away from the yield point) before bending over to pick up a heavy suitcase.

**Continued on page 21**

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# A Closer Look at Prostate Cancer

Story by: Dr. Chris Ford, BMSc, ND

One of the most common ailments affecting men today is prostate cancer, so I will provide some simple ideas that can reduce the risk of developing prostate cancer and appropriate screening measures. Approximately one in every six men will develop invasive prostate cancer in their lifetime. Typically, this cancer is considered slow growing but it becomes more aggressive around 15 years into its progression

and proper monitoring is crucial. Diet and lifestyle can play a major role in the development and progression of prostate cancer. Foods that can increase risk include; red meat, trans-fats, high omega-6 intake, processed meats, sugar, refined grains and soft drinks. A diet full of fresh fruits, vegetables, whole grains and other whole foods that contain many vitamins, minerals and antioxidants can

help significantly lower the risk of developing prostate cancer. Specifically, tomatoes contain a compound known as lycopene which has been shown to have a protective effect against prostate cancer. Two key risk factors involved with cancer in general are shift work which alters the levels of melatonin in the body leading to mutations in cells that can cause cancer and smoking tobacco which contains

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a variety of heavy metals and other mutation causing toxins.

Screening is important in order to catch the cancer early and begin treatment as soon as possible. The most common test used for screening is Prostate Specific Antigen (PSA) which has become quite controversial in the last few years. The specifics of PSA are too in depth for this short article, however it is important when using this test to not only look at the level which can fluctuate throughout the day, but also to take into consideration

individual changes known as velocity of change and the actual level of risk involved with each of the numbers. If PSA and other screening tests indicate the need for further assessment then biopsy is performed in order to make the diagnosis.

Treatments for prostate cancer include surgery, radiation, chemotherapy as well as many Naturopathic options that are available with some of the most common being; intravenous (IV) Vitamin C, EGCG, Curcumin,

Mistletoe and Omega-3. Cancer can be a frightening and life altering diagnosis, but there are alternatives to help improve quality of life and support patients through the side effects involved with conventional treatment as well as directly influencing the progression of the cancer through natural treatments.

For more information on this and other health topics please visit our website or contact us at 778-481-5008. ■

*Dr. Chris Ford of Kimberley practices naturopathy in Creston once per week at Vital Health.*

## Stretching

Continued from page 19

If you've ever wondered why you have to walk to the opposite end of a terminal, now you know. It reduces your chance of plastically deforming (breaking or injuring) your tissues! It's also good for you, unless you're in a rush.

Another important consideration is to know what is being stretched. When we stretch, we're not

actually stretching joints. We're stretching the structures that hold the joint together; ligaments, capsules and tendons. Muscles have multiple attachment points and overlap. Often we think we're stretching a certain muscle but we're actually stretching something else. Looser or longer tendons will be stretched before shorter or stiffer tendons.

For example, to stretch the hamstrings athletes will sit with the legs extended in front. However,

many athletes will simultaneously point the toes up and lean forward at the waist. This position will stretch the gastrocs (calf muscle), sciatic nerve and low back, but not the hamstrings!

I hope I've whet your appetite for more. Next time, I'll continue with Richard's lecture, sprinkle in my own two cents and try to find some practical application. ■

*For more information, please call Moreton Chiropractic at 250-428-3535 or visit [moretonchiropractic.blogspot.com](http://moretonchiropractic.blogspot.com).*

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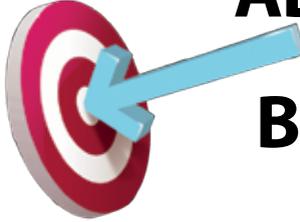
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Over the course of the last month or so, there has been a lot going on with the graduation of our Grade 12 students, the completion of the school year and the opening of the Farmers' Market to name a few.

Now is the time that most people including many children are outside enjoying the summer weather. It is important to be aware of the speed regulations and to scan the road ahead when driving in order to react quickly if necessary.

Distracted driving and speeding can result in serious consequence when unexpected pedestrians or vehicles present themselves immediately in front of you without warning.

Did you know that pedestrians have the right of way at a crosswalk? This means that you must stop your vehicle for anyone approaching at an uncontrolled crosswalk. Please slow down and plan to leave early for your destination so that you are not pressed for time and think of your driving time as a method of calming and relaxation while you cruise down the road with a clear, undistracted mind.

***Please be safe!***



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