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5 It all began with a wooden wheel

Owners of a Gray Creek business put a modern, twist on water driven power.

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The Magazine

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Letters to the Editor

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

I Love Creston Marketing Ltd.

Wendy Franz - Sales/Graphic Design

Susie Banner - Sales Representative

Kris Dickeson - Editor

Justin Ziola - Sales/Financials

Box 143, Creston, BC V0B 1G0

Ph/Fx 250.428.2631 • Cell 250.402.8711



www.ilovecreston.com

From the editor

“Good day sunshine” or “It’s raining again”? I don’t want to predict the weather but I sure hope the sun keeps shining. Before I dive into telling you what’s in this issue, a couple of corrections from our June issue. Found Objects artist, Calvin Murdock’s correct phone number is 250-428-7468. In the Girl Guides Anniversary story, “Marian Berg” was one of the local Gold Cord and Canada Cord recipients, starting with Marian Berg, who, in 1959, was the first local girl to earn this highest of Guiding honours.

In my opinion, camping rocks. Our new columnist, Kristen Cook, feels the same way and shares a couple of her camping trips. To go with that, we have compiled a Top 10 list items you need for camping.

The traffic volume increases on our highways over the next few months. ICBC has some tips for summer driving.

A new organization in Creston has spearheaded a movement to boost economic development. The creation of new jobs and increasing tourism are on the top of it’s to do list.

Mayor Toyota talks about the continuous growth of the town of Creston. Tim Hortons, the renovated Community Complex and a new building on Main Street are among his topics.

This month’s Business Buzz introduces a Creston woman who offers a number of services including cleaning, grocery shopping and taking care of pets.

We take a trip to Cherrybrook Farms where people can purchase a cherry tree for yourself or someone else. This allows the owner to watch the entire growing process as well as harvesting the cherries.

Experts tell us too much sun is not necessarily good for us. Our health writer, Annette Agabob, weighs in on the topic and offers alternative ways to protect your skin.

Later this month, the 2010 Special Olympics BC Summer Games get

underway in Langley. Creston has a number of athletes participating and we meet one of the five-pin bowling assistant coaches.

Talk of a middle school in the Creston Valley is generating discussion in our community. We have the information to date for you to read.

A PCSS student recently won an award for her artistic talent she applied in painting a ceiling tile.

The Creston-Kootenay Foundation distributed numerous grants to non-profit groups throughout the Creston Valley last month. You’ll read where the funding went.

Big event in Gray creek this month. Gray Creek Museum Days offers endless memories, tales and photos from the road washouts on Highway 3A to Greyhound bus trip, this event will likely appeal to all.

This month’s feature is about the owners of The Lakeview, (a store, campground and marina), in Gray Creek that uses water driven power. The Lakeview is repeating history with this method of creating power.

The Creston Valley Wildlife Management Area brings us up to speed with the Osprey. Lots to watch on the “nest-cam”. You’ll see mama feeding the babies, the babies sleeping and growing.

And staying with birds, the Creston & District Museum & Archives takes us back to the history of local bird watching.

A couple of notes to pass along, MLA Michelle Mungall is taking a two month break but will be back in September. This issue of I Love Creston Magazine went to press before the grand opening of the Creston & District Community Complex. We will have the details of this event in our next issue.

Lots going on this month in the valley. Our Out & About calendar has all the info for you.

And finally, a couple of letters to share with you.

Enjoy...

Mailbag

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

Kris,

Thank you for this opportunity to tell everyone [about] TAPS (June 2010 Issue).

We are proud of our seniors and of the program that they enjoy.

Terry Nowak

TAPS Outreach Worker

Dear Terry,

Thank you for providing us with the information about TAPS. I know a number of our readers appreciate the details about the program in general and the special outings you plan.

Sincerely,

Kris Dickeson

Editor

Hi Kris!

Just wanted to tell Wendy and yourself what a great job you did with our Blueberry Patch featured story (June 2010 Issue). Lots of great colour and so well written up - thanks so much for featuring us for this month - we appreciate the time you spent on all this and a job well done!!!

Thanks again -

Michael, Bibiane, Abby & Breanna [Sproule]

Hello Sproules,

What kind words, thank you. We so enjoyed our afternoon at the Blue Berry Patch and spending time with your family. I have to say, again, the Blueberry Smoothy was very tasty. Hope you have a “berry” good summer.

Sincerely,

Kris Dickeson

Editor

History evolves to High Tech



Story by: Kris Dickeson

*Excerpts from Tom's Corner by Tom Lymbery (Mainstreet, November 1995)

After five years of research and planning, a business in Gray Creek has the first privately owned hydro power plant in BC. Water driven, this surprisingly simple process is known as green power, which produces more than enough electricity for a store, campground and marina.

Owners, Gary Marshel and Lois Wokelin, bought the Lakeview in 2002 with plans to build and an eco-friendly power system. "The idea was there for a long time," Wokelin said. "When we made the decision to go ahead, we specifically looked to buy something on a lake which also had a creek. We found it."

The Lakeview has a rich history dating back to the early 1900's.

**Road construction creeping north along the east side of Kootenay Lake in the late 20's and early 30's consisted of*

moving the construction camp ahead when a few miles of the road had been built.

The final move was to McFarlane Creek where the cabins were set up on the lakeside of the road that had been built in Haddon's day, while the crew cut a shorter road along the Lakeview corner. That oldest road is now the Lakeview RV and beach access route.

Soon after the road was completed to Gray Creek and SS Nasookin started daily ferry service to the Balfour side, the property was purchased by Johnny Kerosene, a Czech



bachelor who put in a gas pump, built a small store and refurbished the former road camp cabins as tourist cottages. McFarlane is a particularly cold and clear stream – a preferred stop to drink from.

"Established the name Lakeview"

In 1946, the Gibbs family purchased the Jernberg property through a real estate promoter who told them it was an ideal site for a motel, but didn't mention the fact that the ferry was soon to move to Kootenay Bay. The Gibbs brought in then new "pre-fab" cottages and did erect one on this property before they found Lakeview was for sale at a

reasonable price so moved it there. They lived in one of these, so with one other pre-fab and Johnny's three, they had four cottages to rent. They also established the name "Lakeview".

The Gibbs were two couples – the place had been purchased as part of the son's war reparation fund and for the first two years both families were here but soon they found out it was not enough for the Gibbs senior to operate and winters were spent in Vancouver. This was before power lines so they had Tom Oliver construct a water wheel next to the creek to

hello and extends her hand. It's Lois Wokelin. Following introductions, Wokelin insisted I see the old water wheel and the hydro power plant first. We crossed Highway 3A toward a wall of green. I knew it was the right place as I could just see the creek.

Wokelin charged ahead pulling back tree branches and stepping over bushes (good thing I wore sandals). Within a few steps into the "forest"

"Simple process is known as green power"



generate lights – the wheel is still there and visible from the highway if you look carefully.

Wilf and Ida Kocher purchased the resort in 1949 and moved here from Alberta with daughters Audrey and Gail. They had been here only 2 weeks when the water wheel became unbalanced and was unserviceable. Wilf set up a small motor out of one of the rental boats to run the generator and found that it actually turned faster than the water system – brighter lights!

Skip ahead to June 2010. As I get out of my car at Lakeview, on a warm and sunny day, the first thing I notice is the sound of running water. As I look in the direction I think it is coming from, a smiling woman says



there it was, towering over me, the old water wheel. My first thought was that it looked like something out of a Walt Disney movie. The wheel was a crude structure built

“Two pipes sticking out of a building”

entirely of wood, which had faded over the years. It was hard to believe that this wheel was so old yet looked as if it would still operate.

“I turned around and Wokelin pointed to the other side of the creek and said, in a loud voice, “There it is.” I must have looked as surprised as I was. Expecting to see a high-tech contraption, all I saw was water being pumped into the creek through two pipes sticking out of a building.

“The intake pipe starts above falls and is 435 metres long,” she explained while we entered the pump house. “It delivers the water into the pump house, then the water is sent through a pump that operates backwards. The pump runs a generator and at the same time the generator runs the pump. Finally, the water is pumped back into the creek. We chose to go with low-tech construction, leaving us the option to upgrade.”

As we ambled back to the store, Wokelin told me the system has only been up and running since March. “In 2003, an aspiring Hydro engineer did a feasibility study. Next, we started asking around about designs and found a firm in Kimberley that had previous experience in water driven power. Then we waited for funding from Community Futures and finally started construction, which took a year and a half. We are still in the learning process and August is our driest month so it will determine whether or not we need to upgrade. We also use net metering with Fortis Inc keeping us on par.”



Hailing from Portland, Wokelin was a real estate appraiser and Marshel worked in the computer industry. They live in an apartment above the store, which offers an amazing view of Kootenay Lake.

We strolled around the campground, along the edge of the lake and stood on the dock. “Our apartment is fantastic,” Wokelin said. “There is a light bulb outside the pump house that is light when the pump is working. I can see it from the apartment and often look up to make sure it’s lit and to date it has always been on.”



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From the Mayor's Desk

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

The Creston Valley Continues to Grow

June was a very special month for the Creston Valley with the Grand Opening of the Creston and District Community Complex addition on June 26th (it must be noted that this article is submitted on June 23rd for publication in early July). Many articles and comments will be written on this new facility and I am personally very proud to have participated as a member of the "Design Team", and now as your Mayor.

One feature of this great addition is that we are seeing an attitude change within our community and our valley is being presented with a more "open for business" theme.

I believe this change started to happen after our Olympic Torch Relay event on January 23rd, to which a very very large enthusiastic community attended (I estimated 2,000) and spontaneously enjoyed being together. The resulting Vancouver/Whistler Olympics highlighted the strong support and pride that we have as British Columbians and Canadians. During July, the Tim Hortons franchise will be opening. This is a slight delay to their original June date but the weather conditions have created some challenges.

"Creston Place", a new three-story office and retail location on our

downtown Canyon Street is the first new construction on Main Street in over 25 years. This is being built by a local developer and will be a great addition to the recently revitalized Downtown Project.

Columbia Basin Trust is partnering with the province of British Columbia to construct 114 affordable housing units for seniors and persons with disabilities. Creston has been selected to have 24 units constructed. The Town of Creston's contribution will be in providing the land required for this development.

The Creston Valley is moving forward and more positive changes will continue to be announced.

Ron Toyota is the Mayor of Creston

Phone: 250-428-2214

Email: Ron.Toyota@creston.ca

Website: www.creston.ca

Creston Valley Business Buzz



Angela Marasco - Owner of Helping Hands

My name is Angela Marasco and I have been living as a resident of Creston for over 35 years. I was raised in a close-knit Italian community where I spent many hours passing the time and learning from the more mature friends and relatives in my neighborhood. I learned early on how special these people were and how much I gleaned from them since they had so many stories to tell. These experiences as a child engendered

the passion I have for befriending and helping the older population in my community, and gave me the inspiration to begin my business, which I appropriately named Helping Hands. My goal is to not only assist people with their day-to-day activities, such as taking them to appointments, shopping, picking up prescriptions, meal preparation, filling in forms, paying bills and taking care of small

pets. As well, I also want to enrich their lives as they have enriched mine over the years. I want to enhance the emotional well being of the individuals by doing the things they enjoy. For example, I may take them out for coffee, go for a recreational outing or perhaps accompany them to church. I encourage you to let Helping Hands give you a hand and some help.

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The Benefits of a Middle School in Creston

Story by: Andrea Suprowich-Dirk, M. Sc.

Up to 30 parents gathered at Canyon Lister Elementary School on June 21, 2010 to explore the possibility of a grade 7-9 Middle School existing in the Creston Valley. Following extensive parent led discussion, nine parents offered to develop a proposal to submit to the Kootenay Lake School District to support their initiatives. The

proposal, when approved, would add an extension of grades 8-9 with a projected start date of September 2010.

"An extension of grades 8-9"

These two grades would add an additional 60 students without changes to the Canyon Lister Elementary School structure. The physical layout of the school would allow for a separation of the Middle School students from the K-6 students with each component settled in their own wing of the school. Different timetables and use of the two separate schoolyards would further support a separation of the grades when necessary.

As an option, students unable to register in the program when maximum capacity is reached, or for various reasons prefer an 8-12 format may have the option of PCSS or HomeLinks.

So why a Middle School as a viable option that offers more than just a duplicity of services? At the forefront, parents expressed wanting a school that minimized their concern for their children that may not be physically and/or emotionally ready to deal with 12-13 year olds

intermingling with 18-19 year olds. Current findings show that these concerns are valid and compelling enough to justify Middle Schools. In addition, educational research shows that starting Grade 8 in a large high school can be a daunting experience for some students. After the security and predictability of a single teacher classroom, students suddenly must adapt to a mix of classrooms, busy hallways, teachers and timetables, which can be overwhelming to some of them.

Perhaps if this fits your family scenario, then a Middle School may be the perfect solution for you. The proposal, which will be discussed and voted by the Board on Tuesday,

"Daunting experience for some students"

June 29, 2010, has unique ideas. There will be a focus on technology and a strong environmental /social consciousness initiative as Canyon Lister Elementary School becomes a UNESCO affiliated school.

If you are interested in knowing more about the potential for a community Middle School contact:

*Andrea Suprowich-Dirk
Phone: 250-428-0494*



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The Osprey Camera is Live!

Story by: Carla Ahern
Stewardship and Communications Manager -
Creston Valley Wildlife Management Area

To see an Osprey in the wetlands hovering above the water, catching a fish or perching on a nest is an amazing sight. But now you can get even closer with an intimate look inside the nest of a pair of Ospreys who are raising their young in the Creston Valley.

A web cam was installed on an osprey nest in the Creston Valley Wildlife Management Area (CVWMA) in mid-April, prior to the Ospreys' return from their southern wintering grounds. Ospreys come back to the same nest year after year. The nest is made out of sticks and often located on man-made elevated structures such as power poles, buoys and bridges as well as cliffs and snags.

This pair of Osprey successfully mated and the female laid three eggs in early May. The first two eggs hatched out on June 15th and the third one hatched the following day. We are already seeing some great footage – watching the female ripping off chunks of flesh from a fish to feed the young is pretty cool.

And they are growing fast! Eat, sleep, eat, sleep...

The Osprey web cam is a partnership between the Fish and Wildlife Compensation Program (FWCP) and the CVWMA. The project has also been made possible due to the technology expertise of Kootenay Wireless.

The camera provides an amazing opportunity to see what really goes on inside an Osprey nest. From the development of the chicks to the ensuing sibling rivalry, the footage coming from the camera is amazing. The juveniles should be in the nest until the end of August/early September, so there is lots of time to check in on them.

The live footage can be viewed by logging on to www.crestonwildlife.ca.

For those unable to access the Internet a trip to the CVWMA is a necessity. Live images of the Osprey can be viewed at the Wildlife Interpretation Center in West Creston as well as at the Creston Public Library.

If you have any questions, please feel free to contact us at 250-402-6900 or by email at askus@crestonwildlife.ca or check out our website at www.crestonwildlife.ca



Osprey Landing
(credit to Michael Farnsworth).

A 17,000 acre wetland located
11 km west of Creston, BC on Hwy 3



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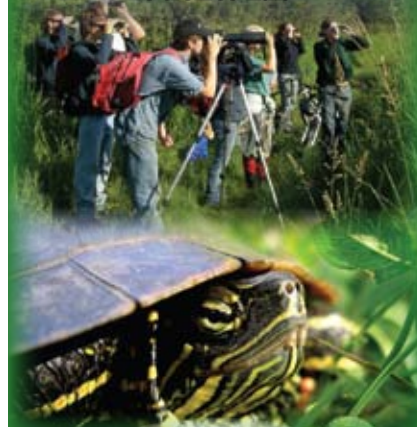
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Staying Safe Behind the Wheel

(www.icbc.com)

Top five tips for summer driving:

1) Be realistic: Plan ahead and be realistic about travel times.

Allow extra time for possible delays that may occur due to increased traffic volume. Check www.drivebc.ca for road and weather conditions before setting out.

2) Your vehicle: Long road trips can be tiring for drivers and passengers but also on your vehicle, so make

sure it's up to the drive. Remember to check your engine oil, washer fluid, lights and inspect your vehicle tires, including the spare, to make sure they are in good condition and properly inflated. For more tips on preparing your vehicle, go to www.drivesmartsavegreen.com.

3) Be safe: At this time of year weather conditions can change when travelling over long distances. As well, there are more motorcyclists and bicyclists on the road. Drivers

should slow down, use extra caution and keep a look out for other road users.

4) Drive smart: Whether travelling a long distance or a short trip, always maintain a safe travelling distance between vehicles.

Allow at least two seconds of following distance in good weather and road conditions, and at least three seconds on high-speed roads or if you're behind a motorcycle since it has a much shorter stopping distance.

5) Model it: Set an example for your children and other drivers by making smart driving decisions on the road. Start by always wearing your seatbelt and make sure that everyone else in the vehicle does too.



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Winning In Sport and In Life

(www.specialolympics.bc.ca)

The Special Olympics BC Summer Games get underway in Langley later this month.

A number of athletes from the Creston Valley are participating in numerous sports, including 5-pin Bowling.

Carrie Boese, of Creston, is the Assistant Coach of the 5-pin Bowling Team of over 30 bowlers.

She started with the Special Olympics a year or so ago as head coach. One of the girls she worked with has a son with Down Syndrome. They had hung out together before and one day,

"Including 5-pin Bowling"

they attended a picnic for Special Olympics, which Boese tagged along to. There she got convinced by local coordinator to be a volunteer.

In spring 2008, Special Olympics BC (SOBC) launched a new program called FUNdamentals for 7-10 year old children with intellectual disabilities. Creston was one of eight communities to run the program.

Boese, who has been involved in the past, is returning to volunteer for FUNdamentals again when it starts up in late fall

The Special Olympics BC Summer Games run July 22-25, 2010 in Langley.



Special Olympics

"Let me win, but if I cannot win, let me be brave in the attempt."

- Athlete's Oath



Creston Valley GLEANERS

Two Locations to Serve You!

Currently there are two outlets to serve the citizens of the Creston Valley and beyond.

The main store sells clothing, shoes, wide selection of crafts, linens, toys, puzzles for all ages and sizes.

Gleaners Too sells a variety of housewares, jewellery, collectables, books, hardware, CDs, DVDs, small and large appliances, furniture and other miscellaneous goods.

Main Store Hours:

807 Canyon Street

Tuesday & Friday 9:30 am to 4 pm,
1st & 3rd Thursday 4 pm to 7 pm,
last Saturday of each month 9:30 am to 1 pm

Gleaners Too Hours:

115 8th Ave. N. (across the street)

Tuesday & Friday 9 am to 4 pm,
1st & 3rd Thursday 4 pm to 7 pm

Food Bank Hours:

**807 Canyon Street
(behind Main Store)**

Tuesday & Friday 9 am to 1 pm

Drop-Off Hours: (both locations)

Gates Open Monday to Friday 6 am to 6 pm
Saturday & Sunday 3 am to 6 pm

Drop-off for main store inside and in parking lot all other donations received at Gleaners Too.

Family Tree

Story by: Gord and Caroline Martin
Owners - Cherrybrook Farms

Raising a family in the city was not what they had pictured. They wanted to give their family the farming life. Gord and Caroline Martin, with their two children Peter and Laura, moved to Creston in 1996, bought a bare piece of land, planted some cherry trees and Cherrybrook Farms was born.

Local food became an important issue in their lives, so the cherries were kept home and not shipped overseas. The cherries were offered to locals via their membership program.

With a membership you will be part of the excitement in growing cherries. You will be able to see them develop from blossom to world-class juicy sweet cherries (through photos and newsletters) and then have the thrill of the harvest without having the worries of the yearly maintenance. While on our farm you will be treated as family and will have pride as you see a tree

"Not shipped overseas"



"Thrill of the harvest"

with your name on it. This tree can be yours for many years, by yearly renewing your membership.

This is not just a "u-pick-orchard". It's about an experience. We provide training, so that you will be able to pick your fruit in such a way that you don't damage your tree, which should keep your tree healthy for many years of good harvests.

Cherrybrook Farms also grows hydroponic lettuce and processes dried cherries and cherry juice.

For more information contact:

Cherrybrook Farms

Phone: 250-428-3030

Email: familytree@cherrybrookfarms.ca

Website: www.cherrybrookfarms.ca



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Gord and Caroline Martin.

Grassroots Economic Development for the Creston Valley

Story by: Cam Penner - Destination Marketing Organization

Implementing, collaborating, celebrating, self-sufficiently and efficiency are just big words unless they are put into action. And now is the time for action. The Destination Marketing Organization (DMO), as a cohesive group, will be putting those big words into action.

"Big words into action"

Creston Valley Tourism is a very large group of businesses (300) with increased tourism as our focus and the spin-off effects

of a multiphase business plan that incorporates many organizations working together.

We don't have any political agenda, although we will have the community in mind at all times. We all are very interdependent in this industry and because we are all in this together, we are the ones that need to be in control our future.

With past versions of economic development not working as well as hoped, these plans seemed to have had more of a top-down approach. We are distinctly different being that we are working with a bottom-up approach that is very effective and results oriented. Creston Valley Tourism Development is no longer running and we need to come together and have a voice. We are collaborating to create and implement an organized plan.

The idea of DMO is not new, however it can be quite powerful and effective. There are many DMO's in BC, which are especially successful

in places that have little or no industry or have been dependent upon only a few employers. It only makes sense that the stakeholder of the tourism industry form and make decisions that affect us all.

We will be working for our own success as a community and follow a motto of: "One for all and all for one." It also incorporates all the components of the Town of Creston's Strategic Plan.

This new DMO is really important to the vitality of existing businesses as well as being the incubator of many more "green" businesses and the development of 200-300 jobs. Yes you heard it correctly. Just watch.

We are working on a multi-phase approach with stage 1 in progress.

Plans are in place to be collaborating with many organizations including attractions, festivals, artists, the Lower Kootenay Band, agriculture/agri-tourism, dining, retailers, events including the Blossom Festival, Community Futures, Columbia Basin Trust, town of Creston, College of the Rockies, Regional District, Creston & District Credit Union and the Creston Valley Farmer's Market, among others.

This is not a Town of Creston initiative but it uses almost all the components of its strategic plan. We may have high hopes or pie in the sky dreams but we as a community need vision and action. Membership is for those involved in tourism and anyone that is interested in becoming involved.

For more information contact:

Cam Penner at info@crestonvalleytourism.com

A short informational video can be downloaded at:

www.youtube.com/watch?v=GPIGCYEIYBg&feature=related

"Working on a multi-phase approach"

"Need to be in control our future"





My Side of the World

Story by: Kristen Cook

The Great Outdoors

By the time summer comes around most of us are getting a little claustrophobic. We've worn out sledding, fireplaces and hot chocolate and we're definitely tired of rain. Even before the sun first shows up we're dreaming of kayaks, hiking and pulling out the tent. At least I certainly am.

"Joy of mosquito bites"

I'm sure you can see why my excitement is justified.

Don't you also long for the days when you can unroll a sleeping bag on lumpy ground? Can't forget the joy of mosquito bites layered over sunburn. Doesn't everyone love huddling under a tarp in the rain?

The key here is actually to have a strong belief in romanticizing the past. With a little practice you can hone this skill and maintain all your hopes for the future. Fear not, I can help you learn how to apply this to camping. Let's reflect on some of my own experiences.

My latest camp-out, for example, involved natural hot springs and a road trip. Excellent starting ground, to be sure! First, let's forget that the sky was overcast and recall a starry night above the hot pool. Now, the climb out with wet socks can be completely obliterated. We don't need to remember the burning lungs or sweat. In fact, I'm pretty sure I remember that we were all attractive and earthy looking by

time we emerged. If we want to take this a little further we'll also manage to forget that we took the wrong logging road, our soggy towels, and the hairy scantily clad hippies.

Of all my camping trips, my favourites always involve Kootenay Lake. A stance I can easily maintain when I conveniently forget the burn I always incur, campfire smoke and the bugs that want my blood. Sometimes, when visiting the "still more convenient than bush" outhouses or shaving my legs by a creek, I wonder what entices people to leave the comfort of home.

But it's alright! I've mastered the fetal position necessary for cold nights. Sand in my sleeping bag



helps exfoliate fresh sunburn. It turns out creeks make perfect refrigeration and sleeping on the boat only rarely causes seasickness.

Here's the thing. Despite it all, I still long to pack up my duffle bag and bunk down in the outdoors.

I hypothesize that this is for the same reason that

"Scantily clad hippies"

pancakes full of bits and cooked over a campfire will beat out any restaurants' any day. Maybe it has something to do with long hours

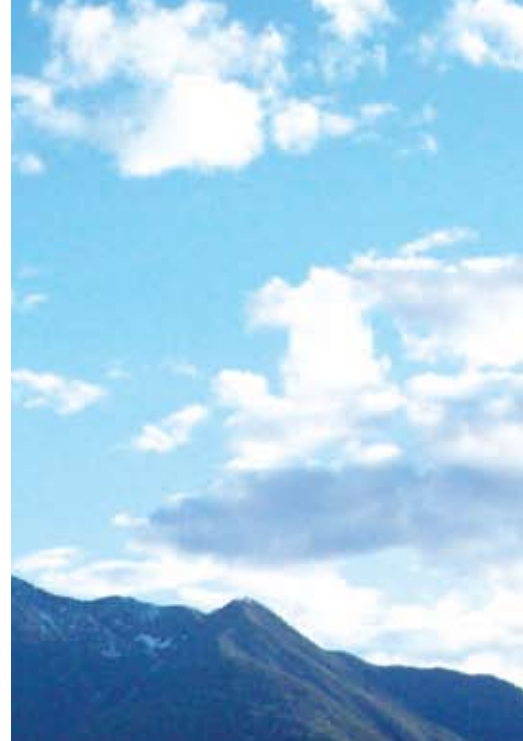


**"A campfire
in conversation"**

on the beach with a book. It could possibly be jumping into the lake on a hot summer afternoon or lying on the same rocks on a cool summer evening. There's always the sense of accomplishment when I stand at a trailhead or nights spent around a campfire in conversation.

Whatever the reason, you'll be able to find me up the lake or down mountain roads this season. I'll be blissfully ignoring the struggles and skilfully highlighting the advantages.

All for the love of camping.



The 10 most important items you must consider before you get into the camping mode:

(<http://ezinearticles.com/?Top-Ten-Camping-Tips&id=3782960>)

1. Before you get too worked up, line up all the camping gear that you intend to cram in your backpack and give it a once-over. No, check it twice, even three times. I am quite certain you will be able to think something up, an item that is not on your list that might eventually become handy in the outdoors or on this particular trip of yours.

2. Bring extra clothing. This is a contingency for events like a slip on muddy ground, or a fall while crossing a shallow river, or perhaps just a sudden change in climate. Always think ahead.

3. Bug repellents and sunscreens are musts. Do not allow your night to be a sleepless one.

4. Heavy items at the bottom of the bag, lighter ones on top. Crushed food or damaged gear can be a hassle.

5. It would be advisable to precook hot dishes if your plan is to relax on the camping trip. All you have to do when you get there is preheat it and then enjoy. Of course, cooking outdoors is awesome but it would be better to do some

heavy cooking on the next day. You might want to rest after that long trip.

6. Make a list of your menu from breakfast to dinner. This way, you can pack your stuff better, last in first out.

7. If water is an issue on the camping area, stock up on drinking water and instead of bringing regular plates, carry paper plates instead. Just make sure you also brought along garbage bags.

8. Of course you did not forget flashlights but always bring extra batteries for emergencies.

9. First aid kits are always a first when traveling into the wild.

10. Always keep out an eye for possible sources of problems. It would not hurt to be proactive.

Always remember, camping can be really fun when you want it to be.



Gray Creek Displaying Highway 3A Tales And More

Story by: Frances Roback
Gray Creek Historical Society

Do you remember the 1950s and '60s washouts on Hwy 3A up the East Shore? Maybe you rode the Greyhound bus between Creston and the Kootenay Bay ferry, raced in the Gray Creek Sailing

Regatta or stayed in the former Gray Creek Auto Camp. If so, come to the Gray Creek 2010 Museum Days at the Gray Creek Hall. The displays are organized by the Gray Creek Historical Society will recall these and many more local topics in pictures, videos, stories, artwork and mementoes. This exhibit's timeline ranges from early Crawford Bay and Gray Creek artists William Bayliss and Harry N Maynard, to the Tipi Camp wilderness retreat on Pilot Peninsula.

Imagine driving between Sirdar and Kuskonook one night in 1956 and the highway's centre white

line disappears. Would you think to stop? Greyhound bus driver Tony Melusi did. Just 20 feet short of a hole in the highway that was 200' long and 30' deep, due to the flooding Boulder Creek. There will be lots of East Shore highway stories at Gray Creek's 2010 Museum Days. Such as, road-building, film footage from the early 1930s, highway washouts and Greyhound lore.

Gray Creek 2010 Museum Days run July 25 – 30, 2010 at the Gray Creek Hall.

The historic log Hall is located on the shores of Kootenay Lake, off Hwy 3A in Gray Creek, north of Lakeview Store & Marina. Watch for the Gray Creek Hall sign just south of the Gray Creek bridge.

For more information email:
gchistory@theeastshore.net



Two drivers landed in the 1956 Boulder Creek washout between Sirdar and Kuskonook. Photo: Mary Carne collection, Gray Creek Historical Society



Some of the twenty displays, large and small, historic and contemporary, at last year's Museum Days event at Gray Creek Hall. Photo: Steve White.

Non-Profit Groups Receive Funding

Story by: Peter Hepher

More than \$24,500 in grants from the Creston - Kootenay Foundation was distributed to non-profit community groups last month. Most of the grant cheques were presented to representatives of the recipient organizations at a gala dinner on June 16, 2010. The gala was held at the Alex Nilsson Centre for the Therapeutic Activation Program for Seniors (TAPS), and included a delicious meal prepared by TAPS volunteers and staff. Some of the donors to the Foundation and members of the Foundation's board of directors also attended it.

Before handing their cheques to the recipients in attendance, Foundation President Larry Brierley, briefly outlined the organization's history from its creation in 2004 as a successor to non-profit societies. These were originally created to support the Creston Valley Hospital, Swan Valley Lodge and Pioneer Villa. Brierley noted that the less than \$300,000 with which Foundation began life, has grown to a community nest egg of more than \$600,000 thanks to donations received during the past six years. He invited those present to help the organization to reach its primary fiscal target of \$1,000,000 so that it can afford an office with paid staff and also make a really significant annual contribution to non-profit groups working to improve life in the area between Yahk and Riondel.

Again this year, the major grant went to the College of the Rockies, which got \$10,000 for its greenhouse project. Rae Marsh who made a substantial donation to the

Foundation's environment fund in memory of her husband, Cliff, presented it. Other 2010 recipients include the Creston Valley Hospice Society, the Creston and District Society for Community Living for its therapeutic riding program, Swan Valley Lodge for birthday gifts and flowers for its residents, the Pet Adoption and Welfare Society (PAWS), the Creston Valley Trail

"As a successor to non-profit societies"

Society, the Boswell Memorial Hall Society, the Kootenai Community Centre Society and the Science Fair. Also among the grantees are the Creston Ministerial Association, and the Public Health Nurses Association (both designated beneficiaries of the Sonja Sommerfeld Fund), the Creston Museum and, from funds raised by the Foundation's Youth Advisory Committee, a \$500 scholarship for a PCSS student. These grants are made possible by the donations to the Foundation of cash, securities, bequests and other forms of wealth. The donations may be "designated," "advised" (where the donor helps to determine the distribution of the proceeds) or "unrestricted" (where the Foundation disburses the earnings on the basis of greatest need).

Donations to the Creston - Kootenay Foundation are invested in perpetuity and only the earnings from these investments are available for the annual grant program. This method of serving the community now and into the future is the central purpose of a community foundation. It is also a condition of registration with

the Canada Revenue Agency. Such registration allows the Foundation to issue tax-refundable receipts for donations and requires it to distribute a percentage of its annual investment earnings to non-profit organizations that meet the agency's criteria.

To learn more about the foundation:

Website: www.ckfoundation.com

Phone: 250-223-8004 or 250-428-4625 or 428-4625 (Peter Hepher)

Email: hepher85@shaw.ca


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Home & Garden

Choosing the right mower for your lawn

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Most homeowners don't relish the idea of cutting the grass on a Saturday morning, but choosing the right lawn mower for your yard can make the job much easier.

Option 1: The manual reel mower

If you have a small urban lot, a manual lawn mower may be all you need. As the most basic type of mower on the market, the manual reel cuts grass using a series of curved blades that rotate when pushed. The manual push operation makes this mower environmentally friendly and quiet to operate. It also helps make them very economical and low maintenance.

Option 2: The electric corded mower

The electric corded mower is another great option for homeowners who maintain smaller lawns, but keep in mind the mower has to be plugged in to use it. Some people get frustrated by constantly having to manoeuvre the mower and cord, but otherwise the electric corded mower is light and easy to handle. With the push of a button, it will come to life and it runs quietly without creating harmful emissions.

Option 3: The electric cordless mower with a rechargeable battery

Electric cordless mowers offer the same benefits as their electric corded counterparts, but they also provide greater mobility by eliminating that cord.

Option 4: Gas-powered lawn mowers

For large lawns up to half an acre in size, gas-powered mowers are ideal. They can easily handle uneven terrain and cut through thick, lush grass. They need regular refueling and an annual tune-up, which includes changing the oil, spark plugs and air filters.

You also opt for a mower that comes equipped with a bag, mulching feature and side-discharge.

Option 5: The lawn tractor

Using a gas or electrical lawn mower to cut a large property can be exhausting so if your yard is larger than a half acre in size, you're probably going to wish you had a riding lawn mower. Lawn tractors are the most expensive option when it comes to purchasing a lawn mower, but they get the job done quickly and effortlessly. Aside from cutting grass, lawn tractors can also be used to pull small trailers and aerators.



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Selecting a Qualified Contractor

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When looking for a qualified contractor, use all available resources. Word of mouth recommendations from others who have had similar work done recently, information from local licensing agencies, and Internet resources like www.handy canadian.com are all helpful tools.

To narrow down possible candidates, request each contractor's business license number and check it out with the local licensing office. The law requires contractors to have a licence.

Make sure each candidate carries public liability and property damage

insurance. Take the time to check with the insurance agency to verify the policy is still in force.

Another basic requirement, one every contractor with employees should meet, is the provision of Workers' Compensation. Any sub-contractor hired by the contractor should also be covered.

If the contractor is uninsured and/or has uninsured employees don't even consider hiring them. Otherwise, you could be sued and held monetarily responsible for worker's injuries sustained while on your property.

Check with the Better Business Bureau (BBB) to discover which contractors or firms they represent

may have had complaints filed against them.

Ask each candidate how long they have worked in the area, and whether or not they have experience with projects similar to your own. If so, get the names of homeowners they completed the projects for and contact them. Verify the information, and ask about the quality of work, and whether or not they would ever use the services of the contractor again.

Do not be concerned about possibly offending the contractor by requesting such information. Reputable contractors will not be offended because they will have nothing to hide.

Narrow your candidate list down further to determine which contractors to get bids from; get bids from at least 3, but the more the better.

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Local History Goes to the Birds

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

I love watching birds. Oh, I'm not one of these die-hard birders out there in any weather conditions with high-power binoculars and spotting scopes. But, I do get excited when I finally identify a new (to me) species and even when I don't see something new, bird watching is one great way to relax and unwind. I've come to the (not) very scientific conclusion

"Not just a recent phenomenon"

that it is impossible to be stressed-out and grouchy when watching chickadees.

But what does this have to do with the usual history-of-Creston article you've come to expect?

I was flipping through my copy of Linda van Damme's local-bird checklist and I noticed that she lists over 300 species of birds in the Creston Valley. When I first moved here, there was something like 265 bird species in the area. That's quite an increase. And, while forty new species in a little more than a decade is certainly a far more rapid growth than we've seen in the past, there are a few snippets in newspapers that suggest that the arrival of new species is not just a recent phenomenon.

So here's the history part of local bird watching:

Today, ring-necked pheasants are plentiful in the Creston Valley and while you might not always see them, their distinctive calls can certainly be heard frequently. But they are an introduced species brought into the valley by George B. Henderson who, in addition to being Creston's first doctor, was also an avid hunter.

In May 1913, the Creston Review announced, "During the past week, eight Chinese or English ring-necked pheasants were allowed to run wild. This is the first of this species of pheasants that have ever inhabited this part of the country and every precaution should be taken to protect them. Law protects the birds and a heavy penalty is imposed upon any person found guilty of killing them. They are at present around the ranches owned by D. Learmouth and Andy Anderson and may be seen quite frequently around these places. It is thought, that by using a little

judgement and extreme care in their welfare at this time, that in a few years they will be as plentiful as the grouse are at the present time."

Hunters didn't actively bring in Redhead ducks, but they were the ones to notice when this species arrived in the Creston Valley in October 1942, apparently for the first time. "Hunters during the past week have reported a new duck in this district. Even the oldest of hunters agree that they have not seen the species before. The duck is known from bird books as the Redhead, and is the parent of the well-known Canvasback. The duck has a bright red head, followed by black on the neck and a silvery-white body and is larger than a Mallard drake. Bird books state that this duck thrives on seeds from the land, and is the finest of eating birds known in the duck family."

But not all of the new arrivals have been greeted so enthusiastically. In



The basket used in 1912 to bring in ring necked pheasants from a hatchery in the Okanogan.



May of 1956, the Creston Review declared, "Feathered marauders not welcome". In response to reports that starlings had made their appearance in the Creston Valley. W. Armstrong, B. Rauch and E.J. Garland reported their arrival, and the identification could not be doubted because Mr. Garland had shot one. The Review described the bird, and went on to state that, "These birds are a menace to wildlife and are of dirty habits and their extermination is essential. The birds multiply fast and live in communities where shooting is prohibited. If seen, word should be passed to the Rod and Gun Club members or the game warden."

Thus began the war against starlings, but judging from the numbers of them around the valley today, the hunters have been losing this one.

New species aside, birds have played a greater role in local history than you might imagine. For one thing, they've been a major food source (some species anyway), and early newspapers carry regular accounts of turkey and grouse shoots, especially around the

holidays. One such account appeared in December 1925, "There was a very large turnout for the goose and rooster shoot at the G. Cartwright ranch on the 22nd, almost 50 seekers after a Christmas dinner taking a hand in the affair. All told twenty birds were disposed of with Alf Palmer taking home four, and Frank Staples three, for the high scores."

Birds have been prognosticators of the weather as well. In March 1924, Alice Siding residents were able to declare that spring had definitely arrived because, "Bluebirds, blue jays and meadowlarks are all to be seen in this section since the first of the month, and one resident who was doing land clearing reports seeing the first snake."

In November 1945, James Holder predicted a mild winter because he had seen an Eastern bluebird near his Erickson home and, "The staying in the valley of the Eastern bluebird during the snowy weather was quite uncommon."

Birds have also been, more often than not, challenges for the farmers. Fred Little was the first to plant strawberries

in the Creston Valley, and promptly regretted being such an innovator, because all the robins in the region descended on his fields. And Cyril Colonel once told me that he'd planted ninety acres of sunflowers one year, but gave that up because the blackbirds ate them all.

Birds, or at least ducks, were at the root of a huge conflict between farmers and hunters over the reclamation of the Creston flats. The farmers wanted to reclaim all of the flat lands for agricultural use, and the hunters wanted large parts of it kept wild to attract ducks for them to hunt. The conflict got quite heated, with a lot of name-calling from both sides and even extensive reports detail how much space a single duck needed to survive (not much according to the farmers). The end result was the preservation of Duck Lake as a lake, though much of the marshy areas south of it were reclaimed, and in 1968, the establishment of the Creston Valley Wildlife Management Area.

"Goose and rooster shoot"

And, on at least one occasion, birds affected local history in ways that had nothing to do with hunting or agriculture. In 1964, plans for an airport at Creston were nixed because the large numbers of birds in the valley posed too much of a threat to jet planes.

Creston & District Museum & Archives
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An old duck-hunting lodge on the Kootenay River just north of Creston.



Creston Teen Recognized for Creativity

Story by: Kris Dickeson
Editor

I've always loved art since the time I could hold a crayon. It's something that can't really be judged as opposed to sports. Everyone's art is different."

"I could hold a crayon"

This is how PCSS student, Megan Banner, describes her connection to art. Starting grade 12 this fall, Banner received a "Top 10% for Art" award for painting a ceiling tile of Audrey Hepburn earlier this year.

"I did it because it's kind of retro and looks original compared to any other painting," Banner said. "I used acrylic paints and drew the

background originally but had a picture of Audrey."

Banner's creation will remain on the ceiling at PCSS. Traditionally, students paint the tiles and leave them up as their signature.

"When I do my art it's more of expression and is kind of a way to just take a break from everyday life," Banner explained. "At times I get lost in it."

As far as her future in the arts, Banner said it's in her plans. "I want to definitely pursue my artwork, it's just finding resources and having the knowledge of what kind of things I can do with it."

"Retro and looks original"



Banner's ceiling tile of Audrey Hepburn.



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Megan Banner proudly holds her award.



Sunlight-Another Miracle Healer

Story by:
Annette Agabob
Owner – Annette's
Health Action

When summer arrives and the glorious sun shines, we feel its warmth and our natural instinct is to run outside and “soak it up”.

Ahh, it feels so good on our skin, yet we have been told to cover up, slather on the synthetic sunscreen, wear sunglasses and shut out these glorious sunrays.

How can something so natural, that feels so good, be so bad for us?

Andrea Moritz is a natural health consultant and Ayurvedic practitioner who has dedicated a whole chapter of his book on this subject as well as how we went from using sun as a miracle healer, to it becoming “the enemy”.

I hope to re-awaken the possibility that the sun is in fact good for our health and to bring caution to the use synthetic sunscreens.

The healing power of sunlight was the favoured interest of the medical community in Europe, prior to the 1930's. Sunlight therapy was called “heliotherapy”, and was used successfully to treat many health challenges.

Studies revealed that exposing people to controlled amounts of sunlight did the following:

- dramatically lowered elevated blood pressure
- decreased cholesterol
- lowered abnormally high blood sugars in diabetics,
- increased white blood cell counts (improved immunity)

We all live with the fear that the ozone layer is depleted and causing the sun's rays to be harmful to us. This fear is also being dispelled by science.

No Sun- No Health

Here are a few more benefits of ultra violet rays:

- improves electrocardiogram
- enhances energy, endurance and muscular strength
- improves the body's resistance to infections
- enhances oxygen carrying capacity of the blood
- raises one's tolerance to stress and reduces depression
- disinfects the skin of harmful germs
- provides Vitamin D

Note: Sunscreens and sunglasses filter out the positive UV light.

It is important to become personally responsible for our health and learning to honour and listen to our body. This can be achieved by going for shade when we feel too hot or our skin feels like it's beginning to burn. Naturally, our body temperature and how we feel guides us. When we listen and understand our own body's language, we can live more harmoniously with Mother Nature.

Another thing to consider is the health of our bodies on the inside, which also dictates how well our skin will respond to sunlight. A diet high in acid-producing foods such as processed foods, refined fats, smoking, alcohol, soft drinks, coffee and tea increase the damage to our bodies and our skin. Water with electrolyte minerals such as Himalayan Sea salts, goat whey and foods like strawberries and celery will help us to remain hydrated during the summer. Consuming whole foods, in their natural state is the safest way to protect the skin and the body of damage.

Sunscreen

I have been making and using a natural sunscreen that was used by Siegfried Gursche, long-time editor

of Alive magazine. Natural oils like coconut, hemp, walnut, flax, aloe vera and chamomile and green tea can be combined to provide a beautiful before, during and after sunscreen and sun-care for our skin. It nourishes the skin and allows some of the good UV rays in, while also providing some extra protection. It's great to be able to apply oil to my skin that I can also “consume” without harmful effects. Our skin absorbs what we put on it, so why not apply health-giving oils?

I encourage you to continue your own research on this subject, and allow the sun's healing energy and rays to assist you in your healing journey.

Enjoy the sun, while boosting your health.

Recommended Book:

Timeless Secrets of Health & Rejuvenation by Andrea Moritz

For information on Annette's Health Action or Products:

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Email: info@annetteshealthaction.com

www.annetteshealthaction.com

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



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Ripening Dates

Early Fruits

Strawberries.....June 20 - July 10
Raspberries.....July 10 - 31
BoysenberriesJuly 10 - 31
Blackberries.....July 10 - 31
Cherries.....July 20 -Aug. 12
Pie Cherries.....July 23 - 30

Soft Fruits

Apricots.....July 20 - Aug. 12
Peaches.....Aug. 1 - Sept. 15
Plums.....Aug. 15 - Sept. 15

Pears

Bartlett Sept. 1
D'Anjou Sept. 30

Prunes

Early..... Sept. 10
Late..... Sept. 20

Apples

Transparents.....July 25 - Aug. 7
Wealthy (pies)Aug. 15 - Sept. 15
Sunrise..... August 20
Tydeman Red..... Sept. 1 - 15
McIntosh Sept. 15
Spartan..... Oct. 1

Delicious..... Oct. 7
Golden Delicious Oct. 7
Rome Beauty..... Oct. 15

Vegetables

Asparagus..... May 1
Potatoes..... July 25
Tomatoes.....Aug. 1
Peppers.....Aug. 10
Pickling CukesAug. 10
Table Cukes.....Aug. 10
CornAug. 15
Squash.....Late Sept.
Pumpkins.....Late Sept.

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Out & About

Submitted by: www.crestonevents.ca

July 04, 2010

Crawford Bay Sunday Market

Location: Crawford Bay Pavilion
10:00am to 2:00pm

Contact: Kathy Donnison

Phone: 250-227-9205

Email: cbsundaymarket@live.ca

July 05 - 18, 2010

YOGA Training

Location: Wynndel Hall

Contact: Gail Thompson

Phone: 250-866-5474

Email: mgthomps@telus.net

Website: www.soyayoga.com

July 05, 2010 (Mondays)

Discover Gray Creek & Area

Location: The Sacred Journey Store
10:00am to 11:00 - noon

Contact: Janet Schwieger

Phone: 250-227-9201

Email: schwig@theeastshore.net

July 07, 2010

Dana Wylie

Location: The Snoring Sasquatch
7:00pm

Contact: Mark

Phone: 1-877-264-8543

Website: www.snoringsasquatch.com/node/73

July 09 - 11, 2010

Goat Style Bike Fest 2010

Contact: Gord

Email: gord@machavok.com

Website: www.goatstylebikejam.com

July 12, 2010

Discover Gray Creek & Area

Location: Gray Creek Hall

Contact: Janet Schwieger

Phone: 250-227-9201

Email: schwig@theeastshore.net

July 16 - 18, 2010

11th Annual Star Belly Jam Music Festival

Location: Crawford Bay

Email: info@starbellyjam.org

Website: www.starbellyjam.org/

July 16, 2010

Travelin' Light - Concert

Location: The Snoring Sasquatch
7:00pm

Contact: Mark

Phone: 1-877-264-8543

Email: mark@osempire.com

Website: www.snoringsasquatch.com/node/61

July 21, 2010

Dave Lang - Concert

Location: The Snoring Sasquatch
7:00pm

Contact: Mark

Phone: 1-877-264-8543

Website: www.snoringsasquatch.com/node/67

July 23 - 24, 2010

Creston Valley Fest 2010

Location: Mountainpark Resort

Contact: Louise Lawrence

Phone: 250-428-4326

Email: louisel@uniserve.com

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July 25 - 30, 2010
Gray Creek Museum Days

Location: Gray Creek Hall
 noon to 6:00
 Contact: Frances Roback
 Phone: 250-227-9282

July 30- August 01, 2010
Riondel Days

Contact: Terry Turner
 Phone: 250-225-3483
 Email: sharterr@bluebell.ca

Ongoing to September 18, 2010
Creston Valley Farmers' Market

Contact: Kate Webb
 Phone: 250-2431-8262

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