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June 2009

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# i love creston

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## online www.ilovecreston.com

Upcoming events, book and movie reviews, photos, video, magazine archives and more.



# From The Editor

Story by: I Love Creston Staff

“Hot town, summer in the city.” (The Lovin' Spoonful). Woot Woot! Summer is here. Sunshine, watermelon, swimming, camping, bare feet on hot cement, short nights, the beach oh and I guess for some... “school's out for summer!” (Alice Cooper).

Double celebration this month, the first day of summer falls on the same day as Father's Day. I told you a bit about my mum last issue so now it's my dad's turn. I can't go into a long tale about my dad as that's not him. He is content with the simple things in life. Dad is passionate about the outdoors, animals, hiking, his dog and asparagus. Unfortunately (this from many years of experience) he is a lousy camper. I think what sets my dad apart is that he genuinely wants people to feel comfortable, and does this with his impeccable manners. When I call, he always sounds happy when he answers (my folks have call display), when I see him his hello is accompanied by a hug, he always remembers what I've been doing and asks about it. But most importantly can fix anything with duct tape and a coat hanger.

The Canadian Cancer Society Annual Relay for Life in Creston is this month. This important

event is the organization's biggest fundraiser. A cancer survivor, and this year's relay honorary chair, shares her brave story. Her account hit home with me as a long-time friend of mine was diagnosed with cancer a few months ago.

The act of healing encompasses a number of concepts. Our feature story follows the unique experiences of a tattoo artist that have helped shape her as a person and artist. I was fortunate to have the opportunity to get a tattoo and share her feelings around body art.

Speaking of helping others, the White Sturgeon Recovery Program got some helping hands recently. We'll hear a Canyon School student's account of this initiative.

This gorgeous valley is no stranger to visitors. National Tourism Week falls this month. The Creston Valley Chamber of Commerce shares its take on the various ways tourism is an asset to our community.

The Creston & District Museum & Archives staff is jumping up and down with excitement. Finally, a new book on the History of Creston is available.

Are you looking for a summer job or employment in general?

There are a number of things a job seeker should remember. For example, spit out your gum, tuck in your shirt and check your fly.

Talking about new jobs, last month's provincial election has resulted in a new MLA. This young, socially and politically active New Democrat will share her journey to a seat in the BC Legislature.

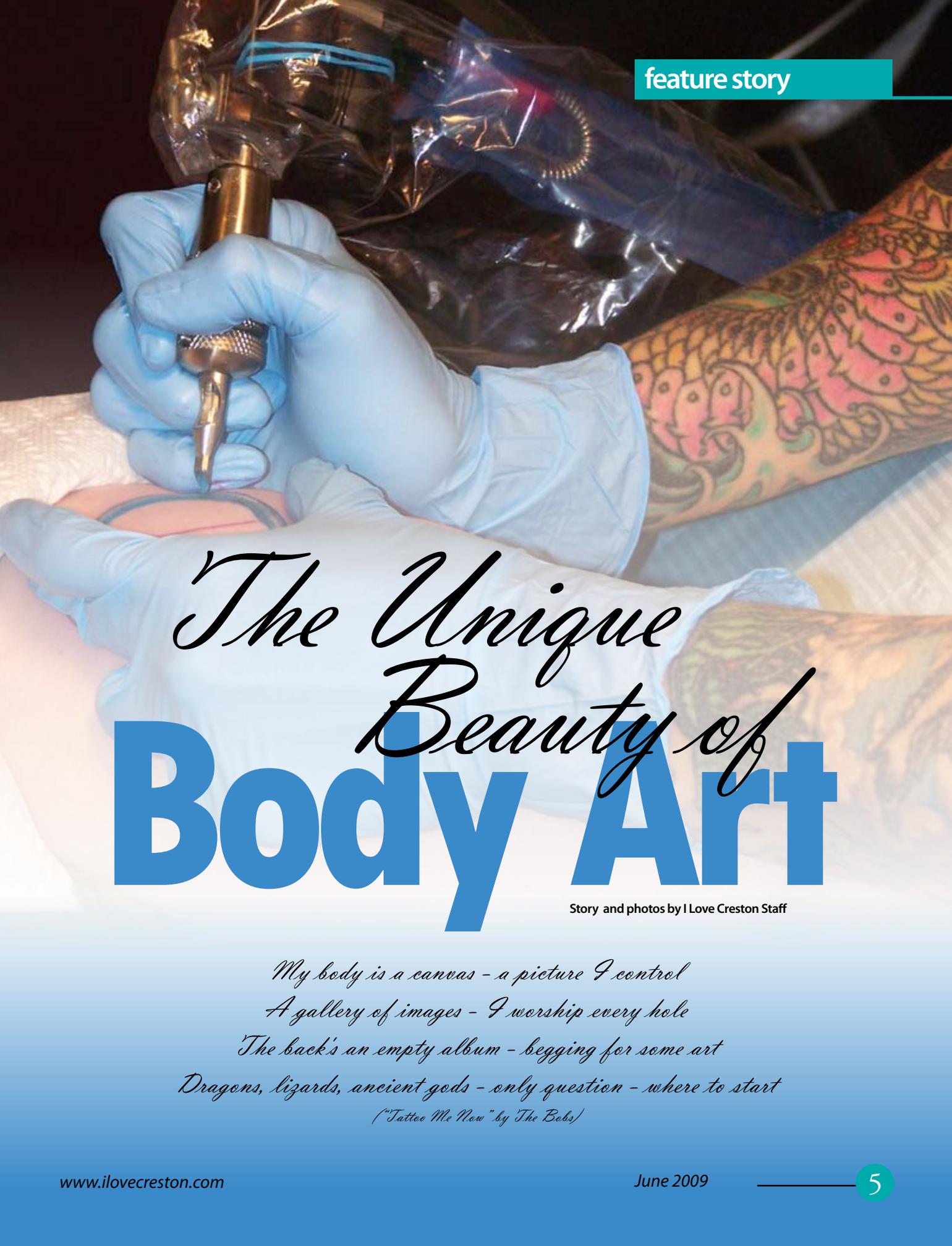
Sifu Neil Ripski is starting a new series on the boy and the Master. Several issues back he gave us a glimpse into these stories.

She's back, she's back. Yes, Elena Yeung is on BC soil and continuing her tour. In fact she's playing a couple of shows in this area. This month is a hilarious recount of a recent gig.

“Bow to your partner, now bow to your corner.” If you don't recognize that (I did), you have never square danced. After reading their article, The Swan Valley Swingers Square Dance Club will likely convince you to take it up.

Be sure to look for our funpages, something different every month.

The arrival of summer usually means more to do, so check out our Out & About Calendar to help fill those long summer days and “summer nights” (Grease soundtrack). 9



# *The Unique Beauty of* **Body Art**

Story and photos by I Love Creston Staff

*My body is a canvas - a picture I control  
A gallery of images - I worship every hole  
The back's an empty album - begging for some art  
Dragons, lizards, ancient gods - only question - where to start  
(*"Tattoo Me Now"* by The Bobs)*

I got my first tattoo about 15 years ago and frequently hear that tattoos are addictive, and I agree. For the past couple of years I've been hell-bent on getting another one but it hasn't happened. As a writer, I am always looking for stories or people who are off the beaten path and I had an epiphany. I will interview a tattoo artist, while I get a tattoo. Tattoo artists use skin as their canvas. This art form is in its own genre and often overlooked and unappreciated. So, I pitched my idea to a tattoo artist in Nelson and she was all for it.

Driving to Nelson, I was very aware of the emotional roller coaster I was riding. Excited, scared, unsure and trying to recall how my first tattoo felt. As I pulled into Nelson those thoughts left and I found myself in complete terror and regret, attempting to calm myself and be professional. Double-checking the

address of Cats Tats Skin Art Studio, ironically in suburbia, I parked, and repeatedly told myself, "I can do this" (one would think I was being wheeled into heart surgery). I walked to the door and it opened, with a smiling, Ojas Cats, artist and owner of the business, on the other side. Cats' arms, were covered in colorful tattoos, and immediately caught my eye.

### **"Cats' arms, were covered in colorful tattoos, and immediately caught my eye"**

We ambled through a dimly lit hallway, past the studio, into Cats' office. As soon as I entered the house, most of my anxiety disappeared and I began to feel calm. "I am the first in-home tattoo artist in Nelson as well as the first to be funded by Community Futures," she said proudly. "I've been here two and a half years. To obtain a business licence, you need a Health Board Certificate, which demands I meet

the basics to run a tattoo studio and then a number of small details because it's in my home. Because of my experience in the industry, at times it felt I was actually educating them.

After we agreed I would be inked first, and then do the interview I was led to the execution room. After Cats got me settled, put on a pair of gloves and began getting her tools

and supplies ready. Meanwhile, she began to share her views on the tattoo industry. "It's not just sterilization that's important, but the level of sterilization. The closer I am to the beginning of the sterilization process the safer I feel. I make my own needles because there is no guarantee the ones I can buy haven't been compromised." As Cats methodically continued setting up the tattoo gun and inks,





she briefly explained each piece of equipment and what it does (my fear had me taking short glances). Subtly, her words and tone changed and Cats' opened up. "I am a healer through tattoos. I want people to have a positive experience and change from it, and I use tools from my own life to help this happen. Sound and smell are very important in relaxation. I play mellow music, some of which is contemporary, at a low volume so it's just background sound." As Cats began to talk about smell, she handed me a cotton ball with a small amount of liquid and asked me to smell it for a couple of seconds, she said. Unsure, I smelled the cotton ball and immediately tasted citrus in my mouth. "Do you feel relaxed? It is an oil that enhances relaxation," Cats explained. I was beginning to understand her goal of her clients having a positive experience. Next, Cats brought out a pair of tuning forks. "I am going to make these vibrate and touch them to places that affect relaxation. Your forehead

and over your ears," she explained. I am not much of a believer in this kind of stuff but I will admit, my anxiety had subsided.

It was time. I forced myself to look at the gun and air hose, both wrapped in plastic and five small containers of brightly covered inks

**"I make my own needles because there is no guarantee the ones I can buy haven't been compromised"**

sitting on a table so I would know what they looked like when I wrote this story. First step, transfer the image onto my upper arm and agree it is where I want it. The image looked as if it had been drawn on my skin with a pen. I looked at it, and smiled. I had waited a long time to take this step and Cats and the setting were helping control my anxiety. That moment ended

abruptly and I turned my head away when I heard a buzzing sound, similar to a dentist drill.

"I am going to start with the outline, and if you need me to stop because you are feeling faint or anything, tell me," she told me. When the needle hit my skin, I gasped and flinched. "You will feel the pain intensely at first, then your endorphins will kick in and the pain will be more tolerable."

As the buzzing continued and I could feel the needle following the design, Cats continued sharing her philosophy on tattoo artistry. "A tattoo is the only thing you can pay for that can't be taken away. My clients come here for a reason and it's a positive experience, not just getting a tattoo. There are two classes of Tattooists. Those who use intimidation are in it for the money and those who do it to give their client an experience. It is not a job for me, I'm not doing it for the money. It is my life and I think about it even when I'm not in the studio." Our conversation and then tone of her voice eventually became a soothing distraction.



The buzzing along with the searing, pulling and rapid sensation on my arm stopped. “The outline is done, how does it look?” she asked. I reluctantly turned, expecting to see color, but it was the outline in the spot I had wanted and I nodded my

### **“it is not a job for me, I’m not doing it for the money”**

approval. Right away the buzzing resumed and my eyes flew straight ahead. (I will confess I did squeeze my eyes shut, turn my head and grimace a couple of times).

As my skin continued to be permanently altered, Cats told me how she gets ready to do a tattoo. “I do have rituals. Before a client comes I clear my head, draw energy and get myself into a comfortable space. Using the tuning forks and smells, I relax and open up to find my best frame of mind. If I can’t achieve that, I will cancel.”

I slowly turned for a quick look and was delighted to see bright red ink filling in the outline. “I love tattoos,” Cats said in a contented tone. “The whole process is very personal to the client. Placement is important – is it a spot specifically for you so you decide who sees it or is that not a concern. Some clients bring in a design and I will tweak it but sometimes I will be strait and suggest a different image that I will help them design. I find cover-ups rewarding. Someone is walking around with a terrible piece potentially forever. They come to me and I transform it into a beautiful image. This is gratifying and satisfying because they are comfortable in their own skin again. Tattoos represent different things to different people. They can be healing, a reminder or commemoration.”

Another peek and I noticed the image was close to being finished and I was amazed at how bright the colors were. I felt myself relax as Cats continued talking. “I’ve

done over ten thousand tattoos and remember most of them. The most valuable compliment is when the client tells me the tattoo is exactly as I pictured it. I had a man who approached me and said he has had an image in his head for six years. I was able to draw it for him. I take pride in all my work it is very individual.”

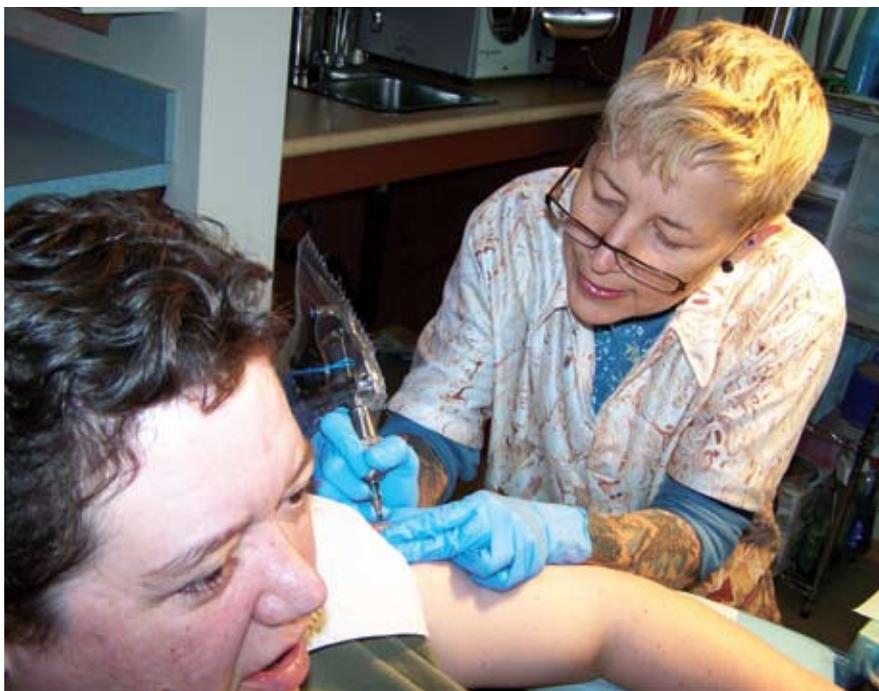
At this point the buzzing stopped and the odd sensation subsided. I looked at my tattoo and felt my body fill with energy. I did it! And I loved it. The image was exactly as I had pictured it. Initially I was silent, in my own world with my new tattoo. But I quickly erupted with thanks and compliments. Cats put a gauze pad over the tattoo and

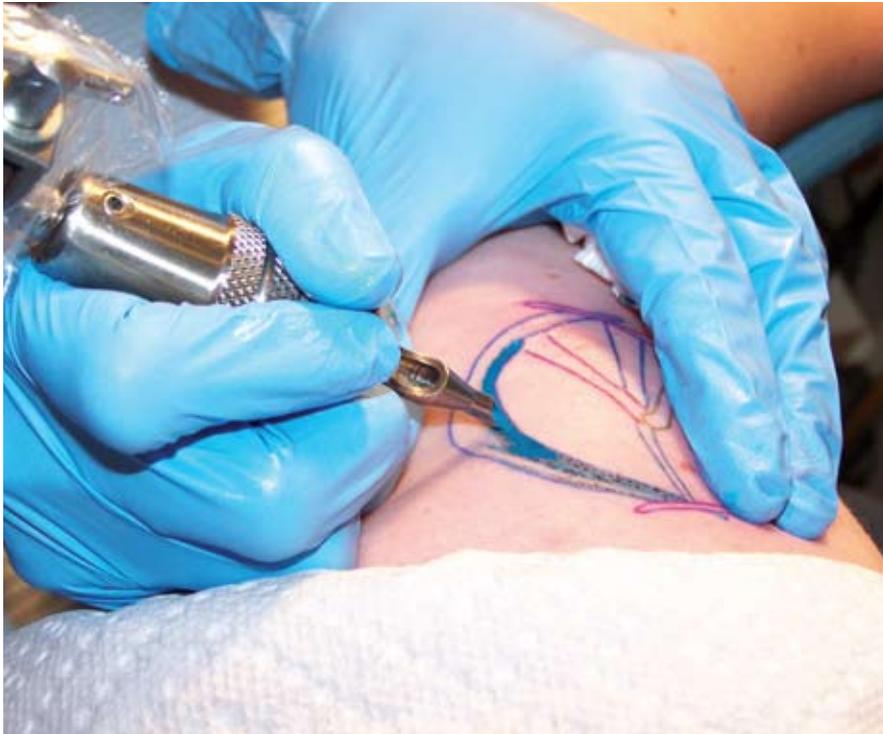
### **“you will feel the pain intensely at first, then your endorphins will kick in and the pain will be more tolerable”**

surgical netting to keep it in place. I knew this was necessary but I was disappointed that I had to wait a couple of hours to see it again.

I was inked and eager to talk more. We went back to her office and our conversation picked up where it had left off. “There is a stigma attached to tattoo artists, and the clients are often stereotyped,” Cats said. “Even though I ran several shops in Nelson for over a decade, my neighbors here were up in arms when they found out I was opening a studio in my house. It was a battle but a fight that was worth it.”

I looked over and closely examined her arms, covered in tattoos. They





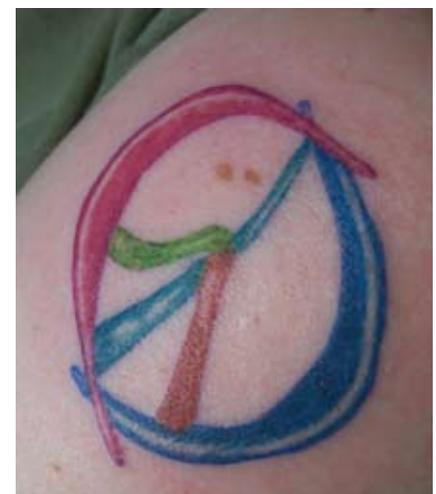
I feel I am a healer,” she pointed out. “I am very intuitive, able to channel information from people and can feel when things are happening. I was drawn to Buddhism after I attended a two-day seminar led by a Tibetan Llama. It was very inspiring and on the 2nd day I experienced something and I became a new person – I felt alive. I now have a life coach who has changed my life and helped me on a personal and artistic level.”

**“I also experimented on grapefruits and tangelos”**

With that, it was as if we looked at each other, shrugged and knew the interview was done. As I walked to my car I remembered a quote Cats uses, "You are what you ink" - Peace in Art.

Ironically, my new tattoo was a peace sign, a symbol close to my heart.

To contact Cats Tats Skin Art Studi click on: [www.cats-tats.ca](http://www.cats-tats.ca)



didn't jump out, but blended with who she was, as if they belonged. Cats picked up on my curiosity. “These tattoos on my arms go all the way up my arms, I also have one on my back, one on my stomach and quite a few on my legs. I am very

tattoo shop in Vancouver and taught me a lot. He did the one around my belly button. I didn't apprentice but learned from others, some of whom I hold a great deal of respect for.”

Cats grew up in Toronto but has also called Vancouver, Los Angeles

**“tattoos represent different things to different people. They can be healing, a reminder or commemoration.”**

attached to the one on my right thigh of my dog that passed away. People ask me why it's upside down and I tell them it isn't when I look at it (placement). I did my first tattoo on my own ankle. It represents my birthday and I'm a Libra so it has the scales. Over time, I continued to add tattoos to my arms and legs to practice. I also experimented on grapefruits and tangelos. I have had very few people tattoo me, only people I admire. One of them, Thomas Lockhart, runs the oldest

and now Nelson home. “I have a diverse work and career history,” she said with confidence. “I believe, in one way or another, all my jobs taught me a skill that helps me as a tattoo artist. If you break it down, mechanics, retail and the music industry all have transferable skills. I also dabbled in graphic arts.”

As I listened to Cats, I began to feel a sense of calm and it was as if everything around us disappeared. “It's through my Buddhist faith that

# A Young Fresh Face In the BC Legislature

Story by: I love Creston Staff ([www.michellemungall.com](http://www.michellemungall.com))



**N**ew Democrat Michelle Mungall, the new MLA for the Nelson-Creston riding may have a

victory that garnered over half of the voters' approval.

Mungall pointed out that her road to victory wasn't travelled alone. "I have a lot of support from my partner, and of course, political words of wisdom from Corky. One of my strengths is my courage. It helped me travel the world, giving me the opportunity to talk to anyone. Being an MLA is not a foreign experience but it is a new environment."

When asked who her greatest inspiration is, Mungall appropriately answered Tommy Douglas.

Mungall arrived in the Kootenays in 2001 and quickly became a local leader. She was voted onto Nelson

City Council in 2002, becoming the City's youngest councillor ever. She immediately put her energy towards boosting environmental sustainability,

economic development and the arts. Her university studies and her career in community development have allowed Mungall to champion social justice and financial security both locally and globally. Eventually, her experience brought her to Africa, where she worked to better the lives of girls with HIV/AIDS. As a passionate speaker and volunteer, Mungall continues to be a strong voice for the Kootenays.

Mungall's constituency office is expected to open in Nelson early this month. 

tough road ahead. Replacing long-time and popular NDP MLA, Corky Evans, Mungall is the first woman elected in the Nelson-Creston riding. Capturing 54.44% of the vote at last month's provincial election, she brings her solid political views to her new post.

"I have always stood up for my own beliefs and supported human rights," Mungall said.

"As I grew up and lived in a number of places, I realized I was living my life in line with the NDP. My beliefs and concerns about the environment, fiscal

responsibility, a strong democracy and social programs made the NDP a perfect fit. I am committed to the Kootenays and will stand up for our rural communities."

Mungall's decision to run came easily as Evans, the person who inspires her politically, suggested she run for nomination in the Nelson Creston riding. "Corky's was a big help and I enjoyed the whole nomination process," she said.

Leading an exciting full time campaign, with the help of over 1000 volunteers contributed to Mungall's

**"the first woman elected in the Nelson-Creston riding"**



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Creston Valley Family Place Community Action Program for Children (CAPC)  
.....250. 428.0218

Public Health Nursing/IHA .....250. 428.3873

Creston Valley Infant Development/StrongStart .....250. 402.6350

School District #8 (Kootenay Lake)  
.....1.877.230.2288

Creston Public Library .....250. 428.4141

East Kootenay Supported Child Development Program Cranbrook Office.....1.888.426.5574

Creston & District Community Complex  
.....250. 428.7127

Therapeutic & Public Riding Program CDSC .....250. 428.2296

Columbia Basin Alliance for Literacy Creston.....250. 866.5596

Community Resource Centre  
.....250. 428.5547

CV First Step Infant Toddler Centre  
.....250. 428.4839

Kootenai Community Centre  
.....250. 402.0068

Teddy Bear Daycare.....250. 428.5111

Grizzly Bear Out Of School Care  
.....250. 428.1347

CV Nursery School.....250. 428.9308

Lower Kootenay Band.....250. 428.4428

Town of Creston .....250. 428.2214

Baby Steps/Pregnancy Outreach Program  
.....250. 402.6544

[www.crestonearlychildhood.ca](http://www.crestonearlychildhood.ca)

This publication made possible by funding from the Town of Creston, The Creston Valley Cleaners Society and the Province of BC

# Changing Young Lives through Fun

Story by: Becky VandenEykel - Public Relations Coordinator, SOBC - Creston

Cheers, laughter and words of encouragement will be heard coming from ARES gym on Wednesday evenings. Inside, young athletes are hard at play learning and developing their sports skills.

This spring, Special Olympics BC (SOBC) - Creston launched a new program called FUNdamentals for 7-10 year old children with intellectual disabilities. SOBC launched the program in 2008 and Creston is one of eight communities in the province to be running the program. The eight-week session involves family member participation and provides an in-depth introduction to sports, motor skills, teamwork and nutrition. But most important it provides a fun and engaging atmosphere!

Coach Hayley Wocks has been instrumental in getting the program running in Creston. New to the valley, Wocks is an elementary school teacher and brings those skills along with her warmth and love of kids to each session.

"I have thoroughly enjoyed coaching these wonderful athletes," Wocks said. "These kids show up every week with smiles on their faces willing to participate in any activity I may throw at them. It is the most rewarding feeling in the world to see them put all their energy into each

task they are given while their proud caregivers cheer them on. I feel so privileged to be involved in the lives of these incredible families. The caregiver's support is fantastic, this program won't be possible without them and I couldn't be more proud with the success of our athletes."

Each week, Wocks guides the athletes through a warm-up, games such as obstacle courses that work on individual skill development, specific sports drills, mini-games, cool-down and an athlete favourite

- nutrition break that includes learning and a healthy (but still yummy) snack.

Throughout the eight-week program, the athletes are introduced to soccer, basketball

and softball. These fundamental skills are important to help the young athletes transition to other sports., please contact Geri McIntyre at 250-428-8446.

*If you are interested in coaching or volunteering with Special Olympics Creston contact:*

*Geri McIntyre at 250-428-8446  
www.specialolympics.bc.ca*

**"These kids show up every week with smiles on their faces"**



**Special Olympics**  
British Columbia  
Creston

sports



## Creston Valley Minor Hockey REGISTRATION

**Saturday, June 20, 2009  
9am-1pm at the Rec Centre**

Please note that you will be able to pay for your registration with post dated cheques dated no later than September 15, 2009.

Credit cards cannot be accepted. Registrations received after June 20, 2009 will be charged an additional \$40.

**CRESTON VALLEY MINOR HOCKEY is now accepting COACHING APPLICATIONS** for head coaches in all levels of hockey. Applications can be picked up and dropped off at the rec centre. Deadline for receiving applications is June 20, 2009. House coaches will not be picked until September.

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# Standing in the Rain

Story by: Sifu Neil Ripski

## Part I

The Boy woke up to the sound of pouring rain on the Master's small hut. Dawn's light had just broken and as he groaned quietly, he watched the Master walk outside to stand, with his funny round hat. This was one of the many things he never understood about the Master's practice and teaching; just standing, looking out at the trees across the creek for what seemed to be forever. This was the only exercise the Master would allow him to join in part way through, saying, "Your body is not strong enough yet to stand with me..." He never understood this comment but it was made morning after morning....

The Boy got up and dressed, and grabbing a second funny round hat from its hook, took his place beside the Master. He was always careful to stand just as he was taught, behind and to the right of his teacher, just in sight of the Master's vision. Feet shoulder width apart, knees flexed and special attention paid to the spine. He was careful to keep his tailbone pointing down with the small of his back, mingmen, flat. The chest softened and rounded by rolling in the shoulders a little, not too much. To stand otherwise was to hear again the rules of this practice or even worse feel the Master's swift hand correct none too gently.

"Bai Hui, the hundred meeting point on the top of the head must be pointing to Heaven," the Master would say. "Your tongue must touch the upper palette, in this way the qi



will flow properly..." The Boy could not feel a thing but boredom, as he stood there and the Sun continued to rise. No qi, no strength, just aching muscles and sore joints and they stood there in silence staring at nothing. Well, not quite nothing, "Gaze, do not look Boy," he would say. "Find peace in seeing what is between this and that," as the Master would point to some unknown tree in the distance.

"Only in standing this way will your body find the power of your mind and qi," his voice so quiet it was nearly drowned by the trickle of the nearby creek. The Boy did not know exactly why he was to do this, he felt nothing changing in his movements or body, but he had learned one thing, to trust his Master, and that seemed to be the first step. 9

*Sifu Neil Ripski teaches at Red Jade Martial Arts in Creston.*

*He can be reached at:  
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# The Creston Museum Welcomes Government Funding

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

The Creston Museum is very pleased to announce its newest publication!

"For years, we've had visitors coming to the Museum, asking if there is a book on Creston's history," said Tammy Hardwick, manager of the Museum. "We've always had to say no – Helena White's book, *Sixty Bloomin' Years* (1984, 34 pp), was out of print until recently, and all we had was a little, six-page overview."

Last fall, the provincial government announced a special, one-time only, funding program, the BC150 Heritage Legacy Fund. Just after Christmas, the Museum received word that its application for funding under that program had been approved.

Part of the funding received was designated for the publication of a book on local history, which was officially launched at the Creston Public Library last month.

"The current renovations of the South Wing gave us a unique opportunity," said Hardwick. "We've been doing a lot of research for the new exhibits to go into that building, and we got a grant for an additional staff person to help with it. That helped with one of the major obstacles that has prevented us from publishing a book before now, not enough time to actually do the work."

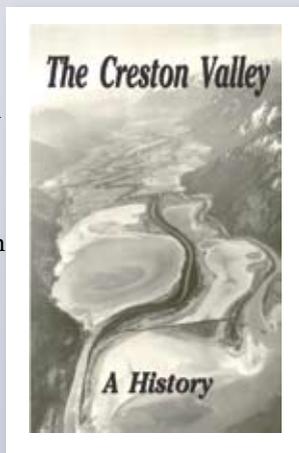
The BC150 Heritage Legacy Fund helped with the other major obstacle:

the cost of printing. "This funding enabled us to print the first run, and that's what got us started," said Hardwick. "By selling those copies, we'll raise the funds needed to print additional copies, to keep the book available to the public."

A combination of research for the new exhibits, interpretive material developed for use by Museum staff and volunteers, and accounts by some of the Creston Valley's pioneers, helps to make *The Creston Valley: A History* an excellent resource for anyone wanting to learn about – or refresh their memories of – local history.

Museum manager Tammy Hardwick reluctantly takes credit as the author of the book. "Yes, I put it together," she said, "But I actually only wrote a little over half." Other staff and volunteers wrote several sections. Some chapters draw directly from historical documents, such as Hilton Young's account of Lister's early years, or Sarah Ellen Dow's memories of pioneer life in Creston. "Those people were there, when it happened, they made it happen," said Hardwick. "They said it better than we could, so we've used their accounts."

*The Creston Valley: A History* is a spiral-bound, 174-page book, and includes nearly one hundred historic photographs. Retail price is \$19.95, with all proceeds supporting general Museum operations and future publications. 9



history

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# Family Heritage Day & Open House

Story by: Creston Valley Rod & Gun Club

The Creston Valley Rod and Gun Club is hosting its third annual "Family Heritage Day and Open House" on June 20th, 2009. Kicking off at 10:00am, this free celebration is at Kidd Creek Range (25 km east of Creston) on Kidd Creek FSR and is a full day event, wrapping up at 3:00pm.

This two fold event will recognize shooting sports as an important part of our Canadian and local heritage. As well, it will allow non-members an opportunity to experience the excellent facility available through a Gun Club membership in. We believe that the enjoyment of shooting and the outdoors is a positive family activity, so this is a family oriented day. Everyone of Junior Hunter age (10 years old and up) is welcome to participate in a number of activities.

Our guests will have the opportunity to try rifle shooting (including .22 silhouette) as well, will be trap shooting, pistol shooting and archery. Range officers and instructors will be on site to help and ensure that this is a safe and fun event. All firearms, ammunition and safety equipment is provided. Please do not bring your personal firearms and leave your pets at home.

Back this year and always a highlight, a demonstration of black powder shooting and traditional weapons by our friends in buckskin from Kimberley. There will also be a prize draw for a guest of Junior Hunter Age.

*All those who wish to shoot should register at the range between 10:00 and 10:15. For more information, please contact: Gerry Bond (428-3546), Mike Keeling (428-7329) or Mel Prowse (428-8435).*



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Saturday 9:30 to 5:00 pm*

## CIDO Radio 97.7 Live Update



Story by: CIDO Staff

Community radio stations are just that, "community". Inspired, supported, maintained and nurtured by a community.

At our recent AGM, a new CIDO board was formed. Returning to the table: Lou Knafle, president; Royal McKellar, treasurer and Joanna Wilson, secretary. And a welcome to our new members: Dave St Germain, vice-president; Roger Bennett, Bob Gollan, Daniel Kempling, Wil Liles, Gary Snow, Simon Teague and Chuck Truscott.

CIDO currently has twenty-one shows on the air, nineteen of which are produced locally. (See our schedule in this edition and our website: [www.crestonradio.ca](http://www.crestonradio.ca))

Stay tuned for more information in next month's I Love Creston Magazine.

# Unleashing the Tiger

Story by: I Love Creston Staff

Saturday, March 21st, 2009 marked the beginning of the Tiger Balm Internationals in Vancouver, BC. This annual two-day martial arts tournament brought people from all over to demonstrate their skill, passion and commitment to their art. Spectators were treated to a variety of styles including Karate, Kung Fu, Tae Kwon Do, Kenpo, Tai Kickboxing, San Shou fighting, Brazilian Jiu-Jitsu, Free Style Grappling, modified Pankration and more!

What continues to amaze me is the variety of talented individuals who live in the Creston Valley. This year, a team of six competitors from our local Red Jade Martial Arts studio released the fury of the tiger at the tournament. Competing in traditional forms categories, weapons and in full contact combat, the Red Jade team proved that Creston residents are a force to be reckoned with.

The team brought home gold medals for Drunken Boxing, Tai Chi Sword, Bagua Kung Fu, Full Contact Staff and Freehand Fighting. Silver medals were awarded for Hand and Bench Fighting as well as Full Contact Staff. Two bronze medals were handed out for a Broadsword form and Full Contact Freehand combat.

With determination, persistence, skill and plenty of sweat, these local enthusiasts came home with their heads held high and a greater understanding of their art form. It was an awesome event to experience, one that left competitors and spectators alike, a great respect for the participants and their dedication. Our congratulations to Sifu Neil Ripski, Jason Deatherage, Cam McPhee, Joy Bartlett, Aram Masse and Tom Range, for representing Creston and making us all proud to be a part of this community.



## local news

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# Creston Valley Ripening Dates

Please note: all dates are approximate depending on weather

## Early Fruits

Strawberries.....June 20 - July 10  
 Raspberries.....July 10 - 31  
 Boysenberries .....July 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

Bartlet ..... Sept. 1  
 D'Anjou..... Sept. 30

## Prunes

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

## Apples

Transparents..... July 25 - Aug. 7  
 Wealthy (pics) .....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 Cukes .....Aug. 10  
 Table Cukes.....Aug. 10  
 Corn .....Aug. 15  
 Squash.....Late Sept.  
 Pumpkins.....Late Sept.



**2009**

**Saturday, June 13, 2009**  
**from 7:30PM to 10:30PM**

**Creston Room at the**  
**Creston Community Complex**

**Wine Tasting and**  
**Art Display and Sales**

**Wineries:**  
 Arrowleaf / Gehringer Brothers  
 House of Rose / Larch Hills  
 Silver Sage / Skimmerhorn

**New:**  
 Golden Beaver / Rustic Roots  
 Hester Creek

**Art Display and Sales:**  
 Painted Turtle Gallery (Win Dinn)

**Tickets are \$45 per person**  
 Contact any Creston Valley Rotary member  
 for tickets or available at Black Bear Books  
 and the Painted Turtle Gallery

## Recipe Corner

### Fragrant, Luscious, Magnificent Strawberries:

Fresh or frozen, whole or pureed, served in salads, soups or desserts - almost everyone loves strawberries! Strawberries aren't just great tasting, they are loaded with good nutrition! Eight medium strawberries have more Vitamin C than an orange. Rich in potassium, folic acid and many other great nutrients. When

selecting strawberries, look for berries that are plump, bright red and shiny with fresh green hulls. They are best stored unwashed, loosely covered in plastic wrap and refrigerated until ready to use. Just before using, gently rinse with cool water, quickly pat dry with a towel and ready to eat!

*Thanks to Bibiane & Michael from the Blueberry patch for this great recipe.*

**Super Strawberry Smoothie**

*Required: Blender*

*Makes: 2 servings - about 3 cups*

- 1 cup vanilla-flavoured yogurt (or your choice of milk)
- 1/2 cups fresh or frozen whole strawberries
- 1 banana
- 1/4 cup orange juice
- 2 TBSP. Honey (optional)

*Place all ingredients in a blender, cover and blend until smooth. A super energy drink!*

At The Blueberry Patch our strawberries begin June 1st and continue through till October. We have a large greenhouse that houses 20,000 everbearing strawberries. We use no pesticides on our fruit so they are ready to pick and eat!!!! Check out the other great growers in the Creston area for the June bearing strawberries. Happy picking!!!

# Congratulations Grads!

www.daytimer.com/E-Talk/Pomp-and-Graduation-Trivia/0/False

## Graduation Trivia

- If you get sweaty just thinking of a hot afternoon watching dozens of new grads wearing heavy gowns, you can thank the Middle Ages for this tradition. Buildings back then were cold and drafty so a good way to combat the chill was to wear long, heavy gowns.
- The most popular graduation gift? Cold, hard cash!
- In the old days, diplomas were handwritten on sheepskin... rolled up...and tied with ribbons!
- High school graduates receive an average of 17.5 graduation cards to commemorate their big day.

• Want to cash in after college graduation? Choose petroleum engineering as your major. Placement is around 100% with salaries topping out at \$58,400... not including signing bonuses. A great way to help pay off those student loans!

**Excellent Work  
Grads of 2009!**



**Creston Valley  
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**Congrats to the  
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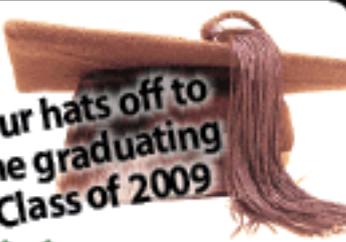
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## Water Saving Tips

<http://www.cmhc-schl.gc.ca>

In the summer months, municipal water use doubles. This is the season when Canadians are outdoors watering lawns and gardens, filling swimming pools and washing cars. Summer peak demand places stress on municipal water systems and increases costs for tax payers and water users. As water supplies diminish during periods of low rainfall, some municipalities must declare restrictions on lawn and garden watering. By applying some handy tips, your lawn and garden can cope with drought conditions and you can minimize water wastage.

- Before watering, always take into account the amount of water Mother

Nature has supplied to your lawn or garden in the preceding week. Leave a measuring container in the yard to help you monitor the amount of rainfall and follow the tips below to help determine how much water to add. Also bear in mind any watering restrictions that may apply in your area.

- Water in the early morning, before 9 a.m., to reduce evaporation and scorching of leaves from the sun. Water on calm days to prevent wind drift and evaporation.
- Set up your sprinkler or hose to avoid watering hard surfaces such as driveways and patios.
- Water slowly to avoid run-off and to ensure the soil absorbs the water.
- Regularly check your hose or irrigation equipment for leaks.
- Collect rainwater from your roof in a rain barrel or other large container and keep it covered with an insect screen. Direct the down spout of your eavestroughs into the rain barrel.
- Choose an efficient irrigation system. A soaker hose placed at the base of plants on the ground applies water to the soil where it is needed and reduces evaporation. Drip or trickle irrigation systems are highly efficient because they deliver water slowly and directly to the roots under the soil surface. This promotes deeper roots, which improve a plant's drought resiliency. If you use a sprinkler, choose one with a timer and that sprays close to the ground.

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# Home & Garden

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## Tips To Cut Your Household Costs

### In the Bathroom...

- Install a low-flow shower head with a maximum flow rate of 2.5 gallons per minute or less. You'll cut your bathroom water use by 30 to 50 percent, and you'll conserve the energy required to heat the "extra" water.
- Turn off water when you're not using it. Don't let it run while you shave or brush your teeth.
- If you have a dripping faucet, you may be wasting hundreds of gallons of water a week. Replace worn out washers to stop faucet leaks.
- If your toilet "runs" between flushes, you are wasting a lot of water. In fact, you usually can't hear a leaky toilet valve until you're losing more than 250 gallons per day. To test your toilet, place food coloring or dye tablets in the toilet tank, and then check the bowl for traces of color after 15 minutes. Buy an inexpensive repair kit to repair any leaks or call a professional plumber.
- When you replace a toilet, install a low-consumption model or a water saver. Standard toilets use 5 to 7 gallons per flush; "water-savers" use 3 to 4 gallons per flush; and new low-consumption models use 1.6 gallons, or less per flush. Until you replace your toilet, put a plastic bottle filled with water in the tank to cut down on water needed for a

flush. (Don't use bricks. They can disintegrate and cause plumbing problems.)

### In the Kitchen...

- Add low-flow aerators to threaded faucets in sinks. These inexpensive devices reduce flow rates while maintaining enough force for washing and other uses.
- To conserve water and energy, wait until you have a full load before running your dishwasher or washing machine. Use the water-saving cycle whenever you can.

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# Vacation Destination Just Steps Away

Story by: Carla Haegle, CVWMA - Stewardship and Communications Manager

As we become more aware of where our food comes from, how it is grown and transported as well as the related impacts, the idea of eating food that is grown more local becomes very appealing. And we are lucky to live in an area where we can easily access fresh fruits and vegetables as well as grains and legumes. The concept of the 100-Mile Diet is becoming commonplace.

How about the 100-Mile Vacation? Minimizing the impacts of our actions on the environment as well as on our pocket books can be achieved by keeping our playtime close to home. It is becoming more and more popular for people to take their vacations in their own backyard as opposed to flying to a far off land. Not only are we lucky to have a fresh food supply in here in the Creston Valley, but we also have access to a wide variety of beautiful places to explore. One of those places is the Creston Valley Wildlife Management Area and Interpretation Centre.

This spring brought some great wildlife sightings in the wetland. Many different varieties of shorebirds have been sighted on the mud flats at Duck Lake such as avocets, plovers and sandpipers. Sightings of two female moose with their young from last year have been abundant in the area around the Interpretation Centre. Migrating duck species, in the hundreds, have

been sighted at Duck Lake, resting and feeding. I spotted a large group of Western Grebes, about 50, all tightly packed together, fishing in the southern edges of Kootenay Lake. All you have to do is take a few steps along any of the trails or paddle the waterways and you are bound to see something wild! Grab a map at the Centre for trail and paddle locations and access points. Take a picnic lunch with you and the day is set.

## “how about the 100-Mile Vacation?”

Naturalists at the Interpretation Centre are busy delivering school programs, guided canoe tours and the many special events that are taking place throughout the spring and summer. The displays at the Centre highlight birds this year; with just under 300 species of birds sighted in the area, it seems like a natural topic to cover!

By taking out a Membership at the CVWMA, you gain access to the Wildlife Centre for free and get discounts on programs and events. There are some free events to take advantage of too. Even if you just use the trails and waterways, a Membership helps to support the work we do to keep the wetland accessible to the public and to manage the wetland for the wildlife.

For more details visit our website at: [www.crestonwildlife.ca](http://www.crestonwildlife.ca)

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Saturday, June 20

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



# Father's Day

<http://wilstar.com/holidays/fathers.htm>

## Fathers' Day History

Sonora Dodd first had the idea of a "father's day." She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Sonora wanted a special day to honor her father, William Smart. Smart was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself.

After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

## Quotes About Dad

"A father is always making his baby into a little woman. And when she is a woman he turns her back again."  
-- *Enid Bagnold*

"That is the thankless position of the father in the family-the provider for all, and the enemy of all."  
-- *J. August Strindberg*

"It doesn't matter who my father was; it matters who I remember he was."  
-- *Anne Sexton*

"I cannot think of any need in childhood as strong as the need for a father's protection."  
-- *Sigmund Freud*

"Be kind to thy father, for when thou wert young,  
Who loved thee so fondly as he?  
He caught the first accents that fell from thy tongue,  
And joined in thy innocent glee."  
-- *Margaret Courtney*

"A man knows when he is growing old because he begins to look like his father."  
-- *Gabriel García Márquez*

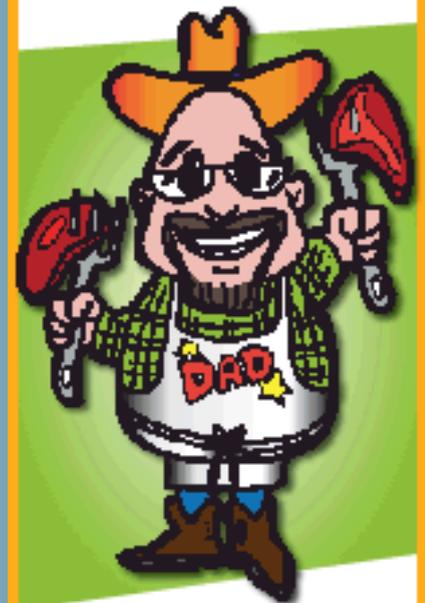
"One father is more than a hundred schoolmasters."  
-- *English Proverb*

"Blessed indeed is the man who hears many gentle voices call him father!"  
-- *Lydia M. Child*

# Just for Dad...

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# Five Miles of Fun

Story by: Swan Valley Swingers Square Dance Club

**S**quare dancing is the perfect exercise. It combines all positive aspects of intense physical exercise with no negative elements. Square dancing is a low impact activity requiring constant movement and quick directional changes that keep the body in shape. It tones the muscles without causing injury. Jason Smith, a new square dancer said, "Its definitely a good workout. After a week without exercise, I know, at least on Wednesday night, I'll be burning some calories. We all laugh, have fun and work the brain at the same time."

**"all positive aspects of intense physical exercise with no negative elements"**

Shirley Cameron, club president said, "Compared to when I first started square dancing 10 years ago, my physical abilities have noticeably improved. It's as if I've been exercising without realizing it." Square dancing can burn off as many calories as a brisk walk.

An hour of square dancing can burn between 400 to 800 calories. Studies using pedometers show that most dancers cover about five miles in a single night.

Square dancing is a mental challenge

as well, individual calls have to be remembered. Reacting quickly to the square dance caller keeps you mentally on your toes. Ray Gauthier, an avid square dancer said, "If you remember doing this in school, it's a totally different experience today. Square dancing in elementary school was a chore, trying to remember the whole dance. Now, we have lessons, the caller teaches individual moves, and then he puts them together and we respond, sometimes the results are hilarious."

Square dancing is tactile and friendly and contributes to self-esteem and a positive outlook. Jennifer Wheeler, a brand new dancer, said, "I've made lots of friends in all age brackets. It's been a lot of fun." Dave and Sylvia White, graduates of last year's beginner's class said, " We recently moved to Creston from downtown Vancouver and wanted to get involved in activities Creston has to offer. Square dancing is the best. The hardest part was learning to laugh at our mistakes. After that, it was all fun."

Square dancing started in the Creston Valley in the 1950's and became a huge social success with numbers peaking in the 1980's. Now, our club is small, with attendance at our weekly dances

about 10 to 20. We would love to have 30 to 40 on a regular basis and have a revitalized, thriving club. Shirley Cameron said, "What I would like to see is people of every age joining in and dancing. I've seen teen dancers fly around the

**"it's as if I've been exercising without realizing it"**

square. I'd love people to become involved, getting fit and enjoying the challenge of learning the moves, gaining confidence and new friends; and, above all, laughing. All are welcome, from ages 8 to 88 as long as you know your right hand from your left and how to smile."

Our club holds beginner lessons, the first two of which are always free. Each year in May we also host a three-day, square dance festival with an internationally known caller and cuer. 9

**Contact info:**

**Shirley Cameron: at 250-428-3995**

**Marvin Manz at 250-402-6812**

# One Fish Two Fish Red Fish Blue Fish (Dr. Seuss)

Story by: Brendan Calhoun  
and I Love Creston Staff



“I really enjoyed it and would do it again.” This comment came from a grinning Brendan Calhoun, a third grader at Canyon Lister Elementary School. The nine-year old was referring to his recent participation in the White Sturgeon Recovery Program through Freshwater Fisheries Society of BC.

“This is the second time I’ve done it,” Calhoun said. “We learn about sturgeon and how they are going extinct because humans are destroying their habitat. It’s really bad.”

The white sturgeon is the largest freshwater fish species in the province

and is found in four major river systems including the Kootenay. Facing a high risk of extinction several recovery initiatives are underway to help remedy the situation facing this species of fish.

**“We learn about sturgeon and how they are going extinct”**

“We take a bus to where there is a tank of 2000 sturgeon,” Calhoun said with sparkling eyes. “The guy scoops some fish into a bucket, puts a tag on it and we put it in the water.”

For more information on the White Sturgeon Recovery Program click on:  
<http://www.gofishbc.com/sturgeon.htm>

youth

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## Monthly Caricature

Artwork by: Bruns Illustration

Here is our monthly caricature of a Creston area resident. If you can guess who it is, send us your name, phone number and your guess to [caricatures@ilovecreston.com](mailto:caricatures@ilovecreston.com).

Last month was Brad Wilkins, newsprint deliveryman for local area stores.

Congratulations to Wendi & Tim Lengyell for guessing correctly!



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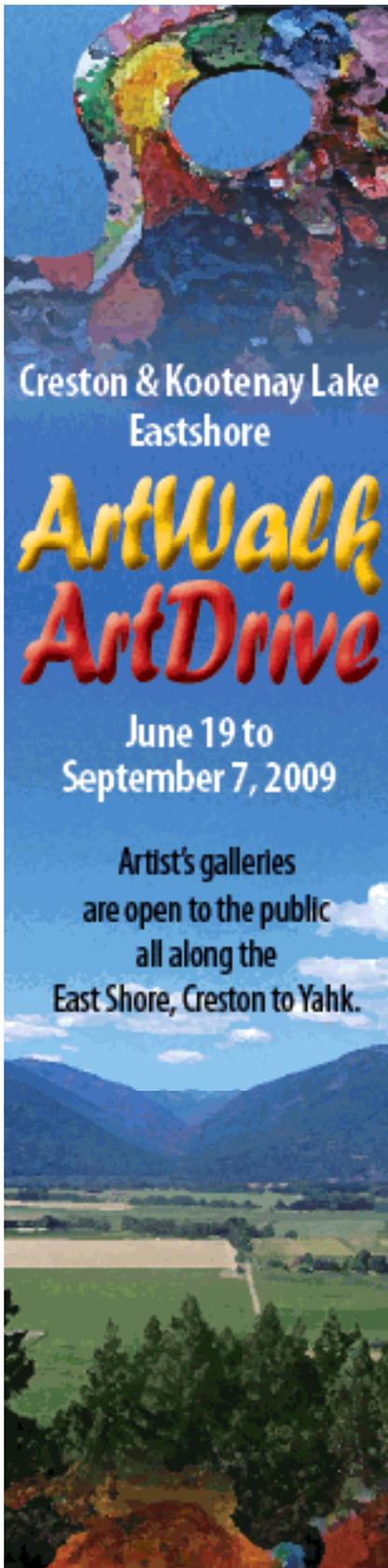
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# National Tourism Week: Tourism in the Creston Valley

Story by: Amy Maddess - Creston Valley Chamber of Commerce



It's Tourism Week in Canada June 1st-7th. This national celebration highlights the economic and social benefits, to help boost the awareness of the impact of Canada's tourism sector. Coordinated by the Tourism Industry Association of Canada (TIAC), Tourism Week provides a focal point for activities organized by provincial and territorial tourism industry associations, provincial and territorial marketing organizations, destination marketing organizations, individual businesses and other partners. Tourism Week is also a great time to encourage the public to experience local tourism offerings and engage government officials on tourism issues. Communicating with the public, government officials and media will give an idea about the state of tourism locally, provincially/territorially or nationally. Specific tourism sectors such as transportation, profiling individual tourism operators, or looking at how the industry has transformed the economies of some communities.

Tourism in the Creston Valley is on an upward momentum. People are discovering our warm climate, the wide fertile expanse of the valley, crystal clear rivers and lakes and mountain scenery, an invitation for recreational activities

Our agricultural heritage provides the valley with fabulous fresh food. Cherries are now the primary fruit, however all soft fruits and vegetables are also grown here including: asparagus, corn, peaches, plums, pears and strawberries Creston is quickly becoming known as an Artistic Community - inspired by the many facets of the Creston Valley, more and more artists are establishing their private retreats and galleries here. The local art groups frequently give special workshops, bringing in instructors from all over North America.

As we head into the summer months and the 2010 Olympics, let's keep pulling together as community and continue to encourage people to not only come, but stay in our beautiful valley. 9



# Notes From The Road

entertainment

Story by: Elena Yeung - Bluegrass Songwriter, Singer and Musician

## Hitchhikers

Going up the hill, just outside of Cranbrook, I saw two young people standing on the side of the road. I'm going very slow because my poor car has no power whatsoever, so I have plenty of time to scan them. Two guys? Or maybe a guy and a girl? Do I have enough room? I've got a lighter load this time, after a quick trip to Kelowna and left some more of my big stuff in Creston. Hmm...here's a driveway I can pull into. We'll see.

I get out of the car, because I'll need to arrange my stuff quite a bit. The passenger seat is filled with snacks and miscellaneous grabbables, the floor of the back seat is packed full of little things. I've been pretty careless packing the car, knowing I had tons of space for this trip. The hitchers climb up the hill, excited to get a ride. "I don't know if I have enough room for both of you," I shouted. I opened all my doors, and stared at my stuff, wondering how much trouble this would take. They both have huge backpacks. Both guys, just that the one has super-thick long eyelashes, so at first glance I thought he might be a girl. Isn't that funny? Walt Disney has programmed me well.

"If you have only room for one of us, you should take him," he says, pointing at his travelling companion. "He has to go to Vancouver and I'm just going to Keremeos. And besides, he's a serpent." After a bit of tetris, we all pack in and drive off. I forget their

names. They met in Nelson and started off together this morning. I resist the urge to ask them the normal barrage of questions. Vague references of sleeping under a bridge, dumpster diving. Mayan totems, that's what the serpent thing came from.

"What do you think will happen in 2012?" I asked them. Shift in consciousness, correction in the human population. The guy with the thick eyelashes is more talkative. "I don't believe in those doomsday prophets," he declares. "I don't know why they get so much attention." We're silent for a while. "It's because humans are generally afraid of death," I said. That and change. Which is a death of sorts too. Another brief pause. "I don't know why people are so afraid of change," my thickly-fringed friend says. "Change is natural. It's like being afraid of...trees." Brief pause, then laughter. Then more laughter. I could have made so many different responses to that, but instead I just sit back and enjoy the absurdity.

I finally drop them off three hours later where we go our separate ways. We wish each other well on our respective journeys. And then I continue on, wondering what inspired me to let two slightly stinky strangers intrude on my sacred alone time.

**Elena's upcoming shows in the Creston Valley:**

**Creston June 6 at PCSS**  
**Crawford Bay June 10 at Newkey's**  
**Signing off, Elena**  
[www.myspace.com/elenayeung](http://www.myspace.com/elenayeung)

## Mark Koenig & Friends

Present:



## Welcome Home Elena Yeung

with Ilana Cameron



**June 6th, 2009**  
**PCSS Auditorium**  
**Tickets \$20**  
**available at:**  
**Black Bear Books**  
**Kingfisher Books**  
**and at the door**

# A Brave Battle

Story by: Jeannette Evans – 2009 Honorary Chair, Canadian Cancer Society Relay for Life - Creston

**M**y cancer journey began in the spring of 2005 with a routine mammogram at the screening van. Soon after, I had to go to Cranbrook hospital for another and a biopsy, which confirmed breast cancer. I had a lumpectomy on June 21, 2005 and also had 26 nodes removed, 13 of them cancerous. My next visit to the doctor determined that he would do another surgery to remove more tissue, so on July 15 I was in surgery again.

On August 30th I started chemo in Cranbrook. The first four treatments were each from two to three hours, spaced twenty-one days apart. The second four were each 3 to 4 hours also spaced twenty-one days apart. I was very lucky that I was not too sick. I had some nausea the first few days after treatment which the anti-nausea meds looked after nicely. I did find that I was very tired.

The most traumatic thing for me was when I lost all my hair! This was between the second and third treatment. I really did look sick then, but wigs took care of that. My chemo ended on Jan 24, 2006 and on March 3 I started radiation treatment in Kelowna, I had a total of sixteen treatments, one a day for five days then two days off. While in Kelowna I stayed at the Cancer Lodge. What a wonderful place! Treatments ended on March 23 and I came home. Routine visits followed and during one in September 2007 the oncologist thought my throat seemed swollen.

There followed an ultrasound and a biopsy and a verdict of thyroid cancer. I had surgery in Calgary on March 3, 2008 and my thyroid was removed and I was put on thyroid meds. In April I was taken off the meds and put on a low iodine diet to prepare me for radioactive iodine treatment to kill any cancer cells, which may have gotten away. Before the treatment, I had a body scan and on May 21, 2008 I had the treatment in Trail. My husband had to move out of the house for three days because of the radioactivity, and I was radioactive for twelve weeks. I am now on thyroid meds for life and see the oncologist every six months. I also have another two years on Arimidex for breast cancer. I am feeling fine now and hope to continue.

“WHY DO I RELAY?” - I saw this sentence in the paper one day and it made me think.

Why do I relay?

I relay to remember my mother, brother, friend Shirley and everyone else who has passed on.

I walk to celebrate my friends Irene and Sylvia and all my friends who are survivors and walk with me.

I walk because I Can! I fight back for those who can't.

For those who are too ill or too tired.

They will walk when they can.

So walk with me and together we will beat this disease.



**REMEMBER!**

**CELEBRATE!**

**FIGHT BACK!**

The Canadian Cancer Society Annual Relay for Life is on June 6, 2009 at Creston & District Community Complex. 📍

**For more information contact:**  
**Judy Smandych at 250-428-8830**  
**crestonrelay@bc.cancer.ca**



# Out & About June 2009

out & about

[www.ilovecreston.com/page/valley/upcoming%20events](http://www.ilovecreston.com/page/valley/upcoming%20events)

June 2, 2009

Erickson Community Association

General Meeting

Location: TBA

Contact: Elaine Keeling at

250-428-7329

[erickson.community.assoc@gmail.com](mailto:erickson.community.assoc@gmail.com)

com

June 3-4 & 7, 2009

The Musical – HONK!!!

Location: Trinity Lutheran Church  
(Bonners Ferry) at 3:00pm

Cost: Adults \$10.00 Students \$8.00  
at Black Bear Books

Contact: Leah Jones

Phone: 250-428-0212

Email: [bobandleah@uniserve.com](mailto:bobandleah@uniserve.com)

June 6, 2009

Canadian Cancer Society Annual  
Relay for Life

Location: Creston & District  
Community Complex at 11:00am  
–11:00pm

Contact: Judy Smandych at

250-428-8830

[crestonrelay@bc.cancer.ca](mailto:crestonrelay@bc.cancer.ca)

June 6, 2009

Creston Valley Saturday Market

Location: Millennium Park (parking  
lot)

Contact: Geri Lee at 250-428-0655

[leegg@shaw.ca](mailto:leegg@shaw.ca)

June 6, 2009

Mark Koenig & Friends Present:

Welcome Home Elena Yeung

Concert with Ilana Cameron

Location: PCSS Auditorium

Doors Open at 7p.m.

Cost: \$20 at Black Bear Books,

Kingfisher Books and at the door

June 12, 2009

“Rockin’ by the River”

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

Location: Mountain Park Resort at  
6:00pm

Cost: \$10.00 at Mountain Park  
Resort or Black Bear Books

Contact: Mountain Park Resort at

250-428- 2954

[mt\\_park@hotmail.com](mailto:mt_park@hotmail.com)

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

June 12-14, 2009

Write In The Kootenays

Creston Writers Groups and the  
Federation of BC Writers presents  
the first of an annual traveling  
writers festival.

For more information and a full  
schedule, please visit:

[www.bcwriters.com/kootenays](http://www.bcwriters.com/kootenays)

June 19, 2009 - September 7, 2009

Creston Valley & East Shore Art  
Walk

Location: East Shore, Creston to  
Yahk (various)

Contact: Nora McDowell at

250-428-9391

[artlink@kootenay.com](mailto:artlink@kootenay.com)

[www.crestonvalleyarts.org](http://www.crestonvalleyarts.org)

June 20, 2009

Creston Valley Rod & Gun Club -  
Family Heritage Day Open House

Location: Kidd Creek Range at

10:00am - 3:00pm

Contact: Mike Keeling 428-7329

[mekee@shaw.ca](mailto:mekee@shaw.ca)

Gerrie Bond 428-3546

Mel Prowse 428-8435

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Phone: 250.428.2932

### Hound n' Mouser

711 Regina St., Creston  
Phone: 250.428.7085

### Bon Voyage House & Pet Sitting Services

1091 Bearbrook Rd., Creston  
Phone: 250.402.6882

### Creston Veterinary Hospital

1605 Dogwood St., Creston  
Phone: 250.428.9494



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### Ray's Garbage

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Phone: 250.428.9887

### Auto Fix Center

1507 Canyon St., Creston  
Phone: 250.428.3333

### D-Signs & Design Service

137-12th Ave. N., Creston  
Phone: 250.428.9746

### Kootenay Scales Inc.

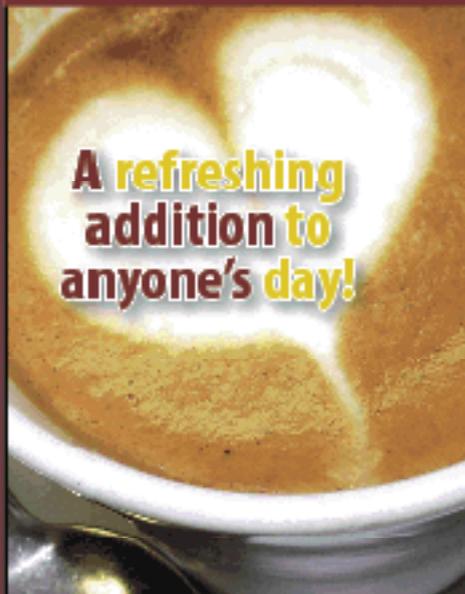
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Phone: 250.402.0031

### Bredy's Painting

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Phone: 250.428.3410

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## dining & coffee guide

**Grand Central Perks**  
Creston Valley Mall, Creston  
Phone: 250.428.5282

**Sirdar Pub & Grill**  
8068 Hwy. 3A, Sirdar  
Phone: 250.866.5522

**Buffalo Trails Coffee House**  
Canyon Street, Creston  
Phone: 250.428.5730

**Dairy Queen**  
1804 Canyon Street, Creston  
Phone: 250.428.9800

**Kingfisher Books**  
131-12th Ave. N., Creston  
Phone: 250.428.0553

**Kokanee Inn**  
123 9th Ave. N., Creston  
Phone: 250.428.4241

## home-based business

**Dan's Grime to Shine**  
2520 Hwy 3A, Creston  
Phone: 250.428-6532

**Judy's Custom Leatherworks**  
2673-24th Street, Lister  
Phone: 250.428.2837

**Love's Electronics**  
915A Pine St., Creston  
Phone: 250.428.5667

**Spotlite Designs**  
2228 Ash St., Creston  
Phone: 250.428.6560

**Stellar Enterprises**  
1408 Evans Rd., Creston  
Phone: 250.428.4900

**4 Corners Matting & Framing**  
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**Physioworks**  
124-14th Ave. N., Creston  
Phone: 250.428.8962

**Creston Optometrics**  
223-16th Ave. N., Creston  
Phone: 250.428.2044

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Phone: 250.402.9848

**Creston Valley Chiropratic**  
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Phone: 250.428.4066

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**Images & Angles**  
133-10th Ave., Creston  
Phone: 250.428.7366

**Hair Power**  
1017a Canyon Street, Creston  
Phone: 250.428.2313

**Hairs Where Its At**  
102-1000 NW Blvd., Creston  
Phone: 250.428.4913

**12th Ave Hair Salon**  
125 12th Ave. N., Creston  
Phone: 250.428.0076

**Classic Touch Hair Studio**  
133 10th Ave. N., Creston  
Phone: 250.428.3323

# Ignite Your Passion at the Creston Campus Summer of Super Stuff!

## Summer Stuff for the Artist

**Plein Air Sketching** with Carol Schloss  
July 17, 18, 19 (Fri. Sat. Sun.) 9am – 4pm  
Tuition: \$189

**Mixed Media** with Eileen Hirota  
June 27, 28, 29 (Sat. Sun. Mon.) 9am – 4pm  
Tuition: \$189

**Exploring Experimental Approaches with Acrylic**  
with James McDowell  
July 10, 11, 12 (Fri. Sat. Sun.) 9am – 4pm  
Tuition: \$189

**Batik** with Elaine Alfoldy  
June 26, 27, 28 (Fri. Sat. Sun.) 9am – 4pm  
Tuition: \$225

**Birdhouses** Nora McDowell  
July 17, 18, 19 (Fri. Sat. Sun.) 9am – 4pm  
Tuition: \$219

**Wood Carving** with Harry Miller  
July 10, 11, 12 (Fri. Sat. Sun.) 9am – 4pm  
Tuition: \$189

*Details and supply lists available at the College*

## Summer Stuff for Youth

**Not Another Teen Movie School (14 – 19 years old)**  
with Peter McLennan July 6 – 10 (Mon. – Fri.) 9am – 4pm  
Tuition: \$295 (incl. \$100 refundable deposit for camera)

**Way Cool Gamer School (8 – 14 years old)**  
July 20 – 24 (Mon. – Fri.) 9am – 4pm  
Tuition: \$195

*Registration deadline is one week prior to the start of each program except Wood Carving which is two weeks.  
Each class has a minimum enrollment requirement. All courses are "plus GST"*

## Summer Stuff Just For Me

**Digital Darkroom (GIMP)** with Peter McLennan  
July 11, 12, 13 (Sat. Sun. Mon)  
Tuition: \$189

GIMP is a free on-line program, enhancing pictures - including resolution, resizing, cropping, file formats, retouching, colour optimizing...and much more.

**Wonderful World of Herbs** with Rachel Beck  
July 11 - 12 (Sat. & Sun.) 9am – 4pm  
Tuition: \$159

Join Rachel Beck for a fun filled, hands on, two-day workshop celebrating the medicinal uses of herbs. All handouts, supplies and food are included. Participants should bring an apron and a container to take food home in.

**Gardens of Culinary Delight** with Rachel Beck  
June 6 (Saturday) 9am – 2pm  
Tuition: \$60

Your flower garden is a treasure trove of wonderful flowers and plants that can be used to enhance your culinary creations. All handouts, supplies and food are included. Participants should bring an apron and a container to take food home in.

**Chinese Acupuncture & Barefoot Medicine**  
with Master Neil Ripski  
July 18, 19, 20 (Sat. Sun. Mon) 9am – 3 pm  
Tuition: \$ 189

(this course held at Red Jade Martial Arts – 1415 Canyon St.  
Explore a Chinese system of health maintenance program!

*Contact the College for full details  
on each of our Summer Programs.*

## Registration

You can register by contacting the Creston Campus at  
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or email [creston@cotr.bc.ca](mailto:creston@cotr.bc.ca)

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