

*Bringing the
Creston Valley together.*

FREE
June
2010

i love creston



A Whole Country Experience

The Sproule family has been proudly growing blueberries for over a decade.

Creston Valley Garden Club

Eight beautiful gardens for you to enjoy.

The Big Give

Internet's first ever random acts of kindness competition.

Creston Valley Wildlife Centre

Springtime brings life and energy to the wetland.



College of the Rockies

Summer workshops and Camps for Kids

Summer Arts

The College of the Rockies is once again offering the five-week Summer Arts Series June 25 – July 18. Our talented instructors are local artisans from the Creston Valley and they have a wide range of talent, skill and experience to offer.

BATIK, A Traditional Way To Design & Dye Fabric

with Elaine Alfoldy
June 25, 26, 27 / Fri, Sat & Sun, 9 am - 4 pm
\$229 + gst (some supplies included)

Creative Writing with Luanne Armstrong
June 25, 26, 27 / Fri, Sat & Sun, 9 am - 4 pm
\$189 + gst

Potter's Wheel Basics with Trezlie Brooks
July 2, 3, 4 / Fri, Sat & Sun, 9 am - 4 pm
\$239 + gst (includes clay, tools)
Location: Mudders Studio in Wynndel

Watercolor Painting in the Great Outdoors
with Eileen Gidman
July 2, 3, 4 / Fri, Sat & Sun, 9 am - 4 pm
\$189 + gst / supply list available

Exploring Experimental Approaches to Working with Acrylics
with James McDowell
July 9, 10 & 11 / Fri, Sat, Sun; 9 am - 4 pm
\$189 + gst / supply list available

Introduction to Hand Building with Clay Techniques
with Andrea Revoy
July 10, 11 & 17 / Fri, Sat, Sun, 9 am - 4 pm
\$269 + gst (includes clay, tools)
Location: Mudders Studio in Wynndel

Exploring Mixed Media with Eileen Hirota
July 16, 17, 18 / Fri, Sat & Sun, 9 am - 4 pm
\$189 + gst, supply list available

Plein Air Sketchbook Workshop with Carol Schloss
July 16, 17, 18 / Fri, Sat & Sun, 9 am - 4 pm
\$189 + gst, Supply list available

You can register by contacting the Creston Campus at (250) 428-5332 Toll free 1-866-740-2687
email: creston@cotr.bc.ca, mail to: P0 Box 1978, Creston, BC V0B 1G0 or drop in to see us at 301-16th Ave South, Creston



Phone: 250-428-5332

Visit us on the web at: WWW.cotr.bc.ca/creston



Camps for Kids

Cool Camps are back again this year!
What a great way to fill your summer days with fun and excitement.

Way Cool Gamer School

Ages: 9-13
July 5-9 (Mon-Fri) 9am - 4pm
Create the video games you love to play!

Junior Directors' Movie Camp

Ages 9-13
July 12-16 (Mon-Fri) 9am - 4pm
Start your directing career!
Digital video cameras are provided.

RoboCamp

Ages: 8-12
July 19-23 (Mon-Fri) 9am - 4pm
Bring virtual and reality together!
Create a robot and use the program software to bring it to life!
Whoever thought science could be so cool?

Art Adventure Camp

Ages: 9-13
August 9-13 (Mon-Fri) 9am - 4pm
Let your creativity soar in Art Camp—variety of artistic activities in the morning and swimming in the afternoon.
Creston & District Community Complex
@ (250) 428-7127 to register.

Early Bird Fee: Register by June 1 for \$165

After June 1: \$195

Missed the early bird? After June 1 there is a multiple child deal: First child is \$195, each child thereafter is \$165

Late Registration (one week prior to camp starting): \$225

***2 Weeks Notice Required for Full Refund**

i love creston

5

A country taste at a friendly place

Come pick berries or enjoy an unforgettable country experience.

The Blueberry Patch Country Market has been welcoming visitors for over a decade.



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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.

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www.ilovecreston.com

From the editor

The month of June has no statutory holiday in BC. This is not fair. Solution? Make Father's Day a stat holiday. Heck, I know my dad is worthy of a day off. If I quickly think of three things to describe my dad they would be his booming laugh accompanied by his smile, the fact he darns his own socks and his gift to make things okay with a simple hug. Happy Father's Day dad.

The June issue of I Love Creston Magazine is full. Seriously, full and summery. As summer nears so does the opening of the new Creston Valley Farmers' Market. You'll get a sneak peak of this year's Garden Club tour, hear what TAPS has planned for the next few months, get some helpful tips on ways to deal with insect bites and check out Creston's first yoga studio.

National Tourism week is celebrated this month and the Creston Valley Visitor Center looks at the impact of tourists in the valley, Mayor Toyota tips his hat to the high number of volunteers throughout our community and MLA Michelle Mungall lets us in on her tour around the Nelson-Creston constituency (don't be surprised if you see her at the beach).

It's a coming... the Creston & District Community Complex is getting closer to cutting the ribbon and Business Buzz focuses on a local woman who makes her own natural bath and beauty products.

The June feature takes us to the Blue Berry Patch Country Market. I spent a couple of hours there and discovered the Sproule family is a

well-oiled machine that runs a busy and successful business. That was my first visit and I know it's not my last. Thank you Cheryl Jagers for letting us use your photos

Need some help on planning the future of your summer cottage? We have the goods on your options.

Heading down the history path, Erickson residents are gathering pictures and stories to create a history book and Happy 100th Birthday Girl Guides (and your cookies).

A Creston man shows us how he creates his Found Object Art – a fascinating process from beginning to end.

The Out and About calendar is getting busier and we have all the info you need and I have mail again (hooray, I love getting mail).

I Love Creston Magazine has a new writer. Kristen Cook is onboard and hopes to submit stories monthly. She is currently involved in an international online contest and explains her involvement in this endeavour in her inaugural story for the magazine.

And, in closing I'll wrap up this blurb and let you actually read the magazine... I am still in a bit of a, "Lovers In A Dangerous Mind" haze. I went to the screening and all I can say is wow – which doesn't give it justice. It has been added to my top 10 movie list. The cinematography was raw yet detailed making me feel as if I was right there. Mark & May are outstanding actors and played their characters effortlessly. All in all it is the real deal. It is an amazing story and a huge round of applause

and cheers for creating a film that includes our own backyard. Way cool.

Enjoy...

Mailbag

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

Hi Kris,

You've made two girls very happy! They just about died when they read the article in the May 2010 Issue. My nine year old wants to drop out of school now that she's famous. I told her maybe not quite yet!

She has requested that I bring home a stack of magazines so that she can autograph them and hand them out to her posse [possy]. Ha.

*Thanks again,
Brandy Dyer*

Hi Brandy,

I am so pleased the girls enjoyed the article about their card-making company. It is so refreshing to give some attention to such young entrepreneurs who are so talented. It's great they are so excited about being in a magazine. I wonder if their new found fame will increase their production, income and most importantly, the trip to Disney World.

*Regards,
Kris Dickeson
Editor*



Country Hospitality

Story by: Kris Dickeson

Photos by: Cheryl Jaggers

*I found my thrillon Blueberry Hill
On Blueberry Hillwhen I found you*

-Fats Domino

There is nothing like the smell and flavour of fresh berries. Better yet, the pleasure of picking a berry, cradling it in your hand and smelling its rich aroma. Then the best part, popping it in your mouth and a burst of sweet juice explodes.

* “Build it and they will come”. This is the philosophy Michael and Bibiane Sproule followed when they purchased 13 acres in Lister, with hopes of growing blueberries. “Everyone told us blueberries don’t grow in the Creston Valley,” Michael said. “These berries need a specific kind of soil to grow and more importantly have to be loved.”



The Sproules persevered and have been proudly growing over 2,000 blueberry bushes for just over a decade. Accompanying the blueberries are strawberries, raspberries and cherries all there for the picking. Add a candy shop, kids play area, petting zoo, a pantry and market... welcome to the Blueberry Patch Country Market, a place like no other. Michael smiled, extended his arms, and turned from one side of the land to the other. "We want to give our guests an old fashioned country experience," he said. "In the summer we see between 70 and 100 people here yet it is still quiet and peaceful, allowing the visitors to have that 'piece of home' feeling while at the Blueberry Patch Country Market."

Now 10 years after the intial planting, the Blueberry Patch is a renovated farm barn/hayshed (Market/Pantry) and outbuilding (Candy Cottage) with a 360-degree view of the mountains.



Prior to moving to the Creston Valley, Michael and Bibiane lived in Ontario where they worked as missionaries. Seven years or so later, they relocated to the outskirts of Mississauga where they were content and enjoyed the experiences of fruit markets. Next, the Sproules moved west and settled in Lister and began to follow their dream of opening a fruit market. This dream came to fruition, the Sproules found a niche and behold, the Blueberry Patch Country Market came to be. Meanwhile, Michael, Bibiane and their two daughters Breanna and Abigail started planning.

"An old fashioned country experience"

Over time, the Blueberry Patch Country Market has grown in a number of ways. Starting simple with what they grew, blueberries were first. Over time, the Sproules added strawberries, cherries, raspberries and up next, blackberries. At the same time, the Pantry, Market, Candy Cottage, petting zoo and kids play area have also seen changes and additions.

Abigail, the zookeeper, faithfully looks after the petting zoo tenants – two miniature ponies, ducks, a bunny and her favourite the family dog. "I love animals," she said with a big grin while picking grass and feeding it to the horses. She flung her arms around the dog and proclaimed, "I like my dog the most."



Breanna runs the Candy Cottage. "It gets very busy in the summer but I can handle the rush," she said, then leaned in and whispered to me, with a sparkle in her eye. "Sometimes I take a candy and I don't tell anyone."

As the girls skipped away to play with the dog, Bibiane appeared with a pleasant smile. "The girls are home schooled," she told me. "It is a great environment for them to learn in. They have the freedom to learn and then step outside and play. As well, they enjoy all the visitors when we get busy in the summer. As far as Michael and I, this has been an unforgettable experience. It is a break and change and we have developed new friendships and this has all taken time, but it's a fun journey."

I found Michael at the petting zoo picking grass and feeding the horses with Abigail. As he stood up, I asked him about pesticides. "I only use organic sprays that are pesticide-free," he said and we started wandering toward the strawberry pavilion. "This is a unique state-of-the-art indoor strawberry field that allows you to stand up while you pick. We supply





the pails and bags, you pick the strawberries then they are weighed and you pay. The strawberries are planted in Styrofoam pots, stacked vertically and re-planted every year.”

“Two buckets of berries per bush”

Michael and I made our way to the rows and rows of blueberry bushes. “Just like the strawberries, these are u-pick”, he pointed out. “The weeds are challenging so the bushes are well-mulched with bark. There are about two buckets of berries per bush. In the summer we hire a few of the neighbours kids to pick the blueberries and strawberries, and a couple of people to help out in the kitchen.”

Michael pointed to a small cluster of cherry trees and told me they are also u-pick, weigh and pay and no ladders are required.

“Nothing goes to waste here,” He explained. “We use the berries in all our food, treats and pies. Some people have been buying them frozen. Down the road we may sell them wholesale.”

Michael motioned toward the Garden Terrace and as we strolled across the recently mowed lawn he insisted I have a smoothy and asked what flavour I would like. Of course I ordered a blueberry one. As I sat at a table, underneath a weeping willow, I looked from left to right, taking in the amazing view the Sproules have outside their door. As I waited for my drink, I popped my head into the pantry where Bibiane was cooking and baking. I strolled through the market and had a quick look at the art, pottery and other merchandise for sale. Michael appeared with my blueberry smoothie. It was a deep purple color with a shot of whipped cream on top. Let me be up front here, I am not a fan of blueberries but wanted to experience a blueberry smoothie. It was good and tasted even better as I sipped it outside under the willow tree.

**Field of Dreams 1989*



*Blueberries! Blueberries!
They bounce in my bowl,
Blue little blueberries,
I love each jolly blue soul.*

*Blueberries! Blueberries!
Once I see them, I can't stop.
Into my mouth, they go pop,
pop pop.*

*Blueberries! Blueberries!
I could eat them all day.
So sweet and so juicy in a lip
smacking way.*

*Blueberries! Blueberries!
Glowing in a beautiful bright
hue.*

*I wish I could color all my
pictures in blueberry blue.*

*Blueberries! Blueberries!
My mom has such a great
fright,
when she peeks in the kitchen
to see such a sight...*

*Blueberries! Blueberries!
On my fingertips and nose,
I'm covered in blueberries,
from my head to my toes.
But mom doesn't mind,
she just giggles from the door,
As one more blueberry
blueberry bounces down
along the floor.*

-Kathy Patalsky





From the Mayor's Desk

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

Volunteers Drive Our Community

Last month, I commented that volunteers contribute many hours to provide community successes. Our 69th Annual Creston Valley Blossom Festival would not have been possible without unselfish volunteers giving of their free time. The Creston Valley Regional Airport Society members serve to enhance a most important community needs. Striving to maintain our airport for life saving air medivac flights is priceless.

One of the most valuable assets is our community volunteers. With our higher level of seniors in retirement mode and their unselfish energy and expertise, many organizations and societies are in good capable hands. Take a moment and

ponder about how many organizations you may be involved with that rely on volunteers. There is a very good chance that you yourself are one of these committed individuals.

I just browsed the local websites on my computer and counted over 200 clubs, groups, organizations and societies that all rely on volunteers. The Town of Creston has almost 30 volunteers and our regional Fire Services, the Wynndell Fire Hall, the Canyon-Lister Fire Hall, the Yahk/Kingsgate, the Riondel & Crawford Bay and the West Creston Society all have volunteers who are trained to provide a most valuable service.

I attended our Town staff awards dinner last month with a 15-year and 25-year

service pin recipients. Last year, a 30-year and 35-year received service pins. These are individual firefighters volunteering their time to protect our lives and homes.

I was asked to be one of five judges in selecting our 2010 Citizen Of The Year, which is sponsored by the Creston Valley Rotary Club. This prestigious award primarily acknowledges a person's community volunteer work. The scoring system rates the applicant higher if their volunteer work is diversified in our community, meaning he/she has contributed in a cross-section of organizations. Our committee discussed nine applications and each one has given generously of their time unselfishly over the many years they have lived in the Creston Valley. I must say this was not an easy or simple decision.

Volunteers are a very important part of our great community!

Ron Toyota is the Mayor of Creston

Phone: 250-428-2214

Email: Ron.Toyota@creston.ca

Website: www.creston.ca

Creston Valley Business Buzz



Kristin Lorenz - Owner of Bath Boutique

Submitted by: Kristin Lorenz

Making all natural bath and beauty products was a past time of mine that started about a year ago. I made up my own recipes and tried them out on my family, kids and myself. It was a lot of fun concocting recipes and feeling the accomplishment whenever a recipe worked.

I went to businesses in Creston, with my samples of best creams and other products, and asked if they would be interested in selling my products. The response was great and my clients really appreciated the opportunity of selling local products.

From there, I was invited to the Creston Farmers' Market last year

and that is when business really started picking up for me. I also started making exclusive products for people that are interested in having all natural bath and beauty products specialized to their wants and needs.

For a detailed list of products or more information call:

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MLA Update

Story submitted by: Michelle Mungall
MLA for Nelson-Creston

Here Comes Summer

Aaaahhhhhh... That's a summer breeze blowing over Kootenay Lake to cool down everyone hanging out on the beach. Just sitting there, enjoying all the amazing wonders the Kootenays have to offer is a favourite summer past time for us all.

Not to be outdone by "beaching it," BBQs, ice cream, paddling, biking, hiking and swimming are all part of the summer fun. Somewhere in between my MLA work, I plan to get all this in over the next couple of months.

As you can guess, just because summer rolls around, the work of an MLA doesn't stop. So when asked what I plan to do this summer, my answer involves working on behalf of Kootenay people. Along with all my NDP MLA colleagues, I was prepared to sit in the Legislature through the summer to debate the HST. Under the conventional rules of debate, we were entitled to debate every section of the bill that paved the way for the HST. This would have given us over 1000 hours of debate. However, the BC Liberal Government shut that down at the end of April. So those summer plans are now off.

Instead, I will be back home in the Kootenays, meeting with several community groups and constituents and attending events to keep in touch with what concerns you. On top of this, I am thrilled to be getting started on a project that will be sure to have work of an MLA doesn't stop. The focus of the project: agriculture and food security.

To tell the story right, let me back up and go to the beginning. Last fall, I was able to attract an intern to my office. She is a UBC graduate student studying community and rural development with a focus on food security and regional food systems. Familiar with the Kootenay region after years of summer employment near Crawford Bay, she brings her passion for food along with a love for our region.

This summer she will be starting a project that is rooted in the community forum I held in Creston on March 16, 2010. At that forum, more than 50 participants came together to discuss ways the community, the provincial government and me as MLA can support agricultural production and food security in the Creston Valley. The notes from that meeting are on the events page of my website.

I'm looking forward to having a bright, accomplished student work in my Community Office to support our local farmers and food activists in building a strong regional food system. We will be interested in your input as we go along, so please don't hesitate to contact me via phone or email.

Or, you may just find me while taking a break with my family and friends to enjoy the beauty that is our home –on the beach with cherries, apples and all the good food local farmers produce.

*Michelle Mungall is the NDP MLA for Nelson-Creston
Phone: 250-354-5944
Email: michelle.mungall.mla@leg.bc.ca
Website: <http://www.michellemungall.com>*

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Saturday 9:30 to 5:00 pm*

Creston Valley Facility Enhancement Project Update

Story by: Neil Ostafichuk
Recreation Supervisor - Creston & District Community Complex

The tile swoosh shows well as the lobby nears completion. As the millwork is being installed for reception, it really defines this main lobby feature as a welcoming, informative space as soon as you enter.

The main floor multipurpose room or what is being termed the "Sunshine Room" because of its great views to the south awaits flooring. This room will host childminding, birthday parties or any function requiring a smaller space.

Cranbrook Interiors has been adding finishing touches in the lobby with the addition of the wood paneling on specific walls as well as supplying and installing of all the other millwork in the project such as counters, shelves and trim.

The curling club area gets ongoing attention with the prep for dry walling over the old lounge windows, the replacement of the building roof and renovated stairway from the viewing area to the lounge.

The Creston room enters its second life with a new arena wall and key windows onto the ice surface as well as ceiling features, which will break up the room visually and help with acoustics.

After a few hiccups from the weatherman, the re-roofing project rolls onward. Currently, the contractor is removing the 120 foot sections, which cover half the hockey arena as well as four curling sheets and replacing those an area at a time. The painting contractor has been working alongside the roofers to ensure all interior beams and supports are prepped and painted with a corrosion resistant paint.

The jewel in the crown of the project will be the aquatic facility

and at present we have water in all three pools with primary commissioning and filtering started up and being monitored. While the old James Ross Memorial Pool had a gutter system, conventional methods have deck level skimming, which constantly flows over the edge tiles and into the white grating. It is then filtered, heated and disinfected before it finds its way back to the main pool. Each pool has its own separate system and can be run independent of each other.

The new and improved Creston & District Community Complex is expected to be completed sometime this month.

This project is funded by The Canada-British Columbia Municipal Rural Infrastructure Fund, the residents of the Creston Valley and donations.



You're Invited To Our Grand Opening Event

Celebrating our new and improved Creston & District Community Complex

Creston & District Community Complex

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Watch for more information coming in your mailbox or in the Creston Valley Advance regarding dates & times!

Tiptoe Through the Tulips

Story by: Gertie Brown
Creston Valley Garden Club

It's that time again, the Creston Valley Garden Club's Garden Tour. This year there are eight gardens, from Wynndel to Erickson, featured in the tour. Each garden cared for with love. Find below a short write up on the eight gardens in this year's tour.

Beautiful, peaceful garden with several large ponds and a Japanese Tea House. Wander the park-like setting including varied trees, shrubs, berries and roses is beautiful, unique and obviously. Enjoy the tremendous view and don't forget to admire the bear carving. Enjoy free coffee and muffins from 10:00am to noon.

Six month old garden, which is created on the side of a steep slope down to a sparkling creek. Wander down the twisting path to view berries, vegetables, fruit trees and flowers all growing in harmony. Meta, 78 (who insisted we tell age), says she hopes her garden will inspire other people to enjoy gardening.

Set in wide-open spaces, this garden has a gorgeous view. Note the beautiful border full of perennials and interesting shrubs that stretches the length of the property. Admire the pond and walk around the vegetable and fruit trees.

This west sloping garden seems to last forever. There is a small creek on the lower property, a grape arbour,

berries and mature trees. The central area focuses on lilies in front of a wide sunny deck.

A year old large vegetable garden with raised beds nurtured by a watering system. Their fenced property surrounds annuals, perennials and trade trees. This large garden is a delight to the eye.

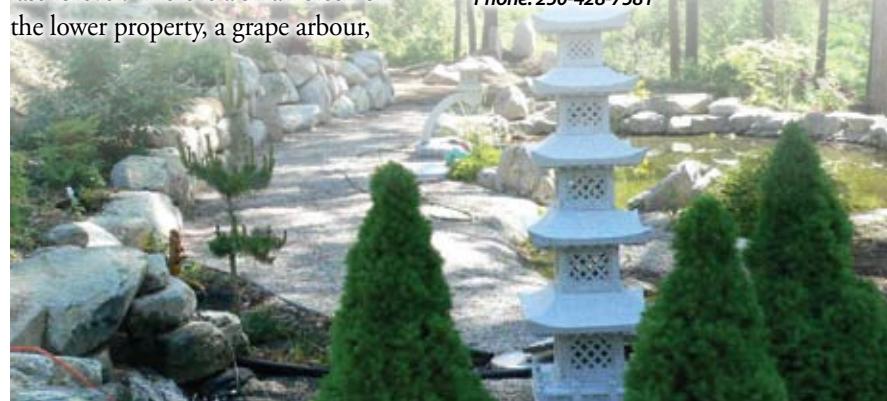
This garden has a varied section of roses in front of a sunny deck. The mature trees provide shade for paths that go past a small pond, evergreen shrubs and perennials. Edith's love and knowledge of gardening is evident when you

look at her garden. Lunch provided by the Go Go Grannies at a nominal cost.

A secluded backyard with a pond and waterfall lead to a Flagstone pathway that takes you past perennials, shade trees and a gazebo. Look at the unique garden gate. This is a small garden packed full of interesting sights.

What a delight. Not only are there large raised vegetable beds in this garden but also a greenhouse, perennials, rows of corn, wooden animals and a train full of flowers. Ask Jean about her lasagne gardening method and how she makes her own planting medium.

*For more information on the Creston Valley Garden Club's Garden Tour contact:
Gertie Brown
Phone: 250-428-7581*



Creston Valley Garden Club

Garden Tour

Saturday, June 26, 2010
10:00 am to 4:00 pm

Visit 8 Gardens

from Wynndel to Erickson

Tickets and Tour maps available at the College of the Rockies - Creston Campus (301- 16th Ave. S., 250-428-5332) June 26 only or at the gardens

Tickets: \$10.00 Adults
Children under 14 free
Bus ride: \$10.00 per person

For bus reservations call Gertie Brown 250-428-7581 (until June 19)

The bus starts at 9:45 at the College of the Rockies

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The Moose is Loose

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

Springtime brings so much life and energy to the wetland. All of the wildlife are busy feasting on the abundant food in the form of plants, insects and other wildlife. And then, once satiated and full of energy, it's time to think about reproducing and birthing offspring. When I moved here from the coast, the wildlife species that was on the top of my list to see was a moose. And did I ever come to the right place! Moose frequent the ponds and forested areas of the wetland, especially in May and June, when the plants are the tastiest and they are ready to give birth, favoring the low lying wetlands to do so.

Although the moose is a somewhat awkward looking creature, it also has a majestic beauty – a quality that I seem to be partial to. The long legs do come in handy as the moose can run as fast as 55 kilometers an hour, swim continuously for several hours and dive to depths of six meters and remain submerged for up to one minute. Nature's well-rounded athlete.

A moose takes advantage of the aquatic vegetation and other greenery in the wetland in the summer, a welcome change I am sure from the twigs and other woody debris that make up its diet the rest of the year. It is hard to tell a male and female apart when the male does not have antlers. Both have the large "dewlap" or "bell" hanging from their throat.

Moose sightings in the wetland this past May have been plentiful. Many of the females seen in the area are most likely pregnant and should

have their calves in late May. In the past few years, we have seen twins and single calves born and they were sighted near the boardwalk loop trail and south towards the gas pipeline trail in the Corn Creek unit surrounding the Wildlife Interpretation Centre. Sightings this year of the adults have been in the same area, as well as near Duck Lake. It will be interesting to see how many calves will be born this year.

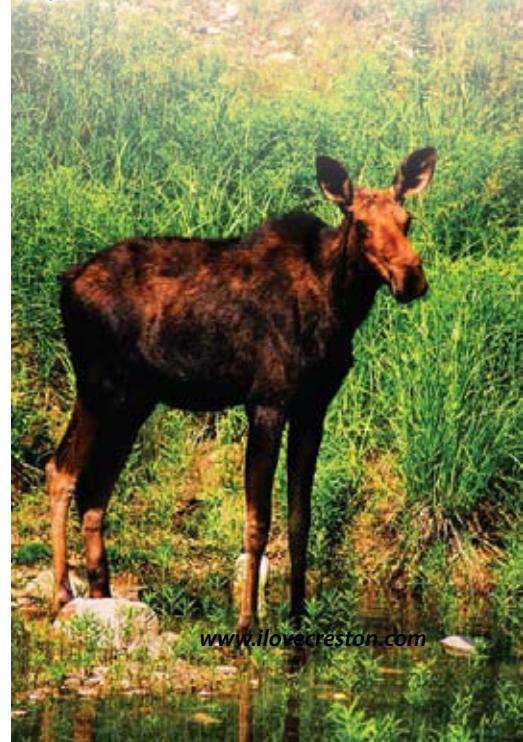
One does have to be careful when a moose is in the area. Keep your distance. If you do come across one on the trail, keep well back and if the

"Females can be very protective of their young"

moose doesn't move away from you, you move away from the moose! Females can be very protective of their young and do show some aggression, so you do not want to get too close. They are a pleasure to watch at a safe distance though as they demolish small shrubs and snorkel for vegetation.

If you have any questions call: 250-402 6908 or come and visit.

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Just Because

Story by: Kristen Cook

It was just an idea to begin with.

Add four international bloggers, a challenge worth accomplishing, an awesome prize pack and that idea becomes The Big Give.

I am one of those bloggers. Born and raised in Creston, I am just a small town girl who recently discovered blogging as a creative outlet and a global writers' network. My words have gone out to hundreds of people around the world and I've made some great acquaintances. I was intrigued when the idea for The Big Give, the Internet's first ever random acts of kindness competition, began to formulate. The concept is both unique and thought provoking, so I am excited to be involved.

So what is The Big Give? Essentially it is a contest in which we challenge

people to get creative in giving of their time and talent. Each contestant is limited to a twenty-dollar budget within which they will try to out-give themselves in the biggest way possible. The goal is to promote random acts of kindness around the world. A celebration of sorts, as we acknowledge all the "rad" people who do amazing things for other people everyday. We want you to give simply because you can. Who are you inspired to give to? Go ahead, make their day!

We all know giving is better than receiving. However, in this case there is also the opportunity to receive a pretty sweet prize pack. Don't be surprised if it competes with the giving in the first place. Details are kept up to date on our website, but will include local artists and a lot of international flavour. Not only will Creston be highlighted within the prizes but there are also guaranteed to be lots of hidden gems to discover from around the world.

Three other lovely young ladies, as mentioned, host the contest. They hail from The Philippines, Australia and Argentina. The Big Give, then, represents four different continents, each with its own diverse culture. Although we are just typical twenty somethings we believe this is a good enough cause to take global. It's become a personal challenge of ours to challenge others. I'll sit in my living room typing away. Today I'll write about our beautiful valley, or possibly a look back at adventures I've had. Then again, maybe I'll write about a plan I'm spearheading that I hope you'll be interested in.

Entries for The Big Give open on June 24th. The contest will kick off on Canada day, and runs until the end of July.

For all details or to enter go to:
www.goaheadmaketheirday.com

For more information on blogs/bloggers go to:
<http://en.wikipedia.org/wiki/Blog>

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1. The graduation ceremony is a cultural tradition termed as a "rite of passage." It dates back to the 12th



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century when scholastic monks wore their ceremonial robes and has evolved to fit the society in which it is celebrated ever since.

2. Baccalaureate is the degree of Bachelor conferred upon graduates. Its ceremony recognizes the achievements of those who truly studied.

3. Commencement is that part when the graduates receive their diplomas, walk across the stage, flip the tassels on their hats upon receiving their degrees, and handshake.

4. The valediction is the speech delivered by the graduate with the highest scholastic standing. The

speech usually expresses the ups and downs the students have gone through and provides a youthful insight of a hopeful future. It also has some color of gratitude, commitment and perseverance.

5. The ring manifests the pride of the school and the diploma. Many people see the ring as a symbol of their entrance into the world of adulthood, as a good luck charm, or a show of worthiness of belonging to some group.

6. The diploma is made of sheepskin and shows one's education. In some schools today, the tradition of a rolled diploma is already junked. They give out the diploma in a leather binder or in an envelop.

7. Tossing of the graduation hat is a tradition signaling the end of the ceremonies. The flight of the hat symbolizes the flight of the graduates to whatever that awaits them.



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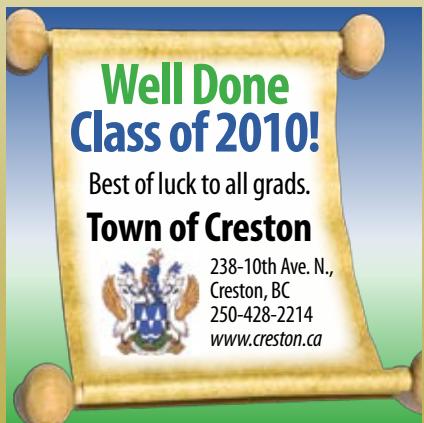
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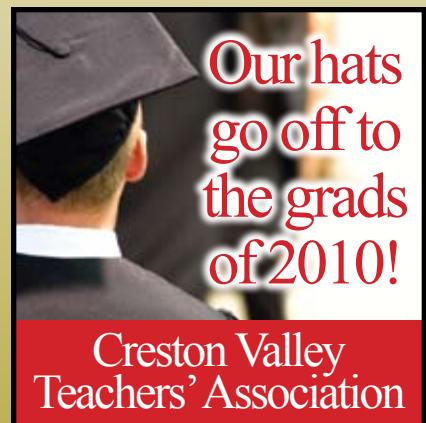
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Keeping It In the Family

Story by: Mary Ann Jenkins CFP
Division Director - Kootenay Region Investors Group

With summer rapidly approaching many of us are gearing up for lots of fun at the family cottage. Have you thought about how to keep such a wonderful asset.

Like most Canadians, you probably bought that terrific vacation property as much for your family as for yourself, but keeping it in the family could be another story entirely. It's natural to assume that the family retreat will simply be passed along to your kids and their kids to enjoy. But have you asked your adult children if that is really what they want? And if they do want to hang onto the family haven, have you taken the right steps to ensure your kids will be financially able to keep it in the family? Here are a few of the things you should consider now so it will always be family time at your cottage.

Decisions, decisions... make them now: Your adult children have always enjoyed your vacation property, but there's no guarantee that will always be the case. Owning and maintaining a vacation property is a big responsibility and it's not for everyone. That's why you should talk with your children and find out who wants the responsibilities that accompany ownership, and who

doesn't. By talking it over now, you can make arrangements to ensure that the children who are interested in inheriting the property do so, while other assets are earmarked for your other children. Taxes, taxes... plan to deal with them now:

Unless you're passing assets to a spouse or common-law partner, when you die, you're deemed to dispose of all your capital assets at fair market value. If your vacation property has appreciated in value, there could be a significant capital gains tax liability. You may be able to claim the principal residence exemption on the property, but that exemption usually applies to only one property, and if you choose to use it on your city home, the gain on your vacation property will be subject to tax.

Another way to help minimize the capital gain on the asset is to keep track of all capital improvements made to the property by keeping the receipts of all material and labour costs that have been incurred.

One efficient way to cover these taxes and other estate debts, for that matter, is with permanent life insurance. The death benefit is usually tax free, and can be used to cover your estate's tax bill. Without this ready source of cash, your personal representative (i.e. your

executor) may be forced to sell estate assets, including your vacation property, to pay taxes.

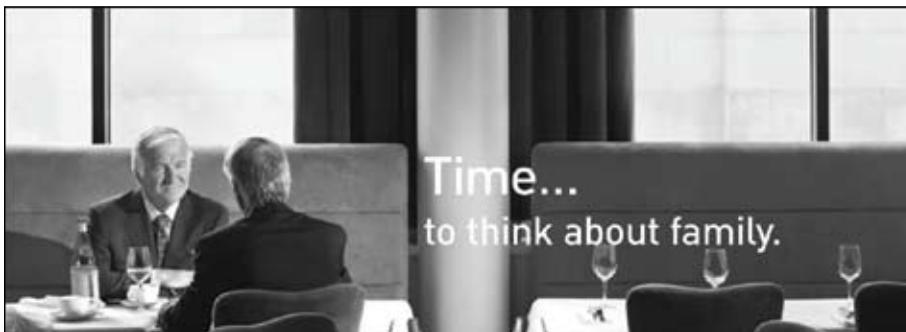
Time at the cottage... plan to share it now:

If your estate does have sufficient funds to pay the capital gains tax, and your heirs do choose to share your vacation property after the time of your death, then they should discuss what type of co-ownership agreement they want. It will be very important for them to come to an understanding regarding what will happen if any of the co-owners die, divorce or become bankrupt. They should also discuss how they would use the cottage (e.g. can they all use the cottage during the same weeks? Or will they divide the weeks during which they will have exclusive use?).

Get help to coordinate your wishes for your vacation property with all other aspects of your financial and estate plan. And to avoid unexpected personal or tax implications for you, your beneficiaries, or your estate, it's a good idea to discuss all of the options with your tax and legal advisors.

This is specifically written and published by Investors Group and is intended as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide legal or tax advice. Clients should discuss their situation with their Consultant for advice based on their specific circumstances.

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Melanie Joy
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A New Market For the New Season

Story by: Jen Comer
Market Manager – Creston Valley Farmers’ Market

The Creston Valley Farmers’ Market kicks off June 19th at Millennium Park, at the corner of 16th Avenue and Cedar Street. This year’s market should be the biggest and most diverse the valley has seen yet. A projected 50 vendors will be participating throughout the summer and fall markets, selling everything from local produce, meats, cheeses, baked goods, preserves, jewelry and art. Creston’s market has joined the BC Association of Farmers’ Markets, which requires that everything sold at the market has to be grown or made within 100 miles of the Creston Valley. This truly allows local producers and artisans to show off their talents.

A vendors meeting in early May saw nearly 50 people attend the information session. The room was bursting with excitement about this year’s prospect of vendors selling directly to their consumers. People are becoming more conscious about where their food comes from. They want to put a face to who’s grown the

ingredients they use in their meals. This Farmers’ Market is the perfect opportunity for people to build these relationships.

Some of the friendly faces you’ll see at the Farmers’ Market include the Harris family with Kootenay Alpine Cheese, Joy Tomlinson with JR Kids Orchards & Greenhouse,

“Grown or made within 100 miles”

Mabel McCowen with the hospital’s Tuck Shop and the Martins with Cherrybrook Farms. Visitors to the Farmers’ Market will see many vendors there week after week, and also have a variety of vendors who will drop in from time to time. People will want to come often to check out the ever-changing produce and products sold.

The Farmers’ Market will be held every Saturday at Millennium Park from June 19th to September 18th, from 8:00am to noon. When the weather gets cooler at the end of September, the market will move

indoors to Morris Greenhouse until December 18th, from 10:00am to 2:00pm.

CIDO radio is hosting a live broadcast on site at Millennium Park for the inaugural Farmers’ Market on June 19th.

If you are interested in becoming a vendor at the Farmers’ Market, there are some spots still available to book a permanent stall, or drop in on a weekly basis.

For more information contact:

Jen Comer
Phone: 250-977-5362
Email: CVFarmersMarket@gmail.com
Website: <http://crestonvalleyfarmersmarket.ca/>



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tourism

Hats Off To Visitors

Story by: Amy Maddess

Visitor Center Coordinator - Creston Valley Chamber of Commerce
www.tiac-aitc.ca/english/events_week_general.asp

June 7 – 13 is Tourism Week in Canada. This national celebration that highlights the economic impact and social benefits of Canada's tourism sector among the media, general public and governments at all levels. It provides a focal point for activities organized by the provincial and territorial tourism industry associations, provincial and territorial marketing organizations, destination marketing organizations, individual businesses and other partners. Tourism Week is organized collectively by a number of public and private tourism stakeholders, led by the Tourism Industry Association of Canada, and presented by Deloitte and Air Canada.

"highlights the economic impact"

Since the beginning of May, there has been a steady increase of visitors through the Creston Valley. Spring always seems to bring more people from Alberta seeking the warmer climate and sunshine while back home they are still experiencing cooling temperatures. The money brought into the community by tourists is spread virtually to all corners of the local economy and creates jobs within Creston. As well, travelers from all over the world are

lured to our Creston Valley Wildlife Management Area and agro tourism destinations. When they are here they are spending a lot of money by staying in our accommodations, eating in our restaurants and shopping in our stores.

"Spending a lot of money"

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Happy Anniversary, Girl Guides

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

You may have heard that the Girl Guides are celebrating their hundredth anniversary in Canada this year? At the same time, the Girl Guides are also celebrating sixty years in the Creston Valley this summer?

The Trefoil Guild is the branch of Girl Guides for those thirty and over. And the local Trefoil Guild has been working over the past couple of months to create a very special exhibit, now open at the museum, that highlights the local Girl Guides' activities over the years.

The exhibit includes a variety of Girl Guide flags and uniforms from decades ago, as well as photographs, newspaper clippings and certificates. There is also a list of the local Gold Cord and Canada Cord recipients, starting with Margaret Berg, who, in 1959, was the first local girl to earn this highest of Guiding honours. The members of the Trefoil Guild gave us a little sketch of local Girl Guide history while they were setting up the display:

Way back in 1908 in England, Lord Baden-Powell started the Boy Scouts. A lot of girls wanted to join but couldn't because, as the name implies, the Boy

Scouts are open only to boys. So the girls registered using only their initials, instead of their full names, that way, no one would know they weren't boys until they showed up for the meetings.

The large numbers of girls showing up for those early meetings quickly led to the formation of the Girl Guides. According to a history in the Archives' collection, "The girls enthusiastically embarked upon a program of activities which were daring and novel, indeed, for young ladies of that generation. They hiked, cooked out, swam, played tracking games and learned Nature. A Good Turn each day was stressed, as was Service. First Aid was also stressed as a skill by which one could be prepared to give service."

One of those original Girl Guides was Dorothy Askewith (later Dorothy Cotton). She loved the Girl Guides, and would be a member, in various capacities, for the rest of her life.

And wherever she went, a Girl Guide company was sure to follow. She established companies in England during and just after the First World War, then immigrated to Saskatchewan and established Girl Guides in the tiny town of Robin Hood, just north of North Battleford.



Dorothy, now married and with a daughter of her own, moved to Creston in 1947. Says our history, "As soon as it became known that she had been involved in Guiding she was asked to take the position of District Commissioner. In 1950, she formed the second Guide Company in the district. Up until 1968 she remained actively involved with the Guides, and then with Rangers (a branch of the Girl Guides for ages 15-18). Her girls camped every summer for the 15 years or so that she led a Unit in the District. She carried on until about 1978 as an instructor and tester for several badges, such as Citizen, First Aid, Home Nurse and Astronomer."

Girl Guides have been going strong in the Creston Valley ever since. The program has changed over the years, to keep pace with changes in society and in the roles of women – though the girls can still earn their First Aid badge and Service to one's community remains a key component of Guiding.

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New Erickson Meets Old Erickson

Story by: Jason Smith

With much anticipation, valley residents will reunite with old friends from near and far later this month. Erickson residents have started the process of pulling together information to publish a history of their community. This celebration starts Wednesday, June 29th and runs to Thursday, June 30th. "The process is off to a good start but there's still a long way to go," said Sharon Brennan, History Book

Committee Member.

"We need an event to get people excited. I know there are a lot of family histories to gather still."

Invitations have been sent across the country to former Erickson residents and so far a good number have said they will be coming. The two-day celebration will include entertainment by local talents Monty Anderson and Don Clark and his band. Also featured will be countless photos documenting Erickson's history of approximately 110 years.

Another crowded pleaser will be a 1911 Edison cylinder phonograph. "I will be bringing some of the top hits of the day including a number of Harry Lauder records," said Jason Smith, Erickson Collector "He was a mega recording star when Erickson was still new."

Finally, on loan from the Creston Museum and Archives, a never before publicly exhibited 1926 map of Creston and Erickson. This newly acquired artifact features land

owners names, a very uncommon feature on vintage maps. Also being celebrated is the 80th anniversary

of the completion of the Erickson Irrigation Water system.

There will be more maps and even poetry with a healthy smattering of quiet time for visiting. There is still a need for volunteers to do all sorts of jobs before and during the event.

If you want to volunteer or hear more about the book or event please contact:

Sharon Brennan

Phone: 250-428-2023

Jason Smith

Phone: 250-428-9553



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- Check security of all guardrails and handrails.

• Check smooth functioning of all windows.

• Inspect window putty on outside of glass panes of older houses, and replace if needed.

• Sand and touch up paint on windows and doors.

• Lubricate door hinges, and tighten screws as needed.

• Check for and replace damaged caulking and weatherstripping around mechanical and electrical services, windows and doorways, including the doorway between the garage and the house.

• Lubricate garage door hardware, and ensure it is operating properly.

• Lubricate automatic garage door opener motor, chain and other moving parts, and ensure that the auto-reverse mechanism is properly adjusted.

• Inspect electrical service lines for secure attachment where they enter your house, and make sure there is no water leakage into the house along the electrical conduit. Check for overhanging tree branches that may need to be removed.

• Check exterior wood siding and trim for signs of deterioration.

• Remove any plants that contact and roots that penetrate the siding or brick.

• Check the general condition of the roof. Note the condition of shingles for possible repair or replacement, and examine roof flashings for any signs of cracking or leakage.

• Check the chimney cap and the caulking between the cap and the chimney.

• Repair driveway and walkways as needed.

• Repair any damaged steps

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Many factors influence the right way to water or irrigate your lawn grass. And while no two yards or landscaping situations are exactly alike, the basics are pretty much universal for most lawns.

Saturation

Lawn grass and plants in general like infrequent deep watering rather than frequent shallow watering. As a rule, if you water shallow you'll have shallow roots and if you water deep you'll have deeper roots.

To figure how long you'll need to water to get a certain amount of saturation, simply place several small saucers, or cans, or other objects in the watered area. Watch the clock. Whenever most of your saucers reach close to your desired level, make a note of the time. Water for that amount of time.

How Often and How Long

Grass lawns like a deep watering and then time to dry out somewhat between waterings. As a rule and depending on your soil type, weather, and grass type, your total water from rain and irrigation per week during the growing season should be .75 - 1.5 inches.

How often you have to water to get this amount of saturation depends on a few things. On sandy soils you should split your water cycle into more than one cycle. If you apply the entire amount, the water will flow right by the roots and little will be used.

On clay soils you should also split the cycle as watering all at once will cause too much runoff and evaporation.

Time Of Day

The most efficient time of day to water is late evening and early morning. It generally is less windy, cooler, and more humid at this time.

You'll have less evaporation and more efficient use of water. Water pressure is generally better because fewer people are using water at this time so you'll get better coverage. Generally, watering at night doesn't cause any disease growth.

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One Man's Garbage Is Another Man's Treasure

Story by: Calvin Murdock

Some artists remember the beginning of their journey and compare the changes in their work over time. I am lucky to be one of those artists. Grade 8 Art Class got my creative juices flowing. I dabbled in sculpting and painting and found the process of starting and completing a painting or sculpture was very fulfilling.

In my late teens, I worked as a house painter and came home wearing pants that were soaked with paint, which would eventually harden. One day, as I glanced at a pair of pants that were hardened in paint, and thought it looked like mountains. I nailed the pants to a board, added a few things to it, spray painted it and this creation looked like a piece of art. At this point, I became a Found Objects artist and in over 20 years, I have made between 30 and 40 pieces.

As far as the stuff I use, most of it comes from other people. They give

me things like shoes, shirts, pants and trinket things. I sometimes find objects that can get my creative juices flowing or I make myself start a project. When it comes to costs, the only things I have to pay for are the spray paint and screws, the rest of it is found or given to me.

It is an outlet that allows me to express my emotions and my creativity explodes. But it is my mood that determines the end result. Most of the art is abstract and I tend to gather the materials I want to use before starting. The spray painting is a major component in what I create. It defines the completed project and if I am not happy with it, I will redo it.

My production level fluctuates. Sometimes I can spend a few hours on a number of pieces and ending up making ten in one day. I see what I

**“Express
my emotions”**

see and at the same time, respect that others will not necessarily see what I see.

Found Objects art started out as my hobby and eventually it garnered attention and I sold a few pieces. I want to head down that road again. I would love to do it full-time.

*To contact Calvin Murdock:
Phone: 250-7468*



Mind, Body and Soul

Story by: Lucka Hegerova

Owner - Motion Yoga Center

Motion Yoga Center is Creston's first yoga studio. I took my first yoga class 10 years ago and was hooked. In 2006, I spent a year in Europe and took part in a yoga teacher training and certification course to learn more about the art of teaching yoga. After completing this course, I continued dedicating my time attending yoga classes and workshops during my travels. Now settled in Creston, I have opened Motion Yoga Center in hopes of creating a vibrant yoga community where all yoga teachers and students in the Creston Valley can come to practice under one roof.

Yoga is an ancient philosophy, art, science and a practice for better living. Recently, yoga has become more mainstream and popular because of its many benefits including relief of stiffness in the hips, spine and shoulders, improved posture, back pain and stress relief, strength building and overall well being. One of the best things about yoga is that it is not limited to anyone and the impact will be great regardless of your lifestyle or age group.

Motion Yoga Center offers an array of classes taught by inspiring yoga teachers from the Creston Valley. Each one has his or her unique style. Anyone who chooses to practice yoga

will see results in their mind and body. I encourage you to come to the yoga studio to try out this wonderful and transforming practice.

*For more information contact:
Lucka Hegerova
250-402-3570
www.MotionYogaCenter.com*

TAPS Summer Plans

Story by: Terry Nowak
Outreach Worker - TAPS

We are very busy at the Therapeutic Activation Program for Seniors (TAPS) and that is the way our seniors like it. We have already started trips throughout the valley to see the countryside and have made trips to Cranbrook as well. We are planning to go to Nelson over the summer and hopefully to Fort Steele in early September.

Summer always offers the opportunity for garden parties. One local orchardist hosts a wonderful party with a lunch and garden tour. Our Father's Day program includes a drive to Crawford Bay and Kootenay Landing. We recently had a Spa Day for our ladies and may have more of these over the summer. A trip to the museum is planned for both of our groups. The monthly Nursing Foot Care Clinics continues each month and appointments can be booked by calling TAPS.

We will partner with Erickson School for an intergenerational activity in June. These activities benefit not only our seniors but also the children who interact with seniors. This is a great learning opportunity for children and our seniors look forward to being with the youngsters.

A special volunteer is working with a senior to collect and write the histories

and stories of our TAPS seniors. A book of these stories is planned.

We are already receiving fresh cucumbers, lettuce and other healthy treats from the Community Greenhouse and are looking forward to the bounty of the Harvest Share Program. These community contributions make our meals nutritious and special and we are grateful for the generosity of these two groups.

In June, TAPS is holding a Strawberry Tea (more information is to come). Our very own Krafty Kronys are holding "The Mad Tappers" Tea Party and "Tweedle Dee Dum" Fashions on Sunday June 6th at Rotocrest Hall. Doors open at 1:30pm and the tea and Fashion Show start at 2:00pm. Tickets are \$10.00 and can be purchased at TAPS, the Tuck Shop and Cresteramics or call Patt at 250-428-5838. The Krafty Kronys continue to raise funds for TAPS through raffles, parties, craft sales and whatever other scheme they come up with. We do not know what we would do without them.

Our regular activities - Gentle Yoga, Tai Chi, grocery shopping, nutritional meals, Wellness Clinic, music, crafts, cards, reminiscing and sharing continue and more seniors are becoming interested in attending TAPS.

*For more information contact:
Jill Fehr - Program Manager
Phone: 250-428-5585*



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Hours of Operation

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**Monday to Friday 6:00am to 6:00pm
Saturday and Sunday 3:00pm to 6:00pm**

**Closed: New Year's Day, Good Friday,
Remembrance Day, Christmas & Boxing Day**

Store Hours

Tuesday and Friday 9:30am to 4:30pm

**Last Saturday of the month
9:30am to 1:00pm**

**Late Night Shopping - 1st and 3rd Thursday
4:00pm to 7:00pm**

Food Bank Hours

Tuesday and Friday 9:30am to 1:00pm

207 Carpen Street, Creston



Taking Care of Bug Bites Naturally

Story by: Maya Skalinska
Master Herbalist



No one likes to get bitten by a bug, but they do love to bite us.

With numerous studies showing the toxicity of N,N-Diethyl-met-toluamide (DEET), it is important to limit the amount of toxins you're allowing your skin to absorb. There are a number of great herbal remedies that will repel bugs without the negative side effects that toxic build up can create.

I find Essential Oils (EO) is best. Basil EO has been used to repel mosquitoes by many cultures around the globe. Other botanicals studied and used for centuries include Citronella, Lemongrass, Eucalyptus, Lemon balm, Spike lavender, Catnip and Geranium.

There are numerous studies showing Neem oil as effective as commercial products based on DEET. You can dilute Neem oil in oils such as coconut

or jojoba, and add your favorite EO's mentioned above to the mix. I strongly suggest smelling the Neem Oil before you purchase it, as it does have a very distinctive smell.

Each EO works better in different areas. I found Citronella, Catnip, Spike Lavender and Geranium the most effective mix for the Kootenays. Add three to five drops of each to a carrier oil of your choice. EO preparations generally will protect you for up to three hours. Even though these products are natural, you can still develop sensitivity if overused. Citronella is not recommended for children under two years of age.

You are now prepared to fight off the bugs, but there might be times when a bug can still get you. There are great home remedies to soothe your skin, relieve the itch and decrease your swelling.

Three to five drops of Tea tree oil is quite effective for all kinds of bites. If you have sensitive skin, dilute it with equal parts of olive oil. Herbs such as Arnica applied topically will decrease inflammation, and Comfrey root (powdered) applied, as a poultice, will ease the pain and repair damage. Oats, boiled to a thick paste or used in a bath are soothing and itch relieving. Peppermint's cooling properties stop irritation, and reduce the possibility of infection. Apply four to five drops of peppermint directly on the bite. Witch Hazel's astringent action sweeps the swelling, venom and pain away, and speeds up the healing process.

Now, equipped with safe and natural remedies, you can fully enjoy the outdoors.

*Maya Skalinska is a Master Herbalist practicing at Vital Health in Creston
For more information or to book an appointment
Phone: 250-225-3493*

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

Out & About

Submitted by: www.crestonevents.ca

June 05, 2010

Creston Relay for Life

Location: Millenium Park
10:00am to 10:00pm

Contact: Pat Chapman
Phone: 250-866-5564

June 12, 2010

Creston Museum & Archives - Kids Day!

Location: Creston Museum
& Archives
10:00am to 5:00pm

Contact: Tammy Hardwick
Phone: 250-428-9262

June 13, 2010

CNHSS Pancake Breakfast

Location: Rotacrest Hall
9:00am to 12:30pm
Contact: Larry & Ordella New
Phone: 250-428-2890



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Creston Valley Farmers' Market
Starting June 19th - September 18th
at Millennium Park
8:00am to noon
September 25th - December 18
at Morris Flowers Garden Centre
10:00am to 2:00pm
For more information contact:
Kate Webb 250.431.8262

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(July - September) Mon.-Sat. 8:30am - 3pm
973 Redamation Rd. West Creston
(250) 428-9880 - picklepatch@westcreston.ca

Ripening Dates

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 (pies)	Aug. 15 - Sept. 15
Sunrise	August 20
Tydeiman 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.

Out & About

June 19 - 20, 2010

Ride to Conquer Cancer (benefiting BC Cancer Foundation)

Contact: BC Guides

Phone: 888-771-BIKE (2453)

June 19th - September 06th, 2010

Creston Valley & East Shore Art Walk 2010

Contact: Nora McDowell

Phone: 250-428-9391

June 19, 2010

Creston Valley Farmers' Market

Location: Millenium Park (parking lot)

8:00am - 12noon.

Contact: Kate Webb

Phone: 250-431-8262

June 26, 2010

Dreamcatcher Workshop at 1:00pm

Location: Creston Museum & Archives

Contact: Tammy Hardwick

Phone: 250-428-9262

June 26, 2010

Creston Valley Garden Tour

Tickets ONLY available June 26, 2010

Contact: Jean Wilson

Phone: 250-866-5197

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13587 Mountain Shores Rd.

3 bdrm./2 bath log home located in the community of Mountain Shores. Enjoy the beautiful landscaping from the decks and hot tubs or enjoy the semi-private beach.

\$415,000



13577 Mountain Shores Rd.

2 bdrm./3 bath chalet style log home. Loft style master bedroom, walk in closet, private deck and full ensuite. Enjoy the lake views from the large deck or cozy up to the wood burning fireplace.

\$464,900



15 Maia Lane

Amazing views of Kootenay Lake. 2 bdrm./1 bath waterfront log cabin. Boat launch, lake access from tiered decks and use of the sauna. Revenue potential from weekly vacation rentals.

\$479,000



12498 Highway 3A

Feels like waterfront! This 3 bdrm./3 bath log home has beautiful lake views from all areas of this 1.2 acre property. Lots of outdoor living space and a hot tub, too! Easy beach access and boat launch nearby.

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13589 Mountain Shores Rd.

Log and timber frame home with 3 bdrms./3 baths, large bright kitchen, Heartland appliances, birch hardwood and wrap around decks. Hot tub off the master suite. Access to a semi-private beach.

\$585,000



16112 Highway 3A

Fantastic commercial opportunity located on artisan strip of Crawford Bay. Currently run as a well established gallery and gift shop. 2.26 acre property backs onto Crawford Creek. Endless possibilities.

\$649,900



12527 Lewis Bay Rd.

Prime waterfront location, beachfront and walk out stone breakwater. 4 bdrm./2 bath home, recent upgrades incl. carpeting, paint, blinds and appliances. Hot tub in the solarium, beautiful views and nicely landscaped 1/3 acre.

\$899,000



16541 Highway 3A

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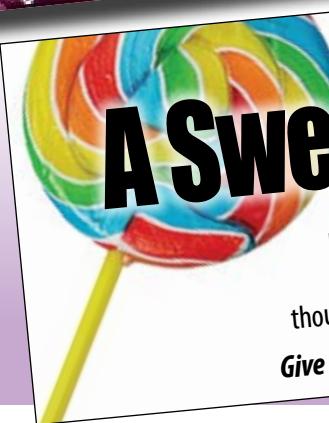
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