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FREE

May 2009

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Creston Time Dilemma

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Bringing the Creston Valley together!



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- readers corner** New & used books, dvds and more.
- movie listings** Theatre and home rentals.
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- archives** All of our previous magazine articles.

As the saying goes, April showers bring May flowers and the biggest celebration of the year ... the 68th Annual Creston Valley Blossom Festival. Along with the fun, activities, food, events and entertainment we salute Creston Fire and Rescue's 110th Anniversary. Simply put, if you don't enjoy yourself, let me know and I'll buy you a monkey.

Speaking of those cute and furry rascals, the never-ending time change debate has been a monkey on the back of Creston Valley folk at one time (no pun intended) or another. The Creston and District Museum & Archives spent hours (again no pun) researching the time change debate and has revealed the how and five w's that clarify how this issue snowballed over time (and again, no pun).

Just in time for spring, the newly located Sunset Seed Company has re-opened. The smiling owner shares the business's road to Canyon Street.

Mother's Day is in a few weeks. Since I was about six, I've connected Mother's Day with crocuses. Every year, at the beginning of May, I jump off the school bus and slowly

walk home, through our pasture, with my eyes peeled for the first crocus of the year. I never lost interest and when I finally found the first crocus, pushing up from the dirt, I picked it and ran home to my mom. Out of breath I would hand it to her and say, "Here's the first crocus this year." I'll never forget those few moments I had with my mom every May. It is clear as a bell in my mind and I still think of my mom whenever I see a crocus. Happy Mother's Day Mum (her spelling).

Sifu Neil Ripski is back with Part II of his series on the history of Tai Chi. Ripski writes about bringing body and mind together, offering an opportunity to be out in the fresh air of spring and a new way to focus on your health.

National Mental Health Week falls next week. A Creston Mental Health Clinician tells us that this time is not just for people who have mental illness, but also offers the opportunity for everyone to look at their own mental health. As well, you will learn what areas of your life to focus on in order to help maintain a balanced life.

High school graduation is quickly approaching. A time of celebration and partying often includes alcohol and drug use. A presenter for the PARTY Program shares his own emotional struggles around the loss of his son in an alcohol related car crash. We will also learn about the PARTY Program and what it teaches teens. Be safe Grads of 2009.

The Creston Valley Rod and Gun Club recently held its 90th Anniversary celebration. The club is very active in the area and has big plans on this year's agenda.

Well, she is halfway there. Elena Yeung has hit the east coast and is heading back west. Woot Woot! Elena will update you on her expedition (which she calls her cross-Canada tour).

Speaking of travel, if you are heading south, we'll help insure your documents are in order.

Be sure to scan the Out and About calendar so you are "in the know" of this month's happenings.



Letters to the Editor

Thank-you very much for your article on Citizens On Patrol. We can really use the exposure to glean new members. We are happy to report that our friend at Town Hall has secured a home for us on the lower floor of the Imagine Ink building, across from the fire hall. This will be our new permanent home, storage and meeting room.

Ken Miller
Chairman - Citizens On Patrol

The Times They Are (Not) A-Changin'

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

For the record, when it comes to the time zone, I am firmly in the “leave it as it is” camp, for no better reason than I get a huge kick out of my mother, who never gets it right and who routinely waits until 10:00 PM Parksville time to call me because she’s convinced we’re an

hour earlier than she is. But I’m not writing this article to convince you that my opinion is the right one. I’m writing this article to outline, as best I can figure it, the how, and the why, and the when of Creston’s time zone.

First, a few observations. For starters, Creston’s time zone is not unique. In addition to the oft-cited Saskatchewan and Peace River districts, there are also parts of Nunavut and eastern Quebec, which do not observe daylight saving time. Three communities in northwestern Ontario observe it all year long. Newfoundland is off in its own little world, half an hour ahead of the rest of the Atlantic time zone. And that’s just within Canada. The more I’ve looked into it, the more I’ve come to conclude that there are so many exceptions to the spring-ahead-fall-back rule, that the rule is actually the exception.

Secondly, if you google “daylight saving time” and go onto some of the few bazillion or so websites that come up, you will see postings from thousands of people who hate it and would love to not have it any more. Australia’s had a whole series of referendums to reject it. I think it’s one of those grass-is-always-greener things.

Third, we are, today, making a much bigger deal of the whole thing than it ever was in the past.

Now for a little background. In the beginning, communities set their



own clocks individually, with noon being whatever time the sun was highest in the sky. For you trivia buffs out there, solar noon varies by one minute for every eighteen kilometres of east-west separation. This worked fine in the days when communities were pretty much isolated and self-sufficient and travelling from one to the other was a rare event that required considerable effort. But imagine trying to establish a railway schedule when every community your train goes through is on its own time. So Sir Sanford Fleming of the Canadian Pacific Railway (CPR) “invented” Standard Time: the world was divided into twenty-four time zones, with the time in each one being an hour different from its neighbours. In 1884 the rest of the world agreed, and set the prime meridian at Greenwich, England. In Canada, Standard Time became synonymous with “CPR Time”.

That brings us to Creston. The change between Pacific Standard Time and Mountain Standard Time happened in the Crows Nest Pass, which put Creston, and every other community in the East Kootenay, on Pacific Time. That’s where we stayed for the next three decades.

Daylight Saving Time was first implemented during the First World War; Canada adopted it on April 14, 1918. Sirdar was one of the first communities in the valley to move its clocks ahead. Cranbrook also fell in with “the daylight saving scheme” as it was termed in the newspapers, but Creston did not. The Creston

Review of April 26, 1918 reported, “The post office department has advised Creston to stay with CPR time, so there will be no change here to fall in with the daylight saving scheme just inaugurated.” So, for a brief period, Cranbrook was on Mountain Time, Creston on Pacific, Sirdar on Mountain, and all points west that followed the CPR’s lead were on Pacific Time.

That must have been fun.

In June 1918, though, the CPR released an updated time schedule. Unfortunately, the June 1918 newspapers never made it into the Museum’s collection, so we can’t see exactly what went on. However, it looks like the CPR did adopt DST when it issued that new schedule, and that Creston followed suit. The November 1, 1918 issue of the Creston Review states, “Sunday the CPR went back to the old system of time and the east bound now arrives here at 1.25 and the west bound 4.07 pm town time. The daylight saving scheme was dropped all over Canada at the same time,” but the reference to “town time” tells us that it was not dropped in Creston.

In June of 1919, the CPR again went on daylight saving time, and back to Pacific Standard Time in October that year. Creston stayed right where it was (as did the rest of the East Kootenay, at least for a while). Technically, we went onto Pacific DST in June 1918 and never went off of it, but it’s a little easier to think of it as being on Mountain Standard Time all year round, which is how we look at it today.

That change in June 1918 was the first and only time that I could find, that Creston paid any

attention to daylight saving time. Granted, I didn’t read every word in every newspaper since then, but it’s a logical conclusion that Creston didn’t change time in the intervening years. On January 26, 1942, the federal government issued an Order in Council making DST mandatory for all communities in Canada. The Creston Review reported:

“Commencing last Monday morning Creston time and CPR time became unified for the first time in years, due to the new ‘War Time’ becoming effective on that date.”

“This section is currently back on Pacific time instead of Mountain time as formerly and for travellers by rail it is important to remember that the following is the schedule of passenger trains...”

“The village council advised that Creston is at present on fast time [daylight saving time] and that the clocks will not change.”

“in the beginning, communities set their own clocks individually”

Two things are clear from this. First, Creston had been on Mountain Time for years, despite what the CPR did (CPR time = Pacific Standard Time). Secondly, even though the change to DST was legislated, Creston didn’t change its clocks – we simply said “Hey, we’re already on DST,” and let everybody else catch up.

“Creston’s time zone is not unique”

feature story

The DST Order in Council was revoked on September 30, 1945. The CPR went back to Pacific Standard Time, and Creston didn't. This time, though, there was a little bit of confusion, as the Review reported on October 5:

“The Review was the centre of many queries last Saturday as to whether this locality set its clock back an hour to conform with Pacific time, or whether the clocks remain unchanged”.

“Creston has always been in a peculiar situation in this regard. Previous to the war, Creston was on Mountain Standard time, which meant that our time and the time of Calgary correspond. Rykert, seven miles south on the international boundary was on Pacific time”.

“The time change between Pacific and Mountain, if the time meridians were kept, is the Crows Nest Pass, but as mentioned before the Kootenay Lake, previous to the war, was the line of time change”.

“However, most of Creston left the clocks unchanged over last weekend, which now places us on Mountain standard time”.

“In answer to many, the local town council, it is reported, have no jurisdiction concerning what Creston time will be, for they only have the

jurisdiction to rule on civic matters and not those of all valley points”.

“who the hell changed the time in the first place”

Once again, Creston just left its clocks alone, and that seems to have continued for years afterwards. Periodic bus, train, and ferry schedules clearly distinguish between Pacific or CPR Time and Mountain or “Town” Time. It also looks like Rykert was now on Mountain Time with the rest of the Creston Valley.

In 1952, there was a province-wide plebiscite, held in conjunction with the provincial elections, that asked, “Are you in favour of daylight saving time?” One would think, given the heated debate that such a question would trigger today, that this would be an ideal time to find out why Creston doesn't change its time. But, if there was a debate, it didn't hit the newspapers. There is not a single word about the plebiscite in the Creston Review – no ads announcing the vote, no letters to the editor extolling this point of view or that one. Not even the results. Like I say, we're making much more of the question now than ever before.

Provincially, the referendum passed, so things pretty much stayed the way they were – BC as a whole would observe DST, but the individual communities could choose to conform or not. Creston chose not.

In 1971, Alberta adopted DST, and now things got a little complicated for the communities on Mountain Time. Now, for the first time, we start to see a bit of a debate on the topic in the newspapers – but only a bit of one. Town Council considered holding a referendum with the municipal elections in December 1971, but nothing happened until August 1972. In conjunction with the provincial elections, a referendum was held for the four and half electoral districts that were on Mountain Time – two in the Peace River district, two in the East Kootenay, and the Creston part of Nelson-Creston. The question was asked, “Are you in favour of Pacific Standard time, including Pacific Daylight Saving time, as it is applicable now throughout the province?” The Creston Valley Advance made a point of clarifying that the results would not be binding; the poll was simply to gather information.

Ironically, Creston was not at first to be even included in the referendum,

which meant that it would have stayed on Mountain Time regardless of the results of the vote in the East Kootenay. Even when the poll boundaries were extended, the limit was right down the centre of the Kootenay River, so West Creston didn't get to vote on the issue at all. Had it passed, West Creston would have been on Mountain Time, while Creston went to Pacific.

That would have been fun, too.

As it turned out, "The special plebiscite on whether electors east of Kootenay Lake and Kootenay River preferred Pacific Time resulted in an exact tie. The question was simply "yes" or "no" and 1,734 electors were in favour and 1,734 were against. Where this leaves the question is anyone's guess."

For the first time, we see letters to the editor on the subject – arguments over where exactly the dividing line between Pacific and Mountain Time is or should be; assertions that Creston should be doing the same thing as the rest of the East Kootenay; one letter from Boswell castigating the "selfish adults" who simply want to "play golf" in the evenings even though it means children are going to school in the dark.

But the upshot is that all of the affected districts voted against DST, so things went on pretty much the same as they had done (again). The only change was that the East Kootenays adopted DST as it applied to Mountain Time.

In 1979, the Creston Valley Advance conducted an informal poll, asking residents three questions: "Are you in favour of changing time?" If a change were imposed, would you rather be in time with Nelson or Cranbrook? Which government agency should look after the responsibility of a poll on the question?"

59% said Creston should stay the same; only 41% wanted to change. If the time changed, 61% wanted to be in time with Cranbrook; only 39% wanted to be in line with Nelson. Once again, we see a debate on the issue. Here are some of the comments, as published in the Creston Valley Advance:

- "It is just new people that come here and think we are on MST that agitate to have the time changed."
- "Creston is the only place on proper time. Leave it alone."
- "I don't remember changing time for the 36 years I've been here. Why change now?"
- "Who the hell changed the time in the first place? Put it back on standard time, which would be Pacific time."



- "If business people want more free daylight time, open doors an hour earlier and close an hour earlier, but leave the clock alone. The old Indian cut one end off his blanket and sewed it on the other to make it longer."

• "If we changed our children would be coming home in the dark."

• "I'm tired of every year having this question shoved down our throats. Haven't we made it clear in the past?"

• " 'Creston time' has allowed our children to have an hour or so of daylight after school during the winter months. Salmo and Nelson, in the west, find that Pacific Time does not allow children any appreciable amount of time for child-play after school. Creston bus pupils walk home from their bus stops in daylight – the same does not exist for Nelson/Salmo children."

• "BC should be all on Pacific time. Why is a small portion on another time? We live in BC, then be BC. If Alberta time is better, then let people move there. Let's all support the School Board and go Pacific time. However, daylight saving is a different thing."

• "Look to the east – Cranbrook is nearer; the highway to Cranbrook is seldom, if ever, closed; it has no ferry delays and it would assure our children of daylight play and walk home time."

Since then, there have been at least three efforts to have a referendum on the subject – I found references to groups of people pushing for such a referendum in 1993, 1998, and 2005. These efforts were abandoned for one of two reasons. One, referendums require a single, yes-or-no question, and nobody has been able to figure out how to word it. Two, nobody could figure out who was responsible for the referendum.

I've talked to quite a few people while investigating this topic, and I keep hearing about something big that happened in the early 1980s, possibly about 1982-1984. From the vague recollections I've gathered, it looks like the push came from the Chamber of Commerce, and the highways department may have been involved – something to do with moving the time zone sign – and Creston and surrounding communities flatly refused to accept a change to the time zone; highways, I understand, was told that they would simply have to move the sign. Apparently, people along the East Shore were up in arms at the Creston Valley's obstinacy. But the newspapers don't shed any light on this event – I found only two letters to the editor on the subject between 1980 and 1992. Not exactly a huge kerfuffle.

So that's the "how" and the "when" we got to where we are. The "why" is a little more obscure, because no reasons are actually given in the local papers until 1971 and the situation had already been in effect for more than half a century. Here are my conclusions; feel free to draw your own:

Creston changed to DST the first time in the summer of 1918 in order to follow the CPR's lead. This made sense, because the train was, quite literally, the heartbeat of the community. People left and arrived, mail and supplies came in, local products went out, all according to the CPR schedule.

This doesn't, however, explain why Creston didn't change back that fall, and here I can only speculate. Little tidbits of news in the local papers

suggest that ties to the east were much stronger than those to the west. Westbound trains were "going through to Kootenay Landing" but not beyond, the road to Cranbrook was opened much earlier than any roads to Nelson and there were no ferries along the way, mail came in from the east, the Valley's fruit lands were marketed to the east far more than to the west, local fruit was shipped to the east. As time went on, too, and more and more people had their own vehicles, the influence of the CPR's schedule on day-to-day life decreased. I believe that, once the time connection had been made with Alberta, there was simply no real reason to change it.

"we can't blame it all on the Saskatchewan dairy farmers"

One reason often given for Creston's odd little time zone goes like this: "It's because of all the dairy farmers who came to the Creston Valley during the Depression years. They didn't have to change clocks in Saskatchewan, and had to get up to milk their cows no matter what time the clocks said, and semi-annual changes to the time would play havoc with their delivery schedules. So they refuse to adopt DST." That may be a reason why changing the time zone is resisted now, even though none of the discussion in the newspapers says anything about dairy farmers. But it's not the reason we got our odd little time zone in the first place. Creston's time zone predates the Depression by a good decade, and Saskatchewan's rejection of DST didn't happen until 1966,

so we can't blame it all on the Saskatchewan dairy farmers.

Nevertheless, farming interests no doubt did have considerable influence on the fact that Creston did not change back to Pacific Standard Time in October 1918, and got the whole thing started. On April 19, 1918, just after the first wartime DST was implemented, the Review reported, "Alice Siding clocks were not affected by the daylight savings regulations. Just now very little daylight is going to waste so what's the odds whether the clocks are moved or not."

Alice Siding was very much an agricultural community, and farmers worked from sun-up to sundown, no matter what time that was. Even though the other communities in the Valley didn't report in on DST – then or since – it's safe to say that many of their residents felt much the same way.

But the main reason that Creston has always pretty much ignored DST, if one can judge from the lack of hoopla in the papers: no one cared. It was just not a big deal. 9



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Just in Time for Spring

Story by: Tom Heal, Co-owner - Sunset Seed Co.



The Sunset Seed Company is back in business. The doors of the store's new location, 1628 Canyon Street, opened on St Patrick's Day, the greenest day of the year to pay tribute to a new "green" beginning.

Earlier this year, a fire destroyed the 70-year old landmark building and Creston business that sells feed, livestock and seed. The Sunset Seed Company has always had tremendous support from the community and the fire brought out more.

"a tribute to them and an inspiration to us"

As far as future plans for a permanent location for the business, nothing is confirmed but plans are being made. For now, the Sunset Seed Company is

up and trying to run as the staff and owners juggle with fitting stock in the store and storage, deal with new obstacles and welcome busier days.

Customers, staff, suppliers and competition all contributed to the re-opening of the Sunset Seed Company and this is a tribute to them and an inspiration to us. 9



Tom Heal, co-owner Sunset Seed Co.

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May 2009

11

Tai Chi from the Beginning Part II

Story by: Sifu Neil Ripski

(new book of techniques from different schools.) and Huang Di Nei Jing (yellow Emperor's Canon of Chinese Medicine), which described martial arts from 16 different styles. According to Chen Zhenglei, citing works from oral tradition, it was in Chen Wangting's time that Jiang Fa (Jian Bashi) was captured by Chen Wangting. Jian Fa was a skilled martial artist in his own right. The two became very close friends and their exchange of ideas was fruitful.

To continue with the history of Tai Chi, the Chen family is historically documented as the founding clan in which Tai Chi developed.

The Chen Family Origin Story: According to interviews with Chen clan family members, (Chen Xiaowang, Chen Zhenglei and Zhu Tiancai) there was a family art, which Chen Bu (the founder of Chen Jiagou) brought with him. The family had brought this martial art from Shanxi when the clan was forced to leave. While there are few written sources, this history should not be dismissed too quickly because Shanxi is also the traditional origin of Bagua Zhang and Xingyi Chuan, which share some of the bio-mechanical foundations with Tai Chi Chuan.

Sourced histories center around Chen Wangting (1600-1680), who codified pre-existing Chen training practice into a corpus of seven routines. This includes five routines of tai chi chuan (太極拳五路), 108 form Long Fist (一百零八勢長拳) and Cannon Fist (炮捶一路). Wangting is said to have incorporated theories from a classic text by General Qi Jiguang 戚繼光, Jixiaoxinshu 繼效新書



Sifu Neil Ripski demonstrating Tai Chi

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Chen Wangting, with Jiang Fa

A portrait of Chen Wangting, with Jiang Fa behind him is often reproduced. Most people who research the art historically come up with this story or some form of it. The Chen family Tai Chi art was passed down from generation to generation until Chen Chang Xing (14th generation), codified and condensed the style in to the two routines we now know today as Yilu (1st road) and Pao Chui (Cannon Fist). These two forms are still the basis of all Chen style practiced today with many variants from different masters.

In the 1950's the then current grandmaster of the Chen style Chen Fa Ke came to Beijing and restructured the two sequences for his students to learn the skills of Tai Chi more readily. More next issue.

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

He can be reached at:

redjadekungfu@gmail.com

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A Brief History of the Creston Valley Blossom Festival Association

Story by: Creston Valley Blossom Festival (www.blossomfestival.ca)

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When World War II broke out, residents of Creston Valley rallied behind the war effort as they had rallied to deal with the June 1938 floodwaters, which broke through the dykes.

The Creston Lions Club met with the Village of Creston Council in May 1940 to discuss the Park Pavilion and Grounds. The Village turned the Park Pavilion (now Centennial Park) and grounds over to the Creston Lions Club.

In March 1942 Lion George Sinclair introduced the matter of some activity for the Park and a committee was struck. April of that year Lion President, Frank Staples announced there would be a Carnival held during Blossom Week beginning on Friday, May 8, 1942.

“there would be a Carnival held during Blossom Week”





“garnered support and, no doubt lifted spirits, is truly inspiring”

The 1943 Carnival was set for May 14th and 15th. In 1943 Lion Club minutes used the term “Blossom Festival” rather than “Blossom Carnival”. In 1951 the Blossom Festival dates were changed to May 17-19. The May long weekend dates have continued to the present.

The Lions Club conducted the Blossom Festival weekend until the Blossom Festival Association was formed. The minutes of the January 21st, 1960 meeting mention that Lion Herb Dodd was elected Vice-Chairman of the newly formed Association.

When you think back to a little Canadian Village still reeling from the Great Depression, recovering from disastrous floods, with our country embroiled in the Second World War, the spirit shown in putting together a “Carnival” that garnered support and, no doubt lifted spirits, is truly inspiring.

There remains a determined effort by the citizens of the Creston Valley

to keep the heritage of the Creston Valley Blossom Festival alive to this day. Join us for the 68th Annual Blossom Festival, the biggest annual event that brings the Creston Valley together for a weekend of fun. Be sure to purchase a button from several locations around town to help raise money and support the Creston Valley Blossom Festival. 9

Buttons are only \$3 and it gives you a chance to win one or more super prizes.

CRESTON'S BEST
Relax and enjoy the aromas.

Our Menu...

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May 17, 2009
Main St. Creston BC

Registration - 11:00 pm
Qualifying - 12:00 noon
Awards - 4:00 pm

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- Inland Sales Parts
- Westcoast Auto Mechanical - Creston
- Classic Cars & Tires
- Creston Country Family Restaurant
- All-Creston Trucking & Excavation/SPL
- All-Creston Trucking & Excavation - Creston
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68th Annual Blossom Festival

May 15th - May 18th, 2009

Schedule of Events

www.blossomfestival.ca

FRIDAY, May 15th

CRESTON MUSEUM OPEN

219 Devon Street
10:00 a.m.-3:30 p.m.

C.V. MODEL RAILWAY

Creston Museum, 219 Devon St.
10:00 a.m. – 3:30 p.m.

C.V. WILDLIFE CENTRE OPEN

West Creston
9:00 a.m. – 4:00 p.m.

OPENING CONCERT - WENDELL FERGUSON

Winner of 9 Canadian Country
Music Association Awards
Prince Charles Secondary School
7:00 p.m. Canada's Greatest
Guitar Picker

SATURDAY, May 16th

LIONS CLUB BREAKFAST

Former Home Hardware Parking
Lot, 7:00 – 11:00 a.m.

STREET FAIR

11th Avenue N. (at Canyon St.)
8:00 a.m. - 5:00 p.m.

CANYON STREET SIDEWALK SALE

Canyon Street Merchants
9:00 a.m. – 5:00 p.m.

C.V. WILDLIFE CENTER OPEN

West Creston
9:00 a.m. – 4:00 p.m.

PARADE

18th Ave. to CV Mall
11:00 a.m.

CHILDREN'S TRAIN RIDE

(Success By Six)
Prince Charles Secondary
School (parking)
Following Parade to 4:30 p.m.

CLIMBING WALL & DUNK TANK

Beside Millennium Park (16th Ave.)
Following Parade to 4:30 p.m. (or
later)

YOUTH EVENTS

Beside Millennium Park
Following Parade to 4:30 p.m.

SPIKE DRIVING CONTEST

Beside Millennium Park
1:00 – 3:00 p.m.

LIP GLOSS –

YOUTH THEATRE WORK

Snoring Sasquatch 221 – 11th
Avenue North Show: 1:00 p.m.
and 4:00 p.m.

LAURA LEEDER PAINTING

(Artist On Site)
Painted Turtle Gallery
1132 Canyon Street
1:00 – 3:00 p.m.

PUBLIC SWIM

Recreation Centre
1:00 p.m.

CRESTON MUSEUM

C.V. By Rail Model Railway
219 Devon Street
1:00 – 5:00 p.m.

BLOSSOM FESTIVAL BUTTON DRAW

(To be made at the Children's Picnic in Centennial Park on May 18.)

Final draw prizes:

- Water Fun Package, donated by Comfort Welding, value \$400
- Flight for 4 over the Creston Valley, donated by John Huscroft, value \$200
- Kokanee Jacket, donated by Kokanee Beer Gear Store, value \$125
- Framed Bear Picture, donated by Bahamas General Store, value \$90
- Hand-made Birdhouse, donated by Jim Haines, value \$50

Buttons available at the Chamber of Commerce office, downtown merchants,
and any member of the Creston Valley Blossom Festival Society.



Buttons are only \$3 and
it gives you a chance
to win one or more of
these super prizes.

Blossom Festival



C.V. MODEL RAILWAY

Creston Museum, 219 Devon St.
1:00 – 5:00 p.m.

CELTIC CELEBRATION

(Kimberly Pipe Band)
Royal Canadian Legion (11th Ave.)
Time to be announced

KOOTENANNY

Sunbeam Farms - Highway 3
Gates Open 2:00 p.m.

CHAMBER VISITOR

INFORMATION CENTRE GRAND OPENING

121 Northwest Boulevard
3:00 p.m.
EVERYONE WELCOME

THUNDERBALL DINNER AND DANCE

(music for all ages – make it a family event)
Recreation Centre
Doors Open 6:00 p.m.
Dinner 6:30 p.m.
Show Starts 7:30 p.m.

SUNDAY, May 17th

KNIGHTS OF COLUMBUS

WESTERN BREAKFAST

Catholic Church Hall
8:00 a.m. - 1:00 p.m.

BLOSSOM 10K RUN

Canyon Park
8:00 a.m. – Walkers
9:00 a.m. - Runners

CLASSIC CAR SHOW

Canyon St. - 10th Ave. to 16th Ave.
10:00 a.m. - 4:00 p.m.

TUNER CLASSIC CAR SHOW AND COMPETITION

Canyon St. – 10th Ave. to 16th Ave.
Judging at Classic Glass
10:00 a.m. – 4:00 p.m.

CRESTON LIONS

CHILI COOK-OFF

Canyon St. - 12th Ave. to 15th Ave.
11:00 a.m. - 3:00 p.m.

CRESTON MUSEUM

219 Devon Street
10:00 a.m.-3:30 p.m.

C.V. MODEL RAILWAY

Creston Museum, 219 Devon St.
10:00 a.m. – 3:30 p.m.

INTERDENOMINATIONAL

CHURCH SERVICE

Recreation Centre
10:30 a.m. – Noon

C.V. DEMOLITION DERBY

Kitchener, Old Airport – Highway 3
12:00 Noon

MONDAY, May 18th

CRESTON MUSEUM

219 Devon Street
10:00 a.m. - 3:30 p.m.

C.V. MODEL RAILWAY

Creston Museum, 219 Devon St.
10:00 a.m. – 3:30 p.m.

LIONS CLUB CHILDREN'S PARADE

Canyon St. - 12th Ave. to 10th Ave.
11:00 a.m.

LIONS CLUB CHILDREN'S PICNIC

Centennial Park Following Parade

GYMKHANA AND FUN DAY

Canyon Park
9:00 a.m. Rider Registration
11:00 a.m. Racing Starts

GRAND PRIZE BUTTON DRAW

Centennial Park 12:30 p.m.

HELP US CELEBRATE
CRESTON FIRE &
RESCUE's 110th
ANNIVERSARY



Wildlife Interpretation Center Opens This Month

Story by: Carla Haegele - Creston Valley Wildlife Management Area (CVWMA)

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



WILDLIFE CENTRE

May 12 - October 10
Tuesday - Saturday
9 am to 4 pm

Canoe and Walking Tours
Trail Maps and Information
Education Exhibits
Science Lab



THIS MONTH:
Centre Opens May 12!
Family Bird-a-Thon
Saturday, May 30
9 am to Noon FREE!
Call or check out our
website for details

Reach us at: Box 640 Creston, BC V0B 1G0
Phone: (250) 402-6908 or (250) 402-6900
email: askus@crestonwildlife.ca
www.crestonwildlife.ca

We have an exciting and fun field season planned at the Wildlife Interpretation Center. Opening day is May 12th. Here are some highlights:

There are way too many programs and events to list but here are some: from Jr. Naturalist summer science programs to a Family Bird-a-thon, Pruning Workshop, Sunrise Paddle and Night Quest, you will have to check out our website at www.crestonwildlife.ca for all the exciting details.

Elementary and high school programs are booking fast. This year, our primary and intermediate programs celebrate the weird behaviors and body parts of birds. What grade five student would not enjoy a program called Bones, Behaviors and Barf? The high school stewardship program gets physical as students perform hands-on habitat restoration projects while learning about the wetland and wildlife. Schools from Kootenay Boundary, Central and East Kootenay Regional Districts as well as the USA all attend our programs.

It is always exciting to hear the first

cry of an Osprey in the spring. It is especially exciting when that cry is from a pair of Ospreys that have returned to a nest on camera. The Ospreys are back and the web camera is in place. Thanks to the Fish and Wildlife Compensation Program, Kootenay Wireless and Creston Tree Service, the live stream of the camera image will be on our website, at the Wildlife Interpretation Center and very soon, the Creston Public Library.

If you are interested in finding out about volunteer opportunities at the CVWMA, please come to our Volunteer Recruitment Party on Wednesday, May 20th at the Wildlife Interpretation Center at 5:00pm. We are providing a scrumptious spaghetti feast and Dr. Michael Proctor is giving a presentation on his grizzly bear research. Please R.S.V.P so that we have enough food!

If you have any questions, please contact us at 250-402-6900 or askus@crestonwildlife.ca

Happy spring and we'll see you out at the Center or on the trails!



Creston Fire Rescue Over a Century of Service

Story by: Creston Valley Blossom Festival (www.blossomfestival.ca)

Creston Fire Rescue is celebrating its 110th anniversary. This year, the Creston Valley Blossom Festival is saluting local firefighters and Fire Rescue.

The department is comprised of 30 plus members, who have many years of fire rescue experience, as well as a full time Fire Chief and a full time Deputy Fire Chief. The rest of the members are given a paid on-call service.

The fire department responds to approximately 200 calls per year, with 209 incidents in 2007 ranging from fires, false alarms, open burning complaints to rescue responses.

The fire rescue personnel are active in the community providing support for local organizations, fundraising for rescue equipment, Muscular Dystrophy Canada and other community endeavours.

Creston Fire Rescue provides fire protection services to the municipal boundaries of Creston and through contract to portions of Regional District Central Kootenay Area B (Erickson), portions of Area C



(west of Highway 21 and north of Highway 3 junction).

Creston Fire Rescue is operated by the Town of Creston under the authority of the Town administration and Town Council through Town of Creston Bylaw No. 1674 - 2008. Contained within this bylaw is the legal establishment of a Fire Department for the purpose of providing a municipal fire protection service, defining the services provided by the fire department and municipal burning regulations. 9



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It's All About Choice

Story by: I Love Creston Staff & Ken Sommerfeld, Presenter – PARTY Program

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You have just written your last exam. You and seven of your friends decide to go out and celebrate. Everyone piles into your car. Since you are only going a short distance - what does it matter if you don't wear your seatbelt? The next morning the headlines read "TWO DEAD, TWO CRITICALLY INJURED, DRIVER CHARGED." This crash will not only affect your life, but those who were injured, or killed, and the lives of all their families and friends. You will also have to live with the fact that you killed two of your friends and permanently injured two others. This was not an accident!

The above is a scenario used by the Prevent Alcohol and Risk-Related Trauma in Youth (PARTY) Program to help educate youth the consequences of drinking and driving.

In 1994, Ken Sommerfeld was forced to deal with an unspeakable tragedy. "My 18-year old son, Tyler was killed in an alcohol-related car crash," he said. "I quit drinking after my son died. I had to. It wasn't the issue of drinking, but I was scared I would hurt someone."

Sommerfeld has turned his pain and loss into a public service telling his own story to Creston area teens through the PARTY Program.

"It's standardized and organized intense, full-day experience," Sommerfeld explained. "They spend the day at the hospital and observe, from beginning to end, what happens when a car crash victim comes in. Working with a dummy, EMS, RCMP, Emergency and finally a coroner graphically describe and act out a scenario. It scares the hell out of some kids and overwhelms others."

The PARTY Program has also coordinated with the RCMP to demonstrate the Jaws of Life. Because they have likely been through the program a few times, the information is often specific to grads.

Sommerfeld's role in the PARTY Program is candidly sharing his own experiences in dealing with his son's death. "The pain doesn't go away," he said. "My presentation includes a number of questions and in the face realities about drinking and driving. Nobody has right to jeopardize someone's life and when you are in a situation where there is alcohol, you are making a choice to get behind the wheel or jump in the back seat."

As far as the Party Program making a difference, we point to the statistics. In 1995, eight teens were killed in car crashes and 80 percent were alcohol related. Since the Program started, this statistic decreased seeing three teens killed in three years.

"We are here and want to save them all, but one is a success," Sommerfeld pointed out. "It is difficult to get the statistics one hundred percent accurate, but we have made a difference."

The Creston area PARTY Program is on a brief hiatus as the committee makes changes for next year.

"We need to call these things what they are: CRASHES, COLLISIONS, INCIDENTS, MISHAPS, OCCURENCES. They are not Accidents – accidents are preventable."

- National PARTY Program
For more information click on:
www.partyprogram.com



Notes From the Road

Story by: Elena Yeung

entertainment

Bluegrass Songwriter, Singer and Musician

Continued Search for The Perfect Road Trip Food

“Ever since I crossed the Manitoba-Ontario border, I have not been able to obtain my heralded, precious sugar-snap peas. Northern Ontario, I accepted this, but Toronto? The rest of southern Ontario? Nope. I was about to conclude that it must be because that brand of peas is from California, and Ontario must be too far to ship them efficiently. Until, that is, I came across some in a grocery store in Peterborough (eastern Ontario). And they were from China. They weren't in the handy pre-wash package, therefore not being so ideal for fresh eating as soon as you get into the car. Alas.

So these days, it's about juice. No shortage of that...if you want to see what the latest power food craze is, look at the juice section in the grocery store. Pomegranate juice, blueberry juice, cherry juice, what to do? None of them are road-friendly, they all stain like a sonofabitch. I read somewhere that prune juice had even more anti-oxidants than blueberry juice, but don't get the hype because, well, they're prunes. So I bought a 2-litre jug. I haven't gotten sick since I bought the thing back in late February, but...yeah, not the best travel food. Small doses only.

I've reached the eastern-most point of my trip (more on that later) and have a few days to consider what sustenance I'll be packing in my car for the mammoth-drive back. No sugar snap peas supply out here. Hmmm.”

Mile 0

“I finally made it to St. John's and have been here for a week and a half. Tomorrow I pack up the car and turn around to start the crazy trek back, mostly consisting of 8-10 hour drives with some gigs tacked on for good measure. It's snowing and -5, after several glorious days of sunshine, a couple days of rain, and several undescriptively overcast ones, my last day is spent watching the snow accumulate all day on the sidewalks and vehicles. I didn't get the chance to go to all my favourite haunts, waterfalls and rivers and pebble beaches and cliffs, but then again the ground is still pretty soggy for a lot of these places. I guess I'll have to come back in the summer. And good people...friends that remember when I first started playing the banjo, people I haven't seen since then, some I haven't even talked to since then, but still pick up like it was yesterday. It is not without a little regret that I have to leave this place.”

Signing off,

Elena

www.myspace.com/elenayeung



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National Mental Health Week

Story by: Alexandra Ewashen, MSW - Interior Health Authority Mental Health Clinician

Important Phone Numbers

Early Childhood Interventions and Development Coordinator250. 428.2217 Ext. 238
Creston Valley FamilyPlace Community Action Program for Children (CAPC)250. 428.0218
Public Health Nursing/IHA250. 428.3873
Creston Valley Infant Development/StrongStart250. 402.6350
School District #8 (Kootenay Lake)1.877.230.2288
Creston Public Library250. 428.4141
East Kootenay Supported Child Development Program Cranbrook Office1.888.426.5574
Creston & District Community Complex250. 428.7127
Therapeutic & Public Riding Program CDSCL250. 428.2296
Columbia Basin Alliance for Literacy Creston250. 866.5596
Community Resource Centre250. 428.5547
CV First Step Infant Toddler Centre250. 428.4839
Kootenai Community Centre250. 402.0068
Teddy Bear Daycare250. 428.5111
Grizzly Bear Out Of School Care250. 428.1347
CV Nursery School250. 428.9308
Lower Kootenay Band250. 428.4428
Town of Creston250. 428.2214
Baby Steps/Pregnancy Outreach Program250. 402.6544

www.crestonearlychildhood.ca

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

May 4-10, 2009 is National Mental Health Week. This time serves as an opportunity for all of us to consider our own mental health and where fine-tuning may be required. The World Health Organization defines mental health as a state of well being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

It is not unusual to over-focus on one or more areas of our lives and ignore or minimize other aspects of who we are. Reaching a balance is a learning process. At times, the balance may be tipped too much in one direction and you will need to find your footing again.

Your particular balance will be yours, we are all unique – the challenge is to find out what helps you to stay balanced. The Canadian Mental Health Association (CMHA) suggests several areas of focus to consider:

Build Healthy Self-Esteem

Self-esteem is the ability to acknowledge all of who you are, your strengths and weaknesses and to make the best of what you have. You don't have to be an accomplished artist to enjoy doodling. What matters is how you feel about yourself while you are engaged in the process.

Receive as Well as Give

Is it easier for you to give rather than receive or vice versa? What is your tendency? Reciprocity is part of building healthy relationships. Many tend to shrug off compliments and even put themselves down. How do you feel when others do this to you? When people give compliments they usually mean it and want others to accept them.

Create Positive Relationships With Those That Are Important To You

Value the skills and strengths of family and friends. Consider what it is that you appreciate about these individuals.

Figure Out Your Priorities

Learn the difference between “wants” and “needs”. Trying to keep up with the Jones’ (whoever they are!) creates undue stress and hardship.

Get Involved

Being involved in things that matter to us provides a great feeling of purpose and satisfaction. You should always remember that you make a difference, no matter how big or small your efforts.

Learn To Manage Stress Effectively

Stress is a normal part of life. How you deal with it will depend on your attitude. Things that other people deal with easily may overwhelm you. Learning to keep a balance among work, family and leisure is difficult

and needs skillful management of your time. Planning helps, and so does staying calm.

Cope With Changes That Affect You

It would be nice to “live happily ever after”, but real life keeps “throwing monkey-wrenches” at us. Coping with these unexpected (and often unwanted) changes can be stressful. Children have accidents, parents get ill, jobs disappear -we need to be flexible and learn ways to cope.

“reaching a balance is a learning process”

Deal With Your Emotions

We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. Your ways of experiencing and expressing emotions are unique because you are unique.

Have a Spirituality To Call Your Own

Learn to be at peace with yourself. Get to know who you are: what makes you really happy, what you are really passionate about. Learn to balance what you are able to change about yourself with what you cannot change. Get to know and trust your inner self.

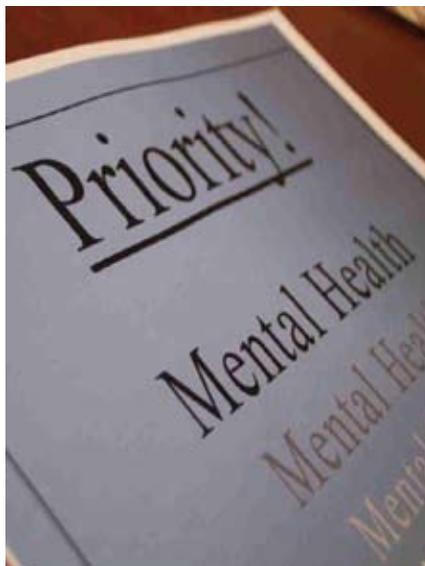
National Mental Health Week is an opportunity to discuss the reality of mental illness, bust some of the stereotypes associated with mental illness and let folks know where they can go for help. The CMHA states 6 million (one in five) Canadians will have a mental illness at some point in their lives and three percent of all Canadians will suffer form a serious

mental illness. In 2007, the CMHA did a study, which canvassed the awareness of Canadians. Approximately sixty percent of Canadians seem to know about the causes, signs and symptoms of Mental illness but stigma continues to limit many from seeking help.

Being in good health means more than feeling physically well. It also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. By practicing mind and body fitness, you can nurture your mind, body and spirit in a positive and enjoyable way. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent times.

For more information click on: www.cmha.ca

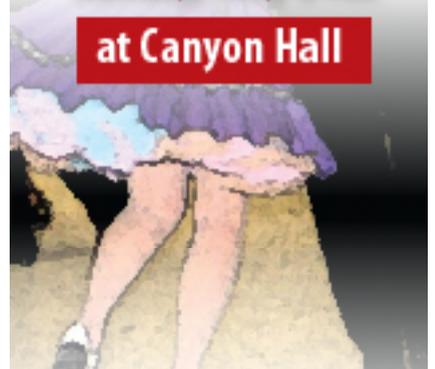
Adapted from the CMHA website.
* Content developed by Barbara Everett, Ph. D.



Swan Valley Swingers Presents
Square Dance Festival

**Friday, May 22nd
Saturday May 23rd
Sunday, May 24th**

at Canyon Hall



For more information, please contact
Shirley Cameron at 250-428-3995
scameron@kootenay.com
or Marvin Manz at 250-402-6812

Cartoons & Illustration



Visit www.bruns.ca
or call Warren @ 250-402-6678

Yes, the date is approaching... so get your picture taken, fill out the paperwork and mail it in. As of June 1, 2009 you are required to present a valid passport or other acceptable document denoting citizenship and identity when entering the United States at land and water ports of entry.

Translation... get a passport or you can't cross the border.

Why is this happening? The US government initially implemented this requirement so the Canadian government followed suit to eliminate any disruption of trade and travel because of this new rule.

There are other options to obtaining a passport such as a NEXUS or FAST card. Canadian citizens

Will You Be Turned Away?

Story by: I Love Creston Staff

15-years of age and under only require proof of citizenship, such as an original or a copy of a birth certificate or a Canadian citizenship card. Those 18-years of age and under who are travelling with a school or other organized group, under adult supervision (with parental/guardian consent), can also present proof of citizenship alone.

“get a passport or you can't cross the border”

Being that a passport is the recommended secure document it is also required for international air travel including to the US.



The nearest Passport Office is located in Cranbrook at:

Cranbrook Service Canada Centre
1113 Baker Street
Cranbrook, BC
Monday to Friday: 8:30am - 4:00pm
For more information go to:
www.passeportcanada.gc.ca

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 or fax to 250-428-2632.

Last month was Ron World, manager of Overwaitea Foods Creston.



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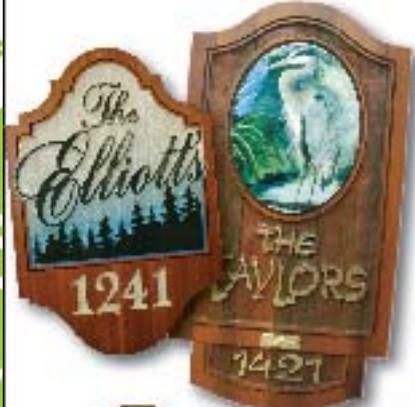
Home 250-844-5700
Call 250-428-5701

Ceramic Tile

Picking a new floor can be overwhelming. Even after you've narrowed it down to one particular type, it is still challenging to find the right tile because there are so many different varieties to choose from these days. And then once you've purchased your new tiles, there are still quite a few things to consider before you begin laying the tile. Here are the top five things you should know before you began tiling.



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1. Is Ceramic Tile Suitable for Your Space? There are many advantages to ceramic tile. It is really durable and easy to clean. It isn't the best option in some spaces though. During the winter months, ceramic tiles can really hold the cold, so you might not want to use them in a basement space. Certain types can be slippery, so you if you are considering tile for an entryway, you should go with a more slip-resistant variety.

ROD AND GUN CLUB ANNUAL FUNDRAISER

Story by: Mike Keeling, Vice President - Creston Valley Rod and Gun Club



The Creston Valley Rod and Gun Club celebrated their 90th Anniversary at this year's Big Game Dinner and Fundraiser at the Community Center on February 2nd. More than 160 people attended and enjoyed a variety of wild game meats, including baked Chinook salmon, deer, elk, moose, mountain sheep and an excellent bison meat loaf. Everyone was particularly interested in a special treat, alligator, which was donated by Overwaita Foods.

This banquet and dance is the club's only fundraiser. Money raised from the bucket draws, card draws and silent auction items allows the Creston Valley Rod and Gun Club

to continue its involvement in the community. Their agenda includes: keeping the Kidd Creek Range in top shape and supporting many local projects, which enhance the welfare and habitat of our wildlife. The club appreciates the numerous donations from local businesses, which makes this work possible.

Local sportsman of all ages received awards recognizing their success in fishing and hunting activities, prior to the banquet. A "Sportsman of the Year" was also presented. This year it went to club vice president, Mike Keeling.

Upcoming events: a "turkey shoot" on May 30th and the club's third annual open house on Family Heritage Day (June 20th).

This summer the Club plans to continue with the Boulder Creek spawning channel, a project that began in 2008. Hopefully, this will lead to a return of more Kokanee to the south end of Kootenay Lake. 🟢



Out & About May 2009

out & about

www.ilovecreston.com/page/valley/upcoming%20events

May 02, 2009

Therapeutic Riding Program – Public Riding Day Fundraiser

Location: 205-7th Ave North

Contact: Michelle Whiteaway at 250-428-2296

mwhiteaway@hotmail.com

<http://cdscl.com/trp.htm>

May 4-8, 2009

Focus On Youth Festival

Location: Prince Charles Auditorium and the Creston Rec Centre

Info: Creston Valley Advance Annual Supplement (April)

May 15-18, 2009

68th Annual Creston Valley Blossom Festival

For Schedule of Events See Pages: 16 & 17 This Issue

May 16 - 17, 2009

Yaqaan Nuki Powwow

Location: Lower Kootenai Band at 1:00pm-7:00pm (Sat) and at 1:00pm (Sun)

Contact: Angie Louie at 250-428-2584

May 17, 2009

2nd Annual Sound-Off (DB Drags)

Location: 1520 Canyon Street (Classic Glass parking lot) at 12:00pm-4:00pm

For registration call Whirlwind Audio

Contact: Bill Dyck at 250-428-9188

May 22 - 24, 2009

Swan Valley Swingers Square Dance Festival

Location: Canyon Hall

Contact: Shirley Cameron at 250-428-3995

scameron@kootenay.com

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dining & coffee guide

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8068 Hwy. 3A, Sirdar
Phone: 250.866.5522

Buffalo Trails Coffee House
Canyon Street, Creston
Phone: 250.428.5730

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