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## Moulding and Sculpting

The Valley Mudders Pottery Group

### History

Fruit tree farming stats

### First Nations

New "Hot" investment

### Wildlife

CVMA open for season

Inside... 74th Annual Blossom Festival Schedule of Events

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**Letters to the Editor**

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Cover photo: Front L-R: Janet Schoffer, Lynn Adderley, Donna Lenardon, Stephanie Sweet. Back L-R: Maureen Cameron, Rosamond Moore of the Valley Mudders Pottery Group.

## feature story

### 5 Clay in hand, fellowship in heart

Congregating regularly at a community studio, the Valley Mudders Pottery Group is a group of local artists who share the love of potting and cherish their friendships.

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# From the editor



Story by: Kris Dickeson  
Editor – I Love Creston

All I can say is wow... you are holding in your hands the biggest May issue I Love Creston has ever published and it's a gooder. Before I get to what is in the magazine, a couple of things to mention. First of all, I Love Creston has an actual office again. It's an awesome location at 132-15th Ave (next to Mane and Nails, in the back of the Imagine Ink office).

I attended the Better at Home/TAPS official launch on March 25th. It was a huge success with a line up out the door of the lower level of the Rotacrest Hall. Congrats to everyone involved and best of luck in your wonderful new location.

May is a busy month in the Creston Valley. We will be welcoming droves of bird enthusiasts for this year's Bird Festival. The weekend following is our busiest of the year as the 74th Annual Blossom Festival kicks off. There is so much to do and see and we have compiled all the

information you need including the schedule of events as well as an overview of the returning and new happenings. And great news for you thrill seekers, the midway is back this year.

This month also sees the opening of the Creston Valley Wildlife Management Area and we get the goods on what's planned for the season. The folks at the Museum have been busy getting a new exhibit ready for the start of their summer hours and we get a sneak peek.

I had the pleasure of spending a couple of afternoons with a group of local women who introduced me to potting. Members of the Valley Mudders Pottery Group, these talented artists welcomed me to their studio while they were creating, and shared their knowledge in the world of pottery. They also gave me a glimpse of the valuable friendships and comradery they have developed over the years.

Speaking of art, it's Focus on Youth time again. We have a preview of what's planned at this annual showcase of youth theatre and visual arts in the Creston Valley.

An interesting Ag Aware article this month on one of the more unique crops we have – asparagus. And while on the topic of agriculture, details on the Farmers' Market which is now running every Saturday behind the Chamber.

Chief Jason Louie talks about the Lower Kootenay Band's recent acquisition of Ainsworth Hot Springs and from the Town Hall files; Mayor Ron Toyota upholds his

use of a smart phone for notes while he attends meetings.

Our Financial advisor checks in with helpful info on "living benefits" and we share some motorcycle safety tips for both riders and drivers.

We have a several health and wellness articles this issue covering a variety of topics including hay fever, probiotics and a healthy drink recipe.

Finally, Happy Mother's Day to my Ma, Maggie. I am so grateful for your endless love and support. I also thank you for teaching me to respect and care for all living things, to appreciate what I have and most of all the laughter we share. I loves ya Ma. ■



Above: Me and Ma circa 1977. Below: Me and Ma earlier this year.





# Shaping Clay and Friendships

**I**t all started with a combined passion for creating pottery and the need for a place to do it. Now, over a decade later, the Valley Mudders Pottery Group has a designated workspace and resources accessed by about 15 members. Their community studio on Northwest Boulevard in Creston houses a reference library, wheel, top hat kiln and electric kiln, slab roller, extruder and most importantly, a place to meet and pot.

A not-for profit community based volunteer organization, the Valley Mudders' mandate is to operate as a community resource in the art and

craft of pottery. The group sustains its efforts through membership and class fees, holding craft sales, workshops and grants.

Members Rosamond Moore, Maureen Cameron and Janet Schofer took some time while sculpting teapots one afternoon to share the story of how the Valley Mudders came to be.

“Doris Corbeil taught two classes at Prince Charles Secondary (PCSS) through the college around 2000 for about 12 students,” said Moore. A year or so later a small dedicated group started meeting weekly at PCSS to use the pottery wheels and

**Story and photos by: Kris Dickeson  
Editor – I Love Creston**

I joined them. We just had a closet to store everything in so we called ourselves the Closet Potters.”

Over the next couple of years the interest and numbers grew prompting the Closet Potters to look at relocating and were invited to use the Wynndel Hall. It was here they became the Wynndel Mudders Group and Cameron became involved.

“It’s easy to get hooked on pottery once you try it,” Cameron explained. “With talent, enthusiasm

and a vision we built up a very active group and went on to host workshops, bringing in Master Potters. With the new location we saw different faces and it has been an evolution process for us.”

and projects and more importantly, support each other. As the creative juices begin to flow, so does the conversation.

“The social aspect is important,” said Schofer, who is also from the

## “we called ourselves the Closet Potters”

In 2012, the group moved into its current ‘in-town’ location and registered as a society, the Valley Mudders Pottery Group. It’s here they hone their skills and explore their craft by trying new techniques

Wynndel days. “It helps broaden and improve what we do. We collaborate and a bunch of us will work on one project, like these teapots.”

With a smile, Moore echoed this sentiment.

“The companionship is huge,” she said smiling. “And the benefit of working in a group is that we learn from each other and have the confidence to try new challenges.”

Because it belongs to all of them, the Valley Mudders Pottery Studio is more than just a space to meet and pot. A big table in the centre of the room offers enough room for up to eight people to gather round and work facing each other. The walls are lined with shelves displaying all sorts of projects at different stages of completion and are lit by a string of lights suspended above. The studio radiates a positive, calm, homey



feeling with an underlying buzz of creative energy.

“The clay is an extension your state of mind,” Cameron pointed out. “I feel a happy anticipation as soon as I have it in my hands, it’s immediate and I love how clay feels. It’s very comforting and sensory. I will sit and play with clay for ages and see if it will form into anything.”

Moore followed up with her own perspective.

“Potting is very therapeutic,” she said. “While I’m talking my hands are working the clay and what comes is from a subconscious access to part of yourself you aren’t aware of. I often wonder what part of ‘me’ I will find today. It’s an exploratory process with no goal.”



## *“we learn from each other and have the confidence to try new challenges”*

Schofer piped up that she has found her niche in sculpting.

“That’s where I connect,” she said. “I’m more artistic when I’m sculpting. I also enjoy experimenting with new pieces and always scoping out things to try. One of the latest is using broken glass. I can’t wait to fire it and see how it turns out.”

As much as pottery is an art, it is also a science. After the clay is modeled, it is dried and fired usually with a glaze or finish. It must be fired to a high enough temperature to mature the clay and it hardens enough so it holds water. An integral part of this process is the application of liquid glaze to the surface of the

unfired pot, which changes chemical composition and fuses to the surface of the fired pot, allowing it to hold water.

“The most exciting part is seeing how it turns out,” Cameron explained with a chuckle. “It’s

always a surprise. We try to create a vision we have in our head or reproduce a piece but it always comes out different.”

Joining in the laughter, Moore and Schofer nodded in agreement.

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# “put a pot in turkey poop in a barrel and lit it on fire”

“But the real fun is in the texturing,” Moore said. “We use a variety of techniques and materials to do this including feathers, coffee grinds and doilies. I’ve even put a pot in turkey

poop in a barrel and lit it on fire. It came out with a pewter sheen. You just never know what you will end up with.

The Valley Mudders run classes and workshops as the demand requests, and introduce new clay skills

and inspiration by hosting major workshops. The workshops offered are for groups of five or more, all ages to introduce working with clay as a creative pursuit. Other financial supporters include the Town of Creston, Columbia Basin Trust, the Community Arts Council of Creston and Columbia Kootenay Cultural Alliance. ■

For more information on the Valley Mudders Pottery Group:  
valleymudders@yahoo.ca  
www.facebook.com/valleymudders

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## From the Mayor's desk

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

# Question of the Day: Is the Mayor Texting?

**M**y routine of using my phone to document events that I'm attending (taking pictures and extensive notes) sometimes attracts negative attention – despite my good intention behind that “phone use”. The short answer is “No, I'm not texting”. In actuality my phone is used as a tool for documenting the very meeting or event that people sometimes think I'm not paying full attention to. I first wrote about this topic in the April 2011 issue of “I Love Creston”, and then again in September 2012.

We are often so “plugged in” today that a lot of emphasis is placed on not texting or surfing the internet when you're in a meeting, having dinner, driving a car, etc. The reason for this emphasis is because inappropriate phone use can be distracting, rude or even dangerous. But what about when we're using the tool for good reason – not tuning out but making sure we're accurately tuned in? Again, don't do this while you're driving!

I try never to underestimate the importance of context to interpretation of behaviour. Last Christmas I had the honour of attending the annual Ho-Ho-Ho assembly at A.R.E.S. School. Appropriately, A.R.E.S. has taught their students that it is disrespectful to use their phones while the teacher is talking or while they are in public assemblies/performances. I was honoured to have been invited to

the assembly and you can imagine my chagrin when I received a subsequent letter from the students explaining that my note taking was interpreted as me not paying full attention to the assembly.

For this misunderstanding, I'd like to express my sincere apologies to the students – your teachers are schooling you well. In retrospect, I'm sure that if I had explained the rationale for note taking (aka phone use) in advance, and clarified that I wasn't chatting with my BFF (best friend forever), I could have avoided such an outcome. I responded to the A.R.E.S. Grade 7 Students letter, requesting an



opportunity to meet with them to explain that I was NOT texting or being disrespectful.

Despite some bumps along the way, I know that my note taking is an important practice. In 2014, I attended approximately 180 official meetings representing the Town of Creston. From these meetings I submitted 137 written reports to Town Council, Town management and the media. Information for these reports was recorded in my cell phone. My system of taking “crib notes”, as one RDCK Electoral Area Director calls it, is my way of making sure the proper facts are available for me when I write these reports. Often, others call upon my notes as a resource for facts or information long after an event. With my Smart Phone, and the PDA (personal digital assistant) features, I can keep track of where I was, who I was with and what was discussed.

The role of Mayor is a busy one and I'm proud to be giving it my best shot – keeping good notes for future reference, and as a tool to inform Council and staff of meetings I attend, is one means to ensure that I fulfill that role. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at [Ron.Toyota@creston.ca](mailto:Ron.Toyota@creston.ca) or on the Web at [www.creston.ca](http://www.creston.ca).

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## Message from the chief

Story by: Jason Louie,  
Chief, Lower Kootenay Band

# New Business with Historic Connection

**K**i'suk kyukyit (greetings). The word is out regarding the Lower Kootenay Bands acquisition of Ainsworth Hot springs. The majority of the talk of the purchase has been positive, however, the interview requests and inquiries have been overwhelming. The Lower Kootenay Band began discussions and negotiating the sale well over a year ago. I wish to underscore that I do not accept credit for this historic transaction. This venture was definitely a team effort and would not have been possible without the hard work and dedication of our financial team, administrator, past and present Council, as well as our Director of Development Services.

The Mackie family has owned and operated the Ainsworth Hot Springs for 35 years. Through their love for the hot springs they transformed the grounds into a world class facility. Norm and Joyce Mackie assisted whenever and where ever possible to make the purchase successful. I

respect them as business owners and respect them as people. This also was not easy for them to sell what it was that they and their family dedicated their lives to. The Lower Kootenay Band wishes Norm and Joyce a very happy retirement.

The decision to purchase the Ainsworth Hot Springs was not made in haste. Our team received much financial and even spiritual guidance. We have a management team in place and will continue to employ the existing staff. In the future there will be opportunities to employ LKB members. There is an onus on LKB's citizens to seek training to qualify for employment at the resort. Changes to the hot springs will be gradual as this will be a huge transition for all those involved.

For hundreds of years the Ktunaxa people frequented the hot springs for various reasons. The hot springs have been referred to as "nupika wu'u" meaning spirit water. The water has healing properties that I cannot explain. I recall an elderly woman from the Ktunaxa Nation who kept a pitcher of hot springs water in her refrigerator that she would drink on a daily basis. She lived an active life style and lived well into her 90's. Those with health issues such as arthritis would journey to the springs to seek relief from the pain they lived with. In no way were the hot springs a cure to the various ailments they did however provide relief to pain. After a battle the warriors would soak in the springs as many experienced injury in the fighting.

In due time, there will be a Ktunaxa theme and aboriginal branding of the hot springs. The purchase of Ainsworth is a home coming for the Lower Kootenay Band. After more than 100 years, the Lower Kootenay Band will once again have a presence on the Kootenay Lake. We will continue to strive for excellence in hospitality and customer service. In this process of becoming acquainted with the communities around Kootenay Lake we wish to build positive working relationships and build bridges for opportunity.

We urge everyone to continue to plan for their family trips to Ainsworth and we will do our best to make the experience memorable. The Lower Kootenay Band has made history with this significant purchase.

We are excited and look forward to the ups and downs of what lies ahead in the future. Have a happy soak! TAXAS. ■

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

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# Math and History Don't Do Mix

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

I often comment that the reason I majored in history is because math was never my strong suit. Which is true enough – a twenty-page history paper has never kept me awake at night, but algebraic formulas have been known to give me nightmares. But lately, math and history have been combining in some pretty interesting ways.

We've been working on a series of new exhibits on the local agricultural industry. As we've pointed out in other articles, the number one agricultural industry in the Creston Valley, for most of our history, was apples. But if you ask any orchardist

in the Valley today, there is a whole lot more to growing apples than simply planting the trees and picking the fruit. These exhibits look at everything from orchard basics such as pruning to the conflict between growers and the many – and ever-changing – pests and diseases that can damage or destroy crops.

**“more to growing apples than simply planting the trees and picking the fruit”**

And, while apples were the dominant crop until about twenty-five years ago, it is oversimplifying things, a lot, to say that local orchardists were growing apples. Plums, pears, peaches, apricots, and, of course, cherries have all had their place in local fruit stands and on the planes, trains and automobiles taking fruit to other markets.

One part of our new exhibits is a huge graph (there's that math-meets-history thing), showing the relative importance of different tree fruit crops over time. It certainly does show the dominance of apples – the red line indicating the number of apple trees in the Valley is way up in the rafters of the exhibit shed, while the blue line for plums hovers down near the bottom of the wall.

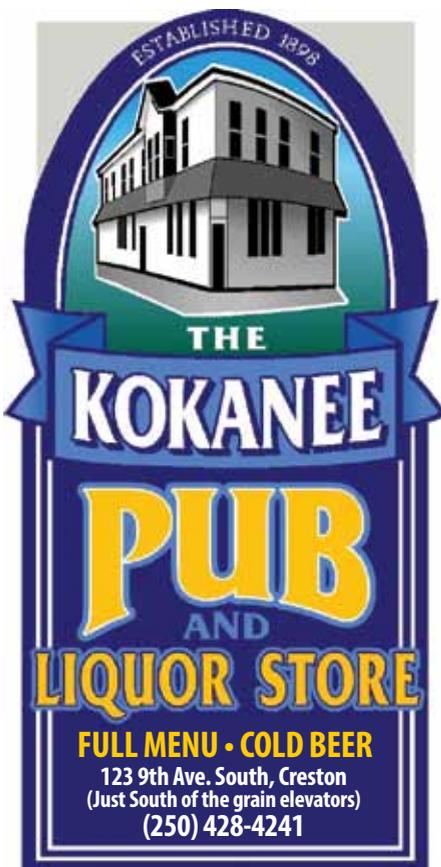
But even more fascinating is the wide array of other factors that graph hints at. For example, all of the tree-fruit crops show an increase in numbers of trees from 1910 to 1920, but many

of them drop, quite dramatically, between 1920 and 1930. That reflects a terrible windstorm that blew through the Creston Valley in December 1924. Those trees that survived the 60-mph winds were split and destroyed by the sixty-degree-Fahrenheit drop in temperature that accompanied the gales. So many trees were damaged that whole orchards had to be replaced. Instead of replanting with the same kinds of fruit, though, many growers took the opportunity to remove marginal crops and focus on apples instead.

Between 1940 and 1970, our graph shows another dramatic plunge in the numbers of trees. That's a reflection of changing land use patterns: the post-war years are notable for the number of orchard blocks that were sold off and subdivided to become residential neighbourhoods, schools, sawmills, commercial districts, and even a cemetery. Cherries, surprisingly, resist this influence a little longer despite the impact of Little Cherry Disease, actually peaking in numbers in the mid-1960s. But after that, the twin pressures of subdivisions and disease catch up and cherry trees are being ripped out as ruthlessly as every other variety.

The one exception to this trend is peaches. I find that inexplicable: why would local farmers be planting more peach trees – a bit of a tricky crop in the Creston Valley – at a time when every other variety of fruit tree was being yanked out?

The period between 1970 and 1990 shows something different again. Cherries, peaches, pears, and plums continue to drop, but the number of apple trees goes through the roof. I mean that quite literally: by 1991, there were over 178,000 apple trees in the Creston Valley (compared to fewer than 3,000 cherry trees), and we were forced to put an upward-



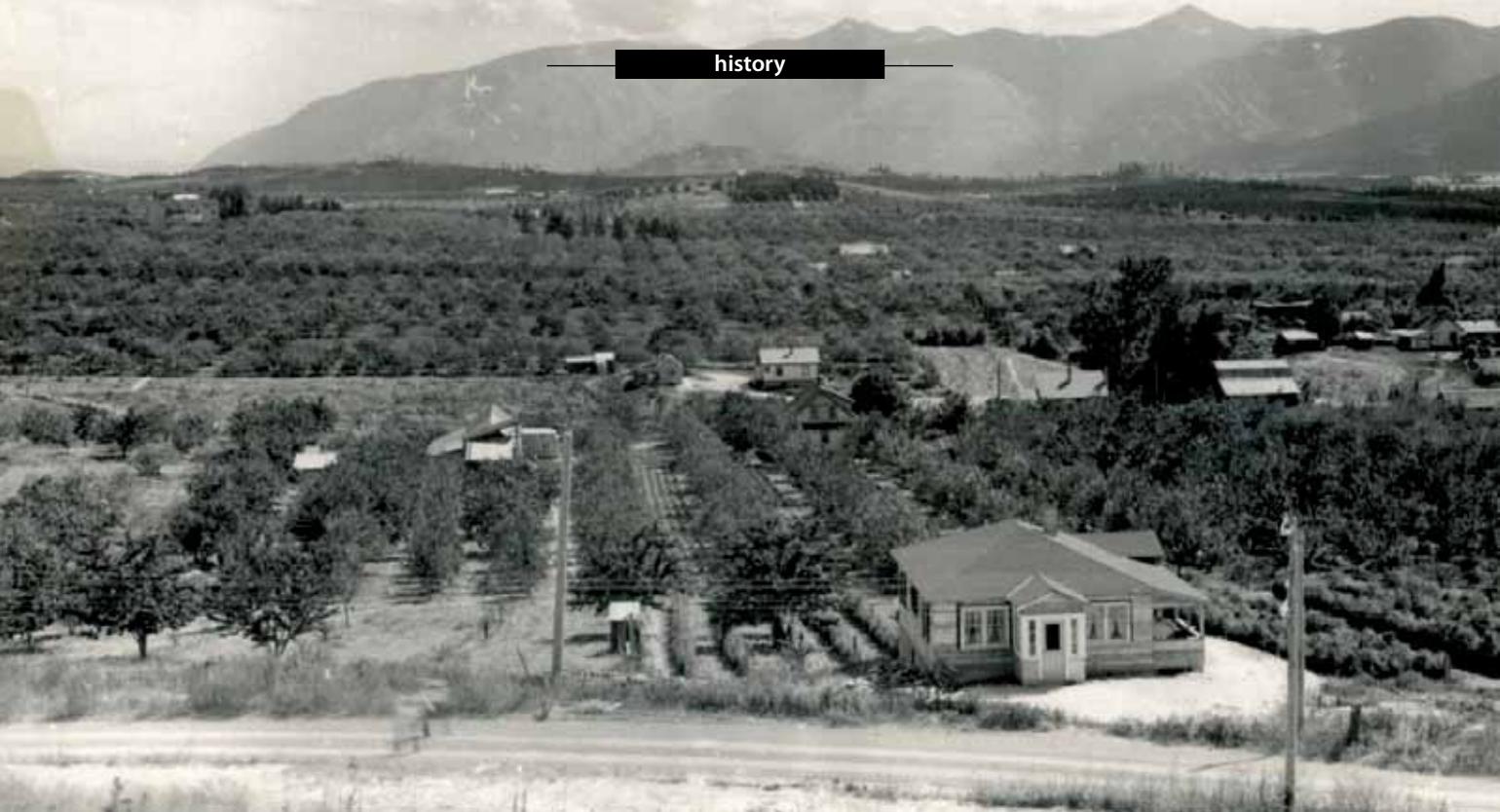


Photo submitted by: Tammy Hardwick

Orchards from Crawford Hill: overlooking the area around 24th Ave South. Much of this land is among that lost to subdivisions after the Second World War.

pointing arrow at the very top of the wall because we ran out of room.

The Agricultural Land Reserve in the early 1970s did stop – or at least slow down – the subdivision of orchard land, but it didn’t restore any of the land that had already been lost. So it alone cannot account for a 100,000 increase in the number of apple trees in the Valley. To explain that, we have to look at another factor in the local industry: intensification.

In the pre-war years, standard-size fruit trees were almost universal around here: up to twenty feet tall, thirty feet apart, with typically forty-eight trees per acre. But by the 1960s, dwarf and semi-dwarf trees were becoming far more common, and orchard surveys from 1964 show as many as 380 trees per acre. That trend has only intensified over recent decades, and is going even further: tiny trees trained on wires and grown only a few feet apart, like grapes. These smaller trees are just as productive as their larger counterparts, and have

the added advantage of being much easier to prune and harvest.

### **“were no stipulations that orchards be replanted with the same kind of trees”**

Starting in 1991, the number of apple trees plummets, to just over 28,000 trees in 2011. At the same time, the number of cherry trees skyrockets, to more than 57,000. Here we see market forces at work. Prices for apples, always high until the mid-1980s, began to drop, influenced by competition from the US and overseas. Cherries, on the other hand, were fetching very attractive prices in overseas markets.

By the early 1990s, Little Cherry Disease had been controlled, making cherries more feasible than they had been in decades. And the provincial government, recognising

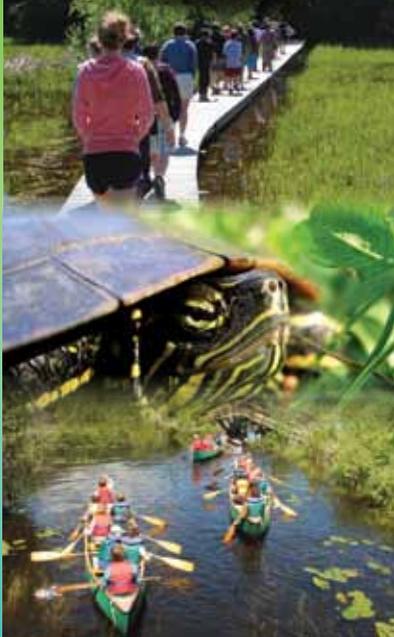
that many orchards were aging and becoming less productive, introduced funding programs to help growers replant with new trees. There were no stipulations that orchards be replanted with the same kind of trees, and the funding helped compensate orchardists for the loss of income caused by new trees, which can take up to five years to mature. So this government support was at least as important as market prices in the swing from apples to cherries.

We have room in our display for another twenty years’ worth of tree-fruit statistics – it will be interesting to see how they illustrate the future history of the local industry.

Who says stats are boring, or that math and history don’t mix? ■

*For more information contact the Creston and District Museum and Archives by phone at (250) 428-9262, e-mail at [mail@creston.museum.bc.ca](mailto:mail@creston.museum.bc.ca) or the Web site [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).*

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# Having Too Much Fun at the Wildlife Centre

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

**E**very year I sound like a broken record! How did this happen!? Where did the time go!? It's May! The Wildlife Centre is opening for the season! OK, enough with the exclamation marks already!! (And I think I just dated myself by saying the word "record").

But, it's true and it's exciting every year. Are you ready for it? There is a lot of fantastic information in this article...

The Wildlife Centre opens on May 9th, which coincides with the 3rd Annual Creston Valley Bird Festival. Guided canoe tours, a Family-Bird-a-Thon and many more tours and valley events are taking place on this weekend. You can check out the Bird Fest website for details and to register [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca).

School programs are booking fast for May and June. If you have a class that is interested in participating, please get in touch to book [education@crestonwildlife.ca](mailto:education@crestonwildlife.ca) or 250-402-6908. We are offering our Wetland Sensations themed programming (all about the senses) for elementary students and the stewardship program (invasive species removal) for high school students. And don't forget the canoe tours. So much fun!

Throughout the season, we are offering many special events for all ages. On May 29th and 30th we (in partnership with the Central Kootenay Invasive Plant Committee



Photo by: Carla Ahern

A visit to the CVWMA is a great way to get close to nature.

and VAST Resource Solutions) are Shell-e-brating turtles with a community weed pull, evening presentation by researchers and a day filled with games, crafts and activities for kids of all ages (that's right, you adults too). We have invited the local turtles as well, so we hope they will show.

In June, we are hosting Family Fun Days on Saturdays. Each Saturday will have a different theme with different programs and activities for all ages. Also, the Kootenay Community Bat Project is hosting a bat count workshop at the Centre on June 4th and the CVWMA will host a bat house building workshop on the Father's Day weekend (please preregister for this one!).

In July, we are having some fun on Canada Day as we celebrate Canadian wildlife (beavers, moose and a goose to name a few). We are also hosting some movie nights at the Centre theatre in July and August where we will screen fun nature related movies (with popcorn of course!). Another fun event of the agenda this summer is the Sunrise Paddle, offered on four different occasions, where you will glide through the ponds on canoe with a Naturalist, enjoying the serenity and wild views.

Don't forget to bring visiting family and friends out to the Centre for hikes and guided canoe tours. This is a great way to showcase the amazing wetlands of the CVWMA to your now gob smacked guests - it's that amazing.

And finally, if you have a keen budding Naturalist at home between the ages of 6 and 13, sign them up for our weeklong Jr. Naturalist summer day camps in July. And...if you have a teen aged 14-16 at home this summer that is wondering what to do...we have a Teen Steward Program in August that they can take part in. Contact us for details!

For more information on our programs and events (dates, times, etc.), please visit our website [www.crestonwildlife.ca](http://www.crestonwildlife.ca). We will also update our Facebook page. We will be adding more events throughout the season too and we would also love to hear from you as to what types of programs you would like to see offered. Thanks! ■

Questions? Feel free to give us a call at (250) 402 6900 (Admin) or 6908 (Wildlife Centre), or email us at [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca).



Photo by: Carla Ahern  
A guided tour at the CVWMA.



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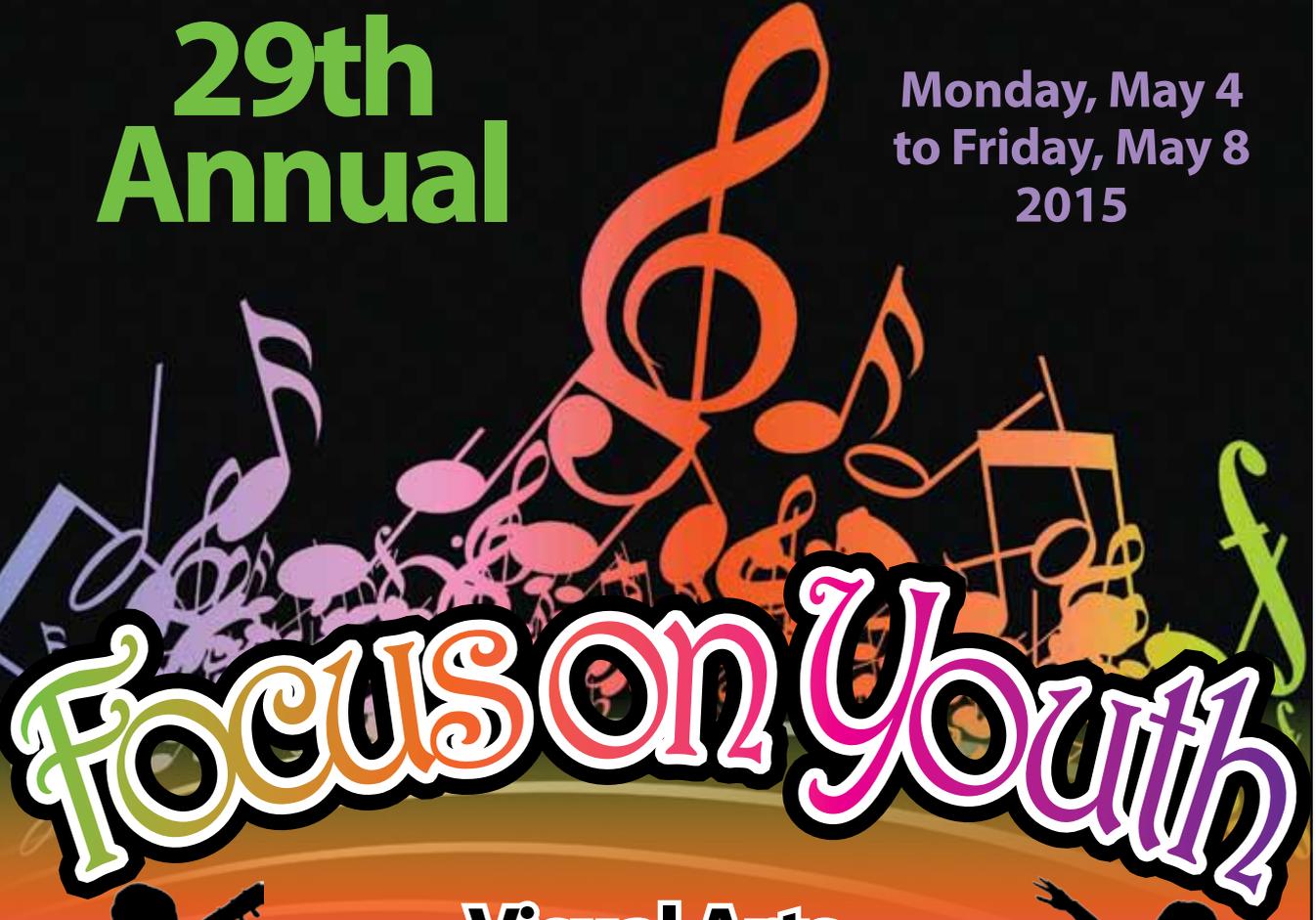
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**29th  
Annual**

**Monday, May 4  
to Friday, May 8  
2015**



**Focus on Youth**

**Visual Arts**

*Vance Building - 15th Ave*

**Performing Arts**

*Prince Charles Theatre*



**A Proud  
Supporter of  
Focus on Youth**

**Creston Valley  
Teachers' Association**

# Celebrating Visual and Performing Arts

Story by: Frank Goodsir

Spring was early this year, but right on schedule is the 29th annual Focus On Youth Festival.

This year marks another milestone in one of BC's longest running non-competitive children's festivals. Twenty nine years is a long time for a festival to run especially one involving our young people. Starting in 1986, many young performers who appeared in the first few festivals are now proudly returning to watch their own children perform.

This year's Focus On Youth runs May 4 – 8 in a series of concerts. The number of concerts is determined by the number of individuals and group/class performances that need to be scheduled. Each daytime concert is approximately forty minutes long while evening concerts may be up to an hour or slightly longer. The evening concerts showcase an amazing array of talented young

people, many of whom performed to Provincial levels in the recent Creston Festival of the Arts. This is your time to hear and support these exceptionally talented young folk.

The concerts will be front and center on the Prince Charles Theatre stage where the students, many for the first time, will have a total theatre experience with lighting, sound and a live audience of their peers, parents, grandparents and other assorted relatives and friends.

In conjunction with the performing arts, a visual arts display is planned that week at the Vance building on 15th Avenue. The usual spectacular array of fantastic art created by students from Kindergarten to Grade 12, will be on display.

In all, approximately 1000 students from Riondel to Yahk will take part in this week-long extravaganza. As in past years, the festival will have an international flavor as students from south of the border, who

come to Creston to work with our private music teachers, are also involved.

Everyone is encouraged to take in at least one concert along with the art show and support the talents of the young people in our valley. ■



[crestonvalleybirds.ca](http://crestonvalleybirds.ca)

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FEST**

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# Creston Valley Blossom Festival Opening Ceremonies

## DAVID JAMES & BIG RIVER

*a Tribute to Johnny Cash*

[www.johnnycashtribute.ca](http://www.johnnycashtribute.ca)  
[www.tlcentertainment.net](http://www.tlcentertainment.net)



David James and Big River are often described as one of the most authentic Johnny Cash tribute shows touring today. Thousands of fans agree with those reviews, as they routinely sell out shows in venues large and small across Canada and the US.

James and his band – Todd Sacerty on bass, Duncan Symonds on guitar and pedal steel, and Colin Stevenson on drums – look and sound like the legacy of the Man in Black, and when they step on stage, they live it. From the way Cash holds his guitar to the way he talks to his audience, the legendary musician lives again when James steps to the mike and says, “Hello – I’m almost Johnny Cash.”

**Plus  
local talent  
and  
Citizen of the  
Year Award**

**Friday May 15**

**Prince Charles Auditorium, 7pm**

*Tickets available at Black Bear Books & Chamber of Commerce*

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## Opening Mother's Day Weekend - Friday, May 8th



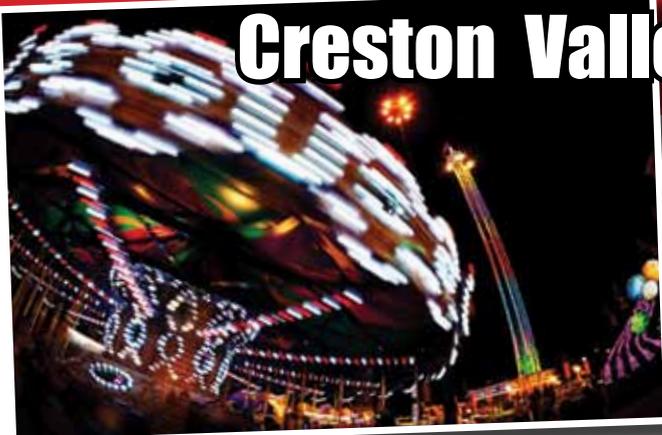
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## Come visit us during the 74 year of the Creston Valley Blossom Festival



West Coast Amusements will be on our side lot from Thursday May 14-Sunday May 17

Our spring flowers are in full blossom. Come check out our selection over the long weekend

**Extra Foods** 

# Creston Valley Blossom Festival 74th Annual

## Blossom Festival leads with "Man in Black"

Story by: Hugh Johnston

It must be spring because plans are well underway for the 74th Creston Valley Blossom Festival. This four day funfest begins on Friday, May 15 and runs through until Monday, May 18. From the opening ceremonies Friday until the last event, the Children's Picnic in Centennial Park, on Monday, the curtain comes down on a blockbuster weekend Tuesday will be a day of rest for most of the town below the mountains.

The Blossom Fest has become the major event in the Creston Valley offering something for everyone with few new wrinkles thrown in to keep it fresh. For instance, the Friday night opening ceremonies have gone back to the formula of bringing in a well-known entertainer to headline the show. The show will feature David James and Big River, a group dedicated to preserving the music of Johnny Cash. The same night the Rotary Clubs will

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



May 2015

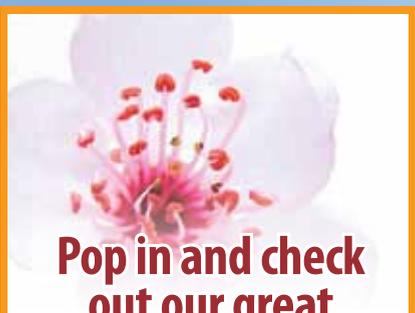


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Festival*



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74th Annual  
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May 15th to 18th  
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the festivities

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of the  
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Blossom Festival**



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Festival*

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# Creston Valley Blossom Festival 74th Annual

announce who their Citizen of the Year is. Local dignitaries will cut the ribbon to officially open the four day weekend festival.

Saturday is the busiest day of the weekend. Early in the morning the Lions Club will be setting up shop next to Sunset Seeds with their big breakfast featuring two pancakes, two sausages, two fried eggs, juice and coffee all for \$6.00. It runs from 7:00 am till 11:00 am just in time to have a hearty breakfast before catching the mammoth parade. It starts to assemble on the Prince Charles high school parking lot at dawn. The parade complete with marching bands, clowns, floats and antique cars begins by the Creston Motel

and winds its way down Canyon to Northwest Blvd until it reaches the mall where it will disburse. In Creston, everybody or so it seems loves a parade.

## **“a well-known entertainer to headline the show”**

The Lions Street Fair, co-sponsored by TAPS, will be in Spirit Square beginning at 9:00 am with a variety of goods on sale and food booths as well. On the College of the Rockies parking lot you will find the Kidapalooza put on by Success

by Six. Great fun games for the kids including a bouncy tent. The Root Beer Garden returns with the Climbing Wall to the south parking lot at Millennium Park. Also is the popular FREE concert in Millennium Park. Six popular local bands will be taking the stage for individual performances. So far Peanut Butter and Jam are taking part as is Gone Country. More names to be revealed by the end of April.

The LKB Pow Wow begins with the Grand Entrance from 1:00 pm to 5:00 pm and again from 7:00 pm to midnight in the LKB Gymnasium. It will also go on Sunday from 1:00 pm to 6:00 pm.



# Creston Blossom Festival

Friday, May 15 to Monday, May 18



**50 Years  
Maple Leaf Flag**



*\*NOTE-Events marked by "\*" are not events hosted by the CV Blossom Festival Assn. The Association assumes no liability or responsibility for these events; however appreciates the organizations involved providing these venues to the public. They are listed as community events taking place in the Creston Valley on the May Long weekend, for the convenience of residents & visitors.*

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

## FRIDAY, MAY 15

## LOCATION

- MIDWAY** – West Coast Amusements  
\*Creston Museum – Blue Smoke & Noise  
\*Model Railway  
\*C.V. Wildlife Center – Canoe/Walking Tours  
Trails/Science Lab/Exhibit Gallery  
**LEGO CHALLENGE** 18 & Under - FREE  
**LEGO CHALLENGE** - Adult - FREE  
\*Youth POW WOW- SD #8 – FREE

- Cook St. next to  
Creston Museum  
Creston Museum  
11km West of Creston  
Chamber of Commerce  
Downtown Creston  
Rec. Centre Area

**OPENING CONCERT** - David James & Big River (Johnny James)  
- Citizen of the Year  
Prince Charles Secondary School  
*Tickets available at Black Bear Books & Chamber of Commerce*

**TEEN DANCE**- MUSIC/DANCE/PRIZES

Millennium Park

## SATURDAY, MAY 16

## LOCATION

- Lions Club Breakfast  
\*STREET FAIR (Lions Club & TAPS)  
\*C.V. Wildlife Center – Tours/Exhibit Gallery  
**LEGO CHALLENGE** 18 & Under - FREE  
**LEGO CHALLENGE** - Adult - FREE  
\*Farmer's Market  
\*Deep Water Martial Arts Convention & Tournament  
\*C.V. Flying Club -Fly Over (weather permitting)  
**PARADE**  
\*Children's Fun/Games (Kidapalooza by Success By Six)  
**ROOT BEER GARDEN** (Carnival for youth- Climbing Wall)  
**MIDWAY** – West Coast Amusements  
\*Therapeutic Riding/Spectrum Farm Tours  
**MUSIC IN THE PARK** - FREE  
\*LKB POW WOW Grand Entrance  
\*Creston Museum – Blue Smoke & Noise  
\*Model Railway  
\*Live JUDO Demonstration (Youth), Creston Judo Club  
  
**\*ROLLERBLADING WITH MUSIC**  
Draw for "Fitbit" (skate rental available)  
\*LKB POW WOW Grand Entrance  
\*BlossomFest Dance - \$12 at the door

- Canyon St. (Between  
Spirit Square 1st & 2nd)  
11km West of Creston  
Chamber of Commerce  
Downtown Creston  
Parking lot next to  
Rec. Centre, 3rd & 4th  
Canyon St.  
18th Ave. (Downtown)  
College of the Rockies  
16th Ave (South of Creston)  
Cook St. next to  
849 Erickson St.  
Millennium Park  
830 Simon Road  
Creston Museum  
Creston Museum  
Lower level, 1st & 2nd  
Use rear door  
Rec. Centre Area  
  
830 Simon Road  
Legion Hall, 1st & 2nd

# Valley Blossom Festival 74th Annual

May, May 18, 2015

(Subject to change)  
Posted Courtesy of the CV BLOSSOM FESTIVAL ASSOCIATION

LOCATION	TIMES
to EXTRA FOODS um, 219 Devon St. um, 219 Devon St.	Watch for Posters 10am to 3:30pm 10am to 3:30pm
Creston off Hwy 3 mmerce, 121 NW Blvd. otor Inn, 1218 Canyon na, 312-19th Ave. N.	9am to 4 pm 9 am to 5pm 9am to 8pm 10am to 3pm
by Cash Tribute Band) y School Theatre	7pm – 10 pm
ark, 16th Ave. S.	7pm to 11pm

LOCATION	TIMES
eside 7-11) 1th Ave.N. (Canyon St.) Creston off Hwy 3 mmerce, 121 NW Blvd. otor Inn, 1218 Canyon t to Chamber of Comm. 312 – 19th Ave. N.	7am to 11am 9am to 3pm 9am to 4pm 9am to 5pm 9am to 8pm 9am to 1pm 9am 10:45 am 11am start 12pm to 4pm 12pm to 4pm Watch for Posters 1pm to 4pm 1pm to 4pm 1pm to 5pm 1m to 5pm 1pm to 5pm 1:30 pm 3pm to 5pm
y Queen) to CV Mall Rockies 16th Ave. S. ch of Millennium Park) to EXTRA FOODS Rd. Park d. (LKB Gymnasium) um, 219 Devon St. um, 219 Devon St. 230 Canyon St. y, watch for signs ena, 312-19th Ave. N.	11am to 4pm 12pm to 4pm Watch for Posters 1pm to 4pm 1pm to 4pm 1pm to 5pm 1m to 5pm 1pm to 5pm 1:30 pm 3pm to 5pm
d. (LKB Gymnasium) 37 – 11th Ave. N.	7pm to Midnight 8pm

SUNDAY, MAY 17	LOCATION	TIMES
*Knights of Columbus Western Breakfast - \$6	Catholic Church Hall, 128-16th Ave. N.	8am to 12 Noon
*Rally In The Valley – U12 Soccer Jamboree	Rec. Centre Field, 312 – 19th Ave. N.	8am to 6pm
*Blossom 5K & 10K Run	Canyon Park	9am
*C.V. Wildlife Center – Trails Open	11km West of Creston off Highway 3	9am to 4pm
<b>LEGO CHALLENGE</b> 18 & Under - FREE	Chamber of Commerce, 121 NW Blvd.	9am to 5 pm
<b>LEGO CHALLENGE</b> - Adult - FREE	Downtowner Motor Inn, 1218 Canyon	9am to 8pm
100 km + – YARD SALE (Yahk to Riondel)	Ground Zero – Hwy 3 & Helen Rd.	9am to 1pm
* <b>CLASSIC CAR SHOW</b> & Entertainment - Jaws of Life Demonstration	Canyon St. - 10th Ave. to 16th Ave.	9am to 4pm
*Grace Christian Fellowship Outdoor Service	Millennium Park, 16th Ave. S.	10:30 am
*Lions Concession – Chili /Dogs & Buns	Canyon St.	10am to 4pm
*Creston Museum – Blue Smoke & Noise	Creston Museum, 219 Devon St.	10am to 3:30pm
*Model Railway	Creston Museum, 219 Devon St.	10am to 3:30pm
*C.V. Demolition Derby	Kitchener, Old Airport – Hwy 3	11am Gates Open
<b>MIDWAY</b> – West Coast Amusements	Cook St. next to EXTRA FOODS	Watch for Posters
*LKB POW WOW Grand Entrance	830 Simon Rd. (LKB Gymnasium)	1pm to 6pm
*Duck Race	Aquatic Centre, 312 – 19th Ave. N.	1pm Start
*Therapeutic Riding/Spectrum Farm Tours	849 Erickson Rd.	1pm to 4pm
*Movie 'Finding Normal' -Creston Ministerial Assoc. Family Movie	Tivoli Theatre, Canyon Street	2pm

MONDAY, MAY 18	LOCATION	TIMES
*CV Regional Airport – WINGS & WHEELS - Children's events	1993 Airport Road, Lister	8am to 2pm
Breakfast/Lunch, Classic Car Show, Demonstrations	11km West of Creston off Hwy 3	9am to 4pm
*C.V. Wildlife Center – Tours/Exhibit Gallery	Home Bldg. Centre, 1608 NW Blvd.	9:30 am
* <b>WHEELBARROW RACES – FREE</b>	Creston Museum, 219 Devon St.	10am to 3:30pm
*Creston Museum – Blue Smoke & Noise	Creston Museum, 219 Devon St.	10am to 3:30 m
*Model Railway	Canyon St. - 12th Ave. to 10th Ave.	11am
* <b>CHILDREN'S PARADE</b> (Lions Club)	Centennial Park	Following Parade
* <b>CHILDREN'S PICNIC</b> (Lions Club)		
<b>LEGO CHALLENGE, PASSPORT &amp; 50 – 50 BUTTON DRAW</b>	Centennial Park -Announce Winners	12:30pm
*Therapeutic Riding/Spectrum Farm Tours	849 Erickson Rd.	1pm to 4pm
* <b>FREE PUBLIC SWIM</b> (Success by Six)	Aquatic Centre, 312 – 19th Ave. N.	2:15pm to 4:15pm

**NEW – BLOSSOM FESTIVAL PASSPORT – GET IT STAMPED - WIN PRIZE** (One night free accommodation at Panorama)  
Check out [www.blossomfestival.ca](http://www.blossomfestival.ca) for further details



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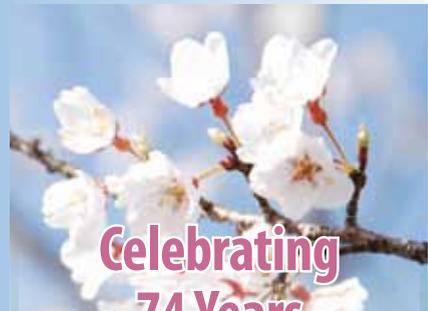
**VENDORS WANTED FOR BLOSSOM FESTIVAL**

Creston Valley Blossom Festival needs vendors for the

**Street Fair Saturday, May 16, 2015**

**Space is limited!**

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# Creston Valley Blossom Festival 74th Annual

Also on Sunday, the Knights of Columbus Western breakfast starts things off at the Holy Cross Hall. You get a complete breakfast for \$6.00.

The Blossom 5K and 10K take place at Canyon Park. The afternoon continues with the Classic Car Show on Canyon Street this year featuring a Jaws of Life demonstration. Also on Canyon, the Creston Lions Club will have their food trailer set up featuring hot chili, hot dogs and chili dogs. Also on Sunday is the roar of the engines as the Demolition Derby gets underway at the old airport site in Kitchener.

Monday, the last day of the festival begins with the Wings and Wheels event at the Creston Airport featuring a breakfast, Classic Car Show and demonstrations of some of the planes.

## “the Demolition Derby gets underway at the old airport site in Kitchener”

The Lions Club children’s parade assembles behind the CIBC at 10:30AM. The parade departs at 11:00 am for the journey from

12th Ave to 10th Ave. Following the parade the action takes place at Centennial Park where the kids get a free hot dog if they took part in the parade. The Lions also will be serving their popular burgers and a variety of soft drinks and water will be available for purchase. A group of Army Cadets will be organizing games for the young folk and the 50-50 Button Draw will take place to wind up the Blossom Festival.

Elsewhere in this fine publication is the official program of events detailing all that is happening on this busy weekend. You don’t need to leave town, all of the action on the long weekend is right here. ■



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# Creston Valley Blossom Festival 74th Annual

## New at This Year's Blossom Festival

Story by: Hugh Johnston

The people in charge of the Blossom Festival have decided to not stand on their laurels but to bring in some new events.

Last year's big success was the 100 KM Yard sale which ran from Yahk to Riondel. It is back again and organizers are looking forward to attracting anymore residents to put their goods at the end of their driveway and wait for the customers to come. The parking lot at Creston Trucking, the Peterboro dealer will be an assembly point for Creston vendors. Sunday morning will see the kickoff and even bigger crowds than last year are anticipated.

Also returning this year is the Midway after a lengthy absence. To be sure they have returned to Creston in recent years either in April or early May. This year West Coast Amusements will be bringing in more rides as they set up shop on the vacant lot next to Extra Foods on Cook St. for your midway fun on Friday, Saturday and Sunday of the long weekend in May.

South of town, the Therapeutic Riding Club will be holding an open house and you can also take a tour of Spectrum Farms from 1:00 pm to 4:00 pm on Saturday, Sunday and Monday.

In case you had forgotten, the Arena has a cement floor so on Saturday at 3:00 pm to 5:00pm you can Rollerblade with music. Enter to win a Fitbit, skate rentals will be available.

The Teen Dance in Millennium Park will be held on Friday

### Locals' Day:

Saturday, May 9, 10:00 - 3:30

Free admission for locals. Check out our new exhibits!

### Blossom Fest Hours:

Friday: 10:00 - 3:30

Saturday: 1:00 - 5:00

Sunday - Monday: 10:00 - 3:30

crestonmuseum@telus.net 250-428-9262



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# Creston Valley Blossom Festival 74th Annual



*Enjoy the  
Holiday Weekend*

*Blossom  
Festival*

*May 15 to 18*

**Sears\***

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

this year to accommodate the busy schedule of popular DJ Robin.

On Saturday, the Creston Legion is holding a Blossom Festival dance beginning at 8:00 pm. Entertainment will be announced later.

Sunday will see the Rally in the Valley which is a U12 Soccer Jamboree on the pitch next to the Rec Complex.

It is movie time at the Tivoli Theatre with the showing of the family movie, "Finding Normal" sponsored by the Creston Ministerial Association.

On Monday, don't miss the Wheelbarrow races being held outside Home Hardware at 9:30 am.

Feel like a swim? Success by Six is sponsoring a free Public Swim at the Aquatic Centre from 2:15pm to 4:15pm. ■



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# Ag Aware

Story by: Randy Meyer - Creston Valley Agriculture Society

## Asparagus Farming

The growing season is in full swing in the Creston Valley. Everywhere you look people are busy planting and seeding gardens and fields. Valley greenhouses are bustling with activity. We are so blessed in this valley with the variety of food crops and plants that we can grow. Farmers are seeding their grain and hay crops, as well as canola and corn. Market gardeners are getting their vegetable crops planted and those that have early salad greens will be starting to harvest. Some of these products will be available at the Farmers Market which will resume their regular weekly schedule again this month at their summer location behind the Chamber of Commerce on Saturday mornings.

As you plant your gardens and flowers plan ahead, to participate in the Creston Valley Fall Fair in September. It may seem early to think about fall, but what you plant now may well fit into the categories open to competition at the fair. This year's guide booklet should be available in May so check it out and get involved in one of Creston's longest lasting traditions.

It may be planting time for most farmers, but Creston is home to an early harvested crop. That is asparagus. Sutcliffe Farms on the Creston flats is the largest asparagus grower in British Columbia and they grow about 100 acres of this nutritious vegetable. Doug Sutcliffe and family, along with a large crew of seasonal workers have been

growing this crop for many years. If the weather is very warm, asparagus can grow up to an inch an hour, so harvesting of the spears is a very intense time. The fields are harvested multiple times through May and into June. The plants are then left to grow out and replenish their root reserves for next years' crop. The asparagus is washed, sorted and packaged on farm. Most is also sold at the farm gate, but is available at stores around the province. Check out this unique crop that is flourishing in our valley.

As you travel around our valley in the coming summer, observe the progression of the crops as they grow. The grain fields green up after planting, grow tall, and then turn golden later in summer before harvest. Canola crops are distinguished by their flowers which turn the large fields on the flats a bright yellow. Cattle on pastures turn the nutritious grass into beef as the new calves grow large over the season. Take time to see all these things and be Ag Aware. ■

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# It's Farmers' Market Season

Story by: Jen Comer

Manager – Creston Valley Farmers' Market

**S**pring is truly here! The regular season of the Farmers' Market begins again outdoors every Saturday 9am to 1pm until Christmas.

The market will be at its regular outdoor location behind the Chamber of Commerce and Visitors Centre, May through the end of September. The road construction at the Pine Street intersection is moving ahead on schedule, and they do not anticipate working on Saturdays, so we are not expecting any disruption to the market throughout May and June.

The lineup of vendors brings back regular favourites that will fill your kitchen with local meat, eggs, produce, fruit, preserves and beverages. Throughout May and June our family feasts on local asparagus, spring greens, radishes and rhubarb desserts. The barbecue gets turned on multiple times a week with burgers, steaks and tin foil packets of mixed veggies (mostly asparagus...). Sitting outside in the warmer evenings after a day of gardening are made even more enjoyable with a glass of local red wine or a gin cocktail, and then collapse happily in bed. Then we start the next day with fried

eggs, sourdough toast and sautéed asparagus. You can truly exist almost exclusively off food purchased at the Farmers' Market, even this early in the year. (So long as you love asparagus... which my husband does not, but I think I'm winning him over...).

Besides eating fresh asparagus daily for six weeks, we also preserve it for the remainder of the year. My personal favourite is spicy pickled asparagus. The recipe I have is passed down from my husband's aunt. While we were living in Victoria going to university, my in-laws would time their annual visit with asparagus season, and bring me 30+ pounds down. A couple of friends and I would gather in my tiny apartment kitchen with our mason jars and hodgepodge of canning equipment. It was a time for me to share my knowledge of canning (passed down from my grandma and mother-in-law) to friends whom hadn't had those experiences growing up.

If you're not experienced with canning (like my university friends), then find someone who knows how to can and learn from them. Living by the season, sharing food with friends, and telling stories about how your food got to your plate is what life is all about. ■

Info: Jen Comer: [cvfarmersmarket@gmail.com](mailto:cvfarmersmarket@gmail.com) or 250-254-1594

Online: [www.CrestonValleyFarmersMarket.ca](http://www.CrestonValleyFarmersMarket.ca) or [www.facebook.com/CrestonValleyFarmersMarket](http://www.facebook.com/CrestonValleyFarmersMarket)

## Spicy Pickled Asparagus

Per quart you need:

Approximately 2 pounds asparagus

2 garlic cloves

Small bunch dill

Whole jalapeño pepper

1 cup water, 1 cup vinegar, and 1 tablespoon salt

Scale up to as many jars as you want to fill.

Do all your regular canning stuff (sanitize jars, lids, rings). Bring water, vinegar and salt to a boil in sauce pan. Stuff jars with garlic, dill, jalapeño. Cut asparagus to fit jars, fill with spears up. Top with hot liquid. Process for 10 minutes. ■



## FARMERS' MARKET

The market will be outdoors,

behind the Chamber of Commerce and Visitors Centre.

We run outside every Saturday May 2nd - September 26th

9:00 am to 1:00 pm



Creston Valley Food Action Coalition

Farmers' Market

[cvfarmersmarket@gmail.com](mailto:cvfarmersmarket@gmail.com)  
250.254.1594  
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The logo for phototide, featuring the word "phototide" in a lowercase, sans-serif font with a small green leaf icon above the letter 'i'.

Jim and Howard Smith  
phototide.com

The logo for Creston Photography, featuring the word "Creston" in a bold, serif font above the word "Photography" in a smaller, sans-serif font, with ".com" below it.

Jeff Banman  
crestonphotography.com





# Maintaining Financial Control When Your Family Needs It Most

Article submitted by: Vern Gorham  
Sun Life Financial Advisor

It's hard enough when a critical illness hits a family, but when the family member is a child, it is devastating. And if you haven't included that possibility in your overall plan, your family's finances could be devastated as well.

As a parent, there's no question that life as you knew it would be put on hold while you help your child recover. There's no question that your career and your financial plans would have to be altered. But, would your family's finances be all right if your household income was

**“critical illness insurance has been attracting a lot of attention lately”**

reduced? What if you couldn't take time off work because of financial commitments?

Critical illness insurance has been attracting a lot of attention lately, because medical advances have increased survival rates for many illnesses. This type of “living benefit” is designed to protect your current and future financial security, so you can focus on treatment and recovery. It provides a lump sum payment

to use as you like—and that could eliminate or reduce the financial worries you don't need at a time like this.

For children age two to 19, the plan covers congenital heart disease, cystic fibrosis, cerebral palsy, muscular dystrophy, and type-1 diabetes, in addition to all of the illnesses covered and features offered with critical illness insurance for people 20 years and older.

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Insuring your children while they're healthy guarantees their future insurability for critical illness insurance. Many different plan types are available to meet your needs and financial resources. One permanent plan offers coverage that increases over time—and that helps to ensure your children have adequate coverage throughout their lifetime.

While no one wants to think about the possibility of a childhood critical illness in their family, planning ahead makes it easier to cope with if it does happen. We may have little control over some things in life, like sickness and health, but with critical illness insurance, we can maintain financial control when we need it most. ■

© Sun Life Assurance Company of Canada, 2014.

Vern Gorham is a licensed representative for Sun Life Financial, and works out of his office in Creston.

He can be reached by phone at 250-254-0607, or by email at [vern.gorham@sunlife.com](mailto:vern.gorham@sunlife.com).

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# Climbing A Mountain: Part II

Story by: Shifu Neil Ripski

**S**ome people see the view from that first plateau and are not satisfied, they realize there is so much more to learn and by looking up the mountain instead of down, they see there is farther to go up than there is behind them, they have barely started! These people find a new path in their training, which may involve teaching but with the hopeful attitude that it will reveal more understanding to themselves. Indeed many times teaching a student is more about teaching yourself about the subject than them. These people climb higher than most until they reach another plateau. A better view here of the mountain and all those clambering

below and a more difficult ceiling above their heads. Here we find the people who are usually in the upper echelon of their style, the fifth degree and so on black belts who have earned a great deal of respect from those below them, distinguished themselves as the new generation of Masters and are worshipped by a good many more people. Here the ego again rears its head but they have beaten that demon before though it is cleverer than before. Here they see there are few people like them and so they ARE something. It is not fantasy, their skills and deep knowledge are much wider and deeper than other peoples in truth. They have earned their position



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by sweat and years of toil. The ego is dangerous here as it begins to crush the attitude of hopefulness since they never seem to run into other people better than they are. Here the ego tends to isolate them in their schools and temples. They have so many students to take care of and organizations to run that they forget to realize they have been placed in a vacuum, only interacting with those of their own style or sect, mostly lower level students. How clever the ego is! Hopefulness is extinguished since only their Master is their superior and he/she is too old and about to pass on to be of much use. Surely they are poised to be the next true inheritor.

This ceiling is difficult to break through as it has to do with our own standards we set only for ourselves. Even without a higher level teacher to help you at this point you should be skilled and wise enough to see

where the training must logically go. In order for that to happen you must set standards for your own training. Here simple standards such as faster, more efficient, more effortless power and such must become your goal. To climb further up the mountain now you should not need someone to hold your hand. You must find the path forward on your own or forge one anew. Look up the mountain not down. The students and worshippers will still give you the ego boosts you should desperately need at this stage as the training should become so

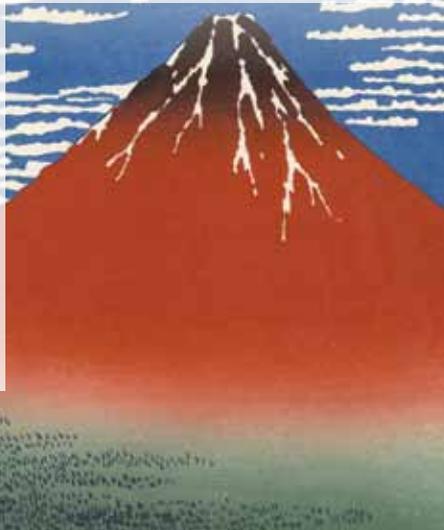


Image submitted by: Sifu Neil Ripski  
Fuji, Mountains in Clear Weather (Red Fuji) by Katsushika Hokusai.

difficult you need them to rest upon to continue moving upward. Start the next difficult climb with higher standards. What is good enough for your students is absolutely NOT good enough for you.

To be continued... ■

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### FRIDAY, MAY 15TH

FREE SD # 8 Youth Pow Wow 10:00 am - 3:00 pm

### SATURDAY, MAY 16TH

FREE Roller Blading in the arena 3:00 - 5:00 pm  
\* Draw for a FITBIT (sponsored by Myrna Johnson)

### SUNDAY, MAY 17TH

Blossomfest 5 & 10 km Run starts @ 9:00 am at Canyon Park. T-shirt for the best times in each age category for both 5km and 10km runs. Walkers can start at 8am. Refreshments available and you can pre-register or pay onsite.

### MONDAY, MAY 18TH

FREE Community swim 2:15 - 4:15 pm - sponsored by C.V. Early Years

### Move For Health Day Floor Hockey Tournament

For ages 6-17yrs (in different age groups)  
Pro-d Day Action - May 29th 9:30am-3:30pm  
Sign up your team of 5 players for a fun day of hockey in the arena. Prizes, snacks and refreshments available. \$30 per team.

**Indoor Sports ongoing in the arena & curling rink for the spring/summer months!** Floor Hockey, Basketball, Pickleball and Roller Blading. Call us at 250-428-7127 for more information.

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# HAPPY Mother's Day

## Mother's Day Around the World

[www.mothersdaycelebration.com/mothers-day-around-world.html](http://www.mothersdaycelebration.com/mothers-day-around-world.html)

**India:** The concept of celebrating Mother's Day on the second Sunday of May is very new in India and it can be said that in a time span of less than a decade, Mothers' Day has been a great success.

**Ireland:** In Ireland, Mother's Day

is not celebrated on same day as in US. Mother's Day celebrations in Ireland takes place on the fourth Sunday in the Christian fasting month of Lent.

**Mexico:** In Mexico, Mother's Day is celebrated on a fixed day of May 10 as opposed to the Mother's Day in US that fall on the second Sunday in the month of May.

**South Africa:** Mother's Day is celebrated on the first Sunday in the month of May.

**United Kingdom:** Mother's Day in UK is celebrated with great excitement and verve but it does not fall on the same date as in US. In UK, Mother's Day celebrations takes place on the fourth Sunday in the month of Lent. ■

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# HAPPY Mother's Day

## History of Mother's Day

[en.wikipedia.org/wiki/Mother%27s\\_Day](http://en.wikipedia.org/wiki/Mother%27s_Day)

**T**he modern American holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother in Grafton, West Virginia. Her campaign to make "Mother's Day" a recognized holiday in the United States began in 1905, the year her beloved mother, Ann Reeves Jarvis, died. Anna's mission was to honor her own mother by continuing work she had started and to set aside a day to honor mothers, "the person who has done more for you than anyone in the world". Anna's mother, Ann Jarvis, was a peace activist who had cared for wounded soldiers on both sides of the Civil War and created

Mother's Day Work Clubs to address public health issues.

Due to the campaign efforts of Anna Jarvis, several states officially recognized Mother's Day, the first in 1910 being West Virginia, Jarvis' home state. In 1914 Woodrow Wilson signed the proclamation creating Mother's Day, the second Sunday in May, as a national holiday to honor mothers.

Although Jarvis was successful in founding Mother's Day she soon became resentful of the commercialization and was angry that companies would profit from the holiday. By the early 1920's, Hallmark and other companies had started selling

Mother's Day cards. Jarvis became so embittered by what she saw as misinterpretation and exploitation that she protested and even tried to rescind Mother's Day. Jarvis's intention for the holiday had been for people to appreciate and honor mothers by writing a personal letter, by hand, expressing love and gratitude, rather than buying gifts and pre-made cards.

Jarvis organized boycotts and threatened lawsuits to try to stop the commercialization. She crashed a candymakers' convention in Philadelphia in 1923. Two years later she protested at a confab of the American War Mothers, which raised money by selling carnations, the flower associated with Mother's Day, and was arrested for disturbing the peace. ■

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# Motorcycle Safety for Riders and Drivers

Source: [www.icbc.com](http://www.icbc.com)

**M**otorcycle riders are similar to cyclists and pedestrians — they are more physically vulnerable in a crash as compared to a vehicle driver who has an external frame, seatbelts, airbags and bumpers for protection.

Motorcycles in BC make up about three per cent of insured vehicles, yet are involved in approximately 11 per cent of road fatalities. On average, 1,500 people are injured in crashes involving motorcycles and 37 motorcycle riders die in crashes each year in BC.\*

Whether you're a rider, passenger or driver sharing the road with motorcycles, you can reduce your

risk of having a crash by staying safe and alert on the road.

## Safety - for riders

New motorcycle helmet and seating requirements for motorcycle riders and passengers came into effect in BC on June 1, 2012\*\*. As a rider, you can protect yourself and reduce your risk of injury by wearing an approved motorcycle helmet and gear designed specifically for motorcycle use.

## Helmets - protect your head

According to the law in BC, you must wear a motorcycle helmet that meets DOT, Snell M2005 or M2010 or ECE helmet safety standards. Be sure it displays the proper label and meets safety-helmet labelling requirements.

Always consider the following:

- A properly fitted full-face helmet provides the best protection in a crash, as well as protection from wind, dust, rain, insects and debris. It should be snug but comfortable.
- Choose a helmet with a bright, visible colour. Add reflective tape to the sides and back for greater visibility.
- Modular helmets, which have a chin-bar that flips up, should be closed when the motorcycle is in motion.
- Avoid buying a used helmet. It may have been in a crash and any damage may not be obvious
- Replace your helmet if you've been in a crash or it's been dropped or it's showing signs of wear. Make sure you check the manufacturer's manual for the helmet's expiry date.

## Seating for safety

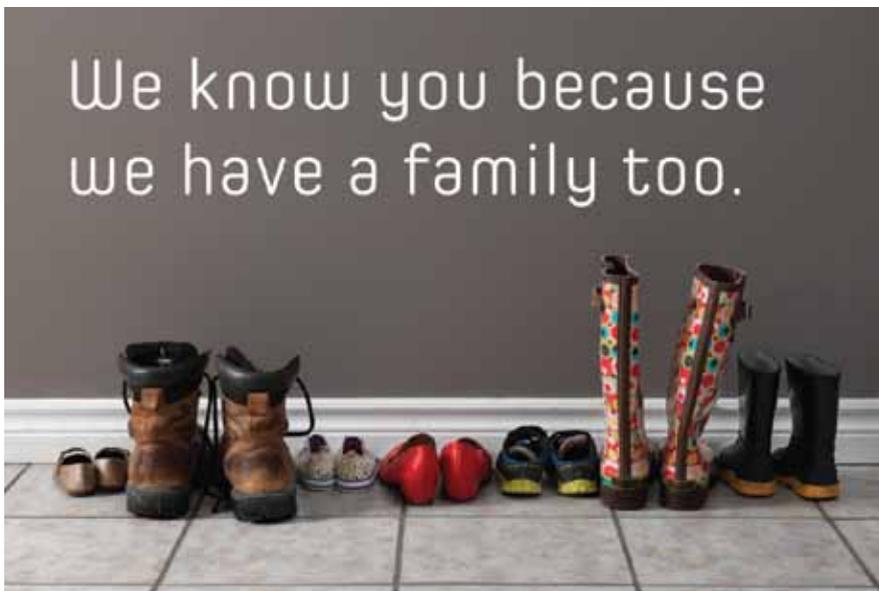
- According to the law in BC, motorcycle passengers must have their feet on the foot pegs or floorboards or be properly seated in a sidecar.
- As the driver, you're responsible for ensuring passengers under 16 are properly seated. Anyone who can't reach the foot pegs is not allowed to ride.

## Dress smart — wear the right protection

- Choose a jacket and pants made for motorcycle riding; sturdy gloves that cover your wrists and come with knuckle guards; and boots that protect your ankles. Street clothes offer little or no protection from the elements or in a crash.
- Wear light or bright clothing that comes with ventilation to help prevent over-heating. Use a safety vest or clothing that features fluorescent material or reflective striping to help make you more visible, day and night. ■

\* ICBC & police data 2009–2013 (crashes and injured victims); 2008–2012 (fatal victims).

\*\* BC Motor Vehicle Act (section 194).



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# Home & Garden

## Create A Shaded Oasis

www.newscanada.com

A shady space in your yard, especially one that provides an escape from late-afternoon sun, can be the perfect cooling and calming getaway spot. Combining shade-loving perennials and annuals in a subtly contrasting mix of shape, texture and colour assures beauty and restfulness in this peaceful retreat.

“Take a look at the PC hosta called Cool as a Cucumber for example,” says Peter Cantley, gardening expert for President’s Choice brand. “This plant features long, tapered leaves with bright green margins and white centres. The name itself invokes calm, cool feelings – and this hosta is ideal for areas with minimal sun exposure.”

Keep the final height and width of your chosen plants in mind when placing them in the garden. Taller plants should be placed near the back of border gardens or at the center of island-style gardens. Make sure to arrange your selections in clusters of three to five plants of each variety for the most eye-appealing end result.

The size of your garden area and the individual space requirements of each type of plant you choose

will determine how many plants are needed. Check individual plant tags for the correct spacing and the size of maturity to help you decide.

To really accentuate the calming atmosphere, think about adding a small water feature. Pair the soothing sounds of a fountain with a hammock plus your favourite book and your shaded area will be a perfect little summer oasis. ■



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# Make Your Own Herbal Elixir

Story by: Maya Skalinska  
 Master Herbalist, Registered Herbal Therapist

**E**lixir: a sweetened, medicinal liquid preparation designed to cure and rejuvenate.

I love herbal elixirs. Just like smoothies, they are delicious and nutritious. I formulated the elixir on the next page to improve mood, cognitive and immune system function, rejuvenate the body and mind as well as to protect the body from stress, inflammation and much more.

**Ashwagandha:** Increases physical and mental stamina. It also improves cognitive function, memory and concentration and strengthens immune function and adrenal glands.

**Cinnamon:** Strengthens digestion, stabilizes blood sugar and increases effectiveness of other herbs in formulation.

**Dates:** Rich in minerals, especially calcium, potassium, iron and beta carotene.

**Blueberries:** Our local super food! Protects the brain and all body tissues from oxidative stress, delays memory decline and works as a detox for your brain.

**Coconut oil:** Boosts your liver and thyroid function, increases your metabolism.

**Flaxseed and hemp hearts:** Omega 3 and 6 essential fatty acids and a great source of fiber.

**Walnuts:** High in omega 3, especially DHA, most abundant fat in your brain. (Oxidative stress and aging cause decrease in DHA).

**Lemon Balm:** Improves cognitive



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function, improves mood, induces calmness, and lengthens attention span, great for the nervous system.

**Holy Basil (Tulsi):** Helps the body deal with all stress, brings clarity to mind, and strengthens the immune and nerve tissue, great for anxiety.

**Skullcap:** Calms the mind, promotes awareness/clarity and strong nerve tonic.

**Turmeric:** Anti-inflammatory, liver and cardio protective, balances digestion, guards against cancer, blood purifier, improves memory.

There is so much more to the herbs and oils above, but the general idea is there. I recommend making it in the morning, for a lasting effect throughout the day. And remember, be creative, try other herb combinations and feel the difference. ■

## Brain Booster/Body Rejuvenation Elixir

### Ingredients: (Serves one)

- 1 cup unsweetened plain almond milk or filtered water
- 1-2 teaspoons ashwagandha root powder
- 1 teaspoon cinnamon powder
- 1 small-medium size date
- Handful of blueberries
- 1 Tablespoon cold pressed virgin coconut oil
- 1 Tablespoon milled flaxseed
- 1 Tablespoon hemp hearts (optional)
- 4-5 walnuts
- 2-3 teaspoons dried lemon balm or a handful of fresh leaf
- 2-3 teaspoons dried holy basil (tulsi) or a handful of fresh leaf
- 1-2 teaspoons dried skullcap or half handful of fresh leaf
- 2 teaspoons organic turmeric powder
- Handful of ice (optional)

### Directions:

- Place date in a cup and cover with boiling water. Let it soak for 5-10 minutes.
- In a pot, add almond milk and/or filtered water, ashwagandha and cinnamon. Bring it to a boil, reduce heat, and simmer covered for 5-10 minutes.
- In a blender, add blueberries, coconut oil, milled flaxseed, hemp hearts, walnuts and turmeric powder.
- Remove pot from heat, and add lemon balm, holy basil and skullcap (or any combination of herbs), cover and infuse for another 5 minutes.
- Strain the almond milk/herb mixture into the blender.
- Add date to blender (pit removed).
- Add ice, if using.
- Blend at high speed until mixture is well blended.

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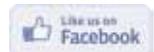
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# The Power of Probiotics

Story by: Caroline Farquhar RHN, BA, EMP

The foundation of good health starts in the gut and it began the day you were born. We have approximately 10 trillion cells in our bodies and 100 trillion bacteria. Some bacteria are good, some are bad and some are neutral. We live symbiotically with these bacteria for the most part but when the bad outweighs the good that's when trouble begins. Medications, stress, hormonal changes, poor diet and nutrient deficiencies can decrease the population of good bacteria in our bodies. These good bacteria are called probiotics which literally translates to "for life".

## What Probiotics Do For Us:

- Support immunity
- Maintain intestinal barrier function (lets good things in and keeps bad things out)
- Reduce inflammation
- Support nutrient digestion
- Manufacture vitamins
- Protect against pathogens
- Enhance detoxification



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When we hear that 70% - 80% of our immune system is located in our digestive system it's the probiotics that are protecting us through three levels of immunity.

**Level 1:** While the virus is still in your intestinal tract, good bacteria surround and neutralize the virus.

**Level 2:** The good bacteria form a barrier along your intestinal lining to prevent the virus from passing through the intestinal lining and into the bloodstream.

**Level 3:** If the virus gets past levels one and two, the friendly bacteria actually communicate with your body to produce substances that neutralize the virus before it causes damage.

That means that if your gut is imbalanced, so is your immune system. Think of probiotics as your own personal army standing guard for you. Supplementing with probiotics is the easiest way to build up your good bacteria and keep your immune system strong but eating yogurt is not enough. Here are a few things to look for when choosing a probiotic supplement:

## Look for high culture count

The culture count refers to the total amount of live, friendly bacterial cultures in a single serving. Some people may need a higher amount depending upon age or health-related concern.

## Check out the number of strains

There are over 1,000 strains of beneficial bacteria in the gut. Look for the naturally occurring strains that begin with L's and B's, like lactobacilli and bifidobacteria. It's also important to get a variety of strains because each person's body has a different bacterial footprint and utilizes some bacterial strains better than others.

## Make sure the capsule is designed for delayed release

Probiotics must travel through the harsh stomach environment and be delivered to the intestines to be effective. If they never make it through the stomach acid, they won't do you any good. Delayed-release capsules are enteric coated to remain intact through the stomach and begin dissolving in the small intestine where the pH is more alkaline and where they are needed most.

## Look for potency at time of expiration, not manufacture

Any probiotic is fresh when manufactured, but very few remain at full strength through their expiration date. Be sure to read the label, so you'll know you're giving your body the probiotic it needs.

Keeping healthy is all about being proactive and probiotics go a long way to help keep your immune system strong. ■

# Allergic Rhinitis

Story submitted by: Jody McBlain  
Owner - Creston Pharmasave

**A**llergic rhinitis, also called hay fever or pollinosis, literally means "allergic nose inflammation," where rhino means "to do with the nose" and the ending -itis simply refers to inflammation.

## Causes

It is an allergic condition like asthma, meaning that the body tends to overreact to certain types of outside substances. One way it overreacts is by producing antibodies that signal your immune system to release histamine and other chemicals. These chemicals cause the symptoms of allergic rhinitis including sneezing, runny nose, itchy or watery eyes and even coughing.

## Symptoms and Complications

Most people with allergic rhinitis know they have it, although it can sometimes be confused with the common cold. Symptoms

include runny nose; sneezing; itchy nose, mouth, throat, or eyes; and congestion. Other symptoms can also occur, such as tearing of the eyes, coughing, sore throat, wheezing and headache.

## Making the Diagnosis

The important thing to remember about allergic rhinitis is exactly when the symptoms appear and disappear. Knowing these dates will give your doctor or allergist vital clues as to what's provoking the symptoms, which makes diagnosis easier. By getting the details of where you live and work and when you suffer most, a doctor or an allergist can make a very short list of possible causes.

## Treatment and Prevention

The best way to prevent allergic rhinitis is to avoid the allergen. This may mean changing your habits, or even giving away a pet or moving to another house if the symptoms are unbearable and don't respond to medications. If the allergen is



something you can't completely avoid, like dust mites, here are some steps you can take to make your home a haven:

- Remove furniture that collects dust
- Put special dust mite covers on mattresses
- Wash floors frequently with a wet mop
- Install a high-efficiency air filter called a HEPA filter
- Remove houseplants (a common source of mould)
- Stay indoors during high pollen times

Keep in mind that it is not always possible to control the environment or to eliminate or avoid allergens, especially those that are airborne. Many people

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Jody McBlain -  
Owner

Phillip Curran -  
Pharmacist

need medication treatment for relief. Fortunately, most people respond well to medications.

Treatment for mild symptoms is usually antihistamines taken orally or as an eye drop. Your doctor or pharmacist can help you choose the medication best suited to your needs. People with certain

medical conditions should consult their doctor before using certain antihistamines.

A prescription corticosteroid nose spray can be tried if antihistamines aren't working. Corticosteroid sprays can be used if rhinitis symptoms are chronic or if symptoms are moderate to severe. Women who are pregnant

or breast-feeding should consult their doctor or pharmacist before beginning treatment for allergic rhinitis. ■

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# BE NEIGHBOURLY

## 10 Tips to Be a Good Neighbor

Being a good neighbor requires you to think beyond your four walls. By following a few basic rules of neighbourly etiquette and treating others with respect, you can help create a more harmonious environment for yourself and your neighbours.

Whether you are in your first house or you have been in your neighborhood for a while, keeping good relations with the neighbors can make a big difference in your quality of life. Here are a few etiquette tips to reduce friction and keep the peace with your neighbours.

### 1. Say hello.

A friendly smile and wave to a neighbor when you go out and get the mail can go a long way toward creating a pleasant atmosphere.

### 2. Turn your music down.

This is a simple peacekeeper, tried and true. If you plan on entertaining and having music, let your neighbors know ahead of time and keep it to a reasonable volume. If you play music in your backyard, remember to turn it off when you're done instead of going inside and forgetting about it as your music plays into the wee hours.

### 3. Close your garage door.

Avoid the habit of leaving it open because you plan on going back out in awhile. This is especially important if it's messy. Not only is this a security issue, it's also an issue of extending common courtesy to your neighbors who may not wish to regularly get an eyeful of your collection of boxes, garbage cans, etc.

### 4. Do not let your dog bark incessantly in the backyard.

Leaving your dog alone to bark all day—or even worse, all night—is a sure way to strain relations with your neighbor and violate a city noise ordinance. If your dog stays in the yard while you are away at work, ask a neighbor who is at home during the day if they ever hear your dog. If there is a problem, fix it. They'll appreciate your consideration and in addition, it's the right and mannerly thing to do.

### 5. Reach out.

Invite a neighbor over for a drink or a meal. Or invite a few neighbors over for a backyard BBQ or potluck. Investing some time in getting to know the neighbors will help keep relationships harmonious and make it easier to handle any problems that arise.

### 6. Maintain your yard.

At a minimum, meet the basic standards of yard maintenance by mowing, weed-whacking and doing your best to keep your yard looking decent. Hire someone if you can't seem to get it done yourself. Neighbors get cranky at the thought of their property values going down because of a slob next door.

### 7. Position outside lights with care.

Make sure your security light doesn't shine into your neighbor's bedroom.

### 8. Don't leave toys in the front yard.

Whether it's yours or your children's toys, yard equipment, or car parts, it's bad policy to leave items on your front yard or driveway. Put your tools away when you're done with them.

### 9. Be a good driver.

Don't treat the neighborhood streets as your personal racetrack. Always be mindful that there are kids, dogs, walkers and bikers out on the street. Also, when driving through your neighborhood, turn the volume on your car stereo down. Your neighbors shouldn't associate your comings and goings with a thumping bass and rattling windows.

### 10. Discuss problems in person.

If a problem arises, talk to your neighbor in person first. Approach the situation in a pleasant way, "You may not have realized this, but ..." Start here rather than resorting to a nasty note or a call to bylaw services or the police that will be sure to permanently strain your relationship. Also, use good judgment in identifying real problems: a party on a special occasion is one thing; a continuous stream of parties that interfere with your sleep on a regular basis is another.



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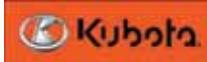
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