

May 2016

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Feature

History and future of
Creston Valley
Blossom Festival

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STILL BLOOMING

Blossom Festival celebrates spring
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ENTERTAINMENT

Focus on Youth holding
fundraising concert

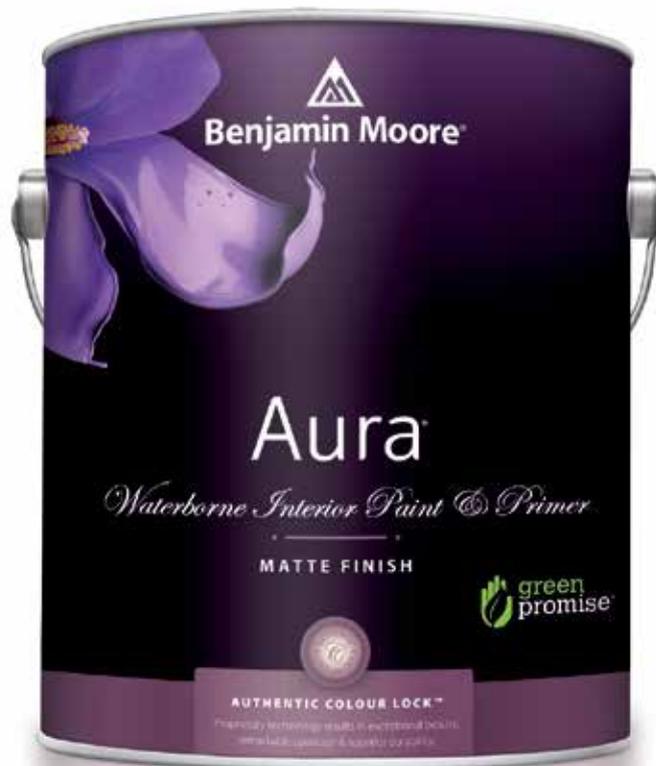
HISTORY

Early days of Creston
Valley logging industry

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Wendy Franz Photos (above, cover)

COVER: BLOSSOM FESTIVAL

After 75 years, the Creston Valley Blossom Festival “embraces everyone from the young to the young at heart,” says volunteer Marilyn States. This month’s feature examines why and describes what to expect this year.



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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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75 YEARS OF *Celebrating Life* IN THE CRESTON VALLEY

Story By: Naomi Larsen

Photos By: Wendy Franz

The community's longest running spring event, the Creston Valley Blossom Festival is marking its 75th anniversary this year and organizers say they have some very special celebrations planned to help mark this diamond anniversary.

To make this year extra special, longtime organizer Bev Caldwell says they are doing a special tribute to the past Blossom Festival queens of years gone by. She has managed to confirm about 10 of the event's past queens, but they are still looking for more.

"We want them to ride in the parade Saturday morning," she said, adding they would also be the special guests of honour that evening's homecoming dinner and dance at the Creston and District Community Complex. (Tickets for the dinner and dance are \$35.)

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Creston Valley Blossom Festival 75th Annual

The Blossom Festival, which takes place May 20-23 this year, was started in 1941 as a community spirit raiser during the Second World War.

According to the Blossom Festival website, when the war broke out, residents of Creston Valley rallied

behind the war effort as they had rallied to deal with the June 1938 flood waters that broke through the dikes.

The Creston Lions Club then 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. In April of that year, Lions president Frank Staples announced



Creston Valley Blossom Festival 75th Annual

there would be a carnival held during Blossom Week beginning on May 8, 1942.

Over the decades, the Blossom Festival has evolved into what it is

today and remains the community's largest annual celebration.

"When you think back to a little Canadian village still reeling from the Great Depression, recovering from

disastrous floods, with our country of Canada 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," says the website. "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."

The weekend's festivities begin Friday evening with the opening ceremonies, which include the presentation of Creston citizen of the year, and the resurrected junior citizen of the year, as well as The Fab Fourever, a Beatles tribute band.

With vintage Beatles period-specific instruments and several full costume changes, the Fab Fourever spare no detail with their production – bringing the audience on a trip down Abbey Road.

The band has been so successful it even represented Canada at the International Beatleweek in Liverpool, England, last year.

Blossom Festival co-organizer Marilyn States, who has been involved with the festival on and off since 1996, said there are many diverse activities taking place throughout the weekend.

On Saturday there's the 11th Avenue Street Fair, Blossom Festival Parade, Children's Kidapalooza free activity area, Cowboy Challenge Horse Show, Concert in the Park, Blossom





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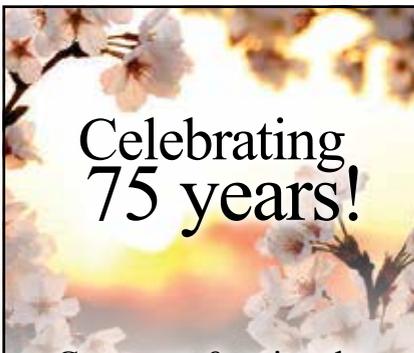
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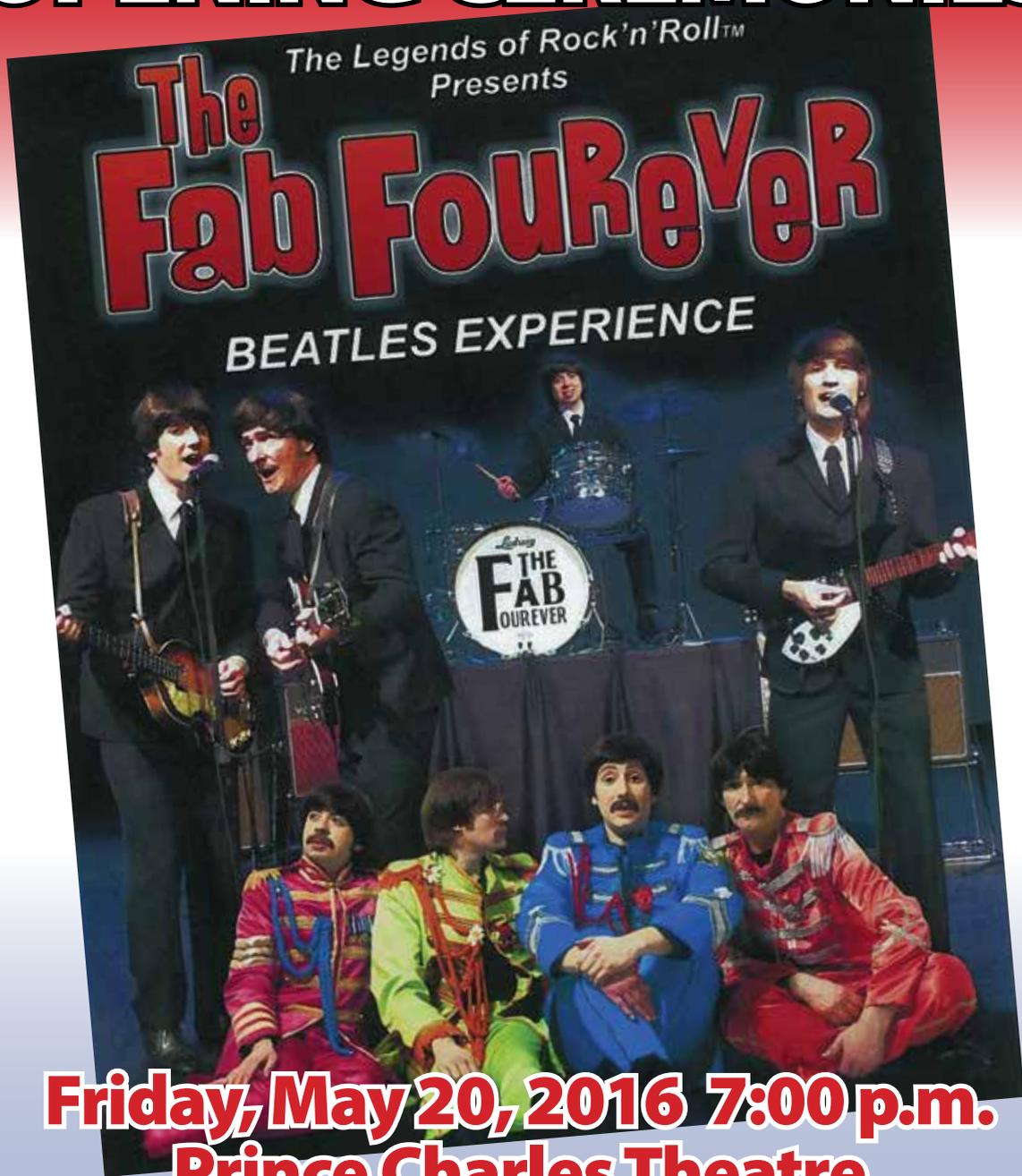


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Creston Valley Blossom Festival 75th Annual

Festival's 75th Anniversary Diamond Homecoming dinner and dance.

"The street is entirely lined with people (during the parade)," States said. "From one of end of downtown to the other. And it's Highway 3 that is actually closed."

States said its only one of a few exceptions where the province allows the highway to be shut down for a parade.

"It's big and active and there's everything from marching bands to horses and floats from the United States and nearby communities."

States said several community clubs and organizations also participate. And the local flying club does a honorary fly-over during the parade.

"It's a really big deal," States said. "It's really embraced by the community in a very big way."

Festival public relations co-ordinator Hugh Johnson has been volunteering with the committee for eight years. He says this year's parade will be the biggest ever, and suggests arriving early to get a good seat.

Johnson did want to let people know there are two things missing from this year's Festival: the demolition derby and the midway — the demo derby currently does not have a location and the owner of West Coast Amusements, Irvin "Bingo" Hauser, died last year.

On Sunday, you can take part in the

Blossom Festival 5k and 10k Run, classic car show, Cowboy Challenge Horse Show and the Lower Kootenay Band's Yaqan Nukiy Powwow.

The cowboy challenge is a new addition to this year's festivities.

"It will focus on their horses displaying their riding abilities and techniques as well as doing challenging kind of activities on their horses," States said. "It will take place Saturday afternoon and all day Sunday."

And on the holiday Monday, on the schedule is Wings and Wheels at Creston Valley Airport, Creston Lions Club children's parade and picnic, and free public swimming.

For more information and a full



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BLOSSOM FESTIVAL

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Creston Valley Blossom Festival 75th Annual

events schedule log onto www.blossomfestival.ca, and don't forget to pick up the Blossom Festival 2016 diamond anniversary button for a chance to win the 50/50 draw.

"It's all about community," States said. "It embraces everyone from the young to the young at heart — there's something for everyone. It's just a good time and it's hard not to see smiles on people's faces. The weekend is just so energized. It's really a wonderful festival to be a part of and to attend."

Johnson concurred.

"It's an event where people stop what they're doing and get involved," he said. "It's great for families and lots of people come home for the festival." ■



Volunteers Keep Festival Going

Story By: Naomi Larsen

To help keep this amazing community event going, organizer Bev Caldwell is making a plea for volunteers to step forward not only for this year but as well as for years to come.

"I think next year is going to be a desperate year," she said. "A lot of our members are seniors and they've been on for quite a few years, and some have given notice that this is their last year."

"We will definitely need some new recruits if the community wants to see this festival continue."

To get involved, contact Caldwell at 250-428-2214, visit the website for more information or email info@blossomfestival.ca.

"We need the support of the business community and the people who keep it going through volunteerism, through businesses putting on specials or attractions to their areas," she said. "Our volunteers can help promote the events,

but we don't have the manpower or the funds to put a lot of them on."

Caldwell says the committee tries to put on as many free activities as possible so that everyone can enjoy the festival, which runs between \$16,000 and \$20,000 to host.

"We're only able to provide this through sponsorships and donations," she said. "The Town of Creston and the regional district for areas A, B and C are instrumental in that along with our other sponsors." ■

Creston Valley Blossom Festival 75th Annual



Photo: www.fabfour.com

Fab Four Ever, a Beatles tribute, will play at the opening ceremonies.

New and Old at 75th Blossom Festival

Story By: Hugh Johnston

This year will be no ordinary Creston Valley Blossom Festival, as organizers and area residents will be celebrating the 75th edition of the popular event.

It all begins on May 19 in the Prince Charles Theatre. Opening ceremonies will include the introduction of some former pageant queens. Also being introduced that evening is the Rotary Club's citizen of the year.

The stage show is an important part of the opening ceremonies and following up on the success of last year's successful Johnny Cash tribute show is a salute to the British Invasion, the fabulous Beatles.

The show will feature a Vancouver group, Fab Four Ever, bringing the 1960s back to life. They can't do every Beatle tune — it would take all night — but this act, complete with Beatles outfits and sound, should please even the fans of the British super group. Tickets are

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Creston Valley Blossom Festival 75th Annual



Wendy Franz Photo

A Creston fire truck in the Blossom Festival parade.

on sale at Black Bear Books and the Creston Valley Chamber of Commerce. Saturday's 75th mammoth parade will be a tribute to the past and present in the Creston Valley. Many of the past festival queens have been invited to ride in the parade. We are looking for a record number of floats showing Creston's past, present, and future. You had better line up early to get the best viewing spot.

Being introduced this year is a series of miniature chuck wagons. Instead of horses, humans will be pulling the

chucks. As more chuck wagons come on board, and as the interest grows, the mini chucks could be a major event here.

In bringing the 75th together, a homecoming dinner and reception is slated for the curling rink. You are invited to bring friends and book a table.

Enjoy an evening of entertainment/history with special honours to the former Blossom Festival queens.

This event will give both present and former area residents an opportunity to renew friendships. ■

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From the Mayor's Desk

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

Municipal Finance Authority

The Municipal Finance Authority of British Columbia (MFA-BC) was formed in 1970 in order to provide B.C. municipalities with a collective, long-term debt issuance facility. Today, this authority has a triple-A credit rating, no small feat when you consider that only two provinces, B.C. and Saskatchewan, had an AAA rating in 2015. This rating allows public sector organizations to borrow at exceptionally low rates — great news as this creates significant savings for communities and service recipients over the long term.

The MFA-BC provides financing programs to B.C. municipalities, regional districts,

water and sewer utilities, regional hospital districts, transit authorities and emergency services telecommunications. Additionally, pooled investment funds and leasing programs are available to universities, school districts and First Nations.

You may notice on your BC property tax notice that there is a line item listed as “MFA” or “Municipal Finance,” at a taxation rate of \$0.0002. This taxation represents approximately six cents on my mother’s tax notice. While the MFA-BC has the authority to raise funds if needed using this line item, this option has never been exercised since the organization’s establishment in 1970.

At the end of 2015, the MFA-BC has long-term lending of \$4.3 billion in addition to other lending, leasing, and financing programs exceeding \$2 billion. That’s a whole lot of zeroes, especially when you consider that MFA-BC has never had a financial or debt claim. Additional information can be found at www.mfa.ba.ca.

Members of the MFA-BC are made up of 39 representatives from the 28 regional districts in the province. I’ve served as one of these members, representing the Regional District of Central Kootenay, since 2012. In 2015, I had the privilege of being elected to join the 10-member board of trustees for the MFA-BC. I’m proud to say I was re-elected to this position at the annual general meeting in Victoria on March 31. Last year, as an MFA-BC trustee, I attended 10 meetings in Richmond, Vancouver and Victoria, with all of my travel expenses covered by the MFA-BC. In order to maximize “bang

for the buck”, I also have the opportunity to arrange other Town of Creston meetings in the same time frame when I’m on the Coast for MFA-BC business.

At our recent AGM in Victoria, Angelo Katsoras (geopolitical analyst for the National Bank in Montreal) gave a very interesting and informative “Global Geopolitical Overview.” His thought provoking 44-page presentation can be viewed at www.mfa.bc.ca under the “About Us” menu on the governance page. Katsoras commented on the U.S. presidential election, the European eurozone challenges, the turmoil in the Middle East, future oil production, a perspective on China and the “geopolitical time bomb” of widening inequality and income stagnation in the U.S.A. I was most impressed with his one-hour talking presentation and I visited with him the next day at the Victoria airport while waiting for our respective flights home.

The opportunity to participate in organizations such as the MFA-BC is an honour and I gain personal knowledge and experience that I can share with my councillors, management team and colleagues. As a side note, I also serve on the local government contract management committee (policing oversight) at the Union of BC Municipalities. Additionally, I participate in the BC Mayors’ Caucus steering committee, which will be meeting in Fort St. John this month — great material for an upcoming article! ■

Reach Ron Toyota by phone at 250-428-2214 ext. 227, by email at ron.toyota@creston.ca or visit town hall at 238 10th Avenue North.

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Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Lower Kootenay Band Ready for 26th Yaqan Nukiy Powwow

Ki'suk kyukyit (greetings). This year marks the 26th Annual Yaqan Nukiy Powwow hosted by the Lower Kootenay Band (Yaqan Nukiy). What began as a small scale powwow 26 years ago has evolved into one of the largest traditional powwows in the country. There are two formats of powwow, one being a traditional powwow and the other being a contest powwow. Contest powwows have participants competing for some very large cash prizes. With the contest powwows the spirit of the ceremony remains; however, there is also a very competitive side to the gatherings. Unfortunately, some participants can be too competitive and that can take away from the purpose of the powwow.

Twenty-six years ago, the Lower Kootenay Band completed the construction of the LKB gymnasium complex. This was the result of the hard work and dedication of the leadership of that time. Prior to that, the LKB had a one-room band office that was aging and the community had outgrown. Upon completion of the LKB complex, the elders and knowledge keepers of that time directed the community to host a powwow and feast in May of 1990.

The powwow and feast in 1990 were very straight forward and simple: a celebration with food followed by song and dance. Everyone attending celebrated and there were much laughter and smiling. At the end of the celebration, an announcement was made by a community elder to continue this celebration annually. "We must have this powwow every year in May so we may never forget this beautiful gift that we have received." The LKB complex houses our administration offices and has also housed our community in times of mourning. This building has hosted wakes and funerals but is also a venue for celebration.

Through the years, I have always tried to support this celebration however I can. I try and keep the original intention of this powwow in mind. There are no dance contests or drum contest.

Very simply, we try and remember that our goal is to offer food to our visiting participants.

This year, we have a very exciting agenda. The women of of indigenous communities are the heart and back bone of First Nations society. Our theme this year is "Honouring Our Women". With the inquiry of the missing and murdered women, we will be offering prayers to the families and to the women who have lost their lives. Our master of ceremonies will be Mr. Ruben Little Head from Happy Flats, Mont., host drum will be Young Spirit hailing from Frog Lake, Alta., and our honour drum will be Eya-Hey Nakoda from Morely, Alta. Eya-Hey Nakoda has been a long time supporter dating back to the mid-1990s.

Our fundraising efforts will continue as we wish to bring the very best of indigenous song and dance to everyone who will be attending. Whether you are a participant or a spectator, the Lower Kootenay Band invites you to attend in the spirit of humanity. On May 21, commencing at 1 p.m., come and witness one of the greatest spectacles known as powwow!

Thanking you in advance for your attention to this matter. I hope to see you at the 26th annual Yaqan Nukiy Powwow. Texas. ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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CRESTON VALLEY ADVANCE



Early Logging

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

Yesterday, I picked up ten copies of the museum's latest book from the local print shop. It's called "Diversions", and it's a compilation of 28 articles published in I Love Creston. It's the second such book we've published — 60 articles in all — and one thing I noticed while putting them all together in book form is that I have never written an article about the local forestry industry. Never. Not once in the nearly eight years I've been writing these articles.

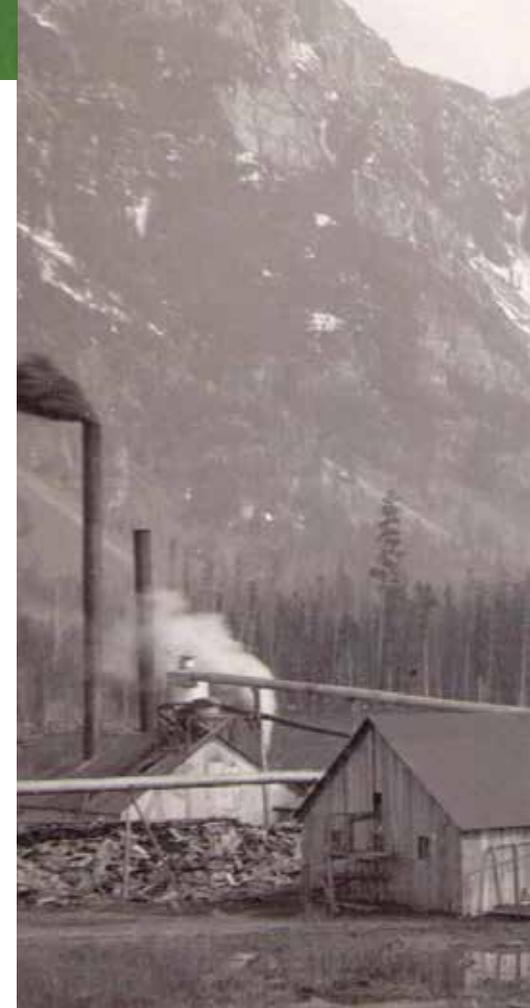
Time to change that, don't you think?

If you've taken a tour of the Creston Museum with me, you've probably heard me refer to the "Big Three" of early industry: forestry, mining and agriculture. Anywhere you go in British Columbia, you will find some combination of those three industries, in varying relative proportions, as the foundation of the community. In the Creston Valley, the first industry was mining — that's what first brought people here, attracted by the lure of silver and the prospect of an "easy" fortune in the rich mines around Kootenay Lake. The dominant industry was — obviously — agriculture, especially tree fruits; that's what built

this valley when the mining boom kind of didn't boom after all. But, even though logging and sawmills were secondary to fruit in terms of attracting people, forestry and agriculture went hand-in-hand and forestry played an important role in keeping those early fruit farmers in the valley.

For starters, early settlers were coming to a completely undeveloped area. The first step in establishing their orchards, hotels or stores was clearing the land of the fir, pine and cedar trees that were growing on it. Every community had a little sawmill in it that took those logs and turned them into building materials: Bigelow's mill and Buchanan's were both established in Creston in 1898, Cartwright and McKowan's in Erickson by 1905, the Laurie mill in Alice Siding prior to 1914, Camp Lister in 1919, Jim Dodds' mill in West Creston by the 1930s. I've seen references to the Russian Mill, so named because its owners were of Russian descent, and the Homeseekers Mill, though I have no idea where those were located.

One of the best examples of an early sawmill, established specifically to meet the needs of early settlers, is the Canyon City Lumber Company. Charles O. Rodgers pre-empted 8,000 acres of land in the community we now call Canyon in 1907, purchasing it from the Crown for a



Creston Museum Photos

Above: The Canyon City Lumber Company.
Left: Railway ties at Yahk.

mere \$13.25 per acre. He logged it off, used the logs to feed his Canyon City Sawmill located in the community, sold the partially cleared farmland to new settlers (undoubtedly for a profit), and then sold them the lumber they needed to build their homes and farm buildings. After a few years, once those first orchards started bearing fruit, he added a box factory to his sawmill and sold the boxes to the farmers so they could get their fruit to market.

Logging also had a role to play in transportation. Millions of railway ties were cut in Yahk for use in railway construction and maintenance. The Skimmerhorn mountains are named after a logger who cut railway ties up there and flumed them down to the railways below. Huscroft Mill got its start cutting railway ties using a portable sawmill.



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In addition, the sawmills were important employers of local settlers. There were those, of course, who were lumbermen by trade and whose primary job was at the sawmill. There are many, many more who came here to farm and found themselves needing a second job to make a living. Sometimes, this was temporary — a way of earning some income in the years before an orchard came into full production. For others, logging was a source of additional income over the winter: falling and skidding the logs out of the bush was invariably done in winter, when snow and ice could be packed down into easy, inexpensive roads for the horses pulling logging arches and sleds. In summer, the box factories — of which there were at least three in valley — hired young women and boys to make the berry cups and compile box pieces into shooks.

However, I've heard dozens of stories about people who actually gave up on farming and went into the lumber industry instead. Camp Lister went

through that experience twice. In 1919, C.O. Rodgers sold the remaining 7,000 acres of his partially cleared land back to the provincial government (for \$35 per acre) so the Land Settlement Board could establish a special community for returning soldiers. Many of those soldiers had no farming experience; they paid for the land over time at fairly substantial interest rates, and the struggle of trying to do so while pulling out stumps and trying to make a living on un-irrigated, unproductive land proved too much. By the mid-1920s, most of those soldiers had left Lister. Some took up farming in other parts of the valley; others found work at Rodgers' sawmills, either at his Canyon mill until it burned down in 1923, or at the former Buchanan mill in downtown Creston that Rodgers had taken over sometime around 1919.

After this, the few remaining Lister residents tried hard to attract new settlers to keep their community alive. By working with the Land Settlement Board, the federal department of immigration, and

the CPR's settlement and colonization department, the Listerites attracted a large number of new settlers to the community, most of whom had arrived in Canada only a year or two earlier. These new settlers arrived in the fall of 1929. They encountered many of the same challenges that the soldiers had faced a decade before. The newspapers are full of reports of "the Germans," as the *Creston Review* described them, working on roads, on other people's farms or at the sawmill.

It would be a stretch to say that people came to the Creston Valley to log or to work in the sawmills. No, we definitely need to look at the mining and agriculture industries to see the economic attractants. But those industries absolutely created opportunities for forestry, and the people who built the sawmills certainly played as important a role — though perhaps a less-celebrated one — in the development of the community as did the people who planted the fruit trees in place of the forests. ■



**Celebrating
75 Years!**

Creston Blossom

Friday, May 20 to Monday, May 22



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.*

**Check out www.blossomfestival.ca
for further details**

FRIDAY, MAY 20

LOCATION

*Creston Museum – Model Railway

219 Devon St.

*C.V. Wildlife Centre – Canoe Tours
Trails/Science Lab/Exhibit Gallery

11km West of Creston off

LEGO CHALLENGE 18 & Under – FREE

Chamber of Commerce

*Youth POW WOW- SD #8 – FREE

Rec. Centre Arena

OPENING CEREMONIES / CONCERT

- Fab Fourever

Beatles Tribute

- Citizens of the Year

Prince Charles Secondary School TH

TEEN DANCE- MUSIC/PRIZES

Millennium Park, 16th A

SATURDAY, MAY 21

LOCATION

*Lions Club Breakfast

Canyon St. (Beside 7-11)

*Creston Blossom Fest Soccer Tournament

Rec. Centre Field, 312-19

***STREET FAIR** (Lions Club & TAPS)

Visit 'Get Snapped' photo booth

11th Ave.N. (at Canyon S
Spirit Square

*C.V. Wildlife Center – Tours/Exhibit Gallery

11km West of Creston of

LEGO CHALLENGE 18 & Under – FREE

Chamber of Commerce

*Strike it 'Gold' Panning Demonstration

Chamber of Commerce

*Farmer's Market

Parking lot next to Cham

*CV Flying Club–Fly Over (weather permitting)

Canyon St.

PARADE

(features past QUEENS & miniature chuck wagons)

18th Ave. (Dairy Queen)

*Gerhard & The Missing Links (live music)

Top of CV Bakery, Canyon

*Children's Fun/Games

(Kidapoolooza by Success By Six)

College of the Rockies

16th Ave. South

ROOT BEER GARDEN (Carnival for youth)

16th Ave (South of Mille

*Spectrum Farm Tours

849 Erickson Rd.

CONCERT IN THE PARK - FREE

Millennium Park

***LKB POW WOW Grand Entrance**

830 Simon Rd. (LKB Gym

*Creston Museum – Antique Tractor Show

Creston Museum, 219 De

*Model Railway

Creston Museum, 219 De

***EXTREME COWBOY CHALLENGE**

(great entertainment – FREE TO SPECTATORS)

Indian Rd., off Lower Wy

***LKB POW WOW Grand Entrance**

830 Simon Rd. (LKB Gym

Valley Blossom Festival 75th Annual

May 23, 2016

(Subject to change) Posted Courtesy of the CV BLOSSOM FESTIVAL ASSOCIATION
Sponsors: Town of Creston, Regional District of Central Kootenay, Columbia Basin Trust, FortisBC

TIMES

10 am to 3:30 pm
9 am to 4 pm
9 am to 5 pm
10 am to 3 pm

Light Band

Theatre 7 pm to 10 pm

ve. S. 7 pm to 11 pm

TIMES

7 am to 11 am
8 am to 6 pm
9 am to 3 pm
9 am to 4 pm
9 am to 5 pm
9 am to 2 pm
9 am to 2 pm
10:50 am
11 am start

h St/10th Ave. 12 pm to 1:30 pm
12 pm to 4 pm

nnium Park) 12 pm to 4 pm
1 pm to 4 pm
2 pm to 5 pm
nasium) 1 pm to 5 pm
evon St. 1 pm to 5 pm
evon St. 1 pm to 5 pm
nnndel Rd. 1 pm to 9 pm

nasium) 7 pm to Midnight

SATURDAY, MAY 21

HOMECOMING DIAMOND DINNER/DANCE
Enjoy an evening of entertainment/history, honouring past QUEENS

LOCATION

Curling Arena, Rec. Centre

TIMES

7 pm to Midnight

SUNDAY, MAY 22

*Knights of Columbus Western Breakfast - \$6
*Creston Blossom Fest Soccer Tournament
*Blossom 5K & 10K Run
*C.V. Wildlife Center – Trails Open
LEGO CHALLENGE 18 & Under – FREE
100 km +/- YARD SALE (Yahk to Riandel)
***CLASSIC CAR SHOW & Entertainment**
*Grace Christian Fellowship Outdoor Service
*Lions Concession – Chili /Dogs & Buns
*Creston Museum – Model Railway
***EXTREME COWBOY CHALLENGE**
(great entertainment – FREE TO SPECTATORS)
*LKB POW WOW Grand Entrance
*Duck Race
*Gerhard & the Missing Links - live music
*Spectrum Farm Tours
*Movie 'The War Room'
– Creston Ministerial Association Family Movie

LOCATION

Catholic Church Hall
Rec. Centre Field, 312 – 19th Ave. N.
Canyon Park
11km West of Creston off Hwy 3
Chamber of Commerce
Farmers Market Site (Beside Chamber)
Canyon St. - 10th Ave. to 16th Ave.
Millennium Park, 16th Ave. S.
Canyon St.
Creston Museum, 219 Devon St.
Indian Rd., off Lower Wynndel Rd.
830 Simon Rd. (LKB Gymnasium)
Aquatic Centre, 312 – 19th Ave. N.
Black Bear Books - 1013 Canyon St.
849 Erickson Rd.
Tivoli Theatre, Canyon Street

TIMES

8 am to 12 Noon
8 am to 6 pm
9 am
24 hrs/7 days/wk
9 am to 5 pm
9 am to 1 pm
9 am to 4 pm
10:30 am
10 am to 4 pm
10 am to 3:30 pm
10 am to 5 pm
1 pm to 6 pm
1 pm Start
1 pm to 3 pm
1 pm to 4 pm
4 pm

MONDAY, MAY 23

***CV Regional Airport – WINGS & WHEELS**
Pancake Breakfast/Lunch Available (Aircraft demonstrations, Classic Car Show, Children's Events)
*C.V. Wildlife Center – Tours/Exhibit Gallery
*Creston Museum – Model Railway
*CV Flying Club–Fly Over (weather permitting)
***CHILDREN'S PARADE (Lions Club)**
*CHILDREN'S PICNIC (Lions Club)
LEGO CHALLENGE, POSTER CONTEST, 50 – 50 BUTTON DRAW WINNERS
*Spectrum Farm Tours
***FREE PUBLIC SWIM (Gleaners, Success by Six)**

LOCATION

1993 Airport Road, Lister
11km West of Creston off Highway 3
Creston Museum, 219 Devon St.
Canyon St.
Canyon St. - 12th Ave. to 10th Ave.
Centennial Park
Centennial Park – Announce Winners
849 Erickson Rd.
Aquatic Centre, 312 – 19th Ave. N.

TIMES

8 am to 3 pm
9 am to 4 pm
10 am to 3:30 pm
10:50 am
11 am
Following Parade
12:30 pm
1 pm to 4 pm
2 pm to 6 pm

**30th
Annual**

**Monday, May 2
to Friday, May 6
2016**

Focus on Youth

Visual Arts

*Creston and District Community Center
May 2 thru May 5 9:00 am ~ 4:00 pm*

Opening Reception May 2 7:00 pm ~ 8:30 pm

Musical entertainment ~ snacks provided

Performing Arts

Prince Charles Theatre

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Alumni Returning for Fundraising Concert

Submitted by: Focus on Youth

Any venture backed by persons possessing talent, enthusiasm and a capacity for hard work is bound to succeed.

Back in 1986, two local teachers with a common interest, Jo Anne Knobbe and Monte Anderson, combined their talents, and that of their students, to form the Focus on Youth festival in Creston. This very successful festival was expanded the next year to include public and private schools. Under the leadership of Margaret Lavender and with significant contributions from Elizabeth Hutton, Alanda Green and the local school district fine arts committee, it developed in to a weeklong series of delightful concerts at the Prince Charles Theatre and an art show at the community complex.

PCSS has made donations, but with ongoing funding being cut by the school district, the Focus on Youth committee must raise additional funds to cover the cost of the theatre and technical time. To this end, a special alumni and friends concert is being organized for May 5 at 7:30 p.m. in the Prince Charles Theatre. Many former performers, along with adults who support this festival, will be performing in this one time concert.

Jo Anne Knobbe, who is returning from Regina to attend this 30th Focus on Youth festival, will be performing on the piano. Monte Anderson will also be lending his support to this concert with a turn on the piano as well. Rita Macdonnell, Margaret Lavender and Lynn Johnson, three very strong supporters of the festival, and all retired teachers, will be singing for the enjoyment of the audience.

Emma Kade, who is making a name for herself on the local music scene, performed with her Erickson school classes. Her dad (Ivan Boutet) taught her to play guitar when she was 13. She started writing songs shortly after that. People liked her songs, which motivated her to become a professional musician.

Brooke Douma, the Prince Charles Secondary School drama teacher, performed in the first two FOY concerts. In 1986, she also played the part of Ruth, the pirate maid, in the Adam Robertson production of Pirates of Penzance.

Christie Beier, a noted local dance instructor, performed dance numbers in the festival from 1986 through 1991. As an instructor she had students performing in concerts from 1993 until 2010.

Tim and Jenny Plouffe, who performed in FOY from 1992 until 1997 have also performed at the Snoring Sasquatch.

As well as B.C., they have performed in Alberta and Manitoba.

Sisters Brittney Boehmer and Simone Wiebe will also lend their talents to the show. Boehmer recently played Julie Jordan in the Footlighters production of Carousel. Wiebe has not only performed in many Footlighters shows but has also been their musical director. Suzanne Chubb is another performer with a long list of Footlighters shows to her resume, performing as a friend to FOY.

Additional performers in the show include Ilana Cameron, Aaron Francis and his son Max, and Micah Snow. ■

Show Time!
 May 5, 7:30 pm
 Prince Charles Theatre

Featuring...

Tim & Jenny Plouffe

Micah Snow

Ilana Cameron

Emma Kade

*and other alumni of
 30 years of Focus on Youth*

Benefit concert for Focus on Youth
 Tickets: \$10 Adults, \$5 Students
 Available at Black Bear Books, Creative Fix and at the door

Fields Forward Hires Co-ordinator

Submitted by: Fields Forward

Since the launch of the Fields Forward partnership, dozens of volunteers, community development professionals, local government representatives, farmers and food producers have dedicated hundreds of volunteer hours to local agriculture and food security projects.

Riondel's Paris Marshall Smith has been one of the volunteers. Now, Marshall Smith is stepping into the Fields Forward co-ordinator position, continuing a career dedicated to strengthening local food systems. Her role will be to guide and support community action. She comes well equipped for the many tasks this

will include, from research to project design to fundraising. She brings two related master's degrees, training as a professional community planner and a track record of helping communities to set and realize food security goals.

Fields Forward is the first project funded by the Creston and District Community Directed Funds (C&DCDF) initiative. It was designed to answer a call from the community to boost economic development in the agri-food sector and improve local food security. Funding was announced in late December after more than a year of community consultation, research and planning. The volunteer committee allocated just over \$250,000 to fund the project's first three years. This is a significant portion of the \$600,000 entrusted by Columbia Basin Trust for investment in locally-driven community change.

Putting a paid co-ordinator in place is central to the Fields Forward strategy.

"No single organization, business or group can transform our food system alone," says C&DCDF consultant Laura Hannant, "Real change happens when we pull together."

The co-ordinator will help Fields Forward partners to communicate with



Submitted Photo

Paris Marshall Smith is the new Fields Forward co-ordinator.

each other, find shared goals, develop and advance projects, mobilize funding and engage volunteers.

C&DCDF committee chair Hugh Grant explains that the selection process was a competitive one.

"We were looking for a diverse skill set and a track record of success," he says. "We ended up with a very good problem



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in that we had several excellent candidates. It was encouraging that most of them live right here in Creston and district.”

“The process was a reminder of the need to create more local food systems jobs,” elaborates Hannant. “Our community is rich in people with the knowledge and skills to move us closer to food security. The challenge is find ways to compensate people for the work that needs to be done. This is part of what Fields Forward is all about.”

“We feel privileged that Paris Marshall Smith has accepted the co-ordinator role,” says Grant. “Her specific experience and expertise in food and agriculture, community and economic planning, innovative whole system design, and building community partnerships is exactly what Fields Forwards needs. We know that Paris will take a thoughtful, practical approach.”

Marshall Smith’s education and career have centred on growing food systems to foster wellbeing and community resilience. Her studies have taken her from Vancouver to Denmark to South Africa. Her work and volunteer efforts have involved everything from to co-ordinating a farm internship program to sitting on regional planning councils to consulting for provincial government.

Most recently, Marshall Smith has dedicated more than five years to building food security at the Yasodhara Ashram on Kootenay Lake. She led work to procure, produce, preserve and process food for over 52,000 meals per year. This involved managing hundreds of volunteers, running mentorship programming and building a network of local partners and suppliers.

“When I started out, all the right components were place, but we were limited by a lack of integration and collaboration with others,” she says. “Over time, we learned to harness our own

unique production capacity and develop relationships of trust with local farmers and food producers.”

Today about 60 per cent of the food eaten at the ashram comes from within 100 kilometres.

“Sitting down at a table with the knowledge of where food has been grown and the hands that have grown it builds a richness that is immeasurable,” says Marshall Smith. “I feel passionate about the opportunities that exist when food and community are celebrated.”

Fields Forward kicked off at a two-day forum in January. Participants included small and large-scale farmers and food producers, food retailers, local and provincial government representatives, and members of community and commodity groups. Together, they started work on breaking big-picture goals into manageable “pathfinder” projects. Ten project-based working groups were formed.

Nine groups are still hard at work. Twenty-two working group meetings have been held and well over 500 volunteer have been logged. Work is being done to attract first-class farm workers to the region, host food and farm bus tours, celebrate achievements in sustainable agriculture, establish school gardens, understand the economic impact of the Creston Valley Farmers’ Market, develop local agri-food infrastructure, explore the possibility of a Creston Valley brand, and improve access to training and farm extension services.

“The potential of Fields Forward is exciting,” says Marshall Smith. “We live in one of the most fertile valleys of the province — a place of quality and diversity in both people and nature. I am committed to helping the community find ways of realizing this unique potential.” ■

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Standing Between Heaven and Earth

Story by: Shifu Neil Ripski

I have heard that in ancient times there were the so-called **Spiritual Beings:**

They stood between Heaven and Earth, connecting the Universe;
They understood and were able to control both Yin and Yang,
the two fundamental principles of nature;
They inhaled the vital essence of life;
They remained unmoving in their spirit;
Their muscles and flesh were as one —
This is the Tao, the Way you are looking for.

—The Yellow Emperor’s Classic of Internal Medicine (Huang Ti Nei Ching)

Like any quote from ancient texts, this of course can be interpreted in many different ways. This is the difficulty of studying ancient books — it always comes down to one’s own perspective when reading it. But even with that said, this passage does have some implications to us as martial artists, qigong players and people doing self-work. Of course, from my perspective...

“Standing between heaven and Earth” is how I tend to describe human beings during my classes and yet it is only the beginning of working

toward finding vertical in the body. The ability to stand in such a way that the spine and skeletal system transfer most of the weight through the body to the Earth is something we all need to practice as martial artists for structural and combative reasons. In the Taiji classics, there is mention of this type of training and every master I have trained with begins with this as a fundamental to the art. Releasing the tension of the body that normally suspends the weight in the musculature allows those muscle groups to relax and increases their

ability to do work. “Stand Tall like the Monkey”, “Taiji Ridgepole”, “Iron Rod” and so on are names I have heard from teachers working on this state with their students. But while none of this is new information to most Taiji players — nor would be the alignments of the hips, pelvis, neck and so on — I find there is another layer that seems to rarely be spoken about in public or print. This is my purpose of writing today.

The discussion of yin-yang is done to death and in most cases done simplistically and with little thought to the depth of the principle. Sure, most people training can discuss the equal oppositions, that context means everything and probably quote some medical or philosophical texts on the matter. I think that putting the principles into practice has to be the number one priority in our training, however, and quoting the famous is not the same as understanding it for yourself.

For instance, in order to stand between heaven and Earth we need to understand the interplay of the opposites deeply to create relaxation (sung jin — relaxed like a pine tree).

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Studying the interplay in our own bodies is a way to directly experience this deep principle and to me that is what training is about. Discussing the universe is great over tea or in college dorm rooms over bongos — but studying it inside your own body, which is a part of the universe like everyone's, is another matter.

How do we stand between heaven and Earth? To reach the top of the head toward heaven, first I need to press my feet down into the Earth, effectively going down to go up. Reaching up with the head creates downwards in the body and increases the pressure on the feet, the two interposing opposites changing and complementing one another.

Standing practices of qigong work this a great deal, standing still, unmoving. It seems to me that most of the issues I see with people's skills have to do with skipping over these things that seem too "simple" to train — instead moving on towards what they as students think Taiji or qigong or whatever is. If there is one thing I am confident in it's that we never know what the hell we are being taught until much later on. The best skilled people I have met have gone back to basics, seeing the importance of learning to stand, sit, walk and turn as the basis of

their art. The ability to stand with a level of true relaxation (sung) allows one to learn to move in that state and ideally to combat in it as well.

When we study yin-yang, we are working to study the entire universe while we are ourselves are part of it.

Taiji is not about focusing on winning and losing; in combat it is about allowing the yin-yang interchange to continue in your body and between the two of you. Tightening up, thoughts of winning or losing are a departure from the present moment and as such are an attempt to stop the interchange of yin-yang for your own desires. Not the way the universe works, it's going to change whether you like it, let it or not, so maybe Taiji is a way to learn to deal with that. Although I am no great master of anything, I know those rare moments when I can get out of my own way and just let things change without fighting them going with the flow, my life is a lot easier. So is fighting in this way. Fighting, without fighting.

The great principle of the interchange of yin-yang (Taiji) is a lot to try and

digest. Go down to go up, press the foot backward to create force forward, but do not try to be strong, just be strong — very "Do or do not, there is no try." Integrate your mind into your flesh, allow them as yin-yang to work together like heaven and Earth. There is no "I" controlling "my" body. I am my body. If I cannot even get past the duality of the thinking that mind and body are separate, how am I ever going to deal with the idea that the opponent and I are one?

When we study yin-yang, we are working to study the entire universe while we are ourselves are part of it. So we start studying ourselves; our training methods, forms, postures, breath exercises are a great way to work toward this. But we cannot lose sight of the fact they are work. Important, difficult, frustrating work. I know for me it has never gotten easier either, the more I seem to get entrenched in it, the more there is to unravel. More than a lifetime's work, that's for sure.

So I guess my message is, the simplest stuff is the hardest. The first lessons are the most advanced. Focusing on goals distract you from the present work, just do it. To quote my teacher: "Shut up and train." I think I will go take that advice. ■



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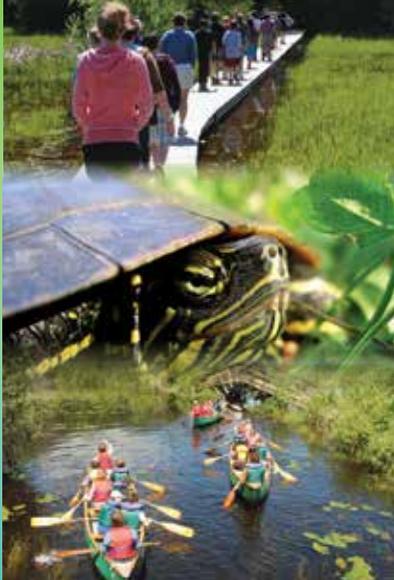
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OPENING DAY

May 9th

CRESTON VALLEY BIRD FESTIVAL

May 14th

CELEBRATE WETLANDS

May 28 - Fun activities and info throughout the day

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May 30 - Pre-register by May 21
Two age categories

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All Things Wonderful at the Wildlife Centre

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

Being able to teach in a wetland environment offers endless opportunities for topics, themes, subjects. Everywhere you look there is something to see, something to talk about: a teachable moment.

This year, our school programs take a look at insects and birds. The kindergarten to Grade 3 students are going to be wowed by interesting facts, jobs, abilities and just plain craziness that are associated with insects. From pollination to decomposition, from smelling with your feet to ears on your wings, there is much to learn. And we eat insects quite often without even knowing it — kind of gross and interesting all at the same time!

The adaptations that birds have to survive and thrive are really quite marvelous and something that the Grade 4-7 students will investigate. From beaks, feet and feathers to courtship, nests and digestion, we have a lot to share and there is a lot to learn! You may have noticed the 2016 program guide is out. If not, please come over to the wildlife centre to pick one up or pop onto our website to view the details. There are some new and retuning programs at the Creston Valley Wildlife Management Area this year.

For kids, our school programs, junior naturalist summer science camps and a new parent and tot program will promote and support curiosity and wonder in the natural world, in our

magnificent wetland habitat. Also, we are offering a pro-d day camp on May 30 if your child is interested in filling the day with fun and exciting outdoor adventures (must pre-register, so check out our website for details).

**Everywhere
you look there
is something to
see, something
to talk about:
a teachable
moment.**

There are a variety of special events for all ages from May to August: family fun days, celebrating wetlands, scavenger hunt, guided walk in chest waders, sunrise paddles, nature movie nights, evening prowls, bird house/feeder building workshop. Please check them out. If there is something else you would like to see offered, let us know and we will see what we can do!

The Wildlife Interpretation Centre officially opens for the season on May 9. Our guided canoe tours are always a great way to get out and see the wetland, to enjoy the sights and sounds of the marsh. They are offered daily



when open and it is best to call ahead to book a spot because sometimes they fill up with large groups!

If you are a member, there are many perks to take advantage of — no admission fee and free or discounted programs are just some of the bonuses. So take advantage of these perks and

become a member today! Visit us at the wildlife centre or on our website to sign up. The cost for a year is \$35 for a family or grandparent, \$25 for an individual and \$20 for a senior or student.

Or first event of the season is the fourth annual Creston Valley Bird Festival. On May 14, we will be offering guided

canoe tours and a great kids program, as well as hosting a photography workshop. For more information or to sign up for these events, visit www.crestonvalleybirds.ca. ■

Questions? Feel free to call 250-402-6900 (Admin) or 250-402-6908 (Wildlife Centre), email askus@crestonwildlife.ca or visit www.crestonwildlife.ca.

HAPPY Mother's Day

Mother's Day Around the World

www.mothersdaycelebration.com/mothers-day-around-world.html

Canada: Mothers Day is the most popular festival after Christmas and Valentines Day.

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.

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. ■

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HAPPY Mother's Day

History of Mother's Day

en.wikipedia.org/wiki/Mother%27s_Day

The 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. ■

“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”

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Home & Garden

Five Gardening Projects for Kids

By: Mark Cullen

The term “nature deficit disorder” was first used by Richard Louv in his book, *Last Child in the Woods*, which explores the importance of nature in the lives of young people. Since the book’s release, many thousands of people have added the expression “nature deficit disorder” to their lexicon. The expression is used to explain the effects on young people of being sequestered from the natural world with excessive use of computers and other electronic gadgets, which stand in the way of access to green, open public spaces, conservation areas, urban parks and even time spent in the backyard.

Although it has been 10 years since Louv first published his landmark book, kids continue to stay indoors, often to excess. I believe that we can change

this episode in our history by helping kids discover the wonders of the natural world by exposing them to fun and interesting components of it, beginning right in their own backyards.

Here is the best place to start, with 5 easy-to-do projects that are fun and fast. My top 5 ‘gardening’ projects for kids:

1. Monarch Butterflies. Show your youngsters some pictures and explain that this once-common species of butterfly has been in decline for some time. But more than that, the monarch is an important part of the cycle of life in nature, as they act as primary pollinators for many plants that produce food for us. Over 30% of our food is pollinated by members of the insect world, including honey bees. Attracting monarchs is as easy as growing some

milkweed (*Asclepias* spp.) in your yard. Seeds for milkweed are available on seed racks at your local Home Hardware store. They are easy to grow. Sow them in loose soil as soon as the frost is out of the ground, in a sunny position in the garden. Milkweed is the exclusive food plant of monarchs.

2. Garden Bugs and (good) Vermin. Your garden consists of much more than plants and soil. Bugs play a very important role in the cycle of life that is always churning in your yard. An insect hotel is an excellent and fun way to introduce youngsters to the wonders of biodiversity just outside the back door. Building an insect hotel can be as complex or as simple as you want to make it. In fact, I built my own using materials that I already had in my gardening shed. Some old

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Home & Garden

flagstone, 2x4's, large blocks of wood and loose gravel all worked together to create a habitat for insects to live, breed and sleep.

Another fun project is to build a mason bee house with your kids. Drill 3/8" holes into wood that is at least 12 cm deep, making sure that there is no opening at one end of it. The female mason bee (which is common in every corner of the country and a primary garden pollinator) will lay her eggs in the round cavity of the wood. Look for mason bee houses at your local Home Hardware store.

3. Veggies. Perhaps it goes without saying that kids will enjoy growing vegetables, including the sweet, colourful and delicious carrot. Sow carrots in deep, open soil in a sunny position, spacing seeds about 5 cm apart and rows 30 cm apart. Another seed with fast, easy results is radish

seeds. Space the sowing by 10 days or so for a constant crop of fresh radishes over a long period of the summer. From sowing to harvest, it normally is a period of 45 to 55 days.

Other kid-friendly vegetables that germinate quickly and reliably include peas, beans, onion sets and leaf lettuce/mesclun mix. You will find a wide variety of Mark's Choice vegetable seeds at Home stores across Canada.

4. Harvest Rain. The collection of rain water is a great way to encourage a myriad of wildlife to your garden. Introduce kids to neighbourhood tadpoles, toads, frogs, dragonflies and many other appealing amphibians and insects. A half barrel provides a great way to hold natural rain water and is a fun way to clean dirty hands before going indoors!

5. Visit nature. Go on a hike with your kids to a local wooded area in your local public green spaces. Follow a trail and look for butterflies, hummingbirds, bumble bees and unusual flowers. Take your time, as the point is not to get exercise so much as it is to explore and observe what is there, perhaps at the end of the street or a short bus ride down the road. When you see a tree that has fallen over in the woods and beginning to rot, roll it over gently and look for ants as they represent the second stage of decomposition in the journey to becoming real soil.

Together, using small steps, we can introduce this generation of kids to the fascinating world of nature that is as close as your back door. ■

For more information on this topic, look for Mark Cullen's new best seller, *The New Canadian Garden* in stores now.

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Home & Garden

Simple Home Eco-Improvements

By: Scott McGillivray

Did you know that being environmentally conscious is also an easy way to put money in your pocket?

You can significantly reduce your carbon footprint and energy consumption if you have an efficient home and use cleaner products. Consider a few, simple eco-improvements to reduce energy consumption and increase savings on your monthly energy bill:

Insulation: If your house is older, chances are the insulation doesn't meet the new code requirements. An improperly

insulated attic is a primary source of energy loss and results in your furnace and air conditioning units working harder than necessary. By topping up the existing attic insulation you can significantly reduce the amount of energy loss. A popular product for this DIY project is Roxul Comforbatt insulation. It is easy to install over existing attic insulation and can easily be cut to fit with a serrated blade or bread knife.

House appliances: Replacing your furnace, hot water tank, and air conditioning unit with highly efficient models is also a good way to lower your home's energy use.

Windows: It's usually obvious when it's time for new windows. Replacing worn and drafty windows can also improve the comfort and overall look of your home. If you want to reap the greatest energy savings, request a custom brick-to-brick installation, because inserts can leave gaps, especially if placed in the old, inefficient jamb.

Landscape your home for energy efficiency. Plant a few

tall deciduous trees near your home to significantly reduce the amount of solar energy passing through windows and beating down on your roof. In fact, the right amount of shade in the right places can reduce cooling bills by 10-50 per cent.

The quick eco-list: Here are a few low-cost DIY projects you can tackle easily on your own for greater energy savings:

- Caulk around windows
- Add weather stripping to doors
- Install low-flow shower heads
- Put aerators on faucets
- Switch to energy-efficient LED or CFL bulbs
- Change your furnace filter
- Set up a programmable thermostat ■

Scott McGillivray is the award-winning TV host of the hit series *Income Property* on HGTV Canada, a full-time real estate investor, contractor, author, and educator. Follow him on Twitter @smcgillivray.

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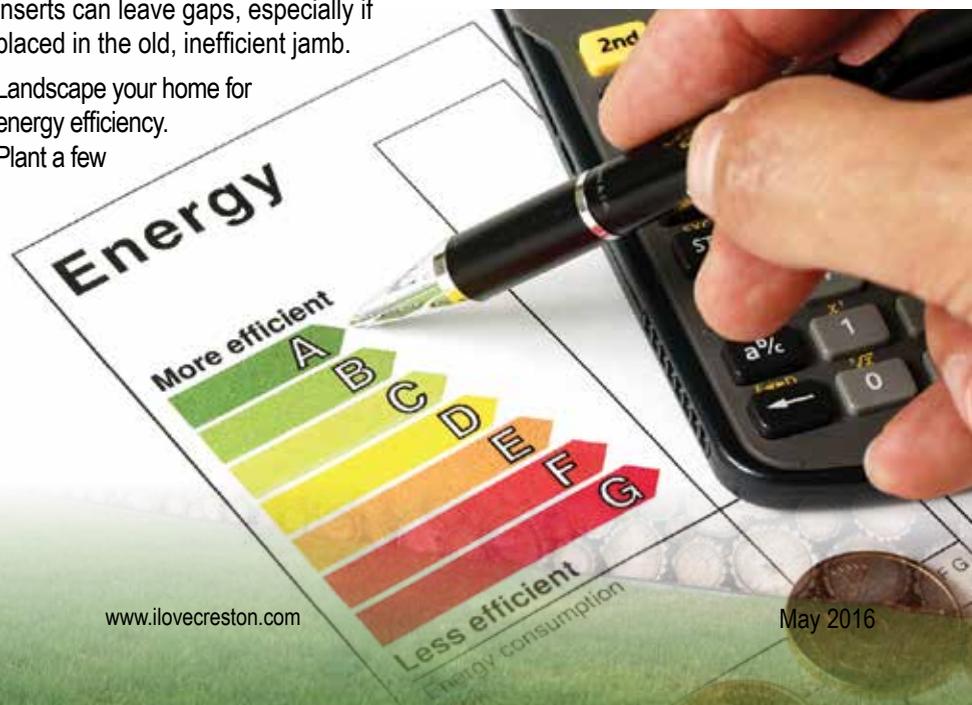
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Teamwork Makes Antioxidants Stronger

Submitted by: Darcy Smith for Vital Health

Antioxidants — everyone seems to be talking about them, and you know they're good. But what are they, and how can they help you take control of your health? These vitamins, minerals, phytonutrients and other compounds prevent and repair the oxidative stress caused by highly unstable molecules known as free radicals. A natural part of cellular metabolic activity, free radicals also come from our diet and environmental pollutants, and are capable of disrupting other molecules, which in turn causes cellular damage.

Luckily, your body comes with its own defence system — antioxidants. These helpful molecules circulate your body like street sweepers, mopping up free radicals as they go. Some antioxidants suppress the formation of free radicals, some work to stabilize (or “quench”) the damaging molecules, and others repair damage to cells and DNA.

While we make some antioxidants in our bodies, and consume others through food, antioxidant supplements offer an excellent way to obtain concentrated amounts of specific antioxidants to help you achieve your health goals. Ubiquinol, for example, is a highly bioavailable form of the antioxidant enzyme CoQ10, which is vital for energy production at a cellular level. When we eat, our body must turn those calories into ATP, which is the fuel our cells run on. This happens in the mitochondria, the energy production centres of the body. Without CoQ10 to help this process along, all our cells would just stop functioning — it's like a cellular spark plug!

While all antioxidants are friends to your heart, CoQ10 is its soul mate. Because it's so essential to energy production, it is abundant in the human heart. And though our bodies make CoQ10 naturally, certain factors can interfere with this production, including certain prescription medications such as statins, which block CoQ10 formation, nutritional deficiencies and an increase in tissue needs, such as intense physical activity. Also, by age 40, there is a natural age-related drop in the production of CoQ10.

Replenishing levels of this vital enzyme with a supplement helps promote heart health, protects against free radical damage and even gives you an energy boost. Because only trace amounts of CoQ10 are available in food, those who are looking for increased antioxidant support may benefit from a high-quality, supplemental source of CoQ10. Ubiquinol is the most bioavailable form of this vital antioxidant.

While many people have heard of CoQ10, there are many antioxidants that have flown under the radar until recently, such as Pyrroloquinoline quinone (PQQ). It's quite the mouthful, yes, but this recently discovered vitamin-like compound has a wide range of benefits. Like CoQ10, PQQ has diverse benefits for mitochondrial function. It has been shown to reduce mitochondrial oxidative stress as well as support the generation of new mitochondria.

Not only does it support energy production and cellular health, PQQ is uniquely poised to promote cognitive health. This exceptional antioxidant promotes the recovery of damaged nerves, protects neurons against oxidative damage and toxicity (including glutamate-induced toxicity), and helps combat the degenerative changes common to many neurodegenerative conditions.

Ubiquinol and PQQ work better as a team. They have a synergistic relationship. Studies show increased positive results for heart health and cognitive performance when ubiquinol and PQQ are combined. Next time you think about antioxidants, turn to these two antioxidant powerhouses! ■

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Parent Power Fights Asthma

Submitted by: Jody McBlain
Pharmacist - Creston Pharmasave

If a friend or family member has asthma, help them learn to manage their asthma, be familiar with their asthma treatment plan and know what to do in case of an asthma attack.

Experts know that allergies and asthma are related. In fact, children with allergies often have asthma and a skin condition known as atopic dermatitis (eczema) as well. Since allergy triggers can lead to asthma attacks, effective control of allergies may lead to better control of asthma. Identifying these triggers and then avoiding them may help prevent asthma attacks. Asthma symptoms can also be brought on by such triggers as exercise, viral respiratory infections and irritant fumes or gases. Unfortunately, asthma attacks cannot always be prevented.

Seeing your child have an asthma attack can be worrisome and very frightening, and can make you feel unsure of what to do the next time an attack occurs. Your child's doctor and pharmacist will recommend the right medication(s), doses and delivery devices for your child to treat an asthma attack. These can come in such forms as aerosol inhaler, Turbuhaler or Diskus. Learn how to give the medications properly and make sure you understand the "action plan" designed to best manage your child's asthma. An action plan includes a strategy to prevent an asthmatic attack by avoiding certain triggers and taking medication, as well as a rescue plan, which would be implemented should an asthmatic attack happen. Keep the action plan handy. It includes a list that takes you through specific steps to know when the asthma symptoms are worsening, what to do during an asthma attack, what dose



of the medication to use and when to seek medical attention. You might also be advised to use a peak flow meter at home, which measures how well the lungs are working.

Overall, the goal of asthma management therapy and the action plans is to have no asthma symptoms at all (i.e., no wheezing, coughing or shortness of breath). You know you have reached good asthma management when your child does not miss any school as a result of asthma, can take part in normal physical activity, has good quality sleep that is uninterrupted by asthma symptoms and does not have to take the rescue asthma medication more than four times per week.

If your child has an asthma attack, here's what to do:

- Act calm and confident and speak to the child reassuringly.
- Give the asthma-reliever medications at the very start of an attack as directed by your doctor.
- Try to determine what triggered the attack, and then remove it (or the child) from the area.
- Follow the action plan. If your child uses

a peak flow meter, take a measurement to use with the action plan.

•If the attack is under control, you can relax. If it isn't, follow the action plan — you may need to call the doctor or get immediate medical attention.

You can be your child's most important ally in controlling asthma. Inform teachers, principals, school nurses, coaches and babysitters of the asthma, what triggers it, and what should be done during an attack. As kids get older, you can teach them to manage their asthma themselves. And if you're a smoker, try to quit or at least don't smoke in the house — smoke aggravates asthma symptoms.

Ask Your Pharmacist

Q: How can I best manage my asthma?

A: Asthma is caused by an overreactive airway, which simply means that your lungs are very sensitive and react to certain triggers. People with asthma can be sensitive to dust, pet dander, mould and smoke. Asthma is similar to allergies such as hay fever, but hay fever affects your upper airways, whereas asthma



Story by:
Diane Tolleson

New-Renew-Review

The good news is it's spring, a great time of new growth and enjoying the great outdoors! I love seeing all the trees decked out again and all the flowers popping up. And I'm sure a lot of people are doing their ritual spring cleaning. That includes physical and emotional baggage that can weigh us down. Sometimes that can even mean relationships that are no longer growing for us. Spring and more sun can give us a brighter view of all the possibilities a day can bring.

The other news is Mercury, the planet of communication and messages, will be going retrograde this month. This will result in misguided communications, electronic problems and many other

affects your lower airways. Speak to your doctor about your triggers and creating a plan to prevent asthma attacks.

Health Tip

Asthma can be unpredictable. Make sure that you have a "rescue" inhaler with you at all times. You never know when you will need it. Let friends and co-workers know you have asthma and how to help you in case you have an attack. If you do have an attack, keep calm and use your inhaler properly, and relief will come soon.

Do you have more questions? Speak with your Live Well Pharmacist. ■

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things that seem to go backwards. The time frame is April 28-May 23, though the week before and after can still be challenging. It happens three times a year, and over the years I have found it to affect a lot of people. It's not a great time for making big purchases or decisions, so if you can, delay these during this time. It is a great time to renew and review whatever seems to be holding us back.

Here's a suggestion from Psychic Bill Philipps, dealing with negativity: "Breaking

the cycle of negativity is as easy as affirming three things you are grateful for right now. Shift your focus to gratitude and the negativity will fall away. The best time is first thing in the morning upon waking, as this is when dormant and current negative thinking likes to surface and spread like wildfire. Put out that fire with love and grace."

Have FAITH (Find Answers In The Heart) and keep on smilin'! In-joy always and feel free to contact me with questions you may have. I love sharing! ■

To learn more, contact Diane Tolleson at dianetolleson709@gmail.com or visit through-my-eyes.ca.



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Best Wishes to TAPS Staff Member

Submitted by: Maureen Cameron,
Therapeutic Activation Program for Seniors Community Liaison

If you come to the Therapeutic Activation Program for Seniors (TAPS) any day during one of the many activities, you'd be hard pressed to know right away who Susan is. She goes quietly about her job, and would rather be in the background than out front. That's why I was pleased when Susan Langstaff agreed to do an interview on this occasion of her retirement from TAPS as a part-time staff member.

Moving from Prince George with her husband Don in April 2006 when BC Rail was sold and his job ended, they decided on a change of location. They chose Creston, Susan says, because they had visited and enjoyed the valley in the past. She smiles, describing a favourite drive from Salmo and over the pass into Creston, "seeing the widening valley and mountains on either side, it's like being enveloped in welcoming loving arms."

One day soon after their move, she was walking her dog in the neighborhood and noticed a lot of activity at some buildings at Nilsson Park, she investigated and learned it was the TAPS program and was invited to come and consider being a volunteer. Two years of helping in the kitchen, mostly doing dishes, she says eventually led to a part time job as a bus driver. She and another

eventual staff member, Nellie, took the same retraining course at the College of the Rockies to help those wanting to re-enter the work force. They have been job sharing now for eight years. Their roles go beyond bus driving, including helping the seniors during program activities and assisting where needed, of course with kindness and care as a natural part of their supportive roles.

What is the thing that stands out most from these 10 years as a volunteer and staff? Susan smiles and instantly replies, "The people. Everyone is different. I love hearing their stories from when they were growing up to what they've done in their lives. I have so many memories, I'm sure I'll be remembering them for a long time.

"Another thing is that I got to see how people were impacted by a little helping hand or kindness. It means a lot to them. Being supportive in a helping role is a very personal relationship; people say they feel spoiled when they are listened to. I get to be the 'ears'.

"As a bus driver, I have sometimes been surprised by what I hear. I remember one time there was a lady on the bus who was very ladylike and appeared prim and proper. It was on one of our drives around the valley and she told a joke that was, well, risqué to say the least. There was a stunned surprise silence on the bus, then I started laughing and so did the whole bus. It's times like that that I will continue to treasure — the unexpected moments."

When you think about the past 10 years, what stands out for you or what have you learned?

"I think of TAPS as a big family and admire that and love that I've been part of it. Everyone helps each other and are supportive and sensitive. Like a family, each person has their own personality, habits, interests, and ups and down times and there's room for all of it. I've learned compassion through witnessing the changes over time that aging brings and to see how people deal with it, and my role is honouring that. They've taught me many things (sometimes how to do things that I didn't think I needed to learn). I learn something new every day.

"As a volunteer, then a staff member, I've been part of a team where everyone gets along and we've been encouraged and offered in-service trainings through Valley Community Services to improve our skills and develop as a team. Without teamwork, this program would not be what it is today. We've had so much fun as well as dealing with many emotional times. It's not an easy thing to leave."

We wish Susan and her family well and look forward to, as she says, to her return to TAPS as a volunteer. We will remember you, Susan, for your gracious and calm demeanour, your skills as a team member and with our seniors, your hard work and cheerful disposition. We'll picture you and Don in your beautiful gardens. ■



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Spring Clean-up Sale!

Wallenstein (Canadian made) 3 point hitch, pto driven HD chipper and chipper/shredders for making short work of limbs, branches and garden waste into mulch.

*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.

BX32 3" Chipper Unit
Starting at
\$2,399.00*
While quantities last

