

*Bringing the
Creston Valley together.*

FREE

September
2012

**i love
creston**

Sweet Deal

Business buzzing as
Swan Valley Honey
changes hands



Celebration Tour

SportsCentre showcases
valley and riding program

Agriculture

Harvest Share offers
alternative to food waste

Junior Hockey

T-Cats import coach from
Atlantic Canada

Freedom. Comfort. Peace of mind.

Home

Travel

Automotive

Commercial

Garage/Shed

Outbuildings

Barns

Farms



Peace of
mind,
you've
earned it

Experiencing a loss can be difficult, and although insurance may relieve you of a financial burden, it cannot totally eliminate the stress and disruption that results from a loss to your personal belongings. Let Falkins Insurance Group give you peace of mind by ensuring you have the proper insurance for your garage, sheds and outbuildings. It's easy to forget the importance of these extra buildings until something happens to them.

We believe you have the right to enjoy your lifestyle, not spend time worrying about it.

Falkins is your most trusted insurance group for over 100 years.



Automotive

Home

FALKINS
INSURANCE GROUP

Travel

Commercial

Creston » 250.428.5338 • 1.866.426.2205 • www.falkins.com

Sales

Sally Hall

cell: 250.402-9111
sally@ilovecreston.com

Graphic Design/Sales

Wendy Franz

cell: 250.402.8711
wendy@ilovecreston.com

Financials/Sales

Justin Ziola

cell: 250.428.6772
justin@ilovecreston.com

The Magazine

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd. Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used in any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

Letters to the Editor

Letters to I Love Creston Magazine may be emailed to office@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

I Love Creston Marketing Ltd.

Box 143, Creston, BC V0B 1G0
Ph/Fx: 250.428.2631
office@ilovecreston.com
www.ilovecreston.com



contents



feature story

5 Too bee, or not to bee...

Doug Crumback opted to mentor under beekeeper Doug Knight rather than stay with the air force, and now he's in love with the Creston Valley.

what's inside

10 Town Hall
Smartphone use all business.

11 Labour
Job-finding aids for disabled.

12 Media
Wasn't that a party!.

15 Wildlife
Change is the one constant.

18 History
Photo speaks 1,000 words.

20 Agriculture
Share, don't spoil, the bounty.

22 Fitness
Five pillars of yoga.

24 Health
Trust knees over weatherman.

25 Martial Arts
Get to the heart of the matter.

26 Sports
New Cats coach a winner.

27 Wellness
Break through by "running the bars".

Guest From the editor

“Mind your own beeswax” is a not-so-subtle suggestion for meddlesome in-laws and nosy neighbours, but Doug Knight’s been making a living off the concept for 45 years as the founder of Swan Valley Honey. This fall he formally turns over the business to the partner he’s been grooming for two years, Doug Crumback, and he hopes he thrives for more reasons than posterity.

Honey bees, he notes, are the unsung heroes of the agriculture industry for which the Creston Valley is renowned.

“We need the bees here,” Knight says. “Most of our plants require bees to pollinate. The world is just starting to find out how serious it is if we lose our honey bees because they do the bulk of the pollinating. I like to see them around.

“The orchards, they require bees in there to one extent or another, some really extensively. Even with your corn and your raspberries, if you don’t get good pollination you’ll end up with deformed corn.”

Crumback illustrates another benefit, slicing off a healthy two-inch chunk of comb and popping it between his lips.

“It’s a high-demand product. People love this stuff,” he says inside the “honey house” extracting plant Knight helped set up on Crumback’s Lakeview property. “You can eat the whole thing. Most people just cut a slab off and put it in their mouth and chew on it. Some people will swallow the wax and other people will just chew on it for awhile and spit it out. Reminds me of the old gum they used to sell with the squirtable inside. It’s a marvellous taste experience.

“Honey seems to be becoming more of a trendy thing. People seem to realize the benefits of it over other sweeteners. It’s better for you.”

Fully half of Swan Valley Honey’s production is in comb form, sold to

the Honey Bee Centre in Surrey, with the rest sold locally as liquid honey.

“It’s a really nice eating experience and looks nice in the package too,” says Crumback, who has gleaned every ounce of knowledge from Knight that he could since moving here from Summerland in 2010. Timing, for one thing, is everything in the bee business – knowing when a frame of a colony, or stack, is filled with enough honey to remove for extraction and replace with a new frame. Take it too soon and you harvest less honey; leave it too late and risk the fury of a claustrophobic stinging machine.

“Swarms happen in the spring,” Crumback says. “What it is is a matter of poor timing. If you don’t get there at the right time to give them more space, and the bees feel cramped and they start preparing to swarm, then half your bees will leave . . . and the queen’s out of production for several weeks. That’s weakened that colony so it probably won’t provide you a decent honey crop that year.”

Knight brought Crumback up to speed on honey processing, in which machines remove the “caps” that seal honey inside each cell, spin out the honey in a rotating extractor, pump the finished product through a filter and finally dispense it into containers for distribution. And he taught him how to turn out handmade wooden frames and boxes.

“The relationship between us has been excellent,” Crumback says. “I know partnerships are always challenging because of the different personalities you bring to the table, and it doesn’t always work, but he’s a very enthusiastic and positive person so, really, when we go out to work together I’m usually encouraged. Even after 50 years he’s still really passionate about bees and loves working with bees.

“And he really wants to pass on what he’s gained. He wants to see this succeed. It’s obvious. He doesn’t want to have this business go under so he’s

put a lot of energy and effort into ensuring we’re set up well here.”

The benefits are mutual.

“His colonies were dwindling,” Crumback says. “He was having trouble with the mites, keeping up with the work because of his own back and he’s involved in a lot of (other) things too. So me coming in actually helped to revitalize things so that he had something better to hand over.

“It’s a complicated arrangement, no doubt about it, but I think it’s a win-win for both of us in the end.”

The fact Crumback can pursue his own passion for bees in a location like this is simply icing on the cake – or, shall we say, honey on the toast.

“As your magazine is named, ‘I love Creston’ is true about me, actually,” he says. “We were at the opening ceremonies to the Blossom Festival (and) saw the video that the kids had made on Creston and I felt like standing up and clapping because I just love this place. It’s fabulous.”

For a sweet story on Swan Valley Honey, turn inside this edition of I Love Creston. ■

Mailbag

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

To the Editor:

Wow, do I love your magazine. It’s always so current – this month’s story on composting was ideal as I had just bought this product in Nelson at their street fair!

Also, we had been wondering what was going on at the new Ramada parking lot – and there it was in your story on Paul’s sand art! How amazing that a MONTHLY magazine can be so current!!

*Thanks so much,
Signe Miller*



Crumback takes up the gauntlet Doug Knight finds successor for

bee-loved honey farm

Being a beekeeper isn't for the faint of heart, but the fear factor wasn't too great an obstacle for Doug Crumback to overcome. He's been swarmed, after all, by worse than a bunch of buzzing, pain-inflicting airborne pests.

"Our kids are so tightly packed we ended up having six teenagers at once," says Crumback, who brought four children into a second marriage after his first wife died, joining second wife Nora's three offspring. "It was a hair-raising experience."

The Brady-type bunch are all young adults now, freeing Crumback for his latest challenge: taking on the Swan Valley Honey business built by the semi-retiring Doug Knight, who's served as a mentor the past two years in preparation for the official torch-passing at the end of this season.

Knight is practically and emotionally invested in making sure the enterprise he started in 1967 remains strong.

"He knows what he's doing and . . . he's a gung-ho learner type, so I think he'll do fine with it," says Knight, 68, who maintained his honey operation in Erickson after moving to Yahk in 1990. "He's got the business sense – you've got to be a businessman to do it. He wants to work bees, and you've got to have that desire and like for bees if you're going to do it."

“I think they’re in good hands with Doug.”

Unlike Knight, who bought his first stack of bees behind his parents’ back when he was only 12, Crumback came to the profession indirectly as a budding orchardist.

Opting to retire as an air traffic controller after 18 years with the air force rather than transfer to Cold Lake, Alta., Crumback left Comox and bought his father’s 10-acre apple and cherry orchard in Summerland in 1995.

“There’s a huge demand because there’s so many lost every year that people are always looking for bees”

“I wanted my own bees for pollination,” says Crumback, 53. “I didn’t want to rely on other people, plus I was kind of interested in it anyway.”

When not picking fruit or winning awards (compact orchard-of-the-year in the Okanagan), Crumback was picking the brains, with regard to bees, of the expert field staff who worked at the local packing house. He also took a bee master course at Simon Fraser University.

Once all their children flew off and he and Nora were rattling around in a huge, empty hive, Crumback sought out full-time beekeeping opportunities that led him two years ago to Creston, which was early on a tour of commercial operations up for sale in the Interior.

“We came here and there was no need to go further,” says Crumback, who found a 6.9-acre spread in Lakeview complete with outbuildings and geothermal heating suitable for

relocating Knight’s honey plant. “Everything was ideal.”

Several components of Swan Valley Honey transfer to Crumback from Knight, including half the 400 bee colonies Crumback hopes to compile within a year.

Pollination contracts with the agriculture community keep the business humming in spring, when “better than 200 colonies go into the orchards,” he says. “It’s a real hectic time. Everybody wants their bees at the same time.”

“It’s a busy season,” Knight concurs of the month-long period. “In May we’ll go from 4:30 in the morning until 9:30 at night trying to keep up with it.”

“(Another) thing that comes with the business,” Crumback says, referring to wintering rights, “is 20 different locations that he’s established over the years with farmers where he’s got permission to yard bees. ‘Yarding’ means to place the bee (colonies) inside a bear fence where they remain almost year-round.”

Then there’s the equipment that Knight erected in Crumback’s new “honey house,” an extracting facility where the contents of honey-filled frames are prepared for market. Half is in comb form, the bulk of it shipped to a company

in Surrey. The rest, of the liquid variety, is sold locally, with expansion planned for the West Kootenay.

Knight is keeping 100 colonies, or stacks of bee frames, as a hobby. He’ll produce “nucs” (pronounced nukes, short for new colonies), which are small, four-frame stacks sold as starter sets or to established ‘keepers wanting to increase production.

“There’s a huge demand because there’s so many lost every year that people are always looking for bees,” Crumback says, citing mites as the industry’s biggest threat.

Inadvertently introduced to North America from Asia 30 years ago, the so-called Varroa destructor mite is now found nearly worldwide and can eradicate a population of honey bees in short order, as Knight discovered first-hand in the mid-1990s. Within two weeks of a provincial bee inspector identifying an infestation, Knight’s colonies were wiped out.



“It was a long battle back again,” says Knight, who first suffered catastrophic losses in the aftermath of the 1980 Mount St. Helens eruption. “We multiplied them ourselves. We bought some and started dividing out each year and slowly building back up.

“We’d been running seven, eight hundred colonies and from then I just cut back to a one-man operation [after employing a handful of workers and churning out 103,000 pounds of honey at its peak in the ’70s]. We got it rebuilt back up in about 10 years and along came the bee mites.”

An organic treatment method knocks down mite populations to acceptable levels but “it’s added a lot of work to the whole job of beekeeping,” Crumback says, noting how mites cause deformities in bee larva and transmit debilitating viruses. “Having to treat for mites is a real pain. You hope that a better solution will come around.”



One of many bee colonies in the Creston Valley.

In the meantime he’ll make do with multiple formic acid applications twice a year and do his best to uphold Knight’s reputation for top-notch pollination and a palate-pleasing, all-natural food product that is regaining cachet as a sugar alternative. Once used in bulk as a sweetening ingredient in everything from baking to canning, honey is making a comeback.

“It’s more fashionable to use honey,” says Knight, noting “the demographics of it have changed.

“Calmness is the key to working with bees, you get to know bees like you get to know people after awhile”

People are using less per household but there’s more households. The market has increased in that way. “It’s a better, healthier product.”

Knight’s fascination with the honey bee stems from a general childhood affinity for living creatures.

“I used to collect all kinds of critters – snakes, lizards,” says the Vancouver Island-born Knight, who moved to Creston at age five. “One day I went to a bee meeting with my buddy Bruce Avery, (who) ended up with his brother’s bees because his brother was moving away. I can remember my dad telling me as I was leaving, ‘Don’t you bring any of those critters home.’ ”

Knight laughs at the memory because he bought a package of bees that night, surreptitiously keeping them with his friend’s brood. “My parents didn’t know I had them for over a year,” he says.

He moved his collection to an uncle’s place in Wynndel, expanding to 10 colonies with the help of a relative and earning them the nickname “the buzzin’ cousins.”

After high school he went to UBC, returning a year later to work with local orchardist and beekeeper Lew

Truscott. By the late ’60s Knight was developing his own colonies and “pretty soon I was in the bee business full time.”

Pollination was the primary thrust but, in addition to liquid honey, he also got into pollen and, in more recent years, comb honey production.

By the time Knight became self-employed in the bee business he had long since overcome any fear of the tiny beasts, just one of which buzzing inside an automobile can incite panic among the less strong.

“When I first started with them I was afraid of getting stung (but) they don’t bother me at all anymore,” he says. “I had a few bad goes where I got 30 stings in one day. That’s not good. They say that’s equivalent to a rattlesnake bite. I was not feeling too well for a few days after that.

“After awhile you don’t get stung that much unless you’re careless. I



The "honey house" extracting facility.

can't remember when I had my last sting. I might have had one in the last month. We wear our gear and we know how to work them and we know how to smoke them properly, so it's not quite what some people envision."

"Calmness is the key to working with bees," Crumback says. "You get to know bees like you get to know people after awhile. They call beekeeping the gentle craft because when you're working them you don't want to be in a hurry. Even if you feel time pressure you've just got to slow yourself down. If you've got adrenaline going and you're anxious, they'll sense that and behave differently toward you.

"Sometimes you'll get into a colony and it's a little growly and they'll come flying up at your face. If you're rough and careless, like if you drop a frame on the ground, they don't like that and they'll let you know.

"There really isn't (a risk) unless you're allergic, but it's a psych job, that's what it is. The first few years I was working bees I'd be distracted by the fear of being stung but I've been stung so many times now, you deal with it."

Tender treatment, protective gear (coveralls, veil and gauntlets) and

"smoking" (pushing air from a smouldering burlap sack into a hive has a soothing effect) are the most common defences, none of which remove the sting threat entirely.

"It'll happen sooner or later," Crumback says. "You'll get one that will find a way up under the veil somehow."

Stings can have life-threatening implications for people like Knight's own wife Roberta, who nearly died from one of two serious allergic reactions years ago.

Crumback's attention to detail, including trying not to get stung, is among the characteristics that make him likely to succeed, in Knight's estimation.

"You have to be meticulous," he says. "They're like raising cattle. There's a

time when jobs have to be done and if they're not, you pay for it. You've got to keep on schedule. You've got to interpret what's happening."

As much as Knight enjoys the job, his back has had enough of the heavy lifting and "it's time to slow down anyway. I've got grandkids now and I want to get my house finished. I've got a lot of other things I want to do in my life. I do evangelism. I'm a trained lay preacher. I do seminars and train people for preaching and doing Bible study work. I'm an elder with the local Seventh-day Adventist Church.

"Plus I want to spend more time fishing (and) hiking with my wife. I'm looking forward to just playing on the lake because, for most of my life in the summer, there's not much time off. The bees are very demanding. From April until October you don't get a lot of time off."

A cautionary tale, indeed, for his protégé, who is inclined toward similar pastimes.

"I love this place," Crumback says of his new home. "I like to fish and hunt and be in the outdoors. The Okanagan was nice but the beauty of this place surpasses it by a long shot." ■



Natural comb honey.

A Grateful Heart CONTEST



Get Excited!

Brandy Dyer and **Natalie Santano** have teamed up and hosted *A Grateful Heart Contest*. The response to their contest was overwhelming and wow, there are some very grateful people out there! Don't miss October's issue of **I Love Creston** where they will announce the winner of the contest. Plus, what do Brandy and Natalie have up their sleeves? They will also announce their **BIG SURPRISE** in October's issue of **I Love Creston**. Don't forget to pick up your copy!





From the Mayor's desk

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

Question of the day: is the mayor texting?

Several times in the past year I have been questioned for using my smartphone during meetings and events, and I want to thank those who

have brought this issue forward. Since I frequently use my device for note-taking at such events I can understand how this action could be misconstrued.

I have to go as far back as December 1996 when I purchased and started using my first personal digital assistant (PDA), which was a Palm Pilot.

This was a long time before digital cell phones were in use. Back then, a PDA was a "state-of-the-art" technological device used to keep track of phone numbers and addresses.

The calendar was also a useful tool to keep appointments and notes, which is exactly what I have done with all of my various communication devices for the past 14 years.

Today's smartphones (I have an iPhone 4) are much more sophisticated and come with cameras, e-mail and Internet access as well as calendars, alarms, calculators, contacts and note-taking abilities. These devices also have games, music and videos, which I do not use.

One interesting feature of the smartphone is the ability to take a photo and identify where it was taken by utilizing GPS. One could even catalogue photos with a personal name through a facial recognition feature. These applications are too much information even for me!

At the 2011 Lower Kootenay Band council inauguration I was observed at one point on stage using my communication device. Some individuals thought I was being disrespectful to Chief Jason Louie and the celebration.

In reality, however, I was making notes on: who was in attendance; who appeared on stage; who spoke and for how long; speech highlights; gifts that were presented; and, the time the event drew to a close. These little things assist me in reporting event attendance and being able to provide a greater level of detail and highlights.

With my smartphone and the PDA features I can keep track of where I was, who I was with and what was discussed. Outside of my duties, the smartphone also enhances the preservation of important moments.

Creston Valley Business Buzz



The Black Eyed Cherries

Derby League. We are all really excited and working hard for our up and coming season.

We welcome all ladies interested in roller derby to come and see what we are all about.

The thought of a roller derby team was in the thoughts and minds of many local ladies. It wasn't until June 1st 2012 that we really took our first step in that direction. Right from the start we worked well as a team. All of us girls have worked hard learning our derby skills and we have enjoyed every minute of it.

The Black Eyed Cherries are the newest team to join the east Kootenay Roller

During the fall and winter months we will be holding our practices at the Prince Charles Secondary School bubble. In the spring and summer months they will be held at the Creston and District Community Complex. The team practices twice a week, Monday and Wednesdays from 7:00 to 9:00 pm.

For more information on the Black Eyed Cherries visit our website at www.blackeyedcherries.com or find us on facebook.

Creston Valley Business Buzz is proudly sponsored by...

That's what it feels like.
Freedom. Comfort.
Peace of mind.



Falkins Insurance formerly
Herchmer Insurance has a new name,
but the same great people.



Ph: 250.428.5338
Fx: 250.428.2203
www.falkins.com

**Interested in being the next Creston Valley Business Buzz?
Call 250.428.2631 or email office@ilovecreston.com**

For example, at the 66th annual Butterfly Bonspiel a very rare sight occurred. The Nicol team from Castlegar had an “eight ender” in their second end of competition. Because I had my iPhone with me I was able to record a photo before the rocks were removed.

In curling, an “eight ender” is more difficult to achieve than a hole-in-one in golf because you have forces (the other team) fighting you to not succeed.

New technology is of great benefit in many ways and can help us carry out our duties and record important

events. I sincerely apologize to those who think I am merely texting on my iPhone. ■

(Note: this is a reprint of my April 2011 article.)

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

New KES programs for people with disabilities

Story by: Kootenay Employment Services

Finding a job is not always an easy task. Finding a job in the Creston Valley that accommodates people with disabilities can be an added challenge.

Sometimes people with disabilities need to learn new skills to get the jobs that are available locally. Other times people already have the skills they need but the employer wanting to hire them can't meet their special needs.

From wheelchair accessibility to specialized software for the visually impaired, many solutions are now available. Persons with disabilities make great employees. Most employers find this group to be loyal, hard-working, dedicated and determined to do a great job.

When the B.C. government designed its new employment programs, delivered through Work BC offices like KES, it focused on providing more help for people with disabilities, recognizing that disabilities can pose a real hurdle when looking for work or when trying to keep an existing job.

Under the new program, which launched on April 2, KES is able to access more funding for people with disabilities to gain needed skills as

well as provide funds to purchase assistive aids and technology. Programs for eligible clients can include:

- Short courses such as first-aid, Foodsafe, WHMIS, bookkeeping.
- Long-term training such as licensed practical nursing, teaching assistant, mechanic, Web site developers.
- Upgrading to a high school diploma.
- Self-employment for people with disabilities who want to start their own business.

What kinds of disabilities qualify?

A work-related disability is any ongoing condition that makes it difficult to find or keep a job and requires special considerations.

Examples range from requiring wrist bands for carpal tunnel syndrome to talking computer software for the visually impaired and visual aids for the hearing impaired, to needing a specially designed desk that works with a wheelchair or retraining to a new career.



Who can KES provide services to under these programs?

- Students with disabilities who are in their final year of school and will be looking for steady work.
- Adults with disabilities on either income assistance or receiving Employment Insurance benefits.
- Adults with disabilities who are already working but want to find more hours of employment.
- Adults who are employed but may be at risk of losing their job because of a disability.

Employers who hire people with disabilities or have workers already employed who become disabled can access \$1,000 to \$5,000, or more in some cases, to provide assistive technology or to modify their office or factory space.

Whether an employee or potential employee requires special software to read their computer screen or a ramp for wheelchair access to the job, there are many new ways that Work BC is trying to help. Other programs can also be accessed through KES to provide wage subsidies for new employees with disabilities. ■

If you have a disability or know someone with a disability who is facing challenges finding or maintaining employment, call KES at 428-5655 or drop by our office in Creston at 119 – 11th Ave. N. and make an appointment to speak to one of our case managers.

Creston takes turn in TSN spotlight

Story by: Patricia Bartlett

It was a perfect day for an outdoor party. On Aug. 17, hundreds of people converged on the Creston and District Community Complex to enjoy free food, games and activities as part of the Kraft Celebration Tour.

All were anticipating the presentation of a \$25,000 cheque by Kraft to the Creston and District Society for Community Living's therapeutic riding program filmed by TSN, which broadcast SportsCentre live across the country.

It was Day One of the Kraft Celebration Tour for which Creston was one of 10 winning sites throughout Canada. Volunteers made that victory possible.

There would be no therapeutic



riding program if it wasn't for volunteers, who maintain the property, assist the riders and help with the horses.

There would have been no contest for the program if people like Myrna Johnson hadn't taken the initiative to encourage Michelle Whiteaway, the program director, to enter.

There would have been no win if hundreds, if not thousands, of volunteers hadn't sat at their computers or visited the voting centre set up at the College of the Rockies over a 24-hour period, trying to decipher "captchas" through bleary eyes as they voted repeatedly for their town. It paid off as Creston racked up 171,142 votes, beating out Kimberley with only 143,390 votes, all because of volunteers.

It didn't stop there. On the day of the presentation more than 100 previously recruited volunteers showed up to help set up, and later take down, the TSN stage and work a variety of Kraft activity booths such as the twist slip and slide (very refreshing on a hot day), basketball

free throw, twisted tug of war, bouncy castle and other games.

Volunteers also manned a variety of booths showcasing valley organizations such as the Creston Museum, Blossom Valley Singers, 97.7 FM and the Creston Concert Society. Central to the displays were riding program horses Cupcake and Inga.

Early in the afternoon, local musicians Fat Charlie, Kings of Kitchener, Peanut Butter and Jam, and Marybeth and Mike Stenhouse provided entertainment. The Gleaners hosted a fashion show and Red Jade Martial Arts gave a demonstration.

At 2:15 p.m. on the main stage Kraft presented a \$25,000 cardboard cheque to Whiteaway. Mayor Ron Toyota spoke and Coun. Tanya Ducharme acted as master of ceremonies.

After the presentation a live TSN broadcast hosted by Darren Dutchyshen and Kate Beirness featured a short tour of the valley and focused on Alexis Folk, a five-year-old with cerebral palsy

Creston Judo Club

New Members
are Welcome!

Judo Classes
Starting as low as
\$30.00/month

Samurai Teddy Bear - Ages 5 & 6

Monday 5:00-5:30 pm

New Beginners - Ages 6 & Up

Mon & Thurs 5:30-6:30

Intermediate Students - Yellow Belt & Up

Mon & Thurs 6:30-7:30pm

Seniors - Orange Belt & Up

Times to be determined

Golden Workout - Ages 40+

Days & times to be determined

Fall Registration

September 6 & 10, 2012

5:00 to 7:00 pm

Lower Level • Creston Place

1230 Canyon Street



"Judo is an Olympic Sport"



“There would be no therapeutic riding program if it wasn't for volunteers”

who has been helped by the riding program. An abbreviated version of the show can be viewed on the TSN Web site at watch.tsn.ca/clip730733#clip730733 or find a link at <http://www.kraftcelebrationtour.ca/nominations/detail/967/>.

The \$25,000 will be put to good use improving the local riding facilities

so they can accommodate more riders. The present portable toilet will be replaced with a permanent, wheelchair-accessible washroom.

The ramp used by many riders to mount their horses will also be upgraded. The area where riders tack up and groom their horses is presently floored with dirt and gravel, making participation difficult

for people with mobility issues, so a solid floor will be installed.

Of course, finding suitable horses is of great importance, both to replace those reaching retirement as well as to increase the family so more riders can participate. Again, all this will be done by volunteers.

Materials and horses are bought but labour is given from the heart. ■

If you or anyone you know would like to help the riding program make the most of the \$25,000, please contact Whiteaway at mwhiteaway@hotmail.com or (250) 402-6793.



Smile...

Equine Dental Health Season

Now thru Sept. 30, 2012

20% Off

Equine Complete Blood Health Screening \$120^{+HST} and Procedures

All equine services can be done right on your farm or at the Creston Veterinary Hospital. Please call for prices.

10% Off

Equine Massage Therapy

Provides relief & comfort for aging horses with arthritis & chronic issues, and also increases performance ability & maintains top athletic condition for competition horses.

Creston

VETERINARY HOSPITAL

Dr. Robert McLeod, B.Sc, DVM • Dr. Leanne Sackney, DVM
Dr. John Pfeffer, DVM • Dr. Emma Davis, DVM
1605 Dogwood St., Creston • 250-428-9494

Start the school year off right!

A comprehensive eye exam provides you and your Doctor with important information about your child's eye health.

An important part of your eye exam, **optomap**[®] ultra-wide digital retinal imaging allows you and your Doctor to immediately see a digital image of your child's retina (back of the eye) for the early detection of eye health concerns.

Call today to schedule your child's back to school eye exam!

Check out our great selection of frames with over 1500 to choose from!

Fully trained staff with over 150 years of combined experience.

Guaranteed service and products.



www.optomap.com

**CRESTON
OPTOMETRIC
EYE CENTRE**

Optometrist

Dr. Gene Zackowski * Dr. Larry Fluss*

223 - 16TH AVE., N. (CLINIC BUILDING) CRESTON • PH 250 428-2044 • FAX 250 428-4985 • TOLL FREE 1-800-475-0007

Visit us online at www.crestonoptometrist.com

*OPTOMETRIC CORP.



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

Times are a changin' in the wetland

Another season unfolds at the Creston Valley Wildlife Management Area as we head into fall. Of the many things I love about the Creston area, the changing seasons are a highlight.

Each season has its own unique blend of weather, flora and fauna and things to see and do. Each season is different from the previous, with four distinct changes in the surroundings.

Fall brings the crisp winds and changing of the leaves, the unveiling of the sweaters and the unfortunate use of socks. I love to get out onto the dike trails at this time of year to watch the migrating birds species fly through. Each day brings a different viewing of ducks, geese, pelicans, swans . . .

With fall also comes hunting season, so please be careful out on the

dike trails. Hunting is not allowed around the Wildlife Interpretation Centre or the Summit Creek recreation area, but is allowed in all other areas of the CVWMA. If in doubt of where and when hunting occurs within the CVWMA, please refer to our Web site for maps and links to the provincial hunting regulations or call our administration office at 402-6900.

A permit from the CVWMA is required to hunt in the area. Permits can be obtained online on our Web site or at the following locations: CVWMA administration building; Wildlife Interpretation Centre; Creston government agent office; and, Sirdar General Store.

The last Sunday in September is B.C. River's Day. This year, on Sept. 30, the CVWMA is hosting its fifth annual B.C. River's Day paddle. It's fun to spend the day paddling along the Kootenay River.

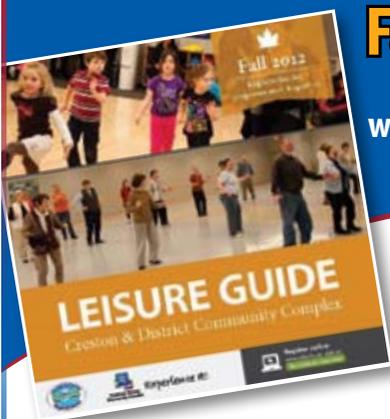
We also pop into areas of the CVWMA such as Leach Lake and Six Mile Slough. Participants must bring their own canoe or kayak and have some experience.

We meet at the Tim Hortons parking lot at 10 a.m. and proceed to the launch site. Please bring a lunch and expect to be gone for three to four hours. ■

For any other inquires call 402-6900 or e-mail us at askus@crestonwildlife.ca. Our Web site is www.crestonwildlife.ca.



Paddling along the beautiful Kootenay River.



Fall Leisure Guide is available for pick up

at the Creston & District Community Complex or can be seen online at www.rdck.bc.ca/community/recreation/creston/crestonleisureguide.html

Special Events coming up:

Terry Fox Run – Sunday, Sept 16 9-11 am

Sports Day in Canada – Saturday, Sept 29 Ultimate Frisbee and Waterpolo

Community Free Skate – Friday, Oct 5 1:00-3:00 pm

Sponsored by Overwaitea and Veitch Realty-Century 21

Pool shutdown is scheduled for Sept 1 to 14.

Take advantage of our dryland drop in classes offered at this time.

Yoga, Tai Chi, Kickboxing, Bellydancing, Beginners Spin & much more.



**Creston & District
Community Complex**

*Experience
It!*

Contact us at 250-428-7127 for more information or go online to register at www.rdck.bc.ca and click on Recreation Connection

2012

Creston Valley Fall Fair

September 7th & 8th
Creston & District Community Complex

Creston Valley
with love
Friday, Sept

Featuring:

- Agriculture, Poultry
- Flowers & Potted Plants
- Penmanship, Grain & Vegetables, Baking, Home Preserves, Art
- 4H demonstrations
- Scarecrow Contest
- Booths and Exhibits
- Local Entertainers
- Local Farmers' Market
- Kids' Tractor Pull
- AgriTourism, 100 Miles

Sew it! Give it!
Locally Grown, Locally Produced

GIFT BASKETS FOR



September
Tea of the month
"Creston Cherry Rose"

Stop by our booth to
Enter our Giveaway Draw

Tigz Tea
New to Creston Valley
able to bring teas and

Tigz Tea
Visit us

Come visit our booth at the Fall Fair and enter a draw for one month of free lessons



Group Piano Lessons
Anita Stushnoff
428-5272
stushnoff@uniserve.com
www.myc.com/teacher/
AStushnoff

Join us for a Barbeque at the Creston Valley Fall Fair!

FAMOUS FRITZ

MEATS & DELI

Meat Made The Way It Should Be
Our meat contains NO FILLERS, NO BINDERS, NO SUGAR, and NO MSG.
3-1420 NW Blvd., Creston • Office: 250-402-9050 • Retail: 250-428-9055
Visit us at www.famousfritz.ca

A proud supporter of the
Creston Valley Fall Fair



Box 67, Creston, BC V0B 1G0



Come join in the fun at the
Creston Valley Fall Fair



238-10th Ave. N., Creston • 250-428-2214

Lots to see and do
at the Creston Valley
Fall Fair

We are proud to support
the Creston Valley Fall Fair

Overwater
B.C.'s very own food people

*Come help us celebrate our 94th year
lots of fun at our old fashioned fall fair!*

September 7th - 2:00 pm to 10:00 pm • Saturday, September 8th - 10:00 am to 6:00 pm
Creston & District Community Complex

& Livestock, Wine & Beer,
Antiques, Student Section, Woodwork,
& Forage, Sunflowers, Fruit,
Photography, Quilts, Needlework,
Arts & Crafts

Beef, sheep and horse

on stage

Antique and Food Vendors in parking lot

Vegetarian Diet

Grow it! Show it!

Locally Produced! www.crestonvalleyfallfair.com

Don't miss the Auction

Friday Evening, September 7th

Check schedule for start time

All items are locally
grown, supplied or
produced.

All proceeds raised
from the auction are for
Creston Valley Agriculture
Society Bursary

Creston Valley



**AGRICULTURE
SOCIETY**

Box 67, Creston, BC V0B 1G0

4-H AUCTION TO BE HELD ON SATURDAY

FOR ALL OCCASIONS

BEAUTY HUT Experience

Creston and we are excited to be
participating in some of the best quality
accessories there are available.

GoldenMoor Mud Bath Wellness without Limits

This rich bio-mineral complex,
from what's known as the best
therapeutic bog in the world.

Gift Designs

Shop online tigzdesigns.com

See you at the
**Creston Valley
Fall Fair**

Live well with

PHARMASAVE

1118 Canyon St., Creston • (250)428-9080

Come visit
us at our
booth!

**Come for some Home Style Cooking
during the Creston Valley Fall Fair**



- Full Menu
- Daily Specials
- Homemade Soups & Baking

Home Style Cafe

Hwy. #3, Kitchener • (250) 428-5011

*and do
Creston Valley*



Proud to support the Creston Valley Fall Fair



**Automotive, residential
& commercial glass shop.**

Hours: Monday to Friday 8:00 am - 4:00 pm

1208 Northwest Boulevard, Creston • 250.428.3455

**Supporting Agriculture
in the Creston Valley**



**Come Out & Enjoy
the Fall Fair!**

Creston Valley Beef Growers

Much discerned about woman from single snapshot

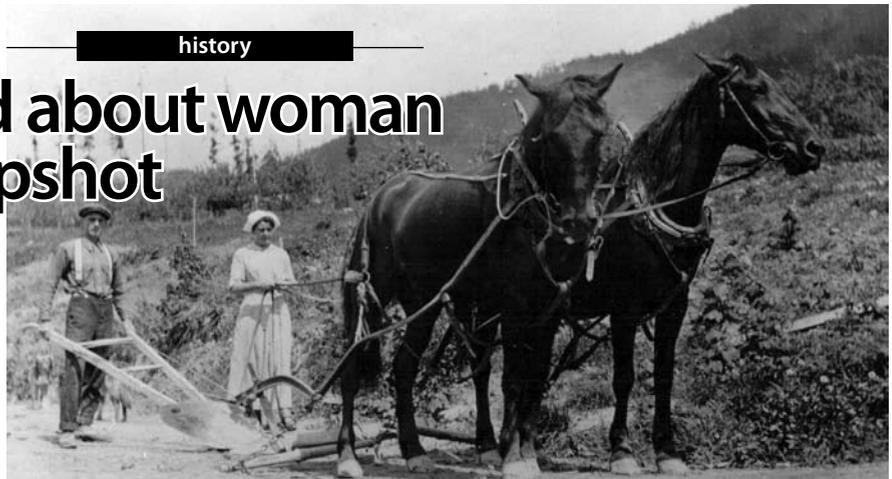
Story by: Tammy Hardwick
 Manager - Creston & District Museum & Archives

I have spent a lot of time lately researching local women for a variety of presentations and displays. I'm now at the point where I make special note of any photograph, newspaper reference or old-timer story that gives some interesting detail about a local lady.

One such photograph that caught my attention shows a young woman atop a ladder picking apples. She is beautifully dressed, in the flounced-and-frilled style of the late Edwardian period.

The only concessions to her hard, physical work are her rolled-up sleeves and a dark apron over her white gown. She's smiling directly at the camera. She seems, above all, happy with where she is and what she's doing.

She strikes me as someone I'd like to know more about.



A note on the back of the photo identifies her as Mrs. Collis – Winifred Mary Collis, to be specific – married to Arthur Collis, who had a fruit ranch in Alice Siding. A quick search for her obituary reveals that she died, at the age of 86, in a terrible accident.

That tragedy seems to have overshadowed everything else about her; the obituary merely states that she was born in England, came to Creston and had a large family. But the smiling woman in the photograph must have had a much greater story to tell.

For one thing, I think she must have been a woman of considerable courage and determination. She and her husband came to Creston from England in August 1912, with four-and-a-half-year-old twin children, and carved their ranch out of the wilderness. That, in itself, would have been a daunting task.

In England, Arthur was a music professor and organist; Winifred had done some teaching. When immigration officials asked if they had ever worked as a farmer or farm labourer, both said no.

Upon their arrival in Canada they specifically gave their destination as Creston, which suggests they had a particular reason for coming here. Perhaps they had friends or family members here; perhaps they had seen one of the many advertisements for Creston that were published in England.

Either way, they must have been well aware that Creston was a farming community before they arrived – and yet, despite their lack of farming experience, they came here to farm.

At least they didn't buy their property sight-unseen as so many others did. Arthur and Winifred visited Creston in May 1912. They bought their property, then returned to England, gathered up the children and set sail again for Canada, arriving in Creston in mid- to late August that same year.

While we're speaking of Winifred's courage, I think it worth noting that they arrived in Canada the first time on April 13, 1912. Two days later the world was rocked by the news of the Titanic.

That sinking would have shaken anyone's confidence in the safety of transatlantic travel, and certainly in the White Star company which owned the Titanic. But less than two months later, the Collis's boarded another ship of the White Star line, Laurentic, to return to England, then crossed the Atlantic on her again to take up their new venture in Creston.

I find myself wondering what could prompt Arthur and Winifred to make such a dramatic change. It almost certainly wasn't poverty in England and the hope for something better in a new country. On their first voyage they travelled first class, and the Creston Review's announcement of their purchase of the Alice Siding property suggests they paid a rather higher price than average for it.

Perhaps they sought a small, quiet community in contrast to their village of Pinner which, by 1912, had become a suburb of London and whose population had doubled in the previous decade.

If, like many early settlers, they wished for a farm of their own, this would have

been much more achievable in Creston than Pinner, where farmland was being rapidly sold off to meet the demand for housing for the growing number of commuters who worked in London, and London residents who wanted a house in the country.

Whatever their motivation, they threw themselves into the ranching life and appear to have succeeded quite well. By 1920 they had six-and-a-half acres planted to apple orchard with a few cherries, plums, and pears mixed in, and were raising good-sized crops of strawberries and black currants between the rows of well-tended trees.

And what would Winifred have been doing on the ranch? We know from the three photographs we have of her that she didn't shy away from farm work.

She probably helped clear the land; one of the photos shows her driving a horse and plough. She helped harvest the fruit and possibly pruned, fertilized and watered the fruit trees too.

A map of the ranch, dated 1916, shows a kitchen garden where Winifred would have raised vegetables for her family. There was an extensive lawn which she would have tended along with any flowerbeds.

We know she worked with the ranch's horses and undoubtedly spent time grooming and feeding them in the stable behind the house. There was a small packing shed attached to the barns where



The Ranch at Alice Siding, not long after arriving in Creston.

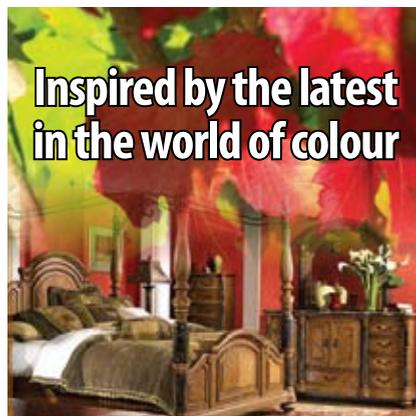
Winifred would have packed the fruit into boxes and crates for shipping to market.

This is in addition to her roles as wife, mother and housekeeper. She would have taken care of the house and cooked for her family and any farmhands they may have hired. Any produce from the garden or fruit from the orchards that couldn't be sold or eaten immediately was canned for use over the winter.

She'd have made, mended and washed clothes, knitted socks and mittens, and ironed and starched sheets and tablecloths. She did all this while raising four children: the two eldest, Jeffery and Marion, who had accompanied her from England, and George and Dorothy, born in 1916 and 1917, respectively.

Certainly, hers would not have been an easy life. But, if we can judge from her photographs, she loved every minute of it. ■

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 or the Web site www.creston.museum.bc.ca.



Inspired by the latest in the world of colour

100 General Paint High-performance, long lasting, cutting-edge products and solutions.

General Paint. Our passion. Your results.

PYRAMID BUILDING SUPPLIES LTD. ACE

1220 NW Blvd., Creston 250.428.7114 • pyramid@shawlink.ca good neighbours... good advice.

Expect more from

TELUS



We are now your authorized dealer

Great selection of Cell phones, iPhones & Smartphones

SHAW DIRECT

100% DIGITAL SATELLITE TV

Digital Satellite Systems



New stock arriving daily!

Lectric Ave Electronics

1011 Canyon Street, Creston BC (250) 428-7873

The Discovery Team

Michael Carpenter

Sara Millar



The Experience and Energy you need to get the job done!

Buying or Selling, call us Today for all your Real Estate Needs

Discover the Difference!

RE/MAX

Discovery Real Estate

2 Offices to Serve You

1013 Canyon St., Creston 106 33rd Ave. S., Hwy. 3, Erickson Office 250-428-2234

Toll Free 1-877-428-2234

mc@remaxcreston.com

sm@remaxcreston.com

www.remaxcreston.com

Harvest Share aims to end waste of produce



Story by: Alexandra Dansereau
Harvest Share program
co-ordinator



Harvest SHARE Program

**Unable to harvest?
We volunteer to do it for you!**

Harvest Share is a program that brings together those with excess fruit and those who need it. Harvest Share organizes teams of volunteers who harvest the crop. This is free of charge and the harvested produce will be separated three ways:

- Tree owners • Volunteer pickers
- Social or charity organization

Volunteer Pickers Needed!

For information:
Alexandra Dansereau
Harvest Share Program Coordinator
121 North West Boulevard, Creston
(Creston Valley Chamber of Commerce)
Phone: 250.402.3291
crestonharvestshare@gmail.com



Creston Valley Food Action Coalition

Harvest Share

Thanks to Columbia Basin Trust, Creston Kootenay Foundation, and Kokanee Ford for supporting this program. We also acknowledge the financial assistance of the Province of British Columbia.



Creston Valley Food Action Coalition

Farmers' Market

CrestonValleyFarmersMarket.ca

**Entertainment
Local Produce
Artisans
Baking**



Millennium Park
May - Sept Saturdays,
8am - 12 pm

Morris Flowers & Garden Centre
Oct - Dec Saturdays,
10am - 2pm

When harvest season comes I am always so excited about the abundance and diversity of produce that grows everywhere in the Creston Valley. I feel so fortunate to live in a place where the climate is clement enough, the water plentiful enough and the soils rich enough to allow such a variety of things to grow.

However, I am shocked to see the quantity of produce that rots on the ground, and worse, that gets buried in the dump; that ephemeral harvest bounty is paired with massive waste.

That waste constitutes environmental and socio-economic nonsense. On the environmental level, that waste acts as a wildlife attractant. People who rake it up have probably realized that there is a limit to what any good compost pile can do without becoming the bear's next stop.

On the socio-economic level, that rotting fruit constitutes the waste of potentially healthy food for those in need. Many local individuals and families, for various reasons, struggle every week to access minimal groceries. Some of them simply cannot afford to buy enough, if any, healthy, nutritious

local food. They have to choose between whatever is on sale at the store, not always excessively healthy, and coming from who knows where.

Meanwhile, our local produce is rotting on the ground and going to waste. Locally, we have the potential to feed ourselves healthily and common sense calls us to do so.

Harvest Share, operated under the umbrella of the Creston Valley Food Action Coalition, provides an alternative to that unsound situation. The program's four main goals are to: reduce waste and support families and individuals in need by providing produce to the agencies that serve these people; reduce human/wildlife conflicts by removing some of the rotting fruit; reduce our carbon footprint by educating people to eat food that is grown locally instead of food grown hundreds of miles away; and, offer empowering educational opportunities for people of all ages through participation in the harvest and workshops on food preserving.

The program has been operating for four years. So far, 13 local service agencies are participating:

Creston Valley Gleaners food bank; Therapeutic Activation Program for Seniors; Creston and District Community Resource Centre Society; Kootenai Community Centre Society; Wednesday lunch program at Trinity United Church; Seventh-day Adventist Church; St. Stephen's Presbyterian Church; New Life Church; Glad Tidings Pentecostal Church; Lower Kootenay Band social development program; College of the Rockies; Canyon-Lister Elementary School; and, Erickson Elementary School. Any additional service agencies wishing to join the program are invited to contact the program co-ordinator.

People who are able to pick their produce and donate it to one of the organizations are encouraged to do so.

The following organizations will be more than happy to receive your donation (please call before drop-

off): Gleaners (428-4166), Tuesdays and Fridays, 9 a.m. to 1 p.m.; New Life Church (428-5975); New Life Furniture, for Kootenai Community Centre Society (402-0098); and, Lower Kootenay Band social development program, Shari Leythe (428-4406).

People who are unable to harvest their fruit/nut trees are invited to call us to arrange for volunteer help. The harvested produce is separated three ways, between the tree owners, volunteer pickers and local service agencies.

People interested in volunteering or picking up culled fruit for livestock feed are invited to contact us.

This program relies exclusively on grants and donations. ■

For more information on Harvest Share and the coalition e-mail crestonharvestshare@gmail.com or phone (250) 402-3291.

We would like to thank the Province of British Columbia, Columbia Basin Trust, Creston Kootenay Foundation and College of the Rockies for their support.

Furthermore, we would like to thank Kokanee Ford in Creston for the complimentary lease of a pickup truck used for transporting picking equipment and distributing produce.

Additionally, we would like to thank I Love Creston magazine and the Creston Valley Advance for sponsoring part of our advertizing, Pro-to-Call for donating a computer, Columbia Brewery for donating boxes to carry the produce and Faynor Orchards for their generous donation of cherries to our local service agencies.

I personally would like to thank the Creston Valley Food Action Coalition board members, who have done amazing background work to allow this program to grow and prosper.



“Locally, we have the potential to feed ourselves healthily and common sense calls us to do so”

Harvest Share volunteer pickers.

www.ilovecreston.com

Seasons coming to an end
put your yard to rest

Come talk to us about your fall gardening needs
 pest control (chemical, natural & organic), fencing, fertilizers, soils, etc.

Friendly, Helpful Advice for Over 70 Years!

Sunset Seed Company

Feed, Pet, Grower Supplies & More!

Beside 7-11, Creston • 250-428-4614
 Spring Hours: Monday to Friday 8:30 to 5:30,
 Saturday 9:00 to 5:00, Closed Sunday.

GET READY FOR WINTER
WITH CRAFTSMAN

Check out our In-store Specials!

Sears

1510 Cook Street, Creston • 250.428.5301
www.sears.ca

Health and well-being with yoga

Story by: Samantha Nevalainen, owner of Creston Valley Yoga Studio

Yoga is a path that can be a way to better health and well-being. The five pillars of yoga are: right exercise, right breathing, right thinking, right nutrition and right relaxation.

Yoga is about finding balance in our lives and having a certain quality of attention and awareness that will enhance your well-being and enrich every part of your daily experience.

Right exercise means practising asanas (yoga postures) or some other form of exercise with good intensions and according to your age, health and the needs of your body.

Our posture and strength are important to our health. We need a strong, stable core to hold our own

weight and to stay fit and flexible into our older age. It is never too late to get into shape but the best time to start is when you're young.

Right breathing involves working toward awareness of the breath at all times and re-establishing the breathing of a child, which energizes your whole being.

Our breathing is extremely linked to our health and well-being. When we take quick, shallow breaths and allow that to form our breathing pattern we only use a fraction of our lungs when under stress and our health can suffer, failing to supply our muscles and organs with enough oxygen via the blood supply to function properly.

When we use awareness and take the slowest, fullest breaths we can feel the effect immediately on stress or anxiety. It can even ease a mild case of indigestion.

Many pranayama (a breathing exercise) can help change our breathing pattern or teach us new ways to deepen our health and well-being through different breath exercises.

Right thinking entails uncluttering your mind of its many scattered thoughts to increase your sense of clarity and calm and cultivate a positive attitude.

A healthy mind equals a healthy body. As a holistic approach the body and mind are one, with everything connected to everything else. Nothing can happen to one part without everything else being affected.

Often we think too much. This internal shouting match is never still and we become completely overwhelmed by our emotions and never have peace.

Although a lot of our thinking is important, most of the time too much of our thinking is useless. To stop this the mind must be stilled to rediscover our thoughts under our own control, enabling us to see things as they truly are without hindering thoughts.

Using techniques such as meditation can steady the mind to one focus, benefiting us later by slowing down our thoughts to help us think before we speak. Meditation can be a practice, with one focus to help slow the thought patterns, or simply nothing more than allowing the mind to be lulled by a simple moment of staring into the blue sky or waves on the beach.

Everything you need at one convenient location!

- Full Deli • Pizza
- Chicken • Wedges
- Refreshments • Snacks
- Soft Ice Cream • Slushes
- Hunting Licences
- Post Office • Liquor Store
- And Much More!

Check Our Our Daily Lunch Specials

CANYON
Country Store

4493 Canyon Lister Rd., Canyon
Phone: 428-8771
Open 8:00 am to 9:00 pm

7 days a week!



CGA
Member
British Columbia
& Alberta

Rita M. Patstone
Certified General Accountant

Personal Taxes
Corporate Taxes
Business Consulting
Bookkeeping

- Flexible appointment times
- Your home or office or my office in West Creston

Phone: 250-428-2662
Cell: 250-254-2646
email: ritap_cga@hotmail.ca

1605 Evans Rd., Creston, BC V0B 1G7

Focusing the mind on something completely, thereby putting anxiety and worries aside, is soothing.

Right nutrition means being aware of what you feed and fuel your body with, preferably a healthy range of fresh, seasonal, nutritious food in moderation and eating that food slowly and mindfully at the appropriate times.

Right relaxation entails taking time out to balance all the activity in your life with adequate rest to maintain a sense of not only physical relaxation but also mental, emotional and energetic relaxation, restoring and revitalizing your entire being.

Knowing yourself the yoga way is different than knowing your habits, likes and dislikes. We learn to work with the body rather than against the body and find our true nature, our wisdom, our awakened heart.

Yoga is not a religion unless used as a form of religious practice. The initial effects are lightness and finding yourself and gaining a healthy mind and body, but many instructors and students may believe in Hinduism or Buddhism for their own beliefs and practices to find oneness with the universe.

There is nothing brought to class that is religious, just teachings through which we find help, a state of well-being and mindfulness. A yoga instructor would never push beliefs on a student, rather suggest or use terms or readings to help put a more positive outlook on things.

When one practises yoga, even in a yoga class, it is good to remember that this is your yoga practice and no one else's. You have come to class or are practising at home for yourself, so do what feels right for your body.

You should not have a full stomach while practising yoga. It should be done in comfortable clothing using a thick, non-slip mat. Perform

your practice slowly, carefully and mindfully, avoiding force or strain.

Learning any or all of these yoga techniques will not only benefit your practice but your daily life in terms of feeling well, open-minded, calm and in control of your life.

The Creston Valley Yoga Studio is offering fall registration. Check out our online schedule on the Web site www.crestonvalleyyogastudio.com or watch for posters around town.

Our prana (breath) is more than just oxygen but our life force as well. Every breath we take, every step we make can be a source of joy; all we need to do is be awake and alive in the present

moment, the only moment there is to be alive. ■

Reach us by e-mail at Crestonvalleyyogastudio@hotmail.com.

COOL OFF ON OUR DECK WITH A REFRESHING BEER ON TAP

Find us on Facebook

AT RENEE'S MAINSTREET DINER

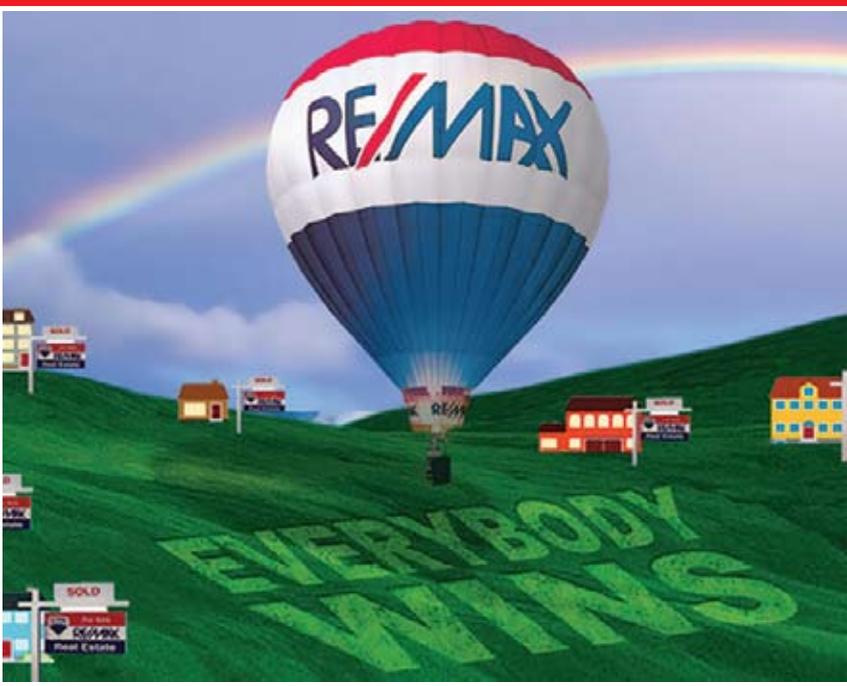
FREE INTERNET!

Renée's

ROADHOUSE DINER

OPEN 7 DAYS A WEEK
5 AM TO 9 PM

FREE RV AND COMMERCIAL PARKING
EXTRA PARKING AROUND BACK
635 HWY 21, CRESTON (OLD STAVROS) 250.428.3337



Nobody sells more real estate than **RE/MAX**.

Where Do You Want To Be?
Make Your Move With **RE/MAX**!

RE/MAX Discovery Real Estate

- 1013 Canyon St., Creston
- 106 33rd Ave. S., Hwy. 3, Erickson

www.remaxcreston.com

• Office 250-428-2234 • Toll Free 1-877-428-2234

100% locally owned • 2 offices in the Valley to serve you.






Knees are in the know when it comes to weather

Story by Jesse Moreton, BSc DC

Your knee, the meteorologist. It's an interesting thought, isn't it? It's an observation I made from patients during my short experience in practice. Some of my clients are pretty good at predicting the weather and most get the message from their knees or hips.

I find this link between weather changes and arthritis flare-ups an interesting phenomenon. This month I'll share what I have unravelled about the connection.

First off, there doesn't seem to be any strong research. This is an unfortunate commonality with many of my interests. I did manage to find two studies that establish an

association but nothing that showed a mechanism. In other words, we have the "what" but not the "how."

The first study was conducted in 1961 with only 12 participants. Dr. Hollander built a climate chamber and demonstrated that high humidity and low barometric pressure were associated with more joint pain and stiffness.

However, he found that neither factor in isolation had any affect. He theorized that decreasing barometric pressure caused the inflamed joints to swell which in turn led to nerve irritation and pain.

Another study published in the journal *Pain* by researcher Robert Jamison looked at the association between chronic pain and weather in four American cities. He found that two-thirds of participants said they were pretty sure that weather affected their pain. Most of them had increased pain a day before a storm would come.

Interestingly enough, there was no association between warmer cities and less pain or stiffness. Participants in San Diego, a city with a warmer climate, had the greatest sensitivity to weather changes when compared to participants in Nashville and two cities in Massachusetts.

So there is a link. But what's the mechanism? The best theory today is the same one Dr. Hollander had in 1961. It has nothing to do with the cold, rain or snow. It has to do with barometric pressure.

Barometric pressure can be conceptualized as the weight of the atmosphere around us. When barometric pressure is high, the weight of the atmosphere pushes against our body and our joints and

prevents them from expanding.

When barometric pressure lowers, the joints can swell, strain tissues and compress pain-producing nerves. Typically this lowering of pressure is what occurs before the onset of bad weather.

Correlating this explanation back to my own practice I think of patients with rheumatoid arthritis who seem more affected by weather changes than patients with osteoarthritis. Joint inflammation occurs significantly more in rheumatoid arthritis than in osteoarthritis.

If the theory is correct it makes sense with this observation: joints with more inflammation will naturally be more sensitive to drops in pressure.

Now if you are one who suffers with weather changes, what can you do with this information? You can stop entertaining the thought of moving to Arizona, for starters. As mentioned above, people with chronic pain in warmer cities tend to have even more sensitivity to weather changes.

You could also put in an application to The Weather Channel. They're wrong half the time anyway.

More realistically you could try compressing your joints when the barometric pressure drops. Cheap elastic braces may do the trick. If not, you can always count on obtaining some relief from placebo. ■

**Serving the Valley
with over 100 years of
Real Estate Experience.**

*Whether buying, selling, investing
or in need of property management,
call or drop by today!*



Locally Owned & Operated

1408 Canyon Street - Box 1219
Creston, BC V0B 1G0

Business: (250) 428-9040

Toll Free: (800) 428-9048

Fax: (250) 428-9041

Email: sales@crestonrealty.ca

www.crestonrealty.ca



The heart of kung fu

Story by:
Shifu Neil Ripski

As fall begins I find myself heading home from a wonderful vacation in Big Sur, Calif., through San Francisco and enjoying a cup of tea in America's oldest Chinatown. The hustle and bustle of the restaurant and the clamour of Cantonese make me feel a bit homesick for an earlier time in my life, when I would venture down to my teacher's herb shop for lessons in the fading light of the day on the busy streets of Chinatown in Edmonton, where I lived.

Master Chen was and still is the kindest teacher I have ever trained under. Spending many nights and days practising exercises in the herb shop, much to the amusement of the customers, is a fond memory.

You see, master Chen is a traditional Chinese doctor of acupuncture and herbalism and, even as his years approach 70, he still works six days a week treating patients who have come to rely on his knowledge and compassion for their welfare. Little did they know that he was a man with iron bones to go with his open heart.

Sifu (master) used to invite me to train with him after hours in the herb shop, usually from about 9 p.m. until midnight sometimes two or three times a week. We would practise qigong and martial arts and discuss philosophy over tea.

Although there were some language barriers his daughter was kind enough to help us make ourselves understood to one another through her mastery of both Cantonese and English.

I remember one day, when sifu had been instructing me in techniques for stretching and I was truly embarrassing

myself at less than half his age, he suddenly told me to stand and do some hand-to-hand drills with him.

"Sam sing!" he said, which translates to "three stars," a drill in which you bang arms with one another, which would be fine except that sifu had bones made out of hard, heavy iron that I had seen pass through arms of furniture with no effort at all.

The heavy thwacking sound was met each time with my internal dialogue of questions. "Is this the day I break my arm?" "How can the old man be so strong still?" "How much longer can this last?"

Now let me mention that at the time I had been training martial arts already for nearly 20 years and had a school of my own with students and all that jazz. I was young and strong and my arms wanted to fall off.

Suddenly I backed away from one of the heavy arms swinging at mine and sifu smiled and attacked to my head. I blocked and backed away to see a barrage of his younger self coming at me, smiling the whole time.

"Tiger exits the cave." "Reincarnated crane." "Turn fists like a millstone." Sifu brought out his martial arts for a test drive!

We sparred. I remember our arms crossing at high speed and then, suddenly stopping, our eyes locked. He smiled and said, "Outside kung fu! Fun! . . . Like being young again."

We sat and had tea and laughed about our match.

It is one of my fondest memories, sparring with my old master, drinking tea with him and eating dinner prepared by his wife after training or heading out to a local restaurant for congee (rice soup which, by the way, our own Club Cafe in Creston now



Neil training with Master Chen.

makes) and chatting late into the night.

Many people seem to think that martial arts is all about fighting and workouts but truly it is the human connection and friendships that we gain from our training that helps to change who we are for the better. I hope one day my students have fond memories of fighting with the old man only to sit and drink tea and laugh afterward. That, after all, is the heart of kung fu. ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynndel Community Hall. He can be reached at 866-5263 or at www.redjademartialarts.com.

**More than just
your floor store!**



**INSTALLATIONS GUARANTEED!
FINANCING AVAILABLE!**

- Elegant Carpets • Exotic Hardwood
- Beautiful Laminates • Natural Stone

Juradek

- Waterproof Vinyl Decking
- Aluminum Railing • Area Rugs
- Window Coverings
- In Stock Goods & Special Orders

Continuing 28 Years
Of Service!

Nufloors
Smart Service. Great Products.

1518 N.W. Blvd, Creston • 250-428-2426

www.nufloorscreston.ca

Hepditch brings winning pedigree from New Brunswick

Story by: Creston Valley Thunder Cats

September marks the start of hockey season and the Creston Valley Thunder Cats are gearing up for another exciting year in the Kootenay International Junior Hockey League.

Training camp has just finished and the 2012-13 team is being carefully selected. Home exhibition action will be Tuesday, Sept. 4 and Tuesday, Sept. 11.

The regular season home opener will be Friday, Sept. 14, with other regular season home games happening on Saturday the 22nd, Friday the 28th and Sunday the 30th.

The Sunday game is at 2 p.m. All other home games start at 7:30 p.m.

unless otherwise noted and doors open to the game 45 minutes before the puck drops at centre ice.

This season will see the teams from the Okanagan Division (Kelowna, Penticton, Princeton, Osoyoos and Summerland) coming to town.

Let's show the Okanagan (and the rest of the KIJHL) what great fans we have in Creston by packing the

A core group of six to eight players from last season are returning to lace up for Creston Valley and a couple of local players (Colby Livingstone and Matthew Sonntag) have been added to the roster as well.

Off the ice, the board of directors also sees some new faces with five new board members elected at the annual general meeting in May. The

"September marks the start of hockey season and the Creston Valley Thunder Cats"

Johnny Bucyk Arena each game and cheering loudly and proudly.

The Thunder Cats have a new head coach this season, Josh Hepditch. He relocated with his wife from New Brunswick to take over behind the bench.

Hepditch has strong leadership skills and is a proven winner, with one of the most respected championship pedigrees in the history of New Brunswick hockey.

In the past six years, with the University of New Brunswick and the Moncton Wildcats, he has been in five national championship games, winning three of them. He has a great knowledge of what it takes to be successful at the highest level.

Hepditch has had numerous high-quality coaches who have given him a strong hockey philosophy and a proven, successful system of play combined with superb teaching skills.

There will be many new faces on the ice for the Cats this season but you will see some familiar faces too.

directors for the 2012-13 season are Bob Gollan, Mike Moore, Melody Totten, Tom East, Kelly Moore, Margie Kepke, Shannon Veitch, Marty Sonntag, Scott Veitch and Colin Hardwick.

As a community owned and operated society, volunteers are always needed. If you would like to help out in any way please speak to one of our board members or e-mail the team at tcats@hotmail.ca.

Preparing for a hockey season takes much planning and the board members should be thanked for their work thus far. Some events that are being planned for the season are the annual Stuff the Bus food drive (to be held in late September or early October; watch for more details as we get closer), Parents Weekend in November, the business/sponsor appreciation game, meet the players and more.

The Thunder Cats hope you are ready for a fun-filled hockey season. We encourage all residents of the Creston Valley to come out and cheer our team to victory. Go, Cats, Go! ■

Come out & cheer on your local Junior B Team!

September Home Games

All game start at 7:30 unless otherwise noted

Tues., Sept. 4. Glacier Nationals (Exh)

Tues., Sept. 11 Beaver Valley (Exh)

Fri., Sept. 14 Kimberley

Sat., Sept. 22 Nelson

Fri., Sept. 28 Columbia Valley

Sun., Sept. 30 (2pm) Princeton

Creston Valley THUNDERCATS

Visit us online at www.crestonvalleythundercats.com



Access consciousness and the three Rs: receive, release and remember



Story by: Annette Agabob
Owner – Annette's Health Action

If you are a sensitive soul, indigo or have felt different most of your life, and therefore are truly feeling the shift of the ages we are experiencing in 2012, welcome to “being you” now.

We are in the midst of the 2012 shift, and the culmination of many cycles within cycles is coming together within this one year. Wow, what a ride.

The funny thing is, some people are barely noticing anything within them while the sensitives on Earth are feeling everything. (And you know who you are!)

Well, if now is your time to awaken on this spiritual journey, you have probably noticed a lot of shifting going on within you, your family, work or maybe simply your perspective of how life has shifted dramatically and how you function in life differently somehow.

A year of deep changes is and will continue, and my personal journey has felt like walking a tightrope without a net (very dry joke, I know), yet really, I am experiencing life with a totally different twist.

As this transformation and transition into higher consciousness and awareness continues I am continually following the divine crumbs of synchronicity, “aha” moments and insights, and saying yes to what feels aligned in the moment.



Releasing energy through access bars.

I would like to share three possibilities to assist in moving through this transformation that can assist you on your journey. These three ways are to begin allowing yourself to receive, release and remember as you open to receive then release what no longer serves you, and remember that more of your higher spiritual soul self can then trust in that.

Did you know that if you are a sensitive soul, 95 per cent of what you are feeling may not even be you? You are picking up everything around you, including Earth shifts, planetary cosmic shifts and also the people around you. So, my dear, sensitive soul, yes, it can feel overwhelming, and yet there is hope.

One of the divine crumbs that came my way last year was a process called access consciousness. It has taken me this long to evolve into accepting this modality of growth into my life.

One piece of accessing consciousness is an easy process called access bars which allow your body to process and receive the changes you are choosing with greater ease.

Access bars are 32 points on your head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive. Lightly touching these 32 points will release old energies stuck in the brain and the body, allowing for tremendous and easy change.

The bars release all the considerations, thoughts, feelings, emotions, decisions, judgments and beliefs from any lifetime that are electrically stored in the brain. This occurs when the bars are touched, allowing that stored junk to be released. Similar to when the lights go out in your house and you flip the circuit

breaker so the lights come on, having your bars done allows your lights to come on. The energy of the universe becomes available to you and this often results in more peace, ease, joy and glory in life.

Having a bars session allows you to receive nurturing and relaxation – you don't have to do anything – while at the same time you are releasing old patterns, beliefs and limitations which opens the door wider to remembering you are here to live a life in joy, peace, love and ease.

It sounds too good to be true, I understand, and I tip-toed my way toward it. But I have to say that it's time for an easier way to evolve into the new divine human we are here on Earth to embody.

So if you have tried everything under the sun except access consciousness and having your “bars run,” maybe this is the possibility of breakthrough you know is available to you. You know what they say: to receive a different outcome requires a different approach.

If you are one of those sensitive souls who really notices the shift occurring now and you can feel the old you resisting, or if you are having challenges with changing what you know you want to change, perhaps access bars can be of assistance. It's time to shine your light, my friend.

I am happy to say I bit the bullet, went for the training and am now an access bars practitioner offering access bars sessions.

I ask you: what else is possible and how does it get any better than this?

Receive, release and remember. “We are the ones we have been waiting for and now is the time” (Hopi). ■

Out & About

Submitted by: www.crestonevents.ca

September Creston Valley Farmers' Market

A place to buy & sell locally produced, farm fresh goods - from peaches to parsnips & pies.

Location: Millennium Park
Saturdays from 8-12pm

Contact: Martha Boland or
Tamara Movold

Phone: 250-254-1594
cvfarmersmarket@gmail.com
<http://crestonvalleyfarmersmarket.ca/>

September 1 to 10 Creston Art Club Annual Art Show and Sale

Creston Art Club Annual Art Show and Sale. Everyone welcome!

Location: Rotacrest Hall
Fri., Sept. 7, 3 to 9pm

Sat., Sept. 8, 10am to 4pm
Reception Fri., Sept. 7
7 to 9 pm

Contact: Audrey Orosz
Phone: 250-866-5145
Email: audreymountain@gmail.com

September 4 Thunder Cats vs. Glacier Nationals (exhibition)

Exhibition action, come check out who is trying to make the cut!

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm.

Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com

September 9 44th Annual Corn Crickers Picnic

Come & enjoy this fun filled family event.

Burgers & corn on the cob will be served up along with refreshments & pie. Lots of activities for all ages to enjoy.

Location: West Creston Hall
Contact: Don Turner
Phone: 250-435-1492
Email: turnerd@westcreston.ca
www.westcreston.info

September 11 Thunder Cats vs. Beaver Valley Nitehawks

Exhibition action, come check out who is trying to make the cut! Entertainment for the whole family!

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm.

Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com



The Pickle Patch

22 Varieties of Homemade pickles. Come Taste the Crunch! Free range farm fresh brown eggs. Pickling cucumbers and fresh vegetables please call to order.

Hours of Operation:
Monday, Wednesday to Saturday 8:00am - 3:30pm
973 Reclamation Rd. West Creston
(250) 428-8980 • picklepatch@westcreston.ca

OPEN ALL YEAR
8:00 AM TO 8:00 PM

Pick of the Crop MARKET

Come try our Buffet

2928 Highway 3
Creston, BC
Phone: 250.428.5120

"Everything from Apples to Zucchini"

Creston Valley RIPENING DATES

**Please note all dates are approximate depending on the weather.*

Fruit Season

Cherries.....July 15 to Sept. 15
Peaches..... Aug. 10 to Sept. 20
Plums..... Aug. 10 to Sept. 20
Summer Apples..... Aug. 15 to Sept. 20
Pears.....Sept. 5 to Dec. 31
Apples.....Sept. 15 onwards

Vegetable Season

PotatoesJuly 1 onwards
Table Cukes.....July 15 to Sept. 20
Pickling Cukes.....July 20 to Sept. 20
Peppers.....July 20 to Sept. 30
Tomatoes.....July 25 to Sept. 20
CarrotsAug. 1 onwards
Corn Aug. 10 to Sept. 25
Squash.....Aug. 15 onwards

Your farm market... and so much more!

OUR OWN & LOCAL FRESH FRUIT AND VEGETABLES

- Truscott Farms Honey
- Full line of Produce
- Varieties of Squash & Apples
- Cherries, Peaches & Pickling Cucumbers
- Cherry Hill Coffee • Jams & Syrups

Carrying all your growing needs:

- Orchard, Vineyard & Farm Products • Pruning & Irrigation Supplies
- Fertilizers & Nutrients, Plastics, Mulch, Landscaping Fabric

• Good Food • Ice Cream • Frozen Entrees
Try our Fresh Fruit Smoothies!

Truscott Farms
Open Daily! **FRUIT STAND**
3016 Hwy 3, Creston • Phone: 250-428-4983

**September 14
Thunder Cats vs. Kimberley
Dynamiters**

The home opener against Division rivals the Kimberley Dynamiters!

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm.
Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com

**September 15
CVMA 1st annual TOY RUN**

Riding up mainstreet, down Erickson Rd, up Kootenay lake. Donations for xmas hampers.

Location: Parking at Creston Mall
Registration at A&W
Contact: Cecile
Phone: 250-428-2771
Email: vic_cec@shaw.ca

**September 22
Thunder Cats vs. Nelson Leafs**

Exciting Junior B action.

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm.
Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com

**September 23
Blue Heron Halfathon**

10K Course: Starts at Wildlife Center, winds around conservation area, rolling hills on pavement for 10km out and back.

Half Marathon Course: Starts at Wildlife Center, winds around conservation area, rolling hills, treed areas, arriving adjacent to the Kootenay River for 9km and returning.

Contact: Gwen Telling
Phone: 250-428-7106
Email: gwenita@shaw.ca
www.blueheronhalfathon.ca

**September 28
Thunder Cats vs. Columbia Valley
Rockies**

Exciting Junior B action!

Location: CDCC
Doors open at 6:45pm,
action starts at 7:30pm.
Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com

**September 30
Thunder Cats vs. Princeton Posse**

Exciting Junior B action. This is an afternoon game!

Location: CDCC
Doors open at 1:15pm,
action starts at 2:00pm.
Contact: Josh Hepditch
Phone: 250-428-8929
Email: tcats@telus.net
www.crestonvalleythundercats.com ■

Health and Wellness

CRESTON OPTOMETRIC EYE CENTRE  **Optometrist**

Dr. Gene Zackowski * **Dr. Larry Fluss***

Fully trained staff with over 150 years of combined experience.
Guaranteed service and products.
Great selections of frames with over 1500 to choose from.

223 - 16TH AVENUE, NORTH **PHONE 250 428-2044**
(CLINIC BUILDING) CRESTON, BC **FAX 250 428-4985**
*OPTOMETRIC CORP. **TOLL FREE 1-800-475-0007**
Visit us online at www.crestonoptometrist.com

Creston Valley Yoga Studio

 1017 Canyon St.
Creston, BC.
Ph: 250-428-6646
www.CrestonValleyYogaStudio.com
Email: CrestonValleyYogaStudio@hotmail.com

Beauty and Salons

Perfect Images

 **FREE CONSULTATIONS**

- Body Waxing • Lash & Brow Tints
- Permanent Make-Up • Manicures • Pedicures
- Medical & Cosmetic Laser Treatments
- Pure Volcanic Clay Mask • Detox Bodi Patch
- Pure Emu Oil Body Care Products

**The Universal Detox & Contour Body Wrap
GUARANTEED TO LOSE AT LEAST 6" IN 2 HOURS**

Sharon Brown-Cert. Laser Technician, Aesthetician, M.PI Artist, Certified Wrap Specialist
Home: 250-428-8453 • Cell: 250-402-8953 • perfectimages@live.ca



**12TH AVENUE
Hair & Esthetics**

125 - 12th Avenue North
Creston, BC V0B 1G0
(250) 428-0076

Creston Valley Business Services



Fig's PLUMBING AND GASFITTING
 LICENSED • BONDED • INSURED
250-428-6014
 Serving the Valley Since 1986

- ALL PLUMBING
- GASFITTING
- HEATING SYSTEMS
- TANKLESS WATER HEATERS
- HEAT PUMPS
- RENOVATIONS



"Protecting your lifestyle and livelihood!"

We carry...
 • Personal Insurance • Business Insurance

We also offer...
 • Auto Insurance • Driver Services
 And the list goes on...



Creston Valley INSURANCE
 Located in the Creston Valley Mall
 250-428-2294 • 1-888-853-6465
www.crestonvalleyinsurance.com

Insuring the Creston Valley.



Creston Parcel & Delivery Inc.
 You Call We Haul
 139 Collis Street, Creston • Phone/Fax: 250.428.2193

Securing the Kootenays and Boundary Area with professional service

Residential • Commercial • Industrial
 Access control, surveillance cameras, intercoms, telephones, environmental, burglary & fire alarms
 Installed and serviced by our local team of certified trade technicians with over 85 years combined experience.



For professional security, safety & ease of mind.
1-877-372-1864



Best of Business 5 Year Winner!



Kootenay Energy Advisor
 Ray Smith, Certified Energy Advisor

- Eco energy & access to government grants
- Custom & multi unit residential energy evaluations
 - Energuide for new homes
- Renewable energy system design and feasibility studies

Office: 250-428-2704 or cell: 250-428-6781
www.kootenayenergyadvisor.com

Photographer for Hire



Jeff Barman - 250.402.6482
Photos 'n Motion
www.jeffsphotosnmotion.com
 Official game photographer of the Creston valley Thunder Cats



FFS Mechanical Ltd.
250-431-8307
 Creston, BC

Serving the East & West Kootenays
 Commercial & Residential
 Heating, Air Conditioning & Refrigeration

Brummet Media Group

Hosts of the Kootenay's own online radio
"Conscious Discussions"

The good news show saluting people that are stepping up and doing the right things in life.

Creston, BC
 250-428-5826

Check out the blog and other services we offer
www.Brummet.ca

Health Care Assistant

Program Starts
January 2013
in Creston



Program Design

This six month program combines classroom and practical experience, giving students the knowledge, skills and attitudes required to care for individuals in residential care, assisted living facilities, community settings and their homes.

Career Opportunities

Swan Valley Lodge and Golden Life Management in Creston are actively seeking Health Care Assistants. Health Care Assistants are valuable members of the health care team.

Admission

Minimum academic requirements are Grade 10 and/or assessment to acceptable level. Please phone or stop by the Creston campus for full details, or email Creston@cotr.bc.ca.

For more information visit
www.cotr.bc.ca/ResidentCare/

Information & Registration

College of the Rockies Creston Campus

301 - 16th Ave. S., PO Box 1978
Creston, BC V0B 1G0
Phone: 250-428-5332
Fax: 250-428-4314
Toll free: 1-866-740-2687
email: creston@cotr.bc.ca



Practical and Effective Solar Heating

With Professor Tang Lee

Increasing costs of heating fuels and depleting resources are not the major concern. It is the health of the planet and inhabitants that is most important. This one-day seminar will focus on how you can reduce your reliance on polluting fossil fuels and use abundant solar energy to heat your homes.

Speaker bio: Professor Tang Lee, The University of Calgary.

Tang Lee is an architect who designs healthy and sustainable buildings, beginning with his first solar heating building in 1975. He teaches building science, indoor air quality, sustainable design, mechanical and civil engineering at several universities in Canada and abroad.

Sat / Sept 22 / 9am-4pm / \$149+hst

Herbal Practitioner (Formerly Practical Herbalist)

In-Class

Natural health, and health medicine in particular, has become a huge growth over the last decade.

The College of the Rockies is pleased to offer one of the most comprehensive herbal training programs of its kind in Canada.

The classroom program is delivered at the Creston Campus one weekend per month for 10 months. The classes are Friday, Saturday and Sunday all day.

Start Date: February, 2013

Tuition: \$1849

Instructor: Rachel Beck

For more information, go to www.cotr.bc.ca/Creston and click on Herbal Practitioner or contact us at 250-428-5332

Project Management

Who needs Project Management? General contractors, private home builders, service groups, non-profit organizations, managers... anyone that has to plan a project from start to finish. This four-session workshop lead by John Harrison will show you how to plan, organize and execute projects on time and on budget. The essential requirements will be presented in a format that will enable you to apply these techniques with confidence to any projects you will be dealing with.

Thu / Oct 18, 25 & Nov 1, 8 / 9am-noon
\$189 / 4 sessions

OFA II

Oct 29 - Nov 2 / \$575

OFA III

Nov 19 - 30 / \$795

Powerful Solutions For A Compact World

Sizzling Summer Savings



*Financing in lieu of cash discount



CASH SALE PRICE
\$26,699.00*
 Reg. list \$30,865.00
 While quantities last



These zero tail swing excavators reduce the risk of rear-end damage and are perfect for rental operations, foundation repairs, or any restricted work area. But, their compact design doesn't compromise performance. The U Series feature excellent stability, lifting power, and comfort.

U17-1GS Features: 1.7 Ton • 17 HP Kubota Diesel • Dig depth: 7'7" • 1.7 metric ton • 39"-49" track width • Auxiliary flow: 7.3 gpm



*Financing in lieu of cash discount

CASH SALE PRICE
\$6,789.00*
 Reg. list \$9,075.00
 While quantities last



20 to 21 HP Power. Traction. Tight turning radius. With the innovative "Glide-Steer" the GR2010 Gas and GR2110 Diesel outperform all other ride-on lawn and garden tractors in their class.

GR2010 feature: 20hp gas with 48" mower deck • hydrostatic • power steering • hyd. Deck lift • 4 wheel drive assist



*Financing in lieu of cash discount



CASH SALE PRICE
\$14,762.00*
 Reg. list \$17,398.00
 While quantities last



The versatile B2320HSD tractor delivers the power, speed, and smooth HST performance you need to tackle large and small tasks around your property. This new B-Series tractor has it all—more horsepower, a new HST, more transmission speeds to choose from—so you can handle your toughest chores with ease.

B2320HSD with loader - Features:

- 170 pto hp diesel • 3 range hydrostatic transmission • foldable ROPS with LA304 loader (669lb lift capacity)



*Financing in lieu of cash discount

CASH SALE PRICE
\$14,749.00*
 Reg. list \$17,322.00
 While quantities last



This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

BX2660 25.5 hp power unit Features: 25.5 hp 3cyl diesel • 2 range hydrostatic transmission • power steering • front & rear pto • 4wd • LA243 loader 560lb capacity



GRAND FORKS CRESTON CRANBROOK
 Serving The Kootenays

KEMLEE EQUIPMENT LTD.

Your locally owned & operated Ag Centre

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