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## More than Mane & Nails

Salon owner creates home for  
businesses and alternative health  
practitioners by breathing life into  
15th Avenue building

### Investing in the Future

LKB Chief reflects on school  
as band school expands

### A-Hunting We Will Go

Museum manager looks  
at local history of hunting

### Customized Employment

Worker showcased during  
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# 10 MINUTES TO DISASTER

Please leave pets at home- not in your vehicle



## Cars become ovens

The temperature in a vehicle, even in the shade with the windows partly open, can rapidly reach a level high enough to seriously harm or even kill your pet. A dog can be overwhelmed by heat in as little as 10 minutes.

### How pets stay cool

Dogs cool themselves by panting and by releasing heat through their paws. They do not perspire through their skin like people. On warm days the air and upholstery in your vehicle heats up to high temperatures making it impossible for pets to cool themselves. Your dog will be more comfortable if left at home.



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## Heatstroke requires immediate veterinary attention

### The risk is real

If it is 26°C outside, inside a car – even with the windows cracked – the temperature can reach 37°C in 10 minutes and 43°C in 20 minutes. A dog's normal temperature is 38°C. If your dog's temperature reaches 41°C cell and organ damage begins to occur.

### Heatstroke Symptoms

Heatstroke symptoms include:

Exaggerated panting; bright red gums; rapid or erratic pulse; thick saliva; anxious or staring expression; weakness and muscle tremors; lack of coordination; convulsions or vomiting; collapse; seizures or coma.

### Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

- Immediately move the animal to shade;
- Wet the dog with cool water including foot pads and around the head;
- Fan vigorously to promote evaporation. This process cools the blood reducing core temperature;
- Do not apply ice. This constricts blood flow which inhibits cooling;
- Allow the dog to drink some cool water;
- Take the dog to a veterinarian as soon as possible for further treatment.

# Vision Inspires New Life

Story by: Trish Drinkle

**I**nspiration. That is how Mane and Nails business owner Joanne White lives her life. Through inspiration, motivation and dedication. Not many could see the potential White saw in the lonely little building on 15th Avenue North. It had been on the market for quite some time, and needed the right buyer to bring it back to life. This building needed a complete renovation, including plumbing, electrical updating, a structural overhaul and some serious curb appeal.

“I had a vision that has been with me since about 2004,” White says. “I knew what could be created in this space and I wasn’t afraid to jump in with both feet and my hammer.”

And jump in she did, along with her close family friend and contractor Terry Webster, ex-husband Rick Stone and son Dylan Stone. After 18 months her vision came to life, complete with a funky contemporary metal exterior, and welcoming nurturing interior which was perfect for her business vision.

While the building transformation was an astonishing accomplishment, the true heart of the building beats



Wendy Franz

The interior of Mane and Nails Salon and Spa.

from those within its eclectic walls. Unique and highly skilled, the people of Mane and Nails Salon and Spa touch the lives of many each day.

White, who was once a bush-whacking horse logger, began her path as a full-time hairstylist and nail technician in 1999. Working in Creston since 2001, she has a solid

clientele that values her expertise and the piece of her heart she lovingly gives to each to each person she pampers.

“I want my clients to feel important, to feel loved when I work with them,” White says. “They are the most important person in that room when they enter the salon.”

Katelyn Madden, whom White affectionately refers to as Kate Land, is a gifted cosmetologist who especially appeals to the younger generation of salon customers. On the cutting edge of style, Madden goes all out to learn the latest and greatest techniques in the world of hair, makeup, hair extensions and nails.

“Katelyn is amazing at boosting self-esteem, especially with teen girls,” White says. “She really helps these girls see how truly beautiful they are, inside and out.”

Rhea Arlt is another stylist in Mane and Nails that gives of her heart to each and every client she sees. Arlt, with the patience of Job, loves working with seniors. She reaches out with love and compassion and takes time to listen to the many life stories her clientele has to share.

“For many of Rhea’s customers, it’s their special day out, so she lavishes not only time, but love to make their experience one that fills their soul,” White says.

Back from maternity leave is family stylist Debbie Van De Bogart, who works flexible hours each week to accommodate the needs of her clientele and new baby. Her easy, laid back demeanor is one that makes a child’s first haircut a fun adventure to be proud of.

Like icing on the cake, White’s building hosts many cozy rooms for alternative health practitioners such as massage therapist Laura Sobkiw, who specializes in myofascial release. MFR is a soft tissue therapy for the treatment of skeletal muscle immobility and pain. This modality of massage focuses on relaxing contracted muscles, improving blood and lymphatic circulation, and helping to stimulate the stretch reflex in muscles.



Wendy Franz

The renovated 15th Avenue North building that houses Mane and Nails Salon and Spa, Imagine Ink, *I Love Creston*, Creston Yoga and Movement Studio and alternative health practitioners.

New recruits to the Mane and Nails family are soon to arrive. Stylist Jess Bilcik and esthetician Samantha Regier are sure to bring in exciting new energy for all to enjoy.

In addition to the salon and day spa, the building is also home to Imagine Ink, *I Love Creston* magazine and Creston Yoga and Movement Studio. White loves sharing the space with the thriving and vibrant business.

“I truly believe that opposites attract, and having such diversity

in one building works for us all,” White says.

Although, White admits, there were times she questioned her ability to complete the healing centre, it was passion, and the support of people closest to her that kept her moving forward.

“Months of slivers in my hands, drywall dust in my hair, and working seven days a week have paid off,” says White. “I am proud of what we have accomplished!” ■



## From the Mayor's Desk

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

### Our Water!

The communities of Creston and Erickson are the two major users of the Arrow Creek Water Treatment and Supply System; a key piece of our community's infrastructure operated by the Regional District of Central Kootenay (RDCK).

On July 8, the RDCK and the Town received the great news from the Honourable James Moore, Minister of Industry, and David Wilks, Member of Parliament for Kootenay-Columbia Riding, that a financial grant of \$2.91 million was approved for offsetting total costs of the pending phase 4 infrastructure project, valued at \$4.38 million. This grant is a 50% cost sharing arrangement between the Government of Canada and the Province of British Columbia. The remaining balance for the Phase 4 project, being \$1.46 million, is provided by the taxpayers using this water system. This financial reality is why the securing of grants is essential to being able to afford the costs of repairing our aging infrastructure!

Phase 4 of the infrastructure project will see a new Erickson Closed

Reservoir constructed to replace the existing "open reservoir". In addition, 2.7 kilometres of mainline will also be replaced. Our overall delivery mainline is about 10.3 km in length with approximately 3.8 km already having been replaced in 2008, 2010 and 2015. This leaves approximately 7 km of mainline that is 80-plus years old.

### We have successfully managed our limited water supply throughout these dry, hot days of summer

To work towards successful completion of the Arrow Creek Water Treatment and Supply System, the next steps are for the RDCK to prepare a second application for another grant to complete the final phase of our water system upgrade. This phase will complete the replacement of the delivery mainline and build a second Erickson Closed Reservoir. Without a second grant, water users will have to be asked the question, via a referendum, about whether or not the

RDCK borrows to complete the water delivery system. Let's keep our fingers crossed for that grant approval!

With water shortages being experienced throughout the province, it is clear that water is becoming one of our most precious resources. The implementation of Stage 3 mandatory water restrictions this year, due to historic low creek flows, enforces this observation. While we can't control annual precipitation and snowpack, we can ensure that we don't unnecessarily lose water through leakage. A pressurized delivery mainline, coupled with improved water storage capacity, will ensure that we're making the most out of water system and supply.

I'd like to say a special thank you to all the citizens who voluntarily assisted with our water conservation program, when the RDCK and the Town of Creston implemented Stage 3 restrictions on June 24. By pulling together, we have successfully managed our limited water supply throughout these dry, hot days of summer. You should all be congratulated!

I hope you, your family and your friends have had a memorable summer 2015, as we look forward to the cooler days of fall. ■

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

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## Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

### Investing in the Future

Everyone had a different experience with school in both elementary and high school. I recall going to public school for the first time at what was then the South Creston Elementary School in the second grade. First of all, there was the boarding of the school bus. There were kids my age and much older than me on the bus. Some kids would not move over on their seat despite the fact no one was sitting next to them. If you were younger you couldn't sit at the back of the bus because that is where the older kids would sit. You just had to hope that someone would move over.

Upon arrival at South Creston

Elementary School there were so many kids, more than I have ever seen as I came from a one-room school on the Lower Kootenay reserve. At my one room school there were maybe 20 students at the most. I recall being frightened and excited to be at my new school. I arrived at Mrs. Ross's class and recall something that I have never seen or heard before. The teacher told us to stand beside our desk and recite the Lord's Prayer and the Canadian national anthem. I remember thinking how strange it was to recite the "Our Father", as the only time that I heard it was during a wake or a funeral. I remember being very confused and thinking to myself, "Who passed away?"

"O Canada"? I didn't understand why we sang this song every morning. It was in second grade where I learned the lyrics of our country's national anthem. Today, I credit Mrs. Ross class for teaching me the country's song. I didn't know why we sang or what it meant but I am grateful and proud that I know our song.

I dreaded recess time which was 10-10:30 every morning. I dreaded this as there were always the older boys who wanted to fight me. I never understood why they wanted to fight me and can say that it wasn't until

public school that I learned how to fight. I was beaten for most of the fall until one day in the early winter I beat all three of my attackers. Parents were called in and I wasn't proud of what I did but remember how the parents of the three had me as aggressor. Little did they know that I took a beating every morning for an entire fall season from their sons.

**No one was there to stop them from laying a beating on me yet I had to apologize for defending myself.**

I was suspended and had to write an apology to the ones I had beaten. That was one of the hardest things that I ever had to do. No one was there to stop them from laying a beating on me yet I had to apologize for defending myself.

As the months went by I gained a reputation for being the one not to mess with. I didn't care as at least I didn't have to fight; all that I had to do was play the part of the tough guy. I never wanted this; all I wanted to was to fit in. That was really hard to do as there weren't very many First Nations students. The few that were in the school would joke saying, "You aren't even that tough! I remember when you wiped out on your bike and cried like a baby!" They didn't say anything to anyone as there was an unwritten code of survival.

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Academically, I struggled so much! I felt so stupid as a my reading are writing were well below the standards. During this time things were very black and white. Special Ed was called Special Ed and if a teacher didn't want to deal with you, most often they would send you to the hall.

As the years progressed, my attitude worsened and I did not want to be in school. My parents divorced and I became lost in the system. I really did not care what my future was or who I would become. Everyone I knew died at an early age and I was certain that this would also be my fate.

Until I met Mr. B. Mr. B. made me feel like I was intelligent and could do anything. I started coming to school intoxicated and Mr. B. told me straight out to come back sober and be serious about school. Mr. B. wasn't an alcohol and drug counsellor. I'm certain that wasn't in his contract. I'm certain it wasn't in the job description to stay after hours to tutor me even on an occasional Saturday. But he did! All it took was one educator to believe in me and to this day I consider him a very good friend. He was a mentor, but most importantly he cared!

This summer the Lower Kootenay Band has taken a giant step in investing in society's future. When I say "society's future", that means children of all ethnic backgrounds. The Yaqan Nukiy School accepts all students. If you are accepted at our school you are a student of our school. There are no ethnic boundaries; there is a school pride that has all students as equals.

In August, we broke ground to begin the \$1.2 million construction of an addition to the Yaqan Nukiy School. We wish to invest in the future of our young people. If the children truly are the future we must give them the very best of facilities. Some ask why and are opposed to this initiative. I have come to understand that I am either loved

or hated, and there doesn't seem to be a middle ground.

No longer are there just high school dropouts. I am witnessing children dropping out in elementary school. We must provide the best teachers, facilities and support staff to make our children succeed. We most try differently not harder to find a way for children to succeed so they may be our future. Our future leaders begin now! Our future leaders are groomed and every educator must treat each student like they are a chief or a prime minister, as one day they may have these roles in our society.

I don't want school to be the place where a child learns how to fight. I do not want a prison yard mentality for our young people. I want school to be the place where parents want their children to be and where children thrive and love to learn. I never said as I child that when I grow up I want to be the chief of LKB but this is where fate has brought me. The addition to the Yaqan Nukiy School will stand for years to come. Let it be the link to unity for many Creston Valley children and their families. Texas. ■

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



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# A-Hunting We Will Go



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

Out at the wildlife area, west of the Kootenay River and north of the highway, are the remains of three old cabins, tucked in among the trees and bushes. I spotted them a few years ago, while walking there in the spring. One, smaller than the others, appears to have been quite rustic, but the two larger ones were well-equipped: food cupboards with glass doors, bunks with springs and mattresses, cook stoves (one quite a bit larger than I would expect to see in a remote cabin where everything had to be carried in!), even a wooden box with a hole that served as a portable toilet seat.

These are old duck-hunting cabins. They were probably built in the 1940s and used right up until the wildlife area was legislated into existence in 1968. Dave Mulligan, who once farmed land backing onto that part of the wildlife area, believes one of the cabins belonged to Fred Mawson. Bill Constable told me that a cabin on the east side of Leech Lake (a little farther north than the three cabins I saw) was built by Fred's father Vic Mawson, Charlie Sutcliffe and a forgotten third person. These three shareholders, who put up the money to build the cabin, often invited guests for the duck hunting season, including Charles Huscroft and Mr. Constable's father, Guy.

There are, undoubtedly, many other similar structures scattered around the lakes and marshes of the Creston Valley. Hunters and sportsmen from all over B.C., Alberta and the northern U.S. descended on the valley every fall, following the migrating flocks. The aptly-named Duck Lake was a favourite destination. In fact, Duck Lake and its surrounding marshes were so popular with duck hunters that there were several decades of arguments about what should be done with the land. There were those wanted to reclaim the land as farmland. Early conservationists, who recognized the importance of the wetlands for migratory species, wanted to set aside the entire area as a wildlife preserve. And the hunters, of course, wanted to keep on hunting as they had always done.

The dispute got quite nasty. But it's a very long, and very complex, story, and merits an entire article all to itself. So for now, let's return to the story of hunting in general.

With fresh meat available to us any

time in grocery stores or from local farms, it's easy to forget that, not so very long ago, meat was actually something of a luxury that required a lot of time and effort (either through hunting or raising livestock) to obtain. Hunting, whether for ducks or deer, was often an integral part of a family's food supply. The local newspapers are full of items about who was hunting where, who brought in the first deer of the season, who took the most geese at the goose-and-turkey shoot at Cartwright's ranch in 1925 (Alf Palmer got four and Frank Staples three, the highest scores out of "almost 50 seekers after a Christmas dinner," to borrow the *Creston Review's* phrase).

Those goose-shoots and duck-hunting expeditions weren't just a way to get a Christmas dinner; they were also an important social and recreational activity. Meetings and competitions of the Rod and Gun Club, or the earlier Creston-Erickson Rifle Club, were followed by banquets featuring the game brought in as the main course. Funds raised through these events, and from the dues paid by members, often reappeared as contributions to community activities and causes.

And there's the economic side of things, too. It goes well beyond the economics of a family, trying to make a living by growing, raising or hunting everything they need. With hundreds of hunters coming into the valley each year, buying supplies and equipment, possibly staying at hotels and eating in restaurants (when they weren't out in the duck-hunting cabins, that is), and putting gas in their cars before returning home — the local economic impact of hunting must have been significant.

Hunting was also a way to control dangerous predators. Cougars were

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Creston Museum photo

The Creston-Erickson Rifle Club after a competition in 1910.

a prime target, because they killed the deer that people wanted to hunt for their own food and because they posed a threat to livestock. A century ago, and even a good deal more recently than that, “controlling” predators often meant exterminating them. The devastation of entire ecosystems in Banff and Yellowstone are pretty good examples of how short-sighted such policies were — but wildlife conservation and ecological management are relatively new concepts. At the time, the needs of people were the most important — sometimes the only — consideration. So hefty bounties on predators were an established fact.

Milt Beam of Erickson actually made quite a good living as a bounty hunter. In January 1915, for example, the *Creston Review* boasted about his having taken six cougars in four days; and two months later Milt was recognised for setting a provincial record of eight cougar kills in a single season. At \$11 per pelt, he made enough for a resourceful man to live on for several months, and that’s saying nothing of the bounty on other pelts he obtained through his hunting and trapping.

In the Creston Valley, the near-elimination of cougars and wolves led to rapidly-increasing populations of deer and elk, which can cause enormous damage to fruit trees. It wasn’t long before they, too, were perceived as pests and demands were being made for their control. In March 1981, for example, local growers were loudly calling for extended hunting seasons and higher game limits on deer and elk. The problem was actually getting worse, compared to a decade or two earlier, probably because of declining numbers of hunters and the shift towards dwarf-sized trees. The smaller trees, it turns out, are an ideal height for browsing animals to feast on.

For every hunter you meet today you’ll find many people who are adamant that all hunting is cruel and unnecessary and should be banned. But — at the risk of sounding a bit preachy here — managed hunting has a role to play in the ecological balance (just ask anyone who lives in a deer-infested community). From that point of view, hunting is neither cruel nor unnecessary. What is really unnecessary is the destruction of animals that have

become dependent on humans. So — at the risk of sounding really preachy — if you want to prevent the truly pointless killing of animals, please don’t feed the wildlife. ■

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# JuiceFM is Fresh, Local — and Live

Story by: Naomi Larsen

Whether you're in Crawford Bay, over in Yahk, on the way up the Salmo-Creston or even down south in Bonners Ferry, you'll hear Creston's new radio station, 94.1 JuiceFM, bringing fresh voices, new perspectives and some of the greatest musical hits from past decades to the airwaves.

Owned by parent company Vista Radio, JuiceFM plays music from the '60s, '70s and '80s, including ABBA, Supertramp, Fleetwood Mac, the Beatles, Rod Stewart, Foreigner, Elton John and more.

The station's general manager, Steve Huber, says Vista has a great reputation for live and local radio in each of the markets they service.

"We operate in small and medium-sized markets," he said. "We have a template we like to use in these markets and we think we run smaller market radio better than anyone else in Canada."

Described by Huber as "hyper-local", JuiceFM's beginnings began about four years ago with simply

an interest. Huber said the first year was mostly market research, documentation and CRTC applications.

The following year or two was waiting for approvals and the last year was focusing on setting up and getting the station on the air, which they celebrated on Aug. 7 at their downtown Canyon Street location in the Creston Place building across from Black Bear Books.

"Our grand opening was awesome; it was a lot of fun," Huber said.

Residents were invited to head on down to the studios for a tour and a hotdog and meet with the station's brand new staff.

JuiceFM currently has a full-time staff of three — including morning and afternoon show hosts and sales executive Rachel Justus, as well as a few part-time weekend personalities. Huber says he hopes to add an additional two to three more positions as the station grows.

Currently, morning show host Jason Welwood and afternoon host and news

reporter Kris Dickeson are the main duo bringing the station to life with music and interviews surrounding Creston's laid-back and artsy vibe. The station also provides listeners with up to the minute local and regional news, sports, weather and road reports.

Huber says all his staff are local Creston residents.

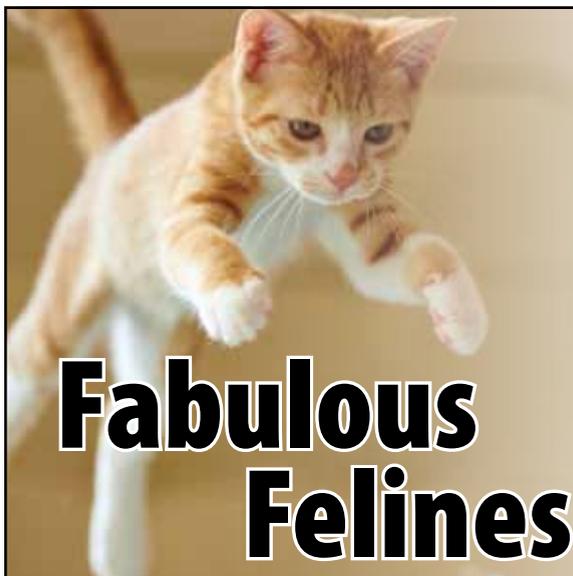
"These people live and work right in Creston," he said. "We broadcast from our town and we are local."

With such a strong local connection, the station also prides itself on its community involvement.

"You know, it's one thing we do really well that we're really proud of," Huber said.

Once a year, Vista hosts an event called Vista's Day of Caring. Huber said last year company president Geoff Poulton called all the managers and instructed them to raise \$1 million for local charities in their markets by the end of the week.

"We all looked at each other like, this guy has lost his mind," Huber said. "We came up with \$1.1 million within 24 hours."



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As a kickoff to its fundraising mandate, JuiceFM will be donating \$5,000 to the Creston Valley Gleaners Society at the end of August based on their first week of advertising revenue.

“We wanted to give them (the Gleaners) a little shot in the arm,” Huber said.

Since going live at the beginning of August, the station has received an incredible amount of support both locally and province-wide with its Facebook page being peppered with compliments.

Its website ([www.mycrestonnow.com/](http://www.mycrestonnow.com/)) also allows people who don't live in the area or don't have a radio signal to “listen live” at any time.

So why the name JuiceFM? Huber said, not only is it one of six brands Vista Radio owns, it was a natural fit for the valley.

“We have a rock brand and a country

brand, and what we call the variety hits or greatest hits is the Juice brand,” he said, adding the original JuiceFM brand began in Kelowna. “We think it fits the southern part of B.C. really well — especially Creston, lots of fruits and wines. It fits right in.”

JuiceFM is joining several other existing Vista stations in Nelson, Castlegar and Grand Forks.

Vista Radio operates 38 radio stations across 67 transmitters across Canada, located in three provinces and the Northwest Territories. In 2014, Vista generated more than \$1.5 million for local charities and donated more than 50,000 commercials to charity and community organizations.

“We are very excited to provide the Creston Valley and surrounding area with its very own station,” Huber said. “(And) we couldn't be happier that Creston has made us feel so warm and welcome right off the top.” ■

**2015-2016**  
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**Quartetto Gelato**  
Tuesday, September 29, 2015  
7:30 pm

**Gordie MacKeeman and The Rhythm Boys**  
Tuesday, November 17, 2015  
7:30 pm

**Borealis String Quartet**  
Saturday, January 16, 2016  
7:30 pm

**Rainbow Dance Theatre-iLumiDance**  
Matinee, Sunday February 28, 2016  
2:00 pm

**Symphony of the Kootenay**  
Matinee, Sunday, April 10, 2016  
2:00 pm

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# Safe and Accessible Back County

By: Kokanee Country Snowmobile Club

The back country trail systems surrounding the Creston Valley are the life line of many outdoor enthusiasts. The Kokanee Country Snowmobile Club knew of its value and set forth on a journey to create safer, more accessible trails for all user groups to enjoy. Seeing an opportunity, the snowmobile club, in a joint effort with the Quad Riders ATV Association of BC (ATV/BC) submitted an application to the National Trails Coalition, which was offering federal funding across Canada for a multitude of trail users.

The application was a success! Twenty thousand dollars from the National Trail Coalition funding was secured for the project with financial contributions from the Kokanee Country Snowmobile Club, Quad Riders Association of BC, Recreation Sites and Trails BC, small equipment machine time from Mike Kietzman and 250 volunteer hours from local enthusiasts.

After great review and deliberation, with input from various user groups, the

Kokanee Country Snowmobile Club focused on an area west of Creston within the Maryland-Boundary region. Roughly 50 kilometres of trail system upgrades are now underway, lending safer access to the three cabins, scenic creeks and lakes up the Kootenay Pass.

After receiving bids from several companies, locally based Macaulay Forestry came out on top. Owner Jim Macaulay understood the specific challenges faced while brushing the trail systems dense with alder overgrowth. A passionate back country user himself, Macaulay was eager to help this project see success.

The project has not been without challenges. The area's high elevation combined with a moist forest floor causes vegetation to explode, especially alders. Macaulay, knowing this dilemma, waited until the precise time of leafing to begin brushing. In doing so, the growth of the alders will be delayed, if not halted, to make the most of this trail clearing funding. An extremely hot dry summer has been another challenge. With safety in mind the Kokanee

Country Snowmobile Club is choosing to wait for safer conditions before sending out volunteers.

"One of our greatest fears was sending volunteers out who unknowingly spark a fire in this volatile drought," says KCSC president Trish Drinkle. "It can happen so fast. That being said, once September hits and the weather is cooler it will be game on! We need as much help as possible, from anyone who feels as passionate about our back country trails as we do."

Under the direction of project leader Dave Kriese, some hard working volunteers have already donated valuable time and efforts clearing the brush up Boundary and Char creeks. Dave and Judy Kriese, Darryl Ringheim, Jay-Dee McClure and Dean Armitage got a jump on volunteering early in the season, but more help is needed to meet the project date of completion Dec. 31, 2015.

For more information or to volunteer your time, contact Trish Drinkle at 250-428-7531 or [tdrinkle@yahoo.ca](mailto:tdrinkle@yahoo.ca), or visit the Kokanee Country Snowmobile Club's Facebook page. ■

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# The Price of Travel Medical Insurance



Story by: Shelagh Redecopp  
Travel Insurance Broker, Safe Travels

If there is one thing that can affect the price of your travel insurance, it's assuming that the insurance plan you bought last year will give you the best value again this year. Not always true!

Travel insurance is a finicky product and insurance companies adjust their plans every year based on things like last year's claims, the relative strength of the Canadian dollar and a host of other factors.

## each company will price their product differently resulting in a fairly wide range of quotes

So how do you know if you're getting the best price for your individual needs?

You can either take the time to go online to shop various insurance products yourself or go to a broker who has access to multiple insurers. There are many, many travel insurance products on the market and each company will price their product differently resulting in a fairly wide range of quotes for any one person.

Here is an example (above right) of six different insurers' quotes: Joe Traveller is a 68-year-old going to the U.S.A. for 91 days, a non-smoker with a stable heart condition and controlled high blood pressure.

*Joe*

### Premium

\$1,016  
\$1,091  
\$1,150  
\$1,371  
\$1,571  
\$2,828

### Stability Period Needed to Cover Pre-Existing Conditions

365 days  
180 days  
365 days  
365 days  
180 days  
7 days

A second example: Sally Traveller is a 65-year-old going to the U.S.A. for 60 days, a smoker who suffered a stroke two years ago but with no other conditions.

*Sally*

### Premium

\$489  
\$590  
\$672  
\$811  
\$914  
\$939

### Stability Period Needed to Cover Pre-Existing Conditions

365 days  
365 days  
7 days  
180 days  
365 days  
180 days

These examples also show that higher premium and shorter stability periods do not always go hand-in-hand. For those who travel multiple times in the year, it is comforting to know that stability periods can be as short

as seven days in some cases and that it doesn't necessarily mean one pays the highest premium for it.

If you are trying to keep the price down because you are planning a long trip or you are in a pricier age bracket, it might make sense to take advantage of higher deductible options. Quotes are usually given with deductibles varying between \$0 and \$300. But if you're comfortable with \$500, \$1,000 or even a \$5,000 deductible, you could get discounts ranging from 5% to 30%.

Whether you do the research yourself or have a broker do it for you, when it comes to travel insurance costs, a key factor is having multiple insurers to choose from. It pays off! ■

Shelagh Redecopp is a Travel Insurance Broker for Safe Travels, specializing in snowbird travel and medical insurance. She can be reached at 250-581-0058 or shelagh@yoursafetravels.ca.



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# Farmers' Market Vendor Profile

Story by: Jen Comer

Manager - Creston Valley Farmers' Market

## Tarzwel Farms

### 1. Who is Tarzwel Farms?

Tarwell Farms is owned and operated by Tom and Leanne Tarzwel, just north of Creston, providing customers with locally grown and naturally raised beef.

### 2. What's the history?

Tom, a second-generation farmer, has been raising beef for over 30 years. Initially, he sold his cattle to the auctions, but before local food was the trend it is now, Tom started selling all of it to local customers through farm gate sales.

Then in 2008, new rules came in for beef slaughtering; mandating that all meat products sold to consumers must go through a provincially licensed and inspected abattoir (slaughter facility). The Creston Valley had no such facility, with the closest being in Cranbrook to the east and the Okanagan Valley to the west. That was enough of a business case for Tarzwel Farms to start the first red meat abattoir in 2008, filling a crucial gap in the local food chain. Tarzwel Farms processes more than just its own animals, and is available to other small farms in the area who have bison, pigs, lambs, goats and rabbits.

Tarzwel Farms came on board the Creston Valley Farmers' Market in the summer of 2010, and hasn't missed a market since.

### 3. How's the beef raised?

Tarzwel Farms believes that healthy, happy animals produce healthy calves and provide a great end product for customers. The animals roam on pasture, and are given enough time and good feed to finish. There's no need to supplement with hormones or preemptive antibiotic treatments (but they will be used when needed for an animal's health and well-being).

### 4. What's the end result?

The Canadian Beef Grading Agency grades all the beef sold by Tarzwel Farms, and can guarantee all beef is AA or better.

### 5. Where can I buy some?

Tarzwel Farms is at the Creston Valley Farmers' Market each week, providing customers with individual pieces (ground, stewing, hamburger patties, sausages, pepperoni and beef jerky), and in \$140 variety packs. They also take orders for quarter and half sides, which are cut to customer's specifications and frozen for pickup. ■

Contact Tom and Leanne Tarzwel for more information at 250-428-4316 or find them on Facebook at [www.facebook.com/tarzwelbeef](http://www.facebook.com/tarzwelbeef).

Visit the Creston Valley Farmers' Market outside, every Saturday until Sept. 26, and then indoors at Morris Garden Centre every Saturday Oct. 3-Dec. 19.

## FARMERS' MARKET

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# Ag Aware

Story by: Randy Meyer - Creston Valley Agriculture Society

**A**s the summer of 2015 is soon to become history, I would like to take this opportunity to update readers on what has been happening in our local agriculture community.

The weather this year has played a huge role in our valley this year. Dry conditions from early spring on, combined with the long stretches of hotter than average temperatures, affected many of our local crops. Most notably, pretty much all crops ripened or matured well ahead of normal. Garden, field and orchard crops all were influenced by the extreme weather conditions. Some of the early season garden crops did quite poorly because of too much heat early on. Other fruits, like cherries and peaches, ripened much sooner than normal. On the downside, hay crop yields are significantly lower, resulting in hay shortages here and throughout the area. Pastures have also run out of grass, resulting in earlier than normal feeding of hay, which compounds the hay shortage. While hay prices have increased, for many growers the loss of tonnage will greatly affect their bottom line for the year. Many people throughout the East and West Kootenays rely on the hay crops grown in the Creston Valley to feed their livestock. The long drought is also detrimental to yields of local grains. The golden fields of wheat, oats and barley on the flats look great, but the plants are short and the seed heads aren't as full as they should be.

Even with the weather challenges this summer, producers that grow to sell at the farmers' market are doing a great job of supplying wide variety of local food choices. Recently the milestone of 50 vendor booths was achieved at an August market! There are so many great things to choose from each Saturday. If you haven't already, I encourage you to come out and support our local producers.

If you are reading this early in September, make sure to participate in or at least attend the Creston Valley Fall Fair. This year it will be happening Sept. 11 & 12, at the community complex. Come out and enjoy our traditional country fair.

Next up to discuss again is the politics of agriculture. With the federal election coming up on Oct. 19, I would like to see some discussion of agriculture issues amongst the candidates. Rarely is there any mention of anything related to agriculture on the news by any of the parties. They talk about oil, pipelines, daycare, security, senate reform and even marijuana laws, but not food, agriculture or anything much else related to our rural economy. Most people don't know that agriculture in this country directly and indirectly count for approximately one in eight jobs. Billions of dollars' worth of trade in agriculture commodities accounts for a large percentage of our country's GDP. That trade is important to the overall Canadian economy. But rarely is any mention made. Why is that? Is food and our food supply not important? It should be.

If we get the opportunity to have an all candidates forum here in Creston, I would encourage you to grill each and every candidate on where they and their party stand on any aspect of food and agriculture for our country.

One item that should be of local concern is the very secretive negotiations going on regarding the Trans Pacific Partnership (TPP) free trade deal. Some countries, especially the U.S.A., want Canada to dismantle our supply management system, which restricts imports of dairy and poultry products into Canada. Doing so would most certainly harm our local dairy producers. The ripple effect to other local businesses that service and supply

these dairies could be huge. Our climate, taxes, regulations and labour costs are some of the reasons that our dairy and poultry products are usually more expensive than products in the U.S.A., but also the fact that the American government subsidizes their agriculture producers in many ways that we don't in Canada. I believe it's very important that we continue to support our local dairy industry. Make it an issue for our federal election candidates.

As summer turns to fall, continue to enjoy all that the farm community grows in our beautiful valley, and be ag aware. ■



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September 1	Beaver Valley Nitehawks - 7:30 pm
September 2	Grand Forks Bruins - 7:30 pm
September 4	Fernie Ghostriders - 7:30 pm

**September Home Games**

**Home Opener - September 19**  
Fernie Ghostriders - 7:30 pm

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**September 25th**  
100 Mile Wranglers - 7:30 pm

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**September 26th**  
Columbia Valley Rockies - 7:30 pm

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each additional youth	\$4

# Customized Employment Makes Better Business



Kootenay Employment Services  
Frances Collison bussing tables at Gin's on Canyon.

Submitted by Kootenay Employment Services

September is Disability Employment Month and a chance to showcase local employers who make a difference for people with disabilities.

Customers of Gin's on Canyon will recognize Frances Collison's smile. Frances is a recent Prince Charles Secondary School graduate, an active community volunteer and a new employee at Gin's. For Frances, who lives with Down syndrome, this first job out of high school is a step towards greater independence and a chance to shine. For restaurant owner Virginia Bergman, hiring Frances is a way of bringing diversity and an enthusiastic new employee to her team. For KES employee, Londa Daniel, the story is an example of customized employment success.

KES staff approached Virginia last March as part of a search for a meaningful employment opportunity for Frances. Gin recalls feeling some hesitation. She wasn't sure what the process would be like and was worried that she might not have the time to deal

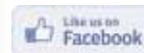
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with issues that could arise from hiring someone with unique needs. In the end, understanding that there would be a six-month wage subsidy, job coaching for Frances and other KES supports in place, Gin jumped on board.

Londa, who used to own a restaurant herself, knows firsthand how busy the business can be. "Gin has been great to work with," says Londa. "When I go in to see her at the restaurant, she is always just flying around — but she has still been really open to this experience. I think this has been really positive for Gin in part because she hasn't needed to take extra time to make it work. We have been there for that."

A key part of the puzzle has been having a strong job coach supporting Frances' workplace integration. When Frances started work, Gin provided training as usual, and the job coach observed. All along, the coach has been helping Frances to get settled in her new role.

Londa has seen how valuable this has been for Gin. "Actually, she has mentioned how valuable it would be to have KES coaching for all new employees. Coaching is such a good way to create fit between a job and the person doing that job. At Gin's, for Frances, it feels like it's working!"

Gin was asked whether she would choose to hire Frances again. Her answer? "Yes, definitely!" Gin has very much enjoyed having Frances in the workplace. "Frances is such a character! Some of the things she comes up with make me laugh so hard! It's fun and she's been doing really well!"

Gin also remarked that as an employer, some of the biggest staffing problems can include absenteeism and drive; these issues have not been a problem in this case. Frances is extremely dependable and has strong loyalty to the restaurant. Customers are thrilled to see her working, and many have commented to Gin about this.

Gin's on Canyon has acquired a long-term valuable employee and gained positive support from the community. It's a win-win situation made possible with a little forward thinking when approaching the hiring process. Contact Kootenay Employment Services to learn more about how a customized employment solution might work for you. ■

Kootenay Employment Services is a WorkBC Employment Services Centre. The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

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# Stop Inflammation, Stimulate Tissue Repair

Submitted by: Vital Health

Inflammation is a protective attempt by the body to initiate the healing process. Without inflammation, wounds and infections would never heal. However, chronic inflammation can lead to a host of conditions, and is the reason inflammation is so closely regulated by the body. Inflammation can be classified as either acute or chronic. Acute inflammation is the initial response of the body to harmful stimuli, and creates a cascade of biochemical events that propagates and matures the inflammatory response. Prolonged inflammation, known as chronic inflammation, leads to a progressive shift in the type of cells present at the site of inflammation and is characterized by simultaneous destruction and healing of the tissue from the inflammatory process.

Carefully selected formulations can provide the body with exactly what it needs to halt inflammation and stimulate tissue repair by providing your cells with nutrients needed to reinforce elasticity and strengthen connective tissue such as ligaments, cartilage, tendons, synovial, bone, fascia, dermis of the skin and blood vessel walls.

The synergistic effect of these nutrients improves the integrity of the protective epithelial mucosal lining found in the respiratory, genitourinary and digestive tract and helps to maintain youthful elasticity and cell fluidity. As a result, the

inflammatory process is greatly reduced or diminished.

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These compounds reinforce the matrix structure of the cell, and improve the overall ability of the cells receptivity to hormones such as thyroxin, insulin and IGF that are necessary for growth and healing.

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It also improves structure of joint lubricating fluids to decrease pain associated with degenerative joint disease. It is known to block the formation of and eliminate lactic acid and other toxins. Studies show the correlation of elevated lactic acid levels and depressed immunity and disease. Toxins of any kind, whether internally generated or externally introduced, create cell damage resulting in inflammation.

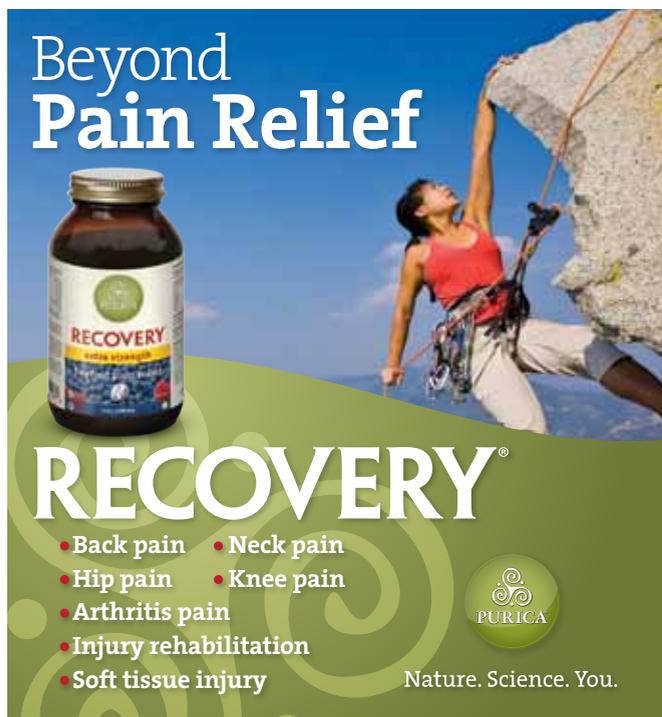
**Glucosamine Hydrochloride** (99.5% plant source from non-GMO corn) is a building block for connective tissue, increases fluid content of joint lubricating fluids and decreases joint stiffness and pain induced friction. The efficacy of Glucosamine Hydrochloride far exceeds that of Glucosamine Sulfate.

**Hyaluronic Acid** (HA) soothes irritated nerve endings, increases circulation, nourishes articular cartilage and is essential to synovial fluid by providing inflammation-modulating properties and additional lubrication.

**TMG** (trimethylglycine hydrochloride), also known as anhydrous betaine, is best found in plants and is used in the conversion of homocysteine to methionine, and is therefore important for a healthy cardiovascular system. Research on TMG supports its ability to protect the liver and raise Sadenosylmethionine (SAM-e) levels.

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# Taking a Closer Look at Arthritis

Submitted by: Jody McBlain  
Owner - Creston Pharmasave

The term arthritis actually refers to a group of disorders that includes rheumatoid arthritis, osteoarthritis, juvenile rheumatoid arthritis, and others. What they have in common is joint pain. While the causes of the actual pain for the different types of arthritis may be different, some of the same solutions may work.

For some people, non-medical approaches to fighting joint pain can also offer comfort. For example, a brace attached to the affected joint can protect it from repeated motions. Physiotherapy with active exercise can also help relieve joint pain, while lifestyle changes can eliminate joint pain for those affected by cool and damp weather (e.g., moving to a warmer climate). A healthy diet along with some types of exercise — alternated with lots of rest — can go a long way in easing discomfort and maintaining mobility.

## Rheumatoid arthritis

For rheumatoid arthritis, doctors often recommend medications such as nonsteroidal anti-inflammatory drugs (NSAIDs; e.g., ASA, ibuprofen, naproxen), disease-modifying anti-rheumatic drugs (DMARDs; e.g.,

hydroxychloroquine, sulfasalazine, methotrexate), biologics (e.g., adalimumab, anakinra, etanercept, infliximab) or corticosteroids (e.g., prednisone).

These medications can help with the symptoms of rheumatoid arthritis, including pain and inflammation. NSAIDs and corticosteroids work to manage the symptoms and to relieve inflammation, while DMARDs and biologics reduce the signs and symptoms and help slow the progression of the disease.

As with all medications, there are side effects associated with the treatments for rheumatoid arthritis. It is important to check with your doctor or pharmacist about what side effects to watch for and what you can do to manage them. As for any medication, ask your doctor or pharmacist about possible side effects and what you can do to prevent or minimize them.

## Osteoarthritis

To treat osteoarthritis, doctors take a slightly different approach because the pain doesn't have the same cause as in rheumatoid arthritis.

Medications with anti-inflammatory effects (such as NSAIDs and corticosteroids) are used to treat

osteoarthritis, but in many cases the pain can be managed with acetaminophen, which isn't an anti-inflammatory. As well, steroid injections directly into the painful joints or injections that replace the synovial fluid (fluid that lubricates and cushions the joints) might be helpful.

Losing weight can also help relieve stress on weight-bearing joints such as the hips and knees. In more severe cases, surgery might be necessary.

## Ask Your Pharmacist

**Q: Why is exercise beneficial if you have arthritis?**

**A:** Exercise can help keep your joints moving and keep the muscles around your joints strong. It can also keep your bone and cartilage tissue strong and healthy, and improve your ability to do daily activities. Along with medicine and rest, when your joints aren't swollen, regular exercise can help keep them in working order so you can continue participating in your daily activities. It also may help prevent more joint damage. ■

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# Sticking to Tradition

Story by: Shifu Neil Ripski

I'm back! Thanks so much to Wendy for asking me to put in my two cents in *I Love Creston* once again! My life has been changing and growing since I wrote last and I thought I would share a bit here for my first article back.

Chinese culture was very secretive and insular in the past and the training families throughout the "Kung Fu Belt" in Honan province were known to be very tight-lipped and careful with who they shared their arts with. The family I learned my martial arts from lived in that area and would accept non-family members into their art, but only with special requirements and dates. The Moon Festival can be traced back to the Zhou dynasty (1046-256 BCE) 3,050 years ago. The Chinese in ancient times realized a connection to the phases of the moon, changes of the seasons and agricultural production. To express their thanks to the moon and celebrate the harvest, they would have a huge festival sacrificing tasty mooncakes to the moon and bringing family together.

The Ma family from whom I learned would allow new students to come into the family's art during the Moon Festival and train with the older students who would put them through their paces and "test" each of the prospective students. More than any other requirement was that of character and temperament, and the new people would be watched carefully as they were given exercises that seemed impossible and mundane tasks that seemed to have little to do with training in martial arts. People with good character and compassionate personalities would be admitted to the training, while people wanting to learn only fighting skills or "secret techniques" would be turned away. My own teacher would put us through these tests each moon festival as a part of tradition, to let us know where we came from.

Red Jade here in Creston is not only moving to a beautiful new location at 3305 Erickson Rd. but is going to become closer to the traditions of the family and admit students only three ways: one, by invitation from a current student or instructor (which can be obtained by simply asking to attend); two, during the month of the Moon Festival (September) when new students can come and try out classes; and three, during the Chinese New Year festival each year (the month of January).

Red Jade here in Creston has become the meeting place of all the instructors under me (Shifu Neil) to come and train. This past year, I have had students open schools in Edmonton, Idaho, Victoria, Taipei (ROC), Jerusalem and Scotland. With all these instructors coming to our school here, local students will have opportunities to train not only under me but other very well qualified teachers throughout the year. My great thanks to them for also taking care of things here while I am traveling to teach workshops in Europe and the U.S.A. this fall.

I love Creston and am so very glad to call this beautiful place home. It is so wonderful that I am gaining a real reputation out in the martial arts world, but it is so great to come back here and sit in my

favorite coffee shop and visit with all of you.

Come try a class this September. Maybe we will even make mooncakes! ■

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0% Financing  
60 Months\*o.a.c

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**\$24,497.00\***  
While quantities last



0% Financing  
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A 26HP liquid-cooled diesel engine, with Kubota's E-TVCS (three-vortex combustion system), offer tremendous power, high torque, cleaner emissions, and low noise and vibration. Our proven hydro-static transmission provides the B-Series with smooth shifting and powerful performance for heavy-duty loader applications. Loader operations are more convenient with the standard-equipped 4-position valve and control lever. Integrated into the tractor, this ergonomically positioned valve lets you attach the front loader and other front implements quickly and easily.

**B2620HSD w/ loader & backhoe features:** 26hp, 3 cyl diesel, 4wd, hydrostatic transmission, power steering, 3pth, drawbar, LA364 loader w/ 50" bucket, 952lb lift capacity, BH65 backhoe w/ 16" bucket, mechanical thumb, 6.7ft dig depth

L-series standard 25hp (non DPF) tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide the precision performance and ease of use that you need. With a HST transmission that offers simple forward and reverse change for optimal operating and ease of front end loader work. Strong 1918lb 3pth lift capacity and power steering make operating this tractor a dream.

**L2501HST w/ loader features:** 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



0% Financing  
60 Months\*o.a.c

STARTING AT  
**\$33,260.00\***  
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The new MX series, now even better than ever. Available in either 2WD or 4WD models and gear or hydrostatic transmissions, the new MX series can tackle just about any job that comes their way. It comes with several upgrades including environmentally-friendly Tier 4 Final emissions, increased engine power, greater loader lift capacity, greater seat comfort and more ergonomic features, including electric over hydraulic PTO engagement, everything you want in a utility tractor and more.

**MX5200DT w/ loader features:** 54.7hp, 4 cyl turbo diesel, 4wd, 8 speed forward/reverse transmission, live hydraulic PTO w/brake, wet clutch, CAT 2 3pth w/ 2310lb lift cap. 24" behind lift point, power steering, LA1065 front end loader w/ 72" quick attach bucket 2275lb lift cap. (at pivot pin)



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STARTING AT  
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