

2015 **Summer Fun**

in the **Creston Valley**

Arts & Culture

Bus Wine Art Tour

Kootenay Lake

Living, East Shore style

Health & Wellness

Natural bug bites remedy

BUS WINE & ART TOUR

2015

Tour
the Studios, Galleries
and Wineries
of our **Creston Valley**
Artists and Vineyards
by bus

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August 22nd
September 12th

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Baillie-Grohman
THE ADVENTURE CONTINUES

WYNNWOOD
Cellars



Photo by: Kris Dickeson
(L-R) Stewart Steinhauer, Maggie Leal Valias, Sandy Kunze and Anne Fetterly at Kunze Gallery in Wynndel.

Wine and Art on Wheels

Story by: Kris Dickeson
Editor – I Love Creston

Among the myriad reasons that make the Creston Valley such an amazing place is the richly dense arts and culture community - people from all walks of life who are ripe with talent and seem to thrive in their ability to create just by living here. Although the demand is clearly there, there is no public art gallery

Summer Fun

in the area leaving the onus on the arts community and individual artists to find ways to exhibit their work. Wynndel artist and Kunze Gallery owner, Sandy Kunze latched onto this notion a few years ago and came up with a solution by creating the Bus Wine Art Tour to bring the public to the artists' studios.

I spent an afternoon with Kunze at her gallery, sitting outside surrounded

by some of her intriguing paintings and clay creations. A few of the artists involved in the tour stopped in to drop off their work and chatted about the upcoming expedition.

“The idea came from the concept of going to an artist’s space and seeing how they work,” Kunze explained. “This way people can see how much work actually goes into it and puts a face to the work which helps see



Photo by: Kris Dickeson

Sandy Kunze's large-scale plein air acrylic paintings hang in Kunze Gallery

the authenticity and validity in the finished piece. We added the wineries because they fit with the experience we are offering as they are a big part of this Valley too. Plus, wine and art go well together.”

“helps see the authenticity and validity in the finished piece”

After recruiting several of her artist friends to help organize the venture, Kunze selected a handful of professional artists in and around Creston, with studios that can safely accommodate a small group of people stopping in. The inaugural Bus Wine Art Tour in 2011 included two trips to a total of 12 studios and one winery. In the years since, Kunze has condensed it to less than ten venues along with two wineries, which presents a well-balanced five hour Bus Wine Art Tour allowing the guests enough time at each stop to see everything and interact with the artist.

Stone Sculptor, Stewart Steinhauer calls himself shy and prefers to work in solitude at his somewhat private studio but has embraced the visitors.

“What I do is a very personal act of creation,” he explained. “I share the stories connected to my sculptures and the cultural theory behind my work.”

Similarly, Airbrush Artist, Cory Cannon’s home studio location is somewhat off the beaten path making the tour an ideal opportunity for him to connect with people as he airbrushes pretty

Bus Wine Art Tour Stops

*Order subject to change

Stewart Steinhauer – Stone Sculptor

Richard Reeves – Experimental Filmmaker

Baillie-Grohman Winery: Bob Johnson and Petra Flaa – Winery Tour/Tasting Hosts

Alison Masters – Acrylic Artist

Blue Moon Pottery and Fibre Studio: Andrea Revoy – Ceramic Artist/Fibre Junkie

Black Knight Forge: Andrew Bibby – Artist Blacksmith

Earth Wind & Fibre Designs: Anne Fetterly – Natural Clothing Designer

Wynwood Cellars: Dave and Margaret Basaraba - Winery Tour/Tasting Hosts

Puffin Design: Alison and Bart Bjorkman – Artists/Interior Designers

CannonArt: Cory Cannon – Airbrush Artist

Kunze Gallery: Sandy Kunze – Painter/Potter

much anything onto signs and helmets.

Baillie-Grohman Winery in Erickson and Wynnwood Cellars in Wynndel offer a tour and wine tasting opportunity at wineries in two very different locations.

“boost the perception of talent in this area”

At Blue Moon Pottery and Fibre Studio, Andrea Revoy takes guests ‘down the rabbit hole’ with her brilliantly eccentric creations. Meanwhile, Alison Masters’ acrylic paintings and garden design along with Richard Reeves filmmaking accentuate highly imaginative and experimental art forms, respectively.

New to the tour this year, Earth Wind & Fibre Designs where Anne Fetterly creates clothing by fusing her strong love for the environment with her design talents resulting in vibrantly colored, exquisite, naturally dyed scarves and shawls.

“What I do is botanical alchemy,”



Photo by: Kris Dickeson

Andrew Bibby's intricate blacksmith work with wrought iron is all done by hand using ancient tools and practices.

she said. “And the process I use is based on a Japanese technique known as Shibori where I bind, fold, stitch and twist the silk which results in different patterns.

Also added to the list, Black Knight Forge where Artist Blacksmith, Andrew Bibby uses a forge, anvil and hammer to make breathtaking wrought iron sculptures. And Puffin

Design’s newly located studio/gallery showcases Bart and Alison Bjorkman’s repurposed and original vintage-style home décor and furniture.

The Bus Wine Art Tour’s last stop is Kunze Gallery, where Cannon, Fetterley, Bibby, Reeves and Kunze’s work is exhibited along with a couple of other area artists including Maggie Leal Valias’ altered digital photography.

“The quality of work from these artists will boost the perception of talent in this area,” Leal Valias said. “I encourage people to take the tour as an experience of art, wine and culture. It is fun and comfortable for everyone and perhaps at times the artists enjoy it more.”

Leal Valias also fills in when resident tour guide, Bruce Johnston and his wealth of knowledge is unavailable and pointed out she also likes the opportunity to talk about the artists.



Photo submitted by: Sandy Kunze

One of Alison Masters’ works using acrylics.

Summer Fun



As I packed up my notes and got ready to leave, it occurred to me the deep respect that exists between the artists and high regard they hold in each other's work and creative journey.

“One of the goals in starting these tours was to promote artists in the valley in a way that allows the people to go beyond looking at art and instead experience it,” Kunze said smiling. “And this is happening as the artists are sharing more about themselves on the tour than they would in an artist statement and connecting with the public.” ■

The 2015 Bus Wine Art Tour runs July 18th, August 22nd and September 12th. For more info go to www.kunzegallery.ca

Photo by: Kris Dickeson

Puffin Design's new studio/gallery is a creation of art within itself.

Photo submitted by: Sandy Kunze

Richard Reeves makes cameraless animated films by manipulating the film by hand.

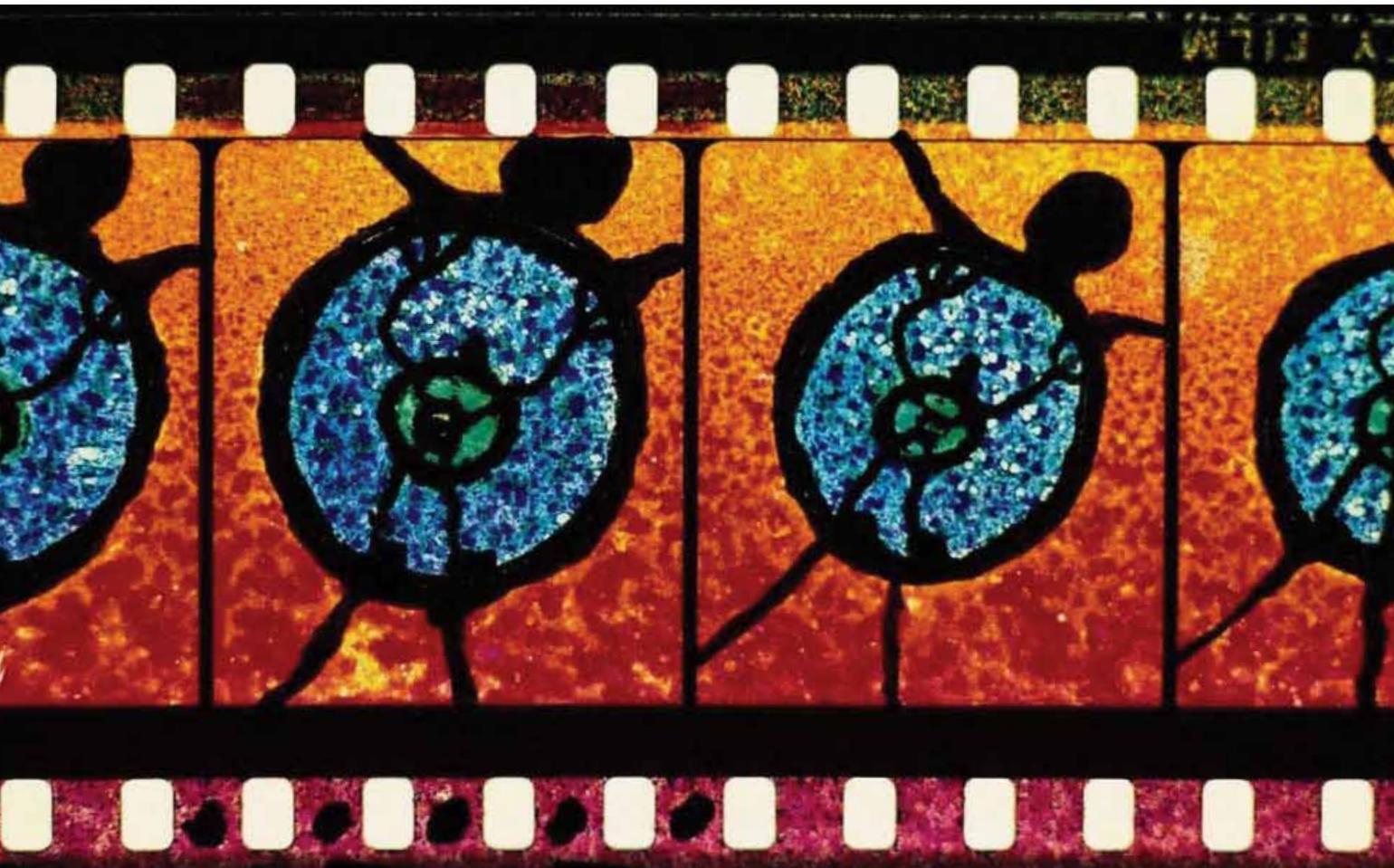




Photo submitted by: Creston Visitor Centre
Enjoying the summer on the shores of the Goat River.

Tourism - Creston Valley

Story by: Amy Maddess
Creston Visitor Centre Coordinator

More than 100 community-based Visitor Centres throughout British Columbia comprise the Visitor Services Network. Visitor Information Counsellors have a direct impact on visitors' impressions of British Columbia, providing real-time, personalized visitor services through the visitors' channel of choice and inspiring longer stays and travel in all regions of the province. As one partner with Destination BC we

carry out local visitor services for the Creston Valley.

"expecting to see a larger number of US visitors"

We were really excited to see the launch of the new tourism marketing campaign earlier this year. The "wild within" brand focuses on the province's natural iconic experiences and shares them with potential

travellers. The campaign promises to increase tourism and tourism spending. Their main target markets include Alberta, Washington and California which bodes well for the Creston Valley as the majority of our tourists come from these areas. This summer, with the strong US dollar, we are compared to previous years.

With the busy summer season now upon us we have been rearranging the displays in the Visitor Centre to make it more visitor friendly. Now that the highway Pine Street intersection is complete we have a

Summer Fun



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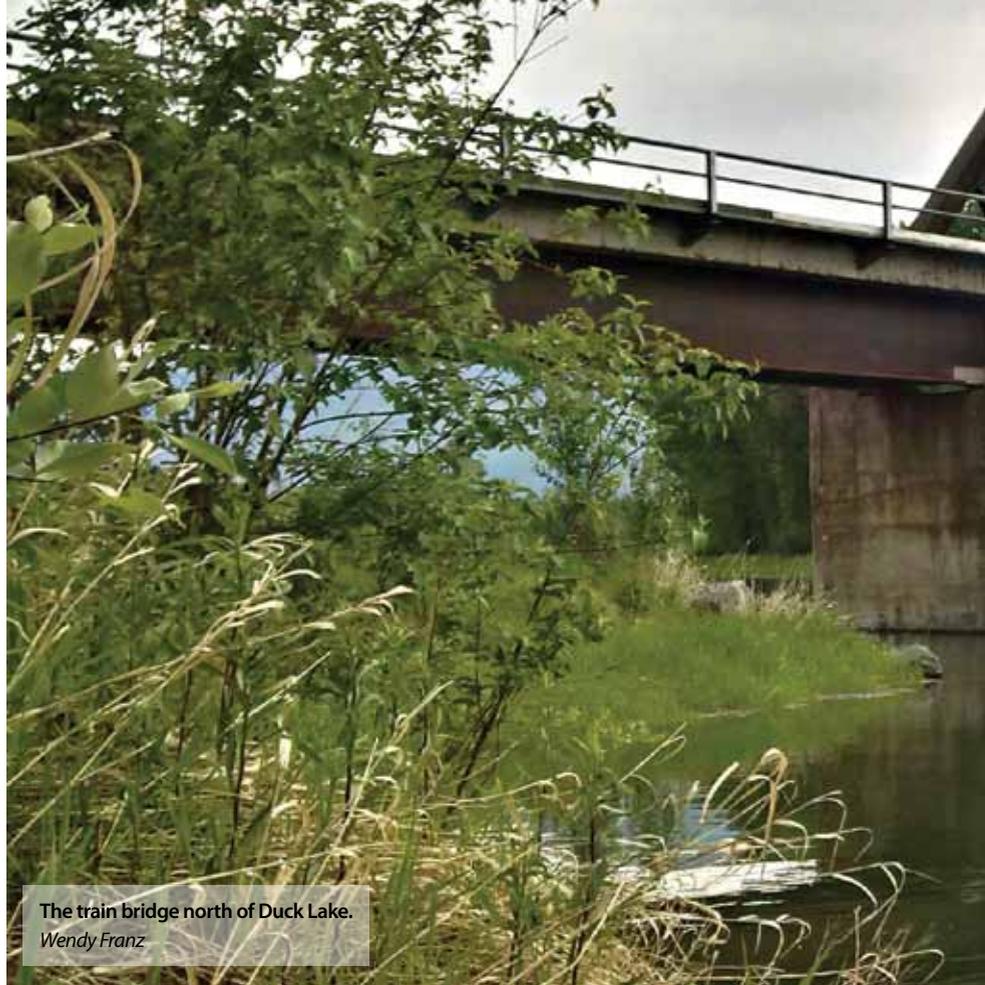
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Wendy Franz



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brand new paved parking lot which improves tourist access. On the south end of the building we have added a 24hr information kiosk as well as a list of popular attractions with maps of the Creston Valley.

Thanks to Sullivan Stone for our new concrete planters, Kootenay Crates and Paul's Woodworking for our new brochure displays. We are working with the three local wineries as well as the Wildlife Centre to create two new exhibits. We continue to partner with the Community Arts Council to showcase local artisans work and are currently working on a new system to better display the artist's work.

New tourism products for this year include the 2015/16 Travel Guide, Creston Valley day hikes map

and the Creston Valley Adventure Topographical map. A variety of local products including DVD's, birding books, juice, cider and candy are available for sale. We are always adding to our souvenirs and local product selection to enhance the tourist experience.

"front line ambassadors for the Creston Valley"

To assist with the increased number of visitors coming through our centre we have hired three summer students with the support of Human Resources Development Canada and Columbia Basin Trust.

Summer Fun



Our three summer students William Caspers, Chris Richards and Reede Hawton are front line ambassadors for the Creston Valley. In addition to helping tourists they will be assisting with the organization of events, posting notices on our digital sign, updating websites, researching attractions (dates, times, new offerings) and keeping the Visitor Centre neat and organized. ■

If you have any questions about local attractions and services, be sure to stop by the Creston Valley Chamber of Commerce and Visitor Centre located at 121 NW Blvd or call 250-428-4342.

You can follow us on Facebook or visit the Chamber website at www.CrestonValleyChamber.com and the Tourism website www.CrestonValleyBC.com.

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Managing Bug Bites and Histamine Intolerance Naturally

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

Bugs love to bite. Most commercial bug sprays contain DEET, a highly toxic chemical. It is important to limit the amount of toxins you're allowing your skin to absorb. There are a number of herbal remedies that will repel bugs without the negative side effects that toxic build up can create.

I find Essential Oils (EOs) work best. Basil EO has been used to repel mosquitos by many cultures around the globe. Other botanicals studied and used for centuries include citronella, lemongrass, eucalyptus, lemon balm, spike lavender, catnip and geranium. Generally, EO preparations will protect you for up to three hours, and they do work. Citronella is not recommended for children under two years of age.

There are numerous studies showing that neem oil is as effective as commercial products based on DEET. You can dilute neem oil in other oils such as coconut or jojoba, and add your favorite EOs mentioned above to the mix. I strongly suggest smelling the neem oil before you purchase it, as it does have a very distinctive smell.

Fighting off the bugs is important, but bites still happen. More

and more people are developing histamine intolerance. This happens when the histamine accumulates faster than it can be broken down, which creates unpleasant symptoms such as major swelling or welts. We always need some histamine in our bodies, but when its job is done, it should then be broken down by adrenaline or two enzymes: diamine oxidase (DAO) and histamine N-methyltransferase (HMT). Unfortunately this does not always happen. So, if you do swell up more than usual, try to avoid alcohol, black, green and mate teas as they block the DAO enzyme.

Also avoid foods that contain histamine. Generally they are processed foods with food coloring, canned foods, cured meats and most fermented foods. Other histamine release triggers are alcohol, additives such as nitrates and sulphites, avocados, bananas and sadly, chocolate, just to name a few.

For natural medicine, nettle leaves, holy basil, reishi mushroom, vitamin C, B complex and flavonoids such as quercetin, kaempferol and luteolin work really well.

To soothe your skin, relieve the itch and decrease your swelling, try tea tree oil, arnica, calendula salve or comfrey root poultice. Peppermint EO will cool the irritation and witch hazel will speed up healing.

Histamine intolerance does not just manifest itself with bug bites. Asthma, anxiety, eczema, bloating, headaches and sinus congestion are just a few common symptoms of histamine intolerance. Causes are anything from genetic DAO/HMT insufficiency, leaky gut syndrome, nutritional deficiency or simply over ingestion of histamine foods. If you think you may be affected, please contact a qualified holistic practitioner. ■



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The Stunning Kootenay Lake, East Shore Style

Story by: Kristeen Abbott
Sales – I Love Creston

My family and I moved to the Kootenays from Lethbridge AB. About 12 years ago. It's a decision we have never regretted. The overall lifestyle is relaxed. The people are very friendly, kind, generous and thoughtful. The views are extraordinary. The climate is perfect, giving you the most incredible four seasons you could ask for. These are the things I never take for granted.

We have had good fortune to live in just about every area - Creston, West Creston, Wyndell and Erickson. We also had four fabulous years of living on Kootenay Lake in Boswell. We made some great friends up the lake

and had a ton of fun. Although it's about 45 minutes from town it was the most beautiful and enjoyable commute you could ask for. For this reason I never hesitate to tour the "Lake Road".

I recommend to locals and tourists alike to take the drive. The sites are breath taking. There are many places to stop and take photographs or a dip in the lake. The little stores along the way, some have been around for 100 years, carry something for everyone. You may be surprised at what you might find. There is a huge abundance of artisans and the talent in this area is beyond awesome. Be sure to check out the Annual Kootenay Lake Art



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The shore of Kootenay Lake.
Wendy Franz

Summer Fun

Connection that showcases over 35 artists at 28 venues from Wynndel to Riondel.

Bring your appetite as there are several great restaurants each having their own specialties from mainstream to Chinese. You are also sure to find some delicious treats at the bakeries and stores on your tour. And no trip is complete without taking the breathtaking ride across the lake via the Kootenay Lake Ferry. Walk or drive on and enjoy your shuttle on the world's longest free ferry.

Take the day trip or stay for a while there is camping and lodging all along the east shore - boating, fishing, swimming, beaching, golfing and hiking. The possibilities are endless. Please remember to drive safe as the roads are winding with many unexpected sharp curves and everyone appreciates a courteous driver, if you are taking it slow remember to use the pull outs to allow traffic to pass.

I wish you all a fantastic summer with many treasurable memories made in this wonderful area we call home... the Kootenays. ■

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Fishing in Kootenay Lake.
Wendy Franz

Summer Fun

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- August 10- Illana Cameron
- August 17- Gerhard & the Missing Links
- August 24- Brian Ferguson
- August 31-TBA



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Creamy Asiago Mini Naan Pizzas

Ingredients:

- 6 PC Whole Wheat Naan Rounds
- 6 tbsp (90 mL) PC Artichoke & Asiago Dip
- 3 PC Cocktail Tomatoes, thinly sliced
- 1/3 cup (75 mL) Very finely sliced shallots
- 1/4 tsp (1 mL) Freshly ground black pepper
- 1 cup (250 mL) PC Organics Baby Arugula

Directions:

1. Preheat barbecue to medium-low heat.
2. Place naan rounds on work surface. Spread 1 tbsp (15 mL) dip over one naan leaving 1/2-inch (1 cm) border around edges; repeat with remaining naan.
3. Arrange 2 to 3 tomato slices on each naan; top each with some shallots. Season with pepper.
4. Place naan rounds carefully on grill; cover and cook for 4 to 5 minutes or until shallots are tender and light golden and naan is crisp with grill marks. Transfer to serving platter; top with arugula. Serve immediately.



A view at Duck Lake.
Wendy Franz

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Summer salsa

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Fussy food isn't right for dining al fresco. Instead, simple, easy and fresh is the mantra of patio entertaining this season. That's why chefs and home cooks alike turn to everyday party favourites like tortilla chips as an easy solve for speedy and delicious summer-time dishes. ■

Simple Mango Salsa

Serves 8 people

Ingredients:

- 1 ripe mango
- 1/4 cup chopped onion
- 1/3 cup Tostitos salsa
- 1 bag Tostitos tortilla chips

Directions

Time – 10 minutes
 Cut the mango in little cubes.
 Combine mango, onion and salsa in a serving bowl.
 Serve immediately with Tostitos chips.

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Summer Hours:

Vessel Name	Balfour	Kootenay Bay
Osprey 2000	06:30 AM	07:10 AM
Osprey 2000	08:10 AM	09:00 AM
Osprey 2000	09:50 AM	10:40 AM
M.V. Balfour	10:40 AM	11:30 AM
Osprey 2000	11:30 AM	12:20 PM
M.V. Balfour	12:20 PM	01:10 PM
Osprey 2000	01:10 PM	02:00 PM
M.V. Balfour	02:00 PM	02:50 PM
Osprey 2000	02:50 PM	03:40 PM
M.V. Balfour	03:40 PM	04:30 PM
Osprey 2000	04:30 PM	05:20 PM
M.V. Balfour	05:20 PM	06:10 PM
Osprey 2000	06:10 PM	07:00 PM
Osprey 2000	07:50 PM	08:40 PM
Osprey 2000	09:40 PM	10:20 PM

Winter Hours:

Vessel Name	Balfour	Kootenay Bay
Osprey 2000	06:30 AM	7:10 AM
Osprey 2000	08:10 AM	09:00 AM
Osprey 2000	09:50 AM	10:40 AM
Osprey 2000	11:30 AM	12:20 PM
Osprey 2000	01:10 PM	02:00 PM
Osprey 2000	02:50 PM	03:40 PM
Osprey 2000	04:30 PM	05:20 PM
Osprey 2000	06:10 PM	07:00 PM
Osprey 2000	07:50 PM	08:40 PM
Osprey 2000	09:40 PM	10:20 PM

For specific date information please contact:
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General Enquiries: 250-229-5650 Fax: 250-229-5679

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Fun things to do with your kids

www.canadianliving.com/moms/kids/30_fun_things_to_do_with_your_kids_this_summer.php

Creative minds

1. Think outside the cardboard box. Your child will love making a fort, car or spaceship in your living room or backyard.
2. Make musical instruments and have your kids put on a summer evening concert. An empty water bottle and some dried beans makes a great shaker; a plastic container and spoons become a drum; and pot covers can be cymbals.
3. Help your child make a card -- from scratch -- for someone she loves. Use materials from around your home and garden. Pieces of grass, leaves and flower petals can punch up the design.

4. Together with your kids, go through old magazines, wrapping paper and gift bags. Cut out different pictures and make a collage on an old clay pot for the garden. If you have more pots, make a few your kids can sell at yard sales.

5. Organize a weekly neighbourhood talent night, where kids and their parents can show off their singing, dancing and drama talents. You can have theme nights and include story and poetry readings.

6. Make and decorate papier-mache face masks with your kids. They can reflect your child's personality or be completely whimsical.

7. Set your kids up with a bucket of water and paintbrushes and let them "paint" the fence, an outside

wall of your house or the garden furniture.

Green pursuits

8. Build and decorate a birdhouse together, and learn about the birds that will use it in your backyard.

9. Set your tot outside with some large pieces of white paper and crayons and have her draw all the nature she sees, such as birds, butterflies, gardens and trees.

10. Encourage your child to create his own illustrated nature journal, keeping track of all the things he hears, sees, touches and smells outside over the summer months.

11. With an insect book in hand, discover the creatures living in your garden, and learn about their benefits.

12. Plant veggies (cucumbers, peas, tomatoes) or herbs in your garden or a large pot. Your kids can help tend to them, water them, watch them grow and then eat them when they're ripe.

13. Go for a walk and collect leaves and flowers as you go. Back at home, use a field guide to help you find out what the plants are called.

14. Take a trip to your local farmer's market and teach your children about local fruit and vegetables. Don't forget to try new fare.

15. Designate one day out of each week in July and August as Earth Day and help your kids with cleanups in your local park and community. ■

For 15 more ideas, visit Canadian Living at <http://tinyurl.com/mmc57ad>.



RIPENING DATES

Berry Season

Blackberries July 10 to Aug. 10
Blueberries..... July 25 to Aug. 20

Fruit Season

Cherries..... July 15 to Sept. 15
Apricots..... Aug. 5 to 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

Potatoes July 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
Carrots..... Aug. 1 onwards
Corn Aug. 10 to Sept. 25
Squash Aug. 15 onwards

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

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Teach Old Dog New Health Tricks

www.newscanada.com

Summer is ideal to get our dogs out for a long walk, and to open the windows wide to let our cats explore outside. But as your pets get older, be sure to adjust their activities to fit their changing bodies. Here are some tips to keep your senior pet healthy this summer:

Take shorter, more frequent walks

– It's very common for senior pets to have lower energy levels or to develop arthritis. Walking your pet for the same distance as when they were younger is not recommended. Taking your senior pet for shorter walks more frequently will help to keep their fitness levels up, while protecting them from injury.

Adjust their diet – According to celebrity veterinarian, Dr. Jeff Werber, feeding your pet a diet of both wet and dry foods is best for both dogs and cats and this applies to pets of any age and size.

“Dry food's crunch helps improve their oral health, while wet food's

moisture supports internal organ function and urinary tract health. And, as importantly,” he adds, “animals love the taste.”

Dr. Werber also points out that despite popular belief, “some wet food is lower in calories than dry food on a gram for gram basis, and regular consumption can help maintain a healthy body weight by offering optimal protein and lower carbohydrates.”

More information is available at www.petmixedfeeding.ca.

Schedule vet visits – It is more important than ever to make regular appointments with your veterinarian as your pets become older. Older dogs are more prone to diseases, some of which don't show physical symptoms until the condition is serious. You can help keep your senior pet happy and healthy with ongoing care. ■



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Summer Fun

Supervision essential for water safety

www.newscanada.com

Spending time in and around water is lots of fun, especially for young children. However, drowning is the second leading cause of preventable death for kids under 10 years of age, and children under five are most at risk.

The backyard pool is the most common place where children under five drown. Drowning can occur in as little as 10 seconds and in just inches of water. Parents and caregivers are advised to be vigilant around all types of water – bathtubs, pools, beaches, even splash pads.



Here are some tips for effective supervision:

- Never leave children alone near water. And stay close – always within arms' reach.
- Use a tool like the On Guard card – worn around the neck to designate a specific adult who is responsible for supervising children in or around water. Give the card to another adult to take over if you need to turn away for any reason.
- Make sure to give 100% of your attention when supervising. Put cellphones, magazines and barbecue duties aside.
- Watch the face – especially the eyes. Many victims don't call, wave, or signal for help because they can't keep their head or arms above water.
- At the pool, the lake, or the beach, young children and non-swimmers should wear a life jacket or personal flotation device (PFD).
- Never rely on a single measure to prevent young children from getting into a pool. Use multiple barriers or strategies like four-sided fencing to restrict access.

In addition to supervision, swimming is a life skill that every child should learn – and the lifesaving society points out that teaching children survival swimming skills is like an immunization against drowning. They recommend taking Parent & Tot lessons at your local pool to give toddlers a positive introduction to water, and looking for swimming lessons for older children. ■

More information about the On Guard card and additional water safety tips are available at www.lifesavingsociety.com.

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Summer Fun

July/August 2015



Sunset at Duck Lake.
Wendy Franz