



# 2017 *Summer Fun* in the Creston Valley

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## Culture

Tea and touch of class at  
Simply Simon's Tea Room

## History

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*Summer Fun*



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# Tea Party

## Tea and treats on the menu at Simply Simon's Tea Room

STORY AND PHOTO  
BY BRIAN LAWRENCE  
I Love Creston Editor

**F**or a unique experience that evokes a simpler time, look no further than Riondel, where guests can enjoy a refreshing visit to Simply Simon's Tea Room.

"It's part of an era that is almost fading in this world of fast food," says owner Simon Lazarchuk. "Tea goes back to a time when you took a break

from the trials of the day to refresh yourself."

It appears to be the kind of break locals are looking for — customers kept Lazarchuk busy all summer after he opened the tea room in July 2016.

"I was blown away," he says. "The first season was absolutely an overwhelming success."

And why wouldn't it be? The menu offers two kinds of scones (cream, with fresh fruit and Devon cream, and

Scottish, with homemade preserves and Devon cream), a tiered server of sandwiches, savouries and sweets, and, of course, a selection of teas, including Ceylon, pekoe and Earl Grey, and the more exotic caramel rooibos and strawberry champagne, mixed at a tea shop in Nelson. It's served on Lazarchuk's vintage china in an inviting room — with walls painted to match the peony flowers in the backyard — with music playing

and a fireplace adding a particularly homey touch.

It's a new twist on an experience that customers previously enjoyed at the popular tea garden Lazarchuk ran at his Canyon home for six years before moving to Riondel with his husband, hairdresser Henri Roberts, in 2015. The Riondel location doesn't have the levels and pools of their Canyon property, but they realized soon after relocating that the new home's view of Kootenay Lake had to be shared.

Raised north of Edmonton, Alta., Lazarchuk studied fine arts at the University of BC in Vancouver.

"I went to Vancouver to become a star, only it didn't work," he says with a laugh.

**"Tea goes back to a time when you took a break from the trials of the day to refresh yourself."**

**"I like making the 'wow' presentation and the reactions I get. I'm a choreographer — I set the stage and dance my way through it."**

He obtained a recreational rehabilitation degree in the early 1970s, and worked as a dancer and recreational therapist, continuing in both roles after moving to Creston in 1989.

Physical disabilities eventually prevented Lazarchuk from working outside the home, which sparked the idea of the Canyon tea garden, where he did his own baking and turned food into artwork.

"I like making the 'wow' presentation and the reactions I get," he says. "I'm a choreographer — I set the stage and dance my way through it."

For some customers, a visit to Simply Simon's is a chance to relive an experience they may have had elsewhere, and is something all ages enjoy.

"It's something they haven't had since the last time they went to Victoria or Kelowna, or visiting relatives back east," says Lazarchuk. "It's something different to come

and socialize with friends in a place that's not a pub. Some actually come dressed for the occasion in summer frocks and big hats.

"We've had young couples come with kids. We put the kids at a separate table where they got to order what they wanted, and it was delightful."

And quite a few people from Creston, he says, are happy to turn a visit to Simply Simon's into a day trip, enjoying everything Kootenay Lake's East Shore has to offer.

"They often get together with a carload and come out," says Lazarchuk. "It's a lovely drive and a destination. You can have a lovely tea and stop at the shops in Crawford Bay, and decide to have dinner at the Rockwood Cafe on the way home." ■

Simply Simon's Tea Room is located at 1784 Riondel Rd. N. (across from the marina), and is open 1-4 p.m. Friday-Sunday through August. For more information, call 250-225-1910.

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# Summer Bucket List for the CVWMA



BY LAURA BRANDON  
Acting Education  
and Communications  
Co-ordinator

Creston Valley Wildlife  
Management Area

There is always something to see or places to visit in the Creston Valley Wildlife Management Area (CVWMA). While there are lots of fun activities and events at the Wildlife Interpretation Centre, we encourage you to get out and explore this massive 7,000-hectare wetland area on your own as well! Here are a few ideas to get your started this summer:

## 1. Sign up for a guided canoe or walking tour at the wildlife centre.

The ponds and channels around the centre are teeming with life; from turtles and osprey to river otters and songbirds, the wildlife is certainly enjoying the summer weather. Every hour-long excursion offers something different to see and each wetland naturalist adds their own unique style and expertise to their tours. The plants and animals change as the summer progresses, as well, so there is always something new to see. Bring your family and friends or come by yourself, but make sure to call and book ahead as the tours tend to fill up quickly in July and August.

## 2. Take your bike for a spin on the dikes from Summit Creek to the north end of Leach Lake.

This 16-kilometre round trip is closed to motorized vehicles, which allows you to explore a part of the wetland that is far away from human life. American white pelicans call these wetland ponds home during the summer, and there are many great vantage points along the dykes to view these majestic birds. As you travel through the cottonwoods, watch for elk and deer in shady areas and open fields. Take a picnic lunch and dine with the wildlife!

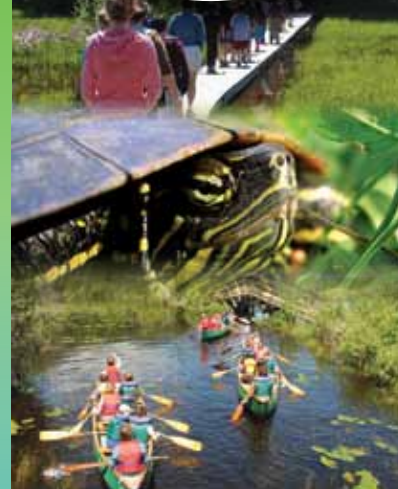
## 3. Go for a hike!

There are many kilometres of trails along the dikes around the wildlife centre to explore, from a 20-minute boardwalk loop to the bird tower and back to a three-hour hike under the highway, there is something for everyone. Pick up a map at the centre beforehand, ask about recent wildlife sightings and head out for a day adventure.

## 4. Go fishing on Duck Lake.

From a boat or from the shore, you can try your hand at catching a bass or perch on the lake. For some great shoreline fishing, head out to Sirdar and fish from the rocks along the east side of the lake or walk along the dike at the south end. Cast your line and see what's biting! If you have a boat, you can launch from either of the above locations and try your luck out on the open water. If you wish to fish

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July 1 from 1-2 pm or 2-3 pm  
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### SUNRISE PADDLE

Saturday July 8 & 22 & Aug. 5 from 7-9 am

### WILD FOR ART WEDNESDAYS

Wednesdays in August from 1-4 pm

### NATURE MOVIE NIGHTS

Thursdays in August from 7-9 pm

### EVENING PROWL

Friday, Aug. 11 & 25 from 8-10 pm

### SOLAR ECLIPSE VIEWING

Monday, Aug. 21 from 9-11 am  
(dependent on clear skies!)

## CENTRE HOURS:

Open seasonally from 9 am to 4 pm

May 8-June 24 (Mon-Sat)

June 25-Sept. 2 (7 days a week)

Sept. 5-Oct. 7 (Tues-Sat)

## REACH US AT:

Box 640 Creston, BC V0B 1G0  
250-402-6908 or 250-402-6900  
email: [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca)  
[www.crestonwildlife.ca](http://www.crestonwildlife.ca)



*Theodore Harwood*

The cedar waxwing and beaver (below) are among the wildlife that may be seen during a visit to the Creston Valley Wildlife Management Area.

at Duck Lake, remember to purchase a CVWMA fishing permit in addition to your provincial licence; our permits are only \$10 and can be purchased at our administration office, at the wildlife centre or at [www.crestonwildlife.ca](http://www.crestonwildlife.ca).

## 5. Take a hike to Balancing Rock.

Although Balancing Rock Trail is not on CVWMA property, it affords

amazing views of the wetland and valley. The trek to the rock is a 20-minute climb. If you want to go further, continue past the rock and up the mountain for more views and a good workout. Return in the springtime to see a beautiful waterfall too (it usually dries up in the summer).

The Wildlife Interpretation Centre also has many special events and family activities planned over the summer. We are open seven days a week all the way

until Sept. 2, so make sure to stop by and say hi.

For more information on our programs and events, please visit [www.crestonwildlife.ca](http://www.crestonwildlife.ca) or check us out on Facebook. We will be adding more events throughout the season, as well, and we would also love to hear from you as to what types of programs you would like to see offered. Hope to see you soon! ■

**Questions? Feel free to call 250-402-6900 or email [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca).**





# Natural Relief for Sun Exposure

## TILIA BOTANICALS

Summer is in full swing — the season of greatest activity with hot fun-filled days at the beach or camping, and warm delightful nights enjoyed outdoors. Unfortunately, with all this outdoor activity comes the downside of summer: sunburn, bug bites, sore muscles, heat exhaustion and more. Fortunately there are many natural remedies available to make the downside much more bearable and keep the fun in summer.

Sunburns can be one of the most painful of our summer maladies, and despite knowing to use sunscreen and wear hats and long sleeves, it still manages to catch many of us out.



Most people know about the value of the leaves of the succulent aloe vera plant. The juice from this plant brings wonderful relief by cooling and healing burns. Just a tip when choosing aloe vera products — make sure it is 100 per cent pure juice, not a gel compound (most of the gelling compounds found

in commercial aloe vera gels are synthetic and contain potential toxins).

One of the best herbs that we recommend is the petals of the beautiful calendula flower. Not only does it soothe the symptoms away, research has shown that it also repairs damage to the skin from the sun's UV radiation. Calendula-based creams, salves and sprays are a great addition to any first aid kit because calendula also helps heal cuts, abrasions and bites.

The warm, sunny days of summer often see us out being active — hiking, biking, gardening, walking — all of which can lead to hot, sore aching muscles. Two go-to herbs at this time of year are arnica and peppermint, both of which can help to get you back out and active in no time. Topically arnica eases pulled muscles and ligaments, bruises and strains and is amazing after any overexertion. Simply rub arnica cream or salve into the affected area and you'll feel its healing power in no time.

Peppermint is another of our herbal buddies at this time of year because it is so good for easing sore feet and legs and reducing any fluid accumulation in the tissue. Throw a few handfuls into a bath or soak a washcloth in cool

peppermint tea and wrap your legs in it — bliss for your aching feet and legs! Peppermint also has the added benefit of being cooling to sunburns and easing bug bites.

The heat of summer can also take its toll on our body, so staying hydrated and balancing electrolytes is important to ensure we don't get heat stroke. Herbs such as raspberry leaf, lemon balm, peppermint and nettles are great as ice teas and are rich in minerals that your body needs when you are perspiring heavily. Nettles have the added benefit of being a natural antihistamine so can help with those summer allergy symptoms as well.

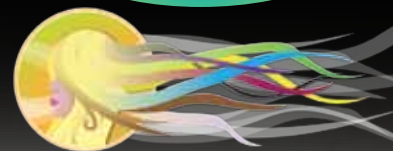
So here's wishing you a happy, healthy, herbal summer! ■

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*Summer Fun*





# *Summer Fun*



**Brian Lawrence**

The bridge crossing Highway 3 west of Creston.

**Opposite:** The Wildlife Interpretation Centre at the Creston Valley Wildlife Management Area.



## Creston Museum summer students pick out their

# FAVOURITE ARTIFACTS



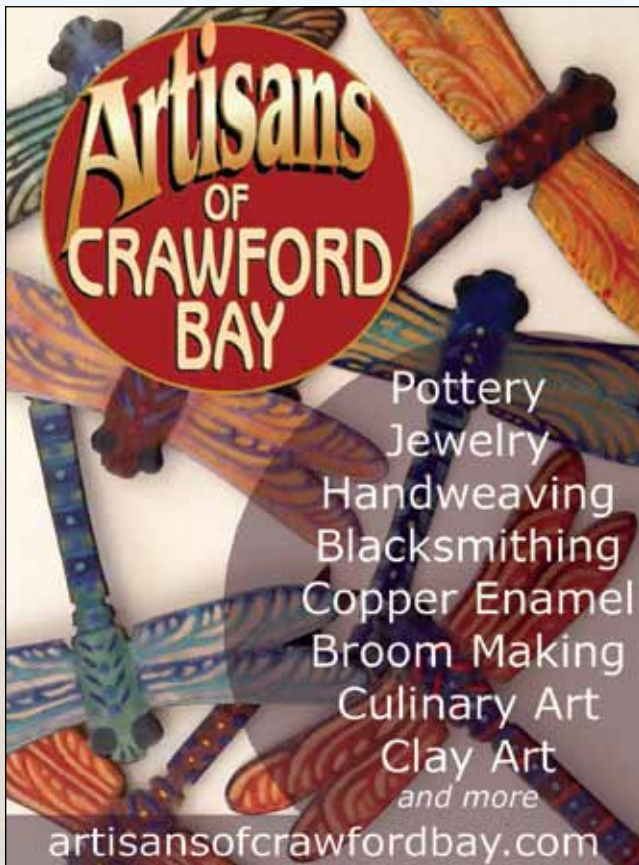
**Zach Chackowitz:** As a historian, it's amazing to see how little some methods, techniques or technologies have changed over the decades. Agriculture built this valley, and the ladder and picker bags (**left**) embody a tradition that continues to the present day. Being a native of Quebec, I understand that quite a few Québécois venture out west to pick the fruits of the Creston Valley, and have familiarized themselves with these tools! **Above right:** As a child, this was one of my favourite condiments, and it was great to see that this item has stood the test of time. Located in our trappers' cabin, this jar of Cheez Whiz has not been opened since 1989, when then exhibit was donated to our museum. Fortunately (or unfortunately), the condiment looks as fresh as one you would buy in 2017! ■



**Elizabeth**

**Nygren:** As a lover of photography, old cameras and camera supplies just constantly amaze me. Whenever I see some piece of old-timey camera equipment, I have to figure it out and see how it works, which is why this Polaroid camera (**below**) makes me happy. **Above:** Writing and journalism are

other great passions of mine, and I think it would be so unique to be able to write columns or letters while using a typewriter. They have such an interesting touch to them, although it would take some time to master, the product in the end would be a sight to see (or read perhaps)! ■







**Aaron Gregory:** The Order of Canada (**above**) is a Canadian national order and it is given to those who show the highest degree of merit, outstanding level of talent and service, or an

exceptional contribution to Canada and humanity. Community involvement and serving others have been an important part of my life and we are fortunate to have these medals to recognize



the Canadians who make significant contributions to our county and the world. **Above:** An antique Zenith Marshall Wells bike. I am a cyclist and I enjoy seeing how the bikes have evolved since the 1940s. ■



**Zoë Hilkewich:** As a nursing student, I really enjoy the medical equipment on display, and this physiotherapist's heat treatment machine (**left**) is one of the best. "Cooking" patients with it is a pretty remote possibility, though — it would take an extreme dose for an extreme period of time. **Right:** Women and corsets almost inevitably meant lightheadedness and fainting spells; that's why fainting couches were often located in dressing rooms. Again, my



nursing background means I am fascinated by the truly horrible things we have done to ourselves in the name of fashion. ■



*Afternoon Tea*  
*Saturday, August 12*

## *A Royal Visit*

*(HRH The Prince of Wales visits Creston, 1919)*

Seatings at 1:00, 2:00, & 3:00    \$10 adults  
Reservations: 250-428-9262 / [crestonmuseum@tefus.net](mailto:crestonmuseum@tefus.net)



THE CRESTON MUSEUM





## Visually Impaired Golfers Competing

STORY AND PHOTO  
BY BRIAN LAWRENCE  
I Love Creston Editor

**V**isually impaired golfers from around the world will compete at the Creston Golf Club from July 21-23, and Vision Cup tournament

chair Darren Douma is encouraging spectators to attend the event, hoping it will give the sighted a new perspective.

"These people are going to see more interaction between the players and guides," says Douma, the Canadian team's captain. "These are

the best visually impaired golfers in the world."

Sight coaches — in Douma's case, his brother, Darcy — will be helping players line up shots and may even walk players to the flag so they get a feel for the terrain.

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## Summer Fun

It's part of the International Sports Promotion Society's (ISPS) third Handa Vision Cup (named for ISPS founder Dr. Haruhisa Handa), which was first held in Atlanta, Ga., in 2013, followed by Italy in 2015. The tournament features a 12-member Team North America taking on Team Rest of the World — with players from England, Scotland, Israel, Japan, South Korea, and South Africa — in two days of doubles matches (Friday and Saturday) and a day of singles matches (Sunday).

Golfers are divided by three sight categories: B1 (no vision), B2 (five per cent) and B3 (10 per cent). Douma, who has Stargardt disease, an incurable and rare genetic juvenile form of macular degeneration, affecting central fine vision, falls into the latter category.

"I'm awed when people golf with B2 or B1," says Douma.

Over the last few years, he's competed in international tournaments, and has most recently placed 16<sup>th</sup> in the U.S. open tournament, second in Canada and first in Western Canada, raising awareness as he competes in a sport he's loved since he began playing

at 10. It's about more than fun, though — awareness of visual impairment is also a driving factor behind his passion.

"Every tournament that we can do sure makes a big difference," says Douma, chair of Creston's chapter of the Canadian Council of the Blind and Visually Impaired-Blind Empowerment. "Slowly people have been recognizing what I've been doing. I get people approaching me about their vision or a family member's."

Together with volunteer leader and tournament co-chair Virginia Harder, Douma has been preparing for the event, encouraging donations from local businesses, and making sure accommodations are central to services, securing the Downtowner Motel and Creston Hotel as the official lodging for the visiting golfers.

"All the small businesses are really supportive," he says.

And he's pleased to welcome golfers to the community, sharing everything that makes the Creston Valley special.

"I take great pride in what we have here in the Creston Valley," he says. "Having been born and raised here, and now raising a family of my own, I continue to be grateful for where we

live. Thankfully, we get to share it with others from around the world when they visit this July." ■

Admission to the tournament is by donation, and proceeds will support blind golf and vision advocacy in the Kootenays. To learn more, visit [www.vibebc.com](http://www.vibebc.com) or contact Darren Douma at [ccbvbicreston@gmail.com](mailto:ccbvbicreston@gmail.com) or 250-428-8715.



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8-12yrs old, 9:00am-2:30pm \$149



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Submitted

Sandee Greatrex and Mark Saunders operate Paddle and Portage, which offers kayaking on the Kootenay River.

## Kayaking Offers New Perspective

**MARK SAUNDERS and SANDEE GREATREX**  
Paddle and Portage

Our paddles dip silently into the water and our kayaks are set in motion on this watery world. There is hardly a breath of wind. The sun, risen over the Skimmerhorns, shines between the bank-side trees. The moment is sublime and another Paddle and Portage group is smiling.

We make eye contact with our paddling companions with a questioning look in both directions and wonder, "Which way should we go?" Tacitly we all start moving in the same direction. We are shrugging off everything except this moment. We have joined the water, the breeze and the sky.

Just up ahead, a great blue heron launches into the air with a prehistoric sounding squawk. It banks into a turn a little way up the channel and lands to continue fishing from the shallows.

Painted turtles vie for spots on basking logs. Swallows flit and swoop overhead. Out of the corner of an eye, a silvery flash of a bass hunting through the grassy shallows. Perhaps the osprey perched on the dead cottonwood can see it too. The bank-side flora chatters with birdsong, masking the scurrying of muskrat and voles. The vegetation rises out of the water and reaches up the bank. This is the riparian zone — a key ecosystem that exists between the waters edge and the high ground bordering all waterways.

As we move our paddles through the water, we establish a smooth, easy rhythm. We move at a fast walker's pace, yet are as quiet as the water. As the hosts of these paddling trips, we see their smiles, their awe, and their enjoyment. This is kayaking in the Creston Valley.

Seeing someone new to kayaking embrace it like a long-lost friend is one of the rewards to operating our

little business. There is something so satisfying about introducing this activity to someone that has never been in a kayak, nor experienced the water world at an altitude of less than two feet.

Almost all of Paddle and Portage's clients have either done a little paddling in a canoe, or none at all. Most are new to the experience. And almost all of our clients are area residents and their visitors.

We chose the type of recreational kayak we use because of its user-friendliness. These kayaks have the most comfortable seating we've ever experienced and have a large cockpit opening, which makes getting in and out of the kayak (the hardest part of kayaking) much, much easier.

Hope to see your smiling face in one of our kayaks! ■

**Paddle and Portage offers kayaking in the Creston Valley for groups of four or more. Visit [www.paddleandportage.ca](http://www.paddleandportage.ca) for details.**



*Summer Fun*



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**Brian Lawrence**

Looking north along the  
Kootenay River as it meets the  
south end of Kootenay Lake.

**Front cover:** Looking  
southeast over Duck Lake.