

September 2017

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Feature

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Farm creating work for
employees with disabilities

HISTORY

History of climate trends
from 1912-2017

BUSINESS

KES places employees
with disabilities

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From the Editor



BRIAN LAWRENCE

And we're back! Our annual summer break (the reason you enjoyed a combined July/August issue) is over, and we're excited to bring you a new issue as we say goodbye to summer and hello to fall. There is still a bit of time before fall officially starts, though, and it appears that the hot, dry weather that made this summer memorable will, for better or worse, be sticking around.

While we're on the subject of weather... Be sure to take a look at Creston Museum manager Tammy Bradford's monthly contribution for an in-depth look at the Creston Valley's

climate history. No matter where you stand with regard to climate change, it's evident that hot summer days are becoming more frequent and the general temperature is showing an upward trend. Particularly considering that B.C. is experiencing its worst fire season since 1958, it's pretty disturbing to consider the implications!

Of course, you'll recall the growing season starting with a wet spring, which caused its own problems for the local agriculture industry, as Randy Meyer relates in this month's Ag Aware column. But it didn't dampen the spirits at Spectrum Farms, the subject of this month's cover feature. Its development began five years ago, and it's impressive to see how it has progressed in becoming a supportive employer for people with disabilities.

For Wynndel's Betty Martin, this summer proved to be an excellent one

for watching wildlife, right in her own backyard. She shares some photos with us in this issue — they're all great, and a couple are downright amazing!

With summer just about at an end, thoughts naturally turn to the new school year, and the School District No. 8 (Kootenay Lake) International Program is hoping you'll think about hosting a student. Seven students representing three countries start school this month, and co-ordinator Jo-Anne Schultz will be visiting Brazil and Chile to promote the program in those countries. It's a great opportunity to learn about another culture and teach others about your own.

Oh, and if you're having trouble accepting summer's end, don't miss the Creston Valley Fall Fair on Sept. 8 and 9 — it's a great way to connect with friends and neighbours, and a fun way to welcome fall, while celebrating the valley's agricultural heritage! ■

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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.



Spectrum Farms SUPPORTING EMPLOYEES WITH DISABILITIES

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

With livestock and produce abundant and easy to see, Spectrum Farms may seem like many others — at first glance, that is.

But what truly makes it unique? The farm is a social enterprise of the Kootenay Region Association for Community Living (KRACL), and as a supportive employer, the farm's workers are all people with disabilities — any type of disability — given an opportunity to earn their own income, a chance not always afforded their peers.

"I'm devoted to improving the standard of living for people with disabilities," says manager Denis LaRose.

Some people with disabilities may live on provincial funds of about \$900 a month, while their seasonal work at Spectrum Farms may earn them an additional \$3,500-\$4,000.

"That will give them a base for the rest of the year," says Eric Kutzner, who recently completed a five-year volunteer stint as manager.

"It improves their self-esteem," adds LaRose.

For LaRose, managing Spectrum Farms combines two interests: people with disabilities and agriculture.

Above: Former Spectrum Farms manager Eric Kutzner (left) and new manager Denis LaRose in front of the farm's Archibald House.



From pulling potatoes (above) to baking (opposite), Spectrum Farms has jobs suitable for workers with a wide range of disabilities.

He moved to the valley in 1991, working as a parole officer for southeastern B.C. He had previously been the executive director for a community living organization in Dawson Creek, and had worked at New Westminster's Woodlands Institution.

"My dream was to integrate people with disabilities into everyday life," says LaRose.

When he moved to the Kootenays, he bought an acreage in Wynndel, starting to grow plums, then switching to apples. He sold the Wynndel property and bought a farm and fruit stand in Erickson in 1996, running Under the Apple Tree for 14 years.

"I had a passion to grow things," he says. "To this day, I have no idea why it was so ingrained in me."

LaRose found that growing things is physically, emotionally and spiritually empowering — which made it easy for Kutzner to recruit him as a volunteer in 2013 — and he hopes to pass on that passion to the farm's workers.

"It's so challenging," he says. "It keeps you on your toes."

Spectrum Farms has 12 employees, each working up to 20 hours a week, both in the farmyard and in the kitchen, baking and making products such as jam and dehydrated fruit, which stock the farm's Going Green Market. It also offers low-income housing for people with disabilities; an upcoming project by BC Housing and the Columbia Basin Trust will create units for nine.

The bustle of activity has been growing for five years at the farm run by KRACL, which grew out of the Kootenay Society for Handicapped Children (KSHC) started by Trail's Dr. William Endicott in 1951.

"He believed that children diagnosed with mental conditions had the potential to learn life

skills necessary to live outside of institutions, given proper supports,” says Kutzner. “The dream was to keep children in the Kootenays and offer them an opportunity to develop their potential.”

Endicott started a day school in Trail, with KSHC chapters eventually established in Nelson, Kimberley, Creston, Cranbrook and Castlegar. The society set out to create a custodial home and residential school, and bought a 14-hectare Alice Siding property in 1961. A year later, it sold the property and purchased the Archibald estate on Erickson Road, naming the facility the Dr. Endicott Home and School.

Through co-operative funding efforts between the six KSHC chapters, a dormitory housing 30 children was completed in 1965, with an adult residence and day program following in 1970. In 1972, vocational training started, and three years later, KSHC changed its name to Kootenay Society for the Handicapped, reflecting the services it provided to both adults and children. In 1977, the facility was renamed the Endicott Centre.

The 1980s saw the closure of many B.C. institutions, with the public school system taking responsibility for the education of children. The Endicott Centre’s adult residents moved into their own homes and apartments, while younger residents moved in with foster families.

The society became the Kootenay Society for Community Living in 1989, 10 years before the Endicott Centre finally shut its doors. The organization remained, though, with other regional community living societies as members, finally becoming KRACL in 2005.

After the centre’s closure, the property, which included the two





A Spectrum Farms employee harvesting potatoes in the farm's gardens.

dormitories and the 4,000-square-foot Archibald House, sat mostly vacant — a wellness centre and salon were among occasional tenants — for well over a decade.

“The property was busy sitting here deteriorating into nothing,” says Kutzner, who serves as KRACL’s treasurer.

He and his wife, Donna — one of about 20 volunteers at the farm — retired to Creston 13 years ago, and Kutzner, who has a strong accounting-financial background, was quickly recruited by well-known Creston Valley volunteer Alex Nilsson to become involved with KRACL, the Creston and

District Society for Community Living (CDSCL) and the CDSCL’s Therapeutic Riding Program. Through those interactions, he discovered that KRACL had no goal or vision for the property.

“In the past 15 years, the society had decided to sell the property two or three times,” says Kutzner. “They couldn’t get any offers; they couldn’t get anywhere. ... They tried. Nobody wanted the buildings.”

Meetings with caregivers, advocates and Community Living BC followed, Kutzner visited Duncan’s Sunshine Farm and Kelowna’s the Basin Business Advisor program helped develop a business plan, with the goal of helping people with disabilities find low-cost housing and meaningful paid employment.

“We’re not a caregiver,” says Kutzner. “We’re a supportive employer.”

The former Endicott Centre land was, with Regional District of Central Kootenay approval, rezoned from agricultural to community service use, to allow for up to 15 residents. KRACL sold four hectares of land, allowing it to commit \$200,000 of its own funds — with \$600,000 in grant funding added for the reconstruction of building and infrastructure — to what ultimately became a five-phase plan.

Phase 1 involved raising chickens and establishing a market garden. Some of the farm’s 10.5 hectares aren’t suitable for growing produce but makes for excellent pasture, so sheep were added in the spring of 2015. Lambs are sold to cover wages, as none of the grants obtained are used to subsidize operations, and raw wool is sold to local fibre artists. The farm recently bought a used carder to process the wool, something that is needed in the B.C. Interior.



In addition to fresh produce, Spectrum Farms' Going Green Market offers canning, baking and dehydrated fruit and vegetables.

“As we started to grow, we could see there was a market for that,” says Kutzner. “We have lots of letters of support from growers and people who produce wool.”

A second phase is to create a shop for small engine repair and craft woodworking. KRACL is seeking funding to complete this by March 2018.

Phase 3 involved developing Archibald House into a four-bedroom bed and breakfast and agri-tourism retreat, a project that was completed this year, funded by WorksBC and the federal government. It won't be open to guests right away, though; the tenants currently residing in the former children's dormitory will live there while the next phase is completed. BC Housing and the Columbia Basin Trust are funding that fourth phase, which will see the dormitory torn down to the floor next year, and then rebuilt to contain nine independent living suites for low-income people with disabilities. During

construction, current tenants will live in Archibald House.

The fifth phase was completed this year, with the opening of a general store, the Going Green Market, this year. It replaces the weekly outdoor market Spectrum Farms used to host, and offers a permanent location to sell fresh produce and raw wool, as well as value-added products made on-site, such as baking, dehydrated and frozen fruit, soup mixes and canning.

The products sold are part of the farm's endeavour to encourage food security in the valley, although they are priced competitively so as not to compete with producers who make a living with similar items.

"We don't want to negatively impact the market," says Kutzner. "We don't try to undersell other people."

With some of the phases complete and others well underway, Kutzner is looking forward to taking a step back,

although it won't be an end to his involvement with the farm.

"I'm honestly glad for some help," says Kutzner. "It's been a challenging five years. Not that I don't enjoy every minute, but there have been challenges, particularly around construction."

"It's always evolving," says LaRose. "We keep adding responsibility, not taking it away."

All of the hard work, however, brings Spectrum Farms one step closer to being an even more outstanding representation of a supportive employer, making sure the needs of each workers are met in a way that best suits him or her.

"Our role is to try to tailor every job to the person's ability," says Kutzner.

"And at the same time, challenge them to go further," says LaRose. ■

The Kootenay Region Association for Community Living is a registered charity and welcomes donations. To donate or learn more about the organization, visit www.kracl.org.



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Cemeteries in the Creston Valley

Forest Lawn Cemetery is a remarkable community icon that maintains a special place in the fabric of our community, our individual lives and our family histories. My father passed away in 1973, and 44 years later my mother was recently laid to rest beside him. I know firsthand the importance of Forest Lawn Cemetery to our community. Through professional management and long-term planning, I believe we can optimize this valuable community resource for generations to come.

Since its incorporation, the Town

of Creston has owned and operated the Forest Lawn Cemetery located in Erickson. The Town of Creston also owns and operates the Pioneer Cemetery, which is closed to new plot sales (although family members of lot owners are occasionally interred here). For clarification, interment, as a general definition, can take a variety of forms: burials, entombment in a mausoleum or inurnment of cremated remains in a columbarium niche.

Creston and the surrounding Regional District of Central Kootenay (RDCK) rural areas are striving to operate a sustainable cemetery system, while increasing options for interments and enhancing the cemetery's landscape and amenities. This goal requires finding ways to improve cemetery service delivery, implementing practices that set the service on a path toward financial self-sufficiency and developing a perpetual care fund that can meet the long-term maintenance requirements of the cemetery. With this end in mind, a lot of great work has been done over the last few years:

- In 2014, a cemetery master plan was undertaken. This plan serves as a guiding vision for our two local cemeteries, providing direction on how to best manage the business and financial aspects of the service;

- In 2015, a cemetery select committee was established, with a membership that includes representatives from the RDCK, the

Town of Creston and members of the community at large;

- In 2016, a standard operating procedures manual was developed by our cemetery consultant with active input from staff; and,

- Coming shortly in 2017, a Forest Lawn Cemetery development plan will be presented to council and participating RDCK electoral area directors, and subsequently will be made available to the community.

The Forest Lawn Cemetery development plan was prepared by a consultant firm recognized as a leader in the cemetery industry, Lees and Associates. This plan recommends seven new "principal elements" to prioritize at Forest Lawn Cemetery:

- upgraded main entrance;
- memorial walk;
- green burial areas (phased);
- gathering space;
- future cremation garden;
- expanded burial area; and,
- scattering area.

A public information meeting will be held to explain the details of each of these proposed cemetery improvements.

If all of the elements noted above were implemented at once, it is estimated the current price tag would be approximately \$1.3 million. As such, the cemetery select committee supports an approach of phasing in these improvements, with strong local support and community participation, over multiple years. For me, it is essential that we commit to a path that sees our cemetery develop in ways that best address the needs of our community, honouring those that have passed on and providing a sense of comfort to those who visit there. ■

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Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

Think About Reducing Carbon Footprint

K'isuk kyukyit (greetings). This summer has brought some of the worst destruction by fire that the province has seen in some time. The temperatures began to soar as each day and week progressed. Communities received evacuation orders and the skies began to fill with smoke.

It was baffling that after this past winter and spring that we received such a dry summer. We received record snowfalls and the spring brought flooded basements to many (mine included). After the frustration of the flooded basement I thought to myself that maybe it's a small price to pay for a decent summer season.

I was wrong. The summer brought record-breaking heat waves. The summer brought forest fires throughout B.C. Some residents saw their homes and property burned to the ground. Air quality was horrible for weeks and days as a result of the smoke.

Unlike the younger generation, I was not born into the age of the Internet. I did not grow up with the Internet; however, I did witness its evolution. My daughters have Snapchat and Instagram (I still have no idea what that is) but I do have a Facebook account. On my social media I began to see many people jokingly say, "Jason, you should have a rain dance to deal with these forest fires." Some were joking and some were serious.

What little I understand of a rain dance is that it originates from the Saulteaux First Nation. The rain dance actually has nothing to do with making it rain. The

"rain" represents tears as individuals in the ceremony have lost a loved one. It is a ceremony of grieving. I cannot speak any further on this matter as this ceremony belongs to that indigenous group and I cannot bring justice to its true meaning. So I will not speak any further about it and neither should you.

Instead of requesting a rain dance, we should all be asking ourselves what can we do to reduce our carbon footprint. Instead of asking the question of the rain dance, should we not be asking ourselves if we are witnessing a state of global warming? It is the responsibility of all of humanity to save the planet.

This past May I finally paid the bank off what I owed them on my Jeep Wrangler Sahara. My Jeep was a gas guzzler. My vehicle was excellent in the winter but not fuel efficient. With 180,000 kilometres on it I decided to sell my beloved Jeep. I recently purchased a Ford Focus. It is a smaller vehicle with better fuel economy. Our family makes an effort to recycle. Cans, bottles, and plastics, we recycle because we need to do our part to save this planet or at the very least prolong a dying Earth.

I have few to no luxuries. I don't own an ATV, a trailer or a snowmobile. I do not condemn those who do but for me to own these things would mean burning more fossil

fuels into the environment. What I have put money into was my Diamondback mountain bike. I ride at least four times a week and cannot help but ask if I'm exerting this amount of energy, what is being exerted from millions of gas powered vehicles in this country?

It is the responsibility of all of humanity to save the planet.

We have one life and one planet. We have one very slim opportunity to change climate change. I am now 44 years old, and pleading to the 20-somethings about not getting the big four-by-fours may not be very effective. But at the very least I must ask, what can you do to reduce our carbon footprint?

And lastly, please stop asking about a rain dance. It isn't humorous. This is 2017: Please educate yourself and if you truly do not know, just ask!

With that, once again, I thank you for reading. And like the name of this magazine, I love Creston! *Texas*. ■

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

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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Climate Change in Creston Valley

"F. Napier Denison, director of the Dominion meteorological observatory at Victoria, said recently that the climate of British Columbia and of the whole Dominion has been gradually turning milder for the past fifty years or more. Winnipeg can boast of the greatest change in average temperature, of six degrees. Records for Toronto and Montreal show that these cities have experienced a gradual rise of about four degrees. The Pacific Coast shows the smallest change of all, about one and a half degrees. Two important questions to be answered in the future will be, what is causing this peculiar change in our climate, and how long will it continue?"

That is an excerpt from an article that appeared in the *Creston Review* in February 1935.

Warming climates were being observed by scientists more than 80 years ago. And 80 years ago, those scientists noted that the trend had already been developing for half a

century. And yet, just a couple of weeks ago, a visitor to the Museum confidently informed me that "climate change is a myth."

Okay. Time for local history to blow that one out of the water. That, and the assertion that "we don't need to worry about it, because it's just part of a cycle."

It doesn't matter whether you look at average daily high temperature or average daily low temperature or average daily mean temperature; whether you look at them for the full year or just for the summer months, they have all been climbing steadily upward.

This summer has been one of the hottest ever in the Creston Valley.¹ The average daily high temperature between June 1 and Aug. 15 was 28.68 C, putting 2017 in third place behind 2003 (29.38 C) and 2015 (29.07 C).

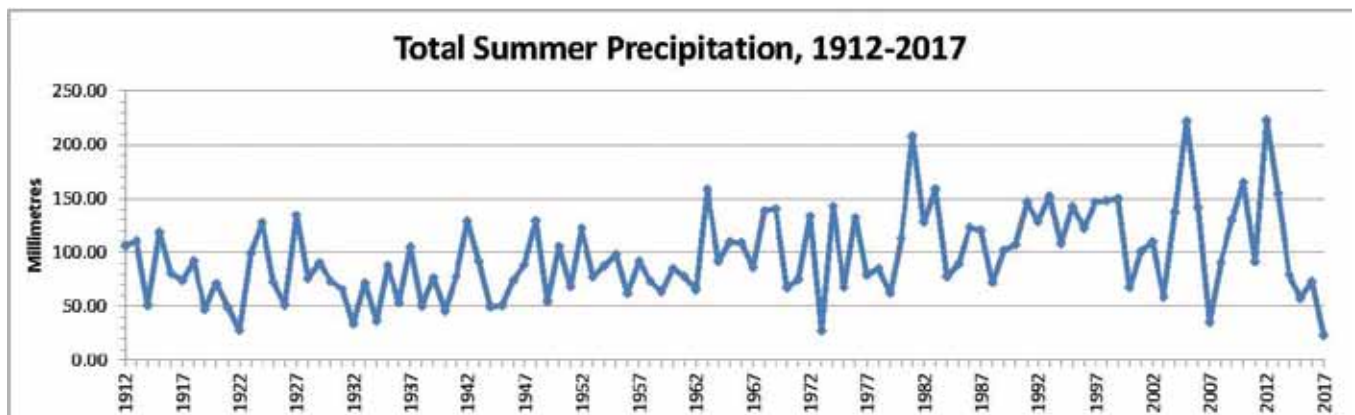
In terms of "hot" days per year (which I am, rather arbitrarily, defining as 35 C or more), 2017 ranks in third place, tied with 1998 with 10 hot days. In first place is 2003, with 17, followed by 2007 (12 hot days). To find the fifth worst "hot day" year, we

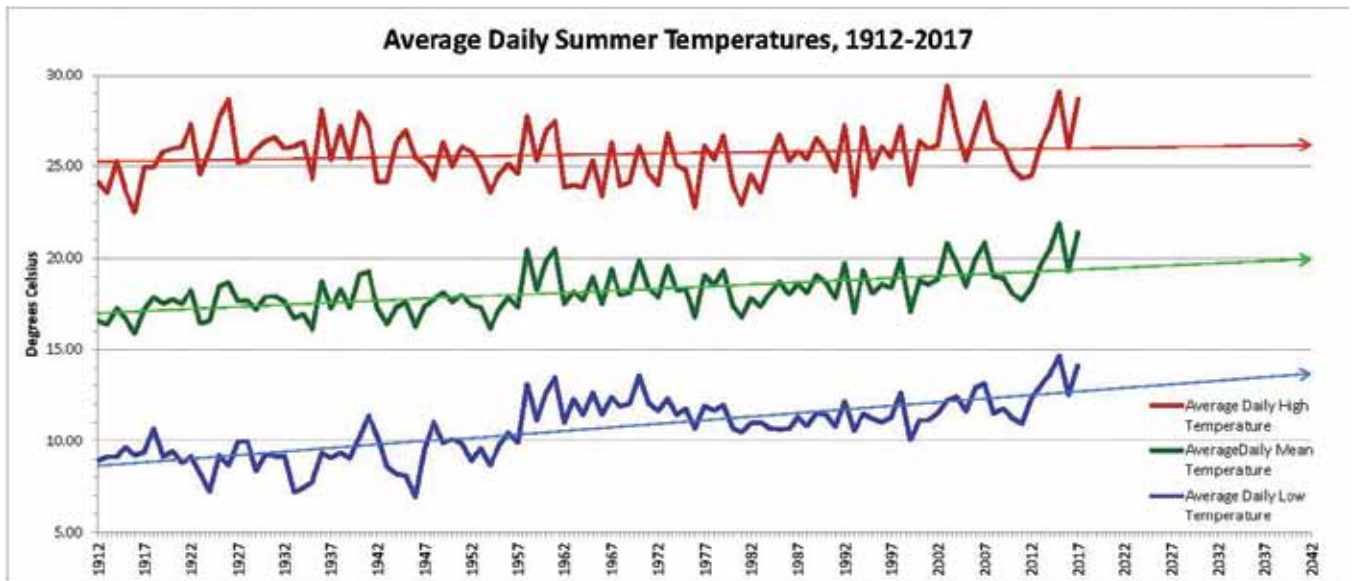
have to go all the way back to 1936, which had nine.

Historically speaking, years with a spike in average daily temperatures are usually followed by a few years of lower temperatures. The patterns vary in length and frequency, and sometimes there have been a couple of hot years before we got the cooler

ones, but generally speaking, yes, they are cyclical.

But what happens when we look at those cycles over time? If you put average daily temperature² for each year into a line graph, it very clearly shows: Creston's climate is getting warmer. It doesn't matter whether you look at average daily high temperature or average daily low temperature or average daily mean temperature; whether you look at them for the full year or just for the summer months, they have *all*





been climbing steadily upward. In 1913, the annual average daily mean temperature was 5.7 C. In 2016, it was 9.8 C. That's a difference of four degrees.

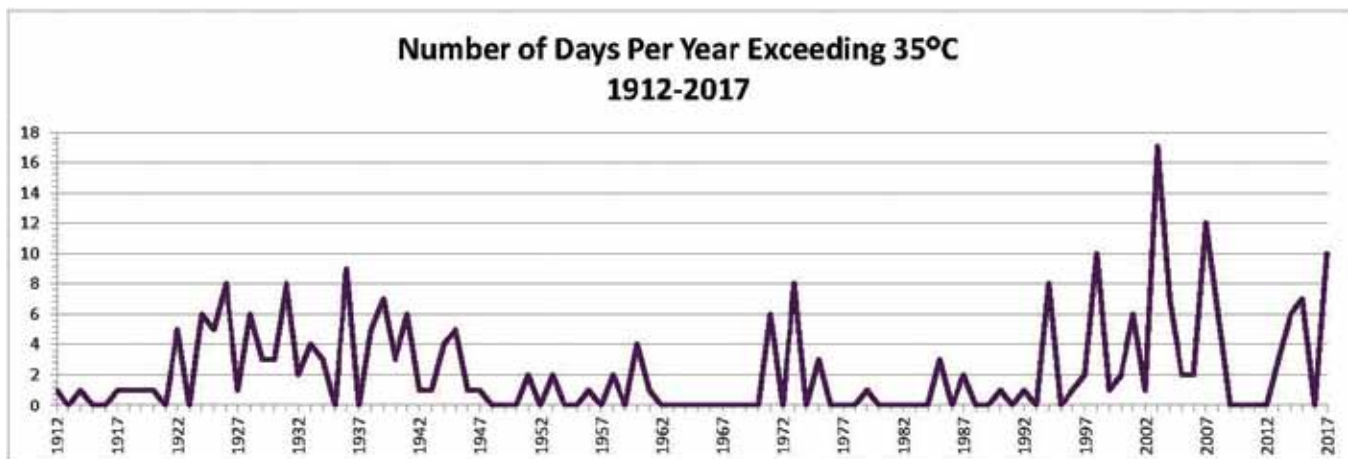
True, 1913 was the second-coldest year on record, and 2016 was one of the warmest. So let's smooth out the extremes a little bit. In the decade from 1913 to 1922, average annual daily temperatures were 6.5 C. In the last 10 years (2007-2016), those temps were 9.1 C. That's still a sizeable increase.

Following 1913, average daily mean temperatures climbed for a few years, peaking, in 1915, at 7.5 C before dropping again.

Let me say that again: in 1915, a period of warming average daily mean temperatures *peaked* at 7.5 C. The last time we saw average daily mean temperatures that cold was in 1996.

A quick recap: Four of the five worst "hot day" years in local history have occurred in the past 20 years. Of the 17 summers in which average daily high temperatures³ exceeded 27 C, seven have occurred in the past two decades. Average daily temperatures are two and a half degrees warmer than they used to be. Cold temperatures today are higher than high temperatures were a century ago. What was extreme

Average daily temperatures are two and a half degrees warmer than they used to be. Cold temperatures today are higher than high temperatures were a century ago. What was extreme weather not so very long ago has now become the norm.



History

weather not so very long ago has now become the norm.

Tell me again how climate change is a myth?

I think one reason it is so easy to deny climate change, or at least to put it out of our minds, is because so much of what we hear about it — melting polar ice caps, drought in California, rising sea levels, etc. — is very remote from our daily lives. Our climate is generally fairly moderate, there's nary a polar bear in sight and we have several mountain ranges between us and the nearest ocean.

But climate change is happening, and it is having an impact here at home. We are already seeing it in dwindling water resources, worsening forest fire seasons, invasive species of plants and animals. I've been told that the heat this year made the cherries

almost too soft to pick; if the climate continues to warm, how long will it be until even overnight temperatures are still too warm to harvest? What cooler weather crops are likely to become unviable altogether? This was the driest summer ever⁴, and the swings between extremely dry and extremely wet seasons are getting markedly more dramatic — will we be able to cope with that unpredictability? What does all this mean for our local forestry industry, for agriculture, for tourism, for our health?

These are very big, very complex questions, and I definitely need to talk to a lot of people, far more knowledgeable than I, before I can attempt to answer them. But I will get back to you on them.

In the meantime, let's stop talking about climate change as a myth. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

¹Weather data is drawn from historical weather records available from Environment Canada at www.weatheroffice.gc.ca. Figures presented here primarily reflect the "Creston" weather station; however, data from "Creston Campbell Scientific" weather station has been used from 2014 onward and for certain months from 2007-2013 where data for the Creston station was incomplete. Weather data is available from June 1, 1912, to the present day.

²Daily mean temperatures as reported by Environment Canada, averaged over the entire year. 1912 and 2017 have not been included, as data for those years is incomplete. All calculations, graphing, and trendlines were done in Microsoft Excel.

³Daily high temperatures for the period June 1-Aug. 15 each year, averaged by the number of days in the period.

⁴Precipitation data, June 1-Aug. 15, 2017, indicates a total of 23.2 mm of precipitation, four millimetres less than the next-driest years, 1973 (27.5 mm) and 1922 (27.8 mm).

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Finding the Right Fit

KOOTENAY EMPLOYMENT SERVICES

Most people would not immediately identify as having a disability or with having struggled with one. Disabilities come in all shapes and forms, and a disability is not always something that is obvious. Disabilities can include anxiety, depression or other mental health concerns, hearing impairments, learning disorders, substance abuse, physical disabilities and developmental disabilities — just to name a few.

Sometimes, what appears to be a disability can actually aid an employee in their ability to perform job tasks. For instance, someone who has a developmental disability may possess a very strong attention to detail and therefore may be well suited to a task such as completing paperwork. This is just the case with one of our local employers. Since employing a client with a disability, the employer reports that his business has benefited from having this individual's skill set. The employer is impressed by the fact that his employee works carefully and has meticulous attention to detail. This is a profession where attention to detail is paramount.

Finding the right fit for someone who has a disability can, in some cases, make that disability appear irrelevant. At Kootenay Employment Services (KES), we work with clients and employers to find the right fit for a client with a disability. For instance, someone with high social anxiety may be well suited to working in a warehouse or may find meaningful employment working a night shift. Alternatively, they may enjoy working in a more interactive role with the support of a job coach.

It has been our experience that most employees who have a disability value their employment more and tend to be more loyal to their employer. They have lower rates of absenteeism and many employers report that their team morale is higher because of this inclusiveness.

KES can provide extensive supports to both clients and employers, including placing a job coach on-site to support the employee while they learn the job tasks. This reduces the employer burden of training a new employee. The job coach phases out their support as their client masters the job tasks and the employer is satisfied with their job performance. We are able to work closely with employers to support them for up to 48 weeks, and even longer if necessary. Some clients also qualify for supports including assistive technology such as hearing aids and voice recognition software.

Most employers are not aware that they can work with KES to find the right fit for their business, improving efficiency of their employees. Sometimes employers come to us with a small job — say, folding laundry for two hours a week — and they believe nobody would want this task. This may be the

From back:
Eric Kutzner
of Spectrum
Farms, job
coach Kori
Nathorst,
and
Spectrum
Farms
employees
Katherine
Jorgensen
and Janice
Reid.



perfect opportunity for someone who is just looking for a way to contribute and earn some income. ■

For more information about inclusive workplace supports, contact customized employment specialists Renee Bayley or Darla Dyer at 250-428-5655.

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Hey, Creston, we have two big events for October!

**Event No. 1: Creston Valley
Chamber of Commerce
Trade and Craft Show**

As a chamber, we want to provide our members and community at large the opportunity to showcase their trades and their skills, as well as the products they sell. We think that the beginning of October will be a great time, as it leads into the Christmas season.

For the great people of Creston, this will be a chance to get some early Christmas shopping done, as well as a chance to prepare for winter and meet some of our tradespeople whose services they may need.

This is a one day event, from 9 a.m.-4 p.m. Oct. 7 in the Creston Room at the Creston and District Community Complex. Admission is only \$5 per person, while children six and under are

CHAMBER CHAT

free. Family admission is only \$15 (up to five people).

There will be at least \$300 in door prizes to be drawn, including some gift certificates to local businesses for all paying attendees. There will be food and beverages available as well.

Think of this as a smaller version of our spring trade show, compressed into one day. Vendors will be showcasing their best items before Christmas, and a good time will be had by all!

If you are a vendor who wishes to participate, go to our website at crestonvalleychamber.com and click on the "Fall Trade and Craft Show" button. You can purchase booth space online, or call us at 250-428-5151 and we can book a booth space over the phone.

**Event No. 2: Creston Valley
Chamber of Commerce Dragon's Den**

Join us at the Prince Charles Theatre from 7-9 p.m. Oct. 18 as we have a chance to hear from local entrepreneurs who are trying to win a prize of \$1,000 for their business startup or idea.

There will be judges, door prizes, entertainment, and lots of excitement and fun! Who knows? We may witness the next big business idea at this event that could go worldwide!

We are pretty certain that there will also be some free samples to try out from some of our contestants, and time to talk to each contestant personally.

Tickets will be available at Kingfisher Used Books and Black Bear Books. Tickets are only \$5 for students and seniors, and \$8 for adults.

If you are looking for a really fun night out at an affordable price, this is your ticket. See you there! ■

CHAMBER FUN FACTS

We have a brand new website! It is better focused on local businesses and provides information on, and directions to, each Chamber member. There are also links to our weather and Creston events, among other interesting Creston information. Go check it out at www.crestonvalleychamber.com.

If you think of something that would be a good addition to the website, let us know.

We are open to new ideas!

121 Northwest Boulevard
Creston, BC

CRESTON  VALLEY
CHAMBER of COMMERCE

250.428.5151
manager@crestonvalleychamber.com
crestonvalleychamber.com

Profile: Danika Peltzer of Luv at First Bite Desserts & Confections

Where are you from? I grew up here in Creston. I am as local as my ingredients are!

How long have you owned your business? I started my business in 2013, so about four years ago, but I went away to attend pastry school for two of those years.

What is the best thing about your business? The very best thing about my business is that when you buy from me, you can know that you are getting quality products that you do not have to feel guilty about. Every bite contains flavour that is straight from our beautiful valley!

What is the best kept secret about your business? Not a lot of people know (or can tell) that I now make all of my chocolate cupcakes with quinoa instead of flour. Not only do they taste great, but they are packed with protein! ■



Profile: Mark Saunders of Paddle & Portage



Where are you from? Sandee and I are from a five-year adventure, sailing in the Sea of Cortez. We got there from a 10-year adventure moving to a rural community, building a straw bale home and living off-grid. We got there from being friends first, then lovers, then spouses, then homeowners in Calgary. So, we are from Mexico or Thorhild or Calgary. You choose.

How long have you owned your business? 2017 is the third season of operations for Paddle & Portage.

What is the best thing about your business? The best thing about the business is in the nature of the activity — quiet as the water.

What is the best kept secret about your business? We wish everyone else knew that our river and canal system is a jewel for quiet water paddling and nature viewing. It is a venue that with sensible management could be developed by the Creston Valley community into an asset with significant tourism destination appeal. ■

Profile: Jordan Eliason of RBBS Telecom & Cloud Computers

Where are you from? I am a country boy at heart and settled back in the Kootenays in the early 2000s.

How long have you been in business? We are pleased to be celebrating over five years in business.

What is the best thing about your business? We work on some of the most exciting computer, phone and IT projects in Western Canada while based in and living in the Kootenays. The power of the Internet

lets us work mostly remotely, with travelling only when required. Our network of local trusted contractors enables us to support local wherever we do business.

What is the best kept secret about your business? We are based in the Kootenays instead of Vancouver or Calgary.

Anything to add? Our Cisco Spark phone line service will save your business money. ■



T-Cats Preparing to Defend Division Title

CRESTON VALLEY THUNDER CATS

The off-season is a time of rest for players, but potentially the busiest time for general managers and coaches as they scout players, put on camps and begin drawing the blueprints for the next season. The veteran-laced squad that suited up in the blue and white last season has all but moved on, with five players aging out and many more notable names on the move. The change took place both on and off the ice as a familiar face will be notably absent behind the Creston bench.

Jeff Dubois has moved on after three years with the Creston Valley Thunder Cats organization, having taken an assistant coach/GM position with the Alberni Valley Bulldogs of the BCHL. Dubois leaves the valley with a 97-42-4-8 record, a division title and a Cyclone Taylor Cup bronze medal, all while picking up the 2016-2017 KIJHL Coach of the Year Award in the process. Replacing him as the head honcho is last season's assistant coach/GM Brad Tobin. From Delta, Tobin was an

assistant coach with the Surrey Eagles for six years before joining the Thunder Cats. This will be his first year holding a head coach/GM position.

While junior teams usually have turnover from year to year, Creston iced a significantly veteran lineup last season as it prepared for the provincials in April. Over half the roster was 19 years or older, and coming into this season, only five of those players can remain on the team. The core of 20-year-olds aging out includes captain McConnell Kimmitt,



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HOME OPENER
Friday, September 22nd
vs Beaver Valley Nitehawks

Saturday, September 23rd
vs Nelson Leafs

Friday, September 29th
vs Columbia Valley Rockies



Creston Valley THUNDERCATS

Visit us online at
www.crestonvalleythundercats.com

Regular Season Gate Admission:

- Adult (19-64) \$10
- Senior (65+) \$8 Youth (6-18) \$6
- Family (2 adults + 2 youth) \$25
- each additional youth \$4

**JEFF BANMAN PHOTOGRAPHY**

Former Creston Valley Thunder Cats captain McConnell Kimmitt, seen here in a March 8 game against the Kimberley Dynamiters, is one of the 20-year-olds who aged out of the league after last season.

assistant captain Grant Iles, forwards Lien Miller-Jeannotte and Luke Kalenuik, as well as defenseman Cole Arcuri.

Significant trades were made just days after the Cyclone Taylor Cup concluded. Fan favourite Thomas Cankovic was traded to the Revelstoke Grizzlies just days after the final game, and a week later, defenseman Tyler Severson and rookie forward Julian Benner were sent to the Oceanside Generals of the Vancouver Island Junior Hockey League in return for 19-year-old forward Caleb Griffen.

In another deal with the island league, a couple of 19-year-old forwards were swapped, with Jonathan Lee leaving for the Campbell River Storm and Zach Erhardt coming back the other way to Creston.

An era in the blue paint will unfortunately come to an end when the puck drops on the 2017-2018 season. After four solid seasons in between the pipes from goaltender Brock Lefebvre, the netminder has decided to try his hand in the Junior A ranks with the Thief River Falls Norskies in the Superior International Junior Hockey League. Lefebvre has been with the Cats since he played a single game during the 2012-2013 season. After 120 career contests, he departs with a record of 73-41-4.

There will be not one, but two new faces in the Thunder Cats crease as Patrick Ostermann has also been traded for future considerations. Ostermann heads to the Victoria Grizzlies of the VIJHL after posting a 15-3-0-0 record in 20 games for Creston.

Sept. 22 is the first chance Thunder Cats fans have to see their new team hit the ice against the defending KIJHL and Cyclone Taylor Cup champions, the Beaver Valley Nitehawks. It's the first of a double header at the John Bucyk Arena as the Nelson Leafs come to town on Sept. 23. ■



Celebrating 99 years of the Creston Valley Fall Fair

Entertainment starts

Friday 4:30pm to 8:45pm

Saturday 10:30am to 5pm

- Opening ceremonies
Friday at 5pm
- Saturday Morning Pancake Breakfast
- 4-H Show & Sale, Saturday
- Farmer's Market on Saturday
- Children's Pedal Tractor pull
Friday & Saturday
- Family Fun Day events
- Full Plate Interactive displays
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Larry Binks
Regional Director, Area C

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Tanya Wall
Regional Director, Area B

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Ag Aware

BY RANDY MEYER

Creston Valley Agriculture Society

As the summer of 2017 winds down, it is time to turn some of my attention to our upcoming Creston Valley Fall Fair. This year marks the 99th year since the first fall fair in Creston. I have personally been involved with the fall fair for nearly 30 years.

As in the past, agriculture and food production in our valley have long roots in the fair, going back to the beginning. Orchard and field crops, garden produce, canning, baking, livestock large and small, grains and hay, as well as handicrafts and photography, are all on display as they were many years ago. Crops may have changed, and harvesting and preserving methods of the crop may be done differently than in the past but the basics of our valley agriculture remain.

The celebration of this bounty is no less important now than it was in the past. Agriculture is an important part of the economy of our valley. I encourage everyone to enter in, participate in and at least take a stroll through the fair and see what it's all about. The fall fair runs Sept. 8 and 9 at the Creston and District Community Complex. There will be plenty to see, plenty to participate in, food, entertainment, 4-H activities, farmers' market and local business vendors. Come check it out!

As the season changes, so too will the weather. We have seen such extremes this year. The extremely wet winter and spring, and the extremely hot, dry summer have had effects on many of the crops grown in our valley. It seems like "extremes" have gotten to be the normal. Is it climate change or just a temporary cycle? The wet spring caused a delay in getting the land prepared for timely seeding. Once the land finally did get seeded, the grain crops suffered from too much heat and lack of moisture when they needed to grow. The prolonged heat hurt some of the cherry crop to a degree and dried up cattle pastures. All of these issues are temporary and next year's growing

season will most likely be different. For some producers, hopefully it will be better too.

Most years our autumn weather is pleasant as we wind up crop production and finish harvests. It will be time to bring the cattle home from the pastures and maybe market our spring calves. It will be time to harvest what is left in the garden before the fall frosts come. We can look forward to next year and doing it all over again.

I think this year, especially, we need to be grateful for where we are and what we have here. Our valley, so far, has escaped the widespread and deadly forest fires that have devastated so many areas of our province. So many have lost so much! We should not take for granted our surroundings, what we have around us in the valley could also be lost to fires. Think about that and continue to be Ag Aware.

See you at the fair in September! ■



Please be patient...

Our farmers are as busy as bees preparing for the upcoming growing season.

Creston Valley



AGRICULTURE SOCIETY

Box 67, Creston, BC V0B 1G0



The B.C. Weed Control Act imposes a duty on all land occupiers to control designated noxious plants.

The purpose for the Act is to protect our natural resources and industry from the negative impacts of foreign weeds.

For Noxious weed spraying please contact:
Creston Valley Beef Growers Assoc.
Rob Davidson 250-402-8664

For more information on noxious weeds check out this website:
<http://www.agf.gov.bc.ca/cropprot/weedguid/weedguid.htm>

Farm Advisors Program Helping Columbia Basin Agriculture Grow

COLUMBIA BASIN TRUST

Agricultural producers in the region now have access to a new service offering technical support and expertise to help them succeed. Kootenay and Boundary Farm Advisors is a free service that is launching this summer.

The regional districts of Central Kootenay, Kootenay Boundary and East Kootenay have partnered with Columbia Basin Trust to provide the service. The new program offers agricultural expertise to producers to improve the efficiency, productivity and viability of their farming or ranching operations.


The services are free and open to agricultural producers working toward commercial viability in the regional districts and Columbia Basin Trust region. Services include expert advice on topics such as irrigation, pest control, production, water, soil, climate change and research.

“The program is active now with work building up to full services next spring,” explains program co-ordinator Rachael Roussin. “Producers can now sign up and share their challenges, helping us connect them to appropriate technical expertise, and develop workshops and educational opportunities.”

The Kootenay and Boundary Farm Advisors program evolved out of the work of the regional agricultural liaison services that the regional districts and the Trust collaborated on.

Keefer Ecological Services Ltd. has been awarded the Kootenay and Boundary Farm Advisors contract. The company has expertise in sustainable agriculture and a breadth of experience in agricultural program development and management, which includes providing extension services. ■

To sign up or learn more about Kootenay and Boundary Farm Advisors services, visit www.kbfa.ca or call 1-800-958-7174.



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Seven Concerts in Upcoming Season



LYLE GRISEDALE

The Creston Concert Society hosts the Symphony of the Kootenays, conducted by Jeff Faragher (above), on April 8, 2018.

CRESTON CONCERT SOCIETY

Audiences are well aware that a Creston Concert Society subscription guarantees admission to some of the country's finest musical acts, and the 2017-2018 season is no exception, with seven concerts taking to the Prince Charles Theatre stage.

"We are so pleased to offer such a wide range of entertainment," says concert society president Margaret Lavender. "From Canadian classics to opera to dance to classical, this season is a true cross-section of music that inspires and excites us all."

Season packages include a ticket to a special Sept. 27 season-opener, *Oh, Canada, We Sing for Thee*, which celebrates Canada's 150th by featuring the music of Canadian musicians we know and love, such as Ian and Sylvia, Stompin' Tom Connors, Anne Murray, Leonard Cohen, k.d. lang, the Guess Who, BTO and Shania Twain.

Also included in the package are six interchangeable tickets that may be used for any or all of the following concerts:

- **Bravura**, Nov. 5: Three of Canada's finest baritones and entertainers join forces to bring the best from the world of opera, as well as folk and popular tunes.
- **Buzz Salutes Gershwin**, Jan. 28: A Montreal brass quintet (horn, trumpets and trombones) with piano accompaniment that pays homage to American composer Geroge Gershwin, evoking the brilliance and intensity of a symphonic orchestra.
- **Zogma**, Feb. 21: A dynamic ensemble of young Montreal dancers whose repertoire is built on the foundation of traditional Québécois step dancing, combining traditional folk music and dance with urban creativity.
- **Joe Trio**, March 11: Ten years after their first visit to Creston, these "court jesters of the classical music world" — as described by Stuart McLean — will wipe away any doubt that classical music can be fun.
- **Symphony of the Kootenays**, April 8: The region's best performers return with a program of Tchaikovsky's *Romeo and Juliet Overture*, Haydn's *Symphony No. 100* and Rachmaninoff's *Piano Concerto No. 1*.

• **Bohemians in Brooklyn**, April 27: CBC host Tom Allen and Patricia O'Callaghan, Bryce Kulak and Lori Gemmell mix classical music, history, storytelling and original songs as they tell the story of a 1940s brownstone where W.H. Auden, Benjamin Britten, Carson McCullers and Gypsy Rose Lee all lived together.

Potential concertgoers can learn more by visiting the concert society booth at the Creston Valley Fall Fair on Sept. 8 and 9. ■

2017 - 2018

SERIES

www.crestonconcertsociety.ca

Oh, Canada, We Sing for Thee
A lavish tribute to Canadian song.
7:30 PM WEDNESDAY SEPT. 27, 2017

Bravura
Passionate, funny and exciting.
3 PM SUNDAY NOV. 5, 2017

Buzz Salutes Gershwin
Musicianship with light humour.
2 PM SUNDAY JAN. 28, 2018

Zogma
Inspired by urban culture.
7:30 PM WEDNESDAY FEB. 21, 2018

Joe Trio
Court jesters of classical music.
2 PM SUNDAY MARCH 11, 2018

Symphony of the Kootenays
The region's best performers.
2 PM SUNDAY APRIL 8, 2018

Bohemians in Brooklyn
Cabaret, social history, juicy gossip.
7:30 PM FRIDAY APRIL 27, 2018

SEASON TICKET PRICES

Early Bird (until the Fall Fair):
Adult - \$100, Youth (3-18) - \$50,
Family (2 Adults, 2 Youth) - \$250 (\$10
each additional Youth)

After the Fall Fair: Adult \$110, Youth
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Single tickets at Black Bear Books,
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MEL JOY

Photographer Ken Alexander (left) with Andrea Revoy (second from left), and some of the quilters who created *A Slice of Paradise*.

Slice of Paradise a Gift that Keeps Giving

BY MEL JOY
Fly in the Fibre

A *Slice of Paradise* has a precious story. This quilted landscape was created by 11 different ladies, some of whom belonged to the Creston Valley Fibre Artisans. The creators all have different skill levels, different personalities and different perspectives of the beautiful valley we live in.

The ladies each had a section of an aerial photograph that was taken by local photographer Ken Alexander. Without consideration of what any of the others were going to do, each set to work on quilting her section. When they came back together after two years and started putting the panels together, there was not a dry eye in the room.

The stunning finished project that so beautifully captures the colours and magic of the Creston Valley was sent to the Canadian Quilter's Association and entered into the national juried show in 2013. The piece was published in the exhibition's quilted works guide and it won the Excellence in Group Quilt Award.

The story does not stop there. With

the grand hearts of the ladies — Lori Wilson, Marilyn Arms, Brigitte Langevin, Gail Thompson, Kate Hall, Donna Krane, Kitty McCulloch, Mary Johnston, Linda Macullo, Mary Lou May and Syd Chihonik — the picture was put up for sale with the Creston Valley Museum being the beneficiary.

Andrea Revoy, a fellow artist with an appreciation for the work and creativity that went into making *A Slice of Paradise*, purchased the work of art and the well-deserved funds went to our museum. The masterpiece currently resides happily in Fly in the Fibre and can stay until it continues its journey.

Andrea has given the piece back to

Creston. Businesses or groups can rent the piece to display in their own space and the funds will continue going to the museum. It is truly a gift that keeps on giving. ■

THIS MONTH'S CLASSES

- Beginner Knitter
- "She Created a Life She Loved" - Mixed Media
- Beginner Spinner Series • Mug Hug- Knitting
- Needle Felting Art Clinics • Intro to Wet Felting- Making Coasters
- Inspire Night- Showing of Summer Projects
- Owl 101- Needle Felting
- Painting with Fibre- Farm Landscape- Needle Felting



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BETTY'S BACKYARD

After moving from Creston to Wynndel in the spring, Betty Martin took advantage of the rural setting and a new camera, and got up close and personal with the many wild visitors to her backyard.





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Homes Needed for Students in SD8's International Program

BY BRIAN LAWRENCE
I Love Creston Editor

The School District No. 8 (Kootenay Lake) International Program is more than simply an opportunity for locals to learn about other cultures — it's a stellar opportunity to display Canadian values.

"Canadians have a reputation of being wonderful and being warm," says Jo-Anne Schultz, who has been the Creston Valley homestay co-ordinator since January. "Let's

SD8 INTERNATIONAL PROGRAM

Above and opposite: Students visiting Creston in the School District No. 8 (Kootenay Lake) International Program enjoying activities at the Creston and District Community Complex.



**School District #8
International
Program**

Making Global Friendships

Benefits of Homestay

- Experiencing a foreign culture in the comfort of your own home
- Cultural education and tolerance of differences
- Making global friendships and global connections
- Seeing your own home and city through the wondrous eyes of an international student
- Embracing the challenge of teaching someone conversational English through everyday interactions
- \$850 per month remuneration to cover the cost of food and utilities
- Responsibilities of a Homestay Family

Responsibilities of a Homestay Family

- To help our students learn to speak English
- To provide a safe nurturing environment
- To provide a private bedroom
- To provide regular meals, snacks, and drinks
- To clearly outline all family routines and treat our students as though they were one of your own children
- To pick up on arrival date and deliver on departure dates each student to the airport
- To provide a Canadian cultural experience



Contact us to learn more about the program!



Jo-Anne Schultz
International Homestay Contractor
Creston, BC.
School District No. 8 (Kootenay Lake)
joanne.schultz@sd8.bc.ca | international.sd8.bc.ca



show them how wonderful and warm we can be.”

Seven students — one from Japan, one from Spain and five from South Korea — were slated to begin school in Creston at the beginning of September, and Schultz will be visiting Chile and Brazil from Sept. 10-26 to promote the district at education fairs.

“We have a country we can be proud of, and I can be proud of representing the country in South America,” says Schultz.

The potential newcomers will need

homes, so Schultz is encouraging Creston Valley residents to consider hosting students. Some stay for the entire school year, while others will arrive in 2018 for three-month stays. Either group will have to opportunity to learn as much as possible about Canadian lifestyle and customs.

“This is an academic, cultural, English immersion program,” says Schultz.

Host families are expected to provide a private bedroom, three meals per day (as well as snacks and drinks)

and transportation to and from the Cranbrook or Castlegar airport for their student. In compensation for the additional expenses, the family will be paid \$850 a month.

A host family can be configured in many ways: a single mother or father, a retired couple, couples without children, a family with both parents working outside the home or a “traditional” family with children and a stay-at-home parent. And the students are tested in English proficiency before coming

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SD8 INTERNATIONAL PROGRAM

Students in the School District No. 8 (Kootenay Lake) International Program take part in many of the adventures the Kootenays have to offer.

to Canada, so communication won't be difficult — one of this year's host families already enjoyed Skyping with their student over the summer.

The families must, though, have the time to be as involved with their teenaged student as they would their own child, and provide a home away from home.

"These are people that have come from another country and are someone's children," says Schultz.

To apply, families must fill out a form, including a free criminal record check, at the SD8 International Program's website. That will be followed by a personal interview and home inspection.

Schultz is excited for students to learn more about Canada during their stay, and hopes that some will consider making it their home.

"It is a new day, it is a new era, it is a new time," she says. "Our country was built on people coming and finding a new life." ■

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Vital Health owner Jeanna Reed (left) and Linda Gigliotti, former owner of Golden Herb Health Foods.

Joining Forces for Vitality

STORY AND PHOTO BY BRIAN LAWRENCE
I Love Creston Editor

Co-operation took the place of competition after Linda Gigliotti closed her Golden Herb Health Foods in July and joined the team at Jeanna Reed's Vital Health.

"I was looking for a collaboration of some sort," says Gigliotti. "A couple of things fell through and then this opportunity was presented to me."

Both she and Reed had owned their stores for 10 years, with Gigliotti working at Vital Health for 12 years before Reed bought it. But even with the history of competing stores, and with Gigliotti now being Reed's employee, there was no awkwardness to the transition.

"It felt really comfortable," says Gigliotti. "We're finding we have so many similarities. It's kind of interesting that we merged on different levels. ... From the business owner side, I can relate to Jeanna. It's nice to know we're on the same page that way."

"We're able to tell each other to slow down," says Reed. "We both have a habit of running around like chickens with our heads cut off."

Reed had worked in hospitals and home health care after high school, but was an accountant in Alberta's oil industry when her husband suffered a leg injury. Traditional medicine wasn't helping, but he started to improve with holistic treatment — taking that path soon led the couple from Grand Prairie, Alta., to Creston when they purchased Vital Health from the previous owners.

Gigliotti had also worked in the more traditional health care industry, but holistic medicine and nutrition better fit her lifestyle — something that many customers agree with.

"The interest of people is growing," says Gigliotti. "And I feel that clients are growing with the industry."

To encourage that growth, both encourage customers to educate themselves.

"I'll hold back products if they're not sure and tell them to research it for themselves," says Reed. "A lot of customers will look at the strength and take the higher strength."

"They don't know they have to take the right product at the right time," adds Gigliotti.

Their experience — combined with that of in-store practitioners, including herbalist Maya Skalinska — is a resource that customers can take advantage of, particularly when they're new to the world of holistic health.

"They're taking the first step to getting healthy, and looking for a multivitamin," says Reed. "I often end up directing them to probiotics or fish oils."

Or, for example, a customer may come in looking for a sleeping pill, but may need to deal with stress or anxiety instead.

"We take them to the root of the problem instead of addressing the symptom," says Reed.

See VITAL HEALTH on 33

Balance Your Respiratory System

VITAL HEALTH

There are many factors involved in the current increase in chronic respiratory conditions. A few to mention are cigarette smoke, mould in our homes, food allergies and poor air quality.

This can interfere with the normal breathing process of inhaling and exhaling, hindering the elasticity of the lungs, which could potentially damage the alveoli (air sacs). Stale air remains trapped in the lungs, preventing the needed exchange of oxygen and carbon dioxide, giving you that feeling of not being able to get enough air and the shortness of breath. Not getting the proper blood oxygen that is needed throughout our system can bring suffering from many chronic inflammatory conditions, such as asthma, allergies or chronic obstructive pulmonary disease (COPD). Acute conditions such as coughs, colds, flu, runny nose, scratchy throat and bronchitis can also impair breathing.

Why do so many suffer from respiratory conditions? Simply because most of us are lacking many of the needed phytochemicals that are no longer in the modern diet. Phytochemicals are a concentration of beneficial compounds that provide synergistic benefits, including anti-inflammatory, antihistamine, antibronchitic, antiasthmatic, antiallergenic and antioxidant properties. Without these beneficial phytochemicals, we become more susceptible to the many acute or chronic conditions.

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compounds we may be lacking. Among the ingredients in RespirActin are rosemary, sage, cloves, cinnamon, thyme, spearmint leaf, witch hazel, juniper berries, black seed, nettle, marshmallow, fenugreek and eleuthero root.

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VITAL HEALTH from 32

If customers are looking for a specific product, they will likely find it — from vitamins to soap to food to books, that store is well-stocked, something out-of-town visitors are surprised to discover. A woman who divides her time between Cranbrook and Victoria recently spent nearly two hours in the store.

"She spent three days in Vancouver looking for products that we have all under one roof," says Reed.

But no matter what reason customers visit, they can be confident that the new team is there to help them as Reed and Gigliotti put their combined experience to good use.

"The main thing is that we really want to be there for customers," says Reed.

"We're going to move forward and let changes come to us," says Gigliotti. ■

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BY JESSE
MORETON,
BSc DC

Dizziness Defined in Several Ways

At some point in our lives, most of us have experienced some form of dizziness, whether it's a dare, part of an obstacle course or down at Silverwood Theme Park. Others feel it much too often with simply moving their head in a certain direction. Sometimes it happens when we sit up too quickly, which is more often due to orthostatic hypotension.

Orthostatic hypotension involves a temporary drop in blood pressure to the brain as the heart adjusts to pumping upward against gravity. I see this often as patients, especially the more elderly, sit up too quickly after a treatment session. The effect is short lived lightheadedness or dizziness. Before self-diagnosing yourself with something

else, make sure you've ruled out this all too common cause of dizziness. If this sounds more like your case, just take your time sitting or standing up.

Let's return now to dizziness at large. For starters, dizziness isn't really a specific medical jargon sort of word. It can mean different things to different people. Let's break up "dizziness" into more definable chunks. First, there is vertigo. Vertigo is understood as spinning or having one's surroundings spin about them. Vertigo can sometimes be accompanied by nausea and vomiting. Second, there is disequilibrium, which is the feeling of being off-balance, and often associated with falling but not nausea or vomiting. Third, we have presyncope. To

borrow a word from the Fancy Nancy children's books, presyncope is "fancy" for lightheadedness. It's feeling faint without actually fainting.

Research on statistics tells us that vertigo accounts for about 50 per cent of all dizziness, presyncope or lightheadedness for about 25 per cent, and disequilibrium for about 15 per cent. If you were keeping track, other less common things like stroke and hyperventilation round out the percentages to 100 per cent.

Now that we know the sensations, let's talk about some conditions. As described above, orthostatic or postural hypotension is one common cause of presyncope or lightheadedness.

See DIZZINESS on 35



BY DIANE
TOLLESON

Create Your Reality

"Today is the best day of my life." I

like to make suggestions and I strongly suggest you take up this motto and say it every morning! It's amazing the things life can deliver when you feel this way. Life just flows and you get a permanent grin on your face.

We do create our own reality, whether we like to believe it or not. Create what you want, not what others think or expect of you, and leave the peanut gallery to take care of itself.

We have all become very aware of what Mother Nature can do this summer, and appreciating all aspects, good or bad, is essential. Mother Earth is going through changes and we need to be flexible and adapt to whatever conditions we encounter. Even from all these fires, new growth is promoted, like the phoenix rising up from the ashes. I send love and all my best to those affected and all the firefighters who have been so

devoted to putting them out.

I am beginning a new endeavour of podcasting and doing a question and answer show. I want to help more people find "soul"-utions to their challenges, and connect people with their loved ones or friends in spirit. It will also include mini readings and giveaways! I will let you know when it is up and running. Keep checking the Arts from the Heart Facebook page or my Facebook page for more details.

Well, now we have the cooler temperatures of fall upon us and the beautiful fall colours to gaze upon. Mother Nature is constantly giving us a feast for our eyes to take in. What has caught your attention lately? We are always getting signals through nature about our paths and answers to our questions. Take note of what catches your eye and how it makes you feel. Trust your gut feelings. Faith means: Find answers in the heart.

From my heart to yours, I hope every day brings you many blessings and joy. ■

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Tips for Reducing Mental Fuzziness

TILIA BOTANICALS

We have all had those moments — you meet someone in the supermarket you know but can't remember their name or you know you

DIZZINESS from 34

Disequilibrium is often associated with neurological disorders or a miscue between ears, eyes and where the body feels itself in space. Vertigo can be caused by things like Meniere's disease, labyrinthitis or BPPV. Meniere's disease involves recurring severe vertigo attacks and is often associated with ringing in the ears and a history of diabetes. Labyrinthitis involves vertigo, which improves with time and is usually associated with hearing loss. These latter two are conditions that require proper evaluation and treatment by either your family doctor or an ENT specialist.

The other condition I mentioned, which is far more common and much less serious, is abbreviated BPPV: benign paroxysmal positional vertigo. This is something you likely have experienced. For now I'll define it and since my allotted space is already up, in my next article I'll outline what to do about it.

Benign means "not serious", used especially in medicine as contrast to malignant or life-threatening. Paroxysmal alludes to sudden attacks. This type of vertigo will come on quickly or suddenly with certain positions of the head and neck. (That should explain the second "P"). Vertigo we already defined as spinning or the world spinning around you, so there you have it: BPPV. If that sounds like you, stay tuned for next month's article. And even if you can't identify, you may want to stay posted anyway. Chances are you know someone who has it. ■

just had your car keys just a moment ago but now have no idea where you sat them or you forget which restaurant you are to meet your family for lunch or... Some days it just seems you can't focus or remember anything!

You are not alone in this mental fuzziness, but be reassured it does not necessarily indicate that you are developing dementia. Here are some of the common causes for issues around "brain fog" and what to do about them.

Nutrition: In our fast paced world, sometimes we don't eat as healthily as we should and this can impact cognition. Getting good sources of protein and B vitamins while decreasing refined foods, especially sugar, is a must for a healthy brain. Foods such as chia and hemp seeds are good sources of protein and Omega fatty acids, which support healthy brain function. Water is also important, as hydration plays an important part in circulation and brain function.

Stress or Anxiety: These can disrupt your concentration and can also lead to forgetfulness. Long-term stress has a huge impact on our body and getting this under control is vital to good health. Try to explore relaxation methods to reduce the mental effects of stressful situations. These can include meditation, yoga, aromatherapy and herbs to balance the endocrine and nervous systems, such

as gota kola, roses, ashwagandha, oat straw and skullcap, to name just a few.

Sleep Deprivation: Disturbed sleep can lead to a lack of focus the following day. Prolonged sleep disturbances can have significant impact on your overall health. Getting to the underlying cause of sleep disturbances is important but there are herbs that can help with symptomatic relief while you get to the root cause. Herbs such as passionflower, wild lettuce and valerian are all good choices.

Hormonal Changes: As we age, hormonal changes happen in both men and women, and studies have shown these changes can impact focus. Balancing hormones with herbs like wild yam, black cohosh, licorice and ginseng can help ease this problem.

Poor Circulation: Getting oxygen to the brain is one of the best ways to ease brain fog. Get out and exercise, even if it is only a few minutes a day in the fresh air. In addition to exercise, herbs such as ginkgo, rosemary, ginger and cayenne help to move blood through the body to the brain and can ease the "fog".

Get Away from the Computer: Research done at the University of California, Irvine, showed that cutting off workers from email helped them concentrate better. So be sure to set aside periods in the day when you disconnect from electronics! ■

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BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

Taking Steps to Heal Yourself

The road to perfect health always starts with you, and the decisions you make to maintain a healthy body and mind. My belief is that preventative medicine is the key, and preventative medicine starts with taking your health into your own hands.

Where do you start? Proper nutrition. A famous quote from the father of medicine, Hippocrates, should remind us of the basic principles of health: "Let food be thy medicine and medicine be thy food."

We are what we eat. With so many processed foods and a lack of proper nutritional education, it's no wonder so many suffer from chronic disease. Making a commitment to spend time

educating yourself on how to prevent disease is something I recommend to all.

Achieving perfect health may start with nutrition, but for many it may be a bit more involved. As a registered herbal therapist, I rely on diet first, and when needed, I recommend herbs that will support the body on its road to health. A remedy made specifically for you based on whole herbs that the body knows how to read and assimilate is the safest course of action. But your journey to health may not end there.

There are many healing arts modalities that will not only ensure health to your physical body, but also to your emotional health. Stress, trauma and addictions (just to name a few) are all emotionally based and manifest themselves physically. This

has been proven by science, yet many allopathic doctors ignore this important fact.

Stress or trauma can get "stuck" within us, and if not properly released, it may lead to disease.

Educating yourself on different healing modalities is important, but many modalities that help with stress release, blocked emotions or even shifting old patterns need to be experienced, so you can see for yourself if they resonate with your unique road to health.

On Sept. 30 and Oct. 1, I will be taking part in the second annual Healing Arts Symposium, with the mission to educate and offer the experience of many healing modalities. Experiencing conscious breathing to release stress, therapeutic sound healing to restore balance, a family constellations workshop to move old patterns, hands-on healing techniques, qigong, yoga, dance and educational workshops on nutrition, immune health, Ayurveda, grief and much more will give you a truly holistic perspective on how to heal yourself. The body will heal itself when it receives what it needs.

I highly recommend taking a drive up the lake to the beautiful Yasodhara Ashram grounds where the symposium will take place. Give yourself one day or take both days to relax into the path of healing.

For detailed information on the presenters, workshops and schedule, please visit www.healingartssymposium.ca. I hope to see you there! ■

Maya Skalinska is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston.

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Maximizing Your Home's Decor

BY WENDY REEVES SEIFERT
Over the Valley

To maximize your decor, first decide on the usage of your room — for example, a living room. What is the main feature of the room? Is there a fireplace or a view window? Will it be used as a TV room? If so, where is the optimal place for the TV? Avoid glare, if at all possible. Arrange your furniture to enhance the main feature of your room. It is always a good idea to do a floor plan to scale (on graph paper). Cut pieces of cardboard to the scale size of the furniture, and then you can move the pieces around to see what works best.

If you are still struggling, call in a designer. It will save you making costly mistakes. Do not feel like a failure; often a trained outsider can pinpoint the problem right away. When you live with your space, it is very difficult to look at it objectively. Most often there is a simple solution.

In moving to a new home, often our old furniture does not suit the new location — maybe the scale is off or perhaps the colour. If it is a matter

of the colour, a cost effective way of changing this is to purchase slip covers. Staying neutral allows you to pull in color with readymade drapery panels — buy extra and make toss cushions for a custom look at a minimal price. No sewing machine is needed — use iron-on seaming tape or Velcro.

If the furniture is too large and bulky and it is not in the budget to buy new, then reduce the number of pieces in the room. Do not mix smaller proportioned pieces, as the scale will be off. If your oversized furniture is also dark in colour, use light-coloured slip covers. Light colors recede and give you a visually larger space.

If the furniture has more delicate proportions, use darker colors and add more, if possible. Create vignettes or groupings — for example, a small chair with an end table, lamp, artwork on the wall and possibly a tall plant.

When decorating, it is important to keep in mind how long you plan to stay in the home. If you plan to move within five years, decorate with a potential buyer in mind; in other

If, however, this is to be your forever home then you are free to let your creative juices flow.

words, stay neutral in permanent items such as flooring and paint colours. If, however, this is to be your forever home then you are free to let your creative juices flow. Happy decorating, and have fun! ■

To learn more, contact Wendy Reeves Seifert at 250-428-7788 or overthevalley@telus.net.

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Home & Garden

Tips to Clean and Refresh Appliances

As we juggle chaotic schedules, we often forgo a deeper level of household clean for a quick tidy. While this might sustain a relatively livable space, it may have unexpected consequences. Take your appliances, for example. Built-up grime from months of neglect can compromise their performance and longevity. But with these simple solutions, your appliances will be working and looking like new in no time.

Dishwasher. Your dishwasher

works hard to clean your dishes, but it could benefit from a monthly cleaning to help eradicate old, stubborn food particles and prevent odours. Toss a cup of white vinegar into the bottom of the empty dishwasher and run on normal cycle. For dishes that shine, be sure to use a rinse aid and avoid overcrowding.

Refrigerator. You can hide the state of your refrigerator from company, but over time spills and

odours have a way of getting noticed. For a quick fix, use baking soda and water to clean removable parts and shelving. To banish that funky smell, place a box of baking soda or activated charcoal inside the fridge. Replace the box or container monthly. Dusting or vacuuming compressor coils twice a year helps to extend the service life of your fridge.

Portable spot cleaner. A convenient and practical solution to life's every day spills and accidents is a portable spot cleaner. Over time, however, filter hoses can accumulate grime and residue, causing unpleasant odour. Avoid this by choosing a unit with a self-clean function. A popular choice is the Hoover Spotless Portable Carpet and Upholstery Cleaner, which allows you to flush the hose clean after each use to remove dirt and bacteria.

Microwave. To banish nasty odours and make caked-on residue easy to wipe away, stir six tablespoons of baking soda (or half a cup lemon juice) into a cup of water, then heat the mixture on high for two to three minutes in your microwave. The steam helps soften the mess, then just wipe clean.

Repeat regularly to keep your appliances in tip-top shape.

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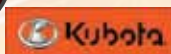
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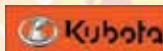
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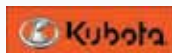
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