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June 2018

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Town

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Inside

I Love Creston was founded in 2008. That means for over a decade the locally owned magazine has been featuring the people of our community with stories about local happenings, businesses and organizations. There are regular departments covering the outdoors, agriculture, health and history; and special sections celebrating Blossom Festival, the Fall Fair, Remembrance Day and Christmas.

The magazine reaches thousands of loyal readers monthly and is distributed at over 150 locations from Yahk to Crawford Bay. With such reach the magazine is also a great tool for businesses as an advertising medium.

As a passionate localist I am excited to be joining the team at I Love Creston magazine. I have the opportunity to share success stories of local entrepreneurs, support our not for profit organizations and help promote community organizations.

In this issue we learn about the Wynndel Craft Distilleries, a new small batch artisan distillery that makes spirits using local fruits. It is an exciting addition to the growing list of value added agri - tourism businesses in the valley and a new stop on the things you should do when friends and family come to visit.

We hear from two of our

community leaders, Chief Louie and Mayor Toyota, in their regular columns. Chief Louie of the Lower Kootenay Band helps us understand First Nations health and wellness concerns and the important work of the First Nations Health Council. The mayor updates us on the work our Town will be doing on road repairs this summer.

There is a powerful story from The Creston branch of the Royal Canadian Legion recognizing the anniversary of D - Day.

A local artist recounts how she got hooked on fibre art, we learn what our Footlighters Theatre Group are up to, there is a new trail in town, and we learn about the Canyon Community Association and their upcoming Canada Day event. Dr. Morton wonders about the benefits of sleeping on the floor and Vital Health introduces their ECO series of products.

With June being graduation month there is a section devoted to our area High School graduates. We also hear from Columbia Basin Trust about the recent Youth Network 2018 Leadership Summit.

With the tragic story of the floods in Grand Forks we are reminded of the significance of the agriculture industry in our valley and the potential risk on the flats. We are urged to be Ag Aware. With growing season upon us there is a special section devoted to Home and Gardens.

Enjoy the issue and have a fantastic June. ♥

Feature

04 Wynndel Craft Distilleries

A taste of the Creston Valley



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Spirits of the Valley

BY JIM JACOBSEN

The Creston Valley has long been viewed as a community rich in agriculture. One of BC's prime agriculture regions the valley landscape is highlighted by orchards, dairy farms and vineyards and once even

proclaimed itself the "Strawberry Capital of the World". More recently the community has celebrated being "the home of the 10 Mile Diet". Over the last several years there has seen a surge of agriculture and agri

Feature Story

-food related businesses as well as organizations supporting food and agriculture initiatives. The demand for locally sourced, sustainable, high quality food and food products is alive and growing in the Kootenays and the Creston Valley agriculture scene is leading the way.

A new agri-food venture has recently been added to the bounty of buy local food offerings in the valley. The Wynndel Craft Distilleries, a small batch artisan distillery, invites you to “taste Creston Valley fruit as never before”. They are the only distiller in the Creston Valley. Their offerings include brandies, schnapps, liqueurs and gin. The spirits are made from local fruits including apples, peaches, cherries, apricots and Saskatoon berries. There are no preservatives and no added colours.

The products were launched at the Christmas Craft Fair in Creston in November 2017 and can be found at the local Farmers’ Market as well as markets in Trail and Rossland. The initial response has been very good. They are in the process of adding the Cranbrook Farmers’ Market to their circuit. An online store is now open and you can now go for a tasting experience at their farm on 1331 Channel Road in Wynndel.

Owners/operators Pat and Jeanette Meerholz immigrated to Canada from South Africa twenty one years ago. Dr. Meerholz and his wife travelled to Canada for a visiting locum position in Saskatchewan. They never left. He successfully pursued his Canadian medical license and started a practice. He is still practicing, part time, now in Calgary, as they

transition to their new adventure full time.

So how do you go from being a medical doctor to a master distiller and entrepreneur?

“We wanted a retirement income and felt this was something we could do,” explained Pat. “We have a Saskatoon berry farm back in Saskatchewan but transport to market is difficult and expensive. We liked the idea of doing something value added. You could do jams and jellies but every market has those. We thought of a small distillery as a retirement plan.”

Pat had discovered the Creston Valley while taking the Herbal Practitioner course with Rachel Beck through the College of the Rockies. “I really liked the fruit growing” said Pat. “And it is much warmer than Saskatchewan”, chuckled Jeanette.

So, on their first trip to check out potential retirement locations, they travelled to the Creston Valley and found the 16 acre Duck Lake Saskatoon Farm was for sale. “We purchased it” they both chimed together. “We already knew Saskatoons so it was a good start” Pat added. Everything about the valley just seemed to fit. And then they found out about the mobile juicer operated by Fields Forward. Creston ticked all the boxes.

The mobile juicer will make their production process much easier, giving them a clean product that is easily stored and is better for fermenting the fruit adding to quality control. They already made use of it for juicing apples for their apple brandy last fall. The plan is to juice all their sourced local fruits for batches this season.

“Taste Creston Valley fruit as never before”



Spring blossoms at the Saskatoon Berry Farm

Feature Story

From the start the emphasis was on superior production standards and exceeding safety requirements. It took three years to get the licensing, get the buildings ready, and get all the permitting approved. “it was worth it” Pat confirmed.

Distilling alcohol is a fascinating process that is part mad scientist and part executive chef. As I toured the distilling room owner and master distiller Pat Meerholz explained his process. He showed the care and attention he pays to making his high-quality products. The initial step is fermenting fruit juice in large food grade barrels at a constant temperature to remove all the sugars. This is the mash or wash. Next the mash is transferred to a pot still from Hillbilly Still (see www.hillbillystills.com for more information) and distilled twice to get the desired product. Distilling is basically the process of separating the different compounds in the mash by controlled boiling, cooling and collecting the condensate. As the liquid is boiled vapours rise up the copper piping. This is where you can add other flavours to the distillate by using a gin box cut – a portion of pipe that holds additives such as juniper berries used in gin batches. Pat has experimented with mint in his apple brandy as another example. As the rising vapours hit the coils within the pipe they are cooled by circulating water. As the vapours cool they condense back to liquid form and drip down into the collection pot. Meerholz first distills the mash to 50 percent alcohol. This process takes about 6 hours. He then does the second distill to get the wash to the desired 20 percent alcohol.

Since different components have different boiling points the distiller is able to control the end product. This is where the master distiller’s skills are evident. By carefully controlling the temperatures – both heating and cooling - and paying close attention he is able to capture only the desired flavours. The process, called rectification, involves removing or cutting the heads and tails off the product and keeping the middle portion, or heart. The heart is the sweet part of the distillate, smooth, rich in ethyl alcohol and retaining the pleasant aromatic substances from the fruit being distilled. The heart portion is then put into barrels for aging or, in the case of schnapps, bottled.

Stepping outside the distilling building, the view of the valley to the West is magnificent. The well maintained rows of Saskatoons were already in bloom and hinted at the tasty brandy and schnapps they will become in the near future. Not ALL the berries will become spirits though. The Duck Lake Saskatoon Berry Farm still offers U-Pick! As we headed towards the tasting room Pat pointed out where the parking area is being groomed and includes an area large enough for tour buses.

The tasting room is a neatly renovated and expanded carport that consists of the tasting room, cold storage (for the fruit and pressed juices) and in the back, the bottling facility and storage. Entering the tasting room the first thing to catch your eye are the two exquisite bar tables. The tables are fashioned from a tree salvaged during a boat trip on the Kootenay River and are an obvious conversation piece. As homage to the history of the area Wynndel Craft Distilleries uses the

Sternwheeler Steamboat as their logo. And then there is the barstool made from an old whiskey barrel. The display behind the bar is elegant and showcases the different products in clear glass bottles and small boxed gift sets.

Going in to the back room you see the true small artisan nature of the business. There are barrels of spirits lined up ready for bottling, by hand. The bottles themselves are hand labelled and packaged for sale and transport. Already the area is filling up with bottles, labels and shipping boxes. Pat noted, “A separate storage facility is the next build.”

At this early juncture in the business – it is less than one year old – there is still a lot to learn. Like many small business owners the biggest hurdle is getting the product to market and selling it. In that regard the Farmers Markets have been a wonderful means to introduce their products to the Kootenays, their primary market. Asked about the feedback from the markets so far Jeanette commented, “We have had a really good response. People have been impressed with the quality... what you taste is the fruit.”

Pat and Jeannette have one employee currently. As well, their daughter, living in Saskatchewan, does their social media and is building and maintaining the online store. With the busy summer tourism season now upon us they are hiring summer staff to help out in the tasting room and at the farmers’ markets. ♥

For an opportunity to taste Creston Valley fruit as never before, visit Wynndel Craft Distilleries, 1331 Channel Road. The tasting room is now open daily, 10 am – 4 pm. wynndelcraftdistilleries.ca



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Highway #3 improvements on Canyon Street

There's a lot happening in Creston over the next few months and our roads will be looking the better for it!

A "mill and fill" project will be happening this summer on Canyon Street between 10th and 15th Avenues. This project will rely on a MoTI contractor to remove and replace the highway's asphalt surface. Over the years, as heavy truck traffic has moved slowly from street light to street light with intermittent stops, deep ruts have resulted. This uneven, rutted surface has developed into a concern

for pedestrians crossing at defined points on our main street. While there will be inevitable disruptions to the local downtown traffic during this project, we hope that these inconveniences will be brief and that the community is patient as work is undertaken to enhance our downtown core. We also wish to thank MoTI, in advance, for addressing this Creston concern!

Beyond this major improvement, the Town of Creston has awarded a contract to West-Can Seal Coating to undertake "micro-surfacing" of approximately 3.4 kms of local streets. Micro-surfacing is the process of applying cold mixed asphalt that is made up of a graded aggregate, asphalt binder, mineral filler and polymer additives. This contract is valued at \$345,000 and includes portions of several local streets; Hillside Street, 20th Ave. North, 8th Ave. South, 11th Ave. South, Cedar Street and 20th Avenue South, as well as several other smaller sections around Town. It's interesting to note that in 2016 a similar contract was awarded to undertake 3.8 kms of our roads; a reflection of increasing costs that are outside Municipal control. Currently, the Town's road and street improvement projects are funded from the transfer Federal Gas Tax funding stream - not from your annual property tax.

In addition to the micro-surfacing project, the Town will continue working to maintain the streets that

are currently in good repair; an effort that achieves value in the form of longer useful life expectancy for our roads. Last year the municipality purchased a "hot crack-fill" unit that allows our crews to seal cracks in the existing road asphalt, resulting in a longer lifespan for the 53 kms of existing road network. Prevention is cheaper than replacement when it comes to roads!

To assist our crews and to provide good value for service, another piece of equipment has been added to our local fleet; a Global M3 sweeper. This sweeper was a demo unit purchased in March of this year and the older sweeper will be used as a secondary support unit. We've also changed the aggregate product that we're applying to the streets (over 40 truckloads each snow season). With the new piece of equipment, our plans are to re-use this material after screening.

With partnering, implementation of best practices, innovation and fiscal prudence, our municipality is working diligently to maximize tax dollars while providing a high level of service.

Well done and thank you to our Town staff! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at ron.toyota@creston.ca or call 250 428 2214 (extension 227)



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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Strong vision for First Nations Health and Wellness

Ki'suk kyukyit (Greetings). I recently attended the First Nations Health Authority's Gathering Wisdom Forum in Vancouver. This is a forum that brings together Chiefs, Health Program Directors, & Elders from throughout British Columbia. There is a myth in this country that First Nations receive free Health Care, tax free, free money, and to sum up my point, free everything at the expense of the Canadian tax payer. This statement is false. Health care in particular is of great concern. The Department of Indian Affairs offers a very small financial contribution to First Nations. This financial contribution does very little to assist with medical & dental expenses.

British Columbia's Chiefs & Health Program Directors stood united to engage in discussions & decision making surrounding the health and wellness of First Nations in BC. This forum continues to be an important part of shaping a strong and collective vision for First Nations Health Governance in BC. As the journey in Health Governance continues to grow so does this forum.

The purpose of the Gathering Wisdom forum this year was to seek direction on mental health and approaches to address the broader determinants of health & wellness. This forum comes at an important time, a time of optimism and opportunity. The Government of Canada has made historic

commitments to build a renewed Nation to Nation relationship with BC First Nations based on recognition of rights. The Province of BC has committed to build a new relationship and take action to advance reconciliation with First Nations.

The First Nations Health Council has called on BC First Nations to work together to form a 10 year social determinants of health strategy. Through sub regional caucuses, Nation assemblies, and regional caucuses, the First Nations Health Council has engaged First Nations on the broader determinants of health and wellness. Through this journey we have heard common concerns as well as challenges & opportunities.

The First Nations Health Council is proposing a new partnership with Canada and BC on mental health and wellness. We are advocating for a long term funding commitment from Canada and BC. We are advocating for flexibility so First Nations can design and deliver services in ways that work for them. Through these services we will be able to focus on the work of healing and rebuilding our families and communities.

Together, through renewed relationships with Canada and BC and by building on our own strengths, we can create real change. We are shifting the paradigm from one of sickness to one of community strength and resiliency. We advocate and promote nation rebuilding.

Currently, the life expectancy of an indigenous person is 75.5 years of age. The average Canadian life expectancy is 83. In my community we have only one individual who is 78 years of age and then a handful of individuals in their 60's. Through improved quality of medical care we hope to improve quality of life. Quality health care is a luxury not afforded to indigenous peoples. This simply is not acceptable. We will make change and will make health care something that our community does not need to worry about.

This will be an uphill battle but will be a battle worth engaging in. Once again, I thank you for taking the time to read this article and know that knowledge truly is power. TAXAS ♥.

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

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Recognising an Anniversary



BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

D-Day, 1944: Canadians landed on Juno Beach – seventy-four years ago this month. The Creston branch of the Royal Canadian Legion will recognise their success, and their sacrifice, with a special wreath-laying ceremony at the cenotaph on 6 June.

By D-Day, the Second World War had been raging for nearly five years. Allied forces had struggled to gain a toehold in Western Europe ever since the forced evacuations from Dunkirk in 1940 and a disastrous raid on Dieppe in 1942. But now, in the spring and early summer of 1944, things were changing. Relentless Allied bombing had taken its toll on Germany's cities and industrial centres. The tide had turned against the U-Boat wolf packs prowling the Atlantic Ocean. Italy, once the southern wall of Hitler's "Fortress Europe," had fallen to the Allies.

At last, Operation Overlord, the long-awaited invasion of northern Europe, could begin.

For weeks, troops, tanks, ships, and supplies had been mustering in ports along the south and southeastern coasts of England, readying for the invasion. Enormous portable concrete wharves, called mulberries, had been designed and built and were ready to transport across to Normandy to provide harbours for the invading forces – Dieppe had at least taught the commanders about the futility of trying to invade without a harbour. The allies did everything they could to mislead the

German defenders and confuse them as to the operation's real targets.

The invasion force left England on the morning of 6 June 1944. Squadrons of bombers attacked German defences along the beaches of Normandy: Gold, Sword, Omaha, Utah, and the Canadian objective, Juno. Every squadron of the Royal Canadian Air Force stationed in the United Kingdom at the time took part in the bombardment. Minesweepers cleared the English Channel of mines, followed by an armada of landing craft escorted by a flotilla of corvettes.

When the ramps of the landing craft were lowered and the troops waded ashore, they faced horrific opposition. The Air Force's bombings had not obliterated German coastal defences as expected, and the opposition the Canadians faced on Juno Beach was stronger than on any other except Omaha. Obstacles dotted the beach; mines killed many; and then the landing troops came within range of the well-fortified German gun emplacements.

Despite the fierce resistance, the Canadian troops captured Juno Beach and penetrated farther into France than any other division. It was an outstanding achievement, and one that the whole nation celebrated with pride.

"We know we're only one year away from the 75th anniversary," says Ian Currie, chair of the Poppy Committee which is organising the wreath-laying event, "but we want to honour the veterans of D-Day while they are still with us and still able to participate."



Juno Beach and Monument

We don't have detailed service records for all the men and women from the Creston Valley who enlisted in World War II, but we do know of some who were at D-Day:

Don Truscott and Vern Gorrill both served with the Royal Canadian Air Force in England, and may have participated in bombing the beaches to reduce defenses before the troops arrived. Vern Gorrill, in fact, received the Distinguished Flying Cross in April 1944 for the many photographic sorties he made over Germany and France; he may even have taken some of the intelligence photos on which the plans for the landings were based.

Lew Truscott served aboard HMCS Thunder, one of the minesweepers working in the English Channel. Maury Murphy was aboard the corvette HMCS Prescott, escorting the landing craft. Murphy later served on another corvette, HMCS Woodstock, which had supported the American landings at Omaha Beach. Woodstock went to Scotland after V-E Day to pick up the crew of a minesweeper and carry them home to Canada. As it turned out, the crew was from HMCS Thunder and Lew Truscott was among them.



History

but were killed shortly afterwards: Sinclair on 8 June 1944; Cullum two days later; and Domke on 11 August 1944, during Operation Totalise which saw the Canadian troops finally break out of Normandy.

Lance Bombardier Eddy Erickson went ashore on D-Day with the Royal Canadian Artillery and was also killed in action, on 8 August 1944, during Operation Totalise.

Doug Putnam, quartermaster with the Duke of Connaught's Own regiment, survived D-Day and its immediate aftermath, but was killed on 4 May 1945 – just days before the war ended.

Jack Hall, with the Sherbrooke Fusiliers, served as loader/operator in a Canadian-made Sherman tank nicknamed "the Bomb," one of hundreds that rolled off the landing craft on D-Day. It was the only one still fighting on V-E day the following May.

Medic Frederick Murphy, who followed the Canadian troops after the D-Day landings, tended to the many wounded.

All we've been told about Ed Cole is that he was a paratrooper and went in on Sword Beach on D-Day – but that might mean he took part in the daring glider-borne landings of the British 6th Airborne Division to capture the Pegasus bridge, among other targets.

There were many other local men serving in Europe in the days following D-Day. Connie Brunham, Ivon Donkin, and Bob Vigne were in the second wave that followed up on the initial landings; Irvine Ferguson and others who served in Italy were transferred to France and Holland after the Italian campaign concluded.

Maury Murphy joined the Royal Canadian Legion immediately after returning home, as did many other returning soldiers including John Dix. Between them, Maury and John have a total of 145 years of Legion membership. They will lay the wreaths at the cenotaph in recognition of all those who served in the D-Day landings. The ceremony begins at 11:30 AM, and the public is invited to attend. ♥

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

"We know we're only one year away from the 75th anniversary,"

Jim Hulme and Maron Moon were among the infantrymen who raced across the beach through a hail of machine-gun fire, to take the enemy strong points with small-arms fire and grenades. They survived the war, though Moon was wounded in July 1944.

Walter Cullum, James Sinclair, and Daniel Domke served with the Canadian Scottish Regiment. All three survived the landing itself

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There's a New Trail in Town

CRESTON COMMUNITY FOREST

Volunteers have been busy working towards the Community Forest's goal of constructing a new hiking trail for our valley. Poised to open for this summer, this new trail is accessed from the end of Helen Street (directly east of the Town of Creston public works yard). The addition of this trail to the Creston Valley's existing network is exciting as it will provide access to Goat Mountain from town via public land, allowing it to be enjoyed by both locals and visitors to the Valley. Trail signage and the installation of benches and a trailhead kiosk have yet to be completed, but the trail itself is ready for foot traffic. (Parking is available in the pull out in front of the YRB yard).

Winding its way up Goat Mountain, the trail passes through various terrain which includes some steep sections, but don't let that discourage you as much of the trail is located on relatively gentle grades. Openings in the tree canopy allow for multiple viewpoints as you make the ascent. At the end of the trail (2.7km), a rocky outcrop yields stunning views of the Valley and the south end of Kootenay Lake.

Given that the trail has yet to be named, we're inviting the public to provide input*. Do you have a great idea for a trail name? Suggestions

can be made by placing your idea in the suggestion box at the trailhead, contacting us through our social media platforms, or emailing us at admin@crestoncommunityforest.com. Submissions will be accepted until July 1, 2018.

The grand opening and name reveal is planned for August 2018.

The Creston Community Forest would like to thank the Town of Creston, the Trails for Creston Valley Society, the PCSS carpentry classes and the hardworking volunteers, for ensuring the success of this project. ♥

**Please note that the CCF Board and Town of Creston reserves the right to make the final decision of the trail name.*

"Do you have a great idea for a trail name? Suggestions can be made by placing your idea in the suggestion box at the trailhead"



JUNE EVENTS

JUNE 2
Jam Night - Kevin Hunter - 8pm
(patio weather permitting)

JUNE 9
Karaoke Night - 8pm

JUNE 16
Hypnotist Brad Rush - 9pm
No cover charge

JUNE 17
Father's Day - Special Menu

JUNE 23
Mike Stenhouse - 9pm
Live music on patio (weather permitting)

JUNE 30
Lorne Heltman - 9pm
Live music on patio (weather permitting)

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Steps for creating a FireSmart[®] property

Zone 1 Home - 10 meters



Remove debris such as leaves, twigs and needles from around the house and under decks.
Keep lawns mowed and irrigated.

Enclose decks with non-combustible materials to discourage the collection of debris and embers.

Keep firewood piles and other items stacked at least 10 meters from the house, especially during wildfire season.



Ensure a clean, fire-resistant roof and clean eaves.

Enclose soffits and vents to ensure embers cannot enter.

Ensure trees and shrubs are pruned, branches do not contact the home and they are not connected to the surrounding forest - minimum 3 meters between it and the forest.

Don't forget to consider any buildings or fences within 10 meters of the home and take steps to FireSmart them as well.



CRESTON COMMUNITY FOREST
Creston Valley Forest Corporation



Zone 2 10-30 meters



Remove accumulations of branches, needles, dry grass and other debris from the ground.

Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.

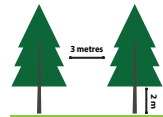


Zone 3 30-100 meters



Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.



LEARN MORE:

BC Wildfire Service: www.bcwildfire.ca

FireSmart Canada: www.firesmartcanada.ca

Community Forest: www.crestoncommunityforest.com

Canyon Community Association's *Biggest Fundraiser of the Year!*

79th Canada Day Event in Canyon Park

Sunday, July 1, 2018

-  Pancake Breakfast 7-11
-  Lunch concession
-  Cake cutting at noon
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-  Kids Activities and Troll Hunt
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The building blocks of a community

CANYON COMMUNITY ASSOCIATION

Community associations are incredibly diverse non-profit organizations that are the building blocks for making strong connections with your neighbours, advocating for healthy living and creating family fun events and facilities for all to enjoy. They are an economic engine that is fueled by the generosity and passion of their volunteers, grants and funding, donations and sponsors.

A dynamic group of individuals, who believe that investing in each other strengthens the community, allows for strong roots and cultivates a healthy life style.

For 79 years the Canyon Community Association has become a pillar to support the community and welcome newcomers. They operate and maintain a community hall, which is available to rent for weddings and events, an amazing park complete with a new pavilion, an equine arena, fitness walking trails, 14 non-serviced camping sites, and ball diamond all which



are available as rentals. They continue to provide the Creston Valley residents and tourists with a monthly Flea Market, drop in Coffee House and annual events such as their hugely popular Canada Day Family Event.

The upcoming July 1 Canada Event is sure to have something for everyone and is their biggest event of the year! It includes pancake breakfast, slo-pitch ball tournament, demonstrations of Cowboy Mounted Shooting (Loud Noises), Mounted Drill Team, and Dog Agility (which is open to the public. Bring your furry friend and try the course. There is also a prize for the best canine costume!); There is also a concession, horseshoe and beanbag competitions; Canada Day cake cutting, and the troll hunt which is a favorite for the young kids! Mark your calendars, bring the family, and experience historic Canyon! ♥

For more information about our facilities and events, follow us on Facebook or visit our website at www.canyonbc.ca.

Want to contribute back to your community and be a part of our fun loving team?

We are always looking for community members who could volunteer a few hours of their time. Contact Lisa 250-254-8225 for details!



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On behalf of the citizens of the Regional District
of the Central Kootenay, Areas B and C
we wish to



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**the Graduating
Class of 2018!**



Tanya Wall
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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

The growing season is well underway. As is usually the case, the weather is playing a big role in the success (or failure) of this year's crops. No matter what your crop is. So far there has been an overabundance of moisture. For some crops this is good, for others, not so good. Getting crop land worked & seeded has been a challenge. Excessive rain can also be a problem for fruit crops such as strawberries. Some lower valley fields and pastures have had standing water on them. On the other hand, the hot, sunny weather spells in May have helped hay crops and early seeded crops to grow very well.

At the time of writing, we were still waiting to see how high the Kootenay Lake and River were going to get and whether we were in for any local flooding like many other areas have been getting. Hopefully, as we get into June, the

rains and temperatures will have been moderate enough to bring down the big snowpack at a rate the rivers and lakes can handle.

With most areas that have had to deal with flooding this spring pretty much all the news reports and video shows just damage to houses. Rarely do reporters show or consider the damage done to farms and crops. Losses of farm buildings, crops, fences, and equipment can all cost considerably more than most houses. Crops in standing water for any length of time will not usually survive. Debris or contaminants washed onto farm land can have long lasting negative effects. Farm animals that need to be relocated from home base can be a huge problem in itself, as well as finding

adequate space and feed supplies for them. Productive soil washed away in floods is not easily or quickly replaced.

Look out over our Creston Valley flats farmland and consider the millions of dollars in losses that could happen if major flooding were to occur here. The Libby Dam on the Kootenay River in Montana is supposed to help regulate the river flow volume sufficiently to prevent our valley from devastating floods. The possible weak link in the chain is the series of dykes along our part of the Kootenay River. These dykes have been there for many years. The constant flow of water does wear away on the structure of the banks. Maintenance is an issue. It seems governments at various levels

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“At the time of writing, we were still waiting to see how high the Kootenay Lake and River were going to get”

are reluctant to provide adequate ongoing funding to help prevent disasters from occurring. Instead, it leaves devastated people hoping for disaster relief funding when flooding does happen. Is it not better in the long run to do regular proactive maintenance on these dykes rather than the absolute minimum and hoping there are no serious breaches? I'd rather a disaster be avoided than to have to recover from one. The images coming from the flooding in Grand Forks area in were

heartbreaking. Our valley bottom is much bigger so the potential is there for huge losses.

On a brighter note, it's time to enjoy the long days of early summer and look forward to fresh, local strawberries and early garden veggies! Take in our awesome Farmers Market every Saturday and support our many local growers. The work load on the farm is always large and now we get to look forward to haying, with its trials and rewards. As you travel about our valley make sure to watch out for tractors & farm equipment on area roads. Also observe as various crops grow & develop as the summer goes along.

Always be Ag Aware. ♥



Please be patient...

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Home & Garden

Five Gardening Projects for Kids

BY MARK CULLEN

The term “nature deficit disorder” was first used by Richard Louv in his book, *Last Child in the Woods*, which explores the importance of nature in the lives of young people. Since the book’s release, many thousands of people have added the expression “nature deficit disorder” to their lexicon. The expression is used to explain the effects on young people of being sequestered from the natural world with excessive use of computers and other electronic gadgets, which stand in the way of access to green, open public spaces, conservation areas, urban parks and even time spent in the backyard.

Although it has been 10 years since Louv first published his landmark book, kids continue to stay indoors, often to excess. I believe that we can change this episode in our history by helping kids discover the wonders of the natural world by exposing them to fun and interesting components of it, beginning right in their own backyards.

Here is the best place to start, with

5 easy-to-do projects that are fun and fast. My top 5 ‘gardening’ projects for kids:

1. Monarch Butterflies. Show your youngsters some pictures and explain that this once-common species of butterfly has been in decline for some time. But more than that, the monarch is an important part of the cycle of life in nature, as they act as primary pollinators for many plants that produce food for us. Over 30% of our food is pollinated by members of the insect world, including honey bees. Attracting monarchs is as easy as growing some milkweed (*Asclepias* spp.) in your yard. Seeds for milkweed are available on seed racks at your local Home Hardware store. They are easy to grow. Sow them in loose soil as soon as the frost is out of the ground, in a sunny position in the garden. Milkweed is the exclusive food plant of monarchs.

2. Garden Bugs and (good) Vermin. Your garden consists of much more than plants and soil.

Bugs play a very important role in the cycle of life that is always churning in your yard. An insect hotel is an excellent and fun way to introduce youngsters to the wonders of biodiversity just outside the back door. Building an insect hotel can be as complex or as simple as you want to make it. In fact, I built my own using materials that I already had in my gardening shed. Some old flagstone, 2x4’s, large blocks of wood and loose gravel all worked together to create a habitat for insects to live, breed and sleep.

Another fun project is to build a mason bee house with your kids. Drill 3/8” holes into wood that is at least 12 cm deep, making sure that there is no opening at one end of it. The female mason bee (which is common in every corner of the country and a primary garden pollinator) will lay her eggs in the round cavity of the wood. Look for mason bee houses at your local Home Hardware store.

3. Veggies. Perhaps it goes without saying that kids will enjoy growing vegetables, including the sweet, colourful and delicious carrot. Sow

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The Creston Valley Garden Club invites you to our garden tour. Gardens range from small town lots to large park like settings and reflect the artistic skills and creative energy of the home owners.

carrots in deep, open soil in a sunny position, spacing seeds about 5 cm apart and rows 30 cm apart. Another seed with fast, easy results is radish seeds. Space the sowing by 10 days or so for a constant crop of fresh radishes over a long period of the summer. From sowing to harvest, it normally is a period of 45 to 55 days.

Other kid-friendly vegetables that germinate quickly and reliably include peas, beans, onion sets and leaf lettuce/mesclun mix. You will find a wide variety of Mark's Choice vegetable seeds at Home stores across Canada.

4. Harvest Rain. The collection of rain water is a great way to encourage a myriad of wildlife to your garden. Introduce kids to neighbourhood tadpoles, toads, frogs, dragonflies and many other appealing amphibians and insects. A half barrel provides a great way to hold natural rain water and is a fun way to clean dirty hands before going indoors!

5. Visit nature. Go on a hike with your kids to a local wooded area in your local public green spaces. Follow a trail and look for butterflies, hummingbirds, bumble bees and unusual flowers. Take your time, as the point is not to get exercise so much as it is to explore and observe what is there, perhaps at the end of the street or a short bus ride down the road. When you see a tree that has fallen over in the woods and beginning to rot, roll it over gently and look for ants as they represent the second stage of decomposition in the journey to becoming real soil.

Together, using small steps, we can introduce this generation of kids to the fascinating world of nature that is as close as your back door. ♥

For more information on this topic, look for Mark Cullen's new best seller, *The New Canadian Garden in stores now.*

Keep Your Grill in Grade A Form

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A barbecue master is looking for prime performance at all times, whether they fire up the old faithful or splurge on a top-of-the-line grill.

Dara Greenberg, the senior merchant for grills at The Home Depot Canada shares her go-to cleaning tips.

Give it a good wipe down

Clean the exterior with soapy water to remove any build up that can occur from sitting outside. Try to do this every couple of weeks to help remove any dust and residue.

Choose your weapon wisely

When cleaning inside, traditional brushes with bristles work well for porcelain enamel-coated grates, whereas grillstone blocks or a warm cloth with soapy water are good for stainless steel grates.

Turn it up before turning off

Make your clean-up process easy by increasing the heat after cooking. Close the grill and set the control on high for 10 minutes. The extreme temperature will burn off any remaining food items.

No one likes a party crasher

Gas pipes are notorious for housing spiders and getting logged with spider webs which can affect the level of gas getting to your burners over time. Once you've made sure that the propane tank is turned off, use a pipe cleaner to remove anything that may be stuck.

Taking care of your grill will help it to function better and longer. ♥

Additional information is available at homedepot.ca.

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Basin youth inspired and equipped to make a difference

100 youth attend the Basin Youth Network 2018 Leadership Summit

COLUMBIA BASIN

You've got the potential to make a real difference. Dare to believe one day you might change the world. These are the kinds of messages youth received at the Basin Youth Network 2018 Leadership Summit. Youth were invited to apply to participate in Columbia Basin Trust's Basin Youth Network event that welcomed nearly 100 youth from 22 community youth networks in the region.

Ranging in age from 13 to 18, participants gathered in Kimberley from May 4 to 6 to develop their leadership skills, learn public speaking techniques, network and take part in other confidence-building activities. They also benefited from an inspirational keynote from Rick Jensen, Chair of the Trust's Board of Directors. To view highlights of the weekend, visit ourtrust.org/bynvideo.

"Youth voice matters; that's why we're supporting communities to engage youth to be an active part



he Summit was opened with a performance from the ?aq'am Adrumnik Drummers.

of the conversations that matter to them," said Aimee Ambrosone, Trust Director, Delivery of Benefits. "Bringing youth together at the Summit to build on their skills will help them develop personally and beyond as their ideas and enthusiasm find a stage in their communities."

The Trust's regional Basin Youth Network helps communities increase local activities and opportunities for youth, enabling them to

learn skills like leadership and engage more with each other and their communities. With \$4.55 million in funding over three years, the network has helped 28 communities form or continue local youth networks. The Trust has also helped develop local youth network coordinators to facilitate conversations that ensure youth priorities are identified and supported. Learn more at ourtrust.org/youthnetwork.

Events like the Summit are just one way youth can benefit from their local youth networks. To find out more about what each network offers—from activities to places to gather—see the full list of networks and contact information at ourtrust.org/cyns.

"The Basin Youth Network allows communities the time and stability to really engage with youth and allows them to lead program development



Attendees took part in various Action Workshops that focused on developing new performance based skills.

so that it's unique to their needs," said Mike Kent, Regional Coordinator of the Basin Youth Network. "This weekend was just one of many events the youth around the Basin benefit from as part of this Network. Our hope is that they take the confidence and energy they showcased during the Summit back to their communities to inspire their peers and help create opportunities locally."

In addition to learning about themselves and fellow youth, Summit participants also learned more about their communities and the Ktunaxa people. Youth received a welcome prayer from 'aq 'am community member Bonnie Harvey, a welcome from Ktunaxa Nation Council Chair, Kathryn Teneese, watched a performance by the Adrumnik Drummers, participated in a workshop with the Ktunaxa Dance Troupe, and visited the Ktunaxa Interpretive Centre at St. Eugene Mission Resort, once a residential school for First Nations youth.

"Youth from Revelstoke really benefited by connecting with new people, creating new relationships and learning new skills. And as a coordinator, I always find the connections, brainstorming, idea sharing and storytelling at these events so inspiring," said Leslie Hogg, Youth Liaison of Revelstoke's Stoke Youth Network. "The Summit was able to ignite something in each of us that makes us want to bring youth in our community together. We now look forward to creating fun activities that all youth in Revelstoke can participate in." Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. ♥

To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

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What is the best mattress for back pain and posture?

BY JESSE MORETON,
BSc DC

I'm not particularly keen about dispensing advice without support, nor do I often repeat article topics. However, I find this subject particularly interesting partly because there is surprisingly little science behind it. It's sleeping and specifically sleeping on the floor.

For starters, did you even know this is a trend? I don't know if it's a sign of ageing or living in a small town, but I always seem to be behind on what's new. Apparently, if you ask the Internet, it'll tell you via numerous articles and YouTube videos that sleeping on the floor is something you should at least consider. And as this article will only be a superficial view opined by my own thoughts, you may want to do your own Googling anyway.

At least two years ago I wrote an article about what type of mattress is best for people with back pain.

The bottom line was that science wasn't sure. There were only two studies I could find. One suggested medium-firm was better. One suggested that waterbeds and foam mattresses were slightly better than hard mattresses. These were published in the *Lancet* in 2003 and *Spine* in 2008 respectively; both well known, highly respected, peer reviewed journals. So who was right? And what would future studies tell?

Upon searching for new studies today, I found a review published in 2014. It cited one of the two studies mentioned above and found everything else lacked sufficient quality to be taken seriously. In terms of studies specifically about floor sleeping, there were no randomized controlled trials only an editorial published in the *British Medical Journal*. The lack of studies surprised me, especially in light of such a universal topic as sleeping. We all sleep. We all buy beds.



Many of us suffer with back pain. Why isn't there more research being done in this field? I'll let you mull that one over instead of suggesting any conspiracy theories about mattress companies buying out researchers. Oops, too late.

In any case, the 2014 review seemed to agree that in general using a medium-firm mattress is best for back pain and posture. If you ask me, it makes sense. There have been many of studies on sitting



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Wellness

posture and chairs. Generally, we find less pain and strain with more formed, rigid but still firmly-cushioned chairs. When one sits in a so-called “big comfy couch” it only takes a few minutes before one is slouching and soon enough the back will start complaining. Contrast that to a well-designed office chair. A person with back pain will generally last much longer in a firm, supportive chair than a soft, support-less couch. I think the same principle applies to mattresses. Firmer is generally better.

The only question that remains then is, “how firm is firm”? That is where the argument for floor sleeping begins. What could be firmer than the floor? And after all, isn’t this a common thing in many other countries? I remember spending two years in the

Philippines and ground sleeping was definitely not uncommon. Often a thin foam pad would be used or sometimes a raised bamboo bed. Traditionally tatami mats were used in Japan and are still a common feature of most households. (Trust me, my brother lives in Japan).

Now most websites I’ve read suggest transitioning to floor sleeping over weeks or months and still recommend using a pillow. But the idea is to work your way down from a mattress to a futon to a foamy or mat on top of carpet. And I bet it’s one of those things you better do while you’re young! Personally, I think a simple foam mattress or futon on the floor is good middle ground. It’s a shame we don’t have better studies. Perhaps you’ll have to try an experiment of your own. ♥

“The only question that remains then is, how firm is firm?”

KEEP CALM AND DRIVE ON

Slow down this summer and make it last longer...

Now is the time that most people including many children are outside enjoying the summer weather. It is important to be aware of the speed regulations and to scan the road ahead when driving in order to react quickly, if necessary.

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Did you know that pedestrians have the right of way at a crosswalk? This means that you must stop your vehicle for anyone approaching a controlled or uncontrolled crosswalk.

Please slow down and plan to leave early for your destination so that you are not feeling hurried and think of your driving time as a method of calming or relaxation while you cruise down the road with a clear, undistracted mind.

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Flowers In A Vase

BY LYNNE MIZERA - Fly In The Fibre

My name is Lynne Mizera and I am a mixed media artist who likes to create richly colored and textured pieces full of happy energy. I discovered the world of fibre art about a year ago when I registered for a beginner needle felting class at Fly In The Fibre. At the time I had no idea the profound effect this one event was going to have on my art life. By the end of that first class I was hooked - I found it very easy to poke the little barbed needle into a ball of wool and I found all that rhythmic stabbing surprisingly relaxing. I registered for more classes, learning how to turn those fluffy bits of colored wool fibres into dimensional figures. I became a regular

to the Tuesday night drop in at Fly In The Fibre, happily practicing my newfound skills. But it was while taking Leah Wilson's "Painting With Fibre" class I realized I might be able to merge my passion for mixed media art with my new-found love of fibre play.

With one of my favorite art journal pages up on the easel for inspiration



I sat down to paint a canvas using wool fibres. By combining my knowledge of painting techniques with my newly acquired needle felting skills my first wool painting, titled "Flowers In A Vase", was born. This piece came together so quickly and easily I knew I wanted to make more and found myself painting with wool more than with paint. Over the past six months I have completed six wool fibre paintings, each inspired by one of my mixed media pieces, and I have two more pieces in the works. There is a wonderful new energy in my studio these days as I merge my newly discovered love of fibre with my passion for mixed media art.

You can see "Flowers In A Vase" and several other of my wool paintings on display at Fly In The Fibre. ♥

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Mature Comedy Opening Footlighters Seasons

BY FOOTLIGHTERS THEATRE SOCIETY

Laughter is guaranteed for audiences at *Some Fools and Their Money*, the opening production of Footlighters Theatre Society's 24th season. Locally written by Jason Smith and Suzanne Chubb, the play, which runs July 5-7 at Prince Charles Theatre, is a departure from their previous efforts, the drama *Almost Golden* and the light comedy *Nasookin*.

"We were coming up with a variety of funny things that we couldn't do," says Smith, who directs the madcap comedy. "We used this as an opportunity to create comedy without limitations."

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Some Fools and Their Money is set in 1906, when, on the verge of bankruptcy, the wealthy Sebastian (played by Kelly Mehrer) and Isabella Howforth (Suzanne Chubb) of Newport, Rhode Island, rush their daughter, Angelica (played by Zoe Marini), into an arranged marriage with the curmudgeonly and even wealthier 97-year-old neighbour, Thurston Waddlesworth (Gary Atha). They must overcome scandalous secrets, keep the servant class in line, battle the in-laws and even fend off the groom's beloved and decrepit housecat, Napoleon Cataparte. Sound easy? Just wait for the vengeful show pony.

"These families have had so much money for so long that it has given them a very distorted view of the real world and the working class," says Smith. "The comparison between our characters and the famously wealthy families of today makes for a hilarious story."

The hilarity is amped up by the authors' no-holds-barred approach to writing the play, which is full of double entendres and insinuation (and a little colourful language) as the irredeemably vile families make wedding preparations, dig themselves out of debt and mistreat their long-suffering servants.

"It almost wrote itself because there's so much that can go wrong and rich people can be so bad — and these rich people are so bad," says Chubb. "It just amazes me that people of great wealth have no idea what it takes to run their lives."

Smith has enjoyed working with the cast — which includes Debra Mehrer, Meaghan Osborne, Robin Clegg, Jonathan Wright, Ann Deatherage, Jeremy Mogg, Stephanie Sweet, Christine Park and assistant director Gillian Wells — in this farce, which moves swiftly from punch line to punch line.



Brian Lawrence photo
From left: Zoe Marini, Gary Atha, Meaghan Osborne, Ann Deatherage, Gillian Wells and Jeremy Mogg rehearsing a scene from *Some Fools and Their Money*.

Arts



“The pace is times ten,” says Smith. “The action just comes at you faster than anything else we’ve ever written. There’s a lot more physical comedy, a lot more movement.” *

Some Fools and Their Money is the first production of Footligthers Theatre Society’s 24th season. It will be followed by an adaptation of Charles Dickens’ A Christmas Carol in the fall, and Two Wrongs Don’t Make A Play Right, an original play written by Jason Smith and Suzanne Chubb, in the spring. ♥

“We used this as an opportunity to create comedy without limitations”



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Powerful Solutions For A Compact World

Spring Sale On Now!



0% Financing
60 Months O.A.C.

STARTING AT \$4,569.00*
OR \$81/MTH!
While quantities last

4 Year/300 hr Warranty!



Take control of your lawn with the NEW Kubota residential Kommander Z100 series zero-turn mowers. 21 to 25 hp gas engine, 42, 48 or 54 - 5 inch deep pro commercial fabricated steel mower deck for clean level cutting performance. Rugged Hydro-Gear ZT3100 transmission delivers solid power to climb those inclines and provides straight line cutting on side hills.

Z122RKW-42 Zero-turn mower features: 22hp Kawasaki V-twin gas, 2 lever hydro-gear transmission, 42" 2 blade pro mower deck, 1.5" to 4.5" dial-a-cut mower height, 0 to 10.5 km/h speed



0% Financing
60 Months O.A.C.

STARTING AT \$10,599.00*
While quantities last



Introducing the new 16 HP gas powered 4WD mid size utility side by side featuring utility, agility and legendary Kubota reliability. With VHT+ (variable hydro transmission) 2 passenger and 1102lb payload capacity, this little giant is the perfect unit for around your farm or acreage, and it fits in the back of a full size pickup.

RTV500-H 16hp unit features: 2cyl OHC water-cooled, EFI Kubota gas engine, VHT plus transmission, selectable 4WD, diff lock, high/low range, rack & pinion steering and tilting steel dump box.



0% Financing
84 Months O.A.C.

No Charge 6 Year Warranty!

STARTING AT \$22,349.00*
While quantities last



The all new BX80 series 18to26hp will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps, pickup logs with thumb kit or digging a small pond. Remove the backhoe & add a rototiller for those spring garden needs.

BX23S TLB 23hp Tractor Loader Backhoe unit features: 23hp 3cyl diesel, 2 range HST, power steering, 4WD, LA340 loader (620lb lift cap) BT603 backhoe (6 foot dig depth)



0% Financing
84 Months O.A.C.

STARTING AT \$22,999.00*
While quantities last

No Charge 6 Year Warranty!



Kubota's standard L-series tractor, provide good performance, outstanding durability, easy operation and enhanced comfort. Add to that, performance matched front end loader and rear backhoes and you've got the machine to get the job done, and get it done right.

L4701DT 47hp 4wd tractor w/loader features: 40 pto hp, 8 speed F/R synchronized shuttle transmission, live-independent hyd activated PTO, 2870 lift cap 3 pth, LA765 loader w/ 1684lb lift capacity, quick attach 72" bucket.

SPRING SALE

FSP500 3PTH FERTILIZER SPREADER
\$789*



*Cash price includes all cash discounts in lieu of low rate finance, plus taxes. †60 month 0% finance with \$500 down payment, OAC, plus taxes.

KEMLEE
YOUR LOCALLY OWNED KOOTENAY AG CENTER