

**FREE**

*Bringing the Creston Valley together!*

September 2018

[ilovecreston.com](http://ilovecreston.com)

**i love  
creston**



# A Centennial Celebration!

The Creston Valley  
Fall Fair gears up for  
it's 100th anniversary

## Special Section: Creston Valley Fall Fair

### Town

10 years as mayor

### History

Fall Fair facts

### Sports

A new season begins

This Labour Day,  
have summer colour year-round!



Visit us today!



**PYRAMID BUILDING  
SUPPLIES LTD.**

good neighbours... good advice.

1220 North West Boulevard, Creston, BC  
250-428-7114 | [pyramid@shawlink.ca](mailto:pyramid@shawlink.ca)



 **Benjamin Moore®**  
Paint like no other.®

# 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.



**CRESTON VALLEY**

TOWN of CRESTON

238 - 10th Avenue N., Creston, BC • Phone: 250-428-2214  
Email: [info@creston.ca](mailto:info@creston.ca) • [www.creston.ca](http://www.creston.ca)

## 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.

# Inside

It is September now and a time most of us return to regular routines. Summer holidays are over, children are heading back to school, and hockey season is upon us (see the preseason ramblings about the upcoming Thundercats season)!

Of course, September means the annual Fall Fair. The feature story looks at the important and difficult role of farming and why the Fall Fair is important to showcase the value of agriculture. Originating in 1918 this year marks the 100th anniversary of the Creston Valley Fall Fair. It is a can't miss even taking place Friday, September 7 and Saturday, September 8. As with any milestone anniversary there are lots of extra things planned including a Fall Fair timeline and memorabilia courtesy the Creston Museum. For a small sample of what the museum has put together check out the Ten Things You (Maybe) Didn't Know About the Fall Fair in this month's history story. See page 11 for this year's schedule of events.

We will be gearing up for an election in October. Mayor Toyota has officially announced he is running for re-election and highlights some accomplishments over the past 10 years. There will also be a referendum on the ballot. The work of the Community Fire Hall Advisory Select Committee (ASC) is also presented.

As always, Chief Louie provides some insight to issues facing the Lower Kootenay Band. This month he discusses public transportation.

Keeping with the theme of transportation, we are reminded of the importance of transportation as a key component of the programs offered by the Therapeutic Activation Program for Seniors (TAPS).

On the health front we get tips from Master Herbalist Maya Skalinska on dealing with smoke from the wildfires as well as tips patients have given to chiropractor Dr. Moreton.

Under the art umbrella we hear of 13 works of public art funded through the Columbia Basin Trust; a felting wool challenge as part of A.R.E.S. grade 7 Amazing Race; and a perspective of nature journaling from Carla Ahern of the Kootenay-Columbia Discovery Centre Society.

Last but not least, we are reminded why agriculture and food is an important part of our past, our present and our future. Be Ag Aware! And attend the Fall Fair. ♥



I Love Creston Marketing Ltd. | Box 143, Creston, BC V0B 1G0

**Advertising | Carli Calhoun**  
250.977.5321 | carli@ilovecreston.com

#### The Magazine

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd. Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used in any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

## Feature

### 05 Creston Valley Fall Fair

100 years in the making

COVER PHOTO: WENDY FRANZ



## In this issue

- 12 From the Mayor
- 14 Lower Kootenay
- 15 Agriculture
- 16 History
- 19 Community
- 20 Outdoors
- 22 Seniors
- 23 Wellness
- 24 Health
- 28 Art
- 29 Sports



# ROOTED

## *in Tradition*

BY JIM JACOBSEN  
PHOTOS WENDY FRANZ

The annual Creston Valley Fall Fair marks its 100th year Friday, September 7th and Saturday, September 8th, 2018. The event takes place at the Creston and District Community Complex, 312 – 19th Avenue North. The centennial celebration includes

an antique tractor display, the Farmers' Market, a local food feast, entertainment, the 4 H livestock barn, and many exhibits from fruits and vegetables to canning and baking, to crafts and hobbies to needlework and photography.

The CV Fall Fair Society has three core objectives:

1. To hold an annual fair which will be a showcase of the finest local livestock, farm and garden produce, baking, preserves, crafts and youth exhibits.
2. To demonstrate the value of Agriculture to our economy through various displays and activities.
3. To show the “Country Side of Life” to people who may not be familiar with it, thereby promoting a sense of understanding and co-operation for the benefit of all.

Fall Fair president Randy Meyer describes the Creston fair as an important community event that keeps alive “a long standing Creston community tradition” that celebrates the importance of local agriculture. He continued, “Agriculture is and has been an important part of what our valley is economically and culturally. To participate in the fair, showing what has been grown each year, along with the local crafts and local talents of all sorts is something the whole community can be a part of. It is recognizing our “roots” and keeping them alive.”

In fact, agricultural fairs have long been a part of human culture. The Fairs of Tyre included “...a horse fair...an agricultural fair, with a display of wheat...” as well as displays of minerals, fabrics and wine (Ezekiel 27:12-23). What we know as a fall fair or agricultural fair has its’ roots in 1700’s England when the traditional carnival was combined with the work of the agriculture improvement society. The tradition was brought to Canada by the early British settlers and the agricultural fair blossomed. The first Agricultural society in Canada was formed in Nova Scotia in 1765. As the rest of Canada was settled, the concept of agriculture fairs followed. According to archives at the Creston Museum, area farmers began competing in fairs in Nelson, Cranbrook, Grand Forks, Kaslo and Spokane as early as 1908 and in 1918 the first Creston Fall Fair was established.

The CV Fall Fair Society is a member of the BC Association of



Agricultural Fairs and Exhibitions (BC Fairs). Established in 1910 by the Department of Agriculture, the BC Fairs’ motto is “rooted in tradition, growing for tomorrow”. Their mandate is to educate the public about the importance of agriculture, where their food comes from and the value agriculture adds to the economy of British Columbia.

It is more important now than ever for people to understand and appreciate how difficult and essential farming is. In a series of articles in the Tyee ([www.thetyee.ca](http://www.thetyee.ca)) author Jess MacKie points out the enormous challenges of modern farming: the cost of land, the impact of climate change, increasingly competitive global market conditions, a disconnect to the real costs of growing food, and

difficulties in succession planning.

MacKie explains that despite the creation of the Agricultural Land Reserve (ALR) to guarantee farm land remained available; accessing it is often not affordable. Real estate speculation has rapidly increased land costs making profit margins difficult and new farm land ownership near impossible. Complicating matters, there is no legislated protection for tenant farmers. Lease holds of agricultural land are usually short duration which puts the farmer in financial risk and hinders planning and sustainable business management.

However, farming is not so much a job but a calling. True entrepreneurs, farmers are passionate about what they do. And they have to be. It

Feature Story



is a juggling act of physical labour and business acumen - part weatherman, part environmentalist and part politician. Farmers face long hours, often (usually) working through weekends and holidays. No benefits. No pension plan. The reality today is that more than fifty percent of farmers have a job off – farm, with about a third holding down a full time job. Considering all these risk factors it is becoming less common for children of farmers to want to take over the family business.

(To read the complete four part series see <https://thetyee.ca/Series/2018/07/16/You-Live-You-Breathe-Farm/>)



**Good luck Rory!**

**Creston Valley Fall Fair**  
Celebrating 100 years!

**Speedy Glass**

1208 NW Blvd, Creston | 250-428-3455  
www.speedyglass.ca  
Monday to Friday 8am-5pm, Saturday 9am-4pm

Join in the fun during the  
**CRESTON VALLEY FALL FAIR**

Help celebrate 100 year  
in the Creston Valley!

**CANYON**  
Country Store

4493 Canyon Lister Rd., Canyon • 250-428-8771  
8:00 am to 9:00 pm, 7 days a week

Get into the spirit,  
head out and find all the  
wonderful scarecrows

Enjoy some good old fashion  
family fun during the  
**100th Annual**  
**Creston Valley Fall Fair**

**Tanya Wall**  
Regional Director, Area B



**100 YEARS**  
of family fun at the  
Creston Valley Fall Fair  
September 7 & 8



Flower Shop: 1020 Canyon St | 250-428-2656  
Garden Centre: 1403 Erickson | 250-428-5262

 Find us on Facebook!



**CONGRATULATIONS**  
Creston Valley Fall Fair  
100 Years & growing strong



Come out to  
Casey's and enjoy the  
harvest all month long!



136 Canyon Street,  
Creston, BC  
250 428-7474

*Fresh locally grown on our menu all the time!*

Farming remains vital to our society and yet it is largely misunderstood. As the bumper sticker points out, “If you eat, thank a farmer”. However, citizens today need to be reminded of where our food comes from and why it needs to be celebrated. This is why Fall Fairs are important and

**“Agriculture is and has been an important part of what our valley”**

why they have a key education component. “We always encourage as much educational content as possible in our exhibits. At the Creston Valley Fall Fair conveners and their helpers are there to answer




**100 YEARS**

**Come out help celebrate 100 years of family fun at the Creston Valley Fall Fair**




140 11th Avenue, North • (250) 428-5351  
www.cdcu.com




**100 YEARS**  
of fun at the  
Creston Valley  
**FALL FAIR**

Proud supporters of the  
Creston Valley Fall Fair




**Creston Valley INSURANCE**

Creston Valley Mall  
250-428-2294 | 1-888-853-6465 | www.cvins.ca



**Proud supporter the Creston Valley Fall Fair Celebrating 100 Years!**

*Premium beef at reasonable prices now available at Paul's Superette*  
2005 Canyon Street, Creston



**“All Beef, No Bull”**  
www.kootenayriverbeef.ca  
Creston BC | 250.431.8132



Feature Story

questions about items in their section,” says Myers. “As a smaller percentage of society is directly involved in agriculture, it is important to show what we do grow and make locally on an ongoing basis.”

So while you are wandering around the 100th Creston Valley Fall Fair on September 7th and 8th take some time to reflect on all the hard work that goes into it and the people that make it happen. While you are admiring

the fruits and vegetable displays, the 4 H display, shopping at the farmers’ market or dining on local food at the Fall Fair Feast, ask yourself what goes into getting these wonderful products to fruition (and your kitchen!).

For 100 years community volunteers who recognize the importance of farming and food education have been organizing the annual fall fair. If you want to help, there are three things you can do:

Participate. Put an entry into the fair. More exhibitors help grow the fair and keep it sustainable. Get involved. Volunteer as a convener, help with a committee or set up/clean up. Invite others to participate. Bring a friend or two to the fair. Encourage friends and family to enter their hobby. “It’s a lot of work but a lot of fun” concluded Myers. “We always welcome new people willing to help”.

See you at the fair! ♥



**THANK YOU**  
for supporting the  
**Creston Valley Fall Fair**  
for 100 years!

*I would also like to take this time to thank all my customers for the continuing support.*

Pealow's  
**Independent**  
Your Independent Grocer



**Celebrating**  
**100 Years of the**  
**Creston Valley Fall Fair**

**FAMOUS FRITZ**  
MEATS & DELI

*We will be closed September 4th to 10th*

Our meat contains **NO FILLERS, NO BINDERS, NO SUGAR & NO MSG**

3-1420 NW Blvd., Creston  
Office: 250-402-9050 • Retail: 250-428-9055  
Visit us at [www.famousfritz.ca](http://www.famousfritz.ca)



*Celebrating  
100 Years!*

**1918 to 2018**

# **CRESTON VALLEY** *Fall Fair*

**Come & join us we are celebrating 100 years with lots of events planned.**

There will be live, local entertainment on the stage in the arena on Friday & Saturday.

Friday night we will have a cake cutting ceremony to mark this special occasion.

Saturday we are hosting a Local Food Feast with live entertainment.

Food has been sourced from our local growers, Demetre's Catering is preparing all of the dishes for us.

Sunday we will have 2 tribute concerts at the PCSS auditorium.



*Lots of fun at our Old Fashioned Fall Fair*

**Friday  
September 7th  
2:00pm-9:pm**



**Saturday  
September 8th  
9:00am - 5:00pm**

# SCHEDULE OF EVENTS

## FRIDAY, SEPT 7TH, 2018

- 1:00pm – Doors open for Seniors
- 2:00pm – General Admission
- 2:00pm – Live Music – all day
- 4:00pm – Creston Valley Cruisers
- 5:30pm – Opening Ceremonies
- 6-8:30pm – Face Painting
- 7:00pm – Cake Cutting
- 9:00pm – Closing

## SATURDAY, SEPT 8TH, 2018

- 7:00am – Lions Pancake Breakfast
- 9:00am – Doors open
- 10:00am – Live Music starts for the day
- 11am-3pm – Face Painting
- 11:00am – Kids Tractor Pull
- 2:00pm – Kids Tractor Pull
- 5:00pm – Closing Ceremonies
- 6:00pm – Doors open for FALL FAIR FEAST  
Entertainment the HEELS
- 7:00pm – Dinner

## LIVESTOCK BARN SCHEDULE

### FRIDAY, SEPT 7TH, 2018

- 2:00pm Ring – Manger Changes
- 2:30pm Boots & Stools Practice – 4H
- 3:00pm Boots 7 Stools Achievement – 4H
- 3:30pm Ring – Manger Changes
- 4:00pm Ring – Manger Changes Manger Changes
- 4:30pm –
- 5:00pm Ring – Manger Changes
- 5:30pm Creston Valley 4H Practice – 4H
- 6:00pm Creston Valley 4H Achievement – 4H
- 6:30pm Ring – Manger Changes
- 7:00pm Ring – Manger Changes
- 7:30pm Goat Milking Demo – Howling Goat Farm
- 8:00pm Ring – 4H Practice
- 8:30pm Ring – Manger Changes

### SATURDAY, SEPT 8TH, 2018

- 9:00am Goat Milking Demo – Howling Goat Farm
- 9:00am Ring – Young Farmers Practice – 4H
- 9:30am Ring – Young Farmers – 4H
- 10:00am Cheese Making Demo – Howling Goat Farm
- 10:00am Ring – Manger Changes
- 10:30am Ring – Junior Showmanship-Dairy – 4H
- 11:00am Ring – Junior Project – 4H
- 11:30am Ring – Junior Showmanship-Sheep – 4H
- 12:00pm Ring – Senior Showmanship-Sheep – 4H
- 12:30pm Ring – Manger Changes
- 1:00pm Ring – Junior & Senior Project – 4H  
Classes – Ewe Lamb – Yearling Ewe • Market Lamb
- 1:30pm Ring – Junior & Senior Project – 4H  
Classes – Ewe Lamb – Yearling Ewe • Market Lamb
- 2:00pm Ring – Manger Changes
- 2:30pm Ring – Prep for Auction – 4H
- 3:00pm Ring – 4H Auction – 4H
- 3:30pm Ring – Manger Changes
- 4:00pm Ring – Manger Changes
- 4:00pm Goat Milking Demo – 4H

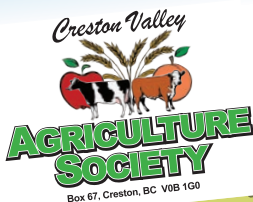
# Silent Auction

**Friday and Saturday**

*Check schedule for start time*

*All items are locally grown,  
supplied or produced.*

*All proceeds raised from the  
auction are for Creston Valley  
Agriculture Society Bursary*



***New this year both Friday and Saturday we have an Antique Tractor Show***



## From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

### My 10 years as Mayor

**W**hen I first ran for the mayor's seat in 2008 I could not have expected that in 10 years I time I would be seeking my fourth term. But, like many who are elected to public office, I find the work fulfilling and endlessly challenging. So here we go again!

I believe that my strength has been the ability to lead three great Town Councils, all of which have had certain strengths and areas of expertise. Leadership involves bringing out the best in all involved, and I have strived to do that with each Council.

But a Town Council is only as effective as its staff, and I have become a great admirer of many of those who make careers in the public sector.

With Council's support, our staff has made it a priority to be well prepared for when grants become available, working with RDCK staff where appropriate. Has that approach worked? Well, the proof is in the pudding as far as I am concerned.

During my time in office we have received more than \$20 million in grants as a result of our co-operative approach. Included in that total is nearly \$7 million to complete the replacement of the century-old Arrow Creek Water System mainline; a \$2 million

grant for the Creston & District Community Complex; and another \$3.1 million for a community park at CDCC, construction on which will start this year.

This year we received a \$2.8 million Gas Tax grant for a bio-solids handling system upgrade at the Town's waste water treatment plant, and in 2009 a huge upgrade to the system was accomplished with a \$5 million grant.

I often hear that these grants "are our money", but we don't get them if we are not prepared with "shovel-ready" proposals when the application time frames are announced. Our co-operative approach with regional directors and RDCK staff has been a major accomplishment over the last 10 years.

Monetary issues aside, I am especially proud at the relationships that we have built with the Lower Kootenay Band. It was a great thrill to have the Lower Kootenay and Creston councils take part in a joint inauguration in December 2014. I was also pleased when the LKB purchased Morris Flowers & Greenhouses, which further solidifies the connection between our two communities.

The 2014-2018 term has been productive. During that period,

the Pine Street intersection at Northwest Boulevard was completed, public art displays have generated interest and we purchased the Creston Education Centre to ensure that the existing programs will continue to provide critical services for children and families of Creston and the Creston Valley. And a decades-old concern was put to rest with the opening of downtown public washrooms on Canyon Street between 11th and 12th Avenue. The new sidewalk on Railway Blvd with trees and viewing benches has received many great comments. And of course, our OCP (Official Community Plan) completed in 2017, won special recognition by the BC Planning Institute with a Silver Award for "Excellence in Policy Planning".

An important consideration for my seeking another term is to fulfill our need for a new fire hall. After the defeat of a borrowing referendum last fall, Council turned the planning process over to an appointed Fire Hall Advisory Select Committee, which spent many, many hours of volunteer time to assess the community's needs. Recommendations from the committee are detailed and thoroughly considered. I am very grateful for the committee members' service to our community and believe that we are going into the coming borrowing referendum with a solid and affordable plan for a fire hall that will be a cornerstone of the Creston Valley for a half century or more.

In recent Town Council meetings

## Town

our staff has reported a surge in building construction, with renovations and new homes serving as an indicator that Creston is a place that more and more people are choosing to make their home.

The Columbia Basin Trust recently purchased our historical grain elevators. In the coming months and years the buildings will be spruced up, and the public will be invited to provide input about their use. This is a huge win for our community.

I continue to enjoy engaging with citizens, whether or not they are residents of Creston—the Creston Valley continues to be my focus. And I love the opportunity to stop and chat, or to hold coffee talks with other providers of public



services. I maintain a 3-day office week and have participated in hundreds and hundreds of meetings and events since 2008. I would like to thank I Love Creston for the chance to communicate with its readers on a regular basis.

I truly believe that we have made great strides in making Creston and

area a stronger, more vibrant and forward-thinking community, one that is more pedestrian-friendly, thanks to our walking paths and trails, and one that embraces change that we know will make us stronger in years to come. ♥

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

# Steps for creating a FireSmart<sup>®</sup> 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.

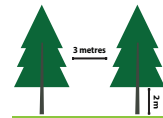


## Zone 3 30-100 meters



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](http://www.bcwildfire.ca)

**FireSmart Canada:** [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

**Community Forest:** [www.crestoncommunityforest.com](http://www.crestoncommunityforest.com)



## Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

### Striving for something better

**K**i'suk kyukyit (greetings). The Lower Kootenay Band has a diverse and complex set of needs and issues. Every First Nation in this country cannot be painted by the same brush. Every community is unique and overall every community is striving for something better for its citizens.

One of the issues that the Lower Kootenay Band is trying its best to address is the transportation issue. Many may take for granted the luxury of owning a vehicle. The ability to get up and go in your vehicle is not afforded to everyone. There are many factors and the cost of fuel and insurance in particular can be very expensive.

To try and address the transportation issue in our

community we began a test run of having our school bus pick up community members and drop off in town. The bus would wait 2 hours and then return back to the LKB community once a week. We began the test run in April and concluded in June. The initiative clearly demonstrated the dire need

***“Every First Nation in this country cannot be painted by the same brush”***

for transportation from community members.

What also became obvious was the need for transportation exceeded just once a week. We need to plan for multiple transportation days

during the week to accommodate the people's needs to get to town for basics like grocery shopping and appointments.

In our trial run we also learned that using a full sized school bus was too large and was not cost effective. We are now strategizing to fund raise for a large passenger van that would suit the numbers who will utilize the transportation services. It is a difficult task as mini vans are not what they used to be as far as passenger capacity. Some vehicle manufacturers no longer construct mini vans. It is not going to be impossible but we do have our work cut out for us.

Through this initiative we realize that we may never be able to accommodate all of the communities transportation needs, however, we will be vigilant in our efforts. With that, I thank you for reading and wish you all the very best. TAXAS. ♥

Reach Jason Louie at 250-428-4428 ext. 235, [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or online at [www.lowerkootenay.com](http://www.lowerkootenay.com).

Join us for our  
**Eyewear Extravaganza!**

Wednesday & Thursday,  
October 24 & 25, 9am to 6pm

---

**Two-Day Specials on complete Frame and Lenses**  
**Save 20% on your first pair or 50% off your second pair.**



223 - 16th Ave. N., Creston BC V0B 1G0  
Phone 250-428-2044  
[www.crestonoptometrist.com](http://www.crestonoptometrist.com)



**See the latest designer eyewear fashions and enter the draw to win a large flat screen TV, or free eyewear.**

BCBG MAXAZRIA



ALFRED SUNG



Christian Lacroix




VERA WANG



Nicole Miller



Thin, Light, Glasses.

ZAC POSEN



HACKETT LONDON

SERENGETI®  
THE MOST ADVANCED EYEWEAR



BY RANDY MEYER  
Creston Valley Agriculture Society

The homestretch of summer 2018 arrives with September. By now the temperatures will have moderated from the record high heat of July and August and the wildfires and very smoky days of late August will hopefully be cleared up too. It seems to have been another summer of extremes. The long spell of hot weather definitely has had negative effect on much of the dryland hay and pasture and grain crops in our valley, and even been a challenge for those crops where irrigation is available. Hay is definitely in shorter supply around the region and dried up pasture will mean calves going to market earlier and at a lighter weight which means a loss to area ranchers. Cows may well need a longer feeding season this year as pastures will not sustain them as long into the fall as normal. On the bright side, I would think this summer should have produced some excellent tomatoes and other heat loving crops.

As always there are political issues that affect our local agriculture industry. The steel tariffs imposed on us by the US have been felt almost immediately. As most farm equipment is manufactured

in the US along with all the parts we need to keep every machine running, the addition of up to 25% to the cost of these items is a big hit for all of us. Some of these increases will be passed on to consumers. Nobody wins. As equipment sales will undoubtedly go down as well, the US won't be winning either. Up here, details of a provincial review of the Agriculture Land Reserve (ALR) should be out soon, and we will see what the NDP government will do to keep their word on protecting farmland and encouraging farming activities on ALR land. No doubt there are ways that they can do this. We shall see.

Locally, September is when we hold our annual Creston Valley Fall Fair. This year on September 7th and 8th, we will celebrate the 100th Fair in Creston! In keeping with our roots, we continue to display our finest fruits, vegetables, canning, baking, field crops, livestock and lots more. Along with crafts, hobbies and photography, and woodworking displays, there is a lot to see. Check out the local entertainment and commercial and food booths also in attendance. This year a number of special events and

activities are planned to make this celebration one to remember. Among them is planned a local "Food Feast", featuring all locally sourced meat, veggies, fruit and beverages. Check out the Fall Fair website at [crestonvalleyfair.com](http://crestonvalleyfair.com) or find them on Facebook as well for all the details and schedule of events. Plan to participate or at least attend the fair and see why agriculture and food is an important part of our past, our present and our future. Be Ag Aware! ♥



*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>*



# Ten things you (maybe) didn't know about the Fall Fair

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

If you've read this month's feature article, you'll already know that the Creston Valley Fall Fair is celebrating its 100th anniversary this year. The Fall Fair Association has been talking about ways to mark the anniversary for a few years now. And that means, here at the Creston Museum, we've been very busy digging the whole history of the Fall Fair out of the archives.

We're preparing four different exhibits all celebrating some aspect of the Fall Fair's evolution

and role in local history. In the process, we've come across some interesting random trivia. Since I know you like interesting random trivia (otherwise you wouldn't be reading this column every month), I thought I'd share some with you:

- People were exhibiting local fruit in fall fairs as early as 1904. That's the first year (that we know of) that Robert Stocks and Walter Jackson entered some of their apples in the Spokane Apple Show. They won, of course.
- The first fall-fair-type event held in Creston itself was in 1911. It was an Apple Fair organised by the Creston Valley Fruit Growers Association.

- Between 1914 and 1918, the Creston Women's Institute, the Creston Valley Agriculture Association and the Boys and Girls Club all organised fairs, off and on. In 1918, all three decided to hold a joint fair – the first Creston Valley Fall Fair.

- The first civic centre or recreation centre in Creston was a direct result of the Fall Fair. The Agriculture Association built Park Pavilion in what is now Centennial Park to house the 1919 Fall Fair. Park Pavilion went on to host innumerable sporting events, dances, concerts, fairs and festivals over its twenty-seven-year existence.

- The 2018 Fall Fair will actually be the eightieth occurrence of the Creston Valley Fall Fair. All sorts of things – a depression, a world war, lack of interest, and a fire that destroyed the Fall Fair's venue – have conspired to interrupt, delay, and cancel fairs in twenty of the last hundred years.

- The record for largest number of consecutive Fall Fairs: forty-two (1977-2018). The record for smallest number of consecutive Fall Fairs: two (1937-1938). The longest time span with no Fall Fair at all: ten years (1939-1948).

- Over the years, five different organisations have taken the lead on planning the Fall Fair: the Agriculture Association; the Knights of Pythias; the Kiwanis Club; the Lions Club; and the Creston Valley Fall Fair Association.

- The longest-serving president of the Fall Fair Association – or

**Season's coming to an end**  
**put your yard to rest**

**Come talk to us about your fall gardening needs**  
 pest control (chemical, natural & organic),  
 fencing, fertilizers, soils, etc.

*Friendly, Helpful Advice for Over 75 Years!*

**Sunset Seed Company**  
 EST. 1921

**Feed, Pet, Grower Supplies & More!**

**Beside 7-11, Creston • 250-428-4614**  
 Summer Hours: Tuesday to Friday 8:30 to 5:30,  
 Saturday 9:00 to 5:00, Closed Sunday & Monday

**RQ**  
 RESTRICTED QUANTITIES

**PRE-ORDER NOW UNTIL OCT. 15**

**RJS** craft winemaking

**Creston Valley Winecrafters**

Hrs: Tuesday to Friday 9am-5pm,  
 Saturday 9am-3pm,  
 Sunday & Monday-Closed

3116 Hwy 3, Creston • 250.428.8969



## History

the Fall Fair committees of any of those other organisations – is current president Randy Meyer, with a total of fifteen years. The closest runner up is John Verkerk, who led the Fall Fair Association for ten years.

- Entertainment at the Fall fair has almost always included music as it does today, but has also included dances, banquets, a gymkhana, school sports or track meets, and even a midway.
- There have been many alternate fairs – school fairs, Future Farmers fairs, Women’s Institute fairs, flower shows, Lister-Huscroft fairs, Wynndel fairs, Crawford Bay fairs, etc. Sometimes, those alternate fairs took the place of the Creston Valley Fall Fair; in other years, there were multiple fairs organised by any number of groups. Most have since disappeared, but the Crawford Bay fair celebrated its hundredth anniversary in 2011.

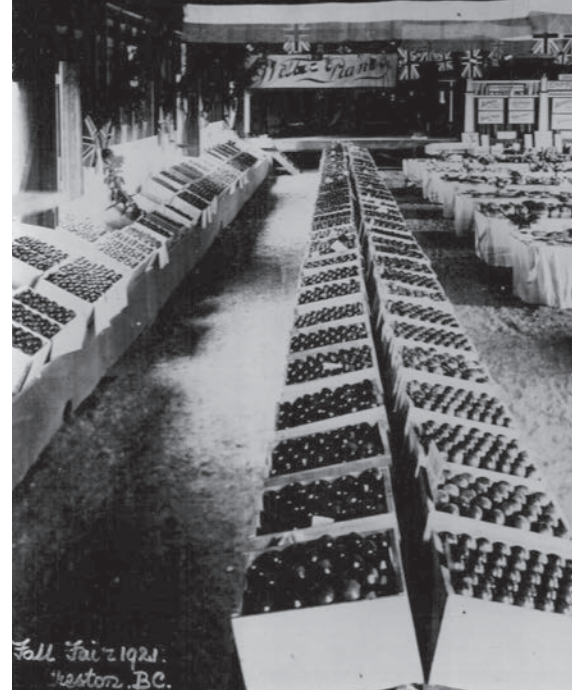
Those are just some of the details we’ll be sharing as part of our exhibits at the Fall fair

on September 7-8. I hope you’ll join us there and check them out! We’ll have a Fall Fair timeline on the wall where you pay your admission, and a good-sized display of Fall Fair memorabilia. In the curling rink you’ll find a tribute to the “heroes of the Fall Fair” – the people and organisations who have made it happen so faithfully over the past century. And keep an eye out for our 1947 Maple Leaf truck, because it will be supporting the “Fall Fair Hall of Fame” – a look at some of the individuals who have won a reputation for success at the Fall Fair.

We welcome your input, stories, and memories for all of those displays, but most especially for the Hall of Fame. If you’d like to see someone you know – or even yourself – recognised for participation in the Fall fair, just give us a shout or add it to the exhibit at the Fair.

See you there! ♥

To learn more, contact the Creston Museum at 250-428-9262 or [crestonmuseum@telus.net](mailto:crestonmuseum@telus.net), or visit [www.crestonmuseum.ca](http://www.crestonmuseum.ca).



1921 Creston Valley Fall Fair



Leone Aker Keith Marling 1966

# HARVEST TIME *is here!*

## Apples, pears, squash and much more!

**Summer fruit still available.**

*Come see our selection of homemade jams, jellies and preserves*

*Come check out our great selection of cheeses in our Deli or cool off with an icecream*

Hours: Open 7 days a week, 8:00 am to 8:00 pm



3016 Highway 3, Creston  
Phone: 250-428-4983

# Truscott Farms

## FRUIT STAND

**We sell  
local  
honey!**





**Different Skills  
Different Challenge  
Different Day  
Everyday People...  
Like You!**

**JOIN YOUR  
LOCAL  
FIRE DEPT.**

## **Creston Fire Rescue is seeking Part Time Paid On Call Firefighters**

### Paid On Call Firefighter Benefits

- Remuneration for training, incidents and standby
- Accident / Sickness Benefits
- Employee Assistance Program
- Up to \$3000 Income Tax Credit
- NFPA 1001 Firefighter Certification
- NFPA 472 Hazmat Certification
- First Responder & EMR Certification
- Service Awards

### Your Community's Benefits

- A safer community

### Want Other Reasons

- Make a contribution to your community
- Use your life skills and experiences
- Learn new life skills and experiences
- Network and meet new people
- Improve job opportunities with new training
- Work towards a career in the fire service

**Pick up applications  
at  
TOWN HALL  
238 10th Ave. North  
or download from the  
**Town of Creston**  
website at  
[www.creston.ca](http://www.creston.ca)**



**Town of Creston**

## ASC lookback

BY: JAN ENNS

When the members of Creston's Community Fire Hall Advisory Select Committee (ASC) first met last March, few had any idea what they were about to learn.

Formed after a borrowing referendum for a new fire hall failed in December 2017, the ASC was tasked by the Town Council to investigate an alternative approach to the fire hall project. After four months of presentations, discussions, and document review, the ASC recommended the Town hold a new referendum to seek voter permission to borrow up to a maximum of \$4.5 million to build a new fire hall, with the town's share approximately \$2.95 million.

This recommendation was based upon the ASC's conclusions after reviewing all of the reports and information that the fire hall should be approximately 14,000

square feet, and that the amount for borrowing should be set at a maximum of \$350 per square foot, including site development and contingency funds, based on the Altus Group Construction Cost Guide. The committee further recommended that getting quotes for decisions about building design or construction materials (such as whether to use steel or wood), should be made only after the Town of Creston received voter permission to borrow funds.

Finally: the new fire hall should be built at the best possible price.

Seven months later, two members of the ASC look back upon their intensive learning process with admiration, some frustration – and gratitude. Former Creston realtor Gertie Brown says she's still surprised at her initial ignorance about structural fires, fire halls, and the dangers of firefighting. "I'd always just thought that if I had a fire in my house, the firefighters

would simply come and put it out! There's a lot more to it than that."

Learning about the complex issue of firefighting in BC meant reading through a massive binder of technical information, then weighing in on numerous presentations provided by BC-based FireWise Consulting Ltd. experts. What surprised Gertie the most was "how harsh the health issues are for firefighters. They're exposed to an extremely high number of carcinogens and physical dangers, plus there's the mental stress they deal with as first responders. So the rules the government has to build fire halls for these people are stringent but fair."

Creston-born-and-raised architectural designer Brandon Vigne applied to the ASC because of the amount of fire hall misinformation he was hearing. "The negative talk going around town ignited something in me. I decided to get expert information so I could help spread facts about the fire hall."

The ASC experience taught Brandon a lot about regulations for BC fire halls. "Any new fire hall here is subject to a large number of insurance and government standards, which has a major impact on the cost of the building.

"I encourage others in Creston to focus less on hearsay, and more upon seeking out this information for themselves."

Finally, you can talk to ASC representatives at the upcoming Fall Fair. ♥

The ASC is pleased to answer questions about the upcoming referendum and fire hall: contact the Town of Creston at [info@creston.ca](mailto:info@creston.ca) or ASC facilitator Kerry McArthur at [cfhasc.facilitator@gmail.com](mailto:cfhasc.facilitator@gmail.com). Information on the ASC's process is available at [www.creston.ca](http://www.creston.ca).



PHOTO: WARREN BRUNS

The ASC Committee

From left to right, back row: Don Cherkas, James McLeod, Wendell Marshall, Ryan Tucker, Randall Fabbro  
From left to right, front row: Brandon Vigne, Larry Hogan, Jim Elford, Harry Habershtock, Gertie Brown  
Missing: Olivia Kettle, Tony Mulder, Joanna Wilson, Tanya Wall, Larry Binks.



# Nature journaling

BY CARLA AHERN -  
Senior Manager  
Kootenay-Co-  
lumbia Discovery  
Centre Society

Sometimes it is the neatest little finds, while out on a trail, in your backyard, along a creek’s edge, that spark questions and curiosity.

Sometimes you forget how magical and wonderful nature is until you find that something that makes you stop and wonder and think and admire.

There were a couple of neat nature moments that I had this summer that led me back to nature journaling. For me, journaling, in nature especially, allows me to unwind and relax, calm and center myself. It allows me to slow down and take it all in.

I am a nature nut through and through. I get to be out in nature for my job as well as where I live and as a choice location for weekend excursions ...sometimes though, you are so immersed in it

that you forget to stop and just take in those small, special moments as they present themselves. I have to say my kids are great for making me realize this too - my 5-year-old daughter stops constantly to admire and ask questions and my almost 2-year-old son is on bug patrol right now so you know there is a bug in the vicinity as he shouts “bug” at the top of his lungs and points with vigor.

Nature journaling is something that

***“For me, journaling, in nature especially, allows me to unwind and relax, calm and center myself”***

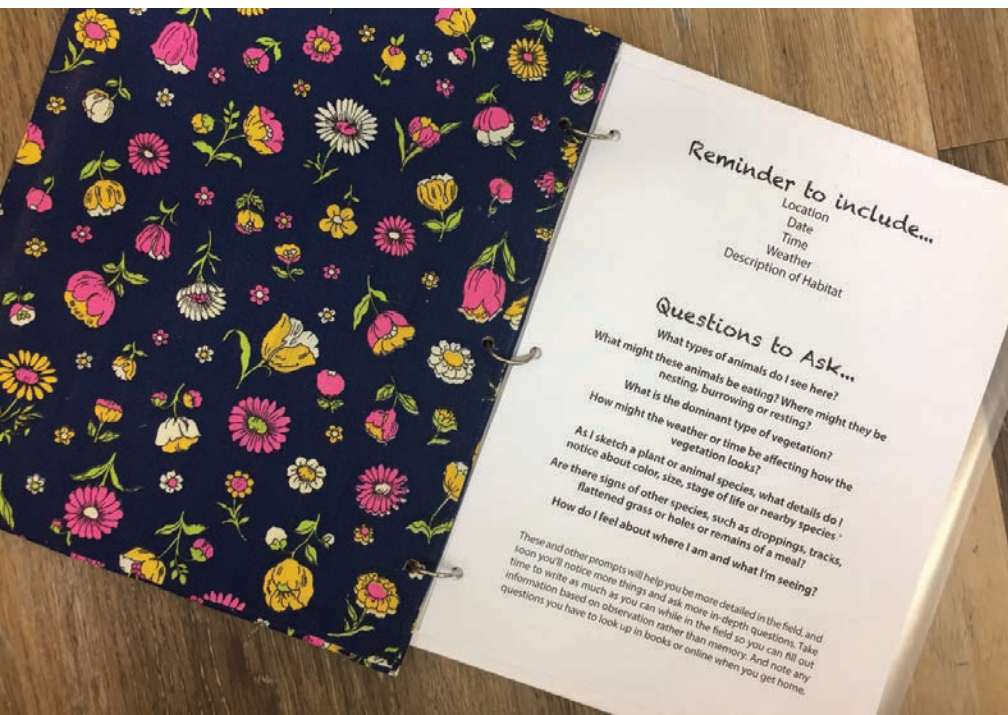
I have not done for years because, well, life gets busy and sometimes it’s challenging to find the time. Which is silly. We should all make time for those small things we enjoy that make us feel good. Sometimes you just forget how much fun certain things are until you stumble upon them again and realize they are worth the effort.

One of the moments that sparked this return to journaling was a spectacular hike through an old growth cedar forest. It has been years since I immersed myself in such a place and it was magical. The sheer size and beauty of these trees made me feel small and grateful in such a wonderful way. I wanted to stop more than I did, I wanted to just sit and breathe it all in, see what might have appeared as I lingered. Alas my children’s joy and excitement was so high that we enjoyed this special place in a different and wonderful way that day.

Instead of buying a blank book from the store, I created my own journal – I put together a collection of paper types, sleeves and pockets, inspirational quotes...I crafted a sturdy cover, fastened it with rings so that I could add and take away as needed. I have to say that it was very satisfying to put this together and it is something that I can build onto in the years to come.

Now I just have to make the time to go linger...usually I’m on a mission to hike a trail, see a viewpoint, get back home for a commitment...I kind of feel that this new journaling interest is the extra incentive that I needed to take some time and slow down, write and draw, question and ponder, relax...might have to leave the kids at home at this point until they are old enough to join me in a few minutes of silence (lol). One day. Me time is good too. We all need that.

I can’t draw well. My writing/rambling is reasonable and my



poetry skills are...progressing. I have to remember to not be critical with journaling as I think it takes the fun out of it – as being overly critical does with most things... Sure that bird I just drew didn't quite look like what I saw but I got the main features, I sketched, I described, I listened, I recorded, I enjoyed doing it!

I am no journaling expert! I read books, I google for inspiration, I collect thoughts and ideas on what

other people do and then create my own process. There are no right or wrong ways to journal. It's up to you. I find that having great pens, pencils, coloured pencils, even paints can make all the difference to me on how things feel and look. Having tools that inspire you and assist you to do your best are key.

Maybe you want to take a stab at it too?

PS – The Creston Valley Wildlife

Management Area is a great destination for nature journaling! Feel free to pop into the Discovery Centre located in the parking lot of the old Wildlife Centre. We have maps, displays and information to share and are open until the thanksgiving weekend. ♥

To find out more about KCDCS and to keep up to date on current programs and future endeavours, we encourage you to visit [www.discovery-centre.ca](http://www.discovery-centre.ca) and follow us on Facebook. Give us a call at the Centre at (250) 402 8661 for program information and bookings.



# ROOK

## DESIGN/MEDIA

### WEBSITE DESIGN

#1 2804 HWY 3 Erickson

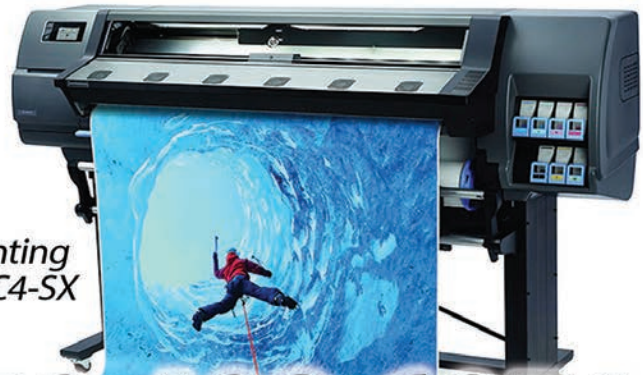
# SIGNS-PRINTING

[howard@rookdesignmedia.ca](mailto:howard@rookdesignmedia.ca)

[rookdesignmedia.ca](http://rookdesignmedia.ca)

- banners
- decals
- sandblasted cedar
- vehicles
- posters
- more

HP Latex printing  
& Summa DC4-SX  
technology



# 250.402.6071

# Out and about

BY MAUREEN CAMERON

Creston has a 16% higher senior population than the Provincial average. With aging and changing life circumstances our seniors may face challenges affecting their ability to access activities, services and to participate. It's been documented that every health parameter is known to improve when people are not isolated and they are valued. With this in mind, it is clear that our community needs a variety of resources and services that will help our seniors maintain independence, wellbeing and a sense of meaning.

TAPS is one of many local initiatives that continue to serve our seniors in this way, and since 2005, transportation has been a key component of our program. Being able to provide a pick up and drop off service as an adjunct to other transit options means increased opportunities for people to participate meaningfully in their lives. In addition, our program is enhanced as we can take advantage of much that our valley has to offer by being able to get out and about together.

With two new vehicles now replacing our aging buses, we are good to go. We appreciate and again want to acknowledge the financial support of funders and donors. We couldn't do it without you.

From an 85 year old TAPS Participant: "I wouldn't do these things on my own, being part of a group is a

major reason I come here, to eat together, and to enjoy friendships and activities. Being picked up and taken home makes it possible for me to join in. ♥

## THANK YOU!

*Because of their generosity, the following donors have made it possible for Valley Community Services to purchase a new van for the Therapeutic Activation Program for Seniors:*

*Creston and District Credit Union, Royal Canadian Legion Branch 29, Creston Valley Rotary Club, Creston Valley Gleaners Society, Krafty Kronys, BC Gaming, Ford Canada, Kokanee Ford Dealership, an anonymous donor through Creston Kootenay Foundation, Todd and Leslie Kelner and many community donors.*

**TAPS**  
Therapeutic Activation  
Program for Seniors

**VALLEY**  
COMMUNITY SERVICES  
250-428-5547 | valley.services

**Fig's PLUMBING AND GASFITTING**  
LICENSED • BONDED • INSURED  
**250-428-6014**  
Serving the Valley Since 1986

- ALL PLUMBING
- GASFITTING
- HEATING SYSTEMS
- TANKLESS WATER HEATERS
- HEAT PUMPS
- RENOVATIONS

ENERGY STAR PARTNER

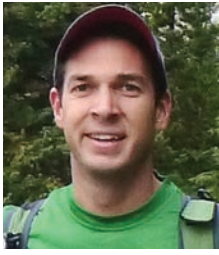
**Quality workmanship and service you can trust!**

**Phil's Roofing**



**Senior's Discount Available • WCB Coverage**

**Give Phil Edwards a call today!  
250-254-0924**



# Things I've learned from you

BY JESSE MORETON,  
BSc DC

They say good doctors listen to their patients. While this typically applies to collecting information to form a proper diagnosis and treatment plan, I've found listening has enlightened me in other ways. It's been almost 8 years now that I've been practising, and I thought this month I'd break the mould of dispensing advice and highlight some of the things I've learned from you. Eight years of school make you book smart but most practical knowledge comes through time and rubbing shoulders with others. So here are some things I've learned from you, in no particular order:

Sleeping on your stomach isn't all that bad. This is an absolute no-no in traditional chiropractic, but it's hard to argue with someone who tells you it's the only comfortable position for their back. This was one of the first lessons I learned. If your back pain is worse than your neck, it may be worth sacrificing your neck so that your low back can rest in a neutral position.

Work gives you more than just a paycheck. This one hit me like a ton of bricks. I still remember the feeling of reflection and remorse as my patient expressed this piece of wisdom. I have seen many patients retire over my short 8 years. Many have picked up another job or found a hobby. Some seem content without any commitments. We're all different, but it definitely made me re-consider not only my long term plans but how I expend myself in the meantime.

If you rest, you rust. I believe the patient who imparted this motto has since passed on but she put it so concisely. It is important to keep moving, no matter our limitations. Our body is designed for movement and moderate physical exertion serves us well in innumerable ways. When we stop, we generally go downhill. Bed rest only works in the most severe of cases. Motion is lotion. Use it or lose it. These proverbs drive home the same idea.

Life goes on. I've admired the attitude patients take in ongoing battles with pain. When relief isn't realistic, true colours show and I'm often impressed how people carry on. I've also learned that time heals. Many stubborn issues resolve with time, albeit much more time than we expect. One patient expressed that the moment after we can't stand any longer is the moment things start to improve.

Chiropractors are like bartenders. I really didn't like the sound of this when it was first articulated, but my patient went on to explain that chiropractors, like bartenders, are good counsellors. And it's true; I've since seen how intimately mind and body are connected. Treating the physical often leads to treating the emotional. It all comes out with body work. Although I'm aware of boundaries and have no formal training, I listen, validate, sympathize, support and encourage every day.

No one is textbook. Okay, this isn't absolutely true, but it's

definitely not what I expected as an ambitious new grad. Problems and conditions manifest with varying signs and symptoms. Individuals respond to the same treatment individualistically; go figure.

The golden years aren't so golden. I saved the best for last. This goes hand in hand with another succinct instruction I receive almost every day: "Don't get old". While I'm still figuring this one out, it does help me seize the moment when I'm on the fence about cycling in the smoke, for example. Try to live life while you can. You don't know what tomorrow will hold. I suppose that's good advice for all of us.

And with that, I thank you for these and countless other lessons I've learned over the years. I plan to be here, practising and learning, for many more. ♥

## SEPTEMBER EVENTS

**SATURDAY, SEPT 1**  
Jam Night- Rudy & Friends - 8pm

**SUNDAY, SEPT 2**  
END OF SUMMER PARTY- 9pm  
DJ, Drink Specials and Prizes!

**FRIDAY, SEPT 7**  
Jamie Neve - 9pm

---

**SATURDAY, SEPT 8**  
Karaoke Night- Rudy & Friends - 9pm

**FRIDAY, SEPT 14**  
Mike Stenhouse - 9pm

---

**SATURDAY, SEPT 15**  
Brian Ferguson - 8pm

---

**SATURDAY, SEPT 21**  
The Few - 9pm

---

**SUNDAY, SEPT 22**  
Gerhard & the Missing Links - 9pm  
*All events on the patio, weather permitting*

Jimmy's

PUB & GRILL

★ THE CRESTON HOTEL ★  
SINCE 1936

1418 Canyon Street, Creston • 250.428.2225



# Wildfire smoke: protective measures with natural medicine

BY MAYA SKALINSKA  
Master Herbalist,  
Registered Herbal  
Therapist

**W**ildfire smoke is a noxious irritant to our respiratory system that can trigger allergic type reactions. It is a combination of microscopic particles and gases. Smoke inhalation causes the toxic particles to get trapped in our respiratory system and eventually get into our bloodstream via the lungs.

Irritation from smoke inhalation can easily become chronic if not addressed immediately, or better yet, prevented wherever possible. Here are a few of the common



***“Irritation from smoke inhalation can easily become chronic if not addressed immediately”***

symptoms I see in my practice:

- Coughing or wheezing
- A scratchy dry throat
- Irritated sinuses
- Shortness of breath
- Rapid heartbeat
- Chest pain
- Headaches
- Stinging, burning, watering eyes
- A runny nose
- Nosebleeds
- Headaches

Other than the obvious measures like staying indoors, keep your house air pollutant free (no air fresheners, scented dryer sheets, candles...) here are some important natural preventative and therapeutic measures:

- Stay hydrated. Water will help flush out the toxic particles.
- Irrigate your sinuses by using a Neti pot. It will moisten and soothe the inside of your nose, and remove pollutants that get trapped in your nasal passages.
- Increase antioxidant foods and herbs to protect you from oxidative damage caused from inhaling smoke. Increase amounts of fresh fruit and vegetables of all colors and drink rosehip, elderberry or stinging nettle tea.
- Steam inhalation with essential oils will help expel the toxic particles, clear passages and reduce sinus irritation and congestion. Add one drop of any

**September is here**  
**Time to refresh your hair , with a new cut or colour.**



- Over 20 years experience
- European trained
- Cut and design
- Colours and foils
- Perms
- Special occasion hair

**Come see Ildiko at 12th Avenue Hair and Esthetics**  
**Book your appointment today!**  
**250.428.0076**



**12TH AVENUE**  
**Hair & Esthetics**  
125-12th Avenue, North, Creston



## Health

of the following essential oils: Cedar, Pine, Spruce, Eucalyptus or Rosemary in a bowl of boiled water (removed from heat). Lean over the bowl (not too close to the steam as it can burn) and cover your head and torso with a sheet. Breathe deeply for up to 10 minutes. Use the same essential oils in a humidifier. Alternatively you can add a handful of fresh thyme or rosemary (1-2 Tablespoons dried), pine needles or cedar branches in a pot, bring to boil, remove and inhale as above.

• For herbal preparations, the use of demulcent herbs is best as they soothe irritated mucus membranes, moisten and cool. This is a perfect combination for dryness and heat caused by the smoke. Licorice root tea is a great soother as is a cold

infusion of Marshmallow root (add cold water and let it sit overnight). You can also use Marshmallow leaf combined with mullein leaf or plantain leaf as a tea. Plantain (which grows all over our area) is wonderful as it soothes and helps break down the mucus that tends to accumulate due to excess smoke inhalations.

If you're interested in the use of our local herbs as food and medicine, I will be presenting a workshop on Oct. 21 at the Yasodhara Ashram as part of

the 3rd Annual Healing Arts Symposium (October 20-21). There will be many amazing speakers presenting valuable health related workshops. If interested check out the website: [www.healingartssymposium.ca](http://www.healingartssymposium.ca) for all the speakers bios, workshop details, schedule and ticket purchase. Early bird prices end October 10th. 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.

**Enjoy the summer...  
and let the PROS do the work**



*We also carry  
aluminum railing  
systems*

**Juradek**

**Improve your Outdoor Living Space**  
*The waterproof vinyl roof & walking deck  
membrane system that gives you so much more!*

**SUMMER SHADE SPECIAL!**  
**CORDLESS FEATURE AT NO CHARGE**  
(cellulars, faux and wood blinds)  
**VERTICALS 1/2 PRICE**  
*Sale end September 30, 2017*

*Great selection of  
retractable awnings!*



Continuing 33 Years  
Of Service!

**Nufloors**  
Smart Service. Great Products.  
1518 N.W. Blvd, Creston • 250-428-2426  
[www.nufloorscreston.ca](http://www.nufloorscreston.ca)



**WE FIND HOMES  
THAT FIT YOU**

Find your agent at [remax.com](http://remax.com)



**RE/MAX Discovery Real Estate**

• 1013 Canyon St., Creston • 106 33rd Ave. S., Hwy. 3, Erickson  
[www.remaxcreston.com](http://www.remaxcreston.com)  
• Office 250-428-2234 • Toll Free 1-877-428-2234



**100% LOCALLY OWNED • 30 YEARS SERVING THE CRESTON VALLEY**

# BACK TO SCHOOL

## School year survival tips for parents and students

WWW.NEWS CANADA.COM

**B**eyond a great education, school offers opportunities for learning lifelong skills like resilience, resourcefulness and independence, for both parents and students.

“There’s a lot to be learned on the journey through post-secondary, but the bigger lessons on independence don’t come from a textbook,” explains Laura Plant, senior director of youth and student banking at RBC. “As both students and their parents navigate this new chapter in life, a few survival tips can help everyone earn a passing grade.”

Understand what it means to be independent.

Parents: Don’t do it for them. Provide advice on what it means to budget, but encourage your student

to manage their own finances. Don’t grocery shop for them, and if you must buy cleaning supplies, make sure they do the cleaning.

Students: Don’t plan to ask mom and dad to bail you out. Plan ahead and stick to your budget. Make activities like cooking and cleaning fun chores to do with friends and roommates.

Take baby steps.

Parents: It’s okay to help unpack their new room and even get them set up with supplies for the first few weeks. But don’t call every day to make sure they’re eating well and doing their homework. Set up a regular touchpoint so everyone knows what to expect.

Students: Walk, don’t run away from home. Your parents want to hear how things are going, so stay

in touch. The more details you give, the more freedom you’ll get.

Rules are meant to be broken.

Parents: This is new for both of you, so take the time to get it right and adjust as you go. You’re allowed to call too often the first few weeks, but recognize when enough is enough. Sending care packages is a nice way to show you’re thinking of them.

Students: You’ll get high marks on independence even if you need a little more help than you expected. It’s alright to admit you forgot to budget for cleaning supplies or transportation. Learn as you go, and take the time to be open with your parents to make it right.

Find more information at [www.rbcroyalbank.com/student-solution](http://www.rbcroyalbank.com/student-solution).



## Back to School Essentials

### Laptop and Computer Specials

Now Offering Financing!

Certified Apple Repair Store

**Simply**  
COMPUTING  
EXPRESS



**Llectric Ave**  
Electronics

1017 Canyon Street, Creston  
Phone: (250) 428-7873

Visit us online at [lectricave.com](http://lectricave.com)

# BACK TO SCHOOL

## 3 back-to-school tips

WWW.NEWSCANADA.COM

**S**ummer is coming to an end, and that means school is almost back in session. If you have a kid that is going back to school soon, check out these tips on how to ensure that they have the most successful year possible.

**After-school activities.** If your child is frustrated about starting school again, sign them up for extra-curricular activities. Getting a child involved with sports, art or music is a great way to make sure that they have something to look forward to each day. Additionally, after-school activities make students more well-rounded as they grow up and it looks great on post-secondary applications.

**Tutors or mentors.** As teens get older, school gets harder. Whether your child struggles with reading or math, it is important to get them

the help if they need it. For high school students, mentorship is often helpful as they look towards the future. Educational organizations like Beautiful World Canada know how significant guidance can be, which is why they provide all their students in sub-Saharan Africa with mentors.

**An agenda.** This may sound obvious, but many students do not properly use their planners. Help your kids write down their commitments and daily tasks so that they can best learn time management. This skill will not only help them in school, it will benefit them for the rest of their lives. ♥



**Hot deals on Back to School supplies!**

- Fully stocked all year round
- In-store school supply lists
- Pre-packaged school supplies available

**Creston Card AND Stationery**



1124 Canyon St., Creston  
Phone: 250.428.2568

# Many hands make beautiful art

FLY IN THE FIBRE  
STORY AND PHOTOS BY LEAH WILSON

On June 13 Grade 7 students from Adam Roberson Elementary were seen running around Creston waving team colours, completing timed challenges at local businesses, and racing to be first to return to the school. This was the 2018 Amazing Race.

Some of the challenges they had to complete were milking cows, learning first aid, and they had to complete a unique needle felting project at Fly In The Fibre, in Creston.

The felting challenge was a fibre painting called “Owl & Roses” and was designed specifically for the race. Each team colour was represented and used in the challenge. The team



colours were; pink, blue, green, orange & red as you can see in the picture. The design depicted an Owl (the school mascot) & Roses (to celebrate the bumper year for roses in local gardens).

One of the most amazing parts I observed of the activity this year was that each group of 4-5 students sat around the table with confidence and excitement. You could tell that the class had some experience as they had completed a needle felting

component in school this year. They took up the needles they used for felting the wool with confidence and they collectively created their part of the project. They did it with ease and good camaraderie.

As an artist & designer of needle felting wool art, this was a great and amazing experience to facilitate. I am hoping this story will encourage other groups to consider collaborative and creative activities, for there is nothing quite like it. There is magic within it - many hands make beautiful Art.

Many thanks to those A.R.E.S. students who participated in the “Amazing Race of 2018” for the memories are unique and unforgettable. You have left a legacy behind where others at the school can look back and see what you made together. Best of luck in Grade 8! Keep felting! ♥

## CHECK OUT OUR MONTHLY CLASSES

[www.flyinthefibre.ca](http://www.flyinthefibre.ca)

- Needle Felting • Wet Felting
- Knitting • Mixed Media • Fly Tying



139 10th Avenue North | 250.402.6072

YARN | FIBRE | COFFEE | LOCAL ART

*Providing Excellence  
in Client Service.*



**Michael  
Carpenter**  
30 years

**RE/MAX**  
Broker /Owner  
Cell: 250-428-6594

**RE/MAX**  
Discovery Real Estate

*2 Offices to Serve You*  
1013 Canyon St., Creston  
106 33rd Ave. S., Hwy. 3, Erickson

Office 250-428-2234 • Toll Free 1-877-428-2234  
[mc@remaxcreston.com](mailto:mc@remaxcreston.com)  
[www.remaxcreston.com](http://www.remaxcreston.com)

# Creston Curling Club gearing up for another fun and busy season!

The Club has approximately 230 active members currently and we are always looking to increase our numbers!

Our annual general meeting will be on September 18, 2018 at 7pm At The Ninth End Lounge.

In addition to the normal AGM business, reviewing Financials, Director Reports and Election of new Directors, two Special Resolutions will be held to transition to new Society Bylaws and to update our Constitution.

With six sheets of great ice, we run a variety of weekly leagues.

First day of curling this season is on Monday, October 15, 2018.

Our three Bonspiels are the Seniors in November, Ladies in February and Mens in March.

Our Junior Program has become very popular over the years. The program is free and all equipment is provided. It will run from mid-November to mid-February each season.

The Club is holding a one day CPR Information session and it is open to all members. This will be an 'Information' only program and therefore no certification will be issued although the session will still be a 'hands on' covering all topics, eg concussions and AED administration. Although participants would not be 'certified' you would have the knowledge in an emergency situation. Date to be announced.

Good Curling!



## CRESTON CURLING CLUB

*'Our House is your House'*

### JOIN US FOR THE 2018-2019 CURLING SEASON

Registration opens September 18, 2018 through the NEW online registration system.  
<https://creston.curling.io/leagues>

Credit card payments online, cash/debit/cheque will be taken at the Curling Club office September 18-20, 9am to 1pm. Early bird deadline is September 28.

More info [www.crestoncurling.com](http://www.crestoncurling.com) or email [crestoncurling@gmail.com](mailto:crestoncurling@gmail.com)

### UPCOMING EVENTS

#### CRESTON FALL FAIR: SEPTEMBER 7 AND 8, 2018

Our Curling Club will have a Booth at the upcoming Fall Fair to promote our Club and the sport of curling. Please stop by and pickup more detailed curling information!

#### SWING & SLIDE EVENT: OCTOBER 13, 2018, CRESTON GOLF CLUB AND CRESTON CURLING CLUB

An annual FUN Event!! Golf Club Members Cost: \$10.00; Non Members Cost: \$45.00

Tee time is 1 PM! More information is forthcoming!

#### ADULT BEGINNERS CURLING CLINIC: TAKE YOUR BEST SHOT!! OCTOBER 14, 2018 1 – 4 PM

For anyone who may have an interest in curling and want to give it a try...come out to the Rink this afternoon and TAKE YOUR BEST SHOT!! Equipment is supplied, you would need to bring your clean indoor shoes! It's FREE!!

#### OPTIMIST CURLING CAMP – OCTOBER 20, 2018

For Ages 10-12ish, a full day of Games, Skill Development, Relays and more for new and beginner curlers! \$20.00 includes curling equipment, instruction, activities, snacks and lunch! The Optimist Instructor will be assisted by our Junior Girls and Boys teams. Register by October 12th, Contact Cathy Robinson at [robinsonbc9@gmail.com](mailto:robinsonbc9@gmail.com).



Visit us at [crestoncurling.com](http://crestoncurling.com)

# A glimpse into the 2018/2019 Season

CRESTON VALLEY THUNDER CATS

Another training camp has come and gone and teams and players are getting ready to buckle down for another season. While us fans prepare as well, here are some wandering thoughts as we await puck drop.

1: Creston's first glimpse of the 2018/2019 Thunder Cats took place on August 17th, 18th, and 19th. At

**Come out & cheer on your local Junior B Team!**

**SEPTEMBER Home Games 7:30 pm**

**Saturday, Sept 1st**  
vs Fernie Ghostriders  
*Exhibition*

**Friday, Sept 14th**  
vs Fernie Ghostriders  
*Home Opener*

**Friday, Sept 21st**  
vs Sicamous Eagles

**Saturday, Sept 22nd**  
vs Spokane Braves

**Saturday, Sept 29th**  
vs 100 Mile House Wranglers

**Creston Valley THUNDER CATS**

Visit us online at [www.crestonvalleythundercats.com](http://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

## Sports

first glance, the departure of Liam Plunkett, Ronnie Wilkie, and Justen James shines a light on a massive hole that needs to be filled. Arguably the top line in the KIJHL last season, all heading off to school and taking with them a combined 108 goals and 145 assists for a total of 253 points. Those three were responsible for 48% of the team's goals and, for all intents and purposes, are irreplaceable. However, before we all get tunnel vision and start waving the white flag, it is important to remember this one simple fact: opportunity facilitates growth. Take a look back to a young 2017 TCats team that had 17 rookies on the opening night roster and battled their way to a 30+ win season and a second place finish. Look even deeper at those same three players that combined for just 126 points in the previous season. Hell, not a single person thought that a 13-goal scorer in Wilkie would explode to have 48 just one year later.

2: Brad Tobin's teams have a certain familiarity to them and that's a mobile, puck-moving back end. For him, it starts with the breakout and he believes there is the potential to have a top notch blueline that starts with returnees Colten Witter and Dylan Rantucci, as well as the recently acquired Andrew Clark from the Spokane Braves. Tobin has also signed a BC boy from Invermere by the name of Malcolm Turner who can contribute in all

areas on the ice. When describing Turner, Tobin said "If you don't notice him that's a good thing. It means he's doing his job."

3: The number of local players on the team has grown over the past few years. Brody Ryan kicked things off as an AP three years ago, and was joined full-time last season by Brayden Jellis. This year two new names will be added to the roster after impressing the coaches in limited opportunities in the previous season. Vin Jackson (forward) and Logan Rast (defence) sewed up their spots over the offseason and will pull on a jersey full time during the 2018/2019 season.

4: BC Hockey's big new rule comes into effect this season. All junior B players across the province must wear a full-face shield instead of the half shields (visors). Part of the reasoning behind this new rule is to protect the players mouths and faces and to cut down on the amount of dental work being done. While in theory it's a great rule, you ask any minor hockey player or coach and the majority will tell you that full-face shields make players more fearless, and reckless with their hits and sticks, due to the added protection around the head. One can wonder that with concussions running rampant in contact sports whether the decrease in facial/dental injuries could be offset by higher reports of concussions or head injuries. ♥

# Now Carrying **SAMSUNG** Appliances



**Check Out the  
Family Hub!**

[www.vancebrandsource.ca](http://www.vancebrandsource.ca)  
Phone: 250-428-2204



114 15th Avenue South  
Creston BC

# Powerful Solutions For A Compact World

## End of Summer Sale!



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.

**Z122RKH-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



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.



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)



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.

### END OF SUMMER SALE

**LANDPRIDE 3PTH REAR BLADE \$599\***



\*Cash price includes all cash discounts in lieu of low rate finance, plus taxes. 160 month 0% finance with \$500 down payment, O.A.C, plus taxes.

**KEMILEE**  
YOUR LOCALLY OWNED KOOTENAY AG CENTER

1241 NORTHWEST BLVD., CRESTON, BC V0B 1G0 • 1-800-262-7151 • Ph: 250-428-2254 • Fx: 250-428-3505