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FREE

April 2009

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i love creston

Women and Skulls

"Exposure and recognition for Creston Talent"
... see page 5

Resurrecting a Lost Art

"living in a state of endless gushing creativity"
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Home and Garden

"That time again to think about planting and cleaning"
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Watching Our Community

"COPs continues to help keep our streets safer"
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5

Women and Skulls

In 2006, a jury chose Cory Cannon to take part in the Calgary Exhibition and Stampede Western Art Auction. Cannon won “Best New Artist” flatwork for his painting “MidDay Break”. Read more about this Creston native and his art.

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online
www.ilovecreston.com

- readers corner** New & used books, dvds and more.
- movie listings** Theatre and home rentals.
- photo gallery** Take a tour of the Creston Area.
- archives** All of our previous magazine articles.

In This Issue

Story by: I Love Creston Staff

“Here comes Peter Cottontail Hopping down the bunny trail Hippity hoppity Easter’s on its way.”

Easter is a deeply religious holiday for some while others wait to find treats the Easter Bunny has hidden. In my family, Easter is about tradition that now includes the third generation of our clan. It’s a very simple concept but a lot of fun. Mom and dad set up an Easter egg hunt and we are given clues in the way of riddles to lead us to a few small stashes of chocolates. The hardest, and most exciting riddle led to the “Big Egg” with our names written on it with icing. I might add our dogs each received a bone sporting their names. Our day would end with a hotdog roast and a can of pop, (both treats as we only got them at Easter or Birthdays). I think I enjoy it more now as I watch my smiling neice and nephews continue our tradition.

First things first. One bit of housekeeping before we talk about this issue. Jeanine Legare Estabrook, (our featured story last month), the stylist/cosmetician who offers alternative/holistic products, can be contacted at jle_71@hotmail.com

Art events are front and centre this month in Creston. Arts and

Culture Week in BC falls in April, and it offers piles of artsy events for everyone to enjoy. Be sure to check it out. As well, we preview next month’s Focus on Youth Festival that showcases a number of arts and music events from our younger population. I am always amazed at how talented youth are and really enjoy seeing the diverse creations. A long-time organizer of both celebrations outlines the various events taking place. Our contribution to Arts and Culture Week is to feature two local artists that work in very different mediums but share the passion to express their creativity.

Creston Valley Wildlife Management Area sent us an article about its residents, some 370 wildlife species that are welcoming the warmer weather. It’s a birdwatchers paradise.

It’s National Volunteer Week this month, a salute to those who give their time to help others. For two decades, a number of people have been involved in Citizens on Patrol in Creston. We’ll hear from a current member and founder about the role the organization plays in the community.

Turning to sports and health, we have this year’s final report from the

Thunder Cats bench. It highlights this year’s awards and the exciting end to the team’s season.

We wrap up the BC Hockey Bantam Tier 3 Provincial Tournament in Creston last month. The event was a first for Creston and proved to be a success.


Wildsight sent in an interesting and educating article. It reviews the topic of the production and marketing of food for the local population.

April is the Canadian Cancer Society’s (CCS) Cancer Awareness Month. This second leg of the CCS’s spring campaign is a run up to Relay For Life.

Oh, and let’s tip our hats to the planet on April 22 – it’s Earth Day.

In the spirit of spring, we have stuffed the magazine with home and garden information.

Be sure to check out and participate in our poll this issue. I will not share any more information about it, except the results will be printed in a future issue.

As always in I Love Creston Magazine you’ll find funpages, the Out & About Calendar and Easter fun facts. Enjoy. 

Letters to the Editor

Just thought to let you know that I enjoy reading your magazine every month. So far everything was very interesting and very well written and I do read it from end to end. Thank you for all the good information. I really do love Creston and your magazine, keep it up please.

Thank you.

U.B.

Creston Resident

Women & Skulls

Story by: I Love Creston Staff



Call me naïve, but I wasn't exactly clear on what airbrushing was until I met Cory Cannon. It was a damp, chilly day when I walked into Cannon's workshop, a double garage that had a slight smell of paint. The bright room was very tidy, (he may have given the shop a one-over before I showed up), with tools and air masks hanging on the wall, a couple of drafting tables with sketches and some works in progress.



Cannon and I left the workshop and kicked back in his house, surrounded by his breathtaking talent. "Airbrushing is spraying paint with air," Cannon said. "The sprays are small and it sounds like a dentist drill. It isn't expensive, an air compressor is probably what costs the most. As far as mastering a technique, it takes practice. I use Iwata airbrushes, Devilbis and Sata spray guns, PPG and House of Kolor urethane paints."

Cannon is a Kootenay native and has called Creston home for the past 30 years. He grew up with art

In 1996, Cannon answered an ad offering an apprentice job in Hawaii. He got the position and learned the skill of creating tile murals. He also met Thomas Deir, who had a major influence on his life.

The next step in Cannon's journey in the world of creativity was giving airbrushing a shot. He modestly commented, "It was easy and I was good at it. I started out painting anything I could find and over time I began getting bigger jobs. Word of mouth proved to bring me projects."

Cannon works on motorcycles, vehicles, helmets and basically anything that comes his way. "I

Calling it therapeutic, Cannon's hobby is airbrushing on aluminium, wood panels and canvas and he's developed techniques that are both unique and detailed. On canvas, he uses razor blades to create texture and saran wrap to give the painting a marbled look. As I looked around the room, I noticed a variety of work. There was a wall of paintings of women that followed a blue theme and biker type skulls. As I turned my head, I noticed number of western and wild animal pieces. "I sometimes get into a color thing, pointing at the wall of blue. I enjoy doing poses and I'm good at women and skulls," he said laughing. "I am very proud of my western still life

"A real highlight for me was when one of my western paintings was recognized at the Stampede as best new artist."

as his mom paints sceneries. "She is talented and very supportive," Cannon said with a smile. "I've always drawn and in high school dabbled in oil painting but that came to a halt about 15 years ago. At that point, I didn't care about much and just partied."

prefer to work with an image that a client brings to me," he said. "That way I have a can sketch a general layout and then add my artistic touch. It is difficult if someone just asks me to paint a dragon. I have millions ideas for a dragon and I can't pick one."



and wild animal paintings. That is really what I like to do and I am attached to them. My favorite is the 'Saddle and Shotgun'. I started with the boots and then added on. I went through my dad's stuff to help me create the western paintings. Right



CANNONART is online at:
www.cannonart.com
cannonart@cannonart.com
250-428-1970

Some of CANNONART's Business Clientele:

Columbia Brewery, Town of Creston, Overwaitea Foods, North Safety Products, Dominion Autobody, Kootenay Auto Refinishing, Kootenay Audio Video Ltd., Tate Gallery, 1/4 Mile Pub & Grill, ProToCall Computer Services, ABS Electric, Bliss & Go, Water Wind and Fire, Creston Valley Thunder Cats, Creston Fitness Center, Kootenay Medical Supplies, Park Studio Gallery, Grand Central Perks & Blends, Kootenay Blacksmiths Association, JJ Log Homes and FancyThat Salon.

Cannon's art is also in private collections throughout Canada and the US. 9



now they are in my home and at the Creston Art Club but my goal is to hang them in galleries and sell them.”

Cannon's canvas paintings have garnered him exposure and recognition. Since 2003, (when he submits an entry), Cannon has won the Peoples Choice Award in the Creston Art Club Annual Spring and Fall Art Shows. He was chosen as a juried member of the Federation of Canadian Artists in 2004. The following year, “Northwest Profiles”, a TV show out of Spokane Washington, aired a feature on Cannon. In 2006, a jury chose him to take part in the Calgary Exhibition and Stampede Western Art Auction. Cannon won “Best New Artist” flatwork for his painting “MidDay Break”. The following year, he won the month long peoples choice award with “Days Past” at the Eye Piqued Regional Show.

Cannon decided to solely dedicate

his time to art in 2005. He owns and operates CANNONART, working closely with his clients to create their visions and then adds his own talents. Cannon is in the process of moving from his workshop at home to Kootenay Auto Refinishing where he'll share a shop. He also has a musical streak and plays both electric and acoustic guitar and has the tunes cranked when he's working. Cannon's home is full of his art all of which exhibit his trademark and talent. He pointed out his wife is right beside him, “She is very supportive and encourages me to keep it up.” The couple has three children.



Throughout the interview, Cannon flipped through photo albums showing me his work and pointing out interesting facts. “It's a joy to look through the albums and see my progression,” he said with a content sigh. “A real highlight for me was when one of my western paintings was recognized at the Stampede as best new artist.”

As I packed up my stuff and headed toward the door, I turned to Cannon and asked him to describe who he is in one word. He scratched his chin, paused, smiled and said, “Genuine.” I agree.

Spring has sprung in the Creston Valley

From: Carla Haegele, Creston Valley Wildlife Management Area

Pull the leeeever! I heard this sound in the wetland the other day and was pleasantly surprised. The return of the Red-winged Blackbird, the one making that call, is a true sign that spring is on our heels. Perched on last years crispy cattail stalk, the bird sang its heart out into the warm air. Spring is a wonderful time of year to get outside and welcome back many of our migrating bird species.

A walk out at Duck Lake on the weekend brought with it some great wildlife sighting. Trumpeter and tundra swans, great blue herons and mergansers, all enjoying the lake and ponds, while looking for patches of open water in the ice.

There are many kilometers of trails to explore in the wetland. This winter, we have repaired and rebuilt two bridges that are located along Beaver Boulevard, a trail that parallels West Creston Road and links up to the Interpretation Centre. By May, we hope to have this trail pruned and ready to hike. We are looking for volunteers to help us out with trail maintenance, so let us know if you are keen.

In 2007, we installed a web camera on an Osprey nest in the wetland. We broadcast the images live from our website as well as at the Interpretation Centre and the library. The intimate images we recorded were amazing – courtship

rituals, eggs hatching and large fish flopping around in the nest. We are embarking on the project again this year, in partnership with the Fish and Wildlife Compensation Program. It does depend on the ospreys returning to that nest - they have been doing so for over a decade, so let's hope nothing changes. Check our website at www.crestonwildlife.ca for details and information on the project.

We are very lucky to have this vast wetland habitat, all 17, 000 acres of it, in our backyard. Our chances of seeing many different species of wildlife increase dramatically because of it! Wetland critters such as moose, turtles and otters are a pleasure to see and quite common in this rich and biologically diverse area. The United Nations has declared 2010 International Year of Biodiversity. With over 370 wildlife species sighted in the valley, we have a lot to celebrate! ●

If you have any questions, please contact us at 250-402-900 or askus@crestonwildlife.ca.

Creston Citizens Raise Awareness

Story by: Helen Bobbitt Canadian Cancer Society Revenue Development Coordinator, Kootenay Region

April is Cancer Awareness Month and the Canadian Cancer Society (CCS), along with Creston Residents are contributing to help promote and support our cause. More often than not, people have a personal connection to cancer. Either knowing a cancer survivor or having lost someone to the disease. Two in five of us will be diagnosed with cancer in our lifetime. The good news? One in two are now becoming long-term survivors!

“The CCS is the world’s largest charitable funder of cancer research,” said Helen Bobbitt, CCS Revenue Development Coordinator, Kootenay Region. “Our research dollars have some of the most far-reaching impact because of our stringent grant selection process. Our Spring Campaign in Creston started in March with Daffodil Days, a beautiful blooming campaign that brings hope in the form of our gorgeous daffodils.”

Creston also raises awareness about fighting back against cancer by registering and fundraising with the annual CCS Relay For Life.

“It is our way to celebrate those whose lives have been touched by cancer,” Bobbitt explained. “It is our way to remember those we have lost and to those who currently have cancer. It is Creston’s way to fight back by raising funds for CCS cancer research, education, advocacy, prevention and patient programs.”

www.ilovecreston.com

Relay is a non-athletic event and all ages and abilities are welcome to participate in this daylong festival. Participants set aside Relay Day to experience this incredible event with friends, family and co-workers. This is a celebration of months of fundraising in the fight against cancer. Up to 12 people can form a team, each paying a registration fee. Teams and participants then start fundraising to help achieve Creston’s 2009 revenue goal of \$84,000.

“People have a personal connection to cancer”

Our 2009 regional theme is, ‘Let’s Make Cancer History’. You can name and decorate your team tent, baton and costume all in a theme dedicated to a time in history or a musical period in history (for example, a Western team ‘Roping a Cure’ or perhaps as a bunch of Beatles ‘BEATing cancer’).

Relay Day in Creston is Saturday, June 6th at Alex Nilsson Field. This event is the culmination of months of fundraising and planning efforts by participants and volunteers who come together in a community-bonding experience. ♣

For more information contact Judy Smandych at 250-428-8830 or register online at: www.cancer.ca/relay



cancer awareness

Pick Your
SEVEN
WONDERS
Of The
Creston Valley

Let us know your top picks for the **Seven Wonders of the Creston Valley** list which will be featured in an upcoming edition of the I Love Creston magazine! **Send us your choices by email to:** office@ilovecreston.com or by fax at 250-428-2632, or by mail at Box 143 Creston BC, V0B1G0.

I Love Creston Marketing Ltd.
www.ilovecreston.com

23rd Annual Event *Focus On Youth*

Monday, May 4 to Friday May 8



Visual Arts

Creston & District Community Complex

Performing Arts

Prince Charles Auditorium

Special Opening Event

Monday, May 4 • 7 to 9 pm
Creston & District Community Complex

Featuring:

- Creston Children's Choir
- The Creston Fiddlers
- 1746 Army Cadet Pipe Band

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Supporter of
Focus on Youth

Creston Valley
Teachers' Association

Focus on Youth Festival

Story by: Frank Goodsir

Every spring, for the past 23 years, Creston has celebrated young people in arts and culture with its Focus On Youth Festival. This year's event runs May 4 – 08, 2009. The week will feature a series of fifteen concerts that involve public and private school students, as well as students that take private music lessons between the ages of 4 -19. These concerts will be front and centre on the Prince Charles Auditorium stage where the students, many for the first time, will experience a total theatre experience with lighting, sound and a "live" audience.

In conjunction with the performing arts, visual arts displays are planned that week at the Creston Rec Centre. A spectacular array of art created by students in kindergarten to Grade 12 will be on display.

In all, approximately 1,000 students from Riondel to Yahk will take part

in this weeklong extravaganza. Most years, the Focus On Youth Festival has had an international flavor as students who live in Idaho and Montana, who come to Creston and work with our private music teachers, are also involved. This makes our festival a very unique event.

"This makes our festival a very unique event"

Everyone is encouraged to take in at least one concert along with the Art Show and support the talents of the young people in our community.

For details, click on www.ilovecreston.com, watch for posters and the annual supplement in late April in the Creston Valley Advance.

focus on youth



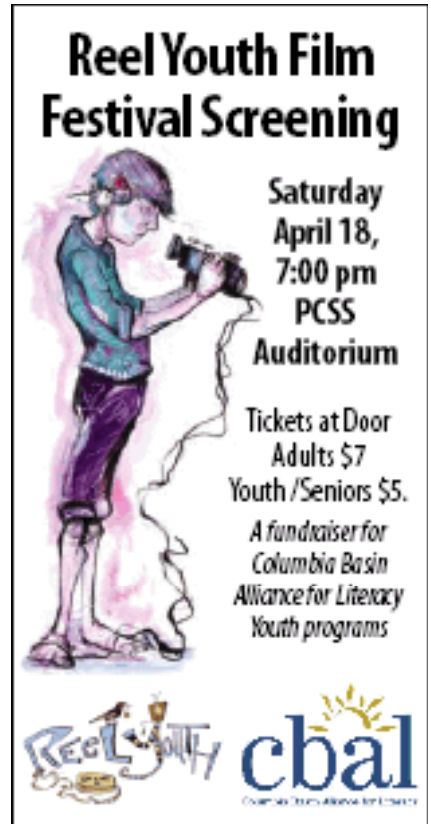
April 20 to 26
2009

Creston Festival of the Arts

**Stars of the Festival-
Showcase concert
PCSS Auditorium April 26
Everyone welcome!**

The Creston Festival of the Arts is an adjudicated festival that enhances the musical abilities of students in Creston and surrounding areas.

For more information,
www.crestonfestivalofthearts.ca
or call Mel Joy 428-7088.






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Auditorium

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10th Anniversary Arts and Culture Week

April 19
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Arts and Culture Week

Story by: Frank Goodsir

"To go to a concert or the theatre, to watch a movie, listen to an album, or watch a story unfold in dance, this is what it means to live life more passionately, for our very existence to be enriched by unique, often unexpected and eye-opening perspectives."

Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada.

The provincial government has proclaimed April 19 - 25, 2009 as Arts and Culture Week in BC. Every year, at this time, schools and communities across the province host spectacular arrays of events and activities as part of the celebration.

Now entering its 10th year, Arts and Culture Week turns the spotlight on the vital contribution that arts and culture make in learning and in life. Music, films, media arts, dance, books, theatre and visual art are a part of our daily life, and have a lasting impact. They inspire us, challenge us, and broaden our horizons.

The arts and culture sector employs over 63,000 people across BC with a growth rate three times the provincial average. The film and television industry alone brings in 2.82 billion dollars to our economy. BC artists in all disciplines are recognized internationally as among the best.

Yearly, our museums, festivals and performances attract visitors from around the world.

The Creston Arts Council is once again participating in this celebration with the "Blue Awning Gallery" on Canyon Street. In the past we have achieved great success with this event and its predecessor "The Art Garage." The guest book shows that we have enjoyed visitors from as far away as Germany, Newfoundland, California and Yakk.

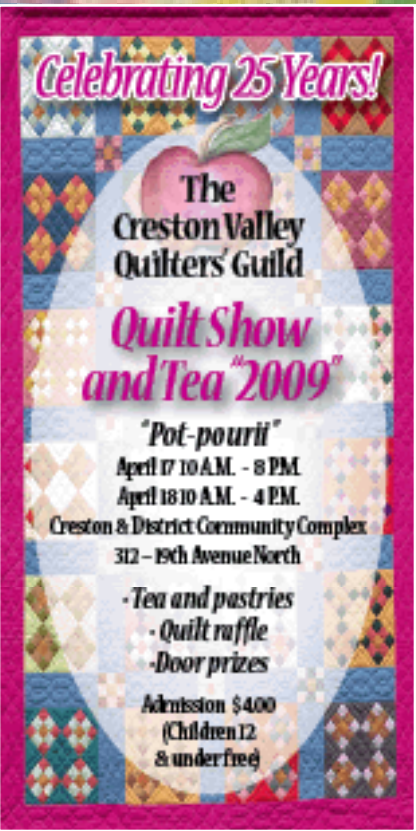
During the week, along with the arts show, a series of special events is scheduled which include An Evening of Improv, a Wearable Art Fashion Show, art from recyclable materials, a readers and writers evening and a special opening event on April 19.

To add to the excitement, the Creston Arts Council is using this week of celebration to kick off its 40th Anniversary... yes the Arts Council first appeared on the scene in 1969.

For details, click on www.ilovecreston.com and watch for posters and ads and a full schedule of planned events. Make sure you are part of the Arts and Culture celebrations in Creston.

For more information visit: www.bcartsweek.org

"They inspire us, challenge us, and broaden our horizons"






We Appreciate Our Volunteers

- Free Refreshments • Snacks
- Entertainment • Door Prizes
(Bring a friend)

When: April 26, 2009 (Sunday)
Time: 2:00 to 4:00 pm
Where: Creston Room
Creston & District
Community Complex
312 - 19th Avenue North

This is our opportunity to show appreciation to volunteers in the Creston Valley. Enjoy an afternoon of fun and entertainment. You will be served refreshments and snacks while you enjoy a visit with fellow volunteers and friends. The Creston Valley Hospice Society will be hosting a unisex fashion show (guys – see what you would look like in the latest sporting outfit!), you may even see yourself on the ongoing slide show of local volunteer events, or win one of the many **DOOR PRIZES!**

Volunteer organizations are encouraged to display information, photographs, brochures, etc. of their initiatives at the reception.

Want to display information on your organization? Contact Gerry at (250) 428-5655 or email to: gg@kes.bc.ca.

If you are a volunteer, or are interested in volunteering in your community, we welcome you to this celebration.

For more information on this Volunteer Appreciation event, phone (250) 428-2214, Ext. 226, or email to: bev.caldwell@creston.ca.





Watching Over Our Community

Story by: I Love Creston Magazine and Ken Miller

“**W**e’ve made an impact in the community.” This is how Ken Miller explains his involvement with Citizens On Patrol (COPs). 10-years ago, Creston RCMP approached Miller and asked if he would start up COPs in Creston. Miller (Chairman) and a number of other volunteers committed to give their time and bring a successful national organization to Creston.

“We are associated with the RCMP,” Miller explained. “We are the eyes and ears and help the RCMP and in turn, they contact us for help. We observe only. Creston and its outlying area is a big territory to cover.”

Wearing shirts and jackets donning the COPs acronym, the volunteers carry radios and spend four hours on the weekend touring around town. “Some of the people we meet respect what we’re doing while others don’t,” Miller said. “They are a combination of youths and adults. As for the 25 or so of us, we range in age and sex.”

“We are the eyes and ears and help the RCMP”

COPs members take training to improve their observation skills and note taking. They also use their own vehicles while patrolling and are aware of the “problem areas” in town.

You have likely seen the speed patrol in parking lots throughout Creston.

We value volunteers!

Noah’s ark was built by volunteers...
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Volunteers make a difference!

A big thank you to all the volunteers who make the Creston Valley such a great place to live.



Monday to Friday 7am to 6pm
Saturday 8am to 5pm
Sunday 11am to 4pm
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Volunteers don't necessarily have the time, they just have the heart.

Thank you to all those who volunteered their time to help on the new building.



Creston Valley
CHAMBER
OF COMMERCE

121 N.W. Blvd., Creston
crestonchamber@kootenay.com
Phone: (250) 428-4342

COPs also run these. The Town of Creston, Non-Profit Groups and ICBC have all contributed funding to help COPs operate. One would think that a volunteer organization wouldn't struggle to maintain office space and storage. "We have a hard time housing our equipment,"

"The volunteers carry radios and spend four hours on the weekend touring around town"

Miller said. "I am disappointed the Downtown Business Association members would be more supportive. There's a chance for a place in the new Chamber, but we need more money."

Despite this, COPs continues to help Creston RCMP and keep our streets safer.

April 19-25, 2009 is National Volunteer Week, a salute to organizations like COPs. Unfortunately, due to the struggling economy, volunteer organizations are facing cutbacks in donations, which in turn affects volunteers.

So from April 19-25 take a moment to recognize those who give their time and effort just to help others.

"Volunteers, From Compassion to Action" - Volunteer Canada

For more information on Creston COPs contact:
Ken Miller: 250-428-9584 or signell@telus.net
For more information on National Volunteer Week: www.volunteer.ca www.volunteerbc.bc.ca



VOLUNTEER
BÉNÉVOLES
CANADA

A BIG THANK YOU!

*We would like to take this opportunity to thank our many volunteer that help us throughout the year.
We couldn't do it without you!*



Volunteers add the icing to the cake that makes Creston such a good place to live!



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Junior B Hockey Team!*



**Creston
Valley
THUNDERCATS**
www.crestonvalleythundercats.com

2009 Home and Garden show

Friday, April 17 • 2 to 9 pm
Saturday, April 18 • 10 am to 5 pm
Admission: \$2/person (5 & under free)

2009 exhibitors

Booth #	Vendor
Corner A	Kootenay Springs Soft Tub
Corner B	Unique Windows & Solariums
Corner C	Valleywide Concrete
Corner D	M.W Millworks Ltd.
1A	Red Fern Enterprises
1	Creston Valley Realty Ltd.
2	Cobblestone Creek
3	Norwex Enviro Products
4 & 5	Extra Foods
6	Saucy Ladies
7	Anita Studios - Pottery
8	Fig's Plumbing
9 & 10	Sugar Shack Quilting
11	Kootenay Insulation Systems
12	Nelson - Creston NDP Association
13	Solemate International Inc.
14	Custom Boat Tops
15 - 17	Comfort Welding Ltd.
18 - 20	Unique Windows
21	Valleywide Concrete
22 & 23	Sergio Lub Canada/ Factory Direct Deerskin
24	BC Liberal Party
25	Pro-to-Call Computer Services
26 & 27	Bahamas Travel
28	Fish and Wildlife Compensation
29	Haka-Can Cosmetics Ltd.
30	Canadian Cancer Society
31	Kootenay River Tours Ltd.
32	Purple Shield
33 & 34	Things in the Cupboard
35	Family Doctor 2
36	The Pickle Patch
37	Provincial Emergency Program
38	Columbia Basin Trust




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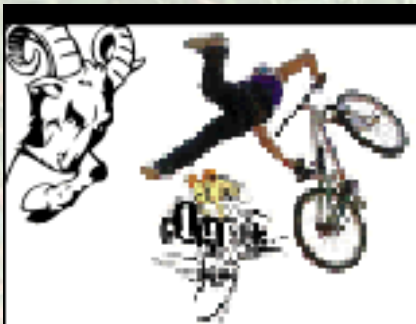
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Gardening Tips

Mapping

Before you start to embark on any re-design of your garden it helps to map out on paper what the actual area you are wanting to re-landscape. Get a piece of paper and pen then mark out some measurements and boundaries; make a note of the area's where there is dense shade, partial shade and where the sunny areas are as well. All this information will come in handy when you are ready to draw up the final plan.

Light And Shade

The reason for noting the where the shaded and light areas are is that it will be helpful to decide where you would like to locate the sitting areas or patios but will also affect the type of plants you can successfully grow in each part of the garden. This information will be very important when you go shopping for plants what array of colors you would like and also the textures and where the ideal place to plant them would be. There is no need to waste your time or your cash on buying plants that are unsuitable for a specific environment.

Texture And Heights

Always remember that varying heights in a garden can add a very interesting and unique look in a small area. If you are going to put in a raised patio, decking, flower bed or even adding some plants in pots can bring variety and beauty to the space.

Colour

Always remember that different color adds so much variety and interest as well. With the use of evergreen plants and different colors of foliage and flowers carefully will also add to the overall effect.

Soil & Climate

Always knowing your type of soil and local climate will also help you in your landscape design and choosing the best plants for the soil and climate will maximize the potential of your new wonderful garden.

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& Garden

Home-made Cleaning Products

Karen Downey - Lavender Basics

Everyone that I have talked to, who started down the path of making their own home cleaning products, had a different reason for starting. For me, it was my husband's itchy skin reaction. I wondered if it might be caused by something in the laundry soap. But whatever their initial reason, most people continue because it is easy, fun and inexpensive.

The basic list of supplies needed to make your own products is very short, and readily available: baking soda, washing soda, borax, liquid soap or detergent, vinegar, and if you want, essential oils.

Some common misconceptions about homemade cleaning products are that they take a lot of work and that they do not work as well as store bought items. I have not found this to be the case. It only takes a minute to mix up a batch. When your spray bottle is empty - just fill it up again. No waste, no harsh chemicals.

As for the effectiveness of homemade cleaning products, these same ingredients have been used by generations of homemakers, and are based on the pH scale of acids and alkaline bases.

The price we pay is for a synthetic cleaner is very high. For example, a bottle of window cleaning spray costs between two and four dollars. Refilling an old container with a homemade solution of vinegar, water and a small

amount of detergent is a fraction of the cost, and works just as effectively.

I hope you will enjoy the recipe listed below. It is from the book, "Better Home Basics", by Annie Bertold-Bond.

All Purpose Cleaner

1 2/3 cup baking soda

1/2 cup liquid castile soap

1/2 cup water

2 Tablespoons vinegar

16 oz. bottle

Mix baking soda with liquid soap in bowl.

Add water.

Add vinegar last. Shake well.

May also add essential oils

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Resurrecting a Lost Art

Story by: I Love Creston Staff

Wow! Simply put, Maria Curcic lives in a state of endless gushing creativity. Describing herself as eclectic, Curcic is one of those people who has done it all, but still hasn't finished.

Born in Paris, Curcic's family immigrated to Canada and settled in Calgary when she was eight. "It was a culture shock when we moved," Curcic explained. "I was in art classes, piano lessons and ballet, in Paris. Paris was a unique city and embraced culture. In Calgary, as I matured and began experimenting my interest in art, I felt the city stifled my creativity."

In the mid 1980's, this feeling began to fade with the birth of Curcic's musical alter ego, DJ Mary Flavors. This eccentric character is hired by high-end businesses, in large centers, to DJ parties and events. She always wears a cocktail dress and hat and knows how to groove.

Curcic began to explore her artistic interest in 1988 through drawing, interior design and architectural rendering courses at the Alberta College of Art and Design and Mount Royal College. Her diverse artistic talents blasted into Calgary's art scene around 1990. She started out in graphic arts and over time explored her skills in a number of mediums including interior design, establishing a modeling agency,

"Each hat is individually designed"

acrylic and oil painting, event planning, jewellery design and hat making.

In 2006, Curcic started No Imitation, a company geared at art, fashion and music. It also showcases her portfolio and promotes her Djing. "I began to focus on my hat making (bread and butter) as well as painting (gravy)," she said with

a smile. "I remember the first hat I made. I really pushed the limits and it was all about sculpting. It was both challenging and invigorating and worth it. Now, I make over 1,000 hats a year. They are all custom ordered from the UK and US and each hat is individually designed."

Hat making is an interesting skill. It demands patience, an eye for detail and the ability to create individual designs through sketches. It is time consuming because they are hand sewn and the fabric is carefully cut. Curcic has been making hats for a number of years, but it can take her 45 hours to make one hat. Her hat making has hooked the media. She has had a number of interviews and articles written about her.

A year or so ago, Curcic and her husband packed up and moved to Creston. "We wanted to be able to easily do outdoor activities throughout the year," she said. "We have found that we are now around light minded people with no judgements."

Curcic is still sewing and selling hats, Djing in Calgary and painting. She is also getting her feet wet in the Creston arts community. Earlier this year she hung her paintings in the library and received a positive response from the community.

Her latest project is a new event in the Creston Valley. Curcic has organized an Artist Trading Card (ATC) Workshop at the Painted Turtle Gallery on April 25th. Coinciding with Arts & Culture week, this event is geared at helping promote arts and culture in the Creston Valley. ATC's have moved beyond

individual communities and formed a network throughout the province. ATC's are miniature works of art created on card stock that is about the size of a business card. The concept behind ATC's is that they are passed along to other people that produce them (trading). It is important to point out that ATC's are not just produced by artists in fact anyone can create them.

"Done it all, but still hasn't finished"

ATC Workshops have proved to be extremely successful in other BC communities and beyond individual communities, forming a network that Creston could easily connect with.

Curcic moved to a small rural community, leaving a large arts community to help simplify her life and meet new people. She did bring along her goal and mantra, to make people aware that they can change.

For more information on Maria Curcic or the Artist Trading Card Workshop on April 25th go to: www.noimitation.com



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Environmental challenges abound as our daily actions pollute and degrade the fragile environment that humans and wildlife depend on to survive.

What can we do?

Earth Day provides the opportunity for positive actions and results.

Earth Day is a powerful catalyst for change. The first Earth Day involved 20 million participants in teach-ins that addressed decades of environmental pollution. The event inspired the US Congress to pass clean air and water acts, and establish the Environmental Protection

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Agency to research and monitor environmental issues and enforce environmental laws.

In 1990, two million Canadians joined 200 million people in 141 nations in celebrating the first International Earth Day. In many countries, the global event brought pressure on heads of state to take part in the UN Earth Summit in Rio de Janeiro to address issues such as climate change and the world wide loss of species.

In Canada, Earth Day has grown into Earth Week and even Earth Month to accommodate the profusion of events and projects. They range from large public events, such as Victoria's Earth Walk (5,000 participants), Edmonton's Earth Day Festival at Hawrelak Park (30,000 participants), and Oakville, Ontario's Waterways Clean-up (2,000 participants) to the thousands of small, private events staged by schools, employee groups and community groups. 9

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Serving Creston & Surrounding Area

Hosting Kudos for Creston

Story by: Laura Wigen

Creston was a great host for the BC Hockey Bantam Tier 3 Tournament last month. The event kicked off with a welcome banquet, which all 11 teams attended.

(Creston, Nelson, Cranbrook, New Westminister, Semiahmoo, Juan de Fuca, 100 Mile House, Whitehorse, Dawson Creek, Winfield and Kitimat). 230 players and coaches enjoyed the banquet put on by the Creston Bantam Parents and the Ladies Jets Hockey Team. Special guests talked to the players about dedication, commitment and teamwork.

The tournament started at 7:00am on Sunday with the teams being separated into two pools for round robin play for the first four days.

The teams stayed in Creston and enjoyed the valley, hospitality and Brewery Tours.

The competition was fierce as there were several tie games and many one-goal difference games. In the end, Kitimat came in 1st in their pool with New Westminister 2nd. Nelson placed 1st in their pool and 100 Mile House 2nd.

The semi finals saw Nelson and 100 Mile House in the final. They were action filled games and Nelson came out the winners 5 – 1 over 100 Mile House to win the BC Hockey Bantam Tier 3 Banner. Robin Douville, Director with BC Hockey and resident of Creston presented it to the team.

It took many volunteers and staff to help accommodate, feed and entertain the 190 players and 40 Coaches/Managers from all over the province and Yukon. The Creston Bantam Tier 3 Team would like to say thank you to all, what a great community!

Historical Win for Thunder Cats

Story by: Joe Martin Head Coach/GM

Our regular season went as well as it could have. The Thunder Cats won the Eddie Mountain Division for the first time in the team's history. It was also the first time since the Clippers won theirs the mid 70's.

Cole Yurkowski was named KIJHL MVP and Top Scorer and Colton Grolla won the Top Defencemen award. These are very prestigious awards since they are league wide. As well, the team went 30-12-10 (70 points) securing third place in the whole KIJHL.

Playing the Kimberley Dynamiters in the first round of the playoffs was a reward. This is the same team that knocked out the Thunder Cats last season. Unfortunately this year was no different as they beat the Thunder Cats in five games. The Cats lost two games

in overtime, one in double overtime and one by a one-goal margin. All very close and highly entertaining games in fact the last game had over 700 fans at the Johnny Bucyk Arena!

The awards banquet ended the season where awards given out. MVP, Fan Favourite, Top Scorer and Most 3 stars: Cole Yurkowski Playoff MVP and Rookie of the Year: Joe Densmore Coaches Award: Kane Dawe and Evan Campbell Most Inspirational: Robbie Stuckey Citizen of the Year: Devin Whalen

Thank you fans and I Love Creston readers for supporting the Thunder Cats. This year's team was very good but all the players/coaches are hungry for more and can't wait to ice a better team next year.



Creston Valley Early Childhood Development
A Committee of 

Important Phone Numbers

Early Childhood Interventions and Development Coordinator
.....250. 428.2217 Ext. 238

Creston Valley Family Place Community Action Program for Children (CAPC)
.....250. 428.0218

Public Health Nursing/IHA250. 428.3873

Creston Valley Infant Development/ StrongStart250. 402.6350

School District #8 (Kootenay Lake)
..... 1.877.230.2288

Creston Public Library250. 428.4141

East Kootenay Supported Child Development Program Cranbrook Office..... 1.888.426.5574

Creston & District Community Complex
.....250. 428.7127

Therapeutic & Public Riding Program CDSCL250. 428.2296

Columbia Basin Alliance for Literacy Creston.....250. 866.5596

Community Resource Centre
.....250. 428.5547

CV First Step Infant Toddler Centre
.....250. 428.4839

Kootenai Community Centre
.....250. 402.0068

Teddy Bear Daycare.....250. 428.5111

Grizzly Bear Out Of School Care
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CV Nursery School.....250. 428.9308

Lower Kootenay Band.....250. 428.4428

Town of Creston250. 428.2214

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www.crestonearlychildhood.ca

This publication made possible by funding from the Town of Creston, The Creston Valley Growers Society and the Province of BC

The 10-Mile Diet

Story by: Tanna Patterson
Wildsight - Creston Valley
Branch

agriculture

Last year, Wildsight invited six people, representing their farming interest or organization, to speak about the 10-mile diet: the production and marketing of food for the local population. Earlier this year, the topic was revisited.

Agriculture has always been important in the Creston Valley, but recently, food security has become vogue due to books such as "The Hundred Mile Diet", "Animal, Vegetable, Miracle" and "The Omnivore's Dilemma". The occasional imported tainted product has heightened concern. The local-food movement is positive. Growers win because they can earn enough income to keep farming. Consumers win with healthy, tasty food. The environment wins with less fuel required to move food from field to fork.

Caroline and Gord Martin of Cherrybrook farms manage a Cherry Community Supported Agriculture (C.S.A.) where buyers' purchase shares in a tree in the spring, and come back at harvest time for the product. Last fall, the Martins built a 6,000 square foot greenhouse where they plan to produce hydroponically grown lettuce and vegetables.

Wayne and Denise Harris are pleased with the response to their organically produced Kootenay Alpine Cheese.

Randy Meyer, hay producer and beef grower, spoke about the high cost of shipping cattle to Alberta. The newly constructed beef-processing facility at Tarzwell Farms now allows local producers to provide a government-inspected product for the local consumption of beef. A certified mobile poultry-processing unit may be brought in if a suitable "docking station" can be established. Several layers of government regulations need to be met before approval is given. Meyer is optimistic that Kootenay-grown poultry will be

available for valley residents.

In one year, the Food Action Coalition's (F.A.C.) co-coordinator, Gail Southall and its active membership, has liaised between groups to increase the growing capacity of the valley for the local market. Check out the "Farm Fresh Guide", online at: www.foodactioncoalition.ca The F.A.C. partnered with the Interior Health Authority to address diabetes prevention. The group also served as a communication tool for the Creston Grain C.S.A.

The greenhouses at the College of the Rockies have been revived. Programs such as "SEEDS" and "Soil for Seniors" are in progress. As well, a Winter Harvest project to research vegetable-growing in cold frames and an unheated greenhouse. Community Greenhouse produce is donated to TAPS and the Gleaners.

Jenny Truscott, miller for the local grains, noted that "Straight From Earth Organic Food Deliveries" has expanded to "Straight From Earth Food Store and Café" and is run by Sharla Truscott.

The Creston Rotary Club has successfully managed a Saturday Farmer's Market for two years. The club wants the Market to become its own entity and seek out funding options. If you are interested in planning or helping out on Saturday's in the summer, call Geri Lee at 250-428-0655.

Guest speaker, Jon Steinman, an accomplished local food advocate from Nelson, has attained national interest through his series of radio programs called "Deconstructing Dinner". Creston's CIDO radio broadcasts his programs.

The meeting ended with growers and consumers exchanging thanks. Much has happened in one year, and by this time next year...who knows? ●

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Blossom Valley Singers

Director - Monte Anderson

2009 Spring Concert and Tea

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April 5 ~ 2:30 pm
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April 2009

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Easter

Easter Colors

Easter colors wheel is a real comprehensive one and encompasses innumerable colors. Most of the people are unaware about the Easter color philosophy. In fact, all the colors of Easter have their own unique significance.

1 - RED: this color is associated with the blood that Jesus Christ had shed for mankind. Thus the color red is a symbol of love and sacrifice for goodness of humanity.

2 - WHITE: this Easter color signifies purity and grace.

3 - GREEN: the color green brings ray of hope. Green is the color of grass.

4 - PURPLE: Easter color purple is indicative of royalty. It is said that the color purple brings wealth.

5 - YELLOW: it is the color that is related to the brightness of sun. It's a color that brings joy and happiness.

6 - BLACK: it is the color that indicates the evil side. To put it other words, we can say black signifies darkness.

7 - ORANGE: it is the color that represents hope. It is associated with the dawn of day.

8 - PINK: Easter colour pink indicates fresh beginning. 🍷



And The Winner Is...

Artwork by Bruns Illustration



Ron World, Creston Overwaitea Manager, was selected from more than 100 stores to receive the 2008 Store Leader of the Year. This recognition also included Creston Overwaitea as the store of the year. The award is based on, "looking after staff, service inside the store and in the community, and store profit".

Congratulations Ron and thank you for making Creston a better place! 🍷



Last Month's Movie Trivia Answer :
Forest Gump

Out & About April 2009

www.ilovecreston.com/page/valley/upcoming%20events

April 02 – 04, 2009

Presented by the Footlighters,
Meredith Willson's
"The Music Man"

Location: Prince Charles Auditorium
Contact: Geri Buchanan at
250-428-5562

April 04 – 05, 2009

Blossom Valley Singers Spring
Concert and Tea

Location: Trinity United Church Hall
at 2:30pm
Contact: Phyllis McDougall at
250-428-4437
phylmcd@shaw.ca

April 07, 2009

Iceland-Land of Contrasts

Location: Rotacrest Hall at 7:00pm
Contact: Tanna Patterson at
250-428-5246
ecobaseball@shaw.ca
www.wildsight.ca

April 09, 2009|

The Creston Concert Society
presents "August"

Location: PCSS at 7:30pm
Cost: Adults \$22 (at the door \$25)
Students \$10 (at the door \$12)
Contact: Margaret Lavender,
President at 250-428-2711
info@crestonconcertsociety.ca
www.crestonconcertsociety.ca

April 11, 2009

Creston Sacred Choir Presents: Come
Unto Him, Come – Touch the Robe

Location: The Redeemer Lutheran
Church at 7:00pm
Contact: Leah Jones at 250-428-0212
bobandleah@uniserve.com

April 17 – 18, 2009

Quilt Show and Tea 2009

For information Contact:
Gail Nelson at
250-428-9092
nelsongrc@shaw.ca

out & about

April 18, 2009

New Horizon's Seniors Dinner
& Dance

Location: the Heidi Club.
Contact: Larry & Ordella New at
250-428-2145

April 18, 2009

"Hard Times" Dance

Location: Rotacrest Hall
Contact: Larry New at
250-428-2890/7912

April 25, 2009

Creston Valley Garden Conference

Location: Prince Charles Auditorium
at 9:00am - 4:30pm
Contact: Jean Wilson at
250-866-5197 yorkie@wynndel.ca

April 29, 2009

Teen World Drumming Workshop

Location: Rec Centre (Canyon or
Erickson Room) at 6:30pm to 8:30pm
Contact: Leah Jones at 250-428-0212
bobandleah@uniserve.com



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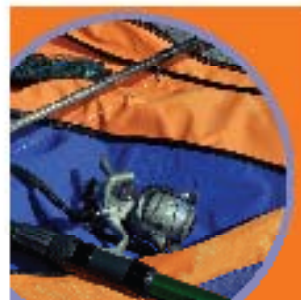
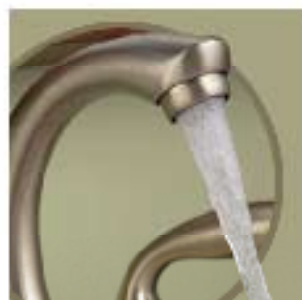
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