

Bringing the
Creston Valley together.

FREE

May
2010

i love creston

Turn and Burn

Barrel racing and
team roping back at
Canyon Park.



Creston Relay For Life

Remember, celebrate,
fight back.

Blossom Festival

Familiar and new fun
entertainment.

Creston Valley History

A flip of the switch and the
Valley was changed forever.

Barrel O Rama & Team Roping

May 29 & 30, 2010 • Canyon Park Arena, Creston, BC

Barrel Racing Classes Saturday & Sunday • Starts 10 am

- Open 1 Run**.....\$60/day, Payout each day, buckle on 2 run average
- Amateur Horse 1 Run**\$50/day, Payout each day, buckle on 2 run average
(horse must have not earned over \$300 as of Jan. 1, 2010)
- Novice Horse 1 Run**\$40/day, Payout each day, buckle on 2 run average
(horse must have not competed before Jan. 1, 2010)
- Junior 1 Run**.....Payout each day, buckle on 2 run average
(15 and under as of Jan. 1, 2010)
- Men's Barrels**\$20/day, 1 run each day, buckle on 2 run average
- 7 to 10 Years - 1 Run Average**.....\$20/day, Payout each day, buckle on 2 run average
(10 and under as of Jan. 1, 2010)
- 6 Years & Under - 1 Run each**\$10/day, Payout each day, buckle on 2 run average
(6 and under as of Jan. 1, 2010)
- Team Barrels - Guys & Gals**.....\$20/rider *(Sunday only, 1 run/person, teams drawn that day)*

Top % of
2 run average
riders come back
on Sunday for
short go
for prizes!

Barrel Racing Pre-Entries May 20 & 21, 6 to 9 pm

(Late fees apply to late entries)

For more information call: **Debby McCurrach 250.424.5084**
or **Regina Morris 250.529.7760**

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**3 Head - Pick 1 Draw 2
Semi Progressive, Capped at 9**
\$75/day, Saturday only
Entries at 2 pm, rope at 3 pm

**Sunday Only
Junior Beginners & Adult Roping**
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Dave Lougheed 250.428.1853

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Concession & Camping Available

\$5 Administration Fee applies to each rider in barrel & roping each day
(no fee for junior classes in barrels & roping Sat. & Sun.)





5

Full Speed Ahead

The Creston Valley welcomes horses and riders back for the Barrel-O-Rama. Be ready for a weekend of barrel racing and team roping as well as entertainment and attractions for all.



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The Magazine

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Letters to the Editor

Letters to I Love Creston Magazine may be emailed to kris@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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From the editor

"My mom is a neverending song in my heart of comfort, happiness and being. I may sometimes forget the words but I always remember the tune."

- Gracyie Harmon

That quote says it all about my mum. 40 years of caring, teaching, patience, lending money, arguing, laughing, singing, crying, supporting and most of all, loving me unconditionally. Happy Mother's Day mum, I love you.

Flowers, a day at the spa, brunch, gift baskets and jewellery are all great ideas for Mother's Day but don't forget a card. In fact, the Dyer sisters from Creston may have the most unique card for you.

May is a busy month. The Annual Creston Valley Blossom Festival is celebrating its 69th year and offers the fun we look forward to every year as well as some new ones. I browsed through the line-up of things and couldn't decide on just one so I will go to all of them. I do look forward to the pancake breakfasts and want to know how the cooks make such perfect pancakes. Mmmmm.

Mayor Toyota, a Creston native, talks about his memories of Blossom Fest when he was young. A downtown art gallery is bringing in a couple of artists who will have on-site working artists over the weekend during Blossom Fest

While on the topic of celebrations, as always, the Creston Relay for Life is this month. Well known Crestonite, Frank Goodsir, is this year's honorary chair and shares his story about living with cancer. The 12-hour walk/run is organized around the theme, "Remember, Celebrate, Fight Back".

Do you know how much stress affects your body and mood? Our health writer breaks down the information.

Creston's Largest Loser has a winner who is \$5000.00 richer.

We have our monthly update on the renovations at the Creston and District Community Complex. Little hint here... it's close to completion.

Harmonized Sales Tax. Our MLA weighs in on the issue with the most up-to-date information.

We have some tips on how to pick the "right" Realtor to help you buy or sell a home or property.

I have to say this month's feature is one of the most exciting stories I have written to date. Barrel-O-Rama is back for a second year. Kids and adults barrel racing and team roping.

The Creston and District Museum and Archives has a show opening in a week or so. "Electrified!" re-caps how and when electricity came to be in the Creston Valley.

Two words: "Ducky Race". You have to read the story to find out more.

Creston teen, Lexi Czar, is representing Canada at the World Championships of Performing Arts and hopes to garner some local financial contributions.

Elena Yeung is back on tour and checks in with one of her anecdotes.

We have mail and of course our trusty Out and About calendar.

I want to finish up with what I consider one of the most exciting events to hit Creston in a long time. "Lovers In A Dangerous Time", the local award-winning film, is showing May 24, 2010 at the Tivoli Theatre at 7:00pm. Admission is free. I encourage you to come out and see it. You will recognize a number of places in the Creston Valley and it's a great film.

Enjoy...

Mailbag

(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)

Hi Kris [Chris] and Wendy! You both did a fantastic job on the article about Kootenay Candles! I am so very pleased with what the two of you did. The article makes me think of a toy store. Very exciting and written with a lot of energy. You really have a great writing talent Kris. The pictures are great – everywhere I look I see a new hidden picture incorporated into the article pages – really appealing to the eye and very flowing. Not only is it great pictures but it is also very nicely incorporated to form part of the page. Wow! Well-done Wendy. I think the town of Creston can thank their lucky stars to have two such talented artists to enchant their town. So as a citizen of Creston I would like to thank you for the great job you do every month on [the] "I LOVE CRESTON" magazine. You truly make me love Creston even more – you expose all the hidden treasures in town.

Emmie Roelofse

Owner/operator of Kootenay Candles

Hi Emmie,

Thank you for your wonderful email on the April feature on Kootenay Candles. The more interesting and unique a person/place makes our job a challenge yet gives us the freedom and opportunity to have fun. My writing wouldn't be the same without Wendy's photographs. We feel lucky to have the opportunity to, as you put it, "expose all the hidden treasures in town".

Kris Dickeson

Editor

I Love Creston Magazine



the Race is On!

Story by: Kris Dickeson

Pounding hooves, flying dust, coordination and swift turns. It's the unbreakable bond between a rider and horse that creates endless talent and skill. Barrel racing is a rodeo event in which a horse and rider attempt to complete a cloverleaf pattern around preset barrels in the fastest time. The riders steer their horses as close as they can to the barrels trying to shave precious seconds off the clock. It is exciting and entertaining to watch. For a second year in a row, barrel racers and team ropers are converging at Canyon Park to let loose and enjoy fun competition at Barrel-O-Rama.

Organizer, Debby McCurrach, has given hours of her time and energy to help get Barrel-O-Rama up and going and has helped it continue

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May 2010



to grow and bring exposure to the Creston Valley. “There are more people registered this year,” McCurrach said. “Last year, a permanent structure and roping chutes were built at Canyon Park. The labour, supplies and equipment

“Fish and hunt elk, deer and wolves”

were all donated. These are both major assets and next we are hoping to buy bleachers. We were lucky to receive funding from several sources to help make this year’s Barrel-O-Rama happen. Thankfully, the park is still in great shape.”

McCurrach is no stranger to planning events. For over 25 years she has lent her hand in organizing horse shows, gymkhanas and rodeos in Cranbrook, Crawford Bay, Gray Creek and Creston. “Things have come full circle,” McCurrach explained. “Bringing Barrel-O-Rama to back to Canyon Park is a reunion. It started here and then changed locations. Now it’s back and attracting some local riders who were involved in the past and the events offered are at all levels appealing to riders of all ages.”

The return of team roping also adds to the excitement to Barrel-O-Rama. This high-energy

competition has one rider rope the front of the steer, usually around the horns and the second rider ropes the steer by its hind feet. Team roping is the only rodeo event where men and women compete equally in both single gender and mixed gender teams. The little ones team rope-riding ponies. Although Barrel-O-Rama is competitive it is considerate and overall fun and relaxed. It draws in spectators, up and coming racers and horse oriented kids.

Describing her interest in horses a passion, McCurrach breeds and raises them as a hobby. She also has a solid connection to the outdoors. “For the last 12 years, I have spending half the year camping in Hawkins Creek, near Yahk,” McCurrach told me with a smile. “I’m a range rider and look after

“Enjoyed many years of racing”

cattle up in the mountains. I fish and hunt elk, deer and wolves and hold a couple of records for the wolf hunting. It’s fun and laid back up there. I really like the lifestyle of living in the mountains. There are no roads and all there is to see is wildlife. Prior to that I spent 18 years as a hunting guide in the Purcell Mountains. I brought hunting to that area and at that time was the only female guide in Canada. The rest of the year McCurrach takes on other jobs. At one time she was a hairdresser and a couple of days after Barrel-O-Rama, she’ll be behind the grill at a new restaurant in Yahk.

A barrel racer herself, McCurrach hung up her competitive boots a while back but continues to support



her children. “I enjoyed many years of racing but felt it was time to retire,” she said proudly. “One of my daughters is still barrel racing competitively while the other rides for pleasure.”

McCurrach shared her knowledge of barrel racing horses. “Some riders choose a horse that is solidly trained while others prefer to train their own. Price and breed don’t matter it’s all about the horse’s heart and disposition as well as practicing.”

“Back and attracting some local riders”

Sitting up and leaning forward, McCurrach opened up about how she felt during a race. “It’s a rush and exciting prior to the race. It’s the anticipation prior to it starting. When the race was on, I would be so focussed it was like I’d blank out.”

Folks from across BC, Alberta, Idaho and Montana are expected to return to this year’s Barrel-O-Rama as well as new areas. Although organizing the event is time consuming McCurrach enjoys

“Interest in horses a passion”

every part of it. “I wouldn’t be doing the planning if it wasn’t fun,” she said. “We couldn’t do it without the amazing support from local sponsors. Businesses, citizens, the Town of Creston and the Regional District areas have been very generous allowing us to offer great prizes such as belt buckles, tack and horse blankets.”

Along with the barrel racing & team roping Barrel-O-Rama is offering two jam-packed days of entertainment and fun.

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Photos By: Ken Cornett

People know me by Ken and Photographybyken.ca is my website where they can view and purchase their photos. I received a Christmas card from a Rodeo Hall of Famer and he addressed the card to Photography by Ken.ca. That's how he knew me.

I am a member of the Canadian Professional Rodeo Association (CPRA) shooting rodeos from the Pro Rodeo Circuit to a large number of amateur rodeos (about 35 to 40 rodeos a year). This year we are starting to shoot videos and stills simultaneously and as far as I know, the only photographer shooting this style.

I am a retired teacher with an MEd in Educational Administration and Curriculum Development specializing in Audio-Visual Productions. I guess they call it multimedia production now. During my teaching years I taught photography for over 25 years, wrote book-teaching students to develop and print photos, produced about 6 filmstrips, and numerous documentaries. As well, I wrote a program to teach students the basic facts of addition, subtraction, multiplication and division (www.123math.ca), which been sold throughout North America.

Rodeo photography can be complex to learn if one looks after the details. People want action photos and they have a certain style they like better. The trick with rodeo photography is that you have to constantly talk to the contestants to see what they want and most of all, try being creative. One photographer has been taking photos for a long time, and shoots the very same type of photos year after year. Contestants are looking for those photos but also different actions as well.

At the Creston Barrel-O-Rama and Canyon Roping Rodeo, we will be taking rodeo photos and if families would like group photos or individuals with their horses, just ask and we will certainly take the type of photo you are interested. There will be no cost to the families for taking these types of photos only if you wish a print, which is certainly optional.

Wish you all a Happy and Safe Rodeo this year in Creston and in every other rodeo you participate in. Ken Cornett - Photography by Ken.ca





From the Mayor's Desk

Story Submitted by: Ron Toyota
Mayor of the Town of Creston

Volunteers Helping Build Our Community

The cherry blossoms will soon be out and our 69th Annual Creston Valley Blossom Festival event is a happenin' on the long weekend (May 21-24, 2010).

During this special weekend, many many volunteers and their organizations will be proudly participating to display and promote the many assets that our valley has to offer.

I was born and raised in Creston and even though my memory can be vague at times, I do remember preparing and then participating in the many annual parades. My father's business entered floats that entertained the crowd on the downtown streets for many years.

Another asset that our Creston Valley has to offer is our airport. The Town of Creston owns this facility and in April

2008, the Creston Valley Regional Airport Society took over the operations. Recognizing the importance that an airport serves to a community, the Town of Creston and the Regional District of Central Kootenay authorized this agreement.

In the month of January 2010, it was reported that over eight air medivacs took place transporting local patients to Kelowna, Calgary and Vancouver. When an emergency occurs at our local hospital, the physician can contact the BC Bedline, they can determine the best specialty hospital required and dispatch the appropriate level of ambulance. While the patient is being stabilized, an aircraft can be en route to our local airport. We have a 4,000-

foot paved and lit runway with GPS approved certification. As well, our usually favorable weather conditions can accommodate a Beechcraft King Air turboprop safely and easily. All of this can happen within a two-hour period and lives are in better hands quickly.

The Airport Society has seen five new hangars built in the past year and there is continued interest and inquiries by others to relocate to our Creston Valley. A much-needed improvement is the recent water well drilling project with funds provided by the Regional District directors. The airport now has good reliable water to service this facility as well as storage for emergency fire situations.

The many Creston Valley volunteers and their individual talents that they bring fourth is the major asset that we offer and this is very prevalent with our local organizations and our annual festival.

Ron Toyota is the Mayor of Creston

Phone: 250-428-2214

Email: Ron.Toyota@creston.ca

Website: www.creston.ca

Creston Valley Business Buzz



Independent Artists - Keiryn and Kienna Dyer

Submitted by: Brandy Dyer

They are simply two small girls with big hearts and even bigger ambitions. Keiryn, six and Kienna, nine are unusual young artists... they make money. It started small, like them. Three years ago, the girls lost their Dad, Chris Dyer, in a tragic accident. Shortly afterward, they received an art lesson as a birthday gift. It was during that therapeutic class that the happiness series was born.

Beautiful, effortless, unabashedly happy little paintings that only kids can craft. With the help of their mom, Brandy Dyer, they made their creations into 8x11 prints and sold them to raise money for a trip to Disneyland.

Since, they have added a high heel shoe, a converse runner and necktie series as greeting cards, embellished with their signature sassy style.

Their ambitions earned them each a three-day pass to the magic kingdom and proved that art is worth money. When the girls were asked what they like best about art, they declared, "It's fun and we love Disneyland."

Currently, these savvy little artists are saving for a trip to Disney World.

All of Keiryn and Kienna Dyer's greeting cards and prints can be purchased online at:
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MLA Update

Story submitted by: Michelle Mungall
MLA for Nelson-Creston

MLA Stands Up for Tourism in The Kootenays

MLA Michelle Mungall and fellow New Democrats delivered a string of questions recently asking the Liberal Government why they are forcing families and businesses to struggle with the HST two months earlier than expected.

“In my constituency Whitewater Ski Resort is posting an advertisement that says the HST comes into effect on July 1, but that season passes will only be HST-exempt if purchased before April 30,” stated Mungall during Question Period.

“The HST to take effect on May 1”

Some sections of the bill paves the way for the HST to take effect on May 1. That’s when businesses will be required to start collecting the 12 percent tax for pre-paid services to be used after July 1, such as ski passes.

“Why is the Minister of Finance hurting the tourism industry in my constituency?” asked Mungall.

Despite numerous examples of how broadly the extra tax will affect British Columbians, the Minister stuck to his claim that we will see more jobs in the province after the implementation of the Harmonized Sales Tax.

“On the contrary, the tourism industry in BC says the HST could

cost 10,000 jobs and massive losses of revenue,” Mungall said.

“Massive losses of revenue”

Only seven BC Liberal MLAs would need to vote against the HST legislation to stop the tax. Carole James and the New Democrats continue to stand by their promise, and will vote against the HST.

*Michelle Mungall is the NDP MLA for Nelson-Creston
Phone: 250-354-5944
Email: michelle.mungall.mla@leg.bc.ca
Website: http: www.michellemungall.com*

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Creston Valley Facility Enhancement Project Update

Story by: Neil Ostafichuk

Recreation Supervisor -

Creston & District Community Complex

The retaining wall for the walking path on the west side of the building continues to gain height and take shape, meanwhile the preliminary ramp is completed in the back of the building which provides vehicle access into the curling arena.

The Fitness Studio now has walls, which better shows the space we will have for group fitness and other programs. The Creston room however, is currently a bit of a disaster area as trades add the new heating system and electrical upgrades. In a few weeks we shall also briefly have open-air seating as the roof is removed and replaced.

The roofing panels were formed onsite from large rolls of steel utilizing a semi-truck mounted

forming mill. Three sizes were extruded onto a long run-out platform for the different areas of the roof. These lengths are very flexible and require coordinated handling techniques to avoid damage. Panels are bundled together to allow for lifting on to the roof surface.

Removing the old surface and applying the new panels is also a coordinated process with small sections being done at a time. Following removal, specialized R20 insulation with backing designed to resist puncturing from pucks etc. is placed and the new panels are laid on top and clipped to the roof structure. A small channel with sealant inside is placed over each joint and eventually a specialized roller crimper will be brought on site to squeeze this channel onto the adjoining panels for a watertight seal.

In the fitness track area, the lockers have been installed and the resilient flooring for the track is being laid out for cutting into a "track" shape.

This project is funded by The Canada-British Columbia Municipal Rural Infrastructure Fund, the residents of the Creston Valley and donations.



The mural was completed in about 2 1/2 days and mirrors the landscape of the Creston Valley.

Creston Valley Community Radio

Story by: Maureen Cameron

We want to thank people who have contributed to the station. What a month it's been for CIDO Radio. From our Home and Garden Show, Live Rotary Auction, May 1st fundraiser in Wynndel to our Mother's Day Writing Promotion on top of the daily tasks, it's been an exciting time. Four of us also attended the first Conference for Community Radio Stations in Nelson.

The long awaited development of testing our remote live broadcasting system at the Home and Garden Show was a great success followed by our live broadcast of the Rotary Club Auction. We now have the ability to do live on location broadcasts throughout the valley.

Thanks to recent and current sponsors: Creston Valley Advance, Creston Optometric, Tony Mulder Jewellers and Beadazzled Beads. Black Bear Books, Ron Hurry Goldsmith, Wearwithall,

Creston Card and Stationery, Creston Chamber of Commerce, Kingfisher Books, Wynndel Mechanical, Northstar GM, Kokanee Inn, Imagine Ink, Pro-To-Call, Stavros Restaurant, Panago, Dairy Queen, Morris Flowers, Travelling Camel Trading Post, Images and Angles, Kokanee Brewery. Thanks to our partners I Love Creston Magazine, Creston Valley Rotary Club. Town of Creston, RDCK Areas A, B and C. Thanks to our programmers, Chris Stevens, Daniel Kempling, Llana Kilpatrick, Tim Davis, Mary Underhill, Bob Gollan, Dave St. Germain, Brian Lawrence, Lee Rose, Phil Thomas, Joanna Wilson and our student volunteer Luke.

Our fundraisers would not be successful without donations from the community. For a complete list visit our website.

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Rubber Ducky You're the One

Story by: Kelli Schultz

Grade 7 Student - Canyon/Lister School

“On April 15, 2010 local authorities received several reports of floating, bright yellow, objects that were being carried down the Goat River near the Goat River Bridge. Other information revealed that there was a crowd of excited youngsters in the vicinity at that time of the sightings. I Love Creston Magazine tracked down Kelli Schultz, who we believe was on the scene and actually witnessed this mysterious incident. Here is her account.”

“Dumped all the ducks from your bin into the river”

On April 15, 2010, my Grade 7 class at Canyon/Lister School held a Rubber Ducky Race at the Goat River Bridge. This was the first time our class and myself have done the duck race. We raced 602 ducks. The first step in getting ready for the race was to sell the duck tickets for \$5.00 each.

After they were sold we had to match a duck to its ticket but the ducks were messed up so all the ducks got a random number.

Then all the kids in my class got on a bus and went down to the Goat River to release the ducks. We put all the ducks in bins and waited by the riverside until the finish line was ready. When they said they were ready, we all got ready to dump! When your name was called you dumped all the ducks from your bin into the river. Off they went.

A few of the kids went down before hand to help catch the ducks as they



The rubber ducks were numbered

went through the net. The rest of us followed down just in front or behind the ducks to see who won or help the ducks that were caught up in the rocks and brush.

You couldn't tell who was going to win because you couldn't really see the numbers on the ducks. There are no tricks to help win that I know of but some think if your duck was a little bit heavier then it would go a bit faster.

Once the winners were clarified the rest of the class got in the water and went up stream to throw all the ducks on shore. Once they were on the shore we went along and picked up the ducks and put them into garbage bags, carried the ducks to the designated spot and got on the bus to head back.

The best part for me was swimming in the water trying to grab the ducks as they went by.

I want to thank Bob and Brenna Cull for letting us go down to their place to release the ducks. And thanks to Jim and Dina Ingram and Trudy Huscroft for doing most of the organizing for the field trip and the whole community for buying duck

tickets and sponsoring us for our field trip. It was a huge success!

“Investigation Concluded: One rubber ducky is a ducky while 602 of them can cause mass hysteria.”

Winners of the Grade 7 Canyon/Lister School Rubber Ducky Race:

1st Place: Wanda Schellenberg

2nd Place: Glenda Dobrzanski

3rd Place: Shelton Bruce

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Following Her Dream

Story by: Lexi Czar
PCSS Grade 10 Student

I have been selected to represent Canada at the World Championships of Performing Arts, otherwise known as the "Talent Olympics". This is a once in a lifetime opportunity. There will be over 52 countries represented at this prestigious international competition. I have been selected to represent Team CANADA in the categories of Modeling (Runway, Swimwear, Formal, Spokesmodel, Photo), Acting (Drama, Comical, Open), Vocal (with piano self accompaniment, piano instrumental).

I am writing in the hope that you will sponsor me. By me participating in this amazing global event, there

are costs in my preparation as well as travel expenses. This event will be held July 17-July 25, 2010, in Hollywood, California. As part of Team CANADA, I must complete mandatory training put in place, and stay at the official lodging and stay at the official lodging of the World Championships of Performing Arts.

I am so honoured to have been selected to represent our country as well as my friends & family. I promise to put forth my best efforts and make you proud. If you would like to check what this event is all about, you can log onto www.worldchampionships.tv or www.novatalentscout.com which is where I am doing my training, located near

Coeur d'Alene, Idaho. Any support in any amount would be greatly appreciated. You may send your contributions directly to me, or contact me for a sponsorship form.

Lexi Czar
Box 23, Canyon, BC V0B 1C0, 250-428-2821

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Notes From the Road

Story by: Elena Yeung
Bluegrass Songwriter, Singer and Musician

Bluegrass Duo Tour

Time to get back on the road. Yep, after eight months of hunkering down in the real world working the day job, it's time to get out. It's a good thing, for sure. Keeps my music in my brain, give the radio stations an excuse to play my songs and just maybe I can relieve myself of a couple more CDs. And besides that, it keeps my emerging Crazy Old Lady habits at bay, the ones that start to take hold as I sink a little too comfortably into my little farmhouse. For example: it's a dry, hot spring so my car is covered in dust, especially the back end. So when it rained last Saturday morning, I ran outside with my yucky old yellow raincoat, a pair of rubber gloves, a big sponge and a pail of soapy water and I soaped down the whole thing. And then

I walked away. Today, the streaks aren't even big enough to notice. It was one of the most satisfying things I've done in a long time.

I have yet to write a song about my cat. I've got two songs about dogs and two songs about birds, but nothing about a cat will gel. A couple of weeks ago I was struck by a writing frenzy and wrote two songs in three days, but they were about ghosts and dead people.

Yeah, it'll be nice to get out of the house for a while.

Yeung and fellow bluegrass/roots musician Anne Louise Genest from Whitehorse are currently touring BC and Alberta and will be at the Sasquatch in Creston on May 6, 2010.

For more information go to:
www.myspace.com/elenayeung

How Power Hit The Creston Valley

Story by: Tammy Hardwick
 Manager - Creston & District Museum & Archives

Reading by kerosene lantern light, cleaning the lamp chimneys and replacing the mantles every time a moth flies into the flame. Lugging buckets of water from the pump and heating them on the stove. Cooking over a fire.

Nope, we're not talking about camping. We're talking about life in Creston before the arrival of electric power. Nowadays, we take reliable electric power for granted. But for people who grew up without it, what a difference it made.

The history of electrical power in the Creston Valley begins in 1907, when the Creston Power, Light, and Telephone Company was established. The Company was far more successful at establishing telephone service than electrical service. The first phones went in that year and by 1909, there were over 100 miles of line and the number of users overloaded the system's original 100-line switchboard.

Electrical service in those early years was available only to those who had their own generator. In 1924 though, the generator at the C.O. Rodgers lumber mill near downtown began providing electricity to some of the businesses downtown and by 1928, was offering it to residences as well.

Also in 1928, the South Kootenay Power and Light Company, a subsidiary of West Kootenay Power, was established – in direct competition with the Creston Company. The two companies vied for the rights to develop the hydroelectric potential of the Goat River and provide the service to the Village of Creston. Howard Amon, of the Creston company, had been given a 20-year franchise on the service but the numerous delays he experienced led the Village Council to issue an ultimatum: either he get

electrical lights turned on by December 31, 1929 or the franchise would be awarded to someone else. Finally, Amon's power plant, located on 10th Avenue North where the Michelson-Bambrick office is now, was started up on December 28, 1929, and electric streetlights were turned on for the first time a week later.

This success however, was not enough for the Creston company to get the rights to develop the Goat River. In December 1930, that license was awarded to the South Kootenay Company. Surveys for the Goat River dam began in 1932, and the dam itself went into operation, under the auspices of West Kootenay Power in 1933. A few months later, West Kootenay Power took over the franchise for supplying power within village limits and the 10th Avenue power plant was shut down.

While the new electrical service was certainly convenient, it was apparently anything but reliable. One local resident recalls, "We always had candles set aside – that was a must. There were no reservoir possibilities at the dam. The only source of power was the water running all the time. They'd have dry periods and ice build-up. If we got through a week without a couple of power outages, we thought we were doing pretty good."

This summer, the Creston Museum invites you to explore these stories and share your own. Its brand-new exhibit, "Electrified!", opens on May 8, 2010. It's a look at the history of electrical power generation in the Creston Valley. In these days of "energy-efficient" and "power-saving" devices, it's a little hard to believe that people might once have had a hard time using enough electricity.

Creston & District Museum & Archives
 Phone: 250-428-9262
 Email: mail@creston.museum.bc.ca
 Website: www.creston.museum.bc.ca

2010 Featured Exhibit

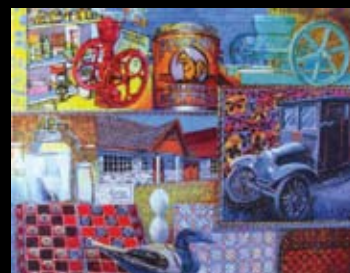


ELECTRIFIED!
ELECTRIFIED!
ELECTRIFIED!

A brand-new exhibit
 opening May 8

Showcasing the impact
 electricity had on day-to-day
 life in the Creston Valley.

*Come be ELECTRIFIED
 during Blossom Festival
 Weekend!*



**Creston
 Museum**

219 Devon Street Creston, BC

(250) 428-9262

mail@creston.museum.bc.ca
www.creston.museum.bc.ca

Winters in Mexico and Summers in Creston – A Pretty Good Lifestyle!

Story by: Carla Ahern
Stewardship and Communications Manager -
Creston Valley Wildlife Management Area

The journey by air is over 5,000 kilometers. Once there, one can relax in the warm sun, on sandy beaches and feel the ocean breeze. The flight isn't all that easy though... there is a lot of soaring, flapping and internal navigation to coordinate. Yes, southern Mexico and Central America are not only pleasant winter destinations for us humans, but the ospreys seem to enjoy it too. But the call of this valley in spring, the opportunity to raise young in a laid back Kootenay mountain lifestyle, has its pull as the ospreys return each year in April. The bounty of freshwater ponds, lakes and rivers stocked with many varieties of fish is an enticing resource that is hard to ignore. The osprey's diet is 99% fish. The Osprey is particularly well adapted to this diet, with reversible front talon and footpads with tiny impaling spines (spicules) for grasping slippery fish and closable nostrils to keep out water during dives. The Osprey searches for slow-swimming fish near the surface. In Canada, its favorite freshwater species are sucker, pike and pickerel of moderate size.

An osprey pair returned to a nest located near the Wildlife Interpretation Centre in mid April of this year, just on time. This nest just happens to have a camera installed on it. In mid-May, live images from the camera will be broadcast on the CVWMA website (www.crestonwildlife.ca), at the Wildlife Interpretation Centre and at the Creston Library. The shrill cries and squawks will be heard all over the valley, in real time from people's

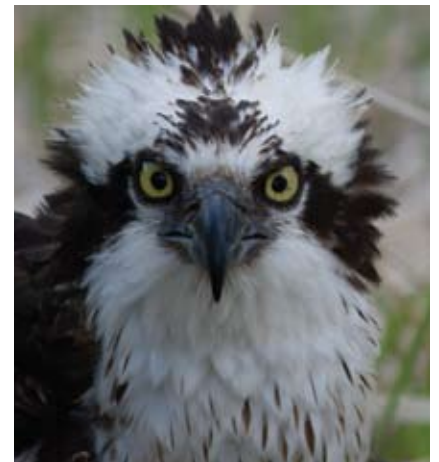
computers. The sounds will be heard worldwide as visitor from all parts of the globe log in.

We are testing the live image at our administration building to make sure all the technical bits and pieces are under control before going live. I get into the office in the morning and turn on my computer, log into the Osprey camera and I'm serenaded by loud courtship chatter as the male brings in fish and sticks to the female to show that he is a good provider. The female takes the fish willingly and flies to a nearby perch to demolish it. I find it fascinating to be so up close and personal into the lives of a bird that we see from a distance, soaring above the lakes and perched in large nest on telephone poles and on trees. So please, tune in and take a look.

“Shrill cries and squawks”

Thanks to the Fish and Wildlife Compensation Program, Kootenay Wireless and Creston Tree Service for their support in this project.

The Wildlife Interpretation Centre opens May 18, 2010. We have lots of great programs this year, so please come in and see us or check out our website for further information.



Osprey that returned to the Creston Valley in mid-May

A 17,000 acre wetland located 11 km west of Creston, BC on Hwy 3

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9 am to 4 pm
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Sept. 8 - Sept. 24 (Wed. - Fri.)

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THIS MONTH:
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Saturday, May 29, 9 am to Noon
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Check website for details

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(250) 402-6908 or (250) 402-6900
email: askus@crestonwildlife.ca
www.crestonwildlife.ca

It's That Time Again

Story by: Hugh Johnson
President – Creston Valley Blossom Fest

The Creston Valley's annual funfest, the Blossom Festival arrives a few days later this year due to the Victoria Day long weekend that ends on May 24, Queen Victoria's Birthday. She is unable to make the festival, but organizers nevertheless have lots planned for young and old alike.

Opening night is Friday, May 21, 2010 and this year Doug Arden will headline the Stage Show. Arden is a stand up comic who knows how to make people laugh by his candid ability to poke fun at life using experiences that life has put him through. He is an accomplished ventriloquist and his sidekick, "Gramps", will also tickle your funny bone. If that isn't enough, during his 60-minute appearance on the Blossom Festival stage he will also show off his skills as a magician.

The opening act is a motley crew of characters known as the "Kings of Kitchener", featuring the guitar and vocal work of Ted Bryant, on suitcases (drums) Mike Mitchell alias "Two Scoop Steve" himself from Yahk and on guitar Neil Ostafchuk, the singing Rec. Programmer.

The highlight of the evening will be when the Rotary Club reveals this year's choice as Citizen of the Year. Tickets for the Stage Show are on sale now at Sue's Cloth's Line, Black Bear Books and the Chamber of Commerce office.

The theme of the festival is "New Pool Is Cool" which refers to the brand new indoor pool that is almost completed at the Creston & District Community Complex. It won't be ready for the Blossom Festival but we still feel that when it opens before summer it will be the most talked about new facility in the valley.

This year's Blossom Festival buttons, which are on sale now, also salute the pool. They are available at the Chamber of Commerce office and Sue's Cloth's Line. Tickets are \$2.00 and you could

win the Blossom Fest prize pack worth \$400.00. This pack includes a three-month pass at the new pool, 12 VIP passes to the Creston Valley Wildlife Management Authority, which includes canoe rides and a pair of golf passes from the Creston Golf Club.

The 69th Annual Creston Valley Blossom Festival is packed with events for everyone. The 16th Avenue Experience, that debuted last year, is back. From the College of the Rockies campus lot to Millennium Park there are events for the small fries such as the jumping tent. For the older kids we have the climbing wall and further down is the dunk tank. The stage in the park will be busy with a variety of local entertainers and it all happens from noon until 3:00pm.

Downtown, following the big parade on Saturday, you can take in the Lions Street Fair in the Town Square or wander up and down Canyon Street and check out the sidewalk sale.

For hungry pallets there are two pancake breakfasts to get things going. Saturday the Lions have their traditional pancake breakfast at the Sunset Seed Company parking lot. Sunday, the Knights of Columbus will be holding a Texas style breakfast in the Catholic Hall.

Sunday on Canyon Street don't miss the Custom Car Show, which will feature quite a variety of vintage cars. In the middle of all that the Lions will be

holding their popular Chili Cookoff where you can sample the various chilis and vote for the winner.

Monday is Kid's day, beginning with the kiddies' parade, which assembles behind the CIBC at 10:30am. Every youngster that takes part gets a ticket for a free hot dog and pop, available in Centennial Park following the parade, which runs from the CIBC to the Royal Bank.

If you want a free hot dog and pop, then you have to be in the parade otherwise you will have to pay. The Creston Flying Club, weather permitting, hope to hold a fly past just prior the start of the main parade on Saturday morning.

This will be one weekend where there is definitely a lot to see and do.

BLOSSOM FESTIVAL
Creston, BC

Doug Arden Comedy Show
Comedian • Magician • Ventriloquist
"Doug will leave you laughing..."

Special Guests
The Kings of Kitchener

Friday May 21, 2010
7:30 PM PCSS Auditorium
Doors Open at 7:00 PM
Tickets \$20 or Family of four \$50

Meet the Creston Valley's Citizen of the Year
Tickets available at Black Bear Books, Chamber of Commerce & Sue's Cloth's Line.
For more information check our website at www.blossomfestival.ca

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During Blossom
Festival Weekend

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Blossom Festival Hrs: Friday 9:00-5:30, Saturday 9:00-5:30,
Sunday 9:00-4:00, Monday 11:00-4:00

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69th Creston Blossom

(schedule subject to change)

May 21 to

Friday, May 21

- Creston Museum Open** 219 Devon Street
10:00 a.m. to 3:30 p.m.
- Model Railway Open House** Creston Museum
219 Devon St.
10:00 a.m. to 3:30 p.m.
- C.V. Wildlife Centre Open** West Creston
9:00 a.m. to 4:00 p.m.
- Opening Concert** P.C.S.S.
Staring: Doug Arden 7:30 p.m.
-Comedian, Ventriloquist, Magician
-Kings of Kitchener - Great Music
-Citizen of the Year

Saturday, May 22

- Lions Club Breakfast** Canyon St. (Beside 7-11)
7:00 a.m. to 11:00 a.m.
- Street Fair (Lions Club)** 11th Avenue N.
(at Canyon St.)
8:00 a.m. to 5:00 p.m.
- Canyon Street Sidewalk Sale** Canyon Street Merchants
9:00 a.m. to 5:00 p.m.
- C.V. Wildlife Center Open** West Creston
9:00 a.m. to 4:00 p.m.

- C.V. Flying Club -Fly Over** Creston Street
10:45 a.m.
(weather permitting)
- Parade** 18th Ave. to CV Mall
11:00 a.m.
- Children's Train Ride & Games** College Parking Lot
16th Ave. South
12:30 p.m. to 4:00 p.m.
(Success By Six)
- Climbing Wall** South Side Millennium
Park (16th Ave/Cedar St.)
12:30 p.m. to 4:00 p.m.
- Dunk Tank** South Side Millennium
Park (16th Ave/Cedar St.)
12:30 p.m. to 4:00 p.m.
- Stephanie's Treats** South Side Millennium
Park (16th Ave/Cedar St.)
12:30 p.m. to 4:00 p.m.
(Concession)
- Spike Driving Contest** Beside Millennium Park
1:00 p.m. to 3:00 p.m.
- Entertainment In The Park** Millennium Park
12:30 p.m. to 2:30 p.m.
- Creston Museum** 219 Devon Street
1:00 p.m. to 5:00 p.m.



Blossom Festival Button Draw

Draw Date: May 24, 12:30 pm
at the Centennial Park

Tickets & Buttons Only \$2.00

Buttons available at the Chamber of Commerce,
Sue's Clothesline or Creston Valley Blossom
Festival Society members.



Creston Valley Blossom Festival

May 23-24, 2010

www.blossomfestival.ca

Model Railway Creston Museum,
219 Devon St.
1:00 p.m. to 5:00 p.m.

Sunday, May 23

Knights of Columbus Western Breakfast Catholic Church Hall
8:00 a.m. to 1:00 p.m.

Blossom 5K & 10K Run Canyon Park
8:00 a.m. - Walkers
9:00 a.m. - Runners

Classic Car Show Canyon St. - 10th Ave.
to 16th Ave.
9:00 a.m. to 4:00 p.m.

C.V. Car Show and Sound Off Canyon St. -
10th Ave. to 16th Ave.
9:00 a.m. to 4:00 p.m.

Creston Lions Chili Cook-Off Canyon St. -
12th Ave. to 15th Ave.
10:00 a.m. to 3:00 p.m.

Creston Museum 219 Devon Street
10:00 a.m. to 3:30 p.m.

Model Railway Creston Museum,
219 Devon St.
10:00 a.m. to 3:30 p.m.

Blossom Festival Worship Service Recreation Centre
10:00 a.m. to Noon

C.V. Demolition Derby Kitchener,
Old Airport - Hw 3
11:00 a.m.
(Gates open 10:00 a.m.)

Monday, May 24

Creston Museum 219 Devon Street
10:00 a.m. to 3:30 p.m.

Model Railway Creston Museum,
219 Devon St.
10:00 a.m. to 3:30 p.m.

Lions Club Children's Parade Canyon St. - 12th Ave.
to 10th Ave.
11:00 a.m.

Lions Club Children's Picnic Centennial Park
Following Parade

Grand Prize Button Draw Centennial Park
12:30 p.m.

C.V. Regional Airport Open House Pancake Breakfast 1993 Airport Road,
Lister
Starts 10:00 a.m.
-continues all day

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Come check out the Creston Art Club
Art Show & Sale
Through Blossom Festival
May 14 to 28, 2010
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Creston Valley Blossom Festival
5th Annual Canyon Street Classic Car Show

Everyone Welcome
Registration Fee only \$15.00 per entry
Sunday, May 23, 2010
9:00 - 12:00 Noon Registration
10:00 - 3:30pm Show and Shine
3:00 pm Awards and Trophies
Contact: Jeff or Sue @ 250-428-7723
Or email jsdashwood@shaw.ca
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Artists In Action

Story by: Win Dinn

Owner - Painted Turtle Gallery

Come into the Painted Turtle Gallery during the Blossom Festival.

With on-site artists working Saturday and Sunday, you're likely to see some brilliant and entertaining techniques, as well as view some of the best local and regional artworks in the valley.

On Saturday morning, Laura Leeder will be working in watercolour on one of her vintage-feel watercolours. These watercolours evoke a feeling of nostalgia, often depicting hand-embroidered tablecloths, antique laces and of course, the timeless fruit and blossoms (how appropriate) found here in the valley. Leeder has a passion for depicting a by-gone era, and her work reflects her passion.

Saturday afternoon, Carol Schloss, a signature member of the Pastel Society of America, will be dancing with pastels. Her award-winning pastels

sparkle with light and colour. Carol's paintings, often landscapes, domestic animals, and western themes, are rich in the pure colour associated with this medium and her use of light and shadow is mouth-watering.

While you take a break from coveting those gorgeous cars on Canyon Street on Sunday, you'll have a chance to see paper-painting and collage demonstrations, learn about altered books, artist trading cards and upcoming workshops. The gallery is chock-a-block full of works in oil, acrylics, textiles, mosaics, watercolours, woodworking, stained glass, jewellery, metalwork, clay and just about any medium you could desire. You can always turn to the staff that has a collective wealth of information about all of them.

All artwork is original, one-of-a-kind and created right here in the Kootenays. In fact, it might interest you to know that about 65-percent of the work is right from artists living and working in the Creston Valley. Even our artists bloom for Blossom Fest, and you'll find them here demonstrating just for you.

The Painted Turtle Gallery
Phone: 250-428-5141
Website: www.ptgallery.ca



Carol Schloss: Sonata in Gold



Laura Leeder: A Spring Performance

Spring Toy Event



Blossom Festival
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Creston's Largest Loser A Winner

Story by: Vanessa Fowler
Owner - Nadan Nessie Gear

Cindy Allard is officially Creston's Largest Loser after losing 34.96 percent of her body weight. She also takes home the \$5000.00 prize. Runner up David Chatwin lost 34.41 of his body weight, 0.5 percent less than Allard. They both went down a long journey to get where they are.

109 contestants entered Creston's Largest Loser initially and a total of 2073.9 lbs were lost over the 12-weeks. The event was overall very successful and has really helped a lot of people get a head start to a healthier

"A head start to a healthier lifestyle"

lifestyle. We really hope people can continue with their new healthy choices and plan to make this a yearly event since it was such a huge success.

We held a couple events throughout the 12 weeks that included a cooking taste test of healthy recipes, as well as one that included a talk of outdoor activities that you can find here in our own valley. There were 28 local businesses that helped support Creston's Largest Loser.

All contestant results are posted on our website
www.nadannessiegear.com

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*Wednesdays, May 26, June 2 & 9
6:30-8:30 pm*

\$12 + tax 1 day or \$29 + tax all 3 days

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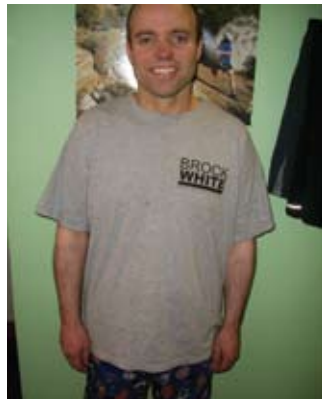
Cindy Allard before



Cindy Allard after



David Chatwin before



David Chatwin after

Creston Valley
Fall Fair
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10th & 11th
2010

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Great suggestions for trees and shrubs for around your house.

Ideally, trees should be no more than two times the height of your house measuring from the outside ground level. Check a plants growth rate, full height at maturity and it's width for the shade it will create.

Excellent flowering trees are the magnolias, crab apples, dogwoods and cherry trees. They grow fairly quickly, provide moderate shade, and are just beautiful in the spring.

Evergreen shrubs bordering the perimeter of tall homes with cement foundations improves it's appearance, but are not for ranch style houses as

they may appear to be swallowing up the house.

Enhance your front door with an asymmetrical selection of trees and shrubs flanking each side, such as a few small conical evergreen trees on one side, and a shaped boxwood border on the other.

When planting trees make sure to dig the hole wide and deep enough to accomodate the roots, and burlap if included. Burlap can be left on the root ball as it will eventually decay, but remove any string around the base of the tree. Burlap or brown paper around the trunk of young trees will prevent injury from direct sunlight.

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New location inside 7-11, Creston
Phone: 250-428-4614
Winter Hours: Tuesday to Friday 10:30 to 9:30,
Saturday 9:00 to 5:00, Closed Sunday and Monday

Finding the Right Sales Representative

Story by: Shannon Veitch

Real Estate Agent - Century 21 Veitch Realty

Having been a Licensed Realtor in the Creston Valley for the last 16 years, I have met some wonderful people and had many terrific experiences. Each client has a unique situation that I became a part of. In Creston, as well as most cities or towns, there are several Realtors for the Buyer or Seller to choose from.

It is often said that when choosing a Realtor you, as the Buyer or Seller, should choose someone that you know, like and can trust. These are qualities that you are going to want in the Representative that you choose.

"A Realtor that is truly working for you"

You want a Realtor that is truly working for you. If they are listening to your needs and if they understand what is important to you, then you will feel so much better about the entire experience.

First, you should decide if you prefer to work with a male Realtor or a female Realtor. Age may be another

consideration, though do not confuse age with wisdom. Some Realtors specialize in specific markets such as commercial properties or recreational properties, while others concentrate more on selling houses. If you are looking for a specific or unique property you may want to find a Realtor that specializes in that type of property.

You want a Realtor who is knowledgeable about the properties on the market as well as their location within the valley and the unique qualities of those various neighborhoods and subdivisions.

If you like to communicate by email, let your Realtor know that. Cell phones are another mainstay of the Realtor's life. You need to feel that we are available to you when you make your decision to buy that new home.

In the end, I firmly believe that if you like your Realtor, if you feel you can trust your Realtor and if you have confidence that your Realtor is going to get the job done for you.

We are here to help you. Buying or selling your home may be one of the most important decisions you

make. Take the time to choose your Sales Representative rather than just going with anyone. There are many Realtors to choose from – find the one that works for you.



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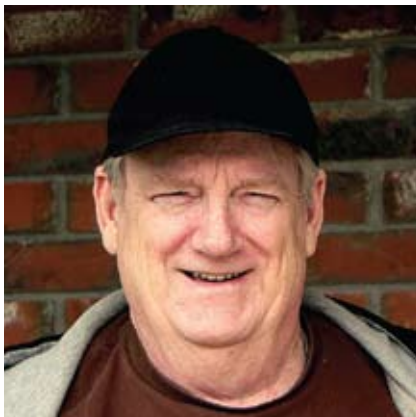
You Can Help Fight Cancer

Story by: Joanne Prodaniuk
Secretary - Creston Relay for Life



The Creston Relay for Life committee is proud to announce 2010's Honorary Chairman, Frank Goodsir. Goodsir is well known in the valley for his many years of teaching and his active involvement in the community.

He has written and is sharing his own fight with cancer:



Frank Goodsir, Creston Relay for Life 2010 Honorary Chairman

The "C" word... cancer... just a generation or two ago, was a death sentence to most. I have lost two relatives and several friends to cancer. Today, although the prospects of getting cancer are daunting, it is to

the traumatic experience it was in our parents' time. Vast improvements have been made in the diagnosis and treatment of cancer.

I have been fighting cancer for over eleven years, having gone through three battles. I have finally won the war, making it to the magical two years without my tumours growing back. That doesn't mean it won't come back, just the chances of it returning are less.

Each person must define and fight their own battles. I was lucky enough to have excellent family practitioners and specialists in my corner, along with many, many dear friends who were on my side. At the beginning one goes through the five steps of grieving - denial, no I didn't have cancer, it must have been a misdiagnosis; anger, why me?; bargaining, with God, with my guardian angel, with the devil, anyone who would guarantee me a future healthy life; depression, days, weeks, months without wanting to do anything; and finally acceptance, what do I do now? Following my medical

teams advice, eat right, walk and carry on as best I could.

People must deal with cancer, disease, or personal crisis in their own way, making use of whatever facilities are available and whoever, especially friends are by your side. The battle is not an easy one but it is one that is being won more and more as progress is made in the diagnosis and treatment of this disease.

I've finally won my battles... as the devil hasn't been to collect yet. I figure it was God or my Guardian Angel, or possibly both, I had in my corner.

Frank Goodsir

"Fighting cancer for over eleven years"

Look for Goodsir as he rides on the Relay for Life float in the Blossom Valley Parade or come to speak with him personally at the Relay in Millennium Park.

This year's Relay for Life's theme is "Remember, Celebrate, Fight Back". Everyone is challenged to walk at least three laps - one to remember, one to celebrate and one to fight back. The Creston Relay for Life committee hopes to see 15 teams raise \$65,000.00, which is a realistic goal as Creston traditionally has the highest donation rate per capita in BC. The Luminary Lap to celebrate and support survivors and to remember those lost is at 9:00pm. Luminary bags will be available for sale at various local events, the Relay and on line by following the links at www.cancer.ca/relay. Non-walkers are encouraged to come and enjoy the day, friends and the activities.

Entertainment includes, (to name a few), Red Jade Martial Arts, the



One 2009 relay team used a Lions theme



2009 Relay for Life participants

Creston Fiddlers, the Howling Wannabes, Highland Dancers and the Creston Pipe Band. Other events planned include Cat Steele cutting her hair and donating it to make a wig, children's activities from noon onward and a pancake breakfast with proceeds going to the Relay Fund. There are more details to come on a Helicopter Ride Raffle. Mike Wigen is donating the ride and tickets are \$5.00. The winner and a friend will get a 30-minute helicopter ride. The draw is the afternoon of the Relay and the ride will be the same day if the winner is present. Otherwise, the ride will have to be arranged for another time.

"Remember, Celebrate, Fight Back"



The Luminary Lap to celebrate and support survivors and to remember those lost

Creston Relay for Life
June 5, 2010 from 10:00am to 10:00pm

Location: Millennium Park

Come out and support the Creston Relay for Life and help finally beat this dreadful disease.

If we work together, cancer can be beaten!

If you are interested in participating in the Relay, please contact Debbie Kepke at 250-428-9679. She is in charge of team recruitment and can arrange to have your team registered or can have you assigned to a team as an individual. For more information or to volunteer, please call Pat Chapman, Chairperson, at 250-866-5564.



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Stress-Memory-Mood & Food



Story by:
Annette Agabob
Owner - Annette's
Health Action

The Brain and Digestive Connection:

In today's fast paced lifestyle we are aware of stress and how it can have a negative effect on our health. Yet, we are so used to it, we don't even realize how much it is really affecting us.

How does this stress we experience on a daily basis affect our bodies, and the chemical balance within our brain?

We suffer with problems such as:

- poor memory
- anxiety

- mood swings
- feelings of sadness
- difficulty in "thinking positive"
- hyperactivity in kids

Can many of these struggles be contributed to a lack of nutrients? More specifically, a lack of "neurotransmitters" found in the brain, and the gut? Scientific studies have shown that many problems such as stress, hyperactivity and even alcoholism can be linked to

"Experience on a daily basis affect our bodies"

an imbalance of chemicals in the brain. Brain cells "communicate" with each other using chemical messengers called neurotransmitters, composed of amino acids. When the brain is lacking certain amino acids, these neurotransmitters can stop functioning correctly.

The result can be a range of emotional and mental difficulties, the inability to concentrate and think clearly or to cope with everyday stress. If we don't get to the root cause of these problems it's difficult to make progress.

When we experience stress on a regular basis, it also disrupts our digestive systems, (which is also a place where neurotransmitters reside). You see, our gut has been found to act as "our second brain". Therefore, it is important to take care of "both body systems" - the nervous system (brain) and the digestive system, when we are looking to improve our well-being. These neurotransmitters form thoughts,

store and retrieve information in the brain and translate thoughts and memories into physical actions and emotions. When there is an imbalance, it can affect many aspects of our daily life including whether we have clarity of mind, sharp memory, calm feelings and a relaxed state of mind and body.

A few basic nutritional supplements that can help both the body and mind together are:

- Hemp protein with plant enzymes, (brain and digestive)
- Plant enzymes (for improved digestion and assimilation)
- Liquid B Vitamins (nervous system support)

These products can all be found at your local health food store.

There is one more product I

"Contributed to a lack of nutrients"

have had good results with. It is a combination of amino acids, vitamins and minerals. It is important to remember that everyday stress can cause an "imbalance" in the body and the mind. Exercise, proper nutrition and taking time to have fun will enable the body to "heal itself".

For information on Annette's Health Action or Products:

Phone: 250-866-5737

Email: info@annetteshealthaction.com
www.annetteshealthaction.com

*This article is intended for informational purposes, and does not replace your regular visits and recommendation's from your personal Medical Doctor.

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Out & About

www.crestonevents.ca

May 03, 2010

Creston Valley Food Action Coalition Meeting

Location: College of the Rockies greenhouse classroom at 4:00pm

Contact: Valerie Comer

Phone: 250-254-2142

www.crestonfoodaction.ca

May 3 - 7, 2010

Focus on Youth

Locations: PCSS Auditorium
Chamber of Commerce
Creston Public Library

Contact: Lynne Johnson

Phone: 250-402-6232

May 8, 2010

Creston Museum & Archives presents "Electrified"

Details & Times: TBA

Contact: Tammy Hardwick

Phone: 250-428-9262

May 21 - 24, 2010

69th Annual Creston Valley Blossom Festival

Contact: Bev Caldwell

Phone: 250-428-2214 ext 226

May 21- 22, 2010

Party in the Park

Location: Mountain Park Resort

Contact: John and Pam

Phone: 250 428 2954

Email: mt_park@hotmail.com

May 22 - 23, 2010

Annual Lower Kootenai Band Yaqaan Nuki Powwow

Location: Lower Kootenai Band Gymnasium at 1:00pm

Phone: 250-428-9809

May 23, 2010

Annual Demolition Derby

Location: Kitchener Airport at 10:00am

Contact: Blaine Whitford

Phone: 250-429-9830



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Early Fruits

Strawberries.....June 20 - July 10
Raspberries.....July 10 - 31
Boysenberries.....July 10 - 31
Blackberries.....July 10 - 31
Cherries.....July 20 - Aug. 12
Pie Cherries.....July 23 - 30

Soft Fruits

Apricots.....July 20 - Aug. 12
Peaches.....Aug. 1 - Sept. 15
Plums.....Aug. 15 - Sept. 15

Pears

Bartlet Sept. 1
D'Anjou Sept. 30

Prunes

Early..... Sept. 10
Late..... Sept. 20

Apples

Transparents.....July 25 - Aug. 7
Wealthy (pies) Aug. 15 - Sept. 15
Sunrise..... August 20
Tydeman Red..... Sept. 1 - 15
McIntosh Sept. 15
Spartan..... Oct. 1

Delicious Oct. 7
Golden Delicious Oct. 7
Rome Beauty..... Oct. 15

Vegetables

Asparagus..... May 1
Potatoes..... July 25
Tomatoes..... Aug. 1
Peppers..... Aug. 10
Pickling Cukes Aug. 10
Table Cukes..... Aug. 10
Corn Aug. 15
Squash..... Late Sept.
Pumpkins..... Late Sept.

May 24, 2010

Lovers In A Dangerous Time
(Local award-winning film)

Location: Tivoli Theatre
at 7:00pm
Free admission

May 28 - 30, 2010

21st Annual Swan Valley Swingers Square Dance Festival

Location: Canyon Hall
Contact: Shirley Cameron
Phone: 250-428-3995

May 29 - 30, 2010

Barrel-O-Ramma & Team Roping

Location: Canyon Park
Contact: Debby McCurrach
Phone: 250-424-5084

Creston Valley Homes For Sale



Fully Renovated Home
544-6th Ave. S., Creston. New oak kitchen, new flooring, large deck, fireplace, great view. 3 bedrooms, 1 1/2 bath, plus one bedroom self contained ground level suite.
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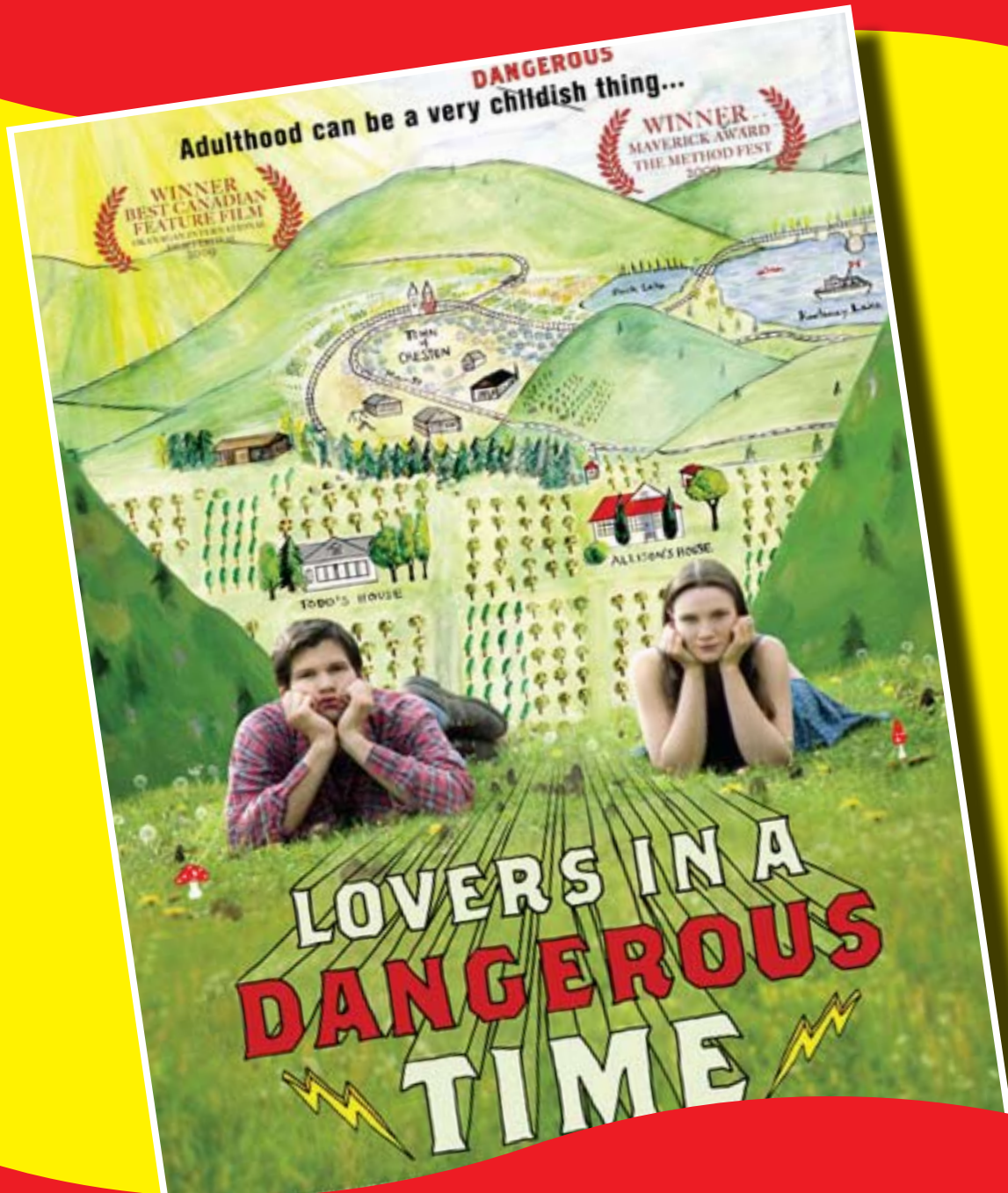
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- 28.4 hp diesel, 3 range hydrostatic trans., quick attach MF L90 loader w/ 60" bucket (1020lb lift cap.), 2425lb lift cap. 3point hitch, 22.5hp live 540 pto and live 2000 rpm mid pto for optional mower or front implement operation, industrial tire pkg.

** Cash price includes all discounts/free loader program in lieu of financing offer. Standard rate financing available on cash price at 6.75% pa OAC.

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