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Pages 19 thru 22

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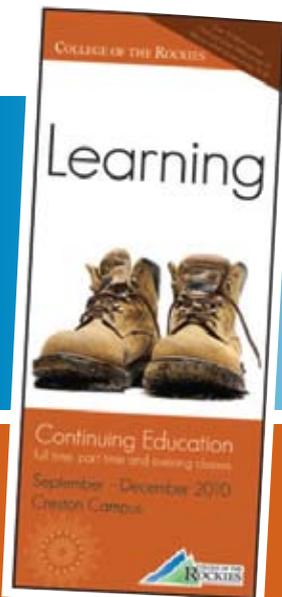
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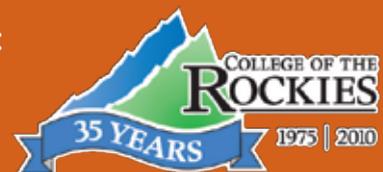


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Ben Boreham and granddaughter Adele, share their passion for constructing unique works of art with stones collected from the shore of Kootenay Lake.

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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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Guest From the editor

Greetings all,

I'm happy to be working with 'I love Creston' magazine this month while Kris is away. If anyone has any complaints about the editing, blame me not Kris.

After reading some of the articles this month, I noticed a theme of food and community co-operation but then being fall and harvest season, this is to be expected. Plus, food and community is something we all have in common.

The Harvest Share program is a way to share produce in the valley. In a small way, I have some personal knowledge of the program as I volunteered for one cherry pick this year. It was in an orchard where, up until the previous week, the orchardist had been planning to market his cherries; then the wasps moved in. It was almost heartbreaking to see the beautiful, huge cherries marred by the wasps but it was gratifying to know not all the cherries would be wasted.

The Saturday morning Farmers' Market is great example of food and community. Where else can you go to commune with neighbours while purchasing wholesome locally grown food and locally made products.

Another important part of our community is the Gleaner's. It also happens to be my favourite store. Not only do they run a second-hand store as well as our local food bank, I think a lot of people would be surprised to know just how much money they give back to the community; money well-recycled.

This month Annette Agabob has provided us with timely advice on healthy eating, both cultivated and wild food.

We also are showcasing a fine artist from down the lake who you may want to contact if you are considering renovating your kitchen.

Read about the latest offering from a Yakk author and what our mayor has to say about

our police force. The Creston museum has also given us a look back to the area's gold rush days.

Resident columnist, Kristen Cook offers her advice on back-to-school fashion and PCSS student Lexi Czar tells us about her summer competition.

Finally, financial advice is provided by the Investor's Group for those who have money at the end of the summer and don't know what to do with it.

As usual, something for everyone in this month's issue of 'I love Creston'. Eat, drink and be merry with friends,

Cheers, Trish Bartlett

Note From the Editor

Hi readers,

Just wanted to let you know that I am taking a couple of months off my wonderful job as Editor of I Love Creston Magazine. I do love what I do and whom I do it with but have had an immense quench for adventure. Scuba diving, surfing, skateboarding, an African Safari or even working as Minnie Mouse at Disneyland. Simply put, the world is my oyster. I will talk with you soon.

Kris Dickeson
Editor, I Love Creston Magazine

Mailbag

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

Hi Kris:

Thanks for the article in this issue of I LOVE CRESTON [Magazine August 2010 Issue. Good job and I really appreciate the coverage.

thx, Keith Powell - Author.
Living in the Shadow of Fisher Peak

Hi Keith,

Thanks so much for your email. I grew up in the Kootenays and really only knew about the Wild Horse Creek and Cariboo gold rushes. How exciting to hear about the Kootenay gold rush and

its connection to the Creston Valley. I can't wait to read "Living in the Shadow of Fisher Peak", and getting to know the character, "Jack Fisher". I also have to give you kudos on the 9,336 feet trek up Fisher Peak to launch the book.

Sincerely, Kris Dickeson - Editor

Hi Kris,

Here we are in 2010 with a new fisherman caught in an "old fish net".

I am talking about the misnomer of calling a Bull Trout a Dolly Varden.

It is an old habit to call Salvelinus Confluentas (Bull Trout) a Salvelinus Malma (Dolly Varden) with little to no similarities. The story of how the Dolly Varden got its name back in the 1800's after a young girls dress is interesting but the Bull Trout is the one in danger.

In other words, there is no such fish as the Dolly Varden in the Kootenays officially since 1980.

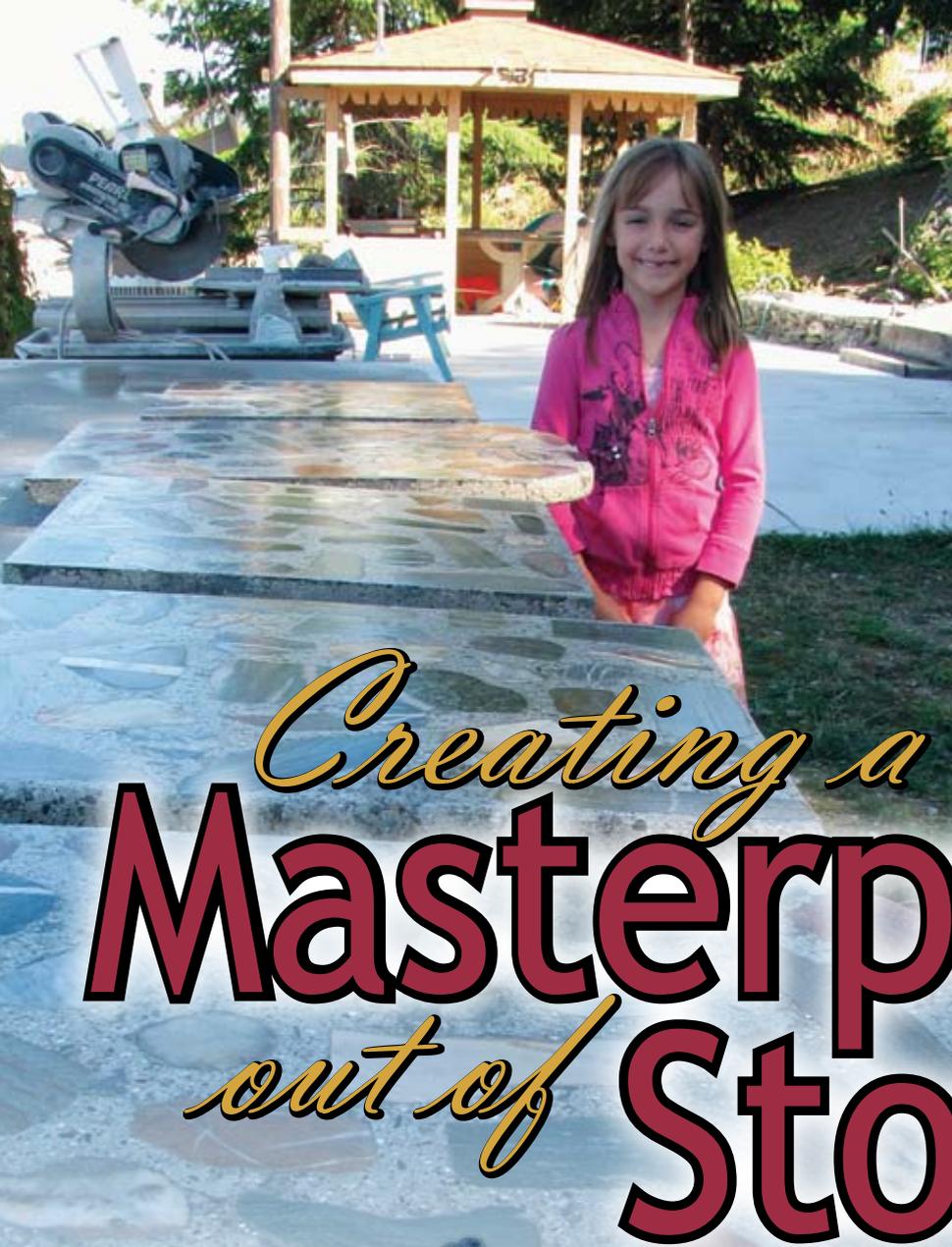
Len

ps: The B.C. fishing regulations booklet has a picture and description of each fish.

Hi Len,

Well, well. Have you opened a can of worms amongst fisher folk here in the Creston Valley! First things first... I am pleading ignorance to this debate, as I have NO qualification to throw in my two bits. That being said, I know your letter is going to light some fires and get people talking. Thank you, I love mail, especially when I learn from it. So here we go readers. Len has thrown out some bait and we want your feedback and it will be printed. Thanks for this Len

Sincerely, Kris Dickeson - Editor



Any summertime visitor would have to have their head in the sand not to notice that Kootenay Lake is a real gem, a point not lost on the granddaughter of one retired couple who live a stone's throw from the water's edge at Boswell.

Seven-year-old Adele Piere of Calgary came by that understanding early by literally following the footsteps of her grandfather, Ben Boreham, as he strolled the lakeshore in search of pretty rocks – if not exactly diamonds – in the rough.

Creating a **Masterpiece** *out of* **Stone**

Story by : Brian Bell

*Pictured above:
Adele proudly showing
one of grandpa's
many creations.*



“Slice open in search of a dazzling interior”

Boreham’s specialty is kitchen countertops and bathroom vanities inlaid with eye-

catching cut stones, though he also makes stepping stones, benches, tables and birdbaths. He traces the craft back to the days of his youth near Sherbrooke, Quebec, where Boreham spent summers maintaining a cemetery off and on over an 18-year period, starting at age 14.

While mowing the grass and laying foundations for tombstones, he’d marvel at the various craftsmen who showed up to mark personal information on each one.

“One would sandblast the date on. Another guy would chip it out by hand. I was amazed with what you can do with a piece of rock.

“That’s what really got me going. Some people take a piece of wood and carve something out of it. This is the same thing as a piece of wood,” Boreham says, referring to any of the ordinary-looking stone specimens he might decide to pick up on one of his frequent outings, pack home and slice open in search of a dazzling interior.

The best ones aren’t necessarily obvious, in the same way a book can’t be judged by its cover.

“You can pick up a rock, look at it and throw it down,” he says. “I probably walk past that rock a hundred times. Then the next time I pass by it I think, ‘That’s a great looking rock.’”



Ben piecing together another functional work of art.

“Prized piece in her grandpa’s latest puzzle”

Boreham, 70, who retired to the personal piece of paradise with wife Helen in 1996. “Even my granddaughter, when she walks on the beach she picks up rocks. She’s going to be a rock collector too.

“When I walk on the beach my head’s always down, looking at rocks,” says

“Sometimes I’ll look at her collection and I’ll steal from her.”

Adele understands such pilfering is for a good cause; each stone serves as a prized piece in her grandpa’s latest puzzle set in concrete. For the past six years, Boreham has devoted much of his leisure time to constructing unique, functional works of art that showcase Creston Valley beauty.

“I’ve had one (that) is brown and looks like a slab of bacon. Other rocks are full of grain and some others look like a scene of a mountain across the lake from us. Some rocks go in circles, smaller and smaller.”

Ironically, when Boreham began experimenting with concrete in 2004, his quest for tools led him back to his home province of Quebec from which he moved west with his wife and two teenaged children in the early 1980s, leaving behind jobs as a school bus driver and curling rink icemaker. The Borehams bought the Green Acres Motel in Erickson, with Helen holding down the fort while

“If they had stones in them they’d look even better”

Ben spent eight years commuting to work for his brother at a mine in Parson, near Golden.

In 1996, the Borehams sold the motel and retired to the house in Boswell that Ben and a brother-in-law had built in 1990.

“When I first started playing around with cement I was making benches, coffee tables for outdoors and stepping stones, but that was only with cement. There were no rocks in it,” says Boreham, who found the grinder he needed in la belle province. “I knew that cement benches looked nice but if they had stones in them they’d look even better.

“Four years ago I went looking for a stone cutter” which he also

purchased in Quebec along with more specialized grinders.

The process of building a countertop begins with a couple of days’ worth of rock-hounding and cutting. Then he builds a wooden frame around a sheet of Plexiglas.

At that point Boreham the carpenter gives way to Boreham the artist as he thoughtfully selects and places – upside down and an inch apart – the smooth, cut stones that will make the finished product distinct, taking care to display them in an appealing pattern.

After positioning rebar, Boreham secures each stone with one

hand while employing a small trowel in the other to place cement on top – no more than an inch-and-a-half thick.

Three days later the frame is removed and the slab turned over to finish curing over the next week. In the meantime he works the surface with a wire brush to expose air holes that get filled in with a fine cement paste, sometimes coloured. A few days later he’ll grind the surface, often exposing

“taking care to display them in an appealing pattern”



more holes that receive patches of an even finer paste.

Another grinding is sometimes needed before Boreham is satisfied that it's safe to apply a clear epoxy overcoat that gives the countertop a glossy sheen.

No one taught him the technique, which he's not seen elsewhere. He just chalks it up to "a lot of common sense. I kept making mistakes and learning by it. If you work for yourself, you know there's always a better way to do it."

Boreham always has a project on the go, although "there's a lot of spare time in there too."

He busies himself gardening on their one-third acre lot, serves as the neighbourhood lawn-mower and handyman, and looks after the Boswell Hall. But nothing captures his fancy quite as much as creating another stone masterpiece, most of which he builds on spec. A double-chair and table combination and stepping stone inlaid with a rhubarb leaf are among his latest innovations.

Adele sprays a rock to reveal its hidden beauty.

"I try different things to see what they look like," he says. "I make something I think someone might like."

He never has to worry about too much inventory.

"I don't advertise (but) everything has sold (through) word of mouth, neighbour to neighbour," Boreham says.

"I'm not really hurting for money. It's a hobby. It's what I enjoy. If it don't sell it's not a big loss. So what? I'm happy. I'm content with what I'm doing.

"When you retire, if you've got nothing to do you're going to die. You've got to keep active, I say. This is my theory. I'm always out doing something all the time."

For more information on Ben Boreham's creations Call 250-223-8403





From the Mayor's Desk

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

Creston Valley Regional Policing Services

With an eye to improved regional police service, over the past 3 years, the Town and Directors for Areas A, B and C have collaboratively worked towards the possibility of a Rural Enhanced Policing Unit. Building on public surveys and numerous meetings with a variety of stakeholders, we have come to understand that citizens of the Creston Valley recognize an improved provision of police services is a desired outcome for the area as a whole.

Our Creston Valley has an approximate regional population of

13,000, with the Town of Creston accounting for about 5,000 people. At the present time, our local RCMP detachment consists of 13 members plus civilian personnel.

"The first of its kind in British Columbia"

If the proposed Rural Enhanced Policing Unit was created and implemented, our local police protection force would be increased by an estimated 5 officers. This Rural Regional Police unit would be the first of its kind in British

Columbia and, as a pilot project, could become a model for rural policing enhancement throughout the Province.

If the Rural Enhanced Policing Unit was implemented, a local Public Safety Committee would be established in order to detail local concerns and to provide input on direction for the Rural Policing Unit. This Committee would initially consist of the four sitting Regional Directors representing the Town of Creston and Areas A, B & C (Mayor Toyota, and Directors Jackman, Kettle and Binks).

The important key to success of this unit would be strong local strategies carried out with visibility, accountability and transparency.

*Ron Toyota is the Mayor of Creston
Phone: 250-428-2214
Email: Ron.Toyota@creston.ca
Website: www.creston.ca*

Creston Valley Business Buzz



Harvey Karlenzig
Owner - A-1Vac Shop

The business started in 1991 when a friend asked if I could fix their vacuum, then someone else wanted bags etc. There seemed to be a need so hired Anja palmer to man a small store next to the Dairy Queen Within 6 months the demand had grown to the point were I sold my share in another business and went

full time, We outgrew the original store and moved to our present location in 1992. With my wife Audrey and son Dave we're open 6 days a week. A large parts department means most repairs can be done within 24 hours. With over 20 different brand names [both new and used] and over 80 vacuums on our floor - we simply have the best stocked

vac shop in the interior. Hundreds of different bags, belts, hoses, etc meet most of the needs of the valley. Our specialty is central vacuums and all the accessories that go with them. Also having installed around 800 - we certainly know our business. We have had 18 very satisfying years meeting the needs of our many customers and have made hundreds of friends in so doing - what could be better than that?

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Not Just a Summer Event



Story Submitted by: Jen Comer
Creston Valley Farmers' Market Manager

The Creston Valley Farmers' Market will be continuing the excitement of the summer right through until Christmas time.

Built upon the great success of last year's 'Winter Market', the Farmers' Market will be moving to Morris Flowers and Greenhouse (1403

Erickson Rd.) every Saturday from September 25th through December 18th, 10:00 am to 2:00 pm. Until

**"Surpassed
the organizers'
expectations"**

September 18th, the market remains located at Millennium Park and

runs Saturdays from 8:00 am to Noon.

The summer season has far surpassed the organizers' expectations for this year. In total, almost 70 vendors are part of the Creston Valley Farmers' Market community, with an average of 30 vendors selling each week. All summer long, market goers have been purchasing local produce, high

Creston Valley Community Radio

Story by: Maureen Cameron

So here we are at another cycle of seasonal changes with shorter days and longer cooler nights.

Time to cozy up to the RADIO especially 97.7fm!

VOLUNTEERS have been active at CIDO during the summer, with planning meetings and changing things around physically.

We've also had TWO GARAGE SALES including a BBQ and live music. Thanks to volunteers, donors and of course shoppers we raised over \$600. Thanks also to the Fire Station for loaning us some tables.

WHAT'S NEW?

With our ON LOCATION capability, we have done 3 LIVE broadcasts so far. Watch for us Live at the Fall Fair Sept 10-11, and at the Farmers Market in Creston on September 18th.

LIVE HOSTS Thanks to our live hosts we have a morning show 5 days a week plus Canadian Gold and Roots and Branches during the week. Watch for new live shows coming onboard in September.

LARGER AUDIO LIBRARY. With donations of CD's we have increased our music library by a few

thousand songs. Adding songs to the library is an ongoing task for volunteers.

AUDIO ARCHIVES of interviews are available through our website as well as live streaming and a schedule of our 24/7 programming. Watch for CHANGES in September as we begin some themed music timeslots and new programs. Feedback on the random streaming music is mixed. Efforts to find a workable schedule are ongoing!

WORKSHOPS to learn production skills will be offered in the fall in order to increase our capability for on air programming. If you have an interest in learning a new skill or doing your own program, please contact us for workshop dates.

Our FALL FUNDRAISER is BUY LOCAL, EAT LOCAL, PARTY LOCAL on September 18th at the Canadian Legion with a BBQ dinner, dance and live auction. Dinner tickets \$10. Donations welcome for the Silent Auction. Thanks to members, donors, sponsors and you the listeners for helping community radio develop and thrive.

**CIDO Live At The
Creston Valley Fall Fair
September 10 & 11**

**September 18th 6pm
Buy Local, Eat Local, Party Local!
Fall Fundraiser
at the Legion in Creston**

BBQ Dinner \$10
Dance, Live Auction & more
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quality artisanal goods, and delicious home-baked goodies.

To celebrate the summer season, the Creston Valley Farmers' Market is hosting an "I love local farmers" letter writing campaign. This is part of the BC Association of Farmers' Market province-wide Farmers Appreciation Week.

"We will have cards for market visitors to write notes to local farmers saying why they appreciate them," says market manager Jen Comer. "Each card will equal an entry into a gift basket raffle, which will be bursting with local products donated by our vendors."

"Expect there will be more artisanal goods"

As the Market transitions into fall and winter the organizers expect there will be more artisanal goods for the holiday season. The buy-local movement is going strong in the Kootenays, and there's no better place to shop than a market that guarantees everything sold is made, baked or grown within 100 miles of the Creston Valley.

Applications for permanent and drop-in spots in the Fall/Winter Market are being accepted right now. To secure a permanent stall and receive a seasonal discount, payment must be received by September 18th. Drop-in spaces will be available on a first-come,



first-served basis throughout the season.

Contact Jen Comer for more information: CVFarmersMarket@gmail.com or at 250-977-5362.

Visit the Creston Valley Farmers' Market online at: <http://crestonvalleyfarmersmarket.ca/>, or become a fan on facebook: <http://www.facebook.com/CrestonValleyFarmersMarket>.



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Sharing the bounty

Story by: Trish Bartlett

"It's a shame to see the food go to waste," Alexandra Dansereau

And there, simply put is the motivation for the Creston Harvest Share program; produce, which would otherwise rot, distributed to people who have none. Volunteers pick the produce and food distribution occurs through organizations like the



Creston Valley Gleaners Society Food Bank, the Therapeutic Activation Program for Seniors (TAPS), the Creston and District Community Resource Centre, some of the local churches and any others who are able to help.

This is the second year Harvest Share has operated in Creston. Last year, a total of 48 volunteers picked 27,000 pounds of produce and another 12,000 pounds of fresh food were donated. What happened to all that food? Volunteers kept a third of what they picked, a third went back to the produce owner and a third went to local community food distribution outlets. Last year there were 30 days of picks which harvested cherries, apricots, plums, peaches, apples, pears, tomatoes, walnuts, hazelnuts and potatoes. So far this year, four picks have occurred. When I spoke to Alexandra Dansereau, Harvest Share coordinator, she said she was waiting for more phone calls from people and expects by the end of the season to have more than 30 picks this year.

"I was afraid some of the U-pick places would be upset with the program but there has been no problem," Dansereau said.

Creston Harvest Share is just one of the many programs organized under the Creston Valley Food Action Coalition (CVFAC) (www.crestonfoodaction.ca). CVFAC is a network of local food producers, agricultural agencies and concerned citizens working to create awareness of how we can better feed ourselves through local resources in a sustainable, healthy, secure and environmentally sound way. As well as Harvest Share, they are also involved with the Community

"Creston Harvest Share is just one of the many programs"

Greenhouse and Community Gardens, production of the Creston Farm Fresh Guide, running the Creston Saturday (Farmers) Market, to name a few.

How does the Harvest Share work?

"People call us to pick a tree in their yard because there is too much fruit for them to use. Last year we had a call from someone who had 80 apple trees he wanted picked, that was a lot of apples," Dansereau said.

Do you want to "re-ignite" your present business, purchase or start-up up a new business?

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Erika Woker,
Creston Business Counsellor
121 Northwest Blvd., Creston
250-254-1967
creston@futures.bc.ca
www.futures.bc.ca

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funds for vehicle maintenance, cell phone bill, computer, printing supplies, advertising, travel expenses, and wages for one employee. A permanent place for the program to call home is also definitely on the wish list. With the assistance of the

produce are also an ongoing need. So far cold storage facilities for an over-abundance of produce has not been necessary, but as the program grows it may become a requirement in the future.

If you can do anything to help the program, if you have any produce you want harvested or donated or if you would like to volunteer as a picker this year, contact Alexandra Dansereau, the Harvest Share Coordinator at 250-402-3291 or at crestonharvestshare@gmail.com.

Orchardists have invited volunteers to glean trees that were too badly damaged from weather or wasps for the fruit to go to market. Individuals with one or two trees and gardeners who, for various reason, were unable to pick for themselves invited Harvest Share to pick for them.

Bear Aware program, they have accumulated a few picking ladders, some picking bags, harnesses and totes. They are always on the lookout for more. Boxes for carting

Volunteers come with a variety of motivations, people who want to eat locally but who do not have access to a garden, retirees who are looking to contribute to the community and even clients who benefit from the food distribution centres.

“Volunteers come with a variety of motivations”

“Last year, we asked students from the Canyon school to help with the potato dig since it was hard work for many of our volunteers,” Dansereau added.

Financially the program operates from year to year and is reliant upon grants. Last year, funding was received from the provincial gaming grant, this year, that grant application was turned down. Fortunately, Columbia Basin Trust and the Town of Creston provided grants and Harvest Share was able to continue. Even though it is a non-profit group, the program requires

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The Importance of Wetlands

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



Ever wonder if wetlands are important or have any value? Well, wonder no more! Wetlands are some of the most productive ecosystems on earth and provide a rich variety of benefits for wildlife and people.

We are fortunate to have a 17,000 acre wetland located in our backyard, the Creston Valley Wildlife Management Area (CVWMA).

For the wildlife...

Over 600 species of wildlife in Canada are supported by wetlands and their upland habitat. In addition, wetlands house a huge

diversity of plant species that provide food and shelter to wildlife.

Wetlands are probably best known for supporting bird populations. They provide breeding, nesting, resting and overwintering habitat for thousands of migratory and shorebirds. Birds that are commonly seen in wetlands include ducks, geese, swans, pelicans, shorebirds, and birds of prey such as ospreys.

Wetlands are also an essential habitat for many other types of wildlife. Many amphibians, especially frogs and salamanders, live part of their lives under water and need wetlands in which to breed and overwinter. Many species of fish reproduce

and spend part, or all, of their life cycle in wetlands. Mammals use wetland habitats for food, escape cover, breeding and raising their young. Moose, bears, beavers and muskrats snack on the aquatic vegetation and shrubs while coyotes and wolves hunt the plentiful rodent populations. There are also many species of invertebrates that use wetlands, providing a valuable food source for many wildlife species.

“Value of wetlands was not well understood”

For the environment and people...

Until somewhat recently, the importance and value of wetlands was not well understood. Wetlands were often considered wastelands and obstacles impeding residential development and reducing the land available for agriculture. Attitudes are slowly changing and wetlands are increasingly valued as refuge sites for waterfowl, effective in flood control and vital to water purification. Despite this, wetlands still continue to be destroyed across Canada. As much as 70 percent have been lost in some areas of the country.

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Wetlands are known as nature's kidneys because they act as a natural filtering system. And how do they do this? The many types of plants, bacteria and animals that live in wetlands remove many harmful impurities. Wetland vegetation absorbs nutrients and helps them



Finally, wetlands also help to reverse global warming. Global warming is largely due to the release of carbon dioxide into the atmosphere. Wetlands act as carbon sinks, storing the carbon from decaying plant and animal tissue rather than releasing it into the atmosphere as carbon dioxide.

As you can see, the values of wetlands are plentiful. And let's not forget the recreational opportunities that wetlands provide: hiking, fishing, canoeing, hunting and photography to name a few!

The CVWMA thanks all of the students, families and visitors for making it a great year at the Wildlife Interpretation Centre. Our Naturalist staff had a wonderful time getting to know you all. As of September 5th, the Centre will be open Wednesday to Friday from 9:00 am to

4:00 pm until September 24th. The Centre will reopen for the season in May of 2011. Trails are open 24/7. Our Administration office is open year round.

If you have any questions, please feel free to contact us at 250-402-6908 or by email at askus@crestonwildlife.ca or check out our website at www.crestonwildlife.ca

"Wetlands act as carbon sinks"

to cycle through the food chain. Plants also slow down flowing water allowing silt particles to settle out.

By acting as a sponge and retaining water, wetlands also provide a natural flood barrier, slowing down and storing water during spring runoff and heavy rains. This water is then slowly released back into the groundwater and surrounding rivers and streams.

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Lending a Helping Hand

Submitted

The mission of the Creston Valley Gleaners is to lend a hand where most needed and to treat with dignity and caring those individuals in our community who are less fortunate.

In 1983, in British Columbia's Creston Valley, three ladies had a dream to collect food from local farmers and share it with families in need. Gleaners started as a humble food bank. As people donated clothing and household items and sought our help, we expanded our services.

Over the past 26 years, we have survived two fires, a flood and seven relocations. We built a new facility in 2000. We are now a provincially-registered society.

With time, we've become more resilient, and determined to help make our community a better place for all of us.

Early in 2008, Creston Valley

"Make our community a better place"

Gleaners Society realized that we had become such a success, that we were overwhelmed with items for resale. We literally ran out of room and were hauling items to the refuse site, items that could have been resold. It was at that same time that we were offered a building, at a price we could not ignore.

Gleaners' reluctantly took out a large mortgage to purchase this property, which has become known as 'Gleaners Too'. Having limited funding, we renovated a large portion of the building. Our original plans were to have this area as storage and recycling space, but we quickly realized that we could much better utilize the space by moving all household, furniture and book sales to this area.

Upon applying for and generously receiving a large grant from Columbia Basin Trust, Gleaners was able to complete the rest of our total renovation dream.

Overall, the Creston Valley Gleaner goals are to help our neighbours by lending a hand, respectfully and compassionately, to community members who are less fortunate.

We want to make available goods to those in need. We provide appropriate assistance to people in emergency situations. We do this by maintaining a retail centre whose proceeds help finance Gleaner's charitable endeavours.

Gleaners also helps the local environment by re-cycling. We encourage community members to reuse good quality goods available in our own community, things such as clothing, shoes, linens, crafts, books, toys, jewellery, house wares, appliances and sporting goods.

Finally, we want to do whatever we can to help build a caring, healthy community. We support our local economy. When people buy from us, we return the money to our community. We donate pet supplies to our animal shelter.

"we return the money to our community"

We supply nutritious food to daycares, elementary schools and counseling and recreation programs. We fund early childhood enrichment, teenage sexual health education and school and college bursaries. We assist church-based programs to provide hot lunches and medical transportation. We help seniors through therapeutic day program and seniors' advocacy. And finally, we give volunteers a place to enjoy others and feel valued.

If you would like to join us and help serve the community, visit our website at www.crestonbc.com/gleaners or visit us at our store in person on Tuesdays and Fridays.

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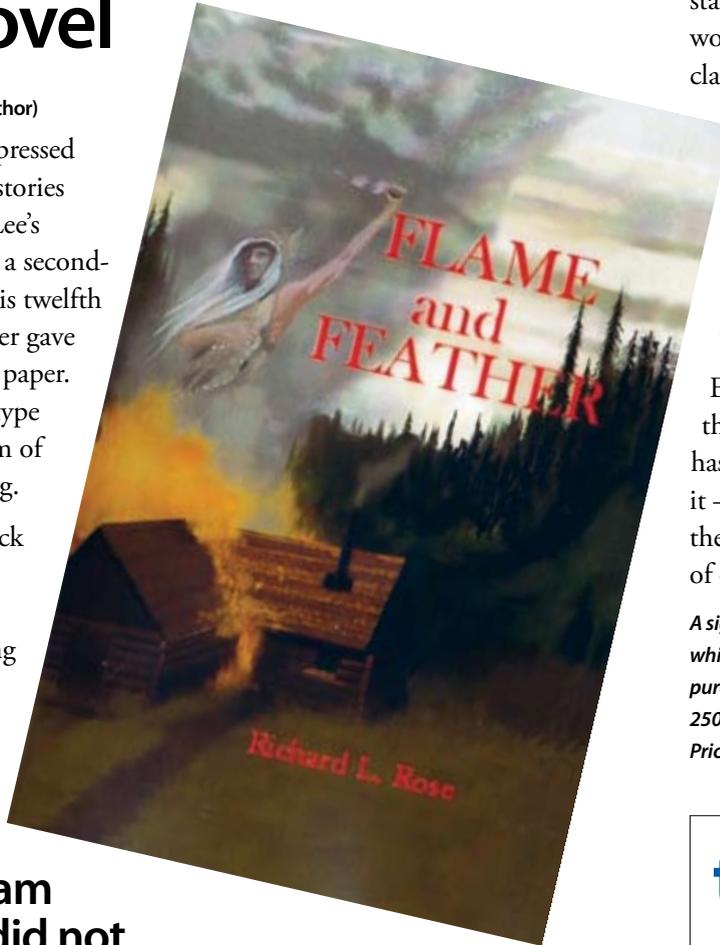
Local Author Releases New Novel

Submitted by:

(Richard) Lee Rose (local author)

Because he had expressed a desire to write stories at a very young age, Lee's grandfather gave him a second-hand typewriter for his twelfth birthday, and his father gave him a ream of typing paper. He learned to touch type at home, and the ream of paper did not last long.

His writing took a back seat when he entered university and began studying for a teaching degree. Then, after teaching for eight years in the States, he and his family moved to a remote



“The ream of paper did not last long”

property in the interior of British Columbia. During the next 34 years, he and his wife, Dorothy, built a home, and raised a family of five sons on a small beef ranch, while he taught various classes at the local high school. The business of making a living left little time for writing until he retired in 1989.

During his teaching career, he managed to get a few poems and short stories published while teaching, but spent more time thinking about stories he would like to write, especially the one he has recently published entitled, *Flame and Feather*.

Observing his students' behaviors, and their flippant attitude about the past, set him to wondering how even someone like himself would fare if they had to live the life of our ancestors.

“The business of making a living left little time”

In *Flame and Feather*, Jason Miller, mysteriously time-shifted back

75 years, and obliged to live with a pioneer family, discovers some startling attitudes and prejudices that would be focused upon a person who claims to hail from the future and who knows a great amount of trivial knowledge, but is unable to apply it to the lives of the people he meets – and even lacks the commonplace skills needed to survive in their world.

Eventually, a special crisis befalls the family who took him in, and he has a slim chance – if he dares take it – to actually save their lives, and thereby benefit the lives of thousands of others in the future.

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Do you need a lifetime income guarantee?

Story by: Mary Ann Jenkins CFP
Division Director - Kootenay Region Investors Group

Are you getting ready to retire or already retired? Are you looking for a secure, predictable, guaranteed retirement income? The answer could be a Guaranteed Investment Fund (GIF) with Lifetime Income Benefit.

A GIF (also known as a segregated fund policy) is a form of insurance that combines the growth potential of investment mutual funds – including built-in diversification, liquidity and professional management – with the features of an insurance policy to provide the security of a guaranteed income for life. Depending on the features you choose, your GIF could provide:

- A predictable income guaranteed for life, starting as early as age 50.
- Payments based on an income percentage that increases with age and will never decrease (unless withdrawals exceed the annual guaranteed amount) regardless of how your policy performs -- thus protecting you against the risks of market returns and volatility.
- Payments that can be deferred to increase the amount of the annual lifetime income.
- The possibility for income ‘resets’ – usually every three years – that can increase the amount of your income payments to help offset inflation. As your policy market

value increases, you have the option of using those gains to ‘reset’ your lifetime income amount.

- Death benefit guarantees. When you die, your spouse, estate or another designated beneficiary will receive the greater of the market value of your GIF policy at the date of your death, or the death benefit guaranteed amount, which can range from 75% to 100% of all contributions allocated to the policy (less reductions for any withdrawals). You select the 75% to 100% guaranteed death benefit payout when you obtain the policy. Upon death, proceeds

“Provide the security of a guaranteed income for life”

of your policy can be paid directly to a beneficiary other than your estate, thus avoiding the time and expense of probate.

- Access to your assets whenever they are needed but certain fees or RRIF minimums may apply to withdrawals. Withdrawals in excess of the annual guaranteed income amount will affect your lifetime income amount.
- For business owners and professionals, a GIF offers the potential for creditor protection of personal assets.

If you’re looking for a measure of certainty in your investment portfolio and your retirement income, a GIF could make sense for you. Talk to your financial advisor about whether it’s the right fit for your financial plan.

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My Side of the World

Story by: Kristen Cook

Creston; Fashion leader of the world

Whether you're excited about it or not, now is the best time of year to stock up on ballpoint pens and new binders. Even if I don't need school supplies and I'm mourning the end of summer, I'm still tempted by the thought of sharp pencils and crisp notebooks. Then there are also the clothes to consider. Start thinking about packing up those cut-offs and flip-flops. Time to focus on back-to-school and the shopping blitz that's supposed to ensue.

Maybe we're actually ahead. You may have heard that grunge is coming back. The industry claims responsibility with it's habit of recycling trends. Really? Let's look at what grunge is. It's plaid. It's heavy-duty boots, ripped jeans and worn t-shirts. Doesn't that sound familiar to you? You've probably seen it at 7-11, the waiting line at the bank or at the end of a shift at the mill. Maybe Creston is setting

"Maybe Paris wants to be like us"

the standard. Maybe Paris wants to be like us. Maybe they're creating a shallow imitation of what we come by naturally. Just a thought.

So let's conclude (for the sake of argument) that we truly have our own style. Let's leave platforms and metallics to Milan for the moment. Maybe we should just take a look at what your fall shopping should really include. After all, I'm sure

you want to be part of the next trend to come out of Creston. Even if I'm investing my important fashion reputation on a pipe dream, you can still remember that being trendy means being like the people around you. So put these items on your list, ladies.

"They say Creston is five years behind in fashion"

We can scan through magazines by grocery check-outs for fashion ideas. We could even read style fashion blogs and Seventeen suggestions. However, let's be realistic. Even if the most practical of these models stepped out of the pages and walked down main street of Creston, they would look completely out of place.

They say Creston is five years behind in fashion. I say that really depends. We're only a year or so behind Vancouver, two behind New York, and maybe three or four behind Europe. If you really want to get five you'll have to look to cutting edge fashion, whatever that really is. I think instead of just passively accepting what 'they' say, we should give it a positive twist...



Start with ribbed tank-tops. Yes, I know that summer is almost over but they make a good year round staple. I assure you that a variation can be found in every small-town girl's closet. Wear them partying, camping, or with skirts to weddings. They're multi-functional, and that's what matters most.

Actually, tank-tops get the most cred when paired with jeans. You'll need several pairs but your favourites should be a little rugged. These are bound to be your most comfortable. Wear them in, earn the rips and then wear them with pride.

Now, I'm not going to say that redneck girls can't wear heels. We



all know differently. However, owning some reasonable footwear is highly recommended. Hiking boots are amazing. If you're too classy for them, at least get a pair of warm, but cute, winter boots to wear to bonfires and school.

The trick is to work on mindset as much as anything, being too cutting edge often comes across wrong. Still, looking like you're from Creston isn't desirable if you actually are, unless you're designing clothes for fall 2010. Give it five years. Maybe then we'll want to look like ourselves.

“letting your clothes admit you're from a small town”

In case you haven't figured it out, I'm the farthest thing from expert when it comes to fashion. I'm just making the case for letting your clothes admit you're from a small town. I believe you can do that and look good at the same time. Yes, I know what the term “redneck” brings to mind. Beer logo tops, pajama pants and bleached out hair. I'm not trying to advocate trashy here. And, yes, it is certainly worthwhile to put a little effort into classy, sometimes.

What I'm saying is this. Break out the bandannas. Rock plaid, love denim and embrace local culture. Trust me, enjoying the raw beauty that surrounds us is a lot easier when you're dressed for it.

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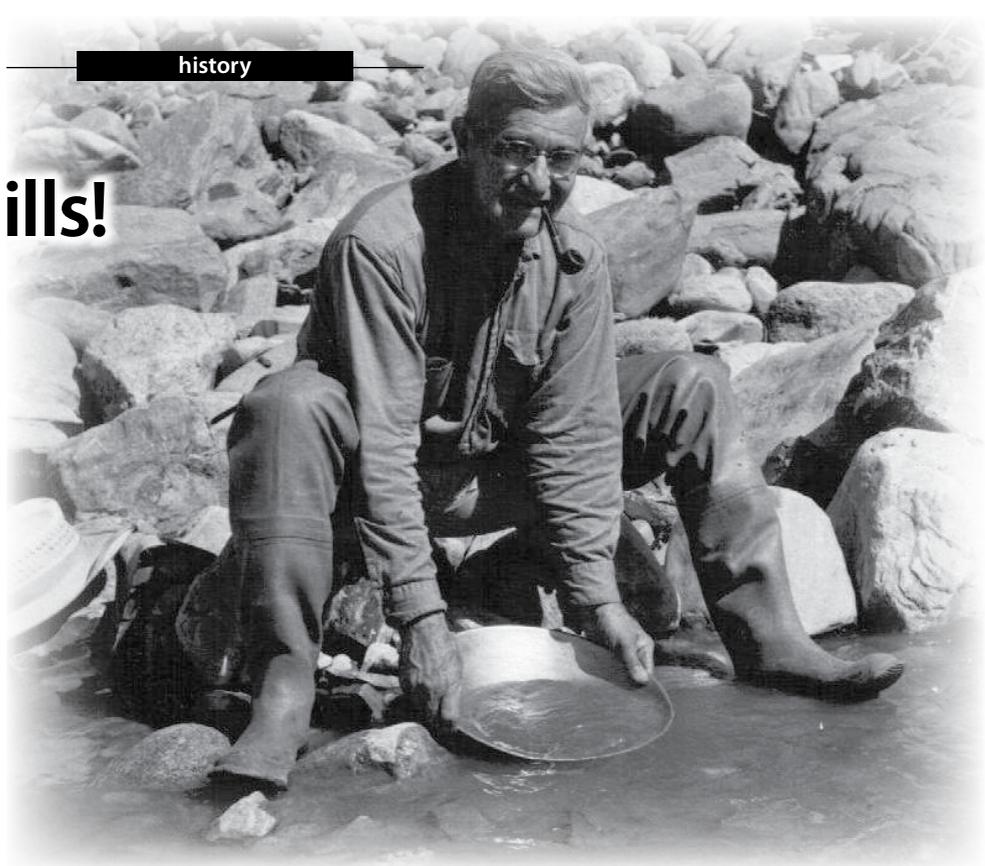
Story by: Tammy Hardwick
Manager - Creston & District Museum & Archives

And silver, copper, lead, and zinc, and maybe even some oil. A couple of weeks ago, I got a research request involving a hotel at Sanca in the mid-1890s. My first thought was that it probably had some connection to the gold rush at that community and that was enough to get me completely sidetracked – again.

In 1895 and 1896, prospectors made promising mineral strikes in the area of White Grouse Mountain, about twenty-five miles and two mountain summits east of Kootenay Lake. Assays of ore samples from one of the claims showed anywhere from 10 to 35 percent copper, 75 to 600 ounces of silver and up to 20 dollars in gold per ton of ore.

News of these strikes triggered a rush to get to the brand-new town of Sanca, the jumping-off point to the White Grouse district. By June of 1896, there was a cluster of miners' shacks, a general store, two hotels and a sternwheeler landing. Charles Moore, who surveyed the townsite, later recalled that there were approximately 1,500 people living there. The *Spokesman Review* of July 1, 1898 indicated that there were 500 mines around White Grouse Mountain and the Kootenaian of Kaslo trumpeted, in March 1898, that;

“It has for several years been a matter of general knowledge that large bodies of mineral abound in that region, the development of



which has been delayed for want of transportation facilities; but now that the near completion of the Crows Nest Pass Railway, and the probability that a branch line will be built to White Grouse, together with the excellent prospects of the wagon road to the lake being completed, insures an easy outlet for the vast quantities of ore.”

“Sanca gold rush couldn't have lasted much more than a year”

A closer look suggests that the Sanca boom was finished months before that optimistic article appeared. Fully a year earlier, in March of 1897, the Kootenaian published a few mining notes from Pilot Bay, which included the little tidbit that “Mr. Blanchard has gone to Sanca to open his hotel, which has been closed since the collapse of the Sanca boom.”

So the Sanca gold rush couldn't have lasted much more than a year – eighteen months at the outside. The branch railway was never built, and those “large bodies of ore” are probably still there. But the predicted wagon road (or at least a well-developed trail) between Sanca and the mines undoubtedly did exist, and is, quite probably, the foundation for the dirt road that still goes into the area today.

Sanca, though, was not the only place nearby where rich mineral claims were found. Announcements of other valuable strikes show up occasionally in regional newspapers. In June 1898, the Kootenaian reported two. One was discovered on Goat Creek about thirteen miles from Pilot Bay, by Arthur Phillips. It was a five-foot-wide ledge, and samples were assaying at 171 ounces of silver, 12% copper, and \$12 in gold – rich enough that, according to the newspaper, “Arthur and his

partners are feeling pretty good” over it.

The other strike was made about nine miles northeast of Porthill. “The ore is free milling and very rich,” reports the Kootenaian, “samples assaying 2,900 ounces in silver and 27 ounces (not dollars) of gold. Over fifty men have outfitted there this season and the surrounding country will be well prospected. The district lies close to the Crows Nest Pass line and should it develop according to present indications will prove to be a most valuable acquisition to southern Kootenay’s mining interests.”

There’s more of that optimism for a brilliant future that never actually came to pass. But, given the number of rich strikes in the area, perhaps that optimism wasn’t so very misplaced, after all. Here’s

“A brilliant future that never actually came to pass”

another, reported in the Spokesman Review in August, 1898. It relates to a community called Goat River Crossing – probably the point where the CPR tracks cross the Goat River, in Kitchener:

“This report may be the first of a number to follow relative to the mining interest in this section. The writer has just been informed of an excellent strike made not over two miles from here by Jay Wilhelms, who had been inspired to go to the Klondike, but in making a start was induced to try his luck on Goat River.” With a ledge of gold fifteen feet wide, and assaying \$28 per ton in gold, silver and copper, Jay Wilhelms was no doubt pretty satisfied with his decision not to go north.

With all the excitement about gold, silver and other valuable ores, it’s not surprising that news about other subterranean riches might command little attention. Then, too, the demand for oil would probably have been much lower than it is today, which might explain why the Nelson Miner of April 2, 1898, treated this little announcement as somewhat of an afterthought:

“R. Morrison of Kuskanook is inspecting a petroleum field, discovered last winter by T. Ryan, about eighty miles from Kuskanook. The [Kuskanook] Searchlight says that samples will be sent to Nelson to be analyzed and if they come up to expectations a company will be formed to develop the property. The

Crows Nest Pass railway passes through the petroleum belt.”

Unfortunately, the scrapbook that contains all of these newspaper clippings only goes up to the middle of 1898. It doesn’t have anything further to say about that petroleum field or any of the other promising strikes made in the area. Presumably, they shared the fate of the Sanca mines: either not as rich as first believed, too small to be worth developing or simply too remote and isolated to make development feasible. They were abandoned and are now merely fading scratch marks on the mountainside.

Note: Old mine shafts are very dangerous places – if you find one, do not go into it. Many of the old mining claims around the area are on private property; you cannot just walk in and help yourself!

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PCSS Students Brings Home the Gold

Story by: Lexi Czar



Lexi Czar is a Grade 11 PCSS student who wrote to us last May about being invited to the World Championships of Performing Arts (WCOPA).

We asked her to report back to us after the competition.

I would like to take this opportunity to thank my many community sponsors, family and friends for helping me get to Hollywood California in July to perform at the World Championships of Performing Arts.

In the fall of 2009 I was scouted at a rodeo in Coeur d'Alene and invited to an audition with the Nova Talent

Agency. There were hundreds of people lined up for auditions and it was very nerve racking but exciting at the same time. It reminded me of American Idol auditions.

I made it through the audition process and was soon training in modeling, acting, singing and piano.

On July 16, 2010, my mom and I flew to Hollywood. Starting the first day, we were attending workshops and training for opening

ceremonies with the Canadian Team. Opening Ceremonies was the parade of Nations where 40 countries from around the world presented their teams at Staples Centre. The following two days I jumped right into competition. It was really fun meeting people from all over the world while we waited for our turn on stage. Days were long; starting at 6 a.m. for hair and make up, ending at about midnight each night.

After main competitions were done, a few were selected to perform at Semi Finals in preparation for the Final Show which was broadcasted live. I was fortunate to make the semi-finals in piano open and comical acting. Though I was not selected for the final show, I did win several medals and awards presented the day after the Final. It was very exciting sitting with Team Canada at the award ceremonies cheering each other on. There was lots of amazing talent, and although I was happy with my performances, I was not expecting to win anything. When my name was called for the first time my heart skipped a beat and I almost sprinted onto the stage. Then I remembered my instructor telling me to maintain posture and composure! When my name was called a few more times, I couldn't believe it. When I received



my first gold medal I was shaking. All I could hear while I was on stage was Team Canada and USA cheering and screaming.

Overall, I received a bronze medal in comical acting, 2 bronze medals in piano self accompaniment, two gold medals for classical and open instrumental piano (thanks Julie Mathews!!) With my two gold medals, I also received two Junior Champion of the World Plaques for piano instrumental. I also received an Industry Award which judges give out to those whose talent shows marketability and potential to succeed in all areas of competition. Plus, during training through the year, we had to submit our school report

“I was surprised by the friendliness of the countries”

cards to make sure we were keeping up with our studies and I was also fortunate to win the top academic award for USA and Canada.

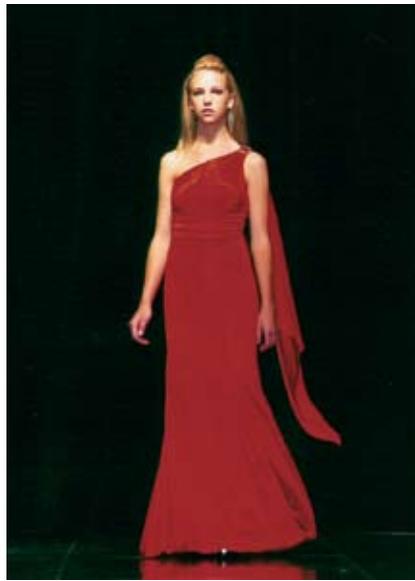
Throughout the event I was surprised by the friendliness of the countries and how everyone cheered each other on. I made lots of new friends from all over the world. It was a great experience and I am thankful that I was able to attend. I've made contact with a few agencies who have expressed interest in my talent and I am working on a few options.

If anyone is interested in finding out more about the event or have thoughts about attending upcoming auditions please feel free to contact me.

Thank you!

Lexi Czar 250-428-2821

For more information about the WCOPA, please refer to their website at <http://wcopa.tv/site2011>



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Back-to-School Countdown

www.kaboose.com

Remember Routines. Family routines tend to slide in the summer—after all, what's summer without crazy bedtimes, a popsicle habit, and wearing swimsuits for days on end?—and it can be hard to readjust come fall.

Get Ready! Don't underestimate the fun and importance of new stuff for the big day. With younger kids, a bag full of school supplies, a new backpack and a few new items of clothing tend to gear them up without any further encouragement. For an older child, this may be the time to give the thumbs-up to that must-have trend item, especially if he's earned some money over the summer to pay for it. For ideas, find out what's hot this year and get a printable supply list.

Show Them the Way. If they are new to the school, show them their classroom, what entrance and exit to use and where the bathroom is located. If they are taking the bus, visit the bus stop location and explain how to get on and off, especially if it's their first time. Show them the drop off and pick up spot at school, too. If you're not sure where it will be call the school ahead of time to find out.

Prepare the Teacher. Let your child's teacher know about any specifics about behaviour or health.

Talk, Talk, Talk. Try to think of all the positive things that they like about school and I talk about them as much as possible.

Be a role model throughout the year, not just during school time. For example, show how much you like reading or talk about math and measuring when you're making a recipe together.

Be Organized. Ease back-to-school anxiety by being prepared. Help your child to lay out her clothes and pack her backpack the night before. Be sure to include a healthy lunch and a snack that your child can open and eat on his own.

Take It Easy. Preparation is great—but don't go overboard. If September was a hard month for you as a kid, it might not necessarily be the same for your child, and vice versa. You're the best judge of when your child needs reassurance, and how to go about giving it. In the end, remember that it's normal to feel a little nervous or fluttery about that first week back.

Brown Bag It! 10 Fun Lunch Ideas

www.kaboose.com

1. Let your kid select a lunchbox that best expresses his or her personality.
2. Pack lunch together the night before. This way your child really has a role in preparing a healthful meal.
3. Put away the sandwich bread and shake things up with a low-fat, whole-wheat tortilla or pita pocket.
4. Feeling really daring? Go out on a limb with rolls, flat bread, bagels, foccacia, scones, or rice cakes.
5. Switch up the condiments. Instead of light mayonnaise, mustard or ketchup add a healthy kick to any sandwich by using fresh salsa, pesto or vinaigrette.
6. Make fruit fun. Skewer fresh fruit on Popsicle sticks. Let your kids help make the kebabs.
7. Send along your child's favorite condiment or dip for fruit, crackers or veggies.
8. Take advantage of manufacturers' prepackaged healthful products that now come in cooler shapes and wrappers, including trail mixes (with dried fruit, nuts, and cereal), smoothies and yogurts.
9. Don't forget the drink. Some low-fat milks, 100 percent fruit juices and even bottled waters come in funky shapes.
10. Include a note on a napkin or a funny comic strip from the morning paper.



Back-to-School Crafts

Foam Pencil Toppers

www.kaboose.com



What you'll need:

- Craft foam sheets or shapes
- White craft glue
- Scissors
- Wiggle eyes
- Pom-poms
- Pencils

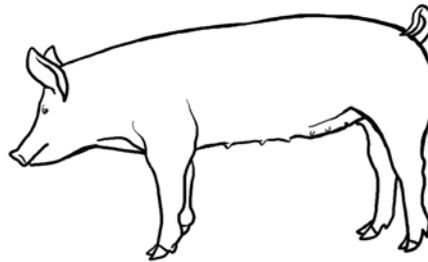
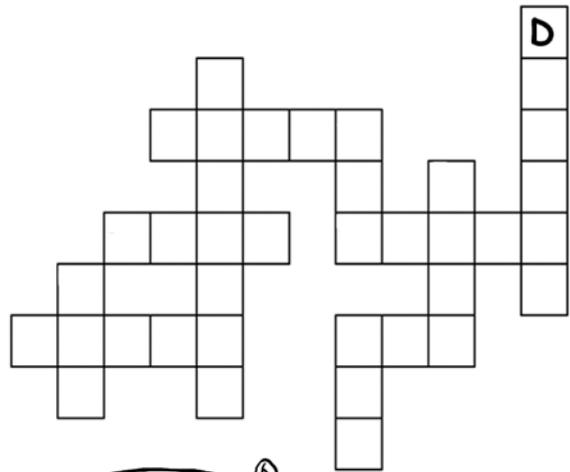
How to make it:

1. Start with two identical sized shapes, such as a circle or heart. Put glue around the border of one of the shapes, leaving about $\frac{3}{4}$ " where you will insert the pencil.
2. Press the second shape onto the first, sandwiching them together. The glue will need to dry for several hours, preferably overnight but you can decorate the outside right away.
3. Decorate the outside of the craft foam shape using pom-poms, wiggle eyes, other foam shapes, glitter glue, sequins or whatever you like.
4. Once the toppers have dried completely, insert the eraser end of a pencil carefully into the opening.

Tip: Drying time is important for this project. If you try to insert the pencil too soon, the glue may still be tacky and could pull away from the foam causing your topper to split open.

FARM ANIMAL CROSSWORD

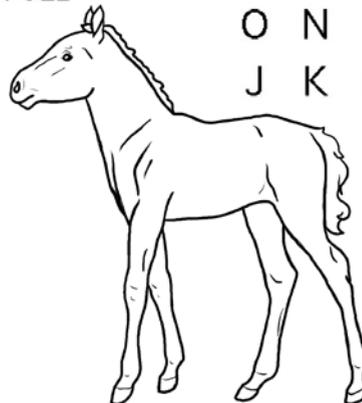
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COW
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DONKEY
DUCK
GOAT
GOOSE
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KID
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B	K	Y	P	P	U	P	O
O	I	T	T	G	T	R	A
T	T	X	U	F	K	M	L
Y	T	E	L	G	I	P	M
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Home & Garden

Fall Gardening

www.canadiangardening.com

Fall planting secrets

Dig a hole as deep as the plant's root ball and about three times as wide, amend the soil if necessary, add a pinch or so of mycorrhizal fungi for better root growth, then nestle in the plant, gently teasing out and separating some of its outer roots. Fill in with soil; tamp lightly and water well. Add a seven- to 10-centimetre layer of mulch, such as compost, shredded leaves or decomposed leaf mould, keeping mulch 15 centimetres away from the stem of woody plants and five centimetres away from the stem of herbaceous plants. This will help the soil stay warm, which provides a longer growing season for plant roots and prevents frost heave in winter. Water as necessary until the ground freezes. Your goal is to keep the soil evenly moist but not soggy, until the very end of the growing season.

The seeds of a good garden

Fall sowing is a nearly forgotten art, but one worth exploring. In nature,

seeds—be they from perennials, annuals, trees or shrubs—mostly fall to the ground in autumn to germinate the following spring (many hardy plants won't even sprout, or only poorly, without experiencing cold temperatures). So if you've been sowing hardy plants in spring with only marginal results, try planting seeds in fall instead. Even many annuals, such as sweet peas, mallow, spider flower, pansies, larkspur, ornamental cabbage and snapdragons, do best when sown in autumn, as will any plant listed as a "hardy annual" in the seed catalogues.

Sod it now

Lawns do much better started in fall. The cool air temperatures reduce evaporation and slow foliage growth, giving the roots time to dig in. Typically, lawns sown or sodded in fall grow just enough to look good, but really show their strength the following summer when, thanks to a deep, well-established root system, they breeze through summer droughts. Sod or sow lawns at least eight weeks before the first killing frost.



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Home & Garden

Top 5 Fall Home Renovation Projects

<http://blog.homerenovationguide.com>

Top 5 things every homeowner needs to do before winter. Luckily, none of these jobs take more than a day to do.

Leaky Roof: if you've got a leak, do not wait for winter before tackling the problem. Find the source of the leak by watching where it comes in during a rainstorm. Then, once the source is located, climb onto the roof and fix the spot. Or, better still, hire a pro to do it for you. Because you've done the initial sourcing, the fix shouldn't take long.

Clean the Gutters: unless you want to create an ice dam in winter, now is the perfect time to clean out your gutters so that the icy runoff has somewhere to run into. Of course, if your house is situated near trees that lose leaves come fall, you should save this job till late fall so that you can remove any littered leaves that can clog up your gutters. Also, don't forget to check the downspouts. Or, as with the leaky

roof, just get someone else to clean the gutters.

Check Window Seals: if you've opened up your windows in the summer, chances are there's dirt and debris along the seal, which means the windows won't properly seal in the winter and you'll lose efficiency. But by simply cleaning the seals (and replacing any damaged spots) you'll keep in the heat all winter long.

Winterize Your Pipes: take a peak under your house or in your basement for any pipes that need insulating or that require new insulation. Measure the length and then wrap it with pipe insulation. So simple, and yet such a pain to do in cold weather. Do it now.

Check the Deck: You've stored away the patio furniture, now do a quick once-over of the deck.

Did you forget to treat it this summer? Do it now by giving the deck a solid clean (using a power-washer if you've got one) and then apply a coat of water-sealant. Done and done. You're officially serious.



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Seasonal Healing - Fall is building



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

Living in the Creston Valley at this time of year is the ultimate experience of abundance. Our valley produces a variety of food for us to consume and enjoy to increase our health and vitality. There are two types of harvest:

- domestic agriculture (that we choose to plant) and
- wild and grown by nature itself.

“Superfoods play a key role in enhancing our health”

These foods and superfoods play a key role in enhancing our health and well-being. As you drive around the valley, you will see abundant signs hanging in driveways and at fruit stands displaying what is available of freshly picked crops.

These includes cherries, peaches, apricots, plums, watermelons, muskmelons, grapes and an excellent winter fruit; apples. In the vegetable category, the fall foods include tomatoes, many varieties of squash, beets, carrots, turnips, rutabagas, zucchini, kohlrabi, garlic, onions and the list goes on.

It is best to eat all of the above while it's still fresh and raw. There is more “life and vitality” when foods are picked and consumed right away. They are filled with enzymes and nutrients only found in freshly harvested food, so get your fill now while you can.

Many of the fall vegetables and fruits provide “building up” of the immune system. Beets, for example, are loaded with minerals, vitamin A and build the blood significantly. They eliminate acid waste in the bowels, support and cleanse the liver, gallbladder, the digestive and lymphatic systems. Grate the beets, juice them steam them and enjoy their health benefits.

“Get your fill now while you can”

Another good choice is spaghetti squash. This squash will specifically nourish the elimination, digestion and nervous systems. I use spaghetti squash as spaghetti, top it with a tomato sauce and have gluten free spaghetti, delicious and nutritious.

“Fall is the time for building up the immune system”

Now, let's also look at our abundantly growing wild superfoods or herbs that are here at your doorstep. Fall is the time for building up the immune system, and following mother nature makes it easy for everyone. In the spring, you were eating lots of “greens”, lettuce, dandelion greens and these are all natural ways to “spring cleanse”. Now in the fall, you find dandelion “roots”, yellowdock “roots” and a favourite health builder, “burdock root”! Yes, burdock root provides extreme nourishment to your glandular and immune systems, liver, kidneys, blood, lungs and nerves as well as providing powerful emotional stability to the whole body.

Isn't it wonderful how mother nature has been able to keep our weeds for nourishment, despite our attempts of spraying them to extinction?

Other wild food includes elderberries, rosehips, huckleberries and blackberries. They all serve a purpose in helping you to increase your nutrition, naturally. This, in turn, will assist you to live your life fully and with purpose and passion.

Variety my friend, is the key to nutrition and good health. When you eat seasonally, and increase your consumption of the food growing outside your doorstep, you will notice the benefits in your health.

Drying and freezing these foods is also a great way to have them

available during the winter months. Enjoy your very own "healing foods" here in your valley and breeze through the winter season feeling strong and healthy.

Note: If you are on multiple medications, it is always best to check with your doctor or pharmacist before implementing new foods or superfoods. This article is intended for informational purposes and does not replace your regular doctor's care.

Annette Agabob has been serving the Creston Valley as an Iridologist, Chartered Herbalist, and Whole Food Nutritionist since 1997.

For information on Annette's Health Action or Products:

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Ripening Dates

Early Fruits

Strawberries.....June 20 - July 10
 Raspberries.....July 10 - 31
 BoysenberriesJuly 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

TransparentsJuly 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.

Out & About

Submitted by: www.crestonevents.ca

September 03, 2010

Box Social at the Museum

Location: Creston Valley Museum

Contact: Tammy Hardwick

Phone: 250-428-9262

email: mail@creston.museum.bc.ca

website: www.creston.museum.bc.ca

September 03, 2010

SAMS Presents: Jean-Paul De Roover

Location: The Snoring Sasquatch

Doors open 7:00pm

Show Starts 8:00pm

Contact: Mark

Phone: 1-877-264-8543

email: mark@osempire.com

website: http://www.snorningsasquatch.com/Jean-Paul_De_Roover

September 04 - 06, 2010

Gray Creek Sailing Regatta

Location: Lakeview Store and Marina in Gray Creek.

Contact: Kim Deane

Email: kdeane@shaw.ca

September 10 - 11, 2010

Creston Valley Fall Fair

Location: CDCC

Contact: Randy Meyer

Phone: 250-428-7013

website: www.crestonbc.com/fallfair

September 10 - 11, 2010

Creston Art Club Fall Show & Sale

Location: Rotacrest Hall

3:00 to 9:00pm

Contact: Richard Mitton, President

Phone: 250-428-4921

email: crestonart@gmail.com

September 11, 2010

99th Kootenay Lake Agricultural Fall Fair

Location: Crawford Bay Hall

Contact: Jeanne Lahnemann

email: jeanben@telus.net

September 12, 2010

Terry Fox Run

Location: CDCC, registration 8:30am, run 9:00am

Contact: Andrea Peet

Phone: 250-428-7127

website: www.rdck.bc.ca/creston

September 18, 2010

Creston Museum Annual Quilt Show & Sale

Location: Creston Valley Museum

Contact: Tammy Hardwick

Phone: 250-428-9262

email: info@creston.museum.bc.ca

website: www.creston.museum.bc.ca

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September 19, 2010

BC River's Paddle

Location: Creston Valley Wildlife Management Area
10:00am at parking lot

Contact: Carla Ahern
Phone: 250-402-6905
email: askus@crestonwildlife.ca
website: www.crestonwildlife.ca

September 21 - 25, 2010
WACANID RIDE

Location: Start & end in Sandpoint, ID, Creston, BC or Nelson, BC.

Contact: International Selkirk Loop
Phone: 888-823-2626
website: www.wacanid.org

September 25 - October 30, 2010
Painting in Watercolour for the Not-So-Totally-Terrified with Eileen Gidman

Location: Painted Turtle Gallery
9:00am to noon, Saturdays

Contact: Win Dinn
Phone: 250-428-5141
email: windinn@shaw.ca
website: www.ptgallery.ca

September 25 - October 30, 2010
Watercolour for the Totally Terrified by Eileen Gidman

Location: Painted Turtle Gallery
1:30 to 4:30pm, Saturdays

Contact: Win Dinn
Phone: 250-428-5141
email: windinn@shaw.ca
website: www.ptgallery.ca

September 26, 2010
6th Annual Blue Heron Half-Marathon & 10K Run

Location: Creston Valley Wildlife Management Area
Half Marathon 9:00am;
10km Run 9:00am

Contact: Gwen Telling
Phone: 250-428-5105
website: www.blueheronhalfathon.ca

September 25 - December 18, 2010
Creston Valley Farmers' Market

Location: Morris Flowers & Greenhouse, Saturdays
10:00am to 2:00pm

Contact: Kate Webb
Phone: 250-431-8262

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Powerful Solutions For A Compact World

Massive Kubota Fall Sales Event



0%
Financing
36 Months O.A.C.

CASH SALE PRICE
\$26,499.00*
Reg. list \$ 34,830.00
While quantities last



KUBOTA is the leader in the compact excavator market with 10 models under 50hp and 5 ton class. Superior quiet fuel efficient kubota diesel engines, powerful responsive hydraulics and best in class servcability.

KX41-3HGLV - Features

- 17hp 3cyl diesel • 2 variable/1gear pumps with 7.4gpm combined flow
- hydraulic expandable tracks • pilot control hydraulics • 123 degree boom to house swing • 7'8" digging depth, 3505lb dig force • available hydraulic thumb at extra cost.



0%
Financing
48 Months O.A.C.

CASH SALE PRICE
\$19,399.00*
Reg. list \$ 24,953.00
While quantities last



The 30 pto horsepower of the simple to operate L3400DT with a wide range of implements will let you get those jobs done with ease. Whether it's plowing snow, cleaning the corral or tilling your garden, this fuel efficient Kubota diesel tractor will get the job done.

L3400DT-1 tractor - Features

- 36hp 3cyl diesel • mechanical shuttle 8F/4R transmission • selectable 4wd • live pto
- 1998 lb lift cap. 3 point hitch • power steering • rear diff lock • equipped with a 1014 lb lift capacity LA463-1 front end loader with 66" quick attach bucket.



0%
Financing
60 Months O.A.C.

CASH SALE PRICE
\$30,999.00*
Reg. list \$ 39,369.00
While quantities last

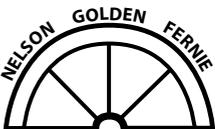


Kubota M-40 Series tractors are a high performance affordable utility tractor in a compact package, with standard hydraulic independent PTO, Tier II emissions high efficiency diesel engine, remote hydraulics, forward/reverse shuttle, powerful 3pth, coupled with a quick attach front end loader with increase lift height & capacity and quick attach bucket attachments.

Kubota M5040DTHS - Features:

- 50 hp 4cyl diesel, 8spd trans, hydraulic shuttle (no clutching required), mechanical 4wd, LA1153 loader w/quick attach 72" bucket (2536 lb lift capacity) ag tires with cast center and ballast.



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