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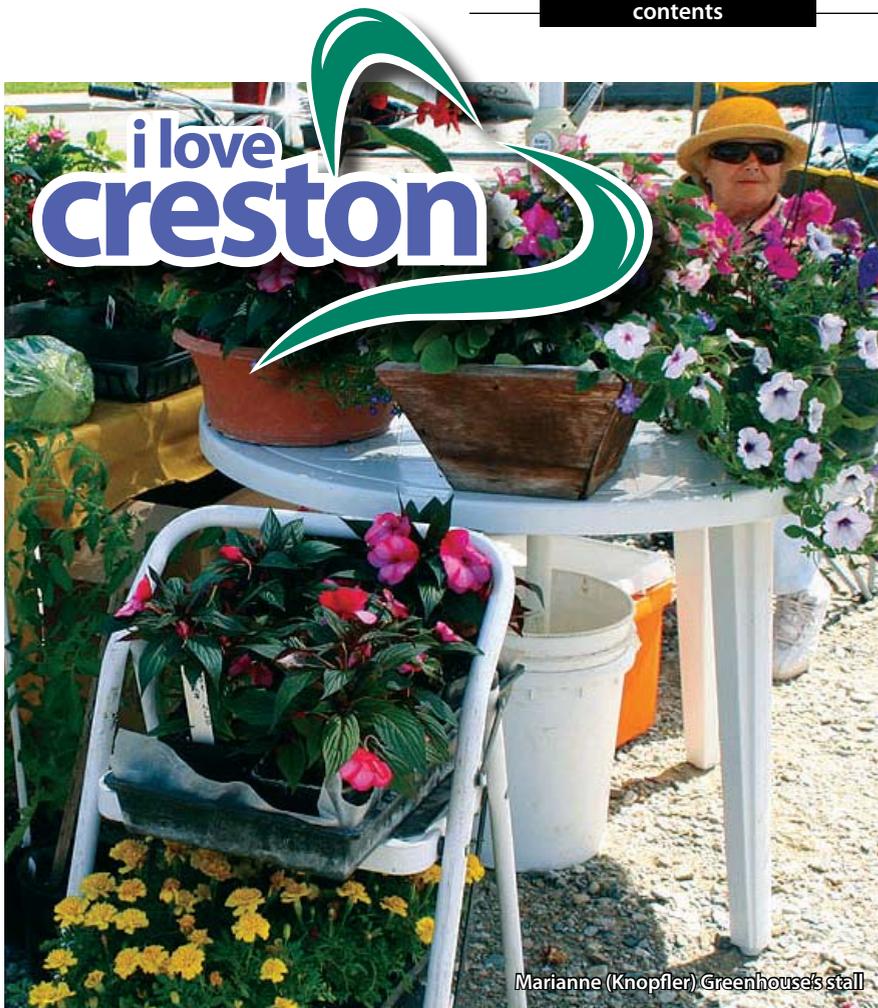
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The Magazine

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Guest From the editor

The Creston Valley Farmers' Market isn't really an overnight success story – it just seems that way. The current, and most prosperous, incarnation is featured in the August edition of *I Love Creston*.

But precursors earlier in the 2000s, at places like the former Endicott Centre and firehall, paved the way for today's flourishing market that runs at various times in Millennium Park, Spirit Square and the Morris Flowers greenhouse, thanks to the Creston Valley Food Action Coalition – which is a story unto itself.

"The market has been running in assorted capacities for about seven years or so, being taken on by a variety of groups and individuals over the years and held in various locations," says Jen Comer, in her second year as market manager. "The most recent group to co-ordinate the market before the FAC was the Rotary Club.

"From what I hear, there was on average about 10 to 12 vendors at Millennium Park, with low customer traffic. The folks who have been involved with co-ordinating the market as volunteers simply burned out due to the high workload week after week."

Len Parkin, who chairs the farmers' market committee of the FAC, spearheaded a drive that involved "a hard-working team of eight people (putting) together a comprehensive, 38-page business plan showing the viability of a market in Creston. Fortunately for me, I was the person they hired to put that paper plan into action," Comer says.

What used to be called the Saturday market is "not just about the

produce. We have a diverse group of artisans joining us each week which gives it this amazing sense of beauty and creation. These folks are incredibly talented and help bring our market to that next level. The artisans and crafters include everything from pottery, painting, wood carving, knitting, sewing, jewelry, glass blowing, toy making . . . the list goes on.

"And then there's the bakers," she says. "We have fresh baked bread made from local grain, lots of local fruit-based pies and muffins, and fresh-made lemonade with local cherry and strawberry syrup added to it. And no other town has the incredible handmade, fresh-glazed doughnuts made by Nadine Goossen. She has developed quite a following of people who come to the market early just to get one of her doughnuts before they sell out. You don't find this baking at other markets."

Comer credits the quality of people with the FAC for transforming the market, along with an advertising budget provided by the Town of Creston, Regional District of Central Kootenay and Kootenay Rockies tourism. The FAC's president in 2010 was Jeanne Kay Guilke, succeeded in 2011 by Gail Southall, with Parkin's committee comprising Geri Lee, Jean Syroteuk and Southall.

"These individuals are the strength behind the market," Comer says, noting that "the other big change is having a paid co-ordinator. There comes a point when you simply cannot ask volunteers to take on the task of co-ordinating an event of this scale every single week."

As for the FAC, it was the brainchild of educator David Falconer, whom Southall says "was noticing that a lot of his students were coming to

school with things in their lunch bag that weren't healthy and obviously weren't local. So he engaged the kids in conversation and realized that not only did they not know what grew in the valley, they really had no idea about what was healthy."

Thus was born the FAC along with school-based programs involving the community greenhouse, including one called Grow Your Own Lunch.

Convinced "that this market's time had come and that it really could grow but needed a market manager, that's why we hired Jen, who is a miracle worker," Southall says. "We love her.

"Every week there are more and more vendors interested in becoming part of the market. Oh my goodness, it's unbelievable."

If simply strolling the stalls in search of something that strikes your fancy isn't enough, volunteer workers are still welcome.

"Setting up and taking down the market is a lot of work," Comer says, "and the more hands on deck the better. It's a great opportunity to get behind the scenes and truly make a positive impact on our community."

For more on this and other facets of this fine community, read on. ■

Larry Ewashen notes the following corrections (July 2011 issue):

Mr. Ewashen was twice married, once for five years, and another for fifteen.

While he did help a short handed friend harvesting on the flats one fall he never did any odd jobs or casual work, bills were payed by dint of dedication and labour within the arts and education.

A major accomplishment worthy of mention was achieving recognition for the Doukhobor migration from Saskatchewan to British Columbia as an 'Event of National Historic Significance' by the Historic Sites and Monuments Board of Canada.

His role in the restoration of the Doukhobor Suspension Bridge should not suggest a solo accomplishment as many people were involved in that project.



Come one, Come all

The revamped C.V. Farmers' Market is drawing all-season crowds under Jen Comer's direction

Talk about a “growing” concern. The Creston Valley Farmers’ Market is sprouting like a hay crop in spring, and no one’s more delighted than its first paid manager, Jen Comer.

Once a summertime weekend occurrence, the market has mushroomed over the past year under Comer’s direction, open eight months a year at three locations. The numbers of vendors and customers are expanding exponentially, transforming the market into a must-see event.

“It’s an amazing feeling to get on site at Millennium Park every Saturday at 6:45 a.m. to an empty gravel parking lot, watch it get transformed into a vibrant community hub for a few hours and then watch everyone pack it all up four hours later,” Comer says.



“Fortunately for us, we live in this gorgeous agricultural valley with a long growing season”

Whereas an average of 150 people attended in 2010, its first year operated by the Creston Valley Food Action Coalition, upwards of 500 a week passed through in May and June, climbing to 700 by July and peaking at 1,200 during Blossom Festival.

Last year's average of 29 vendors was surpassed this spring and figures to hit 40 before the summer's out, and Comer expects the total number of different vendors appearing at least

once to reach 150 – 40 more than in 2010.

The phenomenon is not replicated elsewhere, according to Comer.

“We're not typical,” she says.

“We've got produce, and lots of it. That's simply the single biggest thing that sets us apart from all the other markets. Farmers' markets all over B.C. are screaming for more produce and cannot meet their customer demands.

“Fortunately for us, we live in this gorgeous agricultural valley with a long growing season (and) have very knowledgeable and dedicated market gardeners who are willing to find their niche.”

Fruits and vegetables are merely the tip of the iceberg lettuce, however. Meat, wheat, baking and a wide range of crafts augment the conventional fare, prompting

Comer to observe: “I don't think anything like this is available anywhere else in Canada, let alone B.C.” And it's all locally grown and/or produced.

If the vendors are what make the market, the market is making all the difference for at least one vendor.

Kevin Shearer took up woodworking two years ago after going on disability from his job as a machinist in Gravelbourg, Sask. Since moving to Canyon in March his hobby has expanded into a hopping part-time business due exclusively to the market – “absolutely, 100 per cent,” says the proprietor of Tossed 'n Found.

“We make barn wood furniture and home décor using discarded items, salvaged items, found items, barn wood, sheds that are falling down, such as that. Wine racks, coat posts, love benches, headboards, all kinds of furniture.

“I really appreciate the opportunity to come down here on the weekends and sell our items at the farmers' market. There's no other place that a fellow can do that.”

The exposure is priceless, says the part-time landscaper, resulting in sales to customers from Kaslo to Calgary.

“It's a Saturday morning ritual,” Shearer says. “We've got a six-year-old son and he even looks forward to getting up at six in the morning and coming down with us.”

Heidi Wille, another regular, gets a jump on the growing season in the community greenhouse at the College of the Rockies.

“Mainly produce,” says the Canyon resident as she sets up her stall one



Abby Lane Farm (Joanne Gugelyk).

fresh summer Saturday, “flowers in a pot in the early spring, bedding plants, later on some dried herbs, and later on squash and pumpkins and stuff like that.”

Wille erected her own greenhouse in the fall but it’s not heated, thus the start at the college.

“Then we take the stuff home and plant it in the garden or put it in the greenhouse,” says the farmers’ market veteran of four years. “You can’t really make much money on it – 25 cents an hour.”

Wille laughs at the thought, but doesn’t miss a beat when asked why she bothers.

“Because it’s a way of life. I like gardening. And it’s local growing and self-sustaining. People can buy it fresh here instead of getting it from Mexico. That’s the reason I’m standing here.”

Olivia Hanson is not necessarily thinking globally, but then again she’s only 11. The budding artist/entrepreneur had made her farmers’ market debut only the week before but was vowing to see it through to the end of summer and beyond – the market moves indoors to the Morris Flowers greenhouse from October till the week before Christmas.

“Olivia started making bracelets about a year ago when she got a gift certificate to the bead store in town,” says her mom, Jacqueline. “Eventually the advice started coming forward that she had so many bracelets she ought to open up a business. We had a friend who was at the farmers’ market here who offered to let us share her booth.”

The younger Hanson overcame initial jitters to sell 18 pieces of jewelry, each of which takes up to two hours to create.

“It was scary at first but then it turned out (to be) fun,” says Olivia, whose key to relaxing was simply smiling while helping people make a selection from her inventory, which started out at 54.

Inspired by her older sister, seven-year-old sibling Amelia came out the second week with a line of braided friendship anklets.

The Hansons share a baked-goods booth operated by Carrie Branstetter and Jennifer Lawrence, whose in-laws run the valley’s Community Supported Agriculture grain co-op along with Keith and Carol Huscroft.

“ I like gardening. And it’s local growing and self-sustaining. People can buy it fresh here ”

“My bread sells best, the holy bread,” Lawrence says. “I make my own bread with freshly ground wheat that I buy from the CSA grain share. You can buy a share in the spring and get the grain in the fall.”

Gail Southall brings nothing to sell but mans a booth nonetheless in her volunteer capacity as Food Action Coalition president, disseminating information she’s convinced will nourish the soul and not just the body.



Jean Syroteuk (Green Jean), a member of the Farmers’ Market Committee, and her helper.

“Managing a farmers’ market is a dream job for me and fit perfectly with what I had been taking in school”

“A lot of people don’t know the difference between a tomato that’s grown here and one that’s from far away that they access in the supermarket,” Southall says. “I would encourage anyone to just come down to the farmers’ market and taste the difference. They won’t go back.”

Full disclosure: though not directly engaged in the agriculture industry for a living, Southall does have a stake in it.

“I’m not a farmer but I love to eat, and I like to know what I’m eating,” she says. “One of the reasons I moved to Creston was because of all the fresh fruits and vegetables I could access here.

“Farmers are a special breed of people and I’m very happy to

support what’s going on in my valley. A vibrant local food economy is good for us economically, physically, socially, culturally.”

The coalition was founded in 2007 by David Falconer, now principal at Canyon-Lister Elementary School. Among its initiatives are the Farm Fresh Guide to sources of home-grown food, the Harvest Share program (which aims to reduce waste of backyard fruit and vegetable crops) and, since 2010, the farmers’ market.

Comer bumped up the start of the Millennium Park market to early May from late June and added a midweek, downtown edition in Spirit Square on Wednesday afternoons. The market continues indoors on autumn Saturdays from 10 a.m. to 2 p.m.

Though technically labelled “part time,” Comer’s responsibilities – administration, promotion and planning, plus full days on Saturdays – eat up anywhere from 20 to 30 hours per week and sometimes as many as 50. She and her husband Joel also help her in-laws work their 40-acre farm on the flats.



“My job is never done. There’s always more to do,” she says, not sounding like she’s complaining. Saturdays begin on site by 6:45 a.m. and don’t end until cleanup is complete around 1:30 p.m.

“From 8 to 12 I get to talk to each of the vendors personally while I go around collecting vendor stall fees,” which cost from \$15 to \$20.

Later, “I collapse at home with the goodies I bought at the market and am thankful for another wonderful day.



Conspiracy Cafe owned by David McKeand (Dave the Minstral).



Another busy day at the Creston Valley Farmers' Market.



“Managing a farmers’ market is a dream job for me and fit perfectly with what I had been taking in school,” adds the Nelson-raised Comer, who earned a geography degree at the University of Victoria.

Plans are in progress to take the market to the next level, whatever that entails. A consultant was hired using grant money to plot the course.

Although space at Millennium Park is not a factor – “the market can

look vibrant with 20 vendors or 60 vendors,” she says – the same can’t be said of Spirit Square (16-vendor capacity) and the Morris Flowers greenhouse (40, with a shoehorn).

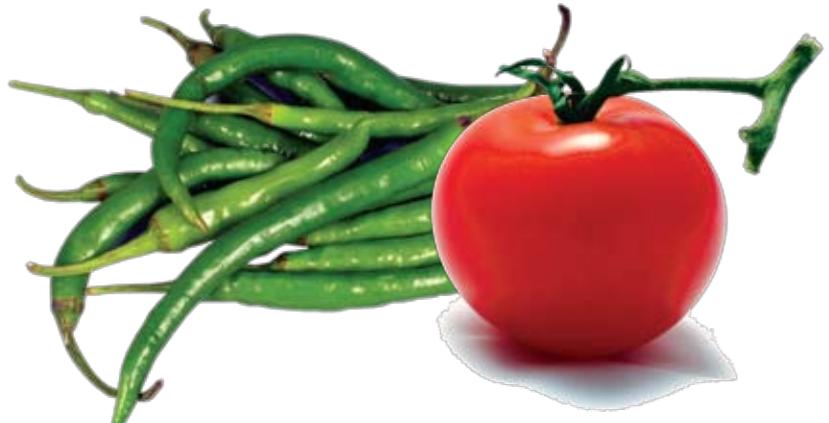
“This is definitely something we’re struggling with right now because there is more demand than we have capacity for,” Comer says. “We hope to be addressing some of the concerns about market locations in a study we’ll be doing this summer.”

Southall, for one, isn’t worried because “Jen has done a fantastic job (and) I think that people are getting the message that good, fresh, local food is the way to go. They can come here and talk to the people that grew the food. They can have samples and make that comparison

“It’s just incredible when you consider everything at the market is made, baked or grown locally.”

for themselves and realize that if they buy locally it’s a spinoff effect. It’s good for the farmers and it’s good for our community.”

Adds Comer, “It’s just incredible when you consider everything at the market is made, baked or grown locally. I love this community. We’re so blessed.” ■



Joanne Gugelyk’s (Abby Lane Farm) produce stall.



Chillin at the market (chairs thanks to grant from Kootenay Rockies Tourism/Town/RDCK Areas B&C).



From the Mayor's desk

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

We came in second but we didn't lose!!!

Last month our community was successful in being selected as a finalist in the Kraft/TSN Celebration Tour. The prize was \$25,000 toward the winning community's recreation centre.

Creston was matched against the City of Armstrong, with the winner being decided by the majority of votes submitted online.

Unfortunately for the Town of Creston, and despite some outstanding community effort, the winner for the B.C. region was Armstrong. Kraft/TSN announced the votes, Armstrong 200,236 vs Creston 129,933. While we didn't win in this head-to-head competition, I believe that the

community spirit and spontaneous volunteerism demonstrated throughout this event undeniably defines Creston as a "winning" community.

It is important to remember that over 600 entries were originally submitted, from communities across Canada, for the opportunity to compete in the Kraft/TSN Celebration Tour. This number was narrowed down to 20 finalists, with Creston and Armstrong competing for British Columbia.

I would like to pay particular tribute and extend a special thank you to Myrna Johnson and Ross Gowan for their unending enthusiasm to involve the citizens of the Creston Valley. Their initial submission started the charge. Then, when it was announced July 1 that Creston was a finalist, these two individuals really ramped up the cause.

It seemed that in a matter of minutes they formed a committee and encouraged others to participate. Enthusiasm was rampant and ideas flowed, with everyone pitching in and picking up the pace.

While thanks are due to so many (and I'm sure I'll miss some here) I'd like to note the following:

- College of the Rockies (COTR) for the use of their computer room and equipment during the 24-hour voting period.
- Creston Valley Bakery for donating four dozen doughnuts.
- Creston and District Credit Union for donating four dozen bottles of water.
- all of the local businesses who displayed posters, posted information

on electric signs and provided handouts with voting instructions.

- local radio station CIDO 97.7 FM for helping to get the word out.
- the local farmer's market for providing handouts encouraging people to vote.
- everyone who participated by sharing their e-mail address book contact lists and/or participated via social media set up by Marc Miller (Facebook and Twitter).

There are probably hundreds of anecdotal stories to be told of how individuals and groups banded together to support the drive in our community. My daughter "Facebooked" that her home went steady for 24 hours, with family members and friends, and her total house tally was 13,000 votes.

Marc's fingers went numb after 6,500 entries. I estimate my personal entries submitted in the 24-hour voting period to be about 3,000. As the instigators of this event, Myrna was at the COTR for the entire 24 hours and Ross wasn't far behind.

I received several e-mails from contacts across Canada and the U.S. that they were also voting on our community's behalf. And one great story was the gentleman who worked for the Salvation Army in Nelson who put in a 24-hour shift voting at the college for our community.

It was great to see the enthusiasm and creativity demonstrated during the 10 days of campaigning, especially during the final day of the 24-hour voting on July 11 and 12. I congratulate the many volunteers who stepped forward and showcased our great community. We should all be proud to call the "winning" community of Creston our home. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

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PPRS is folding its tent and going away forever

Story by: Peter Hepher

At a special meeting on July 20 chaired by a neutral non-member of the Pioneer Phoenix Restoration Society (PPRS), the seven members present voted unanimously to dissolve their organization.

The steps required by the Society Act to achieve that objective are already under way.

The PPRS was formed early this year for the purpose of having Pioneer Villa, at 1909 Ash St. in Creston, restored to the community as some type of affordable housing for seniors.

However, disagreements among members over the conduct of meetings and the way the society's relations with non-society officials, groups and individuals were being pursued generated frustration and irritation.

In addition, because the Creston Valley Community Housing Society (CVCHS) is also known to be considering Pioneer Villa as a possibility for low-cost housing, some PPRS members felt the community's interest would be best served if there was only one organization working for affordable housing.

All members of the PPRS were sent the required notification of the July 20 special meeting. Those attending constituted over half the group's listed membership. They decided to dissolve the society with deep regret.

Like many other residents of this area they are unhappy that a facility that

once served the Creston Valley's senior citizens so well now sits empty, abandoned and on the selling block. Some of them are, or will become, supporters of the CVCHS. ■



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Creston Valley Business Buzz



Gord and Caroline Martin
Owners of Cherrybrook Farms

Gord and Caroline Martin, owners of Cherrybrook

Farms, have been well-known in the Creston Valley for several years now, thanks to their innovative cherry-tree-membership approach to selling cherries. Now they're hard at work on their newest adventure: a fruit stand location on the highway in Erickson.

The former Chocolate Orchard has been completely renovated, with new everything – including a new philosophy.

“We specialise in local products,” says Caroline. “I’m sticking to my guns and not bringing in fruit from the Okanagan; all our produce is grown right here in the Creston Valley.”

The same is true for the eggs and pickles, cheese, honey, cherry juice and cherry lemonade available at the fruit stand. An on-site commercial kitchen will be complete by the end of July, and then Cherrybrook Farms will be the outlet for many more locally made foods, including jams, baked goods, and candy.

“We’re bringing in some things from around the region, too,” adds Caroline. “If you want to do the 100-mile diet, this is your market.”

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My side of the world

Story by: Kristen Cook

Just my Point of view

It causes its share of contention in this small town. I've heard it discussed in local shops and at family barbecues. So it should be. Being denied access to "The Point" on Goat River is something of a concern for many of us.

It extends beyond our ability to visit this popular swimming spot, however. It's become a complicated issue involving agriculture, tax dollars, migrant workers and, finally, extensive legal action.

I headed down the scenic Goat Canyon Road earlier this year to see what had become of one of my favourite summer haunts. An imposing fence, posted warnings and a security guard greeted me at the end. These are measures deemed necessary in a recent court case between an Erickson couple who live nearby and the province.

Although the court left the means up to the defendant, it was made

clear it was required to address the situation. The government is being forced to take responsibility for the actions of those who have been using The Point for many years. The Ministry of Transportation and Infrastructure owns the access between the swimming hole and the road.

Although the court case involved only the couple and the provincial government, many others are affected by the court's decision. During cherry harvest, Creston, as you undoubtedly already know, is inundated with seasonal pickers. This tends to be the group of people who are the most likely to frequent The Point this time of year.

Many of these pickers are from Quebec. Some are regulars, others are students hoping to capitalize on the summer season. It's also not unusual, if you ever work on a cherry crew, to pick alongside

Hispanic workers or transient labourers from this province, as well.

Some local residents have long taken issue with this young, alternative scene descending on our quiet community for over a month. Personally, I enjoy the diversity they bring to the valley. Still, as people tend to be in general, the good comes with the bad.

Regardless, unless our population collectively decides to gain employment in harvesting, seasonal workers will remain a part of any local August.

Because migrant workers are probably the biggest factor in the dispute over The Point, their employers are also a big factor in the decision. The cherry growers' association has been involved to some degree. It has made voluntary efforts to clean up The Point during harvest months as well as influence the behaviour of its employees.

Certainly, farmers do provide employment to seasonal workers but there is no feasible alternative for harvesting their crop. Many also provide excellent camping facilities for their crews on site. Unless they

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“I want to know if I’ll ever be able to scramble down the path again, if I will ever be able to sit and overlook so many fond memories”

are actively encouraging problematic behaviour, I don’t see how they can be held responsible. My employer isn’t should I choose to speed to work.

Finally, we, as residents, are involved. Quite honestly, The Point is one of the more beautiful areas of an already beautiful valley. In my early high school years I would walk down the tracks en route for a daily swim. I learned to dive off those rocks over the deep water.

It became a meeting place, one year, a place to cool down or sit on the bank, talking about everything. So I understand perfectly well how the negative behaviour affects the area.

I occasionally had to hurry my little siblings down the beach and away from public nudity. The smell of weed regularly wafted downstream to the area we became more apt to frequent.

It is frustrating, yes – a poor reaction of a few to the privilege and freedom of using and sharing such a gorgeous piece of nature.

Still, it is a shame it has come to this. The reasonable actions the province had previously taken to combat the problem have been deemed insufficient in the recent legal battle. Certainly, there was still unfortunate misuse of the area. Now government funds are being spent to ensure that all direct public access is not allowed.



Photo courtesy of Cora Schultz

We know exactly what The Point was: a beautiful public area occasionally marred by graffiti or indecent acts, a treasured local swimming hole tucked out in Erickson. Now it’s nothing but an expensive barricade full of warnings, a gorgeous view for a select few.

Law enforcement is called immediately if anyone tries to transverse the public property to The Point. After a cool July we’ve yet to see what the effect will be on other areas. Security will redirect you to the Canyon bridge or Highway 21. These areas, however, have limited parking and are also very public.

The battle is still not over. In a court date set for Sept. 19, the couple await a final decision. After years of taking matters into their own hands they may receive compensation over the whole matter.

I’ll be awaiting the decision as well. I want to know if I’ll ever be able to scramble down the path again, if I will ever be able to sit and overlook so many fond memories, even when the weather is still too cool for a swim.

It’s obvious some of us are going to have to give a little. Maybe with some creative thought we can find a way to share this wonderful part of our home once again. It’s something we should all be able to enjoy. ■

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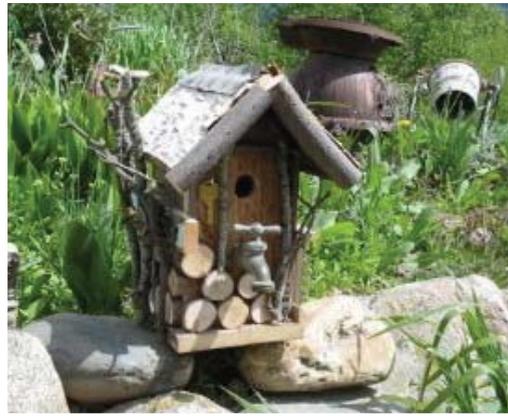
16 years of Art Walk

Story by: Trish Bartlett

The setting was gorgeous – a wildish, flowered hilltop with a 360-degree view of the valley. I could catch glimpses of wooden sculptures created by James McDowell, a giant turtle near the gazebo where I was sitting and the prominent crocodiles which had greeted me at the entrance to McDowell's Hilltop Gallery. I gazed around, wishing I had a pair of binoculars.

I was there to talk with Nora McDowell, the “backbone” (according to Frank Goodsir) of the Creston Valley and Eastshore Art Walk.

Art Walk (formerly Artdrive) was started 16 years ago. At its inception only Creston venues were included.



Nora's birdhouse creations.

Two year later that changed to include venues from Yahk to Riondel. That allowed McDowell's Hilltop Gallery to participate and Nora and her husband James have been involved ever since.

Ten years ago Nora volunteered as one of the organizers.

“The Art Walk provides access for the community and tourists to see local art”

“Art Walk is really important and it is important that someone does it,” she says. “The Art Walk provides access for the community and tourists to see local art. It also provides an opportunity for artists who don't have their own galleries to display their work.”

Volunteering is never an easy job. Over the years, Nora and the Art Walk planning committee have been responsible for applying for grants year-round, writing articles for the local paper, contacting artists and potential venues, helping produce the brochure and the artist cards, planning and attending the Art Walk opening events in Creston and Riondel, and planning special events and workshops throughout the summer.

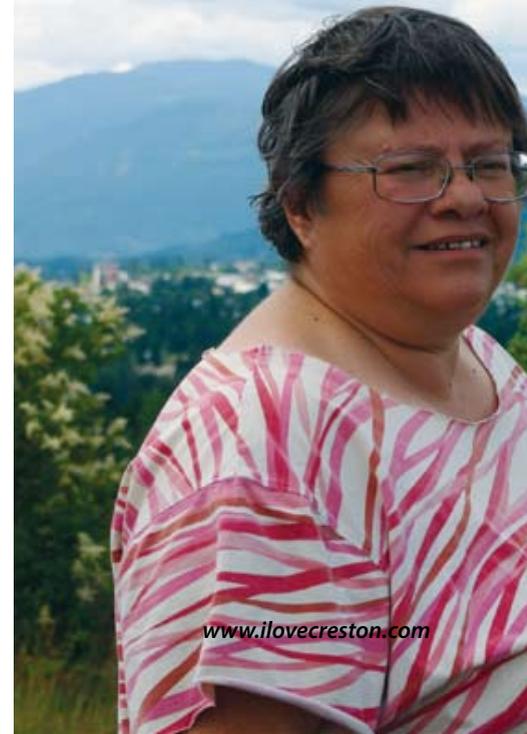
Nora's job is to ensure all the Art Walk wheels turn smoothly and be prepared

to grease any that don't. On top of that is the time and effort she puts into producing her own artwork.

“My life is centred around art,” she says.

As an artisan/artist for the past 40 years she has worked in many mediums, making soft sculpture dolls, jewelry, miniatures and quilts. She has participated in craft shows in Spokane, Tacoma, Sandpoint, Vancouver, Calgary and throughout the Kootenays.

Since 1994 she has concentrated mainly on birdhouses. With her husband's guidance, since she had never done woodworking before nor worked with power tools, she began building.



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Her father had never thrown anything away so her raw materials were readily at hand: piles of weathered wood, collections of plumbing and electrical bits and pieces, plus a whole pile of other stuff.

“My birdhouses are the ultimate repurposed object,” she says. “The fact that most of the materials used in my birdhouses would fit into the category of reused appeals to my sense of walking gently on this planet, our home, and not discarding things that could still find a use.”

Even though the McDowells moved to the valley in 1990, Nora was born and raised here, having left the area after graduating from high school. She spent two years at a Bible college in Idaho and then lived on a Christian commune near Seattle where she met and married James in 1971.

They and their son, Larry, returned to her family farm to help her mother after her father died. After building a house they built McDowell’s Hilltop Gallery, where both she and James produce artwork.

This year’s Art Walk includes 42 venues from Yahk to Riondel. There are private galleries as well as coffee

shops and restaurants where the work of local artists is graciously displayed.

How does Nora view the future of Art Walk?

“I would like to see the Art Walk continue on and on but this is probably the last year I’ll be organizing it,” she says. “It’s time for some young blood to get involved. Like everything, it will change and may disappear completely, but something will take its place.

“Art is needed. Art is humanizing. I am concerned about cuts to federal and provincial grants to the arts. I’m also concerned about the cuts to the school programs. We all need art in our lives to make us more human.”

This year, Nora and James have another art project, whipping their backyard into shape for their son’s wedding this month. I think it is a lovely place to start a marriage,

surrounded by nature with the whole valley as backdrop.

Art Walk is ongoing until Sept. 5. You can visit the McDowells at the Creston Valley Farmers’ Market as well as view their artwork around town and at their own gallery, Venue 5 in the Art Walk brochure. ■

If you don’t feel like walking you can see samples of their work on Facebook at www.facebook.com/pages/McDowells-Hilltop-Gallery or at www.mcdowellshilltop.com.



Nora McDowell surrounded with the beautiful views of the Hilltop Gallery.

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Home & Garden

Get Your Wood Stove or Fireplace Ready For Winter

www.handy canadian.com

Heating season is on its way and now is the perfect time to tackle the annual maintenance on your wood stove or fireplace. An essential safety task, this job is also important to maintain the efficiency of your appliance and to detect any wear and tear. No matter what fuel your fireplace or stove uses, annual maintenance is necessary.

Burning Wood

The chimney on your wood stove or fireplace will need to be inspected and cleaned.

It's important to remove the creosote build up from your chimney every

year. A professional chimney sweep will have the knowledge, products and equipment to complete this job and create a safe environment in your home.

Some of the maintenance on your wood stove and fireplace can be done yourself.

- vacuum ashes from the firebox
- clean the glass door using specialty fireplace glass cleaner
- check the doors for proper operation and seal
- inspect damper and ensure it is opening and closing properly
- source out a supply of clean, seasoned hardwood
- stack safely in a log rack the proper distance away from your home

Your chimney sweep may also perform the inspection on your fireplace or wood stove, including the flue, firebox and stove pipe, if applicable.

Burning Natural Gas

Using a gas fireplace or gas stove is a convenient and efficient way to heat your home. But even those units

need to be cleaned and inspected on an annual basis to ensure the components are operating well.

Contact a gas fireplace retailer to book a service appointment with a qualified technician. That professional will inspect the pilot light and the ignition system, as well as the venting and dampers. If there is a chimney in your system, it will need to be cleaned and the gas connections will need to be tested for a tight seal.

Although you may be more comfortable letting a professional service your direct vent gas fireplace, if there is an operable door there are a few tasks you can complete ahead of time.

- vacuum the firebox, removing dust and cobwebs
- clean the log set with a damp cloth
- clean the glass door using specialty fireplace glass cleaner
- check the doors for proper operation and seal

Hire an experienced technician to handle this annual maintenance task for you.

If there are repairs necessary, now is the time to take care of them. Before the snow flies and you need the fireplace ready to go, have the repairs done. That way you can rest easy and warm this winter. ■

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Home & Garden

5 steps to reseeding the lawn for a healthy yard next year

www.handycanadian.com

In most parts of North America fall is the ideal time to reseed the lawn. Beginning in late August and stretching until early to mid-September the climate is in prime condition for this lawn care project.

As the evenings begin to cool off leaving sunny, less heat intensive days your grass seed will have the optimum chance to grow before the dormant season arrives.

Step 1 – Prep Work

Your lawn will need to be raked thoroughly before any seeds are sown. This will help to pinpoint any areas that are in particular need

of reseeding, as well as remove the thatch build up and any other surface materials.

Use a strong broom rake for the first round, covering the entire lawn with even strokes. After using the broom rake grab a double-duty or multi-use rake to dethatch the lawn.

Step 2 – Getting the Soil Ready

Now that you can see the bare spots, the soil needs to be loosened and fertilized. Dig down 1 to 6 inches with a cultivator. For heavy traffic patches mix in peat moss to maintain good drainage.

Once the soil has been loosened it's time to add fertilizer. Use a type and

amount that suits your soil conditions and the exposure of the lawn. Rake the loose and fertilized soil flat.

Step 3 – Time to Spread the Seed

With a high quality seed that is made for the conditions of your lawn, spread the seed by hand. Coverage should be even but light. Once the seed is spread, lightly mist the area with your hose.

Step 4 – Protective Layer

For protection and to speed up germination, spread a layer of clear polyethylene plastic sheets on top of the reseeded area. Weigh down the sheets with rocks or other small, heavy objects around the edge.

Step 5 – Seedlings Need Water

When you see the seedlings sprouting through the soil remove the plastic. Lightly mist the soil two or three times per day until the seedlings reach a height of 1 inch. After that weekly watering is required until the grass is 3 inches tall. ■



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A well built house

Story by: Ray Smith, Certified Energy Advisor

A well-built, energy-efficient house is an asset to both the homeowner and the community. It will use less energy, be more comfortable and be a healthy environment in which to live.

This begs the question: why aren't we building them? Why are we continuing to just build to code or, to put it another way, build the lowest-quality house that can legally be built? Why can we not help the forward-thinking contractors who are embracing the latest technologies? Does energy efficiency and green building always mean more expensive?

Let me expand on these questions and hopefully give you food for thought.

First of all, there are many changes coming down the line regarding the BC Building Code and the energy efficiency of new houses. Although there have been two postponements already it looks as if the Energuide 80 standard will be here by spring. The Energuide number is an energy efficiency rating of the house and an Energuide report will give an estimate of the energy you can expect to use per year for electricity, oil and gas.

This report is not yet mandatory for new buildings so if you want to know this information, along with the impact of any suggested upgrades, ask your contractor to arrange for Energuide for New Homes on Day 1. The ideal time for the contractor to do this would be before any site work commences; it is easier to change details on a drawing than on site.

Other code changes are likely to include higher insulation levels, much improved airtightness (along with a blower door test to show this), improved and more efficient windows, water conservation and grey water recycling, and much more use of solar energy. There may also be a policy for energy labelling of homes at the point of transfer or sale.

Better insulation of walls and ceilings can be achieved in several ways but also needs careful consideration of moisture control and airtightness. A new house should be constructed as a system and altering one part of it may affect another.

Among methods of insulation improvement will be insulated concrete forms (ICF), structurally insulated panel system (SIPS), exterior insulation to prevent the "cold bridging" of wall studs, and staggered, double-stud walls. All these systems are readily available and have their pros and cons. Like I mentioned earlier, decide before you start on site.

The insulation value of a wall is likely to be raised to an effective R24, although I think this should be even higher as we do live in a cold climate, as opposed to the effective R16-17 we now have.

A current Energy Star window will give about R3-3.5. This will change. Triple glazing should become the standard along with more emphasis on the R value and solar heat gain for the appropriate elevation. If designed correctly a window can actually become a heater for the winter and not a hole in the wall.

"You can have a house that is too airtight, can't you?" is a question often asked of me. My answer: "No, but you can get a house that is too airtight and not ventilated correctly. Big difference."

When our heating/cooling fuel was much cheaper our houses were often very leaky. At the time this probably was not too much of a problem in terms of energy costs. Now that fuel has become more expensive and will likely continue to rise we need to keep the heat in instead of just turning up the furnace.

Since the advent of the R-2000 program, houses have been built more airtight. However, going back



to the house as a system, a house needs ventilation to prevent air quality problems.

The best way of doing this is to install a balanced ventilation system with heat recovery (HRV). Now the ventilation can be controlled and maximized. As much as this may be an energy efficient solution, I also consider this to be an important health issue.

Water metres are coming and we'd better get used to the idea. Already several municipalities in the Kootenays have introduced them and I think it's only a matter of time before they will be installed in all homes.

We all think we have plenty of water in B.C. Well, we have, but most of it flows north and where do most of us live? In the south. The amount of fresh water available for drinking purposes is considerably less than imagined.

To help alleviate this the BC Building Code is likely to allow for grey water recycling. That is, to re-use the water from washing machines, showers and bathtubs by filtering out some of the impurities and then sending this water to the toilets of the house and, maybe, garden irrigation systems.

Do you really want to pay good dollars to flush drinking quality water down the toilet? That's what we do at present. It is already code to install low-flow faucets and showerheads. The flushing capacity of toilets is going to be reduced to 4.8 litres from six litres in October. There is actually a three-litre flush toilet already available.

If you can, use solar for hot water. It works! Germany has the biggest solar industry in Europe. Thousands of jobs were created and, if you ever get the chance to visit, you will see solar panels for hot water and also for electric generation on a huge number of homes.

The German government has invested much money in renewable energies and homes using photo voltaic panels to generate some of their electricity get paid for any excess generated. This is known as a feed-in tariff.

Now, every city in Canada has as good as, or better, solar energy than Germany. So where are all the solar panels? I realize that until our government comes up with a way of taxing the sun there may not be too much in the way of incentives but, especially if you heat your water with electricity, solar is a very cost-effective method of heating your water. Once installed, you can look forward to many months a year of free hot water for maybe 20 years or more.

If you heat with electricity consider the use of a heat pump. These are effective for both heating and cooling. There are also units that do not require any ducting and they work well.

In fact, if you build a well-insulated, airtight house you may find that a traditional forced-air furnace is actually overkill and not entirely necessary. There are now heat pumps coming onto the market that work well, even at much colder temperatures than previous units.

On the topic of heating, and going back to my earlier comment of finalizing details before starting on site, make sure that the heating system has been designed with correct heat loss/gain calculations done and, if ducting is being used, that this is also designed correctly. Don't leave it until the furnace arrives; it's too late at that stage.

Get the system commissioned so that you can see that it is performing as it is

designed; it will be with you for a long time.

So, if you are having a house built, ask your contractor about some of these things, and if you are a contractor try to encourage your customers to go that little bit further. There are some Energuide incentives being paid by BC Hydro and FortisBC which may help.

A really energy efficient house will not cost substantially more to build than a "code house." The extra insulation, better windows, etc., will mean a smaller heating system installation. In many instances the extra mortgage cost to the customer will be outweighed by the much lower monthly energy bills.

It also means lower energy use to the municipality – less water to supply, less water to treat at the sewage treatment plant and a much higher-quality housing stock using less energy.

So why wait until next year or beyond? We should be building to a much better standard now and giving all homeowners the benefits of a more comfortable house that costs much less to look after. ■

Kootenay Energy Advisor, provides heating and ventilation system design, energy efficiency assessments for residential and commercial buildings, and also the Energuide for New Homes program. For more information visit www.kootenayenergyadvisor.com.

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Prohibition in the Creston Valley

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

Speakeasies and temperance societies. Al Capone, Eliot Ness and armed standoffs at the border. Bootleggers, rum-runners and “whiskey sixes.” The word “Prohibition” conjures up many images. But did any of it actually happen in Creston?

Trying to piece together the story of Prohibition in the Creston Valley is not easy. It happened just long enough ago to be beyond the memory of most people, and the newspapers of the time rarely go into a story’s background.

We get to work from snippets of information, oft-repeated statements like, “There were lots of rum-runners out at Yahk,” and some fascinating, though possibly unfounded, gossip

such as, “That’s how the [insert name of local family] made all their money.”

Prohibition began in B.C. on Oct. 1, 1917. It grew out of a decades-long movement of temperance societies (and the Women’s Christian Temperance Union was active in Creston by 1910) that finally gained a strong footing during the First World War – the idea being that temperance would make the country a better place for soldiers when they returned, and in the meantime the grain needed to produce liquor could be used to feed the soldiers overseas.

By April 1918 all of Canada had “gone dry.” Importing liquor into Canada was forbidden, transporting liquor across provincial boundaries was illegal and possessing or selling any drink containing more than 2.5 per cent alcohol required a doctor’s prescription.

Both the Creston and King George hotels, where the bars were located, were sold out of all their supply of liquor by midnight Sept. 30, 1917, but otherwise, according to the Creston Review, “The closing hours of the wet era were not exciting, although just noisome enough to convince that the occasion was of more than ordinary week-end importance.”



These two hotels, as well as the Erickson Hotel, turned their bars into “soft-drink emporiums” where the most popular drink was two-per-cent beer – the only legal option in the dry era.

The King George Hotel, in November 1917, moved its bar into a smaller office space in order to conserve fuel, though one wonders if a much-reduced patronage might have been part of the reason. D. Martoosi, the “ex-fire-water distributor” at Kitchener, was reported in the Review as having gone to work for the CPR.

Nevertheless, the Review declared in January 1918 that B.C. had been under Prohibition for three months with “a minimum of inconvenience to the hotel trade.”

Restaurant owners were occasionally charged with selling liquor over the two-per-cent limit; one was fined \$50 and costs in May 1919.

A couple of tidbits in the Review suggest that Prohibition hadn’t slowed down the production of elderberry and dandelion wine at all. And there must have been liquor being produced somewhere because there sure seems to have been a lot of it crossing the border as soon as the U.S. adopted Prohibition in January 1920.

At the same time as the U.S. was going dry, B.C. was going wet. In October 1920 a provincial vote went in favour of government control of alcohol and did away with the provincial Prohibition Act. All of a sudden, bootlegging became a potentially profitable business.

Liquor was spirited across the border in a number of creative ways. It was stacked under the coal in CPR trains going south through Kingsgate, and customs agents would have to use a long pole, thrust down through the coal, to find it.



John Charles Rykert, customs agent (left) and an unidentified RCMP officer near the border.

Pathways through the bush were widened into roads (Whiskey Smith Road was named after one of the rum-runners) and on at least one occasion a fine team of horses was confiscated, along with the light wagon and 12 cases of liquor they were pulling.

One man even tried to smuggle liquor through the border at Rykerts in a canoe. (Stealthy, yes. Ideal for a quick getaway when customs agents opened fire on him? Not so much.)

And of course there were the cars, everything from somewhat battered farm vehicles to “a good looking light Overland” and, in August 1920, “a swell new seven passenger Premier car worth between \$5,000 and \$6,500.” Compare that to the \$710 that a run-of-the-mill Ford cost at Bevan’s garage and you get an idea of the profitability of the illicit liquor trade.

Babs Jones, who grew up in Canyon, recalls sometimes seeing these big cars flying by in a great cloud of dust, either making a quick dash for the border or racing to elude police, who were quite diligent about pursuing suspected rum-runners.

On one occasion, Babs and her parents and siblings were returning from a shopping trip in Porthill. Her father reported to the border at Rykerts, then turned around and took another, shorter route through Lister to their home in Canyon.

Part way up the hill he heard a siren behind him. The police, thinking he was a bootlegger, pulled him over.

Staying one step ahead of the law required some ingenuity. One enterprising pair of rum-runners used a system of flags: if the American partner flew the American flag over his building it meant the border patrol was out and the Canadian partner knew not to chance a run across the border. Likewise, the Canadian partner would fly the Canadian flag over his house when the RCMP were active.

And one person told me that, while running heavy machinery in the Kingsgate area fighting fires, he had to be very careful not to lose the equipment in the holes where one of the smugglers buried his booze.

The war between rum-runners and police ended in tragedy for

Sgt. Searle of the RCMP. On May 15, 1921, he and two other members of the local detachment were returning from Rykerts after a night patrol in search of bootleggers. As they attempted to cross the Goat River, Sgt. Searle’s horse was swept away and he drowned. He was the first RCMP officer in B.C. to die in the line of duty.

The era of the rum-runners came to an end when the U.S. repealed Prohibition in 1933. But the legacy of that roaring time lives on in the present-day liquor laws in B.C. Many of them have their roots in the government control of liquor that was voted in to replace B.C.’s Prohibition Act in 1920. ■

For more information contact the Creston and District Museum and Archives by phone at 250-428-9262, e-mail at mail@creston.museum.bc.ca or on the Web site www.creston.museum.bc.ca.

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Osprey update

Story by: Carla Ahern, Director of Communications, Stewardship and Education Creston Valley Wildlife Management Area



A big thank you to everyone who watched the live osprey camera on our Web site. We were overwhelmed to see how many people tuned in to watch the pair of ospreys this season. So many people kept in touch to share their observations, concerns and stories and we appreciated all of the interest and support.

Unfortunately, the pair of ospreys did not have a successful breeding season. The last chick on the nest (one of three; two had already passed away) died in the late afternoon of July 16.

There were many observations made by those watching and staff here at the Creston Valley Wildlife Management Area in the last few days before the final chick passed.

It looked like the male was no longer bringing food back to the nest. The female was trying to take up the slack by bringing in fish for the young and she seemed to bring in some food, but not in the quantities that we saw when the male was fishing.

There were also observations made that the last chick had a wing that looked deformed or broken in the days before he died. In the end, it looked like a crow or raven came to the nest and ended the chick's life, with no parents around to defend it.

We can only guess as to why these events happened in the nest. What we do know is that the last chick did not get much parental attention and feeding. Whether they abandoned

this chick because they knew it was weak or deformed or whether something happened to the male and the female was unable to provide for the young, we will never really know.

Again, thanks to everyone for their interest and support. We have taken down the live stream for the season. We hope to have the camera up again next year.

We have seen many young birds successfully fledge from this nest and hope that 2012 will be a successful year for the pair.

“Unfortunately, the pair of ospreys did not have a successful breeding season”

As for other wildlife sightings, we have seen moose in the area quite frequently – one of the females has twin calves. The western painted turtles are out and

about in the summer sun, basking on logs in the ponds. They have mostly stopped crossing West Creston Road for the season as they have finished laying their eggs.

Great blue herons are catching fish and yellow-headed and red-winged blackbirds are frolicking in the cattails as the newly fledged young learn to fly. Lots of western terrestrial garter snakes and a few rubber boas are making an appearance along the dike trails and there is lots of bear scat out there. It is definitely a busy wetland. ■

Come and visit us at the wildlife centre. We offer guided canoe tours daily at 9:30 a.m., 10:30 a.m., 1 p.m. and 2 p.m. You can call to book or just show up and hope there is space. Reach us at (250) 402-6908.

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Back to School Survival Guide

www.drrickblog.com/page/Getting-in-Gear-A-Back-to-School-Survival-Guide

Despite the warm temperatures and sunny skies, many students are feeling a shadow looming as back to school season creeps closer. Starting the school year off on the right foot can help minimize students' stress levels.

Get Cleaning.

A dirty, cluttered room is not conducive to studying. Get organized before homework starts piling up.

Remove seldom-worn clothing.

Pack away belongings not used on a regular basis.

For smaller children, label areas so they can easily see where belongings should go.

Carve Out a Homework Spot.

Whether it is in your bedroom, the basement, or a family office, find an area where you can work distraction-free.

Get Organized.

Organization is key to ensure you stay on top of the requirements for each subject.

Use separate, labeled notebooks for each class. Create files for each subject.

Purchase a planner or calendar to keep track of important dates and deadlines.

Set Educational Goals.

Whether it is striving for an A in a certain subject, handing in all homework on time or preparing for tests well in advance, setting goals can help establish a routine.

Stay On Schedule.

Minimize last minute cramming or deadline mix-ups by creating a detailed school schedule.

Include all classes, assignments and key dates, such as project deadlines and test dates. Fill in new dates as they arise.

Be Adventurous.

Step out of your comfort zone this school year by trying new things.

Challenge yourself.

If you have the opportunity, take the hardest classes - not the easiest subjects.

Ask questions.

There is nothing wrong with not always knowing the answer. Asking questions is the best way to learn!

Think Positive.

Going back to school means homework and early mornings. It also means reconnecting with old friends, meeting new people, resuming fun extracurricular activities, learning more about your favorite subjects and improving on your last year's performance. ■

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Phase 1 of Arrow Creek water system upgrade now complete

Submitted

The first phase of an upgrade to the Arrow Creek water system is now complete. The project was made possible with \$360,000 from the federal Gas Tax Fund. It will enhance the overall quality of drinking water delivered to approximately 3,500 households in Creston and Erickson.

“The federal government is pleased to be a part of celebrations in recognition of a project that will greatly improve the quality of life for those in the Kootenay region,” said David Wilks, member of Parliament for Kootenay-Columbia, on behalf of Denis Lebel, minister of transport, infrastructure and communities.

“Programs like the Gas Tax Fund demonstrate the Government of Canada’s ongoing commitment to protecting the environment through cleaner water initiatives across the country.”

The full project, which will be completed by the fall of 2012, includes the replacement of eight kilometres of the main distribution line and construction of a new reservoir.

“The Gas Tax Fund has supported a range of recent water system upgrades in Central Kootenay Regional District that are having a positive effect in the lives of local residents,” said Ida Chong, community, sport and cultural development minister. “The B.C. government is pleased that Gas Tax Funds are creating cleaner air, cleaner water and reduced greenhouse gas emissions in communities across British Columbia.”

Drinking water quality, availability and infrastructure are key priorities of the RDCK board, which has allocated more than \$1.4 million in Gas Tax Funds to water system improvement projects.

Recent examples include upgrades to a water intake in Lister (\$200,000), installation of a water treatment plant in Balfour (\$200,000) and construction of a new reservoir in Ootischenia (\$150,000). Other projects aimed at improving water quality in Riondel, Fletcher Creek, and Six Mile are planned for 2011.

“This conservation upgrade will offer significant benefits to approximately 7,000 water users in both Erickson and the Town of Creston,” said John Kettle, director for electoral area B and the RDCK board chairman. “We are pleased that the federal government has ensured that the Gas Tax Fund provides sustainable financial support for infrastructure improvement projects in municipalities and rural areas.”

“One of the challenges facing local governments with rural populations is the high cost of improving small water systems,” said Union of B.C. Municipalities (UBCM) president Barbara Steele. “By funding these and other infrastructure projects, the Gas Tax Fund is ensuring that more British Columbians have access to safe drinking water.”

The fund is a tripartite agreement between Canada, B.C. and UBCM that delivers infrastructure funding to local governments primarily for capital projects that lead to cleaner air, cleaner water or reduced greenhouse gas emissions. UBCM administers the Gas Tax Fund in B.C. in collaboration with federal and provincial governments.

For further information on federal infrastructure investments in B.C., visit www.creatingjobs.gc.ca. To learn more about Canada’s Economic Action Plan, visit www.actionplan.gc.ca.

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Story by:
Shifu Neil Ripski

New beginnings

The fall always brings us many new beginnings to think about – the kids going to school or enrolling ourselves in some new class or program.

One of the most noticeable things I see each fall is people who join my classes and try to go too far too fast.

Learning martial arts is about understanding who you are both physically and mentally. A big part of this is finding our limits and realizing what they are.

The “no pain, no gain” philosophy has no place in a martial arts school. Training should be reasonable and progressive at all times. This is why the first rule in my classes is to do your best and progress from there.

I have never seen someone come into class who is already in perfect shape – strong, fast, healthy, etc. There is always something they are there to work on.

However, trying to keep up with others is always the downfall of people starting new things. We have to understand that these arts are about progression of self and nothing else.

As we begin our training we need to be kind to our bodies and minds and allow ourselves to progress slowly. This is the recipe to succeed in the field.

Unfortunately, when people join a new class, especially something that involves exercise, there is a tendency to try to keep up with those more advanced than we are. This is the ego

rearing its head, needing us to keep up with the Jones’s and not find our own pace and reality.

This is a big part of learning who we are and what effect our ego has on our conduct in our lives and relationships. Allowing our ego to get the better of us in a workout leads us to extreme soreness and a real distaste for the class itself.

Be gentle with yourself in whatever you are choosing to explore this fall and results will be forthcoming. It’s the ego that needs to be conquered, not the class.

“The “no pain, no gain” philosophy has no place in a martial arts school”

That being said, let me write a bit more about the hurdles beginners in a martial arts class may experience and ways to overcome them.

1) Feeling we should be learning faster.

Martial arts are a specific type of movement and way of thought. If you have never had any experience then it only makes sense that we may have to start with baby steps. Be gentle with yourself and set reasonable goals.

2) Feeling that we are not as strong/fit as we thought.

Again, the martial arts are specific in their demands on the human body. Our workouts are unusual and work the body differently than going to the gym or swimming in the pool. The type of fitness we are striving for

is its own thing and, as such, even if you are a gym/pool person you may experience new ways of working out. Take these as new challenges, not barriers that cannot be overcome.

3) Feeling we won’t fit in.

A martial arts club should be a family of like-minded people, not a place for competition or ego. The more experienced members will remember how they felt their first few days and will try to make you feel at home.

Truly, in my experience of being in martial arts clubs, they are all populated with people who felt they would not fit in at first – too overweight, too skinny, bullied too much and so on. We all went through it; you will be among friends.

Enjoy your summer! ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston. He can be reached at 250-866-5263 or at www.redjademartialarts.com.



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Soak your Grains

Story by: Maya Skalinska,
M.H., R.H.T.

While ago I came across an “aha” moment. After practising iridology for many years I noticed that almost 80 per cent of my clients have what iridologists call an “assimilation ring,” a red-looking ring around the pupil that shows up when the body suffers from poor mineral absorption.

The question is why? I have suggested mineral supplements, which helped, but I wasn't getting the results I wanted to see.

One day, at a nutrition workshop, a discussion on the anti-nutrients of grains came up and I realized this is the problem. How? Let me explain.

All of our ancestors soaked, fermented and sprouted grains before making them into breads, porridges, etc. These practices correspond to what modern science has discovered about grains.

All grains contain phytic acid, which binds with minerals such as



calcium, magnesium, copper, iron and zinc, and therefore blocks their absorption. Grains also contain enzyme inhibitors that interfere with digestion.

By soaking grains, the phytic acid and enzyme inhibitors get neutralized and the grains get predigested, resulting in more available nutrients. The very hard to digest grain proteins such as gluten get partially broken down, which saves the digestive system from an enormous strain. This kind of strain leads to depletion and in turn to allergies, celiac disease, chronic indigestion and Candida albicans overgrowth.

I started recommending grain soaking to all my clients with the assimilation ring. Within one or two

“All of our ancestors soaked, fermented and sprouted grains before making them into breads, porridges, etc.”

months, 100 per cent of my clients' assimilation rings either completely disappeared or were at least 80 per cent gone. I couldn't get over these amazing results and realized I must share them with everyone.

Trust the wisdom of our ancestors, take modern science into account and, most importantly, love your body. Soak your grains!

Method: for one cup of grain mix one cup of warm, filtered water and two tablespoons of either whey, yogurt, kefir or lemon juice. Mix the grain with the mixture, cover and leave it in a warm place for eight to 24 hours. ■

Maya Skalinska is a master herbalist and a registered herbal therapist offering iridology, pulse and tongue analysis, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment call 250-225-3493.

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CrestonValleyFarmersMarket.ca

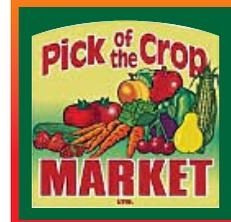
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BlackberriesJuly 10 to Aug. 10	Peaches.....Aug. 10 to Sept. 20
Blueberries.....July 25 to Aug. 20	Plums.....Aug. 10 to Sept. 20
Fruit Season	Summer Apples.....Aug. 15 to Sept. 20
Cherries.....July 15 to Sept. 15	PearsSept. 5 to Dec. 31
	Apples.....Sept. 15 onwards

Vegetable Season

Potatoes July 1 onwards
Table Cukes July 15 to Sept. 20
Pickling Cukes July 20 to Sept. 20
Peppers July 20 to Sept. 30
Tomatoes July 25 to Sept. 20
Carrots..... Aug. 1 onwards
Corn Aug. 10 to Sept. 25
Squash Aug. 15 onwards

**Please note all dates are approximate depending on the weather.*

Out & About

Submitted by: www.crestonevents.ca

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Phone: 250-428-9391

jnmcowell@kootenaywireless.com

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Contact: Jen Comer

Phone: 250-977-5362

www.crestonvalleyfarmersmarket.ca

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Location: Snoring Sasquatch

Contact: Louise n'ha Ruby

Phone: 250-435-5571

www.snorningsasquatch.com

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Phone: 250-428-9262

www.creston.museum.bc.ca

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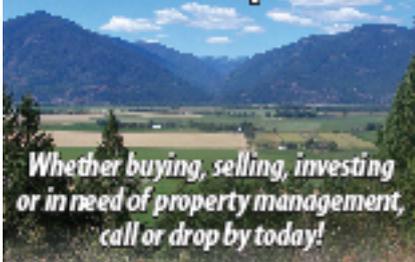
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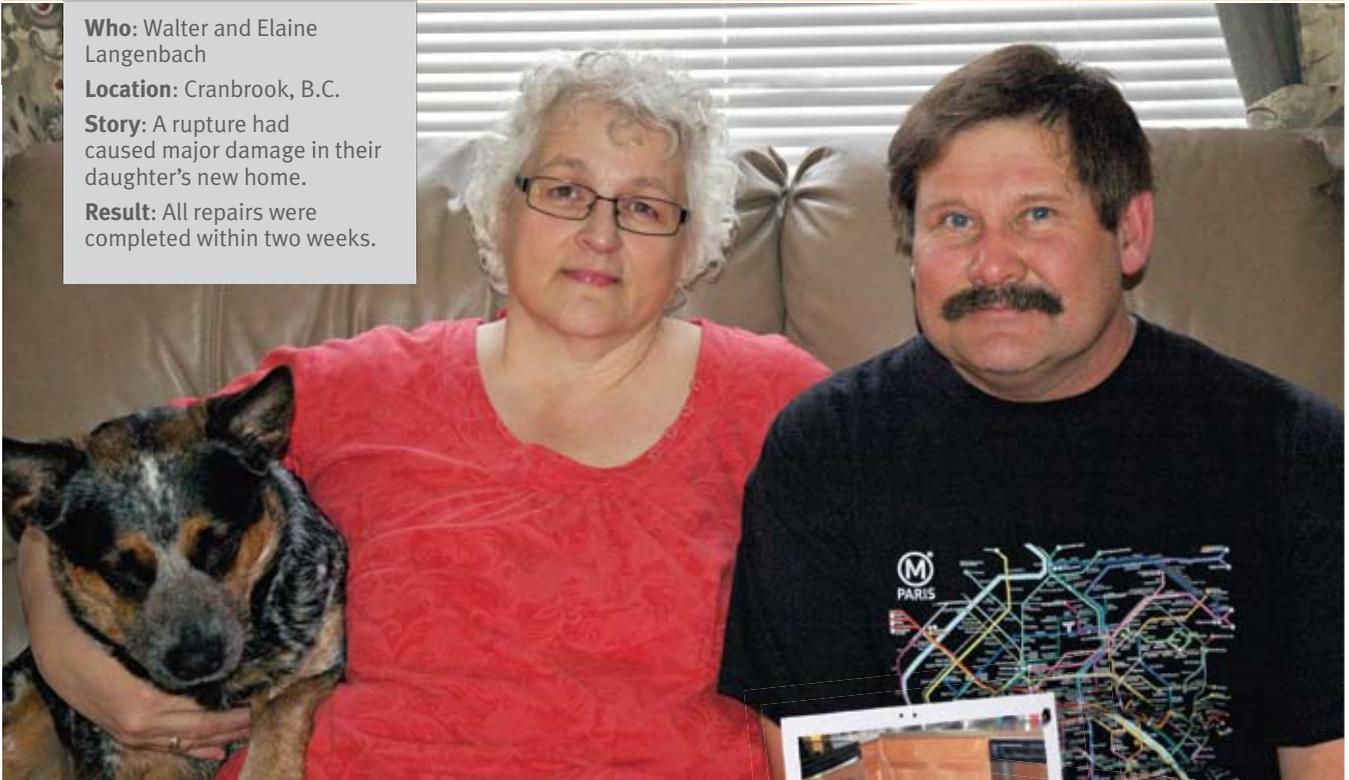
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