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Renaissance Man

Ewashen's artistic passions find home in the Creston Valley

Footlighters

Dirty laundry aired in
midsummer melodrama

My Side of the World

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trying hard enough

Outdoors

Summer tally
truly for the birds

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Lieutenant Governor of British Columbia, Iona Campagnola and Larry Ewashen after being presented a special award for his heritage work.

5 Cultural pride

He discovered his roots, in-depth, later in life, but Larry Ewashen did the Doukhobors proud in telling their story.

The Magazine

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Guest From the editor

On Kristen Cook's "side of the world" there's no excuse for boredom, as you'll discover in her July column for *I Love Creston* magazine – and isn't that a refreshing attitude?

There's little more grating than the words, usually uttered with a whine: "there's nothing to do." (Unless, of course, it's a maddening complaint about the "heat" . . . before the sun even sets on the first day of barely seasonal temperatures, but that's another column.)

Cook opines that a dose of creativity and the right outlook are all that's required to while away happy hours with friends and/or family in a small town, once the chores are done, presumably. She's armed with examples to back up the claim, all of which are timely given that summer is at hand, which presents opportunities that just don't exist the rest of the year, at least not to the same extent.

So here, in the spirit of Cook's challenge to find joy in simple pleasures, is one top 10 list of things to do in the Creston Valley at least once before the days grow shorter, the nights grow cooler and the kids start counting the days until school starts in September.

1. Pick up a cold treat and sit at one of the street-side or roof-top patios downtown, letting the warm air wash over your face and ruffle your hair while you watch the people and vacation traffic roll by.

2. Take in a concert at Millennium Park, and stroll around the Japanese garden while you're at it, taking time to look at the carp. What did we ever do without that place, which isn't even a decade old?

3. Plan a day trip – or two – to Crawford Bay. Some things never grow old, like viewing the majestic Selkirks and Purcells from what is (still) the world's longest free ferry ride or checking out the artisans along Highway 3A (even though it's just not the same now that live glassblowing, a former highlight, has been replaced by a much-less-intriguing video feed). But not far off the beaten track are two hidden gems – the Pilot Bay lighthouse and sawdust beach, which is the next best thing to the quicksand of jungle flicks. You have to wade into it to believe it.

4. Round up the gang, any gang, and head to one of Creston's playing fields, which lie ever-so-invitingly green and . . . dormant when the weather is best. How ironic that youths and their families spend typically blustery spring eves bundled against the elements during minor sport seasons, which invariably wrap up just when things start to warm up. So why not a game of pickup – baseball, soccer or even . . .

5. . . . ultimate Frisbee, a craze galvanized locally over the past couple of years by high school teacher Jeff Banman, whose Thursday night matches at Prince

Charles Secondary School draw dozens of players for an aerobic workout that transcends age, gender and fitness barriers. Midnight madness is a real blast, especially when the sky is clear and the moon is full.

6. Speaking of which, ever check out the Perseid meteor shower? This year's peak (after midnight Aug. 12 and 13) will be marred by a full moon, but shooting stars can still be seen in the run-up weeks.

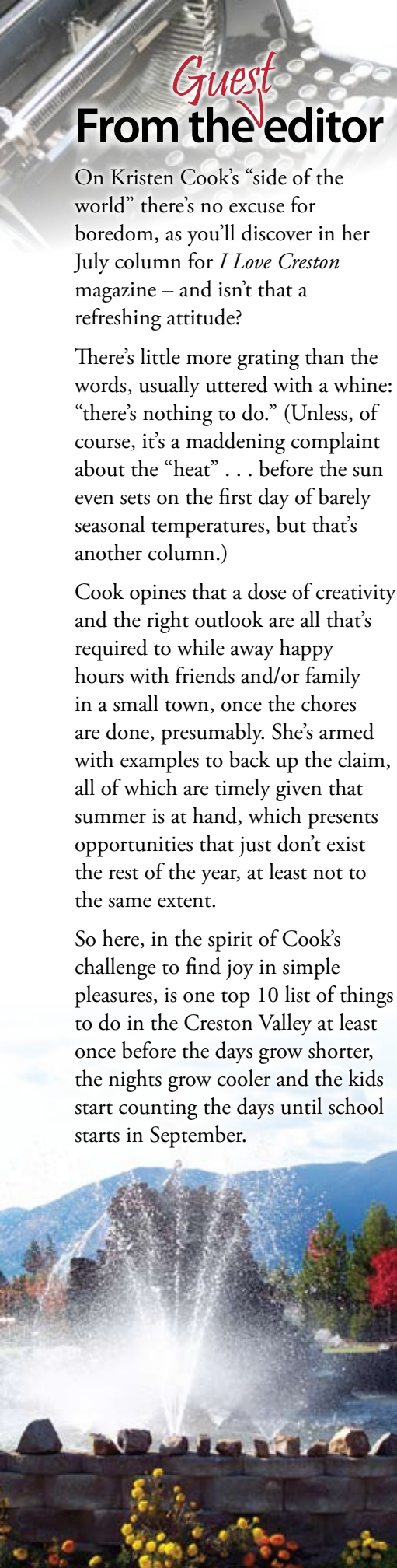
7. What's summer without a trip to the beach at Twin Bays, but let's not forget the Goat River (and judging by the vehicles parked along Highway 21, many people don't.) And not just the channel with water in it; the dry bed to the south provides a great forum for chasing butterflies and finding the perfect walking stick.

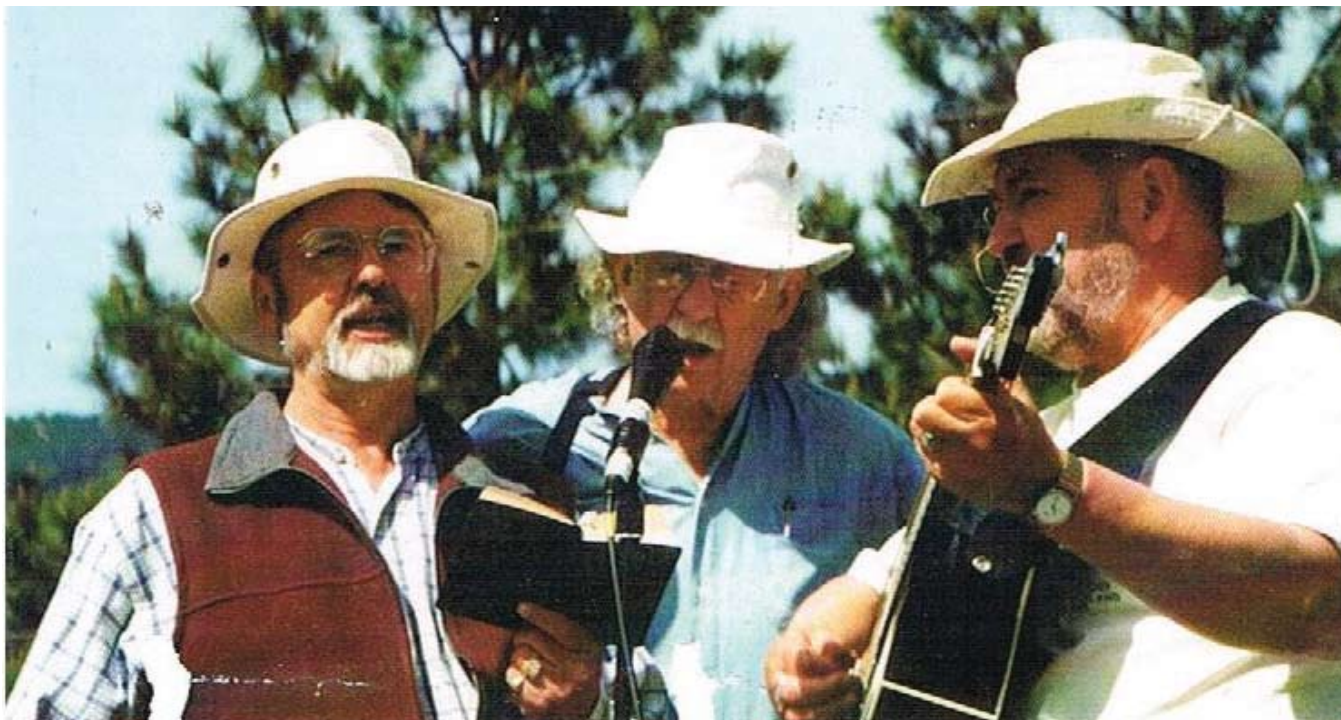
8. Take a canoe ride at the Creston Valley Wildlife Management Area. Eat cattails. Go dip-netting. Avoid cycling with young children on muddy, overgrown, mosquito-infested, marsh-side trails. (Trust me.)

9. Go golfing at Canyon's scenic, family-friendly, five-hole circuit, pausing to frolic with the tiny frogs that dart about your feet around the water hazards.

10. Tool over to the bicycle jumps across the tracks and pretend you're Evel Knievel. (Minus the stitches, contusions and body casts; you'll want to be in shape to tackle a completely different top 10 list next summer.)

So get out there, but not before reading the rest of this issue of *I Love Creston*. ■





The Ewashen Trio, brothers Larry, Alex and Bob, singing at Discovery Centre, 2000s.

The final migration?

Having done his part to preserve Doukhobor heritage, multi-talented Larry Ewashen looks to augment his stellar list of contributions in retirement

How fitting for Larry Ewashen to produce a work about the Doukhobor migration, given that he's migrated quite a bit himself, most recently to the Creston Valley.

Retired here since last fall, the historian, musician, author and film industry veteran was born to humble roots in the Crowsnest Pass, spent the bulk of his working days in Canada's Big Smoke and also lived in

Vancouver before coming full circle, in a sense, to the Kootenays, where his ancestors settled a century ago.

Though his only direct ties are through his brothers, longtime residents Alex and Bob, the town was a natural choice.

"It was mostly a family thing," Ewashen says, "plus Creston is a wonderful place to live. It's a wonderful valley.

"I like the agricultural aspect. I like an emphasis on holistic living and sustainable agriculture and community gardens. It has a very vibrant arts scene, a lot of musicians. That appeals to me."

Perhaps due to his Doukhobor background, which embraces such values, Ewashen felt comfortable here right off the bat. He volunteers with New Life Furniture, the Creston Community Auditorium Society and Wynndel coffeehouse, and teaches theatre and folk guitar classes at the College of the Rockies.

“I’ve always felt like this was kind of a second home,” says Ewashen, who would visit family here – including his now-deceased father, Alex Sr. – while based in Toronto, and lived here in the 1980s while working on another project.

“I was writing a book on the history of the Crowsnest Pass,” he explains.

“I found I was doing a lot of what I would call Canadiana”

“I interviewed people wherever they went, all over B.C. This was a good base because a lot of those people had retired here.

“I ended up working on the Creston flats running a combine and stuff like that. I’m from a farm/ranch background and so that’s how I spent a couple of years here.”

That’s how the lifelong bachelor carved out a living, picking up whatever work he could while pursuing various artistic passions – writing, acting, filmmaking,

composing and playing guitar – none of which could always be counted on to pay the bills. The unifying thread was Canadian heritage and culture.

“I found I was doing a lot of what I would call Canadiana,” he says. “This led to a film about my own background called In Search of

Utopia, which had some success (and) took me a long time.”

“I think there was an untold story there. There still is an untold story, and that’s what I was trying to do: tell the story of the Doukhobors and their contribution to Canadian culture.”

Ewashen was the writer, producer, director and researcher, arousing within him a newfound cultural pride which “in some, maybe small, way directed me to working at the Doukhobor Museum in Castlegar.”

When museum operators beckoned in 1993 he was making movies and ads in Vancouver. It might have seemed an unlikely career jump given that city life had been the norm for several decades.

Ewashen studied at the University of Alberta as a young man, earning a bachelor of arts degree in Edmonton before pursuing further education at the Royal Conservatory of Speech in Toronto, Actors’ Studio in New York City and Case Western Reserve University in Cleveland, where he obtained a master of arts.

Diverse and far-flung freelance assignments had him researching in Russia, writing in New York, working for the Canadian Museum of Civilization near Ottawa and acting and directing in theatres across North America and Britain. He worked extensively in radio and appeared in numerous feature films and CBC-TV productions.

Always musically inclined, Ewashen composed the soundtrack for an award-winning documentary at the Cannes Film Festival, toured



Sorin in The Seagull, Banff Centre Showcase Acting Company, 1970s.



Guest Acting Instructor, Henry II in Beckett, David Thompson University Centre, Nelson, early 1980s.



Lawyer Cribbs in melodrama, The Drunkard, Ontario, early 1970s.

as a guitarist with country legend Stompin' Tom Connors and served as president of the Guild of Canadian Folk Artists.

He even worked in the educational field briefly, founding theatre departments at Ryerson University in Toronto and Canadore College in North Bay, Ont., and teaching at a private Jewish school for boys in Toronto.

"I was getting a little burned out in Toronto," he says. "It was time to leave. I found myself going to smaller and smaller centres, if you can think of Vancouver as a smaller centre.

"You can only do so many commercials and so many dinky parts in films that you don't even care about. You probably wouldn't even want to see them, but it was a living. When I was invited to come to Castlegar . . . it was just the challenge I needed.

"There were some doubts about the viability of the museum and I was invited to try and revitalize the

whole process, and I did. That was a much more meaningful way to contribute."

Ewashen's father was an independent Doukhobor and his mother was related to Peter Verigin, the leader of the sect who died in 1924.

Derisively dubbed "doukho-bortsi" back in 18th century Russia (the term means "spirit wrestlers"), the Doukhobors were persecuted after taking a dramatic stand against militarism in 1895. Four years later some 7,500 of them emigrated to the

quarter-sections of land (160 acres), plus swear an oath of allegiance to the monarchy that stipulated going to war if necessary. One-third of them, Ewashen says, accepted the terms. The rest followed Verigin westward in 1908 after he purchased 14,000 acres near the confluence of the Kootenay and Columbia rivers, thinking private land ownership would preserve their pacifistic lifestyle.

Among those communal Doukhobors was a small group of zealots, the Sons of Freedom, "who

“When I was invited to come to Castlegar . . . it was just the challenge I needed”

Canadian Prairies where they settled more than 60 villages on a quarter-million acres under the motto "toil and peaceful life."

Their communal ways were disrupted in 1907 when authorities demanded they register and cultivate individual

later on became notorious for their demonstrations, nudism, arson and so on and – having said that – they had a case," Ewashen says.

"The big issue was education. They said, 'OK, you're going to take our children and send them to



George in Mice and Men, Ontario, 1970s.



Fedaz in Turkish Delight, Second Floor Theatre, Toronto, 1970s.



Directing Sir Tony Church of the Royal Shakespeare Company, England. Harold Pinter's The Homecoming.



Commercial Drive, a folk bluegrass group in Vancouver during the late 1980s.

schools. What you really want to do is assimilate them' . . . and so they resisted violently.

"The majority of Doukhobors under Peter Verigin, probably 90 per cent, said, 'OK, we're going to try to work with this. We're going to build our own schools. We're going to teach them Russian in the community but we'll allow them to go to school and learn English.'"

Sons of Freedom children were seized by the provincial government in the 1950s and interned at New Denver.

"They came out very bitter and dysfunctional," Ewashen says, noting that one female octogenarian remains imprisoned in the Lower Mainland.

“It's not a fault. It's a generational thing”

The Sons of Freedom comprise just part of the display in the revamped Doukhobor Museum, which opened with one communal house in 1971 and was renamed the Doukhobor Discovery Centre by Ewashen.

Among the highlights of his tenure were a million-dollar renovation of a 98-year-old suspension bridge that linked two Doukhobor communities near Castlegar, obtaining national historic site designation for the bridge and successfully lobbying to have Verigin (about whom Ewashen published a short biography in 1988) recognized as a person of national historic significance.

"The important thing was having a wonderful site where tourists from around the world would learn about the Doukhobors," says Ewashen, who for a couple of years also directed a Saskatchewan museum in the town of Veregin (named after Peter but spelled differently).

Not all important museum guests travel far, however. Ewashen reached out to local Doukhobor youths who had lost touch with their roots – or never were in touch in the first place.

"Doukhobors have no idea about their own history," he says, estimating their

numbers at 10,000 in B.C. and 30,000 nationwide, with a similar number remaining in Russia. "Neither do their friends. That's where it starts, getting them the history."

Is it an endangered breed?

"I think it is in the sense that all the ethnic cultures in Canada are dying," he says. "But no less, either, because there's certainly a drop-off of interest. It's the same with the Boy Scouts and the Girl Guides and the Catholic Church; all of the youth membership is falling down, so whose fault is it?"

"It's not a fault. It's a generational thing where the children of today are perhaps more interested in video games and getting together in their peer groups and communicating on the Internet."

He thinks he sparked a mini-revival of the Doukhobor creed "but I don't think that's going to solve everything. I'm not sure it has to be solved. The Doukhobors made their contribution. They have principals and values and they're all very valuable.

"What we do, whether we're Doukhobors or well-meaning Methodists or whatever, (is) try to plant a seed of human consciousness in people to make them think of a broader vision beyond themselves and their immediate needs, and sometimes very selfish and unnecessary wants. That's all you can do, and I think the Doukhobors have done a wonderful thing. Over 100 years ago they were talking about a holistic way of living – vegetarianism, pacifism, not smoking, not drinking, all of this sort of thing – that is so necessary and wonderful now, you know, ideas whose time has come.

"Among the youth today there's a certain coolness about holistic living, where it might have to do with vegetarians (or) it might have to do with an organic style of life, and I think a lot of youth are kind of hip to that, so maybe it's kind of cool to be a Doukhobor now." ■



From the Mayor's desk

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

Attending municipal conferences

The opinion is sometimes expressed by members of the public that the attendance of mayor and councillors at out-of-town meetings/conferences is costly and, as such, should be avoided.

In reality, however, attendance at government conferences assists your elected officials in exploring creative and practical ways in which other communities and colleagues are addressing the urgent issues of our time. Effective leadership can only be achieved by informed leaders.

"By participating in conferences and workshops we can foster responsible local leadership"

Conferences include innovative keynote presenters, workshops, panel presentations, local mobile tours, establishment of resolutions and more. Program content is designed to inform, inspire, challenge and educate conference participants, as well as providing opportunities to network with colleagues and experienced professionals.

At the local level, accountability to the community involves making the most of the conference's activities and events. As such, council has established a policy by which event participants are required to provide a post-conference report on the experience and lessons learned.

On a yearly basis there are three levels of government conferences:

Association of Kootenay Boundary Local Governments (AKBLG) is a

three-day regional conference. This year the event was held in Kimberley and in 2012 it will be held in Trail. Creston is being considered as the host for AKBLG in 2014. The AKBLG conference concentrates on regional issues and concerns.

Union of B.C. Municipalities (UBCM) is a five-day conference that will occur in Vancouver in September. Last year the event was held at Whistler and in 2012 it will be in Victoria. The UBCM conference concentrates on provincial issues and

concerns that directly impact local governments.

Federation of Canadian Municipalities (FCM) is a four-day conference that was held in Halifax last month. The previous year the conference was held in Toronto, and Saskatoon is the host location in 2012. FCM concentrates on national issues and concerns that directly impact local governments.

Personally, I believe that all councillors should be invited to attend the AKBLG on an annual basis. Additionally, it is my position that councillors should attend, at minimum, two of the UBCM conferences and one of the FCM conferences during their three-year term of service as elected officials.

I have had the privilege of attending the last three FCM conferences.

To illustrate my point about the importance of learning from real-world community experiences, I had the opportunity as part of the FCM events to visit and participate in study tours at the recycling and waste programs in Whistler, Toronto and Halifax. Based on what I learned it is my belief that we can create a strong, long-term recycling and waste disposal project for the Creston Valley, and should identify such a program as a high priority for implementation.

By participating in conferences and workshops we can foster responsible local leadership, good governance and stewardship of public assets. By weaving together the tools and processes available to local governments with on-the-ground community experiences we are provided with an opportunity to benefit from real-world lessons learned. ■

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.





My side of the world

Story by: Kristen Cook

I love a small town

There are things to do in a small town," we say. "You just have to be creative. Think outside the box."

True enough, I must agree. It's an art worth refining. Especially when you don't have a thousand easy entertainment options a transit ride away.

It's not that we rural folk don't get our fill of video games or cable television these days, mind you. Passive activities seem to become more and more accessible every year.

But let's think about it. Who invented cow tipping? I bet it wasn't a bunch of bored kids in the city. The same could apply to any of a plethora of activities. Ever raced a tractor? Tried out a rope swing? Searched for wild strawberries or been cross-country skiing?

I grew up celebrating an annual Saskatoon berry festival. Yes, we came up with the idea. Yes, it was a lot of fun. Pancakes over a fire after a hard morning picking.

In my teens I remember buying bulk chocolate bars and trying to give them out on main street. More difficult than it sounds. I have taught friends to drive stick shift on back roads, gone for row boat rides on the channel and had many a picnic in fields around the valley.

Then there are the old favourites. Creative, maybe not. A world of small-town fun? Definitely.

Tubing down the river, bonfires on the beach and hiking in the woods. Camping, pond hockey or just lying underneath the stars. There is never a shortage of things to do in the summer months. Rainy days are also a good chance for board games, library stops or baking. Even going to our local theatre is an experience, in addition to a movie.

There are, of course, a few essential ingredients apart from a little creativity. A sense of adventure, to start. You have to want to try something new, to be open to whatever comes up. An appreciation

Creston Valley Business Buzz



Kathy Dressel,
Owner of
Stitchin' Time
Fabric & Yarn shop

My name is Kathy Dressel and I am the owner of Stitchin' Time Fabric & Yarn Shop.

When the department store I was working at announced they were going to close, I decided that Creston needed a place where you could buy quality fabric and yarn. In August of this year, Stitchin' Time will be celebrating its 3rd anniversary.

Stitchin' Time Fabric & Yarn Shop carries a wide selection of quilting cottons, sewing notions, yarns, which including locally-dyed wool

from Riverstone Yarns and knitting/crocheting notions.

I offer a wide variety of sewing classes for kids ages 9-90. Come in and check out some of projects.

I have always loved to sew; it is a great stress reliever for me. From home decor to clothing to formal wear; it was only natural that I moved onto quilting about 5 years ago. My goal now is to get everyone who comes into my shop as addicted as I am to fabric and yarn colors and textures.

I love owning my own shop; I never have a bad day at work. My customers are always happy when they come to my shop.

Stitchin' Time is located at 115B 10th Avenue North (across from the post office) 250-428-7347

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for the outdoors can be pretty important, too. There is no more compelling reason to live so near to open spaces. Make the most of it.

Not that there aren't plenty of great indoor activities to be had as well. And, always important, other people. Others you know who will be up for the adventure or have some harebrained ideas of their own.

When I was little this socialization meant tea parties. Now it means countless cups of tea and conversation. It means people who will respond to that whim of a text message invitation to a game of volleyball, next-day snowboarding plans or a spontaneous dance party.

It's always awesome if you know people with experiences to share. Learning a new skill goes a long way.

Someone to unlock things otherwise out of reach. Rock climbing, shooting, gold panning, jam making . . . or people eager to learn what it is that inspires you.

“But let's think about it. Who invented cow tipping?”

Yes, it takes a little effort as well. I've tried my share of activities that never stuck. I've bungled my way through too many soccer games and had my party rained on more than once. It takes someone willing to initiate. Turn off the computer, learn something new. Maybe take a risk and make a new friend.

I think you'll find it's easier than you might expect. My sister and I recently started an experiment where we invite a group of 20-somethings to hang out once a week. The ideas are plentiful and range from building a potato gun to holding a pizza-making evening. Apparently there are people besides myself who want a good group to hang out with and something exciting to do on an otherwise slow evening.

So, you're from a small town. Think of it as a challenge, an opportunity, an adventure. Think of acquaintances who share an interest or have something they're willing to teach. And, yes, try to be a little creative. This valley is bigger than it might seem. ■

Picture Yourself

The Mural Replacement Select Committee, of the Town of Creston, would like to invite interested artists to submit proposals for the painting of the new murals located adjacent to the Town of Creston's Spirit Square (west of Pharmasave). Proposals must be submitted before 4:30 pm on July 15, 2001.

Interested parties can pick up a proposal package at Creston Pharmasave or the Town of Creston Town Hall.

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Birding in the valley

Story by: Trish Bartlett

I saw an ad about a summer bird count in the valley. I knew of the Dec. 26 count but hadn't heard of a summer count. I was curious, spoke to my husband and he agreed it was something we could do together.

We met Pat Huet, the local co-coordinator, after registering at www.birdatlas.bc.ca, the British Columbia Breeding Bird Atlas Web site. She told us the summer count

is primarily concerned with breeding pairs. Observers have until the end of August to spend at least 10 hours in their area.

We eagerly peered at the squares she had available. All the good ones were taken, and by good ones I mean the ones with easy access, where I could sit in my house, sip tea and count the nests in our eaves.

My husband chose a square in the Corn Creek area. He figured it would take about 45 minutes to access. Including an hour or two hiking and observing it would easily be a half-day activity.

We had map-reading skills, a compass and a family van. Huet strongly suggested a four-wheel-drive vehicle and a GPS.

Off we went one Saturday afternoon, following our 30-year-old topographical map of the area and checking off points as we came to them.

"Hmm," said I, "the road has ended."

"What do you mean?" said my husband. "We have plenty of road left."

"According to the map, we ran out of road at the last creek and we have at least four kilometres, as the bird flies, to reach our area."

"No problem."

We stopped several times to take sightings. The 10-year-old pipeline on the other side of the draw was not on the map. But the mountains were.

We continued climbing switchbacks, still no closer to our square. I worried about the underside of our 20-year-old van as it groaned with exhaustion.

"Beautiful scenery," my husband exclaimed as I viewed the cougar and bear scat and anticipated an

uncomfortable night sleeping in the van before walking out the next morning. I wondered what the price of towing was from up here.

We stopped again. I said I could no longer hear any birds.

"I wonder why?" he said.

"Maybe it's too cold," I said, shivering in my T-shirt. "Or maybe the air is too rarified for them to be able to fly." I figured we had reached 5,000 feet. We continued onward and upward.

Finally, "We're here," he said.

"Great. Let's see if we can spot some birds and get out of here."

We listened. We could hear the rushing of a mountain creek, the wind rustling the trees and the rain as it pattered on our heads.

"No birds. How about turning around and going home?" I almost, but not quite, whined.

A short distance up, the road widened – just in time as we pulled over to let a giant 4x4 truck pass. It was driven by newcomers to the valley who were exploring the back country. The woman was excited at having seen a couple of bears lower down.

The men compared maps and we went our separate ways, my husband envious of their truck and me wondering if a bear would view us as a sardine can on wheels.

Down was faster than up and no wildlife was seen, although birds were heard. But since we were no longer in our area, they didn't count.

So ended our first foray into bird counting; our total, zero. Next time we go, I'm thinking helicopter. ■

If anyone is interested in helping with the summer bird count, call Huet at (250) 428-0644. If you have a 4x4, call me.

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**A Great Way to
Spend the Day!**

A grand affair

Story by: Peter Hepher

A great time was had by all. That appears to be the consensus of the 200-plus people who attended the Creston-Kootenay Foundation's Grand Soiree on June 11.

Held in the Creston and District Community Complex's Creston Room, the affair was emceed by Brian Lawrence and Dan Caverly.

It began with a bang-up buffet supper catered by Carole Huscroft and ended with dancing to old and new music played by the Creston Community Band under Monte Anderson's baton.

In-between, those present watched a movie produced by the Creston Film Group in which representatives of the area's non-profit organizations thanked the CKF for its financial support over the past five years. It was a revelation to many in the audience who were unaware of the foundation's active role in the community.

CKF president Larry Brierley made a presentation to one of this year's grant recipients, the Creston and District Community Resource Centre Society, acting as sponsor for the Therapeutic Activation Program for Seniors.

He invited donations to the foundation, noting that as its investment kitty grows the foundation will be able to do correspondingly more to help such groups for the foreseeable future. The theme of the foundation is "People Who Care – Dreams that Matter."

Laurel Salviulo of Riondel spoke of her and husband Vincenzo's desire

to establish an annual scholarship in memory of their son, Brandon, who had died following a tragic accident. The Brandon Salviulo Memorial Scholarship will go to a student from the East or West Kootenay enrolled in the fire certificate program at the College of the Rockies.

The CKF worked with the Salviulos, linking its "care" with their "dream that mattered." The first scholarship will be granted in 2012.

Brierley also presented a bouquet of flowers to Julie Ewashen, a former member of the CKF board, in appreciation of her dedicated and sterling work as supervisor of the foundation's youth committee.

He praised Nicole Nilsson and Rita Scott, the two foundation board members who were responsible for organizing the soiree.

A silent auction offered items generously donated by area businesses, and a money tree of envelopes contained gift certificates also provided by local merchants. The magnificent door prize – a week's accommodation in Phoenix donated by Nick and Kelly Nilsson, plus return air fare from Spokane to the Arizona city, donated by Bahamas Travel – was won by Gerry Gardiner. ■

Information about donating and the CKF's activities can be found on the foundation's Web site, www.ckfoundation.com.



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Rants and rivalries in the early years of the Creston Review

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

On Aug. 20, 1908, the first issue of the Creston Review rolled off the presses. It was a four-page paper, owned and edited by John Joseph Atherton, who had already established newspapers in several other Kootenay communities.

Atherton's Review contained only local news and made no secret of its mission: "We are here primarily to make a million and incidentally to advertise the resources of the town and district. It is our aim to see that Creston gets a square deal in all matters, and we shall scourge the wicked and canonize the boosters. There are no strings on the editor and he alone will dictate our policy and take the medicine. Tell us the gossip and the scandal, we need it in our business."

Atherton's position at the head of the Review was short-lived. In August 1909 he printed an announcement that the Review had been sold to new manager J.K. Johnson and editor Ralph G. Scruton. According to Atherton's granddaughter, though, who recently visited the Creston Museum, Atherton actually lost the newspaper in a card game.

Either way, the transition was amicable enough, at least at first, with Atherton wishing all success to the new owners and exhorting them to "keep up the good work." The new owners, in the Aug. 13, 1909 issue, made it clear they were going to keep going as the paper had started off:

"Under the new management the Review will continue as heretofore to present to the public in a fair manner the resources of the Creston district as a fruit growing section and as an ideal place for homes. We will endeavour to deal with all public matters in an unbiased manner and shall only criticise public officials when such is absolutely necessary and then only when facts have been presented to us. Street talk and gossip regarding public servants will not find a champion in the Review."

By early 1911, though, the gloves were off and the editor was taking public potshots at Atherton. One example shows up in the Feb. 24, 1911 issue:

"The Review, at the request of several fruit growers and ranchers,

called attention to the presence in Creston of a small flock of English sparrows . . . Mr. J.J. Atherton, a printer, has taken upon himself to pose as an authority on birds and has written a letter to the Nelson Daily News denying that these are English sparrows. In this issue will be found a letter from Mr. J. Heath, an English horticulturist of many years standing, and a prominent rancher of the Creston Valley, on the subject. We leave our readers who know both Jay Jay and Mr. Heath, to judge for themselves between the word of an expert, and the biased vaporings of Jay Jay."

"We are here primarily to make a million"

So much for fair and unbiased. Undoubtedly, Atherton replied in kind but his response doesn't show up in the pages of the Review. In fact, on March 6, 2011, Scruton, of the Review, wrote, "We have received communications regarding those English sparrows; the Review has done its best, to call the attention of those interested to this evil in the early stages . . . Our columns are not

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The Creston Review located on Wilson Avenue, pictured between Lamont's Real Estate office and a tent.

at the disposal of correspondents who write in acrimonious terms or from purely personal motives, and these communications, which have no practical bearing on the subject and can do nothing but harm, have been consigned to the waste paper basket.”

It got worse, too, by the time the July 28 issue came out, when the Review reported:

“Creston’s Labor Day celebrations in the past have, on the whole, been very successful affairs . . . Unfortunately, the success of these celebrations has been marred by the selfish policy of short-sighted individuals who have not scrupled to twist what should have been a day of fellowship and hospitality, into a ‘Hold up’ scheme, for gain. The first individual to give the District a black eye, by this coarse profit mongering on the citizens day, was Mr. J.J. Atherton, who on Labor Day 1909, after having been granted the privilege of making a reasonable profit by running a refreshment booth on the grounds, enriched his personal pocket at the expense of the good repute of the valley, by endeavouring to monopolise the water on the grounds, and charging tired women and little children, a price per cup for a drink of water.”

So what happened to set the two men, Atherton and Scruton, against each other? We may never know the whole story, but one possible explanation is the Creston Valley Echo – yet another newspaper started by Atherton, of which the Creston Archives has just one copy of the final issue. In announcing the Echo’s demise, Atherton wrote:

“The Echo started out with an object in view, viz., to dethrone a certain party high up in magisterial honors, and also to give a better local paper than was then in existence. The Echo has made lots of friends and a few

enemies. The Echo has always had the courage to plainly speak its mind, and it takes pride to itself that it has remedied evils and crushed hypocrisy. It has flayed the canters and the ranters and canonized boosters. It has played the fame of life fearlessly without asking favor of any man.”

A syndicate of local businessmen bought both the Echo and Review, and the two papers became one on Nov. 11, 1911. Atherton, however, wasn’t quite ready to write himself out of the picture yet:

“We emphatically state that we would pursue our program of usefulness tomorrow without fear or favor, were we installed in the editorial chair of the new venture.”

His broad hint was ignored. The Review had a succession of managing editors over the next few years, but Atherton was not among them. Maybe he’d tried to “dethrone” one too many of the parties “high up” in the community. ■

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 at www.creston.museum.bc.ca.



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Home & Garden

Simple energy saving tips for renters

Story by: Ray Smith, Certified Energy Advisor

If you are like most renters you would like to save energy but don't want to invest money in a home you don't own. To help keep the fuel bills lower, here are some low-cost, energy-saving solutions that renters, and homeowners, should take advantage of.

Programmable Thermostats

You can buy an Energy Star programmable thermostat for around \$40. Setting the thermostat to drop to 16 C at night and when not at home can add up to approximately 13 per cent in energy savings. Also, if you have baseboard heating, a thermostat in each room will enable

you to zone each room at different temperatures according to its use.

Cut Phantom Loads

There are several devices in the home that will continue to use electricity even when you think they are turned off. The usual culprits include phone chargers, coffee makers, microwaves and much of the audio-visual and computer equipment used in most homes.

The cheapest way to prevent phantom loads is to simply unplug the appliance. Another way is to invest in a power bar that can be turned off when you finish using the equipment.

There is a simple tool you can buy at most hardware stores called a KILL-A-WATT. With this you can find out which appliances are using phantom loads and how much power is being used for each appliance. I believe they cost \$30 to \$40 and you will probably save that amount in the first year or so simply by unplugging the guilty appliances.

Stop the Drafts

There is nothing worse than sitting in a draft. Draft-proofing is cheap and easy. A few tubes of caulking, some good door seals and sweeps, and a

packet or two of foam gaskets for the electrical outlets will work wonders.

Energy Efficient Lighting

Compact fluorescents (CFLs) are up to 75 per cent more efficient than incandescent lightbulbs. The quality of these has improved greatly over the last two to three years and they can now be bought for dimmable lights and in several colour temperatures from yellow through to bright white.

Keep a lookout for LED lights as well. Maybe a little expensive at the moment, but the cost is coming down. And don't forget: the most energy efficient lightbulb is one that is turned off.

Reduce Hot Water Usage

If you have an older showerhead it is likely dropping 15 to 30 litres of water on your head every minute. Apart from the waste of water involved (that's another topic entirely) there is a big energy cost involved in heating this water. Low-flow showerheads are inexpensive and easy to install. The performance of these heads is continually improving and there are many that now work as well as the old water hogs.

Try washing your clothes in cold water. Many detergents are designed for cold-water usage.

While we are on the topic of laundry, did you know that the dryer is one of the highest energy consumers in the home? For many months of the year why not invest in a solar-powered



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Home & Garden

dryer, also known as a washing line. Hang out the washing and save some money.

Routine Maintenance

Just occasionally run the vacuum over the coils on the back of the refrigerator and also over the fins of any baseboards you may use. Removing this layer of dust will ensure maximum efficiency. Change the furnace filter every two to three months. A clogged or dirty filter requires the furnace to work harder to effectively distribute heat throughout your house. ■

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.

Tips for maintaining a shade garden

www.handy canadian.com

Your Local Nursery

Your local nursery will keep the shade-loving plants in a shady area of the nursery in a section marked "shade plants." Ask the nursery people for advice on the best choices for you.

Plants that Do Well in Shady Places

Hostas are a great perennial for the garden. They spread fast and have evolved to store water well.

Lily-of-the-valley is another perennial which can do well in the shade, and will spread quickly. Other perennials which do well in the shade include forget-me-nots, monkshood, bleeding hearts, and bluebells. Ferns are the kings of the shade garden. They also

spread quickly and are very durable and need little care.

There are a variety of ground covers that do well in the garden, such as, periwinkle, lungwort, various ivy species, bunchberry, creeping buttercup, and sweet woodruff.

Planting too Close to Tree Trunks

The roots near the tree trunks will rob nursery plants of nutrients. There are wild plants, such as mosses and mushrooms which do well near the trunks of trees. The mulching effects of the decaying tree bark will help give your shade garden a more filled-in natural look.

Nature as Your Guide

You can visit nearby woods for more clues on how to develop a successful shade garden. Look for areas in the woods with similar conditions to your own shady spots. Take note of the type of mulch which is around and the types of plants which are thriving. ■



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Water, water everywhere!

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

In our school programs this season we highlighted the importance of wetlands – how they are valuable for flood control and water purification and as a home to wildlife. We are seeing first-hand this year how valuable wetlands are for absorbing water and preventing floods.

Water levels within the Corn Creek unit, the area around the Wildlife Interpretation Centre, are higher than we have seen in more than a decade. Many sections of trail around the centre became flooded in late May. By mid-June the boardwalk was under three inches of water in places, the nearby bird tower was surrounded by water and sections of trail were completely under water and passable only in a pair of chest waders – not usual walking attire.

The rainfall and snowmelt need to go somewhere so the wetland holds this water like a sponge before slowly releasing it into the surrounding channels, rivers, lakes and groundwater over time. Way to go wetland!

Here at the Creston Valley Wildlife Management Area we have the ability to open and close culverts to move water around, but when water levels are so high in the Kootenay River and old Kootenay River channel, gravity does not allow the water to flow out of the wetland. So the wetland fills up, as it should, and holds some of the excess water.

We should see those areas of flooded trails dry out in July. There are still lots of areas to explore around the centre as well as the Summit Creek and Duck Lake areas.

The centre is open seven days a week in July and August and we are keen to host visitors. Our guided canoe tours are a great way to explore the wetland in search of turtles and moose, and luckily canoeing is an activity where lots of water is a bonus.

The dip-netting is also fantastic. The aquatic invertebrates and tadpoles love all the water and are flourishing. Come out and grab a net from us and take a few swipes in the water to see what you can find.

And whether you have kids or not (everyone likes to be a kid sometimes), please feel free to sing this song, to the tune of Mary Had a Little Lamb. It will help you remember some of the reasons wetlands are important.

And, yes, we had all the school kids singing this one nice and loud:

Wetlands soak up lots of water, lots of water, lots of water.

Wetlands soak up lots of water, just like a sponge would do.

Wetlands keep our water clean, water clean, water clean.

Wetlands keep our water clean by removing pollution.

Wildlife call the wetland home, wetland home, wetland home.

Wildlife call the wetland home, they eat, sleep, drink and roam.

Water, water everywhere, everywhere, everywhere.

Water, water, everywhere, it's important and we care. ■

See you soon. If you have any questions or would like to book a tour, contact us at (250) 402-6908 or askus@crestonwildlife.ca.

The role of Emergency Social Services

Story by: Trish Bartlett

Disaster hits. A landslide takes out a house; an apartment fire leaves dozens homeless. How does the community cope?

Emergency Social Services (ESS) goes into action. ESS comes under the Provincial Emergency Program (PEP). Volunteers provide immediate assistance and expenses to cover food, lodging, clothing, emotional support and family reunification through co-ordination of community resources.

“Most people we help are overwhelmed with the amount of caring”

In Creston, Alanna Garret is the emergency co-ordinator. When disaster occurs and people are unable to inhabit their home, the officials on site will activate the ESS program which immediately provides up to 72 hours of bridging services until other arrangements can be made.

“Truly the ESS is a community effort,” Garret says. “We make use of the local network, service groups, churches, the Gleaners. Red Cross used to be the backbone of personal disaster assistance. Over the years it has become more and more a provincial effort utilizing many private, national, non-government organizations (NGOs). If something is beyond our own capacity we will bring in other organizations for assistance.

“Over the years,” she continues, “ESS has provided support services for firefighters, bringing them food, coffee, etc. We’ve worked evacuations, helped with house fires and found places for displaced animals. The Creston Valley team has been one of the most active teams in the southern part of the province.”

The program trains volunteers to deal with the human consequences of an emergency, how to organize evacuations in the case of floods and fire, finding temporary accommodation and even setting up group lodging if necessary.

“Almost every hall in the valley is designated as a potential reception centre,” Garret says. “This is the place where people affected by an emergency can come for assistance.

“We work with the local motels and restaurants to provide and pay for temporary accommodations. Occasionally there may not be any vacancies, especially in the summer.

That’s when we may need to prepare for group lodging. During the 2003 wildfires we were prepared to use the Wynndel school as necessary.”

The group is dependent upon volunteers whose Workers’ Compensation Board and liability insurance are covered by the province.

“We work with an awesome group of people and we are always looking for new volunteers,” she says. “We have a small group of eight to 10 dedicated volunteers who regularly attend meetings.

“Herman Kastendieck, who has been a volunteer for ages, has just celebrated his 80th birthday. He worked every reception centre we’ve opened. He was a retired fire chief so his skills came in handy. He just offered his resignation at the last meeting. Vera Herchmer has been a volunteer since ESS started in the late ’80s.”

ESS wouldn’t be able to accomplish much without the co-operation of the community.

“RDCK, the town, service groups, churches, business organizations – they are all just fabulous,” Garret says. “Most people we help are overwhelmed with the amount of caring.” ■

Online training for ESS volunteers is available at <http://www.ess.bc.ca/index.htm>. Regular meetings are finished for the summer but will start up again Sept. 22 at the Creston Public Library meeting room.

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Gloxinia by Carol Schloss

Résumé writing – Standing out in the crowd

Story by: Kootenay Employment Services

Developing a presentable, up-to-date résumé with a supporting cover letter is a must if you are seeking employment. Depending on the size of the business and demand for the job, you may be competing with a large crowd of prospective employees.

The three significant areas you need to communicate with a potential employer about are your cover letter, résumé and references. So how do you stand out from the crowd? Read the following tips to help make your résumé shine.

There are step-by-step programs available to help you develop a résumé. The Internet and programs that come with your computer are both great resources.

The first step is to develop a separate cover letter for each business. You

are competing for a position in their company and must prove to them you are the best candidate. A cover letter lets you explain, in sentence structure, why and how you are best-suited for the job.

The sequence of your cover letter should look something like this: your contact information; the company's contact information; opening sentence; first paragraph explaining what you plan to bring to the organization; second paragraph linking your past experience and how it relates to this new job; third paragraph thanking the employer for their time; a closing line; and, your typed name and original signature.

When writing your résumé, try to keep everything on one or two pages. If you have a ton of information adding up to multiple pages, cut it down to be efficient and only mention previous experience that is relevant to the job you are applying for.

The first item on your page should be your contact information. Make your name bold. This is your identity, and making it prominent will help an employer easily remember it.

Try to keep the rest of the font size on the page consistent. Include the following in your résumé: your objective; your skills and previous accomplishments that make you an asset; your previous employment, job

descriptions and duties you carried out; any education and certifications you've attained; and, your references.

The biggest tip for writing a résumé is to focus on your presentation. Once you have all your information on the paper and organized in a flowing structure, make it look good. Put the extra time and effort into making your résumé stand out.

You can do this by italicizing, bolding or underlining headings. Put borders and sections dividing one set of information from the other or by using bullets to get your point across quickly and efficiently. Just be sure to take extra care with your résumé because it is the main tool that can get you an interview.

One other important item to include on the end of your résumé is your references. These are people who agree to be contacted by your prospective employer to give a description of the type of person you are. Family members may be good references but try to stick with people at arm's length from you.

A great example of a reference would be a previous boss you left on a good note, who saw your everyday performances and can explain the type of worker you are from an employer's perspective. Other good candidates for your references could be family friends who have known you for a long time. This keeps the relationship issue out of the picture; at the same time, a family friend will know you well as a person.

You should have at least two or three references, either listed on the bottom of your résumé with contact information or with a line stating "references available upon request." ■

Keep in mind that you can book an appointment with one of the employment counsellors at Kootenay Employment Services (KES) to assist you. Call KES at (250) 428-5655, visit the Web site at www.kes.bc.ca or stop by our office so we can help you attain your employment goals.



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Tech Talk

Story by : Kitt Santano

Cheap ink?

Being in the computer industry, I commonly get asked which printer to buy and that is usually followed by the question of refilling the ink cartridge with the sole intent of saving money.

Obviously we need to look at your individual needs. There are many companies that sell printers, from HP to Canon to Brother, and the list goes on. Each one of these companies has printers that will not only print but do a myriad of other functions from scanning to faxing to copying on the fly.

Once you have decided what features you will need you can then look at ink prices for the potential candidate.

One thing we can agree on is you will most likely pay very little on the initial purchase of the printer and more on maintaining the ink levels as you use the printer. For most printer companies, ink is the bread and butter of their business. The price

for ink in some cases can be as much as \$8,000 per gallon, a figure that makes gas-pump price gouging look tame.

Cartridge prices can vary from \$10 to as high as \$50 per cartridge. Of course you must also look at how much each of these cartridges will yield, which is usually in millilitres. Manufacturers will give you an estimated page yield, which can be found on the cartridge packaging.

My advice is to do the legwork up front because you will find an inexpensive printer but pay much more in the long run.

Many people believe in refill kits, which may or may not be your cup of tea. The opportunity to save money is quite compelling, as many have reported success in using an ink refill kit and usually getting three times the amount of ink for the same cost of one original equipment manufacturers (OEM) cartridge.

“The price for ink in some cases can be as much as \$8,000 per gallon”

The usual disadvantage is that not all printers will allow you to refill their cartridges, for obvious reasons of money lost from the printer company's gold mine. Manufacturers go out of their way implanting special chips to detect foreign ink and design cartridge components to fail beyond the amount of ink in the cartridge.

Not only that, but they make it very difficult to get into the ink reservoir, which involves boring a hole into a cartridge and injecting a syringe full of ink, then taping the hole back up.

It is up to you if you decide to give an ink refill kit a try. I know I have, and have made a huge mess and clogged the ink cartridges, rendering them useless. I have heard a few success stories though. ■

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Footlighters season starts with Dirty Shirt

Story by: Footlighters Theatre Society

The dirty laundry will be out in the open July 15 and 16 when Footlighters Theatre Society presents a melodrama, *The Villain Wore a Dirty Shirt*, at the Prince Charles Theatre.

Villain is the group's 12th summer melodrama, and as with previous melodramas the audience will be in for an evening of fun and laughter as they enjoy another twist on a tried-and-true formula.

"It's a fun show with great stock characters — the hero, the villains, the damsel in distress," said director Gail Kitt. "It will be a lot of fun for the whole family."

The show takes place in the mining town of Digalittledeeper, Calif., where Olympia Klenz (played by Jennifer Dewald) and Sweet Sally (Jacqui Vezina) operate a laundry, the Tub and Scrub. Sheriff Jack B. Nimble (Matt Hansen) is in love with Sally but turns into a babbling fool every time he gets close.

Meanwhile, villain Phineas Flatworm (Jordan Koop) discovers Olympia has amassed a tidy sum in a manner only

possible in a laundry. So with the aid of his mother, Mrs. Mugwump (Ann Deatherage), and Lola-Lola (Bobby Doran), a talentless flamenco dancer, he sets out to get control of the Tub and Scrub.

The action really picks up when other characters are added to the mix, including Coyote (Jasmine Lothien), waifs Little Lavana and Irma (Katie Foy and Jesika Troughton), Ida (Suzanne Chubb) and Mayor Hagggle (Mark Douglas). Aurora Moore,

"It's a fun show with great stock characters"

Ella Moore, Zoe Marini and Hayley Ducharme make up a children's ensemble, and guest stars Axel Marini and Frank Goodsir are slated for appearances (with others in the works).

"It's wonderful to see so many new faces in this cast," said Footlighters president Brian Lawrence. "One of our goals is to educate aspiring performers."

The Villain Wore a Dirty Shirt follows closely on the heels of The

Sound of Music, which ran in April for three performances, two of them sold out. It kicks off Footlighters Theatre Society's 17th season and will be followed by a locally written version of *Aladdin* on Dec. 1-3.

Produced in co-operation with Adam Robertson Elementary School, *Aladdin* will, like 2007's *Jack and the Beanstalk*, feature adults in quirky takes on familiar roles in the centuries-old tale, as well as a large chorus of children from Creston Valley schools.

"For many children, this is their first stage experience and we're thrilled to give them that chance," Lawrence said. "It's always fun to see the generations working together on a project like this."

Footlighters will conclude the season next spring with a revival of its first production, the thriller *Deathtrap*.

"The group was new when *Deathtrap* was first presented and attendance was slim," Lawrence said. "But it's a great show and we think it deserves another chance." ■

Tickets for The Villain Wore a Dirty Shirt are available at Black Bear Books and at the door.



The Villain Wore a Dirty Shirt By Tim Kelly

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Sleeping well: part 2

Story by Jesse Moreton,
BSc DC

Do you have difficulty falling asleep or getting enough rest? In this column I'll review some strategies that address those questions.

You may have heard some of these ideas before but it's human nature to forget and we could all use a few helpful reminders.

Limit caffeinated beverages before bed

Beverages such as coffee, cola and tea contain caffeine, a stimulant that can make it difficult to fall asleep. These drinks may help students cram for a final or employees wake up in the morning but at night they keep us up and fill our bladder, which makes for more frequent waking during sleep.

Eat dinner two hours before bed

Eating a large and heavy meal just before bed may interfere with sleep as your body works to digest the food you've eaten. Don't go to bed hungry, though, either.

Exercise well to sleep well

The benefits to exercise are almost innumerable; better sleep is one of them. Exercise in the morning if possible. If you exercise at night, follow the same principle as above and do it at least two hours before bedtime. Exercising right before bed has the opposite affect, making it difficult to fall asleep due to physiological and hormonal changes.

Have a routine

Try to go to bed at the same time every day. (Yes, weekends too.) This will help to keep your sleep cycle in a

regular rhythm. Waking at the same time and avoiding naps can also keep you in rhythm and make it easier to fall asleep at night. If you need a nap, try sleeping for 30 minutes or less and doing it before 3 p.m.

Use light to your advantage

Expose yourself to bright light or sunlight soon after you wake up. Of course, this isn't difficult in the summer but during the winter months use warm artificial lights to get you going.

“The benefits to exercise are almost innumerable; better sleep is one of them”

At the end of the day, blocking out light or dimming inside lights can help you prepare for sleep. If you do wake up at night, don't turn on all the lights. Set up a small nightlight to navigate your way to the washroom.

The more light at night the less melatonin, a hormone that helps us sleep and is secreted only in darkness.

Avoid looking at the clock

If you wake up, don't look at the clock, count the number of hours you've been sleeping or remember the last time you woke up. Turn your clock around if this helps the temptation. Looking at the clock can cause added anxiety and keep you awake longer.

Along the same lines, avoid counting sheep and having deep, calculated thoughts. Let your mind relax and let thoughts go instead of pursuing them.



Get up if needed

If you can't fall asleep within 30 minutes then get out of bed and do something boring in dim light until you become sleepy. If you stay in bed and toss and turn you'll soon associate your bed with anxiety and difficulty sleeping instead of relaxation and rest.

Give these tips a try and don't forget the basics mentioned in my last column. Good luck and sweet dreams. ■

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Natural teachers

Story by:
Shifu Neil Ripski

As the rain and wind rush through our valley I am reminded of one of the most profound moments in my training. As I began to look more deeply into the philosophical side of the Chinese culture I really began to read and re-read the Tao Te Ching.

The one who grasps it will lose
Because all things:
Either lead or follow
Either blow hot or cold
Either have strength or weakness
Either have ownership or take by force
Therefore the sage:
Eliminates extremes
Eliminates excess
Eliminates arrogance.”

“To conquer others is only victory; to conquer the self is mastery”

With its profound messages and teaching from nature I began to look differently at the world around me, not as something to be conquered (which is the norm for western society) or to be shunned, but instead as a teacher.

The teachings of the mountains and rivers are always among us if we should choose to have the eyes to see them. For instance, Chapter 29 reads:

“Those who wish to take the world and control it
I see that they cannot succeed
The world is a sacred instrument
One cannot control it
The one who controls it will fail

The naturalness in this chapter is evident and informs us to find our place in the order of things, not be restricted to what society or others tell us. Being natural and leading or following, strong or weak, is simply understanding our nature and embracing it.

Those who can eliminate the extremes of ego or depression, the excesses of food or drink and most importantly the arrogance of thinking themselves to be some great and separate thing can become truly free.

When I teach martial arts classes I attempt to impart the idea of

naturalness as best I can – being myself and not wearing a mask of “kung fu teacher,” remaining kind and compassionate toward students so no fear or anger is found.

This is the real lesson within classes and in-between. The gaps we find in thought show us nature at work, the tao. Living our lives as parts of our environment brings us ease and free and happy wandering.

The martial artist trains to understand the world of violence and fear so that it no longer has power over them, not to gain power over others.

To conquer others is only victory; to conquer the self is mastery.

Have a free and happy July. ■

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.





Releasing trapped emotions, the easy way

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



Emotions . . . we've all got 'em, we all need them, and what do we do with them: stuff them, express them, ignore them or enjoy them? Emotions, energy in motion, is the flavour of the day.

We have covered in this space, at great length, the aspects of physical health and touched on spiritual health, so this month it's emotional health awareness.

With emotions come feelings, feelings in our bodies, and these feelings translate into a specific vibration.

We tend to enjoy feeling the positive emotions, like happiness, joy, enthusiasm and hope, and we reject the emotions of anger, sadness, depression and hopelessness because the latter don't feel good.

All emotions serve a purpose and they are another communications system that is set up within us to help guide us on our journey.

Now what if your emotions (energy vibration) become trapped or stuck within your body? What if they get

lodged in your spleen or neck or maybe your heart, and what if these trapped emotions are one of the ingredients that are affecting your physical health?

Not only that, but what if you can inherit trapped emotions from your ancestors and you don't even realize it?

"With emotions come feelings, feelings in our bodies"

Today we live in interesting times in which we are given new ways of becoming aware and of healing old patterns, or ways of being. There are many forms of healing and releasing, and this month I will share a fascinating healing modality called the emotion code, developed by Dr. Bradley Nelson. Dr. Nelson has become increasingly aware of how trapped emotions from events in our lifetime, and our ancestors', can deeply affect our well-being.

The emotion code is the simplest, easiest and fastest method ever devised to find emotional baggage

(using muscle testing) and release it. Our emotional baggage consists of actual energies, the energies of intense emotional events that we've experienced that are still stuck in our physical bodies. These energies distort the normal energy field of the body, creating pain, malfunction and many forms of health challenges.

Dr. Nelson has found that, by releasing these trapped emotions, many health challenges are removed and greater well-being is restored.

Are you ready for the next step in your health journey? I am in the process of becoming certified, but if you are interested in exploring this more, Kvetas Natural Healing is a certified emotion code practitioner. She can be reached at (250) 866-5677, or to learn more visit www.theemotioncode.com.

Natural healing has many opportunities and choices. Education plus inspired action creates inner transformation, one "a-ha" moment at a time. ■

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 phone 250-866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com.

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 Blueberries..... July 25 to Aug. 20

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Cherries..... July 15 to Sept. 15
 Apricots..... Aug. 5 to 15
 Peaches..... Aug. 10 to Sept. 20
 Plums..... Aug. 10 to Sept. 20
 Summer Apples..... Aug. 15 to Sept. 20
 Pears Sept. 5 to Dec. 31
 Apples..... Sept. 15 onwards

Vegetable Season

Peas July 1 to 31
 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.*

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Out & About

Submitted by: www.crestonevents.ca

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Phone: 250-428-9391

jnmcowell@kootenaywireless.com

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Location: Millennium Park

8am to noon, Saturdays

Contact: Jen Comer

Phone: 250-977-5362

www.crestonvalleyfarmersmarket.ca

July 1

Canada Day Celebrations

Free swim, Kids Activities (face
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Location: CDCC

Contact: Creston Valley

Chamber of Commerce

Phone: 250-428-4342

July 1

Canyon Park Canada Day Celebrations

Canyon will be hosting their annual
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afternoon.

Location: Canyon Park

7 to 10am

Contact: Simon Lazarchuk

Phone: 250-977-5119

www.canyonbc.org

July 2

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Contact: Michelle Whiteaway

Phone: 250-402-6793

http://trecbc.ca/about_TREC.html

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July 8

SAMS Presents: Kevin Armstrong, Opera for Heathens

Location: Snoring Sasquatch

Doors open at 7:30pm

Show time is 8:30pm

Contact: Louise n'ha Ruby

Phone: 250-435-5571

www.snorningsasquatch.com

July 10

SAMS Presents J.R. Shore

Location: Snoring Sasquatch

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Contact: Louise n'ha Ruby

Phone: 250-435-5571

www.jrshore.com/music.html

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July 21

SAMS Presents: Karen Romanchuk

Location: Snoring Sasquatch
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Show time is 8:30pm

Contact: Louise n'ha Ruby

Phone: 250-435-5571

www.myspace.com/karenromanchuk

July 24

SAMS Presents: the Dana-Maria Battaglia Trio and Markus Michelucci of Sound Refuge

Location: Snoring Sasquatch
Doors open at 7:30pm
Show time is 8:30pm

Contact: Louise n'ha Ruby

Phone: 250-435-5571

www.snoringsasquatch.co9m

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