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i love creston

Instant classic

Guitarist Peter Bodley's
latest CD strikes a chord
with kids of all ages



Barrel-O-Rama And Team Roping

First Family of barrel racing
among expected crowd in Canyon

East Shore

Skilled artisans evoke
memories of a simpler time

Creston Valley Fall Fair

Marathon 'jam session' sets
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Forester and family man by day, instrumentalist/rocker by night, Peter Bodley can do it all with the guitar.

The Magazine

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I Love Creston Marketing Ltd.

Wendy Franz - Sales/Graphic Design
email: wendy@ilovecreston.com

Justin Ziola - Sales/Financials
email: justin@ilovecreston.com

Box 143, Creston, BC V0B 1G0 • Ph/Fx 250.428.2631



Guest From the editor

If April's showers really are about to bring May flowers, then bring them on. And with them the first festivals and special events of another glorious warm-weather season in the beautiful Creston Valley.

There's nothing like the Blossom Festival to really kick off a stretch of months where the fading memories of winter are put to rest and more summery thoughts come to the forefront – even if the weather sometimes lags behind. Yes, it's Blossom Fest month, and the annual fair promises all the excitement we've come to expect of the Victoria Day long weekend, which falls on the 20th to 23rd this year.

But inside the pages of this month's I Love Creston Magazine are stories about other activities we'd be wise to avail ourselves of before the window of opportunity slams shut.

Some are one-shot wonders like the Barrel O Rama at Canyon Park, which runs on the 14th and 15th and this year features upwards of 100 entrants competing in numerous categories for thousands of dollars in prize money. It's just seconds and a cloud of dust on the way to glory for the best riders, according to contributing writer Trish Bartlett.

The Creston Valley Wildlife Management Area's interpretation centre opens the week before, but if you can't make it out there right away don't fret; the naturalists have another full slate of public events planned right through the end of summer, all of them outlined – according to communications director Carla Ahern – in the 2011 program guide, as well as on the CVWMA's revamped Web site and even its Facebook page.

Programs and tours are merely the most visible aspects of the staff's job description. As Ahern relates, plenty goes on behind the scenes to ensure the wetlands run smoothly and a balance is maintained between waterfowl habitat and flood control values. She's clearly "pumped" about the whole deal.

Also ongoing is action at the school district-owned, open-to-the-public courts at Prince Charles Secondary School, which are semi-officially maintained by volunteers with the Creston Valley Tennis Club. Find out about all the perks that accompany membership in this growing, community-minded, non-profit organization, whose dues are a pittance compared to the good they accomplish in keeping up and even upgrading the town's only tennis facility.

Another dedicated, volunteer-run group offers the Creston Therapeutic Riding Program, which may not be available to as broad a cross-section of the community as the tennis courts but whose services are invaluable to its physically and developmentally challenged clients. Bartlett, who lends a hand herself, highlights the program through an interview with senior instructor Christine Ross.

Elsewhere in I Love Creston, learn about what's new with the Creston Valley Farmers' Market, which opens May 7. What many people still refer to as the "Saturday Market" is branching out from its weekend locale adjacent to Millennium Park. It's always fun to check out the crafts, entertainment and – yes – fresh, local produce, now at two locations on two days of the week.

Speaking of crafts, what would a spring/summer season be without at least one trip up the lake to marvel first-hand at the artisans of Crawford Bay? There are more of them than meet the eye, so check out Janet Wallace's piece to make sure you don't miss any. You might even have to make a second (or third) trip.

Last (on the calendar), but certainly not least, is the C.V. Fall Fair, which technically falls in the final fleeting weeks of summer. It may seem like a long way off, but not if you're preparing as many entries as Tammy Hardwick did a year ago. Let's just say you have to read her "jam-packed" tale to believe it. (And in case you don't, for some unfathomable reason, sample the story, all you need to know is that she's in the market for some free zucchini. Heh, heh.)

There's plenty more in the pages to follow, including a profile of Creston guitarist extraordinaire Peter Bodley, whose latest CD release will be celebrated May 7 and 8.

It's a busy month to be sure, so without further delay, let's get on with May.

Mailbag

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

Hi!

I just read the write up you did for Robbi. Jim came home with a hand full of magazines, and I just wanted to thank you for the wonderful article. You did a super job, and her dad is ever-so proud! (and mom too!)

Thanks so much, *Vicki*

To the editor,

I have received from a friend who was a Korea Veteran, a copy of "I Love Creston Magazine" a couple of days ago, from him.

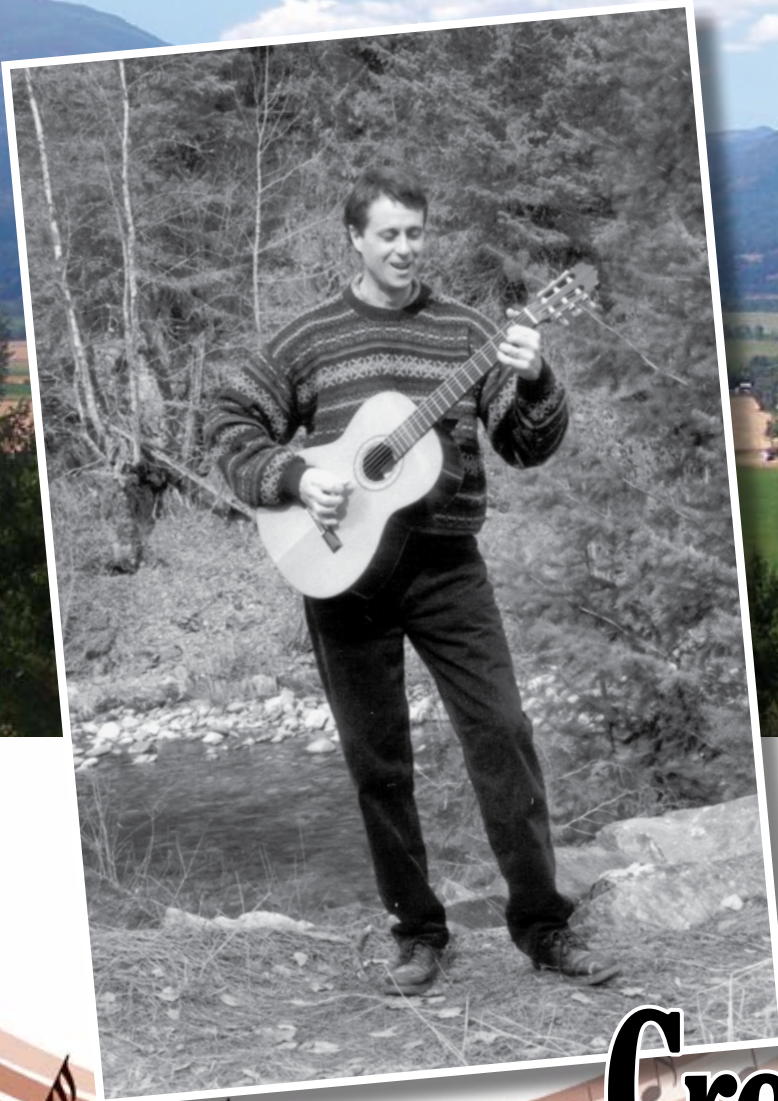
The reason is on page in reference to this article. This person Bud Larson is a first cousin of mine. To which as a child he was my personal hero. We were living in a small town, Abby, Sask.

In 1937 as the "Dirty Thirty's" was in the throes of its decline, my parents decided to move to Windsor, Ont. That same year Hitler was on the move. Eventually the Second World War began for us all. My two cousins Lloyd and Bud Larson joined the Royal Canadian Air Force. The rest you know by his story you printed in the February 2011 issue.

I was given one of these publications, to which will be put in my memorabilia books. Now, I would like if I may get 8 copies of said article so I might send them on to my relatives. If you can I'd be in your debt. I await your answer or packet from you.

I have visited Creston several times in the past. I always pick up your printing while there. Also to visit my famous hero Bud, at the home he resides at. I also have another Saskatoon friend out in that area or there about to visit. This year I am accordingly, planned to visit the Creston Valley and Creston on my way to the West Coast.

Thanking you and with respect I remain most respectfully, *Irving Larson*



Bodley finds Harmony in the Creston Valley

What's a nice guitarist doing in a place like this?"

Peter Bodley heard a variation of that refrain from a touring group he was invited to play with during a Creston concert seven years ago.

Bodley, who relocated to the valley in 1993, was stumped by the question he'd never considered. But he certainly took it as a compliment coming from a backup musician with Pavlo, a Mediterranean-style,

Juno-nominated guitarist who has performed around the world.

Bodley had just self-produced his first CD, *Kootenay Serenade*, in a freshly tricked-out, PC-based studio in his basement office. A local acquaintance who helped compile a press kit got a copy into the hands of Pavlo, who had been booked into the Prince Charles Auditorium that season by the Creston Concert Society (with the help of Bodley's wife Pat, a society volunteer).

"When he got here he asked me if I would play some of my tunes during the show," Bodley recalls. "My performance was met with enthusiastic applause and I received valuable input from the members of his group.

"One of them was curious why I chose to live here in Creston, given my musical abilities and spirited works. I was not able to answer this immediately because it was the first time anyone asked me that.

“Mostly it was the desire to live in a small town as well as the availability of forestry work. I have had a lot of support and there have been many opportunities to get stage experience and be part of the community at the same time. And the diversity of life, including the wildlife and fish, as well as the scenic beauty, is spectacular.”

A professional forester by day and instrumentalist by night, Bodley’s career path to Creston was circuitous indeed, taking him overseas and coast to coast.

Born in South Africa in 1964 to a British father and Dutch mother, Bodley moved a year later to Montreal, where his dad – formerly

employed there as a banker – preferred the political climate. His mom would enter the banking industry herself after Bodley and his two siblings – an older sister and younger brother – left the nest.

Bodley gravitated to forestry, a natural fit given the joyful summers he spent at the family cabin in the Adirondack Mountains of upstate New York.

“It was a popular retreat for Canadians at the time, and the dollar was at par then too,” he quips. “My love of the outdoors started there.

“The elderly man we bought the cabin from had studied forestry, at Cornell, and talked about his experiences in

Idaho manning fire towers. This was the first I heard about the Wild West.”

After graduating from high school, however, Bodley headed east instead, having been accepted at the University of New Brunswick after working in a warehouse for three years and then travelling Europe and visiting his sister in Australia.

**“A professional forester by day
and instrumentalist by night”**

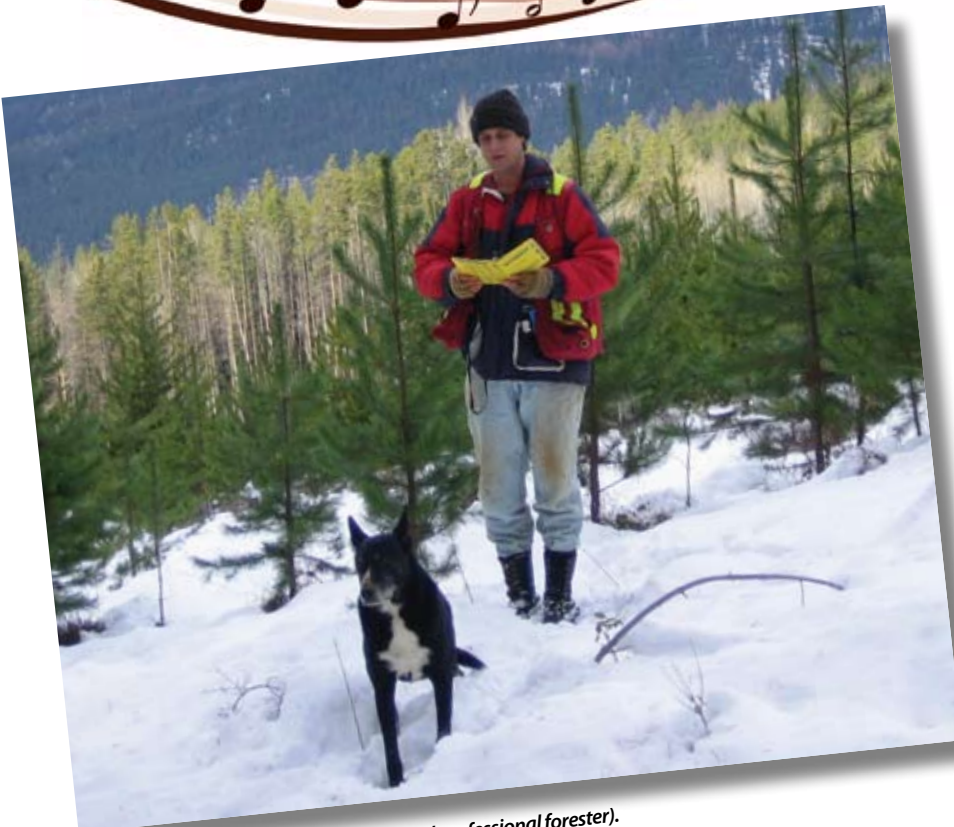


“I studied for two years there and then decided to transfer to UBC where I could get a degree in four years” instead of five in Fredericton, he says. “UBC, like UNB, had a good forestry program but offered unique fish, wildlife and water quality courses.”

Bodley exercised his musical jones in Vancouver, earning money by giving guitar lessons, playing to unwind from schoolwork and taking as many music theory courses as his major would allow to augment his largely self-taught talents.

His parents were not musically inclined but they picked up on their son’s potential nonetheless.

“They did notice that I had a good ear,” says Bodley, who “could sit at the piano and pick up melodies easily. They got me into folk guitar lessons when I was 10.”



Peter working the field as a RPF (registered professional forester).

As a teen, he “learned a lot from my peers at high school. One friend gave me classical and rock lessons on acoustic guitar. Another friend was an electric guitarist. His father was a professional musician and played at the large clubs downtown.

“More often than not, the stereo was cranked or the guitars were out at gatherings. I picked up on a big variety of styles.”

Bodley’s marriage was built around music. His first date with Pat, a pianist who attended the same high school and went on to study piano performance at McGill University, featured a trip to the Montreal International Jazz Festival.



Performing for the children at First Steps Infant Toddler Daycare.

“This CD is planned to provide an alternative to the overplayed kids’ songs”

Although he started to make some cash gigging around Kitsilano and Gastown after getting his bachelor’s degree at the University of B.C. in 1990, his guitar-playing didn’t become more than a hobby – ironically – until he moved to Creston, where the only venue hiring Kootenay talent at the time was the Creston Valley Bakery.

Bodley’s first full-time, Vancouver-based forestry job had him in the Kootenays frequently “so I spent a lot of time here. When a job came up in Creston with a different company, I took it. In 1997 I ended up starting my own business (which) continues, primarily timber-cruising contracts.”

By the mid-2000s and beyond he found himself strumming in locales such as Black Bear Books, Annette’s Delicate Essen, the Creston Public Library, Millennium Park, Break

in Time Caffe, Snoring Sasquatch Hostel, Kingfisher Quality Used Books and Coffee Creek Café, as well as day cares and elementary schools.

He chalks up the dramatic landscape shift to an infusion of new artistic blood in the valley, more downtown business venues and expanded opportunities through community ventures such as the Millennium Park amphitheatre, Creston Arts Council, Creston Valley Radio (CIDO 97.7 FM) and the Saturday Market.

Now Bodley’s playing is a source of income for his family of five (including twin three-year-old girls and a six-year-old son) through performance fees, royalties and sales of his instrumental CDs. He

followed up Kootenay Serenade (18 original, mostly short tunes) with Attuned to Six Strings, featuring 11 original, full-length pieces that came out in 2007. He’s sold about 200 copies of each.

Bodley’s third release, Classics for Kids, is due out this month and comprises two dozen tracks’ worth of international favourites “blending traditional, folk and Baroque while adding a touch of the blues.”

“This CD is planned to provide an alternative to the overplayed kids’ songs that can drive adults a bit nutty,” he says, readily admitting that becoming a father inspired his decision to produce a children’s CD, which has one new song of his own called E Blues.

“My first CD was played during the birth of my son Kelly. Two of the tracks from my second CD were inspired by improvised songs written for Kelly and then converted to instrumental pieces.”

Seasonal forestry work – roughly seven months of the year – allows him to balance being in the bush and working from his home office with playing solo concerts, composing and practising, and spending time with his family. He also rehearses twice a week and performs with Fat Charlie, a seven-member soft rock group founded two years ago.

Bodley’s style preferences encompass flamenco, classical and folk as well as blues and rock, a broad range he doesn’t consider unusual, though he does pride himself on his versatility.

“Modern music is derived from older styles, which I have studied,” he explains. “Often the best rock musicians, for example, have a classical background. My earlier influences, like Steve Howe, Rik

Emmett and Alex Lifeson, had classical interests and training and incorporated it into their recordings. Those who don’t have this training often wish that they did.”

Classical guitar influences include John Williams and Liona Boyd, while Pavlo, Jesse Cook, Oscar Lopez and Robert Michaels are among his favourite flamenco artists.

Bodley doesn’t find crossing back and forth between his solo and rock band genres difficult. The diversity, in fact, keeps him fresh.

“Playing on the classical guitar is very demanding and requires high amounts of concentration and practice, especially when playing other people’s works,” he says. “Playing lead guitar requires agility but less stamina overall. One can get away with less practice and still produce the desired effect.

“In this sense the electric offers more freedom and a larger range

of tones, and overall a greater sense of freedom and control of the moment. It is a logical choice for a part-time musician with a love for rock and roll and the blues. Each genre compliments the other, in my opinion.

“Also, playing solo is profitable but lacks the collaborative efforts of a band. The benefits include great music and lifelong friendships.”

Bodley’s live performances and playlist are often spontaneous. He describes his rehearsals, incongruently, as “practising improvisation.”

“Overly repetitive practice can be unhealthy,” he says, citing Boyd, a Canadian icon diagnosed with a neurological disorder called task specific focal dystonia caused by repeating the same small, precise motions over and over. “She was unaware of the consequences. Her abilities are impeded. I now consciously try to vary the styles and passages that I practice.”

Bodley’s future holds a fourth solo CD – tentatively targeted for 2013 – for which he’s already laid down many tracks, plus an inaugural Fat Charlie CD within the next year.

“The demand is reasonable for performing,” he says. “The forest industry is still on its knees but my consulting services are in steady demand. I would like to continue with the forestry and music.” ■



Peter, wife Pat and family.

Bodley’s CDs are for sale in Creston and available for digital download via online music stores iTunes and CD Baby.

CD release parties are planned for Kingfisher Quality Used Books from 1 to 3 p.m. on May 7 and noon till 3 p.m. at Break in Time Caffe on May 8.



From the Mayor's Desk

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

Election Year

Elections, at all levels of government, seem to be a hot topic of conversation these days. At the local level, six months from now our community – as well as all municipalities and regions in B.C. – will be conducting their elections.

This happens every three years and my intention is to put my name forward and ask for your support and endorsement in being elected to serve another three-year term as Creston mayor.

In this role, the most common questions I am asked are: “How is it going as mayor?” and, “Are you still enjoying being mayor?”

The role of mayor has proven to be both challenging and rewarding, but serving in this role has been one of the most gratifying phases of my professional career. Serving as mayor is not a full-time job. It is, however, a full-time commitment.

I am humbled and most appreciative that I have had the opportunity to work for this community in the capacity as mayor.

My connections to this area are lifelong and multi-generational. My father, Tak Toyota, was a reeve for the Village of Creston in 1959. I was born and raised in Creston and have spent the majority of my working career in the Kootenays.

In 2001 we moved back to the Creston Valley. My wife Judy was born and raised in Lister. Our three children were born and raised in Cranbrook and today four of our grandchildren (with our daughter and her husband) live in Creston.

One of council's most recent challenges was setting the town's budget. In adopting the 2011 budget our town council approved a taxation increase of only 1.7 per cent for residential properties. This increase represents, on average, an increase of \$14 for a residence with an assessed value of \$200,000.

It is of interest to note that the council vote for approving the budget was three members in support with three members opposing the increase. With this voting split I had to exercise my vote to approve the budget.

This modest increase of 1.7 per cent is under the current B.C. COLA (cost of living allowance) calculation of 2.4 per cent. While the increase was a small one, the decision was not made lightly.

The reality in today's economy is that we must “pay as we go” for services and infrastructure. We cannot afford to shuffle the burden of our lifestyle to those of future generations by ignoring the financial responsibilities of today.

While not everyone on council chose to support the budget, it is my position that in the end we must do what is best for the community as a whole, both today and in the future.

During my term there have been challenges but also growth and improvements for the Creston Valley due to the community's many volunteers, staff and council. For example, I am proud to have been involved with the design team in

working toward completion of our new regional district aquatic facility.

Issues of concern such as feral cats have been dealt with quickly and decisively by council through implementation of appropriate regulations. Development is occurring and approvals for a new hotel and conference centre are in the final stages, and construction will be starting soon.

Despite this progress our community still has infrastructure concerns that need to be addressed. These issues include the requirement for a good delivery system of our drinking water and a new design and completion of our waste water treatment plant.

I want to be part of these solutions, so I write this article to “plant the seed” for your support at election time. ■

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.

**Creston Valley
Community
Housing Society**

**ANNUAL
GENERAL
MEETING**

**Monday, May 30, 2011
7:00 p.m.
TAPS Building
(Former Alternative School)
404 - 22 Avenue South**

The Society's purpose is to increase the availability and quality of affordable housing in the Creston Valley.

Some changes to the Society's constitution will be proposed.

EVERYONE WELCOME!



My Side of the World

Story by: Kristen Cook

And The Winner Is...

Everywhere is getting awards these days. There are happiest countries, greenest cities and smartest provinces. I thought it was definitely time, then, that Creston's "suburbs" receive their own awards. So, from a well-seasoned local, here are the bragging rights and dire warnings for each of our surrounding areas.

I'm listing them in alphabetical order. I now live in the Town of Creston so I count myself unbiased. I'd prefer, however, to be in the outskirts. Also, to be fair, I grew up in Erickson. Now, onward to the awards with bated breath. How will your community place?

Arrowcreek

Best . . . place to go for a drive. There's something about Arrowcreek's meandering back roads and connection to Lakeview that draws me when I get behind the wheel. Nowhere else in the valley can I so nearly get lost as I discover dead-end roads and candyland houses. Plus, nowhere else has such great access to Goat Mountain.

Worst . . . maximum daylight. Forgive me if I'm mistaken, but it seems Arrowcreek is tucked into the corners of our mountains. There are benefits to this, for sure, but it would be hard to live in a shadow.

Canyon

Best . . . landscape. I love walking the back road below those giant, towering mountains. It's gorgeous in autumn and stunning in spring and is the closest we get to overlooking Goat River. Canyon is beautiful.

Worst . . . middle ground. Canyon is just a stretch, it sometimes seems, between Lister and town. It has a great school and a store. The only other reason to visit Canyon (apart from the fact that it's stunning) is for the occasional events held at the park.

Erickson

Best . . . location. Erickson has one foot in the rural and is still within easy walking distance of town. My favourite part of growing up here was that I could spend hours in the bush behind our place and then access town within 15 minutes on my bicycle.

Creston Valley Business Buzz



*Vern Gorham,
Owner/DJ
Good Times
DJ & Karaoke*

Since I have a great love of music, and since I already owned a very large music and karaoke collection, it seemed natural to start up a local DJ and Karaoke business! Thus, in 2010, I started up Good Times DJ and Karaoke.

I have DJ'd several local events in the past six months, and I have had a tremendous amount of fun doing them! What sets me apart from other DJs is that I am out

there having as much fun as the people who I am DJing for, and thus I think it helps everyone relax and let loose. Most of my feedback from events I've DJ'd has been very positive!

I have excellent equipment, and a huge collection of over 100,000 regular songs, as well as over 100,000 karaoke tunes.

*If you are looking for a fantastic DJ for your event, or wedding, contact me for a quote.
www.goodtimesdjandkaraoke.com*

My name is Vern Gorham. Many Crestonites who attended any of the recent Creston Best Singer contests would know me as the emcee and creator/producer of that contest. But, since that contest will be an annual thing, I do have other business ventures that provide services to the wonderful people of Creston and her surrounding area during the rest of the year.

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Worst . . . exposure to pesticides. This kinda goes without saying. Seasonally you can sit outdoors in Erickson and try to count the number of sprayers you can hear.

It's not a benefit but it comes with also having the best orchard agriculture.

Kootenay Lake

Best . . . laid-back atmosphere. There's nothing like relaxing on Kootenay Lake. Many of my fondest memories growing up involve boating, camping and enjoying the area to the fullest. There was a time I couldn't imagine anything better than living there.

Worst . . . seasonal sensitivity. Of course, what's great in summer isn't quite so happening come winter. It would be hard to find the balance between putting up with summertime revelers and the lonely, cold, quiet of winter.

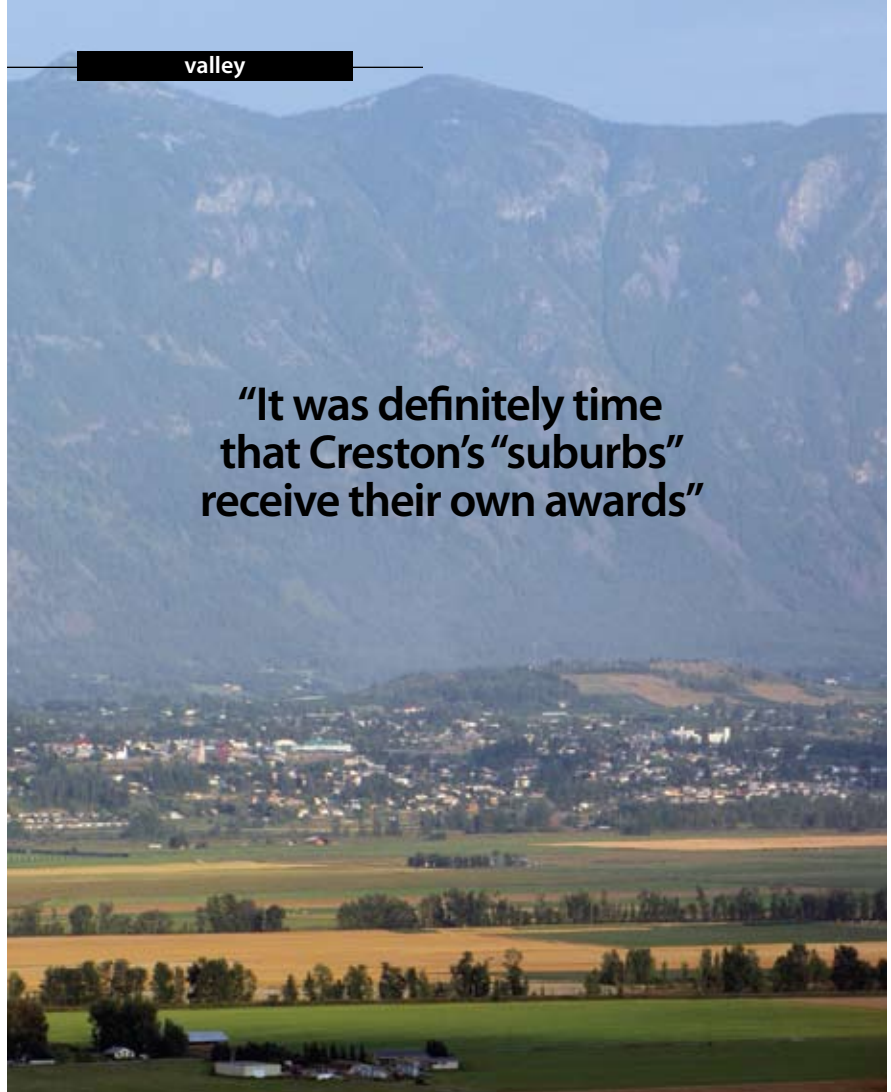
Lister

Best . . . backwoods lifestyle. I'm hoping this is something the Lister community is proud of. I used to love visiting Lister. There was the opportunity to explore to our hearts' delight. It was dirt bike races and street hockey at the hall. What other "suburb" has an airport, a golf course and a plethora of dairy farming? Lister is the place to go for a little freedom.

Worst . . . shopping. Let's face it, not exactly a shopper's dream.

West Creston

Best . . . community spirit. West Creston has it figured out. I remember Corn Cricker's picnics which resulted in the beautiful hall they now have. There always seems to be a tendency for West Creston residents to be willing to band together. That goes a long way.



"It was definitely time that Creston's "suburbs" receive their own awards"

Worst . . . commute. The flats. A lot of driving. Fairly self-explanatory, I think.

Wynndel

Best . . . community growth and resources. When I was younger I went swimming at the Wynndel pool. (This was many years ago). They still have everything in place to be a great little community on their own. Their hall is great, a fire hall exists and small businesses (as well as the obvious big ones) seem to flourish.

Worst . . . nothing. I'm sorry, I can't think of any valid reason not to live in Wynndel. I think that the excellent independent resources could also be a reason to choose to live closer to Creston, but that's about all. Oh, there is the fact that your car (bike, etc.) will have to climb a massive hill every time you want to go to town.

So there you have it. I don't recommend this guide if you're considering which part of the valley to invest in. No one was interviewed, polled or researched for the writing of this article. Also, no locals were injured in the production.

It's written in fun, so I hope you enjoyed. ■

Relive Overwaitea's
Creston's **Best Singer** 2011

DVD of the contest on sale for only \$12!!
Contact Vern Gorham at 428-0305
or email verngorham@telus.net to get your copy!

The Artisans of Crawford Bay

Story by: Janet Wallace

When building our home 23 years ago we bought hinges, hardware and utensils from our friend, John Smith (yes, it really is Smith), who made them at Kootenay Forge, the original artisan shop in Crawford Bay. We still use those original products with great pleasure.

Not long ago, every village and city had areas where artisans worked and sold their products. Everyone needed hinges, jewelry, glasses, brooms, blankets and bowls. One got to meet the makers.

Travel along the East Shore of Kootenay Lake and you will find a group of artisans in the heart of Crawford Bay pursuing the fine craft of making everyday objects with artistry. They can (usually) talk while they work and enjoy meeting customers, which gives your purchase the ultimate human touch.

Coming into the Forge and Furnace Gallery, the clanging sound of hammers hitting iron reminds the neighbour of bells. Featured are three studios that use heat: Kootenay Forge, FireWorks Copper and Glass, and Breathless/Blown Away Glass.

**BROOMMAKING ~ WEAVING ~ POTTERY
ENAMELLING ~ BLACKSMITHING**

and more....

Artisans OF CRAWFORD BAY

CRAWFORD BAY - Artistic by Nature -

open every day until thanksgiving

80 km north of Creston 866-931-8464

artisansofcrawfordbay.com

In the common retail space it is possible to purchase hooks, towel racks and chandeliers, delicate glasses and vases in every size and colour, enamelled wall pieces and jewelry.

Follow a short path through the woods and you will find colour therapy in the weaving studio next door, Barefoot Handweaving. The comfortable straw building enables the weaver to use bare feet while treading the loom patterns.

The wall of colourful yarn inspires and sets off the many textured paintings also featured. Discover woven wraps, hats, placemats and blankets in original, music-like patterns.

Deer Ridge Pottery and Quilt Studio is a bed and breakfast but you will also find painted ceramics, piggy banks and lit castles.

“Not long ago, every village and city had areas where artisans worked and sold their products”

Cross the road to North Woven Broom and your nose is the sense that springs to life. Broom corn has a sweet, straw-like smell. The equipment is antique and makes satisfying click-clacks.

Brooms are available in every style and size, from tiny baby broom magnets to artistic double marriage brooms with twisted manzanita handles and 10-foot cob webbers. Ask about the Harry Potter connection.

The Purple Door features exquisite, large, hand-built wizards and little sprites.

Walk down to Dog Patch Pottery and hear the potter's wheel hum or watch as unusual spirals, waves or linear patterns are being carefully etched into the clay. Wildly colourful or earthy, you will find high-quality mugs, casserole dishes and bowls of many sizes. Look for the buttons and intricate geometric sculptures.

In the same building, La Gala Jewellery makes delicate silver earrings, rings and necklaces.

Many more local artisans who work at home are featured and even the food and drink in the pub, Hub and Café, can be unusual, including new artisan chocolate.

The “slow” movement is increasing in popularity and has encouraged us to look for quality and the human touch. In Crawford Bay you will find that same sentiment for creating with care and beauty, and you can watch. ■

For more information visit www.artisansofcrawfordbay.com

Small Miracles of Riding

Story: by Trish Bartlett

Take a young lad with autism, someone who has difficulty relating to the people who love him. Put him together with a large, gentle horse and over time he begins not only to find a connection with the horse but with those around him as well.

Take an older woman suffering from arthritis. Put her on the back of a patient horse and she begins to find the muscles she once had, enabling her to walk taller as she goes through her day.

These are not examples of miraculous healing but some of the small daily miracles of the Creston Therapeutic Riding Program.

The physical benefits of the riding program are many, explains senior instructor Christine Ross.

“The program uses primarily English saddles and English riding techniques,” she says. “The English saddle is smaller and provides closer contact with the horse. The rider can feel the horse’s movement more clearly through the saddle. The rider is pushed to use core body muscles, strengthening him overall and developing greater co-ordination.”

Greater physical co-ordination and strength can improve balance and motor skills while increasing self-confidence and self-esteem. These are things which are not easily quantifiable but which overall improve the quality of life for those experiencing them.

But it’s not just the riders who benefit. The volunteers, instructors and even the horses themselves can profit from this program.

The instructors have the daily gratification of knowing they are helping people find within themselves abilities they didn’t know they had.

The volunteers have the satisfaction of helping a person with a disability strengthen their abilities. Some of the volunteers have previous experience with horses but others don’t. Those who don’t, have the opportunity to get to know a horse and may find themselves changing in the process. I am one of those.

I don’t do much, but I feed the horses breakfast and clean out their paddocks daily. It is certainly not glamorous work but it is appreciated. And that, in itself, is rewarding.

Early mornings, with the birds singing and the sun just coming up over the



mountains (when it’s not raining), is an uplifting time and gives me the opportunity to get to know the horses. When they are not too busy eating they come and visit for scratches. I like to think they are saying thank you for breakfast.

The therapy horses may also benefit. For instance, Blue is in his early 20s and is beginning to develop arthritis. The therapeutic riding program provides him with the gentle exercise he needs to keep his joints moving.

Most of the other horses are in their late teens and have retired from the work they did before or, in the case of Marty, are taking a break from their winter work. They certainly seem to enjoy their time with the riders. ■

If you would like to know more about Creston’s therapeutic riding program, visit the Web site at www.cdsc.com/trp.htm. Consider helping; it’s worth it.

SPRING TOY EVENT

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**SAVINGS
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9 AM TO 4 PM

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June 26 - Sept 3 (7 days a week)
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MAY EVENTS:
Centre Opens May 10!

- School Programs
- Osprey Camera will be Live on our website

Reach us at:
Box 640 Creston, BC V0B 1G0
(250) 402-6908 or (250) 402-6900
email: askus@crestonwildlife.ca
www.crestonwildlife.ca



Wildlife Centre Opens For The Season

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

There is a lot to look forward to this May and the Creston Valley Wildlife Management Area is proud to be involved in some exciting adventures.

The Wildlife Interpretation Centre opens for the season May 10. We are excited to offer great outdoor education programs for school students as well as special events and programs for the public and special interest groups.

Hopefully you have seen our 2011 program guide. We did a mail-out to everyone from Yahk to Riondel so you should have seen it in your mailbox. If you did not receive it, please visit our Web site for more information.

We will be adding new events throughout the season, so keep our Web site bookmarked or join our Facebook page so that you are kept in the loop.

Speaking of our Web site, we are launching a new design with new content in early May. Our 2011 programs will be available to view then, so please visit us at www.crestonwildlife.ca.

Our osprey camera will be live again for 2011. A camera is perched on the edge of an osprey nest above the wetland, offering a bird's eye view into the lives of an osprey family.

The pair arrived the week of April 11 and is busy getting the nest ready for its batch of young ones. The images will be live on our Web site as well as at the wildlife centre in early May.

Water, water everywhere! As you can see if you visit the wetland, there is a lot of water in the ponds, channels and Duck Lake. This is a typical spring condition as the snowpack melts and the rain falls – a lot of water ends up in the wetland.

And that is one of the many things that wetlands are good at – acting like a sponge to absorb water and slowly release it back into the environment, minimizing the impacts of flooding.

At the CVWMA, we do need to actively manage the water levels to ensure that certain areas do not get flooded and there is the right amount of water for nesting birds. That's why there is a system of water control

structures to move water around and dikes to keep it in.

We are in the process of automating some of our pumps in the Duck Lake area. The

pumps are used to pump water out of Duck Lake if necessary during spring rains and snowmelt so that the surrounding agricultural fields and homes do not get flooded.

Automating the pumps will make it easier to shut them on and off during this peak time. We received grant money from the Habitat Conservation Trust Fund and the Ministry of Environment to carry out this work. ■

As always, if you have any questions or comments, please feel free to contact us at askus@crestonwildlife.ca or by calling (250) 402-6900.

Carla Ahern is the director of communications, stewardship and education for the Creston Valley Wildlife Management Area.

“Wetlands are good at acting like a sponge to absorb water”

The Social Event of the Season

Story by: Peter Hepher

The Creston-Kootenay Foundation and its sponsors are calling the June 11 Grand Soiree gala the social event of the season. And so it should prove to be, with cocktails, appetizers, a buffet meal catered by Carole Huscroft and dance music by the Creston Community Band. Let's not forget the raffles with great prizes donated by local merchants and capped off with a grand prize of a week's accommodation in Phoenix, Arizona with return air fare from Spokane to Phoenix.

Clearly, one purpose of the event is to give those attending a chance to dress up, enjoy a sumptuous meal, dance, win fabulous raffle prizes and enjoy an evening of fun. A second aim, however, is to publicize and raise funds for the Creston-Kootenay Foundation (C-KF). For the interests of the community's future that may be the most important objective. That's because the C-KF differs from many foundations, those that spend their income as soon as they get it in their particular area of community service.

"Dress up, enjoy a sumptuous meal, dance, win fabulous raffle prizes and enjoy an evening of fun"

The C-KF is a community federation. It accepts donations, large or small, of cash, securities, property, works of art, bequests, any form of wealth and then invests them in perpetuity. It then distributes the annual returns on those investments by way of grants to worthwhile projects of non-profit agencies based in the Yahk to Riondel area. It helps to improve life in the community both now and throughout the future. Donations may be designated so that the annual proceeds are directed to projects within any of the Foundation's areas of interest. What a great way to create a personal or family legacy. The Foundation prefers to be able to make grants to organizations it regards as most worthy and needy. The Foundation is registered with the Canada Revenue Agency. That authorizes it to issue income-tax-deductible receipts for the donations it receives. It also decrees how much of the annual return on its investments it can distribute in annual grants.

A member of the "umbrella" Community Foundations of Canada, the C-KF is one of many organizations at work in cities and towns across this country. However, it is relatively young, having been formed as recently as 2004 as successor to non-profit groups established locally in the 20th

Century. Since 2005 the C-KF has distributed \$116,989 in grants towards such projects as a new greenhouse at the College of the Rockies, TAPS, the therapeutic riding program, hospice and the Rotary spray park. However, it recognizes the need for it to do more, and it can only increase its annual grants if it has a larger investment portfolio.

This brings us back to the Grand Soiree. It is an effort by the Foundation's board, aided by volunteers recruited for the occasion and by the generosity of those donating raffle prizes to grow the organization's funds. In doing this there will be more available grants in the years immediately ahead and a larger legacy for the whole community's future. ■

If you would like to help that cause, and to have a great time doing it, buy tickets for the Soiree. Tickets can be purchased at Black Bear Books or from any Creston-Kootenay Foundation director. But hurry, the number is limited. For more information about the Foundation, see the website at www.ckfoundation.com.

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CRESTON - KOOTENAY FOUNDATION

Dine, Dance and Win Great Prizes at our Grand Soiree

The Social Event of the Season. Your chance to dress up for an evening of great food and fun while helping to raise funds for the Creston-Kootenay Foundation.

**Creston Room at the Community Complex
June 11, 2011 at 5 p.m.**

Begin with Cocktails and Appetizers. Then enjoy a scrumptious Buffet Meal with Delectable Desserts catered by Carole Huscroft and Dance to Music by the Creston Community Band. And don't forget the Raffle with great prizes donated by local merchants, plus a Grand Prize of one weeks accommodation in Phoenix, Arizona, with return air fare for two from Spokane to Phoenix.

Admission - \$50.00

Tickets at Black Bear Books, Creston-Kootenay Foundation members or call Nicole at 250-428-4960

This event is a fund-raiser for the not-for-profit. Creston-Kootenay Foundation which accepts donations of cash and other forms of wealth and invests them in perpetuity. The annual returns from these investments are then distributed in grants to non-profit, community-service groups based in the area between Riondel and Yahk. The more the Foundation has invested the more it earns annually for annual granting.

Come to the Soiree, have a great time and help the Foundation help the community now and in the future.

Fun For Everyone At The Third Annual Barrel-O-Rama

Story by: Trish Bartlett

I was asked by our publisher to write about Creston's third annual barrel racing competitions. Barrel racing, think I, what the heck is that? www.ilovecreston.com/barrelorama provided specifics for the local event but I needed to travel further down the cyber-highway.

Did you know barrel racing is the only women's event at the Calgary Stampede? Three barrels are set up at different marked locations within the arena. A horse and rider enters the arena at full speed, rounding each barrel in a cloverleaf pattern and exiting where they entered. It takes an average of 16 seconds (depending on the size of the arena) to complete the course and requires close cooperation and teamwork between horse and rider. I watched a few a videos...Wow!



Do they ever move fast... pounding hooves, dust flying, barrels teetering but not quite falling. There was a definite synergy between horse and rider. And we get to watch this live in May.

I spoke to Debby McCurrach, the spokesperson for the Borderline Barrel Racing Club and organizer of the Barrel-O-Rama. She used to be a barrel racer herself and she explained her passion for Creston's event.

"There are so many up and coming kids who need things to do. Here we have a lot horse oriented events for the whole family; action packed events for team roping and barrel racing for riders of all levels from Canadian champions to riders starting out on mini ponies. We want to bring families to our beautiful Creston Valley to enjoy a weekend of fun for everyone. We're expecting at least 100 competitors. There will be thousands of dollars in prizes but it will still be fun since there are levels of classes for everyone."

All trophies and prizes will be on display the weekend of the Barrel-O-Rama at Canyon Park while prize saddles and buckles can be viewed now at Kemlee Equipment.

A special guest, Rana Walter Koopmans will be attending the Barrel-O-Rama, McCurrach said.

"Her father, Oscar Walter was the Canadian champion tie down roper

in 1979. Her mother, Mary Lynn, was the 1980 Barrel Racing Champion in the Edmonton Canadian Final. Her sister, Raylee Walter Edwards was nine years old in 1987, the youngest barrel racer to ever compete in Canadian Finals Rodeo in Edmonton. In 2003, Raylee became the Canadian Champion Barrel racer and aggregate champion."

In 1988, Raylee competed in the exhibition barrel racing event for the Calgary Olympics becoming a Rodeo Olympian at age ten.

"Rana, herself, was both Canadian Champion in Barrel Racing and the Wranglers Canadian Pro Rodeo Tour Champion in 2010. We're hoping the whole family will be there including Kassie Edwards, Raylee's daughter, who, at age three might compete in our barrel racing."

The Walter family embodies the spirit of family Creston's Barrel-O-Rama is creating. There will be something for everyone; barrel racing for men and women, for all ages and abilities, team roping, draws, raffles, a beer garden, a Saturday night dance. A Grand Pony Entry, featuring the smallest riders, will open the weekend on Saturday morning.

Sounds like fun for the whole family at Canyon Park, May 14 and 15. ■

To find out more about the Barrel-O-Rama and Team roping or for entry information visit www.ilovecreston.com/barrelorama

Thank You

to John Kettle,
Area B Regional Director
for all his support.

John and his family were great participants in Canyon Park Gymkhanas and horse event for many years.

We would also like to thank our many other sponsors.

Without their support this event would not be possible.

Please visit www.ilovecreston.com/barrelorama for the full list of sponsors.

Farmer's Market Geared Up for Another Great Year!

Story by: Jen Comer, Manager Creston Valley Farmers' Market & Gail Southall, President of the Creston Valley Food Action Coalition

The Creston Valley Farmers' Market is ramping up for another great season starting Saturday, May 7, at Millennium Park, from 8 a.m. until noon.

The Farmers' Market is an explosion of agricultural delights from arugula to zucchini, locally raised meat and eggs, fresh-from-the-oven baked goods, inspired arts and crafts, lively entertainment and a vibrant community experience unlike any other. The Farmers' Market is an initiative under the Creston Valley Food Action Coalition, which is all about local food for local people.

This year's market is mixing up the fixin's to make the recipe even better. The market is starting early and will offer Creston Valley gardeners and growers a one-stop shop for all their bedding plants.

Thanks to our fantastic town council, a mid-week market will also run Wednesday afternoons from July through September in Spirit Square (11th Avenue North between Pharmasave and Shoppers Drug Mart). The mid-week market has a produce-first priority but expect to find local crafters, artisans and bakers there too.

Farmers' Market organizers are also excited to participate in Blossom Festival activities on the May long weekend, and will be hosting a special market May 21 from noon to 4 p.m. (No market from 8 a.m. to noon that day.)

There are many thank-yous to acknowledge for the upcoming Farmers' Market season. First of all, the Town of Creston's council, mayor and staff have been instrumental in the growth of this year's event. They have

provided funding, market locations and inspiration for the season.

Regional District of Central Kootenay areas B and C (directors John Kettle and Larry Binks, respectively) have also provided funding, for which we are very grateful.

Two new funders came on board this year: Kootenay Rockies Tourism and Interior Health. We are also thankful to work with the Ministry of Transportation and Infrastructure on tourism highway signage.

Funding for the Farmers' Market predominantly goes toward advertising and marketing. Watch for ads in assorted visitor publications and highway signage as you come through Creston.

There is also a new interactive Web site that will feature what produce is in-season, list upcoming market events and help connect consumers with producers.

The Farmers' Market is also on Facebook and Twitter. Come join us at <http://www.facebook.com/CrestonValleyFarmersMarket> and <http://twitter.com/cvfarmmarket>.

Folks interested in participating as a vendor at the Farmers' Market just need to make, bake or grow what they sell. Application packages are available on our Web site, or interested individuals can call market manager Jen Comer for more information.

Want to get involved but don't make, bake or grow anything to sell? There are lots of opportunities to volunteer at the market, like helping set up and take down, and sitting at the information booth.

Are you musically talented? There's live entertainment every week and new musicians are always welcome.



See you at the Farmers' Market every Saturday, rain or shine (or snow). ■

Following are 2011 market dates and contact information:

Millennium Park – Saturdays, May-September, 8 a.m.-12 p.m. (May 21: 12 p.m.-4 p.m.)

Spirit Square (downtown) – Wednesdays, July-September, 3:30-6:30 p.m.

Morris Flowers Garden Centre – Saturdays, October-December, 10 a.m.-2 p.m.

For more information, visit the Web site crestonvalleyfarmersmarket.ca, e-mail cvfarmersmarket@gmail.com or telephone Comer at 250-977-5362

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Customized Labeling

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Cosmo, Pina Colada and Mojita

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250.428.8969

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Saturday 9am-3pm, Sunday & Monday-Closed
www.crestonubrew.com

Watch for Prizes Drawings May 31

It's That Time Again

Submitted

Join us for the 70th Annual Blossom Festival, the biggest annual event that brings the Creston Valley together for a weekend of fun.

WIRELESS INTERNET



COME VISIT US DURING BLOSSOM FESTIVAL WEEKEND!

We would like to take this opportunity to thank all of our valued customers, you are what makes us a success!

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**7 DAYS A WEEK • 5 AM TO 9 PM
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Opening night is Friday, May 20, 2011 and this year Valdy will headline the Stage Show. Valdy has been part of the fabric of Canadian pop and folk music for years. A man with a thousand friends, from Newfoundland to Vancouver Island to Texas to New Zealand, he's a folksinger who catches the small but telling moments that make up life.

"The 70th Annual Creston Valley Blossom Festival is packed with events for everyone"

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

The theme of the Festival is in honour of its 70th Anniversary. Participate in the Valley's largest Parade on Saturday morning starting at 11:00 a.m. In celebration of 70 years we are welcoming "Queens of the Past" to ride in the Parade. Join the celebration and enter a float, bring the past to life. The Creston & District Museum Society are keeping their float entry a 'secret', come on out and see what their volunteers

have worked so hard on to demonstrate 70 Years of Blossom Fest.

The local Go-Go Grannies are hosting a 70's+ Women's Pageant and entertainment by "Strings Attached" (cello and piano), along with a Tea and followed by the competition. For \$5 you enjoy a sandwich, goodies, tea and entertainment (cookies for the kids).


This year's Blossom Festival buttons, which are on sale now, also honour the 70th Anniversary of our annual

spring festival. They are available at the Chamber of Commerce office and Wearwithall. A \$2.00 ticket gets you a button and entry into a 50/50 Draw, which could net you up to \$500!


The 70th Annual Creston Valley Blossom Festival is packed with events for everyone. The 16th Avenue Experience is back. From the College of the Rockies campus lot to Millennium Park there are events for all ages. Try your skill on the climbing wall, entertainment in Millennium Park, concessions, bingo and the local Farmer's Market. For the younger generation, take in the free Kidapalooza children's events at the Creston Education Centre (former


70 Years of Blossom Fest

*A Special Exhibit
at the
Creston Museum*





DON'T MISS IT
Creston's 50th ANNIVERSARY
APPLE BLOSSOM DAY
MAY 8TH
PARADE 2 p.m.
Bands, Cadets, Home Guards, Red Cross Cadets,
Boys, Cadets, Home Guards, Bicycles, Farm Machinery
Floats, Decorated Cars, Sports,
Addresses, Sports,
Decorated Floats, Cars and Sports





THE CRESTON MUSEUM





**Join us
May 20 to 23, 2011**

CRESTON MUSEUM 219 Devon Street Creston, BC • (250) 428-9262
www.creston.museum.bc.ca



Check out the Blossom Festival website www.blossomfestival.ca, for a full Schedule of Events and registration forms.

For more information on entering the 70's+ Women's Pageant, phone 250-402-8631.

South Creston School) adjacent to Centennial Park. Enjoy Entertainer/Magician Clinton Gray, a bouncy tent, train rides, and more.

Join us Saturday afternoon for the 1st Annual Blossom Festival Duck Race to be held at the Creston and District Community Complex, Aquatic Centre. Watch in excitement as rubber ducks race to the finish line in hopes that you have the lucky winning duck. Contact the Creston Swim Club for more information or to register your 'duck'.

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

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

Sunday on Canyon Street don't miss the Classic Car Show, which will feature quite a variety of vintage cars. In the middle of all that the Lions will be holding their popular Chili Cook-off where you to can sample the various chillies and vote for the winner. Magician Clinton Gray will also be there to entertain everyone.

Monday is Kid's day, beginning with the kiddies' parade, which assembles behind the CIBC at 11:00am. Every youngster that takes part gets a ticket for a free hot dog and pop, available in Centennial Park following the parade, which runs along Canyon Street from the CIBC to the Royal Bank.

The Creston Flying Club, weather permitting, hope to hold a fly past just prior to the start of the main parade on Saturday morning. On Monday the Flying Club will be holding an Open House at the Airport, where there will be kid's games, refreshments and tours.

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


Come out and enjoy the festivities during the

70th Annual
Creston Valley
Blossom Festival

May 20th to 23, 2011




238-10th Ave. N., Creston • 250-428-2214



Plenty of Mother's Day Gift Ideas

May Long Weekend Events at Black Bear Books:

- Kay Carlson Author of 'Diary of a Legal Drug Dealer' will be signing books before and after the parade.
- Sidewalk Sale - Saturday 9-5
- Open Sunday 10-4 during the Creston Car Show Poker Walk.



BLACK BEAR BOOKS

1013 Canyon St., Creston • (250) 428-2711
email: ask@blackbearbooks.ca
website: www.blackbearbooks.ca
Hours: Monday to Friday 9 - 5, Saturday 10 - 5

Remember we're ticket sales central for Creston

Celebrating
70 Years
of the
Creston Valley
Blossom Festival

Overwaitea
B.C.'s very own food people.

70th Annual Creston Valley Blossom Festival

May 20 to 21

BLOSSOM FESTIVAL
Creston, BC

VALDY
2 Time JUNO Award Winner
'Rock 'n Roll Song', 'Hot Rocks',
'Yes I Can', 'Peter & Lou',
'Simple Life', 'Hometown Band'
and many more...
**One of Canada's
Best Folksingers!**

**CRESTON
COMMUNITY BAND**
Some of Creston's finest musicians
playing Big Band Favorites!

Friday May 20, 2011
7:00 PM PCSS Auditorium
Tickets \$20 per person
Family of Four \$50

Meet the Creston Valley's Citizen of the Year
Tickets available at Black Bear Books, Chamber of Commerce.
For more information check out our website at www.crestonblossomfestival.ca

RENDÉK, Creston, FORTIS INC., CRESTON DISTRICT CREDIT UNION

FRIDAY, MAY 20

LOCATION

Creston Museum 70 Years of Blossom Fest
Model Railway
Creston Valley Wildlife Centre Open

Creston Museum
Creston Museum
West Creston
PCSS Auditorium

OPENING CONCERT
Starring: VALDY
• *Citizen of the Year* • *Queens of the Past*

SATURDAY, MAY 21

Lions Club Breakfast
STREET FAIR (Lions Club)
Creston Valley Wildlife Center Open
Creston Valley Flying Club -Fly Over
(weather permitting)

Canyon St. (Creston)
11th Ave. N.
West Creston
Creston Street

PARADE
Jackpot Team Roping Competition
**CHILDREN'S TRAIN RIDE, BOUNCY TENT,
STORYTELLING/CLINTON GRAY - MAGICIAN
(Success By Six)**

18th Avenue
Canyon Park
Creston Education Centre
617 - 11th Avenue

CLIMBING WALL – (16th Ave/Cedar St.)

South Side of 16th Ave

CRESTON FIDDLERS

South Side of 16th Ave

DUCK RACE

Creston Aquatic Centre

STEPHANIE'S TREATS (Concession)

South Side of 16th Ave

**70's + WOMEN'S PAGEANT
& Entertainment "Strings Attached"**

Creston Room

Farmer's Market

South Side of 16th Ave

ENTERTAINMENT IN THE PARK

Millennium Park

*Welcome
Past Queens*

Anniversary

Blossom Festival

23, 2011

SCHEDULE OF COMMUNITY EVENTS (subject to change)

www.blossomfestival.ca

	TIMES
seum	10am to 3:30pm
seum	10am to 3:30pm
n	9am to 4pm
orium	7pm

Creston Museum 70 Years of Blossom Fest.

Creston Museum

1pm to 5pm

Model Railway

Creston Museum

1pm to 5pm

C.V. Heide Club German Dance

Rotacrest Hall

8pm

SUNDAY, MAY 22

Knights of Columbus Western Breakfast

Catholic Church Hall

8am to 1pm

Blossom 5K & 10K Run

Canyon Park

8am - Walkers
9am - Runners

CLASSIC CAR SHOW & Entertainment

Jackpot Team Roping Competition

Canyon St. (10 Ave. to 16 Ave.)

9am to 4pm

LIONS CHILI COOK-OFF

CLINTON GRAY – MAGICIAN/ENTERTAINER

Creston Museum 70 Years of Blossom Fest.

Canyon Park

9am & 11am

Canyon St. (12 Ave. to 15 Ave.)

11am to 3pm

Canyon St. (10 Ave. to 16 Ave.)

10am to 2pm

Creston Museum 70 Years of Blossom Fest.

Creston Museum

10am to 3:30pm

Model Railway

Creston Museum

10am to 3:30pm

Blossom Festival Music in the Park
(Creston Ministerial Association)

Millennium Park

12:30pm to 2pm

Creston Valley Demolition Derby

Kitchener, Old Airport (Hwy 3)

11am

MONDAY, MAY 23

Creston Museum 70 Years of Blossom Fest.

Creston Museum

10am to 3:30pm

Model Railway

Creston Museum

10am to 3:30pm

CHILDREN'S PARADE (Lions Club)

CHILDREN'S PICNIC (Lions Club)

50 – 50 BUTTON DRAW

CRESTON VALLEY REGIONAL AIRPORT APPRECIATION DAY

• All Day No-Host Brunch • Children's Events

• Check out the many types of Aircraft on site • Model Airplane Display Games • Prizes

Canyon St. (12 Ave. to 10 Ave)

11am

Centennial Park

Following Parade

Centennial Park

12:30pm

1993 Airport Road, Lister

10am to 4pm

Beside 7-11)	7am to 11am
(at Canyon St.)	9am to 3pm
n	9am to 4pm
et	10:45am
e to CV Mall	11am
k	11am & 1pm
ication Centre	12pm to 4pm
Avenue South	starting at 12pm
the half hour	
Millennium Park	12:30pm to 4pm
Millennium Park	1pm to 3pm
atic Centre	1pm to 2pm
Millennium Park	12:30pm to 4pm
m, CDCC	1pm to 4pm
Millennium Park	12pm to 4pm
Park	12:30pm to 2:30pm

Creston Valley and the Korean War

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

It really was the forgotten war. It was forgotten even while it was happening.

The course of events of the Great War and the Second World War can be easily read in the pages of the local newspaper. From the successes and victories on the battlefields to the efforts at home, it's all there, spelled out in weekly headlines.

The modern-day reader can be left in no doubt: those wars happened, they had direct and significant effects at home, the soldiers who fought them deserved to be recognized at every turn and there was nothing more vital than supporting the war effort.

The Korean War, on the other hand, is noteworthy for what didn't make the local papers.

There were virtually no articles about what was happening in Korea in the pages of the Creston Review, no front-page headlines about the success of Canadian forces, no photographs of the latest victory.

There were no ads exhorting people to fight the enemy, none urging young men and women to sign up for freedom or any other cause. The few ads for the Royal Canadian Air Force and the Royal Canadian Army advised military service as a way for young men to do their duty and protect Canada if the need arose. There were no pictures of enemy aircraft or soldiers to stir the sentiments of the new recruits. There were no patriotic slogans.

There were no lists of volunteers published in the local papers. There were no calls for rousing send offs. No efforts, beyond those of family and close friends, to send "the boys" to the front with remembrances of home.

There were no reports of community-wide commitment of service groups, clubs and organizations to put all of their fund-raising efforts toward supporting the soldiers.

There were no drives to collect scrap metal, paper, leather or wool. No one raised money to buy an airplane, tank or machine gun. No one knitted socks

or made jam to send overseas. There was only one collection effort reported in the Review in three years of war: a Tobacco Fund organized by the Legion in 1951. The results were "disappointing."

There were no demands that people at home subscribe heavily to Victory Loans or Patriotic Funds. Nobody was made to feel guilty, or that he was shirking his duty, if he did not put himself in financial jeopardy in his zeal to support the war effort.

There were no fund-raising concerts, no benefit dances, no parades.

There were no long letters from the front published in the Review. The letters were written and sent home, there is no doubt of that, but they weren't published.

In June 1953, the Review ran a little paragraph stating that W.G. Anderson had received a letter from his son in Korea only six days after it had been sent, but gives no details about the son's service – not even his name.

There was no acknowledgement of the role local men were playing in the conflict at the cenotaph on Armistice Day. Rather, the Review's accounts of the Armistice Day ceremonies of 1951, 1952 and 1953 didn't even mention the Korean War.

In 1953, the newspaper made a point of stating that veterans of "all three wars" attended the ceremonies – but listed those wars as the Second World War, the Great War and the Boer War.

There was no mention of the ceasefire that ended the war. There was no welcome home for the veterans, no determination on the part of the Red Cross, Legion auxiliary or anybody else to meet every returning veteran.

There were no movements during the war to erect a monument to those who served, or even to those who died.

There was no rush to sign up the returning veterans for community organizations, no priority given to them for local government jobs, no work bees to clear their ranches or build their barns.

In June 1951, John King sent home a newspaper clipping with the title, Don't



The words might not have been King's but the sentiment clearly was. Even at the height of the Korean War, the soldiers from Canada were being forgotten.

Today, some veterans of the Korean War refuse to talk about it, so tired of being told that it wasn't really a war, or that Canadians didn't participate or, if they did participate, they didn't fire a shot in anger.

Canadians did take part in the Korean War, and that includes several from the Creston Valley. Local men served in the army in regiments such as the Princess Pats and the 25th Canadian Brigade. Others served in the navy, on the destroyers HMCS Cayuga and Sioux, and the aircraft carrier HMCS Magnificent. Still others joined the air force.

They were all on active duty in Korea, involved in naval operations, taking part in patrols and contributing to UN offensives.

All the local recruits survived the Korean War and returned to the Creston Valley. Very few of those arrivals were acknowledged in the local papers.

It really was the forgotten war – and it is time to change that.

These are stories that should not be forgotten. The Creston Museum hopes to tell them as part of its expanded exhibit on the Creston Valley's military history and as part of a book.

To all the veterans of the Korean War now living in the Creston Valley, we would like to hear your story. ■

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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Tennis, anyone?

Submitted

The answer is a resounding Yes in Creston, where two courts exist thanks largely to the efforts of the Creston Valley Tennis Club.

Without the upkeep undertaken by the 18-year-old organization over the past eight years, it is conceivable the courts at Prince Charles Secondary School would have gone the way of the old ones at Kinsman Park. And for those wondering, “What courts at Kinsman Park,” or even, “Where’s Kinsman Park?” that is the point exactly.

“Today the courts would be gone,” says Stan Piorecky, a director and mainstay of the club since retiring to Creston in 1993, “because the school has no money. The town will do nothing because it’s on school property. That’s why we had to come up with memberships.”

The club began promoting memberships several years ago to generate a minimal cash flow with which to make repairs and improvements on the courts, which are used by an estimated 300 residents. At \$25 per person or \$50 for a family, annual memberships are a bargain.

Although anyone can use the courts, membership does bring some perks along with the knowledge one is helping sustain the facility.

Special club nights allow easy access to tennis partners, recreational games and socialization, not to mention

the expert tutelage of Piorecky himself – a professional instructor in the sport dating back to his youth in Czechoslovakia, from which he emigrated to Canada in 1969.

Mondays and Thursdays are mixed doubles nights, Wednesday is ladies’ night and Tuesdays are for juniors, whom Piorecky takes under his wing with teaching and opportunities to compete among themselves with an ongoing “ladder” challenge system.

In 2005, the club spearheaded a drive to install lights which members can use to extend the playing day after sundown. The project cost in the neighbourhood of \$10,000 and was achieved by volunteer workers from the club with assistance from School District No. 8 (Kootenay Lake) and other contributions of materials and equipment from the community.

The club also stages occasional low-key tournaments to promote friendly competition and camaraderie.

The single biggest improvement occurred two years ago when a state-of-the-art “flex” surface went down on the western court thanks to a generous grant of \$25,000 from the Creston and District Credit Union, \$500 from the local brewery workers’ union and club fund-raising. The interlocking plastic pieces provide a cushioning effect on the underlying asphalt and allow for easy drainage, permitting play to resume within minutes of a rainfall.

“We really appreciate what the credit union did for us,” Piorecky says. “People are coming to town to play on

the tennis court because they want to experience it. You don’t get the usual shock on your joints because it gives in a little bit.”

Piorecky’s research on the flex court included a visit to Christina Lake, where all three of the town’s courts are covered by the surface – the primary difference being its regional district government kicked in \$69,000 to pay for it, and also replaces the nets every two years, according to Piorecky.

“We would really appreciate some help because the second court needs to be redone,” he says. “It lasts only so long.” As with the new aquatic and fitness centres at the Creston and District Community Complex, the tennis courts allow healthy physical activity that transcends gender and age, appealing, Piorecky notes, to everyone “from young kids to seniors” – and often at the same time.

Piorecky personally does all that he can to promote cross-generational enjoyment of the sport he loves above all – which is saying something given his career as a high school physical education teacher, who subbed at PCSS for three years after taking early retirement from a longtime post in Alberta.

When approached by Adam Robertson Elementary School principal Rod Giles about conducting a spring program for students in grades 5-7, Piorecky jumped at the chance to breed a new wave of players. A stockpile of junior racquets and low-pressure balls that are easier for novices to control was purchased.

Piorecky quickly expanded the program, now entering its third year, to include elementary and high school students from Homelinks. A total of 250 students from both schools receive four weekly lessons and enough direction to keep playing on their own through the summer if they choose.

“I was looking around and seeing there are lots of older people playing tennis,”

◀ *Stan Piorecky teaching a group of teens during the club’s junior night.*



he says. “But the future of the club is in the youth. If you get a little bit more information to these young kids they can carry it through their lives.

“They obviously do enjoy it. I had a phone call (this spring) from Mrs. Kepke – Grade 7. She was saying kids are asking her if we will be doing it again. Kids want to do it.”

With up to 29 children per group, Piorecky recruits the help of a classroom teacher and a couple of parents to ensure there’s an adult in each quadrant of the two courts.

“I demonstrate a skill and then each adult was helping on each half of the

court doing drills,” he says, “getting students moving from one side to another.”

Now 73 and ailing in the knees, the former manager of the indoor tennis complex in Kimberley still gets in as much doubles action of his own as possible. But he’s even more active for the club without a racquet in hand, often bent over with newly installed club president Alex Nilsson filling cracks in the aging asphalt – two dozen 25-kilogram bags of Ready-mix to smooth the surface of the western court alone before it got covered with flex tiles.

All because he takes seriously the mandate given the club by the cash-strapped school board, knowing that the courts are doomed otherwise.

“The high school told us, ‘You look after it, because we do not have the money. Do it the way you think it should be done,’ ” he says, adding that he dreams of the day when local governments chip in a little bit to ensure the newest generation of tennis enthusiasts has a place to play well into the future. ■

For more information about the Creston Valley Tennis Club or to become a member, call director Ani McDowell at (250) 428-5116.



Tech Talk

Story by : Kitt Santano

Beware of Web Site Scams

Since last month’s article was about phone scams, I wanted to make you all aware of another scam that is less obvious. As you browse Web sites and enjoy the Internet be aware that there is a very nasty bug that is running rampant.

This bug takes advantage of normally good Web sites, maybe even Web sites you have visited hundreds of times before and not had a problem. There are over 500,000 legitimate Web sites that are infected.

This bug is called an SQL injection attack. Hackers find ways of getting into perfectly good Web sites, where they then inject a script of code that to you is invisible but will activate on anyone visiting the infected site.

This code usually brings up a page or pop up that looks legitimate and will tell you that your computer is infected and you need to “click here” to fix it. Keep in mind that your computer is not infected yet.

If you see such a pop up, make sure to close it with the X in the top right-hand

corner. These scam artists can be very convincing at making it look like it is a part of your computer, maybe even your own antivirus software.

Now, the whole reason behind this scare is extortion. Once they infect you by convincing you to click on the pop up and “clean it up now,” they then request a usual amount of \$49.99 to have

“Hackers find ways of getting into perfectly good Web sites”

their program (which is the infection) remove these supposed nasties from your computer.

This type of scam is effective at deceiving its victims. I know of people who didn’t even realize it was a scam and were paying these crooks a yearly fee for their “service.”

There are a few things you can do to limit your chances of being a victim. The first thing I would do is make sure your computer is receiving updates

from Microsoft for your Windows operating system. Microsoft releases patches every other week, which in the industry they call “patch Tuesday.”

These patches resolve weak links in the software that hackers find and will effectively eliminate risks that are caused by your Windows operating system. You can automatically set your computer to download and install these updates.

These crooks know that people are updating Windows, so it’s harder for them to attack using Windows vulnerabilities. So they are now looking at third-party software that isn’t updated as frequently.

The three major vulnerabilities are Adobe Flash, Adobe Reader and Java. All three in the last 60 days had major flaws that allowed Web sites to attack your system. My suggestion is to check and see that you have the latest version of these programs.

I hope this gives some explanation as to why people are getting infected numerous times while still visiting regular, good Web sites. Keep in mind that a small minority of legitimate Web sites are infected with this code and the industry is fast and furious to supply patches to keep your computer protected. ■

If you have any questions, call Pro-to-Call Computer Services at (250) 428-5701

Home & Garden

Backyard Ponds

www.handycanadian.com

There are very few things you can construct in your yard that can be as peaceful and provide as much enjoyment as a backyard pool. Pond

Design

A fountain is not necessary but it sure adds to the splendor. A fountain will also aerate the pond and keep the water moving dissuading mosquitoes from laying eggs there.

You will want a fairly level spot. This should be a flat spot with no overhanging trees or shrubs as they can shed leaves that may clog the fountain pumps. Too much shade produces algae that will give the pond a skunky, dirty appearance.

Water

With very little effort a cistern can be set up to feed rainwater to the pond system. This source will either take the place of tap water or, at the very least, supplement it.

The Pond Liner

A pond liner underlay is needed for a small pond otherwise water will perpetually seep out into the ground.

Rubber or plastic sheet liners are the simplest way to make a large pool.

Liner shells are usually made from fiberglass and are placed right in the excavated hole.

Flex liners are usually made from PVC plastic. they are molded in many sizes like the fiberglass ones but are flexible and easier to put in.

Plants


You'll find that water plants like lotus and water lilies will bloom for the duration of the summer. They require no maintenance and, of course, never need you to water them.

Marginal plants can grow in around 6" of water and make great borders for the pond. These include water irises, blooming rushes and miniature horsetail.

Deep water plants are great for those without a fountain for aeration and will provide oxygen for the fish.

Fish and Other Life

Koi is the favorite but you can also buy snails, tadpoles and water insects to keep the pond clean. You will find that the old adage, "If you build it, they will come," applies here as the pond will attract birds, toads and other small critters that will add to the ecology of your backyard. ■



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Home & Garden

Top 8 Tips on Prepping for Painting Projects

www.handy canadian.com

A fresh coat of paint can completely transform the atmosphere in your home. Whether you're redecorating or touching up after a renovation, painting is an easy DIY project that delivers surprising value.

1) Take Your Time

Remember that interior paint preparation can take up to three times longer than the actual painting process does. Skipping or rushing through the preparation only causes more work later on with repairs, repaints and regrets.

2) Clear Out What You Can

If it's portable move furniture, knick knacks and other home decor out of the room. If you're tackling a bathroom paint job, try removing the toilet for speedy painting in that traditionally tight area.

3) Cover What You Can't

Whatever is left in the room, whether furniture or flooring, needs to be covered for protection. Use thin poly for everything but the floor, where it's a good idea to lay down canvas drop clothes.

4) Do the Same Thing to the Wall Surface

Remove what you can from the

wall surface. Tape all of the screws to the back of the covers for easy replacement. All of the permanent fixtures can be masked off using painter's tape.

5) Repair Holes or Nicks in the Drywall

With some drywall mud or patch repair product, fill and lightly sand any holes, scratches and gouges that you find.

6) Check the Caulking

Before you begin repainting, have a good look at the caulking around your windows and doors. If it needs repair or replacing, now is the time to do it.

7) Clean the Wall

Even if it doesn't look dirty, a good wipe down with mild soap and water will give your new paint a solid base. Dirt, dust, grime and oils may be largely invisible, but once you paint over them they'll be permanently exposed and you may end up with peeling, uncured paint.

8) Stir the Paint

Make sure your paint is freshly shaken and fully stirred, distributing the pigment evenly through the can. Always work with clean brushes, trays and roller covers. ■

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Jamming at the Fall Fair

Story by: Tammy Hardwick

I love the Fall Fair. As far as I'm concerned, it's the best thing to hit the Creston Valley ever. I usually have half-a-dozen different types of jelly to enter, and I enjoy the friendly rivalry that can spring up. (Malcolm, that crab apple jelly ribbon is mine!)

Last year, things got a little out of hand. It started innocently enough. I bought my usual flat of strawberries for my freezer jam and made a batch of cooked strawberry jam to give away.

A friend offered me buckets of red and pink currants but I only took enough to make a single batch of currant jelly. The Saskatoon bushes along my driveway were absolutely loaded with berries, so I made some jelly out of them. (It's one of Dad's favourites). So far, nothing out of the ordinary.

Then another friend offered me cherries and, although I don't usually make cherry jam, I accepted happily, thinking it would be a nice addition

to my usual assortment. I need a few pounds to make a batch of jam – he brought me a banana box full.

I had cherry jam, cherry jelly, cherry pie filling, cherry juice, canned cherries and seven large bags of frozen cherries. I kept back one of each for the Fall Fair, set a few aside for Christmas gifts and gave the rest to my sister and her two small children.

Tracey insisted on paying me back for the cherries. I refused; the cherries hadn't cost me anything and she was doing me a favour by taking so many of them off my hands.

But then we went in quest of blueberries and raspberries for her. Within half an hour I had 10 pounds of each, courtesy of my sister, and a blunt order to shut up and stop arguing.

So I spent a weekend making more jams and jellies. Afterward I started ticking off, in my Fall Fair booklet, all the things that I had ready to

enter. Looking at the list of things I had already, and adding to it the list of things that I almost always make, I realized I was only about a dozen items short of being able to enter something in every class in the canned fruits and jams and jellies section.

So now I was on a mission.

Have you seen the movie *Julie and Julia*? The one where a woman decides to make a Julia Child recipe every day for a year? I can relate.

I was juicing and jamming and canning almost every weekend, making all sorts of crazy things that I have never made before and didn't actually have any intention of eating. (Fortunately my friends were willing to help me out with that!)

My canner took up almost permanent residence on my stove. I pestered friends for fruit and made endless trips to fruit stands. I scoured my own cookbooks for canning recipes, phoned my grandmother every other night for advice and exhausted Google for ideas when all else failed.

About the only thing I didn't do was ask for zucchini. I needed a non-citrus marmalade, and I do have a recipe for zucchini marmalade, but there is nothing more dangerous, in farm and garden country, than letting it be known that you actually want zucchini. I made an apple-ginger marmalade instead.



Along the way, I learned a few things:

1. Stick with plain, ordinary Certo recipes. They're the best.
2. When people give you fruit, they never give you just what you need. They always give you at least two or three times as much as you need.

“There is nothing more dangerous than letting it be known that you actually want zucchini”

3. My great-grandmother's recipe for five-fruit marmalade makes, quite literally, gallons of the stuff. Nearly five, to be exact.
4. Plum jam made with red-skinned plums is kind of brown, vile-looking stuff. Use the purple ones instead. And ignore the parts in the recipes where it says not to pit the plums because you can fish them out later. You can, but it is much faster and easier to just pit the plums in the first place.
5. Never, ever make pickles and mint jelly on the same day. The odours do not work well together.
6. Vanilla pear jelly is the most amazing stuff ever, even when it doesn't set.
7. Huckleberries will be plentiful in every year except the year you decide to enter every Fall Fair category. That year, they'll be scarce as hen's teeth and \$20 a pound.
8. Pectin-free jam either sets as solid as a rock or it doesn't set at all.
9. Canning raspberries and strawberries is highly overrated, especially in this day and age of Ziplocs and freezers.
10. If you enter 32 jars of jam and jelly in the Fall Fair, you will wind up with 32 open jars of jam and jelly in

your fridge. Be prepared to make a lot of jam-filled cookies.

But I did it. I entered every single one of the classes in Section C, Division 1. I won a few of the classes though, not surprisingly, not for my vile-looking plum jam.

I get the bragging rights for that and, while it might not be the greatest accomplishment ever, I do have the satisfaction of saying, “I did it.”

Everyone I know got home-made goodies for Christmas, and I still have enough

left to carry me through next Christmas too . . . and possibly the one after that.

Now, I see, the booklets for the 2011 Fall Fair are out. I picked up my copy at the Home and Garden Show and have already been flipping through it, considering the classes I could enter.

But this year sanity will prevail. This year I will make only my usual jams and jellies. This year I will make only what I need. Unless my friends have lots of varieties of surplus fruit.

And no, I don't need any zucchini. ■



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Confidence Pays Big!

Story by: Kootenay Employment Services

One thing that's critical to a successful job search is confidence. Trying to prove your abilities to multiple employers day after day can quickly drain you of this self-confidence if you're not prepared.

So how can you keep your spirits up and find work that you're good at? Read on to discover some helpful points.

Self-confidence comes from knowing yourself, being prepared and understanding how you can be a benefit to potential employers and their businesses. Getting focused on positive facts about your abilities is critical in preparing for your job search and interviews. If you go out unfocused and unprepared, instead of leaving a good impression, you may be showing off your less-than-best side.

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First impressions are very important. If you are feeling down, take positive action to lift your spirits before going out to meet with employers. This could be as simple as listening to your favourite song, calling an upbeat friend or speaking with your employment counsellor at Kootenay Employment Services.

Here are some other tips on how to get focused and boost your confidence:

- Periodically review your resume and remind yourself of the good things you've done. Perhaps reword some things or change the emphasis in some descriptions. Tweaking a resume is a helpful exercise.
- Connect with past co-workers and bosses with whom you have good relationships. People who "knew you when" can help boost confidence, remind you of your strengths and provide networking opportunities and additional contacts. Let them know you're looking for work; they may just know someone who is hiring.
- Make a list of your strengths, interests and skills and focus on these. This is not a list of work experience but of your own set of unique abilities. Not only will this remind you that you do have things to offer but it will give you something to talk about with contacts and employers.
- Volunteer where your skills are needed. If you are a graphic designer, offer to design a brochure for a local non-profit. If you are an organizer, volunteer at a charity fund-raiser. You'll be using your skills, doing good and meeting new people.

It is so important to know yourself and how you function. When you understand how you tick you are much more capable of adapting to situations in a healthy way that will also bring positive results. You also



gain the ability to communicate with others clearly and confidently when you are clear inside yourself about your strengths and abilities.

Employers can tell the difference between a self-confident person and someone who is confused about what to do next. Get educated about yourself and you will feel much more secure.

A rather fun way to get a clear picture of your strengths and unique characteristics is taking one of the assessments that we can do here at KES. Several of our employment counsellors are certified to deliver and assess the results of these resources. You'd be surprised at how much you find out about your personality type and what jobs would satisfy you most.

To help you understand what type of person you are, KES offers more than 20 different assessments. Here are some of the most used:

- Meyers-Briggs Personality Type Indicator
 - Strong Interest Inventory (suitable career)
 - Essential Skills Assessment (skill level)
 - True Colors Assessment (temperament and personality type)
- Last of all, the best thing about you is that you are one of a kind. So be yourself, know what you are good at and figure out a way to share with a prospective employer how you can bring your unique skills into their workplace. ■

For more information call (250) 428-5655 or visit KES online at www.kes.bc.ca to learn more about its programs and how they can help you reach your employment goals.



Story by Jesse Moreton,
BSc DC

Getting a Good Nights Rest

Should I sleep on my back or my stomach? How thick should my pillow be? What type of mattress is best? These are just a few questions I'm asked periodically about sleeping.

Sleeping can take up about one-third of our lives. This represents a significant amount of time and thus we should make sure our hours sleeping are not only restful but comfortable. In this article I'll attempt to answer some of the more common sleeping questions.

The mattress – When choosing a mattress, look for one that is comfortable and supportive. It should be flexible enough to adapt to your body's shape while providing firm support for your spine. If you share your bed, find a mattress that provides independent support for each sleeper. A general rule is to replace your mattress every 10 years.

If you have recurring back pain try a softer mattress as opposed to a firmer one. There were two studies published that showed softer is better

for individuals with chronic low back pain. However, keep in mind these studies did not quantify the degree of softness or firmness. An ultra-soft mattress may give the necessary support.

The pillow – Use a pillow that allows your head and neck to keep a neutral posture. When lying on your side, your head, neck and shoulders should remain level with your lower spine. When lying on your back, your head and neck should remain level with your upper back and spine. Avoid pillows that are so thick or thin that they angle your head and neck away from your body.

The studies on pillows for individuals with neck pain are inconclusive. In general, however, these studies agree that the posture mentioned above is important and that feather pillows are usually too thin to provide adequate support.

If you have neck pain, replace your old pillow. I've personally had success with a water-filled pillow. It contains a soft cushion on one side and a pouch for water on the other side. The amount of water can be adjusted based on the desired height or firmness.

Side, stomach or back? – Most people already know the answer to this question, but just as a reminder, it is best to sleep on either your side or your back. These postures allow your head, neck and spine to relax into their natural positions. Sleeping on your stomach requires excessive neck rotation in either direction which can predispose you to muscle strains, headaches and joint problems.

If you have low back pain and sleep on your back, try placing a pillow

under your knees to take some pressure off your back. If you sleep on your side, try placing a pillow between your knees for added support.

There are other habits and practices that help in getting a good night's rest. Perhaps we'll save them for a Part 2 article. For now, try these suggestions and with any luck you'll improve your quality of sleep.

If occasionally you still wake up with a kink in your neck, give your chiropractor a call. Chiropractic doctors are the experts in neck and back pain and can help you return to healthy functioning and pain-free living. ■

For more information call Moreton Chiropractic at (250) 428-3535 or visit the Web site moretonchiropractic.blogspot.com.



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up about one-third
of our lives”**



Story by:
Shifu Neil Ripski

Train the Body, Train the Mind

Much is said in the martial arts about harmony, gentleness and flowing with the opponent, using the opponent's force against them, and so on. The question usually arises, however, as to what this really means, not only in a martial, combative sense but to the whole view of the arts.

Since this column is generally speaking not about physical techniques and applications themselves, I feel it better to address the other side of the question.

Gentleness and harmony are nice, fluffy words we get a warm feeling from, and that's generally why it puzzles people that they are used in the martial arts. From a non-combative standpoint they refer to the very heart of the arts themselves: self-improvement. After all, what are all these exercises really for? Examining of the self under stress and trying to find out who we really are.

The gentleness and harmony sides then start to take on a different meaning altogether. An understanding of our place in the world and how we interact with it can be with gentleness and compassion or the opposite. The point is that we learn it is a choice and nothing more.

The more understanding we gain of ourselves and our "buttons" the more we can begin to make choices about our behaviour and interactions with other people, animals and our environment. Our interaction with reality is what we are training here in

"Our interaction with reality is what we are training"

the strange martial arts world, trying to make ourselves better people and better citizens overall.

A prime teaching I like to refer to in my classes is what I call action versus reaction. Action implies a conscious choice to do something, anything, while reaction implies an unconscious choice triggered by circumstance and not wisdom. This is a difficult lesson for most of us and truly few ever really get the idea that to become emotional

due to a circumstance is a conscious choice.

This is brought to our attention in martial arts training in a very real and undeniable way. Working with each other shows us the present moment, a strike coming toward us, an opponent waiting for our first mistake, etc. This is like walking the razor's edge of self-examination and, due to this martial arts training, generally allows us to progress in this field very well if we can choose to remain calm, without anger or excitement, in the face of an attack.

Being able to choose to remain calm in everyday life becomes much simpler and easier. Choose to make an act, not react to an outside stimulus. This is why we train with one another, choosing to help each other find and confront our fears and triggers so as to overcome them.

Calm, conscious choice is the sign of a good martial artist and a good person. ■

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

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Are the Earth Quakes creating Soul Quakes?

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



There is a saying that goes like this: trust in the power that created you.

Today's topic is going to blend heaven and Earth, spiritual and physical elements, because the time is now for shifting into a new gear, a new reality.

In a previous article I discussed how Mother Earth was actually me (you, us). We are intricately connected, and it would benefit all of us to keep this in the forefront of our minds.

Planet Earth is a reflection of us and we are a reflection of her. If you didn't have a chance to read that article or you've forgotten, here is an excerpt:

"Now is the time for us to really appreciate the abundance that Mother Earth provides for us. Without the air, water, food and all of her plants and animals we, the human race, could not survive.

"For your health's sake it is time to remember that everything you put into the water, into the air and onto the earth, including pesticides, herbicides and artificial fertilizers, you are putting into you."

Exactly two months after I wrote the above article on Mother Nature and you, Japan experienced the earthquake, tsunami and all the after effects of the disaster. Please, before you feel despair, hopelessness or fear, I encourage you to instead look for hope, faith and also trust in the power of love.

There have been many stories coming from Japan about how everyone is helping each other out, giving water if they have water and sharing the resources they have. There are two sides to every coin and we can choose to look at, or feel, one side or the other.

For example, we can choose: fear or love; despair or joy; hope or hopelessness. We are being called to remember who we really are.

Remember your passion for life.
Remember your purpose in life.
Remember to feel the good feelings too.

When Mother Earth shakes and quakes, is it a call for us to remember our soul, our light within us and also the divine source of all good things? We cannot ignore the calling anymore.

What if you could dig deep and be inspired? What if you found a passion within you that you had completely forgotten? What if you feel that inner Yes, I can be the change in the world, right now, starting today? How does that feel?

"Planet Earth is a reflection of us and we are a reflection of her"

You can make a difference when you say Yes and follow your passion, open your heart, call on your divine guidance, nurture, respect and honour Mother Earth and all of her inhabitants.

The plants, the original plants known as weeds, are here to strengthen you right now, in this time of the vibrational shift here on Earth.

We don't need any more chemicals, we simply need to reconnect with Earth energy, with divine energy and with each other.

Are you up to the challenge? Are you being shaken on the inside too?

If you are a mother, remember the process of pregnancy and birth? At first it's exciting and new, and then you grow so big you can't tie your shoes, you

can't sleep comfortably and the whole process becomes uncomfortable. At this point there is no turning back, right?

What did you call upon then, in those last moments of pregnancy, just before the new experience of giving birth took place? Did you trust the process?

It seems this may be a great example of what we are all being asked to do now, to trust in the process.

Yes, we are uncomfortable seeing the world shift around us. Yes, we may feel powerless but we are not powerless. We are powerful co-creators, and just like delivering a baby we need to have faith, get prepared, stay positive and trust in the power of you and your spiritual guidance.

Ask for help and be open to receive. After asking for help, remember to slow down long enough to hear the answer and then take action.

Miracles are alive and well today. What miracles are occurring in your life?

I invite you to pay attention and receive your gifts of passion, purpose and peace. Spread your passion, your inspiration, and let's enjoy the ride to a happier world for all of us to share respectfully. ■

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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Strawberries.....June 10 to July 10	Asparagus May 1 to June 15
RaspberriesJuly 1 to 31	PeasJuly 1 to 31
BlackberriesJuly 10 to Aug. 10	Potatoes July 1 onwards
Blueberries.....July 25 to Aug. 20	Table Cukes July 15 to Sept. 20
Fruit Season	Pickling Cukes July 20 to Sept. 20
Cherries.....July 15 to Sept. 15	PeppersJuly 20 to Sept. 30
Apricots.....Aug. 5 to 15	TomatoesJuly 25 to Sept. 20
Peaches.....Aug. 10 to Sept. 20	Carrots..... Aug. 1 onwards
Plums.....Aug. 10 to Sept. 20	CornAug. 10 to Sept. 25
Summer Apples.....Aug. 15 to Sept. 20	Squash Aug. 15 onwards
Pears Sept. 5 to Dec. 31	
Apples..... Sept. 15 onwards	

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

2011 ripening dates courtesy of Pick of the Crop Market

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Out & About

Submitted by: www.crestonevents.ca

May 7

Creston Valley SPRING Farmers' Market

Featuring local produce, baking, crafts, and entertainment!

Location: Millennium Park,
May 7 to June 25
8am to 12noon
every Saturday

Contact: Jen Comer
Phone: 250-977-5362
Email: CVFarmersMarket@gmail.com

www.crestonvalleyfarmersmarket.ca

Creston Valley Gleaners

Hours of Operation

Main Store: Tue & Fri 9:30 am to 4 pm,
1st & 3rd Thurs: 4 pm to 7 pm,
last Sat of each month 9:30 am to 1 pm

Gleaners' Table: Tues & Fri 9 am to 4 pm,
1st & 3rd Thurs: 4 pm to 7 pm,
last Sat of each month 9:30 am to 1 pm

Food Bank: Tue & Fri 9 am to 1 pm

Drop-Off: Mon to Fri 6 am to 6 pm,
Sat & Sun 3 am to 6 pm

May 7

Legion Western Nite Fundraiser

Western Nite Fundraiser featuring Jail 'n Bail, door prizes & more!

Location: Legion Hall
7pm to 11pm

Contact: Bill
Phone: 250-428-4252

May 13

CIDO Spring Fundraiser

Futher details TBA.

Location: Rotacrest
6pm to 10pm

Contact: Denise Jaeger
Phone: 250-402-6772
Email: info@crestonradio.ca

May 14 to 15

2011 Barrel O Rama & Team Roping

Concession, camping, Saturday night dance. Great family fun.

Location: Canyon Park
Contact: Debby McCurrach
Phone: 1-250-424-5084

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May 14 to 15

Acrylic Painting Seminar

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Location: Creston Public Library
Contact: Barb Archibald
Phone: 250-428-7362
Email: barbarchibald@gmail.com

May 20 to 23

Creston Valley Blossom Festival

The 70th Annual Creston Valley Blossom Festival will begin Friday with the opening show at the PCSS Auditorium. The Blossom Fest parade, children's events and street on Saturday; Sunday will be the Creston Valley Chili Cook-Off, Car Show and Shine; and Monday will be the Children's Parade and Picnic.

Contact: Bev Caldwell
Phone: 250-428-2214 ext 226
Email: bev.caldwell@creston.ca

May 20 to 23

70 Years of Blossom Fest

A special event at the Creston Museum.

Location: Creston Museum
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email: mail@crestonmuseum.bc.ca
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Blossom Festival 16th Ave Experience

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Location: 16th Ave between the college parking lot and south of Millennium Park
12 noon to 4pm

Contact: Joanne Ludwar
Phone: 240-428-7486
Email: crestonblossomfestival@gmail.com

www.wix.com/jludwarblossomcommit/star

May 21

Heidi Club - Spring Dance

Heidi Club Spring Dance, Music by "The Buddies", light lunch included.

Location: Rotacrest Hall
Cocktails 7pm,
Dance 8pm

Contact: Marion Sawall
Phone: 250 428-7836
Email: msawall@telus.net



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