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# i love creston

## Fall fair hits 100

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Shore agricultural showcase



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## 5 Centennial celebration

Crawford Bay marks 100 years of fall fairs this month.

### The Magazine

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### Letters to the Editor

Letters to I Love Creston Magazine may be emailed to [office@ilovecreston.com](mailto:office@ilovecreston.com) or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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## Guest From the editor

It doesn't have to be autumn on the calendar – the first official day isn't until Sept. 23 – for summer to essentially be over. The first of September typically brings with it an unmistakable change in the weather, and even if the temperatures don't cool off right away, the daylight hours get noticeably shorter and school is in session, all of which hammer home the fact that we can't live in denial much longer: another winter is on its way.

But the end of summer brings the onset of other seasonal pleasures, including the optimism that only the start of a new hockey season can bring, when every team is tied for first place and the schedule is a blank page waiting to be filled in with results that surely, this year, will lead to post-season glory – or so all fans can hold out hope of, at least until the puck drops.

In the case of the Creston Valley Thunder Cats, they're really starting fresh in 2011-12 with a new coach and general manager and new-look digs at the Creston and District Community Complex. Renovations affecting the Johnny Bucyk Arena (for details, see the update from Neil Ostafichuk inside these pages) ran a little long, not only bumping the T-Cats' training camp back in time but right out of town – to the Cominco Arena in Trail.

It's an extra challenge for Brent Heaven on top of recruiting to offset the high roster turnover typical at the junior B level. Though entering his first season as the Creston Valley head coach and GM, Heaven is no stranger to the Kootenay International Junior Hockey League.

One year removed from a three-year stint at the helm of the Castlegar Rebels, Heaven is credited with compiling much of the talent that reached the 2011 KIJHL final before falling to the Osoyoos Coyotes.

Who knows? Between Heaven's presence and the good fortune of the arena's namesake, maybe some good vibes will rub off on the Thunder Cats. Bucyk, after all, a Hockey Hall of Famer and former National Hockey League champion with the Boston Bruins, brought none other than the Stanley Cup to the Rec Centre in August. Bucyk, whose summer home is on the shores of Kootenay Lake, got a day with the coveted mug because the Bruins (for whom he still works as their road services co-ordinator) ended a 39-year drought by defeating a certain British Columbia team in the NHL final in June.

Stay tuned to find out if the Thunder Cats have a prayer of going deep in the 2012 playoffs, but in the meantime, learn a little bit more about the new boss and the team's outlook in a story featured in this September issue of *I Love Creston*.

Another sign of the times is the Creston Valley Fall Fair, which

shares billing in this month's edition with the Kootenay Lake Agricultural Fall Fair – and with good reason. Anything in a country as relatively young as Canada that's been around for a century is a big deal, and in this case it's the latter event in Crawford Bay turning 100.

A special slate of events is planned to mark the occasion Sept. 10, making a late-summer trip "up the lake" well worthwhile. And why not make it a doubleheader, as the Creston fall fair – in its 93rd year – is a two-day affair running Sept. 9 and 10, making it possible to check out both of them.

A couple of other September stories follow an agricultural theme.

Creston Museum manager Tammy Hardwick chronicles the history of fruit growing in the Creston Valley in her regular column, while special contributor Alexandra Dansereau writes about the Harvest Share program she co-ordinates for the Creston Valley Food Action Coalition.

Take a bite out of those and many more articles in the pages to follow while savouring these precious final days of what's been another great summer in the Creston Valley. ■



# All's Fair in Crawford Bay

**Kootenay Lake event  
stands the test of time**

**P**erhaps the most startling aspect of the Kootenay Lake Agricultural Fall Fair's centennial, to be celebrated Sept. 10 in Crawford Bay, is how perilously close it came to missing the mark.

Organizers actually announced the demise of the annual event after its 95th edition in 2006 when no one volunteered to keep it going.

It wasn't until the following year, with the clock ticking, that Lorna Robin stepped into the president's shoes with a skeleton board of four directors and cobbled together a scaled-back version consisting of some judged exhibits and a bake sale, raffle and tea.

*Photos courtesy of John Smith Photography*

The rest, as they say, is history – and lots of it. With Robin and Karen Gilbert as directors, Isabel Snelgrove as treasurer and Jeanne Lahnemann as secretary, transplanted Albertans Mike and Ivy Jeffery took on the roles of president and vice-president, respectively, and vowed to see the fair through to its 100th anniversary.

The results are on display this month at the Crawford Bay Hall, where past meets present in a feel-good gathering that dates back to Sept. 22, 1911. That's when the local Farmer's Institute sponsored a humble affair featuring 33 classes of fruit, vegetables and flowers, a sporting competition and a dance.

## “Where past meets present in a feel-good gathering that dates back to Sept. 22, 1911”

“Ivy and I became involved because we felt it important to keep this community project going and to keep alive the spirit in which the fall fair was initiated all those many years ago,” says Mike Jeffery, who only moved to the East Shore with his wife within the past six years. But the couple vacationed in the Kootenays “our whole lives, so Kootenay Lake has always been home, although we lived and worked in Calgary.”

“Our core group of committee members is about six but this number swells greatly when the fair approaches,” Jeffery says. “Many people have contributed to make the fall fair a great family event. The

number of volunteers over the past 100 years would be impressive.”

Among them is a living link to the past, noted East Shore historian Tom Lymbery, who served in Jeffery's capacity six decades ago and is in charge of a vintage chainsaw display this year.

The Lymbery clan of Gray Creek goes back nearly as far as the fall fair itself; Lymbery's father, Arthur, moved to the area to grow fruit in 1913 and opened the Gray Creek Store the same year.

The elder Lymbery and wife Kathleen – who married in 1921, seven years before Tom's birth –

grew fruit, raised cattle and tended a large vegetable garden, all staples of the earliest fall fairs.

According to archives of the Riondel and Area Historical Society as well as a 2004 book entitled *Remember When* by Susan Hulland and Terry Turner, the first Crawford Bay Fall Fair was held in a small, wooden building that doubled as a community hall and school. The first fairs were organized by the Farmer's Institute and then the Women's Institute.

Lack of roads restricted participation to the immediate vicinity, notes Lahnemann, who got involved shortly after moving to the East Shore six years ago.

“For many years the fair consisted of an annual sports day (and 4-H competitions which involved livestock judging and public speaking competitions,” she says. “Apple packing competitions were a big part of the fair in the fruit growing era between the wars.”

The First World War caused the only interruption in the fair's continuity, a one-year hiatus. In 1938 the fair moved into the newly built Crawford Bay Hall. Subsequent upgrades to roads and transportation enabled fair entries from Riondel, Gray Creek, Kootenay Bay, Boswell and beyond, according to the archives.

Lymbery began a 12-year run on the fall fair committee in 1950, three years after what is now Highway 3A was extended past Gray Creek to Crawford Bay – which until then was viewed as an isolated backwater.

“Once,” Lymbery recalls, “(Creston newspaper publisher) Alex Carruthers ran a front-page ad for \$2, when it was the free Valley Advert, with the ad saying: Dance at Dogpatch! This caught angry response from the Women's Institute as they didn't like Crawford Bay having that nickname.”

The dance was an annual fundraiser for the fall fair, organized in Lymbery's day by “seven or eight” people who canvassed Creston and Nelson business owners for prize donations. He was by no means the only resident with the date marked on a calendar.



“The Bill Mackies from Boswell entered many classes in those years – up to 50 entries,” he says.

Another regular, Mary Karpowich of Boswell, entered both the East Shore and Creston fall fairs and claimed that fruit and vegetables placing first in town were only good enough for second or third in Crawford Bay.

“Mary was on the committee,” Lymbery says, “and when someone suggested a class for nuts she said, ‘Oh, there are lots of nuts in Boswell.’”

Kathleen Lymbery was still going strong then, as witnessed by one particular fall fair outcome that could have been galling.

“My mother was very good at needlework and found that one entry was rejected by the judges as they said it was machine-sewn,” he says. “She didn’t complain, saying, ‘That’s a great compliment.’”

Though held in September now, as it was at the start, the fall fair was staged in August for a spell – just one of the ways in which it has evolved over the decades.

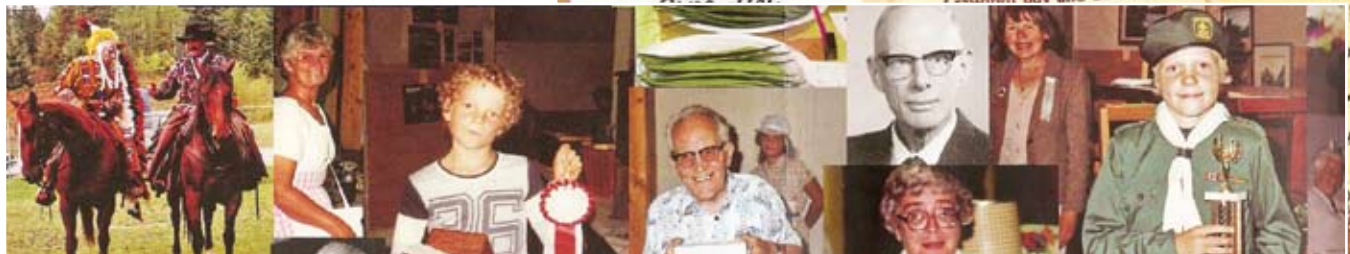
“The different flowers and fruit and veggies that are in season at the time of the fall fair dictate what is most shown on display,” Jeffery says. “The entries come from all around Kootenay Lake. The only stipulation is that if it was grown, then it must come from this area and if it was made, it must be within the past 12 months.

“The fall fair has definitely changed

from its beginning. In the early years it was much more agriculturally based, including farm animals, dairy products and fowl, along with preserves, baking, fruits and vegetables. In later years the focus has shifted due to the decrease in farming as a way of life, but backyard gardens still produce prize-winning fruits, vegetables and flowers.

“Arts and crafts and photography flourish in our communities, along with skills such as baking, knitting, needlework and quilting. More recently (those) have become much bigger categories.

“We no longer have any farm animals and our farm produce section is fairly small. But the student entries draw a large,



supportive audience, and the fair remains a showcase for local talent, a reminder of our roots and a much-loved community event.”

It’s all in a spirit of good fun, but that doesn’t mean things can’t get a tad competitive.

“There has been friendly rivalry amongst neighbours and friends throughout the fall fair’s history, with the individual winners vying for the aggregate prizes, thereby holding bragging rights until the next fall fair,” Jeffery

says. “If one were to look back over the past 100 years of all the aggregate winners or the individual categories, I am sure there would be many names repeated over many years.

“Some of the big contestants that enter our fair over the recent years are James Greene, last year’s grand

## “It’s all in a spirit of good fun, but that doesn’t mean things can’t get a tad competitive”

aggregate winner from Riondel, who puts

entries in almost every fruit and veggie category, and Doreen Reimer, who has won the grand aggregate a number of times in recent memory as she enters in categories from baking to photography and everything in-between. One of the most successful student aggregates was Kamila Carter, who won numerous times.”

The past five years wasn’t the only period when it became a stretch just to get the fair off the ground.

In 1971, Lahnemann says, “the committee was having difficulty with the amount of work involved. The fair did go ahead but entries dropped by almost half as so many families had left the East Shore with the closure of the Bluebell mine in Riondel. Throughout the ’70s there were several years when attendance was down. It began to pick up in the 1980s and the committee tried various kinds of entertainment and other add-ons to the horticultural displays.”

The 1989 fair included a fashion show of heritage bridal gowns as well as modern, locally made clothing. Two years later there was a parade, and later in the ’90s different community groups began catering teas.

In 1998 the committee registered as a non-profit society under the name Crawford Bay and District Agricultural Fall Fair, which was changed to Kootenay Lake Agricultural Fall Fair in 2002.

More than \$2,000 in cash prizes and gift certificates were awarded and a scarecrow contest added to the program in 1998. Seven years ago the fair included a pancake



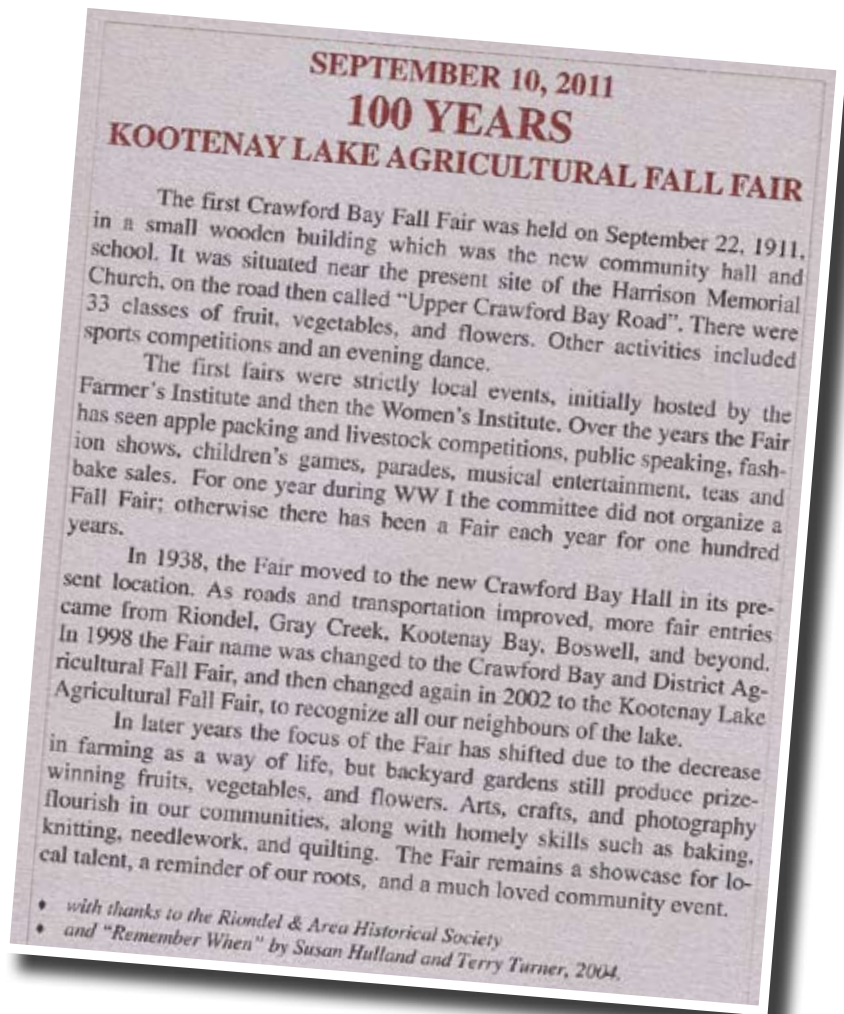


breakfast, children's games, a community dinner and a dance.

The centennial fair, running from 10 a.m. to 4 p.m., features historical displays, vintage vehicles, local musicians, children's entertainment, a boat safety demonstration, guessing competitions, workshops in composting and seed saving, and even zucchini races. People are encouraged to wear vintage clothing and there will be a fashion show highlighting styles of the past, plus a ladies' hat decorating contest.

The Kootenay Lake Lions Club is hosting a barbecue lunch and free ice cream will be scooped out all afternoon. It all starts with a ribbon-cutting ceremony and performance by the Creston army cadet pipe band.

"This year, to celebrate the 100th anniversary, will be a full day of fun and activities," Jeffery says, "so dress up in your old-time outfits and join us for a memorable day." ■



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# Creston fair remains relevant as milestone nears

Story by: I Love Creston

**T**he Creston Valley Fall Fair is closing in on its own centennial, coming up in 2018.

Like the Kootenay Lake version, Creston's fall fair has seen its share of changes over the decades but the underlying theme has stayed constant.

"The fair was absent a few years, in the war years and when the old civic centre burned down, but for the most part the fair is true to its roots," says president Randy Meyer – namely an agricultural showcase of livestock, farm and garden products as well as crafts.

"What has changed, even in the time I've been involved, is a reflection of the changing crops and technology trends in our society. Apple entries are few, canning and baking are less, livestock entries are a lot less. Hay entries come in large flakes instead of the traditional small, baler-sized flakes. Photography entries have grown greatly and now are pretty much all digital."

A typical crowd of between 3,000 and 4,000 is expected for the 2011 event, Sept. 9 and 10 at the Creston and District Community Complex, though weather tends to have as much of an influence as anything organizers might do.

"If the weather is too nice we get a smaller crowd because more people are too busy with other outdoor activities," says Meyer, a fall fair

executive member for more than 20 years and president the past dozen. "Just enough rain to slow people down is just right."

**"Educating the public on agricultural issues is always important to us"**

Most changes to this year's fair, involving floor layout, were forced by community complex renovations that carried on late into summer.

"The livestock section will be moved to the curling arena and canning, baking, food vendors and the needlework/quilt sections will be moved to the main arena," he says, adding that fair-goers should "watch for the signs" for more details once they arrive.

Due to a growing non-farm population, heightening awareness of farming's significance is a priority.

"Educating the public on agricultural issues is always important to us," he says. "We try to incorporate educational content and 'Did you know?' facts wherever we can. We can't take for granted what a lot of people don't know.

"There is such a diversity of agriculture in our valley and we want to show off as much of this as possible. For the young, seeing or discovering something new, and for older members of the crowd



seeing something that brings back memories of times past, is an important part of the fair experience. My reward for all this is to have someone come up and say, 'It's a good fair this year. Good job.' ”

Meyer says it's difficult to predict what the fair might look like in 10 or 20 years but he's hopeful it will be around in some form.



“I think the ‘eat local’ influence is good for the fair as more people are growing gardens again, which should translate into more entries,” he says. “Same with canning, baking, eggs and a few other categories. We’re hoping to have some farmers’ market vendors set up at this year’s fair, at least on the Friday evening. These trends should be good for the fair.”

As always, like-minded volunteers are required to see the event into its second century.

“We’re getting close to the 100-year mark and I think it would be great to at least make it to there,” says Meyer, who works with about 20 people on the executive throughout the year and many more as the date approaches. “It depends on having enough people who will commit to doing the work. A handful can’t carry on this large of a community event.



“I don’t want to see the fair dwindle or disappear. We need new people and new ideas.”

**“We’re getting close to the 100-year mark and I think it would be great to at least make it to there”**

And, of course, there are the entrants themselves.

“It doesn’t matter whether it’s a child with one entry or someone

with 50 or more, each helps make the fair what it is,” he says. ■

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## From the Mayor's desk

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

# I am proud to be a Rotarian!

In October 2001 I had the honour of becoming a Creston Valley Rotary Club member. It's hard to believe that next month I will celebrate 10 years of membership with perfect meeting attendance.

Our Rotary club meets every Tuesday at 7 a.m. and if we are

away on the day of our weekly club meeting we are encouraged to attend a "makeup" meeting. This means attending another Rotary club meeting, either locally or anywhere in the world we may be travelling.

In my last 10 years, or approximately 510 meetings, I have

attended 48 other club meetings. Locations for these meetings have included: Chinatown in New York City; Chinatown in downtown Vancouver; Toronto; Halifax; Gainesville, Fla.; and, Jackson, Miss.

You may wonder, "What does this have to do with serving as mayor?" My response is that belonging to Rotary International has given me a great sense of being able to serve my community, in both the local and global contexts. Additionally, membership in Rotary has enhanced both my leadership skills and service values.

**"Belonging to Rotary International has given me a great sense of being able to serve my community"**

The concept of a weekly Rotary meeting was created by Paul Harris in 1905. Paul, as a young attorney in the big city of Chicago, and three friends met in rotation at each other's businesses. From these early meeting rotations, Rotary evolved.

Today, Rotary International has more than 1.2 million members in more than 34,000 clubs in more than 200 countries. Good things have a way of catching on!

The Creston Valley is fortunate to have two Rotary clubs. The club I belong to has 34 active members. The Creston Rotary Club, which meets every Wednesday at noon, has more than 40 active members.



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These clubs have provided the community with numerous valuable projects: Millennium Park; wildlife viewing tower; water splash park; and, the new play gym project at Centennial Park.

Additionally, our members volunteer at the Erickson Elementary School breakfast program and provide funding to many other local organizations that support youth and seniors in our communities.

At the international level, Rotary has supported many projects, including End Polio Now. This project has raised more than \$500 million in 25 years to eradicate polio worldwide.

Additionally, we sent funds to the recent Japan tsunami, earthquake and nuclear crisis and the Haiti earthquake (with our participation in the Shelter Box Program).

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Times to be determined

## Fall Registration

Monday

September 12, 2011

5:00 to 7:00 pm

Lower Level • Creston Place  
1230 Canyon Street



**"Judo is an Olympic Sport"**

Both local clubs have been strong supporters of, and volunteers for, programs in Honduras that included community development, water projects and educational programs.

The fund-raising highlight of most Rotary projects, locally or internationally, is that 100 per cent of the money raised goes directly to the specific project. There are

no major administration fees or deductions because all Rotary clubs consist of dedicated volunteers committed to "service above self."

I am honoured to be a Rotarian and proud of my upcoming 10 years of membership. ■

*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 Business Buzz



**Daryl Bjarnason**  
owner of Bjarnason's  
Electrical Service

Now in their third year of service to the Creston Valley; Daryl,

Delilah and their team at Bjarnason's Electrical Service are enthusiastic to continue building the momentum created so far. Well-versed in all aspects of the electrical industry they've formed successful relationships with a diverse group of local clients having completed industrial, agricultural, commercial and residential projects.

"We've increased our capacity this year with the addition of a second

skilled journeyman, Mark Bibby. Mark is a great asset and we feel fortunate to have a second certified electrician who augments our team so well." Both electricians are also equipped with fully stocked service vans.

Adhering consistently to their business motto: "Proud, Prompt, Professional", Bjarnason's Electrical Service takes pride in their workmanship, show respect in their scheduling and maintain current knowledge in the electrical trade. Daryl's credentials in 3-phase, automation and industrial machinery make those areas their specialty. Watch for several exciting new services in the near future.

For more information contact Daryl Bjarnason at (250) 428-9579

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# My side of the world

Story by: Kristen Cook

## Creston Film Group's come a long way

It was a long time ago that I first watched a clip produced by any member of the Creston Film Group. Back then, of course, there was no official group, just bored teenagers in a small town.

I can honestly say that, having viewed its work over the years, the group has come a very long ways in developing its skills.

I recently talked to a few of the key members of the Creston Film Group. They've done an amazing job carving out a niche in the area – developing a market, so to speak, that wasn't there before.

The group's formal creation can be traced to 2008. They came to

be, however, because of a strong prior interest in filmmaking within a group of youths. Marko Snut, now the film director, has long had a passion for film and has taken a huge leading role since the commencement of the group.

The group, as it stands, was originally the Youth Film Club. It all started out as simply a lot of fun, an unstructured but learning process for all concerned. The group now has a project mentor, Michael Farnsworth, and has become much more serious about filming professional and creative projects.

They are non-profit, with all income going directly into new and needed equipment. Creston Film Group members are rapidly establishing themselves as essential to film within the valley.

It turns out their list of achievements is already fairly extensive and rapidly expanding.

They've been solely responsible for the official filming of such events as the Santa Claus Parade, the 2011 ice show and this spring's Creston's Best Singer. They were also responsible for a short feature film highlighting how the Creston-Kootenay Foundation benefits non-profit organizations. This piece was called "remarkable" by a local newspaper.

Additionally they've created several training videos as well as numerous learning projects they continue to produce just for experience and interest. For example, animation projects created, in large part, by Snut are random but impressive pieces of work. I can't begin to fathom the amount of patience and dedication each of these projects must entail.

It became clear, as I interacted with them, that group members are especially excited for a production they have been working on for quite some time now. They described The Beautiful Creston Valley as the most important project in their history. It will be completed as of this month and, I must admit, the enthusiasm is contagious.



## Annual General Meeting

Wednesday,  
September 14  
7:00 pm  
Snoring Sasquatch  
Creston, BC

*Memberships renewed  
at this time to Vote.  
Come out and support  
your Art Council!*



Creston Film Group.

Photo courtesy of Colin K Photography.

The project is partially funded by the Columbia Basin Trust and sponsored by the Creston and District Museum. I was told they are creating this video for their supporters but also for everyone in the Creston Valley. That means us!

## “It has been exciting to watch the group and individuals grow in leaps and bounds”

The movie will be on display at the Creston and District Chamber of Commerce as well as on the Columbia Basin Trust Web site.

I spoke with Michael Geronazzo, production manager, about the projects they have under way. He will be taking an even more important role in the group this fall as some members head off to school and other life undertakings.

When asked how they hope to grow, he replied, “We are interested in growing as a group through more projects and training. We are now ready to take on serious professional productions for clients and see ourselves as the core of the emerging Creston Valley film production industry.”

A lofty goal, certainly, but one I’m confident they are capable of taking on.

For a group that is, essentially, youth-led and -organized they do an amazing job with their projects and resources. Even more important is that they are community minded. So many positive relationships have been fostered through participation.

I have long known the group more as friends than as an organization. Respect and co-operation seem to play key roles as the group functions through countless projects, both large and small.

Some of the funds raised have allowed members to receive additional training through camps and workshops. It’s a

great opportunity for the youth who dedicate so much of their time and efforts to the local film scene.

Several original members have already gone into higher education in film and are planning to carve out a career

in the industry. Some currently in the group are beginning to be hired for production by local businesses.

It has been exciting to watch the group and individuals grow in leaps and bounds both in regard to their skills and professionalism.

Where are they headed in the future? Right now they’re focused on wrapping up *The Beautiful Creston Valley*. Doubtless, they are excited to see the reaction from members of our community.

Short-term goals involve developing

their online resources and possibly exploring the area of computer animation more thoroughly. Geronazzo told me that they love creating movies so it’s easy to find the energy.

I believe that, ultimately, they want to contribute to the emerging industry and consistently improve on everything they’ve already learned.

The Creston Film Group hopes, overall, that our valley will be open to increased involvement with youth. Especially, I think, where these young people are already involved in an important front that they are passionate about. I don’t know about you but that sounds like something worth getting on board with. ■

*Online resources include YouTube. Search: TheCrestonFilmGroup. Contact information and The Beautiful Creston Valley can be found through this chamber of commerce link: <http://www.crestonvalleychamber.com/content/creston-film-group-0>.*

*Like The Creston Film Group on Facebook for continued updates.*

# Home & Garden

## Fall Maintenance Tips

www.aroundthehouse44805.com

It's important to prepare for the winter months to prevent costly damage later on.

### Gutters and Downspouts

Clean gutters and downspouts to prevent build up of leaves and other

debris. Be sure water is not coming down behind gutters and that all support brackets are securely in place.

### Windows and Doors

Inspect and repair any loose or damaged window or door frames.

Install weather stripping or caulking around windows and doors.

### Heating Systems

Replace the filter in your furnace, clean your ducts, clean your thermostat's heat sensor, contact points, and contacts.

### Plumbing

To prevent pipes freezing and bursting, ensure that the pipes, as well as the wall cavities where they reside, are well insulated. ■

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# Home & Garden

## Fall Garden and Landscape Maintenance Tips

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**P**roviding fall preparations for next year's growing season will help ensure a graceful entry into the following spring.

Don't wait until spring for garden preparation, and to divide your overgrown perennials; do it now. This not only provides a jump start for quicker blooms, but healthier blooms, as well.

Move potted patio and hanging plants indoors, or bury the pots in the ground in regions with less intense winters so that plants will survive.

Slugs breed in the fall. If slugs are a big problem for your garden, this is a good time to set out traps. You can make a slug trap by filling an empty (unwashed) tuna tin with beer. Place the tin in a shady spot in the soil so that the rim is at ground level.

Because trees and shrubs continue to lose moisture in the winter, this is a good time to give them a watering boost. Part of your landscape maintenance should be to deeply water trees and shrubs before hard frosts begin.

If you have flowering shrubs, some of them might need fall pruning. Spring-flowering shrubs begin to develop flower buds that won't open until the following spring. These type shrubs should be pruned early; immediately after flowering. The best time to prune them is during the dormant season; just as fall turns to winter or late winter is fine.

Rake leaves off your yard. Apply a thin layer of well-aged manure to the lawn to promote new spring growth and improve underlying soil.

As part of garden preparation for the following spring, use the leaves raked up from your lawn as mulch for flower beds. Not only will tender perennials be protected through the winter, but the decaying leaves will help build soil nutrients.

By taking the time in the fall for garden and lawn maintenance, you will reap rewards the following spring. With healthier, greener yards, and robust garden growth your neighbors are sure to envy! ■



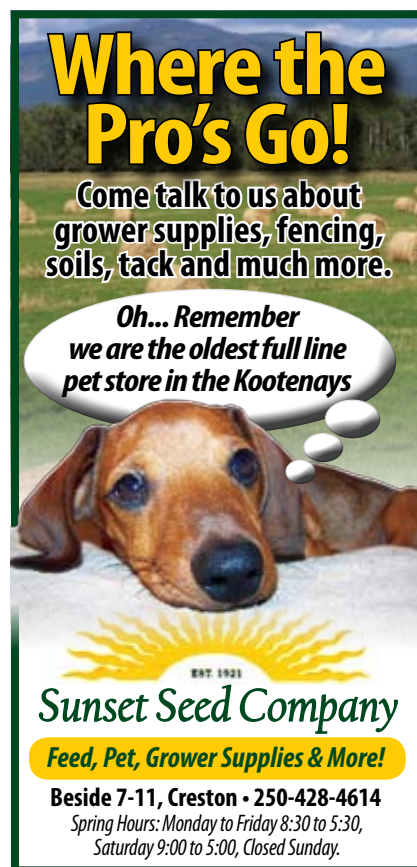
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# Harvest SHARE Program



## Unable to harvest? We volunteer to do it for you!

Harvest Share is a program that brings together those with excess fruit and those who need it. Many people in the valley have more fruit than they can use, sometimes more than they are able to pick.

Harvest Share organizes teams of volunteers who harvest the crop.

This is free of charge and the harvested produce will be separated three ways:

- the tree owners
- the volunteer pickers
- a social or charity organization

## Volunteer Pickers Needed!

If you are interested in volunteering with the program please contact:

### Alexandra Dansereau

Harvest Share Program Coordinator  
Creston Valley Food Action Coalition  
121 North West Boulevard, Creston  
(Creston Valley Chamber of Commerce)

Phone: 250.402.3291

crestonharvestshare@gmail.com



Creston Valley Food Action Coalition

## Harvest Share

*This project has been made possible thanks to the financial assistance of the Columbia Basin Trust, the Province of British Columbia, and the Town of Creston and the Columbia Brewery for providing boxes to transport the produce.*

*Thanks also to the Columbia Brewery for providing boxes.*

# Sharing the wealth at harvest time

Story by: Alexandra Dansereau, Harvest Share Program Co-ordinator

**H**arvest Share is running in the valley for a third year. The program, operated by the Creston Valley Food Action Coalition, focuses on gleaning and redistributing fresh garden produce (fruit, vegetables and nuts) that would otherwise go to waste.

Our abundant blessings are manifest during the harvest season and we are fortunate to live where the growing conditions are so favourable. The extended growing season is supported by the land and the fresh water we have access to. This abundance is an immense privilege but it can also become overwhelming when we are trying to keep up to the crop.

It is amazing how much fruit a tree or a plant can yield and how fast that produce can go bad. Often too much for personal compost, this fruit becomes a bear attractant, adds pressure to our landfill or simply rots on the ground.

Meanwhile, for families and individuals with limited incomes, this fresh, local, nutritious food is sometimes hard or impossible to afford.

Harvest Share is designed to rescue the produce that would otherwise

go to waste and make it available to the less fortunate. Several local charity and social service organizations have partnered with the program to make the produce available to those who need it: Gleaners Food Bank; Therapeutic Activation Program for Seniors (TAPS); New Life Christian Church; Creston and District Community Resource Centre Society; Kootenai Community Centre Society (through the New Life Furniture store); Wednesday lunch program at Trinity United Church; St. Stephen's Presbyterian Church; Seventh-day Adventist Church; Lower Kootenay Band Social Development/Help Program; College of the Rockies; Erickson Elementary School; and, Canyon-Lister Elementary School.

To reach its goals, Harvest Share educates the public to encourage the population to donate excess produce, recruits volunteers and offers support for the harvest.



Volunteering can be a family affair.

One easy way to participate is to harvest one's own extra produce and donate it to the social service agencies that accept drop-offs by the public.



The fruit of one pick last fall: Tomatoes, sweet peppers, and hot peppers.

## "Our abundant blessings are manifest during the harvest season"

The following agencies will be pleased to receive fresh quality produce as long as they are called before drop-off: Gleaners Food Bank (250-428-4166); TAPS (250-428-5585); New Life Christian Church (250-428-5975); New Life Furniture (250-402-0098); and, Lower Kootenay Band help program (250-428-4428, extension 227).

In order to support tree/garden owners with the harvest, the program provides volunteer help. People who are interested in volunteering with the program are invited to contact co-ordinator Alexandra Dansereau by e-mail at [crestonharvestshare@gmail.com](mailto:crestonharvestshare@gmail.com) or by phone at (250) 402-3291.

Originally designed to assist seniors and people with physical limitations in their harvesting activities, the program has also been supporting people who simply need help

harvesting their crop. In those cases the harvested produce is split three ways between the tree/garden owners, volunteer pickers and charity/social organizations. Citizens desiring help

are encouraged to call ahead of time.

Thanks to everyone who is making this project possible. Thanks to

the Columbia Brewery for providing boxes to transport the produce and a special thanks to the Columbia Basin Trust, Province of British Columbia and Town of Creston for their financial support. ■

For more information about Harvest Share use the e-mail address and phone number above or visit us online at [www.crestonfoodaction.ca](http://www.crestonfoodaction.ca)

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# Where have all the apples gone?

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

The Creston Valley was built on fruit.

I'm sure I'll hear about that statement from some of the local sawmill people, and there are those who would argue that mining was just as important in Creston's early years as either fruit or forestry. To be fair, they would have some justification for their claims.

But when the mining boom came to nothing, as it did pretty quickly, agriculture – more specifically in the early years, fruit ranching – continued to serve as a solid basis for the local economy. And the owners of the sawmills would have had very few customers for their lumber were it not for the people building homes, barns and other buildings on their fruit ranches.

At first, the valley was known for its production of strawberries and other small fruits, with only a few tree fruits being grown. A sale of provincial lands in October 1908, though, triggered a population explosion and a tree-fruit boom, with large numbers of new settlers arriving, lured by the prospect of rich fruit lands.

By the end of the year there were 4,800 fruit trees in the Creston Valley, whereas in 1903 there had only been a few hundred, and the Creston Valley was transformed from a few scattered subsistence farms into the fruit-growing district we know today.

With all due respect to Wynndel, which was known as the "Strawberry Capital of the World" by 1912, I'll



A couple of businessmen (Alan Speers and Ken Parsons) picking apples in 1972 or 1973.

go one step further with my original statement: the Creston Valley was built on apples.

Yes, there were a lot of mixed-fruit orchards – almost all of them, in fact, produced more than one kind

**"At first, the valley was known for its production of strawberries and other small fruits"**

of fruit. And yes, it is certainly true that small fruits and vegetable crops provided an income for the tree-fruit ranchers in the years before their fruit trees began producing.

But if we're looking at the reasons for Creston's establishment, growth and

ORCHARD SURVEY, 1920

Owner J. Compton Occupier \_\_\_\_\_  
 P.O. Address Creston P.O. Address \_\_\_\_\_  
 District W. Kootenay  
 Lot No. \_\_\_\_\_ Location in District 1 1/2 mi. N.W.  
 No. of Record 21 Date 1<sup>st</sup> Sept. 1920  
 Surveyed by C. B. Turiff

ACREAGE						
Total Farm	Apple Fruit Land	Orchard	Small Fruits	Vegetables	Field Crops	Waste Land
105		75			12	18

Soil and subsoil Clay  
 Site and exposure Fairly level  
 Intercrops Chiefly clean cultivation  
 Vigour and growth Fair  
 Care and condition (pruning, etc.) Fair  
 Does owner keep any record of costs? \_\_\_\_\_  
 Would he co-operate in keeping such records? \_\_\_\_\_

VALUATION.  
 Orchard \$37,500 Unplanted acreage \$3,500  
 House \$1,200 Improvements \$1,800  
 Buildings \_\_\_\_\_  
 Total valuation \$44,000

VARIETY

Wealthy  
M. Intosh  
Waggers  
N. Spy  
Slip. Hiresup  
Spitzenberg  
Jonathan  
N. Deaully  
Transmont  
Baldwin  
Oyster  
Mil. Greeny  
Stark

Pears  
Cherry  
Sweet  
Plum  
Prunes  
Total 10

Front and back of the orchard survey for James Compton, one of the largest and oldest orchards in the Valley.

prosperity, we need to look at what those fruit ranchers really intended to produce, not at what they did while waiting for the proverbial ship to come in. And what those ranchers intended to produce, overwhelmingly, was apples.

The archives collection includes orchard surveys, done every five years, which list all the fruit trees in all the orchards. The earliest year for which we have these surveys is 1920, when a total of 24,208 trees over 10 years old are listed. Most of those would have been planted immediately following the 1908 land sale.

Ninety percent of them – 21,972 – were apple trees. That's a pretty good indication that people came to the Creston Valley to grow apples.

This trend continued for decades. In 1930, for example, there were 300,000 apple trees in the Creston Valley, and that summer the anticipated crop was 148,000 crates compared to only an estimated

6,000 crates of cherries. In 1947-48 more than 385,000 crates of apples were shipped compared to less than 13,000 crates of plums.

What's even more amazing is the number of different types of apples that were produced here; 53 different varieties were shipped out of the packing sheds in 1947-48, everything from McIntoshes (184,767 boxes) to Maiden's Blush (two boxes).

So what happened to them all? There are nowhere near that many apples being produced in the Creston Valley today, and certainly nowhere near 53 varieties.

This is not an easy question to answer. Many different factors have combined to change the local apple industry.

First of all, 53 varieties would have created all sorts of headaches for the local packing sheds. Sorting and packing that many crates of apples,

with so many varieties to deal with, would not have been easy even in the early years when everything was done by hand and a lot of it done right in the orchards.

With increasing mechanization and the resulting trend toward bringing crates into the packing sheds to be sorted by machines, this would only have gotten worse.

Secondly, each variety had its own particular set of problems that

## "53 different varieties were shipped out of the packing sheds"

the orchardist would have to deal with; Baldwin spot and corky core in McIntoshes and water core in Delicious are among the challenges I've come across in archival documents.

Instead of trying to apply a dozen different treatments to one or two trees of each of a dozen different varieties, most growers would quickly opt for an orchard full of only one or two varieties. One variety – Jonathans – has been virtually eliminated because its particular problem,

Jonathan breakdown, meant it didn't keep for much more than a month.

These factors, as well as the preferences of the purchasing public, led to many historic varieties being abandoned until by 1980 most of the apples produced in the Creston Valley were McIntosh, Red Delicious and Spartan.

As late as 1991, according to one document I've come across, the Creston packing shed was shipping only apples and pears – no cherries, due to Little Cherry Disease. Twenty years later, cherries are the predominant crop and there is hardly an apple orchard to be seen.

Environmental conditions and market prices have both played a part in the swinging of that pendulum, and it has swung from apples to cherries and back again a few times in Creston's history.

For a closer look at the history of Creston's apple industry, or to share your stories about it, be sure to check out the museum's display at the Creston Valley Fall Fair on Sept. 9 and 10. ■

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](mailto:mail@creston.museum.bc.ca) or at [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).

No. of Trees	Spacing	Production Acres	No. of Boxes
1750	30 x 10		1750
3000			3000
5000			5000
150	15 x 15		150
400			400
1000		5.000	1000
500			500
50			50
50			50
50			50
50			50
50			50
600			600
0			0
100			100
150			150
250			250



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# Rec Centre set for decades to come

Story by: Neil Ostafichuk

The light is getting brighter at the end of the tunnel as the whole arena project heads into the finishing touches stage. From the physical point of view, the arena project started back in March as soon as the ice came out but in reality the planning and design process started when the ice actually went in last September, if not sooner.

An incredible amount of detail goes into a project of this size – even more than a new structure as there are a great deal of unknowns as to what lies under old surfaces or behind walls. Many times it is only discovered once a portion of the structure, such as a wall or floor, is removed.

Of course, as building code standards have changed many times since the original Creston and District Community Complex was built, construction has to reflect current regulations. Subsequently, delays may occur as new information is relayed back to the architect and engineers who then make appropriate changes and relay the revised drawings and instructions back to the work site as quickly as possible.

At this point we feel we are through the majority of surprises

(optimistically speaking) and the renovation will inject new life into this portion of the original building and closely match the life cycle of the new aquatic and fitness areas – probably at least 40 years!

Many of the repairs bring state-of-the-art technology into place, such as the highly efficient (and insulated) refrigerated arena floor and header system as well as the combined dehumidification system for both the hockey and curling rinks – eliminating individual outdated and inefficient units that constantly required repair.

All lighting that had to be replaced has been upgraded with energy efficient models and that, combined with the new floor, new roof, insulated exterior wall panels and a myriad of heat recovery devices that transfer excess heat to the pool or domestic hot water system, will result in significant energy savings for the community complex.

Of course, you won't see that when you walk in but what you will see is a vastly improved arena lobby along with upgraded washrooms, concession and meeting room. Your eyes will then be drawn to the new rink board system which has six-foot-high glass



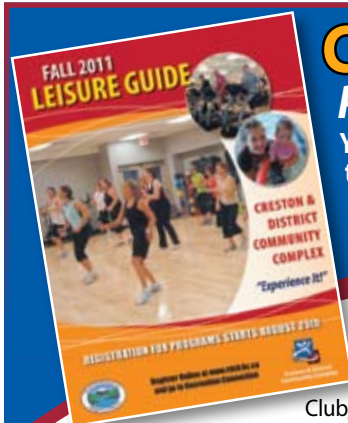
Finishing touches on CDCC arena project.

instead of four and is now the same width all the way along, as well as having the same, standard radius in all four corners.

While the original bleachers were not part of the renovation there have been improvements to the layout and entry of the stair aisles as well as a large parking area for wheelchairs where the old sound room was.

Also part of the building code changes, there is now an emergency exit at the top of the bleachers to the north that takes you outside and which resulted in the demise of the maintenance shop as we knew it (but which relocated to the old pool filter house).

All in all, this newly renovated area now lends itself to a more friendly, inviting and warm spot in which to take in all the activities in the arena during your visit to the complex. ■  
For more information visit [www.rdck.bc.ca/community/recreation/creston](http://www.rdck.bc.ca/community/recreation/creston)



## Check out the 2011 Fall Leisure Guide

### Programs and activities for all ages

You can view our programs and register online – simply go to [www.rdck.bc.ca](http://www.rdck.bc.ca) and click the green 'Recreation Connection' button to get to our webpage. Call 428-7127 to receive your login and password.

### Need to know more about programs activities going on in the Valley?

Come to Focus on Recreation - Wed., Sept. 7, 5-8pm

There will be groups to take registrations and/or answer questions, for example Minor Hockey, Gymnastics Club, Curling Club, Figure Skating Club, Judo Club and much more. We will also provide free classes, such as Family Yoga, Pilates, Zumba and Spinning for you to try.



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# Hands-on approach restores range of motion

Story by Jesse Moreton,  
BSc DC

**T**his column I'd like to discuss something central but not well understood in the treatment of joint disorders: manipulation. If you've been to a chiropractor, chances are you've had an "adjustment" or manipulation.

## What is manipulation?

A manipulation is a controlled, high-velocity, low-amplitude impulse applied primarily to synovial joints. In other words, it's a highly skilled and precise movement applied by hand to a joint of the body. Manipulation loosens the joint to restore proper range of motion (movement) and optimizes function.

## What's the sound?

To dispel a common misconception, it is not the sound of bones cracking. The audible click or pop is the result of a process called cavitation, which is the formation of empty cavities in a liquid and the immediate implosion of those cavities. The cavities are formed in the lower-pressure regions of the liquid when the liquid is subjected to rapid changes of pressure.

In the case of joint manipulation the liquid is synovial fluid. Synovial fluid is the viscous fluid inside joints that allows for near-frictionless movement. The cavities formed in joints are gas bubbles made up mainly of carbon dioxide.

Thus, in short, the sound is caused from a gas bubble collapsing inside the joint when manipulation is applied.

## What does it do?

The effects of manipulation have been

well-researched. Here are some main points:

- relief of musculoskeletal pain (muscle and joint pain)
- shortened time to recover from acute back sprains
- increase in range of motion (movement)
- physiological effects on the central nervous system

## How does it work?

Although the above effects have been well-researched and documented, how manipulation produces those results is still not clearly understood. As research continues, specific mechanisms are becoming more apparent.

There are several explanations as to how a manipulation works. Without getting into too much biomechanical or physiological detail, here some of the theories:

- release of synovial folds and plica (structures which inhibit movement within a joint)
- relaxation of tight muscles and release of joint pressure from sudden stretching
- rise in beta endorphin (an analgesic produced in the body)
- disruption of soft-tissue adhesions surrounding the joint capsule
- inhibition of pain pathways through mechanoreceptor activation

## What are the risks?

Studies have demonstrated that manipulation is a safe and effective procedure. Complications are rare and side effects, such as temporary soreness, are usually minor.

One extremely remote risk that has caught the attention of media is

stroke. However, the most recent research found that patients who visit a chiropractor are no more likely to experience a stroke than are patients who visit their family physician. In essence, stroke symptoms begin, patients seek care from their doctor or chiropractor and then stroke occurs.

This type of evidence serves to disprove any causal relationship between manipulation and stroke as most family physicians do not routinely practise manipulation.

There you have it. Now you know more about manipulation than you probably ever wanted to know. Next time you see your chiropractor, you'll be the expert. ■

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

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# Ex-Rebels coach brings winning record to town

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats are excited for the upcoming 2011-12 season which brings many changes, including a remodeled arena, the hiring of Brent Heaven as the new head coach/general manager and the addition of two more teams in the Okanagan (Chase Heat and Summerland Steam).

Heaven makes his way to Creston from the Castlegar Rebels, where he boasted a staggering record of 99-51-2-10 for a .611 winning percentage during three seasons ending in 2010.

Heaven was named 2009-10 coach-of-the-year in the Neil Murdoch Division. This is no small feat in the Kootenay International Junior

Hockey League, where teams are built by careful recruiting and player development to bring the best out of the young men who play junior B hockey.

Heaven was co-coach of the Kootenay Ice major midget team last season, and his hockey resume also includes being head coach for the IDT player development program offered by the Okanagan Hockey Academy. He has also worked for Inside Edge Hockey Development and many other hockey schools and power skating clinics.

His years as a player included stints with both the Quesnel Millionaires and Powell River Kings of the B.C. Hockey League. He finished his junior hockey career in the KIJHL, playing for the former Osoyoos Heat and going out with a bang as most valuable player, most inspirational player for the regular season and most valuable player for the playoffs.

He also played senior men's AAA hockey for the Seattle Indians before stepping behind the Rebels bench as the assistant coach and eventually assuming the role of head coach.

When Heaven isn't working as a coach? He spends his off-season attending coaching clinics, keeping up to date on new coaching strategies and ideas, and networking with others.

"You never stop learning about coaching hockey," he says.

Heaven comes to the Thunder Cats as a complete package; besides his hockey background he has an education in business, marketing and computer automated design from BCIT and Kwantlen Polytechnic University in the Lower Mainland,



New head coach/general manager Brent Heaven, and worked as the general manager of a sporting goods store.

"The business background, combined with his experience, will be a very valuable asset to this organization," says team president Joanne Endicott.

Heaven has been working on recruiting and team marketing since the beginning of July, contacting returning players and confirming players for main camp early this month in Trail (due to delays in renovations at the Johnny Bucyk Arena). We are looking forward to the team Heaven will build and develop.

He has already committed to a few players and has spoken with some potential returning players from last season. We anticipate seeing Scott Swiston and Brock Ward return, both of whom are familiar faces to Thunder Cats fans.

Assistant coach Garth Ludwar will also be back to give Heaven a hand.

Heaven, who was recently married, says, "My wife is a hockey nut so she supports this move for us."

Join the Thunder Cats for exhibition action Sept. 13 against the Beaver Valley Nitehawks. The home opener will be Friday, Sept. 16, against the Kimberley Dynamiters. Go, Thunder Cats, Go! ■

Check for game updates and schedules at [www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com).

**Come out and cheer on your local Junior B Team!**

**September Home Games**

Tue 13	.....BV (Exh)	.....7:30pm
Fri 16	.....Kimberley	.....7:30pm
Fri 23	.....Golden	.....7:30pm
Friday 30	.....Ferne	.....7:30pm

**Creston Valley THUNDERCATS**

Visit us online at [www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com)





Story by:  
Shifu Neil Ripski

# Autumn the yin to summer's yang

**F**all begins slowly, with the leaves beginning to turn and the mornings becoming more crisp. It is generally a time for us in the West to prepare for winter and, of course, begin new courses and education.

In tai chi, kung fu and Chinese medicine there is a prevalent theory about the five elements (metal, water, wood, fire and earth), each of which

In the fall it is time for us to begin to slow down from our summer and gather inward for the coming winter. In training terms for qigong and martial arts practise, this is the time of year to pay attention to the element of metal, the energy or tendency to compress inward or downward and become more dense. It is time for strengthening the bones through exercises.

A great way to work on the density of the bones is tai chi practise. As we

chi class and take good care of your bones.

For your reference, here is a listing of each of the elements and their corresponding seasons, organs and directions of the compass.

Wood is linked to the spring, the liver (yin wood), the gall bladder (yang wood), the east and wind.

Fire is linked to the summer, the heart (yin fire), the small intestine (yang fire), the south and heat.

Earth is linked to late summer, the spleen (yin earth), the stomach (yang earth), the centre and dampness.

Metal is linked to the fall, the lungs (yin metal), the large intestine (yang metal), the west and dryness. Water is linked to the winter, the kidneys (yin water), the bladder (yang water), the north and cold.

Have a great fall. See you in tai chi class. ■

*Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston. He can be reached at 250-866-5263 or at [www.redjademartialarts.com](http://www.redjademartialarts.com).*

## “In the fall it is time for us to begin to slow down from our summer and gather inward for the coming winter”

corresponds to a specific time of the year. Some people in the arts actually change their training in the various seasons according to this theory, which is an old tradition mostly unheard of in the West.

Fall is the descending tie of yang energy and the beginning of yin. (In a nutshell, yang is positive, hot and expanding while yin is negative, cool and contracting.)

grow older and begin to lose bone density, falls that were once a small bruise become breaks and really problematic to us. Through the soft, slow and gentle movements of tai chi we can reprogram the body to create more bone mass and density.

It is a long process that requires practise but the tai chi form has it all within it from the very beginning. It's a good time of the year to start a tai

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# Preparing for 2012 and beyond – with love not fear, with hope not hopelessness!

Story by: Annette Agabob

Owner – Annette's Health Action



**T**he Hopi have said: “Now is the time. We are the ones we have been waiting for.”

Are you feeling and hearing your inner calling? It is time to become aware and stay centred during this time of the great shift into oneness here on Earth.

You are here for a reason, and reading this inspiring information today is your confirmation that you are ready to put up your hand and step up to fulfilling your own inner heart's calling.

## “The time is now to shift into oneness, love, joy and grace and open our hearts”

Today is the day, and tomorrow is built on your willingness to stay centred, hopeful, inspired and trusting that we are co-creating a beautiful, peaceful world to live in.

There have been prophecies from the Hopi and the Maya that you may be familiar with, and the main point is this: we are being given the opportunity to shift vibrationally into divine human beings, into a being that remembers how to live with love and light.

It is time to take off our armour, remove the walls around our hearts and begin to allow the grace of love into our hearts. It is only once we have opened our hearts to remembering the love, trust and joy within us that we can spread this light externally.

It all starts within you and within me, and I appreciate your willingness to show up today, with a brave heart, because that is what is being asked of us. To have a brave heart enables you to see the possibility of a peaceful, loving world and begin to co-create it today. A brave heart also enables us to begin letting go of what is not serving us anymore as we grow into this higher vibration.

You are seeing the Earth shift right before your eyes. There is no denying there are people struggling. It is important to remember to stay in

the vibration of love and not in fear, regret or hopelessness.

The time is now to shift into oneness, love, joy and grace and open our hearts with trust in the divine wisdom available to all.

Love not fear; hope not hopelessness. Are you ready to take inspired action toward your inner calling?

Let's begin with Step 1: it all begins with you.

One of the most difficult concepts we have today is the idea that it is OK to spend time taking care of yourself. Many people immediately have a belief that pops up saying “selfishness, I feel selfish when I take care of myself.”

So herein lies your first challenge, hurdle or lesson to awaken within:

you cannot give what you do not have inside of you. We cannot spread joy if we are sad within. You cannot spread wealth if you are broke. We cannot spread love if we feel fear within.

I trust this makes sense to you, and yet in our daily lives we have created a world where taking time for peace within has been devalued. Instead, rushing through life has become normal and our mind goes crazy when we attempt to stop the rush and sit still. Is this true for you?

Step 1 is take time for you. You deserve it.

Remember what you like to do, what brings your heart joy, what feels good in your body and then stop long enough to feel it and enjoy it. This is how you fill up your own energy resources.

When you run on empty, your family, friends and co-workers can feel this shortage within you, and energy speaks louder than anything else. It's the trump card, and when you remember to fill up your own energy stores first, you can use that trump card to help others and that, my friends, is the gem in Step 1.

Enjoy feeling fulfilled – with love not fear, hope not hopelessness! ■

*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](mailto:info@annetteshealthaction.com) or visit [www.annetteshealthaction.com](http://www.annetteshealthaction.com).*

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## Creston Valley RIPENING DATES

### Fruit Season

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

### Vegetable Season

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

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

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Creston Valley Food Action Coalition

**Farmers' Market**

[CrestonValleyFarmersMarket.ca](http://CrestonValleyFarmersMarket.ca)

Entertainment  
Local Produce  
Artisans  
Baking

Millennium Park  
May - Sept Saturdays  
8am - 12pm

Downtown in Spirit Square  
July - Sept Wednesdays  
3:30pm - 6:30pm

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# Out & About

Submitted by: [www.crestonevents.ca](http://www.crestonevents.ca)

## July thru September 6 16th Creston Valley & Eastshore ArtWalk 2011

40 venues, 60 artists.

Location: Highway 3/3a to Riondel

Contact: Nora McDowell

Phone: 250-428-9391

[jnmcowell@kootenaywireless.com](mailto:jnmcowell@kootenaywireless.com)

## July 2 thru September 17 Creston Valley Summer Farmers' Market

Featuring local produce, baking, crafts,  
and entertainment!

Location: Millennium Park

8am to noon, Saturdays

Contact: Jen Comer

Phone: 250-977-5362

[www.crestonvalleyfarmersmarket.ca](http://www.crestonvalleyfarmersmarket.ca)

## New to the Area? Know Someone Who is?



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## September 3 to 4 Gray Creek Sailing Regatta

*The Annual Gray Creek Sailing Regatta  
held on the Labour Day Weekend.*

Location: Lakeview Store and Marina

Contact: Kim Deane

Location: Lakeview Store and Marina

Phone: 250-227-9491

## September 3 SAMS presents: Locomotive Ghost

*Locomotive Ghost in concert.*

Location: Snoring Sasquatch

Doors open at 7:30 pm

Show time at 8:30 pm

Contact: Louise n'ha Ruby

Phone: 250-424-5571

[www.snorningsasquatch.com](http://www.snorningsasquatch.com)

## September 9 to 10 Creston Valley Fall Fair

*Creston Valley Fall Fair will be held at  
the newly renovated Creston & District  
Community Complex.*

Location: CDCC

Contact: Kris Vanderweyde

Phone: 250-428-2920

## September 10 100th Anniversary of the Kootenay Lake Agricultural Fall Fair

*Exhibits, local musicians, historical  
exhibits, fashion show of historical dress,  
tea and bake sale and raffle.*

Location: Crawford Bay Hall

Contact: Jeanne Lahnemann

[jeanben@telus.net](mailto:jeanben@telus.net)

## September 10 SAMS presents: redGirl

*redGirl in concert.*

Location: Snoring Sasquatch

Doors open at 7:30 pm

Show time at 8:30 pm

Contact: Louise n'ha Ruby

Phone: 250-424-5571

[www.snorningsasquatch.com](http://www.snorningsasquatch.com)

## September 11 Terry Fox Run

*Annual Terry Fox.*

Location: CDCC

Registration 8:30am,

run 9:00am

Contact: Andrea Peet

Phone: 250-428-7127

[www.rdck.bc.ca/creston](http://www.rdck.bc.ca/creston)

## September 11 Corn Crickers Picnic

*Come & enjoy a West Creston tradition!  
Fun filled family event - games, races,  
contests & more*

Location: West Creston Hall

Contact: Pete Schloss

Phone: 250-428-4743

[www.westcreston.info](http://www.westcreston.info)

## September 17 Creston Museum Annual Quilt Show & Sale

*Beautiful hand-made and antique quilts  
on display. Some modern quilts are for  
sale. Everyone welcome.*

Location: Creston Museum

Contact: Tammy Hardwick

Phone: 250-428-9262

[www.creston.museum.bc.ca](http://www.creston.museum.bc.ca)

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September 24  
**SAMS presents:**  
**Saskia & Darrel in Concert**  
*Saskia & Darrel in concert.*  
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 Phone: 250-424-5571  
 www.snorningsquatch.com

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September 25  
**8th Annual Blue Heron Half-Marathon & 10K Run**  
*Half Marathon 9:00am - Starts at Wildlife Center and winds around wetlands, rolling hills through treed areas and past home sites arriving at Kootenay River for 9km and returning to Wildlife Center.*  
*10km Run 9:00am - Starts at Wildlife Center*

*and winds around conservation area wetlands, enters rolling hills on pavement for 10km out and back.*  
 Location: Creston Valley Wildlife Management Area  
 9:00 am  
 Contact: Gwen Telling  
 Phone: 250-428-5105  
 www.blueheronhalfathon.ca  
 www.events.runningroom.com

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## Real Stories

Freedom. Comfort. Peace of mind.

**Who:** Blair and Cathy Worsnop

**Location:** Fruitvale, BC

**Story:** They lost all of their possessions, three beloved family pets—and a home that had given them years of cherished memories.

**Result:** A Falkins representative was on the scene before the fire was out to guide them through the process. The Worsnops are now in their brand new home.



## “The Falkins team was there through the *whole* process”

Blair and Cathy Worsnop had one of the most gut-wrenching experiences a homeowner can have; in 2006, their family home went up in flames. The loss was devastating. They lost all of their possessions, three beloved family pets—and a home that had given them years of cherished memories.

“We were in the house for 10 years,” said Cathy, “the kids’ teenage years—the grad parties, the birthday parties and the weddings.”

It’s hard to find the bright spot in the face of such heartache. But Blair had reason to be grateful early on when his Falkins representative was on the scene before the fire was entirely out.

“We had top-notch insurance—which we didn’t realize because we just buy insurance every year,” said Blair. “They advised us what to buy and said we may as well, because you never know what will happen. You never think it’s going to happen to you.”

Cathy said the Falkins team was there through the whole process, making a very difficult time as painless as possible.

“They were awesome,” she said. “It was a horrifying experience, and they did everything in their power to get us through it—and that’s what they did. They helped.”



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