

*Bringing the
Creston Valley together*

FREE

July
2012

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Meet the master

Martial arts sifu
trains students from
around the world

Agriculture

Farm tour produces food
for thought

The Arts

Annual ArtWalk a workout
for body and soul

Entertainment

Footlighters show flair
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From the editor

Well, it's now or never. The window of opportunity for summertime warmth and sunshine, which one can always hope will actually open at least a few weeks before the end of spring, is narrower than usual this year.

But now it's July, the monsoons of the past couple of months are hopefully a fading memory and it's time to get out and enjoy the best of a Creston Valley summer while it lasts.

This edition of I Love Creston magazine touches on a few highlights that are worth marking on your calendar, and the I Love Creston Web site has a few more in its events listing.

First up, naturally, are the Canada Day festivities that get things off to a raucous start with a fireworks display that never disappoints. With plenty of good vantage points from the hill to the east of the Creston and District Community Complex, and the hulking shadows of the Selkirk Mountains providing a breathtaking backdrop in the west, the dusk extravaganza always draws huge and appreciative crowds on July 1, which this year marks our grand nation's 145th birthday.

Cake will be served at the complex before the sky lights up, so get there early and celebrate our home and native land as well as the start of the summer holiday season.

Ongoing throughout the months of not only July but August as well is the Creston Valley & Eastshore ArtWalk, which also kicks off, coincidentally, on Canada Day.

Within the pages of this magazine Lori Wikdahl, one of the 55-plus participating artists, shares her take on the annual event, which she incorporates into her regular fitness

regimen by walking to as many of the nearly three-dozen venues as possible – and taking guests along when they're in town.

New this year is a passport-style brochure which, when signed at a minimum of five locations, qualifies holders for entry into a draw for an artisan gift certificate.

The International Selkirk Loop is promoting ArtWalk in 2012, which may make this version one of the busiest yet.

Another seasonal staple hits the stage at Prince Charles Theatre on July 20 and 21 courtesy of Footlighters, which has a history of performing melodramas in summer and comes through this time with *Someone Save My Baby*, Ruth. Director Brian Lawrence promises a rollicking good time for the entire family.

Across the flats at the Creston Valley Wildlife Management Area, meanwhile, Carla Ahern and the rest of the staff await to guide visitors to experience the wonders of the wetland – which has been particularly wet this year, she writes.

That's not expected, however, to interfere with typical July offerings like their junior naturalist program, sunrise paddles and birdwatching galore.

The Creston Museum is also open all month – make that all summer – and manager Tammy Hardwick weighs in on the women's suffrage movement in Canada with her monthly column. It's part of the promotion for a special event coming up next month: Tea with Dorothy Davis, Suffragette. Like most activities at the museum it figures to be a literal blast from the past.

July 5 marks the first midweek edition of the Creston Valley Farmers' Market, which also runs Saturdays from 8 a.m. to noon by Millennium Park. The Thursday market is from 10 a.m. to

2 p.m. on Cook Street, behind the Creston and District Chamber of Commerce Visitor Centre.

It's a great chance for the public to get up close and personal with members of the local agriculture industry, since not everyone will experience the farm tour taken in by contributor Trish Bartlett. Her story marvels at the variety of products produced by valley farmers, explores some of the pitfalls they face and concludes with a personal challenge to appreciate them more, as expressed by putting her money where her mouth is, so to speak.

Featured on the Web site is a link to the Starbelly Jam, an outdoor music festival in Crawford Bay that marks its 13th year July 20-22. Billed as an eclectic mixture of genres ranging from funk, world music, rock and hip-hop to reggae, blues, bluegrass and folk, Starbelly prides itself on providing a celebration of sound to suit almost every taste, as well as all ages.

So pick your spots and enjoy the summer, rain or shine. Just don't complain too loudly about the latter, if and when it finally arrives – autumn will be here before we know it. ■

Mailbag

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

Hello - I just love the I Love Creston online site and print magazine. It helped entice us to the area and now that we've been here nearly 9 months, we've enjoyed every single issue that we can get our hands on - learning about our new community.

-Lillian, Creston

Mailbag continued on page 11

RED JADE

Philosophy and the fists

Neil Ripski's been showing off martial arts moves since he was in primary school, though not always with the desired effect.

"I was the kid that was always bullied," says the owner of Red Jade Martial Arts in Creston. "Kids are cruel, right? You look different, you get picked on. When I was a kid I had really big ears and a pot belly and I was skinny, so my ribs would stick out. I was funny looking.

"And I made an easy victim because my father was like, 'You don't need to fight anybody. If somebody beats you up and you just turn the other cheek, they'll get theirs one day.' That was the attitude I was raised with. So when I'd come home with black eyes and stuff my dad would ask what happened and he would praise me for not throwing fists."

Not that he wasn't desperate enough to pretend.

“When bullies picked on me I would tell them I knew karate and I would make karate moves to get the bullies to leave me alone, which never worked,” he says. “They beat me up, guys just holding me down, punching me in the face. I was getting pretty sick of it by the time I was nine or 10.”

Then one day, in his home town of Stony Plain, Alta., near Edmonton, chance or fate intervened for the 11-year-old, who “was at the local arcade and saw an advertisement for, ‘Learn to defend yourself with kung fu.’ I went to the first class and by the time we took a break for water after the workout I turned to my friend who was with me and said, ‘I’m gonna wear that guy’s belt one day.’

“The Chinese call it ‘eating bitterness.’

You can’t taste sweet until you’ve tasted bitter.”



Sifu Neil speaking about training.

“Five years later he gave me that one off his waist. That was literally all I did. I trained every single day. I was OCD. It was really refreshing to get the idea that, oh, maybe I can learn to defend myself, which of course in my little, young mind was, ‘I want my revenge.’ ”

A curious thing occurred as Ripski transformed himself into a physical threat, however: by the time he could retaliate the provocation was gone.

“What happened is what I see happening in my students now,” he says. “You get in better shape, you become more confident (and) bullies stop picking on you. By the time I was in Grade 8 I started to notice that I wasn’t getting picked on. I remember kind of thinking, ‘Why?’ and being upset about it because I wanted to whip bullies, whip some butt. It just never happened because the situation never presented itself.”

As a young teen, then, Ripski was at a crossroads that would determine the course of his life, ultimately leading in 2007 to his opening a martial arts school in Creston, where just last month he relocated to 12th Avenue North from Canyon Street.

“I had to make a decision,” he says. “ ‘Why am I doing this? The bullies aren’t picking on me now.’ It was just, ‘I love this and I want the next rank,’ so I kept going.”

Ripski’s first two masters enhanced his development in strikingly different ways, molding the skill set and philosophy which drive him today.

“My first teacher was a very big influence on me as far as character,” he says. “His kung fu wasn’t so good but his attitude was excellent. He was talking about making you a good person, and the lessons were always about patience and understanding that martial arts build character.

“It was a nice yin yang reversal for me to meet my second teacher, who was not that guy.”

Having finished high school and moved into the city, Ripski mentored under the latter “sifu” for eight years, living in his home nearly half that time while teaching some of his beginner classes.

Ripski worked in a group home for the mentally challenged on weekends and trained full time during the week.

“It’s how they used to train in the old days,” says Ripski, 37. “A month of full-time training is over a year’s worth of hours (in a typical weekly class), so I was pretty lucky.”

“Luck,” in this case, is truly in the eyes of the beholder. Whereas his first teacher stressed the virtuous characteristics of martial arts, the second one delivered the physical component in brutal – borderline criminal – fashion.

“How do I say this for public record?” Ripski considers, before blurting out, “He’s a jerk. In-between hospital trips – for real – he broke my breastbone, broke some of my ribs, broke a couple of my fingers. There was a part of him that enjoyed hurting people, but I was hungry for the information he had so I just put up with it.

“It was more than old school. It was really harsh training. I really appreciate what it did for me. It’s all part of the training to have hardship. The Chinese call it ‘eating bitterness.’ You can’t taste sweet until you’ve tasted bitter.”

Ripski’s background illustrates the dichotomy within martial arts.

“There are two distinct divisions,” he says. “There’s a division that is about violence. They’re not worried about philosophy and history and the cultural context of what they’re learning. They’re worried about what (they) can do to people.

“Traditionalists (are) worried about who people are that are practising. In my opinion, martial arts are about martial virtue, family, building good citizens and understanding what character is, because it’s not just about fists.”

Ripski blames the media for skewing the truth.

“What happened in modern times, Bruce Lee onward, is martial arts violence starts to become sensationalized,” he says, “so the consciousness that media present to us is martial arts is about fighting and violence. How often is a martial arts movie about being a good person? That’s a crappy movie, right? So they sensationalize it.

“In my opinion, martial arts are about martial virtue, family, building good citizens and understanding what character is”

“Martial arts movies are telling us to be violent revenge killers. The traditionalists are always looking at the impact on society. Do I want my students just to go and smash bullies into pieces and put them in the hospital? Absolutely not. Do I want the bullying stopped? Absolutely, but I want it to stop because of who they become, not because of what they can do with their fists.”



Durnkard lifts the Barrel.

Ultimate Fighting Championship and Mixed Martial Arts fall in the same category.

“What is UFC and MMA? Sensationalizing violence,” Ripski says. “It’s gladiatorial combat for other people’s entertainment. It’s not about two people having a match to see who’s better, which is what would happen in China.”

Ripski confesses to a soft spot for on-screen chop-socky fare, only because he can keep it in context.

“Oh, I love martial arts movies. Love ’em,” he says. “Do I like watching Jet Li do crazy stuff? Sure. Why not? People don’t realize that’s entertainment. They think it’s representing martial arts.”

He considers his own classes more representative, albeit much less sensational – and lucrative.

“If I taught MMA in this town I’d probably make twice what I make now but there’s no way I’ll do it,” says Ripski, who conducts kung fu classes four nights a week for preschoolers to seniors, more than 50 in all.

“More than the art itself it’s what the teacher has to offer.”



Drunken Style application “Empty Yin Cup”

The term “kung fu” is, in itself, a Hollywood misnomer.

“‘Kung fu’ just means ‘persistent effort to acquire skill,’ that’s all,” he says, referring to the term popularized by Lee’s 1970s movies. “It became what we all call it but it really doesn’t mean ‘martial arts.’”

There are, in fact, hundreds of disciplines of which Ripski specializes in bayingquan (eight shadow style), with an emphasis on so-called drunken. It’s an obscure, unorthodox style predicated on moving in curves and arcs as opposed to straight lines, flipping standard procedure to deceive an opponent into thinking “you don’t know what you’re doing,” he says. “Drunken style is trying to move like somebody who’s bombed. (It) looks

ridiculous. If you appear weak you’ll draw somebody out of their defences.”

Though Ripski enjoys his part-time students and considers them family, in the traditional but increasingly rare family style of martial arts through which he was brought up, the Red Jade focus is on full-time instruction of would-be sifus recruited from around the world via the Internet.

“They stay three or four months at a time and do intensive training, eight hours a day, five days a week,” says Ripski, who’s shared his expertise with individuals from Scotland, Israel, Taiwan and “all over the U.S.,” and presently accommodates a pair from Switzerland and Michigan along with Creston’s own Jason Deatherage, who’s been with him from the beginning five years ago.

“Usually these people are trying to become instructors in short periods of time, specifically drunken-style kung fu. That’s my bread and butter. I’m trying to make the style survive.”

Ripski feels responsible for passing it on because his master, who died in a car crash in 2000, was the last in that family system.

Deatherage is his top student, the first in Creston and only the second ever to receive the black sash from Ripski, although that in itself represents another misconception.

“The media has made black belt a big deal,” he says. “Black belt’s really not a big deal. Black belt is, ‘OK, you’re no longer a novice. Now I can teach you martial arts. Now that you’ve got all the foundations, you’re a real beginner.’ It’s literally halfway through our system.”

Sifu level is white sash and few attain it but Deatherage is content to enjoy the process.

“More than the art itself it’s what the teacher has to offer,” says the Creston-born paramedic, who attended university and got involved in the music industry as a performer and producer in Victoria before returning in 2003. “Neil is a unique teacher in the sense that he’s someone that really gets it. I’m a believer in the fact that martial arts in general are a set of principles that all martial arts are working on. Neil’s capable of thinking that way, so it’s a good fit.”

The duo also collaborates after hours. Fat Charlie, the band for which Ripski plays the drums, has been recording a CD of original songs in Deatherage’s Fort Cosmos Studios.

“(Music) is my hobby. It’s how I relax,” says Ripski, who would like to grow his full-time clientele to 10 at a time while continuing to foster close ties among his part-timers. “The people in the school really do regard each other as family. The bond is extremely deep.”

The positive, practical impacts are the most gratifying.

“I have kids in my class now that, when they came here, were being bullied, and a year later you can just see they’re different people,” says Ripski, who doesn’t have any children of his own with wife LeAnne. “And I don’t hear anything bad from the schools that they’re beating people up. It’s just their demeanour has changed.

“It’s exactly the same lessons I learned. They’re just getting passed on.” ■



Red Jade Martial Arts class picture.



From the Mayor's desk

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

Attending municipal conferences critical for councillors

The opinion is sometimes expressed by members of the public that the attendance of mayor and councillors at out-of-town meetings/conferences is a costly

expense and, as such, should be avoided.

In reality, however, attendance at government conferences assists your elected officials in exploring

creative and practical ways that other communities and colleagues are addressing the urgent issues of our time. Effective leadership can only be achieved by informed leaders.

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

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

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

AKBLG (Association of Kootenay Boundary Local Governments) is a regional three-day conference. This year the event was held in Trail and in 2013 the conference will be held in Columbia Valley (Invermere). Creston is being considered as the host community for AKBLG in 2014. The AKBLG conference concentrates on regional issues and concerns.

UBCM (Union of B.C. Municipalities) is a five-day conference that will occur in Victoria this September. Last year the event was held in Vancouver and in 2013 UBCM will be held there again. The UBCM conference concentrates on provincial issues and concerns that

Creston Valley Business Buzz



Creston Valley
Yoga Studio

Creston Valley Yoga Studio opened in March 2012.

We have a variety of teachers each with their own personal style, which allows us to offer many different classes on the monthly schedule. The studio also offers Pilates and Dance classes.

Recently our website went live and you can now access the schedule at www.crestonvalleyyogastudio.com. The website also has descriptions about the teachers as well as a list of benefits that yoga has to offer.

The studio is a calm and peaceful retreat for both teachers and their students. We are proud to offer a dedicated space for your practice that is both serene and supportive.

When you arrive at the studio we welcome you to enter through the back door where you will find an inviting and comfortable lounge. Arrive up to a half hour early for your class and enjoy complimentary tea and books.

We are very excited to be offering retail in the near future! Check us out for yoga clothes, yoga props, yoga accessories and jewellery, as well as a line of all natural supplements.

Pick up a schedule at the studio or check the website for up coming classes. Our Drop In rate is just \$10!! Please arrive at least 10 mins before the scheduled class time. We have yoga mats that you can borrow so all you need is comfortable clothing!! We hope to meet you soon!

Love & Light ~ CVYS Teachers

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directly impact local governments. FCM (Federation of Canadian Municipalities) is a four-day conference that was held in Saskatoon last month. The previous year the conference was held in Halifax and Vancouver is the host location in 2013. FCM concentrates on national issues and concerns that directly impact local governments.

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

I have had the privilege of attending the last four FCM (national) conferences. To illustrate my point about the importance of learning from real-world community experiences, I had the opportunity as part of the FCM events to visit and participate in study tours at the recycling and waste programs in Whistler, Toronto, Halifax and Saskatoon.

Based on what I have learned it is my belief that we can create a strong long-term recycling and waste disposal project for the Creston Valley and should identify such a program as a high priority for implementation.

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

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Mailbag

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

Mailbag continued from page 4

Arguably, June 14, 2012, deserves to be called Black Thursday.

That, of course, was the day – or more accurately, the night – when the Conservative majority in Canada's House of Commons gave second reading to Bill C38, the Harper government's budget legislation.

Much has been made of the size of Bill C38, of the fact that it contained a multitude of provisions not normally proposed as part of a budget, and that was deplorable enough in itself. It meant that the House didn't have time to debate each provision as much as it deserved.

It also meant, however, that ordinary Canadians did not have time to grasp the frightening implications of many of those provisions, to realize that Bill C38 was indeed a "slash and burn" document and, at the same time, a law that moved Canada uncomfortably close to dictatorship.

On the one hand, the bill reduces or eliminates many existing federal-government functions and services, thereby making life harder for thousands, in some cases millions, of ordinary Canadians. The changes to employment insurance are one example of that.

On the other hand, Bill C38 gives the government power to ignore or overrule the decisions of commissions and tribunals that have been set up to guard against the abuse of government power or to limit the ability of such agencies to do their job properly. Here, the

restrictions the bill places on the environmental assessment processes is a glaring case in point.

The government defends all this on a perceived need to balance the federal budget, to make government more efficient and to help the economy provide more jobs.

These are all commendable objectives but they do not require the draconian measures proposed in Bill C38. Indeed, in some cases the measures may work against increased employment: firing thousands of public servants and cutting public spending power is hardly likely to increase employment.

No, what we have in Bill C38 is nothing more nor less than a blueprint of Stephen Harper's vision of ultra-conservative government, which is to say, as little government as possible, conducted with as much secrecy and arbitrariness as possible.

That Harper holds this vision will come as no surprise to those who have followed his political career. What does come as a shock, to me anyway, is that so many of his back-bench MPs showed by their performance on Black Thursday that they share it.

Had a mere two dozen of them voted against Bill C38, or even abstained, it would not have passed.

Surely they cannot all have been comfortable with the bill. Surely many of them must have agreed with the opposition MPs' arguments and been aware of the considerable public uneasiness about the bill. Does party loyalty and/or the pay and perceived prestige of sitting in the House mean so much to them?

Whatever the case, although Harper must take the blame for assaulting our democracy, the "trained seals" who sit on the benches behind him must bear the shame. And that's really why it was Black Thursday.

-Peter Hepher, Creston

Diversity, challenges of Creston farmers on display during tour

Story by: Patricia Bartlett

Food! Wonderful food!

Our quest to find the best food at the best prices leads us to fruit imported from California and Mexico, meat from South America and vegetables from all over.

We live in a global community and our food travels thousands of kilometres to reach our plates. But will it always? What happens if the global economy collapses? Does the Creston Valley have the potential to produce sufficient food to sustain its inhabitants?

local commodities: cherry and other fruit; dairy; beef; and, grain and field crops.

We started at Tabletree orchards, run by Susan and Gary Snow. We were treated to a sumptuous chili lunch supplied by the Creston Valley Food Action Coalition and made with all local products (with the exception of the kidney beans).

We learned about the perils of being an orchardist and the vagaries of the fruit market (the necessity of absolutely perfect fruit for international sale, the constant threat

From there we travelled to E.P. Farms dairy and were given a tour by Robin Edge-Partington, a second-generation dairy farmer who gave a brief history of dairy farming in the valley.

Did you know that 10 years ago, 15 dairies called the Creston Valley home and now we only have eight? Despite the decrease in farms this is one of the top-producing dairy areas in Canada.

Economically it would benefit the region to encourage more dairy farms but Edge-Partington says the constant subdividing of large farms will only hurt this effort.

Next on the agenda was a beef farm, Big Rock Simmentals, run by Larry and Charlene Rast. To supplement their income the Rasts also grow hay and run the Pickle Patch and Egg Patch laying and grading operation.

The Egg Patch produces 30 dozen free-range eggs a day that are sold at stores in Creston and elsewhere in the Kootenays. The Pickle Patch sells pickled vegetables grown in their market garden with chicken-produced fertilizer. With these extra products the Rasts can avoid having to take an outside job.

Our final stop was Sutcliffe Farms where Doug Sutcliffe, a second-

“If every household was to spend just a portion of its food budget on locally grown and made products, we would help to keep agriculture alive in the valley”

This was a question I asked myself as I tagged along on the first farm tour sponsored by the Creston Valley Agricultural Society. The tour was designed to give local politicians a glimpse of local agricultural diversity while stressing its positive economic impact and highlighting the issues affecting its growth.

The tour took us to four farms, each representing one of the four major

of insect damage and fickle prices resulting in selling cherries for 40 cents a pound when they cost \$1.70 to harvest).

To keep the orchard out of the red the Snows have begun producing cherry juice, a value-added product. The juice has been well-received but, as Susan says, “It’s sad that a farmer can’t, with a fresh product, actually make a living.”

PROMOTING AGRICULTURE AWARENESS WITHIN THE CRESTON VALLEY

Improving the knowledge and understanding of agriculture in the Valley

Educating the public on the importance of farming locally

Creston Valley AGRICULTURE SOCIETY

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generation asparagus farmer and the only one in the region, makes a living but has concerns about local grocery stores selling produce below cost, making it impossible for the local farmer to compete.

Some customers are willing to pay a fair price for his product but, unfortunately, they are in the minority. Sutcliffe fears that if people do not want to pay a fair price, eventually there may be no family farm food grown in B.C.

So, I wondered, is the loss of local agriculture something the average person should be concerned about? After all, despite the global unrest, rising fuel costs and availability, we'll always have access to food from far away . . . won't we?

As it turns out, local agriculture affects more than just food production. Many non-agricultural businesses depend upon local farmers to provide them with 20 to 50 per cent of their annual income. If we lose the farms then we may lose other businesses or, at least, local jobs.

Plus, with the rising cost of gas, transportation and production it may not be long before we find the food transported from thousands of kilometres away will cost us more to buy than food farmed locally.

As the tour wrapped up I thought about what I could do. According to Agri-Food Canada, the average Canadian spends about 10 per cent of their disposable income on food. Here it might be closer to 15. Still, in less wealthy countries people pay anywhere from 20 to 50 per cent of their income on food.

The first thing I need to do is change the way I think about food. Is it just something that tastes good and I can shove in my mouth whenever I feel like it or is it fuel to keep me healthy and active?

If it's the latter then do I want to buy "food" that has been mass-produced with chemicals, processed in huge, automated factories and shipped long distances? Or would the better choice be the food produced by my neighbour and picked and packaged the day I purchase it? Sure, right now, my neighbour's food is pricier but it's tastier and, dare I say, healthier.

So what can I do? My husband and I have decided to spend at least \$20 every time we visit the Creston Valley Farmers' Market. We've been coming home with fresh-baked

bread and pies, locally made cheese and eggs. We buy vegetables as they arrive and are saving money for a freezer full of local meat. We look for local produce on our grocery shelves. We don't eat out often but when we do we'll find restaurants that use local food.

If every household was to spend just a portion of its food budget on locally grown and made products, we would help to keep agriculture alive in the valley, maybe even help it grow. And that would benefit all of us if something did happen to the global economy. ■



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ArtWalk an exercise of the creative kind

Story by: Lori Wikdahl

As an artist and a walker I exercise to energize. As a participant in the Creston Valley & Eastshore ArtWalk I have the opportunity to share my work with the public. As a walker I get to experience the creative works of the other artists in the Creston Valley.

This year, from July 1 to Sept. 3, I'll be incorporating the 35 venues featuring the works of over 55 different artists of varying mediums into my daily walking routine. The studio tours will be a great thing to take in with my summer house guests.

ArtWalk creates an exercise experience for the mind as well as the body. All the works on exhibit are also for sale, so when you see a work of art you'd love to own, you can.

One of the wonderful things about ArtWalk is its brochure. Maps with venue/artist listings make it as easy as possible for you to get out and about. Whether you do the walk or the tours or both, the brochure has all the details you'll need to customize your creative exercise.

This year the brochure will also act as a passport of sorts. Once you have visited five or more venues and had them sign your brochure you can either mail it in to ArtWalk or

drop it off at Black Bear Books or Kingfisher Quality Used Books for a chance to win one of four \$50 gift certificates. Every two weeks throughout ArtWalk one passport will be drawn to receive a \$50 gift certificate toward an ArtWalk purchase at any one of the venues.

You'll be able to "Yahk" about art with Penny A.P. Anderson and roam around Sandy Kunze's Galvanized Art Gallery in Wynndel. Pat Yarema in West Creston would love to see you; so would Howlin' Dan up the lake.

"ArtWalk creates an exercise experience for the mind as well as the body"

The Creston Museum will appeal to art history enthusiasts while the Creston and District Chamber of Commerce Visitor Centre has the Artistic Visions Summer Art Market where you can catch one of the 14 members at work five days a week, or attend one of their demonstrations and free workshops.

Besides the bookstores downtown, the Creston Public Library is also a venue. You'll be able to find venues everywhere.

This year ArtWalk is proud to be part of the International Selkirk Loop, a scenic 450-kilometre drive encompassing the Selkirk Mountains of Idaho, eastern Washington and southeastern British Columbia.

Whether you want to walk or drive there is an ArtWalk venue waiting for you. It's an opportunity to discover the incredible diversity of the artists in the area and find that one-of-a-kind work of art that you just can't be without.

Andrea Revoy, the director of ArtWalk, would like to thank this year's sponsors and supporters: Creston and District Credit Union; Century 21-Veitch Realty; Baillie Grohman Estate Winery; Columbia Basin Trust; Regional District of Central Kootenay; Town of Creston; and, Community of Creston Arts Council. Without the help of these sponsors and supporters, ArtWalk would not be possible.

ArtWalk brochures can be picked up at the chamber of commerce Visitor Centre or anywhere you see the ArtWalk logo.

There is a Mexican proverb that says, "Works not words are the proof of love." Come to ArtWalk and see the proof of how much we love our art. ■





All that water just makes things . . . interesting!

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

Although the Creston Valley Wildlife Management Area experienced high water levels this June, the summer months should see levels retreat and trails dry out.

The wetland did exactly what it should do this spring with all the water that came into the valley: store it like a sponge would do and then slowly release it back into the surrounding environment over time. The wetland helps to mitigate potential flooding in surrounding areas.

The high water levels came with some challenges and some advantages.

Canoeing is awesome in high water because you can paddle wherever you like. We had to launch our boats for the guided canoe tours from the boardwalk trail (not usual practice) because we could not get the boats underneath the bridges like we usually do to get out into the ponds. The boardwalk was under water so that made for an easy launch.

Paddling provided great opportunities to see river otters, muskrats and birds such as the yellow-headed blackbird, black tern, great blue heron and marsh wren, to name a few.

Also, a moose had twin calves in the area, providing many sightings of the family meandering through the water in search of lush aquatic vegetation. If you happen to encounter a moose, always be cautious and give them plenty of space.

A challenge aroused when trying to do our weekly checks on the swallow nesting boxes along the Marsh Trail Loop. Near the old cottonwood trees

there is a section of trail that is lower than other areas and it was the first to go under water. There are a few swallow boxes along this section.

During one of our checks in late June I should have brought a bathing suit instead of gumboots. We managed to check all the boxes but had to go barefoot with shorts hiked up to resemble a bathing suit bottom to access some of the boxes.

“The high water levels came with some challenges and some advantages”

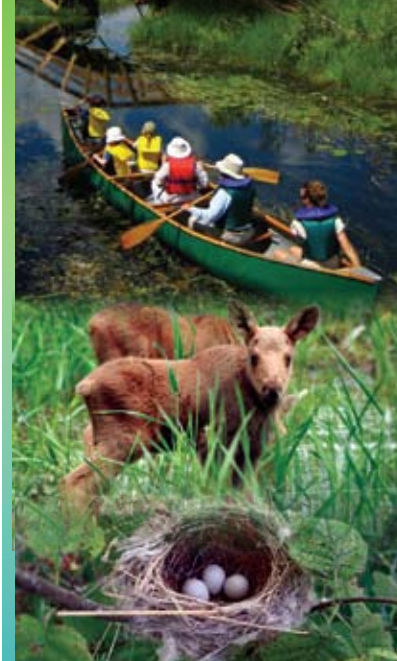
The boxes themselves did not get flooded and overall it seems like they are having a successful nesting season.

Our junior naturalist summer science camps start this month. They are booking fast so if you would like to get your little adventurer signed up, please call us right away. The camps are one week long and jam-packed with activities and games that teach kids about the wetland and wildlife and are tonnes of fun too.

Join us for our sunrise paddles on Saturday, July 7 and 28, from 7-9 a.m. The paddle is free if you are a member or \$12 for non-members. It is a great way to explore the wetland and the early morning is an active time for wildlife. ■

If you would like further information on the Wildlife Interpretation Centre programs and events, call (250) 402-6908 or e-mail us at education@crestonwildlife.ca. For any other inquires call (250) 402-6900 or e-mail askus@crestonwildlife.ca. Please visit our Web site at www.crestonwildlife.ca.

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Seeking suffragettes

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

Women must have the right to vote! It's the only way to recognize them as human beings and to safeguard the interests of women and children!"

So said the women a century ago who struggled to gain a right we take for granted today. They spoke, wrote, agitated, demonstrated, paraded and persuaded, and were known (proudly, affectionately, sarcastically or deprecatingly, depending on one's own views on the issue) as suffragettes.

The women's suffrage movement – the movement to gain the right for women to vote – grew out of the temperance movement to reduce or even eliminate consumption of alcohol. The logic here is that, if

women were going to suffer from the consequences of men drinking, then women should have a say in creating the laws that regulated that drinking.

The first Women's Christian Temperance Union (WCTU) was established in B.C. in 1882, and that can be considered the start of the women's suffrage movement in the province.

Thirty years later a delegation of suffragettes to the provincial legislature asked (again, they'd been doing this pretty much annually for several years by 1912) for a bill that would lead to an act that would allow women to vote. They were told there was not enough interest in the issue.

Talk about throwing down the gauntlet. The suffragettes promptly organized a support- and interest-gaining tour of the province. The British Columbia Political Equality League (PEL), established in 1911, sent one woman to northern B.C., another covered the region west of Kamloops and a third, Dorothy Davis, tackled the Okanagan and Kootenays.

That brings us to Creston. Davis visited here on Oct. 31, 1912. As a result of her visit, a branch of the B.C. PEL was established here. She visited again Dec. 6 and held a meeting in the Mercantile Hall.

That, literally, is all the Creston Review has to say about the suffrage movement in Creston.

It's a fascinating puzzle. The Review published two lengthy letters to the editor written by Davis. Normally such an inclusion means one of two things: either the editor supports the issue and will have much to say about it in future, or he doesn't support it and there will be a lively (if rather

abusive) response in next week's paper. But neither of those happened here.

Other than one brief paragraph there is no followup to Davis's visits whatsoever. This is in contrast to the coverage normally given to the meetings of local organizations, which frequently have long articles detailing who attended, who said what and who (sometimes) stormed out in a huff.

Everything we know about the local suffragettes we have had to infer from other details. We have a respectably long list of women who were members of the local WCTU, which was established in 1910. We also know that members of the provincial PEL were largely members of the Protestant religions which, in Creston in 1912, means either Presbyterian or Methodist.

Many of the women who were members of the ladies' auxiliaries for those churches took leading roles in the community, and many of them were also members of the WCTU.

Ellen Ida Knox Henderson, Mrs. J. Arrowsmith, Mrs. S.A. Speers, Mrs. Knott and her daughters, Frances and Gertrude, Mrs. Jean Mallandaine, Miss Ruth Klingensmith, Mrs. Mildred Young, Miss Ella Dow – these women are among the most likely in the community to have been suffragettes.

Unfortunately, the silence of the newspaper on the subject, combined with the century that has since passed, makes it next to impossible to know for sure. The only local woman (so far) whom we can be reasonably certain was a suffragette is Hannah Maxwell. In February 1913 she read a paper on the subject at a meeting of the WCTU.

Why did these women want the vote? That, too, is something about





Members of the Methodist Ladies Auxiliary, about 1910. Hannah Maxwell, third from the right in the very back, was almost certainly one of the local suffragettes.

which we can only guess. Thanks to Davis's letters to the editor we have a pretty good understanding of the PEL's platform.

The reasons she gives range from the time-honoured "no taxation without representation" (and women, as property owners, certainly paid taxes) to a determination to protect the values of the British Empire in the face of immigration from other countries (we're obviously not talking about universal suffrage). But we have no way of knowing which of the motives appealed most to the local ladies.

Even Davis herself is a bit of a mystery. The earliest reference to her is from

1910, when she appears in England as the first secretary for the Colonial Intelligence League. This organization supported well-educated English women in emigrating to the colonies, to establish businesses or take up posts for which a higher level of education was required.

The league established a branch in Vancouver about May 1911 and sent Davis out to head it up. The branch was relocated to Victoria shortly thereafter and she went with it. Davis helped found the B.C. PEL in 1911 and worked with it for a couple of years as recruiter and co-editor for its journal, *The Champion*.

In February 1913 she was among the members of yet another delegation to the provincial legislature which presented a petition with 10,000 signatures asking for women's vote, the direct result of the PEL's tour of the province the previous fall.

She went on to establish the Women's Freedom Union (another suffrage organization) in 1913. By 1917 she was a nurse, apparently no longer affiliated with any suffrage group and still living in Victoria. And then she disappears.

Nevertheless, "Miss Dorothy Davis" will again appear in Creston in the interest of women's suffrage. She will speak at a tea at the Creston Museum on Saturday, Aug. 11, and, as is her custom, questions and discussions will be in order at the close of her address. A large attendance of all persons interested in this vital issue is requested.

Seatings for the museum event Tea with Dorothy Davis, Suffragette are at 1, 2 and 3 p.m. at a cost of \$8 per person. Reservations are highly recommended by contacting mail@creston.museum.bc.ca or (250) 428-9262. ■

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 the Web site www.creston.museum.bc.ca.

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Footlighters presents annual summer melodrama, *Someone Save My Baby, Ruth*

Story by: Footlighters Theatre Society

Following a long tradition of presenting a melodrama each summer, Footlighters Theatre Society will return to the Prince Charles Theatre on July 20 and 21 with *Someone Save My Baby, Ruth*.

“These shows are audience favourites,” says Footlighters president Brian Lawrence, who is directing the play. “While the plots always have a new twist, the interaction between the stock characters — hero and heroine, villain and villainess — makes a melodrama so much fun.”

In this summer’s play, Jordan Koop and Marybeth Stenhouse star, respectively, as Ernest Noble, a police officer, and Penny Candy, a recent widow who brings her baby, Ruth, to live with her aunt, Praline Candy (Susan Jorgensen), owner of the Sweet Shoppe.

Their paths cross with villain Sidney Swindle (Jason Smith), who wants to tear down the Sweet Shoppe, and Ada Sourball (Simone Wiebe), Swindle’s well-meaning accomplice.

The Sweet Shoppe is a busy place, with candy cook Farron Heit (Morgan

Benty) and Cindy Grade (Suzanne Chubb) constantly duelling with words, music and, naturally, kitchen utensils. Shop assistants Taffy (Zoe Marini) and Toffee (Anjali Ewing) are kept busy waiting on Mrs. Murphy (Jasmine Lothien) and her daughter, Minnie (Jesika Troughton), as well as Tom (Greg Benty) and Hubert (Axel Marini), who are desperately trying to sneak kisses — and not the chocolate kind, much to Taffy’s and Toffee’s annoyance.

“I’ve really enjoyed working with this cast,” Lawrence says. “Between them there is so much talent and experience — they’ve all been in prior Footlighters productions — and it’s exciting to see them playing off one another.”

Tickets for *Someone Save My Baby, Ruth*, which runs at 7:30 p.m. both nights, are \$10 for adults and \$8 for students and seniors and are available at Black Bear Books, Kingfisher Quality Used Books and at the door.

Someone Save My Baby, Ruth is the first show of Footlighters’ 18th season and will be followed by two

one-act fractured fairy tales (*Big Bad*, featuring the Big Bad Wolf on trial, and a title to be announced) from Nov. 29-Dec. 1 and, in the spring, the Tony Award-winning musical *Annie*, a joint production with Adam Robertson Elementary School.

Plans for the 19th and 20th seasons will be presented at the society’s annual general meeting, which will be held at the Snoring Sasquatch Hostel on July 24 at 7 p.m. Among the productions being considered for the 2013-14 and 2014-15 seasons are two summer melodramas, a concert featuring songs from Broadway and movie musicals, the farce *Arsenic and Old Lace*, a locally-written *Cinderella*, and Walt Disney’s *Beauty and the Beast*.

“We’re very excited about the shows we have planned for our next couple of seasons,” Lawrence says. “They definitely skew toward family entertainment but all allow for a wide range of opportunities both onstage and off.” ■

For more information contact Lawrence at editor@crestonvalleyadvance.ca or visit www.facebook.com/CrestonFootlighters.

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By Billy St. John

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Society seeks affordable housing funds

Story by: Peter Hepher

Applications for the funding of two affordable family housing projects in the Creston area have been submitted to BC Housing and the Columbia Basin Trust by the Creston Valley Community Housing Society (CVCHS).

This action was confirmed at a meeting of CVCHS directors following the society's annual general meeting May 30.

The AGM saw the election of 10 people to the CVCHS board. They are: Jerry Cyr, Alexandra Ewashen, Peter Hepher, Eric Kutzner, Ken Miller, Heather More, Terje Munkerud, Alex Nilsson, Carl Sawler and Rita Scott.

More was elected president and Scott was named treasurer at a board

meeting immediately following the AGM. Kutzner and Cyr were returned as treasurer and secretary, respectively.

The decision to seek funding for family housing was made after months of examination of the shortage of suitable rental accommodations for low-income residents of this area.

In particular it was based on the advice of an expert consultant and a survey which determined this is the area of greatest need for such housing.

The CVCHS has recognized that, even if either or both of the applications for major funding is successful, it will need supplementary financial help from local sources if rental levels are to be kept low enough to make them affordable to families of greatest need. ■



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For your preschooler:

ZumbAtomic (Little Starz - for ages 3-5 yrs)

Mon-Fri, July 23-27 or Aug 13-17 1:00-1:30 pm \$32

Kung Fu Camp (ages 4-7 yrs) Mon-Fri, Aug 27-31 10-11 am \$34

For older youth:

AQUATICS

Learn to Dive (ages 7-10 yrs)

Tues-Fri, July 3-6, 9:30-10:30am \$39 / \$35 for additional children.

Dare to Dive (ages 11-14 yrs)

Tues-Fri, July 3-6, 11am-12pm \$39 / \$35 for additional children.

Summer Lifesaving Sport Jr Team (ages 8-11 yrs)

Tues & Thurs, July 3-Aug 23, 2:00-3:00pm \$89 / \$79 for additional children.

Summer Lifesaving Sport Sr Team (ages 12-14 yrs)

Tues & Thurs, July 3-Aug 23, 2:00-3:00pm \$89 / \$79 for additional children

SOCCER

Half Day Player Development Soccer Camp (ages 6-15 yrs)

Mon-Fri, July 9-13, 9:00am-12pm \$113 (included shirt and soccer ball).

Golden Goal Soccer Camp (addition to the half day camp)

Mon-Thurs, July 9-13 1-3 pm \$39

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Creative Art Adventure Camp (ages 9-13 yrs)

Mon-Fri, July 9-13, 1-4 pm \$79 or \$17 per day. Wristband included.

Creative Art Adventure Camp (ages 5-8 yrs)

Mon-Fri, July 16-20, 9:00am-12:00pm \$79 or \$17 per day. Wristband included.

ZumbAtomic (Little Starz ages 5-8 yrs)

Mon-Fri, July 23-27 or Aug 13-17, 1:45-2:15pm \$32

Sweaty Boys Sports Camp (ages 7-12 yrs)

Mon-Fri, July 23-27, 9am-3:30pm, \$109 or \$24 per day. Wristband included.

Discovery Science Camp (ages 6-9 yrs) Tues-Fri, Aug 7-10, 9:00am-12pm \$54

Discovery Science Camp (ages 10-14 yrs) Tues-Fri, Aug 7-10, 1:00-4:00 pm \$54

Drama Kids Camp (ages 8-13 yrs)

Mon-Fri, Aug 13-17, 9:00am-1pm \$89. Wristband included.

Girl Power Camp! (ages 8-13 yrs)

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Contact us at 250-428-7127 for more information or go online to register at www.rdck.bc.ca and click on Recreation Connection



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Home & Garden

Tips for Summer Yard Maintenance

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Check your trees for dead hanging limbs that you might need to cut away. Thunderstorms are frequent during the summer and tree limbs can do a great deal of damage. Also, prune any plants that might interfere with your AC condenser and trim bushes that might be too close to the house.

Trim any bushes. If left untrimmed, they can trap moisture and they invite termites. Keeping bushes trimmed can also eliminate potential hiding places for burglars or other unwanted visitors.

Vines come from the ground and grow on the house. Creepy crawlies come from the ground, too, and they can use those vines to get into your house. Vines also trap moisture against the house and they can eat away the mortar in between your bricks, jeopardizing the stability of your exterior walls.

So, while vines might be pretty they are not good for your house and you should trim them back regularly. If you really want to keep the vines hanging around, install a garden trellis next to your house. They come in a variety of sizes and they keep vines away from your foundation. ■

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'Collabetition' advances community innovation

Submitted

Columbia Basin Trust (CBT) is partnering with BC Ideas to provide five \$10,000 cash awards to reward innovative solutions addressing issues which will improve the lives of residents in the Columbia Basin region.

BC Ideas: Solutions for Stronger Communities is an online competition seeking to identify solutions to deal with challenges facing B.C. communities now and in the future. This "collabetition" is designed to promote collaboration and information sharing among participants and experts to improve well-being and strengthen society. All stages of solutions are welcome and encouraged, from ideas to established programs.

"BC Ideas is a unique platform that recognizes and helps advance innovative ideas and projects that may benefit basin

communities," says Neil Muth, CBT president and CEO. "Participants can share their ideas to gain profile and solicit feedback. In turn, CBT's support for the competition will enable successful basin innovators to turn their ideas into action."

Although a provincewide initiative, CBT has committed to providing five \$10,000 awards to be given specifically to entries from individuals and organizations that identify innovative and sustainable solutions that have strong potential to result in the greater social, economic and environmental well-being and self-sufficiency of people and communities in the Columbia Basin.

Entries will be evaluated for innovation, impact and sustainability. BC Ideas has over \$200,000 in awards available provincewide. Visit www.bcideas.ca to submit ideas, nominate others or

find out more information.

The competition closes Sept. 12. ■

CBT supports efforts to deliver social, economic and environmental benefits to residents of the Columbia Basin. To learn more about CBT programs and initiatives visit www.cbt.org or call 1-800-505-8998.



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Exercise for life

Story by Jesse Moreton, BSc DC

Not many words conjure up as many emotions and associations as “exercise.” Depending on your relationship with it you may feel comfortable with hearing it. You may also feel guilty, indifferent or motivated.

You know it’s something you should do but usually don’t for one reason or another. Whatever your reason and whatever your circumstance, chances are exercise can increase your quality of life. How exactly does it do that?

For starters it reduces the risk of premature death. I’d say that’s a fairly good thing. Let’s get more specific.

It has been shown to reduce the risk of heart disease, high blood pressure, high cholesterol, colon and breast cancer and diabetes. If you don’t know someone who has trouble with any of the above you must be a hermit. If you don’t have someone in your own family who has problems with one of these conditions you’re also in the minority.

What’s my point? Most people have health conditions that will benefit from exercise. Let’s talk about a few other benefits.

Exercise maintains healthy body weight and fat. Note that I said “healthy body weight and fat.” Although exercise may help reduce a few extra pounds it’s not healthy to exercise and diet until you look like a toothpick.

I think of a friend from high school who played volleyball and swam competitively. She, like me, was in good shape but must have weighed twice my weight. Genetics and metabolism influence body weight as well as exercise. Even though my friend and I were both healthy we were built very differently.

It’s important we realize this fact of individualized healthy body

“It’s important we realize this fact of individualized healthy body weight”

weight and refrain from getting down by comparing our body weights and shapes to those around us. Conversely, we must be careful not to use our genes or thyroid gland as excuses to not exercise and catastrophize by saying, “There’s no point. I’ll always be big.”

What else? We’ll never get through everything at this rate. Working out maintains healthy muscles, bones and joints. It reduces depression and anxiety.

Did you catch that? It reduces depression and anxiety! What drug can do that without side effects and produce physical benefits at the same time? (Please don’t misinterpret; I understand medication has its place in cases that meet DSM-IV diagnoses.)

Exercise enhances work productivity, recreation and sport performance. These are psychological and social

benefits here. Forget the physical stuff; it’s worth doing for the stress relief alone.

Ever noticed that you or someone else has been in an unexplainably good mood after a run? It’s true. Enkephalins and endorphins are released with exercise and these chemicals alter mood and pain. It’s the same result as taking a drug except the mechanism is 100-percent natural.

I hope that enough arguments have now been made to back up my thesis: exercise can increase your quality of life.

There are numerous other points that could fill volumes. Perhaps you have thought of some as you’ve been reading. I’ve also neglected to

explain most of the physiological mechanisms: cardiac output, oxygen consumption and insulin resistance, for example.

So if you are indifferent, make a paradigm shift with the above points in mind. If you feel guilty, you know what you need to do. Try to keep it consistent this time, though.

If you are exercising already, keep it up and others will follow your lead. Last month my wife told a friend she was trying to work out more. Now her friend and husband are trying and her brother and his wife in Calgary are working out too. I wouldn’t be surprised if their social group started as well.

It’s contagious! There’s another one for the list. ■

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FREE MEALS

Yoga – yoking of the body, mind and spirit

Story written by: Gary Smith

Yoga was first confided by Patanjali about 2,000 years ago and these writings are called the yoga sutras. Yoga is the Sanskrit word that means the union or yoking of the body, mind and spirit.

In the yoga tradition there are five main branches: karma yoga – the path of selfless service; raja yoga – the path of mediation; bhakti yoga – the path of devotion; jnana yoga – the path of wisdom; and, hatha yoga – focuses on the physical postures or asanas.

Yoga is based on experience and is a process of self-discovery aimed at re-establishing our links with our higher, healthier selves. Hatha yoga has turned into many different styles, just with different principles or intentions.

For example there is ashtanaga yoga. This method involves synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

Ansuara yoga involves postural alignments in each pose that are checked in reference to the universal principles of alignment. The teacher then gives the students verbal and physical adjustments in order to enhance their poses,

deepening their alignment with the supreme to step deeper into the flow of grace.

Hot yoga/bikram yoga takes place in a very hot room, moving rapidly through poses that encourage the sweating of toxins, while kundalini yoga aims to awaken dormant energy potential.

People with neck or back injuries in addition to head trauma probably want to begin with a teacher trained in iyengar yoga, which uses props to support proper alignment without strain.

Kripalu-trained teachers also tend to offer calmer, restorative classes. A vinyasa sequence links breath and movement, emphasizing step-by-step progression in a set order. Learning and remembering such movements through repetition becomes a form of cognitive therapy.

Overall, yoga is supposed to support and nurture growth, not exhaust the body and nervous system.

Practising hatha yoga helps the body by stretching and increasing the flexibility of muscles and joints.

Pranayama breathing exercises oxygenate the blood and increase blood flow to the muscles,

organs and glands, which cleanses and rejuvenates them. The flexing and contracting of the muscles improves strength and tone of the body, giving better core strength and alignment (posture).

“The body can help us learn what to eat, do and think to stay healthy”

Balancing postures help to improve the sense of stability both physically and mentally and we become more involved in how we relate to others, the present and ourselves.

The breath is the best vehicle for helping us focus the mind on the moment while increasing our relationship with our bodies. The breath moves into the body and we become more aware of our feelings, thus we can learn to use the body's knowledge.

The body can help us learn what to eat, do and think to stay healthy. Doing pranayama improves digestion, and increased oxygen combines with our food to give us more energy.

Also, the breath can be used to balance and calm our nervous system and prepare us for meditation. ■

For more information call Creston Valley Yoga Studio at 250-428-8848 or visit crestonvalleyyogostudio.com.

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Foundation sinks cash into causes during Titanic-themed party

Story by: Peter Hepher

It was “A Night to Remember” for the 160 paying guests at the Creston-Kootenay Foundation’s second annual soiree at the Creston and District Community Complex. A crew of volunteers – band members, performers, bartenders, servers, etc. – did much to make it so June 2.

The event, co-hosted by the Friends of the Community Greenhouse, was held on the 100th anniversary of the sinking of the liner Titanic and one of its aims was to commemorate those who lost their lives in that tragic event.

The major objective, however, was to give those present an evening of fine food and entertainment. Following a sumptuous meal with all the trimmings there was music – most of it from times past, for dancing or just listening – by the Creston Community Band under Monte Anderson’s baton.

The music and dancing were interspersed with performances by local artists: vocalist Louise n’ha Ruby, monologist Kelly Mehrer and Christine Miller’s troupe of cotillion dancers.

A feature of the proceedings was the presentation of cheques from the foundation to some of this year’s major grant recipients.

Foundation president Larry Brierley handed out funds for automated external defibrillators to Rod Stewart of the Boswell emergency volunteers and Gary Hill of the Boswell Memorial Hall Society, while support for the Therapeutic Activation Program for Seniors (TAPS) was accepted by Serena Naeve of the Creston and District Community Resource Centre Society and TAPS workers Bridget Currie and Terry Nowak.

One of the foundation’s original directors, Peter Hepher, was presented with the organization’s volunteer-of-the-year plaque.

Brierley noted that the organizations accepting grants that evening were among 14 non-profit community groups operating between Riondel and Yahk that together received \$24,000 from the foundation in 2012.

In addition, the foundation, from its Kirkintilloch fund, joined forces with Interior Health, the East Kootenay Foundation for Health and the Creston Valley Hospital tuck shop to purchase a \$38,000 colonoscope for the Creston hospital.

The foundation exists to receive donations of cash, securities and other forms of wealth and invest them in perpetuity to provide support for worthwhile community projects in the future.

The organization is registered with the Canada Revenue Agency, authorizing it to issue tax-deductible receipts for donations. The foundation is required to distribute a portion of its annual investment earnings in the form of grants to organizations such as those benefiting at the soiree. In this way the foundation builds up a fund to support community good works in years to come while at the same time helping organizations that are currently doing such works.

A significant addition to its funds was expected to be raised by Alex Nilsson when he embarked on a golf marathon at summer solstice time. Donations in support of Nilsson’s second annual fund-raiser for the foundation may be made at the Creston Golf Club or via the Web site www.ckfoundation.com.

More about the organization, including how you can add your own support to the cause and choose where and how you wish your investment to be used, can be found on the same Web site. ■

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Beginner Adult - Introduction to Watercolor w/ Pen & Ink

Wed. July 25 - 6:30 pm - 9:30 pm
\$49 (includes all supplies)



Beginner Adult - Introduction to Traditional Tole

Tues. July 31 - 6:30 pm - 9:30 pm
\$49 (includes all supplies)

Also accepting registrations for
House of Rock Summer Band Camps happening
July 3 - 6 and July 24 - 27

Call 250-428-0151 for more information or to register.

Local man receives awards

Submitted

Larry Ewashen, of Creston, was the recipient of two awards at a special ceremony in Castlegar recently. The first was a Recognition of Achievement certificate from the Kootenay Doukhobor Historical Society which read:

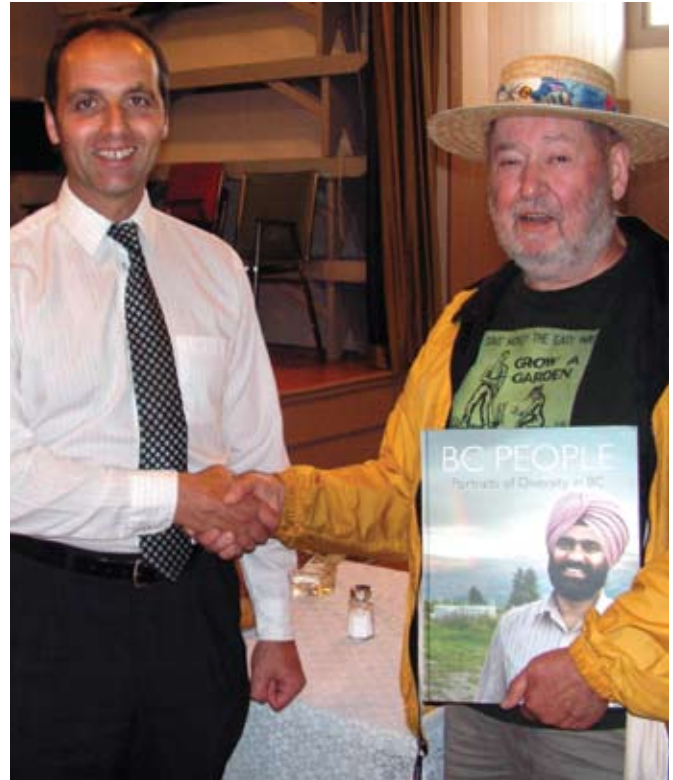
‘We the Kootenay Doukhobor Historical Society acknowledge Larry Ewashen for the time, perseverance, determination, and energy that was required to monumentalize Peter V. Verigin a Person of Historic Significance and the migration of the Doukhobors from Saskatchewan to British Columbia in 1908 an event of National Historic Significance. Thank you for your contribution to Doukhobor history for posterity.’

“This book will be shared across British Columbia in schools, libraries and community centres to raise awareness and understanding of multiculturalism”

The relevant plaques as dedicated by the Historic Sites and Monument Board of Canada will be officially unveiled at the Doukhobor Discovery Centre in Castlegar in September.

The other award was from the Honourable John Yap, Minister of State for Multiculturalism, in which the seminal volume called: BC People - Portraits of Diversity was presented to Mr. Ewashen. In a letter accompanying the volume, Mr. Yap wrote, in part: ‘I am pleased to present you with a copy of BC People Parfaits of Diversity in BC, which would not have been possible without the stories and creativity demonstrated throughout your contribution. In addition, this book will be shared across British Columbia in schools, libraries and community centres to raise awareness and understanding of multiculturalism and to promote thought and dialogue about diversity in the province.’

This book is available at the Creston Public Library. ■



Kootenay Doukhobor Historical Society President, Dan Samartino, presents the book to Larry Ewashen.

A colorful poster for the Creston Valley Fall Fair 2012. The top left says "Growing with the Valley for OVER 90 years!". The center features a large sunflower graphic with the text "Creston Valley Fall Fair" in large, stylized letters. Below that, it says "September 7th & 8th Creston & Malton Community Complex". At the bottom, there is a list of activities: "Poultry & Livestock • Wine & Beer • Flowers • Student Section • Woodwork • Penmanship • Grain & Foliage • Sunflowers • Fruit • Vegetables • Baking • Photography • Quilts • Needlework • Home Preserves • Arts & Crafts • 4H Demos • Local Entertainers". A banner at the bottom says "Locally Grown, Locally Produced! www.crestonvalleyfallfair.com".



Think with your heart

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



When I came across the saying and Web site, “Think With Your Heart,” I had to laugh. What a simple way to describe this journey we are all embarking upon.

In behavioural iridology there are two types of eyes to describe how we perceive and express our life and how others possibly perceive us. This isn't “who we are,” it is how we express ourselves in the world.

The two basic eye types are: the thinker and the feeler.

As you may imagine, a thinker primarily lives or expresses their life through reason, logic and practical

thinking and is generally good at planning, organizing and step-by-step processes. As well, they are self-assured, stable and strong.

A feeler, on the other hand, primarily views life and expresses their life more spontaneously with

“Let's reconnect with each other with more love, joy compassion and understanding, and remember we are in this together”

passion and enthusiasm. They tend to go with the flow, are fun-loving and can be the life of the party. Feelers are also passionate about life and live to connect with others, heart to heart.

Each eye type has their own set of lessons and gifts. Thinkers are learning to let go, allow and feel more. Learning to get out of their heads is a lifetime process, as is learning to trust what they feel and to follow their own intuition.

The gifts of their lessons learned are to trust their intuition, know the answers are within them and experience a greater peace with the unknown. The feeler tends to live life with passion, vitality and joy. They are more spontaneous and expansive in nature and live life through the passion within their heart.

Their lessons come in how they have this void or feeling of emptiness within their chest. It feels like something is missing and they suffer

when their hearts are unfulfilled or they are unable to bond or connect.

They are learning to take responsibility and rely on their inner truth. They beam with confidence knowing that the connection to their hearts, higher truth and higher self is a relationship no one can take away from them. They are not alone.

When balanced they are the bringers of joy and vitality and their presence is uplifting.

Most of this information I have learned from a wonderful mentor, Jim Verghis of Behavioural Iridology, and these insights have been fun and interesting to play with.

This is simply a sample snapshot intended to assist us in becoming more aware of ourselves, our gifts, talents, brilliances and lessons we are learning.

We are certainly awakening to our soul's path, and knowing our self is certainly the journey we are on.

As we move forward we could all use a dose of thinking with our hearts. Our hearts carry a wisdom beyond the thinking mind and as we connect within that space our inspired actions can bring new expressions of our self, our higher self, and new results in our world.

Sometimes following the heart's calling does not make practical sense at all and yet when we muster up the courage to follow that inner heart's calling a new way of living

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emerges that we could never have imagined.

Trust, faith, courage and listening within become the new ways of living in this new world we are co-creating together.

During this transition we may experience life as walking on wobbly legs, not really certain of how to live in this new heart space, and yet together we are all on the journey.

Let's reconnect with each other with more love, joy compassion and understanding, and remember we are in this together. This is the journey and process to co-create a new humanity of loving thinkers and feelers, and there may be a few bumps along the way.

A wonderful resource is my 2012 With Love and Hope "aha" program. There is a free tele-class you can access at www.2012withloveandhope.com.

I appreciate I Love Creston and all of you for being on this journey because together we are "being" the change.

Until next time . . . think with your heart and shine your light. ■

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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Kootenay Lake Ferry Schedule

All Times are Pacific Time. Summer: The M.V. Balfour commences operation in the third week of June each year up to and including Labour Day each year.

Vessel Name	Balfour	Kootenay Bay
Osprey 2000	06:30 AM	07:10 AM
Osprey 2000	08:10 AM	09:00 AM
Osprey 2000	09:50 AM	10:40 AM
M.V. Balfour	10:40 AM	11:30 AM
Osprey 2000	11:30 AM	12:20 PM
M.V. Balfour	12:20 PM	01:10 PM
Osprey 2000	01:10 PM	02:00 PM
M.V. Balfour	02:00 PM	02:50 PM
Osprey 2000	02:50 PM	03:40 PM
M.V. Balfour	03:40 PM	04:30 PM
Osprey 2000	04:30 PM	05:20 PM
M.V. Balfour	05:20 PM	06:10 PM
Osprey 2000	06:10 PM	07:00 PM
Osprey 2000	07:50 PM	08:40 PM
Osprey 2000	09:40 PM	10:20 PM

Winter Hours:

Vessel Name	Balfour	Kootenay Bay
Osprey 2000	06:30 AM	7:10 AM
Osprey 2000	08:10 AM	09:00 AM
Osprey 2000	09:50 AM	10:40 AM
Osprey 2000	11:30 AM	12:20 PM
Osprey 2000	01:10 PM	02:00 PM
Osprey 2000	02:50 PM	03:40 PM
Osprey 2000	04:30 PM	05:20 PM
Osprey 2000	06:10 PM	07:00 PM
Osprey 2000	07:50 PM	08:40 PM
Osprey 2000	09:40 PM	10:20 PM

For specific date information please contact:
Schedule Information: 250-229-4215
General Enquiries: 250-229-5650 Fax: 250-229-5679
**Food Service on M.V. Balfour Only*

Out & About

Submitted by: www.crestonevents.ca

July to August Creston Valley Mid Week Farmers' Market

The Creston Valley Farmers Market is a place to buy and sell locally produced, farm fresh goods. From peaches to parsnips and pies.

Location: Behind Chamber of Commerce
Thursdays from 10-2pm

Location: Millennium Park
Saturdays from 8-12pm

Contact: Martha Boland or
Tamara Movold

Phone: 250-254-1594
<http://crestonvalleyfarmersmarket.ca/>

July 1 Canada Day Celebrations

Activities and entertainment at the Creston Community Complex culminating at the evening Firework display. Watch for details!

Location: CDCC
Contact: Jim Jacobsen
Phone: 250-428-4342

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Creston Valley RIPENING DATES

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

Berry Season			
Strawberries	June 10 to July 10	Peaches	Aug. 10 to Sept. 20
Raspberries	July 1 to 31	Plums	Aug. 10 to Sept. 20
Blackberries	July 10 to Aug. 10	Summer Apples	Aug. 15 to Sept. 20
Blueberries	July 25 to Aug. 20	Pears	Sept. 5 to Dec. 31
		Apples	Sept. 15 onwards
Fruit Season		Vegetable Season	
Cherries	July 15 to Sept. 15	Asparagus	May 1 to June 15
Apricots	Aug. 5 to 15	Peas	July 1 to 31
		Potatoes	July 1 onwards
		Table Cukes	July 15 to Sept. 20
		Pickling Cukes	July 20 to Sept. 20
		Peppers	July 20 to Sept. 30
		Tomatoes	July 25 to Sept. 20
		Carrots	Aug. 1 onwards
		Com	Aug. 10 to Sept. 25
		Squash	Aug. 15 onwards

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www.starbellyjam.org

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