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Back to the future on Truscott Farms

Centennial marks
return to roots

Mayor's Desk

Rescue service more than
just Jaws of Life

Agriculture

Society grows awareness
of farming in valley

Motorcycling

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The Magazine

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Letters to the Editor

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contents



feature story

5 Crop circles

What goes around comes around, even in agriculture, where Truscott Farms is shunning cherry exports to provide a broad range of produce for the Creston Valley it has called home since 1912.

what's inside

10 Town Hall

Road rescue a critical service.

12 Society

Online anonymity over-rated.

13 Agriculture

Planting seeds in the community.

14 Wildlife

Birders go wild over wetland.

15 Literature

Cranbrook author hails mountaineer.

18 Conservation

At-risk grizzlies under scrutiny.

19 Outdoors

Motorcycle club meeting needs.

20 History

Big impact from little cherry disease.

24 Community

Foundation doles out funds.

25 Martial Arts

It's all in the family with this sifu.

26 Health

The sour effects of refined sugar.

Guest From the editor

The Truscotts pioneered or promoted many things during a century of agriculture in the Creston Valley.

Credit them with the area's first commercial apple orchard in 1912. So too were they involved in establishing an irrigation district in the 1920s, the forerunner of today's Arrow Creek water system.

In the early '90s they were at the cutting edge of a massive switch to late-season cherries that saw the high-end Creston fruit command top dollar in exotic locales in Asia (Thailand, China, Hong Kong), Europe (England, Germany, France, Scandinavia) and even Dubai in the Middle East.

Through an "odd bud that went crazy," in the words of Lew Truscott, 87, they developed two unique cherry varieties that ripen later than others, the blackline and Kootenay special.

To protect the lucrative cherry crop from weather damage, Lew's son Bill, 56, was the first to charter helicopters to pass low over rain-soaked trees, blowing water off the fruit that would otherwise be rendered worthless by splits. Bill, the sole owner of Truscott Farms since 2000, was in one of those choppers when it crashed in 1998. He walked away unscathed, which is more than can be said for some of the family's crops over the years.

"I remember when I got out of the navy (in 1980)," he says. "I came home after basic training and my dad and my uncle are sitting on the porch drinking Scotch with hailstones in it because a five-minute hailstorm had wiped out their entire year's efforts, so they decided the best thing to do was throw some hailstones in the Scotch and at least get some benefit out of the storm.

"Felt better for a short period of time," he deadpans before adding, "You haven't lived until you've had your entire year wiped out by weather, and that's really what the issue is with cherries."

Risk management is critical in farming. After the global economic climate weakened his cherry business a few years ago he moved it in a different direction, back to producing a variety of fruits and vegetables intended for consumption not abroad but by local residents and tourists, last done by Truscotts in the '60s and '70s.

"Now that we're doing 20 or 30 different crops," Bill says, "risk is spread out over those 20 or 30 crops. We're not in a situation anymore where one rainstorm can wipe you out."

Not that weather was behind the switch, mind you.

"The economics are not on our side," he says, referring to the robust Canadian dollar as compared to its puny U.S. counterpart. "Canadians need to realize how serious an issue a strong dollar is. All well and good to be able to go down to Sandpoint and buy things cheap, but that money's got to come from somewhere and it comes from export."

Changing with the times is an agricultural reality but some disappointments could have been avoided, as far as the Truscotts are concerned. The valley-wide sterile insect release program, for example, was on the verge of eradicating the destructive codling moth in the 1990s until being stopped just shy of its goal "because of a few dollars and a few people that thought they could do better," Lew says. "We view it as a sadly lost opportunity."

Yes, the Truscotts have always tried not only to open the door when opportunity knocks but to be holding the door open before it even arrives. The formula has worked for going on two centuries.

"By 1996 we had gone from all apples to all cherries and 2008 we began the transition to mixed farming," Bill says, "so we're back where we were. That's the way cycles work.

"You try and stay ahead of the cycle. We were probably a little behind (in

getting out of cherries). It might have been a good idea to do it two or three years before.

"You have to stay ahead of the farming cycle, and today the farming cycle is local, retail food. We're now in a situation where customers are coming around to the idea that local food is better than food from China. I can put Chinese garlic in (the fruit stand) or I can put local garlic. Local garlic costs a lot more but I know where it came from, I know what went in it, I know that it's probably, if not certified organic, farmed organically, and I know the guy who grew it. So we can make a decision about the safety of our food, the quality of our food, that's independent of what it's going to cost us."

With none of the youngest Truscott generation involved in the industry it remains to be seen if Truscott Farms is around to celebrate a bicentennial, but that's of no immediate concern.

"It doesn't keep me awake at night worrying about it," Lew says. "Everything has to be replaced and we will be replaced, I imagine. That's life."

For a feature on Truscott Farms and a whole lot more, keep reading this June edition of *I Love Creston*. ■

Mailbag

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

Wow...I eagerly checked the on-line of *I Love Creston*! I am so honoured with the article and layout of my feature. Brian, thank you for your ability to capture the heart of my cooking school. I am so excited to come home and support our community. Wendy, thank you for supporting this venture. I am truly blessed and honoured....thank you.

Jo-Anne Schultz

Time is ripe for a change as Truscott Farms turns 100

How's this for going full circle: as it marks its centennial, Truscott Farms is reinventing itself as . . . the home-centric grower it started out to be 100 years ago.

For nearly two decades an exporter of large and luscious late-season cherries that commanded a premium price overseas, Truscott Farms is now shunning the global scene in favour of a domestic clientele in its own backyard.

Just as they ditched apples when they became unprofitable two decades ago, the Truscotts are switching from cherries to mixed farming – which they last did in the 1960s and '70s – and serving a customer base that calls the Creston Valley home, as the Truscott clan has done since 1912.

**“First in, first out
with late-season
cherries”**

“That’s the nature of farming. You have to change crops,” says Bill Truscott, parked on a picnic table behind the Erickson fruit stand that has once again become the cornerstone of his business, replacing the high-end shops like Marks & Spencer in England where Truscott cherries were sold until recently. “My dad bought this property in 1962 and that’s when he moved from a straight apple economy to mixed farming, so really we’re turning the clock back.”

“That’s the nature of farming. You have to change crops”

The Truscotts actually sold the fruit stand 15 years ago, when the cherry export business was really ripening, but were able to repurchase the 40-acre site which includes the home where Bill and his sister, Susan Snow, grew up.

“I made a decision three years ago when we bought the fruit stand back that we needed to move from an export model to a retail model,” Truscott says. “That’s just the nature of the beast. Any export industry in Canada today is suffering. It was time to get out so we did. I was the first to plant late cherries and probably the first to get right out.”

Blame the strong Canadian loonie and weak U.S. buck.

“Today the U.S. dollar is virtually even,” he says. “Fifteen years ago, or even five years ago, if we were to sell a \$40 box of cherries we would have received over \$60 Canadian, so literally a third of the revenue stream of cherries disappeared.”

Truscott sees this as a “10- or 15-year trend” that dictates change.

“You just face reality,” he says.

“The American dollar is far more likely to go down in value than go up so the export situation could get worse rather than better.”

In downsizing to 40 acres from 120, Truscott dropped a land lease and sold 50 acres to the Dhaliwal family, which holds “a different perspective on land ownership and a willingness to pay a heck of a lot more for the land because they view (it) as a multi-generational asset. The cherry industry in Creston will continue but it will be a very different industry. The risk profile of cherries is a lot higher. For our purposes it did not make sense to continue.”

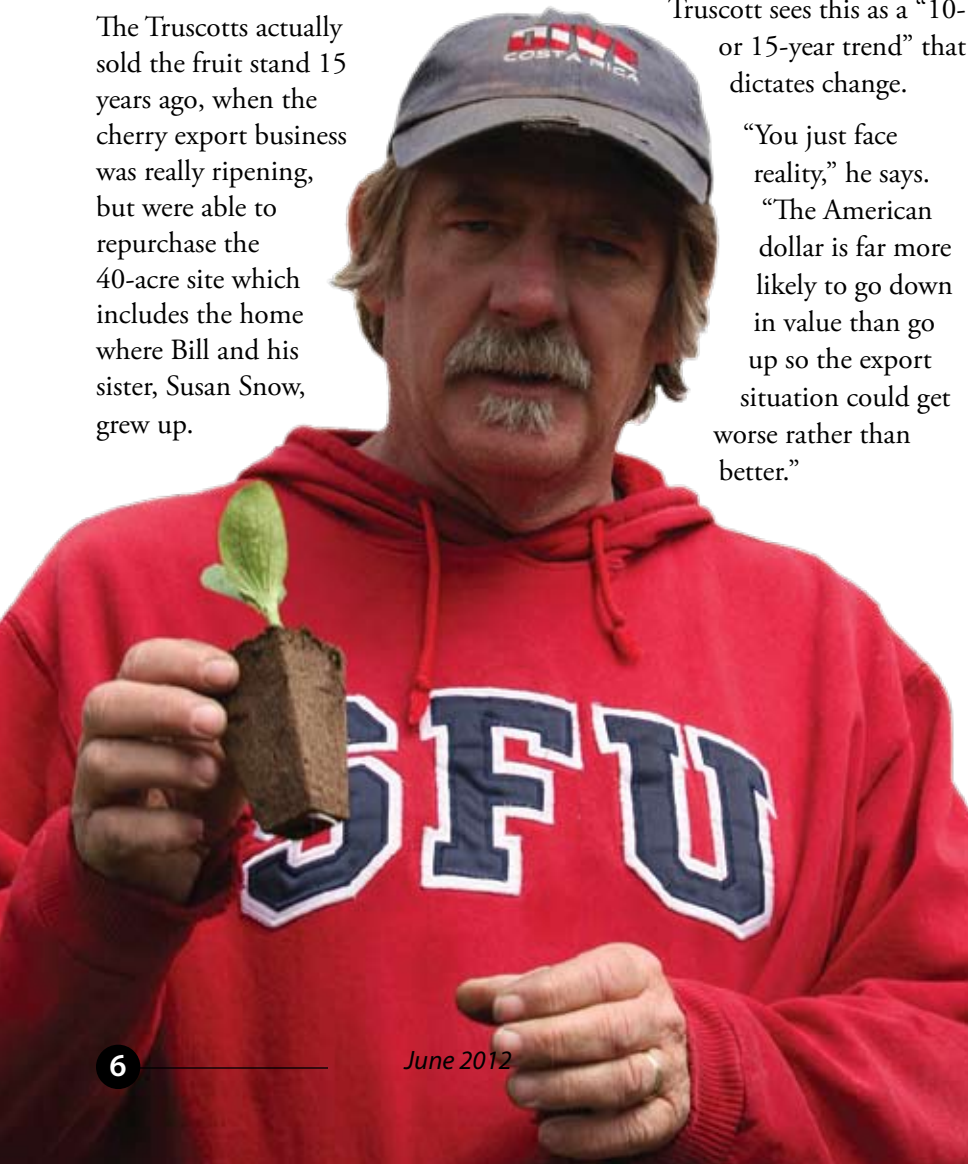
Instead, the Truscotts are growing everything from apples, peaches, pears, prunes, apricots, grapes and still some cherries, to broccoli, lettuce, cucumbers, pickling cukes, tomatoes, cauliflower and even herbs – “a little bit of everything.”

“For 20 years we basically only grew cherries,” he says. “For the last three we’ve grown a multitude of crops and we’re moving from an extensive model, where we would produce a million pounds of cherries, to an intensive model.

“It’s really about trends in food. Here in Canada, and North America in general, we’re trending more toward local food. We establish value based on what we perceive the source of the product to be, and the highest value is local.”

If it sounds like harder work and more of it, it is, but you won’t hear any complaints.

“On a per-acre basis there’s definitely a higher labour requirement,” says Truscott, who no longer needs the 200 workers once employed during the four-week cherry harvest, but does require a full-time seasonal staff of five as opposed to two or three. “Your labour inputs are higher but your other cost inputs are lower.



“It’s also a lot more challenging, more fun.”

One of the challenges is finding the right spot on the pest-control spectrum; Truscott prefers somewhere in-between the extremes of certified organic and what he calls nozzleheads – “they’re out there spraying all the time.” He thinks he’s found it by drawing the best methods from both polarized camps while maintaining the highest environmental standards through a hybrid system called integrated pest management.

“Our commitment to food safety is great,” says Truscott, who’s not aware of a grower anywhere on the continent who certified

“For almost 10 years now we’ve been certified under the world’s most exacting food safety program”

sooner with what is now known as GLOBALG.A.P. (for good agricultural practice), which sets the bar in labour, crop production, packaging, health, safety and even irrigation standards. “For almost 10 years now we’ve been certified under the world’s most exacting food safety program, and there’s probably nobody in British Columbia, or Canada for that matter, who has been (more) audited than we have.”

For him, that’s more meaningful than the faddish “certified organic” label.

“Organic production has not achieved the market success that we expected maybe 10, 15 years ago,” he says. “And at the same time, absolute chemical processes aren’t very attractive either. There’s



that statement, ‘moderation in all things,’ and that’s really true in farming. With integrated

pest management we minimize the amount of chemical we use and minimize the amount of intervention.

“It’s a moderate approach to food production. In real terms, it’s the future. To be a chemical producer and ignore the life cycle of the insects is a stupid and harmful thing to do. To be an organic producer and ignore the opportunities that science provides you to deal with specific targeting of a pest, to me, is not the way to go. It’s not a very efficient production system.

“With integrated pest management you manage pests. You don’t try



and wipe them all out. You support beneficial insects. You use chemical controls that are soft as opposed to hard.

“One of the best things about farming is that it’s something in which your family can participate with you”

“We have a whole list of materials from the old days. When my dad was young they used to spray nicotine as a pesticide – highly poisonous, horrible product – arsenic, DDT, all sorts of terrible products that today we know are awful. Today we have some extremely soft products that specifically target the one pest you’re going for.”

This approach will be critical over the next decade, he predicts, citing incoming scourges like the European paper wasp (which has already ravaged some Creston Valley crops) and marmorated stink bug, which could become the modern-day equivalent of a biblical plague of locusts, according to Truscott – “the greatest risk to our environment seen in 50 years.”

The bottom line is, “we’re looking to have the most minimal impact on the environment, we want to produce high quality, safe food, and we’re businessmen. We want to do it in the most cost-effective manner possible. Those three legs of the chair have to balance.”

Truscott’s father Lew, who still keeps busy at 87 but leaves decision-making to his son, takes the latest transition in stride, having grown up in the agricultural atmosphere of surviving by adaptation.

It’s what prompted his grandfather, George, to escape the harsh winters of Lloydminster, Alta., by settling in Creston 100 years ago, lured, Lew

says, by a colour brochure circulating on the Prairies that boasted about the beauty and bounty of B.C. After retiring from a career in the Royal Navy and British coast guard that began in 1854 at the tender age of 9, George operated a home for old sailors in East London before emigrating to Canada with the Barr Colonists in 1903.

“In 1912 they decided it was too damn cold and moved down here,” Truscott says of his great-grandfather’s household, which established the valley’s first commercial apple orchard (McIntosh

and common delicious) on 20 acres southeast of present-day Erickson Road and the railway line.

George died within a month but was followed by two of his four sons, Bill and Percy, who farmed together until going independent in the 1920s, when Percy maintained the original 20 acres and Bill – Truscott’s grandpa – took over a neighbouring 20-acre plot along what is now Ash Street, which they’d picked up during the First World War.

When the latter property was subdivided for residential housing in the late ’50s, Lew bought the land in Erickson that the family owns today. It operated as Truscott Honey Farm until being renamed Under the Apple Tree while owned by the Larose family.

Lew was the only one of Bill’s and Percy’s six sons between them who was interested in farming.



“Only one foolish one stayed in agriculture,” Lew quips. “Farming has been an interesting way of life.

“Modern farming isn’t like farming 50 years ago. Farming today is a highly technical sport.”

“You can’t make a farmer. Farmers either come by it naturally or they don’t.”

Both of his children fall into the former category. Snow and her husband Gary run a 10-acre cherry orchard separate from Truscott Farms, to which Bill returned after completing a four-year hitch in the Canadian navy in 1980, carrying on a Truscott tradition of naval service that dates back to the 1600s. He doesn’t have any second thoughts.

“One of the best things about farming is that it’s something (in)

which your family can participate with you,” Truscott says. “The term ‘family farm’ is real. We had four

daughters. They all worked on the farm. As a result they all have incredible work ethics.

“It’s a lovely lifestyle. It’s one job where what you’re doing is constantly changing and every year there are new things thrown at you. It stretches your capabilities.

“Modern farming isn’t like farming 50 years ago. Farming today is a highly technical sport.”

The offspring of Truscott and wife Barbara live elsewhere and are occupied outside agriculture, although “I wouldn’t be surprised

if one of the girls wanted to come back at some point,” says Truscott, adding that he would welcome that development “in a heartbeat, absolutely.”

“(But) that’s something to worry about 20 or 30 years from now. I’m very much like dad. I can’t envision retiring. I can’t envision stopping.

“Mind you, I couldn’t envision being out of cherries 10 years ago so you’ve got to be prepared for the unexpected. We’ll just keep doing what we’re doing and if one of the girls comes back, great.”

Entering its second century, Truscott Farms will develop the fruit stand to further serve local residents and tourists, which “is kind of a return to our roots because that’s exactly what my dad did” in the ’60s, Truscott says, adding, “It’s going to grow. It’s going to change. In what way? We’re not sure yet.” ■

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From the Mayor's desk

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

Jaws of Life now "road rescue," provided by our Creston Fire Rescue and the Riondel Fire Department

Most people have heard the term Jaws of Life. What you may not know is that the name is actually

a patented, registered trademark first owned by Hurst Performance Inc., believed to be the first extrication

tool manufacturer, and now by Hale Products Inc.

These tools were originally designed and developed for driver extrication at race car tracks in the United States. Since that time, Jaws of Life equipment has been used along our roadways to assist in the extrication of victims from motor vehicle incidents.

In 1989, the British Columbia Ambulance Service (BCAS) discontinued the provision of victim rescue service throughout the province. Locally, with this transition, the BCAS loaned vehicle extrication equipment to the Jaws of Life service, in which the Creston, Canyon-Lister and Wynndel-Lakeview fire departments originally participated. Over time, the Creston and Riondel fire departments came to be the Jaws of Life service providers for the area.

Creston Fire Rescue is called out for incidences occurring in the Creston Valley from the U.S. border to the south, west to the Kootenay Pass summit, east to Irishman Creek and north to Akokli Creek. If incidents occur off the roadway, the Provincial Emergency Program (PEP) gives the local departments approval to attend.

The Riondel Fire Department's protection area, established in 2007, is between Riondel and Akokli Creek.

Today, the term "road rescue" more accurately defines the extensive service provision associated with the Jaws of Life service, including but not limited to establishing site safety (which addresses fuel leaks, electrical hazards,

Creston Valley Business Buzz



Vern Gorham,
Owner/DJ
Good Times
DJ & Karaoke

it seemed natural to start up a local DJ and Karaoke business! Thus, in 2010, I started up Good Times DJ and Karaoke.

I have DJ'd several local events in the past 18 months, and I have had a tremendous amount of fun doing them! What sets me apart from other DJs is that I am out there having as much fun as the people who I am DJing for, and thus I think it helps everyone relax and let loose. Most of my feedback from events I've DJ'd has been very positive!

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www.goodtimesdjandkaraoke.com

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

Since I have a great love of music, and since I already owned a very large music and karaoke collection,

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gas leaks and traffic management) and providing vehicle extrication (which involves cutting a vehicle apart with the Jaws of Life tools to free trapped victims, attending to patients until ambulance personnel arrive, stabilizing vehicles in precarious areas and utilizing technical rope skills for moving patients).

Accident response by our fire department members is provided any time of day or night, in all kinds of weather conditions, and often involves management of dangerous and stressful situations. Many people would agree that for someone trapped in a motor vehicle as a result of an accident, the provision of the road rescue service may mean the difference between life and death.

It should be noted that road rescue service providers offer a distinct service apart from Creston Valley Search and Rescue, which conducts searches for victims and provides

related technical services for missing people in the rural areas.

Motor vehicle incidents that require the use of Jaws of Life tools occur mostly in rural areas, but not always. On March 2, a two-vehicle accident occurred at the intersection of Hillside Street and 10th Avenue North, only two blocks from the Creston Fire Hall. The response by our Fire Rescue crew was immediate, and by utilizing air bag and Jaws of Life equipment the vehicle was lifted and opened and the two injured occupants were extricated.

One of the injured was transported to hospital in Calgary and the other received treatment in Cranbrook. Eight firefighters responded to the incident and conducted scene safety, extrication and patient care assistance.

The RCMP officer who attended the scene was impressed with the extrication process and has stated that the specialized training of our staff

and volunteers was evident. While this accident occurred within the Town of Creston boundaries, the injured parties were residents of the larger Creston Valley and both individuals have now recovered.

The success of this service is credited to the local volunteer firefighters and staff who spend extensive hours training to be prepared when called upon.

The road rescue service for the Creston Valley is primarily funded through the Regional District of Central Kootenay at a taxation rate of \$0.018 per thousand dollars of assessed property value, or \$3.60 per year for a \$200,000 residence. The service is also subsidized by the Town of Creston and PEP.

In 2011, Creston Fire Rescue responded to eight motor vehicle incidents in Creston and 53 in the outside response area. ■

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

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Let's be honest

Story by: Alfred (Alfie) Seidl, Business Consultant and Life Coach

Thoughts on living a richer life and creating a better world

Have you ever thought about what it is to be human and, in fact, what it means to “be” a human “being?”

As far as is known, only humans can contemplate their own existence. Throughout history we have wondered who we are and what our purpose may be. Aside from whatever spiritual beliefs one may have, perhaps now and again we might want to explore this topic on a more earthly level.

Humans are social beings and, generally speaking, few people like to be alone for any great length of time. We seem to want and need the company of others. The large number of online dating sites and the growth of social networking sites seem to bear this out.

But what about how each of us relates to other human beings, such as our neighbours, people we casually meet and complete strangers? How do you see yourself and the roles you play in living your life as a human being?

If you are in a relationship with another person, is that relationship

what you want it to be? Perhaps you are seeking a relationship. What about your relationships with your children, your parents and the people you work with? How much of your life involves other people and how often do you stop to think about your interactions with others?

I think it's wonderful and really quite amazing how modern technology allows people to be in contact with each other through social media sites on the Internet. However, are we perhaps losing something essentially human when much of our social interaction is anonymous? Is it as meaningful when we wish someone a happy birthday through Facebook rather than in person, or at least via a phone call?

And what about all the anonymous posts over the Internet? It used to be when you sent a letter to the editor of your local paper you had to reveal who you were and sign your real name. Now all online posts use a wide variety of pseudonyms.

Are we becoming less human when we hide behind fake names? On one hand we give great credence to knowing people by their names and remembering names, yet on the Internet, where most social interaction seems to happen, we use fake names and hide our real identity as individual human beings. If you have something to say, have the courage to stand behind it in person.

When we share with others, whether it be just spending time with someone or actually sharing earthly goods,

it is the caring and intent involved which makes us human. It is you as a unique individual giving something of yourself to others you care about.

When we stand and show ourselves as real people, those unique traits and characteristics which make us different from others can often be just what are needed to benefit a situation or strengthen a community. This applies to personal relationships and certainly to fulfilling our responsibilities in society.

Think about what unique ideas you can bring to a situation and then have the courage to reveal yourself and contribute. Care and share. Be human.

Animals mindlessly herd together for protection; human beings socialize with mindful intent. Are we today less human and more like schools of fish? Take a moment to ask yourself if you are living your own life or simply following others. Are you being human?

This morning I looked into the mirror and had a chat with the guy there. I try to do that every morning. When we make the time to think about our own actions we can make whatever adjustments and changes we want. In doing so we can enrich and enhance our own lives and the lives of those around us.

This day was granted to you. Make it the best you possibly can, for yourself and others. ■

For more information, contact Alfie Seidl by phone at 250-428-2750 or e-mail at a_netexecutive@hotmail.com.

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Creston Valley Agricultural Society lobbies for local industry

Story by: Trish Bartlett

What do you know about the agricultural industry in the Creston Valley? The Creston Valley Agricultural Society (CVAS) would like you to know more.

To start with, the CVAS is concerned with tackling environmental issues involving farmers as well as consumers' concerns with local food safety.

Over the years the society has provided many services, such as helping farmers navigate through the increasing number of rules, the Environmental Farm Plan program, representing the Creston Valley at agricultural meetings around the province and acting as an advisory group for the Agricultural Land Commission.

The society welcomes all people who are interested or involved with the science, art and business of cultivating soil, producing crops, raising livestock and farming.

"Basically we have representatives from the four major agricultural commodities: dairy, beef, fruit, and grain and field crops," says Randy Meyer, CVAS president. "Recently we've added a representative from the Food Action Coalition to represent small-scale interests like market gardeners and the farmers' market. The move to include them is partially to enlighten both sides – big- and small-scale – and to provide education both ways as to what's involved in the varying aspects of agriculture.

"At best there are only eight or nine of us on the committee. We are not a large group but we do get a diversity of opinion on issues since what affects cherry growers may not be understood by beef growers and vice versa. We will lobby for local farmers as necessary.

"We don't have the Ministry presence in the valley anymore, which makes things difficult when something comes up like the hay issue a few years ago and the BSE incident 10 years ago."

One of the mandates of the CVAS is to promote farming locally. The CVAS sponsors bursaries for local high school graduates, primarily for those planning to enter agricultural studies but also for children of local farmers or those otherwise connected to local farmers. In the past, the primary fund-raising event for the bursaries was the Farmers' Ball in November.

"Last year we didn't have a ball because there weren't enough people to organize it," Meyer says. "Instead we held an auction at the Fall Fair which raised the money for the bursaries."

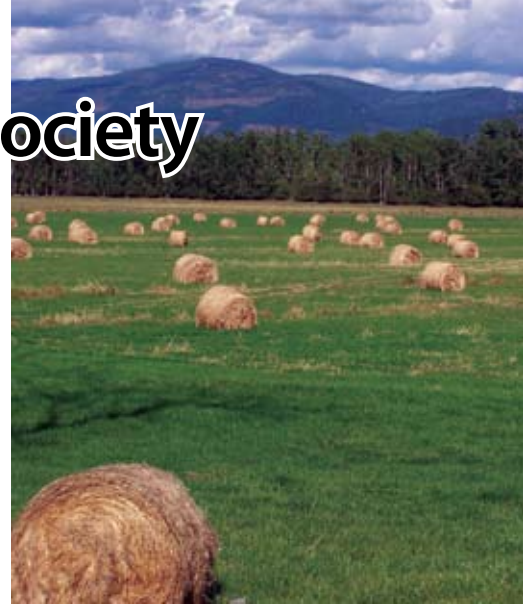
Why does the CVAS want a greater public presence?

"We want to be more visible, to make people more aware that agriculture is important," he says. "Educating the public has always been there but has not been done effectively. There are a lot of people (moving here) from out of the area and we need to enlighten them about the importance of agriculture to the valley."

To this end, the CVAS is planning to hold farm tours.

"The first agriculture tour is mainly for our local political people," he says. "We'll tour them around and show them the various farms and show them that agriculture is important to the valley economically."

Depending upon the response to that first one, farm tours may become a regular addition of things to do in the Creston Valley. Meyer also discussed



the possibility of having regular farming articles and columns published to keep the public more aware of what is happening here.

"So many people are too far removed from the agriculture industry," he says. "We are hoping to improve their knowledge of it."

Knowledge worth having – after all, we couldn't live without agriculture. ■

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For the birds!

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

As spring unfolds, new bird species arrive daily at the wetland. How do all these birds know that the wetland is “the place to be?” Do they share the secret or is it no secret at all?

I guess a 17,000-acre stretch of protected wetland and riparian area is something that is hard to miss as one soars above it.

Visitors from the Okanagan came into the Wildlife Centre blown away by the diversity of birds found here. They had planned to spend two days in Creston but were now on Day 5 with no end in sight. Each day they came into the centre to touch base with the naturalists and share what they had seen the day before, then headed out for another day of exploration.

Another gentleman who popped into the centre recently was on a birdwatching trek that started in Vancouver and was going to end in Grasslands National Park in Saskatchewan. He was wondering how this was going to be possible as he had already spent eight days in the Okanagan, had just arrived in Creston and it was looking like he was going to spend a lot of time here.

He came in one morning to show us photos of an osprey, barn swallow, goldeneye, coyote, warblers . . . He had been out since 5 a.m. and his pants were soaked and he was tired and cold, but he was exhilarated by how many different species of birds and wildlife he saw that morning. He had a camera the size of a bazooka



and showcased to the naturalist some of the wonderful photos he had taken that morning.

It is so nice to see people get excited about nature, birds and life in general. It's contagious, and just one of the many perks about working at the Creston Valley Wildlife Management Area.

You don't have to be a tourist to enjoy the wetland and wildlife. Please come out and explore the trails, climb the viewing towers, see the centre displays and meet all of the amazing summer naturalist staff. They are keen and interested to showcase to you the amazing variety and diversity of wildlife that use these wetlands.

In June we are offering a morning chorus walk with breakfast each Saturday. If you are a member it is free (what a deal!) and for non-members it is \$12. We encourage you to come out and join a naturalist for a leisurely walk in the wetland, viewing birds and wildlife in the early morning from 7 to 10 o'clock. Breakfast will be served on the deck afterward.

As I tell the school students when they come for our programs, just before we head out onto the trails, “Keep your eyes and ears open and you will be amazed at what you see and hear in the wetland.”

And what did the kindergarten student say the other day? “This is the best place ever! I am so coming back!” ■

If you have any questions, call us at (250) 402-6908 or e-mail us at askus@crestonwildlife.ca.

Kootenay author releases new book about adventurer

Submitted

B.C. author Keith G. Powell has released his second historical novel entitled *Raising Kain – The adventurous life of Conrad Kain, Canada’s greatest mountaineer.*

In 1909, 25-year-old Conrad Kain, from the tiny Austrian village of Nasswald, located in the heart of the Rax Mountains, boarded the Canadian Pacific Railway ship *Empress of Britain* en route to the Canadian Rockies. Never did he imagine the adventurous life that lay before him as the first official mountain guide of the newly formed Alpine Club of Canada (ACC).

“Kain has an enduring legacy in the Canadian Rockies”

This historical novel tells the story of Kain’s 25 years in Canada in a manner which reflects the overall spirit and experience of the early days of alpine adventure in the Rockies, from his arrival as a young man to his later years in and around Wilmer in the Columbia Valley.

With almost 70 first ascents or new routes on peaks throughout the Canadian Rockies and 59 ascents (29 first ascents) in New Zealand, Kain was recognized as “the prince of Canadian mountain guides” in what can only be called the golden age of mountaineering in this country.

Kain has an enduring legacy in the Canadian Rockies and is still fondly remembered for his mountaineering skills and colourful sense of humour.

“It is my hope that this book captures the rich heritage and legacy that

Conrad Kain left behind in his relatively short but extraordinary life in the Canadian Rockies,” says Powell, a lifelong resident of the Kootenays and publisher at Kooconusa Publications Inc. in Cranbrook.

He has a keen interest in local history and the lives of the many colourful characters who at one time or another called the Canadian Rockies home. He is the publisher of *Kootenay Business* magazine and a manager of one of the largest independent publishing companies in Western Canada.

Published through his own company, Wild Horse Creek Press, this is his second historical novel. He also penned *Living in the Shadow of Fisher Peak.* ■

Raising Kain is available at Black Bear Books and Kingfisher Quality Used Books in Creston.



Author Keith Powell at Kain Hut in the Bugaboos.





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Graduation Trivia and Facts

www.adviceopedia.com, www.jan-leasure.com

Graduation Ceremony

The graduation ceremony is a cultural tradition termed as a "rite of passage." It dates back to the 12th century when scholastic monks wore their ceremonial robes.

Gown

The cap and gown are traditional elements most commonly associated with graduation. In the 1300s, scholars and clerics at European universities would wear long robes to stay warm

in the largely unheated buildings. The practice became so common that, eventually, the robes and gowns were recognized as "official" attire.

Mortarboard Cap

The mortarboard cap is a structured headpiece with a flat top and fitted bottom. Its origins date back centuries to the time when clergymen would wear them as protective head coverings. As with the gown, the cap eventually became official graduation attire.

Tossing of the Cap

Tossing of the graduation hat is a tradition signaling the end of the ceremonies. The flight of the hat symbolizes the flight of the graduates to whatever that awaits them.

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From the staff at PCSS


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Fences make good neighbours, when your neighbours are grizzly bears

Story by:
Katia Plotnikoff

Although the spring season is coming to an end, work on the farm will continue for several months. Seedlings will soon sprout from the ground and fruits will grow from the trees to provide locals in the Creston Valley with an abundance of fresh food.

But, as we know, along with the arrival of the summer bounty come the visits from wild animals like deer, elk, birds and bears.

Our valley is rich in diversity of not only farms and orchards but also wildlife. Grizzly bears are known to live in the Selkirk and Purcell mountains that enclose our valley,

and they often come into the valley in the spring for fresh food sources like skunk cabbage, shoots and bulbs.

It is while they are on their travels foraging that some bears find food sources in places that can lead to trouble for them, as they are also attracted to non-naturally occurring food sources like livestock feed, chickens and bees.

So what is the best way to keep unwanted guests out of your property and out of trouble? The saying goes that “good fences make good neighbours,” and that is exactly what the Trans-Border Grizzly Bear Research Project is hoping to foster this summer.

The project is organized by an international group of biologists whose mission is to recover the threatened grizzly bear population in the South Selkirk and Purcell mountain ranges. The project focuses on improving grizzly bear populations by reducing human-caused mortality, increasing habitat conservation and improving “linkage zones.”

Michael Proctor, a grizzly biologist who lives in Kaslo, has been researching bears in the Creston area for several years. This summer, Proctor and some of his team members will be out in the community conducting surveys and sharing information about the 50-per-cent cost-share electric fencing program.

This program will be an excellent opportunity for farmers and home owners to safely reduce grizzly bear activity on and around their properties. Reducing accessible food

sources will minimize the potential for human/bear conflicts.

The best way to reduce human/bear conflicts is through prevention. If you have sightings or problems with grizzly bears in your area be sure to give the conservation office a call, as well as the RAPP line at 1-877-952-7277 (RAPP).

If you have any inquiries about the Trans-Border Grizzly Bear Research Project’s electric fencing program, contact Proctor at mproctor@netidea.com or Katia Plotnikoff at katiaplotnikoff_73@hotmail.com. ■

For more information about some of the research being done on grizzly bears in our valley visit the Trans-Border Web site at www.transbordergrizzlybearproject.ca, where you can find interesting facts and documents about the bears in our area.

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**“Grizzly bears are
known to live in the
Selkirk and Purcell
mountains that
enclose our valley”**



Grizzly bear biologist Michael Proctor with Bear Aware co-ordinator Logan Huscroft adjusting the fence for the electric fencing process.

The ride is the adventure

Story by: Creston Valley Motorcycle Association

Riders all over the world know that two wheels can move the soul while four wheels only move the body.

For those who have experienced the joy of riding, no explanation is necessary; for those who haven't, no explanation is possible.

The feeling of freedom, the smell of fresh air, the excitement and the feel of the pavement can be described as a kind of meditation where everything else in a rider's life ceases to matter.

As soon as the engine jumps to life a rider's mood instantly changes. His heart starts to beat much faster, anticipating the adventure ahead and the day seems to just melt away.

Maybe it's the cool look, the sound of the engine, the feeling of being grounded, the fashion, the style, the uniqueness, the culture or the friendships made along the way. These all contribute to the adventure.

Life may begin at 40 but it doesn't get too interesting until about 130 kilometres per hour. Only a rider knows why a dog sticks his head out of a car window.

The motorcycle world has grown to include men and women from all walks of life and social status who like to ride motorcycles no matter what brand. No longer is it acceptable to portray a rider in a negative light or as an outcast, as seen in many movies. Riders are just ordinary people.

Riders have the same concerns and passions and share the same needs as anyone else in the community.

The Creston Valley Motorcycle Association comprises riders and non-riders committed to charitable participation. The volunteers seldom get the notice or appreciation they deserve.

The riding community of Creston is nothing short of inspiring. Members are doing what they love: riding their motorcycles and at the same time making the world a better place.

The CVMA first became a non-profit organization 18 years ago. Since then it has raised money for local causes such as the Gleaners food bank, Creston Valley Hospital, Blue Lake children's camp, West Creston Hall and Centennial Park splash park, and also helps students reach their goals.

The first donation of \$500 – to the West Creston Hall for building maintenance, a major cleanup of the grounds and landscaping – continued over four years. Eventually a new hall was built.

Other donations of \$10,500 or smaller were made to Creston Valley Hospital. Five hundred dollars went toward building the children's splash park.

We thank you, the public, who made this all possible because of your personal donations, and donations from local businesses.

Other donations were made over the years to a society for battered women, the food bank, student exchanges and school bursaries.

Among the annual events held by the CVMA is the Toy Run in which riders purchase gifts for unknown children. Riders travel on a predetermined course and gifts are donated to local organizations for distribution.

The CVMA Toy Run will be held Sept. 15. The toys and money raised will put a smile on children's faces at Christmas when families receive their hampers.

A Halloween dance is held each year in October, at the Kokanee Inn in Creston. Donations allow the CVMA to purchase large amounts of canned and dry goods for the food bank at Christmas.

The 18th annual Creston Valley Thunder Run is set for Aug. 3-5 at the West Creston Millennium Hall.

There will be food and refreshments, a pig roast, rider games, a tattoo artist, clothing vendors (CVMA T-shirts) and a live band.

All riders in the community are invited to join in the games and test their riding skills.

"You meet the nicest people on a motorcycle, no matter where in the world you travel"

Even if you don't ride you can be a spectator and enjoy the activities.

The Poker Run is another annual event held during Thunder Run weekend. This year checkpoints will be at Kitchener, NewKey's Place, Sirdar Pub & Grill and the Kokanee Inn. ■

The CVMA invites all riders and non-riders in the Creston Valley to become a member. You don't have to own a motorcycle.

We meet the second Tuesday of each month. Phone or text Terry Booker at (250) 402-8469 or e-mail tbooker@shaw.ca for more information.



It was a disaster of truly epic proportions

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

No one saw it coming. No one was prepared for it and, once it started, there was no stopping it. The problem itself was tiny – almost microscopic, in fact – but its effects were colossal. Hundreds of people were left struggling for a livelihood and an entire industry was destroyed forever.

Locally, apples have, until relatively recently, been the hugely-dominant tree-fruit crop. Nevertheless, in the early years, cherries were also an important crop. Although they couldn't compete with apples for sheer volume, there were thousands of cherry trees in the Creston Valley and their produce represented a significant part of the income of local growers.

This is especially true of the orchard industry along the shores of Kootenay Lake. It was so important that a whole network of shipping and transportation facilities grew up around it.

Tom Lymbery, whose family has owned the Gray Creek Store for a century, says, "A daily 'cherry special' transport truck

would catch the 4:30 p.m. Nasookin (steamship) and, if everything went OK, they could have the fruit on the midnight passenger/express train out of Nelson and on sale in Lethbridge and Calgary almost the next day."

But it was not to last.

Little cherry disease, just as its name implies, is a disease of cherry trees that causes the fruit to be small and unflavourful – and therefore unsaleable. It was first detected in British Columbia in 1933 in a cherry orchard at Willow Point on the West Arm of Kootenay Lake. It spread rapidly from there and in less than 20 years had completely destroyed the cherry industry around the lake.

Little cherry disease is an imported disease. Though the first infected cherries were found at Willow Point, that may not be where the disease first landed in the region. Opinions vary – Nelson, Kaslo, Blaylock's mansion or Willow Point – but everyone I've talked to agrees on one thing: little cherry disease (which I'm going to abbreviate from here on as LCD) came

to Kootenay Lake via ornamental flowering cherry trees from Japan.

To quote again from Lymbery: "The 500-foot depth of the main lake means warmer winters, deeper snow, and since the lake often holds cloud above on cold nights, the lowest temperatures are warmer than even a mile or two from the lake."

These isolated environmental conditions allowed the ornamental cherry trees, and consequently LCD, to flourish.

But if the problem had been merely a few diseased ornamental trees, LCD could never have had the impact it did on the local cherry industry; it could have been eradicated simply by destroying the diseased trees. No, the real problem was much, much bigger, and two-fold.

First: what was causing the disease to spread from one tree to another, and how could that spread be prevented? Second: unless and until the spread of LCD was controlled, was there any way to save the cherry industry?

Chuck Truscott recalls working for Maurice Welsh, one of the researchers trying to identify the vector for LCD, the mechanism that allows the disease to spread. In the case of LCD, he told me, it was the apple mealybug, a tiny

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creature that, as an adult, is only three millimetres long.

One way of controlling it is through a parasitic wasp, which was introduced to B.C. in 1938 and which, by the late 1940s, had greatly reduced – though not eradicated – the spread of LCD. But by then the cherry industry along Kootenay Lake was in ruins and the one in Creston scarcely any better off.

In the meantime, researchers such as Dr. Jack Wilkes, the local district horticulturist, were working on an alternative: developing a variety of cherries that was resistant to LCD. Dr. Wilkes even took a trip to Japan to see if he could find an LCD-resistant variety.

Ian Currie tells me, “There were experimental plantings at Ray Dewar’s and Jack Hall’s places – cherry trees growing in screened-in buildings. They found a tree at Kootenay Bay, in the middle of an orchard, that didn’t have little cherry disease, while all the ones around it did.”

Lymbery adds that the orchard was Bill Fraser’s Ledlanet Ranch and that Dr. Wilkes found that almost every orchard along the lake had at least one tree that appeared to be resistant.

This was a very promising observation. If one tree was resistant it should have been possible to develop a variety of

cherries that would prove immune to the disease. The researchers certainly tried.

As Currie says, “They took cuttings and developed the Kootenay Bay Lambert. A lot of people planted them, including my dad. They had high hopes but nothing materialized.”

Spraying the mealybug-infested trees helped, and so did the parasitic wasps, but they couldn’t eliminate the problem. A few isolated trees were resistant but not nearly enough to sustain the industry.

A facility at Harrop put the smaller cherries into barrels of brine to make maraschinos but the market for them was lost to European competition after the Second World War. In the end there was no other solution except destroying all the diseased trees, which took decades to accomplish.

LCD-eradication efforts intensified in the early 1980s, with the Regional District of Central Kootenay enacting a bylaw in 1983 that enforced the removal of diseased trees. Finally, by the 1990s, LCD was well-controlled in the Creston Valley.

At about the same time, local apple growers were facing increasing competition from U.S. apple growers and the resulting drop in apple prices.

Cherry prices were substantially higher, making that crop considerably more attractive for local growers. These factors, combined with the control of LCD, helped cherries supplant apples as the dominant local tree-fruit crop, in Creston, at least – the cherry industry along Kootenay Lake never recovered.

According to the provincial Ministry of Agriculture Web site, a second LCD-causing virus was detected in B.C. in 1999. Let’s hope this one doesn’t have the same effect as the original. ■

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.



One of the District Horticulturists checking for Little Cherry Disease during pruning season.

What you should know about Feline Leukemia and Aids

Did you know? Feline Leukemia and Feline Aids are two of the most common infectious diseases associated with illness and death among cats. Both these diseases impair the immune system’s ability to fight infection.

Did you know? Feline Leukemia is transmitted through sneezing, licking, biting, and even from shared food and water dishes or litter boxes. If your cat goes outside, they are at risk.

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Home & Garden

Summer Lawn Care

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Watering Grass

Generally, your lawn needs about 3/4" to 1" of water each week to keep it's green color and steady growth.

Lawns naturally slow down their growth when the high summer temperatures become the norm. You should let them slow down during these times.

Some people will just let the lawn go into a dormant state during the hot weather. This means the lawn will look brown and unattractive for a time, but rest assured, when the cooler weather and rains return, so will your green grass.

If you decide to keep your lawn watered during drought conditions, it's important that you commit to a consistent watering schedule.

It's important to adjust your mowing height during the summer months. Raise those blades a little higher than normal, so that you're leaving at least 3 1/2 to 4 inches of the turf. Longer turf will protect the roots of the grass from the hot summer sun.

When To Mow

During the summer months, you'll want to mow less often. Probably every other week or as needed.

Cut during the cooler morning hours or in the evenings, to avoid the high heat and high stress to both the lawn and yourself.

Having your mower blades sharp is an important part of cutting grass properly. Dull blades tear the grass instead of making a nice clean cut. Tearing promotes browning after you mow, and leaves the grass more vulnerable to diseases and fungus.

Traffic Control

An important part of summer lawn care is managing the amount of traffic your lawn gets during times of heat stress.

It's a good idea to keep foot and vehicle traffic to a minimum when the lawn is struggling through the summer conditions.

Certain areas that do get worn down from higher than normal traffic will need a little help to recover. When you apply your summer fertilizer, give these areas a little extra. ■



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Home & Garden

Gardening Tips for Summer

www.helpfulgardener.com

Summer is a time of beauty and abundance in the garden. It's also a busy time for the gardener, full of chores that are necessary to care for and maintain the health of your plants. Listed below are some of the core tasks of the season to help you prioritize your workload.

Indoor garden

Early summer is the ideal time to plant containers, such as patio pots, window boxes, and hanging baskets. All threat of frost has surely passed along with the passing of spring, so you can safely put containers outside. Don't forget to feed container-bound plants as the summer progresses.

Dead-heading

This is also listed as a spring chore, but you should continue to dead-head flowers that have passed throughout the summer (this increases bloom time and strengthens the plant). Pay special attention to dead-heading flowers that self-seed once they have passed so that you maintain control over where they spread in your garden. If you want to propagate certain plants, you can save the flower heads for planting at a later date.

Pest Patrol

Keep a close watch over your garden for any sign of pests so that you can move quickly and take action before the problem spreads out of control. On roses especially, keep an eye out for aphids and mildew. This is also

a good time to reapply pepper wax or whatever you might be using to keep the deer, rabbits and other big pests away too.

Staking & Support

Put stakes and supports in place for tall, herbaceous plants, like peonies and delphiniums. This will prevent them from falling over or look messy as they grow taller and heavy with blooms with the progressing season. Likewise, as climbers display new growth, be sure to position them on a support system in order to maintain control over where they grow and prevent an untidy appearance.

Watering

Don't forget to keep up with your watering, especially as the very hot

weather sets in. If you don't water enough, roots will stay near the surface, making them even more prone to the heat. An inch of water a week is a good rule of thumb, so don't just spritz, water deeply to keep those roots digging deeper.

Plant Bulbs

Mid-summer is the time to plant bulbs that will bloom in the fall. Wait for late summer to plant bulbs that will bloom in the spring.

Prune Shrubs

Although many shrubs do not require pruning, some shrubs that flower in the spring and early summer, such as lilacs, will greatly benefit from pruning once they have finished flowering. This keeps them looking lovely season after season. ■

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Fourteen non-profit agencies land foundation grants

Story by: Peter Hepher

The Creston-Kootenay Foundation is a non-profit agency serving the area between Riondel and Yahk.

Being registered with the Canada Revenue Agency (CRA), it is authorized to accept donations of cash, securities, bequests and other forms of wealth and invest them for the long-term benefit of the community. It is also authorized to issue tax-deductible receipts for such donations.

However, it is required to distribute each year a percentage of the earnings on its investments to non-profit community service organizations that are also registered with the CRA.

Among the major beneficiaries in 2012 are the Creston and District Community Resource Centre Society for its Therapeutic Activation Program for Seniors (\$6,000), Creston Valley Food Action Coalition for its Harvest Share program (\$3,000) and Creston Valley Hospice Society for education

of bereavement supporters (\$2,000). Sizable grants are also going to the Boswell Memorial Hall Society and Boswell Emergency Volunteers for auto-electronic defibrillators (\$2,500 each) and the Creston and District Society for Community Living for its therapeutic riding program (\$1,248). Smaller amounts range from \$167 for the Creston Museum to \$1,000 for the Creston Valley Music Teachers Association to fund a scholarship. In some of those instances the grants come in whole or in part from funds whose general purpose has been designated by the donors or from organizations using the C-KF as an investment partner.

This year's grants bring to \$146,099 the total distributed by the foundation since it began making annual contributions to community organizations in 2005. The 2012 distribution is also the largest during that period, thus emphasizing the point that the more the C-KF has in its investment portfolio, the more it can do for the community now as well as in the years and decades to come.

In addition to its annual granting, the foundation is partnering with the College of the Rockies to present its second annual soiree June 2. Net proceeds from that event will go to the greenhouse project at the college's Creston campus.

The foundation is also working with private, community and regional donors on the purchase of a colonoscope for Creston Valley Hospital. When this fund-raising is complete the instrument will be purchased and placed in the hospital's operating room. It is anticipated the colonoscope will be available early this summer. ■

Further information about how the foundation works and how to help do its vital job for this area can be found at the Web site www.ckfoundation.com.

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Story by:
Shifu Neil Ripski

A family tradition

The Chinese martial arts I teach are based on a family tradition and thus, when we train, we are a martial family. This is so important to me and very different from the militaristic training and teaching methods you see in most martial arts schools.

When we come together to train we really do treat one another as family – brothers and sisters, uncles and aunts all working together for one goal. This takes the martial arts from a totally personal pursuit into a place where it becomes a lesson in compassion.

Older students help the younger ones to learn the movements and traditions of the school; younger students help to keep the school clean and tidy. The sifu (teacher) passes on everything he can to the students so that the family grows stronger as a whole and the family heirloom, the

martial art style itself, is kept in good working order and good hands.

The reality of training martial arts is the reality of placing ourselves in situations that are uncomfortable, both to our ego and our arrogance, so we have to grow and change to rise in the ranks. Rather than fighting fast and hard, working only to beat our opponents in class so we feel good

“A real martial family cares about each other and helps to correct each other”

about ourselves, we take the time to look at what we are doing wrong and realize that an open mind and heart let us see ourselves for who we are.

A real martial family cares about each other and helps to correct each other in order for everyone to find out more about themselves and their potential. By asking our gong fu brother how he has beaten us, he gets

to learn and see his skills and help another to gain them, not hoard the skills for himself.

By meeting members of our extended family (the sifu’s gong fu brothers) we feel a part of the real, living lineage and are able to see things through many different eyes and experiences. I am fortunate that two of my gong fu brothers, both high-level teachers in their own right, come to visit us in Creston and help my students learn and realize there is more to martial arts than kicking and punching.

Freeing ourselves from the ego and fear of violence through self-defence training removes violence and ego from having control over us. Living in fear is not a life at all and, indeed, living with a huge ego is equally damning.

Martial arts at Red Jade are about our family and its members becoming great citizens and great people. Trophies and accolades don’t even make the list. ■

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

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.

Summer Hours			Winter Hours		
Vessel Name	Balfour	Kootenay Bay	Vessel Name	Balfour	Kootenay Bay
Osgrey 2000	06:30 AM	07:10 AM	Osgrey 2000	06:30 AM	7:10 AM
Osgrey 2000	08:10 AM	09:00 AM	Osgrey 2000	08:10 AM	09:00 AM
Osgrey 2000	9:50 AM	10:40 AM	Osgrey 2000	9:50 AM	10:40 AM
M.V. Balfour	10:40 AM	11:30 AM	Osgrey 2000	11:30 AM	12:20 PM
Osgrey 2000	11:30 AM	12:20 PM	Osgrey 2000	01:10 PM	02:00 PM
M.V. Balfour	12:20 PM	01:10 PM	Osgrey 2000	02:50 PM	03:40 PM
Osgrey 2000	01:10 PM	02:00 PM	Osgrey 2000	04:30 PM	05:20 PM
M.V. Balfour	02:00 PM	02:50 PM	Osgrey 2000	06:10 PM	07:00 PM
Osgrey 2000	02:50 PM	03:40 PM	Osgrey 2000	07:50 PM	08:40 PM
M.V. Balfour	03:40 PM	04:30 PM	Osgrey 2000	09:40 PM	10:20 PM
Osgrey 2000	04:30 PM	05:20 PM			
M.V. Balfour	05:20 PM	06:10 PM			
Osgrey 2000	06:10 PM	07:00 PM			
Osgrey 2000	07:50 PM	08:40 PM			
Osgrey 2000	09:40 PM	10:20 PM			

**For specific date information please contact:
Schedule Information: 250-220-4215
General Inquiries: 250-220-9450 Fax: 250-220-9479
*Ferry Services on M.V. Osgrey 2000 Only**



The truth about sugar – Part 1

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

Many of us love satisfying our taste buds with the comforting, sweet taste of sugar. We all started with the sweet taste of lactose from breast milk and fell in love with the soothing quality sweet taste can generate.

know how to metabolize them without any stress. As whole foods, these sugars are necessary; our bodies need them as fuel.

The big problem started occurring when we decided to refine sugar, mainly cane and sugar beet sugar,

“Sugars in whole foods such as whole grains, fruits and vegetables are balanced with minerals necessary for proper assimilation”

Since then we've been introduced to many forms of sugar, from monosaccharides like glucose and fructose to starches, glucans, sugar alcohols and the famous disaccharides in the form of lactose and sucrose, just to name a few. All these sugars are forms of carbohydrates coming from plants.

Sugars in whole foods such as whole grains, fruits and vegetables are balanced with minerals necessary for proper assimilation. Our bodies

stripping it of the natural minerals necessary for proper metabolism and adding this unnatural form to all our packaged and fast food.

When sugar is refined and concentrated the natural balance is upset. It passes through way too quickly, giving shock to our stomach, pancreas and adrenal glands.

Acidic conditions are formed which rob the body of vitamins and minerals, such as calcium from



our bones. The digestive system is weakened as food cannot be assimilated properly, which leads to blood sugar imbalance and further cravings for sugar.

Most concerning are the hidden sugars in most packaged foods and simple carbohydrates such as breads or anything with refined flour. Refined flour is a simple carbohydrate which, like sugar, has been robbed of all the minerals necessary for proper assimilation. This results in increased glucose levels in the blood, which leads to improper insulin function.

Elevated sugar levels are also responsible for tooth decay, obesity, adrenal stress, thyroid and pituitary disorders, kidney disease, psychological and emotional problems such as PMS and anxiety, pancreatitis, immune suppression, Candida albicans, increased blood pressure, male impotence, heart disease, cancer, tissue acidity and vitamin and mineral deficiencies. What concerns me most is what I personally see in my practice at increasing rates: hypoglycemia and Type 2 diabetes.

Diabetes results when the hormone insulin, produced in the pancreas, is not in high enough quantity or does not respond properly, causing hyperglycemia (too much sugar in the blood). Hypoglycemia is when there is not enough blood sugar due to overproduction of insulin.



Many of my clients had hypoglycemia before they developed Type 2 diabetes. In fact, over 40 per cent of North Americans suffer

2 diabetes used to be called adult onset diabetes as it only happened to adults after years of stressing the pancreas gland. These days young

start eating whole foods like nature intended in the first place.

Stay tuned for Part 2 of The truth about sugar in a future edition of I Love Creston, when I'll go deeper into hidden sugars, fake sugars, reading labels and healthy ways to satisfy your sweet tooth. ■

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

“When sugar is refined and concentrated the natural balance is upset”

from hypoglycemia and don't even know it, and more than 5.2 million Americans may have Type 2 diabetes without knowing it.

Another concerning fact is that Type

children are getting diagnosed with Type 2 diabetes at increasing rates.

It would be wonderful for everyone to finally realize the severity of this issue, give up the refined foods and

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Creston Valley RIPENING DATES

<p>Berry Season</p> <p>Strawberries June 10 to July 10 Raspberries July 1 to 31 Blackberries July 10 to Aug. 10 Blueberries July 25 to Aug. 20</p> <p>Fruit Season</p> <p>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</p>	<p>Vegetable Season</p> <p>Asparagus May 1 to June 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 Corn Aug. 10 to Sept. 25 Squash Aug. 15 onwards</p> <p><i>*Please note all dates are approximate depending on the weather.</i></p>
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Out & About

Submitted by: www.crestonevents.ca

June 2, 9, 16, 23 & 30

Creston Valley Farmers Market

The Creston Valley Farmers Market is a place to buy and sell locally produced, farm fresh goods. With a wide array of vendors and a lovely parkside location, the Farmers Market is sure to impress whether you're a returning local or just passing through.

Location: Millennium Park

Contact: Jen Comer

Phone: 250-977-5362

www.crestonvalleyfarmersmarket.ca

June 2

CDCC Just "Tri" It Triathlon

One transition area located on the north side of the CDCC building. Participants keep their equipment all in one place to return to for each transition. The 500m swim is in the CDCC Lap Pool. The "out & back" 13km bike will take you to the viewpoint on Hwy 3A towards Wynndel via Hillside Street. The run course will be 2 laps of a 2.5km route around the neighbourhood of the CDCC.

Location: CDCC

Contact: Tia Wayling

Phone: 250-428-7127

www.rdck.bc.ca/creston

June 2

Creston Relay For Life

A full day of family fun! Entertainment, food, kids activities, celebration and remembering of those fighting and those lost to Cancer.

Location: CDCC

Contact: Betty- Ann Price

Phone: 250-489-8695

www.relaybc.ca

June 2

56 Annual Cerimonial Review

1746 44 Engineer Squadron Cadets will be holding their 56th Annual Cerimonial Review. Public is invited to attend and see what the cadets have been up to this past season.

Location: Lower Kootenay Band Complex - 3pm

Contact: Capt. Brad Chisholm

Phone: 250-428-1846

www.crestonarmycadets.ca

June 10

Therapeutic Riding Horse Show

Watch our riders demonstrate the skills learned this spring session. A potluck barbecue lunch between 12 and 1pm.

Location: 849 Erickson Rd

9am to 3pm

Contact: Michelle Whiteaway

Phone: 250-402-6793

<http://cdscl.com/trp.htm>

June 10

Therapeutic Riding Program - Fundraising Tack Sale

Halters, lead ropes, saddle pads, saddles, odds and ends, find it all at the fundraising tack sale. Lots of good deals for a good cause!

Location: 849 Erickson Rd

Starting at 9am

Contact: Michelle Whiteaway

Phone: 250-402-6793



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