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i love creston

5 Have food, will travel

Creston woman catering to the niche market of "foodies" who travel the globe in search of authentic culinary experiences.

The Magazine

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Letters to the Editor

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Guest From the editor

Food-related items are on the menu in this May edition of I Love Creston magazine.

For starters, try the piece about Herb Day 2012 set for the 12th of this month at the College of the Rockies. Creston's Greenheart Herbal Society is organizing the first local version of an event launched in 2006 by a coalition of five non-profit groups in the United States.

The coalition's aim is to bring "key industry members together with the entire herbal community to deliver a cohesive, honest and positive message about herbs and herbalism to the entire nation." In Creston that translates into workshops, sales and demonstrations related to herbs, plus a tea room where connoisseurs can trade tales about their favourite plants.

More details about the day and the Greenheart society are available at www.greenheartherbalsociety.org.

The 71st annual Blossom Festival, May 18-21, promises no shortage of edible delights, including no less than three pancake breakfasts, according to organizers. Saturday's events include the Lions Club street fair on 11th Avenue (from 9 a.m. to 3 p.m.), where vendors selling treats are always prominent, the parade that starts downtown at 11 a.m. (a highlight of which is always the scramble for candy) and a new beer and food event at the Creston Recreational Centre (7 to 8:30 p.m.) sponsored by the Creston and District Chamber of Commerce, Columbia Brewery and Extra Foods.

Sunday brings the Lions Club chili cook-off on Canyon Street (11 a.m.

to 3 p.m.) followed the next day by the same service organization's children's parade and picnic, which starts on Canyon Street at 11 a.m. and winds up with traditional hot and cold "eats" at Centennial Park.

Lest our appetites get the better of us and we over-indulge, first partake of a contribution in these pages by chiropractor Jesse Moreton, who espouses an "80-per-cent rule" as a means of enjoying a variety of foods while monitoring one's weight. He serves up some simple tips that may not solve a complex problem but could go a long way toward addressing it in a healthy fashion.

(As an aside, Moreton endorses breakfast as "the most important meal of the day" – see reference to Blossom Festival pancakes above.)

Too much food wasn't an issue back in the dirty '30s, but getting a decent return on one's investment was certainly an issue for Creston Valley farmers during the Great Depression, the local impact of which is explored in a special Creston Museum exhibit set to open May 12.

In a story about the display, entitled "Getting By . . . and Coming Through," museum manager Tammy Hardwick touches on the paradox of a harvest so bountiful that produce was being given away to the needy, at the expense of the growers themselves who couldn't sell the stuff for enough cash to make their own ends meet.

The best of both worlds – fresh, local fruits and vegetables for public consumption whose sales actually support the people who grow them – is what the Creston Valley Farmers' Market is all about, and it's featured in this issue as well.

The first market of the season is May 5 (8 a.m. to noon) on Cook Street behind the chamber of

commerce building, before moving on subsequent Saturdays to the customary Millennium Park site. Organizers promise "everything from local bedding plants and seeds to start your gardens, fresh baking, local meat, cheese and honey."

The main course of the May edition of I Love Creston is a feature on chef JoAnne Schultz, a local "foodie" who is stirring the pot with a new business venture. The Great Canadian Cooking School, introduced to Crestonians with mobile kitchen demonstrations at the farmers' market last fall, swings open its home-based doors to the valley, and the world of culinary tourists beyond, in June.

An introductory 50-per-cent discount for Schultz's Friday cooking classes and Saturday walking tours is available to I Love Creston readers who book online using the code LOCALFUN.

Schultz has always sought to blend her culinary skills with her heart for youth work, and toward that end plans "to run a Future Chef competition in Creston for those youth who feel they shine and have exceptional skills with food, or want to have," she says, noting that "not everyone is good at basketball.

"For years I have worked with youth and families and have come to believe that it only takes one person believing in you to change your life. Chef Reg Hendrickson is the person who saw me, believed in me and challenged me. His intervention while I was in high school was life-changing and set me on the path of doing youth and family work for 20 years."

Learn more in the pages to follow. Bon appetit! ■

Sizzling

with Chef Jo-Anne



If the way to a traveller's heart is through his stomach, then Jo-Anne Schultz can expect tourists to beat a path to the door of her Creston bungalow when the Great Canadian Cooking School opens next month.

Crisply outfitted in a dazzling white chef's blazer and carrying on a commentary while slicing, dicing, sautéing and flambéing, Schultz looks and sounds the part of the professional culinary artist that she is. She already passed the taste test last fall when 150 samples a week were distributed during a trial run at the Creston Valley Farmers' Market and Creston Valley Fall Fair.

*Food adventures
on the menu at
Great Canadian
Cooking School*



Borscht a summertime favourite.

The feedback provided ample evidence that she was on track with self-designed recipes built around fresh, local ingredients.

Though Crestonians are more than welcome at the school, Schultz's primary market is national and even international in scope, and despite the reference to "cooking school" in the name, her business is not about teaching novices how to negotiate their way around a kitchen.

"An authentic food adventure for curious travellers – that's my tag line," says Schultz, eyeing a client base that is well-established on other continents but "just starting to blossom in Canada."

"Culinary tourism is a trend and a movement that is serving, over the last 10 years, the explosion of foodies, food travellers, people that basically will travel the globe for food."

It can include regional day-trippers but more commonly seasonal travellers with an appreciation for, and interest in learning about, ethnic cuisine.

"People will travel all the way to Italy to taste food from Tuscany," she says, citing one example. "This targets those

people and gives them an opportunity to learn of the cuisine of our area.

"In Creston we have a unique ecosystem. We have a diverse landscape and cultures, a diverse network of people that we're exposed to. Bringing those together in a cooking school . . . is a food adventure."

One of her first challenges was defining what constitutes a distinctly Canadian dish.

"Our cuisine is something of an enigma," Schultz says. "If you say, 'What is our cuisine?' people don't really know. We know how to make Kraft Dinner, lasagna and cook salmon and bannock. We know how to make perogies and all this broad range of things, so I had a look at our history and this is what it is: it's the taste and flavours that came from our European forefathers blended together with the First Nations aboriginal tastes and flavours, and that has become the cuisine of Canada. It's one of the first fusion cuisines."

Schultz patterned the Great Canadian Cooking School after a business run by friends in Mexico's Yucatan state. She's also duplicating the model in St. Lucia, a Caribbean island frequently visited by Schultz and her husband Chuck.

The inspiration, however, was provided by Juan Loya, an acquaintance in Puerto Morelos, Mexico, whom she helped start a street vendor fish fry stand three years ago.

"He sparked my love and passion for food again," says Schultz, speaking in awe of "a poor man touching food like it's precious and valuable and important and to be treated with high regard. I contrasted working side by side with him preparing food to how, through the years, raising my family, I had literally been slapping food around, putting out three meals a day, kind of resenting it, thinking, 'Man, I don't really like cooking that much.'

"Culinary tourism is a trend and a movement that is serving the explosion of foodies"



Chuck enjoying some locally grown strawberries.

“But I knew that I loved cooking. I’ve been doing it since I was 16. To see the way Juan touched the food and prepared it and tasted it and presented it, that was the start of supporting him as well as bringing it back to myself.”

Schultz credits food with turning around her turbulent life as a teen growing up in Calgary. Chef Reg Hendrickson ran a cooking class during Schultz’s senior high school years and provided much-needed direction in what were tumultuous times.

“He came to me and said, ‘Jo-Anne, I see so much potential in you,’ and he actually had a little tear in his eye,” she says. “I was quite moved. I’d had some trouble in my family and I was looking for trouble, and he recognized that and said, ‘I don’t know what I’m going to do with you. I can see you are doing all these (negative) things and I’m at the point where I’m ready to kick you out.’”

“It wasn’t so much getting kicked out that bothered me. It was that he cared, and I could see it. This guy changed my life. I snapped right out of it, focused on what I was doing and got an outstanding student award.”

Schultz went on to complete a commercial cooking program at the Southern Alberta Institute of Technology, learning how to cook, butcher and bake, but found her “heart was drawn toward helping young people.” Toward that end she obtained various certificates in psychology, addictions counselling, teacher assistant, human service and family support work.

Youth work converged with her culinary training after she and Chuck, whom she married at 22, relocated to Kelowna. She spent five years running a meals pilot project for an 18-school district and also fed hundreds of teens during low-income house-building expeditions to Mexico through the Young Life ministry.

“I’ve used my cooking throughout the years for different things mixed together with humanitarian kind of things,” says Schultz, who moved to Creston seven years ago when Chuck went into partnership with a brother in Figs Plumbing and Gasfitting. Since then she’s worked casually for the school district, Interior Health and Ministry of Children and Family Development, though now “that’s all sideline stuff. The cooking school is what I’m passionate about.”

The format is simple: four-hour demonstrations on Fridays in the cooking studio she and Chuck created inside their home, and two-hour, Saturday morning walking tours of the farmers’ market near Millennium Park, culminating in lunch at A Break in Time Caff . They can be booked online independently or as a package, with room for up to 10 customers at a time. Schultz will expand to other days of the week according to demand.

She’s marketing the school through the Kootenay Rockies Tourism guide, HelloBC, International Selkirk Loop and her own Web site. Networking occurs through memberships in the International Association of Culinary Professionals and International Culinary Tourism Association.

“I’ve used my cooking throughout the years for different things”



Learning the local cuisine by cooking side by side with locals like Merrella.

Informal local partnerships begin with the Creston Valley Food Action Coalition, which runs the farmers' market and retains her as an advisor. Creston Valley producers such as the Alpine Cheese Company, Skimmerhorn and Baillie-Grohman wineries, Sutcliffe Farms and Famous Fritz Meats and Deli are also on board.

"Everyone is so supportive," Schultz says. "I had two local hunters offer meat to me."

Buffalo minestrone soup, featuring fresh meat from Famous Fritz and pinot noir from Baillie-Grohman, marinated summer squash salad replete with valley-grown vegetables, a layered zucchini-tomato pesto made with Alpine Cheese Company's mountain grana and cedar-plank smoked salmon corn chowder, containing corn, carrots and onions from Sutcliffe Farms, are among her signature recipes.

"I'll use seasonal ingredients," she says. "Whatever is fresh, coming off the farms, that's what I'll showcase.

"I do lots of trials and testing, trying to make the things that are most delicious. There's no sense putting it out if it's not delicious."

She'll also cook bannock in a fire pit on a backyard deck off the kitchen, which was remodelled to accommodate two rows of class members facing the food preparation area.

Though not partnering with the local Ktunaxa people at this point, Schultz still considers any First Nations tie-in authentic given her own background; she recently learned that the mother of one of her grandfathers was aboriginal.

"It gives me permission to venture into that," she says. "I would be very careful not to presume that I might know how to smoke salmon as a white woman. Now this gives me permission because that's my heritage too."

Desserts include huckleberry kuchen, lava cake oozing with melted chocolate at its core and another dish perfected at night, before a high-end crowd under palm trees on a beach in St. Lucia.

"I did a flambé with this 160-proof coconut rum. Those flames were shooting five feet into the air," Schultz says. "One of the guys that was there said, 'This is the best dessert I've ever had.'"

He turned out to be the food and beverage manager for one of the finest restaurants on the island.

"That's the kind of endorsement I want to get," quips Schultz, who spent the early spring in the Caribbean laying the groundwork for her Little Lucian Cooking School, which will run November through May in a rented space high on a lush mountainside within sight of the ocean. She'll serve as the hostess while partnering with nationals intimately familiar with local cuisine.

St. Lucia may be comparatively crawling with tourists, but Schultz hopes to promote her home town as a destination in its own right through the June-September program here.

"I do lots of trials and testing, trying to make the things that are most delicious"

“My hope with the four-hour cooking school is that people will choose to stay longer in Creston, extend their stay if they’re just passing through, spend some time going through the wineries and the Alpine Cheese Company and visiting the museum and some of our other sites – stay that extra day with the intention of attending the farmer’s market,” she says.

“The people of Creston are not my target market but if there are foodies here and they want to come to the cooking school and do the tour and go for lunch, fantastic. But my target market is outside people who are curious about our region and what our food looks like and tastes like.”

Schultz will employ an assistant during the demonstrations, which will end with everyone sharing the meal in her revamped living room.

“We’ll work side by side,” she says. “I’ll be the hostess and do lots of the talking and together we’ll do the preparing, and she’ll keep on preparing for the volume that we’ll need to serve the lunch. There will be another person who will clean up.”

Sometimes that might even be Chuck, who’s not quite a “foodie” but did customize a trailer with a barbecue, chef’s counter and wheeled platform that Schultz used for her on-site demos last fall, and he’s willing to play an ongoing role in the venture.

“He likes eating, and he actually will clean up after me, which is great,” says Schultz, who developed her business around the premise that “food breaks all the barriers. Everybody likes to talk about food and everybody likes to eat food, so I’ve just been enjoying having open conversations with people from around the world.” ■



A day of sailing near the world heritage site Pitons, St. Lucia.



Catching the mango boat for fresh fruit.

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.

Did you know? Feline Aids is carried in the blood and transmitted through bite wounds inflicted during fights especially for male cats. Even neutered or spayed cats that venture outside could be bitten by an aggressive feline.

Cats may show symptoms such as unexplained weight loss, recurring infections, skin disorders, swollen glands, anaemia, respiratory and reproductive problems, mouth sores or gum problems. Once infected, the suppressed immune system may allow a variety of secondary diseases to take hold. **Many cats may be symptom free for many years, but still pose a threat to other cats, as they are carriers of the infection.**

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From the Mayor's desk

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

The next project – our waste water treatment plant upgrade

All municipalities depend upon a sound and well-planned infrastructure, which includes our quality and quantity of drinking water, proper disposal of waste water,

proper disposal of solid waste and proper road systems.

We are about to do a major upgrade of our waste water treatment or sewage plant.

In 2009, the Town of Creston was successful in securing two federal/provincial grants for \$4.8 million toward upgrading the plant, which is located just west of Highway 21 at Canyon Street.

In August 2010 two tenders were received, and because they were over the budget amount of \$7.2 million a decision was made not to proceed at that time and the project was put on hold.

In August 2011, a new pre-design study report was presented to council that recommended a new business model to meet our long-term objectives within our budget. It is important to know that the Town of Creston partners with the Columbia Brewery with some portions of the plant, as its specific discharges require different treatments. Town staff were comfortable that the new business model would meet our objectives and a new design build method was approved.

In December, a new request for expressions of interest was released and seven groups submitted proposals, which were short-listed to three. In March, after technical reviews by staff, a decision was made and presented to town council that the design build be awarded to Maple Reinders and Urban Systems Limited. (Both of these are large, national firms. MR has a Kelowna branch and Urban has a Nelson branch.)

Project construction should commence in June, with completion by mid-2013. It is anticipated that the \$6-million project will have a favourable trickle-down effect for local businesses. ■

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

Creston Valley Business Buzz



Brandy Dyer
- Owner of
Creative Fix

Brandy Dyer, owner of Imagine Ink is expanding

her horizons and opening up a secondary business under the same roof in early May.

The name of her new endeavour is Creative Fix and what exactly does that stand for? Well, it's going to be a place where you can get your shopping fix, your art class fix, or your coffee fix. Brandy was already teaching art classes for kids and will continue to do so, but now the

parents can stick around, enjoy a great coffee and relax outside on the new patio while waiting for their kids. Or, while customers wait for their photocopies at Imagine Ink they can grab an organic tea, a gluten free treat, and browse around for all sorts of cool stuff including funky art, women's handbags, jewelry, beautiful baby gifts, unique kids' stuff, and totally contemporary home decor.

Brandy's ultimate goal is to create a great space to hang out, meet friends, shop around, drink amazing coffee, and be surrounded by creativity. It's difficult to explain in 150 words - you'll have to come check it out for yourself!

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Let's be honest

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

Say what you mean and mean what you say – thoughts on living a richer life and creating a better world

Hello, and thank you for taking a few moments to read this article and maybe share it with your friends.

We humans are indeed interesting and truly amazing. One trait which makes us uniquely human is our ability to communicate effectively using verbal language.

But just a moment. Let me qualify one word: “effectively.” Certainly, we can exchange information quickly and reach almost anyone anywhere, but is that effective communication?

I recently read it is now possible to make a phone call and send text (with pictures) from the top of Mount Everest. It's also not news to anyone that phone calls to and from the space station are common. Through the wonders of cyberspace we can now instantly get live coverage of almost any event taking place anywhere in the world.

Personally, I think all of this is positively wonderful. I just wonder why the most-cited reason for divorce involves a “failure to communicate.”

It isn't just couples and families that have communication problems. Unfortunately, too many politicians and senior officials regularly skirt around a direct question with great verbiage and really say nothing relevant or meaningful, let alone answer the question.

Also, it strikes me as perhaps a bit dangerous that now, with the anonymity of social networks and the Internet in general, anyone can say anything and there seems to be no accountability, and little understanding of what is being conveyed.

What started out millions of years ago as grunts and groans seems to have come full circle in some ways. Have you read something like this recently: “Wat do u thnk bout da way peeps uz werds 2day?” Or how often do you hear this: “It's like I mean like, you know, like!” Then there is the classic, “Well, you know . . .”

I wonder what good comes from being able to transmit messages quickly when there is no effective communication. Do smiley faces and symbols really accurately convey our thoughts?

Is the apparent acceptance of more profanity in everyday language effective communication? This is almost like the comedian who really enjoyed telling his jokes. Problem was, he couldn't find an audience who enjoyed hearing them.

Have you ever wondered why flying is the safest way to travel? I was trained as an air traffic controller and can tell

you that when two loaded passenger jets are flying toward each other at over 800 kilometres per hour, you want to be very certain that every single word is very clearly understood.

Is good, effective word use not just as important in everyday conversation? If the words we are sharing amongst one another in our day-to-day lives are not honest, true and clearly understood, are we losing that amazing human trait of linguistic communication? Perhaps this is something to think about before speaking again.

This morning I had a little chat with myself. I try to do that every morning. When we make the time to think about our own actions we can adjust our behavior. In doing so we 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, Alfie Seidl can be reached by phone at 250-428-2750 or e-mail at a_netexecutive@hotmail.com.

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Cultivating Creston

Story by: Trish Bartlett

The Town of Creston is creating a vision of the future and needs your help. An Integrated Community Sustainability Plan (ICSP) called Cultivating Creston is in its first stage.

“I’ve been studying and researching community sustainability for several years,” says Ross Beddoes, the municipal services co-ordinator for the town. “Having an ICSP is the basic requirement for a number of future grant applications. This particular grant program (for developing an ICSP) is offered to small communities (of) 10,000 people or under.”

Once in place, the ICSP will serve as a guideline for all future policies



and decision making for the Town of Creston, local businesses, organizations and community partners, including charities and service clubs. It will also serve as the basis to develop a new Official Community Plan (OCP) required by the provincial government every five years.

“Cultivating Creston is the vision for the future and will serve as a segue into the OCP which will implement the plan,” explains Beddoes.

At present, the ICSP is being developed by a Community Sustainability Action Team (CSAT) made up of diverse group of community members, including town councillors, town staff, representatives from the Creston and District Chamber of Commerce, Rotary, Creston Valley Food

Action Coalition, housing society, museum and historical society, Lower Kootenay Band, senior and youth population and the physician recruitment co-ordinator.

“We have a really great cross-section representing the community for the project,” Beddoes says.

But that’s not all. The CSAT also wants input from everyone else in town.

Public forums for input have already been held in late April and more will be held in June. Meanwhile, CSAT is requesting public input through the Web site www.creston.ca. The more input the people of Creston provide, the greater the likelihood of the development and successful implementation of a long-range community sustainability plan.

The Discovery Team

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Sara Millar



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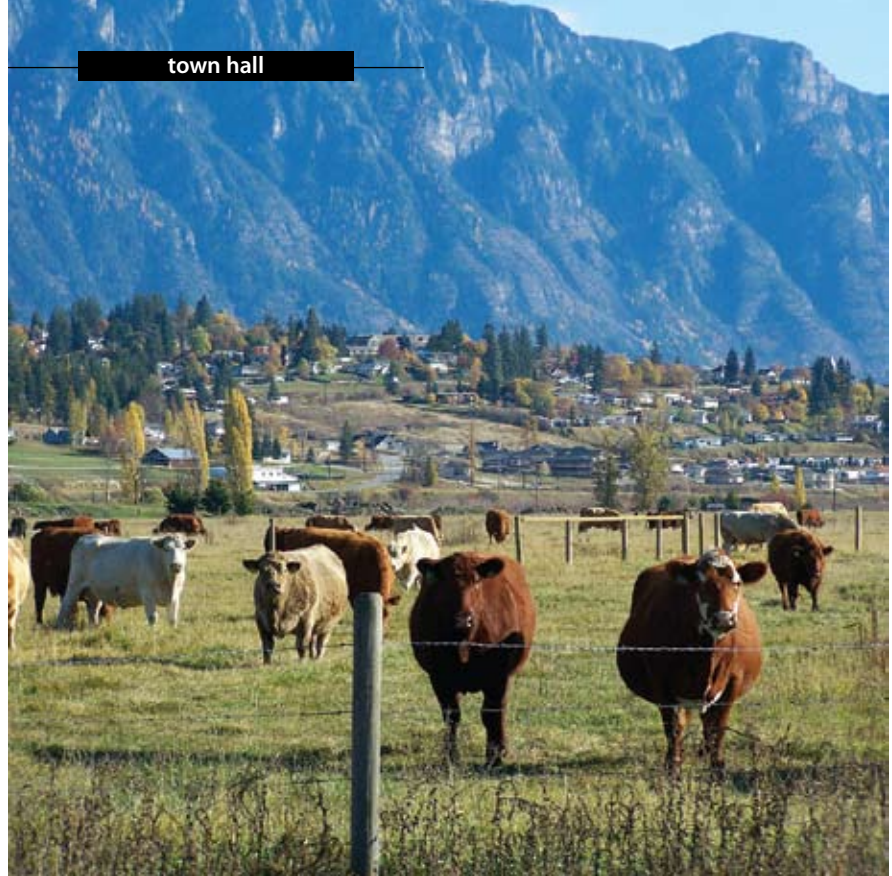
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The CSAT is looking for input in the following areas: arts; culture and heritage; future buildings; health care; local economy and employment; energy, resources and waste management; food and agriculture; land use; recreation; education; and, local transportation for all citizens.

“It is the lens to look at all future community decisions”

If there are any other areas you think may have an impact on Creston’s future, please let your voice be known. Smaller focus groups are being chosen and if you have a passion for Creston and would like to participate, contact Beddoes at 428-2214 extension 233 and let him know.

If you are unable to join a focus group but do have suggestions, check out www.creston.ca and send your ideas online. Participate in the public forums. Notification of future events will be on the



Cultivating Creston Web site and will be publicized in the local paper.

Request to join the e-mail list by e-mailing cultivatingcreston@creston.ca. Follow Cultivating Creston on Facebook and Twitter.

“ICSP policy is becoming a recommended best practice for small communities,” Beddoes says.

“It is the lens to look at all future community decisions in areas of public works, administration and development.

“By September we hope to have a draft on the Web site for public review. We want to have the plan finalized in mid to late October.”

Let your voice be heard. ■

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Meet you at the market in May!

Story by: Tamara Movold & Jen Comer

The Creston Valley Farmers' Market season is here! We know we're not alone in wondering where the months have been going. But here it is, and all of us with the market are excited about opening day May 5 from 8 a.m. to noon.

We'll kick off the market at our midweek location on Cook Street, just below the Creston Valley Chamber of Commerce. (The carnival that's in town that weekend uses the regular space at Millennium Park, where you will find us every Saturday after that until the end of September.)

If you are a new or returning market vendor, application forms can be printed off our Web site or found outside the door of our office in the chamber of commerce

Visitor Centre. Please submit your registration forms as soon as possible, especially those vendors who are planning to offer edibles. We are excited to see our long-standing vendors return and have many new faces coming forward.

“We’ve teamed up with local producers, retailers and restaurateurs”

As much as sometimes we wish it would, the market does not run itself. The Creston Valley Food Action Coalition is the society that makes the market tick, along with hard-working and capable front-woman Jen Comer over the past two seasons. The coalition “works to promote

the access to and consumption of locally-grown foods to strengthen our community’s economic, environmental, social and physical well-being.”

There have been quite a few changes to the coalition this year. This spring heralds the launch of our new Membership Incentives program. Supporters of the coalition who purchase a membership will receive more bang for their buck.

We’ve teamed up with local producers, retailers and restaurateurs to provide some awesome deals and discounts at your favourite shops. Some businesses include the Real Food Cafe, Kootenay Alpine Cheese and Famous Fritz Meats and Deli. We’re so happy we can give something back to our supporters and working with these businesses has just been fantastic.

These yearly memberships are available for sale at the market itself or at our office for \$25. Market vendors are encouraged to combine it with their annual market membership in order to receive a bit of a discount. Of course, all this information is located on the coalition's Web site (www.CrestonFoodAction.ca), or if you have any questions don't hesitate to contact us.

Thanks to the College of the Rockies and its School Works grant we were able to hire Tamara Movold as our student assistant for the past three months. She has been working with Comer and the coalition in gathering the Farm Fresh Guide data, developing the Membership Incentives and generally being an extra pair of needed hands.

We are thrilled that Movold will be staying on board for the remainder

of the year. She will be managing the market as of June, when Comer takes the rest of the season off on maternity leave.

This year is already promising to be wonderful, from our new Farm Fresh Guide to our successful Speaker's Series meetings and our membership package. As the weather turns warmer most of our thoughts are turning to spending time outdoors, basking in the sun, working on flower beds or lounging by the river. What's a better way to spend a beautiful Saturday morning than down at the market? See you there!

2012 Market Dates

Millennium Park: Saturdays from May to September, 8 a.m. to noon (exceptions: May 5 at Cook Street, 8 a.m. to noon and May 19 at Millennium Park, noon to 4 p.m.).



Morris Flowers Garden Centre: Saturdays from October to Dec. 22, 10 a.m. to 2 p.m. ■

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

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- Grain & Foliage • Sunflowers • Fruit • Vegetables • Baking • Photography • Quilts
- Needlework • Home Preserves • Arts & Crafts • 4H Demos • Local Entertainers

Don't forget to pick up your Fall Fair Guide!
Available in May at the Creston Valley Chamber of Commerce.

Locally Grown, Locally Produced! www.crestonvalleyfallfair.com

Pianists lend a hand for PCSS instrument purchase

Story by: Audrey Johnson

If you love live piano playing you won't want to miss an exciting piano concert called Two Pianos Many Hands, presented by some of Creston's most-talented piano students May 24.

This concert will support the purchase of a new piano needed for the band room at Prince Charles Secondary School, with a portion of the proceeds targeted for that goal. It promises to be a fun and lively evening, with great music, door prizes and even a 50/50 draw. You could come out for a great evening of piano playing and go home a winner.

The piano studio of local teacher Audrey Johnson is working hard to present a great variety of audience-pleasing selections during the 7 p.m. concert at Prince Charles Theatre. You will hear familiar tunes like Mozart's Eine Kleine Nachtmusik and Handel's Arrival of the Queen

of Sheba. And you will also hear a suite of dances called How We Danced, including fun works like Jitterbug and Classic Rock.

The senior students have a lively and rhythmic piece called Perpetual Commotion to get the toes tapping. The arrangement is fun to watch and hear, and even more fun to play.

This is a great opportunity to hear the advanced piano students of our town. Danielle Sonntag will be home from music studies at the University of B.C. and will play several numbers with fellow pianists Stephanie Tilling, Teandra Ostendorf, Leah Galius and Dempsey McKenna.

In all, there will be 14 young artists ranging in age from 10 to 21 presenting familiar tunes like Beauty and the Beast and themes from Romeo and Juliet. The music will be audience-friendly and very lively, suitable for all ages.



"This is a great opportunity to hear the advanced piano students of our town"

Mark your calendars and come out to support our young pianists in Creston. You will have a wonderful evening of entertainment, enjoy an energy-filled program and maybe even go home with a door prize. And you will be showing your support for the hard-working and talented young pianists here.

They, in turn, will enjoy the legacy of helping to provide a new instrument for the school, a lasting testament to their musical efforts. ■

Tickets are available at Black Bear Books and at the door – \$10 for adults and \$5 for students.

**TWO PIANOS...
MANY HANDS**
Concert

**Advanced students of Audrey Johnson Piano Studio
present exciting repertoire for 2 pianos/4 hands**

**Thursday May 24th • 7:00 pm
Prince Charles Theatre, Creston BC**

*Portion of proceeds
to support piano purchase
for the PCSS band room*

**Tickets available at Black Bear Books
and at the door, \$10 adult and \$5 student**

Wendell returns to Blossom Fest Still the Best

Story by: Hugh Johnston

May means that spring begins to evolve into summer around the time of the Victoria Day weekend. For the last 71 years the people of the Creston Valley have embraced the Blossom Festival which this year runs from May 18 to May 21 with a potpourri of events happening daily.

“For the last 71 years the people of the Creston Valley have embraced the Blossom Festival”

The Blossom Fest, as it has become known begins with a Stage Show on

Friday, May 18 at the Prince Charles High School theatre featuring local talent and a headliner which only an event like the festival can afford



BLOSSOM FESTIVAL

Creston, BC



Wendell FERGUSON

Singer, Songwriter, Comedian, Guitarist

7 Time Winner of the
Canadian Country Music
Guitarist of the Year Award

WITH SPECIAL GUEST

VELLE WEITMAN TRIO

Friday May 18, 2012

PCSS Auditorium

Doors Open: 6:30 PM

Show Starts: 7:00 PM

Tickets \$20 per person

Family of Four \$50



Meet the Creston Valley's Citizen of the Year

Tickets available at Black Bear Books, Chamber of Commerce.
For more information check out our website at www.blossomfestival.ca







May Long Weekend Events at Black Bear Books:

- Sidewalk Sale - Saturday 9-5
- Open Sunday 10-4 during Blossom Festival



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to bring in. It is also the night when the Citizen of the Year is chosen by the Creston Rotary Clubs. Opening the show will be Velle Weitman who was raised here. Most will remember her as Velle Huscroft an exceptional violinist and all round entertainer. Friday also serves as the kick off for the four day festival.

"He is without a doubt the best guitar picker in Canada"

Headlining the Stage Show is multi-talented singer, songwriter, guitarist and comedian Wendell Ferguson. If the name sounds familiar he headlined the Blossom Fest Stage Show same show in 2009. While here, local business man John Huscroft, a Rotarian, flew



Wendell around the Creston Valley to give Wendell an opportunity to view our mountains and this overwhelmed him with what he saw. For this reason and the warmth of the audience he has expressed a desire to return to the tranquil Creston Valley. The Ontario based Country and Western entertainer

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May 18th to 21st, 2012



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

who frequently appears on Country Music TV or CMT has a resume much like a whose who of show business. A busy session musician in the music studios in Toronto he has worked and recorded with Gordon Lightfoot, Jane Siberry, James Keelaghan, the Arrogant Worms, Duane Steele, and Katherine Wheatley.

Wendell has spend a lot of time on the road touring with the likes of Sylvia Tyson, Caitlin Hanford, Cindy Church, Tommy Hunter, Lisa Brokup, Patty Loveless, Shania Twain, George Fox, and the Dixie Chicks to name a few.

Awards for Wendell include two Juno nominations, "The \$#!T Hits the Fans" was nominated for album of the year in 2006. He did win the Canadian Country Music

Association "Guitar Player of the Year" seven times before they told him it was time to let somebody else win. He is without a doubt the best guitar picker in Canada. He is

another of those rare acts, that you put on your "must see" list. ■

Tickets for the Stage Show are available at local outlets Black Bear Books and the Chamber of Commerce office. On May 18, doors will open at 6:30, with the show beginning at 7:00 pm.



Creston Valley Blossom Festival's

Gentlemen's Challenge

Saturday, May 19th • 1:00 to 4:00 pm
Creston Room, Creston & District Community Complex

Contestant Entry Forms

For men ages 50+ available at the Creston Valley Chamber of Commerce

Categories of Competition

- Homemade food or baking item, made by contestant
- A handmade hobby item, made by contestant
- Fashion parade depicting "what you want to be when you grow up"
- Talent
- Speaking - 2 impromptu questions

Prizes: 1st - \$150 to contestant, \$150 to sponsor or charity of choice
 2nd - \$100 to contestant, \$100 to sponsor or charity of choice
 3rd - \$75 to contestant, \$75 to sponsor or charity of choice

Event organized by:

Food, Fun & Entertainment!

While you watch the Gentlemen compete Admission \$10 at the door, includes lunch

Questions? Barbara Archibald 250-428-7362, Barb Gracey 250-428-7476

Creston Valley B

71st An May 18th



**New this year!
Gentlemen's
50+ Challenge**

FRIDAY, MAY 18

LOCATION

- *Creston Museum 'Getting By... Moving On' Creston Mu
- *Model Railway Creston Mu
- *C.V. Wildlife Centre Open West Cresto
- OPENING CONCERT** PCSS Thea
- Starring: WENDELL FERGUSON**
- Citizen of the Year
- Gentlemen's 50+ Challenge (meet candidates)

- *Teen Dance (House of Rock) Recreation

SATURDAY, MAY 19

LOCATION

- *Lions Club Breakfast Canyon St. (
- *STREET FAIR (Lions Club) 11th Avenu
- *C.V. Wildlife Centre Opens West Cresto
- *C.V. Flying Club - Fly Over (weather permitting) Canyon Stre

PARADE 18th Aven

- *Children's Train Ride, Fun/Games (Success By Six) College of th

TEEN FUN ZONE - (16th Ave/Cedar St.) South Side

- *Duck Race Creston Aqu
- *GENTLEMEN'S 50's + CHALLENGE Recreation
- & Entertainment & Luncheon

- *Farmer's Market South Side

ENTERTAINMENT IN THE PARK Millennium

- *LKB POW WOW Grand Entrance 830 Simon
- *Creston Museum 'Getting By... Moving On' Creston Mus
- *Model Railway Creston Mus
- *LKB POW WOW Grand Entrance 830 Simon

Anniversary Blossom Festival

to 21, 2012

COMMUNITY EVENTS (subject to change)
 POSTED COURTESY OF THE CV BLOSSOM FESTIVAL ASSOCIATION
www.blossomfestival.ca

VENUE	TIMES
Creston Museum	10am to 3:30pm
Creston Museum	10am to 3:30 pm
Creston Museum	9am to 4pm
Recreation Centre	7pm
Great Entertainment!	
Creston Museum	6pm to 11pm

*Beer & Food Pairing (Brewmaster Columbia Brewery/Extra Foods)	Recreation Centre	7pm to 8:30pm
*Dance & Beer Garden (Night Shade)	Recreation Centre	9pm to 1am
*C.V. Heide Club German Dance	Rotacrest Hall, 19th Ave. N.	8:00 p.m.

VENUE	TIMES
Recreation Centre	7am to 11am
Recreation Centre (Beside 7-11)	9am to 3pm
Recreation Centre	9am to 4pm
Recreation Centre	10:45am
Recreation Centre	11am
Recreation Centre	12pm to 4pm
Recreation Centre	12:30pm to 4pm
Recreation Centre	1pm to 2pm
Recreation Centre	1pm to 4pm
Recreation Centre	12 Noon to 4pm
Recreation Centre	12:30pm to 2:30pm
Recreation Centre	1pm to 5pm
Recreation Centre	1pm to 5pm
Recreation Centre	1pm to 5pm
Recreation Centre	7pm to Midnight

SUNDAY, MAY 20	LOCATION	TIMES
*Knights of Columbus Western Breakfast	Catholic Church Hall	8am to 1pm
*Blossom 5K & 10K Run	Canyon Park	9am
*CLASSIC CAR SHOW & Entertainment	Canyon St.-10 Ave. to 16 Ave.	9am to 4 pm
*Blossom Worship Service	Recreation Centre	10:30am
*LIONS CHILI COOK-OFF	Canyon St.-12 Ave. to 15 Ave.	11am to 3pm
*Creston Museum 'Getting By... Moving On'	Creston Museum	10am to 3:30pm
*Model Railway	Creston Museum	10am to 3:30pm
*C.V. Demolition Derby	Kitchener, Old Airport -Hw 3	11am
*LKB POW WOW Grand Entrance	830 Simon Rd. (Gymnasium)	1pm to 6pm

MONDAY, MAY 21	LOCATION	TIMES
*Creston Museum 'Getting By... Moving On'	Creston Museum	10am to 3:30pm
*Model Railway	Creston Museum	10am to 3:30pm
*CHILDREN'S PARADE (Lions Club)	Canyon St. - 12 Ave. to 10 Ave.	11am
*CHILDREN'S PICNIC (Lions Club)	Centennial Park	Following Parade
50 - 50 BUTTON DRAW	Centennial Park	12:30pm
*C.V. Regional Airport Appreciation Day	1993 Airport Road, Lister	8am to 3pm
Model Airplane Display-Games, No-Host Breakfast Lunch		

***NOTE-Events marked by "*" are not events hosted by the C.V. Blossom Festival Assn. The Association assumes no liability or responsibility for these events; however appreciates the organizations involved in providing these venues to the public. They are listed as community events taking place in the Creston Valley on the May Long Weekend, for the convenience of residents & visitors.**

Wildlife Centre opens May 8



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

The new growth of greenery in the wetland, the return of many bird species to the valley and the emergence of bears and turtles from hibernation all coincide nicely with the seasonal opening of the Wildlife Interpretation Centre.

School programs at the centre run from May 8 to June 28. The programs are booking fast, so please contact us if your class is interested in joining us for hands-on fun and educational activities that take students out into the wetland.



The program is two hours long and includes a gallery presentation, guided walk and dip-netting, with a science lab portion. For grades 4 and up, a guided canoe tour can be incorporated as part of the day's adventure.

your friends on a canoe study or pond science adventure.

Special events are planned each month. Refer to our program guide or Web site for more details. We will be adding events throughout the season, so check back to our Web site or Facebook page regularly.

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We will celebrate the amazing diversity of birds found in the Creston Valley

Our Junior Naturalist summer science camps for ages 6-11 are scheduled to run in July. If you would like to send your little explorer on a week-long adventure investigating the wetland and wildlife, give us a call or e-mail to book.

And remember, we are available for birthday parties. On Saturdays in May and June and daily in July and August you can celebrate your birthday at the Creston Valley Wildlife Management Area with



This month join us on Saturday the 12th for International Migratory Bird Day. We will celebrate the amazing diversity of birds found in the Creston Valley with fun activities and games for all ages.

“Close to 2,000 students from the Kootenay region participate in our programs”

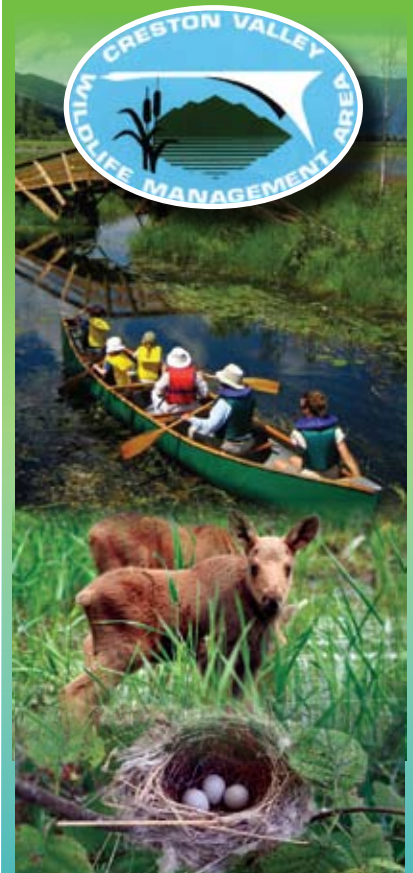
Memberships are available for those who regularly visit the centre and trails and participate in our programs and events. Benefits include free admission to the centre, a complimentary canoe tour, discounts on programs and events, 10 per cent off our nature-inspired gift shop merchandise and more.

Your membership dollars help maintain the hiking trails and viewing towers and provide educational opportunities at the Interpretation Centre. Close to 2,000 students from the Kootenay region participate in our programs each spring. Thousands of people also take part in our guided canoe tours and special events and programs.

We hope that if you use and enjoy the CVWMA for hiking, biking, birdwatching, skiing, boating, etc., you will take out a membership or give a donation to help support the area. Donators receive a tax receipt. ■

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

A 17,000 acre wetland located 11 km west of Creston off Hwy 3



**Guided Canoe
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**School Programs
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MAY EVENTS:

- Centre Opens May 8
 - School Programs
 - May 12 is International Migratory Bird Day
- Games & Activities for all ages**

CENTRE HOURS:

Open Seasonally - 9 am to 4 pm
 May 8 - June 30 (Tues - Sat)
 July 1 - Sept 1 (7 days a week)
 Sept 4 - Oct 6 (Tues - Sat)

REACH US AT:

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 email: askus@crestonwildlife.ca
www.crestonwildlife.ca



Home & Garden

Gardening tips

www.handycanadian.com

Mapping

Before you start to embark on any re-design of your garden it helps to map out on paper what the actual area you are wanting to re-landscape. Get a piece of paper and pen then mark out some measurements and boundaries; make a note of the area's where there is dense shade, partial shade and where the sunny areas are as well. All this information will come in handy when you are ready to draw up the final plan.

Light And Shade

The reason for noting the where the

shaded and light areas are is that it will be helpful to decide where you would like to locate the sitting areas or patios but will also affect the type of plants you can successfully grow in each part of the garden. This information will be very important when you go shopping for plants what array of colors you would like and also the textures and where the ideal place to plant them would be. There is no need to waste your time or your cash on buying plants that are unsuitable for a specific environment.

Texture And Heights

Always remember that varying heights in a garden can add a very interesting

and unique look in a small area. If you are going to put in a raised patio, decking, flower bed or even adding some plants in pots can bring variety and beauty to the space.

Colour

Always remember that different color adds so much variety and interest as well. With the use of evergreen plants and different colors of foliage and flowers carefully will also add to the overall effect.

Soil & Climate

Always knowing your type of soil and local climate will also help you in your landscape design and choosing the best plants for the soil and climate will maximize the potential of your new wonderful garden. ■

Mother's Day is May 13



Mother's Day
Roses

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Home & Garden

Trees and shrubs add beauty to your home

Great suggestions for trees and shrubs for around your house.

Ideally, trees should be no more than two times the height of your house measuring from the outside ground level. Check a plants growth rate, full height at maturity and it's width for the shade it will create.

Excellent flowering trees are the magnolias, crab apples, dogwoods and cherry trees. They grow fairly quickly, provide moderate shade, and are just beautiful in the spring.

Evergreen shrubs bordering the perimeter of tall homes with cement foundations improves it's appearance, but are not for ranch style houses as they may appear to be swallowing up the house.

Enhance your front door with an asymmetrical selection of trees and shrubs flanking each side, such as a few small conical evergreen trees on one side, and a shaped boxwood border on the other.

When planting trees make sure to dig the hole wide and deep enough to accomodate the roots, and burlap if included. Burlap can be left on the root ball as it will eventually decay, but remove any string around the base of the tree. Burlap or brown paper around the trunk of young trees will prevent injury from direct sunlight. ■

Cutting down on household costs

Bathroom

- Install a low-flow shower head with a maximum flow rate of 2.5 gallons per minute or less.

You'll cut your bathroom water use by 30 to 50 percent.

- Turn off water when you're not using it.
- Replace worn out washers to stop faucet leaks.
- If your toilet "runs" between flushes, you are wasting a lot of water. To test your toilet, place food coloring or dye tablets in the toilet

tank, and then check the bowl for traces of color after 15 minutes.

- When you replace a toilet, install a low-consumption model or a water saver.

Kitchen

- Add low-flow aerators to threaded faucets in sinks.

These inexpensive devices reduce flow rates while maintaining enough force for washing and other uses.

- To conserve water and energy, wait until you have a full load before running your dishwasher or washing machine.

Use the water-saving cycle whenever you can. ■

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A study in contradictions: the Great Depression in the Creston Valley

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

Black Tuesday: Oct. 29, 1929, the day the New York stock market crashed. Prairie dust bowls, Bennett buggies, hobos riding the rails, relief workers striking. Most of the common images of the Great Depression of the 1930s come to us from the Prairies. But how did it manifest itself in the Creston Valley?

Here at the Creston Museum we've been busy researching that question in preparation for a new exhibit that will open May 12. What we've found is a fascinating series of contradictions.

Almost everyone we've talked to who was living here at the time agrees: if you had a farm, you were doing OK. There wasn't any extra money, and you certainly didn't have any luxuries, but generally speaking you had enough.

There were many people – probably hundreds, in fact – who came here

from the dust bowl regions of the Prairies precisely because of the strong agricultural industry. And we've yet to find a local hobo story that doesn't include a statement like, "Mother would always send them away with a bag full of fruit or vegetables from the garden."

"There were a number of things that couldn't be paid for in fruit or chickens"

Clearly, Creston's agriculture was as productive during the 1930s as it ever had been. But agricultural prices – and therefore farmers' incomes – plunged by nearly 75 per cent in the early 1930s and didn't fully recover until the end of the decade. Farmers, frustrated at their inability to make any money on their fruit, refused to harvest it at all.

The 1930s are the decade of such slogans as "A cent a pound, or on the ground," and that philosophy was as prevalent in Creston as it was in the Okanagan or any other fruit-growing district in the country. Train car loads of fruit were regularly sent from Creston to the drought-plagued central provinces.

This is further evidence of the strength of local agriculture and the generosity of local residents, but the dark, underlying reality is that the farmers simply couldn't sell their fruit so they might as well give it away.

That huge drop in farm income resulted in a huge drop in farmers' purchasing power, and that led directly to a drop in income for local business owners. We've heard many tales of storekeepers being paid in-kind – with home-made butter, firewood and even cows and other livestock. The local hospital reported that a significant portion of its revenues for 1935 was in this kind of merchandise and, according to his children, Dr. Murray "worked for groceries" during the 1930s.

A number of businesses were forced to close by the harsh economic conditions, and many others broke with the tradition of allowing customers to charge their purchases; sales would be cash only until further notice.

There were a number of things that couldn't be paid for in fruit or chickens – taxes, for example. A family could have plenty to eat, and plenty to trade for things they couldn't grow themselves, and still lose their farm because they couldn't pay the taxes on it. The municipality



Sleeping hut near Kitchener airport.

ran work programs in which men could perform menial and maintenance tasks – filling potholes in the road, for example – in order to work off their taxes.

The province established relief camps in 1931; the federal government followed suit in 1932. Relief payments were also made to families.

But it was never enough. The federal relief camps paid only 10 cents a day. The Village of Creston couldn't always provide enough hours of relief work. Anyone who managed to earn some money over and above relief saw that amount deducted from his relief payments.

In November 1934, the local Relief Committee wrote a bitter letter to the editor, highlighting two of the most urgent cases in Canyon. One family, with 11 children, was receiving relief payments that amounted to three cents per meal per family member; nothing more could be done for them because relief was only paid for up to eight children.

Another family, who had moved to Canyon from Saskatchewan only a few months before, was starving because it was not eligible for relief – the family members hadn't resided in B.C. long enough.

Despite the bleak financial situation, though, fund-raising activities continued throughout the 1930s. The Ladies Auxiliary groups, Women's Institute and many women's organizations remained active and were successful in raising money for sick children, poor families and local services such as hospitals and churches.

In addition, there were a number of major projects requiring large sums of money that seem to fly in the face of the economic reality. The flats were – finally – successfully diked

and reclaimed for farmland in 1935. A new hospital was built and the Canyon power dam constructed, both in 1933, the worst year of the Depression.

Irrigation systems were installed in local communities using government grants and funds raised locally. A large hotel and movie theatre were among the new businesses that opened during the 1930s.

It is amazing to think of all this activity taking place in a region that supported at least 10 federal and provincial relief camps.

What has been most remarkable is how familiar all this seems. Reading the headlines of the 1930s is much like reading the headlines of today: concern over people shopping out of town instead of spending their money locally; constant demands for better wages, more work and greater support from various levels of

government; battles between different levels of government over who had responsibility for the unemployment issues of the day; public anger over cuts to everything from federal relief payments to provincial teachers' salaries; accusations that governments only made fine promises of change to get elected; and, from 1934 on, considerable talk about all the indications – new businesses opening, better markets for local products and so on – that the economy was improving.

The museum's new exhibit, "Getting By . . . and Coming Through" opens with a special reception May 12 from 1 to 4 p.m. We invite you to come down and join the conversation on the local economy – past and present. ■

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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Herb Day 2012 comes to Creston

Story by: Rachel Beck

Greenheart Herbal Society and the College of the Rockies have joined together to bring the first Herb Day celebration to the Creston Valley.

Herb Day is an international celebration of herbs and herbal products packed with events aimed at educating and sharing ideas about the many ways herbs bring joy and well-being into our daily lives.

Started in the United States in 2006, it is now a worldwide event celebrating herbs' use in food, beverages, medicine, beauty products and crafts, along with the art of growing and gardening with herbs.

Each year the International Herb Association selects one plant that will be given the title Herb of the Year and this plant is celebrated during the Herb Day events worldwide. Selections are made based on the herb being outstanding in at least two of three major



Trays of culinary and medicinal herbs are sprouting in the greenhouse in preparation for the herbal plants sale to be held at the Herb Day celebrations.

categories: culinary, medicinal or ornamental.

This year the selection committee found an herb that met all three of these categories, with their choice being roses as the Herb of the Year. Roses have been cultivated since at least 1400 BC for their beauty and fragrance, medicinal application and wonderful culinary qualities, and some of these amazing uses will be featured at the Herb Day event. Organizers are confident that people who attend will never look at a rose the same way again.

Herb Day 2012 celebrations in Creston are scheduled for the college on May 12, from 10 a.m. to 4 p.m., and will feature workshops on a wide range of rose-related topics as well as a sumptuous tea, herb plant sale, herb-related demonstrations and vendors selling herb and garden-related wares.

“We are really excited about how this event is taking shape,” says Herb Day committee co-chairman Betty Faulk. “There will be four workshops offered that day, each running about 45 minutes long and covering topics such as how to grow roses, best types of roses for our area, decorating with roses and the medicinal and culinary use of roses.

“We are very fortunate to have garden expert Vanessa Farnsworth opening the workshop series with her presentation on Successful Rose Gardening.”

Farnsworth has worked in a number of capacities in the horticulture industry over the years, including stints in production greenhouses, wholesale nurseries, retail garden centres, ornamental gardens and on tree farms before switching to the



Featured speaker Vanessa Farnsworth.

writing side of things. Her articles on gardening, the horticulture industry and related topics have appeared in magazines across the country, including Canadian Gardening, Canadian Living, Garden Making, The Grower, Harrowsmith Country Life, Kootenay Life East, Plant & Garden and Route 3. Farnsworth's “Garden Muse” column ran for four years in the Creston Valley Advance.

In addition to the workshop series, the public is invited to give its taste buds a delicious new experience in the Herb Day tea room, where herbs will be used to create delectable treats such as cucumber and herb butter sandwiches, rose petal scones, lemon chamomile squares and basil brownies.

While guests enjoy their tea they will be serenaded by violins played by talented local musicians Starla Ek and Kalen Huscroft.

“It should be lots of fun for everyone, especially those who haven't had much experience with the wonderful taste of herbs,” says Rachel Beck, co-chairman of the event. “It is the day before

Mother's Day so it is just the perfect opportunity to take mom out to a really different type of event.

"In addition to the workshops and the tea room, people will have the opportunity to visit the vendors and plant sale and come away with some interesting gifts for mom or themselves and they can also attend some herb-related demonstrations so that they can learn how to make some great items themselves."

People will also have the chance to purchase raffle tickets for a chance to win, among other wonderful prizes, a handmade, rose-themed quilt made by local quilters.

"It is going to be just a marvellous opportunity for Greenheart Herbal Society to showcase herbs in an exciting way," says Beck, who is one of the founding members of the group and is the instructor for the college's Herbal Practitioner Program.

The society, formed in 2008, meets at the college on the second Monday of every month at 7 p.m.

Since its inception the group has created an herb and indigenous plant garden at the college which will soon be open to the public.

Funds raised from Herb Day 2012 will go toward maintaining and expanding the gardens as well as purchasing herb-related books for the Creston Public Library.

"We have tried to keep the cost for Herb Day 2012 as reasonable as possible as we want people to embrace this event and help to make it an annual event," Faulk says.

The cost is only \$25 for a full-day pass, which give access to all the workshops, tea room and vendor area. Passes must be purchased in advance at the college.

For those who wish to visit just the tea room and explore the vendor area the cost is \$10 and tickets will be sold at the door.

A full schedule of events is available at the Greenheart Web site www.greenheartherbalsociety.org or at the college reception desk. To get more information or to register for the full day call the college at (250) 428-5332.

There is a Persian proverb that goes: "The world is a rose; smell it and pass it to your friends." The Herb Day 2012 committee is hoping it will have the opportunity to pass the joy of herbs and roses on to all who join in this day of celebration. ■



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Loans program works quietly in the background

Story by: Community Futures Central Kootenay

Small businesses make a big contribution to B.C.'s economy but they often run up against challenges when they look for financing. It's a dilemma that many face and that the Community Futures loans program has been quietly helping with for more than 20 years.

"We are not a driving force in the loans industry by any means, but what we do we do well," says loans program

manager Don McCulloch. "We are not a formula lender. We look at each application on its own merits.

"We look at the whole picture. We want to help businesses succeed, to establish a track record that will make it easier for them to obtain financing in the future."

To assess an application, Community Futures staff consider the broader context of the business. They look at who is running the business, their

history and experience. They also look at what they are doing and where, when and how they are doing it.

It's an approach that is working. During the 2010-11 fiscal year, Community Futures loaned more than \$1.9 million to a total of 38 businesses throughout the Central Kootenay. Loans to Creston, East Shore and Salmo businesses totalled over \$350,000 and helped create or maintain 24 jobs.

Community Futures Central Kootenay was awarded the Community Futures British Columbia Investment Fund Award in 2011 for the outstanding performance of the loans program. The award is given annually to one of the 34 Community Futures offices in the province.

To McCulloch and program staff, though, the greatest compliment comes from the loans clients themselves.

"A lot of our loans are from repeat customers," he says. "We are involved in startups, but with expansions too. Our repeat customers remember how we helped them when no one else would."

Andy Roberts of Mountain Transport Institute worked with Community Futures to finance the expansion of his truck driver training school in Castlegar.

"It's been really refreshing to work with Community Futures," Roberts says. "They help you understand the loans process. They support you and your goals but still hold you accountable. You have to sell them on your needs."

Stuart Ady of Ernie's Used Auto Parts in Castlegar agrees.

"Community Futures has provided us with the means to expand and move forward with our small business, allowing us to continue to be an asset to our community," he says. ■

To find out more about the loans program or other programs offered by Community Futures Central Kootenay, call (250) 352-1933.

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The 80-per-cent rule

Story by Jesse Moreton, BSc DC

I'm a simple guy. At least that's what I think. (You may get another opinion from my wife).

When it comes to dieting there's an awful lot of noise out there. Philosophies and diet programs are pushed by convinced adherents. The resultant messages can be awfully confusing and sometimes contradictory.

Want some simple, easy to remember, easy to practise advice? Stop eating when you are 80-per-cent full. I call it the 80-per-cent rule. It may not solve all life's problems but it will sure help with controlling your weight.

Now don't get me wrong; that rainbow-coloured food guide we've all seen is important and has valid points, but overindulging in Brussels spouts every day will still lead to extra pounds.

My point is that we can still gain weight even if we're eating right. It's been my experience and personal opinion that often we just eat too much.

So what's the logic behind the 80-per-cent rule? It has to do with the science of satiety (the feeling of being full). Our body has a number of complex psychological and physiological signals that regulate hunger and satiety.

A study published in *The Journal of Clinical Endocrinology & Metabolism* explains that eating activates signals and hormones such as leptin that result in satiety. The problem is the delay between swallowing the food and digesting the food (when the signal pathways are activated). Thus a short-term signal is required to stop us from overeating before the long-term signals kick in.

Taste, smell, swallowing and stomach distension act as short-term signals but they are easily trumped by behaviour choices. As another research review puts

it, the signals for hunger and satiety are "a physiologically complex, motivated behavioural system." In other words, we can choose behaviour that will override the body's signals of feeling full.

The way I see it, we don't necessarily choose to override the signals so much as we just ignore them in the first place. How do we stop ignoring and get back in touch with our body's signals? Use the 80-per-cent rule.

Now for those of you who think that was too simple to work, here are some more gluttony control ideas:

1. Eat more frequent meals. When you eat frequently you will feel less hunger and more satiety between meals. When you are less hungry at the start of a meal you will tend to eat less.
2. Breakfast is the most important meal of the day. And don't you forget it! When you skip breakfast you will usually be extremely hungry later in the day and consequently eat more. A study in the *American Journal of Clinical Nutrition* found that those who ate breakfast consumed about 100 calories less per day than those who skipped breakfast.
3. Avoid thoughtless eating. When are you really hungry and when are you just eating for eating? If you're not sure then consider the following questions:
 - a) Emotional eating: do you eat when you are happy, sad or bored?
 - b) Spontaneous eating: do you eat food just because it's there, even when you're already full?
 - c) Unconscious eating: do you eat without awareness that you're doing so? It sounds ludicrous but think about it. Often this happens in front of the TV.
 - d) Habitual eating: do you eat out of habit instead of hunger?
 - e) Clearing your plate: do you clear your plate even when you are full? Well good for you; your mom taught you good manners and proper etiquette. But the

real answer to this dilemma is not to waste food but to take less in the first place. Modify the 80-per-cent rule: fill up only 80 per cent of your plate.

f) Eating after 8 p.m.: do you snack after 8 p.m.? Cut it out! I had a university professor who taught that most overindulging occurs between 8 p.m. and bedtime. He helped produce the rainbow-coloured Canada Food Guide cited above. I'd like to think his advice is worth considering.

He added this insight: not only do we eat more than needed during this time frame but our food choices tend to be poor and unhealthy.

As a final recommendation, look up dininutrition.com for more ideas on healthy eating, recipes and upcoming workshops. The site is operated by a Crestonite who has recently obtained her masters degree in human nutrition. ■

For more information call Moreton Chiropractic at 250-428-3535 or visit moretonchiropractic.blogspot.com.





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The feminine hormone oxytocin and “The Shift”

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

Well congratulations, we are well on our way into and beyond the 2012 shift in consciousness. Although I do not know about all of your experiences thus far, my experiences have certainly been on a wide scale of trial and tribulation, to awareness, awakening and “ahas.”

Both my mom and dad passed away this year within seven weeks of each other, and these experiences opened a new doorway I had never entered before. Another growing experience unfolded.

As the light shines brighter on Earth and within us, so does that which has been hidden underneath begin coming up to the surface. Therefore it seems the experiences are fluctuating from fear to faith and love, stress to peace, doubt to trust and so on.

Tools and ways to move through the old and into the new energies are helpful and new discoveries are being made to assist us on this journey within.

One of these perhaps newer discoveries or greater awarenesses is the feminine hormone oxytocin. (In this discussion I will be relating this hormone to women specifically, simply because it will be easier for me to communicate in this short space of time.)

You may have heard of oxytocin before. It is the feminine hormone released by women naturally

when they are birthing children, breastfeeding their children and dancing, to name a few.

Oxytocin is the hormone of choice for women to be experiencing more often, because when this hormone is active within the body it elicits:

- feeling calm and connected;
- a “tend and befriend” feeling;
- trusting;
- collaboration rather than competition; and,
- a sense of being relaxed and connected (not stressed and in fight, flight or freeze mode).

“Tools and ways to move through the old and into the new energies are helpful”

Many women today operate from adrenaline, the stress hormone that is activated when we feel like we must run away from that sabre-toothed tiger in the jungle. This is a



response from the hypothalamus in the brain which, quite frankly, is on autopilot most of the time.

Women do not thrive in an adrenaline state of being; they thrive in an oxytocin state of being.

Remember, when we are in a space of oxytocin within our bodies we flow with more grace and ease. We easily connect and feel more calm, allowing us to be more aware of our inner guidance system and intuition, and our actions bring more positive outcomes.

So how do we re-learn how to live in a space of oxytocin rather than adrenaline? There are various tools available to practise living in a more oxytocin lifestyle.

Activities that bring you joy such as dancing, laughing or even aromatherapy can activate oxytocin in the body.

Another tool that is available in Creston – lucky us – is called an oxytocin circle, which was developed by Ellie Drake of BraveheartWomen and is being shared locally by Debby



Johnson, me and a few others who have been called to this vision.

Feeling oxytocin in our bodies is an experience which can be difficult to describe in logical, linear terms. It's like trying to describe the bonding feeling when breastfeeding a baby. It is a deep, profound feeling which words cannot accurately describe.

Imagine feeling connected, trusting, calm, enthusiastic and hopeful because you have a tool that can be practised

“Activities that bring you joy such as dancing, laughing or even aromatherapy can activate oxytocin in the body”

and felt on an inner level that moves you beyond what you thought was possible, both personally and globally.

A tangible and practical benefit could be a more graceful menopause. When your adrenals are not overworked and stressed you don't feel so tired and burnt out. It is quite possible your hot flashes will be reduced, simply by being in a more natural, feminine state of oxytocin rather than adrenaline.

What if, rather than feeling you are competing for business, you begin collaborating in the “together we thrive” energy?

So, my friends, the time is now, the shift is happening and we do have resonating resources available to us to grow into more joyful, calm and connected human beings. Phew, thank goodness, hey?

If you feel called to know more about these oxy-circles you can contact me and I would be glad to fill you in on the details (when, where, etc.) or you can visit the Facebook page called Braveheartwomen-Kootenay Resonate, which also has a link to a video on oxytocin by Paul Zak. It's very interesting.

As I close I will once again quote the Hopi message: “Now is the time, and we are the ones we have been waiting for.”

We invite you to join us on the journey to more joy; it just might be fun. Until next time, shine brightly. ■

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.



Edith Mae Bell

June 26, 1929 – April 21, 2012

Edith Mae Bell, beloved mother and grandmother, was taken home to be with the Lord on Saturday, April 21, 2012, at age 82. She died peacefully in her Creston, B.C., home of nine years at 5:12 p.m. in the presence of family, following a courageous battle with cancer.

Edith will be sorely missed and lovingly remembered by daughters

Darlene (Rocky) Young of Kailua, Hawaii, and Dawn McConnell of West Vancouver, son Brian Bell of Creston, grandchildren Shannon, Lauren, Michael, Matthew, Mitchell, Marcus and Amelia, siblings Vernon Blyth and Kenneth Blyth and numerous nieces and nephews.

She was predeceased by her husband of 58 years, William Ard Bell, parents James and Alma Blyth, and sister Joan Graham.

Edith was born on the family farm in southeastern Saskatchewan, attending Cailmount country school until boarding in nearby Moosomin for grades 11 and 12. After graduation from Moosomin Collegiate she attended Normal School in Moose Jaw, Sask., to prepare for a teaching career that began at Ferndale country school north of Rocanville, Sask., when she was still a teen.

She and William married in Moosomin on Aug. 9, 1952, and moved to Salmo, B.C., where they raised a family and lived for 51 years.

Edith began teaching at Salmo Elementary School in 1959 and remained employed there until retiring in 1987. She taught Grade 6 for many years before moving into learning assistance, teaching a multi-age special education class comprising late-primary and intermediate students.

Through work in this field Edith became a mother figure to disadvantaged young people drawn not only by her abilities as an instructor but by her genuine caring, compassion and concern for their overall well-being.

In addition to the challenges of career and child-rearing, Edith was an active member of the community. She volunteered with the local credit union and was among its first members. Edith was a primary organizer of the annual Terry Fox Run and a dedicated worker with the hospice group in Salmo.

She and William were founding members of Salmo Baptist Church, where Edith devoted herself to Christian service through women's ministries, teaching Sunday School, serving as treasurer and playing the piano. Some of her greatest contributions, however, were through personal contacts with individuals who benefited from her mentoring skills, selflessness and unconditional love.

Edith loved travelling, whether a simple drive in the country or a trip to another country. Other favoured pastimes included curling, cross-country skiing, baking, cooking, reading and playing games with her children and grandchildren.

In 2003, Edith and Bill moved to Creston and attended Wynndel Community Church.

Cremation will be followed by a memorial service in the summer to which all friends and family are invited.

In lieu of flowers, donations in memory of Edith can be made to the B.C. Cancer Foundation.



Story by:
Shifu Neil Ripski

Of tea and gong fu

When people think of martial arts they inevitably begin with violent movies and heroes kickin' butt and getting the girl. Usually once that has subsided (after many chop socky moves and Bruce Lee noises) they begin to think about the calm and peaceful demeanour of China's temples and walled houses with beautiful courtyards and sculptured trees. Perhaps their thoughts would turn to food and tea as well.

What rarely happens is the realization that martial arts are as much a part of drinking tea with friends as tea drinking is related to martial arts practice.

The Chinese method of making tea is known as gong fu (kung fu) cha. Translated this simply means hard work tea as the words gong fu (kung fu) refer not to martial arts practice but to anything that requires great work to acquire skill.

What is sometimes referred to as the Chinese tea ceremony is really not ceremonial at all but instead a great

skilled work of tiny teapots, boiling water and expert timing in order to get the full flavour of the tea to come to fruition in our cups.

Tea in China literally represented life back in the days when water had to be boiled in order to drink it safely. Tea became the staple of the culture and still is today. However, the gong fu cha is not just about making excellent tea but learning to be in the present moment, relaxing totally with friends and finding pleasure in the simple.

“Tea became the staple of the culture and still is today”

To perform gong fu cha one needs only a small teapot, some decent loose leaf tea and hot water. The teapot is warmed with boiling water and the leaves rinsed quickly as can be. “It is a poor man indeed who drinks first brewed tea,” goes a saying. This removes dust from the leaves and lets the water open the leaves more fully so the flavour can come out more easily.

The second infusion is steeped only for maybe 10 seconds. This is because the teapot used is small, about the size of your fist, and should be brimming with leaves. This way we can make many pots of tea with the same leaves without the tea becoming bitter, a common problem in the West where we use a large teapot and allow the leaves to stay and steep for minutes at a time.

Of course making tea for friends in a teapot the size of your fist requires a great deal of work. Boiling water, serving tea, rinsing leaves, etc., is where the gong fu part lies. We learn a great deal about ourselves by working hard in service to others (serving tea) and this is where we start to find the martial arts within the tea.

There are many paths up the mountain. Martial arts are just one way of pointing at the truth; tea is another. They are not different, they are simply pointing at the same truths in their own way.

From the Cha Su (Chinese Tea Reader)

Suitable moments for Drinking Tea

During a good conversation deep into the night.

When there is a light soft drizzle of rain.

With agreeable friends . . .

When the children are at school.

In a bamboo grove one spring evening.

Unsuitable Moments

At the theatre

While opening letters

When the children are not at school.

To be avoided at all costs

Shrieking children.

Garrulous people.

Noisy streets.

Come down to Red Jade sometime; there is always tea on. ■

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

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

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Peaches.....Aug. 10 to Sept. 20
Plums.....Aug. 10 to Sept. 20
Summer Apples.....Aug. 15 to Sept. 20
PearsSept. 5 to Dec. 31
Apples.....Sept. 15 onwards

Vegetable Season

Asparagus May 1 to June 15
PeasJuly 1 to 31
Potatoes July 1 onwards
Table CukesJuly 15 to Sept. 20
Pickling CukesJuly 20 to Sept. 20
PeppersJuly 20 to Sept. 30
TomatoesJuly 25 to Sept. 20
Carrots..... Aug. 1 onwards
CornAug. 10 to Sept. 25
Squash Aug. 15 onwards

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2011 ripening dates courtesy of Pick of the Crop Market



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Out & About

Submitted by: www.crestonevents.ca

May 5

Farmer's Market

Kick off the Farmer's Market season.

Location: Millennium Park
8am-12noon

Contact: Jen Comer
Phone: 250-977-5362
www.crestonfoodaction.ca/site/farmers-market

May 12

International Migratory Bird Day

Games and activities for all ages.

Location: Creston Valley Wildlife Centre
www.crestonwildlife.ca

May 12

Herb Day 2012 Celebration

Greenheart Herbal Society and the College of the Rockies celebrate Herb Day 2012.

Location: College of the Rockies
9am to 4pm

Contact: College of the Rockies
Phone: 250-428-5332
www.greenheartherbalsociety.org

May 12

Creston Valley Farmer's Market

A place to buy and sell locally produced, farm fresh goods, from peaches to parsnips and pies.

Contact: Jen Comer
Phone: 250-977-5362
www.crestonfoodaction.ca/site/farmers-market

May 15

Grizzlies in the Creston Valley

Results from Michael Proctor, bear biologist, has radio collared several grizzly bears in the Creston Valley and would like to share his results with us.

Contact: Tanna Patterson
Phone: 250-428-5246
www.wildsight.ca

May 18 to 21

Creston Valley Blossom Festival

Friday May 18th Creston Valley Blossom Festival will begin with the opening show at the PCSS Auditorium. Saturday, May 19th will be The Blossom Fest parade, children's events and street fair.

Sunday May 20th will be the Creston Valley Chili Cook-Off, Car Show and Shine.

Monday, May 21st is the Children's Parade and Picnic.

Contact: Bev Caldwell
Phone: 250-428-4284
www.blossomfestival.ca

May 19

Heide Club May Blossom Dance

Dance during Blossom Festival.

Location: Rotacrest Hall
7pm cocktails, 8 pm dance
Contact: Marion Sawall
Phone: 250-428-7836

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Ph: 250-428-6698

www.CrestonValleyYogaStudio.com

Email: CrestonValleyYogaStudio@hotmail.com

May 20

Demolition Derby

Expect to see 30-40 cars do battle in a ring of skidder tires and logs.

Location: 15km east of Creston on Hwy 3.

Racing starts at 12pm,

Gates open at 11am.

Contact: Blaine Whitford

Phone: 250 254 0400

May 24

Two Pianos..... Many Hands Concert

Advanced students of Audrey Johnson

Piano Studio present exciting repertoire for 2 pianos/4 hands.

Location: Prince Charles Theatre
7pm

May 25 to 27

Creston Blitzz Annual Soccer Tournament

Boys & Girls Ages U13 - U17

Location: Creston & District

Community Complex,

PCSS & Kinsmen

Contact: Jim Jacobsen

<http://crestonvalleysoccer.com>

May 26

Creston Valley Farmer's Market

A place to buy and sell locally produced, farm fresh goods, from peaches to parsnips and pies.

Contact: Jen Comer

Phone: 250-977-5362

www.crestonfoodaction.ca/site/farmers-market ■

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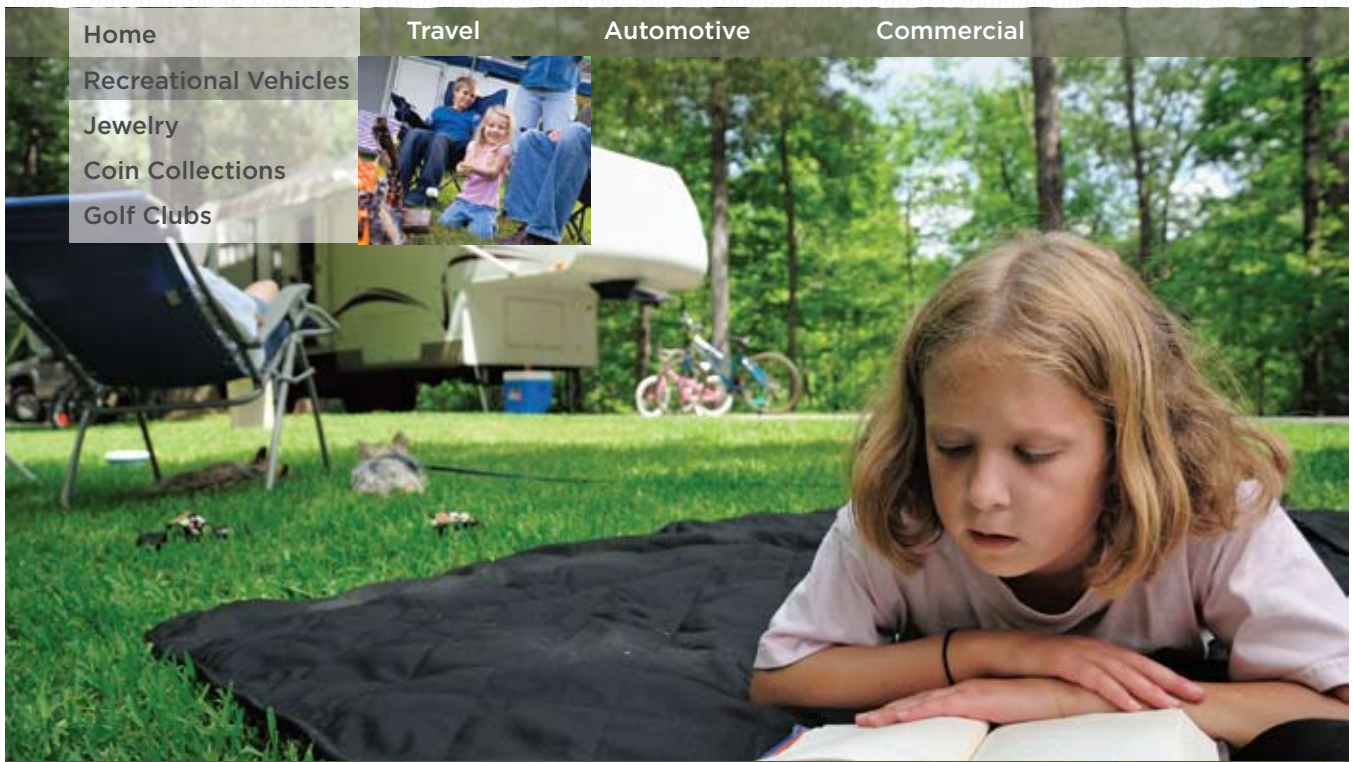
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The compact RTV500 earns the name Little Giant by handling a multitude of tasks typically handled by a larger machine. Powered by Kubota's own 15.8 EFI gasoline engine and Kubota's exclusive 2 range variable hydrostatic transmission, the Little Giant has the power and ability to get work done. For challenging terrain move from 2WD to 4WD or lock the rear wheels. Ready to move to the next job site, park or trail? The RTV500 models fit conveniently in the back of a standard pick-up truck.

RTV500 - Features

- 2cyl water cooled 15.8hp Kubota gas engine • Variable Hydrostatic transmission (25mph top speed) • 1102lb tow capacity • 441lb carrying capacity • rear diff lock



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The top line Kubota GR2010 garden tractor incorporates revolutionary Glide Steer technology with 4 wheel drive and power steering to make mowing your lawn an effortless chore. This makes mowing around trees and shrubs as easy uphill as it is downhill.

GR2010 garden tractor features:

20hp gas engine, shaft drive hydrostatic transmission, shaft driven 48" mower deck, hydraulic mower lift, and high back seat for a comfortable ride.



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Equipped with a host of features, the T-Series can satisfy the most demanding homeowners. That's because their hydrostatic transmission, deep mower deck, sleek design, and choice of engines make them ideal for a wide range of residential jobs.

T1880-42 features:

18hp Kohler Gas engine, single pedal hydrostatic transmission, easy lift 42" cutting/mulching mower deck, flat operators platform with easy one step parking brake.



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L3800DT with loader - Features

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