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September  
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**The Magazine**

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**Letters to the Editor**

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

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## feature story

### 5 Too bee, or not to bee...

Doug Crumback opted to mentor under beekeeper Doug Knight rather than stay with the air force, and now he's in love with the Creston Valley.

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## Guest From the editor

“Mind your own beeswax” is a not-so-subtle suggestion for meddlesome in-laws and nosy neighbours, but Doug Knight’s been making a living off the concept for 45 years as the founder of Swan Valley Honey. This fall he formally turns over the business to the partner he’s been grooming for two years, Doug Crumback, and he hopes he thrives for more reasons than posterity.

Honey bees, he notes, are the unsung heroes of the agriculture industry for which the Creston Valley is renowned.

“We need the bees here,” Knight says. “Most of our plants require bees to pollinate. The world is just starting to find out how serious it is if we lose our honey bees because they do the bulk of the pollinating. I like to see them around.

“The orchards, they require bees in there to one extent or another, some really extensively. Even with your corn and your raspberries, if you don’t get good pollination you’ll end up with deformed corn.”

Crumback illustrates another benefit, slicing off a healthy two-inch chunk of comb and popping it between his lips.

“It’s a high-demand product. People love this stuff,” he says inside the “honey house” extracting plant Knight helped set up on Crumback’s Lakeview property. “You can eat the whole thing. Most people just cut a slab off and put it in their mouth and chew on it. Some people will swallow the wax and other people will just chew on it for awhile and spit it out. Reminds me of the old gum they used to sell with the squirtable inside. It’s a marvellous taste experience.

“Honey seems to be becoming more of a trendy thing. People seem to realize the benefits of it over other sweeteners. It’s better for you.”

Fully half of Swan Valley Honey’s production is in comb form, sold to

the Honey Bee Centre in Surrey, with the rest sold locally as liquid honey.

“It’s a really nice eating experience and looks nice in the package too,” says Crumback, who has gleaned every ounce of knowledge from Knight that he could since moving here from Summerland in 2010. Timing, for one thing, is everything in the bee business – knowing when a frame of a colony, or stack, is filled with enough honey to remove for extraction and replace with a new frame. Take it too soon and you harvest less honey; leave it too late and risk the fury of a claustrophobic stinging machine.

“Swarms happen in the spring,” Crumback says. “What it is is a matter of poor timing. If you don’t get there at the right time to give them more space, and the bees feel cramped and they start preparing to swarm, then half your bees will leave . . . and the queen’s out of production for several weeks. That’s weakened that colony so it probably won’t provide you a decent honey crop that year.”

Knight brought Crumback up to speed on honey processing, in which machines remove the “caps” that seal honey inside each cell, spin out the honey in a rotating extractor, pump the finished product through a filter and finally dispense it into containers for distribution. And he taught him how to turn out handmade wooden frames and boxes.

“The relationship between us has been excellent,” Crumback says. “I know partnerships are always challenging because of the different personalities you bring to the table, and it doesn’t always work, but he’s a very enthusiastic and positive person so, really, when we go out to work together I’m usually encouraged. Even after 50 years he’s still really passionate about bees and loves working with bees.

“And he really wants to pass on what he’s gained. He wants to see this succeed. It’s obvious. He doesn’t want to have this business go under so he’s

put a lot of energy and effort into ensuring we’re set up well here.”

The benefits are mutual.

“His colonies were dwindling,” Crumback says. “He was having trouble with the mites, keeping up with the work because of his own back and he’s involved in a lot of (other) things too. So me coming in actually helped to revitalize things so that he had something better to hand over.

“It’s a complicated arrangement, no doubt about it, but I think it’s a win-win for both of us in the end.”

The fact Crumback can pursue his own passion for bees in a location like this is simply icing on the cake – or, shall we say, honey on the toast.

“As your magazine is named, ‘I love Creston’ is true about me, actually,” he says. “We were at the opening ceremonies to the Blossom Festival (and) saw the video that the kids had made on Creston and I felt like standing up and clapping because I just love this place. It’s fabulous.”

For a sweet story on Swan Valley Honey, turn inside this edition of I Love Creston. ■

## Mailbag

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

To the Editor:

Wow, do I love your magazine. It’s always so current – this month’s story on composting was ideal as I had just bought this product in Nelson at their street fair!

Also, we had been wondering what was going on at the new Ramada parking lot – and there it was in your story on Paul’s sand art! How amazing that a MONTHLY magazine can be so current!!

*Thanks so much,  
Signe Miller*



## Crumback takes up the gauntlet Doug Knight finds successor for

# bee-loved honey farm

**B**eing a beekeeper isn't for the faint of heart, but the fear factor wasn't too great an obstacle for Doug Crumback to overcome. He's been swarmed, after all, by worse than a bunch of buzzing, pain-inflicting airborne pests.

"Our kids are so tightly packed we ended up having six teenagers at once," says Crumback, who brought four children into a second marriage after his first wife died, joining second wife Nora's three offspring. "It was a hair-raising experience."

The Brady-type bunch are all young adults now, freeing Crumback for his latest challenge: taking on the Swan Valley Honey business built by the semi-retiring Doug Knight, who's served as a mentor the past two years in preparation for the official torch-passing at the end of this season.

Knight is practically and emotionally invested in making sure the enterprise he started in 1967 remains strong.

"He knows what he's doing and . . . he's a gung-ho learner type, so I think he'll do fine with it," says Knight, 68, who maintained his honey operation in Erickson after moving to Yahk in 1990. "He's got the business sense – you've got to be a businessman to do it. He wants to work bees, and you've got to have that desire and like for bees if you're going to do it."

“I think they’re in good hands with Doug.”

Unlike Knight, who bought his first stack of bees behind his parents’ back when he was only 12, Crumback came to the profession indirectly as a budding orchardist.

Opting to retire as an air traffic controller after 18 years with the air force rather than transfer to Cold Lake, Alta., Crumback left Comox and bought his father’s 10-acre apple and cherry orchard in Summerland in 1995.

“There’s a huge demand because there’s so many lost every year that people are always looking for bees”

“I wanted my own bees for pollination,” says Crumback, 53. “I didn’t want to rely on other people, plus I was kind of interested in it anyway.”

When not picking fruit or winning awards (compact orchard-of-the-year in the Okanagan), Crumback was picking the brains, with regard to bees, of the expert field staff who worked at the local packing house. He also took a bee master course at Simon Fraser University.

Once all their children flew off and he and Nora were rattling around in a huge, empty hive, Crumback sought out full-time beekeeping opportunities that led him two years ago to Creston, which was early on a tour of commercial operations up for sale in the Interior.

“We came here and there was no need to go further,” says Crumback, who found a 6.9-acre spread in Lakeview complete with outbuildings and geothermal heating suitable for

relocating Knight’s honey plant. “Everything was ideal.”

Several components of Swan Valley Honey transfer to Crumback from Knight, including half the 400 bee colonies Crumback hopes to compile within a year.

Pollination contracts with the agriculture community keep the business humming in spring, when “better than 200 colonies go into the orchards,” he says. “It’s a real hectic time. Everybody wants their bees at the same time.”

“It’s a busy season,” Knight concurs of the month-long period. “In May we’ll go from 4:30 in the morning until 9:30 at night trying to keep up with it.”

“(Another) thing that comes with the business,” Crumback says, referring to wintering rights, “is 20 different locations that he’s established over the years with farmers where he’s got permission to yard bees. ‘Yarding’ means to place the bee (colonies) inside a bear fence where they remain almost year-round.”

Then there’s the equipment that Knight erected in Crumback’s new “honey house,” an extracting facility where the contents of honey-filled frames are prepared for market. Half is in comb form, the bulk of it shipped to a company

in Surrey. The rest, of the liquid variety, is sold locally, with expansion planned for the West Kootenay.

Knight is keeping 100 colonies, or stacks of bee frames, as a hobby. He’ll produce “nucs” (pronounced nukes, short for new colonies), which are small, four-frame stacks sold as starter sets or to established ‘keepers wanting to increase production.

“There’s a huge demand because there’s so many lost every year that people are always looking for bees,” Crumback says, citing mites as the industry’s biggest threat.

Inadvertently introduced to North America from Asia 30 years ago, the so-called Varroa destructor mite is now found nearly worldwide and can eradicate a population of honey bees in short order, as Knight discovered first-hand in the mid-1990s. Within two weeks of a provincial bee inspector identifying an infestation, Knight’s colonies were wiped out.



“It was a long battle back again,” says Knight, who first suffered catastrophic losses in the aftermath of the 1980 Mount St. Helens eruption. “We multiplied them ourselves. We bought some and started dividing out each year and slowly building back up.

“We’d been running seven, eight hundred colonies and from then I just cut back to a one-man operation [after employing a handful of workers and churning out 103,000 pounds of honey at its peak in the ’70s]. We got it rebuilt back up in about 10 years and along came the bee mites.”

An organic treatment method knocks down mite populations to acceptable levels but “it’s added a lot of work to the whole job of beekeeping,” Crumback says, noting how mites cause deformities in bee larva and transmit debilitating viruses. “Having to treat for mites is a real pain. You hope that a better solution will come around.”



*One of many bee colonies in the Creston Valley.*

In the meantime he’ll make do with multiple formic acid applications twice a year and do his best to uphold Knight’s reputation for top-notch pollination and a palate-pleasing, all-natural food product that is regaining cachet as a sugar alternative. Once used in bulk as a sweetening ingredient in everything from baking to canning, honey is making a comeback.

“It’s more fashionable to use honey,” says Knight, noting “the demographics of it have changed.

“Calmness is the key to working with bees, you get to know bees like you get to know people after awhile”

People are using less per household but there’s more households. The market has increased in that way. “It’s a better, healthier product.”

Knight’s fascination with the honey bee stems from a general childhood affinity for living creatures.

“I used to collect all kinds of critters – snakes, lizards,” says the Vancouver Island-born Knight, who moved to Creston at age five. “One day I went to a bee meeting with my buddy Bruce Avery, (who) ended up with his brother’s bees because his brother was moving away. I can remember my dad telling me as I was leaving, ‘Don’t you bring any of those critters home.’ ”

Knight laughs at the memory because he bought a package of bees that night, surreptitiously keeping them with his friend’s brood. “My parents didn’t know I had them for over a year,” he says.

He moved his collection to an uncle’s place in Wynndel, expanding to 10 colonies with the help of a relative and earning them the nickname “the buzzin’ cousins.”

After high school he went to UBC, returning a year later to work with local orchardist and beekeeper Lew

Truscott. By the late ’60s Knight was developing his own colonies and “pretty soon I was in the bee business full time.”

Pollination was the primary thrust but, in addition to liquid honey, he also got into pollen and, in more recent years, comb honey production.

By the time Knight became self-employed in the bee business he had long since overcome any fear of the tiny beasts, just one of which buzzing inside an automobile can incite panic among the less strong.

“When I first started with them I was afraid of getting stung (but) they don’t bother me at all anymore,” he says. “I had a few bad goes where I got 30 stings in one day. That’s not good. They say that’s equivalent to a rattlesnake bite. I was not feeling too well for a few days after that.

“After awhile you don’t get stung that much unless you’re careless. I



The "honey house" extracting facility.

can't remember when I had my last sting. I might have had one in the last month. We wear our gear and we know how to work them and we know how to smoke them properly, so it's not quite what some people envision."

"Calmness is the key to working with bees," Crumback says. "You get to know bees like you get to know people after awhile. They call beekeeping the gentle craft because when you're working them you don't want to be in a hurry. Even if you feel time pressure you've just got to slow yourself down. If you've got adrenaline going and you're anxious, they'll sense that and behave differently toward you.

"Sometimes you'll get into a colony and it's a little growly and they'll come flying up at your face. If you're rough and careless, like if you drop a frame on the ground, they don't like that and they'll let you know.

"There really isn't (a risk) unless you're allergic, but it's a psych job, that's what it is. The first few years I was working bees I'd be distracted by the fear of being stung but I've been stung so many times now, you deal with it."

Tender treatment, protective gear (coveralls, veil and gauntlets) and

"smoking" (pushing air from a smouldering burlap sack into a hive has a soothing effect) are the most common defences, none of which remove the sting threat entirely.

"It'll happen sooner or later," Crumback says. "You'll get one that will find a way up under the veil somehow."

Stings can have life-threatening implications for people like Knight's own wife Roberta, who nearly died from one of two serious allergic reactions years ago.

Crumback's attention to detail, including trying not to get stung, is among the characteristics that make him likely to succeed, in Knight's estimation.

"You have to be meticulous," he says. "They're like raising cattle. There's a

time when jobs have to be done and if they're not, you pay for it. You've got to keep on schedule. You've got to interpret what's happening."

As much as Knight enjoys the job, his back has had enough of the heavy lifting and "it's time to slow down anyway. I've got grandkids now and I want to get my house finished. I've got a lot of other things I want to do in my life. I do evangelism. I'm a trained lay preacher. I do seminars and train people for preaching and doing Bible study work. I'm an elder with the local Seventh-day Adventist Church.

"Plus I want to spend more time fishing (and) hiking with my wife. I'm looking forward to just playing on the lake because, for most of my life in the summer, there's not much time off. The bees are very demanding. From April until October you don't get a lot of time off."

A cautionary tale, indeed, for his protégé, who is inclined toward similar pastimes.

"I love this place," Crumback says of his new home. "I like to fish and hunt and be in the outdoors. The Okanagan was nice but the beauty of this place surpasses it by a long shot." ■



Natural comb honey.



# A Grateful Heart CONTEST



## Get Excited!

**Brandy Dyer** and **Natalie Santano** have teamed up and hosted *A Grateful Heart Contest*. The response to their contest was overwhelming and wow, there are some very grateful people out there! Don't miss October's issue of **I Love Creston** where they will announce the winner of the contest. Plus, what do Brandy and Natalie have up their sleeves? They will also announce their **BIG SURPRISE** in October's issue of **I Love Creston**. Don't forget to pick up your copy!





## From the Mayor's desk

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

### Question of the day: is the mayor texting?

Several times in the past year I have been questioned for using my smartphone during meetings and events, and I want to thank those who

have brought this issue forward. Since I frequently use my device for note-taking at such events I can understand how this action could be misconstrued.

## Creston Valley Business Buzz



*The Black Eyed Cherries*

Derby League. We are all really excited and working hard for our up and coming season.

We welcome all ladies interested in roller derby to come and see what we are all about.

The thought of a roller derby team was in the thoughts and minds of many local ladies. It wasn't until June 1st 2012 that we really took our first step in that direction. Right from the start we worked well as a team. All of us girls have worked hard learning our derby skills and we have enjoyed every minute of it.

The Black Eyed Cherries are the newest team to join the east Kootenay Roller

During the fall and winter months we will be holding our practices at the Prince Charles Secondary School bubble. In the spring and summer months they will be held at the Creston and District Community Complex. The team practices twice a week, Monday and Wednesdays from 7:00 to 9:00 pm.

*For more information on the Black Eyed Cherries visit our website at [www.blackeyedcherries.com](http://www.blackeyedcherries.com) or find us on facebook.*

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I have to go as far back as December 1996 when I purchased and started using my first personal digital assistant (PDA), which was a Palm Pilot.

This was a long time before digital cell phones were in use. Back then, a PDA was a "state-of-the-art" technological device used to keep track of phone numbers and addresses.

The calendar was also a useful tool to keep appointments and notes, which is exactly what I have done with all of my various communication devices for the past 14 years.

Today's smartphones (I have an iPhone 4) are much more sophisticated and come with cameras, e-mail and Internet access as well as calendars, alarms, calculators, contacts and note-taking abilities. These devices also have games, music and videos, which I do not use.

One interesting feature of the smartphone is the ability to take a photo and identify where it was taken by utilizing GPS. One could even catalogue photos with a personal name through a facial recognition feature. These applications are too much information even for me!

At the 2011 Lower Kootenay Band council inauguration I was observed at one point on stage using my communication device. Some individuals thought I was being disrespectful to Chief Jason Louie and the celebration.

In reality, however, I was making notes on: who was in attendance; who appeared on stage; who spoke and for how long; speech highlights; gifts that were presented; and, the time the event drew to a close. These little things assist me in reporting event attendance and being able to provide a greater level of detail and highlights.

With my smartphone and the PDA features I can keep track of where I was, who I was with and what was discussed. Outside of my duties, the smartphone also enhances the preservation of important moments.

For example, at the 66th annual Butterfly Bonspiel a very rare sight occurred. The Nicol team from Castlegar had an “eight ender” in their second end of competition. Because I had my iPhone with me I was able to record a photo before the rocks were removed.

In curling, an “eight ender” is more difficult to achieve than a hole-in-one in golf because you have forces (the other team) fighting you to not succeed.

New technology is of great benefit in many ways and can help us carry out our duties and record important

events. I sincerely apologize to those who think I am merely texting on my iPhone. ■

*(Note: this is a reprint of my April 2011 article.)*

**Ron Toyota can be reached by phone at 250-428-2214, e-mail at [Ron.Toyota@creston.ca](mailto:Ron.Toyota@creston.ca) or on the Web at [www.creston.ca](http://www.creston.ca).**

## New KES programs for people with disabilities

Story by: Kootenay Employment Services

**F**inding a job is not always an easy task. Finding a job in the Creston Valley that accommodates people with disabilities can be an added challenge.

Sometimes people with disabilities need to learn new skills to get the jobs that are available locally. Other times people already have the skills they need but the employer wanting to hire them can't meet their special needs.

From wheelchair accessibility to specialized software for the visually impaired, many solutions are now available. Persons with disabilities make great employees. Most employers find this group to be loyal, hard-working, dedicated and determined to do a great job.

When the B.C. government designed its new employment programs, delivered through Work BC offices like KES, it focused on providing more help for people with disabilities, recognizing that disabilities can pose a real hurdle when looking for work or when trying to keep an existing job.

Under the new program, which launched on April 2, KES is able to access more funding for people with disabilities to gain needed skills as

well as provide funds to purchase assistive aids and technology. Programs for eligible clients can include:

- Short courses such as first-aid, Foodsafe, WHMIS, bookkeeping.
- Long-term training such as licensed practical nursing, teaching assistant, mechanic, Web site developers.
- Upgrading to a high school diploma.
- Self-employment for people with disabilities who want to start their own business.

What kinds of disabilities qualify?

A work-related disability is any ongoing condition that makes it difficult to find or keep a job and requires special considerations.

Examples range from requiring wrist bands for carpal tunnel syndrome to talking computer software for the visually impaired and visual aids for the hearing impaired, to needing a specially designed desk that works with a wheelchair or retraining to a new career.



Who can KES provide services to under these programs?

- Students with disabilities who are in their final year of school and will be looking for steady work.
- Adults with disabilities on either income assistance or receiving Employment Insurance benefits.
- Adults with disabilities who are already working but want to find more hours of employment.
- Adults who are employed but may be at risk of losing their job because of a disability.

Employers who hire people with disabilities or have workers already employed who become disabled can access \$1,000 to \$5,000, or more in some cases, to provide assistive technology or to modify their office or factory space.

Whether an employee or potential employee requires special software to read their computer screen or a ramp for wheelchair access to the job, there are many new ways that Work BC is trying to help. Other programs can also be accessed through KES to provide wage subsidies for new employees with disabilities. ■

*If you have a disability or know someone with a disability who is facing challenges finding or maintaining employment, call KES at 428-5655 or drop by our office in Creston at 119 – 11th Ave. N. and make an appointment to speak to one of our case managers.*

# Creston takes turn in TSN spotlight

Story by: Patricia Bartlett

It was a perfect day for an outdoor party. On Aug. 17, hundreds of people converged on the Creston and District Community Complex to enjoy free food, games and activities as part of the Kraft Celebration Tour.

All were anticipating the presentation of a \$25,000 cheque by Kraft to the Creston and District Society for Community Living's therapeutic riding program filmed by TSN, which broadcast SportsCentre live across the country.

It was Day One of the Kraft Celebration Tour for which Creston was one of 10 winning sites throughout Canada. Volunteers made that victory possible.

There would be no therapeutic



riding program if it wasn't for volunteers, who maintain the property, assist the riders and help with the horses.

There would have been no contest for the program if people like Myrna Johnson hadn't taken the initiative to encourage Michelle Whiteaway, the program director, to enter.

There would have been no win if hundreds, if not thousands, of volunteers hadn't sat at their computers or visited the voting centre set up at the College of the Rockies over a 24-hour period, trying to decipher "captchas" through bleary eyes as they voted repeatedly for their town. It paid off as Creston racked up 171,142 votes, beating out Kimberley with only 143,390 votes, all because of volunteers.

It didn't stop there. On the day of the presentation more than 100 previously recruited volunteers showed up to help set up, and later take down, the TSN stage and work a variety of Kraft activity booths such as the twist slip and slide (very refreshing on a hot day), basketball

free throw, twisted tug of war, bouncy castle and other games.

Volunteers also manned a variety of booths showcasing valley organizations such as the Creston Museum, Blossom Valley Singers, 97.7 FM and the Creston Concert Society. Central to the displays were riding program horses Cupcake and Inga.

Early in the afternoon, local musicians Fat Charlie, Kings of Kitchener, Peanut Butter and Jam, and Marybeth and Mike Stenhouse provided entertainment. The Gleaners hosted a fashion show and Red Jade Martial Arts gave a demonstration.

At 2:15 p.m. on the main stage Kraft presented a \$25,000 cardboard cheque to Whiteaway. Mayor Ron Toyota spoke and Coun. Tanya Ducharme acted as master of ceremonies.

After the presentation a live TSN broadcast hosted by Darren Dutchyshen and Kate Beirness featured a short tour of the valley and focused on Alexis Folk, a five-year-old with cerebral palsy

## Creston Judo Club

New Members  
are Welcome!

Judo Classes  
Starting as low as  
\$30.00/month

Samurai Teddy Bear - Ages 5 & 6

Monday 5:00-5:30 pm

New Beginners - Ages 6 & Up

Mon & Thurs 5:30-6:30

Intermediate Students - Yellow Belt & Up

Mon & Thurs 6:30-7:30pm

Seniors - Orange Belt & Up

Times to be determined

Golden Workout - Ages 40+

Days & times to be determined

## Fall Registration

September 6 & 10, 2012

5:00 to 7:00 pm

Lower Level • Creston Place

1230 Canyon Street



"Judo is an Olympic Sport"



## “There would be no therapeutic riding program if it wasn't for volunteers”

who has been helped by the riding program. An abbreviated version of the show can be viewed on the TSN Web site at [watch.tsn.ca/clip730733#clip730733](http://watch.tsn.ca/clip730733#clip730733) or find a link at <http://www.kraftcelebrationtour.ca/nominations/detail/967/>.

The \$25,000 will be put to good use improving the local riding facilities

so they can accommodate more riders. The present portable toilet will be replaced with a permanent, wheelchair-accessible washroom.

The ramp used by many riders to mount their horses will also be upgraded. The area where riders tack up and groom their horses is presently floored with dirt and gravel, making participation difficult

for people with mobility issues, so a solid floor will be installed.

Of course, finding suitable horses is of great importance, both to replace those reaching retirement as well as to increase the family so more riders can participate. Again, all this will be done by volunteers.

Materials and horses are bought but labour is given from the heart. ■

*If you or anyone you know would like to help the riding program make the most of the \$25,000, please contact Whiteaway at [mwhiteaway@hotmail.com](mailto:mwhiteaway@hotmail.com) or (250) 402-6793.*



# Smile...

## Equine Dental Health Season

Now thru Sept. 30, 2012

### 20% Off

Equine Complete Blood Health Screening \$120<sup>+HST</sup> and Procedures

All equine services can be done right on your farm or at the Creston Veterinary Hospital. Please call for prices.

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Equine Massage Therapy

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

# Times are a changin' in the wetland

**A**nother season unfolds at the Creston Valley Wildlife Management Area as we head into fall. Of the many things I love about the Creston area, the changing seasons are a highlight.

Each season has its own unique blend of weather, flora and fauna and things to see and do. Each season is different from the previous, with four distinct changes in the surroundings.

Fall brings the crisp winds and changing of the leaves, the unveiling of the sweaters and the unfortunate use of socks. I love to get out onto the dike trails at this time of year to watch the migrating birds species fly through. Each day brings a different viewing of ducks, geese, pelicans, swans . . .

With fall also comes hunting season, so please be careful out on the

dike trails. Hunting is not allowed around the Wildlife Interpretation Centre or the Summit Creek recreation area, but is allowed in all other areas of the CVWMA. If in doubt of where and when hunting occurs within the CVWMA, please refer to our Web site for maps and links to the provincial hunting regulations or call our administration office at 402-6900.

A permit from the CVWMA is required to hunt in the area. Permits can be obtained online on our Web site or at the following locations: CVWMA administration building; Wildlife Interpretation Centre; Creston government agent office; and, Sirdar General Store.

The last Sunday in September is B.C. River's Day. This year, on Sept. 30, the CVWMA is hosting its fifth annual B.C. River's Day paddle. It's fun to spend the day paddling along the Kootenay River.

We also pop into areas of the CVWMA such as Leach Lake and Six Mile Slough. Participants must bring their own canoe or kayak and have some experience.

We meet at the Tim Hortons parking lot at 10 a.m. and proceed to the launch site. Please bring a lunch and expect to be gone for three to four hours. ■

For any other inquires call 402-6900 or e-mail us at [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca). Our Web site is [www.crestonwildlife.ca](http://www.crestonwildlife.ca).



Paddling along the beautiful Kootenay River.



## Fall Leisure Guide is available for pick up

at the Creston & District Community Complex or can be seen online at [www.rdck.bc.ca/community/recreation/creston/crestonleisureguide.html](http://www.rdck.bc.ca/community/recreation/creston/crestonleisureguide.html)

### Special Events coming up:

**Terry Fox Run** – Sunday, Sept 16 9-11 am

**Sports Day in Canada** – Saturday, Sept 29 Ultimate Frisbee and Waterpolo

**Community Free Skate** – Friday, Oct 5 1:00-3:00 pm

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2012

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# Much discerned about woman from single snapshot

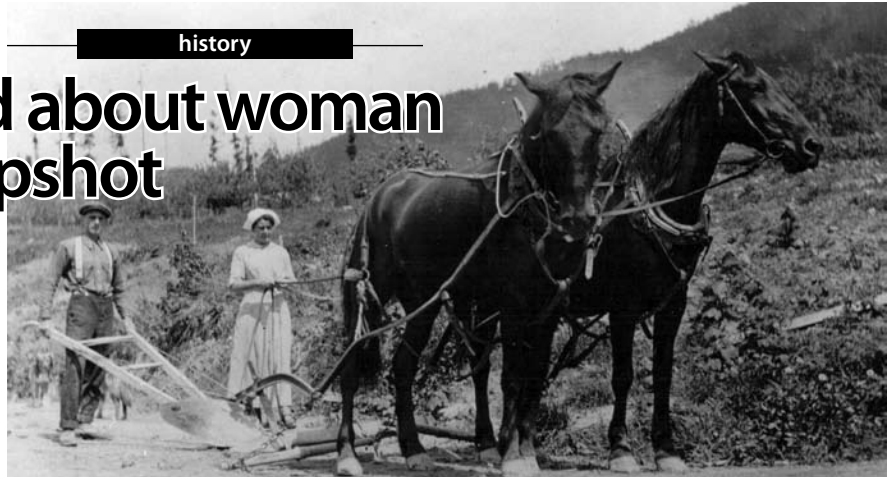
Story by: Tammy Hardwick  
 Manager - Creston & District Museum & Archives

I have spent a lot of time lately researching local women for a variety of presentations and displays. I'm now at the point where I make special note of any photograph, newspaper reference or old-timer story that gives some interesting detail about a local lady.

One such photograph that caught my attention shows a young woman atop a ladder picking apples. She is beautifully dressed, in the flounced-and-frilled style of the late Edwardian period.

The only concessions to her hard, physical work are her rolled-up sleeves and a dark apron over her white gown. She's smiling directly at the camera. She seems, above all, happy with where she is and what she's doing.

She strikes me as someone I'd like to know more about.



A note on the back of the photo identifies her as Mrs. Collis – Winifred Mary Collis, to be specific – married to Arthur Collis, who had a fruit ranch in Alice Siding. A quick search for her obituary reveals that she died, at the age of 86, in a terrible accident.

That tragedy seems to have overshadowed everything else about her; the obituary merely states that she was born in England, came to Creston and had a large family. But the smiling woman in the photograph must have had a much greater story to tell.

For one thing, I think she must have been a woman of considerable courage and determination. She and her husband came to Creston from England in August 1912, with four-and-a-half-year-old twin children, and carved their ranch out of the wilderness. That, in itself, would have been a daunting task.

In England, Arthur was a music professor and organist; Winifred had done some teaching. When immigration officials asked if they had ever worked as a farmer or farm labourer, both said no.

Upon their arrival in Canada they specifically gave their destination as Creston, which suggests they had a particular reason for coming here. Perhaps they had friends or family members here; perhaps they had seen one of the many advertisements for Creston that were published in England.

Either way, they must have been well aware that Creston was a farming community before they arrived – and yet, despite their lack of farming experience, they came here to farm.

At least they didn't buy their property sight-unseen as so many others did. Arthur and Winifred visited Creston in May 1912. They bought their property, then returned to England, gathered up the children and set sail again for Canada, arriving in Creston in mid- to late August that same year.

While we're speaking of Winifred's courage, I think it worth noting that they arrived in Canada the first time on April 13, 1912. Two days later the world was rocked by the news of the Titanic.

That sinking would have shaken anyone's confidence in the safety of transatlantic travel, and certainly in the White Star company which owned the Titanic. But less than two months later, the Collis's boarded another ship of the White Star line, Laurentic, to return to England, then crossed the Atlantic on her again to take up their new venture in Creston.

I find myself wondering what could prompt Arthur and Winifred to make such a dramatic change. It almost certainly wasn't poverty in England and the hope for something better in a new country. On their first voyage they travelled first class, and the Creston Review's announcement of their purchase of the Alice Siding property suggests they paid a rather higher price than average for it.

Perhaps they sought a small, quiet community in contrast to their village of Pinner which, by 1912, had become a suburb of London and whose population had doubled in the previous decade.

If, like many early settlers, they wished for a farm of their own, this would have

been much more achievable in Creston than Pinner, where farmland was being rapidly sold off to meet the demand for housing for the growing number of commuters who worked in London, and London residents who wanted a house in the country.

Whatever their motivation, they threw themselves into the ranching life and appear to have succeeded quite well. By 1920 they had six-and-a-half acres planted to apple orchard with a few cherries, plums, and pears mixed in, and were raising good-sized crops of strawberries and black currants between the rows of well-tended trees.

And what would Winifred have been doing on the ranch? We know from the three photographs we have of her that she didn't shy away from farm work.

She probably helped clear the land; one of the photos shows her driving a horse and plough. She helped harvest the fruit and possibly pruned, fertilized and watered the fruit trees too.

A map of the ranch, dated 1916, shows a kitchen garden where Winifred would have raised vegetables for her family. There was an extensive lawn which she would have tended along with any flowerbeds.

We know she worked with the ranch's horses and undoubtedly spent time grooming and feeding them in the stable behind the house. There was a small packing shed attached to the barns where



The Ranch at Alice Siding, not long after arriving in Creston.

Winifred would have packed the fruit into boxes and crates for shipping to market.

This is in addition to her roles as wife, mother and housekeeper. She would have taken care of the house and cooked for her family and any farmhands they may have hired. Any produce from the garden or fruit from the orchards that couldn't be sold or eaten immediately was canned for use over the winter.

She'd have made, mended and washed clothes, knitted socks and mittens, and ironed and starched sheets and tablecloths. She did all this while raising four children: the two eldest, Jeffery and Marion, who had accompanied her from England, and George and Dorothy, born in 1916 and 1917, respectively.

Certainly, hers would not have been an easy life. But, if we can judge from her photographs, she loved every minute of it. ■

For more information contact the Creston and District Museum and Archives by phone at 250-428-9262, e-mail at [mail@creston.museum.bc.ca](mailto:mail@creston.museum.bc.ca) or the Web site [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).



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# Harvest Share aims to end waste of produce



Story by: Alexandra Dansereau  
Harvest Share program  
co-ordinator



**Unable to harvest?**

**We volunteer to do it for you!**

Harvest Share is a program that brings together those with excess fruit and those who need it. Harvest Share organizes teams of volunteers who harvest the crop. This is free of charge and the harvested produce will be separated three ways:

- Tree owners • Volunteer pickers
- Social or charity organization

**Volunteer Pickers Needed!**

For information:

**Alexandra Dansereau**

Harvest Share Program Coordinator

121 North West Boulevard, Creston  
(Creston Valley Chamber of Commerce)

**Phone: 250.402.3291**

crestonharvestshare@gmail.com



Creston Valley Food Action Coalition

**Harvest Share**

*Thanks to Columbia Basin Trust, Creston Kootenay Foundation, and Kokanee Ford for supporting this program. We also acknowledge the financial assistance of the Province of British Columbia.*



Creston Valley Food Action Coalition

**Farmers' Market**

CrestonValleyFarmersMarket.ca

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**Baking**



**Millennium Park**

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8am - 12 pm

**Morris Flowers & Garden Centre**

Oct - Dec Saturdays,  
10am - 2pm

**W**hen harvest season comes I am always so excited about the abundance and diversity of produce that grows everywhere in the Creston Valley. I feel so fortunate to live in a place where the climate is clement enough, the water plentiful enough and the soils rich enough to allow such a variety of things to grow.

However, I am shocked to see the quantity of produce that rots on the ground, and worse, that gets buried in the dump; that ephemeral harvest bounty is paired with massive waste.

That waste constitutes environmental and socio-economic nonsense. On the environmental level, that waste acts as a wildlife attractant. People who rake it up have probably realized that there is a limit to what any good compost pile can do without becoming the bear's next stop.

On the socio-economic level, that rotting fruit constitutes the waste of potentially healthy food for those in need. Many local individuals and families, for various reasons, struggle every week to access minimal groceries. Some of them simply cannot afford to buy enough, if any, healthy, nutritious

local food. They have to choose between whatever is on sale at the store, not always excessively healthy, and coming from who knows where.

Meanwhile, our local produce is rotting on the ground and going to waste. Locally, we have the potential to feed ourselves healthily and common sense calls us to do so.

Harvest Share, operated under the umbrella of the Creston Valley Food Action Coalition, provides an alternative to that unsound situation. The program's four main goals are to: reduce waste and support families and individuals in need by providing produce to the agencies that serve these people; reduce human/wildlife conflicts by removing some of the rotting fruit; reduce our carbon footprint by educating people to eat food that is grown locally instead of food grown hundreds of miles away; and, offer empowering educational opportunities for people of all ages through participation in the harvest and workshops on food preserving.

The program has been operating for four years. So far, 13 local service agencies are participating:

Creston Valley Gleaners food bank; Therapeutic Activation Program for Seniors; Creston and District Community Resource Centre Society; Kootenai Community Centre Society; Wednesday lunch program at Trinity United Church; Seventh-day Adventist Church; St. Stephen's Presbyterian Church; New Life Church; Glad Tidings Pentecostal Church; Lower Kootenay Band social development program; College of the Rockies; Canyon-Lister Elementary School; and, Erickson Elementary School. Any additional service agencies wishing to join the program are invited to contact the program co-ordinator.

People who are able to pick their produce and donate it to one of the organizations are encouraged to do so.

The following organizations will be more than happy to receive your donation (please call before drop-

off): Gleaners (428-4166), Tuesdays and Fridays, 9 a.m. to 1 p.m.; New Life Church (428-5975); New Life Furniture, for Kootenai Community Centre Society (402-0098); and, Lower Kootenay Band social development program, Shari Leythe (428-4406).

People who are unable to harvest their fruit/nut trees are invited to call us to arrange for volunteer help. The harvested produce is separated three ways, between the tree owners, volunteer pickers and local service agencies.

People interested in volunteering or picking up culled fruit for livestock feed are invited to contact us.

This program relies exclusively on grants and donations. ■

For more information on Harvest Share and the coalition e-mail [crestonharvestshare@gmail.com](mailto:crestonharvestshare@gmail.com) or phone (250) 402-3291.

**We would like to thank the Province of British Columbia, Columbia Basin Trust, Creston Kootenay Foundation and College of the Rockies for their support.**

**Furthermore, we would like to thank Kokanee Ford in Creston for the complimentary lease of a pickup truck used for transporting picking equipment and distributing produce.**

**Additionally, we would like to thank I Love Creston magazine and the Creston Valley Advance for sponsoring part of our advertizing, Pro-to-Call for donating a computer, Columbia Brewery for donating boxes to carry the produce and Faynor Orchards for their generous donation of cherries to our local service agencies.**

**I personally would like to thank the Creston Valley Food Action Coalition board members, who have done amazing background work to allow this program to grow and prosper.**



**“Locally, we have the potential to feed ourselves healthily and common sense calls us to do so”**

Harvest Share volunteer pickers.

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# Health and well-being with yoga

Story by: Samantha Nevalainen, owner of Creston Valley Yoga Studio

**Y**oga is a path that can be a way to better health and well-being. The five pillars of yoga are: right exercise, right breathing, right thinking, right nutrition and right relaxation.

Yoga is about finding balance in our lives and having a certain quality of attention and awareness that will enhance your well-being and enrich every part of your daily experience.

Right exercise means practising asanas (yoga postures) or some other form of exercise with good intensions and according to your age, health and the needs of your body.

Our posture and strength are important to our health. We need a strong, stable core to hold our own

weight and to stay fit and flexible into our older age. It is never too late to get into shape but the best time to start is when you're young.

Right breathing involves working toward awareness of the breath at all times and re-establishing the breathing of a child, which energizes your whole being.

Our breathing is extremely linked to our health and well-being. When we take quick, shallow breaths and allow that to form our breathing pattern we only use a fraction of our lungs when under stress and our health can suffer, failing to supply our muscles and organs with enough oxygen via the blood supply to function properly.

When we use awareness and take the slowest, fullest breaths we can feel the effect immediately on stress or anxiety. It can even ease a mild case of indigestion.

Many pranayama (a breathing exercise) can help change our breathing pattern or teach us new ways to deepen our health and well-being through different breath exercises.

Right thinking entails uncluttering your mind of its many scattered thoughts to increase your sense of clarity and calm and cultivate a positive attitude.

A healthy mind equals a healthy body. As a holistic approach the body and mind are one, with everything connected to everything else. Nothing can happen to one part without everything else being affected.

Often we think too much. This internal shouting match is never still and we become completely overwhelmed by our emotions and never have peace.

Although a lot of our thinking is important, most of the time too much of our thinking is useless. To stop this the mind must be stilled to rediscover our thoughts under our own control, enabling us to see things as they truly are without hindering thoughts.

Using techniques such as meditation can steady the mind to one focus, benefiting us later by slowing down our thoughts to help us think before we speak. Meditation can be a practice, with one focus to help slow the thought patterns, or simply nothing more than allowing the mind to be lulled by a simple moment of staring into the blue sky or waves on the beach.

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Focusing the mind on something completely, thereby putting anxiety and worries aside, is soothing.

Right nutrition means being aware of what you feed and fuel your body with, preferably a healthy range of fresh, seasonal, nutritious food in moderation and eating that food slowly and mindfully at the appropriate times.

Right relaxation entails taking time out to balance all the activity in your life with adequate rest to maintain a sense of not only physical relaxation but also mental, emotional and energetic relaxation, restoring and revitalizing your entire being.

Knowing yourself the yoga way is different than knowing your habits, likes and dislikes. We learn to work with the body rather than against the body and find our true nature, our wisdom, our awakened heart.

Yoga is not a religion unless used as a form of religious practice. The initial effects are lightness and finding yourself and gaining a healthy mind and body, but many instructors and students may believe in Hinduism or Buddhism for their own beliefs and practices to find oneness with the universe.

There is nothing brought to class that is religious, just teachings through which we find help, a state of well-being and mindfulness. A yoga instructor would never push beliefs on a student, rather suggest or use terms or readings to help put a more positive outlook on things.

When one practises yoga, even in a yoga class, it is good to remember that this is your yoga practice and no one else's. You have come to class or are practising at home for yourself, so do what feels right for your body.

You should not have a full stomach while practising yoga. It should be done in comfortable clothing using a thick, non-slip mat. Perform

your practice slowly, carefully and mindfully, avoiding force or strain.

Learning any or all of these yoga techniques will not only benefit your practice but your daily life in terms of feeling well, open-minded, calm and in control of your life.

The Creston Valley Yoga Studio is offering fall registration. Check out our online schedule on the Web site [www.crestonvalleyyogastudio.com](http://www.crestonvalleyyogastudio.com) or watch for posters around town.

Our prana (breath) is more than just oxygen but our life force as well. Every breath we take, every step we make can be a source of joy; all we need to do is be awake and alive in the present

moment, the only moment there is to be alive. ■

Reach us by e-mail at [Crestonvalleyyogastudio@hotmail.com](mailto:Crestonvalleyyogastudio@hotmail.com).

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# Knees are in the know when it comes to weather

Story by Jesse Moreton, BSc DC

**Y**our knee, the meteorologist. It's an interesting thought, isn't it? It's an observation I made from patients during my short experience in practice. Some of my clients are pretty good at predicting the weather and most get the message from their knees or hips.

I find this link between weather changes and arthritis flare-ups an interesting phenomenon. This month I'll share what I have unravelled about the connection.

First off, there doesn't seem to be any strong research. This is an unfortunate commonality with many of my interests. I did manage to find two studies that establish an

association but nothing that showed a mechanism. In other words, we have the "what" but not the "how."

The first study was conducted in 1961 with only 12 participants. Dr. Hollander built a climate chamber and demonstrated that high humidity and low barometric pressure were associated with more joint pain and stiffness.

However, he found that neither factor in isolation had any affect. He theorized that decreasing barometric pressure caused the inflamed joints to swell which in turn led to nerve irritation and pain.

Another study published in the journal *Pain* by researcher Robert Jamison looked at the association between chronic pain and weather in four American cities. He found that two-thirds of participants said they were pretty sure that weather affected their pain. Most of them had increased pain a day before a storm would come.

Interestingly enough, there was no association between warmer cities and less pain or stiffness. Participants in San Diego, a city with a warmer climate, had the greatest sensitivity to weather changes when compared to participants in Nashville and two cities in Massachusetts.

So there is a link. But what's the mechanism? The best theory today is the same one Dr. Hollander had in 1961. It has nothing to do with the cold, rain or snow. It has to do with barometric pressure.

Barometric pressure can be conceptualized as the weight of the atmosphere around us. When barometric pressure is high, the weight of the atmosphere pushes against our body and our joints and

prevents them from expanding.

When barometric pressure lowers, the joints can swell, strain tissues and compress pain-producing nerves. Typically this lowering of pressure is what occurs before the onset of bad weather.

Correlating this explanation back to my own practice I think of patients with rheumatoid arthritis who seem more affected by weather changes than patients with osteoarthritis. Joint inflammation occurs significantly more in rheumatoid arthritis than in osteoarthritis.

If the theory is correct it makes sense with this observation: joints with more inflammation will naturally be more sensitive to drops in pressure.

Now if you are one who suffers with weather changes, what can you do with this information? You can stop entertaining the thought of moving to Arizona, for starters. As mentioned above, people with chronic pain in warmer cities tend to have even more sensitivity to weather changes.

You could also put in an application to The Weather Channel. They're wrong half the time anyway.

More realistically you could try compressing your joints when the barometric pressure drops. Cheap elastic braces may do the trick. If not, you can always count on obtaining some relief from placebo. ■

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Story by:  
Shifu Neil Ripski

# The heart of kung fu

As fall begins I find myself heading home from a wonderful vacation in Big Sur, Calif., through San Francisco and enjoying a cup of tea in America's oldest Chinatown. The hustle and bustle of the restaurant and the clamour of Cantonese make me feel a bit homesick for an earlier time in my life, when I would venture down to my teacher's herb shop for lessons in the fading light of the day on the busy streets of Chinatown in Edmonton, where I lived.

Master Chen was and still is the kindest teacher I have ever trained under. Spending many nights and days practising exercises in the herb shop, much to the amusement of the customers, is a fond memory.

You see, master Chen is a traditional Chinese doctor of acupuncture and herbalism and, even as his years approach 70, he still works six days a week treating patients who have come to rely on his knowledge and compassion for their welfare. Little did they know that he was a man with iron bones to go with his open heart.

Sifu (master) used to invite me to train with him after hours in the herb shop, usually from about 9 p.m. until midnight sometimes two or three times a week. We would practise qigong and martial arts and discuss philosophy over tea.

Although there were some language barriers his daughter was kind enough to help us make ourselves understood to one another through her mastery of both Cantonese and English.

I remember one day, when sifu had been instructing me in techniques for stretching and I was truly embarrassing

myself at less than half his age, he suddenly told me to stand and do some hand-to-hand drills with him. "Sam sing!" he said, which translates to "three stars," a drill in which you bang arms with one another, which would be fine except that sifu had bones made out of hard, heavy iron that I had seen pass through arms of furniture with no effort at all.

The heavy thwacking sound was met each time with my internal dialogue of questions. "Is this the day I break my arm?" "How can the old man be so strong still?" "How much longer can this last?"

Now let me mention that at the time I had been training martial arts already for nearly 20 years and had a school of my own with students and all that jazz. I was young and strong and my arms wanted to fall off.

Suddenly I backed away from one of the heavy arms swinging at mine and sifu smiled and attacked to my head. I blocked and backed away to see a barrage of his younger self coming at me, smiling the whole time.

"Tiger exits the cave." "Reincarnated crane." "Turn fists like a millstone." Sifu brought out his martial arts for a test drive!

We sparred. I remember our arms crossing at high speed and then, suddenly stopping, our eyes locked. He smiled and said, "Outside kung fu! Fun! . . . Like being young again."

We sat and had tea and laughed about our match.

It is one of my fondest memories, sparring with my old master, drinking tea with him and eating dinner prepared by his wife after training or heading out to a local restaurant for congee (rice soup which, by the way, our own Club Cafe in Creston now



Neil training with Master Chen.

makes) and chatting late into the night.

Many people seem to think that martial arts is all about fighting and workouts but truly it is the human connection and friendships that we gain from our training that helps to change who we are for the better. I hope one day my students have fond memories of fighting with the old man only to sit and drink tea and laugh afterward. That, after all, is the heart of kung fu. ■

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

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# Hepditch brings winning pedigree from New Brunswick

Story by: Creston Valley Thunder Cats

September marks the start of hockey season and the Creston Valley Thunder Cats are gearing up for another exciting year in the Kootenay International Junior Hockey League.

Training camp has just finished and the 2012-13 team is being carefully selected. Home exhibition action will be Tuesday, Sept. 4 and Tuesday, Sept. 11.

The regular season home opener will be Friday, Sept. 14, with other regular season home games happening on Saturday the 22nd, Friday the 28th and Sunday the 30th.

The Sunday game is at 2 p.m. All other home games start at 7:30 p.m.

unless otherwise noted and doors open to the game 45 minutes before the puck drops at centre ice.

This season will see the teams from the Okanagan Division (Kelowna, Penticton, Princeton, Osoyoos and Summerland) coming to town.

Let's show the Okanagan (and the rest of the KIJHL) what great fans we have in Creston by packing the

A core group of six to eight players from last season are returning to lace up for Creston Valley and a couple of local players (Colby Livingstone and Matthew Sonntag) have been added to the roster as well.

Off the ice, the board of directors also sees some new faces with five new board members elected at the annual general meeting in May. The

## "September marks the start of hockey season and the Creston Valley Thunder Cats"

Johnny Bucyk Arena each game and cheering loudly and proudly.

The Thunder Cats have a new head coach this season, Josh Hepditch. He relocated with his wife from New Brunswick to take over behind the bench.

Hepditch has strong leadership skills and is a proven winner, with one of the most respected championship pedigrees in the history of New Brunswick hockey.

In the past six years, with the University of New Brunswick and the Moncton Wildcats, he has been in five national championship games, winning three of them. He has a great knowledge of what it takes to be successful at the highest level.

Hepditch has had numerous high-quality coaches who have given him a strong hockey philosophy and a proven, successful system of play combined with superb teaching skills.

There will be many new faces on the ice for the Cats this season but you will see some familiar faces too.

directors for the 2012-13 season are Bob Gollan, Mike Moore, Melody Totten, Tom East, Kelly Moore, Margie Kepke, Shannon Veitch, Marty Sonntag, Scott Veitch and Colin Hardwick.

As a community owned and operated society, volunteers are always needed. If you would like to help out in any way please speak to one of our board members or e-mail the team at [tcats@hotmail.ca](mailto:tcats@hotmail.ca).

Preparing for a hockey season takes much planning and the board members should be thanked for their work thus far. Some events that are being planned for the season are the annual Stuff the Bus food drive (to be held in late September or early October; watch for more details as we get closer), Parents Weekend in November, the business/sponsor appreciation game, meet the players and more.

The Thunder Cats hope you are ready for a fun-filled hockey season. We encourage all residents of the Creston Valley to come out and cheer our team to victory. Go, Cats, Go! ■

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

**September Home Games**

All game start at 7:30 unless otherwise noted

Tues., Sept. 4. Glacier Nationals (Exh)

Tues., Sept. 11 ... Beaver Valley (Exh)

Fri., Sept. 14 ..... Kimberley

Sat., Sept. 22 ..... Nelson

Fri., Sept. 28 ..... Columbia Valley

Sun., Sept. 30 (2pm) ..... Princeton

**Creston Valley THUNDERCATS**

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



# Access consciousness and the three Rs: receive, release and remember



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

If you are a sensitive soul, indigo or have felt different most of your life, and therefore are truly feeling the shift of the ages we are experiencing in 2012, welcome to “being you” now.

We are in the midst of the 2012 shift, and the culmination of many cycles within cycles is coming together within this one year. Wow, what a ride.

The funny thing is, some people are barely noticing anything within them while the sensitives on Earth are feeling everything. (And you know who you are!)

Well, if now is your time to awaken on this spiritual journey, you have probably noticed a lot of shifting going on within you, your family, work or maybe simply your perspective of how life has shifted dramatically and how you function in life differently somehow.

A year of deep changes is and will continue, and my personal journey has felt like walking a tightrope without a net (very dry joke, I know), yet really, I am experiencing life with a totally different twist.

As this transformation and transition into higher consciousness and awareness continues I am continually following the divine crumbs of synchronicity, “aha” moments and insights, and saying yes to what feels aligned in the moment.



Releasing energy through access bars.

I would like to share three possibilities to assist in moving through this transformation that can assist you on your journey. These three ways are to begin allowing yourself to receive, release and remember as you open to receive then release what no longer serves you, and remember that more of your higher spiritual soul self can then trust in that.

Did you know that if you are a sensitive soul, 95 per cent of what you are feeling may not even be you? You are picking up everything around you, including Earth shifts, planetary cosmic shifts and also the people around you. So, my dear, sensitive soul, yes, it can feel overwhelming, and yet there is hope.

One of the divine crumbs that came my way last year was a process called access consciousness. It has taken me this long to evolve into accepting this modality of growth into my life.

One piece of accessing consciousness is an easy process called access bars which allow your body to process and receive the changes you are choosing with greater ease.

Access bars are 32 points on your head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive. Lightly touching these 32 points will release old energies stuck in the brain and the body, allowing for tremendous and easy change.

The bars release all the considerations, thoughts, feelings, emotions, decisions, judgments and beliefs from any lifetime that are electrically stored in the brain. This occurs when the bars are touched, allowing that stored junk to be released. Similar to when the lights go out in your house and you flip the circuit

breaker so the lights come on, having your bars done allows your lights to come on. The energy of the universe becomes available to you and this often results in more peace, ease, joy and glory in life.

Having a bars session allows you to receive nurturing and relaxation – you don't have to do anything – while at the same time you are releasing old patterns, beliefs and limitations which opens the door wider to remembering you are here to live a life in joy, peace, love and ease.

It sounds too good to be true, I understand, and I tip-toed my way toward it. But I have to say that it's time for an easier way to evolve into the new divine human we are here on Earth to embody.

So if you have tried everything under the sun except access consciousness and having your “bars run,” maybe this is the possibility of breakthrough you know is available to you. You know what they say: to receive a different outcome requires a different approach.

If you are one of those sensitive souls who really notices the shift occurring now and you can feel the old you resisting, or if you are having challenges with changing what you know you want to change, perhaps access bars can be of assistance. It's time to shine your light, my friend.

I am happy to say I bit the bullet, went for the training and am now an access bars practitioner offering access bars sessions.

I ask you: what else is possible and how does it get any better than this?

Receive, release and remember. “We are the ones we have been waiting for and now is the time” (Hopi). ■

# Out & About

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

## September Creston Valley Farmers' Market

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

Location: Millennium Park  
Saturdays from 8-12pm

Contact: Martha Boland or  
Tamara Movold

Phone: 250-254-1594  
cvfarmersmarket@gmail.com  
<http://crestonvalleyfarmersmarket.ca/>

## September 1 to 10 Creston Art Club Annual Art Show and Sale

*Creston Art Club Annual Art Show and Sale. Everyone welcome!*

Location: Rotacrest Hall  
Fri., Sept. 7, 3 to 9pm

Sat., Sept. 8, 10am to 4pm  
Reception Fri., Sept. 7  
7 to 9 pm

Contact: Audrey Orosz  
Phone: 250-866-5145  
Email: [audreymountain@gmail.com](mailto:audreymountain@gmail.com)

## September 4 Thunder Cats vs. Glacier Nationals (exhibition)

*Exhibition action, come check out who is trying to make the cut!*

Location: CDCC  
Doors open at 6:45pm,  
action starts at 7:30pm.

Contact: Josh Hepditch  
Phone: 250-428-8929  
Email: [tcats@telus.net](mailto:tcats@telus.net)  
[www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com)

## September 9 44th Annual Corn Crickers Picnic

*Come & enjoy this fun filled family event.*

*Burgers & corn on the cob will be served up along with refreshments & pie. Lots of activities for all ages to enjoy.*

Location: West Creston Hall  
Contact: Don Turner  
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Email: [turnerd@westcreston.ca](mailto:turnerd@westcreston.ca)  
[www.westcreston.info](http://www.westcreston.info)

## September 11 Thunder Cats vs. Beaver Valley Nitehawks

*Exhibition action, come check out who is trying to make the cut! Entertainment for the whole family!*

Location: CDCC  
Doors open at 6:45pm,  
action starts at 7:30pm.

Contact: Josh Hepditch  
Phone: 250-428-8929  
Email: [tcats@telus.net](mailto:tcats@telus.net)  
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Peaches..... Aug. 10 to Sept. 20  
Plums..... Aug. 10 to Sept. 20  
Summer Apples..... Aug. 15 to Sept. 20  
Pears.....Sept. 5 to Dec. 31  
Apples.....Sept. 15 onwards

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

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**September 14  
Thunder Cats vs. Kimberley  
Dynamiters**

*The home opener against Division rivals the Kimberley Dynamiters!*

Location: CDCC  
Doors open at 6:45pm,  
action starts at 7:30pm.  
Contact: Josh Hepditch  
Phone: 250-428-8929  
Email: tcats@telus.net  
www.crestonvalleythundercats.com

**September 15  
CVMA 1st annual TOY RUN**

*Riding up mainstreet, down Erickson Rd, up Kootenay lake. Donations for xmas hampers.*

Location: Parking at Creston Mall  
Registration at A&W  
Contact: Cecile  
Phone: 250-428-2771  
Email: vic\_cec@shaw.ca

**September 22  
Thunder Cats vs. Nelson Leafs**

*Exciting Junior B action.*

Location: CDCC  
Doors open at 6:45pm,  
action starts at 7:30pm.  
Contact: Josh Hepditch  
Phone: 250-428-8929  
Email: tcats@telus.net  
www.crestonvalleythundercats.com

**September 23  
Blue Heron Halfathon**

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Contact: Gwen Telling  
Phone: 250-428-7106  
Email: gwenita@shaw.ca  
www.blueheronhalfathon.ca

**September 28  
Thunder Cats vs. Columbia Valley  
Rockies**

*Exciting Junior B action!*

Location: CDCC  
Doors open at 6:45pm,  
action starts at 7:30pm.  
Contact: Josh Hepditch  
Phone: 250-428-8929  
Email: tcats@telus.net  
www.crestonvalleythundercats.com

**September 30  
Thunder Cats vs. Princeton Posse**

*Exciting Junior B action. This is an afternoon game!*

Location: CDCC  
Doors open at 1:15pm,  
action starts at 2:00pm.  
Contact: Josh Hepditch  
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**0% Up to 42 Months**  
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*\*Financing in lieu of cash discount*

**CASH SALE PRICE \$6,789.00\***  
Reg. list \$9,075.00  
While quantities last



20 to 21 HP Power. Traction. Tight turning radius. With the innovative "Glide-Steer" the GR2010 Gas and GR2110 Diesel outperform all other ride-on lawn and garden tractors in their class.

**GR2010 feature:** 20hp gas with 48" mower deck • hydrostatic • power steering • hyd. Deck lift • 4 wheel drive assist



**0% Up to 42 Months**  
Please contact dealer for details.  
*\*Financing in lieu of cash discount*

**CASH SALE PRICE \$14,749.00\***  
Reg. list \$17,322.00  
While quantities last



This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

**BX2660 25.5 hp power unit Features:** 25.5 hp 3cyl diesel • 2 range hydrostatic transmission • power steering • front & rear pto • 4wd • LA243 loader 560lb capacity



GRAND FORKS CRESTON CRANBROOK  
CRESTON  
Serving The Kootenays

### KEMLEE EQUIPMENT LTD.

Your locally owned & operated Ag Centre

\*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.