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Creston Valley together.*

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June
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**i love
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A breed apart

**Rob McLeod's
commitment to
animal care knows
few boundaries**



Community

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Letters to the Editor

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From the editor

Most people would consider June to be the “off-season” for an organization like the Royal Canadian Legion, far removed from Remembrance Day, the annual cenotaph ceremony and familiar poppy drive, all of which might be associated with aging war veterans.

Those people would, in fact, be wrong. Legion Branch 29 in Creston is a going concern year-round, as Terry Biccum found out first-hand in December.

“It takes a lot to keep a Legion running,” says the 26-year veteran of the army, navy and air force, who retired in 1992 to work security at the provincial legislature in Victoria before moving back to his home town of Creston seven years ago. “I didn’t realize how much until I became president.”

Biccum and his mission to shore up the local Legion are among the features in this June edition of I Love Creston. He’s determined to squelch some misconceptions like the ones above. And how about these little-known facts: you don’t have to be retired from the military to be called a “veteran,” and you don’t even have to have any ties to the military to belong to the Legion.

“What I really want to stress is the doors are open to the young people to come in and if they like it they can become a member, no problem,” says Biccum, conscious of the Legion’s dwindling number of active members in Creston and that branches in other Kootenay communities have disappeared altogether.

The Legion hall on 11th Avenue North is holding its own at the moment but Biccum isn’t leaving anything to chance. The services provided to war veterans and the Legion’s support of other non-profit community groups are too valuable to risk losing.

“I’ve had to tighten the belts up so tight,” he says, “buying the cheapest coffee just to cut costs.”

Learn more about Biccum’s efforts and what the Legion has to offer inside these pages.

Also profiled is Creston vet Rob McLeod, who is also stretched a little thin as a full-service animal doctor for the valley. In his case help is already on the way in the form of newly trained staff that figures to raise the already high standard of care offered by the Creston Veterinary Hospital and perhaps give the good doctor some much-needed down time after hours.

The chance to upgrade via distance learning, through online and videotaped assignments, made it feasible for three assistants to pursue the animal health technician certification. One finished in 2009, and when two others whose training is still in progress complete the course there will be four techs at the practice.

Whereas in-house training can suffice right now, eventually anyone assisting a vet with tasks such as surgery, drawing blood or inserting catheters will have to be certified. The local clinic is now set for the future in that regard.

“The (distance learning) program’s been a tremendous boon for somewhere like Creston,” McLeod says. “Even though we’re a beautiful community, we don’t often necessarily attract young people here for lots of reasons. These are people who were already attached to our community and want to be here. We’re not trying to get them in and convince them to stay here.”

In McLeod’s case, no arm-twisting was necessary to convince him to jump at the chance to join what was then Dave Perrin’s practice back in 1993.

“I just drove through here one day on my way to a wedding in the Okanagan from Swift Current (and) thought it would be a nice place to live,” he says. “Dr. Perrin was looking for somebody just about the same time I was looking for a change from Comox, so that worked out.”

More on McLeod and his practice are in the pages to follow, along with a story about the Gray Creek Store, an East Shore landmark that’s been serving the local and travelling public since 1913 – that’s right, 100 years. There’s also news of a new summertime arts exhibit at various locations in and around Crawford Bay

that figures to make a day trip on the Kootenay Lake ferry even more attractive.

We’ll also hear from the Creston mayor and the Lower Kootenay Band chief, and learn more of the valley’s fascinating history in the monthly museum column exhaustively researched and written by manager Tammy Hardwick. Plus, of course, a whole lot more.

Without further ado, let’s get on with this month’s issue. ■

Mailbag

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

To Wendy and Brian and to everyone at I Love Creston

I just wanted to say thank you very much for the wonderful article about me that you guys featured in the May issue of your magazine!!!! I had a great deal of fun during the interview and many people have approached me the talk about the article both about my artwork and my visual impairment. I am happy that people are discovering my artwork and home based gallery via the article but I am also happy that people are being educated about people who have disabilities. I was surprised by how many people didn’t realize I was visually impaired or how severe my visual impairment was. I have enjoyed reading the various stories in your magazine for a long time and am honored to be a part of that!

THANK YOU VERY MUCH!

*Sincerely,
Margaux Allard*

Dear Wendy,

The Erickson History Project members would like to thank you for the article in the February edition of I Love Creston.

We have had a very good response and are still accepting histories.

*Sincerely,
Erickson History Project members*



The doctor is in

Creston vet answers the call of duty, 24/7

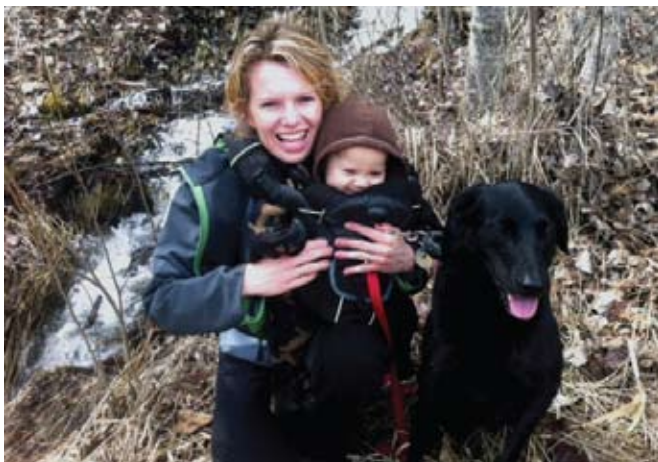
Dr. Rob McLeod, in the business of keeping animals alive and well for more than 20 years, belongs himself to a dying breed.

The number of veterinarians devoted to 24/7 farm animal and house pet care year-round is dwindling, which makes him and his Creston Veterinary Hospital treasured commodities in the valley.

“It’s getting to be less of a norm all the time,” says the 50-year-old, who attended vet school in Saskatoon in the late 1980s. “It was the



Veterinary assistant *Kaca Hegerova*.



Veterinary assistant *Tara Halonen*.

norm when I graduated. There would have been an expectation of a veterinarian in a rural community to be on call or make some sort of arrangements for availability.

“That’s kind of a sad change. Small communities are losing out but . . . not every community has a veterinarian that’s willing to commit themselves to that kind of lifestyle in this size of community.

“The nature of the practice is such that it’s tough to find another veterinarian who’s willing and able to do the whole breadth that is required.”

Two independent locums under contract to McLeod commute from West Kootenay bases to ensure that two vets are on site during most midweek days, which still leaves evenings, weekends and . . .

“Days off? What are those?” he says, erupting in laughter.

When asked if he’s ever calculated how many hours he puts in during a typical week, McLeod replies, “I try not to.

“The veterinary association does economic surveys and they will contact you and ask you to give them a number. I gave them what I felt was a conservative number, probably low, actually, but I got a phone call to say, ‘Is this real? Are you kidding?’

“I’m a bit of a workaholic. The workload has been heavy, but it’s not so much the heavy nature of it. It’s that on-call thing. Evening work is sporadic but you’ve got to be available all the time, which is why, in a lot of rural communities, veterinarians have actually abandoned emergency services.”

He gets desperate calls for help from as far away as Invermere that he can’t accommodate, but the Victoria-born, Ottawa-raised McLeod (who spent part of his teenaged years in Whitehorse) has no regrets about settling in Creston 20 years ago after practising briefly in Swift Current and Comox.

“Creston’s a marvellous community,” he says. “You talk about the pros and the cons . . . of life in a rural practice . . . Myself, I find rural practice incredibly satisfying because the clients I have – my kids went to school with their kids. We have relationships well beyond what you would have in a bigger practice where you’re just filtering people through like they do in a large city (where) everyone’s anonymous.

“Not every community has a veterinarian that’s willing to commit themselves to that kind of lifestyle in this size of community”

“I’m not anonymous in the community here. ‘Oh, good, you’re here. Good, you’re in the restaurant. Just the man I needed to talk to.’

“I like . . . being a big part of the community, not just a little cog in a big thing. I like the fact we get to know the clients.”

McLeod first hired on as a locum at the practice then owned by founder Dr. Dave Perrin in 1993. He became



Veterinary assistant *Melissa Fre.*



Veterinary assistant *Carrie Woodall.*

part-owner of the hospital in 1996 and bought out Perrin along with a “silent,” absentee business partner two years later when Perrin “went off to write his books and do other things.”

He moved to the present location at Dogwood Street and 16th Avenue in 2001.

McLeod attributes a gradual increase in clients over the years to more pet owners as opposed to agricultural work.

“There’s fewer dairies here than when I first came, fewer beef cattle and . . . more companion animal work,” says McLeod, who considers the farm component to be “fairly flat.” There are fewer farmers but bigger farms with “more complex management issues.”

Overtime and house calls aside, McLeod is also a rare breed in his willingness to work with the full range of animals, whereas younger vets tend to specialize.

“It’s getting harder and harder to get veterinarians who will do a full scope of mixed practice that’s required in an area that’s largely agricultural and still has a large companion animal part as well,” says McLeod, whose daytime locum backup “still leaves me as the main guy as far as all the emergency work goes, to do the full breadth of what we do here, which is everything from exotic animals right through to all the farm animals – pigs and cows and horses and donkeys – as well as small animals.

“There’s a definite tendency to specialize in species or particular areas of veterinary medicine. It’s probably less common out on the Prairies but we’re still seeing more and more practices refusing to do certain types of medicine. We’ve tried to maintain everything here and continue providing a 365-day-a-year, 24-hour emergency capability, which is tough when there’s only one guy doing it.”

That personal pressure is easing, if only slightly, thanks to upgrading among his staff. Within a couple of years he’ll have four certified animal health technicians who can share some of the after-hours workload and determine which calls actually require the doctor.

Kaca Hegerova had been the only assistant with that formal training until Tara Halonen, an 11-year employee, completed the three-year distance program through Thompson Rivers University in Kamloops in 2009.

Melissa Frei, originally hired as a receptionist, is working her way through the same TRU program and

**“I like . . . being a big part of the community,
not just a little cog in a big thing.
I like the fact we get to know the clients”**

Carrie Woodall, a recent high school graduate hired through the Prince Charles secondary work experience program, is getting the training from Olds College in Alberta. Frei also offers massage therapy for horses and pets.

Veterinary assistants can be trained in-house without formal certification, although that’s about to change due to pending amendments to the provincial Veterinarians Act.

“We’ve always had at least one trained animal health technician but that’s probably inadequate,” McLeod says. “We’d advertised for AHTs and had no real interest from outside the community.

“(Now) we will have four. It’s fantastic because we’re coming to a time where we’re probably going to be required to have certified technicians. It’s in the works within the next few years.

“Now, because of the technicians I have that are so talented, I can allow them to screen the calls, to be the first contact person, and they can even come in and assess”

“It absolutely elevates the standard of service we can provide and it helps me in that I can delegate some tasks that I wouldn’t be able to delegate to (untrained) individuals.”

It allows him, for example, to indulge in one of his non-clinical passions – playing recreational hockey – without being interrupted. If he’s lucky, that is.

“Now, because of the technicians I have that are so talented, if I want to play hockey I can allow them to screen the calls, to be the first contact person, and they can even come in and assess,” he says. “(For) calls where they need me, they come and get me. Cellphones don’t work well in the arena.”

Due to McLeod’s aforementioned workload the occasional down time is critical.

“I think burnout’s an issue for anybody at some point or another,” he says. “I think I have had a tremendous love of what I do, so that helps, for sure. But no matter what you do, you need breaks from it. I have a number of hobbies that have allowed me to sort of break free.

“I fly. I got a pilot’s licence when I was 17 and flying is a relief. You have to let everything else go because it requires your full concentration, although I still have my cellphone attached to my headset in case somebody calls,” he adds with one of his frequent grins.

If he needs more than a few hours to himself he calls on one of three other locums who will take over for a few days at a time.

“That’s the only way I get away completely is when I have one of those three guys fill in for me,” says McLeod, whose dedication to his profession has not come without substantial personal cost.

“My wife and I are divorced,” says the father of two daughters, one of whom spends summers with him between classes at the University of Victoria. The other is about to graduate from high school in Airdrie, Alta.

“That’s one of the cons of the practice. It’s hard on family life.”

Nonetheless, he’s got no plans to abandon it, although thoughts of easing into retirement have crossed his mind.

“With the technicians we are set for a number of more years,” he says of his hospital. “At some point, though, I’m going to be getting too old to be pushing things as hard as I do now and so we’ve still got our eye out for a mixed practitioner to join the practice.”

When that day comes, who knows? He may even get in some fishing and hunting, which are other once-favoured pastimes for which he rarely has time anymore thanks to the call of duty. ■



Melissa Frei hard at work in the lab.



From the Mayor's desk

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

Mayors' conferences worth the cost

Last month I attended the third British Columbia Mayors' Caucus conference in Prince George. Our first conference was in Penticton a year ago in May and our second conference was in Victoria at the same time as our annual Union of B.C. Municipalities conference in September.

Our primary purpose is to examine the challenges of B.C. communities and share our "best practices" to address these challenges.

I am proud to represent the Town of Creston as a delegate at these functions to promote our image and qualities and at the same time learn and benefit from networking with my peers.

Yes, there is a cost for me to attend, with my travel and accommodation expenses. However, the opportunity to understand our common challenges, provide input on others

issues and receive valued comment on our concerns is immeasurable.

In B.C. we have 161 local government "communities," these being district municipalities (51), cities (49), towns (14), villages (43) and specialty municipalities (resort, island or regional, of which there are four).

"I am proud to represent the Town of Creston as a delegate at these functions"

Each has unique individual issues but also many similar challenges that allow for good dialogue to find valuable solutions.

I previously wrote about attending municipal conferences in the July 2011 and July 2012 issues of I Love

Creston. This article relates to the same discussion.

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

Important components of attending any municipal conference are reporting back to town council and staff and, whenever possible, implementing the experiences and lessons learned. ■

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

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Parvovirus - an acute highly contagious disease of canines. Symptoms include: vomiting, diarrhea, depression, fever, dehydration, and death if not treated promptly. Treatment is costly and includes hospitalization, intravenous fluids, electrolytes, antibiotics, anti-nausea medications, and special food.

Bordetella (Kennel Cough) - is a highly contagious respiratory disease. Symptoms may include: dry hacking cough, retching, and watery nasal discharge. Treatment involves antibiotics and sometimes an anti-inflammatory to reduce swelling of the trachea and bronchi.

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- Careful of sunburn, provide sunscreen or shade.
- Beware of antifreeze poisoning.
- Know how to safely remove a tick.



Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Reserve renovations high priority

Ki'suk kyukyit (greetings) from the Lower Kootenay Band.

A home holds many purposes and is truly a gift that must be cherished.

We all have memories in our homes of Christmas dinners, where our children took their first steps or our first attempts at home renovations.

The home is where the heart is. A home provides shelter from harsh weather and every home seems to have an aroma that is unique.

In our home it is the scent of Downy fabric softener. That may seem odd or strange but it is what reminds me of home.

During my time in the military I was in training at Canadian Forces Base Wainwright in Alberta. It was a Sunday – laundry day for the troops. The washer and dryers were limited so I was waiting in line for my turn.

During my waiting time I smelled the fabric softener, began to think of home and became extremely homesick. It was at that moment that I began to appreciate what I have.

After sleeping in the rain, snow and mud, or not sleeping at all, I am blessed to have a roof over my family's head. There is nothing lavish about our home. It is a typical Canada Mortgage and Housing Corporation house. There are many identical to it on my reserve and First Nations reserves across Canada, but it is home.

The Lower Kootenay Band community and leadership have made it a priority to ensure our residents have homes that are of the highest living standards. Major renovations have been ongoing, such as repairing decks, drywall, bathrooms, kitchens, roofs and flooring.

We have taken the opportunity to train a work crew, and our own community members have renovated homes to the highest of standards. There appears to

Creston Valley Business Buzz



*Rachel Vlachos,
owner of Kidtastic Children's
Clothing*

Kidtastic Children's Clothing is a fun, bright and unique store that carries clothing, footwear and accessories for kids in sizes from newborn to pre-teen. We carry both new and quality consignment items therefore offering a great selection of affordable, quality and trendy clothing options to suit all needs.

As a mom of a busy 6 year old, I know what matters to me, I want my son to be comfortable, look adorable and have clothes that won't fall apart on him when he's playing hard. A lot of the family members I have spoken to, were looking for the same things and more, but with no kids store in town they were forced to travel out

of town to get what they needed. A great feature of the store is the kids play corner, which is stocked with plenty of toys, trains and crayons to help reduce the stress of shopping with kids.

I have had the idea for the store for a couple of years but found it was a real challenge to leave a job I had been doing for close to 15 years. After being encouraged by my friends and family, I finally set out on my own to do it. I have had very good response from customers due to the fact that not only is there nothing else like it in Creston, but also in our whole Kootenay region. I have also enjoyed helping all members of the family, everyone from grandparents to cousins have been in picking out cute things for their little loved ones.

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be genuine pride happening, which only empowers our residents to strive for the best.

The old village site of the LKB has been an ongoing project for past and present leadership. Many homes around the site of the old church are no longer livable due to their age are in the process of being dismantled.

The old administration building and a house were subject to a controlled burn, which was a training opportunity for the Canyon/Lister Fire Department and assisted our future goals of removing homes that we can no longer use for residents.

When the old village site is complete, the LKB may explore some economic development ventures in that area as it is a prime location just off Highway 21 and close to the Canada/United States border.

“The Yaqan Nukiy people are taught from childhood to be humble. It is frowned upon to boast of our children, ourselves or possessions”

The LKB has begun a much-needed, \$1.5-million water system improvement project with the dedication of Curtis Wullum, LKB director of corporate services.

Our community is fortunate to have quality drinking water available, as many First Nations communities across Canada struggle with providing safe and clean water. Again, an opportunity has been afforded to an LKB work crew to assist in this project.

Many may not realize the privilege we have in being able to just fill a cup of water from the tap and drink. In many countries throughout the world, getting water may require walking for miles and may cause sickness. We are blessed to have the gift of water at our fingertips.

The Yaqan Nukiy people are taught from childhood to be humble. It is frowned upon to boast of our children, ourselves or possessions. Within our culture our mentors taught that everything in life is earned through hard work.

There is a myth that these homes are free and there are no financial obligations. Each home has a mortgage and a mortgage must be paid in order to own the home. Many of our community members have been successful in paying off their mortgage and now own their homes.

The community as a collective has worked together to improve the standard of living. This time of year it is common to hear the sounds of lawn mowers. Many have a garden they tend, and trees have been planted in some yards.

We have been referred to as the Indian mission; this is not a mission but a community not much different from any other.

We are Yaqan Nukiy. We are your neighbours and you are ours.

Until the next I Love Creston article, anwunikit (later). ■

Jason Louie can be reached by phone at 250-428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.

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10⁹⁹

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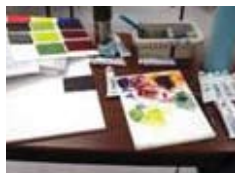
Paul has spent his adult life creating sculptures in sand, cement, snow and ice and has taught workshops all over the world.

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Wait, watch and wonder

Story by: Andrea Chapman
Acting Director of Communications and Education, CVWMA

It always amazes me how many times I am asked, "Where is the wildlife?"

This is a common question we get at the Interpretive Centre, with such a simple answer: everywhere.

I am not saying this to be sly, rude or even difficult. In such a large essential habitat it is nothing but the truth.

Everything in the wetlands of the Creston Valley Wildlife Management Area is alive, be it the plants, bugs, birds, snakes or furry creatures that make this area their home, or a stopover on a long journey. We just don't always take the time to see it.

When I say "see it" I mean stop, look, listen and feel it. So many times in our short lives everything that seems important at the time has a way of grabbing every last bit of attention we have. In doing this we are forced to stray away from the primal instinct to slow down.

The last time I felt myself being pulled into this spiral of hectic distractions I found myself yearning for a walk – not just a normal walk but more of a tactile adventure.

I found myself exploring parts of the Summit Creek/Leach Lake unit of the CVWMA that I never bothered to stray to before. Soon I was walking

along an odd channel that abruptly hiccupped at a well-constructed beaver dam. So well-constructed was this dam that it not only stopped the water but also siphoned it underground, creating a whirlpool effect. What a great find.

Next, instead of walking more, I found a nice spot in the grass, sat down and waited. Within two minutes I started to notice all those things I hadn't been seeing, things that were always there. It's just that I wasn't really "seeing" when I was "looking."

First my attention was brought to the intense silence. Then all the noises that were always there became individual chords in a rhythm of the landscape.

Blades of grass flicked nearby with slithering snakes, bushes rustled and wing beats sliced the air above my head.

A lone elk walked regally among the cattails, a deer skirted the marsh edge and even a few ducks circled so close I swear they didn't even know I was there. It is amazing the things you see when you stop looking and just "be."

I left feeling enlightened in a way, a little hungry (wishing I had a cattail to snack on) and so glad I made time to sit, wait and watch the story unfold. ■

For information about CVWMA programs and special events check the Web site www.crestonwildlife.ca. If you have any questions phone 250-402-6908 or e-mail askus@crestonwildlif.ca.

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Pharmacist Corner

Story by: Srinivas Chalagalla B.pharm., Ph.D.

Allergy symptoms nothing to sneeze at

An allergy is an exaggerated reaction by the immune system to a usually harmless substance.

Substances that trigger allergies are called allergens. When allergens enter the body of a person predisposed to allergies, the body “remembers” the reaction and the next time the person is exposed to

the allergen, the immune system defends itself by releasing various substances, such as histamine. This in turn triggers a wide range of symptoms.

Allergies vary in intensity and can take many forms, including atopic dermatitis (eczema), asthma and, most commonly, allergic rhinitis.

Genetics seem to play a role in a person’s predisposition to developing allergies. In fact, if one or both parents suffer from allergies, their children are more likely to develop them. The allergy, however, will not necessarily manifest itself the same way.

There are two types of allergic rhinitis.

Seasonal (acute) occurs only at particular times of the year – hay fever, for example. Seasonal allergies are a reaction to wind-borne allergens such as ragweed, tree and grass pollen.

Perennial (chronic) occurs year-round regardless of the season. Perennial allergies are a reaction to indoor allergens that are always present in the air, such as dust mites, pet dander (feathers, hair, skin flakes) and mould caused by humidity or water infiltration problems.

Allergies can cause many different symptoms and vary in intensity. Individuals with allergies may suffer one or several of the following symptoms:

- runny nose with clear discharge
- sneezing
- itchy nose
- nasal or sinus congestion
- headache
- postnasal drip
- scratchy throat
- red, inflamed skin and mucous membranes (tissue that lines the inside of the mouth)
- red, itchy or watery eyes
- difficulty breathing, wheezing
- cough
- asthma (in more severe cases)
- hives (itchy rash)
- anaphylactic shock (severe reaction that can be fatal within a few minutes.

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intensity of symptoms the next time they are exposed to the allergens.

The best prevention is to avoid all contact with the allergens. Since this is not always possible it is a good idea to limit exposure. Here are a few tips to help you reduce your allergy symptoms.

For allergies caused by dust and dust mites:

- aerate the house
- rather than vacuuming and sweeping, clean floors and other surfaces with a damp cloth or sponge
- avoid having rugs and carpets, knickknacks and other dust-collecting objects.
- use specially designed, allergy-proof mattress and pillow covers
- avoid having pets in the house
- wash bedding in hot water once a week

- keep the humidity level in the house between 30 and 45 per cent. During the pollination season (when the pollen is carried by the wind):
- keep windows closed and use air conditioning at home and in the car to reduce exposure to outdoor pollens and moulds
- plan outdoor activities in the afternoon when the pollen count is at its lowest (it is at its highest in the morning)
- avoid outdoor activities on very windy or sunny days since pollen circulation is at its highest (rain makes pollen fall to the ground)
- do not line-dry clothes and bedding outside. ■

Srinivas Chalagalla is a pharmacist at Shoppers Drug Mart in Creston. He can be reached by phone at 250-428-9334 or e-mail at Asdm2284@shoppersdrugmart.ca.

When diagnosing an allergy it is important to provide the physician with basic information regarding symptoms. Time of day or season, intensity, symptoms and substances believed to be responsible for the allergy will help the physician make the diagnosis.

The physician can also order painless skin tests to determine which allergens are causing the allergies.

A vast array of treatments is available. They can be taken alone or in combination and often target specific symptoms.

Some, such as eye drops, have a local effect while others, such as oral antihistamines, are systemic in that they work throughout the entire body.

Generally speaking, starting treatment before exposure to the allergen is more effective than starting when symptoms are already present.

Many allergy remedies are sold over the counter. It is recommended, however, that you speak to your pharmacist in order to choose the product that best suits your needs.

Another option is allergy desensitization. This treatment, performed by a physician, involves injecting the allergy sufferer with small quantities of the substances that trigger their allergies. This enables the body to build resistance, reducing the

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February			
March		✓	
April		✓	
May		✓	✓
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Graduation Trivia and Facts

Graduation Ceremony

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

Gown

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

buildings. The practice became so common that, eventually, the robes and gowns were recognized as “official” attire.

Mortarboard Cap

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

Tossing of the Cap

Tossing of the graduation hat is a tradition signaling the end of the ceremonies. The flight of the hat symbolizes the flight of the

graduates to whatever that awaits them.

Tassels

Tassels are turned from one side to the other after the diplomas have been dispersed. The direction is usually moved from the right to the left.

Diploma

There's quite a history behind that innocuous little white sheet. In their earliest days, they constructed diplomas of sheepskin, rolled tightly and secured with a ribbon. The use of animal skin was favored because paper was expensive to produce. Eventually paper parchment replaced sheepskin. ■

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100th anniversary celebration at Gray Creek Store

Story by: Tom Lymbery

This year marks the 100th anniversary of the Gray Creek Store, established in 1913 by Arthur Lymbery, who lived closest to the sandy beach where the sternwheelers dropped off mail and supplies.

This store remains in the Lymbery family, despite it being most unusual for a rural store to survive and grow under one family's operation. By legendary merchandising, Gray Creek has been able to serve a wide area, supplying, for instance, chainsaws for boundary slashing between B.C. and Alaska (long before online sales).

This year sees expansion into more building supplies and lumber, which are needed commodities as more people find our fabulous Kootenay Lake.

General stores traditionally carried an amazing variety of merchandise, but you will find that you can easily peruse for two hours in the two storeys of this timber-frame building, continuously finding unusual items, tools and equipment that you may only have read about.

The book department specializes in books on B.C. and Yukon history,



stocking many that can't be found elsewhere. Tom's Gray Creek, a Kootenay Lake Memoir, written by Tom Lymbery, is being printed in 2013.

Between 1931 and 1947, Gray Creek was the terminus of the Kootenay Lake ferry when it was the only "highway" across B.C. The largest-ever sternwheeler, S.S. Nasookin, was the only sternwheeler in the world to carry a daily Greyhound bus carefully balanced across the bow.

In 2011, Malcolm Metcalf, grandson of Capt. Malcolm MacKinnon, donated the eight-and-a-half-foot diameter steering wheel of the ship to the Gray Creek Historical Society, expressing a wish that it be visible to the public. Take time to look at this intricate and beautiful wheel suspended from the store ceiling.

Gray Creek is the junction of the

Trans Canada Trail and a seasonal gravel road over the Purcell Mountains to Kimberley. This appears to be a quick shortcut but is actually a slower scenic route over the 7,000-foot Gray Creek Pass.

Please take the time to walk the short distance in to Oliver Lake from the Oliver Lake Recreation site, just west of the summit. Store staff can give a current update on the road's condition.

There will be a 100th anniversary celebration at Gray Creek Store on June 29, with representatives from many of our suppliers of fireplaces, chimneys and more on hand to talk about their products. Draws and door prizes will produce winners of two woodstoves, a pellet stove and much more.

Please stop and visit that Saturday of the Canada Day holiday weekend. ■

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Special Events

- Salute to Pickleball – June 11th
- Wave Swim Meet – June 22 & 23
- Canada Day free swim – July 1st
- School's Out Bash – June 27th

Teaching farmers how to farm

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

I was recently asked if, in Creston's past, there were educational programs to help new or young farmers learn how to farm. It seems evident that there must have been. In a region as dependent upon agriculture as this one has always been, surely there must have been some way for valley newcomers to learn about the crops that grew best here, and the best methods of caring for those crops.

The newspapers, especially in the early years, published columns written by local farmers offering advice to others. James Compton, for example, an orchardist of some local renown, wrote a series of articles on everything from pruning to spraying fruit trees.

Articles of this type became less and less frequent as time passed, but they would have been a valuable resource for new farmers in Creston's early years.

The newspapers also occasionally refer to "schools," or short courses, on various topics of interest to local farmers. Packing schools are an example of this – one- or two-day workshops on the proper way to pack apples in boxes.

These were taking place in the valley by 1912 and helped ensure that the farmers could pack apples to minimize bruising during shipment and maximize quality (and therefore sale price) at their destination.

In 1936, Dean Clements, of the agriculture faculty of the University of British Columbia, spoke at Boswell about the "Changing Economic Pattern." He had been invited by the Boswell and District Farmers' Institute, and it's safe to assume that similar organizations in other communities also brought in experts for the benefit of members.

In 1957, an Ayrshire show was held at Wilf Houle's farm in Canyon. Joe Saville, vice-president of the B.C. Ayrshire Breeders Association, visited several farms in the area.

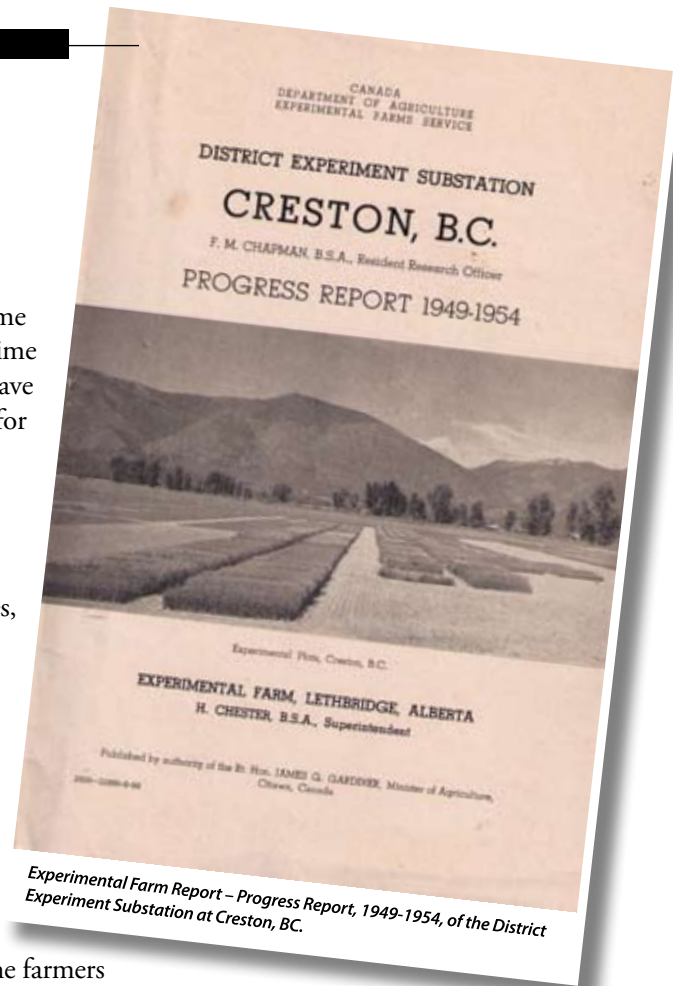
At Houle's, he demonstrated clipping cows and judged a class of four cows, giving the farmers tips on what judges look for. This was apparently a

thorough clinic, going over the entire animal from head to tail.

If we were to read the local newspapers carefully we would no doubt find many other examples of similar clinics and courses. But, given the wide range of agricultural products grown here and the even wider variety of challenges inherent in each, it seems unlikely that these periodic visits by experts could provide a new farmer with all the information he or she needed to succeed.

Fortunately, there were many other resources available to the local farmers.

The federal and provincial departments of agriculture published booklets with information about various agricultural products. A stack of such publications recently donated to the Creston Museum by Vera



Experimental Farm Report - Progress Report, 1949-1954, of the District Experiment Substation at Creston, B.C.



Staples includes pamphlets on Oats in Canada and the Best Varieties of Grain which contain general information for farmers across the country.

The provincial department of agriculture published a bulletin, *Weeds and their Control*, which deals specifically with weeds found in B.C.

These are just a few of the publications brought in by Staples. Others in the museum's collection include a BC Fruit Preserving Guide published by BC Tree Fruits, a little book called *Elementary Agriculture* and half-a-dozen books on raising bees.

As for information specific to the Creston Valley, there was certainly enough of that available to anyone willing to ask. The experimental farm in Creston, a substation of the Dominion Experimental Farm at Lethbridge, tested a wide range of crops (from hay to wheat to vegetables) for their suitability to the Creston climate. It published periodic progress reports that detailed the specific varieties of each crop, how they were cared for and when they were seeded and harvested.

The report donated by Staples even includes tables showing monthly precipitation and temperatures, and the dates of first and last frosts. It's a wealth of information that would spare a new farmer years of potentially-costly trial and error.

One of the best resources for local farmers was the Creston office of the provincial department of agriculture. Two longtime local farmers, Chuck Truscott and Cyril Colonel, have nothing but good things to say about it. For years it employed an entomologist, two horticulturists and even a zoologist.

These experts worked out in the fields alongside local farmers, identifying pests and problems, offering advice and searching for solutions when new challenges cropped up. This is the office that did so much to identify and eradicate the cause of Little Cherry Disease in the Kootenays.

Truscott told me about the frequent programs the agriculture office put on: conferences where farmers could get together and discuss the different aspects of growing and the challenges they were facing; annual workshops on new sprays and how to use them; and, much more.

Colonel recalled the large library at the agriculture office, where a farmer could get any information he or she needed. There was also a dissecting microscope available so farmers could identify strange bugs or even, to use Cyril's example, "dissect a vole to find out what it was eating."

Both men regret the closure of the office.

"We used it a lot," Colonel says, "but they shut it down."

Both told me that agriculture is pretty much last on the provincial government's list of priorities, which is why the local agriculture office is practically non-existent today. Instead of the large, well-staffed and well-equipped office that was purpose-built for it across from the grain elevators, the office is relegated to a tiny little space in a multi-use building on Northwest Boulevard, with virtually no budget to operate.

Everyone I asked about this topic – Truscott, Colonel, Bill Piper and Bill Constable – agrees that this sort of local advice is invaluable. Whether it came from the experts at the agriculture office or the well-known farmer down the road, tapping into the knowledge of local, long-term and successful farmers was the best thing a new farmer could do.

"Find the best farmer in the valley," Piper says, "and watch what he does."

Adds Truscott, "You need someone who's not afraid to get their hands dirty. If someone's giving you advice but he doesn't have dirt under his fingernails, he's not worth listening to." ■

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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Home & Garden

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Summer is a time of beauty and abundance in the garden. It's also a busy time for the gardener, full

of chores that are necessary to care for and maintain the health of your plants. Listed below are some of the core tasks of the season to help you prioritize your workload.

Indoor garden

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

Dead-heading

This is also listed as a spring chore, but you should continue to dead-head flowers that have passed throughout the summer

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

Pest Patrol

Keep a close watch over your garden for any sign of pests so that you can move quickly and take action before the problem spreads out of control. On roses especially, keep an eye out for aphids and mildew. This is also a good time to reapply pepper wax or whatever you might be using to keep the deer, rabbits and other big pests away too.



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Home & Garden

Staking & Support

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

Watering

Don't forget to keep up with your watering, especially as the very hot weather sets in. If you don't water enough, roots will stay near the surface, making them even more

prone to the heat. An inch of water a week is a good rule of thumb, so don't just spritz, water deeply to keep those roots digging deeper.

Plant Bulbs

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

Prune Shrubs

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

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New blood

Submitted

There's more to the Royal Canadian Legion than honouring war dead, although that remains a top priority.

You don't have to be a senior citizen to belong, and ties to the military aren't even mandatory, a little-known fact that Terry Biccum is bent on bringing to light as part of a pro-active effort to keep the doors open at Branch 29.

"If we don't get enough young people coming in, pretty soon we'll be like a lot of places," says the new Creston president. "Kimberley has closed down. Fernie has closed down. They don't have a Legion.

"Creston, we're holding our own. We're still in the black, but if we don't get enough support we might

have to close our doors one day, which would be a shame. It could happen very easily."

The reasons aren't complicated. Of the estimated 300 veterans in the valley only a couple of dozen can be counted on to carry the Legion's workload. Many, Biccum says, are in failing health and/or shut-ins, and the numbers continuously deplete.

"Recruiting younger members a priority for local Legion"

"We don't have any First World War veterans anymore. There might be one or two left in Canada," Biccum says, hours before attending the funeral of another local vet. "And the Second World War veterans are all up in their 70s and 80s.

"We're losing a lot of members. I think we lost seven last year in Creston alone."

Soon after being chosen to lead Branch 29 in December, having served as vice-president and been involved in some capacity since retiring here seven years ago, Biccum began recruiting new blood.

"We're trying to get younger people," he says, referring to the 19-

and-over crowd. "They don't have to be a member of the forces to join the Legion. A lot of people don't know that."

The Legion, Biccum notes, fills the role of both social and non-profit service club in addition to its more familiar purposes related to the annual poppy drive, Remembrance Day ceremony, meeting physical and financial needs of struggling veterans and, sadly, burying deceased ones.

"We do a lot of work with charities," he says, citing ongoing cash donations to army and air cadets, the Therapeutic Activation Program for Seniors and two other seniors groups. "Now we are trying to raise another \$500 to support the (Black Eyed Cherries) roller derby girls, to sponsor them. We'll help them 'cause they'll come in and use our facilities and maybe we can get them to become members and then they'll help us out."

Biccum says anyone with a mind to support their community could find satisfaction through the Legion "because we do a lot of work for people."

In return, membership offers numerous social benefits.

The licensed lounge, the branch's biggest source of revenue, is "open seven days a week," he notes. "A lot of Legions don't open till the weekends."

A gaming licence permits meat draws and Texas hold 'em tournaments, and dinners, darts, cribbage and dances are regular attractions. They may even resume teen dances, like Biccum used to attend when he was growing up here, and have already held the first of possibly more variety shows for younger children. ■

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Blossom Fest ride for therapeutic horse program

Story by: Michelle Whiteaway

The Creston and District Society for Community Living's therapeutic riding program made its first appearance in the Blossom Festival parade May 18.

It was a lot of fun to be involved in such a well-organized and enjoyable event. The crowds lining the streets were very impressive.

Many people helped make the day a great success.

Tanya Symons provided her stuffed horses to fill the horse trailer and for our parade participants to hold.

Tanya, Jordelle, Janice, Sequoia, Melanie and her three daughters, Alexis, Haley and Cassidy, smiled and waved to the crowds from the pickup truck. We'll have to do it again next year.

A grand re-opening was held at the riding centre after the parade. The event was part of the Blossom Festival thanks to a suggestion from Joanna Wilson.

Many folks had a hand in the property looking absolutely fantastic, firstly Russ Raybould, our wonderful lawn mower guy. Not only does he mow the numerous lawns to golf course standards, he also maintains and repairs our two riding lawn mowers.

His skills were called into use the day before the event as both mowers broke down and needed fixing.

Angelika Teed does an amazing job of keeping the tack-up area clean and tidy and she was busy the morning of the event, getting things all fixed up. The tack room floor was even vacuumed.

The previous week was spent cleaning up. Morgan and Ron Benty and Kelly Thom clean up the horse paddocks on a weekly basis.

The property was also fortunate enough to be the recipient of labour during the Prince Charles Secondary School volunteer day, when more than 10 students came down for two hours with teacher Judine Maki.

It's unreal how much work these kids did while they were here. They placed 105 fence posts and 200 fence rails, moved 14 concrete pavers and cleaned the horse paddocks.

To add some finishing touches, Morris Flowers provided beautiful garden planters to decorate the viewing area. Kerry Ross organized and transported the arrangements.

The grand re-opening was very well-attended and our hostess extraordinaire, Barb West, welcomed everyone.

Christine Ross did a super job presenting all of the demonstrations, as did our volunteer horse-handlers and side-walkers: Shayla Leacock, Rika Harris, Martha McLaren and Symons.

Of course it wouldn't have been the same without the riders who took



Photo courtesy of Brian Lawrence

time out of their day to demonstrate what therapeutic riding can be about: Andrew Townsend, Morgan Fleck, Izabell Hollis, Alexis Folk, Janice Androsoff and Dani Bijou. They all did wonderfully.

There's always something to eat and drink at therapeutic riding events and this time it was West, Barb Wloka, Kristin Oler and Peter Feltham who provided and distributed the goodies.

The program is co-sponsored by Columbia Basin Trust Community Initiatives, Creston Kootenay Foundation, Kraft Celebration Tour, Tire Stewardship BC and the Kootenay Employment Services Experience Works Program. ■

Check out our Facebook page for all the latest news and photos.



The B.C. Weed Control Act imposes a duty on all land occupiers to control designated noxious plants.

The purpose for the Act is to protect our natural resources and industry from the negative impacts of foreign weeds.

For Noxious weed spraying please contact:
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Rob Davidson 250-402-8664
or Bryan Wuzinski 250-866-5744

For more information on noxious weeds check out this website:
<http://www.agf.gov.bc.ca/cropprot/weedguid/weedguid.htm>

Arts extravaganza on the East Shore

Story by: Geri Gomola

Kootenay Lake Art Connections is an exciting new venture on the East Shore of Kootenay Lake full of new energy and ideas. Watch for promotional advertising of the seasonal arts centre, open from June 28 to Sept. 3.

It will connect artists and communities in the Kootenay Lake area, promoting a vibrant arts community and businesses along Kootenay Lake, where the quality and diversity of art is hard to surpass.

Featured are the following:

Galvanized Art Gallery – displaying indoors and out, this gallery has one-of-a-kind work.

Mellowood Studio and Art Gallery – Val van der Poel's work offers rare glimpses of colourful landscapes and mixed media.

Wynnwood Cellars Winery – features the work of five juried artists in July and five in August.

Flickering Goddess – the work of Lorrie Rhead, who creates scented and herbal soaps.

Arrowsmith Gallery – features Karen Arrowsmith's watercolours. Well worth a stop,

Bayshore Resort – hosting Art Connections artists, with a restaurant overlooking the lake.

Emerald Eastcliff Gallery – Geri Gomola's gallery offers handmade jewelry, raku sculptures and paintings. Check it out.

Sacred Journey Gallery – features hand-crafted items and exclusive clothing by Khyatedesign.

The Lakeview store, campground and marina – features local artist David Kayle's sign and an outdoor metal sculpture.

Gray Creek Store – a new hardware and storage building and coffee corner

will feature Gomola's raku fish.

Wedgwood Manner bed and breakfast – this unbelievable jewel in the Kootenays will feature the unique art of Susan Sneed.

Kokanee Chalets – features various artists and offers cosy, A-frame chalets, RV hookups and a Laundromat.

Zora's Gallery – Zora, a well-known herbalist, will feature her inspirational paintings.

The Nelson and District Credit Union in Crawford Bay – one of the largest community sponsors, it will feature Ted Diakiw's work.

Woodcarver's Gallery – bear carving by Mervin Robertson and local art.

Junction Creek Hub pub and grill – housing our fine art, it's also a great place to relax.

Black Salt Cafe – renowned for its great food and ambiance, it will feature the work of Diane Trudel and Gary Sly.

Kootenay Forge – a well-known artisan location where handmade forged items have been enjoyed by tourists and locals alike.

Barefoot Handweaving – Janet Wallace's studio/gallery, full of colour and texture, includes evocative story paintings by Ted Wallace.

North Woven Broom Company – this site is also renowned in the Crawford Bay area. Their artisan brooms are known worldwide.

Kokanee Springs Golf Resort – a gem in a picturesque area, its dining room will house many of our finest Art Connections works.

Pilot Bay Charters and Resort – Dena Kubota, an accomplished artist, has won awards for her portraiture and realistic images.

Kootenay Cove Café & Micro Bakery – located at the ferry landing, it will feature work by Jacqueline Wedge and various local artists.



Dena Kubota showing at Pilot Bay Charters and Resort.



Val Van de Poel showing at Mellowood Studio and Art Gallery.

Works by Charlotte Erlandsson, Wallace Atkins and Jade Ehler will also be featured in Art Connections, so make sure it is one of your summer excursions.

Brochures will be on the Kootenay Lake ferries and at all the galleries and venues. ■

Art Connections sponsors include the Regional District of Central Kootenay, Creston and District Credit Union, The Lakeview store and The East Shore Mainstreet newspaper.



Qigong exercises ease bad-pillow pain

Story by: Shifu Neil Ripski

Although I love travelling, seeing distant lands and experiencing other cultures and customs, I have to say that the older I get, the less I enjoy my sleeping arrangements in most places.

I am writing this as we all awake to compete in a tournament in the U.S. and it seems that no hotels understand exactly what type my pillow should be. Three on the bed and not one of them was the thin, soft-but-firm beauty I have at home, so I wake up and have some aches and pains in my neck and shoulders – just a couple of hours before I have to compete and teach.

The best part of having a practice like qigong, stretching, tai ji or martial arts in general is that you carry your entire practice with you. So this morning, as I work on my shoulder and neck qigongs, I think, “I can’t be the only one who could use these exercises when travelling,” or at home for that matter.

Following are two qigong exercises (studying and changing the relationships

in your body) for shoulder and neck pain. Use them in good health (and lousy hotels).

Neck Qigong

Simply sit up straight (or stand) in the best posture you can muster and stretch the top of your head toward the ceiling, opening up your neck. Then look to your right with only your eyes and slowly turn your head to look right, keeping your eyes to the extreme right at all times. Repeat on the other side for about six to eight turns and you should feel some relief.

By looking with the eyes before moving the head we neurologically change the muscular firing patterns in our neck since we are not “stretching” but instead “looking” from side to side. This is a great one that I use often since my car accident (whiplash) in 2004.

Shoulder Qigong

Stand with good posture and let your arms hang loose. Then reach through

your fingertips toward the Earth, stretching out the shoulder, elbow and wrist joints. Now slowly, while continuing to reach through your fingertips, bring your arms out to the sides and up over your head.

At the very top of your reach (this should be uncomfortable), release and relax and bring the arms back down to the starting position. Repeat this six to eight times.

This is a great qigong exercise for people with any shoulder issues that include frozen shoulder, general stiffness, soreness or neck injury. Be sure to reach through your joints and relax your arms as much as you can to allow the shoulder joint to open and stretch throughout its range of motion.

After doing these, and enjoying what will most likely be an enormous U.S. breakfast (I mean, really, do people actually finish these meals here?), we are off to compete. I hope Adam, Nicolas and David do well today.

Happy June! ■

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.

Gardening and yoga a winning combination

Story by: Creston Valley Yoga Studio

The garden – yes, it’s that time of year when everyone is talking about their gardens.

Gardening, if it is an enjoyable thing for a person, can be very meditative or calming, just you and the task at hand, whether it’s preparing the soil, planting vegetables, weeding or picking the vegetables. All is a process of the task at hand followed by the next step.

When one becomes so focused on a task or hobby you can get lost in your own thoughts. It becomes calming or soothing, relaxing and enjoyable.

If we realize the stresses of our daily lives

and just focus on the present moment with what task is at hand, we can learn to become so involved that our thinking stops, our worries are gone and we are one with the task. It is stress-relieving and mentally soothing to slow our thoughts and enjoy our task or present moment.

It can also be a mind and body connection to focus on the task we are doing. If we are doing a task and thinking of something else, the mind and body are not connected.

You are also getting so much exercise, fresh air, sunlight and fresh, healthy produce to pick and enjoy if you like to garden.

Anything can be relaxing or soothing if we let it be. It has to be enjoyable for us to focus entirely without stressing. Having a new outlook on things or a more positive attitude can also go a long way.

Stress is essential for a fulfilled life. Without it we would never try to do our best and therefore never fulfil our potential. But, of course, too much stress can be disastrous to our health, so one needs balance and nurturing of oneself.

Where does yoga tie into gardening? Well, yoga is also meditative, relaxing and good exercise with stretching, and who would not need a good stretch for the

Continued on page 28

lower back and shoulder aches that our enjoyable gardening can leave us with?

Yoga is also a mind and body experience where we are stretching and aware of our breathing and what muscles we feel while stretching or engaging in the pose.

Stand up, take a deep breath and have a really good stretch. Draw your arms overhead and make yourself as tall as possible with your fingers splayed. Breathe out slowly, then slowly resume a standing posture.

Doesn't that feel good? Can you feel the blood tingling in your fingers and feet?

Do the muscles in your arms and legs feel relaxed, yet energized? Does your mind, be it only for a fleeting moment, seem to have taken a breather from its daily rounds of worries?

If your answer is Yes, you are already feeling the benefits of yoga.

Yoga is a system of physical and mental exercises designed to instil a sense of tranquillity and well-being in the practitioner. Yoga has many benefits, such as relieving stress, anxiety, insomnia and chronic pain, and building flexibility, core strength and balance.

Yoga also encourages a healthy lifestyle through diet, cleansing, exercise, proper breathing and relaxation.

Yoga can be a tool for learning how to stay balanced and creating goals for becoming more nurturing to oneself, learning how to find our higher, true nature and condition, and enjoying our lives and the present moment with a positive outlook.

Life is a journey, a walk on Earth, a time to be spent wisely and peacefully.

Creston Valley Yoga Studio can be reached by phone at 250-428-8848 or on the Web at www.crestonvalleyyogastudio.com. Schedules can be found online or in a drop box outside the studio.



Phytotherapy . . . what is it?

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

I have been asked this question many times as the popularity of alternative medicine is on the rise, along with making informed choices and taking health into your own hands.

Phytotherapy is a fancy word for herbalism. Both words mean the same thing: the use of plants to treat common ailments and promote wellness.

Phytotherapy is the oldest form of medicinal healing known to man. Although it is classified as an alternative therapy, it is the most widely practised form of medicine used worldwide with more than 80 per cent of the world's population relying on herbs for health.

Currently more than 50 per cent of all new pharmaceutical prescriptions contain at least one ingredient either produced directly from plants or discovered from plant sources and later synthesized.

Modern medicine draws its origins from early herbal therapies. Before synthetic medicine came on the market, all medical doctors prescribed herbs routinely.

Herbal medicine uses plants that do not have the aggressive and invasive action of modern pharmaceutical drugs, but instead assist the body's inherent healing power.

Herbalists prefer to use remedies extracted from whole parts of the plant (flower,

leaf, root), with all their biochemical constituents, rather than individual standardized extracts. This way the active constituents are naturally balanced within the remedy and consequently aid in working on the body, mind and spirit in a less-invasive manner.

In other words, your body knows how to efficiently metabolize the medicine, without side effects.

Herbal medicine takes a holistic approach in which a person is not a patient with a disease but a whole being, with the mental, emotional, environmental, social and physical aspects of a person being considered.

The philosophy of the holistic approach of phytotherapy differs greatly from that of modern medicine. The divide started with two classic thinkers who contrasted in their views of reason.

Blaise Pascal's view was of existential nature, where the body, mind and spirit are seen as one. Rene Descartes' was more of a rational approach where logic came first, resulting in a mechanical and dualistic approach to the body, where mind and reason are separate from the rest of our bodies.

Descartes' approach was adopted by modern medicine even though, on his

deathbed, he admitted that Pascal was right – the body and mind are one.

Modern medicine still stands by Descartes' philosophy today, even though modern science is continually proving this philosophy wrong. For example, the science of psychoneuroimmunology discovered that negative thoughts and feelings weaken our immune system.

The holistic approach addresses the negative emotion while supporting the physical body with herbs proven to strengthen the immune system. The modern medicine approach does not consider anything else but the physical, even though the emotional aspect is at the root of the problem.

Phytotherapy emphasizes the promotion of health and the prevention of disease. As practitioners we take the time for a full interview, really getting to know all aspects of a person's health. An individual's role in their own healing process is emphasized, with much responsibility being handed back to them.

Herbalism is both an art and a science. With our well-established roots of past empirical knowledge and advancements in science that are able to better identify plants and their constituents, qualified herbalists ensure that mankind will continue to benefit from the immense contributions that plants have to offer. ■

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

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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

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PeasJuly 1 to 31
PotatoesJuly 1 onwards
Table CukesJuly 15 to Sept. 20

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Future ropers



Debby McCurrach pictured with Travis Steed, Saddle winner in the Pony Division (donated by Mutual Fire Insurance Creston). What a come back after an amazing recovery!



Stella Blackmore

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A special thank you goes out to:

- RDEK for being a pleasure to work with and helping with expenses
- Kemlee Equipment for the use of the equipment for the event
- Cranbrook Main Road Contracting for the water trucks and many loads of water to help with the dust
- The group of students from Bountiful School who helped with the arena and ground work over a 4 day period
- The Cranbrook Girls Basketball Team and parents for putting on a great family dance (proceeds to help fund basketball trips)
- Alair Oler of Bountiful and her helpers for the great food and concession (proceeds to help fund Bountiful School field trips)
- George Stambulic for putting on the outstanding demonstration of working cattle dogs
- Jody Savage for all the work in putting together the Adult and Junior Team Roping
- Announcers Alan Midtdal of Creston and Jay Savage of Cranbrook
- Liberty Palmer and Amy Blackmore for singing the National Anthem
- And to any others we may have missed

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