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Creston Valley together.

FREE

March  
2013

# i love creston



## On the road again

Colourful Creston character reinvents himself  
as a driving instructor

### History

Submissions sought for  
Erickson book project

### Regional District

Area B weighs in on  
clock controversy

### Birding

Experts flocking to valley  
for festival

## Weed Management Without Pesticides:

This intensive one-workshop will focus on shrub, flower beds, streets and sidewalks. There will be presentations of methods proven effective to replace common pesticides.

Friday April 5; 8:30 am to 4:00 pm  
\$65 + gst



## Compost:

Proper manipulation of organic matter can make plants healthier. We will review the do's and don't's of composting and preparation of composts that are suppressive of plant diseases, as well as share "recipes" that will take your soil from 'good' to 'excellent'.

Saturday, April 6; 8:30 am to 4:00 pm  
\$65 + gst

*Instructor, Mario Lanthier of CropHealth Advising & Research provides consulting services in Plant Health Care and Integrated Pest Management to public agencies, landscape companies, golf courses, nurseries and greenhouses throughout western Canada.*

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Instructor Lance Cuthill worked as a Bee Inspector for the Ministry of Agriculture & Lands. Students receive certification.

Sat/Sun – Mar 16, 17 – 9am – 4 pm - \$269

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If you are a local beekeeper or have taken our Intro to Beekeeping course, here's an opportunity to join Lance Cuthill as he discusses more advanced topics

Sat / Mar 23 / 9am – 4pm / \$89

## Certificates for Employment:

These programs are held every month

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- Forklift • FoodSafe

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Kuya Minogue has been teaching meditation and mindfulness since 1989. Having personally benefited from applying mindfulness to her own weight and health issues, she now wishes to share what she has learned with others.

Sat Mar 30 – May 11; 10 am – 1 pm - \$279



## Creston Campus

## Information & Registration

301 - 16th Ave. S., PO Box 1978, Creston, BC V0B 1G0

Phone: 250-428-5332 • Fax: 250-428-4314

Toll free: 1-866-740-2687 • email: creston@cotr.bc.ca

For full information on upcoming courses or to register:

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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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*ProDrivers graduate Chris Rousell*

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## Guest From the editor

Erickson is well-known for its agriculture industry and fruit stands. Local residents are also aware it is home to a public school and sawmill – among the biggest employers around – and the Creston Valley's major cemetery.

Many recall the days of the old Erickson Improvement District, which oversaw the Town of Creston's water supply (and endured the headline-grabbing chlorination controversy of the late 1990s), and the drive-in theatre (whose screen still stands in an empty lot near Highway 3). Even "older-timers" will remember the Fountain Grocery and other distant landmarks.

But one thing the rural area directly east and south of the town boundaries has not had, to the same degree as other corners of the valley, is an enduring identity, according to resident Ed McNiven.

"I blame that on the fact they never, ever had a community hall . . . a gathering point," says McNiven, a member of a group gathering information and photos for an Erickson history book. "Wynndel hall was used all the time. Canyon hall was used all the time. Yahk hall was used all the time. West Creston, yeah, but Erickson doesn't have that and so they don't have that close-knit community."

McNiven thinks the book will help preserve whatever measure of cohesiveness Erickson has while there are still people with roots there running deeper than his own, and of Sharon Brennan, whose family moved there in 1945 when she was

4, and who has spearheaded the book committee since it branched off from the Erickson Community Association in 2006.

McNiven still bemoans the absorption of Alice Siding – the area now straddling Northwest Boulevard – into the Town of Creston many years ago.

"We want to keep our own identity because each little community is unique in its own way," he says. "I used to live (in Alice Siding). We were distinguished as Alice Siding. (Then) we were taken into town (and) Alice Siding no longer exists. We lost it. That's what we don't want happening in Erickson."

Along with the lack of a community centre, Erickson's close proximity to Creston, butting up against the town lines along Erickson Road and 25th Avenue South, may have further blurred the distinctiveness.

"Erickson will never get a real identity," Brennan says. "Even the community association has a hard time getting things done."

If the committee can carry the book to completion, perhaps even before this year is out, it will have a major feather in its cap.

The project is highlighted in this month's edition of *I Love Creston* along with a public plea for contributions prior to an April 1 deadline.

"We want people who have long-term ties to write the history of when their family came," McNiven says.

For example, "One of the members of our group came here from Alberta in a covered wagon. She's been here since she was four years old. She remembers some of the trip. Stuff

like that we want to know. How did you get here? How did your parents or grandma and grandpa get here? What brought them here?

"One family, there's five generations stayed in the valley. The older ones have died off but the fifth generation is here.

"(And) we would like to have more input from people who are recently here because as long as you've been here, you've been part of the ongoing history. History continues."

They don't know what the book will look like or be titled, where it will be printed or even how it will be paid for, at this point. But they are clearly determined to wrap it up for posterity.

They hope to use income from pre-orders to get the presses rolling. The compiling, editing, transcribing, writing and layout are all being done on a voluntary basis.

"We want something that people can be proud of," McNiven says.

Elsewhere in this March edition of the magazine, learn about the continuing evolution of continuing education in the valley, where a private company from Cranbrook is partnering with Creston's College of the Rockies campus to offer a commercial driver training program. The instructor is none other than Alan Armstrong, a colourful character with somewhat of an illustrious history of his own that he touches on, along with his new career with Rocky Mountain ProDrivers.

So put the pedal to the metal and steer your way through the ensuing pages. No one will be checking for seat-belts. ■

# SHIFTING GEARS

**Prodigal son Alan Armstrong finds his way home again with new driver training program**



**A**lan Armstrong trains truck drivers on the highest all-season highway in Canada – the Kootenay Pass – where the curves, grades and weather conditions are tough enough to chew up and spit out the ill-prepared.

Armstrong is up to the task, however. Having already helped two children get their driver's licences, there isn't much he hasn't endured from his perch in the front passenger seat.

"I'd say, with tongue in cheek, it's about equally as stressful because

I've got the internal family politics when I'm dealing with a teenage daughter with a chip on her shoulder," Armstrong says. "It's not less stressful because it's equally dangerous, relatively speaking.

"We're always in control in the cab of the truck. I'm that far away from stopping the truck in its tracks."

Armstrong was speaking a day after graduating the first two students from the commercial driver training program at the College of the Rockies in Creston, which was launched in January in partnership with Rocky Mountain ProDrivers.

It's seen as a winning proposition for all parties: expansion for the

**“We've been working on it, keeping our fingers on the economy, the demand for this service, for years”**

Cranbrook-based ProDrivers; a new program for the COTR's Creston campus (without having to invest in a tractor-trailer rig of its own); another local job training option for the under- or unemployed; and, last but not least, a ticket out of northern Alberta for Armstrong.

That's where the Creston native spent a little over a year in the oil industry, waiting for a plan hatched with ProDrivers owner Rocky Korchinski back in 2008 to materialize.

“We've been working on it, keeping our fingers on the economy, the demand for this service, for years,” Armstrong says, “and last year when I was working and training up in Fort McMurray, Mr. Korchinski e-mailed me and said, ‘I'm ready. Come work for me.’

“I was ecstatic. I was making \$131,000 when I left, but I left for the quality of life and to do

something that I really enjoy doing, and that's empowering people with knowledge. It's been a good move.”

The timing was right because “the industry needs transport operators in the worst way. The fathers are retiring and the sons and daughters aren't taking over the business, so

there's a real dearth of qualified drivers out there.”

Having worked as a trucker off and on since acquiring a class 1 licence in 1977 and trained drivers as part of his role in the oil sands, Armstrong is convinced that ProDrivers' standards are second to none.

“We can't give them three years of experience behind the wheel but we'll at least give them the tools to get a job,” Armstrong says. “We can certainly prepare a man or a

woman for a good foundation and start to the industry. If you get that foundation in there – safety, safety, safety – then everything else will fall into place.

“I'm confident of this because I trained drivers (of) 14 different nationalities last year up north, from Africa, Russia, South America, Newfoundland and British Columbia. I've seen probably 14 different driving schools' results, and they're scary.”

A unique advanced mountain training component of the program, conducted on the Kootenay Pass and Bombi Summit in the West Kootenay, provides what Armstrong calls “real-life training” that is simply not available to driving students on the Prairies, for example.

“We live in a geographical area that demands control and expertise in the mountains with (heavy tractor trailers),” he says. “We teach them all about how to go down a hill



properly because, as you know, you can go down a hill too slow a thousand times but you can only go down a hill too fast, once.

“Once they finish that they’ve got a healthy respect for corners, mountains, weight, gears. We have everything here for the perfect training situation.”

As for the perfect makeup of a long-haul trucker, the profile begins with “a healthy dose of common sense, which isn’t necessarily very common anymore,” he says. “You have to have reason, common sense, patience and a good skill set. If you’ve got those basic tools we can make you a good driver. If you don’t have the right mindset going into it . . . it’s a very demanding course.

“We’re down there at 7 o’clock in the morning in the dark. They’re rolling around on their bellies and their backs in the mud and snow with their little headlamps and



Daniel Huscroft (left) and Chris Rousell (right), the first two students to graduate from the commercial driver program.

flashlights. That’s the nature of the beast. You’ve got to be a hearty soul.”

Armstrong certainly falls into that category. He’s known as somewhat of a magnet for drama that doesn’t necessarily befall the average Joe, some of it random and some of it self-inflicted.

**“ We live in a geographical area that demands control and expertise in the mountain ”**

“I’ve had a very eventful life,” understates the freshly minted 60-year-old, who survived a car-jacking at gunpoint in October after stopping to help a couple of strangers apparently in need, and was the recipient of death threats following a workplace incident in Nelson in the 1980s.

“They tried to blow me up because I fired a couple lazy guys,” he says. “The one guy was collecting dynamite. He was going to blow me and the sawmill up. The fire

chief heard him say it in the bar.”

Then there were the 265 days spent in jail in the United States in 2004 and 2005 after being “charged with being super stupid in another country,” and “not knowing until the second I got out that I was getting out.”

“This last thing that happened to me, the car-jacking, sums it up,” Armstrong says. “(A friend) says, ‘Oh my goodness. Can you imagine? Poor Alan. The poor man has crazy things happen to him.’ (Her husband) says, ‘If it wasn’t for guys like Alan, the rest of us wouldn’t have normal lives, so let’s just leave him be.’

“If I had a nickel for every time somebody said I should write a book, I wouldn’t have to write a book, and apparently I’m not finished collecting material for the last couple chapters.”



His months in the frontier city of Fort McMurray would be worth at least a few pages, though he didn’t find it to be the “black hole of the world” portrayed in the media.

“We hear about drugs and alcohol and the bowels of the Earth and stuff,” he says. “I was up there for over a year and on my days

off I pub-crawled. I didn't even see a joint being smoked. Me and my crowd got work to freakin' do, you know what I mean? There's not a lot of time to fry your brain.

"You drag your sorry ass home at 20 after 7. You look at the clock: 'I gotta be up in seven hours.' There's not a lot of life, I'm telling you."

Then there's the exorbitant cost of living that eats up so much of those fat paycheques.

"Fort McMurray is the home of the \$750,000 trailer," Armstrong says. "It's not the trailer. It's that little chunk of land. You couldn't go up there and stick your foot in the ground and not be on somebody's claim."

It's enough to make him appreciate home all the more, and make no mistake: home is what Creston is, and where he's always found his way back, whether working for Palm Dairies in Calgary, CBS Records in Winnipeg or Ritchie Bros.

Auctioneers in Vancouver. Short-term trucking is what's allowed him to keep his base here in-between longer stints as a restaurateur (remember Magoo's on Canyon Street?) and working for the old KC Broadcasting System that served Nelson and Creston. (His deep, rich

the North Shore Driving School in the Lower Mainland (with the help of Kootenay Employment Services). He can teach everything from class 1-7, though ProDrivers doesn't plan to cut in on the established Creston Valley Driving School, which specializes in class 5 training.

**“ I also am strictly business when it comes to safety. I think that my passion is contagious with the students. ”**

voice defines the term “made for radio.”)

“I use that card as a tool in my tool box,” he says of his class 1 licence. “It's a nice skill to have.”

In preparation for his current gig, Armstrong obtained commercial driving instructor certification from

When Armstrong's not busy with students at the college he'll teach out of ProDrivers' Cranbrook office.

“I can see myself doing this until I move to Mexico,” he says with a chuckle, looking ahead to retirement. “I'm very happy to be back in the valley, very excited to be associated with (ProDrivers).”

His priority is safety.

“I like to think I'm the funnest guy in the freakin' world,” he says. “I also am strictly business when it comes to safety. I think that my passion is contagious with the students.”

Armstrong becomes the sixth member of the ProDrivers team, including Korchinski, who bought the company in 2003 after working there for a year. ■



Chris Rousell, Alan Armstrong and Daniel Huscroft.





## From the Mayor's desk

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

# Water meters coming to Arrow Creek mainline

**W**ater is one of our most valuable resources.

Water for the Regional District of Central Kootenay areas B and C and the Town of Creston is delivered from the Arrow Creek water treatment plant by a mainline pipe. The plant is located more than 10 kilometres away from municipal boundaries.

It was back in 2002 that the town agreed to participate in the Arrow Creek plant, constructed with a grant from the province. Cost-sharing was originally based on a 50/50 percentage split between rural areas and the town, as per existing bylaws.

In 2008, the town agreed to increase its contribution for the water service to 63 per cent, with the RDCK paying the remaining 37 per cent. This shift was based on an engineering report that estimated water consumption and was contingent upon two conditions: a governance review being conducted; and, acquiring improved water consumption data by having meters installed on the mainline. Neither of these conditions was met.

With both local governments feeling dissatisfied with the service arrangement, a review was recommended. A service review is a mechanism of the province whereby local governments can review the terms and conditions of existing service arrangements. These reviews allow service delivery partners (local governments) to address their

changing service needs, renegotiate the terms and conditions of an agreement and resolve differences internally.

A review was initiated in February 2012 and in July of the same year Gary Wright (a former RDCK chairman and former mayor of New Denver) was contracted as the mediator. The goal was to create a stable and fair cost-sharing arrangement that was in the best interests of all parties.

Meetings were held in Creston throughout the fall and the RDCK board approved the cost-sharing agreement in December, with all representatives of the service area voting in favour.

The recently-signed five-year cost-sharing agreement is based on improved water consumption data collected over the last four years and better reflects actual consumption of water.

This arrangement aligns with the provincial document entitled Guide to Regional Service Arrangements and Service Review. It notes that user fees are the typical approach to cost recovery for water, not property taxation based on assessed values.

As a next step, the service review committee, made up of representatives from areas B and C and the town, will meet this year to address the outstanding governance issue. Installation of meters on the mainline pipe, to foster improved collection of water usage data, is also pending.

With all the stakeholders in this process voting in favour of the approved cost-sharing agreement, this milestone hopefully paves the way for continued co-operative efforts between the town and RDCK. By negotiating fair and equitable service agreements for all stakeholders, the citizens of the valley as a whole become the clear winners.

Mayor's Trivia – Supporting our local agricultural industry is key to economic development in the Creston Valley in its entirety. Did you know that current irrigation rates for our rural areas are approximately \$60 to \$65 per acre annually, compared to the annual Okanagan rates of \$80 to \$120 per acre? Great news! ■

Ron Toyota can be reached by phone at 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).

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# Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Chief Three Moons memorial ride for diabetes

**C**hief Three Moons (Raymond Abraham) was an esteemed elder, leader and chief of the Kootenai Tribe of Idaho as well as the Ktunaxa Nation.

Raymond was a mentor to me as well as all of our people throughout the Ktunaxa Nation. His presence commanded respect and his knowledge of our people's history was priceless.

As a boy through to my adulthood I acted as Raymond's right hand in ceremonies and other gatherings. I cannot, and will not, even place myself in the same category because he was held in the highest regard among the Ktunaxa.

Like many First Nations people, Raymond suffered from diabetes and passed away from complications due to this disease. My spouse also suffers from diabetes and some days it is heartbreaking to witness her struggle when her blood sugars either spike or drop. It feels powerless to witness her trembling hands or the deep sleep she falls into.

Diabetes affects people from all walks of life regardless of race or gender. Many of these people must, on a daily basis, either inject insulin or ingest oral medication. These medications are expensive and at times tough decisions are made to cut down on bills to ensure they have adequate funds to purchase the medicine.

Since my release from the Canadian Forces this past July I have felt a void in not training for something greater than myself. The Canadian Forces gave me a feeling of contributing to the country which has given me everything.

Chief Three Moons provided his teachings to all of his people and his memory deserves to be honoured. Those living with diabetes deserve our support as their lives can at times be difficult.

In that spirit I have begun physical training to ride my bicycle from the Kootenai Tribe of Idaho (Chief Three Moons Community) to the Lower Kootenay Band (Yaqa Nukiy) on June 21 – Aboriginal Day. This will be a day

to honour the memory of a great man and all who are diabetic.

My personality is that of an introvert. I am not seeking a spotlight. I want the focus to be on diabetes education.

This initiative is not a political statement. I am not looking for any financial gains. The onus will be on me to become physically fit to make this journey.

I may experience pain, thirst and heat from the sun's rays. This pain will be nothing in comparison to what diabetics may face in their day to day activities.

At some point on June 21 I will arrive in my homelands where my community will be celebrating Aboriginal Day. The festivities will include: a teepee-raising contest; fry bread-making contest; and, traditional singing and dancing.

I invite those who may be interested to join in the day's festivities and help bring awareness of diabetes.

Chief Three Moons taught his people to never hold their heads down in shame. Always make the best of a bad situation and over come all odds. We are original! We are aboriginal! Taxa. ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or on the Web at [www.lowerkootenay.com](http://www.lowerkootenay.com).

### Creston & District Community Complex

## WHAT'S HAPPENING IN MARCH?

#### Tons to do during Spring Break:

- Break into Spring Kids Camp
- Public Skating (call for times)
- Swimming Lessons (Mar 18-23)
- Apocalypse Survival Bootcamp (for teens)
- Skills n' Drills (skate, puck & stick handling)

Experience It!



### Creston & District Community Complex

Call us at 250-428-7127 or email [crestonrec@rdck.bc.ca](mailto:crestonrec@rdck.bc.ca) for more information

#### Mark your calendar!

These special events can't be missed!

- March 17 – ShamROCKfest! 4-6 pm
- March 18 – Free Swim sponsored by Tim Horton's 6-8 pm
- March 24 – Free Skate and Curl Day 3:30-5 pm
- March 30 – Free Easter Egg Fitness Treasure Hunt (ages 6-12 only)



# Area B News

Story by: John R. Kettle, RDCK Area B director and board chairman

## Clock strikes midnight for time change issue

I am writing this to let everyone know that the issue of “time change” is not a bad reflection on anyone on either side of the discussion. Some folks have made this issue personal when in fact it is just a point of discussion on which not all are going to be satisfied no matter the outcome.

Judy Gadicke is a friend of mine as well as serving as an exemplary member of the Town of Creston council. Additionally, her stance on time change does not in any way reflect on her character or the fact she is one of the most incredible school teachers in the valley; just ask any student she has taught.

This is not personal with her but a position on an issue she has taken on behalf of her constituents.

Once the Town of Creston sent a request directly to the province to have this issue on the May ballot I needed to know what Area B residents felt about this issue for a submission to the Crown on their behalf.

I asked Judy to write a factoid for the Area B newsletter so I could get a feel from my constituents for their position concerning time change. Since I was elected in 2002 this issue has come up at least once a year.

It is my opinion this issue needs to come to a conclusion once and for all in Area B. It is not productive. It is “time” consuming and divisive when we have huge issues we need to be discussing such as fire protection, water, waste, roads, library, Rec Centre infrastructure, etc.

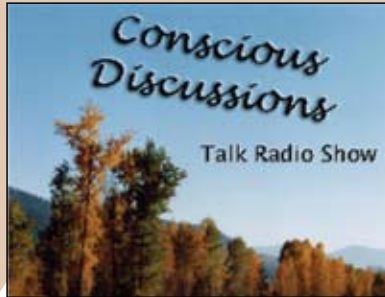
I have received a huge response from Area B residents to the question of time change. The options offered in the Area B newsletter opinion poll were simply: no change – leave it the

way it is; or, change to daylight time – same as Cranbrook all year (spring ahead, fall back). Results of this opinion poll are available at [www.rdckareab.ca](http://www.rdckareab.ca).

Suffice to say, my direction on time change on behalf of my constituents is very clear. By an overwhelming response of 77 per cent, Area B residents have said “no change” when it comes to their time zone. I will be informing the attorney general that RDCK Area B will not be participating in or supporting any future efforts to change time in the Creston Valley.

The people have spoken; I’ve heard it. Now it’s “time” to move on. ■

## Creston Valley Business Buzz



Conscious Discussions Talk Radio (<http://blogtalkradio.com/consciousdiscussions>) is an hour-long show produced and hosted by Lillian Brummet that airs every Tuesday, Thursday and Sunday at 10-11 AM (Pacific), inspiring listeners to become more proactive in their daily lives. With the varied topics and guests on the show listeners will realize their value as individuals and become aware of the fact that they can make a real and visible difference. “We focus on celebrating individuals and organizations from all over the globe that are working to make the planet a better place. We make a point to refrain from pointing fingers;

it’s about saluting people and organizations that are stepping up and doing the right things in life.”, Lillian explains. The radio show offers several different segments: Positive News (offering positive, inspiring inventions, projects, and innovations); Sunday Gardening (where discussions range from biodynamic sustainable and organic gardening to composting and watering techniques); Interviews (featuring special guests from around the planet); World of Writing (discussions with publishers, publicists, book reviewers, literacy organizations, etc.), and Best of Conscious Discussions (highlighting some of the best of the archived episodes). Listeners can hear the LIVE broadcast via their computer simply by going to the site, and clicking on the “click to listen” button. Live broadcasts offer a chat room, and those who cannot make the live broadcast can access archived episodes at their convenience.

*Information on how to be a guest or learn about networking or advertising opportunities are available via the Brummet Media Group website: <http://brummet.ca>*

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# Cultural grants up for grabs

Submitted

Artists in all disciplines, as well as arts, culture and heritage organizations, are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the arts, culture and heritage program of Columbia Basin Trust (CBT).

“The CKCA is extremely proud to be announcing the 16th year of our existence thanks to Columbia Basin Trust,” says Jacquie Hamilton, CKCA chairman. “CBT’s ongoing

and increasing support for arts and heritage activities throughout the area reaches all aspects of life in the basin.”

The CKCA is receiving \$706,000 from the CBT for 2013-14. Funding

**“There is growing recognition of the importance of creating vibrant communities”**

is available for: individuals and groups through community arts councils; minor capital projects; touring; arts and heritage mentoring/

master classes; organizational development; major projects; artists in education; major exhibitions; major heritage capital projects; and, new heritage projects.

Applications are adjudicated once a year by local arts councils and the CKCA steering committee.

“There is growing recognition of the importance of creating vibrant communities through arts, culture and heritage activities and facilities,” says Gary Ockenden, CBT director of community initiatives. “Not only does this sector enrich our fundamental quality of life but it also benefits our local economies and our tourism appeal and fosters the social well-being of basin residents.” ■

*Find out more and get application forms by visiting [www.basinculture.com](http://www.basinculture.com), contacting your local community arts council or phoning the CKCA at 1-877-505-7355.*

*Applications must be received by March 8 or March 22, depending on the program.*

*CBT supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia basin.*



CKCA funded project *Yaqaan Nukiy Mural* – Nadine Riehl – Creston, B.C. 2012

# Mungall pleased that Destination BC will help Kootenay tourism

Submitted

Nelson – Powder skiing at Whitewater, dancing at Shambala, history at the Kaslo Hotel, golfing in Crawford Bay and agri-tourism in the Creston Valley were all recognized by MLA Michelle Mungall as important parts of the regions tourism sector in the legislature on Monday. Mungall was speaking in support of the creation of Destination BC, a crown corporation with a mandate to market BC as a tourist destination.

“The point is that all of these places in Nelson-Creston will be benefiting from a coordinated approach to tourism.” Mungall told the house after listing over a dozen tourism operators, businesses and events from the region.

Mungall did express some reservations about the funding and leadership of the organization. She urged that Destination BC be industry led, so that it would not be used to play

political games, and that funding to the organization be transparent and stable.

To close her remarks Mungall said she was glad the government responded to calls from the tourism industry and calls from the opposition to re-establish a coordinated approach to tourism, ending “It’s very much needed, it’s about time, and I’m glad that we’re moving forward with it.” ■

# Getting a foot in the door

Story by: Kootenay Employment Services

**F**inding work outside large cities is not easy. Finding work in a small town like Creston is definitely not easy.

There are two age groups that seem to face more challenges than others in landing full-time employment in our local little labour market: seniors and young people.

Seniors are often at a disadvantage because employers have preconceived ideas that they may not be able to handle a full work week, won't be up to date on new ideas or will want too much money.

Youth, on the other hand, face a different set of challenges. Young people are often lacking in work experience. Employers may be reluctant to take a chance that the person they're hiring will indeed have the drive to work hard and stick with a job.

How can employers reassure themselves they should hire a young person who has no work references to vouch for them?

Young people are also at a disadvantage because employers have to teach first-time workers about work culture and ethic, as well as the skills needed on the job. It can take a lot of time to help young people on their first job understand the importance of basic work culture, such as: showing up on time ready to work; dressing appropriately; working with the public; how to act toward co-workers and employers; and, when and when not to Facebook their friends.

In an effort to help young people get started in their first job or to find their way back to employment if they have lost a job, Kootenay Employment Services is offering an amazing program for adults aged 16 to 30 who

are unemployed or underemployed (working less than 20 hours per week) and are facing difficulties making their way toward full-time employment.

Making the Transition is a federally sponsored program that offers five weeks of workshops on a wide variety of subjects, from personality and career assessments to getting ready for interviews and creating winning resumes and cover letters, and how to fit into the work culture and maintain a job.

Participants will receive an attendance allowance while participating in the workshops. Certificates in occupational first aid, Serving It Right, World Host, Forklift, WHMIS and TDG training are available.

What makes this program unique is its 10-week work experience component. Local employers can hire any youths who successfully complete the workshops for 10 weeks of full-time work and have their salary of \$10.25 per hour paid by programming funds. ■

*If you think you would qualify for the program, call KES at 428-5655. If you know someone who could benefit from the program, pass along this article. The program starts March 18.*

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Kootenay Employment Services Society  
119 - 11<sup>th</sup> Ave N, Creston BC (Behind Shoppers Drug Mart)

# Speak now or forever hold your piece of Erickson history

It's now or never as far as preserving a sense of Erickson's past, according to a group compiling content for a historical book.

An offshoot of the Erickson Community Association, the dozen-strong committee has been collecting text and photos since 2006 but is implementing an April 1 deadline for final submissions in hopes of going to press this year.

"We have been at this for awhile," says Sharon Brennan, who has spearheaded the group since its inception. "We'd like to begin to say that 'this is all the information we're going to get, let's go with it.'"

The as-yet untitled book – likely a black-and-white soft-cover – will be divided into subject categories such as family histories, schools, businesses, churches, waterways, agriculture and personal stories.

An emphasis on the latter is steering the committee away from an obvious resource, the Creston Archives. Hidden treasures are being sought so as to flush out photos and anecdotes that might otherwise never see the light of day.

"We could go to the museum and look at all the photos they've got but our purpose is to collect from people that still have them hanging around their house," Brennan says, adding, "Everything will eventually go to the museum."

"We are not getting information from the museum because we want people to supply what they've got in boxes."

To this point people have contributed photos and summaries, committee members have conducted and transcribed interviews and other individuals have written on specific topics. Business is one area in which content is particularly lacking.

Anyone willing to track down former residents who might be a wealth of information but whose whereabouts aren't known to the committee would give the project a boost, according to Brennan, who has lived in Erickson since age 4.

"My family came in '45 and they had Brennan's garage, which was part of Erickson for a long time," she says.

The roots of another committee member date back to 1960.

"I came here 53 years ago for the winter and never left," says Ed McNiven, a High River, Alta., native who lived in

Wynndel and Alice Siding before moving to Erickson, for which he holds a soft spot. "It's marvellous. It's country. It's rural. You can hear the birds and what-not. It's beautiful out there."

Brennan and McNiven, however, realize there are people who've lived there much longer than them who won't be around forever, making it all the more important to get as much information as possible, while it remains possible.

And considering that history is constantly "evolving," they don't want to exclude relative newcomers either. Anyone with ties to Erickson, past or present, is invited to share pictures, stories and information including, but not limited to: family name and location; how they came to Erickson; how long they've lived there; number of children and Erickson schooling background, if applicable; history of their property; and, what they envision for Erickson's future. ■

*Submissions can be e-mailed to [ericksonhistory@live.com](mailto:ericksonhistory@live.com) or sent to Brennan's attention at: Box 9, Erickson, B.C., V0B 1K0.*

## REGIONAL DISTRICT OF CENTRAL KOOTENAY



### PUBLIC MEETING

RESIDENTS OF THE TOWN OF CRESTON  
AND  
ELECTORAL AREAS A, B & C

ARE INVITED TO ATTEND A  
PUBLIC MEETING  
TO DISCUSS THE  
REGIONAL DISTRICT OF CENTRAL KOOTENAY  
2013 BUDGET

ON  
**MONDAY, MARCH 4, 2013**  
**AT 10:00 A.M. (LOCAL TIME)**

IN THE  
CRESTON ROOM  
AT THE  
CRESTON & DISTRICT COMMUNITY COMPLEX  
312 - 19<sup>TH</sup> AVENUE N., CRESTON, BC



# Share wildlife sightings with CVWMA staff

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

It is always interesting to hear about different wildlife sightings from people who are out exploring the Creston Valley Wildlife Management Area.

Chance encounters with rarely seen species or everyday sightings of common residents are all interesting and noteworthy. We encourage you to post sightings and pictures of wildlife you see on your adventures on our Facebook page.

If Facebook is not your thing, send us an e-mail or give us a call. I think the sightings will be of interest to the many people who know and love the area for the diverse range of species that use it.

Some examples of recent sightings this winter include: large herds of elk frequented the Leach Lake area for feeding and bedding down; tracks on the frozen ponds and heavy browsing on shrubs showed evidence of moose using the Corn Creek unit around the Wildlife Centre; beavers were busy chewing down trees along the boardwalk loop near the three-storey viewing

tower; a snowy owl was seen perched on the sign for our administration building in West Creston in November; barred owls started to call more frequently along the gas pipeline trail when a stretch of warmer weather hit us in February; and, a huge variety of ducks were seen enjoying any area of open water that existed in the wetland and along the Kootenay River.

What did you see or hear? What clues did the wildlife leave behind? With spring fast approaching, many species which left for warmer pastures or decided to hibernate are starting to return, making it a great time of year to get out and explore.

My favourite wildlife sighting this winter would have to be the river otter popping its head up through a hole in the ice and looking around, very curiously, icicles stuck to its

whiskers. I didn't have my camera, of course (if I had, I wouldn't have seen it!), but I have included a photo taken by our biologist last winter that represents what I saw quite nicely.

I look forward to the advance of spring and some firsts of the season. The first frog calls (we do hear a confused Pacific chorus frog now and then over the winter months, but I am talking about the overwhelming sound of hundreds of frogs calling at once), the first turtle sighting in the ponds, the first moose calf to be born . . .

So share your wildlife encounters with us. ■

*Our Facebook page name is Creston Valley Wildlife Management Area. Our e-mail address is [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca) and our phone number is 402-6900.*

*Or come see us in person at our administration building at 1874 Wildlife Road in West Creston.*



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# Home & Garden

## Spring Gardening Tips

www.devangreenhouses.ca

### Fertilizing:

Starting mid - April you can use water-soluble fertilizers at a half rate weekly. Amend soil by adding compost or manure to help increase moisture retention and to help break up heavy soil. Use an acidifying fertilizer on Rhododendrons, Dogwoods, Camellias and Evergreens. Using an acidifying fertilizer on Hydrangea will intensify blue colors, and using lime will intensify pink colors. Mix bone meal into the soil for new plantings as this will stimulate root growth and help establish the plant sooner. Ensure it is mixed in well, for placing plant roots directly on top of the bone meal can burn roots.

### Spring Lawn Tips:

Aerate your lawn, top dress it with sand, and over-seed where necessary. Rake out any moss after a period of wet weather and apply moss killer if a spell of dry weather is forecasted. Since acidic soil hampers the uptake of nutrients, add lime to your lawn to help it absorb any fertilizers you may apply. Spread weed & feed early in the spring when weeds are actively re-growing. ■

### March & April:

Be aware of the weather, and if the forecast calls for cold temperatures or frost, protect your hanging baskets and planters by covering them or bringing them inside. Any plants you buy from a greenhouse need to be hardened off .

### What can you plant?

Once the frost has passed it is safe to plant perennials, shrubs, summer flowering bulbs, sweet peas and hardened off annuals. Summer flowering bulbs should be planted in succession (every 1 or 2 weeks) to extend the blooming time. Place peony rings, tomato cages and stakes in now so the plants grow up around their supports, allowing for a more natural look.

### Planting Trees & Shrubs:

Spring or fall is the perfect time to plant new trees and shrubs since the soil is moist; therefore, new plantings require less watering. Ensure you loosen the root ball before transplanting and do not plant too deep. Any soil that you add at planting should be mixed in with the existing soil.



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# Home & Garden

## Spring Maintenance Check List for Your Home

www.statefarm.com

- Replace your furnace filter.
- Clean the kitchen exhaust hood and air filter.
- Check your electrical system.
- Always have a multi-purpose fire extinguisher accessible.
- Make sure the light bulbs in all your fixtures are the correct wattage.
- Consider installing a lightning protection system on your home.
- Protect all your electrical appliances from power surges and lightning.
- Have a professional air conditioning contractor inspect and maintain your system..
- Check for damage to your roof.
- Repair all cracked, broken or uneven driveways and walks.
- Protect your home from sewer or drain back-up losses.
- Check all the fascia and trim for deterioration.
- Check your water heater.
- Check the shutoff valve at each plumbing fixture to make sure they function.
- Clean clothes dryer exhaust duct, damper, and space under the dryer.
- Replace all extension cords that have become brittle, worn or damaged.
- Inspect and clean dust from the covers of your smoke and carbon monoxide alarms. ■

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# Visiting “bird-brains” to lead festival treks



Steve Ogle



Marc-Andre Beaucher



Ann Nightingale



Pat Huet



Rick Page



Daryl Calder



Peter McIver



Carolee Colter and Paul Pappas



Ed Beynon



Brain Keating

Story by: Tanna Patterson, Creston Valley Bird Fest

**H**ave you ever wondered what that bird was? Here is your opportunity to meet the people who know.

Eleven bird experts are going to lead expeditions during the Creston Valley Bird Fest on May 10 and 11. They'll be joined by several other special guests who will make presentations on the second day.

Dr. Rick Page, a registered professional biologist from Victoria, has worked in various wildlife studies throughout Canada. His specialty is the Cooper's hawk.

Ann Nightingale is co-president of the Rocky Point Bird Observatory in Victoria, past-president of the Victoria Natural History Society, the Christmas bird count co-ordinator and regional co-ordinator for the B.C. Breeding Bird Atlas. She has led numerous field trips and beginning bird courses.

This festival gives her a long-sought opportunity to visit the Creston Valley.

Steve Ogle is a wildlife biologist specializing in birds and a photographer, writer and blogger. He has contributed stories and photos to B.C. Magazine and Kootenay Mountain Culture. To view his outdoor photos visit [www.steveogle.ca](http://www.steveogle.ca).

Carolee Colter is an avid birder contributing to E-bird and the Breeding Bird Atlas. She and her partner, Paul Pappas, love to share their passion for birds.

Peter McIver emigrated from the U.K. and birds with the West Kootenay Naturalists. He has birded in 70 countries and has a life list of more than 3,500 species. He has identified 210 species of birds in the Creston Valley.

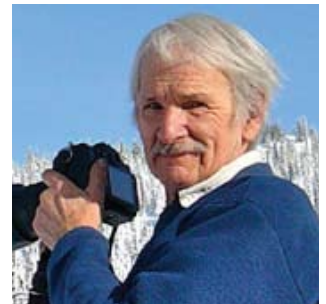
Ed Beynon is an avid birder and Kootenay outdoorsman. He and his wife Hazel are active members of the West Kootenay Naturalists. Ed Beynon has done breeding bird surveys for 15 years has also contributed to the Breeding Bird Atlas.

Daryl Calder of Cranbrook is an active member of the Rocky Mountain Naturalists and writes a weekly bird report from Elizabeth Lake for the Daily Townsman.

Creston's own Marc-Andre Beaucher, a wildlife biologist from McGill University and manager of the Creston Valley Wildlife



John Neville



Jim Lawrence

Management Area, will lead the after-dark owl prowl on May 10.

Pat Huet, a retired biologist and associate editor with the Biodiversity Centre for Wildlife Studies, is also a regional co-ordinator for the Breeding Bird Atlas. She will take a group birding through the Lister woods.

Guy Hobbs, a photographer and painter of birds, will act as an alternate.

Register in person at the College of the Rockies, on-line at [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca) or at the festival on opening day from 5 p.m. to 8 p.m. Register early as some events are limited.

The lineup of special presenters at the festival, meanwhile, is even more exciting than spring migration.

Jim Lawrence, a wildlife photographer from the Lardeau Valley, possesses a deep respect for the animals and their wilderness home that is captured in his images.

He considers the observation of an animal's life to be a profound honour. His patience and acuity are guided by the intention to create awareness.

Lawrence studied photography at the Durban Institute of Technology in South Africa. His images can be viewed at [www.kootenayreflections.com](http://www.kootenayreflections.com).

Lawrence's photography workshop begins at 2 p.m. at the CVWMA theatre. To ensure a quality experience, the workshop is limited to 15.

John Neville of Salt Spring Island has combined his love of birds with a love of recording. He studied with the Macaulay Library of natural sounds at Cornell University and has supplied nature recordings to the sounds library, the Canadian Wildlife Service, The Nature of Things and Parks Canada.

He has produced 14 sound guides to bird identification, including Bird Songs of Eastern Canada.

Neville regularly presents at bird festivals and has published

several articles in Canadian scientific journals. He records in the wild with sensitivity and hopes his life's work will heighten awareness of birds and their habitat. Hear his interviews at [www.nevillerecording.com](http://www.nevillerecording.com).

Neville's presentation, Owls of B.C., will be held in the Creston Room of the Creston and District Community Complex at 2 p.m.

Page has researched honeybees, caribou, killer whales and wolves on Isle Royale National Park. He reintroduced Peregrine falcons to Algonquin Park, studied goldeneye ducks, published articles on arctic ptarmigan and partnered with Andy Stewart to study Cooper's hawks in Victoria.

Page is a member of COSEWIC, the federal commission on endangered species.

Nightingale is also making a presentation. An avid birder, naturalist and licensed bird bander, she is co-editor of the Nature Guide to the Victoria region.

Her lunchtime presentation on hummingbirds (11-11:45 a.m.) and Page's hawk talk (noon to 12:45 p.m.) will be catered by the Real Food Café in the Creston Room.

The bird fest concludes in the Prince Charles Theatre at 7 p.m. with Going High: Three Spirit-Lifting Adventures by keynote speaker Brian Keating, who has explored 50 countries on all seven continents during the past 25 years.

His presentation on the Andes of South America and the Asian Himalaya features fascinating landscapes and their specialized inhabitants. Included is a recent Indian adventure in search of the elusive snow leopard.

Keating ends his journey in the Canadian Rockies, reconfirming the value and importance of wild spaces. ■

*For information about Keating visit [www.goingwild.org](http://www.goingwild.org).*

*The bird fest is organized by a committee of the Creston Valley branch of Wildsight. For more information visit [www.crestonvalleybirdfest.ca](http://www.crestonvalleybirdfest.ca).*

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# A woman well-endowed with courage

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

“Sarah Ellen Dow, one of our remarkable pioneering ladies, gets talked about a lot – but always in terms of what she saw, what she witnessed happening in the community as it grew up around here, never in terms of what she did.”

That’s a comment from a presentation I gave recently about some of the women in Creston’s history. Much the same can be said about quite a few of the valley’s female pioneers.

Their obituaries – often the best source of information – might tell us they came here in such-and-such a year, where their husbands had a fruit ranch or operated a business or whatever it was that the men came

here to do. We rarely get any insight into who the lady was or how she passed the majority of her time, the challenges she overcame or the joys she knew.

So who was Sarah Ellen Dow, and what did she do?

Genealogically speaking, she was the daughter of William Goodwin and Mary Ellen Street, born in Buxton, England, in December 1874. She immigrated to Canada with her father, siblings and step-mother (her mother died when she was only three weeks old) in 1880, first to Winnipeg, then to a farm near Moose Jaw, Sask. (where, at age 10, she was a distant observer of the second Riel Rebellion).

In 1887 the family moved to Rogers Pass, then spent three years in Victoria before moving to Kaslo in 1891. There she met John Wilson Dow, whom she married on Jan. 24, 1893.

This is where we can begin to see Sarah Ellen as a person. J.W. had pre-empted land in the Creston Valley in 1891 and Sarah Ellen joined him here, arriving on March 28, 1893.

She later wrote: “I watched the boat steam away on her journey up the river and discovered I was alone in a strange part of the country, not anything but an opening on the

riverbank to show where I was.”

Suddenly finding herself, barely 19 and already pregnant with her first child, alone in a place that had no signs of human habitation might well send many a young lady into a panic, but not Sarah Ellen. “While I was waiting,” she writes, “I took a general survey of the country that was to be my future home.”

There can be no doubt that she was a courageous young woman (though perhaps a little afraid of snakes). She writes matter-of-factly about their subsistence living, relying on wild game, fish and waterfowl, as well as the plentiful wild berries, for much of their food.

She was delighted to have neighbours after the fall of 1893 but seemed to take their absence equally in stride. She only hints at the loneliness of that neighbourless first summer: “I spent the time wandering about the ranch.”

The only thing that really seemed to bother her was the mosquitoes. “During mosquito season it was almost impossible to live,” she says.

She is also quite matter-of-fact about the 80 miles to Nelson – and a doctor – via a rather unreliable steamship service. She writes: “It did not pay any of us to be ill; we had to get well the best way we could.”



One day she “took ill, and my friends were very good to me” – a simple statement which masks the harsh reality that even minor illnesses could be very dangerous in a frontier community. The absence of any kind of medical care is underscored by the fact that, of her four children, only the youngest (son David “Pat” Dow) was actually born in Creston. Son Campbell was born in Spokane and daughters Jessie and Mary Ellen (Ella) in Riondel and Kaslo, respectively – communities that, unlike Creston, had doctors and midwives.

In later years, Sarah Ellen was closely associated with the Presbyterian Church. She established the valley’s first Sunday School in 1902 for children of all denominations.

**“The little thoughtful acts of kindness were as much a part of her life. She brought cheer, comfort, and entertainment to many”**

She was a charter member of the Presbyterian Ladies’ Auxiliary, established in 1907, was elected president in 1908 and served in that capacity until 1932.

She was one member of a committee of ladies who, in 1909, raised \$575 to build the Presbyterian Church. Sarah Ellen organized the Boys’ Standfast Club and the Girls’ Guild in 1909, and was a driving force behind the church’s Women’s Missionary Society.

Her interest in the latter was lifelong. Her daughter, Jessie, was once asked, “When did your mother become interested in missionary work?” Jessie answered, “When she was born.”

When the church celebrated its 30th anniversary in 1939, Sarah Ellen was recognized many times over for her work with the church and its various subsidiary organizations. Several



*Sarah Ellen Dow (pictured on the left) cutting down a tree.*

speeches honoured her work and she was presented with numerous generous gifts. But perhaps the greatest testimony to her importance to the church lies in the fact that its ladies’ auxiliary was being called the “Ellen Dow Auxiliary” as early as 1928.

Sarah Ellen wrote many articles about local pioneers and happenings that were published in the Creston Review and in newspapers around the province. Scrapbooks full of newspaper clippings she collected survive to this day in the Creston Archives, and her written accounts of the valley’s pioneer years are a valuable record of the community’s growth.

Ironically, Sarah Ellen’s own role in that growth is masked. There are only a couple of clues that hint at the fact that she, with her own hands, helped build the community.

One is a photograph showing her cutting down a tree either for firewood or to help clear the land on their fruit ranch. The other is a speech, written for an unknown occasion by Sybil White but which reads like a eulogy. It concludes, “If ever you visit Creston Valley, and see

the beautiful fruit trees, you can say, ‘I knew the lady who helped . . . to plant those trees.’ ”

That same speech tells us that “the little thoughtful acts of kindness were as much a part of her life. She brought cheer, comfort, and entertainment to many. Here was a woman of destiny.”

Sarah Ellen lived in the Creston Valley nearly continuously for 60 years, building a fruit ranch, church, numerous community organizations and a record of the community’s history.

She quietly left the valley about 1954, moving to Vancouver where she lived with her daughter, Jessie. She died there on March 12, 1964, at the age of 89.

Her obituary does not appear in the Creston newspapers. ■

*For more information contact the Creston and District Museum and Archives by phone at 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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# Timelines and tax tips for 2012 filing period

Story by: Rita Patstone, CGA

**W**hat date is your personal tax return for 2012 due?

Generally, your return for 2012 has to be filed on or before April 30.

If you file your return after April 30, your GST/HST credit (including any related provincial credits), Canada child tax benefit payments (including certain related provincial or territorial payments) and old age security benefit payments may be delayed.

Self-employed persons – If you or your spouse or common-law partner carried on a business in 2012 (other than a business whose expenditures are primarily in connection with a

tax shelter), your return for 2012 has to be filed on or before June 15. However, if you have a balance owing for 2012 you have to pay it on or before April 30.

Deceased persons – If you are the legal representative (the executor, administrator or liquidator) of the estate of an individual who died in 2012, you may have to file a return for 2012 for that individual.

What penalties and interest does Revenue Canada charge?



Tax tip – Even if you cannot pay the full amount of your balance owing on or before April 30, you can avoid the late-filing penalty by filing your return on time.

**“Tax tip – Even if you cannot pay the full amount of your balance owing on or before April 30, you can avoid the late-filing penalty by filing your return on time”**



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Late-filing penalty – If you owe tax for 2012 and do not file your return for 2012 within the dates specified under “What date is your return for 2012 due?” Revenue Canada will charge you a late-filing penalty. The penalty is five per cent of your 2012 balance owing plus one per cent of your balance owing for each full month your return is late, to a maximum of 12 months.

If Revenue Canada charged a late-filing penalty on your return for 2009, 2010 or 2011, your late-filing penalty for 2012 may be 10 per cent of your 2012 balance owing, plus two per cent of your 2012 balance owing for each full month your return is late, to a maximum of 20 months.

Repeated failure to report income penalty – If you failed to report an amount on your return for 2012 and also failed to report an amount on your return for 2009, 2010 or 2011, you may have to pay a federal and provincial/territorial repeated failure to report income penalty. The federal and provincial/territorial penalties are each 10 per cent of the amount you failed to report on your return for 2012.

Interest – If you have a balance owing for 2012, Revenue Canada charges compound daily interest starting May 1, 2013, on any unpaid amounts owing for 2012. This includes any balance owing if they reassess your return. In addition, they will charge you interest on the penalties explained

in the previous sections, starting the day after your return is due.

Social insurance number (SIN) – Your SIN is the authorized number for income tax purposes under section 237 of the Income Tax Act and is used under certain federal programs. You must give it to anyone who prepares information slips (such as a T3, T4 or T5 slip) for you. Each time you do not give it when you are supposed to, you may have to pay a \$100 penalty. Check your slips. If your SIN is missing or incorrect, inform the slip preparer.

Your SIN card is not a piece of identification and it should be kept in a safe place. For more information or to get an application for an SIN, contact Service Canada or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca). You can find the addresses and telephone numbers of their offices on their Web site.

Getting started – Gather all the documents you need to complete your return. This includes information slips (such as T3, T4, T4A and T5 slips) and receipts for any deductions or credits you plan to claim.

What if you are missing information?

If you have to file a return for 2012, make sure you file it on time even if some slips or receipts are missing. You are responsible for reporting your income from all sources to avoid possible interest and/or penalties that may be charged.

If you know you will not be able to get a slip by the due date, attach a note to your paper return stating the payer's name and address, the type of income involved and what you are doing to get the slip. Use any pay

stubs or statements you may have to estimate the income to report and any related deductions and credits you can claim.

Enter the estimated amounts on the appropriate lines of your return. Attach the pay stubs or statements to your paper return. If you are filing electronically, keep all your documents in case Revenue Canada asks to see them at a later date.

Note – You should have received most of your slips and receipts by the end of February. However, T3, T5013 and T5013A slips do not

have to be sent before the end of March. ■

For more information contact Rita Patstone, certified general accountant, at 428-2662.

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Story by Jesse Moreton, BSc DC

# Whiplash a complicated diagnosis

**Y**ou've heard of loaded questions. Whiplash is a loaded word. You may not think so, but perhaps you don't know the full story.

The first notion of whiplash was described as "railway spine." The term was used to diagnose injuries that were a result of train accidents. Railway spine was coined in the late 19th century and, interestingly enough, theories of psychological involvement were raised immediately.

Physician/researchers like John Eric Erichsen worked hard to explain and validate the injury. However, there were also minds like Sigmund Freud who believed railway spine was simply a manifestation of "traumatic neurosis" or a form of hysteria. Without proper understanding of body mechanics, and considering the relatively slow speeds at which train accidents occurred, the question of railway spine was left unsettled for a few decades.

Let's jump forward in time to 1928 when Harold Crowe, an orthopedic surgeon, coined the term "whiplash" to describe the lash-like effect, simulating the cracking of a whip. Crowe documented eight cases of whiplash as a result of motor vehicle accidents.



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Over the next two decades, better studies were conducted and whiplash was eventually understood to be the result of rapid neck hyperextension followed by hyperflexion. Researchers also discovered that whiplash injuries were almost always the result of rear-end type collisions.

What I find interesting, again, is that the same researchers also noted psychosocial symptoms. J.R. Gay and K.H. Abbott wrote in 1953 that "patients were more disabled and remained handicapped for longer periods than was anticipated, considering the mild character of the accident." Another researcher, D.M. Severy, noted in 1955 that "unlike

financial gain. How do you separate those with true whiplash from those looking for handouts? It's not easy.

Everyone perceives pain differently and some patients may legitimately suffer for years. Imagine the frustration of an individual with truly disabling pain being accused of malingering. It doesn't look pretty.

Think of the self-entitlement of a patient exaggerating an injury who is being rightfully accused of malingering. Often times the faker becomes even more consumed by anger, reaping what they sow.

Regardless, I'm not being very politically correct. The offence-free

## "Whiplash can be complicated. It's a real problem. It can be disabling and painful"

most types of collisions, the rear-end collision frequently results in minor car damage with major body injury. Also unlike injury-producing accidents, there is generally no visible sign of injury from the rear-end collision victim."

What's my point? Whiplash can be complicated. It's a real problem. It can be disabling and painful. It can result in significant soft tissue and joint injury. It needs prompt and proper treatment. I see it commonly in practice and ICBC has programs for chiropractors to deal with it quickly and effectively.

However, it can also be easy to fake and exaggerate. The reason is that whiplash doesn't usually look bad. There may not be any cuts, bruises or swelling. It is much more subjective.

The nature of the injury itself opens the door to controversy, litigation, malingering and opportunity for

term we use nowadays is non-organic signs (NOC), not malingering or fake. And in truth, there are non-organic signs that are legitimately felt without any intentions of faking or malingering.

Kinesiophobia or fear of movement is a natural non-organic sign that you may have felt after pulling a muscle in your neck. Naturally you'll guard against making certain movements for fear of reproducing the pain.

You see now why I called whiplash a loaded word. Next month I'll review some solutions to the apparent conundrum.

For the time being, just remember to get a proper assessment done if you are in a car accident. The last thing I'm trying to do is discredit whiplash entirely and have you suffer for lack of treatment. ■

*For more information call Moreton Chiropractic at 428-3535 or visit [moretonchiropractic.blogspot.com](http://moretonchiropractic.blogspot.com).*



# Second year for yoga studio

Story by: Creston Valley Yoga Studio

The Creston Valley Yoga Studio opened in March 2012. It has been wonderful offering a space for one full year, with another new year to come.

**“It has been wonderful offering a space for one full year, with another new year to come”**

We appreciate all the support we have had from our community and students to help keep the studio running, and look forward to continued support from everyone in 2013.

We will be holding a one-year anniversary event on March 15 from 11 a.m. to 4 p.m. Pick up our spring schedule, brochures and workshop handouts.

The studio offers five committed yoga instructors, with a few different instructors who offer classes and workshops separately.

Studio rentals are available upon request by complementary instructors in such areas as Pilates, dance and tai chi. We are open to sharing the space for different styles of teaching. Find times, styles and instructors that suit you best.

All class descriptions, workshops and the complete studio schedule can be found on our new Web site at [www.crestonvalleyyogastudio.com](http://www.crestonvalleyyogastudio.com). It will be updated regularly so it's easier to access information.

Drop-in classes are available, allowing students to try each instructor to find what best suits their needs.

The studio offers a warm ambiance and suitable props that ensure a safe environment to deepen your practice.

We now offer rentals by the day in a smaller space for massage, workshops, one-on-one classes, counselling or



**“We are always open to comments and inquiries to help improve the studio”**

other healing practices. Call the studio at 428-8848 to inquire about rentals.

The studio offers a small selection of retail items for sale, such as props and accessories. These items, as well as registrations and gift cards, can be purchased 15 to 30 minutes before classes start. Late entry may not be permitted as the doors will be locked.

The studio is open when classes are running, by appointment or by chance of catching someone there. We encourage students to use our back entrance where there is plenty of parking.

We are always open to comments and inquiries to help improve the studio, and are happy to share a space with other practices that fit in with a yogic and

healthy lifestyle. ■

For more information visit [www.crestonvalleyyogastudio.com](http://www.crestonvalleyyogastudio.com) or call 428-8848.

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Story by:  
Shifu Neil Ripski

# Showing compassion reveals martial arts at their best

**C**ompassion. This is usually the last word that springs to mind when someone starts talking about martial arts.

Heroic fighting abilities, mystical powers and legendary masters are what spring forth, especially in our modern minds.

Since the creation of “sport” fighting competitions that are considered “no-holds-barred,” like UFC, people have gradually been brought to the idea of gladiatorial combat by fierce men as the norm.

Unfortunately, from my point of view, this has done little but harm martial arts as a whole since the modern practitioners are focusing only on fighting ability instead of on the more important things like learning who we are and becoming better people. In Chinese martial arts this study is known as neigong – literally, “internal work.”

We are challenged in many ways by difficult situations in our lives. When we train in martial arts we are placed in situations that are not only difficult but have an inherent (though carefully controlled) danger to them. What better place to test ourselves and find out who we are than in the fires of conflict?

One of the most challenging characteristics to foster as martial artists is compassion. In the world we live in, where ego and crawling over others to reach the top is not only acceptable but encouraged, finding compassion within ourselves can be difficult. But how much more important is compassion when we are trained to gain great power over others?

Showing compassion in the moment in which we could become a victor is a high achievement. Instead of a finishing

blow perhaps it would be of more use for us and our opponents to give them a helping hand.

Of course, this is not just obvious in martial conflict; we engage in conversations, debates, arguments and business dealings daily in which showing some compassion would not only improve our character but allow us to become a great example to those around us.

True power is found in both application and discretion. If we are going to put forth effort toward understanding martial arts we are also supposed to be strong enough to tackle the most difficult of battles, that of looking directly at ourselves, honestly and unflinchingly, and working toward becoming a better, kinder and more compassionate person.

I am reminded of a story of one of the martial arts world’s most powerful masters, Wang Shu Jin. He had a student from America who had a large ego and believed he was invincible.

In fact, this student (whom I will not name) became infamous for travelling around Asia and beating up elderly masters to prove how powerful he was. When he met Wang he was arrogant and brash and tried to goad the master into fighting.

Wang asked him to simply train with the class and they could discuss things further afterward. He was paired up with an older lady (said to have been in her 60s) who proceeded to take him apart for the entire class. He was unable to lay a hand on her.

During the class he grew angrier and angrier and, instead of starting to realize the opportunity he was being given, to train under an obviously highly skilled teacher, he continued to fight harder. At the end of class he went to talk to Wang, completely unhurt – a great



Master Wang Shu Jin

show of compassion from this woman who had many opportunities to harm the brash young man.

Wang simply asked him if he had understood the lesson. Confused, he looked at Wang blankly. Obviously to Wang the young man did not get the lesson and so, out of great compassion for him, Wang proceeded to goad him into his original purpose, fighting him. That way when Wang took him apart over and over, gently and without hurting him, he could explain to the young man the lesson that was being taught.

The young man finally learned his lesson and since then has become one of today’s great masters of Chinese martial arts, all because of the great compassion shown by Wang.

In my opinion, neigong is the highest form of martial arts training – becoming better people, citizens and neighbours. ■

*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).*

# Thunder Cats inspire autistic youth to take up hockey

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats participated in many activities within the community during the 2012-13 junior B hockey season.

Their outreach included: playing floor hockey with Special Olympic athletes; participating in Halloween

Brayden badly wanted to meet the players but didn't know how to skate. Undeterred, he laced up a pair of skates for the first time just so he could meet his heroes.

Thunder Cats players Scott Swiston, Brandon Formosa and Jesse Collins spent time with their young fan as he attempted to manoeuvre on the

**“This is an example of how much impact someone can have on your life with a few encouraging words”**

Hysteria and underwater hockey at the Creston and District Community Complex (CDCC); collecting food for the Gleaners in the Stuff the Bus drive; taking children trick-or-treating on Halloween; attending the Remembrance Day ceremony; helping with the Terry Fox Run and Blue Heron half marathon; helping Rotary in its fund-raising by chopping and delivering firewood; and, clearing snow as the “snow cats,” just to name a few.

Another example is that of Brayden and his grandmother, Lori, who are grateful for the Thunder Cats because of the following inspirational story.

Brayden is autistic and loves hockey. He started coming to Thunder Cats' games in 2011 and has been a devout fan of the Kootenay International Junior Hockey League team ever since.

During the 2011-12 season the team, in partnership with the CDCC, put on a Skate with the Thunder Cats event for all ages on a professional development day, giving the community an opportunity to meet the players.

slippery ice. They could tell Brayden was a huge fan because this kid can name more team stats than most people and calls an excellent play-by-play.

Brayden commented that he wanted to play hockey and the players told him he could do anything he put his mind to. With this encouragement, Brayden set his mind on learning how to skate.

He worked hard at it and in the fall of 2012 joined the Peewee House minor hockey team. This season he has scored 11 goals, including a hat trick in one game, and earned eight assists.

Being part of the peewee team has taken Brayden away from his beloved Thunder Cats from time to time, but whenever he has the chance he's in the stands cheering on the team.

Brayden loves hockey and is excited to be making his own memories on the ice. He now aspires to become the first autistic player to play in the NHL.

This is an example of how much impact someone can have on your life with a few encouraging words. It warms my heart and makes me proud

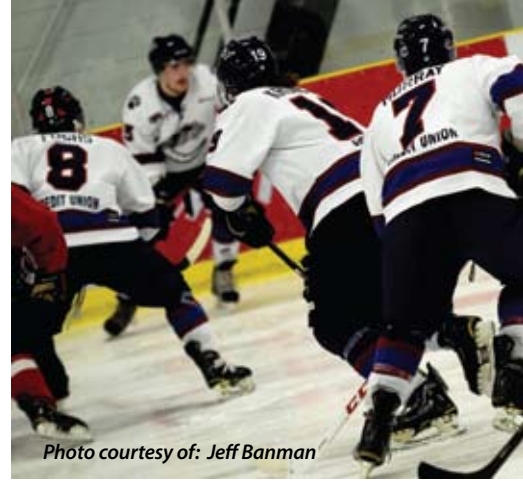


Photo courtesy of: Jeff Banman

to be part of this organization when I learn that players have integrated themselves into our community and made lasting, positive impressions with fans and community members.

We hope the Thunder Cats have touched your life in some way, even if it was only providing you entertainment for six months during the fall and winter months.

Until next season . . . GO, CATS, GO! ■

For more information on the team visit [www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com).

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# Consciousness – weird and woo-woo?

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



**T**his book isn't for everyone, it's for the few – the people that realize this reality in its current form is not working to bring about the greater 'us' that is truly possible. I wrote this for the 'dreamers' – those that 'know' that something different and greater should be possible and that we should be able to have it." (Excerpt from Dain Heer's *Being You – Changing the World.*)

I chose to quote Heer because the essence of the words is the essence of this article. This article isn't for everyone. It's for those who may have felt "weird or different" and maybe even crazy their whole life, and on top of that, they also made themselves wrong along the way.

What if . . . now is the time for you to be you, your greatest self? Grab your courageous heart because this journey is not for the faint of heart. Let's begin. You know what the funny thing is? Have you ever heard the old English meaning of the word 'weird:' of spirit, fate, destiny. Isn't that weird? Does that sound like you?

For months I have been uttering a cliché to my friends and clients: what if it was cool to be weird and weird to be cool?

They would always laugh a laugh that communicated: "Yeah, that's true for

me. That makes me feel light inside."

Finally the so-called weirdos weren't weird, they were of fate, spirit and destiny, and they weren't wrong or bad either. How fun is that?

Then upon awakening one morning I received an acronym for weird: W – Wonderful; E – Exuberant; I – Inner; R – Reflections of the D – Divine.

Wonderful exuberant inner reflections of the divine! What if you were that weird, and how does it get any better than that?

Now ask yourself: does this make you feel lighter inside or heavier? If it feels light then it's true for you; if it's heavy it's a lie.

Next on the list is woo-woo and, no, I don't have an acronym for. I often hear people use the term to describe something that is not of the norm. They'll say, "That's so woo-woo," and it cracks me up.

From my perspective, and the natural and spiritual health perspective, we are in the midst of a shift – a shift in consciousness, a spiritual shift in awakening, a shifting from the logical, practical, normal view of life into the heart and soul of life, to the inner, unseen subtleness of spirit and soul.

What if what you don't see with your physical eyes and senses is actually more real? This shift in awareness is your inner heart's knowing, resonance, vibration and frequency, and it comes with subtle synchronicities that may be unexplainable in a logical, head-understanding kind of way.

Yet these synchronicities or weird occurrences are noticed as a divine moment of connection felt on an inner level of your being. I call this "following the divine crumbs."

On to the next word – consciousness: special awareness or sensitivity; the state of remaining awake.

One more description to become aware of, from Heer, goes like this: "Consciousness is where everything exists – and nothing is judged."

What would our world, planet and town be like if we lived in that awareness? Love instead of judge, allowing others their experiences without passing judgment. Not such an easy invitation, is it?

Here are some "what-ifs:"

- what if you loved your body (pain, fat and all) and didn't judge yourself as wrong for feeling that?
- what if you loved your wrinkles, bad hair day and so-called bad habits?
- what if you expressed love to the person smoking rather than adding judgement to their lives?

It's kind of comical, like we are all walking around with black robes and gavels in our hands, judging everything around us, including ourselves. What if we could gift ourselves and others by lifting off the judgement and projections of wrongness, the expectations and rejections?

Let's put down the gavels and take off the robes, these limitations to our higher selves. They don't serve where we are going anymore.

Accessing higher awareness and consciousness (spiritual knowing) is available to each and every one of



us now, and it's never been easier. The more we choose to embody this knowing, the more "weird" becomes the norm.

We all have limitations, old stories and walls around our hearts that are stopping us from moving into our higher selves, and there are new tools and ways to erase and delete what's no longer working. I don't want to leave you here without giving you an inspired action step that is available locally.

One of the most effective tools I have learned and am using is a process called access bars. It is a hands-on process,

touching 32 points on your head, that erases neurological patterns and limitations and opens you to receive more of who you truly are.

Yeah, it's a bit weird . . . and we're good with that!

This takes about an hour and leaves you as relaxed as a great massage, and may even change your whole life.

I am also available to teach you how to do this modality, so you can gift it to others. You can also be a bars practitioner and charge for the service.

If you are interested in this topic of consciousness and the spiritual shift, I

am available to speak at your event or meeting.

Also know this: I am learning and growing alongside you. This was written through me and for me, too. We are all one.

So here's to all of you who are enjoying being weird. Shine your light, my friends. You are the only one who can. ■

*Annette Agabob has been serving the Creston Valley as an iridologist, chartered herbalist and whole food nutritionist since 1997. For information on Annette's Health Action or products phone 866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com or www.facebook.com/annetteshealthaction.*

## Out & About

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

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[www.canyonbc.ca](http://www.canyonbc.ca)

### March 9 Creston Concert Society presents Ballet Kelowna

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### March 11 Free Swim at the Complex!

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### March 17 to 21 Minor Hockey Provincials

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### March 17 ShamROCKfest

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### March 24 Free Family Skate and Curl at the Complex!

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48 Months O.A.C.  
in lieu of cash discount

**CASH SALE PRICE \$6,999.00\***  
Reg. list \$9,075.00  
While quantities last

**\$149.79 /month\***  
\*with \$750.00 cash down.



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

### GR2010 garden tractor features:

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

**1.5% Financing**  
60 Months O.A.C.  
in lieu of cash discount



**CASH SALE PRICE \$11,799.00\***  
Reg. list \$13,988.00  
While quantities last



The rugged and versatile RTV900 has been upgraded to make it easier to use and more ergonomic than ever. It's amazing balance that enables the rugged RTV900 General Purpose to perform like no other utility vehicle. Spacious cargo bed, powerful hauling capability, robust diesel engine, advanced suspension, this machine has it all. The RTV900G is perfect for all types of terrain from 1 acre to 500 acres, and at an incredible pace.

### RTV900XTG-H- Features

- 21.6hp, 3 cylinder, liquid-cooled D902 diesel • Variable hydro transmission (VHT) • 4WD with 2WD selectable • Easy range assist mechanism • More traction in reverse speed
- Front independent MacPherson strut-type suspension • Rear semi-independent DeDion type suspension with leaf springs and shock absorbers • Reliable, wet-type disc brakes
- Responsive hydrostatic power steering • Ample ground clearance • Quick read panel
- Improved tailgate design • New deluxe bench seat with retractable seatbelt

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



**0% Financing**  
72 Months O.A.C.  
in lieu of cash discount

**CASH SALE PRICE \$18,225.00\***  
Reg. list \$22,560.00  
While quantities last



Massey Ferguson 1500 series compact tractors are the perfect choice for home owner, part time farmers, landscapers, construction or ground maintenance crews. With a forward/reverse shuttle transmission, loader work is a snap and 32 gross horsepower makes even the big jobs seem easy. The weekend warrior that works seven days a week.

### MF 1532L tractor with loader – features:

4 wheel drive, 32 HP diesel, 8F/8R synchro shuttle transmission, Cat 1 3-pt hitch, foldable ROPS, DL100 loader (1282lb lift cap.), 60" quick attach bucket, 540 PTO



**KEMLEE EQUIPMENT LTD.**

Your locally owned & operated Ag Centre