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## Out of Sight

Margaux Allard's artwork dazzles –  
even discounting her disability

### Town Hall

Recruiter alleviates  
doctor shortage

### Regional District

Sketchy program parks  
unwitting seniors

### Community

Rotary wine-tasting  
sports local flavour

*Inside...* 72nd Annual Blossom Festival Schedule of Events

# It's Deere Season



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**Sales**

**Sally Hall**

cell: 250.402-9111  
sally@ilovecreston.com

**Graphic Design/Sales**

**Wendy Franz**

cell: 250.402.8711  
wendy@ilovecreston.com

**Financials/Sales**

**Justin Ziola**

cell: 250.428.6772  
justin@ilovecreston.com

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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.

**I Love Creston Marketing Ltd.**

Box 143, Creston, BC V0B 1G0  
Ph/Fx: 250.428.2631  
office@ilovecreston.com  
www.ilovecreston.com



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## feature story

### 5 What's my line?

Margaux Allard has evolved into a full-time artist thanks to some technology and a simple hand-held magnifying tool that helps negate severe visual impairment.

*Front cover and feature story photos courtesy of Margaux Allard, Krazy Kat Lady Studio & Gallery.*

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## Guest From the editor

That Creston is a much-loved location is hardly a secret. More fascinating is the variety of ways in which the affection comes about.

Take the case of a couple of transplants featured in this month's edition of *I Love Creston*, Michael Carpenter (whose RE/MAX Discovery Real Estate agency just turned 25) and cover story artist Margaux Allard, a.k.a. Krazy Kat Lady.

Carpenter was somewhat of an outdoorsman growing up in Colorado, dreaming of one day moving to "either Alaska or Canada" and winding up in northern B.C. Then he got wind of the Creston Valley through a friend who had been stationed here with the RCMP.

"He had pictures of Creston and stories of the beauty, the hunting and the fishing, and he vowed he was going to retire here," Carpenter says. "So we checked it out and fell in love with it. It was in April (1978) and the lake up in Fort St. James was still frozen and there was three feet of snow on the ground. We drove down the (Salmo-Creston) summit at night and woke up in the morning and it's green and lush and gorgeous."

He and wife Beth were back to stay within six months, starting out "on a little hobby farm close to Kitchener (where we) raised our two sons."

"The quality of life in Creston, as far as I'm concerned, is unsurpassed," Carpenter says. "I've travelled as far as China, Tibet, New Zealand, to the tippy top of Norway – the most northern post in Europe – a lot of places in Europe, the Caribbean, and I have not come by a more beautiful valley with a higher quality of life than the Creston Valley."

A refusal to leave Creston led to him entering the real estate business in the mid-'80s, when maintaining employment in either his trade as a baker and pastry chef or secondary

pursuit as a building supply distributor meant moving to a city.

Instead he took on a line of work that routinely exceeds 60 hours per week, not allowing for a lot of leisure time. When possible he indulges a passion for trying to land the proverbial "big one" on Kootenay Lake. ("Which I haven't, but you've got to keep trying, right?") Real estate is cyclical, and he's seen his share of highs and lows. "In 1996 there were seven offices in this town and 40 Realtors," he says, whereas now there are three agencies.

But Carpenter found "a lot of comfort in doing business here. Creston doesn't boom, doesn't bust. No one gets rich. If I wanted to get rich I would have moved to Vancouver or Kelowna.

"It seemed like we had kind of a cushion around us, and the world could be going to hell in a handbasket and Creston would just seem to motor along and didn't seem to be affected by what was happening out there."

Despite rising global influences that can wreak havoc even on people in remote hamlets like this one, "we live in a special place in terms of economics," he says. "I truly feel blessed that we can live in Western Canada."

Allard, meanwhile, followed a more traditional east-to-west migration to Creston (that is the norm; just ask Carpenter), having entered the world in Saskatchewan and spent time in Alberta along the way. She helped her parents move here and was subsequently drawn to follow.

After her dad died at the hands of a "careless driver" in 2008 she stopped drawing for two years until husband Dave suggested she work out her melancholy in her backyard studio. "It's like a therapy for me," admits Allard, who is legally blind – not that you'd ever guess from the quality of her work.

Perhaps that's one reason she's so attracted to Creston, given its high proportion of residents with disabilities. Be open to what they can contribute, is her advice.

"Know that they're just people (who) want to try to fit into society like everyone else," she says. "Take a little extra time to try to help them. It would make life much easier.

"I'll meet people and they'll see my art and say, 'Oh, you're so lucky. I can't do anything,' and I think what people have to stop doing is, first of all, don't compare yourself to anyone. When you see somebody who can do something, use it to inspire yourself, to find the thing within yourself that you can do. Each and every one of us has a skill.

"Instead of envying or kind of coveting what other people do, use it as an inspiration."

There is plenty of that to be found in the following pages, so let's get started. ■

## Mailbag

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

Thank you, Wendy!

A.R.K. is so appreciative of your support for Creston House!

The mention on the cover and the article on page 21 of the April edition of the *I Love Creston* magazine is so incredible!

Thank you! Thank you!

*Sincerely,  
Diana Wedge*

Dear friends,  
Thank you very much for featuring my article in the December issue. I am so glad to be able to share my experience. It is positive and enlightening. My message has inspired others and helped them to have hope in difficult situations. Believe and you will achieve.

*Thank you,  
Jeanne Marie Plante*



Photos courtesy of Margaux Allard,  
Krazy Kat Lady Studio & Gallery.

# The cat's meow!

***Krazy Kat Lady struts her stuff in cozy Creston gallery***

**T**o examine one of Margaux Allard's intricate pencil drawings is to marvel at the imagination and detail – and that's before finding out she is legally blind.

Allard wouldn't want it any other way.

"At first I never associated my art with my visual impairment," says the artist who goes by the moniker Krazy Kat Lady. "I didn't want people to say, 'Oh, the blind artist can draw.' I wanted my artwork to stand on its own merit.

"I'm still like that. I want people to enjoy it in whatever way they choose. I use the visual impairment as an afterthought. 'Oh, by the way, Margaux is visually impaired.'"

Allard shrugs it off as a "quirk of nature" when asked how it's possible to produce such accomplished pieces despite having no sight in one eye and 10-per-cent vision in the other, the result of optic-nerve damage suffered in an incubator as a days' old infant.

**“I draw what people don’t see because I see the world so differently,” in both the literal and figurative senses”**

Her home-based studio and gallery on Murdoch Street showcases a diverse inventory of drawings and acrylic paintings representing genres such as fantasy, surrealism, First Nations, Goth and animals – in particular, cats.

“I love cats,” says the owner of no fewer than five felines. “I like their personalities. They can be very whimsical creatures.”

Whimsy aside, Allard delights in darkness, professing an affinity for dull, rainy weather, classic horror flicks (heavy on chills, light on gore) and the paranormal, all of which influence what shows up on the paper. She’s even got a haunted-house diorama on display, complete with graveyard, which evokes Tim Burton.

Questions from a friend about her artwork one day prompted Allard to conclude that “I draw what people don’t see because I see the world so differently,” in both the literal and figurative senses. “(It’s) almost a spiritual, ethereal thing, and also that I do physically see the world differently.”

The Regina-born offspring of a German father and Lakota mother, Allard loved to draw even as a young child “but never recognized myself as a marketable artist until my early 20s.” She credits her mom with opening her eyes in that regard after Allard discovered she could draw more effectively with a magnifying glass.

“It was just a single lens, similar to a jeweller’s loop, and it really made a difference in the detail of my work,” says the 47-year-old, who now employs a tool with three, five-power lenses. “I had done a few drawings with this type of magnifying glass and gave them to my folks.

“It was just a hobby. I threw a lot of stuff out and my mom would be digging it out of the garbage.”

Finally, Allard’s mother decided to frame some of the salvaged items and display them at a craft show in Creston where she was helping out at a friend’s booth.

“She phoned me the next day and said, ‘You sold a piece.’ I said, ‘Really?’ ” says Allard, who was living in Whitecourt, Alta., but would soon follow her parents to Creston, where they had retired.

“I helped them move, fell in love with the place and ended up moving here as well,” she says, “in my early 20s, which is usually when people move away from Creston. Something about it just appealed to me.”

She arrived in ’86 and subsequently lived off and on in Alberta, Idaho and the Okanagan but, like the proverbial cat, “I always seem to come back.”

She drew further inspiration from Dave Allard, whom she met here and married 15 years ago. He built the backyard gallery that opened in 2008, helped her obtain grants for investing in higher-end computer and printer technology and encourages her to pursue art full time.

“My work really started to get better when I met my husband,” Allard says of the graphic artist employed by D-Signs and Design Services. “I’m fortunate that I can indulge my art, and he wants me to.

“Now the job is to figure out how to take it from hobby to career to making money . . . and do that without becoming too commercialized, because there’s nothing more sad than commercialized art. That’s not who I am.”

The gallery plays a role in exposing Allard’s art, as do presences on Facebook, the Web site deviantART and Etsy (“like eBay but for arts and crafts”).



Allard is on the route of an art bus tour that sees up to 40 people at a time cramming into her gallery, belongs to Artwalk, participates in Arts and Culture Week and the Creston Valley Bird Fest, regularly attends the Creston Valley Farmers' Market and other craft fairs, displays

artwork at Black Bear Books and is planning a second personal art show.

"I didn't really know how to market my art and, honestly, I'm an artist, not a marketer. That's the most difficult part," says Allard, who dreams of breaking into upscale tourist locales like Whistler and Banff.

Thanks to the new printer, Allard expanded her line of original work to include prints, calendars and cards, and the gift of a camera from her mom two years ago took her in another direction: nature photography.

"I'm having a great deal of fun with photography and I've sold quite a bit," Allard says. "The zoom on the lens acts like a magnifying glass, so what I normally can't see with my naked eye, the minute I put my camera up I see the world completely differently. It's really opened up a new world for me."

If her accomplishments hearten some or educate others, so be it.

"I've had to deal with a great deal of discrimination because of my sight," says Allard, who has held part-time jobs in the hospitality, banking and graphic-design sectors, "so I really want people to know that there's people out there with some pretty severe disabilities that do some things a lot of average people can't do.

"You have to be open to people with disabilities and realize they're capable of fitting into what society considers normal, functional society." ■

*For more information on Margaux Allard visit <http://kattylady.deviantart.com> or facebook at Margaux Allard - Crazy Kat lady Studio & Gallery*



**"You have to be open to people with disabilities and realize they're capable of fitting into what society considers normal, functional society"**



## From the Mayor's desk

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

### Physician Recruitment Program paying dividends

The Town of Creston and Creston Valley community are fortunate to have a 24-hour hospital, as well as four clinics with physicians dedicated to providing health care for residents.

These physicians not only see their patients in a clinic, they are also on-call by rotation at the 24-hour emergency room at Creston Valley Hospital for emergencies that require urgent attention.

About six years ago our community created a unique Physician Recruitment Program to address the provincial and national concern that most rural communities were experiencing: a lack of medical doctors to serve their population.

One key to the success of this program has been funding provided by the Regional District Economic Development Service, participants being the Town of Creston and Regional District of Central Kootenay electoral areas B and C.

A second key to the success of this program was the creation of a dedicated volunteer committee, the Creston Valley Health Working Group (CVHWG), which outlined a strategy to hire a professional physician recruiter on contract. The mandate of the recruiter was, and continues to be, attendance at physician conferences and acting as a liaison with prospective physicians, who are also referred by Health Match B.C. and Interior Health.

In the last two years our recruiter has been successful in helping four new permanent physicians relocate to and settle in Creston with their families. As well, practising Creston physicians have been assisted with locum placements facilitated by our recruiter.

The CVHWG anticipates that there are still residents who do not have a family physician, and this is a concern. As such, we have developed

a survey that can be filled out to provide our group with better data. These forms are available at the Town of Creston office, Creston Valley Chamber of Commerce and some local clinics.

Contact me personally at my office or by e-mail or telephone to discuss any concerns. ■

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

## Creston Valley Business Buzz



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# Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Learn from mistakes of the past

**K**i'suk kyukyit (greetings) from the Lower Kootenay Band.

I have expressed on numerous occasions over the past years my love for this beautiful land of Yaqan Nukiy, also known as the Creston Valley.

We all must acknowledge the triumphs and setbacks in our history. Remembering the past can provide direction for the future.

Past community elders have shared their stories of a time in this community when dining at a local restaurant meant eating a meal in the kitchen. Aboriginal people were not permitted to eat a meal in the main dining area of a restaurant. Men, women and children ordered their meals and ate in the kitchen area.

Shopping in a store would raise suspicion of shoplifting from merchants and oftentimes LKB members were searched to ensure no merchandise was stolen.

All of humanity is unique, regardless of ethnic background or gender. There are no races or genders that are superior to another.

We have come to a crossroads in our world where we are interconnected to all mankind. We have relations who are aboriginal, Asian, black and Indo-Canadian, and roots from European countries.

To hate any race means a self-hatred; to degrade a gender also degrades ourselves. Our very existence stems from both a male and a female.

I share this Ktunaxa legend that has been in existence since time immemorial and has a moral which

can guide us to strive to be better human beings:

The Coyote is known among the Ktunaxa as a trickster. Coyote constantly instigates conflict and even encourages it.

The Coyote spotted the Grizzly Bear, who was sitting in an open field enjoying the sun's spring rays. Coyote immediately began to shout at Grizzly, saying, "Hey, small eyes, you can't see very far, can you?" and then hid behind a rolling hill.

Grizzly heard this insult but paid no attention to it.

Coyote peeked his head over the rolling hill and once again shouted, "Hey, small eyes, you can't see very far, can you?"

This got Grizzly Bear's attention and he was becoming angry. Meanwhile, Coyote was hidden behind the rolling hill, laughing. Coyote always got much joy out of belittling others and insulting them.

Just when Coyote went to peek his head over the rolling hill again he had Grizzly Bear standing directly in front of him. Grizzly Bear struck Coyote with his mighty paw and sent Coyote tumbling and yelping in pain.

Despite having poor vision, Grizzly relied on his scent to track where Coyote was. Grizzly had an amazing ability to hear, which also alerted him to Coyote's location.

As human beings we may have our physical limitations and even developmental challenges. Some of us may be tall, some are short, some are light-skinned and some are dark.



## "The Coyote is known among the Ktunaxa as a trickster"

My point is, we are all physically different but all bleed red, all have emotions and all want to be treated fairly. We all have a place and purpose in this world.

I strive to be a good neighbour in our Creston Valley, to live in harmony with our environment and live each day as if it were my last, for I am not promised tomorrow.

Many chapters of our history have a dark side, a side that should not be forgotten but forgiven. The dark history must be taught to our children so we may learn where we do not want our society to return to.

Remembering the past creates a future that is ours to build, sculpt and mould, creating a living document that can be the envy of the rest of the world, the envy that the Creston Valley (Yaqan Nukiy) truly is the most beautiful place on Earth.

I may not know all of you reading this article but I know I could recognize your face as being from Creston. I may not know all of you but being from this valley is the connection that only a valley resident would know.

Thank you once again for reading, and all the best. Till next time, taxa. ■

*Jason Louie can be reached by phone at 250-428-4428, ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or on the Web at [www.lowerkootenay.com](http://www.lowerkootenay.com).*



## Area B News

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

### Seniors beware, this could be you

The ICBC program DriveABLE is one of those not-so-good news stories for many seniors who, based on age, may find themselves caught off guard when they go in for a driving physical.

Whatever happened to no discrimination because of age, colour, ethnicity or religious or sexual preference?

A couple of weeks ago an interesting lady named Tilly called me and asked me to help her fight to get her driver's licence back. I was intrigued by her story so I went to her home to meet with her.

Tilly was very engaging, sharp as a tack and hopping mad about losing her licence because of a doctor's report and a program called DriveABLE. This program required her to take a driver's test in the hills of Nelson.

First off, Tilly lives in Erickson, so why in the world would she be going to Nelson for a driver's test? The answer: DriveABLE.

Now here is the two-edged part of this story. Some parts of DriveABLE are realistic, albeit discriminatory against seniors. Some folks of all ages should not be driving and should have other arrangements made for them.

In the event you are one of those folks, everything works well right up until the time you are told you will be losing your driver's licence.

In urban areas where mass transportation is available, seniors would have the option of other forms of transportation. In rural areas where we do not have mass transit, seniors who lose their licence because of age and limited abilities appear to be thrown to the wolves.

A senior living in Lister or Yahk or Kitchener, or for that matter anywhere outside the Town of Creston, will have two options: 1) bum rides from your neighbours while swallowing your pride after having driven all your life; and, 2) keep driving yourself to the store and doctor's office and other appointments because you have no other options.

For the first time in your senior years you will now become a lawbreaker

because of a program put in place by government to help you but which can actually put you at risk. Doesn't the irony just want to make you puke?

While there needs to be some benchmark to help keep bad and dangerous drivers off the road, I believe DriveABLE misses the mark when addressing seniors.

Maybe the answer is a standard driving test for all drivers that reflects our abilities regardless of age every time we renew our licences – a free test so we don't cause an increase in the already high premiums we pay to ICBC. The interesting thing is, statistics show it is not seniors who are the problem.

The most disturbing thing about DriveABLE is drawing into the equation the one person most of us trust the most, our doctor. This is where I really believe we need some transparency.

I can't think of anything more unsettling than sitting in my doctor's office in a gown in my underwear (bad



**“While there needs to be some benchmark to help keep bad and dangerous drivers off the road, I believe DriveABLE misses the mark when addressing seniors”**

visual, I know) worried about a driver's licence physical and a new mole my wife found on my back.

If you are there for your driver's physical you may be subjected to a cognitive test as part of the physical. If you say No to the cognitive test you will not pass your physical and you may lose your licence.

If you fail the cognitive test you may also lose your licence or, as in the case of Tilly, you may also be forced to take a driving test in the hills of Nelson. Are you kidding me? This is help for seniors?

I can tell you honestly, because of my fear of doctors' offices and needles, that I would come across as a blubbing idiot who should probably be institutionalized.

The worst part is the doctor is apparently not required to tell you that you have the right to refuse to take this test. Not advising patients of this right is just plain wrong.

I hope doctors who deliver this test will have the courtesy to advise their patients that this cognitive test may be needed to see if they can drive. In my opinion, patients should also be given the right to say No to the test.

So, back to Tilly and her dilemma concerning her situation with DriveABLE causing her to lose her licence. She has now lost her licence because of a "mental test" administered by her doctor and for failing a driving test in Nelson. Go figure!

The problem, according to her, is that she has now visited two other doctors who have given her a clean bill of mental health. She has signed letters attesting to this. She is fighting a system where she is guilty without recourse and is being given

the runaround by bureaucrats and politicians alike who don't want to deal with this issue and who just want her to go away.

Thank goodness Tilly is a fighter and refuses to go away. She tells me she is in her mid-70s and is now bumming rides from her 91-year-old neighbour to get groceries and medicines while her new car sits idle in the driveway. She has started a petition to have this program overturned or at least reviewed.

Consider signing this petition. I signed her petition and will help her

get this program, which I frankly find discriminatory against seniors, to be reviewed. I am now officially a senior at some restaurants and feel we need to take a stand concerning programs that don't work as intended.

Your vote is your way of saying how you feel. It is a powerful tool in governance. Use it or suffer the consequences of not voting.

We need to keep what few rights we seem to have left. DriveABLE, unless it's fixed, should drive off into the sunset. ■

For more information visit [www.rdckareab.ca](http://www.rdckareab.ca).

**Creston Valley Fall Fair**  
 2013  
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Remember to plant/save a little extra for your entry into the Fall Fair: flowers, fruit, vegetables, grain, largest/smallest egg.  
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Creston Valley  
Rotary Club



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7:00 to 10:00pm

Creston Room

Creston & District Community Complex

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Tickets available at:

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Kingfisher Books,

Ron Toyota (Town Office),

or any Creston Valley Rotarian



# Bang for the buck

## Rotary's Wine Art delivers on numerous fronts

**W**hen the Creston Valley Rotary Club first held a wine-tasting back in 2003 it was primarily an Okanagan affair. The only local connection was with a now-defunct quilting show.

Ah, but how some things improve with age.

Ten years later, Rotary wine-tasting has expanded to feature an art show and the refreshments of no fewer than four home-town beverage producers.

The annual event, now called Wine Art and set for May 31, has become a lucrative Rotarian fund-raiser, but the fact it now promotes Creston's own burgeoning wine industry is a pleasant development not lost on organizer Ron Toyota.

"It is kind of neat," says Toyota, who doubles, of course, as the Creston mayor. "A lot of times, when things get going, you try and pick something that will have stability, so the fact that . . . we've managed to hold it together for creeping on 10 years is a big plus.

"It is a bonus that we are seeing wineries in the valley, and I bet we will see a few more."

It's not by chance entrepreneurs began putting grapes in the ground where once apples and cherries flourished. Creston's got what it takes.

"Of course you don't just decide you're going to grow (grapes)," Toyota says. "You've got to have the right soil, the right weather and the right exposure."

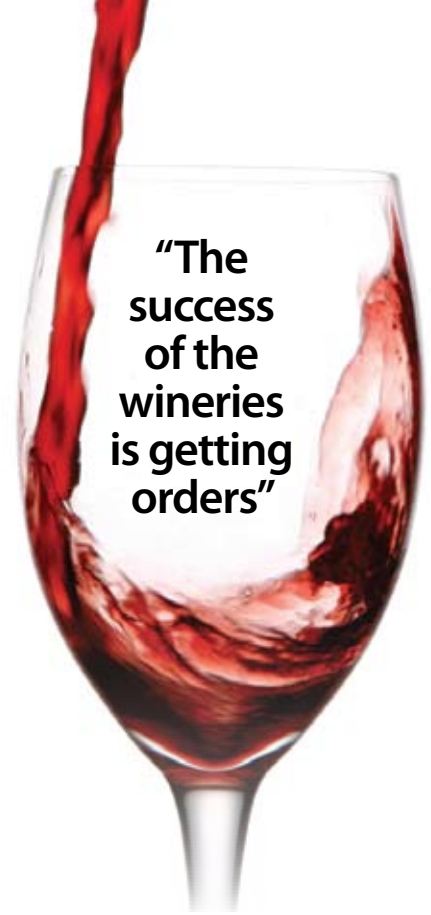
Exposure is what Baillie-Grohman Estate Winery, Wynnwood Cellars, Skimmerhorn Winery and Vineyard, and Tabletree juice – along with typically 10 or so producers from the Okanagan – are seeking from Wine Art. They share samples to grow brand awareness and generate sales, either down the road or on the spot.

"The success of the wineries is getting orders," Toyota says. "That's the reason they're coming."

Rotarian success means raising as much money as possible for community causes, though immediate entertainment value helps make it a can't-miss event that pumps up both the public and club volunteers. Plenty of networking goes on while finger food is served and people peruse (or even purchase) the artwork, a component introduced in 2006 in conjunction with the Community Arts Council of Creston.

"It's a big social. A lot of people look forward to it. It's a once-a-year chance to get together," he says, noting that the first year "we didn't make any money but we had fun."

The second wine-tasting two years later turned a modest profit and they've been raising around \$5,000 ever since. The cash gets poured into local building projects like Millennium Park, a birdwatching tower at the Creston Valley Wildlife Management Area, a water playground at Centennial Park and



"The success of the wineries is getting orders"

an outdoor gym about to go up at the same location.

"There will be about 15 pieces of exercising equipment," Toyota says of the adult-oriented "green gym," which is already paid for, so "we have to come up with another project."

Wine Art attendance topped out at 300-plus a couple of times and Toyota hopes to draw a similar crowd to the Creston and District Community Complex this year. ■

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# Up, up and away



## *Michael Carpenter celebrates a quarter-century of success with RE/MAX Discovery Real Estate*

**H**ow long has Michael Carpenter been flipping properties in the Creston Valley? Well, not quite since the Stone Age, but the industry has certainly undergone a technological

revolution during a career that dates back to the 1980s.

“We didn’t have fax machines, and kept track of our client base on recipe cards,” Carpenter says with a

grin. “Everything was done by hand.

“(Now) our client base is done on the computer. Ninety-three per cent of people looking for real estate these days start out on the Internet.

“You evolve with what goes on in the world and if you don’t, you’re left in the smoke.”


Carpenter made sure that didn’t happen to him, which is why he’s celebrating the 25th anniversary of RE/MAX Discovery Real Estate, Creston’s longest-standing real estate franchise and the only 100-per-cent locally owned agency in town.


Carpenter and employee Dean Tompkins are the valley’s longest-serving Realtors, and he’s got no plans to slow down. The third-generation pastry chef and baker, who also engaged in the building supply business for a time, is sold on a profession that bears little resemblance to common perception.

“Real estate is viewed as this glamorous job where you don’t have to work very hard. You just sit and people pour money on your desk, right?” he says. “Well, what you put into it, you get out of it. If you don’t put 60-80 hours in a week, which is what I still do at 61 years of age, you won’t get anything out of it.”

Carpenter wasn’t envisioning a career in real estate when he emigrated from Colorado in 1974, four years before he and wife Beth arrived in the Creston Valley. A desire to stay here rather than follow the trail of jobs to a larger centre led him to sign on as a Realtor with Century 21 in 1986.

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“To augment our income I coined the phrase ‘entremanure’ because I was literally hauling manure from an old ranch in Kitchener to people’s gardens just to keep beans on the table until I got my licence,” says Carpenter, who “became one of (the) top three producers in my first 10 months.”

Two years later, Carpenter and one of the other “top 3” opened a branch of the Cranbrook RE/MAX franchise in Creston and was soon joined by Tompkins, the third member of the former Century 21 triumvirate.



**“You evolve with what goes on in the world and if you don’t, you’re left in the smoke”**

“We were doing the lion’s share of the market very quickly,” Carpenter says. “In the 25 years, the majority of that time my company has enjoyed a majority market share.”

Carpenter purchased the local franchise rights in 1991, bought the present Canyon Street building in ’93 and has since opened a satellite office in Erickson.

Creston has “been very good to us,” concedes Carpenter, who has tried to return the favour by being involved in the chamber of commerce, economic development and now-defunct Kiwanis Club over the years.

He vows to “continue to embrace technology and provide a high level of service to our clients.” ■



**Greg Garbula**

**MLA Candidate To Represent**

**Nelson- Creston**



**Creston/Nelson riding Needs Greg Garbula**

**BC Jobs creation and preservation**

From his first job parking cars for CP Hotels to his most recent position as General Manager of the Kokanee Springs Golf Resort on the east shore of Kootenay Lake, For the past 15 years Greg knows what is required to get the job done.

With the support and shared effort of his wife and three children, Greg has immersed himself in almost everything our great area has to offer, while working tirelessly to promote commerce, tourism and industry, Greg came to realize how the riding of Nelson- Creston is underrepresented in Victoria.

And we know Greg will use his experience and work ethic to give us outstanding representation in Victoria. We hope you can join us in this exciting journey.

**We need your support to get Greg Garbula elected May 14 your Voice for MLA Nelson/Creston Riding.**

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3. Improve movement of goods and services within our region with increased opportunities to markets abroad.
4. Energise the vitality of our community by creating youth and young families friendly initiatives.
5. Increased support to our tourism industry.
6. Commitment to continued support and promotion of environmental responsible projects.
7. Promote alternative energy solutions for the diversity and economic benefit of our region.
8. Proactive leadership and access to government funding for shovel ready projects.
9. Focused on Healthcare by building relationships and advocating for additional services.
10. Working to ensure respect and a greater voice for our seniors and minority groups.

# Creston Valley 72nd Annual Blossom Festival

## It's That Time Again

Story by: Hugh Johnston

The Creston Valley Blossom Festival has brought in a variety of excellent entertainers over the last 71 years, but this year's show will definitely will be different. Finding the right words to describe it will be quite a challenge. It isn't the first time that a comedian has entertained the overflow crowd, remember the antics of the ventriloquist/magician/comedian a few years back?.

So just who is Al Simmons you might ask.

Al Simmons could have been born at the turn of the century. The modern day comedy chameleon would have felt right at home beside vaudeville kings Milton Berle, Red Skeleton and Jimmy Durante. In those days, performers would treat audiences to musical comedy routines with song, dance, jokes, magic tricks and sight gags.



*"A creative genius with the soul of a vaudevillian"*

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A creative genius with the soul of a vaudevillian, Al Simmons continues the tradition of the comedy greats. He is a wizard of one-liners, quick costume changes, out-of-this-world theatrical props, peculiar musical instruments and other assorted gadgets. Like his predecessors, Al's constantly changing performance style cannot be pigeonholed.


In concert, Al is a one-man cast of thousands. Make an appointment with Dr. Simmons, the friendly optometrist and his musical eye chart. Go on safari for exotic feathers with explorer Al. Get into formation for Al's "Cry of the Wild Goose," complete with quilted feathers and honking shoes. "We fly in formation in the shape of the letter 'B', because we are looking for the beach," says Al. Hel

# Creston Valley Blossom Festival 72nd Annual

magically becomes a Scotsman who uses a deflating beach ball to create bagpipe-shrills on his harmonica. Amazingly life-like Ma and Pa puppets come alive at the breakfast table and shout "I Want A Pancake!" And something's definitely fishy with Al's finny friends – a pyromaniacal piranha and a smokin' smoked salmon!

Albert Simmons and his imagination grew up in Winnipeg, Manitoba with parents who nourished his creativity with their own love of storytelling, music and old-fashioned fun. Al fondly recalls waiting in a restaurant booth for food to arrive while his

enterprising mother captivated the kids with hushed word games as she magically transformed soda straws, salt shakers and paper napkins into all sorts of entertaining and peculiar items! An eccentric collector of odds and sods, Al's father encouraged a young Al to explore and develop his imagination and his own fascination for gadgetry. His extended family was also made up of punsters, pranksters and eccentrics, including Al's Uncle Nick who toured Eastern Canada and the US as Steamboat Harris who was best known for playing a ukulele built out of a toilet seat.




*Thank You!*

**The Creston Valley Blossom Fest salutes the untiring efforts of the C.O.P.S. volunteers who have faithfully represented their organization over the years.**

Although their organization has decided to disband, when they heard that the festival still needed their input for the parade, they stepped forward to ensure that the parade would go on. Over the years, this hard working group has gotten out of bed before 6 am on parade day to place their numbered milk bottles in the parking lot behind the high school. This painstaking task is vital in ensuring that the parade is in a well organized order. Everything runs on a time table, and C.O.P.S. always gets it done.

**Thank you from the Creston Valley Blossom Festival volunteer board of directors.**



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72 Years  
of the  
Creston Valley  
Blossom  
Festival

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72nd Annual  
Creston Valley  
**Blossom Festival**  
May 17th to 20th, 2013



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# Creston Valley 72nd Annual Blossom Festival

Al has had a flair for performing since he was old enough to walk. He studied comedians on the Ed Sullivan show and learned about the vaudeville days from his father's descriptions of the old routines.

first worked solo in variety shows and then formed the comedy-rock band, Out To Lunch. Al hired then unknown folksinger Fred Penner for lead guitar and changed the band's name to Kornstalk.

**"If he doesn't tickle your funnybone and make you laugh, then perhaps you are taking life far too seriously"**

Al often treated his family and neighborhood friends to impromptu parades, circuses and magic shows.

As he grew older, Al discovered that he could actually make a living out of his love for the limelight. He

After Kornstalk disbanded in 1977, Al went back to performing solo, making a splash with his vaudevillian style. He and his costume -and-prop routine were often the most popular and talked about act at fairs, exhibitions, folk

festivals and children festivals across North America.

In 1983, Al and his wife Barbara Freundl developed and produced a successful syndicated children's television show All For Fun. Al has also been a frequent guest on Fred Penner's Place and on Sesame Street, and has made appearances on YTV, Nickelodeon and The Learning Channel. He has been featured on television programs in Canada, the US and as far away as Tokyo and Hong Kong.

Al's debut album Something's Fishy at Camp Wiganishie takes young listeners on a madcap journey though Al's imaginary world of counting feathers, collecting rocks, eating pancakes and wearing Lego underwear. Nominated for a Juno Award for Best Children's Album, Something's Fishy was produced by Ken Whiteley and featured

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contributions from some of Canada's top studio musicians.

In 1995 Al released his brilliant ode to vaudeville, *Celery Stalks At Midnight*. Named Canada's Best Children's Album at the 1995 Juno Awards, *Celery Stalks* is a musical variety show showcasing a collection of big band classics from the 30s and 40s as well as Al's own witty compositions. Featuring such unforgettable classics as "Sam, You Made The Pants Too Long," the album is filled with tailor-made puns and the album's title track – a tale of scary scallions, terrifying tomatoes and other menacing produce lurking in the vegetable garden.

Al was also awarded a 1996 US Parents' Choice Award of Quality for *Celery Stalks At Midnight*, as well as a coveted Cable Ace Award nomination for his music video,

# Creston Valley Blossom Festival 72nd Annual

*Counting Feathers/I Collect Rocks*. Longstreet Press also developed the song into an illustrated children's book.

Al's third album, the Juno-nominated *The Truck I Bought From Moe* features songs about a Gypsy Sock, a Lonely Moose, A Drip Drip Dripping Tap, and the Dog With The Longest Mane In The World.

Al continues to take his show to fans both young and young at heart all over North America. Al, Barbara and their three sons live in Anola, Manitoba. A town with less than 200 people if you count geese, chickens, dogs, cats, and fish. Their home is a Simmons original creation in itself, featuring a real train bunk car bought

from CNR for \$500, fire pole on the second floor where you slide down, into a padded, pillow playroom.

Al is in his mid fifties but he has the energy of a child. If he doesn't tickle your funnybone and make you laugh, then perhaps you are taking life far too seriously. ■

## VENDORS WANTED FOR BLOSSOM FESTIVAL

Creston Valley Blossom Festival needs vendors for the Street Fair

**Saturday, May 18, 2013**  
**SPACE IS LIMITED!**

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# Creston Blossom

Friday, May 17 to Monday, May 19



## FRIDAY, MAY 17

## LOCATION

- \*Creston Museum
- \*Model Railway
- \*C.V. Wildlife Centre Open

- Creston Museum
- Creston Museum
- West Creston

## OPENING CONCERT

- Starring: AL SIMMONS**
- Daniel Huscroft (Pre-Show Performance)
  - Citizen of the Year

*Great*  
PCSS Theatre

## SATURDAY, MAY 18

## LOCATION

- \*Lions Club Breakfast
- \*Street Fair (Lions Club & TAPS)
- \*C.V. Wildlife Center Open
- \*C.V. Flying Club - Fly Over (weather permitting)

- Canyon St (Be)
- 11th Avenue
- West Creston
- Canyon St

## PARADE

- \*Children's Train Ride, Fun/Games (Kidapaoza by Success By Six)
- \*Therapeutic Riding – Grand Re-Opening
- \*Duck Race
- \*Farmer's Market

- 18th Ave to**
- College of the
- (16th Ave Sou
- 849 Erickson
- Creston Aqua
- Next to Cham

## ENTERTAINMENT IN THE PARK

- \*LKB Pow Wow Grand Entrance
- \*Creston Museum
- \*Model Railway
- \*Girls Beach Volleyball Demonstration
- \*Cherrytown Beatdown
- Roller Derby & Music – Beer Garden
- \*LKB POW WOW Grand Entrance

- Millennium**
- 830 Simon Ro
- Creston Muse
- Creston Muse
- Creston Comr
- (outdoor volve
- Creston Comr
- 830 Simon Ro

## TEEN EVENT- MUSIC (ages 12 – 16)

**Millennium**  
(indement w

# Valley Blossom Festival 72nd Annual

Friday, May 20, 2013 **MAY LONG WEEKEND – 2013 COMMUNITY EVENTS (Subject to change)**  
 Posted Courtesy of the 72nd ANNIVERSARY CV BLOSSOM FESTIVAL

LOCATION	TIMES
CV Mall, 219 Devon St	10am to 3:30pm
CV Mall, 219 Devon St	10am to 3:30 pm 9am to 4pm

**Live Music & Comedy!**  
 7pm

LOCATION	TIMES
CV Mall (beside 7-11)	7am to 11am
CV Mall (at Canyon St)	9am to 3pm 9am to 4pm 10:45 am
CV Mall	<b>11am</b>
CV Mall (Rockies)	12pm to 4pm
CV Mall (Road)	1pm to 3pm
CV Mall (Cultural Centre)	1pm to 2pm
CV Mall (number of Commerce)	9am to 1pm
CV Mall (Park)	<b>1pm to 3:30pm</b>
CV Mall (d. (LKB Gymnasium))	1pm to 5 pm
CV Mall (CV Mall (219 Devon St))	1pm to 5pm
CV Mall (CV Mall (219 Devon St))	1pm to 5pm
CV Mall (Community Complex (Tennis area))	1pm
CV Mall (Community Complex)	Doors Open 5:30pm Derby Starts 6:30pm
CV Mall (d. (LKB Gymnasium))	7pm to Midnight
CV Mall (Park - (Weather Legion Hall))	<b>7pm to 11pm</b>

SUNDAY, MAY 19	LOCATION	TIMES
*Knights of Columbus Western Breakfast	Catholic Church Hall	8am to 1pm
*Blossom 5K & 10K Run	Canyon Park	9am
*CLASSIC CAR SHOW & Entertainment	Canyon St (10th Ave to 16th Ave)	9am to 4pm
*Lions Club Concession (Selling Chili)	Canyon St	10am to 4 pm
*Creston Museum	Creston Museum (219 Devon St)	10am to 3:30pm
*Model Railway	Creston Museum (219 Devon St)	10am to 3:30pm
*C.V. Demolition Derby	Kitchener, Old Airport – Hw 3	11am
*LKB POW WOW Grand Entrance	830 Simon Rd (LKB Gymnasium)	1pm to 6 pm
*Blossom Valley Worship Service (Sponsored by Creston Ministerial Assn)	PCSS Theatre	7pm

MONDAY, MAY 20	LOCATION	TIMES
*Creston Museum	Creston Museum (219 Devon St)	10am to 3:30pm
*Model Railway	Creston Museum (219 Devon St)	10am to 3:30pm
*CHILDREN'S PARADE (Lions Club)	Canyon St (12th Ave to 10th Ave)	11am
*CHILDREN'S PICNIC (Lions Club)	Centennial Park	Following Parade
<b>50 – 50 BUTTON DRAW</b>	<b>Centennial Park</b>	<b>12:30pm</b>
*FREE PUBLIC SWIM (Success by Six) <i>TENTATIVE – please check updated schedule</i>	Creston & District Community Complex	2:15pm to 4:15pm
*CV Regional Airport–WINGS & WHEELS - Breakfast - Raffle for Free Airplane Ride - Remote Control Demo - Creston Cruisers	1993 Airport Road, Lister	8am to 3pm

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

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





# 72nd Annual Blossom Festival

Creston, BC

## Opening Concert

Friday, May 17

PCSS Auditorium

Doors Open: 6:30pm

Show Starts: 7:00pm

Tickets: \$20 per person

## Starring Al Simmons

*Juno Awarding winning  
Singer, Songwriter and comedian*

**With special guest Daniel Huscroft**



## Meet the Creston Valley's Citizen of the Year

Tickets available at Black Bear Books and the Chamber of Commerce  
For more information check out our website at [www.blossomfestival.ca](http://www.blossomfestival.ca)

## Don't Miss Entertainment In The Park

Millennium Park, Saturday, 1pm to 3:30pm



# CVWMA full of surprises and yours to explore

Story by: Andrea Chapman  
Acting Director of Communications and Education

The Creston Valley Wildlife Management Area (CVWMA) is a dynamic, 17,000-acre wetland with international RAMSAR designation, making it a wetland of international importance.

The area is actively managed year-round for water levels using control structures and plays host to an exciting interpretation program through the Wildlife Centre.

The opening of the centre for 2013 is slated for May 14, signaling the beginning of the interpretive season. The large, red-roofed building that hovers over the wetland near Highway 3 acts as a hub for everything from school programs to a nature-inspired gift shop.

As visitors will discover, the centre acts as a great place to learn about the area and relay all the amazing encounters that can be experienced. A friendly and knowledgeable staff of naturalists makes the centre a warm and inviting place to explore.

Schools from all corners of the Kootenays choose to immerse themselves in the wetland, sometimes quite literally. We offer interactive, curriculum-driven programs for kindergarten through Grade 12 students that leave them with a heightened understanding of the wetland ecosystem.

Our stewardship program for grades 8 and up suits the youths in chest waders and teaches them important skills in invasive plant removal, allowing them to learn and help the wetland at the same time.

Hosts of migratory birds swooped through the valley in April. Some of these travellers decided to stop and make this area their home.

The competition is high as wild colours and weird rituals decide who will be the best mate. Soon there will be timid lines of goslings dotting the water and paths, making the area a precious wildlife viewing attraction.

The CVWMA boasts nearly 400 different species of birds, mammals, reptiles and amphibians which use the area throughout the seasons. If you are patient and have a keen eye for spotting fast movements whizzing past, or those non-moving types, it is amazing the surprises that will ensue.

Prior to our opening, the Creston Valley Bird Festival will be engaging experts from far and wide to lead field trips in the wildlife area, in addition to their numerous events in Creston.

We will be opening the Wildlife Centre for the event on May 11 and offering canoe tours for festival participants. We look forward to the draw the festival will create for the area, as this event is aiming to increase the knowledge of and interest in birds which use the valley.

So this month bring a pair of binoculars, test out your sneaky moves and immerse yourself in the sounds of spring. The wetlands are full of action. Come down and see for yourself. ■

For more information about CVWMA programs and special events visit the Web site [www.crestonwildlife.ca](http://www.crestonwildlife.ca), call 250-402-6908 or e-mail [askus@crestonwildlif.ca](mailto:askus@crestonwildlif.ca).

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



**Guided Canoe  
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**MAY EVENTS:**  
• Centre Opens May 14  
• School Programs  
• May 11th is the  
Creston Valley Bird Festival  
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June 30 - Aug 31 (7 days a week)  
Sept 3 - Oct 12 (Tues - Sat)

**REACH US AT:**  
Box 640 Creston, BC V0B 1G0  
(250) 402-6908 or (250) 402-6900  
email: [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca)  
[www.crestonwildlife.ca](http://www.crestonwildlife.ca)

# Sternwheelers were once lifelines of Kootenay Lake

Story by: Tammy Hardwick

Manager - Creston & District Museum & Archives

The theme for this year's Blossom Festival is "Creston on the Move," and that is all the excuse I need to write about one of my favourite aspects of local history: the sternwheelers on Kootenay Lake.

There have been steamships on Kootenay Lake since the little SS Midge arrived in 1884. Yes, I know it is completely politically incorrect these days to refer to ships as "she," but talk to anyone who lived along Kootenay Lake prior to 1957 and you will realize that the sternwheelers were not just a means of transportation, they were connections to the outside world, lifelines for communities and friends to the residents.

They had characters and personalities, and they meant a lot to those who knew them. Even if, like me, you don't personally remember any of them, I bet you can't read an account of the Moyie's last run without getting a bit teary. They deserve much more than a cold, generic "it." So please bear with me on this one.

Anyway, she (the Midge) was not a sternwheeler. She was a propeller-driven vessel like many others on the lake.

These tugboats and small freighters were definitely the workhorses of Kootenay

Lake and played a vital role in the development of the communities along its shores. But it is the sternwheelers that really capture the imagination and epitomize the elegance and luxury of travel in former days.

Altogether, 15 sternwheelers operated on Kootenay Lake and its tributary rivers – 16 if you count the State of Idaho and the Alberta as two different ships (same ship renamed, actually), and 17 if you include the little SS Gwendoline, which was being shipped to Kootenay Lake but never made it due to an unfortunate accident involving a wobbly railway flatcar and a deep gully.

Some of these ships, especially the Nasookin and Moyie, are well-known and fondly remembered today. Others, like the Creston and Argenta, are all but forgotten.

The first sternwheelers on Kootenay Lake – the Nelson, Alton and Spokane – appeared in 1891. At the time, the mining industry was booming, communities were springing up almost overnight and the demand for elegant (or at least comfortable) travel facilities was increasing dramatically.

The rather rustic passenger accommodations on the earlier vessels just did not meet those expectations.

Rivalry between competing steamship companies turned into a fierce game of one-upmanship in elegance, speed and service.

Most of the larger vessels were built at shipyards in Nelson and Mirror Lake. The ill-fated City of Ainsworth was built at Ainsworth in an effort by city leaders to get more reliable steamship service than they were getting from the other vessels on the lake.

Smaller boats, like the Red Star, were shipped in from prior service on other waterways.

So what happened to all these ships?

A sternwheeler, particularly one with a wooden hull (and that was all but two of them), has a relatively short lifespan. Flexible hulls put the wooden superstructures under enormous strain.

Steam-driven machinery was subject to all sorts of accidents. Groundings on shifting sandbars or storm-lashed rocks, and collisions with wharves and pilings, were common. Every one of the sternwheelers ran aground or sank at least once in its career.

Most of the time (with the notable exception of the Ainsworth), these disasters were not fatal; the ships could be refloated, repaired and relaunched.

But this took its toll, and as the ships wore out, many were simply broken up. Machinery and equipment were removed and used in other ships or

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*SS Moyie at Kootenay Landing.*

even for other purposes. The Marion's engines, when she was broken up in 1901, were used to bore wooden water pipes.

Sometimes, though, the ship – or its owners – never recovered from disaster. The Kaslo sank at Ainsworth after striking a submerged piling at a wharf. Her owners were already in serious financial trouble and the ship was scrapped.

Parts of her were salvaged and used as building materials in Kaslo. The rest was burned.

Burning, deliberate or accidental, was a common fate for the sternwheelers. The Spokane caught fire and burned to the waterline at Kaslo in March 1895. The Nelson, retired after a respectably long career, was torched as part of a festival in Nelson in July 1914. Her hull now lies beneath the orange bridge at Nelson.

The Alberta and the International were both sold to Gus Matthews in 1912 and turned into floating houseboats at Riondel. They stayed there for decades, getting pushed well up onto the beach by high water. Eventually they burned but I have not been able to find out when that happened or whether the fire was deliberate or accidental.

These two ships, as well as the Kaslo, fell victim to the rivalry between

the two principal transportation companies. The Great Northern Railroad and Canadian Pacific Railway were locked in a bitter struggle for supremacy in the Kootenays, and the Great Northern lost out.

The demise of the Great Northern in the Kootenays spelled the end of its sternwheeler fleet on the lake.

The CPR sternwheelers continued operating for several more decades before giving way, one by one, to the relentless advance of more efficient transportation infrastructure. More extensive road systems into the remote communities, combined with age, led to the retirement of the Kokanee in 1923. She became a hunting lodge at Deanshaven, just outside of Riondel, and parts of her hull can still be seen there. A wharf has since been built right over top of her.

The CPR opened the last stretch of railway, between Kootenay Landing at the south end of the lake and Proctor, in January 1931, leading to the demise of the speedy, stately Kuskanook. She, too, became a floating hotel – at Nelson – and was later towed to Kokanee Landing (now Kokanee Creek Provincial Park) where she sank at her moorings in 1936.

Parts of her superstructure were used to build summer homes near the park, and her keel can still be seen on the shore in low water. The elegant ladies'

saloon (a sitting room, not a bar) is on display in Kaslo.

The steel-hulled Nasookin, the largest sternwheeler on the lake, also fell victim to the extension of the rail lines but, ironically, enjoyed a second career due to the increasing vehicle traffic along the shores of Kootenay Lake. She was chartered (later purchased) by the provincial government and converted into the first car ferry across Kootenay Lake.

She ran between Gray Creek and Fraser's Landing, just west of Balfour, until the launch of the MV Anscomb in 1946. She then became a training vessel for the Navy League at Nelson but, in 1953, broke her keel on a submerged piling.

She was dismantled. Her wheelhouse and part of her passenger lounges are now a private residence just outside of Nelson.

The last of the sternwheelers, anywhere in Canada, was the SS Moyie. Launched in 1898, she made her last run on April 27, 1957 – an unheard-of 59 years of service during which she served as everything from the pride of the CPR's fleet to a glorified tugboat.

She is now beautifully restored at Kaslo as the world's oldest, intact passenger sternwheeler. ■

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

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# Are you normal or extraordinary?

Story by: Kootenay Employment Services

**W**hat does it mean to be normal? Google dictionary defines “normal” as something that is “usual, typical or expected.”

If we recall our high school years or are still attending high school, we know it is an overriding desire of teenagers to be “normal,” to fit into the group with which they feel most comfortable. Walk into a high school and you’ll find that most kids look the same, dress the same, listen to the same music and use the same buzzwords.

Fashion trends are based on the predilection that people have to fit in and look like each other. No one wants to be the last person to catch on to a trend, like being the last person wearing bell-bottom pants while everyone else has switched to straight legs.

This desire to fit in, to belong, continues way beyond high school, but trying to be normal has its downfall. When someone does not fit into our group, does not meet our definition of normal, we see that person as “different,” as “other.” In very crude terms, we see that person as not normal.

When we define someone else as not normal, we turn away from them and reject them. Why do we do this?

A basic human need for us all is social acceptance, and thus, a basic human fear is social rejection. We try to be like each other because we want acceptance, and we turn away from those who are different because we fear rejection.

So what happens to those of us born with obvious differences, whether it’s a different way of thinking or a physical difference that makes us stand out from others? Ask anyone who is different what their experience of life is like, and most often you will get a tale of social rejection, of having to learn to be so strong inside themselves that they can overcome rejection and still be OK with who they are.

It can be harder for people with physical or mental disabilities to fit in socially, to join the mainstream, to find a workplace that accepts them. Often there is a mistaken impression that employees with disabilities are a financial drain on employers. The belief is often that people with disabilities have needs that are too expensive to accommodate or will be absent more often than so-called “normal” employees, and will have a higher turnover than other employees.

The truth is that many disabilities can be accommodated with no or minimal financial costs. Commonly, people with disabilities realize it is harder for them to find an accepting employer and often turn out to be more loyal and have less absenteeism than “normal” employees.

Employees with disabilities often bring a unique perspective to work-related problems because they are used to looking for solutions; they can look at old situations in new ways.

People with disabilities are underrepresented in Canadian job sites. The B.C. government is trying to change this picture in our own province. Through its Employment Program of B.C., people with disabilities are helped to find their rightful place in the working world.

With a simple twist of words we can redefine “normal” as average and unique as “extraordinary.”

Whether through a wage subsidy or help purchasing assistive devices, finding community involvement or finding paid part-time or full-time work, the B.C. government is trying to help find solutions for this “extra-ordinary” group of people.

The Employment Program of B.C. can be accessed at your local Employment Service Centre, which in Creston is Kootenay Employment Services. ■

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 (Behind Shoppers Drug Mart)

# AGM sets course for Thunder Cats season

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats will set the board of directors that will take them into their 13th season as a junior B hockey club at their annual general meeting May 22.

The meeting begins at 7 p.m. in the basement of ABC Country Restaurant.

The Kootenay International Junior Hockey League team operates on an annual budget of approximately \$275,000. Approximately 75 per cent (\$206,000) is spent in the Creston Valley.

Most of the income is from local sources with the exception of player fees and billet costs, which are borne by the players and/or their families.

Major inflows of income are from: advertising with the team (rink boards, wall boards, program ads, etc.); player fees; game ticket sales (rush and season tickets); bottle recycling; an annual golf tournament; and, the major raffle held each season.

The team does receive some grant money from local governments

(Town of Creston and Regional District of Central Kootenay electoral areas A, B and C) and has been fortunate enough to receive grant funds annually from gaming in B.C. (A portion of your lottery ticket purchases comes back to Creston through the gaming grants.)

Government grant revenue makes up about five to six per cent of the annual operating budget of the team. The other 94 to 95 per cent is generated by the efforts of the board of directors and players. Without a well-functioning board, the team will suffer.

As many people are aware, out-of-town players are billeted with local families. These host families receive a monthly financial stipend to help with the cost of housing and feeding the player or players. This past season, 12 host families took in 19 players.

Some of the coaching staff is paid a salary and the team bus drivers are paid a per-trip stipend. All other people involved with the organization are volunteers who contribute because of their love of the

game and desire to give back to their community.

Bus insurance and travel insurance for trips to Spokane are purchased each year. The team tries to buy as many supplies (medical supplies such as tape or braces, program printing, signage, etc.) locally, as well as water, Gatorade mix and meal items for road trips.

Anyone who has an interest in hockey, is business-minded and wants to give back to their community is encouraged to attend the AGM and consider becoming a board member. ■

To buy a season ticket for the 2013-14 season contact [tcats@hotmail.ca](mailto:tcats@hotmail.ca).

## AGM

**Wednesday May 22, 7pm**  
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# Home & Garden

## Gardening tips

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### Mapping

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

### Light And Shade

The reason for noting the where the

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

### Texture And Heights

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

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

### Colour

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

### Soil & Climate

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

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# Home & Garden

## Trees and shrubs add beauty to your home

Great suggestions for trees and shrubs for around your house.

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

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

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

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

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

## Cutting down on household costs

### Bathroom

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

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

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

for traces of color after 15 minutes.

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


### Kitchen

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

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


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

Use the water-saving cycle whenever you can. ■




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# The walk

Story by: Marc Archambault

**M**y Labrador mix prances gracefully, lifting his legs high. His curly tail and ears reflect the smile that brightens his face as he moves from a fence post to a hydro pole to a patch of ground that, to my human senses, appears no different than any other but holds his interest for the duration of several deep inhalations.

My less athletically inclined Australian shepherd cross plods along on legs that appear shorter than they are because of the long fur that hangs from his belly. His smile is no less pronounced than his pack mate's but his wanderings from scent to scent have become steadily less frequent as our walk progresses.

He takes a more casual interest in the same patch of grass being inspected by his adoptive brother before pausing to rest, tongue lolling happily.

Dogs and humans have been walking together for thousands of years, perhaps tens of thousands, since before dogs were dogs. Our shared lives have shaped this species, so intimately connected to us that the title of "man's best friend" has been bestowed upon it.

Despite this connectedness, as we share this walk through our small-town neighbourhood, I realize we are walking in two very different worlds. The patch of grass that has captured the attention of my two companions conveys to them a wealth of information in a language that is not only foreign to me but completely invisible.

The portion of my brain devoted to the perception of smells responds only to the most obvious input and is rudimentary next to the biological supercomputer that

## May is Feline Focus Month



**Don't miss out,  
sale ends May 31, 2013!**

- Feline Leukemia and Feline Aids are two of the most common infectious diseases associated with illness and death among cats.
- Both these diseases impair the immune system's ability to fight infection.
- Cats may show symptoms such as unexplained weight loss, recurring infections, skin disorders, swollen glands, anaemia, respiratory and reproductive problems, mouth sores or gum problems. Once infected, the suppressed immune system may allow a variety of secondary diseases to take hold. Many cats may be symptom free for many years, but still pose a threat to other cats, as they are carriers of the infection.
- Both diseases are common in our local stray cat population.
- Both these diseases can be tested for and vaccinated against!

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canines devote to the sense. I am blind to the rich sensory world in which my dogs walk, their heads bent low to take in every nuance.

My own bipedal gait keeps my head at an elevation suitable for taking in a wide-ranging and distance-bridging set of visual cues laden with meaning. Looking far across the valley, I admire the quality of sunlight as it filters through clouds and glints off snow-blanketed mountainsides.

Shifting my attention to close range, I notice the yards, houses and vehicles of the homes I pass, each giving me clues about the occupants, filtered through a databank of experiences and accumulated knowledge.

A car passes us in the street. I tug on the leash to guide my Aussie out of its path. He seems oblivious to the danger represented by this vehicle, an invention that has existed for mere decades but has completely transformed the human landscape.

It takes me milliseconds to recognize and identify the familiar face of the driver. I pause to wave and my dogs lift their heads to regard my own face. Uniquely, this is a trait we share: the ability to read the language of human faces.

In my species, this facial recognition is so hardwired that we see faces even in random patterns. For my companions, the unique ability to read the body language of human expressions is a mark of the heritage imparted to them through the process of domestication that has separated them from their lupine brethren.



## “Dogs and humans have been walking together for thousands of years”

We return to our home, the place where these fur-bearing creatures snuggle with us, bark to be let out and spend hours dozing contentedly as we go about our routines. Even here, we share the same physical space but inhabit utterly different realms of perception.

I kneel, bringing my face level with theirs, and am rewarded with wagging tails and licks. I look

into their brown eyes as I say their names and stroke their soft ears. What thoughts happen behind those eyes? I can't know.

We speak to each other in different languages but we understand enough to communicate certain things, and there is one message that needs no translation between us: love. ■



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**M**other's Day is an annual holiday intended to recognize the important contribution that mothers make to their families and society as a whole. In it is celebrated on the second Sunday of every May and the traditional gift for mom is flowers. So here are some facts about this holiday honouring those that play such an important role in each of our lives.

### Facts About Mothers Day

- The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods.
- During the 1600's, England celebrated a day called "Mothering

Sunday", celebrated on the 4th Sunday of Lent. This was a time put aside for relaxation and enjoyment during the long Lenten fast. Servants would go home to see their families, bringing cakes and sweets to their moms. This custom was called "going a-mothering". Each mother would receive a simnel-cake (Latin for "fine flour") and mother's would give a blessing to their children.

- Other lore relates that centuries ago it was considered important for people to return to their home or "mother" church once a year. So every year during Lent, people would visit their "mother" church, generally the main church or Cathedral of the area. ■

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# Sciatica a symptom, not a diagnosis

Story by Jesse Moreton, BSc DC

**W**hat is sciatica? I was asked recently by two consecutive patients about sciatica and how it is treated.

Many patients think it refers to back pain which radiates down the legs. This is partly true, but in general most use the term incorrectly.

This was concerning when, as a new practitioner, I assumed reports like, “My sciatica is acting up!” meant a potential herniation or serious problem.

Sciatica is pain which radiates into the legs. However, it only refers to nerve pain, typically described as pins and needles, numbness or burning.

Nerve pain usually arises from nerve compression, which can occur anywhere along the nerve’s course from the spinal cord to the tissue it supplies.

This brings up another important point: sciatica is a symptom, not a diagnosis. Sciatic-like symptoms as described above arise as a result of specific problems which make up the diagnosis. Let me elaborate.

The sciatic nerve is made up of five nerve roots which exit the spinal column at spaces in-between six vertebrae. These spaces are called inter-vertebral foramina (IVF).

Once outside the spinal column the nerve roots join to form a thick common nerve. The nerve courses down through the pelvis and in-between muscles on its way to supplying most of the leg with sensation and muscle contraction power.

In fact, the only part of the leg which the sciatic nerve does not control is the front of the thigh (the skin and muscle in the quadriceps region), which is controlled by the femoral nerve.

There are certain conditions and regions where the sciatic nerve is more susceptible to compression. One of the most common spots is in the space where it exits the spinal column.

Osteophytes and bone spurs which develop with arthritis can narrow the space in which the nerve roots travel. This type of nerve compression is called IVF encroachment and, as mentioned, is typically due to advanced osteoarthritis.

Disc herniations also cause sciatica when the discs in-between the vertebrae bulge or leak their material onto the nerve root. Disc herniations result in the most severe form of sciatica, intensely painful sensations of pins and needles, numbness and burning shooting down the leg.

Another less-common cause of sciatica is piriformis syndrome, which I have found more than a few times in practice. Piriformis syndrome is compression of the sciatic nerve as it passes above, below or through the piriformis muscle.

Normally the sciatic nerve passes below the piriformis muscle on its course through the pelvic region. However, in approximately 10 per cent of the population, part of the sciatic nerve actually pierces the muscle belly of the piriformis. Although it cannot be proven without proper imaging, I believe most people who suffer from piriformis syndrome make up this 10-per-cent population variant.

Since piriformis muscle syndrome is in the buttock region (below the low back), the hallmark of this condition is sciatic pain with no low back pain.

Now let’s contrast all of those conditions with sacroiliac (SI) joint pain. SI pain is probably the most

common back problem I encounter on a daily basis.

SI pain also radiates into the leg, usually in a pattern over the gluteal region and into the back and side of the leg. However, referred pain from the SI joint is felt as dull and achy. Sometimes it can be sharp and stabbing but it is not pins and needles, numbness or burning.

That’s the difference between pain referred from a joint and pain as a result of nerve compression. It’s the difference between SI joint syndrome and the other conditions associated with sciatica.

It may be simple semantics, just as “hip” is sometimes used interchangeably to describe both the SI joint and the ball and socket joint, but it’s something to write about. I hope you’ve enjoyed reading about it. ■

For more information call Moreton Chiropractic at 250-428-3535 or visit [moretonchiropractic.blogspot.com](http://moretonchiropractic.blogspot.com).





## Waters run deep at martial arts convention

Story by: Shifu Neil Ripski

I want to start off by saying thank you to everyone who has mentioned to me of late that you enjoy my articles. It seems this past month has been one great experience after another, running into you and hearing that you like what I have to run on about.

This month I want to invite you all to what is both the culmination of nearly 30 years of effort for me and the beginning of a new event for Creston.

The Deep Water Martial Arts Convention has been a dream of mine for some time, and on June 1 the Creston and District Community Complex, Snoring Sasquatch and College of the Rockies are helping my dream come true.

I have always wanted to bring together my teachers, friends, brothers, students, family and the public to share culture, knowledge and friendly competition, and this year it is all coming to fruition. With your help, by attending, it will be a great success.

It promises to be an event like no other, with a day of friendly martial arts competition (open to the public to see what is going on) including sparring, sparring with padded weapons, and special divisions showing willpower (horse stance division) and precision.

There will be demonstrations and workshops, giving attendees (everyone is welcome) unprecedented access to masters of various martial styles, including qigong, Japanese swordsmanship, Eskrima, Taoist philosophy and internal practices.



I am flying in my own shifu (master teacher), Chen Qi Ming, who I have written about in this magazine, to teach and share his knowledge on both June 1 and 2. He will conduct workshops on qigong (energetic health practices) and traditional Chinese medicine for beginners at the college on June 2.

He is in his mid-70s now and has been training in martial arts, qigong and medicine for more than 50 years.

Vendors and exhibitors will be on site, providing cultural experiences, entertainment, souvenirs and educational opportunities. We are hoping to have authentic teas, traditional Chinese medicine, art and more.

In the evening we have rented the Snoring Sasquatch for a panel discussion with the masters. This public event will give access (question-and-answer format) to many notable masters.

A discussion like this featuring such accomplished masters is extremely rare anywhere in the world. Luckily my own philosophy of openness and sharing with anyone who wants to learn has been embraced by the friends and teachers who are coming.

Shifu Chen will be our keynote speaker but the panel will also include lineage holders and masters in kenjutsu (Japanese sword), Eskrima (Filipino martial arts), kung fu, tai chi, qigong and aikido, as well as a professor of Chinese medicine, a martial/Chinese anthropologist and more.

On June 2, Chen and my kung fu brother, Prof. Kevin Wallbridge, will teach two workshops for beginners about Chinese medicine at the college. It promises to be a great day of learning about alternative health care from ancient methods.

I can't say enough about how honoured I am to have so many friends and teachers coming together to share knowledge, break bread and teach. I hope to see all of you at the convention.

June 1: workshops, competition events and the masters panel discussion can be registered for online at: [www.deepwatercon.com](http://www.deepwatercon.com).

June 2: the workshops Introduction to TCM and TCM and the Body can be registered for at the college. ■

*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](http://www.redjademartialarts.com).*



# Creston – an extraordinary community in the Kootenays



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

**E**xcerpt from The World Newspaper in the not-too-distant future:

*What is all the buzz about Creston and why is this heart-centred community creating a movement the whole world is now interested in?*

*It seems there is a growing interest in how this community has gone from beyond sustaining itself and grown into a thriving community simply by embracing its own uniqueness, and not changing with the times.*

*Apparently, Creston is attracting interest from all over the world for its insight, inspiration and education in growing food and raising livestock in a manner that is wholesome and natural.*

*An entire movement of wholesome prosperity has emerged from the value of simply being unique and not going big or selling out to what they know is true in their hearts. Living life on a hamster wheel isn't necessary; in fact the opposite seems to be true here.*

*Heck, this community doesn't even change its time like the rest of the world. Instead, twice a year, they actually move the time zone sign, from one side of town to another. Now that's unique.*

*They've also created an entire business and buzz around calendars, bumper stickers and education centred around the fact that not changing time zones is actually part of a healthy lifestyle. Everyone passing through Creston receives a Creston calendar to remind them that, in Creston, we don't change our time.*

*Visitors and visionaries around the world are loving this simple, abundant community.*

*It seems not changing with the times has brought this community full circle. Walking downtown you feel like you are home. The buildings are restored to their original styles from the early 1900s. It's one of the few communities left that has two old-fashioned, wooden grain elevators still operating today.*

*There is a wide variety of tours to herb farms, wineries, fruit orchards, horse ranches and organic chicken farms, and dairy farms with organic cheese and beef. The local restaurants are serving this locally grown food with a sense of community collaboration.*

*If you're one of the lucky ones, you'll even get to ride a tractor or combine during their Celebrating and Loving the Land Experiential Event every fall.*

*In the spring Creston's Blossom Festival is likened to the aroma of landing in Kauai, Hawaii. The aroma of wildflowers, rose bushes and fruit trees such as peaches, cherries and apples give this community a walking spa experience that lasts 24/7. Relaxation and restoration are guaranteed.*

*Yes, it is also very likely you will see plenty of wildlife, huge animals like caribou, mountain sheep, elk, moose, plenty of deer, buffalo and thousands of feathered friends like white swans and eagles. The Creston Valley Wildlife Management Area provides an extraordinary environment in which every family flourishes.*

*Well, it seems the buzz of the Creston Valley and its ability to bring the experience of heaven on Earth is what all the buzz is about. They are inviting you into their world, of a unique experience that is extraordinarily simple, abundant and fulfilling.  
(End of excerpt.)*

What did it feel like for you to read this future possibility for Creston? With all of the possibilities in front of us I felt called to write about how much I appreciate this valley and the caring people who are standing up and speaking up in following their own hearts.

The local conversations are circulating around choosing where Creston is headed and what we desire.

The Official Community Plan is in review and, for the third or fourth time in the 20 years I have lived in Creston, the topic of "do we change our time" is once again resurfacing.

*Continued on page 36*

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Michael Carpenter

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Continued from page 35

During these times of great change on the planet, and within each of our own hearts and souls, it is a great opportunity to look within and ask ourselves, what is it that is calling us forward in our choices?

You see, what I see in the Creston community of today is conscious, caring, heart-centred people who are sensitive to their environment. This is why we chose and continue to choose to live in Creston, because we don't really fit into the fast-paced lifestyle of the city.

I see many locals choosing to collaborate and fulfill the need for wholesome, nourishing food and a lifestyle that sustains who they are, which includes a life of fulfillment and enjoyment. The combined efforts of mom-and-pop shops, family farmers and food producers such as Randy Meyer, Wayne Harris, Kootenay Natural Meats, Tarzwell Farms the Moores and Shukins and all of the growers are the foundation for Creston to thrive upon.

You may visit Tammy Hardwick at the Creston Museum and see the room for growth in our heritage of agriculture.

I truly wonder, with the level of heart-centred caring and collaborative people in this valley, what else is possible, and how does it get any better than this?

I choose to celebrate Creston and the unique, extraordinary community it is, while I look forward to expanding who we are becoming. Together we do make a difference. ■

*Annette Agabob has been serving the Creston Valley as an iridologist, chartered herbalist and whole food nutritionist since 1997. For information on Annette's Health Action or products phone 250-866-5737, e-mail info@annetteshealthaction.com or visit www.annetteshealthaction.com*

## Out & About

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

### May 10 Move for Health Day

*At the Creston & District Community Complex!*

Location: CDCC

Contact: Andrea

Phone: 250-428-7127

### May 10, 11, & 12, 2013 Creston Valley Bird Fest

*Celebrating the art, the agriculture, and the birds of the Creston Valley*

#### Friday, May 10

5 to 8pm

Art for Birds Benefit Gala Event

8:30 to 9:30pm

After Dark Owl Prowl

#### Saturday, May 11

7 to 11am 10

Birding Expeditions

11 to 6pm

A Variety of 6 Valley Events

11 to 1pm

International Migratory Bird Day

Luncheon

#### Presentations:

11 to 11:45am

Hummingbirds - Ann Nightingale

12 to 12:45pm

Cooper's Hawks - Dr. Rick Page

2pm

Owls of B.C. - John Neville

2pm

Photography Workshop - Jim Lawrence

2pm

Bus Tour to 8 Art Studios

7pm

Wind-up and species count

7:30pm

Key note Speaker Brian Keating-Going

High: Three Spirit-Lifting Journeys

#### Sunday, May 12

7:30am

4 Birding Expeditions

[www.crestonvalleybirds.ca/](http://www.crestonvalleybirds.ca/)  
registration

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

### May 17 to 20 Creston Valley Blossom Festival

*72 Annual Blossom Festival.*

*Great family fun!*

See schedule of events on

pages 20-21

(I Love Creston magazine)

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

### May 17 Blossom Festival Opening Concert

Starring Al Simmons

Location: PCSS Auditorium

Doors open 6:30pm

Show starts 7pm

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

### May 18 Cherrytown Beatdown

*Black Eyed Cherries first Roller Derby*

*Event of the season.*

*Dance with Beer gardens.*

*Family Friendly!*

Contact: Amanda Kerr

Phone: 250-402-6532

Email: [amandakerr79@hotmail.com](mailto:amandakerr79@hotmail.com)

### May 18 Therapeutic Riding Program Grand Re-opening

*An event to celebrate all of the improvements. Demonstration of a therapeutic riding lesson.*

Location: 849 Erickson Rd

1pm until 3pm

Contact: Michelle Whiteaway

Phone: 250-402-6793

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

### May 19 BlossomFest 5/10km Run

*Call the Creston & District*

*Community Complex!*

Contact: Andrea

Phone: 250-428-7127

# LOCALLY GROWN

*in the Creston Valley*

## RIPENING DATES

### Berry Season

Strawberries.....June 10 to July 10  
 Raspberries .....July 1 to 31  
 Blackberries .....July 10 to Aug. 10  
 Blueberries.....July 25 to Aug. 20

### Fruit Season

Cherries.....July 15 to Sept. 15  
 Apricots.....Aug. 5 to 15  
 Peaches.....Aug. 10 to Sept. 20  
 Plums.....Aug. 10 to Sept. 20  
 Summer Apples.....Aug. 15 to Sept. 20  
 Pears ..... Sept. 5 to Dec. 31

Apples..... Sept. 15 onwards

### Vegetable Season

Asparagus ..... May 1 to June 15  
 Peas ..... July 1 to 31  
 Potatoes ..... July 1 onwards  
 Table Cukes ..... July 15 to Sept. 20  
 Pickling Cukes ..... July 20 to Sept. 20  
 Peppers..... July 20 to Sept. 30  
 Tomatoes ..... July 25 to Sept. 20  
 Carrots..... Aug. 1 onwards  
 Corn ..... Aug. 10 to Sept. 25  
 Squash ..... Aug. 15 onwards

*\*Please note all dates are approximate depending on the weather.*



*Please be patient...*

**Our farmers are as busy as bees preparing for the upcoming growing season.**

*Creston Valley*



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Creston Valley Food Action Coalition

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Baking**



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For more information contact  
 Market Manager Martha Boland at  
 cvfarmersmarket@gmail.com or call 250 254-1594

# Health and Wellness

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- Forms & Weapons Divisions
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**CRESTON VALLEY**  
**BIRD**  
**FEST**  
**May 10, 11, & 12, 2013**

**Friday, May 10**

5:00-8:00 p.m. Art for Birds Benefit Gala Event  
 8:30-9:30 p.m. After Dark Owl Prowl

**Saturday, May 11**

7:00-11:00 a.m. 10 Birding Expeditions  
 11:00-5:00 p.m. A Variety of 6 Valley Events  
 11:00-1:00 p.m. International Migratory Bird Day  
 Luncheon catered by the Real Food Café

**Presentations:**

11:00-11:45 a.m. Hummingbirds - Ann Nightingale  
 12:00-12:45 p.m. Cooper's Hawks - Dr. Rick Page  
 2:00 p.m. Owls of B.C. - John Neville  
 2:00 p.m. Photography Workshop - Jim Lawrence  
 2:00 p.m. Bus Tour to 8 Art Studios  
 7:00 p.m. Wind-up and species count  
 7:30 p.m. Key note Speaker Brian Keating  
 Going High: Three Spirit-Lifting Journeys

**Sunday, May 12**

7:30 a.m. 4 Birding Expeditions

*Please register at [www.crestonvalleybirds.ca/registration](http://www.crestonvalleybirds.ca/registration), College of the Rockies, or at the festival May 10. Some events are limited.*

*Pre-registration required for all Saturday and Sunday events.*



*Celebrating the art, the agriculture, and the birds of the Creston Valley*



- 14 guided birding expeditions throughout the Creston Valley
- 13 bird experts from Victoria to Kimberley coming to Creston
- Guided Bus tour to 8 art studios
- 7 Valley Events including tours to a private cactus collection, orchards in bloom, the community greenhouses, Kootenay Alpine Cheese makers, canoe trips, veranda full of hummingbirds, and more.
- 5 presentations: keynote speaker Brian Keating, Jim Lawrence photography workshop, John Neville's Owls of B.C., Dr. Rick Page on Cooper's Hawk, Ann Nightingale on Hummingbirds.
- 3 ways to register: on-line, at the College of the Rockies, and at the festival.
- 2 musicians (Strings Attached: cello and keyboard) with wine and cheese, and local food
- 1 International Migratory Bird Day luncheon catered by the Real Food Café including 2 presentations.

*Novice bird-watchers are welcome.  
 Register early and avoid disappointment.*

**For more information, see: [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca)  
 or call Creston Valley Chamber of Commerce: 250-428-4342.**

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- Responsive hydrostatic power steering • Ample ground clearance • Quick read panel
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