

*Bringing the
Creston Valley together.*

FREE

January
2014

**i love
creston**

Seat Sale

Sponsors sought for
theatre upgrade

First Nations

Public office carries
steep price tag

History

Digging for the bottom
line in farming

Mayor's Desk

New leash on life for
dog owners



10
Tips

Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- We have **tested our smoke alarms** and made sure they are working. *(You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*



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Letters to the Editor

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... and the seats must come out to make way for new ones in Prince Charles Theatre once an \$80,000 fund-raising goal is achieved.

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Guest From the editor

We've seen this show before in the Creston Valley, and typically with a happy ending: community infrastructure in need of being constructed, repaired, renovated or otherwise affected by the infusion of significant capital, much of it from the pockets of ordinary citizens who dig down for the common good regardless of personal persuasion.

It's how the Creston and District Community Complex got built in the first place, then recently upgraded and expanded. Ditto the former Prince Charles Auditorium, now known as Prince Charles Theatre, which requires new seats for the approximately 10,000 bottoms that go through it every year.

It'll cost around 80 grand, to be achieved through a fund-raising campaign which is the subject of the inaugural I Love Creston feature story of 2014.

Brenda Brucker, the secretary-treasurer of the Creston Community Auditorium Society, likens the smaller-scale seat campaign to the massive process of drumming up support for the new aquatic centre, which endured more than one failed attempt before finally coming to fruition. Eventually, the majority saw in the project enough benefit to the town as a whole to go in on it through taxation, whether they planned to use it themselves or not. Now it's the heart of a recreational renaissance.

"I backed that project wholeheartedly and I barely ever use it but it would still be important for me to have it here in Creston," Brucker says, "so we're hoping that people realize, even if they don't prefer going to the kind of performances that are hosted at the Prince Charles Theatre, that they see the value of it.

"Considering the size of Creston, not everybody goes to a theatre event, but I think it's important for people to realize that having a theatre of that standing certainly adds to the presence that Creston has in the Kootenays."

Indeed, it's far from a given that such a venue exists in a town this size. It has allowed the performing arts to blossom in a way they could not have if public plays and concerts were still being staged at Adam Robertson Elementary School with its cold, portable chairs. That was the scene before the community rallied around incorporating a theatre into Prince Charles Secondary School when it was built in the 1980s.

Theatre use is at an all-time high entering 2014, having endured somewhat of a crisis earlier in the 2000s when its cash-strapped owner, School District No. 8 (Kootenay Lake), raised the public rental rates.

"Budget requirements were tightening up and they were looking at getting the actual costs," Brucker says of the formerly discounted fee structure. "We went through a tough time when the school board dropped the joint-use agreement.

"For a lot of user groups, the school just did the cleanup and didn't charge people much rent, but when you looked at the actual janitorial fees and stuff, the school board decided they had to charge a more realistic amount.

"For awhile there it was quite a shocker. Groups that were dependent on shows for fund-raisers just simply couldn't pay that much money."

Rentals declined immediately thereafter, a trend that was only reversed, according to Brucker, when the Town of Creston set aside some money for the cause.

"The Town of Creston has put a budget line in of \$5,000 a year to go

toward the subsidy for rent," she says. "We do have a policy of non-profit groups getting a fairly good-sized subsidy. There are a lot more groups using it now.

"Non-profit groups like the Go-Go Grannies don't want to pay a huge amount of their intake into high rental fees. A lot of the groups were going to other venues, like church halls. Now it seems like they're coming back to the theatre."

The latest statistics she could access bear that out. Whereas there were 66 event days booked in 2012, through August 2013 there were already 67 and reservations were being accepted for dates in 2014.

Among the theatre's many events and regular user groups are Focus on Youth, Creston Concert Society, Creston Valley Music Teachers' Association, Creston's Best Singer, Footlighters and Friends of the Cinema, as well as the Town of Creston and Lower Kootenay Band.

Perhaps the fee furore could even be considered, in retrospect, a blessing in disguise for the society, which has been called the "guardian" of the facility.

"It certainly got people interested in what we were doing," Brucker says. "Nothing like a crisis to get people involved."

Now folks have a chance to put their money where their, ahem, cheeks are, as people who read this month's cover story will find out.

"The seats we are hoping to purchase are brand new," says campaign co-ordinator Annette Sawall. "They will be a little wider and taller so we may lose a few seats in the end, but it will be so worth it to sit in a comfortable seat."

Happy New Year! ■

Society maintains high standards for theatre

Seat campaign the latest project

There have been plenty of packed houses for certain shows at the Prince Charles Theatre over the years, but Creston Community Auditorium Society members anticipate an extended “standing room only” run in about six months.

No, the Cirque du Soleil isn't coming to town. Summer 2014 is the target for ripping out the seats and installing new ones, pending the outcome of a fund-raising drive launched during the 2013 Creston Valley Fall Fair.

It's the latest in an ongoing line of campaigns spearheaded by the society, whose purpose is making sure the town's showcase facility

for the performing arts is kept up to standard. And that bar, it should be noted, has always been set quite high for the size of the population.

“We've had a lot of positive feedback,” says Brenda Brucker, the secretary-treasurer. “Many groups are just amazed at what a wonderful venue it is. It does bring in good-quality performers and they appreciate having the equipment and venue to perform in.”

Now it's about to get more comfortable for spectators. Approximately \$80,000 is needed to buy the new seats, which will be softer, taller and wider, likely reducing the 330 capacity by a dozen or so. It's hoped the job will

be complete by the time Prince Charles Secondary School classes resume after Labour Day.

The aim was to sell the first 50 seat sponsorships – at \$250 apiece – by Christmas; as of early December there were 35. Once the total hits 100 it will be matched by a donation from the Creston and District Credit Union, leaving a little more than one-third to be generated through more seat sales, grants and fund-raisers.

“Money is tight for a lot of people,” Brucker says, “but we encourage people to maybe get together with a couple of other families or a group or even make a small donation. Anything over \$25 will get a tax receipt.

“If people buy a complete seat they'll have their name on a plaque in the hall.”

This won't be the first time Creston Valley residents rallied around such a cause. The auditorium opened more than 25 years ago, in March 1987, with seats from the old Tivoli Theatre refurbished through \$100 sponsorships sold in the community.

Ultimately, the society raised more than \$80,000 to help expand into a theatre what was initially designed only as a common area for pupils in the new PCSS, which was built on the site of the former Creston High School that was destroyed by fire in 1980.

The estimated \$750,000 construction value of the auditorium wound up costing less than \$600,000 thanks to in-kind donations of services and materials from the local business sector.

Since then the society has raised an additional \$100,000-plus for various sound and lighting upgrades, the latest of which occurred last summer. It also purchased a \$5,000 upright piano, and a seven-year project to replace the stage curtains at a cost of more than \$15,000 just wrapped up in November.

Under terms of a partnership responsible for the theatre its owner, School District No. 8 (Kootenay Lake), pays for a co-ordinator, handles bookings through the PCSS office and undertakes day-to-day maintenance and cleaning. It is used as a drama room throughout the school year.

“We have so many talented people in the valley and we are so blessed to be able to have a place to showcase local talent”

“Our mandate,” Brucker says of the society, “is to raise funds for the extras” which make the venue suitable not only for local amateur performers but touring professionals, as well. “We are expected to donate money to revamp stuff that the regular school program wouldn’t need.

“Even though we’ve spent \$100,000 on sound and lighting,” for example, “the requirements change and we need to update all the time. We’re not finished by any means. After the seats are done we’ll still be fund-raising for other equipment.

“Our technician has a wish list. He wants a projector that can project on the back screen and more up-to-date lighting (special) effects.”

The task has fallen to as few as three individuals at the society’s nadir, though current membership is a more robust eight.

“People who are involved are involved in many things,” she says. “It’s tough to get new volunteers but we’ve got a lot of support in the community that we can rely on.”

In her second year of retirement as a public school teacher, Brucker has been involved with the society since getting roped in by colleagues a decade ago.

“The other people on the committee were teachers so it was a natural,” says Brucker, who relocated from Vancouver Island in 1991, has served as the auditorium society’s representative on the Community Arts Council of Creston for several years and recently joined the Creston Valley Quilters’ Guild. “I’ve always

had an interest in the arts. When we moved here I couldn’t believe what a cultural valley this was. There are so many things going on, so I wanted to support the arts.”

Another longtime booster is Annette Sawall, who was recruited to spearhead the seat campaign in the summer.

A Creston resident since her family moved here when she was an infant (with the exception of a few years after graduating from high school), Sawall has “always felt that the arts in general are very important in a community. I have tried to support the arts as much as possible in the past.

“When my mom and I had Annette’s Deli we showcased local artists on

our walls and hosted the ArtWalk openings.”

She jumped at the chance to get in on the auditorium society’s latest endeavour.

“I took drama in high school and remember how uncomfortable those seats were then, and even before that when they were in the Tivoli Theatre,” Sawall says, adding, “I may be dating myself a little!

“(The fund-raising) has had a bit of a slow start but things are rolling along and we are on our way.”

The Calgary supplier is providing the society with a pair of the new chairs to use as a promotional tool at public sales events, such as the Creston Valley Farmers’ Market when it reopens in the spring.

More extensive theatre renovations may be required before the new seats are put in but that won’t be determined until the old ones come out.

“There are some things we won’t know until we start ripping things apart,” Sawall says. “The carpet may have to be replaced, the floor redone. The school board will be installing the seating once everything is in place.

“We are hoping to be able to install the seats during the school break – fingers crossed! We have quite a few seats to sell.”

Seat sponsorships are only one source of revenue. Several fund-raising events are planned for inside the theatre itself, including a variety show by the Footlighters drama troupe, a PCSS talent show organized by drama instructor Brooke Douma and a concert by the Creston Community Band.

The Creston Concert Society is getting in on the act in a big way, bringing in an ABBA tribute band for a spring

concert to be held at the Creston and District Community Complex.

Donations from local business owners will be solicited, as will grants from the Columbia Basin Trust, Creston-Kootenay Foundation and Regional District of Central Kootenay.

“We have a few other fund-raising ideas in the works but are still finalizing the details,” Sawall says. “Stay tuned.”

Should all the cash not materialize in time “we would have to look for a big break in the bookings or do one section at a time maybe,” says Brucker, noting that the optimum window causing the least disruption would be after the annual mid-July Footlighters play and before the new school year starts – the quietest period for bookings.

Optimistically working toward that goal, the next step involves measuring the auditorium and sending specifications to the supplier.

In the meantime they’ll get by with the existing seats, which were identified as needing replacement in 2012. An ongoing evaluation of the place is part of the society’s role.

“One of our mandates is to act as the liaison between the school district and the community,” she says, “looking at upgrades, what we need, getting feedback from people about the facility and passing that on.”

The chairs have become so dated that “we’re unable to get parts when one breaks down. We’ve been stealing parts from other seats and some of them have definitely lost their stuffing.”

Sawall is intimately familiar with the seats’ shortcomings, given that she takes in as many theatre events as she can fit into a busy schedule that includes full-time employment as a Realtor with Century 21-Veitch Realty and numerous volunteer pursuits.

She’s a member of the Creston Rotary Club, a trustee on the Creston Public Library Association board and is also involved with the Friends of the Cinema, who coincidentally have begun screening their flicks at Prince Charles instead of the Tivoli.

“We have so many talented people in the valley and we are so blessed to be able to have a place to showcase local

talent and talent from all over the world,” Sawall says.

“We’re hoping the community comes to the forefront again like they did before,” adds Brucker. ■

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Creston Valley Business Buzz



Marc Archambault, owner of Marchwrite Services

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talking to people and it wasn’t long before I realized that there is nowhere else I would rather live.

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From the Mayor's desk

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

Off-leash dog park part of greater recreation plan

A new fenced and fully landscaped off-leash dog park will open in Creston this spring. The dog park can be found next to Millennium Park west of the railway tracks, with entry from Cedar Street.

This 22,000-square-foot, grassed and fenced area was constructed in the fall. Gates will remain locked until springtime when the sod has had time to establish a root system.

We look forward to the opening of this much-anticipated community amenity when the weather warms up.

Some history:

The off-leash dog park is one component of a larger community

recreation program undertaken by the Town of Creston in partnership with several key stakeholders (Creston Rotary, Creston Valley Rotary, the trails committee and some very helpful volunteers).

In December 2011, the town submitted a 26-page application to the province for funding assistance for our proposed recreational trails and equipment project.

In March 2012, the town received the great news that our application for a grant in the amount of \$400,000 was approved by the Ministry of Community, Sport and Cultural Development, representing 80 per cent

of the cost of the project.

The scope of our recreation trails and equipment project was to expand the recreation trail network and associated amenities in the former Crestbrook area, as well as including the installation of outdoor gym equipment in Centennial Park.

The intention of the program was to: encourage community physical activity; enhance our Age Friendly BC and Healthy Families BC initiatives; serve as one implementation mechanism of our Integrated Community Sustainability Plan; and, build upon our Greenways and Trails Master Plan.

This exciting project includes:

- Construction of new trails.
- Paving of some existing trails.
- Completion of a concrete sidewalk along 16th Avenue South from the Creston Public Library to Erickson Road.
- Addition of trail amenities (park benches, garbage containers, landscaping, lighting).
- Partnering with the two local Rotary clubs for the installation of outdoor gym equipment.
- Creation of an off-leash dog park.

The community recreation program is approximately 35 per cent complete. Stay tuned for upcoming work this spring.

Check out the time-lapsed video of the dog park construction on the Town of Creston's Web site at www.creston.ca. ■

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

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CALL FOR PROJECT PROPOSALS

Columbia Basin Trust Community Initiatives and Affected Areas Programs

The Regional District of Central Kootenay is accepting project proposals for funding consideration from Columbia Basin Trust's Community Initiatives and Affected Areas Programs for the areas of:

Electoral Area A	Electoral Area H	Village of New
Electoral Area B	Electoral Area I	Denver
Electoral Area C	Electoral Area J	Village of Nakusp
Electoral Area D & Kaslo	Electoral Area K	Village of Silverton
Electoral Area E	City of Castlegar	Village of Slokan
Electoral Area F	Town of Creston	
Electoral Area G & Salmo	City of Nelson	

Application guidelines and forms are available at:

- RDCK main office in Nelson
- Municipal offices in each community
- Online at www.rdck.bc.ca/corporate/grants/cbt.html
- CBT website at www.cbt.org

For information contact Judy Madelung at 1.250.352.8170, 1.800.268.7325 or jmadelung@rdck.bc.ca.

Deadline for proposals is 4:30pm, Monday, March 3, 2014.
Late applications are not eligible for consideration.

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Get ready to vote for Creston's Best Singer, 2014

Submitted

It's time again to determine who is the best singer in Creston. This year's event is again part of the larger Kootenays' Best Singer contest.

The top two singers from Creston will advance to the Kootenay finals around the beginning of June.

The 2014 Creston's Best Singer contest will be a two-night event, similar to 2011 and 2012, but with first prize for the winner being a decent \$500 cash.

The quarter-finals/audition night will be Feb. 20, while the Creston semifinals/finals night will be March 13. Both events will be held at Prince Charles Theatre beginning at 7 p.m.

In an exclusive announcement in the pages of I Love Creston magazine, the Kootenays' Best Singer finals will be held here for the first time. The last two seasons have seen the Kootenays' Best Singer finals held in Cranbrook.

"I wanted to give the great people of Creston the chance to host the finals, as this is where it all started," says event producer Vern Gorham, when asked about bringing the event home to Prince Charles. "Creston has been so supportive of this event.

"The auditorium is possibly not quite big enough but it will be a thrill for singers from around the Kootenays to come to Creston and sing in front of a packed house of very appreciative people."

The date and time will be announced as they are established.

As for Creston's Best Singer, the rules are similar to past years. All former contest singers are welcome to sing in the quarter-finals and new singers are always welcome too.

The judges for the quarter-finals/audition night will be the first 150 paying customers, just like the previous three years. They will be given scorecards on which to grade

each singer after every performance.

Marks from those 150 scorecards will be totalled at the end of the night, with the top 20 singers advancing to the Creston's Best Singer semifinals.

Those top 20 singers will be announced March 1 right here exclusively in I Love Creston and on the Web site www.ilovecreston.com.

For those wishing to compete this year, there will be enough time for approximately 30 singers to perform three minutes each.

As in the past, three judges will be brought in from out of town to judge the semifinals/finals. Each of the 20 singers will have the opportunity to sing one song in the semifinals, with the top five singers as determined by the out-of-town judges singing a second number in the finals. The time limit for the first song will again be three minutes.

First, second and third places will be determined at that time, with the top three singers earning prizes and the first-place singer collecting \$500.

"I wanted to give the great people of Creston the chance to host the finals, as this is where it all started"

The top two singers from the finals will advance to represent Creston in the Kootenays' Best Singer contest.

Anyone wanting to sing in Creston's Best Singer should register at the official Kootenays' Best Singer Web site www.kootenaysbestsinger.com. ■

Direct any questions to Gorham at 250-428-0305. The contest is open to all ages.

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

First term an eye-opener for LKB chief

Ki'suk kyukyit Kukunmakut (Happy New Year).

This year marks the final year of my term as chief of the Lower Kootenay Band. Some will rejoice while some have inquired if I will be seeking re-election.

The term will conclude in November; at this point my goal is to fulfil the four-year commitment to the best of my ability.

In the position as chief I have learned how cut-throat First

I have been coached on how to respond to situations without the threat of legal action.

Social media have become effective tools for communicating and also to promote businesses. What I have also come to understand about social media is that in a matter of minutes, even seconds, they can be a weapon, one which we have seen in the youth population where there have been incidents of cyber-bullying.

"I made no promises to anyone but always made a commitment to do my best each and every day."

Nations politics can be. Before I even took office the social media world exploded with daily and weekly Facebook threads about my every move and quotes of nearly every word I spoke. I was shocked to discover people who I thought were my friends had some harsh opinions and criticisms.

Immediate family ties were broken and the use of the legal system became a part of my daily workload.

Cyber-bullying is very apparent in the adult world, as well. I believe every citizen of this country has the right to speak freely about politics, religion or any matters in general. What I do not agree with is the use of social media to destroy a human being's character.

In these daily and weekly social media rants I have been attacked for the world to see. This includes my 14-year-old daughter, who has seen her father publicly made into a villain on the Internet. For all politicians in general, challenge the ideas, not the person. These public figures are husbands, wives, fathers and mothers. I may be a villain to

some but have always been a hero to my children.

I have never claimed perfection in this job nor have I set out to show up any previous leaders of the LKB. I made no promises to anyone but always made a commitment to do my best each and every day.

I made a concerted effort to dispel the stereotypes of First Nations people. Each day I would rise before the sun, never late for any meetings, and always made time for members who wished to discuss band business – the first in the office and the last to leave.

A friendly joke by a colleague involved an observation that I can walk to work in two minutes, yet I drive. I drive to work so the community will see my vehicle in the parking lot at 7 or 8 a.m., and also see the vehicle leave later in the day.

Canadian society is well aware of the strained relationships between First Nations reserves and local communities. An immediate order of business for the LKB was to improve our working relationships with the RCMP, Town of Creston, Regional District of Central Kootenay, Creston Valley Hospital and the Canada Border Services Agency. Using the media for positive press demonstrates to the valley who we are and what we are working toward.

Historically, LKB news in the media was not positive. News of domestic violence, homicide and financial scandal are always



sensationalized in news across the country.

For some LKB citizens I have been viewed as a glory hound, always wanting to be in the pictures in the paper. For those who truly know me I am an extreme introvert. I am content with living a quiet life.

My post-traumatic stress disorder condition has me disliking crowded places and feeling extremely uncomfortable. I have to psych

I do not seek praise and do not seek pity for the last three years. A price was paid to move the LKB forward into a future where our children and grandchildren will truly be equals in this country, in a province and country that includes and recognizes First Nations as neighbours and the traditional homelands in which we all call home.

The countdown to the end of the term begins. View it as a success or

“The countdown to the end of the term begins. View it as a success or view it as a failure. There was no handbook on how to be a successful chief.”

myself up to cope with the crowds and noise at every public event.

This is part of the job. The chief is the spokesman for the First Nation. The publicity of the LKB educates valley residents that we are a legitimate government.

view it as a failure. There was no handbook on how to be a successful chief.

There is still much work to be done and I will make the most of the remaining months with the LKB team. Some of the team faces have changed but the vision

has not.

The council members and staff work tirelessly to strive for excellence, but excellence is not easy and must be a daily effort and also a team effort. There are no shortcuts in life.

If we shortcut life, life will shortcut us.

This year could mark an end or symbolize a beginning.

I thank the supporters of the LKB and Creston Valley. I also thank the opposition. The struggles I have endured have turned into triumphs and made me a stronger and more effective leader.

Once again, thank you for reading and may 2014 bring the very best to each and every one. ■

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

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Animals equipped to battle winter elements

Story by: Andrea Chapman
Acting Director of Communications and Education

Ahhh, wintertime, the time when we experience sub-zero temperatures and find as many ways as possible to enjoy the snow and stay warm at the same time.

I love the winter season and even anticipate it each year, drooling over the thought of gliding over pristine, snow-covered trails.

The nice thing about being human is we get a choice whether to go out in the elements. How about the animals with whom we share this fine habitat? How do they stay warm in the cool temperatures?

This is a question I found myself asking the last day I was dashing between my car and warm house during a minus-20 C cold spell. Just how do the creatures live during weather like this when I can hardly

stand it for five minutes?

I am talking about those animals that brave the elements rather than crawl, slither or slide into a warm cubby for deep winter sleep. They are the animals that have adaptations that make them true survivors of the cold.

What do most of these animals have in common? Some sort of insulation, be it thick fur, feathers, blubber or fat. These forms of insulation help the animal stay warm by making it harder for the heat to transfer from where it was created inside the body, out into the cold air.

We try to create the same effect when we put on a coat, yet animals can't go to the store and pick up these things. They have to eat lots of food and slow down bodily processes to create these insulators.

When it comes to fur and feathers,



the environmental changes in temperature and sunlight when summer turns to fall trigger the change in density and colour. The fur or feathers will grow thicker and take on a lighter appearance.

Why the lighter colour? Lighter shades have an absence of pigmentation, creating air in the cells and more insulation.

Even with this easy-to-digest information I am left wondering: what about cold feet? Extremities get cold so easily because they have less fat and even more surface area through which to lose heat than the core.

The paws of mammals will grow thicker fur for the winter, acting as a barrier between the body and environment, and the blood vessels have a job to do as well. The act of

This fall, the Shoppers Drug Mart Tree of Life campaign raised \$2,512. This money has been generously directed to the Maternal Care Unit of Creston Valley Hospital.



Cheque Presentation:

L_R: Karen Durand, Dietitian, Tracy Ross, LPN, Lon Hansen (Shoppers Drug Mart, Store Manager), Chris Ondrik, Site Manager and Srinivas Chalagalla (Shoppers Drug Mart, Associate Owner).

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“countercurrent heat exchange” will use the warm blood being transferred from the heart to the extremities in the arteries to warm the cool blood travelling back to the heart from the extremities in the veins. This is important for an animal trudging in the cold with spindly legs.

If it is still too cold, some animals will make use of the insulating quality of snow, deciding to burrow and wait out the weather or take on their day-to-day activities in tunnels just below the snow's surface. These adaptations make it easier on the animal to brave the cold and sure are a testament to the “wildness” of nature. ■

For information about Creston Valley Wildlife Management Area programs and special events, check out the Web site www.crestonwildlife.ca. Direct questions to 250-402-6908 or e-mail askus@crestonwildlif.ca.

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Making a killing or eking out a living?

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

One of the most challenging things about researching history from original documents is the fact that statements made in one document are often utterly and completely contradicted in another.

Here's a prime example:

In October 1912, the Creston Review reprinted an article from the Calgary Herald which celebrated all the wonderful attributes of the Creston Valley. The article opens with a statement that "upwards of 1,000 people are being supported in comfort – many in affluence – on the products of the soil," and goes on to say that "on a well-handled fruit ranch" of 17 acres, the farmer realized an average profit of \$490 per acre over the previous six years.

Translate that into today's dollars and this unnamed farmer was bringing in more than \$200,000 a year. Now, compare this account with another document that recently landed on my desk:

"I am afraid that not many (farmers) live long enough to gather the necessary competency to guard against want." The author, W.J. Truscott, states that the farmer is at the mercy of everyone around him

– the manufacturers of the tools and equipment he uses; the shippers and sellers of his produce; the market he's selling to; and, even his hired help – and that the farmer, unlike any other producer or manufacturer, does not even have the ability to determine the price of his products. He concludes that "the farmer cannot make money anyhow."

How can two articles, talking about the agricultural potential of the same valley, reach such different conclusions? And where in those diametrically opposed conclusions is the truth?

To answer the first question we need to look at who was writing, as well as when and why he was writing.

The 1912 article was written during the first big "fruit boom" of the Creston Valley. A huge sale of government lands had taken place just four years before; the orchards

planted on those lands were coming into full production.

That fruit was finding ready markets in eastern B.C. and the Prairie provinces, and local businesses of all sorts were using that success as a means of attracting new settlers (and, by extension, new customers).

The Board of Trade played a major role, touring the Herald writer around the valley (maybe even paying for his visit) and giving him those facts about the valley's resources.

This article, therefore, was part of a key economic development strategy and it was in the best interests of everyone involved to show all that was great about farming in the Creston Valley. There might well have been less-successful farming ventures but we are certainly not going to hear about them here.

Truscott, on the other hand, was not writing to promote the Creston Valley. We don't know who his audience was, though his paper was intended to be read publicly, but he was clearly arguing that capitalism,



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Pelvic floor has widespread impact on well-being

Story by: Joanne Gailius

Can you jump on a trampoline, laugh and sneeze, carry firewood or push a wheelbarrow and stay dry? Are you free to lift your child or grandchild with control of your bladder and bowel and not experience pelvic pain?

If you're a woman, have been pregnant, given birth, had a baby weighing more than eight pounds, had twins or triplets, had a complicated birth (tear, episiotomy, forceps or long pushing phase in labour), had split abdominals

in pregnancy, are presently in or finished menopause, have asthma, allergies or chronic lung disease, worked in a job with heavy lifting or wearing a heavy belt, or enjoy high-impact fitness activities . . . you're at risk for pelvic problems.

If you're a man with an enlarged prostate, chronic prostatitis or have had prostate surgery, you may need help as well. And you're in good company. One in three women and one in four men experience pelvic dysfunction in their lifetime.

Now, to orient you to your pelvic floor: your pelvic floor is made up of an amazing group of muscles that attach from the pelvic bone to the base of your spine. They act as a sling that supports your bladder, uterus/prostate and rectum. They also wrap around your urethra, rectum and vagina (in women).

They need to contract to keep you dry and clean, then relax for urination and bowel and sexual function. When these muscles are too tight they cause pain, urgency and frequency. When they're too loose or too weak they cause leakage under pressure (stress incontinence) and dropping of your organs (prolapse).

What can physiotherapy do to help? Certified pelvic physios use internal and external techniques to assess your ability to contract and relax the pelvic floor. Your lower back, hips and pelvic joints and muscles are assessed, as they are the frame and support of your pelvic floor.

Your pelvic physio will release tight muscles, then help you strengthen weak muscles. Biofeedback, electrical stimulation, visceral mobilization and myofascial release can be used.

If you have chronic pelvic pain you'll learn how to understand the unique features of the problem and how to minimize your pain perception. You'll learn about normal bladder, bowel and sexual function. Your lifestyle habits like diet, positioning and evacuation techniques will be clearly explained.

You'll have homework as you begin to embrace and understand the long-term benefits of restoring your pelvic health. You may need to be referred to other sources of help such as a dietitian, counsellor, pessary clinic or your general practitioner or specialist (gynecologist, urologist, surgeon or internist).

The sensitive nature of pelvic disorders is considered with understanding and respect for privacy and dignity.

So don't just "live with it." You can seek help, get stronger and trust your pelvic function again.

Pelvic physiotherapy provides an opportunity to help you stay healthy as we go through the seasons of life, from pregnancy and birth to experiencing injury or dysfunction, and on to vibrant living through menopause and aging. ■

Joanne Gailius has been a physio for 30 years and has been working in the Creston Valley for 15 years. She trained at UBC, with postgrad training in manual therapy, pediatrics, neurology and, recently, four years of special training in women's and pelvic health. She works at Joanne Gailius Physiotherapy and Core Chiropractic in Creston, above the Family Practice Associates clinic.

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Ag Aware

Story by: The Creston Valley Agriculture Society

Speak up on ALR, or forever hold your peace

Welcome to a brand new year full of promise and potential.

For many in the agriculture community, January is a clean slate for the crop year ahead.

Most of us are running a little slower at this time of year and are obliged to catch up on paperwork, maybe do some machinery maintenance and make plans for the spring.

Fruit growers are out pruning their now-dormant trees, preparing them to carry the coming crop. Valley dairies carry on the daily routine of milking and feeding their cows.

Some of the local beef growers will begin calving their cows in January as well. Why calve this early when typically most people think of calves arriving later in the spring? This is partly because calving on frozen, snowy ground is cleaner than the wet, often muddy, conditions typical of later winter or March, and there is less chance of picking up bugs or disease issues.

One issue of concern for the agriculture industry in this province right now is the government's review of the Agricultural Land Reserve (ALR). I touched on this last month but feel it needs more attention.

It has been reported in the last couple of months, on radio, TV and elsewhere in the news, that the provincial government would like to see the ALR stripped of some of its autonomy and powers.

As well, two regions of B.C. would receive special designations. One would include the Fraser and Okanagan valleys as well as Vancouver Island, a region in which the ALR would retain its authority as it is now.

The other region would encompass all the farmland in the Kootenays, Interior and Peace River areas.

What is most disturbing is that the authority for land-use issues would move to the BC Oil and Gas Commission and Ministry of Energy and Mines. This sounds absolutely unbelievable from the agricultural viewpoint.

Former Minister of Agriculture Corky Evans spoke on this subject in a recent interview. Among his comments was the view that the government is throwing these proposals out there to see what feedback they'll get. Simply put, if not enough people are concerned enough to write, call or comment on this important subject, then anything could happen.

Agriculture in B.C. employs about 300,000 people in primary production and support businesses. It is the third-largest resource industry in the province.

Land designated as farmland in the ALR is only about five per cent of all the land in B.C. Why should this land and this industry be jeopardized by development and subdivisions or hydroelectric dam reservoirs?

This government recently campaigned with the slogan "families first." Most farm operations are family run.

The bottom line here is, it is up to you. Decisions will be made concerning the ALR's future sometime this spring. The time is now for everyone who cares about farms, farm families and locally grown food to write to the people in power who will be making the decisions.

Write to Premier Christy Clark, Agriculture Minister Pat Pimm and Minister of Energy and Mines Bill Bennett. Also write to our MLA, Michelle Mungall. Their contact information is not hard to find.

An e-mail is OK but more effective are actual letters mailed to their offices. Imagine if your address received 1,000 letters! It will get their attention.

Please do your part and put forth your opinions and concerns. If we all don't stand up for what we want, we will get what we deserve.

Lastly, something new. If you would like to send any comments or feedback to the Creston Valley Agriculture Society you can now do so by e-mail at crestonagsociety@gmail.com.

Get informed, get involved. Be "Ag Aware." ■

For more information about the Creston Valley Agriculture Society contact Randy Meyer at 250-428-7013 or Kris Vanderweyde at 250-428-2920.

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Year of the Horse requires strong work ethic

Story by: Shifu Neil Ripski

As Chinese New Year will soon be upon us I thought I might discuss the Chinese calendar for the upcoming Year of the Horse.

Many different calendars have been used in China over the centuries. The earliest records of the Chinese making calendars to track the passage of time date back to the 17th century BC. (That's over 3,600 years ago!)

The calendar most used is sometimes referred to as the farmers' calendar as

it was of the utmost importance to track the seasons and planting times when your survival depended on what you could harvest from your own labours.

Instead of the Earth's rotation around the sun, the lunar calendar is based on the lunar cycle; one month equals one cycle of the moon, with each month starting on the day of the new moon.

There are still 12 months in a year only now, instead of a month varying from 29 to 31 days somewhat randomly, the lunar calendar has 30 days in odd months and 29 days in even months. This comes out to 354 days in a year.

Like the lunar calendar, the traditional Chinese calendar also has either 29 or 30 days in a month, denoted as "small" or "big" months. Unlike the lunar calendar, the big and small months do not simply alternate in a year; their order is determined through calculations based on the sun's position on the ecliptic. Every 100 years there are 53 big months and 47 small months.

Each month starts with a new moon as with the lunar calendar (so you would know what day it is by looking at the night sky). But since the lunar calendar is missing 11 days every year, in three years it would be off by 33 days – pretty much a month.

To make up for this, every three years there will be an extra month in the Chinese calendar, with 13 months in a leap year. Which month counts as the leap month in the leap year is determined by the solar term.

Somewhat complicated, isn't it?

What we see today for the Chinese calendar is actually based more on Chinese astrology than the timekeeping itself. With the rotation of the different animal years, 2014

will be the Year of the Horse. It has special significance for me since the Chinese family I learned my martial arts from was surnamed Ma and so it would be the Ma family's most prominent year in the cycle of 12.

The spirit of the horse is recognized to be the Chinese people's ethos, making unremitting efforts to improve themselves. It is energetic, bright, warm-hearted, intelligent and able.

Ancient people liked to designate an able person as qianli ma, a horse that can cover a thousand li a day (li is the Chinese mile, equivalent to about 500 metres.)

The Year of the Horse is a time for fluctuating luck and is to be met with hard work to make your own way. But it is also typical for effort to be greatly rewarded in this part of the 60-year cycle (the Chinese cycle of years). It is a time for reward to come appropriately and effort to be put forth.

In order to put forth a good start to the new year I am hosting a martial arts demonstration at the end of January. I hope to have a great turnout to celebrate the effort of the students and teachers of Asian culture and martial arts in town, followed by a traditional dinner.

I will put out more details through my Facebook page Neilthekungfuguy.

Take care, and Gong Xie Fa Cai (Happy New Year). ■

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

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Story by: Maya Skalinska
Master Herbalist,
Registered Herbal
Therapist

Counter those extra holiday calories

Too many extra calories over the holiday season? I think we all have asked ourselves this question at least once in our lifetime.

I know I do almost every year. “Did I eat too much?”

As nice as it is to indulge over the holiday season, it is just as important to get our bodies back in balance as quickly as possible.

The problem is not just extra weight but the acidic environment that extra sugar and refined simple carbohydrates produce in our tissues. All those yummy baked treats, eggnog and candy canes make your pH more acidic which causes the

breakdown and degeneration of your tissues.

Disease starts in an acidic environment. The good news is that it's easily fixable.

You can get your body back into shape by following what I call the Post Holiday Seven-Day Cleanse. The cleanse is winter-friendly, keeping in mind that our bodies need grounding and warming foods during the cold season.

I selected foods that are alkalizing and purifying to your tissues and cleansing to your digestive tract. The cleanse will give you more energy, lift your mood, promote a healthier cardiovascular function, lower LDL cholesterol as well as give you a good start on shedding some weight.

1. Drink eight to 10, eight-ounce glasses of water per day. Start your day with a minimum of two glasses, first thing in the morning, on an empty stomach. Add some lemon juice in the first glass.

Throughout the day drink at least one full glass 20 to 30 minutes before each meal. Water before meals will decrease your appetite, which is great for weight loss. It is also one of the best detoxifiers.

2. Base your diet on foods high in fibre, healthy oils, nuts and seeds. Here are some meal suggestions:

Breakfast – Oatmeal with cinnamon, cut up apple or fresh or frozen berries, walnuts and almond butter. No sugar added!

Eggs with steamed, green, leafy vegetables, bok choy or broccoli with a little butter. No bread! (Eat the egg

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breakfast only once or twice during the seven-day program.)

Or, millet, quinoa, brown rice with steamed veggies, tamari sauce or your favourite home-made, sugarless, savoury dressing. No store-bought dressings or sauces!

Lunch and dinner – Vegetable or legume soups based on home-made or organic vegetable or chicken stock. No MSG! Best vegetables for winter soups are beets, carrots, corn, potatoes, turnips, parsnips, cabbage, dried peas, dried beans, green beans, garlic and ginger. Be creative and use all your favourite spices. You can add leftover grains to make the soup into a larger meal.

Or, roasted veggies over brown rice, a vegetable curry, stir-fry or baked yam or squash with garlic butter and a fresh salad. If you have a juicer, juice beets, beet greens, carrots, celery, parsley, garlic, radish, kale and spinach at least once a day.

If you don't have a juicer, make sure to have a large, fresh salad every day with the vegetables mentioned for juicing. I find grating beets and carrots works best.

Snacks – Apples, pears, brazil nuts,

almonds, walnuts and popcorn.

In summary, eat only the fruits, nuts and whole grains mentioned above.

Eat all veggies. Use home-made dressings with no sugar or any kind of sweetener added. Drink only herbal teas and water. Make sure to eat garlic and ginger every day.

On top of the diet, take three additional nutrients:

1. Psyllium seed husks. Take one or two tablespoons with one cup of water once or twice a day. Buy in bulk at a health food store. Great for weight loss, heart health and healthy cholesterol levels.

2. Fennel seed tea. Crush two or three teaspoons of fennel seeds with one cup of water, cover and steep for five to 10 minutes. Drink a minimum of three times a day. This will dispel the extra gas you may get eating all those veggies.

3. Herbal liver detoxifier. Choose from either burdock root, dandelion root, turmeric root, globe artichoke, milk thistle or a combination of any of the above. They all work. The easiest is in a pill or tincture form. There are many choices at your local health food stores.

Liver is the most important detoxification organ. Therefore it is important to support it while cleansing.

After the seven days, continue on the liver herbs until the bottle is done. Slowly start introducing, fish, chicken, other grains and natural sweeteners in the first week, red meat and dairy in the second week.

If you want to continue to lose weight, stay away from all sugar, flour (breads/pastas) and everything refined for as long as you can. Exercise for a minimum of 20 minutes per day.

It's amazing what some extra water and fibre can do in only a week. I encourage you to make a commitment to try it out. Your body will thank you for it. ■

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

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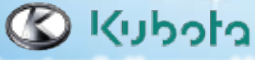
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The new L-Series not only performs but looks great as well, with a revamped design with smooth, rounded contours from front to rear that also improve visibility so you can get the job done better and faster. Add to that, Kubota's new state-of-the-art front loader and backhoe simplifies even tough tasks. Work hard, but do it with ease with the new L-Series tractors.

L3200HST with loader - Features
• 32 engine (25pto) hp diesel, 3 range hydrostatic transmission, Cat 1 3pt hitch, foldable ROPS, LA524FL loader (1152lb lift cap).

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

Snow Blade Sale

*C8315 5ft 3pth blade

Starting at **\$499.00***

While stock lasts.



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