

Bringing the  
Creston Valley together.

FREE

March  
2014

i love  
**creston**



# Masters of the ice

## Provincial curlers rock the Rec Centre

### First Nations

Canoe trip to celebrate heritage

### Agriculture

Food waste hits home  
for farmers

### Mayor's Desk

Narrow tax base  
crimps town budget

Creston's  
**Best  
Singer**  
2014

Top 20 Finalists  
Page 16 & 17

# 30 YEAR ANNIVERSARY SPRING CLEAROUT SALE!

Selling and servicing quality New Ford & used Trucks and Cars in Creston for 30 years!



**2012 F150  
4x4 Supercrew XTR**  
V6 EcoBoost, fully equipped, cloth,  
6 passenger, trailer tow, 33000km.  
Stk# 13T565A Reg \$ 34,000.00

**CLEARANCE \$29,930<sup>00</sup>**



**2007 F150 4X4  
Supercrew Lariat**  
5.4L, fully loaded, heated leather,  
lots of chrome trailer tow.  
Stk# 13T515B Reg \$21,000.00

**CLEARANCE \$17,330<sup>00</sup>**



**2003 F350  
4X4 Crewcab**  
Lariat, fully loaded,  
6.0L diesel, heated leather,  
trailer tow. Stk# 12T462A  
Reg \$ 17,000.00

**CLEARANCE \$14,530<sup>00</sup>**



**2008 F150  
4X4 Supercrew  
King Ranch**  
Fully loaded, 5.4L, heated leather,  
only 85000km. Stk# 12T477A  
Reg \$ 25,000.00

**CLEARANCE \$18,930<sup>00</sup>**

**ROAD  
READY**

Get checked. Get out there.

Trust the experts who know your Ford best. Atlantic Ford Trained Technicians. For more details and offers see your Atlantic Service Advisor or visit us online.

ford.ca

The **WORKS** Fuel Economy Package

Get ready to spend less on gas. You can save up to \$350 a year with The Works. With this package\* and regular maintenance

Package includes:

- ✓ Motorcraft® Premium Oil and Motorcraft® Filter change\*
- ✓ Rotate and inspect 4 tires
- ✓ Inspect brake systems and report on measurements
- ✓ Check belts and hoses

For only **\$59<sup>99</sup>†**

PLUS: GET PREMIUM MOTORCRAFT® WIPERBLADES INSTALLED FOR ONLY \$15.99 PER BLADE

- ✓ Up to 87 point inspection including air filter (clogged air filter reduces fuel economy), steering and suspension components, battery test and report on findings.

For a limited time get **10%\* off** all Ford Custom Accessories. And our Premium Motorcraft® Wiper Blades are only **\$15.99** per blade including installation.



\*Offer valid on new Ford vehicles only. Excludes taxes, license, title, and other available equipment. †Offer valid on new Ford vehicles only. Excludes taxes, license, title, and other available equipment. ©2011 Ford Motor Company. All rights reserved.

After 30 years in business serving the Creston Valley, Kokanee Ford is pleased to introduce Leonard Rae, a Ford Master Technician with over 25 years of Ford experience specializing in Electronics, but also certified in Diesel repair and diagnosis. Originally from Cranbrook, but spending most of his career in Calgary, Len and his wife Sheila have decided to make the beautiful Creston Valley their home.

New to Service, is Garret Huscroft, Service Mgr, from Creston originally, but spending most of his life in Kelowna area he and his young family have decided to make Creston their home.

*Come and see Garret, Len and the rest of the Kokanee Ford staff to make your vehicle service or purchase experience a great one, where the Quality and the Service is Job# 1 even after 30 years.*



**Serving The Kootenays Since 1984**

1241 Northwest Blvd., Creston, BC • 250.428.2206 • [www.kokaneeFord.com](http://www.kokaneeFord.com)



**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

**The Magazine**

I Love Creston Magazine is produced monthly and distributed free of charge by I Love Creston Marketing Ltd. Reproduction in whole or in part without permission is prohibited. Any advertisements or graphics designed in-house are property of I Love Creston Marketing Ltd. and may not be used in any other medium without permission. Views expressed in the magazine does not necessarily reflect those of the company.

**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



Printed in Canada.



# contents



Front page and feature story photos courtesy of Dave Dyck

## feature story

# 5

### Hurry hard...

... to the Creston Curling Centre for the Curl BC masters championships March 5-9. Sixteen men's and women's rinks from across the province are vying for the titles, including former Brier and world champ Bernie Sparkes.

## what's inside

# 8

### Town Hall

Taxes a necessary evil.

# 9

### Volunteering

Consultant to teach workshop.

# 10

### First Nations

Outlet for aboriginal youth.

# 11

### Cinema

Film series at Sasquatch.

# 12

### Outdoors

High praise for High Country.

# 13

### Money

Prepare for the unexpected.

### Surveys

Aeking public opinion.

# 14

### Medicine

Medicine: Managing migraines.

# 15

### Wildlife

Bird Fest taking flight.

# 16

### Entertainment

Best Singer top 20 finalists.

# 18

### History

Barges beasts of burden.

# 20

### Martial Arts

Regulate the qi.

# 22

### Labour

Working Solutions extended.

# 23

### Agriculture

Waste not, want not.

# 24

### Seniors

TAPS tops with seniors.

# 25

### Health

Get 'back' to basics.

# 26

### Flora

What's not to lichen?

# 27

### Wellness

Less stress is best.

# 28

### Sports

Watt's up with Cats?

## Guest From the editor

A name change and a major renovation in the last few years may have been coincidental, but the bottom line at the Creston Curling Centre is an impressive, fresh face with which to welcome the province this month at the Curl BC masters championships.

Sixteen rinks vie for provincial men's and women's 60-plus titles March 5-9, but the big winner might be the town itself as it shows off a facility that Vern Ronmark, a longtime local curler and member of the bonspiel organizing committee, claims is second to none in B.C.

"Most people, if they went around the Kootenays and curled, would say that we've got some of the best – well, probably the best – ice in the Kootenays," he says, "and if you went across the province it would be as good as anywhere."

It all starts with the Creston and District Community Complex overhaul, the centrepiece of which was the new indoor pool and fitness centre but which began with a curling rink rebuild – literally from the ground up. The project had what Ronmark calls a "huge" impact on the quality of the local curling experience.

"The original floor was not installed on a proper base (and) it started to heave," he says, "so when they redid the Rec Centre they agreed to take out the old floor and put in a new floor. They had to dig down about six feet or so.

"(Now) we have a new floor which gives us a nice, level surface to put curling ice on. We only need an

inch-and-three-quarters to two inches of ice on top of the concrete. In the old place, some places the ice was probably four inches thick. In some places it was probably only an inch-and-a-half."

The upgrade didn't end there, however, because "all the mechanical systems were changed. The dehumidifier system we used to have was old and needed to be replaced so they put in a new state-of-the-art system (which) is much more effective. The humidity remains relatively constant in there because that's an important factor in being able to make good curling ice.

"They put in new heaters because you also have to control the temperature to make good curling ice. All the brine cooling system was replaced with new equipment. You can control the temperature of the brine better than you used to so we've got a really good facility there."

The installation of modern lighting was like flipping a switch, according to Ronmark, who says "the lighting is much better. If you go to other curling clubs around the Kootenays it's almost like it's dark in there.

"They painted the walls and that helped brighten the place up. The walls are a light colour so that the light reflects off them."

Cosmetic changes to the lobby and locker-rooms and some structural reinforcement to the second-level lounge completed the physical package. Then the club added a key human component to ensure it got the most out of the centre's potential.

"We have an ice technician that has taken courses, that knows how to make good ice," Ronmark says, referring to Josh Firman, who is

also trained in rock enhancement, a process in which the rocks are "put on a piece of emery paper and turned in a certain way which kind of roughs the surface up so the rocks will curl more.

"If you watch Olympic curling, for example, the draw shots will curl quite a bit. Well, we get the same thing in our club now because we've got a good surface and a guy that knows how to touch up the rocks and do the maintenance that gives us a good surface to curl on."

The former Creston Curling Club's switch to the name "centre," which happened about the same time as the renovations, was coincidental, having been recommended provincewide by Curl BC. ("The thinking was that 'club' sounds a little exclusive and they want it to be more inclusive and increase the number of people curling," Ronmark says.)

Numbers-wise the centre is "holding its own" with around 200 spread over senior, men's, women's, mixed and junior programs. That's down several dozen from a decade ago, which Ronmark attributes at least in part to more residents having to work outside the area, but an emphasis on attracting younger newcomers is starting to pay off.

"We picked up a few new curlers this year by just having it open Tuesday and having people drop in," he says. "There's usually someone there to give instruction to beginners and help them get started."

Now it's time to get started with the March edition of *I Love Creston*, which includes a feature on the provincial masters and much more. ■

# Curling masters

## Rock the house

The curling season climaxes with a flourish in Creston this month with the province's best 60-and-over curlers in the house.

The 2014 Curl BC masters championships mark the first time in nearly a decade that a provincial title will be decided here. A dedicated band of organizers considers the honour of hosting well worth the time, effort and money required to do the job.

"We want to show off our centre, let people know that we've got a good thing going on here and (bring) exposure for the community," says Creston Curling Centre spokesman Vern Ronmark. "People will come here who maybe have never been through here before that will get a chance to see the valley."

With eight men's and eight women's rinks from zones throughout the province having qualified, more than 80 visitors (including spouses) are expected for the March 5-9 event.

By far the highest-profile competitor here is none other than three-time Canadian and world men's champion Bernie Sparkes, a 1995 inductee into the B.C. Sports Hall of Fame.



Photo courtesy of Dave Dyck

***"Legendary Sparkes headlines provincial field"***

After winning four consecutive Alberta men's titles from 1966-69 playing second for skip Ron Northcott, capped by victories at the '66, '68 and '69 Brier and world championships, Sparkes moved to B.C. where he added eight more provincial men's titles and a mixed crown. He skipped the B.C. men's champions in 1972, '76, '78, '83, '84 and '87 and played third for two different winning skips in 1973 and '74.

"Everybody who's a senior or masters curler would know who he is and I'm sure there will be quite a few people out there watching to see how he does," Ronmark says.

The legendary athlete will throw third rocks in Creston while skipping a rink from Abbotsford, one of three Lower Mainland entries. The others are from Vancouver (skipped by Ken Watson) and Maple Ridge (Garth Moore).

The 2013 masters champion returns, albeit at a different position with a new team. Wayne Saboe of Kamloops skipped his rink to the title a year ago but is back in 2014 playing third for the Kelowna quartet of Garry Gelowitz, representing the Okanagan.

Ronmark is familiar with Gelowitz, having linked up with the skip by chance in Nanaimo at the 2013 B.C. Interior/Pacific Coast Masters Curling Association provincials (which are independent of the Curl BC event). Ronmark, in attendance in his capacity as president of the Interior association, got roped into action unexpectedly.

"One of Garry's guys got injured so I ended up curling with their team and we won that championship," says Ronmark, who filled in at second.

The Kootenay champions, meanwhile, curl out of Sparwood. Skip Ralph Will and lead Glenn Jaeb are

actually from Fernie, with third Gerald Kent and second Peter Sweetman calling Cranbrook home.

Ronald Danderfer of Esquimalt and Tom Melnyk of Victoria represent Vancouver Island while the North zone champ is Bill Lim of Prince George.

On the women's side of the bracket is Creston's own Cherie Baker rink featuring Beverly Boborosky at third, Ani McDowell at second, Pauline Ferguson at lead and Teresa Richardson as a fifth member representing the Kootenays.

"I think they'll be competitive," Ronmark says. "This is their first year curling together (but) they're all longtime curlers.

"Cherie, in her younger years, did quite a bit of competitive curling and Ani has done a little bit. Bev actually went into the (B.C. Interior Masters Curling Association mixed playdowns) with me last year and the year before, so there is some experience."

Fittingly, the skip boasts the longest competitive resume, with Baker having participated in four B.C. Winter Games in the 1980s (before the curling event became limited to youths) and skipped Creston entries in women's zone playdowns into the early '90s.

The clear favourite in the women's field is a Langley foursome that pulled off an unprecedented double in 2013: winning both the provincial women's masters and senior (50-plus) titles. They won a respectable five of 11 round-robin games at the Canadian senior women's championship in Summerside, P.E.I.

Skip Karen Lepine, third Susan Beuk, second Diane Jarvos and lead Claire Morrison are back with "a very, very strong team," according to Ronmark.

Two other Lower Mainland rinks come from the Royal City club in New Westminster (Isobel Gardner and Carol McFadden), Trudy Bentley skips the North zone entry from Quesnel and three teams from Vancouver Island round out the field: Lorraine Jeffries of Alberni Valley; Sandra Galloway of Comox Valley; and, Marg Obee of Nanaimo.

Creston hasn't held a provincial curling event since the B.C. mixed in 2005 and, before that, the juniors in the mid-'90s, according to Ronmark. As such, there was no shortage of enthusiasm for these masters.

The local organizing committee has gradually gained momentum in its preparations since the Creston Curling Centre's bid to host the bonspiel was accepted last winter.



Photo courtesy of Dave Dyck

2014 BC Masters Organizing Committee from left to right. Ross Gowan, Centre Chair, Cathy Robinson and Co-Chair Laddie Pavlis and Creston Curling Club ice maker, Josh Firman

“We’ve got a big committee but we’ve only really been working on it in earnest the last (few months),” Ronmark says. “We’ve got lots of support. There are probably 14 or 16 on the organizing committee,” the biggest task of which was fund-raising.

“We will probably incur \$8,000 or \$10,000 in expenses so we will have to have money to cover that off.”

Curl BC contributes “a couple thousand dollars” toward the cause and the Creston club said it would chip in a similar amount, but “we’re hoping that the curling club doesn’t have to because we have enough money generated in other ways. The fund-raising committee has gone around town and generated \$7,000 or \$8,000 from different businesses.

“We’re using the Ramada as our main hotel, so they’ve been a big supporter.”

The business community, in turn, can expect a decent bang for its buck in terms of economic spinoffs.

“For that many days, that should hopefully have a positive impact on the town,” Ronmark says. “There could be 80 or more people who don’t live here occupying rooms and eating meals and maybe doing a little shopping, so that hopefully has some benefit to the town.

“We think that most people are going to stay at the Ramada (but) there may be some people who choose to stay somewhere else, and certainly the restaurants around town should pick up some business. Somebody always goes downtown and finds something they buy to take home (as a souvenir).”

The visitors will be welcomed with a wine-and-cheese social at the Ramada Inn on March 4, the Tuesday evening before the opening draw.

“Columbia Brewery has given us some beer, and two of the three wineries in the valley will be there with some of their product to taste,” Ronmark says, adding that special brewery tours will be offered to curlers during the week.

The curling centre will be the site of a banquet for athletes, volunteers and sponsors on the Friday evening.

“We’re expecting at least 100 at the banquet and maybe as many as 120,” he says. “Those are the main social events.

“Another big expense for us is having a program printed. We have to have a program.”

Athletes take to the curling centre’s six sheets of ice for one-hour practice sessions on the Wednesday morning, with opening ceremonies at 1:30 that afternoon to be followed by the first draws at 2:30 and 7:30.



Photo courtesy of Dave Dyck

*The Masters ladies team from left to right: Cherie Baker, skip; Bev Boborosky, third; Ani McDowell, second; Pauline Ferguson, lead and fifth player is Teresa Richardson.*

Draws are at 9:30 a.m., 2:30 p.m. and 7:30 p.m. on the Thursday, 10 a.m. and 3 p.m. on the Friday and 8 a.m., noon and 4 p.m. on the Saturday.

Tiebreakers, if necessary, would be played Saturday night and/or Sunday morning. The times of Sunday’s semifinals and finals depend upon tiebreakers.

This year marks the first time the masters draw has featured a full round-robin format, for which Ronmark and others had lobbied.

“In the past it was two pools of four teams, so you would go there and curl three games and if you won enough games you would go on to the semifinals,” says Ronmark, who participated in the provincial masters the last two years as the second on a Creston rink skipped by Doug Bothamley, and in 2009 with the Kootenay reps from Sparwood. “Some of us that had been there before had been pressing for Curl BC to make it a full round-robin.

“Like, last year we went to Lake Cowichan, which is a long ways to go and quite an expense just to curl (as few as) three games, (although) we curled four because we lost a tiebreaker (against the eventual champions).”

In other words, they want to make sure the effort of attending the championships is worthwhile – much like hosting the event.

“If we didn’t do this I don’t think it would change the number of curlers we have or anything,” he says, “(and) it’s not going to, in the short-term, at least, help the bottom line of the curling club in any way.

“(But) it does give some exposure and, certainly, a lot of curlers from the community – a lot of our curlers are over 60 – will come out and watch and it will be entertaining for them. They’ll enjoy it.” ■



## SCHEDULE OF EVENTS

### BC Masters Curling Championships

**Opening Ceremonies**  
**Wednesday, March 5th at 1:30 pm**

#### **Wednesday, March 5th**

Practice Group 1	9:30 am
Practice Group 2	10:30 am
Practice Group 3	11:30 am
Team Briefing	12:30 pm
Opening Ceremonies	1:30 pm
Draw #1	2:30 pm
Draw #2	7:30 pm

#### **Thursday, March 6th**

Draw #3	9:30 am
Draw #4	2:30 pm
Draw #5	7:30 pm

#### **Friday, March 7th**

Draw #6	10:00 am
Draw #7	3:00 pm

#### **Saturday, March 8th**

Draw #8	8:00 am
Draw #9	12:00 pm
Draw #10	4:00 pm

Tiebreaker  
 (if 2 or more required) 8:00 pm

#### **Sunday, March 9th**

If 2 tiebreakers  
 required 8:00am & 12:00 pm

If 1 tiebreaker  
 required 8:00 am

#### **If tiebreakers:**

Semi-Finals	12:00 pm
Finals	4:00 / 5:00 pm

#### **If No tiebreakers:**

Semi-Finals	9:30 am
Finals	2:30 pm

## From the Mayor's desk



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

## 'Doing more with less' council's aim

**O**ur municipality gets a large portion of its revenues from property taxes (43 per cent for 2014).

Creston's residential property taxes per average house are slightly below the provincial median. Considering that Creston's municipal taxes per capita are substantially lower than comparative communities, one would expect residential taxation to reflect this, but it doesn't.

This reality is due to the limited number of industrial and commercial businesses so there is a heavy reliance on the residential tax base. In this regard, Creston differs greatly from its neighbours.

For example, Elkford, Sparwood, Trail and Castlegar are fortunate to have large industrial operations, while Kimberley is a resort destination and Cranbrook has a large service base.

Knowing that most property taxes are paid by households, council has mandated a zero-per-cent taxation increase for the last two years, excluding taxation for policing (over which council has no control).

This approach means that, while the cost of living has been increasing (think fuel, electricity, supplies, materials, CUPE contracts and more), municipal department budgets have not kept pace. As a result, department budgets are effectively being reduced.

"Doing more with less" has become a common mantra in local governments throughout the province and Creston is no exception in this regard.

The question of the residential tax rate is a balancing act between what council believes residents can pay while recognizing what it costs to provide municipal services. Let's face it; the things we take for granted (water, sewer, roads, parks, etc.) are expensive to maintain, let alone expand.

Council knows that service provision, and the taxation that pays for it, is a topic of great concern for seniors



**Catch the action as the best Ladies & Men  
 Master Curlers vie for the Provincial Title!**



living on fixed incomes, families with small children and all walks of life in-between.

Knowing how taxation hits home, I've used my mother's property as a mini "case study" of taxation in Creston.

Utilities have seen a marked increase over five years; for water and sewer charges my mother paid \$307 in 2009 and \$499 in 2014 (an increase of \$192).

In 2009, the gross property taxes on her home were \$3,368, with the municipal portion of that amount being \$1593.20. In 2013, the gross property taxes on her home were \$3,351 (her assessment went down five per cent), with the municipal portion of her bill being \$1762.00.

Over four years, her municipal taxes have increased \$168.80. (It should be noted that assessed values of properties may result in some homeowners having paid more or less tax than demonstrated in this scenario.)

When considering the issue of taxation it is necessary to understand that a one-per-cent increase or decrease in the municipal portion of taxation equals approximately \$34,000. This means that if the Town of Creston raised taxes by one per cent we would have \$34,000 for a

specific project – a small amount in the grand scheme of operating a municipality.

Think about \$34,000 in the scope of our recently completed wastewater treatment plant, a project worth \$7.3 million for which, thankfully, we received two-thirds provincial and federal funding.

So how can we raise more money as a municipality? Approaches include, but are not necessarily limited to: reducing current municipal expenses; raising taxes and utility charges; increasing permit fees; increasing the number of taxpayers; attracting new businesses and employers; lobbying for changes in the distribution of provincial and federal taxation and grant monies; and, seeking out innovative revenue sources.

Council and staff are committed to remaining vigilant about restricting spending. In addition, we must remain open to economic opportunities and strategies that offset our heavy reliance on residential property taxes.

I would like to invite those with ideas related to cost savings and tax reductions to visit me in my office. ■

*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.*

## volunteering

# Professional consultant to teach workshop on volunteer recruitment and retention

*Submitted*

**F**ebruary 19, 2014. Creston, BC - Val Mayes of Winlaw, BC has been invited by Marchwrite Services to teach at the Snoring Sasquatch Thursday March 13th. Val, who holds a Master's degree in Adult Education, has worked in the field of community development for over 30 years. She will be presenting tips, tricks and resources for getting and keeping the best people on your team.

"I recently had the pleasure of attending a series of workshops Val Mayes gave on the East Shore," said Marc Archambault, owner of Marchwrite Services. "I was so impressed with her teaching that I asked her to speak in Creston. Being involved with several non-profit organizations myself, I knew the topic of how to

find the right volunteers would be very relevant."

"I don't know any organization in the Creston area that isn't having issues with volunteer resources," said Dave St. Germain from Yahk, a veteran community leader.

The workshop will cover the fundamentals of a volunteer program: recruitment, screening, training, placement, tracking, evaluation and recognition. ■

Registration is available on-line at [www.marchwrite.ca/workshops.html](http://www.marchwrite.ca/workshops.html) or in-person at the Snoring Sasquatch 221 11th Ave N. Creston. The event will start with a potluck networking social at 5:30PM, followed by the workshop from 6PM to 9PM.



## Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

# 'Canoe trek will be the pride of our nation'

**K**i'suk kyukyit (greetings).

Since the inception of Aboriginal Day, First Nations communities across the country have celebrated on June 21 through song, dance and sports activities. The Lower Kootenay Band has made an effort to make that date as meaningful as possible.

comprised of mainly youth who are willing to commit to training and becoming as disciplined as our forefathers were when travelling the waterways of our traditional homelands.

I wish to assemble the team this month and begin physical training and instruction in water rescue/

**"The youth of today are faced with many challenges in this ever-changing world"**

First Nations youth are the largest and fastest-growing demographic in the country. The youth of today are faced with many challenges in this ever-changing world.

As each year passes we lose valuable knowledge-keepers of our culture, language and spirituality. It is no longer common to hear the Ktunaxa language spoken in homes, to hear our songs being sung or see the men with braided hair.

All aboriginal people must practise and live aspects of their culture in order to maintain an identity. Aboriginal Day is but one day; the remaining 364 days of the year are our responsibility to live as closely as we possibly can as Ktunaxa people.

I am seeking aboriginal youth to join me June 20 on a canoe trek from Bonners Ferry to Porthill. I wish to assemble a canoe team

safety and canoeing techniques to become ready for the trek in June.

It is heartbreaking to hear of and witness the violence among our youth population as well as their run-ins with the legal system. Fighting was always the warrior's last option. A warrior would train for war but strive for peace.

I plead with my young brothers and sisters to choose this canoe trek as a means of expressing their identity as well as an outlet for anger.

**"As each year passes we lose valuable knowledge-keepers of our culture, language and spirituality"**

In my lifetime I have witnessed many mothers and fathers standing alongside the graves of their children. My heart cannot take another

alcohol- or drug-related death of a child who hasn't even begun to live or see the world.

Native pride is not spray painting a wall, physical violence or defying parents. This canoe trek will be the pride of our nation. This trek will bring a smile to those few who are still with us in this world who once utilized the Kootenay River on a daily basis.

Porthill was once a village site for the Yaqa Nukiy people. From what is now Porthill to the Rykerts border crossing was home to a small village of Yaqa Nukiy people.

Those residing in that village were forcibly removed from their homestead and relocated to Bonners Ferry and the present-day Lower Kootenay reserve.

I have met with Canadian and U.S. customs officials about this initiative and am extremely grateful for their support and encouragement.

This initiative is neither a protest nor a political stand. It is not intended to increase attention to me as chief. It has been difficult for me to be seen outside my capacity of LKB chief. I merely wish to act as a mentor for the youth population.

Regardless of what First Nations group you may be from, if you are between the ages of 16 and 29 I would like you to join the team,

which will be a true team in every sense of the word. There will be a sense of brotherhood/sisterhood.

It will require dedication and commitment and there will be no excuses for not training. It will not be easy. You will want to quit, but when the trek is completed you will feel a sense of pride unlike any you have ever felt in your life.

On June 20 a small village will be set up on the shore of the Kootenay River near Porthill where our loved ones will greet and celebrate our arrival. A celebration will be held to commemorate Aboriginal Day 2014.

If you are up for this challenge please contact me. The capacity of the canoe is 18. Whether there are just two of us or 18, this trip will happen, as it did since time immemorial.

I ask my neighbours of this valley to please support in any way you possibly can. It truly does take a village to raise a child. Taxa. ■

*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.*

## Aboriginal film series seeks to educate and entertain

Submitted

An aboriginal film series at the Snoring Sasquatch continues this month with *Wind Talkers* on March 3 and concludes with *Where the Spirit Lives* on April 14, both at 6 p.m.

Admission is by donation, with proceeds going to the annual Yaqaan Nukiy powwow in May. Each film will be followed by a short discussion.

“The purpose for this initiative is to underscore the unique culture of aboriginal peoples as well as to bring an understanding of the historical traumas and issues native communities are faced with,” says Chief Jason Louie of the Lower Kootenay Band. “But it also provides an opportunity for some affordable family entertainment during the winter months.”

The first of the three films, *Smoke Signals* (1998), was shown to an appreciative audience Feb. 11. It was followed by an opportunity for discussion about the film, the issues it addressed and questions about First Nations culture.

The light-hearted film was chosen to be presented first because it’s funny and real and has a local connection, set largely on the nearby Coeur d’Alene reserve in Idaho where many local residents have friends. It generated considerable excitement locally when it was first released.

*Wind Talkers*, starring Adam Beach and Nicolas Cage, is a 2002 movie about Navajo code talkers during the Second World War’s Pacific campaign. Native veterans contributed greatly to the war effort, Louie says, but received little recognition and faced unfair treatment upon coming home.

*Where the Spirit Lives* (1989) was chosen to be last in the series because it will be the most difficult to watch, given the traumatic events it portrays. The film follows two native children who were taken from their village in 1937 and forced into the Canadian residential school system.

The idea for the film series came about when Louie recently met Snoring Sasquatch co-owner Paul Hutcheson, who invited him to use the venue. The film series is sponsored by the Columbia Basin Trust. ■

**Quality workmanship  
and service you can trust!**

Senior's Discount Available • WCB Coverage

**Phil's  
Roofing**



Give Phil Edwards a call today! 250-254-0924

# Hunting experience 'not about the kill'

By Darla (Hills) Dyer

**A**s a friend, family member and strong supporter of the High Country Adrenaline outdoors team I feel the need to respond on their behalf to the article in the February issue of I Love Creston.

I totally agree with everyone who disagrees with how some interpreted the article. I am writing to clear up a few things.

Yes, High Country Adrenaline is out in the bush looking for the "big one" that might bring them some kind of B.C. or Canadian record. They are not, however, out there shooting every animal that walks into their path.

While scoring a record would be a highlight for this team it is not the main goal. It's not about the kill; it's more about the experience of hard work, miles of walking, conversations, hot sun, freezing rain, snow, mud and windstorms. It's about walking up or down steep, rugged terrain with only the small amount of food you packed with you, hours and days into the bush.

Once you get to "the spot" you are not guaranteed to see, let alone

shoot, anything, and if you do, that is when the real work begins. Now you retrace the steps you took to get there, only hundreds of pounds heavier.

Your legs and back ache. You are hungry, thirsty and tired (and questioning why you did this), but once you get out of the bush all rested and washed up and you see what you have done to provide good, healthy food for your family, and the bond you created while out in the bush with your son, brother, friend or wife, the experience is unforgettable.

While some feel it is cruel or inhumane to shoot an animal in the wild I feel it's far more cruel to have factory farming where animals are crammed by the thousands into sheds, pens or stalls. These animals will never breed or live life the way they are meant to, being deprived of exercise and genetically altered to grow faster.

Raising your own cows, pigs and chickens is a great way to ensure your family is eating healthily, but unfortunately not all of us have a farm or the space or money to do so. Hunting gives you the opportunity to provide great and healthy meat for your family.

I can personally guarantee that this team loves and respects wildlife and our great Creston Valley. They all contribute to the conservation of wildlife each year.

The meat from the animals goes toward filling the deepfreezes of family and friends (my family of seven included). Most antlers (racks) are sold to people who make jewelry, furniture and even dog food.

To clear up the picture of the goat on the front cover, it was shot during a previous hunting season by my sister, Cyndi Hills, who made the Boone and Crockett record book, a huge feat of which we are very proud.

It's great to see that women can be not only nurturing, loving homemakers and mothers but they can also keep up with the men and provide for their families as well.

My hope is that you will now think of this team in a different light. Whether you agree or disagree with it being filmed for a TV show, they are out there hunting for their own good cause and not for the reckless killing of animals. ■

Serving the Community Since 1996



2004  
SPRING CLEARANCE  
STOREWIDE  
MARCH 7 TO 8

20% off cash  
15% off credit card  
10% off financing



6443 McCall Street Bonners Ferry, ID  
(208) 267-7267 (888) 267-0914  
becksfurniture@frontier.com  
[www.becksfurniturestore.com](http://www.becksfurniturestore.com)

In-store Financing • Home Decorating Consulting • Friendly Customer Service



# Plan ahead for what you can't control

Article submitted by: Vern Gorham,  
Sun Life Financial Advisor

There are certain events in life you can't control, but you can plan for them. Having a will and power of attorney in place ensures your most important wishes will be carried out.

Life insurance addresses the possibility of dying prematurely by providing your family with the financial resources to carry on.

Adequate health coverage means that, in the event of a critical illness, you'll have the income to support your family and the resources to concentrate on your recovery.

Take a closer look at a non-controllable event and the health insurance tool that can protect your family and finances.

Canadians are more likely to experience a critical illness such as cancer, heart attack or stroke than they are to die before the age of 75.

Your chances of surviving a serious illness in the past weren't nearly as good as they are today. Fortunately, advances in medical technology have increased survival rates while new financial products have provided the means to face recovery with more certainty and freedom.

During your recovery you will want to focus on regaining your health and taking advantage of the available technology and resources. In Canada, the government provides some support, but will it be enough?

Critical illness insurance is one way to ensure you'll have financial resources. When diagnosed with an illness covered by the policy you'll be able to use the lump sum benefit to:

- protect your RRSP savings and other investments;
- pay down debts;
- choose medicine and treatments not covered by group, personal or

government plans;

- replace lost income so your partner can take off work to help you; and,
- hire someone to take care of your business if you own it.

Support from the critical illness insurance benefit helps you to set your own recovery terms. ■

*Vern Gorham of Creston is a licensed representative for Sun Life Financial. He can be reached by phone at 250-254-0607 or e-mail at [vern.gorham@sunlife.com](mailto:vern.gorham@sunlife.com).*

## surveys

# Local businesses and organizations seek public opinion

Submitted

February 21st, 2014 Creston B.C. – Marchwrite Services of Creston is launching a market survey design and delivery service at [www.marchwrite.ca/surveys.html](http://www.marchwrite.ca/surveys.html). Local residents are being asked to give their opinions by completing surveys in exchange for being entered to win prizes. The information gathered through the surveys assists local businesses and organisations with planning and training.

“There's nothing more important to the success of an organization than being in touch with the people they serve and listening to their feedback,” explained Marc Archambault, owner of Marchwrite Services. “Market surveys are an important component

in business planning whether you're starting a business, looking to expand, or checking in to make sure you're on the right track.”

The first survey being launched is for the Snoring Sasquatch live music and arts venue seeking input from their customers to guide business expansion plans. Those who complete the survey will be entered to win one of five pairs of tickets to a live music concert at the venue. “Marchwrite Services was very pro-active in putting together a vision and contributing original ideas to the survey design,” commented Snoring Sasquatch co-owner Paul Hutcheson. “He prompted questions I wouldn't have otherwise thought of.” ■

*For those who would like to complete the survey, but aren't on-line, paper copies are available at the Snoring Sasquatch at 221 11th Ave N.*

*Providing Excellence  
in Client Service.*



**Michael  
Carpenter**  
25 years  
**RE/MAX**  
Broker /Owner  
Cell: 250-428-6594

**RE/MAX.**  
Discovery Real Estate

*2 Offices to Serve You*  
1013 Canyon St., Creston  
106 33rd Ave. S., Hwy. 3, Erickson

Office 250-428-2234 • Toll Free 1-877-428-2234  
[mc@remaxcreston.com](mailto:mc@remaxcreston.com)  
[www.remaxcreston.com](http://www.remaxcreston.com)



# Pharmacist Corner

Article submitted by: Srinivas Chalagalla B.pharm., Ph.D.

## Tips for managing migraines

**W**e all get small headaches once in a while. Some people, however, suffer from migraines, which are significantly more severe.

In addition to the obvious head pain, migraines cause weakness, vision problems, nausea and sensitivity to light and

noise. Over time they can also affect the morale of sufferers.

For some, migraines are intermittent while for others they are continuously present.

One out of every five people suffers from migraines and, on average, they have one attack a month. Women are typically twice as likely as men to suffer from migraines.

Migraines in women are often linked to their menstrual cycles. In 70 per cent of the cases, migraine sufferers come from families where there is history of migraine.

Migraines are distinguished from vascular or tension headaches by their frequency (once a year to three times a day), severity (moderate to severe), duration (a few hours to a few days), location (often unilateral, on one side of the head), quality (pulsating or throbbing) and additional symptoms such as nausea, vomiting and hypersensitivity to light and sound.

Certain factors can trigger migraines. It is important to identify and avoid what may trigger migraines if possible in order to reduce their frequency and intensity.

Hormonal fluctuations: pregnancy; menstruation; and, puberty.

Foods: alcohol (particularly red wine); Aspartame; monosodium glutamate; coffee; cola; chocolate; deli meat; and, cheese.

Sensory stimuli: sudden changes in weather (thunderstorm, storm, etc.); intense lighting or noise; and, smells.

Lifestyle: skipping meals; sleep disturbance; and, stress.

Certain types of drugs, such as oral contraceptives, can cause migraines, as can the repeated use of analgesics (acetaminophen, Aspirin or ibuprofen) to relieve headaches.

In fact, the body becomes somewhat accustomed to this type of chronic use and, as a result, the body's natural pain-coping mechanisms become "defective" once the medication is discontinued, which causes headaches. This phenomenon is known as rebound headaches.

It is recommended that you keep a headache diary. You can record the following information about your headaches: frequency; intensity; link with periods among women; other symptoms; suspected dietary triggers; and, efficacy and side effects of medications used.

A diary will be useful to you and your doctor in drawing up a plan of effective treatment to master your headaches.

There are three migraine phases:

Prodrome: about 60 per cent of migraine sufferers experience

### Looking for a new Pharmacy?

#### We're here for you when you need us.

The Pharmacy team at your local Shoppers Drug Mart® would like to welcome you to our Pharmacy and invite you to discover an array of health services that can help manage your health easier, including:

##### Help to quit smoking

We can help make it easier for you to quit smoking. We'll guide you through a personalized action plan and help you choose the stop smoking aid that's right for you.

##### Delivery

Unable to pick up your medication? Have it delivered right to your door.

##### Flushots

Visit our pharmacy for your flu shot before the flu visits you. Ask a member of our pharmacy team about booking an appointment to get your flu shot at our pharmacy.

##### Medication review

If you're currently taking prescription medications, you may qualify for a complimentary review of all your medications including over-the-counter and natural health products. Speak to your pharmacist or book your appointment today.

##### Blood pressure check

Monitoring your blood pressure is quick and convenient with our easy-to-use in-store service.

##### Easy refills

Order by phone, in person, online, or use our mobile app.

##### Medical organizers

We'll organize your medications in a personalized easy-to-use organizer pack to make managing multiple prescriptions easier.

##### Email reminders

We'll send you an email notification to make it easier to remember when it's time to refill your prescription. Sign up for email reminders by visiting [shoppersdrugmart.ca/emailremainder](http://shoppersdrugmart.ca/emailremainder).

##### Diabetes management services

We can help make it easier to manage your diabetes with a wide range of services, including a review of your diabetes medications, blood glucose monitoring, meter training, sharps disposal and more.

##### SHOPPERS DRUG MART #2284

1030 Canyon Street, Creston  
250-428-9334

Your health. Made easier.™



prodromes. Early signs such as stiff muscles, especially in the neck, and mood swings are usually telltale signs that a migraine will develop within the next hours or days.

**Aura:** about 20 per cent of migraine sufferers experience auras. Blood vessels contract, leading to several problems (blurred or cloudy vision, tingling or numbness, buzzing, speech disturbance, etc.).

**Pain:** during this phase, the blood vessels in the face and head dilate and localized pressure increases, causing pain.

Generally speaking, migraine sufferers should avoid trigger foods (mentioned above) and reduce stress as much as possible since stress seems to be a factor that promotes or precipitates migraines.

It is recommended that sufferers lie down where it is cool, quiet and dark during a migraine attack. Partial relief can be

obtained by applying ice to the head.

To relieve a headache, analgesics such as acetaminophen, Aspirin and ibuprofen are recommended. In certain cases, if the pain has originated from significant neck muscle tension, a muscle relaxant may prove helpful. All these products are available without a prescription at your local pharmacy.

When migraines cannot be managed or when they become incapacitating in that they interfere with daily activities, a physician can prescribe stronger medication.

Certain products can help prevent migraines or reduce the number of attacks. They are primarily given to those who suffer from several attacks a week. ■

**For more information or if you have any questions, contact Shoppers Drug Mart pharmacists Srinivas Chalagalla or Karl Mottl at 250-428-9334 or Asdm2284@shoppersdrugmart.ca.**

## Expert tours and talks highlight second Bird Fest

Story by: Tanna Patterson

**M**ark your calendar for the second annual Creston Valley Bird Fest from May 9-11.

Several new events have been added, including a Friday night buffet dinner.

Ten bird experts will lead birdwatching tours on the Saturday and Sunday mornings from 6:30 to 10:30 starting at the Creston and District Community Complex.

Tours, each of which is limited to a maximum of 12 participants, will be led by: Pat Huet, Creston Valley; Peter McIver, Castlegar; Daryl Calder, Cranbrook; Ed and Hazel Beynon, Nelson; Dr. Rick Page, Victoria; Carolee Colter and Paul Prappas, Nelson; Dr. Peter Wood, South Slokan; Tanya Crouse and Kim Asquith, Creston Valley; and, Rich Del Carlo, Sandpoint, Idaho.

A tenth tour, Raptor Search by Bus with Brian Baxter of Libby, Mont., is limited to seven.

Presentations scheduled for Friday night, Saturday afternoon and evening, and Sunday morning include the keynote address by Dave Quinn of Kimberley.

A photography workshop by Jim Lawrence from the West Kootenay is limited to 15 people.

Bats at Sundown by Juliet Craig of Nelson is a supper presentation followed by a bus tour to the Creston Valley Wildlife Management Area to count bats.

Hummingbirds at Dusk by Sharon Lelliott and Linda Szymkowiak of Nelson is also a supper presentation, followed by a bus tour to a Wynndel residence to see hummingbirds.

Baxter presents Raptor Overview, and two other presentations will be held at lunch-time: Bad News Birds by Page; and, Eagles by Sandy Compton of Heron, Mont.

Nine valley events will be held Saturday afternoon and Sunday morning, including three naturalist-led canoe tours at the wildlife centre (limit seven per canoe, with three canoes) and the Eyeing Eagles bus tour with Compton (limit seven).

There's a tour of community greenhouses at the College of the Rockies (COTR), cavity-nesting birds with Ian Parfitt, a children's event at the wildlife centre and a tour of Kootenay Meadows Farm with Nadine Harris-Bin Rabna.

Also check out a medicinal plant tour with Rowan Hamilton, an art studio tour and the Biologist in Your Back Yard program with Ed McMackin (limit four).

Registrations are accepted as of March 1 online and at the COTR's Creston campus. Some of the events are limited to maximize the birding experience. ■

*For information about times, locations and costs for each event see the schedule at [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca), or talk to Bird Fest organizers on Facebook.*





# Creston's **Top 20** Semifinalists in music

*Semifinalists in music*



*Marybeth Stenhouse*



*Aiden Jacobs*



*Erin Collison*



*Rachel Rose*



*Morgan Benty*



*Kyran Grant*



*Tiana Blackmore*



*Jordan Janz*



*Charnell Blackmore*



*Tamara Leavitt*



*Monika Currier*



*Taya Blackmore*





# Best Singer Semifinalists

*No particular order*



*emberger*



*Zoe Marina*



*Cara Waddle*



*Kelly Kemle*



*en*



*Louise Lansing*



*Alexi Blackmore*



*Frances Collison*



*more*



*Lizzie Moore*



*Marsha Blackmore*

*Many thanks to  
Brian Lawrence  
for providing the photos.*

*For more information about  
Inverted Image Photography  
phone: 250.505.3886.*

# Barges were workhorses of Kootenay Lake

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

**H**eritage Week is commemorated annually in the middle of February, with Heritage BC deciding on a specific theme each year.

This year's theme was Heritage Afloat, which gave me an excellent opportunity to write about a floating heritage topic that really deserves a lot more attention than it usually receives.

A lot of people love the sternwheelers and quite a few people remember them – elegant, stately, luxurious icons of an earlier age, old friends and lifelines to the communities along the lakeshore. Yes, absolutely, the sternwheelers were important.

But once you were on the sternwheelers looking around, what were you seeing? Barges.

Barges and tugboats and an assortment of other plain-but-practical vessels really were the workhorses of the Kootenay Lake fleets.

Barges were everywhere on Kootenay Lake, right from the beginning of steam navigation in 1884. The SS Midge, the first steamship on the lake, was frequently seen with a barge in tow. She was so small and her boiler so big that the only way she could carry any freight at all was by towing a barge.

Barges were used to haul all sorts of things from one part of the lake to another. It was far easier to ship by water than to haul heavy loads of equipment and supplies over rough, narrow, mountain trails. There are accounts of everything from hay to horses being moved around the Kootenays, travelling as far as they could by water and only transferring



to roads when they had to.

The vessels stayed on Kootenay Lake as a primary means of freight transportation right up until December 1977, when the Canadian Pacific Railway finally discontinued rail service to Kaslo and Lardeau. By then they were being pushed around the lake by the steel-hulled, diesel-powered tug Melinda Jane.

Instead of building expensive railways all the way around the lake, both the Canadian Pacific and Great Northern railways built lines up to the lake and used fleets of ships to fill the gaps.

Transfer slips at each lakeshore railway terminus carried the train tracks onto a wharf where barges – also equipped with railway tracks – were loaded with the freight cars and herded across the lake to the next section of railway.

Even after 1931, when the railway between Procter and the south end of Kootenay Lake was opened, the barge service continued. The Bluebell Mine at Riondel shipped ore out to smelters on barges.

Dozens of isolated communities along the shores of the lake brought in everything they needed, and shipped out everything they produced, on barges.

The need for this service declined, gradually at first and then rapidly after the Second World War, as new and better roads were built into the communities. By the mid-1970s it was sporadic at best; in 1974 only six loaded boxcars were shipped into Kaslo and Lardeau.

But that decline could not change the fact that, for the better part of a century, barges and their cargo capacities were an essential part of economic exchange in the Kootenays.

One vessel, the Anamoose (1909-1920), is described as a screw-propelled barge but otherwise the barges had no means of propulsion, so all of that freight being moved around Kootenay Lake on barges meant there had to be a lot of boats around to move them.

Affleck's List of Sternwheelers and Other Large Steamboats, a

handy little reference for anyone wanting quick details about ships on Kootenay Lake, lists at least 15 vessels that were either built as tugs or used primarily as tugboats.

There are a good many others that were built as freighters and they, too, were often used to push barges. Even the once-stately sternwheeler SS Moyie spent her last few years pushing barges; only after the CPR discontinued passenger service, with the Moyie's retirement in 1957, did the bulk of this work fall to the tugboats Grant Hall and Melinda Jane.

Pushing barges was the most common way of moving them. They could be towed, of course, but pushing them – with one barge lashed to either side of the tugboat's bow – gave the tug far greater control over its charges. It also meant fewer potential problems with tangled tow ropes, mishaps which could be very dangerous.

In December 1893, the tug Kaslo was towing a barge-load of horses to Lardeau. The tow line parted and tangled with the propeller during a storm and the Kaslo was badly wrecked after being driven onto the rocks.

Another accident occurred in April 1901 as a result of towing barges rather than pushing them.

The brand-new tug Valhalla was pulling a barge laden with 15 railcars from Kootenay Landing to Procter. Weather and water conditions were calm but for some reason the strain on the tow rope suddenly caused it to part.

The barge lurched to one side and five of the cars fell off, damaging the barge as they went. The barge

began taking on water, listed and dumped three more cars off the other side.

Capt. Taylor managed to push the barge into shallow water before it sank along with six of the seven remaining cars.

The barge was refloated, repaired and returned to service within a few weeks of the accident but the freight cars are still there, just off the point where the West Arm joins the main body of Kootenay Lake at Procter. They are easily visible from a boat in shallow water.

Today the CPR line runs along the lakeshore a short distance from the sunken boxcars but when the wreck occurred it was many miles away from the nearest railway.

Nevertheless, the Underwater Archaeology Society of B.C. calls the site "the finest train wreck site . . . in the southern Interior." That in itself is testimony of the importance of the barge service on Kootenay Lake. ■

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).

**What Moves You?**

**RE/MAX**  
DISCOVERY REAL ESTATE

- A gourmet kitchen
- A backyard adventure
- A garage
- Room to grow
- A place to hangout with my friends

Nobody **SELLS** more real estate than **RE/MAX**.  
Where Do You Want To Be?  
Make Your Move With **RE/MAX**!

**RE/MAX Discovery Real Estate**

- 1013 Canyon St., Creston
- 106 33rd Ave. S., Hwy. 3, Erickson

[www.remaxcreston.com](http://www.remaxcreston.com)

• Office 250-428-2234 • Toll Free 1-877-428-2234

100% LOCALLY OWNED • 25 YEARS SERVING THE CRESTON VALLEY



# Better health just three breaths a day away

Story by: Shifu Neil Ripski



I have been lucky to have people in our valley willing to look into the benefits of taking matters of their health into their own hands.

I feel that the ability to take responsibility for our own health and treatments (preventative) can greatly affect the quality of our lives.

In my Sunday afternoon qigong (health practices) class we have been studying from the beginning about how our minds affect our bodies and about removing the dualistic nature of how we separate the two.

The practice of qigong is not just stretching or breathing exercises; there is a mindfulness to every moment of the movements which greatly enhances the result of the practices.

I want to continue to share some of the more simple practices that can positively affect your health and enjoyment of life. Let's start with a deeply internal practice that anyone

can do with little to no space, guan qi fa or "method to regulate the qi."

This is a simple practice that regulates body temperature (heats you up if you're cold or cools you down when hot) and increases blood flow through the entire body, including the internal organs. It only takes a couple of minutes to do and, if you pursue its practice, it will help to harmonize and balance your body, bringing you closer to health.

I teach this to all my kung fu students and ask that they work with it whenever they can; it is never too early to begin to understand our bodies and ourselves.

To perform guan qi fa, stand with the feet shoulder-width apart and stand up straight, placing the tongue on the roof of the mouth.

The movement of the hands is as follows: while inhaling, bring the hands up and out to the sides of the body, allowing them to end

up above your head. Then begin to exhale and press down with the palms of your hands, finishing the movement and exhalation at the same time. Repeat this three times.

Now that seems like a simple exercise, does it not? Practising it with only the above information will bring about stress relief, release muscular tightness in the shoulders and neck, and increase circulation throughout the body.

But as with all qigong it is just the tip of the iceberg. The more you understand the movement and its depths, the more these results increase, so here is the "internal" or mental part of the exercise.

During your first execution of the movement guan qi fa, bring your mind to the top of your head as you exhale. As your hands move

## March is Heartworm and Lyme Disease Testing Month

# Protect your pets with these Special Spring Savings!

Client Loyalty Discount

**25% off** Annual Exams and Vaccines +tax

In anticipation of Puppy and Kitten Month, receive

**10% off** already discounted puppy vaccine packages &

**5% off** kitten vaccine packages +tax

Puppy and kitten litters of two or more receive

**10% off** entire litter (exc tax)

*Call for prices!*

Have your dog tested for only

**\$48<sup>00</sup>** **20% Savings**  
Reg. price \$60.00  
*Incl. blood collection & test*



*Creston*

**VETERINARY HOSPITAL**

**10% Off** Flea/Tick/Mosquito products

• Revolution • Advantix • Program • Interceptor • Advantage  
• Advantage Multi • Tick Twister • Preventix Spray

• Dr. Robert McLeod • Dr. John Pfeiffer • Dr. Emma Davis  
1605 Dogwood St., Creston • 250-428-9494  
*Check-out our website: [www.crestonvet.com](http://www.crestonvet.com)*

down your body (exhaling) place your mind down the front of your body, tracing with your mind the forehead, between your eyes, mouth, chin, front of the neck and down on the front of your torso to your groin.

This is the Ren meridian. By tracing it with the mind we can become more aware of the front of our bodies.

As you exhale during the second execution of the movement, bring your mind down the back of your body in the same way as before: from the top of the head, down the back of your skull, back of the neck, between the shoulder blades and down the spine to your groin.

Tracing the Du meridian brings awareness and balance to the rear of the body, creating balance between front and back.

As you exhale during the third and final execution of the movement, bring your mind from the top of your head down through the centre of the body – through the brain, neck and torso in front of the spine.

When you reach the groin, bisect your mind and run down the insides (the bones) of both your legs toward the Earth through your thighs, knees, shins and finally to the centre of your feet.

This is the Chong meridian which brings a feeling of grounding yourself, finding your place between heaven and Earth and lowering blood pressure.

That's it! Three breaths a day and you can find real benefits from qigong practice. If you are having trouble with visualizing the pathways just keep at it and everything will become easier and clearer.

The practice is the destination here and health benefits do not arrive overnight. Make a pact with yourself to practise this three-breath guan qi fa for 30 days straight and you will see the change in your health.

I would also like to invite everyone to the Deep Water Martial Arts Convention on March 21-23 at the Creston and District Community Complex. There will be workshops on all kinds of martial and healing practices: judo; jujitsu; ninjitsu; kung fu; Chinese medicine; and, qigong.

The workshops are aimed at everyone and the Saturday morning competition will be fun for all. ■

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

**Creston & District Community Complex**

# WHAT'S HAPPENING IN MARCH?

**TONS TO DO DURING SPRING BREAK!**

**MARK YOUR CALENDAR!**

**SPRING BREAK PUBLIC SKATING SCHEDULE**

- Sat, March 15, 2:45-4:15 pm • Sun, March 16 3:30-5:00 pm
- Mon, March 17, 1:00-3:00 pm • Wed, March 19 1:00-3:00 pm
- Fri, March 21, 1:00-3:00 pm • Sat, March 22 2:45-4:15 pm

**BREAK INTO SPRING KIDS CAMP**  
*A different adventure each day!*

Swimming or skating, cooking, art, active games, scavenger hunts and much more. Kids receive a wristband each day of camp so they can enjoy a swim or skate in the afternoon.

**Tues, Wed, Thurs, 9:00am-1:00pm**  
**Mar 18-20 or Mar 25-27**  
**\$54 (3 days)**

**ShamROCKfest!**  
Live music, GREEN PRIZES, floating lucky clovers & Lil' Leprechaun Pot O' Gold plunge!  
**Sun, March 16 4-6 pm**  
**Only a Toonie!**


**BRONZE MEDALLION / BRONZE CROSS CAMP**  
*(must be 13 by end of class)*  
A 2 in 1 combo class!

You can take Bronze Medallion or Bronze Cross or both. These courses are action packed, efficient and are prerequisites for the National Lifeguard course.

**Mon-Fri, 10am - 5:00pm March 17-21**  
**Bronze Med & Cross \$299 (30 hrs)**  
**Bronze Medallion Only \$189 (20 hrs)**  
**Bronze Cross Only \$189 (20 hrs)**

**SPRING BREAK SWIM LESSONS**  
*Monday to Friday*  
**March 17-21 (5 classes)**

Sea turtle, Sea Otter, Salamander, Sunfish, Croc & Whale, Swim Kids Levels 1 thru 6 & Swim Patrol  
**Start times: 10 am, 10:50 am or 11:40 am**  
**\$40 - 50 min lessons \$50 - Swim Patrol**  
*(check schedule in leisure guide)*



**Creston & District Community Complex**  
Call us at 250-428-7127  
or email [crestonrec@rdck.bc.ca](mailto:crestonrec@rdck.bc.ca)

# Disabled persons highly valued on the job

Story by: Kootenay Employment Services

**K**ootenay Employment Services has been administering Working Solutions, a regional program funded by the Canadian government, for the last three years.

The program helps unemployed and underemployed people with disabilities gain new skills for employment and self-employment, find work and pay for needed supports. KES has a new contract starting April 1 to continue to help people with disabilities meet their employment goals.

## “90 percent of persons with disabilities rated average or better on job performance”

More than 100 participants have gone through the program over the past three years, achieving some great success stories, going back to school, finding wage subsidy placements with employers or becoming self-employed.

Working Solutions has helped train truck drivers, aestheticians, factory workers, Web designers and numerous

other types of workers. The program has placed participants in jobs with Salvation Army stores, manufacturing plants, restaurants and retail stores.

Persons with disabilities in B.C. are three-and-a-half times more likely to be unemployed than those without disabilities, according to Ministry of Human Resources. Many employers are cautious about hiring people with disabilities.

Yet the facts continue to prove that people with disabilities are strong workers. The following examples are courtesy of Statistics Canada.

**Myth:** Persons with disabilities can't keep up with other workers.

**Reality:** 90 percent of persons with disabilities rated average or better on job performance than their non-disabled colleagues.

**Myth:** A person with a disability is likely to miss a lot of work.

**Reality:** 86 percent of people with disabilities rated average or better in attendance than their non-disabled colleagues.

**Myth:** A person with a disability will have more accidents on the job.

**Reality:** 98 percent of people with a disability rate average or better in work safety than their non-disabled colleagues. ■

For more information about Working Solutions call KES at 250-428-5655.



**BE A GOOD NEIGHBOR**

**LEASH AND CLEAN UP AFTER YOUR PET**

**Town of Creston**  
238 - 10th Avenue N., Creston, BC  
Phone: 250-428-2214  
Email: info@creston.ca  
www.creston.ca

**CRESTON VALLEY**  
TOWN of CRESTON



**Help Control Unwanted Pets**

**Support S.N.A.P.**  
(Spay/Neuter Animal Program)

Please help with your donations  
Phone 250.428.2811

# Ag Aware

Story by: The Creston Valley Agriculture Society



Restaurants could reduce portion sizes as an option for more of their meals. How often have we had too much toast or too many pancakes at a breakfast, or way too many fries at lunch? It all ends up in the garbage.

The ripple effect on the environment is huge. Current levels of food production could effectively feed more people, possibly reducing malnutrition in some parts of the world. Water and fuel now used for food production is also wasted if the food produced is not consumed.

As the world's population increases our food supply will have to increase as well. Along with that, the distribution of food around the world will have to improve. We are demanding more and more from a finite amount of good agricultural land.

Many people believe that more widespread use of technology and science will help feed the world. To some degree this is true but relying solely on genetically modified organisms, chemicals, fertilizers and computer systems will not be the answer to all our food demands.

Collectively we can do much by improving what we, as individuals, do with what we already have. Reducing your food waste does matter.

Do your own research, make some personal changes and be more "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 or e-mail [crestonagsociety@gmail.com](mailto:crestonagsociety@gmail.com).

## Food waste a growing concern

**F**or many agriculture producers, March is the time to resume the busier pace of the production year.

Most beef growers are calving in March onward, although some who calve earlier are already done. All are looking forward to the green grass to come. It's also time to get chicks ordered for arrival in the warmer days ahead.

Vegetable growers are getting plants started or at least their seeds organized. Creston Valley Farmers' Market organizers will again be holding their special "winter market" March 8 and April 5 at the Rotacrest Hall. Check it out.

It's too early for field work yet but preparations are under way for the days to come when the tractors will be rolling across the fields.

It doesn't matter what commodity or crop – every agriculture producer does his best to grow, harvest, store and market his crop to the best of his or her ability and not waste anything.

Food waste is becoming a growing concern around the world. We are so blessed with an abundant, affordable supply of good food in this country that most people don't give food waste much thought.

A recent Food and Agriculture Organization of the United Nations (FAO) study found that the value of wasted food is at least \$750 billion a year. An estimated 1.3 billion tonnes of food are wasted annually worldwide.

In general, the study found that nearly 40 per cent of food wastage in middle-to higher-income countries, like those of us in North America, occurs at the retail and consumer levels.

The FAO recommends consumers become more aware and change their shopping practices and food preparations. Try not to purchase large quantities of perishables at once if you can't utilize them in a timely fashion. Lettuce, tomatoes, bread and milk don't last too long.

Use up your leftovers quickly. We're probably all guilty of having food languish in the back of the fridge till we finally throw it out.

Think about it; we're paying for power to keep this food cold until we throw it out. Then we pay for the garbage bags to put it in and the garbage collection service to take it away – not a very efficient use of our funds.

Retailers also need to change pricing strategies on imperfect or perishable products to avoid waste.

JOIN US FOR OUR

# OPEN HOUSE

**SATURDAY,  
MARCH 15**

CHECK OUT OUR  
IN-STORE SPECIALS!

Looking  
For Chicks?

Now ordering Spring Chicks and Turkey Poults!



Full selection of seeds and fencing!

  
**Sunset Seed Company**

Feed, Pet, Grower Supplies & More!

Friendly, Helpful Advice  
for Over 70 Years!

Spring Hours Start April 1:  
Monday to Friday 8:30 to 5:30,  
Saturday 9:00 to 5:00,  
Closed Sunday.

Located beside 7-11, Creston  
Phone: 250-428-4614

# Invaluable TAPS marks anniversary

TAPS (Therapeutic Activation Program for Seniors)  
By Maureen Cameron

March 22 marks eight years since the Therapeutic Activation Program for Seniors (TAPS) transitioned officially as a responsibility of the Creston and District Community Resource Center Society from Interior Health.

From the outset in 1991 and since then, the services that TAPS offered were needed and wanted in the community.

If we were to compile a list of people who have accessed services, the programs offered, the volunteer hours, community partners, donors and elected officials that we collaborate with, it would be a staggering list. Yes, it would be impressive and it's heartwarming to see how our community supports our aging

population in remaining independent, contributing and continuing to learn on their own terms.

Equally affirming of the value of this program would be to hear the experiences of each person who has come through the door. Imagine following the nuances of personal stories that, like a shoreline, would stretch to infinity on any map if all the contours and crevices were accounted for.

From a distance they are only statistics but up close, the beating heart of what it is.

To quote a few clients: it has saved my life; I don't know what I'd do if it weren't for TAPS; I feel cared for here; my mother feels a sense of purpose; I feel like I belong; and, it means a lot to my life.

Verna Gordon wrote this: "My husband and I lived happily on a hill – king and queen. He plowed the roads and we were able to go to town.

"My life changed when he passed on. Our home is two miles from town. I was now without transportation and it was especially difficult in the winter.

"My road becomes very icy; even the taxi won't attempt it. The community bus didn't come to Erickson then.

'What will I do' was my constant worry

as I love living in the country.

"TAPS was suggested and my life was given back to me."

Gordon is now an associate co-ordinator at TAPS, encouraging others to come.

One of our 80-plus stars is very hard of hearing. She lives with her family but loves to come for lunches and help out. Carrying dishes or whatever task she sees needs doing, she is totally at home.

One volunteer says that for her "it is the small things that happen every day between people. They can be themselves. I watch them take care of each other, tolerate idiosyncrasies and moods, joke and laugh. They struggle and take risks and share their stories, joys, hopes and concerns."

People come for all reasons and life situations. There are husbands and wives, old friends and singles. Their talents show over time as they participate and are drawn out by the creative antics of the staff.

When asked what stood out most for her about TAPS, new volunteer Irene Moman says simply, and with a grin, "The belly laughs, good food for the seniors and how privileged I feel to help." ■

For more information contact TAPS at 250-428-5585 or visit [www.cdcrs.org](http://www.cdcrs.org).



Verna (left), Bertha (right).

[www.ilovecreston.com](http://www.ilovecreston.com)

  
**CRESTON VALLEY**  
CHAMBER of COMMERCE

**GET BUSY  
& GROW  
TOGETHER.**

Creston Chamber Members:  
Community Growing Together.

Join us  
250.428.4342  
[www.CrestonValleyChamber.com](http://www.CrestonValleyChamber.com)





# Up front about back talk

Story by Jesse Moreton, BSc DC

It's back to basics with this month's article. I'll be debunking some common misconceptions about back pain.

Back pain is complex, multifactorial and largely variable among individuals. It follows, then, that different management theories will arise.

Some are old wives' tales passed down through family, and some advice might be given friend-to-friend based on personal experience.

Additionally, you will likely have received some tips from at least one health practitioner. Sometimes it's hard to keep the stories straight.

What follows are a couple of points of clarification with regard to uncomplicated low back pain (pain without referral or neurological symptoms).

Rest is not best – not bed rest, at least. I like to use the term “moderate motion” to describe what is best for back pain. It's good to keep moving.

Most activities of daily living can be performed with back soreness and help keep motion in the joints. Inactivity causes weakness and stiffness. It can also lead to pain behaviours like fear of movement or self-defeat.

Lying down for extended periods of time also leads to disc and tissue swelling. Think of your discs as sponges. During the course of a normal day the water slowly gets squeezed out by movement and compression. At night the pressure is

removed and water seeps back into the discs.

Lying down or sleeping too long allows time for more water to seep in and causes pressure on the walls of the disc. Your body interprets this as pain or soreness.

It may be important to avoid aggressive movements and activities, especially when the pain is severe, but rest is not an effective way to manage typical low back soreness.

There is no perfect posture. This holds especially true for sitting. Using a lumbar support while sitting is effective but it's still harder on your back than standing.

The ergonomic charts with the knees and elbows bent perfectly at 90 degrees are a good ball park but any position for too long will cause soreness.

Movement is the key. Stand and walk more; sit less.

Common back pain is not the result of an injury or disease. The terms “healing” and “cure” aren't really relevant. “Control” and “management” are better. This is a point with which many people struggle.

Our health lingo doesn't help. We call arthritis “degenerative joint disease.” We expect back pain to get better or go away like an injury or disease. It usually doesn't.

Back pain is highly recurrent and multifactorial. It isn't just because you fell off your bike when you were 14 or because you bent over wrong five months ago. Back pain should be controlled by activity modification and home care,

and managed through periodic treatment.

Regular exercise and healthy body weight go a long way. Most of us are comfortable with this point, but doing is more difficult than saying. Statistics show over and over again that back pain is more common in those who are overweight and unfit.

They also show, however, that being too thin is associated with a higher-than-average incidence of back pain. A healthy body weight doesn't mean looking like a model.

Perhaps you didn't find any of these facts groundbreaking but emphasis never hurts. It also never hurts to have encouragement to exercise or stay active. With the anticipated change of weather there's never a better time to get out walking or running again. ■

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

**MORE THAN JUST  
YOUR FLOOR STORE!**



**INSTALLATIONS GUARANTEED!  
FINANCING AVAILABLE!**

- Elegant Carpets • Exotic Hardwood
- Beautiful Laminates • Natural Stone
- DuraDeck** • Waterproof Vinyl Decking
- Aluminum Railing • Area Rugs
- Window Coverings
- In Stock Goods & Special Orders

*Continuing 30 Years  
Of Service!*

**Nufloors**  
*Smart Service. Great Products.*

**1518 N.W. Blvd, Creston • 250-428-2426**  
*Visit us at [www.nufloorscreston.ca](http://www.nufloorscreston.ca)*

# I am 'lichen' that green fungus!

Story by: Andrea Chapman  
Acting Director of Communications and Education

**D**uring the drab winter months it is hard to find a splash of colour when overcast skies are looming.

I look around and everything seems to be dormant; even the animals seem a bit slower. Hmm . . . maybe it is the foot of wet slushy snow that is slowing them down.

Just when you think no colour will enter your eyes, you look up and catch a glimpse of a living, half-dead or possibly decaying tree with the most vibrant splash of 1980s fluorescent green, or maybe we can call it 2010s

green. (That's right, it came back.)

That colour will penetrate the grey-scape and make emotions turn. What is it? A lichen, of course.

The fluorescent green lichen I am referring to is wolf lichen, one of hundreds of species that are waiting to catch your attention across B.C. I know many people think they are an insignificant part of the landscape but they have more interesting features than one would think.

Chemical properties have made certain species of lichen useful in manufacturing various products. The local species called antlered perfume was historically used to keep scents smelling in perfume manufacture.

Even a few of the vibrantly colourful species, in addition to wolf lichen, were used as fabric dyes. This fact makes me think the fluorescent green colour of the '80s had already been a fashion statement with First Nations tribes. Who is the trend-setter now?

Animals eat the non-toxic species of lichen. They may not be the delectable morsel that animals will travel miles for, but species such as mountain caribou actually use lichens as a staple food source.

In the winter months when the snowpack is high, the caribou tenderly snip lichens off places that normally would be out of reach.

People have been known to eat the non-toxic species. Depending on where you visit, different lichens are seen as delicacies or famine food.

The truth is, loads of nutrients are packed into lichens. They are, in actuality, a form of fungus that doesn't cause the breakdown of the plant to which they are attached. They live off the food created by the algae living within them.

So the lichen is a fungus that lives on a thing (rock, tree, etc.), provides a place for algae to live and consumes the nutrients the algae creates while living on the fungus. Wow!

This self-sufficient fungus is a great environmental indicator. This means that some species are more tolerant to pollutants than others and can be used to gauge the overall health of the surrounding environment. Pretty cool, hey?

I know, I know, lichens are something to get really excited about. They live on a host but don't actually harm it, provide a home for their own highly nutritious food producer and are not too bad to look at either. So my hope is that I have convinced you to get excited about nature, because sometimes the smallest things have the biggest stories waiting to be discovered.

In this case, a flash of colour against the grey-scape of pre-spring glory uncovered the story behind a little fungus that is complex beyond belief.

For information about Creston Valley Wildlife Management Area programs and special events, check the Web site [www.crestonwildlife.ca](http://www.crestonwildlife.ca). If you have any questions call 250-402-6908 or e-mail [askus@crestonwildlif.ca](mailto:askus@crestonwildlif.ca).

**Electronics for**  
*Spring!*



**ALPINE**  
INE-W940 Car Stereo

**Braven Speakers**

**Simply**  
COMPUTING  
EXPRESS

 Apple Specialist

**SHAW** DIRECT  
100% DIGITAL SATISFACTION

Authorized **TELUS** dealer

**Lectric Ave**  
*Electronics*

1011 Canyon Street, Creston BC  
(250) 428-7873  
Visit us online at [lectricave.com](http://lectricave.com)



# Chronic stress to blame for many illnesses

Story by: Maya Skalinska  
Master Herbalist, Registered Herbal Therapist

**B**y now I think most people realize that stress is a major factor in illness. As a matter of fact, according to the Centers for Disease Control and Prevention, up to 90 per cent of all illness is stress-related.

The science of psychoneuroimmunology shows us extensive studies linking mind and body, demonstrating how psychological stress can affect our immune response, cardiovascular health, hormonal system and digestion, among other things.

Our bodies are built to handle events that cause stress, like getting chased by a bear. Chronic stress, on the other hand, has long-term effects on our bodies.

We all recognize the nervous tension we experience under excessive demands, but that's only a part of what stress is. Stress is actually a measurable set of physiological events involving the brain, hormonal system, immune system and many other organs.

Both animals and people can experience stress with no awareness of its presence. In other words, the physiology of stress can be triggered without our awareness and still cause harm to our bodies.

The stress response may be triggered by any attack – physical, chemical or psychological, whether real or imagined, conscious or unconscious.

Our nervous system, hormonal output and immune changes all work together to create the flight-or-fight response that help us survive immediate danger. This is how our bodies were designed.

But the same stress response triggered

over and over leaves us constantly running on the flight-or-fight response. This produces chronically high cortisol levels (our stress hormones), which destroy many of our tissues, and chronically elevated adrenalin levels, which raise blood pressure and damage the heart.

On top of that there is vast documentation proving the inhibition of our immune system due to chronic stress. The physical sensations involving stress include hundreds of discomforts, from tinnitus (ringing in the ears) to hot flashes, indigestion, muscle pain, fatigue and sleep difficulties.

So let's take a look at some ways to decrease stress. From a holistic perspective, treatment of chronic stress involves internal therapies such as diet and medicine plus relaxation, meditation, massage, breath work, acupuncture and, most importantly, exercise.

Whether it's cardio or yoga, tai chi or just a 20-minute walk outside, exercise is one of the best, proven ways to reduce and deal with stress. I am sure this is not news to most so I will focus mostly on herbal medicine.

For mild stress, nervine relaxants such as lemon balm, skullcap or lavender are quite effective as a tea or tincture. Vitamin B complex, bee pollen or daily nutritional yeast will provide the B vitamins necessary to help our nervous system do its job. Vitamin C is also a key nutrient that's often deficient in those with chronic stress.

If you are experiencing immune dysfunction or adrenal stress, adaptogenic herbs are what I

recommend. As an iridologist I see adrenal stress quite regularly, often connected to immune deficiency.

Herbs like rhodiola, reishi, any of the ginsengs and licorice root will work on both the adrenals and immune system. For periods of acute stress, passionflower, valerian or hops will certainly ease the nerves and help with sleep.

All the herbs above can be used in any combination but be sure to check for contraindications if you are on any major pharmaceuticals.

I encourage you to listen to your body and look for signs of stress. Taking care of stress is possibly the most important thing you do, as it might be the root problem of any ailment you're experiencing. ■

*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.*

GET A JUMP ON SPRING!



Full Line of Craftsman Outdoor Equipment



Home & Garden Made Easy!

Sears®

1510 Cook Street, Creston • 250.428.5301  
[www.sears.ca](http://www.sears.ca)

# Watt powers T-Cats as overage defender

Story by: Creston Valley Thunder Cats

As the regular season ends and Kootenay International Junior Hockey League playoffs begin, we would like to introduce you to Jonathon Watt.

He is a laid-back, easygoing adventure-seeker who always seems to be smiling.

The member of the Creston Valley Thunder Cats was born in Prince Albert, Sask., and is a diehard Roughriders fan who moved west to Kamloops with his family as a young teen.

Not knowing if there would be a spot for him with the Thunder Cats in 2013-14 made for a stressful summer for the defenceman. The

stress eased a bit in the off-season when the KIJHL changed a rule to allow five 20-year olds.

Nonetheless, coach Josh Hepditch kept him waiting until July to get the “come back” call.

In August, Watt journeyed back to the Kootenays for training camp and the start of his final junior hockey season in the community he'd called home for the previous two winters.

Former coach Brent Heaven heard about Watt from the player's midget coach, then watched him in a showcase hockey camp in Princeton. Seeing potential in the 18-year-old, Heaven extended an invite for him to try out for the Thunder Cats and he's donned jersey No. 6 ever since.



*Jonathon Watt*

Watt has steadily improved each year in Creston and provides the Cats with consistent play.

This season his younger brother Dustin is playing for the Eddie Mountain Division-rival Golden Rockets.

“It's fun to play against him,” Watt says. “I try to block out that he's my



*Photo courtesy of Jeff Banman*

brother during the game. I'm proud he's also playing in the KIJHL."

Watt echoes the belief of many players that the KIJHL is the strongest junior B league in B.C. and is happy both he and his brother have the opportunity to play in it.

He enjoys it when the fans get into the game; the louder they are the more excited he is to play in front of them.

Watt enjoys the outdoor playground we call home. He is an avid back-country skier and spends as much time as possible (when he's not playing hockey) in the Kootenay Pass.

The entire valley is what Watt likes most about Creston: the gorgeous scenery; the good weather; so many places to explore; and, of course, the hockey arena.

Back home in Kamloops he spends a lot of time mountain biking and just being outdoors.

Last summer he participated in his first Tough Mudder competition with a group of friends and enjoyed the experience. (Tough Mudder

events are hardcore obstacle courses which test competitors' all-around strength, stamina and mental grit and provide camaraderie with like-minded individuals). He is looking to compete again this summer.

His all-time favourite place to go is his grandparents' island cabin at Lac la Ronge, Sask.

"It's a half-hour boat ride to the island and there's no electricity or cell service there," he says. "It's a great place to get away from it all and relax."

Watt is taking a couple of online courses to stay in the habit of school but his current courses (nutrition and exercise) are purely for personal interest and not career ambition. He feels that he would be well-suited to take up a trade.

Watt is looking to enter the electrical and

instrumentation fields. He hopes to be successful and comfortable, free to enjoy life and not be a slave to the man. ■

Check for game updates and schedules at [www.crestonvalleythundercats.com](http://www.crestonvalleythundercats.com).



Photo courtesy of Jeff Banman

## Beauty and Salons



### Hair's Where It's At

- Hair Services • Tanning
- Far Infra-red Sauna • Product Sales
- Therapeutic & Relaxation Massages

Fully qualified stylists  
Albert, Jan and Lauren Stoyanowski

Creston Valley Mall (lower level)

Great parking  
off Devon Rd **250.428.4913**

## Health and Wellness

CRESTON  
OPTOMETRIC  
EYE CENTRE

Optometrist

Dr. Gene Zackowski \*

Dr. Jan Zackowski

Fully trained staff with over 150 years of combined experience.  
Guaranteed service and products.

Great selections of frames with over 1500 to choose from.

223 - 16TH AVENUE, NORTH  
(CLINIC BUILDING) CRESTON, BC

PHONE 250 428-2044

FAX 250 428-4985

\*OPTOMETRIC CORP.

TOLL FREE 1-800-475-0007

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

# Creston Valley Business Services



**Fig's PLUMBING AND GASFITTING**  
 LICENSED • BONDED • INSURED  
**250-428-6014**  
 Serving the Valley Since 1986

- ALL PLUMBING
- GASFITTING
- HEATING SYSTEMS
- TANKLESS WATER HEATERS
- HEAT PUMPS
- RENOVATIONS



*"Protecting your lifestyle and livelihood!"*


**Creston Valley INSURANCE**

Located in the Creston Valley Mall  
 250-428-2294 • 1-888-853-6465  
[www.crestonvalleyinsurance.com](http://www.crestonvalleyinsurance.com)

*Insuring the Creston Valley.*

We carry...  
 • Personal Insurance • Business Insurance

We also offer...  
 • Auto Insurance • Driver Services  
 And the list goes on...




**Creston Parcel & Delivery Inc.**  
 You Call We Haul

139 Collis Street, Creston • Phone/Fax: 250.428.2133

**CANYON County Store**

- Full Deli • Pizza • Chicken • Wedges • Refreshments
- Snacks • Soft Ice Cream • Slushes • Hunting Licences
- Post Office • Liquor Store • Daily Lunch Specials

4493 Canyon Lister Rd., Canyon • Ph. (250) 428-8771  
 Open 8:00 am to 9:00 pm, 7 days a week.


**360 Estate Services**

- Painting • Interior Decorating
- Benjamin Moore Colour Boards
- Estate Liquidation
- Cleaning • Pressure Washing

Call Christina  
 250.428.8816

Benjamin Moore  Find us on facebook  
[www.360estateservices.com](http://www.360estateservices.com)

Photographer for Hire



Jeff Banman - 250.402.6482

**Photos 'n Motion**  
[www.jeffsphotosnmotion.com](http://www.jeffsphotosnmotion.com)  
 Official game photographer of the  
 Creston Valley Thunder Cats



**March Write SERVICES**

Marc Archambault  
[www.marchwrite.ca](http://www.marchwrite.ca)  
[marchwrite@gmail.com](mailto:marchwrite@gmail.com)  
 (250) 402-9931

Writing services and creative marketing solutions



**YOUR AD HERE**

**ADVERTISE YOUR BUSINESS FOR AS LOW AS \$30/MONTH**

**BOOK YOUR SPACE TODAY!**  
 250.428.2631



**Look for  
"Chippy" - the Boat  
on Our Roof!**

**HOURS**

Wednesday to Sunday  
11AM to 9PM

Closed Monday & Tuesday

**250-428-4008 • 1108 Northwest Blvd.**



Cod • Haddock • Pollock • Halibut (when available)  
Poutine • Mushy Peas • Coleslaw  
Gluten Free/Wheat Free available upon request

# Powerful Solutions For A Compact World

## Spring Clearance Sale



**0% Financing**  
**48 Months O.A.C.**  
*\*cash discount in lieu of low rate finance*

**CASH SALE PRICE**  
**\$11,993.00\***  
 Reg. list \$ 14,254.00  
*While quantities last*

**LAST OF 2013's**



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

### RTV900XTG-H- Features

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



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

**CASH SALE PRICE**  
**\$13,987.00\***  
 Reg. list \$17,462.00  
*While quantities last*



The versatile B2320HSD tractor delivers the power, speed, and smooth HST performance you need to tackle large and small tasks around your property. This new B-Series tractor has it all—more horsepower, a new HST, more transmission speeds to choose from—so you can handle your toughest chores with ease.

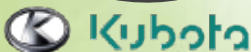
### B2320HSD with loader - Features:

- 17 pto hp diesel • 3 range hydrostatic transmission • foldable ROPS • with LA304 loader (669lb lift capacity)



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

**CASH SALE PRICE**  
**\$17,893.00\***  
 Reg. list \$21,417.00  
*While quantities last*



### B3300SU Tractor, w/ loader features:

- 25.0 PTO Hp • 3-range HST transmission • Powerful Cat.I 3-pt hitch • Rear PTO
- Foldable ROPS • Price includes tractor & LA504 loader (1065lb lift capacity) w/ 60" bucket

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



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

**CASH SALE PRICE**  
**\$3594.00\***  
 Reg. list \$4,044.00  
*While quantities last*



**\$74<sup>99</sup> /mth \***

*\*with \$350.00 cash down, over 48 months OAC plus tax.*

Equipped with a host of features, the T-Series can satisfy the most demanding homeowners. That's because their hydrostatic transmission, deep mower deck, sleek design, and choice of engines make them ideal for a wide range of residential jobs.

### T1880-42 features:

- 18hp Kohler Gas engine, single pedal hydrostatic transmission, easy lift 42" cutting/mulching mower deck, flat operators platform with easy one step parking brake.



**KEMLEE EQUIPMENT LTD.**

Your locally owned & operated Ag Centre