

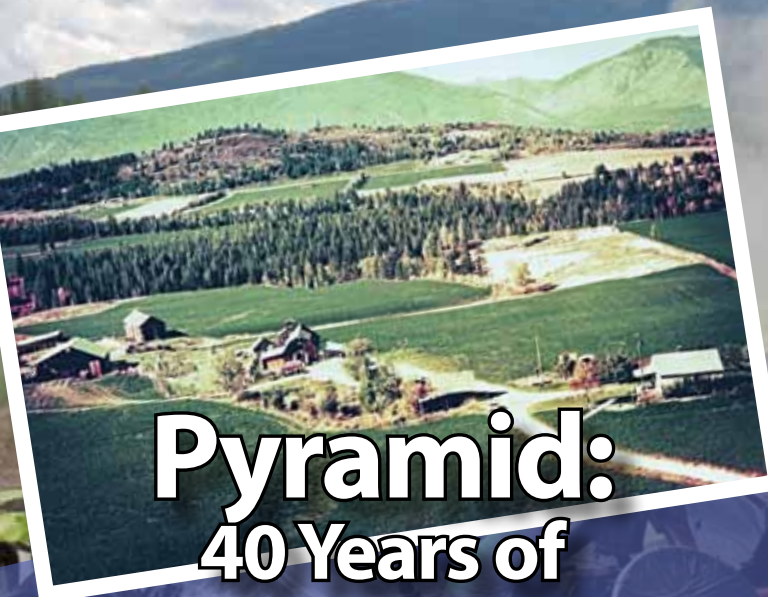
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May  
2014

# i love creston

**Demo  
Derby  
Smashing  
Good Times!**



**Pyramid:  
40 Years of  
Family Service**



**Charity**  
Managing a million

**Sports**  
Blind golfer a champ

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

# 10 Tips to Be a Good Neighbor



Being a good neighbor requires you to think beyond your four walls. By following a few basic rules of neighbourly etiquette and treating others with respect, you can help create a more harmonious environment for yourself and your neighbours.

Whether the you are in your first house or you have been in your neighborhood for awhile, keeping good relations with the neighbors can make a big difference in your quality of life. Here are a few etiquette tips to reduce friction and keep the peace with your neighbors.

1. Say hello. A friendly smile and wave to a neighbor when you go out and get the mail can go a long way toward creating a pleasant atmosphere.
2. Turn your music down. This is a simple peacekeeper, tried and true. If you plan on entertaining and having music, let your neighbors know ahead of time and keep it to a reasonable volume. If you play music in your backyard, remember to turn it off when you're done instead of going inside and forgetting about it as your music plays into the wee hours.
3. Close your garage door. Avoid the habit of leaving it open because you plan on going back out in awhile. This is especially important if it's messy. Not only is this a security issue, it's also an issue of extending common courtesy to your neighbors who may not wish to regularly get an eyeful of your collection of boxes, garbage cans, etc.
4. Do not let your dog bark incessantly in the backyard. Leaving your dog alone to bark all day—or even worse, all night—is a sure way to strain relations with your neighbor or possibly violate a city noise ordinance. If your dog stays in the yard while you are away at work, ask a neighbor who is at home during the day if they ever hear your dog. If there is a problem, fix it. They'll appreciate your consideration and in addition, it's the right and mannerly thing to do.
5. Reach out. Invite a neighbor over for a drink or a meal. Or invite a few neighbors over for a backyard BBQ or potluck. Investing some time in getting to know the neighbors will help keep relationships harmonious and make it easier to handle any problems that arise.
6. Maintain your yard. At a minimum, meet the basic standards of yard maintenance by mowing, weed-whacking and doing your best to keep your yard looking decent. Hire someone if you can't seem to get it done yourself. Neighbors get cranky at the thought of their property values going down because of a slob next door.
7. Position outside lights with care. Make sure your security light doesn't shine into your neighbor's bedroom.
8. Don't leave toys in the front yard. Whether it's yours or your children's toys, yard equipment, or car parts, it's bad policy to leave items on your front yard or driveway. Put your tools away when you're done with them.
9. Be a good driver. Don't treat the neighborhood streets as your personal racetrack. Always be mindful that there are kids, dogs, walkers and bikers out on the street. Also, when driving through your neighborhood, turn the volume on your car stereo down. Your neighbors shouldn't associate your comings and goings with a thumping bass and rattling windows.
10. Discuss problems in person. If a problem arises, talk to your neighbor in person first. Approach the situation in a pleasant way, "You may not have realized this, but ..." Start here rather than resorting to a nasty note or a call to bylaw services or the police that will be sure to permanently strain your relationship. Also, use good judgment in identifying real problems: a party on a special occasion is one thing; a continuous stream of parties that interfere with your sleep on a regular basis is another.



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**The Magazine**

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**Letters to the Editor**

Letters to I Love Creston Magazine may be emailed to office@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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*Front page photo Rick Reid of Sparwood, BC.  
Photos courtesy of Dan Caverly*



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## From the editor



“I love this magazine. You guys do such a great job!”

Many people said something along these lines to me at the Creston Valley Chamber of Commerce’s annual

Home, Garden and Leisure Show last month at the rec centre, bringing an even bigger than usual smile to my face. We love the magazine, too! That’s why I’m so excited to be part of it. But as proud as we are of our publication, we believe it can be even better!

Spring is the perfect time to start making changes. The warmer weather is drawing us outdoors. The days are noticeably longer. Every day, things are a bit greener and there are new visitors arriving – some sporting feathers, and some wearing clothes. There is a vibrancy in the air, smiles abound, and there is a sense of newness and growth. We’re taking that to heart and we’ve already started changing things.

You’ll notice that this month’s cover is a bit different than past issues. That’s because we’ve decided to start covering more feature stories. There are so many great things in this beautiful community we want to tell you about, we just can’t limit ourselves to only one feature per month anymore! Here at I Love Creston, we feel it’s important to share the many positive stories from around the valley so we can celebrate together. That’s just the first of the changes we’ll be trying. Stay tuned for more in the coming months.

But you don’t have to wait for fun and excitement. There are so many great things happening around the valley in May!

This month we’re celebrating the 40th anniversary of local business Pyramid Building Supplies. Congratulations on this fantastic accomplishment!

The demolition derby is celebrating an anniversary as well. At least, they think they are. The dates are a bit fuzzy for some reason that may or may not involve the effects of smashing cars for fun. Check out this large-scale version of bumper cars May long weekend.

The annual Blossom Festival is coming with a variety of events for the community to enjoy. There’s something for everyone. Just flip to the centre of the magazine for a full schedule of events.

Lower Kootenay band is holding the annual Yaqaan Nukiy Pow Wow celebrating aboriginal culture.

The Focus on Youth festival is once again showcasing talented young performers.

Seasonal enterprises such as the Museum, the Wildlife Interpretation Centre and the Farmer’s Market will be opening their doors.

The Creston Valley Bird Festival will be taking flight at various venues, showcasing the valley’s unique avian habitat.

Creston is hosting the BC Cattlemen’s Association provincial AGM.

The Creston Valley Rotary Club is hosting a wine tasting and art show.

The Kootenanny music festival will be rocking the East Shore near Boswell.

Six time Olympic athlete Clara Hughes will be stopping

## “There are so many great things happening around the valley in May!”

in Creston on her cycling tour late in the month at the invitation of Chief Jason-Louie to promote awareness of mental health issues.

Creston’s own Darren Douma heads to Australia to represent Canada in the World Blind Open golf tournament.

And I will be joining fellow cast members on-stage for a repeat performance of *Almost Golden*, a play written by local playwrights Suzanne Hayman Chubb and Jason Smith that is one of three productions being performed as Creston hosts the Centre-Stage theatre festival competition.

You can read more about most of these exciting community events in the pages of this month’s magazine, because we are a community magazine! (You may have noticed I use that word quite a lot.) We’re proud of where we live, of the wonderful people who share this slice of paradise with us, and of all the great things that

happen because of those people being their wonderful selves. We think the magazine is pretty great, too. But like anything, there's always room for improvement. And we want you to be part of helping us reach our potential! Tell us what you think. What do you like most about the magazine? What would

you like to see changed? Do you have any suggestions for new things we could do? What do you think of a photo contest? A kids' section? A Music and Media section? A locally themed cross-word or word search? Maybe you have your own ideas that would fit with our vision of I Love Creston as a positive, community

oriented local interest magazine. Just visit [www.ilovecreston.com](http://www.ilovecreston.com) and click on the link to our survey. Or you can send me an email at [marc@ilovecreston.com](mailto:marc@ilovecreston.com) or send us a message on facebook. Don't have a computer? You can use one for free at the library. ■

## Mailbag

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

Dear Editor,

I have followed your magazine since it was first published and found the contents enjoyable and informative reading. It is with a degree of regret that I have to make a negative comment towards the content.

The content I am referring to is from the March issue in the article "Hunting Experience 'not about the kill'" Darla (Hills) Dyer, who stated "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..."

I can only assume the contents of the article were triggered over some negative comment of a previous article.

It is very unfortunate that the negative comment relating to the production of livestock was published. To me the whole subject of what the author was trying to get across was marred by the few slanderous lines directed at the livestock production industry and the producers that provide protein in one form or another to residents of this planet. Everyone does not have the opportunity or wherewithal to harvest wild game even if there was a sufficient supply of it.

My thoughts are, to attempt to justify one's personal activities by taking down another one's activities

- worse yet a whole industry - is totally counter-productive. After having been an agricultural producer in this valley for 25 plus years and experiencing the onslaught of idealistic opinions, the comment I am referring to was hard to take. This valley has a new generation of farmers following what has been the traditional way of farming and at the same time incorporating any new scientifically supported methods of production.

I am not going to go into any diatribe of what agriculture means to this valley. I am only asking that yourself as editor or any of your reporters or authors present supportive factual and scientific evidence with any comments or statements they make when referring to agriculture. ■

*Respectfully,  
Cyril Colonel  
Wynndel*

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# SMASHING GOOD T

By Marc Archambault

**T**ires spin, dirt flies, engines roar, metal crunches as already battered cars slam into each other, and the crowd cheers. It's the adrenaline rush known as Demolition Derby and it has been a cherished feature of the May long weekend in the Creston Valley for over 30 years.

"Every year I'm stoked for May long weekend," explained Leslie 'Les' Batke, who is now co-organizer of the event along with Paul

Whitford. "Ever since I was a kid that was the most fun weekend of the year. There was the parade, the derby, the Blossom festival, all the people around town and lots of things going on. It shows how happy this community can be when they come together after a long dreary winter."

"Creston Derby has been going on since about 1980... roughly," explained Paul. "The guys that originally started it won't really give us a straight answer, because I think

it's a fog to them. It used to be called the Creston Daredevils and it was held out at the Lister Park."

Paul took over organizing duties last year, with assistance from Les, after his brother Blaine Whitford asked him to take the wheel. Les explained "we got into running it so we could still run cars. Because we love to do it so much. If we didn't take it over, we wouldn't be able to smash

our own cars unless we went somewhere else. We have to keep it

alive. We want to smash our cars locally."

Unfortunately for Paul, organizing duties take up so much of his time and attention that he isn't able to run a car in the derby himself. But he doesn't let that dampen his enthusiasm for the event. "It's like a family," he explained of the camaraderie that exists between the drivers on the derby circuit. "You only see each other once a year, but it's like no time has passed."

Putting on the event is no small task, especially with the organizers and many of the key volunteers working out of town. The current venue in Kitchener presents some unique challenges. Each year arrangements have to be made to rent the land, secure insurance, ensure safety and access to emergency services, coordinate volunteers, and of course bring in drivers to compete.

"We would love to bring it closer to town to make it bigger and better and benefit the local economy," explained Paul. The derby has an attendance of about 3,000, many of whom come from outside the Creston area. If the event were closer, those out of town spectators would then be in town spending their money at local businesses instead of heading home after the show. "If we could just somehow get the community back involved again the way it used to be, it would be a big asset," said Paul.

The Creston derby typically attracts 25 to 30 participating vehicles including entries from Fernie,

**"We want to smash our cars locally"**



Sparwood, and Cranbrook, Alberta and other areas. Drivers compete in heats of around 6 to 9 vehicles, with the heats typically lasting between 5 and 15 minutes. There is time in between heats for drivers to fix up their cars to prepare them to compete again. Winners take home a nominal cash award. “Our prize money is low to keep it more of a

grass roots feel,” explained Paul, “to keep that balance between chain and go builders and professionals. The Creston show is good for beginner drivers.” There is no governing body setting guidelines for derbies. Rules are based on experience, and the goal of the Creston organizers is to have rules that are consistent with those of shows in nearby regions like Southern Alberta to make it easier for participants to compete in multiple shows.

Most of the drivers are hobbyists. When preparing a car, good usable parts get stripped first and cars are recycled after being smashed up. Getting a car ready to compete in a derby can be a significant time investment, taking anywhere from 24 to 200 hours. But for drivers the reward is more than worth the

effort. “If you ever get into a car and smash it, you’ll understand why,” explained Les. “2007 was my first year running a car and I just got hooked on it. It brings out the little kid in us.”

## “We just want the community to have fun, and we want to have fun”

“A lot of people don’t understand the ‘addiction,’” added Paul. “But once they get in a car and drive it, that’s the

only way. It’s about motor sports and getting your hands dirty and being outside.”

“We’re all about good fun. We keep it going just to keep a Creston tradition going. It’s been over 30 years now. We just want the community to have fun, and we want to have fun.” ■

*The Creston demolition Derby takes place Sunday May 18, starting at 12 noon off hwy 3 in Kitchener. For information call or text: 250.402.9294 or 250.402.9471, or email [crestdemo@hotmail.com](mailto:crestdemo@hotmail.com)*



Photo courtesy of Justin Ziola



# Pyramid Building Supplies Celebrates 40 years

By Marc Archambault

**F**or Lawrence Bilcik, age 77, the memories of the founding of Pyramid Building Supplies 40 years ago are as clear as if it had happened yesterday, down to the exact make-up of the first load they ever sold and the specifications of the tractor used to move it; a Dewalt 560 65 horse power front-end loader which he took to Fred Olafsen, a “great, great welder” who “knew how to build anything out of steel” to make the forks from D7 CAT springs. “And he’s still yet to bill me,”

recalled Lawrence fondly. “He’s passed away. Good, good man. And that’s how we unloaded our first load of plywood.”

“We started with one semi load mixed with 3/8s sheeting and 5/8s tongue and groove,” explained Lawrence. “We put an ad in the paper. People came and bought that semi load. Then we got another semi load. Little by little we grew. People came from everywhere to our lean-to at the barn. We had a great time selling it. It was amazing!”

The lean-to where it all started was located on a 160 acre farm in Canyon that had belonged to his parents, which he and his wife Eleanor purchased in the 1960s. The family farm is where they raised their children Kelly, Stephen and Susan.

Pyramid wasn’t Lawrence’s first venture. In addition to raising cattle and growing alfalfa, “Lawrence was always trying out different business ventures,” said daughter Kelly, who now runs the thriving building



supply store with husband Dale Moberg, brother Steve Bilcik and his wife Tania. He tried everything “from jewelry to actually building a ‘skidoo’” until an article in the Vancouver Sun about plywood prices prompted him to try his hand at bringing plywood sales to the Creston Valley in 1974. It wasn’t long before they expanded to selling nails, plumbing, paneling and insulation. Customers came from as far away as Fernie, Fruitvale and Argenta.

Two years later, in 1976, what had been simply called “Plywood Sales” on a shingle hung at the ‘old hip roof barn’ originally built by Lawrence’s father officially became Pyramid Building Supplies Ltd. “We put in 18 different names, but that was the only one that was available,” explained Lawrence. “I always wanted to go see the great pyramids in Egypt. But I never did. Too late now.”

With the business thriving, the farm was sold in 1979 and construction of the store at its present location on Northwest Blvd began. Dale Moberg’s father, Vic, levelled the property. Brown Husband laid the block. Lyle Grills put up the drywall and stippled the ceilings. Norm Mailhot of Mayday Electric did the wiring and Jerry Reed did the plumbing. The building was completed in 1980 and the grand-opening was held that May. Since its initial construction, the building has seen several expansions. The first was in 1984. In 1995 the adjacent 5 acre property was purchased. An addition was built in 1999. And finally in 2005, a 19,000 sq. ft. warehouse was built to house the growing inventory of nails, insulation, gyproc, windows, doors and many other items.

The business has remained a family run operation. Lawrence’s son-in-law Dale Moberg began working at Pyramid in 1980 and wife Kelly joined him in 1984. Son Steve moved back to Creston from Lethbridge in 1991 with his wife, Tania, to rejoin the others in the family business. Sister Susan also took a turn working at the store, as have all of Lawrence and Eleanor’s grand-children, chipping in with everything from cleaning to assisting customers at the front counter.

Lawrence retired to Erickson in 1993 at age 55 with Eleanor when the store started making more use of computers. “I didn’t know anything about computers. I said ‘that’s it. Look after it, people.’” And they did. In the two decades since his retirement, the store has continued to thrive under the directions of Dale and Kelly, Steve and Tania.

Celebrations for the 40th anniversary will be held May 10th from 8 am

to 5 pm at the store. The Pyramid family and staff invite everyone to join them. There will be free donuts, hot dogs will be sold with proceeds going to the Canadian Cancer Society, and the anniversary cake will be cut at 2:30 pm. In addition to the numerous door prizes, there will be in-store specials and supplier representatives on hand to answer customers’ questions. AM radio station EZ Rock will be broadcasting on-site from 11 am to 3 pm.

“We would like to take this opportunity to thank the Creston Valley and surrounding communities for 40 years of support,” said the Pyramid family. “Come and join in all the fun!” ■



# 40th Anniversary

SATURDAY, MAY 10TH • 8 AM TO 5 PM

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## From the Mayor's desk

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

# AKBLG 2014 Conference huge success!

**W**e know we live in a special place filled with uniquely warm, generous and welcoming people. During our recent Association of Kootenay and Boundary Local Governments (AKBLG) conference, we were provided the opportunity to showcase these qualities to the region. For 3 days, we hosted over 200 delegates, partners and sponsors in our community for an event that has been declared the best AKBLG conference ever – not bad considering this event was the 81st annual!

The dedication of the event's organizers, Town of Creston Council, Town staff, RDCK Community Complex staff and the many, many volunteers that helped to pull this event off so successfully is something that our entire community can be proud of.

On top of all that hard work, the generosity of our local and out of town sponsors cannot be overstated; more than \$100,000 in sponsorship was secured – a great example of how these larger scale conferences serve as an economic generator for our community!

Conference highlights included two informative keynote speakers: Stockwell Day and Greg Moore. Both of these presenters are “movers and shakers” within the local government scene. Stockwell Day was successfully elected 9 times over 25 years at two levels of government and in 2 separate provinces. Greg Moore is the Chair of the Metro

Vancouver Board of Directors and the Mayor of Port Coquitlam.

In addition, numerous presentations were made by a wide variety of organizations: Columbia Basin Trust, the Rural Development Institute & the Smoke Free Kootenays Coalition, the Municipal Insurance Association, CP Rail, BC Assessment, Shaw, Telus, the Union of BC Municipalities' President, Lidstone and Company Law Corporation, BC Hydro, BC Assessment and more.

Beyond the information sessions and presentations, conference participants had the opportunity to participate in one of four tours showcasing a few of our valley's highlights. These tours included the Columbia Brewery and our newly upgraded Wastewater Treatment plant; the Wildlife Management Area and Wayleen Farms; Wynnwood (formerly Wynndel Box & Lumber) and Wynnwood Cellars; and the Baillie-Grohman Winery and Kootenay Alpine Cheese Company. It was a beautiful sunny day to tour our scenic valley!

In addition to the presentations, opportunities for socializing and networking abounded. Wednesday evening was the Welcome Reception / Barn BBQ Dinner and Evening hosted at the Creston Flats Stables ([www.crestonflatstables.com](http://www.crestonflatstables.com)). Attendees were treated to a “cow-sorting” rodeo event and musical entertainment featured JJ Shiplett and the Red River Rebellion. What a venue – what an event!!

Thursday evening was the Wine Tasting and Trade Show Social hosted by ILMA (Interior Lumber Manufacturers' Association). This event featured 3 local vintners and 2 local juice companies (William Tell and Table Tree Juice). Attendees marveled at the stellar local fair and libations. This event was followed by the Gala Dinner with entertainment being provided by the Timebenders. The catering and the décor was of the highest caliber.

There are too many people to thank in this short article, but you know who you are! To each and every one of you – thank you! Our community and our hospitality reflected the sunshine outside, our Community Complex (and their amazing staff) was an envy for many, and most of all our Organizing Committee, staff and volunteers “rocked”! ■

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

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**Creston Valley  
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# Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Mental health awareness

**K**i'suk kyukyit (greetings). On May 26, 2014, six time Olympian Clara Hughes will be cycling through Creston promoting and educating citizens about mental health issues faced by thousands of people, if not millions. Her campaign is entitled "Clara's Big Ride." It is an inspiring journey that unites all Canadians across the nation. This initiative will begin the necessary conversation on mental health and drive long term change in the way Canadians perceive mental illness.

The mission of Clara's Big Ride aims to mobilize, engage, and connect Canadians in a grassroots initiative to build awareness, increase acceptance, and take action about mental illness at home, at school, and around the boardroom table. Clara will cycle 60-225 kms daily with stops in designated towns and cities.

In February of this year, I was contacted by a Bell Canada representative (official sponsor) asking if the Lower Kootenay Band would be interested in participating in this event. Without hesitation I accepted the offer and contacted his worship Ron Toyota. The Lower Kootenay Band In conjunction with the Town of Creston will be hosting a stop for Clara's Big Ride. On May 26/14, Clara will be cycling into Creston and the Mayor and myself extend an invitation for citizens to come out to Millennium Park at 2:00 pm. Prior to Clara's arrival there will be some key note speakers and activities for participants. Upon her arrival, Clara will address the audience with a very inspiring

message for everyone. An evening reception will be hosted by the Lower Kootenay Band where Clara will be the key note speaker. The evening will have an Aboriginal theme but the message will remain the same.

I have taken an interest in this initiative as I have been very open with the general public with my bouts with deep depression and PTSD. When I disclosed my condition I did expect compassion but it has been the exact opposite where I received ridicule and minimizing the condition. I cannot speak for all who deal with mental illness, but I can say that when in a deep depression the feeling is frightening. There have been many sleepless nights and such a profound feeling of sadness that it seems nothing could make me happy. During one of the bad bouts of depression I spent three days in bed. The only thing I had the energy to do was to use the washroom. There was no appetite for food. Nothing mattered. I could not feel happy. Thoughts of suicide crept in and out. I tried the anti-depressants and they only seemed to make matters worse. My best anti-depressant has become my bicycle.

In the middle of winter if the temperature is +5 and I feel myself taking a nose dive, it's on my bike I go. Nothing matters when I am on my bike. I have virtually conquered every hill in the Creston Valley. Taking those hills represents overcoming my depression.

Factor in the Post-Traumatic Stress Disorder and life gets extremely complicated. Having the Chief

duties requires public speaking and appearances. The crowds at times can be overwhelming, the noise becomes deafening, and the anxiety kicks into full swing. This is a part of the job. Prior to any event requires much mental preparation. The message in my mind is "these are friendlies." Some may not understand this statement but a "friendly" is someone who won't inflict harm upon you.

For whatever reasons the higher power has me living with these conditions. I also realize Creator granted me the gift to write and express through words. Through writing I have become a story teller. Some stories are full of sorrow, some are of happiness, some humorous, others offer a message of hope. This message and this initiative offers hope to all who may be in that place of darkness. If you are living in the act of drowning in sorrow and blind from the tears, reach for the hands extended to you. They are all around. During the day, during the night, there is a helping hand for all of humanity.

Mental health awareness is a very personal and important cause to myself and my family. I ask that we all come out and support Clara's Big Ride on May 26/14.

Millions of people on this planet deal with mental health issues and the time to bring awareness and talk about it is now. Those affected are husbands, wives, children, grandfathers, grandmothers, and our colleagues. There are no ethnic or gender barriers. The darkness, as I call it, is not biased.

With that, I thank you for reading and hope that you can help make this event a huge success. ■

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

Footlighters Presents

# Centre Stage

Kootenay Zone Drama Festival

Adjudicated by Danille Dunn-Morris

Prince Charles Theatre  
Creston, BC

Thursday, May 29  
7:30 pm

## Almost Golden

By: Suzanne Chubb & Jason Smith  
Footlighters - Creston

Friday, May 30  
7:30 pm

## As The Deer

By: Jason Koop  
Footlighters - Creston

Saturday, May 31  
7:30 pm

## The Dump Waiter

By: Harold Pinter  
Revelstoke Theatre Company

Tickets:  
\$8 each or  
\$20 for all 3 shows

Available at:  
Black Bear Books or  
Kingfisher Used Books  
& at the door



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& the Town  
of Creston

# FOOTLIGHTERS

*We bring life to drama.*

# Footlighters hosting Centre Stage

Story by: Footlighters Theatre Society

**A**fter more than a decade since Creston hosted Centre Stage, Theatre BC's Kootenay Zone festival, Footlighters Theatre Society is bringing the adjudicated competition back to the Prince Charles Theatre May 29-31.

Three plays — *Almost Golden* and *Coffee's On* from Creston, and *The Dumb Waiter* from Revelstoke — will compete for several awards, including one for best production, which will move on to compete against other regional winners in July's provincial festival in Kamloops.

“Having the festival return to Creston is a great opportunity for both the performers and creative teams to learn from the adjudicator,” says Footlighters president and festival co-chair Brian Lawrence. “Both of Creston's scripts are original, so we're particularly interested to receive feedback on them.”

Each play will run at 7:30 p.m. at Prince Charles Theatre, with a 10-minute critique from the adjudicator immediately following the performance. Theatre BC members can attend a two-hour critique of each play the following morning at the Snoring Sasquatch. The schedule is:

- May 29, *Almost Golden* (Footlighters), by Suzanne Chubb and Jason Smith, directed by Brian Lawrence. A retired miner and his wife living in a small B.C. town are celebrating their wedding anniversary. Their daughter, with her husband and son, and their son, with his wife and daughter, come to visit. The family's bond is tested during appearances by four visitors, each of whom brings to light information that has a profound effect on the

future. Starring Lynn Adderley, Marc Archambault, Warren Bruns, Suzanne Chubb, Starla Ek, Brian Lawrence, Debra Mehrer, Kelly Mehrer, Sam Mintenko, Jason Smith, Stephanie Sweet, Logan Thompson.

- May 30, *Coffee's On* (Footlighters), by Jordan Koop, directed by Simon Lazarchuk. A one-man show taking the audience through a week in a man's life, at home, work and on stage, exploring ups and downs along the way. Starring Jordan Koop.

- May 31, *The Dumb Waiter* (Revelstoke Theatre Company) by Harold Pinter, directed by Anita Hallewas. Two hired assassins are holed-up in a dingy, disused basement of a rooming house, waiting to be sent out on their next job. Thinking the house has been abandoned, things get complicated when they receive information from sources coming from other floors to send food orders up a dumb waiter.

They bicker between themselves as their anxiety grows about the unknown victim. Starring Anna Fin and Sarah Harper.

Kamloops-based Danielle Dunn-Morris will take on the challenge of adjudicating the festival, announcing the awards on the final day before hosting a four-hour workshop with the winner. Trained at the University of BC and Banff School of Fine Arts, she is an experienced director, performer and educator.

With three vastly different plays on the schedule, the festival will be a learning experience for performers and audience members alike.

“This festival provides an excellent opportunity for local audiences to see three shows in a short period of time, and compare them,” says festival co-chair and Footlighters treasurer Frank Goodsir. “We won't be waiting 12 years to do it again!” ■



Sam Mintenko and Stephanie Sweet in a scene from Footlighters Theatre Society's production of *Almost Golden*. Photo courtesy of Brian Lawrence.



# Pharmacist Corner

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

## Dry Eye

If your eyes are constantly uncomfortably dry and a blink doesn't produce the necessary film over them for good vision, then you may have dry eye, also known as keratoconjunctivitis sicca. Either your tear glands have stopped producing enough lubrication to protect your eyes or the quality of your tears has diminished.



### What are tears?

Have you ever tasted your tears? If so, you know that they aren't just made of water. Tears also include fatty oils, proteins, electrolytes, infection-reducing substances, and growth factors that aid in regulating various cell functions. Each teardrop is made up of three layers - the outer oily lipid layer, the middle watery layer, and the inner mucous layer - and each layer is manufactured by a different tear gland.

### Symptoms

If you have dry eye, your eyes may:

- Sting or burn
- Have trouble seeing occasionally
- Feel scratchy
- Feel like something's caught under the lids
- Contain stringy mucus around the edges
- Feel particularly uncomfortable when wearing contact lenses
- Be sensitive to anything like smoke or wind or dust

Paradoxically, with dry eye, you may also have watery eyes; the excessive dryness can trigger the development of the watery component of your tears.

Severity of the symptoms may change from day to day, but having regular dry eyes can affect quality of life and increase risk of eye infection.

### Causes

Dry eyes are a symptom of some underlying condition. For many people, it just means that they

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medicine

are growing older, and with age, hair and skin dry up and the tear glands stop making as much liquid as they used too. This is particularly true of women after menopause.

In addition, dry eyes due to less lubrication may be a side effect of over-the-counter or prescribed medications such as diuretics, sleeping

pills, antidepressants, acne drugs, and antihistamines. So, get in the habit of being informed about any medication you are taking: read the information that comes with the medication, and whenever you go on a new medication, always talk to your pharmacist, who will explain the medication's actions and potential side effects.

Dry eyes can also be a side effect of radiation therapy or a symptom of an autoimmune disease such as rheumatoid arthritis, lupus erythematosus, or Sjogren's syndrome (which includes a triad of conditions: lupus, dry mouth, and dry eye). It may also be related to diabetes or thyroid problems.

**Treatment**

If symptoms are mild, some measures may help to provide improvement:

- Apply warm compresses
- Use an humidifier
- Avoid the cause if possible (allergy, environment, smoke, etc.).

If, despite this, you find that your eyes don't seem to be producing moisture as easily as they once did, whether in response to irritation or emotion, ask your pharmacist to recommend an over-the-counter medication. The most common ones are eye drops called artificial tears, which moisten the eyes. If you need to use them frequently, choose preservative-free drops and you can use them as often as required.

If you continue experiencing uncomfortably dry eyes, consult your doctor or optometrist, who will advise you what you can do next. There are a variety of other treatment options that may be suggested, including:

- Solid inserts that gradually release lubrication
- Plugs to prevent the tears you do make from draining away by plugging the canals that drain your tears to the nose
- Thermal cautery, a procedure which permanently obstructs the canals with scar tissue
- Medications to take orally

You may also find it helpful to reduce environmental factors that may make your condition worse: stop wearing contact lenses or wear them for shorter periods and keep your environment as humid and smoke- and dust-free as possible. ■

*For more information or if you have any questions please talk to your local Shopper's Drug Mart Pharmacists: Srinivas Chalagalla and Karl Mottl  
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Email:Asdm2284@shoppersdrugmart.ca*

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# Wildlife Centre Gearing Up for the Season

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

The Wildlife Interpretation Centre will open for the season on May 10th, to coincide with the Creston Valley Bird Festival. The Centre will have free admission on this day and we are offering guided canoe tours and a special children's program. All programs need to be booked in advance and you can do so through the CV Bird Festival's website ([www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca)).

The tree swallows have returned for the season and are setting up their nests in the boxes that line the Marsh Trail loop near the Centre. It is quite a sight to watch them swoop and dive and cruise in and out of the boxes as they bring in grasses and feathers to line their nest. Usually, the first batch of eggs are laid in mid May. Most years, there are multiple broods laid in some of the boxes. We monitor these boxes each season, doing weekly checks to record the number of successful fledglings. There are 66 boxes on the route. In the last 7 years, we counted anywhere from ~50 to over 250 fledged chicks. There is quite a range because many factors contribute to their success in making it to young adults including food supply and predation.

We are excited to offer a new program for school students this year that takes a closer look at the senses. In this program, called Sensory Overload, we take a look at the extraordinarily keen senses that animals have developed

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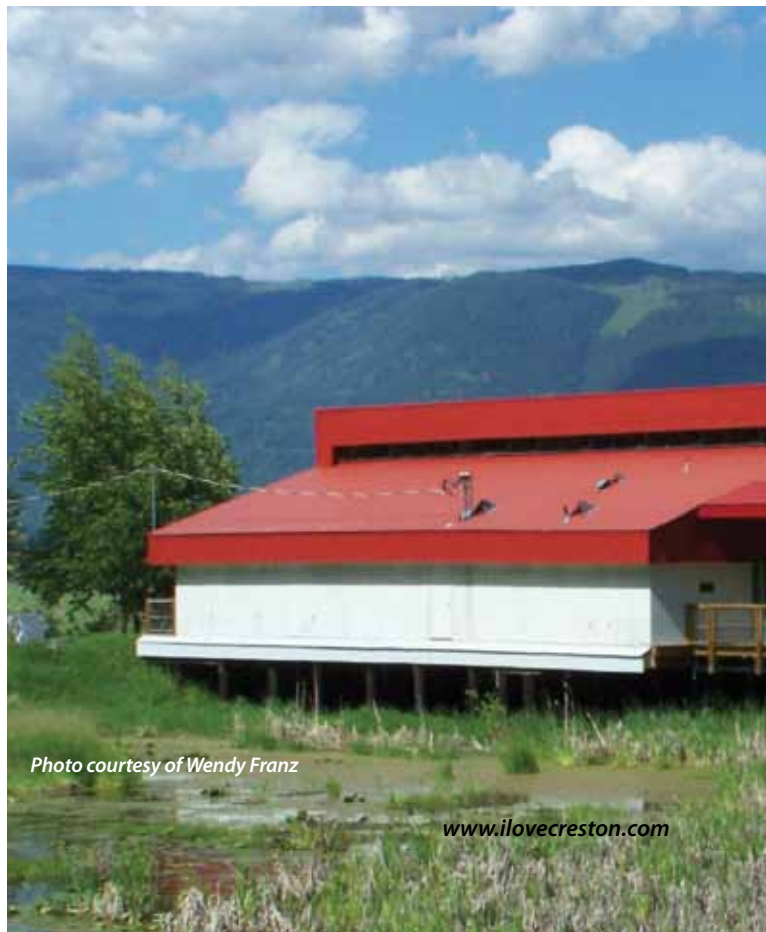


Photo courtesy of Wendy Franz

to survive. For the older classes, we look at some senses that are unique to animals; ones that humans do not have, such as the use of echolocation in bats to navigate and find their prey and the ability of birds to sense the Earth's magnetic field for migration.

## **“We are excited to offer a new program for school students this year”**

Some special events at the Centre this season include a morning walk and breakfast on Saturdays in May and June and sunrise canoe paddles in July and August. These events are free for members or for a fee for non-members. Additional programs will be offered as the season unfolds, so please check out our Facebook page or website ([www.crestonwildlife.ca](http://www.crestonwildlife.ca)) for more information.

Our Jr. Naturalist summer nature day camps are booking fast, so please contact us if you would like to register your child. Programs are available for children ages 6 to 13 in the month of July. We have a blast exploring the wetland, learning and having fun with games, activities, crafts and more. And we keep in shape with lots of hiking and paddling!

We encourage those people who visit the Wildlife Centre and enjoy the surrounding trails to take out a membership. Membership fees help us to continue to offer educational programming and maintain trails and infrastructure. Members get benefits such as reduced program fees, special free programs and free admission to the Centre and trails. Memberships can be purchased through the Wildlife Centre or online through our website. ■

*Questions? Feel free to give us a call at (250) 402-6900 (Admin) or 6908 (Wildlife Centre), or email us at [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca).*

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**May 10 - Opening Day  
& Creston Valley Bird Fest**  
**Morning Hike & Breakfast**  
**Saturdays in May (except 10th)**  
**Time: 7:30 - 10 am**  
**Cost: \$12; Free for Members**

## **CENTRE HOURS:**

**Open Seasonally - 9 am to 4 pm**  
**May 10- June 28 (Tues - Sat)**  
**June 29 - Aug 30 (7 days a week)**  
**Sept 2 - Oct 11 (Tues - Sat)**

## **REACH US AT:**

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**(250) 402-6908 or (250) 402-6900**  
**email: [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca)**  
**[www.crestonwildlife.ca](http://www.crestonwildlife.ca)**



# Creston Valley <sup>73rd Annual</sup> Blossom Festival

Registration forms are available at the Creston and District Chamber of Commerce office or to on line to: [www.blossomfestival.ca](http://www.blossomfestival.ca)

## Another New Blossom Festival Event!

### 100 KM Yard Sale and Swap Meet From Yahk to Riondel

by Hugh Johnston

They may not make the Guinness Book of Records, but they are sure going to try. Festival director, Myrna Johnson is the big push behind the 100 km yard sale and swap meet which will run on Sunday, May 18. Myrna comes from Nova Scotia and a similar event in

that province drew quite the crowd.

The swap meet runs from 9:00 am to 1:00 pm and will take place in the Creston

Truck Service parking lot. Sites rent for \$15. Tables rent for \$20 which includes your site fee. For \$30 it includes site fee, table and tent.

Residents who live along the route from Yahk to Riondel can set up their yard sale signs and displays on their own property. Highway 95, 3 and 3A should be busy with onlookers and bargain hunters that afternoon. If ever there was an incentive to clean out the attic, basement or garage then this is it. ■

**“They may not make the Guinness Book of Records, but they are sure going to try”**

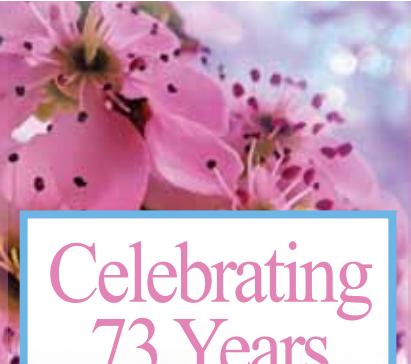
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Creston Valley Blossom Festival needs vendors for the

**Street Fair  
Saturday,  
May 17, 2014**

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# Creston Valley Blossom Festival Opening Ceremonies

~Plus~  
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the  
**Carltones**  
featuring  
Carl Erickson  
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with Special Guests

Creston Talent  
Showcase  
\$500 Audience  
Choice Award  
Come vote for your favorite!

Friday, May 16  
Prince Charles  
Auditorium

7 pm

Tickets \$15 Adult  
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Available at Black Bear Books  
& Creston Valley Chamber of Commerce

# Creston Valley 73rd Annual Blossom Festival

## Blossom Festival has a Full Schedule

By Hugh Johnston

Creston's largest Funfest of the year will be happening for the 73rd time from May 16-20. It kicks off with the Grand Opening ceremonies, the announcement of this year's Citizen of the Year, and the Blossom Festival Talent Showcase which will feature the five performers chosen by a selection committee and one of those taking part will receive \$500 based on a vote by audience members. If that isn't enough, an all-star band will also be performing. The Carltones headed by Carl

Erickson features Donny Clark and assorted friends, all of whom are musicians with a Creston connection.

May 16 is the date of the show, and tickets will go on sale shortly at Black Bear Books and the Chamber of Commerce. Tickets are \$15 for adults, \$5 for children 12 and under.

The busiest day of the festival is always Saturday. The day begins with the Lions Signature Breakfast at Sunset Seeds, where \$5.00 gets you two fried eggs, two sausages, two pancakes and coffee or juice. A small army of volunteers gets up

early to map out and organize the floats, bands, clowns, church groups, classic cars, antique cars and farm equipment that comes together just before 11 a.m. for the mammoth Parade that begins in front of the Creston Motel and heads down Canyon St. to the Overwaitea parking lot. This being an election year, look for parade appearances by a wide variety of politicians all vying for your vote this fall.

The long running Lions Street Fair will be underway on 11th Ave N. just north of Canyon at Spirit Square from 9 a.m. to 3 p.m. The Lions have partnered with TAPS the last two years so that the net proceeds stay working in Creston. If you are a Lego Lover, drop down to the Chamber of Commerce as the Lego Challenge goes from 9 a.m. to 5 p.m., Friday, Saturday and Sunday. The winners will be honoured Sunday afternoon in Centennial Park.



**Blossom Festival**

**Celebrating 73 Years!**

*Enjoy the festivities during the long weekend!*

**Extra Foods** 

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**CRESTON VALLEY**  
CHAMBER of COMMERCE

---

**CRESTON VALLEY BLOSSOM FESTIVAL**

---

Enjoy the Festivities  
Friday, May 16 to  
Monday, May 19, 2014

---

**CELEBRATE 73 YEARS!**

The Farmer's market will be in full swing on Saturday from 9 a.m. to 1 p.m. behind the Chamber of Commerce.

One thing the Blossom Festival doesn't forget are our younger citizens. You know, the ones who represent our future. From 12 noon to 4 p.m., the parking lot of the College of the Rockies will be the site of the Kidapalooza by Success by Six featuring a variety of children's fun games including bouncy tents.

The older youths aren't being overlooked either. Last year they held a very successful dance in Millennium Park, so their hardworking committee of volunteers are looking to grow their event this year. At 12 noon in the parking lot behind the Millennium Park stage, they are staging a carnival featuring a most unusual beer garden. This one is a Root Beer garden in

# Creston Valley Blossom Festival 73rd Annual

case anyone gets the wrong impression.

The Blossom Festival weekend is also special for the Lower Kootenay Band who will be holding a Pow Wow all weekend. Times are posted elsewhere in this section.

If you still have an appetite by Sunday you should head over to the Catholic Hall for the Knights of Columbus Western Breakfast which runs from 8 a.m. to 12 noon. Scrambled eggs, Texas toast, hash browns and much more are available.

The action shifts to Canyon St. on Sunday for the Classic Car Show. A cherry pie baking contest will be held. The Lions meanwhile will have their food wagon, selling fresh, hot

chili and chili dogs. Also on Sunday is the 100 km Yard Sale and Swap Meet which could become an annual event.

Monday is the day of the Kiddies Parade. They muster behind the CIBC at 10:30 a.m. At 11 a.m., led by the RCMP, the parade heads down Canyon to the Royal Bank where it disburses. The fun isn't finished as the Lions food wagon will be in Centennial Park and a variety of hot items will be available for sale. Each kid gets a ticket for one free hot dog. Games are planned so it should be a fun afternoon.

On Monday, head to the airport for a chance to see the airport or enjoy some great food. ■

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# Creston Blossom

Friday, May 16 to Monday



**Packing Sheds  
to  
Flower Beds!**

## FRIDAY, MAY 16

## LOCATION

- \*Creston Museum 219 Devon St
- \*Model Railway 219 Devon St
- \*C.V. Wildlife Centre Open West Creston
- LEGO CHALLENGE** Chamber of Commerce

## OPENING CONCERT

Creston Talent Showcase  
- Citizen of the Year

*Come Hear Creston*

Prince Charles Secondary

## SATURDAY, MAY 17

## LOCATION

- \*Lions Club Breakfast Canyon St. (11th Ave. N.)
- \*STREET FAIR (Lions Club & TAPS) 11th Ave. N.
- \*C.V. Wildlife Center Open West Creston
- LEGO CHALLENGE** Chamber of Commerce
- \*C.V. Flying Club -Fly Over (weather permitting) Canyon St.
- PARADE** 18th Ave. to 16th Ave (South)
- \*Children's Fun/Games (Kidapalooza by Success By Six) College of the Rockies
- ROOT BEER GARDEN (Carnival for youth)** 16th Ave (South)
- \*Therapeutic Riding Demonstration 849 Erickson
- \*Duck Race Creston Aquatic Centre
- \*Farmer's Market Next to Chamber of Commerce
- ENTERTAINMENT IN THE PARK** Millennium Park
- \*LKB Pow Wow Grand Entrance 830 Simon Rd
- \*Creston Museum 219 Devon St
- \*Model Railway Creston Museum
- Off-Leash Dog Park Official Opening 1414 Cedar St
- \*LKB POW WOW Grand Entrance 830 Simon Rd
- TEEN EVENT- MUSIC/DANCE/PRIZES** Millennium Park





# Creston Valley 73rd Annual Blossom Festival

## Local Talent to be Showcased in Opening Ceremonies

By Jan MacDonald-Potyok

This year the Blossom Festival Opening Ceremonies is offering

a wealth of local talent as well as the Citizen of the Year Award.

The Blossom Festival Talent Showcase is an opportunity for local performers to apply for a paying gig that will offer them a shot at a significant performance bonus. We figure CEO's get them, so why not our local talent?

Performers are invited to submit resumes to [crestontalentshowcase@gmail.com](mailto:crestontalentshowcase@gmail.com). Adding video or audio to your application is encouraged. The hiring committee will choose



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May 16th to 19th

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73rd Annual  
Creston Valley  
**Blossom Festival**  
May 16th to 19th, 2014



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ten applicants to audition for five spots during the opening night show. These five will receive a minimum paycheque of \$50 for their performance.

The twist is this: one of the performers will receive a performance bonus of \$500. The recipient will be chosen by a vote taken that evening by audience members and will receive the Audience Choice Award.

Rather than a traditional talent competition, the performers are being given an opportunity to apply for a job. The requirements of the job are:

- 1) The performance must be appropriate for the proven demographic of the event. The audience is predominantly seniors and families.
- 2) The performance must not require live music gear such as amplifiers or

# Creston Valley Blossom Festival 73rd Annual

drum kits as there is not time for set-up and tear-down of such gear.

- 3) The performance must not take more stage space than 8' x 8' as there will be a band set up on the stage.
- 4) Preference will be given to new and under-exposed talent.

While the votes are being tallied, the audience will be treated to a performance by The Carltones, featuring Carl Erickson, Donny Clark and assorted friends. Combining superior musicality and a relaxed atmosphere with the quick banter of good friends, this is a show not to be missed. ■

*Tickets are \$15 for adults and \$5 for 12 and under available at Black Bear Books and the Chamber of Commerce.*



## OPENING MAY 1

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- June-Sept 1 9-6 7 days a week
- Sept 2-Oct 15 10-5 Thur-Sun

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28th  
Annual

Monday, May 5  
to Friday, May 9  
2014

A large graphic featuring a treble clef and various musical notes in shades of orange, pink, and purple, set against a black background.

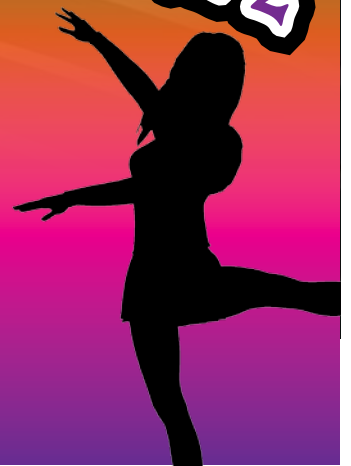
# Focus on Youth

**Visual Arts**

*Ingham Arts & Culture Centre*

**Performing Arts**

*Prince Charles Theatre*

A background featuring a watercolor wash of colors (blue, green, yellow, red, purple) and a paint palette with various colored paints in the bottom left corner.

A Proud  
Supporter of  
Focus on Youth

Creston Valley  
Teachers' Association

# Young Talent on Display at Annual Extravaganza

By Frank Goodsir

Spring may have been a little late this year, rather tardy in fact, but right on schedule is the 28th annual Focus On Youth.

This year is another milestone in one of BC's longest running non-competitive children's festivals. Twenty eight years is a long time for a festival to run especially one involving our youth. Many students who performed in the first decade of concerts are now proudly returning to watch their own children perform.

This year's Focus On Youth runs May 5 – 9 in a series of concerts. The number of concerts is determined by the number of individuals and group/class performances that need to be scheduled. Each daytime concert is approximately forty minutes long while evening concerts may be up to an hour or slightly longer.

The concerts will be front and center on the Prince Charles Theatre stage where the students, many for the first time, will have a total theatre experience with lighting, sound and a live audience of their peers, parents, grandparents and other assorted relatives and friends.

In conjunction with the performing arts, a visual arts display is planned that week at the Ingham Arts and Culture Centre at 1507 Canyon Street. The usual spectacular array of fantastic art created by students from Kindergarten to Grade 12 will be on display.

In all, approximately 1000 students from Riondel to Yahk will take part in this week-long extravaganza. As in past years, the festival will have an international flavour as

students from south of the border, who come to Creston to work with our private music teachers are also involved. This is one of the many features that make our festival unique.

Everyone is encouraged to take in at least one concert along with the art show and support the talents of the young people in our community. ■



Mother's Day is May 11

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[www.growerdirect.com/mothers-day-facts](http://www.growerdirect.com/mothers-day-facts)

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

### Facts About Mothers Day

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

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

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



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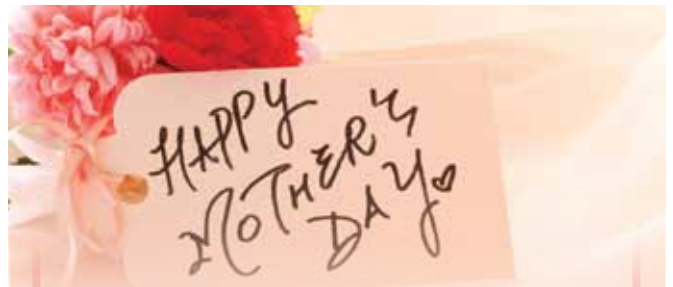


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**Join us for Mother's Day Brunch  
Sunday, May 11  
9:00 am to 2:00 pm**



## abc Country Restaurant



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Phone: 250-428-7864

# SNAP – Keeping population low

Story by: Stephanie Sweet

A friend sent me a YouTube link on the Animal Advocates of BC, featuring the rescue of an abandoned and starving female dog with puppies. Even though it was very difficult to watch, I could not help but think how responsible we all are in some way for the hundreds and hundreds of dogs and cats that no one wants.

Here in Creston, fortunately, we have the Central Kootenay Spay Neuter Animal Program (SNAP) Society. A group of very compassionate and concerned people started SNAP (a registered non-profit society) in November 2008. Their mandate was and is to assist in the population control of domestic stray and feral cats and dogs in our valley. To date, SNAP has helped spay/neuter 1,000 animals in our area, approximately 200 cats and dogs per year.

According to BC SPCA's "Sex and the Kitty", a single unsprayed cat can produce 470,000 offspring in just

seven years. Yikes! One can sure see just how valuable spaying/neutering is in unwanted population control.

Here at SNAP, we all wish to express our appreciation to all of

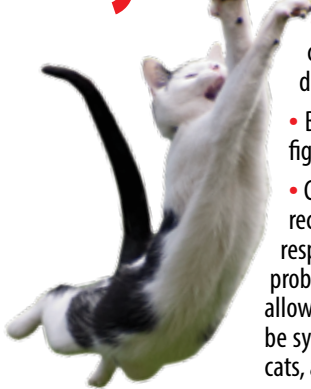
our supporters for their caring, donations, footwork, and all you out there for using our valuable service. ■

For more information on SNAP, call 250-428-2811.



Photo courtesy of Wendy Franz

## May is Feline Focus Month



Don't miss out,  
sale ends May 31, 2014!

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

Have your cat tested for both diseases which are prevalent in the Creston area for

**\$64.04 in the month of May**  
*Savings of \$20*

**10% off feline vaccinations** (+GST)

*Vet services are PST exempt!*

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**VETERINARY HOSPITAL**

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# Creston-Kootenay Foundation Reaches \$1 million!

Submitted

**W**hat does reaching \$1 million in investments mean to this community?

This donated capital is invested and, each year, the “profits” on the fund are returned to this community by way of grants. For 2014, approximately \$36,000 was issued as grants to deserving non-profit groups from Yahk to Riondel. The total amount that the Foundation has granted since 2005 is \$193,489.

Some of the past beneficiaries of the Foundation have been:

- Hospital equipment
- College of the Rockies greenhouse
- Swan Valley Lodge: Beds, lifts, wheelchairs, outdoor benches and birthday gifts for residents who have no family
- The Therapeutic Riding Program
- TAPS: Assistance for the bus, kitchen renovations, and seniors’ shopping program

What is a Community Foundation?

A community foundation combines large and small charitable gifts. These gifts qualify for Canada Revenue Agency (CRA) Income Tax receipts. The capital is never touched. It grows with each new gift, generating income to meet the wide range of community interests and needs for now, and in future years.

Community Foundations are registered with CRA as tax exempt “public foundations.” They have a duty to the community

to administer and account for the use of these funds. They are administered by a volunteer board of directors, to minimize administration costs. (See website [www.ckfoundation.com](http://www.ckfoundation.com))

MANDATE of the Creston-Kootenay Foundation (CKF):

- To help improve the quality of life within its service area: Riondel to Yahk.
- To prudently invest gifts and manage trust and endowment funds (There are many types of funds. You choose where you want your investment to go.)
- To distribute the net income from each fund through grants within our communities, satisfying the wishes of our donors.

The fields of consideration are: educational needs, social welfare and health issues, programs for the aged and the disabled, preservation and protection of the environment, advancement of the arts, heritage appreciation, prevention of delinquency and substance abuse.

Where does the money come from?

The Foundation was created to use community monies transferred out of Pioneer Villa, Swan Valley Lodge, and other early donors. Many community leaders have served on the board.

Most of the endowment has come from legacy gifts – from people who wish to leave some of their wealth for the benefit of the community as a whole. This includes gifts left in a person’s will, and gifts made during

their lifetime.

What can Creston-Kootenay Foundation (CKF) do with funds that other charities cannot?

CKF is unique in that it is a “one stop solution” for those who wish to make a tax-deductible donation to make our community a better place to live, but don’t want to be limited to a single area of impact. A gift to the Foundation is either placed in an “area of interest fund” at the donor’s instruction, or placed in the “Unrestricted Fund”, which can be used to make grants to local charitable organizations annually.

How to give back to Your Valley. Make a difference - get involved!

The Creston - Kootenay Foundation (CKF) is YOUR organization. It was created in response to community needs. CKF is the vehicle for you as citizens to return to the Valley some of the benefits the Valley has given to you.

Reasons to give:

1. Tax benefits
2. Community contribution
3. Benefits now, and for the future

Creston-Kootenay Foundation accepts donations in the form of:

1. Cash
2. Securities
3. Real estate
4. Life insurance ■

For more information visit [www.ckfoundation.com/](http://www.ckfoundation.com/) Or contact Heather Suttie [suttie.heather@gmail.com](mailto:suttie.heather@gmail.com) (250) 428-7784

# Home & Garden

## Gardening tips

[www.handy canadian.com](http://www.handy canadian.com)

### Mapping

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

### Light And Shade

The reason for noting the where the

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

### Texture And Heights

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

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

### Colour

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

### Soil & Climate

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

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# Home & Garden

## Trees and shrubs add beauty to your home

Great suggestions for trees and shrubs for around your house.

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

Excellent flowering trees are the magnolias, crab apples, dogwoods

and cherry trees. They grow fairly quickly, provide moderate shade, and are just beautiful in the spring.

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

Enhance your front door with an

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

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

## Cutting down on household costs

### Bathroom

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

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

- Turn off water when you're not using it.
- Replace worn out washers to stop faucet leaks.
- If your toilet "runs" between

flushes, you are wasting a lot of water. To test your toilet, place food coloring or dye tablets in the toilet tank, and then check the bowl for traces of color after 15 minutes.

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

### Kitchen

- Add low-flow aerators to threaded

faucets in sinks.

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

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

Use the water-saving cycle whenever you can. ■

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# No Lack of Vision

Story by: Darren Douma

This past August, I had the opportunity to participate in my first ever blind golf event in Port Alberni, BC. It was there that I competed in the 2013 Canadian and Western Blind Open. In my sight category in the Western Open, I placed first and in the Canadian Open, I placed second. A positive outcome from these results was qualifying and being selected as one of six players to represent Canada at the 2014 World Blind Golf Championships being hosted in New South Wales, Australia this May. While there, we will also have the opportunity to compete in the 2014 Australian Blind Open. The World Championships only occur every two years, so it's an amazing opportunity that I may not have a chance to take part in again. This August in Truro, Nova Scotia, I will have the opportunity to improve on my 2013 experience by participating in the 2014 Canadian Blind Open, where I hope to join the Board of Directors of Blind Golf Canada to promote blind golf into the future.

Over the last six months I have been actively seeking sponsorship support to make this dream a reality. Unfortunately, doing so as an individual becomes much more difficult as businesses and organizations tend to only sponsor teams. It cannot be overstated that this endeavor is not a campaign to subsidize a holiday. It's an opportunity to compete on an international stage while representing my community, my province, and my country. The hoped-for outcome, and my personal goal, is to inspire all ages of individuals who cope with vision loss to take up the game of golf. The message is simple; it doesn't matter what

disabilities you are facing in your life, if you put your heart and mind into what you are trying to accomplish, then you can do anything! "Believe and Achieve!"

However, after my sight deteriorated, it took over two years for me to believe in my abilities again. In 2008, I had to give up driving and my career with Frito-Lay. In 2005 I was diagnosed with a rare genetic juvenile form of macular degeneration, called Stargardt's disease. This disease is similar to age-related macular degeneration, and affects central fine vision. To date, there is no cure or treatment for either condition.

During that time, I have to admit there was certainly a period of depression. As far as golf goes, it was frustrating trying to locate my ball, and I felt I was negatively impacting my playing partner's games. Furthermore, I couldn't break 100 and my handicap continued to climb. Simply put, I had lost all confidence. After completing the 2009 golf season, I decided I no longer wanted to golf.

Then in the spring of 2010 came the Masters tournament in Augusta. Despite my negative outlook on golf, I still managed to tune in to watch my favorite player, Phil Mickelson, who - like me - is fondly called "Lefty" for playing left-handed. During the third round of the Masters on the 13th hole, Phil's tee shot strayed into the trees where his ball ended up on a bed of pine straw. Phil, having much confidence in his game, made the decision to go for the green. His shot not only got out of the trees, but it also ended up on the green within three or four feet of the hole. Phil went on to win the 2010 Masters. It was this particular shot that re-inspired me to continue with golf. If I hadn't witnessed that shot, I probably wouldn't be golfing to this day. I have a picture of it hanging on my wall as a daily reminder that no matter what obstacles you're facing in golf or life, you have to have the confidence to go for it!

To this day, not only have I continued to golf and improve my game, but I am also committed to vision advocacy in our community and province. So I developed my own website called VIBE for Visually Impaired Blind Empowerment, where individuals coping with vision loss can find my story, links to useful information, and details of low-vision aids that assist me on a daily basis.

VIBE and vision advocacy have opened up many opportunities to expand my volunteer objectives in promoting the game of golf through blind sports. Recently, I was given the role of golf Commissioner with BC Blind Sports. I hope to promote golf to all visually impaired and



blind individuals.

As part of vision advocacy, I have joined the Canadian Council of the Blind, a nonprofit which advocates for the blind and visually impaired, and assists in removing barriers to allow these individuals to live in an inclusive environment. Most people are aware of CNIB, which has been a huge asset to those of us with vision loss. These two organizations work collaboratively on many vision initiatives on our behalf. I am now actively trying to establish a CCB Chapter in Creston. Anyone is welcome to join, whether you are blind, visually-impaired, or fully-sighted.

One important vision initiative that CCB are trying to initiate in Ontario is "Health and Vision Vans." The program, which uses the vans primarily for vision assessments in schools and senior homes, was originally organized in the United States by Lions Club International. A Club in Ontario financially supported a vision van to visit senior homes throughout that province with the staggering result that 80% of the senior residents were diagnosed with various eye diseases and/or needed corrective treatment.

Not knowing I had an eye disease at the time, I struggled with my vision throughout school. Vision affects all ages, genders, and ethnicities, making support for the van program in our communities even more important. These vans also do diabetic screening, focus on our children's overall health, and promote physical activity. CCB is starting this initiative in Ontario, but we can start our own fund-raising initiatives here in BC.

Lastly, I am happy to announce that Creston has the opportunity to host the 2015 Canadian Blind Open! Over the last few months I have been in constant contact with Blind Golf Canada indicating my interest in hosting this blind golf event in our community. As a 42 year resident of Creston, it is with great pride that I promote our beautiful Valley and golf course. Over the next year, I hope to have the support of many local sponsors from the community to help make this tournament a success and showcase the Creston Valley.

Thanks, to the Town of Creston & Creston Golf Club! Your support for blind golf and vision advocacy is greatly acknowledged and appreciated. ■

*To learn more about blind golf, to join the Creston Chapter of the Canadian Council of the Blind, and much more, please visit my website at: [www.vibebc.com](http://www.vibebc.com)*



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# Historic Land Use

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

**W**ith the recent announcement of changes to the Agricultural Land Reserve (ALR), land use has suddenly become a very hot topic. Is it important to preserve farmland for agricultural use? Yes. I'm sure everyone, farmer or not, would agree – the need to ensure good quality land for food production is something we all need to be aware of.

Is the ALR, with or without the impending changes, the best way of doing that? I'm not going to weigh in on that question – like any other big question, it affects some people positively and other people negatively, and whether it's good or bad depends on which side of that fence you're on. What I can tell you is that, historically, recognition of the need to designate land for agricultural purposes has always been great, and the pressure to use that land for non-

agricultural purposes has always been considerably greater.

In the settler era, people could pre-empt crown land simply by being the first one to stake a claim to it with the provincial government. The deal was that, once they had improved the land for settlement and cultivation, the government would turn over the deed to the pre-emptor, often for little or no additional charge.

This happened everywhere in the province, including the Creston Valley. John Arrowsmith, Fred Little, and J.W. Dow each pre-empted over 300 acres where the town of Creston now stands. James Compton pre-empted most of the land along Northwest Boulevard. C.O. Rodgers pre-empted thousands of acres in what is now Canyon and Lister. There were dozens, perhaps hundreds, of others.

Because the pre-emption laws required cultivation, much of these lands became the Valley's early orchards. But once the deeds to the land had been turned over to the pre-emptor, what happened to it was entirely up to him or her. And that's when the pressure to turn agricultural land to other uses began.

Profit was the motivator behind much of it. As a town located at the junction of two railways, at the south end of a major barrier to travel (Kootenay Lake), near an international border crossing (Rykerts), and at the centre of a booming mining region (silver in the West Kootenays, coal in the East), Creston had enormous potential – and with people pouring through the Valley looking for land, who can blame the early pre-emptors for selling off chunks of their properties? Especially since, as a glance at historical tree-fruit surveys tells us, large sections



of those properties were sitting essentially unused? Even those farmers who had bought large tracts of land, such as in a land sale that occurred in October 1908, were soon selling off parcels of those acreages.

This is not necessarily a bad, or even a selfish, thing. People settling in the Valley spent money in stores, and that provided money for services, entertainment, and community institutions such as schools and churches. In fact, J.W. Dow donated land for the Presbyterian Church and what is now Adam Robertson

## “historically, recognition of the need to designate land for agricultural purposes has always been great”

Elementary School. It’s quite possible that he could afford to do so precisely because of his success in selling off smaller lots from his original pre-emption. Then, as now, all elements of the community were inter-connected, and what was good for the land-selling farmer often benefited everyone else.

For the most part, though, the subdivided lots remained large compared to modern residential lots: five to forty acres in the areas immediately around Creston, and often considerably larger in the outlying communities. A 1926 map shows a few blocks’ worth of town-sized lots near downtown Creston, but the rest of the Valley consisted of larger blocks that were large enough to support a good-sized orchard, vegetable garden, and small numbers of livestock: everything required by a self-sufficient family farm.

As time went by, though, different

challenges arose. One of the most common, by the 1950s, was one that still affects farmers today: the younger generations did not always want to take over the family farm. That’s particularly a problem for present-day farmers who want to dispose of land in the ALR. They have little choice but to sell (or rent) the whole farm, and fewer and fewer people, as a whole, want to buy big farms. The fact that the self-sufficient family farm has largely disappeared, and these large properties are usually given over almost exclusively to a

single crop, only complicates matters: of those people who might buy a twenty-acre farm, not all of them want to deal with twenty acres of cherries.

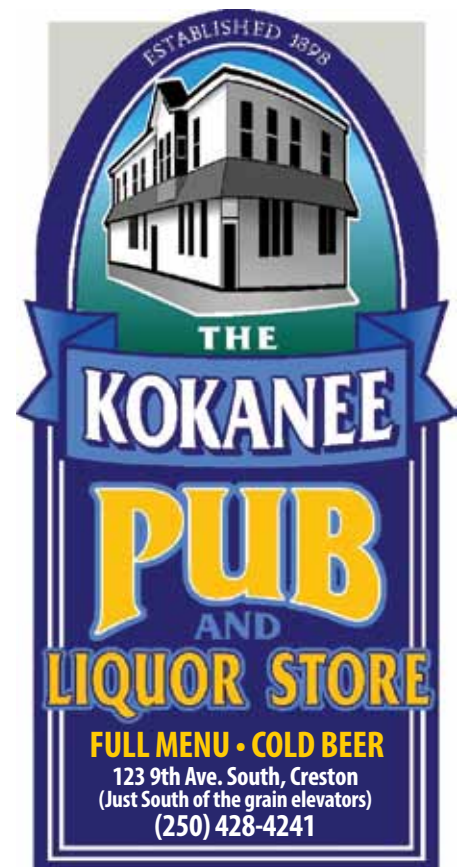
Prior to the establishment of the ALR, though, a farmer could subdivide his or her property into any number of smaller lots. The proceeds from the sale of those lots would not only cover the costs of subdividing, but, in all likelihood, provide a nice little retirement nest egg.

Given the rapid population growth of the 1950s and 1960s, this was a golden opportunity for land-owners, and quite possibly made them the envy of everyone else. All those quiet residential streets up near the Rec Centre, down around the high school, and out towards the border with Erickson appeared during this time. All that land where the mall is now, and up to the top of Devon

Street, used to be orchards. Most of the Valley’s mobile home parks are on former farm land.

Again, the subdivision of a few orchards in the Creston Valley might not, in itself, have been a bad thing. But what was happening here was typical of what was happening throughout the province. Prior to 1972, according to the ALR website, the province was losing 6,000 hectares (nearly 15,000 acres) of farmland every year. At that rate, one has to wonder how much of it would be left today, had the ALR not been established. Whether you support it or not, one thing is clear: the fact that we have farmland to argue about today is due, to a large degree, to the ALR. ■

*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).*



# Ag Aware

Story by: The Creston Valley Agriculture Society

## BCCA conference to be held in Creston

Spring is well underway and the agriculture community is hard at work. Fields are busy with the sounds of tractors out working the land and seeding grain, canola and hay crops. Smaller scale farmers and gardeners are busy planting a wide variety of seeds and plants destined to be part of our local food supply. Fruit trees are or have been blooming and setting the crop of apples, cherries, peaches and other delicious fruits. The first crop of the valley ready for harvest is asparagus. Many acres of this popular crop are grown on the flats by the Sutcliffe family. Product is available at various outlets around the valley and at the Farmers Market. The Market begins its spring and summer schedule on May 3 and will be held each Saturday from 9am to 1pm.

For beef growers this is the time of year most get their cows and calves out to pasture for the summer. The lush, green grass provides the nutrients for the cow to produce plenty of milk for the calves to grow quickly. Our Creston Valley Beef Growers Association members are also busy with preparations to host the 86th BC Cattlemen's Association (BCCA) provincial AGM conference here in Creston on the 22-24th. This has never been held here before, and our members are looking forward to showcasing our beautiful valley to beef producers from all around the province. There will be business meetings for the provincial executive and BCCA members, as well as social functions, tours and an agriculture trade show. The trade show, which will be held in the Community complex arena, will be open to the public all day Friday and Saturday morning.

The BC Cattlemen's Association deals with many areas of concern for the beef growers of the province: the environment, animal husbandry, range management and restoration, water issues, wild predator control, aboriginal affairs, public education, exports, animal traceability and food safety. It is a long list!

BCCA has directors from all areas of the province and also committees that deal specifically with the issues above. The beef industry in BC is a significant contributor to the provincial economy. Province wide, there are approximately 4000 cattle ranches, growing approximately 500,000 head of cattle. This industry contributes about \$600 million annually to the economy and provides jobs for about 9000 people. One facet of the public education that BCCA delivers is their "Behind the Beef" program. It aims to increase consumers' awareness of the beef industry, and about beef production practices, animal care and food safety. Trained beef educators

### 86th BC CATTLEMEN AGM & AG TRADE SHOW



**MAY 22-24, 2014**  
**COMMUNITY COMPLEX ARENA**  
 Ag Trade show is open to the public  
 May 23 and 24

For schedule of events or to register  
 please visit [www.bcca.agm.com](http://www.bcca.agm.com)

*Tickets will be sold for the banquet & dance  
 on a first come as quantity lasts basis.*



attend community fairs and events around the province as well as in retail grocery stores in many areas. Check out their website at [www.behindthebeef.ca](http://www.behindthebeef.ca) to find educational information and recipes.

The beef industry is cyclical in nature, with demand and supplies moving up and down as economic conditions dictate. The supply of beef has shrunk in North America in recent years, partly due to droughts in the US and also because of the lingering effects of the BSE "crisis" of 2003. The impact of BSE in Canada was devastating to the beef industry. Not because of the disease itself, but because of the loss in value of the beef animals. Many of our export markets were closed to Canadian product for quite a long time. Many ranchers were forced out of business or eventually just gave up, as their animals were not worth raising. Since the demand for beef has held steady or even increased, the smaller supply now available has led to record high prices. The prices for the finished product has increased to the consumer as well. How long this economic state will last is unknown. Higher demand and prices usually bring higher supplies and lowering prices eventually. Hopefully cattle producers make enough money in the near future to see them through when price declines in the future. As the present generation of farmers is ageing, there needs to also be incentive for the next generation to get into agriculture production. Succession and renewal take money.

The local beef growers would like to invite you to come out and see what is on display at the trade show at the

convention, May 23 and 24. Look around, ask questions, and become more Ag Aware about our beef industry. Whether it's out on the BBQ or out of the oven, enjoy our

local, healthy-for-you BC beef! ■

For more information on the Creston Valley Agriculture Society contact Randy Meyer at 250-428-7013 or Kris Vanderweyde at 250-428-2920 or email [crestonagsociety@gmail.com](mailto:crestonagsociety@gmail.com)



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# Choose the plan that works for you

Article submitted by: Vern Gorham,  
Sun Life Financial Advisor

**W**hen you're trying to take care of yourself, your family and perhaps your business, just thinking about buying permanent life insurance can be daunting. Will the insurance you choose now be the right insurance for you in five, 10 or 20 years? Fortunately, there are other options.

Term insurance offers affordable, temporary coverage that addresses your immediate short-term goals, like covering a mortgage or a key person in your business plan, while offering you the flexibility to expand your coverage as your needs change over time.

What is term insurance?

Term insurance lasts for a stated period of time (usually one, five, 10, 15 and 20 years), and may expire any time between age 75 and 100, depending on the policy. If you die when the policy is in force, the company pays the death benefit; if you die after it expires, there is no coverage, and no death benefit will be paid. Because it's simple protection, term premiums tend to be lower than permanent or universal life insurance, but increase as you age.

Why choose term insurance?

Depending on what stage of life you're in, your needs will differ as you age, and your need for life insurance coverage will change too.

Short-term coverage: a five-year plan is ideal to cover a key person involved in your business plan, like the owner, an investor, or a senior partner. You may be able to ensure multiple lives under one policy. At the end of five years, you can review

your situation and choose to cancel the coverage, continue the coverage, or convert all or a portion of the coverage to a permanent plan.

Mid-term coverage: a 10-year plan is the most common type of term insurance and is useful for insuring any financial obligation. You may value the option of additional benefits, like child term, disability waiver and accidental death.

Long-term coverage: a 20-year plan is ideal when you want to protect a substantial financial investment such as your mortgage or your retirement savings. There's often a financial benefit to having your premiums remain the same for a longer period of time. You may also wish to include the option to convert your term coverage to permanent insurance at age 70 or at any time when your financial plans may change.

Life insurance doesn't have to mean long term. Your insurance plans can be flexible to meet your individual needs right now. ■

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Vern Gorham is a licensed representative for Sun Life Financial, and works out of his office in Creston. He can be reached by phone at 250-254-0607, or by email at [vern.gorham@sunlife.com](mailto:vern.gorham@sunlife.com)



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# sunlight and serotonin

Story by Jesse Moreton, BSc DC

**A** few weeks ago my wife and I were sitting with friends discussing how nice it is to have more sunlight with the onset of spring and longer days. I thought how interesting it is that the sun can have such a powerful effect on our moods. It's pretty hard to deny. It's not just people who suffer from Season Affective Disorder (SAD). It seems to liven and energize even the brightest optimist. Much of our small talk revolves around the weather and how it affects us day to day. The researcher-scientist mind in me was piqued; what's the physiological mechanism? Does sunlight actually change our behaviour or is it just a psychological illusion? I reviewed some of literature and this is what I found:

Sunlight does have a positive effect on our mood. More specifically ultraviolet radiation increases our serotonin production. Researchers from Australia demonstrated that the rate of production of serotonin by the brain is directly related to the duration of bright sunlight. They took samples from the internal jugular veins in 101 participants to prove this relationship. Another study showed this same relationship occurs in chicks suggesting that the effects of the sun are not limited to only humans. Interesting and powerful stuff.

Another interesting point is that this connection occurs through the optic nerve. This is in contrast

to the mechanism for Vitamin D production which transpires through the skin. When the sunlight hits our eyes the optic nerve sends a message to the pineal gland to decrease melatonin and increase serotonin. Melatonin, by the way, is a hormone that helps you sleep and serotonin is responsible for feelings of happiness and wakefulness. These hormones have more complex interactions and purposes but for our discussion the previous explanations will suffice.

How did they prove all this you may ask? The answer: by studying blind rats. At least that's part of the answer. Researchers first tested the idea of sunlight acting through the skin. They found that exposing only the skin of SAD patients to bright light had no effect at all. They observed that mice lacking rods and cones (blind mice) were still able to follow a normal circadian rhythm. Eventually

## "Sunlight does have a positive effect on our mood"

they discovered an additional photoreceptor system which consist of "photosensitive retinal ganglion cells". One of the current theories, therefore, is that ultraviolet radiation acts specifically through this type of retinal cell to achieve its positive hormonal effects.

Ever wonder if blind people suffer from Seasonal Affective Disorder? Some of them do. They may have damaged rods and cones but if their photosensitive retinal ganglion cells

are still intact the pathway still exists.

Of course we know there are other benefits to sunlight. It gives us warmth and light. Could you imagine a day without it? Even on the gloomiest most overcast day it shines above the clouds providing ample light for functional living. Could you imagine your electrical bill without it? Perhaps those who have lived in the far North have experienced some of these scenarios. Sunlight is also responsible for that miraculous energy transformation called photosynthesis. A process, which if blocked, would effectively kill all living things.

One last thought with regards to ultraviolet radiation. They say getting too much increases our risk of skin cancer. Not getting enough may be associated with low mood and SAD. It seems, like most things in life, there needs to be balance and moderation. You know what they say about too much of a good thing. ■

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



# Springtime in the Mountains



Story by: Shifu  
Neil Ripski

The young man stepped out of the master's hut and could smell the sap on the leaves as they opened, each of the trees reaching and stretching after a long sleep. He pulled down his cap to cover the back of his neck. "Muffle in the Spring" read the classic texts. Keeping the head covered and particularly the base of the skull (Feng Fu- the Wind Mansion) in the springtime keeps away colds and flu, and so he pulled his cap and warmed his neck with his hands.

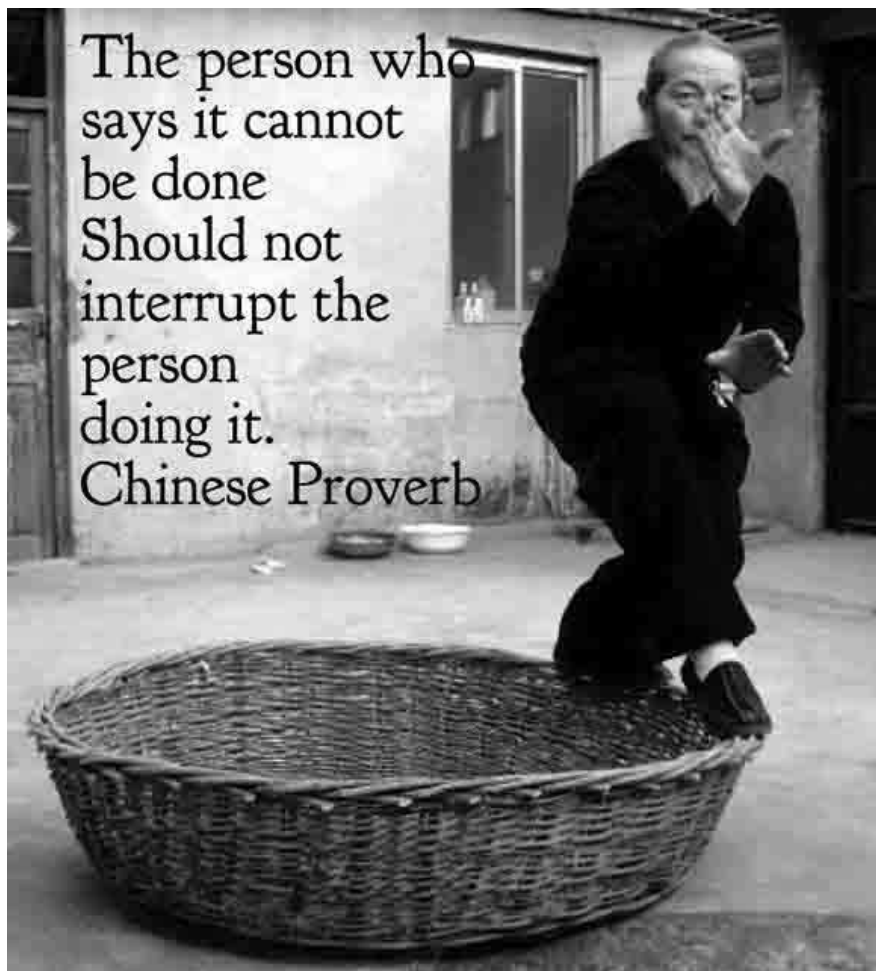
Master was already long gone up the trail, as was his custom for morning practice, and the young man began a slow jog to follow him. "Walk 100 paces after every meal and you will live 100 years;" another classic. And so he slowly jogged each morning after his morning meal to meet with the master and follow him in silence through the training. Springtime training mimics the earth around us. As the trees stretch and reach, so do we. It is time to train the muscles and tendons through dynamic power stretching exercises and so each morning the master would lead him through the 22 postures that took his breath away.

As he rounded the corner by the creek he could see the master standing and preparing for the first of the postures: "Press the Earth". He took his place behind and beside him as was proper and began to breathe in deeply. As he reached the apex of his breath, the master tightened every part of his dense sinewy body and pressed his palms towards the earth. Each hand spiralling inwards towards his body, his feet grinding into the dirt like a mortar and pestle grinding herbs. "Tighten first the limbs and then the torso," the master told him. "Then release the torso before the limbs. This is important, not to be trifled with." He could hear the master's words ringing in his ears from the day before as he breathed out a forced breath through his mouth and then gently inhaled through his nose to repeat the posture.

Twenty-two postures later, the master turned and smiled at the young man and seated himself on his favorite stone by the path. The iron teapot was lifted from the small fire at his side and tea was poured for them both. "Remember that drinking tea is as much a part of training as the movements themselves. Feel its warmth in the cup, smell its aroma and earthiness and when you drink it feel it travel downwards to your stomach. This is the proper way to cultivate. This is a much more difficult practice than many realize."

Enjoy the world awakening to spring and enjoy your practice. ■

*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).*



The person who  
says it cannot  
be done  
Should not  
interrupt the  
person  
doing it.  
Chinese Proverb



# Feed your Brain

Story by: Maya Skalinska  
Master Herbalist, Registered Herbal Therapist

**D**ementia, taken from latin: de- “without” and ment- “mind”. None of us want to be “without mind,” yet as many as 50% of people over the age of 80 will be affected. One in eight people aged 65 and over will suffer from Alzheimer’s. The statistics are staggering, but there is good news too. Numerous studies show impressive preventative and regenerating measures to keep our brains healthy.

Approximately two-thirds of our brain is composed of fats. For neurons (brain cells) to work properly, they need a degree of flexibility in the cell membrane, and for that they need a balance of different fatty acids. Omega-3 fatty acids help the electrical signals cross the synapses (gaps between neurons). Loss of omega-3s (specifically DHA) directly correlates to loss of function and structural integrity in brain cell membranes.

Researchers have found that trans-fats (margarine, shortening and all hydrogenated oils) displace the natural DHA in the cell’s membrane, negatively affecting the electrical activity inside the neurons, disrupting communication. Another good reason to read your labels and stay away from deep fried fast foods.

Oleic acid, another fatty acid found in a protective sheath that covers neurons, is the main component of olive oil as well as oils from avocados, pecans, macadamia nuts and almonds. Research shows seniors who consumed extra-virgin olive oil as their main dietary fat had less age related cognitive decline. Extra virgin olive oil also prevents abnormal brain tangle formation, which happens when neurons die and get tangled with other proteins. Other oils important in the proper fatty acid balance are medium chain fatty acids, as found in coconut oil.

To sum up the importance of fatty acids, a healthy brain is composed of 1:1 ratio of omega-6 to omega-3. Typical western diets tend to have too much omega-6, an unhealthy ratio of 20:1! So eat wild fish, supplement with omega-3 oil on daily basis, choose extra virgin olive oil and coconut oil for cooking, and have healthy nuts for snacks.

Another important component of aging is oxidative stress. Research shows that a high intake of flavonoid rich berries, like strawberries or blueberries, delays memory decline in older women by two and a half years. They actually help clean up toxic proteins in the brain. So eat your berries daily!

Of course there are numerous amazing herbs proven to help with brain regeneration. Ginko Biloba increases circulation to the brain, improves transmission of nerve impulses and increases alertness. Lemon Balm improves mood, attention span, cognitive performance, reduces agitation, is a powerful anti-oxidant and it works fast. Kotu Kola is a rejuvenating herb used to increase memory, brain function and longevity, as it delays oxidative damage related to aging. Ashwagandha, another rejuvenating herb, can reverse memory loss and improve cognitive abilities. Tumeric, more famous for its anti-inflammatory effects, actually delays degeneration of neurons, as well as formation of plaques and tangles, a common sign of Alzheimer’s.

And then there’s Lions Mane. One of the world’s leading mycologists, Paul Stamets, called it “nature’s nutrients for your neurons.” Lion’s Mane repairs damaged nerves as well as myelin sheaths around the nerve cells. About a dozen studies have been published on the neuro-regenerative properties of Lion’s Mane mushrooms since 1991, all showing its ability to stimulate nerve regeneration. Very exciting for brain health!

There are many measures we can all take to prevent cognitive dysfunction. It’s amazing what a difference healthy fats, berries and regenerative herbs can make for a healthy brain. ■

*Maya Skalinska is a Master Herbalist, and a 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 please call (250) 225-3493.*

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