



2014 **Summer Fun** in the Creston Valley

Comedy
Gut Buster

Kootenay Gut Buster festival
back in Crawford Bay

Valley
Seven Wonders

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Kootenay Gut Buster

Last year's headliner and Gemini Award winner Pete Zedlacher.

Laughs by the Bellyful

Story by Marc Archambault

What exactly is the Kootenay Gut Buster?

Well, according to one attendee, it's "the greatest vacation of all time in the history of time of every time in the world that I've ever had."

Another guest claimed it was "the most fun I've had with my pants on."

To the uninitiated, the Kootenay Gut Buster (or KGB), is an annual two night comedy concert.

After a summer's day spent exploring the East shore, up to 400 people descend on Crawford Bay Park to kick back with a drink at the licensed show and laugh at the line-up of comics and musical comedy taking the stage. This year's performers include Just For Laughs veteran Tim Nutt from Kelowna, self-proclaimed "smart-ass king of comedy", Mike Dambra from Rochester, New York, and "BC's Funniest Comic" award winner Lori Ferguson-Ford.

Paul Hindson, who is one of the event's main organizers, started in comedy when he took a course in Calgary in 2002 and began performing at clubs there. "I had some kind of weird thrill out of doing all those things," he explained. It was while performing at Comedy Monday Night, which is the longest running opening mike in Alberta, that he met James Moore and Daryl Makk. The pair began the Kootenay Gut Buster at the Toad Rock motorcycle campground near Ainsworth in 2005.

Hindson had been attending the event there for several years and performed there in 2010. “After that James and Daryl approached me and asked if I’d like to move it to Crawford Bay” where he owns Kokanee Chalets. They felt the new location would allow them to grow the audience and obtain better sponsorship.

The event’s first year in Crawford was put together with a shoestring budget, a line-up of about a dozen comics and audience of a little over 200 people. Since then the KGB grown its audience and attracted headliners such as Pete Zedlacher, a Gemini Award-winner who has toured Afghanistan three times to entertain the troops. “Every year attendance has been going up,” commented Hindson. “It’s getting more refined every year.”

While Hindson handles the organization of sponsorships and the venue locally, “Daryll Mack handles the comics on the Calgary end,” Hindricks explained. “[Mack] is a full-time career comic, so he knows all the acts, he knows who we can get, and he goes out and gets it. He rides out here with a big car full of comics and they jump out and they’re all ‘woohoo!’”

In addition to headliners and up-and-coming comics, the KGB also offers an opportunity for local talent. There will be a comedy contest in early July with the winner getting a five minute spot on the Friday night of the Kootenay Gut Buster.

Many of the people involved with the KGB locally are part of a group called the Hexagon players, which does comedic improvisation.

Summer Fun



Kootenay Gut Buster
Audience members enjoying the show in 2013.

Gentlemen & Ladies
of
Creston Valley
are invited to attend an
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on
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Kootenay Gut Buster
Paul Hindson on stage in 2013.

“There’s a nice little arts scene going on up here, it’s just a blast,” said Hindson.

The KGB is a registered non-profit and gives back to the community. Each year they contribute funds towards the Crawford Bay School’s hot lunch program. Last year they gave \$1,400 to the program which aims to provide local and sustainable meals to students and community members alike.

The Kootenay Gut Buster is “Canada’s only outdoor comedy concert (plus musical guests) in the pristine Kootenay Mountains of British Columbia,” explains the event’s web site. “It’s where the best in stand-up comedy go to vacation.”

“It’ll be a good show this year for sure!” said Hindson.

Kootenay Gut Buster 2014 runs July 25 and 26. Gates open at 7 with music until 9 PM followed by the comics. For more information, visit www.kgbcomedy.com. For tickets, call Kokanee Chalets at 1-800-448-9292 or purchase at Black Bear Books in Creston. ■

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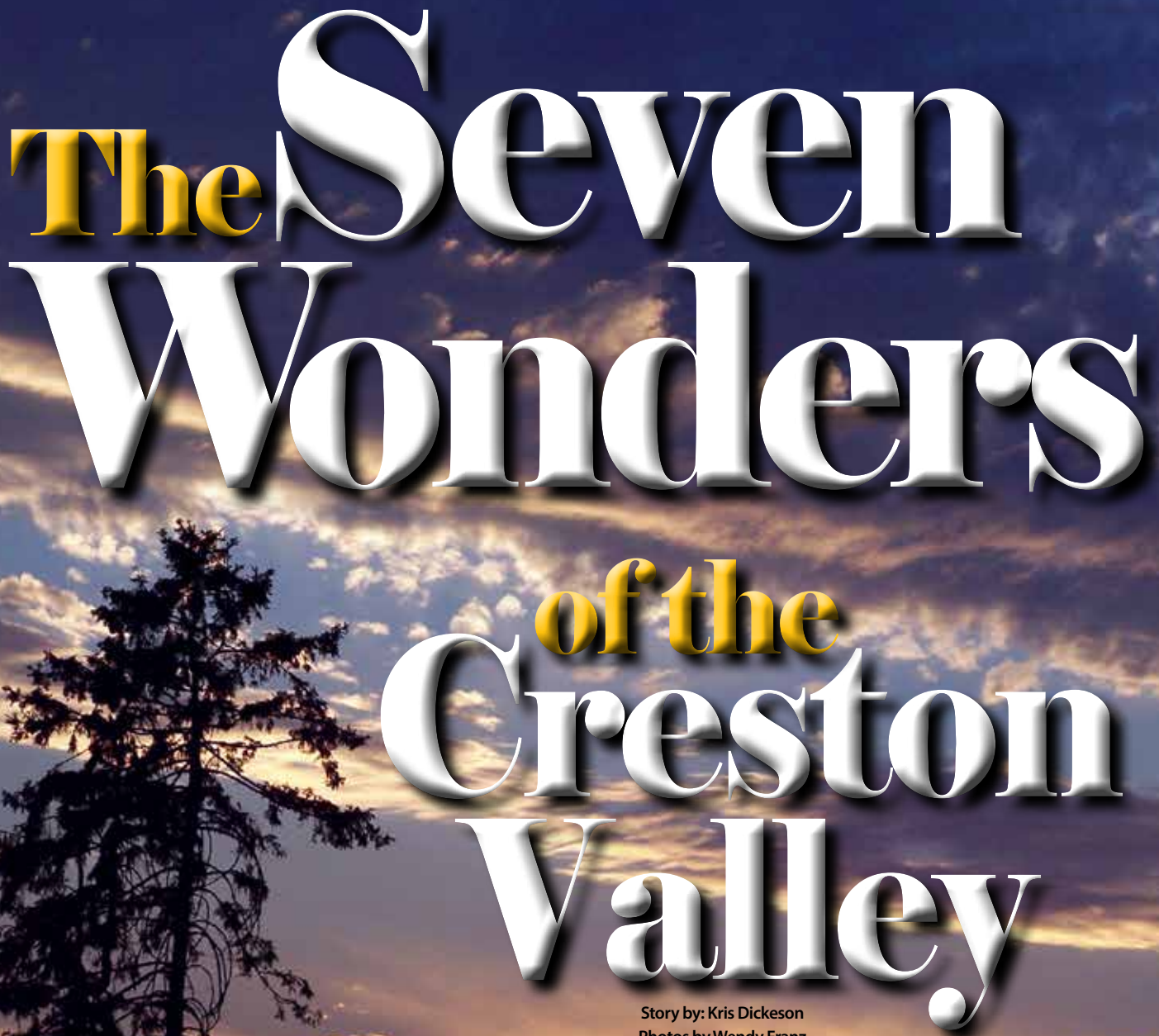
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The Seven Wonders of the Creston Valley

Story by: Kris Dickeson
Photos by Wendy Franz



The Taste of a Small Town:

**Columbia Brewery
Grain Elevators
Fruit
Murals**

The Town of Creston is situated in a plentiful valley. Art, heritage, culture and diversity, partnered with farming, offers something for everyone. The birthplace of Kokanee beer, Creston is home to the Columbia Brewery and origin of the beer's mascot, Mel the Sasquatch. The landmark grain elevators, among the few still standing in Canada, serve as a reminder of the community's backbone, farming. Lucious fruits and vegetables are grown throughout the valley along with hay and numerous other crops. One could easily live entirely on all local products. Giant murals painted on several buildings downtown reflects its history, beauty and life in the Creston Valley.



Wetland Adventures:

**Wildlife Centre
Duck Lake
Balancing Rock**



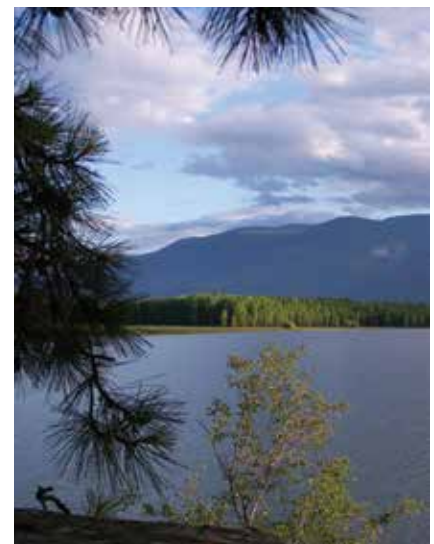
The Creston Valley Wildlife Management is BC's first and largest. Habitat management allows an assortment of animals, birds, fish and other critters to exist in a non-threatening environment. Dubbed as the greatest bass lake in BC, Duck Lake is connected to the Creston Valley Wildlife Management Area. It is also a vital immigration route and international wetland. The Balancing Rock is a unique attraction in the Creston Valley. The 400-ton granite boulder was left behind by glacial drift. Located on Mount Creston, it also offers an awesome view of the valley.



Through the Looking Glass:

The Glass House

After 35-years in the funeral business, David H. Brown found an alternative to throwing away empty embalming fluid bottles. In 1952, he used his stash of 500,000 square shaped bottles, (weighing 250 tons), and built a house of glass to live in with his family. The house quickly created a buzz and curiosity invaded the family's privacy. Shortly after, staff was hired and it is now a tourist attraction. A few years ago, the Glass House was featured in the television series, "Weird Homes".





Lake of Dreams:

**Kootenay Lake
Sawdust Beach
Pilot Bay Lighthouse**

Southern BC's largest natural body of fresh water, Kootenay Lake boasts an area of about 400 square kilometres. The lake can be accessed from a number of areas including Crawford Bay, Boswell, Nelson, Balfour and Kaslo. Kootenay Lake is well known for fishing and also serves as an exceptional location for canoeing, camping, hiking and biking. On the east shore of Kootenay Lake lies a one of a kind place, Sawdust Beach. A thick blanket of compact woodchips from an old sawmill has created an amazing beach that, at first sight, is puzzling yet inviting. Pilot Bay Lighthouse was built in 1904 and resembles traditional coastal beacons. It was erected by the Canadian government to help with the navigation of all the boats on Kootenay Lake. Its light was turned off in 1993.



Summer Fun



Rivers of Life:

**Kootenay River
Goat River**



The mighty Kootenay River runs through valleys and thickly treed mountain canyons. It has outstanding fishing for rainbow, cutthroat and bull trout as well as ling cod. White water rafting, canoeing and other water activities draw enthusiasts to Kootenay River. Avid explorers of fishing holes do so at Goat River. The 1948 break in the dike at the Goat River diversion flooded nearly 50,000 acres of farmland on the Creston flats. At its peak, the water at the West Creston ferry was 24 feet above normal.



Nature's Patchwork:

Viewpoint

Located just before Wynndel, the Viewpoint offers a breathtaking panoramic view of the Creston Valley. Often referred to as a quilt, the regional agricultural component is evident with dairy farms and orchards scattered around the surrounding landscape. Mountain streams, clear lakes and grain fields are visible for miles.



Towering Backdrop: Skimmerhorn Mountain Range

Resembling an artist's sculpted work of mountain peaks that touch the sky, the Skimmerhorn Mountain Range is part of the Purcells. The Skimmerhorns border the eastern edge of the Creston Valley. A mix of thick patches of deep green trees and intimidating jagged rocks compliment each other and change a glance to a mesmerized stare. It's as if the often snow packed peaks are watching over the Creston Valley.

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Summer fun has begun!

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

With the summer heat comes
the summer fun!

I wanted to share a few fun wildlife
sightings recently...

There is a family of short tailed
weasels that are hanging around
the Wildlife Centre. We counted
six young and one adult in mid
June. They are so cute and fast!
Running around and under the
boardwalk, under the bridges and
through the thick horsetails...quite
a treat to watch them scamper
and play. There have been lots of
turtle sightings in the ponds as we
canoe around, you can see them
basking on logs and vegetation and
swimming by the boat. Speaking of
canoes...

In July and August, we are offering
sunrise paddles on July 12 and 26
(Saturdays) and August 8 and 22
(Fridays). Glide through the ponds
and channels in the early morning
light with a Naturalist and discover
who else is out and about in the
wetland. The tour runs from 7 am to
9 am and is FREE for Members and
\$12 for non-Members.

We are pleased to offer our Jr.
Naturalist science camps again this
summer. We have programs for
ages 6 to 13. Some sessions are fully
booked but there are still some spaces
available. For more information on
session times and availability please
give us a call.

To stay in the loop of what is
going on at the Creston Valley
Wildlife Management Area, please
join us on Facebook or check out
our website. We post information
regularly on our events and
happenings (www.crestonwildlife.ca). You can also sign up to receive
our e-newsletter through our
website.

Trails are open 24/7. And with
over 32 kilometers to explore,
it is hard to do it all! But that is
what summer is for! The different
trails offer a variety of habitats to
view and wildlife to see. The two
viewing towers are great destination
points to get a high perch to
view the area. For maps and
information, visit the Centre or our
website.

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
and Members get benefits such as
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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
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The Creston Valley Wildlife Management Area.
Wendy Franz

Summer Fun

July/August 2014

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**Have a fun,
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Garland Bay, north of Riondel.
Wendy Franz

Campers with this app can't be wrong

By News Canada

Already a great success with 50,000 downloads, Parks Canada just launched a brand new, improved version of its no-charge Learn to Camp mobile application, now also available for the larger tablet models on the market.

In addition to information on the basics of camping, the century-old agency has added information that will appeal to both experienced campers, as well as to families seeking a small corner of paradise.

“Among other things, this new version includes a search function to find activities close to home,” explains Tamara Tarasoff, a Parks Canada new media specialist. “For example, you can identify the best place to go hiking or canoeing in a nearby national park. Owners of recreational vehicles have not been not been forgotten either. They will be able to find out which parks have campsites that are ideal for them.”

Parks Canada also features a selection of practical videos

that are easy to share on social media, where you can determine the equipment that will be necessary and the clothing recommended. You can also learn how to store your food to avoid night-time visits from small animals wanting to taste your latest culinary creation.

On the topic of food, Learn to Camp offers full meal ideas that are as simple to prepare as they are delicious.

“Since the launch of the app, our greatest success is undoubtedly the muffin cooked in an orange peel over a wood fire. Easy to prepare, it will appeal to children and will be a perfect snack for your hike,” adds Tarasoff.

All that remains now is to choose the location for your first adventure—and Parks Canada will help you anywhere in the country with more than 11,000 locations throughout its 44 national parks. A special section of the app also presents photos

and insider tips about the country's most spectacular natural sites.

Learn to Camp is available free-of-charge for Apple and Android devices.

You can also access the app from www.parkscanada.gc.ca. ■



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Be prepared when exercising and playing in the heat

News Canada

Canadians wait so long for summer to arrive that some of us overdo it a when exercising outdoors, especially during unexpected heat and humidity early in the season. It takes a while for our bodies to become acclimatized to warmer temperatures and our bodies regulate heat more slowly during hot, humid weather, causing us to overheat that much easier.

Before you head outdoors this summer, take a moment to understand the potential health risks of being active outdoors in extreme heat.

While being physically active has

many health benefits, it can increase your risk for heat illness, especially in those with breathing difficulties, heart problems, a mental illness such as depression, hypertension or kidney problems. Even those without any chronic health conditions can be at risk without proper precautions.

Get informed:

- Ask your sports organization or trainer if they have a plan for extreme heat.
- Ask a friend or buddy to watch you during extreme heat; if you suffer from asthma, carry your

inhaler with you and make others aware of your condition.

- Modify or reschedule your activities.
- Work out early in the day or in an air-conditioned facility.
- Check the Air Quality Index for air quality conditions.
- Check local weather forecasts so you can plan accordingly.

Keep yourself safe:

- Stay hydrated by drinking fluids and eating raw fruits and vegetables.
- Wear sunscreen and insect repellent.
- Allow your body to recover from heat exposure by sitting in the shade or heading to an air conditioned area.
- Watch for signs of heat exhaustion such as dizziness, fainting, nausea, vomiting, headache, rapid heartbeat and extreme thirst.
- Heat illnesses can lead to long-term health problems and even death. These illnesses include heat stroke, heat exhaustion, heat fainting, swelling of hands, feet and ankles, heat rash, heat cramps and dehydration.
- The most serious heat illness is heat stroke, which can be fatal. Symptoms include a core body temperature of 40.5°C/105° F, confusion, lack of sweat and unconsciousness. Call 911 immediately if you see someone with these symptoms.
- If you see someone going into shock from heat stroke, move them to a cool place, apply cold water to large areas of their skin and clothing and fan them as much as possible.

More tips for staying safe in the heat can be found at www.healthycanadians.gc.ca/sun. ■



News Canada

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Turn party food basics into sensational appies

News Canada

At summer party gatherings, the key to impressing your guests – and their tastebuds – is all about turning party food basics into tasty appetizers that will dazzle.

Take a look at these simple tricks to be an on-trend host while you create appetizers that are worthy of posting on the photo-sharing website Pinterest:

Take a mini bite – The hottest dishes are on the ones that can fit in the palm of your hand. From burgers to tacos, breathe new life into traditional fare by featuring delectable perfectly proportioned appetizers. Making it mini allows your guests to enjoy a variety of dishes without feeling stuffed.

Change up your serving ware – Further evidence that small bites are

a growing trend is the shrinking use of dinnerware. Caterers now use a wide array of “dishes” including shot glasses, small jars or small bite-sized foods like Tostitos Scoops! tortilla chips to serve food normally plated.

Play with ingredients – Classic pairings like lemon and dill or garlic and butter will always please crowds, but unexpected flavour combinations can be surprisingly delicious. Play with flavours one ingredient at a time. Combine sweet with salty or fresh with fried to wow guests.

A variety of menu options to suit your summer party needs can be found online at Tostitos.ca. If you really want to woo your guests, try this triple-tested recipe (at right) from *Chatelaine*. It uses all three tips for a fun twist on one of summer's biggest food trends, fish tacos.

One-Bite Fish Tacos

Makes 40 tacos

Ingredients:

1/4 cup sour cream

2 tbsp water

1 tsp lime zest

2 serrano chilies, de-seeded and minced

1 cup coarsely grated red cabbage

1/4 cup coarsely grated red onion

2 tbsp lime juice

1/3 cup all-purpose flour

1/2 tsp salt

300 g boneless cod fillet

2 tbsp canola oil

1/2 cup finely diced pineapple

40 cilantro leaves

1 bag Tostitos Scoops! tortilla chips

Directions

Stir sour cream with water, lime zest and chilies in a small bowl. Set aside.

Combine cabbage with onion and lime juice in a medium bowl. Set aside.

Stir flour with salt in a medium bowl. Season with pepper. Cut cod fillet into 1/2-inch cubes. Toss with flour mixture until completely coated.

Heat a large non-stick frying pan over medium-high. Add oil, then cod. Cook until browned, 1 to 2 minutes per side. Remove from heat.

Assemble tacos by filling tortilla chips with pineapple, then cabbage slaw, then cod. Top with sour cream mixture, then cilantro leaf. Serve immediately.



Chef-approved summer salsa recipe

News Canada

Fussy food isn't right for dining al fresco. Instead, simple, easy and fresh is the mantra of patio entertaining this season. That's why chefs and home cooks alike turn to everyday party favourites like tortilla chips as an easy solve for speedy and delicious summer-time dishes.

Kevin Prendergast, the executive chef at the Toronto Hilton says adding seasonal or tropical fruit to something you're already serving, like salad or salsa, can create an instant taste twist that your guests will enjoy.

"Patio entertaining is about keeping it simple and light with seasonal snacks that suit almost every taste," says Prendergast. "This time of year Canadians have access to an

incredible array of summer flavours, so with a little creativity, it's easy to put a fresh spin on a salsa by using fruit to create a dip paired with tortilla chips, or a condiment topper for barbecued foods like grilled fish."

Get your inspiration for fruit salsa from the beautiful colours found in the produce aisle of your local grocery store. Try mixing spicy salsa with watermelon or lime salsa with blueberries for a refreshing combination that will delight your guests.

Having a go-to source for your recipes is also an easy way to come up with ideas of what to serve when time is of the essence. Online recipe resources like Tostitos.ca have hundreds of ideas including this mango salsa.

Simple Mango Salsa

Serves 8 people

Ingredients:

1 ripe mango

1/4 cup chopped onion

1/3 cup Tostitos salsa

1 bag Tostitos tortilla chips

Directions

Time – 10 minutes

Cut the mango in little cubes.

Combine mango, onion and salsa in a serving bowl.

Serve immediately with Tostitos chips.

Combo mixes sweet and savoury

News Canada

As kids grow, their willingness to try a variety of flavours grows too. But kids' and teens' palates, can be easily overwhelmed so pairing known foods with newer tastes is the way to go.

This orange citrus and curry dip has a subtle flavour kick that will introduce young eaters to the sweet-savory combination in a familiar way – after all, most kids won't turn down french fries. Gentle culinary introductions – like this one, courtesy of Minute Maid and the Canadian Living Test Kitchen – help pave the way for future curious exploration.

A mildly sweet orange dip with just a hint of curry is the perfect dipper for oven-crisp sweet potato fries. This dip is also great with cut-up veggies and crackers!

Find more at www.minutemaids.ca.

Baked Sweet Potato Fries with Orange Curry Dip

3 large sweet potatoes

1 tbsp. olive oil

Pinch each salt and pepper

Orange Curry Dip:

1/3 cup light mayonnaise

1/3 cup sour cream

4 tsp Minute Maid Frozen Original 100% Orange Juice concentrate

3/4 tsp curry powder

Pinch each salt and pepper (to taste)

Peel and cut sweet potatoes into 1/2-inch (1 cm) thick slices. Toss

with oil, salt and pepper.

Bake on two parchment paper-lined baking sheets on bottom and middle racks of 425 F (220 C) oven, switching and rotating sheets and tossing once, until tender and edges are browned and crisp, 30 to 35 minutes.

Orange Curry Dip: Meanwhile, in bowl, whisk together mayonnaise, sour cream, Minute Maid Frozen Original 100% Orange Juice concentrate, curry powder, salt and pepper until smooth. Serve with fries.

Hands-on time: 10 minutes

Total time: 40 minutes

Makes 4 servings



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Fun things to do with your kids

www.canadianliving.com/moms/kids/30_fun_things_to_do_with_your_kids_this_summer.php

Creative minds

1. Think outside the cardboard box. Your child will love making a fort, car or spaceship in your living room or backyard.
2. Make musical instruments and have your kids put on a summer evening concert. An empty water bottle and some dried beans makes a great shaker; a plastic container and spoons become a drum; and pot covers can be cymbals.
3. Help your child make a card -- from scratch -- for someone she loves. Use materials from around your home and garden. Pieces of grass, leaves and flower petals can punch up the design.

4. Together with your kids, go through old magazines, wrapping paper and gift bags. Cut out different pictures and make a collage on an old clay pot for the garden. If you have more pots, make a few your kids can sell at yard sales.

5. Organize a weekly neighbourhood talent night, where kids and their parents can show off their singing, dancing and drama talents. You can have theme nights and include story and poetry readings.

6. Make and decorate papier-mache face masks with your kids. They can reflect your child's personality or be completely whimsical.

7. Set your kids up with a bucket of water and paintbrushes and let them "paint" the fence, an outside

wall of your house or the garden furniture.

Green pursuits

8. Build and decorate a birdhouse together, and learn about the birds that will use it in your backyard.

9. Set your tot outside with some large pieces of white paper and crayons and have her draw all the nature she sees, such as birds, butterflies, gardens and trees.

10. Encourage your child to create his own illustrated nature journal, keeping track of all the things he hears, sees, touches and smells outside over the summer months.

11. With an insect book in hand, discover the creatures living in your garden, and learn about their benefits.

12. Plant veggies (cucumbers, peas, tomatoes) or herbs in your garden or a large pot. Your kids can help tend to them, water them, watch them grow and then eat them when they're ripe.

13. Go for a walk and collect leaves and flowers as you go. Back at home, use a field guide to help you find out what the plants are called.

14. Take a trip to your local farmer's market and teach your children about local fruit and vegetables. Don't forget to try new fare.

15. Designate one day out of each week in July and August as Earth Day and help your kids with cleanups in your local park and community.

For 15 more ideas, visit Canadian Living at <http://tinyurl.com/mmc57ad>.



LOCALLY GROWN

in the Creston Valley

RIPENING DATES

Berry Season

Blackberries July 10 to Aug. 10
Blueberries..... July 25 to Aug. 20

Fruit Season

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

Vegetable Season

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

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

Eco-Friendly Tips

<http://envirodad.com>

Does Everything Have To Be New? – There are a growing number of used clothing retailers that can insert a certain element of “eco-chic” to your child’s wardrobe and are much more affordable anyway.

Pack Lunches In Reusable Containers – Single use, brown paper or plastic sandwich and lunch bags are a big no-no today. The better option is to pack their lunches in reusable food and drink containers.

Choose Products With Minimal Packaging – Nowadays extra packaging is it’s just pure waste. Keep this in mind when picking

Back To School



products in order to minimize the amount of non-recyclable items that we need to send to landfill.

Responsible Laptop Purchasing And Usage – While the use of personal computers in schools and for homework is all but essential today, we still need to be responsible users of them. Be sure to turn off laptops when not in use to conserve energy.

Support local food producers – When purchasing food items for school lunches and snacks, try to

source as many of these items from local food producers as possible. ■

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Back to School Safety Tips

www.safekids.org

Reminders for drivers:

- Slow down and be especially alert in the residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys slowly and carefully
- Watch for children on the roads in the morning and after school hours

Reminder for your kids:

- They should cross the street with an adult until they are at least 10 years old
- Cross the street at corners, using traffic signals and crosswalks
- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them



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