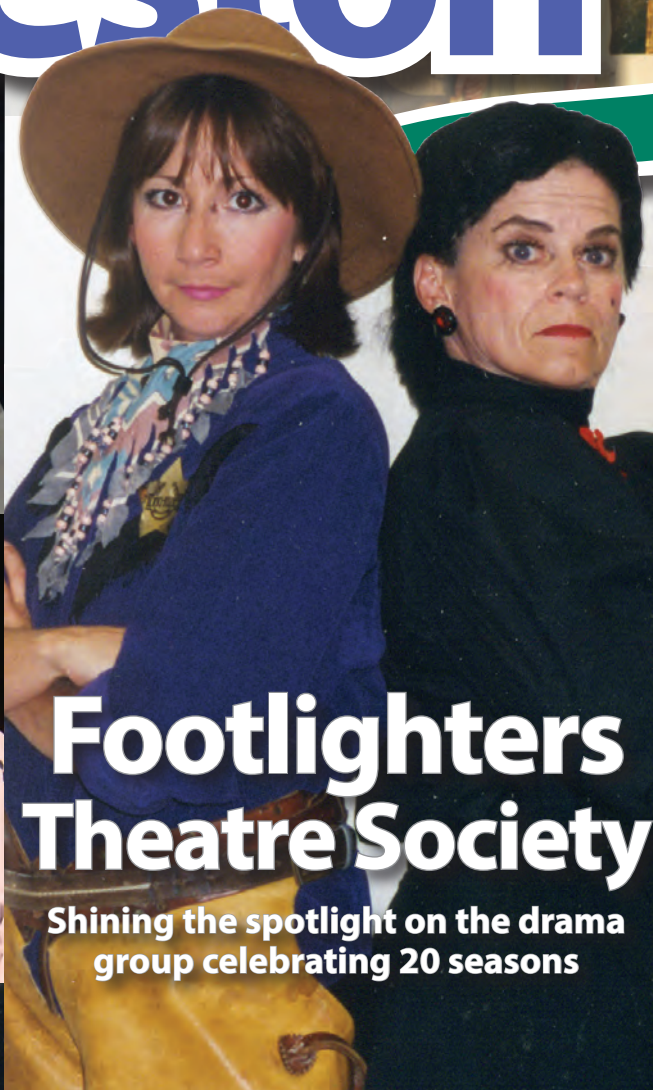


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Footlighters Theatre Society

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NATIONAL

VOLUNTEER

WEEK

Page 15



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contents



Photo submitted by: Footlighters
 Suzanne Chubb, Warren Bruns and Susan Jorgensen in Big Bad.

feature story

5 Footlighters Theatre Society
 Frank Goodsir, Gail Kitt and Brian Lawrence talk about two decades of curtain calls and the key to success on and off stage.

what's inside

- 9 Town Hall**
Positive leadership has beneficial results.
- 10 First Nations**
Building a house and preserving culture.
- 12 History**
The tale of the infamous Sinclair-Smith house.
- 14 Sports**
T-Cats look back at the 2014/15 season.
- 15 Community**
Celebrating volunteers throughout the valley.
- 20 Finance**
Group life insurance vs. individual life insurance.
- 21 Entertainment**
Tea and songs with the Blossom Valley Singers.
- 24 Agriculture**
Local enterprises' farming connection.
- 25 Birding**
A photo preview of Creston Valley Bird Fest.
- 26 Government**
MLA Michelle Mungall fights for single-parent kids.
- 27 Wellness**
Taking the "burn" out of heartburn.
- 28 Wellness**
Thinking your way to feeling better.
- 29 Health**
COPD causes, symptoms and treatments.

From the editor



Story by: Kris Dickeson

Happy Easter. I have fond memories of the Easter egg hunts my parents organized for us every year. It was quite an undertaking for them as they wrote rhyming poems as clues for my brother, sister and me and hid the eggs accordingly. In retrospect, it was quite an undertaking for them as each of us kids got at least five poems and they were different each year. Ma and Pa probably had to start writing them a few months in advance. It was sure fun though, solving the clues and running all over the property to find the chocolate eggs. It has become a family tradition as well; my nephews and niece have all spent a number of Easters at Grandma and Pops' solving clues and looking for chocolate eggs.

My neice and nephews enjoying Easter at Grandma and Pops.



Switching gears to what's in this issue... National Volunteer Week is this month and we have dedicated a section in the magazine to allow local organizations to thank the people who share their time to help others. As an active community, the Creston Valley relies heavily on volunteers to help make this such a great place to live. We hear from TAPS, New Horizon's Seniors Society and the Town of Creston and the Creston Valley Food Action Coalition.

Speaking of folks who give back to the community, the Footlighters Theatre Society has been treating us to their amazing productions for twenty years. I sat down with a couple of the members and heard from them what they feel has contributed to its success and longevity. As well, we get the goods on their latest musical production, Carousel that hits the stage later this month.

Speaking of musicals, there's a preview of the Blossom Valley Singers' upcoming Spring Tea and Concert that features Broadway tunes, we have some amazing pictures and a more details on next month's Bird Fest and the Wildlife Centre has some memorable nature moments.

From the history files, an interesting follow-up to a number of inquiries

about a photo that was part of the recent walking tours in downtown Creston and the Lower Kootenay Band has an update of the construction of the Round House and its significance.

In government-related topics, the Mayor chats about the importance of a positive tone for those in leadership positions, the MLA shares her story on the successful fight to end the child support clawback and the Ag Aware article gives an overview of who all benefit from living in a farming community.

The Thunder Cats have hung up their skates for the season and we get a look back at the highlights while our resident Financial Advisor compares individual and group life insurance.

On the topic of health, causes and treatments for heartburn as well as information on COPD, and a fascinating look at the placebo effect.

Finally, I want to introduce a new member of I Love Creston, Kristeen Abbott. A local entrepreneur, Abbott brings her vibrant smile, friendly personality and professional expertise to our sales team. Welcome aboard.

Enjoy. ■





Photo submitted by: Footlighters
Darren Gregory and Julie Groot in *The King and I*.

All the World's a Stage

CAST OF CHARACTERS

FRANK GOODSIR

Retired school teacher,
Footlighters Theatre Society Treasurer

GAIL KITT

Retired school teacher
Footlighters Theatre Society Past President

BRIAN LAWRENCE

Journalist
Footlighters Theatre Society President

KRIS DICKESON

Editor of *I Love Creston*

SETTING

Coffee shop in Creston

ACT I SCENE 1

FRANK and GAIL sit beside each other across a table facing BRIAN and KRIS. All four are sipping from coffee cups and KRIS interviews the trio asking questions and writing down their answers on a notepad.

KRIS: Footlighters Theatre Society is celebrating 20 years and on stage this month and presenting its 66th production, Rodgers and Hammerstein's *Carousel*. That is truly a milestone. In a community of this size, organizations and groups often fizzle out over time but Footlighters is still going strong. What has kept it so solid?

GAIL: Creston is a talented community and with every new production we get two or three new people out.

FRANK: People move to Creston to live. They get involved and stay, not just come here and work then leave.

GAIL: We've developed good actors and directors (*pauses*) and backstage help. (*laughing*) A good, smooth curtain puller is important. (*GAIL, BRIAN and KRIS laugh loudly as FRANK mimics a person pulling a curtain*)

BRIAN: It really is a core group that we have developed and everyone has found their niche.

FRANK: The talent in this town is not just in theatre but also artists and musicians. People make an effort here.

GAIL: When I moved here I had no idea there was a theatre community and I was so impressed to learn Footlighters does three productions a year.

KRIS: Frank, you and Gail are the only remaining members of the original group that started as the Creston Valley Drama Club, which split and became Carpe Diem and Footlighters for a period of time. Talk about what has stayed consistent over the years.

FRANK: Balance and planning. It's not always the same and we always decide well ahead what productions we are doing and they vary from musicals to comedy to drama and even Shakespeare. And we rehearse and rehearse and rehearse until we are satisfied.

GAIL: Yes, the variety and the quality of the productions. Also, the fact that people come out and they stay involved both behind the scenes and on stage. Everyone is willing to do something. We have a lot of people who help us.

FRANK: I think too, there is an emphasis on having fun. We are all amateurs and may disagree but

we work together and get through it (*FRANK pauses and laughs*) and still talk.

KRIS: Footlighters' last production, *Cinderella*, was your most successful to date. To what do you attribute this to?

(*FRANK, GAIL and BRIAN all look at each other and burst out laughing*)

FRANK: (*Still laughing*) Finding the ugliest stepsisters really drew people to *Cinderella* and Brian and Jason were an excellent choice and did so well. We also did a good



Photos submitted by: Footlighters

Above: Jessika Troughton, Anjali Ewing, Zoe Marini, Greg Benty, Axel Marini, Jason Smith, Simone Wiebe, Suzanne Chubb and Morgan Benty in the melodrama *Someone Save My Baby, Ruth*. Below left: Brian Lawrence and Susan Jorgensen in the thriller *When the Reaper Calls*. Below right: Ken Blow and Judy Winterbottom in the first Footlighters production, the thriller *Deathtrap*.



job promoting it and it was well constructed. And the songs were popular and known by the seniors who were half the audience.

BRIAN: (*Giggling*) Guys in drag as the ugly stepsisters was huge. People were morbidly curious to see us. It was so much fun.

FRANK: It was the first time we sold out all three nights. Usually just the one night sells out but Cinderella really brought people in.

KRIS: Gail, you mentioned earlier everyone is willing to do something. Tell me; one at a time, do you prefer to be on or off the stage?

BRIAN: I like both. It's satisfying to develop a character when acting but I also enjoy having a vision when directing and carrying it out.

FRANK: I prefer writing and directing because I have a terrible time remembering lines (*laughs and GAIL, BRIAN and KRIS start laughing*). It's true.

GAIL: I've been interested in make-up since I was 13. It's fun and I'm good at it (*laughing*) in fact blisters and bruises are my specialty. It was trial by error and I learned by experimenting. I am often written into a production so I'm on stage and can keep the kids in the cast in line. I also really enjoy working

with Frank as an Assistant Director.

KRIS: So where from here? What's on the horizon for Footlighters?

BRIAN: Because we plan so far ahead we already have the 2015/16 season decided. The Great Ice Cream Scheme, The Odd Couple and Other Desert Cities are the three shows we are doing. Knowing this now allows our cast and crew to decide in advance what they want to be in.

FRANK: Cinderella was a feather in our cap and now I'm humming and hawing about whether or not to write another one. It was such a success and it has helped create a buzz on our upcoming production of Carousel, which is a different show and for a more mature audience.

BRIAN: (*Smiling*) It's the first Broadway show without an overture. It's challenging and dramatic with some unique parts and beautiful music.

(*KRIS begins to pack up her notebook and pen as FRANK, GAIL and BRIAN stand up, smile and start to walk away from the table offstage*)

KRIS: (*Looks at audience*) Footlighters production of Carousel runs April 16-18 at Prince Charles Theatre.

(BLACKOUT)

(CURTAIN)

Photo submitted by: Footlighters

Colt Martin, Joy Bartlett, Geri Buchanan and Darren Gregory in The Wizard of Oz.



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Legendary Fairground Musical Hits the Stage

Footlighters Theatre Society's latest production, *Carousel*, runs April 16 – 18, 2015. Frank Goodsir took some time away from directing to answer a few questions:

1) What is *Carousel* about?

The story revolves around carousel barker Billy Bigelow, whose romance with millworker Julie Jordan comes at the price of both their jobs. He attempts a robbery to provide for Julie and their unborn child; after it goes wrong, he is given a chance to make things right. A secondary plot deals with millworker Carrie Pipperidge and her romance with ambitious fisherman Enoch Snow.

2) Who are the main characters?

Main characters are Billy Bigelow, Julie Jordan, Carrie Pipperidge, Enoch Snow and Jigger Craigin (the villain).

3) How does it differ from the original stage performance?

This version of *Carousel* follows very closely to the original 1945 production.

4) What audience is it geared towards/who will enjoy it?

Anyone who enjoys good theatre ... the music will be familiar to our older audiences but many young people will recognize the melody not knowing that it is from the musical *Carousel*.

5) Talk about who you cast and what they bring to their role.

Brian Lawrence (Billy Bigelow) experience and a dedication to musical theatre

Brittney Boehmer (Julie Jordan) enthusiasm and a willingness to try new ideas

Jennifer Adams (Carrie Pipperidge) expanding her theatrical experience both acting and singing

Jesse Moreton (Enoch Snow) willingness to expand his repertoire and sharing his musical talent

Devan Coward (Jigger Craigin) a wonderful singing voice and stage experience

6) What musical numbers are there?

Musical numbers include If I Loved You, June Is Bustin' Out All Over,

A Real Nice Clambake, What's the Use of Wond'rin', You'll Never Walk Alone and the Carousel Waltz.

7) Describe the set.

A small but effective set suggesting the Maine Coast – includes a working *Carousel* (designed and built by Bill Dyck) and three beautifully painted *Carousel* horses painted by artist James McDowell

8) What are the costumes like?

Colourful and set to the 1890's – executed by Jennifer Dewald, Carla Simon and Elva Atha.

9) Why did you decide to do *Carousel*?

Of the five BIG Rodgers and Hammerstein musicals four have been performed in Creston since the opening of the Prince Charles Theatre (Oklahoma!, *The King and I*, *South Pacific*, and *The Sound of Music*) so it seemed a natural for Footlighters to include the fifth of these musicals, *Carousel*.


10) Anything to add?

Assistant Director: Brian Lawrence

Musical Director: Simone Wiebe

Pianist: Joanna Wilson

Stage Manager: Gary Deatherage ■



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From the Mayor's desk

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

Tone at the TOP!

I recently had the pleasure of attending the Elected Officials Seminar in Kimberley, along with Councillors Boehmer, Comer, Unruh, Wilson and our Town Manager. Note - Councillor Elford attended a similar event, in April 2015, held in Kelowna. This seminar, hosted by the Local Government Leadership Academy, was designed to benefit both the newly elected and those returning to the Council table for another term.

The seminar reinforced the notion that ongoing learning is key to a knowledgeable Council being able to make informed choices. By attending the event we were able to improve our general knowledge and understanding of many important facts and issues relevant to local government. New Council was introduced to some of the key policy/regulatory documents that affect our Municipality's operations such as: the Community Charter, the Local Government Act, Official Community Plans, various bylaws and associated statutory requirements. Both new and seasoned officials were informed about best practices for making meetings work, priority setting, governance issues, budgeting, planning and more. The agenda was packed with informative sessions.

George Cuff, the event's keynote speaker, is no stranger to the best practices of local governments. He is a well-known name in this realm with over 35 years of experience, and the message he delivered at the seminar resonated with me. I first heard George talk in 2011 about how "tone at the top" is essential to running an effective organization. Subsequently, I wrote an article for the January 2012 I Love Creston issue on the topic and the message is worth sharing again.

As Mayor, it is important that my attitude and my approach to service be both positive and proactive. A positive tone at the top filters down and influences Council, management, staff and eventually the citizens of the entire Creston Valley. In my role as Mayor, I often serve in many realms as the "ambassador" and the "representative" of our community. In these roles, I am committed to doing the best job I can in representing you, the citizenry and this beautiful community that we call home. To do this well, I need to hear from you.

During my last campaign, I was able to meet with and talk to many citizens and friends about their hopes for our community. While I realize that I will

not be able to please everyone, I did appreciate the opportunity to listen and to hear the many different viewpoints that people offered. Importantly, input shouldn't be provided just at election time - I encourage ongoing feedback throughout the next four year term.

So how can you make sure you're heard? Input can be provided through many channels such as:

- Attending Town Council meetings, which are held every second Tuesday at 4:00 pm.
- Submitting correspondence.
- Attending a "Coffee Talk" session. Coffee Talks are informal opportunity to meet with myself, S/Sgt Bob Gollan, Fire Chief Mike Moore and Public Safety Compliance Officer Eric Graham to discuss your public safety and community concerns.
- Dropping into the Town Hall booth at the upcoming Home and Garden Show on April 24 and 25.
- Dropping by my office for a chat.
- Getting involved in the upcoming Official Community Plan process

Maybe you have some other ideas and I would welcome hearing these. Being able to serve as your Mayor is a great honour. While I am not beyond occasionally making a mistake (the burden of being human), my good intention and dedication to this community are unwavering. I am committed to serving you well over the next four years and I look forward to hearing from you. ■

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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Preserving Culture, Language and Spirituality

Story by: Jason Louie
Chief – Lower Kootenay Band

Ki'suk kyukyit (greetings). Having faith in a higher power is so very personal and significant. It truly can make an individual and a family unit stronger and also unite societies. I have waited and thought long and hard about the language to use for this article. I wish not to spark any conflict or debate with any religion. On the other hand, I also do not want to offend our elders and knowledge keepers with the impression that I am exploiting our culture.

The Lower Kootenay Band is a member Band of the Ktunaxa

Nation. The Lower Kootenay peoples have occupied these beautiful lands since time immemorial. Our faith in a higher power is so very complex that I could not sum up the faith in this article. In the late 1800's, it became Canadian law that all aboriginal children would attend Residential Schools and must learn organized religion. Use of our native language was prohibited and punishable by physical beatings or acts of humiliation. In the case of adults and others residing on Reserves First Nations people were required to attend church. The practice of traditional ceremonies was prohibited by law and could result in imprisonment.

These laws continued for several generations until the 1960's. From the late 1800's to the late 1960's having these prohibitions meant a loss of language, loss of ceremony and even a loss of identity. From the 1960's forward, one might think that we could very easily go back to what we once had. It was the complete opposite, the Ktunaxa language was being spoken in the homes far less frequently and now new generations were not introduced to the various traditional ceremonies.

Approximately 20 years ago some of our knowledge keepers and leaders stated we must make a concerted effort to preserve what little of the culture we have left. We must move forward in a proactive manner to truly maintain our identity as Ktunaxa people. A building known as the Round House is a building that symbolizes a big lodge from many years ago. The Round House would house rites of passage ceremonies for both male and female, feasts that would honour significant accomplishments and also naming ceremonies to provide infants and young children with their aboriginal names.

The Round House being a sacred building will also be a venue for times when we will have difficult decisions to make. The Ktunaxa Nation provides the Ktunaxa Kinbasket Child and Family Services which does have to discuss situations where a child may need to be removed from their homes due to various circumstances. Rather than having those meetings within the walls of a Social Workers office they would be held at the Round House.



Photo submitted by: Chief Jason Louie

The Lower Kootenay Band's Round House is expected to be completed this June.

There will also be opportunities to host restorative justice meetings at the Round House. Some policing matters could be held at the cultural building vs the RCMP Detachment office. The Round House will be the appropriate venue for these and many other important discussions.

Like everything in life there is a price tag. Where would we get the funds necessary to build such a place? Our leadership team decided three years ago to stop talking and make it happen. Having just a dream and no start-up funds at all we began to lobby various corporations and industries. An entire year had passed and we began to think that the dream was dead and over. Until last spring, all of a sudden the corporations that we met with began to contact us stating they support our initiative. We went from zero dollars to approximately \$1.2 million project. In July 2014, we began the construction of the Round House and

have been working hard to the present. The building is set to open in early June of this year. I have received several inquiries about what the construction is. There were even suggestions that this will be the Chiefs house. No, it is not my home; this building will be the

“our faith in a higher power is so very complex”

building that will ensure a future for our culture, language and spirituality. This building is situated at Lower Kootenay for the Ktunaxa Nation to teach and re-learn who we are.

We continue to fund raise as during this learning process we are finding that there can be so many unforeseen financial circumstances. This is not my initiative but a leadership and

team initiative for the Nation. I do not submit this article to boast, I wish to educate readers that our community has been on a long and difficult healing journey. During this time I request a level of privacy be given to Lower Kootenay Band. Following the construction phase there will be much work to do either teaching or re-learning what was absent for many generations.

Throughout my life I have constantly faced obstacles and nothing has come easy. Being told no and that I cannot do something became motivation to accomplish the mission and capture the dreams. The Round House will be here long after my time on this earth is done. This building will ensure and give piece of mind that there will be some form of culture and spirituality for many future generations. I work on forgiving the past, embracing the present and be optimistic for the future. TAXAS. ■

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The Sinclair-Smith House

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

Last month, we gave some walking tours of downtown Creston. One of the photographs we used for those tours shows a house sitting right in the middle of Canyon Street, barely clearing the store buildings on either side and blocking traffic in all directions.

As you might imagine, we got a lot of inquiries about that photo, and numerous requests for a follow-up article about it. Here it is:

Creston's commercial district has moved several times. It was first at the intersection of Canyon Street and Highway 21. Then it moved up to the top of the hill, around what is now the Kokanee Inn. But, when

the Canadian Pacific Railway station was built alongside the tracks, it faced away from that second commercial district, towards Northwest Boulevard. It wasn't long before people decided that their businesses would do much better in front of the station, instead of behind it. By 1908, there was a whole row of commercial buildings between what is now Pine Street and the Creston Valley Advance office. That was Creston's third commercial district.

By then, of course, quite a few people had begun building houses around town. Like today, the favoured building spots were close to shopping and transportation, but sites that were just a little way out of the prime commercial district were a little less expensive. So we see residential neighbourhoods being built up along Pine Street, up 10th Avenue North, and east onto Canyon Street. As a result, what we now consider "downtown" was once an eclectic mix of commercial and residential buildings.

We have a photo that shows the house in question standing on the south side of a very narrow, stump-filled Canyon Street. Opposite it are a few commercial buildings filling the space from 10th Avenue up to where Tony Mulder's jewellery is today. We can date the photo to sometime before July or August of 1908, because it does not include what is now the Creston Valley Advance, which we know was built at that time.

We do not know for certain who built it, but we do know that Robert Sinclair-Smith and his family lived in it, and that he was in Creston by February 1909. He was the

telephone exchange operator for the Creston Power, Light and Telephone Company, and, for a while, the telephone exchange was located in an office adjacent to his residence. This was probably a fairly short-term arrangement, though.

Robert Sinclair-Smith enlisted with the Canadian Army in 1914, and spent the next five years overseas. In 1919, he returned to the Valley and took up farming in West Creston, raising asparagus and dairy cattle and cutting timber which he hauled into the sawmill in town. In 1939, he and his wife Olive moved back into Creston, and eventually to Victoria.

Presumably, Mrs. Sinclair-Smith and their two children, Reginald and Dorothy, lived in the Canyon Street house while Robert was fighting the Great War. After the family moved to West Creston, the house became the headquarters of the local RCMP detachment.

"jacked up, set on skids, and hauled out onto the street"

The RCMP expanded their services into BC very briefly in the early 1920s. It looks like the Creston detachment was established in January 1921 and consisted of two members, Constables Petty and Summerfield. Both constables, along with Mrs. Summerfield, lived in the Sinclair-Smith home. Within a few months, the house was being referred to as "the RCMP barracks."

By March 1921, Constables Petty and Summerfield were being transferred, to Fernie and Cranbrook respectively, and replaced by Sergeant Searle and Constable Radbourne. Sgt. Searle was accompanied by his wife and mother-in-law, who also moved into the barracks. Two months later, Sgt. Searle was drowned while in pursuit of rum-runners (the first RCMP officer in BC to be killed in the line of duty),

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Photos submitted by: Creston & District Museum & Archives

Above: One of the earliest photos on file of Canyon Street, showing the Sinclair-Smith house standing virtually alone on the south side of the street. Right: This is the photo that got all the attention, showing the Sinclair-Smith house being moved down Canyon Street at the end of April 1926.



and Mrs. Searle and her mother moved back to Taber, AB. Command of the post then fell to Corporal Smith. After that, membership in the detachment seems to have settled down – at least, transfers in and out appear less frequently in the local newspapers. I haven't been able to find out exactly when, or why, the RCMP pulled out of Creston (or the rest of BC, for that matter), but the last reference I found to the Sinclair-Smith home being used as the RCMP barracks was in May 1925. By January 1926, it was "the former barracks" and was rented to Reverend A. Appelt of the Lutheran Church.

By 1926, though, Canyon Street

had changed dramatically. It was no longer a rough little path on the edge of town; it had become the core commercial district and was rapidly expanding into the orchard lands to the east. An almost-continuous row of store buildings ran along both sides of the street. Demand for commercial properties in that area was rising, and, no doubt, so were the returns to be realised by selling or renting commercial properties. The little house was not to remain on Canyon Street much longer.

Mr. Sinclair-Smith built a commercial building on one half of his Canyon Street lot. His ownership

of the property can still be seen in the "S-S" in raised concrete near the top of the façade. The other half was sold, in 1934, to Henry Johnston and A. Walde, who established a confectionery store there.

As for the house, in April 1926 Sinclair-Smith was given permission to move it to property he owned just north of town – provided that he did not drag timbers along the road or dig holes into the road surface, and that he pay for any damage the move caused.

The house was jacked up, set on skids, and hauled out onto the street. If we combine the evidence of the photo, and the restrictions published in the newspaper, we can guess how the move was accomplished: Two sets of skids, one under the house and one in front of it. Drag the house onto the forward skids, move the newly-vacated skids to the front of the house, drag the house forward, and repeat.

The house was dragged out to the little triangle of land between Northwest Boulevard and 7th Avenue, just in front of the Anglican Church. A basement has been put under it, and an addition built onto it, but it still stands. Today, however, it is no longer known as the Sinclair-Smith house, or even the RCMP barracks – it is the Mawson house, named after another pioneering Creston family who lived there for decades. But that's another story. ■

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Heads Held High

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats may have fell short of their ultimate goal for the 2014/15 season, but a five game first round playoff series loss to the Kimberley Dynamiters only tells part of the story of an otherwise successful season.

"Our whole group was very disappointed with how the season ended, but they left everything out on the ice and should have no regrets," said Thunder Cats Head Coach Jeff Dubois. "We ran into one of the few teams in our league that went into the playoffs even hotter than we were, and it just happened to be in the first round. We played them tight, and from a defensive perspective it was some of the best hockey you'll see at this level, but at the end we came out on the wrong end of some very close games."

The Thunder Cats took the series opener in Kimberley but proceeded to drop four in a row, including three straight by one-goal margins. Remarkably, Creston managed to lose the series despite surrendering just a single goal at even strength over five games. The Dynamiters did most of their damage on the power-play and the game-winner in Game 5 came shorthanded.

"We went into the series determined not to get into a track meet against

a very fast, very deep team," said Dubois. "We did a great job limiting their shots and scoring chances and they did the same to us. Their goaltender (Tyson Brouwer) was phenomenal and we didn't finish enough around their net when we had the opportunity."

But looking back on the season as a whole, Dubois believes the team took some great strides forward. Following a lacklustre September and October that saw the club moving above and below the .500 mark, the Thunder Cats found their stride in November and lost just eight of their final 26 games to finish the regular season with a 28-18-1-5 record that was good for 7th best in the 20-team KIJHL. Creston also proved tough to beat at the Johnny Bucyk Arena, finishing 5th in the league in home wins with 16.

"It was definitely a slower start to the season than we wanted, but I think we found an identity as the season went along and saw some impressive development from our younger players," Dubois said. "We had guys like Carson Cartwright and Alec Wilkinson who stepped up for us offensively and put themselves in the elite group of forwards in our league. And our goaltending with Brock Lefebvre and Mitch Martell was excellent on a consistent basis, which makes things so much easier on the rest of the team."

Away from the rink the Thunder Cats continued the organization's tradition of community involvement on a number of fronts, including the Snow Cats program that saw players provide snow-clearing services for local seniors. Members of the team also visited local schools and helped out with events like the Terry Fox Run. But the most memorable off-ice moment came after the team's final regular season home game, when 16 players had their heads shaved in the arena lobby to raise funds for 7-year old Izzy Nixon and her family. In December, Izzy was diagnosed with a brain tumour that has required extensive treatment in Calgary. With the support of their fans, Thunder Cats players raised over \$2500 for the Nixon's on a very special night for all involved.

"From start to finish, the players organized the fundraiser for Izzy and took responsibility for promoting what they were doing and collecting donations," said Dubois. "It's always great to have success on the ice, but the most important part of junior hockey is seeing young men build the type of character that they displayed in supporting the Nixon family. That was a night that our whole team in going to remember for a long time."

The Thunder Cats will be back on the ice in August for training camp and will start the 2015/16 KIJHL season in early September. ■

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NATIONAL VOLUNTEER WEEK

Hats Off To Volunteers

Story by: Creston Valley Spirit Committee

National Volunteer Week runs April 12-18. It's a time to recognize, celebrate and thank those who give their time and energy to help others.

"Volunteers build resilient communities. More than half of Canada's 161,000 non-profit and charitable organizations have no paid staff and rely solely on volunteers. Imagine what your community would look like if all that went away? Volunteers help improve quality of life for others. They also gain valuable experience and develop new skills.

As well, studies show that involved Canadians enjoy an improved overall health." - Volunteer Canada

Here in the Creston Valley, hundreds of people each year volunteer with service clubs, sports teams, organizations and charities helping our community to grow and thrive. We salute and thank you.

In celebration of our volunteer community, the Creston Valley Spirit Committee is hosting an afternoon social at the Creston and District Community Complex on April 11th. Throughout the morning, community organizations will be at the Farmers'

Market, showcasing volunteer projects. The hope is to help local organizations recruit new volunteers and show the community all the amazing work they do. There is such a wide array of volunteer opportunities in this town, that there's sure to be a fit for anyone in the valley.

Last month, volunteer nomination forms were collected and five lucky winners will be randomly drawn \$50.00 gift certificates to local restaurants. For any organizations interested in setting up a complimentary booth at the Farmers' Market email to cvfarmersmarket@gmail.com or 250-254-1594. For more information on the Volunteer Appreciation event email to cheryl.mickelson@creston.ca or call 250-428-2214 ext. 521. ■



Volunteers make a difference.

A big thank you to all the volunteers who make the Creston Valley such a great place to live.

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VOLUNTEER APPRECIATION SOCIAL

April 11, 2015
1:30 - 2:30 p.m.
Creston Room
Creston & District Community Complex

This is our opportunity to show appreciation to our volunteers in the Creston Valley. Enjoy refreshments and snacks while you visit with fellow volunteers and friends. Hosted by the Creston Valley Spirit Committee

AWARDS PRESENTED AT 2:00 p.m.
(From Nominations Submitted)

For more information refer to the Creston Valley Spirit Committee Article



CRESTON VALLEY
SPIRIT COMMITTEE



Royal Canadian Legion, Branch 29
sincerely thanks all our Volunteers. Without them the Legion could not continue.

With the passing of many of our Volunteers/Legion members the Branch is desperately looking for new Volunteers to help keep the doors open.

The Branch offers many activities such as Suppers, Dances, Pool League, Dart League and Poker.

Meat Draws are held every Saturday, Pancake Breakfasts on the first Sunday of every month and a monthly Steak Barbecue.

Please contact the Legion
Phone: 250-428-4252
Fax: 250-428-5315
Monday-Friday 9:00 am-3:00 pm

Rotary and Rotacrest Hall

Story by: Mike Stutter
Rotarian/President – New Horizon's Senior Society

There are two Rotary Clubs in Creston and if you live in the area you have probably contributed to some of their fund raising activities. Some of the projects the organizations have helped fund include Centennial Park, the splash park and the walking and biking trails.

Another contribution by Rotary is the Rotacrest Hall on the Community Centre property. Back in 1970 there was only one Rotary Club in Creston and an ambitious proposal was put forward to build a two-storey senior centre. Following years of planning and securing funding the building was completed

in 1982 and turned over to the New Horizons Senior Society (NHSS) who maintained and rented it through 2009.

Following the construction of the Creston and District Community Complex (CDCC), an agreement with the NHSS was reached in 2010 making Regional District of Central Kootenay (RDCK) the owner and manager of the Rotacrest Hall.

Much to the delight of many elderly members, Therapeutic Activation Program for Seniors moved into Rotacrest Hall earlier this year.

The far sighted decision of the Rotary Club in 1979 has now been fulfilled to the benefit of so many people in the area, particularly our seniors. ■



GET INVOLVED

VOLUNTEER AND MAKE A DIFFERENCE

A sincere thank you to the countless volunteers throughout the Creston Valley, especially those hard-working people in Area B who help make our community stronger.



Tanya Wall
Regional Director, Area B

All Under One Roof

Story by: Maureen Cameron
TAPS Community Development Liaison
Coordinator

Therapeutic Activation Program for Seniors (TAPS), under the auspices of Valley Community Services (VCS), is now operating out of the lower level of the RotaCrest Hall on 19th Ave.

You probably are familiar with the impact of a major move. The dread, the excitement, the work and of course anticipation of the new; re-locating TAPS has been all of that. The close proximity to the Recreation Complex fits our TAPS goals; for collaborating for new programs and continuing use of their facilities. There are of course ongoing adjustments



Photo submitted by: Mike Stutter
Early construction of Rotacrest Hall.

A BIG THANK YOU

We would like to take this opportunity to thank our many volunteers that help us throughout the year



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Therapeutic Activation Program for Seniors

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Thanks to our

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awesome volunteers! THE CRESTON MUSEUM



MICHELLE MUNGALL
MLA NELSON-CRESTON

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to equipment and systems, and that is mostly shouldered by the staff and volunteers, as the programs carry on. Coordinator, Bridget Currie says she has a waiting list and the sounds of camaraderie, quiet times and ongoing activities seem to naturally fall into place in this new light filled location.

With two senior programs in the same building, with some shared spaces, we look forward to what will emerge for both our benefits into the future. Apparently the cooking smells from our kitchen are drifting teasingly up into the upper level of the hall.

The idea of leaving the Nilsson Building where the program has been since 2005 started a couple of years ago as a sustainability strategy. The building had served TAPS well, yet maintenance, repairs and utility costs were seen as untenable for the long term and it seemed wise to consider a new location at this time that would be affordable

and a more central location.

The Regional District of Central Kootenay (RDCK) manages RotaCrest Hall now and in exploring possible locations for TAPS, many meetings between stakeholders resulted in VCS applying for and eventually being successful as a recipient of a Columbia Basin Trust Social Grant. This grant,

“The sounds of camaraderie, quiet times and ongoing activities”

along with contributions from the RDCK and VCS, has resulted in renovations to the entire hall which will provide this building as a viable community asset for the long term. Because TAPS, New Horizons for Seniors and now the Better At Home Program occupy the building mostly for

day programs, the RDCK can still rent out spaces for other users when available.

The upgraded washrooms, downstairs commercial kitchen and newly painted interiors and carefully planned storage and office areas are the result of months of planning, adjustments and sometimes inevitable delays. Thanks to everyone’s good work for this upgraded facility.

Here’s to Volunteers... the hundreds of you who help make this community what it is. All ages, in every organization you step up when needed, you share your talents and caring, your visions and actions. The work you do cannot be measured in hours or dollars and from all of us at TAPS we appreciate those who contribute to our program as well as in the whole community.

If you are interested in finding out about volunteer opportunities at TAPS, please give us a call at 428-5585 or email taps@valley.services. ■

A BIG THANK YOU TO OUR MANY VOLUNTEERS



- Creston PAWS
- West Creston Fire and Hall Societies
- Creston and District Historical and Museum Society
- Citizens on Patrol
- TAPS
- Creston Valley Gleaners Society
- Cresteramics Society
- Therapeutic Riding Program
- Creston Valley Hospice Society
- Creston and District Society for Community Living
- And Many More



Larry Binks
Regional Director,
Area C

Helping Make a Difference

Story by: Jen Comer
 Manager – Creston Valley Farmers' Market

April is Volunteer Appreciation Month, and the Creston Valley Food Action Coalition's two major projects, the Farmers' Market and Harvest Share, would like to thank our many volunteers who make our work possible!

Both projects are lucky enough to have one paid staff person each to coordinate the bulk of the work, but what we do is impossible without the many additional people who selflessly give their time and energy.

Over the past few years, the Farmers' Market has relied heavily on a committee of volunteers who help guide the big picture direction of the market and are the feet on the ground support on a weekly basis.

The entertainment at the market would not be possible without the expertise and diligence from Kait Viers (who also happens to volunteer coordinating Music in the Park during the summer months). Every month she scouts out and lines up great entertainment at the market. We've had everything from accordion players, harp players, rock music, karaoke covers of pop music, to a

one-person electronic band. The mix is always eclectic and customers are always in for a treat. Thank you Kait for the incredible amount of time you dedicate to making the market awesome.

The Harvest Share program would not exist without the dozens of volunteers who get out to glean fruit and vegetables from local farms during the growing season. In 2014, nearly 600 hours of volunteer time

"Annually harvesting over 38,000 pounds of food"

was used to harvest the food that is donated to 18 local community organizations (and from there to hundreds of local residents). The Creston Valley Harvest Share program is one of the most successful in the province, annually harvesting over 38,000 pounds of food that would otherwise go to waste in the community. Thanks to everyone who helps make that project happen year after year!

Of course, all of this work would not be possible without the volunteer board of the Food Action Coalition.

Many different people have been part of the board over the past 8 years since it was incorporated. Thank you to those who currently serve, and all those who have contributed in the past.

To learn more about the Food Action Coalition, visit us online: www.crestonfoodaction.ca. ■



Thank You!

To all our 105 hard working, caring volunteers

You are Amazing!

Never underestimate the impact of all that you do.

Creston Valley Gleaners Society

Gleaners will be closed on Good Friday April 3



Photo courtesy of: www.crestonfoodaction.ca
 A busy weekend at the Creston Valley Farmers' Market.

VOLUNTEER APPRECIATION DAY

April 11 • 9:00 am to 1:00 pm
 Creston & District Community Complex

Farmers' Market vendors plus local organizations
 Learn about volunteer opportunities in Creston

Creston Valley Food Action Coalition

Farmers' Market

cvfarmersmarket@gmail.com
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www.crestonvalleyfarmersmarket.ca



When Does Individual Life Insurance Start to Make More Sense?

Article submitted by: Vern Gorham,
Sun Life Financial Advisor

If your employer provides group life insurance, you may think you're covered and don't need to consider individual life insurance. There are good reasons, however, to take another look at your protection. For example, do you have enough protection for your family?

Group life insurance costs are generally lower than individual life insurance costs for younger ages. But this less expensive choice for life insurance also has less flexibility and fewer features than the individual life insurance options.

The lower costs can also be misleading. At approximately the age of 45 – 50, group life insurance costs become comparable, if not equal, to individual life insurance costs. Beyond this age range, group costs may start to exceed individual premiums.

One important limitation for group life insurance is that you have this coverage only while you continue to

work for your employer. If you quit your job or are laid off or fired, you'd need to replace this coverage. Because premiums increase with age, you'd likely end up paying a higher premium.

“group costs may start to exceed individual premiums”

When you apply at the new insurance company, it could ask for a medical exam. If your health has changed from the time you started your current job, then your application could be declined.

The individual advantage

The best time to apply for individual life insurance is when you're healthy and your options are wide open. Here are some examples of the flexibility of these policies:

- The death benefit—what your beneficiary or beneficiaries receive—

can be as large or small as your need requires.

- Make your policy match your needs with benefit attachments; for example, guaranteed insurability allows you to buy additional insurance at specified times, no matter what your health, occupation or lifestyle may be.

- Convert to another type of policy at a future date without supplying medical evidence.

It's important to make decisions about life insurance when it's right for you. As your Sun Life Financial advisor, I'll present all the information you need so that you can find the best solution to protect your future, and your family's future. ■

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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.



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Blossom Valley Singers Take Broadway

Story By: Win Dinn - Blossom Valley Singers

Get out your white gloves, top hat and cane - the spring tea and concert is coming soon. This month, an afternoon of tea, refreshments, fabulous Broadway tunes and syncopated rhythms is brought to you by the Creston community choir, the Blossom Valley Singers. From well-known hits like Lullaby of Broadway, Memory, Play for Me a Simple Melody and You'll Never Walk Alone to a medley of songs from Fiddler on the Roof, Hair, Funny Girl and others, the music will have you tapping your toes and dancing in your seat.

Think 'golden oldies' from such beloved musicians as Andrew Lloyd Webber, Rogers and Hammerstein, and Cole Porter. You'll hear some newer tunes as well - Solla Sollew from Seussical the Musical is a haunting tune of the yearning inspired by a perfect, heavenly place (somewhat like Creston, we think).

The concerts and tea are again at the Holy Cross Catholic Hall this year on April 11 and 12. Tickets are available at Creative Fix, Black Bear Books and from choir members. The rumour is out that some choir members will actually pick them up and deliver to you - how could that be any easier? We recommend you secure your tickets early since there is no guarantee there will be any left at the door.

Including the Key of She, Blossom Valley Singers Male Quartet, Bryan Daybell, Marlene Nash and Valley Voices (the Creston children's choir), this high-energy concert is sure to be a rousing one.

This spring concert is the Blossom Valley Singers' opportunity to give back to the community; the proceeds support the bursary for music student(s) at Prince Charles High.

Do ensure you get your tickets now, you won't want to miss it. ■



Photo submitted by: Win Dinn

The Blossom Valley Singers will deliver Broadway tunes at the spring tea and concert.



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Home & Garden

Preparing Your Home for Spring

www.newscanada.com

Winter weather can wreak havoc on homes and gardens across Canada. Complete this home maintenance checklist from The Home Depot Canada before the warm weather breaks to ensure your outdoor space is ready for spring enjoyment.

1. If your home experienced any leaking or flooding, you must first dry out the area. Use towels, a mop and bucket or a wet/dry vacuum to remove the water that entered your home. Ensure you replace any

affected drywall and clean carpets or upholstery thoroughly to prevent mould growth.

2. Your roof takes quite a beating through the winter months. Once the warmer weather hits, take a look for any shingles that blew away or were damaged. Replace them to ensure your roof is waterproof ahead of spring showers.

3. Remove debris from your gutters using your hand or a leaf blower and run water from a garden hose down the eaves troughs. This will keep drainage

running smoothly away from your home as rainfall increases in the spring.

4. In early spring, clean your deck with a power washer to remove stains and dirt build-up. On a dry day, apply a new coat of sealant to protect the deck from moisture damage, fungus growth and ultraviolet light in the summer ahead.

5. Get your yard ready for growing season by raking your lawn to remove winter debris, and pruning your perennials and trees ahead of their new growth. ■

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Cleaning Up After a Flood

www.newscanada.com

As bitter winter weather turns to spring, melting snow and increased rainfall can lead to small leaks and floods that will wreak havoc on your home. If not cleaned and maintained properly, these areas can lead to mould growth and rotting. If you experience any leaking or floods this spring season, follow the steps outlined below from The Home Depot Canada to ensure your home repair is safe and stays dry.

- The first step after any flooding is to remove all water. Use towels, a mop and bucket, or a wet/dry vacuum to clear away water from the area.
- Ensure the space is completely dry by using an industrial-sized fan.
- Disinfect the previously wet area before using a mould prevention spray. If materials such as fabrics or carpets were affected by the water, remove them from the space. Once they are dry, clean them to eliminate mould growth.
- Check for any drywall that was affected by water. Telling signs are bubbles or drooping along the wall indicating water build-up. If your drywall has been affected by water damage, you must cut out the area that was wet and replace it. This will ensure the safety of your home by eliminating any mould growth or rotting.

• Finally, finding and fixing the source of the leak will help ensure you don't have to do the same clean-up next year. Whether it's a burst pipe or a crack in

the foundation that led to the water entering your home, fixing it now will mean a smoother transition to spring next year. ■



Photo by: News Canada

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Ag Aware

Story by: Randy Meyer - Creston Valley Agriculture Society

The Benefits of a Farming Community

Green grass, bright spring flowers and the smell of freshly turned earth are a part of April in the Creston Valley. The unseasonably warm weather in March had farmers and gardeners anxious to begin the growing season and yet somewhat concerned that winter would make some late comeback to set us back.

April can be fickle with some fabulous spring days interspersed with raw, wet, windy days. Early season vegetables and greens are fairly hardy so even some freezing weather will be tolerated. Some tree fruits will soon be blooming and not all tolerate a heavy freeze during the blooming period.

Farmers will be tilling their fields ahead of seeding of crops such as oats, wheat, barley or canola. These are annual crops which get replanted every year in rotation. Alfalfa and grass crops such as timothy or

brome grass are perennials which once established are in production for multiple years. Many hundreds of acres of these crops are grown in the valley as feed for a wide variety of livestock.

Calves and lambs are appearing on farms all over the valley and those that grow chickens are starting their first batches. All this “growing” be it vegetables, fruit, field crops or livestock is all a huge economic driver in this valley. It doesn’t matter large or small, all growers have a lot of inputs into their crops which require and support many local businesses.

“a huge economic driver in this valley”

From the greenhouses and seed suppliers, fuel, machinery and parts suppliers, livestock feed dealers and feed mill, irrigation supplies, veterinarians and tire stores; even the financial institutions and accountants are supported by many agricultural enterprises. Later in the season the fruit stands, stores and restaurants that buy and sell our local products are part of the chain. Lastly all of the labourers involved in helping the farmers tend to and harvest their crops. While seasonal in nature and sometimes sporadic as to the time available, agriculture labourers are important to the success of many local farms. Willing and able, knowledgeable workers are often in short supply. While some agriculture employment positions are minimum wage jobs not all are. Persons with some skills and experience can find positions that do pay reasonably well. Check it out, you might find opportunities you never knew existed.

The time has come again to remind people to be aware of and watch out for tractors and equipment on our local roads. With the farming season underway machinery will be moving about once again.

As you travel around our beautiful valley this spring observe what’s happening on the farms and in the fields around you. Be Ag Aware! ■

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Celebrating Birding

Story by: Tanna Patterson
 Chair – Creston Valley Bird Fest

This year's Creston Valley Bird Fest runs May 8-10 and features keynote speaker Dick Cannings, well-known Okanagan ornithologist. As well there are presentations by Marlene Machmer from Nelson speaking on herons; Brendan Mitchell of Creston on bats; Gary Davidson from Nakusp displaying photographs of the birds of Africa and Australia; Dr. Rick Page from Victoria speaking on Endangered Birds; and Jim Lawrence from Lardeau Valley with a Photography Workshop.

The festival includes early morning guided bird-watching tours, raptor-searching bus tours, canoe trips and children's events at the Wildlife Centre. As well, there will be afternoon tours to the Swan Valley Honey Farm, Kootenay Meadows Organic Dairy, COTR Community Greenhouses and a variety of art studios. West Kootenay photographer Jim Lawrence will be returning to host a workshop on wildlife photography. Monte Comeau's bird photography will be on display at Friday night's Welcome Wine and Cheese.

More info: www.Crestonvalleybirds.ca. ■



Photos by: Monte Comeau

Above: A Steller's Jay that visits wild bird photographer Monte Comeau's backyard feeder. Below: A stunning picture of a loon.





End to Clawback Brings Relief

Story by:
Michelle Mungall
Nelson-Creston MLA

For a decade, BC had the highest child poverty rate. Half of kids in single parent households live in poverty. Right now, over 160,000 BC children don't have enough food because their parents had to make choose between paying the rent or putting food on the table. This is a big problem.

Government has the ability to alleviate poverty or make it worse. Unfortunately, the Liberals have abandoned many poverty-reducing policies in favour of those that create it. One glaring example is when they decided in 2001 to no longer allow children to keep their child support payments because their single parent received Welfare or Disability.

So when Rosie's mom was injured, could no longer work and applied for Disability, she lost the \$150 per month in child support from her dad. Her dad paid it, but the government took it away. This has happened to tens of thousands of children in the past fifteen years, and it is not right.

Several Organizations have been calling on the government to end the child support clawback for years. The BCNDP committed to ending it in both our 2009 and 2013 election platforms. But the Liberals weren't budging. That's when I decided we need to up the ante.

I'll never forget the first meeting I had with provincial advocacy groups. After letting them know I was committed

to taking this issue on with fervor in the Legislature, we decided to work together to see this through and set our goal to have the clawback ended in the 2015 Budget (if not sooner).

Then, I started to connect with affected parents. Single parents, mostly moms, from all over BC shared their stories and their children's stories with me, and asked that I take them to the Legislative Assembly. Many of them came to the Legislature themselves to press the government for change. Many more spoke out to their local media.

In these stories, we learned how families struggled. We met children who went to school hungry because the support intended to help feed them was being taken away by government. The people who learned about this for the first time universally agreed that we needed to end the clawback.

People of all political stripes were writing in, speaking out and taking action. Two families along with the Single Mothers Alliance of BC filed a legal challenge of the clawback. As we took every opportunity to press our case to government, we saw that they were feeling the pressure.

A few weeks before presenting the Budget in the Legislature, the Minister of Finance hinted that an end to the clawback may be coming up. Hopes ran high for families affected. But the best was when the Minister confirmed an end to the clawback during his Budget presentation on February 17. The group of people who came together to end a poverty-creating policy succeeded. The result is that thousands of children each year will keep their child support, go to school with full tummies, learn better and have more opportunities to reach their full potential.

To all those kids and anyone who ever wonders if they can make a difference, I think Jack Layton's words sum it up best, "Don't let them tell you it can't be done." ■

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You Do NOT Have Too Much Stomach Acid

Story by: Dr. Chris Ford , BMSc, ND

One of the most common prescriptions that we see in practice are medications designed to reduce or eliminate acid in the stomach in order to alleviate the symptoms of heartburn or gastro-esophageal reflux disease (GERD). However, the stomach is a naturally occurring acidic environment with specialized cells that are meant to live in these harsh conditions. The low pH in the stomach is required for the proper breakdown and absorption of foods and if this environment is altered it can lead to other issues with digestion.

Heartburn occurs when the acid in the stomach moves into the esophagus causing burning pain or discomfort. A common misconception is that it is

always excess amounts of acid which cause GERD, however it is much more common for heartburn to happen when there is a deficiency of acid in the stomach and I will explain why.

“drastically decrease the amount of stomach acid”

Between the esophagus and the stomach is a muscle called the lower esophageal sphincter (LES) that normally prevents acid from traveling between the stomach and esophagus. This muscle will only close properly when it detects sufficient amounts of acid in the stomach. Therefore, if the acid levels are below normal the LES remains open and whatever acid is

present is then able to splash up into the esophagus causing heartburn. The medications mentioned above work at reducing these symptoms because they drastically decrease the amount of stomach acid so that it is almost non-existent. This eliminates the heartburn, but severely inhibits the body's ability to properly digest foods. If your body is not breaking down food in the early stages of the digestive process this will have a negative impact on the rest of the system and you will not be able to absorb essential vitamins and minerals.

Heartburn can be alleviated through simple dietary changes as well as by supporting digestion using herbs and supplements. The goal is to stimulate the body to produce an adequate amount of acid and other digestive enzymes in order to digest foods properly, reduce inflammation and absorb vital nutrients. Some examples of treatment options include Gentian, DGL and other slippery herbs and removal of food. ■



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The Power of Placebo

Story by Jesse Moreton, BSc DC

One Christmas when I was young my parents spoiled me with a Nintendo gaming system. After the Christmas morning ritual I spent the rest of the day playing Super Mario 3. At some point during the afternoon I became extremely frustrated and upset. I was stuck on a certain level I simply could not beat. I can imagine my parents' irritation as they listened to their rotten boy become more and more angry. Eventually my Dad told me I needed to take a pill to calm down before I would beat the level. The pill he was referring to was from a bottle of candies Santa had brought me in my stocking. The bottle was marked "Anti-Stress Pills" or something of that sort. Sure enough after I had taken a "pill" I beat the level with ease. I was convinced I beat the level because of that pill.

Later my Dad explained the placebo effect to me. I was a little disappointed to find out the magic candies didn't actually improve my skills and concentration, but it was a lesson I've never forgot. The mind is powerful and a positive attitude goes a long way.

As a chiropractic student I remember studying a paper that demonstrated the placebo effect

accounted for 30% of the benefit from treatment. In preparing this article I searched the internet for the citation and spent over an hour reviewing old notes but couldn't find the article. I feel sheepish using a statistic without a reference, but memory of the study is all I have left.



The message has stuck with me since my school days. I have often reminded patients that after treatment 30% of the improvement is up to them. In other words the actual treatment is responsible for 70% of the benefit and the patient's attitude is responsible for the remaining 30%. This is significant. Consider these two hypothetical scenarios: A woman thinks treatment will make her back pain worse, but tries it anyway because a friend recommends it. After treatment, she has a complete resolution of symptoms, however

because of nocebo (belief the treatment will cause harm), she improves only 40%. Or, a man has had treatment in the past and believes it will help again. Likewise, after treatment, he experiences a complete resolution of symptoms. He improves the full 100% because he believes.

In reality not everyone has a complete resolution of symptoms after treatment, but hopefully you get the idea; the placebo effect is powerful. Whether you come out of a treatment totally better or half better depends on your attitude.

One study I did manage to find reviewed three ways we can maximize our attitude (placebo). It was published in the Journal of Manual & Manipulative Therapy by Bialoskey et al. (1) Minimize negative moods. This takes recognition and conscious effort to change. (2) Expect the best. They found people who expected the most from treatment improved the most, regardless of the treatment. (3) Conditioning improves outcomes. This means that people who responded to a certain type of treatment would most likely respond to that treatment again. Thus treatment should be replicated, whenever possible, for better results.

Be an active part of your treatment. Whether it's dental, chiropractic, medical or any other treatment. Believe and you'll feel better, at least 30%. ■

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Chronic Obstructive Pulmonary Disease

Story by: Jody McBlain
Owner - Creston Pharmasave

The Facts:

Chronic bronchitis and emphysema are together called chronic obstructive pulmonary disease, or COPD. This is a chronic condition where not enough air enters or leaves the lungs.

In chronic bronchitis, the airways (or bronchi) that connect the windpipe and the lungs become inflamed and swollen. The airways become narrow and are clogged up with thick mucus, called phlegm. Chronic bronchitis may be found together with emphysema, in which destructive changes of the air sacs in the lungs cause them to become larger, reducing the surface area where oxygen exchange takes place. Both diseases make it difficult to breathe.

Causes:

Smoking is the main cause of COPD while less common causes of COPD include a rare genetic disorder called alpha-1 antitrypsin deficiency, air pollution, exposure to occupational dusts and chemicals, and frequent lower respiratory infections during childhood.

Symptoms and Complications:

People with chronic bronchitis may cough up phlegm almost every day.

It is common for someone with chronic bronchitis to persistently cough and wheeze when breathing. It is also common to feel short of breath. Low oxygen in the blood due to the decreased ability to diffuse oxygen across the air sacs may cause the lips or fingernails to become bluish in colour.

COPD can lead to heart failure, as the heart has to work harder to pump blood into the lungs. When the heart fails to pump blood properly, it collects in the blood vessels of the legs and ankles and causes them to swell - this is called edema.

Sometimes you may become housebound because of breathing difficulties, even when doing simple tasks such as getting dressed or washing.

Making the Diagnosis:

Your doctor will test to see how much air you can forcefully exhale in one second. These pulmonary, or lung breathing, tests are simple and painless. If you exhale less than normal, your airways are inflamed, in spasm, or clogged up with mucus. If this persists, then you may have COPD.

Treatment and Prevention:

Even with treatment, COPD often

becomes progressively worse. The only treatment to slow the progression of COPD is stopping smoking. Lung function deteriorates with age, and it happens much faster if you're a smoker.

Your doctor may prescribe medications called short-acting bronchodilators, which relax and widen the bronchi and help relieve shortness of breath.

If symptoms are persistent, treatment with long-acting bronchodilators can be added. If there is any inflammation present (not as common in COPD as in asthma), your doctor may suggest that you try inhaled or oral corticosteroids to help with breathing.

There are also medications available that combine long-acting bronchodilators with inhaled corticosteroids. Your doctor may also prescribe antibiotics for you to keep at home in case a bacterial lung infection develops.

Since influenza may make COPD symptoms worse and can lead to respiratory failure, it is recommended that people with COPD receive the annual flu vaccine. Some people with COPD may also benefit from receiving a pneumococcal vaccine



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to lower their risk of getting pneumonia, which can also lead to complications.

Inhaling oxygen from oxygen cylinders or an oxygen concentrator

for least 15 hours a day may also be helpful for some people with COPD. Finally, drinking plenty of fluids throughout the day can help loosen phlegm buildup. ■

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OPEN BURNING

April is here and now is
the time to obtain a permit

Please keep in mind that there are regulations set out in the Town of Creston Fire Services Bylaw no. 1774 when burning outdoors.

These regulations have been adopted to enhance the health and safety of our community and for the consideration of our neighbours when burning outdoors.

Violations can result in large fines and permits for open air burning may not be issued for a property where violations of the open burning regulations have occurred or to a person who has not adhered to those regulations.

Below are some of the requirements to be aware of:

- Open air (outdoor) burning is only permitted during the months of April and October and only where authorized by a permit issued by the Fire Chief under the Town's bylaw.
- A permit is not required for cooking fires contained within a barbecue or fire pit having a surface area not greater than .5 meter (half meter) in diameter and less than .5 meter (half meter) high, using natural gas, propane, charcoal or clean dry seasoned firewood with a screen covered fire area.
- The permit holder must post the permit on the site for which the permit was issued and keep it available for inspection at the request of a Member.
- No person shall burn during times for which the Ministry of Forests, the Ministry of Environment or other authority having jurisdiction to do so has issued a ban on open burning.
- No person shall use burning barrels.
- No person shall burn prohibited materials.
- No person shall burn material brought from another location or property except clean dry seasoned firewood as permitted by this bylaw.
- No person shall set, start or kindle open air burning or allow open air burning to continue to burn during winds strong enough to carry sparks to other combustibles.
- No person shall set, start or kindle open air burning except during daylight hours or as otherwise permitted by this bylaw.
- No person shall burn during periods of air stagnation.
- No person shall burn unless the ventilation index is favorable, as provided by the Ministry of Environment.
- No burning shall exceed a 4 hour duration unless otherwise permitted by this bylaw.
- All fires must be contained within a firebreak (bare ground) equal in size to the height of the pile.
- Fires shall be extinguished immediately if smoke or ash is a nuisance to neighbours.
- Burning shall be in open areas, no closer than 4.5 metres (15 feet) from combustibles, such as standalone trees, coniferous shrubs, fences and buildings and shall be 15 metres (50') from standing timber / tree line.
- Permission of the Owner, for permits under this bylaw, must be obtained in writing if the burning takes place on the Owner's property by another person, particularly if the property is rented or leased property.

There are 3 categories of permit, which are;

- Residential Leaves, foliage, weeds (permit fee is \$10.00)
- Freestanding grass and underbrush (permit fee is \$40.00)
- Large piles (permit fee is \$75.00)

For more information on open burning or to obtain a permit, please call or visit the Town of Creston Municipal Hall or Creston Fire Department during regular business hours.



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