

*Bringing the  
Creston Valley together.*

**i love  
creston**

**FREE**

February  
2015

## Emma Kade

A Creston teen talks about her  
journey into the music business

## Hurry Hard

Town is hosting the high  
school curling provincials





**2015  
B.C. PROVINCIAL  
HIGH SCHOOL  
CURLING  
CHAMPIONSHIP**

**FEB. 19-21**  
**Creston Curling Centre**  
**312 19th ave.N**  
**Creston B.C., V0B 1G5**



Sponsored by the B.C. School Curling Commission and

**Rio Tinto Alcan**

Design: Norm Lowe

**Editor/Sales**  
**Kris Dickeson**  
 cell: 250.402.8105  
 kris@ilovecreston.com

**Sales**  
**Sally Hall**  
 cell: 250.402.9111  
 sally@ilovecreston.com

**Graphic Design**  
**Wendy Franz**  
 cell: 250.402.8711  
 wendy@ilovecreston.com

**Financials**  
**Justin Ziola**  
 cell: 250.428.6772  
 justin@ilovecreston.com

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

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

**I Love Creston Marketing Ltd.**  
 Box 143, Creston, BC V0B 1G0  
 Ph/Fx: 250.428.2631  
 office@ilovecreston.com  
 www.ilovecreston.com



Printed in Canada.



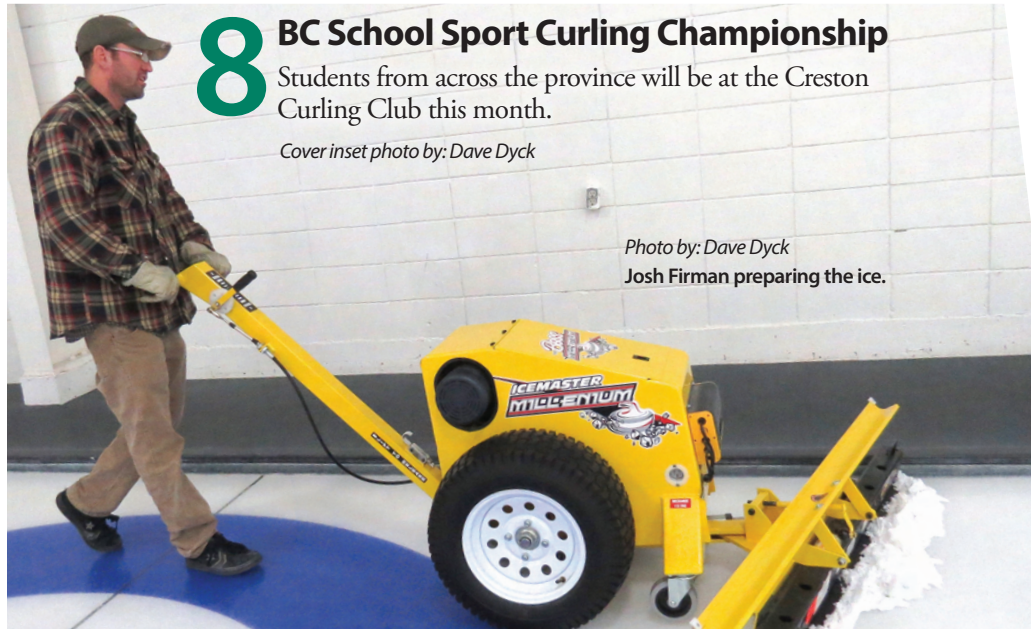
# contents

## feature stories

**5 Emma Kade** *Cover photo by: Sam Stevens*  
 With a natural talent to write, sing and play guitar, this hometown girl talks about pursuing her dreams as a recording artist.

**8 BC School Sport Curling Championship**  
 Students from across the province will be at the Creston Curling Club this month.

*Cover inset photo by: Dave Dyck*



*Photo by: Dave Dyck*  
 Josh Firman preparing the ice.

## what's inside

- 10 Town Hall** What's ahead for council.
- 11 First Nations** LKB general election results.
- 12 History** Creation of our flag.
- 14 Birding** Poster winner announced.
- 15 Agriculture** How politics affects farming.
- 19 Sports** Ladies curling bonspiel.
- 22 Sports** T-Cats becoming a force.
- 23 Wildlife** Making sense of the senses.
- 24 Health** High blood pressure advice.
- 25 Health** Head and stomach woes.
- 26 Community** Want to join a band?
- 27 Finance** Tax time prep.
- 28 Finance** Safeguarding your mortgage.
- 29 Seniors** TAPS participant bio.

## From the editor



By: Kris Dickeson

**W**ell, here we have it, our first issue of 2015. It's February which means, depending on when you read this, you have a reminder that Valentine's Day is approaching, or you missed the boat. In my opinion, Valentine's Day is two-fold... it's either all about roses, chocolate and love or self-pity, bitterness and owning more than three cats. If I think back to a Valentine's Day that warms my heart it would be about 12 years ago when my nephews sent me cards they had made at daycare. I smile just thinking about them.

It's a full magazine in the pages following... after a few months' hiatus, we hear from the Lower Kootenay Band Chief, Mayor Ron Toyota and the Creston Valley Agricultural Society who are all back to bring us up to date and give us a look ahead.

I had the pleasure of spending some time with 18-year old Emma

Kade, a Creston singer/songwriter who is well on her way to a big break in the music industry. Her debut album comes out February 6. While on the topic of music, the Creston Beginner Concert Band is looking for members and guess what... no experience is necessary.

It's a busy month on the ice in our community with the BC School Sports Jr Curling Provincials and Ladies Valentine Bonspiel. We hear from organizers of both events. Staying on the ice, the coach of the Creston Valley Thunder Cats tells us the team is turning the season around.

It's tax time soon and we have some tips to help you prepare and make sure everything you need is in order, prior to filing. Our Sun Life Financial guru has some suggestions in how to protect your mortgage.

You will see the winning poster in the Creston Valley Bird Fest poster competition and I will give you a hint, it's not his first win.

Read about the Creston Valley Wildlife Management Area school program that has been extended into 2015 and how it totally makes "sense".

Our resident history expert from the Creston and

District Museum and Archives explains the how the Canadian Flag became what it is. Also in the history file, a participant in the Therapeutic Activation Program for Seniors shares some memories from of his almost century long life.

Health wise, we have a smoothie recipe to help get and keep your body healthy. Our chiropractic expert talks about the correlation between headaches and intestinal issues.

And coming back to Valentine's Day, February is Heart Health Month and you will find some helpful info on what high blood pressure is and treatment options.

Finally, we've put together a sweet Valentine's section for you. Enjoy. ■



*"My family is musical  
on both sides"*

# Homegrown Talent

Photo by: Sam Stevens

Story by: Kris Dickeson  
Editor – I Love Creston

**A** Creston teen is well on her way to breaking into the music business with the release of her debut album early this month. Emma Kade was signed to Get It On Vinyl Records a year ago and spent last June at Jereco Studios in Bozeman, MT recording "Transparent". With soulful emotion and a breathy voice, the 18-year old sings lyrics that she has written from deep in her heart,

while accompanying herself on guitar. Each song tells its own story and listening to Kade deliver them has you thinking she's been doing it for years. And she has.

"My family is musical on both sides and it's always been in my life," Kade said with a smile. "I never met my grandpa on my dad's side but he won fiddle competitions in Quebec and sang in bands and well known there and elsewhere in the country. I first starting singing when I was

really young with my dad and he played guitar. It was mostly old folk music like John Denver and the Carpenters that I'm not into but they did have some influence on me."

The second youngest of five children, Kade and her family moved to Creston when she was five and she grew up like most small town kids. When she was around eight or nine she decided singing wasn't cool and put her focus into other interests. This



Photo submitted  
Emma Kade in the recording studio.

changed when Kade hit her teens and she started penning lyrics.

“I was going through a bit of a phase of teen angst when I was about twelve and found song writing was helping me feel better and focus on something,” she explained. “A year or so later I taught myself how to play the guitar which was a natural fit. I find it so much easier to write lyrics when I already have the music.”

Prior to signing her contract, Kade had performed at a handful of school and local competitions but was actually “discovered” after her YouTube video posts of caught the eye (and ear) of Get It On Vinyl Records Creative Director, T.J. Goodwin in Bozeman.

“I always knew I was going make an album,” Kade said. “It wasn’t necessarily a dream or goal but a thought that was always there. I carefully chose and perfected the songs which all follow a similar theme, the struggle of liking someone who doesn’t like you back. It’s the heartbreak of unrequited love and the concept, is it love if it doesn’t exist? This also influenced the name of the album, ‘Transparent’, as in transparent love.”

Under the direction of Emmy award winning producer, Jeremiah Slovarp, Kade spent nine days laying down 11 tracks and was accompanied by three studio musicians. Describing her time in the studio as surreal, Kade is still somewhat amazed at what being signed has involved.

“The whole time I was in the studio I couldn’t believe it was actually happening,” she said laughing. “I was worried about playing with the other musicians but ended up learning a lot. At times I felt I didn’t deserve the opportunity to actually be there doing it. Looking back, there are times I wish I would have expressed myself more, but that will change. I never thought they [Get It On Vinyl Records] would do this much for me. It’s not just making an album, it’s all the promotion, next is the release party and then I’m doing a music video.”

Singling out superstar Taylor Swift as a big inspiration, Kade doesn’t place her own success on enormous record sales, chart-topping hit after hit or world tours. She is hoping to create a dedicated fan base, along with selling albums.

“I would feel so proud and successful if I sold a couple thousand [albums],” Kade said with twinkle in her eye and wide smile. “My ultimate goal is to open for someone famous, like Ed Sheeran. That would be the best.”

When she’s not working at Overwaitea, Kade spends her time immersed in playing guitar, singing and writing songs. Describing her style as ‘pop’, she somewhat follows a process when creating a song.

“I put the lyrics in a book as I think of them, but the majority of the time I write the music first and it’s usually the melody that comes first,” she pointed

**CONGRATS  
EMMA**

CD AVAILABLE AT...

**Creative Fix**  
COFFEE  
ART CLASSES  
HOME DECOR  
UNIQUE GIFTS

139 10th Ave N • 250.402.6072

**CONGRATULATIONS**  
**EMMA KADE ON YOUR CD RELEASE - AVAILABLE HERE!**

Come in for our hot soups - made from scratch daily! Fresh baked cinnamon buns, cookies and sandwiches - gluten free products available.  
**Great gift ideas for Valentines Day!**

**Black Bear Books & COFFEE HOUSE**

1229B Canyon St, Creston • blackbearbooks.ca • ask@blackbearbooks.ca • Ph: (250) 428-2711

out. "I try and come up with a catchy melody and go from there. If I'm in the right mood and feeling inspired, everything just flows."

As her journey through the past year draws to a close, Kade is poised to start carving a new path with the release of her debut album and official cd release party on February 6. Calling it her first legit gig, Kade is set to play two sets at her old stomping grounds, Prince Charles Secondary.

"I'm very shy and kind of nervous because this is the first time I am the only person performing," she said. "Usually I'm one of a bunch of people and I just do one song. But I guess I am a bit excited because really all I want to do is focus on my music and I'm so happy this all happened to me because I was so undecided on what to do in life and now I'm doing it."

Emma Kade's debut album 'Transparent' will be available February 6th on cd at several Creston locations including Black Bear Books and Creative Fix and can also be purchased online at amazon.com. It is also available on pink or black vinyl at emmakade.com. ■



Emma Kade

Album Release Party

February 6, 2015  
7:00 P.M.  
PCSS Auditorium  
Free Concert!




## Dragon's Breath?

**Fact:** Bad breath is not normal in pets and dental scale and polish should be done routinely. Dental diseases are a leading cause of other body system failures especially in older pets.

January thru March

Routine Canine Dental Scale & Polish \$198.95\*+GST

Routine Feline Dental Scale & Polish \$195.95\*+GST

Senior Wellness Profile \$ 179.99+GST

*\*Prices include: half hour a naesthetic, hospitalization, prophylactic antibiotic injection, and scale and polish.*

**Don't leave Your Pet behind-  
book a dental today!**

**Your Hometown Vet!** 1605 Dogwood Street, Creston • Phone: 250-428-9494



CRESTON  
VETERINARY  
HOSPITAL

# Young Curlers Sweeping Into Town

Story by: Kris Dickeson  
Editor: I Love Creston

Creston will be inundated with young athletes later this month as the BC School Sports Provincial Curling Championship gets underway mid-February. There are boys and girls teams of students ages 13-18 from eight zones across BC facing off at the Creston Curling Club.

Current BC School Sport Curling President, Vern Ronmark is a bit of an institution in the Creston youth curling scene. A retired high school science teacher, Ronmark coached for years but has remained very active within BC School Sports and in the curling community.

“I’ve been a Zone Convener for 25 years and this is my fourth time as President,” he said. “But this is my last year because I’m stepping back. I’ve enjoyed it year to year, there is always a lot to do and I know all the coaches and programs and kept them informed and organized.”

BC School Sports endeavours to support young athletes and all who participate in school sports. The BC School Sports Handbook states:

“Sport is such an important part of the school experience for many BC students. It has the capacity to teach us valuable life lessons such as teamwork, perseverance, determination and focus. Participating in sports also builds self-esteem and fosters a sense of community and belonging.”

Ronmark echoes this concept and pointed out the sport of curling may have seen a transformation over the years but what it does for the kids hasn’t.

“The game has changed a lot since the 90’s, it’s progressed,” he said. “Not only has the way it’s played changed, but also the rules. Top level professional curlers are top level athletes and the top level curlers in high school are all good athletes. What has stayed the same is the fact it’s a great opportunity for kids to get to know each other and improve the quality of their curling.”

Photo by: Dave Dyck  
Creston youth curling member John Sommerfeld.



The skill level in high school curling has also increased over the years with most of the students being able to throw the rock as well as, if not better than club curlers. Their inexperience lies in strategy which is mastered through coaching along with experience and the transition into progressing usually happens when curlers are 16-20 years old.

Along with the athletes, local and visiting coaches, parents, officials and volunteers are all an intricate part of the Provincial Curling Championship. Overall, the benefits to all involved in school sports are invaluable, something Ronmark is sure to miss after this year.

“I know that curling is a great opportunity for young people and it’s for the betterment of kids,” he said. “This is the first time Creston has hosted the provincials and this is an excellent opportunity for have people from all over the province visit the Creston Valley.”

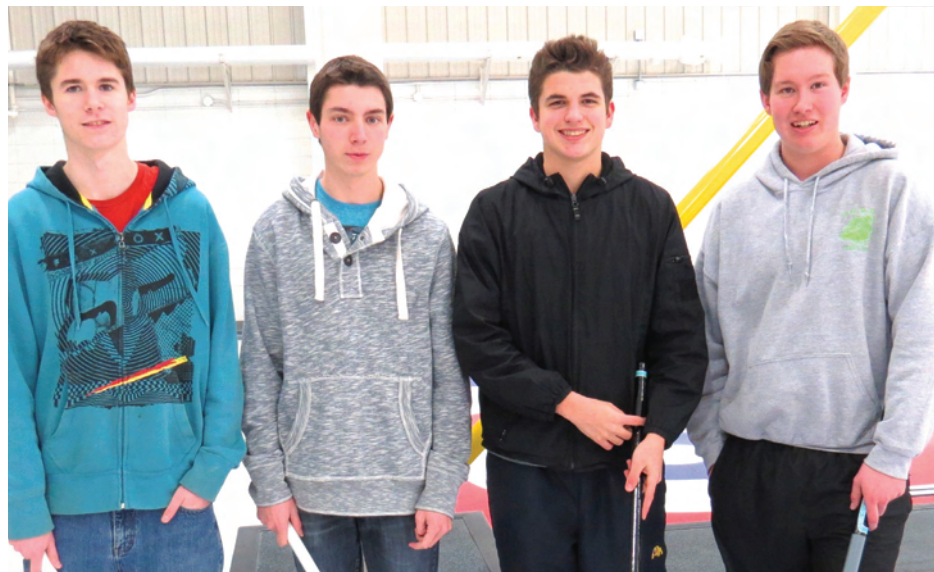
An avid curler himself, Ronmark’s retirement from BC School Sports curling won’t have him off the ice. He curls competitively and has been to provincials a number of times as well as the Curl BC Masters. And there’s a good chance, in years to come, you will see Ronmark watching students curling and continuing to advance a program he helped create.

The BC School Sports Provincial Curling Championship runs February 19-21 at the Creston Curling Club. ■



Photos by: Dave Dyck

Creston youth curling members: (above, from left) Courtney Terrill, Kaitlyn Zolinsky, Megan Emery, Cindy Nikiforick, Loykon Wegener; (below, from left) Jacob Endersby, Jayden Gigliotti, Jordin Czar, Tyler Powell.



## Conveniently located at the Creston Valley Mall

- All breed dog and cat grooming
- One stop shop for all of your pet supply needs
- Winter Hours: Open Monday to Saturday, closed Sunday

Grooming by  
Appointment  
Only!

## Hound 'N' Mouser Grooming & Unique Supplies

1B 1000 N.W. Blvd. Creston, BC • 250-428-7085





## From the Mayor's desk

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

### The Road Ahead

**W**hen I wrote my last article, the election had just occurred and by now the outcome of this democratic process will be old news. However, I can't help reflecting, albeit only briefly, on the intensity of that race. In that short period we saw a lot of the good, the bad and the ugly associated with campaigning. Some of it was hurtful, much of it was frustrating, but a lot of it was inspirational and heartwarming. I realize the trust this community has placed in me once again and I commit that I am up for the challenge. As we move into 2015, I am reminded of the possibilities and potential associated with embarking on a New Year.

In this new beginning we get back to the business at hand; working and achieving good things for our community. My last article focused on the accomplishments of the past Council, of which there were many. Given this consideration, it seems fair to address the possibilities of our newly elected Council. A four

year term is a significant window in which many exciting achievements will be made. And I believe that you, our citizenry, have elected a dynamic team to continue moving our community forward. It will be a busy time for Council, accompanied with an intense learning curve, but I'm convinced that this team is up for tackling the issues at hand.

So what's on the immediate horizon for this Council? First up - orientation. There's a lot to take in and a lot to learn. While the learning never stops in the role of elected official, the "out of the gate" learning curve is a steep one. Orientation is followed by strategic planning and budget. What are the goals and objectives that will be prioritized? How will expectations be aligned with financial costs? How will scarce resources and staff time be allocated? It's easy to commentate on decision making from the side lines, but these courageous individuals are charged with making the hard decisions

up front and centre. Council will also need to get up to speed on the projects already underway: studies, bylaws, development applications... and the list goes on.

With this capable team at the proverbial helm, I know the next four years will be rewarding and full of success, despite the many challenges that will surely be encountered along the way. Effective decision making requires factual information and public participation. Get and/or stay involved in the decision making process! Be reminded that the democratic process isn't only carried out at election time; what happens throughout the term is a key part of that process.

Make written submissions. Attend an informal "coffee talk" with the Mayor, Staff Sergeant, Fire Chief and Bylaw Compliance Officer. Visit the municipal website. Read the Town newsletters. Make suggestions about how Town Hall can get people more involved with what goes on in your local government. And importantly, remember that my "posted days" in the Town Hall office are Monday, Tuesday and Thursday every week. I welcome your visit. ■

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

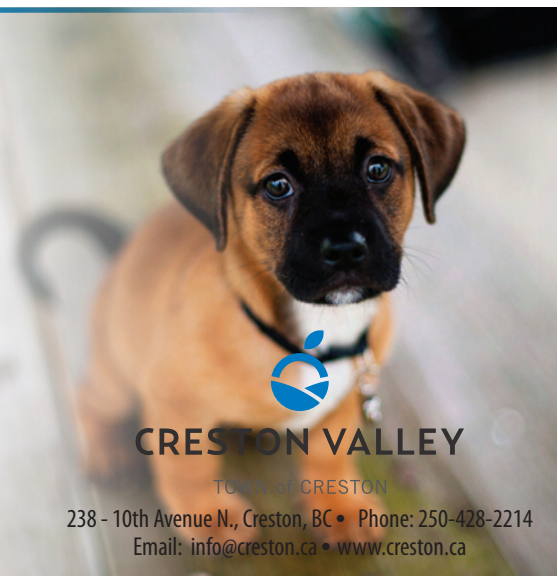
## BE A RESPONSIBLE PET OWNER, THEY DESERVE IT!

Just a friendly reminder that 2015 dog/cat licenses from the Town of Creston are due now. Licensing your pet is not only a requirement in Creston but it allows the Town to reunify pet with owner in a timely manner.

It is written in the bylaw for the Town of Creston that running at large and off leash dogs/cats are prohibited. It is the pet owner's responsibility to ensure that the dog/cat is contained on the premises where it resides otherwise in competent control with the use of a leash or carrier.

It is in the interest of safety for your pet and others that live in the Creston Valley that you recognize and comply with the regulations set out in the Town's Animal/Cat Control bylaws.

*For more information about licensing fees and/or animal control, please contact us.*



**CRESTON VALLEY**

TOWN OF CRESTON

238 - 10th Avenue N., Creston, BC • Phone: 250-428-2214  
Email: [info@creston.ca](mailto:info@creston.ca) • [www.creston.ca](http://www.creston.ca)



## Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

# A New Start to a New Year

Ki'suk kyukyit kukunmakut (Happy New Year)!

As you may be aware, I have not submitted an article since the summer of 2014. I had several instances where what I wrote was used as a personal attack against me. It was happening far too often and at the time I felt it was best to just step away from writing. However, having said that the Editor of I Love Creston contacted me and advised me that there had been numerous inquiries from readers asking why I no longer submit articles. After some thought, I have decided to write and update readers as I realize that there are people who enjoy reading them. These submissions are simply that, just updates of the Lower Kootenay Band. My intention has never been to offend anyone. My goal can be summed up as simply providing some good reading material.

In November of 2014, the Lower Kootenay Band held its general election for two Council positions and one Chief position. The election saw 10 people running for three positions that are four year terms. At the conclusion of the election the tabulations had newcomer Destyni Basil being elected along with Sandra Luke and myself as the Chief of the Lower Kootenay Band. On the very same night of the tabulations, Councillor Robin Louie submitted his resignation from Council which began the process of a by-election. Having no other nominees seeking a Council seat, Jared Basil was elected by acclamation to complete the remaining two years of Councillor Robin Louie's term. Mary Basil is the other Councillor and has two years

remaining on her term.

So, once again a leadership team has been elected. The majority of the Lower Kootenay Band's citizens have spoken. The diversity of this leadership team is what will allow us to thrive. Mary Basil is the eldest of the group giving an elder presence, Jared and Destyni are the younger leaders and with youth comes much enthusiasm. Sandra Luke has previous leadership experience and

***"The decisions of the future will have many obstacles and many difficult decisions will be made"***

is very genuine with her intentions. For myself, I completed one term as Chief and must say it was a huge learning curve with many challenges that I have learned from. What I hope to achieve with the current leadership team is a prosperous future for the Lower Kootenay Band.

The decisions of the future will have many obstacles and many difficult decisions will be made. These decisions will require the group to become united and one of the first tasks at hand will be to build the team and seek ongoing professional development for all of the Lower Kootenay Band leaders. We held our first Council meeting of the year this past January and I must say it was such a great feeling to hear our younger leaders speaking with such enthusiasm about their community.

Despite the outcome of the recent election there are those who were not pleased with some the results. We will never be able to please everyone but regardless of opinions we must move forward and do this with those who wish to move forward into the future. Our Council members are the result of a democratic process and there is a job that we need to do. There will be a learning process and ongoing orientation required to assist for our leadership to be effective. I have been elected as the Lower Kootenay Band's Chief, I do not have any power over any of the Council members or Administration staff. The Chief is the spokesperson for the Band. I will continue to promote the Lower Kootenay Band and educate the general public of whom we are and what we do.

This is the beginning of another four year term and I look forward to working with the various levels of government as well as the beautiful Creston Valley citizens. There will be many great things that this leadership team will accomplish for the betterment of the aboriginal community as well as the Creston Valley. We will always be your neighbours and we are striving to be good neighbours. We will continue to break down the mystery of who we are. We are a unique community and have a place in this country and society. I have a simple yet meaningful New Year's resolution. I will make an effort to acknowledge all those who I cross paths with greeting them with a "hello" or even a nod of the head.

To all who read this article, I wish you all a very Happy New Year. May 2015 bring much happiness and prosperity to you and your loved ones!

TAXAS. ■

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

# Maple Leaf Forever?

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

// The feature event of the week on Parliament Hill was, of course, the flag raising ceremonies. Tens of thousands of people gathered to view this historic pageant; lowering the much-revered Red Ensign which has served as Canada's flag since 1945, and unfurling of the contentious but colourful and distinctive symbol, The Red Maple Leaf."

So wrote Jim Byrne, MP of Kootenay-East, in a column about the inauguration of the Canadian flag on February 15, 1965. It was the culmination of a long struggle to create a national flag for Canada.

This was no easy task. In the 1920s and the mid-1940s, political leaders

had attempted to find a design for a truly Canadian flag, but had always given up because no one could agree on appropriate symbols to put on it. In the early 1960s, Lester B. Pearson decided to try again.

For those who may have forgotten their high-school history, there was a lot going on in those years. The Quiet Revolution was happening in Quebec,

shall we say, heated. Objections were raised about the colours (too British), the lack of the Union Jack (not British enough), and everything else that could possibly be objected to.

Colonel George Stanley, then a teacher at the Royal Military College of Canada, suggested the red-and-white maple leaf design. Inspired by the college's flag, it incorporated colours that were often associated with Canada, and the maple leaf which had been a symbol of the country for more than a century. After much argument

## *"We're-all-sons-of-Britain-except-for-those-people-in-Quebec"*

giving rise to threats of Quebec secession and a consequent backlash of negative opinion in English-speaking Canada. Canada was gaining increasing importance in international affairs (most notably, the Suez crisis in 1956), at the same time as the British Empire was being deconstructed (not an easy thing to accept for many Canadians who had grown up within the Empire). In addition, Canada was becoming much more aware of her multicultural nature, a radical departure from the "We're-all-sons-of-Britain-except-for-those-people-in-Quebec" outlook that had defined the country's society and government in earlier times.

And Pearson set out to create a flag that would represent all this without ticking anybody off. He got the flag, within the two-year deadline he'd imposed – but he was a little less successful at the not-ticking-people-off part.

In May 1964 Pearson asked Parliament to adopt his favourite design: the "sea to sea" flag, with three joined maple leaves on a white background between blue borders. The debate over this proposal got a little,

and a healthy dose of political manoeuvring, that flag was finally raised over Parliament Hill in February 1965.

As far as I have been able to tell, the Maple Leaf flag was first raised in Creston at the elementary school (present-day Adam Robertson Elementary) on March 26, 1965. In a formal ceremony, with "The Maple Leaf Forever" sung by the school choir, the Red Ensign was lowered and the Maple Leaf was raised in its place.

Did the formal adoption of the Maple Leaf flag end the arguments? Not hardly. In mid-March 1965, the East Kootenay zone of the Royal Canadian Legion held a convention in Creston and amongst the topics under discussion was "the flag question." Legion members were informed that "Canadians have to accept this flag, but where a veteran dies a choice of any of the three flags can be used at his funeral, namely, the Union Jack, the present flag, and the Red Ensign." I'm sure there was plenty of discussion in other circles about the merits of the Maple Leaf compared to the Red Ensign.

### PUB SPECIALS

**MONDAY**  
 Beer & Burger \$11

**TUESDAY**  
 Giant Wings \$.70

**WEDNESDAY**  
 Steak night \$8

**FRIDAY**  
 Alaskan Cod & Fries,  
 1 piece \$9, 2 pieces \$10

*Winter Kitchen Hours:*  
 Wednesday, Thursday & Friday  
 11:30am to 9pm  
 Saturday, Sunday, Monday & Tuesday  
 4 to 9pm only



*Come check us out!*  
 123-9th Ave. S. 250-428-4241

That Red Ensign was at the root of some of the strongest objections to Pearson's sea-to-sea design and the Maple Leaf flag. In fact, there was a large contingent, led by Opposition leader John Diefenbaker, who objected to any design except the Red Ensign.

Whether the Canadian Red Ensign was ever Canada's official flag depends on which website you care to consult. Technically, the Union Jack was the official flag until 1945, and after that the Red Ensign was officially used on government building and schools, with either the Ensign or the Union Jack being used, according to personal preference, everywhere else. Unofficially, though, the Ensign was very widely used ever since Confederation: on recruitment and election posters, on government buildings in foreign countries, on ships, in battle, on private buildings, and in many, many front yards.

The Red Ensign is a red flag with the Union Jack in the top left corner and a shield, representing Canada, on the fly. The shield has changed over the years; until 1921, it consisted of emblems for each of the provinces. Every time a new province was added to Canada, a new shield was created for the flag. The Union Jack represented the close ties with Britain and Canada's place within the British Empire; the symbols on the shield represented the expanse of Canada, her people, her industries, and her origins.

With so much history behind it, it's little wonder that the Red Ensign was a "much-revered symbol" and that its relegation to the status of "the old flag" in 1965 met with opposition and resentment.

The tone of that article from March 1965, about the Legion meeting, sums it up. Canadians "had to accept" the new flag, whether they liked it or not.

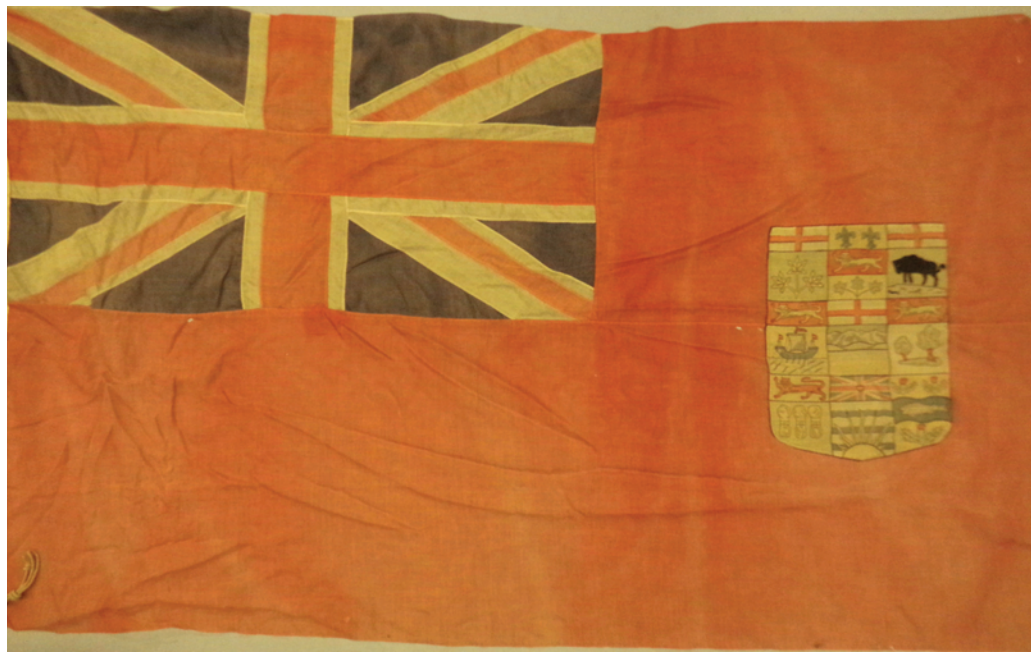


Photo submitted by: Creston Museum

(Left) A photo from the Creston Review March 31, 1965, of the ceremony at the elementary school of the first local replacement of the Red Ensign with the Maple Leaf. (Above) One of the Red Ensigns in the Museum's collection. The provinces represented on the shield date it between 1905 and 1921.

Unlike the Union Jack and the Red Ensign, it was merely "the present flag" – no descriptive title to evoke feelings of patriotism, loyalty and a sense of belonging to something greater than oneself.

Fifty years later, we're as fiercely patriotic about the Maple Leaf flag as anyone was about the Red Ensign. And we still have a symbol to connect us to that larger history: the maple leaf in the centre of it. Since Confederation, every semi-official Canadian flag (with the exception of the Union Jack) has borne the maple leaf. The preferred designs in those unsuccessful attempts at a national flag centred around the maple leaf. Even the Red Ensign, regardless of the design of its shield, has always included a maple leaf or two.

The maple leaf forever, indeed. ■

For more information contact the Creston and District Museum and Archives by phone at (250) 428-9262, e-mail at [mail@creston.museum.bc.ca](mailto:mail@creston.museum.bc.ca) or the Web site [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).

## 2nd Annual CHILDREN'S FESTIVAL

February 9, 2015  
1 – 4pm  
At the LKB Complex

Games, performances,  
activity tables, reading,  
dancing, snack bags & more

For more information:  
[teen.advocate.creston@gmail.com](mailto:teen.advocate.creston@gmail.com)

Brought to you by:




LOWER KOOTENAY BAND  
CRESTON VALLEY  
TOWN OF CRESTON



# And The Winner Is...

Story by: Tanna Patterson  
Chair – Creston Valley Bird Fest

**B**ruce Paterson has combined the right ingredients to make a prize-winning poster for this year's Creston Valley Bird Fest. This is the third year in festival history that the judges have selected Paterson's detailed work in watercolor, pen and ink. The Creston Valley Bird Festival Committee is pleased to purchase

"Ospreys" to help promote the 2015 Bird Fest. It will be used to fund-raise for next year's bird festival and can be viewed on the festival website or at the Creston Valley Chamber of Commerce. The committee would like to thank the judges and all of the artists who submitted their art to the selection process. Their efforts are truly appreciated.

This year's bird fest will feature keynote speaker Dick Cannings,

well-known Okanagan ornithologist, as well as Marlene Machmer from Nelson speaking on herons, Brendan Mitchell of Creston on bats, and Gary Davidson from Nakusp displaying photographs of the birds of Africa and Australia. The festival includes early morning guided bird-watching tours, raptor-searching bus tours, canoe trips and childrens' 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



Bruce Paterson's 'Ospreys' will be on this year's Bird Fest poster.

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.

Registration for the 2015 Creston Valley Bird Fest is scheduled for early March online and in person at the College of the Rockies. Those wishing to make a tax-deductible contribution to the 2015 Bird Fest can go to [www.wildsight.ca](http://www.wildsight.ca). For more festival information: [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca). ■



**BUYING OR SELLING A HOME?**  
Dream with your eyes open.



For all the things that move you:  
Visit [remax.com](http://remax.com)



Your local RE/MAX agent



**RE/MAX Discovery Real Estate**  
• 1013 Canyon St., Creston • 106 33rd Ave. S., Hwy. 3, Erickson  
[www.remaxcreston.com](http://www.remaxcreston.com)  
• Office 250-428-2234 • Toll Free 1-877-428-2234

**100% LOCALLY OWNED • 26 YEARS SERVING THE CRESTON VALLEY**

# Ag Aware

Story by: Randy Meyer - Creston Valley Agriculture Society

## Politics of Farming

**F**ebruary. The second half of winter begins. Soon spring will be upon us and the growing season to come will begin again for valley farmers. For most, the pace is still a little slower, but not for all. Orchardists will still be doing their winter tree pruning. Beef growers will be welcoming new calves. The daily routine of milking and feeding chores never stops on the dairies. For all growers, it is still a time of preparation for the hectic seasons to come. Machinery maintenance, procurement of inputs, seed choices, market watching and of course, paperwork - that never stops either.

Something else that never stops anymore is the changes brought about by the politics of agriculture. This past year has seen many changes that affect agriculture courtesy of various levels of government. Federally, the continued push to open foreign markets to Canadian products present opportunity for some commodities, and threats to others. The upcoming federal election this year will no doubt have an effect on the future of agriculture as well. While farmers only make up about 2% of voters nationally, and don't count for many votes on their own, eaters make up 100% of voters and therefore food and farmers should be an important part of each party's platform.

Provincially, the controversial passage of Bill 24 to make changes to the Agriculture Land Reserve and its structure has been the subject of

much debate and concern among the agriculture community. The details going forward and the local effects are yet to be determined. The recently appointed regional panels, of which there are six representing the province, do include a local producer for the Kootenay region. Hopefully a local voice will be beneficial for Creston Valley agriculture. Time will tell. New provincial liquor sales and distribution rules will also bring changes for our local wineries. Hopefully they will benefit from the changes.

Municipally, new faces on town council as well as a new Area B Director will also bring new influences on our local agriculture. Don't hesitate in letting these new representatives know how you feel about food and agriculture in our valley and how they can assist in making it an even better local industry. Many people don't realize the economic impact and employment that agriculture contributes to our valley. I would also like to encourage producers of all commodities to join and participate in our local agriculture groups. Beef growers, dairymen, cherry growers and Ag Society are the main commodity groups. Producers and consumers of local food can also get involved with the Food Action Coalition and Farmers Market. Participation in all these groups can only make them stronger and more influential.

The big news of late has been the large decline in the price of oil and gas. While this will be bad news for some sectors, lower fuel prices will

be beneficial to agriculture which does consume large quantities of diesel. Lower production costs may be passed on to consumers as lower food prices in some commodities. While some industries are in a decline, there are employment and career opportunities in agriculture. Not just "on the farm", but also in businesses connected to agriculture in products, services, research and distribution. Agriculture is a growth industry. Maybe there's a spot just for you. ■



**Thank you  
Thank you  
Thank you!**

**Creston Valley for making  
our caramel launch  
JUST DUCKY!**



# Valentine's Day

## 10 Best Valentine's Movies

**10. Dr. Zhivago** (1965) — Lush cinematography, gorgeous music and the chemistry between Omar Sharif and Julie Christie have turned this romantic epic of a doctor-poet trapped by the Russian Revolution into a film classic.

**9. An Affair to Remember** (1957) — Cary Grant and Deborah Kerr star in this emotional remake of Charles Boyer and Irene Dunne's 1939 "Love Affair," about a playboy aboard ship. The silly 1993 offshoot, "Sleepless in Seattle," is not as good.

**8. I Know Where I'm Going** (1945) — Wendy Hiller heads to an island off Scotland to meet her wealthy intended in this wartime romance, but on the way she meets dashing navel officer Robert Livesey. Scotland has never looked more romantic.

**7. From Here to Eternity** (1953) — It would be hard not to include this just for the romantic scene between Burt Lancaster and Deborah Kerr on the Hawaiian beach. The surf pounds, the music peaks, the screen burns.

**6. Romeo and Juliet** (1968) — Shakespeare purists scoffed at Franco Zeffirelli's take on what became a celebrated film, with the lovely Olivia Hussey and Leonard Whiting playing the tragic couple from feuding families. It's a little creepy to think that Miss Hussy was just 15 years old.

**5. West Side Story** (1961) — This grandly passionate and innovative musical version of Romeo and Juliet was No. 3 in the American Film Institute's list of top 100 U.S. screen romances in 2002.

**4. Sense and Sensibility** (1995) — Whether you are a Jane Austen fan or not, she does know romantic intrigue and the pound-pound of a young person's heart. These both bring on tears of joy upon successful union, if you let yourself be taken along. Emma Thompson and Kate Winslet are amazing.

**3. Gone With the Wind** (1939) — Scarlett O'Hara realizes that the man of her dreams has always been in her hands. Rhett Butler realizes that living a life of charm and grace is more important than a woman who wants someone else.

**2. Casablanca** (1942) — Bogey gives up the only woman he will ever love to beat the Nazis and hang out with a good buddy, Claude Rains.

**1. The African Queen** (1951) — Crusty Humphrey Bogart gives "skinny old maid" Katharine Hepburn a ride down a dangerous African river. By the time they encounter a German destroyer, these two people who can't stand each other are in love. ■

Source: [www.washingtontimes.com](http://www.washingtontimes.com)



**Unique Valentine's Day Gifts**

- Kootenay Candles
- Gems • Crystals
- Beads • Jewelry
- Healing Stones
- Metal Detectors
- Gold Panning • Books


**GOLD - N - TREASURES**

1217 Canyon St.  
PO Box 574  
Creston, B.C. V0B1G0

Phone: 250-428-4020 • Toll Free: 1-877-428-4020  
sales@goldntreasures.ca • www.goldntreasures.ca



*Unique Gifts  
for the  
Wine Lover*



**Wine Kits,  
Beer Kits and More!**

**Creston Valley  
Winemakers**

Hours: Tuesday to Friday 9am-5pm,  
Saturday 9am-3pm,  
Sunday & Monday-Closed

3116 Hwy 3, Creston • 250.428.8969

**Great Gift  
Ideas for your  
Valentine**



**Check out our quality  
home appliances**

**Sears**

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

**10% Off**  
for the month  
of February

**Great Gifts  
Ideas for your  
Sweetheart**

- Diamond Engagement Rings
- Friendship Rings

**MASTER GOLDSMITH  
WE BUY OLD GOLD**

*Ron Hurry*  
MASTER GOLDSMITH  
1022 Canyon St. (Crestceramics)  
Phone: 250.428.5538

*Happy  
Valentine's  
Day!*



**Check out our  
great selection of  
Valentine Chocolates  
Gifts and Cards.**

Live well with  
**PHARMASAVE**

1118 Canyon St., Creston  
Phone: (250)428-9080

*Valentine's Day*



**SEAFOOD PLATTER**  
Reservations recommended

Lobster tails, crab claws, prawns,  
scallops, mussels, fillet of salmon,  
kalamari, rice, veggies and garlic toast.  
Red velvet cake for dessert.


\$75 feeds 2 people

**Jimmy's**  
**PUB & GRILL**  
SINCE 1936  
\* THE CRESTON HOTEL \*

1418 Canyon Street, Creston • 250.428.2225

*This  
Valentine's  
Day...*

*Say I Love You  
with a Beautiful  
Heart Pendant*



**TONY MURDER  
JEWELLERY**  
QUALITY AND SERVICE SINCE 1989  
1014B Canyon St., Creston • 250-428-9300

# Valentine's Fun Facts

## When did it all start?

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 A.D. Claudius didn't want men to marry during wartime because he believed single men made better soldiers.

Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on Feb. 14. While in jail, he wrote a love note to the jailor's daughter, signing it, "From your Valentine." Sound familiar?

## Chocolate

Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.

Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love.

## And...

In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark and Italy.

The most fantastic gift of love is the Taj Mahal in India. It was built by Mughal Emperor Shahjahan as a memorial to his wife.

In the 1800s doctors commonly advised their heartbroken patients to eat chocolate, claiming it would sooth their pain. To this day, many women find comfort in a box of chocolates when dealing with heartbreak.

A love knot is a symbol of undying love, as its twisting loops have no beginning and no end. In the past, they were made of ribbon or drawn on paper to prove one's eternal love.

Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

About 3 percent of pet owners will give Valentine's Day gifts to their pets. ■

Source: [www.sheknows.com/holidays-and-seasons/articles/807655/fun-facts-about-valentine-s-day](http://www.sheknows.com/holidays-and-seasons/articles/807655/fun-facts-about-valentine-s-day)

*Your Valentine's Weekend is here*

**Valentine's Day Menu**

- Smoked Salmon and Scallop Fettuccine
- Lobster Tail (with Sirloin Steak add on)
- 3 Course Seafood Lovers Platter for 2

Dessert choices: Fresh Strawberry & Chocolate Tart or Sticky Bun

*Enter to Win*

Dinner for 2 at Ricky's with a night stay at the Ramada

**RAMADA**  
CRESTON  
250-254-1111

**Ricky's**  
ALL DAY BAR & GRILL  
& CATERING SERVICE 250-428-8828

Creston Ramada 1809 Hwy 3A, Creston BC

**OVER 50% SOLD!**

**Creston Judo Club**

*Valentine's Day*  
*A "Grand"*  
*Dinner & Dance*

**Fundraiser**  
**Saturday, February 14**  
5:30 pm • Creston Room,  
Creston & District Community Complex

- Silent Auction
- Live Entertainment with the Al Barret Band

Tickets \$75 each  
Contact: Carolyn 250-428-9445  
Mike 250-254-6515

**\$1000 Cash Prize Draw!**

*All proceeds benefitting the Creston Judo Club*



# A Long Journey Home

Story submitted by: Valentine Bonspiel Committee

In 1925, and only one month after having their first curling meeting, six rinks were created for men's curling. Games took place outside on the Pavilion grounds. The weather could play havoc in those days. Imagine how hard the rocks were thrown on a sunny day, after the sun had warmed the ice. Sure would separate the men from the boys.

The Pavilion was purchased from the Agriculture Association in 1928 and despite its ramshackle appearance, it served as the main gathering place of the Valley for many years. It was

Photo by: Dave Dyck  
Laurie Heald (L) and Sylvia Main (R) are both former winners of the Ladies Valentine Bonspiel.

**Wishing the best of luck to all the curlers!**

**High Caliber**  
AUTO COLLISION & REPAIR

1209 Northwest Blvd. Creston, BC  
Tel: 250-402-6299 • Fax: 250-402-6099

*Ladies Valentine  
Bonspiel*

**February 6th to 8th**  
Theme: "Dress as Your Favorite Cocktail"  
Come out, watch and support local curling!

Info: [valentines2015@outlook.com](mailto:valentines2015@outlook.com)



# Rock the Ice

All the best to all the curlers!  
Enjoy your stay in Creston.



**Century 21**  
The Local Experts™

1131 Canyon St., Creston • 250-428-9331  
[www.c21creston.com](http://www.c21creston.com)  
sales@c21creston.com




Photo by: Dave Dyck  
Members of the Ladies Curling Club practicing.



# Curling Rocks!

**Best of luck, enjoy our beautiful Valley.**



**LOWER KOOTENAY BAND**  
830 Simon Rd., Creston, BC • 250-428-4428  
[www.lowerkootenay.com](http://www.lowerkootenay.com)

a social, educational and sports centre. Badminton and tennis were common summer activities and an ice rink offered curlers and hockey players hours of winter fun. For those who don't know, the Pavilion was situated at Centennial Park. By the 1920-30 season, they were playing under electric lights. The women were "permitted" to play in the afternoon for \$2.00 apiece. Not much different from the prices today at \$5 a game to spare.

In 1946, the Ladies Curling Club was formed and played on two sheets

of ice at the Pavilion. Now into the Civic Centre with four sheets of ice, the Creston ladies hosted the 1950-51 East and West Kootenay Spiel. In 1968 a fire destroyed the Civic Centre and following much debate was built in its current location, now at the Rec Centre. The first Valentine Bonspiel was held in 1963 with 22 teams from the East and West Kootenays.

Now, years later we are hosting the 52nd Annual Valentine Bonspiel February 6-8, 2015. What a history and what a tribute to the all the ladies involved. They are planning

for 24 teams but will certainly welcome more. Years ago the largest bonspiel hosted 54 teams on four sheets, which meant curling around the clock. This smaller venue allows for more socializing and isn't so hard on the body!

Curling starts on Friday night with a "Meet and Greet" and continues Saturday morning with the play offs set for Sunday. There is a banquet Saturday night. This year's theme is "dress as your favorite cocktail" and the ladies will be judged on their efforts. There is dancing Friday and Saturday night with music by DJ Andrew Saunders and there is a safe ride home program available. Good luck to all the curlers.

For more information:  
valentines2015@outlook.com  
Kathy Etheridge at 250-428-1774. ■



# Welcome all Curlers!

Enjoy healthy food and drinks at our onsite Concession at the Creston & District Community Complex

Also visit our Licensed Restaurant at 1417 Canyon Street.  
Daily Winter Hours:  
7:00 am to 3:00 pm

**A BREAK IN TIME**



WINNER OF BEST OF BUSINESS AWARDS FOR CRESTON AND THE EAST KOOTENAY

Phone: 250.428.5619  
www.abreakintimecaffe.com

# GOOD CURLING



**Best of luck to all curlers!**

Continuing 30 Years Of Service!

**Nufloors**  
Smart Service. Great Products.

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



**Wishing the Best of Luck to all Curlers!**

Provincial High School Valentine's Bonspiel and the upcoming Butterfly Bonspiel



1126 Canyon Street, Creston  
250-254-9707

# Rock On!



Wishing the curlers all the best!



1608 N.W. Blvd., Creston • 250.428.9388

**Good Luck Curlers!**

During this year's Bonspiels

**Kokanee Ford**



250-428-2206 • 1-800-262-7151



**KEMLEE EQUIPMENT**

250-428-2254 • 1-800-262-7151

1241 NorthWest Boulevard, Creston, BC

# Gaining Momentum

Story by: Creston Valley Thunder Cats

The Creston Valley Thunder Cats have found their game after some early season struggles that could be most easily trace back to an acute lack of goal scoring in September and October.

But a pair of midseason trades seem to have fixed what ailed the team's offence, as newcomers Alec Wilkinson and Kyle Richter have combined with second-year forward Carson Cartwright to produce one

of the KIJHL's most lethal line combinations.

Wilkinson is no stranger to the Kootenays, having spent the 2013/14

## *"He's creative, but also very competitive*

campaign with the Nelson Leafs. The Calgary product netted 62 points as a rookie for the 2014 Cyclone Taylor Cup hosts, and has maintained that torrid pace since arriving in the Creston Valley.

"Alec was a guy I got to see lots of last season when I was based out of Castlegar and he played for Nelson, and his skill level and vision is really up there for Junior B," said Thunder Cats head coach Jeff Dubois. "He's creative, but also very competitive. He knew a couple of our players from minor hockey and it's been a great fit from day one."

Richter, meanwhile, is a Vancouver Island native who spent his first three seasons of junior hockey in and around the Victoria area. His 69 goals and 145 points in 122 VIJHL games established him as one of the league's elite scorers, but he was eager to tackle a new challenge when the opportunity for a trade to the Thunder Cats became a possibility in late November.

"Kyle is an elite goal scorer," said Dubois. "He just has a nose for the net, and he's given us exactly what we hoped when we made the deal for him."

The pair has combined with Cartwright to total 26 goals and 72 points in just 15 games since

Richter's arrival, which places all three amongst the KIJHL's leaders over that time.

"Picking up Alec and Kyle was really the boost we needed to get the offence going," Dubois explained. "With those two and Carson, the results were immediate and you could sense the chemistry right away. All three of them are really intelligent guys who see the ice well and can read the play. None of them are big or overpowering, but they get to the right spots and find one another."

After a slow start to the season that matched his team's, Cartwright has established himself as the team's top forward and as one of the league's best. He got his first taste of junior hockey last year on Creston's Eddie Mountain division championship-winning team, picking up 18 goals and 41 points as a rookie. This season he's stepped up on the depth chart and risen as high as 10<sup>th</sup> in league scoring.

"Carson is one of the smaller guys on our team, but he skates and moves so well that he rarely gets caught with a hit," said Dubois. "He's a key guy on our power-play and penalty kill... he does it all."

After starting the season with just 25 goals in their first 10 games, the Thunder Cats have averaged nearly four goals per game since assembling their dynamic trio.

That offensive boost, combined with a solid defensive core and great goaltending from Brock Lefebvre and Mitch Martell, has allowed Creston to catch and pass the Golden Rockets in the divisional standings and they now appear likely to battle down to the wire with Kimberley for second place and home-ice advantage in the first round of the KIJHL playoffs. ■



Come out &  
cheer on your  
local Junior B Team!

February Home Games

---

Tuesday, February 10  
Fernie - 7:30 pm

---

Friday, February 13  
Golden - 7:30 pm

---

Saturday, February 14  
Golden - 7:30 pm



Creston  
Valley

THUNDER CATS

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

At the gate admission:

Adult (19-64) \$10  
Senior (65+) \$8 Youth (6-18) \$6  
Family (2 adults + 2 youth) \$25  
each additional youth \$4



# Can You Smell Something 11 Kilometres Away?

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

The theme of the Creston Valley Wildlife Management Authority's (CVWMA) 2014 school programs was the senses. We looked at how the different wildlife in the wetland use their senses to find a potential mate, to avoid predators, to be a good predator, to understand their surroundings. When I started developing the program, it really made me think about my own senses, how I use them every day to perform daily tasks without even being conscious that all my senses are working together to give me an experience each day. As I worked, I became very aware of the texture of the keyboard keys on my fingers, the sound of a plane flying overhead, the furnace clicking on, the smell of the stink bug that I accidentally ran over with my chair...

I began to think that I take my senses for granted sometimes. They do what they do, I can see, I can smell, I touch this and that, I taste my lunch, I hear the phone ring. It happens every day. It is only when I take a step back from the normal routine do I realize how amazing all these senses are and how hard they work each day.

I literally felt the need to stop and smell the roses after a day of program development in the spring. I remember coming home and spending some extra time outside on our property, highly aware of my senses and using them to find hidden spring flowers, to listen to the ravens' wings flap overhead, to smell the dewy spring freshness that permeated the air. I realized that sometimes you can get so caught up in the routine of life that you forget to stop and break things down and be aware of what your senses are taking in.

I think that if you were completely tuned in to what your senses were processing all the time it would be a little overwhelming. There is a term called sensory overload (the name of the school program actually), when your body's senses receive too much stimulation from the environment, you are over stimulated. Ahhh!!! Many people cannot switch their senses "off" so to speak and are extra sensitive to external stimulation. That would be a hard thing to cope with, I think.

If you look at the animal world, many species have highly adapted senses. Moths for example have an extremely sensitive sense of smell. When a female releases pheromones (chemicals) to attract a male, that male can smell those pheromones up to 11 kilometers away. Can you imagine! That's like standing at the Wildlife Centre and smelling a pizza being baked in town! Fun fact - moths don't have noses but smell with their feathery antennae. Pretty cool.

A catfish has an extremely sensitive sense of taste. They have taste organs over their entire body, including fins, back, belly and tail – literally making them a swimming tongue! A six inch catfish can have 250,000 taste buds.

In comparison, we have around 10,000 taste buds in our mouth. Understandably, this makes them exceptional at detecting food, but also very sensitive to water pollution. If you were to put a single drop of cola into an Olympic size swimming pool, a catfish could taste it. Crazy right?!

The students really enjoyed the school program related to the senses. With the older students we even got to learn about some cool senses that some animals have that humans do not... like the ability of migrating wildlife to sense the magnetic fields and use them for directional guidance. And we looked at echolocation - the ability to use high frequency sound to locate and identify objects for navigation and foraging (some humans who lack sight have learned to find their way using clicks produced by a device or by mouth... pretty neat).

Being that the program went over so well and that we didn't get as many students coming through our programs in 2014 due to the province-wide strike, I think we will continue with the theme of the senses for our 2015 programs. Look for our program promotion and details in the early spring and feel free to book now if you know you want your class to participate as our school programs fill up fast. ■

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

*Providing Excellence  
in Client Service.*



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

**RE/MAX.**  
Discovery Real Estate

*2 Offices to Serve You*

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

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

# February Is Heart Health Month

Story submitted by: Jody McBlain  
Pharmacy Manager/Co-Owner - Pharmasave

## Understanding High Blood Pressure

High blood pressure is the result of blood pressing too tightly against the inner walls of blood vessels (veins and arteries). High blood pressure is also sometimes called hypertension.

Untreated high blood pressure puts stress on many of your internal organs, such as your heart, kidney, and brain, and can lead to heart attack, stroke and kidney failure.

Blood pressure measurements are shown as two numbers (e.g. 130/80). The first (top) number is systolic pressure – the pressure in your blood vessels when a heartbeat of blood is pumped through. The second (bottom) number is diastolic pressure – the pressure when your heart is at rest between beats.

As a rule of thumb, blood pressure is considered high if your systolic pressure measurement is 140 or higher and/or your diastolic pressure measurement is 90 or higher. It is important to understand that your blood pressure varies throughout the

day and there are many things that affect your blood pressure reading (such as time of day, activity levels, smoking and drinking caffeine).

## How is it diagnosed?

High blood pressure (hypertension) is diagnosed by taking a number of readings over a number of occasions and in a number of positions. Your doctor may take your blood pressure while you are sitting down, standing up, or lying down. One high reading on its own doesn't mean you have high blood pressure that needs treatment. Other factors, such as whether you have diabetes, also have a bearing on whether your doctor will treat your blood pressure. Most people with high blood pressure do not have any noticeable symptoms. However, if not treated, high blood pressure can lead to serious problems, including heart attack and stroke. Your doctor may want to check your blood pressure again and may talk to you about lifestyle changes and medications to help you control your blood pressure.

## Reducing Your Risk

While you can't control some things

that increase your chances of high blood pressure, like age and family history, there are things you can do to reduce your risk:

- Eat a healthy diet low in sodium.
- Exercise and maintain a healthy weight.
- Don't smoke.

Your doctor may suggest that you check your blood pressure at home. Monitoring your own blood pressure at home every day keeps you involved and aware of whether your medications and healthy lifestyle changes are having a positive effect.

## Health Tip

People with high blood pressure need to reduce the amount of salt in their diet. Your body only needs 1,200 mg to 1,500 mg per day of sodium to function healthily. One way to cut down your salt intake is to read nutrition labels on the foods you buy to see how much sodium is in a serving. ■

*All material © 1996-2013 MediResource Inc.  
\*Terms and conditions of use: The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*



ASA 81mg  
(120's)

Coupon valid until  
February 28, 2015

**SAVE \$5.00**



Lifesource  
Blood Pressure Monitors

Coupon valid until February 28, 2015

**SAVE \$20.00**

Jody McBlain - Owner  
Phillip Curran - Pharmacist

**FREE Local Delivery**

LIVE WELL WITH

**PHARMASAVE®**

1118 Canyon Street, Creston  
Phone: 250-428-9080

**100% Locally Owned**





# Head and Tummy Aches

Story by: Jesse Moreton, BSc DC

I'll admit I'm being selfish with this month's topic. Without too much inspiration from cases I've seen recently I decided to research digestive headaches. Or at least find out if such an entity exists. As it turns out, there is something called an abdominal migraine. It's typically only seen in kids and sounds like a headache of the stomach: Abdominal pain, nausea and vomiting. This, however, wasn't what I was looking for. I was looking for something that matched my symptoms.

Over the past couple years I have noticed that when I get migraines I typically have stomach discomfort. Usually my stomach and intestines feel tight, not unlike adynamic ileus, a phenomenon where the intestines freeze as a result of nerve paralysis. Adynamic ileus is usually associated with some sort of trauma. This is contrast to stomach pain and associated migraine which is not trauma induced.

Typically when my headache subsides my stomach unwinds and starts moving again. Or sometimes I think it's my stomach that unwinds that causes my headache to subside. Often I'll massage over my intestinal area and obtain relief in addition to treating the migraine itself. Any way you look at it, there has to be some sort of connection. Right?

I found an article in the journal, "Cephalalgia" entitled "Comorbidity of headache and gastrointestinal complaints. The Head-HUNT Study".

The study looked at associations between headache and gastrointestinal (GI) symptoms by analyzing more than 43,500 questionnaires. The results? The researchers found a significantly higher prevalence of headaches in people who had GI complaints compared to those who did not have GI complaints. This association between headaches and GI complaints increased with increased headache frequency. In other words, people with frequent headaches had a stronger likelihood of having GI complaints.

So it seems there's a connection. But which came first, the stomach or the head? And is it a question of causation (stomach pain causes headache) or association (stomach pain simply coincides with headache)? That, unfortunately, the researchers could not say. However, they did speculate that analyzing medications and psychological factors may provide some answers.

In another study I found an interesting point. This one was called, "Irritable bowel syndrome and migraine: Bystanders or partners?". The authors explained that both chronic pain disorders (irritable bowel syndrome and migraine) share many similarities. They suggested the disorders may relate to the same disorder as in a central sensitization syndrome. This concept is in line with the authors of the first article who suggested the nervous system may play a common role.

Bottom line? Headache sufferers are generally predisposed to GI complaints. There is a connection, albeit unknown. If you have similar symptoms, you may feel just a bit more validated. Re-assurance and validation is part of treatment. The other part is management. Medication, manual therapies and alternative methods all have their place.

My suggestions:

- Watch the medications as some can increase stomach discomfort.
- Do some stomach self-massage.

Realize all headaches are somewhat unique. Find ways to cope for you personally. I will continue do the same as I battle my self-coined "digestive headaches". ■

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

## DON'T MISS OUT!

Showcase your business.

Promote your organization.

### REGISTER TODAY!

Spring Trade Show  
CDCC Arena  
April 24 and 25



**CRESTON VALLEY**

CHAMBER of COMMERCE

250.428.4342

[info@crestonvalleychamber.com](mailto:info@crestonvalleychamber.com)

# Finding Your Musical Ability

Story by: Bob van der Poel

The Creston Beginner Concert Band has been running for over a year and we're having a lot of fun! And, we'd have more fun if you were there with us.

If you have always wanted to play an instrument (old clarinet, saxophone, trumpet, violin or cello, etc.), now is the time. We are the Creston Beginner Concert Band. We're the group for "more mature" folks who played once or have never played at all. And we want you to play with us.

Playing in a band is greatly rewarding. It stimulates the brain,



Photo by: Bob van der Poel

Back (L to R) Lloyd Pawson, Dave Yates; Front (L to R) Dave Enberg, Bridget Currie, Brenda Draper of the Creston Beginner Concert Band.

uses muscles and trains memory. Band members learn to work as a team. And in this process produce beautiful music. Are you too old? Nope. Music is such a vital and fundamental part of our beings no one is ever too old to learn. If you played in a school band a long time ago and never touched your instrument again or just never played anything (other than a record player) 'cause someone told you that you had no musical talent (they were wrong!!!) ... you can play. And you can have fun.

The instruments for this group are traditional concert band fare: trumpets, French horns, trombones, baritones, tubas, flutes, clarinets and saxophones. But, since we're a small community and we really do love string players, we also include violins, cellos, etc.

We rehearse every Wednesday afternoon at the United Church on 10th Ave. Please remember to bring your own music stand. Costs for the program are very low -- just enough to cover music and room rentals. ■

For more information: band.mellowood.ca  
Bob van der Poel at 250-866-5772.

**Help -n- Hand**  
Offering a hand with personal care,  
daily tasks and house sitting  
Toni Gales • Josef Berger  
[help-n-hand.ca](http://help-n-hand.ca)  
[help-n-hand@hotmail.com](mailto:help-n-hand@hotmail.com)  
250-428-0107

**Left behind?**

**Every pet deserves basic medical care and we've revamped our preventative programs to make that happen.**

Please call us for details on our new competitively priced Spay / Neuter / Vaccination Preventative Programs.

*Remember: No pet gets left behind at the Creston Veterinary Hospital. Period.*

Your Hometown Vet!

CRESTON VETERINARY HOSPITAL  
1605 Dogwood St., Creston • 250-428-9494

Like us on Facebook

# Tax Time is Around the Corner

Story by: Rita Patstone, CGA

This is a reminder for you to review your personal tax situation. Personal tax planning is important to the management of your financial affairs and should be considered throughout the year – not just as the deadline for filing your taxes approaches. The aim of tax planning is straightforward; to minimize your tax burden or to defer taxes to a later tax year. Tax planning can also prevent certain events that create unwelcome tax consequences.

## **“Personal tax planning is important to the management of your financial affairs”**

Yearend tax planning tips:

1. Certain expenditures made by individuals by December 31, 2014 will be eligible for 2014 tax deductions or credits including: moving expenses, child care expenses, charitable donations, political contributions, medical expenses, alimony, eligible employment expenses, union, professional, or like dues, carrying charges and interest expenses, certain public transit amounts, and children's fitness and arts amounts. Ensure you keep all receipts that may relate to these expenses.
2. You have until Monday March 2, 2015 to make tax deductible Registered Retirement Savings Plan (RRSP) contributions for the 2014 year. Consider the higher income earning individual contributing to their spouse's RRSP via a “spousal RRSP” for greater tax savings.
3. The age limit for maturing Registered Pension Plans, RRSP and Deferred Profit Sharing Plans is 71 years of age.
4. If you own a business or rental property, consider paying a reasonable salary to family members for services rendered. Examples include website maintenance, administrative support and janitorial services.
5. A senior whose 2014 net income exceeds \$71,592 will lose all, or part, of their Old Age Security. Senior citizens will also begin to lose their age credit if their net income exceeds \$34,873.
6. Registered Education Savings Plan (RESP) – A Canada Education Savings Grant for RESP contributions will be permitted equal to 20% of annual contributions for children (maximum \$500 per child per year). In addition you may be eligible to receive a Canada Learning Bond which provides

\$525 in the first year, and an additional \$100 each year until the child turns 15.

7. If required income, forms, or elections have not been reported to the CRA in the past, a Voluntary Disclosure to the CRA may be available to avoid penalties.
8. For individuals who have not yet claimed charitable donations, consider making a donation of up to \$1,000 in order to get a “super charged” donation credit. For these individuals with total donations of less than \$1,000 in the current year, consider not claiming the donation amount until you have donated a total of \$1,000 (can wait up to five years to claim the credit).
9. Are you a US Resident, Citizen or Green Card Holder? Consider US filing obligations with regards to income and financial asset holdings. Filing obligations may also apply if you were born in the US.
10. Do you have foreign property or investments? Consider the filing obligations in both the foreign country and Canada. ■

*The preceding information is for educational purposes only. Although every reasonable effort has been made to ensure the accuracy of the information contained in this article, I do not accept any contractual, tortious, or any other form of liability for its contents.*

**We've Moved...  
Honestly!**

**Great Gift Ideas  
for your Valentine!**



**Panasonic  
Supreme  
4K HDTV**

*We are your exclusive  
panasonic dealer!*



**TELUS  
TV**

*Ask us about bundling  
packages & save*

**Welcome to the future  
friendly home with Telus**

**Play, work & relax.**

**Simply**  
COMPUTING  
EXPRESS  
*Your Computer Repair Store*



Apple  
Specialist

**Lectric Ave**  
*Electronics*

**NEW LOCATION: 1017 Canyon Street, Creston • Ph: (250) 428-7873**



# Protect Yourself - Protect Your Mortgage

Article submitted by: Vern Gorham,  
Sun Life Financial Advisor

**B**uying a new home is an exciting experience. It represents your hopes and plans for the future. For most Canadians, it also means having a mortgage and making regular mortgage payments. Often the financial institution you have your mortgage with will offer you mortgage insurance. Is it the

## “Think about future obligations you may have”

right thing to do? Does it offer the protection you need?

### What is mortgage insurance?

Mortgage insurance pays off the amount left owing on your mortgage if you die. Here are some facts you should know before deciding on how best to ensure your mortgage is paid off in the event of your death:

The amount covered by mortgage insurance decreases as the amount

owing on your mortgage decreases. Premiums don't decrease, they remain the same.

The insurance proceeds are paid directly to the financial institution.

You may not be able to take your insurance with you if you move your mortgage to a new mortgage company. This may mean having to provide current medical and health evidence to become insured.

You may not be able to insure both you *and* your spouse if the mortgage is registered in only one person's name.

### There are alternatives

Having your own individual life insurance policy offers you the protection of covering your family's financial needs including your mortgage, in the event of your death. You also have the flexibility of naming a beneficiary of your choice. Your family may decide to use the benefit to pay down a low interest mortgage and invest the rest. Or they may need the funds to cover other

expenses. The choice will be theirs.

### Some other points to consider:

\*transferring your mortgage from one lender to another will not affect your coverage

\*you can choose between term insurance and permanent insurance

\*the amount of coverage you choose can include your mortgage and other debts as well as the other financial needs your family may have

\*you can insure both you and your spouse, even if the mortgage is registered in one spouse's name.

### Other protection to consider

Consider your current financial situation including your mortgage and other debts. Think about future obligations you may have—your children's education, your plans for retirement. What would happen to your plans if you became ill? While life insurance covers your family's needs when you die, there are other types of insurance that could help you if you became ill. Disability insurance provides an ongoing, monthly income if you should sustain a disability and were unable to work.

Critical illness insurance pays a lump sum amount if you are diagnosed with an illness covered by your policy, even if you are able to return to work. You can use your benefit as you choose—including paying down your mortgage and debts.

A Sun Life Financial advisor can help you take a close look at your needs and decide on the type of coverage that's right for you. ■

© Sun Life Assurance Company of Canada, 2014.

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

## MORE THAN JUST YOUR FLOOR STORE!



INSTALLATIONS GUARANTEED!

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

Continuing 30 Years  
Of Service!

**Nufloors**  
Smart Service. Great Products.

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

# Stanley Wedge Loves Creston - Part I

Story by: Maureen Cameron - TAPS Community Development Liaison Coordinator

“I can remember the gravel roads, gaslight street lamps and the lamplighter, who was, so clever whilst riding his bicycle, could, with his pole, turn on or off the street lamp whilst still in motion on his bicycle. There was the milkman that delivered the milk straight from the churn, ‘at the door where you lived’, the baker that delivered the bread, or you collected it yourself at the baker and nibbled the loaf on the way back home, the coalman, the chimney sweep, the fishman who shouted “Blind Mackerel” and the muffin man etc. Of course there were others that were invalidated out of the first War trying to exist: selling matches, singing in the streets, mending pots and pans, sharpening cutlery. The street vendors all shouted their wares, either pushing a handcart or driving a horse and cart.... the circus coming to town, parading the main streets with elephants, horses and other animals in cages... men huddled over a fire in the street warming up tea in tins.”

Stanley Wedge was born during WWI in Southampton, England. The Somme war was still underway and in September that year, tanks were used for the first time. His recounting of early childhood memories in post war Britain reveal the poverty that existed as he remembers it, and yet how others flourished in the opportunities, a story as old as time. You can imagine the memories he has spanning such a lifetime of changes.



Photo by: Maureen Cameron  
Stanley Wedge has a seen and experienced a lot of life in his almost 100 years.

He describes himself as the youngest son of a seafaring family, who traveled on deep sea sailing vessels to all parts of the world. Almost 100 years young now, he says he has lived a varied, adventurous life, seen so much and experienced more than he can possibly tell. When we sat over tea and cookies though, the stories and memories flowed from one another leading to laughter, sometimes tears and through it all, his appreciation despite the trials, of every aspect of his life. From war memories and poverty, to being a youth finding his place in the world, as a family man and the excitement of post WWII societal development. He had a talent for art, which was acknowledged and led to various kinds of work over his life. Did you know that posters for the entertainment industry were all hand painted?

In the aftermath of WWI, children were “put out to service” as servants



## Wood Stove Exchange Program



### SMARTER BURNING, CLEANER LIVING.

Upgrade to an efficient heating appliance and receive a:

**\$350 rebate**

Grants are issued on a first come, first serve basis.

Application deadline: April 1.

THE  LUNG ASSOCIATION™  
British Columbia



Ministry of  
Environment

For more information

Regional District of Central Kootenay

1-800-268-7325 (ext. 8616)

vissott@rdck.bc.ca

and workers when families could not afford to keep them. His 12-year-old girlfriend Bessie (and later lifelong companion) was one of them. At 14 he joined other boys, standing in line for work or coming up with schemes (unbeknownst to parents) to earn anything at all. In 1935, following his family's seafaring history, after already having a voyage around Norway, he secured a job as a seaman

aboard a large motor yacht bound for Egypt and the Red Sea with a cargo of live ducks for the owner's home in Cairo. Adventures along the way included witnessing the workings of a tuna factory fishing operation at Cape Tunis by an Italian fish farm cooperative. Some tuna weighed ½ ton. Going through the Suez Canal, close encounters with death in treacherous weather, landing on

deserted islands and fishing at night in phosphorescent seas on coral reefs, were just some of the highlights of that trip.

Watch for Stanley's story continued in the March issue. Stanley participates at Therapeutic Activation Program for Seniors (TAPS) in Creston enjoying the lunches, companionship and an accessible place to go. ■

# Creston Valley Business Services



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


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




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

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

Photographer for Hire



**Jeff Banman - 250.402.6482**  
**Photos 'n Motion**  
[www.jeffsphotosnmotion.com](http://www.jeffsphotosnmotion.com)  
 Official game photographer of the Creston Valley Thunder Cats

**Where the Pro's Go!**  
 For Serious Professional Growers and Gardeners who don't want to fool around.



**Sunset Seed Company**  
 EST. 1921  
 Feed, Pet, Grower Supplies & More!  
 Beside 7-11, Creston • 250-428-4614



Friendly, Helpful Advice for Over 70 Years!

- Flexible appointment times
- Your home or office or my office in West Creston
- Never too busy for referrals



**CGA Rita Patstone**  
 CPA, CGA, BA  
 1605 Evans Road, Creston, BC V0B 1G7  
 Ph: 250-428-2662 email: ritap\_cga@hotmail.ca  
 Member, Certified General Accountants BC, AB

- PERSONAL TAXES • CORPORATE TAXES
- BUSINESS CONSULTING • MONTHLY BOOKKEEPING
- GST/PST RETURNS • PAYROLL PROCESSING



**Sun Life Financial**  
 Vern Gorham  
 Advisor  
 3560 Highway 21, Suite 1,  
 Creston, BC V0B 1G2  
 Tel: 250-254-0607  
 vern.gorham@sunlife.com  
[www.sunlife.ca/vern.gorham](http://www.sunlife.ca/vern.gorham)

Benjamin Moore ranked the  
“Highest in Customer  
Satisfaction with Interior Paints”  
from J.D. Power.

It's enough to make us blush.

Rosy Blush  
2086-30

Blush Tone  
2000-50

Gentle Blush  
2084-70

Vibrant Blush  
2081-30

Misty Blush  
2097-60

**Pyramid Building Supplies**  
**1220 North West Boulevard**  
**Creston, BC**  
**250-428-7114**

Benjamin Moore received the highest numerical scores among interior paints in the proprietary J.D. Power and Associates 2014 Paint Satisfaction Study. SM Study based on responses from 9,578 consumers measuring 12 brands and opinions of consumers who purchased and applied interior paint within the previous 12 months. Proprietary study results are based on experiences and perceptions of consumers surveyed January-March 2014. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).

©2014 Benjamin Moore & Co., Limited. Benjamin and the triangle “M” symbol are registered trademarks, and For everything that matters is a trademark of Benjamin Moore & Co., Limited.



# Powerful Solutions For A Compact World

## Winter Clearance

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



**CASH SALE PRICE**  
**\$17,498.00\***  
Reg. list \$21,947.00  
*While quantities last*

**ONLY ONE LEFT!**



The factory installed, all weather, Premium cabbed RTV1100 complete with handy sliding side windows, air conditioning for the summers and heater for the winters for comfort and ease in the tasks ahead. 24.8hp diesel engine, 3 speed HST transmission combined with 4WD will tackle the toughest jobs. Where it's pushing, pulling or hauling with a 1100lb cargo box capacity and hydraulic dumping it couldn't be easier.

**RTV1100CWXL features:** 24.8 hp, 3cyl, liquid cooled Kubota diesel, VHT plus 3 spd variable hydrostatic transmission, 4wd w/2wd selectable, front independent suspension, hydraulic dump box, spray-in bedliner, air conditioning, heater/de-froster, windshield wiper & washer, under seat storage, rear view mirror, 2" trailer receiver front & rear, front grille guard, ATV tires.

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



**DEMO UNIT CASH SALE PRICE**  
**\$26,897.00\***  
Reg. list \$34,083.00  
*While quantities last*



MX series Kubota utility tractors are designed to tackle almost any task. With our new HST transmission it just makes those jobs that much easier, experience the smooth performance, increased control of our hydrostatic, together with 52HP engine they are highly responsive work horse to get the work done.

**MX5100HST with loader – features:** 52 hp engine (42.5 pto), 3 spd hydrostatic transmission, 540 pto, 2310lb 3pth lift cap., 9.5 gpm hydraulics, 4 wheel drive with diff lock, LA844 quick attach loader (2443 lift cap.) and 72" skid steer quick attach bucket.

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



**CASH SALE PRICE**  
**\$18,049.00\***  
*While quantities last*



This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

**BX25DTLB - 23hp diesel powered unit - Features**  
23hp 3cyl diesel, 2 range hydrostatic transmission, power steering, front & rear pto, 4WD, LA240 front end loader 518lb capacity, BT602 backhoe 6 foot dig depth.

## Snow Blower Clearout

Farm King Heavy Duty 3pth snowblower, 540 pto, hand crank chute control, shear pi protected, single auger, skid shoes, 4 blade impeller fan.

**5Y00 50" wide blower**



**Clearance Price**  
**\$1,899.00\***  
Reg. list \$2190.00  
*While quantities last*



**KEMLEE EQUIPMENT LTD.**

Your locally owned & operated Ag Centre

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