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Photo submitted by: Darren Douma

feature story

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From the editor



Story by: Kris Dickeson
Editor – I Love Creston

Summer is in full swing and I have to admit, I love this gorgeous weather. Nothing beats days at the lake, BBQ's, evening walks, road trips and my favorite... morning coffee sitting in the sun. What are my plans this summer? I want to explore a few places and take in a few vents in the Creston Valley I have yet to experience.

Before I run down what's ahead in our epic double summer issue, I want to mention a new business in town and recommend you take the time to check it out. Fooby's Local Food Store opened up in early June. Owner/Operator Kaitlin Viers is the driving force behind this one stop location for local in-season produce, dry goods, gifts and more all sourced from within a 100-mile radius. Congrats to you Kaitlin and I wish you all the success.

The Creston Golf Club is going to be busy this summer as it hosts the 2015 Canadian Open Blind and Visually Impaired Golf Championships in mid-July. I sat down with Organizer/Athlete Darren Douma to get all the details on this prestigious event as well as his journey to get it here.

The Mayor looks back at the progress Town Council has made to date which has resulted in positive changes throughout the community. Our MLA has a review of the latest session of the BC Legislature and we hear the conclusion of LKB Chief Jason Louie's wife, Angie's thoughts on being married to a chief.

We have an interesting article on the recurring topic of temporary migrant worker camps and WildSafe BC passes along helpful information regarding deer safety while our financial guru looks at planned giving.

Speaking of giving, from the old dusty history files, a detailed look back at the Creston Branch of the Royal Canadian Legion and the great work they have done and continue to do.

Health and wellness covers natural remedies for preventing and treating bug bites, tips on maintaining healthy skin and an overview of a couple of superfoods including beets - which you can likely pick up at the Farmers' Market where you can also find Pridham Studio, this month's Vendor Profile.

The Summer Fun Pullout section is full of helpful information regarding what's going on throughout the Creston Valley over the next few months. The Creston Visitor Centre is in its peak time and we have a rundown of the services the amazing staff offers along with what's new this year. Did you know there is a Bus Wine Art Tour here? Board a bus for the afternoon and a tour guide takes groups to nine studios where you can meet the artists as well as two wineries for a tour and wine tasting. I met up with a few of the participating artists and I can safely say this is an incredibly fun way to experience the arts and culture on the Creston Valley.

Footlighters Theatre Society has a preview of an upcoming show as well as details on this year's Shakespeare in the Park. Maybe a trip up the lake is more your style so we have a brief rundown of must see and do's and the CVWMA has created a bucket list of activities to try.

Have a great summer folks.

Enjoy. ■



Photo by: Kris Dickeson
Kaitlin Viers at Fooby's Local Food Store.



Photo by: Kris Dickson

GOLF CHAMP HOSTS TOURNAMENT

Story by: Kris Dickson
Editor – I Love Creston

A local man has taken a life altering disease and his passion for golf and created opportunity to raise awareness. Darren Douma is the driving force in bringing the 2015 Canadian Open Blind and Visually Impaired Golf Championships to the Creston Golf Club this summer.

In 2006, Douma was diagnosed with Stargardt Disease, a common form of inherited juvenile macular degeneration that causes decreased central vision. Statistically the onset of Stargardt Disease starts around the

age of 20 but Douma was in his mid-thirties. The news that there is no treatment or cure available devastated Douma.

“A multitude of questions flooded the brain,” he explained. “Am I going to go blind? How quickly is this disease going to take my sight? What am I going to do? I had just started a job as a sales rep and a big part of it was driving so that was a major concern. As far as my prognosis, the specialists indicated that there was no definitive answer to how the disease would progress. Typically, in the early stages it can progress quite rapidly, and then slowly level out. So I wait.”

Golfing since childhood, Douma kept playing despite his ailing eyesight. Keeping track of the ball was his biggest challenge and over time he relied more and more on other golfers for help.

“It was frustrating for me and I believe for them as well,” Douma pointed out. “I pushed through it until the end of the season in 2009 and at that point I was ready to quit. But the following spring my golf hero, Phil Mickelson taught me to never give up. He pulled an amazing shot and went on to win the 2010 Masters at Augusta. I learned that anything is possible and this pushed



Photo submitted by: Darren Douma

(L-R) Darren Douma receiving his Silver medal from a tournament volunteer while Sight Coach Donnie Lynds looks on at the 2014 Canadian Open Blind Golf Championship in PEI.

me to focus on playing golf again despite my visual disability. So I got involved in events again and started golfing regularly with a great group of guys who don't mind helping and I'm ok with it."

Douma stuck at it and in 2013 played at the Western Canadian Blind Open, his first blind competition and placed first in his sight category and second in the Canadian Open. He went on to represent Canada at the 2014 World Blind Golf Championships in Australia last May as well as playing in the Canadian Blind Open in Nova

Scotia last summer putting his name on the map as a contender.

"I WANT TO PROMOTE IT IN THE BLIND COMMUNITY"

During this time Douma began getting involved in advocacy by joining the Board of Directors for Blind Golf Canada and through BC

Blind Sports as Golf Commissioner. With plans to start a Blind Golf Chapter in Creston and eventually the Kootenays, Douma began focussing his energy on the possibility of bringing the Canadian Open Blind and Visually Impaired Golf Championships to Creston.

"I had been marketing it for a while before I went to Australia," he said. "And I found out when I got back home that it was happening. I love it here and I love our course. It's a hidden secret and I want to promote it in the blind community. I am really looking to raise awareness around vision loss

“FOCUS ON PLAYING GOLF AGAIN DESPITE MY VISUAL, DISABILITY”

and prevention mainly with youth and this could help spark it.”

The volunteer-run event has taken Douma countless hours to put together and encompassed a long list of tasks including securing sponsors and prizes; contacting media; organizing travel, accommodation and meals; recruiting volunteers; promotion as well as planning events around the actual golfing.

“The support from the members and community has been overwhelming,” Douma said. “I accepted the responsibility to take this on with the full knowledge that I needed help and people have stepped up. A few months ago I assigned leaders who have been extremely helpful in making sure everything is taken care of which has allowed me to concentrate on promotion and making sure we are ready.”

The 2015 Canadian Open Blind and Visually Impaired Golf Championships runs July 9-12 with over 30 athletes and their sight coaches from all over Canada, the US, England and Scotland teeing off at the Creston Golf Club. Everyone is encouraged to check it out and experience firsthand what blind golf is all about. ■

For more information contact Darren Douma. 250-428-8715 or 250-428-1807
thedoumas71@gmail.com
www.vibebc.com

www.ilovecreston.com



Photo submitted by: Darren Douma
Darren Douma competing at the World Blind Golf Championships in New South Wales, Australia.



From the Mayor's desk

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

Positive Changes in the Creston Valley

It's been just over seven months since the municipal election, and it's been a busy time! As a new Council, it was our first order of official business to hold a joint INAUGURATION ceremony for Councils of both the Town of Creston and the Lower Kootenay Band. The ceremony was a historic and memorable event hosted at the Ramada Inn. Check out the youtube video at www.youtube.com/watch?v=Cg3Tf8xqGi0 or on the Town's website.

Since the inauguration, Town Councillors have attended too many meetings to count. With five newly elected Councillors on board, it has been very important to ensure that the foundations of Local Government operations are explained through seemingly countless orientation meetings. As well, numerous facility tours have been held to introduce our important infrastructure facilities to Council. These tours have included the Arrow Creek Water Treatment Plant, the Waste Water Treatment Plant, the Fire Hall, the Public Works Yard, and more. Beyond orientation, Council also had to undertake the 2015 budget. And of course, decisions also had to be made

on development applications, bylaws and more. To top off this huge time commitment, Councillors also attended numerous committee meetings throughout the community to stay in touch and report back to Council. A great job is being done by all!

In the same period, beyond the regular business meetings noted above, I have attended a further 60 official meetings. I also had the great honour of hosting our Lieutenant Governor of BC, the honourable Judith Guichon, during our 74th Annual Creston Valley Blossom Festival. While all this is going on, I can't help but notice the many positive changes that are occurring for our community as people work together cooperatively.

A great example of a productive cooperative effort is our recent "Business Walk" program held in conjunction with the Chamber and the Province. This event had Council, Chamber representatives and numerous community stakeholders asking key questions of business owners located in our downtown core. The intention was to understand what is working, what barriers business owners face and what steps can be taken to better serve

the business community. The data gathered by the teams will be compiled for our community to build on. Stay tuned for this feedback information and subsequent phases of the Business Walk program in other areas of our community.

But the positive changes aren't happening just within our municipal borders. One of the things I'm most excited about is the demonstrable enthusiasm of our Council and our local RDCK Area Directors to work as a team for the collective good of promoting our Creston Valley. All of our local RDCK Directors are involved in numerous committees with the intention of promoting and expanding opportunities for the Valley. The Columbia Basin Trust (CBT) Community Directed Funds and the Creston Valley Wildlife Interpretative Center project are 2 such important initiatives. I am also pleased to add that at the time of writing this article, Director Larry Binks (RDCK Area C) is in China to meet with representatives – it is hoped that the Director can entice investment opportunities within our Valley.

There is no limit to what we can do when we decide to grow together! The Town of Creston and the Creston Valley are witnessing positive changes! Stay tuned for more exciting news and achievements in future articles. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

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Message from the chief

Story by: Angie Louie

The Highs and Lows of Being Married to a Chief Part II

(Continued from the June 2015 issue of I Love Creston)

He [Jason Louie] did not actually take office until the following month of January 2011 when he was sworn in with his fellow Council members. It was at the Inauguration Ceremony that I realized things were going to be different from when he was on the Council. I watched as cameras flashed in his face, as dignitary after dignitary approached him to congratulate him. I watched as people attempted to get his thoughts on this action or that action currently happening in Creston and British Columbia. I watched as he smiled and looked at me and his family as if to say, "Sorry, we'll go as soon as I get a chance to leave". We all waited patiently to congratulate him. At that time, his family was very supportive of him and we were part of a family... and it didn't seem so bad that he would be gone for meetings or conferences or traveling here and there. We had a family, people to help us with our one daughter still at home if we both had to be away.

But, things took a turn within the next weeks, months and now years. I soon discovered that he/we were often the topic of many conversations where he was being accused of stealing from his people, accused of being mentally unstable, accused of threatening people, accused of using Band property for his own personal gain and forgetting about his people. I was told outright that the Band members had bought my truck;

my daughter was told that she had everything she wanted because her dad was a thief. Our older daughters were told horrible things about their father. And for a minute, we fell apart. We separated and his family walked away from us... all of us, including our children. And then we had to figure out a way to become a family unit once again. We did it. We are doing it through prayer.

We make time for one another every single day – as a couple and as a family. It is important to us that we have a meal together. It is important that we set boundaries around our time. If one or both of us is out of town, we keep in contact through phone, text, and now FaceTime.

We respect one another, we listen to one another, and we have learned to be a sounding board to one another. We stand up for each other. We do not allow the negativity to creep in or hurt us. If we are angry about a new rumor, we allow the anger and hear it out and then let it go back outside of our home, our safe place. And we surround ourselves with friends we now call family.

Our children have come to their own conclusions about what family is. Often it is not blood. And I make sure that I take them back to my home so that they can have that grandparent/auntie/uncle connection that they so deserve.

We (our three daughters and I) all understand that he's got a big job. We all see his vision and forward thinking. We are all committed to

helping him achieve the goals he is setting for his community. And we all continue to pray for him and our community. And we refuse to be broken by the brokenness around us. We will continue to strive for a better community for our grandchildren's grandchildren. You see, we've been in that broken place and we can't judge anyone for where they are. We also know that it's possible to put those addictions aside and heal those old hurts. That is what he wants for his community – healing, happiness, good health, and cultural pride. We will continue to work in that direction as a family. We help each other through the hard times and celebrate each other through the good times.

Thank you for listening.

Aho! ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or on the Web at www.lowerkootenay.com.

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Creston Valley

AGRICULTURE SOCIETY

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Spring Session Recap



Story by:
Michelle Mungall
Nelson-Creston MLA

Although the BC Liberals' budget saw a \$230 million tax break to the richest two per cent while your hydro rates, MSP premiums, ICBC rates and ferry fares went up –not to mention the cost of housing and food, there was a shining light. After less than a year of public advocacy, we saw an end to the child support clawback that saw millions taken out of children's hands simply because their parents receive social assistance.

No longer will government be taking money that rightfully belongs to 6000 of BC's poorest kids. This

was a positive step in reducing child poverty in our province, but there is so much more to do.

The maternity and parental leave clawback is another BC Liberal policy that contributes rather than reduces child poverty the minute a child is born. How does this happen? If you receive Disability, you are allowed to work, if you are able, and earn up to a certain amount. While you work, you must pay Employment Insurance and federal law allows you to use that EI for maternity and parental leave. But should you do that in BC, the Liberal government takes every cent of it away so that you not only lose your wages but all your maternity and parental benefits just when your growing family will have added expenses.

“the Liberal government takes every cent of it away”

I've spoken to families impacted by the maternity leave clawback. They are making choices between paying rent, bills or food. Their mental health is taking a toll while debts

mount and charities and food banks only offer so much help. It is every parent and child's right to spend that first year together, and we all benefit when they do. So why is this Liberal government punishing them and creating greater child poverty? This clawback needs to end.

Along with poverty-creating policies, we saw terrible education policy in the form of Bill 11 and campaign finance restrictions lifted in Bill 20. My BCNDP colleagues and I exposed the Liberals cloak and dagger approach to public information with their repeated deletions of key public records on a wide array of issues including the Highway of Tears. Sadly, we also saw funding to the fake town of Jumbo go up to \$300,000 per year while it was confirmed that their “daylodge” concrete slab is indeed in an avalanche path.

To be sure, we saw a lot of poor governing, bad choices and terrible policies, but I remain hopeful. We can end the maternity leave clawback just as we ended the child support clawback. If the new Alberta government can restore education funding, we can do that here –and it will most certainly happen after the next provincial election in 2017.

On another note, I'd like to thank everyone for their kind words with the passing of my mother-in-law. After thirty years of living with MS, my husband's mom said her good byes to this world May 13. We were sorry to miss the many Kootenay festivals and events over the long weekend, and very much appreciate your understanding that we will be there next year. ■

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On the Tuesday evenings in July and August, Creston Fire Rescue will visit community neighborhoods around 6:30 pm. Inclement weather and emergency calls will impact on Fire Department Attendance.

July 14 Centennial Park

July 28 Rec Centre Soccer Field

Aug 11 Centennial Park

Aug 25 Rec Centre Soccer Field



Most often the public sees fire crews when they are busy at an emergency scene; thus they are unapproachable at that time. This program allows the public to see their Fire Department in a different light and be able to interact with the firefighters. People will be able to:

- Ask the crew questions; seek advice on summer safety and fire safety in general
- Check out the fire trucks & equipment
- Try some “hands-on” activities
- Have some fun & learn something



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98 Years (and Counting) of Service and Support

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

As I'm sure you're aware, my inspiration for these articles comes in many different forms. This month's topic was inspired by a recent photo-op: Acting President Ian Currie of the Creston Branch of the Royal Canadian Legion asked me to take some photos of the presentation of bursaries and scholarships to three members of this year's graduating class.

Over the last couple of years, I've also taken photos of Legion donations to Air and Army Cadets, support of TAPS, Remembrance Day activities, poster-and-poetry contest awards and more. It got me thinking about the long history of the Royal Canadian Legion in our community.

By the end of the Great War, there were fifteen different veterans' organizations in Canada, all of which worked to support returning soldiers, especially those in need. Given the number of young men

returning home with missing limbs, permanent injury to their lungs from the effects of gas warfare, and shell shock (which we now recognise as PTSD), the need for such support and assistance was huge – but all those fragmented groups found it very difficult to find the resources and the means of delivering them to the soldiers. So, in 1926, the Canadian Legion of the British Empire Service League was established.

The local branch of the Legion has its origins in one of those fifteen servicemen-support groups: the Great War Veterans Association. This was founded nationally in 1917, and was active in Creston almost immediately. This is the organization that would have led the celebrations marking the end of the Great War, had there been any (the Spanish Influenza epidemic sweeping across the country precluded any public gatherings), and which did lead the

ceremonies unveiling the cenotaph on November 11, 1922. They and the Ladies Auxiliary sold poppies as fundraisers for supporting returned soldiers in the first seven years of annual Remembrance Day poppy campaigns.

“sold poppies as fundraisers for supporting returned soldiers”

Then, as the Creston Review reported on 30 April 1926, “At the veteran’s meeting on Saturday night the necessary resolution was put through to merge the local GWVA with the Canadian Legion, into which latter organization all the Dominion veteran’s societies are going.”

The GWVA turned over all those activities to the newly formed Creston Valley Post, Canadian Legion – now Branch 29, Royal Canadian Legion, and the Legion Ladies’ Auxiliary.

A quick scan of the local newspapers in the Branch’s early years reveals that it was very busy – just as active as the Board of Trade, church groups and any of the other community and service organizations. In addition to the Remembrance Day ceremonies and the poppy sales, they organized dances, dinners and picnics for their members and for the public. They supported all sorts of community events, including, as an example, the

Flappers and
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Photo submitted by: Tammy Hardwick

A Remembrance Day parade in front of present-day Town Hall – one of the most recognizable Legion activities.

Queen’s Contest in the celebrations marking the King’s Silver Jubilee on the 6th of May 1935 (the king in this case was King George V). Kate Payne was the Legion’s candidate. She won, with a lead of eight votes over runner-up Doris Ferguson, who was sponsored by the Knights of Pythias and the Pythian Sisters.

Often, these activities were fundraisers – a public dance hosted by the Legion in September 1928, for example, benefited that year’s Fall Fair.

The Canadian Legion sponsored many sporting events in the late 1920s and early 1930s. Some of these were contests between

Legion members, such as a boxing tournament in April 1932. Others were for the broader public. In a June, 1931 editorial flaying people who were grumbling about Village Council paying to put a floor in the Pavilion in what is now Centennial Park, the *Creston Review* declared, “If those who are interested in sports would do as well by the village as the Legion and fall fair directors...” Although the Legion’s specific contribution to local sports is not specified, it is clear from this that the Legion was very supportive of the Valley’s sports and sporting events. An example of this comes from the Valley Schools Track Meet held on

May 16, 1931: the Legion was one of the most generous sponsors of that event, contributing \$10 to the event’s overall budget of \$150.

Although the present Legion Hall wasn’t built until after the Second World War, it appears that Branch 29 did have a permanent home for at least some of its early years. Several ads for non-denominational religious services appear in the newspapers during the summer of 1930, and they all give the location of those services as the “old Legion hall” on Victoria Avenue (now 10th Avenue North). I haven’t been able to find out exactly where or when the Legion had this hall, but it was clearly in use



Photo submitted by: Tammy Hardwick
A Legion-sponsored event that's a little more surprising:
some sort of snowmobile event involving the Cadets.

in 1928 and being made available to other community groups: in May of that year, baseball aficionados from Wynndel, Erickson and Creston met in the Legion hall to work out that summer's game schedule.

For those of you who are aware of the Legion's activities today, this is probably all sounding very familiar. The Legion and Legion Ladies' Auxiliary still run the Remembrance Day ceremonies; they still head up the annual poppy campaign that raises funds to support veterans of the armed services, Border Services and RCMP, as well as their families. The Poppy Campaign also produces funds for the donations and bursaries I mentioned earlier.

Branch 29 still hosts events for members and veterans, such as the recent Veterans' Luncheon which is held each year on the anniversary of D-Day. There are lots of public events too, including dances and dinners and the delicious stew that's an annual tradition following the Remembrance Day ceremonies.

There is still a Legion sports committee, which not only hosts a dart league at the Legion, but also supports local teams in their travel to tournaments and competitions. The Legion lounge (now open to minors during dinners) still generates funds to maintain the Legion hall, which is still rented out nearly every night to community groups.

After nearly 100 years, Branch 29 of the Royal Canadian Legion is still a significant part of the community. And, with somewhere around 325 veterans, veterans' families, and members of the general public among its membership, it is easily the largest service organization in the Creston Valley. ■

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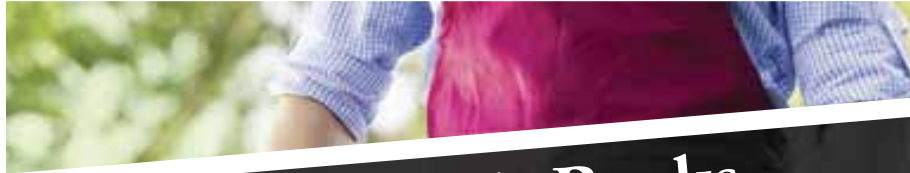
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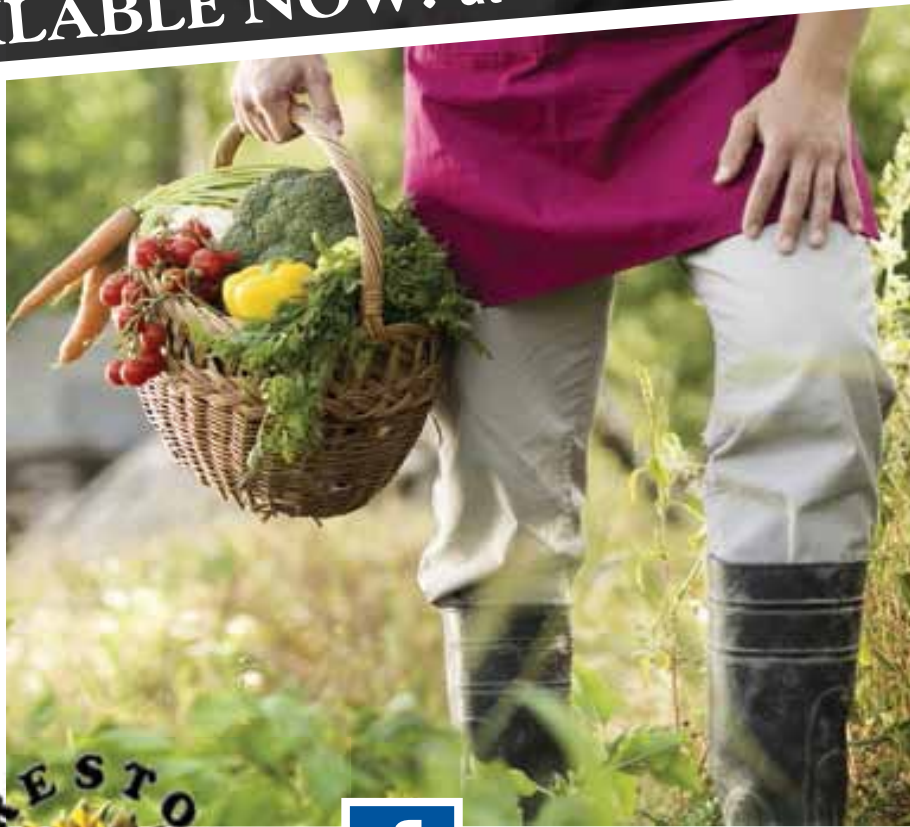


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& Saturday, Sept 12**

Celebrating "The Country Side of Life"

Summer Theatre Preview

Story by: Footlighters Theatre Society

Footlighters Theatre Society offers a night of comedy when it returns to the Prince Charles Theatre stage July 9 for a three-night run of *The Great Ice Cream Scheme*.

Directed by Jason Smith and Gillian Wells, the comedy will offer a modern twist on the classic melodrama format.

“We’ve added a lot of pop culture references and jokes, as well as songs, to add to the fun,” said Smith, who

previously directed *Headed South* from the Great White North in 2013, and co-wrote *Almost Golden*, which won best production at the Kootenay Zone festival, Centre Stage, held in Creston last year.


The play centres around Pop Sicle’s Ice Cream Parlour, where Pop (Gary Atha) serves ice cream made with a secret recipe known only to him, his sister Nana Peel (Suzanne Chubb) and his adopted son Robin Baskins (Kevin Boehmer).

Things get sticky when cold-hearted villain I.C. Custard (Peter Simon) decides to steal Pop’s recipe. He hires Parfait Deluxe (Jennifer Adams), an ex-chorus girl and total klutz, to steal the recipe from Robin — but his heart already belongs to new waitress Marsha Mallow (Zoe Marini). Adding to the chaos, the vivacious Candy Sprinkles (Derek Kemle) harbours ulterior motives — will she “drag” them all down with her?

Footlighters Theatre Society presents

The Great Ice Cream Scheme

By Billy St. John




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The cast also includes Jordan Koop, Trevor Marzke, Debra Mehrer, Kelly Mehrer, Natascha Sundby and Nathan World in roles sure to elicit hearty laughter from even the toughest audience member.

“It’s been hard to get through rehearsals without having the entire cast completely crack up once or twice,” said Wells. “I think the audience will get just as big a kick out of it.”

The production of *The Great Ice Cream Scheme* will run July 9-11, opening the troupe’s 21st season, which will include a revival of *Shakespeare in the Park* (Or *Something Like It*) — returning after a five-year absence — from Aug. 20-22.

“We keep getting requests to bring it back,” said President Brian Lawrence, who will produce the Millennium Park show with Gail Kitt. “We certainly haven’t run out of Shakespeare scenes to cover, so it seemed like a good idea.”

The season will include two more plays, starting with the farcical comedy *Nana’s Naughty Knickers* in December, directed by Gary Atha, who has been seen onstage in several recent productions (including *The Great Ice Cream Scheme*).

“This will be Gary’s first time directing in Creston,” said Lawrence.

“One of the society’s goals is to support new directors, and when the previous director slated for December had to give up that spot, it was an excellent opportunity to give Gary a chance.”

In March, things take a more serious tone, with the play *Other Desert Cities* (a finalist for the

2012 Pulitzer Prize for Drama).

Lawrence will direct this comedy-drama, which follows a well-to-do Republican family living in Palm Springs as their seeming happiness is shattered by sizzling family secrets.

“It’s easy to fall back on our old favourites, so I’m really excited to bring something new to the Creston stage,” he said. ■

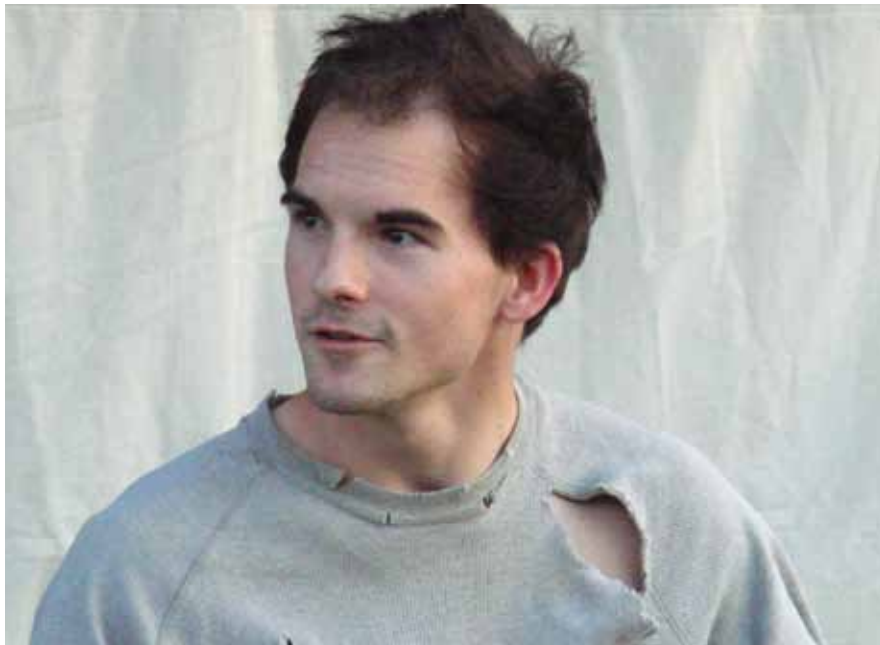


Photo by: Frank Goodsir

Shelton Bruce in a post-shipwreck scene from *The Tempest* in the 2010 *Shakespeare in the Park* (or *Something Like It*) V.

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Having Too Much Fun at the Wildlife Centre

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

I thought I would offer up some fun ideas for things to do at the Creston Valley Wildlife Management Area this summer. A CVWMA summer bucket list...

One. Go for a guided canoe tour at the Wildlife Centre. The ponds and channels around the Centre are teeming with life. Every canoe tour offers something different to see and every Naturalist adds his and her own unique and interesting style to the tour. From turtles and dragonflies to river otters and osprey, the wildlife will be enjoying the summer weather! And even though plants might not seem that exciting, there is amazing diversity of aquatic plant life including the carnivorous bladderwort! Watch out it might bite (kidding, it eats small organisms and has no teeth, but is still very cool).

Two. Take your bike for a spin on the dykes from Summit Creek to the north end of Leach Lake. This is about a 16 km round trip. It allows

you to explore some of the wetland that is far away from human life. The wetland ponds here are home to the American white pelicans in the summer. The dyke trail offers some great vantage points to look into the ponds and view these majestic birds. There are some stretches of shade as you travel through cottonwoods stands as well as open fields where one can view elk and deer too.

Three. Go for a hike! There are many trails around the Wildlife Centre to explore. From a 20 minute boardwalk loop to one, two and three hour long loops... there is something for everyone. Grab a map at the Centre and ask about recent wildlife sightings and head out for a day adventure.

Four. Go fishing on Duck Lake. From a boat or from the shore, you can try your hand at catching a bass or perch. For some great shoreline fishing, head out to Sirdar and fish from the rocks along the east side of the lake or walk along the dyke





Photos submitted by: Carla Ahern

Opposite: A canoe tour at the CVWMA. Above: View from Balancing Rock.

at the south end of the lake. If you have a boat, you can launch from either of the above locations and try your luck out on the open water. I remember the thrill of catching my first bass at Duck lake when I moved here. Please follow all provincial rules and regulations and acquire appropriate licenses.

Five. Take a hike up Balancing Rock Trail. Although this is not on CVWMA property, it affords amazing views of the wetland and valley. The trek to the rock is a 20 minute climb. If you want more, continue past the rock and up the mountain for more views and a good work out!

I hope that gives you a few ideas for some summer adventures. The Wildlife Centre also has many special events planned this summer. We encourage you to drop by anytime, there is always something happening! ■

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

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- Mike Adams,
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Deer Safety Tips

Story by: Trish Drinkle
Community Coordinator - WildsafeBC

Urban deer are becoming more prevalent throughout BC as are the problems associated with these deer. One of the contributing factors contributing to human-deer conflict is the feeding of deer.

Feeding deer seldom yields a positive or favorable outcome. Those who feed deer usually do it because they feel they are helping the deer – but in reality the exact opposite may occur. Supplemental feeding of deer can result in an increase in population that is not sustainable in the wild. Urban

deer stand a far greater chance of being hit by a vehicle, a threat that they are simply not programmed to navigate.

Once food-conditioned and habituated through feeding, deer can become very dangerous around humans. Many dogs have been killed throughout the province by deer protecting their fawns and humans have also been attacked by does that feel threatened.

Large deer populations in urban settings can bring higher numbers of large predators that feed on the deer. A cougar's primary food source is deer and it stands to reason that where deer are found in large numbers we

will also find cougars. Bears, coyotes and wolves are also natural predators of deer and will take advantage of this concentration of prey especially in fawning season - inviting powerful predators into our community.

What can we do?

Manage your attractants

1. Do not feed the deer
2. Make your yard unattractive to deer by trimming back any cover that they may use while travelling or bedding down.
3. Motion activated lights and sprinklers if used randomly, help to dissuade deer from using your yard.
4. Orchards or crops should be fence to exclude deer and other wildlife. Usually this requires both a high and electrified fence.
5. Chase deer from your property whenever they appear and they will learn that your property is not worth the effort, but remember it is illegal for you or your pets to injure a deer.

Stay Safe

Never approach a deer especially when young are present. When in the presence of does with fawns, give them ample space, and leave the area. Deer may signal an impending attack by laying their ears back and lowering their head.

If a deer does attack:

1. Remain in an upright position
2. Protect yourself from flailing hooves and cover your head with your arms
3. Facing the deer, back away from the animal into some form of shelter

If you do encounter an aggressive deer call the Conservation Officers service on the RAPP line 1-877-952-7277

Please help us keep wildlife wild and communities safe. ■

WildSafeBC acknowledges the support of Columbia Basin Trust, the Ministry of Environment and the Regional District of Central Kootenay. For more information visit www.wildsafebc.com



Photo by: Larry Halverson

A common sight in residential areas of Creston.



The B.C. Weed Control Act imposes a duty on all land occupiers to control designated noxious plants.

The purpose for the Act is to protect our natural resources and industry from the negative impacts of foreign weeds.

For Noxious weed spraying please contact:
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For more information on noxious weeds check out this website:
<http://www.agf.gov.bc.ca/cropprot/weedguid/weedguid.htm>

Temporary Migrant Worker Camps - Clean Rivers, Happy Communities

Story by: Mary Jayne Blackmore

Summer is upon us and unseasonably warm weather is driving us to the water to splash, refresh and enjoy the beauty that makes us proud to call this valley our home. As usual, the issue of access or rather lack of access to our rivers and lakes rises from its winter dormancy and shows its controversial head. Farmers are hard at work taking the greatest care to ensure a bounteous yield, and with luck, the migrant workers will return to help ensure the harvest is a success.

Summers of my youth were spent working in the packing houses and orchards next to migrant workers who come from all walks of life - university students, young families, adventurers and people who follow the harvests as a career. Together we would work early or late as was needed to beat the rain to get the cherries to market. As a university student, it was a great opportunity for me to practice my French, Canadian geography and history, hear fascinating stories which captured my imagination and a longing to travel. I made lasting friendships and was introduced to another way of seeing the world.

I was proud when many said Creston was the most welcoming of the places they had traveled and worked. Only later, I have recognized the lack of communication and support between both the host community and the migrant community and how this has built a context of fear, distrust and resentment.

Each of us personally has been affected through loss of access to beautiful

places such as The Point simply because there was no government or community support to deal with the neighboring land owners complaints. We continue to be excluded year round from a public place, when the 'problem' being addressed only exists six weeks out of the year

“built a context of fear, distrust and resentment”

Three passionate women have been working closely with RDCK Area B Director, Tanya Wall to address both of these issues. Deb Nelius, Barb Wloka and Laurie Boehmer have formed a coalition to address the camping needs of the 150-200 workers who do not have space in the existing camp grounds. After two years of surveys and talking to migrant workers about their needs, they have brainstormed viable solutions to fill this gap and address the 'migrant worker problem'.

“This is a job creation opportunity,” said Deb Nelius, a long time valley advocate, Director of Canyon Community Association and former cherry orchardist. “There is also an opportunity for land owners to make some money renting out

a piece of private land to be a temporary managed campground for two months in the summer. We will compensate land owners for all costs including the increased cost of adding an insurance rider to their land policy. The workers are willing to pay to stay in a campground with services, water and a safe place to leave their things. These campgrounds will have portable showers, toilets, a covered common space for workers as well as a curfew to ensure those who are not paying tenants have left the premises. We would like to see Creston be an example for other agricultural communities in the province.”

RDCK Director Tanya Wall affirmed the need to address these concerns and offered her full support.

Personally, I'm optimist. From my experience, our valley has shown itself to rise to the occasion. If we can address the basic needs such as sanitation, garbage removal and a safe designated place to camp for the migrant workers, we have a real opportunity as a host community to enjoy just another dynamic that makes Creston a unique and interesting place to live. ■

For more information on the Temporary Migrant Worker Camps, please contact Deb Nelius at 250-428-9932.

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Farmers' Market Vendor Profile

Story by: Jen Comer

Manager - Creston Valley Farmers' Market

Pridham Studio

Who/when? Jeremiah and Micah Wassink are 2nd generation owners of Pridham Studio in Creston. Micah's parents, David and Nancy, established, launched and built the business over 15 years. In 2011 the Wassink's stepped in and have continued to create the distinctive pottery Pridham Studio is known for, but have incorporated influences of their own.

What? Pridham Studio creates handmade and hand painted functional pottery. The extensive collection of bright and colorful patterns is a visual treat featured on mugs, plates and bowls of various sizes, teapots and modern triangle plates.

How? Jeremiah's the potter and Micah's the painter, both trained by David and Nancy as well as self-taught. The



Photos by: Kris Dickeson

Above: Micah Wassink of Pridham Studio at the Farmers' Market. Below: Jeremiah and Micah Wassink have developed their own designs.

studio is attached to a gallery which allows people to look at the finished product as well as watch them transform clay through all of its many stages. All of the pieces are made and painted by hand with everyday use in mind.

Why? Along with its basic line of colorfully decorated wares, Pridham Studio sells souvenir pieces which feature iconic characteristics from a variety of communities, including one of Creston's grain elevators. As well, personalized and commemorative gift options are available for conferences, weddings and other occasions. ■

Pridham Studio
138-12th Ave N Creston BC
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pridhamstudio@gmail.com
Facebook: Pridham Studio
Instagram: @pridhamstudio
www.pridhamstudio.ca (coming soon)



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Creston Valley Food Action Coalition

Farmers' Market

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www.crestonvalleyfarmersmarket.com



Your Lasting Legacy

Article submitted by: Vern Gorham
Sun Life Financial Advisor

You may have very personal reasons for helping a charity. Perhaps a relative had a heart attack or stroke, so a contribution is made to the Heart and Stroke Foundation. Or you want to give a struggling family a break by donating to the local food bank. Employees at numerous companies trust the United Way to distribute goodwill to worthy organizations.

You may be wondering how you can continue contributing after your death.

With planned giving, even someone of modest means can have the satisfaction of making a large charitable gift—and gain valuable tax savings for themselves and their estate. If you want to leave a legacy of lasting benefit to a charity that's important in your life, you may want to consider charitable giving through life insurance.

There are three ways you can use a life insurance policy to help your favourite charity.

You own the life insurance policy.

By choosing this option, you either

- a. name the charity as beneficiary or
- b. make your estate the beneficiary and under your will create a bequest to the charity for an amount equivalent to the proceeds of the insurance policy.

Upon your death, your estate receives a receipt showing your charitable donation as being equal to the total gift paid to the charity. This charitable contribution may help reduce the tax your estate must pay on capital gains, RRSPs and other income in that year. However, you won't receive a charitable donation receipt for the premiums you pay.

You buy a life insurance policy and assign it to a registered charity as owner and beneficiary.

“There are three ways you can use a life insurance policy to help your favourite charity”

Once your charity has agreed to this form of gift, you pay one month's premium to have the policy issued. It should then be assigned to the charity, and the remaining amount of the year's premium will be

reflected in a donation receipt. The charity will subsequently issue you donation receipts for all further yearly premiums.

Generally, charities prefer a product that will be paid up in five to seven years.

You give an existing life insurance policy to a registered charity.

The charity can give you a receipt for a charitable donation equal to the policy's cash surrender value. That charity may also issue you a receipt for a charitable donation equal to the amount of premiums you pay after you transferred the policy. One drawback to this option is that if the policy has an

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accrued policy gain, it will result in some taxable income to you in the year. Sometimes your credit will be sufficient to offset most of the tax.

Ask your advisor for all the specific details about how charitable donation tax credits may reduce your income taxes during your lifetime or your estate's tax liability.

Gift planning may need additional expertise. You and your advisor can meet with a Sun Life Financial Planning Services representative who can guide you to make the right plan for you.

By donating a life insurance policy or its benefits, you're allowing a charity to expand its horizons

while ensuring that your support will continue long after you're gone. Charitable giving through life insurance can be your lasting legacy. ■

© 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.

10 MINUTES TO DISASTER

Please leave pets at home



Cars become ovens

The temperature in a vehicle, even in the shade with the windows partly open, can rapidly reach a level high enough to seriously harm or even kill your pet. A dog can be overwhelmed by heat in as little as 10 minutes.

How pets stay cool

Dogs cool themselves by panting and by releasing heat through their paws. They do not perspire through their skin like people. On warm days the air and upholstery in your vehicle heats up to high temperatures making it impossible for pets to cool themselves. Your dog will be more comfortable if left at home.

Getting help

If you see a dog in a car on a warm or humid day who you believe may be in trouble, ask stores to page customers.

If the animal is in distress, call the BC SPCA cruelty hotline at 1-855-6BC-SPCA (22-7722) or your local police or animal control agency immediately.

The risk is real

If it is 26°C outside, inside a car – even with the windows cracked – the temperature can reach 37°C in 10 minutes and 43°C in 20 minutes. A dog's normal temperature is 38°C. If your dog's temperature reaches 41°C cell and organ damage begins to occur.

Heatstroke symptoms

Heatstroke symptoms include:

Exaggerated panting; bright red gums; rapid or erratic pulse; thick saliva; anxious or staring expression; weakness and muscle tremors; lack of coordination; convulsions or vomiting; collapse; seizures or coma.

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

- Immediately move the animal to shade.
- Wet the dog with cool water including foot pads and around the head.
- Fan vigorously to promote evaporation.
(This process cools the blood reducing core temperature)
- Do not apply ice. This constricts blood flow which inhibits cooling.
- Allow the dog to drink some cool water.
- Take the dog to a veterinarian as soon as possible for further treatment.

Veterinarians may apply supportive measures such as intravenous fluids to rehydrate the animal and oxygen to prevent brain damage.



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Climbing A Mountain: Part III

Story by: Shifu Neil Ripski

The next place training ends is much like the last. Skills plateau and although you have become very skilled it is not, deep in your heart, what you thought the level of skills would be. What about the old stories? The legends of iron palm masters breaking the backs of horses? The monks that can control their heart beats? Legends you start to tell yourself, not reality. Here you have trained decades and in ranks systems have become close to or are the highest ranks in the chosen style. Peers are either few and far between or never found at all. But find a ceiling and a loss of hope in people hearts where they have “arrived” and as such stop their training and look down the mountain to help their students. They see they have not quite reached the peak yet, but it is a vertical climb it seems from here and they are no longer young men.

Here the great teachers build their huts and have students climb the mountain to find them and complete their training. Here is where we imagine the great gods of our arts to reside, waiting for people to find them. Here we find the ego again and the

disheartened attitude that the legends are just that, legends. But what then is left to accomplish? Once again we must change our standards, not just to become better than we were but now the standard of course must be perfection. Although it may be an unreachable state in truth, it cannot simply be a lofty goal but our actual standard of training. Nothing now is good enough; we must become brutal with ourselves. Our students are the ones we show compassion to, no matter what they think, it is ourselves that are treated with brutal honesty. You do not accept that the legends are made up stories; instead we go out to prove why they either can or can't be true. No speculation, no mistakes allowed. Brutal honesty and only looking upwards to the peak of the mountain we have been climbing our whole lives.

With this in mind the brutal climb continues and yes at the peak of the mountain the greatest among us, find themselves at some point. But this is the rub; those with the patience tenacity and discipline to arrive here simply look out onto the mountain range around them and leap from

the peak for a true adventure. Styles are ways to climb to lofty peaks and become truly useful when you leap off into space, leaving it behind. Finding deep principals from your lifetimes work and of course more to learn and explore. What a shame it is to see so many people with no hopefulness in their training. Do not be disappointed in others, be more aware of yourself and push yourself farther. The purpose of learning any skill is to let it go so you become naturally able to exercise the ability the training has given you.

The truly great masters names are all forgotten, they left nothing behind for us. The lesser Masters feed upon the ego, believing their own press releases, their media. This becomes them and they stop to admire their accomplishments no matter how small they might truly be. Move forward and keep climbing the mountain, to do otherwise is to disrespect your art, your teachers and most of all your own potential. ■



Photo submitted by: Shifu Neil Ripski
Shifu Neil Ripski during a visit to Masada at the edge of the Judean Desert, high above the Dead Sea.

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Back To School

Back to School Safety Tips

www.safekids.org

Reminders for drivers:

- Slow down and be especially alert in the residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys

slowly and carefully

- Watch for children on the roads in the morning and after school hours

Reminder for your kids:

- They should cross the street with an adult until they are at least 10 years old

- Cross the street at corners, using traffic signals and crosswalks
- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them



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British Columbians are encouraged to plant bee-friendly plants and flowers in their backyards and flower boxes this month. This will not only make their gardens flourish, but also help combat a growing global concern – diminishing bee colonies.

Bees are responsible for pollinating 30 per cent of the world's crops and 90 per cent of our wild flowers, bringing everything from broccoli to blueberries to almonds to our tables.

“In addition to fruits and vegetables, bees also love various herbs like basil, oregano and thyme, all perfect for the burgeoning home chef and even for those with limited green space,” says BCSPCA general manager of community relations, Lorie Chortyk.

Flowers that draw bees include honeysuckle, sunflowers and black-eyed Susans. Even the less industrious gardener can help make a difference by leaving dandelions, milkweed and goldenrod for bees to feed.

And here's an added tip – bees have excellent colour vision. So planting a vivid array of native and heirloom plants and flowers is the perfect way to brighten your outdoor space and attract these busy pollinators.

Planting bee friendly plants and flowers is just one of the BC SPCA's suggested acts of kindness featured in the year-long Million Acts of Kindness campaign. It invites all animal lovers to join together to carry out a million acts of kindness for companion, farm and wild animals in 2015.

Each week, the millionacts.ca website features a new act of

kindness for animals - participants can choose to do one act or challenge themselves to do more.

“Every act makes an incredible difference for the animals,” says Chortyk. “And as this act shows, the effects of some of our initiatives can go beyond our

immediate community and can even have a positive effect on the whole planet.”

Sign up now at millionacts.ca and share the link with your family and friends. If one kind act can change the life of an animal forever, imagine what a million acts will do! ■

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Red and Green Superfoods

Submitted by: Reece Webber

Red beets and spirulina are two superfoods that have received a lot of positive press and attention in recent years. Both are highly nutritious and energizing. Red beets are a source of potassium, iron, calcium, vitamin C and naturally occurring antioxidants known as betalains. Spirulina, a type of blue-green algae, is a good source of vegetarian protein, essential fatty acids, beta-carotene, B vitamins and trace minerals. Spirulina is typically found as a powder and red beets as crystals or as a juice, making either easy to use before or after exercise workouts or athletic training.

What does the research say about their health benefits?

Beet juice has been used in several clinical studies interested in possible cardiovascular benefits and improvements in exercise workouts and athletic performance. Beet nitrates are thought to be one of the main ingredients responsible for beneficial effects. Nitrates are converted into nitric oxide after digestion. Nitric oxide helps blood vessels relax, which leads to

blood pressure normalizing and better flow of oxygen and nutrients throughout the body.

One study¹ used 500ml of beet root juice for six days and compared it to a placebo that used beet juice depleted of nitrates. Benefits included increased exercise tolerance and muscle performance for the regular beet juice group but no change for the nitrate depleted group. The beet juice group also showed a reduction in resting blood pressure rates. The exercises involved testing the oxygen demands of walking, moderate intensity running, and severe intensity running. The “time to exhaustion” during the severe intensity running portion was increased by 15% for the group drinking regular beet juice.

Another study also compared 500ml of beet juice to placebo and found that the beet juice group was able to walk 18% further before onset of pain, 17% longer peak walking time, increased tissue oxygenation, and decreased blood pressure both at rest and during exercise.²

Spirulina contains a unique compound called phycocyanin not commonly found in most fruits or vegetables. Preliminary in vitro and animal studies have shown that phycocyanin has anti-inflammatory, neuroprotective, and liver protective effects connected to its role as an anti-oxidant.³

A wide variety of studies in humans have been conducted using spirulina as well and a number of reviews have been done to summarize them.⁴ The studies have been fairly small to date but notable effects were found for spirulina’s ability to reduce lipid peroxidation and reduce triglycerides.

Ideally, drink beet juice at least an hour before exercise or workouts to give enough time to convert the nitrates. Spirulina’s protein content, antioxidants and trace minerals make for a good post-workout addition to a smoothie. ■

1. Lansley, K. et al. Dietary nitrate supplementation reduces the O2 cost of walking and running: a placebo-controlled study. *J Appl Physiol* 110: 591–600, 2011.
2. Kenjale AA, et al. Dietary nitrate supplementation enhances exercise performance in peripheral arterial disease. *J Appl Physiol*. 2011 Jun;110(6):1582-91.
3. Romay, Ch, et al. C-Phycocyanin: A Biliprotein with Antioxidant, Anti-Inflammatory and Neuroprotective Effects. *Current Protein and Peptide Science*, 2003, 4, 207-216.
4. Kulshreshtha, A. Spirulina in health care management. *Curr Pharm Biotechnol*. 2008 Oct;9(5):400-5.

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Sun Care / Healthy Skin

Submitted by: Jody McBlain
Owner - Creston Pharmasave

Healthy Skin by the Numbers

Your skin shields your body from the world. Repay the favour by following these healthy habits.

Four habits that harm your skin

The sun may be your skin's worst enemy, but you may be doing some things that put you on your skin's bad side, too. Several lifestyle



habits and behaviours do more harm than others.

Smoking. Think about the facial expressions smokers make while sucking on a cigarette - lips puckered to take a puff, eyes squinted to block the burning sensation from the smoke. That pucker-and-squint routine may contribute to formation of fine lines and wrinkles around the mouth and eyes. Also, the many chemicals contained in cigarettes can compromise your skin's collagen and elastin production. When these lag, your skin sags and wrinkles. Nicotine - narrows the blood vessels in your skin, stifling blood flow and denying the skin of the oxygen and nutrients it needs to stay healthy.

Drinking alcohol. Where smoking constricts blood flow to your skin, alcohol has the opposite effect. Alcohol dilates blood vessels and flushes the skin with blood, and too much drinking may lead to the appearance of small blood vessels

on the skin. Those with skin conditions or alcohol intolerances may also suffer red-faced flare-ups when they drink. Finally, rather than quenching your thirst, alcohol dehydrates and gives skin a sallow, dull appearance.

Overdoing it with caffeinated beverages. Count up your caffeine intake for a day. If you knock back daily soft drinks, coffees, teas, energy drinks or hot chocolates, you might be in the caffeine danger zone. Consume the caffeine equivalent of 4 to 7 cups of coffee, and it can have a diuretic effect. Basically, you'll pee a lot and become dehydrated. This loss of liquids leaves your skin thirsty and more prone to drying and dullness.

Not tracking your skin problem triggers. Pay attention to your skin. It sends you signals. Drinking alcohol, smoking, and eating certain foods can all cause flare-ups of certain skin conditions. When you begin to notice a pattern to your skin problems, you can avoid the triggers. For instance, the facial redness and swelling



Jody McBlain - Owner
Phillip Curran - Pharmacist

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of rosacea may be set off by spicy foods, hot drinks, alcohol, as well as by particular foods like vinegar, liver and soy sauce for some people. Having hot baths or showers can also cause redness and itchiness, a sign that the water you are using is drying out your skin. For some people with eczema, the itchy, dry patches seem to spring up after

eating things like eggs, milk, fish, tomatoes and peanuts.

Ask Your Pharmacist

Q: Should I only wear sunscreen on sunny days?

A: Sunscreen should be worn on all days, even when it is cloudy, rainy, or cold. The sun gives out harmful ultraviolet radiation all year

that can pass through clouds and windows and damage your skin. The Canadian Dermatology Association recommends using a minimum SPF 30 sunscreen daily. ■

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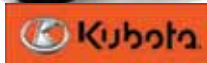
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