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HISTORY

Life and times of
Rudolph Schultz

ENTERTAINMENT

Comedy opens
Footlighters season

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INSIDE



HISTORY

Creston Museum takes a look at life and work of Rudolph Schultz.



SPORTS

Thunder Cats hosting Cyclone Taylor Cup in April 2017.

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Submitted Photos (above, cover)

COVER: OVERHAUL

Creston Valley entrepreneurs Ralph Casemore and Tanya Wall are giving a downtown Creston landmark a major renovation, with plans for a restaurant, wine bar and hotel.



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The Magazine

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HOT SUMMER NIGHTS

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 12 Centennail Park

July 26 Rec Centre Soccer Field

Aug 9 Centennail Park

Aug 23 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



CRESTON VALLEY

TOWN of CRESTON

238 - 10th Avenue N., Creston, BC • Phone: 250-428-2214 • Email: info@creston.ca • www.creston.ca



Story by: Naomi Larsen

Photos Submitted

Among the projects underway in downtown Creston is a long-planned renovation of a signature property along Canyon Street. The building, once known as the Kootenay Hotel and most recently the Bigfoot Pub, is one of the oldest buildings on the street and has stood vacant for almost a decade.

Last year, work began on renovations to what will become Casey's Community House. So far, the interior has been gutted and rebuild plans are in the works, says Tanya Wall, project liaison and operations manager.

Wall and her partner, Ralph Casemore,

purchased the building privately in May 2015 for an undisclosed amount. Both were born and raised in the valley and are proud to call Creston their home.

Plans for the \$1.3 million renovation call for a first floor restaurant and pub/wine bar with a hotel planned for the second



floor. Also in the plans is a designated area for an artisan display and retail space for local artists.

The exterior of the building is in the midst of transformation, as well. Currently covered in stucco, the façade's original finish will be restored. Included in the restoration is the unique "double-V" near the top of the roofline.

"In 1947, the contractor at the time put in the double V to represent the victory of the end of the war," Wall says, adding they were originally going to cover it all up, but after discovering the meaning, the design has changed a little bit. "We're going to try to incorporate it in and save that unique heritage of the building."

Completion of the project is set for two different phases. The main restaurant and pub is on schedule to open by June 2017 with the second phase of the hotel on the second level later on.

"We took it right down to the basic foundation and floor joist supports inside," Wall says. "Basically we gutted the whole building. We put a new roof on the building last year and new trusses."

Once the upcoming financing is worked out, Wall said the reconstruction phase would begin.

"It's a very big project," she says. Completed in 1947, the original building contained very small





The gutted restaurant area was used for an art show in April.

AT A GLANCE

During the demolition of the buildings' interior, Tanay Wall says they didn't discover anything odd or unusual, as can happen in historical renovations; however, outside in the planters by the front door a unique treasure was found. "We're not exactly sure of the whole story yet, but what we found

so far was Walter Kelm, who was one of the main owners for a very long time, had a contractor or a stonemason come in build some outside planters for him," Wall says. "In that construction, they got into a little bit of a disagreement and the work stopped."

In retaliation the worker had planted a block of cemented-together rocks and a bottle with a note and some

money in it, which Wall says they found during the dismantling of the outside planter.

"We couldn't read the note it was so disintegrated," Wall says. "But we've kept it and we want to incorporate it somewhere in the building."

The demolition didn't reveal any other surprises except a safe, which they plan to continue to use. ■

Feature

hotel rooms on the second and third floors. It also housed a restaurant/coffee shop and bar with living quarters in the back. Various owners have renovated the building a few times over the years, Wall said.

“When we took it over and started the demo we still counted 21 tiny little rooms,” she said. “They were like single bedrooms.”

Those rooms have since been eliminated, leaving a large open concept to work with.

Wall said when she and Casemore found out the building was

up for sale, it was an offer they couldn’t refuse, especially with their love of the valley and all it has to offer.

“Ralph and I have a passion — we love great food and good wine and that social component,” she says. “We work hard and we like to play hard too. So when we get the chance to have downtime we like to explore neat little restaurants, etc.”

It was a trip to Sandpoint, Idaho, that sparked this whole venture.

“There were a couple of wine bars,” says Wall. “And they just



Feature

had that really cool, bricky, relaxing, comfortable, intriguing setting. We thought, gosh, it would really be nice if Creston had something like this.”

Wall says with the increase in tourism and the metamorphosis of the valley over the past 20 years to more of a younger vibe and a business sector, they believe Casey’s Community House to be a welcome addition to the downtown.

“The opportunity to be able to work from home but still be able to work for a company in the city or consulting or

people are semi retiring from a larger centre and moving here for the lifestyle — there’s a need for a restaurant/bar that’s different and outside of what Creston already has,” she says.

Wall says with three successful wineries, another winery planted and a cidery on tap, Creston’s scene is changing.

“So why not take what we’re doing locally and offer it to everybody outside of our local element? Let’s get it out there that Creston has these unique opportunities. It’s perfect timing for a business venture like this.” ■





From the Mayor's Desk

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

Our Town of Creston Website

In 2014, the Town of Creston partnered with CivicPlus, a leader in government-to-citizen communication, to deliver an enhanced municipal website. We went live with our improved site in spring of 2015. The goal was to create an interactive government website that could serve as a convenient information hub for our community. While consideration was given to visual appeal (and we do think this was achieved), the main focus was on functionality. As CivicPlus notes, "Beauty is only pixel-deep... A website can be so much more!"

Did you know that only 25% of local government websites are optimized for mobile use? Given the trend, the town ensured this feature was part of the new online experience right out of the gate. To date, 32% of our website traffic has been generated from a smart phone/tablet device.

In a six-month period we've learned that:

- we've had 35,105 visits to the website
- the average duration of a visit was two minutes and 15 seconds
- there were 64,588 total page views

Our top visited website pages were:

1. Firefighter Work Experience Program
2. Employment Opportunities
3. See & Do
4. Visitors
5. Fire Department
6. Mayor & Council
7. Community
8. Agendas & Minutes
9. Garbage, Recycling & Landfill
10. Government



Get online and check out www.creston.ca for our website's features. Sign up under the "Notify Me" tab and our system will send you an email for requested updates on bids and tenders, the newsletter, the news flash and more. "Report A Concern" allows you to submit a concern online through designated categories for park maintenance, public washroom clean-up, damaged traffic signs, potholes/road damage, snow and ice issues, sidewalk trip hazards, and street light issues. "Calendar/Upcoming Events" provides dates and information on upcoming town and department events such as our Official Community Plan (OCP) process. "Important Documents" is a page designed to improve local government transparency through providing direct links to high level planning documents (annual reports, financial reports, the corporate strategic plan and other important documents).

General information can also be found on the website. Thanks to Swift Internet Services, you can go to "Town Webcam" and view the Skimmerhorn Mountains and Erickson area, as well

as a view from Topaz Creek and a view west across the flats. On my "Mayor's Page" you can view my weekly office itinerary, read my brief bio, and sign up and automatically receive this monthly article. A new page we're adding is a list of our "Past Mayors & Reeves" who have served our community since 1924.

Our website is one of numerous communication tools that we use to keep you informed about the happenings in the Town of Creston, as well as the larger Creston Valley. Another great effort has been made by town hall at participating in social media. Our Facebook followers have increased from 45 to 684 likes and on Twitter we now have 813 followers. Great things start small — and we've started! Did you know that only 21% of local governments use social media, while 70% of Internet-using citizens believe governments should use social media? Let us know how you would like to see us continue on the path of improved communication. ■

Reach Ron Toyota by phone at 250-428-2214 ext. 227, by email at ron.toyota@creston.ca or visit town hall at 238 10th Avenue North.



Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

St. Peter's Church

K'tsuk kyukyit (greetings). The historic St. Peter's Church has stood on Lower Kootenay Band lands since the late 1800s. The church definitely is a landmark and has much untold history. The majority of the history is unwritten and has been oral history handed down for many generations. From some accounts, the church was constructed by Lower Kootenay Band members and also built with LKB funds. Many community members sold their pelts, hides and beadwork just to build the church.

The religion that arrived to the community was forced upon the community. The religion even had the backing of the Canadian government. Despite not having a choice to participate in the Catholic religion many community members did embrace the faith. Many community members to this day are devout to the religion. Some found a balance between the Catholic faith and the Ktunaxa spirituality. Some abandoned the Ktunaxa ways altogether. It must

have been a very confusing time. The laws of the land overrode what was true in the people's heart.

Today, the LKB community is faced with what to do with the structure. The church has not been used in over 30 years. When we went to inspect the condition of the church, we were appalled to see the vandalism. The statues that were transported from Italy in the late 1800s were demolished. The church bell that sat in the steeple is missing. How someone got up the steeple and stole the bell and wasn't seen is beyond me.

Before we knew of the vandalism, one option was to create a monument with the statues and bell and dismantle the church. Unfortunately, that will no longer be an option. At a community meeting the membership was presented options. Should we restore the church? The restoration costs will be significant. Should the church be restored, how will it be used? Should the church be dismantled, and how can we do that in a manner that is respectful?

When the church was built and the religion was forced upon the community, we had little to no say with what we wanted. Today, the community has a voice in what it would like to do. The community will give direction on the next steps. It will not be an easy feat. We must be respectful of everyone's beliefs and faith. The decision, however, should come soon. The condition of the church is very frail. There isn't any certainty as to how long the structure can sustain itself.

I have had numerous inquiries from the general public regarding the church and its future. The matter is in the hands of the community. The LKB leadership will provide the options and the pros and cons of each. The community will provide the direction to the leadership. Whatever the decision will be, it will be a collective decision and not one made in haste. What I ask of the greater community is to please respect our privacy. We didn't have much of a voice over 100 years ago. Now we do. Now we need to have some difficult discussions. What ever the outcome will be is fate. It will be an educated and informed decision.

Once again, thank you for reading and enjoy this beautiful summer in the Creston Valley! Taxas. ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at mjasonlouie@gmail.com or online at www.lowerkootenay.com.

JULY			2016 SUMMER CAMPS			AUGUST		
July 4-8	Martial Arts Camp (ages 8-13)	\$79	Aug 2-5	Run, Jump, Throw & Beach Volleyball Camp (ages 7-12)	\$59	July 4-8	Art & Yoga Camp (ages 8-13)	\$169
July 4-8	Art & Yoga Camp (ages 8-13)	\$169	Aug 2-5	Art & Yoga Camp (ages 8-13)	\$139	July 11-15	Little Summer Stitchers (ages 5-8)	\$69
July 11-15	Tennis Camp (ages 7-12)	\$119	Aug 8-12	Sweaty Boys Sport Camp (ages 8-13)	\$28/day or \$122	July 11-15	Tennis Camp (ages 7-12)	\$119
July 11-14	Hoopnics Basketball Camps -Junior (6-9) \$79, Intermediate (10-13) \$109, Senior (14-17) \$109		Aug 8-12	Making the Movie (13-18)	\$69	July 11-14	Hoopnics Basketball Camps -Junior (6-9) \$79, Intermediate (10-13) \$109, Senior (14-17) \$109	
July 16/17	Mountain Bike Clinics (ages 5 to adult)	\$39/day or \$59/both	Aug 8-12	Summer Stitch & Zumba Camp (ages 9-13)	\$99	July 16/17	Mountain Bike Clinics (ages 5 to adult)	\$39/day or \$59/both
July 18-22	Sweaty Boys Sport Camp (ages 8-13)	\$28/day or \$122	Aug 15-19	Martial Arts Camp (ages 4-13)	\$79	July 18-22	Sweaty Boys Sport Camp (ages 8-13)	\$28/day or \$122
July 18-22	Farm to Table Camp (ages 8-13)	\$149	Aug 15-19	Nature & Craft Adventure Camps (ages 3-12)		July 18-22	Farm to Table Camp (ages 8-13)	\$149
New July 18-22	Buenas Dias Spanish Camp (ages 5-8)	\$59	Aug 22-26	Farm to Table Camp (ages 8-13)	\$149	New July 18-22	Buenas Dias Spanish Camp (ages 5-8)	\$59
July 23/24	Youth on the Fly (ages 9-12)	\$58	Aug 22-26	Carpentry Camps (ages 6-13)	(6-8) \$59, (9-13) \$99	July 23/24	Youth on the Fly (ages 9-12)	\$58
July 25-29	Movie Making Camp (ages 13-18)	\$69	New Aug 22-26	Buenas Dias Spanish Camp (ages 5-8)	\$59 mornings	July 25-29	Movie Making Camp (ages 13-18)	\$69
July 25-29	Challenger Sports Soccer Camp (ages 4-14) (register at www.challengersports.com)		New Aug 29-Sep 2	Buenas Tardes Spanish Camp (ages 5-8)	\$69 afternoons	July 25-29	Challenger Sports Soccer Camp (ages 4-14) (register at www.challengersports.com)	

**Schedule is subject to change*



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Rudolph Schultz

Story by: Tammy Bradford

Manager - Creston & District Museum & Archives

The other day, one of our volunteers suggested I write a story about Rudolph Schultz and the stone house he built on Devon Street. The next morning, I got a thick envelope in the mail. Inside was a bundle of papers relating to — you guessed it — Rudolph Schultz and the stone house. With a coincidence like that, what else could I possibly write about?

It's particularly appropriate, too, because here at the museum, we've recently opened an exhibit on European settlers to the Creston Valley. While Schultz's story is unique in many ways, it does share a number of similarities with the experiences of those other settlers.

Rudolph Schultz was born in 1902, to German parents living in Roschistsche, Russia, and moved to Bonn, Germany, by 1939. During the Second World War, he wound up in a German forced-labour battalion, and his duties included cleaning up bombed-out ruins. In the process, he, according to his obituary, "came across an historical and expensive violin, which he guarded

carefully," and which was kept in the vault at the Creston Review office until Schultz found a safe place for it.

Schultz's wartime and post-war experiences echo what we heard from some of the people we talked to for our new exhibit. The political upheaval in Eastern Europe during the war destroyed people's lives, forcing them out of their homes and into camps many miles away, often in another country. The upheaval continued after the war, exacerbated by sweeping social change, economic chaos and sheer physical destruction of cities and countrysides that the war left behind.

It is little wonder that Schultz, like so many others, wanted to go somewhere, anywhere, else.

Canada, much less Creston, was not his first choice. A letter, written to Schultz by an unidentified cousin in the U.S. in 1947, reveals that Schultz had written to his relatives, seeking their help to move to the U.S. The cousin was writing back to say that the relatives couldn't possibly help him — the cousin was crippled from his military service, a younger cousin was sickly, and Mom and Dad had as much on their plate as they could handle. Besides, things weren't as wonderful in the US as Schultz thought. "I am not

telling you this," continued the cousin, "so as not to come to the states, but to show you how much better things would be if you stayed where you are. I really do think that a person with your trades and talent would be a great deal more needed in your country and could also make more money."

Those discouraging words did not dissuade Schultz from leaving Europe. He emigrated under an immigration program of the Canadian government. The government paid his passage, as part of an ongoing effort to obtain farm workers for the Canadian agricultural industry, and then Schultz paid that money back over time. I found a receipt to that effect amongst the packet of papers that came in the mail. He arrived in Canada in 1951, moving to Creston in 1952.

This, also, is fairly typical of many European settlers to the Creston Valley. But his story differs from many others in two respects. One, Schultz came here alone, unlike many émigrés who arrived with spouses, children and occasionally cousins, aunts, uncles and grandparents. He was married to Elizabeth Stittgen, but she does not appear to have emigrated with him. In fact, one brief reference in a collection of documents in the archives suggests that the marriage lasted only long enough to leave the church, go down to the courthouse and get an annulment. But according to his death certificate, Schultz was married, and his wife was still living, when he passed away.

The second difference is Schultz's choice of profession. Whereas many European settlers came here to farm, Schultz did not. The skills his cousin referred to were his skills as a stonemason, and it is as a stonemason that Schultz was — is still — known in the community.



SUMMER EVENTS

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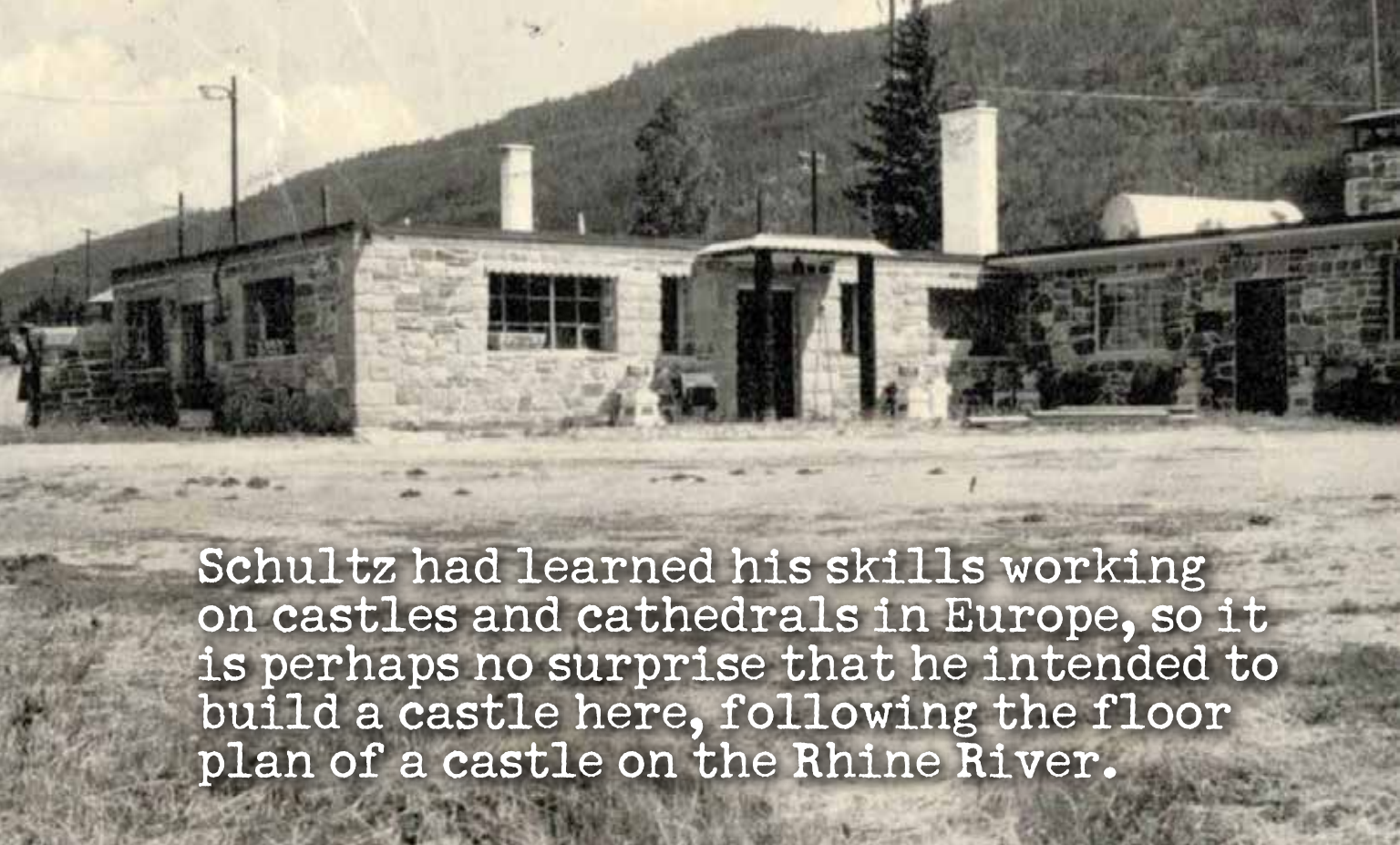
KARAOKE THURSDAYS - 7pm to Close

VIDEO DJ FRIDAYS & SATURDAYS - 9pm to Close

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Schultz had learned his skills working on castles and cathedrals in Europe, so it is perhaps no surprise that he intended to build a castle here, following the floor plan of a castle on the Rhine River.

Creston Museum photo

Rudolph Schultz's stone house, now the Creston Museum, as it appeared in 1967.

Schultz had learned his skills working on castles and cathedrals in Europe, so it is perhaps no surprise that he intended to build a castle here, following the floor plan of a castle on the Rhine River. He made a living building fireplaces and retaining walls in many houses around the Creston Valley, but between those jobs, he worked on his house on Devon Street. Built entirely of local stone, with four fireplaces, eighteen-inch-thick walls, and a ceiling made of six to eight inches of concrete reinforced with railway track, the ground floor is certainly substantial enough to support the weight of the planned second storey with its turrets and crenellated roof lines and all the other elements of any self-respecting castle.

Unfortunately, Schultz never got around to building up. He kept building

sideways, adding a whole other building instead of the planned second storey. The result was a flat-roofed structure built into the hillside and all but invisible from the main road - almost like a bunker or bomb shelter, and quite possibly a reflection of Schultz's wartime experiences in Europe.

The house is full of what I like to call "Schultz-isms" — cemetery headstones, the remains of a fountain, ceramic pigs and fishes, vehicle windshields, and even a crypt: odd, random things that Schultz incorporated into his stonework. It made no difference whether he was building his house or your fireplace; he'd put these oddities in, whether you liked them or not. You could complain, but Schultz was very likely to pack up his tools and leave you with a half-finished fireplace — or, as I've been told by one of his disgruntled former

customers, go out to his truck and get a sledgehammer to take it out altogether.

I've never been told how any of these differences of creative opinion ended, but I did find one tantalizing hint: a letter, to Schultz from his lawyer, asking him to pay the remainder of a court-ordered settlement to one of Schultz's clients.

Schultz died on June 30, 1967. His house, still unfinished, was left to a nephew in Ontario. He sold it, and the present-day A-frame that forms the second storey was added by the second of two families who lived there since. The historical society bought it in 1980, and the museum opened two years later.

Almost all of Schultz's original stonework is still intact. Rumour has it that "historical and expensive" violin is interred in the crypt, and, according to some, Schultz's ghost is still here, too. ■

Comedy Starts Drama Troupe's Season

Submitted by: Footlighters Theatre Society

Unattainable love, secrets, trickery — and pirates! Those are just some of the elements that will play out on the stage when Footlighters Theatre

Society presents *The Secret of Charity Teach* from July 7-9 at Prince Charles Theatre.

The comedy is the latest in a long tradition of melodramas that the theatre

troupe has presented each summer, and is sure to provide an evening of fun and laughter.

“Come to laugh and see some ridiculous stuff,” says director Jennifer Adams.

The plot concerns Franklin Dewgood (Gary Atha), mayor of a town famous for its missing treasure — the Lost Treasure of Blackbeard. His daughter, Darling (Anna Payne), is too busy organizing events for noble causes, so he hires a new housemaid, Charity Teach (Brittney Boehmer) — and it's love at first sight when she sees the mayor's son, the heroic Sheriff Ernest Dewgood (Kevin Boehmer). But she fears romance isn't to be because of her deep, dark secret.

In true melodramatic fashion, the villainous councilman Simon Snarewell (Jason Smith) decides the town has two treasures to claim, and sets his sights on Charity. He enlists the help of the foxy Femoria Fatale (Suzanne Chubb) and pirate professor Percival Woolsey (Morgan Benty) to help with his fiendish scheme. (The play also features Gwen Benty, Meredith Walker and Jack Wright.)

Along the way, the characters will sing familiar songs with new lyrics by Suzanne Chubb, who also co-wrote some of the pirate scenes with Jason Smith.

The Secret of Charity Teach marks Adams' first time directing, but she's

“Come to laugh and see some ridiculous stuff.”

The Secret of Charity Teach
By Donald Mellen

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“It’s so cool to watch it come to life before my eyes. And it’s fun to see them grow as actors and develop their characters.”

no stranger to the Creston stage. She most recently appeared in *The Stepsisters’ Revenge*, in which she reprised her role as Cinderella’s evil stepmother, and previously had a leading role in the musical *Carousel*, as well as parts in melodramas and *Legend of Sleepy Hollow*. She has also been a member of the Blossom Valley Singers.

Adams had performed as a youth, and had been keen on the possibility of directing for years.

“I always wanted to do it,” she says. “I remember being in productions when I was a kid and thought, ‘I’d like to be the teacher who does that.’”

She’s enjoyed the chance to work

with the cast as they work together to develop the words on the page into the hilarious play the audience will enjoy.

“It was really fun getting to read it before, and thinking I knew where I wanted to go,” says Adams. “I let the actors read it the way they interpret it, and sometimes their ideas are even better.”

“It’s so cool to watch it come to life before my eyes. And it’s fun to see them grow as actors and develop their characters.”

The *Secret of Charity Teach* is Footlighters Theatre Society’s 22nd season, which is slated to include *Beauty and the Beast* in December, followed by *And Then There Were None* in March. ■



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Life Change Leads to Asian Trip

Story by: Shifu Neil Ripski

Change. The one thing that is constant in our lives and in the universe is change. Change is constant and its results are seen in not only our valley but all of our lives. These past three or so years my life has been going through many changes, my business has changed radically and now I have been able to start travelling

more and more to teach and share what knowledge I have. In the past couple of years, I have spent months travelling and teaching in Italy (Rome), Israel (Tel Aviv, Jerusalem, Haifa), the Netherlands (Amsterdam) and more. It has been something I have wanted to do my whole life and finally all the work is coming to fruition.

“Don’t look back. You’re not headed there.”

The other great change in my life has been personal; my marriage to a wonderful woman has dissolved after nearly 15 years and while my business has flourished, my sense of self and home have been rocked. I made the decision to travel more for myself after dealing with months of difficult times and the time has come to take a big leap. This September, I am heading to Nepal to walk toward healing and having the adventure I have longed for since I was a teenager. In the new year, I plan to be going into India to travel and experience a place radically different than our own beautiful Canada. I am going to be working while overseas and teaching in both countries, as well as setting up workshops in

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Israel, Italy and the U.S.A. during my year of travel as well, and I will not be alone.

Some of my students from here in Creston, like Rielle Francoeur, Bernie Range, David Huscroft and Lorna Foot, are going to be joining me, as well as students from Victoria, the Red Jade Idaho branch and more. For the first few months, we will be trekking the Himalayas, meeting masters in Nepal and visiting the world's highest elevation monastery to train. I will continue writing about my travels, learnings and teachings here in I Love Creston (since I do love Creston!), on my Facebook page (Neil Andrew Ripski) and my blog (neilthekungfuguy.wordpress.com). I hope to hear feedback from you all while I am out there!

Red Jade Creston will be closed come September since I will no longer be around to keep things rolling, but many students of mine in town are able to share their knowledge and may be persuaded to do so in a less formal setting. Jason Deatherage (third-degree black) will still be around and is one of the world's best swordsmen and a wonderful Tai Chi teacher, Ken Woolverton and Marty Agabob are both great friends to me and very accomplished Tai Chi players, who may also be convinced to hold sessions. I am putting this out there as people do not teach without pressure from students who want to learn...

I am sad to be saying goodbye to Creston even if it is only temporary, the past 10 years have been life changing. Wonderful and heartbreaking, but if I do not put on my backpack and sword now and travel time will catch me and I will not be as adventurous forever. I hope you all will come with me and read and see where I am, and how I am healing and learning. The only person in life we have to live with forever is ourselves; I am going to take a very good look at who that man is.

Thank you, Creston! ■



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Ag Aware

Story by: Randy Meyer,
Creston Valley Agriculture Society

Summer in the Creston Valley! It's not hard to enjoy some of what the agriculture community grows in our diverse valley. Market gardens and backyard gardens are full of all sorts of fresh vegetables. Orchards and vineyards loaded with a variety of fruits and wine grapes. Fields of grain, canola and hay for livestock all are growing. Our valley is a very unique area because of the diversity in all that is produced. Other areas of the province are more suited for ranching or orchards; those areas do not have the diversity that we have here in our valley.

That diversity is evident in our local Creston Valley Farmers' Market, which sets up each Saturday in the lot behind the chamber of commerce. There are close to 50 vendor booths each week filled with an amazing array of locally grown or handmade items. Make sure to visit the market and partake in this bounty.

Our agriculture diversity will also be on display at our upcoming Creston Valley Fall Fair on Sept. 9 and 10. The 98th year of the fair in Creston will showcase many categories of all that we grow and make in our area. Make sure to participate with your entries and your attendance.

Promotion and awareness of all things agriculture is something that I strongly believe and participate in. Besides these articles, promoting the markets, the fall fair and participation in our local agricultural based community groups, there is also what I like to refer to as the "politics of agriculture". No matter the level of political involvement whether it be federal, provincial or regional, there seems to be a constant list of issues to be addressed. Back in mid-June the opportunity came up to participate in a discussion with the Opposition

Standing Committee for Agriculture.

This is a provincial group made up of five NDP MLAs and one independent MLA, chaired by NDP Agriculture Critic Lana Popham. This meeting was held in Cranbrook, and presenters were mostly from the East Kootenay with two presenters from Creston.

The purpose of this meeting was to listen to farmers' concerns for this area — what the government is doing that it shouldn't or isn't doing that it should be. We all did presentations, answered questions and had some good discussions. We talked about the ALR, dike repairs and maintenance on the flats, taxation issues, agriculture education in the classrooms, promotions like Buy BC and Buy Local, the efforts of our Fields Forward group, wildlife damage compensation and agriculture extension services (or lack of). One presenter spoke about the coming changes to organic certification rules. Another spoke about the new rules concerning the use of crown grazing leases and the difficulties these new rules are creating. As a farmer I also expressed my opposition to the Site C dam project that will flood thousands of acres of farmable land and displace farm families that have been on this land for generations. While this may not affect us here in our valley, it is still an unnecessary loss of land for a project that has a lot of opposition and where proven alternatives do exist.

What will come of these local discussions? It is hard to tell but some of the common issues are heard many

times over in similar meetings around the province. Some problems are obviously area specific. The majority of the population and government people are far removed from food production in our province. My feeling is that producers need to be proactive and vocal wherever they can to those involved with governments at all levels.

As we all enjoy the summer in the Creston Valley, take notice of and be proud of our local agriculture diversity. Continue to be Ag Aware. ■



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Fields Forward Strengthening Agriculture

Story by: Naomi Larsen

With an extensive background in agriculture and food security, as well as two master's degrees, Riondel resident Paris Marshall Smith has stepped into the co-ordinator's role for the Creston and District Community Directed Funds Fields Forward project.

The Fields Forward project was created to answer a call from the community to boost economic development in the agri-food sector.

Smith began on the original committee and had been working for the past six years at the Yaodhara Ashram in Kootenay Bay.

"I was doing very similar work but on a very different scale," she says. "My work at the ashram was to help support the strengthening of their food system internally."

The ashram is a community of 30 full-time residents and grows to a population of between 100 and 120 for the summer months. It invites over 1,000 guests over the season and serves annually 55,000 meals.

"It is potentially a very significant consumer in the region," says Smith.



Amy Allcock Photo

Fields Forward co-ordinator Paris Marshall Smith.

"While I was there, my intention was to try and strengthen the local food system and bring that in more strongly. And also to strengthen the very immediate food production within the community."

Once Smith left the Ashram, 25% of the foods consumed was from the Ashram farm and 45% was coming from the immediate 100 mile radius: Creston, Slocan Valley and the north end of Kootenay Lake. The rest was from out of country, such as United States and Peru.

"Partly what I recognized in my work was that the goal wasn't to become self sufficient, but the goal was to build resiliency," she says. "And the primary piece to establishing that was through relationship. We want to have to strong relationships in a diversity of different sizes and contexts. That's the strength."

Those skills learned at the Ashram have transferred well in Smith's new position.

"Let's come together as a community and as a region and not as individuals," she says.

Funding for Fields Forward was announced late last December after

more than a year of community consultation, research and planning.

The volunteer committee allocated just over \$250,000 to fund the project's first three years. This is a significant portion of the \$600,000 entrusted to them by Columbia Basin Trust for investment in locally driven community change.

To get involved with Fields Forward, Smith said there are two ways. One is to get involved in one of the nine existing working groups or if there is something you think is pertinent to the project, they can contact Smith and share that information.

One the issue that has recently arisen includes issues surrounding food policy, something that Smith says is happening at both the regional and local levels.

"We're hearing that's a piece that we didn't start with but is emerging as a priority," she says.

A second issue that has come about is supporting young farmers who are transitioning — people who want to change their life but need some support to do that, learning, for example, how to



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Town of Creston Photo

Customers shopping at the Cookville Community Gardens booth at the Creston Valley Farmers' Market.

find land and financing, and how to just quit a job and start a farm.

Fields Forward was launched in January over two days and over the past six months Smith says so much has been accomplished.

"There are results that are being seen on the ground," she says.

More than 80 people took part in intensive "strategic doing" training and action planning over those two days. Participants included small and large-scale farmers and food producers, food retailers, local and provincial government representatives, and members of community and commodity groups. Together, they started work on breaking big-picture goals into manageable "pathfinder" projects.

Twenty-two working group meetings have been held and well over 500 volunteer have been logged.

Smith says work is being done to

attract first-class farm workers to the region, host food and farm bus tours, celebrate achievements in sustainable agriculture, establish school gardens, understand the economic impact of the Creston Valley Farmers' Market, develop local agri-food infrastructure, explore the possibility of a Creston Valley brand, and improve access to training and farm extension services. Grant applications are already being written, fundraising events are being planned,

research is underway, and projects are taking off.

"The potential of Fields Forward is exciting," says Smith. "We live in one of the most fertile valleys of the province — a place of quality and diversity in both people and nature. I am committed to helping the community find ways of realizing this unique potential."

Smith says funding for Fields Forward for the next three years totals \$250,000. ■



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Thunder Cats hosting Cyclone Taylor Cup

Submitted by: Creston Valley Thunder Cats

Local junior hockey fans should be extremely excited about this upcoming season, as it will be quite a ride from the time the puck drops for the season opener in early September until the final buzzer on April 9 at the Cyclone Taylor Cup. Seeing the best of the best in Junior B hockey from across the province over a four-day tournament being held in Creston

should be a very incredible ending to what is hoped to be a very successful season.

Being named the host community near the end of May has a number of great benefits to the community, which will be the culmination of many hours of local volunteer help. The tournament has the league champions from the Pacific Junior Hockey League, the Vancouver Island Hockey League, the Kootenay

International Junior Hockey League and the host Thunder Cats, playing for the provincial championship. This event has the host organization spending over \$90,000 in local businesses during these four days, and does not include the hundreds of fans, players' parents and hockey scouts that travel to the event. It is anticipated that in addition to the Creston Valley Thunder Cats budget, an additional



Jeff Banman/Creston Photography Photo

Alec Wilkinson takes a spill during the March 9 playoff game.

It is anticipated that in addition to the Creston Valley Thunder Cats budget, an additional \$200,000 will be spent in our community during those four days.

\$200,000 will be spent in our community during those four days.

Another great spinoff for the hockey club in hosting the Cyclone Taylor Cup is the number of higher calibre players that are interested in playing for the Creston team. This spinoff can be a benefit for years to come, and hopefully means a continued competitive hockey team for a number of years. With the host team in the tournament, the winner goes on to the Western Canadian Championship, the Keystone Cup, which will be held in Manitoba the week after the Cyclone Taylor. There is a lot up for grabs in an eight-game tournament for all teams attending.

The Creston Valley Thunder Cats will be hosting a number of public meetings in the coming months to be able to communicate with businesses the opportunities available to them, as well as recruit volunteers in the planning or for volunteering during the tournament itself. Watch the local papers for advertising, and come out to see how you can get involved.

Head coach and general manager Jeff Dubois, has been busy already this offseason as he prepares the hockey club for the upcoming season. There have been two spring camps already conducted in Edmonton and Calgary, finding a number of

players to have at the hockey team's main camp held in late August. Dubois also has one more Calgary camp coming up this summer, and hopes that he will have enough players at the team's main camp in August to have four full teams vying for spots on the roster. It is anticipated that this will be the largest main camp in the team's history.

Around the KIJHL, there have been some changes. This season, the teams in the two conferences (the Kootenay and the Okanagan) will not play each other during the regular season. The only meeting of teams from either conference will be in the KIJHL finals. Although it is disappointing from the team's perspective, there was pressure from around the league to make this change for a two-year period in hopes that it lowers some financial burden to teams.

The other scheduling change sees the hockey team playing five less games this season. With the elimination of the conference crossover, the league determined that to assist in travel costs, it would lessen the schedule in hopes of keeping games on prime nights, such as Friday and Saturday, compared to playing games on Sunday and Tuesday. ■



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Leadership, Experience and Opportunity

Submitted by: Creston Lions Club

Creston Lions are delighted with the formation and charter of a new LEO club in Creston. The new Leo club officially received their charter at a Lions club banquet held at Jimmy's recently. Lions district governor Bob Yeoman along with zone chair Roger Shelby and Creston Lions president Ray Zimmerman presented the charter to the club's founding members. Also in attendance were the RCMP, who congratulated the young community minded members, wished them well and offered RCMP assistance if they ever require it.

The Leo club is essentially a young Lions club and is supported by Lions International. Leo stands for Leadership, Experience and Opportunity.

Recently retired Adam Robertson Elementary School principal Rod Giles joined the ranks of the Lions as a part of a promise to help Henry Schoof. as Henry had been a steady help supporting young readers at Adam Robertson Elementary School for several years.

Rod was so grateful for Henry's unwavering support of students that he determined he would return the



help when he retired. Henry did not hesitate in answering how he could help by immediately signing Rod and his wife Julie up as Lions. It did not take long for Rod to realize that there was no connection to young people by the aging Lions, and when he asked if the club would support him in his efforts to start a young Lions club, there was a unanimous and resounding yes.

He still knew most students and in particular some that were especially interested in helping others. He had worked and supported Dylan Smith since Dylan first began organizing remote control car rallies and glow stick dances at the school, so Rod called his parents and asked if they would be supportive of Dylan and himself putting a Leo club together. Dylan was looking for a place to grow his leadership skills and Leos were an excellent fit given the

sponsorship of the Creston Lions club. Together it did not take long to find other names and students who might like to join. Most students are helpful and nice mannered but it is a special kind of student that is willing to step out and give their time to helping others, and in so doing feel the intrinsic reward and satisfaction that comes from volunteering.

Soon they had a strong core of eight students who were, with the help of PCSS administration, meeting twice monthly at PCSS. Students elected a president, two vice-presidents, a treasurer, and chief recruiter. Later they were lucky to find Abigail Nelson, who took on the role of secretary. The Leos cook a meal together, and get on with their business meeting of discussing matters of importance to them such as who they can help and how, how they can be identified, how to run meetings, where they will find a secretary, how they can increase their numbers, what fun things they can do together, and the most effective way of ensuring communication between themselves is effective.

To date the LEOs have:

- Helped with the Children's Festival
- Helped with the community Dash for Trash

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Brian Lawrence/Creston Valley Advance Photo

The Leos pulling a chuck wagon in the Blossom Fest parade.

- Located and delivered two area rugs for Grizzly Bear daycare
- Began a literacy project in conjunction with PCSS art department and the Creston library
- Had the Therapeutic Riding Program as a guest speaker in consideration as a future partner
- Participated in the Blossom Festival parade
- Organized and provided activities for the children's picnic on Blossom Festival Monday

- Organized a benefit concert in partnership with Houe of Rock for the Fort McMurray fire disaster
- Organizing the dunk tank with the fire department for Canada Day at Centennial Park for children to go on (any child with parent permission can go on it for \$2).

The Leos belong to the Larger Lions International organization and Sponsor Rod Giles sees opportunity in this with a Leo club in Priest River to the south and in Golden to

the north. As part of the ongoing mandate of leadership, experience and opportunity, he sees meeting and working with other Leo clubs as integral to development in those areas. We hope to take our Leos to a conference in Castlegar in the spring. While we are a young club (Leos range from 11-18 years) they have really become an action oriented club. The Leos have an excellent executive headed by Dylan Smith, Andreas Kamp and Aiden Madsen, with Abigail Nelson as Secretary, and treasurer Tanner Banman. Young people learn so quickly and already the quality of the meetings is far higher than it was when we started, Rod reports.

They are still looking to grow the membership, and know there are still young people out there who enjoy helping others and growing leadership skills. The Leos are officially in recess over summer and look to begin formal meetings again in September. Anyone interested in joining the Leos for September can speak directly to any Leo or contact Rod Giles. ■

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Iron — An Element Required for Life

By Robert Dadd

There are many elements in life that are both essential but also potentially dangerous. Iron is a perfect example. It's an essential mineral that helps carry life-giving oxygen around in our blood, but in excess, it can also create tissue damaging free radicals. Iron deficiency anemia is the most common mineral deficiency in the world; iron overload is less common (less than 1% of the population) and most frequently affects men.

Why is finding the right balance sometimes challenging? Sometimes it is simply a case of not being aware that you are heading for an iron deficit. It could be due to increased iron demands (pregnancy and nursing), increased iron loss (heavy periods, intestinal bleeding, "micro bleeds" due to heavy athletic training) or poor absorption. Let's take a look at some of the major topics surrounding iron levels and keeping them in the healthy range.

Forms of Iron

Dietary iron can be found as heme (from animal sources) or non-heme (plant based and supplement forms) iron. Heme iron is readily absorbed in the intestines, while non-heme forms are more tightly regulated in how much can be

absorbed at once. Plant based iron from food is typically found as ferric (iron III) iron and must first be converted to ferrous (iron II) iron before absorption. Most iron supplements are already in the ferrous form.

Iron supplements are compounds of iron bound with an acid. For example, ferrous sulfate is iron plus sulfuric acid and ferrous gluconate is iron plus gluconic acid. The most important number with the supplement is how much elemental iron the compound form provides. Check the label supplement facts for this.

Women in childbearing years should be getting 18 mg of elemental iron per day. Adults otherwise should be getting 8mg. During pregnancy, 30 mg per day is more typical and 60 mg per day when dealing with anemia. Your doctor can advise you on recommended amounts based on blood work, as well.

Absorption of Iron

Because iron overload is bad news, iron absorption is tightly controlled; if the body has enough iron in the blood already, absorption is reduced and iron binds to ferritin and is stored as reserve iron (in the liver, spleen and bone marrow). In cases of low iron, it binds to transferrin, a protein used to safely transport it into the body and blood for use in red blood cells. Blood levels are maintained by drawing on ferritin stores if the diet is not providing enough.

Absorption from food can be as low as 5% or as high as 35% in the case of animal-based heme iron. Iron supplement compounds can vary from 10-25%, with ferrous gluconate being one of the best absorbed forms. Iron competes with calcium, magnesium and zinc for absorption so it's best to take these supplements at a different time than iron supplements. Tannins from tea and wine and phytates from grains can also inhibit iron absorption. Vitamin C helps with the conversion of ferric iron to ferrous iron in the stomach. Vitamin C also aids iron absorption in general by chelating these anti-nutritives (tannins, phytates, etc.) found in food.

Some iron supplements contain larger amounts than others and can sometimes cause side effects. More than 45 mg of elemental iron at once can lead to upset stomach or constipation. The constipation is due to the excess iron that is not being absorbed. In many cases, it may be more advantageous to take smaller doses of iron several times throughout the day. Liquid forms are especially easy to absorb and divide up this way.

Symptoms of Iron Deficiency

Some people don't realize they're iron deficient or anemic until symptoms really start to take their toll. Signs and symptoms include extreme fatigue, pale skin, weakness,

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shortness of breath, chest pain, frequent infections, headache, dizziness or lightheadedness, cold hands and feet, brittle nails, fast heartbeat and restless legs syndrome.

Your doctor can do a number of tests to determine how low you are in iron. These include red blood cell size and colour, hematocrit (percentage of red blood cells in blood), hemoglobin and ferritin (iron stores). Other tests may be done to look

for sources of blood loss in the body if needed. The ferritin test has become more and more recognized as essential to identifying iron deficiency early on. Your blood levels may be fine and symptoms not yet apparent but if your ferritin reserves are low, then you're likely on course for anemia until corrected. ■

Robert Dadd currently works with Flora Manufacturing & Distribution Ltd. as the product information supervisor in the product information department. He has completed a BA

in Communications from SFU and completed three years of study with Dominion Herbal College resulting in a Master Herbalist diploma.

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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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Bee Products and Herbs, Part 2

Story by: Maya Skalinska
Master Herbalist, Registered Herbal Therapist

In my last article, I touched upon medicinal uses of honey and honey infused herbal preparations, as well as some basic honey dos and don'ts. I also briefly explained what propolis is, and its main uses and preparations. Lastly, there was a quick mention of bee pollen and its extraordinary properties. If you missed part one of this article, you can find it online in the www.ilovecreston.com magazine archives (April 2016).

Now I'd like to go deeper into using bee products with herbal remedies that are safe for you and your family.

Bee pollen, as mentioned in the April issue, is a true superfood. You can add a tablespoon to your morning smoothie, or make a bee pollen cold infusion by adding a half to one tablespoon of bee pollen to one cup of filtered water, and let it infuse overnight. In the morning, strain and enjoy. It makes a golden infusion full of live enzymes, protein, vitamins, including all the B's, and minerals, including iron and fatty acids, to start off your day. The infusion is recommended for best absorption.

For deeper healing, you can mix this golden infusion in any of your herbal teas, but make sure the herbal teas are cold. Just like honey, bee pollen should never be heated over 27 C. I love the quick jar method for infusing herbal teas and having them on hand in my fridge. Add your herbs (one or two teaspoons per one cup of water) to a jar, fill it with boiling water, close the lid and let it infuse overnight. For a rejuvenating morning drink, a combination of nettle, rose hips and holy basil is a wonderful way to start a healthy day. Any herbs work with bee pollen infusion, as well as powdered medicinal mushrooms like reishi, chaga or turkey tail. For a morning immune boosting elixir, use a blender to mix any of the medicinal mushrooms, bee pollen infusion and a little honey. Powdered medicinal mushrooms are available in most health food stores. Bee pollen granules should all have similar size. If you see smaller pieces, or even powder on the bottom of the package, then you know the bee pollen is old.

In part 1 of this article, I also mentioned propolis, and its main use as a "protector" due to its strong anti bacterial properties.

It's wonderful for protecting the immune system, especially when the lungs are weak. As mentioned in April, best way to take propolis internally is in a tincture form. It works well in any of the above bee pollen based herbal infusions or medicinal mushroom elixirs. Just add 30-40 drops of the tincture when you feel like you need the extra medicine, especially during the cold season. It's absolutely wonderful for sore throats in combination with honey infused thyme. Propolis is also a heart and cell membrane protector. It decreases capillary permeability and fragility, which makes it great for cardiovascular health. Propolis with heart tonic herbs such as hawthorn makes a wonderful combination.

Here's a list of bee product contraindications: Honey is not safe for diabetics and candida albicans. Propolis is not safe for chronic low blood pressure and blood thinners (aspirin is OK). Bee pollen may lower blood pressure. All bee products are not safe for newborns (under 12 months) and bee venom allergies.

I think it's also worth a mention that bee pollen contains endorphins, the "feel good" plant hormones, so get your dose of this gift from the bees, and "bee" happy! ■

Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information, or to book an appointment please call 250-225-3493.



Story by:
Diane Tolleson

Hummingbirds and Joy Stones

Joy and love are what these beautiful beings bring. Today I want to share a couple of joy stone stories.

At the market recently, I was talking with a mom and her three-year-old daughter. The little one kind of fell and hit her knees, so to cheer her up, I gave them a joy stone — and got two hugs for one! Within about two minutes, the little girl reached down and picked up another

rock and gave it to me. I felt so blessed that she understood so quickly — love and joy, and pass it on!

Then I was talking with a friend I gave one to many years ago, and she tells me she walked the El Camino a few years ago, and had her joy stone with



Your Exercise Type

Story by Jesse Moreton, BSc DC

Recently I've dipped into some old research as to why some forms of exercise work better for some than others. The concepts I'll outline require some deeper thinking, but I promise if you stick with me, you'll learn something new about your own personality and how it relates to your exercise type.

To set the stage, we must first have a basic understanding of reversal theory. Reversal theory is the psychological idea that people have alternating emotions and motivations that affect how they react to situations or events. For example, depending on your psychological state, riding a roller coaster may seem extremely exciting or cause severe anxiety. Hearing a baby cry may cause irritation or, conversely, sympathy. Two of these states in reversal theory are called telic and paratelic.

In the telic state, you are serious minded, planning oriented and seek to avoid arousal. In the paratelic state, you are playful, spontaneous, exist and live for the moment and seek high arousal activities. According to the

theory, a person who is well balanced emotionally will periodically flip back and forth between the two states. However, in reality, most people are telic or paratelic dominant.

Let's now apply this to exercise and sports. What type of person would prefer basketball to running, or cycling to football? Researchers Svebak and Kerr found that sports involving impulsive or explosive action like baseball, basketball and football were preferred by individuals with a more unplanned, impulsive lifestyle (paratelic dominant). Activities like cycling, running and rowing were preferred by those who were more serious, goal-oriented and not seeking a high level of arousal (telic dominant).

Typically telic dominant people prefer repetitive, rhythmical exercises with high levels of endurance. Paratelic dominant people, conversely, prefer an element of physical risk with ballistic, spontaneous movements. Hopefully you're starting to get the idea now and thinking about where you fit and which activities you prefer. Likely, you already know.

The same researchers found that when a paratelic person takes up jogging, he is unlikely to find it satisfying or useful

as a stress management technique. He is likely to be bored as the activity does not match his needs for excitement and risk. The opposite holds true when a telic person takes up a paratelic activity like baseball. Unwanted confrontation, competition, failed expectations, anxiety and stress may ensue.

To put it aptly: "A circumstance becomes stressful when it forces the person into a mode of operation that he would prefer not to be in." (Peter Shepherd) Seems like common sense, but how often do we find ourselves, whether intentionally or not, in activities that are not suited to our personality?

In my own experience, I've enjoyed bouncing between telic and paratelic activities most my life. However, within the last few years I'm finding myself much more telic dominant. Less baseball and basketball, and more cycling, running and hiking. Of course there are other factors that determine exercise preference; financial, social and matters of accessibility. Hockey, for example, requires one to be social, have the means to pay for registration, equipment and travel, and live near a rink. Those criteria may seem easy for us, but not so for everyone in the world. In any case, I hope you've learned a little bit more about yourself and find both physical and emotional rewards in your exercise type. ■

her. There is a special place along the trail where people leave stones, and a joy stone now graces that collection. Wow, I know I have one in Spain now too. I love how they know where to go. The rock the little girl gave me told me it was to go to someone else, and I ran into someone else I knew, "saw" that she would find her house soon and gave her the rock to put at her new

place. I love how it flows!

Have you got a joy stone? I would love to hear any stories you have about yours. I am hoping to put together a book in the near future. Please send your story to me!

In-joy always and big heart hugs to all today! ■

To learn more, contact Diane Tolleson at dianetolleson709@gmail.com or visit through-my-eyes.ca.

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Home & Garden

Are You Fully Connecting Your Home?

The striking ability of electronic signals to cover distances in a blink, to do our tasks, keep us organized – and set us free – has never been more apparent than in the current excitement over the “connected” home.

Now we can program many of our household electronics to auto-operate on a schedule – and some of them can be operated from a mobile device. Home automation is the promise of significant time-saving convenience, but only if we put it to work. For many homeowners, the set-up required is confusing.

Often techy-terms are used to explain techy-terms and that causes failure to communicate when contemplating the role of say, a Z-wave, controller, peripheral, interface, algorithm, third-party device, and other fuzzy functions.

Simply put, there are three main steps to a home automation set up, enthusiasts tell us. First, each one of the electronic items – like deadbolts, lights, thermostat, window shades, camera surveillance, and more – must be configured to respond to signals from a central hub connected to the Internet. Second, an

associated app must be downloaded from the item’s manufacturer. This allows you to send commands, program a schedule, and control some of them from your mobile. Once those two steps are done, the third is automatic: when you key in a command from your PC or smartphone, the wireless signals such as Z-wave or Bluetooth are generated to perform the task.

So what, you might ask, does this connectivity do for you?

Let’s use smart locks as an example, says leading manufacturer, Schlage. Popular product lines like the Connect Touchscreen Deadbolt and the Sense Smart Deadbolt give homeowners the option to use the touchscreen or their mobile devices to unlock the door. This technology also allows us to remotely manage a whole range of options when we’re far from home. You can receive alerts about entry; change settings from your smartphone; open the door for family or send codes to any smartphone to do the same – and all of the stored data is encrypted with the same level of ironclad security used in online banking. As importantly, when you are in the house, a smart lock protects everything constantly with features like an audible alarm on some models, if the lock is unexpectedly operated.

More information, which includes home automation using Apple technology, is available at schlage.com. ■

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