

September 2016

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at Wynndel farm



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From the Editor



BRIAN LAWRENCE

Welcome to a new issue of *I Love Creston*! It's a pleasure to join the team, continuing this magazine's tradition of celebrating life in the Creston Valley, with articles

focusing on the Pet Adoption and Welfare Society's 20th anniversary, Therapeutic Activation Program for Seniors volunteers and the Creston Valley Thunder Cats.

You'll notice that the feature stories in issue are rather... dissimilar: duck farming and Star Trek. For that, you're welcome to thank (or blame) my grandma. I grew up next door her and my grandpa and the amazing vegetable garden they grew, so I appreciate the

value of agriculture (they had no ducks, though), but what Gram really got me hooked on was, well, *Star Trek*.

Gram started watching when *Star Trek* first aired on 1966 (Sept. 8 on NBC in the U.S., but Sept. 6 on CTV), and never stopped. Reruns of *The Original Series* and *The Next Generation* were on every day when I finished school; she would be watching, and I joined in. My mom and sister are also fans, and we'd often get together for new episodes of *Deep Space Nine* (my favourite *Star Trek*, and probably tied with *ER* as my favourite TV series of the 1990s), *Voyager* and *Enterprise*.

So when I stumbled across a photo of Duncan Regehr, a guest star on two *Star Trek* series, in a 1966 *Creston Valley Advance*, I knew something had to be done to celebrate this newfound (to me) connection to Creston for *Star Trek*'s 50th anniversary. (For the 35th anniversary

back in 2001, Tipi Camp founder Peter Duryea, who lived in Gray Creek and sadly passed away in 2013, graciously allowed me to interview him about his role in *Star Trek*'s first pilot, filmed in 1964.)

Throughout the franchise's 729 episodes and 13 films, I've appreciated the drama, fun and adventure (sure, there have been some misses — "Spock's Brain", anyone?), but also the strong social conscience. Both directly and through allegory, the series have tackled current events and politics, and such issues as racism (*The Original Series*' "Let That Be Your Last Battlefield"), LGBT rights (*The Next Generation*'s "The Outcast"), PTSD (*Deep Space Nine*'s "It's Only A Paper Moon") and AIDS (*Enterprise*'s "Stigma"). And with *Star Trek: Discovery* debuting in 2017, it's a sure bet the tradition will continue.

Until next month, live long and prosper! (Sorry, had to.) ■

INSIDE

FEATURES:

QUACK ME UP 5

Nearly 300 eggs a day produced at Tammy Murphy and Jessica Piccinin's Wynndel duck farm.

STAR TREK 16

Victoria artist and writer Duncan Regehr spent teen years in Creston before acting in Hollywood.

DEPARTMENTS

- 8 Town Hall
- 9 Lower Kootenay
- 10 History
- 12 Outdoors
- 13 Seniors
- 19 Sports
- 21 Entertainment
- 22 Travel
- 23 Pets
- 26 Health



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The Magazine

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10 MINUTES TO DISASTER

Please leave pets at home- not in your vehicle



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.



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Heatstroke requires immediate veterinary attention

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.



GET QUACKING!

Ducks Roaming Free at Wynndel's Quack Me Up

STORY AND PHOTOS BY
BRIAN LAWRENCE
I Love Creston Editor

“I just love being a duck farmer.” It was a random text from Tammy Murphy to business partner Jessica Piccinin, but a simple way to express her feelings about their latest venture.

“There’s really just not a day where they’re not making me smile,” says Murphy. “They’re just adorable and ridiculous.”

With nearly 300 eggs to collect every day from 14 varieties of pasture-raised ducks, smiling is almost guaranteed for the owners of Quack Me Up, who are already keeping busy with other agriculture-related businesses.

In Wynndel, Piccinin owns Root and Vine Acres, producing vegetables, fruit and meat, and the Walking Olive Tree, creating smokies. And in Yahk, Murphy deals with Quack Me Up’s hatching and breeding stock, and runs the Rabbit

Tree, a rabbitry, with her partner, Jodi Bults, who is studying to be a butcher and worked for Piccinin.

“It’s amazing how it came together like that,” says Piccinin. “Basically, all we’re going to do is feed the valley.”

And they’re feeding customers a healthier product. Duck eggs form alkaline instead of acid, which can make them suitable for people with irritable bowel syndrome or those undergoing cancer treatments. They



also have higher protein and iron, and more good fats and fewer bad fats than chicken eggs.

A woman at the Nelson farmers' market said she hadn't eaten chicken eggs for five years, so Piccinin gave her a sample of duck eggs to try.

"She's one of our best customers now," says Piccinin.

With a yolk twice the size of a chicken egg, duck eggs react differently when cooking or baking.

"When you bake with a duck egg, it has a lot more loft, and just rich, velvety deliciousness," says Piccinin, adding that even an overcooked duck egg maintains a velvety texture.

Quack Me Up was started in the Slocan Valley in 2011, and original

owner Mee-len Dickie put it up for sale in late 2015. But she wasn't receiving any suitable offers.

"She had a lot of people contact her, but they were like, 'I'll buy incubators,' or 'I'll buy a couple of ducks,'" says Piccinin.

Dickie messaged Piccinin on Facebook, so she decided to take a look, which proved to be timely.

"The day before I went, Tammy was over with Jodi and said she didn't want to go back to work tree planting," says Piccinin. "She said maybe she'd start a hatchery."

Three weeks later, they were the proud owners of 362 ducks, which they brought over the Kootenay Pass — in January — on a few trucks loaded with cages. All of the ducks made it safely

through the journey, but immediately started a six-week moult and stopped laying, giving Murphy and Piccinin time to prepare.

"If we had 300 eggs a day, we wouldn't have known what the heck we were doing," laughs Piccinin.

They figured it out quickly, though; farming is in their blood.

Murphy's family farms on Prince Edward Island, and she grew up on a hobby farm near Airdrie, Alta. Every year, her family bought a cow and a pig, and she also helped slaughter chickens, to which she is allergic.

Piccinin also farmed with her family since childhood, and after a brief detour working in the oil industry in Grande Prairie, Alta., returned to the Creston





Valley and started Root and Vine Acres in Erickson in 2009, moving to Wynndel prior to last year's growing season.

They soon found, though, that raising ducks is preferable to raising chickens.

"They're not as aggressive with each other," says Murphy. "They need a lot more water, and they're messier, too. ...

"They're very much routine oriented. They like to be fed at the same time every day, and by the same person every day."

Fourteen varieties require a bit of extra work, though, when it comes to Murphy's end of the process.

"When it's breeding time, they get their own pens," says Murphy. "You keep them for two weeks like that before you start collecting eggs for hatching."

Once they're hatched, ducks grow faster and produce eggs longer than chickens.

"You can get one year out of a chicken, but three years out of a duck," says Piccinin.

Their eggs are in demand as far away as Choices Market in Vancouver. Closer to home, Quack Me Up eggs are available at Wynndel Foods and the Creston Valley Farmers' Market, and in the West Kootenay at Nelson's Kootenay Co-op, Rossland's Ferraro Foods, Nakusp's Homegrown Market (which sells Root and Vine Acres meat) and the Kingfisher Restaurant at Halcyon Hot Springs (which serves a Walking Olive Tree smokie).

Quack Me Up also offers ducklings, and shipped 70 a week this spring to

Red Deer, Alta., and Abbotsford, and Murphy and Piccinin are considering expanding to include raising geese to sell goslings in the spring. But even they're also waterfowl, they can only be raised alongside the ducks for so long.

"They get along well until a certain age, then they get more territorial," says Murphy.

"They're just jerks," says Piccinin.

For now, Murphy and Piccinin are happy to offer an abundance through their businesses.

"I love providing food to the Kootenays," says Piccinin. "It's pretty cool to offer more." ■

To learn more about Quack Me Up, visit quackmeupfarm.com, email quackmeupducks@gmail.com or call 250-402-8475.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

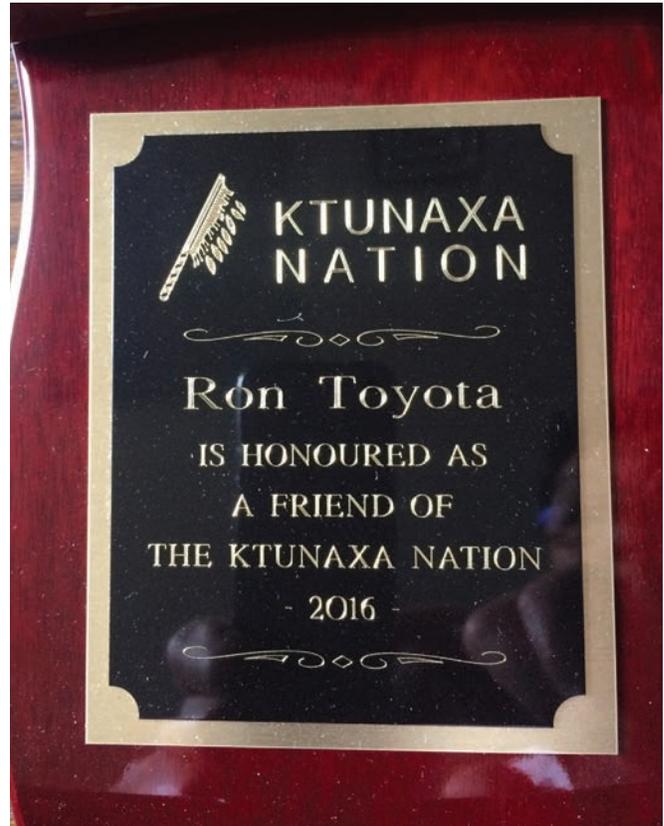
Award Recognizes Friendship

In July, the Ktunaxa Nation held its annual general assembly (AGA) in Creston, an event that was hosted by the Lower Kootenay Band (LKB) over multiple days. During this time, I was invited to attend an evening event on July 20 and, much to my surprise, I was presented with the Friends of Ktunaxa Nation Award. When making the presentation, Chief Jason Louie stated, "Thank you for supporting us and believing in our vision." The bestowing of this honour was totally unexpected and serves as a career highlight — I'm extremely proud of the relationship that has developed with our neighbours over the past years.

The practice of the AGA host community presenting the Friends of Ktunaxa Nation Award started in 2008. When the Lower Kootenay Band hosted the AGA in 2012 the local recipient of the award was RCMP Const. Dan Cameron, who congratulated me by saying, "You're in a select special group!"

The relationship between the councils of the Lower Kootenay Band and the Town of Creston was formally recognized in December 2009, when a memorandum of understanding and friendship was signed by both councils. Since then, we have held many Community to Community forums, which provide an opportunity for both councils to come together for relationship and rapport building. From this foundation, great things can grow.

On Dec. 1, 2014, our councils held a joint inauguration to celebrate and pledge our respective oaths of office, before a packed house. This was a great event that celebrated our commitment to continue building strong



Ron Toyota
Creston Mayor Ron Toyota's award from the Ktunaxa Nation.

community ties. In June 2015, the Lower Kootenay Band youth canoe trek, from Kuskanook to Gambling Otter Beach at Burden's Cut, ended with an overnight campout for participants on my family's property near Sanca. On Jan. 29, 2016, members from both councils, and some other hardy participants, joined in a winter health challenge — plunging into the Kootenay River. What a novel way to build respect among us!

During my time as mayor, the relationships that have been forged between our two communities and councils are a gift that I will carry with me long after my role as mayor has ended. My life is richer for having made these friendships. ■

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

BY JASON LOUIE
Chief - Lower Kootenay Band

Highlights from Ktunaxa AGA

K'i'suk kyukyit (greetings). This past spring and summer were very busy for the Lower Kootenay Band. In May we hosted the annual Yaqan Nukiy Powwow, and in July we hosted the Ktunaxa Nation annual general assembly (AGA). Both require a tremendous amount of planning and coordination. The Yaqan Nukiy Powwow had approximately 600 participants and spectators from as far away as Saskatchewan and Arizona attending. The Ktunaxa Nation AGA is an update meeting of the political progress of the nation for the nation's citizens.

The AGA had approximately 300 participants from the four member bands of the Aqam, Tobacco Plains and Akisqnuq First Nations. We had special guests visit, such as B.C. Regional Chief Shane Gottfriedson, Vancouver-Mount Pleasant MLA Melanie Mark, Nelson-Creston MLA Michelle Mungall and Kootenay-Columbia MP Wayne Stetski. The host for the AGA rotates throughout the nation. Every four years the rotation comes back to the Lower Kootenay Band. I would like to acknowledge the hard work and dedication of the Lower Kootenay Band staff who did an outstanding job co-ordinating a very demanding and busy schedule of the AGA.

Aside from the political agenda the AGA has a social evening where we celebrate, usually through a powwow. This year, we chose to try something different and have a variety show. The variety show was comprised mainly of youth who showcased their talents.

I must say they are so very talented. We had a dance performance from a young lady who has studied ballet since a very young age. A young man showcased his stand up comedy, which I must say was hilarious! We also had a number of musical acts with young people playing the keyboard, guitar and singing. I was pleasantly surprised to learn how many musically gifted people we have in the Ktunaxa Nation.

Now that the major planning and delivery of two major events has passed I reflect on a job well done from our hard working volunteers and staff. I see how our young people are breaking stereo types and striving for something bigger and better. The future will be a difficult future for our young people. They will inherit some very challenging issues but I take comfort in knowing that they are willing to accept the challenge.

Another highlight of the AGA was the honouring of Chief Sophie Pierre, who will be receiving the Order of Canada. Sophie has dedicated her life to the Ktunaxa Nation, as well as indigenous people across the country and North America. A traditional honour song was sung for Sophie and a blanket was presented to her in honour of her receiving the Order of Canada. Our nation is extremely proud of this accomplishment.

After the AGA, I took some much needed holiday time. I didn't go anywhere; I had a staycation. Our valley is a beautiful place. I rode my bicycle and reflected on many things. Soon fall will be upon us. Soon we

must strategize again for the upcoming season and conclusion of another year. Where is it that we want to be? What is that we want as an indigenous nation? The treaty process has been going on for 24 years. What is our strategy? What is the exit plan? How can we build the capacity of our nation's citizens? How can we truly be a self-sufficient and thriving First Nation? All of these questions and more have been crossing my mind while on my time off.

What makes the most sense is one day at a time, one issue at a time, relying on the team to make progress. This will not be an individual effort. We have a council. We have a leadership team. When we put our minds together we can accomplish beautiful things. The Lower Kootenay Band will strive for the best for a future that is thriving and have a sense of pride for all.

With that, I thank you for reading and wish you all the very best. Taxa. ■

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



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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Brief History of Bayonne Mine

You know by now that my inspiration for these articles comes from many different places. This one has its origins in a steak dinner at the Legion a few weeks ago. I found myself talking to a gentleman whose uncle had known Ed Jordan, the owner of the cabin alongside the Salmo-Creston highway. He suggested an article about Ed and his cabin — watch for that one in the near future — but he also told me that, at the time Ed died in 1942, there were 300 people working at the Bayonne Mine.

“Really?” I thought. “I had no idea the Bayonne Mine was such a big operation.”

The Bayonne Mine, together with a very short-lived gold rush at Sanca, the sporadically-operating Alice Mine on Goat Mountain and a scattering of other little claims that remained more or less undeveloped, represent the sum total of the mining history of the Creston Valley. It is located about 30 kilometres west of Creston, 10 kilometres off the Salmo-Creston highway. It's one of relatively few gold mines in a region best known for its silver-lead-zinc mines. The gold was hauled down to Tye on the west shore of Kootenay Lake, where it was loaded onto the CPR trains and shipped to the smelter at Trail.

The late 1890s and early 1900s were a period of intense mining activity in the Kootenays. Prospectors, lured by mining booms in Nelson, the Slocan Valley, Ainsworth and Riondel, were crawling all over the mountains hoping to strike it rich. In 1901, G. Harrison and F. Risdon located the Bayonne. Other mines, including the Spokane Mine and the Echo group, were also staked in the area at about the same time.

Over the next three decades, the Bayonne Mine underwent a bit of development work, including the construction of a “road” (in all likelihood never more than a trail) to the mine site. Like all the mines in the Kootenays, it also underwent a dizzying succession of owners, from local individuals to international syndicates. And, also like every other mine in the Kootenays, it was a magnet for new residents and a way for rival communities to draw attention to themselves. As the *Creston Review* reported on Aug. 6, 1909, “All eyes are now turned towards Summit Creek, the scene of many gold strikes in the last few weeks. As usual, the press of Nelson is trying to fix Summit Creek somewhere near Nelson, but lest there be any error, we rise to remark that it is on *this* side of the divide.”

The Bayonne Mine was typical of the boom and bust nature of mining.

Major development — at least in the context of the Bayonne Mine — began in 1936, when a 50-ton-per-day concentrator was built to process its ore. From then on, the newspaper reported regularly on the happenings at the mine: production in September 1937 was the highest ever, the Bayonne made another rich strike in October 1937, diamond drilling began in January 1938 in search of parallel veins, and output of the Bayonne was going according to schedule (April 1938).

Despite the excitement, there were indications that things were not going as planned. In April 1938, for example, the *Review* reported, “The diamond drillers are busy all the time, but of course the results of their efforts are not disclosed.” Optimistic people may have believed that was to keep rival mining companies away, but it is far more likely that there was simply nothing to disclose.

The Bayonne Mine was typical of the boom-and-bust nature of mining. By the summer of 1938, its known ore reserves were depleted. That fall, all the equipment, including the concentrator, was hauled down to Tye and stored there. Further exploration over the next two years must have found something, because in April 1940 the equipment was hauled back up to the mine. It



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Creston Museum

An undated photo of buildings at the Bayonne Mine, taken years after it shut down.

continued to operate until August 1942, when it shut down due to the Second World War. Operations resumed in August 1945, but lasted only until July 1946.

The construction of the Salmo-Creston highway led to renewed interest, and Bayonne Mine Ltd. acquired 25 recorded claims in the Bayonne and Echo groups in July 1962. There followed periodic surveys and some development, as recently as 2006. A 1983 survey indicated that there is as much as 120,000 tonnes of ore still up there, bearing up to 15 grams of gold and 25 grams of silver per tonne. However, less than a quarter of that is “proven”; the remainder is either “possible” or “inferred”. That philosophy, “Where there’s some, there must be more,” is nothing new; it is precisely what caused the mining booms that built the Kootenays. The fact that there is no mining going on at the Bayonne suggests what miners have found many times over the decades: the ore might be there, and it might be rich, but getting at it is prohibitively expensive.

I have heard a couple of local legends associated with the Bayonne Mine. First, in September and October 1958, there was a school at Tye to accommodate the children of the mine workers. Well, there was a school at Tye, and it did operate for six short weeks that fall, but I have found no indication of any work at all being done at the Bayonne at that time (I’m OK with that, because the reason behind the Tye school sounds like another excellent topic for an article).

The second story avers that gold bricks from the mine were left at Tye, unguarded, until the train came along and picked them up, and that none were ever stolen. There might be a grain of truth here, but I’d like to offer a slightly more plausible scenario. I found no indication that the Bayonne ever produced gold bricks; rather, it merely concentrated the ore to reduce the amount of worthless rock being shipped. Gold bricks, relatively portable and easily cut up and sold, would walk off, but gold-bearing ore, still requiring extensive and expensive

processing (and moreover being very heavy) might well be able to stand unattended on a railway siding without risk of theft.

And what about that original suggestion that there were 300 men working at the Bayonne Mine? That might be a bit of a stretch, too. One reference, in August 1935, says the crew numbered “considerably more than 100,” but most accounts from the Bayonne’s heyday refer to about 80 men working there. Nevertheless, a crew of 80 or more does represent a respectably large, if intermittent, operation.

Author’s Note: Before you head off on a prospecting expedition, remember: Old mine sites are extremely dangerous, with unmarked pits and tunnels plunging hundreds of feet into the Earth. Also, most of the region’s mines are still active claims and privately owned, and the owners probably would not appreciate you wandering in and helping yourself. ■

Reduce Travel to Help Frog Migration



BY CARLA AHERN
Director of
Communications,
Stewardship and
Education - Creston
Valley Wildlife
Management Area

The northern leopard frog is a species near and dear to my heart because it brought me to the Creston Valley in 2005. When I arrived at the Creston Valley Wildlife Management Area (CVWMA), my van packed and my mind prepared for four months of work in Creston, I thought it was one of the most beautiful places I had ever been to — the massive expanse of wetlands, mountains, rivers and lakes as far as you could see! I was here to work with the northern leopard frog captive rearing program (we basically surveyed for the leopard frog, captured

tadpoles, “farmed” them until they were little froglets and then released them back into the wetland). A cool job, right?

Now, those people who continue to be involved with, study and look out for this species are asking for your help. They are calling for a voluntary closure to vehicle traffic on the Duck Lake dike during September from sunset to sunrise as the frog crosses the dike. Read on to find out more.

The provincial northern leopard frog recovery team (NLFRT), comprised of members from the Ministry of Forests, Lands and Natural Resource Operations, the CVWMA and private consultants, is soliciting Duck Lake users’ help to protect and recover the northern leopard frog by avoiding driving motorized vehicles on the dikes around Duck Lake during September, between sunset and sunrise.

The Creston Valley is home to the last population of leopard frogs in B.C. and is one of the most endangered species of wildlife in the province. In the fall, the leopard frog moves from its breeding and summer grounds to overwintering habitat and requires crossing the dikes south of Duck Lake. The frog migration is

highly dependent on weather conditions and can occur from late August to late October but generally peaks during the month of September, and mostly takes place between dusk and dawn. The frogs not only cross the dikes to get to the overwintering habitat, but they also use the warm gravelly surface to forage around; this makes them extremely vulnerable to being run over by motorized vehicles.

The NLFRT has been collecting mortality data over several years and feels it is critical to get the public’s co-operation, drivers in particular, to provide the leopard frogs with a safe migration during the month of September. The NLFRT is calling for a voluntary vehicle road closure between sunset and sunrise during that period along the dikes highlighted in red on the map below.

Anyone with comments or suggestions is welcome to contact Mike Knapik, habitat management section head, in Nelson at 250-354-6354. Your co-operation in this important conservation initiative is greatly appreciated. ■

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




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Volunteers Enjoying Time at TAPS

BY MAUREEN CAMERON

Community Liaison,
Therapeutic Activation Program for Seniors

Regulars, part-timers, some-timers, spontaneous and special event ones: Call them volunteers, the men and women that play a vital role in our community's vitality. Since 1991, volunteers of all ages have contributed to the existence and sustainability of the Therapeutic Activation Program for Seniors (TAPS). It is known to many of you as the five-day-a-week program currently offered out of the Rotacrest Hall at the Creston and District Community Complex in Creston.

It was originally developed to support those wanting to remain independent and participate in community, yet facing challenges to do so on their own. Over the years, it has evolved with changes in funding, operations, location and demographics, yet is still driven by that community vision to meet some of the needs of our aging seniors. TAPS operates under the administrative umbrella of Valley Community Services.

In estimating the number of TAPS volunteer hours, we arrived at a current annual figure of roughly 1,500 donated hours assisting the staff in providing this resource for seniors. We know that this number doesn't reflect the undocumented efforts for fundraising, special events or behind the scenes activities. Imagine what the financial contribution would be if a monetary value were to be applied to volunteers' unpaid time since 1991!

At TAPS we currently have 12 regular and 14 auxiliary volunteers. Have you ever wondered how folks get started volunteering at TAPS? In their words, here are a few replies:

"I met TAPS folks over three years ago when they used to participate in



projects at the college greenhouse. I was struck with the feeling of the group. Living far from home meant I didn't get to see my family very often. Volunteering with TAPS was at first a sort of Band-Aid solution to help me deal with not having close connection with my older relatives."

Another volunteer said, "After my husband died I wanted to do something in the community. I had been a caretaker and felt empathy for what others might be going through."

"A friend told me about TAPS when I was newly arrived here in Canada and said that volunteering would be a good way to meet people and get to know the community," said a volunteer.

One volunteer commented, "I was new to town, my mother had passed away, my daughters graduated, so I was looking for something to get involved with as I like be active."

A volunteer said, "While I was working in the schools years ago, Jill Fehr came with TAPS folks and made pies with our

Submitted

TAPS volunteers Carole Rode Eggert, Lynette Collins and Gida King in the kitchen.

T.A.P.S

Therapeutic Activation Program for Seniors

Presents:

Memory Works

A Free 6 week Living Well Social Program for people affected by memory changes and their caregivers.

Lunch available: \$6 person

September 6, 2016 start date

At TAPS: RotaCrest Seniors Hall,
19th Ave N Creston

Tuesday 10:30 am workshop

Thursday 1:30 pm movement:
Tia Wayling at the Rec Complex

For information and to register
TAPS 250-428-5585
email: taps@valley.services



Seniors



Submitted

TAPS volunteers (from left) Nikki Lohrer, Barry Freeman, Ann Miller, Lynette Collins, Gida King, Judy Freeman and Carole Rode Eggert.

Grade 7 students. I fell in love with the program and volunteered after I retired.”

“I’ve lived here most of my life, and had heard of TAPS by reputation, and knew people who had been in the program. I have volunteered a lot, and wanted to be part of something again that was relaxed, flexible and fun.”

One said, “A lot of my volunteering before moving here was related to my children’s activities. I heard about TAPS from a friend, looked it up, visited and realized that I was missing my mom.

I couldn’t visit her very often, and felt drawn to being with seniors here.”

From a couple, “Wherever we live, we get involved and contribute to community. A friend knew we taught exercise and tai chi suggested we offer our services to TAPS, that was about 13 years ago.”

Another volunteer commented, “I started volunteering at the hospital Tuck Shop when I moved to Creston, met Pat Robichaud, started helping the Krafty Kronys (a fundraising group for TAPS) with sales and baking, then Bridget

asked if I wanted to help TAPS in the kitchen. I’m still doing it.”

Common themes emerged from volunteers who have been with us from a few months to over 14 years about what motivates them and keeps them coming. A universal statement was that they feel they get as much or more than they give, that the program is so good that they want to be part of it. They spoke of satisfaction, fulfillment, feeling worthwhile, feeling good, learning from listening to the seniors’ stories, meeting old and making new friends, and developing new skills from watching how the staff are with everyone. To a person, they spoke of the relaxed, flexible and fun atmosphere at TAPS while being able to be themselves and share their skills. For some, it gives focus to their lives and gets them out.

Most reported loving to get to know each other. They noticed that when one person, whether a volunteer or senior, tells a story, it’s a spark that reminds others of their memories. Many of the seniors or their families were immigrants to this country and rarely get to tell their stories.

To commit to volunteering, one’s values have to be met. One volunteer

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Seniors

said that a friend had complimented her on “being so good”. She replied that she does it not as a “right thing”, not a chore, and that she’s truly fond of the people and loves being with them. I can’t tell you how many times during our interviews that the volunteers used identical wording: I love them, I feel like I belong, it’s part of my life, I look forward to coming, it’s easy, I like knowing I’m contributing to something positive. Many commented on the inclusivity of multigenerational participants, volunteers and projects, and that everyone’s welcome to find their place, including the seniors and folks from the community living program who are invited to participate in volunteering or helping out as they are inclined or able to.

With the book club, swimming, washing dishes, kitchen work, sitting and talking, playing games, helping with program activities, music, playing piano, art, community events and more, there are plenty of opportunities for volunteers to find their niche, a schedule that works for them, and the invitation to contribute ideas and take initiative according to their personalities and interests. Everyone having lunch together contributes to developing relationships.

In the midst of all the activities, though, what each volunteer said they loved is seeing the benefits for each senior. Most people come to TAPS to embrace their social needs while participating in activities that benefit their well-being all around. “I watched as she hugged people before leaving this week; she used to always keep to herself.” “I noticed one day that while he used to be hunched over when he first came, now he was walking tall.” And there are endless anecdotes to be told. “As a volunteer I can help identify when someone needs other resources or help and pass that along.”

When I asked the volunteers what would they say to anyone considering volunteering with TAPS, their replies were enthusiastic: just do it, even sitting and visiting is valued, people work together, you can choose, the staff’s attitude rubs off on everyone, it’s supportive and flexible, there’s a sense of community, a journey of self-discovery, aging is part of life and it is a privilege to be helping. They said they’d tell you that you help create a safe and fun place for people to open up, to participate and know that someone is interested in their lives. The diversity of everyone and willingness to make it work are infectious.

Notwithstanding the obvious benefits to our seniors and the community, research on the positive effects of volunteering on the well-being of volunteers is well documented and underscores what our folks have been saying about how they feel being here.

So, yes, the coffee (and tea) are always on. TAPS is currently looking to add more volunteers, both men and



Submitted

TAPS volunteers Colleen Kennard and Shirley Cameron.

women. We will be having an orientation later in September. In the meantime, if you are interested, call 250-428-5585 or email taps@valley.services for more information. ■

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From Goat River to the Final Frontier

BY BRIAN LAWRENCE
I Love Creston Editor



CBS Television Studios
Duncan Regehr as the ghostly Ronin (above) in *Star Trek: The Next Generation*'s "Sub Rosa", and as Bajoran freedom fighter Shakaar Edon in *Star Trek: Deep Space Nine*'s "Shakaar" (below) and "Crossfire" (bottom, with Nana Visitor).



As an artist, writer and actor, Duncan Regehr's work has taken him across the country and around the world for over 40 years. But in all that time, and even after a few trips to deep space courtesy of roles on two *Star Trek* series — the franchise celebrates 50 years since its first U.S. broadcast on Sept. 8 — he still has fond memories of the formative years he spent in the Creston Valley.

"I liked it because it was rural," says Regehr, speaking from his home in Victoria. "Even living in Victoria, my family lived in the countryside. Those are my fondest memories of Creston, are the Goat River and hiking, and enjoying the outdoors. And the orchards."

Born in 1952 in Lethbridge, Alta., and raised in Victoria, Regehr spent Grades 9 and 10 in the Creston Valley, where his father, Peter, was a government dairy inspector — and a painter, encouraging Regehr's passion from a young age.

"He'd always make sure I had enough materials to mess around with, and make sure I knew what I was doing."

He was active, with figure skating, basketball and volleyball among his leisure activities. He and his sister — who excelled, he says, studying drama under

the late Ray Pomeroy — volunteered in Creston's cable TV station, CATV, started by Mayor Ron Toyota's father, Tak. Together, as well as on his own, they hosted *Strawberry Lane* (derived from Beatles song titles), an hourly interview show that ran each Saturday.

"It was a great training ground. ... It was a good way to put myself on the spot and deal with people."

While living in Erickson, Regehr recalls many "boys' adventures" on the Goat River, including pestering a bearded hermit in a cabin on the other side.

And, of course, life in the valley isn't complete without the Creston Valley Blossom Festival.

"I think I kissed a girl for the first time at one of those," says Regehr.

He returned to Victoria when he was 16, and studied literature, psychology and sociology at Camosun College, and drama at the Bastion Theatre School.

And when the time came, Regehr started right out of the gate as a professional actor, performing at Stratford and in theatres across Canada. He gradually became more involved in film and TV, landing a regular role on Global's *Matt and Jenny*, which lasted a season, before moving to Los Angeles in 1980.

He and the late Jeff Conaway starred in the adventure series *Wizards and Warriors*, which lasted for only

eight episodes, but had a lasting impact — Regehr is still recognized for his role as Prince Dirk Blackpool.

“It’s still a cult thing. People collect that television series.”

Roles on miniseries and TV movies, including *V* and the title role in *My Wicked, Wicked Ways: The Legend of Errol Flynn*, followed, leading to the title role in *Zorro*, which ran for 88 episodes on the Family Channel from 1990-1993. It was filmed entirely in Madrid, Spain, allowing Regehr to travel all over Europe.

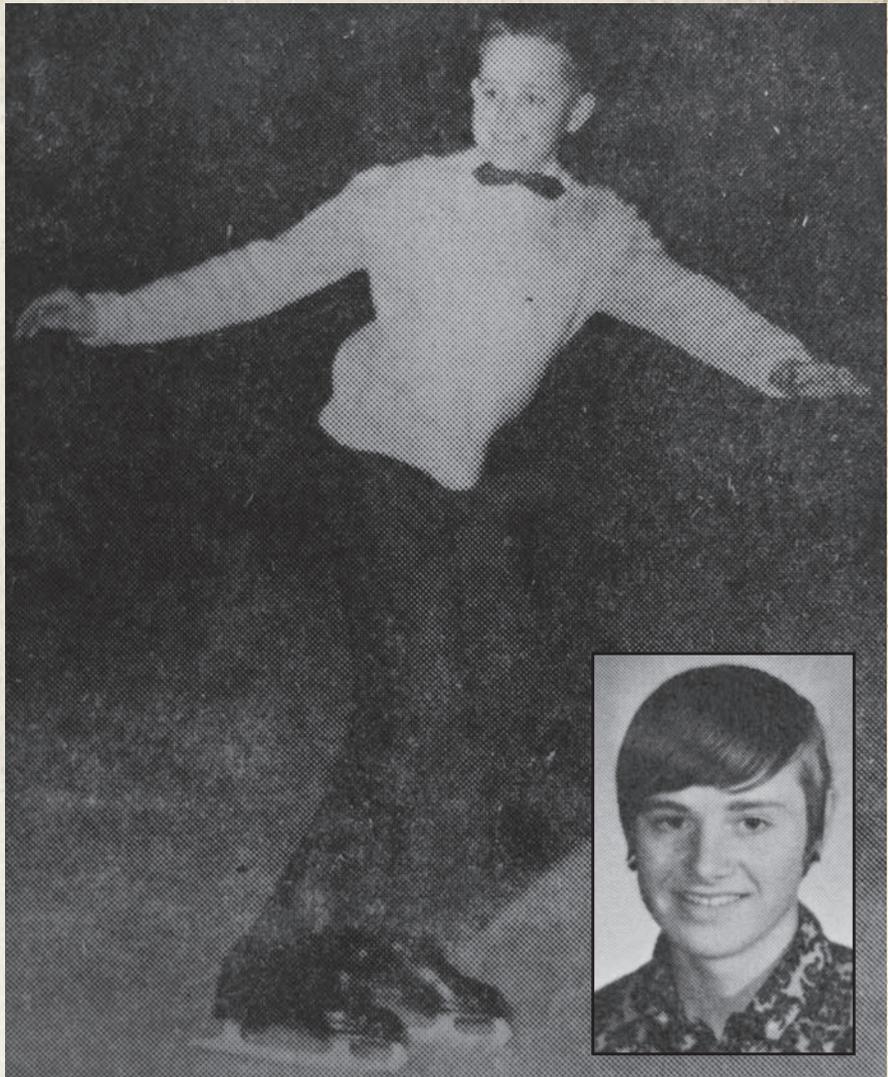
A year after the series ended, Regehr made his first *Star Trek* appearance on *Star Trek: The Next Generation*’s “Sub Rosa”, in which he played a centuries-old life form intent on romancing Dr. Beverly Crusher, played by Gates McFadden. He enjoyed working closely with McFadden and, as Capt. Jean-Luc Picard, Patrick Stewart, who made no pretense about sizing him up in their first encounter.

“Patrick came right up to me, stood in front of me and stared into my eyes,” says Regehr. “I stared back at him. I smiled at him and didn’t let go of my gaze. He said, ‘You’ll do.’”

In 1995, Regehr made his first appearance on *Star Trek: Deep Space Nine* as Shakaar Edon, a freedom fighter turned politician, who strikes up a romance with Kira Nerys, the series regular played by Nana Visitor.

As with many TV guest starring roles, actors receive very short notice, which makes developing a character a challenge.

“They wanted a hero, sort of rebel character,” he says of *Deep Space Nine*.



(Above) Fourteen-year-old Duncan Regehr figure skating in a photo from the Nov. 3, 1966, *Creston Valley Advance*, and (inset) in Grade 10, from the 1968 Prince Charles Secondary School yearbook.

“With a lot of these things, it’s exposition. It’s hard to carve out a character.”

At least until there’s a fight scene, when “the character just emerges.”

With TV production timelines being tight, Regehr was able to reprise the *Deep Space Nine* role only twice — although the producers expressed

interest in later episodes — but he would have been happy to do it again.

“It was lot of work, that’s for sure. But fun. You’ve got all these people in strange makeup running around. You have to be serious.”

It’s also serious business when Regehr meets fans. Due to various roles



Wrought Solely for the Moment of His Execution (above) and *The Water Gatherer* are included in Duncan Regehr's upcoming Vancouver show. To learn more about his art and poetry, visit www.duncanregehr.com.



he's played, he's attended conventions dedicated to horror and western genres, but when it comes to science fiction conventions, "the Trekkies are quite a bit different. They're very, very smart people sometimes."

At a convention in Las Vegas, he was approached by two men from Germany, excited to point out that they were doctors, like Regehr — who has an honorary doctorate in fine arts from the University of Victoria — and brought him a variety of paraphernalia to autograph.

"They're exactly like the guys on *Big Bang Theory*," he says. "Those characters are based on reality. These two guys were into the whole thing. And they were physicists."

In recent years, Regehr's other passions have taken a more prominent place in his life, and he divides his time between Victoria and London. His works can be found in the collections of the Smithsonian Institution and the Getty Museum in the U.S., the Jilin Collection in China, Denmark's Kunsthallen and the Syllavethy Collection of Scotland.

He has a new show, *Solus*, running at Vancouver's Petley Jones Galley from Oct. 20-Nov. 3.

"It takes work from various series that I've done throughout the years. ... It celebrates the power of the single figure. A lot of my work has involved doppelgängers or two figures in different scenarios. ...

"I usually start with a philosophy and follow that until it transforms into something else. I'm a visual artist. I don't just go out and paint what I see. I'm more interested in what I don't know about than in painting what's in front of me."

This gives him an opportunity to communicate in a way that Hollywood never could.

"I've always had a stronger voice through my art and my writing, and through poetry. The acting thing is great, but a lot of what acting is about is show business. That's not attractive to me. I'm not a Hollywood person and never will be. ... I got into acting because I enjoyed creating roles, and I loved the actors and I liked the characters. Hollywood is about anything but that. ...

"The ways that I get to express myself, painting or writing, or a combination of the two, that's what I am and what I do. And if there's a bit of theatre or acting thrown in, it's wonderful. ... I've really had a good run." ■



A Backpack and A Sword

BY SHIFU NEIL RIPSKI

Red Jade Martial Arts in Creston is now changing. I have left to begin my travels and my top student in Creston, Jason Deatherage, has taken over the responsibilities of the school. We closed the location, stored my things and he, as always, has opened his doors to the students to come and train on Arrow Mountain with him. I hope they can make this transition painlessly while I begin my adventure.

I have brought myself a long way in these past four years, from a small farm, house, pets, vehicles, Red Jade and all the training implements and artworks there to two simple things: a backpack and sword.

I am off to Nepal and India in a couple weeks and have begun travelling already with only those things, a backpack and sword, to comfort and guide me, to live on and from, to move ahead with life.

I'm in Alberta now visiting my parents, friends and my schools in Edmonton and Vegreville that are operating under the trustworthy gaze of Shifu Sami Elber, one of my eldest students. I'll run a workshop or two, share some kung fu and hopefully help him get a great start to the season here for students interested in our art.

As for me, I will be blogging more and more when I have time and Internet about my travels. Instead of a travel blog, I like to think of it more as a record of crossing hands and the Himalayas. I will begin in Nepal, landing in Kathmandu and spending a month there sharing and training with the members of the Nepalese World United Martial Arts association. Then, even with my very flexible schedule in mind, I will visit Pokhara at the base of

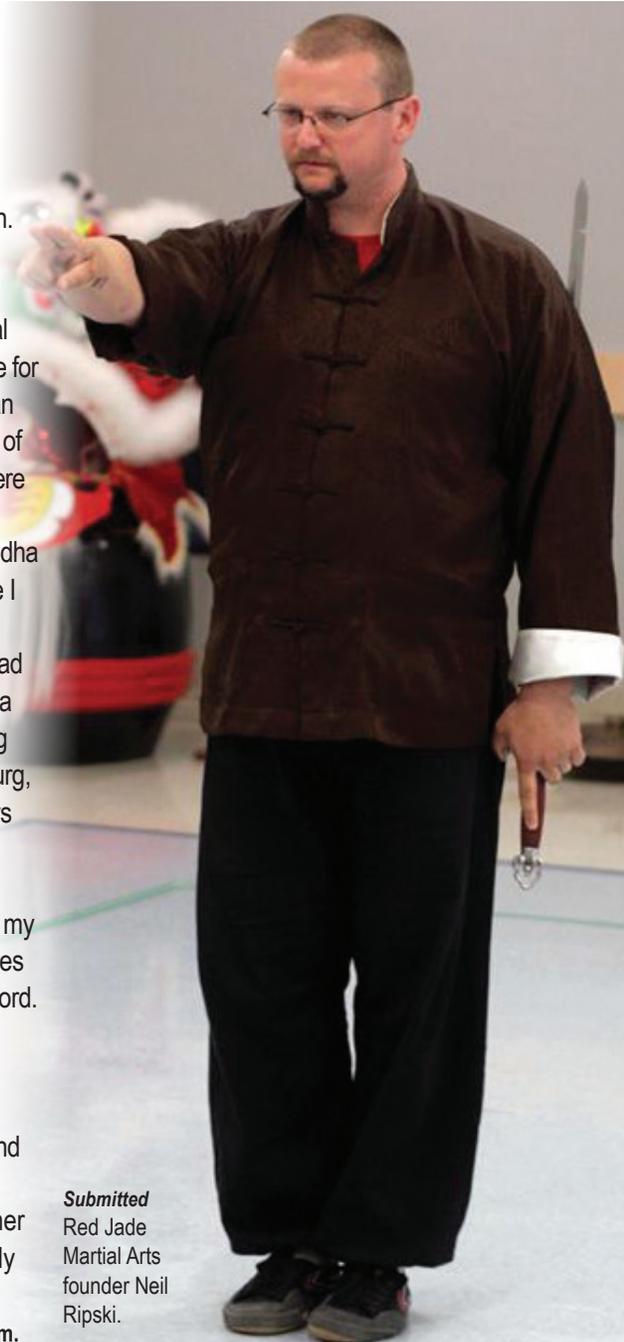
the treks into the Himalayas for a month. My contact, Begale, has already told me I have a deal arranged with one of the Buddhist monasteries for a personal retreat amongst the monks in exchange for sharing my kung fu with them, and I plan to trek the Annapurna as well. A couple of weeks should be spent in Chitwan, where the jungle, elephants and tigers live in Nepal near(ish) to the birthplace of Buddha (Siddhartha Gautama), which I am sure I will make it to.

After that, the only real plan is to head to India for the winter, from Delhi to Goa for a month or so of surfing and training on the beach, then on to Kalavantin Durg, Varanasi, Dhammasala and who knows where else?

So in this day and age of online blogging, emailing articles and sharing my thoughts, I will be sharing the adventures and bad ideas of my backpack and sword. I am hoping to find something within myself through the challenges of self-reliance and time alone listening to the ants scream. I hope to record it here and share it with you.

As my friend Rage told me the other day, "Welcome to the road." I'm ready for it. ■

To learn more, visit redjademartialarts.com.



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T-Cats Feeling Pressure to Compete

CRESTON VALLEY THUNDER CATS

From coaches to players and right through the rest of the Creston Valley Thunder Cats organization, there was tremendous excitement when the Kootenay International Junior Hockey League team was selected to host the 2017 Cyclone Taylor Cup tournament by BC Hockey in May.

But now that the team has gathered for its main camp and

begun its on-ice preparations for the season, there is also a sense of responsibility to put a championship level team on the ice for T-Cats fans and the community as a whole.

“Once you get past the initial rush of finding out that you’re going to have the opportunity to host a provincial championship, the reality sets in that it’s also a lot of pressure to make sure you have a team that is ready to compete at a championship level,” says Thunder Cats head coach Jeff Dubois. “But we’re lucky that we have a great core of players with tremendous leadership skills coming back from last season and everybody is very excited to embrace that pressure and have the type of year we can all be proud of.”

As the Cyclone Taylor Cup hosts, the Thunder Cats are assured of one of four places in the event. The KIJHL, Pacific Junior Hockey League (Lower Mainland) and Vancouver Island Junior Hockey League winners will also punch their tickets to the tournament with a league championship run. But Dubois says his players have a wrinkle in mind.

“Certainly our goal, like the Victoria Cougars achieved last season, is to win the KIJHL championship and earn our way into the event just like any other team,” says Dubois, who points out that the KIJHL runner-up would then fill the event’s fourth and final spot. “We’re not going to be happy just to be there, or complacent knowing that we have a spot from the get-go.”

This year’s edition of the Thunder Cats includes a number of familiar faces, headlined by team captain McConnell Kimmett and fourth-year goaltender Brock Lefebvre. Twenty-year old forwards Grant Iles and Lien Miller-Jeannotte, as well as

“We’re not going to be happy just to be there, or complacent knowing that we have a spot from the get-go.”

19-year-old Thomas Cankovic, have also returned, while the team picked up a pair of forwards, Jonathan Lee and Luke Kalenuik, in a trade with the Kelowna Chiefs.

A number of Thunder Cats veterans will begin the season at Junior A training camps with the hope of moving up to the BC Hockey League, Alberta Junior Hockey League or Saskatchewan Junior Hockey League for this season, meaning that the roster on opening night is a wait-and-see project. But no matter who returns, Dubois is confident that this season’s team will compete for a championship.

“We have a deep, skilled team at all positions and my expectation is that the group we have to start the year should have a lot of success,” he says. “But we also know that we will have the opportunity to fine-tune over the course of the year and we expect that Creston is a place where a lot of good players will want to play this season. It’s going to be an exciting journey for everybody.” ■



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Singers Raising Funds for Sound Shell

BLOSSOM VALLEY SINGERS

Do you love to sing? If so, the Blossom Valley Singers may be for you.

Creston's community choir starts rehearsals 7 p.m. Sept. 13 in the band room at Prince Charles Secondary School in preparation for the new season and Christmas concert. Anyone who loves to sing is welcome. There is no requirement to join until you've tried it out for several weeks.

For the 2016 Christmas concert, the Creston Community Band will join the Blossom Valley Singers in presenting a cantata focusing on traditional Christmas selections. The renowned

church venues. The goal is to have the new sound shell in place for this year's Christmas production.

The choir is currently fundraising to acquire its own sound shell, and has already received generous support from the Creston and District Credit Union, Creston Valley Gleaners Society and Creston Valley Rotary Club. Current applications for additional grant funding are pending with Creston Rotary Club, Columbia Basin Trust and Creston-Kootenay Foundation. When the sound shell is acquired, it will be made available to any other choral or performing arts groups in the community, church groups and elementary and secondary school music and arts programs.

Once again, this year BVS gave back to the talented youth of the Creston Valley with a bursary award for post-secondary studies in music to Marybeth Stenhouse and a summer camp scholarship to Emma Penner. Stenhouse is deferring her studies at Selkirk College for a year, while Penner used her scholarship to attend provincial piano competitions. ■

For more information, visit www.blossomvalleysingers.org.



Submitted photo
The Blossom Valley Singers in their trademark Christmas concert.

and accomplished Monte Anderson will have the dual roles of directing the band and accompanist for the choir. Anita Stushnov will again direct the choir and the Christmas production, which will feature the talents of Creston's best vocalists.

For the 2016 spring concert, BVS borrowed an acoustical sound shell from Bonners Ferry, Idaho, and received excellent reviews from the audience, conductor and all choir members as to the enhanced quality of sound. Poor acoustic venues can spoil even the finest choral performances, and an acoustical sound shell would allow BVS to take a familiar acoustical environment to any facility, including the Prince Charles Theatre, the Creston Room at the rec centre or

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 CRESTON DISTRICT

The Good, Bad and Ugly of Buying Travel Insurance Online



BY SHELAGH REDECOPP
Travel Insurance Broker, Safe Travels

First, the Good: If you are a senior and you are shopping for medical insurance, pricing is a big deal. Travel insurance is a product that is worth shopping for because prices can vary wildly from one company to another. Shopping online will give you a chance to determine what that price range is from least expensive to most expensive. It's a starting point.

The Bad: It can be confusing and take up a lot of time. Many people don't realize that they end up getting the same quote multiple times because they focus on the name of the broker's site they are visiting rather than the insurance company they are being quoted.

The Ugly: Online sites are designed to be as easy to use as possible. That's good. But that also means that they are for "quick quotes" mostly, not for detailed understanding of what you are buying. Here are a few things that you

must find if you are planning on actually buying the plan online.

Eligibility: Am I actually able to buy this plan?

Sometimes the eligibility criteria are built into the online questions you are answering. Sometimes not. In that case, you must click on an eligibility link before you proceed to fill in the medical questionnaire. If you don't, the site might quote a rate but you won't know if you are actually eligible to buy the plan. When you put in a claim, you could be denied. The best way to know for sure if you are eligible to purchase, is to find the link on the site for the actual policy wording and read the section called Eligibility.

Stability: What is the stability period for my plan qualification?

Once you find the plan/price you qualify for, you must check the policy wording under the section Exclusions. The very first exclusion will always tell you the stability period you need prior to departure (not purchase date) for coverage of your pre-existing conditions. Then go to the Definitions section and read their definition of

"stable". This will determine if you have full coverage or whether you need to consider buying a plan with a reduced stability period.

Deductible: What is the plan's deductible?

Are you comparing apples to apples? Some companies' online quotes have an automatic zero deductible; some come with a \$100, \$250 or \$300 automatic deductible. Some deductibles are in U.S. and some in Canadian dollars.

Word of caution: People make critical errors shopping online that are completely innocent. A simple misunderstanding of the wording in a questionnaire or a definition and the coverage can be null and void. When it comes time to claim, the onus is 100 per cent on the client to have bought their plan correctly. "I didn't understand" will not help a denied claim. Online shopping is an excellent tool. But like any tool, you have to know how to use it properly to be safe. ■

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PAWS Celebrating 20 Years of Service

BY SIGNE MILLER

In November 1996, a group of concerned citizens, headed by Claudia Grimstead and Bruno Schultz, formed a registered charity for the benefit of animals, named the Creston Pet Adoption and Welfare Society (PAWS). Founding members included Marion Schultz, Bob Grimstead and Thelma Corner.

During the winter of 1996-1997, Schultz knew of a man living up the mountain who had been injured, leaving several dogs alone at his campsite. The small group began to capture and care for these mountain dogs.

Later in that year, PAWS was able to build limited kennel space at Dr. Marling's Kootenay Animal Clinic, on Canyon Street, thanks to a donor, who gave \$10,000 to PAWS.

A telephone number was secured (250-428-PAWS) with an answering service with remote access. In the first year, PAWS dealt with 1,142 phone calls, covering everything from lost animals to requests for an adoption. By negotiating sponsored advertising in the *Creston Valley Advance*, PAWS is able to attract permanent homes for dogs and cats.

Sadly, in December 2001, Grimstead and her dog were killed in an auto accident. In her memory, volunteers Vicki McDonald, Lee Kitto, Dianna Miller and others struggled to keep PAWS going.

In 2002, 64 dogs were discovered in the mountains at Topaz Creek. Most were wild and unused to human contact, but PAWS member Jimi McDonald cared for them on the mountain, and eventually all were adopted out.



Submitted

The original Creston Creston Pet Adoption and Welfare Society board: (from left) director Thelma Corner, secretary Claudia Grimstead, treasurer Marian Schultz, president Bruno Schultz and vice-president Bob Grimstead.

This event highlighted the need for a facility to house animals. In 2003, the society received \$64,600 for a land purchase. A further \$51,000 donation

helped to develop the land and a shelter building on Lower Wynndel Road, named Claudia's Place Animal Care and Rehabilitation Centre, opening in



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Pets



Submitted

The PAWS facility on Lower Wynndel Road houses animals and an office, and the memorial garden at the entrance.

October 2010 in its founder's honour. The shelter can accommodate 13 dogs, and 30 cats, the odd rabbit or guinea pig, and there is space for large animals, as well.

The office and admitting centre is inside the main door, where visitors can inquire about the animals available

and see prospective adoptees. Other rooms house supplies and food, medical equipment and laundry, while the animals are kept in cages and kennels in the rear, 13 with outside access.

While there was a live-in caretaker hired in 2012 to cover evening hours

five days per week, busy volunteers do much of the animals' care, plus cleaning, dog walking and fund-raising events, as well. New volunteers are always desperately needed to share this load.

PAWS maintains a no-kill philosophy, so even animals who are



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Pets

unadoptable due to age or medical needs, are sheltered and often fostered. PAWS has a seniors' foster program that offers animals to seniors, with PAWS covering all the costs of vet and food, if seniors are unable to do so.

When an animal is accepted to the PAWS shelter, it receives all necessary medical attention, shots and neutering or spaying, before it can be adopted out. Consequently, there is a fee charged when a prospective person is approved to receive a new pet.

In 2013, a memorial garden was donated for the internment of pet ashes. For a fee, members of the public can place pet ashes, with a plaque, and visit any time.

PAWS survives solely on donations and fundraising, through grants and events. PAWS bake sales and raffles are well received in the community, but the costs of the shelter, vet care and food are constantly rising. PAWS has set up a fund with the Creston-Kootenay Foundation, where large donations from individuals and estates can be held, with the annual interest available to PAWS for expenses. Monthly donations can be set up with



Submitted

Claudia Grimstead and her dog, who were killed in a vehicle accident in 2001.

the PAWS account at the Creston and District Credit Union. ■

To donate, volunteer or adopt, call PAWS at 250-428-7297. All donations over \$10 are tax

deductible. For more information, visit www.paws-crestonbc.org or www.facebook.com/PAWSCreston, or email paws@kootenay.com.

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The Oil in Our Hinges

BY JESSE MORETON
BSc DC

This month's installment: Everything you could possibly want to know about synovial fluid. Once again, I have a patient to credit for the idea. I thank her for the chance to review, refresh and present some interesting information.

Let's start with the term itself. Synovium is a Latin derivative that

means "with egg". This is because our joint fluid is similar in consistency to (that's right) egg whites. It is also clear, pale yellow, viscous and does not clot. To me, it's a fascinating, impossible to replicate, fine tuned engine oil.

Synovial fluid's main job is to provide a frictionless interface for joint movement. Most joints consist of two bones coated with articular cartilage and encapsulated by a membrane. The inner part of the

membrane is what produces and secretes synovial fluid. The fluid itself is made from hyaluronic acid, lubricin, proteinases and collagenases. I'm sure you all know what I'm talking about. The bottom line is it's stuff your body can make that can't very well be replicated.

Once the oil is manufactured, it stays within the joint capsule and provides a very thin layer between the articular cartilage. It also seeps into any microcavities or irregularities in the articular cartilage itself. Aside from providing a near frictionless interface, it also functions as a shock absorber and for nutrient and waste transportation. Quite an amazing oil, isn't it?

The attribute I think is most impressive is its coefficient of

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friction. The coefficient of friction, put simply, is a measure of the force that holds back the movement of a sliding object. The higher the coefficient of friction, the more resistance to movement or sliding. The lower the coefficient of friction, the more slip or glide. Coefficients of friction depend on the makeup of the two opposing surfaces and the lubrication. Other factors, like temperature and speed, will also influence the value.

As an example, Teflon sliding on Teflon has a coefficient of friction of about 0.04. Steel on steel with a lubricant is about 0.15. Cast iron and copper either with each other or with steel are likewise about 0.1 to 0.2.

Big deal, right? Well actually it is because the coefficient of friction for

Despite our best efforts, labs cannot synthesize anything like it and our best engine oils don't even compare.

normal synovial joints is 0.001. That's 40 times less friction than Teflon on Teflon, or about 100 times less than other metals. In my review I also found a study which compared the coefficient of friction for the knee joint (0.001) to that of ice on ice (0.003). I don't know about you, but to think our joints have three times the glide or slip than ice on ice is pretty mind boggling.

It's just another fascinating attribute of our physical bodies. Despite our best efforts, labs cannot synthesize anything like it and our best engine

oils don't even compare. Although eventual arthritis is common, synovial joints hold up much longer than anything we can create medically or surgically. According to researcher Dr. Joseph M. Mansour, "Identifying the mechanisms responsible for the low friction in synovial joints has been an area of ongoing research for decades." We're still trying to grapple why or how it behaves differently under certain conditions and pressures.

So there you have it: the oil in your hinges. Made only by you, for you. ■



Finding Answers in the Heart

BY DIANE TOLLESON

Every day when we wake up and get out of bed, we have a choice to make: Are we happy to have another day to live or are we just getting up to get by and get through the day?

I recently learned our heart has a group of cells that sends messages to our brain depending on how we feel. Yes, the heart has a brain! Choosing what we feel and how we respond to encounters determines what and who we create in our daily lives. We are individually responsible for our experiences, depending on our thoughts and feelings moment by moment. This gives whole new meaning to "follow your heart"!

More people every day are waking up not happy with the routine or rut they seem to be in. Follow your heart's desire,

and do something you love to do. Go for a walk, take a nap or get creative. Let your inner child come out and play.

We have recently opened Arts From the Heart just for that reason. We want everyone, young and old, to have a place to let their hair down, have fun and get creative. We will be having ongoing art and craft classes and intuitive classes to get that right brain and your heart going in the right direction. Tune into the right side of your brain for a change.

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

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Bioflavonoids Offer Varicose Vein Relief

VITAL HEALTH

Diosmin and hesperidin are two important bioflavonoids found naturally in citrus fruits. They are extracted from citrus fruits including bitter oranges and lemons in the warm, sunny climates of Spain and the south of France. They are actually found in the white pith portion of the peel. If you're hoping to find them in citrus fruits at the supermarket, though, you're out of luck. Diosmin amounts are at their highest in the immature fruits and then decline significantly as the fruit grows and ripens.

For optimal absorption, these flavonoids are micronized into a smaller size, and then encapsulated as 450 milligrams (mg) of diosmin and 50 mg of hesperidin per capsule. These proportions are the standard amounts per capsule as they were discovered to be the optimal ratio in the clinical studies. Dr. Oz also recommends this formulation based on the studies.

Starting in the late 1980s, diosmin and hesperidin have been studied in numerous clinical trials for their benefits in strengthening and protecting weak blood vessels. Most of the

studies done on diosmin and hesperidin lasted between one and 12 months, but the use of these ingredients to protect the vascular system dates all the way back to 1971 in France. The studies found that diosmin and hesperidin helped relieve the symptoms of varicose veins, hemorrhoids and leg ulcers (due to poor venous blood flow) and accelerated their rate of healing over a larger area than usual.

Weak, leaky blood vessels often spell pain, discomfort, swelling and inflammation in the form of varicose veins and hemorrhoids. Varicose veins affect approximately 40 per cent of women and 17 per cent of men in Western countries. Pregnancy increases the chances of varicose veins because of increased blood volume, higher than usual levels of progesterone (which relaxes blood vessels), circulatory changes to support the growing fetus, and the pressure exerted by the fetus.

With varicose veins and hemorrhoids, the blood vessels in the area have become weak and leaky, and this results in reduced blood supply being returned to the heart, along with pain, swelling, inflammation and ulceration in the area. Diosmin and hesperidin work to repair, strengthen and tone the blood vessels. They also provide antioxidant support against further free radical damage, and reduce inflammation. The swelling, pain, heaviness, leakage and poor blood flow are gradually reduced over the course of a couple of months.

These bioflavonoids have been used for many decades and have been shown to be safe for long-term use. This is very good news, seeing as the other options for getting rid of varicose veins are compression stockings, surgery, injections and laser vein stripping techniques. Some of these can be quite invasive, so it's definitely nice to have something as safe, effective and non-invasive as diosmin and hesperidin available for dealing with this problem.

They are also sustainable and vegan, so you can use them with confidence, knowing they will effectively repair your veins in a much less invasive, and less expensive, way than other available options. When looking for a natural health product that contains these two bioflavonoids, be sure to check that the amounts are the exact same as the amounts used in the studies, 450 mg of Diosmin and 50 mg of hesperidin. ■

Sources: Ramelet AA. Clinical benefits of Daflon 500 mg in the most severe stages of chronic venous insufficiency. *Angiology* 2001;52:S49-S56; 2) Struckmann JR, Nicolaidis AN. Flavonoids. A review of the pharmacology and therapeutic efficacy of Daflon 500 mg in patients with chronic venous insufficiency and related disorders. *Angiology*. 1994 Jun;45(6):419-28; 3) Beebe-Dimmer JL, et al. The epidemiology of chronic venous insufficiency and varicose veins. *Ann Epidemiol*. 2005 Mar;15(3):175-84. Review.

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Back To School



Three Things to Look for in Back to School Tech

Whether you're a techie glued to your desktop at all hours of the day or simply need a device to edit documents and watch pixel perfect video, everyone needs respectable computer equipment. Chances are, the monitor you're using right now came bundled with the desktop PC you bought a couple of years ago. But did you know there are new models that can dramatically improve your productivity and viewing experience?

Since you probably spend hours every day looking at your monitor, take advantage of back-to-school time and sales to research which features experts recommend looking for.

1. Multi-tasking: You can resize windows and use split screen, which divides the display into multiple sections for different tasks. Advanced options include state-of-the-art display features like four types of picture-in picture multiple

window displays, so you can easily work on several documents at a time or type notes while watching presentations or videos. Gamers will delight with game



mode, which offers optimal first person shooter and real-time strategy settings. Freesync also provides seamless movement between the graphic card's frame rate and the monitor's refresh rate.

2. 4K Resolution and colour accuracy: 4K monitors offer four times

the resolution of full HD, and are a must-have for creative students and design and photography professionals. These monitors have exceptional detail and are well-suited for tasks where shadow, gray-scale, and crisp colour fine points are essential. Additionally, the higher the resolution, the more information that can be displayed on the screen. A curved screen also delivers an immersive experience.

3. Size: PC monitors generally run anywhere from 17 to 34 inches. If you're looking to replace a dual-screen system, consider buying a wider single monitor, like the new 21:9 monitor from LG that features an ultra-wide screen so you can view more. It offers enough real estate to ensure that you can watch videos while viewing multi-page documents in tiled or side-by-side formats.

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Home & Garden

Trick Guests With 'Expensive' Renovation

We all want our guests to think that our rooms could easily be included in the pages of a magazine. But a complete overhaul can be pricey and time-consuming, and isn't a realistic option for most of us. Trick friends and family into thinking you had an expensive renovation anyway with these creative tips that tell you which areas to focus on to get the most bang for your buck.

Crown moulding: Known as jewelry for the walls, nothing says classic sophistication like crown moulding. This inexpensive, DIY-friendly project is an easy way to transform any room. Achieve a custom-made look by layering store-bought mouldings and place them at the

top of walls and around entryways to draw eyes upward and visually heighten space.

Organize: Baskets are your best friends. Hide unsightly clutter and find things more easily by housing all your things in a dedicated container. A gorgeous, antique-look wicker chest or basket can conceal kids' toys, extra linens or the remotes for all your gadgets. You'll be amazed at the difference replacing your mess with beautiful things can make.

Clean up: Don't just put away all your stuff. Do a deep cleaning of every room — move your stove, bookcases and other furniture and appliances you wouldn't clean around normally. Polish your floors with a product made especially

for hardwood or ceramic, and hire a professional to steam clean your carpets.

Window treatments: Well-designed window fashions that are tailored to fit specific window dimensions lend a flawless, expensive look to any room. Vignette, a fashionable take on traditional Roman shades by Hunter Douglas, features exclusive fabrics, rich textures and no exposed rear cords for enhanced child and pet safety. Be sure to hang window treatments from the ceiling instead of where the window begins to make the room look larger and grander.

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