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June
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i love creston



Hammer time!

One-of-a-kind carpentry program unites
teens and adults at Creston high school

Mayor's Desk

Watch for opinion poll on
daylight time this year

Pioneer Villa

Local group lobbys for low-rent
housing on ex-seniors' site

Creston Museum

Eerie accounts of lake
monster surface in archives

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5 Double duty

Students earn credits toward their high school diploma and journeyman's ticket in outdoor careers program.

The Magazine

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Letters to the Editor

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Guest From the editor

With skilled trades workers increasingly in demand, it's not surprising that high schools are playing a role in channelling interested students in that direction. Creston's Prince Charles Secondary School is no exception.

"Each year we have many students who are taking part in college training programs as part of their grad plan," says principal Sharen Popoff. "Welding, automotive, hairdressing and millwright have been popular with our students."

What is unique, at least in this province, is what's officially called the PCSS/College of the Rockies construction program. Informally known simply as outdoor careers, it too allows students to gain dual credits toward their diploma and journeyman's ticket. The difference is, PCSS – and not a post-secondary institution – provides the instruction.

"This is the only program of its type in B.C." Popoff says. "The goals have always been to provide real life job training in addition to high school graduation credits. An additional goal of providing the opportunity to successfully complete apprentice training while still in high school was added, which resulted with the College of the Rockies partnership."

It works due to a convergence of factors, not least of which is PCSS woodworking teacher Shayne

Ducharme, himself a carpenter with red seal certification. He saw the potential of such a program when a precursor – a forestry skills class – was about to be discontinued when the teacher retired in 2006. "I wished to see the students develop some of these life skills and career opportunities," Ducharme says. "It started as an in-house program initially, then expanded with the link to the ACE IT funding from the government. We now have expanded to being linked to the College of the Rockies as a pre-apprenticeship program open to PCSS students as well as College of the Rockies adult students."

This spring a full complement of 13 of them, including 10 teenagers – one of them female – framed a house together following 13 weeks of in-class and small project work at PCSS, bringing the structure to a semi-finished state in six weeks. The program runs annually beginning in third term, after New Year's.

"The aim is to give students an understanding of the trade and valuable work experience to aid them in getting employment and becoming journeyman carpenters," Ducharme says. "They don't know how to build a house but they've got some skills.

"It's a little bit painful at times but they're learning, right? Most are eager and excited to be involved in building a house and they want to work with their hands. It's fun to see the students expand their limits and skills."

Whereas once the program attracted some pupils just looking to get out of the classroom, those enrolling now tend to be more goal-oriented.

"Kids are starting to realize, hey, there's a \$2,000 course they could get at the college – they get it for free at the high school," he says. "They're starting to realize that there's some merit for them to do it."

Learn more in this month's I Love Creston feature story.

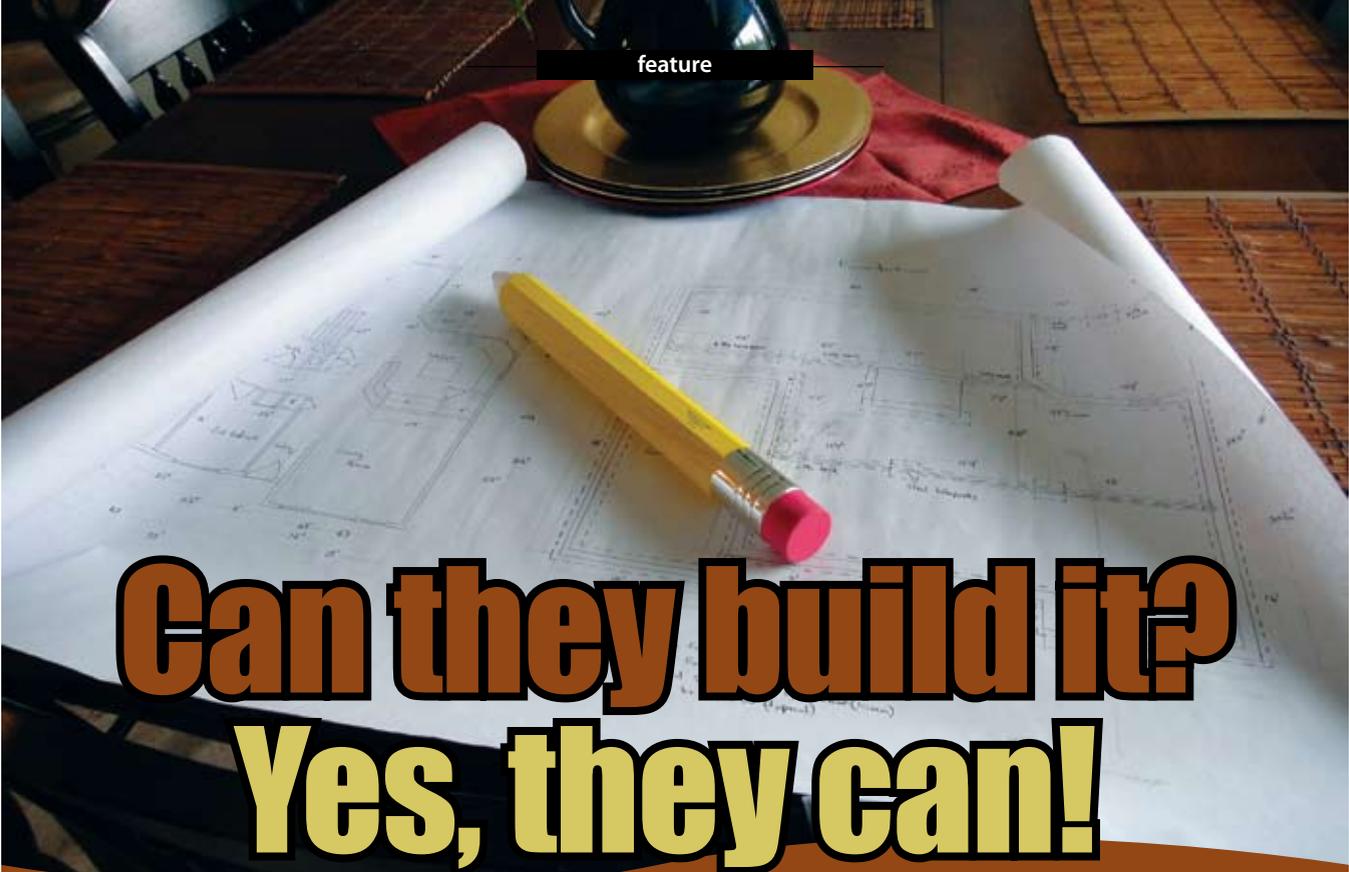
Also inside the June issue look for articles on other topics that set the Creston Valley apart – including the ever-popular daylight time (or lack of same). Mayor Ron Toyota discloses that an opinion poll is about to be unleashed on the public with regard to one of the town's most-polarizing subjects.

Then there's the always entertaining entry from Carla Ahern across the flats at the Creston Valley Wildlife Management Area, whose western painted turtle may be blue-listed elsewhere in the province but is alive and well here – when it's not dodging traffic en route to its nesting grounds, that is.

And who said history is dull? Creston's never is, especially when related by local museum manager Tammy Hardwick, who's got a scoop on an elusive and mysterious creature that hasn't reared its head in awhile but may just lurk beneath the surface of Kootenay Lake.

And there's much more, from rock-climbing and martial arts to CouchSurfing and quilting, from reviving the Pioneer Villa building to rejuvenating an inner-city school thousands of kilometres away.

Creston continues to distinguish itself, which is why we love it so much. ■



Can they build it? Yes, they can!

Teens – and adults – learn carpentry from the ground up through PCSS

If a goal of the outdoor careers program at Prince Charles Secondary School is to keep teens off the street, it's not working – at least not on this spring day.

A handful of youths surround a couple of work-in-progress wall frames lying in the middle of Alder Street. They discuss what to do next, from all angles, before taking hammers and nails in hand and starting to pound.

From within the unfinished confines of an adjacent house comes the screeching sound of a circular saw, drowning out the voice of Shayne Ducharme as he gives instructions to another pupil.

Ducharme's father, Fred, meanwhile, is much more than lending a hand; he's keeping a keen eye on the proceedings because he owns the place, and plans to move in once the house is complete.

"The kids needed a project so we decided to build a house here," explains the retired carpenter. "Sometimes you pull your hair out but most of all it's going pretty good."

"They're good once they know what they're doing but you've got to be here to watch them."

It's all in a day's work for the younger Ducharme, a woodworking teacher at PCSS who took over the outdoor careers program when founder Glenn Mohr retired five years ago. Up to then it had been a six-week forestry work-skills class.

Today it's a full-fledged carpentry apprenticeship program in which students earn dual credits toward their Dogwood diploma and the first year of training for red seal trades certification. Run in conjunction with the College of the Rockies, the program is unique in B.C., according to PCSS principal Sharen Popoff.

"There are lots of high schools that have students attending colleges for apprentice training prior to graduation as part of the ACE IT program," she says, referring to the provincial Accelerated Credit Enrolment to Industry Training initiative. "We are the only school that offers the full program and has college students come to us for the course."

It's expanded under Ducharme from six weeks the first year to 19 in 2011, meeting the standard for entry-level post-secondary trades training. ACE IT funding of up to \$2,000 per high school student normally goes to the post-secondary institution providing the instruction, but in this case stays with PCSS.

"The program is a huge benefit to those students who know early on that they want to pursue a trade, as well as to those students who want a more hands-on approach to their education," Popoff says. "The students become excellent employees after graduation as they have skills and an established work ethic to help them move into the workforce with confidence and documented experience."



Hard at work in the early stages of the six week-construction.

Keir Sheehan isn't sure if a carpentry career is in the cards, but a desire to work outside with his hands and the recommendation of friends were enough for the Grade 12 student to sign up.

"My one buddy's already got his third year (apprenticeship) and he just graduated last year because he (started) it in Grade 11," Sheehan says. "He just needs one more year and he's done, so he's pretty far ahead."

Sheehan and 12 classmates, including three adult college students, put in eight-hour shifts Monday through Friday during the six-week construction phase. That was preceded by 13 weeks of theory, half of which were spent in the PCSS woodshop or working on smaller projects around the school – "anything that gets them using the tools," Ducharme says.

Sheehan says nothing beats hands-on experience.

"I think this is way better," he says. "You learn a lot more. You get to physically do it instead of reading the textbook, (which) doesn't stick in as much."

"It's hectic sometimes but we manage to get through it, and everything's turned out so far."

Sheehan said the students are expected to figure things out for themselves after receiving initial direction.

“The students become excellent employees after graduation as they have skills and an established work ethic”

"This wall right here," he says, motioning to the frame lying in the street, "he just told us what to do and we came over and put the studs up and built the header and everything like that."

"There's some arguments between us about how to do things and which order. Usually we have to call him over if we need help or if we think something's wrong. (At) the end of the day or a couple days later he'll figure out that we did something wrong. You just fix it."

Ducharme tested the program the first year by having the students build him a house, which he sold. The next year they built one for Mohr and it too passed the test,

although there were reservations about entrusting the family castle to a bunch of novices.

“Glenn’s wife was really nervous when we did their house (but) it turned out really well,” Ducharme says. “Every house turned out great.”

The customers, he adds, who typically pay the school a “donation” of less than half the cost of hiring a contractor in exchange for whatever risk is involved in having students build their homes, “have all been really happy.”

“Our goal is not to compete with contractors. It’s to get the kids out there and get them some experience so contractors have some young people they can hire.”

The money is used to offset staffing costs and purchase equipment and supplies for the PCSS shops.

Overseeing the program isn’t easy but “it suits me OK,” says Ducharme, who earned his journeyman’s ticket in 1995, a decade after entering the field.

Three years later he returned to school, at the B.C. Institute of Technology in Burnaby, to get his teacher’s credentials and in 2000 wound up employed back at PCSS, from which he graduated in 1987. He mixed in the founding of his own construction company with some subbing and temporary teaching jobs until landing a full-time position in 2004.

“You might pull your hair out a little bit but you just slow things down, step back a little bit and get where they are”

“Coming from a construction background, to me it feels more like (real) work. I enjoy building houses,” he says. “But for other people to do it, it might be a big task. You have to be able to deal with 13 people on a job site, telling them what to do. It can be a bit challenging.

“You might pull your hair out a little bit but you just slow things down, step back a little bit and get where they are.”

Ducharme finds that their weeks in the classroom give the students a decent foundation. Plus, they tend to be motivated and take great pride in building something, literally, from the ground up. Finishing touches are left to professionals once the structure reaches “lock-up” stage.

“Most are eager and excited about building a house so they focus pretty good and try to keep things rolling as much as they can,” he says. “It’s fun to see the students expand their limits and skills.

“(But) you’ve got to be there full time. If you let them meander and do any guessing then they’re going to guess wrong, usually.”

Surprisingly, it doesn’t take them any longer than it would a contractor; sheer numbers compensate for what they lack in expertise.

“If you have to move materials, instead of taking two hours it takes 10 minutes,” Ducharme says. “You get 13



Progress being made during week two.

people instead of two people moving all the plywood. You get 13 people driving stakes around a foundation. The extra help makes a big difference.”

Nicole Riehl is spared the heavy lifting, and she’s not offended by the favoritism, either.

“Sometimes the dad doesn’t want me lifting heavy things,” says the only female participant. “If there’s a bunch of us standing he’ll point to the guys and say, ‘You lift it.’ Sometimes I just kind of back off and make them do it anyway.”

Otherwise, the Grade 12 student’s been in the thick of things from the start.

“I led the excavation and did some surveying, laid everything out, property lines and all, foundation, poured concrete,” she says. “It’s a lot of work. Usually fun. Sometimes it’s not.”

Unlike the career-minded, Riehl enrolled for personal enrichment. She’s planning to volunteer in Africa for a few months – perhaps help build an orphanage with her newfound skills.

Farther down the road, “I’d like to know how to do my own renovations and maybe build my house. It’s really neat to learn how your house is put together.

“Now that I’ve done this, it seems like a lot of work. I think (being a carpenter) would be fun for a few years but it takes a toll on the body.”

She has no regrets, nonetheless, and recommends the program to anyone who doesn’t mind getting their hands dirty.

“And people that are really uptight, I don’t think they could handle the stress,” she adds. “It gets a little intense. Sometimes it’s a big disaster and sometimes it’s good for us and we have to really think about what we’re doing.

“I just keep it one step at a time: flush, level and plumb. That’s the way it’s going to get done.”

Other high schools aren’t copying the pattern because of a special set of local circumstances.

“This program is unique as we do not have an established college carpentry program in the community and we have a teacher who is a red seal journeyman,” Popoff says. “Our school has a very strong trades program because we have four full shops and three shop teachers. We also have an excellent relationship with the College of the Rockies. I do not see this program being duplicated in other schools because of all of those factors.”

As Ducharme notes, “It looks good on everyone.” ■

“This program is unique as we do not have an established college carpentry program in the community”



Shayne Ducharme and students from the outdoor careers program.



From the Mayor's Desk

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

Daylight Saving Time "YES" or "NO"

The Town of Creston's council recently approved the wording of a future opinion poll which asks: "Do you support Mountain Daylight Saving Time in this area?"

The timing of bringing this opinion poll forward has yet to be determined, but council wants to start having the conversation and getting the public informed about the facts in advance.

The Creston Valley is designated as being on mountain standard time on a year-round basis. When most of Canada changes its clocks to daylight time in April and then back again in November, we in the Creston Valley do not. Some like this idea as they consider it one less chore that has to be done (resetting their clocks), but in many cases technology now does that for you automatically.

This issue is not necessarily a high priority in the process of conducting our town's business but it is a sensitive and high-profile issue within the Creston Valley as a whole. This issue was first presented to our town council at our December 2008 meeting and in spring of this year the item appeared on our docket again and a decision was made to ask our citizens for their opinion.

History and Facts:

- In 2006, the Province of B.C. undertook public consultation and reported that 92 per cent of the population favoured the change to extend the period of daylight time in order to align with the balance of North America.

- In 1972, a B.C. time zone referendum was held to pose the question: "Are you in favour of Pacific Standard Time, including Pacific Daylight Saving Time, as it is now applicable throughout the province"? This referendum was conducted in the electoral districts of Columbia River, Kootenay, Nelson/Creston, North Peace River and South Peace River.

The result of the referendum was No by 63.38 per cent. As a result, all of these areas stayed in mountain standard time.

"A decision either way will help end the ongoing debate"

- In 1952, a B.C. plebiscite for daylight time asked: "Are you in Favour of Daylight Saving Time?"

The result of the referendum was Yes by 53.6 per cent. Interestingly, there is no clear record as to why the Creston Valley did not adopt daylight time in 1952 as a result of this affirmative vote.

Having the Town of Creston gather an opinion from its citizens regarding the time issue will have no validity without input from the majority of citizens in the Creston Valley as a whole. It has been discussed that a sensible time to ask the Creston Valley citizens about the issue is at our upcoming municipal and regional elections in November. Alternatively, there has been discussion about conducting a mail-

in ballot opinion poll this summer. Stay tuned for the decision.

With an opinion poll pending, those who are undecided on this time issue could now take the opportunity to research different sources and become aware of the pros and cons associated with adoption of mountain daylight time. Many opinions have already been expressed and I am sure many more opinions will be offered in the near future regarding why people should vote either Yes or No for adoption of mountain daylight time. I have my own personal views and if individuals ask, I will be happy to discuss the matter with them further.

If the result of a combined opinion poll for the Town of Creston and electoral areas A, B and C was Yes (over 50 per cent of ballots cast) then a request to adopt mountain daylight time would be forwarded to the province for action.

Conversely, if the results of the opinion poll were No then no further action would be taken and we would remain on mountain standard time year-round, just as we're doing now.

A decision either way will help end the ongoing debate about adoption of mountain daylight time in the Creston Valley, once a fair and democratic opinion poll has been taken. ■

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



My Side of the World

Story by: Kristen Cook

Home Sweet Home

There are reasons I keep coming home to Creston. The area, family, small-town culture . . . and, if I'm honest, there are things

that I miss when I am here. Not the least of which is the young, international crowd. The kind you're sure to encounter while travelling

with a backpack and a youth discount card.

I miss the infamous hostel common room. Groups of 20-somethings sitting around wooden tables. Conversations in accented English about what brings them together in a strange city in a strange country. Maybe there will be a guitar and harmonica or a game of cards. It's a melding of mindsets and other points of view. It's youth, contrast, respect and strangers you'll never meet again.

Of course, I really enjoy the people I know here at home. A little familiarity goes a long way. It's comfortable. I like friendly greetings on the street. I like understanding backgrounds and a social norm. I like people who understand me back. I like that I can fight with the people I care about most and then go for ice cream with them. I like being able to say exactly what I mean by shrugging or being able to be as ridiculous as possible. But is there a balance?

Enter CouchSurfing. Maybe this is a strange concept to you. It is, however, incredibly common on the backpacker circuit. I'd never considered it until we were in London, pinching pennies, trying to learn how to experience another culture and chatting with another traveller.

CouchSurfing is, in short, an international, online community of people willing to host one another at home. Sketchy, right?

We first signed up, cautiously, on a rented computer. We read the safety tips, devised a few of our own and set out without a profile picture or any experience to ask strangers to let us stay in their homes.

Since our first tentative attempts I have stayed with, and hosted, well

Creston Valley Business Buzz



Jeff Banman,
Owner of
**Jeff's Photos
'n Motion**

My business is Jeff's Photos 'n Motion.

When I am not teaching full time at Prince Charles Secondary School, I am a photographer of many things. Families, portraits, weddings, sports, community events, landscape and just about everything else in between are things that I love to shoot.

Basically, Photos 'n Motion all started when I was 8 with a Saskatchewan sunset, cliché I know, but officially we began in the fall of 2008.

Photos 'n Motion offers more than just great photography but we also do video transfers, 35mm slide/negative scans, event slideshows and home/business inventory documentation. We also offer the option of having a second photographer at any event, which is great for that second angle.

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For more information please call 250-402-6482 or visit me online at www.jeffsphotosnmotion.com

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over a dozen CouchSurfers. In all of those I've never had even a slightly dangerous experience. The worst was with a Spanish family whose home we never managed to find. Frustrating, but hardly scary. The best was a week in the mountains of Bulgaria with a charming Scottish couple and their donkey.

It's a trust system on some level, with ways of verifying that a potential host/guest is indeed trustworthy. The interactions I've heard of through CouchSurfing have been overwhelmingly positive.

A little common sense is, of course, required. As in, ignore the messages from Arab boys when signing in for two minutes while in Egypt.

As a form of travel, CouchSurfing is more work than simply booking into a hostel but the benefits reach far between \$20 saved. Staying with a local opens up a whole new realm of opportunities wherever you go.

We've been treated to shawarma like spoiled grandchildren. We've been shown around beautiful corners well off the tourist track. We've enjoyed shared meals and the all-important conversation about where we've been and where we're going.

That is why I choose to have strangers stay in my home. I know, as starting ground, that we share something in common. It's obvious they are travellers and that I once was. Citizens of the world, so to speak.

So far everyone I've hosted has been younger than 30. They're full of dreams, stories and appreciation. I once took Israeli brothers to a gathering at my parents' place where they were grilled on political and religious issues. They stayed two days longer than intended.

I hosted German girls who cooked me a delicious evening meal and a Quebec boy who stopped by when he returned from his course and writes on my Facebook wall. Twice I've had guests on long-distance bike

"There are more than 2.5 million CouchSurfers in 246 countries"

trips. I was glad to provide them with the comforts of a roof over their heads and to hear what they believe in.

It's the closest I can find to balance here in my small town – new people

passing through and the familiarity of home. I can go about my life and occasionally listen to tales of travel all evening. My life-long friends can join in a discussion about volunteer travel and sustainable living. My guests can do their laundry and I'll tell them where to find the best hiking trails in town. It is a little unorthodox, perhaps, but it seems to work out well. ■

The source referenced in this column is www.couchsurfing.org. There are more than 2.5 million CouchSurfers in 246 countries. It's an international community opening doors and experiences around the world.

This article draws exclusively from the author's participation.



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Sing for Chile

Story by: Trish Bartlett

"In 25 years of Focus on Youth we have never seen anything like this."

This was the response when 24 students from Patsy-Anne Casemore's Grade 2/3 class at Canyon-Lister Elementary school and 48 Grade 3 students from School 121 in Santiago, Chile – brought together live via Skype – performed John Lennon's Imagine at one of this year's concerts.

In 2008 he decided to visit Chile and asked school officials if they needed supplies. They sent him a list of things which schools in Canada take for granted, including rulers, erasers, books and computers.

"I shared with the staff at Erickson, then brought it to the Erickson PAC," he says. "The PAC embraced it and began to fund-raise . . . I landed in Chile with a cheque for \$5,500.

"I took a tour of my old school and it was in worse shape than in the '70s.

In 2009, Falconer transferred to Canyon-Lister and Yahk schools.

"There the parents knew what I'd been doing and they wanted to participate as well," he says. "They felt it would benefit the students to learn about kids in another country."

Falconer turned to Skype to help the children connect.

"We made some beautiful relationships with staff and kids . . . I learned a lot from our kids, how they can easily connect at an emotional level and how they can empathize with other kids," Falconer says.

The board of School District No. 8 (Kootenay Lake) asked Falconer if he would recruit students from Chile to participate in the International Student Program, so he returned to his homeland.

"I visited the school again and realized it has no playground, no grass," he says. "The kids play in the dust and dirt. When I returned, I shared this need with the staff and students."

Helping School 121 obtain a playground became Falconer's next goal, but first was the joint performance at Focus on Youth.

"The moment all the kids started singing I felt what everybody else felt: an incredible feeling of love and kindness and an incredible connection," he says. "I was emotionally overwhelmed."

Meanwhile, fund-raising for the playground continues.

"We decided to fund-raise until December," Falconer says. "We're planning a large concert on October 15. We'll have School 121 but hope to have Canadian personalities as well.

"It's been a beautiful journey for staff, parents and students. We hope for Christmas we can send School 121 a cheque so they can start building." ■



Canyon-Lister principal David Falconer visiting his elementary school in Chile.

This was just one of the results of Canyon-Lister principal David Falconer's work to help his old school. In 1973, a 12-year-old Falconer fled Chile with his older brother after a military coup. For three years he and members of his family lived as refugees in South America until coming to Canada in 1976.

In 2006, Falconer, then principal at Erickson Elementary School, reconnected with his old life. He found a Hotmail account for School 121, his elementary school, and sent a message. Six months later he received a response and began regular correspondence.

There were no resources, no books, no technology. It's in a very impoverished neighbourhood with high drugs and prostitution. I presented them with the cheque and they just about fainted.

"I said, 'I have one condition. I want to go shopping with you so I can have the pleasure of watching you spend this money.' We bought a TV, laptops, books and all sorts of things.

"One of the teachers asked if they could buy a map of Chile. It was so sad – 550 kids in the school and they didn't have a map of their own country."

Upon his return, Erickson school continued to fund-raise and another cheque was sent south.



Why Did the Turtle Cross the Road?

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

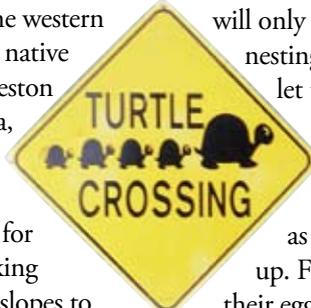
It is that time of year. The western painted turtle, a species native to the wetland here in Creston and across North America, is crossing the road to, yes, get to the other side.

The other side is enticing for the turtles as they are seeking the gravelly, south-facing slopes to lay their eggs. To get to this prime real estate the turtles have to cross West Creston Road and other roads in the Duck Lake area. They can also be seen crossing Highway 3 along the flats.

When driving in these areas, please be careful. If you believe the animal to be in immediate danger and you wish to help, make a safe stop.

First and foremost is human safety. Do not make an attempt to help a turtle as the situation could be dangerous for you. If you assist a turtle across the road, make sure you keep it in the same direction in which it was heading.

If the turtle is obviously headed away from the water body in which it lives, do not take it back to the water. It is trying to lay its eggs in a nesting area and if you take it back to the water, it



will only retrace its steps to get to the nesting area. Ideally, you want to let the turtle cross the road on its own so that you don't disturb its journey.

Courtship begins as soon as the temperature warms up. Females will start laying their eggs in June. The female lays between one and 20 eggs in each clutch. The eggs are laid in a shallow pit that she digs with her hind legs and then covers with sand or dirt in an elaborate dance with the hind legs.

The nesting process takes about one hour. The female then abandons the eggs. The eggs hatch in about 10 to 11 weeks but most of the young will stay in the nest and overwinter there, returning to the ponds the next spring.

Interestingly, the sex of the offspring is determined by temperatures experienced during a critical period of incubation. Eggs incubated at higher temperatures produce female hatchlings whereas lower incubation temperatures produce male hatchlings. At a pivotal temperature of 28 degrees Celsius, an approximately equal number of males and females is produced.

The western painted turtle is a common sight in the Creston Valley wetland, sunning themselves in groups on rocks or logs poking out of the water. But in B.C. they are considered blue-listed. This means they are vulnerable to various threats such as habitat loss and degradation. ■

If you have any questions about where to explore, please feel free to e-mail or call us at (250) 402-6900 or askus@crestonwildlife.ca.

Carla Ahern is the director of communications, stewardship and education at the Creston Valley Wildlife Management Area.



A 17,000 acre wetland located 11 km west of Creston, BC on Hwy 3



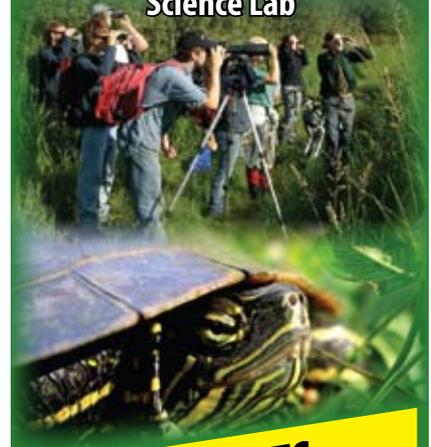
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Pioneer Phoenix Restoration Society

Story by: Rhonda Barter, President,
Pioneer Phoenix Restoration Society

Love Creston magazine has graciously allowed me to write an article every month about Pioneer Villa, and hopefully the restoration of it to the community of Creston. And one day, hopefully, there will be a front-page editorial about the opening of Pioneer Villa as affordable living for seniors.

I have lived in the Creston area for almost 15 years. Prior to that I was a resident of the Fraser Valley. My children were 3, 5 and 7 when we moved here in 1996.

“Working toward getting this building back from BC Housing and into the hands of this community”

From that time up until the closing of Pioneer Villa in 2002, we as a family performed many times in the wonderful facility. We did church services, theatrical performances, musical performances, had tea and goodies with the senior residents and staff, and generally had such an enjoyable time socializing in the villa's homey atmosphere.

My family was far from alone in volunteering at Pioneer Villa. Quite the contrary, Pioneer was a tribute

to the community for volunteering and donating money and time – not only for building it but for sustaining and improving it as well.

If any of you get a chance to speak with Mary Angus, the last administrator of Pioneer Villa, she can give a detailed account of many of the community's volunteer contributions. I know it did my heart good to hear and read what Mary spoke and wrote about what this community did to help its senior citizens in regard to Pioneer Villa.

“In 1998,” Angus says, “I was chosen to work with the hospital administrator as co-transition for new directions and the formation of health councils. It was then that all the volunteer directors of non-profit societies had to hand over their facilities to health councils . . .

“After the health councils closed facilities they were then transferred to the health authorities. Interior Health then sold Pioneer Villa to BC Housing for \$1.”

As many of you know, Pioneer Villa remains vacant and has a horrid For Sale sign at the front of it. We have seen the ads in the paper the last couple of months where it was first listed at over \$2.4 million and now has been reduced to just over \$2.2 million.

Math has been a strength of mine, but you do not have to be much of a mathematician to realize there is a tremendous profit going toward BC Housing and the government to receive something for \$1 and sell it for over \$2.2 million.

In January I heard rumours of Pioneer Villa going up for sale. I parked my car in the snowy parking lot, walked around as much of the perimeter of Pioneer Villa as was accessible and wept. It broke my heart, especially when someone was doing this without anyone putting up a fight.

Things have evolved quickly since that moment, and you will have to stay tuned to next month's magazine to find out more. But . . . the biggest clue is that there is now a full-fledged organization called the Pioneer Phoenix Restoration Society working toward getting this building back from BC Housing and into the hands of this community. ■

For more information about the society call
(250) 428-2151.

What is art?

Story by: Trish Bartlett

Art is an expression of the soul . . . Handwork is its therapy.”

So answers Brigitte Langevin, a local celebrated quilter who has studied with international quilt artists Ruth McDowell, Nancy Crow, Katie Pasquini Mosapust, Jane Sassamann and Libby Lehman.

“Quilting engages people, makes them part of something,” she says. “It is tactile. They can feel. They can touch and be part of a creative process which creates something out of nothing. Everybody needs something to feed the hunger in their soul.”

Brigitte began quilting in 1999 after she attended her first quilt show in Edmonton.

“I turned down a promotion at work so I could work part time in the quilt shop,” she says. “I learned quilting by degrees, by taking many different courses.”

She and her husband moved to Creston in 2006.

“Creston represents everything I love: nature, mountains,” Brigitte says. “When we moved here, we knew we moved to paradise. As an artist there

seems to be a more natural outlet for your craft in a small town. A small town has a feeling of a big family and a family takes care of each other. To be a part of the community makes you feel grounded.”

It was difficult at first, but then she was invited to join the Creston Valley Quilters Guild, a group which donates quilts to other charitable organizations to sell for fund-raising.

“It is rewarding to belong to such a group,” she says. “I am inspired by the other members to give back to the community and there is lots of camaraderie.”

Quilting also helped her deal with the grief when her husband died.

“A year after he died I created a quilt for him,” Brigitte says. “It’s called Poppies for Gerard. It helped me to grieve.”

She teaches others as a way to keep the art of quilting alive in the valley.

“Quilting is going two ways,” she says. “There are those who want more embellishments, more creativity to create elaborate wall hangings. Then there are others who want to return to more traditional quilting, to make practical quilts. We are in the process

of creating a well-balanced guild which incorporates both ideas.”

Has she ever done anything on commission?

“I have done a few but it becomes work,” Brigitte says. “I may be working with fabrics I don’t like but that’s what the person wants and I’m given specific guidelines to follow. When I quilt for myself, I don’t start with a purpose. I don’t decide I am going to make a blanket for this baby or a gift for someone. It might become that, but I make a quilt because I need to do it. Quilting is my passion.”

She stops to reflect.

“Art is not forced on you,” she continues. “It comes out of you. It is a personal thing. Art is not worrying about what the other person thinks it should look like. My husband encouraged me to improve myself, to be the artist I could be, to find my voice.”

Her quilts sing eloquently for her. ■

“Art is not forced on you, It comes out of you”



Brigitte Langevin proudly shows one her many quilted creations.



2011 Congratulations Grads!

Graduation Trivia and Facts

www.adviceopedia.com, www.jan-leasure.com

Graduation Ceremony

The graduation ceremony is a cultural tradition termed as a "rite of passage." It dates back to the 12th century when scholastic monks wore their ceremonial robes and has evolved to fit the society in which it is celebrated ever since.

Gown

The cap and gown are traditional elements most commonly associated with graduation. Plenty of background information exists on these two pieces, not surprising considering their origins date back centuries. In the 1300s, scholars and clerics at European universities would wear long robes to stay warm and comfortable in the largely unheated buildings. The practice became so common that, eventually, the robes and gowns were recognized as "official" attire, with little to no room allowed for leeway.

Mortarboard Cap

The mortarboard cap is a structured headpiece with a flat top and fitted bottom. Its origins date back centuries as well, to the time when clergymen would wear them as protective head coverings and they were ideal for staying warm in cold



Photo by: Jeff Banman

Prince Charles Secondary School, Prom 2011.

temperatures. As with the gown, the cap eventually became official graduation attire. Interestingly, the cap also came to symbolize learned individuals, such as doctors and teachers, and was worn frequently across varying professional industries.

Tossing of the Cap

Tossing of the graduation hat (mortarboard) is a tradition signaling the end of the ceremonies. The flight of the hat symbolizes the flight of the graduates to whatever that awaits them.

Tassels

Tassels are turned from one side to the other after the diplomas have been

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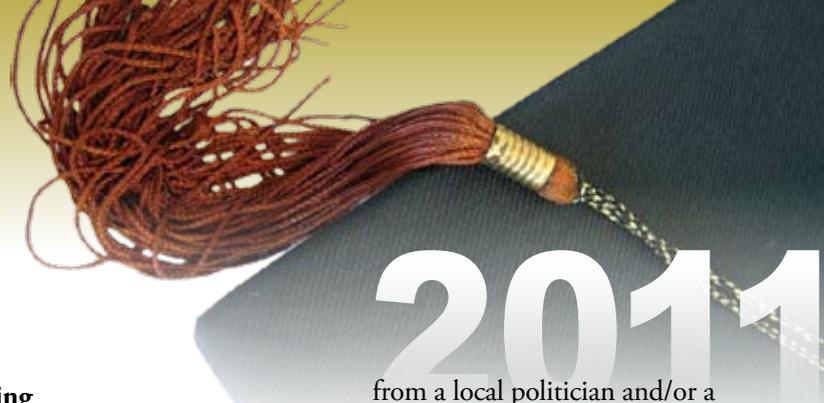


dispersed. The direction it originally faces is occasionally dependent on school tradition, but is usually moved from the right to the left.

Diploma

While most students focus simply on actually getting that very special piece of paper, there's quite a history behind that innocuous little white sheet. In their earliest days, they constructed diplomas of sheepskin, rolled tightly and secured with a ribbon. The use of animal skin was favored because paper was expensive to produce. Eventually paper parchment replaced sheepskin.

Well Done Class of 2011!
Best of luck to all grads.
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Class Ring

The class ring dates back to 1835, when West Point Academy students designed rings to celebrate their graduation. The practice caught the attention of other major universities, and before long, it was part of the complete graduation tradition. Class rings are generally seen as “rites of passage” accessories that symbolize achievement and skill.

Commencement

Commencement is that part when the graduates receive their diplomas, walk across the stage, flip the tassels on their hats upon receiving their degrees, and receive a handshake

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from a local politician and/or a faculty member.

Valediction

The valediction is the speech delivered by the graduate with the highest scholastic standing. The speech usually expresses the ups and downs the students have gone through and provides a youthful insight of a hopeful future. It also has some color of gratitude, commitment and perseverance. ■

Creates your own journey
Hats off to the class of 2011
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www.rdck.bc.ca/creston

Creston Rock

Story by: Justin Vance

“There is rock climbing in Creston! Really?”

This is the usual response I receive when informing people of rock climbing in the valley. So I am writing to tell you that there is rock climbing in Creston and that it is quite good.

Actually there has been climbing here for 30 years. Hamish Mutch and Mike Reams started developing routes above Twin Bays in the early 1980s. Since then a number of climbers have been adding climbs to the valley, bringing the total to over 70.

Presently the climbing community has never been stronger, with a growing number of climbers and new climbing routes every year.

Since the majority of those reading this article are not climbers I will try to give you an idea of what we do and why we do it.

Climbing has many forms which all entail the simple goal of getting up something. Generally a climber ascends rock, snow or ice to attain the summit or precipice. Because the rock we climb is challenging and we often fall, ropes, harnesses and other gear are used.

For practising and for beginners we top-rope, which is setting up the rope on top of the cliff. When top-roping

there is no danger when you fall because the rope is above you. If you have climbed in a gym, this is how it is set up.

But to successfully conquer a climb one must start at the bottom, with no rope above for safety. We call this “leading a climb.”

As you ascend the rock, you clip your rope into anchors with carabineers. Anchors are either pre-placed by drilling bolts into the rock or, if there is a crack, gear is placed into the crack.

If you happen to fall, your anchor and belayer (the person on the bottom holding the rope) stops you from falling to the ground.

Now if you climb five feet past your anchor you will fall at least 10 feet before the person on the other end of the rope stops your fall.

Falling when leading is one of the exciting and scary things about climbing. I have fallen up to 30 feet and have yet to be injured. Falling is common, but usually one only falls a few feet.

When the leader gains the top of the climb, he or she sets up an anchor and then brings the other climber up with the safety of the rope. The second climber retrieves the gear that was used for protection. If the climb is longer than your rope, the climbers will have to repeat the process until the top is reached.

Now for the question of why we climb: is it because we are crazy and have some sort of death wish? I assure you it is not. I have two children and a beautiful wife. I have no death wish.

Though climbing can be dangerous (and I have had my moments in the past), climbing can be a safe and enjoyable activity.

Why do we do any sport? It is for the personal challenge and excitement. It’s

the satisfaction of looking at a rock face and finding a way to get to the top. This can take a person months or years as you work out the moves and build your strength.

At the end of the day it really doesn’t matter why, other than the fact that we love it. There is nothing quite like hanging off a cliff, air beneath your feet, moving from hand-hold to hand-hold, never fully secure yet somehow defying gravity. It is quite a rush! And almost anybody can do it.



We have some really easy climbs, much like climbing a ladder, and we also have some very hard ones that I have yet to successfully climb. There is rock for all abilities because the most important thing is to have fun.

There you have it. This is my salute to all who have spent time and money developing climbing in Creston, and my attempt to bring awareness of what we are doing to the residents of Creston.

So now if someone asks you what there is to do in our beautiful valley you can add rock climbing to the list. ■

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The Bears are Back!

Story by: Katia Plotnikoff, Bear Aware co-ordinator

It has been a long winter but spring has finally sprung in the Creston Valley. Not only has the winter been long for the local folks, but also for the bears who like to call Creston, and the Selkirk and Purcell mountain ranges, their home.

The bears have returned to the valley where fresh food sources like roots, grasses, skunk cabbage and insects are plentiful. Our valley bottom is full with a spring buffet of bear favourites.

However, with the long winter and slow start to spring, snowpack remains low on the mountains, meaning that natural late-spring and early-summer bear food sources will be delayed. Our wild neighbours will be slower to return to the mountainsides this spring, remaining down in the Creston Valley longer looking for food. Bear Aware wants you to be ready.

To help encourage valley folks to remember to keep their homes clean of bear attractants such as garbage, bird feeders, pet food or even barbecues, the Bear Aware team has begun a spring garbage tagging campaign. Tag, you're it!

Curious about the tagging campaign? The conservation officers and Bear Aware team want to remind people to put their garbage out the morning of pickup as opposed to the night before. Bears search the area, wandering through to get to their natural food sources.

In the middle of May, the two Bear Aware co-ordinators ventured out to Wynndel to begin the garbage tagging program. Large fluorescent yellow stickers have begun to appear on garbage bins left out the night before pickup.



Reducing human-bear conflict in the Creston Valley

For three weeks the Bear Aware team tagged overnight garbage cans. Over that time they saw significant improvement on several streets.

This program has proven successful in many parts of the province. It greatly reduces bear activity in and around our communities.

Another important change in the valley is the recent electric fencing of the local landfill. This means one more spring food option is unavailable.

In a year with a low snowpack, our bear neighbours will stay with us longer and turn elsewhere for food. To ensure that no fuzzy neighbours leave the landfill area and attempt to rummage around in yards nearby, the folks living in the Lister and Highway 21 areas must be careful to keep their homes and yards free from any bear attractants.

We hope to see bears move landfill-to-landscape and not landfill-to-yards.

The Trans-Border Grizzly Bear Aware team would like to help you have a great spring and summer season. To learn about the grizzly research being done in our area check: www.transbordergrizzlybearproject.ca.

As well, folks are encouraged to report any conflicts with bears to the RAPP line at 1-877-952-7277, and to check the new Bear Aware Web site (www.bearaware.bc.ca) which has fantastic information about bears and local bear news, as well as extra tips on how to keep your home bear-attractant free. ■

Bear Aware is sponsored by the Columbia Basin Trust, British Columbia Conservation Foundation, Regional District of Central Kootenay and the Trans-Border Grizzly Bear Project.

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Monster of Kootenay Lake

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

Kootenay Lake has its fair share of legends and stories. I know tales of shipwrecks and sinkings (all very true), lost freight train cars (also true), a legendary gold boulder (not so true), a rogue whirlpool (very believable) and even a ghost train (I think it's a figment). But a lake monster?

Several weeks ago, a headline in the April 30, 1953 Creston Review caught my eye: Monster of Kootenay Lake Makes Reappearance. You've been reading these articles long enough to know that this is more than enough to get me completely sidetracked.



“Unfortunately, the creature got away, leaving us to wonder whether it really was an Ogopogo look-alike”

That's pretty vague, with no names given and no description of the shape of the object. Maybe it was an unusual creature. Maybe it was just a tree trunk with moss growing upon it. But the “reappearance” part is intriguing.

Have there been similar sightings, before or since? Thanks to a lot of help from my friends Greg, Luanne, Cyril and Alistair, here's what I've found.

The earliest history of a water monster comes to us from the Ktunaxa (Lower Kootenay) creation myth, as told by Robert Louie: the friendly creature Nalthmootzke prepared the land for the people, swimming through it creating rivers and lakes, and even leaving pieces of himself behind to shape land formations the people would need.

It's not until the early 1900s that we come across another water-monster sighting. In October 1900, the Nelson Daily Miner reported that a boy from Crawford Bay had seen an animal climb up the lakeshore and eat from “a heap of detritus.” The creature was described as blackish-

green, with webbed feet and foot-long jaws.

A couple of articles suggest this could be a Canadian black alligator, and explain how an alligator could survive in the Canadian climate. The October 1900 sighting is unique among those that I've found; all other reports (other than those that are clearly “fish stories,” anyway) refer to something like the more-familiar Ogopogo rather than a lizard-like beast with legs.

For example, in December 1900 George Graves and his son of Nelson claimed to have caught the monster. Although the name Ogopogo is not used in the Daily Miner's description, it does give the idea of something Ogo-like: “It is ten feet long, six inches in diameter at the largest part and has a most hideous head. There are two large horns just above the ears and the mouth is seven inches from side to side. There are over 40 teeth . . .”

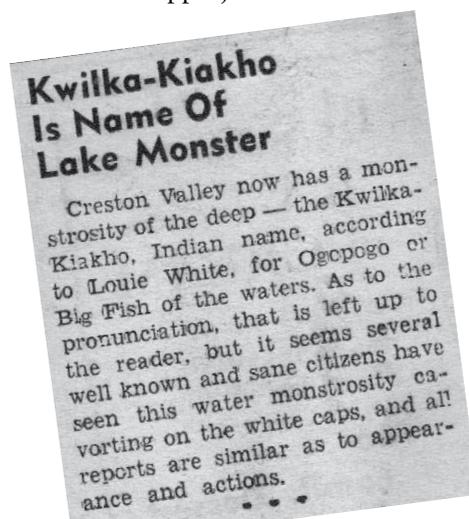
Unfortunately, the creature got away, leaving us to wonder whether it really was an Ogopogo look-alike – or even if it was caught at all.

In July 1937, Naomi Miller, now of Wasa but then a young girl growing up at Shutty Bench near Kaslo, was travelling in her father's boat with four other people. She writes: “We . . . were barely out of sight of Kaslo when the motor coughed and stopped. Moments later we were aware of a ripple just ahead of the

“Two Boswell men were on the road about three-quarters of a mile north of Kuskanook at 10:30 on Saturday

morning, when they noticed what appeared to be a rock about 100 or more yards from shore. Knowing that there was no rock there they looked more closely and saw that the object was moving southwards, against the wind and current!

“The visible part about twenty feet long, showed brownish in the sunlight, and the surface looked rough like a tree trunk with moss growing upon it.”



boat. A black head reared followed by at least one hump above the water some eight feet behind the head . . . We sat hypnotized until the 'Ogopogo' dived with a gurgling sound into the calm water."

A couple of references at unexplained-mysteries.com suggest Ogopogo may have travelled between Okanagan and Kootenay lakes through underground caverns connecting the two. Personally, I think that's a bit of a stretch.

The next reference to Ogopogo appears in September 1952, when articles in the Review and Nelson Daily News declared that a strange creature had been spotted. The Creston article states that the monster was "cavorting on the white caps."

If you don't subscribe to the Ogopogo theory, that description opens up another possibility: white sturgeon. These giant fish sometimes come to the surface, either to feed or to sun themselves. Luanne told me she has also seen them leap out of the water, which I imagine would be quite a sight.

Sturgeon behaviour might also explain another account from

1900. As the Miner reported, C.D. Robertson of Nelson claimed he lost a string of fish he'd tied to a stake in the West Arm of Kootenay Lake, to "a large scaly body" that "emerged from the water, opened its jaws and seized his fish, disappearing almost immediately."

Several species of fish, from sturgeon to bull sharks, have been witnessed stealing fishermen's catches in lakes and rivers around the world. Sturgeon, however, don't have teeth, and it's hard to suppose that the ridge of bony plates along their backs could be described as horn-like projections.

There are other theories.

Ducks, diving and surfacing in a row, make a very unusual sight. Sunlight reflecting off flat, glassy water surfaces – and several of the sightings have been under such conditions – can create optical illusions of objects rising from the surface. River otters playing in groups give the appearance of humps.

Admittedly, though, these theories don't jive with descriptions such as that which appeared in the Daily News in 1952: "The creature swam under the boat, giving them a view of a curiously shaped head and a hump in its tail eight feet back."

As my friend Alistair points out, when the eyes see something they don't understand, the mind attempts to create an explanation for it, plausible

or not. "A reasonable explanation is indeed a log or deadhead," he says. "That it appears to be moving against the wind and current is illusory: if all waves move one way, something that isn't moving appears to move the other."

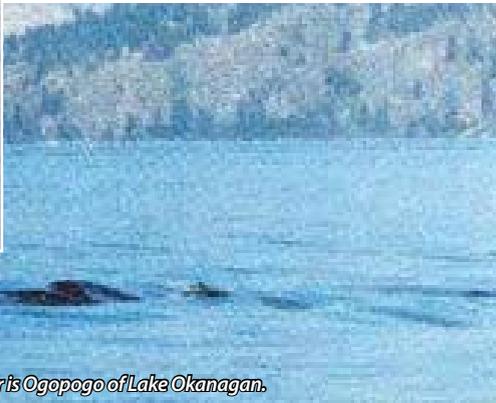
However, one of the people who reported seeing this creature was longtime local trapper and fisherman Wally Johnson. He described what he saw, to Luanne, as having coils like a huge snake, floating just out of the water. Surely, after a lifetime of hunting and fishing, he of all people could be trusted to know the difference between that and a log.

So is there a monster in Kootenay Lake? I leave it to you to decide. If you decide to go looking for it, keep an eye out for the gold boulder, too. ■

For more information contact the Creston and District Museum and Archives: phone 250-428-9262, e-mail mail@creston.museum.bc.ca or Web site www.creston.museum.bc.ca



White sturgeon.



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Home & Garden

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Low Maintenance Gardens

People love gardens but do not want to spend the time on maintenance. Because of their busy lives homeowners want shrubs, trees and

plants that take care of themselves. Many of the plants can be rooted in large terra cotta pots and placed on a patio of decorative pavers.

Natural Plants

Before the earthmover scraped them off the landscape in order to build your home there were shrubs, plants

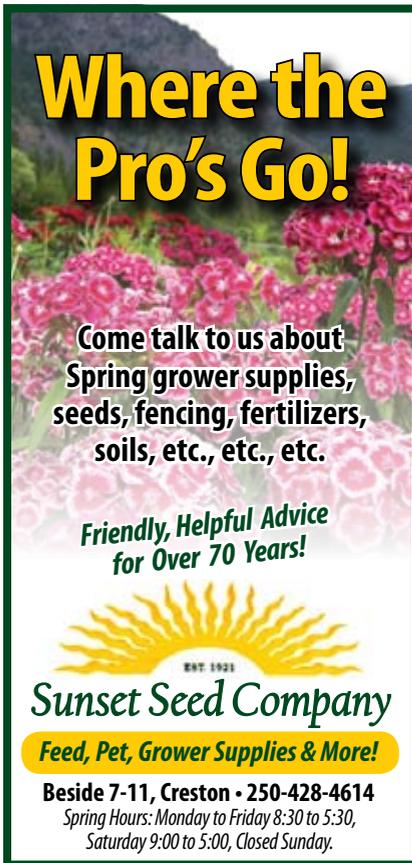
and grasses native to the area. These plants have had eons of experience getting used to the climate and have their own built-in defenses against pests. Besides not needing the care of domestic plants they add a different color and texture to the landscape.

Lighting

Just because it gets dark many this does not mean that homeowners do not want to enjoy their gardens. Today's gardens are lit to create a magical landscape. With new solar powered LED's and small, colored spotlights placed in strategic places landscape designers are turning the backyard into a personal gallery. Add a fountain and you have a water show.

Wildlife Sanctuary

For a few people, having birds and animals in the backyard is a nuisance. For the vast majority, however, animals and birds mean a constantly changing vista of life. But animals in the backyard (preferably small ones!) do more than just look good. Birds, toads, bats, ladybugs and others destroy insects harmful to garden plants and a nuisance to the homeowner. For example, swallows catch and eat their weight in insects every day. That's a lot of mosquitoes not feasting on us! ■



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Home & Garden

Wallpaper - Common Problems and Solutions

www.handy canadian.com

Common Problems

One of the most common problem is seams that open up or curl. This can be caused by one of several mistakes when installing:

- Not enough wallpaper paste on the edges when seaming.
- "Over rolling" the seam edges, forcing paste from behind wallpaper.
- Taking too much time aligning the seams; allowing paste to dry along the edges.

Another problem is curling and loose ends, caused by:

- Inadequate preparation of the wall surface. Such as not sealing the surface, or not applying sizing.
- Too high a room temperature during installation; causing paste to dry too quickly.
- Insufficient paste, or the wrong type paste, used during application.

Special adhesives are available for gluing down open seams without re-papering the whole wall.

Some other problems include:

- Tears when being trimmed – usually caused by using a dull blade.
- Streaks on the surface after application – usually caused by excess paste.

- Gaps between pieces – can be caused by improper surface preparation, or incorrect butting and seaming.
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Communicating Expectations with Employees

Story by: Kootenay Employment Services



All employers, whether subconsciously or consciously, have expectations of their employees. Things like employee performance, productivity and attitude all come with predetermined expectations.

Employers have a core set of values which are essential to the successful functioning of their businesses. It is critical that employers make expectations clear so that employees understand what is expected of them.

Three areas of concern that frequently surface within the workplace are: communication; time management; and, use of technology and personal devices.

There are various forms of communication in the workplace. Employers and employees communicate verbally in-person or on the phone, or non-verbally through e-mails, memos and bulletins. Some rules and expectations are written down and some are understood implicitly.

For a new employee who is unfamiliar with the work atmosphere and business, expectations and rules must be clearly communicated. Having a new employee orientation or handbook is a way to discuss company values and policies.

Providing one-on-one training and supervision over a period of time can establish open dialogue for a new employee to ask questions about tasks and procedures. Regularly scheduled meetings and performance evaluations also strengthen communication between an employer and employees. Open and clear communication is the foundation of understanding expectations.

Communication between employers and their employees is one part of effective time management. Hours of work, break times and attendance all require time management and communication. Employees should understand and follow the proper protocol for absence, arriving late and when and how long breaks are scheduled.

Some businesses have a strict schedule and rules to follow while others do not. Coming in to work 15 minutes late might be acceptable to one business while another might require a phone call or even disciplinary action. Either way, it is up to employers to set the atmosphere and be consistent with their expectations.

Lastly, a concern for many employers is the use of technology and personal devices in the workplace, such as social networking sites, cell phones and MP3 players.

As the world progresses with technology it seems to become increasingly present in our everyday lives. And as the line between work and home blurs, so does technology use in the workplace.

While most employees would agree that using company time for personal use, such as checking cell phones or updating Facebook, is out of the question, many times these two overlap. Many businesses now have Facebook fan pages for their loyal customers.

Cell phones with Internet and messaging capabilities allow employers and employees to quickly communicate with customers and clients. Employers and employees must work together to determine when use of cell phones and social networking sites are appropriate.

Some questions an employer should ask him or herself while considering this topic are:

Will using a device compromise employee safety?

How will this look to the public?

Will this affect productivity?

Are employees allowed to use their cell phones/MP3 players on breaks or should they be banned from the workplace entirely?

This is an important issue to consider as there are many sides and angles to explore. Technology is an important, evolving subject and introducing or modifying company policies will clarify questions surrounding this issue.

With clear rules and consistent enforcement, employees should understand their responsibilities and expectations. Mutual understanding and communication among employers and employees will lead to a happier and more efficient long-term business.

Most business owners and employees are people who are motivated and focused on success. Communication, time management, appropriate use of technology and other traits may not necessarily be present in employees or even employers. These qualities are gained through experience and training and must be taught and enforced in the workplace. ■

If you're a business owner and believe your business and employees can work more efficiently and effectively, KES has the resources and training expertise to assist you. Call (250) 428-5655 or visit the web site at www.kes.bc.ca for more information.



The Eye of the Storm

Story by:
Shifu Neil Ripski

Happy June! With the warm weather come many nights and days of practice and talks over tea.

These past couple of months I have been training a young man from the valley in my intensive full-time program. Five days a week for up to seven hours a day we practise and chat while resting over tea. Of late the conversation has become more and more internal as his level progresses and advances.

As I write this I am reminded about the discussion he and I had about the reality of training in the martial arts and what it really involves. You see, the martial arts have gotten a bad

rap over the past 50 or so years from movies and fighting competitions, making us all look like we are engaged in violence.

However, nothing could be further from the truth. Martial arts training, in my opinion, is only 10 per cent physical; the rest is in your mind and heart.

The study of our own bodies and minds is what we are engaged in, allowing us to learn who we are and work toward being valuable members of society. Training means looking at ourselves and our emotional responses to various situations. The calm and collected person is the one who ends up having the long and happy life.

Martial arts training is unique in its approach to looking at the human condition under special circumstances.

The leading cause of emotional upset is found in the interpretation of our interactions with other people.

We are lucky as martial artists that we can safely put ourselves in the most extreme of situations and invoke our raw emotional responses to them in order to understand who we are and how to become more emotionally stable and calm.

There is nothing more emotionally difficult than trying to deal with a physical attack on our person. True followers of the way look at this as a means of examining our responses and not as an opportunity to engage in violence. Look into the mirror of fear and try to find out who you are.

Have a great, calm and warm June, everyone. ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston. He can be reached at 250-866-5263 or a www.redjademartialarts.com



Tech Talk

Story by : Kitt Santano

Leaving it on or shutting it off?

Is it better to turn my computer off or leave it on all the time?

So, a question I get asked time and time again is not always such an easy answer.

In a society full of instant gratification, drive-throughs and instant microwavable dinners we are constantly expecting things to not only be quicker, but to shorten wait times significantly.

It is my experience that people tend to leave their computers running all the time as a convenience. Let's look at the disadvantages of such a behaviour.

The average computer consumes around 300 watts. Let's assume you use your computer for four hours a day, which leaves 20 hours it would be on, wasting energy.

In our area we pay around eight cents per kilowatt of energy. If so; the 20 hours would represent 48 cents per day, which calculates to \$175.20 per year! That is quite a lot of money for one computer (and most households have at least two).

Now I should mention that computers can go into sleep mode and can have power settings adjusted like turning your monitor off after a set period of time. Proper power management on your computer can help save you that hard-earned cash.

We could definitely save money on the power consumption of leaving a computer turned on. There are other

disadvantages to leaving a computer on that I would like to touch on.

Computers have physical fans spinning within them; their purpose is to create air flow that dissipates heat caused by the computer's internal electronics.

With this constant air flow, dust, dirt and possibly animal hair often get pulled into the computer and build up, causing heat and – depending on how bad – a harsh environment for your fans to perform in. Fans, over time, will fail, thus causing poor heat dissipation and possibly damaging your internal computer components.

I highly recommend you get your computer physically cleaned depending on how often you leave it on.

Hopefully this article enlightens all to think twice about leaving their computer or computers on for convenience and to put that money back in your pocket. ■

If you have any questions, please call Pro-to-Call Computer Services at (250) 428-5701



Story by: Maya Skalinska,
M.H., R.H.T

Medicine in your Garden

Gardening is a favourite hobby for many of us; for some it's a way of life. We nurture our plants in order to enjoy the fresh, nourishing meals we all love so much.

Besides the high mineral, vitamin and anti-oxidant contents all garden plants have, there are many common plants in your garden with powerful medicinal properties.

Here's a short list of my favourite medicinal plants popular in most gardens:

Cabbage improves digestion, alkalinizes the blood, stimulates the immune system, kills harmful bacteria and viruses, soothes ulcers and reduces the risk of cancer.

Chili peppers are antibacterial, improve circulation as well as stimulate the secretion of saliva and digestive acids, helping digestion.

Garlic reduces cholesterol, mildly lowers blood pressure, prevents hardening of arteries,

improves blood flow, acts as an immunomodulator, reduces blood glucose levels, is antifungal and antimicrobial and prevents stomach and colon cancer.

Parsley gently nurtures the kidneys, strengthens the nervous system and, when infused with raspberry leaves (ratio 1:1), makes an excellent formula for the first stage of a cold or flu, bladder infections or water retention.

Lemon balm is a calming and soothing herb; it aids in restlessness and anxiety, especially for women who are going through menopause or suffer from PMS.

Chamomile flowers are used to relieve gastric distress, cramps, diarrhea, and flatulence. Traditionally chamomile has also been used to treat anxiety and restlessness.

Fennel and peppermint are both excellent for indigestion, gas and bloating.



“We nurture our plants in order to enjoy the fresh, nourishing meals we all love so much”

I guarantee you there's an abundance of medicine growing in your garden, and encourage you to use your plants as food and medicine.

“Let food be thy medicine and medicine be thy food” – Hippocrates. ■

Maya Skalinska is a master herbalist and a registered herbal therapist offering iridology, pulse and tongue analysis, 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.

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Creston Valley RIPENING DATES

Berry Season	Vegetable Season
Strawberries.....June 10 to July 10	Asparagus May 1 to June 15
RaspberriesJuly 1 to 31	PeasJuly 1 to 31
BlackberriesJuly 10 to Aug. 10	Potatoes July 1 onwards
Blueberries.....July 25 to Aug. 20	Table CukesJuly 15 to Sept. 20
Fruit Season	Pickling CukesJuly 20 to Sept. 20
Cherries.....July 15 to Sept. 15	PeppersJuly 20 to Sept. 30
Apricots.....Aug. 5 to 15	TomatoesJuly 25 to Sept. 20
Peaches.....Aug. 10 to Sept. 20	Carrots..... Aug. 1 onwards
Plums.....Aug. 10 to Sept. 20	CornAug. 10 to Sept. 25
Summer Apples.....Aug. 15 to Sept. 20	Squash Aug. 15 onwards
Pears Sept. 5 to Dec. 31	
Apples..... Sept. 15 onwards	

**Please note all dates are approximate depending on the weather.*

2011 ripening dates courtesy of Pick of the Crop Market

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Out & About

Submitted by: www.crestonevents.ca

June 4

Creston Relay for Life

Canadian Cancer Society

Location: Millennium Park

10am to 10pm

Contact: Pat Chapman

Phone: 250-866-5564

www.cancer.ca/relay

June 4

Creston Valley Rotary

WineART & Tasting

A least 8 vineyards to taste, fabulous food, and art exhibition and sale.

Location: CDCC, Creston Room

7:30pm to 10:30pm

Contact: Ron Toyota

Phone: 250 428 2214

www.crestonvalleyrotary.ca

June 11

Creston Museum & Archives

Kids Day!

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For kids of all ages.

Location: Creston Museum

10am to 5pm

Contact: Tammy Hardwick

Phone: 250-428-9262

www.creston.museum.bc.ca

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June 12

Therapeutic Riding Program - Horse Show

Riders from the therapeutic riding program will be demonstrating their riding abilities.

Location: 849 Erickson Road

9am to 3pm

Contact: Michelle Whiteaway

Phone: 250-402-6793

www.cdscsl.com/trp.htm

June 17 to September 6

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Contact: Nora McDowell

Phone: 250-428-9391

jnmcdowell@kootenaywireless.com

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