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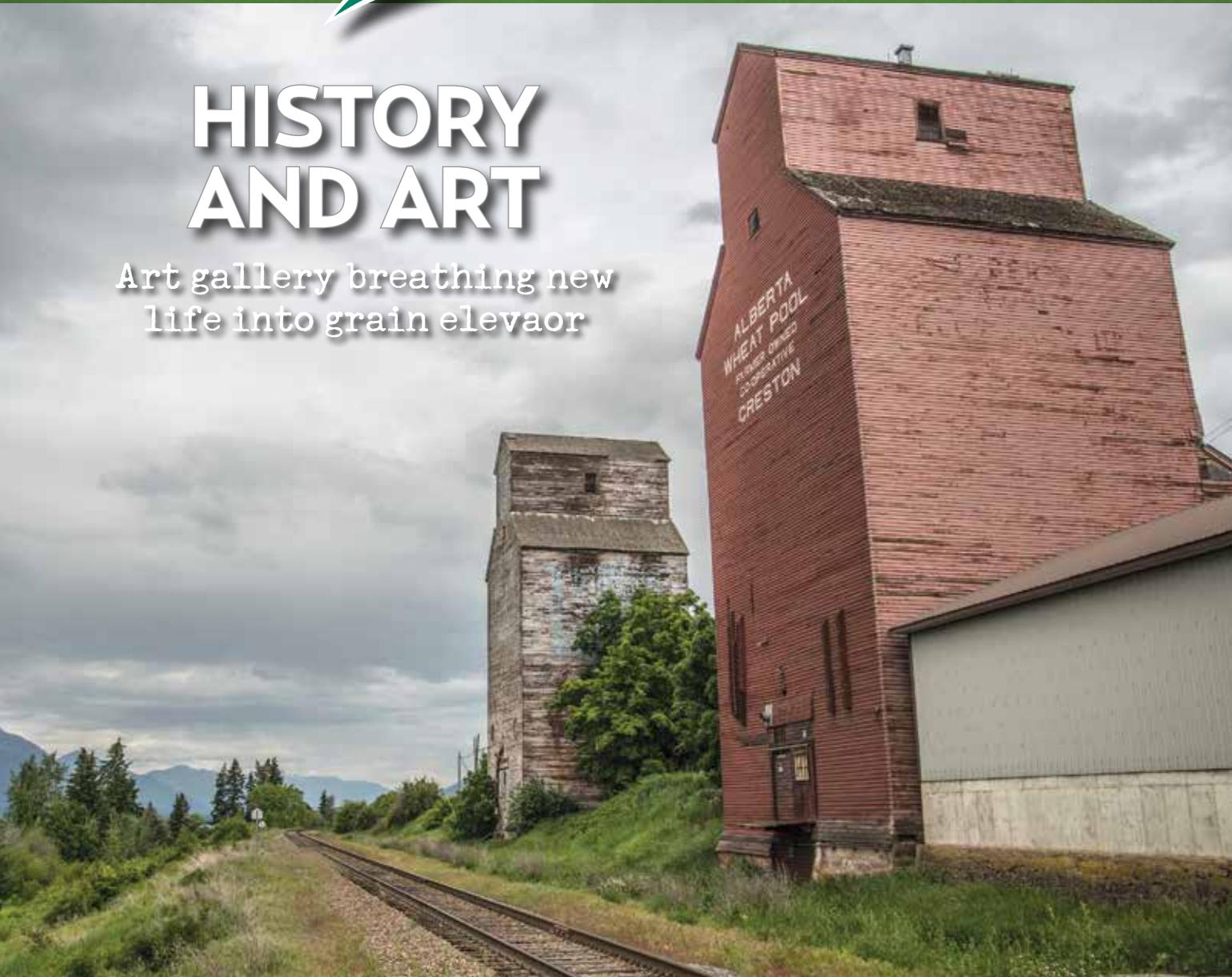
**Feature**

Second Kootenay Herb  
Conference coming to  
West Creston

Bringing the  
Creston Valley together!

# HISTORY AND ART

Art gallery breathing new  
life into grain elevaor



## HISTORY

Early days of Lister and  
its general store

## OUTDOORS

Western painted turtles  
laying eggs at CVWMA

## ARTS

Society bringing public  
art to valley

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Second Kootenay Herb Conference coming to West Creston.



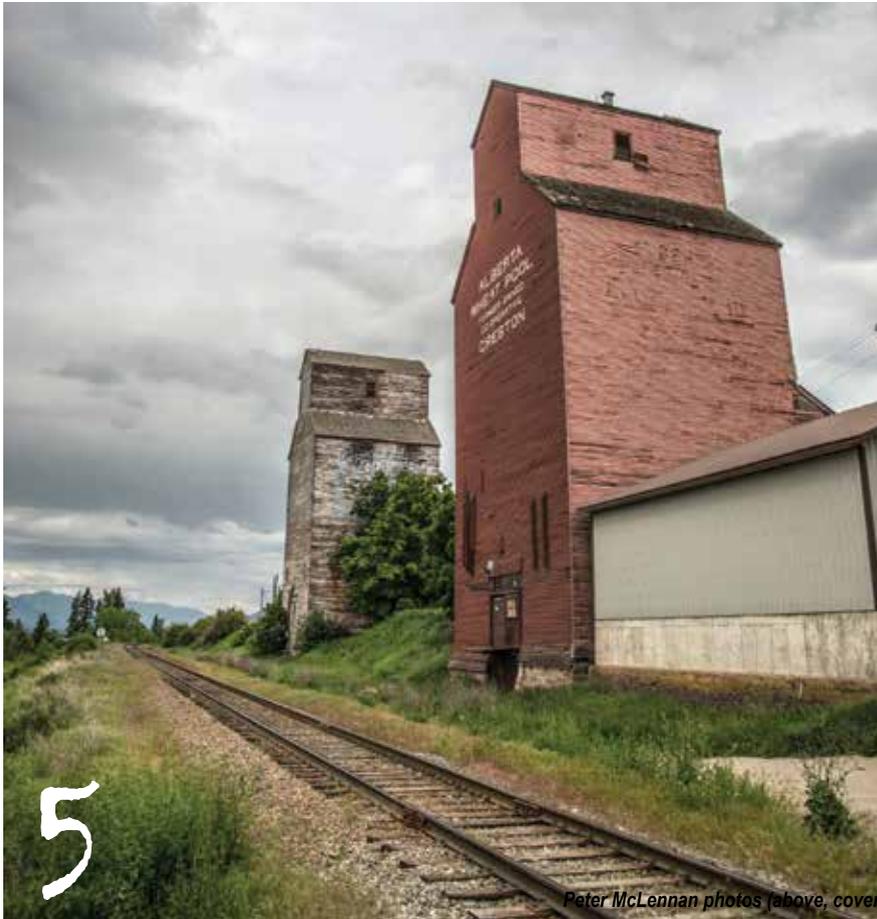
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## HISTORY

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*Peter McLennan photos (above, cover)*

## COVER: ELEVATOR AND ART

Owner Ray Gauthier has plans for downtown grain elevators, starting with Sandy Kunze opening an art gallery next to the red elevator.



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# Elevating Art

## CREATIVITY AND HISTORY COLLIDE

Story by: Naomi Larsen

Photos by: Peter McLennan

**F**or more than 80 decades, the Northwest Boulevard grain elevators have become somewhat of a historical icon and a reminder of Creston's long agricultural history. They are being given a breath of fresh air as a possible new home for the Kunze Gallery.

Elevator owner Ray Gauthier is hoping to renovate and remodel both structures as part of his plan to save the historic landmarks, and in partnership with Wynndel artists and gallery owners Sandy and Dirk Kunze, they thought, what better use that for an art gallery?

"So we've been in the process of trying to set everything up. It's a great idea and I really hope this works for them," Gauthier says.

But, he added, the process isn't simply cut and dried. He said both elevators must be completely rezoned from light industrial to commercial, which involves massive renovations and upgrading.

He says the Town of Creston has been supportive of the idea but they, too, must go through their due diligence.

"They have to make sure it's safe and sound and to code," Gauthier said.

As more land became available in the 1930s due to the diking of the Goat

River, wheat farming picked up pace and in 1935 the first elevator was built, followed by a second in 1936.

Back then more than 5,600 grain elevators were scattered throughout the prairies of Western Canada. Creston still remains home to two, while Dawson Creek still has one. Creston's neighbouring community of Wynndel's lone elevator was demolished in 2013.

Gauthier purchased the white elevator in 2000 and the red elevator in 2004 and has since spent a small fortune — approximately \$6,000 per year just in taxes — trying to keep them a part of Creston's skyline. He's hoping this

project is just what he needs to make it happen.

"I'm not awash in money," he admits, "so hopefully this will start to bring some money in and support itself."

"I think this is a win-win for the town."

The plan is for the Kunze Gallery to make its permanent home in the red elevator; however, until that building is renovated and up to code, the gallery will have a temporary home in the smaller metal building next door.

"The decommissioning of a grain elevator is different than your standard or average project," he said. "I've got to get a qualified architect or specialist building inspector. ... It's not going to happen overnight but we'd like to see something start up here soon."

Gauthier said the end goal is to have the gallery open for business sometime in June.

Artist and gallery owner Sandy Kunze said she's excited about the project.

She approached Gauthier with her idea several months ago, "and he was game. We're thrilled that he is on board but we didn't realize what was ahead of us."

Kunze admits she thought the process would be a bit easier than what it is, but they're plugging along.

"We believe it's a perfect setting for art," she says. "It's a unique place."

Kunze said she and her husband got the idea during a visit to Los Angeles in the spring.

"We visited the Old Mill District in the old industrial area of L.A.," she says.

"Because of all the empty buildings, they just gave it over to artists and the artists began having their studios in certain spaces, and it evolved into galleries and now it's a really trendy little area.

"That's where it all started."

Kunze said the one gallery that struck her fancy the most and seeded her idea for the elevator was the Hauser Wirth and Schimmel gallery, which is located in a restored flourmill.

"They haven't really renovated but they've taken and restored it and re-appropriated the space," Kunze says. "I think the beauty of the grain elevator as is is what we really want to keep."

Kunze toured the red elevator a few months ago and decided that was the same idea they would like to embrace:



keep the history and re-appropriate the space.

“You don’t see construction like that nowadays,” she says. “That’s where it will bring in a unique experience for people to view art.”

Kunze said her gallery shows seven or so different artists, “and I think their work will display really, really nicely. It’s more of an earthy feel. We have some clay art, glass art, weaving and painting and sculpture.”

Kunze also mentioned a possible partnership with the Creston Museum to offer tours of the building, as well.

“If we can pull this off we’ll be really happy,” she said.

In the meantime, during the upcoming renovations, Gauthier says there is quite a bit of grain remaining in the red elevator building.

“There’s grain in some of the bins and down in the pit,” he says. “I’ve got to get a vacuum truck or something — there’s lots of it, truckloads of it.”

Gauthier said he’s willing to give the grain away to anyone who may need it.

“Come and get it,” he says, with a laugh.

In 2007, Ottawa-based Canadian Heritage Foundation put the elevators on its top 10 list of endangered buildings in Canada. It joins such landmarks as Nova Scotia’s Seal Island Lighthouse, Vancouver’s Vogue Theatre and Toronto’s Riverdale Hospital on the list.

“I’d really like to see the elevators stay,” Gauthier says. “It would be shame to see them torn down.”

Eventually, Gauthier said he would also like to give the neighbouring white elevator a complete rebuild, as well.

“But that’s in the future.” ■

Grain elevator owner Ray Gauthier and artist Sandy Kunze inside the red grain elevator.



# Herb Conference Celebrating Tradition

Story by: Naomi Larsen

**T**ilia Botanicals and the Creston Valley Herb Gathering Society have announced they are once again hosting the Kootenay Herb Conference July 8-11.

This year's theme is "Herbs: A Part of Everyday Life", celebrating the centuries-old tradition of using herbs as food and medicine.

According to the organization's website, the Creston Valley is home to organic dairies, rich orchards and other businesses that foster the spirit of plant medicine, and given the abundant local plant life, agricultural communities and knowledgeable practitioners, the Kootenay region is an ideal place to celebrate all things herbal.

Conference organizer Rachel Beck, who teaches the herbal medicine program at the College of the Rockies, says the conference is the second of its kind in Creston and builds on the amazing success of the 2014 gathering

where more than 100 people shared in the opportunity to meet and learn about herbs and native plants with people from across Canada and the U.S. This year, she says, they are expecting upwards of 150 attendees.

"The conference is geared towards herbal healthcare practitioners but it is also geared towards the public," Beck says. "We have talks that range from the very basics for beginners who are interested in herbs to those who are actually doing it as a career. But the whole basis is to celebrate herbs and indigenous plants and their capacity for use whether it be culinary, medicinal or just a part of your garden."

Beck says attendees can take part in a number of workshops, covering topics that include harvesting in the wild, growing herbs, aromatherapy, cooking with herbs and, of course, the use of herbs to address specific health concerns.

This year's conference also features a

range of amazing speakers including keynote presenter Pat Crocker, an award winning author whose books have sold over 1.25 million copies.

"For her to come here is really cool," says Beck.

Beck says Crocker specializes in culinary herbalism, which involves cooking with herbs but also creating medicinal recipes and herb blends.

"She's won just about all the awards there are in herbalism," Beck says. "She has contributed so much in terms of her knowledge and skills to the industry."

The lineup includes other internationally known presenters including Dr. Marisa Marciano, Bev Maya, Connie Kehler, Jazz Mattu, James Christianson and many more.

Beck says there will also be group panel discussions with some of the presenters, and full-day intensive workshops on July 11 following the main conference.



“In addition to these informative sessions, the conference will also feature vendors and entertainment, and a kid zone where youngsters aged four to 12 can be engaged in herb-related activities and guided nature walks,” she says.

The event is again being held at West Creston Community Hall, a location Beck says is a perfect location and borders on the Creston Valley Wildlife Management Area’s 17,000-hectare property.

“Because it’s right on the river, it’s just gorgeous and very secluded,” she said. “You feel like you’re away from the whole world but only seven minutes from town. It’s such a nice place to be.”

Meals for the weekend will incorporate locally grown foods, highlighting the amazing range of organic and naturally grown items available in the Kootenays. ■

To learn more about the conference or to register, visit [www.kootenayherbconference.com](http://www.kootenayherbconference.com), call 1-866-740-2687 or email [khcontact@gmail.com](mailto:khcontact@gmail.com). The Creston Valley Herb Gathering Society was formed in 2013, specifically to host the conference.



**Submitted photos**  
Above: Participants learning about edible herbs. Left: Participants on a herb walk.



## From the Mayor's Desk

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

### BC Mayors' Caucus

I am often asked, "do you enjoy being the mayor?" The answer is always a resounding yes. The challenges of the role are many, but the ability to serve my community in this capacity is truly one of the most rewarding (as well as one of the most memorable) things I've taken on in my professional career. One of the features I love most about serving as mayor for the Town of Creston is that you never know what new adventure or challenge is lying just around the corner.

My recent trip to attend the BC Mayors' Caucus meetings in Fort St. John last month was no exception. The devastation in Fort McMurray was top of mind for everyone, and fires around Fort St. John reminded us that everyone is susceptible to this kind of tragedy. Originally, part of

our agenda for the caucus was a flight to Fort McMurray to tour the oilsands projects — a tour that was cancelled for obvious reasons. Our thoughts and prayers remain with all those impacted by the devastating fires.

With an amended agenda, 30 mayors toured nine facilities in and around Fort St. John, including the BC Hydro Site C project. It was a long day that kept us busy touring for 12 hours. Highlights included:

- BC Oil and Gas Commission facility: Created in 1947, it monitors over 40,000 kms of pipelines in B.C., and catalogues and document every well drilling permit;
- Encana Water Resource Hub facility: Built in 2013 to extract saline water (not surface or aquifer water) for hydraulic

fracturing and continual recycling — an impressive facility costing \$100 million;

- Enbridge Tupper West Gas Plant: Produces natural gas with 22 employees;
- Tourmaline Oil Corp active hydraulic fracturing site: Five wells drilled and being prepared to deliver natural gas and rich liquids. Point of interest: Northern Mat and Bridge in Erickson may provide "wood mats" to this project;
- Encana Sunset Prairie Lodge: Accommodates up to 1,250 employees.
- Encana Tower Sweet Natural Gas Plant: Under construction, and \$860 million project.
- Pump jack wells in production: 16 wells built in 2013 and 2015;
- Tervita South Taylor facility: Built to handle contaminated drill muds and completion fluids for proper environmental decommissioning; and
- BC Hydro Site C tour: An \$8.3 billion project by BC Hydro for a large-scale earth fill hydroelectric dam on the Peace River. The site is downstream from the existing W.A.C. Bennett and Peace Canyon dams.

After spending three days in the Fort St. John area, I have a much better understanding and appreciation of how the province of British Columbia is providing for our future, while mitigating environmental impacts. Major corporations are investing in our natural resources to maintain economic prosperity for themselves and all British Columbians. Being able to tour Fort St. John and surrounding area in person has allowed me to expand my personal understanding of development in the north and reaffirms why I am so proud of being a citizen of British Columbia and Canada. For me, my participation in the BC Mayors' Caucus has shed light on both mainstream media and social media reports on happenings in the north. ■

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



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## Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

# Stronger through Partnerships

**K**i'suk kyukyit (greetings).

Partnerships both personal and professional require trust, time, and effort. As a First Nation, I have witnessed that operating in isolation is not productive nor is it healthy. Our leadership team has tried our best to work toward building bridges and not walls with the Creston Valley. The Lower Kootenay Band (LKB) has built a positive working relationship with the Town of Creston through the Community to Community (C2C) initiative. We have met as two leadership groups discussing opportunities. Should there be problems, we discuss solutions.

The beautiful Creston Valley is known as an agriculture community. With the majority of the LKB reserve lands being agricultural, we have been working toward sustenance for our community. The LKB has formed partnerships with various individuals who have been teaching us the ins and outs of such things as how to manage a cherry orchard. Harvesting cherries takes time and energy. Having

a partnership in a cherry orchard strengthens our ties to the Creston Valley. Harvesting cherries can provide employment to LKB members, as well as experienced pickers. Harvesting cherries is harvesting food. Having access to healthy food is something that should be cherished.

We have created a partnership with raising and grazing cattle, so that cattle will at some point in the future be a healthy meal for the LKB community. That cattle could be sold and generate a small profit for the LKB. The LKB has a small population but has high numbers of people living with diabetes. Creating opportunity for healthy food is a priority.

Although there isn't a significant profit for honey, we have a partnership with an individual where we receive natural honey. It is amazing what food tastes like without preservatives. I have observed meats and produce in a grocery store and there is something that appears very unnatural. Growing up harvesting wild game, I don't

recall meat looking that red. The produce has a different taste. Do we really know what preservatives or additives are in our store-bought food?

Other economic development initiatives include a logging partnership, Ainsworth Hot Springs Resort, a partnership in St. Eugene's Resort, land leases to farmers and a lease to Hidden Valley Wood Fibre. With the many myths and stereotypes in the society of First Nations, we wish to dispel those views by having our actions speak loud and clear for our community. Although we are not quite there yet, our goal is to one day be self-sufficient with our own source revenue. The Indian Act is an outdated and racist legislation that one day I hope that we can retire forever.

Until that day, we will strive for bigger and better things. By establishing these community partnerships, we become a stronger community. We become a better society as a whole. We have an opportunity to make positive history. An opportunity for a better Creston. An opportunity for a better Canada — a better Canada for your children, our children, and those unborn. Understand and live kindness as a virtue and we will all have a better life. **Taxas. ■**

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or online at [www.lowerkootenay.com](http://www.lowerkootenay.com).

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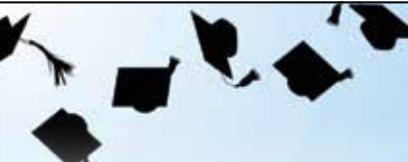
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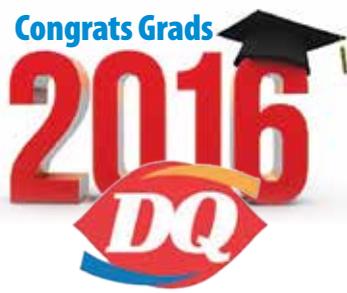
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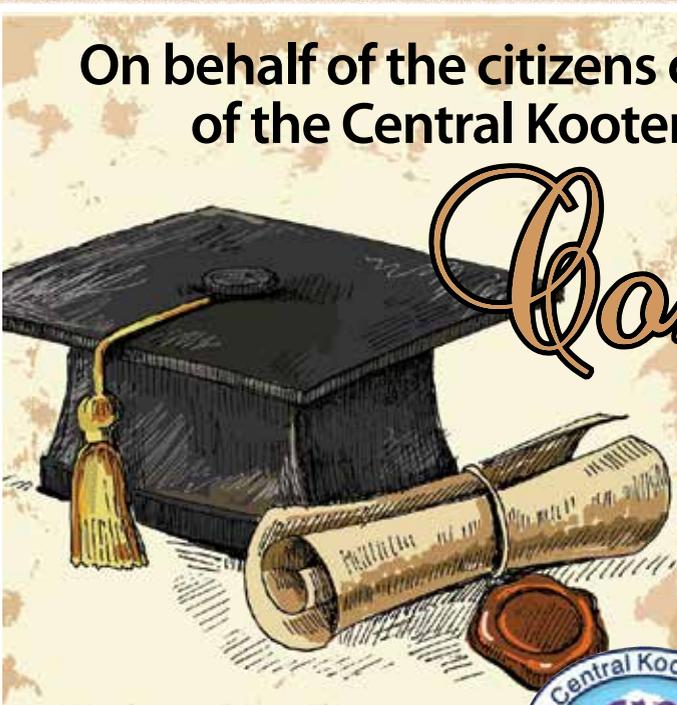


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**Tanya Wall**  
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**Larry Binks**  
Regional Director, Area C



Story by: Tammy  
Hardwick

Manager - Creston  
& District Museum  
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# Early History of Lister and Store

**Y**ou've probably heard me comment that the little tidbits of news in the Local and Personal columns of the old newspapers can be completely baffling. Here's a prime example, from the Lister notes of the Creston Review of May 20, 1921.

First: "The four-day closing out sale [of the Lister store] conducted by S.A. Speers, who purchased the company store stock, was a splendid success for all concerned."

Two paragraphs further down the page was this one: "Definite action was taken on Tuesday night in the matter of reopening a general store at Lister."

Wow. In one breath, the newspaper reports that the store in Lister is closing. In the next breath, it's opening again. What exactly was going on with the Lister store in the spring of 1921?

Lister was established in June 1919 as a settlement for approximately 90 soldiers returning from the Great War. About 7,000 acres of logged-off land were purchased, divided up into 20-acre lots, and sold to the soldiers. Five acres of each lot were cleared, with the rest to be done by the

settlers themselves. Until the clearing was done, the settlers with families lived in "Snake Alley" — a cluster of small shacks near the camp headquarters. There were a cookhouse and a communal dining room, and bunkhouses for the single men. Office staff included an accountant and an assistant, as well as superintendent Col. Fred Lister, who were kept busy with all the administrative details involved. All of this was organised by the Land Settlement Board (LSB), a division of the provincial department of agriculture.

The LSB established a sawmill in the community, and a school. It assisted the settlers in acquiring farm equipment, livestock and even fruit trees. It was responsible for establishing a store, under the management of William Mitchell. This store is referred to variously as the "Lister store," the "camp store," and the "company store", with "company" in this case undoubtedly referring to the LSB.

By the beginning of 1920, the community of Lister (Camp Lister, as it was called back then) was an established fact. Weekly newspaper columns detail the progress of the community, its farms and industries, its social activities and organizations. There are fairly regular reports of mishaps mixed in with the good

news: injuries and illnesses suffered by residents, sudden resignations of schoolteachers and this amusing anecdote from October 1920:

"This week Vinc. Liddicoatt drove into camp with a Ford car and the destruction of dogs, poultry, etc., he accomplished on his initial trip through the settlement is largely responsible for the rush for accident insurance."

But the reports of positive progress and day-to-day life could not conceal the fact that all was not smooth sailing for the new community. Very soon, conflicts began to arise between the settlers and the LSB. Much of this stemmed from the costs that the LSB passed on to the settlers: the purchase price of the land (paid at \$30-\$35 per acre by the LSB, but charged to settlers at \$60), the interest rates charged on the land purchase price (somewhat higher than originally stated) and the additional charges for clearing the original five acres, for part of the costs of the livestock, trees and equipment, etc. I have never seen an original agreement between the LSB and a settler, so I can't say whether all of this had been clearly spelled out — but newspaper snippets and other documents make it obvious that these costs were considerably higher than the settlers had understood when they moved into the community.

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The settlers were trying to pay all of these costs on land that was not yet producing crops — and therefore not generating an income. Most settlers were subsisting on the yields of small vegetable plots, a few chickens, maybe a pig or cow.

To make matters worse, there was no irrigation in the community. In dry years, settlers had no option but to lug water by the bucketful from creeks. According to original settler and historian John Bird, one day Mrs. Sinclair had taken her cattle to the creek for water and was returning home when she was met by B.C. premier John Oliver, who was paying a visit to the community. He commented, “While you are doing that, you will never be out of a job.” Apparently the remark did not go over well — it certainly didn’t show much sympathy for the struggles of the young community.

At the same time, it looks like the LSB was pulling back from its active management of the community. In October 1920, the newspaper reported that the LSB had discontinued its freight and passenger service between Lister and Creston. Four months later, the Review declared, “It is definitely announced that the Lister store will be offered for sale by tender some time next month.”

The newspapers have nothing to say as to why, but John Bird states that it was closed because it was interfering with private business in Creston. It would be nice to have more details on that! Was the Lister store able to offer lower prices than stores in Creston? Were people from Creston and Erickson travelling to Lister for their weekly shopping as a result? Were storekeepers in Creston complaining, or was that merely offered as an excuse by the LSB, if it was trying to back away from the community? I can find no hint of any of this in the documents available to me — but if I ever do find the answers, you can be sure there’ll be another article coming your way. It must have been yet another blow to the Lister residents, facing such a long



*Creston Museum photo*  
The Lister Trading and Supply Co. in 1921.

list of challenges and then finding that both their access to daily necessities and their link to the broader Creston Valley were being cut off. They responded promptly, though, to both. As soon as the discontinuation of the transportation service was announced, a private company, the Lister Transportation and Traction Company, was formed, bought a Chevy truck, and provided service between Lister and Creston. And, within a few days of the announcement that the store was closing, efforts were being made to raise capital and operate the store as a co-operative venture.

Those efforts worked. Lister Trading and Supply Co. was incorporated in the spring of 1921, with William Mitchell returning as manager. He was succeeded by A.R. Bernard, and in October 1922 John Bird took over the management, running the store — and eventually acquiring full control of it — until 1949. He sold it to the Creston Valley Co-operative Association, which ran it for five more years. It was then permanently closed, as another store, the Lister Mercantile, had been established by the Huscroft brothers. ■

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# Maintain Balance with Wild Neighbours

Submitted by: WildsafeBC

Spring has sprung in the Creston Valley, and with the warmer day comes the awakening of many animals, including bears, that have spent the winter months hibernating. With nature on our doorstep it is important to maintain balance with our wild neighbours.

WildSafeBC community co-ordinator Trish Drinkle is back for another season helping the community reduce human and wildlife conflict. WildSafeBC, an initiative of the British Columbia Conservation Foundation, is a program designed to reduce human-wildlife conflict through education, innovation and co-operation.

"I am excited to work as the community co-ordinator for the Selkirk Purcell area again this season," she says. "The residents of the Creston Valley have

really embraced the idea of attractant management and work hard to reduce human wildlife conflict."

Attractant management is the key to maintaining balance and harmony with our wild neighbours. Food attractants include garbage, bird feeders, compost, leftover pet food and livestock. Some unknowingly attract animals, such as bear and deer, into their yards by leaving such food attractants unsecured where wild animals can access them.

Bears are of particular concern, so residents and commercial businesses are asked to lock up garbage where it can not be accessed by wildlife.

Ensure all garbage bins are closed and locked. Birdfeeders are a much sought after delicacy, so while bears are in their hungry calorie-seeking

mode, it is wise to remove birdfeeders from yards. Once a bear has become habituated, or so used to humans that they no longer try to avoid them, it is hard to salvage the situation. A fed bear is a dead bear, unfortunately, as they will continue to seek garbage and other human-created food attractants even if they become relocated.

Drinkle will be hosting several presentations, dealing directly door-to-door with residents and hosting several school presentations throughout the season. Residents are encouraged to reach out to Drinkle should they have concerns or questions relating to human wildlife conflict. ■

Drinkle's office is at 1525 Northwest Blvd. or she can be reached at 250-402-3179 or [trish@wildsafebc.com](mailto:trish@wildsafebc.com). For more information on how to live, work, play and grow with our wild neighbours, visit [www.wildsafebc.com](http://www.wildsafebc.com).

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# FATHER'S DAY

"He never loses patience, never doubts or complains, but always hopes, and works and waits so cheerfully that one is ashamed to do otherwise before him." — **Louisa May Alcott**, Little Women

"He promised us that everything would be okay. I was a child, but I knew that everything would not be okay. That did not make my father a liar. It made him my father." — **Jonathan Safran Foer**, Extremely Loud and Incredibly Close

"An almost perfect relationship with his father was the earthly root of all his wisdom." — **C.S. Lewis**, Phantastes

"A father is the one friend upon whom we can always rely. In the hour of need, when all else fails, we remember him upon whose knees we sat when children, and who soothed our sorrows; and even though he may be unable to assist us, his mere presence serves to comfort and strengthen us." — **Émile Gaboriau**, File No. 113



# Egg Laying Time for Painted Turtles

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 May and 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.

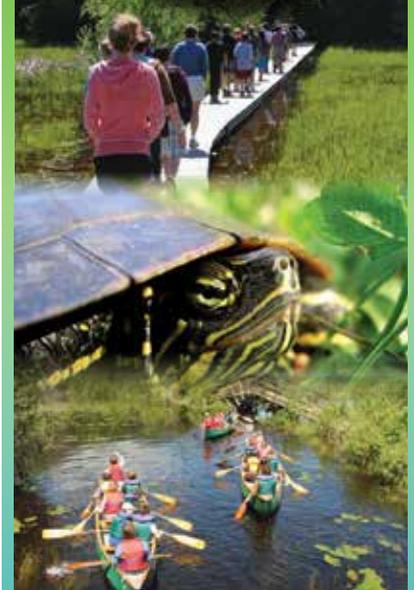
The nesting process takes about one hour. The female then abandons the eggs. The eggs hatch in about 10 to 11 weeks but most of the young will stay in the nest and overwinter there, returning to the ponds the next spring.

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. ■

Questions? Feel free to call 250-402-6900 (Admin) or 250-402-6908 (Wildlife Centre), email [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca) or visit [www.crestonwildlife.ca](http://www.crestonwildlife.ca).

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[www.crestonwildlife.ca](http://www.crestonwildlife.ca)



# Plan Ahead for Travel Insurance in the Summer

Story by: Shelagh Redecopp

Travel Insurance Broker, Safe Travels

**T**his time of the year I remind people to make sure they have a flexible travel insurance plan in place. With great weather, people make last-minute plans to leave on a trip and realize after they've crossed the border, that they didn't buy travel insurance.

There are more ways than one to have this last-minute flexibility. Here are some ideas:

**Annual Plans:** Actually called "multi-trip" annual plans, this travel insurance plan type is in effect for an entire year and there is no limit to the number of trips you can take outside your province of residence. You choose a set number of days for your maximum trip length (15 and 30-day plans are popular). The great thing is you don't need to let anyone know you're going and it goes into

effect automatically the moment you leave your province of residence. So you never end up without coverage by mistake.

**Summer Holiday Plans:** A newer concept and currently offered by at least one Canadian insurer, a summer holiday plan caters to those who may have a variety of trip lengths in mind or a couple long trips and who don't want to have to add days to an annual plan. It is also excellent for families whose members might all be going in different directions during the summer. A summer plan allows for unlimited travel anywhere in the world outside your province of residence during the months of June, July and August. Like most annual plans on the market, family members do not need to travel together to be covered. The icing on the cake is that this type of plan

extremely affordable.

**Canada Plans:** Do you need coverage if you are travelling outside B.C. but staying within Canadian borders? While most provinces/territories have reciprocal agreements that allow for direct billing to the home province for necessary medical services, there are costs associated with a medical emergency that are not generally covered by GHIP that are taken care of through your travel insurance. Ambulance services, evacuation/return home, vehicle return, out-of-pocket expenses like meals and accommodation and the list goes on. A Canada plan is very affordable and traditionally covers all pre-existing medical conditions.

If you're headed out of province this summer, talk to a broker and see what plan suits you.

Safe travels! ■



Call Shelagh, Travel Insurance broker at Safe Travels for details.  
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Take as many trips as you want outside BC, anywhere in the world, between June 1 and September 6 and be covered for medical emergencies: one policy covers the whole season.

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Shelagh Redecopp is a Travel Insurance Broker for Safe Travels, specializing in snowbird travel and medical insurance.

She can be reached at 250-581-0058 or shelagh@yoursafetravels.ca.



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# Achieving Hormone Balance

Submitted by: Vital Health

There are many reasons to ensure a healthy hormonal system as we age: promoting healthy menstruation, heart and bone health, minimizing cancer risk and to help deal with transitions such as menopause.

The liver is an important part of hormonal metabolism. All steroid hormones (cortisol, estrogen, etc.) are converted and metabolized into different forms by the liver. One of the most confusing parts of hormonal health is that many hormones exist in the body in various forms. Estrogens exist in the body in three different primary forms, estrone (E1), 17 beta-estradiol (E2) and 16 alpha-estradiol (E3). The liver's job is to further convert these primary forms into secondary compounds, which can have powerful effects on cancer risk and hormone imbalance.

Cruciferous vegetables have shown the most powerful impact on hormones as they contain a group of natural compounds called glucosinolates that support liver detoxification and hormone elimination pathways.

## Sulphoraphane (SGS) — The Broccoli Extract

Sulphoraphane is one of the most promising glucosinolates with potential hormonal balancing activity and a unique ability to stimulate the phase 2 liver detoxification system. It's quite easy to stimulate phase 1 detoxification (done by many herbs and B vitamins) but much more difficult to activate the very important phase 2 detox pathway. Phase 2 is the final stage for the elimination of harmful compounds, detoxification products and excess estrogens, which cause symptoms of hormonal imbalance.

Sulforaphane has an impressive range of anti-cancer activity, including stimulation of cancer cell suicide, preventing replication, reduction of tumor spread and the inhibition of blood supply to cancer cells. Perhaps the most exciting recently discovered action is that it may actually inhibit breast cancer stem cells, which are responsible for continued tumor growth and disease relapse. Another promising anti-cancer effect is the ability of sulforaphane to reduce inflammation right at the genetic level by stimulating a control protein called nuclear factor 2.

Estro Adapt from AOR is a complete female hormonal support formula that contains a therapeutic amount of sulforaphane designed to address:

- Detoxification (toxins, carcinogens and excess estrogens);
- Reduce risk of breast and cervical cancers;
- Support liver to manage the levels of "good" vs. "bad" estrogens; and
- Promote healthy menstruation and support menopausal symptoms.

## Hops Extract — Not Just in Beer

Recent research has shown the hops plant to provide immense benefits with respect to hormonal health. The name of this compound is 8-prenylnaringenin (8PN) and it is deemed to be the most estrogenic of the phytoestrogens (plant based forms) on the market. Phytoestrogens are beneficial when estrogen is either too high or too low and its effects are similar to those of estradiol (an active form of body estrogen). 8PN has shown benefit in osteoporosis, heart disease, breast cancer and menopausal symptoms.

Lifenol's hops extract is a standardized extract that has been researched in numerous clinical trials to contain an therapeutic level of 8PN. It is found both in AOR's Estro Adapt and Fem Adapt, which is a complete menopausal support formula.

These natural compounds assist us in achieving optimum hormonal health, improving liver function, reducing cancer risk and balancing your hormones. ■

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# Mission: Public Art Throughout the Valley

Submitted by: Creston Valley Public Arts Connection Society

A small group of Creston area artists and art advocates has formed a new society to increase and promote the presence of artwork throughout the Creston Valley.

The Creston Valley Public Arts Connection Society will work with the Town of Creston and RDCK Areas A, B and C in an effort to make the arts more visible in Creston Valley and to boost its profile as an arts and culture community. It is hoped this initiative will benefit the business community and boost tourism. Funding will be pursued through government grants, fundraising and donations.

The Creston Valley Public Arts Connection Society board is a diverse group of people with the mission to have more art on display throughout the Creston Valley to increase artistic interest. Members are Tanya Wall, RDCK Area B director (president), Joanna Wilson, Creston town councillor (vice-president), Bruce Johnston, art advocate (treasurer/secretary), Sandy Kunze, artist (director), Maggie Leal-Valias, artist (director), and Kris Dickeson, journalist (director).



Photo Submitted

Creston Valley Public Arts Connection Society members (from left) Bruce Johnston, Sandy Kunze, Tanya Wall, Joanna Wilson and Kris Dickeson with "Bad Hair Day". Below: "Zodiac Totem".

The Creston Valley Public Arts Connection Society's first project is a collaboration with the Castlegar SculptureWalk. Thanks to sponsored funding from the Town of Creston, RDCK Area B and RDCK Area C, three sculptures have been leased for one year as part of the Castlegar SculptureWalk's initiative to expand its annual sculpture walk into a more regional project. The cities of Nelson and Rossland have been participating for several years.

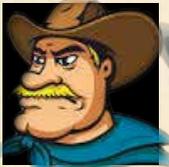
"Bad Hair Day" by Jerry McKellar and "Zodiac Totem" by Pokey Park were installed along Canyon Street in early April, and "30 Birds (2)" by Zohreh Vahidifard was placed at the Creston Valley Chamber of Commerce building May 12.

"The Creston Valley has made a huge stride forward for arts in our community," says Wall. ■



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# Ag Aware

Story by: Randy Meyer,  
Creston Valley Agriculture Society

The spring weather we've had this year has had so much of an impact on our local agriculture crops. With the much warmer than average temperatures in April and May, crops of all kinds grew, bloomed and matured much earlier than normal. For some this has been a good situation. For others we are still waiting to see how it will play out. The extra early bloom on fruit trees raised concerns that a late frost would do severe damage. That didn't happen and the fruit crops continued along ahead of schedule. As the fruit heads for early maturity, finding enough pickers earlier than usual may be a concern yet, especially for the cherry harvest. Strawberries are and were earlier as well.

After a super dry year last year and a very short hay crop, growers of the many acres of alfalfa and grass crops in the valley are also hoping for a better year this year. Moisture reserves from the winter and early spring got this crop off to a good start. As with other crops, the extra early warmth has pushed the crop ahead, as well. At the time of writing, the alfalfa growth is good and the grasses are "heading out" early so these crops will need to be harvested much sooner than usual to make the best quality feed. The deciding factor will now be our June weather. June is typically one of our wetter months, with frequent thunderstorms and rainy days. The good hay crop potential could still deteriorate if the June rains settle in for any length of time. The hay and grass crops are an important part of our local agriculture economy, supplying feed for many beef, dairy, horse and sheep producers in the area. Here's hoping the sunny, warm weather dominates in June too.

One of the big effects of the good weather pushing the crops ahead has been the "compression of time". All the growing season jobs and procedures required in

any crop have had to be accomplished in much less time, up to three weeks for some crops. To say the least, it has been a very hectic spring for many producers!

June is also National Dairy Month. Promotion of the dairy industry and awareness of all the good dairy products is a Canada-wide event, mainly focusing on school milk programs and education of the health benefits of milk and milk products. You can browse the B.C. and Canadian dairy association websites for information, facts and even recipes. We currently have eight family dairies operating in our valley. They are not huge in size, but do produce many thousand litres of milk, crop many acres of land, provide a good number of

local jobs and are an important part of the local economy.

As we move forward into summer, all that has been set into motion throughout the spring will play out. No matter how our chosen crops turn out, good or bad, farmers always find a way to make it through. They carry on producing food for all of us.

Take time to visit and support our local growers through the summer at the weekly Creston Valley Farmers' Market on Saturday mornings. There is a large variety of goods available for everyone. Lastly, as you travel around our valley be aware of tractors and equipment sharing the roads with you. ■

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Dara Greenberg, the senior merchant for grills at The Home Depot Canada shares her go-to cleaning tips to get the most out of your barbecue all summer long.

### Give it a good wipe down

Clean the exterior with soapy water to remove any build up that can occur from sitting outside. Try to do this every couple of weeks to help remove any dust and

residue sitting loose on your grill.

### Choose your weapon wisely

When cleaning inside, traditional brushes with bristles work well for porcelain enamel-coated grates, whereas grillstone blocks or a warm cloth with soapy water are good for stainless steel grates. Not familiar with grillstone blocks? When you rub these back and forth, the shape of the block will conform to the grates to make access to narrow areas easy.

### Turn it up before turning off

Make your clean-up process easy by

increasing the heat after cooking. Close the grill and set the control on high for 10 minutes. The extreme temperature will burn off any remaining food items like cheese or chicken and the charred remnants will be easier to remove.

### No one likes a party crasher

Gas pipes are notorious for housing spiders and getting logged with spider webs which can affect the level of gas getting to your burners over time. Once you've made sure that the propane tank is turned off, use a pipe cleaner to remove anything that may be stuck.

Taking care of your grill will help it to function better and longer so that all your barbecues are masterful.

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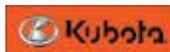
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