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From the Editor



BRIAN LAWRENCE

It appears winter may finally be behind us, but that doesn't mean winter sports are quite over — the Creston Valley Thunder Cats are hosting the Cyclone Taylor Cup April 6-9, giving them a chance to compete with B.C.'s best Junior B teams.

It's been interesting to follow the roller coaster over the years, groaning as the Thunder Cats dropped into dismal losing streaks and feeling a surge of pride as they climbed to the top of their division, the latter of which they did again this year. They didn't make it beyond the second round of

the playoffs, though, but they've been working all season toward the Cyclone Taylor competition, which turned out to be quite the smashing consolation prize. They definitely deserve to have the community cheering them on!

Just as the community is pulling together to support the Thunder Cats, we're bound to notice our differences creeping into everyday conversation over the next month or so, as the 2017 provincial election draws closer. None of us can ever expect to fully agree with others when it comes to politics, but it's always interesting to hear other points of view. To give you some conversational fodder, this month's issue features a Q&A with the four candidates running in the Nelson-Creston riding.

Of course, there's a lot more to check out in this month's issue! With this month marking 100 years since the Battle of Vimy Ridge, Creston Museum

manager Tammy Bradford has written a spectacular overview of the battle, and the part Creston's young men played in it. She even included a clipping from the *Creston Review* with a personal account of the events!

On the arts and entertainment side of things, A Full Plate fills us in on what happened at the recent Box Project art show, a followup to last year's popular call-and-response event created by Alison Masters and Gary Deatherage. It's part of what will likely be a full year of art-agriculture pairings — a perfect combination for the valley we live in.

And while we're on the subject of entertainment, be sure to read up on Focus on Youth, which celebrates youth performance for the 31st time. The concert series is always a treat, so be sure to see at least one!

There's much more inside, too, and I hope you enjoy flipping through! ■

INSIDE

FEATURES: HOCKEY

5

Thunder Cats hosting B.C.'s Junior B championship tournament.

Cover photo: Jeff Banman Photography

ELECTION

33

Learn about the four candidates running in the Nelson-Creston riding in the May 9 provincial election.

DEPARTMENTS

- 8 Town Hall
- 9 Lower Kootenay
- 10 History
- 13 Sports
- 16 Entertainment
- 19 Agriculture
- 20 Outdoors
- 22 Finance
- 23 Wellness
- 33 Election



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OPEN BURNING

April is here and now is
the time to obtain a permit

Please keep in mind that there are regulations set out in the Town of Creston Fire Services Bylaw no. 1774 when burning outdoors.

These regulations have been adopted to enhance the health and safety of our community and for the consideration of our neighbours when burning outdoors.

Violations can result in large fines and permits for open air burning may not be issued for a property where violations of the open burning regulations have occurred or to a person who has not adhered to those regulations.

Below are some of the requirements to be aware of:

- Open air (outdoor) burning is only permitted during the months of April and October and only where authorized by a permit issued by the Fire Chief under the Town's bylaw.
- A permit is not required for cooking fires contained within a barbecue or fire pit having a surface area not greater than .5 meter (half meter) in diameter and less than .5 meter (half meter) high, using natural gas, propane, charcoal or clean dry seasoned firewood with a screen covered fire area.
- The permit holder must post the permit on the site for which the permit was issued and keep it available for inspection at the request of a Member.
- No person shall burn during times for which the Ministry of Forests, the Ministry of Environment or other authority having jurisdiction to do so has issued a ban on open burning.
- No person shall use burning barrels.
- No person shall burn prohibited materials.
- No person shall burn material brought from another location or property except clean dry seasoned firewood as permitted by this bylaw.

- No person shall set, start or kindle open air burning or allow open air burning to continue to burn during winds strong enough to carry sparks to other combustibles.
- No person shall set, start or kindle open air burning except during daylight hours or as otherwise permitted by this bylaw.
- No person shall burn during periods of air stagnation.
- No person shall burn unless the ventilation index is favorable, as provided by the Ministry of Environment.
- No burning shall exceed a 4 hour duration unless otherwise permitted by this bylaw.
- All fires must be contained within a firebreak (bare ground) equal in size to the height of the pile.
- Fires shall be extinguished immediately if smoke or ash is a nuisance to neighbours.
- Burning shall be in open areas, no closer than 4.5 metres (15 feet) from combustibles, such as standalone trees, coniferous shrubs, fences and buildings and shall be 15 metres (50') from standing timber / tree line.
- Permission of the Owner, for permits under this bylaw, must be obtained in writing if the burning takes place on the Owner's property by another person, particularly if the property is rented or leased property.

There are 3 categories of permit, which are;

- Residential Leaves, foliage, weeds (permit fee is \$10.00)
- Freestanding grass and underbrush (permit fee is \$40.00)
- Large piles (permit fee is \$75.00)

For more information on open burning or to obtain a permit, please call or visit the Town of Creston Municipal Hall or Creston Fire Department during regular business hours.



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JEFF BANMAN PHOTOGRAPHY

Creston Valley Thunder Cats captain McConnell Kimmett in a March 8 game against the Kimberley Dynamiters.

CYCLONE TAYLOR CUP

coming to Creston

BY BRIAN LAWRENCE
I Love Creston Editor

The Creston Valley Thunder Cats playoff run may have been cut short by a March 23 loss to the Kimberley Dynamiters, but the team has a rare post-season opportunity for redemption when the Cyclone Taylor Cup is held at the John Bucyk Arena April 6-9.

“Realistically, it should be the best hockey of the year — we’re talking about three separate league champions battling against each other,” says Thunder Cats head coach Jeff Dubois, speaking by phone

from the Lower Mainland, where he’s scouting the Thunder Cats’ potential Cyclone Taylor competition.

Named for Hockey Hall of Famer Fred “Cyclone” Taylor — who led the Vancouver Millionaires to a Stanley Cup victory in 1915 — B.C.’s Junior B hockey tournament will include the champions of the Kootenay International (KIJHL), Vancouver Island and Pacific junior hockey leagues.

As the hosts, the Thunder Cats are allowed to join the competition, and will be ready to compete against them all, says Dubois.

“We feel we are a championship-calibre team. We’re going to have a chance to prove that over four days where we play league champions every day.”

In the regular 2016-2017 season, the Thunder Cats placed second in the KIJHL, handily securing the top spot in the Eddie Mountain Division with 74 points. Six points ahead of them were the Beaver Valley Nitehawks, battling (at press time) in the finals with the Chase Heat for the KIJHL championship.

Dubois was happy with the regular season, and the Thunder Cats started their playoff run well,

defeating the Columbia Valley Rockies in the first round.

"Unfortunately, toward the end of the year and especially in that first round against Columbia Valley, we had four or five key players get hurt at the same time," he says. "So we limped into that series against Kimberley. ... Kimberley showed up every night. It would have been nice to play closer to full strength, healthwise."

The silver lining to their early defeat, however, is that the team gets more recovery and practice time than the other competitors, all of which will be gearing up to play four games in four days in Creston.

Hosting the Cyclone Taylor Cup is not only a second chance for a trophy, but an opportunity for the team's 20-year-olds — who would have otherwise aged out of the league — to play a bit longer.

"There are guys on our team who simply wouldn't be here if we weren't hosting the Cyclone Taylor Cup," says Dubois.

One of those is Thunder Cats' captain McConnell Kimmett.

"I'm going out with a bang," he says. "I always wanted my last game to end with a win and end with a trophy over my head. ... This is definitely a once-in-a-lifetime opportunity that I'm excited about."

Kimmett, who will be heading to university to study chemical engineering, has been looking forward to the Cyclone Taylor Cup all season, and is positive about Creston's chances.

"We feel pretty confident. We're going to be the best rested and

"We feel we are a championship-calibre team. We're going to have a chance to prove that over four days where we play league champions every day."

—Jeff Dubois

TOURNEY BENEFITS VALLEY

The Cyclone Taylor Cup, running at the John Bucyk Arena April 6-9, will offer more than eight exciting games in four days — it will also have a positive economic benefit for the community.

"As a host community, we have a \$90,000 budget that we spend right in

the community, providing meals and accommodations for the hockey teams," says Creston Valley Thunder Cats president Mike Moore.

The Thunder Cats have organized accommodations all over town and meals at seven restaurants for their guests. The organizing committee expects the visiting teams, parents and fans to spend twice the Thunder Cats' budget, for a total infusion of nearly \$300,000 into local businesses.

Visitors can expect to be informed about the community when they arrive — Creston Visitor Centre co-ordinator Amy Maddess will be set up at the arena during the initial parts of the tournament, a bus tour of the valley can be booked, the Town of Creston will host an open house about its fire hall project on April 8. The Thunder Cats are also hosting an alumni game on April 8, with about 40 players returning to hit the ice (see ad page 13).

Since the competition was awarded to Creston in May 2016, major

sponsors have been supporting the tournament, with the Town of Creston and Regional District of Central Kootenay areas A, B and C each donating \$2,500. Area C director Larry Binks provided platinum sponsorship, and Area B director Tanya Wall is a gold sponsor, as well as a shoot-to-win sponsor, potentially donating prizes of \$5,000 (round robin game), \$10,000 (bronze medal game) and \$20,000 (gold medal game).

Hosting the event and being guaranteed a spot in the Cyclone Taylor Cup was an asset in recruiting players this season, says Moore, and it will help with the process next season.

"The spinoff at Junior B level hockey is that because kids can try out and pick the teams they want play for, they pick teams that do well. We're still going to have a fairly high-calibre level of players wanting to come play because we did well last year." ■

—Brian Lawrence



Jeff Barman
PHOTOGRAPHY

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JEFF BANMAN PHOTOGRAPHY

strongest team there. We're not an underdog."

"It's a lot different than going through league playoffs where you don't know who you're going to get round to round," says Dubois. "We know who we're playing, and we'll have seen all the teams play. Then we'll have a couple of weeks as a group to prepare for each of those opponents and tailor our game plan knowing who's coming into Creston."

Dubois looks forward to showing locals and visitors alike that the

Thunder Cats can keep up with B.C.'s best team.

"Right down through our lineup, and for us as coaches, it's a special opportunity to play big games in front of home fans, to play every game against league champions," he says.

And crowds won't be disappointed.

"They can expect the best hockey that's ever been played in the Johnny Bucyk Arena," says Kimmett. "There are going to be three championship teams and us going head-to-head every day. It's going to be very intense hockey." ■

"They can expect the best hockey that's ever been played in the Johnny Bucyk Arena."

**—McConnell
Kimmett**



TICKETS:

Thursday - Saturday games:

\$15.00 Adult / \$12.00 Student/Senior / \$10.00 Child

Medal Games - Sunday:

\$20.00 Adult / \$15.00 Student/Senior / \$12.00 Child

Ticket packages on sale at Creston & District Community Complex on April 3rd & 4th from 5-7pm

To purchase ticket package: online at www.cyclonetaylorcup.ca Call 250-402-3549 or e-mail tcats@hotmail.ca.

Individual game tickets on sale Wed., April 5th at arena 5-7pm or at gate of games 1 hour prior to puck drop.

GAME SCHEDULE

THURSDAY, APRIL 6TH, 2017

3:30pm VIJHL vs KIJHL

7:30pm PJHL vs Creston Valley Thunder Cats

FRIDAY, APRIL 7TH, 2017

3:30pm PJHL vs KIJHL

7:30pm VIJHL vs Creston Valley Thunder Cats

SATURDAY, APRIL 8TH, 2017

3:30pm VIJHL vs PJHL

7:30pm KIJHL vs Creston Valley Thunder Cats

SUNDAY, APRIL 9TH, 2017

Bronze Medal 2:00pm 3rd place vs 4th place

Gold Medal 7:30pm 1st Place vs 2nd Place



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Reporting Concerns to Town of Creston

The Town of Creston has made great strides in enhancing responsiveness to customer issues through the use of reporting features on our website (www.creston.ca). At this time of year, two issues that are commonly reported are related to snow and streetlights.

Did You Know? The Town of

Creston has a snow and ice control policy that directs staff on when and how to initiate and implement public works operations. Priorities are based on traffic volumes, road classification, emergency services, road geometrics, terrain, transit and access to amenities.

Did You Know? The majority of streetlights in town are owned and

operated by FortisBC (typically wooden poles). The town owns decorative lighting throughout town and some neighbourhoods (typically metal poles). A small number of lights are owned by the town but are located on Fortis poles. The town uses a third-party contractor to maintain its streetlights.

So how can you use our town website to report an issue? On our website, citizens have the option to "Report a Concern" by selecting the icon on the left side of the screen.

If you select this icon you will be directed to a requests and concerns page with a Citizen Request Tracker link where you can report issues related to park maintenance, public washrooms, potholes/road damage, road signs, sidewalks, snow/ice and streetlights. You will be directed to create an account with an email address and password of your choosing. Citizen requests that are submitted via the website are referred to dedicated staff who will respond to verify that the request has been received and also when the file is closed (meaning the matter has been dealt with).

You can also sign up for updates on our community through the "Notify Me" icon (located just above "Report a Concern"). It's as simple as inputting your contact info, selecting how you would like to be contacted (email or text message) and selecting the categories of preferred information that you would like to receive.

Importantly, with any concern or issue that you may have, you are also welcome to telephone our office at 250-428-2214 during business hours and talk directly to our frontline staff, write a note or letter to us, or contact me personally. ■

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



The "Report a Concern" button can be found at the left of the Town of Creston's website.

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Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

Community Service, Discipline, Teamwork Facets of Cadet Program

Ki'suk kyukyit (greetings).

The cadet program has been around in Canada for many years. In the Creston Valley, I was also a member of the 1746 Royal Canadian Army Cadet Corps. There are many misconceptions of the cadet program. Basically, cadets is a youth program with a military theme. Although the program is supported by the Canadian Forces, there are no expectations for cadets to join the military. The program does not train children to be soldiers. What the program does instill are discipline, teamwork and an emphasis on community service.

Back in my day, and even today, there was a stigma that the kids that joined the program were the nerds and weird kids. Being a Cadet Instructor Cadre officer, I can say with great confidence that this is a myth. The kids that join the program are some of the most talented and gifted kids that I've ever met. If you haven't heard the 1746 bag pipers, they are some of the best in the province! Some notable Canadians who were cadets are actor Jim Carrey, former Oilers goalie Bill Ranford, Rick Mercer, Olympian Myriam Bédard and former lieutenant-governor Steven Point.

In my position as chief of the Lower Kootenay Band, we entered into an agreement with the cadet program. In this agreement we allow the cadets to have their physical training nights at the LKB gym. In return, should the LKB require community service, such as event setup for a meeting, the cadets set up tables and chairs. The cadets have also done some spring cleaning around the community picking up trash. My other hope from this initiative is LKB youth will notice the cadets in the community and hopefully want to join this outstanding youth program.

As parents, having your child involved with organized sports can be expensive. With the cadet program, the cost is free. Aside from the community service aspect, the cadets learn some valuable skills such as first aid, canoeing, cycling and mentorship. The senior cadets learn firearms safety. With everything happening in this world with respect to the misuse of firearms, the cadets learn the difference between what a weapon is and what firearms are. Education is key with firearms use and safety.

The cadet program is not for every child but understand it is nothing like the movies where a sergeant or officer will be yelling at your child. Respect for everyone is a priority. If our children are the future, we must mentor them now to be good Canadians and good people. I have not been involved with the program for some years now, but the cadets will always have a special place in my heart.

For more information, stop by the legion on Wednesday evenings and see what's happening. One of the officers or cadets would be more than happy to answer your questions.

With that, I thank you once again for reading and wish you all well. *Taxas.* ■

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

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BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

Local Boys on Famous Battlefield

Every Canadian student learns about Vimy Ridge, the First World War battle that marked the first time all four Canadian divisions in the Allied army fought together on the same battlefield, cemented the Canadians' reputation as elite fighters and stands, today, as the iconic symbol of the coming of age of the Canadian nation.

Vimy Ridge, in northern France, is high enough to give a clear view of the surrounding countryside. It was taken by German forces in October 1914 and formed a key part of the Germans' defense system. British and French forces had attempted to recapture the ridge in October 1914, May and September 1915, and again in February 1916, but in May 1916 were pushed from the few positions they had gained.

Canadian forces replaced the British at Vimy Ridge in October 1916. Over 200 young men from the Creston Valley served in the Great War. Any who had enlisted prior to autumn 1916, and had not yet been killed, invalided home or sent to military hospitals, were almost certainly on the Vimy battlefield.

Months of preparation included building tunnels, trenches, tramways and roads. John Adams of Gray Creek served with the 176th Tunneling Company of the Royal Engineers doing this work. Three days before the battle began, he was wounded and transferred to England. Fred Hilton, laying track and ballasting up to the forward trenches with the Fifth Battalion Railway Troops, was killed on April 4, 1917.



Creston's Pte. William McBean was killed at Willerval, southeast of Vimy Ridge, on April 14, 1917.

The preparation included a gas attack on the German lines, followed by an assault by troops. When the wind changed direction, the gas drifted to another part of the line and left the German defences intact. Charles Pendry, transferred to the 54th Battalion only a few weeks before, was struck by a shell and killed. Rupert Wilson of Boswell was also killed in the lead-up to Vimy Ridge.

Each of the four Canadian divisions was tasked with capturing and holding a specific part of the German line. The First Division, on the right, had the broad southern sector of the ridge. The Second Division, on the First's

left, was to capture the town of Thelus. The Third Division was tasked with capturing the narrow central section of the ridge and La Folie Farm, while the Fourth Division, farthest to the left, was striving for Hill 145 and a large, heavily defended knoll called "the Pimple" on the northern end of the battlefield.

The Canadian troops all along the line were supported by artillery units of the British Fifth Division. Dennis Howard of Creston, serving with a Royal Field Artillery unit, may have been among them.

The attack began at 5:30a.m., April 9. The advance of the Fourth Division ground to a halt almost as soon as it

left the trenches, but the other three divisions all reached their first objective, called the Black Line, about an hour later. The second objective, the Red Line and the town of les Tilleuls, was in the hands of the First, Second and Third Divisions between 7 and 7:30 a.m.. The Fourth Division was still bogged down on the left, exposing the flank of the Third Division. Charles Tromblay, serving with the Canadian Mounted Rifles in the Third Division, might have been among those troops struggling to establish a defensive flank in that gap.

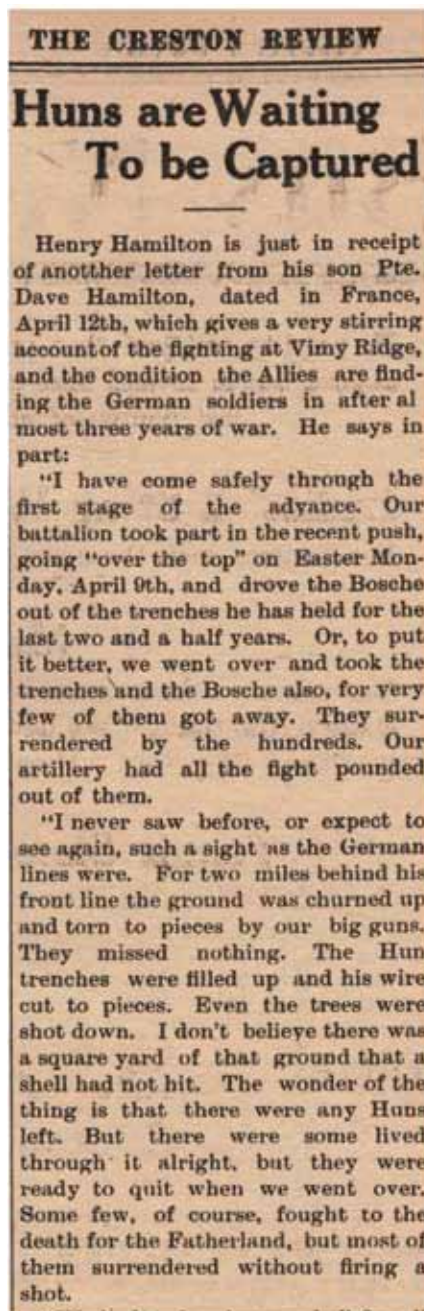
Machine-gun fire from the Germans' intermediate trenches inflicted heavy casualties. William Johnson of Wynndel, serving in the Third Canadian Division, was killed on that first day of battle, as were Stanley Gwynne and Irwin Simmons, serving with in the First Division.

The attack resumed early on April 10. The third objective, the Blue Line, was reached by about 11 a.m., and the final objective, the Brown Line, was in Canadian hands between 1 (Second Division) and 2 p.m. (First and Third Divisions).

On the left, the Fourth Canadian Division engaged in back-and-forth fighting on Hill 145 in mid-afternoon, but, eventually, the German position on the hill was outflanked and they were forced to pull back. The hill was in Canadian hands by nightfall on April 10.

Sapper William Smith of Porthill served with the Fourth Canadian Division, and took part in this attack. In a letter home, he announced that Pte. Stanley Reid had been killed during the battle for Vimy Ridge, probably during the attack on Hill 145.

William Fraser, of Kootenay Bay, was serving with the ambulance corps with the Third Division. His job, carrying the dead and wounded off the battlefield, did



A clipping from the May 25, 1917, *Creston Review* with a report from Pte. Dave Hamilton.

not eliminate the risk of being wounded. Fraser later wrote, "I recall the first glimpse of the Douai plain stretching into the distance, as we reached the crest of the ridge. As we moved over the summit, shrapnel was bursting overhead. One piece, which I still possess, penetrated the sleeve of my tunic."

"We had to face heavy shell fire all the way. He gave us all he had in the line of artillery, and it was quite enough for me Erle Smith and Greame Wilson were both wounded beside me. Erle was the first to get hit. We were only over Fritz' first line when he got a bullet through the left breast about three inches over the heart. I had just time to see where he was hit and give him a drink of water when I had to leave him to keep up with the rest of the company. We had only gone but a little distance further when Greame was wounded. A shell landed close to him and blew him off his feet. I thought he was killed, and as I was only 25 feet from him I ran over to him, but before I got there he was picking himself up again, so knowing he was alright yet I went back to the next trench and got a stretcher bearer to come and attend to him. Another fellow, who came from England with us, was hit in the leg, so out of the four of us that chummed together I was the only one that got through without a scratch.

"But we took the position we started to take, and held it for 48 hours until relieved. We carried a shovel each when we went over, so we dug ourselves in under heavy fire from Fritz's guns. We lost some men in doing so, but on the whole our losses were very slight in comparison with what I expected. It was funny to see the Germans come running to meet us. They had the look of beaten dogs expecting to be kicked, and they did not need anyone to show them the way to our rear. They were made to carry our wounded back on stretchers and they seemed glad to get the chance to do so.

"One thing was proved in the last few days and that is that the Germans have no chance to stand before the British artillery. We have the guns to dig them out of their deepest dug-outs and its only a matter of time—if they don't quit—until they are pretty well killed off."

The Fourth Canadian Division began its final assault on the Pimple at 4 a.m. on April 12, but was promptly driven back by the defenders. At 5 a.m., the Canadians began a new assault. The German defensive artillery, responding late to the renewed attack, lost the opportunity to repulse it and the Canadians were able

History

to push through the German lines. A day of heavy fighting followed, but the Pimple was captured by 6 p.m.

The extensive preparation was instrumental in the Canadian success at Vimy Ridge, but there were other important factors as well.

Creeping Barrage: Artillery bombardment advanced just ahead of the troops, protecting them as they moved across no man's land. Marshall Barton of Creston was with Canadian Field Artillery, supporting the movements of the First Division with the creeping barrage.

Communications: Officers, advancing

with their troops, were in constant communication with the rear and with other divisions, and therefore more able to react quickly and correctly in any situation. The importance of this was underlined when Lt. Frank Burn-Callander of Creston was awarded the Military Cross for "his great daring and knowledge of the situation" in maintaining communications with the rear at Vimy Ridge.

Battle Formation: Loose formations of men exiting the trenches made them somewhat less vulnerable to enemy machine-gun fire. Nevertheless, many of the Canadian casualties including Finlay

Beautlich-Millar of Creston, serving with the Princess Patricia Canadian Light Infantry, occurred during the moments of leaving the trenches.

Involvement of Lower Ranks:

Planning for the battle involved junior officers, as well as senior officers, so the attack could go ahead as planned even if senior officers were killed. Local men, such as Lts. F.J. Oatts, Robert Sinclair-Smith and Tom Taylor were probably among those junior officers.

Vimy Ridge, while a notable success for the Canadian troops, was just one part of the much larger Battle of Arras. While the Germans made no attempt to recapture Vimy Ridge itself, fighting in the area continued as the German army counterattacked to check the advance of the Allied army.

One such attack/counterattack took place at Willerval, just southeast of Vimy Ridge, on April 14. The Eighth Canadian Brigade was tasked with attacking the German gun battery there. An enemy shell fell among a gun crew of the Eighth. Creston's Pte. William McBean, serving with a medical corps, rushed to the aid of the wounded gunners. At that moment, a second shell landed almost in the crater of the first, killing McBean and the remaining members of the gun crew.

Unfortunately, as had happened in previous battles, the success of the first days of the Battle of Arras could not be exploited. The stunning five-kilometre advance of the Allied army ground to a halt, and the spring offensive deteriorated into a series of localised, bloody battles. These included Arleux (April 28-29), Fresnoy (May 3-4) and Roeux (May 13-14). Hubert Mahood of Boswell was killed in action at Arleux; Frank May of Wynndel survived that battle but was killed only four months later at Loos. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.



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Over-50 Slo-pitch Players Wanted

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Calling all men and women who are over age 50 and want to play ball!

The Creston Valley Slow Pitch Association consists of players of all ages, but is willing to create a designated 50-plus division this spring if enough players are interested.

"If the minimum requirement of four teams can be met, then a division can be formed," says president Len Ringstad.

The association invites 50-plus players to a quick get-together at 1 p.m. April 9 at the Centennial Park gazebo. Sign up, enjoy some snacks and then play ball — so bring your gloves. There will be handouts that demonstrate proper warm-ups and stretches

specifically designed for baseball activity in helping to avoid injury.

Last year, the members of the 50-plus Coffin Dodgers teams said that they would prefer to play against other teams that have a similar skill set and ability, for more of an even playing field. Fifty-plus ball players are reluctantly coming to the realization that they aren't as young as they used to be.

The league would be open to anyone over the age of 50. Couples or individuals can sign up; if couples are signing together, only one needs to be over 50 years old.

Last year, and hopefully this year, 86-year-old Murray Sweetman was playing first base. Having an over-50

slo-pitch division will hopefully get more seniors exercising, being active outdoors and interacting with some awesome new people. Slo-pitch is an inexpensive sport that is worth every penny.

An over-50 division would also help to prepare for teams entering the 2018 55+ BC Games in Kimberley.

The fall of 2016 saw the trial beginning of the 50-plus league. Ringstad says he was pleased to see such a great turnout on the first venture. Four teams were created to play late August to mid-October, and there is a good possibility that league will continue again in the fall. ■

To learn more, contact Scott or Andrea Peet at 250-428-0815, or Dale or Kelly Moberg at 250-428-5433.



THUNDER CATS

ALUMNI 2017



GAME

Saturday, April 8

12:00 pm

Puck Drop

16 seasons of
returning "OLD CATS"
2000/2001 to 2015/2016

Tickets \$5.00/each - pre purchased at Creston & District Community Complex April 3rd & 4th from 5-7pm or at gate 1 hour prior to game.

2017 SPRING TRADE SHOW

Friday, April 28, 2:00 pm to 9:00 pm
Saturday, April 29, 10:00 am to 5:00 pm
Creston & District Community Complex



MARK YOUR CALENDAR!

Tons to see, do and buy
at the Spring Trade Show.

Attend both days and double
your chances to win a

\$1000 Gift Card
to Home Hardware
Building Centre



CRESTON  VALLEY

CHAMBER of COMMERCE

To book your booth online, exhibit information, registration and rates
Visit us at www.crestonvalleychamber.com or phone 250.428.5151

AGM: The Creston Valley Chamber of Commerce will hold its annual general meeting from 6-8 p.m. April 25. For all chamber members and guests, this will be the time to hear what it is planning for the remainder of 2017, as well as getting a glimpse into some future events. It is also the time to ratify the chamber board, and have elections if needed. Appetizers and refreshments will be served.

Spring Trade Show: As you see by our ad on the opposite page, the Spring Trade Show is upon us, and will be held April 28 and 29. As of this writing, booths are still available. Contact manager Vern Gorham at 250-428-5151 or manager@crestonvalleychamber.com for more information. Last year, approximately 2,000 people attended — this is a great opportunity to showcase your business to Creston!

Kootenay Gold Rush: This will not be the final time you hear about this event. This is a chamber-initiated event that is hoped will bring thousands of people to Creston in the future, during a typically slower time for visitors.

CHATTER from the CHAMBER

This year, the chamber will hold a gala the first Saturday of October at the Creston and District Community Complex. It will be an amazing night with a supper, silent auction and, possibly, a lucky winner of a trip for two, among other fun items. There will be entertainment, as well, with more details being given as the date approaches.

For 2018 and subsequent years, the chamber is planning some major events, and hoping to work with other local organizations to make the first week of October — usually a relatively slow week in Creston — a super week!

The chamber is looking at a full marathon (the only one in the Kootenays), a road bike race and a number of other options. It is hoping to include a look at the history of mining, and to give the victors in the race an ounce of gold, an ounce of silver to the second place finishers and an ounce of bronze for third place.

Anyone interested in helping to organize these events, or if you have any other ideas that you think would help make this an unforgettable event in Creston, feel free to contact the chamber. New ideas are welcome!

The chamber has one focus going forward: to be of benefit to its members. Every event it plans and everything it does will be designed to increase business for chamber members.

The hope is that the Kootenay Gold Rush will evolve into an event that will bring hundreds, if not thousands, of people to Creston, not just for a day, but for several days — staying in our hotels, eating in our restaurants, buying goods from our retail stores and maybe even using our local real estate agents to relocate to our unparalleled valley. This will be an exciting event, so hop on board with the Creston Valley Chamber of Commerce!

Have a great and prosperous month, Creston. See you at the AGM and trade show! ■

To learn more about the Creston Valley Chamber of Commerce, contact manager Vern Gorham at manager@crestonvalleychamber.com or 250-428-5151.

Profile: Dr. Kim Masuch of Creston Organic Health Clinic



Where are you from? Originally Victoria, B.C., but I grew up visiting my family in Creston often. So three years ago, when I decided to

leave my practices in White Rock and Langley, B.C., and move to Creston, it felt very natural, like coming home.

Why do you do what you do? I always wanted to be a doctor and help people. I found naturopathic medicine was a better fit for my views on health and my goals for being able to help others.

What is the best thing about being a naturopathic doctor? Helping people discover the cause of their

concerns and shift their health to a place that is supported by their diet and lifestyle in a safe, effective and personalized way. Moving away from medications and other treatments occurs often as people's bodies heal and symptoms disappear.

Anything to add? I generally can take on any case, from basic care to complicated conditions using a variety of modalities including nutrition, herbs,

physical therapies and lifestyle counselling, and also strive to work in conjunction with the medical doctors. I also hold a pharmaceutical prescribing licence and understand the intricacies of interactions between medications and herbs. ■

All Creston Valley Chamber of Commerce members will eventually be highlighted in this space. To learn more, contact manager Vern Gorham at manager@crestonvalleychamber.com or 250-428-5151.

A Full Plate Celebrating Bounty and Diversity

A FULL PLATE

At the Box Project art show on March 3 and 4, the full house at St. Stephen's Presbyterian Church was treated to a series of performances on the Friday night. One performance by local author Luanne Armstrong was a recording of a tribute she wrote for her mother. As we listened, her sentiments and story were matched by projected historic family photos. It was impactful.

Renee Phypers' painting of her Russian immigrant great-grandmother with potatoes around her feet was inspired by a family story that she always had a potato in her skirt pocket.



JOANNA WILSON

Ginger Knudsen, with the help of some Valley Mudders, created *Valley of the Swans*.

Paula Ebelher's felted bee hanging was her way of expressing what she felt upon hearing of the plight of bee colonies and the resulting potential threat to food systems. An *Out of the Box* quilt by the Creston Fibre Artisans exquisitely detailed our land and foodscapes. Stephanie Sweet envisioned and a group of Valley Mudders worked with main artist Ginger Knudsen to produce *Valley of the Swans* in three panels with a timeline perspective for Canada 150.

These few projects are a tiny glimpse of what 50 artists came up with in response to a call by Alison Masters and Gary Deatherage for the 2017 Artists Challenge, with many using the Canada 150 and A Full Plate theme to inspire their pieces. They drew on memories, life experiences, historic reflections, personal values, esthetics, political commentary and more to express a diversity of perspectives. This resulted in whimsical, humorous, thought provoking, inspirational and innovative styles. Mediums included photography, visual arts, sculpture, writings, installations, ceramics, fibre arts, contact improv,

videos, music, performances and more.

"Creston is truly a fruitful place," said a Box Project visitor.

Brenda Brucker initially recognized this Canadian anniversary as an opportunity to highlight what it means to be a Canadian here today (with all our varying definitions and thoughts). We often overlook what's under our noses and are not likely to appreciate the role that these two sectors, agriculture and creativity, play in defining our cultural identity and the quality of life that we create together. A Full Plate was the response by a group of volunteers who have been meeting in our community to hear and spark ideas. The goal is to inspire, connect and promote through local publications, events, online, YouTube and collaborations.

A Full Plate is pleased to be working with the Creston Museum, which will be opening its season with an Art Meets Agriculture display, as well as participating in the Creston Valley Fall Fair in September.

Imagine if we continued the call throughout 2017. What stories of your

CALENDAR OF EVENTS

- April 15: Full Plate Booth
Creston Valley Farmers' Market on Cook Street
- April 22: Kootenay Fibre Arts Festival
Wynndel Hall (www.kootenayfibrefest.com)
- May 1-4: Farms, Fields and Food: Arts Council
and Focus on Youth Art Show
Creston & District Community Complex
- Monthly: Locavore Book Club
Creston Valley Public Library (second
Wednesday). Books and discussion on food
sustainability.

www.fullplate.ca • info@fullplate.ca
 Facebook: A Full Plate • YouTube: A Full Plate

family history or experiences do you want told, or what facts as a grower do you think we should know? As an artist or someone with a passion and skills, would you like to collaborate with food sector folks to come up with a project or are inspired already? This is an all-ages family friendly project. Meet a grower, meet an artist, have some conversations, explore possibilities, and let us know.

The Full Plate organizing committee welcomes your input, ideas and participation. We don't need to reinvent the wheel, so if you know of videos, ongoing projects or events that are relevant to our theme by anyone, all ages from Yahk to Riondel, contact us (see ad on page 16) so we can help showcase or promote it. A Full Plate is pleased to be participating in the Creston Valley Fall Fair in September. There's been a suggestion for a big windup event toward the year end — it's still in consideration and open for ideas. ■

A Full Plate is a committee of the Community Arts Council of Creston and a member of the food and culture working group of Fields Forward, which provide financial and other support. This initiative is also made possible by the Community Fund for Canada's 150th, a collaboration between Creston-Kootenay Foundation, the Government of Canada and extraordinary leaders from coast to coast.

Museum Hosting Agricultural Art Exhibit

CRESTON MUSEUM

The Creston Museum reflects the history of local agriculture. You're an artist who has created something inspired by local agriculture.

You want to show your work to the public. The museum has display space. Seriously, is this a perfect match or what?

The Creston Museum is hosting an Art Meets Agriculture exhibit this summer. It starts with a half-dozen panels highlighting significant developments in local agricultural history, hung on the walls of an otherwise-empty room. Add in an eclectic mix of work from local artists, all revolving around the local agriculture theme. Finally, put a table filled with art and craft supplies in the middle of the room and invite museum visitors to add to the exhibit. What could be more fun than that?

Installation will begin on April 26, and the exhibit will be open to the public until Sept. 16. Artists are invited to exhibit their work for any or all of that period.

All kinds of artwork are welcome. The museum's technological resources are extremely limited, so artists should

be prepared to bring their own if work requires it.

Space is very flexible. In addition to the exhibit room itself, the museum is willing to install pieces throughout the rest of the museum. Please contact the museum early if work is particularly large.

Work will remain on display throughout the summer, unless artists choose to remove it earlier. However, it may move from one spot to another within the exhibit, or within the museum, as work is added or removed. The museum will decide where and how each piece is displayed.

If artists choose to sell their work, they set the price. The museum will handle the sale, collect and remit PST (it does not collect or remit GST) and retain 10 per cent commission.

In order to create an eclectic, assorted, vibrant, intriguing, fascinating exhibit, artists are asked to choose a maximum of three pieces to exhibit at any one time. They are, of course, welcome to change pieces periodically over the summer. ■

To learn more, contact Tammy or Alyssa at 250-428-9262 or crestonmuseum@telus.net.



Brian Lawrence, Photographer
250-505-3886 • inverted.image.photos@gmail.com
www.facebook.com/inverted.image.photos



KEITH BEAUDRY
Winner, 2016 BC Amateur Bodybuilding Association's Men's Physique Open D Class
@kbeauds

PHOTOBOOTH
Headshot
Boudoir
Family
Physique
Cosplay
Fashion
Photobooth
Headshot
Boudoir
Family
Physique
Play



Youth Festival Returning for 31st Year

FOCUS ON YOUTH

After a long and bitter winter, spring has finally arrived. And as sure as daffodils and tulips have arrived, young animals are being born and birds are once again chirping in the trees, we hear the sound of instruments being tuned or voices warming for the upcoming 31st annual Focus On Youth festival, which is being held May 1-5.

This is one of B.C.'s longest running children's festivals. Thirty-one years is a long time for a festival to run, especially one involving young people. Starting in 1986, many young performers who appeared in the first few festivals are now

proudly returning to watch their own children perform.

This year's Focus on Youth runs in a series of concerts. The number of concerts is determined by the number of individuals and group/class performances that need to be scheduled. Each daytime concert is approximately 40 minutes long, while evening concerts may be up to an hour. The evening concerts showcase an amazing array of talented young people, many of whom performed to a very high standard in the recent Creston Festival of the Arts. This is your time to hear and support these exceptionally talented young folk.

The concerts will be front and centre on the Prince Charles Theatre stage, where the students, many for the first time, will have a total theatre experience with lighting, sound and a live audience of their peers, parents, grandparents and other assorted relatives and friends.

In conjunction with the performing arts, a visual arts display is planned for May 1-4 in the Creston Room at the Creston and District Community Complex. Like last year, the Community Arts Council of Creston is co-operating with Focus on Youth to also include the council's yearly Arts and Culture Week extravaganza. On May 1 at 7 p.m. the council is hosting an opening ceremony that will include refreshments and entertainment featuring both adults and students. The art show is titled "Farm, Field, and Food", though not limited to those subjects, and will feature pieces of art associated with Creston's cultural heritage.

Again, following in the footsteps of last year, a special evening concert will be held May 4 in Prince Charles Theatre and will feature alumni, students and friends.

The theme for this year's Focus On Youth is "Canada 150". In all, about 1,000 students from Riondel to Yahk will take part in this weeklong event.

Everyone is encouraged to take in at least one concert along with the art show and support the talents of the young people in our valley. ■



Ag Aware

BY RANDY MEYER

Creston Valley Agriculture Society

Spring has come again to the Creston Valley. Seems like we had to wait much longer for it this year! After the monsoon rains of March, which followed the mega-snow of February, I am hoping, as are many others, for a long stretch of warm, sunny weather through April. Always so much to do this time of year, and as I write this in late March, I'm sure we are already two or three weeks behind where we normally are. It is time to get the gardens going and field work started for this year's crops. Livestock that endured the less than ideal weather the past two months will benefit greatly by warmer and drier days, and the fresh new grass that will come. Orchards will soon be covered in blossoms and buzzing with bees, as new fruit crops begin their season.

The first outdoor Creston Valley Farmers' Market will be held Easter weekend at its regular spring and summer location behind the Creston Valley Chamber of Commerce. No doubt there will be plants available for your garden and maybe even some fresh early spring salad greens. Check it out on April 15 and support our local growers and vendors. The start of the growing season is also a good time to plan for your participation in the Creston Valley Fall Fair. Plant with an eye toward entering produce or preserves or flowers in this year's fair. This year marks the 99th fair in Creston, so please plan to be a part of our local tradition!

This year, April will also signal the official start of the B.C. provincial election campaign. The writ will be dropped on April 11 and the election will be held on May 9. I urge everyone to get involved, and get informed on the issues and the candidates that are running. Take the time to grill the candidates on the issues that are important to you and that affect our province as a whole. Most importantly, get out and vote!

There are many agriculture-specific issues that are under provincial government jurisdiction that I believe need to be addressed. I will touch on a few.

B.C. does not have a huge arable land base, but we do generally have the soil and climate that encourage a great diversity of agriculture products. Our valley and our province have so much potential for agricultural enterprises that are not being helped by the current government's policy.

The budget of the provincial Ministry of Agriculture ranks among the smallest of all the provinces in Canada. Not that I'm advocating for subsidies, but there is much room for improvement to programs that address labour issues, agriculture education, marketing and taxation policy.

When the current government made changes to the Agriculture Land Reserve (ALR), many of us producers were not in favour of the Zone 2 designations that it implemented. Specifically, our Creston valley was put into Zone 2, lumped into the "less important" agriculture land areas, despite the wide diversity of agriculture products grown in this valley. The Zone 2 designation allows for less protection of our farmland and allows for more opportunities to get land out of the ALR and use it for non-agricultural purposes. I steadfastly believe that this is wrong. Keeping our land producing food products and enhancing our food security in this province is important to most farmers.

While not directly affecting our valley, the exemption of thousands of acres of farmable land from the ALR in the Peace River Valley for flooding by the Site C dam is another example of recent government action. The loss of this land is very detrimental to agriculture in this province. If the dam is allowed to proceed, this land is lost forever.

The cost is horrendous financially and environmentally. There are alternative sources of power that do not require the Peace River Valley to be sacrificed. I believe food production should be more important to those that govern our province than it currently appears to be.

Consider these agriculture issues as you weigh your options before you vote. Get informed, get involved. Be Ag Aware! Now go outside, enjoy the spring and grow something! ■

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CRESTON VALLEY BIRD FEST 2017

Where the Birds Are ...

MAY 12, 13, 14

Contact us at: info@crestonvalleybirds.ca

Website: www.crestonvalleybirds.ca

Facebook: facebook.com/pages/Creston-ValleyBirds



wildsight

SCHEDULE OF EVENTS

Friday, May 12

- 11:00-4:00 pm Festival registration at Rec. Centre
Sales tables in foyer of Rec. Centre
- 2:00-4:00 pm Nest-building workshop at Kunze's Gallery
with artist Tess Stieben (Registration not required)
- 4:00-5:30 pm Meet and Greet at the Rec. Centre
Photography show by Monte Comeau
- 5:30-7:00 pm Welcome Buffet sponsored by RE/MAX Discovery Real Estate
Presentations by Janice Arndt and Alison Grover
- 7:00 pm Carpool from Rec. Centre to the Wildlife Centre for
3 field trips:
- 7:30-8:30 pm 1) Night Prowl with birder Ulrike Sliworsky
- 8:30-9:30 pm 2) Bats with Brendan Mitchell
- 9:30-10:30 pm 3) Dark Sky with Dan McCowan and telescope

Saturday, May 13

- 6:30-11:00 am 7 guided Birdwatching tours from Rec Centre
Includes birding by bus (limit 7)
- 10:30-11:30, Canoe trip at Wildlife Centre (limit 21) 3+
- 11:30-12:30 pm Canoe trip at Wildlife Centre (limit 21) 3+
- 1:00-4:30 pm Fly fishing with biologist Dennis McDonald (limit 10) 16+
- 1-3:00 pm Children's event at the Wildlife Centre
- 1-3:00 pm Art Presentation "Nest Display" and Tour of
Kunze Elevator Gallery
- 1-3:00 pm Tour of Swan Valley Honey
- 1-3:30 pm Kayak with Paddle and Portage to Old Kootenay Channel
with birder Ulrike Sliworsky (limit 8) 18+
- 2-4:00 pm Photography workshop with Monte Comeau at the
Wildlife Centre (limit 30)
- 2:30-3:30 Canoe trip at Wildlife Centre (limit 21) 3+
- 3-5:00 pm Tour of Kootenay Meadows Organic Dairy Farm/
Kootenay Alpine Cheese
- 3-4:00 pm Tour of the Food Forest with Melissa Flint
- 4-5:00 pm Plants that Heal-1st Aid from the Field with Rachel Beck
- 7:00-9:30 pm Key Note Speaker Brian Keating, "A Natural Relationship"

Sunday, May 15

- 6:00- 10:00 am Birding at Schikurski Park with Ed McMackin
(4 one-hour slots: 6-7:00, 7-8:00, 8-9:00, and 9-10:00 am)
- 6:30-11:00 am 5 Guided Birdwatching tours from Rec Centre
Includes birding by bus (limit 7)
- 9:30-12:00 pm Kayak with Paddle and Portage to Old Kootenay Channel
with biologist Kim Asquith (limit 8) 18+
- 12:00-3:00 pm Wind-down at Baillie Grohman Estate Winery
(registration not required)

**Registration opens April 3 on line: www.crestonvalleybirds.ca
or at College of the Rockies 9-4 Monday-Friday**



Fifth Festival Focusing on Valley's Birds, Art and Agriculture

CRESTON VALLEY BIRD FEST

Spring migration is upon us, and it's time to register for the May 12-14 Creston Valley Bird Fest, a celebration of the birds, art and agriculture of the Creston Valley.

Brian Keating, honorary conservation advisor to the Calgary Zoo, well-known adventure traveler and leader of 80 expeditions to remote locations around the world, brings his enthusiastic stories and video segments for all ages to the Creston Valley Bird Fest to celebrate Year 5.

The 2017 festival artist, Monte Comeau (www.comeauphoto.ca), award-winning wild bird and nature photographer, will share his secrets at Saturday's photography workshop. Comeau's photo of loons, called *Hitchhiker*, was selected for the cover of *Nature Canada* out of 4,000 entries.

The festival begins Friday night with a welcome buffet accompanied by presentations on bank swallows and

dinosaurs that fly, followed by a guided night prow through the marsh, a chance to see bats fly from their colony, and a star-studded night display on the dark side of the Creston Valley Wildlife Management Area (CVWMA).

On Saturday and Sunday mornings, birding experts will guide tours throughout the CVWMA beginning at 6:30 a.m. Discover some of the 300 avian species that frequent the Creston Valley and learn why the 7,000-hectare wetland is a designated Ramsar site and Important Bird Area.

Included in the bird fest are tours to the Baillie-Grohman Estate Winery, the food forest at the College of the Rockies, the Kunze Gallery at the grain elevators, Swan Valley Honey, Kootenay Meadows organic dairy and fromagerie, an introduction to fly-fishing, and a peek into the medicinal properties of common plants. There are also kayaking tours with Paddle and Portage, canoe trips and children's events at the CVWMA. ■

Online registration opens April 3 at www.crestonvalleybirds.ca. Register early, as some events are limited.



MONTE COMEAU

A bald eagle (above) and Wilson's phalarope (opposite).

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FINANCE

Be Tax Compliant to Avoid an Audit

Being selected for an audit is more than a hassle, but how do you make sure you aren't chosen?

The Canada Revenue Agency relies on the taxpayer to fill out returns accurately and claim all deductions or credits that apply. Because the reporting process counts on the honour system, the CRA selects a number of tax returns for

review each year to ensure everyone is complying with the law.

H&R Block offers these six tips to avoid being audited. Steer clear of the following red flags:

Filing late: Not filing on time is the first step to standing out and is much more serious than forgetting to return a library book. It can also cost you money. If you owe on your tax return, the CRA can charge you five per cent of what you owe, plus an additional one per cent for each month you fail to file, for a maximum of 12 months.

Forgetting a T-slip: Failing to file a T-slip is not a good idea. The CRA receives copies of all the T-slips issued, so if you forget to file a slip, they'll find out.

Large expenses: Claiming higher than usual expenses raises eyebrows.

Unfortunately, there's no magic number that you should stay under, but claiming things like using your car for 95 per cent business use can get unwanted attention from the CRA.

Living large: If you have a limited income yet are living extravagantly, you may be a suspect for review. The CRA could conduct a net worth assessment in order to see why things like your brand new yacht don't add up.

Recurring losses: Although the CRA doesn't expect every new business to make a profit in their first few years, if you continuously claim losses year after year, your business could appear to be more of a hobby.

History repeats itself: If you've been selected for review before and failed the test, you can be sure they'll check you out again.

— News Canada



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Astaxanthin: The Miracle Supplement

VITAL HEALTH

Astaxanthin (asta-ZAN-thin) is a unique keto-carotenoid found predominantly in the algae species *Haematoccus pluvialis*. Astaxanthin gives the visible red-pinkish colour to the marine species that consume it, such as shrimp, crab, lobster, salmon and even some birds such as flamingos.

Astaxanthin is a powerful antioxidant. Studies show that it is able to outperform all other antioxidants mainly due to its solubility, which varies with the system being protected, such as the cell membrane. Astaxanthin's unique lipid structure enables it to attach to both sides of the cell membrane. Also unlike other antioxidants, astaxanthin does not become a free radical itself.

Benefits in the Human Body: Astaxanthin's antioxidant effects are beneficial for eye, gastrointestinal and cardiovascular health. Since it can cross the blood-brain barrier, it relieves oxidative stress in the eyes, brain and central nervous system. It has been found to improve visual function while alleviating eye fatigue. It has been found to be an effective modulator of blood sugar, blood pressure, inflammation and a natural sunscreen. In the gastrointestinal system, it has been found to improve digestion and reduce inflammatory gastric pain, and heartburn. Athletes can also benefit from astaxanthin's ability to improve endurance.

Radiant Skin: Astaxanthin has demonstrated the ability to protect our largest organ, our skin. Studies show that astaxanthin can quench free radicals and the damaging effects of incoming UVA and ionizing radiation. Astaxanthin's benefits will be visible on your skin, with improved elasticity, reduced dryness, reduction in fine lines, and radiance.

Eye Protection: Astaxanthin's fat-solubility and low molecular weight enable it to cross the blood-brain barrier to alleviate oxidative stress in the eyes. Several Japanese studies provide evidence of its ability to reduce ocular eye strain, increase visual acuity, and increase lens accommodation (focus), particularly with electronic device strain and intense visual focus. Also, some people may experience colour more vividly.

Anti-inflammatory: Astaxanthin has shown to be a potent anti-inflammatory and pain reliever by blocking various chemical messengers that contribute to the pain we feel, such as COX-2 enzymes, just as the pharmaceutical drug Celebrex does, for osteoarthritis and rheumatoid arthritis. After just eight weeks of supplemental astaxanthin, it reduced the inflammation marker C-reactive protein by more than 20 per cent; there is no known prescription capable of doing so.

More Endurance: Astaxanthin helps boost cellular energy

production by protecting the membrane of the mitochondria. In one double-blind study, the recipients that received astaxanthin for six months measured a significant gain in their athletic endurance when compared to those who received the placebo. Astaxanthin supplementation was found to increase speed and endurance in a group of soccer players that partook in one study.

Dosing and Natural Sources: Many red-coloured seafoods offer a natural source of astaxanthin, but there are none quite as high as wild sockeye salmon, which offers about 3.2 mg/three-ounce serving size. As many natural sources as there are, it is not realistic to rely on them to make any noticeable difference. The best source is still in supplement form, the average desired dosage per day being 9-20 mg of non-synthetic astaxanthin.

We strongly believe astaxanthin to be one of the essential four supplements one should be taking for optimal health and protection, next to high EPA, DHA fish oil, multi-strain probiotics and natural vitamin-D. ■

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Bitter is Better for Digestion

TILIA BOTANICALS

You often hear people say that they love sweet foods or salty foods but rarely do you hear people claiming affection for bitter foods. More's the pity because bitter tasting foods and herbs are so important to our overall health. If you have anxiety issues, menopause symptoms, digestive problems or a host of other health concerns, then you need to get bitter!

Bitters are a diverse group of chemicals compounds that share the common characteristic of a bitter taste. Bitters can be used to strengthen and improve the whole digestive system in the body, as well as the nervous system. Because they have such a broad effect on the entire physiology, tone and function of the body, they can be used to treat the body as a whole,

and the beneficial effects of bitters go beyond digestive activity.

To be effective, bitters must come in direct contact with the taste buds of the tongue, where they stimulate the part of the tongue that recognizes bitter substances and, as a result, increase salivation. This stimulates the gastric reflex to cause digestive juices to be secreted. There is increased flow of digestive juices from the pancreas, duodenum and liver that results in better assimilation of nutrients and less undigested food being passed through the digestive tract.

Herbs that have a bitter action act to increase or stabilize the appetite. In general, they stimulate the appetite, which is important in conditions of convalescence, but bitters do not seem to increase appetite in a digestively healthy person; rather, a more healthful balance in the appetite develops. The body acquires more taste for healthy foods and less taste for unhealthy foods.

When bitters activate the gastric secretion of hydrochloric acid and other digestive enzymes, the nerve tone of the muscles of the entire digestive tract improves. Blood circulation improves and the body can assimilate foods, absorb nutrients and eliminate wastes

more efficiently. In a broader way, this improvement in blood circulation affects the healthy activity of the heart and circulation in general.

When a person's digestion is not working properly, the common symptoms are constipation, gas, bloating, aches and pains in the digestive area and diarrhea. But it can go beyond these "first-line" symptoms. When our digestion is not at optimum potential, our energy suffers and we feel really tired; also, we may have aches or pains because of metabolic byproducts that are not being properly eliminated. Also, when our assimilation of nutrients is not good, especially if this goes on for more than a few months or even years, our immune system can suffer drastically.

Bitters range in effect from mild herbal bitters, like chamomile, to intense bitters, like wormwood or gentian. Many herbs have a bitter principal in them and common ones include dandelion, chicory, artichoke leaf, blessed thistle, angelica, motherwort, gentian root, mugwort, hops, echinacea, chamomile, yarrow, horehound and yellow dock.

At Tilia, we have a range of digestive bitter formulations to choose from, so stop by and talk with use about how we can help you "get bitter". ■

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LINDA GIGLIOTTI
Golden Herb Health Foods

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With so many probiotic supplements on the market, it can be difficult to know which one is best for your individual needs. The best advice here is to consult the knowledge and experience

of health care practitioners.

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Linda Gigliotti is a registered holistic nutritionist with studies in applied nutrition, homeopathy, herbology, symptomatology and other complementary therapies, now offering consultations at Golden Herb Health Food Store in Creston. For more information, call 250 402-0033.

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Springtime Brings Rainbows With It

BY DIANE
TOLLESON

Iam writing this post on the spring equinox and seeing signs of spring in my yard. Some tulips are really coming up and the robins are back — all good signs! It was great to be outside in the sun.

We all need the sun for many different reasons, vitamin D, for one, and for growing our food, as well. Plus it just seems to make us all feel lighter and brighter inside. Happiness is an inside job and having Mother Nature give us sunshine and rainbows is icing on the cake for me. Now for spring cleaning — time to get rid of old things that no longer serve us, maybe some things can be passed on to someone that needs them. I believe in recycling everything we can.

We are now in the Age of Aquarius, and my guidance is telling me we can no longer do things the old

ways. Everything is new and we will benefit by changing any patterns, relationships and beliefs that hold us back. To me, it starts with really listening to what we say and changing any negative statements, especially about ourselves, into positive ones. So springtime is adding to our refreshed new versions of ourselves.

Arts from the Heart is getting in lots of new things every day, so come see all our new goodies. We just got in some beautiful sun catchers that will fill your room with rainbows! We have lots of colourful tapestries, and new tarot and Oracle cards as well. When you purchase a deck, I will give you a free 10-minute reading.

Enjoy the spring cleanse that Mother Earth seems to be giving us now, and know all is in divine order. We will indeed grow as the Earth does.

In-joy each moment and keep on smiling. Big heart hugs to all! ■

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Gentle Spring Cleansing

BY MAYA SKALINSKA
Master Herbalist, Registered Herbal Therapist

These days, we are flooded with harmful substances that cause harm and stress to our bodies. Pesticides, herbicides, heavy metals, food additives, household and personal care products, and pharmaceuticals, as well as habit forming substances such as sugar, nicotine, alcohol and caffeine, are all toxins that can accumulate and build up in our tissues, compromising our health. Proper elimination of these toxins is absolutely crucial to health.

Complex carbohydrates such as grains, legumes and seeds are important, as they encourage movement in the digestive tract, promoting cleansing action. A daily dose of raw onions, garlic and pumpkin seeds will help get rid of parasites. Add plenty of asparagus, avocados and walnuts, as they help detoxify the liver. Add healthy fats such as coconut and olive oil, clarified butter or homemade salad dressings to your whole grains and veggies. Almond

as breads, baked goods or crackers. Wild fish and organic chicken are OK. Also, stay away from peanuts, alcohol and all deep fried foods.

You can add some cleansing herbs if you're looking for a deeper cleanse. Burdock root, dandelion leaves and root, red clover, milk thistle and cleavers are my favorites. To keep the cleanse gentle, use two teaspoons of any combination of the above herbs per one cup water, cover and steep for five to 10 minutes. Drink one to three cups per day.

Cleansing is not appropriate for pregnant or breastfeeding women, or anyone who is extremely weak.

Only clean tissue has the power to function at its highest potential, and

The whole idea of a gentle cleanse is to give your body a break. Stop the flood of toxic substances coming in, and feed it with a diet that supports healthy elimination. Your body will immediately take advantage of the toxic break, and do some needed repair and deep cleansing.

For two weeks, eat whole foods only. Focus your diet on high-fibre plant foods, fresh greens and sprouts.

butter is great with fruit as a quick snack. Drink eight to 10 glasses of water every day. Water is perhaps the most important detoxifier.

It is also crucial to avoid all acid forming foods such as sugar (all types), meat, all dairy and flour products, such

detoxifying is the first step to health and rejuvenation. Treat your body to a cleanse diet, and enjoy the extra energy and overall well-being that cleansing brings. ■

Maya Skalska is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment, call 250-225-3493.

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National VOLUNTEER Week

April 23-29

Best Practices for Recognizing Volunteers

In Volunteer Canada's 2013 Volunteer Recognition Study, organizations shared their best practices for acknowledging volunteer contributions:

- Recognition is not just a once a year event; it should be year round. Organizations need to move beyond the perception that volunteer recognition equates to volunteer events.

- Organizations can learn about volunteers' motivations and preferences by building in questionnaires to accompany the documentation organizations are already requesting for screening and administration. This information can

be very useful for ongoing recognition throughout the year.

- Organizations can recognize volunteers by learning about their motivations and by ensuring that volunteers are meeting their desires to use or develop skills.

- Volunteer recognition is a continuum that requires a variety of initiatives. It's important to try to offer different forms of recognition (formal and informal), customized for different individuals.

- Organizations can find meaningful ways to recognize volunteers. They can create an event that embeds training or networking opportunities

with celebrations around volunteer recognition.

- It is important to build strong relationships between staff and volunteers. The staff and board members should be aware of volunteers' contributions to the organization.

- Making volunteers feel welcome is an important form of recognition. Whether it is putting a volunteers' role on their name tag as opposed to simply "volunteer", soliciting feedback on how their role could be improved or offering training, there are many opportunities for organizations to create a warm and welcoming space. ■

—Volunteer Canada

A BIG THANK YOU TO OUR MANY VOLUNTEERS



- Creston PAWS
- West Creston Fire and Hall Societies
- Creston and District Historical and Museum Society
- Citizens on Patrol
- TAPS
- Creston Valley Gleaners Society
- Cresteramics Society
- Therapeutic Riding Program
- Creston Valley Hospice Society
- Creston and District Society for Community Living
- And Many More



Larry Binks
Regional Director,
Area C

National VOLUNTEER Week

April 23-29

- In 2013, 44% of Canadians aged 15 years and older volunteered for a charitable or non-profit organization.

- The hours volunteers contributed in 2013 stood at 1.96 billion hours, equivalent to about 1 million full-time, year-round jobs.

- Volunteering in 2013 was highest among teens aged 15-19, at 66%. This was followed by Canadians aged 35-44 (48%).

- Volunteers are most often engaged in organizing events (46%) and raising money on behalf of an organization (45%)

- Most volunteers stated volunteering gave them a chance to acquire or improve their skills. Ranking the highest was interpersonal skills (63%), followed by communication (43%) and organizational and managerial skills (40%).

—Statistics Canada



VOLUNTEER AND MAKE A DIFFERENCE

A sincere thank you to the countless volunteers throughout the Creston Valley, especially those hard-working people in Area B who help make our community stronger.



Tanya Wall
Regional Director, Area B

Message from Volunter Canada President

Five years ago, at the Governor General's Round Table on Volunteering, you challenged Volunteer Canada to explore and promote a broader definition of volunteering by 2017 — and here we are! Our National Volunteer Week theme, "Volunteering, Eh?", serves as a springboard for this important shift in how we think about volunteer recognition.

In addition to honouring the 12.7 million Canadians who volunteer in non-profit organizations, during Canada's 150th anniversary, let's embrace all the wonderful ways people care. Care for each other and for the Earth; from helping neighbours, friends and strangers to mobilizing networks to raise awareness and funds for issues that matter to them.

How do you recognize the many forms of volunteering around you and in yourself? The research conducted by IPSOS Public Affairs demonstrates just how diverse volunteering has become. In addition to involving volunteers in vital community programs and services, organizations are being called upon to make space for these spontaneous, organic and the growing "do-it-yourself" community action movements.

Volunteering, Eh? Our campaign asks the question and offers some answers. Using a crossword puzzle as the central image, we are recognizing all those who volunteer and we are challenging people to stretch their definition of volunteering and to identify the equally diverse benefits and impact of volunteering. You may also want to create a crossword puzzle of your own that speaks to the diversity of volunteering in your organization.

Our National Volunteer Week campaign kit contains creative material to help you celebrate and thank the volunteers around you, including, posters, thank you notes, recognition gifts, letters to public officials and more. Visit www.volunteer.ca/nvw2017.

Let us know how we can support you with your own event or campaign. Each year we get messages, tweets, and photos of the wonderful ways you celebrate National Volunteer Week and

we can't wait to hear what you do with this year's campaign. Tweet using #NVW2017 or email info@volunteer.ca with the subject line "Volunteering, Eh?"

To all of you who engage volunteers in all aspects of community life, Happy National Volunteer Week!

Paula Speevak
President & CEO
Volunteer Canada

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—Margaret Mead



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Home & Garden

Three Tips to Green Home for Spring

Creating a more eco-friendly home and lifestyle is a great goal for the change of season, especially with warmer weather encouraging us to spend more time outdoors. Here are some tips in and around your home to help get you started:

1. In your everyday spaces: Look for simple changes you can make to reduce your impact on the environment. Shop for eco-friendly products, upcycle old furniture in a DIY project, and donate old clothing or use it for crafts. Make sure to recycle as much as you can, and use

energy during off-peak times as much as possible.

2. In the garden: Consider compost gardening, which involves composting leftover foods and scraps and then using it to fertilize your own crops and herbs. It's easier than you think and makes a great project and learning experience you can do with the kids. There is tons of advice online, including how to make your own compost garden even if you live in a condo or have limited backyard space.

3. In the garage: One of the

easiest ways to make an impact on your personal carbon footprint is by looking at your vehicle and driving habits. Consider an electric or hybrid vehicle for increased fuel efficiency and lower greenhouse gas emissions. By driving green, you could save hundreds of dollars at the pump each year and stay on trend. Remember to accelerate gently, maintain a steady speed, anticipate traffic, avoid high speeds and coast to decelerate. Find more information at www.vehicles.gc.ca.

—News Canada

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Make the Right Choice for Fence Project

Whether you are looking to create your own private oasis, or add more security and safety to your home, a proper fence can make a world of difference. But the type of fence you choose will ultimately stem from how you use your yard.

"The challenge comes in finding something that is both functional and aesthetically pleasing," explains Todlynn MacPherson, who is with Royal LePage Truro Real Estate. MacPherson recommends reviewing these three scenarios to determine your fencing needs:

1. Privacy. If you are looking to create more privacy for your home, solid wood fences are a good option. Most fences built for privacy stand about six feet high. They are available in varieties of wood types, with cedar and spruce being the most popular. Lattice-tops can add aesthetic appeal, and a myriad of building designs are available. Ask your local building centre for wood fence and gate design ideas or research online.

2. Safety. For backyards with pools, a fence with limited horizontal



rails is recommended. This will ward off trespassers from using the fence as a ladder to get into the pool area. Having a gate with a spring latch is a bylaw requirement in most municipalities. Black aluminum fencing is typically produced with vertical spindles — often emulating wrought iron design — and provides good sight lines for pool areas.

3. Security. Keeping children or pets safe in the yard is critical for any

family. Chain-link fencing is strong, reliable, and affordable. Whether you have a dog that jumps or one that digs, chain-link fences can be built to suit the needs of your pet. Although it is one of the less aesthetically appealing options, chain-link fencing prioritizes safety and won't break your budget.

More information at www.royallepage.ca.

—News Canada



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Home Size Affects Interior Decorating

BY WENDY REEVES SEIFERT
Over the Valley

Today, let's address size issues and how to approach them.

First, the small home. Good storage solutions are a must. An uncluttered home looks larger.

Next, colour. Keep the floors and walls a light neutral colour: light grey, beige or cream, for example. If the home has a lot of natural sunlight, a grey is a good choice; otherwise, go to the warmer tones of cream or beige. Keeping the larger areas (floors and walls) consistent and light in colour makes the area look larger.

I would also suggest that the furniture be in the same light tones. Boring? Yes, but let's add colour with the accessories, which are easily and inexpensively changed. Use colourful readymade side panels and buy extra to make toss cushions and/or a table runner to give a custom look. You can always use cool tones — blue or green for summer and change to red or orange for the winter. Change your decor with a minimal expense. Contemporary furniture is a good look for a small home as it has slimmer lines and legs, rather than skirts. Of course, glass top tables are a good option, keeping your vision uncluttered.

Next, the larger home, which are sometimes more difficult to work with than smaller homes.

Here we want to use deeper, rich colours, as the challenge here is to make the home warmer and more personable. If you have a large living room, it needs to be sectioned off into usable areas. For example, a conversation grouping around a fireplace using two sofas and two chairs, plus coffee and end tables.

Next, you could have a games table or a reading area with one or two chairs, bookcase and, most important, a reading lamp, which needs to be large enough to provide light to the seating area. (See the pictures on this page.) Incorporate the hobbies and interests of the homeowner — if there is a budding musician in the family, a music corner would be ideal. Real or fake large plants fill in otherwise empty corners.

For the larger home, it is especially important that rooms be defined and given a purpose. Here you can definitely use your dramatic flair — a larger home can take it.

Spring is just around the corner, so let's have some fun and brighten up your home and outlook. See me at the Spring Trade Show on April 28 and 29. If you bring a room size, I will do a complimentary floor plan. Hope to see you there! ■



PINTEREST.COM

In the design above, there is no lighting on the reading area, but the design below shows excellent adjustable lighting for reading.



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Leading up to the May 9, 2017, provincial election, I Love Creston asked the four Nelson-Creston riding candidates five questions. Their responses are on this and the following pages.



Kim Charlesworth Green Party

1. Why is representing the Nelson-Creston riding important to you?

I am concerned about the future of our communities and feel that the Green Party offers the best opportunity to bring real change to government. I love this region. The best part of being on Nelson city council was getting to know the

people and organizations that made up the community. Kaslo, Salmo, Creston and all the smaller towns in Nelson-Creston are vibrant, creative and interesting. I want the best for this incredibly bountiful region that, I feel, is currently being under-represented.

2. What are the biggest challenges facing the Nelson-Creston riding?

Lack of a strong and healthy economy and affordable housing. The current government is completely focused on liquid natural gas as its economic development strategy for the province, taking us down a disastrous path both economically and environmentally. Nelson-Creston has a rich potential in agriculture, renewable energy, forestry and small business. These sectors are being ignored. Why? Because they are not part of the status quo that sits in Victoria. Our region has amazing abilities and resources. We are now losing out due to policies and direction that are being set by the existing government.

3. How will you encourage food

security, and help young people to take up farming?

I have seen firsthand the interest young people have in farming. We need a multipronged and long term approach to “grow” this. First, I will work hard to create an environment where local agriculture can thrive. In the short term we need to rebuild extension services through the Ministry of Agriculture. In the longer term, government can play an enabling and co-ordinating role with producers, distributors and educators. Second, I will work to bring more independence and power back to the Agricultural Land Commission to protect farmland. Third, I will continue to bring forward legislation like the bill recently tabled by BC Green Leader Andrew Weaver, the property law and land title amendment act, that ensures farmland is safeguarded from real estate speculation using foreign capital.

4. How will you develop greater levels of co-operation between governments, First Nations, business and non-profits?

Collaboration starts with listening and seeking to understand the true

needs of all partners. We need to define what our shared vision of co-operation and reconciliation looks like, and then be honest about what action it will take to reach that vision. The best way I know of doing that is getting to know my community — through round tables, stakeholder discussions, seeking input and then developing a shared path. So the short answer is by bringing the various partners together to define what is needed. Listen, plan and act.

5. How will you help your constituents deal with the

unpredictable effects of climate change and natural disasters?

First, our government must show leadership on a comprehensive climate action plan. BC Green Leader Andrew Weaver is one of the world's leading scientists on climate change and has worked with several governments to develop climate action plans. This is expertise that I will draw on to help my constituents in Nelson-Creston. As for dealing with effects of climate change, current research shows us what will happen with local precipitation and temperature patterns in the future, how that will affect our infrastructure, as well as

our growing season, and what crops will be successful in the changing climate. I will work with local governments to plan for a green future and help bring resources needed to offset the effects of climate change. ■



Michelle Mungall New Democratic Party (Incumbent)

1. Why is representing the Nelson-Creston riding important to you?

The Kootenays are an amazing place and I am honoured to stand up for the issues that matter to us. Whether it's keeping Jumbo

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QUICK GLANCE Kim Charlesworth

Home: Nelson since 2003

Politics: Nelson City Council (2008-11)

Career: Graduated from Dalhousie Law School, practiced law in Halifax, N.S.
•Joined Correctional Service of Canada in 1997

•Transferred to Human Resources Development Canada in Victoria; transferred to Nelson in 2003 to become Service Canada manager

•Since 2013, worked with Nelson Food Cupboard as general co-ordinator, then garden co-ordinator, developing a 4,000-square-foot garden

Volunteer: Founded the Kootenay and Boundary Food Producers Co-op in 2013

•Chaired West Kootenay EcoSociety from 2004-09

•Served on parent advisory committees, boards of Centre for Innovative and Entrepreneurial Leadership and Glacier Gymnastics, and advisory council for Habondia Society

wild, reducing poverty, advocating for local jobs, health services and public education, or supporting local industries like agriculture, forestry and tourism, I'm proud every time I speak for our region in B.C.'s legislature.

2. What are the biggest challenges facing the Nelson-Creston riding?

Like all of B.C., too many people are struggling to make ends meet with an ongoing affordable housing crisis and increasing costs like ICBC rates, MSP and hydro — all as a direct result of Christy Clark's decisions. Seniors care is also in crisis when only nine out of every 10 residential care homes meet minimum care standards.

More unique to the Creston Valley is the BC Liberals' rezoning of our class A farmland. This has reduced protections on our food systems at a time when food prices are going up.

We also need better government involvement and support for the Creston Valley Wildlife Management Area.

3. How will you encourage food security, and help young people to take up farming?

To encourage young farmers' success, you need a strong agricultural sector. After holding a community forum on agriculture in 2009, I began a multi-year program to support local food. I hosted a discussion group with young

farmers and John Hogan, Paris Marshall Smith did an internship that produced a report on building Kootenay local food markets and I worked with my colleagues on policies for Grow BC, Buy BC and Feed BC. I also vigorously opposed Christy Clark's Bill 24 that rezoned our class A farmland into second-class ALR protection. If re-elected, I will continue working with our local farmers to bring forward supports needed to grow this sector.

4. How will you develop greater levels of co-operation between governments, First Nations, business and non-profits?

A key principle in any working relationship is "nothing about us without us."

I am honoured to have a positive working relationship with the Ktunaxa Nation council and Yaqa Nukiy, especially in the work to protect Qat'muk, known to many as the Jumbo Valley. Going forward in an era of reconciliation, it is important that government work in partnership with First Nations, respect their rights and traditions and discontinue colonial practices.

I meet with the six chambers of commerce, other local business groups and non-profits to stay up to date on their activities and how I may be of help. For example, when the Balfour local businesses were under threat by a ferry terminal move, we worked together to ensure government chose Balfour.

I've also toured facilities at the Therapeutic Activation Program for Seniors and the Creston Valley Community Housing Society and supported their important work. I build bridges by referring groups to each other when they have mutual interests and a potential to work together.

5. How will you help your constituents deal with the unpredictable effects of climate change and natural disasters?

The NDP's Clean Growth Action Plan, supported by climate action experts like Tzeporah Berman, will get the province back on track to meet our climate targets, stimulate innovation, create jobs, protect

QUICK GLANCE Michelle Mungall

Home: Nelson for 15 years

Politics: Nelson City Council (2002-05)

•Nelson-Creston MLA since 2009

•Opposition deputy house leader (since 2014); previously Opposition critic for advanced education and labour market development, women's caucus chair, spokesperson for social development, social policy committee

Career: Nelson Committee on Homelessness

•Managed West Kootenay non-profits, including Nelson Food Cupboard and micro-finance organization

•Restaurants and research assistant in university years

Volunteer: Helps Grans to Grans, Chamber of Mines and West Kootenay Women's Association with fundraising

•International election observer in Ukraine twice

•Elephant Nature Park in rural Thailand

B.C. businesses, support rural communities, and use new carbon tax revenues to put more money back in the pockets of low and middle income families. Reducing emissions will help to lower impacts from climate change. Making carbon pricing affordable and investing in green jobs will help families. Learn more at www.bcndp.ca. ■



Tom Prior
Independent

1. Why is representing the Nelson-Creston riding important to you?

Currently we lack effective political leadership. Nelson-Creston, like other B.C. Interior ridings, needs independent provincial representation that is willing

to speak up and act to return value-added jobs for timber, water, mining and agriculture resources.

2. What are the biggest challenges facing the Nelson-Creston riding?

There is a paucity of political inspiration that works with local small business to create value-added wealth in our communities. We face more and more challenges every year with housing, gainful employment and other poverty issues that are becoming the norm. We are being hoodwinked into believing poverty is a growth industry; a growing industry of "poverty professionals" unknowingly accepts and promote this false poverty. This must be reversed or we will continue to be robbed of our vast wealth of human and raw resources.

3. How will you encourage food security, and help young people to take up farming?

Food security is relative to political stability. Canada's food supply is secure when our governance is based on the common good. We can regain food security in Nelson-Creston by returning Pacific salmon stocks to the upper Columbia system. The U.S.A. and state of Washington, with full co-operation of all First Nations have started this effort in earnest. BC Hydro and our present liberal government oppose this effort.

Leading by example. Ten years ago I developed a organic urban garden and greenhouse business that has inspired dozens in Nelson to take up urban gardening.

4. How will you develop greater levels of co-operation between governments, First Nations, business and non-profits?

I would work to stop the "divide and conquer" politics that is still part of the Canadian provincial and federal governments' methods to pit the many B.C. non-ceded First Nations against each other.

Co-operation with business, First Nations and non-profits will develop as our governments engage in the important truth and reconciliation process that will with time bring our First Nations out of residential school shock, and we will gain further the wisdom from our brothers and sisters in the Métis and all First Nations.

5. How will you help your constituents deal with the unpredictable effects of climate change and natural disasters?

Leading by example. A few years back, I and half a dozen old growth wilderness activists convinced B.C.'s Ministry of Forests, Lands and Natural Resource Operations not to log a large old-growth area in the Westfall River area; this is very important mountain caribou/grizzly habitat. This large ancient old growth cedar/hemlock sequesters a vast amount of carbon that would have been released with clear-cut logging.

One of the cornerstones of our campaign is to begin the complicated political process that will reverse the destructive effects of B.C.'s boom and bust resource economic momentum. This boom/bust economic will is increasingly

less viable and is under pressure from the middle class of Canada that is losing confidence in this system. The political/corporate system that has caused this and continues to push the finite limits of our ecosystem. We must elect politicians to start this new age of economics that does not pit the health of our environment against the economics that we believe creates wealth. ■

QUICK GLANCE

Tom Prior

Home: Nelson for 40 years

Politics: Helped create Green Party of Canada

•Worked with Nelson-Creston Green candidate Colleen McCrory in 1996 election

Career: For 30 years has owned clothing and jewelry store Mountain Pass Imports

•Market gardener

•Forestry

Volunteer: Helped protect Incomappleux River ancient cedar-hemlock forest from corporate destruction

•Volunteered to stop privatization of Glacier and Howser creeks from former premier Gordon Campbell's independent power project



work harder on local issues and carry a positive message to government about the endless opportunities that the Kootenays hold. The diversification of this area and our willingness to succeed are a true testament to this area and the people that live here.

Over nine years in local government, I have seen how much harder our communities have had to work because we were on the opposite side of the government in power. We need a strong representative with a positive vision that is willing to work hard for farmers, business owners, local government and community organizations to move us forward and open doors.

2. What are the biggest challenges facing the Nelson-Creston riding?

Small rural communities face challenges like business and job retention, health care, education, affordable housing

and maintaining the infrastructure that is so important to all our communities. We need an MLA that will advocate for investment into infrastructure, job development, schools and teachers, health care and recruiting more services, affordable housing, forestry sectors and tourism programs. We need a voice that understands farmers, business owners and local governments, how hard they are working and what they are going through to keep their employees working and their doors open.

3. How will you encourage food security, and help young people to take up farming?

For many years I have been an advocate for local agriculture and creating stronger networks, which has a direct impact on food security. I have been a member of the Creston Valley's Fields Forward impact team, and was recently elected to the Regional District of Central Kootenay food policy council. We have seen encouraging results from people working together to create a stronger agriculture network and collaborative working groups. I will continue to work with the Ministry of Agriculture and the Ministry of Jobs, Tourism and Skills Training to showcase the importance of agriculture producers in our area.

Through Fields Forward, we have been providing workshops that introduce younger people to farming, and linking longtime farmers with younger generations. Farming is hard work but it is truly through passion for a healthier lifestyle that we keep seeing growth and new farmers being

Tanya Wall

Liberal Party

1. Why is representing the Nelson-Creston riding important to you?

This is my home and I am passionate about ensuring that it is sustainable for future generations. I believe we need an MLA who will



ELECT

TANYA WALL

Nelson - Creston

"Devoted to job creation, our diverse agriculture communities and creating opportunities for working families. We need an MLA who will roll up their sleeves, advocate for local issues, and work hard for the communities they represent — and that's exactly what I want to do."

- Tanya Wall



Today's BC Liberals

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www.bcliberals.com/candidate/tanya-wall2017
250.428.1993 | email@tanya.wall@bcliberals.com

Campaign Office: 1025B, Canyon Street, Creston

Authorized by Rick Minichiello, Financial Agent for the BC Liberal Party, Tanya Wall

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MAY 9, 2017

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ADVANCE POLLS

Apr 29-Apr 30 | 8 am-8 pm

May 3-May 6 | 8 am-8 pm

creative. One of the largest hurdles is keeping agricultural land affordable for young farmers to invest in.

4. How will you develop greater levels of co-operation between governments, First Nations, business and non-profits?

Building positive relationships is key. We have a common goal to improve our communities, strengthen them through opportunities and offer improvements to the lifestyle we choose to live in the Kootenays. It's about respect, listening to each other and working together. I am a strong believer that we are stronger together. Linking our communities to resources, the right levels of government and supporting each other will drive positive change.

5. How will you help your constituents deal with the unpredictable effects of climate change and natural disasters?

This year has already proven to be a challenge. Educating constituents about services, resources and advocating to the provincial government is key. Working together with all levels of government, planning, being prepared and having resources at hand locally are so important for quick responses. Working with key stakeholders, utility companies, contractors and emergency services to understand each other's roles ensures the safety of everyone. It's truly about ensuring that we invest in education, training and enabling the resources required when incidents happen. ■

QUICK GLANCE

Tanya Wall

Home: Erickson, moved to Creston Valley in 1982**Politics:** Creston Town Council (2008-2014)

•Regional District of Central Kootenay Area B director since 2014 (alternate director 2013-14)

Career: Health/safety manager at J.H. Huscroft Ltd. since 2013

•Western Canada contract environmental/safety specialist for BDI Canada in B.C. and Alberta (2013-15)

•Columbia Brewery on production line and brewing department (1996-2007), and environmental health and safety compliance manager (2007-2013); was on union executive

Volunteer: Fields Forward impact team, Creston Valley Public Art Connection Society, Ducks Unlimited

•Banquet MC for Creston Valley Rod and Gun Club, events director for Kraft TSN Celebration Tour (2012), community chair for the 25th anniversary of Rick Hansen's Man in Motion tour (2012), community chair for Olympic torch celebration and tour (2010)



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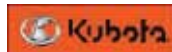
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