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From the Editor



BRIAN LAWRENCE

It's May, which means it's time for the Creston Valley Blossom Festival! The fact that this year's festival is the 76th certainly proves its value to the community — in the more than 13 years I've lived in Creston, I've seen the festival, more than once, become desperate for willing hands to keep it afloat. And the community has responded admirably, with new life breathed into it each year.

I hadn't taken part in planning any activities until last year, when I got involved in putting together the Diamond Dinner Dance. It was a

fun night, with great food and lots of dancing — and this year's Black and Red Ball will be even better, with two bands for dancing, as well as live dinner music to complement the sure-to-be-fabulous food by Demetre's Catering.

Of course, the weekend is full of other events, too, from a Lego challenge to the Creston Lions Club's children's parade to the Creston Valley Cruisers car show — something for everyone! Be sure to check out the special Blossom Festival section from pages 16-25 to find out everything that's going on.

And the Creston Museum will be opening a new exhibit focusing on 1947, one of the years the Creston Valley was booming following the Second World War. I had a sneak peek the other day, and I can guarantee you'll learn something new, even if you've been in the valley

for years. Museum manager Tammy Bradford offers a preview in her article on page 10.

In all the excitement leading up to the long weekend, don't forget to do your civic duty and vote in the May 9 provincial election. We had a Q&A with four Nelson-Creston candidates last month, and a fifth was announced after our deadline — his Q&A is in this issue on page 30.

For residents of Creston, that's just the kickoff of an election season — the polls will be open on June 10 for voting in a by-election to replace the late Joe Snopek. On page 8, Mayor Ron Toyota offers his thoughts, and some very sound advice, on the matter. We'll check in with the candidates in the June issue to help you make your choice.

Until then, enjoy the warm (well, warmish) spring weather, and have a safe and happy May long weekend! ■

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BE NEIGHBOURLY

10 Tips to Be a Good Neighbor

Being a good neighbor requires you to think beyond your four walls. By following a few basic rules of neighbourly etiquette and treating others with respect, you can help create a more harmonious environment for yourself and your neighbours.

Whether you are in your first house or you have been in your neighborhood for a while, keeping good relations with the neighbors can make a big difference in your quality of life. Here are a few etiquette tips to reduce friction and keep the peace with your neighbours.

1. Say hello.

A friendly smile and wave to a neighbor when you go out and get the mail can go a long way toward creating a pleasant atmosphere.

2. Turn your music down.

This is a simple peacekeeper, tried and true. If you plan on entertaining and having music, let your neighbors know ahead of time and keep it to a reasonable volume. If you play music in your backyard, remember to turn it off when you're done instead of going inside and forgetting about it as your music plays into the wee hours.

3. Close your garage door.

Avoid the habit of leaving it open because you plan on going back out in awhile. This is especially important if it's messy. Not only is this a security issue, it's also an issue of extending common courtesy to your neighbors who may not wish to regularly get an eyeful of your collection of boxes, garbage cans, etc.

4. Do not let your dog bark incessantly in the backyard.

Leaving your dog alone to bark all day—or even worse, all night—is a sure way to strain relations with your neighbor and violate a city noise ordinance. If your dog stays in the yard while you are away at work, ask a neighbor who is at home during the day if they ever hear your dog. If there is a problem, fix it. They'll appreciate your consideration and in addition, it's the right and mannerly thing to do.

5. Reach out.

Invite a neighbor over for a drink or a meal. Or invite a few neighbors over for a backyard BBQ or potluck. Investing some time in getting to know the neighbors will help keep relationships harmonious and make it easier to handle any problems that arise.

6. Maintain your yard.

At a minimum, meet the basic standards of yard maintenance by mowing, weed-whacking and doing your best to keep your yard looking decent. Hire someone if you can't seem to get it done yourself. Neighbors get cranky at the thought of their property values going down because of a slob next door.

7. Position outside lights with care.

Make sure your security light doesn't shine into your neighbor's bedroom.

8. Don't leave toys in the front yard.

Whether it's yours or your children's toys, yard equipment, or car parts, it's bad policy to leave items on your front yard or driveway. Put your tools away when you're done with them.

9. Be a good driver.

Don't treat the neighborhood streets as your personal racetrack. Always be mindful that there are kids, dogs, walkers and bikers out on the street. Also, when driving through your neighborhood, turn the volume on your car stereo down. Your neighbors shouldn't associate your comings and goings with a thumping bass and rattling windows.

10. Discuss problems in person.

If a problem arises, talk to your neighbor in person first. Approach the situation in a pleasant way, "You may not have realized this, but ..." Start here rather than resorting to a nasty note or a call to bylaw services or the police that will be sure to permanently strain your relationship. Also, use good judgment in identifying real problems: a party on a special occasion is one thing; a continuous stream of parties that interfere with your sleep on a regular basis is another.



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CONSTRUCTION ZONE

Bicycle campers an art project for Homelinks students

STORY AND PHOTOS BY
BRIAN LAWRENCE
I Love Creston Editor

Every Friday morning since February, the sounds of drills, hammers, saws and other tools have been part of the atmosphere at the Creston Education Centre, as Homelinks students created bicycle campers, a project that they will present in the Creston Valley Blossom Festival parade on May 20.

"I'm proud of my kids and I'm proud of the project. I want to show it off and maybe inspire someone else to try it," says Homelinks teacher Jennifer Adams, who had her students create the campers for art class.

"It's pretty unique," says Grade 11 student Ariel Faulks. "I never would have thought about doing something like this for art class. It's something you can take home and use, not just something to put on the wall."

Adams, who teaches Grades 8-12 math, science, art and phys ed, stumbled across a Paul Elkins YouTube video on bicycle campers while researching the tiny house movement. The concept fit well with her students — many of which enjoy the outdoors and camping — as well as the work she is doing on her master's degree in playspace pedagogies and practitioner inquiries.

"I'm working on my master's and we were asked to challenge ourselves

and teach something in a different way that we would normally," says Adams, who is studying through the University of BC.

Now in her second year of teaching at Homelinks, Adams grew up in Souris, Man., and came to B.C. to earn a bachelor's degree in science at the University of Victoria, before obtaining a bachelor's degree in education at Brandon University. She moved to Creston in 2013 after doing a Google search for places to live in B.C.

The bicycle camper project's two-to three-hour weekly sessions have involved more than just art. Math skills are also being put to work, as 40 students measure and cut wood, and



keep their budgets in check — the latter partly accomplished by using every scrap of wood possible, with names written on some randomly shaped pieces to ensure other teams don't pilfer them.

"If we had a sheet of plywood, we'd use the scraps so we'd get the most out of our money," says Faulks, who had previously taken wood shop.

"There's all this problem solving going on and they don't even know it," says Adams.

She researched the bicycle campers in books and online, and brought in volunteers to help the students in areas she couldn't; invaluable knowledge came from Barbara Koehoorn, whose children Adams teaches, and Koehoorn's father, Ralph Tressel, who also provided power tools to the class.

"He's given us the expert advice we need," says Adams.

Tressel was able to guide students through the process after Adams showed the students sample designs and videos, and then let them do their own thing, building both in the classroom and the gymnasium.

"The goal is to give them a chance to learn through trying," she says. "That's been a cool experience for me because three groups made mistakes at the beginning. ... They had to fix it."

Even without mistakes, some teams' plans changed from their initial concepts, which were based on a wooden frame with two wheels, and required to fit a person lying down, have a kitchenette and storage, and fit on the road behind a bike.

"We've had to improvise a little," says Grade 11 student Caleb Gaudio, who has taken two years of shop classes. "At first, we were going to do a taco, but that idea kind of fizzled out. Then we thought we'd do something different than everybody else and did a round model instead of a square."

His team's camper has only one floor, unlike the one built by Faulks's team of five, which gave theirs a second.





"We were worried about how much space we'd have to lie down," she says. "So there's a subfloor."

For each team, the process involved a bit of compromise. Grade 9 student Marissa Koehoorn and her sister, Kayla, had an idea, as did their two teammates.

"We kind of put them together and built off them," says Koehoorn, who has done some woodworking with her father.

For her, the project was a great confidence builder.

"I knew how to use most of the tools," says Koehoorn. "But I learned that we can go ahead with it without asking a parent, which we usually have to do when we're making something."

Faulks appreciated learning the budgeting skills, and Gaudio discovered that preparation is a big key to a project's success.

"I should plan a little more on projects," he says. "I didn't plan enough on this one."

After following the students' progress — and seeing how many signed up for and stuck with the project — Adams is planning to take the concept a step further in the future.

"Not only has everybody been showing up, but they're engaged and participating. Doing this project has definitely motivated me to come up with an interdisciplinary project next year," she says, intending to incorporate more math and computer modelling.

And she couldn't be happier to see the students not only learning new skills, but also passing them on to the others.

"The coolest thing is when I see a student teaching another student to do something," she says. "It's so cool to see that, especially when they've just learned it." ■





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Our Municipal By-election

The Town of Creston will be holding a by-election on June 10. This election is the time when our community will democratically choose a representative to serve as town councillor for the remainder of our municipal term (to Nov. 30, 2018). This newly elected member will fill the vacant seat that was created with the passing of Coun. Joe Snopek, who passed away at 75 years of age, after decades of community service as an active volunteer, a mayor and a councillor.

Our governance framework is comprised of a town council with seven members: myself as mayor and Couns. Boehmer, Comer, Elford, Unruh, Wilson and our soon-to-be newcomer. This is my third term as mayor and Joanna Wilson is serving her fourth term. Kevin Boehmer, Jen Comer, Jim Elford and Karen Unruh were elected in November 2014 to their first term at Creston's council table. Karen had previous experience as a councillor in Fort Nelson. Together, this team continues to achieve great successes for our community.

Serving on our town council is not a full-time position, but it is a lot of work!

For example, as mayor I am officially in my town office a minimum of three days a week. However, there are many months during the year that I log over 200 hours of working for our community. Official duties and protocols, combined with a plenitude of meetings, keep me very involved — and very busy!

As we prepare for the by-election, I was inspired to reread an article produced by Danikloo Consulting (Danielle Klooster, danikloo.com) entitled, "Six Awesome Reasons to Run for Municipal Office". These six reasons, detailed in this read-worthy article, are:

1. You care deeply about your community and want to make a positive impact.
2. You have proven leadership experience.
3. You've done your homework.
4. You are prepared to be part of a team.
5. You're a long-term thinker, prepared to build for the future.
6. You can remain committed to serving the community and doing what you believe is best, no matter what.

For the full article, check out her blog

at tinyurl.com/mvkd5lf. (Danielle has also authored an article entitled, "Five Terrible Reasons to Run for Municipal Office". Take a look at tinyurl.com/mgzukmv.)

So what does the commitment to be a councillor look like? As a council we meet formally two to four times a month. On top of these regularly scheduled meetings, there is extensive time required to attend public meetings, committee meetings and community celebrations, and to travel for attendance at a variety of local government conferences. Further to this, meeting preparation (reading agendas, staff reports, resolution booklets and more) takes up significant time. And this is just the normal course of business.

For our newcomer, the learning curve will be steep and the orientation material will be fulsome. The time commitment of being a newly elected council member will be compounded by having to dive in midstream of the council term. We certainly need someone who will be ready to roll up their sleeves and get to work!

Despite the complexities and challenges of the job, serving as a council member is a chance to fill an honourable role founded on the selfless notion of community service. I immensely enjoy the opportunity to work for the betterment of our community, and am honoured to continue serving as your mayor. I know my fellow councillors will echo this sentiment.

As an aside, our B.C. provincial election will take place on May 9 and this is another opportunity to exercise your privilege to vote! Fun fact: Three of the candidates in our Nelson-Creston riding have served as councillors in their respective communities.

Exercise your right to vote in the municipal by-election on June 10 and in the provincial election on May 9! ■

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 Ave. North.

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Powwow Holds Deep Meaning for LKB

Ki'suk kyukyit (greetings). This year marks the 27th annual Yaqa Nukiy Powwow hosted by the Lower Kootenay Band (LKB). This celebration comes from very humble beginnings. After the grand opening of the LKB complex a mini-powwow was held in honour of the newly constructed complex. There were four drum groups and a handful of dancers but there was much fun had by all.

At the conclusion of the grand opening powwow in 1990, a group of elders (most of whom are no longer with us today) advised us to host a traditional powwow annually in remembrance of the LKB complex, so we may never forget the gift that our community received. The LKB complex serves as the headquarters for the band's government and administration. The gymnasium hosts our school's physical education activities, as well as drama performances. This building has housed us during times of

celebration, as well as times of mourning.

Many may not realize the difference between a contest powwow and a traditional powwow. A contest powwow has participants competing for large cash prizes. Some contest powwows offer up to \$10,000 for first place in the drum contest and up to \$1,200 for the dance contest. The contest powwows draw the best drum groups and dancers throughout North America. They are very exciting to watch; however, when large sums of money are involved, it can take away from the true meaning of a powwow.

As per direction from our elders, we keep our gathering traditional, meaning there are no contests. Everyone participating is here because they want to be here to sing and dance. I will always remember the words of one of the elders, who said, "There are enough contest powwows around. Let's have a powwow where people can just have fun." It was a very simple yet powerful statement that

we keep in mind every year.

Many family groups do their own fundraising to host an honouring. Sometimes the honouring is to remember a loved one who passed on. Other times the honouring is done because they wish to give back to the powwow community. Their fundraising efforts are done year-round. They will gift beaded items or a monetary gift to those participating.

This year our powwow dates will be May 20-21 at the LKB complex. The May 20 session will commence at 1 p.m., with a dinner/feast at 5 and the evening session beginning at 7. May 21 will have only one session beginning at 1 p.m. Our powwow has been put on the powwow map. The event draws participants from all over Canada, and as far away as Arizona.

The 2017 Yaqa Nukiy Powwow will pay tribute to indigenous men. Prayers and well wishes will be granted to indigenous men across North America. We invite the public to witness a very ancient and beautiful ceremony. We look forward to another year of celebration through song and dance. I hope to see you there! **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

Creston Valley Booming in 1947

A couple of months ago, we told you a bit about our plans and new exhibits for the summer. Well, summer is nearly upon us, we've been working hard to finish those exhibits and this seems like a good opportunity to share with you some of what we've learned.

Our new exhibit, opening during the Creston Valley Blossom Festival, focuses on the booming Creston Valley in 1947. Granted, the boom started almost immediately after the Second World War ended and it continued well into the 1950s, but we chose 1947 as the focus because there was just so much going on here in that year.

But it wasn't just the Creston Valley that was booming in the post-war years — similar things were happening all over North America. The Creston Valley's experience mirrored that of the rest of the country in many ways, though there were a few striking differences.

For example, increased mechanization of farm work was a common trend all across the country, and certainly made itself felt in the Creston Valley. A self-propelled combine (which dates from a little earlier than 1947), a 1947 Maple Leaf flatbed truck and a couple of Gibson tractors are all examples of local farm mechanization — and yes, we have one of the tractors in the exhibit. We had to take it apart and reassemble it to get it in the room, but fortunately we have mechanically-minded volunteers who like that sort of challenge.

Nationally, increased farm mechanization meant decreased demand for farm labour, but we don't see that here. A shortage of farm labourers provoked something of an annual crisis across the valley. Doukhobor women arrived by train to help with harvests;

local farmers hired immigrants from Europe who had been specifically recruited as farm labourers; schools and businesses regularly closed so that every able-bodied person could be available to help get the apples off the trees.

In part, the continued high demand for farm labour was due to the dominance of tree fruits, and there was really no mechanized alternative to handpicking apples. But another major factor was a simultaneous move towards agricultural intensification. The post-war years saw a rapid shift from standard-sized fruit trees, planted 48 trees to the acre, to semi-dwarf and dwarf varieties, planted 300-plus to the acre. Although the number of acres under orchard cultivation was shrinking due to the development of subdivisions, the sheer volume of fruit produced increased dramatically.

In 1947, 54 varieties of apples were shipped through the local packing sheds, with the largest volumes, by far, in McIntosh and Delicious. Over the next several years, this dominance would increase, as the packing sheds, in the interests of efficiency and commercial viability, stopped taking the less-saleable varieties. McIntosh and Delicious apples were so important to the local economy that the senior men's hockey team was named after them — the Del-Macs.

Agricultural intensification led to new and expanded packing sheds. The Creston Co-Op Fruit Exchange, the "big" packing shed located on what is now Cook Street, and the Wynndel shed both underwent massive expansions in 1947. Creston Packers, located about where the Sun-R Restaurant is today, took over the longtime Long-Allan-Long shed. There was also the Erickson Co-op Union near the J.H. Huscroft sawmill. The demand for labour in the packing sheds helped counteract the national decline in farm labour.

Local economic prosperity was tied directly to the local fruit industry. Apples grown here and shipped to markets across the country (the Prairies, where fruit was not easily grown and the international demand for wheat meant farmers could purchase fruit from elsewhere; industrial centres in the east where a largely urban population depended on food from elsewhere) and around the world (especially in Europe, where agricultural production had not yet recovered from the ravages of the war) brought money into the Creston Valley and created a ready market for luxuries and conveniences.

And there were a lot of luxuries and conveniences. The war years had seen a massive increase in North American production. When the war ended, manufacturers simply shifted their focus to a civilian market. Instead of producing tanks, factories built cars; instead of producing military communications

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ENERGY STAR



Betty Toyota

A 1960 photo of Tak Toyota's Creston Electric store, one of many new businesses established in Creston in the boom years (1946 in this case).

equipment, they made home radios. New businesses were established in Creston to sell these goods; other businesses were established to repair them (the Depression-era and wartime make-and-mend mentality was still pretty strongly ingrained, and the shift towards today's more "disposable" society would take another generation). Inevitably, when one of these businesses was operated by a returned soldier, the local newspapers (increased prosperity led to the establishment of a second paper, too!) trumpeted that fact in their coverage of the grand opening. The message was clear: You have money, and it is your duty to spend it with those who fought to give you that prosperity.

Postwar prosperity transformed the Creston Valley in other ways, too. Cars were certainly not new — they had been in the Creston Valley since 1911 — but now they moved from luxuries to essentials. By the mid-1950s, it was not unusual for families to have two cars, and to buy a new one every few years to take advantage of new technologies, features and designs.

Car dealerships proliferated. Gas stations popped up on every street corner, and worked out evening and Sunday schedules so travellers could fuel up anytime. The family vacation in the family car was now a staple of family life. That led to the construction of new or improved roads (such as the widening of Canyon Street in 1947 to meet the standards of the newly-established Southern Transprovincial Highway) and an explosion in the numbers of motels and autocamps along them. The *S.S. Nasookin*, aging and no longer able to accommodate the hugely increased traffic volume, was retired and replaced with the *M.V. Anscomb* in 1947. The *S.S. Moyie*, the last of the Kootenay Lake steamships, also fell victim to the encroachment of roads along the lakeshore; she was retired in 1957.

As the importance of automobiles grew, the importance of railways declined. Freight service on the CPR continued unabated, and indeed increased in some ways to accommodate the agricultural production, but passenger service

was on its way out. The magnificent passenger-oriented CPR station in Creston was replaced in 1949 with a functional freight shed with small waiting room attached. Passenger trains were replaced in 1964 by Budd cars, passenger-only shuttles that ran between divisional points to connect with main lines, and even those were discontinued after a few years.

There are many other trends in the post-war prosperity of the Creston Valley: the blurring of lines between communities thanks to the new mobility, rapid urbanisation and the relentless eastward march of Canyon Street, dramatic population growth and all it meant for schools, hospitals, recreation facilities and municipal services. But I am well over my word limit, so I'll conclude there and invite you to check out the exhibit to find out more. And while you're here, please ooh and aah over the tractor — those guys worked really hard to get it through the door. ■

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

Trade Show: At press time, the trade show was still a few days away, and almost completely sold out. The Creston Trade Show is a tremendous opportunity to showcase your business to Crestonites, as we have over 2,000 people go through the event. If you missed your chance to showcase your business this year, call early for next year!

Chamber Board: Our AGM was scheduled for April 25, just after *I Love Creston's* publishing deadline and the writing of this column. Prior to the AGM, the Creston Valley Chamber of Commerce executive was president Mark Wolfe (KBTV), with Mark Saunders (Paddle and Portage) and Andrea Lochan (TulipLeaves Boutique) serving as, respectively, first and second vice-presidents.

Board members were Traven Huscroft (Tratech Mechanical), Michele Staggs (Buffalo Trails Coffee House), Bob Johnson (Baillie-Grohman Estate Winery), Megan Keating-McKendry (Pop-Up Mall/Tupperware), Brian Lawrence (*I Love Creston*) and Joanna Wilson (town council, Creston Valley Blossom Festival and Community of Creston Arts Council president. (See

CHAMBER CHAT

www.crestonvalleychamber.com for full results of the chamber's April 25 election results, as well as an updated list of board members.)

Stepping down this year were Ron World (Overwaitea Foods), Peter Martin (Century 21 Veitch Realty) Kevin Smith (Gold N Treasures), Wendy Franz (Imagine Ink) and Don McLarty. The chamber thanks each of these individuals for their service and dedication over the past number of years.

Construction at the Chamber:

The board approved construction of a new office space across the hall from the chamber office, utilizing an area that is currently used for storage. As the chamber building is one of our sources of revenue, with three potential office spaces available, it was decided to construct one now, and the others as needed in the future. Electrical work will be completed by Wynndel Electric Ltd., a chamber of commerce member, and it will be completed for all three spaces,

although only one office space will be finished completely. Board member Mark Saunders (a carpenter) will be leading the construction, and has generously offered to donate his time to finish the work. Thanks, Mark!

Rental Space: As per the previous paragraph, rental space will be available soon at the chamber for small businesses that need a small office space of approximately 100 square feet. Part of the rental agreement is the use of the board room whenever required (within reason). Please contact us if you need some office space.

Business Profiles and LEAP:

As the chamber has supported Kootenay Employment Services' Local Entrepreneurship Accelerator Program (LEAP) by donating a one-year membership to the chamber for all six participants, it has been decided that we would also support their businesses by promoting them in our business profile section on the facing page. Please check out our business profiles of chamber members, and support their businesses. All of us in Creston benefit when we keep our money at home.

Have a great and prosperous month of May! ■

CHAMBER FUN FACTS

Did you know that Chamber members are allowed to use the Chamber's boardroom four times per year for free (up to three hours per usage)? Non-members are charged \$25 per hour for the same usage.

Become a member today!

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Profile: Mel Joy of Fly in the Fibre



Where are you from?

I have always lived in the Kootenays. I grew up in Elkford before moving to Meadow Creek and graduating high school in Kaslo. I moved to Creston in 1994, married my wonderful husband, Michael, and we remained in this beautiful area to raise our three children.

How long have you been in business?

I have owned Fly in the Fibre for a year and before that I owned Full Circle Essentials, which operated out of Full Circle Health Centre. I have always been curious about owning a business but never knew what I wanted to sell. I met yarn a couple of years ago and never looked back. Fly in the Fibre and I are learning and growing together. Today it is a yarn, coffee, home decor,

and gift shop but who where it might go from here. It is really exciting.

What is the best thing about your business?

The name is Fly in the Fibre and it is a place that inspires happiness. I want it to be all about enjoying the little things in life.

What is the best kept secret about your business?

The name Fly in the Fibre is the marriage of two of my passions, fibre and fly fishing. The store will grow to encompass both of those passions in the near future.

Anything to add?

I would like to thank the community for their continued support of local businesses and I know I will enjoy serving Creston as a business owner for many years to come. ■

Profile: Megan Keating-McKendry of Pop-Up Mall & Tupperware



Where are you from?

I was born in Creston, grew up in the Fraser Valley, and moved back in 2004 when I started my family.

What is the best thing about your business?

I have been with Tupperware for three years, and as a director I have a unique opportunity to help others find success in home-based business. Being able to earn full-time wages while working part-time hours that can be completely scheduled around a busy family is amazing. With three children still at home and a husband who works out of

town, being able to be present and engaged in their lives is the most important thing. Plus, I get to party for a living, and it's so much fun. If I can do it, anyone can!

What is the Pop-Up Mall?

Since January 2016, the Pop-Up Mall is a once-a-month vendor market that allows a regular venue for home-based business owners to have exposure to the community in an effort to network, and build relationships with the community. ■

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.

Drive Fore Rotary Funds Community Projects

STORY AND PHOTO BY
BRIAN LAWRENCE
I Love Creston Editor

Since 1905, Rotary International clubs have been working to make change, both at home and around the world, guided by the motto, "Service above self." Creston Valley Rotary Club members have been living that motto since 1992, developing projects to better their community.

"Rotary clubs provide opportunities for people to get involved in local community development projects or to help people around the world — it is a powerful international organization," says Tim Park, a retired teacher who joined the club after moving to the valley eight years ago.

He is now in his second year as chair of Drive Fore Rotary, the club's signature fundraising event, which has run for 21 years at the Creston Golf Club, raising over \$275,000.

"When I first got involved, Drive Fore Rotary seemed like more of a fun, recreational event even though it was labeled a tournament," says Park. "I think that is what has made it so successful for so many years."

More than 85 per cent of the money raised stays in the community — the remainder fulfills the club's obligation to Rotary International — and most has gone toward projects including Millennium Park, the north viewing tower at the Creston Valley Wildlife Management Area, playground equipment at Erickson Elementary School (EES), palliative care rooms at Swan Valley Lodge and the Creston Valley Hospital, and the playground,

gym equipment, washrooms and pavilion at Centennial Park.

As an ongoing commitment to Creston, the club awards bursaries to secondary school graduates, grants to school and community sports, and Rotary Youth Leadership Awards; contributes funding and help to the Creston and District Society for Community Living's Therapeutic Riding Program; and, as it has for 20 years, provides equipment and the core group of volunteers for the EES daily breakfast program.

This year, the club is tackling new projects, which include putting \$5,000 toward upgrading the old pavilion at Centennial Park. And there's the big one: partnering with other organizations to raise \$76,000 to help the East Kootenay Foundation for Health buy a new ventilator for the Creston Valley Hospital.

"We target a major project each year, and this is the one we've chosen," says club member Dave Handy. "The proceeds from this tournament will go to the ventilator."

"The purpose of what we do in Drive Fore Rotary is to get a group together who are not only interested in golf but also what we do for the community," says Park.

While players are important, Drive Fore Rotary wouldn't be possible without additional support. Golf club professional Brian O'Keefe and his wife, Janet, are indispensable in the planning and running of the event, and the community's support is second-to-none, with dozens of sponsors (see ad on facing page) contributing to hole prizes and the live and silent auctions.

Drive Fore Rotary started in 1995, spearheaded by Bill Pfeifer, who enlisted the support of the Creston Golf Club, relying on the guidance and

leadership of the club's former pro, Randy Panton, as he developed what would become a fall tradition.

"A lot of the members were golfers," says Rotary club treasurer Al Garrecht. "It was designed for a time when we could bring people to the golf club when it wasn't busy."

In return, Rotary has contributed to improvements at the golf club, including the walking path down from the seventh tee, garbage can holders, removal of the old barbecue, building a work shed and, last year, installing an air compressor at the exit of the 18th green.

The golf event, which runs this year on Sept. 24, isn't only for the Creston Valley Rotary Club's 32 members, but for anyone who wants to join in the fun, eating well, and silent and live auctions.

"Some format changes were made in 2016 to make the event even more accessible to people who feel butterflies when they hear the word 'tournament'," says Park. "Players now can enter the event without handicaps and they can also create their own foursomes."

With a stronger focus on fun, Rotarians are hoping participation will increase; usually 80-100 golfers participate, many each year since 1995, but the goal for this year is to have over 100 on the course.

"If you like the work done by Rotary and the Creston Valley Rotary Club here in the Creston Valley, put Drive Fore Rotary on your calendar and join us for some great fun and fundraising at the Creston Golf Club," says Handy. ■

To learn more about the Creston Valley Rotary Club, which meets Tuesdays at 7 a.m. at Gin's on Canyon, visit www.crestonvalleyrotary.ca. To sign up for Drive Fore Rotary, call the Creston Golf Club pro shop at 250-428-5515.



Creston Valley Rotary Club thanks all Sponsors and Donors for their Generous Support

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- Frank Vanden Broek – Agent for Sun Life
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- Jack and Betty Bailey
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- Bridge Interiors, Cranbrook
- Balfour Golf Club
- Gary Hobbs, Artist



Learn more at crestonvalleyrotary.ca

THE 76TH CRESTON VALLEY BLOSSOM FESTIVAL
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FRIDAY, MAY 19TH 7:00 PM
PRINCE CHARLES THEATRE

Tickets: \$40 / person | Available April 15 at Black Bear Books

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Creston Valley Blossom Festival 76th Annual

Ortega Headlining Festival Opening

BY HUGH JOHNSTON

In recent years, the Creston Valley Blossom Festival has begun with a stage show featuring a variety of name acts, such as Fab Four (a Beatles tribute band that sold out last year), a Johnny Cash tribute band, Al Simmons, Wendell Clark and Valdy, to name a few. Also that evening, the official opening ceremonies will herald the beginning of the 76th Blossom Festival.

At this year's opening, Lindi Ortega, a singer-songwriter who plays guitar and the piano, will be joined by J.J. Shiplett and Daniel Huscroft. Ortega has had several Juno and Canadian Country Music Award nominations, winning two CCMA's. This promises to be the best show yet, so getting your tickets early at Black Bear Books is a must.

Ortega has worked hard being on tour across North America with Chris Stapleton, and now audiences in the Creston will have a prime opportunity to hear this hard-to-label entertainer. Born in Ontario outside Toronto in 1980, the daughter of an Irish mother and a Mexican father who played in local bands of that genre, she soon discovered that she would take the music world by storm.

She calls herself a country and folk singer, and has that special voice that grabs you with passion the first time you hear it. She has the voice range of Dolly Parton or Patsy Cline, and her music has the same roots as Johnny Cash or Hank Williams.

Ortega burst onto the music scene at 16 and has never stopped working since. With 11 albums, including *Till the*

Goin' Gets Gone, which was released in March of this year, the future beckons with more opportunities.

From her native Toronto, Ortega felt that to get a better grounding in country music, she needed to find a place that catered to country-western roots music. She chose Nashville, Tenn., and spent five years writing music with other songwriters, and kept touring to promote her albums.

This past year, Ortega met a man who would be more than just a singer-guitar player. It was Creston's Daniel Huscroft, who was in Nashville in concert with J.J. Shiplett. For Ortega it was more than a casual meeting — it was love at first sight, and it was time to leave Nashville after five years and come home to Canada. She is now engaged to Daniel Huscroft and they call Calgary home. ■

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Month of May guide

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76th Annual
Creston Valley

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May 19th to 22nd, 2017

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Blossom Festival
needs vendors for the

Lions 11th Ave.

Street Fair

May 20, 2017

Space is limited!

To book your space
or to book a table call

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250-428-7868

Creston Valley Blossom Festival 76th Annual

Fun For All at 76th Blossom Festival

CRESTON VALLEY BLOSSOM FESTIVAL COMMITTEE

This year from May 19 -22, the Creston Valley celebrates the 76th annual Blossom Festival — and we are celebrating in style, with a star-studded opening ceremony concert, parades, street fair, Saturday night soirée, car show, 100-kilometre yard sale and so much more. There will be fun for everyone throughout the weekend!

The opening ceremonies (see page 17) will be marked not only by the official opening and much deserved citizen of the year and junior citizen of the year, sponsored by, respectively, the Creston Valley Rotary Club and Creston Rotary Club, being awarded, but also of internationally renowned country stars performing live. Certain to be a sold-out performance, the opening ceremonies will feature Canadian Country Music Award winner Lindi Ortega, along with J.J. Shiplett and Creston's own recording artist, Daniel Huscroft.

Saturday morning will start off with a street fair on 11th Avenue North above Canyon Street. Expect a bit of everything: food, fun and fantastic finds! The Creston Valley Prospectors and Lapidary Club will provide a gold panning experience near the Creston Valley Chamber of Commerce/Creston Visitor Centre



CRESTON VALLEY ADVANCE

The Creston Valley Blossom Festival parades reflects life in the valley.

building. Of course, the Creston Valley Farmers' Market will be open for locally produced foods and wares, as well. In addition, the 100km Yard Sale will be underway from Yahk to Riondel, and the Cowboy Challenge will return to the indoor arena on Creston flats. Children and youth events will keep smiles on the faces of all, young and old, at the College of the Rockies and Millennium Park where you can also enjoy local talent with the Concert in the Park.

Something for everyone? Yes, absolutely, but keep in mind the annual Blossom Festival Parade will be a not-to-be-missed event, as well, meandering

down Canyon Street from 16th Avenue to and along Northwest Boulevard, hosting floats, animals, music and merriment for the young and the young at heart every step of the parade route! Of course our newly minted citizen of the year and junior citizen of the year will be on parade for all to welcome to their honoured positions.

Saturday evening will offer the Black and Red Ball (see page 24) in the Creston Room at the Creston and District Community Complex. This exclusive evening ticketed event will be your opportunity for a night out of fine dining and dancing to the



Creston Blossom

Friday, May 19 to Monday, May 22



FRIDAY, MAY 19

LOCATION

*Creston Museum

219 Devon St.

*C.V. Wildlife Centre – Canoe Tours

11km West of Creston on

LEGO CHALLENGE 18 & Under - FREE

Creston Visitor Centre

*Youth POW WOW- SD #8 – FREE

Rec. Centre Arena

OPENING CEREMONIES/CONCERTS
LINDI ORTEGA, JJ SHIPLETT & DANIEL HARRIS

Citizens of the Year - Prince Charles Theatre, 7pm-10 pm, Tickets at

TEEN DANCE- MUSIC/DANCE/PRIZES

Millennium Park, 16th Ave

SATURDAY, MAY 20

LOCATION

*Lions Club Breakfast

Canyon St. (Beside 7-11)

*STREET FAIR (Creston Lions Club)

Spirit Square 11th Ave. N

*C.V. Wildlife Center – Tours/Exhibit Gallery

11km West of Creston on

LEGO CHALLENGE 18 & Under - FREE

Creston Visitor Centre

*Gold Panning

Chamber of Commerce

*Farmers' Market

Parking lot next to Chamb

*CV Flying Club—Fly Over (weather permitting)

Canyon St.

PARADE (Canada 150 & 76 Trombones)

18th Ave. (Dairy Queen)

*Children's Fun/Games

College of the Rockies

(Kidapoolooza by Success By Six)

16th Ave. South

ROOT BEER GARDEN (Carnival for youth)

16th Ave, S of Millenium

*Therapeutic Riding/Spectrum Farm

849 Erickson Rd.

Chuck wagon demos, farm tours

CONCERT IN THE PARK - FREE

Millennium Park

*LKB POW WOW Grand Entrance

830 Simon Rd. (LKB Gyr

*Creston Museum

Creston Museum, 219 D

*EXTREME COWBOY CHALLENGE

Indian Rd., off Lower W

(great entertainment – FREE TO SPECTATORS)

(watch for signs) - Con

*LKB POW WOW Grand Entrance

830 Simon Rd. (LKB Gyr

BLACK & RED BALL (Dinner/Dance) - Creston Room, Creston & D

Entertainment by Velle, Barley Wik and Dan C

5:30pm Doors Open, 6:30pm Dinner, Music 8pm - Midnight, Tickets at

Valley Blossom Festival 76th Annual

May 22, 2017

Posted Courtesy of the CV BLOSSOM FESTIVAL ASSOCIATION

TIMES	
10am to 3:30pm	
9am to 4pm	off Hwy 3
9am to 5pm	
10am to 3pm	

AT MUSCROFT
available at Black Bear Books

Ave. S. 7pm to 11pm

TIMES	
-------	--

7 am to 11am

9am to 3pm

9am to 4pm

9am to 5pm

9am to 2 pm

9am to 2pm

10:50am

11am start

12pm to 4pm

12pm to 4pm

1pm to 4pm

2pm to 5pm

1pm to 5pm

1pm to 5pm

2pm to 6pm

ession

mnasium) 7pm to Midnight

District Community Complex

Caverly

available at Black Bear Books

SUNDAY, MAY 21

- *Knights of Columbus Western Breakfast
- *Blossom 5K & 10K Run
- *C.V. Wildlife Center – Trails Open
- LEGO CHALLENGE 18 & Under - FREE**
- 100 km + – YARD SALE (Yahk to Riondel)**
- *CLASSIC CAR SHOW & Entertainment
- *Lions Concession – Chili /Dogs & Buns
- *Creston Museum
- *EXTREME COWBOY CHALLENGE (great entertainment – FREE TO SPECTATORS)
- *LKB POW WOW Grand Entrance
- *Duck Race
- *Therapeutic Riding/Spectrum Farm Tours
- Chuck wagon demos, farm tours

MONDAY, MAY 22

- *C.V. Wildlife Center – Tours/Exhibit Gallery
- *Creston Museum
- *CHILDREN'S PARADE (Lions Club)
- *CHILDREN'S PICNIC (Lions Club)
- LEGO CHALLENGE, POSTER CONTEST, 50 – 50 BUTTON DRAW WINNERS**
- *FREE PUBLIC SWIM
- (Success by Six, Regional District Area C)

NOTE-Events marked by "" are not events hosted by the CV Blossom Festival Assn. The Association assumes no liability or responsibility for these events; however appreciates the organizations involved providing these venues to the public. They are listed as community events taking place in the Creston Valley on the May Long weekend, for the convenience of residents & visitors.

Check out www.blossomfestival.ca for further details

LOCATION

Catholic Church Hall
Canyon Park
11km West of Creston off Hwy 3
Chamber of Commerce
Ground Zero – Farmers' Market site
Canyon St. - 10th Ave. to 16th Ave.
Canyon St.
219 Devon St.
Indian Rd., off Lower Wynndel Rd.
(watch for signs) - Concession
830 Simon Rd. (LKB Gymnasium)
Aquatic Centre, 312 – 19th Ave. N.
849 Erickson Rd.

TIMES

8am to Noon
9am
24 hrs/7 days/wk
9 am to 5pm
9am to 1pm
9am to 4pm
10am to 4pm
12pm to 3:30pm
12pm to 5pm
1pm to 6pm
12pm Start
1pm to 4pm

LOCATION

11km West of Creston off Hwy 3
219 Devon St.
Canyon St. - 12th Ave. to 10th Ave.
Centennial Park
Centennial Park
– Announce Winners
Aquatic Centre

TIMES

9am to 4pm
10am to 3:30pm
11am
Following Parade
12:30pm
2:15pm to 4:15pm



Creston Valley ^{76th Annual} Blossom Festival



CRESTON VALLEY ADVANCE

For a fix of cuteness, nothing beats the Creston Lions Club's children's parade.

music of Creston's own Velle, and a special guest, Paula McGuigan and Barley Wik!

Sunday starts off with the purr and roar of engines on Canyon Street for the annual Creston Valley Cruisers car show and shine. Vintage, unusual and special vehicles will be on display from 10 a.m.-3 p.m. While strolling Canyon Street and reminiscing about the classic car you may have once owned, enjoy chili on a bun and support the Creston Lions Club.

As well, the Creston Flats Stables will be offering the Cowboy Challenge, plus exceptional dancers and fry bread will be on hand at the Yakan Nukiy Powwow, ongoing at the Lower Kootenay Band complex. So much fun for the whole family!

May 22 is the much anticipated children's parade and picnic, hosted by

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Creston Valley Blossom Festival

76th Annual

the Creston Lion's Club. It's a holiday long weekend filled with fun!

Be sure to buy (and wear) your 76th annual Creston Valley Blossom Festival button available at local merchants — this enters you for a chance at the 50/50 draw prize!

Like us on Facebook at "76th Annual Creston Valley, BC Blossom Festival" to keep updated to events and happenings.

Forms for parade entries, posters and a schedule of events can be found at www.BlossomFestival.ca. ■



CRESTON VALLEY ADVANCE

In the Creston Valley, even produce marches in the Blossom Festival parade.



**Come out and
enjoy all the activities
during the**

**76th Annual
Blossom Festival**

May 19 to 22



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Festival**

**May Long Weekend
19th to 22nd**

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www.sears.ca

Creston Valley Blossom Festival 76th Annual

Get Your Dance On at Black and Red Ball

Two musical acts will have the dance floor hopping at the Black and Red Ball, a Creston Valley Blossom Festival event that runs May 20 at the Creston and District Community Complex.

Headliner Velle Weitman will take the stage, as will fellow Creston Valley native Paula McGuigan with Barley Wik, each offering their very own unique and danceable styles.

The ball follows up on the success

of the 2016 Creston Valley Blossom Festival's Diamond Dinner Dance, which was enjoyed by a nearly full house. As with last year, Demetre's Catering will be cooking up a storm, a dinner guests will enjoy to the piano stylings of Nelson's Dan Caverly.

"We decided to take it a step further and offer live music," says Blossom Festival committee member Jason Truscott, who heads the team co-ordinating the ball. "And who better to

lead a dance than two performers who know what the Blossom Festival means to the entire community?"

The decision to perform was an easy one for Weitman, who will entertain with a silky and velvety, raspy and sultry voice well suited to the pop, roots and soul she and her band love to perform.

"I absolutely adore community events," she says. "I love the idea of celebration and bringing people together — all walks of life, all ages.



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Hours:

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Dinner: Mon. to Sat., 4:30pm-Close
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Phone: 250-428-8882*

1947 A New Exhibit



Opening Blossom Festival Weekend



Blossom Festival Weekend Hours:

Friday, Sunday
& Monday
10 am-3:30 pm
Saturday 1-5 pm

219 Devon St.

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Outdoor Garden Patio Now Open!

Welcoming New
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Creston Valley Blossom Festival

76th Annual

... The musicians I play with are all magnificent and I really enjoy showcasing their talent."

The chance to perform live music for people who may only know her through her recently released CD adds an extra thrill.

"It's also a chance for people to support live music and understand that music and arts are thriving in our community, and are important careers," says Weitman, who will play at the Kaslo Jazz Etc. festival in the summer. "If I can inspire one person to pull out their instrument or to take a vocal lesson, join a theatre group, then it is all worth it."

After taking a break in 2009, the quartet Barley Wik has been making what lead singer Paula McGuigan calls a "wee comeback".

"It will be great to play in front of a hometown crowd, and to see some old faces," she says. "We are also excited to be sharing the stage with Velle. She's a fantastic musician and has played with us a bunch of times over the years and she's also featured on our latest album."

Barley Wik will cover songs that guests will recognize, as well as some of their original tunes, all perfectly dancable.

"I guess we like to think our music is toe tappin', boot stompin', good fun," says McGuigan. "We're heavily influenced by old country, independent bands and songwriters." ■

THE 76TH CRESTON VALLEY BLOSSOM FESTIVAL PRESENTS

Black & Red Ball

TICKETS: \$49
DINNER & ENTERTAINMENT
AVAILABLE AT BLACK BEAR BOOKS

SAT., MAY 20 / 5:30PM-MIDNIGHT | CRESTON ROOM @ CDCC

FEATURING:

Velle

SPECIAL GUEST:

PAULA MCGUIGAN & BARLEY WIK

WEAR YOUR BEST RED AND BLACK

PIANO BY DAN CAVERLY

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Working Together to Make a Difference

BY MAUREEN CAMERON
Community Liaison,
Therapeutic Activation Program for Seniors

The Krafty Kronys are guided by their mission statement: "Working together to make a difference." This group dedicates its fundraising to the Therapeutic Activation Program for Seniors (TAPS).

Prior to 2005, TAPS was a funded Interior Health Authority (IHA) program. When funding was discontinued and new criteria for long-term care qualifications were established, our community recognized the need to continue the program for isolated or vulnerable seniors. With the support of Valley Community Services (VCS, then the Creston and District Community Resource Centre) and passionate volunteers, a commitment was made

to operate the program through this community organization. Initial financial support would come in the form of community donations and grant proposals, and this continues today.

In her obituary in the *Creston Valley Advance* in September 2014, Patti Robichau was acknowledged for her role as the founding member of Krafty Kronys. She loved working with seniors to enrich their lives in their golden years. She was tireless in her leadership, participation and creating alliances in fundraising efforts. She set the bar for what a group with a clear mission could accomplish.

Joyce Seminiuk recalls how it all started in 2006 when a group of women wanted to do something different and were successful with their first craft show in Wynndel. Patti suggested

making a donation to TAPS, and they become an official fundraising group for TAPS; the Krafty Kronys were born.

Over the next eight years, more people joined with diverse skills. Marilyn Lake (deceased) was a strong hand as treasurer for many years. They continued to do craft shows, involved other vendors and eventually did two shows a year. Patti offered her place for them to meet, and they had a great time sewing, throwing around ideas and socializing.

Jill Fehr, a previous TAPS co-ordinator and current Krafty Krony, recalls other fundraising efforts. Many of you may have purchased one or more of the thousands of the fruit pies they made from local donated fruit. There were draws, raffles, calendar sales, fall fair booths, piggy banks,

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MAUREEN CAMERON

Members of the Krafty Kronys at work in their studio at Creston Card and Stationery.

Tarts 'n Tunes, a TAPS store and more. Colleen Kennard initiated an idea and with the help of Dollie Kaetler and other Kronys made hundreds of seasonal and festive gift bags. As TAPS developed programs such as health monitoring, intergenerational projects and more, Krafty Kronys provided some of the needed supplies. Over the years some helped out in the program itself where needed.

At TAPS, the financial support resulted in funds for countless things for the program including a bus and a half for transporting participants to and from home and out into community for shopping, errands and outings. With Patti's passing, they found a new home in the Nilsson Centre, along with TAPS, until 2015 when they relocated the shop to the lower level of the Rotacrest Hall on 19th Avenue North. However, the Kronys were still missing a workspace.

In past issues of the *Creston Valley Advance*, Marleyne Krell recounted their successes and challenges. She

showed that their "working together" value continues today and is evident in the generosity of businesses, financial support from Gleaners, individuals who donate supplies and other craftspeople (the Rather Be Quilting group, for example) giving handcrafted items and thanks of course to the people like you who have purchased items over the years.

The Telus Ambassadors are another example. Terry Nowak established a relationship with this group of retired Telus employees. They donate to groups in return for specific handmade items that are sold at their outlet in Cranbrook or donate to those in need. An example is the current project by Krafty Kronys who are making Knitted Knockers for Telus, which will be given free of charge to women post-mastectomy.

It's 2017 and the Krafty Kronys continue with the legacy of their beginnings. With the generosity of Mike Poznikoff, who built a space for the Krafty Kronys and his staff who share it,

they have a working space in the lower level of Creston Card and Stationery on Canyon Street.

The Krafty Kronys welcome sewers, knitters and others. Some people work on projects at home, others meet at Creston Card and Stationery. Donations of fabric, sewing notions and miscellaneous supplies are welcome, and direct financial donations help them purchase needed items. Contact Jill Fehr at 250-428-4260 or 250-428-6434 for further information. The Krafty Kronys Corner is a point for sales at TAPS.

We want to give a shout out to all the volunteers who contribute quietly in the background to making our community the caring supportive place that it is. The economic and social benefits are rarely acknowledged, and can only be imagined alongside the satisfaction of all those concerned. ■

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HAPPY Mother's Day

Mother's Day Around the World

www.mothersdaycelebration.com/mothers-day-around-world.html

Canada: Mothers Day is a the most popular festival after Christmas and Valentines Day.

United Kingdom: Mother's Day in UK is celebrated with great excitement and verve but it does not fall on the same date as in US. In UK, Mother's Day celebrations takes place on the

fourth Sunday in the month of Lent.

India: The concept of celebrating Mother's Day on the second Sunday of May is very new in India and it can be said that in a time span of less than a decade, Mothers' Day has been a great success.

Ireland: In Ireland, Mother's Day is not celebrated on same day as in US. Mother's Day celebrations in Ireland

takes place on the fourth Sunday in the Christian fasting month of Lent.

Mexico: In Mexico, Mother's Day is celebrated on a fixed day of May 10 as opposed to the Mother's Day in US that fall on the second Sunday in the month of May.

South Africa: Mother's Day is celebrated on the first Sunday in the month of May. ■



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HAPPY Mother's Day

Honouring Mothers Across the Globe

NEWS CANADA

Mothers are mothers, regardless of where they come from. Here are the stories of two moms living in sub-Saharan Africa.

Prossy lives in a very busy and cramped village outside of Kampala, Uganda, with her five-month-old daughter and family, and raises her daughter with the help of her grandmother. Like any mother with a young child, she balances many priorities. An entrepreneur, on weekends she runs a catering business to help support her family where she cooks local foods like rice, beans and posho.

Thanks to a scholarship from Beautiful World, a Canadian charity, Prossy will be graduating from university soon. Three generations of women are depending on her for a better future, but her dream is to also support young girls in her community. Prossy plans to continue operating her catering business while she searches for a job to start her career in community development.

Many of the students Beautiful World supports have lost their mothers to HIV/AIDS. This is the case with Odile, who lives in Kigali, Rwanda, and is in second year of

post-secondary school studying civil engineering. She dreams of helping her entire family out of poverty.

Odile's role model was her mother who always encouraged her to follow her dreams. The best piece of advice her mom gave her was that while the poverty she inherited is painful, she needs to work hard and go as far as she can in life. In her memory, Odile creates beautiful poetry about her mother's struggle with HIV/AIDS and uses it to spread awareness in her community through public speaking contests.

Beautiful World's Canadian donors are heroes to their students. For example, there's Heather who is a Beautiful World Ambassador since 2015. She's a mother to a beautiful daughter and is a principal dancer at the Ballet of Canada. Like any mom, Heather dreams of a bright future for her daughter. Heather's own mother helped her journey to become a successful ballerina.

Heather supports Beautiful World because she believes in the power of education. She wants to make dreams possible for women on the other side of the world who lack the opportunities to achieve the dreams we have here.

As you celebrate the women in your life this Mother's Day, don't forget women across the globe, like the Beautiful World scholars, who are working to create a new generation of mothers who will become leaders in their communities. ■

For more information, visit www.beautifulworld.org.



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Prior to the May 9 provincial election, I Love Creston asked Nelson-Creston riding candidates five questions. The responses of Kim Charlesworth (Green), Michelle Mungall (NDP), Tom Prior (independent) and Tanya Wall (Liberal) were in the April issue (available at www.ilovecreston.com), and those of Jesse O'Leary (independent) are below.



Jesse O'Leary Independent

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

There are major issue all over the world. But here in B.C. we're blessed, in this area even more so. Nelson-Creston is one of the most beautiful places, attracts amazing people and has countless opportunities.

Truth is, I'm a forward thinking human being. Running in Nelson-Creston is important because I believe there's a sizeable number of people here that will understand the value in what I'm offering.

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

Honestly, that feels like a loaded question. There are many issues in this district that encompass all types of social groups. To say one issue is the "biggest" could alienate large groups of people from the more important factors of my campaign.

I'm sick of the way politics is done. So I'm offering a dramatically

differently approach, starting with listening to people, hearing them, feeling their concerns and making their problems my problems.

Politicians should be servants to the people. They should be asking, what do you need? How can I help? And that's why I'll be investing a large portion of my salary directly into the community to deal with issues ASAP on the grassroots level.

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

Permaculture is a method of farming that works with natural systems and can restore damage to the soil among other things. I would increase awareness around it.

Artificial scarcity is food security's biggest threat.

Anyone working in a grocery store. We throw away millions of tons of edible food each day in Canada. A few years back, France made it illegal for stores to throw away food. This seems a little extreme but I will work on creative solutions that will ensure more food ends up feeding people and much less is wasted.

Websites like HelpX and wwoofing connect farmers with willing workers from around the world this could be a major factor to ensure farms have enough help come harvest season.

I will also meet with schools, farmers and youth to come up with fun interactive learning experiences to inspire young people to take up farming.

4. How will you develop greater

levels of co-operation between governments, First Nations, business and non-profits?

By bringing them together to discuss what their needs are. Effective communication is a key factor in create the best opportunity for co-operation.

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

Climate change is one of our biggest issues. We need to move quickly towards sustainable energy and green technology. There are many things I believe we needed to be doing yesterday, but today is better than tomorrow. Check out my Moving Forward section on my website, thinkindependently.blog.

Our present economic system does not take into consideration the natural environment or human well-being. We have to do things differently, so I plan to bring the community together and communicate effectively on the best way we can go about moving forward. ■

QUICK GLANCE Jesse O'Leary

Home: Kaslo for last six months; B.C. for most of his life

Politics: No previous experience

Career: Full-time candidate; has worked as a private art teacher, kids' entertainer, equipment operator, drum maker, singer-songwriter, game designer, graphics designer, assisted in construction projects and mechanics, among other things.

Volunteer: Volunteered at music festivals for the past three summers entertaining and educating children.

Discovery Centre Seeking Home

KOOTENAY-COLUMBIA DISCOVERY CENTRE SOCIETY

With months left before the Wildlife Interpretation Centre at the Creston Valley Wildlife Management Area (CVWMA) is set to close, the Kootenay-Columbia Discovery Centre Society is continuing to develop options for its future.

Historically the CVWMA has been managed by a provincial Crown corporation, but will soon to be managed under the terms of an agreement between the Ministry of Forests, Lands and Natural Resources Operations and Ducks Unlimited Canada (DUC) — an agreement that does not provide for the ongoing maintenance and operation of the existing centre after October 2017.

The CVWMA attracts more than 35,000 visitors per year to its 7,000 hectares of wetland habitat, home to hundreds of species of flora and fauna, including 300 bird, 60 mammal, 17 fish, six reptile and six amphibian species. It is a wetland of international importance under the United Nations Educational, Scientific and Cultural Organization (UNESCO) Ramsar Convention.

Among the assets of the CVWMA is the 5,712-square-foot Wildlife Interpretation Centre, built in 1974. The centre has served educators, naturalists, tourists, researchers and visitors of all ages since then, providing educational and recreational programs and activities promoting ecological awareness, education and research. Funding for the maintenance and operation of the centre has diminished over the years.

In January 2014, the Creston Valley Wildlife Management Area Interpretive

Centre Committee (ICC) was formed, with members including the Columbia Basin Trust, regional, provincial and federal government, the Lower Kootenay Band, the Creston Valley Chamber of Commerce, the Town of Creston, the College of the Rockies, Wildsight, BC Hydro, DUC and the Creston Valley Rod and Gun Club.

The ICC retained a consultant to investigate the condition of the aging interpretation centre and make recommendations for its refurbishment or replacement. A June 2014 survey of the centre revealed it is in significant disrepair. Public consultations about the centre's value and its future took place from June to September 2014.

Several options were outlined in April 2015, and in same month, the ICC passed a resolution recommending the creation of a non-profit organization to take the steps necessary to locate land and develop a new interpretation centre *outside* the CVWMA. The Kootenay-Columbia Discovery Centre Society (KCDC) was incorporated for that purpose on Oct. 20, 2015.

The KCDC mission statement is: "To promote knowledge and foster appreciation of Columbia Basin history, Ktunaxa cultural ecology and wetland ecology through the creation of a vibrant ecotourism centre for education and science, conservation and research excellence that is committed to providing captivating visitor experiences and inspiring passion to protect wildlife and habitats."

KCDC is a volunteer organization with representatives associated with the Lower

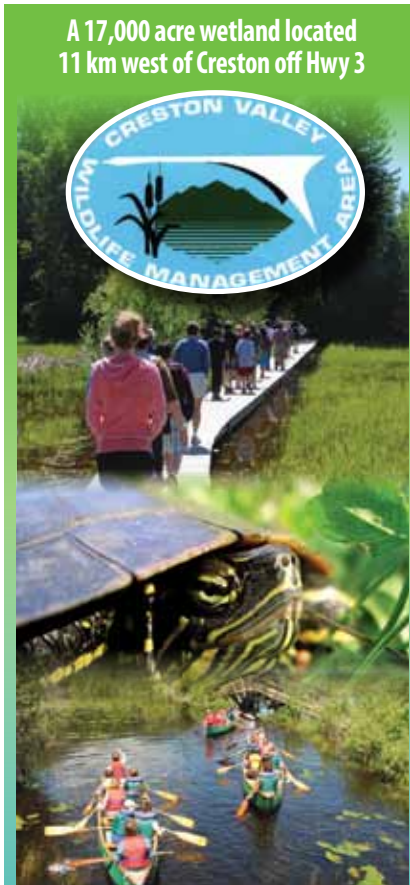
Kootenay Band, Simon Fraser University and private industry. KCDC's first year of operation was spent building member and organizational capacity and looking for a suitable site for a new "discovery centre". A nine-acre parcel of land adjacent to the CVWMA was located and an application for exclusion from the Agricultural Land Reserve was made. The rationale for the exclusion of this small parcel of land is the proposed centre's significant economic, cultural, social and educational value for the entire Columbia Basin.

In November 2016, the Agricultural Land Commission denied KCDC's request for exclusion. In January, KCDC sought a reconsideration based on new information that became available after the original application was made. No further decision has been released to date.

Recognizing the short time before the interpretation centre's closure, KCDC has endeavoured, without success, to meet with the Creston Valley Wildlife Management Authority (the province and DUC) to explore alternative locations should the reconsideration request be denied.

When a site for development is finally secured, KCDC intends to conduct its own public consultations to develop a strategic and inclusive plan to build a centre that will continue and expand upon the tradition of providing programming and activities that promote the preservation of the wetland and environmental awareness throughout the Columbia Basin. ■

More information about the Kootenay-Columbia Discovery Center project can be found at www.discovery-center.ca.



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LAURA BRANDON

A Canada goose nesting on the side of the road near Duck Lake.

From Dumping to Dog Poop



BY LAURA BRANDON

Acting Education
and Communications
Co-ordinator

Creston Valley Wildlife
Management Area

In early April, I was fortunate enough to attend an ornithology course offered by the Columbia Mountain Institute of Applied Ecology. In attendance were people from all over British Columbia and Alberta, as well as one individual who travelled here all the way from Alaska! We searched for birds all through the Creston Valley Wildlife Management Area from the Corn Creek Marsh trails to the dike road around Duck Lake. Unfortunately, while the birds should have been the main focus of our day trips, we were at times distracted by some of the activities that are currently going on around the wildlife management area.

The first thing we noticed is the dog poop situation in many locations, but particularly along the path at Summit Creek on the way to Leach Lake. Instead of looking up through our binoculars, many of us were looking down at our

feet instead, as it was virtually impossible at times to take a single step without stepping in poop. Please, if you choose to walk your dog in the management area, pick up their feces. As the weather warms, more and more people will be out recreating in the area and the last thing that anyone wants is to ruin a pair of shoes due to someone else's negligence. On a positive note, I definitely haven't noticed as much poop around the wildlife centre or out at Duck Lake, so hopefully the message is still getting across.

I'm sure many of you are familiar with Carla's articles on the dog situation here on the CVWMA from last year, where she drew attention to owners not picking up after their pets and letting their dogs run off leash through the marshes. On the topic of dogs, please remember that pets must be leashed at all times anywhere on the CVMWA. We have over 300 species of birds in the area, many of which choose to nest in close proximity to the dikes — while out at Duck Lake in early April, we came across an irate Canada goose sitting on her nest right next to the road! Although some human disturbance in high-traffic

areas is inevitable, letting your dogs run off leash drastically increases the impacts on habitat and stresses wildlife. The CVMWA was set aside as wildlife habitat, not an off-leash dog park. There are many wildlife management areas that have banned dogs altogether due to their impact on wildlife, which is something we hope to avoid here in the Creston Valley. Therefore, we remind you once again — dogs *must* be kept on a leash in the CVWMA at all times.

Finally, another large issue that seems to be getting worse in the area is dumping garbage. During our ornithology course, we discovered a large shelving unit that had been thrown into the trees at Summit Creek. We also discovered a couch that had been dumped just off Channel Road on the way to Duck Lake. As far as I'm concerned, this one is a no-brainer. There are many other places to take your junk instead of simply dumping it in the bush. It looks messy and gives the message to visitors from out of town that we don't respect the environment, which I know is not true.

We absolutely welcome any constructive comments, concerns or opinions regarding these issues in the CVWMA. I know this article deviates from the tone of my previous articles, but honestly, I find these issues very frustrating. Since I arrived last October, I have been blown away by how warm and welcoming the people of Creston are. I am growing to love this community, as well as the gorgeous scenery and abundant wildlife that surround us. I hope that by addressing these issues, we can work toward finding solutions as a community and continue to make the CVWMA a welcoming environment for everyone — wildlife and humans. ■

Questions? Feel free to call 250-402-6900 or email askus@crestonwildlife.ca.



LAURA BRANDON

A couch dumped just off Channel Road.



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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

Surely by the time you are reading this, the weather will be warm and everything will be growing like it should be. Our growing season has definitely gotten off to a slow and very wet start. For the last while, no matter where you went or who you talked to, the conversation usually involved the unusual weather we have had through much of the early part of spring. I'll be the optimist and

assume that the warm and sunny spring weather will have arrived and we all will be hard at it. Farmers will be super busy getting their fields worked and crops seeded. The orchards will be in bloom and buzzing with bees pollinating the fruit crops. Gardeners will be working their dirt and getting a wide variety of crops planted, assuring a bounty of local food products to come.

If they haven't already, it's also time to get the cows and calves, as well as sheep, out to graze on the fresh grass pastures. Hopefully the wetter areas of the valley have dried up and the grass is growing rapidly to support the livestock that rely on the spring and summer grazing areas.

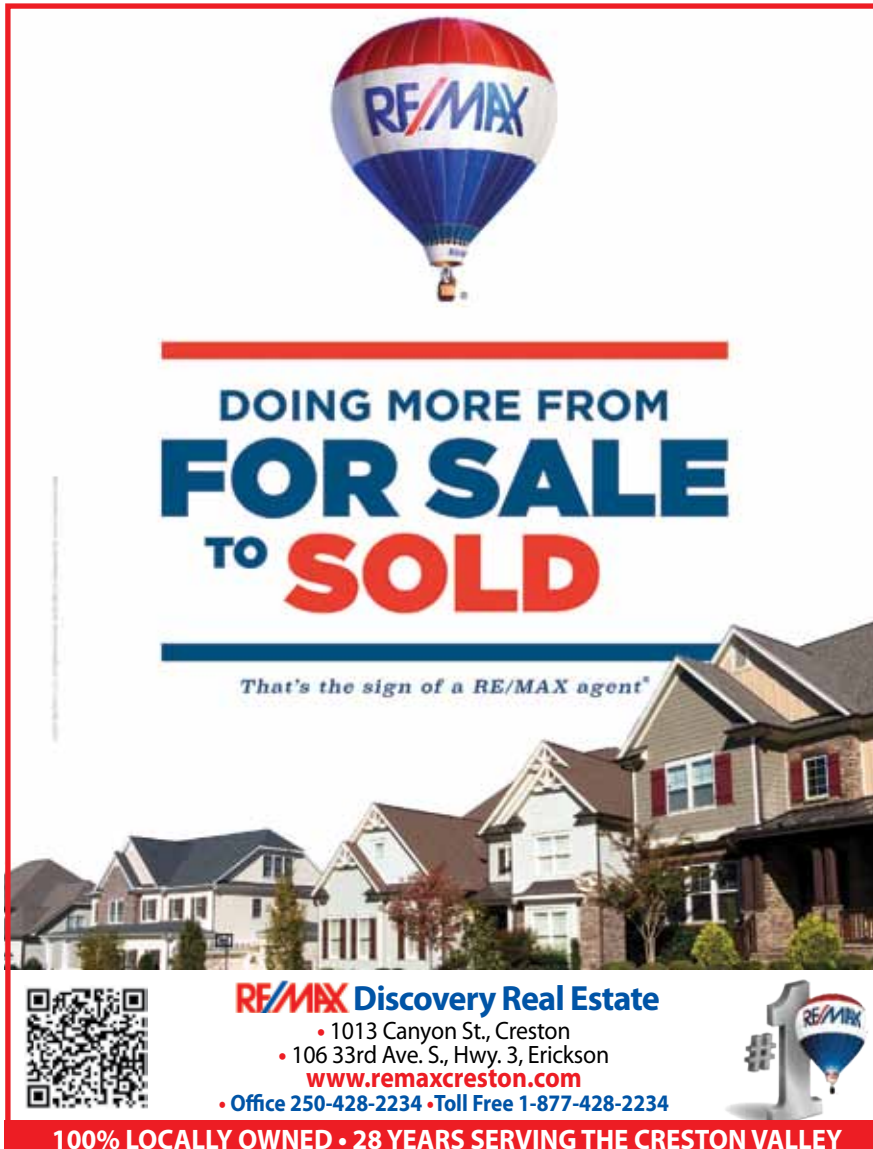
The first crop ready for harvesting in our valley is asparagus. Grown on the flats, this nutritious crop is a spring tonic for many people and is enjoyed far and wide. The Creston Valley is home to the largest asparagus farm in the province. Asparagus thrives in the fertile valley soil and usually warm May and June weather. It provides a good number of seasonal jobs for our area.

Our Creston Valley Farmers' Market will begin its regular weekly Saturday market on May 6. Throughout May there should be a good selection of plants available, as well as early spring greens, besides all the other great local products. Please support our local market vendors. Also visit and support our many local nurseries, which all carry a wide array of plants for your gardens and yards.

As we all go about our busy spring activities, be especially aware

BRIAN LAWRENCE

May 2017



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Looking for a herbal approach to joint comfort? Have you ever experienced joint pain? Many people have inflammation in their joints, such as their elbows or knees. Joint inflammation is actually part of the natural healing process of the body, but it does tend to manifest as pain and discomfort. What's more, if joint inflammation lasts for several weeks or longer, daily fitness activities and overall mobility may become limited.

Fortunately, the wisdom of nature

provides effective botanicals that can help provide joint comfort. Turmeric, in particular, is used as an anti-inflammatory to help relieve joint pain. Turmeric has been revered for its remarkable properties for thousands of years. The "king of herbs" is quite profound with 235 phytonutrients; Curcumin is simply one of those phytonutrients. Turmeric Force from New Chapter delivers two types of Turmeric extracts providing the entire herb to provide you with the rhizome's valuable phytonutrients as they are found in nature.

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of tractors and farm equipment on our local roads and highways. They can and will be moving about at all hours of the day and night during the hectic spring planting season. You don't want to tangle with a large disc, cultivator or seeder with your car. You will lose!

As always I like to remind everyone who grows things to plant with the Creston Valley Fall Fair in mind. There are many classes of fruits, vegetables, preserves and field crops to enter. This year's fair will be held Sept. 8 and 9, and the new fair booklets will be out later in May. Keep an eye out for those so you can plan to participate.

Lastly, don't forget to get out and vote on May 9 in our provincial election. It is our right and our privilege to do so. Make the effort to educate yourself on what the parties are proposing or promising and make an informed choice. The outcome will affect everyone in some way.

Enjoy spring in our beautiful valley. Look around and observe as crops grow and change. Be Ag Aware! ■

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Creston is an amazing community for supporting healthy physical activity and wellness. There are some exciting upcoming events, including the Creston Valley Blossom Festival five- and 10-kilometre runs and the Creston and District Community Complex triathlon in June. With the warm weather, many of us are also now thinking about the enjoyable outdoor activities ahead. There may be some limiting factors keeping us from enjoying these activities and achieving our goals, such as lack of energy or motivation, pain and limited mobility.

There are many ways to combat these limiting factors. An important first step is to simply create a conscious plan around what we consume. Lack of energy may not prevent you from achieving your goals, but it sure can make the training process much more difficult. The hormones from

our adrenal glands are responsible for increasing this energy and motivation that we require to train and perform athletically. Sadly, the case for many of us is that our adrenal glands are busy secreting these hormones for conditions where they do not serve us well. The chronic stress in our lives places high demand on the adrenal glands, diminishing their ability to provide us with energy for physical activity.

Unfortunately the stressful factors in our day-to-day lives can't always be eliminated. That's why it is essential to support our adrenal glands as much as we can. Consuming more mineral-dense food sources, such as bone or vegetable broths, dark green leafy vegetables, nuts and seeds will be supportive.

Many people do not want to hear this, but it is also beneficial to try and reduce consumption of caffeine as it places higher demand on the adrenal glands. There are also some wonderful herbs for adrenal support that we refer to as adaptogens. Supplementing with such herbs as Siberian ginseng, rhodiola, licorice root or ashwagandha can greatly improve how you feel and perform. They not only help repair damage due to stress but they also increase stamina and can reduce recovery time.

If you find that pain and poor mobility are limiting your fitness schedule, you may need to adjust your diet plan to reduce inflammation as much as possible. Staying hydrated and consuming a whole

food diet with more emphasis on fresh fruits and vegetables is beneficial for keeping inflammation down. Eliminating inflammatory items, including white sugar, artificial sweeteners, soda and processed snack foods can also make a big difference in pain management.

Even if you consume a very healthy diet, you may still be experiencing these issues with pain. Making an appointment with a physiotherapist or other licensed pain-management professional may be necessary in some cases. As for herbal support, there are both internal and topical anti-inflammatory remedies. At Tilia we create salves that not only reduce pain, but also support long-term repair of joint damage and deterioration, with herbs such as comfrey and turmeric. If muscle and/or nerve pain are causing trouble, we often recommend a poplar salve or capsaicin cream, both with amazing results.

Ensure that you speak to a health care practitioner before trying herbal medicine, as there is always a possibility for interactions with medications and pre-existing health conditions. If you have specific goals for the upcoming season, we are more than happy to help you achieve them. Whether you're training for an event or simply trying to get in better shape to run after the grandkids, we can help create the best health plan suited to your life. We wish you all a fun-filled, healthy season ahead! ■



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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.

Product of the Month



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BY DIANE
TOLLESON

May is Blossom Time

Wow, it's May already — well, it will be when this is published. It is raining today and I know a lot of folks are ready for the sunshine, myself included, although we needed to catch up after a dry year last year. The Earth, like us, is always changing and adapting to balance and thrive.

As I write this, Mercury is retrograde (it does this three times a year) so we have challenges with communication and electronic things, and it's not a great time to make big purchases or decisions. It's a time to reflect, renew and refresh, and release whatever may be holding us back. Just do your best to not let it get to you, and don't take it personally — it's happening to everyone!

I find it very beneficial to reflect on what and who has helped me be who I am

today, yet not dwelling on it is the key, I believe. We attract what we focus on and what we are feeling has a great impact on our *present* moment, which is the only time we can truly *be* who we are. We are not becoming anything that we aren't already; we just need to recognize what truly brings us happiness and joy and focus on that. Then we will certainly be able to manifest and receive all we desire. So, be clear on what you desire and see the humour in life. Laughter and hugs are the best medicine and they are free!

Arts from the Heart has lots of new things, including skirts and tops, that have now come in, so come see us soon. I am having a spring special on readings and bodywork that will go to May 15, and I have some of my art on super spring prices too, or make me an offer for a fair value trade!

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

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Tips for Springing into Spring

BY JESSE MORETON, BSc DC

As spring slowly, ever so slowly, rolls itself out after one of our toughest winters, many of us are likewise slowly starting to emerge. As I write this mid-April, some patients have started to putter around the yard. Some, like those just a little higher in Kitchener, Wynnadel or up the lake aren't ready to tackle the soggy, wet ground.

By now I'd like to think we're all getting out more, whether working on our gardens, puttering around the yard or going for more bike rides and walks. It may be cliché to write about getting back in shape during spring, but that's exactly what you're getting from me this time, like it or not. Yes, you've probably already heard much of what I'll say, but are you actually doing it?

Rule 1: Start slowly. Whatever your activity, be it gardening or walking, don't stay out all day on the first day. It's not to say don't enjoy the sunshine the whole day, but don't stay in the garden eight hours or walk a marathon. I don't want to curb your enthusiasm, but if you go crazy, you'll pay for it. Trust me, I did when I decided recently to run up the Mount Creston Trail on a whim.

Rule 2: Be realistic. If you have a goal to walk or work out every day, make sure it's sustainable over the long term. Nothing is more discouraging than getting psyched for getting back into shape than realizing you can't. Too often we set goals to work out three or five times a week, then we catch

a cold, we have a family problem or some other unplanned stress comes up and we fall out of the routine. Starting up again afterwards seems 10 times as difficult and often doesn't happen at all.

Rather, make a realistic goal to walk twice a week, and if you happen to have some time open up on a nice, sunny day, go for an extra walk that week. You'll feel good for achieving your goal plus you'll have scored yourself some extra feel-good points for getting in a bonus walk. It may only be a mind trick, but it works wonderfully.

Be realistic also of your age and limitations. We don't like to admit we're changing, but we are. Often I have seen patients who remark, "It never used to be this bad," or, "I used to be able to do [fill in the blank] without any problems." Let's embrace the level we're at, not to use it as an excuse or crutch, but not forcing ourselves beyond our abilities either.

Rules 3,4,5,6 and 7: OK, so I ran out of space. You know all the others anyway. Drink lots of water, take frequent breaks, warm up and cool down. Stretch. Floss. Wait, that's more for cavities...

Whatever your chosen hobby, sport or activity, do get out and enjoy. Just listen to your body. If it's telling you slow down, slow down. If it wants to go outside even though it's cloudy and looks like it's going to rain, go ahead and do it anyway. You'll feel better emotionally and physically. That's the wonderful thing about activity. It builds stamina, which is good for your physical health, but it also initiates hormonal releases of things like dopamine, the "feel-good" hormones. That's good for your mental health, as well.

So start slow, be realistic and get out there. But do get out there. Happy spring! ■



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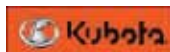
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