

June 2017

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FUN WITH FELTING

Boswell artist turns wool
into gnomes and more



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changed the valley

ENTERTAINMENT

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I Love Creston Marketing Ltd.
Box 143, Creston, BC V0B 1G0
www.ilovecreston.com

Graphic Design/Sales
Wendy Franz
cell: 250.402.8711
wendy@ilovecreston.com

Financials/Sales
Justin Ziola
cell: 250.428.6772
justin@ilovecreston.com

Editor/Sales
Brian Lawrence
250.505.3886
editor@ilovecreston.com

The Magazine

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Please slow down and plan to leave early for your destination so that you are not feeling hurried and think of your driving time as a method of calming or relaxation while you cruise down the road with a clear, undistracted mind.

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FUN. FABULOUS. FELTING!

Boswell's Leah Wilson turns plain old wool into fantastical art

STORY AND PHOTOS
BY BRIAN LAWRENCE
I Love Creston Editor

The art that Boswell's Leah Wilson enjoys is varied: She sculpts. She paints with acrylics. And her passion, for the past six years, is felting, using wool to create her signature gnomes, all of them soft and happy.

"My philosophy in all things I've ever done is, 'If you know it's true, you'll know what to do,'" she says. "And I like to share the positive with people. ... I don't usually go to the dark side."

Six years ago, she discovered felting — the process involves repeatedly piercing a ball of wool with a barbed needle that pushes fibre in but doesn't pull it back out — and began creating

flowers and accessories for hair, and pins for hats and jackets.

"I wanted to bring joy to the felt," says Wilson, who moved to Kootenay Lake's East Shore 11 years ago.

After being given a book that showed the location of local gnomes, she did some online research — and although she didn't like what she found, it served as inspiration to do something different.

"I suddenly found my flag to wave," she says. "Gnomes were being depicted as scary, and I didn't think that was right."

With that, Amazing Gnomes was born. Wilson started displaying her work on a blog, Facebook and Youtube, flooding the Internet with memes (such as, "Be the gnome

you want to see in the world") and creating videos featuring gnomes and other creations.

"It's introducing people to fibre with a soft sense of play. There's a real disconnect between the age we're in and what things are made of. ... I love all mediums of art, and there's no reason felted art can't entertain, as well as be cute."

She's created companions for the gnomes, such as bears, caterpillars, rabbits and owls, and also developed playscapes, including toadstool homes and yards, made of felted pieces she cuts up and patches together. At first glance, the pieces seem like children's toys — although felted art can come undone with too



Leah Wilson



“They gravitate toward it. They want it to be in their life. It’s a passionate interaction.”

much hearty play — but the artwork draws people of all ages and walks of life.

“You can’t judge anyone,” says Wilson. “The kids are attracted to it, but what really makes me happy is when adults are.”

Kootenay adults, Wilson has discovered, understand her work far better than those elsewhere.

“My city friends are baffled,” she says. “People get the felting here more. They gravitate toward it. They want it to be in their life. It’s a passionate interaction.”

Wilson grew up in Skookumchuck and went to school in Kimberley, eventually working in a gallery there after studying fine arts in Toronto and Victoria. She enjoyed working with wax and bronze in art school, and found that the study of positive and negative space has carried over to felting.

“You have to think about what happens next. The wool has a similar quality when I go there. There’s an aha moment when I’m building the little dudes.”

She plans to eventually try her hand at substantially larger gallery pieces, reminiscent of the Nelson artists’ work that attracted her to felting in the first place.

"They were not just making potholders — they were making framed art."

Wilson quickly fell in love with the texture of wool and process of felting, as well as the ability to carry over the colours found in her painted work.

"It's a repetitive action with bright colours and textures that are soft," she says. "It can lull you into a process that takes a long time, but when you're done, you have solid three-dimensional things."

For many felters, three-dimensional work isn't the ultimate goal, but it's become a trademark for Wilson, and people take her pieces with them in their travels and day-to-day life.

"People treat it like a little good luck charm," she says. "I don't present it like that, but they just take that on."

And she's happy to pass on her knowledge, creating new three-dimensional felters, with a class scheduled at Creston's Fly in the Fibre.

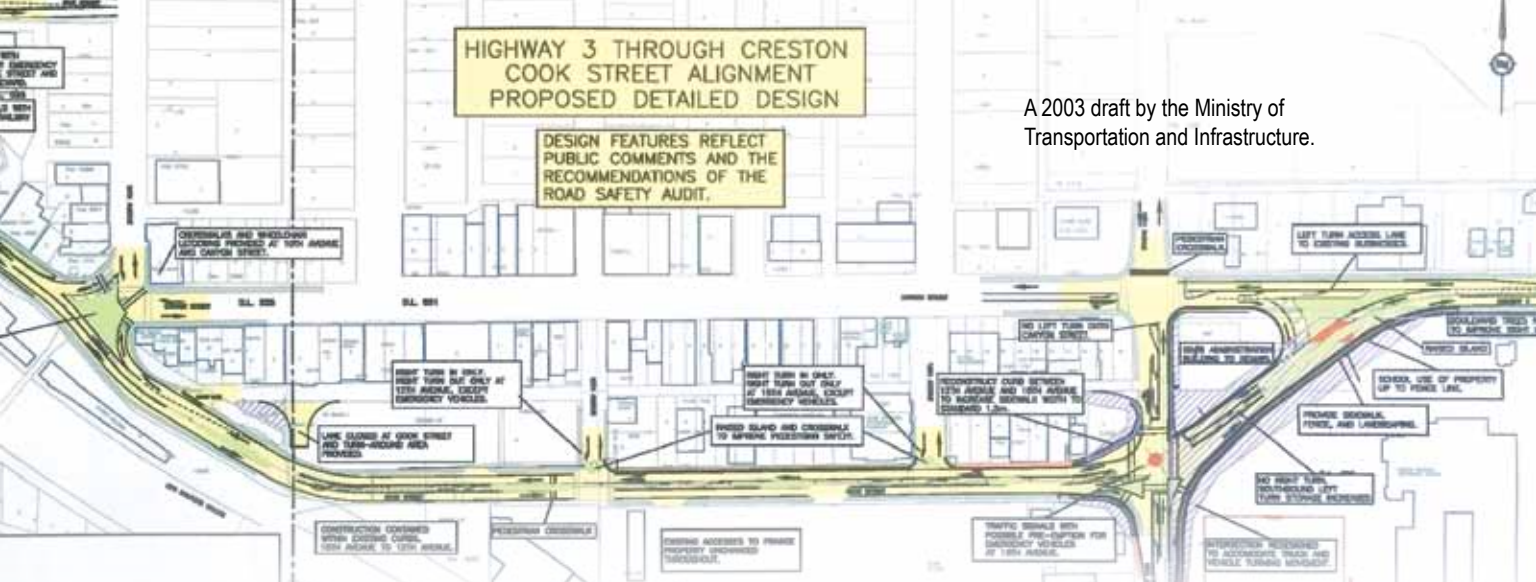
"People won't forget if there's an aha moment," says Wilson, adding with a laugh, "Kind of like giving yourself a pinch—without the pain." ■

Amazing Gnomes products can be found at Fly in the Fibre in Creston, and Dog Patch Pottery and Barefoot Handweaving in Crawford Bay. To learn more, visit amazinggnomes.com.

"People treat it like a little good luck charm. I don't present it like that, but they just take that on."

June 2017





A 2003 draft by the Ministry of Transportation and Infrastructure.



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Canyon Street and Highway Realignment

A clear message that was heard in our recent Official Community Plan (OCP) community engagement process was the desire to establish our downtown as a welcoming destination for people, not just a thoroughfare for cars. Achieving Phase 1 of the Highway 3 realignment was a strong first step in this direction. Phase 2 will see Highway 3 realigned from Canyon to Cook street. This project is included in the Ministry of Transportation and Infrastructure's work plan and our council is lobbying to see this project made into a reality in the next three to five years.

Phase 1 of our Highway 3 realignment, the new intersection at Pine Street and Northwest Boulevard, was completed in June of 2015. This was a \$5.4 million project that has greatly improved pedestrian safety, facilitated better truck movement and created a landscaped gateway to our downtown. This project demonstrates just a few of the positive outcomes that will come with Phase 2 of the Highway 3 realignment.

Phase 2 involves relocating Highway 3 from five blocks of downtown Canyon

Street onto the parallel Cook Street, and rejoining Highway 3 in its present location just east of 16th Avenue. Importantly, we realize that it's not the big trucks that are stopping and shopping in our downtown. Relocating this kind of traffic will allow us to reclaim our downtown with widened sidewalks, a smooth road surface, robust greenery, angle parking, pleasant outdoor seating, streetwide community events and more. The goal is to *prioritize* the pedestrian experience in our downtown while *accommodating* vehicular traffic. I firmly believe that achieving Phase 2 of the Highway 3 realignment will be a huge win for our community.

I was first elected as your mayor in November 2008. Since that time, the realignment of Highway 3 has remained as a strategic priority of council. By enhancing the experience of visiting, dining and shopping in our downtown, we know that the economic spinoffs will be great for local businesses and our community as a whole. We also recognize that change, even when it's for the better, can create uncertainty.

One of the myths that I hear about the

realignment is the negative impacts that will result for Prince Charles Secondary School (PCSS). These impacts include loss of instructional space on the playing field, safety issues and reduced air quality as a result of proximity to traffic. So let's take a closer look at some facts that relate to these concerns...

With regard to land acquisition, it is estimated that the realignment will require the existing school field to be reduced by an area of approximately 680 square metres (0.168 acres). Within the slightly reduced field area, an Olympic size (FIFA) soccer field would still fit, or two U-11 size fields. It should also be noted that in addition to this field, PCSS currently has 1.23 acres of unused field (excluding the tennis courts), located to the south of the masonry block accessory building. If we change our thinking to consider potential gains that could be achieved in exchange for the small area of land required for the realignment, we would ask if there are opportunities that aren't being considered to create wins for our students. Such wins may include new tennis courts, an enhanced soccer field, useable basketball courts or other amenities that can't be provided in the current school district budget.

With regard to safety concerns, I believe that one only has to look to the Pine Street and Northwest Boulevard intersection to see the enhanced pedestrian crossings that result from



Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Aboriginal Women are Targets

K'suk kyukyit (greetings). I have spent the majority of my life living in a household of females, indigenous females whom I hold in the highest regard. I will do my best to explain but I'm sure that I will lose some readers with where I'm going with this.

An indigenous woman has a target on her back: a double whammy of being a woman and being a minority in this country. There are over 1,000 cases of murdered and missing aboriginal women in Canada. Aboriginal women and girls represent 10 per cent of all female homicides in Canada. Aboriginal women make up three per cent of the female population. Fifty-five per cent of these women are under the age of 31. Seventeen per cent are under the age of 18. Half of these cases remain unsolved. Aboriginal women are three times more likely to be killed by a stranger.

As I write, I am in Kelowna attending the First Nations Health Caucus. British Columbia chiefs just received a report on the matter of the missing and murdered indigenous women. I can say that I am appalled that there is such a disregard

for the lives of First Nations women. As a father of three indigenous women, I am appalled that women are treated like objects, objects that men are willing to kill. The majority of the ones taking the lives of these women are men.

I am appalled at the lack of services and response from police, whose job it is to investigate and enforce the law, and the fact that indigenous communities have to literally beg for a police response. In today's report at the caucus, police did not have the right case numbers on the files. Parents of the missing women and girls are trying frantically to receive the right case/file numbers.

The news seems to have a focus on the United States with the fiasco of the Trump presidency. Yes, that situation is a mess, but there are crises such as this in our province and country than require media attention. What if one of these cases was your daughter or granddaughter? I am usually not an emotional person. That was until today where the caucus heard from some parents pleading for help to have their child located. I got a huge lump in my

throat as I heard the pain from this mother and father. They said, "Even if our daughter isn't alive we deserve closure and deserve an opportunity to lay her body to rest."

A callout was made by various First Nations communities to the chiefs of this province to form search parties to try and locate these missing persons. I have not felt the need to respond to a calling since the time I enlisted in the Canadian Forces. I'm not sure which search party I will join, but I will help to find one of these women/girls.

Once a soldier always a soldier. Once a hunter always a hunter. Except this is very different. We will be tracking a deceased woman/girl. However, these human beings deserved to be laid to rest with dignity.

My heart hurts at this moment but I must make an attempt to help a fellow parent. We all must do our part. Doing our part means educating ourselves on this matter. Utilize technology and read on the Internet see an ugly reality of our country's indigenous women. As a father, I teach my children to defend themselves not because I condone violence but to face a harsh reality that they are targets.

With that I thank you for reading and underscore that knowledge is power!
Taxas. ■

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

intersection enhancement. It is evident that our students will be provided with improved crossing points in a rebuilt and redesigned intersection. In addition, separation between the field and the realigned highway will be maintained with a robust setback buffer.

With regard to air quality, given its current location adjacent to Highway 3, PCSS would be no more exposed to vehicular and truck traffic that it currently is. For example, as it sits right now, the

closest point of distance from the westerly HVAC unit on the school building to the highway is 71 metres (232 feet). This existing distance will remain the closest point of contact along the proposed future realignment. As such, HVAC units will not be located any closer to traffic as a result of the Highway 3 realignment.

When undertaking a project of this scope, it's important that our community is provided with facts upon which it can make informed decisions. The

realignment of Highway 3 is a great example of why myth busting and community enhancement need to go hand in hand. I personally believe that Phase 2 of the Highway 3 realignment will greatly enhance both our downtown and our entire community for visitors and residents alike, including future generations. ■

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.



BY TAMMY
BRADFORD

Manager - Creston
& District Museum
& Archives

150 that Changed the Valley

With Canada's sesquicentennial almost upon us, everyone is talking about 150 years of this, or 150 years of that. Well, I'm not one to let a good opportunity slip by, so I am working on a list of 150 events that have, in one way or another, shaped the Creston Valley and its communities. It is far more than can fit in one article, so here are some of the ones I've come up with so far. Watch for more in next month's article, and check out the museum's website (www.crestonmuseum.ca) for the whole shebang.

1. Before time began: The friendly water creature, Nalthmooktsi, swims through the land, preparing it for the people who were coming soon.

2. About 15,000 years ago: The final deglaciation of the region, following the last ice age, begins. Over the next 3,000 years, an open landscape with sage, grasses and scattered trees is established.

3. About 11,000 years ago: The ancestors of the Ktunaxa people begin to leave traces of their presence in the Kootenays; these comprise some of the oldest known manmade objects in Canada. Archaeological evidence of earlier inhabitation would have been buried or destroyed by glaciation and deglaciation.

4. Before 10,000 years ago: An ice dam far down the Columbia River melts, draining glacial Kootenay Lake to present-day levels. The Kootenay River, originally flowing south, eventually reverses direction as the lake levels drop and settles into its present-day northern flow through the Creston Valley.

5. 5,000-6,000 years ago: As the climate settles and stabilizes following the end of the last ice age, prevailing winds begin bringing moist air from the coast. The climate and vegetation of the present-day Creston Valley begin to change. The Lower Kootenay people, adapting to this new environment, begin a cultural divergence from their Upper Kootenay cousins in the drier regions to the east.

6. Within the last 2,000 years: As a result of the climatic shifts, the

Kootenay River begins a new pattern of seasonal rise and fall. The marshes and sloughs on the valley floor are well-established, and the culture and traditions of the Lower Kootenay people, continuing to evolve in the face of climate change, now focus on the bountiful resources of the wetlands.

7. 1790s: Europeans "discover" the Ktunaxa people; the first historic (as opposed to archaeological) record of the Ktunaxa people is a mention on Alexander McKenzie's map, circa 1793.

8. May 1808: David Thompson, with the North West Company, travels through southeastern B.C. to the southern end of Kootenay Lake. Although his journey that year is not entirely successful, it does establish trade directly with the Lower Kootenay people and produces the first maps of the region.

9. 1820s: The fur trade reaches the peak of its operations in the Kootenays. The preferred transportation route follows the Columbia River system to the north and west, but there is nonetheless considerable fur-trading traffic through the Creston Valley. The Hudson's Bay Company, recently amalgamated with

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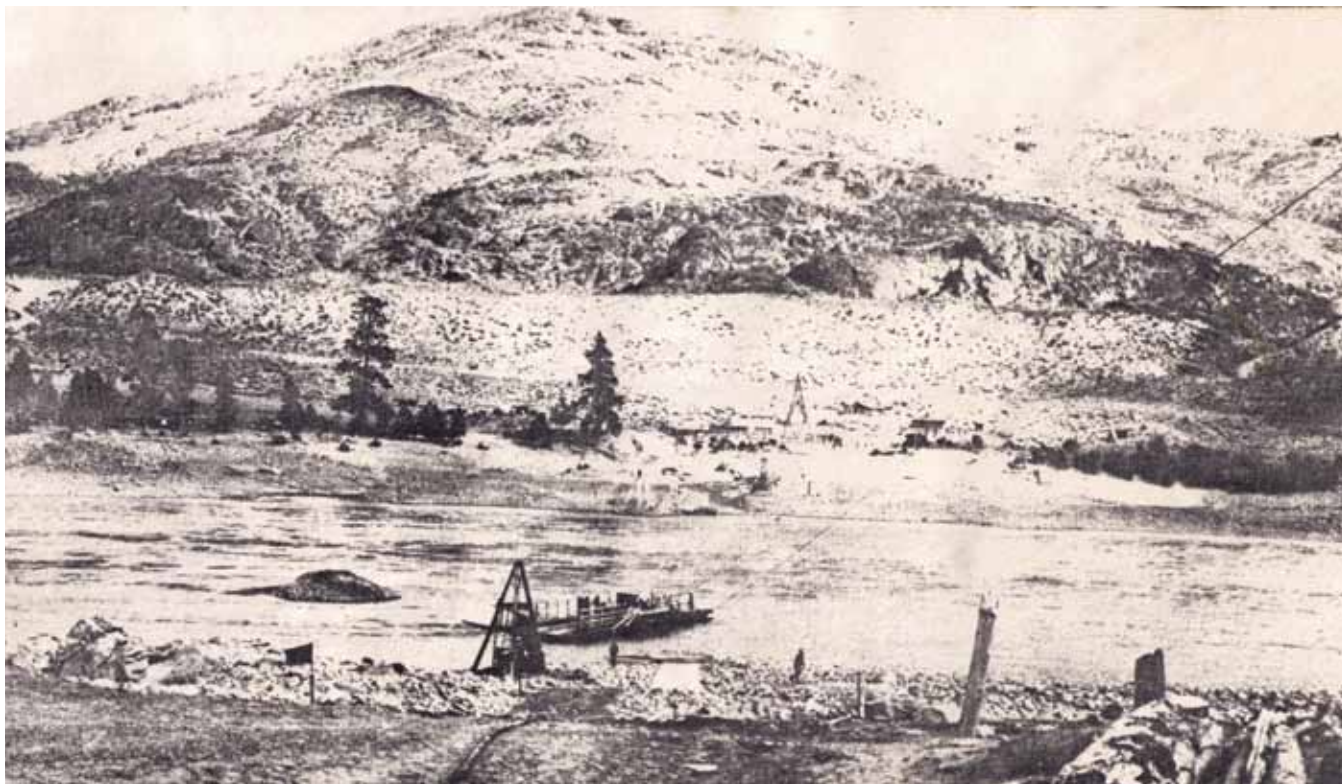
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Creston Museum

Prior to 1867, David McLoughlin operated a small windlass ferry across the Kootenay River (see No. 18 on the list).

its rival the North West Company, establishes a trail through the region that will serve as a basis for transportation routes in the decades to come.

10. 1841: Sir George Simpson, governor in chief of the Hudson's Bay Company, travels through the Creston Valley as part of a whirlwind round-the-world expedition. Although the fur trade is declining in the Kootenays, Simpson's visit keeps the region in the minds of explorers and developers.

11. 1844: Archibald McDonald, factor of the Hudson's Bay Company fort at Colville, Wash., visits Kootenay Lake and observes a rich silver-lead deposit at present-day Riondel. He, like other explorers who follow over the next decades, concludes that the region is too remote for mining to be economically viable.

12. 1845: Tensions rise between the United States and the British government of Canada over the disputed boundary between the two countries west of the

Rocky Mountains. The British send a reconnaissance mission, under Lt. James Henry Warre, into the region to locate a route by which the entire British army could be brought in, in case the dispute escalates to war.

13. 1845-1846: Jesuit missionary Father Pierre-Jean de Smet travels up the Kootenay River to Columbia Lake. It marks the beginning of the conversion of the Ktunaxa people from their traditional religion to Christianity and the consequent undermining of traditional culture.

14. 1857-1860: The Palliser Expedition is launched by the British government in Canada to gather detailed information on the climate and geography of western Canada and to determine its possibilities for settlement and development. It is the first such scientific survey of the Kootenay region, and it identifies the agricultural potential of the Creston Valley.

15. 1858-1862: The Boundary Commission surveys the entire international boundary, including the



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History

Kootenays. Hillary Bauerman, a geologist with the Boundary Commission, draws new attention to the rich silver-lead deposit at Riondel. When the commission disbands in 1862, several of its members remain in the Kootenays as prospectors.

16. Before 1862: A Hudson's Bay Company trading post, Fort Flatbow, is established in the Creston Valley. It is (probably) located just south of the Canada-U.S. border.

17. 1864: Gold is discovered at Wild Horse Creek near Cranbrook, leading directly to the extension of the Dewdney Trail from Rock Creek the following year. The Dewdney Trail follows and links existing trails established by fur traders and First Nations peoples, and is the first major east-west route through the Creston Valley. Although its use is short-lived, it helps bring additional interest and traffic through the area.

18. Before 1867: Fort Flatbow is closed. Another small trading post near Trail, Fort Sheppard, is closed at about the same time, ending the Hudson's Bay Company's presence in the region. David McLoughlin, who had operated Fort Flatbow, acquires the remaining supplies and equipment from both posts and establishes a new trading post, Little Fort Sheppard, on the flats opposite Wynndel. He also operates a small windlass ferry across the Kootenay River.

19. 1867: Confederation of Canada. Although British Columbia remains a British colony for the time being, the

foundation is set for the extension and exertion of Canadian government all across the continent.

20. 1871: British Columbia enters Confederation on the promise of a transcontinental railway. The route of the Canadian Pacific Railway's mainline will pass to the north, following the Columbia River, and within a few years of its completion, efforts will begin to bring rail transportation to the southernmost parts of the province.



Creston Museum

Anastasia Abel (Kiuki) was born in the 1850s and would have witnessed many of the later events on the Creston Museum's top 25 list. She is seen here with the distinctive Ktunaxa sturgeon-nosed canoe.

21. 1878: George Wallace Hall pre-empts 320 acres of land just north of the international boundary — the first record of land being claimed for settlement in the Creston Valley.

22. 1883: The silver rush of the West Kootenays begins. Rich strikes are made at Nelson, Ainsworth and in the Slocan Valley; the Bluebell Mine at Riondel is staked by Robert Sproule. All this activity leads to a considerable increase in traffic from the U.S. via the Kootenay River. In response, John Charles Rykert, formerly of the North-West Mounted Police, is delegated to establish a customs office at the border.

23. 1884: William-Adolph Baillie-Grohman receives approval from the provincial government to undertake the reclamation of the flats west of Creston. Although his approach — diverting the Kootenay River into the Columbia at Canal Flats — does not succeed, his attempt sets in motion a decades-long struggle to reclaim the flats for agricultural use.

24. 1891: J.W. Dow and Fred Little each pre-empt over 300 acres of land on the benchlands above the Kootenay River. The Huscroft family settles on the flats alongside the Kootenay River. In 1892, John Arrowsmith and his wife, Effie Huscroft, follow the rest of her family into the valley, also pre-empting land in what is now the townsite of Creston.

25. 1892: The Alberta-BC Exploration Company begins dyking the flats west of Creston, in an effort to prevent the annual flooding of the Kootenay River and convert the rich flood plain to agricultural use. ■

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

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Comedy Opening Footlighters Season

FOOTLIGHTERS THEATRE SOCIETY

An evening of laughter is in store for audiences when Footlighters Theatre Society opens its 23rd season. Running June 22-24 at the Prince Charles Theatre, *Nasookin* is a new play offering both comedy and mystery.

"We're trying to make sure they're laughing from beginning to end, and still enjoy a plot that will leave them guessing until the end," says Jason Smith, who is directing the comedy.

Smith co-wrote *Nasookin* with Suzanne Chubb, with whom he previously wrote *Almost Golden*, which was named best production in Theatre BC's 2014 Kootenay Zone festival and outstanding community play at the provincial festival. On his own, Smith also wrote *The Stepsisters' Revenge*, the 2016 sequel to the troupe's 2014 production of *Cinderella*.

The inspiration for *Nasookin* came from Smith's years of volunteering at the Creston Museum, where he first learned of the CP Rail sternwheelers that ran on Kootenay Lake and Kootenay River.

"I thought it was really something else," he says. "The size of the *Nasookin* and the service it provided was a real shock — being served with white linen and watching the lake go by. It's unimaginable today."

Fittingly for a comedy, Smith and Chubb have populated the ship with a variety of eccentric characters that interact in hilarious and alarming ways. In the play, Creston tack shop owner Mary Carver (played by Jennifer Adams) strives to break into the world of high fashion by sneaking her way into the inner circle of Prince Edward (Peter Simon), who is actually an imposter running a con with the help of social climbers (Devan Coward, Anna Payne) attempting to extort money from visiting nobility (Ann Deatherage, Gary Atha).

Also on board are amateur Creston fashion models (Debra Mehrer, Brittney Boehmer, Zoe Marini, Cali Blackmore, Taya Blackmore, Meaghan Osborne), an eccentric shipbound playwright (Suzanne Chubb), and a battleaxe governess (Gail Kitt) and her three wards (Caleb Wells, Olivia Boehmer, Zoe Henderson). Their journey is overseen by the crew (Axel Marini, Arnold Hoeve, Caleb Olney) and their dangerously inept captain (Brian Lawrence).

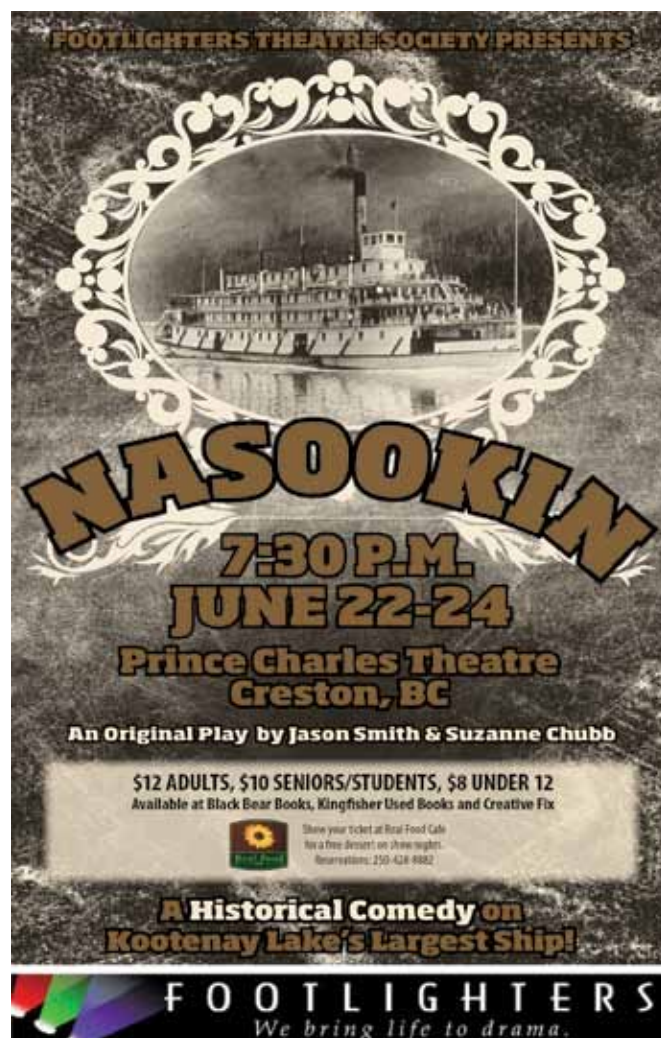
The SS *Nasookin* — a sister to the SS *Bonnigton* on the Arrow Lakes and the SS *Sicamous* on Okanagan Lake — plied the waters of Kootenay Lake, delivering passengers

from Kootenay Landing to Nelson from 1913-1930, and vehicles from Balfour to Boswell, and later Gray Creek, from 1931-1947. The ship was damaged beyond repair in 1949, and in 1954, the pilothouse and ladies observation deck were converted into what is now a residence on Highway 3A on Nelson's North Shore.

Under the guidance of Smith, assistant director Gillian Wells and choreographer Kate Webb, the cast have embraced their roles as they bring the era to life, with the 1927 setting one of social upheaval.

"It's a bit of a commentary on the 1920s and how that was the beginning of so many changes in the world," says Smith. "We see a little sample of how life was changing on the *Nasookin* — with a comical spin, of course. ■

Nasookin is the first production in Footlighters Theatre Society's 23rd season, and will be followed by a locally-written *Hansel and Gretel* in the fall, and Rodgers and Hammerstein's *Oklahoma* in the spring.



Report on Trade Show: The Spring Trade Show was a great success! We completely sold out of booths in the arena, and our attendance increased over last year by almost 10 per cent! We are looking at things to make it better for next year, and have an idea we wish to get feedback on:

What if we also rented the curling rink exclusively for artists, crafters and quilters? Slightly smaller booths, bring your own table and lower fee? Entertainment? It would be great to sell out both the arena and the curling rink. If you fall into one of these three categories, please let us know (by emailing manager@crestonvalleychamber.com) what you think, and share it with your friends. If we get enough support, we will do it.

Report on AGM: By acclamation, nine board members were upheld for the upcoming year. Those nine board members are Mark Wolfe, Mark Saunders, Andrea Lochan, Traven Huscroft, Michele Staggs, Bob Johnson, Megan Keating-McKendry, Brian Lawrence and Joanna Wilson.

CHAMBER CHAT

The executive as it stood at the end of the term was president Mark Wolfe, first vice-president Mark Saunders and second vice-president Andrea Lochan. As per the chamber constitution, the executive is up for election by the board at its next meeting. At that time, anyone on the board may be nominated and elected for the executive for the upcoming year. The present executive has expressed an interest in staying in those positions should no nominations come forth from the board. Results of the potential election will be published here next month.

Basin Business Advisors

Program: Our guest speaker at our AGM was Will Nixon, manager of the Basin Business Advisors program. This program is probably one of the best kept secrets in the Kootenays, and is unlike any program anywhere. It is made possible because of the Columbia Basin Trust. Basically, there are five advisors in the basin area who

will help people with their businesses. And for the most part, it costs nothing to utilize their services — the CBT is picking up the tab! If you want more information on this program, please contact the chamber.

Gold Rush: The chamber is exploring the possibility of hosting a large event the first week of October (in future years) that would bring many people to Creston, such as a marathon or a bike race. Anyone with experience in these events is asked to contact us and share your experience. At this point, we are simply in the feasibility phase of this project, but we like the idea of bringing many people to Creston in a typically slower time of year for tourism.

Office Space for Rent: As this column is being written, construction on an additional office space is ongoing, with the sound of the power tools doing their work in the background. Therefore, it must be concluded that our space should be available for July 1 at the latest. Anyone interested in a smaller office space with a flat rent payment structure (no triple net) that includes utilities, please contact us. ■

CHAMBER FUN FACTS

Did you know that the Creston Valley Chamber of Commerce is reaching out to home based businesses and artists/artisans? We even have a special, low annual membership fee of only \$75 (plus GST) for those groups.

One of many reasons to join the Creston Valley Chamber of Commerce!

121 Northwest Boulevard
Creston, BC

CRESTON  VALLEY
CHAMBER of COMMERCE

250.428.5151
manager@crestonvalleychamber.com

Profile: Jo Anne Haworth of BeyondBasics Productions

Where are you from? I moved to Creston from Terrace 10 years ago.

How long have you been in business? I've been in business for one and a half years.

What is the best thing about your business? My business is unique in that I provide the technical and creative skills to produce



beautiful PowerPoint slideshow presentations. I can't paint a picture, but my creative itch is "scratched"

by telling stories on my blank PowerPoint slide canvas.

What is the best kept secret about your business?

I can convert vintage photo slides and photographs into digital format, and with narrative voiceovers, music, video clips and/or stock pictures I'll weave together your story into a stunning presentation to promote

an enterprise (business or non-profit), or to inspire or commemorate a personal story (birthdays, graduations, weddings, anniversaries, vacations, retirements, funerals, etc.).

Anything to add?

Everyone has a story, and I have the experience and creative talents to tell and show it. ■

Profile: Dylan Fladz of Coffee and Arrows Paleo Coffeebar

Where are you from? I was born and raised in Calgary, but I've always had family in Creston who we visited every summer during my childhood. This will now be my third year living in Creston.

How long have you been in business? Coffee and Arrows Paleo Coffeebar started out as an idea in October 2016 and has been in business development since mid-December 2016.

What is the best thing about your

business? Working full-time on Coffee and Arrows with my life partner and creating something that is our own.

What is something everyone should know? We are a coffee bar that is truly for everyone, including those with food sensitivities, allergies and special diets. You don't have to be Paleo to eat here; everyone can find something they'll love at Coffee and Arrows Paleo Coffeebar. ■



Profile: Emmie Roelofse of ArtFoamies



Where are you from? We are proud Canadian citizens, Namibian-Canadians.

What is the best thing about your business? With support of my better half, Ian Richardson, and my parents, I started ArtFoamies in 2014. ArtFoamies not only gives me the opportunity to be creative, but also provides anyone who uses ArtFoamies the ability to be creative, whether it is on fabric, walls, floors, furniture, paper, mixed media or anything that doesn't move. Our stamps are sold all over the world and we use social media as a modern day tool to achieve this.

What is something everyone should know? Creston Card and

Stationery sells ArtFoamies locally.

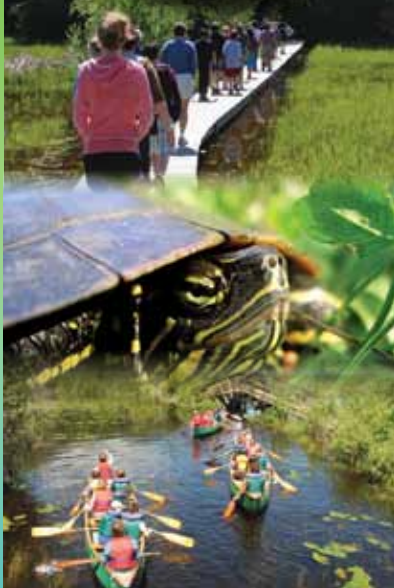
Kristina McCormick, Ada L. Oler, Elly Mae Buruma and I are a great team working together to achieve successful export to many countries. We manufacture and package all the stamps in the Creston Valley.

ArtFoamies has nine designers worldwide, including Alana deFortier from Red Tin Roof in Wynndel, and myself, Emmie Roelofse.

Anything to add? To see our extended range of ArtFoamies please visit our website, www.artfoamies.com. ■

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.

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www.crestonwildlife.ca

Spring Has Sprung at the Wildlife Centre



BY LAURA BRANDON
Acting Education
and Communications
Co-ordinator
Creston Valley Wildlife
Management Area

After a slow start and some soggy days, spring has officially sprung in the wetland! The western painted turtles are lazily basking along the pond edges and soaking up all of that springtime sun. Terrestrial and common garter snakes can be heard slithering through the grass next to the boardwalk. Ospreys are busy diving for fish in the ponds just east of the Wildlife Interpretation Centre — such a spectacular sight! And the hungry hummingbirds are back for the season; we refill our feeders nearly every day just to keep up with the demand.

With four brand new and super-keen wetland naturalists aboard, we officially opened the doors of the Wildlife Interpretation Centre back on May 8. Our naturalists have been busy as beavers delivering school programs to children of all ages from around the Creston Valley and beyond. This year, students in kindergarten to Grade 3 are being transformed into special wetland

detectives, where they use their senses to explore the outdoors as super nature navigators! Meanwhile, students in Grades 4-7 are delving into the fascinating world of animal adaptations to discover how modified body parts and behaviours allow different insects, birds, reptiles and mammals to survive in a wetland environment.

In addition to the school programs, we have many exciting events coming up this summer for everyone to enjoy. Every Saturday in June is Family Fun Day, so drop in each week for a different nature-themed event filled with fun activities for the whole family. On June 18, join us for a Father's Day scavenger hunt that will have you looking up high and down low, inside and outside (with prizes at the end). We will also be hosting parent and tot sessions geared toward two- to five-year-olds and their parents every Monday in June. Introduced only last year, these events were very successful; we're looking forward to promoting curiosity and wonder for the natural world in our wee wetland friends!

In July, our popular junior naturalist weeklong summer science camps will be running once again — space is limited and the camps are already filling up, so make sure to give us a call to reserve your spot.

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Karla Nevalainen

Wetland naturalist Jillian Bjarnason points out some cool sites at the Creston Valley Wildlife Management Area during the Creston Valley Bird Fest.

You should have received a copy of our 2017 program guide in the mail back in April; if not, make sure to pick one up on your next visit or hop on over to our website for all the details. We have a variety of events coming up for all ages during the summer, including a Canada Day celebration, sunrise paddles, night prowls, art workshops, nature movie nights and even a solar eclipse viewing party. Remember, purchasing a Creston Valley Wildlife Management Area membership gives you free admission to the Wildlife Interpretation Centre plus discounted rates or waved fees for many of our

programs; visit us at the centre or sign up online.

Finally, as you may have heard, this will be our last season of programming; the Wildlife Interpretation Centre will be closing permanently on Oct. 7. Therefore, we encourage you now more than ever to come and visit us and participate in one of our many fabulous programs coming up this summer. Although the centre is closing, access to the Creston Valley Wildlife Management Area will remain unchanged and open to visitors year-round; activities such as bird watching, hunting and fishing will remain unchanged and not affected by the

closure. Your support for the CVWMA through donations remains critical for the conservation of these precious wetlands and all of its inhabitants.

We are looking forward to providing quality educational programming and family fun once again to visitors from the Creston Valley and beyond. Make sure to stop by this summer to visit our indoor gallery, paddle around the marsh on a canoe tour, join us for one of our many events or simply bask in nature and enjoy the sights and sounds of the wetland. We hope to see you soon! ■

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

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Park, Hall Part of Vibrant Community

CANYON COMMUNITY ASSOCIATION

Community halls and parks hold communities together, providing a gathering place for activities. However, the costs of maintaining and upgrading these facilities is high, and generated mainly from grants and fundraisers. Volunteers struggle annually to collect these funds and manage ever-increasing budgets for utilities, insurance and upkeep. Over 14 grants, in the past years, have enabled the improvements to the Canyon Community Hall and Canyon

Park. Approximately 15,000 people annually enjoy these community spaces.

The Canyon Community Association (CCA) is a non-profit organization that owns and operates a community hall and park, for indoor and outdoor recreational and social activities, and amenities for the benefit of Canyon residents, those of the Creston Valley, and tourists. The current board of directors is seven members strong, and, together with dozens of Canyon residents, give hundreds of volunteer hours annually.

New improvements to the Canyon Hall include a sound system, and new tables (both round and rectangular) and chairs. The hall already has a commercial kitchen and a stage, making it ideal for rentals for funerals, weddings and other events. The hall is also the local polling station for elections.

Canyon Park now has 14 excellent overnight camping sites, with new showers and bathrooms. Some sites can accommodate up to 19-foot trailers and cost \$20 per night, with no hookups or reservations. Park improvements in 2016 included a new kitchen and pavilion. These amenities make the park ideal for reunions and other groups.

The park hosts regular seasonal league ball games, and equestrian events in the riding arena, the only public riding arena in the valley. Also available are a fitness trail and playground, and most days people are in the park with their children and dogs.

The CCA is being proactive in planning new activities to generate interest and monies. Most well known for its annual July 1 pancake breakfast, which will celebrate its 78th this year. This is the CCA's biggest fundraiser, and the event includes a ball tournament, equestrian competition, a dog agility course and more.

The board added a new event recently: a Mother's Day troll hunt. Children and their mothers enjoy an exciting search for hidden trolls throughout the park. A prize is awarded to one lucky winner.

Now the CCA is holding three-day activities on the last weekend of every month. Friday night is a family games night, open to all ages, from 6-10 p.m., by donation. Bean bag toss and badminton are provided, but

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Submitted

The equestrian ring and fitness trail are well used parts of Canyon Park.

families can bring their own games, as well. Snacks will be available for sale.

Saturday will offer a flea market from 10 a.m.-4 p.m. Tables cost \$25, and a concession will be available. To reserve a table, email canyon-community-flea-market@shaw.ca.

The last Sunday of the month, with a summer break, Canyon Hall hosts a coffee house from 2-4 p.m. It has been growing in popularity with visitors and musicians. Approximately 70 people regularly come to enjoy a variety of volunteer musicians, which can change each month. The cost is \$5 and includes a coffee and a muffin.

The CCA has a wish list for future developments. New picnic tables for the park and pavilion are needed, as well as landscaping and a new playground. A watering system is needed for the equestrian arena.

At the hall, improvements will include a new entrance and landscaping, improved stage lighting and kitchen upgrades.

A Wall of Recognition is located in the park, where people can buy a small plaque for a donation of \$100, or a large one for \$150. ■

For more information about the Canyon Hall or for rental rates, visit canyonbc.ca. To purchase a plaque, contact Sylvia at 250-428-0790.



Submitted

The Canyon Community Association's coffee house crew: (from left) Ken Miller, Claudia Huber, artistic co-ordinator Diane Furlong, Signe Miller, Dave Furlong and Sandra Chenuz.



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Tiles: Ceramic, Porcelain or Natural Stone?

BY WENDY REEVES SEIFERT
Over the Valley

You can achieve a European or spa look to your bathroom or ensuite with a smart use of tile or stone. Any tile, if properly installed, will last a lifetime, so be conservative in your choice of colour and pattern to achieve a classic timeless look.

Natural stone, such as slate or travertine, should not be used in areas such as bathrooms, as they are water-absorbent and need to be sealed at least every six months. Manmade ceramic or porcelain are more care-free.

Porcelain tile has a low water absorption rate and is fired at a higher temperature (1,200-1,400 C) thus producing a higher density and stronger tile. Ceramic is not strong enough for exterior use; stone is a better option or some porcelains (which need to be designated for exterior usage). A true porcelain tile has its color throughout the biscuit so a chip or crack is barely noticeable. Wall tile cannot be used on floors (it's not strong enough), but any floor tile can be installed on walls. The hard-glazed



Brian Lawrence

A bathroom designed by Over the Valley Home Services.

surface (vitreous) of a wall tile makes it best for water areas, such as tub or shower installations, whereas an absorbent tile, such as terra cotta or travertine, are for horizontal surfaces and would not be used in water areas.

Your tile box will have a PEI (Porcelain Enamel Institute) rating listed, which means:

PEI 1: No foot traffic — walls only;

PEI 2: Light traffic (bathroom);

PEI 3: Light to moderate traffic;

PEI 4: Moderate to heavy traffic; or,

PEI 5: All residential and heavy commercial traffic.

In the picture of the bathroom above, a natural marble tile with a variegated non-slip finish was used on the shower floor and step to the tub, and was married with a fake marble wall tile, which kept the cost down. Wherever you are using tile, a professional installation is essential to a long-lasting product. ■

To learn more, contact Wendy Reeves Seifert at 250-428-7788 or overthevalley@telus.net.

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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

June is traditionally a wet month in our part of the world. After the kind of spring we've had so far, I'm hoping that we trend toward warmer and drier for June this year. We have been much cooler and very much wetter than normal, which has impacted the seeding of many crops and the growth of others. If this early wet pattern continues into the summer, it will impact the further growth and harvest of many crops vital to our local agriculture industry and the economy of our valley. A warmer, drier summer pattern would definitely benefit the crops and utilize the abundant moisture in the ground. Early garden produce, as well as local strawberries, should be available through June. The valley hay harvest should be underway as well. Watch out for tractors and equipment on area roads.

Recently some of the results from the 2016 Canadian Census of Agriculture were released. The numbers show that many trends are continuing to affect the face of agriculture in this country. Farms continue to get larger and fewer in number, six per cent fewer than in 2011. In some cases, as existing farmers retire or sell out, larger operations swallow them up. One newer trend in Canadian agriculture

is the rise in the number of female farm operators, rising to 78,000, which accounts for 28.7 per cent of all farm operations.

One continuing trend is that the age of farm operators keeps rising, with the average now up to 55 years. This is a disturbing trend to me. As many of us that are or near this age look to slow down or maybe retire from our farms, the staggering amount of farms and infrastructure that will need to turn over to new operators in the not too distant future is most concerning. So far, it still appears that there are nowhere near enough younger people willing or able to take over the farms in this country. The high cost of land and inputs deters many. The high financial risk and long hours of work, as well as the uncertainties of weather and markets, are definite deterrents.

We all need food every day, yet those producing it often are not able to make a living doing just that. It is so fundamentally wrong that we as a society value food and food production so poorly. I firmly believe we need to support our local farmers and encourage the use and preservation of our farm lands. A thriving agriculture community benefits the economy of our whole area and the other businesses in it. Please visit and support our

awesome Creston Valley Farmers' Market each Saturday, as well as the fruit stands and other food producers in our valley. Continue to be Ag Aware! ■



Please be patient...

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Building a Creative Hub in Creston

BY MEL JOY
Fly in the Fibre

The dream is to have a place to gather people of all levels with interests in yarn, fibre and creativity. Meet Fly in the Fibre.

There is a great benefit in meeting with people with common interests and creating alongside others. Knowledge can grow and inspirational ideas sprout and spread when there is a

healthy sharing of hopes and dreams of projects past and present.

"The acquisition of skills is not an end in itself," says John Dewey. "They are things to be put to use, and that use is their contribution to a common and shared life."

I don't think people ever truly realize or appreciate the depth of their own individual knowledge. Sometimes there is too much self-doubt and self-criticism when it comes to sharing an acquired skill. That is why there is a benefit to the casual gatherings, where people are working on developing their own skills, as well as sharing their knowledge and experience, without an awareness that this collaboration of learning is actually taking place. Some learn better without the stress of a formal structure, where the learning can take place in a slower time, and understanding of a skill grows with

experience and practice rather than memorization.

This is the purpose of a hub: When someone comes in to the store looking for an item and joins in a conversation and learns about a new project or process. When working on projects together introduces a new skill and someone unintentionally becomes the teacher. When a project contains the work of many because advice had been given or curiosity is paired with encouragement so a new technique is used where it normally wouldn't be. When the expansion of knowledge and skills comes from the direct teaching by people within the community rather than technology or a book.

Be a part of the hub at Fly in the Fibre. Share your knowledge and continue to learn new skills yourself! Everyone is welcome. Community fibre nights run every Tuesday from 5-8 p.m. ■

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Diosmin and hesperidin are two important bioflavonoids found naturally in citrus fruits. They are extracted from citrus fruits, including bitter oranges and lemons, in the warm, sunny climates of Spain and the south of France. They are actually found in the white pith portion of the peel. If you're hoping to find them in citrus fruits at the supermarket, though, you're out of luck. Diosmin amounts are at their highest in the immature fruits and then decline significantly as the fruit grows and ripens. For optimal absorption, these flavonoids are micronized into a smaller size, and then encapsulated as 450 mg of diosmin and 50 mg of hesperidin per capsule. These proportions are the standard amounts per capsule as they were discovered to be the optimal ratio in the clinical studies. Dr. Oz also recommends this formulation based on the studies.

Starting in the late 1980s, diosmin and hesperidin have been studied in numerous clinical trials for their benefits in strengthening and protecting weak blood vessels. Most of the studies done on diosmin and hesperidin lasted between one and 12 months, but the use of these ingredients to protect the vascular system dates all the way back to 1971 in France. The studies found that diosmin and hesperidin helped relieve the symptoms of varicose veins, hemorrhoids and leg ulcers (due to poor venous blood flow) and accelerated their rate of healing over a larger area than usual.

These bioflavonoids have been used for many decades and have been shown to be safe for long-term use.

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

With varicose veins and hemorrhoids, the blood vessels in the area have become weak and leaky, and this results in reduced blood supply being returned to the heart, along with pain, swelling, inflammation and ulceration in the area. Diosmin and hesperidin work to repair, strengthen and tone the blood vessels. They also provide antioxidant support against further

free radical damage, and reduce inflammation. The swelling, pain, heaviness, leakage and poor blood flow are gradually reduced over the course of a couple of months.

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

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



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Supporting Your Liver's Function

BY LINDA GIGLIOTTI
Golden Herb Health Foods

The liver is the body's largest internal organ and one of the body's most important components. It is a complex organ that is essential to life, located in the right upper quadrant of the abdomen under the diaphragm. The liver is central to the body — it

works 24 hours a day and has over 500 functions such as detoxification, digestion, manufacturing, processing, storage and filtration. These are just a few functions that this powerhouse organ performs in the body as it works to maintain stability and harmony between various body systems.

When your liver is not functioning properly or becomes compromised, toxins can build up, which can cause a sluggish liver and inflammation. This can subject the body to cellular damage and cause toxins to recirculate in the bloodstream, eventually being stored in fatty tissues. The slow release of these toxins into the bloodstream is a major factor in the development of chronic disease.

Even a slight impairment of the liver

can result in one or more of the following symptoms: lack of energy, constipation, poor digestion, nausea, skin problems, yellowish eyes, allergies, depression, changes in stool and urine colour, and more. It is important to look after your liver and to have a healthy diet and to be mindful of the many foods, beverages and medications that adversely affect the liver.

The key to good health is to maintain a healthy liver. How healthy is your liver? Come into Golden Herb Health Foods and find out if your liver is in need of some extra support. ■

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 Foods in Creston. For more information, call 250-402-0033.

Feature of the Month

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BY DIANE
TOLLESON

Time is Flying

Here we are in June already! The Creston Valley Farmers' Market is back, the trees and flowers are growing, winter is behind us and summer is ahead. It's been very challenging for a lot of people to keep their good humor and sense of well-being with the weather we have come through. I see such a difference in people when the sun is out!

There are so many changes in the world around us, not only the seasons, but the Earth itself. Adaptability and rolling with the changes will bring the transformation we seem to all seek, and it all comes from within us.

I'd like to quote a few lines from my Vision Quest Tarot, "You have the strength to be truly who you truly are. Not who you are supposed to be,

should have been, or what others would like to make you become."

"Every transformation is a new beginning." And every day we wake up is a new beginning. Leave behind old habits, traditions and patterns to start anew each day. "Tradition is the illusion of continued stability."

When the only constant we have is change, I feel accepting that is the key. We all have the power to manifest what we want in our lives. What do you choose today? Since I have made a conscious choice about what I want to create, it all manifests in divine order with great ease. Want to chat some more about this? Come see me at the store, have a reading or some bodywork and see for yourself how good it feels to be true to you.

In-joy always and have a great summer, day by day, moment to moment, and keep on smiling! ■

How Safe Is Your Sunscreen?

TILIA BOTANICALS

There are exciting times ahead and we're all stocking up and packing our camping and beach bags with our summer care essentials. Trying to protect ourselves from UV damage to the skin seems to cause enough worry. Now we are being told to stay conscious of toxic ingredients in the very products meant to protect us. Summertime is way too much fun to be stressing out about these decisions. Do not induce yourself into a state of paranoia over them and certainly do not panic if you've already been using products with ingredients that were recently discovered harmful.

It's wonderful that we have the option to research and make informed decisions about our health and the products we use. The Environmental Working Group has been working to empower people to live healthier lives with breakthrough research on current products introduced into the market. You are even able to search for ingredients or products yourself via its website partnered with Skin Deep (www.ewg.org/skindeep) where it displays findings for these chemicals.

While gathering our own research over the years, we have found that several chemical additives are ones that pose the biggest risk to my health, while others are reasonably safe. Particular additives on the ingredient labels automatically spring a red flag for me. When looking through the multiple brands of sunscreen, we note that important ingredients to avoid are oxybenzone and retinyl palmitate, the active ingredients in many brands.

Oxybenzone is known to disrupt hormone function (which is more crucial than you can imagine in developing

children) as it is absorbed through the skin. This ingredient has also been linked to increased sensitivity and allergic reactions. It has even been recommended by scientists that pregnant women and children avoid the use of sunscreens containing oxybenzone.

It's wonderful that we have the option to research and make informed decisions about our health and the products we use.

Retinyl palmitate, or retinol, is technically a form of vitamin A that makes it appear to be a benefit. Hey, you're protecting your skin *and* getting your daily dose of the immune-boosting vitamin, right? However, it is now being revealed in clinical trials that retinyl palmitate is potentially photocarcinogenic, meaning that it reacts with the sunlight to promote the growth of cancerous cells in the body. This altered vitamin was simply not meant to be included in creams and absorbed in the body this way. Other additives to be cautious of include propylparaben, another hormone disruptor, and isobutane, shown to be toxic and allergenic.

Another potential danger with sunscreens is associated with their

use in the form of sprays or powders. It is one thing to be absorbing all the chemicals into the bloodstream from a cream, but there are rising concerns about lung inflammation with inhalation. These particles, when inhaled are also being found to be carcinogenic.

Two active sunblocking ingredients that are being found effective and safe are zinc oxide and titanium dioxide. They provide a high enough SPF and do not pose harm as skin does not absorb them. When buying sunscreens with these active ingredients ensure they are a rub-in cream because, again, these are not ingredients that you are meant to inhale. Other beneficial ingredients with some sun protection factor are carrot seed oil, raspberry seed oil and avocado oil. If you're making your own homemade sunscreen, these ingredients work great in the base. At Tilia, we ensure that we are never including any harmful ingredients in our line of natural cosmetic and summer care products. Keep yourself aware and above all, don't worry too much while you have a fun and safe summer! ■

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Adam Casemore

Bill Hutchinson

Signe Miller

Hugh Taylor

Scott Veitch

Q&A with Town Council Candidates

Prior to the June 10 by-election to replace the last Coun. Joe Snopek, I Love Creston asked the five candidates four questions. Their answers follow:

1. Why will you be an effective councillor?

Adam Casemore: I believe I will be effective in the council position because I have a lot to offer the people of this community. Time and dedication first and foremost; being self-employed gives me the flexibility to put in as much time and effort needed to get positive results, and be able to listen, understand and be a voice for what the people of Creston desire. On that note, I understand business, budget and economics. I am enthusiastic, energetic and have an open mind. I'm approachable and love to engage in conversation with people of all ages. I love Creston and I'm willing to do whatever it takes to continue the positive success and growth of our community.

Bill Hutchinson: My 26 years of experience as chief administrative officer for the Town of Creston offer me what I think has to be unsurpassed knowledge of the issues that concern the town.

Signe Miller: For the past several months, I attended town council meetings to get background information on the workings of council. I have worked with many boards, and am a good team player. I have shown that I have good, practical ideas to bring needed developments to my community. I have worked for, and with, government agencies over the years, and I understand the workings of bureaucracy. I was part of the development of the new Official Community Plan, and I want to see it implemented.

Hugh Taylor: I have over 40 years of experience in supporting governing bodies from various jurisdictions in operational and administrative capacities. This included governments of N.W.T., Yukon and First Nations in Yukon and B.C. As a departmental director, part of my role was to read and summarize technical reports from consultants and prepare briefing notes for councils and present at community consultation sessions. As a director of lands and resources and municipal advisor, I participated in formulating official community plans. As a verifier for First Nation land codes, I oversee the process of First Nations taking on responsibility for

managing their reserve lands. In 1991, I took the conflict management program at the Justice Institute of BC. As an electoral officer for First Nations, I learned the principles of the electoral process and the need for confidentiality in that process.

Scott Veitch: A good councillor must represent, must legislate and must provide oversight. You are there to represent the citizens' interests to town hall and not the other way around.

I was a recent town councillor and understand the varied processes and diverse needs of the role. As the former president of the British Columbia Real Estate Association (now almost 30,000 members) and past chair of the Real Estate Errors and Omissions Insurance Corporation (\$50,000,000 claims fund), I know how to listen, to govern, to set policy and to get things done effectively and efficiently.

I am committed to improving our quality of life by supporting growth that encourages economic vitality, provides housing opportunities, respects the environment and builds communities with good schools and safe neighbourhoods.

With only a short period left in the remaining town council term (about

Municipal Election

16 months) I have the ability to fast-track into the position, make a difference, and complement the town council team. It's about the doing and getting it done.

2. What are the biggest challenges facing the town?

Adam Casemore: I don't believe that there are a lot of big challenges. Obviously funding plays a big part in the community and there is only so much allocated for certain projects, groups and organizations. Every community or municipality has its trials and tribulations. Taxes are always a big concern to a lot of people, and upgrading infrastructure plays a major role in that. Community awareness is another challenge; for example, Rotary helped to build an excellent washroom facility at Centennial Park and it took a select few to give it the wrong kind of recognition it deserved and didn't think of the repercussions it caused for the users of that park.

Bill Hutchinson: Some of the primary challenges facing the town today are growth and taxes.

Signe Miller: Creston's tax base is mostly residential, meaning the burden

of increases in expenditures must be carried mainly by homeowners. However, our tax rate is only slightly higher than the provincial average for towns this size, which is due to creative financial planning.

The recent increase in population to over 5,000 has meant that policing costs have risen substantially, affecting tax rates. Our fire hall is inadequate in size and presents an unsafe work environment, meaning that a referendum must be held to ask for taxpayer support to borrow money to build a new one.

Hugh Taylor: Maintaining viability of small businesses. Creating more jobs to decrease migration or commuting to distant areas to work.

Scott Veitch: Maintaining excellent levels of services and asset management for the Town of Creston within a financially constrained environment are always challenges of major importance. Taxes are paramount on everyone's mind. But again, so is our quality of life. How does the council provide people what they deserve (want and need) and maintain prudent and fiscal responsibility? It's a tough equation.

3. What are some notable initiatives of the current council, and how will you make them successful?

Adam Casemore: I like the team that is in place. There have been some very positive things they have done for Creston and the Creston Valley in the past term they have served. They are all there to ensure progression and positive changes that will help keep Creston moving towards a brighter and better future. I would like to be part of that team and I would make them successful by bringing different ideas or perspectives to the table, involve and incorporate some of the young population, and make sure everyone in Creston has a fair representation. Most importantly, work together as a team. I'm very much so a team player — I've played hockey my whole life and have a Canadian national junior hockey championship under my belt to prove it.

Bill Hutchinson: As to notable initiatives, choosing the right property and construction of a new fire hall, its cost and resulting tax burden to the taxpayers is probably paramount.

Signe Miller: Getting control of a few blocks of our main street has

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Municipal Election

been a longtime problem — big trucks bringing dust, noise and accident danger to the core of our community. Councillors have been successful in getting a commitment from the Ministry of Transportation and Infrastructure for the upcoming redirection of trucks down to Cook Street, which will allow for more greening and improved safety. I will support this.

The new Official Community Plan is a document that was developed from extensive consultation with the community, and with the advice of a volunteer group that I was a member of, for the past year. I'll see it work.

Hugh Taylor: Physician recruitment: Keep in touch with the physicians that come to Creston and conduct exit interviews with those that leave to ensure I understand what attracts them and what makes them leave.

Community recreation complex park: Ensure that it is completed and explore ways of linking it with green areas.

Youth engagement strategy: Maintain communication with youth to ensure what is being done is beneficial and supported by youth.

Strategic community energy and emissions planning: Ensure that this is an ongoing exercise to stay current with new ideas and technology.

Water conservation: Increase monitoring of water use and explore incentives to use less water.

Scott Veitch: The recent Official Community Plan is one of the more notable initiatives of council. It is Creston's road map for the future — it's about public collaboration, consultation and co-operation in setting out our policy and forward directions. Without this plan, our visions are only dreams. We need to get the green light to make it a go. It's a good thing for Creston and I will work with the team to make it happen. Creston has spoken. It's not about a learning experience — it's time to show the results.

4. What changes would make Creston a better place to live?

Adam Casemore: There are no big changes in my eyes that would make Creston a better place to live. There is always room for improvements that would enhance living in Creston and I want nothing more than to play a part in contributing to those. Creston is a beautiful place and has so much to offer, from the picturesque views and scenery, to the delicious fruit, vegetables and meat it produces, and best of all the people who make this a desirable community and not just a town.

Bill Hutchinson: For years, Creston was held up as an example at the Union of BC Municipalities for its stewardship of the taxpayers' dollars while still focusing on

the maintenance of the town's infrastructure (i.e. streets, parks, sewage treatment plant), all while endeavouring to keep taxes affordable. As Creston is historically a haven for retirees, as councillor, I would be committed to using my experience to making it an affordable place to live in.

Hugh Taylor: Create longer, pet-friendly, level walking trails with benches and interpretive signage, preferably in forest areas, such as utilizing the highway bypass right of way. Make the downtown core more pedestrian friendly, possibly by making Canyon Street a one-way street and Cook Street one-way the other way as far as 7-Eleven.

Signe Miller: More green spaces downtown. Senior-friendly walkways, benches and good lighting. Less truck traffic on Canyon Street. Mixed-sized and -priced housing for all abilities. Employment opportunities.

Scott Veitch: Economic development would lessen taxes and provide us with more resources for not only daily operations but to help fund Creston to be a more connected and enjoyable community. Continued public engagement and proactive involvement will also strengthen our town. We need the capable sewers and we need the safe walkways. It's a fine balance. ■



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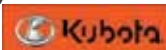
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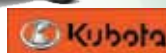
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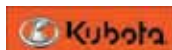
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