

March 2018

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# SWEET TOOTH

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It's chocolate!

## HISTORY

Stenography a special  
and challenging skill

## ARTS

Oklahoma next in  
Footlighters season

## OUTDOORS

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## From the Editor



BRIAN LAWRENCE

**T**echnology: sometimes we love it and sometimes it's our worst enemy. I must say that I greatly appreciate how much easier it is to type with a computer keyboard than a typewriter. I used one in a stage performance recently, and even poking around with only two fingers for about five seconds, I managed to get the metal stick-things (that is the technical term, right?) all stuck together.

It's quite the challenge, so I was impressed that Creston Museum manager Tammy Bradford wrote, on page 10, a few paragraphs of her monthly contribution with one, as she

discusses the role they played in a stenographer's job.

On a completely different topic, this issue is a bit of an arts and culture extravaganza:

- Lower Kootenay Band Chief Jason Louie talks about the LKB singing group he started in the fall as a way of ensuring that the Ktunaxa Nation's centuries-old songs wouldn't be lost to time and, you guessed it, competition with technology;

- Mel Joy offers some insight into the difference between an art and a craft. Think you know what that difference is? You may be surprised by her answer;

- The committee for A Full Plate had an incredibly successful year of bridging the gap between agriculture and art for Canada's 150th. It was a huge project, and the organizers really deserve credit for pulling it off; and,

- Footlighters Theatre Society has been rehearsing Rodgers and

Hammerstein's *Oklahoma* since January. I'm directing, and it's been exciting to see the show progress from initial readings of the script to full-fledged dance numbers.

Also in this issue, you can read about how the Town of Creston is involving citizens in setting budget priorities, what farmers are up to in the spring and enjoy a preview of what's to come in the sixth annual Creston Valley Bird Festival.

Our feature articles also offer diversity this month. I appreciated hearing Allia Schofer's perspective as a children's life coach — kids experience anxiety, just as adults do, but there are ways to combat that stress. And as you'll have noticed on the cover, Sweet Turtle Chocolates is keeping the Creston Valley's collective sweet tooth well-supplied with tasty treats. Yum!

See you next month. If spring starts to arrive before then, enjoy! ■

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Allia Schofer giving children tools to live inspired lives through children's life coaching.

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# BUSINESS SAFETY

## Fire Safety Tips for the Workplace



### Fire Prevention

Keep your work area free of waste paper, trash and other items that can easily catch fire.

Check on your electrical cords. If a cord is damaged in any way, replace it. Try not to lay cords in places where they can be stepped on, as this will contribute to deterioration of the protective outside coating.

Don't overload your circuits.

Turn off electrical appliances at the end of each day.

Keep heat producing equipment away from anything that might burn. This includes copiers, coffee makers, computers, etc.

### In the Event of a Fire

Upon finding a fire, call 911 immediately and don't hang up with the emergency responder until told to do so.

Close doors when exiting to help limit the spread of smoke and fire throughout the building.

Never use elevators during an evacuation.

Follow the escape plan and meet at a pre-determined place outside of your

building and away from danger. Conduct a headcount to ensure all of your staff has evacuated.

The best way to ensure the safety of your staff is through fire prevention and preparation. Talk with your staff about fire safety in the workplace today.

### Did You Know?

The BC Fire Code prohibits the use of drop bars, chains and even double key locking devices on exit doors at any time. These types of features are a threat to the employees, public and responders safety during an emergency. Be sure to use proper locking mechanisms compatible with the doors in the building that you intend to secure.

Door hardware such as "panic" hardware and automatic door closures shall be maintained for the life of the door. A good rule of thumb is that a door shall remain "as is" from the date of installation in accordance with the BC Building Code. It is common to see manual hold-open devices employed (door wedges) or self-closures removed after the installation of the door is complete. This can severely

jeopardize the safety of building occupants during a fire emergency.

It is mandatory that a business keeps record of all fire and life safety system inspections, testing and maintenance on site for review by the Municipal Fire inspector or Fire Prevention Officer.

When contracting a technician to service your business' fire protection systems (alarm panel, sprinklers, fire extinguishers, standpipes, fire pump), it is required by the Town of Creston Fire Services Bylaw No. 1774, 2011 that the fire protection technician is certified by the association known as the Applied Science Technologists and Technicians of BC (ASTTBC). Alarm panels can also be inspected and tested by a technician recognized by the Canadian Fire Alarm Association (CFAA).



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# Satisfy Your SWEET TOOTH

STORY AND PHOTOS BY BRIAN LAWRENCE  
I Love Creston Editor

**I**t doesn't seem to matter whether chocolate lovers enjoy dark, milk or white. After they try Sweet Turtle Chocolates, they tend to want more, which was a pleasant surprise for creator Gaelle Riguidel.

"When I started in 2016, people were coming back and saying, 'This is the best chocolate I've ever had,' and, 'I like the way your chocolate is shiny like a mirror,'" she says.

Of course, they're always a bit concerned to learn that Riguidel produces less in the summer — "chocolate season" runs October to

April — but the slower pace suits her just fine.

"It gives me time for the garden," she says. "I love to be outdoors all the time."

Riguidel grows and preserves much of her own food, including the mint she uses to flavour some chocolates. She discovered the Creston Valley while picking cherries four years ago, and quickly fell in love with the food, mountains and wilderness, which brought back memories of her grandfather, who built sailboats.

"I love being on the ocean. Coming here, it was like an ocean of trees."

Originally from France — her father is French, and her mom has

dual French-Canadian citizenship — Riguidel came to Canada with her parents 10 years ago. She'd previously studied at a Spanish university in France with the goal of becoming a Spanish teacher, but chose the food industry instead, attending pastry school in Longueuil, Que. The schooling was 13 months of hard work, but Riguidel earned good marks, and started Sweet Turtle, with her mother helping to drum up business.

"She kept me really busy," says Riguidel. "I was doing festivals, as well, in Quebec."

Her own success helped encourage her mother, who was already a great





cook, to take some training herself — and she ended up becoming a chef in a four-star hotel.

“I was super proud of her,” says Riguidel. “It was difficult for me, but it gave her the strength to do it.”

During that time, she met a friend of her mother’s who was a baker and chocolate chef.

“That’s where I fell in love with chocolate,” she says. “I wanted to know more, I wanted to do more.”

And she did, learning all she could and bringing that knowledge with her

to Creston, where she started selling chocolate at the Creston Valley Farmers’ Market in late 2016, making it in the kitchen at Margo’s Farm, where she had worked picking fruit. Her recently completed commercial kitchen will allow her to sell chocolate beyond the farmers’ market, with Easter chocolates soon to hit the shelves at the Golden Flour Bakery and Fly in the Fibre. Riguidel is also creating a shop in her home, and expects to open it in the spring.

Making chocolate is the perfect profession for Riguidel, who not only

enjoys the creativity and flavour — “I have a very sweet tooth,” she says — but also the health benefits it offers.

“Cacao is actually a superfood,” she says. “It’s full of magnesium and full of antioxidants. ... There are lots of medical benefits to cacao.”

She adds that, like the saying about an apple a day keeping the doctor away, “one piece of dark chocolate a day keeps your system healthy, as well.”

The same isn’t necessarily true of the sugary milk chocolate, containing dairy, which Riguidel is allergic to.

But she makes a dairy-free version using coconut milk powder, and a diabetic-friendly type, using chocolate sweetened with cocoa sugar and produced in the Slocan Valley.

Sweet Turtle products contain fair trade cacao and are 100 per cent natural, with organic ingredients being sourced from Nelson and Creston. The colours in decorations may come from spinach (green), beets (pink) or turmeric (yellow).

"Decoration is endless with chocolate," Riguidel says. "If you're creative, you can do anything with it."

In a short time, Riguidel's creativity has allowed her to establish a thriving business, helped by tools, such as a business plan and marketing advice, from Kootenay Employment Services and Community Futures Central Kootenay.

"I'm really grateful for them," she says. "I'd still be struggling if it weren't for them."

Because she's self-employed, Riguidel also has the luxury of experimenting as she develops new products.

"If I want to try a new filling, I try it," she says. "If I want to make lollipops today and not truffles, I make lollipops."

The experience of working for herself is fulfilling, and she encourages other young people to do so.

"Following your passion is definitely the way to go if you want to be happy working," she says.

It also gives her a chance to see her products from their creation to their destruction — in the mouths of satisfied customers, that is.

"I really like seeing people's faces when they're eating it," says Riguidel. "If they're happy, then I'm happy doing it." ■

**Learn more about Sweet Turtle Chocolates at [www.facebook.com/SweetTurtleCreston](https://www.facebook.com/SweetTurtleCreston).**



Some of the moulds  
Gaelle Riguidel uses for  
her Easter rabbits are  
more than 40 years old.





# From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

## Citizen Budget Will Help Town Planning

The budget process is well underway but town council still wants to hear from you. The town has undertaken a trial run of a new engagement tool called the Citizen Budget, found at [www.creston.ca](http://www.creston.ca). Each household in the Town of Creston received a card in the mail encouraging people to participate online. We've now extended the intake period until March 27 with the hope of encouraging broader participation.

The Citizen Budget tool is an effort to increase community awareness about the budget process. In addition, council can learn more about the priorities of Creston taxpayers through compiled snapshots of the ways in which participants choose to increase or decrease service levels and associated costs.

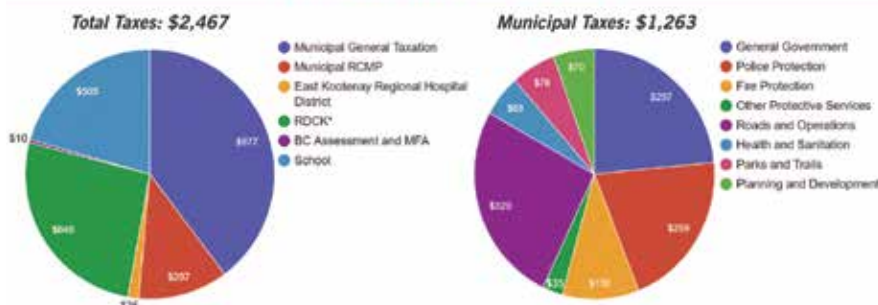
As a council, we realize that many people don't have the time or resources to come to all of the budget meetings held in council chambers. However, in the approximately 15 minutes it takes to complete the questionnaire, people are provided an alternative means to have their

voices heard. It's also a great visual tool to increase understanding of how tax dollars are allocated to the various services provided by the town.

reduction of service levels elsewhere in the budget. It's definitely a balancing act!

Ideally, based on enough community participation, the information gathered from the 2018 Citizen Budget will be used by council to take the pulse of your community priorities. If there is enough intake and feedback received during this trial run, the town will do a full launch of this tool early in the

Based on an average assessed value of \$220,000 approximate Total Property Taxes are \$2,457 (before Home Owner Grant deduction)



\*RDCK: 60.8% of the RDCK tax levy is for the Creston & District Community Complex (2017)

A Town of Creston illustration showing homeowners' total taxes (left) and the municipal portion (right) of the total taxes.

By inputting your BC Assessment property value, you can see exactly how a change in service levels and corresponding taxation would impact your individual annual property taxes. Want to see more tax dollars allocated to our roads? Increase that portion of the budget! However, keep in mind that an increase in service levels in one area of Citizen Budget results in either a higher total tax bill or a

2019 budget process. With enough participation, Citizen Budget can be a powerful means to inform council about preferred service levels and associated tax adjustments.

For those with no Internet access, paper versions of the survey are available at Town Hall, but the online tool is much more interactive as it allows you to customize the results to your own property tax assessment value.

Try it out! And if your curiosity isn't already piqued, the Town of Creston is incentivizing participation. Three prizes of \$100 each to a local restaurant of your choosing will be randomly drawn from email addresses of submitted applications. Visit [www.creston.ca](http://www.creston.ca) for more details on the survey or call Town Hall at 250-428-2214. ■

Reach Creston Mayor Ron Toyota at 250-428-2214 ext. 227 or [ron.toyota@creston.ca](mailto:ron.toyota@creston.ca).

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# Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

## Singing Group Keeping Musical Tradition Alive

**K**i'suk kyukyit (greetings). The Ktunaxa Nation, like many indigenous communities, has a centuries-old tradition of singing. I wish to clarify that these indeed are songs that are sung and not "chanting". There are children's songs, and songs that are sung in prayer, rites of passage and even death. At one point in time, there were literally thousands of songs.

As time progressed, many of the songs were lost and unfortunately have been lost forever. Factors like the residential school system and the laws of the land made it punishable if we practiced our traditional forms of faith. These laws did not change until the 1960s, but by then the damage was done. Despite the change of laws, much of the Ktunaxa language was not being spoken and the songs were not being sung. This became an unfortunate norm as there was much shame that was instilled in the community for decades.

I have had the opportunity to be around some of the Ktunaxa Nation's finest singers during my childhood. Singing, for some reason, was just something natural for me. I could hear a song and somehow retain it. Some call it a gift while I have come to see it as a burden. With so few having knowledge of the songs comes great responsibility during ceremony and other occasions.

There are many factors that have led up to our current situation. Today, technology is a new factor that comes into play with our younger generation. It is difficult for our culture to compete with technology — the Internet, Snapchat, videogames and Facebook, to name a

few. This technology is all new to me as I didn't grow up with the Internet.

In October, I had an idea of forming a traditional singing group. Attempts were made in the past by recording the songs and handing the people a CD and basically saying, "OK, here. Learn this and sing this." That was only the first step. I spoke to Simone Wiebe, who has a contemporary singing and music background, about joining our group as a singing coach. I had the knowledge of the songs and Simone could explain the techniques.

It was a risky idea as these songs are sacred and not shared openly. Our singing coach had just the right attitude and approach. She believed in what we were trying to do and most importantly was a teacher. Our coach taught such things as registers, range and octaves — all of these things play a huge part in creating melody and rhythm. It did take some time, but on one evening of our singing sessions, the group just clicked. We were singing in harmony.

The Lower Kootenay Band has had a division in our community for a very long time. One idea that we had was to present our singing at the annual LKB Christmas dinner. In December, just before the meal was served, our group assembled just as we rehearsed, and sang from the heart to the community. We sang the song of happiness in the hope that we could

heal the divide. One of our elders gave some heartfelt words to the community about reconciling and loving one another.

Since that time, things have changed. I am not going to question what or how, but community living has taken a change for the better. People who usually don't acknowledge me will either nod their head or wave. The acknowledgment of each other is so much better than ignoring one's existence.

Our singing group will reunite for practice and will be singing for the Ktunaxa Nation in Cranbrook in the near future. One's voice is such a powerful instrument. We were once silenced but now use the power of song to heal our community and nation. Our diverse group has an eight-year-old boy and everyone in between, right up to a lady who is 70 years old.

There are other steps that we must take in healing the division, but using the power of song is a positive step forward. Earlier in this story I described singing as a burden. Through this initiative, I am regaining my love of singing and hope that we can introduce this to all of our nation so it is not foreign.

Once again, thank you for reading and I wish you all well. Until next time... ■

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



**SUBMITTED**

The LKB singing group with instructor Simone Wiebe (right).



BY TAMMY  
BRADFORD

Manager - Creston  
& District Museum  
& Archives

# Stenography a Special Skill

A few weeks ago, we had a couple of the museum's old typewriters on display at a community event. They were a huge hit — the distinctive *th-WACK!* of the keys was a constant staccato accompaniment to the evening's activities. Boy, did we get comments! In person, on Facebook, on the paper we'd conveniently loaded into the typewriters. It seems the sight and sound of a typewriter brings back a lot of memories — mostly pleasant — for a lot of people. For those born after the advent of the computer age, typewriters are a whole new,

and apparently Instagram-worthy, experience.

It got me thinking about the role of stenographers, and it occurred to me that many of the people who have been beating on our typewriters lately may never even have heard that term. So this month, I'm going to tell you a little bit about the role and training of stenographers. And I'm going to go type it on a typewriter, just because I can.

Back in a minute...

Today, the term "stenographer" is most often associated with the role of "court stenographer" — the person who records every word spoken in a court room. But for most of the past 130 years (since John N. Gregg invented his system of writing in shorthand), stenographers were found in business offices everywhere, recording the words as the boss dictated a letter or report, then typing it out in longhand and sending or filing it as required.

For those who were serious about their stenography careers, there were many colleges willing to teach them the professional skills they needed. Nelson Business College, which was operating by 1920, was one such: teaching everything from spelling and penmanship to shorthand, typewriting, and commercial law, it promised that its graduates could "always obtain situations" — for the very reasonable fee of only \$17.50 per month.

Although both men and women could be stenographers, it was, for decades, one of the few business roles open to women. The association between women and the role of steno was so strong that when reporting the number of local births for 1928,

the Creston Review announced, "Boys were much more in evidence last year than girls, there being but 17 stenographers among the newcomers." Classic female jobs, from secretary to member of the typing pool, all have their origins in the role of stenographer.

Well, actually that was more like 20 minutes, and that's not counting the time it took me to load the paper into the typewriter and figure out how to set the margins to match up with the modern-day formatting of the magazine (which I don't think I quite accomplished, but I'm hoping editor Brian can deal with it!).

Three paragraphs, fewer than 250 words. The two fingers I used to type are already aching from the pressure needed, and I could see myself going home with a pounding headache if I had to listen to that *th-WACK!*ing all day.

A sticky comma key just about drove me crazy, and I ran into some major challenges with the concept of a right-hand margin (I now have a profound new appreciation for the auto-wrap feature of modern word processors!). I apparently also have a problem with left-hand margins, which I was all set to blame on the typewriter — until I realized that the misalignment only happened when I ran the carriage hard up against the right-hand margin on the previous line.

The shift function, which raises the carriage so the capital letters strike the paper, went a bit wonky on me (that blurry bit in the middle should read "Nelson Business College"), and that probably was the fault of the typewriter... But after a few tries I figured out how to fix it so, really, that one shouldn't have happened either. Sigh.

On the plus side, there are a lot fewer typos than I had anticipated. Most of

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## History

the ones I did make are at that pesky right-hand margin where the carriage just stopped moving and I got several letters all piled up on top of each other. I accidentally left off a whole sentence at the end of the first paragraph: I was going to tell you that "the steno might also be responsible for managing the office and perhaps some bookkeeping as well," but fixing it would have required retyping the whole page — so I decided maybe you didn't need to know that after all.

That's not exactly the kind of attitude that would go over well in a business office. And I would be fired right promptly for my typing skills, because any letters to be mailed out had to be flawless, and mine, clearly, would be anything but. So it's probably a good thing I'm not trying to make a living as a steno.

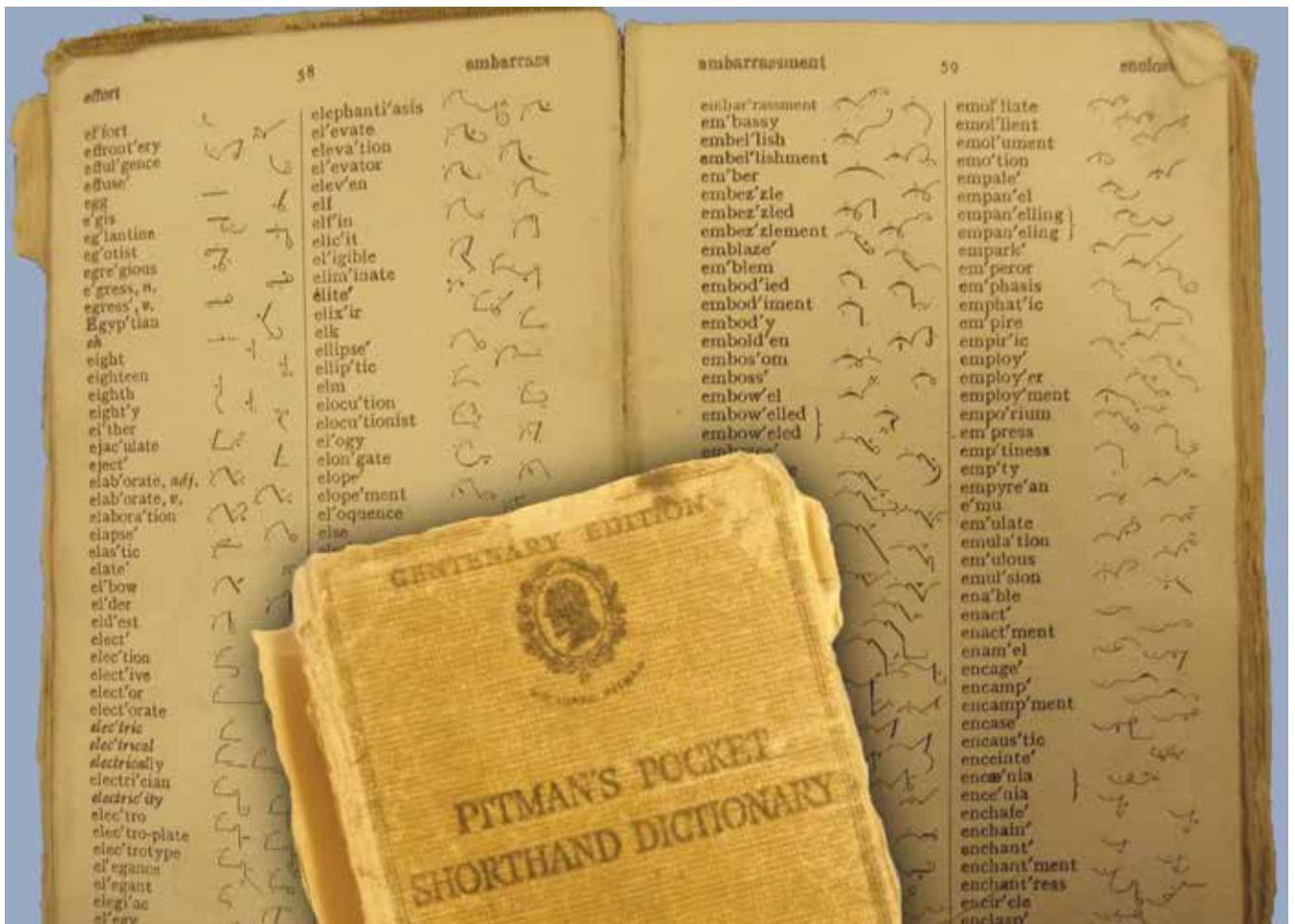
Maybe I'll write my next column in shorthand, and see if I can do any better. ■

To learn more, contact the Creston Museum at 250-428-9262 or [crestonmuseum@telus.net](mailto:crestonmuseum@telus.net), or visit [www.crestonmuseum.ca](http://www.crestonmuseum.ca).



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## Is it Art or Craft?

BY MEL JOY  
Fly in the Fibre

**T**he argument over what is considered art and what is craft is almost as old as the chicken and the egg. There are many points that could be discussed and, of course, it usually depends on who may be discussing them.

Quick definitions of each:

Art: The expression or application

of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.

Craft: An activity involving skill in making things by hand.

The key to both is skill and imagination, the ability to vision and

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then to create that vision with learned skill. Art equals craft, craft equals art. There is no difference. Both will bring emotional connection to the right person. When an item is purchased because it speaks to someone, the lines are blurred. There are no arguments, only appreciation.

Neither of these definitions truly get into the grit and truth of practice and experimentation. The discussion, in my opinion, should be around the time, trials, practice, learning and growth, as well as the heart that is given to making a piece and the tugging of the heart when the piece is finished. All of these aspects can be found in art and in craft.

Is it the artist or the observer who is the judge of mastery and skill? Some of the best pieces are the experimenting ones, the firsts that happen when the creator says, "Aha!" When in the mind, a door is opened that expands the knowledge of what can be and a million other ideas are born from one learned technique. The excitement and the love of the application and the many expressions that come from those moments are priceless. ■



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**SUBMITTED**

Artwork in the A Full Plate display at the 2017 Creston Valley Fall Fair.

## A Full Plate Wraps Year of Art and Agriculture

### A FULL PLATE

**A** Full Plate, a project for Canada 150, started with an idea of connecting the arts and agriculture to bring awareness to our local food sector. The ad hoc committee works under the Community of Creston Arts Council and a Fields Forward food and culture working group.

Over the past year, Full Plate project volunteers talked, networked, collaborated, hosted events, participated in meetings and attended farmers' markets. They partnered with Fields Forward, wrote articles, promoted local events, interviewed farmers and documented aspects of local agriculture in video interviews and slideshows. Audiences of all ages participated in a mapping project, art shows, writing, and sharing memories and ideas, as well as their stories, photographs and resources.

One thing we have in common is that we all eat. Where we source our food and what we choose to nourish ourselves with is an individual choice. We've come to expect the availability of a wide range of foods all year round. At the same time we wonder what the end result will be in what seems a race for cheaper and faster food in our globally connected and consumerized world. Asking, "What's on our plate?" might lead to considering what sustains us individually, as families and as a community. The health of the soil, water, marketing systems, land use, regulations and economics all come into play. Attach to that the value-added aspect and that's a full plate indeed.

The Creston Valley's rich history, the players then and now, and the growing interest in our future as a 'food basket' clearly informs our identity as a community. The arts express our

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## Arts

values and interests and are evident in studios and public art displays and art shows, including the fibre arts and photography. Over the past year we enjoyed agriculturally themed arts events such as the 2017 artists challenge hosted by Alison Masters and Gary Deatherage, the Creston Valley



**SUBMITTED**  
*Rusty Rooster* by Anne Fetterley.

Quilters show, Focus on Youth art show, A Full Plate Creston Valley Fall Fair booth and A Full Plate Chautauqua. Social media provided networking, a photo gallery, links, and slide and video interviews with local food producers.

One of the key partners in this project has been the Creston Museum through the work of Tammy Bradford for displays, from the launch in January 2017 to a summer museum display to the September fall fair presence to the recent Chautauqua. Bradford produced historical placards intriguing and inspiring folks with agricultural timeline key events from the 1920s to the present, as well as a soil installation.

The events barely scratched the surface of bringing awareness to local agriculture and certainly don't have room here to acknowledge all the people who've been involved and contributed. Yet the hope is that this project inspires you to look around, be curious and see the people that grow and make food for us, and those who are mounting initiatives and partnerships to respect this land and what's been given us to take care of for generations to come.

Your family roots may go back in history for settling here

in the Creston Valley and East Shore to Riondel or out to Yahk. Or perhaps you chose to move here for any number of reasons, yet appreciating the natural beauty, clean air, water and nature that have been the draw for many of us.

As Randy Meyer encouraged in his Ag Aware column in the December 2017 *I Love Creston*, "It is not too difficult to know and talk to local growers and become more educated on what goes into your food. Be grateful for the variety and quality of food available to us locally." ■

A Full Plate: Canada 150 was made possible by the Community Fund of Canada 150, Creston-Kootenay Foundation, the Community of Creston Arts Council and Fields Forward. Learn more at [www.fullplate.ca](http://www.fullplate.ca).

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**BRIAN LAWRENCE**

Brittney Boehmer (left, as Ado Annie) and Simone Wiebe (as Laurey) rehearsing a scene from Footlighters Theatre Society's upcoming production of *Oklahoma*.

# Oklahoma Coming Back to Creston Stage

## FOOTLIGHTERS THEATRE SOCIETY

To conclude a season that took audiences on a sternwheeler trip on Kootenay Lake (*Nasookin*) and then to the land of Crestonia (*Hansel and Gretel*), it's only fitting that they now spend some time in Oklahoma, with a classic musical concluding the troupe's 23<sup>rd</sup> season.

"We've been planning to perform *Oklahoma* for several years, intending to coincide with its 75<sup>th</sup> anniversary," says director Brian Lawrence. "This show basically revolutionized musical theatre, and we wanted to honour that. Plus, it hasn't been performed in Creston since 1988, so the production is long overdue."

*Oklahoma* opened on Broadway in 1943, the first collaboration between composer Richard Rodgers and lyricist Oscar Hammerstein II. Both had previously enjoyed success with other partners, but when it came to adapting Lynn Riggs' 1930 play, *Green Grow the Lilacs*, they tried something different, using the script, songs and dances to advance character development and developing a plot that had serious dramatic goals.

"Hammerstein had previously tried that with *Show Boat* in 1927, but this time, it actually influenced other writers and composers," says Lawrence. "Over the next several years, some of musical theatre's most enduring works were created, such as *Annie Get Your Gun*, *Brigadoon* and *Kiss Me, Kate* — not to mention Rodgers and Hammerstein's own *Carousel* and *South Pacific* — all using that 'integrated' approach."

Set in Oklahoma Territory in 1906, *Oklahoma* tells the story of farm girl Laurey Williams (played by Simone Wiebe) and her courtship by two rival suitors, cowboy Curly McLain (Devan Coward) and farmhand Jud Fry (Brian Lawrence). A secondary triangle concerns the flirtatious Ado Annie (Brittney Boehmer), cowboy Will Parker (Logan Thompson) and peddler Ali Hakim (Christopher Bohn).

Joining the leading players are featured performers Gary Atha (as Andrew Carnes), Suzanne Chubb (Aunt Eller), Norm Eisler (Cord Elam), Zoe Marini (Gertie Cummings) and Adam Weaver (Ike Skidmore), and ensemble members Emmalynn Boehmer, Ruth Boehmer, Christopher Bohn, Kia Chan, Connie Cook, Tara Feragotti, Ebby Gregory, Nathaniel Henderson, Zoe Henderson, Aurora Jarvis, Nevaeh Keating-McKendry, Sequoia Keen, Reese Klassen, Jeremy Mogg, Ryan Neufeld and Christine Park.

"It's been a real pleasure to watch them during rehearsals," says Lawrence. "For some, this is their first musical theatre experience, but it seems as if they've been doing it for years."

Footlighters Theatre Society  
presents

RODGERS & HAMMERSTEIN'S  
**Oklahoma!**

Music by  
**RICHARD RODGERS**

Book and Lyrics by  
**OSCAR HAMMERSTEIN II**

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Original Dances by Agnes de Mille

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#### BRIAN LAWRENCE

The cast rehearsing the song "The Farmer and the Cowman" from Rodgers and Hammerstein's *Oklahoma*.

Guiding the group through rehearsals is a production team consisting of assistant director Jason Smith (who is also designing the sets), music director Leah Darby and choreographer Kate Webb.

The cast has been enthusiastic about the challenging amount of work required to get their dance steps down, including those in the 10-plus-minute dream ballet that closes the first act, says Webb, who previously choreographed *Beauty and the Beast*, *Nasookin* and *Hansel and Gretel*.

"I had to adapt the original choreography for the group since we have a wide range of dance experience and ability," she says. "I chose to pay homage to Agnes de Mille's original work with some of the choreography but wanted to simplify some of the stylized steps for a more modern look."

For Darby, who moved to Creston last year, taking on the role of music director was an opportunity to make new friends who enjoyed singing and dancing. Leading the cast and 10-piece band has been a challenge, but the audience will appreciate the hard work the company has put in to bring the music to life.

"I think the audience will enjoy the classic songs written by Rodgers and Hammerstein — and maybe the rest of the words to the songs. I've known the song 'Oklahoma' for the longest time but always sang it as 'Oklahoma, where the blah blah blah blah blah blah.' Now I know the actual words to it."

And with a musical theatre-loving cast and crew, the

audience is sure to find the cast's enthusiasm contagious.

"It feels just as fresh as if it was brand new," says Lawrence. "There's a reason this show became a classic — it really is one of the best." ■



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# Coaching Inspires Kids to Live with Zeal

STORY AND PHOTOS BY BRIAN LAWRENCE  
I Love Creston Editor

Children's lives are often thought of as idyllic and fun, with few worries or cares, but the reality for some is far different.

"What I've noticed in the valley is that there is a lot of anxiety among kids — they're anxious about anything," says Allia Schofer of Lotus Kids Coaching for Life.

Through her work with children, many of whom feel mentally abandoned and alone, Schofer helps them to develop ZEAL: a zesty, eager attitude for life.

"I work on inspiring kids to live inspired lives, and learn they have a voice," she says. "I give coping tools that they can carry through life. ... It's giving them the power that nobody can manipulate their thoughts."



## REGISTRATION FEES

| Early Bird Feb5- Mar31 | Regular Mar31 - Apr10 |
|------------------------|-----------------------|
| U6/U8 \$75             | \$105                 |
| U10 \$95               | \$125                 |
| U12-18 \$135           | \$165                 |

**U18/16 Girls Early Bird Fees \$75** (alternate program)

Season starts/Registration ends April 10th  
\*Does NOT include tournament fees

### Register in person:

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(Also has season schedule & tournament info)



Born and raised in the Creston Valley, Schofer was working as a care aide at Swan Valley Lodge when she decided it was time for a change.

"Someone brought life coaching to my attention," she says. "They were going through a hard time and I was coaching them through that."

Schofer was already interested in mental health — having spent a year in Ponoka, Alta., to become a psychiatric aide — and has always felt a connection to children. She learned that children were a demographic that often misses out on coaching, after discovering the Kids Life Studio, founded in England by Zelna Lauwrens, a child motivation specialist with a background as a teacher, counsellor and university lecturer.

"She realized that kids needed more coaching and tools for getting through life than they actually needed counselling," says Schofer, who earned certification with Kids Life Studio in December.

"It has been proven that building resilience, emotional intelligence, positivity, confidence and social skills are the keys to being able to cope with life," says the Kids Life Studio website.

Schofer encourages that development through a variety of

methods, including positive thought cards, which give children a phrase to repeat each morning and evening, and helping children recognize BUGs, or big ugly grumpies, and ANTs, automatic negative thoughts.

"Everything I do is tailored to the kid," she says. "We're looking at getting through now. I don't start in the past. I focus on this point. We work on the root of what happens now, and that feeds all the other angles."

Perhaps as important, she can relate her own childhood struggles with anxiety.

"It's hard for some people because they don't get it," she says. "I can empathize completely with kids dealing with that. I get why they don't want to be at school. I get why they don't communicate with their teachers. ...

"They also need to learn to say to their parents, 'I need some downtime.' If they can share with their parents or guardian what their needs are, they can figure out how to fix it."

During her training with Kids Life Studio, Schofer worked with several Creston Valley children, and was pleased to see the results.

One parent brought her a child with anger issues, which often resulted in the



Wristbands and positive thought cards are among the tools Allia Schofer uses as a children's life coach.



child hitting a sibling. After working with Schofer, the child developed coping tools and the mother learned when she needed to watch situations more closely. The mother was thrilled one day to see the child take a deep breath and walk away.

"One learned what not to do, and the other learned that mom knows what's going on," says Schofer.

Another child was experiencing bullying on the school bus, so Schofer encouraged the child to kill them with kindness — and it worked.

"They said, 'Somebody was mean to me and I turned around and said, 'Your shirt's kind of cool.' And they didn't know what to do,' " she relates.

Those successes are just a couple of the rewards that Schofer has enjoyed since embarking on her new career. And she is sure there will be more to come.

"I really enjoy the connections I make with people and how we work well together," she says. "When I start to click with them and they share with me, it's exciting. That's what I enjoy the most: growth, seeing changes and moving forward." ■

Learn more about Lotus Kids Coaching for Life at [www.facebook.com/lotuskids4life](http://www.facebook.com/lotuskids4life).



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# Function Follows Form in Challenging Kitchen

BY WENDY REEVES SEIFERT  
Over the Valley

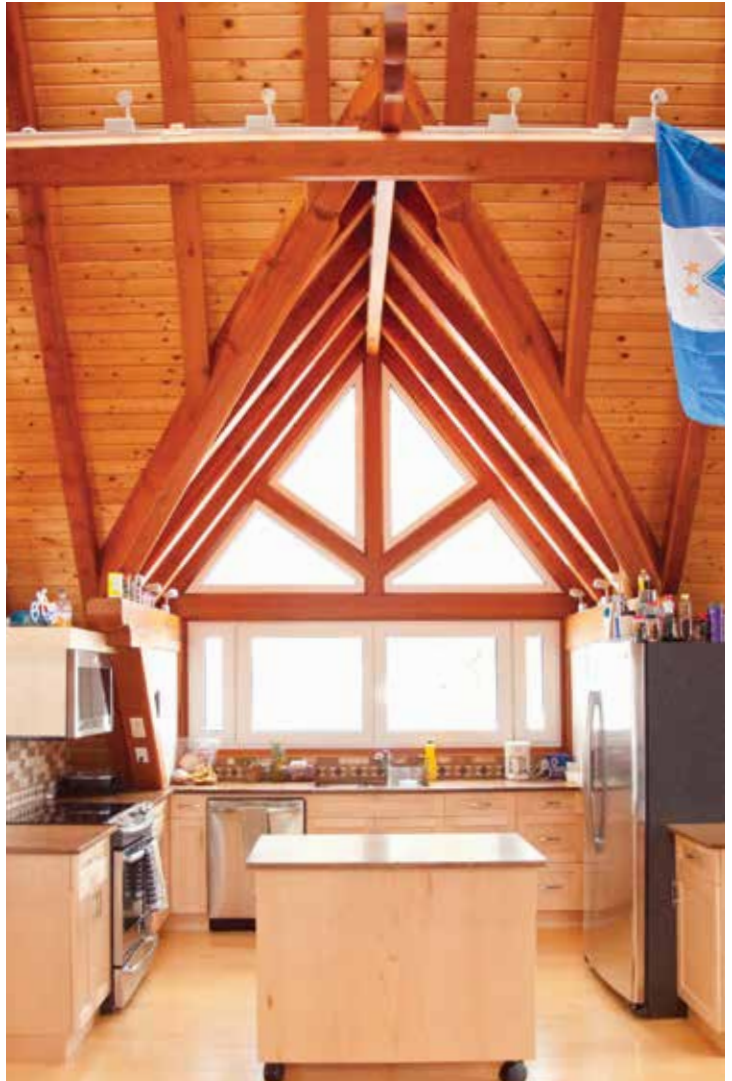
Normally in design, the rule is that form follows function, but in a recent project the opposite was true. We had to work with a European-style architecture with vaulted ceilings, beams, angles and a completely open floor plan.

When purchased, this house had no kitchen and no appliances. It was necessary to create a workable kitchen without infringing on the beautiful architecture of this home.

A pantry was built into an angled wall/ceiling and tucked under a beam. We created a U-shaped kitchen, anchoring it to the only wall available, and added a mobile island (on casters). All cabinets are in a natural maple to blend in with the flooring and not overwhelm the space. The sideboard in the dining room was built into the back of the staircase.

The countertops are a tan-brown concrete, similar in colour to the beams. A natural stone-travertine backsplash compliments the decor. The colours were kept to a neutral selection to tone in with wood and natural materials in the home.

Every effort was taken to work with the form of this home while still creating a workable kitchen. The success of this project is that it looks like the kitchen has always been there and belongs in this space. In this case, the functioning kitchen follows the form or design of the home. ■



**BRIAN LAWRENCE**

Angles, a vaulted ceiling and an open plan made designing this West Creston kitchen a challenge.



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# Ag Aware

BY RANDY MEYER  
Creston Valley Agriculture Society

Spring is on the doorstep and winter should be retreating as we go through March. We've had our share of cold along with plenty of snow. The heavy snowpack in the high country should be beneficial for our watersheds, and hopefully it doesn't lead to late spring flooding in our low lands. Our ground moisture is plentiful as we head into the growing season.

The circle of life begins again on farms around the region. New calves are appearing on the farms, and new lambs too, and soon it will be time again for baby chicks. Vegetable growers and gardeners will be starting their early planting soon or at least getting their seeds together. Off-season maintenance, if not done already, should be getting done as it will be time to work the land once again.

Our provincial government is doing a

review of the Agriculture Land Reserve. They knew there was considerable opposition to some of the changes the previous Liberal government made a couple of years ago. The current review is looking for public input with an online survey taking submissions until April 30. If you would like to participate in this survey you can find it at [engage.gov.bc.ca/agriculturallandreserve](http://engage.gov.bc.ca/agriculturallandreserve).

Something else to participate in is our upcoming Creston Valley Fall Fair. It may seem early to bring this up, but 2018 is special. We will be celebrating the 100th anniversary of the fall fair in Creston. Records show that back in 1918 a fair was held at the Park Pavilion, which was located where Centennial Park is now. Our agricultural roots run deep in this valley and even back in 1918

locally grown produce would have been on display for visitors to see. Special attractions and events are being planned for this year's fair in addition to all of the usual attractions. Those of us involved are hoping for great participation in all areas of the fair.

So while you are now planning your gardens, flowers crops and crafts, please plan to participate with entries in this year's fair. The more we have, the better the whole fair will look. There will be lots to see and do. I'm sure you will learn things about agriculture in our valley and become more Ag Aware. ■

BRIAN LAWRENCE

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# See Birds in Many Ways During Sixth Festival

## CRESTON VALLEY BIRD FEST

**O**wls! The Creston Valley Bird Fest is all about owls.

The sixth festival, running May 11-13, offers more ways to see birds than ever before: on foot, in a kayak or in a van; early morning, afternoon or night.

James Duncan, renowned owl expert from Winnipeg, brings his knowledge and expertise to the Creston Valley. Join him in a nighttime owl prowl or see his presentation at the Prince Charles Theatre on May 12.

Timothy Jackson of Jackson's African Safaris in Nelson addresses bird conservation in Africa at the Friday night buffet. Following dinner, field trips



LYLE GRISEDALE

## Steps for creating a FireSmart® property

### Zone 1 Home -10 meters



Remove debris such as leaves, twigs and needles from around the house and under decks.

Keep lawns mowed and irrigated.

Enclose decks with non-combustible materials to discourage the collection of debris and embers.

Keep firewood piles and other items stacked at least 10 meters from the house, especially during wildfire season.



Ensure a clean, fire-resistant roof and clean eaves.

Enclose soffits and vents to ensure embers cannot enter.

Ensure trees and shrubs are pruned, branches do not contact the home and they are not connected to the surrounding forest - minimum 3 meters between it and the forest.

Don't forget to consider any buildings or fences within 10 meters of the home and take steps to FireSmart them as well.



**CRESTON COMMUNITY FOREST**  
Creston Valley Forest Corporation



### Zone 2 10-30 meters



Remove accumulations of branches, needles, dry grass and other debris from the ground.

Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.

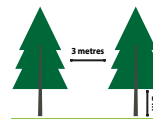


### Zone 3 30-100 meters



Remove vegetation and small trees that may act as a "ladder", carrying fire into the treetops.

Space trees 3 meters apart and prune branches within 2 meters of the ground. Deciduous trees (having leaves) are an exception; they help to hinder fire spread, so their removal is discouraged.



#### LEARN MORE:

**BC Wildfire Service:** [www.bcwildfire.ca](http://www.bcwildfire.ca)

**FireSmart Canada:** [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

**Community Forest:** [www.crestoncommunityforest.com](http://www.crestoncommunityforest.com)





LYLE GRISEDALE

go to the owl prowl, the cormorant colony on the Kootenay River or to the Creston Valley Wildlife Management Area (CVWMA) for bats and stars.

Early Saturday and Sunday mornings, birding experts guide tours throughout the valley. Young Gaelen Schnare invites kids and parents to a bird walk Saturday afternoon. Discover some of the 300 avian species that frequent the valley and learn why the 7,000-hectare CVWMA wetland is a designated international Ramsar site and Important Bird Area.

Saturday is brimming with field trips to honey and organic dairy farms, a food forest and a chance to create a felted owl with artist Leah Wilson. New for 2018 is a visit with Ktunaxa traditionalist Wayne Louie, displaying a handmade sturgeon-nosed canoe and a reed-mat teepee.

Gary Davidson returns from South Africa and Namibia with a generous presentation of exotic birds.

After a Sunday birding tour with Ed McMackin, moms can relax at the Baillie-Grohman Estate Winery for a cheese plate and something sparkly, and join artist Brandy Dyer for some creative owl painting. ■

Registration opens April 3 online at [www.wildsight.ca](http://www.wildsight.ca) or at the College of the Rockies, 9 a.m.-4 p.m. Monday-Friday. Early registration is recommended as some events are limited.



wildsight

# CRESTON VALLEY BIRD FEST 2018

*Where the Birds Are ...*

## MAY 11, 12, 13

Contact us at: [info@crestonvalleybirds.ca](mailto:info@crestonvalleybirds.ca)

Website: [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca)

Facebook: [facebook.com/pages/Creston-ValleyBirds](https://facebook.com/pages/Creston-ValleyBirds)

### SCHEDULE OF EVENTS

#### Friday, May 11

- 11:00-4:00 Festival registration at Rec. Centre
- 1:00-3:00 Kayaking with Paddle & Portage and birding guide Kim Asquith
- 4:00-5:00 Meet and Greet and Photography display by Gaelen Schnare
- 5:15-6:45 Welcome Buffet and Presentation by Timothy Jackson
- 7:00-9:00 Cormorant Colony and Kootenay River Walk with Lyle Grisedale
- 8:00-10:00 Owl Prowl with Dr. James Duncan and Marc-Andre Beaucher
- 8:30-9:30 Bats with Brendan Mitchell
- 9:30-10:30 Dark Sky with Dan McCowan

#### Saturday, May 12

- 6:30-10:30 Eight guided Birding Tours
- 9:00-11:30 Family birding with Gaelen Schnare
- 1:00-3:00 Kayaking with Paddle & Portage and bird guide Ulrike Sliworsky
- 1:00-1:45 Photography of South Africa and Namibia by Gary Davidson
- 1:00-3:00 Tour of Swan Valley Honey with Amanda Goodman Lee
- 2:00-4:00 Photography Workshop (T.B.A.)
- 2:00-4:30 Felted owl workshop at Museum with artist Leah Wilson
- 3:00-5:00 Birding: The Native Perspective with Wayne Louis of the Ktunaxa
- 3:00-4:00 Tour of the Food Forest with Melissa Flint
- 3:00-5:00 Tour of the Kootenay Meadows Organic Dairy Farm
- 7:00-9:00 Key Note speaker Dr. James Duncan

#### Sunday, May 13

- 6:00-10:00 Birding with Ed McMackin at Schikurski Park
- 6:30-10:30 Eight guided Birding Tours
- 10:00-12:00 Kayaking with Paddle & Portage and bird guide Kim Asquith
- 12:00-3:00 Wind-down at Baillie Grohman Estate Winery
- 2:00-4:00 Mother's Day art event with Brandy Dyer at Baillie Grohman Estate Winery

**Registration opens April 3 on line: [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca) or at College of the Rockies 9-4 Monday-Friday**



## SUBMITTED

A group of Creston TOPS (Take Off Pounds Sensibly) members support Sharon Ward when she was crowned B.C.'s queen. From left: Codi Chudyk, Myrna Strom, Sharon Ward, Jeannette Evans, Peggy Rossman and Jean Chudyk.

## TOPS Member Loses to Win

### TAKE OFF POUNDS SENSIBLY

**C**reston is home to the reigning British Columbia weight loss queen for TOPS (Take Off Pounds Sensibly), a 70-year-old international not-for-profit weight loss support group. Queen Sharon Ward lost 100 pounds and gained mobility, improved health, nutritional knowledge, self-control and self-confidence.

Ward began her weight loss journey in 1983 by joining TOPS in Dawson Creek, where she lived at the time. When she moved to Creston she

experienced difficulty maneuvering stairs to her apartment, so she continued her journey by finding Creston's TOPS group, where she became an active member and found increased success among friends.

"Well, it is not easy," she says, when asked how she accomplished a 100-pound goal. "I worked hard and I never gave up."

She found a great walking partner and their daily three-kilometre walk has become a way of life. She learned to recognize and break emotional eating.

Keeping a daily journal was especially important. Ward now humbly accepts the well-deserved compliments but *always* credits the local TOPS chapter for providing support every step of the way — by believing in her even when she didn't believe in herself.

In the past two years since she first reached her goal, Ward has learned that losing can be the easy part. Maintaining a goal weight is a new learning experience, but she is mastering it well.

Ward was first the queen of the local Creston chapter. It was with unbelievable

## LOTS TO DO FOR SPRING BREAK

### ShamROCKfest

Saturday, March 17th 3:30-5:30pm  
*Get your green on! Fun St. Patrick's games and pot o' gold plunge! \$2 admission for all ages*

### Summer Splash in the Spring!

March 19-29 2:00-3:30pm  
*Tue: Splash Squad Wed: Wibit in the pool  
Thu: Ultimate Duck Hunt • General Admission*

### Hop into Spring Cooking Camp

(Ages 7-12yrs) March 20-22 or March 27-29  
Tue, Wed, Thu 10am-1pm \$72 /3 classes

### Mermaid Camp

(Ages 7-12yrs) Enjoy a week of fin-tastic fun & creativity!  
Mar 26-29 1:00-2:00pm \$65/4 classes

### Future Stars Drama Camp

(Ages 11-16yrs) Create, rehearse and perform!  
Mar 19-23 Mon-Fri 9am-3pm \$119/5 days

### Outdoor Adventure Camp

(Ages 11-16yrs) Action packed camp with various outdoor activities.  
Mar 26-29 Mon-Thur 9am-3pm \$139/4 days



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excitement that she was chosen to be the B.C. queen because of having the largest weight loss (in the women's division) in the province. Several of her TOPS friends traveled to Nanaimo to be with her at the official crowning at the Nanaimo Arts Centre in April 2017. From there, Ward received an expense-paid trip to the international recognition celebration in Little Rock, Ark. She will crown B.C.'s next queen in May.

Today Ward continues her active lifestyle and can be found every Wednesday at 5 p.m. at her local TOPS meeting, there to support and encourage her friends, welcome new friends and maintain her 100-pound weight loss — just the way TOPS groups have done since 1948. ■

More information can be found at [www.tops.org](http://www.tops.org).



**SUBMITTED**  
Creston's Sharon Ward after being named B.C.'s TOPS queen last spring.

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# Soak or Sprout Seed and Grains

**A** while ago I experienced an “aha” moment. After practicing iridology

for over 12 years, I noticed that almost 80 per cent of my clients have what iridologists call an “assimilation ring”, a red looking ring around the pupil that shows up when the body suffers from poor mineral absorption. The question is, why? I have suggested mineral supplements, which helped, but I wasn’t getting the results I wanted to see. One day, at a nutrition workshop, a discussion on the “anti-nutrients” of grains came up, and I realized this is the problem. How? Let me explain.

All of our ancestors soaked, fermented and sprouted grains before making them into breads, porridges, etc. These practices correspond to what modern science has discovered.

All grains contain phytic acid. This acid binds with minerals such as calcium, magnesium, copper, iron and zinc, and therefore blocks their absorption. Grains also contain enzyme inhibitors that interfere with digestion. By soaking or sprouting and then cooking grains, the phytic acid and the enzyme inhibitors get neutralized, the grains get predigested which

results in more available nutrients. The very-hard-to-digest grain proteins such as gluten get partially broken down, which saves the digestive system from an enormous strain. This kind of strain leads to depletion, and in turn to allergies, celiac disease, chronic indigestion, gas, bloating and *Candida albicans* overgrowth.

I started recommending grain soaking and grain sprouting to all my clients with the assimilation ring. Within one or two months, 100 per cent of my clients’ assimilation rings showed improvement. For some, it was completely gone!

Other than grains, all legumes, nuts and seeds should also be soaked. Trust the wisdom of our ancestors, take modern science into account, and, most importantly, love your body... Soak or sprout your grains!

For one cup of grain or legumes, mix one to two cups of warm filtered water (enough to cover the grain) and two tablespoons of either whey, yogurt, kefir, or three or four squeezes of fresh lemon juice. Mix the grain with the mixture, cover and leave it in a warm place (25-27 C) for 12-24 hours. For nuts and seeds, add salt instead, or roast instead of soak. Fermentation starts after 24 hours of soaking.

If you want to take it a step further, you can sprout your grain by transferring it into a jar, and rinsing twice a day for an additional two or three days. Cover the jar with a cheesecloth and rubber band, and leave the jar on its side between rinsing.

If you’re interested in more nutritional tips like above, I will be teaching a two-hour nutritional wisdom class at the Creston and District Community Complex on April 23. The first class sold out in less than a week, so make sure to secure your spot. Registrations start March 12. ■

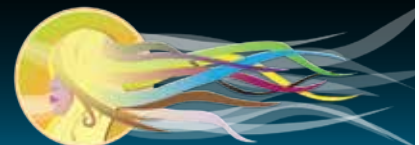
Maya Skalinska is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston.

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# Protect Your Liver and It Will Protect You

## VITAL HEALTH

**T**he liver is the largest and one of the hardest-working internal organs in your body. It filters and detoxifies over a litre of blood each minute and affects nearly every physiological process of the body.

The typical four-pound liver performs several vital bodily functions that are critical to life and well-being, functions such as the production of chemicals, maintenance of internal enzymes, filtering 100 gallons of blood daily, manufacturing bile, making and filtering hormones (including cholesterol, testosterone and estrogen), controlling regulation of blood sugar, maintaining the efficiency of the immune system and detoxifying both endotoxins and exotoxins.

Exotoxins come from outside sources in our environment, including polluted air, chlorinated water, cigarette smoke, alcohol, medications, food additives and household chemicals. Endotoxins are created internally by the body. For example, impaired digestion leads to undigested food in the gut, which can putrefy, creating potent toxins that damage cells, tissues and organs, and can result in intestinal toxemia.

The liver plays a central role in both digestion and detoxification, so as long as our filter, the liver, stays clean, it can quickly break down such toxins before

they enter the general circulation. If its functioning is less than optimal, the symptoms can affect many different parts of the body. In the gastrointestinal system, common symptoms may include indigestion, nausea, burping, bloating of the abdomen, blood sugar imbalance and constipation. A sluggish liver may also contribute to low energy levels, weight problems, poor circulation, hormonal imbalances (including premenstrual syndrome, menopausal problems and poor sleep), headaches, muscle spasms, skin problems (including acne, psoriasis and eczema), yellowing of the eyes and difficulties maintaining normal cholesterol and triglyceride levels.

These symptoms are the result of the liver losing its regulatory capability due to toxic overload. The overloaded liver becomes sluggish and toxins build up and recirculate to all parts of the body where they are eventually stored in fatty tissues. The slow release of these toxins is a major factor in the development of chronic disease.

The liver is a strong and durable organ that is frequently overworked due to the enormous amount of toxicity in today's world. It is unique, being the only organ that can regenerate itself, provided you give it the right support. Many people today have livers that are functioning at only 30-40 per cent of

capacity and do not know they have liver problems. They may have symptoms of poor health that may be coming from seemingly unrelated organs and do not recognize them as liver-related.

So, despite its resilience, the liver needs to be protected and supported, which can be done with a healthy lifestyle and natural supplement formulas. Love your liver and your liver will love you back.

Changing one's lifestyle and taking quality supplements hold great promise in protecting and supporting the liver, and you will be sure to experience the following benefits: increased energy, normalized blood pressure, lowered cholesterol levels, improved skin, increased mental clarity, improved sleep, better moods, stabilized weight, improved elimination, reduced inflammation and joint pain, regulated hormone balance and increased overall vitality.

These are the many reasons why the liver's performance is so important in our everyday lives. If you are looking to ensure optimal liver health and improve overall function, we will guide you towards a personalized supplement program to meet your individual needs. We will show you how to protect your liver and keep it functioning effectively for years to come.

A healthy liver is your greatest protection! ■



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## Variety Key to Soup for the Soul

BY DIANE  
TOLLESON

I love my soup! And not the kind you make in your kitchen — I mean the good old soup for our souls, all those experiences and ingredients that have combined to make us who we are today, in this moment.

Some ingredients have blended in and some may have to be tossed. Yet all of them create an amazing, unique person, you. Whatever way you choose to add yourself to the energy of your environment can change the flavor of your soup. We can add anything on the menu of life to our mix; you pick and choose. We do pick our experiences, emotions and thoughts constantly, though at times we like to blame something or someone else for the

recipe coming out wrong.

There really is no wrong or right, and there is no getting everything we want at once. Our recipe certainly won't please everyone! It's like Abraham Hicks says, "Do you want all the meals in your life at one sitting?" We appreciate things more when we know we have created them in divine order.

Variety is the spice of life, they say, so go ahead and try some new ingredients in your soup. There is a huge buffet out there just waiting for us to taste it. Every day we have new people and experiences that add to our journey on this planet. How do you want to taste your journey? Even knowing there are injustices and things we don't like happening in the world, we can choose to make our daily life a positive experience. "You cannot change any condition other than the way you feel," says Hicks.

We all love a home-cooked meal, so why not start cooking from the heart and soul? That's where all the love is. The icing on the cake is when we share it with others. And I love my icing! That's why I love to share hugs with everyone; they are free and a lot of folks don't get one every day. And there aren't any calories in a hug!

Have fun cooking up new experiences and ways to see things in the world around you. There is a lot of good out there and that is what I choose to focus on — that is how we create more of it. In-joy your life and your soup!

Arts from the Heart will be evolving by May 1. We will be moving and changing our name. Our new location is by the Arts Garage and House of Rock in Erickson. We are looking forward to cooking up a great environment for healing, learning and sharing with everyone. ■

## Acupuncture Treats Range of Conditions



By ZEA FRIESEN, RAc

When I attended school on acupuncture, we were taught in a traditional and standardized way that acupuncture is

part of a complete medical system. It evolved over millennia to include the modalities of cupping, therapeutic massage, moxibustion, herbs, diet therapy and qi gong.

Acupuncture has treated and prevented disease for thousands of years. When we peer back into the mists of the history of acupuncture and Chinese medicine, we can see how this system of medicine has stood the test of time in helping people to heal. For people in North America, though, it is still a relatively new thing and is something many have yet to try.

Acupuncture is based on a system that was formulated to treat patterns of illness that can contain any number of symptoms. This is what makes it a versatile and multifunctional medicine. Its focus is holistic and preventative, and it can be used for most ailments. The paradigm of acupuncture is to look at a person as a whole and stimulate healing by correcting imbalance or stagnation. Symptoms that would be seen as having no explanation or treatment in western medicine make sense and can become treatable within the paradigm of acupuncture.

In 2003, the World Health Organization published a study (<https://tinyurl.com/who-acupuncture>) on acupuncture, in which there were identified over 100 conditions for which

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acupuncture has been proven to be effective. These conditions include musculoskeletal pain and range widely from stroke to turning breech babies.

In the past two decades the number of well designed published randomized and controlled trials on acupuncture have grown exponentially and prove a higher level of evidence on the effectiveness of acupuncture, especially for the treatment of pain.

According to Dr. Pat Morley-Forster, medical director of the pain management program at St. Joseph's Health Care in London, Ont., about one in five Canadians suffers from some kind of chronic pain. That number is expected to go up with an aging population. Chronic pain is defined as any pain that has lasted for more than three months. Opioid prescriptions for pain have increased sharply in the last decade, making Canada the second-highest per capita user of opioids in the world. Curbing prescriptions has become a national priority due to the highly addictive nature of the medication and people are searching for other effective therapies. Acupuncture is an appropriate alternative therapy without the harmful side effects.

Chronic, acute or neurological pain can all be treated effectively with acupuncture. Some of the more commonly studied and treated are low back pain, osteoarthritis, shoulder pain, knee pain, tennis elbow and headache.

There are many other ailments that can be treated too. Often, I see a patient for pain and we end up working on helping them sleep better, improve their digestion or clear up a skin rash, as well as treating the pain. If you are struggling with chronic pain or know someone who is, acupuncture can be the key to unlocking the healing needed to manage and resolve it. ■

**Zea Friesen R.Ac** has 10 years of experience and bases her practice out of **Physioworks and More**.

## Everyday Situations Can Put Eyes at Risk

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**Y**ou've heard that ultraviolet (UV) rays from the sun present a risk, but did you know human-made sources can also do harm?

The Canadian Centre for Occupational Health and Safety says that workers most at risk include welders, construction workers, hairstylists, lab workers, lighting technicians and farmers, to name a few.

Many employers and workers don't realize their eyes are being jeopardized. Long-term UV exposure can cause premature ageing of the eyes. As the population grows older, that exposure creates even bigger problems.

According to the Canadian Association of Optometrists, macular degeneration is the leading cause of blindness in North Americans over age 55.

In addition to a welder's flash or "flash burn" (burning of the cornea), other conditions from UV exposure include:

• **Cataracts** – permanent clouding of the lens. A comprehensive eye exam is the only way to determine if you have a cataract;

• **Photokeratitis** – causes watering eyes and blurred vision from an inflammation to the cornea; and,

• **Conjunctivitis** – an inflammation of the membrane that covers the inside of the eyelid. An optometrist can determine whether some other disease is causing the appearance of conjunctivitis.

Pay attention to the warning signs: inflammation, aversion to light, and immediate but temporary pain.

Working outdoors? Wear properly fitted sunwear with 100 percent UV protection. The risk of UV radiation is even greater when reflected off sand and water.

Don't take potential damage from UV rays lightly. ■

**Creston Optometric Eye Centre** is a member of **Eye Recommend, Canada's Vision Care Professionals**, helping doctors help their patients since 1997.

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## Tips to Build Rainy Day Fund

**A**t some point in life, you'll need a new roof. You might need to fix your car brakes. Unforeseen events happen, and when they do, it's important to be financially prepared.

Budgets are an effective way to plan your month-to-month expenses and savings. They can also help you keep money available for the unexpected.

Here are three steps to start building your rainy day fund:

- Determine the amount you'd like to save. This could be any amount you feel would cover your expenses in the case of an emergency. A common measure is six months of expenses in the case of job loss.

• Once you've determined an amount, work your rainy day savings into your budget until you've hit your goal. If you'd like to save \$5,000, for instance, you might want to stash away approximately \$200 per month over two years.

• Determine where you'd like to save your rainy day fund. It might be appealing to keep your money in investments that earn interest, but watch out for early withdrawal penalties on investments.

If you need guidance in planning your rainy day fund or your savings strategy as a whole, a financial advisor can guide you through the process and be your coach when it comes to finances. It's never too late to become an engaged, informed investor.

Find more information online at [investorcentre.ific.ca](http://investorcentre.ific.ca).

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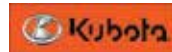
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