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Inside

Thanks for picking up the annual summer issue of I Love Creston magazine. The feature story looks at the great nature and recreation opportunities we have access to and some of the fantastic work being done to make it more accessible. The feature coincides with the Creston Valley-Kootenay Lake Route tourism campaign. The campaign is a new initiative of the communities from Yahk to Riondel, promoting the route as a prime tourism destination by highlighting our reputation as a hub for: Nature & Recreation, Arts & Culture, Local Food & Wine, and Health & Wellness. There is an update on the Kootenay-Columbia Discovery Centre Society (KCDCS) which is now running the wetland education and awareness programs at the CVWMA.

On the arts and culture front there is a story explaining “fulling and felting” and a powerful recounting of some family history from Tammy

Bradford (CV Museum). From the Local Food and Wine scene we learn of another local wine award, a call to support the 100th Fall Fair, and new funding from Columbia Basin Trust to support the BC Association of Farmers’ Markets (BCAFM) Nutrition Coupon Program.

Perfect for the summer heat, there is a recipe for Lemon Balm Lemonade. Chief Louie speaks to leadership and the growing relationship between our local RCMP members and the Lower Kootenay Band. Also on the leadership front, Mayor Toyota explains our award winning Physician Recruitment program.

And there is local business information including unique services offered by Touch and Glow Spa; an explanation about pro collagen and the ECO series of natural products available at Vital Health, and an introduction to rooftop solar

Get out there and experience all that summer has to offer! Be sure to check out the tourism campaign website, <http://www.crestonvalleykootenaylakeroute.com/> and follow the campaign on Facebook. ♥



Feature

05 Experience the Kootenay lifestyle

Inspiring visitors to stay longer

COVER PHOTO: ANDREW BIBBY



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COLLECT EXPERIENCES, *not things*

BY JIM JACOBSEN

PHOTO: ANDREW BIBBY

With summer upon us the weather is great, school is out and tourists are flocking to the valley. We are lucky to live in such a spectacular natural area with almost unparalleled access to mountains, lakes and rivers. Destination British Columbia studies show that visitors cite the natural environment, diversity of outdoor activities, and spectacular scenery as primary motivators for choosing to vacation in British Columbia. Here in the Kootenays, the top outdoor adventure activities are, in order: 1 – Hiking 2 – Beach activities 3 – Swimming (freshwater) 4 – Nature viewing/photography and 5 - Birding. Outdoor adventure tourism is a main reason folk travel through the valley - looking to experience the Kootenay lifestyle.

Tourism is excellent for local businesses as it generates income from outside sources. Increased restaurant traffic, accommodations, attending events and shopping all contribute to local economic development. In BC tourism is big business. From the Tourism Industry Association of BC, “In 2016, the tourism industry generated \$17.0 billion in revenue...employing over 133,000 people”. Tourism contributed more to GDP than mining; forestry and logging; and agriculture and fisheries.

And there is excellent work being done by numerous volunteer groups, business people and our elected officials to enhance the natural experience – making it more attractive and appealing for tourists to stay longer. This

means more tourist dollars spent locally and recirculating locally while enhancing our own access.

Recently, the collaborative Creston Valley – Kootenay Lake tourism strategy was launched with that purpose in mind. The campaign is a new initiative of the communities from Yahk to Riondel, promoting the route as a prime tourism destination. The strategy invites one to prepare to take (their) time to truly experience all this route has to offer. The website (<https://crestonvalleykootenaylakeroute.com/>) includes interactive maps, suggested itineraries as well as a blog on topics such as fishing the Creston Valley; ATV paradise; and the insider scoop on beaches.

The Creston Community Forest Corporation (CCF) promotes forest education and recreation access as part of their mandate. The CCF lands are home to four of Creston's beloved recreation trails: The Lady Slipper, the Thompson Rim, the Thompson Rotary and the Thompson Pack. Groups like the CV Trails Society (<https://www.crestonvalleytrails.ca/trails/>) and the East Shore Trail and Bike Association (<http://estba.ca/trails/>) are improving accessibility and awareness for area trails and kayak/canoe launches, building new trails and advocating for trail and park development.

A key initiative that supports our area recreation tourism is the push for better lake access being led by the CV Trails Society. The Lake Access Project is a committee of the Trails for Creston Valley Society. The goal of this project is to locate, sign, map and improve existing legal public access along Kootenay Lake from Kuskanook to Riondel. They used data from the RDCK and volunteer surveys to put together a map promoting lake access and to help identify sites for upgrades (please refer to the CV Trails website for maps and links to the Regional District of Central Kootenay mapping site so you can avoid trespassing on private land). Many of the sites are difficult to spot and for the most part are undeveloped. What they are though, are pristine gems along the lake and a key tourist attraction. These spots are the definition of sustainable experience based tourism as you have to work a little to find them and there are often no amenities (so pack in and pack out) but once you discover these gems they take your breath away. Debbie Johnson, a local community advocate, describes these experiences as “moment-cations”, getting “in sync with the rhythms” of the area, and drinking in the experiences that, “bring



PHOTO: WENDY FRANZ

Alpine wildflowers are abundant throughout the area.

me into the moment and remind me how special life is”.

Add to that the spectacular outdoor recreation opportunities offered by BC Parks and Trails. Try camping at Provincial sites like the Yahk Provincial Park, Lockhart Creek, Pilot Bay and Garland Bay or discover incredible hiking trails including Sphinx Mountain Trail, Ladyslipper, and Haystack Alpine to name a few.

Two other projects under consideration with the Regional District of Central Kootenay Area A are the Kuskanook Beach Park and Crawford Bay Beach development. If achieved, both will add to the tourism attractions in the area and to the quality of life for locals.

Of course, the valley is also home to the Creston Valley Wildlife Management Area, a Ramsar designated wetland of significance and home to over 400 wildlife species including 300 plus bird species. Birdwatching is one of the most popular tourist activities worldwide and makes the wildlife area a popular destination for birders. The CV Bird Fest is an annual event run by volunteers that celebrates the valley (and the CVWMA) as an Important Bird Area (IBA) that provides an essential habitat for Canada’s bird populations. The festival features a variety of birdwatching activities – mostly within the CVWMA - guided by field experts, as well as photography and art displays and bird-oriented workshops. The area also features a network of trails – ranging from the 20 minute boardwalk loop to the 4 hour Wood Duck Walk - that provide year round access for hiking, biking, snowshoeing and cross-country skiing. Duck Lake is also part of the CVWMA and is a fantastic spot for bass fishing as well as bird watching. Seeing the pelicans in the Spring is a sight to behold! Another feature at the Wildlife area is the Nature Centre with onsite naturalist staff to deliver tours, programs and events. For more on the interpretation programs see the story by Carla Ahern about the Kootenay-Columbia Discovery Centre Society (KCDCS) in this month’s issue.

The list can go on. Hunting, fishing, mountain biking, rock climbing, gold panning...

“We’ve seen really impressive tourism growth in the area over the last few years...” concludes Jesse Willcome, Creston Valley-Kootenay Lake Route Coordinator. “There is a lot of economic growth opportunity in this sector that is still untapped, which can grow new businesses, create jobs, and bring new money into the

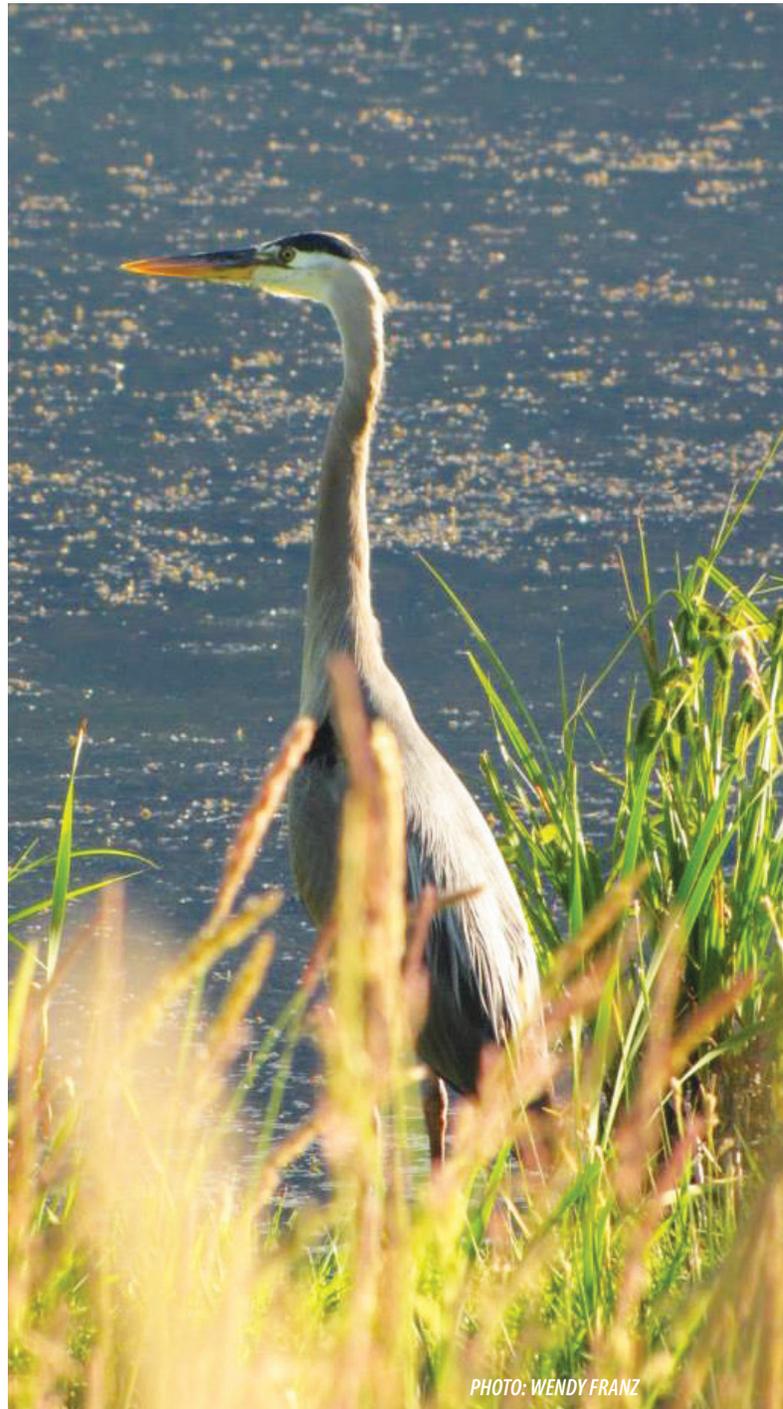


PHOTO: WENDY FRANZ

The wetlands are home to over 300 bird species including the Great Blue Heron.

communities from Yahk to Riondel and allows (us) to diversify our economy. Ultimately, the goal is to showcase just how much there is to do in the Creston Valley-Kootenay Lake area and inspire visitors to stay longer.”

So get out there and enjoy the great outdoors and experience what we have in our own backyard. ♥



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

The many challenges of rural medicine

In our community commitment, the Creston Valley Health Working Group priority is to recruit Physicians with the advanced skills required so that our citizens have the services provided by skilled Family Physicians, not only in a clinical setting, but also to serve our fully functional Hospital with a 24/7 Emergency Department. Many small communities in our province lack this important community service which we are committed to support. In order to have a fully functional Hospital and Emergency Department, we require Family Physicians who have the advanced maintained skills to provide:

- Emergency Department coverage;
- Management of admitted patients;
- Clinical office hours;
- Care for patients in extended/long term facilities.

This means Creston requires full service Family Physicians to keep our Hospital operational. Most physicians would admit that, while there are many rewards to practicing in Creston, there are also some personal and professional challenges. These challenges include the responsibilities of being an emergency physician in a geographically isolated community and providing afterhours/ weekend/holiday coverage for both our ER & inpatients.

Fortunately, in Creston, this challenging aspect of rural medicine is shared amongst all the physicians

practicing here. The fact that all our doctors work in our Hospital creates an equity amongst our physicians; they “share the load” for which we are all grateful. Walk in clinics may seem like an attractive option or easy solution to increase access to physician care. We know they work in larger centres. However, walk in clinics in our community would create a work imbalance between physicians that would not equally share Hospital and Emergency responsibilities. The natural consequence of that inequity is the likelihood local physicians would gradually leave full service practice for office/daytime work only. This would leave us without our much needed Emergency Department and in-patient Hospital coverage.

Our Emergency Department is, by default, our “walk in patient” option for those citizens without a Family Physician, or those with an emergency. As with any Emergency Department, patients are seen in priority of their need. While everyone agrees that there is a hardship with

an indefinite wait in the Emergency Department, it remains our most viable option to maintain Hospital care in the Creston Valley.

The security of keeping our Hospital here is maintained by recruiting full service physicians with advanced skills. Creston Valley Health Working Group’s continued service to the community, through our physician recruiter, is improving our supply of Family Doctors. We are pleased to report that in the last 7 years our physician compliment has risen by 7 family physicians and countless locums to fill in during physician absences. As new family physicians are recruited to Creston, a notice is placed in the Creston Valley Advance newspaper and placed on the Town website: www.creston.ca immediately. Once the clinic is prepared for new patients to be accepted for that physician, they in turn have placed advertisements in the newspaper for access in applying for their services, and we publish on the Town website as well.

I trust this provides further insight into the work that has been and continues to be done by our physician recruitment specialist on behalf of the Creston Valley Health Working Group. ♥

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Working in partnership with the RCMP

Ki'suk kyukyit (greetings). The relationship between indigenous people and the RCMP has a very rocky history. Locally, I can recall as a youth the police profiling the indigenous people from the community. Some of the police stopping indigenous people was not necessary. When there was an arrest the take downs were aggressive. I learned at an early age to fear the police. If you saw them you did not make eye contact. You did not look in their direction.

As I became older, I entered into the indigenous leadership world as a Lower Kootenay Band Councillor in the late 1990's. It was at this time that our leadership team began a proactive approach to our situation. We established an RCMP Liaison. This RCMP member had the LKB community assigned to his/her general duties. The liaison would provide education opportunities to our school instructing such programs as DARE. When the annual pow wow would come around the member would attend the ceremonies.

What we were attempting to do was make the RCMP a member of the community by having him/her present in the community during times of celebration. In this attempt, the member would be seen not just in the times of crises. This was no easy task. We have a difficult history and people do not forget. However, one day I saw that progress was being made. It was winter time at Yaqan Nukiy and it was recess at the Yaqan

Nukiy Nukiy School. I went outside to the mail box to check the mail and there was our Liaison (in full uniform) sleigh riding down the hill in the school yard with the students. This was exactly the goal that we were hoping to achieve.

Another difficulty that we encounter is when a member is transferred to another community. This is just the nature of the RCMP profession. We begin to break the ice and when the member is transferred we are back to square one. A new liaison is assigned and we once again begin the process of on-boarding the member for both his/her general duties as well as getting to know the Lower Kootenay Band.

Leadership starts from the top. We've had several Staff Sergeants who have come and gone through the local detachment. All of whom displayed the highest levels of professionalism. They did their jobs to the best of their ability. There's always that one leader who stands out from the rest. Recently, Staff Sergeant Ryan Currie came to Creston to assume the leadership duties.

I learned that one of Ryans first order of business was to meet the Lower Kootenay Band Chief. This was a first. Usually, the Staff Sergeant is so busy with trying to move into a new home and getting the Detachment in order there isn't much time to do meet and greets. Meeting the LKB Chief was never high on the list of priorities.

In March of this year, I was attending the Kootenai Tribe of Idaho's "Longest Walk" in Bonners Ferry. The walk was to raise awareness of the alcohol and drug issues in First Nations communities. The Kootenai Tribe has their own police force. As the route of the walk was on the highway the Tribal Police provided traffic control. Their vehicles had the Tribes emblem on it and underscored that they were an indigenous police force.

On the way home I kept envisioning the police vehicles. I decided to give Ryan a call and ask if we could meet. When we met I shared what I seen with the Tribal Police vehicles. I asked him if it may be possible to put our Yaqan Nukiy logo on the RCMP Liaisons vehicle. His response was "why not all of the vehicles"? I was surprised but pleased with his reply.

There was of course a chain of command that Ryan had to consult with. Following the approval from the higher ups we had the logos custom made as they had to have regulation diameters. In late May, we had an official unveiling of the police vehicles in the parking lot of the LKB Complex.

The Yaqan Nukiy logos that are displayed on the Creston RCMP vehicles aren't just a sticker. They are a symbol of reconciliation. They are an acknowledgment of the traditional home lands of the Yaqan Nukiy people. We are committed to work in partnership with the RCMP. The Yaqan Nukiy logos are a symbol of humanity but most importantly respect!

Once again, thank you for reading & hope that you all have a safe and enjoyable summer! TAXAS ♥

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

My Gram died this morning



BY TAMMY BRADFORD
 Manager - Creston & District Museum & Archives

I know - I'm supposed to be writing an article about local history. But it's proving very difficult to muster enthusiasm for telling someone else's story when one of the most important stories in my own life has just ended.

I am very grateful that I had the chance, about ten years ago, to write down all the things Gram told me about her life. Now, as I read over those anecdotes - laughing a bit, crying a lot - I'm struck by one thing in particular: my Gram lived in a time that none of us will ever know again.

She was born on May 3, 1919, in a farmhouse near the little town of Baldur, Manitoba. Gram went to school with the children of immigrants from Northern Europe. She herself was the great-granddaughter of immigrants who fled poverty and starvation following the Potato Famines in Ireland. She married the son of an English immigrant who arrived in Canada through a program of indentured farm labour.

My Gram could tell me about the Spanish Influenza. Not directly, of course; she wasn't born until six months after it passed. But her mother, pregnant at the time, told her how fearful everyone was, and how the doctor made almost-daily visits to check on her mother and her unborn child. There were also doctor's visits when the babies, Gram and her three siblings, were born, and on the rare

occasions when injury or illness exceeded her mother's skill with home remedies.

Gram was born just after the Great War ended; the farm she grew up on was bought through a loan program for returned soldiers. She remembered her uncle dying fairly young because he had been gassed in the trenches in France and his lungs never fully recovered.

She remembered longing for the glamorous new clothes, especially shoes, of the 1920s. She talked about the Depression years, when they sold cream to the creamery to make ends meet and raised turkeys to sell

"My Gram lived in a time that none of us will ever know"

for their Christmas money; when train-car loads of fruit arrived from Creston and other orchard towns in BC to help feed the prairie farmers who were struggling to raise crops in the drought; and when the prairies were so dry that her friend Kay, a schoolteacher, wrote letters complaining about wiping dust off the dishes when she set the table in her boarding house, and having to wipe them again before they could eat.

Her older brother joined the RCAF in the Second World War; her brother-in-law served with the RCNVR. Gram could give first-hand accounts of home-front fundraising and rationing, of worry for those in combat, of the horror they felt when Wendell's ship was torpedoed in the North Atlantic.

Gram was a telephone operator and could have joined up, but my grandfather was deemed medically unfit for military service due to a childhood injury. So Gram refused to enlist. "If he couldn't go, I wouldn't go," she told me. But she had lots of stories to tell about getting asked out on dates by the young airmen at the Commonwealth Air Training base at Shiloh, who had to call through Gram's switchboard to talk to the nurses at the soldier's sanatorium at Ninette.

Gram drove to school in a horse and buggy and grew up on a farm without electricity: she was very much a child of the pioneers. But hers was also the generation that ushered in Canada's modern era.



Gram at about age 3.

History

She and my grandfather lived constantly in towns that were at the forefront of Canada's industrialization: Bissett, Riondel, Pine Point, Elkford. She remembered living in towns that were virtually brand new, and towns so remote that everything had to be brought in by plane or boat. She lived in Fruitvale for a short time while my grandfather worked on the Waneta Dam, but put her foot down and refused to uproot the family when he wanted to help build the Alaska Highway. She wasn't too thrilled about moving up north to Pine Point, either, but by that time the end was near for mining operations at Riondel.

She led a family life that was typical of the 1950s: at home, raising the kids, getting dinner ready for when the mine whistle blew at 5:00 PM. She sewed clothes and Boy Scout patches, made jam and cookies and candy from scratch, and loaded everyone into the car for the annual summer vacation to Kelowna or Christina Lake. But after my grandfather died she was also the forward-looking single mom: getting a job with the mining company, shepherding her three younger children through high school, and setting an example for the independent, self-reliant young women of generations to come.

I have my Gram's recipes for fudge and pectin-free jam and lemon tarts. I have memories of singing with her the songs she learned in her school choir. I have her knobby knees and (some of) her stubbornness. But most importantly, I have her stories.



Gram with some of her grands and great-grands taken just a month ago at her 99th birthday party.

So much of Gram's story is the reflection of a way of life we will never see again; so much of it is the forging of the way of life we know today. Her story is very unique, and at the same time very much the same as stories found in thousands of Canadian families. If you are lucky enough to know someone who is in their nineties, I hope you will record their stories, too. When the last few remaining members of my Gram's generation are gone, so too will be the last links to those earlier times and the first-hand knowledge of how we, as individuals and as a country, got to where we are today. ♥

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

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Bye bye cellulite

JIM JACOBSEN

They say beauty is only skin deep. And, as many (most) of can attest, skin issues have an effect on our self esteem. Acne and acne scarring, large pores, discoloration, scars, wrinkles, lines, loose skin, and stretch marks can all makes us feel less than our ideal self.

Top Health Today Magazine (www.topHealthToday.com) refers to various studies exploring the relationship between scars and self-esteem. “From one such study, it was discovered that 40% of the women are self-conscious about scars in their bodies. As a result, most of the people who have scars tend to try various methods in order to get rid of them.” The article continues, “The most effective method available for the people who suffer from negative feelings that are associated with scars is to reduce their visibility on the body.”

A new business in Creston, Touch & Glow Spa, is offering services to help people deal with their scars. A spa for all your health and beauty needs, Touch & Glow offers two unique services; Lumicell Wave 6 technol-

ogy treatment for cellulite and Micro Needling for thickening and tightening skin (minimizing various scarring in the process).

Located at 132 – 15th Avenue North at the back of Mane & Nail and Lacquered Up Nails & Esthetics, owner Ingrid Erickson has been an esthetician for 20 plus years and has worked in the Creston Valley for the past five years.

Trained in Calgary for using the Lumicell Wave 6 machine, the treatment involves three phases:

- 1 - Vacuum massage with infra-red light to release lymphatic blockages, stimulate blood flow and fat release.
- 2 - Ultrasound treats the deeper fatty layers encouraging lipolysis (fat depletion) and
- 3 - Radio frequency. They are used consecutively to target specific subcutaneous and adipose layers.

“Patients respond individually”, noted Erickson. “Treatments last about 1 hour and can be done up to two times per week. Anywhere from five to twelve treatments are typical to get the desired results.” There is a lot going on in the body during the session and patients need some recovery time in

between. “As cellulite is dissolved it helps with fat reduction and skin tightening in targeted areas. Feedback has been excellent” she added.

The other unique tool available is a micro needling machine. For this machine, Erickson travelled to Los Angeles for certification. Originating from acupuncture treatments it involves twelve needles making tiny, measured puncture wounds in the skin and injecting hyaluronic acid into the dermis. This acid is naturally occurring in the body and aids in retaining collagen. This helps in skin flexibility, elasticity and hydration.

“The results are improved skin texture and tone, shrunk pore sizes, hair growth stimulation and a reduction in the appearance of wrinkles, stretch marks and acne scars.” explained Erickson. Micro needling can be done anywhere on the body. It is minimally invasive and some redness, inflammation and skin peeling is typical. Because of that treatments are spaced over several weeks. After a short down time (less than 24 hours) the treated area “feels tight and refreshed” she added. ♥

To learn more, contact Ingrid at Touch & Glow Spa, 250-254-0081.



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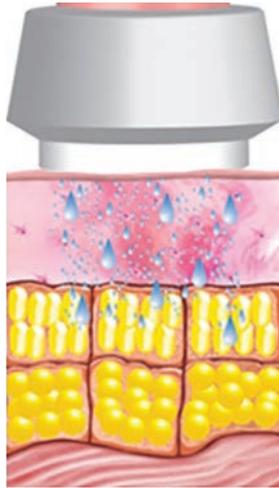
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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

Summer in the Creston Valley. Everyone in the agriculture community will be full on busy. Crops will be growing or are already being harvested. The unsettled weather of June will hopefully give way to stretches of hot, dry weather for the benefit of most crops. While some people get concerned about their lawns drying up or the threat of wildfires, many local growers rely on dry weather for their crops. For many farmers, the bulk of their yearly income will be made - or lost - in only a few weeks during July and August. Cherry & hay crops are pretty important to the economy of the Creston Valley and depend on hot, dry weather for optimum success.

I encourage everyone to support our awesome Farmer's market and all the area market garden growers. We are fortunate to have such a variety

Agriculture

of locally grown fruits & vegetables available to us. Eating fresh and local is good for you and the local economy. Remember to buy local and at the very least, Buy BC.

As we go through summer I also encourage people to plan ahead to participate in the upcoming Creston Valley Fall Fair. On September 7th and 8th we will be celebrating the 100th Fall Fair in Creston. Besides showcasing the finest locally grown or made agricultural items, this year there are many events and activities added to the fair to make it an extra special celebration. The Fair booklet is available at many locations around the valley so you can plan your entries and be part of this year's event. Watch for posters that highlight some of the "special events" that will be happening at the fair. Also check out the fall fair website at www.crestonvalleyfair.com and their Facebook page for details. Watch for detailed coverage in our September issue. Plan to participate!

As I always do through the summer, I remind everyone to watch out for tractors & farm equipment traveling on area roads. Lastly, to all

area farmers who are putting in long hours doing what we do, always be aware of the dangers that surround us with equipment & fatigue and stay safe out there. We don't want anyone to lose life or limb over our chosen occupation.

Enjoy your summer and remember to be Ag Aware! ♥



Please be patient...
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Creston Valley

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Experience Pro Collagen

SUBMITTED BY VITAL HEALTH

Collagen is the most abundant protein in the body. It is the glue that holds our body together. A major component found in all connective tissues, it maintains the structure and integrity of our bones, skin, muscles, organs, cartilage, tendons and ligaments. It provides the infrastructure for our entire musculoskeletal system making it essential for maintaining mobility. It sends out important signals to cells, which can help combat inflammation and repair damaged cells.

Your body produces collagen on a regular basis but slows down with age and with certain lifestyle habits. Some health conditions may also deplete your collagen stores. The amount of collagen your body produces starts to decline with age. Studies have shown that we can lose up to 20% collagen levels every 10 years, so by the age of 50, our levels could be as low as 40%.

There are more than 16 types of collagen, however, type 1 is the most abundant along with type 11 and type 111 being next throughout the body and plays a crucial role for health and well-being.

While most people associate the word collagen with skin care treatments and

lotions, it is so much more than that.

Here are 7 proven health benefits of collagen:

- #1 Brain and Alzheimer's Protection – neurons in the brain have a rich source of collagen, forming a shield that protects these neurons and helps keep the brain safe and reduces degeneration.
- #2 Prevent or help treat Heart Disease – by keeping blood vessels flexible and helping with the elasticity of arteries and vascular integrity.
- #3 Help repair Leaky Gut and IBS – helps reduce inflammation in your stomach lining and helps you heal.
- #4 Ease Joint and Knee Pain – to provide natural pain and inflammation relief to encourage healthy joints.
- #5 Less Back Pain – significant improvement in back pain.
- #6 Improve Skin Elasticity – a powerful anti-aging for skin when taken as a supplement and also applied as a cream.
- #7 Hair and nail improvement – fortifies and supports brittle nails and dry/damaged hair.

Ninety percent of bone mass is from collagen. As we age, collagen becomes extremely important, not only for bone health, but the health of our joints, and for the whole body.

There are many clinical trials using Hydrolyzed Pro Collagen for the treatment of Osteoarthritis and Osteoporosis/Osteopenia. Bone is constantly turning

over; new bone is being formed while older bone is going through resorption. When the ratio of bone resorption becomes greater than bone formation, bone density issues like Osteopenia and Osteoporosis become a concern.

This is where Hydrolyzed Collagen comes in. It has been found to be helpful for inhibiting bone resorption and is safe for long-term use. The only side effect you will get with taking Pro Collagen is perhaps a more youthful appearance and the benefits of healthy aging.

Hydrolyzed Pro Collagen has many benefits for anyone who may have any of the following increased risk factors: early menopause, over 55, weight less than 130 lbs, a smoker, low testosterone, Rheumatoid arthritis, Celiac disease, other Autoimmune disorders, gastric bypass surgery, COPD, or taking medications known to reduce bone density. At a dose of 10g/day of Collagen for 24 weeks, an increase in bone density has been observed.

Getting enough collagen is important for your health and well-being and you may need to consider supplementation to meet your required needs. At a dose of 10g/day of Hydrolyzed Pro Collagen, an increase in bone density has been observed, along with many other health benefits as well. Start your Pro Collagen today. Available in Marine or Bovine source. ♥

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The Vision of the Future with ECO SERIES

SUBMITTED BY VITAL HEALTH

Advanced Orthomolecular Research (AOR) is a Canadian-based company with its headquarters in Calgary, Alberta. It is through ethical discipline and evidenced-based science that we lead and advance the natural health industry. AOR has high-quality products that ensure potency, purity, and traceability from plant to product. It also ensures that our consumers always get the same safe, effective product.

AOR has recently launched their Eco Series line, a carrageenan-free vegan softgel technology, taking special care to source each product used in the Series from sustainable sources rather than using the more common ingredients. Each softgel contains a liquid formulation of the intended substance which allows for an advanced delivery system for superior results, while also remaining easy to swallow.

Truth and transparency are important values and AOR seeks to catalyze change through continuous innovation. This is what led to the creation of the Eco Series. Each product is formulated for optimal nutritional delivery, maximum sensitivity to dietary concerns; and is produced using recyclable materials and environmentally sustainable ingredients.

Being committed to non-toxic and eco-friendly practices, the products are all free from;

- Animal Byproducts
- GMO
- Gluten
- Common Allergens
- Hexane
- Pesticides/Herbicides

Also, AOR is proud to be;

- Canadian
- Vegan
- Eco-Friendly
- 100% Recyclable
- Wild Crafted and/or Organic
- World First Innovation
- Certified GMP
- 3rd Party Tested

The Eco Series offers a number of different products for a variety of different health concerns, from foundational vitamins such as D3 and K2, to more specialized treatment methods for specific conditions, such as polycystic ovarian syndrome (PCOS).

The information below is a small taste of a few of the unique products:

- Borage 500 contains organic cold pressed hexane free omega-6 fatty acid. Effective in treating inflammatory conditions such as rheumatoid arthritis and eczema.

- High Dose Astaxanthin is a unique carotenoid providing a high quality, vegan source antioxidant. Helps improve moisture and elasticity of the skin and may also help lower blood sugar, reduce blood pressure, alleviate heartburn, and improve muscular endurance.

- Resveratrol is a plant compound known as polyphenol, a rich source of antioxidants that helps to combat the damaging effects from pollution, UV rays, and can help reduce cholesterol and triglycerides, lower blood pressure and arterial plaque formation.

- Luten is an antioxidant which naturally occurs in the macula region of the human eye. It helps prevent the oxidation of fatty acids in the phosphoreceptor membrane and has protective effects on the eyes.

- CoQ10, Cogni Omega 3, Cardio Omega 3, Advanced PCOS Relief, Vitamin D3 and Vitamin K2 are a few more to mention as part of the Eco Series.

In order to deliver healthy supplements, we need a healthy planet. AOR is dedicated to minimizing our environmental footprint where possible, using ethically sourced raw materials in our production. Having safe, effective, and therapeutic solutions, you can always trust that we deliver the right molecule in the right dose, at the right place, at the right time. ♥

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Fulling vs Felting

BY CARMEN DITZLER - Fly in the Fibre

Sometimes the two terms “felting” and “fulling” get mixed up and can get confusing. In a nutshell; felting is when wool fibres are joined together using soap, water and friction (wet felting) or barbed needles stabbed repeatedly into the fibres (dry felting or needle felting). Fulling is when wool is spun into a thread or yarn - then knit or woven into a cloth - that is then shrunk. Sometime this shrinking process is on purpose and results in a strong, thicker, more water/wind resistant fabric. Think of a “boiled wool”

coat. Sometimes the shrinking is by accident and results in a lovely wool garment that is stiff and no longer fits the original owner (insert curses here).

Fulling can also be performed on hand spun wool using a process of plunging it in hot water and then cold. This can result in a yarn that “blooms”; turns fluffy and cloudlike, but not felted which would be compacted and “hard”. This yarn would then be used for knitting or weaving.

There are patterns available for knitting all kinds of objects and then fulling them. For example; knitting very large mittens in 100% wool and then fulling them so they shrink and stiffen and become very warm and water resistant. The yoga bag in the photo was knitted then fullled so it shrank to the correct size and has a muted, fuzzy, blended look to it and will handle the wear and tear of holding a yoga mat. If you plan to knit and then full an item your wool must not say superwash. Superwash is a chemical process that prevents wool from fulling- for example if you want to knit socks that can't be



PHOTO: JOANNE GAILIUS

shrunk in the washing machine- use superwash wool.

So, fulling can be on purpose and end up with a lovely intended result. Accidental fulling of your souvenir hand knit socks from Scotland- not so much. ♥

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BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

Stay cool and calm with lemon balm lemonade

If you're into relaxing, cooling and healing refreshments on a beautiful summer day, read on, this is for you. The star of this relaxing summer lemonade is lemon balm, one of my favorite summer herbs to grow, harvest, dry, tincture as well as enjoy fresh everyday. As it is loved by bees, lemon balm is often referred to as "bee balm".

Lemon balm is a bushy aromatic perennial that can grow up to 2-3 feet tall. It is one of the easiest herbs to grow. It's part of the mint family, but the leaves (when crushed or bruised) smell like lemon.

Lemon balm is truly a star due to its many impressive healing benefits. It calms the nervous system, therefore is used for anxiety, irritability, worries and stress. It relaxes the digestive system so it's great for all digestive upsets, especially for kids with frequent stomach aches. Wonderful for restless sleep, insomnia and calming the mind, lemon balm has shown to improve memory, as well as uplift mood. It is safe to use as there are no side effects or interactions with other drugs. On a super cautionary side, excessive ingestion of lemon balm should be avoided by those with an underactive thyroid, but a cup or two is shown to be completely safe.

Lemon Balm Lemonade

One cup fresh lemon balm (or 4 table-spoons dried leaves)

1 cup honey, or sweeten to taste

1-2 cups freshly squeezed lemon juice

Filtered water and ice

Bring 2 cups of water to boil, take off heat and add lemon balm. Cover and let it steep for 15-20 minutes. Strain, let it cool a little more and add honey. Once the honey has dissolved, add lemon juice, ice and enough water to make approximately 8 cups in total.

For a super relaxing, anti-stress tea, try mixing it up with a combination of lemon balm, lavender flowers and chamomile, and watch your worries melt away.

Lemon balm is also delicious as a sun tea. You will need a sunny day for this. In the morning, gather fresh lemon balm sprigs, wash and pack loosely into a glass jar. Add room temperature filtered water, seal the jar and place in a sunny spot for 5-8 hours. That's it!

In the evening, strain and add ice, freshly squeezed lemon juice (optional) and honey to taste. This is a lovely, cooling,

relaxing and spirit lifting refreshment on a beautiful summer evening. For a super tasty twist try a combination of lemon balm and mint. All sun teas need to be consumed within 24 hours.

If you're not growing lemon balm already, I encourage you to go to your local plant nursery and pick up this amazing healing herb. It grows great in a pot or garden; just give it sun, water and a little love.

Have a wonderful, healthy summer! ♥

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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Creston landmark gets new lease on life

Columbia Basin Trust purchases historically valuable grain elevators

COLUMBIA BASIN TRUST

As you approach the town of Creston's downtown core, two rare landmarks stand out: a pair of

grain elevators over 80 years old. Representing a Canadian symbol that is rapidly disappearing, the

Creston elevators are two of just four wooden grain elevators left in British Columbia. To ensure their existence into the future, Columbia Basin Trust has become their new owners.

The Trust is committed to helping preserve the region's history and share it with future generations. In some cases, this means supplying a

10 MINUTES TO DISASTER

Please leave pets at home



Cars become ovens

The temperature in a vehicle, even in the shade with the windows partly open, can rapidly reach a level high enough to seriously harm or even kill your pet. A dog can be overwhelmed by heat in as little as 10 minutes.

How pets stay cool

Dogs cool themselves by panting and by releasing heat through their paws. They do not perspire through their skin like people. On warm days the air and upholstery in your vehicle heats up to high temperatures making it impossible for pets to cool themselves. Your dog will be more comfortable if left at home.

Getting help

If you see a dog in a car on a warm or humid day who you believe may be in trouble, ask stores to page customers.

If the animal is in distress, call the BC SPCA cruelty hotline at 1-855-6BC-SPCA (22-7722) or your local police or animal control agency immediately.

The risk is real

If it is 26°C outside, inside a car – even with the windows cracked – the temperature can reach 37°C in 10 minutes and 43°C in 20 minutes. A dog's normal temperature is 38°C. If your dog's temperature reaches 41°C cell and organ damage begins to occur.

Heatstroke symptoms

Heatstroke symptoms include:

Exaggerated panting; bright red gums; rapid or erratic pulse; thick saliva; anxious or staring expression; weakness and muscle tremors; lack of coordination; convulsions or vomiting; collapse; seizures or coma.

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

- Immediately move the animal to shade.
- Wet the dog with cool water including foot pads and around the head.
- Fan vigorously to promote evaporation.
(This process cools the blood reducing core temperature)
- Do not apply ice. This constricts blood flow which inhibits cooling.
- Allow the dog to drink some cool water.
- Take the dog to a veterinarian as soon as possible for further treatment.

Veterinarians may apply supportive measures such as intravenous fluids to rehydrate the animal and oxygen to prevent brain damage.

CRESTON VALLEY

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grant to help a community group or local government to conserve an important building. In Creston's case, the best option was for the Trust to purchase the elevators.

"These elevators are priceless and so iconic for the town of Creston because of its agricultural heritage," said Johnny Strilaeff, President and CEO, Columbia Basin Trust. "The previous owner, Ray Gauthier, put in his own labour to clean and maintain them, and now additional work must be done. We are acquiring the elevators to ensure they can be properly preserved and maintained for future generations to enjoy."

The two elevators, approximately six storeys high, were built in 1935 and 1936 and were used to collect, store and ship locally grown wheat, barley, oats and rye. They closed in 1971 and 1982 and have seen little use or major upkeep since.

Two heritage consultants, Elana Zysblat and John Atkin, evaluated their historical value in December 2017.

"This isn't a remote field in some remote, isolated area—this is downtown Creston," said Zysblat. "The fact that we have two of them side by side, in such an accessible location, makes them more unique and more valuable than most grain elevators in the entire country."

Before winter sets in, the first step will be to keep out weather and birds by replacing the roofs and windows. Additional repairs and restoration will take place once the future use of these elevators has been decided.

"There are lots of potential uses, and when the time comes we'll engage with the community to consider the options," said Strilaeff. "The key is



The current owner of the grain elevators, Ray Gauthier, hands over the keys to the Trust. (Left to right: Ray Gauthier, Johnny Strilaeff, Ron Toyota, Elana Zysblat, John Atkin, Wayne Lundeberg, Dirk Kunze, Sandy Kunze)

to give them a modern purpose—they won't just be part of the landscape, but actually useful."

Ron Toyota, Mayor of Creston, is also enthusiastic about these elevators' new lease on life. "These elevators have become a downtown Creston landmark and identity that enhances our community, and their history to the Creston Valley is considerable," he said. "I was born and raised in Creston and these icons

are significant to my memories. I believe their preservation will benefit our community immensely." ♥

Preserving heritage is one of the Trust's strategic priorities. It delivers on it in ways like its Built Heritage Grants and Heritage, Museum and Archive Grants. To learn more, visit ourtrust.org/heritage.

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

Farmers' market nutrition coupon program gets \$100,000 boost

Trust support reduces wait lists, adds five new markets, feeds 225 more families

COLUMBIA BASIN TRUST

Columbia Basin residents, local farmers and local farmers' markets will all benefit from \$100,000 for the BC Association of Farmers' Markets (BCAFM) Nutrition Coupon Program.

Columbia Basin Trust (the Trust) support will help reduce wait lists at ten farmers' markets and will add five new Basin markets to the program in 2018. This means an additional 225 families will benefit from the program.

The BCAFM Nutrition Coupon Program provides coupons to lower-income families, seniors and pregnant

women participating in food literacy programs delivered by a number of community partners. The coupons enable participants to shop at participating BCAFM member farmers' markets for fresh, locally grown food from June to October.

"Our partnership with BCAFM directly supports our agriculture strategic priority," said Kindy Gosal, Columbia Basin Trust Director of Special Initiatives. "Farmers who accept these coupons benefit directly, dollar for dollar, with each coupon redeemed. This serves to sustain local farmers and farm lands, while strengthening our local food system. This program also very



Community markets begin accepting Nutrition Coupons June 15.

much contributes to the well-being of residents by providing access to local, healthy food."

Each week for 16 weeks, recipients receive coupons valued at \$21 which they use at farmers' markets to purchase vegetables, fruits, nuts, eggs, dairy products, cut herbs, meat and

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.



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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.

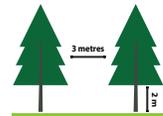


Zone 3 30-100 meters



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

FireSmart Canada: www.firesmartcanada.ca

Community Forest: www.crestoncommunityforest.com

Community

and its deep impact.”

To become a coupon recipient, Basin residents must contact one of the participating community partner organizations in his or her community that partners with the program. To learn more about the program, visit www.bcfarmersmarket.org/coupon-program/about-program.

The BCAFM serves the needs of its 145+ member farmers’ markets. It is committed to developing and strengthening the capacity of farmers’ markets in all regions of the province so member farmers’ market can continue to support local farmers, food processors and artisans and provide British Columbians with fresh, healthy, local food. Learn more at www.bcfarmersmarket.org.

The Trust has made agriculture one of its strategic priorities, and is working to foster agricultural production in the region and make sure residents have access to healthy food. For example, the Trust provides assistance to agricultural producers through the Kootenay & Boundary Farm Advisors and the Basin Business Advisors programs. It also recently hosted a Basin Agriculture Forum. Learn more about its efforts in agriculture, as well as in improving the economic and social well-being of residents, at www.ourtrust.org/our-work. ♥

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust’s programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

fish. This year’s summer program starts on Friday, June 15, 2018.

Farmers’ markets located in Windermere, Fernie, Elkford, Rossland and Trail will join the program in 2018. Additionally, the markets in Cranbrook, Creston, Kaslo, Kimberley, Nakusp, Nelson and Revelstoke will have reduced waiting lists because of the boost to the program.

“The BCAFM is thrilled to be partnering with the Trust on the expansion of this program across the Basin,” said Heather O’Hara BCAFM executive director. “We know how much this program is loved by farmers, farmers’ markets and the people who redeem coupons in the region



Trust’s contribution to Nutrition Coupon Program reduces wait lists, adds five new markets and feeds 225 more families. In photo (L) to (R) Jesse Woodward, Nelson Market Manager, Eric Struxness, Ravine Creek Farms, Jocelyn Carver, Columbia Basin Trust Board of Director and Peter Leblanc, BCAFM.

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Home & Garden

5 easy home updates for summer

www.newscanada.com

Your home comes alive this time of year, with barbecues, entertaining and long weekend parties. Give it a makeover with these Do It Yourself projects recommended by Health Canada that will make it a cool, comfortable and inviting space for everyone to enjoy.

Grow your greenery. If you live in a house, give your green thumb a whirl and plant trees on the south or west side where the sun hits during the hottest part of the day. Tree-shaded spots could be as much as 5°C cooler

than the surrounding area, helping to cool your home inside and out.

Freshen up fabrics. Switch up wintertime materials like knits and fleece for loose, light-coloured textiles made of breathable fabric. Choose linens and cottons for your pillows and throws.

Stay hydrated. During the summer, it's important to drink plenty of cool liquids before you feel thirsty to decrease your risk of dehydration. Update your glassware or water bottle to something with a fun pattern or bold colours so you'll actually want to drink more water.

Deck out your patio. Keep your home cooler by cooking on the grill. Make your outdoor living space more inviting. Ensure there are shaded areas for cooling off — colourful wide umbrellas can help. Set up a hydration station with a pitcher of fruit-flavoured water.

Retreat to your cool space. During extreme heat, it may be a good idea to stay indoors to take a break from the heat. But that doesn't mean you can't do a fun activity — visit your local swimming pool, public library or mall to cool off. You can also create a reading nook in a cooler part of the home for curling up with the latest summer read. ♥

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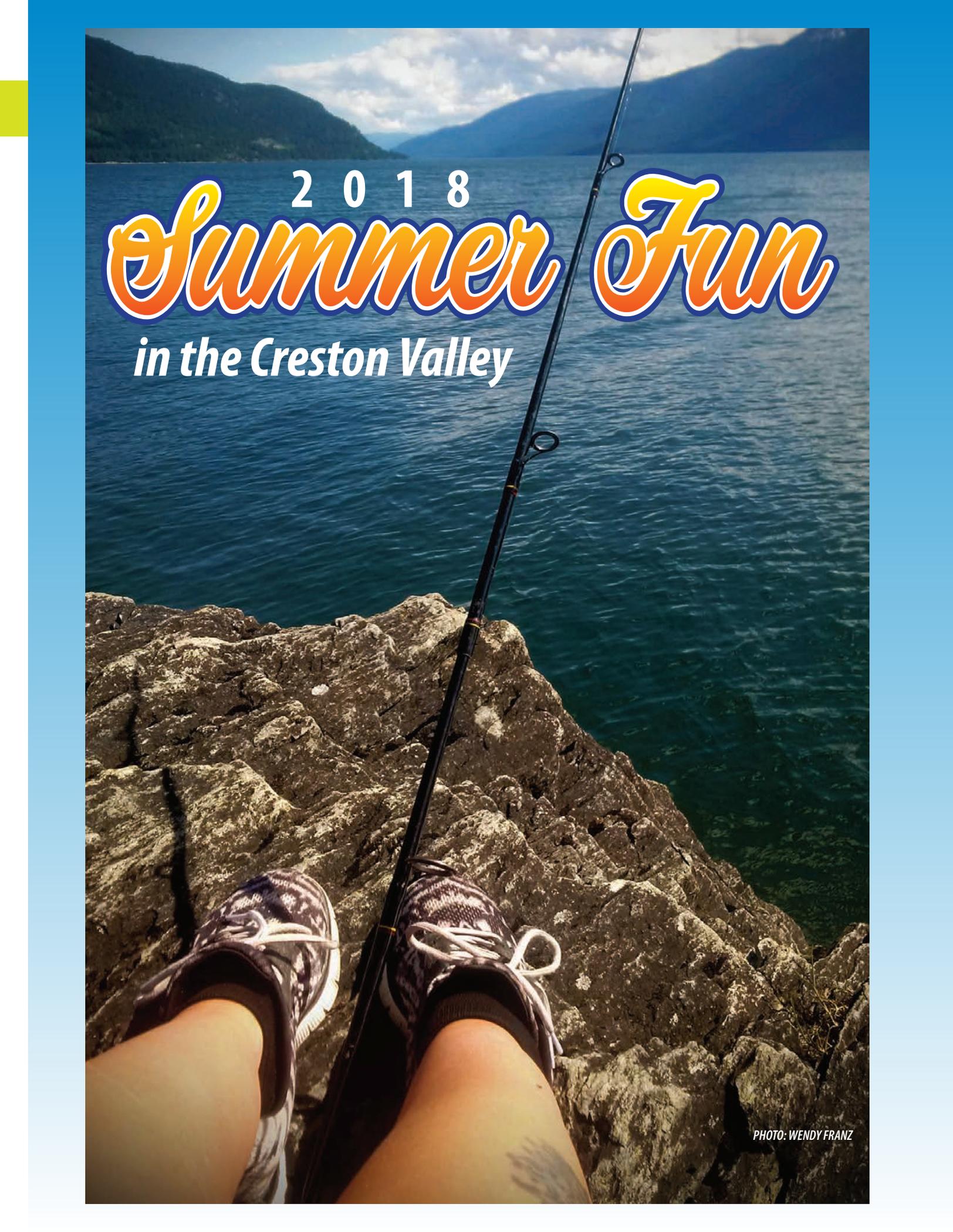
Don't let unpredictable weather ruin your patio party. These smart cooking tips will help you create delicious summer flavours indoors.

Invest in a cast iron frying pan. This pan is a must-have item. It turns your stovetop into the indoor grill you never knew you needed. Cast-iron pans have ridges that help fat drip off and leave your steaks with perfect grill marks that mimic the barbecue.

For a quick and easy char, consider using the broiler in your stove. You can throw your grilled steaks right into the oven with your cast-iron pan for a finishing touch.

Faking the flavour. If you're missing the flavours of the barbecue, pick up some smoky ingredients like sauces or dry rubs to ramp up the taste. ♥

Find more information at www.lg.ca.



2018
Summer Fun

in the Creston Valley

PHOTO: WENDY FRANZ

Summer Fun

Holy water wetlands!

BY CARLA AHERN - Senior Manager
Kootenay-Columbia Discovery Centre Society

This spring, water came up and up and up at the Creston Valley Wildlife Management Area (CVWMA). Trails were flooded and access was limited for a few weeks as the wetland did its job – holding and storing water from the spring runoff and snow melt. Wetlands are pretty amazing in their ability to store and retain water, a service that is greatly appreciated when there is above average amounts of water shooting down the mountainside to the valley below! Water levels have dropped back to seasonal norms now so access into the wetland is good!

There have been some changes, more than just water, happening in the wetland. The Kootenay-Columbia Discovery Centre Society (KCDCS) has taken over running the wetland education and awareness programs at the CVWMA. I have migrated over to KCDCS and am excited to continue being a part of environmental education programming in the wetland! The big Centre with the red roof that everyone knows and recognizes had to close down due to some health and safety concerns. But, KCDCS built a temporary facility in the parking lot of the Centre – it's turned out pretty nice – featuring some exhibits, science lab, kid's activities, maps and information and, most importantly, a base for tours, programs and events!

All of this was made possible by support from Columbia Basin Trust and the Creston Valley Wildlife Management Area (plus many other organizations that have generously provided funding to KCDCS).

KCDCS has a long-term goal of building a new Discovery Centre onsite at the CVWMA that promotes environmental and cultural awareness in the Kootenay-Columbia region. Stay tuned for more information on public engagement and updates as the project progresses.

July and August has many fun events in store that will get your kids, your family, and yourself out into the beautiful wetland exploring and learning. From sunrise and sunset paddles, to evening prowls, nature movie nights and a hot days of summer series...come and spend some time with us! And if you have a bud-

ding young Naturalist who would like to join us in our summer science camps, we are running programs for ages 6-16 in July and early August. Get in touch for more info or to book!

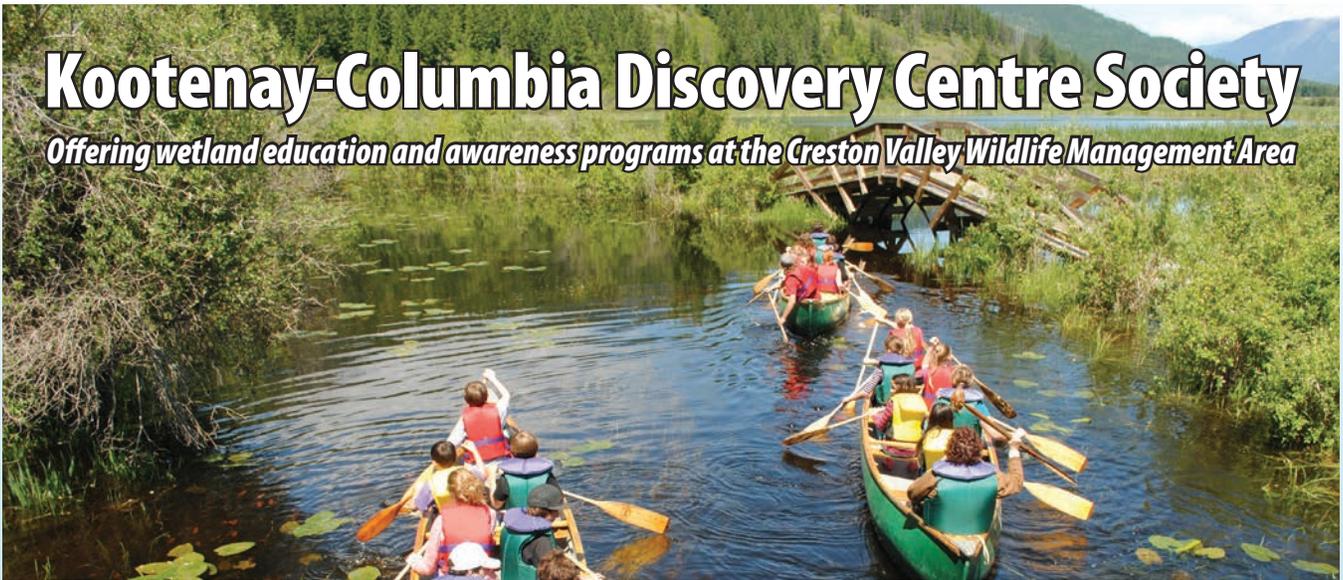
We have been seeing lots of great wildlife in the wetland...western painted turtles basking in the sunshine, great blue herons spearing fish, sora rails singing away, elk with calves, so many ducklings and more. Trails are open and accessible, mosquitoes quiet down in July, so come visit! A guided canoe tour is a great way to take in the sights and sounds of the wetland. ♥

To find out more about KCDCS and to keep up to date on current programs and future endeavours, we encourage you to visit www.discovery-centre.ca and follow us on Facebook. Give us a call at the Centre at (250) 402 8661 for program information and bookings.



Kootenay-Columbia Discovery Centre Society

Offering wetland education and awareness programs at the Creston Valley Wildlife Management Area



Summer Programs and Events

JULY

Jr Naturalist Summer Science Camps

Ages 6-13; Session dates vary by age

Wild About Plants

Saturday July 7

Time: 10am to 3 pm; Drop In; By Donation

Sunset Paddles

Friday July 13, 20 & 27

Time: 7pm to 9pm; Cost \$12 per person

Sunrise Paddles

Sunday July 15, 22 & 29

Time: 7am to 9am; Cost: \$12 per person

AUGUST

Hot Days of Summer - Family Fun

Saturdays in August

Time: 9am - 3pm; Drop In; By Donation

Evening Prowl

Friday August 10 & 24

Time: 8pm to 10pm; Cost: \$5 per person

Nature Movie Nights

Wednesdays in August

Time: 7pm to 9pm; Cost: \$2 per person

Nature Journal Workshop

Thursday August 23

Time: 9am to 12pm; Cost: \$15 per person

DAILY: Guided canoe tours at 9:30am, 10:30am, 1pm and 2pm

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For more information on programs and events visit:

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Summer safety tips for parents

www.newscanada.com

Between camp, playgrounds and travel, your kids will be spending plenty of time outdoors this season. While now's the perfect time to enjoy nature, summer also comes with some health risks. Use these tips from Health Canada to protect your kids.

Understand heat risks. Extreme heat can be dangerous for anyone, but especially for infants and young children. They can be vulnerable to heat illnesses such as heat stroke, heat exhaustion, fainting, heat rash and muscle cramps. Stay alert for symptoms like dizziness, fainting, extreme thirst and headache.

Check the forecast. Stay informed about local weather forecasts and

alerts so you know when to take extra care. Also, check the local Air Quality Health Index conditions in your area if available. Note that children are more sensitive to air pollution, which tends to be at higher levels during extreme heat.

Use sunscreen. If sun exposure can't be avoided, use sunscreen that is SPF 30 or higher and follow the manufacturer's directions. Remember, sunscreen will protect against the sun's ultraviolet rays but not from the heat. Have children wear a rimmed, breathable sun hat and sunglasses, and cover their skin with clothes or sunscreen. Keep babies under one year out of direct sunlight to prevent skin damage and dehydration; keep them in the shade, under a tree, an umbrella or a canopy. Do not put sunscreen on a baby less



**SUMMER FUN
STARTS
HERE**

**SUMMER
THEME CAMPS**

Wild Kids! July 16-20 & Aug 13-17 (ages 7-13 yrs)

Farm to Table July 30-Aug 3 & Aug 20-24 (ages 8-13 yrs)

Half Day Soccer Camp July 23-27 (ages 6-9 & 10-13 yrs)

Movie Making Camp July 16-20 (ages 13-18 yrs)

Music Camp Aug 7-10 (ages 7-13 yrs)

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2:00-3:30pm • July & Aug

Tuesdays: **Splash Squad**

Wednesdays: **Wibit is in!**

Thursdays: **Ultimate Duck Hunt**



Saturdays: **Drop-in Bubble Soccer**
on the soccer field 9:30-11:00am until Sept 1



Creston & District Community Complex

Call us at 250-428-7127 • Check out our website: www.rdck.ca

Summer Fun

than 6 months old without asking your health care provider first.

Keep hydrated. Dehydration is dangerous. Give plenty of cool liquids to drink, especially water, before your child feels thirsty. Make it fun by leaving a colourful glass by the sink, and remind your child to drink after every hand washing. Ramp up the taste by flavouring water with natural fruit juice or encourage them to eat more fruits and veggies with high water content, like watermelon.

Take a break. Spend a few hours with your child in a cool place. It could be a tree-shaded area, swimming facility, spray pad or an air-conditioned spot such as a shopping mall, grocery store or public library. Give your child a supervised bath in cool water until they feel refreshed. If using a fan, keep it at a safe distance and aim the airflow in their direction.

Keep bugs away. If you are in an area where mosquitoes are active, protect uncovered skin with insect repellent and follow the manufacturer's directions. Sunscreen and insect repellents can be used safely together — just apply the sunscreen first. ♥



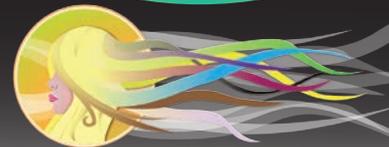
PHOTO: WENDY FRANZ

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Summer Fun

Be a better boater this summer

www.newscanada.com

Once summer arrives, all sorts of pleasure crafts take to the water — from boats to canoes, kayaks and personal water crafts. To keep these activities fun instead of dangerous it's important to always keep safety top of mind and limit your risks.

“Summer activities are a great way to enjoy the outdoors, and in Canada we have a number of incredible lakes to explore,” says Rick Caissie, vice president of prevention and safety for the Canadian Red Cross. “By taking a few steps to prepare before boating you can keep yourself and your friends and family safe.”

Preparation means planning ahead and ensuring you have the right supplies. Keep a lifejacket or personal flotation



PHOTO: WENDY FRANZ

Proudly Canadian

Wishing everyone a Happy Canada Day!

Speedy Glass

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www.speedyglass.ca
Monday to Friday 8am-5pm,
Saturday 9am-4pm

device for everyone on board as well as the required marine safety equipment, such as a bailer and buoyant heaving line. Caissie also recommends you have a fully stocked first aid kit and that you look up weather conditions before you set out on the water.

Many people think it's okay to drink and boat, but it's not. Drinking and boating is just as illegal as drinking and driving, and every bit as dangerous. Every year hundreds of people die as a result of boating-related activities. Almost 65 per cent of these deaths involve the use of alcohol. Be safe and abstain from alcohol until you are back on land. ♥

Find more boating and water safety tips online at redcross.ca.

Summer Fun

Essential tips for summer adventures

www.newscanada.com

With the warm weather finally here, we're all looking for ways to celebrate summer and embrace the great outdoors. Whether it's the patio, park or beach calling your name, check this packing list to beat the heat in comfort and style:

Keep warm. With hot days come chilly nights, so be sure to keep a blanket for staying warm in your trunk or bag if you'll be outside all day. You can also sit on it to spare your shorts from pesky dirt stains.

Protection is vital. Keep some sunscreen handy in your bag or purse and remember to re-apply every few hours or when you emerge from a swim. Don't forget, you're getting lots of rays, even when you're underwater.

Fresh tunes. Pack a portable speaker like the LG PK5 Portable Bluetooth Speaker with Meridian Technology. It is weatherproof and water resistant, so you can keep rocking even if rain falls on your parade.

Download your music. Be sure you download your music before you hit the road to make sure you don't hurt your monthly mobile bill.

Think ahead. Check the weather on your smartphone and keep a spare battery or charger handy, so you're ready for when spontaneity strikes. ♥

JIMMY'S PUB & GRILL JULY EVENTS

July 6th - Live Music: FKB

ROCK BAND FKB IS HERE PLAYING LIVE MUSIC ON OUR PATIO AT 9PM

July 7th - Jam Night

OPEN JAM NIGHT ON OUR PATIO STARTING AT 8PM HOSTED BY KITTEN AND THE CURVES

July 21st - Live Music: Moonglow

JAZZ DUO MOONGLOW IS HERE PLAYING LIVE ON OUR PATIO AT 9PM

July 27th - Live Music:

Mehditations

REGGAE BAND PLAYING LIVE ON OUR PATIO AT 9PM

July 28th - Live Music: The Few

ROCK AND BLUES BAND PLAYING LIVE ON OUR PATIO AT 9PM



JIMMY'S PUB & GRILL AUGUST EVENTS

AUGUST 4TH - JAM NIGHT

OPEN JAM NIGHT STARTING AT 8PM
HOSTED BY SWEET CHOPS "KEVIN HUNTER"

AUGUST 10TH - LIVE MUSIC

LOCAL CRESTON BAND NEX TO NOVA
PERFORMING ON OUR PATIO 9PM

AUGUST 11TH - LIVE MUSIC

JACKIE GINGRAS PERFORMING
ON OUR PATIO @9PM

AUGUST 17TH - LIVE MUSIC

SHUT UP PATRICK! ROCK BAND PERFORMING
ON OUR PATIO @9PM

AUGUST 18TH - LIVE MUSIC

JOHN LIND FOLK ROCKER PERFORMING ON
OUR PATIO @9PM

AUGUST 24TH - LIVE MUSIC

LOCAL BAND, KOOTENAY COOKING JIGGALOS
PERFORMING ON OUR PATIO @9PM

AUGUST 25TH - LIVE MUSIC

DEVO. BLUESY FOLK ROCK ARTIST
PERFORMING ON OUR PATIO @9PM

AUGUST 31ST - LIVE MUSIC

GERHARD AND THE MISSING LINKS
PERFORMING DANCEY ENTERTAINMENT ON
OUR PATIO @9PM



Summer Fun

Award winning wines

BY BAILLIE-GROHMAN ESTATE WINERY

We were very happy to receive the award for BC's Best of Varietals \$19 and under for our 2017 Gewurztraminer. After some tough years in the vineyard in 2015 and 2016, we came away with a Gewurztraminer that truly represents what the Creston Valley can accomplish in 2017.

The long and dry summer in 2017 allowed the fruit to flower and mature properly. This helped achieve clean, flavourful fruit. Our winemaking and viticulture practices are constantly evolving and we look forward to seeing how our wines change with vine age and vineyard site understanding in the years to come.

We're proud of this quality fruit and wine and other fruit and wine grown and made in the Creston Valley which are the reasons why the Kootenay Area will be receiving a provincial wine designation, a GI (geographical indicator or wine appellation), later in 2018. ♥

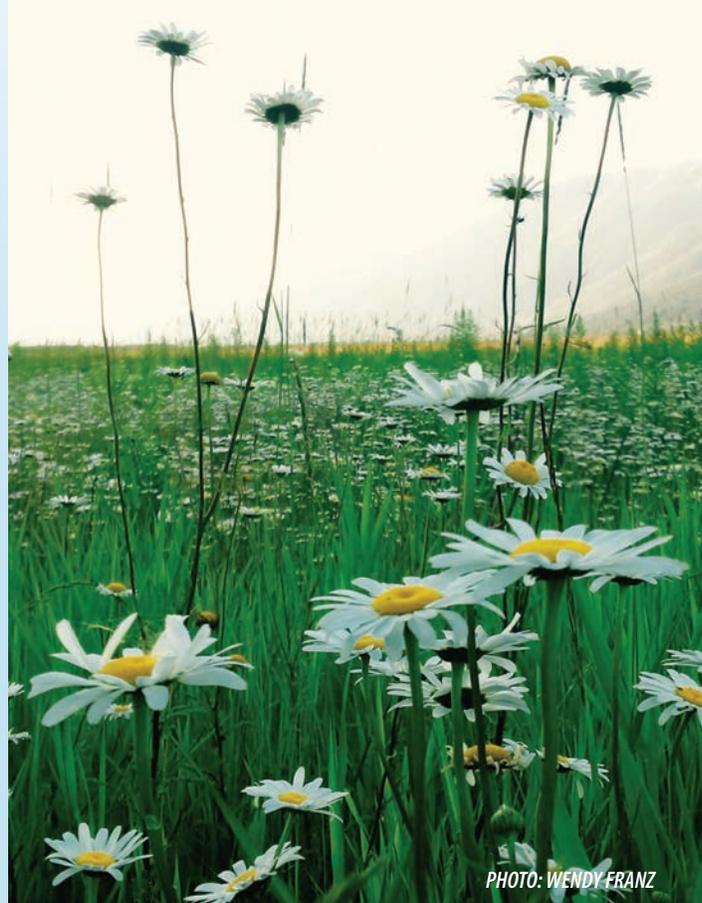


PHOTO: WENDY FRANZ

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Open daily until Oct 7



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Summer Fun

From pools to lakes, always keep safety in mind

www.newscanada.com

When the weather warms up after a long winter, we take every opportunity to enjoy the outdoors. And swimming is a favourite activity to beat the heat, whether it's in a backyard pool, water park or lake. But it's important to take extra precautions to stay safe.

"Being a strong swimmer isn't enough to make sure you or your family are safe around water," says Shelley Dalke, director of swimming and water safety programs for the Canadian Red Cross. "It's when an individual has swimming skills as well as water safety knowledge that they can better keep themselves and others safe."

Water safety knowledge can include understanding how to properly fit a lifejacket, knowing that there are different dangers presented in backyard pools versus open water, and how to react if you see someone drowning. It is also important to know the depth of the water and where it is and is not safe to dive, or if that area has a current. ♥

Brush up on water safety tips online at redcross.ca.



Corn Creek Falls.

PHOTO: BRENDAN CALHOUN

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Summer Fun

5 tricks to stay cool in the heat

www.newscanada.com

With weather experts predicting a hotter-than-average summer, we can look forward to some sun and warmth after a cool spring.

Whether you are enjoying the season at a lakeside cottage, local park or relaxing at home, use these tips from Health Canada to stay fresh.

Drink up. Did you know that by the

time you feel thirsty, you're already dehydrated? Thirst is not a good indicator of dehydration, so drink plenty of cool liquids, especially water, before you feel thirsty.

Find fresh fashion. Wear loose-fitting, light-coloured clothing made of breathable fabric. Items made from linen and cotton will help keep you cool and comfortable.

Seek shade. Wear a wide-brimmed, breathable hat or use an umbrella to protect yourself from the sun's harmful rays. If you can't avoid the sun, use a sunscreen that is SPF 30 or higher and follow the manufacturer's directions.

Adjust your plans. Being physically active provides many health benefits, but during extreme heat it can put you at risk even if you are healthy. If you can, reschedule strenuous outdoor

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Summer Fun

activity to a cooler part of the day or another day. Or choose to exercise in an air-conditioned space or cooler outdoor location, like under a tree.

Refresh and recover. Allow your body to recover after heat exposure. Spend a few hours in a cooler tree-shaded area or somewhere that's air conditioned, such as a shopping mall, grocery store, swimming facility or public library.

Protect your health and watch for symptoms of heat illness, such as dizziness, fainting, nausea, vomiting, headache, extreme thirst, and unusually rapid breathing and heartbeat. If you experience any of these symptoms, move to a cool place immediately and drink liquids.

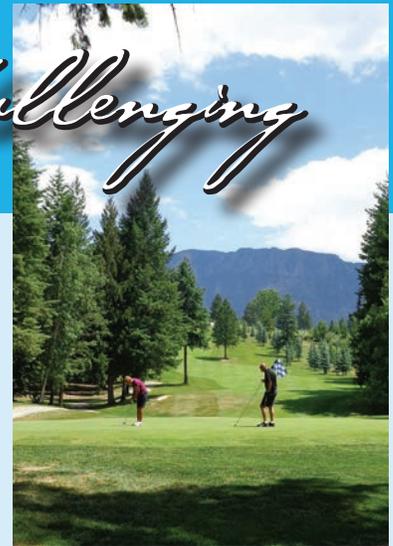
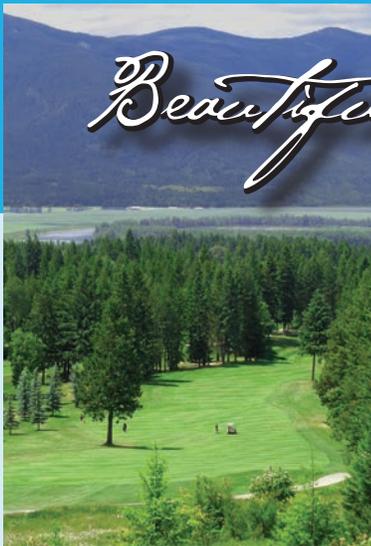
Heat stroke is a medical emergency. Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious or confused or who has stopped sweating. ♥



PHOTO: WENDY FRANZ

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Protect your skin this summer

www.newscanada.com

Buying new beauty and grooming products is always exciting. But before you start using your new products, it's important to slowly introduce the new formulas into your daily routine.

Everyone's skin is different, so it's important to ensure that the ingredients of your personal care products are compatible with your skin. If you're using a product that is new to you, conduct a personal product patch test to rule out sensitivities or a reaction first. This is especially important for children and people with sensitive skin.

To conduct a patch test, follow the product's directions and apply a tiny amount on a small part of the body, such as the inside of your elbow

or your inner arm. Ideally, wait 24 hours and if the product causes a reaction, wash it off as quickly as possible. If you haven't experienced a reaction within this timeframe, proceed with integrating the product into your daily routine.

When shopping for personal care products for children or adults with sensitive skin, look for a gentle formula that will be non-irritating, especially for products that you will use every day, like soaps and sunscreen. The new Banana Boat Simply Protect kids and baby sunscreen lotion is a mild, mineral-based tear-free formula that is specially formulated to be gentle enough for your child's skin and offers SPF 50+ protection. Active adults can try the sport variety, which provides up to 80 minutes of water-resistant protection and is oxybenzone, paraben and added fragrance free. ♥

Find more information at www.bananaboat.ca.



PHOTO: WENDY FRANZ

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Summer Fun

Summer hosting tips

www.newscanada.com

Any summer weekend (especially a long one) provides the perfect opportunity to get together with friends and family. Follow these tips to be a spectacular host:

Most guests expect the usual when attending a summer get-together — a barbecue, serving stations and seating/standing options. Why not switch things up a little and make your party a picnic? Set up blankets and pillows on the ground and provide snacks in traditional picnic-style baskets. Your guests will love the throwback, rustic feel we all associate with childhood picnic trips.

No weekend get-together is complete without pairing meals and snacks with a refreshing drink. For a fun beverage, create a custom iced tea. Try using Nestlé GoodHost Iced Tea, which has gone back to the original recipe and is made with real tea leaves and natural flavours.

Summer is a nostalgic time for many, reminding us of our childhood vacations spent playing outside, far away from school. Now that you're all grown up, why does the playing have to stop? Set up some fun and creative outdoor games for your guests to enjoy that will transport them back to the good ol' days. Limbo, an obstacle course, races and pin the tail on the donkey are all great options.

Bring a little excitement to regular barbecue fare by providing visually appealing customization stations with wide selections of cheese, veggies and condiments. Think aged cheddar, feta, spicy pickles, horseradish, honey mustard and even potato chips. Be sure to offer vegetarian options, and don't skip on the salads.

Guests have kids? Spare them the task of finding a babysitter and make your party an all-ages event. A great way to keep kids and parents happy is to designate a play area for kids, with a supervisor. Toys, games and even a splash pad are all encouraged. ♥

Creston Valley	
RIPENING DATES	
Berry Season	Vegetable Season
Strawberries.....June 10 to July 10	Asparagus.....May 1 to June 15
Raspberries.....July 1 to 31	Peas.....July 1 to 31
Blackberries.....July 10 to Aug. 10	Potatoes.....July 1 onwards
Blueberries.....July 25 to Aug. 20	Table Cukes.....July 15 to Sept. 20
	Pickling Cukes.....July 20 to Sept. 20
Fruit Season	Peppers.....July 20 to Sept. 30
Cherries.....July 15 to Sept. 15	Tomatoes.....July 25 to Sept. 20
Apricots.....Aug. 5 to 15	Carrots.....Aug. 1 onwards
Peaches.....Aug. 10 to Sept. 20	Corn.....Aug. 10 to Sept. 25
Plums.....Aug. 10 to Sept. 20	Squash.....Aug. 15 onwards
Summer Apples.....Aug. 15 to Sept. 20	
Pears.....Sept. 5 to Dec. 31	
Apples.....Sept. 15 onwards	

**Please note all dates are approximate depending on the weather.*

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Kootenay Lake Ferry Schedule

All times are Pacific | H ighlighted areas indicate peak ferry travel - anticipate delays

Vessel Name	Departure from Balfour Terminal		Departure from Kootenay Bay Terminal	
	SUMMER	WINTER	SUMMER	WINTER
Osprey 2000	06:30 AM	06:30 AM	07:10 AM	7:10 AM
Osprey 2000	08:10 AM	08:10 AM	09:00 AM	09:00 AM
Osprey 2000	9:50 AM	9:50 AM	10:40 AM	10:40 AM
M.V. Balfour	10:40 AM		11:30 AM	
Osprey 2000	11:30 AM	11:30 AM	12:20 PM	12:20 PM
M.V. Balfour	12:20 PM		01:10 PM	
Osprey 2000	01:10 PM	01:10 PM	02:00 PM	02:00 PM
M.V. Balfour	02:00 PM		02:50 PM	
Osprey 2000	02:50 PM	02:50 PM	03:40 PM	03:40 PM
M.V. Balfour	03:40 PM		04:30 PM	
Osprey 2000	04:30 PM	04:30 PM	05:20 PM	05:20 PM
M.V. Balfour	05:20 PM		06:10 PM	
Osprey 2000	06:10 PM	06:10 PM	07:00 PM	07:00 PM
Osprey 2000	07:50 PM	07:50 PM	08:40 PM	08:40 PM
Osprey 2000	09:40 PM	09:40 PM	10:20 PM	10:20 PM

SUMMER: The M.V. Balfour operates from mid-June up to and including Labour Day.

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Z122RKH-42 Zero-turn mower features: 22hp Kawasaki V-twin gas, 2 lever hydro-gear transmission, 42" 2 blade pro mower deck, 1.5" to 4.5" dial-a-cut mower height, 0 to 10.5 km/h speed



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L4701DT 47hp 4wd tractor w/loader features: 40 pto hp, 8 speed F/R synchronized shuttle transmission, live-independent hyd activated PTO, 2870 lift cap 3 pth, LA765 loader w/ 1684lb lift capacity, quick attach 72" bucket.

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