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Creston Valley Bird Fest  
returning for sixth year

### HISTORY

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## From the Editor



BRIAN LAWRENCE

As I write this, the sun is streaming through the window, and it actually feels warm — which means spring might finally be here! OK, so

this isn't the first nice day we've had this season, but it appears to be the beginning of a stretch of sunny weather. And what's not to love about that!

The sunshine (yes, I'm knocking on wood) will be wholeheartedly welcomed by the organizers of the upcoming festival season, which kicks off the second weekend of May with the Creston Valley Bird Fest (see page

5). It's the sixth edition of the popular event, which highlights the area's diverse ecosystem, home (either permanently or during migration) to a whopping 300 species — no wonder visitors attend from all over Canada and the United States!

A week later, that festival is followed by the 77th Creston Valley Blossom Festival. One of the big highlights is the announcement of the citizen of the year at the opening ceremonies, which this year will be headlined by a Kenny Rogers tribute. Downtown is the place to be for two of the biggest events: the Saturday parade, of course, and on Sunday, the Creston Valley Cruisers show and shine. This year is the 13th car show, which never fails to draw a crowd. Find the article elsewhere in the issue to learn more.

It's always a delight to read about local history in Creston Museum

manager Tammy Bradford's column. This month, she talks about the community working together to encourage talents in local youth. Her anecdotes date back several decades, but it's nice to know our community spirit hasn't dimmed.

Did you know that your backyard can be certified by a variety of organizations? Well, it can be, as avid gardeners Dave and Lillian Brummet explain in a special contribution to this month's issue.

Also, be sure to check out our regular items, where Mel Joy writes about Fly in the Fibre's sheep, Creston Mayor Ron Toyota highlights the town's exciting purchase of school district properties and Lower Kootenay Band Chief Jason Louie tells the history of the Yaqan Nukiy Powwow. Enjoy! ■

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PHOTO:  
LYLE GRISEDALE

# Birds of a Feather



STORY BY BRIAN LAWRENCE - I Love Creston Editor  
COVER PHOTO BY LYLE GRISEDALE

**W**hen Tanna Patterson visits a big city, one question always comes to her mind: Where are all the birds? Of course, there are some, but not as many as she sees in the Creston Valley — and those birds are vital to simply living.

“For city people, birds are that connection to nature,” says Patterson. “We need them not only for our own health, but for the health of the planet.”

The abundance of birds in and around Creston makes it an excellent location for the Creston Valley Bird Fest, which runs

May 11-13. Organized by an eight-member committee of the Creston Valley branch of Wildsight, a regional environmental

**“It’s really something to go out and see sixty birds in one outing”**

## “If you care about birds, you care about habitat”

organization, this spring's festival will be the sixth. If past years are any indication, it will attract birders from as far away as Ontario and Louisiana.

“People are really excited about the varieties they see,” says treasurer Terry Posynick. “It's really something to go out and see sixty birds in one outing.”

Patterson was the driving force behind the festival's creation, inspired by Invermere's Wings Over the Rockies bird festival — which overlaps Creston's from May 7-13 — where birders may find about 40 fewer species than the Creston Valley's 300.

“But they're not here all the time,” says Patterson. “Some are migrating through, and some stay all the time and nest here.”

Although Patterson has long enjoyed the outdoors — she has a diploma in fish and wildlife, and wrote the hiking guide *Exploring the Creston Valley* in 1989 — birding wasn't a particular interest. Her passion for promoting local birds was, though, what resonated with Posynick when Patterson was looking for a festival treasurer.

“We had a talk and she hooked me,” says Posynick.

It doesn't take much, says Patterson — the simplest aspects of birding are enough to lure newcomers.

“If you see those little goslings following mom and dad, that's the hook,” she says. “You keep people excited.”

The festival features a keynote address by James Duncan, a Montreal, Que., native whose research on the great gray owl earned him a PhD in 1992. He is currently director of the wildlife and fisheries branch of Manitoba's Sustainable Development Ministry, and is active in local, national and international biodiversity conservation initiatives. He has published numerous scientific papers and books on owls from around the world.

“Whenever he goes on holidays, he's studying owls, so he knows the owls of Mexico and the owls of Croatia,” says Patterson.

In addition to his keynote speech, he will also share his knowledge during an evening “owl prowling”, joined by Marc-André Beaucher, head of conservation programs at the Creston Valley Wildlife Management Area.

The weekend's youngest tour guide will be 11-year-old Gaelen Schnare of Nelson, an amateur birder and photographer, who has explored the Creston area extensively, and made presentations in Kootenay schools and seniors centres. He will lead a Saturday morning tour, and hopes to encourage other young people to become birders.

Other weekend events include Lower Kootenay Band member Wayne Louie discussing birding from a First Nations perspective, a photography workshop with Kimberley's Lyle Grisedale, a kayak tour with Paddle and Portage, and birdwatching sessions with Creston Valley Advance nature columnist Ed McMackin.

Although most of the valley's 13 owl species will be quietly nesting, those attending the events are guaranteed to see an abundance of orioles, bluebirds and hawks. And there may also be a few rarities, such as the Eurasian widgeons spotted amongst thousands of ducks at a previous festival or, perhaps, the rarely seen pectoral sandpiper, which caused quite a stir.

## Feature

“Flocks of people set up their cameras and scopes to look at a rather ordinary bird with yellow legs and a spotted chest,” says Patterson.

To add interest, the festival covers more than just birds, with art and agriculture part of the mix. On the agriculture side, those attending can register for tours of Swan Valley Honey or Kootenay Meadows, and the art aspect is covered by an owl drawing workshop led by Brandy Dyer or a needle felting class with Leah Wilson.

Creating an educational and fun weekend is a key to ensuring that birds’ role in the ecosystem isn’t forgotten.

“If you care about birds, you care about habitat,” says Patterson. “We need to keep people caring.”

It’s fortunate then, that some city dwellers have at least

some connection to birds. Posynick’s son, for example, lives on the sixth floor in Burnaby, and enjoys watching about 10 hummingbirds a day.

The opportunity to see more is a big draw for many attending the Creston Valley Bird Fest. About 60 per cent of attendees are from outside the Creston Valley, and Posynick and Patterson are excited to learn from the visitors and show off what the area has to offer.

“I love filling up the valley with naturalists and biologists,” says Patterson.

“I enjoy all the people I meet, and seeing people’s excitement,” says Posynick.

“They’re so much happier when they’re outside,” adds Patterson. ■

*To learn more or to register, visit [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca).*



PHOTO:  
LYLE GRISEDALE



# From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

## Town of Creston's Next Five Years

My personal vision of our community for the next five years is one of growth and enhanced vibrancy. Working together, we have the ability to map out a bright future. The Town of Creston's Official Community Plan (OCP) serves as the blueprint for this vision.

The OCP was adopted in May 2017 after an estimated 137,000 minutes of community input (the equivalent of 93 days of around-the-clock work!). As you may remember, community engagement consisted of community events, interviews, kitchen table talks, school visits and workshops, walkable challenge checklists, a scavenger hunt-style survey and more. Our OCP theme was "Freshly Picked Future" and that's what we, as a community, continue working toward.

Last month's announcement that the Town of Creston, with the support of the Regional District of Central Kootenay Electoral Areas A, B and C, had an accepted offer to

purchase key properties from School District No. 8 (Kootenay Lake) was great news for the community. This purchase meant that SD8 would continue its Homelinks, Wildflower and other school programs at the Creston Education Centre (CEC) for at least the next five years.

Additional opportunities for the CEC will be explored moving forward.

The other properties that the town purchased from SD8 were 1607 and 1621 Canyon St., the fenced area immediately adjacent to Highway 3 that excludes the Prince Charles Secondary School's playing field in its entirety. This area is a key to the future Highway 3 realignment, from Canyon onto Cook Street, a goal that the community spoke strongly to throughout the OCP process.

A common OCP theme was the desire to reclaim our downtown as a vibrant space that accommodates vehicles while prioritizing the

pedestrian experience — a clear link to economic development. The highway realignment also presents the opportunity to create wins for the high school's outdoor amenities — think about an enhanced playing field, tennis courts or... All it takes is a shift in thinking and approach.

With commitment to create win-win situations (rather than win-lose thinking), it is evident that this property acquisition represents a clear opportunity for the community at large. Imagine our downtown main street from 10th Avenue to 16th Avenue being made available for weekend markets and community events. Imagine sitting in an outdoor space visiting with friends without the impact of large trucks driving past. Imagine a hub where residents and visitors alike stop to shop and wander for the sheer enjoyment of the Creston experience.

I believe if we stay the course defined in our OCP, continue with strong and respectful leadership in the governance realm, and maintain our networks at the local, regional and provincial levels, we will continue to see big wins achieved for our community. Thank you! ■

Reach Creston Mayor Ron Toyota at 250-428- 2214 ext. 227 or ron.toyota@creston.ca.

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# Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

## Ki'suk kyukyit (greetings).

The Lower Kootenay Band Complex was constructed in 1990. The leadership of that day was committed to building a place that would serve so many purposes. The complex has a gymnasium for recreation. This became the site for the Lower Kootenay Band administration. The complex also housed our people in times of celebration and mourning.

The grand opening was in May 1990. There were dignitaries from all levels of government who attended. Following the ribbon cutting ceremony, a mini powwow was held. There was a feast with some great singing and dancing. At the conclusion of the mini powwow, the elders made an announcement.

They stated that we should make this powwow an annual event, that we should remember and be grateful for the gift of this building that we received.

In the early years, the Yaqaan Nukiy Powwow remained small in comparison to other powwows in the country. We could get by with fundraisers, such as car washes, raffles and bake sales. By the mid 1990s, the Yaqaan Nukiy Powwow became a destination powwow. Both indigenous and non-indigenous people traveled here from all corners of the world. Our once-mini powwow was put on the map and people jotted the dates on their calendars.

This year marks the 28th Yaqaan Nukiy Powwow. Many of the elders

from 1990 are no longer with us today but we honour their request to host this powwow annually. The dates of this year's powwow are May 19-20. We have only a handful of volunteers that tend to the needs of hundreds during the powwow. We are seeking volunteers to help us out this year. Volunteering is a great commitment; however, it is also very rewarding. We are preserving an ancient tradition and we wish to revive our culture.

This event showcases who the Yaqaan Nukiy people truly are. The powwow brings in visitors from Canada, the United States and even the world. For one weekend the population of Creston probably doubles in size, which is great for Creston's economy. We all benefit from this event and I extend an invitation for you and your family to attend on May 19 and 20 at the Lower Kootenay Band Complex.

Taxas. ■

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).

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# It Takes a Village...



BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

Last month, when I was talking to players and coaches about the 1978 provincial senior girls' basketball championships, it was made very clear that the support of the community and the dedication of the coaches were as vital to that team's success as the talent of the players. Here's another story in a similar vein, which was brought to my attention as a result of a little story we posted as part of our "On This Day" series on Facebook.

That story was simply an announcement that, on Nov. 21, 1969, nine-year-old Lori Kaiser won first place in the dance section of a recent Talent Nite. A short time later, Lori heard about the post and contacted me with the full story.

"If you are showcasing the clubs that supported our community, I would like to contribute," she told me. Lori built a career on ballet, studying the Royal Academy of Dance method at the University of Waterloo and in Vancouver, and going on to the very rewarding role of teacher for the Royal Academy of Dance until she retired in 1998.

Lori had talent, but she gives a lot of credit to "her dedicated and

encouraging parents," Pete Kaiser and Carol Lawrence, and the community for supporting her and helping her develop her talent into a career.

Let's start with the Creston Kiwanis Club, who sponsored the Talent Nite. I wasn't able to nail down exactly when these events started and stopped, but it's pretty obvious that the local Kiwanis Club spent decades showcasing local talent. I found references to their sponsorship of a local production of *The Whistlestop* in 1952, in addition to numerous photos from talent shows in the 1960s and early 1970s. Kiwanis sponsored the annual battle of the bands and, starting in 1967, took on the citizen of the year awards, too.

A key individual in recognizing and supporting local talent was band director Larry Ratcliffe, who joined the teaching staff in 1972 to replace the retiring Mr. Whittred. In the decade that he taught at the high school, he was known for showcasing the talents of all students, in the band program and elsewhere.

"Singers, dancers, exceptional musicians were all showcased," Lori recalls. "Over my five years of high school, Mr. Ratcliffe asked me to choreograph many dance numbers to be performed with the music played by the school band. My creativity was encouraged and developed through our beloved band leader."

It was not an easy job; with junior and senior band programs and a new beginner band for Grade 8 students, Ratcliffe juggled a very demanding schedule. All the bands were busy, playing

94, NOVEMBER 26, 1970

## LORI TOP PERFORMER



Congratulations go out to petite Miss Lori Kaiser, daughter of Mr. and Mrs. Pete Kaiser of Creston in winning the first prize for her performance on "Starlite Stairway" last Saturday evening. Lori will be returning to Spokane for the semi-finals in February. She performed a ballet solo.

for everything from school plays and assemblies to community events, such as the unveiling of a new clock at the rec centre. They participated in concerts and festivals around the Kootenays and even went on tour in the Lower Mainland and, in 1976, as far as Winnipeg.

It didn't help that his students were also busy. In the 1981 Prince Charles Secondary School yearbook, Ratcliffe declared his ambition to be "to create an extracurricular schedule of practices that won't conflict with basketball, hockey or jobs."

Organizing all that was a lot; making such a dedicated effort to support students outside of the band program was definitely going above and beyond. As Lori says, "Creston was privileged to have Mr. Ratcliffe as their school band leader."

The late 1960s and early 1970s, when Lori's dance talent was first being recognized, was also the time when live programming on local TV stations was at its height. And the longest-running

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## History

live-TV talent program in the U.S. was “Starlit Stairway” out of Spokane.

“It was Spokane’s answer to the Ed Sullivan Show,” explains a blog post I found at SpokaneTVHistory.com. “Every Saturday night at 6:30 you saw a procession of kids playing the trumpet, the banjo, the piano, the accordion, etc. There were baton twirlers, boys who kept eight plates spinning at once and chorus lines of tap-dancing nine-year-olds who watched each other to make sure they were in step.”

The show highlighted the talent of youngsters from throughout the Spokane area including, in 1970-1971, two girls from Creston: Lori Kaiser and Shelley Jobe. Just as at the Kiwanis Talent Nites, when 1,000 people filled the audience, Lori recalls phenomenal support from the community. “Saturday evenings through the season, the community sat in front of their televisions, rooting for their Creston girls,” she says. “I recall people I had never met surprisingly knowing my name and greeting me on the street with great encouragement.”

A few years later, Lori’s dancing career expanded beyond the resources of the Creston Valley. In 1974-1975, she earned a full scholarship to two master-class workshops with the ballet master of the Royal Winnipeg Ballet Company. The classes were offered in Vancouver — but the scholarship did not cover the transportation costs. “I was not aware of it then,” Lori adds, “but the Creston arts council donated to the finances of my trip to Vancouver for these classes.”

Thirty years after she retired from her dancing career, Lori told me, “I would like everyone to know how grateful I am for the community support. It was all because ‘it takes a village’ — and they did.”

Community support for local talent is still alive and well. The arts council offers bursaries to high school graduates going on to post-secondary education in the arts; and, even though

the Kiwanis Club no longer exists in Creston, there are still plenty of opportunities to showcase local talent. One of them is taking place in early May: Focus on Youth, which runs April 30-May 4 at Prince Charles Theatre. I

hope you’ll take the time to watch some of the concerts — perhaps you will see another young person taking their first steps on a life-long career in the arts. ■  
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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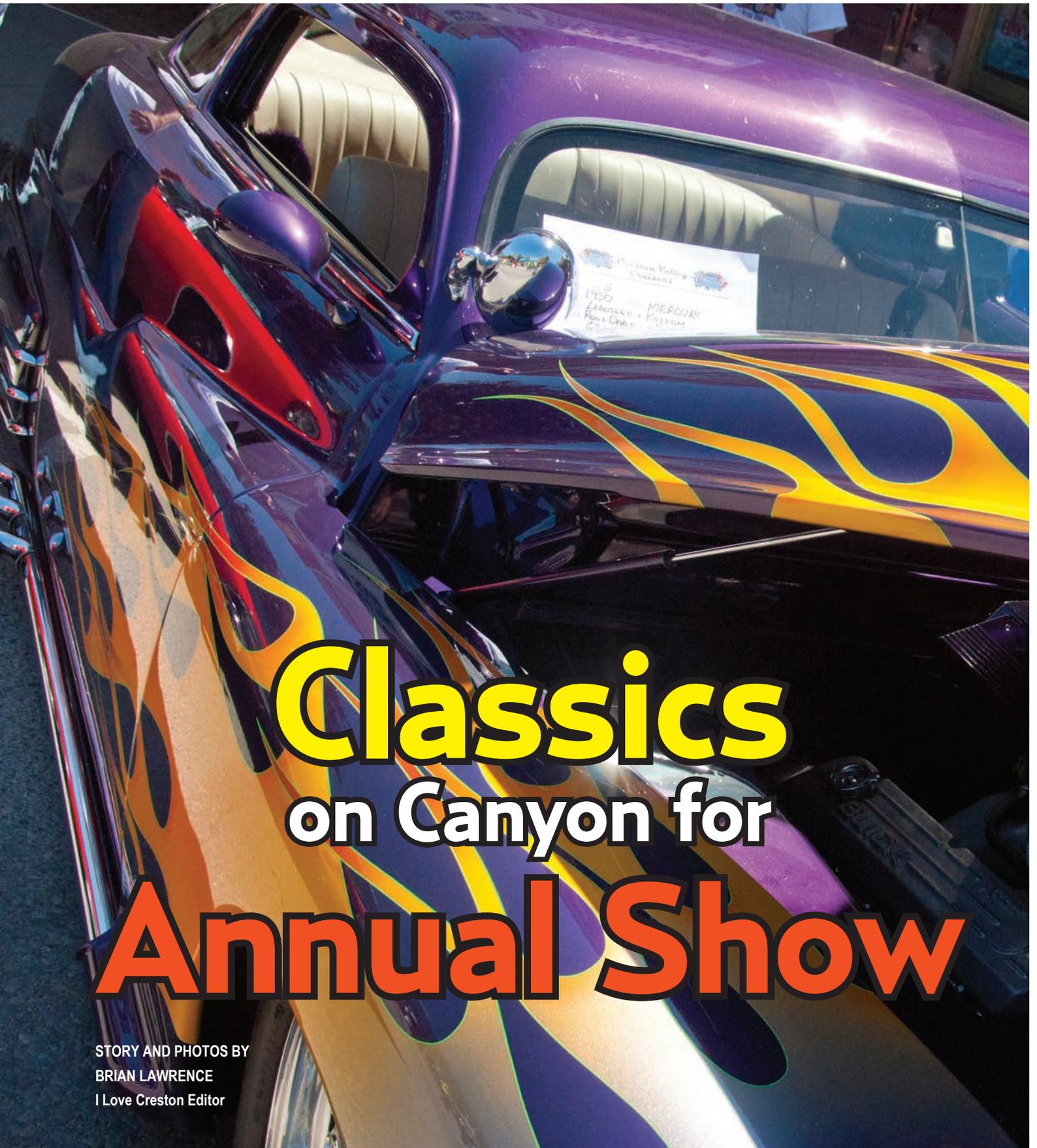
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# Classics on Canyon for Annual Show

STORY AND PHOTOS BY  
BRIAN LAWRENCE  
I Love Creston Editor

## Feature



Classic cars will line Canyon Street when the 13th annual Creston Valley Cruisers show and shine runs May 20, during the 77th Creston Valley Blossom Festival.

The event is an opportunity not only for enthusiasts to show off their vehicles but for spectators to get a closer look at about 100 entries.

"They enjoy the uniqueness of some of the cars," says past-president Lawrence Ward.

"They're there to talk about it, and the owners like to talk about it," says club member Rick Beauchamp.

And it's about more than checking out the cars and trucks. Spectators can try out food from several street vendors, vote for their favourite entry and visit downtown businesses in a "poker walk".

"Some stores open just for that," says Ward, naming Sue's Clotheslines as an example.

The Creston Valley Cruisers club started 32 years ago, by a group of enthusiasts interested in restoring, preserving and maintaining classic and custom cars. For some, cars are a hobby, and for others, including Beauchamp, they've been part of a career.

"Between driving and fixing them, that's all I've ever done," says Beauchamp, a journeyman mechanic who worked on cars and trucks. "I was



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“Between driving and fixing them, that’s all I’ve ever done”

always driving, even as a teen.”

“It’s basically the same for me, except the fixing part,” says club president Dave Nassichuk, who joined the Cruisers four years ago.

Beauchamp became a member of the Cruisers in 2010, and will have his 1966 Plymouth Valiant on the street for the May long weekend show. His car will be joined by Nassichuk’s 1968 Pontiac Firebird and 1970 Chevrolet C10 pickup, as well as Ward’s 1970 Dodge Demon.

## Feature

"It's a trick to find parts for all those," says Beauchamp. "I had to make my rear quarters. I'm sure somebody had them, but I couldn't find them."

In addition to the May show, club members are looking forward to a new event on Sept. 1 and 2: drag races, sponsored by Northstar GM, at the Creston Valley Airport. They also meet

up regularly, and travel to car shows in Nelson, Montana and northern Idaho.

The club has 36 members, with more planning to join, energized by the drag races. The current members are looking forward to seeing the newcomers' vehicles — and there are quite a few out there.

"There are lots of people in town who love the old stuff,"

says Beauchamp.

"There are so many cars in Creston and the valley that people don't see," says Nassichuk. "Guys have them in the garage." ■

*The Creston Valley Cruisers show and shine runs 9 a.m.-3 p.m. May 20 on Canyon Street.*

*To learn more about the club or register a vehicle for the event, visit [www.crestonvalleycruisers.com](http://www.crestonvalleycruisers.com).*

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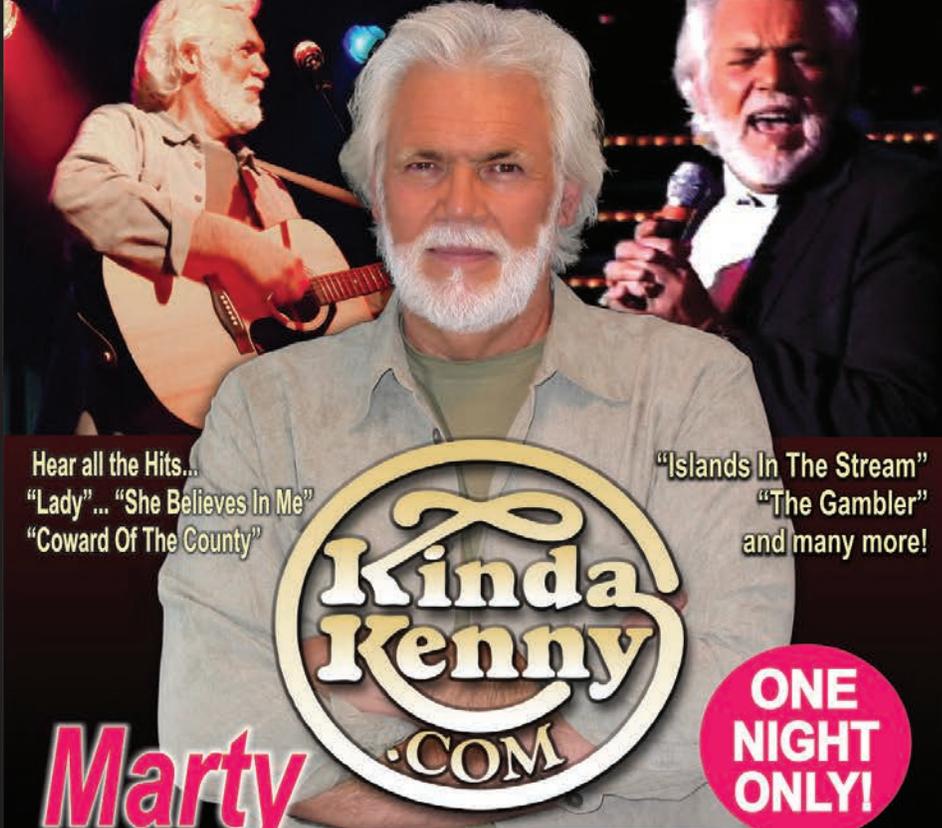
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- Teen Art Walk (Various venue displays)
- \*C.V. Wildlife Centre – Trails Open
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### SATURDAY, MAY 19

- \*Lions Club Breakfast
- Teen Art Walk (Various venue displays)
- \*STREET FAIR (Creston Lions Club)
- \*C.V. Wildlife Center – Trails Open
- \*Gold Panning
- \*Farmers' Market
- \*MOUNTED SHOOTING COMPETITION (free to spectators, watch for signs) Concession
- \*CV Flying Club–Fly Over (weather permitting)
- PARADE (Celebrating 100 yrs CV Fall Fair)
- \*Children's Fun/Games (Kidapoloza by Success By Six)
- ROOT BEER GARDEN (Carnival for youth)

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# Creston Valley Blossom Festival 77th Annual



## COMMUNITY EVENTS - FRIDAY, MAY 18 TO MONDAY, 21 (Subject to change)

LOCATION	TIMES
219 Devon St.	10am to 5pm
Downtown Core	All Day
Highway 3	24 hrs/7 days/wk
Stamped by local businesses (www.valleychamber.com for details)	All Day
Rec. Centre Arena, 312 – 19th Ave. N.	10am to 3pm
Legend Logos, 3560 Highway 21 S.	4pm to 8pm

**Prince Charles Theatre 7pm to 10pm**  
**Tickets available at Black Bear Books -**

Millennium Park 7pm to 11pm

LOCATION	TIMES
Canyon St. (Sunset Seed Lot)	7am to 11am
Downtown Core	All Day
Spirit Square 11th Ave. N. (at Canyon St.)	9am to 3pm
Highway 3	24 hrs/7 days/wk
Chamber of Commerce	9am to 2pm
Parking lot next to Chamber of Commerce	9am to 2pm
633 Indian Rd., off Lower Wynndel Rd.	10am to 2pm
Canyon St.	10:50 am
18th Ave. (Dairy Queen) to CV Mall	11:00 am start
College of the Rockies 16th Ave. South	12pm to 4pm
16th Ave (South of Millennium Park)	12pm to 4pm
Millennium Park	2pm to 5pm
830 Simon Rd. (LKB Gymnasium)	1pm to 5pm
219 Devon St.	1pm to 5pm
633 Indian Rd., off Lower Wynndel Rd.	2pm to 6pm

Stamped by local businesses  
(www.valleychamber.com for details)

830 Simon Rd.  
(LKB Gymnasium) 7pm to Midnight

SUNDAY, MAY 20	LOCATION	TIMES
*Knights of Columbus Western Breakfast	Catholic Church Hall, 128–16th Ave. N.	8am to Noon
Teen Art Walk (Various venue displays)	Downtown Core	All Day
*Blossom 5K & 10K Run	Canyon Park	9am
*C.V. Wildlife Center – Trails Open	11km West of Creston off Highway 3	24 hrs/7 days/wk
*CLASSIC CAR SHOW & Entertainment	Canyon St. - 10th Ave. to 16th Ave.	9am to 4pm
*Lions Concession – Chili /Dogs & Buns	Canyon St.	10am to 4pm
*Creston Museum (Farm Truck & Transport)	219 Devon St.	10am to 5pm
*EXTREME COWBOY CHALLENGE (free to spectators, watch for signs) Concession	633 Indian Rd., off Lower Wynndel Rd.	10am to 2pm
**Passport Program (www.crestonvalleychamber.com for details)	Get passport stamped by local businesses	All Day
*LKB POW WOW Grand Entrance	830 Simon Rd. (LKB Gymnasium)	1pm to 6pm
*Duck Race	Aquatic Centre, 312 – 19th Ave. N.	1 pm Start
*MOUNTED SHOOTING COMPETITION (free to spectators, watch for signs) Concession	633 Indian Rd., off Lower Wynndel Rd.	2pm to 6pm

MONDAY, MAY 21	LOCATION	TIMES
*C.V. Wildlife Center – Trails Open	Highway 3	24 hrs/7 days/wk
Teen Art Walk (Various venue displays)	Downtown Core	All Day
*Creston Museum	219 Devon St.	10am to 5pm
*CHILDREN'S PARADE (Lions Club) NEW PARADE ROUTE	Start at Millennium Park, along Cedar Str to Centennial Park	11am
*CHILDREN'S PICNIC (Lions Club) 50 – 50 BUTTON DRAW & PASSPORT DRAW	Centennial Park	Following Parade
*FREE PUBLIC SWIM (Success by Six)	Announce Winners	12:30pm
	Aquatic Centre, 312 – 19th Ave. N.	2pm to 4pm

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

[www.blossomfestival.ca](http://www.blossomfestival.ca)





# Creston Valley Blossom Festival 77th Annual

## 'Kenny Rogers' Opening Blossom Festival

BY HUGH JOHNSTON

On May 19, the 77th edition of the Creston Valley Blossom Festival kicks off with a performance by a Kenny Rogers tribute show starring Marty Edwards and the Gamblers. The evening also include the opening ceremonies and the announcement of the 2018 citizen of the year.

Kinda Kenny best describes Edwards' music. No stranger to the world of popular music, he realized he was on to something when he

discovered that not only could he sing the music of Kenny Rogers, but with some styling adjustments he also looks like the country/pop music star. His tribute shows have taken him all over North America, Malaysia, England, Ireland, New Zealand and Australia. On television he has appeared as a guest on the Oprah show and the Tonight Show starring Jay Leno.

Edwards has been packing them in as audiences remember the music of Kenny Rogers, including songs like

"Lady", "Ruby", "Islands in the Stream", "She Believes in Me", "Coward of the County", "Lucille" and "Rueben James", to name a few.

Marty Edwards and the Gamblers are more than Kinda Kenny — they are the real deal. Kenny Rogers fans are advised to pick up tickets now as there is only one show and it will surely sell out quickly. ■

*Tickets to the Creston Valley Blossom Festival opening ceremonies and concert are available at Black Bear Books.*

### VENDORS WANTED FOR BLOSSOM FESTIVAL

Creston Valley Blossom Festival needs vendors for the **Lions 11th Ave. Street Fair** May 19, 2018 **Space is limited!**

To book your space or to book a table email [myjohnrnason009@gmail.com](mailto:myjohnrnason009@gmail.com), or phone Myrna Johnson at 250-428-7868 or Larry Finley at 250-428-2829

**IMPORTANT NOTICE**  
**CRESTON LIONS CLUB CHILDREN'S PARADE ROUTE CHANGE**  
**Monday, May 21<sup>st</sup>, 2018 – START 11:00 AM**

For the safety of the children, the Blossom Festival Children's Parade route has changed. It will start at the parking lot south of Millennium Park at the intersection of Cedar Street and 16<sup>th</sup> Avenue S.

**2018 Blossom Festival Children's Parade Route**

Map labels include: Cedar Street, Birch Street, 11th Avenue South, Ash Street, Millennium Park, Centennial Park, and a START/FINISH marker.

# Creston Valley <sup>77th Annual</sup> Blossom Festival



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**MAY EVENT CALENDAR**

**Friday, May 11th**  
Return of the Baker St Blues Band

**Saturday, May 19th**  
Jurassic Mike

**Saturday, May 26th**  
Evan the Barrel Maker Country

---

All Showtimes are at 7:30 pm  
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# Creston Valley Blossom Festival 77th Annual

## MAY EVENTS

**MAY 5**  
Jam Night - 8pm  
Hosted by Brad and Kyran

**MAY 12**  
Karaoke Night - 9pm  
Hosted by Derek Kemle

**MAY 13**  
Mother's Day Featured Menu  
Call us for menu details & reservations

**MAY 18 & 19**  
Sean Hogan Live from our patio  
(depending on weather) - 9pm  
CCMA Award Winning Country Rock Musician

Happy Mother's Day and a Happy Blossom Fest from our family to yours!

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# Creston Valley 77th Annual Blossom Festival



Join us for the  
77th Annual  
Creston Valley  
**BLOSSOM  
FESTIVAL**  
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May 18<sup>th</sup> - 21<sup>st</sup>, 2018



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PHOTOS:  
BRIAN LAWRENCE

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Sunday, May 20  
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# HAPPY Mother's Day

## Mother's Day Around the World

[www.mothersdaycelebration.com/mothers-day-around-world.html](http://www.mothersdaycelebration.com/mothers-day-around-world.html)

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

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

fourth Sunday in the month of Lent.

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

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

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

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

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

**Mother's Day is May 14**



**Mother's Day  
Roses**

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**Moms!**



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# HAPPY Mother's Day

## Honouring Mothers Across the Globe

### NEWS CANADA

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

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

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

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

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

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

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

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

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

For more information, visit [www.beautifulworld.org](http://www.beautifulworld.org).

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# Slo-pitch Tourney Leading to World Series

CRESTON VALLEY CHAMBER OF COMMERCE  
The Creston Valley Chamber of Commerce will be hosting the Eve of Summer Slo-pitch Qualifier, sanctioned by the National Slo-Pitch Athletics Enterprise of Canada, from June 1-3.

Twenty-four teams will use multiple playing fields in and around Creston with the top eight teams qualifying for the NSA Canada 2018 Men's and Women's World Series in Kamloops from Aug. 31-Sept. 3.

There will be two divisions competing: the serious-and-fun division of 16 teams will compete for eight world series qualification spaces, and the strictly-fun division will consist of eight teams competing for prizes and glory.

This inaugural event will feature fun and exciting events throughout the weekend for both the tournament players and the residents of the Creston Valley. Features of the weekend include, but are not limited to, a home run derby, outdoor evening concert, outdoor market and beer garden.

“As a chamber of commerce, we are always looking at doing events that will bring business to our members and community,” says chamber manager Vern Gorham. “We anticipate over 500 people coming to Creston from out of town for this tournament. These folks will be eating in our restaurants, sleeping in our local accommodations and shopping in our stores. The local economic benefit will be substantial.”

Each team attending the weekend will receive a Gold Rush swag bag that will feature products and services from the Creston Valley community, highlighting local businesses and attractions in the area. This will be an opportunity for local businesses to get noticed by guests very affordably.

The first-place team of the competitive division will win \$1,500, with the second-place team winning \$750. The top finisher in the strictly-fun division will win \$350 plus two slo-pitch bats. There will be other prizes



**Evening Market and Beer Garden, with Live Music by MIKE STENHOUSE (FRIDAY) and SHAVER'S BENCH (SATURDAY)**

**GAMES AT FIVE LOCATIONS:**  
Creston & District Community Complex  
Canyon Park  
Lister Park  
Lower Kootenay Band  
Centennial Park

Qualifier for  
**National Slo-Pitch Athletics Enterprise of Canada**  
Top 8 Teams Advance to Canadian World Series

**TEAM REGISTRATION ENDS MAY 22!**  
• \$350 per team • 3-game guarantee • 7/3 format

**More info at [www.crestonvalleychamber.com/2018-slo-pitch](http://www.crestonvalleychamber.com/2018-slo-pitch)**

and awards that will be announced closer to the event.

“Our local slo-pitch association has been fantastic in helping us plan this event, and with their guidance, I am confident that we can pull this event off at a very high level,” says Gorham. “It is our hope that this will become an annual event, and a weekend for all of Creston to get involved and have some fun — and for our businesses to make some money.” ■

To learn more, register a team or volunteer, contact the Creston Valley Chamber of Commerce at [manager@crestonvalleychamber.com](mailto:manager@crestonvalleychamber.com) or 250-428-5151.





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# Couple Awarded for Backyard Habitat

BY DAVE & LILLIAN BRUMMET

The Kootenays are filled with passionate gardeners and farmers that are striving to be as green and eco-friendly as possible.

Backyard certification is a means for organizations to celebrate and acknowledge diverse backyards (or farms) with water sources, gardens and trees that are providing habitat for bees, butterflies, bats, birds, frogs and humans.

Creston gardeners Dave and Lillian Brummet had the honor of being awarded their first backyard habitat certification for their Grand Forks home almost 10 years ago.

“When we purchased that double corner lot, it had been a rental for a long time,” says Dave. “When we looked into the history of the property, we learned that many years ago it belonged to a backyard mechanic, and before that it had been the site of a repair yard for the railway at the turn of the century. Because of this, the earth was compact, rocky, heavy clay, and what little greenery that survived there was mostly weeds.”

After putting in so much effort into

that property, it was difficult to leave when it was reaching maturity and the peak of its beauty. However, it was important for them to follow their dream and move to Creston.

“Because this Creston property did not have toxins in the soil, we were able to use any excess earth and sod to layer into our three-bin compost system,” says Lillian. “Our focus was to build good soil before we did anything else. We’ve been here seven years now and while much of the yard is still young and has yet to reach its potential, it has become our own little park. It has been a great reward to receive four different certifications for our efforts.”

The certifications came from Pollination Canada (bee friendly farm), the National Wildlife Federation (wildlife habitat), the Canadian Wildlife Federation (wildlife friendly habitat) and the North American Butterfly Association (butterfly garden).

Landscaping now surrounds their home, including 12 shrubs, 11 trees, hundreds of perennial bulbs, grapevines, dozens of berries, various perennial flowers and herbs, nine

raised gardening beds and four water features. The Brummets also hang suet blocks in the largest evergreen tree and a hummingbird feeder off the deck.

Having created new, lush habitat at both properties, they have come to see gardening as more than a healthy hobby because it makes a real difference in the world.

“We noticed increasing numbers and diversity of birds, butterflies and insects,” says Lillian. “Frogs and dragonflies abruptly appeared, bringing delight into our day. It is important to note that the plants we’ve put in so far will help mitigate global warming, currently absorbing more than 1,875 kilograms of pollution and releasing enough oxygen for twenty-five people every single year. Just wait until they are mature! The property is noticeably cooler — during the peak summer months, pedestrians often pause to enjoy the shade and watch the butterflies.”

“Gardeners should know that by greening up their homes they not only increase property value and reduce energy costs, dust, and noise — it also

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## Outdoors

gives everyone a little more privacy,” says Dave. “The organizations that issue these certifications use the funds raised to run a variety of services; they also play a role in increasing scientific data. Their signs are durable and are easy to install on a fence panel or post. It will prompt visitors to think about what it means and that inspires them to do something similar to green their own spaces and make their property special as well, which is important when it comes to selling.” ■

Free gardening resources via blog and radio at [www.BrummetMedia.ca](http://www.BrummetMedia.ca).



PHOTO: DAVE BRUMMET  
Creston gardeners Dave and Lillian Brummet have earned four certifications for their backyard garden and habitat.

To learn more about eco-friendly gardening resources, links, guides and certification, visit:

•Pollination Canada ([pollinationcanada.ca](http://pollinationcanada.ca)) •North American Butterfly Association ([nappc.org](http://nappc.org)) •Xerces Society For Invertebrate Conservation ([xerces.org](http://xerces.org)) •Bee Better Certification ([beebettercertified.org](http://beebettercertified.org)) •Fun activities ([xerces.org/citizen-science](http://xerces.org/citizen-science)) •Canadian Honey Council ([honeycouncil.ca](http://honeycouncil.ca)) •Backyard Habitat Certification Program ([backyardhabitats.org](http://backyardhabitats.org)) •Canadian Wildlife Federation Wildlife Friendly Habitat Certification ([cwf-fcf.org](http://cwf-fcf.org)) •National Wildlife Federation’s Garden for Wildlife Habitat Certification ([nwf.org](http://nwf.org)) •Habitat Network ([content.yardmap.org](http://content.yardmap.org))

# 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.

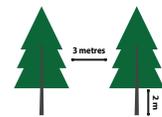


## Zone 3 30-100 meters



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)

# The Making of a Sheep

BY MEL JOY

Fly in the Fibre

One particularly interesting thing about creating an object that you can picture in your mind is that it very rarely turns out the way you think it will. When the piece is created, the artist can go two ways: try to perfect it to what they had in mind or they can let it go and move on. Our sheep has its own personality and he decided when I was done.

The sheep has no name. Actually, some days he doesn't have an identity, either. He has been called a dog and sometimes a cow. I don't believe his feelings are hurt as he

understands that art is filtered through the eye of the beholder. My feelings are sometimes singed with his identity confusion but, really, I am only the creator; it's not all about me.

The sheep was created at the Art Barn with Beth Swalwell. If you have not yet attended a class there, I highly recommend it. Beth's creativity and knowledge, and her overall willingness to allow you to express your artistic soul with her help and guidance will enable you to create something you didn't know you had in you. Beth stretched my mind to embrace a process I had no knowledge about.

Created out of recycled shirts from my husband's drawer, an afghan from Gleaners that was made with love by an unknown contributor and some Paverpol (a unique textile hardener) the sheep was born out of three days of blood, sweat and tears. If you haven't yet experienced Paverpol, look it up — there are amazing sculptures made from this medium.

Everything about our sheep was unexpected — the size, the process, the colour, and his beautiful button eyes. I wouldn't change a thing about him. ■

**CHECK OUT OUR MONTHLY CLASSES**  
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PHOTO: MEL JOY  
 He has no name, but this sheep made using Paverpol has his own personality.



# Time to Talk About Nettle

BY MAYA SKALINSKA  
Master Herbalist, Registered Herbal Therapist

With a cold start to our spring this year, there's still plenty of time to get your nettle. Nettle leaf is among the most valuable herbal remedies. It's packed with nutrients and grows abundantly all over the Kootenays.

It is rich in protein, iron, boron, calcium, potassium, sulphur, vitamin A, B complex, vitamin C, chlorophyll and antioxidants, as well as many constituents that have anti-inflammatory, diuretic, anti-allergenic, decongestant, expectorant and tonifying effects, just to name a few. So, what does this all mean?

Nettle's iron content makes it a wonderful blood builder, and the presence of vitamin C aids in the iron absorption, which makes nettle an excellent herb for anemia and fatigue.

Boron is a trace mineral essential for healthy bones, as it helps bones retain calcium. It also has a beneficial influence on the body's endocrine (hormonal) system, as hormones play a role in helping the body maintain healthy bones and joints. The boron and calcium combination helps prevent osteoporosis.

The antioxidants and high levels of potassium and chlorophyll help with cardiovascular disorders and immune deficiency.

On top of that, nettle leaf is very effective for arthritis, rheumatism, gout, kidney disease, fluid retention and bladder infections. It also gently cleanses the body of metabolic wastes, and has a stimulating effect on the lymphatic system, enhancing the excretion of wastes through the kidneys. It's a perfect, gentle spring cleanser.

To harvest nettles, wear long sleeves, gloves and boots. Using scissors, cut five to seven inches from the top. Do not harvest nettle that's already gone to seed. To dry, hang it in bunches, upside down, in a well ventilated area. I find twist ties work great for keeping the bunches together. Once dried, remove the leaves from the stems (I still wear gloves for this) and store in a glass container away from direct sunlight. In case you do get stung, rubbing rosemary, mint or sage leaves takes the sting out. If you have arthritis in your hands or wrists (and if you're brave) try not to wear gloves. The sting is an effective medicine for arthritis.

To treat yourself to a spring tonic, I recommend two to three cups of nettle tea per day, made with two or three teaspoons dried leaf, steeped 10 to 15 minutes in a pint of boiling hot water. Do this for two to three weeks to increase vitality.

As food, you can steam or stir fry just as you would any greens with a little butter and balsamic vinegar. I love a sprinkle of goat feta on top. Cooking nettle leaf takes away the sting. There are many great recipes for nettle soups. I always make enough soup to freeze for winter dinners when I am missing my fresh nutrient-dense greens. Nettle soup seems to be a wonderful alternative.

We are so blessed to have these amazing plants growing in our back yards. Why not take advantage of these marvelous gifts from Mother Earth? ■

*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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# Do You Suffer From Allergies?

## VITAL HEALTH

An allergy is a sensitivity to a particular substance that is ordinarily harmless to some people but can cause a reaction in others. An allergy indicates that the immune system is trying to fight foreign substances that enter the body from the environment, substances like dust, pollen, cosmetics, perfumes, metals, animal dander, smoke, moulds and undigested foods. Any food may pose a threat to anyone at any particular time.

The body's allergic reaction to the allergen may manifest itself as hay fever, sinus inflammation, asthma, hives or other skin problems, high blood pressure, abnormal fatigue, constipation, cramps, stomach ulcers, dizziness, headache, mental disorders, behaviour problems, hyperactivity, hypoglycemia and nausea.

Susceptibility to an allergen depends on several factors, including heredity and the condition of the body's immune system. Stress, diet, insufficient sleep, emotional traumas and infections can predispose the body to allergic reactions. A healthy body can resist allergens, but a lack of any one nutrient can increase cell permeability, allowing easy entrance by foreign substances.

Allergens enter the body in numerous ways. They may enter through the skin from cosmetics, soaps, dyes, leather, animal substances, metals, insect bites, poison oak or ivy; they can be inhaled and taken in by the mucous membranes of the nose from pollen, dust, mould, mites, smoke, perfumes

and airborne chemicals; they may be injected from drugs or vaccines; or they can be ingested and absorbed through the intestinal tract from food, water, medicines, bacteria or moulds.

Our body's immune system is designed to correctly identify and differentiate between self and non-self, and what our body needs and what is foreign. When it encounters foreign substances, it reacts by making antibodies or releasing certain chemicals, such as histamines, and symptoms are produced.

Related to allergies are hypersensitivities, allergy-like reactions that are distinguished from immediate allergies by the fact that hypersensitivity reactions are usually delayed, with symptoms appearing several hours or even days after exposure. This could likely be a neuroendocrine interaction rather than a true allergy.

The causes of allergies are indeed a complex issue. Everything from our genes to our spiritual awareness is a factor, with diet and stress levels being especially important.

Just as there are many causes and many symptoms related to allergies, there are many nutrients and supplements that may be helpful in reducing allergic symptoms and allow improved function.

Along with nutritional supplements, herbal remedies, homeopathy and other modalities, there are other suggestions we can offer you. Treatments will range from person to person.

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# BE NEIGHBOURLY

## 10 Tips to Be a Good Neighbor

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

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

### 1. Say hello.

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

### 2. Turn your music down.

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

### 3. Close your garage door.

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

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

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

### 5. Reach out.

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

### 6. Maintain your yard.

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

### 7. Position outside lights with care.

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

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

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

### 9. Be a good driver.

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

### 10. Discuss problems in person.

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



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