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# BURN AWARENESS WEEK

February 3rd to 9th, 2019

## Safety Tips

**Hot water scalds are the leading cause of burns to young children. The vast majority of these burn injuries are preventable.**

- When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.
- Always test young children's bath and sink water before using. When bathing children, never leave them unattended as they may turn on the hot water or slip in your absence.
- Be very careful when drinking HOT liquids, especially around children. At 60°C (140°F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures.

**Playing with matches and lighters is one of the leading causes of fire deaths to young children. The vast majority of these burn injuries are preventable.**

- Matches and lighters are tools for grownups, and not toys to be played with. Reinforce the concept that like power tools or a knife, the match is a tool with specific uses.
- Discuss GOOD FIRES and BAD FIRES and how matches and lighters are to be used in a responsible manner.
- Discuss the importance of keeping all matches and lighters stored high out of the reach of young children. It reduces the temptation to experiment with fire. If need be, lock up matches and lighters.

Discuss strategies for children on how they can get out of situations that involve fire setting and peer pressure. Define issues such as arson and the law, children taking responsibility for fire-setting actions, paying restitution and making good choices.



**On average, every person in this country will experience at least two kitchen fires during their lifetime.**

- Discuss the dangers around the stove. Teach children to never touch anything on the stove, or to open the oven. Children should not use stoves until they are old enough to safely handle items, reach cooking surfaces, and are mature enough to understand safety procedures.
- Instruct children to stay away from adults who are busy preparing food. Adults should always turn pot handles inward when cooking.
- Children should be supervised while in the kitchen. Talk about safe places to play. The kitchen is not one of them.
- Discuss the dangers of climbing on counters or getting too close to hot appliances and hot food.
- Kitchen and appliance safety is important in every household. Burns received in the kitchen are usually a result of scalds from hot foods or liquids, or contact burns from hot appliances. More fires start in the kitchen than any other location in the home.
- Teach and practice STOP, DROP & ROLL. If a child's clothes catch on fire, they STOP where they are, cover their face with their hands (unless their hands are burning), DROP to the ground, and ROLL over and over until the fire is out.

**Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.**

- Children need to know the correct procedure for cooling a burn injury. Within seconds of a burn injury the burned area should be placed in, or flushed with, cool water. Keep the burned area in the cool water for 10 to 15 minutes. NEVER use ice, ointments or butter.
- If they are burned, tell children to immediately seek assistance from an adult.
- If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9-1-1, or your community's local emergency number.
- Children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time.
- Exposure for just five seconds to water which is 60°C (140°F) can result in a full thickness or third degree burns.

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TOWN of CRESTON

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# Inside

It is the first issue of 2019 and, like a lot of things early in the New Year, we start off a bit slower. Some of our regular contributors are not available for this issue. We look forward to their stories next issue.

The feature article looks at a service that supports a vital cog in our community, farmers and agriculture. Growers Supply Company is a commercial wholesale supplier of Orchard, Vineyard and Farm Products, Lawn and Garden Supplies and Irrigation. Serving growers since 1937, the Creston Warehouse is located on 35th Avenue South.

Mayor Toyota writes about the history of our Fire Department, dating back to 1899. With the successful referendum to build a new Fire Hall, the Mayor introduces the "Mayor's Fire Fund" to solicit donations as a means to reduce the mortgage on the new hall.

Chief Louie, recently elected to a third term as Chief of the Lower Kootenay Band, talks about seeking greatness in their economic development strategies with the goal of gaining self-sufficiency. Already owning exciting businesses like Ainsworth

Hot Springs and Morris Flowers, Chief Louie introduces their new market garden.

Always interesting, our regular museum feature with Tammy Bradford is asking for your input. Working on a timeline gallery exhibit that looks at how the community got to be what it is today, the museum wants help identifying "catalysts of change" that affected the community from the 1950's through the 1980's and into current times.

From the arts community, we learn a bit of the creative process and of the value of complimenting local artists. And, while the Thundercats Junior Hockey team has had a disappointing season they take an optimistic look to the future.

I Love Creston magazine feature general interest stories about the people of our community. Offering a true cross section of life in the Creston Valley, regular contributors cover topics including the arts, outdoor recreation, agriculture, health and history. You can view past articles online at <http://ilovecreston.com/> and if you have an event or business or organization that you want covered, drop us a line at [editor@ILoveCreston.com](mailto:editor@ILoveCreston.com). ♥

## Feature

### 05 Creston Warehouse

Serving growers since 1937



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# A GROWING BUSINESS

BY JIM JACOBSEN

PHOTOS BY DENNIS CHARLES

**I**t is no secret the Creston Valley has a rich, diverse agricultural presence with an abundance of farmland and agriculture related businesses. The two biggest community events - the

Blossom Festival and the Fall Fair – both pay homage to our agricultural history with the Fall Fair celebrating its’ 100th in 2018. We see examples of it in our daily lives in all corners of the

valley - from pastures to vineyards to orchards to gardens, driving alongside tractors and hay wagons or driving past the iconic grain elevators downtown. We shop at the numerous commercial fruit and vegetable stands, dozens of roadside and farm gate sales, and the award-winning Creston Valley Farmers’ Market. Local eateries celebrate local foods (and drink) and we take advantage of the 10 Mile Diet.

The longtime home of Kokanee beer, the value-added ag industry has boomed the last several years with wines, cheeses, juice, jams and jellies, meats, milk, confectionaries, local grains, honey, and more in the



works. Creston cherries are famous the world over and the valley is gaining attention for its' collaborative Fields Forward initiative.

Not lost in all of this abundance is the need to supply our many farmers and market gardeners with wares to help grow their business. One such business is Creston Growers Supply located at 754 – 35th Avenue South in Erickson. Owned by growers to supply growers, their goal is to “assist in

producing the highest quality crops possible”. The location is managed by Grant Penn and includes four full-time employees with an additional seasonal employee.

The Creston location has served many purposes including a fruit packing shed, a curling rink and a third party warehouse. The 52,000 square foot warehouse has operated under several names, most recently Okanagan Tree Fruit Coop, BC Tree Fruits and since 2014, Growers Supply.

Growers Supply has served the agriculture community for over seventy-five years. They are a full-service wholesale farm supply business that offers a variety of products from crop protection for orchards and vineyards, farm products, lawn and garden supplies, and irrigation equipment. “Our main business is providing the crop inputs that growers require, typically tailored to the commercial farmer”, said Penn.

As a warehouse registered under the Agricultural Warehousing Standards Association, Creston Growers Supply sells regulated fungicides, insecticides, and herbicides. There are two certified pesticide dispensers on staff, including Penn. The dispensers assist with compliance to BC Environment's Integrated Pest Management Act which regulates the sale, storage, and use of pesticides. For the commercial products (names such as Ignite, Cantus, Delegate, Grazon XC, and Rozol) you have to either have an acreage suitable for generating a farm income (that is, not a home gardener) or have a pesticide applicators license.

Other items such as organic fertilizers, landscape fabric, and packaging (produce bags, fruit boxes, and Keyes fibre baskets) are available for both small and large scale farmers to purchase. Many of the products are available only in bulk sizes. “We are not a true retail store, as is the case with the other Growers Supply locations in the Okanagan”, Penn noted. “You can't walk in and pick things off a shelf. We work

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with the professional growers to bring in the supplies they need in a timely fashion. For the backyard gardener, we typically refer them to our local retail partners.” They do stock popular and seasonal items; things like nutrients, sprays required for the fruit industry, orchard ladders, grafting/pruning supplies, and packaging.

“We also offer specialty services such as soil testing and tissue analysis as well as professional irrigation design”, Penn added. Growers Supply partners with other organizations to further assist growers. In the summer they work with BC Tree Fruits who receive, grade, wash and store cherries bound for export. The facility also continues to provide

more general warehouse services for local customers. “We’ve also hosted the Clean Farms safe pesticide removal program, provide product information and crop input financing options. We work to ensure our local growers have the tools and resources they need”.

As the Creston agricultural scene grows, so does Growers Supply. Penn explains, “We are seeing an increase in acres being planted in cherries, apples, and mixed vegetables throughout the valley plus the emergence of the cannabis industry.” With new crops come different demands. Newly planted trees have different requirements than established trees. Every year is

different, too. The weather plays a huge role in determining what, how much, and when, farmers require products. “That means we have to communicate with the growers to keep on top of their needs, whatever they require,” concluded Penn.

Whether you have hundreds of fruit trees, acres of grains, sell your wares at the farmers’ market, prune trees or otherwise work in the industry, Creston Growers Supply provides all your growing needs. If you need it to grow something, Growers Supply can provide it.

**Located at 754 – 35th Avenue South in Erickson  
For more information call 250 – 428 – 2125 or  
[www.GrowersSupplyBC.com](http://www.GrowersSupplyBC.com)**





## From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

### My "Mayor's Fire Fund" Proposal

The Village of Creston established, by a motion of committee, to form a Fire Department on February 21, 1899, at their meeting held at the Sirdar Hotel. A motion was also made to appoint Mr. Joseph Wilson as the first Fire Chief of the Fire Department. The first Creston Fire Department volunteers list contained 29 names. In 1925, Matt York was named full-time Fire Chief and a building was purchased on 11th Avenue North for use as a fire hall. This building was demolished in 1961 and a new fire hall was

constructed on 11th Avenue North (next to the Credit Union) in 1962. In 1976, fire protection was extended by way of an agreement with the Regional District of Central Kootenay. In July 1980, Reginald (Reg) Longhurst was hired as Fire Chief and grew the Creston Fire Department from less than 12 volunteer firefighters to a membership of 21 firefighters (part-time, paid on call) upon his retirement in August 2000. In 1981, the Town purchased the old Overwaitea store on 10th Avenue North and converted it into the Fire Hall we know today. In 2014, our WEP (Work Experience Program) was created and with the addition of the five WEP firefighters, enrollment in the Creston Fire Department increased to 32 active members. Today, in 2019, Creston Fire Rescue has an enrollment of approximately 34 members. This is just a brief synopsis of the in-depth history of the evolution of the Creston Fire Department which is located on the Town of Creston website - [www.creston.ca](http://www.creston.ca) (Government/Fire Department/Our History).

The growth of the department meant that there was a lack of space at the existing Fire Hall to conduct weekly training sessions. In 2010, the development of the firefighter training grounds began. This property, located on

Davis Street (the old municipal dump site) was donated by the Town. The development of these training grounds over the years has been made possible by the generous contributions (dollars and in-kind) from the firefighters, private citizens, and various community organizations. Every Thursday evening, Creston Fire Rescue conducts training sessions which generally take place at the firefighter training grounds. The development has been slow and steady!

With the successful referendum in 2018, the citizens of the Town of Creston have authorized the Town to borrow \$4.5 million to construct a new Fire Hall. My "Mayor's Fire Fund" proposal is to raise monies to reduce our mortgage borrowing for the new Fire Hall and to complete the Firefighters Training Centre which needs approximately \$100,000 for completion. As Mayor, I will personally donate \$2,000 in 2019 (\$1,000 for our Fire Hall and \$1,000 for our Firefighters Training Centre) and I will make pledges of \$1,000 in 2020 and \$1,000 in 2021 towards the Fire Hall mortgage – a commitment of \$4,000. I encourage individuals, families, and community groups to join me in contributing to these invaluable projects! Any amount is appreciated and tax receipts will be issued by the Town of Creston. By contributing, you will be helping to ensure that our new Fire Hall and Firefighter Training Facility will continue to serve the Town and the Creston Valley for the next 50 plus years! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at [ron.toyota@creston.ca](mailto:ron.toyota@creston.ca) or call 250 428 2214 (extension 227)



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# Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

## Beginning of the next four years

**K**i'suk kyukyit kukunmakut (greetings).

Happy New Year readers of I Love Creston. This past November I was re-elected to a third term as Chief of the Lower Kootenay Band. This month will be the beginning of the next four years. I will not forget how I got here for a third term. It was the voting members of the Lower Kootenay Band who once again instilled their confidence in me. Most importantly, after the legal matters that I dealt with for almost 8 years, I have been vindicated. Our democracy has spoken and now is the time to move our people forward.

We will strive for much-needed healing and will continue to seek greatness in our economic development strategies. Our vision is to create our own economy. An economy where we become self-sufficient not having such a reliance on the Federal Government for existence and survival. For far too long our community was merely trying to survive in this world. We wish to do an about-face from surviving to thriving. The road to that place will not be easy. It will take teamwork from all who want something better. All we have to do is believe. Believe that we deserve the best. Believe in the higher power and the power of prayer. Prayer and that deep belief have brought us this far now we must continue this journey together.

We want the world to know who we are! We want you to bring your families to visit our beautiful Ainsworth Hot Springs! Please shop at Morris Flowers! These businesses are proudly owned by the Lower Kootenay Band! Soon, in the near future, you will be able to purchase fresh produce from our Market Garden. Soon you will be able to purchase cherries as we have entered into a partnership with a local orchardist.

We will begin construction of our Health Building and Administration Office later in 2019. We will begin construction of the much-needed Alcohol and Drug Treatment Centre in the near future. We want our indigenous peoples to become well and offer the gifts that they have to contribute to community and society.

We want life to be better for all of our indigenous citizens.

As I begin a third term as Chief of the Lower Kootenay Band I realize that I cannot accomplish any of these tasks alone. I will rely on the LKB Council members, LKB Staff, and most importantly, the citizens of the Lower Kootenay Band to achieve our goals. I call upon the Creator to always help me to remember to always be humble. Always remember how I got here. Keep the ego in check and remember the ethics and principles of the Ktunaxa people.

As we begin 2019, I hope that this will be a good year for all. I hope many of you will reach goals and find success in whatever it is that you do. Most importantly may we all have good health. Without our health we have nothing. With that, I wish you all well and I am eager to begin 2019. Thank you, Creston! Thank you for being my home. I am proud to say where I'm from!

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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# Catalysts for Change

BY TAMMY BRADFORD

Manager - Creston &  
District Museum &  
Archives

**N**ormally, I fill this column with details about something I've discovered – sharing information with you and either bringing back memories or telling you something about the community that you never knew before. But this month, I'm hoping to turn that around, because we need some help.

You see, not long ago, when we asked you about the reasons to preserve local history and showcase it in a museum, you told us it's most important to understand how the community got to be what it is today. We agree wholeheartedly – and that's why we're creating a new exhibit that we're calling the "Timeline Gallery."

It's going to be big – about fifty feet long – and it will take visitors to the Museum from the pre-contact story of the Ktunaxa to "The Community Today" (we'll tackle that exhibit next). We're identifying the most important events and showing how they affected everything else in the community. It's a fascinating process – mainly because it's forcing us to reconsider how we define what's important and what has a lasting impact. It's also showing us that we're missing some pretty big things!

One example is the silver boom around the Kootenays in the 1880s

and 1890s. Creston's mining history – short-lived as it was – got started during that time, but the silver boom had much greater implications for the Valley: it attracted attention and settlers; it brought the railways and the storekeepers and the farmers; it led directly to the "fruit boom" that began about 1908. All of that had enormous impact on the local landscape and the traditional lives of the Ktunaxa people.

We have another major catalyst of change in the end of the Second World War: economic prosperity; intensification and mechanisation of agriculture; new businesses and industries; a veritable explosion in the population and the services, organisations, and infrastructure

that went with it; the atmosphere of optimism and opportunity (for those who conformed to the accepted norms, at least) that characterised the post-war era.

Those are easy examples – it's easy to pinpoint the catalyst and when it happened and how it was felt through all levels of the community. But that's where we run into trouble.

Somewhere along the line, that hopeful, optimistic, exciting post-war outlook changed. We're trying to figure out when and why. By the 1980s it was gone, and certainly, there are plenty of reasons why things started looking a little bleak in the Valley: declining population; the inexorable closure of the downtown sawmill; closure and consolidation of the local packing sheds – there are some



Creston street widening

## History

pretty serious economic hits there. But what triggered those changes? Was that decline exclusive to the 1980s, or did it start earlier? Was there a shift that we're missing, between "1950s optimism" and "1980s pessimism"?

We've had the suggestion that not only was Creston Valley's economy stagnating during those years but so too was its energy – that there was little inclination for change, little effort to take advantage of new opportunities if it required doing things differently. Would you agree with that assessment? What caused it? How long did it continue?

And now, Creston has a different feel to it again. Through our work with a number of community groups, we've heard many comments that the Creston Valley is a different place than it was twenty, ten, or even as recently as five years ago. There's a new, positive energy and a sense that anything is possible. Is that your feeling, too? Can you help us pinpoint what triggered that change?

As we can see in the two easy examples, the catalyst isn't necessarily something that happens in the Creston Valley, and it isn't necessarily a single event – the silver boom, in particular, comprising a series of events happening in a variety of locations over a period of time – and there are often a series of smaller events that lead up to the big one.

Undoubtedly, a big part of the reason we're having so much trouble nailing down the more

recent catalysts is that we're too close to them. It's relatively easy to look back on things that happened a few generations ago, to sift through the evidence that remains and identify the key factors. When you're dealing with experiences that you are living, influenced by your own impressions and wishes and opinions, and overwhelmed – especially in our increasingly technological world – with a stunning array of media and messages, it gets much, much more difficult. ♥

So if you have any thoughts on this, we'd love to hear them! You can send us an email at [crestonmuseum@telus.net](mailto:crestonmuseum@telus.net); call us at 250-428-9262; message us on Facebook ([www.facebook.com/CrestonMuseum](http://www.facebook.com/CrestonMuseum)). Or, if you prefer the old-fashioned style of communicating – write us a letter or drop in to see us at 219 Devon Street, Creston BC V0B 1G3.

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# MEET THE TEAM

# CRESTON VALLEY THUNDER CATS

## 2019 ROSTER



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Defense  
Legal, AB



**#12 | AUSTIN CANETE 'A'**  
Forward  
Fort McMurray, AB



**#3 | LOGAN RAST**  
Defense  
Creston, BC



**#4 | JAKE MCCULLEY**  
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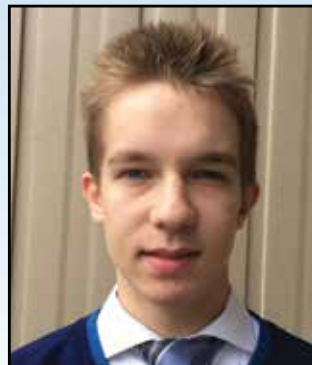
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Goalie  
Calgary, AB



**#35 | ERIC SAMYN**

Goalie  
Winnipeg, MB



# First half results can lead to a promising future

CRESTON VALLEY THUNDER CATS

**A**s of January 18th, the TCats sit in 5th in the Eddie Mountain Division, 17 points out of a playoff spot with 12 games remaining. The season hasn't gone as well as anyone hoped and if you really look, you can find excuses anywhere. You can blame the coaching situation to start the year, or the injuries - The Cats were able

to scratch three healthy players just twice from the beginning of the season to December 27th - or even the three veterans that asked for a trade. There are many things to find if you're looking to place blame, but anyone in the organization will tell you - from the board to the coach, to the trainer, and even the players, - the results aren't indicative of where the team is at and there is a lot of excitement moving forward.

The record of 9-25-0-3 reflects the amount of change the team has gone through over the past couple of seasons. Only one player on the roster is left from the Cyclone Taylor Cup season, current captain Aiden Wong. Of the remaining players, only six played with the team last season, and of the 15 new faces, two had previous KIJHL experience.

There are silver linings in every season and the Cats' have been overshadowed by external hiccups. More opportunity for Carson Small has led to fantastic results. The team's leading scorer is just short of scoring an average of one point-per-game with 36 in 37 and has found chemistry with assistant captain Austin Canete who has also surpassed his previous point total from last season (4-6-10) in the same amount of games. He currently sits 6th in team scoring with 17 points.

Andrew Clark, an acquisition from Spokane in the offseason, is 7th in

league scoring among defencemen. Of his 25 points on the season, 15 have come on the powerplay which is good enough to be tied for 3rd among defencemen. His offensive prowess has been a key to the Cats powerplay that has consistently been in the top half of the league, operating around 17% - better than Nelson, Fernie, and Beaver Valley.

The last time Creston missed the playoffs were the 2012 - 2013 season and there were a few noticeable names on that roster including three former captains in Trevor Leblanc, Marcel Fuchs, and Jesse Collins. If that last name looks familiar it's because it's hanging in the rafters and sits atop the KIJHL's scoring leaders. The season after 2013, Creston came back and took the league by storm posting a record of 39-11-1-1, third best in the league. They had four players in the top 15 in league scoring, and hold the record for the longest playoff run in franchise history.

Currently, Wong is the only 20-year-old on the team meaning all but one player is eligible to play next season. They can come back one year older, one year stronger, and one year hungrier to return the Cats to be a formidable opponent in the Eddie Mountain division. There is always a bright side to a season with ups and downs, and we're just going to have to wait and see what next year brings. ♥

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# Get up to \$25,000 to hire an intern

## Columbia Basin Trust program helps businesses create and retain jobs

COLUMBIA BASIN)

**I**s your business growing or succession planning? Columbia Basin Trust's Career Internship Program may be able to help meet your resourcing needs. Applications are currently being accepted on a first-come, first-serve basis.

"This program helps create jobs and increases employment opportunities for recent college and university graduates, a workforce that is essential when it comes to meeting the Basin's current and future business needs," said Lisa Kilpatrick, Columbia Basin Trust Senior Manager, Economic. "At the same time, it is helping Basin businesses and organizations grow by offering competitive wages to attract a skilled workforce."

The program was created to support businesses, as well as non-

profits, Indigenous organizations and local governments in the Basin. It helps solve the puzzle of finding the capacity and resources needed to hire and train new employees or plan for succession, while supporting graduates in finding employment in their chosen field.

Fernie Brewing Co. is one of the businesses currently participating in the Trust's Career Internship Program. Fernie Brewing experienced challenges in finding the right people to meet its growth needs and balancing everything against cost constraints.

"As a smaller company, growth has to occur within an opportunity and the Career Internship Program provided that opportunity," said Vicky Honsberger, HR Manager for Fernie Brewing. "The program

allowed us to create a position that would provide value for the organization going forward and pay a competitive rate for a recent university graduate who has the potential to move into other roles and help grow the company."

Working on the order desk at Fernie Brewing Co., Sam Higgins is learning a lot about the business and loving it.

"The Career Internship Program has provided an incredible opportunity for me. It's allowed me to start working in the career I went to school for in a community I love and for a company I love. I feel very lucky."

The program may fund up to 50 per cent of the new employee's wage over the first seven to 12 months, to a maximum of \$25,000. The intern position must include a training plan that provides structured learning to the new employee and transitions to full-time, permanent employment at the end of the internship. Learn more and apply at [ourtrust.org/internship](http://ourtrust.org/internship).

The Trust also supports workforce needs by helping businesses hire students, including apprentices, through its other wage subsidy programs, Summer Works and School Works. Basin residents can also receive the training they need to secure immediate employment through its Training Fee Support program. These are just some of the ways the Trust is helping to create a diverse and resilient Basin economy. Learn more at [ourtrust.org/economic](http://ourtrust.org/economic).



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](http://ourtrust.org) or call 1.800.505.8998.



The Career Internship Program provides wage funding for employers to hire college and university graduates in permanent, career-focused positions.

# Home & Garden

## Give your home new life with these tips

(NC)

**A**s the change in weather has us retreating indoors, take some time to spruce up your interiors with these design ideas.

**Play with paint.** One of the most budget-friendly ways to change up a space is with paint. You can use it to refresh antique or dated furniture, or you can create a whole new ambiance with a new wall colour. For the cooler months, try dark, nearly black walls to add depth to a room. Keep it warm and inviting with lighter furnishings and décor; the deep shade will accentuate their silhouettes for a striking finish.

**Re-theme a room.** Whether it's your bedroom, kitchen or living room, switching up the style of a room can dramatically improve

the overall look and feel. Try a new colour palette, or a different aesthetic like rustic, contemporary or cottage to create a renewed environment. For an affordable makeover, focus on smaller but impactful elements like textures, accents, furniture and décor.

**Organize chaos.** Improving your home's organization can make your entire living space feel fresh and welcoming. So take some time to clear out the clutter and use drawer and closet organizers to find an out-of-sight place for every trinket. If you have a small space, choose smart storage solutions that work double duty. And don't forget your entryway. As the first impression of your home, it's essential to keep neat and tidy.

Use a coat rack and bench that doubles as shoe storage for an organized and seamless appearance. ♥

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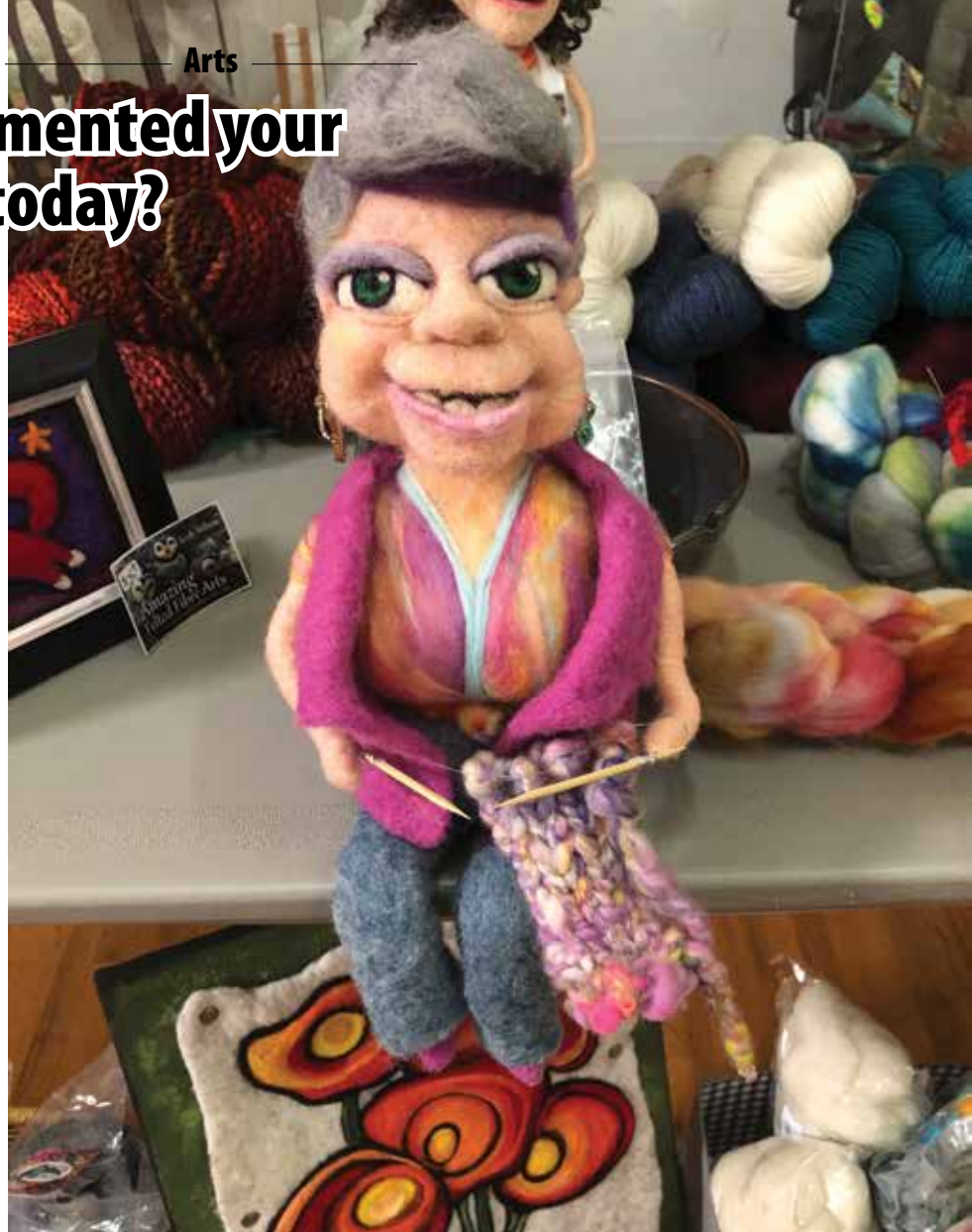


# Have you complimented your favourite artist today?

BY MEL JOY - FLY IN THE FIBRE

**R**ecently I was fortunate to read an article written by someone who had a bit of a crush on an artist. Someone that appreciated the work of the artist so much they felt they had to tell the world. That article went viral. I kept thinking of how wonderful that must have been for the artist to read that article. Of how emotionally uplifting that would have been and how, for many artists, those appreciative words can really make someone's day.

For some artists, they spend a lot of time in their own worlds. Thinking, creating, learning, making, thinking, creating, around and around each minute, each hour, each day. Some are able to make and do more than others but in a creative mind, there are not too many days in their lives that go by without some process of imagining of how their hands are going to make that picture in their minds. Plus, we have to add in the amount of emotional energy it takes to develop the imaginary image



into something real. This energy cannot be understated, it is the magic behind the vision, the earth beneath the sky. It is what makes the connection between someone who makes art and someone who feels it.

"The imagination is infinite. It is opened and closed by our levels of protective and defensive layering. It is beside us, within us, outside of us, it is perception; it is energetic meeting points between people. It is prophecy and timeless travel

and empathy and nothingness all at once." (Helen Garrett, 2014)

How often would an artist like to hear the words, "I love your work"? The validation that the imaginary is now not only something real but also connected to the imagination of another is miraculous. Words like that have the power to build positive emotional energy into someone's creative process. Have you complimented your favourite artist today? ♥

For more information and class schedule visit [www.flyinthe fibre.ca](http://www.flyinthe fibre.ca)

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# Valentine's Day

## Sweetheart Cupcakes

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### Ingredients

1 (18.25 ounce) package white cake mix  
 1 1/4 cups water  
 1/3 cup vegetable oil  
 3 egg whites  
 8 drops red food colouring  
 2 drops raspberry candy oil

### Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a standard muffin tin with paper cupcake liners.

Beat the cake mix, water, vegetable oil, and egg whites together until smooth. Fill cupcake liners 1/3 full with white batter; set aside.

Stir 4 drops of red food colouring into the remaining batter to make pink, stir in the raspberry oil. Pour 1/3 of pink batter into a resealable plastic bag and set aside.

Mix more food colouring into the remaining bowl of pink batter until it is an orange/red colour and pour the batter into a resealable plastic bag. Cut a corner off the bag, stick the open tip into the centre of each cup of white batter and squeeze in about two tablespoons of red batter.

Cut the corner off the bag with the pink batter, stick the open tip into the centre of the red batter and squeeze about 1 tablespoon pink batter into each cup.

Bake the layered cupcakes in the preheated oven until a toothpick inserted into the centre comes out clean, 15 to 20 minutes. Cool completely before frosting. ♥



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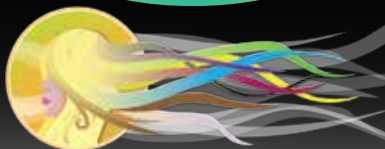
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## Interesting Facts You Didn't Know About Valentine's Day

LIST25.COM

**V**alentine's day is celebrated every year. But do you know where Valentine's day came from? From its bloody origins to its sweet, chocolaty modern day traditions, these are some interesting facts you didn't know about Valentine's Day.

♥ The most popular theory about Valentine's Day's origin is that Emperor Claudius II didn't want Roman men to marry during wartime. Bishop Valentine went against his wishes and performed secret weddings. For this, Valentine was jailed and executed. While in jail he wrote a note to the jailor's daughter signing it "from your Valentine".

♥ In Victorian times it was considered bad luck to sign a Valentine's Day card.

♥ Based on retail statistics, about 3 per cent of pet owners will give gifts to their pets on this day.

♥ Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

♥ In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

♥ In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.

♥ Richard Cadbury produced

the first box of chocolates for this holiday in the late 1800s.

♥ More than 35 million heart-shaped boxes of chocolate will be sold.

♥ 73 percent of people who buy flowers on this day are men, while only 27 percent are women.

♥ The red rose was the favourite flower of Venus, the Roman goddess of love.

♥ Red roses are considered the flower of love because the colour red stands for strong romantic feelings.

♥ Women purchase approximately 85 percent of all gifts on this holiday.

♥ Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.

♥ 220,000 is the average number of wedding proposals on Valentine's Day each year.

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## Romantic Movies to Watch on Valentine's Day

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### **Titanic (1997)**

A doomed voyage on a doomed ocean liner serves as the backdrop for the doomed romance between steerage level Jack (Leonardo DiCaprio) and first-class passenger Rose (Kate Winslet), who is engaged to rich jerk Cal (Billy Zane).

### **Kate and Leopold (2001)**

In this rom com with a sci-fi touch, a dashing duke (Hugh Jackman) who time-travels from 1876 to modern-day Brooklyn meets and falls for hard-charging career gal Meg Ryan.

### **Pride and Prejudice (2005)**

"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife." With those words begins Jane Austen's rocky-

road-to-romance tale of the spirited Elizabeth Bennett (Keira Knightly) and her Mr. Darcy (Matthew MacFadyen).

### **The Notebook (2004)**

The film recounts the ups and downs in the star-crossed romance between common country boy Noah (Ryan Gosling) and heiress Allie (Rachel McAdams). All is told as a series of flashbacks as the elderly Noah (James Garner) reads aloud daily from his well-worn notebook of remembrances to the love, Allie (Gena Rowlands) who is stricken with Alzheimer's.

### **Sweet Home Alabama (2002)**

Successful fashion designer Melanie (Reese Witherspoon) returns to her hometown to announce her engagement to the aristocratic son of the mayor of New York City—and secure a divorce from her estranged

husband and childhood sweetheart, Jake (Josh Lucas). However, Jake has other ideas.

### **In The Mood for Love (2000)**

When married next-door neighbors Chow Mo-wan (Tony Leung) and Su Li-zhen (Maggie Cheung) discover their spouses are carrying on an affair, they begin a friendship that develops into an achingly slow-burning—but ultimately chaste—love.

### **Sleepless in Seattle (1993)**

Ahhh, those heady days before the advent of Match, eHarmony, and Tinder. The moment Annie (Meg Ryan), a reporter at the Baltimore Sun, hears grieving widower Sam (Tom Hanks), talking on a radio call-in show about his difficulties getting over the death of his wife and raising his young son in Seattle, the audience knows the pair are destined to be together. So what if they live on different coasts and she's engaged?





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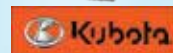
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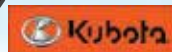
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