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BUSINESS SAFETY

Fire Safety Tips for the Workplace



Fire Prevention

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

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

Don't overload your circuits.

Turn off electrical appliances at the end of each day.

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

In the Event of a Fire

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

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

Never use elevators during an evacuation.

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

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

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

Did You Know?

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

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

jeopardize the safety of building occupants during a fire emergency.

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

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



TOWN of CRESTON

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Inside

In like a Lion and out like a Lamb? After a very cold month of February, March is upon us and, hopefully, Spring like weather will follow.

While the weather may not be telling, a sure sign of Spring is the start of hockey playoffs! In the feature article we look at the upcoming Tier 4 Midget Provincial Champions taking place in Creston March 16 – 20. Creston Valley Minor Hockey and the Creston Chiefs look to showcase our community and the history of minor hockey in the valley. Come out and watch some excellent hockey and cheer on the local team!

Friday, March 8 is International Women's Day and in the regular feature from Tammy at the museum we learn of the important roles women played in shaping our community forty (40) years ago.

In the local art scene, the Blossom Valley singers present, "Sounds of a Century", a selection of great music from the past Century. The annual Spring Concert takes place April 13th and 14th. We also are introduced to local fibre artist Carmen Ditzler in a new series entitled, "Meet the Instructor".

From the desk of the Mayor, a personal experience has Mayor Toyota reflecting on the good fortune we have to have access to excellent

medical care here in the valley. He also explains a new program coming to the valley to support and sustain surgical and obstetrical services. Chief Louie explains a new program nine years in the making that will assist the Ktunaxa People to travel more freely throughout their traditional territory. The Machine Readable Zone Status Cards (MRZ) will be piloted with the Lower Kootenay band being one of three First Nations in Canada to be issued the new ID cards.

In a submission from the Columbia Basin Trust we learn of a new \$6-million Community Outdoor Revitalization program. The money is to support the development of safe and vibrant multi-use outdoor public spaces with the first intake closing June 14, 2019.

For those that have ever experienced lower back pain, Dr. Moreton looks at the Sacro Iliac (SI) joint, some causes of SI joint pain, and some of his experiences treating it. Also on the health front, master herbalist Maya Skalinska presents the virtues of Butternut Squash.

Lastly, the Ag Aware article looks at the ever increasing regulations placed on our local farmers adding to an already busy job.

Here's to a lamb like March! ♥

Feature

05 Provincial Midget Championships

Taking place March 16 to 20



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Creston Minor Hockey Hosts Provincial Midget Championships

March 16 to 20, 2019

BY JIM JACOBSEN

PHOTOS BY
DENNIS CHARLES

Canada is hockey and hockey is Canada. More so than any other sport, it is ingrained in our culture, in our imaginations, and in our very sense of being. Whether it involves watching your favourite team on Hockey Night in Canada, playing shinny on a homemade rink in the backyard, participating in organized leagues and dreaming of someday making it to the NHL, cheering on the local junior team, or being a hockey mom (or dad) and all the commitments that involves (driving kids to early morning practices and weekend tournaments away from home, fundraisers, meetings, coaching, refereeing...) the sport of hockey defines us.

It is with this passion and dedication to the game, and all the experiences it offers to the athletes, that the Creston Valley Minor Hockey Association (CVMHA) is once again hosting a Provincial Hockey Championship. From March 16 to 20, 2019, Creston will be the site of the Tier 4 Midget Championship. Tier 4 refers to the size of the community organization. Midget teams consist of players aged 15 to 17. There will be five (5) teams competing: Summerland, 100 Mile House, Invermere, Elk Valley, and the Creston Chiefs. With five teams competing there will be three games each day in a round robin elimination tournament. The Opening and Closing Ceremonies and all the games are FREE to watch and the public is encouraged to come out and cheer. The full schedule and up to date scores will be available on www.bchockey.net. The Championship game takes place Wednesday, March 20th.

Taking on any event of this size is a huge task with a lot of expenses. Led by committee chair Ulrike Sliworsky and all the Midget parents, organizing the tournament includes; coordinating opening and closing ceremonies, a tournament banquet, coaches and managers meetings, hosting referees and BC Hockey officials, finding sponsors,

"The sport of hockey defines us"

assisting with off ice activities, and - of course – scheduling and running the tournament games. With upwards of 120 teenagers and accompanying adults in town for a week, there is the opportunity for



businesses to put on events and/or have specials for the teams. Players and parents will be staying in local hotels/motels, eating at local restaurants and shopping at local stores. The organizing committee is reaching out to the business community for support. As is always the case in Creston, businesses are stepping up to help. Sliworsky noted, "The organizing committee would like to thank Canfor for their generous sponsorship that will cover the cost of our welcoming banquet for all the players, coaches with bench staff, and dignitaries."

Other sponsors include:

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And there are more sponsorships coming in the next couple of weeks. "The community support is amazing" added Sliworsky.

The CVMHA mission is to ensure meaningful opportunities and enjoyable experiences in a safe, sportsmanlike environment. Hosting a Provincial Championship "is a great experience for the kids" says CVMHA President Chad Luke. "For some, it will be their last year of organized hockey but they will carry these memories and friendships for the rest of their lives." It is also an opportunity

"Taking on any event of this size is a huge task"

to showcase the organization and the community. "It is important to note the history of Creston Valley Minor Hockey, the Johnny Bucyk Arena, and how hockey icons came thru to help rebuild the arena after it burnt down", Luke added. There is also a history of players developing their skills in Creston and moving on to bigger things in the sport. In addition to the connection with Bruins legend Johnny Bucyk, locals Darren Jensen and Jaimie Huscroft went on to play in the NHL. Scott Salmond is now the senior vice-president, national teams for Hockey Canada. Scott Bowles went on to play in the Western Hockey League with the Prince George Cougars (on a team with Dustin Byfuglien). Currently, James Porter is playing in the Western Hockey League with the Kelowna Rockets, Jake Livingstone has committed to play college hockey in Alaska,



"Canada is hockey and hockey is Canada"

and Chloe Luke is playing college hockey in Wisconsin.

This March 16 to 20, come out to watch some exciting hockey, cheer on the players, and welcome the opposing teams. Help make this a memorable experience for all involved!

Win or lose, hosting the tournament is about showing the players "what hockey is and how hockey brings people together", Luke says. "Hockey is a family".



Dale Jellis (Head Coach)
Ulrike Sliworsky (Manager)

Darryl Frederick (Safety Person)
Pam Kriese (Safety Person)

TEAM ROSTER

Merlin Blackmore (Captain)
Trey Plotnikoff (Assistant)
Denton Chatwin (Assistant)
Jeron Blackmore (Assistant)
Evan Frederick (Goaltender)
Josh Jellis
Etienne Boutet
Brandon Hulme
Kaden Hanson

Seth Frederick
Remington Blackmore
Aristotle MacDonald
Kyle Sliworsky
Rocky Palmer
Norman Blackmore
Travis Blackmore
Kayden Roundy
Noah Blackmore





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

My Colonoscopy and our Creston Valley Hospital

On January 31st, I checked into our Creston Valley Hospital for a "scope procedure" at 8:30 am. At 11:30 am, I walked into to my office at Town Hall. Contrary to several warnings that I had received to be prepared for major discomfort, I found the preparation and the experience smooth and non-evasive. Now, I wait for the results of my colonoscopy procedure as 1 polyp was removed for examination by Dr. Kelly.

Why am I writing this as a Mayor's article?

Although I knew that our local hospital provides much more than an Emergency Room or a place to have lab tests done, I have never (thankfully) needed to have this type of procedure done before. Right from the pre-op, through post-procedure, things could not have gone smoother. My first-hand experience got me thinking about all of the specialty services that

our family physicians provide such as anesthetic, surgical and/or obstetrical procedures which require our nurses and hospital staff to be trained and proficient to do these tasks. I estimate that we here in the Creston Valley are fortunate to have over 100 people providing us with top-notch quality health care and this number does not include the many support

"Why am I writing this as a Mayor's article?"

positions such as pharmacists, home-care and senior care support.

Last month, I attended a Rural Surgical and Obstetrics Services (RSON) meeting. The RSON outlined a program that the Ministry of Health and the Interior Health Authority (IHA) will be rolling out in 2019 in the four rural Kootenay communities of Revelstoke, Golden, Fernie,

and Creston. RSON aims to support and sustain surgical and obstetrical services in rural BC communities. An East Kootenay Surgical Network Memorandum of Understanding (MOU) was signed in January leading to the IHA to work with our four rural hospitals to increase resources and services. More meetings are scheduled to keep us updated (including the RDCK and the LKB). This is exciting news that rural health is being enhanced to maintain our local hospital!

It is an unfortunate reality that rural communities in British Columbia and the rest of Canada have a continual challenge to attract family physicians and then provide them with a quality lifestyle to raise their families. I believe that our facility, and the community support of the Creston Valley, enhances opportunities for our family physicians to expand their practices, knowledge, and skills to support their careers in our beautiful rural setting. I am so thankful that they and their families have chosen the Creston Valley to be their home! ♥

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

LOTS TO DO FOR SPRING BREAK...

ShamROCKfest

Sunday, March 17, 3:30-5:30pm

Pot O'Gold plunge, Green prizes, Rockin' music and huge floating lucky clovers. \$2 admission

Synchro Sports Camp (7-12 yrs)

Mon-Fri, 12:45-1:30pm Mar 25-29

Swimmers get a taste of the wonderful world of synchronized swimming! A variety of aquatic sports will be integrated into the camp as well! Nose plug and goggles are recommended. \$50 (5 classes)

Bronze Camp (min 13 yrs or Bronze Star)

Mon-Fri, 9:00am-5:00pm Mar 18-22

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GEMS n' S.T.E.M. (7-13 yrs)

Mon-Fri, 11:30am-4pm Mar 18-22

Just for the girls... we will have crafts, active games, S.T.E.M. (science, technology, engineering & math), self esteem building activities, nutrition, vision boards, and wrap up the week with spa day. Wristbands to the facility are included. \$109 (5 days)

SPORTS n' S.T.E.M. (7-13 yrs)

Mon-Fri, 11:30am-4pm Mar 25-29

Just for the boys... we will have a variety of individual and team sports, S.T.E.M. (science, technology, engineering & math), team building activities, nutrition, engineering contests, and wrap up the week with 'campers choice'. Wristbands to the facility are included. \$109 (5 days)

Hop into Spring Cooking Camp (7-12 yrs)

Tue-Thu, 10am-1 pm Mar 19-21 or Mar 26-28

Children will prepare, cook and eat a light lunch that they created themselves. Entrance to the pool after camp is included. Parents must arrange pick up times with their child. \$72 (3 classes)

PUBLIC SKATING

Mar 20, 22, 25 12:00-1:30pm Mar 23 5:00-6:30pm

Mar 24 3:30-5:00pm Mar 27 & 29 3:00-4:30pm



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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

The Ktunaxa Nation

Ki'suk kyukyit (greetings). The Lower Kootenay Band is a member Band of the Ktunaxa Nation. Four Bands are located in South Eastern British Columbia and two in the United States (One Band is in North Idaho and the other in Montana). Before the 49th parallel was established the Ktunaxa Nation occupied our traditional territory hunting, gathering medicines and roots, fishing, and doing what was necessary for survival. The Bands traveled freely throughout the beautiful territory.

When the 49th parallel was established this changed the Ktunaxa Nations way of life forever. In both the United States and Canada, indigenous people were not considered citizens of either country. Indigenous people were confined to live within the boundaries of the Reserves or Reservations. The Lower Kootenay Band and the Kootenai Tribe of Idaho are very closely related. The International Boundary split entire families. Freedom and dignity were taken away.

This year marks 9 years that I traveled to the Indian Affairs Office in Vancouver to advocate for what is known as the Machine Readable Zone Status Cards (MRZ). When the meeting began with the Indian Affairs Officials, I requested that the Lower Kootenay Band be granted the Machine Readable Zone Status Cards. The MRZ are Certificates of Indian Status that have a bar code on them where Customs officials can scan the cards for border crossing.

"I began to build bridges and alliances with both US Customs and Canada Border Services Agency"

The outcome of that meeting was a denial of my request. Indian Affairs stated that the MRZ cards are only issued for Bands in Eastern Canada. It was disappointing and frustrating, to say the least. I began to build bridges and alliances with both US Customs and Canada Border Services Agency to assist with this cause. Both border agencies have indigenous travelers who use their status cards for crossing the borders but it is time-consuming for the officers as they have to manually enter the information from each card. Both the US Customs and CBSA have seen the value in trying to make this a reality.

Some may say why not just get a passport? It really is not that simple. Some families cannot afford a passport. Some LKB



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members were born in the United States and do not qualify for a passport but are eligible for a Certificate of Indian Status. And some LKB members simply have personal reasons for not obtaining a passport.

In January of this year, Indian Affairs Officials contacted me stating that the Lower Kootenay Band will be one of three First Nations in Canada to be a part of a pilot project for the Machine Readable Zone Status Cards. In February, Indian Affairs will be on site at the Lower Kootenay Band issuing the MRZ cards. This is great news, however, there is much work to prepare. Approximately half of Lower Kootenay Bands population lives off Reserve living in all parts of Canada and the United States. We formed a small task force team who have been working hard day and night attempting to make contact with members and providing the necessary paperwork for them to obtain their MRZ cards.

“The Lower Kootenay Band will be one of three First Nations in Canada to be a part of a pilot project”

The MRZ cards are not the answer to all of the very complex issues that the Lower Kootenay Band faces with respect to border crossing issues. This is, however, a step in the right direction. I would like to thank both the US Customs and the Canada Border Services Agency for all of their hard work and assistance with this initiative that has spanned almost a decade. Also, thank you to our task force team who worked tirelessly to contact the LKB members off reserve. TAXAS. ♥

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



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Women's History from Forty Years Ago

BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

Friday, March 8 is International Women's Day. So I took a wander through the newspapers from 1979 to see what some local women were up to forty years ago. Here's what I found. It's kind of a random collection, but interesting reading nonetheless – and I hope it brings back some memories for you!

Mrs. Karen Nicklassen was the proud mother of Creston's 1979 New Year's baby. She (and her baby son) received gifts from the Creston Valley Kinettes – the women's side of the Kinsmen Club – that were presented by Knette members Betty Fritz and Marlys Joy.

Speaking of women's organizations, there were a lot of those, all busily active with any variety of fundraisers to benefit the community and beyond: the Catholic Women's League, Ladies' Auxiliaries to the Eagles,

the Legion, all the churches, and the Creston Valley Hospital to name a few.

There were at least four different Women's Institutes at the time: Creston, Wynndel, Lister-Huscroft, and the Creston Young Women. They supported sick children's hospitals, donated supplies to the local hospital, adopted children in Brazil, sent cards and letters to the sick and bereaved. In an interesting juxtaposition of causes, the Lister-Huscroft WI advocated for the establishment of an airport in Creston, while the Creston group learned about the health benefits of bananas.

Irene Labelle made her fiftieth Christmas-day visit to patients in the Creston Valley Hospital. And while we're at the hospital, let us note the Creston Review's comment that "something new has been added to Creston Valley Hospital with the appointment of Miss Jemma Jacino, RN; Mrs. Dorothy Allen, RN; Miss

McKay, RN as head nurses, each nurse in charge of a rotating shift."

Olga Weber was the Grand Aggregate winner of the 1979 Creston Valley Fall Fair.

Marion Hernandez was valedictorian of the 1979 PCSS graduating class. Lori Dobko was named Blossom Festival queen, and Janet Ringheim (1978's queen) and Karen Wigen went to Grand Forks to compete for the Miss Interior title and the chance to represent the area in the Miss Canada pageant.

Juanita Hardy and Valerie Jones, both students at PCSS, won honourable mentions in a Canadian national short story contest sponsored by the Permanent company (an insurance firm, according to the newspapers). The contest, which carried a \$1,000 top prize, was open to all high school students across Canada – so the girls' honourable mentions were quite an achievement.

Sonia Saar, age eighteen, won a \$1,000 department of education scholarship and planned to use it either for photography or business school. Theresa Mitchell Banks, an undergrad student at Simon Fraser University, won a graduate open scholarship. This was, to use the newspaper's terms, a major award, with only a limited number being given, and Theresa was the first student in the criminology department to receive one; most of them went to science students. "Further," continued the newspaper, "they are usually awarded to people actually doing masters or doctoral work. Theresa, although accepted by the university for the masters program, is still only an undergraduate and will not graduate from the university until the beginning of July."



Participants in Job's Daughters Rock-A-Thon left to right, Susan Aker, Maureen Blobel and Diana Czar show high spirits as they rock away the hours in Pfeifer Ford-Mercury showrooms last Saturday and Sunday.

Several other local children also (presumably) benefited from a financial windfall: Mrs. M. Denko won a million dollars in the provincial lottery and planned to use part of her winnings to help her seven grandchildren through university.

In sports, the Creston Barons won the ladies softball league championship, and Judith Stead won the third annual Kootenay Kup endurance ride with her eight-year-old Arabian gelding Saihad. This was a fifty-five mile race from the Wycliffe showgrounds, to Ta Ta Creek, McNair Lake, Kimberley, and back to Wycliffe. This was Judy and Saihad's second victory. They completed the course in four hours and twenty-two minutes, fifty-nine minutes better than their previous time. The story in the newspaper made it sound like endurance riding was kind of a new thing in the region.

While we're on the topic of new things in equestrian matters, the first meeting for a proposed regional equestrian council for the Kootenays was held in June 1979. This council would be a member of the Equestrian Federation of BC to "represent all horse owners and their wide variety of interests to the provincial government, the federal government, and the Canadian Equestrian Federation, with the intention of maintaining a grass-roots level of interchange and decision making." Creston's Betty Roper was elected secretary-treasurer.

In politics, Meta Beduz was elected to Town Council and former alder[wo]man Lela Irvine was appointed to a three-year term on the board of variance. Margaret Murray was elected for a second term as chairman of the school board, in a year not entirely free of controversy: in April, Crawford Bay trustee L.A. Ludlow resigned from the school board, saying that, as no one else seemed to take seriously a proposal he had made that would "increase the quality of education our children receive by 50% to 100% at very little cost to the taxpayers," he really had nothing more to offer the district as a trustee. Unfortunately, the newspapers don't give any clue as to what that proposal was!

Helena White retired as president of the Creston Chamber of Commerce; Mae Scott was elected president of the Nelson-Creston NDP constituency, and Sandra McGregor was elected the 1979 East and West Kootenay Justice Council representative. The regional Justice Council, which I believe worked to improve the quality of judicial services, was responsible to the BC provincial association of Justice Councils. Sandra has already been

active in these matters; she was a member of the original Creston Family Court Committee and, as president of the local Justice Council her committee had recommended alterations and renovations to the Creston Court House that were being carried out at the time of her election as the Kootenay representative. The newspaper termed this "a signal honour."

I admit, when I grabbed that volume of 1979 newspapers, I was hoping to see a few bold headlines about the innovation or adventurousness of local women – something about them fearlessly leading the way into new roles and new fields. The 1970s were, after all, a time of great social change for women; that's the generation that set the standard for my generation and all those who follow. But even without the headlines, these stories do illustrate that movement: women taking on leadership roles, participating fully in every aspect of the community, going ahead and doing things even though – or perhaps because – they were new. And maybe the lack of bold headlines is an indicator that these activities were perceived as being as normal and expected for women as they were for men. ♥

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

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Ag Aware

BY RANDY MEYER
Creston Valley Agriculture Society

Winter was late arriving, but we sure got our share in February. Hopefully, when we turn

the page to March, that spring will at least begin to appear. The days are getting noticeably longer and there's more warmth in the sun when we do see it so winter's grip will be dwindling. Soon we will be in our gardens and fields, the lawn will need mowing, and the circle of life will be happening all around us. Already new calves and lambs are on the ground and soon it will be time for new chicks as well.

Along with all the day to day chores and activities that all of us

involved in agriculture have to do, we are also faced with an ever-increasing barrage of regulations and record keeping. Food safety and environmental protection are very important to most people. Increasingly farmers are tasked with being the starting point for a variety of programs to identify and track your food products, as well as everything that has gone into it and the ground that grows it, from our fields to your forks.

There are regulations in place for pigs, sheep, and cattle to identify and track each individual animal from the farm of birthright through the chain to harvest. Refinements are being made this year to the system to require even more tracking of movement of animals as they are sold from farm to auction market or feedlot and then to packing plants or abattoirs. All this to make it easier to trace back any animal that may have a serious disease or health issue before it gets into the food chain. The goal is also partly to reduce the "waste" of animals that are condemned or culled that don't need to be, thereby reducing food waste at this level.

In the last few years, there have been many more incidents of contaminated vegetables and fruits being recalled from stores as well. Just last fall there was a huge recall of romaine lettuce. As they were initially unsure of where the contaminated lettuce came from, great quantities were then thrown out just to be "safe". So much unnecessary food waste really resulted as well as huge losses to growers that didn't need to be.



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Lately, I have read of a new system that Wal-Mart is instituting in collaboration with IBM, to track all produce that is being sold by Wal-Mart. All producers will be required to participate in the identification and tracking of their produce if they want to sell to these stores. While I am not a real fan of Wal-Mart, this program should make it easier to track contaminated produce effectively and waste less of it doing so. I would be concerned that only large producers could afford to install the required hardware or equipment needed to satisfy the rules. Smaller growers may lose out again. Food “security” should not be a financial burden that squeezes out smaller farmers, in my opinion.

Another new batch of regulations is coming down from the provincial government regarding agricultural waste management. Initially started by the previous Liberal government, the final product, with revisions, has now been put together by the current Ministry of Environment and Ministry of Agriculture. It focuses on a multitude of agriculture waste components, the main one being preventing contamination of water by manure. So manure storage and prevention of runoff, the proper application of manure to fields, as well as seasonal timing of these applications are the main concern. Also included is proper application levels of commercial fertilizers, and proper storage of wood waste products such as shavings, wood chips, and hog fuel that are commonly used on farms. Your location in the province and what your prevailing weather and rainfall conditions are will determine what level of containment you may be required to have. The lower mainland will require more than the drier parts of the province. These regulations will be phased in over the next 3 years according to the information I have seen.

Apparently, we can't have too many regulations! While there are the obvious benefits to having these rules in places so that we all can count on clean, safe food, these regulations will come at some costs. These costs are most often borne by the farmers who produce the food. The flip side is that consumers, on the whole, want their food to be as cheap as possible all of the time. You can't have it both ways. If extra regulatory burden causes food prices to rise, it is because the costs need to be absorbed by all, not just the primary producers. So continue to enjoy your safe, healthy meat and produce and be Ag Aware. ♥



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Outdoor gathering spaces to get a facelift

Trust launches new \$6-million Community Outdoor Revitalization program

(COLUMBIA BASIN)

Whether it's a downtown core, plaza or waterfront, outdoor public spaces help shape the livability and attractiveness of communities. Now local governments and First Nations communities in the Columbia Basin are invited to make these places even better by accessing Columbia Basin Trust's new Community Outdoor Revitalization Grants.

This three-year, \$6-million program helps communities create welcoming, safe and vibrant multi-use outdoor public spaces

that support community gathering and programming. These spaces enhance community pride, engage residents with each other and the community, draw in tourists and help support local businesses.

"Communities around the Basin have expressed the importance of their outdoor public spaces to the social, cultural and even economic fabric of their communities," said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. "Through this program, we'll be supporting their priorities, increasing the value of our region's public spaces and creating more opportunities for interaction."

Municipalities, regional districts and First Nations communities can apply for up to \$500,000 to create, restore or enhance an outdoor multi-use space. In addition, the Trust will provide up to \$10,000 for planning and design for First Nations communities and communities with populations under 5,000.

Nakusp is a great example of a community that is enhancing its downtown with support from the Trust, and with input from Nakusp residents. The project includes revamping the village's main street and adding elements like benches, ornamental lighting, curb extensions, signage, landscaping and opportunities for public art.

"The extensive public engagement and planning process resulted in a plan that achieved the desired results: a more pedestrian friendly downtown environment and a streetscape that is aesthetically pleasing and functional and that retains the community's heritage and culture," said Nakusp Mayor Tom Zeleznik. "Once completed it will provide a welcoming atmosphere to visitors and a place for locals to stop and chat. This downtown enhancement project shows the community and area that people, groups and organizations can work together to achieve desired goals."

There is \$2 million available in this first intake, which closes June 14, 2019. Learn more about the program and how to apply at ourtrust.org/corgnants. ♥

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

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For our 2019 Spring Concert, The Blossom Valley Singers bring you “Sounds of a Century”, choral versions of great music from the past 100 years. We begin our whistle-stop tour in the '20s and end with some present-day hits. You will hear renditions of old favourites and jazzed up modern anthems. You may be introduced to something new, or fall in love again with a golden oldie.

Directed by the extraordinary Anita Stushnoff and accompanied by the charismatic Monte Anderson on

piano, this year’s concert will also include guest performances by Key of She Choir (directed by Lynne Hopcraft), soloist Gail Southall, and some added colour by the Christine Miller Dancers. We’re also planning to draw from our local pool of excellent musicians to help fill out our sound.

Even intermission is part of our spring concert experience. Enjoy coffee or tea served at your table by the handsome lads of the choir and snack on treats provided by the United Church Workers. And, following this year’s theme, take your best shot at “Name that Tune” for a chance to win a prize!

Join the choir on its Magical Mystery Tour through the decades, Saturday, April 13th and Sunday, April 14th, at 2:30 pm in the Creston Room at the Creston and District Community Complex. Tickets available at Black Bear Books. (Adults \$15 and Youth 12 and under \$8). Refreshments included.

But ... wait a minute ... with only one or two songs per decade, what songs will we choose for you? Come on out to the concert and find out! We hope to see you there. ♥



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A Celtic Christmas concert, accompanied by the Valley's new Youth String Orchestra.

PHOTO COURTESY OF LARRY MENDOZA



The SI Joint: New Insights

BY JESSE MORETON,
BSc DC

There are some things you can only learn from experience. Although I may not yet be a veteran, after 8 years of practice I am also no longer a rookie.

What has this experience taught me? Well, for one thing, it's pretty safe to say that sacroiliac (SI) joint problems are the most common condition I encounter day to day. I remember learning about the SI joint in school; the signs and symptoms and how to manage it. I remember learning that it had a high reoccurrence rate. Then I remember starting practice and scratching my head trying to figure out how to solve it. It was the one ubiquitous condition that seemed the most stubborn to overcome. I

talked to colleagues, researched new treatment approaches, suggested different exercises and stretches and read books by other health care professionals. Everything I found helped a little but nothing helped a lot. I continued to treat people with SI problems and many found temporary relief. I began to suggest that to cope is more realistic than to cure and most patients were happy with the management I offered.

Fast forward a few years. I still see SI patients. It is still the number one complaint I see in practice. I still wish there was some miraculous cure (There doesn't seem to be.). However, I have learned a few valuable insights from experience and observation.

Before I share my thoughts, let's make sure we're on the same page: The SI joints are the two bony dimples at the base of your back. SI problems manifest as pain originating in the joints which sometimes spreads into the side of the hip and buttock. Sometimes pain from the SI will travel as far as the back of the leg and knee. Usually, the referred pain is dull or achy. It is never a pins and needles, numb or burning sort of pain; that is sciatica.

If that sounds like you, there are some principles you need to understand. First, sitting is terrible for the SI joints. The most natural or congruent position for the SI is standing. When we sit the pelvis rocks forward 90 degrees and it simply strains the joint. It would be like cocking your wrist fully forward and resting the back of your hand on a table. For hours. That's basically what we do when we sit for prolonged periods. The SI joint is not designed for sitting. It is designed for standing and walking. I believe this is one of the main reasons SI joint problems never really go away. Our lifestyle caters to sitting when we drive, eat, work, watch TV, read and on and on. So tip number one: Reduce your time sitting and increase your time walking. If you have to sit, sit semi-reclined or use lumbar support. But remember at the end of the day, no matter how you sit, it is still hard on your back.

Secondly, another main cause of SI problems is strenuous lifting, twisting or pulling with the back flexed (bent forward). This again relates back to the position of the

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joint. When the SI joints are flexed, they are in a comprised position. Adding force or weight to a joint in a susceptible position is a recipe for disaster. Even worse is the combination of prolonged sitting with subsequent lifting, twisting or pulling. An example would be sitting for hours on a plane and then almost immediately picking up your luggage. Or truck drivers, loggers or snowmobilers who get stuck. Sitting for a long time and

then exerting yourself is the perfect storm for the SI joint.

At this point, it's important to note there are other factors that contribute to SI problems. Individual biomechanics and genetics can play a role. Arthritis doesn't help either and the SI's tend to be one of its preferred targets. So let's end on a positive note: Recently I have found a rest position and a strengthening exercise that really go a long

way. They weren't developed or intended for people with SI problems, but by testing them with patients over the past few months I have found them particularly helpful. That'll be our discussion for next time. ♥

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Meet the Instructor

BY MEL JOY - FLY IN THE FIBRE

Fly in the Fibre introduces our favourite instructors starting this month with Fibre Artist Extraordinaire Carmen Ditzler of Hermit Felt



Carmen Ditzler, Fibre Arts Creator & Teacher

Find me on a walk poking into nooks and crannies, pockets full of rocks and treasures. Fascination with nature is at the core of my art- noticing textures, colours, and weird lines. It's been nine years now, captured by wool, making felt in a crooked little studio, heated by trees in the Kootenays of British Columbia. Seeing what wool will do, what happens to the colour and the surface and the texture is endlessly fascinating. I have taken workshops with some fabulous felt artists in person and online and made an infinite number of mistakes to develop my skills.

I have participated in local art shows, and for the last two felt: feutre- canada exhibitions."

Carmen Ditzler

Carmen is passionate about all things fibre arts related but in particular with wet felting. She finds the combination of wool, water, soap and hands has infinite possibilities in felt and is continuously fascinating. Carmen has taken classes from internationally known felt makers such as Lyn Pflugeur, Marjolien Dalinga, Fiona Duthie, Andrea

Graham, Marie Friese and Melissa Arnold.

Carmen is also our in-house expert on knitting and has helped many knitters move past their knitting challenges. Students refer to her as a funny, engaging, patient and skilled teacher. Carmen is a problem solver with the gift of natural curiosity that can be seen in all of her work.

"My way of being in the world is as a heartfelt alchemist. Open-hearted, open to synergy. Being a human, scholar, gardener, parent, artist, entrepreneur- all involve alchemy. The kinds of art that I love such as pottery and felt involve a ton of alchemy and unexpected, surprising results."

Check out Carmen's upcoming classes and artwork at Fly in the Fibre



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Food as Medicine: Butternut squash

BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

For me, winter is all about warming and grounding foods. I love rich stews, soups and lots of roasted veggies this time of year, and one of my staples is butternut squash. Fantastic in soups, stews or baked, it's one of my favorite nutritious and versatile, winter vegetables. It can be stored for extended periods, and, in fact, has one of the longest shelf lives of all vegetables in the Cucurbitaceae family.

Cultivation of butternut squash dates back more than 10,000 years in Central America. Squashes initially were cultivated for their seeds and traditionally used as a diuretic and for the treatment of intestinal parasites. It is still one of my recommendations for parasites today.

Trade brought butternut squash to China, where it was incorporated into the practice of traditional



"It is an excellent source of carotenoids such as alpha and beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin"

Chinese medicine (TCM). TCM practitioners consider squash to be a warming food that aids digestion and improves Qi (vital energy).

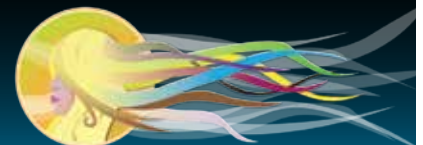
Butternut squash is packed with nutrients. It is an excellent source of carotenoids such as alpha and beta-carotene, beta-cryptoxanthin, lutein, and zeaxanthin.

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Carotenoids have numerous health benefits including immune and eye health. It has high amounts of complex carbohydrates, plus is a great source for vitamin A, vitamin C, potassium, iron, riboflavin, and magnesium. It also contains alpha-linolenic acid, a beneficial omega-3 fatty acid. Omega-3 fatty acids possess many health benefits, including anti-inflammatory properties.

The vitamin C content of butternut squash is super stable during

“Carotenoids have numerous health benefits including immune and eye health”

storage and processing. As the squash ripens, the flesh produces more vitamin C. If stored properly at cool temperatures (12-14°C, or 54-57°F), it retains most of its vitamin C content. Butternut squash also retains approximately 80% of its vitamin C content after

30 minutes of cooking at 95°C (203°F).

The seeds are also edible and full of goodness. They contain a high amount of zinc, omega-6 fatty acid, and compared to pumpkin seeds, have a higher amount of carotenoids as well as alpha-, beta-, and gamma-tocopherols, which are precursors of vitamin E. The seeds can be roasted like pumpkin seeds.

There have also been a few very interesting studies. Two separate ones focused on butternuts' bioactive compound called cucurmosin, and its function in slowing down both pancreatic and liver tumor growth and metastasis.

Another study focused on butternut squash pulp and its function as a prebiotic. Prebiotics are naturally occurring compounds in food that promote the growth and activity of the good bacteria in our gut. Butternut squash's pulp stimulated the growth of lactobacilli more than inulin (a popular prebiotic). The pulp is edible, so make sure to add this gut healing nutrient into your meals. It will improve your digestion, and strengthen your immune system.

Simply put, butternut squash is a delicious powerhouse of health-giving nutrients. Let butternut squash be your medicine.



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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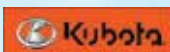
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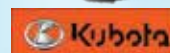
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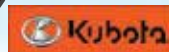
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