

IN THIS ISSUE

March 2019



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!