

**FREE**

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February 2020

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creston**

# **A Blooming Business**

**Brittany's Flower Farm  
and Studio**

**Special Section: Valentine's Day**

**Town**

Budget Results

**Lower Kootenay**

Looking forward to another year

**Sports**

Meet the team



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# BURN AWARENESS WEEK

February 2nd to 8th, 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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# Inside

**I**t's hard to believe we're already a month into 2020, and not only is it a new year, but also the beginning of a new decade. This month's issue looks at both the old and the new, with some articles reflecting on the past, and others looking ahead to what the new year might bring.

With cold and flu season in full swing, we learn about the local casualties of the Spanish Influenza back in 1918.

Chief Louie reflects on some of the highlights and challenges from 2019, and looks ahead with some of his hopes for the Lower Kootenay Band.

January finally brought some snow and cold weather to the Creston Valley, and Master Herbalist Maya Skalinska shares a recipe for a perfect winter warmer upper, Ginger!

Mayor Toyota speaks about the 2020 Citizen Budget results, and shares some information about the important Budget process followed by Town Council.

Jesse Moreton shares some

information about different types of over the counter painkillers, as well as his go-to for his own aches and pains.

The Creston Legion has welcomed some new members to their Executive, and they are looking forward to bringing new events to the community in their historic building.

Katie-Faye Jenkins shares some tips about planning a successful home renovation, including the importance of choosing a contractor you trust, and pre-planning your budget.

Our feature article this month spotlights local business owner Brittany Tilling, and with Valentine's Day fast approaching, you might want to add a bouquet or arrangement from Brittany's Flower Farm and Studio to your list when you're shopping for that special someone!

From our homes to yours, we wish you a joyous and safe holiday season, and a happy new year. ♥

## Feature

### 05 Brittany's Flower Farm and Studio Living the dream!



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# *Sharing Beauty*

## *One Arrangement at a Time*



BY AMANDA MURRAY

PHOTOS BY DENNIS CHARLES

**H**ave you ever been so struck by the beauty of something that you get goosebumps? That is the feeling evoked by the stunning bouquets and arrangements made by Brittany Tilling. Every arrangement, every bouquet, every wreath looks as

though it could have been pulled from the pages of a magazine. Brittany is the owner of Brittany's Flower Farm and Studio, and for those familiar with her, it is not hard to see the beauty and style of the individual in each floral creation she produces.



Coming from a long line of florists and horticulturalists, as well as from a family of entrepreneurs, flowers and business are in Brittany's blood. Her dream of owning a flower business has been with her for years, the seeds planted during her time spent at the flower shop owned by her family as a teenager. As with many Creston youth, Brittany left the Valley for a time, moving to the Okanagan, working and taking business courses. After a few years, she decided to follow her heart and her passion and returned to Creston. Brittany's Flower Farm and

***"Her dream of owning a flower business has been with her for years"***

Studio started small, almost a hobby more than a business. Brittany has purchased some seeds, with plans of planting a flower garden, and "threw them in the ground". Those seeds took root, and Brittany's creativity took over as they bloomed. She created stunning bouquets and got herself a table at the local Farmers' Market. From there, the community took notice. People fell in love with the flowers, the personality in each arrangement, and likely, with Brittany herself.

As the summer progressed, the entrepreneur in her took over, and Brittany sought to expand the business.

She began taking custom orders, and got to work on plans for a little studio on her family's property. By late summer 2019, she was busy every weekend with weddings and other events, including her regular stall at the Farmers' Market, and she had opened her studio to the public on a drop-in basis. Summer days started early tending the garden, picking and harvesting flowers for orders, and then delivering bouquets of happiness throughout the community. The winter is spent planning, speaking with brides and other customers, and dreaming up new ideas and ways to do things. Brittany's spare time is spent on designing bouquets and arrangements, and "creating some magic" in her studio, which is itself a magical little structure full of windows which allow for stunning views of orchards on that property and the neighbouring Baillie Grohman Vineyards. A deck was added onto the building near the end of the summer last year, and is the ideal place to sit and enjoy a coffee and the serenity of our beautiful Valley.

Brittany's Studio is open to anyone interested in stopping in, and although she currently doesn't have set hours, putting a visitor at risk of finding a "back in 15 minutes" sign on the door, a visit is well worth anyone's time. There is a calmness that exists at the studio, and when one enters the single room, there is a feeling of wanting to stay to get closer to the beauty that suddenly seems a little more accessible. Brittany's





passions are clear inside this little haven, with shelves full of unique vases, jars and containers, often recycled, await the cut flowers and greens scattered around the room. Depending on what Brittany is doing when one arrives, various tools and foams and cutting can be seen on the tables and countertops. Her bicycle can often be seen leaning against the building. Bouquets fill a rack beside the door. During November and December, Brittany held wreath-making workshops at her studio, and as she looks toward the

future, she speaks of plans for other workshops to come with a smile on her face.

Whether it is a bouquet received as a gift, an elaborate

***“Those seeds took root, and Brittany’s creativity took over as they bloomed.”***

display for a wedding, or a treat purchased to add a little colour to one’s own home on a visit to her studio, Brittany’s flowers are bringing a little more joy and beauty to our community. She has helped to foster a community of people who love beauty for beauty’s sake, and has shared her passion in such a humble and honest way that just draws people in. Look for her bouquets at the Farmers’ Market, Fly in the Fibre and at her Studio. ♥



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## From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

### Citizen Budget 2020 Results

**A**s Town Council, one of the most important tasks that we face is to set the annual municipal budget. This process takes months to complete, and requires the involvement of every department. We are always striving to improve the process, and one of the ways that we have done so is by asking for the opinion of our most valuable asset – our citizens!

One of the tools that Council employs in the development of our annual budget is “Citizen

as Council, understand that our citizens have entrusted us to make good decisions for the Town with their tax dollars and by utilizing Citizen Budget, we are given the opportunity to ensure that the priorities of Council and our citizens are aligned.

We received 226 responses to the Town of Creston 2020 Citizen Budget survey. Most respondents said that they supported the same allocation of their tax dollars to the services that the Town provides,

### *“We are always striving to improve the process”*

Budget” - an online survey that takes approximately five minutes to complete. Citizen Budget allows you to see the breakdown of how your taxes are allocated, based on the assessed value of your home. You are asked if you would support the same, higher or lower tax allocation for various services that the Town is responsible for (beyond inflationary and non-discretionary adjustments) such as fire and rescue, bylaw compliance and protective services, roads and operations, health and sanitation, parks and trails, as well as planning and development. In addition, we ask for your general comments and feedback. All of this information is compiled into a report that is given to Council. We,

which tells us that we are on the right track! The top recurring themes of the comments were economic development (jobs/business/tourism), infrastructure maintenance and upgrades (roads/utilities), recycling and composting, and the reduction of taxes and spending. Other themes were physicians and medical services, active transportation network, affordable housing, parks/greenspaces and outdoor recreation, highway realignment and our new fire hall. I can tell you that all of Council read all of the comments and took that feedback into consideration during our budget deliberations. Thank you to all who participated in this important community

process! The themes of economic development and infrastructure maintenance/upgrades have been top priorities for Council for the 11 years that I have been your Mayor. We continue to participate and contribute to economic development initiatives and tourism, as well as being very engaged in asset management.

In January 2020, Council and staff embarked on the development of our current “Corporate Strategic Plan”. This is yet another tool to help us to continue to make informed decisions and this year, we are focusing on defining levels of service as they relate to infrastructure. The strategic priorities that are developed through this planning process are meant to define the vision, goals and direction for this Council for the next five years. The need for a new fire hall has been a focus of our corporate strategic planning since 2014. In my opinion, the fact that we will begin construction of our new fire hall this year is a testament to the value of the corporate strategic planning process. You can view the current and past Corporate Strategic Plans on our website – [www.creston.ca](http://www.creston.ca).

The Town of Creston’s Corporate Strategic Plan is a collaborative process and provides clear direction from Council to fulfill our commitment to continue to build and maintain a Town that our citizens are proud to call home. We look forward to sharing the new Corporate Strategic Plan in the near future! ♥

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)





## Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

### Looking Forward to 2020

**K**i'suk kyukyit kukunmakut (Happy New Year). Another year is upon us and the Lower Kootenay Band is ready to embrace the challenges and also strive for greatness for the citizens of Lower Kootenay. Our Administration and Health building began construction this past fall, but we hit an obstacle that has halted this project. In digging the foundation, construction crews hit bed rock. Special equipment was brought in to pound through the bed rock and trucks have

***"We continue to have a focus on personal health and wellness for the LKB citizens"***

been loading the rock out. What had a target date for completion in August of this year, but that has changed to a date to be determined.

Our Fitness Centre is in full swing, seeing a number of LKB members utilizing the facility and setting personal health and wellness goals. Ainsworth Hot Springs is thriving and doing well. The Morris Flowers Shop and Garden Centre has slowed down, but we are in the midst of planning a relaunch and branding this business with an indigenous flare. Planning for the Alcohol and Drug Treatment Centre should be under way in this upcoming year as well.

We continue to have a focus on personal health and wellness for the

LKB citizens. We have a workshop series in the near future, as we have invited former NHL great Theo Fleury to visit and share his powerful story. He has overcome substance abuse and has been on a healing journey dealing with the aftermath of sexual abuse. At a later date, we have invited special guests Supaman (Indigenous Hip Hop Performer & Dancer) as well as Acosia Red Elk (Champion Jingle Dress Dancer) to help revive the pow wow culture at the Lower

Kootenay Band.

We are busy and we are moving forward into the future with optimism that we are destined for many great things. The social issues still exist, as does the divide in the community, but we as leaders of this community must set the example to continue on this healing journey forward. Healing is

a journey, not a destination.

With that, I thank you all for reading and wish you and yours nothing but the very best in this year of 2020. May we all be happy and in the best of health. The Creston Valley is the most beautiful place to live. Let's make the most of this life that we were blessed to have..

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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# Spanish Influenza in the Creston Valley

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

It's cold and flu season – so this seems like a good time to pass on some research we've done on one of the worst flu epidemics in the history of the world. That's the Spanish Influenza, which struck 500 million people around the world, killed at least 50 million, and made its first appearance in the Creston Valley in October 1918.

The Creston Review, from late October to well into December 1918, is littered with references to the Spanish Influenza and the impact it was having on people's daily lives. It's clear that the epidemic was widespread, and that it touched the lives of everyone in the Valley in some way. But just how bad was it?

A booklet of death certificates

prepared by Dr. G.B. Henderson, that spans the 1918 epidemic, lists eight victims. The Review names two more: one who died in Creston but is not, for some unknown reason, included in Dr. Henderson's records; and one local person who died elsewhere. The Review also refers to eight victims among the Lower Kootenay Band, and I found, through online genealogical records, the names of seven people who died on the Lower Kootenay Indian Reserve while the epidemic was at its height. The death certificates for the Band members are not digitised, so I can't confirm their cause of death, but here is my best effort at a reasonably certain list of the victims of the 1918 Spanish Influenza:

Antoin, Mary, age 22, Lower Kootenay Band, 12 November 1918

Antoin, Peter, age 9, Lower Kootenay Band, 12 November

1918

Antoin, Susan, age 23, Lower Kootenay Band, 10 November 1918

Graham, William, age ?, Creston?, about 22 November 1918

Grundy, David, age 39, owner of the CPR boarding house at Sirdar, 18 November 1918

Knott, Gertrude (Gertie), age 22, Canyon City, 25 November 1918

MacLure, Frederick, age 34, Creston, 5 November 1918

McDonald, Dan, age 38, Creston, 6 November 1918

Miller, Andrew (Andy), age 40, husband and father of six with a fruit ranch at Alice Siding, 12 November 1918

Mizum, Frederick, age 30, Creston, 4 November 1918

Paskal, Isabella, age 20, Lower Kootenay Band, 10 November 1918

Patty, Peter, age 32, Lower Kootenay Band, 14 November 1918

Peter, Martina, age 60, Lower Kootenay Band, 11 November 1918

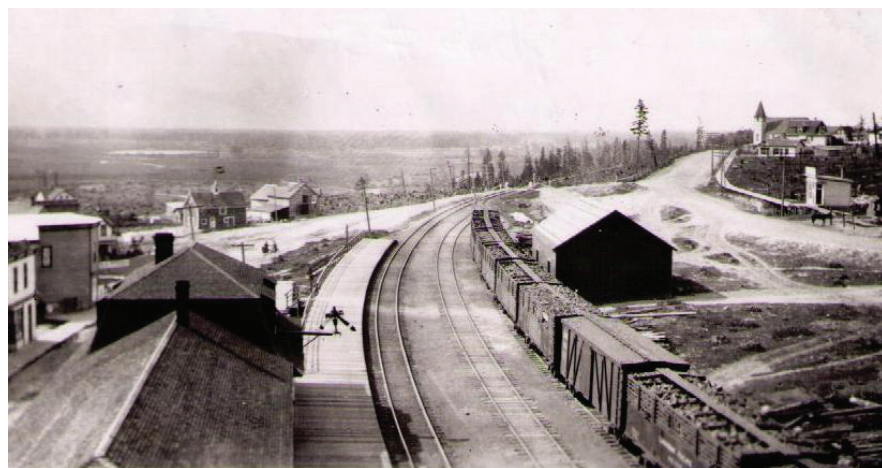
Pike, F.A., age 53, Creston, 5 November 1918

Rich, Bridgetta, age 25, had recently opened the White Lunch Counter at Creston, 12 November 1918

Swanson, Clara, age 9, Lower Kootenay Band, 13 November 1918

Telford, Rhoda, wife and mother at Erickson, age 27, 5 November 1918

The name of the eighth member of the Lower Kootenay Band is a mystery. I did find a death record for 11-year-old Agatha Louis,



Grady barn: the long peaked roof in the foreground is the CPR station, and the dark two-storey building just beyond it is, I believe, the barn that was pressed into service as an emergency hospital during the epidemic.

## History

who died on 15 October 1918, but that would be quite early for the Spanish Influenza which wasn't really making itself felt in the Valley until about ten days after she died. I've also heard that little Raymond Putnam died of Spanish Influenza, but I have not been able to find any record of him in the sources available to me.

So that makes eighteen people who died in that epidemic. How many cases might there have been altogether? Statistics for the whole province suggest that nearly a third of the population fell ill, which in the Creston Valley might be as many as 500 people, but that seems a bit high based on the details available. On 15 November, the Review reported that there had been three deaths out of about 20 cases, which represents a mortality rate of fifteen percent at a time when the disease was "well in hand". If we assume that rate holds fairly steady over the course of the epidemic, the deaths that occurred in the Creston Valley might represent about 110-120 cases altogether.

Review reports a week later, when the epidemic was waning, suggest twenty-five or thirty cases. The first local case was mentioned in the newspapers on 25 October; the first death occurred on 4 November. The epidemic peaked between 10 -15 November, and new cases were still being reported on 6 December. The disease struck with little warning and spread like wildfire, so we can assume a pretty rapid increase following the first reported case.

I'm guessing here, but maybe five cases the week following 25 October; 10 the week after that; then 40-60 during the worst week; and then tapering off fairly quickly to 30 on 22 November, 20 the week after that, maybe ten during the first week of December, and a few lingering ones after that. That would give us a total of about 180 cases.

By either estimate, that's quite a bit lower than the provincial average. The Creston Valley was pretty prompt in prohibiting public gatherings and any kind of congregating (including at the post office – "don't call for your mail until we've had a chance to sort it!"). Rural parts of the province tended to fare better than the larger centres, so those two factors may account for the apparent lower-than-average rate. It may have been higher among the Ktunaxa people; one newspaper article refers to it being "particularly virulent" among the Ktunaxa, and the rate of eight deaths is certainly higher than that of the settler population.

The impact of the Spanish Influenza was widespread. Every church and almost every school in the Creston Valley were closed; businesses and industries shut down, throwing all sorts of people out of work. Many local residents were called out of town to help family members who were sick. Daily chores and family tasks were put on hold so people could help out at the emergency hospital. Dr. Henderson, the only doctor in the Valley, worked himself ragged trying to help everyone, aided by a



Gertrude Knott in her recently-earned nurse's uniform – one of the victims of the 1918 Influenza

small team of volunteer nurses that probably included his wife, trained nurse, Ellen Ida Knox Henderson.

Local residents were affected by deaths elsewhere, too. William G. Laing, for example, died at Vancouver only a month or so after marrying Phoebe May Butterfield of Wynndel. Gertrude Knott, a 22-year-old, recently-graduated nurse from Canyon, was working at the hospital in Nelson when the Influenza struck. She worked tirelessly to help the patients, even foregoing her own rest breaks to relieve the burden on the doctors and other nurses. She fell ill with it herself about 21 November and died on the 25th.

The Spanish Influenza struck for a second time in the spring of 1920. I'll have more for you on that one next month! ♥

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).





BY RANDY MEYER  
Creston Valley Agriculture Society

**F**ebruary marks the midway point of winter, and around here we like to believe that spring starts sooner than later, so hopefully the tougher part of winter should be behind us by now. I like to view this time of year as the “clean slate” point of the New Year to start from. What the upcoming growing season has in store for us is still ahead unknown, anything is possible at this point. It is a time to make changes or adjustments if necessary from last year and put new plans or ideas into motion for the growing season just ahead. So far, the moisture we have received in the off season has been pretty decent and the snowpack up high is substantial as well. That is a good starting point for the wide array of crops that we grow in our valley.

By now, area greenhouses will be getting a variety of plants started so they will be ready to plant out when the spring weather does arrive. Beef cows will be calving on area farms, with most arriving in February and March. Orchardists will be doing their winter tree pruning. Livestock farmers will still be doing their daily feeding chores, no matter what the weather is. Off season machinery maintenance is also a task to be done this time of year. Chances are also pretty good that there are meetings that need to be attended.

For those of us who live and farm on agricultural land which is in the provincial ALR, we are waiting to see if the next legislative session will bring adjustments to some of the ALR rule changes brought in last year encompassed in Bill 52 and Bill 15. These bills enacted a variety of new rules to help “protect” our farmland in B.C. There was plenty of back-lash to parts of this legislation that appears to make farming more difficult. Consultation meetings were held around the province late last fall and were pretty well attended by farmers willing to travel to them and participate. The government representatives got plenty of feedback. While I am totally in favour of protecting the viable farm land in our province, there needs to be a realistic balance to what farmers are allowed to do on their

***“While I am totally in favour of protecting the viable farm land in our province, there needs to be a realistic balance”***

land, to survive and make a living on. Housing issues and what non-farm activities are allowable on farms are two areas of most concern to both farmers and government. Some of their decisions can have quite an impact on the viability of a farm and on the possible succession to the next generation. We need to keep our farms going and growing our food for all of our futures.

In spite of some roadblocks, the agriculture industry in this province seems to be doing pretty well overall. Our Agriculture Minister Lana Popham was recently praising all involved in agriculture as recent stats showed that for the 2018 year, sales of farm products, seafood and processed foods in B.C. topped \$15 Billion for the first time. As well, early results from B.C. Statistics showed Agri-food exports were worth \$4.3 Billion in the first 11 months of 2019; which is up 7% from 2018. This should mean that overall B.C. should surpass the \$15 Billion level in agriculture revenues again for year 2019. Considering less than 2% of the population is involved in agriculture, we do generate a lot of economic activity and jobs around our province.

Our valley is blessed with a climate conducive to growing a wide range of food products and I always encourage everyone to look around and be aware of all the good things growing here. Be Ag Aware. ♥

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## Spay Neuter Animal Program

SUBMITTED BY S.N.A.P.

**D**id you know: EACH DAY, 1000 humans are born, and 7000 puppies and kittens are born in Canada? EACH YEAR, over 8 million cats and dogs in Canada and the USA end up in animal shelters, mostly because of overpopulation and too few forever homes. Of these animals, 4 million are euthanized.

Here in B.C., in just a year, over 60,000 animals are taken in by shelters and over 10,000 are euthanized. Sad but true, however, there are solutions, and one of the best is...

S.N.A.P., the Spay Neuter Animal Program, a registered society here in Creston started in 2009 by a few people very concerned with overpopulation of mainly cats and dogs in our Valley, all the way up to Riondel and over to Yahk. Today we are celebrating having spay/

neutered 3000 animals since our program started. The Creston Vet Hospital is our primary go to for the service. All you have to do is give them a call at 250-428-9494 for an appointment. S.N.A.P. assists with 40% of the spay/neuter costs. Not only do we assist in the costs to spay or neuter your furry friends, we have trap cages to handle feral cats as well. Studies have shown that spayed and neutered cats kill more rats and mice than intact domestic and wild (feral) cats. Good to know considering the overpopulation of rodents over the past few years here in the Valley. SPAY/NEUTER FACTS for dogs and cats.....

***"Here in B.C., in just a year, over 60,000 animals are taken in by shelters and over 10,000 are euthanized"***

- Neutered pets live longer healthier lives
- Neutered pets are more relaxed and willing to please you
- Neutered pets are less likely to roam and fight
- Neutering pets will not make them fat, but too much food and too little exercise will
- Females do not need to experience one heat period or just have a litter before spaying
- Spay or neuter your pets early, at least six months old or earlier

Thanks ever so much to those who have used the S.N.A.P. service, our S.N.A.P. Funders (donations private and commercial), the hard-working S.N.A.P. members, and of course the Creston Vet Clinic and Hospital and staff for their purrfect work. ♥

The Creston Spay/Neuter Animal Program provides spay/neuter for all cats and dogs owned or stray. Just fill out an application and it will be first come first serve, funds allowing. Call 250-428-2811 for applications.



**Fig's**  
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## Erickson Elementary School – Breakfast Program

SUBMITTED BY CRESTON VALLEY ROTARY CLUB

It all started in 2003 when an observant school counselor noticed a young girl in tears one morning before the first bell at Erickson Elementary School. The young student had not eaten breakfast, and had a daily commute from home by school bus of almost an hour.

The Youth and Family Counselor was Marje Bridgman, and she set out to find a solution to a recurring problem...children arriving at school...HUNGRY.

In the past, individual teachers and

***The motto of Rotary International is "SERVICE ABOVE SELF"***

staff would often bring food items from home or receive donations from a local bakery to give to hungry children...and some even recall grade 7 students serving toast under the supervision of teachers.

This was not enough to satisfy Marje, who set out to find a more permanent and consistent solution to a well-recognized need. Marje Bridgman learned of an offer of financial aid in Canadian Living magazine, but the grant for school breakfast programs was contingent on finding volunteers from outside the school to be involved.

Marje talked with Bill, her husband, a Rotarian, and member of the Creston Valley Rotary Club



(CVR), who shared this with his club...and the rest is history.

Bill passed away in 2007, and Marje has long retired from the school district; but their legacy continues to this day in the unique partnership between Erickson Elementary School and the Creston

Valley Rotary Club.

Walt Reider, President of the club in 2003, now recalls when Bill presented the opportunity, "It was an absolute no-brainer for our club...and as President I ensured we jumped on board 100% from the beginning." Walt still shows



up every Monday morning to serve the hot grilled cheese sandwiches with another original volunteer, Al Garrecht.

From the very beginning, breakfast was available and open to every student, and no one had to prove they were hungry or with special needs, and it has always been FREE. Conservative estimates are that CRV has served over 140,000 individual breakfasts to children since Marje and Bill Bridgman began this unique combination of school and community service by Rotary.

Members of CVR have staffed the breakfast program continuously over the past 15-16 years, and today, there are about 20 active volunteers, made up of Rotary members, family and friends, who serve breakfast every day to the children of the school.

### **2011 PARTNERSHIP AWARD B.C. Principals' and Vice-Principals' Association**

In 2011, the Creston Valley Rotary Club was recognized by the B.C. Principals' and Vice-Principals' Association with an impressive "Partnership Award" for the outstanding service at Erickson Elementary School. Marje Bridgman, along with Rotarians Walt Reider and Gord Rodney attended to receive the award along with Principal Nancy DeVono.

### **EXPRESS GRANT – DISTRICT 5080**

#### **Rotary International**

In October 2019, Creston Valley Rotary Club was awarded a special Express Grant from District 5080



Current photo shows Al Garrecht and Walt Reider in a presentation of the Express Grant cheque to current Principal, Ken Weins, and Melanie Skerik of Erickson Elementary School.

of Rotary International in order to update and replace equipment at the Erickson Elementary School kitchen to enhance daily breakfast service. The Express Grant allowed the coordinated purchase of upgraded equipment to be used in the morning program, and also to be shared with the parent groups that regularly serve lunch special programs from the school kitchen.

Melanie Skerik put the grant funds to good use, and commented recently, "Thank you very much for all your work in applying for and receiving the grant for our Breakfast Program! We appreciate everything you do for our school!"

The motto of Rotary International is "SERVICE ABOVE SELF", and this is so exemplified in the efforts



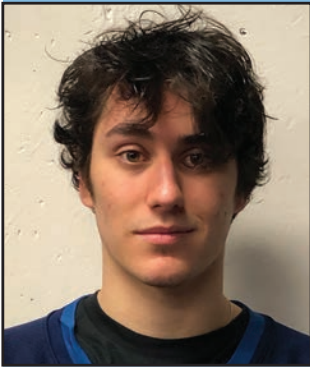
2011 PARTNERSHIP AWARD  
B.C. Principals' and Vice-Principals' Association

of the Creston Valley Rotary Club. While the children are the beneficiaries of this great program, every single one of the many Rotary volunteers feels blessed and honoured to be able to serve, and all have stories to tell of the "gifts" and "memories" given to them over the years. ♥



# MEET THE TEAM

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#3 | LOGAN RAST  
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Summerland, BC | D



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#8 | ANDREW CLARK  
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#16 | AIDEN SZAUTNER  
Calgary, AB | F



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Calgary, AB | D



#29 | LOGAN BERGGREN  
Cypress, CA | F



#31 | JADEN LITTLE  
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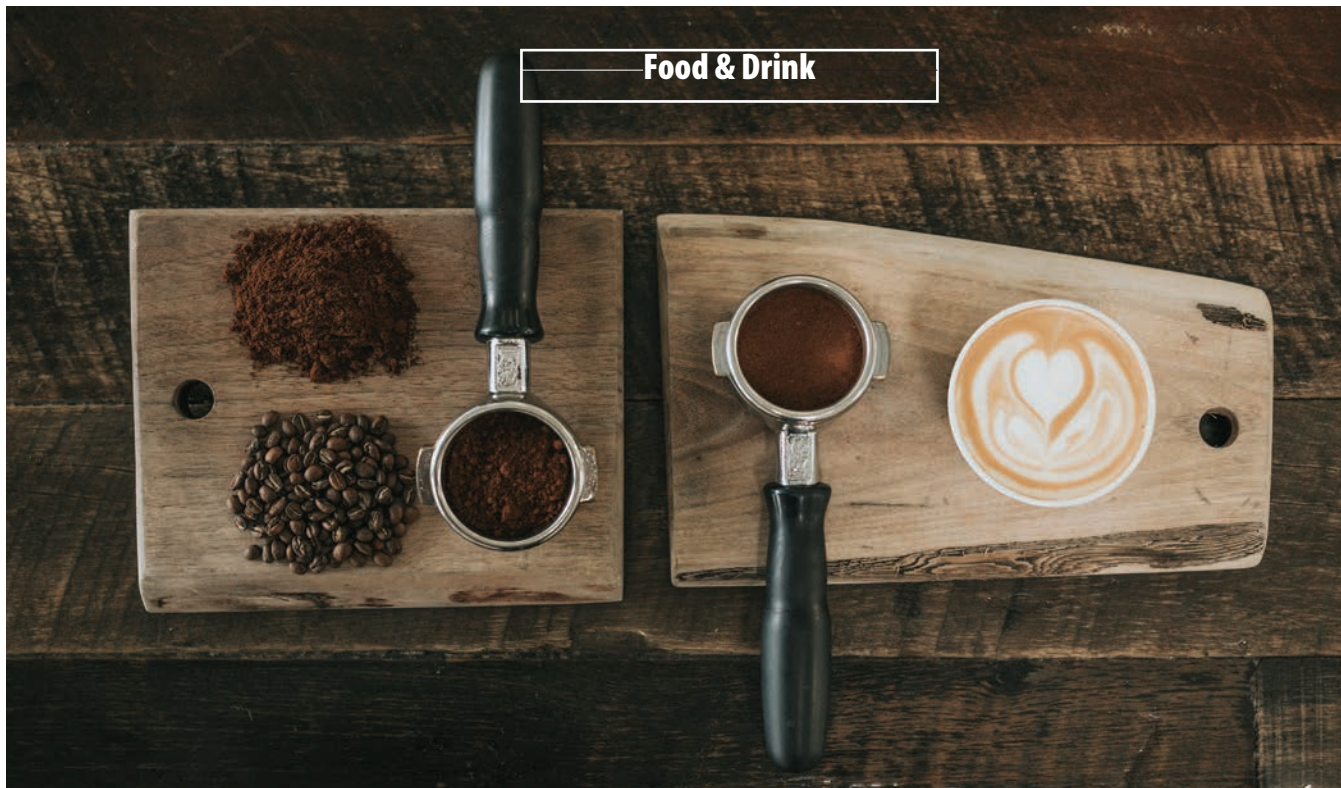
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## Coffee Fun

BY FLY IN THE FIBRE

**T**o start our new year we wanted to share some fun coffee facts with you to perk you up!

- The most popular drink in the world is actually water, but coffee is a close second along with soft drinks
- Coffee is the second most traded commodity in the world following crude oil
- 2.25 billion cups of coffee are enjoyed on a daily basis
- Lighter roasted coffee contains more caffeine compared to a darker roast
- Kopi Luwak is the most expensive coffee in the world and it sells at \$500 - \$600 per pound. Kopi Luwak is a coffee that consists of partially digested coffee cherries, which have been eaten and defecated by the Asian palm civet (*Paradoxurus hermaphroditus*)
- It takes approximately 100 coffee beans to make one cup of coffee. It takes five years for a coffee tree to reach maturity to produce the first round of coffee beans
- Over 90% of coffee shop customers feel their coffee is overpriced
- There is more caffeine in an average cup of drip coffee than in espresso
- A coffee plant can live up to 100 years
- The number one country that consumes the most coffee is Finland. 14% of Finnish men and 6% of Finnish women are drinking more than 10 cups a day
- Coffee industry in Canada:
  - \$6.2 billion industry
  - \$4.8 billion sales in Foodservice
  - \$1.4 billion sales in Grocery / Retail Sales
- Over 30 developing countries export coffee to Canada
- Coffee is one the most significant sources of antioxidants in the Canadian Diet
- Coffee and cats? Yes, it's proven. Take your kitty along for a drive-thru coffee run. Spending time with your cat while drinking coffee can put you in a good mood. ♥

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# New Faces and New Beginnings for the Creston Legion

BY GAIL LANDON, VICE PRESIDENT, BRANCH 29

It may seem odd talking about new beginnings in a building that opened in 1947. As we shepherd in a New Year, our

***“Sometimes tradition defines us, sometimes tradition binds us”***

Legion is bringing change and vitality. In the 1940’s fresh-faced young vets returning from the wars met over the Chinese Laundry, planning what was to become the Branch 29 Hall. They were filled with hope and enthusiasm for what was considered a ‘state of the art’ building. Through the decades, as veterans aged, so did our historic, old building.



Back Row Wayne Bailey, 2nd Vice President and Amanda Lawrence, Executive  
Front Row: Samantha La Pointe, Keanan Bailey, Medea Bailey, Brielle Bailey, Dara-Lyne La Pointe

## ATTENTION! CHANGES AHEAD

Due to the increasing number of singers, and increasing size of our audience, Blossom Valley Singers’ annual spring concert will be moving to a new venue and ... sadly ... we have to say good-bye to our traditional tea format. Watch for details and tickets in March!

<p><b>NEW VENUE</b></p> <p>⚠</p> <p><b>PRINCE CHARLES THEATRE</b></p>	<p><b>NEW DAYS</b></p> <p>⚠</p> <p><b>FRIDAY EVENING AND SATURDAY MATINEE</b> <b>APRIL 17 &amp; 18</b></p>	<p><b>SAME SNACKS</b></p> <p>⚠</p> <p><b>REFRESHMENTS AVAILABLE AT INTERMISSION, BY DONATION</b></p>
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We are grateful for those before us that kept Branch 29 going, without them we would not be beginning this new journey. They persevered and now it is time for the new executive and the new volunteers to take up the task of bringing new life to our 73-year-old building. We have much to do but we are inspired by the determination for all those who have gone before!

Sometimes tradition defines us, sometimes tradition binds us. Our mission is to serve Veterans, including serving



## Community

***“Our mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country.”***

military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. As your local Legion, our branch wants to continue to be a cornerstone in our community. To that end we have begun to ask how we can be more relevant. We are expanding the events we offer to appeal to more people. We are no longer requiring that people remove their hats in the canteen. Young families do not have to hire a baby sitter to come to Branch 29, our licence permits children accompanied by their parents in the Branch until 10:00pm as long as food is available. We now have three members on our executive that are younger than 40 years of age! All voices are valuable to us as we plan for events and activities that are more family-friendly and relevant to our community.

While our building is old, our ideas are new and fresh. Thanks to a team of decorators, our building gets spruced up for special events and rentals. While


there is much to do in our lovely old building, we are gradually making improvements. Our next huge project is replacing our aging roof. It is an expensive undertaking, but we are determined and will fundraise to make it happen.

We know that lasting change can only happen with community involvement. Margaret Mead reminds us: “Never doubt that a small group of

thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” We are listening to the voices of our community. We are constantly looking for volunteers.

Please be part of the change. It is the least we can do for the veterans who fought for the freedoms we enjoy today. ♥

If you have any suggestions, we would be delighted to hear from you. You can email our branch at [rregion@telus.net](mailto:rregion@telus.net) or follow us on Facebook.



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- white chocolate
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- toffee
- dried pineapple

## Sweet White



- pear
- honey
- peach
- floral
- high acid



- white chocolate
- dried apricot
- candied ginger
- red chili flakes

## Rosé



- cranberry
- strawberry
- rhubarb
- grapefruit
- citrus



- milk chocolate
- dried strawberries
- rose petals
- lemon zest

## Light Red



- red cherry
- raspberry
- mushroom
- game
- low tannin



- milk chocolate
- dried cranberries
- dried cherries
- pistachios

## Bold Red



- blackberry
- smoke
- chocolate
- tar
- high tannin



- dark chocolate
- raisins
- walnuts
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- prune
- nut
- toffee
- sweet



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- hazelnut



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# Valentine's Day

## 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.



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# Valentine's Day

## 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?



## What the flowers convey:

*Red: "I love you"*

*Nothing says "I love you" like red roses. Red symbolizes love, beauty, courage, respect, romantic love, and even congratulations.*

*White: "I am the one for you"*

*Surprise your Valentine this year with white roses that symbolize true love, purity, innocence, reverence, humility, youthfulness, and charm.*

*Pink: "Thank you"*

*Perfect for a friend on Valentine's Day, pink roses show appreciation, grace, perfect happiness, admiration, gratefulness, and gentleness.*

*Yellow: "We're friends and I care about you"*

*Another way to honor your friendship, yellow stands for joy, gladness, friendship, delight, new beginnings, welcome back, and remembrance.*

*Yellow with Red Tip: "I'm falling in love with you"*

*The beautiful sunset roses let that new person in your life know that you want more than friendship—they symbolize falling in love.*

*Orange/Coral: "I want you in my life"*

*Orange lets the receiver know that you are passionate about them. The color means desire, enthusiasm, and fascination.*

*Red and White Together: "We are a great match"*

*Send a mixed bouquet of red and white roses to your Valentine to signify unity.*

*Peach: "Let's make this a memorable Valentine's Day"*

*If you are ready to say, "Let's get together," peach roses are the ones to choose as the rose color symbolizes intimacy. ♥*



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# Valentine's Day

## 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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# Planning Your Renovation Like A Pro

BY KATIE-FAYE JENKINS

**D**id you know that according to CIBC's annual Home Renovation Poll nearly 49% of Canadians are planning a renovation in the upcoming year? That's a huge number! Which makes sense, since nearly 62% of us live in a home built between 1950 and 1999. Our homes are aging and with that comes work! Repairs, maintenance and for some, a full-blown renovation. But before you start binge-watching that new HGTV series, take the time to plan your reno! It is the most important thing you can do for your sanity and your wallet.



The average renovation will take 30 – 60 days to plan out completely. So now is the time to start planning for a late summer project. If a contractor is required, start interviewing early. The best ones book out over a year in advance. While timing is an important factor, ensure you find someone you are comfortable with. They will be like family for weeks and having open communication will make defining payment terms and addressing potential issues easier down the road.

Once you have a contractor ready to go, you need to be able to share your vision. Usually, an inspiration piece like a photo from a magazine will get everyone on the same page. Sketch out a plan or hire someone to assist you with blueprints. Create your vision of the space and stick to it. Research your selections and document all your choices. There will be a million options and a million more people with opinions. Some of them important and valid, like your contractor explaining that “No, you cannot move that wall.” And some of them not so much. But remember each item is an integral part of the whole. A change late in the game will likely lead to more changes down the line, trying to fix what you originally changed.

Lastly, the most important part, the budget. This will help you understand if your initial idea on cost is realistic. Use it to track your expenses, and overages will be easier to pinpoint. Your contractor will be able to assist with this, but nothing is more powerful than understanding your project's budget down to the very last cabinet handle. List out every item that you will need, don't forget install products like glue and nails. Then start allocating a cost to each item, a quick Google search can help you find average costs. As you make selections, update your budget with the corresponding quotes. Yes, you may still go over budget, but it should be a cognitive choice, not a slippery slope.

Undergoing a home reno of any size can be stressful. By taking steps to be prepared before you begin, most of that stress can be avoided. You may even enjoy the process! There is little more rewarding than watching your dream come to life, and no matter how old your home is, a beautiful space designed around your lifestyle will keep you smiling for years to come. ♥

To learn more contact KTJ Interior Design at 250) 428-1823, by email [katie.ktjdesign@gmail.com](mailto:katie.ktjdesign@gmail.com) or visit their website at [kt-jdesign.com](http://kt-jdesign.com)

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BY MAYA SKALINSKA  
Master Herbalist,  
Registered Herbal  
Therapist

## Ginger – the perfect winter warmer upper

**A**s the snow is falling, temperature dropping and I'm getting ready to go and scrape the ice off my car, a warming ginger root tea comes to mind. I have to say, ginger is my favorite winter herb of all. It has been used for medicinal and culinary purposes for over 5000 years, but it's been only in the last 30 years that science took interest in this amazing herb, and started to confirm all its traditional uses.

For centuries now, Traditional Chinese Medicine has been suggesting ginger for winter chills, colds, flu, bronchial congestion, and even hangovers! Its warming effect takes care of the chills, while its cleansing effect takes care of hangovers, but it doesn't end there. Ginger improves circulation, relieves all kinds of aches, arthritis pain, nausea (especially caused by motion sickness), takes care of all kinds of digestive complaints, and last but not least, it acts as a heart tonic. That's pretty good for a tasty root you can pick up at any grocery store.

To make ginger root tea, it is best to make a decoction. Add 3-5 slices of ginger root to 1-2 cups of water, and boil for 5-10 minutes, depending how strong you like it. If you have a zester, you can also zest the ginger, add boiling water, and let it steep for a few

minutes. According to Ayurvedic medicine (Traditional East Indian Medicine), adding honey to herbs

Anything above 37°C will kill all the medicinal properties in the honey, and according to Ayurvedic

***"Its warming effect takes care of the chills, while its cleansing effect takes care of hangovers"***

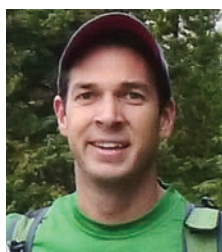
makes the medicinal effects of the herb stronger. Honey is also soothing to the throat and has anti-bacterial properties. So adding honey to your ginger tea is not only delicious, but also medicinal - a perfect pair. Do keep in mind that honey can never be heated up higher than 37°C (98.6°F), so make sure your tea has cooled down slightly (I do the pinky test) before adding honey.

medicine, makes the honey toxic. Add a slice of lemon for extra vitamin C, perhaps a pinch of cayenne pepper for even greater improved circulation and heat, and you have a beautiful warming, medicinal tea, perfect for those cold winter days. ♥

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.







BY JESSE MORETON,  
BSc DC

## Breaking down the pain killer options

**O**ne of the most common questions I'm asked is whether to use Advil or Tylenol. Or what about Aleve, Aspirin and muscle relaxants? Most times it depends. It depends on the symptoms and it depends on the person. However, a little background information is always helpful in making an educated choice.

First, let's break down the trade names. Advil is ibuprofen. Tylenol is acetaminophen. Aleve is naproxen. Aspirin is acetylsalicylic acid (ASA). And most muscle relaxants are

methocarbamol, yet most also contain either acetaminophen, ibuprofen or ASA. With me so far?

The next step is to categorize. Ibuprofen, naproxen and ASA are non-steroidal anti-inflammatory

***"It depends on the symptoms and it depends on the person"***

drugs (NSAIDs). That means they will naturally work better when inflammation and pain are the primary problems. The drawbacks? Long term or excessive use is hard on the stomach and the kidneys. They can lead to ulcers and

kidney problems, especially when combined with other risk factors. NSAIDs are also linked to developmental problems in fetuses. Thus, they should be avoided during pregnancy. NSAIDs work by blocking inflammatory chemicals known as prostaglandins.

Acetaminophen is in its own category. It reduces pain but not inflammation. In some headache medications like Excedrin, it is mixed with ASA and caffeine. What's acetaminophen's catch? It can affect the liver, especially with other risk factors like being a heavy drinker. Acetaminophen is typically touted as the fever reducer of choice, although according to science,

NSAIDs also reduce fever. The same could be said about effectiveness for headaches. The mechanism by which acetaminophen works is less clear than NSAIDs.

So which do you choose? Some choices are dictated by

***“Some choices hinge on personal or family experience”***

risk factors, allergies or drug interactions. Some choices hinge on personal or family experience. As for me, I follow the recommendation of a review that took its data from dental procedures. It suggested taking 500mg of acetaminophen with 200mg of ibuprofen and as there was only marginally more relief by

taking 1000mg of acetaminophen with 400mg of ibuprofen. In the study acetaminophen by itself didn’t produce near the same amount of relief. Ibuprofen by itself performed better but there wasn’t a big difference in relief between 200mg and 400mg dosages. Interesting stuff, but can this review be generalized to all forms of pain? You may have to experiment yourself. Personally, this combination provides the best balance between dosage concerns and relief for my migraines.

In summary, think ibuprofen or naproxen for inflammation and pain. Acetaminophen has more anecdotal evidence for headache and fever. I generally don’t recommend ASA unless you’re wanting to thin the blood, but to be fair it can also relieve pain and inflammation. In-house

brands should be as effective and cost less when compared to trade names. As for fast-acting capsules, the study I cited above found slightly better results compared to the standard pill format. Again, you’ll have to be the judge.

Muscle relaxants will have to wait until next time. All for this time! ♥

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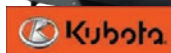
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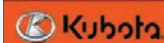
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