

FREE

Bringing the Creston Valley together!

March 2020

**i love
creston**

A photograph of four people standing in a library. From left to right: a woman in a blue shirt and grey cardigan holding several books; a woman in a light blue dress and dark cardigan with glasses; a young man in a maroon and black long-sleeved shirt; and a woman in a floral top and grey cardigan. They are all smiling. The background shows library shelves and a window. A large green and white logo is in the top right. A green banner is at the bottom with three categories: Town, Columbia Basin, and Entertainment.

100th Anniversary

2020 marks a century for the
Creston Valley Public Library

Town

Regional District Services

Columbia Basin

Hope Air to provide free flights

Entertainment

A science fiction comedy

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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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www.creston.ca

Inside

As winter comes to and end in the Valley, the Columbia Basin Trust is busy working with Regional Districts and Municipalities to manage the upcoming wildfire season before it starts.

As we head into spring, some of us may be thinking about making an update to one or more spaces in our homes. Katie-Faye Jenkins from KT-J Designs shares some tips on picking the perfect paint colour.

The Footlighters Society announces their upcoming production, *Star Trak*, which will bring science fiction to the stage April 2-4, and promises to provide a lot of laughs for Creston audiences.

The Creston Museum continues to explore the impacts of the Spanish Influenza in the Creston Valley, this time focusing on the wave that passed through the Valley, and the world in general, in 1920.

Jesse Moreton wraps up the discussion on over-the-counter medication with the benefits and uses of muscle relaxants when treating pain.

The Creston Legion has been working hard to provide

programming and events relevant to our community, as well as providing funds to non-profit programs throughout the Valley. Branch 29 is a service club which not only provides funds and means of entertainment, but the building itself is also a gathering place for Veterans and guests of all ages.

The Fly in the Fibre invites us to reflect on how we can all be “happier together” with a reminder about the United Nations International Day of Happiness being celebrated on March 20th.

The Town of Creston and the Regional Districts in the Creston Valley work together to provide and fund many of our essential services. Mayor Toyota shares information about some of the key services shared between the Town and the Regional Districts, including the Creston Valley Public Library, the Creston & District Community Complex, and the Creston Museum.

Speaking of the Library, 2020 marks one hundred years for the Creston Valley Public Library! The team have all kinds of activities, events and contests planned, as they celebrate the past, present and future of the Library. ♥

Feature

05 Much more than “just book”

Library celebrates 100 years



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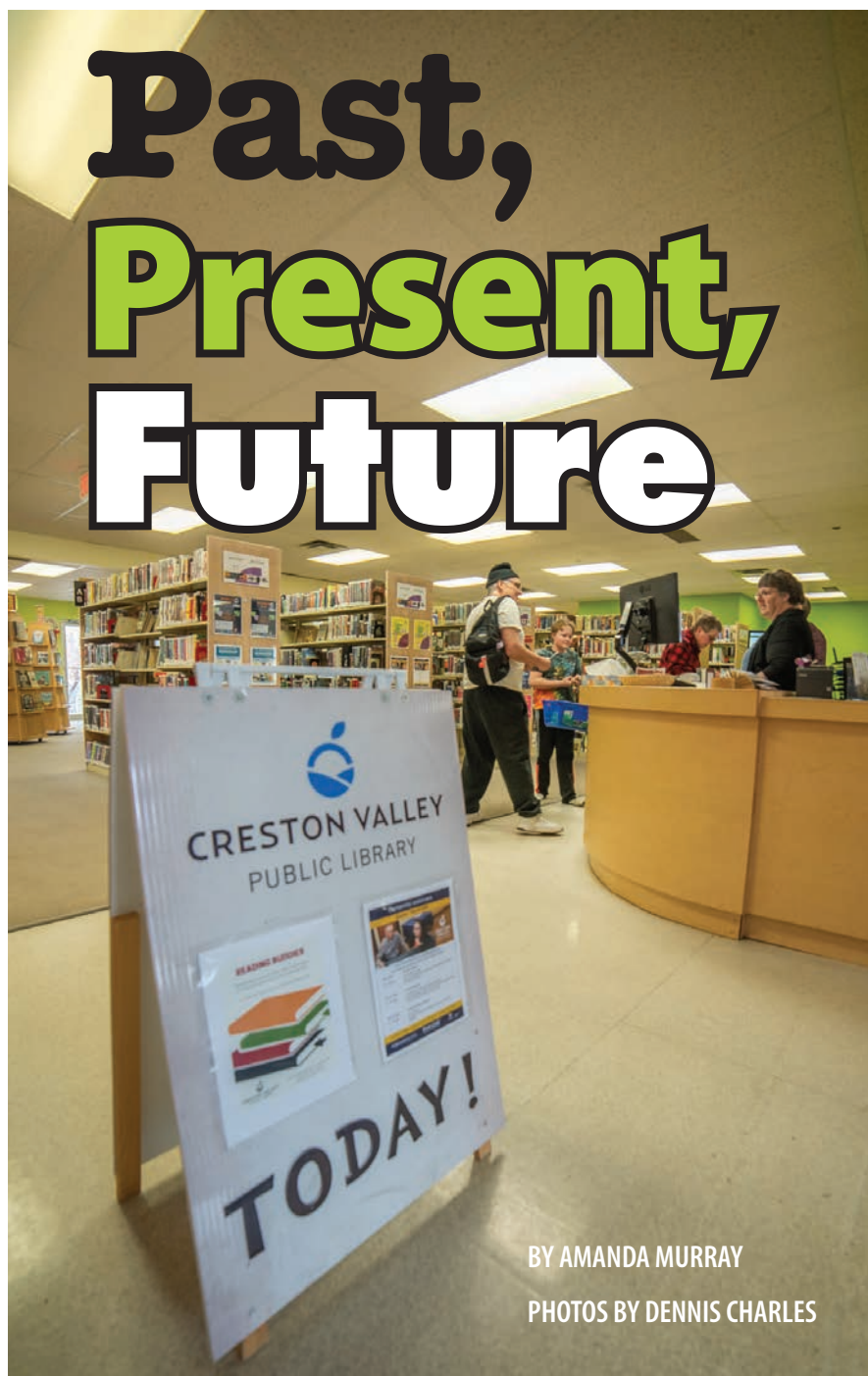
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Past, Present, Future



BY AMANDA MURRAY

PHOTOS BY DENNIS CHARLES

2020 marks the one hundredth anniversary of the Creston Valley Public Library, which opened in December 1920 in the Union building with a collection of about 550 books. This past year, the Library lent over 101,000 books, with almost 25,000 digital

items accessed. The Library is so much more than “just books”, with all of the programming offered and resources available, it is no wonder the Library has become a community gathering place. Parents bring their children into the space to play while meeting

up with friends, volunteers and former employees who form the “Friends of the Library” hold teas in the space, sharing stories and their experiences, friends gather in common areas to catch up and chat without being required to spend even a dollar.

For one hundred years, people have been gathering in our Library, borrowing books, and learning. To mark this great achievement, the team at the Creston Valley Public Library have been busy planning events, contests, and initiatives which will take place throughout the year

“For one hundred years, people have been gathering in our Library, borrowing books, and learning”

celebrating and demonstrating all the Library has to offer. One initiative, introduced on January 2, 2020, is the elimination of late fees for overdue library books. Feedback from the community has been positive so far, and Saara Itkonen, Chief Librarian, hopes that the removal of this potential financial barrier will mean more access to the Library for everyone. No late fees does not mean patrons can load up on borrowed books to stock their own shelves at home though, an item replacement fee will be charged for any items not returned after six months.

Feature Story

Creston and area residents can look forward to some new ways to get involved with the Library this year, with a social media contest themed around the hundredth anniversary, inviting members of the community to share their favourite books. The Library will also be partnering with local schools, asking our youngest community members to share their vision for the future of the Creston Valley Library, either by drawing a picture of the Creston Valley Library one hundred years from now, or by writing an essay describing what the Library might look like, and what services might be offered. Library staff and volunteers will be showing up at public events like the Blossom Festival and the Creston Valley Farmers' Market creating dialogue about what community members would like to see happening at our Library, which is for the community after all. To wrap up the celebration, the Library will be hosting a Gala event this September to thank the public, staff and volunteers for an amazing hundred years. This event will be free, and a limited number of tickets will be available, more details will be available in the near future!

“When celebrating a milestone like this, it is impossible not to look towards the future, think about the present, and reflect upon the past”

When celebrating a milestone like this, it is impossible not to look towards the future, think about the present, and reflect upon the past. How will improvements and changes in technology continue to change the way we use our Public Library, and what will the Library of the future look like? Access to information, services and resources is at the core of the Public Library model, and demands for current and up to date technology will continue to influence what the Library has to offer.

Today, the Creston Valley Public Library offers to much more than just books. There is programming for children, families and adults; from the Summer Reading Club, to Storytime, to film screenings and computer help, there is something for everyone. Members of the public can access learning website Lynda.com for no cost, or if learning a language is something on your to-do list, there is a language training database available. The children's space is full of books, toys and games, and children can access tablets loaded with learning apps and games. The Library hosts 60 to 90 groups per month in their meeting rooms, one of which is popular partly due to its availability evening and weekends, even when the Library itself is not open.





Feature Story

What did the newly formed Creston Public Library Association envision when the Creston Women's Institute turned over the 250 books that made up their lending library, along with another 300 volumes from Victoria, which made up the initial collection in the brand-new Creston Library. It is certain they could not have foreseen certain aspects, like the availability of ebooks and free

wifi, but the intention to provide access to books and knowledge for the community must have been there. With all the Creston Valley Public Library has to offer to the residents of Creston and the surrounding communities, the future is bright. Here's to another hundred years!



For more information on upcoming events visit crestonlibrary.com/



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From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

RDCK Services and the Town of Creston

The Regional District of Central Kootenay (RDCK) provides a number of essential services to the residents of the Town of Creston. Our taxpayers pay for these services through taxation collected by the Town on behalf of the RDCK. Major shared services include not only the Creston & District Community Complex but also Refuse Disposal (landfill), the Creston Public Library, and Economic Development. Other shared services include Road Rescue, 9-1-1, Emergency Management, the Creston Museum, local Transit and our Regional Airport. The costs of these services are shared between the Town and defined parts of RDCK Electoral Area 'A', as well as Electoral Areas 'B' and 'C'. In this month's article, I would like to highlight some of the key services that are shared between the Town and the RDCK.

As mentioned, the Town of Creston shares in the operation of the Refuse Disposal Service for the Creston Valley (the landfill) on Mallory Road with the RDCK. The service also includes the small recycling bins on Helen Street, as well as other small recycling drop off locations. Recently, it was announced that the RDCK has been approved for a provincial Organics Waste Facility grant of \$961,776 to be used for developing a composting program in the Creston Valley! This exciting news means that this program development over the next couple of years will further

the discussions on organics curbside pickup as well as continuing the discussions on an improved recycling program for our residents.

Did you know that the Creston Public Library is celebrating 100 years in 2020? Our library is a truly great facility and well utilized by many citizens throughout the entire Valley. The library is operated by a non-profit society that receives a "grant-in-aid" through RDCK taxation as well as being a recipient of various grant programs each year. In 2019, the library had 71,923 in person visits, was open for 2,033 hours with 101,898 items borrowed. Along with a great selection of materials in various mediums, our library offers a wide array of programming for all ages. Open Tuesday – Saturday from 10 a.m. to 6 p.m., you are sure to find something to pique your interest!

Another shared service with the RDCK is Service 108 which has three primary functions – the Creston Valley Health Working Group (physician recruitment), the Visitor Information Centre and the Economic Action Partnership (EAP). Over the next two years, through the Rural Dividend grant received from the Provincial Government, the EAP will be implementing many of the strategies developed in recent years to continue strengthening our local economy. Stay tuned to hear about exciting tourism and marketing initiatives that are being developed.

The world-class Creston & District Community Complex is perhaps the shared service that receives the most attention. The 2020 property tax requisition from the Town and RDCK Electoral Areas 'A', 'B' and 'C' for Community Complex operations will be approximately \$4 million dollars. As a sample comparison, the 2020 property tax requisition for the Town of Creston's municipal operations is \$4.5 million dollars. Both the Town and the Community Complex collect other revenues, such as grants and user fees, to offset the remainder of our operational budgets.

When we look at the composition of the total property tax bill for Town of Creston taxpayers, you will see that only approximately 45% is determined by Town Council through our rigorous budget process for our municipal operations. Provincial Education and Regional Hospital Districts (19%), Municipal policing (10%), and shared Regional District services (26%) make up the remainder. This means that, in essence, 55% of the property tax bill is not in the primary control of your Town council, and these costs are determined by other forms of government.

Although the sharing of these RDCK services may make up 26% of the overall Town of Creston property tax bill, it's important to note that without shared taxation, these services would not be economically viable for our individual areas. Furthermore, shared services allow for provision of these services at a much lower cost than if our communities were to provide them ourselves, resulting in benefits for the entire Creston Valley! ♥

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)

Free flights to access medical care far from home

Columbia Basin Trust provides Hope Air with \$165,000 to offer flights for those in financial need

(Columbia Basin)

Many people in the Columbia Basin must travel far to obtain medical care. For help getting to these appointments, those in financial need often rely on Hope Air. Now, this important service will continue its work in the region with a three-year commitment of \$165,000 from Columbia Basin Trust.

“We’re pleased to partner with Hope Air to provide free flights for patients who need access to vital medical care outside the region,” said Aimee Ambrosone, Columbia Basin Trust Executive Director, Delivery of Benefits. “Hope Air helps people in the region access the care they need, from initial diagnosis, to treatment, to follow-up appointments, which improves their health and quality of life.”

The free flights are possible thanks to partnerships with airlines and many donations and grants from individuals, corporations and foundations, including the Trust.

“Too often, patients tell us that without the flights provided, they would delay or even cancel their appointments, putting their health at risk,” said Alanna Scott, Hope Air Vice President, Development. “This project is of particular benefit to families. This support will help them meet the needs of an ill child and shorten their time away from work and other

caregiving responsibilities in the home. The funding also provides a lifeline for seniors and people with disabilities who can’t drive or physically manage long-distance drives, as well as people with serious conditions requiring multiple trips for treatments.” ♥

To learn more and request free flights and accommodations, patients should visit hopeair.ca or call 1.877.346.HOPE (4673).

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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Spanish Influenza in the Creston Valley – Part II



BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

Last month, we looked at the Spanish Influenza epidemic of 1918. It was the Bubonic Plague of the modern era, infecting about a third of the planet's population and killing somewhere between 20 million and 50 million people around the world, including about 50,000 Canadians.

To the list of local Influenza victims in 1918, I need to add one more: Thomas Butterfield. The Butterfield family history in the Wynndel history book mentions it, and although the newspapers do not confirm it, I did find a death record online: Thomas Butterfield, age 27, died at Nelson, 1 November 1918, exactly as the epidemic was at its peak.

That makes nineteen deaths in the Creston Valley, and two in a single family: Thomas Butterfield and his brother-in-law, William Laing. Perhaps that explains why the patriarch of the family, Edward

Butterfield, was one of the few business owners in the Creston Valley to advertise preventive measures against the Influenza when it returned in the spring of 1920. "With the threatened return of the dread disease, it is important to keep healthy," read the ads for Butterfield and Son store in Wynndel, before mentioning the variety of stewed and dried fruits available for "moderate prices."

Spanish Influenza struck in a series of waves between the spring of 1918 and early 1920, and researchers are now beginning to identify isolated pockets of it that broke out in 1916 and 1917. But the outbreak in the fall of 1918 was by far the worst, an "extremely contagious, virulent, and deadly form of the disease," claiming ninety percent of all of the flu's victims in the space of a couple of months.

That outbreak is still the subject of many studies on the spread of contagious diseases and the implementation of much-needed changes in local, national, and international responses to medical

emergencies. In comparison, the wave that struck in the spring of 1920 is hardly mentioned at all.

It definitely occurred, though – the Creston Review and Dr. Henderson's death certificates attest to that. From these records, it's evident that the 1920 epidemic bore some very strong similarities to the one in 1918, but there were notable differences.

First the similarities:

Young, previously healthy adults suffered far more than the very young and the very old. James McKay of Sherbrooke, Quebec was the one local exception to this: the eighty-five year old was visiting his daughter in Creston, Mrs. D. Learmonth, when several members of the household were stricken and the old gentleman "succumbed after about a week's gallant fight for life."

Secondary illnesses were the real cause of serious and fatal cases. Pneumonia, double pneumonia, and bronchitis caused three of the deaths and were mentioned in several of the serious cases.

LOTS TO DO FOR SPRING BREAK...

GEMS n' S.T.E.M (7-13 yrs) Creston Education Centre
Boys and girls will explore a variety of arts, crafts, active games, S.T.E.M. (science, technology, engineering & math), self-esteem building activities and nutrition. Wristbands to the facility are included. Please have children dropped off at 11:30am sharp.
Mon-Fri, 11:30am-4pm Mar 16-20 \$99 (5 days)

SPORTS n' S.T.E.M (7-13 yrs) Creston Education Centre
Boys and girls will experience a variety of exciting individual and team sports, S.T.E.M. (science, technology, engineering & math), engineering contests, swimming and skating. Wristbands to the facility are included. Please have children dropped off at 11:30am sharp.
Mon-Fri, 11:30am-4pm, Mar 23-27 \$99 (5 days)

Junior Lifeguard Club Camp (8-12 yrs)

Join us for an action packed week of excitement in the pool!
Learn basic lifeguarding skills in a super fun and safe atmosphere.
Mon-Friday, Mar 23-27, 3:30-5:30pm \$95 (5 classes)

Learn to Skate

Learn the basics of skating, such as; standing up, falling down, skating forward and backward, gliding on two feet and stopping. Please make sure your child has proper fitting skates and helmet.
Mon-Thur, Mar 16-19, Ages 7-12 yrs 1:45-3pm,
Ages 3-6 yrs 12:30-1:30pm \$49 (4 classes)

Hop into Spring Cooking Camp (7-12 yrs)

Children will prepare, cook and eat a light lunch that they created themselves. They will learn proper kitchen safety and use locally produced foods. Entrance to the pool after camp is included.
Tue-Thur, 10am-1pm Mar 17-19
or Mar 24-26 \$72 (3 classes)

Fencing Camp

This exhilarating camp is filled with warm-up games, good stretches and footwork skill building. Each participant will experience blade-work, team fencing and mini-tournaments. The most crucial part of fencing is understanding the psychology of your opponent in a safe and fun learning atmosphere.
Tue-Thur, March 17-19, Ages 7-11 yrs 9:30-11:30am,
Ages 12-16 12:00-2:00pm \$74 (5 classes)

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History

Erickson struggled through “a mild type of scarlet fever” at the same time; prevalence of sickness “of one sort or another” meant the Leap-Year Tea of Christ Church Anglican’s Ladies Guild was decidedly less successful than anticipated.

Among the most vulnerable were pregnant women and their infants. Mary Charlotte Boadway, age 31, nursed her five young daughters through the illness, gave birth to her only son on 4 March, and passed away on the 7th. Ada Fulmer died on 27 February just a few days after giving birth to a son; the baby, Gerald, died on 2 March.

The illness struck much more severely amongst the Yaqan Nukiy population. Two died in that community: the chief, Dominic Luke, age 29, and another man who is identified as Pascal in the newspapers and Basil Skin Koots, age 55, in online genealogical records.

Now for the differences:

The 1920 epidemic affected more people than the 1918 outbreak, at least according to the Review, which described cases in 1920 as being “considerably more numerous than in 1918.” However, the newspaper continued, “the trouble was of a much milder type.” Fewer cases became serious, and even fewer were fatal. The emergency hospital – for which the Methodist Church was conscripted – housed only seven cases over the entire two-week epidemic, compared to twenty cases during a single week of the two-month epidemic of 1918.

In 1920, people behaved much more

typically in the face of an illness than had been the case in 1918. Even today, people who are really sick with a flu stay home; those who are only mildly sick tend to go to work and school as usual, and they spread a milder form of the virus. But in 1918, the opposite happened. Although its origins are uncertain, the spread of the 1918 epidemic was accelerated and exacerbated by soldiers returning from the First World War. Those who were only a little sick stayed in the trenches to fight the last battles of the war. Those who were really sick – those who had the most virulent form of the disease – were herded through crowded and unsanitary military camps, packed into transport ships, and sent to their homes all over the world, where they were shuffled onto the care of unsuspecting and unprepared local hospitals and family members.

The most striking difference between the two epidemics is also the most perplexing. In 1918, people literally fled from the Influenza. Everything shut down. Locally, we see it in the closure of schools and businesses that put people out of work; on a national scale, that actually caused a fairly significant, if temporary,

economic downturn. Bans on public gathering were strictly enforced and conscientiously observed, even though they lasted for a period of several weeks. But, while there were bans on public gatherings in 1920, they were neither so universal nor so widely respected as they had been in 1920. Wynndel, for example, went ahead with its planned concert and dance on 6 March – at the peak of the epidemic – and, far from the scanty attendance one might expect in the circumstances, the event was a huge success and “the hall was filled to capacity.”

This complacency is hard to understand. If my admittedly rough estimate of cases in 1918 (between 110 and 180 cases) is at all accurate, that represents somewhere between five and ten percent of the population falling ill – and ten to seventeen percent of those cases were fatal ones. Those are pretty scary statistics. So why would people be so much less concerned about the potential impact of a second round of the same illness, less than eighteen months after the first? ♥

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



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How Branch 29 Makes a Difference in our Valley

BY GAIL LANDON, VICE PRESIDENT, BRANCH 29

I never go into the Legion... why should I support it?" Do you know how your Legion gives to our community? Legions are service clubs, and that is what we do. We are in-service to our community. Yes, we support veterans and their families,

and we have a public Day of Remembrance every November 11th, but we do much more than that.

Did you know that every week we have hundreds of patrons coming in to play pool, play darts, play cribbage, come to the meat draw, attend our special events or just

come to be in the company of others? We want to debunk the myth that Branch 29 is a club for only a few. Because of the patronage of members and guests, we are able to "make a difference in our community". The reach of Branch 29 throughout our valley is significant for our residents.

Over the last decade, Branch 29 has given approximately \$80,000 to non-profit programs that support youth, people with disabilities, seniors' programs, newcomers to the area and athletics. These donations come from either our Poppy Fund or from gaming proceeds. At least 85% of our meat draw money supports non-profits in our greater community. Many think of veterans too narrowly as veterans from the Second World War; we are in service to all veterans. Do you

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Community

know anyone who has served in any of the Canadian services that may need support? Please encourage them to contact the Legion. We may be able to be of assistance.

Another subtle but profound way we support our community is by being a 'home away from home'. Members and signed-in guests will find our club a welcoming place to gather. One of the most significant problems that communities face is health care and social concerns arising out of the isolation of its citizens. We offer an inclusive environment that is becoming more and more relevant for the people of today. We are wanting to meet our community's needs. Talk to us if there is something new that you would like to see.

More and more younger families are settling in our Valley. We have a facility that has much to offer. We are looking at having more youth and family-friendly activities. Decades ago, our Legion offered a club called Teen Town. We are looking ahead to offer teen dances and games nights. Please let us know if that is something your families would value.

Our lovely building is showing its age. Once considered 'state of the art', it is now needing

some significant renovations. We are grateful for the corporate relationships we have in our Valley, as well as those with other service organizations. We are going forward with Patience, Passion and Persistence to restore our building and have it be a place that can continue to serve the residents of our greater community.

Together we are better! ♥

You can reach out to us on Facebook or by calling the Legion at 250-428-4252 and we will return your call.



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Taking action to reduce wildfire risks

Trust provides over \$1 million to address wildfire risks

(Columbia Basin)

While the ground remains snowy, communities throughout the Columbia Basin are thinking ahead to how they can reduce the risks of wildfires. Several projects will be helping to keep people and places safer with over \$1 million from Columbia Basin Trust's Community Wildfire Program.

"Anyone who's been in the region in the past few years has witnessed how wildfires can choke the air and put communities in danger," said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. "With realities of climate change, these risks are increasing, and communities are prioritizing reducing the impacts of wildfires in the Basin."

The successful projects are using innovative methods or spreading the word by educating the public and others. The Trust also provides advice to communities through a wildfire advisor. These projects are in addition to the more than \$1.5 million the Trust has already

provided since 2012 to help communities prepare for and reduce the risks of wildfires.

The City of Kimberley will develop stand treatments for young conifer plantations near the city to reduce wildfire threats to the community. How to reduce wildfire risk posed by young conifer plantations while building in community resilience and maintaining future timber values is not well understood. This project will utilize thinning, the removal of thinned materials and prescribed burns to achieve the treatments, and then will assess and report on the treatment viability and effectiveness on various plantations.

"In mature stands, thinning and prescribed fire is a commonly accepted strategy; the same strategy can work in young plantations if we target the right species and sizes of trees and are careful with our prescribed burn," said Robert Gray, Wildland Fire Ecologist, R.W. Gray Consulting Ltd. "The project results will then

be disseminated to other resource managers in the Basin so they can apply similar treatments."

The Regional District of Central Kootenay, in collaboration with partners, will use various treatments and methodologies to explore ways to reduce wildfire fuels surrounding the communities of Creston, Kaslo and Nakusp. The findings will then be analyzed to develop prescription guidelines and performance standards that other communities can use and learn from to protect themselves from wildfire.

"The completed pilot projects will directly help mitigate the impacts of wildfire on the communities of Creston, Kaslo and Nakusp," said Joel Hamilton, Wildfire Mitigation Supervisor. "They will also demonstrate a high level of collaboration between key players, from municipalities to recreation groups, and provide findings for other communities to potentially benefit from."

The City of Rossland will limb and thin trees to reduce the amount of wildfire fuel in 12.5 hectares near the community. However, instead of burning or chipping the woody debris, it will create "hugels" to

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improve the overall health of the forest. This means the debris will be piled into shallow excavated or natural depressions and then covered with soil, seeds and mulch.

“Hugels build soil, reduce erosion, capture moisture, improve water retention, cycle slow release nutrients, retain carbon and create habitat for native vegetation and underground shelter for wildlife, plus will increase the aesthetics and safety of our local trail system. They’re not constrained by the limited season for burn piles, and should cost about the same,” said Andrew Bennett, Project Lead. “Once completed, we will produce replicable templates, such as a how to hugel guide and a slideshow of lessons learned, so the methods can be used elsewhere in the Basin and BC.”

In addition, seven projects are receiving over \$127,000 to help communities educate the public about wildfire risks and teach property owners and others about the actions they can take to reduce the impacts of community wildfires.

The District of Invermere, will take several steps, including delivering information door to door to get people thinking about how to reduce the risks of interface wildfires (ones that could harm human-made structures) during spring cleanup. It will also host a FireSmart workshop for construction, renovation and landscape professionals, and retailers like greenhouses and building supply stores, plus attend public events to raise awareness and encourage people to act.

“Educating property owners about interface fire risk reduction is a priority for the District of Invermere, and FireSmart is a program proven to reduce the risk of losses in neighbourhoods,” said Jenna Milne, Environmental Special Projects Coordinator. “We also believe it’s fundamental to educate and engage with the professionals and retailers who have critical influence over many facets of home and yard conditions that impact the vulnerability or fire resistance of residential properties.” ♥

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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How to Choose the Perfect Paint Colour

BY KATIE-FAYE JENKINS

Updating a space to reflect your personality can be as easy as changing up the wall colour! We've all heard it before.... Paint is the quickest and least expensive way to change the look of any space. But with thousands of options at your fingertips, where do you even begin? With a few simple steps, you will be on the road to freshly painted walls in no time.

1. Start looking at inspiration

pictures. Once you have accumulated about ten that catch your eye, you should be able to get a sense of what colours and styles you tend to be drawn to.

2. Take your inspiration and head to the paint section. Use your pictures as a guide to pick colour chips that are close to what you are trying to achieve. Make sure to keep an open mind and take a couple of lighter and darker options as well to compare. You

might be surprised by your final selection.

3. An easy way to decipher the undertones of the colours you are selecting is to look at the darkest hue on the strip. This will showcase the underlying colour more clearly. Is the darkest colour on your strip a reddy brown? Then that taupe you were looking at second from the top will likely have a pink undertone.

4. Take them home and look at them in the space you are planning on painting. Pin or tape up your samples to the wall in your space and look at them throughout the day. Does the bright sunlight make that pretty yellow look neon? Or does an overcast light make your favourite green look sad and grey? It's also great to test out the colours at night with the lamps or lights you use. Once you have lived with each colour for a bit you can narrow it down to your top choices.

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5. Most home improvement stores offer small tester pots of colour for a reasonable price. Once you have narrowed down your options, pick up some samples of your top choices. Yes, it may add up if you have 20 colours on your list, but in the end, it's worth every penny when you only need

to paint your space once!

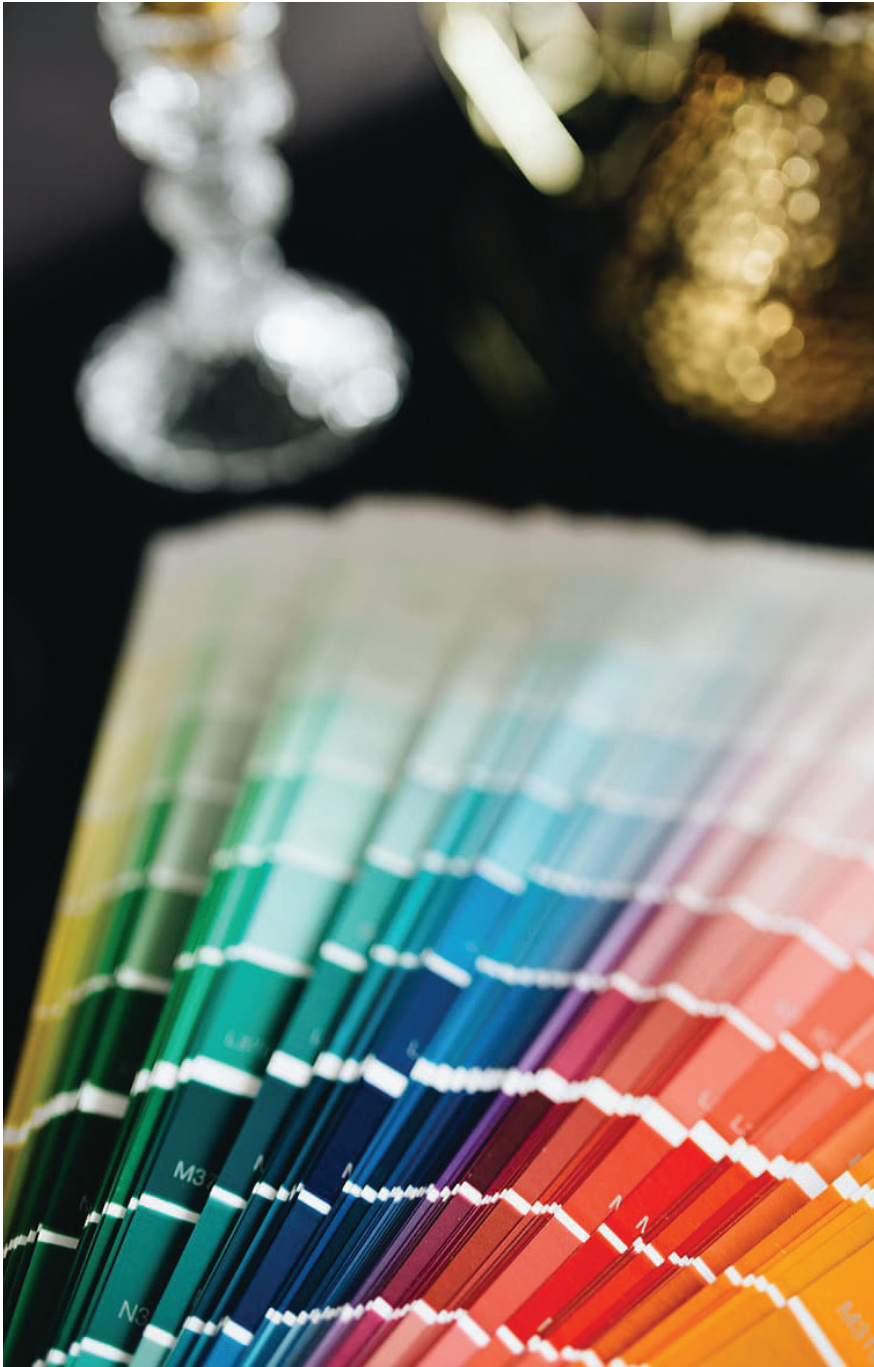
6. Paint large swatches on a couple of different walls throughout the space to get a feel for the colour in different areas. If you are unable to push up your furniture to the swatch to compare, paint a large piece of poster board, and carry it

around to each piece. Remember that your furniture and paint don't have to match, but the undertones should be complimentary.

7. Once you have landed on a winner, make sure to speak with the paint specialist about sheen levels before ordering. Typically, an eggshell or low lustre sheen will give you good durability and easy maintenance. The higher the gloss the easier it is to spot imperfections.

Picking a new paint colour doesn't have to be overwhelming. By following a few simple steps, you can quickly and easily narrow down your options and find the perfect hue. Happy painting! ♥

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Going Where They've Never Gone Before

BY BRIAN LAWRENCE

For the first time, Footlighters Theatre Society is going where it has never gone before — outer space — in the science fiction comedy *Star Trak*.

The second production of Footlighters' 25th season offers an irreverent and spoofy visit to the *Star Trek* universe, running April 2-4 at Prince Charles Theatre.

"*Star Trek* fans are sure to see a lot of familiar characters and hear all their favourite catchphrases," says director Jason Smith, who co-wrote the play with Suzanne Chubb. "We are both long time *Star Trek* fans, but we made sure the story will appeal to a wide

audience. So even if you're not a fan of science fiction, our story has something for everyone, including families."

The audience will first meet Capt. Timothy J. Clark (play by Tom Greentree) and his motley crew, including alien crew members Lt. Crumble (Gillian Wells), a catlike humanoid, and Cmdr. Buddy Buddy (Jason Short), a blue antennae-sporting Adorian. They are transporting a ragtag group of orphans aboard the *USS Possibility* to a new home when they come across Queen Alpha (Debra Mehrer) of Lularia.

"The crew doles out lots of laughs and a space battle right out of the



Debra Mehrer (top) and Dan Caverly (bottom) in a shoot for multimedia portions of the upcoming Footlighters play, *Star Trak*, BRIAN LAWRENCE PHOTO

original '60s series," says Smith. "Soon things go awry, however, when the orphans become unwitting pawns in Queen Alpha and the Lularians' plot to take over the ship and destroy Earth."

Star Trek is the sixth play written by Smith and Chubb, and is one of the most challenging he's directed, with multimedia portions and musical underscoring integrated with the live action.

"To really pull off a true science fiction feel, this show goes far beyond anything we do in most productions — from makeup to costumes to set design," says Smith. "It's required an incredible amount of planning, but it's really helped us stretch our skills in a new way."

The hard work will pay off for the audience members, who will have the rare experience of seeing science fiction live on

stage. And, of course, they will learn the answers to a couple of tough questions: Can the captain uncover a secret twist of galactic proportions and save the Federation? Will Spamm

(Robin Clegg) the android and Schultz (Dan McCowan) down in engineering ever get along?

"And, most importantly," asks Smith, "what are Bibbles?" ♥

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The Blossom Valley Singers – 20/20: A Vision of Hope

SUBMITTED BY BLOSSOM VALLEY SINGERS

Spring will soon be in the air, and so will the sound of The Blossom Valley Singers as they bring you their annual spring concert. Offered as one evening and one matinee performance, April 17 and 18, this year's concert offers a timely and uplifting celebration – "20/20: A Vision of Hope".

This spring also brings a few changes. After almost three decades, the choir is saying goodbye to the long-standing tradition of intermission tea, served by the men of the choir in their frilly aprons. "There were several factors that brought us to this decision," says choir president Linda Wallace. "We've had to turn people away over recent years, as

"This song line-up encourages all of us to clearly see the challenges the world is facing"

This song line-up encourages all of us to clearly see the challenges the world is facing, and to face those challenges from a foundation of positivity. It features songs of warning, songs of hope, and songs of love for each other and the world we live in. You will hear big hope anthems like "The Impossible Dream", a joyous South African freedom song, and a haunting hymn inspired by words found on a wall after the Holocaust. And it couldn't be a concert on positive vision without performing "I Can See Clearly Now the Rain Has Gone"!

the tea set-up limits the number of tickets we can sell. As well, we've been more and more crowded and, last year, we had to acknowledge that we'd have a problem if we ever had to clear the room quickly in the event of emergency. Lastly, our choir has grown quite a bit, especially for the Christmas session, and we're needing to buy new equipment to accommodate for that." While the tea tradition has been close to everyone's heart, the cost of delivering that at the Community Complex has meant that the spring concert was never a

money-earner for the choir.

"We have to raise funds at our concerts. Without that income, we couldn't afford to pay for music, equipment, our choir director and accompanist, and all of our other costs."

This year, the choir is moving the concert to the Prince Charles Theatre, which can accommodate a much larger audience. They will no longer be serving the sit-down tea at intermission, but snacks will still be available by donation and, as usual, provided by the always supportive Trinity Working Together (United Church). Seating for enjoying your intermission goodies will be available in the student lounge.

This year's selections will get you thinking, fire up the spirit and put a smile on your face. Invited guest performers include the Creston Women's Choir Key of She, duo Adrienne Weare & Carmen Marquis, and a number of instrumental guests. The choir is directed by the incomparable Anita Stushnoff, and supported by maestro Monte Anderson on piano. ♥

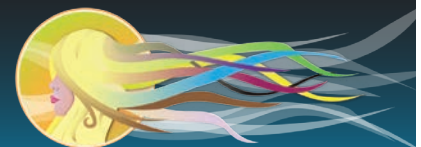
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United Nations International Day of Happiness

BY FLY IN THE FIBRE

March 20 is the United Nations International Day of Happiness.

“A profound shift in attitudes is underway all over the world. People are now recognizing that ‘progress’ should be about increasing human happiness and wellbeing, not just growing the economy.

March 20 has been established as the annual International Day of Happiness and all 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority.”

Nowadays, I believe this day is more important than ever. Sometimes the news out in the world can be heavy- the worry about relationships between countries, between world leaders, between fellow local citizens- all of these are impacting our personal happiness and the happiness of those we care about. The International Day of Happiness can be thought of as a reset or maybe a day to reflect on not only our own happiness, but how we are affecting the happiness of those around us.

The theme this year is Happier Together, focusing on what we have in common, rather than what divides us. Within our community, we have so many things to celebrate together and the Kootenay area proudly promotes a lifestyle that is conducive to a healthy, active, and happy existence.

The most important game changer is how we treat each other. Knowing we share the same



PHOTO BY DENNIS CHARLES

spaces, the same air and many of the same activities, why is it we sometimes forget that we are happier together? It is with great hope that we enter a new year with a renewed focus on being kinder to others and to ourselves, we can strive to ensure that our actions are bettering a situation rather than bringing it down, that we are putting smiles on people's faces.

Happy International Day of Happiness people! Let's make it a day that lasts all year! ♥

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Wrapping up over-the-counters

BY JESSE MORETON,
BSc DC

In part two of over-the-counter (OTC) pain medications, we'll be taking a closer look at muscle relaxants. Muscle relaxants don't tend to be used as commonly as other OTC products like Advil or Tylenol, but certainly have their fortes. Most muscle relaxants like Robax products are actually combinations of methocarbamol with other OTC medications.

When shopping for a Robax product for example, it pays to know what you're buying. Here's the quick breakdown: Robaxin contains only 500mg methocarbamol. Robaxacet contains 400mg methocarbamol and 325mg acetaminophen (hence the "-acet"). Robaxacet Extra-Strength contains the same amount of methocarbamol (400mg) with more acetaminophen (500mg). Robax Platinum contains 500mg methocarbamol and 200mg ibuprofen. Finally, Robaxisal Extra-strength contains 500mg methocarbamol and 400 acetylsalicylic acid (ASA).

You may have to read that twice to get it straight. Bottom line; it's a marketing blitz. My opinion is to buy Robaxin (containing only methocarbamol) and if needed, supplement with your OTC of choice, which you probably already have in a different bottle at home. House brands may work the

same way. Read the labels, check with a pharmacist, and know what you're taking.

Now, what does a muscle relaxant like methocarbamol do? You may think that obvious by it's descriptive title, but it actually works by blocking nerve impulses sent to the brain rather than affecting the muscles directly. This may be the reason muscle relaxants are often used for conditions other than muscle tension and spasms. They serve as a second line of treatment when other OTCs aren't cutting it. For example, prescribed muscle relaxants like Flexeril are often used to block severe pain associated with disc herniations. Many people describe these as "tiny house shaped pills" they were given at the hospital.

Unfortunately, just like the other OTCs, there are always caveats. Some muscle relaxants will affect the liver. Most commonly, you will feel drowsy. This isn't necessarily a bad thing if you're not sleeping well due to pain. However, not ideal if you're running equipment or have a job that requires fine motor skills. There are other common side effects which vary person to person, and because of its depressive effect of the central nervous system, some may be tempted to abuse it.

In my first few years of practice, I rarely recommended muscle relaxants, but I have come to

understand its benefit for acute conditions that cannot be relieved otherwise. On rare occasion, I have patients who will take one before getting an adjustment and I always feel leery about such use. However, I have seen first-hand the difference it makes between an uncomfortable attempt and a successful joint adjustment that provides long term relief.

Everything in balance and moderation. We would be a crankier lot without these over-the-counter options, but understanding their affects and exercising caution is never a bad idea. ♥

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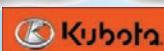
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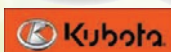
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