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OPEN BURNING

April is here and now is
the time to obtain a permit

Please keep in mind that there are regulations set out in the Town of Creston Fire Services Bylaw no. 1774 when burning outdoors.

These regulations have been adopted to enhance the health and safety of our community and for the consideration of our neighbours when burning outdoors.

Violations can result in large fines and permits for open air burning may not be issued for a property where violations of the open burning regulations have occurred or to a person who has not adhered to those regulations.

Below are some of the requirements to be aware of:

- Open air (outdoor) burning is only permitted during the months of April and October and only where authorized by a permit issued by the Fire Chief under the Town's bylaw.
- A permit is not required for cooking fires contained within a barbecue or fire pit having a surface area not greater than .5 meter (half meter) in diameter and less than .5 meter (half meter) high, using natural gas, propane, charcoal or clean dry seasoned firewood with a screen covered fire area.
- The permit holder must post the permit on the site for which the permit was issued and keep it available for inspection at the request of a Member.
- No person shall burn during times for which the Ministry of Forests, the Ministry of Environment or other authority having jurisdiction to do so has issued a ban on open burning.
- No person shall use burning barrels.
- No person shall burn prohibited materials.
- No person shall burn material brought from another location or property except clean dry seasoned firewood as permitted by this bylaw.
- No person shall set, start or kindle open air burning or allow open air burning to continue to burn during winds strong enough to carry sparks to other combustibles.
- No person shall set, start or kindle open air burning except during daylight hours or as otherwise permitted by this bylaw.
- No person shall burn during periods of air stagnation.
- No person shall burn unless the ventilation index is favorable, as provided by the Ministry of Environment.
- No burning shall exceed a 4 hour duration unless otherwise permitted by this bylaw.
- All fires must be contained within a firebreak (bare ground) equal in size to the height of the pile.
- Fires shall be extinguished immediately if smoke or ash is a nuisance to neighbours.
- Burning shall be in open areas, no closer than 4.5 metres (15 feet) from combustibles, such as standalone trees, coniferous shrubs, fences and buildings and shall be 15 metres (50') from standing timber / tree line.
- Permission of the Owner, for permits under this bylaw, must be obtained in writing if the burning takes place on the Owner's property by another person, particularly if the property is rented or leased property.

There are 3 categories of permit, which are;

- Residential Leaves, foliage, weeds (permit fee is \$15.00)
- Freestanding grass and underbrush (permit fee is \$50.00)
- Large piles (permit fee is \$85.00)
- Land Clearing (permit fee is \$250.00)

For more information on open burning or to obtain a permit, please call or visit the Town of Creston Municipal Hall or Creston Fire Department during regular business hours.



Inside

With spring officially in the air, it feels like we should all be outside, greeting our neighbours and celebrating the arrival of warmer weather. Unfortunately, the climate on a world scale has created isolation as social distancing becomes the norm in the wake of the COVID-19 pandemic. Creston has once again proven itself to be a community intent on supporting the people, with social media posts offering help as needed, and people rallying together from their homes. This community is amazing and resilient, and with every challenge faced, we are reminded why we love Creston.

With COVID-19 top of mind for most everyone right now, it is no surprise several articles focus on the impacts of the pandemic.

Jesse Moreton discusses the importance of hope with all things medical, whether it be back pain or a global health crisis.

AgAware speaks to the importance of our local food producers, and ponders farming in the midst of crisis.

And Master Herbalist, Maya Skalinska, provides some helpful advice on boosting your immune system the natural way.

Mayor Toyota pays homage to our

local First Responders, highlighting the good work being done in our community, and informing about the many different First Responder organizations represented locally.

Lower Kootenay Band Chief Jason Louie speaks about two important workshops recently held at LKB, the first a visit from Theo Fleury, and the second a powerful demonstration by hip hop artist Supaman and renowned jingle dress dancer Acosia. The workshop series taking place at LKB help bring awareness to the important topics of health and wellness.

Our feature article this month showcases Sanctuary Lavender Farm, owned by Alanna and Kevin Wilson, who remind us to stop and smell the lavender.

Creston Legion Branch 29 is looking toward the future of their building and planning renovations and improvements to the space.

Katie-Faye Jenkins from KT-J Designs offers some tips on easy hacks for decorating that even a renter can use to update their space.

The Creston Museum is looking back on Blossom Festivals past, and the fun that was had every year when the Rodeo was a part of the festivities.

Wishing you and yours health, strength and happiness in these trying times. ♥

Feature

05 Sanctuary Lavender Farm

For the love of lavender



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Take Time to Smell the Lavender

BY AMANDA MURRAY

PHOTOS BY SHELLEY WOOLMAN

Spend even a few moments with Alanna and Kevin Wilson, owners of Sanctuary Lavender Farm, and their passion for their business, their family and their community becomes abundantly clear. Kevin speaks beautifully

about the peacefulness of their farm located in Wynndel, vividly describing the feeling he has when he stops working and takes in the colours and the smells of the lavender, and the hum of the bees in and around the plants.

Alanna, Kevin and their son, Shem, officially moved to the Creston Valley in September of 2018, although Kevin arrived in May while Alanna stayed in Squamish to shut down the flower shop they had owned



together there for ten years. The entrepreneurial couple stumbled upon the lavender farm while perusing MLS listings, and with only that listing for reference, their latest adventure began. Neither Alanna or Kevin had been to Creston before, although Alanna grew up in Rossland, so was familiar with the area, having driven through Creston regularly in the past.

Armed with a basic knowledge of the area, the MLS listing for the farm, a background in starting and running floral and retail businesses, and Kevin's education in agriculture, the couple purchased the established hobby farm. The previous owner, Brenda, had carefully chosen the varieties of lavender best suited to the climate and the slope of the property, and offered her help and support as Kevin, Alanna

and Shem, took the leap that began their adventure.

Alanna and Kevin demonstrate their excitement for their product by sharing their knowledge, and there is so much to learn. In North America, lavender tends to fall into two categories, English and French lavender, and there are so many varieties from there. It's the English lavender that is used in Sanctuary Lavender's culinary lavender, now being used by local bakers and distilleries with delicious results. While the majority of the lavender in the world is grown miles away from here, in France, Australia, and New Zealand, and processed by machine, the lavender grown at Sanctuary Lavender Farm goes through a three-stage cleaning process, all done by hand, and is hung to dry before being transformed into a selection retail items, like candles, linen sprays, lavender wands and neck pillows, again, made by hand on the farm. Described as the "Swiss Army Knife" of herbs, lavender is probably best known for its calming properties, the scent is often found in relaxation blends, while lesser known features of lavender are its anti-bacterial and anti-fungal properties.

Alanna and Kevin love their little lavender farm on the side of a hill, but their move to the Creston Valley was so much more than buying and operating a business here. Creston's charm has won the family of three over, with the slower pace and community support, Alanna and Kevin are proud to operate a business here that also creates a draw for visitors. The family have



been exploring and discovering the Valley, taking full advantage of this slower pace to enjoy time together. They have been hiking, cross-country skiing, and kayaking. Spending time with extended family in the area and enjoying some of their passions outside of the lavender farm, music and art. Alanna has even further embedded herself in the community, offering lessons in Nia technique, a holistic movement practice, at the Creston and District Recreation Complex.

Shem is no stranger to participating in the family business, he spent much of his early years in the flower shop in Squamish, helping customers and stocking shelves. He accompanies his parents to the Creston Valley Farmers' Market on Saturdays, and can often be found lending a hand to other Vendors and chatting with customers.

Over the past eighteen months, Alanna and Kevin have transformed the peaceful little hobby lavender farm into a business with a goal of finding that special spot in people, and lighting it up. They have been making connections in Creston and in the Kootenays at Farmers' Markets and partnering with small, local retail stores to bring their product to the greater Kootenay market. Alanna's flair for the creative fits well into this business, and her time is spent brainstorming and crafting new products to bring to the Farmers' Market or to turn into a workshop feature on the farm, where guests can expect to enjoy lavender infused champagne and lavender cookies while crafting



and enjoying the view.

Sanctuary Lavender Farm is open to the public from mid-June to August, depending on the weather and the crop, and tours of the farm can be arranged upon request. ♥

For more information on workshops, products, and tours, visit www.sanctuarylavender.ca/ or @sanctuarylavender on Facebook.





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From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Our First Responders in the Creston Valley

In January, I was invited to the Royal Canadian Legion's (Branch 29) canteen for a "Salute to First Responders". I was honoured to have been asked to take part in this event - a potluck dinner evening with about 70 attending. Thank you so much to the organizers of this first time event for the opportunity to celebrate some of the Creston Valley's finest!

We are so very fortunate here in the Creston Valley to have a network of first responders of over 140 individuals. This includes BC Emergency Health Services (BCEHS), Creston Valley Search and Rescue, our local RCMP Detachment, and Creston Fire Rescue. Coupled with our amazing nurses, hospital staff and physicians, the count of people who support us in emergencies is much higher.

Our local BCEHS unit has 18 qualified Primary Care Providers (paramedics) and Emergency Medical Responders (EMR) staff with two ambulances based in Creston. They provide service to over 13,000 citizens in the Creston Valley from the Kootenay Pass Summit, to the US Border, to Irishmen Creek on Highway #3 East and to Riondel when requested. In 2019, the BCEHS Air Ambulances frequented our

Creston Valley Airport about 80 times to transport patients to major hospitals in Kelowna, Vancouver and elsewhere.

We also have two extremely valuable volunteer Search and Rescue organizations serving our Creston Valley, Creston Valley Search and Rescue (SAR) and Civil Air Search & Rescue Association (CASARA). Creston Valley Search & Rescue has 16 active members and specializes

"Happy Birthday to Creston Fire Rescue, which is 121 years old this year!"

in ground searches. If needed, Creston Valley SAR can also utilize the resources of CASARA which has 23 air search members in the Creston Valley and the Provincial Emergency Program air search (PEPAIR).

Happy Birthday to Creston Fire Rescue, which is 121 years old this year! On Feb. 21, 1899, the Village of Creston established, by a motion of committee, to form a Fire Department, with another motion made to appoint Mr. Joseph Wilson as the first Fire Chief of the Department. The Fire Bell that was purchased

in October 1931 for \$116.17 is still on display at our current Fire Hall and will make the move to the new Creston Emergency Services Building when it is completed!

The first Fire Department volunteers list contained 29 names. Today, we have 49 active firefighters on our roster which is comprised of 10 females and 39 males. In addition to providing firefighting services, they also provide first responder services - which includes responding to motor vehicle incidents, medical callouts, and numerous rescue and safety operations - often in tandem with other Creston Valley Fire Departments, BC Emergency Health Services (BC Ambulance) and Search & Rescue. They respond directly to calls in the Town of Creston, the contracted service areas of Erickson, Wynndel-Lakeview Arrow Creek and West Creston and work in close partnership with the fire departments of Canyon-Lister, Yahk-Kingsgate and Riondel.

We all hope that we will never need the services of our first responders but, (speaking from firsthand experience) I am so grateful to all of these individuals who are incredibly professional and caring, especially at a time when we are so vulnerable. Our first responders will always have my support and appreciation - THANK YOU for all that you do!



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)



Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Health and Wellness

Ki'suk kyukyit (greetings). The Lower Kootenay Band has had a busy start to 2020. We have a major construction project of the Administration & Health Building underway, and another construction project that we hope to get started in the late Fall of this year. We will continue to strive for the very best for the Lower Kootenay Band people with our economic development initiatives and other ventures, however, we also must remember our personal health and wellness. Without good personal health and wellness, the economic initiatives can be irrelevant. We are given only one life and we must make the most of it. As I become older, I am seeing how short life truly is.

To begin this year, we have had two workshops that deeply impacted the Lower Kootenay Band. Our first workshop was with Theo Fleury (former Calgary Flames player) who spoke very openly about his sexual abuse trauma as well as his battle with substance abuse. Sexual abuse and substance abuse can be interconnected. In Theo's experience, he used alcohol and drugs as a coping mechanism to deal with his sexual abuse trauma. In the mid-2000s, Theo began his road to recovery, where he

became a speaker and advocate for substance and sexual abuse survivors. Like many communities in the world, the Lower Kootenay Band has been deeply affected by sexual abuse as well as substance abuse. This workshop was brought to our community as a tool to assist survivors in their quest for healing. We fully realize that by having this workshop one time does not mean that the trauma is dealt with or resolved. Healing is a journey and not a destination.

A couple of weeks following the Theo Fleury workshop, we invited Christian Parrish, aka "Supaman" and Acosia Red Elk. Christian is from the Apsalooke (Crow) Tribe in Crow Agency, Montana. Christian is a renowned fancy dancer as well as an award-winning hip hop artist. Acosia is a renowned jingle dress dancer from the Umatilla Tribe in Oregon, who has won many dance contests throughout North America. Acosia is also a yoga instructor who blends yoga into dance as well as instructs pow wow aerobics. This workshop kicked off with a hip hop performance at the PCSS Auditorium. In front of a packed house, Supaman performed an energy filled hip hop show, delivering a positive message to the youth.

We then moved from the auditorium to the Round House where Christian and Acosia taught basic pow wow dance steps. The Lower Kootenay Band is not producing pow wow dancers like we once did. The facilitators spoke about overcoming barriers of shame, being self-conscious, but most importantly, instilling pride of indigenous identity. Acosia led the group in a yoga session that had an indigenous blend to it. Yoga is a healing mechanism that we can now use to deal with trauma. After the dancing and yoga session, Acosia stepped up the tempo and led the group in pow wow aerobics. The pow wow music played loudly and we used dance steps to make ourselves well.

Although not all of the LKB Community attended the workshop series, the events were well-attended. I would like to thank my colleagues for all of their hard work and dedication to make these workshops a success. To all of the LKB Community, these events are for you and the door will always be open for you to enter. As my term moves forward into the future, my wish is for LKB as a collective to be in the very best of health, and for our mind, body, and spirit, to be the best that it can be. Please take your health and well-being seriously. As I mentioned before, we are given only one life, so let's make the most of it!

TAXAS. ♥

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



BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

The Rodeo Grounds

Inevitably, as the May long weekend approaches, people around town start thinking about Blossom Festival, which inevitably leads to conversations about past festivals and the events that have come and gone over the years.

Events like the rodeo.

Elwood and Bernice McCurrach moved to the Creston Valley in 1959, leaving their home – and the weather – in Sundrie, Alberta behind, but bringing with them their cowboy lifestyle.

“Cattle, horses, that was our life,” Bernice told me. “My husband, Elwood, was a true cowboy from the day he was born. He was pretty near born on a horse.”

Shortly after arriving, the McCurrachs and a few other local horse people established the Creston Valley Riding Club, and not long after that the Club decided the community needed a rodeo.

Many people still remember the rodeo grounds just on the edge of the flats, tucked in behind the present waste management facility. It’s a piece of property with a long history as a venue for community events: we have a map from 1909 that has that area marked as “Public Commons and Recreation Grounds.”

The term Public Commons suggests a communal grazing area for livestock; it was likely used for that purpose for many years. Its career as “Recreation Grounds” was probably much more short-lived. At about the same time as the map was drawn, locals were already using what is now Centennial Park for baseball games, Labour Day picnics, and a host of other events.

In 1920, Bob Comfort moved to the Creston Valley and turned the former recreation grounds into a hay field – and so it remained until the McCurrachs moved to town.

“We rented it from Bob Comfort in 1959,” Bernice continued. “The rodeo was put on by the Riding Club. Dorothy McCurrach, me, a couple of other ladies, we did the

entries and payouts. My husband was the arena director. We brought the stock in ahead of time; there was no water down there so we had to haul water for the cattle and horses and everything. And we built the arena. We got the rails from Arrow Creek, hauled them in in Bob Comfort’s truck. We put it up for the event, and then we took it down again. It took a long time to build. It was a lot of work, but it was a lot of fun.”

Competitors brought their own horses, of course, but the rodeo animals were the responsibility of the organisers. For the first couple of years, the bucking horses came from Windermere; later, the riding Club contracted with a supplier of rodeo horses. Cows and calves for the roping events were leased from local farmers, George Sikora and Stanley Swanson among them. “I don’t know if they were really happy about us chasing and roping their cattle,” recalls Bernice. “They went down a lot, lost a lot of weight. But we paid the farmers well for the animals.”

It took a year or two to get things really off the ground; the first year, Bernice recalls, they just had the steers and a gymkhana rather than a full rodeo, but in the second year they were able to get the bucking horses and the rodeo really took off. People came from all around to try for the cash prizes the rodeo offered, and hundreds of people attended the event as spectators. For many, it was the highlight of Blossom Festival.

When asked what the biggest highlight was, Bernice laughed. “Those first couple of years with the bucking horses,” she said. “They



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were really wild.”

She means that quite literally. The horses were rounded up off the range, loaded into trucks and hauled down to the rodeo grounds. The cowboys had a hard time staying on. There were some pretty spectacular leaps from the horses – and some pretty spectacular falls for the cowboys. The crowd loved it!

And what did the cowboys think of it?

“They were as wild as the horses!” Bernice said.

Bernice fondly recalls the small band of people who put it all together: Ron and Dorothy McCurrach, Cecil Allan, Don Lindsay, Tommy Floer, and others. They got a lot of help from Gordon Earl, Canadian and North American champion in the early 1950s.

“He helped us with a lot of things,” said Bernice. “We were real good friends. He helped the boys on their



The 16-member drill team of the Creston Valley Riding Club, in the arena at the rodeo grounds.
Photo by Hank Buckna

bulls, told them what to do. Having him here didn’t really draw a lot of attention; Gordon was just an ordinary man who helped anybody and everybody. He never sought any attention.”

In addition to the Blossom Fest Rodeo, the Riding Club also organised gymkhana events, often during the Fall Fair, and travelled far and wide to attend events in other communities. Those other activities helped expand the Club, attracting English-style riders, younger riders, and others with interests different from – and often incompatible with

– the traditional events of a rodeo. As the Club’s leadership changed, fewer people directly involved with it were really familiar with running rodeos – and as Bernice told me, “If you don’t know what you’re doing you’d better stay out of it.”

The McCurrachs began stepping back in 1966; the Club’s new leadership focused on other events. Dave Lindsay took over the rodeo for one year in 1973, but in 1974 Bob Comfort sold the property. There would be no more rodeos at Blossom Fest until Canyon began hosting them in 1982.

Despite the challenges and the hard work, Bernice has very happy memories of the rodeo. “It was fun,” she repeated. “And the people – you meet so many good people, and once you make friends, they’re friends for life. That’s cowboy people.” ♥

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



Some of the spectacular acrobatics of the wild horses brought in for the first few rodeos; photos courtesy Bernice McCurrach



Volunteering – a way to learn about yourself

(NC)

Volunteering is a wonderful way to give back to your community or lend a hand to a worthwhile cause. If you've been thinking about signing up for volunteer work but are unsure of where to start, here are some ideas:

Think about it. Why do you want to volunteer? Do you want to learn new skills, offer skills you already have, gain work experience or give to a cause? It's

also very important to figure out how much time you can commit.

Check it out. Search volunteer databases in your community for opportunities that match your skills and interests. Read volunteer descriptions carefully to understand the requirements and duties.

Reach out. Contact the organization directly and ask any questions you may have about the role.

What is involved and what do I

need to do to apply?

Some organizations, like Amnesty International, require you to complete an online or in-person application, while others require a resume. You may be asked to participate in an interview or attend an orientation session.

If you're hoping volunteering will lead to full-time employment, keep in mind that your chosen organization might not be able to

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Volunteering

guarantee a job. However, you can use this volunteer position as an opportunity to network and build experience.

The time commitment required often varies. Depending on your availability, you can choose to sign up for a special one-time event or

“Volunteering is a wonderful way to give back to your community”

something on a consistent and on-going basis. And most organizations reimburse their volunteers for transportation costs. If in doubt, ask. ♥

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RON TOYOTA
Mayor, Town of Creston

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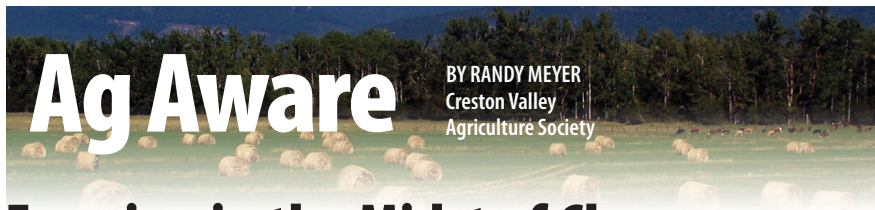
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Ag Aware

BY RANDY MEYER
Creston Valley
Agriculture Society

Farming in the Midst of Chaos

By the time we turn the page to April, it is high time that the last gasps of winter are behind us. March is always a torment; some nice sunny days mixed in between cold, windy, snowy days. We had all that. Now it should be time to get early garden and yard activities into gear. Grass and fields should be greening up and maybe some early field cultivation will begin. Take in the aroma of freshly tilled dirt! All or most beef calves should be born by now and the spring chicks will be arriving soon. All things being equal, life on farms

follow a “circle of life” pattern pretty consistent from year to year. Food production is a constant event.

This year is different. We have some unforeseen chaos happening. The COVID-19 virus. As I write this article, in mid-March, it is very hard to say where things will be at as we move on into April and beyond. So many things are changing so quickly from day to day. I will hazard a few thoughts and opinions.

For the most part, farmers of all types really won’t have much choice but to carry on as close to normal as possible. Livestock cannot be “turned off” or canceled. They still need to be fed and cared for; every day. Perennial field crops and fruit will still grow and need the usual attention. Annual field crops will still get seeded, as will greenhouse crops. Dairy cows still need to

“For the most part, farmers of all types really won’t have much choice but to carry on”

be milked daily. I envision “self-isolation” days being spent in the cab of a tractor in the field, just like every other spring. Most farms are family farms, so there is not a large workforce to take our place if we do succumb to this disease. That could be a disaster for some. Hopefully this virus doesn’t last too long, or inflict too much human suffering, especially locally. That may be wishful thinking. We truly

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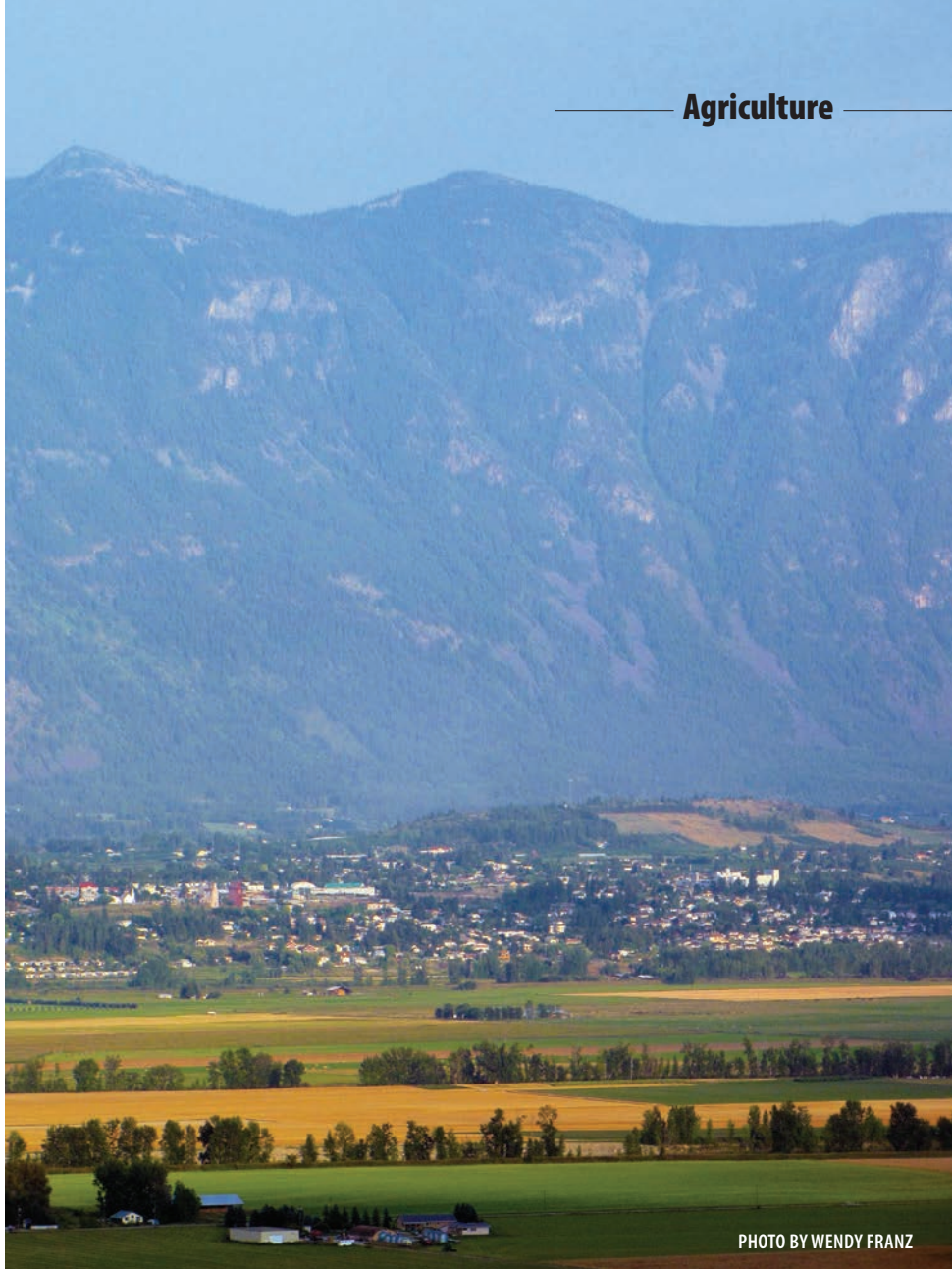


PHOTO BY WENDY FRANZ

are encountering something totally new so it is difficult to imagine how bad things may get. At a minimum, I would expect interruptions in supply chains for machinery parts or crop inputs. Exports of some agricultural commodities may be more vulnerable to lost sales, transportation blockages and closed borders. This could take considerable time to recover from. Food security may actually become an issue for some people.

Did you know that 65% of BC's produce comes from California? So if this virus hits that area extra hard, the growing, harvesting, packaging, transportation and distribution of that huge amount of produce could greatly affect the supply available to consumers in our province. If ever there was a time to "know your farmer", this may well be it! We are fortunate in our area that we have many local farmers that can and do grow a wide variety of fruit, vegetables, meat, milk and other

food products. Supporting our local growers also supports our community. Also, if you have the space, consider growing some of your own food if you haven't done so before. Hopefully our awesome Farmers' Market will be able to get up and running again before too long.

Spring is upon us, so in spite of the current issues affecting our world, make time to get outside, get some fresh air and soak up some sunshine. Take a good look around at all the good things going on around us too and know that we do live in a pretty good place. Help one another through the difficult times and continue to be Ag Aware.



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Three Expert Hacks for Decorating Even Renters Can Use

BY KATIE-FAYE JENKINS

Creating a living space that reflects your personality and taste is exciting! A beautiful room can tell the story of different life experiences and truly says something about the people that live in it. Even as children, we have a desire to make our rooms reflect our ever-evolving personalities. From the pastel nurseries mom and dad so lovingly prepared to the preteen neon paint and scotch-taped posters of movie

stars on the wall, we all want our space to feel uniquely ours.

But sometimes that luxury can be a bit more difficult to attain. Many renters are limited in the ways they can modify their space. For others, the idea of a reno disrupting their daily routines is daunting. And then there are those of us who like to change things up often, and don't want to feel stuck with a design choice forever! No matter your circumstance here

are three easy, affordable solutions to add some personality to your space.

1. Peel and stick wallpapers are a fantastic option for anyone wanting to add some personality. In recent years the quality of this product has increased and it has become easily accessible in most local hardware stores or online. The options are limitless, from tasteful textures and fun prints to full wall murals. Many of these options are also reusable, so keep the paper backing you peel off to install and replace it after peeling off your paper to reuse it in a new location. But don't just stop at the walls. Look at ways to add pops of fun in the back of open shelving units, flat panel doors, or even the ceiling!

2. Rugs not only help to ground your furniture and draw the eye, but can also help with absorbing sound and covering up the ugly flooring in your rental. Another great perk is the emergence of washable rugs. The top layer can be peeled away from the backing and popped into the washing machine for easy maintenance. Add runners to the sides of the bed for cozy toes in the morning, or create a conversation piece with a brightly patterned rug in the living room!

3. Hardware is a fantastic way to change the look of kitchen cabinets or furniture without having to whip out a paintbrush. Add some sparkle with cut glass knobs on a tired looking dresser or quickly modernize old cabinets by adding a more streamline handle in a modern finish. For handles, make

sure to measure the distance from the center of one mounting screw to the center of the other. This ensures your new handles have the same measurements and won't require drilling new holes. When its time to move make a quick switch back to the original handles and take your hardware with you!

Creating a space that reflects you and your family doesn't have to be difficult or expensive. Try some of these great ways to add character and fun to your home. They are easy to switch up as often as you like and as a renter, you can feel good investing in pieces that can move with you.



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Renovation Branch 29 One Step at a Time...

BY GAIL LANDON, VICE PRESIDENT, BRANCH 29

Renovating a 73 year old building... Naysayers will say: Why spend the time, why waste the money? Just sell the old building; it is too much of a job. The voice of dissonance is an important voice to listen to. It tells us of possible problems that we very likely may encounter. On the other hand, eternal optimists will say: It is worth it... just go for it. The building has character and history! Those voices also are good voices to listen to. They give a sense of direction and hope. If we are wanting to renovate our building (one step at a time) we need to listen to all of the voices and tease out what is the important things to do, when and how. In essence we are creating a roadmap for the future of Branch 29. We have brainstormed possibilities and began to develop priorities. We want to involve you too, as we develop our next steps for the future of Branch 29.

Having a 73 year old building that has been modified and renovated over time has unique challenges; it also has unique opportunities. If those walls could only talk, the stories they have to share. Walls were built and removed; ceilings were lowered; windows were removed. Most repairs happened out of necessity, often by well-intentioned volunteers. Now we are faced with the enormous task of bringing this lovely old building up to code, while preserving its historical elements.

Both the naysayers and the eternal optimists have valuable perspectives, but realistically our path has to lay somewhere in the middle. We have a growing group of volunteers who are fiercely committed to renovating this building. We feel that we are honouring the veterans of yesterday by continuing what they began all of those years ago. We also know that we need the expertise of contractors. No more running a web of electrical cords through the ceiling. No more patching a roof



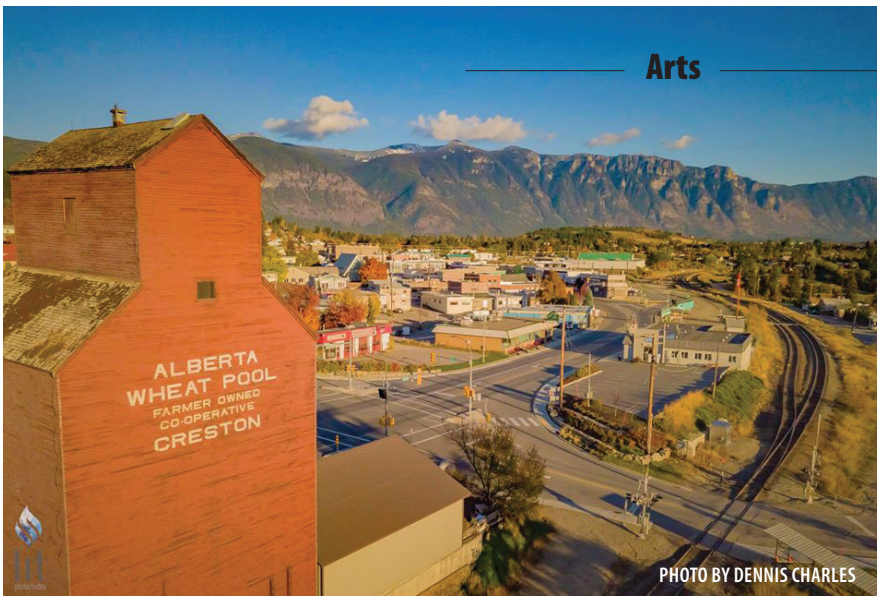
when it needs to be replaced with modern materials. No more settling for single pane cracked windows. We know these things contribute to a huge energy loss in a building of our size. We know that we have to engage our community and learn from experts in their trades. Our fiscal reality is that we are meeting our operational costs, but that to take on these huge structural projects we will need to look to fundraising and grant writing.

It can seem like an unsurmountable task, but we not only owe it to the veterans of yesterday; we owe it to the residents of today. Brought up to code, this building has much to offer. It has large flexible spaces that can be better utilized and we can expand the services and events that we offer our greater community.

While we are in the process of getting new flooring and painting in the upper hall, our roof is leaking in a few spots. Rather than add more patches we are looking at replacing our roof. This will require about \$70,000 from fundraising and grants. To kick off our 'Raise the Roof' campaign, we are holding a Spring Fling Dance and Silent Auction in the upper hall. (New date to be determined) Once again our community has rallied and the auction items are excellent.

Like the rest of the world we are trying to cut down on the COVID-19 transmission curve, but as soon as we can open our doors once again, we will continue this work! Wishing you all good health! – Your Branch 29 Executive ♥

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



Staying Sane

BY FLY IN THE FIBRE

For some people the idea of self-isolation is a celebration. Give them some yarn and needles from Fly in the Fibre along with a Netflix subscription and the world can fall apart without them noticing. Or maybe there are some of you that love to garden, do spring cleaning, learn a new skill or you have another fun hobby that keeps your attention

“Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty, lies opportunity.”

- Albert Einstein

and your hands and brains busy. Some people coming in for coffee talk about the cards being pulled out and games that have grown a bit of dust getting played. Family members are treating this time like Christmas, days of interaction with each other rather than the outside

world. These are ways we can get through a time that can feel scary and uncertain.

One of the best advantages of being a part of a small community like Creston is the support that people have for everyone because we know each other, we help each other, and we encourage each other. We see the little things that happen, the people delivering items to fellow neighbours that are trying to stay safe. The offerings of a community to help in any

way they can. The words of encouragement shared to business owners or store staff members that may be having difficulty with a situation. Fear and uncertainty can bring out challenging personalities and the best thing we can do is stay calm, understand that everyone is dealing with their own issues, and do what we can to make every situation safe for everyone. I am always proud of our little community with big hearts. Did I mention that this is the perfect time to learn how to knit? ♥

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BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

Boost your Immune System Naturally

I'm sure by now, we are all aware of the steps outlined by Canada's Public Health Agencies for preventing contraction of Covid-19, and I think we all realize the importance of following these methods. Also, please keep in mind that there are no known, clinically proven treatments that specifically target this virus. On the other hand, we know it is up to our immune system to identify, and destroy or neutralize any harmful pathogens, Covid-19 included. Therefore, keeping your immune system healthy is key. Here are some proven holistic, preventative measures you can implement to build resilience and a strong immune system:

1. Avoid refined sugar consumption – Sugar is an immunosuppressant. Since the 70's, studies have shown sugar consumption inhibits the ability of our White Blood Cells (WBC) to destroy pathogens, viruses included. For example, 65g of sugar completely suppress B & T lymphocytes for 4-8 hours after consumption. Most recent studies show that 1 tsp of sugar decreases immune function by 50%, and if taken with a fat, the immune strength stays at 50% for at least 4hrs. Sugar also creates an imbalance in our gut microbiome, which also plays a large role in our immune function. I don't think I need to say more.

2. Get some sleep - It is well documented that immune cell activity peaks during nocturnal sleep. Lack of sleep results in low-grade inflammation, which

produces immunodeficiency. One study showed that only one night of 4-5 hrs of sleep reduced our natural killer cells (part of WBC) by 70%!

3. Manage stress – We all have stress, it is how we deal with it that makes a difference in our immune function. The science of psychoimmunoendocrinology demonstrates how stress impacts our immune and endocrine (hormonal) systems. In a nutshell, stress results in a series of biochemical reactions that directly suppresses the normal activity of all our WBC. Exercise, meditation, yoga, Qi Gong, Tai Chi as well as harnessing a positive outlook with gratitude, forgiveness love and compassion are all wonderful ways to cope with stress.

4. Eat a clean, whole food diet – Proper nutrition is the most important aspect of good health,

and that includes keeping your immune system strong. Include all colors of fruit and vegetables including all allium family (onions, garlic, leeks...), whole grains, healthy fats and proteins into your daily diet. Avoid all fast and highly processed foods. As mentioned before, the immune system's role is to identify and destroy invaders – pathogens, toxins and anything else that does not belong in our bodies, including food additives present in highly processed foods. It's not a good idea to deplete your immune system with these unnecessary, harmful chemicals at this time. So read your labels. Avoid high-fructose corn syrups, MSG, synthetic food colorings, "flavour", any chemicals with names you cannot pronounce, and of course, refined sugar.

5. Consider herbs and medicinal mushrooms – Along with proper nutrition; you can also add some herbs and medicinal mushrooms to your daily diet. The following recommendations are general, safe, but only for those that are not taking any pharmaceutical drugs. None of the recommendations below have been clinically proven to work against Covid-19. Having said that, we have thousands of years of empirical data as well as hundreds of in vitro clinical studies that continue to show the efficacy of the following herbs and mushrooms in supporting the immune system. Medicinal mushrooms like reishi, chaga, cordyceps, turkey tail and lion's mane support healthy activity of the immune system by increasing

the activity of immune cells like macrophages and natural killer cells. Their strong immune-boosting properties and ability to fight pathogens such as viruses (Covid-19 not studied) have enabled them to be effective in preventing and treating all kinds of viral respiratory illnesses(1).

"Keeping your immune system healthy is key"

If you have elevated stress, herbs like rhodiola, eleuthero (or any other ginsengs), holy basil or licorice root (do not take licorice root if you have high blood pressure) will help you adapt to stress and support your immune system. We call them adaptogens, and the medicinal mushrooms mentioned above also fall in that category. And of course there's Echinacea or astragalus, traditionally used for anti microbial and immune protecting

activity. I do not suggest anyone taking all of the above. Choose one to three of the above that best resonates with you, and stick with that. The herbs and mushrooms are only additional measures, especially for those who are immune compromised. All herbs mentioned above are safe for the elderly.

6. Make sure to get fresh air daily

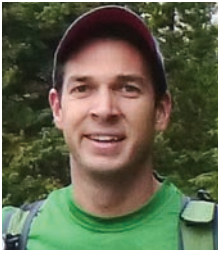
Keep in mind that if you do get the virus, it will be up to your immune system to fight it off. Let's continue to support each other, help those in need and build resilience by keeping our immune systems strong and healthy.

(1)www.ncbi.nlm.nih.gov/pmc/articles/pmc1193547

DISCLAIMER: All recommendations, medicinal mushrooms and herbs mentioned above do not treat or prevent Covid-19. The recommendations above are only to support the immune system. Do not take any of the herbs above if you are suffering from any type of autoimmune disorder or chronic inflammation. ♥

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.





There is Always Hope

BY JESSE MORETON,
BSc DC

At the time of article submission, it has become difficult to talk about anything other than the coronavirus. There seems to be a climate of worldwide concern, if not fear. Countermeasures, closures and bans are being announced by the hour. It is with this backdrop of uncertainty that I offer some words of hope related to my own branch of health expertise, and perhaps indirectly, for the worldwide health concern at large.

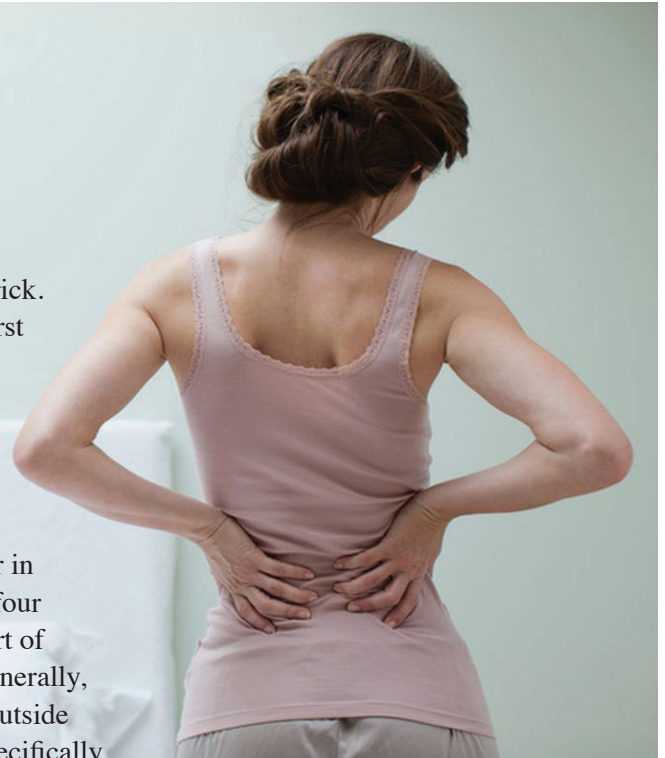
The silver lining about problems like back pain is there is always another option. There is always reason for hope. I often describe these options as steps on a staircase or rungs on a ladder. When option A doesn't work, you go to option B, and so on.

By the time most people have come to see me they're already on the third or fourth rung of the ladder. The first step involves doing nothing and hoping the pain goes away. Sometimes this works. In medical jargon we call this "natural history". It's a testament to our body's impressive ability to heal itself. The second step usually calls for over-the-counter pain killers, which I discussed in the last two instalments. The third step focuses around some kind of personal effort to rest, stretch or exercise. All the while the individual maintains the

hope that this will do the trick. Somewhere between the first three steps many will also resort to heat, ice or their favourite muscle rub.

Next, running out of some patience but still hopeful, people appear in my office: Step four. Step four really encompasses any sort of conservative treatment. Generally, this means any treatment outside surgery, but I think of it specifically as chiropractic, physiotherapy, massage, acupuncture or the like. Most people respond well with conservative treatment but not all. Some lose hope. In these situations I like to remember the words of a pioneering heart surgeon, Dr. Russell Nelson, who said, "Sometimes all we can do is comfort. We don't ever want to destroy hope. The doctor's job is to cure sometimes, to relieve suffering frequently, but always to comfort".

When conservative treatments have been attempted or don't offer reasonable hope for relief, the discussion moves to the fifth step. What comprises the fifth step is different for every condition, however, most require a visit to the family doctor. For example, it may be the appropriate time for an x-ray, a cortisone injection or a prescribed medication. There is



still reason for hope.

Finally, approaching the last few rungs of the ladder, we arrive at surgery. Last year around this time, after I proceeded through the first five steps, I underwent arthroscopic surgery for my left knee. The results have been nothing short of terrific. My hope was realized.

Lastly, I acknowledge those for whom surgery did not help or was not an option. These are the people who often lose hope. For them it becomes a matter of coping, not curing. But I still believe there is a final rung on that ladder of hope. It just may not be realized until our time here is up. Keep stepping; there is always hope.



For more information about Moreton Chiropractic visit <http://moretonchiropractic.blogspot.com>

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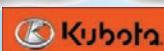
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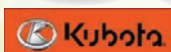
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