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Inside

Summer is here! The July/August issue of I Love Creston feature story is the ReBARKable Ruff race, a new event in the valley that invites people to compete in a friendly human / dog obstacle course.

Having nothing to do with the obstacle course (I promise), Dr. Moreton's article is about back pain and describes what it means to have your back "go out".

With the summer heat comes some handy tips on making cooling smoothies from Master Herbalist Maya Skalinska.

The Mayor's regular submission this month celebrates the career of longtime newspaper man Lorne Eckersely, who retired as the Publisher of the Creston Valley Advance following an exemplary 40 year career. All of us at I Love Creston join in wishing him a fantastic next phase of his life.

Chief Louie opines on the importance of remembering the military service of Lower Kootenay Band members and talks about restoring the Cenotaph.

On the arts and culture front, Fly In The Fibre recaps World Wide Knit in Public Day that took place

June 08. We learn of the East Shore Culture Day that happens Sunday, July 21st in conjunction with the 20th Anniversary of Starbelly Jam (July 19th and 20th). Also, the Cross-Country Seeing Art Studio tours taking place in locations across the valley August 3 to 5.

With the popularity of genealogy these days, the Museum shares some tips – learned from countless hours of research - into searching your own family history.

Lastly, we encourage everyone to have a safe and healthy summer. We live in a fabulous part of the world. Shop local when you can and be a tourist in your own town. We hope you get the opportunity to enjoy a little (or a lot) of it. ♥

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Creating memories and experiences.



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A ReBarkable Event

BY JIM JACOBSEN



British Columbia – including the Creston Valley / Kootenays region – is a haven for outdoor adventurers. Whether hiking a scenic mountain trail, hunting in the back country, or traversing rivers and lakes, Super Natural BC is a fantastic place to explore.

At times, this scenic paradise that draws people from all over the world, is more than people can handle and they get lost, stranded or injured in the wilderness. This is when a fantastic group of dedicated volunteers – the BC Search and Rescue Association (SAR) – springs in to action. There are 84 Ground SAR

Groups in BC representing approximately 2500 unpaid professionals on call at all times.

Krista McKewen, a paramedic for over 17 years and a SAR volunteer for over twenty, is a member of a specialized SAR service – Canine Search and Rescue. Trained handlers, and their dogs, perform wilderness area searching and tracking. Validated Search Dog Teams are all members of their local Ground Search and Rescue teams and respond to tasking requests through the Provincial Emergency Program, as requested by the RCMP.

Feature Story

To raise awareness for this important service, McKewen is staging the ReBARKable RUFF Race on Sunday, August 4th, 2019 in the Creston Valley on private land at the end Goat River Road South. This event is a fun and challenging human and dog obstacle course with mud! The Ruff Race is an awesome 5km obstacle trail run for anyone that wants to team up with their dog and have a blast! The course features gentle terrain and easy obstacles aimed at engaging your canine pal and strengthening the human-canine bond between you. The obstacles will include a variety of features to mimic the challenges a canine search team could face in the wilderness: actual river crossings, tires and haybales (which in a real life situation could be fallen trees or rocks), a half pipe

(similar to the hilly terrain often faced in an operation), and, of course, lots of mud. Participants run the course with their dog on a leash. First aid and local SAR volunteers will be on site.

“This event is a fun and challenging human and dog obstacle course with mud!”

McKewen is inviting the Creston Valley community to register for this event. Registration is only \$30 and all proceeds go to support the BC Search Dog Association (www.bcsda.ca). No experience is necessary and all varieties of dogs (and people) are welcome. “It’s a great way to challenge yourself and your dog” said McKewen. “It

is a bonding experience with your animal.” There will be helpers at each obstacle station to assist and encourage the participants. The race is expected to take about two hours in total to complete. “There will be prizes for fun”, she added. “Things like biggest dog and the smallest dog to complete the race, oldest dog or youngest person.”

This inaugural event is based on a similar race that took place last year at Tobacco Plains. That event featured 40 participants. McKewen noted, “We want to have as many as we possibly can. Forty participants would be great.” And the event is open to the public. Most of the course will be visible from a view point. There will be food vendors there including ice cream (and ice cream treats for the dogs).

McKewen is the owner of ReBarkable Canine Adventures. She has been involved with dogs for over thirty years, whether it be through various SPCAs, vet clinics, grooming, training, boarding, pet stores or her Search and Rescue dogs. She loves being outside and with animals of all sorts, and quickly discovered the joy that hiking gives her is almost as great as the joy dogs do! She started walking other people’s dogs while out with her own. The enrichment that socializing gives the dogs is wonderful, as they need doggie friends too. It gives the owners peace of mind knowing that their dogs are safe with me for a fun filled hike where they can run, jump, sniff and just be dogs. The hikes are so beneficial, as the dogs are being social, and are constantly learning, whether it be from Krista, or from the other dogs.

She is currently training Cricket, a



Dirty dog dash canine competition.

Feature Story

ten-month-old Belgian Malinois, to be a certified rescue dog, her fourth. It takes two years to fully train an animal to be a search and rescue dog. Ideally, the dog is a hi drive animal, typically breeds such as shepherds, labs or border collies.

The BC Search Dog Association is an organization of very dedicated individuals who train dogs for search and rescue in BC. They are a volunteer, non-profit association dedicated to training and maintaining a network of professional Ground Search and Rescue dog teams throughout BC and provides a framework to promote a high level of competence and professionalism for dog team involved in GSAR in BC. ♥

If you or your business would like to support this worthy cause, McKewen is seeking sponsors for the Ruff Race. Donations are welcome.

To register for the RUFF RACE go to:

<https://www.eventbrite.ca/e/rebarkable-canine-adventures-ruff-race-tickets-62953949959>



Dirty dog dash canine competition.



Turning a passion into a career

BY AM EVENT COORDINATION
PHOTOS BY DENNIS CHARLES

AM Event Coordination is a fully mobile event planning business based in Creston, striving to create awesome experiences and

memories through the creation and delivery of quality events. From personal parties, to weddings, to corporate events and fundraisers, AM Event Coordination owner, Amanda Murray and her team

love to put their creativity and organization skills to the test. Since the business launched in May 2018, AM Event Coordination has worked with local businesses, community groups and residents in and around the Creston Valley on all kinds of events, and the summer of 2019 is shaping up to be a busy one!

Having recently arrived in the Creston Valley, Murray says she has been awed and inspired by the support she has felt from the amazing people of Creston. It is her goal to give back to the community that has given her so much, and does so through the creation of community events and fundraisers. In December 2018, AM Event Coordination teamed up with Juice FM and the East Kootenay Foundation for Health to create the Juice FM Holiday



“It isn’t all about raising money though, Murray loves playing a part in creating memories and experiences”

Jam, a community celebration which raised over \$24,000 for the Creston Valley Hospital. The generosity demonstrated by the people of Creston has inspired Murray to seek other beneficiaries

of fundraising events, and on June 22nd, 2019, she organized the Save On Foods: Walk a Mile in Her Shoes® event to benefit the Kootenai Community Centre Society.



Save On Foods: Walk a Mile in Her Shoes® event held Saturday, June 22, 2019.

It isn’t all about raising money though, Murray loves playing a part in creating memories and experiences for people, and the business is a perfect tool for doing just that. During the summer of 2018, the people of Creston were treated to four family friendly Outdoor Movie Nights, which brought residents young and old out to enjoy some beloved favourites on the 17-foot inflatable screen. AM Event Coordination’s Outdoor Movie Nights are back for another season, this time with even more treats and surprises, including the AM Event Coordination Photo Booth!

If you’re planning your own wedding or event, and need a little support, AM Event Coordination is there to help take the pressure off. Murray and her team will help you with the details and logistics of your event so that when the time comes, you can concentrate on what’s important to you and enjoy the day. Having an Event Coordinator can save you time, money and stress when it comes to planning your next anniversary party, family reunion, or corporate event, not to mention the happiness you’ll feel at being able to attend and enjoy your event for a change! And when it comes to weddings, AM Event Coordination has a package for every couple, from those who don’t know where to start, to those who just need a hand managing the actual day.

With AM Event Coordination, Murray has turned her passion into her career, and she looks forward to helping you with your next event! ♥

For more information visit
www.ameventcoordination.com



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Mr Eckersley – enjoy your early retirement!

Lorne and I served on the Creston and District Community Complex (CDCC) “Design Team” for the new indoor Aquatic Center in 2007 and 2008. We were a team of 6 appointed by the RDCK Directors of the day. The other team members included Candace Foy, Karen Douville, Alex Nilsson and Richard Allan. Our first meeting was July 2007 and we subsequently visited several other facilities during the year being: Cranbrook, Kimberley, Nelson, Castlegar, Trail, Spokane Valley

and Coeur d’Alene. During our 24 plus meetings, our team worked with RDCK staff, design experts and technical experts while building a strong relationship and understanding of our task. On June 26, 2010 our volunteer efforts became reality with the opening of the CDCC indoor Aquatic and Fitness Center (completed in February 2011). This was a “crowning jewel” that I am very proud to have been a part of to this very day!

Upon being elected to the Creston and District Credit Union Board as a Director in 2008, I also had the privilege of working with Lorne who acted as our Chair. I later relinquished this position when I was elected Mayor for the Town of Creston.

As the publisher for the past 40 years of our local Creston Valley Advance, Lorne has personally attended the most Town Council meetings of any one person in this community. He has interviewed and reported on several past Mayors being: Lela Irvine, Don Leben and Joe Snopek. Lorne has continued to cover my involvement over the past 10 plus years and in my time alone he has attended over 300 Town Council and other related meetings.

Mayors of Creston:

1967-1969	Herb Dodd
1970-1971	Elidio Salvador
1972-1973	Charles Ostrensky
1974-1987	Elidio “Slam” Salvador
1988-1999	Lela Irvine
2002-2005	Don Leben
2005-2008	Joe Snopek
2009 to present	Ron Toyota

Note: prior to 1967, Chairmen were appointed by 5 Commissioners. My father “Tak Toyota” served as a Commissioner for 6 years (1959 to 1964).

Lorne’s weekly “This is the Life” Opinion articles, totaled approximately 1,500 writings. The article written on November 10th, 2014 will always be my most treasured and appreciated. This article was written during the 2014 municipal election and if you don’t remember it or do not have a copy, you are welcome to visit me in my office or send me an email and I will forward to you!

Over the years Lorne and I have enjoyed monthly lunches, mostly at Jimmy’s Pub and although we do not agree on all subjects or conversations, we do agree on one very important subject, that is “our community” and the importance of seeing success, growth and sanity!

Lorne, it has been a privilege working with you over the years. Enjoy your well-earned retirement with Angela and your family. Many thanks for being a friend! ♥

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)

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Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

First Nations in the First and Second World Wars

Ki'suk kyukyit. (Greetings). More than 7,000 First Nations people served in the First and Second World Wars, as well as the Korean War. During war time, many indigenous people voluntarily enlisted to serve Canada despite not being citizens of this country. Métis as well in Inuit people also enlisted, however, only status First Nations were officially recorded by the Canadian Expeditionary Force.

"I have a duty to do right for those who served before me"

First Nations troops encountered a double cultural barrier in the military. The racial prejudice that marked the contemporary non indigenous world, and a military hierarchy that worked almost exclusively in the English language. A language many indigenous recruits did not speak. Records and memoirs suggest that most units eventually embraced first peoples soldiers, however, this was difficult to accomplish. Sgt Tommy Prince of the Princess Patricia's Light Infantry stated, "When I joined the Army and went to war, I was a Canadian. When I came back from war, I was just an Indian."

The Lower Kootenay Band has a small population. For a Band of our size we have many veterans who served both in the United States and in Canada. I served in the Canadian Forces (Army). I did not do anything heroic or anything extravagant. I just did my job and served my country. Now, as a retired member I feel that I have a duty to do right for those who served before me. In the late 1990's, a cenotaph was placed at the Lower Kootenay Band to honour those from our community who served in the military. Sadly, the cenotaph was vandalized. It infuriated me to drive or walk by our cenotaph and see the condition of the monument that is supposed to pay tribute and honour our warriors.

Through the Ktunaxa Nation Council, the Lower Kootenay Band has received funds to restore our cenotaph. Much thought has been put into the restoration including moving the cenotaph to the LKB Cemetery. It seems fitting that our veterans final resting place is in our cemetery so the cenotaph should also be in the same area. The cenotaph restoration is just the beginning of a large and difficult task. Some of our veterans do not have grave markers. These brave men

served our country and, in some cases, did not survive the war and they do not have a proper head stone. No Soldier, Airman, or Seaman, should be in their final resting place without a headstone that honours their service and their name. Recall this statement from Remembrance Day: "At the going down of the sun, we shall remember them".

When the cenotaph restoration and relocation is complete, it seems fitting to hold a ceremony of some kind. However, first things first, we need to get to work and get the job done. Thank you for taking the time to read this information and I wish you all well.

TAXAS. ♥

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



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Creston Valley



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Researching Family Histories

BY TAMMY BRADFORD

Manager - Creston &
District Museum
& Archives



Family history makes up by far the largest proportion of the research requests we receive here at the Creston Museum. It's a fun and fascinating – and occasionally frustrating – undertaking.

What can make it frustrating is the fact that records are often incomplete, or contradictory, or missing altogether. What's more, your basic genealogical documents, such as marriage or birth certificates, give you names and dates but very little else – and if you think back to your high school history classes, I'm sure you'll recall just how boring names and dates can be.

So, if you're researching your family's history, how can you ferret out the missing information and fill in the gaps? Are there ways to find out what motivated your great-grandmother to do what she did? And how can you make it interesting so that, when you're expounding on the things you've discovered at the next family dinner, you don't send everyone running from the table before they've had dessert?

I was recently asked to give a presentation on exactly that. I managed to come up with a surprising number of ideas.

Obituaries are a great place to start – they'll give you the broad outlines of your great-grandmother's life and they often list other family members that can help fill gaps in your family tree.

And don't be afraid to go beyond the obituary. Yes, she might have been a long-time member of the Presbyterian Church or the local Ladies Aid, but so what? What did those organisations do, and what specifically did your great-grandmother do to support them? Was belonging to them something she really felt strongly about, or was it more a case of fitting in or complying with her mother's expectations? What do those social affiliations tell you about her personality, her goals and aspirations, her personal values?

Was she really all those wonderful things that the obituary says she was?

To get at those answers, check out organisational records such as minute books as well as local and regional newspapers. They often contain nuggets of information about individuals and especially about the community and its organisations. By comparing your great-grandmother's

actions and reactions to what you see in those sources, you can learn an awful lot about her character. You can also get many clues about her life and circumstances by diving into family documents like diaries, memoirs, family bibles, oral histories, photo albums, or even objects in the attic.

Talk to long-timers who might have known your great-grandmother, or at least heard about her from people who did. Examine photographs for clues.

There are tons of census records and other census-like records out there. City directories, phone books, orchard surveys, election lists, tax rolls, quarterly school reports, lists of fundraiser donors ...the list goes on. Don't just look at the line that mentions your great-grandmother; compare her and her family to others in the community to find out if they were typical or unique. Look for things like births or deaths of family members, changes in employment, remarriage of a parent, and so on – just as now, all those things could well have been the catalyst for some change in your great-grandmother's life.

Look at the friends and family. After digging through a few dozen sources, you've probably got quite a list of names of people she associated with. What can you find out about those people? If your great-grandmother spent a lot of time with them, she probably shared many of their opinions and interests. Why was old Mr. Smith the honorary pallbearer at your character's funeral – what was his connection to her? Why are all her siblings living in England – is it possible she came to Canada on her

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own? What prompted that? Who are her siblings, for that matter – what family dramas or dynamics help round out her personality or her motives?

Two very important things you can do to figure out why your great-grandmother did what she did: research the context and read general histories. These might not mention her specifically, but they can tell you what it was like to live in the time and place that she did. Find out what is going on around her to make her act in the way she does. If, for example, your great-grandmother was Chinese and living in Creston in 1910, broader histories of the role and challenges of Chinese in BC's early history will be very enlightening, and might give you clues to look for in other, more specific newspapers.

And finally, pay attention to what isn't there. Some examples pulled from actual family-history research requests I've helped with: An obituary that doesn't mention a father. A family Bible that has one line obliterated, or a page torn out. A newspaper article that mentions a "quiet wedding" followed by the birth announcement five months later. A child with no birth record, or gaps in the ages of children. A diary that starts with frequent references to a person, place, or organisation, and then suddenly goes silent on the matter. The grandfather who refused to eat corn. All these things hint at something – probably innocuous; quite possibly significant and life-changing.

Your great-grandmother's birthdate, place of residence, and activities are just the who, what, when, and where of her life. Digging a little deeper will help you get at much more interesting stuff – the how and the why. That will transform her from a familiar-sounding name into a character – someone the rest of your family will actually want to hear about. ♥

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



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Art Fundraiser- Silent Auction

BY MEL JOY

Fly in the Fibre is happy to host a silent Art Auction event to help raise funds and awareness of Kootenai Community Centre Society- Irvine House Safe Home and Programs. The silent auction features many pieces created by Wendy Franz and all proceeds of the auction will be going to the Society.

The silent auction will begin Thursday, July 4 at Fly in the Fibre. The artwork will be displayed in the store with opportunities to place your bid. People can drop in all week to see the pieces and bid on them. The bidding will close on Thursday, July 11 at 6:00 pm. We have a final evening planned

with entertainment by a lively local band, Kokanee Brass- a five member brass band- and Jimmy's Pub Wine Bar. As everyone will be putting their final bids in you can relax with some wine and enjoy the band!

What is the Kootenay Community Centre Society? The Society is a non-profit organization and registered charity. They provide various programs and services to women and their families within the Creston Valley and east shore of Kootenay Lake.

The main focus is towards their Stopping the Violence programs - which provide a safe, secure, and supportive environment for women and their children who are victims of domestic violence, are in crisis, or in need of a housing alternative.

We would like to help raise awareness for this society and to provide them with a donation to help fund their programs and support their important work. Wendy Franz has generously offered some of her beautiful artwork for the silent auction with all proceeds donated to the Society. Not only is this a fantastic way to peruse and choose some fabulous art but you will be helping a well deserved local charity.

Have you met Wendy Franz? As a professional graphic artist Wendy has always had a passion for art and design and now dedicates her life to her artwork. Self-taught, Wendy works in many different mediums including watercolour, acrylics, fluid art, colour pencil



Some of the original paintings by Wendy Franz donated for silent auction.

and mixed media, Wendy's creations range from realism to abstract. Her unique style and imagination with the use of vivid colours capture the beauty of the world around us.

Start your bidding on Thursday, July 4 and make sure to drop in all week so that your name remains at the top of the list! And then join us for the auction finale with local entertainment and some wine from 5:00pm - 7:00pm on Thursday, July 11. You can meet the artist, make a donation, and enjoy the fun! ♥

You can learn more about the society by visiting their webpage at <http://www.kootenaicommunitycentre.org>.

For more about Wendy Franz and her work visit wendyfranzart.com or facebook.com/wendyfranzart

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Fibre on the Fly- World Knit in Public Day

BY FLY IN THE FIBRE

Creston took part in World Knit in Public Day on June 8, 2019 at our Community Complex. World Knit in Public Day is a celebrated day to highlight knitters from around the world and we were proud to take part.

“World Wide Knit in Public Day was started in 2005 by Danielle Landes. It began as a way for knitters to come together and enjoy each other’s company. Knitting is such a solitary act that it’s easy to knit alone somewhere and sink into your work without thinking about all the other knitters out there. Neighbours could spend all their lives never knowing that the other knits. This a specific day to get out of your house and go to a local event (with your knitting in tow) just for you and people like you.” (www.kkipday.com)

Fly in the Fibre, our local fibre hub, hosted the event. Because we are such fibre lovers - and we do so much more than knit - we expanded the event to include all fibre creators such as crocheters and felters and called it “Fibre on the Fly”. We had a great gathering that also included people from Toronto, Calgary, and Cranbrook as they were attending a knitting retreat - Birds of a Feather- that was also taking place in Creston that weekend. It was fun to meet new people, share our projects and skills, and to take part in an event that is celebrated across the globe.

“In 2005, there were about 25 local events around the world. In 2006,



there were about 70 local events, and in 2007, almost 200. In 2008, there were 800 events, and in 2009, 751 events.

Over the years there have been local events in Australia, China, England, Finland, France, Ireland, Norway, South Africa, Sweden, United States and so many more countries.” (www.kkipday.com)

We would like to thank the Complex for being so supportive and accommodating of our event.♥

Visit Fly in the Fibre to purchase Leah's work or sign up for a class at www.flyinthefibre.ca

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BY JESSE MORETON,
BSc DC

Is your back out?

It's always interesting when someone asks, "Is my back out?" Initially, I never quite know how to respond. It's not that I don't have an answer, but it's because a good answer requires more than just a yes or no response. A proper reply needs explanation and the depth of that explanation varies with different degrees of understanding and interest. Here I will attempt to give a thorough overview of what it means when your back is out.

Although I'm perfectly fine when others use the term "out", I don't use it often myself. A back doesn't leave and it doesn't move or dislocate (not easily at least). More often than not, when a back is out it has stiffened up. Every vertebra should move independently of the one above or below it. When it doesn't it's usually because the

joint and the surrounding tissues have tightened up. This can happen for various reasons; sometimes automatically as a reaction after injury and sometimes from lack of stretching and movement over time.

I prefer to think of joints getting locked, seized, stiff or restricted as opposed to going out. These terms conjure up better visualizations of what is usually happening. Thus, performing an adjustment isn't usually putting something back into place or correcting an alignment problem as much as it is restoring normal movement to specific joints and vertebrae. When a quick controlled impulse is imparted to a joint the tension in the capsules and ligaments is released and motion is restored. Through this process, and other mechanisms, pain is alleviated as well. This explanation also explains why joints that are "out" cannot be seen on x-ray. Most patients with either acute or

chronic joint pain have normal x-rays. Nothing looks out of place or misaligned. This isn't an inconsistency if a joint is more "stiff" than "out".

However, what x-rays do not show is movement. Fortunately, there have been studies using MRI which demonstrate increased translation (or motion) of vertebrae after adjustment. In theory the same results could be replicated by having an x-ray of a patient bending as far as possible, having a joint adjustment and then taking another x-ray of them bending as far as possible again. In the second x-ray there should be increased distance of the adjusted vertebra relative to the one above or below



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it. But this isn't practical, nor does it make sense to expose patients to radiation when they're already feeling better anyway.

Seem hard to follow? Maybe it is. Maybe I should stick with the yes or no answer. But I'd rather patients understand what is really going on. Education is key and knowledge is power. It's really all about movement or lack thereof. And now that I've convinced you joints don't really go "out", I'll spend next issue explaining another scenario when they actually do, kind of... go "out".

ut it's not in the way you may think. If you hate cliffhangers, I'll give you a hint; instability. ♥

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It's Smoothie Time!

BY MAYA SKALSKA
Master Herbalist,
Registered Herbal
Therapist

One of my favorite perks of summer is enjoying cooling foods. Generally I never recommend cold foods during winter or cold days in spring and fall. The logic behind this is quite simple. If you feel cold, consume hot foods. When you feel hot, cool yourself down with cooling foods. Now that summer is upon us, smoothies are safe for most. It's such a simple and quick meal or snack that can really pack nutritional value if well done.

I see many smoothie recipes that are not well balanced, using poor

food combinations and adding way too much sugar. To make a balanced smoothie you first need to decide if your smoothie is fruit or vegetable based. Mixing sweet fruits such as bananas, oranges or mangos with vegetables may cause bloating as fruits are best consumed and digested on their own. If you're only using berries, adding a little honey or maple syrup is a nice touch.

Next is extra fiber. Chia seeds, milled flax seeds or hemp hearts will do the trick. If using chia seeds, make sure they get a chance to soak in liquid (your smoothie base) for at least 5-10 minutes. Your smoothie may end up with the consistency of pudding, which I absolutely love. I put it in a bowl, add some nuts and seeds on top and eat it with a spoon.

"It's such a simple and quick meal or snack that can really pack nutritional value"

Then choose a healthy fat. A tablespoon of coconut oil, flax or hemp seed oil are all great choices.

For the base, homemade nut milk, coconut milk, water or a combination of all with a little organic plain yogurt is great. I also love using a medicinal mushrooms tea, or a highly nutritive herbal tea like nettle as a super healthy base. Chaga mushroom tea is my favorite. When using chaga tea, I



find adding cinnamon and/or cocoa powder is delicious, and I still mix in a little nut milk to make it creamier.

Other smoothie augmentations that I keep in my cupboard: maca powder for extra energy; protein powders if not using chia or yogurt; chlorella or spirulina powder and bee pollen for extra B vitamins; calcium, magnesium, zinc, iron, potassium, fatty acids, enzymes and amino acids. Bee pollen is 25% protein and a wonderful addition to your smoothie. For those with chronic low blood pressure though, use very little bee pollen (1tsp) and watch your blood pressure.

For your green smoothies, the same rules apply. Add your greens to a base of your choice, add some extra fiber, a healthy fat and any other enhancements

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mentioned above. Always add a carrot for some extra sweetness, and be careful if using raw kale. Raw kale contains progoitrin, a compound that can interfere with thyroid hormone synthesis, plus it has thiocyanate ions which can overwhelm the iodine your thyroid needs. It also contains oxalic acid, which binds with minerals in the

body causing them to crystalize. These crystals can damage tissues, cause inflammation and kidney stones. Best is to steam the kale before adding to your smoothie.

One last tip for those who still need to sleep with socks on in summer. Cold smoothies on regular basis are not for you.

If you do treat yourself, adding some ginger or a pinch of cayenne pepper will raise the heat and still keep you warm.

Enjoy! ♥

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.

10 MINUTES TO DISASTER

Please leave pets at home



Cars become ovens

The temperature in a vehicle, even in the shade with the windows partly open, can rapidly reach a level high enough to seriously harm or even kill your pet. A dog can be overwhelmed by heat in as little as 10 minutes.

How pets stay cool

Dogs cool themselves by panting and by releasing heat through their paws. They do not perspire through their skin like people. On warm days the air and upholstery in your vehicle heats up to high temperatures making it impossible for pets to cool themselves. Your dog will be more comfortable if left at home.

Getting help

If you see a dog in a car on a warm or humid day who you believe may be in trouble, ask stores to page customers.

If the animal is in distress, call the BC SPCA cruelty hotline at 1-855-6BC-SPCA (22-7722) or your local police or animal control agency immediately.

The risk is real

If it is 26°C outside, inside a car – even with the windows cracked – the temperature can reach 37°C in 10 minutes and 43°C in 20 minutes. A dog's normal temperature is 38°C. If your dog's temperature reaches 41°C cell and organ damage begins to occur.

Heatstroke symptoms

Heatstroke symptoms include:

Exaggerated panting; bright red gums; rapid or erratic pulse; thick saliva; anxious or staring expression; weakness and muscle tremors; lack of coordination; convulsions or vomiting; collapse; seizures or coma.

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

- Immediately move the animal to shade.
- Wet the dog with cool water including foot pads and around the head.
- Fan vigorously to promote evaporation.
(This process cools the blood reducing core temperature)
- Do not apply ice. This constricts blood flow which inhibits cooling.
- Allow the dog to drink some cool water.
- Take the dog to a veterinarian as soon as possible for further treatment.

Veterinarians may apply supportive measures such as intravenous fluids to rehydrate the animal and oxygen to prevent brain damage.

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Home & Garden

5 easy home updates for summer

www.newscanada.com

Your home comes alive this time of year, with barbecues, entertaining and long weekend parties. Give it a makeover with these Do It Yourself projects recommended by Health Canada that will make it a cool, comfortable and inviting space for everyone to enjoy.

Grow your greenery. If you live in a house, give your green thumb a whirl and plant trees on the south or west side where the sun hits during the hottest part of the day. Tree-shaded spots could be as much as 5°C cooler

than the surrounding area, helping to cool your home inside and out.

Freshen up fabrics. Switch up wintertime materials like knits and fleece for loose, light-coloured textiles made of breathable fabric. Choose linens and cottons for your pillows and throws.

Stay hydrated. During the summer, it's important to drink plenty of cool liquids before you feel thirsty to decrease your risk of dehydration. Update your glassware or water bottle to something with a fun pattern or bold colours so you'll actually want to drink more water.

Deck out your patio. Keep your home cooler by cooking on the grill. Make your outdoor living space more inviting. Ensure there are shaded areas for cooling off — colourful wide umbrellas can help. Set up a hydration station with a pitcher of fruit-flavoured water.

Retreat to your cool space. During extreme heat, it may be a good idea to stay indoors to take a break from the heat. But that doesn't mean you can't do a fun activity — visit your local swimming pool, public library or mall to cool off. You can also create a reading nook in a cooler part of the home for curling up with the latest summer read. ♥

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Free parking

Summer Hours: Monday to Friday 10-4
Saturday 9 to 3, Sunday 10 to 4



Kootenay-Columbia Discovery Centre Society

Offering wetland education and awareness programs at the Creston Valley Wildlife Management Area



July and August Events

Sunset and Sunrise Paddle

Sunset - Friday, July 19 | Time: 7 pm - 9 pm

Sunrise - Sunday, July 28 | Time: 7 am - 9 am

For the morning or night person! Join us on a special canoe tour that explores the ponds and channels in search of wildlife and adventure.

Cost: \$12 per person

Animal Dress-Up

Thursday July 4th and August 1st | Time: 1 pm - 3 pm

Transform yourself into a real or invented animal with facepainting, crafts, games and more and learn to adapt to your environment. Includes guided walk in the wetland. Fun for kids and families of all ages.

Cost: \$2 per person

DAILY: Guided canoe tours at 9:30am, 10:30am, 1pm and 2pm

Hot Days of Summer Series

Saturdays in August (no program August 31) | Time: 9 am - 3 pm

Join us as we explore a different theme each week with related activities, crafts, games and stories. Something for all ages.

Drop in anytime.

Cost: By Donation

Nature Movie Night

Wednesdays in August | Time: 7 pm - 9 pm

We will screen a different nature/wildlife related movie in the Centre each week that will appeal to all ages! We will post which movies closer to the time. We will have popcorn! Bring a pillow/blanket. PJ's encouraged.

Cost: \$2 per person

Jr Naturalist Summer Nature Camps (week-long)

For ages 6-13 run in July and August.

Contact us for details!

DISCOVERY CENTRE

Displays, exhibits, information, maps, tours, programs and events...

1760 West Creston Rd (in parking lot of Wildlife Centre)

Hours:

June 30-Aug 31 (7 days a week),

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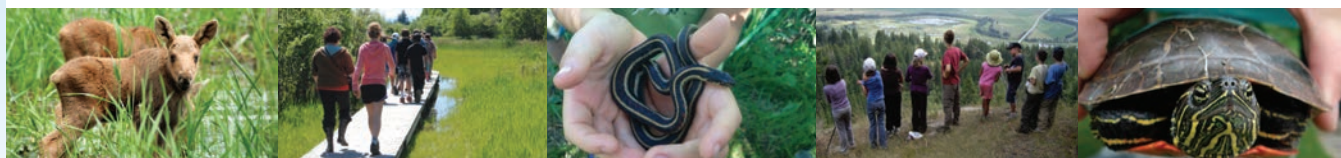
9am to 4pm | Admission by Donation



For more information on programs and events visit:

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Summer Fun

Cross Country SEEING Art Studio Tours

SUBMITTED

The “Cross Country SEEING Art Studio Tours” is a must-do for art lovers. This tour showcases artist’s studios around the Creston Valley and Kootenay Lake. The tour runs from Saturday August 3 through Monday August 5, during the BC Day Long Weekend.

The Cross Country Tour will give you a chance to visit 10 home studios and galleries and provides a wonderful way to wind your way around the scenic Creston Valley and up beautiful Kootenay Lake area with a visual surprise at each stop on the tour. Within the Cross Country SEEING brochure will be a map and information about each studio featuring the following artists:

Carol Schloss in West Creston features colourful pastel originals and giclee prints. Her work encompasses everything natural and will delight the eye.



Patchwork Chicks Have The Best Fun, Laura Leeder

Annie Miller is a fibre artist displaying felted and crocheted wearable accessories, which will charm you with their uniqueness. You will want to keep her pieces forever.

Laura Leeder’s delicate floral watercolours and display of her elegant teacup series paintings charm you into thinking you’re at a high tea. Her easily accessible home studio is in Creston.

Ute Bachinski’s home studio is filled with creative paintings and drawings. Her stunning art Quilts will delight you with their tactile qualities.

Anne Fetterly will surprise, delight and interest you with fashions made using natural dyes and fabrics, created in her studio.

Andrea Revoy’s pottery combines expertise with humour in her character pieces. You will thoroughly enjoy her unique studio and gardens.

Andy and Elaine Alföldy at the Alföldy Gallery have ongoing themes displaying colourful watercolours of rural life, birds and landscapes of the Kootenays.

Jim and Howard Smith’s wonderful display of landscape photography will grab you with their strong

images, and inspire you to come back for future visits to this area. Their extensive workshop is in the Canyon area.

Warren and Emily Clark at the Pepper People Studio Shop are located along Kootenay Lake with dramatic views. Colourful stained glass, whimsical paper mache creations and watercolours are on display.

Karen Arrowsmith at the Arrowsmith Gallery on Kootenay Lake displays her watercolour

paintings which highlight the natural settings of the region. Featured also are colourful acrylic abstracts.

The artists hope that “The Cross Country SEEING Art Studio Tours” will give you an opportunity to meet them in their homes and studios and enjoy their work. The added bonus is touring the Creston Valley and Lake Region for family vacationing and enjoyment. ♥

Cross Country SEEING
Art Studio Tours
AUGUST 3, 4, 5, FROM 10 TO 5
CRESTON & KOOTENAY LAKE

For Studios & Map
www.crosscountryseeing.weebly.com

Karen Arrowsmith
Emily & Warren Clark
Ute Bachinski
Laura Leeder
Carol Schloss
Ann Miller
Andrea Revoy
Anne Fetterly
Andy & Elaine Alföldy
Jim & Howard Smith

East Shore

Community Culture Day

Celebrate the 20th Annual Starbelly Jam Music Festival and stick around on Sunday to discover Kootenay Lake's East Shore and enjoy a wide array of activities and events from Wynndel to Riondel!

- * Food Roots Farmers Market
- * E.S.Y.C. Volleyball Tournament
- * Sonic Bliss Yoga Acutonics, & Gong Workshop
w/ Kootenay Sound Healing
- * Gabriel Palatchi @ Kokanee Springs Resort
- * Wynnwood Cellars Wine Tasting
- * Open Jam @ Sirdar Station Pub
- * Kootenay Lake Art Connection Gallery Tour
- * Artisans of Crawford Bay
- * Gray Creek History Tour
- * MTB Ride w/ East Shore Trail & Bike Association
- * More Live Music @ Local Restaurants and Pubs throughout the Day!

Sunday July 21 2019

East Shore Kootenay Lake

KOOTENAY BAY - RIONDEL - CRAWFORD BAY - GRAY CREEK
BOSWELL - SANCA - KUSKANDOOK - SIRDAR - WYNNDEL



Information and Schedule: www.eastshore.life/events or call 250 505 6489

East Shore

Community Culture Day

Activities & Events Schedule July 21, 2019

* Food Roots Farmers Market / 9am - 3pm
Downtown Crawford Bay

* MTB Ride w/ East Shore Trail & Bike Association / 10 am
Intermediate Riders Only (membership required)
Crawford Bay (meet at Reds Bakery)

* Acutonics & Gong Workshop w/ Kootenay Sound Healing / 9:30am - 5pm
Crawford Bay Hall - 16230 Wadds Rd.

* Kootenay Lake Art Connection Gallery Tour / 10am - 5pm
Wynndel to Riondel

* E.S.Y.C. Volleyball Tournament / 11am - 4pm
Crawford Bay Beach / Regional Park

* Wynnwood Cellars Wine Tasting / 12pm - 5pm
Wynndel - 5566 HWY 3A

* Open Jam @ Sirdar Station Pub / 2pm
Sirdar - 8068 HWY 3A

* Gabriel Palatchi @ Kokanee Springs Resort / 7pm
Crawford Bay - 16082 Woolgar Rd

* Artisans of Crawford Bay / Ongoing

* Gray Creek History Tour / Ongoing

* More Live Music @ Local Restaurants and Pubs throughout the Day!



Information and Schedule: www.eastshore.life/events or call 250 505 6489

Summer Fun

East Shore Culture Day

BY: FARLEY CURSONS
PROJECT MANAGER -
BUILDING EAST SHORE TOURISM

There are so many creative experiences and adventures that we enjoy on the East Shore. We might not realize it from day to day but we all share a unique culture that is really something special.

With the 20th Anniversary of Starbelly Jam being celebrated on July 19th and 20th, we at Building East Shore Tourism have created a special event for Sunday, July 21st.

The event pulls together a wide spectrum of businesses and organizations from up and down the lake. It's been an exciting planning process and we are creating new friendships and learning a lot about one another's activities.



East Shore Trail & Bike

We invite residents and visitors to spend the whole weekend celebrating East Shore Culture. Enjoy Friday and Saturday at the Music Festival and stick around on Sunday for a wide variety of activities and events from Wynndel to Riondel. There are so many interesting and out of the way locations along Kootenay Lake's

East Shore. If your interested in checking out more live music, taking in some sonic yoga, going on a gallery tour or a group mountain bike ride then East Shore Community Culture Day is sure to satisfy.

You could also start your day at the East Shore Food Roots Farmers Market, visit the

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Summer Fun



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Artisans of Crawford Bay, join the East Shore Youth Council at the beach for a Volleyball Tournament or explore the lakes many beaches and trails. Stop in at Wynnwood Cellars, the East Shore's only vineyard and winery, for a taste of paradise and drop into the Sirdar Station Pub for an Open Jam! Don't miss

Argentinian Jazz Pianist Gabriel Palatchi at Kokanee Springs Resort.

The East Shore hosts a spectacular Arts and Culture community, well being activities as well as unique history and abundant recreation experiences. Why not celebrate them at East Shore Community Culture Day?

This event is made possible thanks to the RDCK's Area A Economic Development Commission and the Province of British Columbia. Thanks also to the Kootenay Lake Chamber of Commerce and CVKL Route for their support. ♥

For more information including updated schedule as well as options for local camping/accommodations go to www.eastshore.life/events or call 250-505-6489.



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Summer Fun

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Heat waves and bug bites

(NC)

Summertime here is unlike anywhere else. It doesn't matter if you're on the east coast, west coast or somewhere in between, you are guaranteed to experience miraculous warm days that the rest of the world doesn't know we experience.

Now's the time to reclaim the outdoors, no matter the temperature or buggy conditions. Here's what you need to know about managing the heat and avoiding mosquitos this summer:



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Summer Fun

The heat. We're sometimes prone to heat-wave-like conditions across the nation and, unless you're set up at a lake, it can be hard to beat the heat. Remember to stay hydrated by drinking lots of water, especially if participating in any strenuous activities. Wear sunscreen that has both UVA and UVB protection and be sure to reapply often. Keep an eye out for heat warnings from Environment Canada and seek shade as often as possible.

The bugs. It's a given that communities across Canada are going to encounter seasonal bugs, but don't let that stop you from enjoying the sun and fresh air – get

geared up in mosquito-repellent clothing. Yes, you read that correctly. WindRiver No Fly Zone is the first of its kind in Canada – clothing with built-in mosquito-repellent technology that lasts through 70 washes. Exclusive to

Mark's, the clothing line is available for men and women in a selection of tops, pants, shorts, jackets and hats that provide effective, long-lasting mosquito protection. ♥

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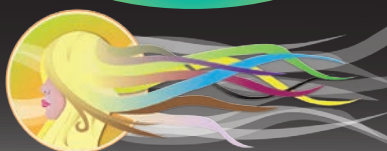
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Summer Fun

3 tips for a healthy summer

(NC)

With summer underway, the feeling of warm sunshine and the lure of the cool lakeside can lull you into thinking nothing can go wrong. But making poor health choices happens. Avoid them by following these tips:

Don't forget to screen up. Sunscreen can seem like a precaution for kids, and the Coppertone baby certainly doesn't help with that image. But a little precaution goes a long way. It takes less sun exposure than you expect to start working on that killer sunburn you'll be nursing for the next two weeks. Why not save yourself

the hassle with a quick application of sunscreen? Not to mention the long-term benefits of protecting yourself from the harms of sun exposure.

Stay hydrated. Did you know that by the time you feel thirsty, you're already dehydrated? That's why it's important to make sure you get enough liquids in the summer heat. Water is best, but you can also boost your hydration with fruit like watermelon. Be sure to get plenty of shade and take breaks when exercising outdoors.

Be careful what trends you follow. The summer can feel like a good time

to take up new hobbies and try out new things, but you should leave some of them on the shelf. Picking up smoking is not a healthy choice; vaping isn't a smart choice for non-smokers either. Vaping still exposes you to harmful chemicals, and often still delivers nicotine, which is addictive. Keep your summer skies clear, and leave the tobacco and vaping products behind. If you are a smoker and are not ready to quit nicotine, completely replacing cigarette smoking with vaping will reduce your exposure to harmful chemicals.

Get the facts about vaping and smoking at Canada.ca/vaping. ♥

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Kootenay Lake Ferry Schedule

All times are Pacific | H highlighted areas indicate peak ferry travel - anticipate delays

Vessel Name	Departure from Balfour Terminal		Departure from Kootenay Bay Terminal	
	SUMMER	WINTER	SUMMER	WINTER
Osprey 2000	06:30 AM	06:30 AM	07:10 AM	7:10 AM
Osprey 2000	08:10 AM	08:10 AM	09:00 AM	09:00 AM
Osprey 2000	9:50 AM	9:50 AM	10:40 AM	10:40 AM
M.V. Balfour	10:40 AM		11:30 AM	
Osprey 2000	11:30 AM	11:30 AM	12:20 PM	12:20 PM
M.V. Balfour	12:20 PM		01:10 PM	
Osprey 2000	01:10 PM	01:10 PM	02:00 PM	02:00 PM
M.V. Balfour	02:00 PM		02:50 PM	
Osprey 2000	02:50 PM	02:50 PM	03:40 PM	03:40 PM
M.V. Balfour	03:40 PM		04:30 PM	
Osprey 2000	04:30 PM	04:30 PM	05:20 PM	05:20 PM
M.V. Balfour	05:20 PM		06:10 PM	
Osprey 2000	06:10 PM	06:10 PM	07:00 PM	07:00 PM
Osprey 2000	07:50 PM	07:50 PM	08:40 PM	08:40 PM
Osprey 2000	09:40 PM	09:40 PM	10:20 PM	10:20 PM

SUMMER: The M.V. Balfour operates from mid-June up to and including Labour Day.

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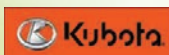
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The all new BX80 series 18to26hp will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps, pickup logs with thumb kit or digging a small pond. Remove the backhoe & add a rototiller for those spring garden needs.

BX235 TLB 23hp Tractor Loader Backhoe unit features: 23hp 3cyl diesel, 2 range HST, power steering, 4WD, LA340 loader (620lb lift cap) BT603 backhoe (6 foot dig depth)



0%
Financing
72 Months O.A.C.

No Charge
6 Year Warranty!

STARTING AT
\$24,699.00*
While quantities last



L-series standard 39hp tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide precision performance and ease of use that you need. A 8x8 synchronized shuttle transmission provides ample gearing for the jobs at hand. Strong 1985lb 3pth lift capacity and power steering make operating this tractor a dream.

L3901DT w/loader features: 39hp, 3cyl T4 diesel, 4wd, 8x8 shuttle, 540 independent pto, LA525 front end loader w/ 1076lb lift capacity.

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*Cash price includes all cash discounts in lieu of low rate finance, plus taxes. 160 month 0% finance with \$500 down payment, OAC, plus taxes.

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