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June 2019

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A photograph of a woman and a young man standing in a paddock. The woman on the left is wearing a black jacket over a plaid shirt. The young man in the center is wearing a red hoodie and jeans. To their right, a brown horse is looking over a wooden fence. The background shows a grassy field and trees.

# Horses, Hope and Healing

The power to heal the spirit

## Special Section: Graduation

### Entertainment

Creston Concert Society

### History

Birds of the valley

### Agriculture

Season in high gear

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# THANK YOU!



My family and I would like to take this opportunity to thank you, all my customers, employees and friends for your support over the past 12 years. I have enjoyed getting to know the community and have had great satisfaction in serving you, I will miss the camaraderie.



With the sale of the store, the time has come to start a new chapter in my life. I would like wish the new owners all the best and great success!

- Cora Schultz

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# Inside

**W**hat a great and busy month of May, capped off with a terrific Blossom Festival! Kudos to all the volunteers for the countless hours putting on events in the valley.

In the feature article we look at a specialized form of therapy for persons suffering from mental illness. The River Horse Ranch is an Equine Assisted Learning Centre and incorporates horses in powerful and life changing therapy.

From the desk of the Mayor we learn some highlights from the recent Association of Kootenay Boundary Local Government Convention.

With summer upon us (even though it feels more like late October than late May), the Creston Valley Agriculture Society extols the tastiness of locally raised meat as part of our thriving local food economy.

And, as always, we are reminded to be Ag Aware.

Of course, there is a lot of art news: the Creston Concert Society highlights their organization and calls for new volunteers; the Arts Council announce

a new juried art show; and in the Meet the Instructor feature we are introduced to fibre artist Leah Wilson.

Dr. Moreton gives tips on aging gracefully and the museum feature amuses with a different take on the types of birds seen in the valley.

Reminder that the next feature of I Love Creston is the double summer issue. Also you can follow local happenings (and see amazing photos) on our Facebook page. ♥

*Editor note: In last month's issue we had a story on the Youth Pow Wow. In the article we mentioned the local drum group, Nipku, would perform using drums built in Creston under local guidance. Julie DRAPER, a very well known and respected woman within the community, helped our Grade 7's create the pow wow drum along with Michael White*



## Feature

### 05 The River Horse Ranch

Horses helping heal trauma



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#### The Magazine

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# HEALING with HORSES

BY JIM JACOBSEN  
PHOTOS BY DENNIS  
CHARLES

**E**stimates are between 1 in 4 and 1 in 5 people suffer from some sort of mental illness in their lifetime. According to

the Canadian Mental Health Association, mental illnesses are health problems that affect the way we think about ourselves, relate to

others, and interact with the world around us. Mental illness refers to a wide range of mental health conditions - disorders that affect





***“We access horses to support that process to assist people in making deeper shifts within themselves”***

your mood, thinking and behavior - and include depression, PTSD, anxiety, schizophrenia, eating disorders and addictive behaviors.

Public awareness programs such as Bell “Let’s Talk” and Pink Shirt Day, as well as celebrities (such as Prince Harry, Adele, J.K Rowling, and Dwayne “The Rock” Johnson) openly talking about their

struggles, are helping to remove the stigma associated with mental illness and are encouraging people to seek help.

One type of treatment for these conditions is Gestalt Therapy. This is a psychotherapeutic approach - developed by Fritz Perls (1893–1970) – a client-centered approach to psychotherapy that

helps clients focus on the present and understand what is really happening in their lives right now, rather than what they may perceive to be happening based on past experience (Source: Psychology Today Canada).

The Creston Valley is lucky to have a unique and specialized form of Gestalt Therapy available, the Equine Gestalt Coaching Method (EGCM). Based on methodologies used in Gestalt therapy, Equine Gestalt Coaching involves a horse as an active partner with the coach



## ***“I have lived trauma and I have spent my whole life working through it”***

is core trauma. She received her Equine Gestalt training with program co-founder Melisa Pearce at Pearce’s ranch in Colorado. The EGC method is an intense two to three-year program that deals with treating core trauma. Pearce explains on her website (<https://egcmethod.com/the-egcmethod/>) that the therapy is an “integrative approach of the equine’s interaction combined with positive coaching, somatic awareness, guidance and Gestalt methodology, assist the client in examining their life and choices made with a focus on designing a positive future.”

With 9 trained horses on her 9 acre ranch, Zibin has been offering horse therapy since 2011. “We access horses to support that process to assist people in making

deeper shifts within themselves, Zibin explained. “This unfolds as they clear old baggage that may block them from moving past patterns of behaviour or old stories that block them or keeps them stuck.”

EGC sessions can take many forms. Activities are created for the client and the horse to participate in together while opportunities to explore deeper values, beliefs, and core issues surface in the arena. This creates the backdrop for change. Some clients prefer just working with the horse and the coach. Others find group work empowering and enlightening. Either way, the horse is an active partner in the process. “Horses have the power to heal our spirit”, promised Zibin.

in the client’s exploratory process. Offered at the Bend In The River Horse Ranch, this therapy is described as “powerful and life changing” by owner-operator Connie Zibin.

Zibin, a practicing social worker with twenty years of experience, has a Bachelors degree in Social Work from the University of Victoria, has worked toward a Masters degree from McGill University, and is a certified EAGALA Mental Health Horse Therapy Facilitator. Her area of expertise



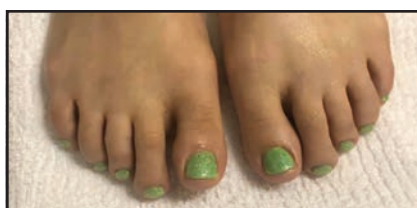


## Feature Story

Offering private practise and as many as six (6) retreats a year, Zibin also hosts showcase events so the public and get out to see and experience the therapy work. Initial consults are free to discuss your goals and see how we can work together. They are completely confidential.

“I have lived trauma and I have spent my whole life working through it. The coaching helps people put the past to rest so they can move forward with their dreams,” concluded Zibin. “Just like I am doing.” ♥

To learn more visit: <http://bendintherivershorseranch.com> or call (250) 402-3037



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#### Parent and Tot - Mondays in June

A nature inspired outdoor adventure with story and craft time geared towards 3-5 year olds and their parents. Drop in, no registration required.

Time: 10 am - 11:30 am • Cost: Parent(s) and child is \$4 per time (additional siblings \$1 each)

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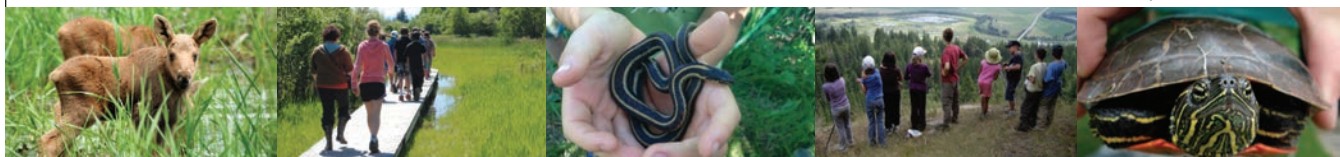
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## From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

### Attitude is a Choice

In April 2019, five Town of Creston Councilors attended the AKBLG (Association of Kootenay Boundary Local Government) Convention held in Castlegar for three days. There were approximately two hundred participants in attendance including two Members of Parliament (Canadian Government), five BC MLA's (Member of the Legislative Assembly), Mayors, Councilors and staff from twenty-seven municipalities, Chairs, Directors and staff from three Regional Districts. The Creston Valley previously hosted this event in 2014.

A highlight for me was the presentation by Chris Fields of Rynic Communications ([www.rynic.org](http://www.rynic.org)) in Alberta. With the explosion of social media and the decline in the use of other traditional mediums (newspapers, television, magazines, etc.), it is very important for municipalities to be more creative in their communication efforts to get positive messages out to their communities.

During his 1-hour presentation, Chris mentioned several "phrases" that stuck with me.

"LEAP" – be a Leader of Everything and Anything is Possible.

"Build on YOUR strengths" – be proud of your community and promote the positives.

"Are we in the place with 5 problems for every solution, OR the place with 5 solutions for every problem?"

"Dare to be different" – promote our unique assets for others to appreciate!

"TAX is an investment with your community" – the Town of Creston retains about 50% of the yearly property taxes collected and Council's main purpose is to maintain our infrastructure being our water, waste systems (sewer and garbage), roads, sidewalks and parks, and enhance our community facilities.

This is my 107th article since October of 2009, and as I have mentioned in previous articles, our community, which is the entire Creston Valley from Yahk-Kingsgate including the East Shore to Riondel, is a community that I

am proud and pleased to call my home. I have had the privilege of serving with 4 different elected Town Councils and numerous Town staff in the last 10 years.

Being Mayor for the past ten years, I have come to realize that we live in a great community and, for the most part, the "positivity is contagious". I am pleased with our community's growth and progress during this time and I am honoured to have been a part of the process.

I would like to invite you to sign-up on our Town website ([www.creston.ca](http://www.creston.ca)) through the "NOTIFY ME" tab with your email address and get immediate information sent to you such as our "newsletters" / firefighters / employment opportunities / News / Community events / Council meetings and Mayor's Communiques. Signing up will enable staff to keep you informed on "what's happening" in Creston!

The Town of Creston was originally incorporated on May 14, 1924 making May 14, 2019 the Town of Creston's 95th anniversary! Now is the time to start planning and organizing for our 100th anniversary celebration in 2024! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at [ron.toyota@creston.ca](mailto:ron.toyota@creston.ca) or call 250 428 2214 (extension 227)

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## Headline

BY TAMMY BRADFORD

Manager - Creston &  
District Museum &  
Archives

## History Goes to the Birds

I had an opportunity to give a downtown walking tour to a group of birdwatchers during the recent bird festival which means I (and volunteer JoAnne) had the perfect excuse to go looking for random stories about birds.

We found a surprising amount, actually. And in the process, we decided that classifying birds, as avid birders do, into categories like “soaring birds” and “wading birds” and “perching birds” and all the other types of birds

is kind of, well, for the birds. Because, when we really look at these accounts, we find only four classifications that really matter.

First, there’s the Weather Birds. The flock of forty robins that Mrs. Ash saw at her ranch at Alice Siding on 5 January 1926, and the Eastern Bluebird that Tony Holder spotted in his Erickson orchard in November 1945, are both species of Weather Birds. The first clearly indicates an early spring; the second is an obvious sign of a mild winter.

Then there’s the Novelty Birds, the ones that are new or unusual. Species in this group include the white Robin with the red breast that was happily hopping about Mrs. Monrad Wigen’s house in May 1945. Perhaps the most unusual of the Novelty Birds was the Spud Duck: in October 1957, Alvin Masuch

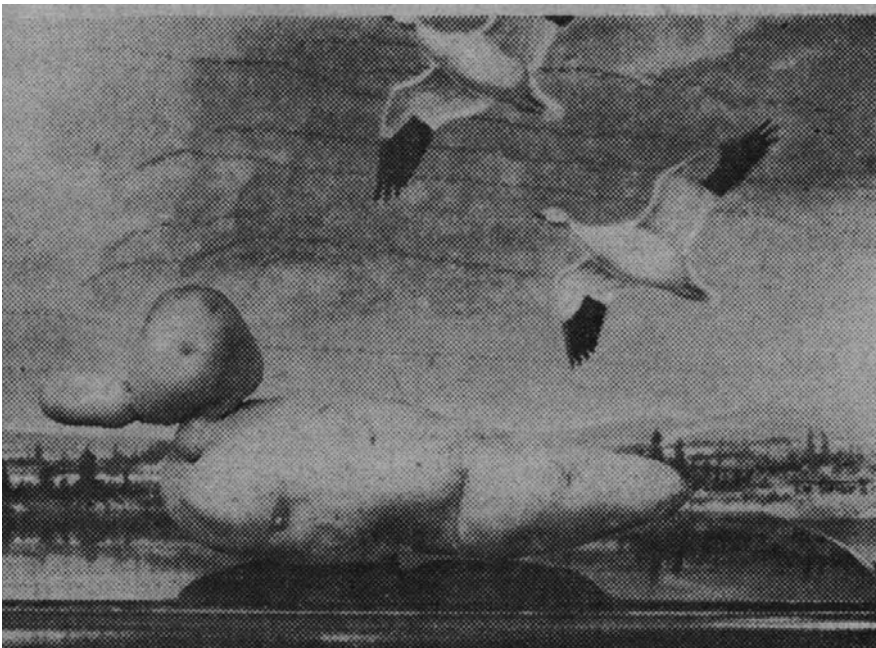
dug up a potato that the Creston Review proclaimed “a perfect silhouette of a Mallard duck, even to the green colouring on the head.”

The most popular classification is the Edible Bird, and this includes a whole range of species – ducks, geese, chickens, turkeys, grouse, pheasants; wild and domestic; imported and endemic. These birds show up in the newspapers, especially in Creston’s early years, with astounding regularity.

On the other end of the scale is the least popular classification, the Nuisance Bird. Again, there is great variety within this group – many different sizes, colours, and behaviours can be readily observed among the Nuisance Birds. The most definitive field mark is the bounty that often accompanies them when they appear in the newspapers: \$2 for Great Horned owls, \$3 apiece for Golden Eagles in 1911, for example. The BC Fruit Growers Association offered a bounty of five cents apiece on Starlings in 1961.

It’s not always easy to tell, however, in which of these classifications a given bird belongs. The Redhead duck, which first appeared in the Creston Valley in October 1942, was at first classified as a Novelty Bird – until someone read in a bird book that “it is the finest of eating birds known in the duck family,” whereupon it became an Edible Bird.

Ring-Necked Pheasants were introduced into the Creston Valley



It’s the “Spud Duck” Alvin Masuch dug up out of his potato patch - Creston Review photo



## History

in 1913, and Fred Smith brought in a Peacock in 1919. They were both Novelty Birds when they arrived. The Pheasants, of course, promptly got reclassified as Edible Birds, but there's no word on what happened to the Peacock. Only the one male arrived, so he wasn't intended for breeding purposes, and if Mr. Smith intended him as a showpiece, he must have been sorely disappointed – CPR crews all along his journey had liberally helped themselves to the tail feathers.

The Creston Review newspapers, and the Creston Valley Advance in more recent years, are a great source of information about these birds. It's the Advance, for example, that told us about the Snowy Owl that got caught in a fence here (clearly a Novelty Bird, because, as the Advance pointed out, they are rarely seen south of Prince George).

The columns of the Review are filled with interesting stories about the all-important Edible Birds: double-yolked eggs, prize-winning flocks, opening dates for hunting seasons, and the efforts to re-establish the Ring-Necked Pheasant population in 1970 after being hunted nearly to extinction. It's also the Review that has told us about Novelty Birds like the two Chicken Hawks "embroiled in a death battle" in the parking lot right behind the newspaper office in 1959, or the male turkey owned by James Hobden which, in 1911, was "actually hatching out and caring for a batch of young turkeys, mothering the young

birds fully as well as a female bird would do."

The Review also tells of one of the most notorious Nuisance Birds we've ever seen in the Creston Valley. In fact, this particular bird made such a nuisance of himself he attained almost celebrity status as a Novelty Bird. He was "The Woodpecker of Creston."

The Review explained, "While citizens of Creston are not familiar with machine guns, they are still getting some idea of what they sound like, when the woodpecker of Creston commences his vandalism on Creston's structures.

"Beginning in 1941, the woodpecker drew the wrath of Baldy Parsons, agent of the Midland Pacific Elevator, when he discovered that the woodpecker had pecked out a considerable sized hole in the elevator side wall. From outside appearances, if the hole had been four feet lower, the Kootenay Flats grain would have been sprouting out on the main street. Scaling ladders look like the only defensive weapon against the bird, Mr. Parsons explained.

"With the wheat situation not looking any too good this spring [1942], the steeple of the Presbyterian Church looked like an excellent target for our friend the woodpecker, who at the time of this writing is carving out quite a name for himself, and probably several roof holes for rain water, and cannot be persuaded to leave even under the coaxing of the

Rev. Forbes Robertson.

"However, later in the week it is reported that the reverend is making some progress with the bird, who was last seen attacking the front of D. Macdonald's residence, though no damage is visible to the eye.

"School children, coaxing, slangful expressions and so forth, hold no terrors for the saboteur, as he continues to whittle down all in his path, also raising the wrath of the sleeping community.

"However, the woodpecker does pride himself on the number of people he can congregate to watch his work."



To learn more, contact the Creston Museum at 250-428-9262 or [crestonmuseum@telus.net](mailto:crestonmuseum@telus.net), or visit [www.crestonmuseum.ca](http://www.crestonmuseum.ca).

# Congratulation

## Fascinating Graduation Traditions from Around the World

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Every country has a distinct approach to the graduation traditions, especially when it comes to the ceremony. There are fun rituals and special clothing accessories for students to enjoy. Whether you're a medical graduate in Russia or a high school graduate in Japan, you can bond with your classmates and feel pride in your school's unique culture. Here are some of the most exciting and bizarre graduation traditions from

around the globe.

### China

Generally speaking, the Chinese school system has few graduation traditions. Graduates are allowed to celebrate however they want. Instead of bringing parents and distant relatives to an official ceremony, graduation is more about enjoying time with former classmates and friends. Wearing a traditional cap and gown is no



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longer required. Interestingly enough, many female graduates will come to the ceremony in wedding dresses!

## Sweden

In the land of Scandinavia, graduates don matching sailor hats. They start the ceremony by singing songs with their classmates. Next, the parents come to the ceremony with embarrassing childhood photos posted on large signs. Parents give their children special gifts tied with ribbons, then hang the ribbons around the children's necks. Finally, the students take part in a citywide parade. There are floats and music, and the townspeople come to show their support.

## Japan

The Japanese are proud of their cultural traditions, and graduation is no different. At the high

school level, graduates perform choreographed routines with singing and marching. Students wear their usual school uniforms to the event. Unlike the American calendar, Japanese school starts in the spring, so graduation usually takes place in March.

## Argentina

This South American country takes the title for weirdest graduation tradition. On the day of the ceremony, observers pelt graduates with food, including ketchup, dressing, and syrup. It might seem like a one-sided food fight, but students look forward to this strange rite of passage. Of course, it's quite enjoyable for the friends and family throwing the food.

## Philippines

Just like in Japan, Philippine graduation ceremonies take

place in the springtime. Recently, wearing a cap and gown to graduation has become the norm, whether you're in K-12 or university. Though they still wear their school uniforms underneath. As for graduation traditions, many Philippine high schools dress each graduate with a lei as they receive their diploma. They do this to reflect the country's tropical climate and culture. ♥



**Best wishes to our  
graduates and  
to all of the  
CLASS OF 2019**

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BY RANDY MEYER  
Creston Valley Agriculture Society

## Growing season is in high gear

The growing season is in high gear now all over our beautiful valley. Take time to observe the variety of crops that are growing around us. So many crops and livestock that supply a thriving local food economy. A June

favorite has to be strawberries. Don't buy the imported trucked in ones in the stores, get the fresh picked at the right time, juicy local berries. Top them off with the locally produced whipped cream. Makes an awesome early summer dessert!

First though, before dessert, you have to source your main meal and there is no problem getting that from local growers. By this time there are plenty of vegetables and salad greens available to get your "plant quota" for the day. For me, a committed carnivore, the highlight of the meal is the meat. Beef, chicken, pork and lamb are all readily available from local growers. I'm not one to pass up a good beef steak or roast chicken dinner. Meat is good for you and an important source of nutrients for your diet.

It is so disturbing to see and hear so much false information and bashing of our meat supply. Social media is especially bad since a lot of people seem to believe 100% of the information presented. It seems more and more believe that beef production is bad for the environment. It is not! The pasture land that most cattle graze on is mostly land which is not suitable or used for other food crops. Grain that might be fed to finish cattle is grain that is generally of a quality grade also not used for human consumption. Generally, the cattle are utilizing lower value land and feed to produce a lean protein dense and nutrient rich food that is good for us.

Another disturbing trend is to bash the "factory farms" which most consumers know little about. These large-scale farms have developed because consumers want their food produced as cheaply as possible. Everything done on a huge scale does come cheaper. I saw a while back, on Facebook, where someone was enquiring if we can bring chicken in from the US as it was available for .99c/pound. So, a 5-pound average chicken for \$5.00. I truly shake my head at this and for the system which promotes this. A farmer, who tries to make a living is forced to be a "factory farmer" and grow millions of chickens to make a nickel on each one.

By comparison, the chickens we grow for meat arrive here, shipped from the hatchery at about \$3.35 each at one day old. We then feed them a local grain ration for 10

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*Creston Valley*

**AGRICULTURE  
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weeks, then they are locally processed. The real cost of this food product is not anywhere near the price of the “factory farmed” product. Fortunately, there are people who do understand and appreciate the real costs and support those of us who grow for the local food market.

Lastly, regular readers will know that I always remind people to watch out for tractors and farm equipment on the area roads, especially during the busy growing season. It has become a serious concern of ours as many of us have had close calls with traffic. In an effort to bring more awareness to vehicle operators, Creston Valley Agriculture Society with great support and cooperation from the Minister of Transportation and Infrastructure as well as YRB have had new signs made up to be placed in higher traffic areas of the valley. These are to be installed shortly in the Canyon, Lister, Riverview areas as well as Lower Wynndel Rd and Nicks Island Rd on the flats. Please take notice of these signs and although there will be none on the main Highway 3 or 21 always be aware of the farm equipment traffic in these areas as well.

Always be Ag Aware! ♥





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# Seven decades of entertainment

SUBMITTED BY CRESTON CONCERT SOCIETY

***"Music produces a kind of pleasure which human nature cannot do without." -Confucius***

Thankfully, for the last seven decades, this required pleasure has come to the valley partly via the Creston Concert Society. Established circa 1950 as Creston Overture Concerts, CCS is a registered charitable organization providing high quality, professional performing arts to the Creston Valley in southeastern B.C. -not only the field of music, but also dance, drama, and comedy. To quote a frequent audience member, "Thank you for providing us with such wonderful cultural enrichment!"

The excitement of setting up a season starts with attending showcasing of artists at Pacific Contact. Every spring, the BC Touring Council presents Pacific Contact in Vancouver; artists perform for 15 minutes which gives an idea of what would work well with audiences of various communities. This can often be

a difficult and frustrating task, as narrowing down to five or six shows is necessary! The cost and available dates all must be juggled before contracts are signed and the line up is confirmed.

Generally, Creston Concert Society has presented a series of five shows per season, but due to a financial boon, we have been able to supersize that up to seven well attended performances. Additional community events have also occurred, such as summer concerts in Millennium Park, and youth engagement events: in the last few years CCS has presented the rock group Speed Control, who performed a history of rock music in Canada, the Celtic family group Everything Fitz accompanied by local fiddle students, and the highly popular Fred Penner in October 2018, as well as many performers doing school visits.

CCS has continued to thrive due to the dedicated volunteers who donate time and energy to bringing high quality talent to the area, consisting of an annually elected Board of nine to ten directors. Volunteer duties consist of a variety of tasks, including secretary, grant application writing, hospitality

(providing snacks and beverages to the artists), marketing (compiling information for posters and advertising, plus posting on online calendars and sharing videos and artist information on Facebook, plus in community papers and radio), hanging posters (not only around town but from Yahk to Kootenay Bay and Bonners Ferry Idaho), treasurer, website maintenance, ticket management, and artist booking.

New volunteers are always welcome! And always appreciated by audience members: "Many thanks for all of the work you all do in bringing us such outstanding performances. We are so fortunate we have such a great concert society here in our little Creston."

Creston Concert Society works with an approximate annual budget of \$30,000 per year, with each concert averaging \$5,000. Average concert cost includes artist fees, venue/tech, publicity, hospitality and custodial for weekend performances. Our revenue comes from various areas; ticket sales and annual subscriptions takes in about half of our budget, at \$14,000, various government grants accounts for \$11,000 and good old-fashioned fundraising and corporate sponsorships make up the balance with \$5000.



Zogma



Unfortunately, Creston Concert Society has always been at the mercy of finances. Increased costs of insurance, copyright fees, and other administrative expenses as well as reduced funding from BC Touring Council has brought challenges. Reduction in grants also means increased performers' fees. Setting ticket prices (currently at \$18 - 25 for adults) that will not discourage audience members is a balancing act. Thus far, CCS has been able to bring in quality talent at prices below what is charged in larger centres. Over the years, those quality performers include:

- The Piano Six tour, which brought six of Canada's most talented pianists to small towns
- Comedy/musical shows such as Lorne Elliott and Todd Butler and The Number 14, a hysterical play about the Hastings bus route in Vancouver.
- Guitarists Oscar Lopez, Pavlo and Montreal Guitar Quartet
- Instrumental classical performances of various combinations, such as Bergmann Duo, Quartetto Gelato, Joe Trio and the ever-popular Symphony of the Kootenays
- Specialty shows such as Oh Canada We Sing For Thee, a tribute to Canadian music, and Chinese acrobatics
- Ballet Kelowna, Ballet Jorgen and a presentation of The Nutcracker
- International artists like H'Sao, originally from Chad and incorporating traditional African music with soul, jazz, R&B and gospel, vocalist Martin O all the way from Switzerland, and Rainbow Dance Theatre from Oregon.

- Operatic performances such as Bravura, Quintessence, and Gino Quillico

- Celtic inspired shows like Everything Fitz, Lizzy Hoyt, Derina Harvey Band and Cod Gone Wild

All regular performances occur at the Prince Charles Theatre. Several years ago, season's tickets packages went from one ticket per show to interchangeable tickets to accommodate members' schedules and unforeseen circumstances. That means that if you miss one concert, bring a friend to another one without buying another ticket.

We are currently solidifying our line up for 2019/20; some concerts have yet to be confirmed but they include our opening act, Voices of the Salish Sea. Drawn together by a deep, abiding love for the amazing place they're proud to call home, members of Eco-Folk Rockers The Wilds (Holly Arntzen & Kevin Wright) and Pacific Canadian muso-historians Tiller's Folly (Bruce Coughlan, Nolan Murray & Laurence Knight) have joined forces in a celebration of songs and stories about the Salish Sea, it's beauty, history, ecology and culture.

Other acts include RubberbandDance, a unique blending of classical ballet and West Coast hip-hop; Atlantic String Machine, comprised of 5 brilliant classical musicians from PEI,

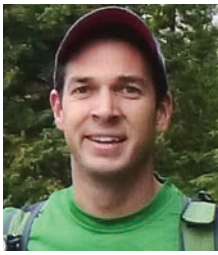


Sarah Hagen

juxtaposing traditional classical music juxtaposed with selections from folk, jazz, world and pop music; Vivace, consisting of four unique and exceptional pop and classical singers; the Marc Atkinson Quartet of guitars and upright bass, and joined by violinist Cameron Wilson. And the grand finale is the return of Symphony of the Kootenays performing "Spanish Fiesta" with compositions by Rimsky Korsakov, Chabrier, Debussy, and Rodrigo.

Support the arts and we'll see you next season! ♥

*Visit our website for more information and watch for our posters around town. We will also be attending a summer Farmer's Market or two, and we're always at the Fall Fair.*



## Aging Gracefully

BY JESSE MORETON,  
BScDC

I realize that at 36 years I may be under-qualified to speak about aging, but it's something that has been on my mind for awhile. Whether through my own minor ailments or the more significant limitations I see in the lives of patients, I've observed a thing or two about aging. Here are some thoughts:

We all age at the same rate, we're just at different stages in the game. Culturally, we often poke fun of older friends and parents, but we often forget we'll be in their shoes before long. Aging gracefully means learning from those older than us, not just teasing them.

Often patients describe feeling young in their minds even when their bodies betray them. I've always found this comment interesting as it seems to suggest there is a central part of them that doesn't change with time.

The mind is willing but the flesh is weak. Keeping that in mind helps me to understand the frustrations people are experiencing and sympathize with them.

I've also learned through personal experiences that aging begins early. It's usually earlier than we expect or want! The faster we accept it, the faster we become at peace with the process. However, this is much easier said than done. Acceptance is daunting for a number of reasons. For many it means not doing what they used to do. It feels like throwing in the towel and admitting defeat.

Another aspect of aging is knowing when something is a normal part of the process and when something



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Slow down this summer and make it last longer...

Now is the time that most people including many children are outside enjoying the summer weather. It is important to be aware of the speed regulations and to scan the road ahead when driving in order to react quickly, if necessary.

Distracted driving and speeding can result in serious consequence when pedestrians or vehicles present themselves immediately in front of you without warning. Avoid using hand held devices while operating your motor vehicle.

Did you know that pedestrians have the right of way at a crosswalk? This means that you must stop your vehicle for anyone approaching a controlled or uncontrolled crosswalk.

Please slow down and plan to leave early for your destination so that you are not feeling hurried and think of your driving time as a method of calming or relaxation while you cruise down the road with a clear, undistracted mind.

**Please be safe!**



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## Health

### ***"We all age at the same rate, we're just at different stages in the game"***

people 50 years and older. The chances for heart problems and other medical issues increase with age yet aren't directly caused by it.

I believe how we handle aging boils down to expectations. We don't need to be pessimistic but we do need to be realistic. We can focus on positives and adapt where necessary. We can find joy in the journey and look for the silver linings.

I'm not trying to pretend that doing all that is easy, but the alternative involves a lot of floundering and misery. There becomes a place for the other aspects of health; mental, emotional, social and spiritual. Aging tends to disproportionately affect the physical. Increasing awareness and fulfillment in the other health aspects can help compensate.

I don't have the answers, but I

know we're all in this together. And if it turns out there actually is a way to age gracefully, I'll be sure to let you know. In the meantime I'm still pondering the advice I received some time ago from a patient: "Never grow old!" ♥

is not. Some things are tricky to decipher. Is my knee pain because I'm getting old, or is it something abnormal that can be realistically fixed? And where does arthritis fit into the mix? I tell patients most people 40 years and older will have some signs or symptoms of arthritis and that it is a natural part of aging. But that's not to say one should write-off all their aches and pains as arthritis and subsequently untreatable.

To complicate matters, some things are associated with aging but not necessarily caused by it. For example, sacroiliac (SI) joint problems are more common in

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# Phantom of the Gallery

BY CRESTON VALLEY ART COUNCIL

**C**reston Valley Arts Council's mission is to organise, direct and operate, on a non-profit basis, cultural and artistic activities from Yahk to Riondel.

We wanted to provide a larger market for our area's artists and have planned a live Art Auction combined with an evening of live music and performance-art based on the theme of Phantom of the Opera. Because this is an Art auction we rephrased the title of the event to 'Phantom of the Gallery'

The auction and exhibition of the art works will be a juried event, judged by three well recognised artists, from outside this region, in order to avoid any hint of favouritism. We secured Donna Baspaly (Victoria) Angela Fehr (Dawson Creek) and Terry Isaac

(Penticton)

We hope to have up to 200 submissions and expect that there will be 25 – 30 pieces of art qualifying for the auction. The jurors will judge the work on-line and qualifying artists will bring or ship their work to Creston.

We are advertising in southern, coastal and northern BC, southern



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***"We wanted to provide a larger market for our area's artists"***

Alberta, northern Idaho, northern Montana and eastern Washington. The Idaho-based newspaper, Northern Journey, will publish a feature on some of our local artists, print the call to artists and advertise the event. This will be just one of many planned promotions across the region and many in local magazines/newspapers.

We will produce a full colour catalogue of the chosen pieces,



show these pieces on our website and arrange for on-line bidding. The catalogue will also be on sale at various outlets, not only as a resource for bidders but as a souvenir.

***"It is also important that we present a unique feel – something different"***

Our event will be held on the upper floor of Casey's Community House which will provide cocktail food and a cash bar. Tickets will be available at Casey's, the usual outlets and at Eventbrite on-line. We have ordered bid paddles and 'phantom' masks for guests, who will also be encouraged to wear costume. There will be live music and some members of Footlighters, our local theatrical company, will perform, also in costume.

Pieces not sold at auction will be displayed, with the artists' permission, in our Gallery at the Chamber of Commerce building (Visitor Centre) after the event.

It is crucial that we get the word out far and wide. It is also important that we present a unique feel – something different - in order to attract business. We truly think that this could become an annual destination event, bringing artists and art buyers into this region thereby benefitting both artists and the local economy as a whole.



For more informaton please visit [www.crestonvalleyartscouncil.ca](http://www.crestonvalleyartscouncil.ca)

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# Meet the Instructor Series

BY FLY IN THE FIBRE

**F**ly in the Fibre introduces our favourite instructors continuing with Leah Wilson of Amazing Felted Fibre Arts.

Leah has been teaching her amazing and creative needle felting skills for over two years with Fly in the Fibre. Her creations are sure to make you smile and her designs are cute and simple so they can be completed by beginners and those with more needle felting experience.

“As an artist it is my constant goal to create paintings and sculpture that encapsulates cuteness in abundance, that radiates vibrancy and goodness, with the intention to inspire interest in the Needle Felted Fibre Arts.

As an instructor, it is rewarding to teach the ‘fine art’ techniques learned over my lifetime of formal training and experience – as I have always believed that these skills and techniques can be learned by anyone. When applied to felting wool fibre, these



fine art techniques enable others to embrace their own creative exploration while learning to needle felt wool. (artistic skill & experience is not required)” (Leah Wilson)

Leah has been reaching beyond the Creston Valley to share her passion and love for needle felting. She has been teaching in places such as Elkford, New Denver, Blairmore, Kelowna, Lethbridge, Nelson, and Castlegar. Travelling has provided Leah with opportunities to connect with so many who have grown to love this form of fibre art.

“The name of my company is a result of the words people

often say when experiencing a workshop, or perhaps are being introduced to a 2D wool painting, or holding the soft textured fibre sculpture of a cute fox, bunny, or bear.

“That is Amazing!”

Inspired by that reaction, and the vast amount of cuteness and vibrant art that can be made from felting wool, I am compelled to create constantly, and reach out the world to teach ‘needle felting’. To create beautiful and touchable artistic works.” (Leah Wilson)



Visit Fly in the Fibre to purchase Leah's work or sign up for a class at [www.flyinthefibre.ca](http://www.flyinthefibre.ca)

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