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BE NEIGHBOURLY

10 Tips to Be a Good Neighbor

Being a good neighbor requires you to think beyond your four walls. By following a few basic rules of neighbourly etiquette and treating others with respect, you can help create a more harmonious environment for yourself and your neighbours.

Whether you are in your first house or you have been in your neighborhood for a while, keeping good relations with the neighbors can make a big difference in your quality of life. Here are a few etiquette tips to reduce friction and keep the peace with your neighbours.

1. Say hello.

A friendly smile and wave to a neighbor when you go out and get the mail can go a long way toward creating a pleasant atmosphere.

2. Turn your music down.

This is a simple peacekeeper, tried and true. If you plan on entertaining and having music, let your neighbors know ahead of time and keep it to a reasonable volume. If you play music in your backyard, remember to turn it off when you're done instead of going inside and forgetting about it as your music plays into the wee hours.

3. Close your garage door.

Avoid the habit of leaving it open because you plan on going back out in awhile. This is especially important if it's messy. Not only is this a security issue, it's also an issue of extending common courtesy to your neighbors who may not wish to regularly get an eyeful of your collection of boxes, garbage cans, etc.

4. Do not let your dog bark incessantly in the backyard.

Leaving your dog alone to bark all day—or even worse, all night—is a sure way to strain relations with your neighbor and violate a city noise ordinance. If your dog stays in the yard while you are away at work, ask a neighbor who is at home during the day if they ever hear your dog. If there is a problem, fix it. They'll appreciate your consideration and in addition, it's the right and mannerly thing to do.

5. Reach out.

Invite a neighbor over for a drink or a meal. Or invite a few neighbors over for a backyard BBQ or potluck. Investing some time in getting to know the neighbors will help keep relationships harmonious and make it easier to handle any problems that arise.

6. Maintain your yard.

At a minimum, meet the basic standards of yard maintenance by mowing, weed-whacking and doing your best to keep your yard looking decent. Hire someone if you can't seem to get it done yourself. Neighbors get cranky at the thought of their property values going down because of a slob next door.

7. Position outside lights with care.

Make sure your security light doesn't shine into your neighbor's bedroom.

8. Don't leave toys in the front yard.

Whether it's yours or your children's toys, yard equipment, or car parts, it's bad policy to leave items on your front yard or driveway. Put your tools away when you're done with them.

9. Be a good driver.

Don't treat the neighborhood streets as your personal racetrack. Always be mindful that there are kids, dogs, walkers and bikers out on the street. Also, when driving through your neighborhood, turn the volume on your car stereo down. Your neighbors shouldn't associate your comings and goings with a thumping bass and rattling windows.

10. Discuss problems in person.

If a problem arises, talk to your neighbor in person first. Approach the situation in a pleasant way, "You may not have realized this, but ..." Start here rather than resorting to a nasty note or a call to bylaw services or the police that will be sure to permanently strain your relationship. Also, use good judgment in identifying real problems: a party on a special occasion is one thing; a continuous stream of parties that interfere with your sleep on a regular basis is another.



CRESTON VALLEY

TOWN of CRESTON

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Inside

May is a fabulous time in the Creston Valley. Of course, May is Blossom Fest month with the 78th Blossom Festival running - May 17, 18, 19, 20, 2019. Check out the schedule of events at: <http://www.blossomfestival.ca/events> One of the events on the long weekend is the Youth Pow Wow put on by School District 8 Kootenay Lake and the Columbia Basin Trust.

The busy month starts with a celebration of youth and the arts. The annual Focus On Youth event takes place May 6 thru 10 and includes a Trashion Fashion Show. It is also a busy month for Footlighters, our local theatre group. They have two plays in May plus both plays are to be adjudicated Blossom Fest weekend as part of the qualifying for Theatre BC's Mainstage 2019. Another theatre performance happens May 18th when a theatrical duo performs, "The Bold Little Tailor". Further on the local art scene, there are 9 sculptures to view in a downtown Art Walk Tour. And, I Love Creston's own Wendy Franz is featured in the "meet the instructor" story this month.

The Kootenay Discovery Centre opens for the season May 13th

and the new exhibit, "Building a Community" opens at the museum May 18th.

Another storied organization in the community is celebrating a milestone. The Rod and Gun Club is celebrating its 100th Anniversary this year. Join their open house May 25th at the Kidd Creek Rifle Range.

With spring comes weeds...and a tasty way to deal with them. Master herbalist Maya Skalinska explores edible weeds. We are reminded of the local bounty that will now be available at the Farmers Market, to think of how you can participate in the Fall Fair, and, as always, to be ag aware!

Chief Louie gives a heartfelt account of tolerance, kindness and changing belief systems.

From the town, we learn of changes to the organic waste collection and of future improvements in curbside recycling.

And with all the event news in this issue, the Chamber of Commerce is planning a new event, the Gran Fondo in September. In partnership with the Rotary Club of Creston, this event promises to bring avid bike riders from near and far to the beautiful Creston Valley. We know they will want to come back. ♥

Feature

05 Local theatre Group

Footlighter's 24th season to be performed competitively.



From left: Kate Webb, Jason Short and Kelly Mehrer in a rehearsal for *Two Wrongs Don't Make A Play Right*. (Brian Lawrence photo)

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From left: Jennifer Adams and Robin Clegg play the authors, and Kate Webb, Kelly Mehrer, Suzanne Chubb and Jason Short are their creations in *Two Wrongs Don't Make A Play Right*. (Brian Lawrence photo)

FOOTLIGHTERS PLAYS *competing for adjudicator*

BY BRIAN LAWRENCE

FRONT COVER PHOTO DAN CAVERLY

The final plays of Footlighters Theatre Society's 24th season will be performed competitively, giving each a chance at a performance slot at Theatre BC's Mainstage 2019 provincial festival in July.

Adjudicator Raimund Stamm will attend *Two Wrongs Don't Make A Play Right* on May 23 and *Modern*

Dysfunction on May 24 at the Prince Charles Theatre, offering a public adjudication immediately following each 7:30 p.m. performance, with a two-hour critique at 10 a.m. the next mornings at the Creston and District Community Complex.

"This is an incredible educational opportunity for our performers and directors," says Footlighters president Brian Lawrence. "It also provides a chance for the audience to learn about the effort and thought that go



Brian Lawrence (left) and Simone Wiebe play siblings in *Modern Dysfunction*. (Dan Caverly photo)

into each production during the rehearsal process.”

Stamm is a graduate of Studio 58, and has a long list of credits in film, television and radio, and has appeared on stage with most of the province’s larger theatre companies. When not performing, he has taught acting, and led workshops in improvisational theatre, scene study and directing. He has also worked with Theatre

“That recognition proves that the quality of our productions and personnel are equal to any throughout the province”

BC extensively, having been a workshop instructor and adjudicator in zone and provincial festivals.

Theatre BC’s Kootenay Zone, of which Footlighters is a member, didn’t have the three required plays competing to host a zone

festival this year, so the two Creston plays will compete against the Ladysmith Little Theatre’s production of *Stones in His Pockets*. (The Little Theatre is part of the South Island Zone, which also had no festival.)

Footlighters has previously earned two trips to Mainstage. The first was in 2002, when a production of *Danny and the Deep Blue Sea* brought home regional acting (Darren Gregory, Loretta Sheriff) and directing (Frank Goodsir)

awards. It was also named best production, and competed at the provincial festival, again earning best actor and best production awards.

Creston hosted the most recent Kootenay Zone festival in 2014, with *Almost Golden*, locally

written by Jason Smith and Suzanne Chubb, being named best production, as well as earning acting awards (for Kelly Mehrer, Stephanie Sweet and Marc Archambault) and a set design award. From there, it performed at that year’s Mainstage, earning an award of merit for outstanding community play and an honourable mention for Smith’s set design.

“That recognition proves that the quality of our productions and personnel are equal to any throughout the province,” says Frank Goodsir, one of the group’s founders and current treasurer. “Small-town theatre has the capability of equalizing that of

“No matter how much you’ve rehearsed or how hands-on you’ve been as a director, there’s always room for improvement,”

much bigger centres when it has committed volunteers to ‘put on a show’ but also has the strong support of the community who support these endeavours.”

Both of Creston’s 2019 entries were written by the duo of Chubb and Smith, with Smith also directing *Two Wrong Don’t Make A Play Right*, which has an initial run on May 18 and 19. Their play features a pair of authors whose play comes to life around them as they write it — while their personal issues creep into the storyline.

"I always like hearing critiques because I want to hear how to make it better," says Chubb, who performs in *Two Wrongs*. "It's interesting to hear what they have to say."

Modern Dysfunction is directed by the trio of Lawrence, Devan Coward and Simone Wiebe, who also star in the one-act play, which focuses on a husband and wife's rocky marriage and her brother's unhealthy obsession with her husband. It had an initial production last month, written by Chubb and Smith in a way that allowed the trio to both act and direct.

With each performer also taking on the role of co-director, the rehearsal process was intense, and all three are looking forward to seeing how well their efforts paid off.



Co-writer Suzanne Chubb (left) performs in *Two Wrongs Don't Make A Play Right*, which also reatures Kelly Mehrer. (Brian Lawrence photo)

"No matter how much you've rehearsed or how hands-on you've been as a director, there's always room for improvement," says Lawrence. "We really

appreciate the chance to have a professional see it and give feedback." ♥

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Prince Charles Theatre

Coffee critiques 10 AM May 24 & 25 at
**Creston & District
Community Complex**








From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Davis Drive Yard Waste Drop-off Site Closure

In 2010, Council made the decision to launch a “pilot project” to create a yard waste drop-off site near the Town’s Waste Water Treatment Plant on Davis Drive. Mayor and Council worked with Town staff to allow Creston residents to drop their yard waste off, at no charge, on specified weekends as a convenient alternative to the Creston landfill and monitor who was using this site to determine

was very much appreciated!

In 2017, we started to see large amounts of material being dropped off and it was identified that this was due to unauthorized users who did not comply with posted signage. In 2018, monitoring equipment was installed and more signage was added. Unfortunately, the site still continued to receive materials from individuals who did not reside within

“The major reason for exploring this convenience was to reduce, and possibly eliminate, the burning of yard waste which is detrimental to air quality”

the benefit. The major reason for exploring this convenience was to reduce, and possibly eliminate, the burning of yard waste which is detrimental to air quality. Over the years, Council expanded the Davis Drive drop-off site to “honour system” and left the security gate open to allow Town residents to drop off their yard waste whenever it was convenient. We know that that this

Town boundaries and commercial operators. In addition, non-organic yard waste materials were also being dropped off. During budget discussions earlier this year, Council was advised that that the cost to maintain the Davis Drive site would be close to \$40,000 in new taxation for Town residents. Although more convenient, the Davis Drive site is a duplication of a service that our

taxpayers are already paying for – the Creston landfill – which is operated by the Regional District of Central Kootenay (RDCK). The other unfortunate reality is that the Town does not have enough area to process the hundreds of cubic yards that the Davis Drive site was receiving each year. For these reasons, Council made the decision to close the site.

As we have done in past years, the Town conducted our spring yard and garden curbside pickup in April and will also conduct a fall clean up for our residents. For specific details, visit our website www.creston.ca. In addition, the RDCK continues to provide free organic material (yard and garden waste) drop-off for all Creston Valley residents during the months of April and October.

Our priority is to provide an efficient infrastructure plan for your water, wastewater (sewer), solid waste (garbage), recycling and roads at a responsible cost for the Town of Creston residents.

At this time, the RDCK is engaged in numerous discussions, studies and reports with plans to support “blue bin” curbside recycling in the Town of Creston in the near future. As well, the RDCK is in negotiations with Recycle BC to expand the materials that could be accepted at our designated recycle bins and investigating how organic composting can perhaps be combined with a “blue bin curbside” recycling program. Stay tuned for updates! ♥

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

Educating our community and leadership

Ki'suk kyukyit (greetings). In many indigenous cultures those who were gay or lesbian were considered to be closest to Creator & very much members of the community. There were not judgements or opinions. Every man, woman, & child, accepted the gay or lesbian community because they were a part of the community. There was no separation of those who had a sexual orientation that

phrases are meant to hurt.

After some reflecting during this past Fall during the Lower Kootenay Band election process I began to think about gaps in our community. The LGBTQ at the Lower Kootenay Band have been overlooked. I began to ask myself many questions. How can we be a leadership that is more inclusive? Many of my questions often concluded with beginning a

"I cannot say that I know what it is like to be two spirited but I can say that I know what its like to be a minority"

was gay or lesbian. The education began at a very young age so all knew what this status meant.

As time progressed, mainstream society as well as influence from various religious organizations interfered with the indigenous cultures teaching that being gay or lesbian was sinful or wrong. I can say with much regret & great shame that I too held some of these opinions. I too contributed to the hurt by using derogatory words in conversations with friends. One cannot justify that "I was only joking" when I used that derogatory word or phrase as an excuse. There are no excuses for using this harmful language. There is no joking when saying these hurtful words. These words &

process of education. Educating our community & leadership of what the LGBTQ issues & our ktunaxa values & teachings are.

This past March, we invited Smokii Sumac to facilitate a workshop on LGBTQ issues as well as some basic education. Smokii is a transgender person from the ktunaxa Nation. He is a PhD graduate student & Two Spirit Educator. The workshop was held at the Round House at the Lower Kootenay Band & this meeting is the first of many steps on the path toward healing.

Smokii taught me many things in the time that I've know him. One of the greatest teachings that I received is the act of kindness. It

isn't an unreasonable expectation to be kind. Be kind to all of humanity. To remember that these teachings of hate & humiliation stem from colonization. This is not who we are as ktunaxa people. All who attended the workshop fully understand that despite the fact that we attended a two day workshop we do not know all that there is to know about the LGBTQ issues. This workshop is the first step of many that we need to take in this journey. This journey that will include all of our people!

The hate crimes that are committed in this world toward the LGBTQ community are staggering & appalling. No person should be physically assaulted or murdered because of who they are. I wish to be on the right side of history in assisting in making this world a better place. I cannot say that I know what it is like to be two spirited but I can say that I know what its like to be a minority. I have an understanding of what its like to be judged & ridiculed because of who I am.

Some belief systems will never be changed. We can only change our own. I chose to change my belief system some time ago. I recognize how short life really is. I don't have room for hate or the time to harbour this energy. I hope that you may see this as well. With that, thank you once again for reading. I wish you all well! TAXAS. ♥

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



Forestry

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

First off, I need to correct a mistake that crept into my last article. I said Albert Ward was never able to work again after being struck with Polio. What I should have said was that he wasn't able to go back to his former work – but he put his considerable abilities with numbers to good use and went on to a successful career as an accountant. He worked first for Shankland's then established his own business. He and his wife also had a carpet shop: Jean ran the front end while Albert kept the books. Polio changed his life, but, as son Lawrence told me, "he never let his disability slow him down."

Recording oral histories can be a challenge – it's not always easy to pay attention to what someone's saying, make detailed notes, and be prepared with follow-up questions all at the same time. But it's still

one of the best parts of working in a community museum – I'm lucky enough to be able to share someone's story almost every day.

Lately, we've been doing a lot of interviewing and memoir-reading, because we're up to our ears in a new exhibit. It's called Building a Community, and it looks at the past and present impact of the local forest industry. Here are some of the personal stories we've encountered in the process:

On clearing land: "Getting stumps out of the ground with blasting powder was an art. The stump sometimes split, leaving two or more sections with the roots still firmly in the ground. These usually entailed a lot of digging and pulling to get them out. Jack Lamont decided to try an experiment in this business of splits. He wrapped one of his brother Bob's best logging chains around a stump he was sure would split. I suppose they had a pretty good charge under it. When this charge exploded there was a very sharp crack and a strange whistling sound. The stump was completely out of the ground, and imprinted in it was the perfect impression of a logging chain. The

chain had departed for parts unknown in unknown parts." (Dick Penson)

On building churches with donated lumber and labour: "About 1910, the ladies of Canyon decided it was time to have a church. Mrs. Pochin persuaded her husband to donate the land. Mr. Pochin, not being handy with either axe or saw, decided to also donate timber to help in his land-clearing efforts. A few loggers felled the timber and skidded the logs to the building site. Living at either end of Canyon were two able and willing builders, one a Scotchman and the other an Irishman. Everyone arrived with his tools and such an argument ensued as to who was to be foreman that the two carpenters picked up their axes and departed. The rest of the volunteers did the same." (Godfrey Samuelson)

On horse logging: [At the Burns and Farstad camp above Wynndel] "The horses they used for skidding logs out of the forest were very intelligent animals. Much of the time there wasn't a teamster with them; once the horses were hitched up to a log, they went down to the landing by themselves. When they reached the landing, another crew unhooked them

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History

and sent them back up. Occasionally, the log would get hooked on something and the horse, on its own, would pull in different directions to get it loose and usually succeeded. If, in a steep area, the log started to slide up behind the horse, he'd jump to the side and turn up hill to stop the slide. And they knew that, at noon, they got a half-gallon or so of oats – and they'd refuse to go back up until they got them! These were pretty amazing animals." (Cyril Colonel)

On early chainsaws: "They didn't have chainsaws that worked, so we used crosscut saws for a long time. After the war they started making chainsaws, but it was a while before they got one that was any good. I remember some of them, they wouldn't start, wouldn't run right. We brought one down to cut wood, and it was so out of balance, it just about shook the meat off your hand. You just could not hold it. It was a hell of a thing to use." (Mick Huscroft)

On driving mountain logging roads: "On the last day in the spring three of us rode up [Goat Mountain] with the logging truck to take the last load out. When we broke out in the open overlooking the valley, the brakes

quit and we had a runaway. It was terrifying going down the mountain out of control. By the grace of God, the brakes started working and the road levelled off a bit. Ernie was able to get the truck stopped. We were all shaking quite a bit by this time." (Sweyn Gartland)

More on mountain logging roads: "Coming out of Boundary Creek, that was a hell of a road. It was a railroad grade put in by the Continental Mine above Porthill. About halfway up, there's a stretch a half a mile long or more that's just barely wide enough for a vehicle, and there's a drop of at least half a mile down if you go off. They call that Dago Point. I tell you, when I was hauling over that stretch, I was a real good Christian!" (Mick Huscroft)

On a life-long career at the sawmill: "I started working there [at Crestbrook] just out of high school. They had an opening, so I went there, and it turned into a career. I figured I'd work there for a couple of years, make some money, then continue my education and go somewhere else. But once you start making good money, it gets hard to leave. You make the money, and then you start

spending the money, and after a while you can't afford to leave." (Rick Romano)

On the closure of Crestbrook: [In the years leading up to the closure] "Economic changes of the world were happening in our community, and there was a universal feeling of doom and gloom, even among those not directly in forestry. We were losing a big industry – there was a huge number of people working in the mill, and a huge number of people in the woods. Times were changing, but there was a really strong resistance to change among the core population. It made for a really bleak time." (Hugh Grant) ♥

Building a Community opens at the Creston Museum on Saturday, May 18 at 1:00 PM – come join us after the Blossom Festival parade! And, if you'd like to get a little more hands-on with it (and don't mind some fairly heavy lifting), we're installing the exhibit on Saturday, May 4. Give us a shout at crestonmuseum@telus.net or 250-428-9262 if you want to help with that!



PHOTO: On the ingenuity of forest workers: Harry and Bill Demchuk cutting firewood, Lister, 1935, using a manual saw powered with a belt running off the rear wheel of a 1921 Overland car.

Building

Community

The forest industry
in the Creston Valley

Exhibit Opening
Saturday, May 18
1:00 PM

THE CRESTON MUSEUM

219 Devon Street
crestonmuseum@telus.net



Another busy spring is upon us in the Creston Valley. By now, hopefully the weather is cooperating and farmers and gardeners are busy tilling the ground and planting this year's crops. It's time for beef cattle to be out to pasture for the summer

bringing to an end the chore routine of the past few months. Early batches of chicks are well on their way already. Growers of early salad greens are starting their first harvests and many people are already looking forward to our world famous local asparagus. We are so fortunate to be able to grow the multitude of crops that we can in our valley. Eating local is pretty easy! Our amazing Farmers Market will be back on their weekly outdoor schedule on Saturdays behind the Chamber of Commerce building. Please support our local growers involved at the market. While you are doing your planting,

also consider entering some of your produce or flowers in the upcoming Fall Fair in September. The 101st Fair will be held on September 6th & 7th this year. The entry booklet will be out to the public by late May or early June. Plan to participate!

I often bring up the "politics of agriculture" and how government actions or inactions affect so much of agriculture. It really seems like there is no shortage of ill will going on right now. A trade dispute at the federal level between Canada and China over canola is costing Canadian farmers billions of dollars in lost sales to that one country alone. At the time of writing this, the Alberta provincial election was still to come, but no matter who was to win there, there will be repercussions for us here in BC. Threats of "turning off the taps" to BC and retaliations on trade with Alberta will affect all of us. Any decrease in fuel supply or increase in fuel prices directly impacts the cost of food products. Hopefully things will settle down before it gets too nasty. Neither producers nor consumers will benefit from these disputes.

Lastly I will also like to remind drivers again to be aware of tractors and farm equipment on area roads. Tractors generally travel much slower than vehicular traffic and can be pulling wide equipment or machines that do restrict vision around them. Many of our local farmers, myself included, have had close calls with vehicles passing our farm equipment unsafely. Tractors and equipment on our area roads are a normal and necessary occurrence all throughout the growing season. So please slow down when you see us and respect our place on the road. Don't put your life or ours at risk. We all want to be home at the end of the day. Be aware. Ag Aware! ♥



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Rod & Gun Club celebrates 100 years

BY THE CRESTO VALLEY ROAD AND GUN CLUB

The Creston Valley Rod and Gun Club (CVRG) is one of the oldest and largest organizations in our community. Formed in 1919 and incorporated as a Society in 1926, it boasts over 500 members, representing over 700 individuals counting spouses and children. At its core the Club strives to support families and youth in the safe and sustainable enjoyment of outdoor activities and to promote science-based stewardship of our environment and wildlife resources. This commitment to the sound management of wildlife is not a fad or transient cause, but a life-long commitment passed from generation to generation.

The Club maintains two properties, the Kidd Creek Rifle Range and Mawson Lake, which were developed to provide for the safe development of skills for fishing, archery, hunting and shooting sports. The CVRG provides bursaries for local grads interested in conservation fields and financially supports youth who complete the CORE Programme which is a safety course that thoroughly prepares individual to be safe and ethical hunters. Membership includes membership in the B. C. Wildlife Federation, a province-wide organization of 50,00 outdoors people which aims to protect, enhance and promote the wise use of the environment for the benefit of present and future generations.

Money raised goes to benefit local projects and community groups. The Club was a major contributor to the Search & Rescue boat, completed the safer trail for Duck Lake access and worked on Kootenay Lake fish habitat. Our Mawson Lake property has been used by cubs, cadets and school groups.

The Club has faced some major challenges in the recent past which required the commitment of many volunteer hours and financial resources. First, the re-certification of the Kidd Creek Rifle Range involved enhanced (and somewhat onerous) Federal regulatory standards to be met. Planning and work is on-going but we are close to meeting these requirements. Secondly, the outlet control maintaining the level of Mawson Lake had deteriorated over the decades. Over many days of work last fall, the lake was lowered, the control rebuilt and the lake level restored for another generation. ♥

To find out about our CENTENNIAL CELEBRATIONS visit our website, crestonvalleyrodandgunclub.org, or like us on Facebook.



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BY CARLA AHERN -
Senior Manager
Kootenay-Co-
lumbia Discovery
Centre Society

May Flowers Bring Awesome Programs!

Not only does the wetland come alive with the migratory birds species stopping for a rest and snack in the spring, but the summer residents, the ones who stick around to have their young, arrive to set up shop as soon as the weather is appealing enough. Osprey pairs reclaim their nests and mend winter damage; bats roost in their maternity colonies; turtles and frogs warm up and begin to socialize. Ah spring time. Nature's biological clock is ticking away and the wildlife are responding and getting where they need to be and finding who they need to find now, no time to waste!

The Kootenay-Columbia
Discovery Centre Society

(KCDCS) isn't wasting any time either, gearing up for a great 2019 season. School programs are booking up as teachers seek outdoor education opportunities where their students can explore, learn about and absorb nature. And what a perfect spot to do so at the Creston Valley Wildlife Management Area! We get the students out in the wetland doing hands-on learning that is fun and interactive and showcases the amazing diversity that we have here. All of the school wetland excursion programs this year will also look at the impacts of plastic pollution on wildlife and ecosystems and what we can all do to make a difference in the fight against plastic pollution.

"One of my favourite things about the wetland is to see it change with the seasons"

Three new voyageur canoes arrived in late April and we are so excited to get people out in the wetland exploring the sites and sound of this amazing place! The old green canoes, circa 1974, lived a good long life and needed to retire! The new canoes are made by Hellman Canoe

and Hay Barn Canoe Company and are from the same mould used in Canada's 1967 centennial celebration. So, there is a little piece of history to enjoy there! We are throwing in some new lifejackets too, so please join us as we offer tours daily when open (you can call to book and ensure availability).

The Discovery Centre officially opens for the season on May 13th and we will also be offering guided

canoe
tours
and a
family
event
during
the

7th Annual Creston Valley Bird Festival, taking place on the weekend before. Seasonal staff are onsite and ready to welcome you and offer many great programs and events. The Jr Naturalist summer nature camps for ages 6-13 will run in July and August this year (spots are already being booked, so get in touch to reserve one for your budding Naturalist). Nature movies nights, sunrise and sunset paddles, Family Fun Days, Hot Days of Summer and much more are coming to the wetland near you this spring and summer!

One of my favourite things about the wetland is to see it change with the seasons. One of my favourite vantage points to take in the beauty of the wetland is up high. Not sky high, but a perch high enough on the hillside to get a good north/south view of the valley. It amazes



WENDY FRANZ PHOTO



WENDY FRANZ PHOTO

me every time I look down on the large expanse of ponds and channels, a patchwork of ever-changing life. It is quite a display of diversity as the wetland changes with the seasons - new and different plants and animals

inhabit the wetland as the weeks pass by. Seasonal staff always marvel at how much things change in the 4 months that they are here as they see spring time meld into summer. I feel lucky to witness this each year and it never ceases to amaze me!

We hope to see you out there, exploring, getting muddy, using your binoculars, breathing fresh air and generally having more fun that you know how to handle. ♥

If you have any questions on programming and events or about KCDCS, please reach out. You can touch base via email at education@discovery-centre.ca or (250) 402 6905 (year round) or (250) 402 8661 (direct line to Centre when open). Free Memberships to KCDCS are available if you are interested in supporting wetland education and awareness programs at the Creston Valley Wildlife Management Area. You can obtain them online (www.discovery-centre.ca) or in person at the Centre.



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May/June Programs & Events

Creston Valley Bird Festival - Saturday May 11
Guided Canoe Tours and Kids Event
www.crestonvalleybirds.ca to register

Pro D Day Camp - Ages 6-13 - Monday, May 27
Time: 9am to 3pm; Cost: \$25/child; Call to register

Parent and Tot - Ages 3-5 - Mondays in June
Time: 10am to 11:30am; Cost: Parent(s) & Child \$4/time (additional siblings \$1 each)

Family Fun Days - Saturdays in June
Time: 10am to 3pm; Drop In; By Donation

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

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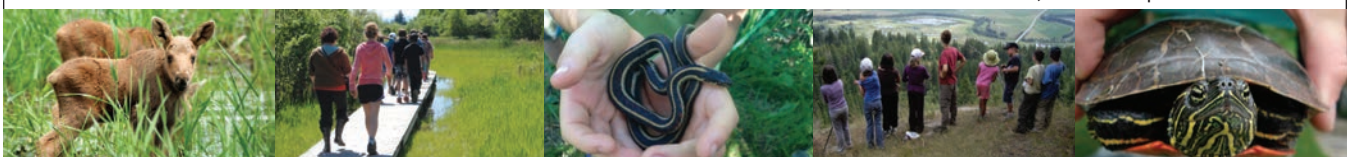
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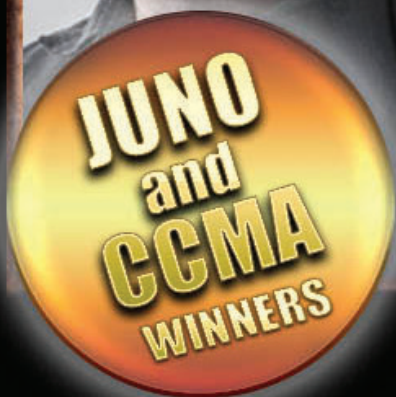


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78TH CRESTON VALLEY BLOSSOM FESTIVAL PRESENTS

DOC WALKER



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2019 COMMUNITY

FRIDAY, MAY 17

- *Creston Museum
- *Ball Tournament (CV Chamber of Commerce)
- Teen Art Walk (Various venue displays)
- *C.V. Wildlife Centre – Trails Open
- *Passport Program (Free from Visitor Centre)
- *Youth POW WOW- SD #8

OPENING CEREMONIES/CONCERT
DOC WALKER-DUO
Citizens of the Year

TEEN DANCE- MUSIC/DANCE/PRIZES

SATURDAY, MAY 18

- **Lions Club Breakfast
- Teen Art Walk (Various venue displays)
- *Passport Program (Free from Visitor Centre)
- *C.V. Wildlife Centre – Trails Open
- *Ball Tournament (CV Chamber of Commerce)
- *STREET FAIR (Creston Lions Club)
- *Gold Panning (CV Prospectors & Lapidary)
- *Farmers' Market (featuring McRorie Band)
- *MOUNTED SHOOTING COMPETITION
(free to spectators, watch for signs)
- *CV Flying Club–Fly Over (weather permitting)
- PARADE (Celebrating Lister Centennial)
- ROOT BEER GARDEN (Carnival for youth)
- *Casey's 12th Avenue Party
- *Children's Fun/Games
(Kidapalooza by Early Years) Bold Little Taylor Story
- *LKB POW WOW Grand Entrance
- *Creston Museum Building the Community Exhibition
- CONCERT IN THE PARK - FREE
- *EXTREME COWBOY CHALLENGE
(free to spectators, watch for signs)
- *LKB POW WOW Grand Entrance
- Homecoming CABARET (Renegade Station)
- *Footlighters 'Two Wrongs Don't Make A Play Right'

Creston Valley Blossom Festival 78th Annual



COMMUNITY EVENTS - FRIDAY, MAY 17 TO MONDAY, 20 (Subject to change)

| LOCATION | TIMES |
|---|------------------------------|
| 219 Devon St. crestonvalleychamber.com | 10am to 5pm Starts 5:30pm |
| Downtown Core | All Day |
| Highway 3 | 24 hrs/7 days/wk |
| local businesses (PRIZES) | All Day |
| Rec. Centre Arena | 10am to 3pm |

Prince Charles Theatre 7:pm to 10pm
Tickets available at Black Bear Books

Millennium Park 7pm to 11 m

| LOCATION | TIMES |
|------------------------------|-----------------------------------|
| Canyon St. (Sunset Seed Lot) | 7am to 11am |
| Downtown Core | All Day |
| local businesses (PRIZES) | All Day *C.V. *C.V. |
| Highway 3 | 24 hrs/7 days/wk |
| crestonvalleychamber.com | Starts 9am |
| Spirit Square 11th Ave.N. | 9am to pm |
| Chamber of Commerce | 9am to 2pm |
| Chamber of Commerce | 9am to 2pm |
| 633 Indian Rd. | 10am to 4pm |
| Canyon St. | 10:50am |
| 18th Ave. to CV Mall | 11am start |
| 16th Ave | 12 pm to 4pm |
| 12th Ave & Canyon St. | 12m to 11pm |
| College of the Rockies | Shows at 12:30, 1:30 & 3:00 pm |
| 830 Simon Rd. | 1pm to 5pm |
| 219 Devon St. | 1m to 5pm |
| Millennium Park | 2pm to 5pm |
| 633 Indian Rd. | 2pm to 6pm |
| 830 Simon Rd. | 7pm to Midnight |
| Recreation Centre | 7:30 pm |
| Prince Charles Theatre | 7:30 pm |

SUNDAY, MAY 19

*Knights of Columbus Western Breakfast
Teen Art Walk (Various venue displays)
*Passport Program (Free from Visitor Centre)
*C.V. Wildlife Centre – Trails Open
*Blossom 5K & 10K Run
*CLASSIC CAR SHOW & Entertainment
*Lions Concession – Chili /Dogs & Buns
*Creston Museum Building the Community Exhibit
*EXTREME COWBOY CHALLENGE (FREE)
*Casey's 12th Avenue Party
*Ball Tournament (CV Chamber of Commerce)
*Duck Race
*LKB POW WOW Grand Entrance
*MOUNTED SHOOTING COMPETITION
(free to spectators, watch for signs)
*Footlighters 'Two Wrongs Don't Make A Play Right'

MONDAY, MAY 20

*C.V. Wildlife Centre – Trails Open
Teen Art Walk (Various venue displays)
*AIRPORT APPRECIATION DAY (Draws for FREE flights)
Breakfast / Lunch
*Ball Tournament (CV Chamber of Commerce)
*Creston Museum Building the Community Exhibit
*CHILDREN'S PARADE (Lions Club)
NEW PARADE ROUTE*****
*CHILDREN'S PICNIC (Lions Club)
50-50 BUTTON DRAW/PASSPORT DRAW
*FREE PUBLIC SWIM (by EARLY YEARS)

**NOTE-Events marked by "*" are not events hosted by the CV Blossom Festival Assn. The Association assumes no liability or responsibility for these events; however appreciates the organizations involved providing these venues to the public. They are listed as community events taking place in the Creston Valley on the May Long weekend, for the convenience of residents & visitors.*

LOCATION

TIMES

Catholic Church Hall 8am to 12 Noon
Downtown Core All Day
local businesses (PRIZES) All Day
Highway 3 24 hrs/7 days/wk
Canyon Park 9am
Canyon St. 9am to 4pm
Canyon St. 10am to 4pm
219 Devon St. 1am to 5pm
633 Indian Rd. 10am to 2pm
12th Ave & Canyon St. 11m to 10pm
crestonvalleychamber.com Starts 11am
Aquatic Centre 12 Noon Start
830 Simon Rd. 1pm to 6pm
633 Indian Rd. 2pm to 6pm
Prince Charles Theatre 2pm

LOCATION

TIMES

Highway 3 24 hrs/7 days/wk
Downtown Core All Day
1993D Airport Rd. 8am to 3pm
crestonvalleychamber.com Starts 9am
219 Devon St. 1am to 5m
Start at Millennium Park, 11am
to Centennial Park
Centennial Park Following Parade
Centennial Park 12:30pm
Aquatic Centre 2pm to 4pm

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Creston Valley Blossom Festival 78th Annual

Theatrical duo brings live children's entertainment to Blossom Fest

BY ELLIE REYNOLDS

On May 18th, join Creston Valley's own Ellie Reynolds along with Nelson's stage and music veteran Bessie Wapp for a 45-minute theatrical production full of opportunities for the whole family to sing, buzz, do the ogre mash, gallop like a unicorn and fly like a bird!

The Bold Little Tailor, a classic tale from the Brothers Grimm, is given a new life in this performance thanks to original music, audience participation, and good old fashioned storytelling which will animate the story of a plucky little tailor who succeeds in killing seven flies with one blow.

So impressed is he with this feat, that he stitches himself a sash that proclaims 'Seven at One Blow,' and he sets off to make his mark in the world. On his adventures he overcomes many challenges: some giants that want to smash him, a couple of dangerous sleepy ogres, a deadly unicorn, and finally - through not only his bravery and courage but also his humility and kindness - he succeeds in winning the affections of the Princess (though not without a date at Dairy Queen first!).

Bessie and Ellie first developed this performance during five monthly visits with the Kindergarten students at

Crawford Bay School in 2018/19. The Creston Valley Early Years Team is thrilled to be sponsoring the revival performance for Blossom Fest this year.

The Bold Little Tailor is designed to delight and engage families with children from 0-6 years (older siblings welcome too). Admission is free.

Heroism isn't always found in those who are big or strong. The Little Tailor uses his intelligence and courage to carry him on his way - along with another secret weapon (psst, it's a secret, you'll have to come to the show to discover what it is!).

To help make sure all families can fit this experience into their busy Blossom Fest schedule - the performance will repeat

While you are out enjoying the Blossom Festival, stop in and check out what's new!

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three times over the course of the afternoon with shows directly after the parade at 12.30pm, then again at 1.30 and the last showing at 3.00pm. There will also be bubbles, free cool sweet treats, and lots of sidewalk chalk available near the entrance to the Tent on the grassy area outside the College of the Rockies.

About the performers:

Ellie Reynolds will be known to many children in the Creston Valley as the lady with the Ukelele who leads many programs through Creston Public Library

such as Baby Goose, Magic School Bus, Family Rhyme Time and Let's Make Music. She has also taught the Kindermusik program through the Rec Center as well as being a mom of three young kids herself.

Bessie Wapp is a theatre artist, musician, educator, and Nelson Cultural Ambassador (2015) Based in Vancouver for 20+ years, Bessie performed internationally with some of Western Canada's most innovative groups including Mortal Coil (stilt-dance theatre)

and Zeellia (Eastern European music).

In 2006 Nelson's growing arts scene called Bessie home to create original theatre, lead the Blue House and Yellow House Choirs, compose music (Summoning project, This Little Piggie), appear in musicals (Hedwig & the Angry Inch, Orfeo & Eurydice), perform concerts (Kootenay Divas, Klezmeridians), lead workshops & classes, teach private lessons, and play her little red accordion. ♥



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78th Annual Blossom Festival

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Be ACTIVE this May long weekend!

Enjoy the festivities and events!



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Creston Valley Blossom Festival 78th Annual

Youth Pow Wow

BY JIM JACOBSEN

Pow Wow's are a traditional activity of First Nations peoples to gather, dance, sing, make new friends and build relationships. They are an amazing celebration of First Nations culture and they honour a rich heritage and help on the journey to reconciliation.

On May 17th the 9th annual School District Number 8 Youth Pow Wow takes place at the Creston and District Community Complex. What started as a small, local event in the Prince Charles High School Gymnasium has grown tremendously over the years. With over twelve hundred people expecting to participate throughout the day there will be students from every school in the Creston Valley, students from

throughout School District 8 as well as students from schools in Cranbrook and Grand Forks. The event is open to the public and free to attend.

Aboriginal Education Family and Youth Worker at Canyon Lister Elementary School (CLES), Laurel Ewashen, is one of the organizers of the event. She explains, "the idea is to acknowledge the traditional territory of the Ktunaxa Nation. To listen, learn and participate. It is about celebrating First Nations culture."

At Canyon Lister Elementary School, students explore the seven traditional teachings of the Ktunaxa people: Love; Truth; Humility; Wisdom; Courage; Honesty and Respect. By following these traditional teachings, it helps all students improve connectedness and step

toward reconciliation. Activities such as the Pow Wow, journelling and the "blanket exercise" – that tells of the history before colonization and uses stories to share experiences of how First Nations people were affected – help weave everything together. As CLES student Brody commented, "Reconciliation means to rebuild what has fallen down, to build up friendship that has broken down." Another student, Ella, said, "Reconciliation, to me, is to care for each other, respect and recognize each other's cultures".

The colourful regalia, the singing and dancing immerses you in First Nations culture. Pow wows begin with the Grand Entry. This is when all dancers enter the dance circle led by the Veterans and Head Dancers. An opening prayer is also said.

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At a Pow Wow, the MC and Arena Director run the event. The MC works with the Arena Director to keep the Pow Wow organized and running smoothly. These two individuals along with the committee work hard to bring the people together to dance and fellowship together in the circle.

The MC for the Youth Pow Wow is Mike Sanchez. He learned the tradition from his father, Pete. "The idea is always to teach youth," notes Ewashen. "It is about connecting and understanding." The arena director is Justus Cree. Special guest, Rueben Littlehead, is a well-recognized personality from the North American Pow wow circuit. Other special guests include Eagle Bear Spirit and Chief Cliff.

The singers are a very important part of First Nations culture and are essential to get the dance going. The Youth Pow Wow participants learn traditional



Ktunaxa songs with the teachings of Rudy Luke. Learning the traditional songs is important for keeping the unique Yaqan Nukiy language alive. Drumming is integral to the dance and for the second year a local drum group, Nipku, will perform. They will use drums built in Creston under the guidance of Julie Miller and Michael White.

A third important aspect of the pow wow is the regalia the dancers wear. These pieces of clothing



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May 17th - 20th, 2019



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Creston Valley Blossom Festival 78th Annual



are handmade and can take many months to create. Some are even family heirlooms. Ewashen recounts, "Regalia is ceremonial clothing. It has a story to tell you. It gives a role in pow wow." The boys regalia for the grass dance consists of brightly colored fringe made of yarn or ribbon meant to sway like waves of tall grass. "This dance is meant to prepare the ground for other dancers. They create the circle that sets community." Girls perform the fancy shawl dance. Ewashen notes, "the dance mimics the wings of a butterfly and represents growing and changing, grace and strength." The shawls have elaborate designs, applique, ribbon work, and painting with long fringes.

The Youth Pow Wow starts with the morning Grand Entry at 9:30 am. The afternoon Grand Entry is at 12:15 pm. In the afternoon there will be a special Aboriginal 2019 Graduates ceremony. Students, their family, school and community supporters will circle the arena floor before receiving a gift from School District #8 Kootenay Lake.

Pow Wows are a spectacle to watch live. "It is a celebration", beams Ewashen. The public is encouraged to come out to watch the Youth Pow Wow, and maybe even participate!. "During the inter – tribal dance all people are welcome to join in The dancers are very encouraging." ♥

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The history of Mother's Day

HISTORYCOOPERATIVE.ORG

The Mothers day we know today was first held in America in 1908 and was a very private and important day when Anna Jarvis held a memorial for her mother in Grafton, West Virginia. Anna Jarvis held carnations at the first Mother's Day celebration, because carnations were her mother's favourite flower.

Anna's mother Ann Reeves Jarvis, died in 1905. She was a peace activist who cared for wounded soldiers on both sides of the Civil War and created 'Mother's Day Work Clubs' to address public health issues. These clubs also help to teach local women how to properly care for their children.

After her mother passed away, Anna's mission was to honor her mother by continuing the work she started and to set aside a day to honor mothers, "the person who has done more for you than anyone in the world". It took 6 years of campaigning as the States of American slowly begun to acknowledge and celebrate the Day. Mother's day was not made an official United States Public holiday until 1914.

It is not just about the maternal

bonds between mother and child, it is about the positive impact mothers have on society and the work they do for their children, the community that can often go over looked. In the beginning Mother's day was about giving mothers power and reminding them of what can be achieved when women and mothers come together.

By the early 1920s, Hallmark and other companies started selling Mother's Day cards and florist were starting to profit from the sale of flowers, mostly carnations

the recognised symbol of mothers day. Wearing a white carnation on mothers day was a way honour a deceased mother, while wearing a pink carnation was to honour a living mother.

What is interesting about Mothers day is that the woman who started it all, Anna Jarvis would later be the one to most furiously denounce it. In the years following the recognition of Mothers Day, Jarvis saw the holiday's commercialisation, profiting and mis representation.

Mothers day is now very firmly established in calendar. But it is not all about carnations, tea and hand made cards. Mothers Day often coincides with a large birth spike in August of the following year. Interesting. ♥

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Footlighters comedy bring playwriting to life

BY FOOTLIGHTERS THEATRE SOCIETY

Reality and imagination will collide with hilarious results when Footlighters Theatre Society presents *Two Wrongs Don't Make A Play Right*, the fourth production of its 24th season. Locally written by Suzanne Chubb and Jason Smith, it's sure to be a crowd pleaser.

"It's a mix of old and new types of comedy," says Smith, who directs the comedy. "We wrote it to appeal to Creston audiences."

The plot follows playwrights Allison (played by Jennifer Adams) and Barry (Robin Clegg) as they develop a script, with the action happening taking shape around



PHOTO: Jennifer Adams and Robin Clegg rehearsing *Two Wrongs Don't Make A Play Right*, which runs May 18, 19 and 23. (Brian Lawrence photo)

them, and twisting as their friendship hits a rough patch.

"One of them is up to no good," says Smith. "That secret leaks into the play as they write it."

The play being written by Allison and Barry takes place in the 1960s and focuses on Joanie Preston (Meaghan Osborne), who returns home to her father Ed (Kelly Mehrer) and his girlfriend Marilyn (Kate Webb) after spending time in a South American cult, led by Reverend Rip Tide (Dan McCowan). A visit by Joanie's ex-boyfriend Donald (Jason Short), her mom Franny (Chubb) and Franny's accompanist Vincent (Lucas Szuch) turn the evening into a comedic extravaganza, as loyalties are tested and secrets are revealed.

Although Chubb and Smith wrote the play, they have been finding new emotional depth and opportunities for humour in the script as they go through the rehearsal process.

"Because I don't direct, I really can't see how it will work," says Chubb. "Jason does that. As a writer, I see it differently."

This is the fifth play by the writing duo that Footlighters has produced, following *Almost Golden* (2013), *Nasookin* (2017), *Some Fools and Their Money* (2018) and last month's *Modern Dysfunction*. While it contains a largely family-friendly style of humour, the premise is completely different to the others, and was easier and faster to write — and the authors are already planning another couple.

"We've already decided what the new one will be," says Chubb.

Meanwhile, they are looking forward to performing *Two Wrongs* on May 18 and 19, and again on May 23 for an adjudicator, followed May 24 by *Modern Dysfunction*, which they wrote for the acting-directing trip of Devan Coward, Brian Lawrence and Simone Wiebe.

"I really appreciate that we get to sit down, come up with an idea and people come to see it," says Chubb. ♥

A Walk on the Wild Side?

BY FOCUS ON YOUTH/CRESTON VALLEY ARTS COUNCIL

Have you noticed the sculptures around town? If you have not seen all nine sculptures then take the tour! You can take a walk on the wild side with a donkey, a rabbit, a dog, a dragon and some bears or you can ponder the significance of more abstract pieces of art. There is something for everyone and your out-of-town guests are going to love it.



Let's start at the corner of Northwest Boulevard and Pine Street. There are three large metal figures that demand your attention. The artist (Mir Agol) has named this sculpture Awakening: Ensconced, Invoked, Enlightened. The sculpture is about spiritual growth.

Moving along Northwest Boulevard we see a life-sized donkey in bronze. Bad Hair Day is the name that artist Jerry McKeller gave the sculpture that was inspired by a miserable looking burro on a rainy day in Greece. Our donkey

is definitely not miserable and in fact is a member of the Creston fashionista. The donkey frequently models scarves, leggings, hats and jewelry.

Proceeding to the walk-through on main street a large rabbit catches our eye. Shima was sculpted by Martha Pettigrew. The artist chose the name from a jackrabbit found only on a small island of Japan,

called Oshima. Ms.

Pettigrew claims that "the giant-size jackrabbit is proof that I am just a kid at heart." Shima is known to have a secret admirer who brings her carrots on occasion.

Walking up the street we reach the urban park and discover a magnificent dragon. Heather Wall has been sculpting in metal for several years after taking a welding course at Vancouver

Island University. Rock Dragon is symbolic of many dragons in ancient stories and mythology. We are happy that this Dragon decided to live in our downtown park.

Look across the street and you will see Ale-Lien. A fascinating figure that was made by Richard Tetz, in consultation with his grandson. Richard lives in the Creston Valley and used repurposed equipment from the Columbia Brewery.

Lighthouse Fireball is located in front of Jimmy's restaurant. Sculpted by Eva Asplin it sports a coloured light at night.

If we head up to the Creston and District Recreation Centre we will see a Mother Bear and cubs carved out of granite. Bear Circle by Stewart Steinhauer is a favourite of many and represents the endless cycle of Mother Earth's regeneration.

Travelling down 16th avenue we come to Old Dog who is snoozing outside the Veterinary Clinic. Old Dog was sculpted by Nathan Scott and invites folks to sit and share his bench.

Is it time for refreshments? Let's check out Departures and Arrivals at Baillie-Grohman Estate Winery. This intriguing piece was created by Rabi'a, a BC artist. Enjoy it over a glass of wine. ♥

Public art is important. It enriches public spaces and our lives. To find out more about the Creston Valley Public Art Connection go to www.crestonpublicart.ca



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Trashion Fashion Show

BY FOCUS ON YOUTH/CRESTON VALLEY ARTS COUNCIL

Are you looking for ways to recycle your trash? Many possible answers will be supplied at the annual Focus On Youth art show which has a theme of Trash to Treasure.

A highlight of this show will be the “Trashion Fashion Show” which will be the opening Gala of the Focus On Youth/Creston Valley Arts Council Arts Show. The inspiration for this show was inspired by the theme of the art show.

The combination of trash and fashion first appeared on the world’s runways in 2004. Lately the focus has been on plastics found in our oceans and on our beaches. Companies, such as Adidas, and fashion designers have been creating fashions out of this debris.

With the glut of cheap clothing clogging our landfills, fashion designers have started creating high end fashions by combining and reusing this discarded material

The “Trashion Fashion Show” will be a showcase for beautiful, outrageous, unique and theatrical fashions created from recycled, repurposed or reimagined material to create a runway worthy fashion. Materials used to create these latest fashions must be previously used, found at a thrift store or rescued from the recycling bin or trash and be safely worn on the body. Many of these delightful creations will be worn by their designers. ♥

If you wish to create your own fashion, it's not too late. Contact Brenda Brucker at blbrucker@shaw.ca.

This memorable show will begin at Monday May 6 at the Creston and District Community Complex. There will be refreshments and entertainment.



Focus On Youth

BY FRANK GOODSIR

Once again, another winter has passed and spring is here at last. We hear the sound of voices raised in song, young people memorizing lines for their class's next epic production, instruments tuning up and toes eagerly tapping, all in preparation for the 33rd annual Focus On Youth festival being held in Creston May 6 thru May 10.



The residents of the Creston Valley have the unique experience to share in the celebration of the fine arts as performed or displayed by our own talented youth. Students have been busy preparing another fine week of concerts and a week long art show for the enjoyment of everyone.

"Many retired teachers are willing to step up to take on leadership roles and an extremely supportive community for the arts help keep this festival going," said Margaret Lavender in explaining the longevity

of this festival. "Both school and private teachers recognize the value of this unique opportunity in a professional venue with the support of peers as well as family and the community," she continued.

The concerts will be front and centre on the Prince Charles Theatre stage where the students, many for the first time, will have a total theatre experience with lighting, sound, and other technical advantages provided by new equipment purchased for the theatre, along with a live audience.

As usual, this year's Focus On Youth runs in a series of concerts. The number of concerts is determined by the number of individuals and group/class performances that need to be scheduled. Each daytime concert is approximately forty minutes long while evening concerts maybe up to an hour.

The Creston Valley Arts Council, in conjunction with Focus On Youth, is presenting their annual art show titled Trash to Treasure in the Creston Room at the Creston and District Community Complex. The art exhibit will highlight some unique ways to recycle your trash. It will feature works from student artists from all schools in the Creston Valley as well as art from local professionals and amateur artists.

High school students will be exhibiting junk sculptures featuring a wide variety of recycled junk.

If you are unable to make the Trashion Fashion Show, on Monday May 6 at the art show, there will be a special exhibit of some of these unique fashions.

The Creston Valley Quilters' Guild will be showcasing their Gleaners Challenge. Participants chose a brown paper package containing an item from Gleaners and were challenged to make something new.

As a spring treat to yourself, take in at least one concert and the art display to show support for our talented young people as well as their teachers and mentors. ♥

The art exhibit will be open Monday May 6 from 12:00 pm thru 5:00 pm, Tuesday and Wednesday from 9:00 am thru 5:00 pm and on Thursday from 9:00 am until 4:00 pm.

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"GREAT LOCAL FOOD" Curried chicken, for lunch. Lamb shank for supper are my favourite. Portions not huge, but neither are prices. Excellent service. Mom and pop establishment. Local favourite.

"#1 FOR A REASON!" Superb local spot featuring a menu with some classic dishes and some funky stuff too. Everything is obviously home made with quality ingredients. From kids to adults and the picky eaters. This place will please your whole crowd and at a reasonable price too!

"QUAINT RESTAURANT" In an old house this restaurant is a great find. The food served was fabulous and service great. Organic and locally grown food when possible. We ate on the patio in the backyard surrounded by flowers.

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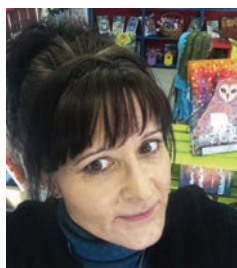
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Meet the Instructor Series

BY FLY IN THE FIBRE



Fly in the Fibre introduces our favourite instructors continuing with Wendy Franz, a local well-loved artist

Wendy Franz, Artist
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 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.

"For as long as I can remember I have been passionate about creating, always having a pencil or paintbrush in my hand"

Wendy is a vibrant and talented artist. She has been providing Creston with her beautiful work and teaching skills for several

years. Wendy loves to share, she is compassionate and enjoys collaborating with other artists and venues to teach her favourite techniques and display here colourful pieces.

She is known for her whimsical watercolour creations and has recently discovered the art of acrylic pouring, combining that with her acrylic painting.

Wendy's passion for art, love for colour and unique style has helped her stand out, making it possible to sell her work abroad. Her artwork can be found as far away as Australia, New Zealand and Africa.

Always experimenting and loving the process of learning new mediums, Wendy's portfolio is continually changing.

"Watercolour painting is my happy place, my first love. I have been playing around with watercolour most of my adult life, pushing its limits with the use of vivid colours and methods to create unique and interesting textures"♥

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



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Edible weeds

BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

Spring is here and it's a wonderful time to poke around your backyard and see if there are any nutritious weeds to add to your salads, steamed veggies or delicious stir fries.

Chickweed (*Stellaria media*) is my absolute favorite. It can be found both in spring and late fall, and the whole plant - flowers, leaves, and stems - is an excellent addition to a spring salad.

Chickweed contains vitamin C, beta carotene, selenium, iron, Cal/mag, zinc, niacin and thiamin. It is also a great skin healer due to its GLA (healthy fat) content, an anti-inflammatory and a fantastic lymphatic cleanser and blood purifier.

Chickweed also contains genistein, which is believed to be able to prevent blood vessels from feeding developing tumors, thereby preventing cancer growth. Chickweed is best eaten fresh and raw.

Another healthy addition to your spring salad is young leaves of the common dandelion (*Taraxacum officinale*). The leaf contains iron, calcium, magnesium, potassium and beta carotene. Its slightly bitter flavor is greatly appreciated by your liver and gallbladder. It will help digestion and give your kidneys a nice boost. The young leaves can be eaten raw in your salads or steamed/stir fried with

some other nutritious weeds such as burdock's (*Arctium lappa*) young leaves (1st year) or young shoots (2nd year). Burdock is an all-purpose vegetable commonly used in Japanese cuisine (known as "Gobo"). Steamed or stir-fried burdock leaves or shoots are an excellent spring tonic, working gently as a cleanser for your liver, blood and lymph. It's also excellent for all skin conditions.

To your steamed or stir-fried spring tonic you can also add another highly nutritive weed called yellow dock (*Rumex crispum*). Use young leaves only to avoid bitter flavor. The young leaves contain calcium, iron, phosphorus, potassium, magnesium, vitamin A and C and folate.

To top it all off, don't forget the greatest spring tonic of all, stinging nettle (*Urtica dioica*). Nettle leaves contain protein, iron, boron, calcium, potassium, sulphur, vitamin A, B complex, vitamin C, chlorophyll, antioxidants, as well as many constituents that have anti-inflammatory, diuretic, anti-allergenic, decongestant, expectorant and tonifying effects, just to name a few. To harvest nettles, wear long sleeves, gloves, and boots. Nettle stings, but cooking the leaves takes away the sting. Do not harvest nettle that's already gone to seed.

Whether you choose your nutritious weeds raw in salads,

steamed or stir fried, using an array of these healing weeds also gives us an amazing synergistic antioxidant activity resulting from a large variety of different antioxidants in natural ratios, each with its unique activity against numerous types of free radicals and oxidant molecules. As with food, variety is key.

Using fresh spring weeds is a wonderful way to increase our vitality and brighten up our "chi". What a wonderful gift from mother nature. ♥

Maya Skalska 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.

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Gearing up for inaugural Gran Fondo cycling event

BY CRESTON VALLEY CHAMBER OF COMMERCE
CRESTON, BRITISH COLUMBIA –

Momentum is gathering as organizers, riders and sponsors continue to sign up for participation in the inaugural Kootenay Lake Gran Fondo biking event upcoming this September 21. ‘Gran Fondo’ is Italian for “the big ride.” Led by the Creston Valley Chamber of Commerce and organized in partnership with the Rotary Club of Creston, the Kootenay Lake Gran Fondo will follow the format of most Gran Fondo events held throughout the world by featuring three different ride routes, offering on-road biking experiences ranging from the recreational to the professionally demanding.

“There really is something for everyone in this event, and not just in the ride itself” says organizing co-chair and Creston Valley Chamber of Commerce Manager Vern Gorham. “In addition to the incomparable scenery of the Kootenay Lake shoreline that many riders will experience, kids and spouses will have

the option of riding less challenging routes or just enjoying the many street fair events we have planned for downtown Creston that weekend.”

Registrations for the event are coming in as riders took advantage of the Super Early Bird discount (that ended April 29). Most early registrants are competitive Gran Fondo riders who are always looking for a new challenge. The 151km-long Kootenay Lake Gran Fondo ride features a combination of mountain lake shoreline and an aggregate elevation gain of more than 1500 meters. The 97km Media and 56km Piccolo routes allow less competitive and recreational riders to enjoy the southern end of Kootenay Lake and more of the Creston and Canyon-Lister valley vistas.

About 150 volunteers will be marshalled to man the routes and assist riders at every stage of the event. Traffic will be diverted on Highway 3 so that Creston’s main street can become a street festival space, including food trucks,

arts and crafts, and activities for kids taking up residence in the area over the weekend. Three of Creston’s commercial wineries – Baillie-Grohman Estate Winery, Skimmerhorn Winery and Wynnwood Cellars – will be offering special tours and tasting events.

The 2019 Kootenay Lake Gran Fondo is sponsored by Re/Max. Gorham said the idea for holding a Gran Fondo in Creston is due in part to the success of the Kootenay Rockies Gran Fondo that has been held near Cranbrook for the past 5 years. In fact, says Gorham, Cranbrook event organizers were key in helping Creston get started with planning. “Cranbrook organizers have been so generous and helpful in their support,” said Gorham. “Beyond having their blessing for holding our own event in the same month as theirs, we were given copies of their organizing schedules to template off of. We couldn’t be more grateful.”

Other early factors key to getting the Kootenay Lake Gran Fondo off the ground quickly include the event routing and logistics expertise provided by co-chair Merv Hutchinson of Creston, and through the development of the event website, complete with video previews of the ride routes, provided by Westword Communications of Creston.

“We’ve been blown away with the support and enthusiasm in our community for this event,” says Gorham.

The Town of Creston, the Columbia Basin Trust and myriad gold, silver and bronze-level sponsors have all jumped on board. ♥

For more information or to register for the event, go to www.kootenaylakegranfondo.com or contact Vern Gorham at 250-428-5151 or at manager@crestonvalleychamber.com







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