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September 2019

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Green Thumb

A passion for growing good food

Special Section: Creston Valley Fall Fair

Town

Emergency Services Building

Lower Kootenay

Education through acceptance

Agriculture

A look back on summer

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10 MINUTES TO DISASTER

Please leave pets at home- not in your vehicle



Cars become ovens

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

How pets stay cool

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



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Heatstroke requires immediate veterinary attention

The risk is real

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

Heatstroke Symptoms

Heatstroke symptoms include:

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

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

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

Inside

After an unusual summer here in Creston, I think it's safe to say we're hoping for a warm fall!

The feature story in I Love Creston for September introduces readers to Kieran Poznikoff and his urban farm, Ki Mana Acres. Kieran's journey of self-discovery took him to places far from the Creston Valley, and now has him growing his passion in his own front yard.

Ag Aware expands on the impact the weather has had on farmers and producers this summer, with unusually cool and rainy temperatures throughout June, July and August.

Herbalist Maya Skalinska provides advice about gathering fall roots, with some tips for adding Burdock

Root to the menu.

Mayor Ron Toyota provides an update on the new Creston Emergency Services facility, including details about some of the important design features aimed at improving operations during major incidents.

Chief Louie speaks about acceptance and makes an announcement about steps he will be taking to promote love and acceptance within the Lower Kootenay Band.

Fly in the Fibre sheds some light on the process an artist might use when determine a price at which to sell their work, and reminds us that we can't put a price on everything that goes into art.

At the Museum, staff have been digging through the archives to find the construction date for the teacherage at Alice Siding. This quest may not have led to the answers they were seeking, but did dig up some interesting finds in historical newspapers.

We hope you were able to explore a little or a lot this summer. Now that the days are getting shorter and we wait for the leaves to begin to change, we wish everyone a happy fall! ♥

Feature

05 Ki Mana Acres

Young entrepreneur supplying fresh local greens to the Valley.



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PLANTING PASSION

Row by (Perfect) Row

BY AMANDA MURRAY

PHOTOS BY DENNIS CHARLES

Kieran Poznikoff's farm, Ki Mana Acres, is made up of perfect rows of miniature plants in the front yard of a residence on 33rd street in Creston, BC, the air is filled with the scent of just cut lettuce, and Kieran and his full-time employee, Kate, can often be found tending to those ruler straight rows of lettuce, pea and sunflower shoots, kale, tatsoi and spinach, making up his front "lawn". Aside from the unusual landscaping of the yard, the property would be easy to miss. He hasn't yet got a sign for Ki Mana Acres, and it's hard to tell that the sheds on the property house a greens cleaning station and walk in cooler.



Kieran's excitement and passion for growing good food are clear when speaking with him.

Kieran's journey into urban farming began in 2017, miles away from Creston. Having just returned from Victoria, Kieran made a decision that would help him find his passion and later, push him to start Ki Mana Acres, centering around locally grown, organic microgreens. Having made the decision to travel, he purchased the least expensive plane ticket he could find, and within two weeks was on his way to Frankfurt, Germany. Once there, he bought himself a bike and some bags, and bicycle trekked through Europe. Eventually, he left the bike behind, and his journey took him to Italy,

where he worked and stayed with a family, farming and laughing. Kieran had not farmed before this, but his passion was awoken, and he continued his adventure, heading next to the foothills of the Himalayas. He spent a month in Nepal, sleeping on a bamboo bed in a clay hut, farming and communicating with his hosts mainly by laughing with them. His days were spent farming, learning, and connecting with this passion that was taking root in him. After Nepal, Kieran spent 35 days on a permaculture and meditation farm in Taiwan, and from there, he went to Hawaii before deciding to return

to Creston and put himself and his knowledge to the test with a market garden on his Bubba's land.

When Kieran talks about his first attempts at farming, he laughs as he mentions what he calls "so many failures". He describes a series of trials and errors, his makeshift washing station, his successes and loyal clients who subscribed to his early weekly garden boxes. He paid attention to what was already being done, and saw a gap in the market when it came to microgreens, and so another important decision had been made, and Kieran delved into the world of high-intensity, small scale microgreen farming. He took online courses, began growing his product in an office

Being able to purchase fresh, local food from vendors around town is an amazing thing.

space in downtown Creston, and started planning for 2019. Building the infrastructure required was time consuming, he needed proper washing stations, coolers, and garden beds. He built two caterpillar tunnels on his bubba's land, and he began preparing those perfect rows in his own front yard. By May of 2019, he was harvesting and selling microgreens at the Creston Valley Farmers Market, Casey's Community House was using Ki Mana Acres greens in the restaurant, and Pealow's Independent Grocer began stocking Ki Mana microgreens in the produce department, local fruit stands including Wloka's and No's also carry Kieran's products.

Kieran's excitement and passion for growing good food are clear when speaking with him, and some of his methods are a clear demonstration of his down to earth personality. A typical day on the farm for Kieran starts at 4:00am with bookkeeping, invoicing and planning for the days to come. Kate arrives at 7:00 to prepare for the day's harvest, which, depending on the crop, could involve cutting pea or sunflower shoots with kitchen scissors. Once harvested, the greens are taken to a shed beside the house where they are washed in a huge sink, equipped with a hot tub motor to gently clean the delicate shoots and leaves. The

next step is a giant salad spinner made out of a washing machine which gets the greens 90% dry, before they are moved to a rack above which hang two box fans to get the greens completely dry before they are packaged. Great care is taken in this drying process in order to extend the shelf life of the greens as long as possible. From the washing station, packaged greens are boxed up according to their destination, and placed in a walk-in cooler Kieran has built in a second shed on his property. From there, they're loaded into his truck and delivered around Creston.

Being able to purchase fresh, local food from vendors around town is an amazing thing, and Ki Mana Acres microgreens are a great addition to Creston's farm to plate offer. Buying a bag of locally grown pea shoots at a grocery store is one thing, but to truly experience Kieran's passion, a stop by his booth at the Creston Valley Farmers' Market is a must do. You'll have to get there early though, because by noon on a Saturday, the Ki Mana Acres booth is often completely sold out. Kieran clearly appreciates the support and encouragement he has received from the community thus far, and said he loves attending the Farmers' Market because it gives him a chance to talk to people





This is just the beginning for Kieran and Ki Mana Acres, he has plans to increase his crops.

about the greens he has so lovingly grown.

This is just the beginning for Kieran and Ki Mana Acres, he has plans to increase his crops for the 2020 season, as well as maximize the growing capacity of his plots. An increase in crops means he will also need to hire more staff for planting and harvesting. He hopes to continue growing throughout the winter, indoors of course, in order to provide fresh, local greens to the people of Creston year-round, something that isn't currently being done in a large scale. And who knows, next summer's offer may include more than microgreens as Kieran continues to learn and perfect planting dates and succession planning. ♥

For more information about Ki Mana Acres, check out <https://kimanaacres.com/>, follow @kimanaacres on Facebook, or stop by the Ki Mana Acres booth at the Creston Valley Farmers Market!



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Presents**
as part of the 50th year Celebrations

Phantom of the Gallery Art Show and Live Auction

Auctioneers: Patterson's Auctioneering Services Ltd.

Featuring: 30 pieces of original art from our Juried "Call To Artists." The auction will also feature a signed, limited edition (9/20) publishers proof donated by Robert Bateman.

On-line bidding available- email:phantomartshow@gmail.com

Casey's Community House - 2nd Floor - September 28, 2019

Bid Registration opens at 5:00 pm

Art works will be on display on the second floor (Tilted Brick Gallery)

- Sept. 26 & 27, 6:00 pm - 8:00 pm -

Celebrations begin 5:00 pm with a special menu available on lower floor

Cash bar and Appy Menu on the second floor in the Gallery

Live Music from 6:00 pm

Auction - 7:00 pm prompt - in the Banquet Room

**Limited seating available - come early to ensure your seat
and come in 'Phantom' costume, if you wish - join in the fun**

Contributing artists: Karen Arrowsmith-Andy and Elaine Alföldy-Lawrence Fletcher-Wendy Franz-Guy Hobbs-Mark Holliday-Brian Imerson-Kurtis Ladner-Laura Leeder-Garth Low-Alison Masters-Mark Vazquez MacKay-Audrey Orosz-Milena Palas-Bruce Patterson-Carol Schloss-Heather Spratt-Jenny Steenkamp-Carolyn Stone-Diane Stone-Marnie Temple-James Wallis





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Creston Emergency Services Building: A Facility Designed to Serve Those Who Serve Us

With this article, I would like to provide an update on the status of the new Fire Hall for the Town of Creston. It's hard to believe that nearly a year has passed since the October 2018 municipal election in which there was a successful referendum for borrowing for the new Fire Hall and my re-election as your Mayor for the Town of Creston!

Town Council created the Technical Building Advisory Committee (TBAC) who have met three times so far during 2019 (January 21, May 30 and August 8). Their primary purpose is to provide transparency to the community, provide oversight and ensure accountability throughout the design and tendering process for the new Creston Emergency Services facility, continuing the work of the Fire Hall Advisory Select Committee (ASC).

In December 2018, our Interim CAO Michael Moore and I travelled to Toronto to meet with two senior officials with Choice Properties (a division of Loblaw's) to discuss the possibilities for purchasing the Cook Street property (2.14 acres) next to Pealow's Independent for our new Fire Hall. In February 2019, Choice Properties agreed to move forward with the Town's offer and in August, we signed the purchase agreement and at the time of publishing, we are

just awaiting their signatures to finalize. Additionally, I am excited to announce that the purchase price was \$375,000, which is \$225,000 less than the price of \$600,000 originally budgeted for the property!

Discussions with BC Emergency Health Services (BCEHS) during 2019 also resulted in an agreement in principle for their participation in the new emergency services facility. The approximate 3,000 square foot addition to the new building will include an apparatus bay for three ambulances, equipment, lockers and four dorm rooms, two offices, a day room, and decontamination washroom. BCEHS and our firefighters will share many spaces, such as the kitchen area, which will eliminate duplication of space from having a separate station. With BCEHS participation, the new facility is estimated at a total 17,000 square feet from the original 14,000 square foot concept. The agreement will see the continuation of BCEHS leasing space from the Town of Creston in the new building with associated building costs for their portion borne by that lease agreement.

Another important function of the new facility is the "Emergency Operations Centre" (EOC) for any major incidents that may arise. Many of the spaces included in the new Creston Emergency Services

Building are designed to support the operation of the EOC while still functioning as a local emergency services facility.

It is very important to know that this new facility will have defined "dirty" and "clean" areas for all our firefighters, ambulance and emergency services personnel. This means any contamination to equipment and personnel from emergency incidents will be segregated from the "clean area" with very stringent building and ventilation designs.

Additionally, the Fire Rescue Training Center on Davis Road continues to be developed, with the "live fire" centre nearing completion. This training facility provides a safe and effective training area for all the volunteer firefighters in the Creston Valley.

Being involved with this process over the last five years has given me a great appreciation of the value our volunteer firefighters and emergency services personnel contribute to our community. This new facility is being constructed to serve our Valley for the next 50 to 100 years. We are so pleased to have BCEHS integrate into the project to provide the community's paramedics with the same safe workspace decades into the future!



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



Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

Education through Acceptance

Ki'suk kyukyit (greetings). Indigenous culture has some of the best examples of community as well as acceptance. Those who were born with developmental challenges were regarded as being closest to Creator. All who were elderly were referenced as grandfather or grandmother regardless if there was a blood relationship or not. Those who were two spirited (gay or lesbian) were seen as highly spiritual beings. They walked with the spirit of two genders. They were respected & had a place in the community.

Recently, I began reading comments online regarding a proposed rainbow crosswalk in the Town of Creston. Many of the comments were appalling as they degraded LGBTQ people. Religion was mentioned numerous times in the comments of the discussions. I am not writing to debate religion but what I could relate to as an indigenous person was the attempt to use fear through religion to underscore

the writer's point. The statement of "those who support the rainbow crosswalk will go to hell". Or "those who are LGBTQ will also go to hell".

I am a Ktunaxa man. I grew up in the Reserve system. I grew up surrounded by bigotry and racism. I already live in hell and have no fear of dying and being punished for sins. In the spirit of our Ktunaxa culture, a culture of acceptance and equality, I announce that the Lower Kootenay Band will be painting a Rainbow crosswalk on Simon Road. This crosswalk will be a symbol of acceptance and a celebration of LGBTQ people, people who have not been treated well by society. This will be a reminder for humanity to be kind.

Although the Lower Kootenay Band has no traffic lights we need this crosswalk to halt and think. The Lower Kootenay Band embraces the LGBTQ community because they are members of our family. We will not disown

or disrespect our loved ones for who they are. They are human beings and every human being deserves love and respect. A running trail through the forest connects onto Simon Road. This road is utilized by our children. We will use this as an opportunity to teach and educate our children for ignorance is not bliss. Ignorance can fuel hatred and violence.

I am an elected leader of the Lower Kootenay Band. It is my duty to serve my community regardless of one's sexual orientation. We wish to set the example of leadership and acceptance to this town, to this Province, this country, and to the world! The Lower Kootenay Band embraces and loves our people. We will remember our Ktunaxa values. We will remember our people.

We wish to make this initiative very public. We want everyone to witness something that doesn't have to be controversial or complicated. The crosswalk will still function as a crosswalk. It will just be more colourful and educational.

Once again, thank you for taking the time to read this article. I wish you all well and please stand by for photos of our rainbow crosswalk. TAXAS. ♥

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

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101 Years!*

CRESTON VALLEY *Fall Fair*

Come join us for a some great family fun!

There will be live, local entertainment on the stage in the arena on Friday & Saturday.

Saturday we are hosting our 2nd annual Local Food Feast with live entertainment.

Food has been sourced from our local growers, Demetre's Catering is preparing all of the dishes for us.

Dance to follow, entertainment Steele Wheels.

Come check the Farmer's Market on Saturday and Lions Club Pancake Breakfast.



101 Years of Celebrating the Valley

**Friday
September 6th
2:00pm-9:00pm**



**Saturday
September 7th
9:00am - 5:00pm**

SCHEDULE OF EVENTS

FRIDAY SEPTEMBER 6TH

- 2pm Wayne Shunter and Friends
- Bluegrass, Classic Rock
- 3pm The TAPS Gang - Traditional
- 4pm Kris and Marlene - Folk Pop
- 5pm Adrienne and Carmen
- Folk, Jazz and Blues
- 6:30pm Opening Ceremonies
Welcoming and Oh Canada
- 7pm Peanut Butter and Jam - Celtic & Maritime
- 8pm Bill Fay - Country

SATURDAY SEPTEMBER 7TH

- 10am TBA
- 11am Dance With Wolves - Dance Demonstration
- 12noon The Ukaladies - Ukulele Ensemble
- 1pm Creston Community Band - Concert Band
Pedal Tractor pull
- 2pm Creative Monkey's Children's Theatre
- Live improv performance
- 3pm Johanna and Bob - Instrumental
- 4:30pm Closing Ceremonies

LIVESTOCK BARN SCHEDULE

FRIDAY SEPTEMBER 6

- 5pm Poultry Showmanship Boots and Stools
- 4H Club
- 5pm Poultry Project Boots and Stools
- 4H Club
- 7pm Goat Milking Demo Howling Goat Farm
- 7pm 4H Demonstration Boots and Stools
- 4H Club

SATURDAY, SEPTEMBER 7

- 9am Goat Milking Demo
- Howling Goat Farm
- 9:30am Swine Showmanship Boots and Stools
- 4H Club
- 10am Sheep Showmanship Boots and Stools
- 4H Club
- 10:30am Beef Showmanship Boots and Stools
- 4H Club
- 11am Dairy Showmanship Boots and Stools
- 4H Club
- 11:30am Swine Project Boots and Stool
- 4H Club
- 12pm Dairy Project Boots and Stools
- 4H Club
- 12:30pm Beef Project Boots and Stools
- 4H Club
- 1pm Sheep Project Boots and Stools
- 4H Club
- 2pm 4H Auction
- Creston District 4-H
- 3:30pm Goat Milking Demo
- Howling Goat Farm

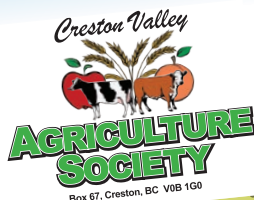
Silent Auction

Friday and Saturday

Check schedule for start time

*All items are locally grown,
supplied or produced.*

*All proceeds raised from the
auction are for Creston Valley
Agriculture Society Bursary*



Antique Tractor Show Friday and Saturday

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101 Years!*



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Friday, September 6th | Saturday, September 7th



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September 6 & 7



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BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

The Teacherage at Alice Siding

Note of Warning: Will the party needing chickens please call at the [Wood] ranch in daylight the next time and avoid chance of receiving lead, as 4 AM is rather early.”

“Mrs. Hilton received the good news by cable on Saturday that her sister, Miss Edith Dalton, who is on the nursing staff of a hospital near Yokohama, Japan, is located outside the area that suffered from earthquakes last week.”

“Things were most exciting at the Smith crossing depot on Thursday last. The first mishap was to Victor Carr, whose horse almost broke into a runaway when one of the shafts broke. Before the horse was quite under control along came the Parkin rig on which the doubletree broke almost opposite where the Carr horse was standing and the volunteer runaway stopping brigade had a similar job on their hands, which was no sooner taken care of than a stranger driving a spirited horse came along and his animal bolted at the sight of the crowd and excited horses, landing on the wire fence at the Webster ranch, and requiring about ten minutes of rather dangerous effort to extricate the half scared and rather badly cut up beast from the wire. All of this happened in less than fifteen minutes, and then the train came in concluding the most exciting morning of the season so far.”

Okay, I confess – I got sidetracked in old newspapers again.

A quest for the construction date of the teacherage of the Alice Siding School led me to the newspapers of the summer of 1923. Those three anecdotes aren’t the only intriguing things I found (amongst others is a strange penchant amongst Alice Siding residents for something called a surprise party, in which as many as sixty people would show up unannounced at someone else’s house and expect to be entertained), so it’s a good thing one of our volunteers, John, is much more focused than I am. He found a lot more detail about the teacherage and the adjacent school than I did.

Teacherages, residences provided for a teacher, weren’t terribly common in the Creston Valley. Yahk had one, connected to the school by raised boardwalks that came in very handy in the floods of 1948; Sirdar provided its teachers with lodgings at the nearby CPR boarding house; Canyon was at least toying with the idea of a teacherage in 1931. There may have been others, but for the most part, teachers either had their own residences or boarded with community residents.

The Alice Siding School was established in 1908 in a one-room log building. That building was replaced in 1912, but the teacherage didn’t appear for another decade. John found an announcement in July 1922 that “tenders are being called for by the trustees for the erection of a two-room cottage to be used as a teacher’s residence on the school grounds.”



Alice Siding School

When Principal C.M. Lallemand took charge of the Alice Siding school in September 1922, he was boarding with Mr. and Mrs. John Johnson. P. Andestad, evidently the holder of the winning bid, has “the new residence on the school grounds well on to completion,” on 8 September, but a month later, due to the illness of Mrs. Johnson, Lallemand moved in with Mr. and Mrs. Paul. The next we hear anything of his living arrangements was in early October 1924 – a full two years later – when “Principal Lallemand is again occupying the cottage erected for a teacher’s residence, on the lot adjoining the school.”

It is a bit weird that there aren’t more references to the construction of such an important structure, because there are innumerable mentions of all sorts of other things being built in Alice Siding, from houses to barns to packing sheds and even a twenty-foot addition to Mr. Parkin’s poultry house.

Also in October 1924, Lallemand was conducting night classes in the teacherage “for the benefit of elder pupils who are unable to take instruction in the regular way.” Why, if he had access to a perfectly good school right next door, would



Lallemand choose to conduct extra classes in his home?

One possible explanation is cost. The Alice Siding school district approved only \$300 a year (about \$4,600 today) for the school's expenses. There would have been money coming from the provincial government, as well, but those funds would have to cover the teacher's salary (which ranged from \$600 a year in 1909 to \$780 in 1938), supplies and furniture for the classroom, wood for the fire, basic repairs and maintenance for the school itself, costs associated with Christmas concerts and the like, and, presumably, the cocoa that was being supplied to the students at noon in January 1923. Heating and lighting only one building for the night classes makes a lot of sense.

We also know from the newspapers that the teacherage was occupied somewhat intermittently. When Earl Marriott took over the school in January 1927, he made his home with Mr. and Ms. Pease. In November 1928, then-principal Frank Lukas was building a garage next to the teacherage for his new Chevy roadster. By 1934, Principal Page was again boarding out – quite possibly because the teacherage was being used as a Sunday school at the time.

Who knows – maybe some of the bachelor principals didn't have much faith in their cooking, and preferred to rely on the skill of a well-experienced farmer's wife. The culinary efforts of teachers seem to have been something of a joke; in March 1929, when biscuits were stolen from the teacherage, the newspaper reported that

History

Principal Lukas felt "quite proud" of his baking because "no deaths or serious cases of illness are reported anywhere in the Valley!"

Registrations at the school ranged from a low of six in 1908 (special permission was obtained to open a school with fewer than the requisite number of ten students) to a high of about thirty in the late 1920s. Attendance varied from one season to another; haying and apple harvest often meant "a rather light" attendance in the fall, and strawberries ripening in June

reduced the school population for the last few weeks of the spring term.

The Alice Siding school operated until 1938 and the building was eventually torn down. The teacherage survived considerably longer, ultimately providing shelter for livestock. It stood on Crusher Road until just a few years ago. When it was torn down, some of its lumber was salvaged to build a replica settlers' homestead at the Creston Museum. ♥



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BY RANDY MEYER
Creston Valley Agriculture Society

Ag Aware

Hoping for a Warm, Dry September

As the summer of 2019 winds down, it can safely be said that it has been a very different summer than we've had in recent years. Rather than long hot, dry spells where the sun shines brightly

uninterrupted day after day, this year has been very much unsettled, with many cool, showery periods. While this has generally been great for reducing wildfires and smoky area skies, it has made life very difficult for many of the valley cherry and hay growers. No doubt area residents noticed many days this summer when helicopters were present flying low over valley orchards to blow rain water off of the sensitive cherry crops. Still, a high percentage of cherries were lost to splitting from the persistent showers, in spite of grower's best efforts. Many acres of valley hay crops were also damaged by multiple rains in June, July, and August, or were harvested well past their prime nutrient values by waiting for weather more conducive to harvest. All these crop



losses affect not only the growers' bottom line, but area businesses and the local economy as a whole. While too late for some crops, hopefully we get a warm, dry September to finish up harvesting of the great variety of crops that we all grow in our valley.

Early in September, on the 6th and 7th, many of the fruits of our labours will be on display at the 101st Creston Valley Fall Fair. Our long-lasting fair showcases a wide variety of crops, livestock, crafts and local entertainment from many participants of our valley. 4H members will be holding their achievement day and show and sale of some livestock projects. Also returning this year is the Local Food Feast on Saturday evening, featuring a great menu made up of all locally grown products, followed by a dance. Come on out to the Community Complex and see, or better yet, participate in the Fair!

This year there is definitely more widespread uncertainty and upheaval in many agriculture markets. The ongoing trade disputes between the USA and

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Creston Valley

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China in particular has resulted in considerable collateral damage in Canada. Canola, various pulse crops, pork and beef markets have all been negatively affected. Unlike the USA, which tends to subsidize their farmers with many millions or even billions of dollars of aid, Canada, for the most part, does not. Farmers really don't want to rely

Agriculture

on handouts from the public purse, but neither can they fairly compete with, and trade with countries that do subsidize their growers. It's not right that agriculture producers in our country have their livelihoods ruined by politicians in other countries engaging in a trade war. In my opinion, nobody really wins and consumers generally lose. Hopefully, issues will be resolved and market forces will get back to more normal patterns.

As I usually do during our growing season, I urge everyone to continue to watch out for farm equipment on area roads, especially as the days get shorter. There is much harvest still to be done and field work yet to finish as we go through the autumn season. Continue to be Ag Aware. ♥

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Food as Medicine: Burdock Root

BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

As an herbalist, at this time of the year my focus changes from harvesting medicinal leaves and flowers to harvesting roots. The reason behind this is that plants store their energy within the aerial parts during spring and summer, and in the roots during fall and winter. We take advantage of this and harvest plants according to where the energy is stored for full medicinal value. Burdock root is a great example.

Burdock (*Arctium lappa*) is a biennial plant in the sunflower family. In the first year, burdock grows close to the ground in a rosette of large, heart shaped leaves. In its second year, it uses up all its stored energy in the root to shoot up a sturdy stalk, up to 6 feet high. Burdock blooms in mid-summer to early fall with purple-pink spiky balls that are often called burrs. The burrs and their barbed spikes just wait for a chance for a passer by to come close, and stick to them. This plant inspired the invention of Velcro. The good

news is that you do not harvest the roots at this stage as all the energy is in the stalk and flower, but it is a good time to ID the plant, as there's nothing else quite like it.

Burdock root is a nutrient-dense food that is low in calories and fat. The root is a good source of protein, calcium, phosphorus, potassium, and folate. Each of these nutrients plays an important part in human metabolism, growth, and development. In addition, burdock root is a great source inulin, a very important prebiotic dietary fiber that feeds our good bacteria, promoting the beneficial microorganisms to grow and flourish in the gut. This prevents the establishment and growth of pathogenic bacteria. A healthy microbiome significantly contributes to weight management, supports the immune system, and reduces blood triglyceride and cholesterol levels.

Other than its nutritional value and being a digestive plus microbiome health promoter, burdock root is a blood cleanser,

lymph mover, liver protector, healthy skin supporter and, detoxification and elimination enhancer.

In my practice, as a medicine, I

recommend it as a roasted root decoction, in tincture form or as a food. It is widely used in Japanese cuisine as an all purpose vegetable called "gobo". It is great in stews, stir fry, soups, fermented and raw (with sea salt). You can find it in many supermarkets these days, or try harvesting your own.

You can harvest the root in the fall in its first year, or spring of its second year. I recommend harvesting it in early fall (1st year). I find in the late fall and spring (2nd year) the root is harder to dig out. The root is long, hard, and slender with a carrot-like shape. Peel the outer layer, and briefly soak in acidulated water (one teaspoon lemon juice or vinegar to one liter water) to prevent browning or oxidation. To store, wrap in a damp paper towel, refrigerate, and use within a week. There are great recipes online. I love it stir fried with carrots, soy sauce, and mirin, topped off with sesame seeds.

You can find burdock growing just about anywhere, but before you harvest, do your research and make sure you ID the plant properly. Burdock root is a wonderful addition to your diet. Your body will thank you for it. Enjoy! ♥

Maya Skalinska is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston.



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Handmade with Love

BY FLY IN THE FIBRE

Creston's Art Triangle is defined by three pillars - Fly in the Fibre, Kunze Gallery, and the Creston Valley Arts Council Gift Shop, each showing and selling work by many local artists. There are approximately 15 - 20 different local artists selling their work at Fly in the Fibre alone! Expand that to other studios and locations within the Creston Valley and the number increases to an amazing amount that we are so fortunate to have. I know, I am going to be preaching to the choir in this article but the topic of handmade items and putting a price tag on them is a worthy conversation to have at any time.

Personally, I feel the price of the work should be decided by the

creator. There are many factors to deciding on a number that reflects the worth of a piece, and I don't know an artist that finds this an easy task. First, there are many reasons why a person even wants to sell their work, and that affects the price at which it is sold. Second, an artist has to take into consideration the cost of the supplies they used and the time that was put into making the piece. There is also the consideration of the time learning the medium and the experience they have accumulated. Another thought is if the artist wants a quick sell or is content to wait longer for that person who connects with their piece. All of these things and more cross through an artist's mind before that number is decided, but once it is there, it can be respected.

For example, one of our long-time residents at Fly in the Fibre completed a knitted shawl recently. I asked her to figure out how many stitches were in it. She told me 41,718 stitches. In the making of that shawl there was laughter, life discussions, thoughts of friends, family, and the future, quite a few swear words, hope for perfection,

and forgiveness of mistakes.

If she was to sell the shawl, these would not be considered in the selling price, but to me, this is the heart of it all. It isn't about the price, it is about the life and love that goes into each piece and the connection that the buyer has with it. ♥

Visit Fly in the Fibre to view and purchase local artwork or sign up for a class at www.flyinthefibre.ca

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Behind the scene

BY CRESTON VALLEY THUNDER CATS

What is the most important piece a hockey club needs to be successful? An elite forward who can score 40 goals? Perhaps it's an all-star goaltender guarding the crease. In reality, it's neither (although both those things help). What really brings a team together are all the volunteers behind the scenes offering up their own valuable time to make sure the product on the ice is even able

to happen. Our hockey club is nothing without the community; the fans in the seats, and volunteers behind the scenes. Volunteering with the Thunder Cats is an opportunity to become a part of the team this season and help us put Creston's best foot forward.

"Our hockey club is nothing without the community"

There are countless jobs done on game night games such as running the goal light or being a timekeeper or setting up programs. If you want to get further involved and gain an in-depth appreciation for the team, the team needs billet families and board members. Even when games are happening away from home, the team needs volunteers to drive the bus.

The effect of the club extends much further than our community and our fans, but also to the players who don a blue and white jersey each year and their families who are equally responsible for

so much of the entertainment we are lucky to welcome to town every season. Over the years, the TCats brand, and by extension, Creston, has extended its reach outside the Kootenays and much further than BC and Alberta with connections to Spokane (HC Nick Redding, D. Andrew Clark, F. Trail Thompson), California (F. Logan Berggren), Winnipeg (G. Eric Samyn), Quebec (D. Marc-Antoine Gagnon), and even Whitehorse, YK (F. Trevor Hanna).

Being a part of the Thunder Cats is much more than giving back to your community, it's helping grow a recognizable brand, it's being a part of a young man's stepping stone in his life. The heart and soul of a hockey club lies within the passion of the supporting cast, the volunteers, the board of executives, all of whom offer their time for the betterment of the community. ♥

The Thunder Cats need you and if you can consider helping us out, please contact tcatsgeneral@gmail.com for any inquiries.

For more information and game schedule visit crestonvalleythundercats.com



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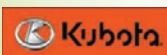
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