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OPEN BURNING

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

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

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

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

Below are some of the requirements to be aware of:

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

There are 3 categories of permit, which are;

- Residential Leaves, foliage, weeds (permit fee is \$10.00)
- Freestanding grass and underbrush (permit fee is \$40.00)
- Large piles (permit fee is \$75.00)

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



CRESTON VALLEY

TOWN of CRESTON

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Inside

It seems like it took forever but Spring is officially here and so is the opportunity to explore the great outdoors! Perhaps you can go for a hike around our world famous wildlife management area and enjoy wildlife viewing.

The feature this month looks at the Kootenay Discovery Centre, its environmental education programs and plans to build a new interpretation building. Drawing tens of thousands of visitors annually, the Wildlife Centre is a key tourist destination attraction in the valley. Also for the birds, the 7th Creston Valley Bird Fest is coming in May. The festival features guided bird tours, farm tours, photography workshops and keynote presentations.

Continuing on the education front, Columbia Basin Trust has expanded its partnership with both College of the Rockies and Selkirk College with a multiyear funding agreement to enhance the overall student experience.

Mayor Toyota takes a closer look at a Health Connection Service by riding the Handy Dart bus to

Cranbrook and back. Dr Moreton continues his discussion of sacroiliac (SI) joint pain and offers some practical advice for those suffering. And in a look back at the agonizing history of Polio in the Kootenays and the terror it invoked.

Chief Louie tells us about the Lower Kootenay Band Fry Bread Cook-Off Championship and how this fun event serves as a relationship building exercise.

From the Arts community, the Creston Valley Arts Council is celebrating 50 Years in Valley with a series of events highlighting the achievements of artists from Yahk to Riondel. The local Footlighters Theatre Society offers a unique production April 10 and 20. Modern Dysfunction is a custom written play with a trio of actor / directors. And in the Meet the Instructor series, Fly In The Fibre introduces mixed media artist Lynne Mizera.

I Love Creston magazine is published monthly but you can follow I Love Creston on Facebook. Like and follow @ilovecreston for regular updates of news and happenings around the Creston Valley. ♥

Feature

05 Kootenay Discovery Centre

Replacing the aged Wildlife Centre



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The Magazine

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A large blue heron is captured in mid-flight over a wetland. The bird's wings are spread wide, showing intricate feather patterns. The background consists of a body of water reflecting the sky and surrounding vegetation, with some reeds visible in the distance.

Discovering

a New Home for Wildlife Education

BY JIM JACOBSEN | PHOTOS BY DENNIS CHARLES

British Columbia is renowned for its nature and outdoor recreation and Creston is a significant experiential tourism destination. Home of the Creston Valley Wildlife Management Area (CVWMA), a 17,000 acre wetland habitat that is internationally recognized as a Ramsar Site – a wetland of importance and an Important Bird Area (IBA) - it is an interesting interface between marsh and riparian habitats and dry mountain forest and has some of the most important waterbird habitat in BC. The wildlife management

area “plays a very important part for tourism in the Creston Valley” explained Visitor Centre Coordinator Amy Maddess. “Many people come to the area specifically to visit the wetlands for bird watching while travelling along the International Selkirk Loop and by travellers visiting from Europe”.

An integral part of that tourism mix is the Kootenay Discovery Centre. Replacing the aged Wildlife Centre, the temporary facility was built in 2018 with plans underway to build a new Centre.

Feature Story

“The Discovery Centre has a variety of displays and information about the wetlands and wildlife of the CVWMA” explains Carla Ahern, Senior Manager of the Kootenay-Columbia Discovery Centre Society. “Naturalists are on site seasonally to provide fun and educational programming and information to visitors.” While smaller than the original building, the Discovery Centre is “a fun and engaging space” that has hands-on kids activities; microscopes; displays on tracks, birds, insects, and wetland mammals; taxidermy mounts of birds, mammal pelts and skulls; information on trails and animal sightings; and a small gift shop.

The Discovery Centre opens for the CV Bird Fest on May 11th (see story inside this issue) and officially opens for the season May 13th. The Centre is free to attend - donations are welcome - and visitors can

“Naturalists are on site seasonally to provide fun and educational programming and information to visitors.”

explore the extensive trail system and keep an eye out for over 300 species of birds, 60 species of mammals, 17 species of fish, six species of reptiles, and six species of amphibians that inhabit the area.

With a mission to promote environmental education and awareness in the Kootenay-Columbia region, the Centre offers a wonderful assortment of educational programs. There are school programs for K-7 students that focus on getting students exploring the wetland and learning in a hands-on and interactive way. The popular Jr Naturalists summer camps (ages 6 – 14) include exploring nature, paddling, hiking, and dip netting! There are special events throughout the season with such activities as family fun days, sunset and sunrise paddles, nature movie nights, morning bird walks and more.

And of course, guided canoe tours! “What is super exciting is that we purchased NEW canoes for this coming year”, beamed Ahern. “We purchased three





Feature Story

new 25-foot voyageur canoes from Hellman Canoes that come from the same mould as the centennial canoes that raced across Canada in 1967, so customers now get to live out a little bit of Canadian history!”

The history of wildlife management and education in the marsh and floodplain dates back before 1947 when Dr James Munro of the Canadian Wildlife Service presented general procedures, biological controls and administrative ideas for protecting the area for wildlife conservation. After several iterations, the Creston Valley Wildlife Act was passed in March of 1968. This was the first major collaboration between the Governments of Canada and British Columbia in the field of Wildlife Management (source: <https://www.crestonwildlife.ca/about/history>). Environmental and education programs have been

“It was important to KCDCS to keep programming running while the plans for a new Centre are underway”

part of the service since 1974. First, the Federal Government ran them until the early 90’s and then a Society took over for a few years. The CVWMA continued operations from the late ’90s till 2017. On October 2017 the CVWMA ceased operating the Wildlife Interpretation Centre and related programs. A local, non-profit organization The Kootenay-Columbia Discovery Centre Society (KCDCS) took over delivering the education programs. The temporary facility was built in 2018 and has core funding for 5 years, provided by the Columbia Basin Trust and the CVWMA.

The long term goal is to build a world-class facility for the promotion of environmental education and awareness. “It was important to KCDCS to keep programming running while the plans for a new Centre are underway so we did not lose those long-term relationships that have been built and cultivated with various user groups,” Ahern said.

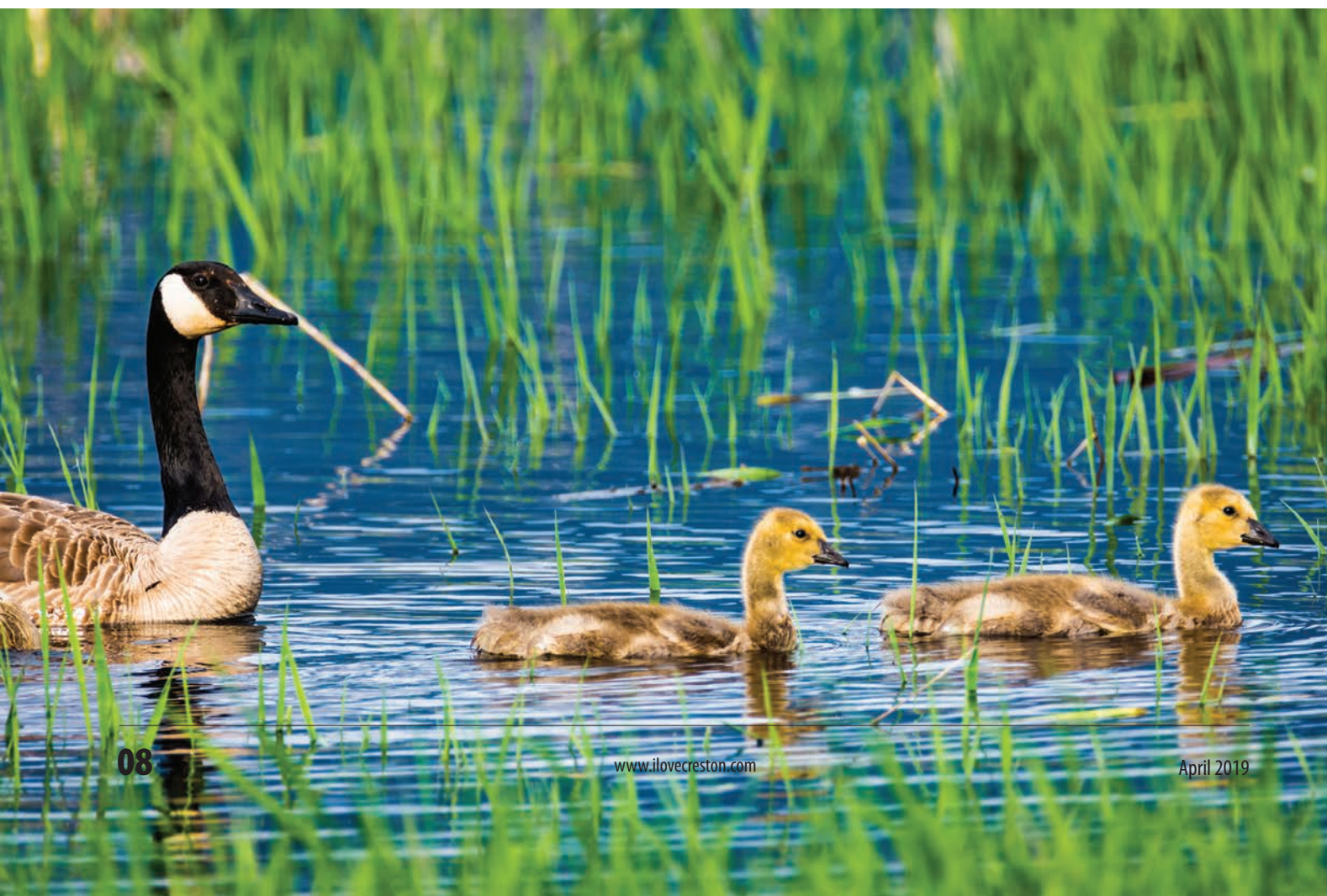
Feature Story

The Society has been engaging in strategic planning and getting public input on what a new Discovery Centre will entail. Following on the heels of the recent Open House (February 2019), they are conducting a membership drive for persons sharing their vision of building a world-class Discovery Centre for environmental education and awareness. With Federal Charitable status KCDCS are also embarking on a fundraising campaign to support ongoing programs and the development of the new building. Follow the developments on Facebook or visit <http://discovery-centre.ca/>

Wetlands provide fundamental ecological services and are regulators of water regimes and sources of biodiversity. They play a vital role in climate change adaptation and mitigation and are a great place to learn about our natural surroundings. James Posynick, Chair of KCDCS concludes, “The wetland and the Centre bring thousands of visitors to the valley every year who make a significant economic impact on businesses in the Creston Valley. The potential for increasing that impact through the development of a new Centre and new programs and activities is

exciting, too. Imagine: a new Discovery Centre will facilitate a professionally delivered, academically and technologically current, year-round environmental educational experience with positive social and economic benefits for the entire region!” ♥

For more information please visit discovery-centre.ca





Mark your calendars for Friday, September 13, 2019 and come join us at this year's Gala. As has become tradition this formal event will be one that you won't want to miss! This year's theme will be a masked ball. Join in this celebration of Community with your friends and neighbours.

Tickets \$60 with a portion of proceeds going toward the cause of your choice!

Our largest donation to date!

In July of 2018 Nick Sehn passed away after a long battle with cancer. Just before his death, Nick decided to make a legacy gift for the benefit of the hospital, namely to help purchase a CT scanner should that day come. The Foundation's representatives met with Nick to ensure that his wishes would be fulfilled. As a result, Nick's estate made a gift of almost \$1 million to the Hospital Fund held by the Creston-Kootenay Foundation.

Should the Hospital acquire a CT scanner in the future, the Fund would provide part of the purchase price. In the meantime, the income generated by the Fund will be made available to the Hospital toward the purchase of any capital projects they have under way.

Thanks, Nick, for leaving a legacy that will benefit our community for many years to come.



New for 2019!!

The Creston-Kootenay Foundation is pleased to announce that 2019 will be our first year to offer Neighbourhood Small Grants. In order to receive one of these grants, the applicant must have a project that deals with one of the following four issues:

1. Sharing of skill.
2. Bringing your neighbourhood together.
3. Inclusiveness.
4. Making your neighbourhood greener.

Grants between \$100-\$500 will be available to successful applicants. Applications will be accepted from

April 1 through June 30, 2019.

These grants are intended to fund small projects or events that must be completed before **September 30, 2019.**

Check out our website for more info: ckfoundation.com

New Agriculture Fund

Do you have a new or never-tried-in-Creston approach to farming in mind? Need a bit of financial assistance to make it a reality? Apply for a grant from the "FH & BM Freeman Agricultural Innovation Fund" to help get your idea into action.

This fund was initiated with a donation from Carol Freeman-Ryll who wanted to honour her own parents who were forward thinking agrarians themselves.

"I was raised on a farm in England in a very similar agricultural environment as can be found in this valley. Possibly why I am so comfortable here. When my parents visited they too found the valley, its history and current farming practices, very familiar and relaxing."

More info is on our website at ckfoundation.com



From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Health Connections BUS to Cranbrook

On Tuesday, March 5th, I rode the BC Transit "Health Connections" bus from Creston to Cranbrook and return. My primary reason was to experience and report on this benefit for the residents of the Creston Valley.

The Town of Creston, along with Regional District of Central Kootenay Areas A, B, and C contribute to the RDCK Service 234 which has annual operations cost of approximately \$300,000 to provide this Health Connections service as well as our local BC Transit "handyDART" service and the fixed-route schedules.

On this day, I boarded bus #2324 and our driver Pat welcomed me aboard. We passengers each paid our \$5 for the return trip. We were 8 passengers on a 21 passenger bus and Pat explained that this was a lighter than normal trip as he usually has 12 to 15 passengers on his Tuesday and Thursday trips. We left the RDCK Community Complex at exactly 8:30 AM and arrived in Cranbrook at 9:50 AM. Pat drove his passengers to the main drop-off points: Safeway (Cranbrook Mall), then near the Green Medical Clinic, then East Kootenay Regional Hospital, Haven Gardens, the Joseph Creek complex and the Tamarack Mall.

He and I had coffee at the mall and he explained that he enjoys doing these two weekly trips and providing his years of driving experience (he is a retired tour bus driver and owner), conversation and assistance to his passengers. Some are regulars, one passenger

"Seeing firsthand the independence that this service provides to our citizens was heartwarming"

travels monthly to the Haven Gardens Transition House for her appointment and the 10 AM to 3 PM time in Cranbrook allows her time to walk and do some visiting and shopping and then board the bus back to Creston. This service

was created and is supported by IHA (Interior Health Authority) for patients to make appointments at their hospital as well as with physicians and specialists. Pat, as well as all of our drivers, do their very best to get their customers to their specific locations on time.

Today, one passenger was checking into the East Kootenay Regional Hospital and was planning to return on the Thursday ride if all went well. Another passenger was visiting her mother at Joseph Creek and was planning to return

to Creston on Thursday.

A lot of us have our own vehicles and/or can arrange transportation to Cranbrook so this is not a program that we may necessarily utilize. Seeing firsthand the



independence that this service provides to our citizens was heartwarming and I realized that many of our Creston Valley residents may not know that this service is available to them. It is also important to note that this service is available to ALL residents in the Creston Valley. To book your space on this shuttle, which runs every Tuesday & Thursday (excluding statutory holidays), phone BC Transit at 1-250-428-7750.

I appreciated the good conversation and the opportunity to be a passenger on this trip. I also thoroughly enjoyed having lunch at the Family Thai Restaurant and visiting with Udon, Mamm and Bass (of the former Kootenay Thai Restaurant in Creston).

In addition to the Health Connections route, BC Transit also offers the "handyDART" which is a Creston and area local service for door-to-door, shared service for people who are unable to take the fixed-route service. I plan to call the local information number and do a future report back on this route.

Thanks Pat and my fellow passengers for a great day!



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

Fry Bread Cook-Off

Ki'suk kyukyit (greetings). For the past few years I have kept the I Love Creston readers up to date with the latest LKB initiatives. Usually, the articles are political in nature but from time to time I believe there needs to be a break from the political. The political matters at the Band level, Ktunaxa Nation, Provincial, and Federal, can become exhausting.

To assist in balancing the day to day operations and fun, I coordinated a Lower Kootenay Band Fry Bread Cook-Off Championship. The event was held on March 23/19 at the Round House. We had participants from our member Band in Montana attend as well as our local fry bread masters.

The competition was split by

genders and a Fry Bread King and a Fry Bread Queen were crowned. To assist in our community relations we extended an invitation to Tratach Mechanical to enter as a contestant. Although the owner/operator Mr. Traven Huscroft did not have any knowledge of how to make fry bread, I do commend his dedication efforts. Mr. Huscroft utilized modern technology by Googling fry bread recipes.

The other contestants did have the upper hand having their fry bread recipes handed down to them from generation to generation. The secret family recipes were all delicious and the event was concluded by sharing the contestants fry bread and a good pot of beef stew.

We also took this opportunity to

share with all who participated some health and wellness information. Although fry bread is delicious we should keep in mind that too much can be unhealthy. Try and save making fry bread for special occasions like ceremonies or holidays. The calorie count in each piece of fry bread is extremely high. Try and balance out the calories of fry bread with vegetables and a healthy stew. It can be difficult but limit your fry bread consumption to one piece.

We had a lot of fun on this day and do intend on having future fry bread cook-offs. In a previous competition, we had the Mayor of Creston as a contestant. He did not succeed in the title of fry bread supremacy but our mission has been to continue improving the relations with our neighbours throughout this valley.

With that, once again I thank you for reading and wish you all well!
TAXAS. ♥

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

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\$6 Million to innovate and enhance College experience

The Trust partners with College of the Rockies and Selkirk College

(Columbia Basin)

A new \$6-million partnership between Columbia Basin Trust, College of the Rockies and Selkirk College will work toward shared priorities to enhance the quality, availability and uniqueness of the college experience for students.

“We know that education is the foundation to social, economic and environmental well-being, and our strong relationship with both colleges and our shared commitment to meeting the needs of local communities allows us to continue to elevate the local post-secondary experience,” said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer.

“In our rural context, both colleges already offer an amazing experience for students, and this partnership means we can do even more to create the best experience, with the best technology, and support workforce development right here in the Basin.”

The Trust will provide each college with \$3 million over three years and work collaboratively to develop project plans to grow program offerings, diversify and enrich programs, and enhance the overall student experience. The partnership will support initiatives that are outside the scope of current government funding.

“Through this significant investment in College of the Rockies, the Trust is supporting the success of our students and communities in the region,” said David Walls, College of the Rockies President and CEO. “This exciting expansion of our partnership will boost applied and work-integrated learning, industry engagement and new program development opportunities that support our students and our regional economy.”

“There are so many opportunities right now for Selkirk College to expand the positive impact to the well-being of people in our region and enhance quality of life in our communities by providing access to quality educational experiences,” said Angus Graeme, Selkirk College President. “Resourcing new initiatives is always a challenge, so we are incredibly fortunate to have the Trust at our side to help move us forward on key initiatives such as innovative technology in delivering courses, programming for a range of demographics, enhanced work experience related learning, and

improved student experience.”

Founded in 1966, Selkirk College serves about 2,700 full-time learners per year and offers certificate, diploma, bachelor’s degree, co-operative education and continuing education programs. It has eight campuses in six communities: Castlegar, Nelson, Trail, Nakusp, Kaslo and Grand Forks.

Founded in 1975, College of the Rockies serves more than 10,000 full-time and part-time students each year. It offers certificates, diplomas, bachelor’s degrees, associate degrees, apprenticeships, and graduate certificates and diplomas in a variety of program areas, including: university arts and sciences; health and human services; business and office administration; tourism, hospitality, and recreation; fire services; adult upgrading; continuing education; and contract training. It has seven campuses in six communities: Cranbrook, Kimberley, Fernie, Creston, Invermere and Golden.♥

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust’s programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.

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BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

Terrors of Childhood

The local newspapers, throughout the late 1940s and early 1950s, are sprinkled with references to Polio: In June 1949, George Currie of Erickson won a car in a fundraiser for the Polio and Crippled Children's hospital. In August 1952, the swimming pool was drained as a precaution against Polio; the opening of the Civic Centre arena later that year was delayed by a week because of an outbreak of Polio.

Most of these stories are accompanied by urgent warnings to parents: don't allow your youngsters to congregate with other children; don't let the kids go to public places; try to prevent them from getting over-tired or chilled.

Other stories go far beyond urgency – to the terror of parents desperate to protect their children. A story from August 1953 tells us, “It is just a year ago this month that the district was reaching its peak as the worst Polio epidemic centre in Canada. The disease ravaged the

East Kootenay in the most monstrous proportions ever experienced in this part of BC. A total of 84 cases were recorded of which 15 persons, most of them children, died with dread rapidity.”

Polio is a textbook example of the havoc that contagious diseases can cause in populations without immunity. It's actually an ancient disease, but until about a century and a half ago, it was so common that almost everyone developed a natural immunity to it and epidemics were unheard of. But the virus is spread through oral-fecal contact, so as our society started paying attention to things like public hygiene and clean drinking water and better sewage and waste disposal, there were fewer and fewer chances for infants and children to be exposed to the disease. We lost our natural immunity – and Polio epidemics got worse and worse.

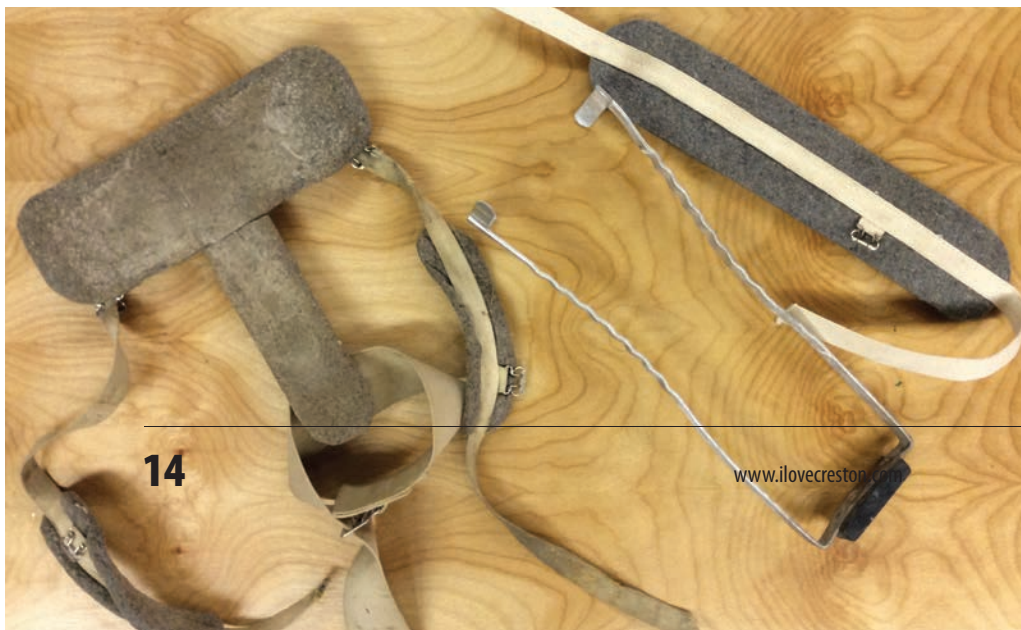
The fact that nobody really understood the disease made it especially terrifying. Some people exhibited only mild symptoms such as fever and headache, while others suffered paralysis and rapid death; it mainly affected children, but many young adults were hit too. It was relentless, struck most

ferociously in mid- to late-summer, and was particularly vicious among the middle classes in small towns and new suburban areas (and in the population and economic boom of the postwar era, there were a lot of those types of neighbourhoods). Nobody knew why.

The scientific breakthroughs of the late 1940s that shed some light on the disease and its transmission only made things worse. Now people did know how it spread; they knew there were three types of Polio that caused the different levels of symptoms – and they knew there was virtually nothing anyone could do about it. Almost anyone could be a carrier; there was no way of predicting which victim would come down with which form of the disease; there was very little, besides crossing their fingers and hoping, that parents could do to protect their children.

The paralytic form of the disease most often affected arms and legs, and almost always resulted in permanent damage. It could also attack the nervous system and shut down the muscles needed to breathe. The only hope to save a victim's life, in that case, was to use an iron lung – a device that used negative pressure to help the patient breathe. So terrifying was this worst form of Polio that Creston had its very own iron lung; the local Kiwanis Club built it and made the plans available to classes at the high school to build additional ones.

One of the most frightening aspects of Polio was its unpredictability. Creston itself escaped that ravaging epidemic in the summer of 1952; at least, there are no cases reported in the newspaper, and since even single and suspected cases were announced in other years, it would be extremely



History

surprising to have a major epidemic and not see it in the papers. But, two months after the East Kootenay epidemic ended, and just as parents were beginning to sigh in relief, five cases broke out in Creston.

“Members of the Kiwanis Club were notified early Saturday morning that the iron lung was needed,” announced the Review. It “functioned perfectly, but paralysis spread too rapidly,” and three-and-a-half-year-old George Fowler was the Valley’s first fatality from Polio.

Even the language used to refer to Polio – terms like “monstrous” and “dreaded” and “valiant but hopeless fight” – points to the terror it invoked. The vast majority of children who contracted it suffered no symptoms or only very mild ones and recovered perfectly, but the horrifying worst-case possibilities impelled parents to do everything they could to keep their children away from it. When those five cases appeared, doctors advised that there was no need to close the schools because, that late in the year, the disease was unlikely to reach epidemic proportions. Even so, “25 percent of the elementary school enrolment stayed at home ... In many cases, children are kept in their own yards and isolated from their playmates.”

It wasn’t just the fear of getting the disease that was so terrifying; there was also the dread of having to live with its effects. Many children and adults were fully or partially crippled by the disease. Thousands of people suffer the muscular weakening and degeneration of post-Polio syndrome decades after getting the disease itself. Those consequences affect not just the victims of Polio, but their entire families, too.

In September 1955, the Creston Review mentioned that a twenty-year-old local man, seriously ill with Polio, was sent to Vancouver for treatment. That young man was Albert Ward. He was in the hospital for nearly ten months and spent the rest of his life in a wheelchair. Albert was never able to work again to support his young family. His children (son Lawrence was just eight months old when Albert was stricken) never got to play baseball with their father. His wife, June, was his nurse and caregiver for forty years. When Albert died, two weeks shy of his sixty-first birthday, June commented, “It feels like I’ve been fired from the only career I’ve ever known.”

That’s what contagious diseases do. They bring fear and terror; they change behaviours; they destroy lives. The relief, when a vaccine for

Polio was announced in 1955, was palpable. It wasn’t perfect, and it wasn’t available to everyone for several more years, but for the first time in decades parents no longer felt completely helpless. The Polio vaccine gave us back our immunity and brought the disease under control – in Canada, at least – by the 1970s. Canada has been Polio-free since 1994.

But Polio, like many other contagious diseases, is still out there. It has not been eradicated worldwide, and it is such a highly infectious disease that even one case, in a non-immune population, could result in hundreds of thousands of new cases and a return to the devastating epidemics we have fought to control for so long. ♥

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



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Volunteering – a way to learn about yourself



(NC)

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

Think about it. Why do you want to volunteer? Do you want to learn new skills, offer skills you already have, gain work experience or give to a cause? It's also very important to figure out how much time you can commit.

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

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

What is involved and what do I need to do to apply?

Some organizations, like Amnesty International, require you to

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Volunteering

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

If you're hoping volunteering will lead to full-time employment, keep in mind that your chosen organization might not be able to guarantee a job. However, you can use this volunteer position as an

opportunity to network and build experience.

The time commitment required often varies. Depending on your availability, you can choose to sign up for a special one-time event or something on a consistent and on-going basis. And most organizations reimburse their volunteers for transportation costs. If in doubt, ask. ♥ www.newscanada.com



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THANK YOU
to the countless
volunteers throughout
the Creston Valley,
especially those
hard-working
people in Area B
who help make our
community stronger.*




Tanya Wall
Regional Director, Area B



Home & Garden

Renovating your home? Ask yourself these 8 questions first.

(NC)

Here are eight important safety questions that Health Canada encourages you to ask yourself before starting your project:

1. Could the products I am using be harmful? Be sure to follow all use and safety instructions on the label, including how to store and dispose of any leftover products.
2. Should I be worried about lead-based paint? Your home probably contains lead-based paint if it was

built before 1960. If the paint is in good condition and is not on a surface that a child might chew or that is subject to wear and tear, it's best to leave it alone or cover it with paint or wallpaper. But if the paint is cracking, chipping, flaking or peeling, or is on a surface that a child might chew or that is subject to wear and tear, you'll need to remove it carefully to avoid kicking up lead dust.

3. Could my house contain

asbestos? Before 1990, asbestos was commonly used for fireproofing and insulating against cold weather and noise. You can reduce your risk of exposure by hiring a professional to test for asbestos before doing any renovations or remodelling.

4. Are low-emission products available? Paints and renovation products, like flooring and particleboard, often have a noticeable smell. This odour can indicate that the product contains volatile organic compounds (VOCs). Some chemical products are labelled as "low emission," which means they give off fewer VOCs and are safer for your health.

5. Should I ventilate while I renovate? Yes – ventilation can help improve indoor air quality by removing pollutants from the home and by bringing in fresh air from outside.

6. How should I dress? Labels on products used for renovations will include information about what to wear and precautions to take.

7. Can my family take part? It's best to keep children and pets safely away from the renovation area. Pregnant women should also avoid taking part.

8. How do I dispose of leftover materials safely? As your project wraps up, continue to keep safety in mind. Read the label or contact your municipality for advice on how to dispose of any leftover chemical products. ♥

Find more tips at canada.ca/healthy-home.www.newscanada.com

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Big bloomers

(NC)

Peonies. Although they have a short blossom time, each plant produces masses of large, often fragrant blooms, suitable for cutting and bringing indoors. Peonies are relatively free of pests and diseases. They are extremely winter hardy and when they are not in bloom, they produce clean, strong, dark green foliage that stands up to the summer heat.

Hydrangeas. The Endless Summer series of hydrangea, which flowers from late July through early October, provides great value. All hydrangeas hold their flowers over the winter so you can leave them intact as fodder for foraging songbirds during the winter months.

Lilacs. Common lilac (*syringa vulgaris*) is the workhorse of lilacs and is winter hardy even on the coldest part of the prairies. Blooming from mid- to late-May each year, it is the first of many lilacs to produce colour each spring and is fragrant and suitable for cutting.

Sunflowers. When it comes to big flowers and lots of them, you really can't beat sunflowers. In addition to being attractive, sun-loving and fast-growing annual plants, they attract myriad pollinators, from honeybees to a wide variety of native bees. When the flower heads have matured, the seeds attract songbirds by the dozen.

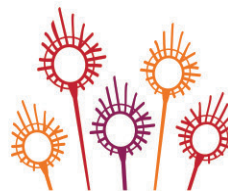
Dahlias. If you have a sunny position in your garden, try some dinner-plate dahlias for a real wow-factor. Bloom season occurs around the middle of summer through late fall. While dahlias are technically an annual and will die with a killing frost, they are easy to overwinter indoors. ♥

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Home & Garden

Create a pet-friendly garden

(NC)

Yes, you can have a beautiful garden to relax in and a place where your pet can run and chase squirrels. Here are seven ideas for designing a pet-friendly yard, from the garden and home improvement experts at Harrowsmith magazine.

1. Remember that dirt equals mud. Chances are you know where your pet likes to travel in the yard. A beaten-down path through the lawn and garden is your cue to put down a hard surface like patio slabs or interlocking brick. Dirt, after all, becomes mud — especially in the fall and spring.
2. Cool it. Plant trees or large-growing shrubs on the south and west sides of your yard to provide shade for your pet during the hottest parts of the day.
3. Deal with the “unmentionable.” Dogs are famous for burning the grass where they squat to urinate. The solution is to dilute the urea, which is what causes the lawn to die in patches, by hosing down your lawn when you see the culprit do its business. When brown patches occur, have a bucket of pre-moistened sand-and-grass-seed mix standing by.
4. Keep in mind that cats are attracted to dry soil. Discourage them from using your garden as a latrine by keeping the soil under your soffit and fascia moist. Orange peel and scented plants, like lemon geraniums, lavender, basil and verbena, can also discourage cats.



Never use moth balls, which are poisonous to humans and could be picked up by young children.

5. Choose plants wisely. Avoid plants that are poisonous or harmful to animals, including common ones such as boxwood, clematis, daffodil, foxglove, hosta, hydrangea, lily of the valley, periwinkle, tomato (leaves) and many more. Research before you plant to be safe.
6. Don't forget that dogs like to dig. You can discourage them by placing chicken wire over areas in the garden that your dog likes to frequent. Or create a space for your dog to dig and fence it in.
7. Give your pets water. A visit to your pet supply store will introduce you to all kinds of innovative gizmos that can provide your pet with access to fresh water. To make it easy on yourself, locate your pet's water station near a faucet. ♥

Find more gardening, pet and home improvement ideas at harrowsmithmag.com.
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MAY 10, 11, 12

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SCHEDULE OF EVENTS

Friday, May 10

- 11:00-4:00 Festival registration at Casey's Community House;
Silent Auction 11:00-9:00
- 1:00-3:00 Kayaking with Ulrike Sliworsky (BYOK-meet at Peterman Rd)
- 4:00-5:00 Meet & Greet at Casey's Community House
- 5:00-6:45 Dinner & Presentation by Gary Davidson
- 7:00-9:00 Bus Tour to see Evening Marsh Birds at Duck Lake with
Dr. David Bird & Marc-Andre Beaucher
- 8:30-10:00 Dark Sky with astrophysicist/teacher Dan McCowan
(meet on the dark side of the old Wildlife Centre)

Saturday, May 11

- 6:00-6:30 Coffee & muffins for sale at Casey's
- 6:30-10:30 9 Guided Birding Tours (meet at Casey's)
- 9:00-11:00 Fun & active outdoor play for kids with facilitator
Kristina Leidums (Discovery Centre) parent required 3+
- 10:30-11:30 Guided Canoe Trip at Discovery Centre (meet 10:15) 3+
- 1:00-2:00 Guided Canoe Trip at Discovery Centre (meet 12:45) 3+
- 1:00-2:45 Tour of Swan Valley Honey (meet at honey farm)
- 1:00-2:45 Kids event at the Discovery Centre (drop in/all ages)
- 1:00-2:45 Wyndell Craft Distilleries & Saskatoon Berry Farm Tour
- 2:00-4:00 Spring Mushroom Foray with Tyson Ehlers
(meet at Summit Creek turn-off Hwy3)
- 2:00-4:00 Photography workshop with Lyle Grisedale (Erickson Room)
- 2:00-3:00 Guided Canoe Trip at Discovery Centre (meet at 1:45) 3+
- 2:00-3:00 Historical Walking Tour of Creston with Tammy Bradford
- 3:15-4:00 Kootenay Meadows Organic Dairy Farm Tour (meet at Dairy)
- 3:15-5:00 Bird & Bike the Dyke with Julia Shewan
(meet at Summit Creek turn-off Hwy 3)
- 7:00-9:00 Key Note speaker Dr. David Bird at Prince Charles Theatre

Sunday, May 12

- 6:00-6:30 Coffee & Muffins for sale at Casey's
- 6:30-10:30 7 Guided Birding Tours (meet at Casey's)
- 7:00-10:00 Birding with Ed McMackin, 2 tours: 7-8:30, 8:30-10:00
- 9:00-11:00 Fun & Active Outdoor Play for kids with facilitator
Kristina Leidums (meet at Millenium Park) Parent required +3
- 12:00-2:00 Spring Mushroom Foray with Tyson Ehlers
- 2:00-4:00 Mother's Day Paint and Pour with artist Brandy Dyer
at Baillie Grohman Estate Winery
- 12:00-3:00 Wine-down at Baillie Grohman Estate Winery

**Registration opens April 3 on line: www.crestonvalleybirds.ca
or at College of the Rockies 9-4 Monday-Friday**

7th Annual Bird Fest

BY CRESTON VALLEY BIRD FEST

Join us for the 7th Creston Valley Bird Fest May 10, 11 and 12th. See and identify the birds of the valley via kayak, bicycle, bus, or on foot. It is a fun-filled weekend outside for everyone.

New this year is a change of location. Bird Fest Central will occur at Casey's Community House. On Friday night, Gary Davidson will be presenting his worldly photographs at Casey's. Bus tours to Duck Lake to view Forster's terns and other species will follow.

Saturday is packed with events. Morning guided birding tours are followed by unique Creston-centric afternoon tours to the honey farm, the dairy farm, the Saskatoon farm, an historical town tour, a mushroom foray, kids events, and a photography workshop with Lyle Grisedale from Kimberley. Keynote speaker, Dr. David Bird, was recently awarded for his contributions to ornithology in Canada.

Sunday means more morning birding tours, a second mushroom foray, a wine-down, and a Mother's Day Paint and Pour at Baillie Grohman Estate winery.

There is something in nature for everyone at the Creston Valley Bird Fest. ♥

Registration is open now. For more information and to register online, visit: www.crestonvalleybirds.ca.



WENDY FRANZ

Sold a home? Know your tax obligations

(NC)

When you sell your own home (or principal residence) you usually don't have to pay tax on any profit from the sale. But what you might not know is that even if you are entitled to the principal residence exemption, you need to report the sale on your income tax and benefit return. This became mandatory in 2016.

It is also important to remember that on your tax return, you need to include income from property sales other than your principal residence. For example, if you sell a property you bought with the intention of re-selling it and you make a profit, your profit is taxable. If you bought a home to renovate and re-sell, or bought a pre-construction condo



unit to re-sell, your profit is also taxable. In the case of the sale of a secondary home, such as a cottage or a rental property, there are also tax implications. In some situations, this profit is considered business income; in other situations, it is considered to be a capital gain. There may also be GST/HST implications.

In recent years, the Canada Revenue Agency has increasingly been identifying cases where taxpayers did not report their income from real estate transactions. The penalties and

interest associated with unreported real estate sales can be substantial, so make sure you get some advice from a trusted source on how to report correctly if you are unsure.

If you didn't fully declare this income on a past tax return, the Voluntary Disclosures Program at the Canada Revenue Agency may give you a second chance to correct your tax affairs. Find out more at canada.ca/taxes-buy-real-estate-to-sell-for-profit. ♥

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Tips to help you through tax-filing season

(NC)

The April 30 deadline to get all your T-4s and T-3s in order is fast approaching. Here are some tips to help you avoid the headaches and sail through the process with ease:

Track your donations. If you donate to multiple registered charities throughout the year, including Amnesty International, then you're eligible to earn a bit of cash back on your annual income tax return. Donating to worthwhile causes,

while accruing money in return? Sounds like a win-win. But it's up to you to keep track of which organizations you help fund. An Excel spreadsheet or a simple list on your phone will help you remember.

Keep your receipts safe and easily accessible. It's not just about tracking your donations, but you also need the receipts to back up those claims. Start a tax folder in your desk to safely store paper receipts or an email folder for

electronic stubs.

Ask a professional. If your taxes are complicated or you find yourself getting stuck, then don't hesitate to contact an accountant for help. It's worth the extra cash to avoid making a mistake.

Be on time. You could be dinged if you're late for tax season. It's better to file early with missed paperwork, than to pay the costs of filing late. You can always request an adjustment if you discover that something is amiss. ♥

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Arts Council Celebrating 50 Years in Valley

BY BRIAN LAWRENCE

For five decades, the Creston Valley Arts Council has brought together artists of all kinds, whether painters or actors or musicians or authors — and everyone in between and beyond.

With its 50th anniversary this year, the organization is celebrating the milestone with a series of events highlighting the achievements of artists from Yahk to Riondel. The excitement began last summer, when a new office and gift shop opened in the Creston Valley Chamber of Commerce building, with a public art display in the hallway raising the council's profile.

"Because we wanted to become

more visible in the community, we needed a home," says arts council president Joanna Wilson. "The chamber of commerce was very supportive of having art."

It's a new chapter for the arts council, which was created in 1969 to support the arts. In the early years, a significant task of the arts council was the hosting of traveling art shows sent out by the provincial government, as well as pulling together an art show during the Creston Valley Blossom Festival.

"We'd go to all the artists and coerce them into putting up their stuff," says Dorothy Edwards, a quilter who served as secretary from 1972-1978. "I think it's more exciting right now. It's more about getting artists involved and getting art into the community."

In the mid-1970s, the arts council

owned a building that housed a studio and small performance space but sold it for \$7,000 near the end of Edwards' tenure. That venture may not have been a lasting one, but the Creston Christmas Art and Craft Market, launched with a slow start in 1977, proved to be a smashing success in the ensuing years, and now attracts hundreds of customers to see more than 60 vendors sharing their homemade and handmade creations.

"Art will flourish no matter what you do"

In general, though, the arts council doesn't organize events but rather offers community groups moral and financial support, by distributing funds from the BC Arts Council, Columbia Basin Trust, Town of Creston and

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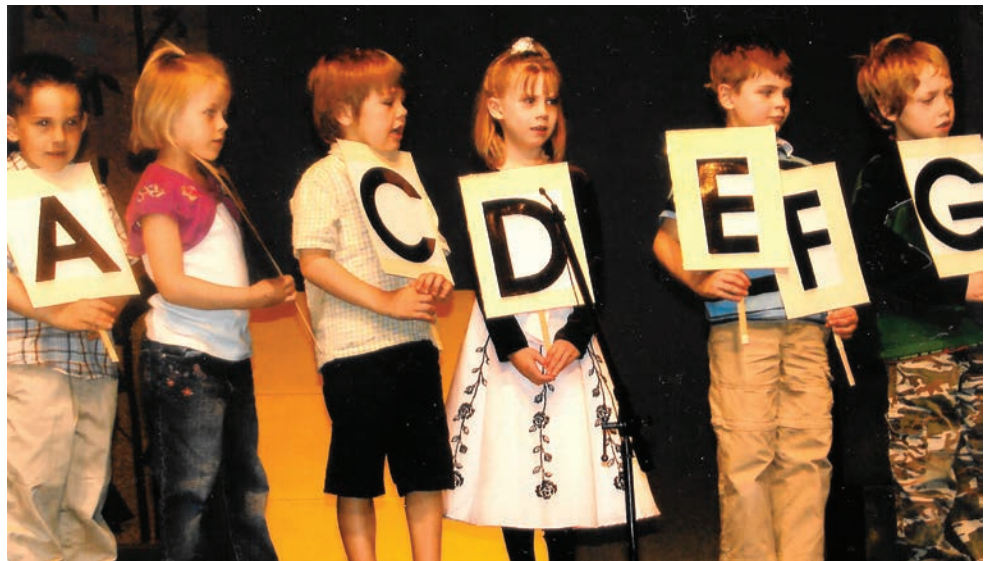
The division is open to anyone over the age of 50. Couples or individuals can sign up. If couples are signing up together, only one needs to be over 50 years old.

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email dkmoberg@hotmail.com



Running annually since 1986, the weeklong Focus on Youth arts festival has been co-sponsored by the Creston Valley Arts Council.

FRANK GOODSIR PHOTO



A grant from the Creston Valley Arts Council allowed Footlighters Theatre Society to create dresses for Elizabethan dancers for Shakespeare in the Park.
FRANK GOODSIR PHOTO

Regional District of Central Kootenay, among other funders.

Over the years, the arts council has co-sponsored Focus on Youth, a student performance and art showcase that has run annually since 1986, and the now-defunct Artwalk (1995-2014), and even sent volunteers to assist at Expo 86. It sponsors activities for Arts and Culture Week, a Teen Artwalk on the May long weekend, and works with the Creston Valley Public Library to maintain a rotating art display.

From the council's inception, a large performance venue was cited as a necessity for the community. It took the rebuilding of Prince Charles Secondary School after a 1980 fire for that dream to become reality, with the arts council

offering support to the Creston Community Auditorium Society.

"The school board wanted to build a general purpose room," says former president Frank Goodsir. "We raised the money to construct the 320-seat theatre we have today."

The 50th anniversary activities kicked off in November with a juried student fabric show, and continue in May, when the arts council teams up with Focus on Youth for Trash to Treasure, an art show that will feature a historical presentation about the arts council, as well as a "trashion" show on the opening night. Other special events are also planned, strengthening an already thriving arts community.

"Art will flourish no matter what you do," says Edwards. ♥



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Lynne Mizera, Mixed Media Artist

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This statement describes Lynne's level of commitment to creativity perfectly. As an artist and



teacher, Lynne has an in-depth relationship to colour, an openness to learning new ways to display the creativity in her mind, a love for sharing her wide breadth of artistic knowledge. She strives to empower her students to believe in themselves when it comes to creating art.

Lynne has had her work published in several magazines in Canada, the US and the UK, and she gravitates towards vibrant, bright colours and bold but simple layouts. Some of the magazines include Mixed Up Mag, Canadian Scrapbooker, Scrap N' Art Magazine, and the Crop N' Create Magazine.

Lynne has also brought her mixed media eye over to the fibre arts. She has experimented with needle felting and wet felting and has converted a few of her mixed media pieces into fibre.

"With one of my art journal pages up on the easel for inspiration I sat down to paint a canvas using wool fibres, and by combining my knowledge of painting techniques with my newly acquired needle felting skills my first wool painting, titled "Flowers In A Vase", was born. This piece came together so quickly and easily that I knew I wanted to make more and I found myself painting with wool more than with paint. Over the past few months I have completed six wool fibre paintings, each inspired by one of my mixed media pieces. I have two more pieces in the works and there is a wonderful new energy in my studio these days as I merge my newly discovered love of fibre with my passion for mixed media art." ♥

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

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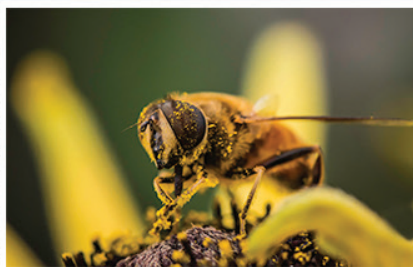


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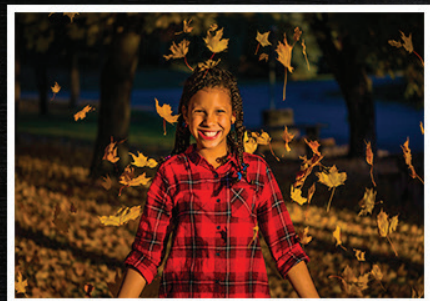
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Small cast, big drama in Footlighters play

BY FOOTLIGHTERS THEATRE SOCIETY

Modern Dysfunction may not have the smallest cast of any Footlighters Theatre Society production — that distinction belongs to the one-man Coffee's On from 2014 — but it is unique in another way: Its three cast members are also its directors.

"We were all willing to be pushed outside of our comfort zone"

Devan Coward, Brian Lawrence, and Simone Wiebe took on the challenge of both acting in and directing the play, a late addition to the 24th Footlighters season. Modern Dysfunction, which runs April 19 and 20, replaces a postponed production of the previously announced Two Wrong Don't Make A Play Right, which is planned to hit the stage later this spring.

"It's been a great opportunity to push our limits," says Wiebe. "Each of us has taken an active role in every part of the play, even scenes we're not in, which is rarely the case for an actor."

The plot follows an evening in the lives of Sara (played by Wiebe), her husband Darren (Coward) and her brother James (Lawrence), as unresolved issues, some recent and some years old, bubble to the surface. Bringing some deeply personal topics — such as pregnancy, fidelity and unrequited love — to life was a challenge, and each performer relied on the others to guide their progress.

"It was really a collaborative effort," says Coward. "We were all willing to be pushed outside of our comfort zone, which made it easier to develop our own characters, while also encouraging the others to explore theirs."

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"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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Brian Lawrence and Simone Wiebe in a rehearsal for the upcoming Footlighters Theatre Society production
DAN CAVERLY PHOTO

Modern Dysfunction is also a collaboration between Creston writers Jason Smith and Suzanne Chubb, who accepted the challenge

“We’ve all learned a lot through the process”

of custom-writing a play for the trio of actor-directors, who wanted a piece that allowed each significant offstage time in order to direct the others.

“Basically, they asked us to give them some ideas,” says Wiebe. “We did, and they took those and came up with a really dramatic play, with some very dynamic characters.”

With the characters firmly established before rehearsals even

began, the rehearsal process was a smooth one — even with three directors always in the room.

“It really came together as a cohesive whole — you won’t look at it and see a specific moment

that identifies a specific director,” says Lawrence. “We’ve all learned a lot through the process, and we brought out the best in each other’s performances.” ♥



Community production of *Modern Dysfunction*.

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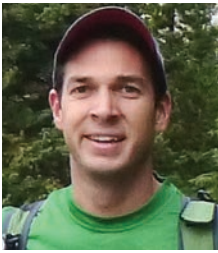
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The SI Joint: New Insights Continued

BY JESSE MORETON,
BScDC

As a sequel to last month's installment, we'll be continuing our discussion of sacroiliac (SI) joint problems. If you missed it, I discussed why SI joint problems are so common. Namely, because the SI joints are strained by (1) prolonged sitting and (2) strenuous lifting, twisting or pulling with a flexed spine. Suggestions were made to (1) sit less and (2) avoid lifting, twisting or pulling with the back flexed (bent forward). However, seeing as how this is the real world and no one can actually do those things, the balance of this article will deal with more practical advice. I'll go over a rest position and some strengthening exercises.

The best way to explain how the rest position works is by logic; if flexing or forward bending of the low back makes it worse then reversing the posture by extension should, in theory, make it better. And as I've discovered, in most cases it does. The idea is simply to rest on the floor with your upper body propped up by your elbows. Your stomach should be relaxed so that it's resting on the floor and your elbows directly underneath your shoulders to support your weight. The head, neck and upper back should be relaxed as well. If you've done yoga, think of it as a half-cobra position. If you've done rehab for a disc bulge or herniation, you may know it as a McKenzie

exercise. The idea is to let the back relax in hyperextension. It's the opposite movement to sitting: It takes the strain off overloaded joint structures and stretches them simultaneously.

When you assume this position it's not uncommon to feel a dull pressure. It's not pain and it's not a stretch sensation, but more of a relieving feeling. This is one of the best things you can do if you drive or do office work for a living. I use this position frequently after work or when I end up sinking into a couch for a while, as I am now. Usually, I suggest holding it for 3-5 minutes but if it feels good, it can be held longer. If it feels worse, listen to your body and get up.

What I find interesting about this position is that it was originally designed for people with disc problems. But with time and testing, I've realized it benefits people with SI problems almost as much. If you happen to have both SI and disc problems, you're covering both bases with one easy stretch.

Now, assuming you're not in an acute SI flare up, strengthening exercises are also very effective. Here again, these exercises weren't really designed for the SI joints, but because they strengthen the back to combat the strain of incessant sitting, they work too. They also protect the back when you inevitably lift, twist or pull in the flexed position. The general concept, like the rest position, is to work the back into extension. I'll name the exercises in order of increasing difficulty and let you Google them for better descriptions. YouTube has instruction videos as well. Here they are 1) Bird dog, 2) Dead bug, 3) Superman. You may want to add "exercise" at the end of those terms so as not to end up with pictures of dead bugs or reviews on the latest Superman movie. If you go to the gym, use the Roman chair. If you don't know where it is or how to use it, ask one of the attendants.

Bottom line: SI joint problems are typically caused by flexed positions (sitting, lifting, twisting or pulling) and relieved by extended positions like resting on your elbows and back extension exercises. All for this time! ♥

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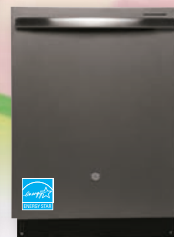


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