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Inside

It is so great to be back after a brief hiatus due to the COVID-19 pandemic! We are happy to report we are emerging slowly from our social distancing adventure healthy, and so eager to interact with people in person again, albeit cautiously. Summer 2020 will likely be a strange one, with events virtually non-existent, and typical vacations cancelled in order to meet health recommendations. We hope everyone will take this opportunity to explore all there is to be found in our amazing Valley! We know we are excited to find even more reasons to love Creston as we spend the summer close to home.

One place we will be visiting this summer is the Red Bird Winery, by appointment and with social distancing in mind, obviously. The Winery has not been completely unscathed by the COVID-19 restrictions, however, is a great example of a business making the best of a challenging situation to expand their offer online, having introduced their Wine Club for the first time.

The team at the Creston Museum has been hard at work finding innovative ways to allow social distancing for visitors, while still sharing the history of our community. This has got them researching even more than normal, resulting in some interesting comparisons between the power of the dollar in 1920 and today.

While restrictions due to the COVID-19 pandemic may have put a damper on

the planned celebration, the Creston Community Park, which features a skate and bike park among other amenities, has opened! Mayor Ron Toyota reflects on the letter received in 2015.

If you are like so many others, your work location may have shifted from the traditional workplace to the home office. Katie-Faye Jenkins shares simple hacks for making the most of your workspace.

Chief Louie reminds us we are not alone through the COVID-19 crisis, and shares some of the impacts he has personally felt recently.

Mel at Fly in the Fibre focuses on the positives she has encountered as a small business owner and resident of Creston. From the support of those choosing to buy local, the surge of aid and goodwill provided to those in need, the COVID-19 pandemic seems to have put a spotlight on the good of this community once again.

It seems no industry has been left unscathed by the shutdowns created by COVID-19, and the agriculture industry is no exception. Although deemed essential, food supply was impacted in ways we could not have imagined with the closure of two major meat packing plants in Alberta. On the positive end of the scale, home gardens seem to be making a major comeback. This month's Ag Aware article speaks to the impact the pandemic has had on many aspects of the agriculture industry.

As we look towards summer 2020, and try to make sense of the state of the world today, we wish you an amazing summer season, and hope we will run into you (at a safe distance!) as we all explore our own backyard this summer. ♥

Feature

05 Red Bird Winery A family affair



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Red Bird Winery

The Idea That Didn't Go Away

BY AMANDA MURRAY

PHOTOS BY DENNIS CHARLES (LIT PHOTO/VIDEO)

When Shannon and Rémi Cardinal began looking for a location to build their own winery, Creston wasn't the place they intended to end up. Having traveled and visited vineyards and wineries in Eastern Canada and France, the idea was born to open their own winery. After several years spent looking at

properties that just didn't fit what they wanted to create, the couple found the perfect place, a former Bed and Breakfast in the Creston Valley. Seeing the potential in the fruit, the climate and the lifestyle, they purchased the property that would become Red Bird Winery, and haven't looked back.

Feature Story

With their then five-month-old daughter in tow, Shannon and Rémi moved into new home, with their and got to work learning everything they could about making wine, preparing to build their dream. Six years later, the winery is clearly a family affair. Approaching the tasting room attached to the house, the striking view of the vineyards and the mountains is accented by two children's bikes leaned against the house. Their daughter Zoe is now six years old, and has a knack for tasting the grapes, able to distinguish flavours and nuances as well as her parents. Four year old William loves to help as well, even with tasks a little dirtier than grape tasting, and Rémi and Shannon try to involve the kids in the work whenever possible.

The pride and passion in their product are obvious as the couple speaks about the joy they get from the wine making process, from squishing the grapes, to putting it into the bottle. Their personalities show in all aspects of the business, and especially in this year's labels, with Rémi's handwriting featured on every label, and a different red bird on each of their four wines, not only reflecting the their last name, Cardinal, but also their appreciation for the area, as each of the birds can be found at the winery throughout the year. The label art was designed by a local artist and demonstrates the couple's love for the community they now call home. Not only a great climate for growing grapes, the family also enjoys recreating in the Valley,

enjoying the green mountains, and the nearby Kootenay Lake. They found the perfect environment for mountain biking, skiing, and hunting, a little play to counter the work of running the business.

Shannon and Rémi have found a place in the Creston Valley wine market with wines that meet the middle ground, not too sweet and not too dry. Their wines are fresh, crisp and full of flavours, and meet the couple's

goals of making the best wines possible with the fruit they grow here. Their current releases include a Gewurztraminer, a Pinot Gris, a Rosé perfect for summer, and their Atelier Red, featuring flavours of caramel, red fruit, vanilla and spice. "Atelier" is French for small shop or studio, which really represents what Shannon and Rémi would like the winery to become. The goal is to stay small enough to keep the personal touch in their business, and to allow themselves room to grow organically at their own pace. With one employee in addition to themselves, Shannon and Rémi say the winery is just the right size for the time being. Small enough to be hands on, and large enough to keep them busy year-round.



As with so many businesses these past few months, Shannon and Rémi have been impacted by the restrictions of the COVID-19 pandemic. Normally, they would spend weekends in the summer travelling from Farmers' Market to Farmers' Market throughout the Kootenays, allowing a broader audience to taste and purchase their wine. With

Feature Story

COVID-19 impacts this year bringing a halt to wine events and public tastings, the couple have taken the opportunity to expand their online presence. They are still attending certain Farmers' Markets in the Kootenays, although not to the degree they have in past years. They have also introduced their Wine Club for 2020, a twice per year delivery of twelve bottles of Red Bird

"The goal is to stay small enough to keep the personal touch in their business, and to allow themselves room to grow organically at their own pace."

wines tailored to the season in which they are delivered. Staying close to home has meant they can be on-site at the winery more, allowing for some experimentation with more natural growing techniques, focusing on being gentle with the land. Taking this time to play may mean additions to their wine selection in the near future, which

would be perfect to sample in the new tasting room they've been working on.

Speaking to Shannon and Rémi, it is clear they are business-minded, passionate, and eager to learn and test new things. Their personalities shine through in their wines and their packaging, and they are a great addition to the wine industry in the Creston Valley. ♥

Red Bird Winery wines can be found for purchase by the bottle at the Creston Valley Farmers' Market, the Creston Liquor Store and by appointment at the Winery. Red Bird Winery Wine Club membership can be obtained at redbirdwine.com.



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From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Our Creston Community Park

On May 15, 2015, I received a very respectful and well written letter from four community minded Grade 7 students attending ARES (Adam Robertson Elementary School) inquiring about the possibility of developing a new skate park. They felt strongly that although there had been many positive improvements to the Town in the last number of years, amenities for the “younger people were being left out”. Here is an excerpt from that letter: “Recently, we went to Cranbrook to use their skate and

“I also have it on good authority that the bowl is particularly awesome and is the best in the Kootenays”

bike park. We were able to stay there for five hours without getting bored. If Creston was able to have an expanded version of its current skate park then more teens would have a safer place to bike”. Today, five years later, I would like to thank these young gentlemen (three of whom are part of the PCSS 2020 graduating class) for this letter. It formed a part of the June 23, 2015 Council agenda package and was the catalyst for the development of the new skate park which is now a prominent feature in the new Creston

Community Park!

As an RDCK Director representing the Town of Creston, I am very pleased that the Creston Community Park project which includes a reconstructed skate park, accessible walkways and seating area for spectators, and a picnic/civic space with seating for social and community gatherings has been completed. Other features include a revitalized playground, horseshoe pits, beach volleyball courts, pickleball courts, a multipurpose basketball court, and upgrades to lighting,

landscaping, parking areas and pathways as well as enhancements to accessibility between the indoor and outdoor amenities of the Creston & District Community Complex.

From 2015 to the project's completion in 2019, there have been numerous skate park assessment meetings, request for proposals for designs, public consultation, open house planning sessions and grant applications submitted. In March 2018, the RDCK staff were pleasantly advised that the \$3.1 million grant application for the Creston Community Park was approved. The skate park and surrounding amenities are the result of a collaborative design process

between VDZ Landscape Design and New Line Skateparks. Border Holdings led the construction on the rest of the Community Park infrastructure (the majority of which was completed by November 2019) and the results are truly breathtaking.

Some of the features that the boys mentioned that would be, “fun and useful” for a new skate and bike park included “a large bowl, multiple levels of stairs, grinds, step ups, boxes, half pipes, quarter pipes, and a drop off”. Well, my “sk8 sources” tell me that the new skate park features a multilevel bowl complete with pool coping and hips. There is also a street section with a variety of stairs, quarter pipes, ledges, rails, manual pads, and transitions. I also have it on good authority that the bowl is particularly awesome and is the best in the Kootenays!

Before the COVID-19 pandemic, there was an official opening ceremony for the Creston Community Park that was planned for June 2020. Given that we currently can not have gatherings of more than 50 people, we obviously are not able to proceed with the official ceremony as planned. However, this should not stop us all from celebrating this remarkable achievement and magnificent addition to our community.

Andre, Jacob, Kyle and Travis – congratulations to you and your fellow graduating class. We wish you all the best in your future endeavours! You may not have known that your letter would be

the spark of this truly community initiative, but I hope that you are as proud of yourselves as this community is of you and this project!



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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10 MINUTES TO DISASTER

Please leave pets at home



Cars become ovens

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

How pets stay cool

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

Getting help

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

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

The risk is real

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

Heatstroke symptoms

Heatstroke symptoms include:

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

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

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

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

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Managing through the COVID-19 Crisis

Ki'suk kyukyit (greetings). In mid-March, the country and world changed in a way that I could not even imagine. The way we do things changed. The way we live changed. The Lower Kootenay Band closed our offices due to COVID-19. We closed our Band Operated School for the safety of our children, teachers, and community. Our beloved Ainsworth Hot Springs remains closed and we are not certain as to when we will reopen or what being open will look like.

Despite the LKB Administration Office being closed to the public we found creative ways to not have a stoppage in services to LKB members. It was, and is, difficult to operate, but much of what the Lower Kootenay Band does is deliver services to our citizens. The system that we have in place is far from perfect, but we must find resilience during this current crisis.

As a child, much of our time was spent harvesting wild game. Everything from ducks, geese, to grouse and pheasant. We harvested deer, elk, and moose as well. I will say with much honesty that on many of those hunts I was not happy to be there. I was not happy hiking for miles in the snow or rain. I was not happy feeling the frigid temperatures, but I knew that if we did not hunt, we did not eat. We

hunted for community first and then ourselves. There were times that I was resentful, as after the harvest we would be left with a couple of steaks and maybe a roast. It is tradition and an expectation that we hunt for community. This is an expectation of a young Ktunaxa man to hunt for the people. This is when the concept of servant leadership began and remains with me today.

When it began apparent that COVID-19 was a crisis, many went to the extreme with panic purchasing, and many grocery store shelves were empty. This was a signal to me that at the moment there wasn't enough food to go around. The teachings of a hunter were needed now more than ever. What I once did not look forward to (hunting) was now what was needed to put food on the table. Although LKB's hunters are a small group, we reverted back to what we grew up with and began harvesting wild game and building up the community's food stores.

On my first outing I wounded an elk and it was trying to swim the Kootenay River. Keep in mind this was late March and the weather was far from warm. Our hunting party had to then retrieve the elk from the cold waters of the river. This was the community's food. This was now about survival. We did what we had to do and retrieved the elk from the water.

My job now looks so different from what it once was before. One day, I'm retrieving an elk from the Kootenay River, the next day, I am applying for emergency funding for the Lower Kootenay Band Community. There is no longer a concept of days for me. Each day seems the same. Ever have that feeling of a weekend or a long weekend? There's a feeling associated with that. A Friday used to just feel like a Friday and a Saturday just felt like a Saturday. That feeling no longer exists. Every day just feels like a continuation from the previous day to me.

There are also the physiological affects of this COVID-19 crisis. Going out into public causes much anxiety and frustration. I was already dealing with issues of Post Traumatic Stress Disorder, this crisis has just added another layer of mental health issues. My fear of large crowds has intensified. My anger rises if someone in public gets too close to me. Going out now has a new definition. Going out on the town now means going to the grocery store.

My circle of human interaction consists of my wife, child, and grandson, and a select few at work. When we do see an end to this crisis, there will be a lot to deal with. How will society undo what has been ingrained into our actions and thinking? How will we get out of this survival mode? Only time will tell.

The Canadian Governments mandatory closure of business and services was done in an attempt to "flatten the curve", which I totally see is working as British Columbia's COVID-19 numbers are slowly declining. The closures of businesses

Lower Kootenay

are having a negative affect on our economy. It will take much time for the economy to recover from this crisis, and sadly, some businesses may not be able to bounce back from COVID's devastating blow.

I have come to despise the catch phrase "the new normal". Please if at all possible, do not use that phrase, as there is nothing normal to what is happening in our world. I do want to extend well wishes and encouragement to you all to keep fighting the good fight. If at times you may feel alone, know that you are not alone. Please reach out for help if on some days you aren't coping well. We have no choice but to fight to survive. Giving up cannot be an option. No one must be left behind.

This crisis is far from over. There will be many trying days ahead. Let this be the test of true Canadian values. Let us all be on the right side of history as these days are remembered, let the history be many Canadians stepped

up and extended their hands to each other in the spirit of humanity. Let it be that we loved our neighbours and we made sure that no one went without.

With that I wish you all well. Be strong, be vigilant, and do everything you can to protect yourselves from this deadly virus. TAXAS. ♥

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

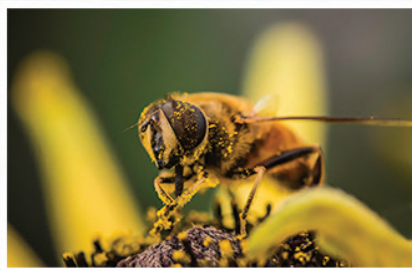
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Buying power: then and now

BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

Did you know the Museum is open again? We are: Tuesday to Saturday, 10:00 to 4:00. Moving to an almost-entirely hands-off, self-guided format to meet new social distancing guidelines has meant coming up with all sorts of fun new ways to help you explore the community stories and the objects on display. So we're preparing a lot of new signage for the exhibits. And the best part of that is: it's giving us plenty of excuses to dive into research projects...and you know how much I like that!

I've been tackling our General Store display. The general stores were not only a source of goods, they also reflected the community's prosperity and stability; provided an important

link to the world through newspapers, telephone exchanges and post office services, and the opportunity to visit with neighbours and acquaintances; and offered additional services for their customers. Bill Crawford, the owner of the Creston Mercantile, was a notary public; Murdoch McLeod, Creston's favourite travelling optometrist, often set up temporary shop in one store or another.

In many respects, none of that has changed. The types of products sold in a general store hasn't really changed all that much, either, if you ignore the frozen and prepared foods: the general stores in 1920 sold everything from clothing to groceries, just as Pealow's does today. Even the brands haven't changed. You'll see Rogers and Robin Hood, Nabob and Tetley's, and half a dozen other modern-day brands represented amongst the tins on the

shelves of the Museum's General Store exhibit.

But what about the prices?

I noted all the prices I could find in 1920 newspaper ads from Mawson's, S.A. Speers, and the Mercantile in Creston, Butterfield's store in Wynndel, and even the Creston Fruit Growers Union. Then I took a little field trip across the street to Save-On Foods to do a comparison. That took quite a bit longer than I'd expected – when you're wandering around a grocery store with a clipboard and encounter people who know you don't work there, they get really curious. Boy, did we have some interesting conversations about how prices have changed!

This comparison was not as straightforward as it might seem. For one thing, not all 1920 products have a modern-day equivalent. For example, what kind of soap was the Sunlight that sold for 40c a package in 1920? It might have been the cake-style soap, similar to the bars of Ivory we have today (though that's being rapidly supplanted by liquid soap in pump dispensers), but more likely it was a box of powdered all-purpose soap. The closest equivalent I could find was powdered laundry detergent (also going the way of the dinosaur).

Another challenge is the size. How does one compare the 10-pound pail of Rogers Syrup (\$1.75 in 1920) to the 750ml bottle of it today (\$5.79)? And sometimes the quantities are so very different as to make any comparison laughable: the only 1920 price I found for potatoes was from Sam Speers, who was selling them for \$80 a ton! Who buys a ton of potatoes at a time?

Nevertheless, I did manage to find fairly good comparative prices for



Speers Store: One of the only images we have of the interior of a local store: the Speers Store, about 1917, located below the tracks opposite the Kokanee Inn. Sam Speers is the gentleman in the light suit; Vic Mawson, who within a year or so would open his own store, is the young man behind the counter on the right.

History

forty-three items, ranging from Baked Beans to Vienna Sausage. With a few adjustments to make quantities comparable (dividing the cost of a 98-pound sack of flour, for example, to compare it to the 10kg ones we have today), buying one package or quantity of everything on my list would cost you \$25.81 in 1920, and \$259.68 today.

That just tells us that prices have increased in the past hundred years – and we knew that already. But how does that compare to wages? Just for fun, while I was at it, I made note of the few mentions of wages and salaries from the 1920 newspapers.

Women and girls “enjoyed” a minimum wage of \$12.75 per week, which translates to a daily wage of \$2.32, assuming five-and-a-half days per week (Sundays and Wednesday afternoons off, if they worked in retail). At the other end of the scale were railway engineers, who pulled in as much as \$250 per month, or more than \$8 per day (even more if you factor in days off, but I have no idea what kind of a schedule your typical railway engineer might have worked).

Wages for workers in lumber camps ranged from \$3.50 to \$4.00 per day. If you have a group of one person in each of the eleven occupations I found salary information for, you get an average daily salary of \$4.97 – though that would hardly be accurate for the population as a whole, because there would be many lumberjacks and retail clerks and only one, say, superintendent of Camp Lister (who made \$200 per month). But, for simplicity’s sake, let’s go with it.

So that list of forty-three grocery items would cost just over five days’ pay in 1920. Today, if we assume \$15 per hour for eight hours work, that same shopping list is the equivalent of 2.16 days of work. Mind you, many of the items on that list, like steak sauce, macaroni, or canned salmon, were luxury items in 1920, whereas today they’re more like essentials; and the eggs, milk, ketchup, pickles, and canned peas are things many people would have produced themselves in 1920 instead of buying.

Nevertheless, if this one little snapshot is anything to go by, grocery prices would seem to have dropped compared

to wages over the past century. But I don’t think we can say that wages go further today in general. An acre of land in the area around Adam Robertson School sold for as little as \$520 in 1920; a quick Google search turned up property values for empty lots today that start at \$100,000 per acre and go up rapidly from there. So, a century ago, you could buy an acre for 104 days’ worth of wages; today, you’ll be working for at least 833 days to buy that same lot. And the kind folks over at Kokanee Ford told me that a base-model Ford Fusion will set you back 237 days’ pay (\$28,485), whereas the “standard runabout” that Mr. Bevan was advertising at his Ford garage in 1920 was only 143 days’ pay (\$710).

To be fair, though, the Fusion has a starter; you’d have to crank the runabout.


The entire list of forty-three price comparisons is now a part of the General Store display at the Creston Museum – come on down to check it out! ♥

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

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*It has been said
"If we don't have it,
You don't need it"*

Support for businesses to re-open, modify operations

Columbia Basin Trust adjusts four programs to meet evolving needs

(COLUMBIA BASIN)

Businesses, social enterprises and the workforce in the Columbia Basin now have access to even more support to help them in these challenging times. In response to ongoing COVID-19-related developments—including the re-opening of many businesses—Columbia Basin Trust is expanding the ways it can help people and businesses move forward.

“The current phase of the provincial government’s restart plan has introduced new requirements with public health and safety as the priority,” said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. “To help the region’s businesses and workforce navigate these changes, we are adjusting our programs and services to provide relevant support, such as low-interest loans to help with modifications to business operations, free advice on how to become more tech-savvy, wage subsidies to hire summer students, and support for

short-term training.”

The Trust has revised four programs:

Small Business Working Capital Loans: These loans provide working capital and operating funds to help small businesses and social enterprises adapt to the new re-opening requirements. The low-interest loans can now be used for capital expenses, such as equipment needed for re-opening, and the maximum loan amount has increased to \$40,000. Applicants may now apply even if they have received funding from other programs. The financing can also be used for items like rent, wages, inventory, renovations and personal protective equipment. Learn more at ourtrust.org/wcloans.

Basin Business Advisors: This program is putting an emphasis on helping small- and medium-sized businesses, including social enterprises, become more tech-savvy. This is in addition to its ongoing goal of making businesses stronger through free, confidential, one-to-one business advisement. For example, a business might need

to increase their online presence, develop an e-commerce website, create a digital marketing plan, move to cloud based file management or boost manufacturing productivity. This program is delivered by Community Futures. Learn more at bbaprogram.ca.

Summer Works: The Trust is increasing the number of small businesses that can receive wage subsidies to hire students. Although the program had already closed for the 2020 summer season, it is being re-opened to accept applications as of June 5, 2020. Administered by College of the Rockies, this program provides wage subsidies to help small businesses hire high school and post-secondary students, in part-time or full-time positions, over the summer. Learn more at ourtrust.org/summerworks.

Training Fee Support: This program helps unemployed and underemployed people take short-term courses, online or in-person, that help them secure employment. Now, even more people will be eligible. This includes self-employed people, plus workers who have been temporarily laid off, have had their hours reduced or need to diversify their skills to adapt to businesses that have modified their products or services due to COVID-19. People can now access \$1,000, up from \$800. The program can also support up to \$7,500 of training costs for Specialized Skills Training, now including early childhood, health care and agriculture related certification. ❤️

Learn more at ourtrust.org/tfs.

The Trust has also increased assistance through existing programs like the Impact Investment Fund, Basin RevUP and the Career Internship Program. See all the resources and support available at ourtrust.org/covid19 or call 1.800.505.8998.



Columbia Basin Trust is expanding the ways it can help people and businesses move forward in response to ongoing COVID-related developments.



CONGRATULATIONS CLASS OF 2020!

Dear 2020 Creston Valley Graduates,

The last few months have been ones filled with change and uncertainty. As a community, what carries us through these challenging times is hope for a brighter future. The best representation we have of that hope is YOU – our graduating class of 2020.

Graduates of 2020, what an adventure the last months of your high school career have been! From finishing your last classes virtually, and not being able to participate alongside your peers in typical end of high school extracurricular activities and last high school experiences, we know it hasn't been easy. We are so proud of each and every one of you for persevering, adapting, and showing us all what it means to be resilient in these uncharted times. You – the graduating class of 2020 – truly embody the grace and spirit of our wonderful community.

I was elected Mayor of the Town of Creston in 2008, the year most of you started Grade 1, and we have grown together. I have met a number of you in person throughout your elementary and high school years, and it has truly been my pleasure to see you blossom into the incredible young people you are today.

Though your graduation comes without the typical ceremony, we want you to know that your accomplishments and successes are still being celebrated by our community. We wish you the best of luck as you stand at the close of this chapter, and the beginning of a new one, bright and full of possibilities.

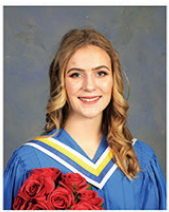
On behalf of myself and Council, congratulations
Grads of 2020!

A handwritten signature in black ink, appearing to read 'Ron Toyota'.

Mayor Ron Toyota

CRESTON  VALLEY

TOWN of CRESTON



JESSA
ADAMS



DEEJAY
ALDRICH



GAGE
ANDROSHAK



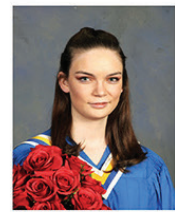
COLTEN
ANDRUCHIW



ANDRE
BEAUCHER



CORA
BLACKMORE



KATE
BLACKMORE



MASON
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AIDEN
BOOTS



DEVON
BRADFORD



DAKOTA
CAMIRE



DENTON
CHATWIN



KAYSIE
COOKE



MARTEESHA
COOKE



ASHLEY
DAIGNAULT



SIOBHAN
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LEXIE
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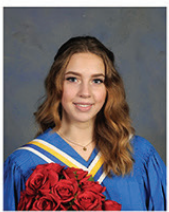
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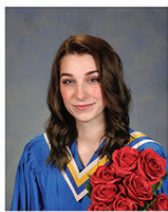
VIN
JACKSON



JASMINE
JOHANSON



ANNA
KNUDSEN



KATYRA
LAM



ANGEL
LEE



AIDAN
MADSEN



BREE
MANN



EMILY
MCINTOSH



JANICE
PALMER



TANYA
PALMER



ZANNA
PALMER



WYATT
PAWELKO



ISAIAH
PERSAD



ANDREW
PHILLIPS



ZEPHANIA
POMERLEAU



KYLE
QUALTIERI

NOT PICTURED:
TRINITY ANTRAM
NED BLACKMORE
PAUL BLACKMORE
RAINAH BURGESS
JEREMY CHARMAN
DENVER GROENHUYSEN
JAYKE GROENHUYSEN



NZINGA
SMITH



TRAVIS
STEED



MORGAN
STEVENS



ABBI
STEWART



EMILY
STRATTON

Prince

Secondary

Class of



MASON
BLACKMORE



NATALIE
BLACKMORE



NOAH
BLACKMORE



NOEL
BLACKMORE



NORMAN
BLACKMORE



SHILO
BLACKMORE



TAYA
BLACKMORE



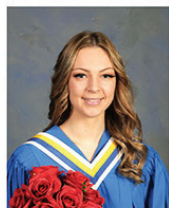
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BLOODWORTH



SIOBHAN
DAVIES



EVANS
DAYBELL-CHAMBERS



JORDAN
DORTMAN



JUSTIN
DYCK



SAVANNA
ENDICOTT



CHASE
FAULKS



JACOB
FEHR



PATRICK
FERRIS

Charles ry School

of 2020



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GORHAM



JAYDEN
GRILLS



KADEN
HANSON



CAILAN
JONES



ALLISON
JURIS



LORRAINE
KEATE



KIMBERLY
KEPKE



DA YOUNG
KIM



KALEIGH
MICKELSON



AURORA
MOORE



ANNA
MORGAN



SIMRAN
MUNDI



JAYDEN
OLER



CARSON
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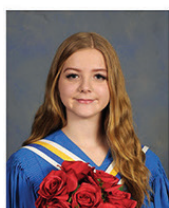
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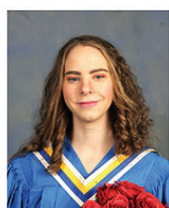
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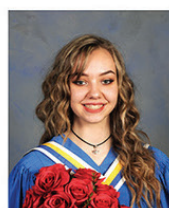
JORDYN
TATEYAMA



FINLEY PETER
VALENCIA



REBECCA
WIENS



KORENA
ZIOLA

TYTAN JOHNSON
ZACHARY JOHNSON
MALCOLM KEITH
TIANA KEITH
MYLES OLER
CLYDE PALMER
ADE PARK
KENDELLE TOLAND



The impacts on COVID-19 on the agriculture industry

Who would have ever imagined the chaos that the world would be in just a few months ago? Safe to say most people have been impacted in some way. Hopefully the worst is behind us, and a “second wave” is not still to come.

While it took some time, it was not surprising that the “essential service” declaration was put on our agriculture industry, food supply and all businesses connected to it. Of course our food supply is essential!

What was surprising was where the weak links in the food chain really are. The biggest weak link and the most damaging to our economy was the temporary shut downs of the major beef packing plants in Alberta. That 85-90% of all beef processed in Canada goes through these two facilities was definitely a problem when workers got sick and the plants had to shut down for a time. While some stores ran short of beef on the shelves, the bigger problem was the backup of live animals in feedlots and on farms across this country. While they are up and running again, it will take some time for this to come back to a balanced flow again.

Another problem area for some farmers was the shortage of farm labour available when many of the Temporary Foreign workers that come to Canada each year were unable to get here. These foreign workers are willing, able, and trained in doing the work that many of our fellow Canadians will not do. You can't expect persons that are unfamiliar with the tasks or equipment to just show up and do what is required. While our national unemployment rate was/is at extremely high numbers, bringing in these workers is still very important to getting many tasks done on time.

Other unexpected situations that

arose in the past few months was the shortages of flour and yeast for bread baking, and also the shortage of garden seeds when people decided to plant gardens this year. Seed suppliers were sold out early. Hopefully all these gardens grow well and people will find pleasure and reward in growing some of their own food. My own garden kind of turned into a “community” garden and is fence-to-fence full this year. Along with gardens, many people are raising chickens this year. Many for the first time as well, some for eggs, some for meat. At times this spring, getting chicks when you wanted them was difficult, as the hatcheries were backed up due to increased demand. You will likely also be on a waiting list for local meat or to get them processed, but beef, pork, poultry and lamb are all available from area farmers.

We are blessed to be in a fertile, diverse agriculture area. Nobody is going to go hungry from a lack of available food. As we are now into summer, the variety of fruit, vegetables, meat, and dairy products is plentiful. Maybe the next shortages will be canning jars and lids or maybe freezers. Knowledge from the older generations in home preserving and cooking should be in good demand as well.

Our awesome farmers market is up and running with a great number of vendors every Saturday. Yes, there are rules and restrictions that are new, but our local “food entrepreneurs” are working hard to have a great supply for us this year. Please give them your support.

Unfortunately, the one link in the food chain most adversely impacted across the country has been the restaurant sector. As many were forced

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to close many weeks ago, the supply of various food items backed up quite quickly. Potatoes for French fries along with milk and cream most notably. While some restaurants are/were able to run as drive-throughs or take-out only facilities, not all could, and had to close totally. Even as rules relax for businesses to open, many restaurants still may not be able to comply with the social distancing requirements due to size, location, or their layout. Hopefully most will weather this pandemic and will reopen, but sadly, not all will. Give them your support as

well when you can.

One more agriculture related casualty of the pandemic this year is the cancellation of our annual Fall Fair. With no glimmer of hope in being able to hold large gatherings of people like we get at the Fair, there was no choice but to join all the other Fairs around the province and the country in taking this year off. The last time Creston didn't have a Fall Fair was 1969-71, when the current community complex was being built and no facility was available. Plans are

underway to resume the Fair again in September of 2021.

Time to get out and enjoy a Creston Valley summer! Observe the crops and livestock that are growing like they always do. Harvesting of some are underway. Watch out for tractors and farm equipment on our area roads. This year many more people are more concerned about their food security. Agriculture is suddenly more "important". That is a good thing! There is no better time to be Ag Aware. ♥

Thank you for the many years of friendship and support!

Upon his return from duty as a veteran of the Great War a gentleman by the name of F. O Blake began producing seed on Vancouver Island. In 1921 he formed Sunset Seed Co. Ltd. In the late 1930s another veteran Stephan R. Heal began working with pea seed and in 1937 in conjunction with a couple of investors, established The B. C. Pea Growers Ltd.

In about 1941 the latter company purchased Sunset Seed and as part of the expansion established, with the aid of local investors, a facility in Creston. Initially this was for seed production but in short time feed was being produced in addition to supplying local growers with their necessities.

It is with regret that in this 100th year since Sunset Seed began operating that I feel compelled to end our company's service. I am the remaining active member of this branch of our family's endeavours

(though several cousins remain active with other related pursuits). After over 40 years I have reached the point where my body does not always obey my commands and my health is less than ideal. I feel it is better to arrange an orderly closure rather than what might ensue if I were unable to continue in any capacity.

It is my intent to continue operating over the next several months and give our many wonderful customers the time required to arrange other sources of supply and gradually reduce our inventories over that time before we have a final liquidation. As much as possible we shall continue taking special orders during this time.

I feel blessed by my career choice. I have had my fair share of tears and challenges but more than my share of laughter and satisfaction. I have over the decades dealt with many wonderful suppliers, customers and, yes, competitors. I have been mentored and supported by an

incredible array of colleagues and employees over the years and I thank them all.

With best regards and thanks. ♥

Farewell & Thank you!

We would like to take this time to thank each of you for your friendship and support over years.

We regret to inform you we will be closing our door. We will remain open through the summer and will be doing our best for special requests.

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Saturday 9:00 to 5:00, Closed Sunday.

Creston Valley mobilizes partners to support local agriculture businesses

BY AARON GREGORY

Essential migrant farm workers in Creston Valley will have safe accommodations that protect them and the community from the risks of COVID-19 this fruit picking season.

The Creston Valley - Kootenay Lake Economic Action Partnership is establishing a camp for Canadian migrant farm workers as part of a COVID-19 Agriculture Response Strategy. The strategy focuses on supporting industry to interpret, adopt and communicate the necessary health precautions to safeguard employee and public health.

The Economic Action Partnership is an alliance between the Town of Creston, Regional District of Central Kootenay

Areas A, B and C, Lower Kootenay Band and Kootenay Employment Services. It is managed by Factor 5, an award-winning social enterprise designed to co-create sustainable communities through economic development expertise and services.

On April 6, the Partnership hosted an Agriculture Roundtable to identify emerging challenges, and it became clear that ensuring a healthy workforce was the top priority.

Working with a broad range of agriculture industry leaders and with financial support from the BC Ministry of Agriculture, the Economic Action Partnership is taking a two-pronged approach to addressing workforce challenges.

“On one hand, we are providing support to the Fields Forward Society to work directly with farms and orchardists to interpret and adopt provincial health guidelines. On the other hand, we are operating a migrant worker camp to ensure that essential workers have a safe place to stay and that appropriate health procedures are in place to safeguard public health” said Factor 5 CEO, Eric Burton.

Migrant workers not having accommodations and having to camp by the river has been a long-standing problem made worse by COVID-19. “This has been an important topic that local government has been working on over a number of years. Thanks to the Partnership, Fields Forward, the Province and local farmers have mobilized quickly to address these key challenges to mitigate the risks of COVID-19,” said Jen Comer, Councillor of the Town of Creston.

Area A Director and Chair of the Partnership Garry Jackman is hopeful that this immediate response will not only lead to a healthy growing season amidst the pandemic but foster long-term relationship building resulting in sustainable solutions.

“This approach may lead to a better long-term strategy for housing migrant agricultural workers provided there is adequate buy in from the local producers to create a sustainable model.”

Over the summer, the Partnership will also be leading other economic recovery initiatives including tourism development and marketing, e-commerce development and a “Show Local Love” buy local campaign. ♥

For more information contact:
Aaron Gregory
Community Economic Development Coordinator
Creston Valley-Kootenay Lake Economic Action Partnership
250-402-3561
aaron@factor5group.com

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MLA Mungall says more locally-raised meat will be available in the Kootenays

SUBMITTED

NELSON – New Democrat MLA Michelle Mungall says that more people will have access to locally-raised meat in the Kootenays thanks to changes made by the Province.

“Today’s announcement is good news for Kootenay farmers, producers, and everyone in our region who will be able to enjoy more local, sustainable food,” said Mungall, MLA for Nelson-Creston. “I’m proud of the work that our government has done in collaboration with local partners to make this important change.”

The updated Meat Inspection Regulation now allows Class D licences in Electoral Area D of the Regional District of Central Kootenay, as well as areas of the Alberni Valley and the Fraser-Fort

George region, and encourages the growing “farm-to-fork” trend in many B.C. communities. Class D licence holders are permitted to conduct the on-farm slaughter of up to 25 animal units for direct sale to consumers or retail outlets like restaurants and meat shops in the region where the meat was slaughtered.

MLA Mungall says these changes follow consultations by the Ministry of Agriculture and the direction of the Select Standing Committee on Agriculture, Fish and Food’s September 2018 report which recommended more support for B.C.’s local meat production and processing industries while promoting the interests of local producers, processors, retailers, and consumers.

The BC NDP government continues to consult with

ranchers, abattoir operators, local governments and other stakeholders to review and improve the province’s rural slaughter capacity, and support more opportunities for the production and sales of locally raised meat products in B.C.



Learn More: <https://news.gov.bc.ca/22377>



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GETTING TO KNOW THE WORK

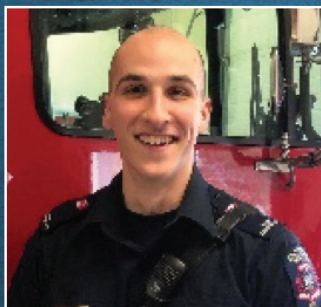


Work Experience Program (WEP)

Start Date: November 4, 2019

End Date: October 31, 2020

WEP fire fighters do daily station duties at Creston, Canyon/Lister, Wynndel and West Creston fire halls & perform training Monday thru Friday 08:00 – 17:00. They are scheduled w/ other Paid On-Call Firefighters for On-Call shifts during evenings & weekends. The WEP firefighters will attend over 200 incidents on average and 200 or more hours of extra training on weekends & evenings.



Ryan Ciwko | Age - 26
Home Town –
Winnipeg, Manitoba

I chose fire fighting for the challenge of it; I liked the team aspect, the hands on component, and helping out the community. I did my NFPA 1001 certification training at Training Division, in Texas. Training Division is an emergency services training company that was developed by firefighters. When I applied for the WEP, I anticipated a lot of training, I didn't anticipate COVID-19! Training, responding to calls, and really just making a difference is my favourite part of the program.

What I like most about Creston is the scenery, it is something else! I like how you can see the farm lands in the valley with the mountains in the backgrounds.

“Stop Being Them” ~ Daniel Ricciardo



Rory Gillis | Age - 27
Home Town –
Antigonish, Nova Scotia

I started initially fighting wildfire in High Level Alberta, where we were able to contain the fire and save homes in the town. From that point my interest shifted towards Structural Fire Fighting. I went to school at the Ontario Fire Academy in Orangeville, Ontario and received my NFPA 1001 Fire Fighter II certification. The Ontario Fire Academy was created to provide recruits with the opportunity to learn the skills and knowledge required. I expected a lot of training and was excited about responding to the working calls when I was accepted as a WEP fire fighter. My favourite part of this program so far, is the hands on experiences.

My favourite part about Creston, I really like the small town vibe, the friendly people and you can't beat the mountains.

**“Shoot for the Moon, even if you miss
you'll land among the stars” ~ Norman Vincent Peale**

“Putting People First with Pr

WORK EXPERIENCE FIREFIGHTERS



Mike Juszczynski | Age - 27
Home Town –
London, Ontario

I was involved a great deal in sports and wanted a career that had the same team environment, firefighting seemed a comparable environment that also allowed me to help the community. I went to Lambton College in Sarnia, Ontario where I received NFPA 1001 Fire Fighter II certification. Lambton College's fire school is an industry leader in delivering Industrial and Municipal Firefighting training. When I applied for the Work Experience Program here, I expected to do a lot of training and emergency responses, equally this program has provided me with much life experience. My favourite part of the program is when everyone comes together and accomplishes a goal.

What I like most about Creston - the whole community and the world class sports & recreation that the valley has to offer, such as biking, fishing and skiing to name a few.

“Train Hard, Fight Easy” ~ Alexander Suvorov



Steven Sugrim | Age - 31
Home Town –
Mississauga, Ontario

I chose a fire fighting career because it was an opportunity to be a prominent member in the community. Besides a daily routine, it also offers a challenge in solving problems - like when we respond to emergencies. I feel the same pride putting on my Team Canada uniform as I do putting on my Fire Department uniform.

I obtained my 1001 certification at the Humber College in Toronto, Ontario - Humber emphasizes hands-on, career-focused learning. The WEP was what I expected to a point, with training and responses, but it has exceeded my expectations with regard to the friendships I've made and the impact the program has to the community. My favourite part is the emergency calls and all the training, for example, what to do on a scene.

Creston has the best scenery and the lack of traffic is great compared to the big city.

“I might fail but I'll never quit; If I never quit, I'll never fail” ~ Grant Cardone



Trevor Lee | Age - 25
Home Town –
Fergus, Ontario

As a kid I always wanted to be a super hero. I realized that wasn't feasible, so I thought I'd do the next best thing – being a Fire Fighter. I obtained my 1001 certification at FESTI (Fire and Emergency Services Training Institute), at the Pearson International Airport in Mississauga Ontario. FESTI provides the highest quality college program to prepare for a career in firefighting. The WEP is everything I thought it would be and more! The best part for me, I like coming together with the entire department before training starts on Thursday nights; talking with everyone, telling stories – and laughing.

What I like most about Creston - Blake Elford ;)

“No Matter what anyone tells you, Words & Ideas can change the world” ~ Robin Williams

“Pride, Honour and Integrity”

3 Crazy simple hacks for a more productive home office space

By Katie-Faye Jenkins

Working from home has taken on a whole new meaning in 2020. As multitudes of people were uprooted from their workplaces and schools, we were forced to adapt quickly to a completely new way of working and learning. For some of us, working from home is nothing new, but for others, juggling kiddos at home trying to learn, a new way of conducting business

and keeping it all organized has been incredibly stressful. No matter your current situation these three simple hacks will help you be as productive as possible when you sit down to work.

Baskets were made for this, use them for their highest calling!

Clutter is a productivity killer! We all know it. But honestly, who has time to clean up the months of papers we forgot were important?

Or all the little bits of life that get “set down for a moment” and never find their way home. A simple way to start decluttering is a couple of baskets. As you bring additional items into your office space start a habit of “filing” it into one of these baskets:

- An inbox (All the items you need to deal with soon)
- Outbox items (Need to be filed or stored for later)
- Put Away box (You can easily take the basket with you at the end of the day to put all the collected items away)
- I Actually Need This box (More on that below)

As you start to form the habit of filing new items, take ten minutes every day to chip away at the existing clutter. A bit at a time is less overwhelming and that little corner of an empty desk can be super inspiring to keep going!!

“Baskets were made for this, use them for their highest calling”

Keep vital items easily accessible

There are a few items that should always be within arms reach. It may seem simple and obvious, but keeping the following items in a desk drawer or “I Actually Need This” basket as mentioned above will make life so much easier.

- A multitude of pens and pencils (Bonus points if they all work!)





- An eraser, stapler, calculator, notepad, ruler or tape measure and a pack of sticky notes

- Device chargers, spare USB and a couple of extra batteries for your mouse

Start thinking of this as a work

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Home Improvement

survival pack and modify it as needed to keep you on task throughout the day.

Treat your office like any other part of your home

Offices don't need to be sterile environments of beige and off white. Make it a space you enjoy spending time in! If you love to be cozy, keep a blanket rolled up in a basket (yes, another one). Paint the walls a beautiful color that makes you smile or add some quirky artwork! Something fun

you enjoy looking at is a great way to give your eyeballs a much-needed break from the computer screen.

These 3 simple hacks might be common knowledge but when put into action they are a quick way to make your home office space more productive and enjoyable!



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Summer of 2020: Covid, a flood and racism...

BY GAIL LANDON, VICE PRESIDENT, BRANCH 29

This is a summer that we will never forget! It is a summer of two pandemics: COVID and RACISM. It is also the summer that Branch 29 could not open up because of a flood, but that is for later. Both pandemics are global and pervasive. So many lives lost due to COVID; so many injustices due to racism.

Most of us have had the experience of being teased or taunted; but marginalized people the world over have and continue to experience institutional racism. Unless it is lived, we do not fully understand how devastating discrimination is.

Marginalized peoples do not have the 'privilege' of experiencing life the way that most do. They are often misjudged and stereotyped as they try to go about their daily lives. Stereotypes make it hard for people to fully integrate into our communities. It is not in line with the freedoms that our veterans fought for. We must not forget that our veterans fought for freedom for ALL... not just for some. The summer of 2020 is also one of hope. We hope that as we look back on the summer of 2020, we examine our own biases and take steps to further embrace diversity, both personally and institutionally.

Further we hope that as we look back on the summer of 2020, we take a deep look at our values as a community, a nation and a world. The COVID-19 virus has caused us all to realize the importance of our nuclear family, keeping them safe and well. It has helped us learn that each of us can make sacrifices that can support one another through a crisis. It has helped us live simpler lives and look for balance in our day to day interactions. For some there is deep skepticism around COVID, for others there is extreme worry. Regardless the global measures taken have saved lives, especially those of our most vulnerable populations. We hope that people will continue to embrace the values of family and community as we gradually begin to open up. Branch 29 would like to extend a THANK YOU to all of the people in our valley who have and

will continue to make a difference through this crisis.

As many of you know, Branch 29 had a flood mid-April. Combined with the COVID, Branch 29 is hurting as we work to make necessary repairs. The reality is that the Canteen will likely not re-open until the first of September. We are hoping to open the upper hall mid-summer but that timeline remains to be seen. Our reality is that we have regular expenses with no revenue. Instead we have held many fundraising activities including two hot dog sales at Pealows and a car wash at Classic Glass. Thank you for your community support! We will be doing more over the summer. We have a Go Fund Me donation page at <https://www.gofundme.com/f/royal-canadian-legion-branch-29>. Many people have reached out to us with donations through GO Fund Me or in person donations. Thank you! Our goal is to raise \$11,000 so that we can limp through the summer, make needed repairs and build in some COVID safe renovations to improve safety for our staff, volunteers and patrons. Every dollar is important! We are absolutely confident that we will reopen our branch in a way that is safe for our ALL!

No doubt, 2020 has been a summer of devastation, but it has also been a summer of hope. We know that there are challenging times ahead; Branch 29 is ready to be part of the rebuild in this valley we call home. ♥

You can reach out to us on Facebook or by calling the Legion at 250-428-4252 and we will return your call.

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BY FLY IN THE FIBRE

How fortunate are we that we live in the beautiful little valley that we do. When times get tough in the world, I am always so grateful to live in a small town, surrounded by many caring people, and a community that goes out of its way to support those within it. The views are pretty spectacular too!

As a small business owner, I would like to thank you, Creston Valley, for your support, for your caring, for your ability to be accepting of

the needs of others. Throughout our closure, I saw many different people reaching out to help others. People who put their own worries and fears second to making sure that others were being taken care of. Some of these people were part of wonderful organizations already set up to help and others took the task on and developed new processes to reach out.

In a time where small businesses had to close their doors and many had to face their fears of closure and/or losing an income that often supports a family, the majority

of the residents of Creston were wonderful as they reached out with kind comments on Facebook, supported others through emails and phone calls, and made sure to support those local businesses that had to stay open as they were deemed essential services.

And Creston! Your gardens and flowers and yards! They look fantastic, the vibrancy of the colours and the care and time that has been taken to plant bigger and better gardens perks up the entire town. As people turned to the outdoors, to renovations previously procrastinated but now completed, and to a general clean up of houses and yards, the attention these all gather as eyes turn outwards has been astounding.

As we move forward, thank you so much for your patience and understanding as we try our hardest to keep you healthy as well as ourselves. Thank you for supporting your local stores as much as you can with purchases, kind words, and accepting that everyone is wandering through this time to the best of their own abilities.



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Heat waves and bug bites

(NC)

Summertime here is unlike anywhere else.

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

Now's the time to reclaim the outdoors, no matter

"Now's the time to reclaim the outdoors, no matter the temperature or buggy conditions."

the temperature or buggy conditions. Here's what you need to know about managing the heat and avoiding mosquitos this summer:

The heat. We're sometimes prone to heat-wave-like conditions across the nation and, unless you're set up at a lake, it can be hard to beat the heat. Remember to stay hydrated by drinking lots of water, especially if

participating in any strenuous activities. Wear sunscreen that has both UVA and UVB protection and be sure to reapply often. Keep an eye out for heat warnings from Environment Canada and seek shade as often as possible.

The bugs. It's a given that communities across Canada are going to encounter seasonal bugs, but don't let that stop you from enjoying the sun and fresh air – get geared up in mosquito-repellent clothing. Yes, you read that correctly. WindRiver No Fly Zone is the first of its kind in Canada – clothing with built-in mosquito-repellent technology that lasts through 70 washes. Exclusive to Mark's, the clothing line is available for men and women in a selection of tops, pants, shorts, jackets and hats that provide effective, long-lasting mosquito protection. ♥

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DIY backyard summer activities

(NC)

Summers in the Great White North are short but sweet. Make the most of this time as we emerge from isolation and find ways to enjoy the outdoors safely. Turn your backyard into a haven of fun with plenty of easy DIY summertime favourite activities to enjoy.

- **Camping:** Whether you set up a tent or build your own using blankets and patio furniture, camping in your own backyard can be your next great escape. Play a board game and tell scary stories. If you prefer “glamping,” bring a laptop or device to enjoy a movie under the stars.

- **Gardening:** The accomplishment you’ll feel when you see something sprout is instantly gratifying. Get the whole family involved by setting up stations: one to pick the perfect spot, one to dig the hole, one to sprinkle the seeds and one to splash with water.

- **Sports:** Host an Olympic-style tournament with whatever games you want – break out the dusty badminton racquets, blow up a beach ball or set up a table for some water (or beer) pong. Make a tournament bracket to keep score.

- **Arts and crafts:** Channel your inner Picasso. Fill water guns with paint and take your shot on a canvas for abstract art. Tie-dye a t-shirt. Draw a chalk mural. Set garbage bags on the ground to limit your mess.

A few best practices to keep in mind:



- **Tick- and mosquito-repellent clothing:** Don’t let the bugs get in the way of your activities. The first of its kind in Canada, Mark’s WindRiver tick- and mosquito-repellent clothing does just that, providing invisible and odourless protection against summer pests.

- **Sun protection:** Wear sunscreen and apply it regularly. Seek shade when available.

- **Drink lots of water:** Stay hydrated. The more water you drink, the more energy you’ll have to enjoy your time outside.

- **Have fun:** Embrace our new normal of physical distancing and make the most of the space you do have. ♥

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The four pillars of health

BY MAYA SKALINSKA
Master Herbalist, Registered
Herbal Therapist

As a health practitioner I have noticed the interest in herbs, nutrition and a higher level of self care skyrocket in the last three months. The reasons are obvious, and I know most realize how important staying healthy is, and not only during a pandemic. I have written (I Love Creston, April Issue) all about the importance of keeping the immune system healthy, and this still stands as priority during this time. But, for the immune system to be working, we need to pay attention to the whole body. This is where the four pillars of health come in:

1. Diet/Nourishment
2. Sleep
3. Exercise
4. Emotional wellness

We need to ask ourselves: How to we eat? Do you overeat? Do you eat too fast? Do you eat late at night? Is your food fresh and whole? Is your body getting the nutrients it needs?

How do you sleep? How is your sleep hygiene? Do you go to bed before midnight? Are you getting at least 7 hours of restful sleep? Are you rested when you wake up? Do you maintain a consistent bedtime and waking time?

How do you move? Do you have an exercise routine? Do you break a sweat? Do you think you move your body enough?

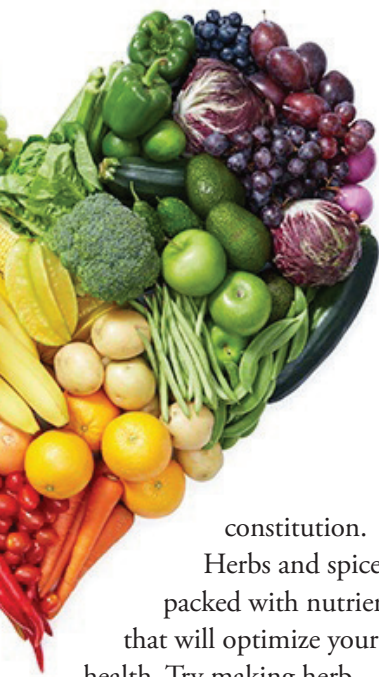
How do you think?

Do you have a positive outlook on life? Do you have loving connections in your life? What are your stress levels? Are you compassionate and kind?

Choose one pillar where you feel the most work needs to be done and start there, one pillar at a time.

Summer is also the season to focus on fresh local fruits and vegetables. This will ensure your body gets nutrients such as antioxidants our bodies need for proper function, immune system included. Glutathione is an important antioxidant, and 50% of it we get from fresh fruits and vegetables. One of its roles is to lower oxidative stress and inflammation. New studies show glutathione's role in Vitamin D regulation, and correlate low glutathione levels with low Vitamin D levels. Vitamin D plays crucial role in our immune system, specifically helping our bodies to recognize viral infections in our lungs.

If you have a cold constitution, make sure to add warming spices like ginger or oregano to your fresh raw veggies, or sprinkle cinnamon on your fruit. Adding fresh herbs and spices to your meals is not only for those with cold



constitution.

Herbs and spices are packed with nutrients that will optimize your health. Try making herb butters, herbal teas, herbal oils and vinegars. Use all the fresh herbs available during the summer season.

Summer time is also time to be outdoors. Get your Vitamin D while taking a longer walk, a hike, or swim in the lake. We need to move our bodies, and we need fresh air. The benefits are immense, including better sleep. Being in nature will also help you harness a calm mind. Walk barefoot, connect to Earth's electrical frequency for minimum 20 minutes at one time. This will reduce stress and inflammation. Check out "Earthing" for scientific evidence.

Summer is the perfect season to "tune up" our bodies, load up on nutrients, get in shape and reduce stress for better sleep, better health and frame of mind.

Prevention is key, so stay healthy and enjoy all the gifts summer gifts us. ♥

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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B2601 Tractor with Loader features: 24.3hp 3 cyl Kubota diesel engine, 4wd, 3-speed Hydrostatic Transmission (HST), Kubota swift tach loader with Skid Steer quick attach, 60" bucket and 948lbs lift capacity (pivot pin) Optional – Self leveling loader, BH70 Backhoe, Mid Mount Mower, Front snowblowers, Front blades.

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Kubota pioneered the sub-compact Diesel tractor, making it so novices can comfortably and efficiently perform a variety of gardening, landscaping and general property maintenance tasks. The Swift-Tach loader is capable of handling heavy material and with the Skid Steer Quick Attach (optional), switching from the bucket to a set of pallet forks, or grapple, is as easy as 1-2-3. The fully integrated backhoe offers Jumbo sized performance with easy to use features, and a powerful digging depth of 6 feet. The optional mechanical thumb provides more versatility for moving rocks, logs, or building that awesome rock wall you've been thinking of. Work is always in progress, so let Kubota do the heavy lifting for you.

BX235 Tractor Loader Backhoe Features: 23hp 3cyl Kubota diesel engine, 4wd, 2-speed Hydrostatic Transmission (HST), Mechanical thumb incl. 739lbs Loader lift capacity (pivot pin), 6'1" Backhoe dig depth, Swift-Tach and Swift-Connect Optional – 3pt hitch kit, Skid Steer QA, Mid mount mower, grass catcher, front snowblowers, front blades

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B26 Tractor Loader Backhoe features: 24.3hp 3cyl Kubota Diesel engine, 4wd, Kubota loader w/ 1,301lbs lift capacity (pivot pin), 8.2ft dig Backhoe w/ Hydraulic Thumb and 24" pin-on bucket Optional – Quick attach bucket system for backhoe, 3rd function for Loader, 4-in-1 Loader bucket

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