

Bringing the
Creston Valley together.

FREE

October
2011

i love creston



Home away from home

British evacuee's love for Creston
runs deep after 66 years



Martial Arts

Wandering judokas find
a Place of their own

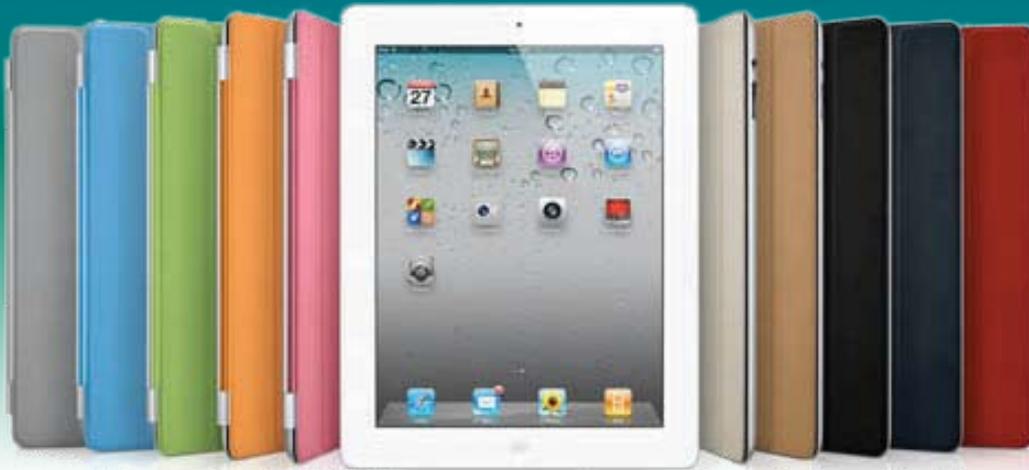
Creston Museum

Rigorous yet rewarding lives
of East Shore settlers

Outdoors

A 'backyard' so big
you need wheels to explore it

Win an iPad2



**Do you like blogging, writing or just chatting about the Creston Valley?
Then you could be the lucky winner of an iPad2!**

How does it work?

All you need to do is write an article about something in the Creston Valley, an event, a place, a feeling or why you love Creston. Write as many as you like and attach a picture to represent it if possible. If we use it in our Daily Buzz (daily email) and you like our facebook page, your name will be entered into the draw that will take place on Monday, October 31st, 2011.

There will be up to two articles used per day, so if you don't see yours (or even if you do), remember to keep writing!

You don't have to be a professional writer, anyone can enter. Our goal is to try and help everyone realize what a wonderful valley we're living in.

Article rules:

- 150-250 words, edited by you (subject to our review).
- No derogatory or negative wording or phrasing in anyway – Positivity always wins!
- All articles used in our Daily Buzz(daily email) or in our Magazine will be entered into the draw and all rights to the story submitted will be that of I Love Creston Marketing Ltd. for reuse in any of our publications. (you will always be cited as the author unless you would prefer to be kept anonymous)
- All entrants' must first "like" our Facebook page to be considered for entry (go to facebook.com and search "I Love Creston").
- All articles must relate to the Creston Valley in some way.
- No limit to the amount of entries per person, the more you enter the more likely that you will have more chances to win in the draw.

Enter as many times as you want too!

Draw that will take place on Monday October 31st, 2011.

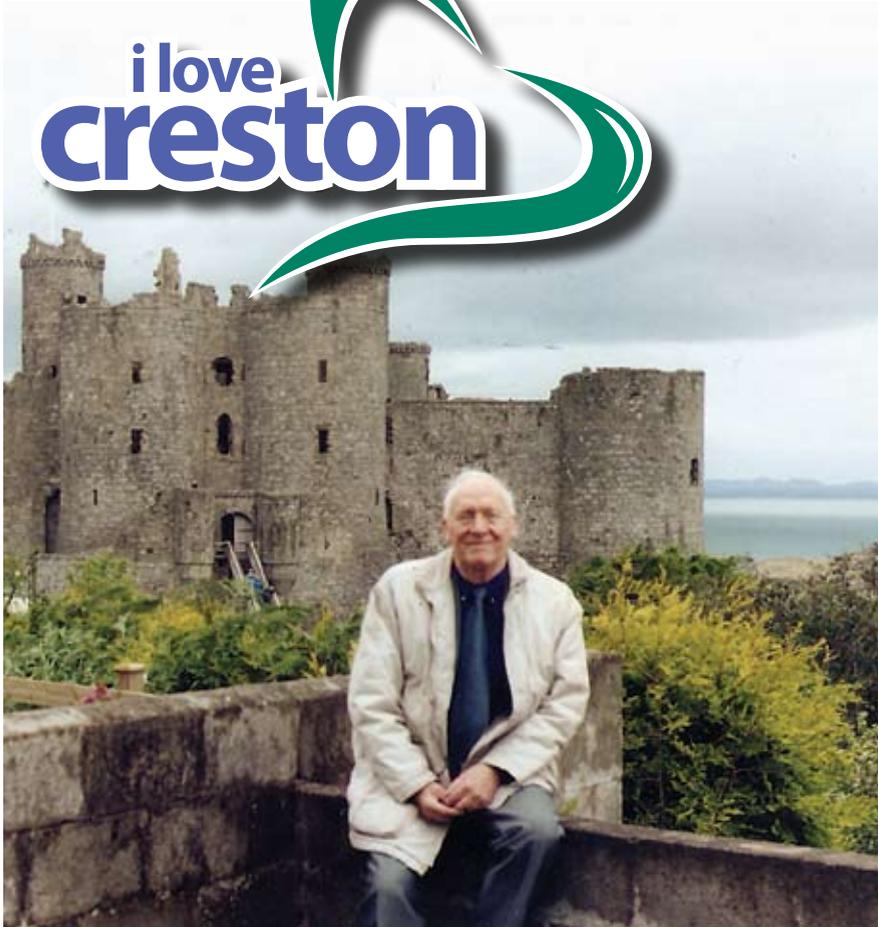
How to Enter:

Step 1 – 'Like' our Facebook page!

Step 2 – Submit your article, either by emailing website@ilovecreston.com or by posting it on our Facebook wall

Step 3 – If we publish the article in the Daily Buzz (daily email) or use it in anyway, your name will be submitted into the draw and you could win the iPad2!





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John Hart remains forever grateful for the warm welcome that awaited him in Creston as a nine-year-old evacuee.

The Magazine

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Letters to the Editor

Letters to I Love Creston Magazine may be emailed to office@ilovecreston.com or mailed to Box 143, Creston, BC, V0B 1G0. Letters may be edited for clarity and space.

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From the editor

Some people love Creston because they were born here, others because they moved here and still others because they vacationed in the valley. In some cases all it took was a drive-through for people to swoon at the scenic splendour of it all.

John Hart fits in none of those categories. He loves Creston because he was evacuated here. More than 70 years ago. And he's never been back – except via the time travel of his own memories, which are razor-sharp as the gentleman approaches 81. Yet his ardour for the place runs as deep as the ocean that separates this country from his own in the United Kingdom.

Hart, a retired pastor, is profiled in this edition of *I Love Creston*, a magazine which is partly responsible for rekindling a love affair that had barely dimmed despite the passing of decades and many of the people he befriended here back in the 1940s.

Hart and his brother, Ron, were among 7,000 so-called British guest children sent by their parents to Canada to escape an impending Nazi invasion early in the Second World War. The Children's Overseas Reception Board placed the bulk of the youngsters in foster care, but in the case of the Harts they had relatives in Creston – an aunt, uncle and cousin who instantly embraced the pair as part of the household.

Mistakenly believing it would be safe to go home within months, the Harts actually remained for four-and-a-half years. When it finally came time to leave, they had bonded so greatly they wished their parents would move here instead of them having to return to England, according to one of John Hart's school chums who still lives here, Gerry Ostendorf. It was Ostendorf who began sending Hart copies of *I Love Creston* after receiving a surprise call two years ago.

"The phone rang one day and I picked it up and (a voice) said, 'Is that Geraldine?' and I said, 'Yes. I know who this is,'" Ostendorf says. "Of course, with his English accent, well, I don't know any other Johns who talk like that.

"We've been talking ever since."

Hart's arrival in town was heralded in a two-paragraph item on the front page of the Sept. 13, 1940, *Creston Review*. (Ron followed 10 days later, having fallen ill with scarlet fever during a health check in Vancouver.) "To date," reads the blurb, "John is quite thrilled with the surroundings and likes the Canadian manner of doing things."

Ironically, Hart keenly points out, below the item is a photo of B.C.'s then-finance minister who had visited Creston the week before, the honourable John Hart. (As a further aside regarding his name, he notes that his family is directly related to Shakespeare and that a signatory of the Declaration of Independence, another John Hart, is an ancestor.)

An April 1945 *Review* clipping chronicles their emotional farewell.

It is titled: *Two Boys Arrive; Two Young Men Return*.

"Both these boys were loved by the local populace for their respectful and courteous manners; their willingness to put their shoulders behind the wheel to make every effort, whether in the school band or on the athletic field, a success," the story reads.

"Creston was glad to have them, and sorry to see them depart, and there is not a person in this valley who does not hope that in the not too distant future they will pay a return visit to the valley."

Ron did, attending a reunion of the old Creston Valley High School in 1989. But John hasn't – at least not yet.

"If I remember correctly, there used to be signs when coming into town saying, 'Welcome to Creston. Thank you. Come again,'" Hart writes in one of several letters to the editor of *I Love Creston* penned this summer. "I was made very welcome, and even in my 80s I might come again.

"P.S. I love Creston for so many more (reasons) than the ones in my article," he adds, referring to his letters which inspired the feature story that follows.

He concludes another letter with the statement: "I hope that Creston continues to be a family orientated place and will continue to welcome all who come its way."

What do you say? Let's not let him down. ■

Home is where the *Hart* is

*Horrors of war softened by
idyllic five-year stay in Preston Valley*



Ron, Aunty Grace and John, 1940, Canyon, BC.

There's familiarity, and there's affection, and then there is pure, unadulterated love. The latter inspired an English octogenarian to maintain childhood ties to this Kootenay town over the span of seven decades and one ocean.

When John Hart says, "I love Creston," he really means it.

He's hardly alone in that regard, but his circumstances are certainly unique. Hart fled to Canada from England early in the Second World War to escape a suspected Nazi invasion, one of thousands of evacuees known as "British guest children" dispersed throughout the Commonwealth countries of Australia, New Zealand, South Africa and – in the case of 7,000 youngsters – Canada.

The vast majority were placed in foster care by the Children's Overseas Reception Board but, in the case of then-nine-year-old Hart and brother Ron, 11, they had relatives with whom to stay – Auntie Grace and Uncle Alvin Millin and their son Louis, 15, who lived in Creston.

What was a fearful passage across the Atlantic and into the unknown for many children was, for the Harts, an adventure, a chance to meet some kin and escape the bombing in Middlesborough. Most families believed it would only be a matter of months before they'd be reunited, not the five years it turned out to be.

They would be five of the best years of Hart's long life, during which he quickly bonded with the Millins, his classmates and the community at large.



Ron and John, 1940.

A subscription to a cheap long-distance plan a couple of years ago prompted Hart to renew acquaintances by telephone with as many old school chums as he could track down, including one who still lives here, Gerry Ostendorf. She began sending him copies of *I Love Creston* magazine which he devoured, sparking an insatiable nostalgia for the place.

"It was quite an unusual but very good title for a small-town magazine, or for any magazine: *I Love Creston*," says Hart from across the pond. "I have extremely good memories of Creston. I can remember some of the things from the 1940s better than from more recent years.

"It was an impressionable time, I suppose."

"I have extremely good memories of Creston. I can remember some of the things from the 1940s better than from more recent years."

Indeed it was. Middlesborough was one of the first places bombed. Hart experienced air-raid sirens, strict blackouts, gas masks, explosions and the terrifying drone of Nazi aircraft.

"Ron and I were quite resigned to leave, believing and hoping that the war wouldn't be too long," says Hart, whose father's sister, Grace, had met and married a Canadian soldier, Alvin, in England during the First World War.

The Hart brothers left England in August 1940 on the *S.S. Antonia* as part of a convoy of passenger ships and military escorts, including an aircraft carrier. They entered Canada eight days later via Pier 21, the historic Halifax gateway, and were

among 30 children destined for a five-day train trip to Vancouver.

"The Prairie provinces seemed to go on forever," says Hart, who received vaccinations on the West Coast before being sent inland to Creston. "Everything seemed big. The trains were big; the cars were big; the trucks were big. Ron and I felt so conspicuous in our short, grey trousers and with our Yorkshire accents."

Ostendorf remembers the freckled, red-haired Hart making a smooth transition after arriving to begin Grade 4.

"I don't think he wore those short pants for very long," she says with a laugh. "I can sort of picture him like that, but he was just very much accepted in the class. He wasn't shy

but he wasn't somebody who pushed himself forward either."

Hart kept up his grades, played in the school band, joined cousin Louis in the air cadets and grew to love Canadian sports.

"After playing cricket and football (in England) we took to softball, basketball, ice hockey and lacrosse," says Hart, who also liked the thrill of sliding in his pal Des Hester's homemade bobsleigh, now on display at the Creston Museum.

He earned pocket cash picking fruit and mowing lawns, and helped out around the house by tending to the kindling wood and the garden, bundling and selling asparagus. In October 1944 he won a special prize

for his entry in the Creston Lions Club's Victory Garden contest: \$2 in war saving stamps.

Peanut butter, hotdogs, waffles, maple syrup, Coca-Cola and Lifesavers were among the novelties that won over his tastebuds.

"Auntie Grace and Uncle Alvin did a good job in caring for us," he says. "Uncle Alvin was very popular. He was often called Shorty by his friends. I remember once calling him Uncle Shorty – but only once.

"We lived for the first two years at the telephone exchange. Uncle Alvin was the manager of the Kootenay Telephone Company. Auntie Grace looked after the switchboard at night.

"In 1942 we moved from the telephone exchange to what is now Ninth Avenue, opposite Creston Valley High School [now Adam Robertson Elementary School].

"We didn't find it difficult adjusting to school. School in Creston didn't seem to have tough discipline. The teachers didn't need to be heavy-handed. There was always a positive relationship between the teacher and the students."

Free time was spent with his best buddies, Bob Rogers (who still lives in



Louis, Ve Day Service, 1945.



Alvin Millin, 1943.

West Creston) and Stan MacDonald. Hart and Rogers skated on a slough on the flats, while Hart and MacDonald enjoyed hiking.

"We bought 12 pigeons together and often went up Goat Mountain and released them with messages

"I learned to swim in Craigies' pool," Hart says. "The boys changed on one side of the pool and the girls on the other side. I was scared stiff of the great-sized dragonflies but managed to learn to swim by the aid of a log."

"We bought 12 pigeons together and often went up Goat Mountain and released them with messages"

informing his mom when we were coming home," Hart says.

He also recalls overnighting at Camp Koolaree, on Kootenay Lake near Nelson, and watching movies at the Grand and Tivoli theatres in Creston.

And then there was Craigies' swimming pool, which Ostendorf describes as "a wonderful old thing" in Erickson.

"Craigies' was one of the first orchards as you go out of town," she says. "They had an old dugout pool with a mud bottom and wooden boards up the sides, no lifeguard or anything, kind of a little diving board. Any kid that wanted to come could go in there."

If it sounds a tad idyllic, it was, despite the atrocities occurring across the Atlantic. Homesickness was warded off by keeping busy – that and weekly letters John and Ron exchanged with their mother, Elsie.

Their father, Richard, was a major in the British army and Hart "always kept in touch with what was happening in the war – both in Europe and the Pacific. When it seemed that the war in Europe was nearing the end we left Creston, which was in April 1945. We had a marvellous farewell at school."

"It was a big party, Ostendorf says. "They had a dance and a band."

Hart, she recalls, found it hard to leave.

“He didn’t want to go back to England,” she says. “Of course they wanted to get home to see their mom and dad but I think they wanted their mother and dad to move to Canada.”

It might have been a safer bet as two ships in the convoy carrying the boys to Liverpool from New York were sunk by German U-boats.

“It was a most frightening experience,” says Hart, who found the adjustment to life back in the U.K. tougher than being evacuated to Canada in the first place.

His parents enrolled the boys in a grammar school in Blackpool, where they had relocated.

“It was so different to Creston Valley High School,” Hart said. “There was very strict discipline.

“We had to get used to rationing. I spent a fair share of time queuing in the local grocer’s shop. We seemed to have to queue for everything. It was a time of austerity and the country was slowly recovering from the bomb damage and upheaval.”

“He said that everything was so regimented,” Ostendorf says, “where

everything was so free to make your own choices over here. That’s what he liked about it.

“John said, ‘We were back to the short pants and the knee socks and it was just like an army drill.’ If you talked you got cuffed, that sort of thing.”

Ron quit school within weeks but John stuck it out, eventually joining the Royal Air Force as a radar mechanic and pilot before bouncing around diverse jobs with insurance, chocolate, automobile and paper companies.

To his secular jobs Hart added another vocation in 1960, one that would last formally until 2007 when his wife Peggy died but in which he is still active part time. His Creston family, as it turns out, nurtured him spiritually at the same time they harboured him physically.

“Auntie Grace thought it was good to encourage Ron and me to go to the Anglican Church. We were both confirmed there,” Hart says. “Little did I realize that this was the beginning of my Christian faith. Five years later I came to realize what Christianity was all about.

“I became a pastor in an Assemblies of God church and retired 47 years later.”

Hart credits the power of prayer with his surviving a bout of bladder cancer in 1971, and now he’s approaching his 81st birthday.

As for the Millins, they moved to Vancouver in the late 1950s. Louis, meanwhile, visited Hart in England about five years ago, a couple of years before he died.

Hart, who has two daughters and a son, never made it back to Canada, though his brother attended a high school reunion in Creston in 1989.

His fond memories remain fresh, however. Why does he love Creston so? Let him count the ways: for its scenic beauty; the friendliness of its people; the students, teachers and activities of C.V. High School; skating, skiing, sleigh riding and playing basketball in winter; playing softball and swimming in Kootenay Lake in the summer; and, the carnival at apple blossom time. Oh, and his friends.

“He’s the type of person,” Ostendorf says, “(that) if he made friends with you, you were friends forever.” ■



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Changes abound at the Johnny B

Story by: Creston Valley Thunder Cats

Junior hockey is now in full swing in the Kootenay International Junior Hockey League. At the time this goes to print your Creston Valley Thunder Cats will have played five regular season games.

The team that was introduced at our home-opener on Sept. 16 will see quite a few changes as time goes on. Player movement is necessary as head coach and general manager Brent Heaven tries to ice the best team he can for Creston, and it can continue all the way up to the trading deadline in early January.

We would like to extend a huge thank you to our billet families and acknowledge that sometimes in the early part of the season it can feel like your home has a revolving door.

The John Bucyk Arena upgrades continue to move forward and make progress. Each game we host you can see the final vision clearer and clearer.

One of the biggest (and possibly best) improvements is an additional wall/glass partition between the rink glass and the lobby. Now the pucks hitting the glass won't be as deafening (especially during warm-ups).

As the construction continues we get more excited to see the final product. Until the arena concession stand is completed, the Thunder Cats are offering a limited concession for our fans.

On Oct. 3 and 4 the Thunder Cats will be holding their annual food drive for the Gleaners food bank. Donations of nonperishable food, personal care items and cash will be accepted.

Last year we collected seven full carts of food and \$700 in cash donations. We hope to increase these numbers and support those in our community who are going through tough times. Players will be at both grocery store locations collecting your donations.

Oct. 9 sees our first of four Sunday afternoon home games (note that it is a 2 p.m. start). We hope that families will take advantage of our family ticket price (\$25 for two adults and two students/children) and spend the afternoon with us watching Canada's favourite winter sport.

On the ninth the Chase Heat, one of the KIJHL's expansion teams, will be coming to town. Other opponents in October are the Columbia Valley Rockies (Thursday



Photo by: Jeff Banman

the 13th), Castlegar Rebels (Friday the 14th), Kimberley Dynamiters (Saturday the 22nd) and Nelson Leafs (Friday the 28th). We invite you to come out and cheer loud and proud for your Creston Valley Thunder Cats. ■

Check for game updates and schedules at www.crestonvalleythundercats.com.

Come out and cheer on your local Junior B Team!

October Home Games

Sunday 9 Chase 2:00pm
Thursday 13 Columbia Valley 7:30pm
Friday 14 Castlegar 7:30pm
Saturday 22	... Kimberley 7:30pm
Friday 28 Nelson 7:30pm

Visit us online at www.crestonvalleythundercats.com



Photo by: Jeff Banman



From the Mayor's desk

Story by: Ron Toyota,
Mayor of the Town of Creston

A dedicated town staff

My first term as mayor will soon be concluding. In making my decision to run again for the office of mayor I realize that it is both the people I serve, as well as the people I serve with, that make me want to continue in this role.

As mayor I have had the opportunity to witness first-hand the dedication of both the Town of Creston's council and staff.

Town staff serve to maintain and expand our infrastructure, advance development within the community, deliver front-line customer service, provide protective services and much more.

The public works crew is responsible for maintaining the 48 kilometres of roads located within the town on a year-round basis. The crew has just finished chip-sealing to improve the surface of our roads, many of which are reaching the end of their lifespan.

During the snow season these same crews plow and clear all our roads, plus the alleys and lanes.

In addition to keeping our community safe and beautiful, the public works department is also responsible for maintaining the miles of pipes that make up our aging infrastructure. Our waste

water treatment system (which treats both sanitary sewer and storm sewer) has more than 47 kilometres of pipes which flow into the treatment plant. Using federal and provincial grant funds, which have already been approved, this treatment plant is being redesigned and rebuilt to meet the needs of our community.

Our department of development services staff has moved numerous projects, currently under construction, through the approval process. A few of these projects include: Ramada hotel; new building on Canyon Street (Creston Place); 24 units of seniors housing behind Extra Foods; and, Tim Hortons providing 24-hour coffee and goodies.

It will be exciting to see what 2012 and the more distant future hold for new development in Creston.

Our office staff are also very dedicated to the performance of

"It will be exciting to see what 2012 and the more distant future hold for new development in Creston"

their duties, providing information and service to the public. It's not always easy being the front-line person who has to interpret the rule books, accept payment for parking tickets or deal with an occasional disgruntled individual, but I've seen it carried out time after time with both patience and professionalism.



The Creston & District Community Complex is pleased to announce the

Grand Opening

of the Johnny Bucyk Arena!

Sunday, October 23rd
2:00-5:00 pm

Followed by a free swim
5:00-7:00 pm

Our brand new arena floor, boards and lobby completes the new look of Creston's Community Complex!

The Figure Skating Club, CV Minor Hockey will have fun and challenging games for all ages.
Meet & greet the Thunder Cats during our free public skating session. Free food and beverages will be available!

Girl Guides selling cookies.
Enter our Trivia Quiz and the person with most correct, wins a prize!
Also, the family coming to the complex with the most generations will also win a prize!
The new mural for the arena will be unveiled and the Creston Museum will be onsite with historic memorabilia.



Creston & District Community Complex
312 19th Ave. N., Creston • 250-428-7127
crestonrec@rdck.bc.ca • www.rdck.bc.ca/creston

Our firefighters, including approximately 30 volunteer members, are a dedicated group of individuals who give up their personal time for ongoing training and potentially assume risk of their personal safety in responding to emergency call-outs.

As a side note, I recently had the privilege of participating in the fire hose laying competition held last month in the College of the Rockies parking lot. From this event I gained an increased appreciation for the required skill set it takes to be a firefighter. Additionally, in discussion with participants, I came to better understand the motivations of these public servants who provide emergency response to a wide range of emergencies in our community.

Additionally, this year we were able to hire six summer students to work with the public works crew to maintain and beautify our community, implement a water smart conservation program, undertake data collection for inclusion in the pending downtown parking study and assist with operation of the waste water treatment plant.

In addition to our hard-working staff, I would like to commend our management team. I have worked with them daily and their commitment to ongoing improvement within the local government framework is highly commendable.

In my previous life as a business owner I could make a decision and have it executed immediately, be it right or wrong. In the municipal world, the emphasis is on process. Rules and policies must be followed to protect your (the public's) best interests.

Understanding this process has at times been frustrating for me but I've come to know the challenges of good governance and the responsibilities associated with it.

Lou Varela, our new town manager, was appointed in June by a unanimous council decision which was also strongly supported by our senior management team. The hiring process, in which all of council was

involved, allowed us to be sure we were building on an already solid team.

As you can see, I hold all of our town staff in high regard. I would like to take this opportunity to thank them all for their dedication and ongoing hard work. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at Ron.Toyota@creston.ca or on the Web at www.creston.ca.

Creston Valley Business Buzz



Aaron and Jennifer Cyman, owners of BearAir

Owners of BearAir, Aaron and Jennifer Cyman, are excited to announce approval from Transport Canada to provide Flight Training in Creston! Since 2003 BearAir has offered Aircraft Charter, Scenic Flights, Glider Towing and Aerial Photography. In 2010, Aaron and Jennifer - both Commercial Pilots - purchased BearAir with a dream of expansion toward Flight Training.

BearAir now offers Pilot Training Courses including the Recreational Pilot Permit, Private Pilot License, Night Rating, Commercial Pilot License, Instrument Rating, Tail Wheel Training, Ski Training and License Renewals. "The great thing about Flight Training is that the student pays as they go and we design the curriculum around their schedule! This makes a hobby or career in Aviation more attainable to the general public." For those who have a Permit or License, BearAir also offers Aircraft Rental.

For more information on any of their services call 250-402-9361, email bearair.creston@gmail.com or visit their website www.bearair.ca.

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New clubhouse honours longtime sensei

Story by: Trish Bartlett

The Creston Judo Club finally has a new home. Forty years of nomadic wandering around town are over as they establish themselves in the basement of the new Creston Place building at 1230 Canyon Street.

The new dojo, or clubhouse, is the result of generous donations of time, fixtures and money from local businesses and volunteers. Fund-raising by members and grants from Columbia Basin Trust and the Town of Creston enabled the club to build a dojo specific for judo with wooden floors which, when covered with mats, forgive all but the most violent of falls.

The dojo can comfortably hold 20 students at a time and has been dedicated to Joe Meers, the sensei of the club for the past 25 years. A mural painted by local artist Cory Cannon decorates the wall and commemorates Meers.

The club was founded by Irene Yamakawa in the early 1970s. Back then, instructors from all over the Kootenays were invited to teach while the club looked for a permanent place to practise.

Over the years the club migrated to many locations, including the Pizza Factory, Creston and District Community Centre, Adam Robertson Elementary School, Trinity United Church and Soul Connection, among others.

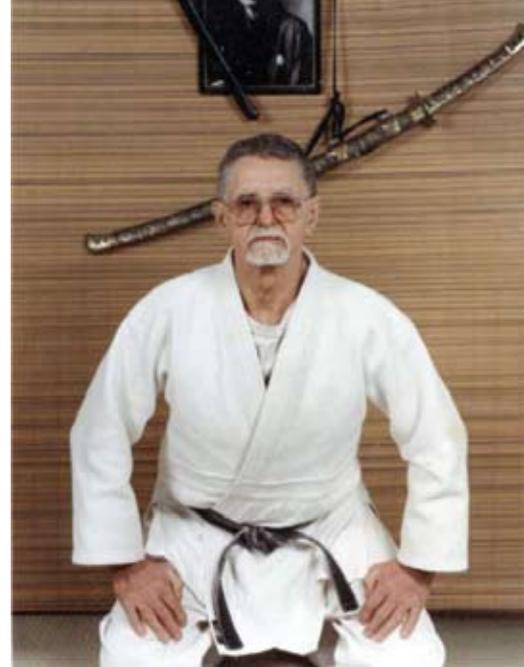
In 1985, Meers retired to Creston from his job as a mechanical

engineer technician. He had been actively involved in judo since 1950, having founded a club in Manitoba in the mid-'60s and taught judo in Calgary.

Meers began teaching judo in Creston in 1987, first as assistant coach and then as chief instructor beginning in 1988. He retired from active teaching in 2007 but remains on staff as sensei, overseeing instructors Munroe Albert and Ben Reinhardt.

Meers began his judo training in Belgium in 1950. He received his first-degree black belt from sensei Ishiro Abe who himself had trained under the founder of judo, Dr. Jigoro Kano.

Meers qualified for his second-degree black belt in 1993 and his third in 2000. At age 90, Meers is still active on his farm in Lister and

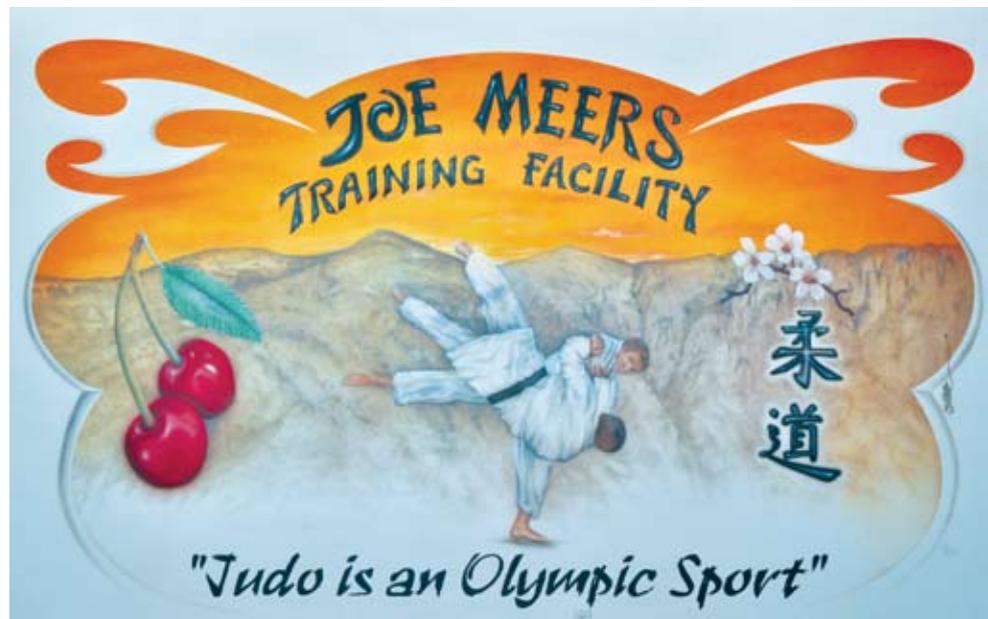


Sensei Joe Meers.

continues to visit the dojo regularly.

Judo has an appeal for many people and is a relatively new martial art. Kano was a teacher in Japan who, in 1882, after studying many ancient forms of martial arts, incorporated what he considered the best of their techniques into a new art he called judo.

Judo means "gentle way." Its aim is to subdue and not injure the



Mural, painted by Cory Cannon, commemorates Sensei Joe Meers 25 years with the club.

opponent, which differs from many other martial arts. Thus, self-control and the elimination of anger are major components of the sport.

“The Creston club has helped many to discover and utilize their strengths and overcome their weaknesses”

In judo competitions, the object is to throw the opponent to the ground and immobilize him or her with a grappling manoeuvre. Judo also teaches strikes and thrusts with hands and feet and the use of defensive weapons, but these are not allowed in

competitions, only in pre-arranged forms known as katas.

Students of judo, known as judokas, take up the activity for a variety of reasons. One student may wish to enter competitive tournaments while another may be looking for a fitness program. Still others may be looking for a social activity or a discipline leading to a way of life. Whatever the goal, judo and specifically the Creston Judo Club can accommodate the many needs of the students.

Under Meers’s guidance and tutelage, the Creston club has helped many to discover and utilize their strengths and overcome their weaknesses. Many students have entered and done well in competitions. For instance, Keisan Goldsmith won a gold medal in the 2002 B.C. Winter Games and continues to place well at both the provincial and national levels.

As a result of their performances last year, two of the younger club members, Kaeden Rendek and Justin Juurlink, have been invited to attend the provincial championships in Abbotsford this month.

Over the years, Meers has been a great inspiration to his students, providing positive feedback and encouragement and teaching his instructors to do the same. Albert, the present instructor of the younger students and former student of Meers, says, “Joe did so much for the community and never asked for anything in return. I would like to be able to give back to the community the way he did.”

The club invites any interested people to join, including older beginners. The club will be hosting a judo tournament on Saturday, Nov. 19. ■

For more information go to www.crestonbc.com/judoclub.



Little Artist of the Month



Janelle Archambault, Age 12

Art Classes for Kids hosted a week-long, drama and art camp, at the end of August. The kids that participated in the camp, spent the week making their own costumes, designing the set, and making artwork that would accompany them in their final production of Cinderella. Pictured above is Janelle, with her beautiful painting that was inspired by the works of the *Group of Seven*. Congratulations Janelle on being super talented and thank you for attending Drama/Art Camp!

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For info on upcoming classes or to get info on the **Art Scholarship Program** which will sponsor your child for **FREE classes** contact: **Brandy 250.402.6071 • imagineink@uniserve.com**

Plenty going on at the farmers' market

Story by: Jen Comer, Creston Valley Farmers' Market Manager

As I was enjoying an afternoon of canning 50 pounds of tomatoes in mid-September, my mind wandered to what to write for this article. With so much going on at the Creston Valley Farmers' Market it's impossible to narrow it down to a single topic.

So how about a sample of everything? Let's start with some quick numbers:

47 – number of markets in the 2011 season (spring, summer, mid-week and fall)

45 – average number of vendors during the summer market

110 – number of vendors who have been through the market thus far

238 – fans on Facebook

1,000 – average number of weekly customers in August

Our harvest at the market is all local. We say forget the 100-mile diet; try the 25-mile diet. You'll find everything

from apples (lots of varieties) to zucchini (just lots of them).

Our vendors take great pride in the produce they bring to the market and ensure what you buy is fresh, delicious and nutritious.

We're working hard on educating our community about eating locally because what good is a kohlrabi to you if you don't know how to eat it?

The farmers' market has partnered with the Creston Valley Advance and FoodDoodles.com to run a monthly food column by Heidi Bjarnason entitled *The Locavore's Cookbook*. Jo-Anne Shultz of the Great Canadian Cooking School hosted a month of live food demos during September, complete with samples and take-home recipes. On our Facebook page you'll find daily updates that include lots of links to recipes using seasonal ingredients.

The holiday season is quickly approaching and what better presents than ones that have been handmade. The farmers' market features more than 50 artisans and crafters who have products to delight children and adults alike.

Handmade kids' toys by Diane and David Wiklund are always a hit, or handmade pottery, dishcloths and tea towels are always practical for the couple which already has everything.



Sending cards? Nothing's better than a beautiful art card created by one of Creston's many artisans, such as James McDowell or Ute Bachinski.

Stuck on stocking stuffers? My favourite gifts are edible ones like little jars of jams and jellies, or local honey.

So before you hop in your car to the big metropolis of (insert big-city name here), come visit the farmers' market for your holiday shopping. Remember, the lineup of vendors changes every week so you need to visit frequently.

Our work doesn't stop with hosting a market (or two) every week. There's plenty going on in the background to make our community farmers' market a success.

Through Enterprising Non Profits we're working on a new business plan that will sow the seeds for years to come. Rima Kuprys, a local consultant and graduate of Chicago's Institute of Design, spent the summer collecting surveys from market customers and vendors. This fall we'll compile all the data and create a business plan for a sustainable farmers' market in the Creston Valley.

Find us during the fall season at Morris Flowers Garden Centre every Saturday from 10 a.m. to 2 p.m. until Dec. 17. ■

Find us at: www.CrestonValleyFarmersMarket.ca;
www.Facebook.com/CrestonValleyFarmersMarket;
www.Twitter.com/CVFarmMarket; or, give us a call at (250) 977-5362.

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www.stitchin-time.com

Record number of endangered frog egg masses located

Story by: Fish and Wildlife Compensation Program

Finding egg masses for the endangered northern leopard frog (*Lithobates pipiens*) is not an easy task. Once widespread throughout southeastern B.C., there are now only two known wild breeding areas remaining in the province.



2 week old hatchlings being released.

So when biologists from the Fish and Wildlife Compensation Program (FWCP) located 17 egg masses during the spring breeding season of 2011 – the most since the Northern Leopard Frog Recovery Project got under way in 1996 – they were ecstatic.

This is one of many projects the FWCP has led on behalf of program partners BC Hydro, the Province of B.C. and Fisheries and Oceans Canada, which work together to conserve and enhance fish and wildlife in the province. Approximately one-third of FWCP projects focus on species at risk such as the northern leopard frog, which is federally endangered and red-listed provincially.

“Typically we only find between six and nine egg masses each year, which really gives an idea of the fragility of the population in the Columbia region,” says FWCP contract biologist Barb Houston. “So to find 17 is excellent news.”

There is only one remaining population of northern leopard frogs

in all of B.C. – right here in the Creston Valley Wildlife Management Area (CVWMA). In addition, there is one small reintroduced population at Bummers Flats conservation area north of Cranbrook that was created by releasing tadpoles and juvenile (metamorph) frogs raised from eggs collected at the CVWMA in 2005.

“We had to find a way to augment the population of northern leopard frogs at the Bummers Flats site without compromising the viability of the source population at CVWMA,” says Purnima Govindarajulu, who chairs the Ministry of Environment’s Northern Leopard Frog Recovery Team. “The team set a threshold of 10 egg masses before eggs could be collected from CVWMA for release at Bummers Flats.

“Therefore, this year we were able to take a portion from each egg mass laid after the threshold of 10 was reached and move about 5,000 eggs or tadpoles to help the population at Bummers Flats.”

Also a total of 50 tadpoles, five each from 10 egg masses, were moved to a captive assurance colony at the Vancouver Aquarium which now has 109 northern leopard frogs at different ages. It is hoped that the first captive breeding will occur at the aquarium in 2012.

“There is a real risk of provincial extinction, so finding sufficient egg masses that enable us to bolster the northern leopard frog population in the East Kootenay is very positive,” says John Krebs, FWCP crew lead in the Columbia region. “We haven’t had the luxury of doing that since 2005.

“And supplying Vancouver Aquarium with more tadpoles will help to ensure that it has a genetically diverse backup

population should there be a complete collapse of the wild population in the Columbia region.”

Each egg mass contains between 1,000 and 4,000 eggs. Once an egg mass is found it is enclosed in a fine mesh cage to protect it from predators.

Only a small portion of each egg mass is used for translocation, and those eggs or tadpoles that were moved to the East Kootenay are again protected by a mesh cage until the tadpoles are a couple of weeks old.

There have been a variety of partners helping the northern leopard frog recovery effort over the years, including FWCP, BC Hydro, Environment Canada, World Wildlife Fund, Columbia Basin Trust, FortisBC, Ministry of Environment, Selkirk College, CVWMA, Canadian Wildlife Federation, local First Nations groups, the Interdepartmental Recovery Fund and the East Kootenay Conservation Program. Between 2001 and 2005 the FWCP and the Northern Leopard Frog Recovery Team raised and released more than 25,000 northern leopard frogs.

“While the future of the northern leopard frog population in the province is far from secure,” Krebs says, “the fact that we were able to find a record number of egg masses bodes well for them. We hope that we will be able to deliver even better news in the years ahead.” ■

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*Swim and skate free with membership, or daily admission applies.

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Jack-O-Lanterns

www.halloweenishere.com

Irish children used to carve out potatoes or turnips and light them for their Halloween gatherings. They commemorated Jack, a shifty Irish villain so wicked that neither God nor the Devil wanted him. Rejected by both the sacred and profane, he wandered the world endlessly looking for a place to rest, his only warmth a glittering candle in a rotten turnip. 🎃

Bobbing for Apples

www.halloweenishere.com

When the Celts were absorbed by the Roman Empire, many rituals of Roman origin began. Among them was the worship of Pomona, goddess of the harvest, often portrayed sitting on a basket of fruits and flowers. Apples were the sacred fruit of the goddess, and many games of divination involving them entered the Samhain customs. 🎃

Did You Know...

The Irish Potato Famine (1845-50) prompted over 700,000 people to immigrate to the Americas. These immigrants brought with them their traditions of Halloween and Jack o'Lanterns, but turnips were not as readily available as back home. They found the American pumpkin to be a more than an adequate replacement. Today, the carved pumpkin is perhaps the most famous icon of the holiday.



All Hallow's Eve

www.halloweenishere.com

Halloween, one of the world's oldest several countries around the globe. In the United Kingdom, although with a twist. In Mexico, Latin America, and the three-day Hallowmas observance celebration for many people. In Ireland was once a frightening and superstitious much as it is in the United States, with and fun for all ages.

The word itself, "Halloween," actually comes from a contraction of All Hallows' Eve. It comes from a contract on November 1, "All Hollows Day" (or All Saints' Day) of observance in honor of saints. In Ireland, summer officially ended on Samhain (pronounced sow-in), which is the Celtic New year.

Pumpkin Facts

www.halloweenishere.com

In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding “gros melons.” The name was translated into English as “pompions,” which has since evolved into the modern “pumpkin.”

Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.

Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family (Cucurbitaceae), which include squash, cucumbers, gherkins, and melons.

Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.

2010 New World Record! The largest pumpkin ever grown stands at 1810.5 pounds. It was grown by Chris Stevens. It was weighed at the GPC weigh-off in Stillwater, Minnesota on Oct. 9, 2010. 🎃

Did You Know...

A traditional food eaten on Halloween is barnbrack, a kind of fruitcake that can be bought in stores or baked at home. A muslin-wrapped treat is baked inside the cake that, it is said, can foretell the eater's future. If a ring is found, it means that the person will soon be wed; a piece of straw means that a prosperous year is on its way.

OW'S EVE

t holidays, is still celebrated today in The autumn rite is commemorated with a surprising and distinctive British Spain, All Souls' Day, the third day of ce, is the most important part of the and and Canada, Halloween, which stitious time of year, is celebrated h trick-or-treating, costume parties,

ally has its origins in the Catholic ed corruption of All Hallow's Eve. "All Saints Day"), is a Catholic day But, in the 5th century BC, in Celtic October 31. The holiday was called hich means "end of summer", the

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Superstitions and Bad Luck Omens

www.halloween-website.com

Black Cats

Black cats have long been believed to be a supernatural omen since the witch hunts of the middle ages when cats were thought to be connected to evil. Since then, it is considered bad luck if a black cat crosses your path.

Broken Mirrors

An ancient myth our ancestors believed was that the image in a mirror is our actual soul. A broken mirror represented the soul being astray from your body. To break the spell of misfortune, you must wait seven hours (one for each year of bad luck) before picking up the broken pieces, and bury them outside in the moonlight.

Ladders

In the days before the gallows, criminals were hung from the top rung of a ladder and their spirits were believed to linger underneath. Common folklore has it to be bad luck to walk beneath an open ladder and pass through the triangle of evil ghosts and spirits.

Owls

If an owl looks in your window or if you see one in the daylight bad luck and death will bestow you.

Salt

At one time salt was a rare commodity and thought to have magical powers. It was unfortunate to spill salt and said to foretell family disarray and death. To ward off bad luck, throw a pinch over your shoulder and all will be well.

Sparrows

Sparrows are thought to carry the souls of the dead and it is believed to bring bad luck if you kill one.

Unlucky Number 13

The fear of the number 13 is still common today, and avoided in many different ways. Some buildings still do not have an official 13th floor and many people avoid driving or going anywhere on Friday the 13th. 🎃



Halloween (The Movie) Details...

"Halloween" was made in only 21 days in 1978 on a very limited budget.

The movie was shot in the Spring and used fake autumn leaves.

The mask used by Michael Myers in the movie "Halloween" was actually William Shatner's mask painted white.

The character Laurie Strode, played by Jamie Lee Curtis was named after John Carpenter's first girlfriend.

While the setting for the story is in Illinois, the vehicles have California license plates.

Halloween is on October 31st, the last day of the Celtic calendar. It was originally a pagan holiday, honoring the dead. Halloween was referred to as All Hallow's Eve and dates back to over 2000 years ago.

Halloween Trivia

www.halloween-website.com

Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.

Pumpkins also come in white, blue and green. Great for unique monster carvings!

Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.



Tootsie Rolls were the first wrapped penny candy in America.

The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night.

They began wearing masks and costumes to avoid being recognized as human.

Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.

Halloween is the 2nd most commercially successful holiday, with Christmas being the first. 

Monster Trivia & Folklore

www.halloween-website.com

Signs of a werewolf are a unibrow, hair palms, tattoos, and a long middle finger.

Vampires are mythical beings who defy death by sucking the blood of humans.

In 1962, The Count Dracula Society was founded by Dr. Donald A. Reed.

To this day, there are vampire clubs and societies with people claiming to be real vampires.

There really are so-called vampire bats, but they're not from

Transylvania. They live in Central and South America and feed on the blood of cattle, horses and birds.

Many people still believe that gargoyles were created by medieval architects and stone carvers to ward off evil spirits. 



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In about 1 in 4 autopsies, a major disease is discovered that was previously undetected.
The Ouija Board ended up outselling the game of Monopoly in its first full year at Salem. Over two million copies of the Ouija Board were shipped.

The early settlers of the East Shore

Story by: Tammy Hardwick
 Manager - Creston and District Museum and Archives

I was recently asked to give a presentation on settlement along the East Shore of Kootenay Lake. This is a topic about which I knew only the most basic information, so it gave me an excuse to dive into some of the first-hand accounts we have in the archives.

There were two primary industries that drew people to the East Shore. First, in the late 1880s and throughout the 1890s, was mining. Reports of rich strikes of silver, gold and other minerals drew prospectors like moths to a flame.

But the mining boom was very short-lived, and when its lustre wore off there were many who moved to the East Shore hoping to make their fortunes in fruit growing. The East Shore, like the Creston Valley, experienced a veritable explosion of orchard lands between 1908 and 1914.



Photo courtesy of Boswell history book, Boswell Beginnings

Early residents (unidentified) of Boswell rowing fruit to the wharf for pick up by the sternwheelers.

I found many stories that gave glimpses into the daily lives of the first settlers on the East Shore and which really made me appreciate how determined they were to carve their livelihood out of the wilderness.

Overriding everything else was, for many of the early settlers, a pervading sense of uncertainty. Both the mining and fruit ranching industries were unstable and unpredictable, affected by all sorts of factors from international financial conditions to the schedules of the Kootenay Lake sternwheelers.

The genealogy of the Kootenays is full of stories of individuals who were constantly on the move from one job and one town to another in search of work. The great pendulum swings, from boom to bust, in the primary industries only exacerbated the movements of these people.

Margaret McLellan Lewis's story is a prime example. In 1892, she and her husband Alfred moved to Nelson, drawn by the incredible silver-mining boom. But the following year saw a continent-wide financial panic and mining operations in Nelson all but ceased as a result.

In 1894, the McLellans moved to Pilot Bay where they operated a hotel in the shadow of the Pilot Bay smelter. They held on there for a few years after the smelter shut down in 1896 but took over the hotel in Ainsworth beginning in 1902.

In 1904, the burst of activity around the Crowsnest Pass coal mines drew

them to Morrissey. Albert died there in 1905 from a massive heart attack and Margaret, along with her children, moved back to Pilot Bay where the smelter was being reopened.

That resurgence, however, lasted only a few months, and by the end of 1905 she was back in Nelson. In 1911 she married Isaac (Ike) Lewis, who had pre-empted a large ranch on the flats just north of Creston.

But the flats had not yet been reclaimed from the annual floods of the Kootenay River so there were several months of the year when the Lewis family could not remain on the farm. Each spring they packed up their home and moved to Boswell, where they farmed for the summer before packing up again and moving back to the Creston flats.

That willingness to help others was a prevalent sentiment in the East Shore communities. It was not merely a product of small communities where everyone knew everyone else and was often related to them; it was often required for the survival of the community and its residents.

The communities of the East Shore were isolated from each other. There was no highway; communities were linked by nothing more than rough trails and occasional wagon roads, and sometimes only accessible by boat.

Larger centres were a day's travel or more away. Travelling from Boswell to Creston, for example, required a full day. One could get on the southbound

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steamship at about 10 a.m., as it made its way from Nelson to meet the train at Kootenay Landing at the south end of the lake, then take the train into Creston. If all went well and there were no delays there would be time to spend an hour or so in Creston before boarding the westbound train to connect with the evening vessel back up the lake.

A trip to Nelson, on the other hand, required the better part of three days. Travellers could get on the northbound steamship in the middle or late afternoon and get into Nelson just in time to find a hotel.

As the southbound ship left Nelson at 6:30 a.m., getting any business done in Nelson required spending the whole day, staying over a second night, then getting on the boat on the morning of the third day.

As a result of this isolation, each community was very self-sufficient. Each member of the community used his or her skills to contribute something to the success of the town as a whole.

And the importance of the sternwheelers as lifelines of the communities cannot be overestimated. Anything that could not be produced in the community itself had to be brought in by water, on steamships such as the Nasookin and the aging but tireless Moyie.

Carving out a livelihood in the wilderness was no easy feat. Many of the East Shore settlers had some farming experience but few had undertaken to start a farm on completely untouched land. It was a daunting challenge for many.

Fortunately, they were willing to learn from others and even, at least in some cases, to learn from books and pamphlets where necessary.

One characteristic of pioneer life on the East Shore is made evident by these and other accounts: it required an awful lot of hard work and dedication to make a go of life in the Kootenays. Margaret McLellan Lewis once again serves as an excellent example of this.

In 1894, the McLellans took up 320 acres of land about a mile north of the Pilot Bay smelter site. Alfred secured work at the smelter while his wife and children tended a herd of dairy cows.

The distance between the farm and Pilot Bay was most readily covered by water in those days. Consequently, Margaret became a familiar figure because during all types of weather she rowed a boat filled with milk cans to maintain a milk delivery.

Somehow, between tending the cows and looking after a rapidly expanding family, she found time to sew all the garments worn by her children, churn butter, preserve fruit, make pickled pigs

feet and cope with the endless round of other tasks involved in the running of a truly self-sufficient household and farm.

Nevertheless, despite the hard work, the isolation, the hardship and the uncertainty, accounts left by the pioneers are rarely, if ever, desponding. Their stories tell of busy days, happy childhoods, close-knit and bustling communities and rewarding lives lived to their fullest on the East Shore of Kootenay Lake. ■

For more information, contact the Creston and District Museum and Archives by phone at 250-428-9262, e-mail at mail@creston.museum.bc.ca or on the Internet at www.creston.museum.bc.ca.



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Home & Garden

Five inexpensive fall home improvement projects

www.associatedcontent.com

Fall is sometimes the best time to embark upon home improvement projects, especially those that don't break the bank. Following are some fall home improvement projects that won't cost much, but will help prepare for the bold chill of winter.

1. Insulate the Attic

Although you'll probably save money heating the house during the winter than cooling it during the sweltering days of summer, why turn down the opportunity to save a bit of cash? A great fall

home improvement project is to add insulation to the attic, which doesn't take much time or much money.

You can purchase a sheet of insulation and apply it to what's already in the attic, potentially saving hundreds of dollars before spring. Most of the heat you lose during the summer rises out through the attic, so this is your major weak spot in your home. Fall home improvement was never this easy.

2. Fill the Cracks

Gaps, cracks and holes in your home can result in serious loss of heat

through the winter, so try filling them in as a fall home improvement project.

3. Buy New Bulbs

If your electricity bill is getting you down, sink it to your level with compact fluorescent bulbs, which can last up to 10,000 hours and lower the cost of lighting your home by up to 60%. They're slightly more expensive than the regular incandescent bulbs, but their longevity and electricity savings more than make up for the additional cost. You can find them at the hardware store and at many department stores, as well as online.

4. Install Smart Thermostats

If you're tired of playing the guessing game with your thermostat, try this fall home improvement project. You can install a "smart" thermostat, which can be programmed to lower and raise the heat in your home depending on what you're doing. For example, it might lower the temperature before bed, then raise it an hour before you wake up in the morning. It can be programmed to lower when you go to work or out shopping, and even to stay on all the time if you're home. They are well worth the investment.

5. Insulate Your Hot Water Heater

If your hot water heater is driving up the cost of electricity, you can make it a fall home improvement project to insulate it for the winter. A basic water heater blanket can be applied in less than thirty minutes by yourself. This saves thousands of dollars needed to buy a new, energy-efficient heater, and will help keep the tank warm in between heating cycles. ■

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Home & Garden

Fall gardening - expand your growing season

<http://homefreemedia.com>

In many areas of North America, and especially Canada, gardeners do not even consider fall gardening because of the threat of early frosts. But with careful planning, fall gardening can result in excellent vegetables and extend the harvest long after crops planted in spring are finished. As a bonus, vegetables produced from fall gardening are sometimes sweeter and milder than those that grow in the summer.

What you choose to grow in your fall garden will depend on your available space and what your preferences are. Even the crops that

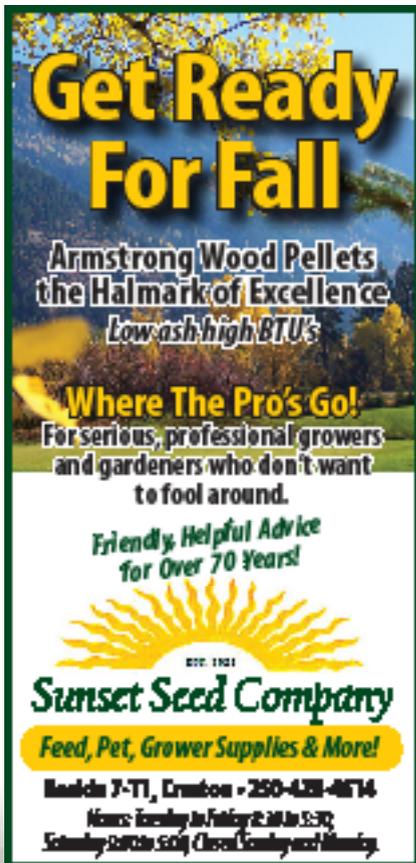
enjoy the heat, such as tomatoes, sweet potatoes, okra, and peppers, will produce until frosts hit, which can be pretty late in the year in southern areas. However, there are some plants that will quit towards the end of summer like snap-beans, summer squash, and cucumbers. If these vegetables are planted around the early-middle of the summer they can be harvested until the first frosts as well.

Hardy, tough vegetables will grow until the temperature is as low as 20 degrees, but those that aren't as strong will only be able to grow through light frosts. Remember that

if you have root and tuber plants and the tops are killed by a freeze, the edible part can be saved if your plants are well mulched.

When fall gardening, make sure and pick the vegetables with the shortest growing season so they can be full grown and harvested before the frost arrives. Most seed packages will be labeled "early season", or you can find the seeds boasting the fewest days to maturity. You may want to go after your seeds for fall gardening in spring or early summer; they are usually not kept in stock towards the end of summer. If they are stored in a cool and dry location they will keep until you are ready to plant.

By choosing your vegetables carefully and planning ahead, you will be able to expand your growing season next year and provide even more nutritious home-grown food. ■



Get Ready For Fall

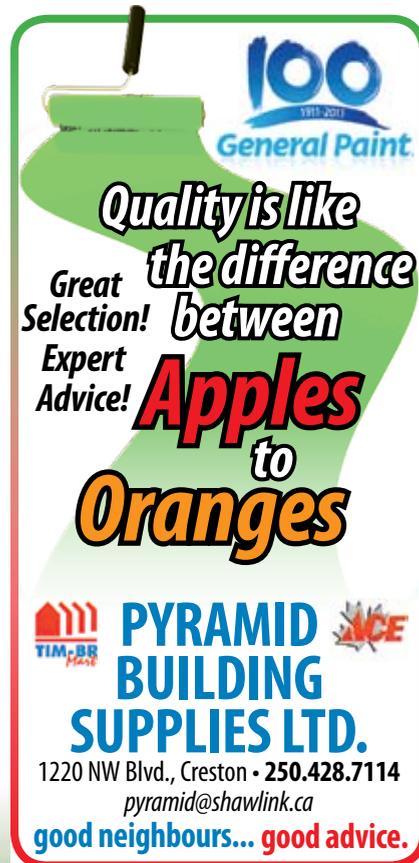
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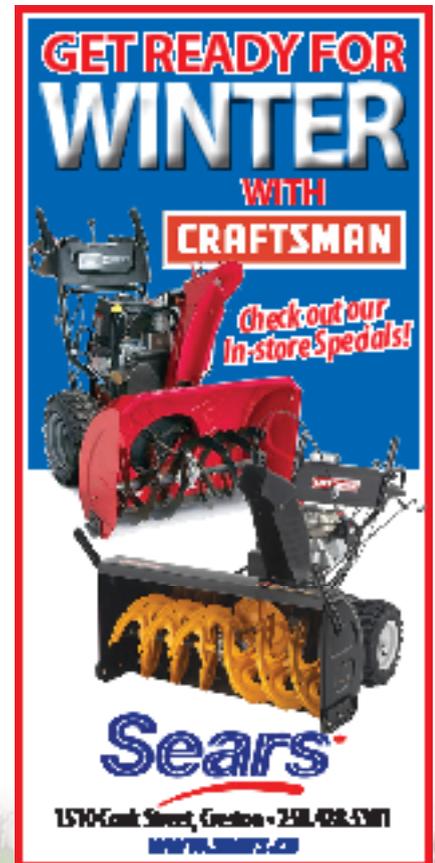
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Story by:
Shifu Neil Ripski

Ground yourself in the hard facts about martial arts - Part 1



Chi or qi is a commonly misconceived idea throughout the world, and nowhere more so than in the realm of the martial arts.

Many people think qi is a mystical life force, invisible to the eye but able to be felt and controlled by the great masters to the exclusion of all others. Some feel that this magical energy can be harnessed to do all kinds of things, from powering your strikes to healing others, depending on your level and experience.

Almost all of the time people refer to these kinds of things just as I have: “high level,” “old and great masters,” etc. But never does the topic seem to come up of not only what qi is but how people actually pursue training it and using it in their martial arts and their lives. These are questions that I feel beg to be answered.

Of course I am limited in my experience, like everyone, and the following is simply my opinion based upon things I have learned from my training since the 1980s. I do not claim to be a great master or a sage with hidden knowledge of the mystical realm. But that being said, I have had the privilege of training under some people I would consider great teachers, Chinese doctors and masters. It is from this that I write now.

First off we must work on understanding the definition of the word qi. There are two major ways to look at this from a martial arts standpoint, that of Taoist alchemy and that of Chinese medicine.

The typical definition of life force energy that surrounds us, binds us and interpenetrates us all (very Star Wars) is a basic Taoist alchemical (magical) definition. This definition looks at qi as a subtle energy that fills the universe and is basically the magical spark of life.

Harnessing this energy that is, of course, both within and outside of our bodies is the goal of what I call alchemical qigong practices. These are the magical practices that cleanse the soul, allow strange sights to be seen and so on.

Depending on the martial art traditions you study and their origins, the alchemy practices may abound in your training. The Taoist immortals, of course, achieved immortality through them (another topic) and passed them down through various lineages to the modern day.

These practices are generally hidden from the general public and rightfully so. To not understand what is going on in them and their context is to invite some major issues into your life, affectionately known as qigong sickness.

As an example, my good friend and gongfu brother, Kevin, is a doctor of traditional Chinese medicine and a scholar and anthropologist of Chinese thought, martial arts, language and qigong. The following definition of an example of a qigong illness (which can

also be brought on by other means) is from him.

Imagine living in a single-room house with a big bay window. All your days you live in this house and view the world through your window.

At first, when a dog runs by or a bird flies from tree to tree, you notice and think nothing of it. But as time goes by and you never clean the window (this is the incorrect practice of qigong or alchemy) the view blurs. The dog appears to be something more, as does the bird.

Years pass and the dog has been forgotten, now appearing as a demon on all fours, the bird a flying spirit taunting you to come outdoors.

This is called fire misting the heart and it changes your perception of reality. The more you practise incorrectly and out of context, the foggier the window becomes. This is truly dangerous to one's psyche and relationship with reality, and this is just one of the possible illnesses that can occur.

So the alchemical practices stay hidden and taught to the most-trusted students – another phrase used a lot by martial artists which can be misinterpreted. It is not that an untrustworthy student might teach others what he should not (although that could be a factor) but that the master does not trust the student to handle the training yet.

The grounding needed in reality and hard facts about Chinese martial arts must be present first in order to delve into these types of things. This is why they tend to remain hidden, simply because it is not a great idea to teach them to just anyone, for those people's own good.

As a short aside, our Ma family tradition does have a few alchemical practices taught to me by my shifu and since that time I have been lucky enough to find more information and methods from other teachers. No, they will not be taught on the Internet or in books. ■

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Lifestyles of the not so rich and famous

Story by: Danette Polzin

For most of my family and many of my friends, quadding is synonymous with living. Life would not be the same without four wheels and an engine. I grew up quadding the back country around Creston and I'm sure my kids will do the same.

My son went on his first ride when he was seven weeks old, though we have since upgraded to side-by-sides which makes taking the babies out much easier because we can just strap them in their car seats.

A lot of kids grow up with a nice fenced yard and possibly a park down

the street. Growing up in Kitchener, my backyard was a handful of mountains filled with trails leading to spectacular lakes and rivers, scenic views, old-growth forests and even the odd huckleberry bush. Quite a backyard indeed!

Many holidays have been spent on the side of a mountain. While most people are sitting around a table enjoying a turkey dinner, my family is sometimes found quadding up to the hump on Mt. Kitchener to have a fire and wiener roast.

As a child, countless birthdays were spent at my grandpa's cabin tucked

up in the hills off Goat River Road. These are all memories I will cherish for the rest of my life.

Quadding is typically seen as a sport or a hobby. For us, it is a way of life. It makes up a big piece of who we are, giving us freedom and allowing us to explore parts of the world most will only see in pictures. If I hadn't grown up and lived in Creston I would have missed out on so much.

I am excited for the adventures my son has in store. His journey has just begun. He'll be burning around on his own quad before we know it, and I wouldn't have it any other way. ■

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Five nutritional guidelines that apply to everybody

Story by: Maya Skalinska,
M.H., R.H.T



Food is our fuel and our medicine. In my practice I find most of my clients' health issues stem from their diet.

We all know by now how harmful fast food is (check out the documentary *Super Size Me*). Yet we tend to overlook the fast foods we pick up at the grocery stores. These are all the pre-packaged, highly refined, sugar-loaded, denatured foods that cause digestive

tasting, yellow-dyed squares that its makers call cheese.

We're always looking for short cuts, the easiest, fastest way to prepare our foods. But at what cost?

Simply put, our bodies are not designed for consuming these highly processed foods. We are designed to consume nutritionally rich, real foods, not chemicals made in a laboratory.

due to better soil health, more vibrant energy fields (now supported by science) and better taste.

3. Choose fresh, local and seasonal for its higher nutritional content. Besides, local is always better-suited for our bodies as we resonate with the environment in which we live.

4. Choose a large variety of colours, textures and flavours. Variety gives us the nutrient diversity which our bodies crave. Enjoy all the six flavours: sweet (grains, whole milk); sour (yogurt, tomatoes); salty (sea salt, seaweed); bitter (green leaf vegetables, endive); astringent (beans, apples); and, pungent, (ginger, garlic).

5. Practise conscious eating. Listen to your body's signals. The more you practise awareness the more attuned you will be to the effects of food on your body.

It sounds so simple. You've all heard this before. Look at your diet and ask yourself how much variety you are getting from it. Read the labels and see how many unnecessary chemicals you're consuming. I see amazing results with all my clients who adopt these simple guidelines. ■

Maya Skalinska is a master herbalist and registered herbal therapist offering iridology, pulse and tongue analysis, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment call 250-225-3493.



“We are designed to consume nutritionally rich, real foods, not chemicals made in a laboratory”

problems, liver/gallbladder issues, hypoglycemia, type II diabetes and *Candida albicans* overgrowth, just to name a few.

White flour and white sugar are the worst on a long list of highly refined foods that create havoc when eaten on a daily basis. And then there's "food" that hardly resembles food, like the plastic-wrapped, plastic-

So here are five of the most important nutritional guidelines that apply to all:

1. Choose foods that are whole and in their natural state: fresh fruits; vegetables; whole grains; eggs; nuts; and, seeds.
2. Choose organic as often as possible – fewer chemicals, more minerals and other nutrients

Out & About

Submitted by: www.crestonevents.ca

October to December

Creston Valley Farmers' Market

Featuring local produce, baking & crafts.

Location: Morris Flowers & Garden Centre
Saturdays, 10am to 2pm

Contact: Jen Comer
Phone: 250-977-5362

www.crestonvalleyfarmersmarket.ca

October 9

Creston Valley Thunder Cats vs. Chase Heat

Watch exciting Junior B Hockey action!

Location: CDCC, starts at 2:00pm

Contact: Joanne Endicott

Phone: 250-428-3965

www.crestonvalleythundercats.com

October 13

Creston Valley Thunder Cats vs. Columbia Valley Rockies

Watch exciting Junior B Hockey action!

Location: CDCC, starts at 7:30pm

Contact: Joanne Endicott

Phone: 250-428-3965

www.crestonvalleythundercats.com

October 14

Creston Valley Thunder Cats vs. Castlegar Rebels

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Location: CDCC, starts at 7:30pm

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Phone: 250-428-3965

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July - Sept Wednesdays,
3:30pm - 6:30pm

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RIPENING DATES

Fruit Season	Vegetable Season
Pears Sept. 5 to Dec. 31	Potatoes July 1 onwards
Apples Sept. 15 onwards	Carrots Aug. 1 onwards
	Squash Aug. 15 onwards

**Please note all dates are approximate depending on the weather.*

**October 15
Ducks Unlimited Fundraising
Event**

26th Annual Creston Ducks Unlimited Fundraising Banquet. Raffles, live & silent auctions, a great meal and a fun filled evening in support of Ducks Unlimited Canada's conservation work.

Location: CDCC, 5:30pm
Contact: Gertie Brown
Phone: 250-428-7581
www.ducks.ca

**October 20
Small Business Week
Conference**

Annual Small Business Week conference put on by the Creston Valley Chamber of Commerce and Community Futures. Event will include speakers on an assortment of topics plus announcement of the Business of the Year.

Contact: Jim Jacobsen
Phone: 250-428-4342
www.crestonvalleychamber.com

**October 21
Howlin' Harvest CIDO 97.7fm Fall
Fundraiser**

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Contact: Maureen Cameron
Phone: 250-402-6772

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**October 22
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Location: Kokanee Pub
Contact: Terry Booker
Phone: 250-402-8469

**October 22
Creston Valley Thunder Cats
vs. Kimberley Dynamiters**

Watch exciting Junior B Hockey action!

Location: CDCC
Game starts at 7:30pm
Contact: Joanne Endicott
Phone: 250-428-3965
www.crestonvalleythundercats.com

**October 23
CDCC Grand Opening of the
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Location: CDCC, 2 to 5pm,
Free swim 5to 7pm
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Phone: 250-428-7127
www.rdck.bc.ca/creston

**October 28
Creston Valley Thunder Cats
vs. Nelson Leafs**

Watch exciting Junior B Hockey action!

Location: CDCC, starts at 7:30pm
Contact: Joanne Endicott
Phone: 250-428-3965
www.crestonvalleythundercats.com

**October 29
Annual Oktoberfest**

Cocktails, dinner and dance to follow.

Location: CDCC, 6 pm
Contact: Henry Schoof
Phone: 250-428-3545

**October 29
Kokanee Pub Halloween Party**

Ruckus haunts the Kokanee Pub.

Location: Kokanee Pub, 9pm
Phone: 250-428-4241

**October 31
Halloween Hysteria**

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Location: CDCC, 4:30 to 6:30pm
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