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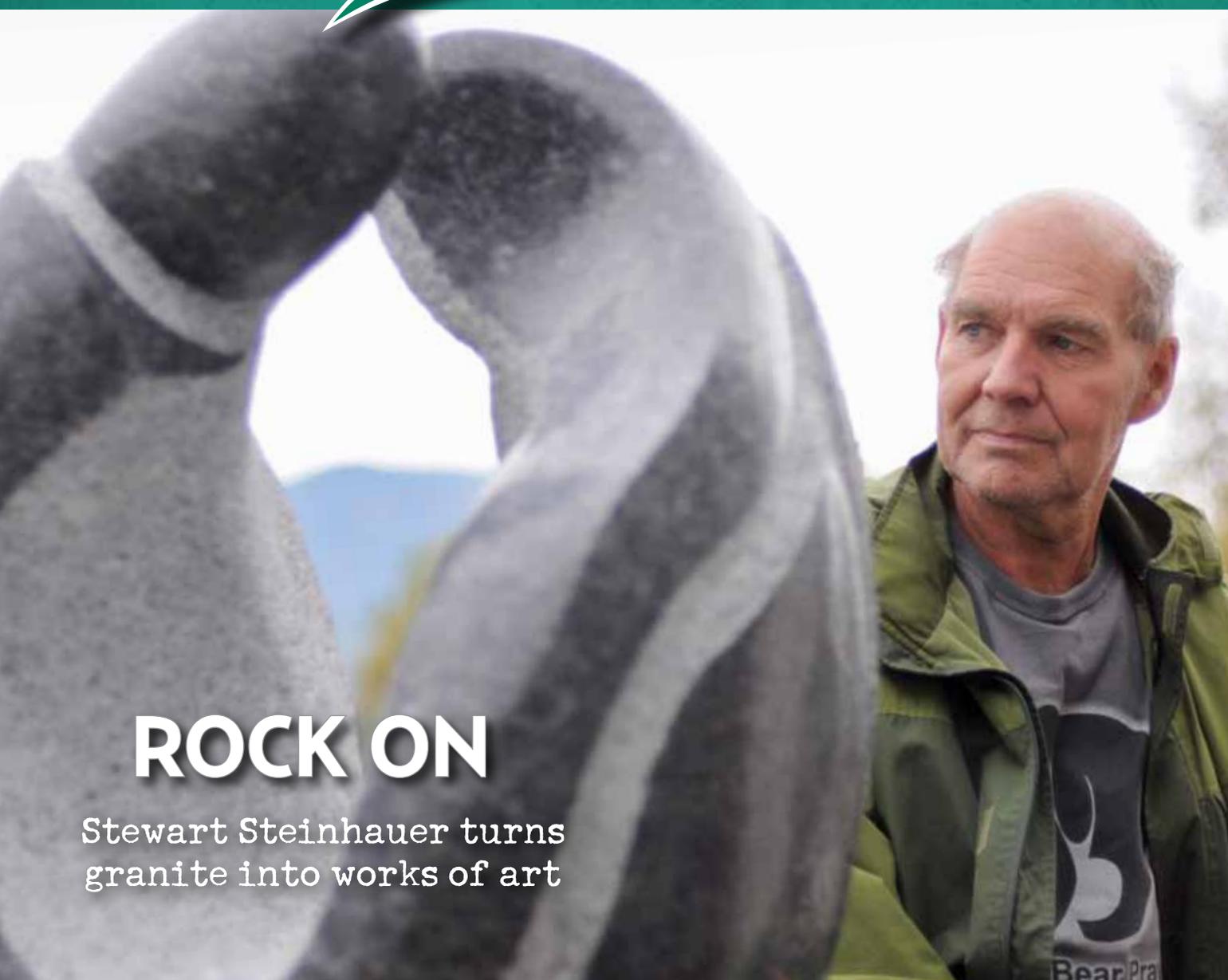
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Stewart Steinbauer turns  
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# From the Editor



BRIAN LAWRENCE

There's nothing quite like the nip of fall in the air to bring a twinge of nostalgia.

My thoughts easily drift back to heading to elementary school

early in the morning, not quite ready to admit that I really needed the jacket my mom forced me to wear. (Of course, I took it off as soon as I was out of sight — had to look cool for the bigger kids.)

More recent memories bring me to my first few weeks in Creston. I moved here at the end of October 2003, and would occasionally wander, trying to get to know the town — at least from a geographical perspective — a little bit better.

A great way to learn about the town from a historical point of view is definitely helped by a visit — or better, multiple visits — to the Creston Museum. I volunteered there for a few years after moving to town and enjoyed the chance to immerse myself in this valley's rich heritage.

So it was quite a delight to see manager Tammy Hardwick's submission to this month's issue — five photos of the Creston Valley from a *Nelson Daily News* collection passed on by Nelson's museum. There are some fascinating and unique shots, and in each it's easy to find a connection to agriculture.

Obviously, agriculture is a significant part of life in the Creston Valley, and before moving here, I didn't see what else the valley offered. Was I ever wrong!

I never expected to find such a rich arts community in the valley, covering the visual to music to theatre. One of those talented artists is Stewart Steinhauer,

whom I had the pleasure of chatting with recently. His story (page 5) is every bit as fascinating as his artwork, and I hope you enjoy learning more about him.

Local business owners also demonstrate their own brand of creativity. In this day and age, it's not always easy to make a go of it in a small town — which is why some have teamed up in one location. Fit and Fresh (page 16), a downtown juice bar, spent a few months on its own before moving into Simply Fit — a perfect combination if ever there was one!

And no October would be complete without the creativity of children and parents as they prepare for Halloween. We asked for your photos, and several are included in this issue. It won't be the last time we ask for your photos; be sure to like our Facebook page so you won't miss the next time.

Happy fall! ■

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Juice bar and supplement shop Fit and Fresh left its solo location to team up with Simply Fit.

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I Love Creston Marketing Ltd.

Box 143, Creston, BC V0B 1G0  
www.ilovecreston.com

#### Graphic Design/Editorial

Wendy Franz  
cell: 250.402.8711  
wendy@ilovecreston.com

#### Financials/Sales

Justin Ziola  
cell: 250.428.6772  
justin@ilovecreston.com

#### Editor

Brian Lawrence  
250.505.3886  
editor@ilovecreston.com

#### Sales

Kelly Moore  
250.402.3549  
kelly@ilovecreston.com

#### The Magazine

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# MADE OF STONE

## First Nations Heritage Given Form in Granite

BY BRIAN LAWRENCE  
I LOVE CRESTON EDITOR

He's worked on a ranch, and he's been an organic gardener. But to those in the Creston Valley, Stewart Steinhauer is best known for his granite sculptures, which are displayed prominently at the intersection of Northwest and Railway boulevards, adjacent to the Creston Visitor Centre and Kunze Gallery.

Steinhauer is happy to see his work being enjoyed by locals and visitors, just as he appreciates the inspiration the area provides him.

"I find the Creston Valley to be a tremendously stimulating carver's environment," he says.

Steinhauer just finished his seventh summer in the valley, where he lives and works on a five-acre corner of Lower Kootenay Band land on the flats. He's in the process of building a new workshop — greenhouse-inspired to allow natural light inside — but currently uses a Quonset built for a federal government research project in the 1970s.

There the sculptor creates pieces in a range of styles, from three-dimensional to relief artwork, and sizes, from items suitable for a tabletop to the 55,000-pound *The Hunter: Seeking Higher Consciousness* outside the Kunze Gallery. The vast majority are inspired, often unconsciously, by Steinhauer's First Nations heritage.



Brian Lawrence  
Granite sculptor Stewart Steinhauer in his studio.



**Brian Lawrence**

Stewart Steinhauer's *The Hunter: Seeking Higher Consciousness* at downtown Creston's Kunze Gallery.

"I make stuff without knowing what it is, and then elders come along and explain it to me," he says.

In late September, a 17,000-pound eagle in repose, one of his most recent pieces, was delivered to an archaeological site west of Brooks, Alta., where the bird will watch over a 5,000-year-old temple and open-air calendar.

Steinhauer was born in 1952 in northeastern Alberta's Saddle Lake Cree Nation. He moved to Edmonton in his late teens and to the Okanagan in the 1970s. He leased land from the Okanagan Indian Band and, for 16 years, found success as an organic market gardener, which didn't generate the respect it does nowadays.

"There was actually a market prejudice against organic," says Steinhauer. "If you didn't spray, people didn't know what you were doing."

While in the Okanagan, the birth of his first son inspired Steinhauer to begin carving.

"I was present at his birth," he says. "It was an astonishing moment. It transformed my life."

The next day, while tending a fire on a cattle ranch near Coldstream, he noticed a root in the flames — and pulled out his knife.

"I was sitting by the fire, really in a daze. I picked up the root, and thought, 'I want to make something for my child.'"

He didn't stick with wood, though, discovering soapstone when his wife brought home hitchhikers to give them a meal. One was carving soapstone and gave Steinhauer a piece, which Steinhauer then cut into smaller portions to create tiny carvings.

With no grain to fight, as there is with wood, soapstone was more satisfying to carve, and Steinhauer stuck with it through 15 tons, stopping in 2003 when he developed an allergic reaction to the stone, composed primarily of talc.

When Steinhauer was approached by the Saddle Lake Cree Nation in 1992 to create a granite sculpture to be installed at a new school, he jumped right in, without a transition from the softer stone to the significantly harder one. He obtained advice on tools and techniques from a sculptor who worked

with Haida carver Bill Reid.

"In short order, everything was in my yard, in Saddle Lake," he said.

That was when he began receiving help from his higher power, which he calls the Rock Grandfather.

"That's where the Rock Grandfather really kicked in. ... The Rock Grandfather gives me unique access to materials that otherwise are very difficult to work with."

Steinhauer didn't work with granite again until 2000, but when he did, he felt the need to more deeply study his ancient culture, which encouraged him to keep sculpting.

"Suddenly a door opened, and it was as if I'd been standing and a refrigerator door opened and a feast was laid out."

He began purchasing 90,000-pound orders, and when he visited the Quebec quarry where the stone originated, he was introduced by a representative as Canada's top sculptor.

"He said, 'I don't mean what you make, I mean what you use.'"

Granite is generally too tough for sculptors to use, prompting many to

develop a design, then contract others to carry out their vision, hiring, for example, the best “hand person” or best “clothing person”. Some use machines or create a miniature first, but Steinhauer does neither, giving him “a more direct relationship than that of a linear, rational mind.”

And it gave a close connection with a variety of tools: a hammer and chisel, wet and dry diamond saws, rock drills, a pneumatic carver’s hammer, specialty splitting wedges and diamond polishing equipment.

Even with the tools at hand, creating a sculpture isn’t as simple as ordering a piece of granite and carving it. Prior to two years of carving — which overlapped other sculptures — *The Hunter* took a year of preparation, including the creation of enough smaller pieces to sell and raise the \$200,000 Steinhauer needed up front to order the North and South American granites used in the piece.

Sculpting became more than a way to express his cultural knowledge; it was a form of art therapy for Steinhauer, helping him deal with traumatic events from his past.

“Without realizing it, I’d stumbled on therapy,” he says. “It was a phenomenal healing medicine for me, helping pull me along in a very bleak period.”

His creative side was further sparked upon moving to the Creston Valley. His workshop receives direct sunlight for much of the day, reminding him of a sweat lodge.

“I like the intensity of the heat. ... The heats cracks something open in me and creativity comes out as a response.”

While being creative, though, Steinhauer remains aware of practical considerations. With centuries-old sculptures, everything that sticks out — noses, fingers and the like — tends to be broken off, so he has engineered the design of his bears’ ears to be virtually unbreakable, even if not anatomically correct.

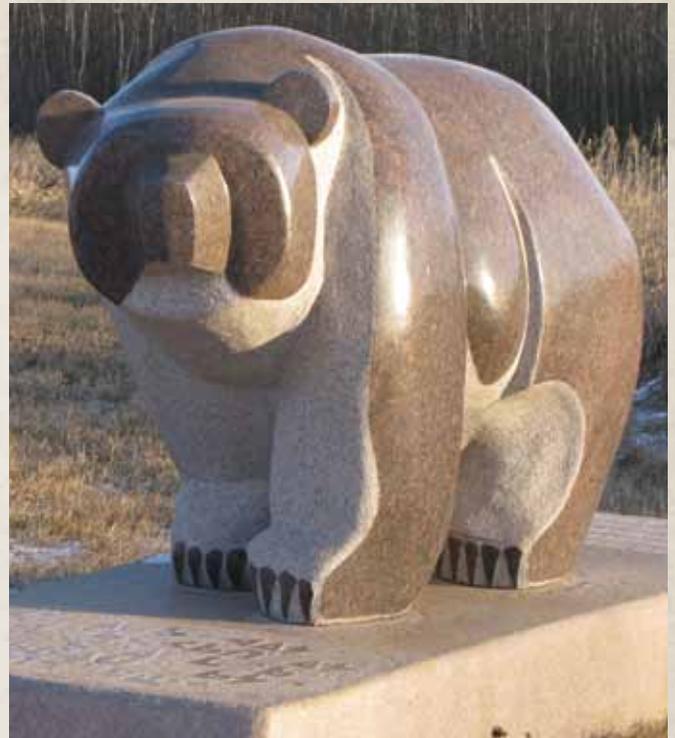
“When I’m carving, I’m thinking about the 10,000-year mark, and what will happen between now and the 10,000-year mark.”

Looking to the more immediate future, Steinhauer is planning for the next decade or so. Having spent the first 10 years of sculpting granite learning about his culture, and the second decade working on small- to medium-sized pieces, he has the following 10 years mapped out, and is developing significantly larger projects, with price tags ranging from \$750,000-\$1 million.

But he won’t forget the importance of smaller works, which allow many art lovers to their own share of his passion and creativity.

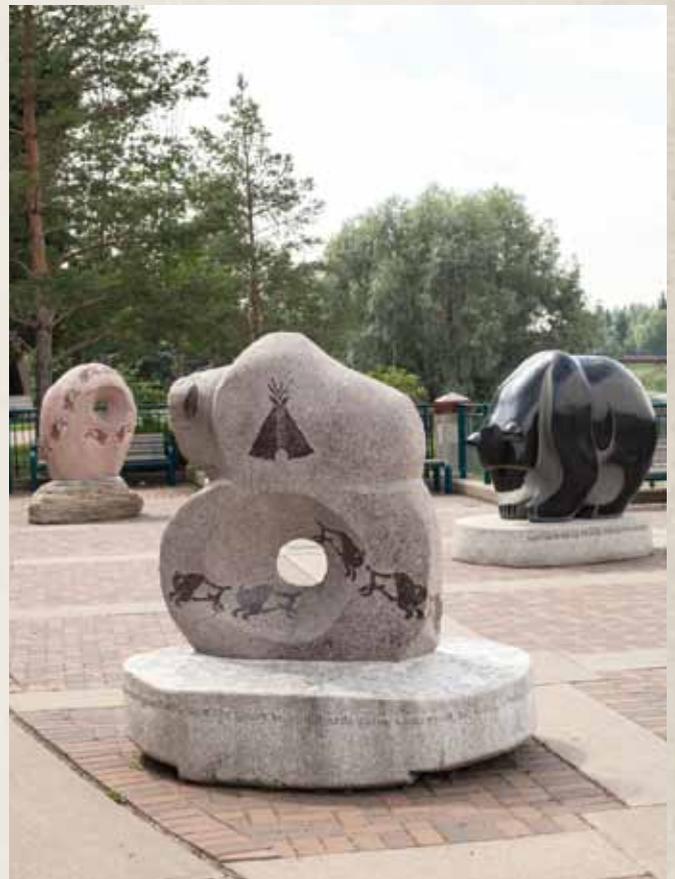
“People who know my work love my work,” says Steinhauer. “They know they’re buying something that will be more valuable in the future... and they also know it’s going to be a family heirloom.” ■

To see more of Stewart Steinhauer’s work, visit [www.stonesculpture.ca](http://www.stonesculpture.ca).



*Courtesy Stewart Steinhauer*

(Above) *If We Want to Trap a Fox: The Big Bear Memorial* at Stewart Steinhauer’s Saddle Lake, Alta., studio location. (Below) Part of the St. Albert, Alta., Steinhauer collection: (from left) *Buffalo Mountain*, *Mother Earth Circling Buffalo* and *Mother Bear Prays for Earth Healing*.





# From the Mayor's Desk

BY RON TOYOTA  
Mayor - Town of Creston

## Potential Fire Hall Replacement

Our current fire hall was originally built 60 years ago as an Overwaita grocery store. Then, 30 years later, the building was converted into the Creston fire hall. A lot has changed in the last 30 years, including the number of volunteers/staff, equipment sizes, expanded service provision, and changes to legislation and training requirements. From our current fire hall, we now provide services for over 8,000 citizens in the town of Creston, Erickson, West Creston and other surrounding areas. Importantly, the current fire hall no longer meets current building and fire code requirements in areas such as post-disaster standards, air quality, provision of adequate washrooms and decontamination space, etc.

In early 2016, town council authorized a fire hall replacement study to be conducted. The intention was to determine the feasibility of renovating the existing fire hall and the potential for new construction sites within the town. Renovation

of the existing fire hall was not recommended due to the inadequate size of the current property, based on existing service. Now the municipality has entered into a public engagement process for consideration of constructing a new fire hall. The goal of the engagement process is to build a common knowledge base upon which people can make an informed decision at time of referendum. The public process is designed to:

- provide information on the reasons a new fire hall is needed;
- ensure that a site that works for the community and the fire department is considered;
- explain the engagement process for the next eight months, which will include public meetings and a referendum;
- outline the four possible sites being considered for location of a potential new fire hall; and,
- answer any questions that individuals may have.

During the Creston Valley Fall Fair, held Sept. 9 and 10, the consulting team

and I hosted a two-day open house in the Kootenay Room of the Creston and District Community Complex. Approximately 500 people visited and the comments received were extremely supportive of the public process and the potential of a new fire hall. The majority of people selected one of two sites as a preferred possible location:

- Site No. 2 (Cook Street at 15th Ave. South beside Extra Foods); and,
- Site No. 4 (810 Vancouver St., at the intersection of Northwest Boulevard and Vancouver Street).

I was very encouraged with the large number of participants at our first open house and the positive feedback that was received. Many people expressed appreciation for the inclusiveness of the public engagement process, which reaffirms the path we are taking leading up to referendum.

Since many questions still need to be answered — preferred location, possible building design and cost estimates — it's important for the public to stay involved in this public engagement process. The next public open house will be scheduled this fall, with further public meetings to be held in 2017, prior to going to referendum in late 2017. Stay tuned for those dates! In the interim, I invite you to visit [www.crestonfirehallproject.com](http://www.crestonfirehallproject.com) to complete the survey and peruse posted information. ■

Reach Ron Toyota by phone at 250-428-2214 ext. 227, by email at [ron.toyota@creston.ca](mailto:ron.toyota@creston.ca) or visit town hall at 238 10th Avenue North.

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# Message from the Chief

BY JASON LOUIE  
Chief - Lower Kootenay Band

## North Dakota History Repeated

**K***i'suk kyukyit* (greetings).

I would like to use my column as a platform to draw attention to a very heartbreaking and devastating events that continue in North Dakota with the Standing Rock Sioux Tribe and the Dakota Access Pipeline. Construction on a pipeline pumping oil basically from the northern to the southern U.S. has begun, and since July 2016 the Standing Rock Sioux have this pipeline in close proximity to their community. The pipeline also borders major waterways, such as the Missouri River. The route of the pipeline crosses through the Standing Rock ancestral burial grounds, which the pipeline has disregarded, and has plowed and destroyed the final resting place of their ancestors.

This is not the first act of terrorism that the Sioux have experienced. To give a brief timeline of events, the following has history repeating itself:

•**Dec. 29, 1890:** Near Wounded Knee Creek at Pine Ridge, S.D., the United States Army entered a peaceful and unarmed encampment, shooting and killing over 300 Sioux men, women, and children. Twenty U.S. soldiers were awarded medals of honour for the massacre.

•**Feb. 27, 1973:** Two hundred Oglala Sioux and the American Indian Movement (AIM) were protesting the government's failure to impeach former president Richard Nixon. The tribe occupied Wounded Knee for 71 days until the government ordered the FBI, US Marshals and the National Guard to move in.

•**April 1973:** During the incident at Wounded Knee, one US Marshal was shot and paralyzed, and three Oglala Sioux shot and killed. AIM activist Leonard Peltier was sentenced to life in prison for allegedly shooting the US Marshal.

•**August/September 2016:** North Dakota Gov. Jack Dalrymple declared a state of emergency because the Standing Rock Sioux protested the pipeline, making a camp at the work site that borders their community, water source and ancestral burial grounds. The governor called in the armed North Dakota National Guard, barricades were placed on highways and the Morton County Sheriff's Department made numerous arrests of protestors. Private security contractors were brought in with attack dogs, which were released on protestors. Private security contractors pepper sprayed protestors.

It is very easy to dismiss this by saying this in the United States so it's not our problem. The issues are oil and water. For homeowners, we have all experienced pipe issues in our home. That is why we have plumbers. All pipes leak. It isn't a question of if the pipes leak but when. When the pipes leak, the oil will flow into the water systems that the pipeline route borders. There are also huge human rights issues. The United Nations signed the Declaration on the Right of Indigenous Peoples. The Standing Rock Sioux have had dogs released on them and been pepper sprayed, and the military and police have arrested them. This may sound extreme, but the UN needs to send peacekeepers, given the history of the United States and this community.

The North Dakota governor has declared a state of emergency when, in fact, this should be referenced as a state of emergency for civil rights. I urge readers to Google "North Dakota pipeline access", see the horrific images, and hear and read the stories of injustice.

I recognize the world's need for fossil fuels, but there is a time when common sense should prevail. The Standing Rock Sioux and other First Nations who stand in solidarity have asked to not be called activists or protestors. They refer to themselves as protectors of the water, which all of humanity should be. The protectors are in a David and Goliath fight with the oil industry. My thoughts, prayers and support are with these brave men, women and children. May the Creator have a positive outcome for these unfortunate events. ■

Reach Jason Louie by phone at 250-428-4428 ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or online at [www.lowerkootenay.com](http://www.lowerkootenay.com).

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# New Old Photos Show Valley



BY TAMMY BRADFORD  
Manager - Creston & District Museum & Archives

I got sidetracked again. This time, by a couple thick envelopes of photographs, transferred to us by Laura Fortier at Touchstones Nelson. They're part of a collection of photos from the *Nelson Daily News*, but, because

they show people and places in the Creston Valley, they are more useful and interesting to our collection than Nelson's. I spent a couple of afternoons going through them; here are some of my favourites.



**Aerial View of Creston, looking west**  
Photographer: Hank Buckna  
Date: About 1955-1958

It's a bit unusual to see an aerial view of Creston looking west, and really unusual to be able to see, so clearly, all the streets and buildings (for a comparison, check out the town in the background of the Archibald Home photo on page 11).

Attaching a date to photos is

always fun. Hank Buckna took this one; he was a very well-known local photographer in the 1950s and 1960s. Other clues: some of the cars have a distinctly tail-finned look to them, and two buildings are still standing — the original United Church on 10<sup>th</sup> Avenue North (torn down in 1960) and the cabinet shop, formerly S.A. Speers' store, just up the hill from the present-day Kokanee Inn (burned July 1959).

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## History

### Archibald Home

Photographer: Hank Buckna

Date: Unknown, probably 1960s

Until now, none of the photos we had of the Archibald home on Erickson Road showed the layout of the house and grounds. We have been getting a few inquiries about the property, which now houses Spectrum Farms, and this photo will help answer some of them.

This photo is noteworthy for a couple other reasons, too. Look how undeveloped the other side of Erickson Road is. Look at the emptiness of the space that is now the rec centre (top right corner). Look at the distance between the fruit trees in the foreground. Compare that to the density of orchard plantings today — that's agricultural intensification in action.

### Livestock on Creston Flats

Photographer: British Columbia

Government Travel Bureau

Date: Unknown

OK, who doesn't like a photo of a big old horse in the middle of a herd of cows? But really, this one is my favourite of a whole bunch that fall into a category I like to call "random agriculture PR photos". They're fairly generic, in that it's impossible to date them or identify specific farms, but they're generally great photos of local agriculture. There are over a dozen of them in this collection, ranging from combining on the flats to fruit trees in full bloom. Most of them are credited to the BC Government Travel Bureau. Clearly, agriculture has been a staple of Creston's tourism industry for a very, very long time.

I could go on. The collection includes a lot of Blossom Festival images, quite



a few of businesses around town, even some of the wildlife area before it was the wildlife area. There is a beautiful one of the cenotaph, but you'll probably see

that one next month. In the meantime, feel free to drop into the archives on Devon Road to see these and other photographs for yourself.



**Grain Elevators**

**Photographer: Unknown**

**Date: Between 1940 and 1955**

I love this one, for the crisp clarity of Creston's iconic grain elevators. They look completely isolated, as though there is no town around them. And, although at first glance it's a scene devoid of life, there are footprints in the snow and, visible with a magnifying glass, two people walking past the tree on the right edge of the photo.

The annex on the Alberta Wheat Pool elevator was built in 1940, and the Midland and Pacific elevator was taken over by United Grain Growers (and painted white) by about 1955.

**Raspberry Pickers**

**Photographer: Unknown**

**Date: Unknown**

This is a fantastically clear and detailed snapshot of two people going about their daily lives, and the sort of photo that their relatives will love when they come across it while doing family history research. But, maddeningly, we cannot identify it. There are no

notes on the back, no landmarks to establish location, not even much we can use to date it (apart from the saddle shoes and bobby socks). So I'm including this one partly to illustrate the sort of photograph we hope *not* to receive in the archives (so please identify the people in your photos before you donate them) and partly in hopes that someone reading this will tell me who the girls are. ■



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# Cormorants a Sure Thing at CVWMA



BY CARLA AHERN  
 Director of  
 Communications,  
 Stewardship and  
 Education - Creston  
 Valley Wildlife  
 Management Area

It's not easy to count on wildlife being where you want it to be at any given time. People sometimes come into the wildlife centre with laser focus: "I want to see a turtle, an otter, an olive-sided flycatcher." Well, sometimes the wildlife obliges but...

There are a few species we can count on to be fairly regular at appearing, but never a guarantee. This summer, the double-crested cormorants have been predictable in their chosen perch along the old Kootenay River channel on the branches of dead cottonwood trees (visible when hiking the Marsh Trail Loop).

The double-crested cormorant is a gangly and prehistoric-looking, matte-black fishing bird with yellow-orange facial skin. They are said to look like a combination of a goose and a loon but are relatives of frigate birds and boobies. An interesting behaviour that catches one's eye is when they stand on docks, rocky islands and trees with their wings spread out to dry. They are solid, heavy-boned birds that are experts at diving to catch small fish.

Many people think of cormorants as being more of an ocean bird but they are a common occurrence in both fresh and salt water areas across North America. They breed mostly inland in central North America and they nest here in the Creston Valley.

Nearly 20 years ago, the sighting of a double-crested cormorant in the Creston Valley was somewhat unusual.

In 2003, four nests were documented in the Leach Lake unit. In 2014, as part of a 10-year monitoring plan for the Pacific Flyway Council's nongame technical committee, the Creston Valley Wildlife Management Area documented nearly 175 nests.

This June, the CVWMA conducted a survey again, took some aerial photos, and counted nearly 190 active nests (plus or minus approximately 30 nests — they're not easy to count). Considering most

nests will contain two to five eggs, there's no doubt the colony should continue to grow in the coming years. It will be interesting to see if they will remain at the current location or start new colonies throughout the valley. Time will tell.

The current rookery (the area where they nest) along the Kootenay River in the Leach Lake area was actually first colonized by great blue herons a few years back. The cormorants moved in with the herons

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CVWMA

At the Creston Valley rookery, a cormorant (on the left) and a heron (on the right) share the tree space.

for the 2012 nesting season.

Both the cormorants and the herons build “stick” nests, but they are constructed quite differently. Herons build a large flat platform of bare twigs and the nest is often used year after year and can become quite big and bulky. Cormorants initially build a shallow nest made of twigs, leaved branches,

long roots and strands of bark. The cormorants will add more nesting materials throughout the season, which all become coated with feces during the nesting season. Both species build their nests in the cottonwood trees in the lower to upper canopy.

The cormorants are a fun sight to see, so next time you are cruising

along the Marsh Trail, look up into the cottonwood trees and see if you can spot one or two. They do migrate to warmer territory and are absent from the valley from November until March (wish I could do that too!). ■

Questions? Feel free to call 250-402-6900 (Admin) or 250-402-6908 (Wildlife Centre), or email [askus@crestonwildlife.ca](mailto:askus@crestonwildlife.ca).

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# Thunder Cats Giving Back

## CRESTON VALLEY THUNDER CATS

The 2016-17 Kootenay International Junior Hockey League season is underway and there's tremendous excitement around the organization as the Thunder Cats prepare to host the 2017 Cyclone Taylor Cup in April. And with nine rookies and a handful of other new players, there's plenty of work to be done on the ice to prepare for a great season. But off the ice, the team is also getting set to have a big year giving back in the community.

"Our approach is that a big aspect of playing junior hockey should be gaining experience volunteering and giving back where you play," says Thunder Cats head coach Jeff Dubois. "Part of that is to say thank-you for the great support that our team gets from our fans and sponsors. But it's also great life experience for the guys, getting out and meeting new people and experiencing new situations. It's a big part of their social development as young men."

Dubois also says that the outstanding fan support that the Thunder Cats receive in the Creston Valley puts a lot of responsibility on the team to reciprocate when it comes to pitching in at local events and with community and charity groups.

"Our new players were blown away by the number of fans who came out for our three exhibition games in early September and it was funny to hear the veterans explain to them that it was nothing compared to the excitement in the rink when the regular season begins."

Early in the season, the Thunder Cats are already spending their fair share of time out and about. They volunteered with registration and as course marshals at the Terry Fox Run on Sept. 18 and the Blue Heron Half-Marathon and 10K on Sept. 25. And they once again helped

the Creston Rotary Club with their annual wood block sale and delivery on Oct. 1. Those types of activities will continue on into the fall and expand



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Creston Valley Thunder Cats defenceman Topher Harding in the Sept. 23 6-4 win over the Fernie Ghostriders.

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to include time on the ice with Creston Valley Minor Hockey Association teams, as well as visits to local schools.

Veteran Thunder Cats defenceman and team captain McConnell Kimmett is now in his third season in the Creston Valley and says that the team's volunteer commitments have been a big part of him feeling at home in a new town.

"It feels good to give back to the community because they support us so well all through the season and make us feel welcome in Creston," says Kimmett. "It's great meeting new people and feeling like we're making a positive contribution, especially with the kids that look up to us as role models." ■

**Come out &  
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**October Home Games  
7:30 pm**

**Friday, October 7th**  
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**Saturday, October 8th**  
vs Golden Rockets

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**Friday, October 14th**  
vs Columbia Valley Rockies

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**Saturday, October 22**  
vs Golden Rockets

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**Friday, October 28th**  
vs Beaver Valley Nighthawks

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**Saturday, October 29th**  
vs Nelson Leafs

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each additional youth \$4



Simply Fit co-owner Allia Schofer (left) and Fit and Fresh owner Tori Colonel.

## Juices Flowing at Fit and Fresh

STORY AND PHOTOS BY BRIAN LAWRENCE  
I LOVE CRESTON EDITOR

**W**hen Fit and Fresh opened in downtown Creston in May to offer fresh juice, smoothies and fitness supplements, owner Tori Colonel thought it seemed somehow incomplete. Four months later, she teamed up with Simply Fit — a move that made sense for both businesses.

“It felt like the missing piece,” says Colonel.

The owners of the gym at 1513 Canyon St. agree. A juice bar was part of the plan when Allia and Chris Schofer bought the gym from Dave Perrin three years ago. The bar didn’t materialize

then, but as soon as Fit and Fresh moved in last month, customers were thrilled to pick up a protein shake after their workouts.

“It’s a perfect thing for after a workout,” adds Colonel, a certified personal trainer who also now manages the gym. “It’s quick for them to grab something.”

That something can be one of four smoothies — vanilla, chocolate, strawberry, kale — or four juices, from the strawberry-banana-based Love Punch to the spicier Ginger Snap. The latter was the first success Colonel had while creating recipes with local foodie Annaliese Phipers.

“We had a sip and Annaliese and I

gave each other a high five. ‘We made our first one!’ ”

Colonel’s goal was to have juices that were healthy and also flavourful, so she and Phipers sampled a lot of attempts, some better than others.

“We did an hour or two every day to develop juices. I got a little bit sick, actually, from tasting all the juices,” Colonel says with a laugh. “I didn’t want to drink any for a month or two after that.”

Colonel has two children and recently became a single mother. She’d previously worked for Labatt and was a forestry technician for J.H. Huscroft Ltd., and had explored well-being while working at Golden Herb Health Foods.

## Feature

But she always wanted her own business, so she went back to school, taking the self-employment program at Kootenay Employment Services, where a personality test said she should become a business owner. The program was a significant step toward turning her passion into a career.

"I've always been into the health side of it, but didn't know how to piece it together," she says. "We don't really have anywhere you can get a clean smoothie or juice."

The two months leading up to Fit and Fresh's May opening were busy ones — not only was Colonel training at KES and testing juice recipes, she was also renovating her original location in the 1400 block of Canyon Street.

The juice bar opened in May to a great response, due partly to high-quality product — she offers Fit Supplements protein powder, creatine, pre-workout and other supplements — but also Colonel's attention to detail when making her products. Smoothies, she says, must be thick and contain a lot of fruit.

"I'm picky with my smoothies," says Colonel. "I want people to crave them — that's why I only have four."



Two seasonal smoothies, pumpkin spice and apple spice, are in the planning stages and should be available later in the fall. Along with those, Fit and Fresh will also be offering Bulletproof Coffee, a drink purported to burn fat and boost brain power, and consisting of coffee, grass-fed butter and a supplement, Brain Octane.

"It's unbelievable how that fat and caffeine hits you," says Allia Schofer.

Fit and Fresh's move to Simply Fit did more than simply combine two complementary businesses — it also

allowed Colonel to lower her prices.

"It made it more affordable for me to support my family, and pass on the discount," says Colonel.

And while being in the new location allows Colonel to focus on fitness, she's pleased for the opportunity to keep her mind active, as well.

"I get to be creative," Colonel says. "It keeps me motivated, even on the fitness side. I find when I lose my creativity, I lose my drive." ■

**To learn more about Fit and Fresh, call 250-435-0385 or visit [www.fitandfresh.ca](http://www.fitandfresh.ca).**



# Couple Collecting for Ecuador School

MOLLIE TURNER and BRANT PECK

**W**e are a young couple, and we both grew up on small farms in the rural Creston area. We share a passion for sports, as well as an early career ambition. Each of us completed ASIT, a trades program allowing students to begin college while still in high school, with Mollie studying culinary arts and Brant becoming an automotive service technician. Mollie is now a cosmetologist also, and Brant is a journeyman welder. Another passion we share is helping those that are less fortunate and in need.

Both of us have always wanted to travel, as well as help those around the world that need it most. Travelling to Ecuador will be a perfect place to start, and our goal requires your help. We plan on bringing bags full of sports equipment, such as deflated soccer balls, cleats, etc. Schools in Ecuador suffer tremendously because their government does not fund the education system the way the Canadian government tends to its own. Children have no chairs to sit on, and structures are built poorly, resulting in an uncomfortable learning environment for the students. Many schools don't have standard supplies such as books, paper, pencils, art supplies or binders, and we want to donate what they need in order to improve their learning experience.

Donations will be used for school materials and baggage fees for supplies, as well. If more than enough money is raised, it will be donated to a school that will put it to good use.

Our vision is to see these kids glow throughout their education. Many of us in high school dreaded it, but did we really? These children want to learn and we want to help them achieve it. We want to see students not only in Ecuador but all around the world be happy and excited for their first day of school, no matter what the circumstances. We want to see children who cannot afford schooling sit in a classroom because they finally have the supplies to attend. We want to see teachers have the stress lifted from their shoulders because they have a school that has supplies, furniture and repairs done, helping them teach their students comfortably and efficiently.

We had the education offered to us, but they need to work for it. We don't want to see children and teens working 12-hour days in harsh conditions because they cannot afford to go to school like we did. Would you want to be working in hard conditions at age 10? I do not think so. We hope you have the same vision as we do because the outcome of this project will change lives. Do you want to change a child's life today? ■

To learn more, visit the Facebook or GoFundMe pages listed in the ad below. Prince Charles Secondary School is a dropoff location for school supplies.

[en.wikipedia.org](http://en.wikipedia.org)

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# Creston Valley 4-H Members Sell Beef at Annual Show

CRESTON VALLEY 4-H CLUB

A successful year for the Creston Valley 4-H Club came to a close Aug. 6 at Achievement Day. Seven beef, 10 dairy and eight Clover Bud kids gathered at Canyon Park for the club's annual show and sale.

Judges were Cory Huscroft, Hans Bissig and Mariah Partington, with Wes Tallman as auctioneer. The club is supported by the Columbia Basin Trust, Nutrisourse, WestGen, Kootenay Milk Producers, Rob Davidsen and Kris Dickeson, as well as family, friends and spectators. ■



*Creston Valley 4-H Club*

Above (from left): Senior showmanship winner Taylor Mailhot with Ace, purchased by J.P Construction, Dr. A.R. Weaver Inc. and Mayday Electric Ltd.; grand champion market steer winner Rasmus Knudson and Phill, purchased by Creston Hotel/Jimmy's Pub.

Below (from left): Reserve champion winner Brynn Mailhot and Yogi, purchased by Scott and Shannon Veitch, Dan and Carol Geurts, Derl and Brenda Pocha, and Norm and Gail Mailhot; Kate Page and T-Bone, purchased by G Mechanical, Mayday Electric, Pam and Randy Huber, and Carolyn and Todd Hawton.

Bottom (from left): Troy Rast with Crackerjck, purchased by Tanya Wall; Sydney World and Jasper, purchased by Andre and Krista Bailey; Quinn Page with Jonny, purchased by Global Fruit, Andre Bailey and family.



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**Education in an atmosphere of fun and friendship**

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*There is an information/registration meeting for the Creston Valley 4-H Club's upcoming year on October 19th at the Community Complex from 5 to 7.*

*Or contact Ginger at 250-428-4506 or Sarah at 250-428-2421.*

*For Cloverbuds contact Jill at 250 428 4500.*

*If you are interested in buying local beef contact Ginger at 250-428-4506.*





## Teachers Hosting Annual Musical Tapestry

### C.V. MUSIC TEACHERS' ASSOCIATION

**F**or 13 years, the Creston Valley Music Teachers' Association (CVMTA) has put on annual concerts that feature some of the best music this valley has to offer — the 14th year will be no exception. Every year the concerts are unique and different from the previous years, with new performers, but some of the very talented regulars return doing different performances.

As customary, all profits from Tapestry — which runs Nov. 4 and 6 at the Prince Charles Theatre — go toward music scholarships and bursaries. This is an opportunity for the community to enjoy a night of diverse and high-quality music, while knowing that the profits will be benefiting the citizens of this community. Most of the scholarships and bursaries go to youth. A post-secondary music education and different music camps are expensive.

The CVMTA wants to help youth receive a better music education and, thereby, life.

The community has been very generous with its support if this endeavour. Scholarship monies are put toward the Monte Anderson Music Scholarship (MAMS), with the Creston-Kootenay Foundation (CKF) handling these funds. The CKF will have a table at the concerts to accept tax-deductible donations. One of the past recipients of MAMS was Amanda Anderson. This year, she has returned to Creston for a sabbatical and the community has already had the opportunity of hearing her perform. These scholarships have been very productive indeed!

Among the usual music teachers and friends performing will be Monte Anderson with a piano solo, and he will also be directing the Creston Community Band as it performs. Anita Stushnoff and Key of She will be performing. Laura From brings

the Kokanee Brass. As well, Rhonda MacLellan, Bob van der Poel and Joanna Wilson will take to the stage.

New to Tapestry will be amazingly talented singer and vocal teacher Audrey Bisset, a recent member of the CVMTA. Another new member of the CVMTA, and the community at large, is Flory Godinez, an accredited Suzuki violin teacher and instructor, with a master's degree in violin performance. Godinez will be joined by her husband (piano) and her son (cello), offering numbers in rollicking gospel style.

Many of the years' past audiences have commented on how much they enjoy the concerts, and wished their friends could have attended. You will probably leave the concerts with a song in your head and heart! ■

The Tapestry concerts run at 7:30 p.m. Nov. 4 and 2:30 p.m. Nov. 6 at the Prince Charles Theatre. Tickets, available at Black Bear Books, from teachers and at the door, are \$12 for adults, \$10 for students/seniors, \$7 for children under 12, and \$25 for families.

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# Harvest Moon Raising Funds for Congo

ERICKSON COVENANT CHURCH

Is it possible to have a great time and make a real difference in people's lives? Yes it is!

Come out to the Oct. 21 Harvest Moon Benefit Concert at Erickson Covenant Church and you will experience the perfect blend of both. Carl Erickson has called on some old friends, masters in the art of musical soul, and they will be making magic together after many years apart.

This musical reunion will feature Al Wiebe on guitar, whose musical journey includes the Irish Rovers, Waylon Jennings and the 10th Avenue Jazz Band, as well as Bill Lockie, whose standup bass has dazzled the Okanagan jazz scene for decades, having played most recently at the Salmon Arm Roots and Blues Festival and produced a CD with Vernon folk singer Betty Johnson. Hailing from the Coast will be old friend and drummer Vinny Ricci, also a composer, writing scores for big bands and playing with music groups from all over, including a stint with the Night Train Review and the Red Robinson rock and roll show.

**Carl Erickson has called on some old friends, masters in the art of musical soul.**

On top of all that, local friend Don Clark, whose time on the trumpet includes the Vancouver Symphony and Vancouver Opera orchestra, as well as European and North American musical tours. He now (unbelievably) plays for the Creston Community Band and other ventures.

And then, with pleasure, Erickson will be on the saxophone and guitar, pulling us all together, back into time and forward into hope.

And what's more, you'll have an opportunity to make a world of difference for children and families rising out of poverty in the Congo. Why the Congo? There are so many needs in the world, but we have chosen to focus our giving into two ongoing relief projects in this poorest of countries.

Through a special World Vision partnership, we will be offering the opportunity to sponsor a child, changing their life for less than \$40 a month. If sponsorship is not an option for you, we will be collecting donations toward an ongoing food security initiative in the Congo, supporting the sustainability of local farmers and their families, something that is close our hearts here in the Creston Valley.

Both of these projects work closely with local leaders to make support the most effective and helpful as it can be — whole communities are being transformed through local leadership and generous supporters.

Want to find out more? Easy as can be. Come and enjoy Carl and the Golden Boys as they offer us an amazing array of fun and friendly music — music that will touch our hearts and souls, and reach across the world to change lives in the ways that really count. ■

The Harvest Moon Benefit Concert runs at 7 p.m. Oct. 21 at Erickson Covenant Church at 6017 Canyon-Lister Rd. To learn more, contact the church at 250-428-4174 or [ericksoncovenant@gmail.com](mailto:ericksoncovenant@gmail.com).



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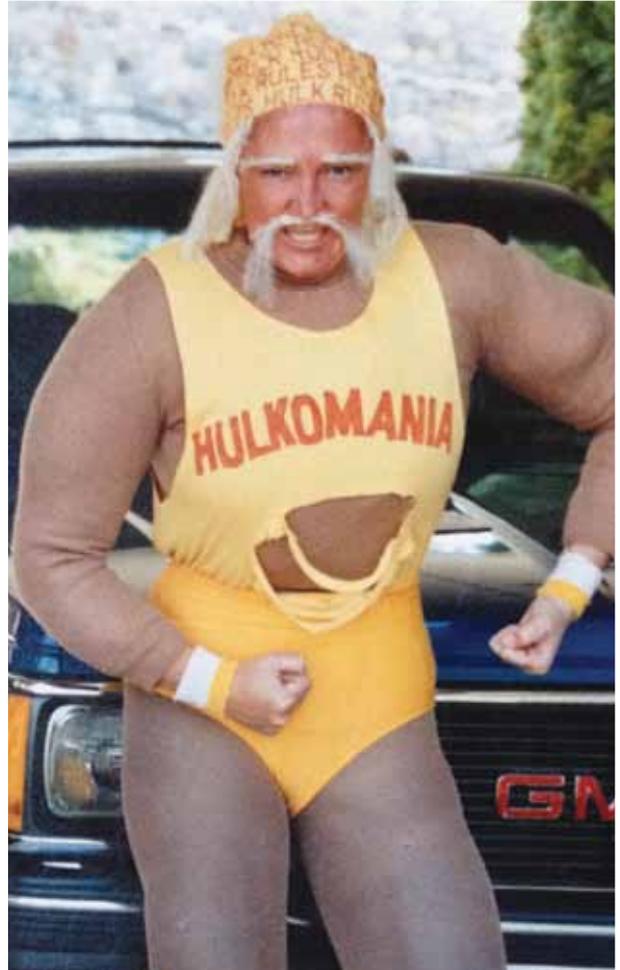
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We asked for your favourite Halloween photos — and you responded. Turn the page for more of our favourites!



Allia Schofer sent us this photo of Connor and Cooper Schofer, and Aleatha and Svea Karmason as KISS.



You'll be forgiven if you don't recognize 2007 citizen of the year Betty Martin in this shot from 1991, cleverly disguised in a costume made entirely of items found at Gleaners.

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Erica Keene sent this shot of her (centre) with her kids, Oliver (left) and Sequoia.



Annamarie Wilson (above left) submitted these photos of her with Jennifer Adams, and her son, Ty (right).





Molly, photographed by Myrna Johnson.



Wendy Franz sent this shot of Vinny and Sneakers.



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## Health Benefits of Pumpkin Seeds, a Local Superfood

BY MAYA SKALINSKA  
Master Herbalist, Registered Herbal Therapist

If you're looking for an easy, healthy, high fibre, nutrient rich snack, pumpkin seeds may be your answer.

Even though we have many "superfoods" growing in our area all summer long (blueberries being on the top of my list), autumn bring us a wide variety of nutrient packed fruits and vegetables, as well as seeds.

All throughout October, I see pumpkins displayed all over Creston and Erickson farmers' stands. You buy them for food,

fall decor and, of course, Halloween, but I wonder how many actually save those nutrient rich, super food seeds.

If you do not save pumpkin seeds, here are some facts that may change your mind.

Pumpkin seeds are a great source of zinc, a mineral important for a healthy immune system. Autumn is the perfect time to strengthen the immune system, getting your body ready for the cold and flu season. The high amount of

zinc is also very important for men's health, specifically for benign prostatic hyperplasia (enlarged prostate).

Another mineral the seeds are rich in is magnesium, a vital mineral for heart health, as it's been shown to maintain healthy blood pressure and works as a heart attack and stroke preventative. Only one quarter-cup of pumpkin seeds will give you half the recommended daily dose of magnesium. Magnesium plays many roles in our bodies such as creation

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of adenosine triphosphate (ATP, or the energy molecule of your body), proper bone formation, relaxation of blood vessels and pumping of your heart, just to name a few.

Pumpkin seeds are also rich in plant-based omega-3, specifically alpha-linolenic acid or ALA, and contain many forms of vitamin E, a powerful antioxidant that plays a role in repairing oxidative damage. They are high in fibre and provide a good source of protein. Plus they are high in tryptophan, which plays a role in a good night's sleep.

To prepare pumpkin seeds, simply remove the seeds from the pumpkin's inner cavity, wipe off the excess pulp and spread them evenly on a dry surface to let them dry overnight. Sprinkle them with natural salt or your favorite spices, and roast them in your oven at no more than 170 F (75 C) for 15-20 minutes. If you roast them at a higher temperature or longer than 20 minutes, you will lose the beneficial fats.

If you buy raw hulled pumpkin seeds, it's best to soak them overnight in water with a little salt, and then roast them at a low temperature (same as above) in your oven or in your dehydrator at 110-120 F (43-49 C). Pumpkin seeds contain phytic acids (as do all seeds and grains) that block proper absorption of the nutrients discussed above. By soaking or roasting, phytic acids are neutralized, making all the nutrients bioavailable to your body. ■

**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. For more information or to book an appointment, call 250-225-3493.**



BY DIANE TOLLESON

# Finding Answers in the Heart

**H**appy fall! I'm so glad Creston doesn't "fall back" with its clocks! We just had our harvest full moon and eclipse, and the days are getting cooler and shorter. It's time to see a whole new host of colors in our world around us.

What is time? It can keep us in a schedule and patterns that sometimes aren't good for us. A slave to the clock... I do my best to just be in every moment. What's with the expression, "Just killing time"? That's impossible, unless we do away with clocks. We can't literally kill it, so instead we waste it? Who came up with all this, anyway?

Why not be happy and revel in every moment we do have? Why not get up in the morning looking forward to all the possibilities that are out there? There's always time to do what you want when you focus on the inner joy and peace and be in the moment. You are the boss of your time; use it to do what brings you joy and happiness and it will most certainly help others to do the same. Lead by example!

A lot of people ask me how long it takes me to paint or draw my art. Why does that matter so much? I couldn't charge an hourly rate when you factor in that I have been "practicing" for 50 years to paint the way I do today. I just say I can't paint and watch the clock at the same time; it seems to kill the creative process for me.

Take some time and do something for you today. Maybe just start with one thing a day and work your way up to all day and night. You'll find that life can flow much easier that way.

Need a hug? Come on by Arts from the Heart and get your free hug today!

**There's always time to do what you want when you focus on the inner joy and peace and be in the moment.**

While you are there, you can paint or draw or create a loveable creature creation. We are now open to create from 10 a.m.-5 p.m. Tuesday-Saturday. I have some night classes planned for winter evenings too.

In-joy each moment! ■

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# Keeping Healthy Naturally this Cold Season

## VITAL HEALTH

Humankind has been troubled throughout history by the viral infection known as the common cold, but rarely have it and viruses like the flu received as much attention as they do today. On average, Canadian adults contract between two and five colds each year, with an 85 per cent chance of experiencing at least one within that period. Colds last an average of five days, accompanied by extreme discomfort and unwanted downtime from work and school. Cold and flu-like symptoms, caused by the immune system's reaction to the viral infection, can manifest in the form of sneezing, coughing, itchy eyes, runny noses, sore throats, aching muscles, fatigue and headaches.

We are exposed to a multitude of bacteria and pathogens daily. Our own healthy immune systems protect us from most of these invaders. However, when our immune system is weakened with stress, trauma, poor nutrition, overeating, tiredness or intoxication, we leave vulnerabilities in our immune system. Reducing our stress levels, eating right and getting enough sleep can help to support immune function, but is sometimes still not enough. What else can be done to fortify one's immune system?

Supplementing with certain vitamins, herbs and probiotics can help make it easier to get through fall and winter.

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**Vitamin C:** Vitamin C is the most well-known and commonly used vitamin for the prevention for colds. In clinical studies with the general population, however, this effect has been limited. In certain specific populations, such as athletes undergoing intense physical stress, vitamin C did indeed show good preventative effect by reducing incidence of colds by half.

Where vitamin C has had success with colds is in reducing the duration. Vitamin C has been shown to shorten the length of a common cold by as much as 14 per cent in clinical studies.

**Vitamin D:** Vitamin D is emerging as the main vitamin for immune system support. Known as the sunshine vitamin, vitamin D has been used by humans to treat infections in the past. Prior to antibiotics, patients with tuberculosis were treated by exposure to sunlight to help their condition. Humans convert the sun's rays in to vitamin D3 via the skin. In winter months, it is more difficult to get sufficient vitamin D through sunshine in Canada due to limited hours of light and the angle of the sun.

Vitamin D has since shown its ability to prevent infection and increase immune response in numerous studies. A double-blind study showed that those getting therapeutic levels of vitamin D were able to reduce their incidence of flu by almost half. Additional studies have shown that patients with low levels of vitamin D in their blood have higher rates of upper respiratory tract infection and higher rates of sick days.

It is suggested that immune cells synthesize and respond to vitamin D intake and increase immune support results.

**Probiotics:** Probiotics, or "friendly" bacteria, can also assist with immunity, by helping the body deal with pathogens or "bad" bacteria.

Probiotics help to reduce the pathogenic burden in the intestinal tract and bring the overall bacterial composition of this region back into normal balance. Probiotics do this in several ways. One, they can adhere to receptor sites in the intestine blocking pathogens from doing so. Two, they can create a poor environment for the pathogens to proliferate. By competing for valuable nutrients, probiotics help to starve off pathogens. Also, some probiotics such as *L. plantarum*, produce antimicrobial substances, such as hydrogen peroxide, in the gut to kill pathogens. Further, some probiotic strains can produce vitamins, which further assist the growth of probiotic strains in the gut. Relief of constipation and diarrhea are typical benefits of normalizing the gastrointestinal tract.

**Herbs:** Some herbs are known for their natural antiviral effect. One such herb from India, is andrographis. Known as the "king of bitters", this herb has shown promising effects against the common cold in clinical studies. If taken at the onset of a cold, andrographis can shorten its duration. Andrographis delivered comparable effects to acetaminophen in dealing with sore throats. ■

# Top Home Safety Tip

# Home & Garden

Can you think of any device in your home that works 24/7 for 365 days a year that doesn't eventually need to be replaced? What makes your smoke and carbon monoxide alarms any different?

Fire safety officials point out that the sole function of alarms is to provide early warning so your family can safely escape a fire or carbon monoxide emergency. While old alarms might still sound when

you push the "test" button, sensitivity may be reduced after years of exposure to airborne contaminants such as dust, cooking grime and pet fur. This has the potential to slow down the alarm's reaction time and reduce your escape time.

The National Fire Protection Association recommends that you check the age of your smoke alarms and replace any that are over 10 years old.

For carbon monoxide alarms, replace any that were made prior to 2009. Remember that replacement requirements apply to all types of alarms, including battery powered, plug-in, and hardwired devices. Don't trust your family's safety to a device past its prime – check the age of your home's alarms today.

Learn more at [www.safeathome.ca](http://www.safeathome.ca).

[www.newscanada.com](http://www.newscanada.com)

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# Saluting our Brave local Firefighters

**On behalf of the citizens of the Regional District of the Central Kootenay, Areas B and C we wish to thank our local firefighters.**



**Tanya Wall**  
Regional Director, Area B

**Larry Binks**  
Regional Director, Area C

**Canyon/Lister  
Fire Department**  
*Chief Glenn Guthrie*  
2850 Lister Rd. Lister, BC  
Non-emergency: 428-7777

**Yahk / Kingsgate  
Fire Department**  
*Chief Tom Hollis*  
Box 230 8155 Highway 95, Yahk, BC  
Non-emergency: 424-5525

**Wynndel/Lakeview  
Fire Department**  
*Chief Dayle MacRae*  
Box 44, 5071 Wynndel Rd. , Wynndel, BC  
Non-emergency: 866-5212

**Creston Fire Rescue**  
*Chief Mike Moore*  
200 - 10th Avenue N., Creston, BC  
Non-emergency: (250) 428-4321  
**JAWS OF LIFE**

**Creston Fire Rescue - Station 61 (West Creston)**  
*Chief Mike Moore*  
200 - 10th Avenue N., Creston, BC  
Non-emergency: (250) 428-4321  
**JAWS OF LIFE**

# Don't Wait — Check the Date!

## Replace Smoke Alarms Every 10 Years



**Fire Prevention Week**  
**Oct. 9-15, 2016**

Age matters when it comes to your smoke alarms.  
Check the manufacture dates on your smoke alarms today!

### 1

Remove the smoke alarm from the wall or ceiling.



October 6, 2016



### 2

Look at the back of the alarm for the date of manufacture.

### 3

Smoke alarms should be replaced 10 years from the date of manufacture.



### 4

Put the alarm back on the ceiling or wall if it is less than 10 years old.



A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit [usfa.fema.gov](http://usfa.fema.gov) and [firepreventionweek.org](http://firepreventionweek.org).

U.S. Fire Administration



NFPA is the official sponsor of Fire Prevention Week since 1922.



## CRESTON VALLEY

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• [www.creston.ca](http://www.creston.ca)

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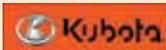
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**Z122RKW-42 features:** 21hp twin gas, hydro-gear transmission, 42" cut HD welded deep mower deck, dial-a-cut height adjustment, ROPS bar and seat belt.



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**L2501HST w/ loader features:** 24.8hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.



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This 23hp diesel powered unit will make short work of all those renovating, landscaping, backyard needs, like building a retaining wall, installing drainage, planting trees, removing stumps or digging a small landscape pond. Quick disconnect the loader/backhoe and add a mower to mow your lawn or pasture.

**BX25DLB - 23hp diesel powered unit features:** 23hp 3cyl diesel, 2 range hydrostatic transmission, power steering, front & rear pto, 4WD, LA240 front end loader 518lb capacity, BT602 backhoe 6 foot dig depth.



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**B2320DT w/ loader features:** 23hp, 3cyl diesel, 4wd, 9 forward/3 reverse transmission, rear 540 18hp pto, folding safety ROPS, power steering, 1356lp lift 3pth, 650lb lift capacity front end loader w/ 50" bucket.

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