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September
2013

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Fighting Chance

**Creston Judo Club sets
high standard**

Employment

Extra help for job hunters

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T-Cats hit the ice

Agriculture

Fall harvest update

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The Magazine

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Letters to the Editor

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Photo courtesy of Jeff Banman

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The Creston Judo Club may be small but its members hold their own on the mat.

Cover photo: Leelen Samuelson, 2012 Vancouver Judo tournament.
Photo courtesy of Dave Hocking

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Guest From the editor

Ben Reinhardt was active in the Idaho State University judo scene when he lived in Pocatello. After moving north in autumn 2004 he was stuck as far as continuing with the sport he loved because his new town of Bonners Ferry didn't have a club.

By early the next year he'd begun a weekly commute even further north, across the border, to engage with the thriving Creston Judo Club which he'd discovered on the Internet. Longtime sensei Joe Meers was easing into retirement about that time and before long Reinhardt – a third-degree black belt – was helping teach younger members.

Nearly a decade later, Reinhardt is the senior instructor of a small-town club that keeps sending athletes to compete on a big-time stage at the Canadian championships. Most recently, he and a couple of club mates – Leelen Samuelson and Kaeden Rendek – attended the 2013 nationals in Vancouver, where the latter earned a silver medal in his under-15, minus 42-kilogram division. Such showings generate nothing but positive PR for the club, which is the subject of the cover story in this month's edition of *I Love Creston*.

"Hopefully it will give us a boost, for people to come (and join)," Reinhardt says. "We have a good competitive program and we have a good recreational program, so there's something for everybody.

"It's good for the kids if they stick with it."

Reinhardt and his wife have two children of their own, and family and work commitments forced an 18-month hiatus from the club after their second son was born. He briefly opened up a club himself in Bonners Ferry, but for the past six years he's been on the road again at least once, often twice and, leading up to the nationals, three times a week to hit the mat with the Creston club to which he is now devoted.

"I've been doing judo for 32 years now," says Reinhardt, who turns 51 this fall.

He's one of two (soon to be three) instructors with the club, including Munroe Albert, a product of Meers's mentorship who left town for awhile but is back, and giving back to his hometown club.

Albert works with junior judokas, some of whom join the club when they're in kindergarten. Reinhardt teaches senior recreational (13 and up) and competitive club members, the most serious of whom are Rendek, Samuelson and Kim Francoeur.

Samuelson, who took up judo when he was seven and, like Albert, holds a first-degree black belt, plans to get in on the act this fall by instructing intermediate-aged recreational club members.

Membership has fluctuated over the years but experienced a spike when the club moved into its new dojo, or practice facility, in the basement of Creston Place, a new downtown office building owned by judo club president Terry Rendek. At the

moment, regulars include a couple of dozen athletes aged five to 50-plus.

Fund-raising activities such as dinners, draws and a recycling program, along with an annual grant from the Columbia Basin Trust, help to pay the bills, which do not include stipends for the strictly volunteer instructors, none of whom are likely finished their rise up the ranks themselves in a sport that features 10 degrees at the highest (black-belt) level.

Learn more about the Creston Judo Club in the pages of this issue, which also features many of the regular columns you've come to love about *I Love Creston*.

Yes, summer is but a fleeting memory. See you at the Creston Valley Fall Fair. ■

Mailbag

(Letters and emails to the editor are printed as written with the exception of profanity, slander or defamation)

Dear Editor:

We thoroughly enjoyed your August article on the Martins of Cherrybrook Farm. They are good friends and we are so pleased to see them be successful. We have always admired their work ethic. Kudos to you for profiling such deserving community supporters!

Signe Miller

Grapppling

with success

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“Creston Judo Club promotes good fighters, good citizens”

If judokas used their fists, it could be said that, to use a boxing analogy, the Creston Judo Club is “punching above its weight class.”

Five years after the retirement of longtime sensei Joe Meers, the small-town club is still sending members to the national championships. Most recently, Kaeden Rendek and Leelen Samuelson represented Creston in Vancouver, with the former missing out on a gold medal by the narrowest of margins.

The pair continued a tradition of excellence fostered by Meers and typified by former member Keisan Goldsmith, who put the Creston club on the map by winning a gold medal at the 2002 B.C. Winter Games.

Creston Judo Club

Photo courtesy of Jeff Banman

The history is not lost on current sensei Ben Reinhardt, even though he lives in Bonners Ferry, Idaho. He's been commuting as Creston's senior black belt (third degree) and chief instructor since 2008, three years after he joined the club because there wasn't one where he lived.

"Judo is an individual sport but it's a team sport in the sense that you have to have people to practice with," Reinhardt says, "so everybody in the dojo was very proud of (Rendek). It says a lot about, one, how hard Kaeden has trained and, two, about the level of judo that is available at the Creston Judo Club.

"Kaeden and Leelen have to compete against guys who can train five or six days a week. Just to qualify to go to nationals, let alone compete against people from larger cities that are training multiple days a week and have national-, international-level coaches coaching them, I think we're doing pretty good."

The club has a couple of dozen members and two coaches. Reinhardt

works with the senior recreational (13-and-over) and competitive judokas, while Munroe Albert teaches the juniors, some of whom are as young as five.

Samuelson, a third black belt-holder (like Albert, first degree), was just a couple of years older than that when he took up the sport. He plans to start teaching a class of his own this fall, focusing on intermediate-aged recreational athletes.

Judo has become a lifelong passion for the 20-year-old.

"I liked it and got my yellow belt, which is the first rank, after a year," Samuelson says. "It was a good way to use a lot of energy as I was really hyperactive when I was a kid. It was a great way to blow off all the steam, lots of running around.

"I got to compete at all the regional tournaments when I was young and did fairly well. It really helped me feel accomplished."

Judo, founded by a Japanese educator in 1882, is a relatively modern martial art that joined the Olympic Summer Games in 1964.

Reinhardt, 50, describes it as "a grappling art that involves throwing and taking people down to the mat, as well as pinning, like in wrestling. We wear a jacket so we have more hand-holds to hold onto people. Adults can do arm-locks to an elbow, and chokes and strangles, either using a collar or your arm to somebody's neck.

"You can't use your fingers. The risk of serious injury is really low."

The sport is also distinguished, he says, by "a higher aim than just physical activity. The philosophy of judo is about building better people. You are supposed to learn how to be a better citizen and help other people through it. We don't ever try to hurt other people in judo."

That benevolent spirit is prompting Samuelson to give back to his club by becoming an instructor, even though he's taking an electrician course in Cranbrook starting this fall and working back in Creston on weekends.

"I'm going to still try to do one class on the weekends," says the 2011 Prince Charles Secondary School graduate, who was influenced in this regard by Albert, who left town for a few years before returning as a coach.

Everyone associated with the club during the Meers era also counts him as a treasured mentor.

"Definitely," Samuelson says. "Joe was my first sensei. I still go out and see him at his house in Lister every now and then. He still stops by (the dojo) and everyone bows when they see him. Everyone still has the utmost respect for him."

"Joe is a wonderful man (and) a great judo player," concurs Reinhardt, who arrived at the club in 2005 as Meers was phasing himself out of active service. "He's a great instructor and



Creston Judo Club
Photo courtesy of Jeff Banman

**"The philosophy of judo
is about building
better people"**

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much loved by all his students. He dedicated his life to teaching judo.”

Meers would probably have loved teaching in the club’s latest facility, in the basement of the new Creston Place building downtown (owned by club president Terry Rendek, Kaeden’s father). The custom-built “floating” floor is the envy of other judokas with its two layers of plywood suspended on foam blocks, topped by judo mats.

“In judo we throw each other really hard down on the ground and so the better the mat and floor system you have, the more you can do,” Reinhardt says. “The floor absorbs a lot of the shock of being thrown. It’s a very safe floor. It helps prevent injuries and makes it a lot more comfortable to practice on so we can practice a lot more.”

Meers, no doubt, would have been proud of the younger Rendek too, if he’d been in Vancouver to witness him earning a silver medal in the under-15, minus 42-kilogram division in the first year he was eligible for the Canadian championships.

After receiving a first-round bye, Rendek – who was 12 at the time – proceeded to win two matches and advance to the final against “a 14-year-old from Quebec who was a head taller than him,” Reinhardt says. “Kaeden went out and took the fight to the guy, constantly attacking, constantly trying to throw him.

“It went back and forth. Nobody was scoring. The other guy scored a point

but it got waved off by the judges. Then Kaeden threw the guy and we were sure he won the match with it but the judges waved it off again.”

The bout entered the equivalent of sudden-death overtime, dead even.

“Kaeden almost immediately threw the guy again and we were sure it was a score,” Reinhardt says.

“I was a national-level referee in the U.S. and I had a perfect angle on it and I was like, ‘Oh, that’s the match.’ The referee called it but the judges, again, over-rote him.”

The foe ultimately scored first and Rendek settled for silver.

“People who didn’t even know Kaeden came up to him after that match and congratulated him and told him what a great sport he was and how hard he fought,” Reinhardt says, “so it was really a great experience for him.

“He’s an intense young man so he was upset, but kept his composure. After about 15 minutes he was himself again.”

Samuelson, for whom it was the sixth time qualifying for nationals, predicts a gold medal in Rendek’s future, in which case he’ll be continuing a tradition of excellence in the “little club that could.”

“It’s been my privilege to be involved in the Creston Judo Club,” Reinhardt says. “Ever since I first walked into the dojo, and Joe was there, they treated me great and made me welcome. It’s a great bunch of people.

“It is a competitive sport but it can be a way of life. If people want to come and try it out I think they’ll enjoy it.” ■

Creston Judo Club

New Members
Welcome!

Judo Classes
Starting as low as
\$60/month



Starting September 9th

Junior

Mon & Thurs 5:30-7:00pm

Seniors

Mon & Thurs 7:00 -8:30pm

Both male and female
students welcome!

Fall Registration

September 5 & 9, 2013 • 5 to 7 pm
Lower Level • Creston Place
1230 Canyon Street

For more information contact
Ellen Samuelson 250-428-2426 (days)
or 250-428-5841 (eves)

“Judo is an Olympic Sport”

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“It is a competitive
sport but it can be
a way of life”



Creston Judo Club
Photo courtesy of Jeff Banman



From the Mayor's desk

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

Waste Water Treatment Plant Upgrade

The upgrade of the Waste Water Treatment Plant (WWTP) represents the largest capital project that this Council will have undertaken in one or more terms. With the commissioning of the plant pending, it's exciting to reflect on how far we've come.

The original WWTP was constructed in 1974. The Bulk Volume Fermenter (BVF) was added in 1991, primarily to deal with the Brewery's effluent. A new cover for the BVF was installed in 2009. It was around this time that the Town secured \$4.81 million in federal and provincial funding for the upgrade of the WWTP. The total cost of the upgrade is \$7.21 million, with the Town paying \$2.4 million.

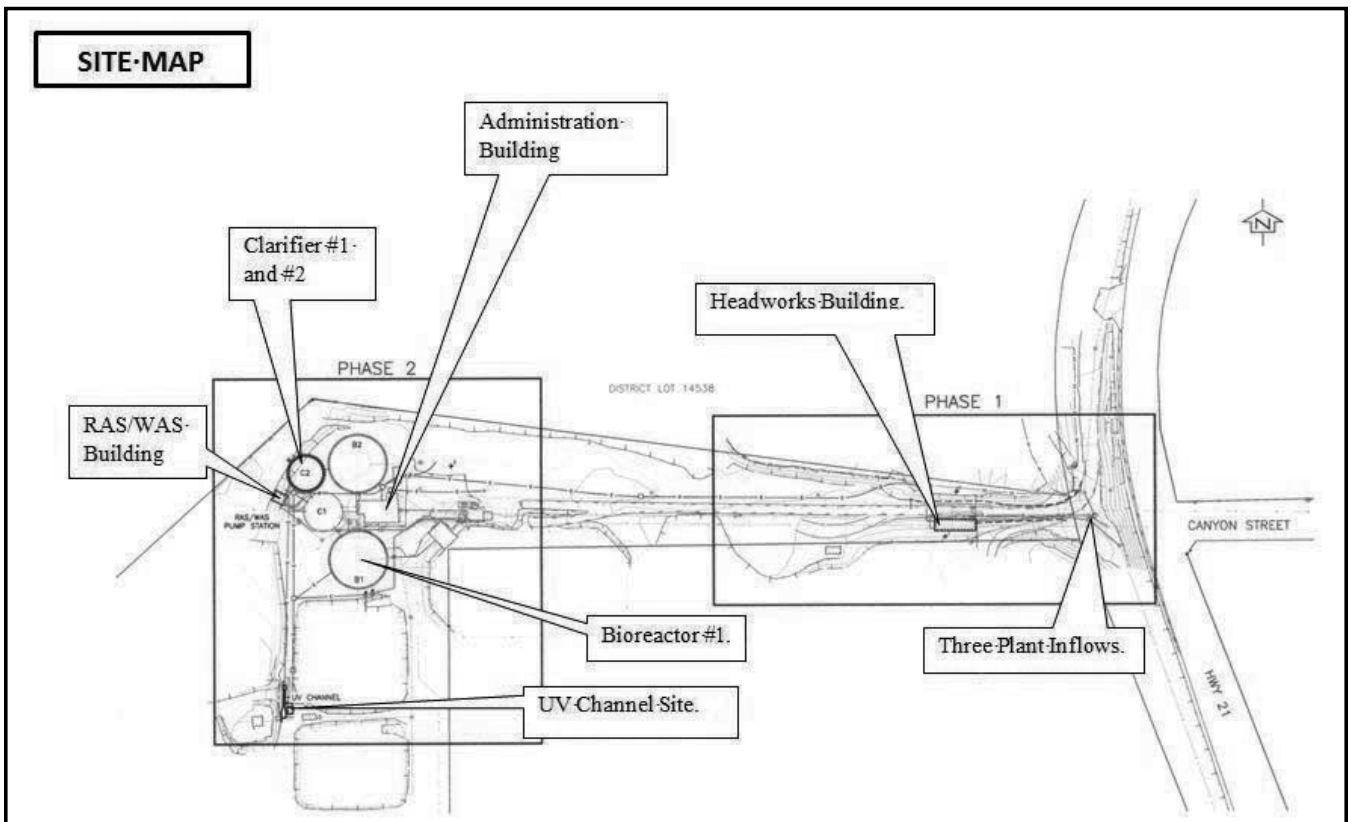
Having recently toured the WWTP to witness firsthand the changes on site, I was once again struck by the complexity and scope of the project shown above. Driving into the 10 acre site, you first come upon the Headworks Building, located just below Hwy 21. This building and the surrounding area is considered Phase I of the WWTP project. It is here in the Headworks Building where the initial screening of the effluent takes place.

Next, down the long driveway, you come to Phase II of the project. First, you see the completely overhauled administration building which houses labs, a workshop, computer controlled monitoring

equipment and more. Looking to the west, the hulking masses of the two clarifiers and bioreactors sit. This infrastructure further treats the effluent. Next, the RAS/WAS equipment assists with the movement of the sludge. Finally, the effluent is disinfected with ultra violet radiation in the Ultra Violet (UV) Channel Site, prior to dispersion.

The WWTP is one of the key pieces of our infrastructure. The Ministry of Environment requires that the Municipality treats its effluent to an extremely high standard prior to discharging. The newly upgraded plant will help the town to better meet the demands of future growth, while managing our waste to the highest standards required by Ministry of Environment as detailed in the Municipal Wastewater Regulations. ■

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





Creston Valley

2013

Fall Fair

September 6th & 7th
Creston & District Community Complex



Celebrate 95 years of fun at our Old Fashioned Fall Fair!

- Agriculture, Poultry & Livestock, Wine & Beer, Flowers & Potted Plants, Student Section, Woodwork, Penmanship, Grain & Forage, Sunflowers, Fruit, Vegetables, Baking, Photography, Quilts, Needlework, Home Preserves, Arts & Crafts
 - 4H demonstrations - Beef, sheep and horse
- Scarecrow Contest • Booths and Exhibits • Local Entertainers on stage
 - Local Farmers' Market and Food Vendors in parking lot
 - Kids' Tractor Pull • AgriTourism, 100 Mile Diet

Don't miss the Auction

Creston Valley



AGRICULTURE SOCIETY

**Friday Evening,
September 6th**

Check schedule for start time

All items are locally grown, supplied or produced. All proceeds raised from the auction are for Creston Valley Agriculture Society Bursary

- 4-H Auction to be held on Saturday
- Local Farmers Market

A few of the vendors that will be at the Fall Fair...

- Kootenay Soap • Mary • Kay Scentsy • Table tree • Tigz design
- Swan Valley Honey • Creston Valley Wildlife Mangement
- Kootenay Farm School - College of the Rockies
- Kootenay Picante • BCNU • Fortis • Search & Rescue
- Concert Society & Friends of the Cinema • Shriners
- Celtic Fire Design & Friends

Food Booths...

- The Purple People Feeder • Delicious Greek Food



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Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

Preserving Our Ancestry

Ki'suk kyukyit (greetings) from the Lower Kootenay Band. This past August I traveled to my partner's home community of Crow Agency for their

annual Crow Fair celebration. I have visited her community numerous times but this visit was different. The drive was approximately 10 hours across the

state of Montana in 40 degree heat. Crow Fair is the Apsalooka (Crow) people's celebration of the New Year.

It was like going back in time as I drove into the encampment where I witnessed over 1000 tipi's along with horses and riders everywhere. I've seen this encampment before but did not truly appreciate it until this time. Although I did not ask for it, my in-laws were kind and felt an obligation to set up a tipi for myself as a Chief. This was very humbling and I would have been content pitching a tent but appreciated this act of kindness.

All camps are family lots where they have camped since the inception of Crow Fair, 95 years ago. In the camps are daily feasts, and prayers are offered for various reasons. Everyone has a place and a job in the camp. I was told I was a guest but it isn't in my nature to sit back and watch others work so I contributed by getting the water and other duties. I have mentioned before of the luxury we have in our area of water. On many reservations like Crow Agency water is a precious resource. Just last year, the Crow community was devastated by a flood that destroyed hundreds of homes.

Crow Agency is a community that is impoverished yet no one mentioned the flood that devastated them just a short time ago. From the youngest child to the eldest person no one felt sorry for themselves. They do what they have to do to survive and do so with a strong cultural foundation. My partner's brother married a German lady and they have two young children. It was beautiful to witness and hear his four year old son respond to his mother in German and seconds later converse with his grandmothers in the Crow language and then run past me and say, "hello". I have never witnessed an aboriginal community so strong in their culture. Language is an identity to who we are as human beings.

Creston Valley Business Buzz



Vern Gorham, Sun Life Representative

You may know him as the founder of the Creston's Best Singer Contest, but Vern Gorham has nine years of background in the financial services industry prior to moving to Creston! He was even a bank manager for RBC at one time! And now, he is returning to his roots. But, never fear Creston, as Vern will continue to do the Creston's Best Singer contest!

Vern is pleased to announce that he will be the Sun Life rep for the Creston area starting immediately. Says Gorham "I'm really excited about this new direction in

my life! My background is in financial planning and insurance, and this just takes me back to where I came from. And the cool thing is that Sun Life will allow me to keep doing my Best Singer Contests through out the Kootenays, whereas if I had a 9-5 job, I would have to give up the singing contests."

So, If you have mortgage insurance through a bank, I can often save you money! If you have any need for life insurance, disability insurance, or critical illness insurance, give me a call! Or, if you would like to just have a second opinion on your financial plan, or you think you are paying too much for your insurance, I would be happy to give you a no-obligation quote!

Call me at 250-428-0305.

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I did feel some sadness as I thought of Yaqaan Nukiy (Lower Kootenay) and the four or five language speakers that we have left. The sight today of my community is nothing like it was even 20 years ago. There are no more horses that we had that connection and bond with. Our language speakers are lonely as they say no one speaks to them or visits them unless they want something.

Each morning during the celebration a parade commenced showcasing horse and riders in full regalia (horses included). Floats decorated with family groups standing proud and waving and conversing in their language to those observing. Leading the parade was the Tribal Chairman wearing full regalia welcoming everyone to the celebration. The Tribal Chairman is equivalent to what we refer to as the Chief. As he passed by I expected to hear some negative remarks yet the people stood and paid their respect to their leader. From infancy the Crow people have protocols and traditions they adhere to and what I am assuming is rule #1 is respect. I'm certain the community has their political opinions of the Chairman yet showed the utmost respect to him as the community leader.



This was not a Band related visit yet did provide me with some professional development. The Lower Kootenay people have a language and a culture that can only be described as being on life support. It is not the LKB Administration's responsibility to preserve the culture. There are no grants or proposals that can be submitted to save the language. Yes, indeed it would assist but, what I believe my realization was, is that it is an individual responsibility of each Ktunaxa citizen to live the culture on a daily basis. If we consumed more wild meat and roots and utilized our community garden would the diabetes

epidemic be such an issue? I cannot make anyone act or speak like an aboriginal man/woman but I realize the little knowledge that I do have I must teach to those who want to know their history. Role model the life style and never walk with my head held low.

My fear is some day the Ktunaxa people will be a class taught in some school district of who we were. For as long as the Creator lets me stay in this world I will tell the world WHO WE ARE! Each and every day is a good day to be Ktunaxa. ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at mjasonlouie@gmail.com or at www.lowerkootenay.com



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Creston

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Special revolution pricing extended through September!
Cats-blue was \$86.88, now \$73.85
Dogs-teal was \$121.26 now \$103.07

Receive 20% off your cat or dog's dental procedures

(excluding medication)

Also during September

Ag Aware

Story by: The Creston Valley Agriculture Society

Grains and Grapes

As summer turns to autumn, harvesting of a variety of crops around the valley continues. Grain crops consisting of barley, wheat, oats and canola are mostly grown on the flats, with some smaller parcels also grown in Lister. The majority of these grains are used locally for beef and dairy cattle feed, as well as poultry and pigs. The canola seed is mostly shipped to the seed crushing plants in Alberta to be made into canola oil, and other products derived from this oilseed. Some of the grain, particularly wheat, is also available for local bakers to create some excellent varieties of bread. Growers involved in the Kootenay Grain CSA are the primary source for the baking quality wheat. This season's mostly favorable

growing conditions has provided a good crop, which is maturing and ready for combining earlier and under fine harvesting conditions.

Hundreds of acres of grains are in production around the valley. Use caution if you meet one of these large combines on the roadways as they move from field to field, as they do not travel very quickly and can take up a large part of the road.

Another valley crop ready for harvest is grapes. The number of growers is still small, but the wine grapes growing on approximately 40 to 50 acres are quickly becoming well known for the top notch wines they produce. Harvesting of grapes begins in early September, and continues throughout the month. Up to eight varieties of grapes are now being grown around the valley. Reports are that the growing conditions and exceptional summer weather we've been enjoying have provided near

perfect conditions for the grapes and should result in some excellent wines for our future enjoyment. As well, the vineyards and winery operations are providing an increasing number of jobs for local people.

Make a point of enjoying some locally baked bread, made with locally grown grain and pair it with some locally produced wine. Visit the



local wineries to taste their offerings and visit the farmer's market on Saturdays to find the bread.

The Market continues its outdoor venue through September, and then should be moving to its indoor location for October through December. As the season changes, so does the selection of produce available at the farmer's market. Tomatoes, squash, pumpkins, cabbages and apples will now be available among many other things. Also, it's time to order your locally raised turkeys, hams and chickens from those that grow them, as quantities are still limited. So many good things growing in our valley! Check them out and hopefully be more Ag aware. ■

For more information on the Creston Valley Agriculture Society contact Randy Meyer at 250-428-7013 or Kris Vanderweyde at 250-428-2920.

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or sausage,
eggs, toast &
hash browns


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**The B.C. Weed Control Act imposes
a duty on all land occupiers to control
designated noxious plants.**

The purpose for the Act is to protect our natural resources and industry from the negative impacts of foreign weeds.

For Noxious weed spraying please contact:
Creston Valley Beef Growers Assoc.
Rob Davidson 250-402-8664
or Bryan Wuzinski 250-866-5744

For more information on noxious weeds check out this website:
<http://www.agf.gov.bc.ca/cropprot/weedguid/weedguid.htm>



Pharmacist Corner

Article submitted by: Srinivas Chalagalla B.Pharm., Ph.D.

Annual Tree of Life Campaign

The Creston Valley Hospital Maternal Care Unit and Shoppers Drug Mart are partnering again this year in an effort to raise funds in support of women's whole health in Creston through our annual Tree of Life campaign. The four-week fundraising event, running from September 14th through October 11th, will harvest essential funding to directly support the Creston Valley Hospital Maternal Care Unit's resources and programming initiatives.

National in scope yet locally-based, our annual Tree of Life campaign gives our customers and employees the opportunity to donate directly to organizations in our community. Each fall, customers and employees have the opportunity to purchase and personalize a Tree of Life icon, which is displayed in all participating stores to support our local charity of choice. This year, the Creston Shoppers Drug Mart will continue its focus from last year and donate all proceeds raised to the Creston Valley Hospital Maternal Care Unit. The campaign will run from September 14th through October 11th.

Last year's Shopper's Tree of Life fundraising campaign raised \$2,372.00. The Tree of Life funds were then combined with additional IHA funds to renovate a maternity room at Creston Valley Hospital. Funds from the Tree of Life campaign were used to purchase a new posturpedic mattress for a birthing bed, along with several items such as a small fridge, kettle, toaster and microwave that are used by moms and their supports.

Creston Valley Hospital Site Manager, Chris Ondrik said, "Our plan is to continue to make improvements to the Maternity Unit. Funds raised this year will be directed to the purchase of some new furnishings for a second birthing or postpartum room, such as a sleeper

recliner or other items. This would greatly increase the comfort level of fathers or birthing coaches providing overnight support."

We thank you for supporting the Tree of Life last year and hope that together again this year, we can continue to improve the comfort and care of the women and babies that make their way through the Creston Valley Hospital Maternal Care Unit. ■

For more information contact local Shopper's Drug Mart pharmacists Srinivas Chalagalla or Karl Mottl by phone at 250-428-9334 or e-mail at Asdm2284@shoppersdrugmart.ca.

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A Banking Mystery

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

Until recently, I thought I knew the history of Creston's banking facilities fairly well. The Canadian Bank of Commerce had a branch in Creston by 1907. It moved around a few times, finally winding up, in 1948, in the red brick building it occupies today. The Imperial Bank's Creston branch opened in 1919, got robbed in 1925 and closed in 1932.

That, I firmly believed, was the extent of local banking until the Credit Union and Royal Bank were established in the late 1950s.

Turns out, I was wrong. As often happens, a local long-timer and good friend, Cyril Colonel, set me straight. And, as often happens, his information answered a few questions and raised a whole bunch



Ad for the Imperial Bank from February 1923, advising people it's safer to send their cash to the bank through the mail than to keep it in their homes.

office that offered the service. This was particularly helpful in smaller communities with limited banking facilities.

Not all post offices offered the Savings Bank service. Was it ever available in Creston? Yes, it was – a “Canada Official Postal Guide” for 1952 lists Creston as a Savings Bank Office. Unfortunately, I have not been able to determine when the service was established or when it was discontinued here. A logical guess is that it was discontinued at about the same time as the Royal Bank and Credit Unions were established, and it was almost certainly gone long before the post office did away with its Savings Bank service altogether in 1969.

native. But if the service ever did exist here, it had almost certainly been discontinued long before the post office did away with its Savings Bank in 1969.

Cyril also told me that his parents, who came to Creston in 1943, never dealt with any bank until the Credit Union was established. This may have been due witnessing,

on the Prairies during the Great Depression, banks foreclosing on farmers who could not pay their debts, seizing everything and reselling it, often for more than what was owing on it. Even though the banks realized a considerable profit by doing so, they still held the farmers responsible for their entire debt. The Colonels never endured this experience themselves, but some of their friends and neighbours did.

So what did the Colonels, and others who eschewed the “big” banks, do if they needed a loan? According to Cyril, there was a man in town who handled money for investors. The investors entrusted him with a sum of money, which he then loaned out to others, in smaller amounts, for a fixed period and at a rate of interest. Cyril thinks this man might have been a lawyer or notary public, and that his last name might have been Scott.

I'm going to have to do some more digging on that one, too.

But the biggest banking mystery is one I stumbled across in a Creston Review newspaper from March, 1933. In the local and personal

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columns from Alice Siding was this little item of news:

“Building bees ... have been a feature of community life this month. ... 15 of the neighbours were on hand to help with ... the new home of Mr. And Mrs. Frank Martin, on the acreage recently purchased from the defunct Home Bank.”

The “defunct Home Bank?” What was that? And why did it have property – forty acres of prime farmland, to be precise – in Alice Siding?

Thanks to Google, I learned that the Home Bank of Canada was established in Toronto in 1903, the result of a merger between a couple of other banks. According to all my sources, it employed somewhat dubious banking practices right from the start. In 1923, those shady operations caught up with it and the bank collapsed, leaving its 60,000 depositors facing financial ruin.

Was there ever a branch of the Home Bank in Creston? Not that I know of. I’ve gone through the newspapers many times over the years, and I’m sure I would have made note of any mentions of an unknown bank if I’d seen them. Searching newspapers online for neighbouring communities (which often mention goings-on in Creston) didn’t turn up anything either – all I learned was that the Home Bank did have a branch in Fernie.

Did the Home Bank make a point of investing in land in promising locations? I would expect to have found some evidence of those activities, either in the online histories of the bank or in historic newspapers. Again, nothing. One source said that the bank failed after making a series of loans to land speculators, but others don’t agree

with that. Furthermore, the Review’s notes regarding the sale of the property are very clear: the property had been owned by the bank itself, not by a speculator or other individual financed by the bank.

Did the Home Bank earn revenue from farms it owned? Among its major stockholders were wheat growers in western Canada, but I found no evidence that the bank itself was directly involved in farming. If it was, it certainly didn’t do any in Alice Siding; the property was unimproved when the Martins bought it.

Here’s the most perplexing question of all: Why was the bank still considered the owner of that property, ten years after the bank’s demise?

I would have expected that a bankrupt bank would sell off all of its assets at the time of its

bankruptcy, or, at the very least, its property would have been put up for public sale for non-payment of taxes shortly afterward. Neither appears to have happened in this case. The Review specifically states that the Martins bought it directly from the Home Bank, and that the transaction was negotiated by local real estate agent Robert Walmsley rather than a government agent or tax assessor. But that raises yet another question: With who, exactly, was Mr. Walmsley negotiating, with the bank dissolved and most of its directors arrested for fraud ten years earlier?

So what was the Home Bank doing with forty acres of farmland in Alice Siding? I haven’t the faintest idea. ■

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 at www.creston.museum.bc.ca

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A Summer Full of Adventures

Story by: Andrea Chapman
Acting Director of Communications and Education

The 2013 interpretive season at the CVWMA is proving to be a successful one. We were very lucky to shy away from last year's trend of unnaturally high water levels, which opened up the opportunity for all of our programs, events and tours to operate at status quo.

The Jr. Naturalists program welcomed 55 youth from local and surrounding areas to the Centre over four weeks of fun and excitement. Everyone invested countless hours developing the programming, which paid off in dividends when the activities finally played out. We kept the content interesting by adding new elements, such as photo scavenger hunts and games from the inner workings of the Naturalists.

One favorite activity with the older ages was the simple act of strapping on the hip waders and investigating the marsh. Whoops, hopefully those waders didn't spring a leak! We can definitely say the Centre was anything but quiet when these eager participants weren't on the trail or out in the canoes.

“No matter what season, there is always something to see and do at the Wildlife Centre”

This year we responded to the requests of parents that wanted the Jr. Naturalist program available for their older kids. The solution was to add a 12 – 13 year age group called the Trekking Turtles, and that is what we did. This addition proved to be loads of fun by allowing us to travel longer distances and experience more advanced activities within the science-based theme. We offered many field based options such as plant studies, stream studies and turtle research while still keeping a light and engaging approach. It will be interesting to see how this program evolves in the coming years.

In addition to the Jr. Naturalists programs, there were other successful special events offered throughout the summer. We hosted a few Turtle Research information sessions, Saturday Morning Walk and Breakfasts and Sunrise Paddles. Events to keep in mind for September include the Creston Valley Fall Fair on Sept 6th – 7th, the Blue Heron Marathon on September 22nd and the BC River's Day Paddle September 29th. All these activities are great ways to get active within the valley and just have fun.

For the remainder of the season until we close on October 12th, the Centre will be open Tuesday through Saturday from 9:00 am to 4:00 pm. As the season transitions into fall you may start to notice the increase of migratory birds traveling through the area. What a great time to come down to the Wildlife Centre. Even though the large voyager canoes will be put away for the winter, visitors can embark on guided walking tours or self guided activities. No matter what season, there is always something to see and do at the Wildlife Centre! Happy September! ■

For more information as to our programs and special events please check out our website www.crestonwildlife.ca. If you have any questions call us at 250-402-6908 or e-mail at askus@crestonwildlife.ca

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What is the Sensible BC Marijuana Referendum Campaign?

Story by: Marc Archambault

From September 9th to December 5th, volunteer canvassers from the Sensible BC marijuana referendum campaign will be collecting signatures throughout BC. If they succeed in gathering signatures from 10% of the registered voters in every one of BC's 85 electoral districts – about 400,000 people, then it will trigger a provincial referendum in September 2014. This process is the same as that used to repeal the HST.

If the referendum is successful, the province will adopt the Sensible Policing Act, which will do three things:

1. Amend the BC Police Act to direct all police forces in the province to no longer expend any police resources, including time, on enforcement related to simple possession of cannabis. This will effectively decriminalize marijuana in BC.
2. Add cannabis to the BC Liquor Control Act section covering minors which will allow police to treat minors in possession of marijuana the same as alcohol is treated.
3. Formally call upon the federal government to either repeal cannabis prohibition by removing it from the Controlled Drugs and Substances Act or giving BC an exemption which would allow the province to regulate and tax marijuana.

Marijuana prohibition was passed into law in Canada nearly a century ago without any debate or any

scientific knowledge about the safety or effects of marijuana. BC taxpayers currently spend over \$10 million a year arresting and charging marijuana users, not including growers or sellers. Since 2005, the RCMP in BC has more than doubled its enforcement of marijuana possession. Many otherwise law-abiding and respected members of communities have seen their lives negatively impacted by a criminal record resulting from possession of this drug which is, objectively and scientifically, less harmful than either alcohol or tobacco. Prohibition has been largely ineffective at keeping marijuana away from young people.

Sensible BC believes there is a better way to approach cannabis. "You don't need to be a user or even agree with marijuana use to support this initiative," said local volunteer coordinator, Marc Archambault. "This about not making criminals out of responsible adults for enjoying an herb instead of a glass of wine or beer or smoking a cigarette, it's about making this highly beneficial medicine easily available to those who need it without having to navigate a sea of red tape. And it's about not wasting police resources when they could be put to better use."

Polling in the province and across Canada by a variety of organizations has consistently shown a high level of support for decriminalization, often above 70%. Several high profile public figures have endorsed decriminalization, including

former police superintendent and BC Solicitor General Kash Heed. Major newspapers such as the Vancouver Sun, the Province and the Globe and Mail have also endorsed the campaign. Sensible BC believes it doesn't need to change anyone's mind to succeed, only to gain enough public support and volunteers to meet the criteria set out by Elections BC to trigger the referendum.

"If the referendum was held today, I'm quite confident we would win. The hard part for us is getting the signatures we need to get on the ballot," explained Sensible BC founder Dana Larsen. ■

To learn more visit www.sensiblebc.ca





A Real Pain in the Butt

Story by Jesse Moreton, BSc DC

Some things are just a real pain in the butt. This especially holds true for coccydynia, which literally is a real pain in the butt! Coccydynia is pain which originates from the tailbone, or in medical jargon, the coccyx. It's not nearly as prevalent as neck or back pain but it's not that uncommon either. I've treated a couple cases recently and you've guessed it, it's a pain in the butt to treat too. The problem is that it seems to develop quickly into a chronic condition and becomes resistant to conservative management.

Coccydynia usually starts with some sort of blunt trauma; a fall or an injury. However, some cases are

insidious in nature. Sometimes it can occur with prolonged pressure while sitting or during childbirth as the infant strains the coccyx backward in delivery.

Tailbone pain is easily diagnosed as the differential diagnosis list is very short. The classic findings are localized pain around the coccyx and pain reproduced with sitting. Nothing else really presents this way.

So easy to diagnose but difficult to treat. And that's what I want to focus on. As it is relatively uncommon and its location is somewhat private, patients and practitioners alike, may hesitate as to how to proceed.

And how do you proceed? First, take pressure off the tailbone by using padded seats or donut pillows. Avoid sitting and take an anti-inflammation and pain medication like ibuprofen. Not helping? The next step is to try conservative treatment. This is medical jargon for things like chiropractic, massage and physiotherapy. Some of these practitioners will have had experience with coccydynia and some may not, and it may be useful to ask them personally if they are comfortable treating it. Typically conservative management of coccydynia is achieved through external manipulation. In other words, the tailbone is manipulated over the clothing by pressure applied with the hands or by using an instrument like the activator. These are the methods I typically use. If this fails, the next rung on the ladder, still under the conservative treatment umbrella,

is internal manipulation. This is something I am not comfortable with but suggest patients try on their own. The gist of internal manipulation is to place a gloved finger into the anus and push or mobilize backward on the tailbone. Less pain? Great! No difference? Think about an injection.

Check again to see if your physician or specialist is comfortable treating coccydynia. If they are not, chances are they can refer you to someone who is. Injections can be made with local anesthetics or corticosteroids. Nerve blocks can also be considered. A nerve block does what it sounds it should. In essence, a nerve is blocked from relaying a pain signal.

Done all that and still no relief? Climbing further up the ladder still, there's always surgery. Now you'll be talking with an orthopedic surgeon and you'll want to make sure that you're a good candidate for surgery. Not a good candidate or not willing to go under the knife? Here's the let down. You've ran out of "fix it" options. Now it becomes an issue of pain management. If you receive temporary relief from conservative treatment, it may be useful to continue it periodically. If you have less pain with a donut cushion, use it. If pain killers or diet modifications help, use those strategies too. Did I mention coccydynia is a real pain the in butt?

Another good idea is to do some research. www.coccyx.org is a comprehensive website for the layperson which details many of the treatments I have outlined above. It also contains a list of doctors and specialists who are familiar with tailbone pain. That's all for this month. Next time I'll discuss that real pain in the neck. Wait a minute, that's just my mother-in-law. ■

For more information, please call Moreton Chiropractic at 250-428-3535 or visit moretonchiropractic.blogspot.com.

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The Black Belt

Story by: Shifu
Neil Ripski

In martial arts in general, there is a great mystique around the rank of black belt. Seen as a great accomplishment and a symbol of a level of mastery, it is generally respected and sometimes revered.

Today the requirements to attain a black belt rank vary wildly throughout the martial arts world. Go to any large tournament to see everything from eight year olds with the rank to the greatly aged wearing the same thing around their waist. A big part of this comes from very different systems of rank, all based on what a particular teacher or organization believes it means.

I see the rank perhaps somewhat differently than some people and feel the requirements have to be held high, if the arts are to be carried forward intact. A person has to be able to perform the skills they have learned; of course to a proficient level, but that is only the beginning. In my class they also have to demonstrate their understanding of martial theory, strategy and culture through a series of essays including one on the classic Art of War by Sun Tzu. I also ask my students to be knowledgeable in some minor healing aspects of our art, which can include setting dislocated joints, massage routines or some form of acupressure. Finally they have to write a final paper on what they feel the style has given to them and how they want to help bring it forward for the future. Their final task is to show an ability to construct a series of choreographed movements simulating defending themselves from multiple opponents and then actually successfully sparring against a room full of their peers.

Black belt (or sash in the case of Kung Fu) is a beginner rank. It is the point in the training when a student has gained all the fundamentals of the style in order to be able to move forward

and really be able to dig into the real art. The skills taught after black belt are the ones that are more useful and dangerous than those learned before and it is for this reason that I feel the most important aspect, and one that I look most carefully for in a student, is character. A martial artist should be a good citizen, a helpful and charitable soul and respect the power they hold. As Abraham Lincoln said, "The way to test the true nature of a man is to give him power". It is this strength of character I feel is most important in a martial artist and the one I am most concerned with when considering someone for the rank.

Since I began teaching in 1999, I have only awarded this rank to three people. After years of training, work and study few people attain the necessary collection of skills and character to be ready to attain the rank of serious beginner. This summer I had the opportunity to award the third of these three black sashes (belts), to someone in Creston. David Huscroft has spent the last few years working hard towards this goal and he is the newest and youngest black sash in our style. I want to congratulate him on achieving what I know is a overly difficult thing under a tough teacher. Well done. ■

Neil Ripski teaches kung fu and tai chi at Red Jade Martial Arts in Creston and also teaches tai chi at the Wynndel Community Hall. He can be reached at 250-866-5263 or at www.redjademartialarts.com

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Welcome to the 2013/14 Thunder Cats Season

Story by: Creston Valley Thunder Cats

It is September already which means the ice has been in the arena for a few weeks and the Thunder Cats hopefuls have laced their skates at training camp. Hopefully you were able to make it out our two home exhibition games at the end of August. Our home opener is scheduled for Friday, September 13th against the Columbia Valley Rockies at 7:30 pm. We look forward to seeing you in the stands

to check out the talent as the season officially gets under way.

There are a few familiar faces returning to the Cats roster, notably five 20-year-olds (a change to league rules now allows a team to carry five 20-year-olds. It was only four in previous seasons). For their last year of Junior hockey the Thunder Cats welcome back Jesse Collins, Trevor Hanna, Jon Watt, Andrew Hodder and Brendan Formosa (who played Junior A in Saskatchewan last season). The hometown fans should see exciting hockey this season with the skills that these players, and the other returning veterans and new rookies possess.

Another noticeable change this season is that the Penticton Lakers sold their franchise to the 100 Mile House Wranglers. This location change realigned the two Okanagan Divisions sending the North Okanagan Knights to the southern division. This season sees Creston taking two swings through the Doug Birks Division (north) and visiting the Wranglers on our first road trip in early October. We will

host the expansion team on January 4, 2014.

During the off-season the Ward brothers (Jaidan and Brady) were traded to 100 Mile House for future considerations so if you are a fan of the Ward brothers be sure to come out and see how they look as a Wrangler.

The Cats take to the ice for four home games in the month of September hosting Columbia Valley on Friday the 13th, the Sicamous Eagles on Saturday the 21st, the Fernie Ghostriders on Friday the 27th and the Chase Heat on Sunday the 29th (this Sunday game will start at 2:00 pm). The team invites all their fans, young and old, to come out and cheer them on. It is known throughout the KIJHL that Creston has some of the best fans out there.

At the end of September the Thunder Cats are holding the 6th annual Stuff the Bus Food Drive. Come out on September 30th and October 1st and help us stuff the bus with non-perishables to support our local food bank in time for Thanksgiving.

Go Cats Go! ■

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

Come out & cheer on your local Junior B Team!

September Home Games

Friday, September 13
V. Columbia Valley (*Jersey Night*)
7:30pm

Friday, September 13 - Tailgate Party

Saturday, September 21
V. Sicamous - 7:30pm

Friday, September 27
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7:30pm

Sunday, September 29
V. Chase (*Sponsor Appreciation*)
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Photo courtesy of Jeff Banman



Three Ways to Jumpstart Your Energy... Now



Story by: Annette Agabob
Owner – Annette's Health Action

Well my friends, before I get started on giving you some Yee-Haa rock solid tools to Jumpstart your energy today, I have a confession to make. Over the past couple of years I have been guided by my Higher Self to write about, “The 2012 Shift”, and how we are moving from the old energy of struggle and striving into the new world energy of Thriving and Living with more Ease and Joy.

Well my word, how long IS this wake-up call going to last, and how long is it going to take for us to shift from the caterpillar/cocoon stage into the freedom of being the Butterfly? Are you wondering this too?

I have been hearing that many of you are experiencing stress, anxiety and unexpected surprise challenges and the fact is, all this emotional energy may have you feeling drained and disheartened. There are also some of you who are riding this new wave of energy like a pro-surfer, feeling the new energy of peace, love and even bliss, so Yee-Haa to all of you.

So with all of this going on, it's essential for you to have some tools in your back pocket to help you Jumpstart your Energy whenever you feel it falling.

In today's intense and fast paced lifestyle you can pick up on a number of toxic energies that often come from emotions, thoughts and beliefs of the world around you. What if 98% of your feelings and thoughts, aren't even yours? Without knowing how to clear your own energy daily, you can find yourself stuck in a repetitive cycle of worry, stress & anxiety.

Three Ways to Move & Jumpstart Your Energy Now

(Remember, they only work if you use them, so as you read these, do them and feel your energy shift.)

Mother Nature: Go outside and stand on the grass with your bare feet. Allow yourself to breathe IN the fresh air, the light from the sun and then exhale your breath down your legs and deep into the core of the earth where all your stress and worries can be dissolved. Do this three times and it will lift your vibration to a higher level.

Ask and You Shall Receive: This is my favorite Access Consciousness tool to move energy & open new doors of possibility. Are you ready? Whenever something good happens, or something not so good happens, right in the moment, ask this question, “How does it get any better than this?”

(Oh, and you don't have to answer it, just watch and allow the Universe to send you more good things to choose in your life. A simple tool, yet very effective, when you use it)

Access Bars and Access Body Processes: There are times when you feel you're stuck in the mud and you require help, like a tow truck to pull you out. These processes literally kick the old crap out so you can breathe and live in the joy again. Access Bars is a relaxing and rejuvenating hands on process that releases and erases neurological patterns related to subconscious points of view, negative feelings and limitations that may be blocking you from enjoying your life. It also helps open you to receive more joy and clients are shocked at the shifts they experience in one hour. Access Body Processes release what has gotten stuck in your physical body. For example, Elimination and Eradication of all Holding Patterns is one process that removes all holding patterns on all levels including cellular, ancestral and family patterns.

There is no need for conversations, simply relax and allow the process to let go of what you don't need any more (all body processes are a fully clothed experience).

Just like Jumpstarting a battery, these processes create change and the result is more of your own energy being freed up for you.

I trust these tools will assist you on your journey, and if you'd like to join me and find out more I will be holding a free tele-class in mid-September. I invite you to join me at my new web home called, “The Conscious Cowgirl”, come over and receive your free Yee-Haa gifts and more tips to Jumpstart Your Energy.

Until then, keep your Light on, the world needs you.

Annette Agabob has been serving the Creston Valley as a Natural & Spiritual Health Coach, Iridologist, Herbalist, Nutrition since 1997. She has recently launched a new web-home where you can receive more tips to feeling energized. Phone 250-866-5737, email: annette@theconsciouscowgirl.com, or visit www.theconsciouscowgirl.com or www.facebook.com/theconsciouscowgirl



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Learning that fits your lifestyle!

Ladies of a Certain Age Symposium

Four consecutive workshops: Natural Options for Women's Health, Your Life in View, The Art of Aging Vibrantly, Celebrating Our Bodies

Sat / Nov 2 / 8am -4pm / \$89+gst / includes lunch / various instructors

Bridging for Women

6-week program for women wanting to re-enter the workforce.

Start date October 21 / \$800

Introduction to the iPhone, iPad & iPod

Wed / Nov 6, 13, 20 / 6:30-8:30pm / \$54

Digital Photography

Fri-Sun / Nov 1-3 / 9am-4pm / \$189+gst

OFA Level 2

Mon-Fri / Oct 21-25 / 8:30am-4:30pm / \$575

OFA Level 3

Mon-Fri / Nov 18-29 / 8:30am-4:30pm / \$795

Class 1 & 3 Truck Driver Training

Continuous Intake / Contact COTR for more information

Do It Yourself Home Improvement Tips

Sat / Oct 26 / 9am-4pm / \$69+gst

Advanced Seed Saving

Sun / Oct 6 / 1-5pm / \$39+gst

Grow Your Own Mushrooms

Sat / Nov 2 / 10am-3pm / \$59+gst / includes supplies

More Food in the Valley

Thu / Dec 5 / 7-9pm / \$29+gst

Pesticide Applicator Agriculture General

Mon-Thu / Nov 18-21 / 8:30am-noon / \$219

Pesticide Dispenser Commercial

Sat, Sun / Nov 23, 24 / 9am-4pm / \$199

Aromatherapy Workshops

All on Saturday / 1-4pm / \$39+gst
(\$20 discount if you register for all 5)

#1 Introduction to Aromatherapy/ Sept 28

#2 Practical Aromatherapy/Oct 26

#3 Aromatherapy for Women/Nov 16

#4 Aromatherapy for Babies & Children/Nov 23

#5 Aromatherapy Blending/Dec 7

Reiki Level 1 & 2

Sat / Oct 26 / Nov 23 / 10am-4pm / \$180+gst each.

Intro to Chakras

Tue / Nov 5 & 12 / 6:30-8:30pm / \$49+gst

For full information on upcoming courses or to register:

Phone: 250 428-5332 or

Visit: www.cotr.bc.ca/Creston



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NO CHARGE 5 YR EXTENDED WARRANTY

CASH SALE PRICE \$17,769.00*
Reg. list \$21,269.00
While quantities last

OWN FOR \$299/MTH* *On approved credit with 10% cash down plus applicable taxes.



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.

BX25DTLB - 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.

0% Financing
60 Months O.A.C.
in lieu of cash discount



CASH SALE PRICE \$18,469.00*
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While quantities last

OWN FOR \$305/MTH* *On approved credit with 10% cash down plus applicable taxes.



The new L-Series not only performs but looks great as well, with a revamped design with smooth, rounded contours from front to rear that also improve visibility so you can get the job done better and faster. Add to that, Kubota's new state-of-the-art front loader and backhoe simplifies even tough tasks. Work hard, but do it with ease with the new L-Series tractors.

L3200HST with loader - Features

• 32 engine (25pto) hp diesel, 3 range hydrostatic transmission, Cat 1 3pt hitch, foldable ROPS, LA524FL loader (1152lb lift cap).

0% Financing
60 Months O.A.C.
in lieu of cash discount



NO CHARGE 5 YR EXTENDED WARRANTY

DEMO UNIT CASH SALE PRICE \$36,893.00*
Reg. list \$46,406.00
While quantities last

OWN FOR \$597/MTH* *On approved credit with 10% cash down plus applicable taxes.



The premium utility M40-Series tractor, perfect blend of high performance and affordability that can tackle just about anything you throw at it. The M-series is perfect for baling and cutting as well as cattle, horse and dairy applications, with hydraulic shuttle transmission it is the perfect loader work tractor, a loader that lifts 2800lbs is just right for feeding round bales.

M7040DTHS1 with loader - Features:

71 engine (64 pto hp) 8F/8R hydraulic shuttle transmission, radial tires, 540 pto, 4200lb lift 3pth, tilt wheel, 17.1 GPM hydraulics w/ remotes, 4WD w/ diff lock, LA1153 Q/A loader (2326 lift cap. and 82" quick attach bucket.

***0% Financing on all Excavators til October 31, 2013**

LIKE: Equipped with zero tail swing for excellent balance & stability for working in congested areas, T.P.S.S. switch control patterns, pilot control hydraulics, 75 degree boom swing, digital LCD panel for timely diagnostic readings and audible alert for fuel filling, wide opening access covers for easy maintenance.

U25-HGS excavator features:

2.5 ton, 21hp diesel, zero tail swing, 3.23 PSI ground pressure, 15ft reach, 9ft dig depth, 4850lb dig force, hydraulic thumb & quick attach buckets.

LEASE TO OWN FOR \$519/MTH* *On approved credit with 10% cash down plus applicable taxes.

0% Financing 60 Months O.A.C.
in lieu of cash discount



DEMO UNIT CASH SALE PRICE \$31,983.00*
Reg. list \$41,546.00
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