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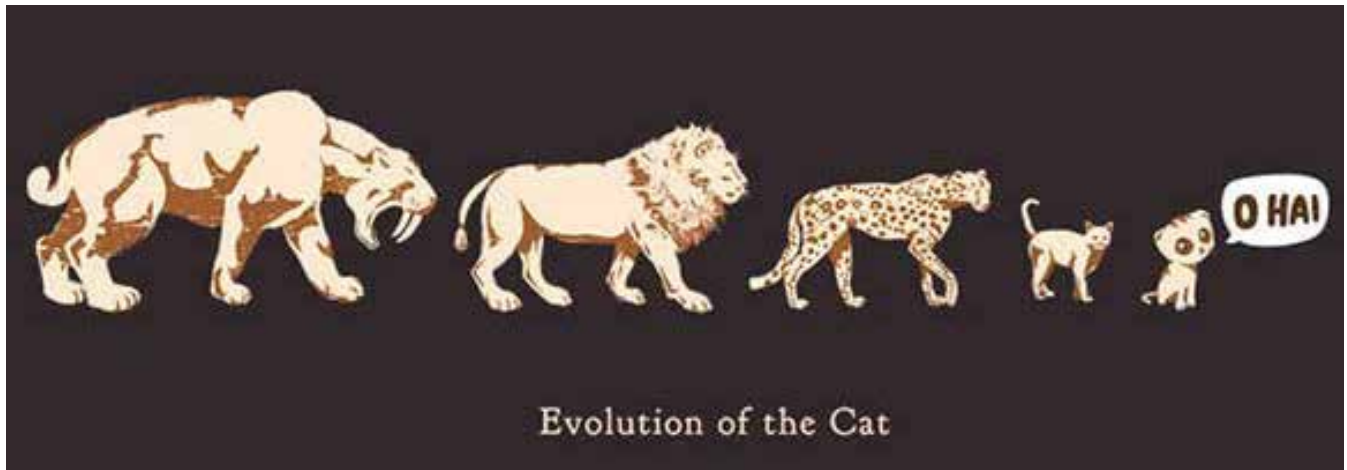
September  
2014

i love  
**creston**

# Building Brenda's Body

Amateur bodybuilder Brenda Peltzer  
shares her passion for pump





# Important information for Cat owners

The Town of Creston would like the public to be aware that if you are a cat owner, the Cat Control Bylaw no. 1704, 2009 contains several regulations that a cat owner should be familiar with, such as;

- No Person shall keep, harbour or have a number of cats or combination of cats and dogs per dwelling unit on any parcel or lot within the Town greater than four (4)
- No cat shall be allowed off the premises of its owner except on a leash or contained within a carrier designed for the transportation of animals
- Any cat over the age of six (6) months shall acquire a valid licence

Domestic Cats are required to be “indoor or house cats” and should be provided with clean litter boxes on a regular basis. If you are an owner of a cat that does not provide a regular food supply, clean litter box and permits free-roaming, it is very likely that your cat seeks an alternate location to do its ‘business’ which means it is quite possible that it may be using your neighbourhood for that purpose. Cats will hunt birds and small rodents and eventually revert back to its wild and natural tendencies with enough freedom. Spaying/Neutering is highly recommended.

The Bylaw Services Department receives numerous calls regarding cat-related incidents. The most common ones are as follows;

- Cat(s) running at large (others’ property)
- No cat license (no tag)
- Abandoned /stray cats found

Please be a responsible pet owner. If you are thinking of adopting a pet for your family, do the research ahead of time. The Veterinary Clinic is a great resource for information when considering a pet for your home. Review the Town’s animal and cat control bylaws to find out what an owner should know and how much work will be required to give their pet the care and attention that they deserve.

Thank you for your cooperation.



**CRESTON VALLEY**

TOWN of CRESTON

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**The Magazine**

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**Letters to the Editor**

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

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*Cover inset, right photos: Jeff Banman*



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## From the editor



Just a few days before the death of Robin Williams, I sat down and watched *Hook* with my twelve-year old daughter. In that movie Williams played a middle-aged Peter Pan with a family of his own who has become a

perpetually stressed business executive and has completely forgotten about Neverland and what it was like to be young and fun-loving. In order to save his children from Captain Hook, Peter, with the help of Tinkerbell and the Lost Boys, embarks on a journey of self-discovery to reclaim his former zest for life.

What a contrast it was to have this impression of Williams as the Pan who has rediscovered his true self and happiness in my mind when I saw the first headlines announcing his death by suicide begin appearing on my facebook newsfeed.

I have always admired Williams, both for his on-screen talent as well as his charity work and his candidness about dealing with addiction and depression. In the end, it appears it was depression that cut this beautiful man's life short, depriving the world of his future work, his family of a father, and his friends of a cherished companion.

If there is a silver lining it's that his death has occasioned an unprecedented flood of public discussion about depression and related mental illness. Shortly after the headlines and eulogizing came an abundance of articles talking about depression and suicide. Most of them tackled the misconceptions and misinformation that exist about this common mental illness and its tragic consequences.

"Despite it being so common," said Creston Mental Health physician Dr. Randy Grahn, "there's a widespread stigma. It's everywhere: hospitals, workplaces, schools, communities. Stigma is a worldwide problem." He was speaking on the subject of mental illness at the Yaqan Nukiy community complex gymnasium for the Clara's Big Ride event this past May. "It's not a problem with their moral fabric. It doesn't mean they're bad people.

It's got nothing to do with your moral character or the strength of who you are. It's a treatable illness. We need to stop all the unnecessary pain and harm from when people are too ashamed and afraid to seek treatment."

"The best way to start dealing with it is to start talking about it. As long as we pretend it's not there, we're feeding it," said Angie Louie, wellness coordinator with the Ktanaxa nation, speaking more specifically about residential school syndrome.

Clara Hughes, six time Canadian Olympic medalist, spoke about her own struggles with depression. She returned home from her first Olympics and should have been on top of the world. People were showering her with praise and admiration, but she couldn't escape the feeling that there was something wrong with her. "I was in this state of depression," she explained, "unable to get help, unable to ask for help, unable to accept the help that was there for me. Because I thought I had to fix myself. I thought I had to make myself better and I thought I had to be strong. I didn't think anybody would want to see the weakness that I felt." To this day, despite her unparalleled successes, she said "my reality with mental health is it continues to be a struggle."

It's a struggle no one should have to face on their own. "The most important thing I think is to understand that when people suffer and struggle," said Hughes. "It's something that should not be done in silence. Something that each one of us has the capacity to do is to reach out, to just listen. And realize that you can't fix somebody else. You can't rescue them. You can't save them. But you can certainly listen and make them feel like they're a human being."

Could these efforts at raising awareness by Clara Hughes and others, and the growing public discussion occasioned by the suicide of Robin Williams, be a sign that we're finally reaching the tipping point in the struggle to combat the stigma and mythology that surround this deadly illness that affects every community, including our own? It's a hopeful thought. It's also something we can all participate in by educating ourselves about mental illness, reaching out to those who are suffering, and by asking for help when we ourselves are suffering.

If you or someone else is at risk of suicide, please go to Emergency at the Hospital, call 911, or call the Crisis Centre of BC hotline at 1.800.784.2433. Online chat and more information at [crisiscentre.bc.ca](http://crisiscentre.bc.ca).



# Body by BRENDA

*Sterling Legacy Art*



Story by Marc Archambault

**//** Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring."

Those inspiring words from the iconic 1950s actress Marilyn Monroe are tattooed on the muscled torso of another strong woman, Creston born amateur bodybuilder Brenda Peltzer.

"I thought it was a very fitting quote for me," explained Peltzer, who graduated from Prince Charles Secondary School in 2004. "In bodybuilding, everybody's on a quest for perfection, but you never reach it. You need to just accept the fact

that you are imperfect and that it is a more beautiful thing to be."

Before taking up bodybuilding, Brenda was more interested in cars. She started working at Lordco in Creston with Bill Dewald 9 years ago and is still with the BC based auto-parts retailer, working at their Duncan location on Vancouver Island.

Though still a self-described car person, Brenda said, "I didn't want to be such a one-dimensional character. So I picked this up, and I really took to it. I also had people tell me that I'm built for it, that I have the structure for muscle-building... When people tell you that you're a

natural at something, your ears perk up and you're like 'OK, I'll give it a try.' And when you actually do well you're like 'Oh my, I think I've found my second calling or even my first calling.' The car thing comes naturally to me, but this comes even more naturally. It's amazing. It's a thrill ride, really."

Peltzer discovered the sport of amateur body building at a local women's gym in Duncan.

"I started going to the gym just because at some point in your life every woman – well, everybody – starts to get a lack of self-confidence. Once you get going you start feeling better and better. And then I my

saw trainer, she was a competitor, and it just took off from there. Her arms were her most attractive feature and I was like ‘I want arms just like that!’ So I got set up with her and she suggested I do a show.”

Despite having never seen a live bodybuilding competition, Brenda won first prize at her debut show, the 2012 Sandra Wickham Fall Classic in Victoria, after training for a year. Two weeks later she competed at a BC Amateur Bodybuilding Association (BCABBA) show in Vancouver where she qualified to compete in the provincials. “I’ve stuck with the BCABBA because I felt that the level of physiques that are in those shows are more comparable to mine,” she explained.

Brenda took to the provincial stage in June 2014 after two years of preparation. She placed sixth in Women’s Open Figure Medium. “There were ten girls in my class,” recalled Peltzer. “We all looked amazing. When it gets that close, the judges start nit-picking. I placed just out of the top five. But I know that I looked the best that I could have brought, and that’s what brings me peace to my mind; that I know I did everything that I could to get there. The fact that I was able to stand on a provincial stage amongst those women’s physiques was enough for me.”

The sport is about much more than competition for Peltzer. “I have found it very rewarding,” she said. “Every show you learn something new about yourself. Every show you try for your best. You’re never really in a competition with the other women, you’re in a competition with yourself. When I look at my

progress pictures it’s always nice to see where I started and what the human body is really capable of, because it’s really quite amazing and that’s what’s motivating throughout the whole thing. I don’t see myself ever stopping. I find that the pay-off is really when you’re happy and when you have self-confidence, it reflects to every aspect of your life.”

## “You’re in a competition with yourself.”

Training, diet and self-discipline are an integral part of the sport. In the off-season, when she is not preparing for an upcoming show, she trains at the gym four to five times a week. Her diet involves adjusting ratios of macro-nutrients: proteins, fats and carbohydrates. She uses an app on her smart phone to keep track of calories. Natural supplements are also part of the regimen. “It is a science. You are paying attention what you’re eating and eating for fuel.” But occasional cheat meals are allowed. “All of it is mental,” she explained. “It’s really re-training your mind. Don’t eat out of boredom. Be more aware.”

Regarding the use of performance enhancing drugs, Peltzer said, “I don’t need that to get to there. I know that I’ve done what I did naturally.”

During the on-season leading up to a completion, bodybuilders work to attain a temporary state of very low body fat and low water volume in order to accentuate the definition of their muscles. “You really need to grind it out, you need to put your head down and focus.”

Brenda began with a nutrition and training plan from trainer. Then, she explained, “I just used my own motivation and my own training from there. I decided to get my own personal training certification along the way.” Working as a personal trainer is “definitely something I want to do eventually,” she said.

“I definitely aspire to be pro level,” stated Peltzer. “It’s going to be a long road to get there.”

She has her sights set on a spring show next year.

But more than the professional aspirations, bodybuilding is Brenda’s lifestyle. “When I’m happy with how I look, when I’m confident, that’s all that really matters to me. I think that’s the most important is taking care of yourself,” she said. “I’m not trying to look like that cookie-cutter figure girl... You have to work with what you’re genetically given. You can never look like that girl on the cover, you’re only going to look like yourself. So that’s what I’m trying to be is the best version of myself. Every workout, every meal, every day, I’m working to be the best version of myself. Anybody’s capable of it. Exercise is the foundation of youth.”

Peltzer credits her mother, Jennifer Hutzkal, for supporting her through the years. Jennifer, of course, is understandably proud of Brenda’s accomplishments. “If you want a story of working hard, and striving for successful, here is one,” she said.

Brenda expressed hope that she might inspire others as well. “I just want to help people. I just want people to read this and think, ‘Why not me? I’m capable of something like this, so why not?’” ■



# Celebrating 30 Years in business!

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**Thank you to our customers and suppliers  
for your continued support!**

# Nufloors celebrating 30 years

Story by Marc Archambault

“**W**hen quality counts, call your floor store with more. We can floor you, redo or brand new. Contemporary products with old fashioned service.” Ellen Samuelson of Nufloors recited those old slogans from past years with nostalgia.

Reaching a business milestone is an opportunity to look back on times past. Ellen took advantage of the occasion by going through a folder of newspaper clipping from the history of the store. “I had a lot of fun going through this,” she said, pointing out old ads and photos of past employees from articles.

Nufloors began 30 years ago under the name Drapes to Floor You from a small space in downtown Creston

where Summit Sports now operates. At the time, Ellen Samuelson ran Summit Music and Randy Samuelson was an installer. They started with only a few sample books, and “it just got bigger,” recalled Ellen. Randy remembers what it felt like to go into business. “Way back 30 years ago when we opened this little 600 square foot showroom, I was

**“Reaching a business milestone is an opportunity to look back on times past”**

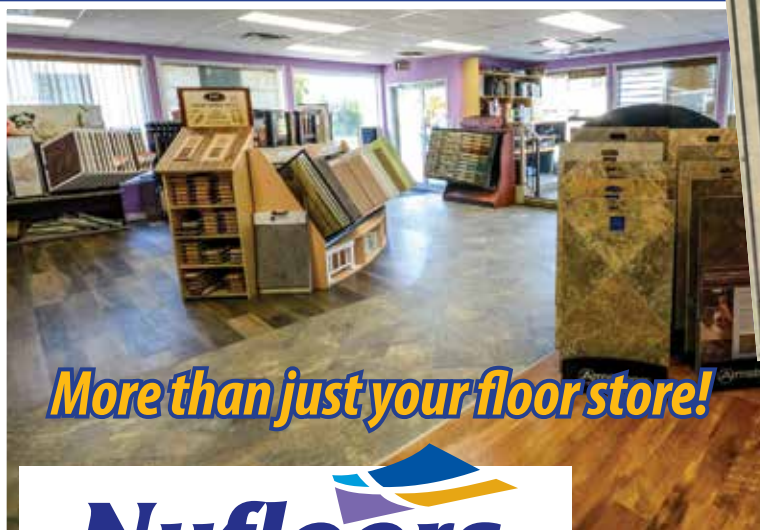
nervous as hell about going into retail because I’d seen so many other flooring shops that I’d worked with over the

years that went bankrupt. It seemed to be a common thing... It was a scary thing to venture into retail, but I’ve enjoyed every bit of it.”

Time has shown the Samuelsons know what it takes to run a successful business. “We started with custom sewn drapery and wallpaper,” said Randy, as well as steam cleaning and wicker ware. Their current offerings include phantom screens and retractable awnings. “I can’t believe how fast 30 years went by. We changed different products over the years, learned a lot about new products. Everything in the flooring business seems to change pretty rapidly nowadays.”

To provide those products, Nufloors stays close to home. “We support

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our Canadian [and American] manufacturers as much as we can,” said Ellen. In particular, Nuffloors has been working with Duradek, now celebrating their own 40th anniversary, since the beginning.

“I love working here,” said office manager Tracy Wastrodowski, who has been with Nuffloors for 9 years. “It changes so quickly. There’s new stuff coming down all the time. It’s never boring. New materials, new installation methods, new everything.”

More than the product mix has changed over the years. After spending five years with United Carpets, Drapes to Floor You joined with several of the Western stores to form Nuffloors, a marketing group, ten years ago. “It was nice to have the camaraderie of your peers to do something like this,” explained Ellen. The group currently has a membership of about 24 independently owned stores.

Nuffloors has also moved from its original downtown location, to what used to be the Vance distributors building on Northwest blvd., to their present home where they have been for 20 years.

“You get so many different people, you meet so many different walks of life in this business,” said Randy. “Every time you go to a different job, it’s a different day. When you get done and your guys and yourself



Jeff Banman

The staff of Nuffloors, which opened in 1984 as Drapes to Floor You.

do a real bang up job, it’s pretty rewarding to see the end product.”

A source of pride for the Samuelsons is that over the years they have supported “probably dozens of families” as employees or contractors. They can also look back with pride on the many, many projects from Riondel to Yahk that they have worked

on. Some installations done in the early years of business are now being upgraded or redone.

The future looks bright for Nuffloors, who will be holding a celebration event September 11 and 12. But Randy admits, “I enjoy running my tape measure a lot more than being on my knees these days.” ■

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# Message from the Chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Fighting Together for our Future

This past July was another birthday for me. With each birthday, I take time to reflect on memories of my life. Some traits of the Army will forever be instilled in my soul. I still rise in the morning at 0500, do my PT (Physical Training), and believe it or not I have some white hair showing. Some may laugh at the white hair comment as I have never let go of the Canadian Forces haircut.

I reflect on my childhood and recall how alcoholism was rampant and domestic violence was far too common. I can still see the faces of those who have journeyed on into the next world. We would attend funeral after funeral paying respect to friends and family who will never witness the aging process. They will never see their hair turn white, witness their children grow, or see how technology dominates our society. They will never see this as I realize now that many passed away in their teens, 20's, 30's, and 40's. Some were suicides, some were drinking and driving, and some were homicide.

I cannot and will not be a hypocrite and pass judgement on anyone for their substance abuse or misuse. I was in a similar place and have struggled with those demons. What I will say is this, how many more funerals must we go to? How many more crime scenes must we see with chalk outlines of loved ones' bodies on the ground? How much more must we witness before we realize that our aboriginal communities

are dying? I take responsibility for myself, as it is me and only me who can take responsibility for my life.

If you want change you're going to have to fight for it. Nothing in this life is easy and everything in life is earned. There are no hand-outs. If you want something you must take on a leadership role and make it happen.

A new era of narcotics is among us. The plague of crack, crank, meth, and cocaine, have entered the boundaries of Yaqaan Nukiy. I plead with those who are responsible for selling and dealing at Lower Kootenay. I do not wish to make war with you. I ask that you take these things that you sell to our children and never return. With our new found working relationships with the Creston Valley, it is not just I who demand you never return but an entire Valley stands united. You are not welcome here. I will not bury another child due to the greed of a drug dealer. No longer do I stand alone. I now have hundreds who will stand by my side.

In my childhood, I sat and listened at a feast as an elder had a prophesy that one day all of our ceremonies would be spoken in English and one day there will be few elders. In my childish ignorance I thought this would never be as I looked around the room and there appeared to be so many old ones. That day has come. Yaqaan Nukiy has few elders and few speak the language. The prophesy must be seen as a wake-up call. If it takes a

community to raise a child it will take a community to save a child. It will take a community to save a culture and identity. It will take a community to police and defend from illicit drugs that kill humanity.

I have seen one too many funerals and one too many wakes. I urge all young people to advocate amongst your peers to reach for the stars. Whatever it is in life that you want to achieve, you can do it. However, you will not be able to achieve those dreams with this poison in your bodies system. I challenge all of the Ktunaxa Nation's children to achieve beyond what your parents achieved academically; not to insult them, but to make them proud! To my 3 daughters, achieve a PhD and educate the world about anything and everything. Sing our victory songs with pride and without these toxins that plague our young people. I wish to grow old knowing there will be an up and coming Chief who has a formal education and a connection to their roots that are thousands of years old!

In approximately 4 months' time, there could be a new Chief for the Lower Kootenay Band. If it is a new Chief, or if I am re-elected, we all must realize that in order to achieve self-sufficiency we cannot have these poisons in our community that alter our judgment and kill our family. In order to have a future and an identity we all must fight for life. We all must defend against these foreign substances that have entered our community. It will kill us. It will end our people. If we don't do something about it, Canadian culture will learn about what we used to be from a high school social studies class or in university.

**Continued on page 11**



# Municipal elections coming soon

By Lou Varela, Town Manager

This is an election year in the Province of British Columbia for all Municipalities, Regional Districts and School Boards. On Saturday November 15th, the citizens of the Town of Creston will elect a Council consisting of a Mayor and 6 Councillors. Nomination papers for these positions must be filed by October 10 and, once accepted, the campaigning begins!

I am writing this article to encourage citizens who are genuinely interested in identifying and advancing our community's many initiatives and goals over the long term to consider running for one of the positions of Mayor, Councillor or School Trustee at

## Continued from page 10

In closing, I would like to quote Chief Plenty Coups, who said "With the White Man's education you will be his equal, without it you will be his victim." I quote Chief Plenty Coups not to disrespect my non-native brothers and sisters, but to underscore to all of humanity that education brings promise. Education can bring justice. A formal education can bring a future; a future that sees all children thriving in a brotherhood and sisterhood that sees no ethnic boundaries. A brotherhood and sisterhood that will defend against the toxic drugs that kill red blooded human beings. ■

Jason Louie can be reached by phone at 428-4428, ext. 235, e-mail at [mjasonlouie@gmail.com](mailto:mjasonlouie@gmail.com) or on the Web at [www.lowerkootenay.com](http://www.lowerkootenay.com).

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

the upcoming election. To assist in such a proposition, the Ministry of Community, Sport and Cultural Development (Ministry) has now published a series of election guides for the upcoming November 15, 2014 general local elections.

The following materials are now available on the Ministry website at [www.cscd.gov.bc.ca/lgd/elections\\_home.htm](http://www.cscd.gov.bc.ca/lgd/elections_home.htm):

- Local Elections in B.C.: What Every Candidate Needs to Know
- Candidate's Guide to Local Government Elections in B.C.
- Elector Organization Guide to Local Government Elections in B.C.
- Guide to Supporting a Candidate for Local Government Elections in B.C.
- Voter's Guide to Local Elections in B.C.

For answers to questions about LECFA (Local Elections Campaign Financing Act) election advertising, third party advertising sponsors and campaign financing rules, please contact Elections BC toll-free at: 1 855 952-0280; or, by email at: [electoral.finance@elections.bc.ca](mailto:electoral.finance@elections.bc.ca)

In his Municipal Knowledge Series (Volume 1), George B. Cuff, considered by many to be a guru in the world of local government, offers the following "position advertisement" for elected officials:

"Wanted: Seven willing souls to offer their service to the community in exchange for limited (i.e. negligible) compensation, considerable criticism, unlimited hours, fellowship of others, sense of personal importance, opportunity to do something for your community, authority of the largest budget in the community."

While Mr. Cuff is certainly speaking with tongue in cheek, this mock advertisement does speak to some of the many challenges associated with becoming an elected official. The hours are many, the meeting schedules can be onerous and the reading material voluminous – but the benefits of taking a leadership role in addressing the key issues that face our community is rewarding beyond measure. Consider signing up for a great four year challenge!

And don't forget to make it to the polls for the November 15, 2014 election! ■

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CHAMBER of COMMERCE

# The Quist Quest

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

**H**ave you ever been in that situation when you have too much information and not enough at the same time? It happens all the time when you're dealing with local history.

Take, for example, a recent research request we received; some people looking for information about where Carl Olaf Quist lived. All they could tell us was that he owned land "beneath Goat Mountain" – a sizeable slice of the local geography. Pinpointing the single, small, piece of that area owned by any given individual is a tall order.

Not that I'm complaining. You know me well enough by now to know that this is exactly the sort of thing that can get me sidetracked for hours. But, after a full day of digging through newspapers, maps, and other documents, I'm no closer to an answer than when I started.

A newspaper article from August 1917 states that Quist had bought nine acres of the Benney place "near the K.V." tracks, which, when added to property bought the previous December from Mrs. Joseph Wilson, gave him ten acres.

Highway 21 now follows the route of the former Kootenai Valley (K.V.) railway. A 1920 orchard survey for Quist describes his ranch as being "west of town." In October 1922, "T.M. Edmondson purchased five acres from C.O. Quist part of the G.M. Benney ranch." A 1926 map shows adjoining acreages owned by Edmondson and Benney alongside the old railway route. So far, everything agrees, except the orchard survey indicates that the total farm was five acres, not ten.

But other references make things not-so-clear anymore.

March 1921: According to the Review, Robert McKay, who had bought the "ten-acre improved Quist ranch on the Wilson estate opposite the Edmondson ranch" about a year earlier, had resold it to J.G. Dunn.

Which property is this? This sale is eighteen months earlier than Edmondson's purchase of the Highway 21 property, and if Quist sold his ten acres to McKay in 1920, he wouldn't have had any left to sell to Edmondson in 1922.

In his book, *In One Ear*, Dick Penson takes the reader on a tour of Creston about 1916. He clearly states that the Edmondson property at that time was reached by going up Victoria Avenue (10th Avenue North) to Hillside and turning east toward the "Alice Mine trail" (16th Avenue). Two photos in our collection confirm that the Edmondson place, opposite which the Quist/McKay place was located, was on the north side of Hillside Street, between 10th and 11th Avenues. One identifies the two houses shown as the "Payne and Edmondson ranches;" and, in May 1925, the *Review* announced that Mr. and Mrs. Payne had moved to the Quist place. Although this article gives no location details, the coincidence of the Quist, Payne, and Edmondson names is pretty significant.

More confusing: A couple of references indicate that the Wilson house was located on 16th Avenue North – four or five blocks farther east than the Quist/McKay/Payne house, and certainly not the Quist property "near the K.V. tracks."

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Further complicating matters, the *Review* of 12 August 1927 carries a notice from the Land Titles Office, stating that the Office was issuing a Certificate of Title to C.O. Quist, replacing a Certificate that had been lost, for a property described as “Part A of Block 10 of Lot 525 Plan 693A.”

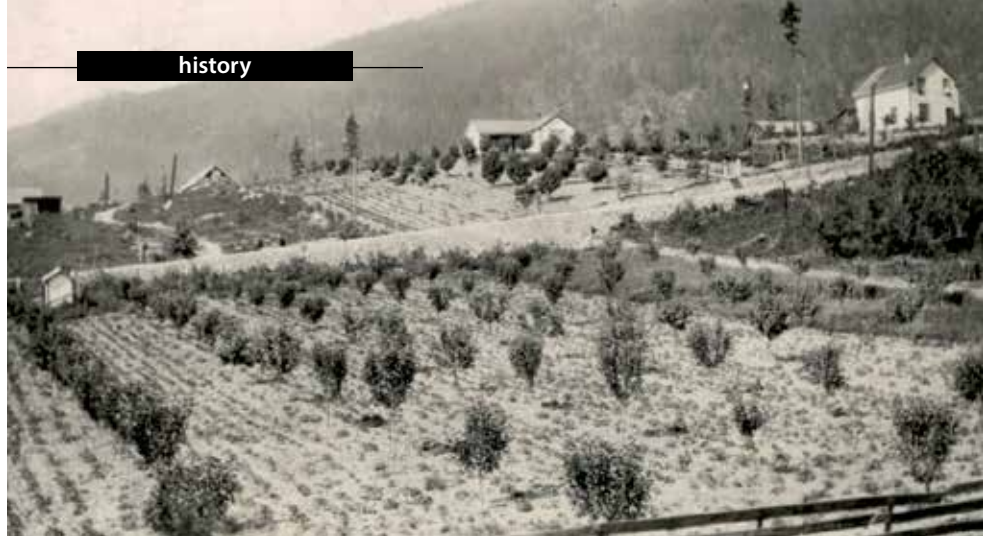
Lot 525 Plan 693A encompasses a good chunk of the Town of Creston, including all the potential Quist locations. But Block 10 is located on the south side of Hillside Street, somewhere around 9th Avenue North – a couple of blocks west of the Quist/McKay/Payne place, and not nearly far enough west to be the Quist/Benney/Edmondson place alongside Highway 21.

See what I mean when I say too much information can be not enough information? We have evidence pointing to Quist ownership of at least four different properties – and not one thing that confirms it.

But it is entirely possible. There is no reason to suppose that all of Quist’s real-estate transactions were reported in the *Review*. The fact that we have found only one orchard survey in Quist’s name does not necessarily mean he owned only one property; others may be recorded in the names of the fairly steady stream of people who either rented or purchased Quist properties. And we know, also from the *Review*, that Quist bought five acres in Erickson in 1920, and in 1921 was looking at 40 acres in Canyon for his son Ted.

Even if we don’t know exactly where he lived, we have learned a number of things about Carl Olaf Quist:

He was from Metiskow, Alberta, where he and his four sons worked two sections of land, which were almost certainly planted with grain crops. He moved to Creston in December 1916, accompanied by



Creston Museum

The Payne and Edmondson ranches on Hillside Street in the 1920s. Hillside Street is visible running uphill from left to right, and one of the two houses above it may have been owned by C.O. Quist.

his wife and at least two children: daughter Alva and son Bertie.

Mr. Quist’s orchard was predominantly apple trees with a few pears, cherries, and a good number of plums mixed in. He may not have been entirely successful at fruit-ranching, since the orchard survey indicates that “growth and vigour” of the place was merely fair and “overall condition” was poor. All of the trees were more than six years old, with the majority being over ten years old, which suggests that Mr. Quist had not done much to improve the orchard since buying it.

He did, however, have two or three Ayrshire milk cows, and kept an Ayrshire bull for Mrs. Edmondson, which, according to the *Review*, were very high-quality animals. His livestock in general seems to have been quite good: son Bertie won a prize for best saddle pony in the 1922 Fall Fair.

Mr. Quist took an active role in the community. He was involved in the Creston United Farmers for several years, serving as vice-president for at least two. He regularly contributed to community fundraising efforts, including the Patriotic Fund in 1917 and the Soldiers Memorial Fund in 1919. He was also very prominent

in the Methodist Church, “taking charge of the bible class, singing in the choir, and on occasion taking the service” in the absence of the minister.

Mrs. Quist, on the other hand, hardly made any impression at all. She knitted a pair of socks for the Red Cross in 1917, but otherwise doesn’t appear to have done anything besides accompany her husband on visits to Metiskow. Indeed, when the *Review* announced their departure from the Valley, Mrs. Quist is mentioned only in passing while “Mr. Quist will certainly be missed.”

They left the Creston Valley in March 1923. ■

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](mailto:mail@creston.museum.bc.ca) or the Web site [www.creston.museum.bc.ca](http://www.creston.museum.bc.ca).

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# Ag Aware

Story by: The Creston Valley Agriculture Society

## Farms Benefit Society

September is in many ways the best month of the whole year. Although the days are getting shorter and the high-heat of peak summer is behind us, the weather is often the most comfortable. This summer definitely was very dry, and the long stretches of very high temperatures were more than we usually see.

Most valley crops, where adequate water is available, have done very well with this hot growing season. Conversely, where irrigation is not generally available, like the hay fields of Lister and Canyon, the crops suffered due to lack of moisture. Yields are down considerably. Down on the flats, harvesting of the fields of golden grains such as wheat, barley, and oats is underway, or nearly complete. Hay production will be wrapping up as well.

While not as widely grown as in years gone by, many apple varieties will be ready for picking throughout September. Stock up on this delicious fruit for winter storage, or make up some fresh apple pies. Local wineries will also be into harvesting the grapes

destined to become some fine wines that Creston is getting to be well known for. Our local vibrant farmers' market continues every Saturday morning. The variety of local products is phenomenal. Stock up on all sorts of fruits and veggies for the upcoming winter season. We are so blessed in this valley with all the diversity of crops and food products available to us.

September means it is also time for this year's Creston Valley Fall Fair. This year we celebrate the 97th edition of this valley tradition. This year it will be held one week later than usual, on September 12 and 13, at the Community Complex. Get your entries in and participate in our traditional country fair! A big thanks goes out to the dedicated volunteers who keep this event going!

The United Nations Food and Agriculture Organization (FAO) declared 2014 to be the International Year of Family Farming. This organization has 194 member countries from around the world. Their aim this year is to raise the profile and awareness of family farming activities and the benefits to society

the world over. Member countries are working towards development of agricultural, environmental, and social policies conducive to sustainable family farming and to achieve a better understanding of farming needs and future potential, as well as increasing public knowledge and awareness through communications and education. Did you know 83% of North and Central America's agricultural production is on land worked by family farms?

The FAO deals with such diversity of agricultural issues from all over the world. Concerns that affect the more affluent areas like North America and Europe are far different from the developing, struggling, and somewhat "hungrier" countries of Africa and Asia. Whether it is drought, floods, destruction by war, soil degradation, or loss of productive land due to human and industrial development, the bottom line is that there is only a finite amount of land to grow food on in this world. Meanwhile the world's population continues to increase rapidly. Take time to look at the FAO website and read up on all the information there. Appreciate what family farms do for all of us. Educate yourself and 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 or email [crestonagsociety@gmail.com](mailto:crestonagsociety@gmail.com).

## FARMERS' MARKET

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[www.crestonvalleyfarmersmarket.ca](http://www.crestonvalleyfarmersmarket.ca)



Story by: Carla Ahern, Director of Communications, Stewardship and Education Creston Valley Wildlife Management Area

# For the Love of Wildlife

**W**e as humans have such huge hearts. We have good intentions when we see wildlife in distress or suffering – we want to help. It is hard to just sit back and not do anything...

If you come across injured wildlife, please call the local Conservation Officers to come and deal with the matter. They are trained to deal with these situations and have the right tools and knowledge to properly deal with injured wildlife.

If you find an injured bird, you can contact BEAKS, a society located in Castlegar that is dedicated to the care of injured birds. Visit their website (<http://beaks.kics.bc.ca>) for information on what to do if you find an injured bird. You can also contact your local Veterinarian.

Our heartstrings are especially vulnerable to babies. Ducklings,

moose, and deer calves and baby skunks are just too cute! One has to be very carefully if they come across young wildlife. If they are alone, you may think they are abandoned or have no mother nearby, but nine times out of ten, they do!! The mother is probably hiding nearby or has chosen that spot to leave her young while she gathers food. If a young is taken from their mother, their chances for survival is limited. They need their parents to show them how to survive in the wild.

So, if you find young wildlife that you think are abandoned, please refrain from collecting the animal. Its best chance for survival is to remain in the environment that it knows with their parents who are most likely nearby. If you are seeing a young animal by itself for multiple days in a row, then please contact a Conservation Officer for assistance and advise on what to do.

The Creston Valley Wildlife Management Area and Wildlife Centre are unfortunately not properly equipped to take care of

injured or young wildlife, so please contact the local Conservation Officers for assistance.

The Wildlife Centre is open in September from Tuesday to Saturday from 9 am to 4 pm. Saturday, October 11th is the last day open for the season. We hope to see you out there! This time of year offers excellent bird viewing opportunities as fall migration gets going. Large numbers of birds as well as a large variety of species make for interesting sightings. ■

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

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Audrey Orosz

(Above) A project on the go. (Below) Rita Churchill and Hillegard Mercredi.



# Quilters provide comfort for children in Creston Valley and beyond

Story by Audrey Orosz

President, Community of Creston Arts Council

**O**n my tour of the venues during Arts and Culture Week in April, I was so impressed with the Quilts 4 Kids group that I decided to write features about the many artists in this area. So what better place to start than Quilts 4 Kids?

Approximately 18 members meet twice a month at the Carr Building at the Museum to assemble and sew quilts that are donated to the local hospitals (Creston, Cranbrook and Trail), to the BC and Alberta Children's Hospitals, to Ronald McDonald Homes in Calgary and Vancouver, and the Shriners Hospital in Spokane. At the time of this writing, 1,584 quilts have been donated to children and young teens who get to keep the quilts.

Gail Mason and Linda Soare told me that the group is able to function with the help of grants from Columbia Basin Trust and private donations. Members bring their own sewing machines for their sewing days and the quilts are sent with people who are making trips to the cities involved.

Quilts keep us warm but they also bring comfort and cheer as is evident by the thank-you cards posted on the

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bulletin board in the sewing room. Cards from families and even from the doctors on the wards are a heartwarming reminder of the need and appreciation.

The group donates quilts to the Pyramid Christmas Tree for the Creston Ministerial Association and also provides quilts on special request to those in need in the community. On top of that, quilts are sent to Shamattawa, Manitoba with the fall shipment of apples where ownership of a quilt is a real status symbol.

Gail and Linda say that their sewing sessions are a good learning opportunity for beginning quilters. And so it seems that there are many who benefit from the Quilts 4 Kids group – our hats off to them! ■



Audrey Orosz

Quilters (from left to right): Jacquie Ringstad, Dianne Price, Rita Churchill, Linda Soare, Terri-Lynn Barrette, Brigitte Langevin, Sharon Kuny, Hilegard Mercredi, Gail Mason.

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# New coaching staff for Thunder Cats

By Creston Valley Thunder Cats

**N**ew bench bosses for the Cats will be leading the team this season as former Head Coach/GM Josh Hepditch has moved on to a Junior A position in Nova Scotia.

Taking the reigns as Head Coach/General Manager is Jeff Dubois. Dubois comes to Creston from Castlegar where he was the head coach/GM for the Selkirk Saints

hockey team (BC Intercollegiate Hockey League). Under Dubois, Selkirk College compiled regular season records of 21-3-0 and 20-3-1 in 2012/13 and 2013/14 respectively, representing the only two times in the eight-year history of the BCIHL that a team has hit the 20-win mark. Both seasons concluded with unbeaten playoff runs, leaving Dubois with an overall record of 49-6-1 and a pair of BCIHL Coach of the Year awards. The Saints closed out the 2013/14 season riding a 29-game home winning streak that dates back to January 18th, 2013.

"I'm very excited to join the Thunder Cats organization," says Dubois. "I'm looking forward to the challenge of transitioning to junior hockey and having an opportunity to build on the great success that the team accomplished last season. Josh and his staff have set a high standard for team performance and the organization has all the tools to be a contender on an annual basis. I've been fortunate to be a part of a number of championship teams at the college level and I'm ready to work hard in order to produce similar results in Creston."

Joining Dubois behind the bench is KIJHL alumni Kyle Sherbaty (played for Golden Rockets, Beaver Valley Nitehawks and North Okanagan Knights). Sherbaty spent the 2013/14 season as an Associate Coach with the Vancouver Island Junior Hockey League's Campbell River Storm, where he helped guide the club to a 30-14-2-2 record good for second place

in the league's North Division. In addition to his season in the VIJHL, Sherbaty brings years of experience as an instructor and coach with the Pacific Titans Hockey Program in the Lower Mainland. He is also a certified personal trainer and oversaw the Storm's Strength and Conditioning programs.

**"I'm very excited to join the Thunder Cats organization."**

"I'm very pleased to add Kyle to our staff for the coming season," says Dubois. "He had a successful first season as an assistant coach at the junior level in Campbell River last year and comes highly recommended by the Storm organization. His knowledge and experience in the areas of skill development and off-ice training will benefit all of our players."

"I'm very excited to join the Thunder Cats organization and have an opportunity to work closely with Coach Dubois," says Sherbaty, who has extended family living in the Creston Valley. "I look forward to utilizing my background in skills development and my experience teaching the game at all levels to help build on the Thunder Cats' success last season. I'm also thrilled to have the chance to coach in a great community that has a long tradition of supporting the goals of young hockey players."

We hope all of our fans will give our new coaches a warm Creston Valley welcome! ■

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**Saturday, Sep 20**  
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Stephen recommends these tips for creating storage:

1. The alcoves on either side of a fireplace chimney make ideal places for shelves.
2. Open shelves in a kitchen are great for storage and don't make the room look smaller. A simple racking system with functional storage boxes can do the trick.

3. Glass shelves work wonders in a bathroom and can even span a window.

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Story by: Shifu  
Neil Ripski

# Examining the Three Treasures

As the late spring rain beats down on the tin roof of Red Jade, I can sit and ponder the day's training. Today with my full time students we went over the three treasures of Chinese Martial Arts

– Jing, Qi and Shen. Looking at these is definitely more depth than is necessary to learn punching and kicking, but Martial Arts are much more than competitive spirit or the ability to defend oneself. Since it seems there is less and less understanding of these seemingly esoteric terms and their application in training, I thought it might be a good idea to quickly cover them here.

It is useful to look at these three treasures of the human being as a stacking of parts. At the base of the stack we have the Jing, in the middle the Qi and on the top the Shen, like this:



## Jing

This is the flesh of the human body, the tangible part for you that is easy to observe and understand,

the meat. The beginning of Martial Arts Training, be it Kung Fu, Tai Chi or Judo, all begin here with an understanding of our bodies and how they work. On a fundamental level this is something we all experience as we grow and learn about ourselves. The baby soon learns balance and gains the ability to walk and so on. The Jing is the root of our lives and without it we are nothing. By training and building our Jing we become healthier, longer lived and generally happier people with less physical challenges.

## Qi

The Qi is the most misunderstood part of this whole equation and usually becomes the object of study through magical words and concepts like Energy. Qi is most easily and broadly defined as 'relationship' and that relationship can be between any two things. In this context the qi of the three treasures is the interaction and relationship between the Shen and the Jing. The ability for the mind to interact and integrate with the tissue or flesh. An athlete usually has a high level of this qi

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refinement in order to reach their potential in their sport. As martial artists our ability to learn is the act of the mind understanding and then moving the body in the correct ways. The stronger the relationship between our minds and our bodies the more we can affect and advance ourselves through training.

**Shen**

The Shen is usually translated as the spirit, the part of us that is ethereal, the unseen. The Shen has many parts but it is in essence the Mind (Intellect), the Emotions (The Heart) and the Spiritual (The watcher of ourselves, our true selves, the thing that observes and says "I Am".) Without a powerful mind, we do not cultivate a strong relationship (Qi) with anything. Social interactions are difficult and as we age our Shen learns and adapts and affects how we act. Through things like meditation training we cultivate our Shen to be more stable, powerful and calm. A sharp mind is a powerful Shen and the Shen is

seen through the eyes of a person. That bright look of life in people's eyes is a display of that part of us that is more than the flesh, that etheric untouchable part of

us that is life. Absolutely worth cultivating! ■

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The factory installed, all weather, Premium cabbed RTV1100 complete with handy sliding side windows, air conditioning for the summers and heater for the winters for comfort and ease in the tasks ahead. 24.8hp diesel engine, 3 speed HST transmission combined with 4WD will tackle the toughest jobs. Where it's pushing, pulling or hauling with a 1100lb cargo box capacity and hydraulic dumping it couldn't be easier.

**RTV1100CWXL features:** 24.8 hp, 3cyl, liquid cooled Kubota diesel, VHT plus 3 spd variable hydrostatic transmission, 4wd w/2wd selectable, front independent suspension, hydraulic dump box, spray-in bedliner, air conditioning, heater/de-froster, windshield wiper & washer, under seat storage, rear view mirror, 2" trailer receiver front & rear, front grille guard, ATV tires.

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

**ONE ONLY!**

Kubota

**DEMO UNIT CASH SALE PRICE**  
**\$29,987.00\***  
Reg. list \$41,750.00  
While quantities last



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.

**M5140DTHS with loader – features:**

52 engine (46) pto hp, 8F/8R hydraulic shuttle transmission, 540 PTO, 4200lb lift 3pth, tilt wheel, suspension seat, 17.1 GPM hydraulics w/ remote, 4wd w/ diff lock, LA1153 quick attach loader (2326 lb lift cap.) and 72" quick attach bucket.

**0% Financing**  
60 Months\*  
in lieu of cash discount

**CASH SALE PRICE**  
**\$18,999.00\***  
Reg. list \$ 24,079.00  
While quantities last



**ONE ONLY!**  
Kubota

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 3pth hitch, foldable ROPS, LA524FL loader (1152lb lift cap)

**CASH SALE PRICE**  
**\$2,499.00\***  
Reg. list \$ 2,827.00  
While quantities last



Wallenstein Chippers and shredders, compost your garden waste and reduce your carbon footprint. Chip up all the branches and use for mulching your yard.

**BX32 3" chipper features:** 3pth, 15-30hp required, adjustable discharge chute, easily sharpening or replaceable knives.



**KEMLEE EQUIPMENT LTD.**

Your locally owned & operated Ag Centre

\*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.